



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)

SEPTEMBER 2023

## SEPTEMBER LUNCHEON

**Wednesday  
September 13  
12:00 pm**

**Deadline to purchase tickets: Friday, September 8**  
Limited tickets available! Don't be disappointed, get yours early!

**New Ticket Price!**

**Tickets: \$13.00**

**ADVANCE TICKETS ONLY**

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

Spaghetti Bake, Garlic Toast, Caesar Salad



## 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 <sup>st</sup> 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!

### September Birthdays

Donna Couvier	1
Donna Barr	7
Anjanean Cheadle	7
Eileen Smith	12
John Unrau	12
Alwyn Ammeter	14
Barb La Fleche	25
Kathy Turner	29
Lorraine Lewis	30

Happy birthday!

Happy birthday! Happy birthday!



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

*Evening programs will run as scheduled.*

### JULY/AUGUST CROSSWORD PUZZLE ANSWERS

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



# Become a Member or Renew Your Membership Today!

Membership is only **\$25.00\*** per calendar year!  
*\*effective for all 2024 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)



## 2024 Memberships available now!

**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.



# ACCUMULATIVE CRIBBAGE TOURNAMENT

*Partner Play*

**Please register early!**



Tuesday Evenings

September 5-26, 7:00 pm

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

4 Week Tournament – Weekly Prizes

**Registration Deadline: Friday, September 1, 2023**

Entry Fee: \$20.00 per person

Call us at 204-467-2582 to register

---

## 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 meets  
Every Thursday**

**6:30 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!*

**September 5 - 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!



**Stonewall Curling Rink!**

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

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

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

**Last day of play at the Curling Rink is September 6<sup>th</sup>.**

**Stay tuned for Fall/Winter details!**

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

## Fall Session

September 19 – November 24

Tuesday Wednesday Thursday Friday

9:00-9:45 am

Step, Strength & Stretch Class

(In Person & Zoom)



9:30-10:30 am

Dynamic Yoga

(Zoom Only)

5:30-6:15 pm

Ultimate Mix

(In Centre Only)

9:00-10:00 am

Yin Yoga

(In Person & Zoom)



9:30-10:30 am

BLISS

(Zoom Only)



## CLASS DESCRIPTIONS

**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\*.

**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.

**Ultimate Mix** with Cheryl – This short and effective multi-fitness class offers a lot for all levels of exercisers: easy to follow, joint-friendly, full body cardio moves designed to get your heart-pumping and burn calories; strengthen and sculpt muscles using a variety of weights and Pilates; finish with a long, relaxing stretch with yoga inspired poses. Join this functional and fun workout with great music to boot! Bring a mat, hand weights\*, water and a good attitude (but we will take all attitudes!)

**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.

**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 weights\*, a resistance band\*, a chair, and a mat (and don't forget water!)

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

Instructors: Cheryl Kooning, Liz Luke and Gail Spencer-Lamm

### 10 Weeks

- 1 class/ wk: Members \$80
- 2 classes/ wk: Members \$130
- 3 classes/ wk: Members \$175
- 4 classes/ wk: Members \$215
- 5 classes/ wk: Members \$250

### 5 Weeks

- 1 class/ wk: Members \$45
- 2 classes/ wk: Members \$80
- 3 classes/ wk: Members \$110
- 4 classes/ wk: Members \$135
- 5 classes/ wk: Members \$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 per class

## 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!

The 55 Plus Centre Reserves the Right to Cancel a Class

# 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!

**September 1 and 15**

**11:00 am**

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

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

## BOOK CLUB

**Wednesday, September 6  
@ 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/  
TEXAS HOLD'EM**

**Fridays at 1:00 pm**

## TEXAS HOLD'EM

**Wednesdays  
7:00 pm**

Members \$2.00  
Non-Members \$5.00





# Hitch a Ride With Us!

## McPhillips Station Casino

Tuesday, September 5

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

Return at approximately 2:00 pm

Members \$20 / Non-members \$25

**Call 204-467-2582 to reserve your seat –  
they are going fast!  
204-467-2582**

## 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**

## Mook Fabrics & Lunch

Friday, September 22

Bus leaves Lions Manor at 9:15 am and  
55 Plus Centre at 9:30 am  
Lunch at Boston Pizza (at your own expense)

**Registration Deadline:  
Friday, September 15**

Cost: \$20

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

## Ikea Shopping Trip

Friday, September 29

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

**Registration Deadline:  
Wednesday, September 27**

Members \$20 / Non-members \$25

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

## **Oak Bank Dinner Theatre**

**Thursday, October 19 – 5:30 pm**

Leave Lions Manor, Entrance 1 @ 3:45pm and 55 Plus @ 4:00 pm

**Registration deadline: Thursday, September 28**



**We have a gut feeling that the antics of the evening will surely crack your funny bone...** Dogsbreath Devereaux, M.D., plots to **wed** and do away with the wealthy widow Lotta Cash so he can inherit her fortune and her late husband's hospital. Set in a hospital filled with zany patients, this melodrama is sure to leave you in stitches.

Enjoy a fantastic dinner of soup, Manitoba grown roasted potatoes, orange glazed carrots, sweet corn, and a tender and juicy baron of beef with gravy and horseradish. During intermission, savour a delicious dessert with coffee or tea

**Cost: Members \$75.00 / Non-members \$80.00**

**Call 204-467-2582 to reserve your spot!**

**What trip would you like to go on?  
Join us for our next Travel Club Meeting: September 8, 11:00 am**




## 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

THURSDAYS 1-4 PM  
OCTOBER 12, 26, NOVEMBER 2 & 9

Learn to make a 58"x58" Lap Quilt in this 4 session beginners quilting class!

Cost \$80 for Instruction  
Supplies at your own Expense

Call the Centre to sign up! 204-467-2582



# Joint Replacements Pre & Post Rehabilitation

Presented by Myles Willis  
Physiotherapist BMR- PT, MCISc, Vestibular Provider

**Thursday, September 14, 1:00 pm**  
South Interlake 55 Plus  
374 1<sup>st</sup> Street West, Stonewall (Oddfellows Hall)

Arthritis can be very debilitating and limiting. In some cases, if joint arthritis progresses a joint replacement may be required. In this talk, the listener will learn about the different types of arthritis, early identification, management; and if a joint replacement is required, what to expect prior and post-operatively. We will also discuss how to best prepare yourself for surgery and what to expect post operatively. We will review exercises to help maintain strength and balance in prep for your joint replacement. Myles will, finally, discuss the new post-op funding from the province for hip and knee replacements. Myles has extensive experience working with pre and post operative joint replacements. He is born and raised in the area and happy to be working in the community.

**Please register by Tuesday, September 12. Call 204-467-2582**



## Disability tax credit

**Presentation**  
**Thursday, October 5**  
**1:00 – 3:00pm**

Many people in Canada are suffering debilitating illness for years. Their lifestyle has changed because of serious injury or persistent **severe physical and mental condition**.

As Manitobans, we may have missed out on all or several of the disability credits that might be available to us, particularly the **Disability Tax Credit**.

The **Disability Tax Credit** is a non-refundable federal tax credit used to reduce the amount of tax payable on your income.

**Please call 204-467-2582 to register by Tuesday, October 3**

# PRACTICAL RELAXATION SERIES



Interlake-Eastern  
Regional Health Authority

**Session 1 - Intro to Stress** - This hands on session reviews stress and way to reduce stress. Focus: Deep breathing and guided imagery.

**Session 2 - Intro to Mindfulness** - This hands on session reviews mindfulness, which is about focusing awareness on the present moment.

**Session 3 - Intro to Reframing Our Thoughts** - Our thoughts and beliefs can influence our feelings and actions. We will look at challenging negative thinking and faulty beliefs. Improve your mood by thinking in a flexible and more balanced way.

Tuesday's October 3, 10, 17, 2023

Time: 1:00pm-2:30pm

South Interlake 55+  
Odd Fellow's Hall  
374 First Street West Stonewall

Reservations Required!

Call 204-467-2582 to reserve your seat.

# Around The Community

## South Interlake Seniors Resource

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

**Website: [www.sisrc.ca](http://www.sisrc.ca)**

**Email: [sisrc@shaw.ca](mailto:sisrc@shaw.ca)**

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!**

**TERRY FOX RUN  
STONEWALL QUARRY PARK  
SUNDAY, SEPTEMBER 17  
REGISTRATION 12:00, RUN 1:00 PM**



## 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.

South West District



Palliative Care

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

SWDPC Nav-CARE Volunteer Coordinator

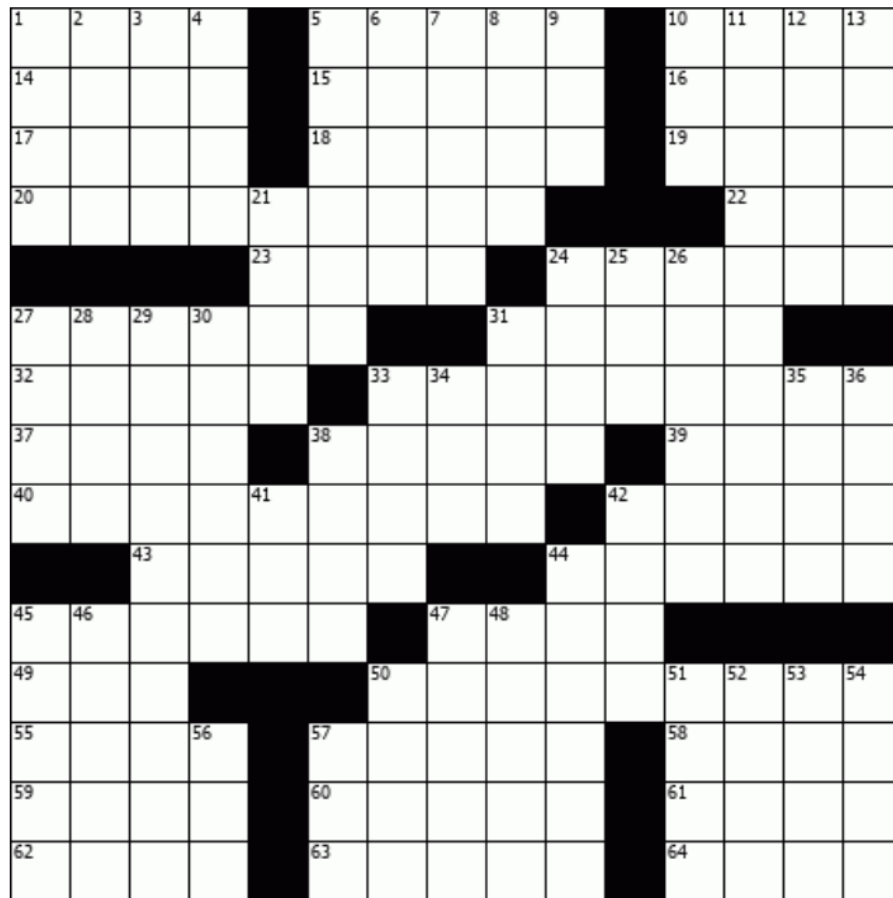
Email: [navcare@swdpc.com](mailto:navcare@swdpc.com)

Phone: 204-404-3030

# Crossword Puzzle

## Across

1. Wild party
5. Fable writer
10. Unchanged
14. Adrift
15. Hold responsible
16. Stretch across
17. Untruthful one
18. Following
19. Ages and ages
20. Spotted dog
22. Yankee \_\_\_\_ Gehrig
23. William or Sean
24. Sarcastic writing
27. Revised
31. Dogma
32. \_\_\_\_ bear
33. Long-lasting plant
37. Troubles
38. Red \_\_\_\_ (fighter pilot)
39. Complexion woe
40. Bunched
42. Pesky bugs
43. Convenes
44. Wall socket
45. Actress Julia \_\_\_\_
47. Pubs
49. Pro's opposite
50. Acceptable in flavor
55. Idaho neighbor
57. Antique
58. Lump of dirt
59. Greek letter
60. Artist's stand
61. Patch up
62. Summer coolers
63. Flat surface
64. Uneasy



## Down

- |                               |                          |                      |
|-------------------------------|--------------------------|----------------------|
| 1. Lacking hair               | 24. Beheld               | 42. Sudden wind      |
| 2. Korea's continent          | 25. Dancer ____ Miller   | 44. Soothsayer       |
| 3. Embossed emblem            | 26. Lodger               | 45. ____ diver       |
| 4. Damage                     | 27. Long, narrative poem | 46. Lugged           |
| 5. Decreased                  | 28. Raggedy Ann, e.g.    | 47. Lightweight wood |
| 6. Like Santa's helpers       | 29. Light up             | 48. Foreigner        |
| 7. Lucifer                    | 30. Loafer ornament      | 50. Chime            |
| 8. Warning sign               | 31. Walked upon          | 51. Summit           |
| 9. Each                       | 33. Standards            | 52. Ran, as colors   |
| 10. Wind dir.                 | 34. Poet's "before"      | 53. Yearn            |
| 11. Indifferent to government | 35. Feed the kitty       | 54. Circular current |
| 12. Feudal estate             | 36. For fear that        | 56. Contains         |
| 13. Follow                    | 38. Wagers               | 57. Agent (abbr.)    |
| 21. Copycat                   | 41. Golf device          |                      |

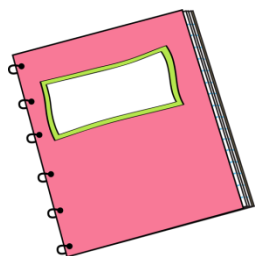


# WORD SEARCH



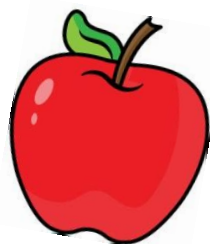
## Back to School


Find and circle all of the School related words that are hidden in the grid.  
The remaining letters spell a Mark Twain quotation.



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

- |             |               |             |                |
|-------------|---------------|-------------|----------------|
| ASSIGNMENTS | ERASER        | LUNCHROOM   | ROLL CALL      |
| BACKPACK    | EXAMS         | MATH        | RULES          |
| BATHROOM    | FIRST DAY     | NEW FRIENDS | SCHOOL BUS     |
| BELL        | GYMNASIUM     | NOTEBOOK    | SCHOOL OFFICE  |
| BINDER      | HALLWAY       | NURSE       | SCHOOLYARD     |
| CAFETERIA   | HOMEWORK      | OLD FRIENDS | SCIENCE        |
| CHALKBOARD  | INTERCOM      | PADLOCK     | SECRETARY      |
| CLASSROOM   | JANITOR       | PAPER       | SEPTEMBER      |
| CLOCK       | LANGUAGE ARTS | PENCILS     | SOCIAL STUDIES |
| COURSES     | LEARNING      | PENS        | STUDENT        |
| DESK        | LIBRARY       | PRINCIPAL   | STUDY          |
| DOORS       | LOCKER        | QUIZZES     | TEACHER        |
| ENROLL      |               |             |                |



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September 2023</h1>					1) 9:00 Steppin' Up <b>11:00 Quilter's Corner</b>  1:00 Canasta/Games/ Texas Hold'em	2) 9:00 Steppin' Up <b>9:30 Pickleball</b>
3)	4) 9:00 Steppin' Up  	5) 9:00 Steppin' Up <b>9:15 McPhillips Casino</b> <b>11:00 Line Dancing</b>  1:00 Wood Carving 6:00 Pickleball 7:00 Crib Tournament	6) <b>9:00 Steppin' Up</b> <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>  1:00 Cards 7:00 Texas Hold'em	7) 9:00 Steppin' Up <b>11:00 Line Dancing</b>   6:30 Ukulele Club	8) 9:00 Steppin' Up <b>11:00 Travel Club</b>  1:00 Canasta/Games/ Texas Hold'em  <b>Pickleball Tournament</b>	9) 9:00 Steppin' Up     <b>Pickleball Tournament</b>
10)  <b>Pickleball Tournament</b>	11) 9:00 Steppin' Up	12) 9:00 Steppin' Up <b>9:30 Self Care</b> <b>11:00 Line Dancing</b>  1:00 Wood Carving 7:00 Crib Tournament	13) <b>9:00 Steppin' Up</b> <b>12:00 Luncheon</b>  1:00 Cards 7:00 Texas Hold'em	14) 9:00 Steppin' Up <b>11:00 Line Dancing</b>  1:00 Joint Replacement Rehab Pres. 3:00 Virtual Chat 6:30 Ukulele Club	15) 9:00 Steppin' Up <b>11:00 Quilter's Corner</b>  1:00 Canasta/Games/ Texas Hold'em	16) 9:00 Steppin' Up
17)	18) 9:00 Steppin' Up	19) 9:00 Steppin' Up <b>9:00 Step, Strength &amp; Stretch</b> <b>9:30 Self Care</b> <b>11:00 Line Dancing</b>  1:00 Wood Carving 7:00 Crib Tournament	20) <b>9:00 Steppin' Up</b> 9:30 Dynamic Yoga <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b>  1:00 Cards 5:30 Ultimate Mix 7:00 Texas Hold'em	21) 9:00 Steppin' Up <b>9:00 Yin Yoga</b> <b>9:15 Outlet Mall Trip</b> <b>11:00 Line Dancing</b>  6:30 Ukulele Club	22) 9:00 Steppin' Up 9:30 BLISS <b>9:30 Mook Fabrics</b>  1:00 Canasta/Games/ Texas Hold'em	23) 9:00 Steppin' Up
24)	25) 9:00 Steppin' Up	26) 9:00 Steppin' Up <b>9:00 Step, Strength &amp; Stretch</b> <b>9:30 Self Care</b> <b>11:00 Line Dancing</b>  1:00 Wood Carving 7:00 Crib Tournament	27) <b>9:00 Steppin' Up</b> 9:30 Dynamic Yoga <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b>  1:00 Cards 5:30 Ultimate Mix 7:00 Texas Hold'em	28) 9:00 Steppin' Up <b>9:00 Yin Yoga</b> <b>11:00 Line Dancing</b>  3:00 Virtual Chat 6:30 Ukulele Club	29) 9:00 Steppin' Up <b>9:15 Ikea Shopping</b> 9:30 BLISS  1:00 Canasta/Games/ Texas Hold'em	30) 9:00 Steppin' Up  

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