



55 *South Interlake* Plus

Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

July & August 2023

ATTENTION SENIORS

NEED TECH SUPPORT?

NEW FREE PROGRAM!

Bring your Phone, Tablet, iPad, or Laptop
for Assistance!

Running until Tuesday, August 15, 2023

TUESDAYS 9AM - 12PM

LIONS MANOR
BOARD ROOM-PHASE 1
Residents Only

TUESDAYS 1PM - 3PM

WEDNESDAY-FRIDAY 9AM - 3PM

55 PLUS CENTRE (ODDFELLOWS HALL)

All Welcome

CALL AHEAD

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:

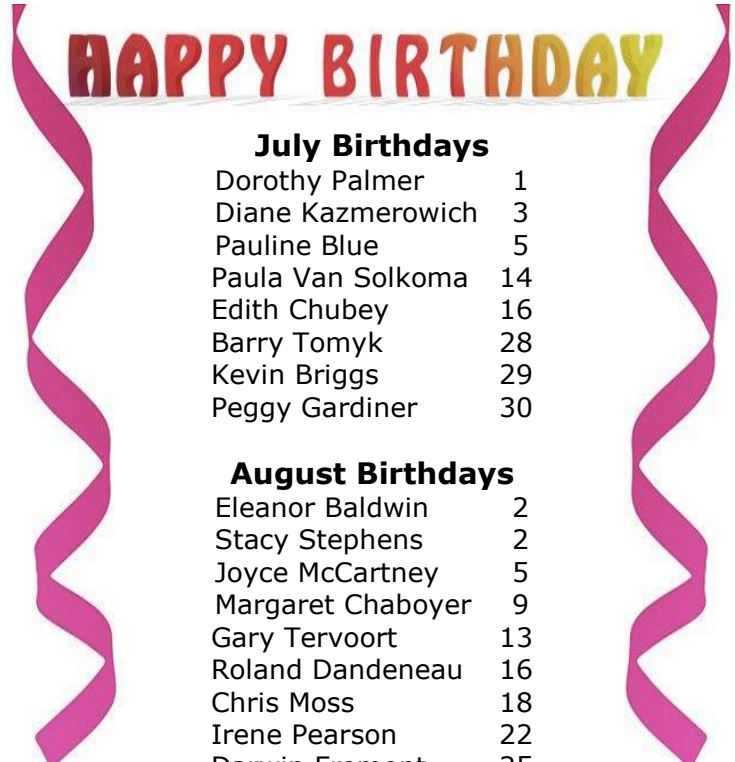
President	Detlev Regelsky
1 st Vice President	Paul Pelletier
Secretary	Valerie Appleyard
Treasurer	Bob McKenzie

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



July Birthdays

Dorothy Palmer	1
Diane Kazmerowich	3
Pauline Blue	5
Paula Van Solkoma	14
Edith Chubey	16
Barry Tomyk	28
Kevin Briggs	29
Peggy Gardiner	30

August Birthdays

Eleanor Baldwin	2
Stacy Stephens	2
Joyce McCartney	5
Margaret Chaboyer	9
Gary Tervoort	13
Roland Dandeneau	16
Chris Moss	18
Irene Pearson	22
Darwin Fremont	25
Lorne Rezensoff	27



Monday: available by email:
si55plus@mymts.net

Tuesday: 8:30 am-4:00 pm

Wednesday: 8:30 am-4:00 pm

Thursday: 8:30 am-4:00 pm

Friday: 8:30 am-4:00 pm

Contact our Office at

(204) 467-2582 or by email at

si55plus@mymts.net

Evening programs will run as scheduled.

JUNE CROSSWORD PUZZLE ANSWERS

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

**Congratulations to Liz Harkness
for winning the draw at our June
luncheon!**

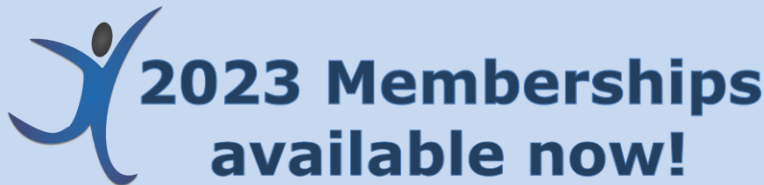


Become a Member or Renew Your Membership Today!

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:

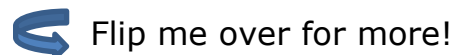
South Interlake 55 Plus
 PO Box 309
 Stonewall, MB R0C 2Z0

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.



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!**



**AUGUST
18, 19, 20**

*Come visit us at our
Quarry Days table on
Saturday, August 19th*

Tickets will be available for our
Quilt Raffle
in support of South Interlake 55 Plus

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
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!



July 4 - 27

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

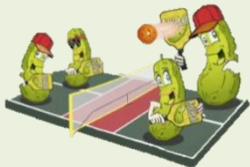
August 1 - 31

	Member	Non-Member
Tuesdays ONLY:	\$15	\$25
Thursday ONLY:	\$15	\$25
Tuesday & Thursday:	\$30	\$50

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




 <h2>Tuesday</h2> <p>NO CLASS JULY 11</p> <p>9:00 am Summer Step, Strength & Stretch (In Person & Zoom)</p>	 <h2>Thursday</h2> <p>NO CLASS AUGUST 10</p> <p>9:00 am Yin Yoga (In Person & Zoom)</p>
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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!

July 7 and 21
August 4 and 18

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, July 5 and August 2
@ 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

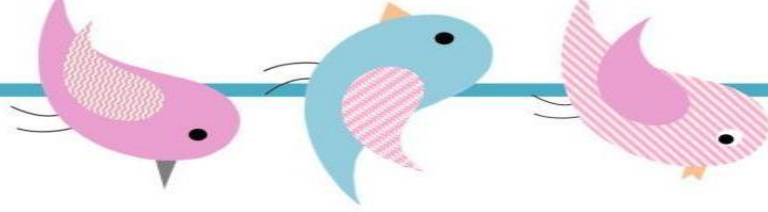
Fridays at 1:00 pm

TEXAS HOLD'EM

Wednesdays
7:00 pm

Members \$2.00
Non-Members \$5.00





Wood Carving

**Tuesdays: September 5, 12, 19 and 26
1:00 – 2:30 pm: In-Centre**

Cost \$40.00 includes all tools & supplies to make your own comfort bird that you will take home.

Registration Deadline: Friday, August 18

Call 204-467-2582 to sign up for this class



Self Care Techniques with Therese

- **Tuesday, September 12, 9:30-10:30: *Healing Touch***
- **Tuesday, September 19, 9:30-10:30: *Sound Therapy***
- **Tuesday, September 26, 9:30-10:30: *Emotional Freedom Technique***

These classes will be taught by a Healing Touch Practitioner with 15 years experience and has training in many other modalities.

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

Log Cabin Quilt in a Day Project

Would you be interested in a beginners Quilting class where you would learn to make a 58"x58" (lap quilt) Log Cabin Quilt in 4 sessions 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 and let us know if you have interest in this in-centre program! 204-467-2582

Hitch a Ride With Us!

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

Woodlands Museum and Lillies & Lattes (lunch at your own expense)

Thursday, August 3

Depart 9:30 am from Lions Manor, Entrance 1
and 9:45 am from 55 Plus

Registration Deadline:

Thursday, July 27

\$25.00 per person

Call 204-467-2582 to register

Lower Fort Garry Guided Tour

Thursday, August 17

Lunch @ Lower Fort Garry
(at your own expense)

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

Registration Deadline:

Friday, August 11

Members \$45 / Non-members \$50

Call 204-467-2582 to register

Outlet Mall Shopping Trip

Thursday, September 21

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

Registration Deadline:

Tuesday, September 19

Members \$20 / Non-members \$25

Call 204-467-2582 to register

What trip would you like to go on?

Join us for our next Travel Club Meeting: September 14, 11:00 am

Celebrations Dinner Theatre

OLD TIME ROCK 'N ROLL

Wednesday, November 29 @ 6:30 pm

Registration Deadline: Thursday, August 24

Members \$90 / Non-members \$95

Please call the Centre to sign up for this event!

South Interlake 55 Plus Centre

204-467-2582



2023 Stonewall Pickleball Tournament

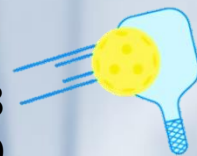
Sunova Curling Rink – 500 Main Street, Stonewall, MB (South Entrance)

EVENTS

WOMEN'S DOUBLES – FRIDAY, SEPTEMBER 8

MIXED DOUBLES – SATURDAY, SEPTEMBER 9

MEN'S DOUBLES – SUNDAY, SEPTEMBER 10



Skill Level Categories:

2.5/3.0 Age 55/65+ Separate Playoff

3.5+ Age 55/65+ Separate Playoff

3.5 Age 18+

3.75/4.0 Age 18+ Separate Playoff

**Orange Onix Fuse indoor balls will be used.*

Fees:

Early Bird Special until August 4:
\$20.00 per person, per event.

Following August 4, all fees will increase
to \$25.00 per person, per event.

E-transfer payment to:
stonewallpickleball@gmail.com

*Payment secures your spot, as space is limited.
No refunds will be issued after August 18, 2023.*

FINAL REGISTRATION DEADLINE: AUGUST 18

TO REGISTER:

EMAIL: stonewallpickleball@gmail.com

Or visit si55plus.org for a link to our registration form

**PERSONS WISHING TO VOLUNTEER FOR VARIOUS TASKS CAN DO SO BY EMAILING:
stonewallpickleball@gmail.com**

Format: Round Robin or Modified Round Robin. All Games are played to 11 pts. Playoff format will be either best 2 of 3 to 11 or one game to 15 pts – based on the amount of time remaining. All games are “win by 1 point”.

IFP Rules Apply: Players must sign a liability waiver. If available, referees will officiate. Otherwise, the honor system will apply.

Presented by: South Interlake 55+, Stonewall, 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



This program covers the areas of:

- RM of Rockwood
- RM of Woodlands
- RM of Rosser
- RM of St. Laurent
- RM of Armstrong
- Town of Stonewall
- Town of Teulon

Nav-CARE is a FREE program with specially-trained volunteers designed to help improve the lives of people living with declining health by creating connections to community services and resources and providing caring, consistent emotional support.

Nav-CARE volunteers visit you in your home on a regular basis with a focus on enhancing your quality of life.



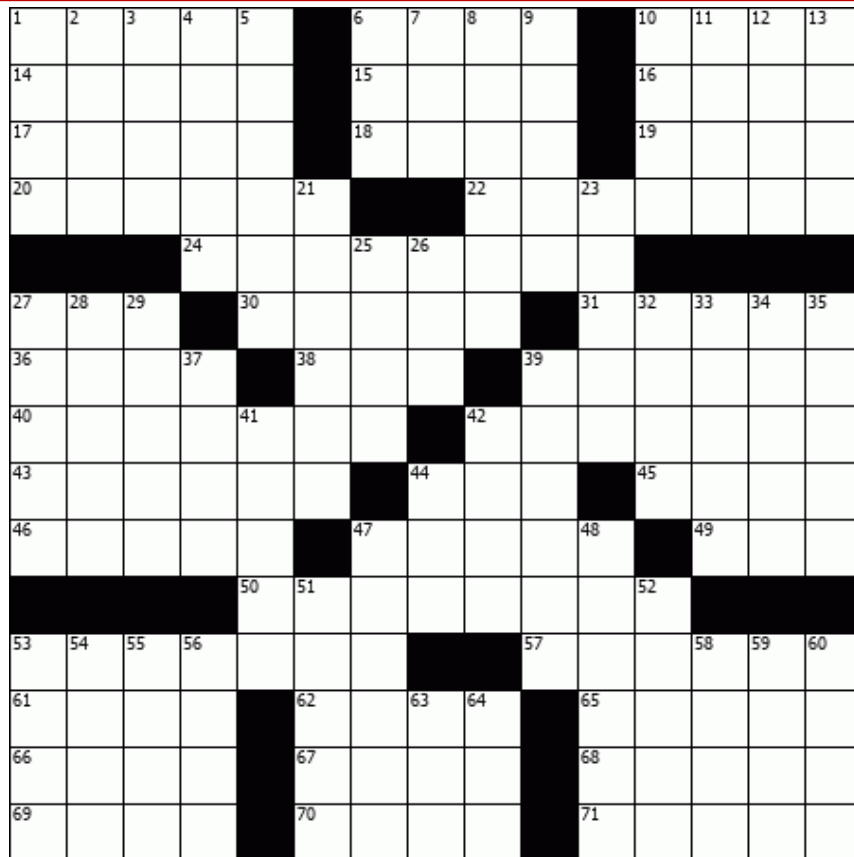
If you know of someone who would benefit from this program OR if you would like to volunteer contact:

**SWDPC Nav-CARE Volunteer Coordinator
Email: navcare@swdpc.com
Phone: 204-404-3030**

Crossword Puzzle

Across

1. Greek island
6. Snake's sound
10. Pot covers
14. Sophia ____
15. Spirit
16. Verbal
17. Conform
18. Song
19. Festive occasion
20. Want
22. Bank statement entry
24. Representative
27. Ripen
30. Comedian ____ Murphy
31. Hidden supply
36. Camera glass
38. Hen's creation
39. Vocation
40. Support
42. Ice-cream flavor
43. Debit's opposite
44. Fishing aid
45. Tavern orders
46. Car style
47. Fabric pattern
49. ____ day at a time
50. Window box bloom
53. Typical example
57. Biblical hymns
61. Female voice
62. Enlightened one's words (2 wds.)
65. Nosy person
66. Mediocre grades
67. Certain bills
68. Heavenly scales
69. Bad actors
70. Ladder rung
71. Alleviates



Down

- | | | |
|---------------------------|--------------------------|-------------------------|
| 1. Clothed | 23. Pie nut | 44. Gun owners' org. |
| 2. Took a bus | 25. Cliff's brink | 47. Adjusted beforehand |
| 3. Time periods | 26. Musician's job | 48. Scuffle |
| 4. Moderately warm | 27. Guinness and Baldwin | 51. Gives forth |
| 5. Main course | 28. Category | 52. Craze |
| 6. Truman's monogram | 29. Concluded | 53. Every |
| 7. Debt memo | 32. Opera solo | 54. Petition |
| 8. Ice-cream dish | 33. Violin's kin | 55. List entry |
| 9. Winter forecast | 34. Actress ____ Hunt | 56. Fling |
| 10. Advertising symbol | 35. Remove | 58. Tosses |
| 11. Retirees' accts. ____ | 37. Carbonated drink | 59. In addition |
| 12. Painter Salvador ____ | 39. Treat for kitty | 60. Mineral springs |
| 13. Narrow board | 41. Beatle ____ Starr | 63. Compass dir. |
| 21. Firstborn | 42. Blood vessel | 64. Psychic inits. |

WORD SEARCH

CANADA

Find and circle all of the words that are hidden in the grid.
The remaining 47 letters spell a secret message.




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








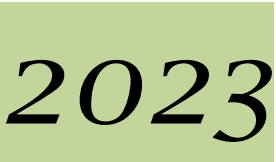
- | | | | |
|------------------|---------------|-----------------------|--------------|
| ALBERTA | HOCKEY | NEWFOUNDLAND | REGINA |
| BEARS | IQUALUIT | NORTHWEST TERRITORIES | SASKATCHEWAN |
| BEAVERS | LABRADOR | NOVA SCOTIA | SNOW |
| BRITISH COLUMBIA | LAKES | NUNAVUT | ST. JOHN'S |
| CARIBOU | LOONIE | OIL | TOQUE |
| CHARLOTTETOWN | MANITOBA | ONTARIO | TORONTO |
| CURLING | MAPLE LEAF | OTTAWA | VICTORIA |
| EDMONTON | MAPLE SYRUP | PRAIRIES | WHITEHORSE |
| FORESTS | MOOSE | PRINCE EDWARD ISLAND | WINNIPEG |
| FREDERICTON | MOUNTAINS | QUEBEC | YELLOWKNIFE |
| GEESE | NEW BRUNSWICK | RCMP | YUKON |
| HALIFAX | | | |

July 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1) 9:00 Steppin' Up 9:30 Pickleball 
2)	3) 9:00 Steppin' Up	4) 9:00 Steppin' Up 9:00 Jin Shin Jyutsu 11:00 Line Dancing 1:00-3:00 Tech Support 6:00 Pickleball	5) 9:00 Steppin' Up 9:00-3:00 Tech Support 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 12:00 Book Club 1:00 Cards 7:00 Texas Hold'em	6) 9:00 Steppin' Up 9:00-3:00 Tech Support 11:00 Line Dancing 6:00 Pickleball 7:00 Cribbage 7:15 Ukulele Club	7) 9:00 Steppin' Up 9:00-3:00 Tech Support 11:00 Quilter's Corner 1:00 Canasta/Games/Texas Hold'em	8) 9:00 Steppin' Up 9:30 Pickleball
9)	10) 9:00 Steppin' Up	11) 9:00 Steppin' Up 10:00 MB Legislative Trip 11:00 Line Dancing 1:00-3:00 Tech Support 6:00 Pickleball	12) 9:00 Steppin' Up 9:00-3:00 Tech Support 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 7:00 Texas Hold'em	13) 9:00 Steppin' Up 9:00 Yin Yoga 9:00-3:00 Tech Support 11:00 Line Dancing 3:00 Virtual Chat 6:00 Pickleball 7:00 Cribbage 7:15 Ukulele Club	14) 9:00 Steppin' Up 9:00-3:00 Tech Support 1:00 Canasta/Games/Texas Hold'em	15) 9:00 Steppin' Up 9:30 Pickleball 12:45 Rainbow Stage
16)	17) 9:00 Steppin' Up	18) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 11:00 Line Dancing 1:00-3:00 Tech Support 6:00 Pickleball	19) 9:00 Steppin' Up 9:00-3:00 Tech Support 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 7:00 Texas Hold'em	20) 9:00 Steppin' Up 9:00 Yin Yoga 9:00-3:00 Tech Support 11:00 Line Dancing 6:00 Pickleball 7:00 Cribbage 7:15 Ukulele Club	21) 9:00 Steppin' Up 9:00-3:00 Tech Support 11:00 Quilter's Corner 1:00 Canasta/Games/Texas Hold'em	22) 9:00 Steppin' Up 9:30 Pickleball
23)	24) 9:00 Steppin' Up	25) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 11:00 Line Dancing 1:00-3:00 Tech Support 6:00 Pickleball	26) 9:00 Steppin' Up 9:00-3:00 Tech Support 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 7:00 Texas Hold'em	27) 9:00 Steppin' Up 9:00 Yin Yoga 9:00-3:00 Tech Support 9:15 Selkirk Shopping Trip 11:00 Line Dancing 3:00 Virtual Chat 6:00 Pickleball 7:00 Cribbage 7:15 Ukulele Club	28) 9:00 Steppin' Up 9:00-3:00 Tech Support 1:00 Canasta/Games/Texas Hold'em	29) 9:00 Steppin' Up 9:30 Pickleball
30)	31) 9:00 Steppin' Up					

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 11:00 Line Dancing 1:00-3:00 Tech Support 6:00 Pickleball	2) 9:00 Steppin' Up 9:00-3:00 Tech Support 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 12:00 Book Club 1:00 Cards 7:00 Texas Hold'em	3) 9:00 Steppin' Up 9:00 Yin Yoga 9:00-3:00 Tech Support 9:30 Woodlands Museum 11:00 Line Dancing 6:00 Pickleball 7:00 Cribbage 7:15 Ukulele Club	4) 9:00 Steppin' Up 9:00-3:00 Tech Support 11:00 Quilter's Corner 1:00 Canasta/Games/ Texas Hold'em	5) 9:00 Steppin' Up 9:30 Pickleball
		6)	7) 9:00 Steppin' Up 	8) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 11:00 Line Dancing 1:00-3:00 Tech Support 6:00 Pickleball <i>Folklorama</i>	9) 9:00 Steppin' Up 9:00-3:00 Tech Support 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 7:00 Texas Hold'em	10) 9:00 Steppin' Up 9:00-3:00 Tech Support 11:00 Line Dancing 3:00 Virtual Chat 6:00 Pickleball 7:00 Cribbage 7:15 Ukulele Club
13)	14) 9:00 Steppin' Up	15) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 11:00 Line Dancing 1:00-3:00 Tech Support 6:00 Pickleball <i>Folklorama</i>	16) 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	17) 9:00 Steppin' Up 9:00 Yin Yoga 9:15 Lower Fort Garry 11:00 Line Dancing 6:00 Pickleball 7:00 Cribbage 7:15 Ukulele Club	18) 9:00 Steppin' Up 11:00 Quilter's Corner 1:00 Canasta/Games/ Texas Hold'em 	19) 9:00 Steppin' Up 9:30 Pickleball 
20) 	21) 9:00 Steppin' Up	22) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 11:00 Line Dancing 6:00 Pickleball	23) 9:00 Steppin' Up 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 12:45 <i>Rainbow Stage</i> 1:00 Cards 7:00 Texas Hold'em	24) 9:00 Steppin' Up 9:00 Yin Yoga 11:00 Line Dancing 3:00 Virtual Chat 6:00 Pickleball 7:00 Cribbage 7:15 Ukulele Club	25) 9:00 Steppin' Up 1:00 Canasta/Games/ Texas Hold'em	26) 9:00 Steppin' Up 9:30 Pickleball
27)	28) 9:00 Steppin' Up	29) 9:00 Steppin' Up 11:00 Line Dancing 6:00 Pickleball	30) 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	31) 9:00 Steppin' Up 9:15 Selkirk Shopping Trip 11:00 Line Dancing 6:00 Pickleball 7:00 Cribbage 7:15 Ukulele Club		

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