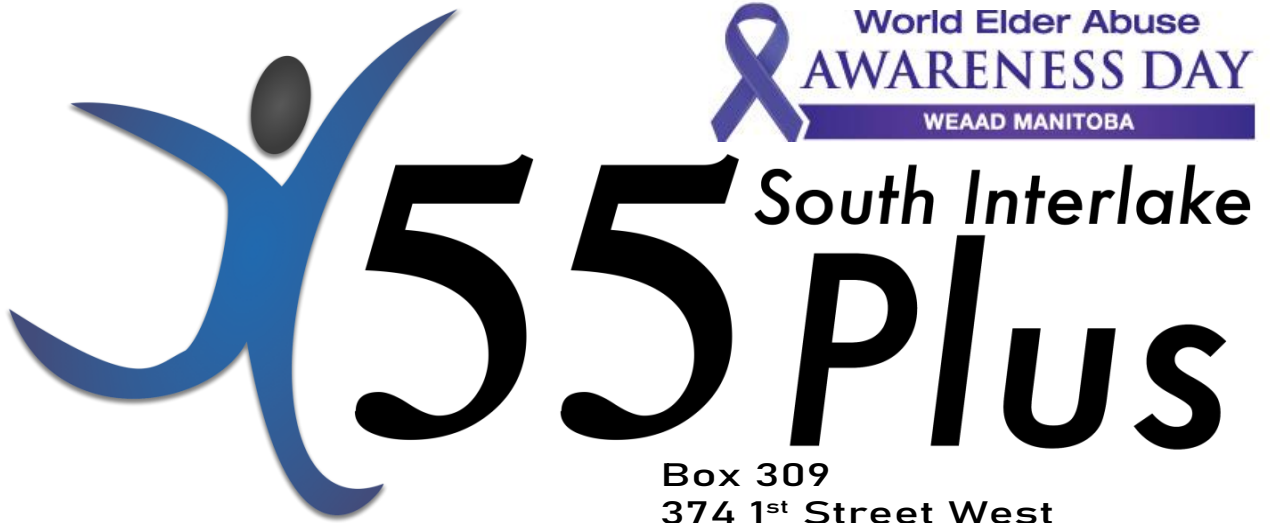


June 15, 2023

World Elder Abuse

AWARENESS DAY

WEAAD MANITOBA



Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

June 2023

New FREE Program!

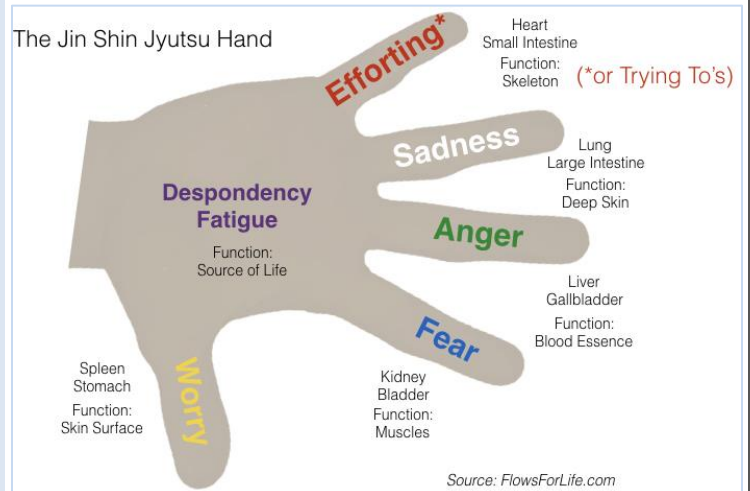
Jin Shin Jyutsu

**Tuesdays: June 20, 27 and July 4
9:00 – 10:30 am: In-Centre and via Zoom**

Jin Shin Jyutsu physio-philosophy is an ancient art of harmonizing the life energy in the body. It brings balance to the body's energies, which promotes optimal health and well-being and facilitates our own profound health capacity.

Through Jin Shin Jyutsu self help, an individual receives the empowering message that he or she can be self sufficient in helping the body be deeply relaxed and clear to support wellness.

The Jin Shin Jyutsu Hand



Source: FlowsForLife.com

Instructor: Claire Stephensen

To sign up for this **FREE** program, please call South Interlake 55 Plus at 204-467-2582



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.

2023/2024 South Interlake 55 Plus Board of Directors

Executive:

President	Detlev Regelsky
1 st Vice President	Paul Pelletier
Secretary	Valerie Appleyard
Treasurer	Bob McKenzie

Directors:

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

Staff:

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

Happy Birthday!

June Birthdays

Terry Denoyer	2
Care Holmes	4
Jean Chaboyer	4
Eleanor Moore	5
Deb McCrea	8
Greg Gagnon	13
Pat Hawkins	13
Rosemary Pattie	14
Debbie Early	16
Margaret Hogarth	19
Henry Bernhardt	25
Judy Shiels	26
Barb Fenske	28
Susan McCowan	28



Monday: available by email:
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

Evening programs will run as scheduled.

MAY CROSSWORD PUZZLE ANSWERS

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

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

Looking to Volunteer?

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!

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

We want your input!

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

Eadie McIntyre is retiring from the 55 Plus Board! We would like to thank Eadie for her many years of service on the Board of Directors at 55 Plus. She has served many positions on the board and dedicated many, many hours to making sure our Centre continues to provide resources, promote vitality and support the independence of our 55+ community.

Dedicated Hearts

*Dedicated hearts like yours
Are not so easy to find.
It takes a special person to be
So generous and kind.*

*To care so much for your fellow man
Is a quality all too rare.
Yet you give of your time and talents,
For all in need to share.*

*So thank you for being a volunteer,
We're privileged to work with you.
We want you to know how appreciated you are,
Not just today, but the whole year through.*



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:

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
Every Thursday in June
7:15 pm



at Something Beautiful, 307 Main Street,
Stonewall

THURSDAY NIGHT CRIBBAGE

**EVERY THURSDAY THIS SUMMER
7:00PM**

STARTING JUNE 22, 2023

Singles Play (No Partner Needed)



\$5.00 per person

South Interlake 55+ (374 1st Street West, Stonewall)



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!

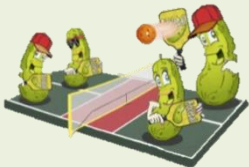
June 1 - 29

	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!



Stonewall Curling Rink!

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

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

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

Non-Members
\$5.00

Members
\$3.00

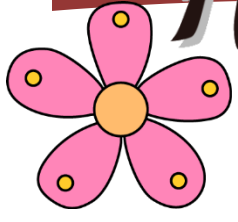
Suitable for all adults at all fitness levels.
Everyone welcome!

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

Active Wellness Club

Summer Session

July 11 – August 24



Tuesday

NO CLASS JULY 11

9:00 am

Summer Step, Strength & Stretch

(In Person & Zoom)



Thursday

NO CLASS AUGUST 10

9:00 am

Yin Yoga

(In Person & Zoom)



CLASS DESCRIPTIONS

Summer Step, Strength and Stretch by Cheryl – Suitable for all fitness levels, all ages, male and female! This class consists of low impact but high calorie-burning cardio on or off a step. Strength training will consist of hand weights, bands and Pilates. Expect a full body workout to increase your strength, stamina, bone density, balance and flexibility in 45 minutes! Please bring water, a mat, bands*, weights*.

Yin Yoga with Liz - A Class with a focus on increasing flexibility and mobility. A style of yoga concentrating on longer stretches and mental stillness. Includes a long rest period at the end of class to encourage peace for the mind and body. Please bring water and a yoga mat.

*A selection of weights and bands are available at the centre for use in class

Instructors: Cheryl Kooning and Liz Luke

The 55 Plus Centre Reserves the Right to Cancel a Class

6 Weeks

1 class/ wk: Members \$45
2 classes/ wk: Members \$80

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

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!

June 2 and 16
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, June 7 @ 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/
TEXAS HOLD'EM**

Fridays at 1:00 pm

TEXAS HOLD'EM

Wednesdays
7:00 pm

Members \$2.00
Non-Members \$5.00

JUNE LUNCHEON

Wednesday

June 14

12:00 pm

Deadline to purchase tickets: Friday, June 9

Limited tickets available! Don't be disappointed, get yours early!

Please note: There will be no luncheon in July and August

Pulled Pork on a
Bun

Tickets: \$10.00

ADVANCE TICKETS ONLY

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



THURSDAY TALKS AND TREATS - 2023

**Time 7:00 – 8:00 pm followed by refreshments
374 1st 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!

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

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

June 9, 11:00 am

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

Selkirk Shopping Trip

Thursday, July 27

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

Registration Deadline: Tuesday, July 25

Members \$20 / Non-members \$25

Call 204-467-2582 to register

We Would Like Your Feedback!

Would you be interested in taking part in a “refresher” guitar program in the fall? Dust off your guitar and re-learn your chords and scales in a group setting, with an instructor (price and details to be determined based on response).

Would you be interested in a beginner Wood Carving course where you would learn to make a Comfort Bird in the fall? We would provide the instruction and tools in a group setting (price and details to be determined based on response).

Please call the Centre to let us know if you have interest in this!
South Interlake 55 Plus Centre
204-467-2582

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

South Interlake Seniors Resource is looking for Board Members. Please call 204-467-2719 if you are interested.

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



The largest multi-sport event in Manitoba for those aged 55+.

The Games are a fun and enriching experience for spectators, volunteers and participants!

June 20 - 22, 2023
Portage la Prairie

For more information contact Active Aging in Manitoba:

www.activeagingmb.ca

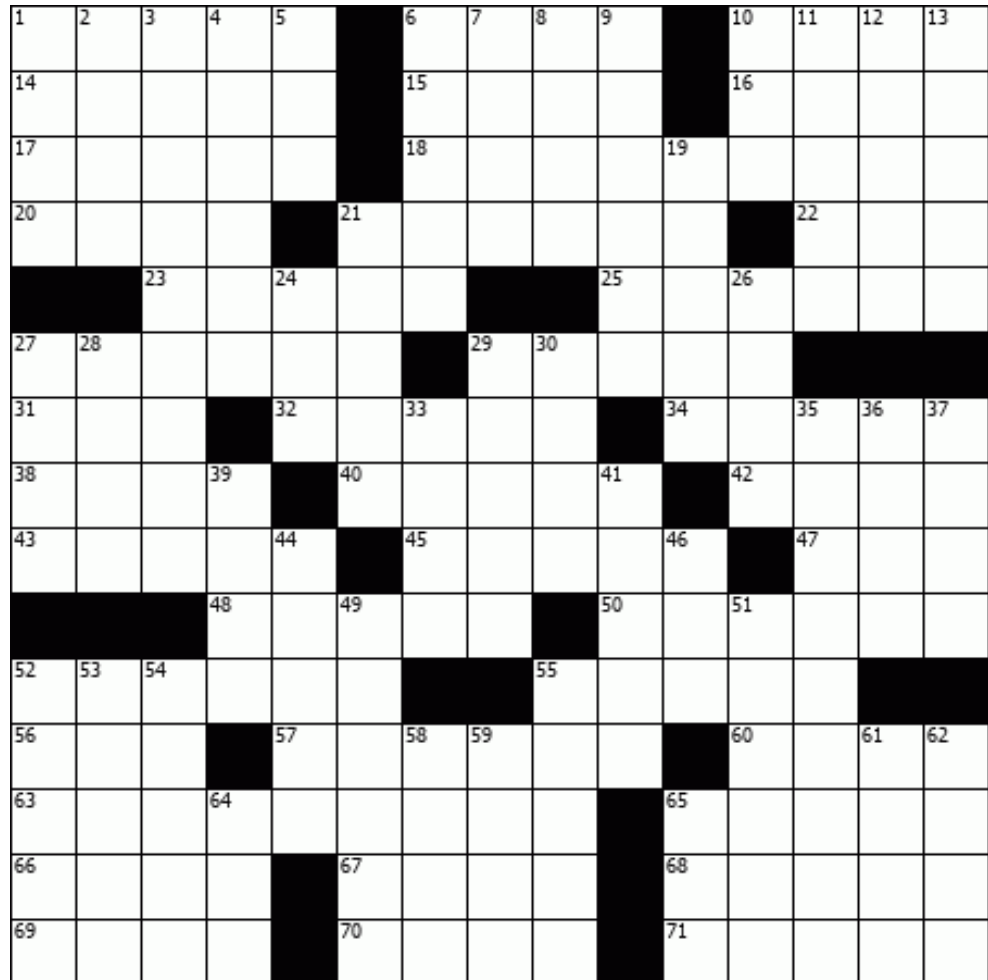
email: manitoba55plusgames@gmail.com

Phone: 204-261-9257

Crossword Puzzle

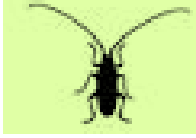
Across

1. Writing assignment
6. Songstress ____ McEntire
10. Much (2 wds.)
14. Knowing
15. Spanish cheers
16. Mongolian desert
17. Fixed prices
18. Patched a ceiling
20. Daze
21. Tidier
22. Compass point (abbr.)
23. Plane spotter
25. Fishing nets
27. Rubs out
29. Painter's stand
31. Cherry seed
32. Papas' partners
34. Bed boards
38. Like some tea
40. System of reasoning
42. Positive
43. Closet wood
45. Acquire knowledge
47. Earth's star
48. Thin candle
50. Eased up
52. Sell to consumers
55. Beatle Ringo ____
56. Mineral source
57. Deny
60. Go quickly
63. Nuisance
65. Southern beauty
66. ____ and shine!
67. Unchanged
68. Labor organization
69. Prophet
70. Water vessel
71. Pierces



Down

- | | | |
|-------------------------|-----------------------|---------------------------|
| 1. Corn units | 21. ____ spray | 46. Heat's league (abbr.) |
| 2. Hit | 24. HST's party | 49. Polite word |
| 3. Drenched | 26. Afflictions | 51. Eager |
| 4. Amphitheaters | 27. Long story | 52. Lions' sounds |
| 5. Absolutely! | 28. Asian staple | 53. Bert's buddy |
| 6. Wrangler | 29. Zealous | 54. High-strung |
| 7. She, in Seville | 30. Japan's continent | 55. Navigate |
| 8. Defeat | 33. Burrowing mammal | 58. Nibble |
| 9. Evaluate | 35. Sydney's country | 59. Pinnacle |
| 10. Vital statistic | 36. Correct | 61. Messy fellow |
| 11. Actress Sophia ____ | 37. Transmit | 62. Egg layers |
| 12. Fat | 39. Computer info | 64. Atop, poetically |
| 13. Ocean currents | 41. Box | 65. School vehicle |
| 19. Orchard members | 44. Drizzly | |





Insects

Find and circle all of the insects that are hidden in the grid.
The remaining letters spell an additional insect.

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

- | | | |
|-------------|----------|------------|
| ANTS | EARWIG | MOSQUITO |
| APHID | FIREFLY | MOTH |
| BEDBUG | FLEA | SILKWORM |
| BEE | FLIES | SILVERFISH |
| BUMBLEBEE | HORNET | TERMITE |
| BUTTERFLY | LACEWING | THRIP |
| CATERPILLAR | LADYBUG | TICKS |
| CICADA | LICE | WASP |
| COCKROACH | LOCUST | WEEVIL |
| CRICKET | MAYFLY | WORMS |
| DRAGONFLY | | |



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>June 2023</h1>				1) 9:00 Steppin' Up 9:30 BLISS 11:00 Line Dancing 6:00 Pickleball 7:00 Talks and Treats 7:15 Ukulele Club	2) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Quilter's Corner 1:00 Canasta/Games/ Texas Hold'em	3) 9:00 Steppin' Up 9:30 Pickleball
4)	5) 9:00 Steppin' Up 9:30 BLISS	6) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Line Dancing 4:00 FIT 6:00 Pickleball	7) 9:00 Steppin' Up 9:30 Dance Fitness 9:30 Pickleball 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	8) 9:00 Steppin' Up 9:15 The Forks Trip 9:30 BLISS 11:00 Line Dancing 3:00 Virtual Chat 6:00 Pickleball 7:00 Talks and Treats 7:15 Ukulele Club	9) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Travel Club Meeting 1:00 Canasta/Games/ Texas Hold'em	10) 9:00 Steppin' Up 9:30 Pickleball
11)	12) 9:00 Steppin' Up 9:30 BLISS	13) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Line Dancing 4:00 FIT 6:00 Pickleball	14) 9:00 Steppin' Up 9:30 Dance Fitness 9:30 Pickleball 12:00 Luncheon 1:00 Cards 5:30 Body Blast 7:00 Texas Hold'em	15) 9:00 Steppin' Up 9:30 BLISS 11:00 Line Dancing 6:00 Pickleball 7:00 Talks and Treats 7:15 Ukulele Club	16) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Quilter's Corner 1:00 Canasta/Games/ Texas Hold'em	17) 9:00 Steppin' Up 9:30 Pickleball
18) 	19) 9:00 Steppin' Up 9:30 BLISS	20) 9:00 Steppin' Up 9:00 Jin Shin Jyutsu 11:00 Line Dancing 6:00 Pickleball	21) 9:00 Steppin' Up 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 7:00 Texas Hold'em	22) 9:00 Steppin' Up 9:15 St. Vital Shopping Trip 11:00 Line Dancing 3:00 Virtual Chat 6:00 Pickleball 7:00 Cribbage 7:15 Ukulele Club	23) 9:00 Steppin' Up 1:00 Canasta/Games/ Texas Hold'em	24) 9:00 Steppin' Up 9:30 Pickleball
25)	26) 9:00 Steppin' Up	27) 9:00 Steppin' Up 9:00 Jin Shin Jyutsu 11:00 Line Dancing 6:00 Pickleball	28) 9:00 Steppin' Up 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 7:00 Texas Hold'em	29) 9:00 Steppin' Up 11:00 Line Dancing 6:00 Pickleball 7:00 Cribbage 7:15 Ukulele Club	30) 9:00 Steppin' Up 1:00 Canasta/Games/ Texas Hold'em	

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