



Box 309  
374 1<sup>st</sup> Street West  
Stonewall

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

204-467-2582

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

*May* 2024



## **NOW IS ALWAYS A GOOD TIME TO CONNECT**

Let No One Be Alone is a grassroots initiative started in Manitoba that brings awareness to those that are alone.

**Please join us at our**

**‘Let No One Be Alone’ FREE Tea Party**

**Friday, May 10**

**10:30 am – Noon**

**South Interlake 55 Plus Centre**

**374 1<sup>st</sup> Street West (Odd Fellows Hall), Stonewall**

**Bring a friend, a neighbor or someone you know  
that is isolated!**

**COME ENJOY COFFEE/TEA AND DAINTIES  
ENTERTAINMENT BY AMANDA CANNON  
SHORT VIDEO PRESENTATION “THE SECRET TO LIVING LONGER”**

Please call to pre-register at 204-467-2582 by Tuesday, May 7



# 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

## May Birthdays

Richard Powzun	3
Marie Livingston	5
Odette Bernatchez	8
Al Leiman	8
Alice Smith	9
Gregory Andries	11
Margaret Bond	13
Bev Jaspersen	14
Kelly Maartense	17
Jo Oliver	18
Valerie McClure	21
Robert Schumann	21
Ted Bronson	23
Gary LaCoste	24
Maria Glanfield	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](mailto:si55plus@mymts.net)

Evening programs will run as scheduled.

**Congratulations to Frank Dzedzic for winning the draw at our April luncheon!**

**There were 40 Easter Bunnies hidden in our April newsletter. Pauline Blue was the lucky winner of an Easter goodies bag!**

## APRIL CROSSWORD PUZZLE ANSWERS

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



# 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 Plus** South Interlake  
204-467-2582



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**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

# AGM

Annual General Meeting

Please join us  
**Thursday, May 23<sup>th</sup>**  
**7:00 pm**

**374 1<sup>st</sup> Street West  
(Odd Fellows Hall)  
Stonewall**

South Interlake 55 Plus  
Phone 204-467-2582  
Email [si55plus@mymts.net](mailto:si55plus@mymts.net)

*Get involved and have a voice....*



*Join Us for Lunch*

**WEDNESDAY, MAY 15  
12:00 PM**

Spaghetti, Garlic Toast, Caesar Salad and Dessert

**Entertainment by the Stonewall Collegiate Choir**

**Tickets: \$13.00**

**ADVANCE TICKETS ONLY**

**South Interlake 55 Plus Office**

**374 1<sup>st</sup> Street West, Stonewall**

**204-467-2582**

**Deadline to purchase tickets is Friday, May 10**

Limited number of tickets available so get yours early!



# Volunteering Weaves Us Together



*The Board of Directors and staff of South Interlake 55 Plus appreciate the time and commitment from all of our wonderful volunteers. Our organization wouldn't be here without you!*

# CMHA Mental Health Week

## May 6 – 12, 2024



Visit [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)

**Are you or a loved one in a crisis?**

**Call the 24 hour Crisis Line**

**Toll Free: 1-866-427-8628**

**Or**

**204-482-5419**

### Mental Health Support Centres

The Selkirk & Interlake Mental Health Support Centre provides community based services for adult individuals with lived experience, and individuals who may be seeking mental health support that is rooted in the foundation of Recovery.

It is a drop-in centre that provides: a lunch program, coffee house, support and referrals, work program, book store, and a relaxing atmosphere with a garden area.

To learn more about this support centre, check out their new website: [www.selkirksupportcentre.ca](http://www.selkirksupportcentre.ca) or call 204-482-3536.

To see what the other support centres in the Interlake-Eastern RHA offer, please see the phone numbers below.

Location	Phone Number	Address
Arborg	(204) 376-5066	327 Main Street
Ashern	(204) 768-2915	1 Main Street
Lac du Bonnet	(204) 345-5570	82 2nd Street
Lundar	(204) 762-5769	50 Main Street
Selkirk	(204) 482-3536	242 Manitoba Avenue



# Writing your Memoirs



This 'Writing your Memoir' class will offer you guidance to start developing your own personal Memoir by exploring your understanding of what a Memoir can include and creating a time line to organize your stories.

Joan Zaretsky, author of 'The Missing Puzzle Piece: Finding My Birth Family' will share her experiences developing her Memoir and will explore different techniques in order to accommodate all the varied approaches you may want to choose to fit your own personalized Memoir

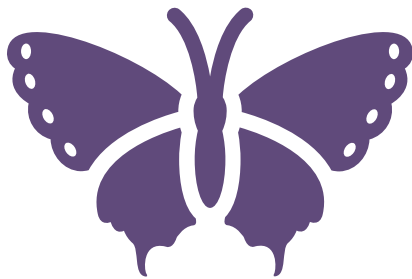
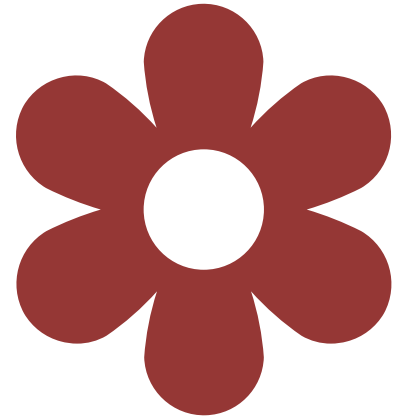


Author Joan Zaretsky

**Classes:**  
Tues June 11  
Tues June 18  
Tues June 25  
1:00pm-3:00pm

Cost of 3 class session: \$30  
(must be pre-paid by Tuesday June 4)

Please call us at 204-467-2582 for more information



## Deprescribing Presentation

You are invited to attend our presentation exploring the question.....

**Do I still need this medication?**



**Tuesday, June 4th, 2024**  
1:00 – 3:00 pm.  
**South Interlake 55 Plus**  
374 1st St. West in Stonewall

Please call  
204-467-2582 to pre-register  
before May 31st





# 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  
May 2, 16 and 30**



**at Something Beautiful  
307 Main Street  
Stonewall**



Grab some food and drinks before we start and enjoy this free program.

# STEPPIN' UP!

**Wednesdays @ 9:00am  
In Person (374 1<sup>st</sup> 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](mailto:si55plus@mymts.net)**

# LINE DANCING!



**Tuesdays & Thursdays @ 11:00am**

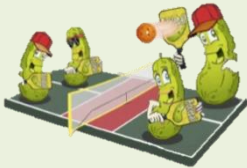
**Drop In Fees:**

**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](mailto:si55plus@mymts.net)  
to register, or for more info

**Group-led, 90 minute class!**



# Pickleball!



**SUMMER SCHEDULE STARTS MAY 1, 2024**

## Stonewall Curling Rink

**Tuesdays & Thursdays**

**6:00-8:30pm**

**Wednesdays**

**9:30am-12:00pm**

**Saturdays**

**9:30am-12:00pm**

**NEW FEES  
EFFECTIVE  
MAY 1, 2024**

**Non-Members  
\$6.00**

**Members  
\$4.00**

**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)

# THURSDAY NIGHT CRIBBAGE

EVERY THURSDAY THIS SUMMER

7:00PM

STARTING JUNE 6, 2024

Singles Play (No Partner Needed)

\$5.00 per person



South Interlake 55 Plus Centre  
(374 1<sup>st</sup> Street West, 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	Wednesday	Thursday	Friday
<p><b>9:00-9:45 am</b> F.I.T. (In Person &amp; Zoom)</p>	<p><b>9:30 – 10:30</b> <b>Level-Up Yoga</b> (Zoom Only)</p> 	<p><b>9:00-10:00 am</b> Yin Yoga (In Person &amp; Zoom)</p>	<p><b>9:00-10:00 am</b> <b>Yogalates</b> (Zoom only)</p> 
<p><b>5:00-5:45 pm</b> Ultimate Mix (In Person Only)</p>		<p><b>4:30-5:30 pm</b> 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.\* 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

<p><b>5 Weeks</b> 1 class/ wk: \$45 2 classes/ wk: \$80 3 classes/ wk: \$110 4 classes/ wk: \$135 <b>All Access: \$150</b></p>
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**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](mailto: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!

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

8:45am – 3:00pm

Members: \$3 Non-Members \$5

## 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 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!

## The Forks Trip

**Thursday, May 23**

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

**Registration Deadline: Tuesday, May 21**

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

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

## Pineridge Hollow

**Thursday, June 6**

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

**Registration Deadline: Tuesday, June 4**

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

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

## St. Vital Shopping Trip

**Thursday, June 20**

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

**Registration Deadline: Tuesday, June 18**

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

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

## Winnipeg Goldeyes Game

**Sunday, June 23**

**1:00pm Game**

Depart 11:30 am from Lions Manor, Entrance 1

**Registration Deadline: Thursday, May 30**

**Members \$35 / Non-members \$40**

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

**Is there a day trip you would like take?  
An event you would like to go to?**

**Join us for our next Travel Club Meeting**

**Friday, June 14**

**11:00 am**

**at the 55 Plus Centre, 374 1<sup>st</sup> Street West, Stonewall**



*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](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



Palliative Care

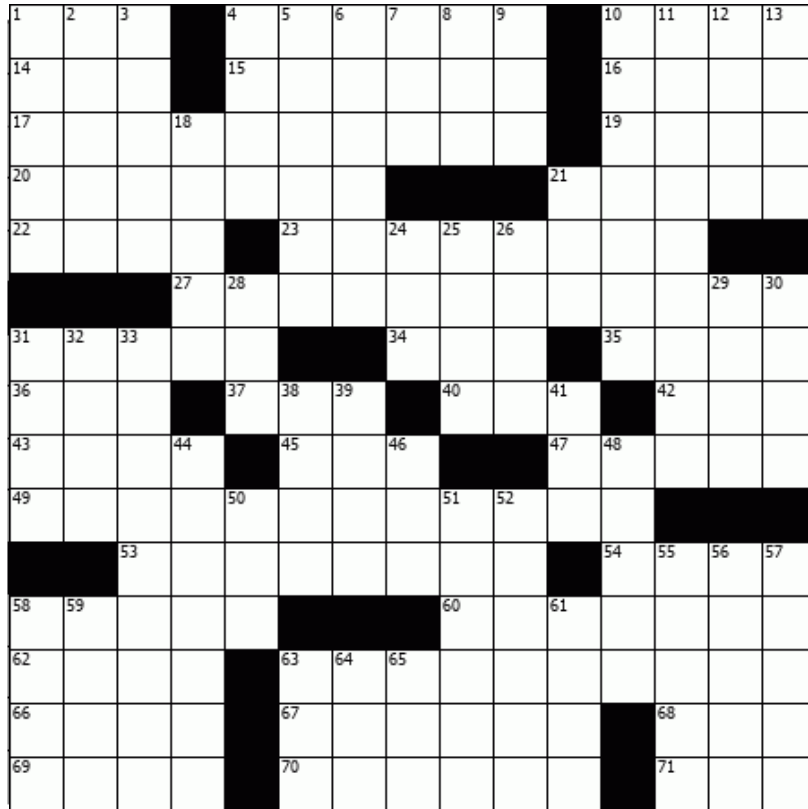
If you know of someone who would benefit from this program **OR** if you would like to volunteer contact:  
SWDPC Nav-CARE Volunteer Coordinator  
Email: [navcare@swdpc.com](mailto:navcare@swdpc.com)  
Phone: 204-404-3030



# CROSSWORD PUZZLE

## Across

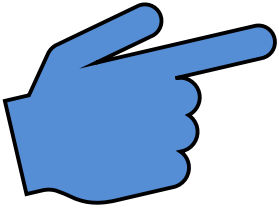
1. Uncle with a top hat
4. Traps by stealth
10. Forest unit
14. Apr. consultant
15. Hide out indefinitely
16. "On Golden Pond" bird
17. One way to be left
19. Comfy cozy
20. Historic racehorse
21. Computer programmer, e.g.
22. \_\_\_ upswing (rising)
23. Truman's state
27. Flamed meat venue, briefly
31. Past potentates
34. Back on the boat
35. Where Moses floated
36. "Men in Black" quarry
37. Suffix with cynic
40. As well
42. Bovine chew?
43. Univ. mil. group
45. Help and comfort
47. Mugs of suds
49. 1990 Hackman thriller
53. Not one of the gang
54. You must read this?
58. Midshipman's counterpart
60. Transports for 36-Across
62. Way off base?
63. Circular
66. Ditto
67. Books in hotel drawers
68. "To Kill a Mockingbird" character
69. Observer
70. Second in the credits, often
71. Unusual gift of sight



## Down

1. Dunderhead
2. For the bees
3. \_\_\_ cum laude
4. Artie or George
5. Generic
6. Astronaut with Armstrong and Collins
7. Color of Mao's little book
8. Continental abbr.
9. Place bugs or wires
10. Nonwinner
11. Presidential advisor, affectionately
12. Bounder
13. Tech. dept. in a university
18. Provide with a medal
21. 2003 play-off 10-Down
24. Treadmill site, perhaps
25. Refine, as flour
26. Reminger of film
28. Letters on a Michelin
29. Hazy appearance
30. Proof letters
31. Bird over the waves
32. Long Greek promenade
33. First roofed ballpark
38. Wise words
39. Actress Rogers
41. Kimono tie
44. More like Simon Legree
46. Parent, back and forth
48. Methuselah's father
50. Giant legend Mel
51. Treat the ice again
52. Egg quality
55. Pioneer bathyspherist William
56. Popular cookies
57. Legally block
58. Check out, as a joint
59. Not here
61. Gorby's former domain
63. Brit. broadcaster
64. Spanish river
65. They make hosp. deliveries

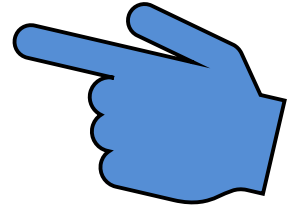
# WORD SEARCH



## What's the Point?

Find and circle all of the things with points that are hidden in the grid.

The remaining letters spell a secret message.






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

ANTENNA  
ANTLER  
ARGUMENT  
ARROW  
BACKGAMMON BOARD  
BALLPEN  
BEAK  
BIRD TALON  
COMPASS  
CONE  
CORKSCREW  
CRAYON

DART  
DECIMAL  
FINGER  
FISH HOOK  
FORK  
ICE PICK  
ICICLE  
JAVELIN  
KNIFE  
NAIL  
NOSE  
PENCIL

PINE NEEDLE  
POINTER STICK  
PYRAMID  
QUILL  
RHINOCEROS HORN  
ROCKET  
SCALPEL  
SCISSORS  
SEWING NEEDLE  
SHARK TOOTH  
SHERIFF'S BADGE  
SPEAR

SPIKE  
STAPLE  
STAR  
STYLUS  
SWORD  
THORN  
THUMB TACK  
TOOTHPICK  
TRIANGLE  
TRIDENT  
VULCAN EAR  
WOODEN STAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1) <b>9:00 Steppin' Up</b> 9:30 Level-Up Yoga <b>9:30 Pickleball</b> <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b> <b>11:30 Book Club</b>  <b>1:00 Cards and Games</b> <b>7:00 Texas Hold'em</b>	2) 9:00 Steppin' Up 9:00 Falls Prevention <b>9:00 Yin Yoga</b> <b>11:00 Line Dancing</b>  <b>4:30 Pilates</b> <b>6:00 Pickleball</b> <b>6:30 Ukulele Club</b>	3) 9:00 Steppin' Up 9:00 Yogalates <b>8:45 Quilter's Corner</b>  <b>1:00 Texas Hold'em</b>	4) 9:00 Steppin' Up <b>9:30 Pickleball</b>
5)	6) 9:00 Steppin' Up	7) 9:00 Steppin' Up 9:00 Falls Prevention <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b>	8) <b>9:00 Steppin' Up</b> <b>9:15 South Beach Casino</b> 9:30 Level-Up Yoga <b>9:30 Pickleball</b> <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b>  <b>1:00 Cards and Games</b> <b>7:00 Texas Hold'em</b>	9) 9:00 Steppin' Up 9:00 Falls Prevention <b>9:00 Yin Yoga</b> <b>11:00 Line Dancing</b>  3:00 Virtual Chat <b>4:30 Pilates</b> <b>6:00 Pickleball</b>	10) 9:00 Steppin' Up 9:00 Yogalates <b>10:30 Let No One Be Alone Tea Party</b>  <b>1:00 Texas Hold'em</b>	11) 9:00 Steppin' Up <b>9:30 Pickleball</b>
12)	13) 9:00 Steppin' Up	14) 9:00 Steppin' Up 9:00 Falls Prevention <b>9:00 F.I.T.</b> <b>11:00 Line Dancing</b> <b>1:00 Wood Carving</b> <b>5:00 Ultimate Mix</b> <b>6:00 Pickleball</b>	15) <b>9:00 Steppin' Up</b> 9:30 Level-Up Yoga <b>9:30 Pickleball</b> <b>12:00 Luncheon</b>  <b>1:00 Cards and Games</b> <b>7:00 Texas Hold'em</b>	16) 9:00 Steppin' Up 9:00 Falls Prevention <b>9:00 Yin Yoga</b> <b>11:00 Line Dancing</b>  <b>4:30 Pilates</b> <b>6:00 Pickleball</b> <b>6:30 Ukulele Club</b>	17) 9:00 Steppin' Up 9:00 Yogalates <b>8:45 Quilter's Corner</b>  <b>1:00 Texas Hold'em</b>	18) 9:00 Steppin' Up <b>9:30 Pickleball</b>
						
19)	20) 9:00 Steppin' Up	21) 9:00 Steppin' Up 9:00 Falls Prevention <b>9:00 F.I.T.</b> <b>11:00 Line Dancing</b>  <b>5:00 Ultimate Mix</b> <b>6:00 Pickleball</b>	22) <b>9:00 Steppin' Up</b> 9:30 Level-Up Yoga <b>9:30 Pickleball</b> <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b>  <b>1:00 Cards and Games</b> <b>7:00 Texas Hold'em</b>	23) 9:00 Steppin' Up <b>9:00 Yin Yoga</b> <b>9:15 The Forks Trip</b> <b>11:00 Line Dancing</b> 3:00 Virtual Chat <b>4:30 Pilates</b> <b>6:00 Pickleball</b> <b>7:00 AGM</b>	24) 9:00 Steppin' Up 9:00 Yogalates  <b>1:00 Texas Hold'em</b>	25) 9:00 Steppin' Up <b>9:30 Pickleball</b>
						
26)	27) 9:00 Steppin' Up	28) 9:00 Steppin' Up <b>9:00 F.I.T.</b> <b>11:00 Line Dancing</b>  <b>5:00 Ultimate Mix</b> <b>6:00 Pickleball</b>	29) <b>9:00 Steppin' Up</b> 9:30 Level-Up Yoga <b>9:30 Pickleball</b> <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b>  <b>1:00 Cards and Games</b> <b>7:00 Texas Hold'em</b>	30) 9:00 Steppin' Up <b>9:00 Yin Yoga</b> <b>11:00 Line Dancing</b>  <b>4:30 Pilates</b> <b>6:00 Pickleball</b> <b>6:30 Ukulele Club</b>	31) 9:00 Steppin' Up 9:00 Yogalates <b>8:45 Quilter's Corner</b>  <b>1:00 Texas Hold'em</b>	

**2024**

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