



Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

March 2024

let's do
lunch

Wednesday, March 20
12:00 pm
Chicken Dinner

Deadline to purchase tickets: Friday, March 15
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



BIRTHDAYS

Neil Stewart	6
Merle Tomyk	7
Elizabeth Lindley	13
Roy Craig	14
Bernie Hendricks	14
John Melnichuk	21
Margo Pike	23
Deborah Baldwin	27
Brenda Paull	31

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.

FEBRUARY CROSSWORD PUZZLE ANSWERS

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

Congratulations to Rose Wares for winning the draw at our February luncheon!



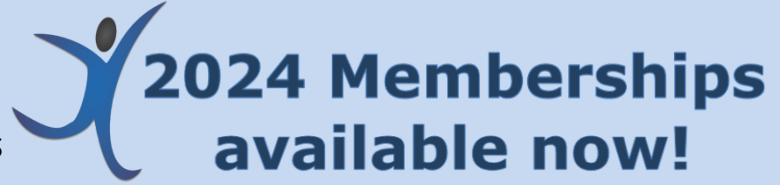
Become a Member or Renew Your Membership Today!

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

Stonewall Library presents:



AUDIOBOOKS MADE EASY

Tuesday, March 12

1:30pm - 2:30pm

South Interlake 55 Plus

Learn how to borrow free Accessible Reader kits from the Stonewall Library.

One million audiobook titles are available. Join Joan Ransom for a presentation and demonstration of this new library service.

**Pre-register by calling South Interlake
55 Plus at 204-467-2582**

ACCUMULATIVE CRIBBAGE TOURNAMENT



Partner Play

Please register early

**Tuesday Evenings
April 9-30, 7:00 pm**

374 1st Street West, Stonewall (Odd Fellows Hall)

4 Week Tournament – Weekly Prizes

Registration Deadline: Thursday, April 4

Entry Fee: \$20.00 per person

Call to register: 204-467-2582

**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	2025



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.

Canada



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
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:

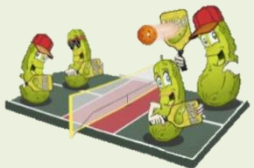
Members \$3.00

**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 on March 23, 26, 28 or 30

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

Karen's **Q U I L T E D** Creations

This 3 session class will teach you to create this
Sassy Blooms Table runner using pieced technique plus
appliques



CLASS DATES:
MARCH 28 -12:45-3:15
APRIL 4 -12:45-3:15
APRIL 12 -10:00-2:00

cost of 3 session class is \$39.00
(supplies at your own expense)



Please call us for supply list, and to
register
(204)467-2582

FALLS PREVENTION

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
until March 21, 2024

Need more information? Call us at **(204) 467-2582**



Active Wellness Club

Spring Session: April 9 – June 14, 2024



Tuesday	Wednesday	Thursday	Friday
<p>9:00-9:45 am F.I.T. (In Person & Zoom)</p>	<p>TO BE DETERMINED</p>	<p>9:00-10:00 am Yin Yoga (In Person & Zoom)</p>	<p>TO BE DETERMINED</p>
<p>5:00-5:45 pm Ultimate Mix (In Person Only)</p>		<p>4:30-5:30 pm Pilates (In Person Only)</p>	

CLASS DESCRIPTIONS

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. You will need a mat, weights.*

Ultimate Mix by 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 sculp 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.

Pilates by Liz – Develop your core strength and enhance flexibility. Improve your balance and stability. Strengthen your lower back, hips, gluteus and abdominal muscles. Barre movements help sculpt and tone your muscles. Bring a mat, resistance band*, water bottle.

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

Save when you sign up for the full session!

10 Weeks	5 Weeks
1 class/ wk: \$80	1 class/ wk: \$45
2 classes/ wk: \$130	2 classes/ wk: \$80
3 classes/ wk: \$175	3 classes/ wk: \$110
4 classes/ wk: \$215	4 classes/ wk: \$135
All Access: \$250	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

LADIES CRAFT N' COFFEE

Wednesdays at 10:30am

Coffee and Conversation!

Bring your latest craft project
if you wish.



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!

Stonewall Collegiate presents:

"High School Musical"

Thursday, March 14

@ Stonewall Heritage Arts Centre

Depart 11:45 am from Lions Manor, Entrance 1
and 12:00 pm from 55 Plus.

Registration Deadline: Friday, March 8
Members \$15 / Non-members \$20

Garden City Shopping Trip

Thursday, March 21

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

Registration Deadline: Tuesday, March 19
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 (Winnipeg)

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

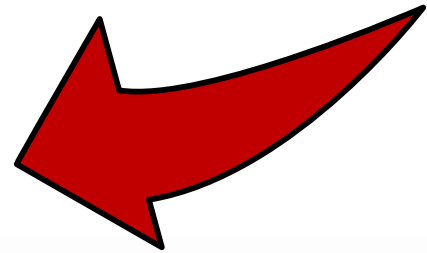
Registration Deadline for both shows: Friday, April 5
Call to register – 204-467-2582

Join us for our next Travel Club Meeting
Friday, March 8 @ 11:00 am

GET INVOLVED! VOLUNTEER!

SOUTH INTERLAKE 55 Plus is a not for profit organization which relies on the dedication of volunteers to achieve its impactful mission. Without their support, the positive difference we make in the lives of our communities would not be possible.

Treasurer



We are currently recruiting for a Treasurer position for our Board of Directors.

Treasurer - (in brief) oversee the Boards bookkeeping, preparation of financial statements, fiscal year-end filing. Background knowledge of small business finance is required. Knowledge of Quickbooks an asset.

If you are looking to share your knowledge and skills , meet new people, and become a member of this very impactful team, please contact Emma Forbes at emmaforbes@mymts.net 204-467-8660 or ThereseDandeneau@mymts.net 204-612-6467 .

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



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. Not quite
- 7. "What ___, chopped liver?"
- 10. Atkins no-no, briefly
- 14. Save specialist
- 15. What 14-Across protects
- 16. Polish border river
- 17. Corrigenda
- 18. Mil. hero's decoration
- 19. It's sometimes struck
- 20. Household pest
- 22. Malayan boat
- 23. Northern Ireland county
- 24. Isn't insensitive
- 25. Swiss psychiatrist Carl
- 29. ___ gratias (thanks to God)
- 30. Small tower or tower-shaped projection on a building
- 31. Indifferent
- 33. Better
- 35. French composer Louis-Hector
- 37. Level of authority
- 41. One way to kill characters?
- 43. Affluent of the Rhone
- 44. It's named Fifi, stereotypically
- 47. Kind of temper or treatment
- 49. Watch feature, perhaps
- 50. Bitterly pungent
- 51. Furtive one
- 53. Doe fancier
- 54. No. 2 is one
- 59. Did a number
- 60. Equip
- 61. Muzzles
- 62. "Bus Stop" playwright
- 63. Start for Paulo or Vicente
- 64. Aglet's target
- 65. Dutch artist Johannes van der ___
- 66. Ft. Worth campus
- 67. City or classic TV show

1	2	3	4	5	6	7	8	9	10	11	12	13	
14						15			16				
17						18			19				
20						21			22				
			23					24					
25	26	27	28		29			30					
31				32		33		34					
35					36			37		38	39	40	
			41				42		43				
44	45	46					47		48		49		
50						51			52				
53					54					55	56	57	58
59					60				61				
62					63				64				
65					66				67				

Down

- 1. Bronze and Iron, e.g.
- 2. Singer of "Footloose"
- 3. Fertile earth
- 4. Norse king
- 5. Located
- 6. Reacted to onions
- 7. Fireplace fixture
- 8. Disheveled
- 9. Sumac souvenir
- 10. Dangerous reptile
- 11. Worshipper
- 12. Do some cobbling
- 13. Chicken selection
- 21. Policeman's shout
- 24. German botanist Leonhard
- 25. Certain punch
- 26. Glob or mod attachment
- 27. Easter start
- 28. Acquisitive lady
- 30. First correct "Hollywood Squares" square
- 32. Kind of mouse or marshal
- 34. Went for a spin?
- 36. Bullfight sound
- 38. Mauna ___
- 39. Thunder Bay's prov.
- 40. Bridal bio word
- 42. Ostrich relative
- 44. Here and there, in references
- 45. Fuel rating
- 46. New Jersey city
- 48. Expired
- 51. Glacial mass
- 52. Nairobi location
- 54. Stand the test of time
- 55. Christmas word
- 56. Pick the pick of the litter, e.g.
- 57. Virginia willow, e.g.
- 58. WWII vessels


WORD SEARCH



Find and circle all of the words, names, songs and movies that have to do with Elvis. The remaining letters spell a line from an Elvis song.

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

- | | | | |
|----------------|------------------|------------------|------------------|
| AARON | GOOD LUCK CHARM | LITTLE SISTER | STUCK ON YOU |
| ALL SHOOK UP | GOSPEL | LOVE ME TENDER | SUN RECORDS |
| BLUE HAWAII | GRACELAND | MEMPHIS | SURRENDER |
| BURNING LOVE | GYRATING | ONE NIGHT | SUSPICIOUS MINDS |
| CLAMBAKE | HEARTBREAK HOTEL | PRISCILLA | THE KING |
| COLONEL PARKER | HOUND DOG | RCA | TOO MUCH |
| DON'T BE CRUEL | IN THE GHETTO | RETURN TO SENDER | TUPELO |
| DRAFTED | JAILHOUSE ROCK | ROCKABILLY | U.S. ARMY |
| G.I. BLUES | KENTUCKY RAIN | ROUSTABOUT | VERNON |
| GIRL HAPPY | KING CREOLE | SHE'S NOT YOU | VIVA LAS VEGAS |
| GLADYS | LISA MARIE | | |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1) 9:00 Steppin' Up 9:30 BLISS 8:45 Quilter's Corner 1:00 Texas Hold'em	2) 9:00 Steppin' Up 10:00 Pickleball
3)	4) 9:00 Steppin' Up	5) 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	6) 9:00 Steppin' Up 9:30 Dynamic Yoga 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Book Club 1:00 Cards and Games 7:00 Texas Hold'em	7) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Yin Yoga 11:00 Line Dancing 4:30 Beginner Strength Training 6:00 Pickleball 6:30 Ukulele Club	8) 9:00 Steppin' Up 9:30 BLISS 11:00 Travel Club 1:00 Texas Hold'em	9) 9:00 Steppin' Up 10:00 Pickleball
10) 	11) 9:00 Steppin' Up	12) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Step, Strength & Stretch 11:00 Line Dancing 1:30 AudioBooks Made Easy Presentation 5:00 F.I.T. 6:00 Pickleball	13) 9:00 Steppin' Up 9:30 Dynamic Yoga 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	14) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Yin Yoga 11:00 Line Dancing 11:45 High School Musical 3:00 Virtual Chat 4:30 Beginner Strength Training 6:00 Pickleball	15) 9:00 Steppin' Up 9:30 BLISS 8:45 Quilter's Corner 1:00 Texas Hold'em	16) 9:00 Steppin' Up 10:00 Pickleball
17)	18) 9:00 Steppin' Up	19) 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	20) 9:00 Steppin' Up 12:00 Luncheon 1:00 Cards and Games 7:00 Texas Hold'em	21) 9:00 Steppin' Up 9:00 Falls Prevention 9:15 Garden City Shopping Trip 11:00 Line Dancing 4:30 Beginner Strength Training 6:00 Pickleball 6:30 Ukulele Club	22) 9:00 Steppin' Up 1:00 Texas Hold'em	23) 9:00 Steppin' Up
24)	25) 9:00 Steppin' Up	26) 9:00 Steppin' Up 11:00 Line Dancing	27) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	28) 9:00 Steppin' Up 11:00 Line Dancing 12:45 Karen's Quilted Creations Class 3:00 Virtual Chat 4:30 Beginner Strength Training	29) 9:00 Steppin' Up 	30) 9:00 Steppin' Up
31)						

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