



Box 309  
374 1st Street West  
Stonewall

[si55plus@mymts.net](mailto:si55plus@mymts.net)

204-467-2582

[www.si55plus.org](http://www.si55plus.org)

2023

April



**NATIONAL  
VOLUNTEER WEEK**  
APRIL 16 - 22, 2023  
#NVW2023 #WEAVINGUSTOGETHER

*The Board of Directors and staff of  
South Interlake 55 Plus appreciate the time and  
commitment from all of our wonderful volunteers.  
Our organization wouldn't be here with out you!*

# 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 <sup>st</sup> 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

## April Birthdays

# Happy Birthday

Joanne Prystupa	4
Aimee Nagy	5
Fred Tom	5
Verlo Pyper	6
Heather Sanche	12
Gail Unger	13
Judith Hamilton	14
Sylvia Hancharyk	14
Liz Harkness	14
Dean Couvier	17
Ray Lockhart	19
Liz Stein	19
Maria Allan	23
Dave Norquay	24
Corie Haslbeck	26
Madeleine Danais	28

## OFFICE HOURS

Monday: available by email:  
[si55plus@mymts.net](mailto:si55plus@mymts.net)

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](mailto:si55plus@mymts.net)

*Evening programs will run as scheduled.*

**Congratulations to Liz Christie for  
winning the draw at our February  
luncheon!**



# AGM

Annual General Meeting

*The South Interlake 55 Plus AGM will be  
on Thursday, May 25<sup>th</sup> @ 7:00 pm*

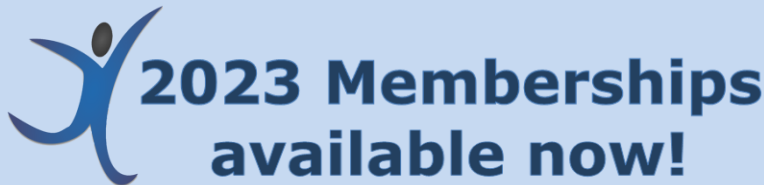


# Become a Member or Renew Your Membership Today!

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 1<sup>st</sup> Street West  
 Stonewall, MB

**Fill out our form online!**  
 Visit:  
[www.si55plus.org/membership](http://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](mailto: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:

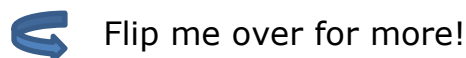
South Interlake 55 Plus  
 PO Box 309  
 Stonewall, MB R0C 2Z0

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

\_\_\_\_\_ Month                      \_\_\_\_\_ Day

Program Suggestion/Comments:

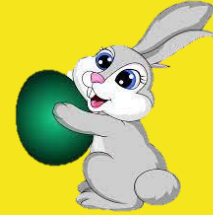
I agree to receive by email 55 Plus updates and promotions regarding events and activities of interest. I can withdraw my consent at any time by notification to the 55 Plus office.



# April Luncheon



**Wednesday  
April 19  
12:00 pm**



**Deadline to purchase tickets: Friday, April 14  
Limited tickets available! Don't be disappointed, get yours early!**

Chicken Cordon  
Bleu

**Tickets: \$10.00**

**ADVANCE TICKETS ONLY**

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

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## 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](mailto: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
- Program Facilitator
- Administration
- Other:
- Fundraising
- Leadership/Board
- Short Term Projects



# **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 1<sup>st</sup> Street W**

**Income Tax Returns Are Accepted Based on Income  
(Single \$35,000 / Married \$45,000)**

- ❖ 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.**



# 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!



**Affordable options are limited at this time but feel free to call and discuss options!**



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

**How can you tell which rabbits are getting old?**



**"LOOK FOR THE GREY HARES."**

*pb*

What do you call the Easter Bunny the day after Easter?



Eggshhausted

© 2022 CONFESSIONS OF PARENTING

**What did the Easter bunny say to the carrot?**

**"IT'S BEEN NICE GNAWING YOU."**



*pb*

# 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:**

April 6 and 20

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



# STEPPIN' UP!



**Wednesdays @ 9:00am In Person (374 1<sup>st</sup> 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](mailto:si55plus@mts.net)

## Let's Get Virtual

### VIRTUAL CHAT TIME BY ZOOM

**2<sup>nd</sup> & 4<sup>th</sup> 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](mailto: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!*

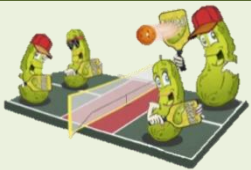
**April 4 - 28**

	Member	Non-Member
Tuesdays ONLY:	\$12	\$20
Thursday ONLY:	\$12	\$20
Tuesday & Thursday:	\$24	\$40

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

Call 204-467-2582  
or email [si55plus@mymts.net](mailto: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: April 1, 2, 8 and 9**

**Effective May 2, 2023: Pickleball will move to the Stonewall Curling Rink!**  
**Tuesday & Thursday evenings, 6:00-8:30 pm**  
**Wednesday mornings, 9:30am-12:00pm**

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](mailto:si55plus@mymts.net)



# Active Wellness Club

Spring Session: April 10 – June 16

 <h2>Monday</h2> <p><b>9:30 am</b> BLISS (Zoom only)</p> 	<h2>Tuesday</h2> <p><b>9:30 am</b> Dynamic Yoga (Zoom only)</p> <p><b>4:00 pm</b> FIT (45 min) In Person &amp; Zoom</p>	<h2>Wednesday</h2> <p><b>9:30 am</b> Easy-Walk Dance Fitness (Zoom only)</p> <p><b>5:30 pm</b> Body Blast (45 min) In Person Only</p>	<h2>Thursday</h2> <p><b>9:30 am</b> BLISS (Zoom only)</p> 	<h2>Friday</h2> <p><b>9:30 am</b> Dynamic Yoga <b>(In Person &amp; Zoom)</b></p>
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## 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!**

<b>10 Weeks</b>	<b>5 Weeks</b>
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
<b>All Access: M \$250</b>	<b>All Access: M \$150</b>
<b>An extra \$10 admin fee will apply to those who are not current members of the South Interlake 55 Plus.</b>	
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](mailto: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 31 and April 21**  
**11:00 am**

**Members: \$3 Non-Members \$5**

1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month.

## BOOK CLUB

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

**Wednesday, April 5 @ Noon**

*Book Club meets the 1<sup>st</sup> 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](mailto: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



**EVERYONE KNOWS SOMEONE LIVING ALONE**

Let's take the time to make sure those that are alone know that we care!

Join Seniors Resource, 55 Plus & Age Friendly  
for Coffee and a Cookie! Bring a friend!

Wednesday, May 10

10:30 am – Noon

374 1<sup>st</sup> Street West (Oddfellows Hall)

**If you need free transportation please contact  
Seniors Resource at 204-467-2719**

## *Painting with Gail*

**Thursday, May 11, 2023**

**1:00 – 4:00 pm**

**374 1<sup>st</sup> Street West, Stonewall**

Members \$40 / Non-members \$45 (Supplies are included!)



"Octopuses Garden"

16x20 Canvas

**Instructor: Gail Spencer-Lamm**

**Registration/Payment is required by Friday, May 5 at 3:00 pm**

**Call 204-467-2582 or email [si55plus@mymts.net](mailto:si55plus@mymts.net)**

# Hitch a Ride With Us!

## 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:  
(Note: no meeting in April)

**May 12  
11:00 am**

Travel Club meets  
on the 2<sup>nd</sup> Friday  
of each month



## 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

## Polo Park Mall Shopping Trip

**Thursday, May 25**

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

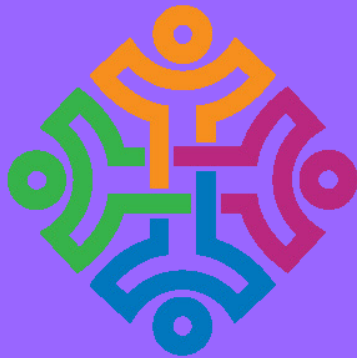
**Registration Deadline: Tuesday, May 23**  
Members \$20 / Non-members \$25

**Call 204-467-2582 to register**

## Travel Report

One of the excursions we went to this month was on March 7. We were a group of 18 that went to see Heartbreak Hotel at Celebrations Dinner Theatre. We went to the 11:00 am Matinee show. If you have not yet been to Celebrations, it is located at the Canad Inns on Pembina Hwy and has been around for about 25 years. Along with a live Musical comedy, where even the wait staff are in costume and character, we had a lighter meal that included salad, a hot entrée, dessert, coffee/tea. We were entertained by a fabulous cast that kept us laughing and stunned by their incredible talent. We all enjoyed hearing Elvis themed music, set to a lighthearted fictional story.

**We would love to have you join us on our next adventure!**



*Ride with us to*

# Folklorama

**Tuesday, August 8  
and Tuesday, August 15**

**Two Pavilions each night!**

**Pavilions to be announced soon!**

**Members \$85 / Non-Members \$90  
(price per date)**

**Price includes bus, shows, food and beverage.**

**Experience world-class entertainment, enjoy delicious cuisine, warm hospitality and view beautiful cultural displays!**

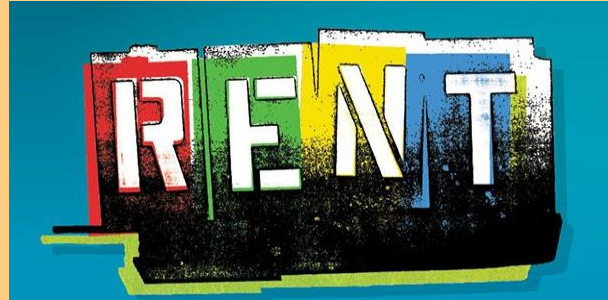
**Registration deadline for both dates:  
Tuesday, May 30**

**Call us at 204-467-2582 to register!**

Call to register today!  
Deadline is April 6!

# 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 1<sup>st</sup> Street West, Stonewall

*(Minimum of 14 people to lock in price)*

# 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](http://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:

**April 3 – Manic Monday at Family Foods  
(Stonewall)**

**May 2 – 10% Tuesday at Co-op (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.



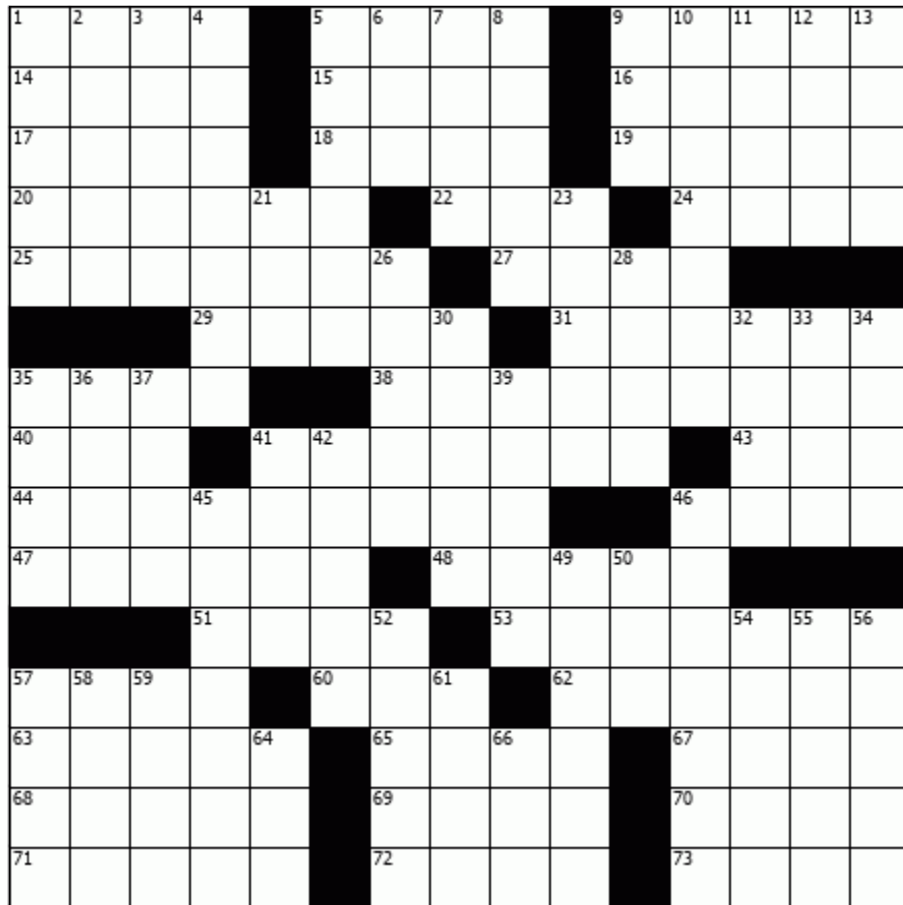
**Call (204) 467-9446 to reserve your seat!**

**We accommodate wheelchairs,  
electric wheelchairs, scooters and walkers.**

# Crossword Puzzle

## Across

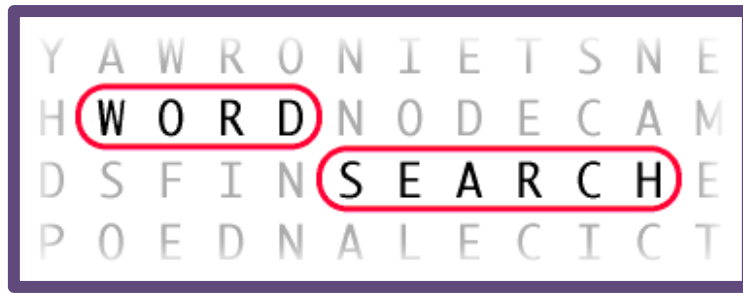
1. Ship's pole
5. Bread grains
9. Garret
14. Not there
15. SOS!
16. Musical instrument
17. Waterless
18. \_\_\_ of Man
19. Sends forth
20. Engine part
22. Time unit (abbr.)
24. Plan
25. FDR's wife
27. Computer input
29. Coins from Mexico
31. Removes suds
35. A few
38. \_\_\_ garden
40. Buddy (Fr.)
41. Quarantine
43. Wide street (abbr.)
44. Electricity source
46. Not up yet
47. "\_\_\_ House"
48. Ranch animal
51. "\_\_\_ dead people!" (2 wds.)
53. Stricter
57. Hymnal word
60. Atlas chart
62. Split
63. Warning alarm
65. Reckless
67. English river
68. Unattended
69. Fir or poplar
70. Garden tool
71. Basil sauce
72. Listen
73. Large amount



## Down

1. Figure
2. Danger
3. Ascend
4. Bureaucratic delay (2 wds.)
5. Horned animals, for short
6. Okay!
7. Building wings
8. Velocity
9. Imitate
10. Big drums
11. Kite part
12. Division term
13. Price
21. First number
23. Gem weight
26. Automaton
28. Fork prong
30. Flies alone
32. Wound covering
33. Roof edge
34. Arctic transport
35. Norse tale
36. Future sign
37. Skirt length
39. Small pies
41. Retirees' accts.
42. Capital of Oregon
45. Distinguished
46. In \_\_\_ (late with payment)
49. Engraver
50. Electric fish
52. Our planet
54. Nautical
55. Bring to mind
56. Refresh
57. Kin of PDQ
58. Highway measure
59. God of love
61. Whittle down
64. "The Matrix" hero
66. Dead \_\_\_ Scrolls

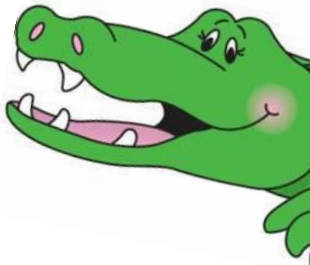








# Animals

Find and circle all of the animals that are hidden in the grid. The remaining letters spell the name of an additional animal.

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



- |            |         |              |            |            |
|------------|---------|--------------|------------|------------|
| AARDVARK   | DONKEY  | HIPPOPOTAMUS | OTTER      | SALMON     |
| ALLIGATOR  | DOVE    | JACKAL       | PANTHER    | SLOTH      |
| BABOON     | EAGLE   | JELLYFISH    | PARROT     | SWAN       |
| BARRACUDA  | ELK     | KIWI         | PEACOCK    | SWORDFISH  |
| BEAR       | FERRET  | LEOPARD      | PELICAN    | TIGER      |
| BISON      | FOX     | LION         | PIG        | TORTOISE   |
| CAMEL      | GECKO   | LLAMA        | PORCUPINE  | TROUT      |
| CHIMPANZEE | GOAT    | MACAW        | QUAIL      | TURKEY     |
| CHINCHILLA | GOPHER  | MEADOWLARK   | RACCOON    | VULTURE    |
| COBRA      | HAMSTER | MINK         | RAVEN      | WOLVERINE  |
| COUGAR     | HAWK    | MOOSE        | REINDEER   | WOODPECKER |
| CROW       | HERON   | NIGHTINGALE  | ROADRUNNER | WREN       |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2023</b>   						1) 9:00 Steppin' Up
2)	3) 9:00 Steppin' Up	4) 9:00 Steppin' Up <b>11:00 Line Dancing</b>  <b>7:00 Crib Tournament</b>	5) <b>9:00 Steppin' Up</b> <b>9:15 The Leaf Trip</b> <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b> <b>12:00 Book Club</b>  <b>1:00 Cards</b> <b>7:00 Texas Hold'em</b>	6) 9:00 Steppin' Up <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b> <b>7:15 Ukulele Club</b>	7) 9:00 Steppin' Up  <b>GOOD FRIDAY</b> <b>OFFICE CLOSED</b> <b>NO CLASSES</b>	8) 9:00 Steppin' Up
9) 	10) 9:00 Steppin' Up 9:30 BLISS	11) 9:00 Steppin' Up 9:30 Dynamic Yoga <b>11:00 Line Dancing</b>  <b>4:00 FIT</b> <b>7:00 Crib Tournament</b>	12) <b>9:00 Steppin' Up</b> 9:30 Dance Fitness <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b>  <b>1:00 Cards</b> <b>5:30 Body Blast</b> <b>7:00 Texas Hold'em</b>	13) 9:00 Steppin' Up 9:30 BLISS <b>11:00 Line Dancing</b>  3:00 Virtual Chat <b>6:00 Pickleball</b>	14) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b>  <b>1:00 Canasta/Games</b>	15) 9:00 Steppin' Up <b>10:00 Pickleball</b>
16) <b>10:00 Pickleball</b> <b>12:45 ABBA</b>	17) 9:00 Steppin' Up 9:30 BLISS	18) 9:00 Steppin' Up 9:30 Dynamic Yoga <b>11:00 Line Dancing</b>  <b>4:00 FIT</b> <b>7:00 Crib Tournament</b>	19) <b>9:00 Steppin' Up</b> 9:30 Dance Fitness <b>12:00 Luncheon</b>  <b>1:00 Cards</b> <b>5:30 Body Blast</b> <b>7:00 Texas Hold'em</b>	20) 9:00 Steppin' Up 9:30 BLISS <b>9:15 Shopping Trip</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b> <b>7:15 Ukulele Club</b>	21) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> <b>11:00 Quilter's Corner</b>  <b>1:00 Canasta/Games</b>	22) 9:00 Steppin' Up <b>10:00 Pickleball</b>
23) <b>10:00 Pickleball</b>	24) 9:00 Steppin' Up 9:30 BLISS	25) 9:00 Steppin' Up 9:30 Dynamic Yoga <b>11:00 Line Dancing</b>  <b>4:00 FIT</b> <b>7:00 Crib Tournament</b>	26) <b>9:00 Steppin' Up</b> 9:30 Dance Fitness <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b>  <b>1:00 Cards</b> <b>5:30 Body Blast</b> <b>7:00 Texas Hold'em</b>	27) 9:00 Steppin' Up 9:30 BLISS <b>11:00 Line Dancing</b>  3:00 Virtual Chat <b>6:00 Pickleball</b>	28) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b>  <b>1:00 Canasta/Games</b>	29) 9:00 Steppin' Up <b>10:00 Pickleball</b>
30) <b>10:00 Pickleball</b>						

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