

Season Greetings from the Staff and Board of Directors!

Our office is closed from Dec. 18 to 29!



Box 309  
374 1st Street West  
Stonewall

[si55plus@mymts.net](mailto:si55plus@mymts.net)

204-467-2582

[www.si55plus.org](http://www.si55plus.org)

**DECEMBER 2023  
& JANUARY 2024**

**Christmas Luncheon**

**Wednesday, December 13  
12:00 pm**

*Turkey Dinner with all the trimmings!  
Performance by the  
Stonewall Strummers Ukulele Club*



and a visit from Santa!



**Cost: \$20.00 - Advance Ticket Sales Only!**  
Tickets available at South Interlake 55 Plus  
204-467-2582

**Deadline for tickets: Friday, December 8**

**See page 11 for details on our  
January 2024 Luncheon!**



# 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 |

## OFFICE HOURS

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.

**Congratulations to Gladys Reneau  
for winning the draw at our  
November luncheon!**



## Happy Birthday

### DECEMBER

|                    |    |
|--------------------|----|
| Jim Webster        | 1  |
| Debbie Webster     | 5  |
| Carolyn Rezanoff   | 7  |
| Theresa Arnott     | 9  |
| Linda Doubleday    | 10 |
| Brenda Gagnon      | 13 |
| Avis Meier         | 13 |
| Lori Van Dongen    | 16 |
| Carol Halliwell    | 20 |
| Carol Ann Peters   | 21 |
| Shirley Whitehead  | 24 |
| Liz Christie       | 26 |
| Val Willis         | 29 |
| Elizabeth Farguson | 29 |
| Gloria Kilgallen   | 31 |
| Kahtleen Tataryn   | 31 |

### JANUARY

|                           |    |
|---------------------------|----|
| Sophie Danais             | 2  |
| Barbara Hamilton-Pfeiffer | 7  |
| Robin Allan               | 11 |
| Dolores Gozda             | 11 |
| Laurie Briggs             | 18 |
| Marie Craig               | 20 |
| Reginald Studler          | 24 |
| Marlene Miller            | 25 |
| Ria Cameron               | 27 |
| Cecilia Turner            | 31 |

### NOVEMBER CROSSWORD PUZZLE ANSWERS

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



# 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.

# 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



**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
- Program Facilitator
- Administration
- Other:
- Fundraising
- Leadership/Board
- Short Term Projects

# 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**  
**December 7 and 14**  
**January 11, 18 and 25**

**at Something Beautiful, 307 Main Street, Stonewall**



# STEPPIN' UP!



## IN STONEWALL & WARREN

No class Dec  
25, 26 or Jan 1

### STONEWALL:

**Wednesdays @ 9:00am In Person (374 1<sup>st</sup> Street West)**  
(Still available by Zoom!)

***Mondays to Saturdays @ 9:00 am – on Zoom***

*FREE program is offered by our volunteer leaders virtually with live feed using Zoom.*

### WARREN

**Tuesdays 10:00am (until Dec 22)**  
**In Person Warren Class Cancelled**  
**Wednesdays 7:00pm**  
**Warren Community Centre**

*\$2.00 drop in fee (for hall rental)*

*This popular program supports and encourages **ALL** adults to embrace an active lifestyle, offering a self-sustaining, accessible, high quality exercise program.*

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 Moving!

## LINE DANCING!

Tuesdays & Thursdays @ 11:00am



*First time dancers receive two classes free!*

### December 5 - 14

|                     | Member | Non-Member |
|---------------------|--------|------------|
| Tuesdays ONLY:      | \$ 6   | \$10       |
| Thursday ONLY:      | \$ 6   | \$10       |
| Tuesday & Thursday: | \$12   | \$20       |

### January 2 - 30

|                     | 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](mailto: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**

**NO PICKLEBALL ON THE FOLLOWING DATES:**  
**December 12, 14, 23, 26, 28, 30 and January 2, 4, 6**

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](mailto: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  
January 16 to March 21, 2024**



Need more information or wish to sign up for Zoom?  
Call us at (204) 467-2582 or email [si55plus@mymts.net](mailto: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

Winter Session: January 9 – March 15, 2024

## Tuesday

**9:00-9:45 am**  
Step, Strength & Stretch  
(In Person & Zoom)

**5:00-5:45 pm**  
F.I.T.  
(In Person Only)

## Wednesday

**9:30-10:30 am**  
Dynamic Yoga  
(Zoom only)



## Thursday

**9:00-10:00 am**  
Yin Yoga  
(In Person & Zoom)

**4:30-5:30 pm**  
Beginner Strength Training  
(In Person Only)

## Friday

**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\*.

**F.I.T. - Fun Interval Training** – Cheryl's class alternates a variety of cardio and strength training with rest intervals for a full body workout. (Ex. 30 sec of work then 10 sec of rest) It's the fastest way to burn fat, get lean and burn calories even after the class is over. Work at your own level. Bring: a mat, 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.

**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.

**Beginner Strength Training** by Liz – As we age we lose muscle. Retaining muscle and grip strength is essential for maintaining functionality and independence. Not everyone is comfortable going to the gym and if we go we aren't sure what to do. This will be a hands on class providing proper technique and exercises to maintain healthy muscle tone. Please bring a mat, weights\*, water bottle

**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

Save when you sign up for the full session!

### 10 Weeks

1 class/ wk: \$80  
2 classes/ wk: \$130  
3 classes/ wk: \$175  
4 classes/ wk: \$215  
All Access: \$250

### 5 Weeks

1 class/ wk: \$45  
2 classes/ wk: \$80  
3 classes/ wk: \$110  
4 classes/ wk: \$135  
All Access: \$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

Get it all with an **ALL ACCESS PASS!**

Pick and choose from 6 great classes each week for one great price! Receive the links to join classes on Zoom or in person (when applicable). Choose the best time to move your body.

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

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!



# 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!

December 1 and 15  
January 5 and 19

11:00 am

Members: \$3 Non-Members \$5

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

## 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!

Sign Up By Calling 204-467-2582 Or  
Email [si55plus@mts.net](mailto:si55plus@mts.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!

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

**Tuesday, December 12**

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

**Registration Deadline: Friday, December 8**  
**\$25.00 per person**  
***Only a few seats left!***  
**Call 204-467-2582 to reserve your seat**

## The Leaf @ Assiniboine Park

**Thursday, January 18**

Lunch at Bluestone Cottage (at your own expense)  
Depart 9:15am from Lions Manor, Entrance 1  
and 9:30am from 55 Plus.

**Registration Deadline: Thursday, January 11**  
**Members \$35 / Non-members \$40**  
***Limited seats available!***  
**Call 204-467-2582 to reserve your seat**

## Polo Park Shopping Trip

Date changed to:

**Tuesday, January 23**

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

**Registration Deadline:**  
**Thursday, January 18**

**Members \$20 / Non-members \$25**

**Call 204-467-2582 to reserve your seat**

## McPhillips Station Casino

**Tuesday, February 6**

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

**Registration Deadline:**  
**Friday, February 2**

**Members \$20 / Non-members \$25**

**Call 204-467-2582 to reserve your seat**

## **Rainbow Stage**

Summer 2024 Shows: Ma-Buhay and Mary Poppins

Further details to follow!

**Call us at 204-467-2582 to sign up. We will contact you once we  
have details finalized!**

**Join us for our next Travel Club Meeting**  
**Friday, December 8 and January 12 @ 11:00 am**  
**Share your travel trip ideas!**

# Join Us for Lunch

**Wednesday, January 17  
12:00 pm**

Baked Spaghetti and Caesar Salad

**Deadline to purchase tickets: Friday, January 12  
Limited tickets available! Get yours early!**

**Tickets: \$13.00**

**ADVANCE TICKETS ONLY**

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

## QUILT RAFFLE



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

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

**Draw Date: December 15, 2023**  
at 55 Plus Centre, 374 1<sup>st</sup> Street West,  
Stonewall

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

Fundraiser for South Interlake 55 Plus

# 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!

## 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



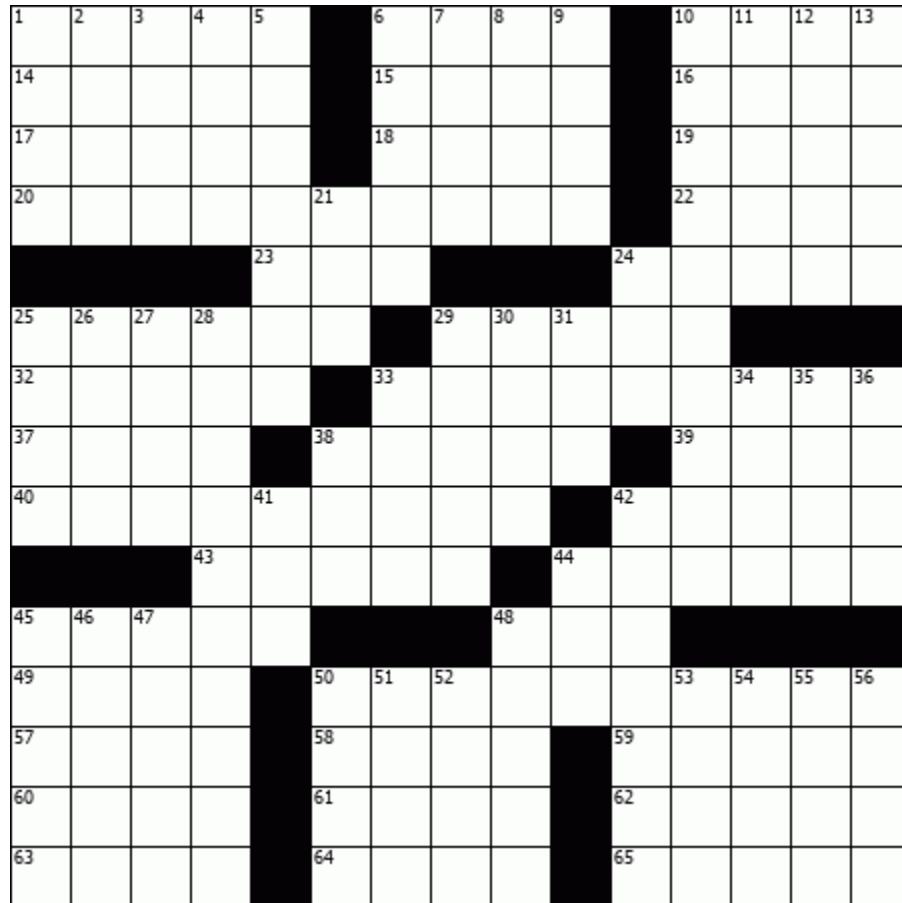
If you know of someone who would benefit from this program **OR** if you would like to volunteer contact:  
SWDPC Nav-CARE Volunteer Coordinator  
Email: [navcare@swdpc.com](mailto:navcare@swdpc.com)  
Phone: 204-404-3030



# CROSSWORD PUZZLE

## Across

1. Thick slices
6. Fly high
10. Guardian's charge
14. Physicist Nikola
15. Gait
16. Jai \_\_
17. Do the trick
18. Accusation from Caesar
19. Leaf's rib
20. Dip dipper
22. European volcano
23. They were elected
24. Fluster
25. Ready to roll
29. Hen
32. Pet pleas
33. Risk taker
37. Limerick locale
38. People
39. Invited
40. Medicine-chest items
42. Data storage units
43. Like a tablet
44. Attacks
45. Critical remark
48. Except for
49. Venice money, once
50. See sites online
57. Software buyer
58. October birthstone
59. Wear away
60. Housing fee
61. Ricci of fashion
62. Fish habitat
63. Mice, to owls
64. Agitated state
65. Hound's trail



## Down

- |                              |                                   |                            |
|------------------------------|-----------------------------------|----------------------------|
| 1. Play the lead             | 24. Do arithmetic                 | 42. Annoys                 |
| 2. Strauss of jeans          | 25. Famous last word              | 44. Reaction location?     |
| 3. PDQ                       | 26. R2-D2's owner                 | 45. Drink noisily          |
| 4. Object on radar           | 27. Petty or Loughlin             | 46. More sensible          |
| 5. Ventures (forth)          | 28. Where a fabulous time was had | 47. Peace goddess          |
| 6. Glasses, slangily         | 29. Made hay bundles              | 48. Black piano key        |
| 7. Pledge                    | 30. Annoys                        | 50. Some business partners |
| 8. Play starter              | 31. __ Moines                     | 51. Go __ smoke            |
| 9. Take another tour of duty | 33. Mete (out)                    | 52. Sari wearer            |
| 10. Directive to a tot       | 34. Large tanks                   | 53. 10th-century explorer  |
| 11. Prince Valiant's wife    | 35. Sudden thought                | 54. Made a tapestry        |
| 12. Pours or sprinkles       | 36. For fear that                 | 55. Blissful spot          |
| 13. Alice's cat              | 38. Bygone auto ornament          | 56. Friend of Ernie        |
| 21. Med. specialty           | 41. 7 Down for Hamlet             |                            |
















# Mystery Christmas Carol



The words listed below are from a familiar Christmas Carol. What is it?  
Find and circle all of the words hidden in the grid.  
The remaining letters spell the name of the Christmas Carol.

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

- |         |          |         |          |
|---------|----------|---------|----------|
| ALL     | FOLLOW   | MEASURE | TIDE     |
| ANCIENT | GAY      | MERRY   | TIS      |
| APPAREL | HAIL     | NEW     | TOGETHER |
| AWAY    | HARP     | NOW     | TREASURE |
| BEFORE  | HEEDLESS | OLD     | TROLL    |
| BLAZING | HOLLY    | OUR     | WEATHER  |
| BOUGHS  | JOIN     | PASSES  | WHILE    |
| CAROL   | JOLLY    | SEASON  | WIND     |
| CHORUS  | JOYOUS   | SING    | WITH     |
| DON     | LADS     | STRIKE  | YEAR     |
| FAST    | LASSES   | TELL    | YULE     |

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|---|---|--|---|--|--|--|
|  |   |                                |   |  |                               |  |
| 3)  | 4)<br>9:00 Steppin' Up  | 5)<br>9:00 Steppin' Up<br><b>11:00 Line Dancing</b><br><br><b>6:00 Pickleball</b>                                | 6)<br><b>9:00 Steppin' Up</b><br><b>10:30 Stitch N Craft</b><br><b>10:30 Men's Chat</b><br><b>11:30 Book Club</b><br><br><b>1:00 Cards</b><br><b>7:00 Texas Hold'em</b> | 7)<br>9:00 Steppin' Up<br><b>11:00 Line Dancing</b><br><br><b>6:00 Pickleball</b><br><b>6:30 Ukulele Club</b>    | 8)<br>9:00 Steppin' Up<br><b>11:00 Travel Club</b><br><br><b>1:00 Texas Hold'em</b>                              | 9)<br>9:00 Steppin' Up<br><b>10:00 Pickleball</b>  |
| 10)   | 11)<br>9:00 Steppin' Up   | 12)<br>9:00 Steppin' Up<br><b>11:00 Line Dancing</b><br><br><b>1:00 Canasta</b><br><b>4:15 Winter Wonderland</b> | 13)<br><b>9:00 Steppin' Up</b><br><b>12:00 Luncheon</b><br><br><b>1:00 Cards</b><br><b>7:00 Texas Hold'em</b>   | 14)<br>9:00 Steppin' Up<br><b>11:00 Line Dancing</b><br><br>3:00 Virtual Chat<br><b>6:30 Ukulele Club</b>        | 15)<br>9:00 Steppin' Up<br><b>11:00 Quilter's Corner</b><br><br><b>1:00 Texas Hold'em</b>                        | 16)<br>9:00 Steppin' Up<br><b>10:00 Pickleball</b> |
| 17)   | 18)<br>9:00 Steppin' Up<br> | 19)<br>9:00 Steppin' Up<br>    | 20)<br>9:00 Steppin' Up<br>  | 21)<br>9:00 Steppin' Up<br>  | 22)<br>9:00 Steppin' Up<br>  | 23)<br>9:00 Steppin' Up                            |
| 24)   | 25)<br>                    | 26)<br>                       | 27)<br>9:00 Steppin' Up<br>   | 28)<br>9:00 Steppin' Up<br> | 29)<br>9:00 Steppin' Up<br> | 30)<br>9:00 Steppin' Up                            |
| 31)   |   |  |   |  |  |  |

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

| Sunday | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|--------|---|--|---|---|--|--|
|        | 1)<br> | 2)<br>9:00 Steppin' Up<br><b>11:00 Line Dancing</b><br><br>1:00 Canasta  | 3)<br><b>9:00 Steppin' Up</b><br><b>10:30 Stitch N Craft</b><br><b>10:30 Men's Chat</b><br><b>11:30 Book Club</b><br><br>1:00 Cards<br>7:00 Texas Hold'em | 4)<br>9:00 Steppin' Up<br><b>11:00 Line Dancing</b>   | 5)<br>9:00 Steppin' Up<br><b>11:00 Quilter's Corner</b><br><br>1:00 Texas Hold'em                | 6)<br>9:00 Steppin' Up                             |
| 7)     | 8)<br>9:00 Steppin' Up  | 9)<br>9:00 Steppin' Up<br><b>9:00 Step, Strength &amp; Stretch</b><br><b>11:00 Line Dancing</b><br><br>1:00 Canasta<br>5:00 F.I.T.<br>6:00 Pickleball  | 10)<br><b>9:00 Steppin' Up</b><br>9:30 Dynamic Yoga<br><b>10:30 Stitch N Craft</b><br><b>10:30 Men's Chat</b><br><br>1:00 Cards<br>7:00 Texas Hold'em     | 11)<br>9:00 Steppin' Up<br><b>9:00 Yin Yoga</b><br><b>11:00 Line Dancing</b><br><br>3:00 Virtual Chat<br>4:30 Beginner<br>Strength Training<br><b>6:00 Pickleball</b><br><b>6:30 Ukulele Club</b>                         | 12)<br>9:00 Steppin' Up<br>9:30 BLISS<br><b>11:00 Travel Club</b><br><br>1:00 Texas Hold'em      | 13)<br>9:00 Steppin' Up<br><b>10:00 Pickleball</b> |
| 14)    | 15)<br>9:00 Steppin' Up   | 16)<br>9:00 Steppin' Up<br>9:00 Falls Prevention<br><b>9:00 Step, Strength &amp; Stretch</b><br><b>11:00 Line Dancing</b><br><br>1:00 Canasta<br>5:00 F.I.T.<br>6:00 Pickleball                          | 17)<br><b>9:00 Steppin' Up</b><br>9:30 Dynamic Yoga<br><b>12:00 Luncheon</b><br><br>1:00 Cards<br>5:30 Ultimate Mix<br>7:00 Texas Hold'em                 | 18)<br>9:00 Steppin' Up<br>9:00 Falls Prevention<br><b>9:15 The Leaf</b><br><b>9:00 Yin Yoga</b><br><b>11:00 Line Dancing</b><br>4:30 Beginner<br>Strength Training<br><b>6:00 Pickleball</b><br><b>6:30 Ukulele Club</b> | 19)<br>9:00 Steppin' Up<br>9:30 BLISS<br><b>11:00 Quilter's Corner</b><br><br>1:00 Texas Hold'em | 20)<br>9:00 Steppin' Up<br><b>10:00 Pickleball</b> |
| 21)    | 22)<br>9:00 Steppin' Up   | 23)<br>9:00 Steppin' Up<br>9:00 Falls Prevention<br><b>9:00 Step, Strength &amp; Stretch</b><br><b>9:15 Polo Park</b><br><b>11:00 Line Dancing</b><br><br>1:00 Canasta<br>5:00 F.I.T.<br>6:00 Pickleball | 24)<br><b>9:00 Steppin' Up</b><br>9:30 Dynamic Yoga<br><b>10:30 Stitch N Craft</b><br><b>10:30 Men's Chat</b><br><br>1:00 Cards<br>7:00 Texas Hold'em     | 25)<br>9:00 Steppin' Up<br>9:00 Falls Prevention<br><b>9:00 Yin Yoga</b><br><b>11:00 Line Dancing</b><br>3:00 Virtual Chat<br>4:30 Beginner<br>Strength Training<br><b>6:00 Pickleball</b><br><b>6:30 Ukulele Club</b>    | 26)<br>9:00 Steppin' Up<br>9:30 BLISS<br><br>1:00 Texas Hold'em                                  | 27)<br>9:00 Steppin' Up<br><b>10:00 Pickleball</b> |
| 28)    | 29)<br>9:00 Steppin' Up   | 30)<br>9:00 Steppin' Up<br>9:00 Falls Prevention<br><b>9:00 Step, Strength &amp; Stretch</b><br><b>11:00 Line Dancing</b><br><br>1:00 Canasta<br>5:00 F.I.T.<br>6:00 Pickleball                          | 31)<br><b>9:00 Steppin' Up</b><br>9:30 Dynamic Yoga<br><b>10:30 Stitch N Craft</b><br><b>10:30 Men's Chat</b><br><br>1:00 Cards<br>7:00 Texas Hold'em     |    |  |  |

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