



Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

APRIL 2024

*Join us for
Lunch*

Wednesday, April 17
12:00 pm
Ham and Cheesy Scalloped
Potatoes

Deadline to purchase tickets is Friday, April 12
Limited number of 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



**The Easter Bunny has hidden easter
eggs throughout our Newsletter!**

How many can you find?

**Call us by April 12th at 204-467-2582
with your answer for a chance to win
a prize!**



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



April Birthdays

Aimee Nagy	5
Joanna Hemsley	12
Heather Sanche	12
Sylvia Hancharyk	14
Liz Harkness	14
Dean Couvier	17
Ray Lockhart	19
Liz Stein	19
Maria Allan	23
Dick Friesen	23
Jack Schmidt	24
Dave Norquay	24
Corie Haslbeck	26
Madeleine Danais	28

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.

MARCH CROSSWORD PUZZLE ANSWERS

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

Congratulations to Cheryl Willis for winning the draw at our March luncheon!



AGM
Annual General Meeting

The South Interlake 55 Plus AGM will be on Thursday, May 23th @ 7:00 pm



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!



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

CANADIAN DENTAL CARE PLAN

Join us In-Centre along with a Service Canada Representative to help you apply and to answer your questions

When: Tuesday April 23rd 1-3pm



Working together to bring **Government of Canada** services to you.

Representatives from **Service Canada** will be in your community:

South Interlake 55 plus Inc.
374 1ST St. West
Stonewall, MB R0C2Z0
204-467-2582

If you are unable to meet with us during this visit, you can contact us at 1-833-537-4342 from 8:30 a.m. - 4:30 p.m., Monday to Friday.



JOIN US to find out more about...

Canadian Dental Care Plan (CDCP)

A Service Canada representative will be here on April 23rd 2024 at 1:00pm to give a presentation on the new Canadian Dental Care Plan and help you apply if you are eligible. If you would like to apply you must know your Social Insurance Number, bring ID if you have it and bring your letter of invitation which as your code to apply.



**Please call us to pre-register-
204-467-2582**



Nutrition Presentation

Join us in-centre for a talk with Registered Dietician, Jay Adam, about adapting to inflation and changing our diet needs with age



**Tuesday, April 9
1:00 – 3:00 pm**

**Call to pre-register
204-467-2582
374 1st Street West, Stonewall**

Registration deadline: Friday, April 5

Wood Carving Class

April 16 & 30

1:00-3:00pm

Cost:

Members \$3

Non-Members \$5



Basic skills of carving

Beginner & Advanced carvers welcome

Wood & Tools provided

**We will be working on small projects, focusing on the basics of wood carving
Advanced carvers are encouraged to bring your current project**

**Call by April 11 to pre-register:
204-467-2582**



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 AT:

**55 Plus Centre, Odd Fellows Hall
374 1st Street West
Stonewall**

March 5–April 30, 2024

Tuesdays and Thursdays:

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

and

Fridays: 9:00 – 11:30 am

**Oak Park Lodge
Woodlands**

March 25 and

April 15, 2024

1:00 – 4:00 pm

**Income Tax Returns Are Accepted Based on Income
(Single \$35,000 / Married \$45,000)**

- ❖ 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 2022 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.





Congratulations to our Steppin' Up Program!

Our Steppin' Up program has been awarded the
Recreation Manitoba
2024 Health and Wellbeing Award!



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:

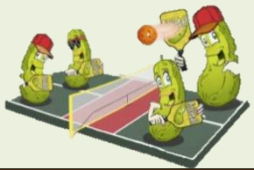
Members \$3.00
Non-Members: \$5.00
(per class)

*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

**LAST DAY OF PLAY AT THE SCHOOLS IS TUESDAY,
APRIL 27TH. STAY TUNED FOR FUTURE SCHEDULE.**

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



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

April 4 and 18

May 2, 16 and 30

at Something Beautiful, 307 Main Street, Stonewall

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
April 2 – May 21, 2024

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





Active Wellness Club



Spring Session: April 9 – June 14, 2024

Tuesday

9:00-9:45 am
F.I.T.
(In Person & Zoom)

5:00-5:45 pm
Ultimate Mix
(In Person Only)

Wednesday

9:30 – 10:30
Level-Up Yoga
(Zoom Only)



Thursday

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

4:30-5:30 pm
Pilates
(In Person Only)

Friday

9:00-10:00 am
Yogalates
(Zoom only)



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.* and water.

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 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!)

Level-Up Yoga by Liz – Learn yoga poses or enhance them with this level one yoga class. Basic poses can be modified to assist with mobility restrictions or to challenge those that are more advanced. Mat and water required. Blocks, strap and a pillow optional.

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.

Yogalates by Liz – Enjoy this yoga class that will add a few challenges to your practice. Some of the class will focus on strengthening your body especially core and glute muscles. Mat and water required and an exercise band for those who want more of a challenge. Blocks/straps optional.

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

The 55 Plus Centre Reserves the Right to Cancel a Class

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
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!

Outlet Mall Shopping Trip

Thursday, April 25

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

Registration Deadline: Tuesday, April 23

Members \$20 / Non-members \$25

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

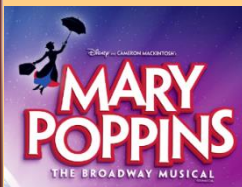
Call 204-467-2582 to reserve your seat

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, April 12 @ 11:00 am**



Ride with us to

Folklorama

Tuesday, August 6

**Casa do Minho
Portuguese Pavilion**
(dinner & entertainment)

Scandinavian Pavilion
(dessert, coffee & entertainment)

Members \$85 / Non-Members \$90
(price per date)

Price includes bus, shows, food and beverage.

Leaving Lions Manor (Entrance 1) and
55 Plus Centre at 5:00pm)

Tuesday, August 13

Caribbean Pavilion
(dinner & entertainment)

Celtic Ireland Pavilion
(dessert, coffee & entertainment)

Members \$85 / Non-Members \$90
(price per date)

Price includes bus, shows, food and beverage.

Leaving Lions Manor (Entrance 1) and
55 Plus Centre at 5:00pm)

Experience world-class entertainment, enjoy delicious cuisine, warm hospitality and view beautiful cultural displays!

**Registration deadline for BOTH dates:
Tuesday, July 9**

Call us at 204-467-2582 to register!

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

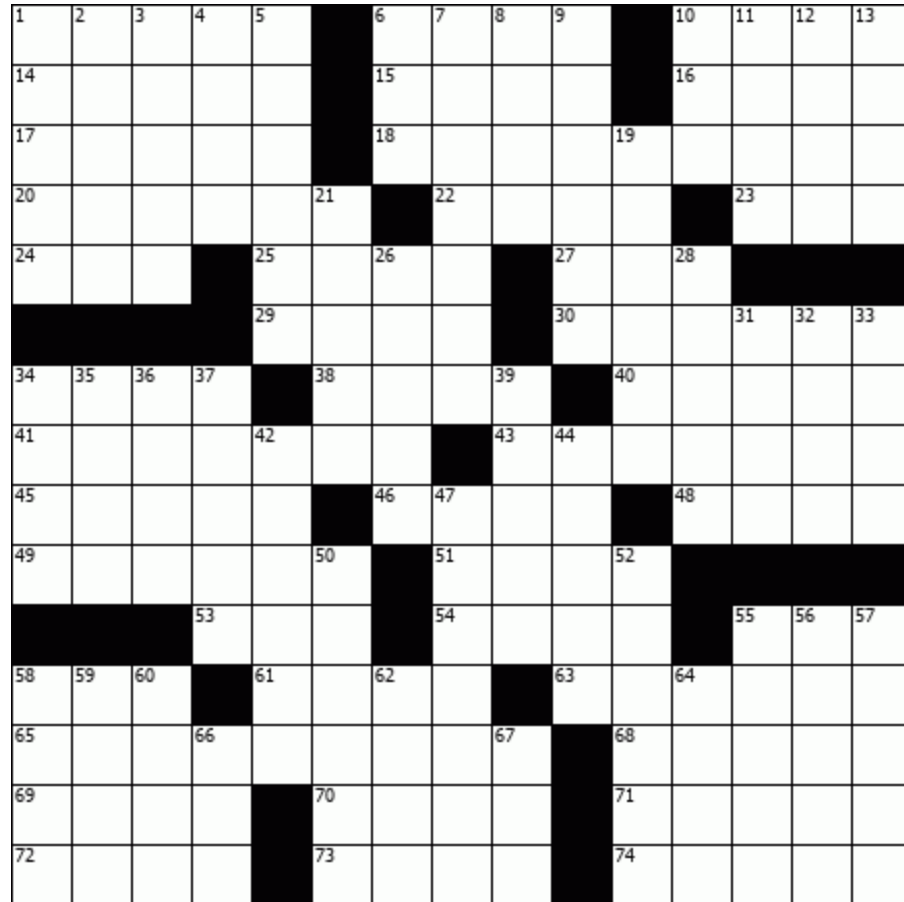


CROSSWORD PUZZLE

Across

1. "Carmen," e.g.
6. Legal claim
10. God of love
14. Urban's opposite
15. ___ of Capri
16. Belch
17. Blinding light
18. Arctic animal (2 wds.)
20. Declare
22. Past due
23. Cagey
24. Previously named
25. Brass instrument
27. Cleveland time zone (abbr.)
29. Doctor's "at once!"
30. Bookworm
34. Pretends
38. Bullring cheers
40. Cease-fire
41. Lingers
43. Water tank
45. Groom
46. Prayer's end
48. Wall support
49. Butter or jam

51. "The Diary of ___ Frank"
53. Baseball stat
54. At no time, poetically
55. Recipe unit (abbr.)
58. Had a meal
61. Placed
63. Far off
65. Asserted
68. Gem weight
69. Animal skin
70. She (Fr.)
71. Name
72. Additional
73. Stitched line
74. Disdainful look



Down

- | | | |
|--------------------------|-----------------------------------|-------------------------------|
| 1. Kidney, e.g. | 21. Private teacher | 50. Keaton and Sawyer |
| 2. Throb | 26. Hobby wood | 52. Builds |
| 3. Rub out | 28. Bakery items | 55. Rich cake |
| 4. Seldom seen | 31. Music for two | 56. Not fresh |
| 5. Warns | 32. Light tan | 57. Anchorman ___
Jennings |
| 6. Mouth part | 33. Rip apart | 58. Pain |
| 7. Separate | 34. Swiss peaks | 59. Work |
| 8. Jazz's ___ Fitzgerald | 35. Company (abbr.) | 60. Outcomes |
| 9. Less messy | 36. Layer | 62. Not active |
| 10. Recede | 37. Ranch animal | 64. Central |
| 11. Regrets | 39. Spectacle | 66. Golf prop |
| 12. Voiced | 42. Make possible | 67. Rep.'s opponent |
| 13. Peppy | 44. Not outer | |
| 19. Adjusts again | 47. Nelson ___ of South
Africa | |



WORD SEARCH




Photography

Find and circle all of the Photography terms that are hidden in the grid.
The remaining letters spell the name of a type of camera.

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

- | | | | |
|-----------|--------------|---------------|----------------|
| APERTURE | ENLARGEMENT | OVEREXPOSURE | SATURATION |
| BALANCE | ENLARGER | PANNING | SHUTTER |
| BELLOWS | FILTER | PANORAMA | SLIDE |
| BLOWUP | FIXING BATH | PARALLAX | STOP BATH |
| CAMERA | FLASH | PHOTOFINISHER | TELEPHOTO LENS |
| CLOSE UP | FOCAL LENGTH | POSITIVE | TINT |
| COLOR | FRAME | PRINT | TONE |
| CONTRAST | HOT SHOE | PROCESSING | TRIPOD |
| CROPPING | LIGHT METER | RANGEFINDER | UNDEREXPOSURE |
| DARKROOM | LIGHTING | RETOUCHING | VIEWFINDER |
| DEVELOPER | NEGATIVE | SAFELIGHT | ZOOM LENS |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1) 9:00 Steppin' Up	2) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 6:00 Pickleball	3) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Book Club 1:00 Cards and Games 7:00 Texas Hold'em	4) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 6:00 Pickleball 6:30 Ukulele Club	5) 9:00 Steppin' Up 8:45 Quilter's Corner 1:00 Texas Hold'em	6) 9:00 Steppin' Up 10:00 Pickleball	
7)	8) 9:00 Steppin' Up	9) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 F.I.T. 11:00 Line Dancing 1:00 Nutrition Presentation 5:00 Ultimate Mix 6:00 Pickleball 7:00 Crib Tournament	10) 9:00 Steppin' Up 9:30 Level-Up Yoga 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	11) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Yin Yoga 9:45 Planetarium 11:00 Line Dancing 3:00 Virtual Chat 4:30 Pilates 6:00 Pickleball	12) 9:00 Steppin' Up 9:00 Yogalates 11:00 Travel Club 1:00 Texas Hold'em	13) 9:00 Steppin' Up 10:00 Pickleball	
14)	15) 9:00 Steppin' Up	16) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 F.I.T. 11:00 Line Dancing 1:00 Wood Carving 5:00 Ultimate Mix 6:00 Pickleball 7:00 Crib Tournament	17) 9:00 Steppin' Up 9:30 Level-Up Yoga 12:00 Luncheon 1:00 Cards and Games 7:00 Texas Hold'em	18) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Yin Yoga 11:00 Line Dancing 4:30 Pilates 6:00 Pickleball 6:30 Ukulele Club	19) 9:00 Steppin' Up 9:00 Yogalates 8:45 Quilter's Corner 1:00 Texas Hold'em	20) 9:00 Steppin' Up 10:00 Pickleball	
21)	22) 9:00 Steppin' Up	23) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 F.I.T. 11:00 Line Dancing 1:00 Dental Plan Presentation 5:00 Ultimate Mix 6:00 Pickleball 7:00 Crib Tournament	24) 9:00 Steppin' Up 9:30 Level-Up Yoga 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	25) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Yin Yoga 9:15 Outlet Mall Trip 11:00 Line Dancing 3:00 Virtual Chat 4:30 Pilates 6:00 Pickleball	26) 9:00 Steppin' Up 9:00 Yogalates 1:00 Texas Hold'em	27) 9:00 Steppin' Up 10:00 Pickleball	
28)	29) 9:00 Steppin' Up	30) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 F.I.T. 11:00 Line Dancing 1:00 Wood Carving 5:00 Ultimate Mix 7:00 Crib Tournament					

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