



Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

March 2023



Mission Statement



The South Interlake 55 Plus is a volunteer based not for profit charitable organization. Our mission is to encourage all older adults to improve their quality of life by providing educational, recreational, health and social opportunities.

2022/2023 South Interlake 55 Plus Board of Directors

Executive:

President	Detlev Regelsky
1 st Vice	Laurie Briggs
Past President	Eadie McIntyre
Secretary	Valerie Appleyard
Treasurer	Bob McKenzie

Directors:

Paul Pelletier	Kathy Turner
Emma Forbes	Deborah Hinds
Darwin Fremont	Therese Dandeneau
Walter Motuz	

Staff:

Executive Director	Maddy Turbett
Office Assistant	Cheri Kozokowsky
Program Assistant	Diane Kazmerowich

March Birthdays

Neil Stewart	6
Merle Tomyk	7
Elizabeth Lindley	13
Roy Craig	14
Cindy Bowman	15
John Melnichuk	21
Margo Pike	23
Paulette Leduchowski	30
Brenda Paull	31



OFFICE HOURS

Monday: Closed

Tuesday: 8:30 am-4:30 pm
Wednesday: 8:30 am-4:30 pm
Thursday: 8:30 am-4:30 pm
Friday: 8:30 am-4:30 pm

Contact our Office at
(204) 467-2582 or by email at

si55plus@mymts.net

Evening programs will run as scheduled.

Congratulations to Angela Hueging for winning the draw at our February luncheon!

Thank you to the Grade 4 students at Ecole RW Bobby Bend School for the Valentine cards and decorations for our luncheon!

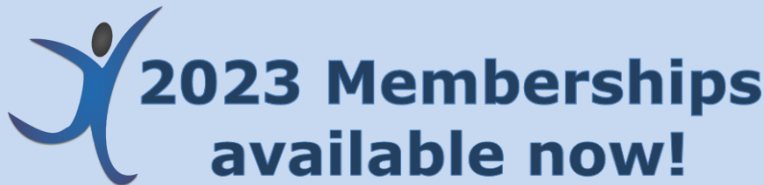


Become a Member or Renew Your Membership Today!

Membership is only **\$25.00*** per calendar year!
**effective for all 2023 memberships and renewals*

Your membership gives you benefits like:

- Access to free programs
- Discounts on paid programs and trips
- A great community of friends
- Opportunity to vote at our AGM and join our board>(*For those 55 or older)



You do NOT need to be 55 or older to become a member! We'd love to have you!

There are three ways to complete your membership:

Come see us at the Centre!

374 1st Street West
Stonewall, MB

Fill out our form online!

Visit:

www.si55plus.org/membership

Mail your completed form (see below) to:

South Interlake 55 Plus
PO Box 309
Stonewall, MB R0C 2Z0

Payment can be made by cash, cheque or e-transfer to si55info@gmail.com



SOUTH INTERLAKE 55 PLUS – Membership Information Form

NAME: _____

MAILING ADDRESS: _____

TOWN: _____

POSTAL CODE: _____

PHONE/CELL: _____

EMAIL: _____

MUNICIPALITY(circle one):

Stonewall Rosser Rockwood Woodlands Other

I am currently 55 years of age or older.

I am not yet 55 years of age.*

* Associate members under 55 have all the benefits of being a member, minus serving on the Board or voting at our AGM.

This form can be mailed to:

South Interlake 55 Plus
PO Box 309
Stonewall, MB R0C 2Z0

I wish to have my birthday published in the 55 Plus Newsletter.

_____ Month _____ Day

Program Suggestion/Comments:

I agree to receive by email 55 Plus updates and promotions regarding events and activities of interest. I can withdraw my consent at any time by notification to the 55 Plus office.



March Luncheon



**Wednesday
March 15
12:00 pm**



**Deadline to purchase tickets: Friday, March 10
Limited tickets available! Don't be disappointed, get yours early!**

Irish Stew
Dessert
Coffee/Tea

Tickets: \$10.00

ADVANCE TICKETS ONLY

Available at South Interlake 55 Plus Office
374 1st Street West, 204-467-2582

SOUTH INTERLAKE 55 PLUS – Membership Information Form - continued

Membership Fee: \$25/person per calendar year

- I have enclosed a cheque.
- I will e-transfer to si55info@gmail.com
- I will pay in person at the centre.

I Understand that Membership fees are non-refundable and will not be pro-rated.

I Understand that Membership is not transferable to another person.

I Understand that photographs are taken at 55 Plus events and programs, and these photos may be used in 55 Plus promotional materials.

I Understand that 55 Plus is committed to protecting the privacy of my personal information in accordance with the Personal Information & Electronic Documents Act (Canada).

Signature: _____

Date: _____

South Interlake 55 Plus is a not-for-profit charitable organization. All donations are greatly appreciated, and help us to continue offering quality programming and innovating to meet the needs of the community.

I would like to support the South Interlake 55 Plus with an additional donation in the amount of:

\$ _____

*Donations \$20 or greater will receive a tax-deductible receipt.

Our centre is driven by its volunteers! While volunteer participation is not a membership requirement, please consider the contribution you can make the 55 Plus and the community. Please check any of the following opportunities which may be of interest to you:

- Social/Special Events
- Fundraising
- Program Facilitator
- Leadership/Board
- Administration
- Short Term Projects
- Other:



COMMUNITY VOLUNTEER **INCOME TAX PROGRAM**

**VOLUNTEERS ARE TRAINED BY CANADA REVENUE AGENCY
TO COMPLETE SIMPLE 2022 INCOME TAX RETURNS.
THIS SERVICE WILL BE PROVIDED AS A**

DROP OFF SERVICE BY APPOINTMENT ONLY

PROGRAM WILL BE OFFERED:

March 2 – April 28, 2023

***Tuesdays and Thursdays:
9:00 am -10:30 am and 1:00 pm - 3:30 pm***

Fridays: 1:00 pm - 3:30 pm

55 Plus Centre – Odd Fellows Hall 374 1st Street W

Income Tax Returns Are Accepted Based on Income

- ❖ All Individuals with Tax Exempt Income are Eligible for the Program
- ❖ Photo Identification is Required
- ❖ You are Required to complete an Authorization form at the time of Drop Off
- ❖ Bring all your Documents
- ❖ Bring your 2022 Notice of Assessment or Tax Return Summary

For more Information or to book an Appointment:

Call 204-467-2582.

Office hours are Tuesday-Friday 8:30 am-4:00 pm.



ACCUMULATIVE CRIBBAGE TOURNAMENT

Partner Play
Please register early

Tuesday Evenings, April 4-25, 7:00 pm
374 1st Street West, Stonewall (Odd Fellows Hall)

4 Week Tournament – Weekly Prizes

**Registration Deadline:
Friday, March 31, 2023**

Entry Fee: \$20.00 per person



Contact South Interlake 55 Plus at si55plus@mymts.net or **204-467-2582** to register.

Looking to Volunteer?

Do you have a skill or hobby that you would like to share?
We want your input!

We'd love to have you at our centre!

Right now, we're looking for Volunteers who may be interested in:

Being a Steppin' Up Leader:

We currently have 3 great leaders, and would love to have more to share the load!
(All training provided)

Prep and Serving at our Luncheon:

Different times and tasks available!

Interested? Contact the office at (204) 467-2582 for more information and opportunities!

Nutritional Supplement Program!

Meal replacement drinks, thickeners and protein powder can be expensive, and sometimes hard to find. Whether you are just leaving hospital, or have need in your daily life, we've got you covered with some of the lowest prices you'll find locally!



**Order Deadline: March 23 @ 4:00pm
Pickup Date: March 30 @ 2:00-4:30pm**



**For more information, or to order,
call (204) 467-2582 or
email si55plus@mymts.net**

STONEWALL STRUMMERS UKULELE CLUB



Do you play the ukulele?

Come join us for a jam session!
Beginners welcome (no formal instruction provided).

Our Ukulele Club meets every second **THURSDAY**
7:15 pm
at Something Beautiful, 307 Main Street, Stonewall

Upcoming Dates:
March 9 and 23



Grab some food and drinks before we start and enjoy this free program.



STEPPIN' UP!



Wednesdays @ 9:00am In Person (374 1st Street West)
(Still available by Zoom!)

Mondays to Saturdays @ 9:00 am – on Zoom

*This popular program supports and encourages **ALL** adults to embrace an active lifestyle, offering a self-sustaining, accessible, high quality exercise program at **No Cost.***

Program is being offered by our volunteer leaders virtually with live feed using Zoom.

Membership to South Interlake
55 Plus is encouraged to
support the program.

To register for the classes or for more information,
Call the 55 Plus office @ 204-467-2582 Or email: si55plus@mts.net

Let's Get Virtual

VIRTUAL CHAT TIME BY ZOOM

2nd & 4th Thursday of the Month 3:00-4:00 PM

An open time to check in and share with each other!

Stay Connected! Stay Healthy!

Join the Conversation:

By Calling 204-467-2582 Or Email: si55plus@mts.net

Need help with Zoom? Call for assistance!

Let's Get Moving!

LINE DANCING!

Tuesdays & Thursdays @ 11:00am

First time dancers receive two classes free!



March 2 - 30

	Member	Non-Member
Tuesdays ONLY:	\$12	\$20
Thursday ONLY:	\$15	\$25
Tuesday & Thursday:	\$27	\$45

Drop In: Member-\$3 Non-Member-\$5 /Class

Call 204-467-2582
or email si55plus@mymts.net
to register, or for more info

Group-led, 90 minute class!

Pickleball!



Thursdays: 6:00pm to 8:30pm → Stony Mountain School
Saturdays: 10:00am to 1:00pm → Stonewall Collegiate
Sundays: 10:00am to 1:00pm → Stony Mountain School

NOTE: No Pickleball on the following dates: March 25, 30 and April 1, 2, 8 and 9

Non-
Members
\$5.00

Members
\$3.00

Suitable for all adults at all fitness levels.
Everyone welcome!

For more information contact South Interlake 55 Plus
204-467-2582, Email si55plus@mymts.net

Active Wellness Club

Spring Session: April 10 – June 16

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am BLISS (Zoom only)	9:30 am Dynamic Yoga (Zoom only)	9:30 am Easy-Walk Dance Fitness (Zoom only)	9:30 am BLISS (Zoom only)	9:30 am Dynamic Yoga (Zoom only)
	4:00 pm FIT (45 min) In Person & Zoom	5:30 pm Body Blast (45 min) In Person & Zoom		

CLASS DESCRIPTIONS

B.L.I.S.S. INTERVAL TRAINING - Gail delivers her BEST LOW IMPACT STEADY STATE workout. It's a simple and low-to-moderate aerobic, easy-on-the-joints and hard-on-fat hour which intersperses cardiovascular training intervals with full body strength development. You will need dumbbells, a resistance band, a chair, and a mat (and don't forget water!)

BODY BLAST – Cheryl leads you in 15 mins of calorie burning cardio, 15 mins of strength training with weights and Pilates and finishing off with some well-deserved stretching. Bring: a mat, variety of weights.*

EASY-WALK DANCE FITNESS- Join us for low-impact aerobic dance intervals! We will accomplish 4000 easy to follow steps or more. Suitable for small spaces where you can move four steps forward and back or side to side. This class is all standing, so you won't need a mat! Light dumbbells optional.

DYNAMIC YOGA by Gail - flowing body postures and breathing anchored in Hatha yoga [balancing the body, breath and the mind]. Classes begin with a gentle warm-up and build to more energetic sequences developing strength, stamina and flexibility, varying each week. You will be encouraged to work at your own pace and to move with self-awareness and acceptance. Please bring your yoga mat.

F.I.T - FUN INTERVAL TRAINING – Cheryl's class alternates a variety of cardio and strength training with rest intervals for a full body workout. (Ex. 30 sec of work then 10 sec of rest) It's the fastest way to burn fat, get lean and burn calories even after the class is over. Work at your own level. Bring: a mat, weights.*

*A selection of weights is available at the centre for use in class

Instructors: Cheryl Kooning and Gail Spencer-Lamm

The 55 Plus Centre Reserves the Right to Cancel a Class

Save when you sign up for the full session!

<u>10 Weeks</u>	<u>5 Weeks</u>
1 class/ wk: M \$80	1 class/ wk: M \$45
2 classes/ wk: M \$130	2 classes/ wk: M \$80
3 classes/ wk: M \$175	3 classes/ wk: M \$110
4 classes/ wk: M \$215	4 classes/ wk: M \$135
All Access: M \$250	All Access: M \$150
An extra \$10 admin fee will apply to those who are not current members of the South Interlake 55 Plus.	
Drop-In fee: \$10/class	

Get it all with an
ALL ACCESS PASS!

Pick and choose from 7 great classes each week for one great price! Receive the links to join classes on Zoom or in person (when applicable). With classes happening every weekday, you can choose the best time to move your body.

Ready to Register?

**Call our office at (204) 467-2582
 or email si55plus@mymts.net
 for more information
 or to sign up!**

Social Groups

STITCH N' CRAFT

Wednesdays at 10:30am

Bring your current project (scrapbooking, knitting, crocheting, etc.), or start a new one while chatting with friends and enjoying a cup of coffee!



MEN'S CHAT

Wednesdays at 10:30am

Bring \$1 for the coffee jar, and join us for a cup and conversation. If you're lucky, there might even be some fresh baking!

QUILTER'S CORNER

Beginners & Experienced Quilters Welcome!

**March 3 and 17 and 31
11:00 am**

Members: \$3 Non-Members \$5

1st and 3rd Fridays of the month.

BOOK CLUB

Spots are currently available to join in! New members welcome, limited spots available.

Wednesday, March 1 @ Noon
Book Club meets the 1st Wednesday of each month.

Books selected are supplied by the South Interlake Regional Library. All you need is a 55 Plus Membership & a library card!!!

Join by calling 204-467-2582 or
email si55plus@mymts.net

MISCELLANEOUS CARD GAMES

Wednesdays at 1:00 pm

CANASTA/GAMES

Fridays at 1:00 pm

TEXAS HOLD'EM

**Wednesdays
7:00 pm**

Members \$2.00
Non-Members \$5.00

Hitch a Ride With Us!

Constance Popp Chocolatier Shop Thursday, March 9

Chocolate talk and sampling (and shopping in her boutique)

Lunch at the Olive Garden (at your expense)

*Depart 10:00 am from Lions Manor, Entrance 1 and
10:15 am from 55 Plus*

Members \$30 / Non-Members \$35



**Registration deadline:
Wednesday, March 1**

Call 204-467-2582 to register

The Leaf at the Assiniboine Park Wednesday, April 5

Lunch to follow at the Park Café
(at your own expense)

Depart 9:15 am from Lions Manor, Entrance 1 and
9:30 am from 55 Plus

Members \$35 / Non-Members \$40
(includes transportation and admission)

Registration deadline: Wednesday, March 29

Call 204-467-2582 to register



Pineridge Hollow Thursday, May 4

Shopping and Lunch
(at your own expense)

Members \$20 / Non-Members \$25

Depart 9:15 am from Lions Manor, Entrance 1 and
9:30 am from 55 Plus

Registration deadline: Friday, April 14

Call 204-467-2582 to register

The Forks Thursday, June 8

Shopping and Lunch
(at your own expense)

Members \$20 / Non-Members \$25

Depart 9:00 am from Lions Manor, Entrance 1 and
9:15 am from 55 Plus

Registration deadline: Thursday, June 1

Call 204-467-2582 to register

UPCOMING SHOPPING TRIPS

Have some great trip ideas?
Join us for our next Travel
Club meeting on:

**March 10
11:00 am**

Travel Club meets
on the 2nd Friday
of each month



Kildonan Place Shopping Trip

Thursday, March 23

Depart 9:15 am from Lions Manor, Entrance 1
and 9:30 am from 55 Plus

Registration Deadline: Tuesday, March 21

Members \$20 / Non-members \$25

Outlet Mall Shopping Trip

Thursday, April 20

Depart 9:15 am from Lions Manor, Entrance 1
and 9:30 am from 55 Plus

Registration Deadline: Tuesday, April 18

Members \$20 / Non-members \$25

Call 204-467-2582 to register

Around The Community

South Interlake Seniors Resource

144 – 622 Centre Ave. Entrance #4
(Stonewall Lions Manor)
204-467-2719

Assisting senior and disabled persons with continuing to live independently in their own homes for as long as possible.

- ✓ Driver/Escort Program
- ✓ Equipment Lending Services
- ✓ Handy Helper & House Cleaning
- ✓ Victoria Lifeline
- ✓ Meals on Wheels
- ✓ Friendly Visitor/Telechek
- ✓ Emergency Response Info Kit
- ✓ Form Assistance & Resource Info

Visit www.si55plus.org
for links to other useful
community websites!

Support to Seniors in Group Living (SSGL)

144 – 622 Centre Ave. Entrance #4
431-381-4002

SSGL provides a range of free enhanced support services in group living/elderly persons housing buildings including Crocus Manor, Stonewood Place, Hilltop Manor, and Sprucewood Place.

Services include:

- | | |
|------------------|--------------------|
| Communication | Transportation |
| Shopping | Home Maintenance |
| Navigation | Meal Preparation |
| Financial Skills | Light Housekeeping |



Stonewall & Area Mobility Service

- provides door to door transportation to seniors and persons with mobility concerns
- Offering flexible times for trips (ie, on evenings and weekends)

Monday – Friday
(closed holidays)
8:30 am to 4:30 pm



204-467-9446

Hop, Drop and Shop

Operated by Stonewall and Area Mobility Service
running the next dates:

March 7 – 10% Tuesday at Co-op (Stonewall)
April 3 – Manic Monday at Family Foods
(Stonewall)

Stonewall pickups from: Lions Manor, Crocus Manor
and Stonewood Place.

Bus pick-up time: 11:00 AM

Price is \$5.00 round trip. (Interac Tap is available)

Stops include Family Foods, Red River Coop,
Center & Main (for banking) and Westside Plaza.

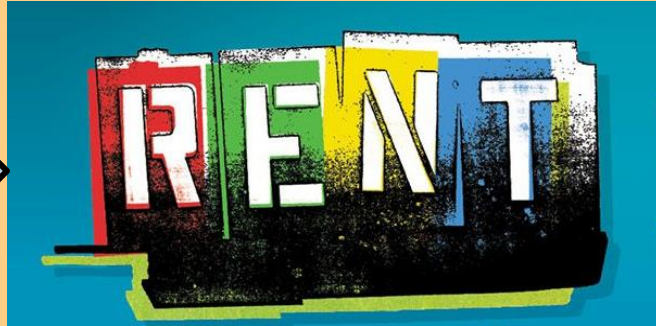
Call (204) 467-9446 to reserve your seat!

We accommodate wheelchairs,
electric wheelchairs, scooters and walkers.



Rainbow Stage

**Saturday
July 15
2:00 pm
show**



**Wednesday
August 23
2:00 pm
show**

Members \$85 / Non-members \$90
(Per Show)

Depart 12:45pm from Lions Manor, Entrance 1
and 1:00pm from 55 Plus

***Registration Deadline for both shows:
Thursday, April 6***



Call to register - 204-467-2582
South Interlake 55 Plus
374 1st Street West, Stonewall

(Minimum of 14 people to lock in price)

Crossword Puzzle

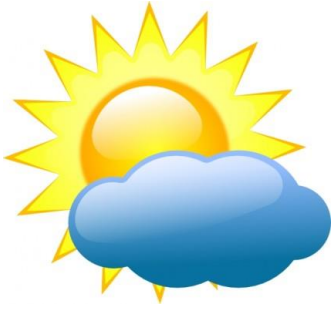
Across

- 1. That left over
- 5. Gives everything away
- 10. Comply
- 14. She performed with Duke
- 15. Olive family member
- 16. Popular moisturizer ingredient
- 17. Slayer of Adonis
- 18. Like some angles
- 19. Phoenix squad
- 20. Like late-breaking news
- 23. Places to drill
- 24. Onion covering
- 25. A sucker holds it
- 28. Progenitor
- 31. Cigar or crown
- 33. Feathered stole
- 36. Place to practice driving
- 39. Christmas drinks
- 40. Some desserts
- 44. Guitar part
- 45. Take the silver?
- 46. Wily
- 47. Like a Poe tale
- 50. Spielberg soldier
- 52. Leia's love
- 53. Cardinal point
- 56. Sports summary
- 60. Quickly approaching deadline
- 64. Chester Arthur's middle name
- 66. Newscaster Couric
- 67. Site of Perry's victory, 1813
- 68. It may be read before dinner
- 69. Spiral-horned antelope
- 70. "The Lion King" character
- 71. Little bits of land
- 72. Schedule snag
- 73. Former news org.

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21						22				
23							24					25	26	27
			28		29	30			31		32			
33	34	35		36			37	38			39			
40			41						42	43				
44							45					46		
47				48	49			50			51			
52				53		54	55			56		57	58	59
			60	61					62	63				
64	65					66					67			
68						69					70			
71						72					73			

Down

- 1. Refute
- 2. Avoid a big wedding
- 3. Terrace stone, perhaps
- 4. Some picture cards
- 5. Rainy day feeling
- 6. Tiny parasites
- 7. Reunion folks
- 8. It's a dyeing art
- 9. Affording a view
- 10. Kiln for drying hops
- 11. Social registers
- 12. Longest division of geological time
- 13. No alternative?
- 21. Show place
- 22. Numero ---
- 26. Sabrina, Jill or Kelly
- 27. Long-winded
- 29. "Norma ---"
- 30. Destinies
- 32. Genetic stuff
- 33. Banana cluster
- 34. Gig for Domingo
- 35. State of being in control
- 37. Fetched
- 38. Wide-spouted pitcher
- 41. Likable candidate of the past
- 42. Certain vote
- 43. --- Boothe Luce
- 48. Sitting and singing site
- 49. Removed, as a tooth
- 51. Latest
- 54. Unoriginal
- 55. Comprehensive
- 57. About the time of
- 58. Prima donna's repertoire
- 59. Jury members
- 61. Difficult responsibility
- 62. A Sinatra
- 63. Lamarr of "Samson and Delilah"
- 64. "I --- Rock" (Simon and Garfunkel hit)
- 65. Gift in Maui



WORD SEARCH





Weather

Find and circle all of the words that are hidden in the grid. The remaining letters spell an additional weather word.

F O R E C A S T Y W F O G R T O
 D P C W N T R T I N V T E B H D
 R I T H O T E N H E N T S L E A
 I S H G O N D M R U E U F I R N
 Z U G N H Y S C P M N A S Z M R
 Z I U I P E A H O E H D C Z O O
 L S O N Y S I R U R R I E A M T
 E L R T T R A E E M M A L R E P
 I E D H S B U N N A I L T D T F
 E C O G R O H O N A A D I U E R
 N O O I A E R U P U C M I A R E
 O L L L I T S F Q N T I R T H E
 L D F T N T A S H O W E R O Y Z
 C Y T I L I B I S I V O E R T E
 Y T I M O N S O O N O N D L U S
 C C L O U D S E I R R U L F S H



- | | | | |
|------------|-----------|-----------|-------------|
| BAROMETER | FLOOD | ICE | STORM |
| BLIZZARD | FLURRIES | LIGHTNING | SUNNY |
| CELSIUS | FOG | MIST | TEMPERATURE |
| CLOUDS | FORECAST | MONSOON | THERMOMETER |
| COLD | FREEZE | OVERCAST | THUNDER |
| CYCLONE | FROST | RAIN | TORNADO |
| DOWNPOUR | HAIL | SHOWER | TSUNAMI |
| DRIZZLE | HOT | SLEET | TYPHOON |
| DROUGHT | HUMIDITY | SNOW | VISIBILITY |
| FAHRENHEIT | HURRICANE | SQUALL | WINDY |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2023  <h1>March</h1>			1) 9:00 Steppin' Up 9:30 Dance Fitness 10:30 Stitch N Craft 10:30 Men's Chat 12:00 Book Club 1:00 Cards 5:30 Body Blast 7:00 Texas Hold'em	2) 9:00 Steppin' Up 9:30 BLISS 11:00 Line Dancing 6:00 Pickleball	3) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Quilter's Corner 1:00 Canasta/Games	4) 9:00 Steppin' Up 10:00 Pickleball
5) 10:00 Pickleball	6) 9:00 Steppin' Up 9:30 BLISS	7) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Line Dancing 4:30 FIT	8) 9:00 Steppin' Up 9:30 Dance Fitness 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 5:30 Body Blast 7:00 Texas Hold'em	9) 9:00 Steppin' Up 9:30 BLISS 10:00 Constance Popp Chocolatier Shop Trip 11:00 Line Dancing 3:00 Virtual Chat 6:00 Pickleball 7:15 Ukulele Club	10) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Travel Club 1:00 Canasta/Games	11) 9:00 Steppin' Up 10:00 Pickleball
12) 10:00 Pickleball	13) 9:00 Steppin' Up 9:30 BLISS	14) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Line Dancing 4:30 FIT	15) 9:00 Steppin' Up 9:30 Dance Fitness 12:00 Luncheon 1:00 Cards 5:30 Body Blast 7:00 Texas Hold'em	16) 9:00 Steppin' Up 9:30 BLISS 11:00 Line Dancing 6:00 Pickleball	17) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Quilter's Corner 1:00 Canasta/Games	18) 9:00 Steppin' Up 10:00 Pickleball
19) 10:00 Pickleball	20) 9:00 Steppin' Up 9:30 BLISS	21) 9:00 Steppin' Up 11:00 Line Dancing	22) 9:00 Steppin' Up 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 5:00 Irish Rovers 7:00 Texas Hold'em	23) 9:00 Steppin' Up 9:15 Shopping Trip 11:00 Line Dancing 3:00 Virtual Chat 6:00 Pickleball 7:15 Ukulele Club	24) 9:00 Steppin' Up 1:00 Canasta/Games	25) 9:00 Steppin' Up
26) 10:00 Pickleball	27) 9:00 Steppin' Up	28) 9:00 Steppin' Up 11:00 Line Dancing	29) 9:00 Steppin' Up 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 7:00 Texas Hold'em	30) 9:00 Steppin' Up 11:00 Line Dancing	31) 9:00 Steppin' Up 11:00 Quilter's Corner 1:00 Canasta/Games	

Bold text = In Person Program (Zoom may also be available)