



55^{South Interlake} Plus

Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

November 2023

Sat Nov 18

1-4pm


*At the 55Plus
Centre in the
OddFellows Hall*

Tickets
are \$10

includes a
light lunch
and snacks

Old Time
ROCK 'N ROLL
SOCK HOP

Dance Party



come see
us for
tickets

**Come in your 50s/60s dance clothes
(optional)**



55^{South Interlake} Plus

(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



NOVEMBER BIRTHDAYS

Cathy Hendricks	8
Emma Hogg	15
Dorothy Steffan	15
Mabel Armstrong	22
Margaret Munroe	23
Henriette Baryliuk	27
Tina Arbez	29
George Bond	30

OFFICE HOURS

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.

OCTOBER CROSSWORD PUZZLE ANSWERS

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

**Congratulations to Mary Bronson
for winning the draw at our
October luncheon!**



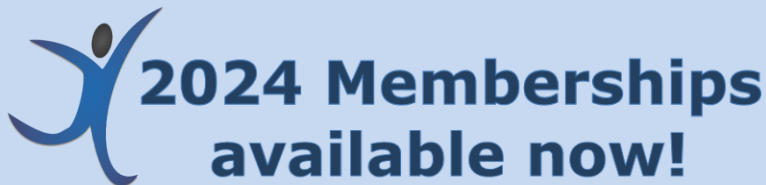
Become a Member or Renew Your Membership Today!

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.

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 Plus** South Interlake 204-467-2582



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 @ 6:30 pm
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!*

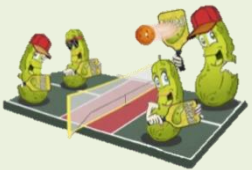
November 2-30

	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!



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

Stony Mountain School

and

Saturdays: 10:00 am - 12:30pm

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

**Volunteer Kitchen
Leader Required!**

We are looking for a volunteer kitchen leader for our monthly luncheons which take place every third Wednesday of the month.

For those who are interested please contact us for further details at 204-467-2582



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

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

**Drop-In Fee:
\$10 per class**

An extra \$10 admin fee will apply to those who are not current members of the South Interlake 55 Plus.

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!

November 3 and 17

11:00 am

Members: \$3 Non-Members \$5

1st and 3rd Fridays of the month.

BOOK CLUB

Wednesday, November 1
@ 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

CANASTA

STARTING NOVEMBER 14

Tuesdays at 1:00 pm

TEXAS HOLD'EM

Wednesdays 7:00 pm

Fridays 1:00 pm

Members \$2.00
Non-Members \$5.00



Hitch a Ride With Us!

Club Regent Casino **Friday, November 3**

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

Registration Deadline:
Tuesday, October 31

Members \$20 / Non-members \$25

Call 204-467-2582 to reserve your seat

St. Vital Centre Shopping Trip **Thursday, November 23**

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

Registration Deadline:
Tuesday, November 21

Members \$20 / Non-members \$25

Call 204-467-2582 to reserve your seat

Signatures Handmade Market @ Convention Centre

Friday, November 24

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

Registration Deadline:
Tuesday, November 21

Members \$20 / Non-members \$25

Call 204-467-2582 to reserve your seat

Dinner at Denny's and Canad Inns Winter Wonderland (drive-thru holiday light show)

Tuesday, December 12

Depart 4:15 am from Lions Manor, Entrance 1
and 4:30 am from 55 Plus.

Registration Deadline:
Friday, December 8

Call 204-467-2582 to reserve your seat

The Leaf @ Assiniboine Park **January 18, 2024**

Followed by lunch (at your own expense)

Members \$35 / Non-members \$40

Registration deadline: January 11, 2024

What trip would you like to go on?
Join us for our next Travel Club Meeting
Friday, November 10 @ 11:00 am
Share your travel trip ideas!

Join Us for Lunch

**Wednesday, November 15
12:00 pm**

Chicken Pot Pie

**Deadline to purchase tickets: Friday, November 10th
Limited tickets available! Get yours early!**

Tickets: \$13.00

ADVANCE TICKETS ONLY

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

QUILT RAFFLE



- 1st Prize:** Handmade Black & White King Size Quilt
- 2nd Prize:** Handmade Queen Size Duvet
- 3rd Prize:** Quilted Christmas Wall Hanging

Tickets: \$2.00 each or 3 for \$5.00

Draw Date: December 15, 2023
at 55 Plus Centre, 374 1st Street West,
Stonewall

Tickets available at 55 Plus Centre
Lic #: LGCA 2910-RF-41252

Fundraiser for South Interlake 55 Plus

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

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

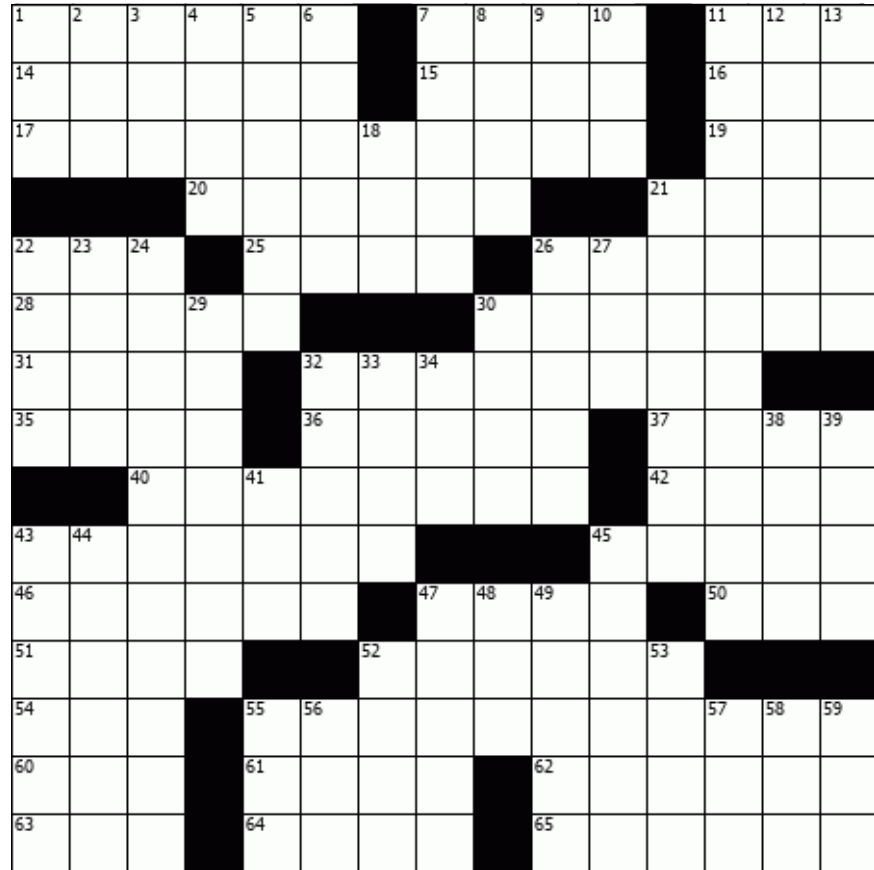
Phone: 204-404-3030



CROSSWORD PUZZLE

Across

1. Scatters
7. Raw information
11. Double-platinum Steely Dan album
14. Civil War site
15. Unhappy exclamation
16. Standard introduction?
17. Cause of boredom, perhaps
19. Ending for 28-Across
20. Parlor item, perhaps
21. Hot pants kin
22. TV alien
25. 1990 World Series champs
26. Display disgust
28. Famous French king
30. Cork propellers
31. Artist Chagall
32. Helen of Troy's husband
35. Tahiti sweetie
36. Speak bombastically
37. Docket entry
40. Receptivity
42. Antagonize
43. Corresponds
45. Comic superhero
46. Oman's capital
47. "Will be," to Doris Day
50. It's sometimes bitter
51. Place on a Monopoly board
52. Principal ore of lead
54. Rose-rose linkup
55. Cause of somberness, perhaps
60. Unprestigious publication
61. Mean business?
62. African republic inhabitant
63. Poetic preposition
64. Change for a Jackson
65. Chewed the scenery



Down

1. New craft of '68
2. Everyday article
3. Disencumber
4. Some Ivy Leaguers
5. Matrimonial hopefuls
6. "On the Beach" author Nevil
7. Coolidge's veep
8. Skin-cream additive
9. Smoke residue
10. What it doesn't hurt to do
11. Cause of mental distress, perhaps
12. Take part
13. Smithy implements
18. Pt. of PST
21. "Sincerely" sisters
22. ___ mater
23. Good earth
24. Cause of wild anger, perhaps
26. Romeo and Juliet, for two
27. Clean-air gp.
29. Injury application, sometimes
30. Dogs and cats
32. French impressionist
33. They have eagle eyes
34. Highlander's negative
38. Pizzazz
39. Fix, as socks
41. La Guardia info
43. Sovereign's concern
44. Starlike celestial object
45. Horse-drawn cab
47. Goes by water
48. "Don't Bring Me Down" rockers, familiarly
49. Be economical
52. Exude elation
53. Cartridge fill
55. It begins love-love
56. The night before
57. Horse's bit
58. Shout of support, somewhere
59. Performed



Thankful For...

Find and circle all of the people and things to be thankful for.
The remaining letters spell a secret message.





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

ACTS OF KINDNESS
 A PLACE TO LIVE
 BEACHES
 BEAUTIFUL NATURE
 BLESSINGS
 BOOKS
 BROTHERS
 CARE GIVERS
 CHILDREN
 CHRISTMAS
 CLEAN WATER
 CLOTHING
 COMPUTERS

ELECTRICITY
 EYEGLASSES
 EYESIGHT
 FAITH
 FAMILY
 FLOWERS
 FOOD
 FREEDOM
 FRESH AIR
 FRIENDS
 FUN
 GOOD HEALTH
 GRANDMA

GRANDPA
 HAPPY MEMORIES
 HEARING
 HOLIDAYS
 HUMOR
 INTERNET
 LAUGHTER
 LIFE
 LOVE
 MUSIC
 NURSES
 PARENTS
 PEACE

PETS
 RAINBOWS
 SCHOOL
 SINGING
 SISTERS
 SMART PHONES
 SMILES
 SUNSHINE
 TEACHERS
 TELEVISION
 VOLUNTEERS
 WARM SHOWERS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1) 9:00 Steppin' Up 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	2) 9:00 Steppin' Up 9:00 Yin Yoga 9:00 Falls Prevention 11:00 Line Dancing 1:00 Log Cabin Quilting 6:00 Pickleball 6:30 Ukulele Club	3) 9:00 Steppin' Up 9:15 Club Regent 9:30 BLISS 11:00 Quilter's Corner 1:00 Texas Hold'em	4) 9:00 Steppin' Up 10:00 Pickleball
5)  <i>Fall Back - Daylight Savings Time Ends</i>	6) 9:00 Steppin' Up	7) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 9:00 Falls Prevention 11:00 Line Dancing 1:00 ThinkWild Adventures 6:00 Pickleball	8) 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	9) 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	10) 9:00 Steppin' Up 9:30 BLISS 11:00 Travel Club 1:00 Texas Hold'em	11) 9:00 Steppin' Up 10:00 Pickleball  Remembrance Day
12)	13) 9:00 Steppin' Up	14) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 11:00 Line Dancing 1:00 Wood Carving 1:00 Canasta 6:00 Pickleball	15) 9:00 Steppin' Up 9:30 Dynamic Yoga 12:00 Luncheon 1:00 Cards 5:30 Ultimate Mix 7:00 Texas Hold'em	16) 9:00 Steppin' Up 9:00 Yin Yoga 11:00 Line Dancing 6:00 Pickleball 6:30 Ukulele Club	17) 9:00 Steppin' Up 9:30 BLISS 11:00 Quilter's Corner 1:00 Texas Hold'em	18) 9:00 Steppin' Up 10:00 Pickleball 1:00 Old Time Rock 'n Roll Sock Hop
19)	20) 9:00 Steppin' Up	21) 9:00 Steppin' Up 9:00 Step, Strength & Stretch 11:00 Line Dancing 1:00 Canasta 6:00 Pickleball	22) 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	23) 9:00 Steppin' Up 9:00 Yin Yoga 9:15 St. Vital Shopping 11:00 Line Dancing 3:00 Virtual Chat 6:00 Pickleball	24) 9:00 Steppin' Up 9:15 Signatures Handmade Market 9:30 BLISS 1:00 Texas Hold'em	25) 9:00 Steppin' Up 10:00 Pickleball
26)	27) 9:00 Steppin' Up	28) 9:00 Steppin' Up 1:00 Canasta 6:00 Pickleball	29) 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	30) 9:00 Steppin' Up 11:00 Line Dancing 6:00 Pickleball 6:30 Ukulele Club		

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