



Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

February 2024

Join Us for Lunch

Wednesday, February 14
12:00 pm



Roast Beef and Yorkshire Pudding
Entertainment by: Amanda Cannon
2022 Manitoba Music Awards Nominee

Deadline to purchase tickets: Friday, February 9
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



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



February Celebrations

Happy Birthday!!

Nancy Masson	1
Laurie Slater	1
Jeanette Erickson	3
Yvonne Bernhardt	5
Lee LaCoste	7
Ray Massey	7
Joie Van Dongen	7
Diana Goudy	13
Luella Watier	13
Valdean Fremont	14
Allan Sanche	16
Joyce Stewart	16
Donna Moman	26

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.

DECEMBER/JANUARY CROSSWORD PUZZLE ANSWERS

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

**Congratulations to the winners of
our luncheon draws!
Paul Pelletier for December and
Kevin Briggs for January!**

**Congratulations to the winners of our
Quilt Raffle draw on December 15th!**
1st prize-King Size Quilt – B. Heppner, Elie
2nd prize-Queen Size Duvet – A. Klimpke, Stwl
3rd prize-Christmas Wall Hanging – L. Marshall, Wpg



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 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** 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
- 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:



COMMUNITY VOLUNTEER **INCOME TAX PROGRAM**

**VOLUNTEERS ARE TRAINED BY CANADA REVENUE AGENCY
TO COMPLETE SIMPLE 2023 INCOME TAX RETURNS.**

THIS SERVICE WILL BE PROVIDED AS A

DROP OFF SERVICE BY APPOINTMENT ONLY

PROGRAM WILL BE OFFERED:

March 5 – April 30, 2024

Tuesdays and Thursdays:

9:00 am -10:30 am and 1:00 pm - 3:30 pm

and

Fridays: 9:00 – 11:30 am

55 Plus Centre – Odd Fellows Hall 374 1st Street W

Income Tax Returns Are Accepted Based on Income

- ❖ All Individuals with Tax Exempt Income are Eligible for the Program
- ❖ Photo Identification is Required
- ❖ You are Required to complete an Authorization form at the time of Drop Off
- ❖ Bring all your Documents
- ❖ Bring your 2023 Notice of Assessment or Tax Return Summary

For more Information or to book an Appointment:

Call 204-467-2582.

Office hours are Tuesday-Friday 8:30 am-4:00 pm.



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
February 8 & 22
March 7 & 21

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@mymts.net*

Let's Get Moving!

LINE DANCING!

Tuesdays & Thursdays @ 11:00am



Drop In Fees:

Members \$3.00

**Non-Members: \$5.00
(per class)**

*First time
dancers
receive two
classes
free!*

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**

No Pickleball Saturday, February 10

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
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

Learn to make a Dresden fan cushion with Karen

Thursday, February 1 & 8
12:45 - 3:15

**Cost is
\$26 plus
material**

If you have extra scrap material to share, please bring it!



**Call us to register
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!

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

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!

1st and 3rd Fridays of the Month

8:45am – 3:00pm

Members: \$3 Non-Members \$5

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!

Sign Up By Calling 204-467-2582 Or
Email si55plus@mts.net

MISCELLANEOUS CARDS AND GAMES

Wednesdays 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!

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

Kildonan Place Shopping Trip

Thursday, February 22

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

Registration Deadline: Tuesday, February 20

Members \$20 / Non-members \$25

Call 204-467-2582 to reserve your seat

Planetarium:

Legends of the Northern Sky

Thursday, April 11

Depart 9:45 from Lions Manor, Entrance 1 & 10:00 from 55+
Lunch at Chicken Chef

Registration Deadline: Friday, April 5

Members \$30 / Non-members \$35

Call 204-467-2582 to reserve your seat

South Beach Casino

Wednesday, May 8

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

Registration Deadline: Friday, May 3

Members \$20 / Non-members \$25

Call 204-467-2582 to reserve your seat

Rainbow Stage

**Wednesday
July 10
2:00 pm show**



Set against the backdrop of a fictional Filipino reality TV competition, Rainbow Stage audiences will cheer on 3 singing & dancing finalists who are fighting to change their lives for the better!



Everyone's favourite practically perfect nanny takes the stage in this Supercalifragilisticexpialidocious musical adventure! Mary Poppins takes the children on many magical and memorable adventures, but even grown-ups can learn a lesson or two from the nanny.

**Wednesday
August 21
2:00 pm show**

Members \$95 / Non-members \$100 (per show)

Depart 12:30 pm from Lions Manor, Entrance 1 and from 55 Plus

Registration Deadline for both shows: Friday, April 5

Call to register – 204-467-2582

**Join us for our next Travel Club Meeting
Friday, February 9 @ 11:00 am**

Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ be a Canadian resident
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have an adjusted family net income under \$90,000
- ✓ have filed your tax return in the previous year



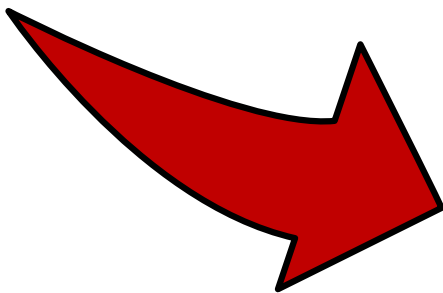
How to Apply

For More information visit www.canada.ca

CDCP Application Phases	
Group	Applications start date
Invitation to apply by mail	
Seniors aged 87 and above	December 2023
Seniors aged 77 to 86 years	January 2024
Seniors aged 72 to 76 years	February 2024
Seniors aged 70 to 71 years	March 2024
Application online	
Seniors aged 65 to 69 years	May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	June 2024
Children under 18 years old	June 2024
All remaining eligible Canadian residents	202 Canada.ca/dental



Letters will be sent in phases by age group between December 2023 and March 2024 until all potential eligible seniors who are 70 years of age or older have been invited to apply for the CDCP.



Volunteer Luncheon Kitchen Supervisor Needed!

We are looking for a volunteer kitchen supervisor for our monthly luncheons which take place every third Wednesday of the month (except July and August).

Duties would include organizing volunteers during the lunch. No food prep is involved.

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



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

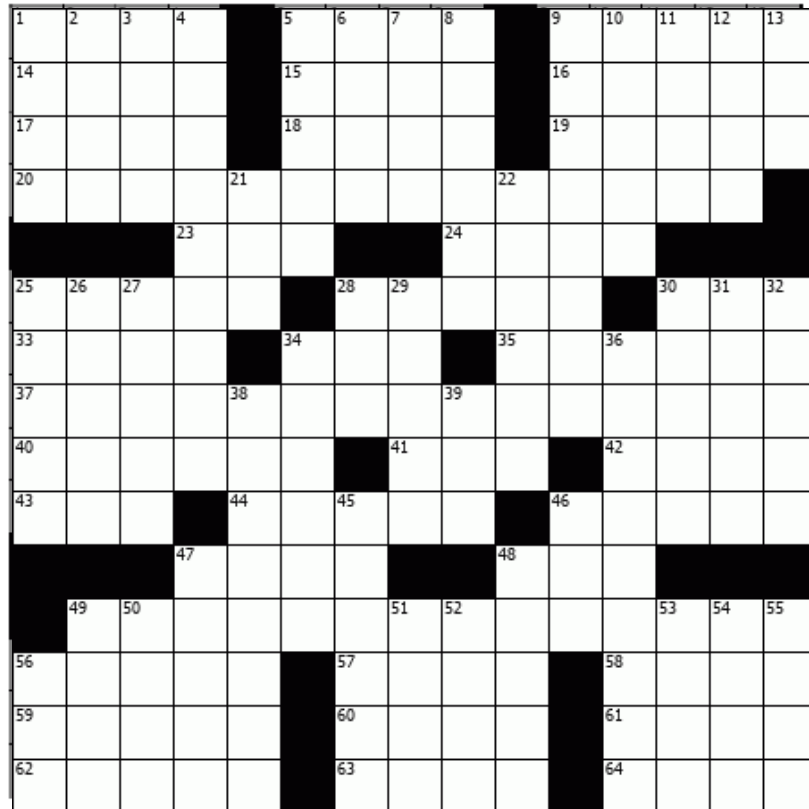
If you know of someone who would benefit from this program **QR** if you would like to volunteer contact:
SWDPC Nav-CARE Volunteer Coordinator
Email: navcare@swdpc.com
Phone: 204-404-3030



CROSSWORD PUZZLE

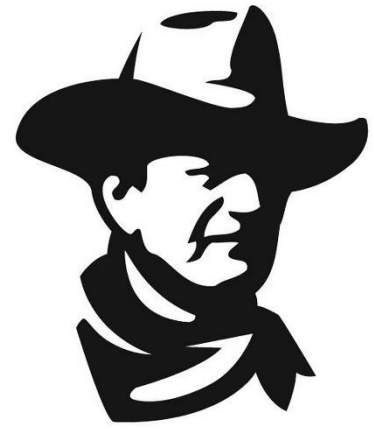
Across

- 1. Tear companion
- 5. Strongbox
- 9. "Get lost!"
- 14. Symbol of goodness
- 15. Org. founded in 1920
- 16. Leather strip
- 17. "Cunning hunter" of the bible
- 18. Impolite glance
- 19. Disorderly disturbances
- 20. Patti Page hit
- 23. CSI identifier
- 24. Danny of "White Christmas"
- 25. Moves abruptly
- 28. Tolerate
- 30. Overwhelm
- 33. Turkish leader
- 34. Azov is one
- 35. Scorching
- 37. Beach Boys hit
- 40. Bowling alley head
- 41. Move aimlessly
- 42. Word with bar or area
- 43. X-ray unit
- 44. Name names
- 46. Pendant feature
- 47. Greek cheese
- 48. Fez, e.g.
- 49. Ferko String Band tune
- 56. Word of praise
- 57. Moby Dick pursuer
- 58. Temporary calm
- 59. South Pacific tourist site
- 60. Miner's pursuit
- 61. Opera offering
- 62. Prepared for action
- 63. Observed
- 64. Intuitive ability



Down

- 1. Sharpen, as a blade
- 2. Alleviate
- 3. Football Hall-of-Famer Page
- 4. Like some tickets
- 5. Latin American music
- 6. Experts
- 7. Cut and run
- 8. "I've found it!"
- 9. Part of a pound?
- 10. Santiago's country
- 11. Tooth part
- 12. Animated movie of 1998
- 13. Booker T. and the ___
- 21. USN officer
- 22. Classified blurb
- 25. Style of furnishing
- 26. Kenmore competitor
- 27. Rubbed the wrong way
- 28. Sun. deliverance
- 29. Ham operator's letter
- 30. Keyboard symbol
- 31. Playwright Oscar
- 32. Collectible flop
- 34. Beethoven's "Moonlight ___"
- 36. Baked potato alternative
- 38. Docksides flame fighter
- 39. Fleming of fiction
- 45. Cornhusk-wrapped edible
- 46. Certain punch
- 47. Take after
- 48. Diced
- 49. Diminishing sea
- 50. Type of duck
- 51. On-board shout
- 52. Green ornamental stone
- 53. Angler's decoy
- 54. Nobelists Wiesel
- 55. Israeli airline
- 56. Youth org.



John Wayne Movies

Find and circle all of the John Wayne movies that are hidden in the grid.
The remaining letters spell a John Wayne quotation.


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

ALAMO, The
 ARIZONA
 BABY FACE
 BIG JAKE
 BIG TRAIL, The
 BLOOD ALLEY
 BLUE STEEL
 BRANNIGAN
 CHISUM
 CIRCUS WORLD
 COMANCHEROS, The
 CONFLICT
 CONQUEROR, The

COWBOYS, The
 DAKOTA
 DAWN RIDER, The
 DECEIVER, The
 DESERT TRAIL, The
 EL DORADO
 FLYING TIGERS
 FORT APACHE
 GREEN BERETS, The
 HATARI
 HELL FIGHTERS
 HONDO
 IN HARMS WAY

JET PILOT
 LONELY TRAIL, The
 LONGEST DAY, The
 MCLINTOCK
 MCQ
 NEW FRONTIER
 NIGHT RIDERS, The
 PITTSBURGH
 QUIET MAN, The
 RANGE FEUD
 RED RIVER
 RIO BRAVO
 RIO GRANDE

RIO LOBO
 SEA CHASE, The
 SEARCHERS, The
 SHOOTIST, The
 SPOILERS, The
 STAGECOACH
 STAR PACKER, The
 TRUE GRIT
 TYCOON
 UNDEFEATED, The
 WAR WAGON, The
 WESTWARD HO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February</h1>				1) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Yin Yoga 11:00 Line Dancing 4:30 Beginner Strength Training 6:00 Pickleball	2) 9:00 Steppin' Up 9:30 BLISS 8:45 Quilter's Corner 1:00 Texas Hold'em	3) 9:00 Steppin' Up 10:00 Pickleball
4)	5) 9:00 Steppin' Up	6) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 McPhillips Casino 9:00 Step, Strength & Stretch 11:00 Line Dancing 5:00 F.I.T. 6:00 Pickleball	7) 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 and Games 7:00 Texas Hold'em	8) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Yin Yoga 11:00 Line Dancing 3:00 Virtual Chat 4:30 Beginner Strength Training 6:00 Pickleball 6:30 Ukulele Club	9) 9:00 Steppin' Up 9:30 BLISS 11:00 Travel Club 1:00 Texas Hold'em	10) 9:00 Steppin' Up
11)	12) 9:00 Steppin' Up	13) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Step, Strength & Stretch 11:00 Line Dancing 5:00 F.I.T. 6:00 Pickleball	14) 9:00 Steppin' Up 9:30 Dynamic Yoga 12:00 Luncheon 1:00 Cards and Games 7:00 Texas Hold'em <i>Happy Valentines day</i>	15) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Yin Yoga 11:00 Line Dancing 4:30 Beginner Strength Training 6:00 Pickleball	16) 9:00 Steppin' Up 9:30 BLISS 8:45 Quilter's Corner 1:00 Texas Hold'em	17) 9:00 Steppin' Up 10:00 Pickleball
18)	19) 9:00 Steppin' Up <i>Journée Louis Riel Day</i> 	20) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Step, Strength & Stretch 11:00 Line Dancing 5:00 F.I.T. 6:00 Pickleball	21) 9:00 Steppin' Up 9:30 Dynamic Yoga 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	22) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Yin Yoga 9:15 Kildonan Shopping Centre 11:00 Line Dancing 3:00 Virtual Chat 4:30 Beginner Strength Training 6:00 Pickleball 6:30 Ukulele Club	23) 9:00 Steppin' Up 9:30 BLISS 1:00 Texas Hold'em	24) 9:00 Steppin' Up 10:00 Pickleball
25)	26) 9:00 Steppin' Up	27) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 6:00 Pickleball	28) 9:00 Steppin' Up 9:30 Dynamic Yoga 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	29) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Yin Yoga 11:00 Line Dancing 4:30 Beginner Strength Training 6:00 Pickleball	<h1>2024</h1>	

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