



Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

October 2023

CATCH A RIDE WITH US
TO THE

Wednesday, October 4th

\$20 MEMBERS/\$25 NON MEMBERS
 BUS LEAVES: LIONS MANOR @ 9:15AM & 55+CENTRE @ 9:30AM
 CALL THE CENTRE TO RESERVE YOUR SEAT
 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
Vice President	Laurie Briggs
Secretary	Valerie Appleyard
Treasurer	Bob McKenzie

Directors:

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

Staff:

Executive Director	Deb Hildebrandt
Office Administrator	Cheri Kozokowsky
Program Coordinator	Diane Kazmerowich



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.

SEPTEMBER CROSSWORD PUZZLE ANSWERS

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

**Congratulations to Eleanor Moore
for winning the draw at our
September luncheon!**



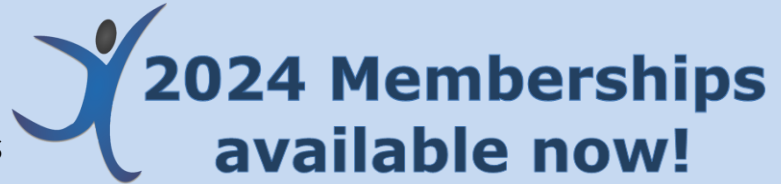
Become a Member or Renew Your Membership Today!

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)



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.



OCTOBER LUNCHEON

Wednesday
October 18, 2023
12:00 pm

****Deadline to purchase ticket: Friday, October 13****
Limited tickets available! Don't be disappointed, get yours early!

Tickets: \$13.00
ADVANCE TICKETS ONLY
Available at South Interlake 55 Plus Office
374 1st Street West, 204-467-2582

Pork Tenderloin, Mashed Potatoes and Vegetables



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
- ⁴Other:

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 @ 6:30 pm
October 5 and 19
November 2, 16 and 30
December 14

at Something Beautiful, 307 Main Street, 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!

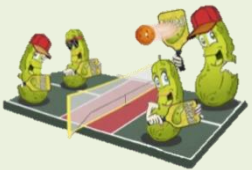
October 3 - 31

	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
to register, or for more info

Group-led, 90 minute class!



Pickleball!



Tuesdays & Thursdays: 6:00 - 8:30pm

starting October 5

Stony Mountain School

and

Saturdays: 10:00 am - 12:30pm

starting October 7

Stonewall Collegiate

Tuesday
Oct. 31
Cancelled

Non-Members
\$5.00

Members
\$3.00

Suitable for all adults at all fitness levels.
We play doubles but you don't need to bring a partner.

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

FALLS PREVENTION

EXERCISE CLASS IS BACK!

**Have you fallen?
Are you at risk for falls?**

Join us for a **FREE** program focused on balance and mobility.

**IF YOU LIVE IN LIONS MANOR:
CLASS TAKES PLACE IN MPR 4**

**ALL OTHERS CAN JOIN VIRTUALLY
BY ZOOM**

**Tuesdays & Thursdays @
9:00am**

**October 10 to November 9
EXCLUDING TUESDAY, OCT 31**

Need more information or wish to sign up for Zoom?

Call us at **(204) 467-2582** or email 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
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!

October 6 and 20

11:00 am

Members: \$3 Non-Members \$5

1st and 3rd Fridays of the month.

BOOK CLUB

Wednesday, October 4

@ 11:30 am

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

TEXAS HOLD'EM

Fridays at 1:00 pm

TEXAS HOLD'EM

Wednesdays

7:00 pm

Members \$2.00
Non-Members \$5.00



New Social Group

Do you love to
BOWL?

We are looking for volunteer
Senior/Grandparents to bowl *with* some grade 4
students twice a month for FREE -
Wednesdays 11:00am-1:00pm (Sept 27-June 19)

THIS IS AN INTERGENERATIONAL PROGRAM

Please call us if
you are
interested!

 **55** South Interlake **Plus** 204-467-2582



Hitch a Ride With Us!

Garden City Shopping

Thursday, October 26

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

Registration Deadline:

Tuesday, October 24

Members \$20 / Non-members \$25

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

What trip would you like to go on?

Join us for our next Travel Club Meeting: October 13 @ 11:00 am

Wood Carving

Tuesdays: Oct 24,31 and
Nov 14 - 1:00 pm



To make a **Wood Spirit:**
Cost: \$40
includes all supplies,
tools will be provided

Deadline to
sign up:
October 13

To sign up, call
(204)467-2582



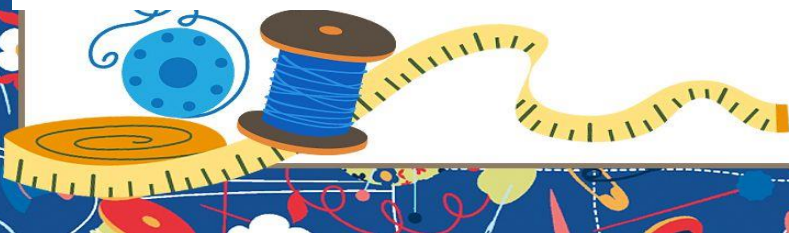
Log Cabin Quilt in a Day

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



PRESENTATION:

Home Care, Housing and Long Term Care: Continuum of Care in the Community Tuesday, October 24 – 7:00 pm

Please join us for a FREE presentation on Home Care Services, Housing options, and Long Term Care. We will have leaders from the IERHA. We will discuss how these services are sometimes not the easiest to access in our regions. We will provide information related to IERHA services, as well. There will be an opportunity for questions and conversations after the presentation. Everyone Welcome!

374 1st Street West, Stonewall
Please call by October 20 to register
204-467-2582

POSTPONED
NEW DATE COMING SOON



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

Join us in-centre for a FREE

“ThinkWild Adventures” Presentation

with **Murray Gillespie** who uses various PowerPoint presentations as well as numerous props and storytelling to describe how animals have adapted in order to survive in these hostile northern environments.

Tuesday, November 7

1:00 - 3:00 pm

374 1st Street West, Stonewall

Please pre-register by Friday, November 3rd

204-467-2582



Murray Gillespie is a retired wildlife biologist who's work involves research in game birds and other wildlife species. Story telling is an important part of his engagement with students as well as "hands on" examination of props

Silver collection towards Murray's school programs

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 can influence our feelings and thinking. We can be more active and

October 3rd session has been cancelled.
Please join us for **Session 1: October 10 – Intro to Stress**
Session 2: October 17 – Intro to Mindfulness

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

Email: 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
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.

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

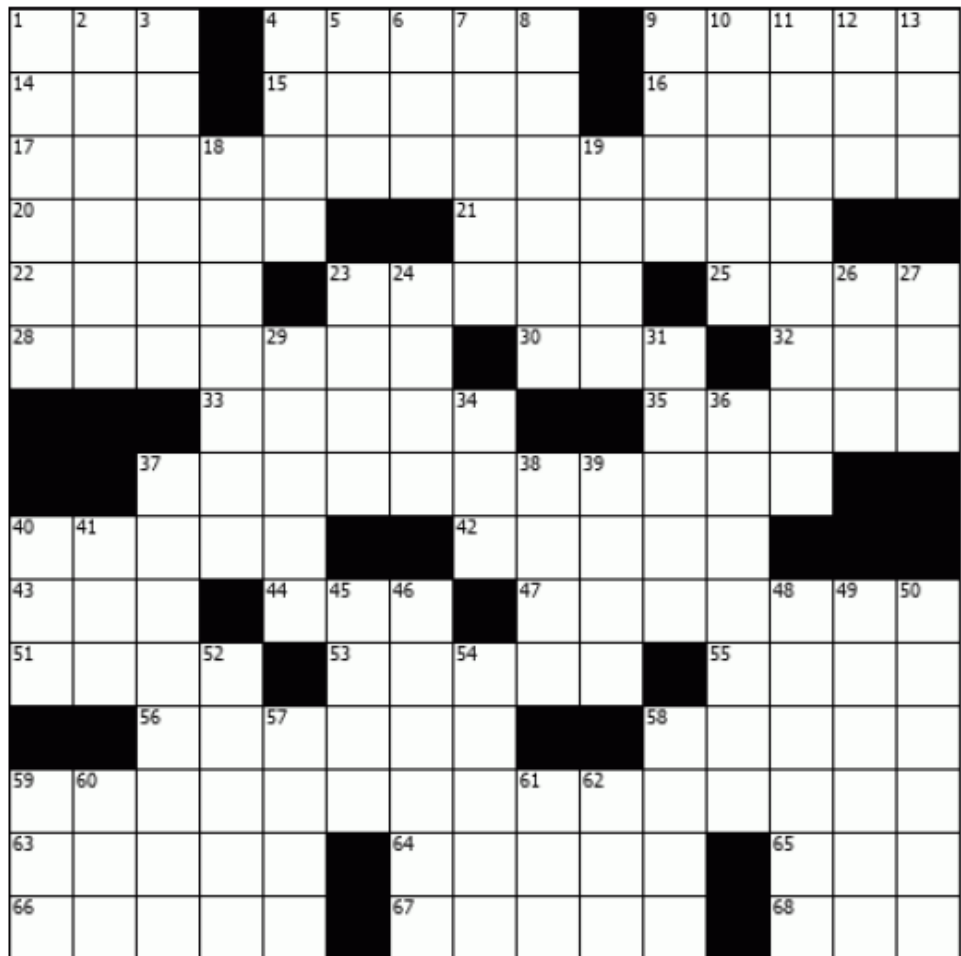
Email: navcare@swdpc.com

Phone: 204-404-3030

Crossword Puzzle

Across

1. Cooler for coolers
4. Builder's guidelines
9. Procedures
14. Pop artist/designer Peter
15. Bottom of the barrel
16. Foolish
17. Many a lawyer's office
20. First name in talk TV
21. Trojan War survivor
22. Regiment
23. One of the Jacksons
25. Wood for a final fire
28. Ultimately became
30. Rate indicator
32. Has permission
33. Takes a backseat
35. Able to vote, e.g.
37. Top-notch
40. Office recorder
42. Sing up high?
43. Pipe material
44. Seize
47. Indentations
51. Queens stadium name
53. Cat doctor?
55. Fellini film of 1972
56. Ducks
58. Groom, post-wedding
59. Country club?
63. Like one of the flock
64. Veep elected in 1968
65. "To Kill a Mockingbird" author
66. Formal agreements
67. Develops compassion
68. Mickey Mouse's beginnings?



Down

- | | | |
|--------------------------------|---------------------------------|-----------------------------|
| 1. Hinder | 19. Player's payment | 45. Alaska's neighbor |
| 2. First host of 61-Down | 23. Pastime to throw you | 46. Chaos |
| 3. Forced out | 24. Copycat | 48. Walk unsteadily |
| 4. Tchaikovsky heroine | 26. Gossip sheet | 49. Insignia |
| 5. Crack or crock follower | 27. Hook's partner | 50. Give the go-ahead |
| 6. Before, in verse | 29. French city for gastronomes | 52. Datebook entry |
| 7. Spot for news junkies | 31. Noted wordsmith | 54. Writer's concern |
| 8. "Adaptation" star | 34. Wily | 57. Hidden treasures |
| 9. "An American Tail" critters | 36. Pivot | 58. Chops down |
| 10. Ready to serve, as ale | 37. Clunker's savior | 59. Bush league? |
| 11. Sadie Hawkins Day racer | 38. An eternity | 60. Juan Peron's first lady |
| 12. SASE, e.g. | 39. Ruckuses | 61. D.C. spoofer |
| 13. Notice | 40. Healthful retreat | 62. Harden |
| 18. Pro | 41. ABC outlets | |



Dogs

Find and circle all of the words that are hidden in the grid.
The remaining 44 letters spell an Ogden Nash quotation.


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

BASSET HOUND
 BEAGLE
 BLOODHOUND
 BOXER
 BULLDOG
 CHIHUAHUA
 CHOW CHOW
 COCKER SPANIEL
 COLLIE
 CORGI

DACHSHUND
 DALMATIAN
 DEERHOUND
 DINGO
 GERMAN SHEPHERD
 GREAT DANE
 GREYHOUND
 HUSKY
 LHASA APSO
 MALAMUTE

MASTIFF
 PEKINGESE
 PINSCHER
 POINTER
 POMERANIAN
 POODLE
 PUG
 RETRIEVER
 ROTTWEILER
 SAINT BERNARD

SAMOYED
 SCHNAUZER
 SETTER
 SHAR PEI
 SHEEPDOG
 SPITZ
 TERRIER
 WHIPPET

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1)	2) 9:00 Steppin' Up	3) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 11:00 Line Dancing	4) 9:00 Steppin' Up 9:15 South Beach 9:30 Dynamic Yoga 10:30 Stitch N Craft 10:30 Men's Chat 11:30 Book Club 1:00 Cards 5:30 Ultimate Mix 7:00 Texas Hold'em	5) 9:00 Steppin' Up 9:00 Yin Yoga 11:00 Line Dancing 1:00 Disability Tax Credit Presentation 6:00 Pickleball 6:30 Ukulele Club	6) 9:00 Steppin' Up 9:30 BLISS 11:00 Quilter's Corner 1:00 Texas Hold'em	7) 9:00 Steppin' Up 10:00 Pickleball
8)	9) 9:00 Steppin' Up 	10) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 9:00 Falls Prevention 11:00 Line Dancing 1:00 Practical Relaxation Series 6:00 Pickleball	11) 9:00 Steppin' Up 9:30 Dynamic Yoga 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 5:30 Ultimate Mix 7:00 Texas Hold'em	12) 9:00 Steppin' Up 9:00 Yin Yoga 9:00 Falls Prevention 11:00 Line Dancing 1:00 Log Cabin Quilting 3:00 Virtual Chat 6:00 Pickleball	13) 9:00 Steppin' Up 9:30 BLISS 11:00 Travel Club 1:00 Texas Hold'em	14) 9:00 Steppin' Up 10:00 Pickleball
15)	16) 9:00 Steppin' Up	17) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 9:00 Falls Prevention 11:00 Line Dancing 1:00 Practical Relaxation Series 6:00 Pickleball	18) 9:00 Steppin' Up 9:30 Dynamic Yoga 12:00 Luncheon 1:00 Cards 5:30 Ultimate Mix 7:00 Texas Hold'em	19) 9:00 Steppin' Up 9:00 Yin Yoga 9:00 Falls Prevention 11:00 Line Dancing 6:00 Pickleball 6:30 Ukulele Club	20) 9:00 Steppin' Up 9:30 BLISS 11:00 Quilter's Corner 1:00 Texas Hold'em	21) 9:00 Steppin' Up 10:00 Pickleball
22)	23) 9:00 Steppin' Up	24) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 9:00 Falls Prevention 11:00 Line Dancing 1:00 Wood Carving 6:00 Pickleball	25) 9:00 Steppin' Up 9:30 Dynamic Yoga 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 5:30 Ultimate Mix 7:00 Texas Hold'em	26) 9:00 Steppin' Up 9:00 Yin Yoga 9:00 Falls Prevention 9:15 Garden City Shopping 11:00 Line Dancing 1:00 Log Cabin Quilting 3:00 Virtual Chat 6:00 Pickleball	27) 9:00 Steppin' Up 9:30 BLISS 1:00 Texas Hold'em	28) 9:00 Steppin' Up 10:00 Pickleball
29)	30) 9:00 Steppin' Up	31) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 11:00 Line Dancing 1:00 Wood Carving				

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