



Box 309  
374 1<sup>st</sup> Street West  
Stonewall

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

204-467-2582

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

# May 2023



## **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)

Social Connections Presentation by Verena Menec & Entertainment by Quarry Strutters

**If you need free transportation please contact**

**Seniors Resource at 204-467-2719**



# 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	Paul Pelletier
Past President	Eadie McIntyre
Secretary	Valerie Appleyard
Treasurer	Bob McKenzie

### Directors:

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

### Staff:

Executive Director	Laurie Briggs
Office Administrator	Cheri Kozokowsky
Program Coordinator	Diane Kazmerowich



Odette Bernatchez	8
Al Leiman	8
Alice Smith	9
Margaret Bond	13
Carol Thiessen	18
Marge Knutson	20
Robert Schumann	21
Ted Bronson	23
Gary LaCoste	24
Linda Leafloor	24
Huguette Dandeneau	30
Maria Glanfield	31

## 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.

## APRIL CROSSWORD PUZZLE ANSWERS

S	P	A	R		R	Y	E	S		A	T	T	I	C		
H	E	R	E		H	E	L	P		P	I	A	N	O		
A	R	I	D		I	S	L	E		E	M	I	T	S		
P	I	S	T	O	N		S	E	C		P	L	O	T		
E	L	E	A	N	O	R		D	A	T	A					
					P	E	S	O	S		R	I	N	S	E	S
S	O	M	E				B	O	T	A	N	I	C	A	L	
A	M	I			I	S	O	L	A	T	E		A	V	E	
G	E	N	E	R	A	T	O	R				A	B	E	D	
A	N	I	M	A	L		S	T	E	E	R					
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S	I	R	E	N			R	A	S	H			A	V	O	N
A	L	O	N	E			T	R	E	E			R	A	K	E
P	E	S	T	O			H	E	A	R			S	L	E	W

**Congratulations to Geraldine Gerow for winning the draw at our April luncheon!**

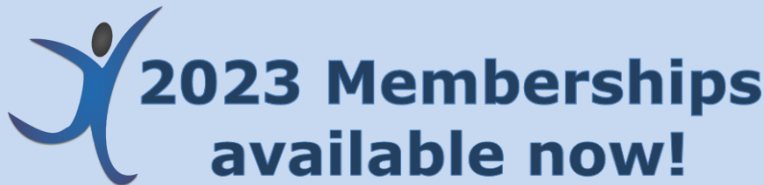


# Become a Member or Renew Your Membership Today!

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 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:

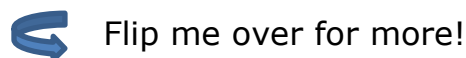
South Interlake 55 Plus  
 PO Box 309  
 Stonewall, MB R0C 2Z0

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.



# Looking to Volunteer?

## We'd love to have you at our centre!

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

**Do you have a skill or hobby that you would like to share?**

We want your input!

**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!**



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

# 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 will meet  
Thursday, May 11, 18 and 25  
7:15 pm  
at Something Beautiful, 307 Main Street, Stonewall



# 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!*

**May 2 - 30**

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

**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!



**Stonewall Curling Rink!**

**Tuesday & Thursday evenings, 6:00-8:30pm**

**Wednesday mornings, 9:30am-12:00pm**

**Saturday mornings, 9:30am-12:00pm**

**PLEASE NOTE: NO PICKLEBALL SATURDAY, MAY 13**

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

## Monday

9:30 am  
BLISS  
(Zoom only)



## Tuesday

9:30 am  
Dynamic Yoga  
(Zoom only)

4:00 pm  
FIT (45 min)  
In Person & Zoom

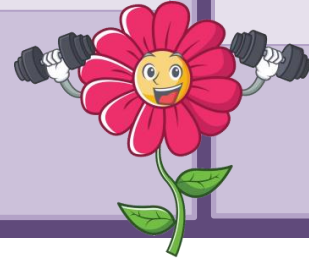
## Wednesday

9:30 am  
Easy-Walk  
Dance Fitness  
(Zoom only)

5:30 pm  
Body Blast  
(45 min)  
In Person Only

## Thursday

9:30 am  
BLISS  
(Zoom only)



## Friday

9:30 am  
Dynamic Yoga  
**(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

### 5 Weeks

1 class/ wk: M \$45

2 classes/ wk: M \$80

3 classes/ wk: M \$110

4 classes/ wk: M \$135

**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](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!

**May 5 and 19**  
**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, May 3 @ 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





# AGM

Annual General Meeting

Please join us  
**Thursday, May 25<sup>th</sup> @ 7:00 pm**

**374 1<sup>st</sup> Street West  
(Odd Fellows Hall)  
Stonewall**

South Interlake 55 Plus  
Phone 204-467-2582  
Email [si55plus@mymts.net](mailto:si55plus@mymts.net)

*Get involved and have a voice....*

## *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)**

# MAY LUNCHEON

**WEDNESDAY**

**MAY 17**

**12:00 PM**

**Deadline to purchase tickets: Friday, May 12**  
**Limited tickets available! Don't be disappointed, get yours early!**

Mini Meatloaf

**Tickets: \$10.00**

**ADVANCE TICKETS ONLY**

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



**AGE FRIENDLY**  
Manitoba  
Stonewall / RM Rockwood

## **THURSDAY TALKS AND TREATS - 2023**

**Time 7:00 – 8:00 pm followed by refreshments**  
**374 1<sup>st</sup> Street West, Stonewall (Odd Fellows Hall)**

**Are you and your family ready to enjoy a Carefree Retirement?**

**COMMUNITY MEMBERS both pre-retirement and those retired are invited to attend FREE informal talks on the following:**

**June 1** - Wills, Power of Attorney, Health Directive  
Presenter: Doug Grantham

**June 8** - Funeral Planning  
Presenter: Ken Loehmer

**June 15** - Keeping Seniors Safe – Frauds, Scams, Abuse  
Presenter: RCMP

Register 204-467-2582 or at the door for each Talk.

*Creating a Community Committed to Healthy Active Aging*

# Hitch a Ride With Us!

## 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

## Tour of the Manitoba Legislative Building

Tuesday, July 11

Lunch to follow  
(at your own expense)

Members \$25 / Non-Members \$30

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

**Registration deadline: Friday, June 30**

## UPCOMING SHOPPING TRIPS



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

**May 12**  
**11:00 am**

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



## 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

## St. Vital Shopping Trip

Thursday, June 22

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

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

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

## Travel Report

On April 12<sup>th</sup>, a group of 28 of us went to The Leaf, Assiniboine Park's newest attraction.

The Leaf is a spectacular indoor horticultural attraction! We journeyed through four distinct biomes; from the hot and humid tropics to a dry, Mediterranean climate. It's a very unique building and the botanical gardens are beautiful. The Shirley Richardson Butterfly garden was lovely! It was a nice escape from what felt like a never-ending winter! We plan to visit The Leaf again soon as each time you visit, it is different – be from newly changed displays, or from natural growth. We hope you will join us!

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



*Ride with us to*

# Folklorama

**Tuesday, August 8**

**Mexican Pavilion**  
(dinner & entertainment)

**Spirit of Ukraine Pavilion**

(dessert, coffee & entertainment)

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

Price includes bus, shows, food and beverage.

**Tuesday, August 15**

**Spain Pavilion**  
(dinner & entertainment)

**Scotland Pavilion**

(dessert, coffee & entertainment)

**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!**



# 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

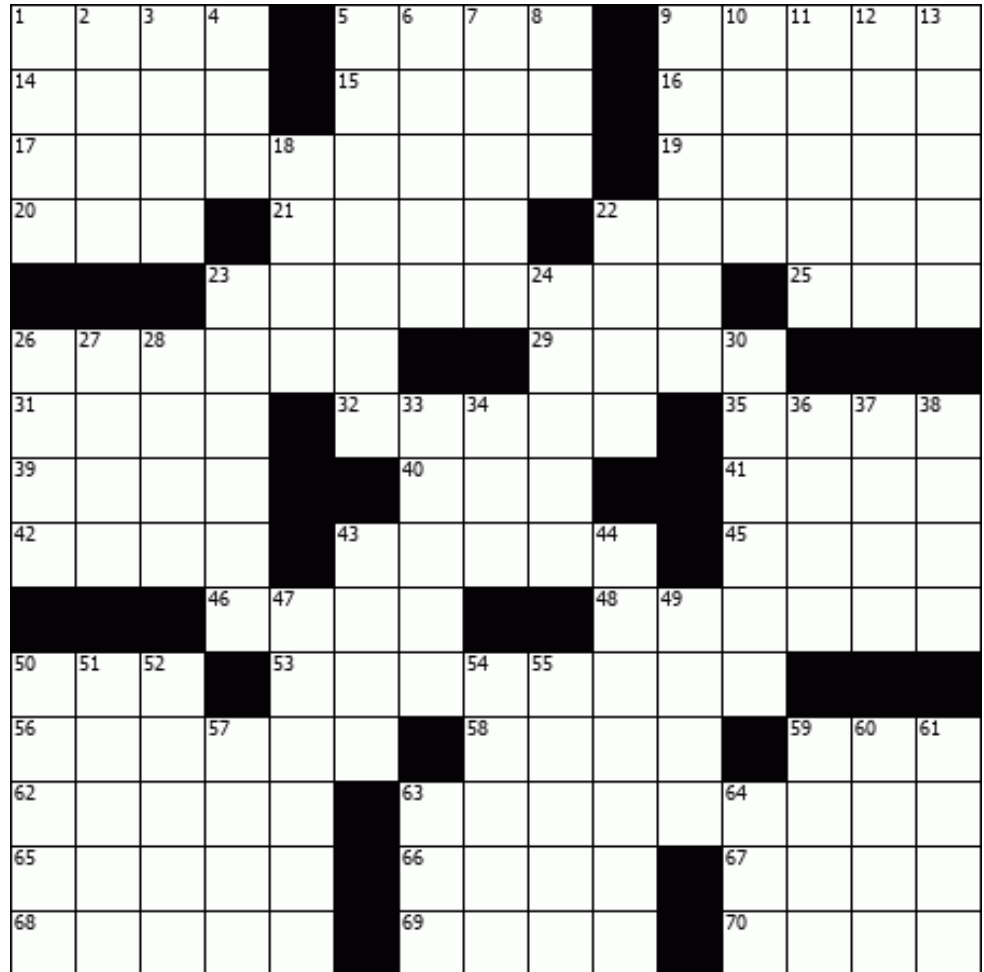


204-467-9446

# Crossword Puzzle

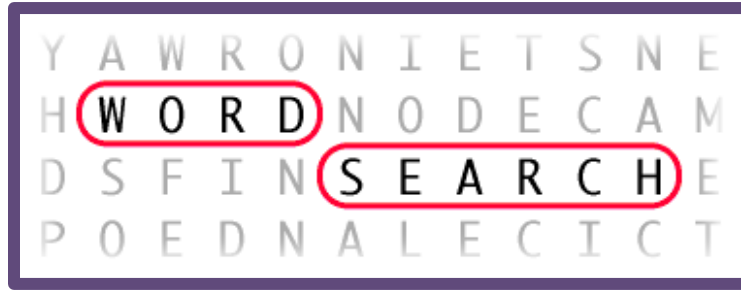
## Across

1. Resound
5. Portent
9. Automaton
14. Hawaiian feast
15. Acapulco coin
16. Make happy
17. Most strongly built
19. Letter before epsilon
20. Lamprey
21. Poker stake
22. Rope loops
23. Car exhaust
25. Have being
26. Sound system
29. Low grades
31. Minnesota's neighbor
32. Hammers' targets
35. Coffee vessels
39. Ripens
40. Indignation
41. Cool!
42. Stable female
43. Vocation
45. \_\_\_ Moore of "A Few Good Men"
46. Be bold
48. Guiding person
50. Venomous viper
53. Quieting medicine
56. Comfort
58. Wedding confetti
59. That woman
62. Type of drum
63. Proposed as a candidate
65. Corroded
66. Fail to mention
67. Richard \_\_\_ of "Chicago"
68. Trick or \_\_\_!
69. Pops
70. Ajar



## Down

- |                       |                          |                   |
|-----------------------|--------------------------|-------------------|
| 1. In addition        | 22. Refusals             | 47. Climb         |
| 2. Comely             | 23. Wiped clean          | 49. Smooth        |
| 3. Carry              | 24. Ran in neutral       | 50. Plus          |
| 4. Possessive pronoun | 26. Thailand, once       | 51. Sub finder    |
| 5. Viewpoint          | 27. Dress for Caesar     | 52. License ___   |
| 6. Convenes           | 28. Wide-spouted pitcher | 54. Perfume       |
| 7. Highway curves     | 30. Ice-cream treat      | 55. Fearful       |
| 8. ___ guilty         | 33. Televised            | 57. Region        |
| 9. Remodeled          | 34. Retiree's acct.      | 59. Dance move    |
| 10. Toast spread      | 36. Marsh plant          | 60. Present!      |
| 11. Hobby wood        | 37. Appoint              | 61. Adam's garden |
| 12. Furry swimmer     | 38. Recipe direction     | 63. Head gesture  |
| 13. Pester            | 43. Forest plant         | 64. Gone by       |
| 18. Notre ___         | 44. Draws out            |                   |



## Wedding

Find and circle all of the Wedding words that are hidden in the grid.  
The remaining letters spell a quote from William Lyon Phelps.



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

AFFECTION  
 BEST MAN  
 BOUQUET  
 BRIDE  
 BUDGET  
 CAKE  
 CARING  
 CATERER  
 CELEBRATION  
 CEREMONY  
 CHURCH  
 CONGRATULATIONS  
 COUPLE

DANCE  
 DIAMOND  
 DINNER  
 DRESS  
 DRINKS  
 ENGAGEMENT  
 FLOWERS  
 GIFTS  
 GOWN  
 GROOM  
 GUESTS  
 HONEYMOON  
 INVITATION

LIMOUSINE  
 LOVE  
 MAID OF HONOR  
 MAKEUP  
 MARRIAGE  
 MINISTER  
 MUSIC  
 NEWLYWEDS  
 PARTNER  
 PHOTOGRAPHER  
 PRIEST  
 PROPOSAL  
 RABBI

RECEPTION  
 REGISTRY  
 REHEARSAL  
 RINGS  
 RSVP  
 SHOES  
 SPEECHES  
 SPOUSE  
 TOAST  
 TUXEDO  
 VEIL  
 VOWS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1) 9:00 Steppin' Up 9:30 BLISS	2) 9:00 Steppin' Up 9:30 Dynamic Yoga <b>11:00 Line Dancing</b>  <b>4:00 FIT</b> <b>6:00 Pickleball</b>	3) <b>9:00 Steppin' Up</b> 9:30 Dance Fitness <b>9:30 Pickleball</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>5:30 Body Blast</b> <b>7:00 Texas Hold'em</b>	4) 9:00 Steppin' Up <b>9:15 Pineridge Hollow</b> 9:30 BLISS <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b>	5) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> <b>11:00 Quilter's Corner</b>  <b>1:00 Canasta/Games</b>	6) 9:00 Steppin' Up <b>9:30 Pickleball</b>
7)	8) 9:00 Steppin' Up 9:30 BLISS	9) 9:00 Steppin' Up 9:30 Dynamic Yoga <b>11:00 Line Dancing</b>  <b>4:00 FIT</b> <b>6:00 Pickleball</b>	10) <b>9:00 Steppin' Up</b> 9:30 Dance Fitness <b>9:30 Pickleball</b> <b>10:30 Let No One Be Alone</b>  <b>1:00 Cards</b> <b>5:30 Body Blast</b> <b>7:00 Texas Hold'em</b>	11) 9:00 Steppin' Up 9:30 BLISS <b>11:00 Line Dancing</b>  <b>1:00 Painting with Gail</b> 3:00 Virtual Chat <b>6:00 Pickleball</b> <b>7:15 Ukulele Club</b>	12) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> <b>11:00 Travel Club Meeting</b> <b>1:00 Canasta/Games</b>	13) 9:00 Steppin' Up
14) 	15) 9:00 Steppin' Up 9:30 BLISS	16) 9:00 Steppin' Up 9:30 Dynamic Yoga <b>11:00 Line Dancing</b>  <b>4:00 FIT</b> <b>6:00 Pickleball</b>	17) <b>9:00 Steppin' Up</b> 9:30 Dance Fitness <b>9:30 Pickleball</b> <b>12:00 Luncheon</b>  <b>1:00 Cards</b> <b>5:30 Body Blast</b> <b>7:00 Texas Hold'em</b>	18) 9:00 Steppin' Up 9:30 BLISS <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b> <b>7:15 Ukulele Club</b>	19) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> <b>11:00 Quilter's Corner</b>  <b>1:00 Canasta/Games</b>	20) 9:00 Steppin' Up <b>9:30 Pickleball</b>
21)	22) 9:00 Steppin' Up  <b>No Classes</b>	23) 9:00 Steppin' Up 9:30 Dynamic Yoga <b>11:00 Line Dancing</b>  <b>4:00 FIT</b> <b>6:00 Pickleball</b>	24) <b>9:00 Steppin' Up</b> 9:30 Dance Fitness <b>9:30 Pickleball</b> <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>	25) 9:00 Steppin' Up <b>9:15 Polo Park Shopping Trip</b> 9:30 BLISS <b>11:00 Line Dancing</b> 3:00 Virtual Chat <b>6:00 Pickleball</b> <b>7:00 AGM</b> <b>7:15 Ukulele Club</b>	26) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b>  <b>1:00 Canasta/Games</b>	27) 9:00 Steppin' Up <b>9:30 Pickleball</b>
28)	29) 9:00 Steppin' Up 9:30 BLISS	30) 9:00 Steppin' Up 9:30 Dynamic Yoga <b>11:00 Line Dancing</b>  <b>4:00 FIT</b> <b>6:00 Pickleball</b>	31) <b>9:00 Steppin' Up</b> 9:30 Dance Fitness <b>9:30 Pickleball</b> <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>	<h1>May 2023</h1>		

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