



Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org



June 2024

**Calling all Volunteers
of South Interlake 55 Plus
We are having a BBQ especially for
our volunteers!**

Friday, June 21

11:30-12:30pm

374 1st Street West, Stonewall



Please RSVP by Tuesday, June 18

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.

2024/2025

South Interlake 55 Plus Board of Directors

Executive:

President	Detlev Regelsky
Vice President	Laurie Briggs
2 nd Vice President	Paul Pelletier
Secretary	Florence Bambenek
Treasurer	Maria Dalman

Directors:

Emma Forbes	Kathy Turner
Darwin Fremont	Deborah Hinds
Walter Motuz	Therese Dandeneau
Nancy Drad	

Staff:

Executive Director	Deb Hildebrandt
Office Administrator	Cheri Kozokowsky
Program Coordinator	Diane Kazmerowich



June Birthdays

Terry Denoyer	2
Jean Chaboyer	4
Eleanor Moore	5
Deb McCrea	8
Charles McClure	9
Wendy Seidel	9
Andre LaFleche	10
Janice Baryliuk	11
Lois Doucette	11
Gail Schmidt	12
Greg Gagnon	13
Pat Hawkins	13
Rosemary Pattie	14
Wayne Sterritt	14
Debbie Early	16
Shirley Pemkowski	21
Henry Bernhardt	25
Linda Park	25
Henry Meier	26
Barb Fenske	28
Susan McCowan	28



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.

MAY CROSSWORD PUZZLE ANSWERS

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

**Congratulations to Peggy Gardiner
for winning the draw at our May
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)



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.

Let's Do Lunch!



Wednesday, June 19

12:00 pm

Summer Cold Plate

Tickets: \$13.00

ADVANCE TICKETS ONLY

South Interlake 55 Plus Office

374 1st Street West, Stonewall

204-467-2582

Deadline to purchase tickets is Friday, June 14

Please join us. This is our last luncheon until September!

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:

Care Partner Support Group

South Interlake 55 Plus Centre

374 1st Street West, Stonewall

3rd Tuesday of the Month

6:30 – 8:00pm

Support groups offer the opportunity for care partners to meet and share information about their experiences of caring for a person living with dementia.

For information and to register, contact

Julia Jordan

Interlake-Eastern Regional Coordinator

jjordan@alzheimer.mb.ca

204-943-6622 ext. 214



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 1st Street West, Stonewall)

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.

**Classes: Tuesdays, June 11, 18 and 25
1:00 – 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**



SENIORS ABUSE SUPPORT LINE: **1-888-896-7183** | WINNIPEG EMERGENCY: **911** | NON-EMERGENCY: **204-986-6222**

South Interlake 55 Plus is hosting an educational presentation and question and answer period on Elder Abuse. For those who are interested, please contact South Interlake 55 plus by calling 204-467-2582 or email: si55plus@mymts.net.

Registration Deadline date: June 20th

Presentation: Elder Abuse Awareness Presentation

Presenter: Lisa Tinley

Date: June 27th at 1:00 pm

**Location: South Interlake 55 Plus
374 1st Street West, Stonewall**

Strawberry Social

Thursday, July 4

1:00 pm

374 1st Street West, Stonewall
(Oddfellows Hall)



Entertainment by
Two Crows for Comfort

TICKETS: \$10.00

ADVANCE TICKETS ONLY:

Available at South Interlake 55 Plus Office,
374 1st Street West, Stonewall

**Deadline to
purchase tickets:
Friday, June 28**





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 take
a break for the summer
and reconvene in
September!
Stay tuned for our
September start up date!**



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*

LINE DANCING!



Tuesdays & Thursdays @ 11:00am

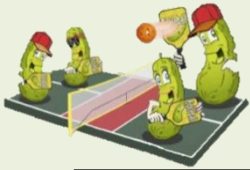
Drop In Fees:

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!



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

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!

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 Baseball Game

Sunday, June 23

1:00 pm Game

Cost: Members \$35 / Non-Members \$40

Leave from Lions Manor, Entrance 1 at 11:30 am

Registration Deadline: Thursday, May 30

Call to reserve your seat!



South Interlake 55 Plus

204-467-2582

374 1st Street West, Stonewall

Join us for our next Travel Club Meeting

Friday, June 14

11:00 am

at the 55 Plus Centre, 374 1st 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

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.



If you know of someone who would benefit from this program OR if you would like to volunteer contact:

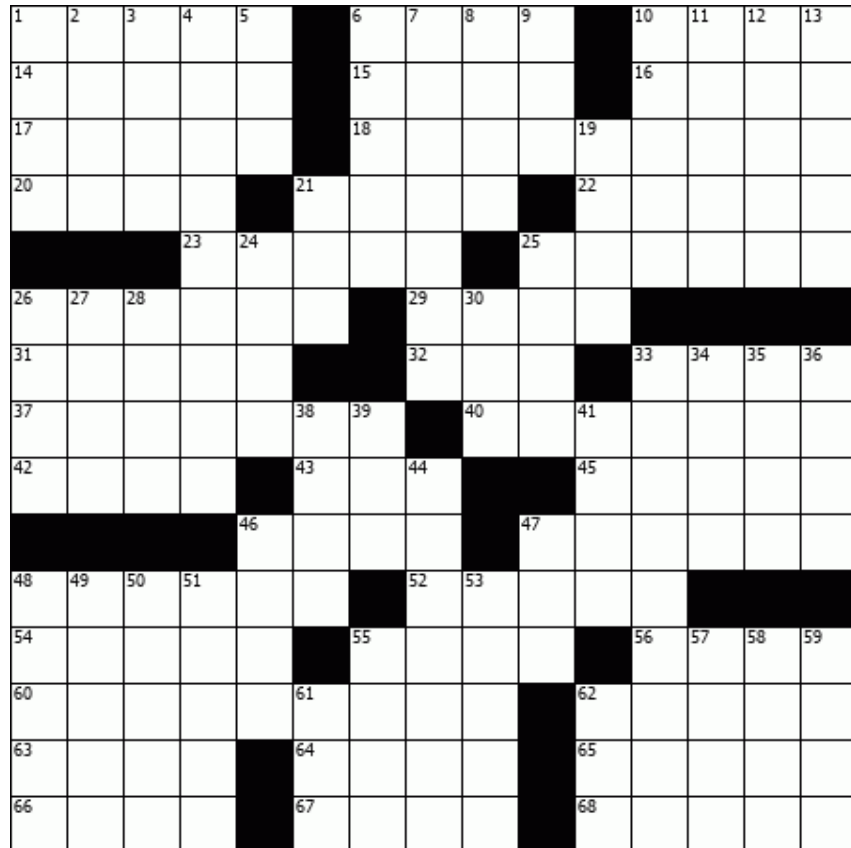
SWDPC Nav-CARE Volunteer Coordinator
Email: navcare@swdpc.com
Phone: 204-404-3030



CROSSWORD PUZZLE

Across

1. Regards
6. Decorate again
10. Army division
14. AM-FM ____
15. Butter alternative
16. Alaskan city
17. Baking chambers
18. Empire State Building's locale
20. William or Sean
21. Movie personnel
22. San ____ Padres
23. Occurrence
25. Planter
26. TV collie
29. "Beware the ____ of March"
31. Singer ____ John
32. Pro and ____
33. Bullets, for short
37. Majestic
40. Muscle-building drug
42. Roman garment
43. Above, in poems
45. Love (Ital.)
46. Sand hill
47. Purple flowers
48. Rented
52. Detroit team
54. Halo wearer
55. List of choices
56. Mexican treat
60. Exerting great effort
62. Laid bathroom flooring
63. Noticed
64. Atop
65. Burn with hot water
66. Mine finds
67. Big quiz
68. Annoying ones



Down

- | | | |
|-------------------------|---------------------|----------------------------|
| 1. Hard candy | 21. So-so grade | 44. Eases up |
| 2. Roof overhang | 24. Climbing plant | 46. Food shop |
| 3. Eve's garden | 25. Mailed | 47. Debt memo |
| 4. Minneapolis' state | 26. For fear that | 48. Cowboy's rope |
| 5. Distress call | 27. Female singer | 49. Door sign |
| 6. Holy ____ Empire | 28. All-male party | 50. Concur |
| 7. Rubber band | 30. Roberto's "two" | 51. Penn and Connery |
| 8. Fender-bender result | 33. Cease-fire | 53. Gold bar |
| 9. Impressed utterance | 34. Cows' calls | 55. Coal pit |
| 10. Undo laces | 35. Mud | 57. Woeful cry |
| 11. Recorded | 36. Lyric verses | 58. Highland Scot |
| 12. Picture | 38. Noisy | 59. Gambling term |
| 13. Choir voice | 39. Yearning | 61. Forget-me-____ |
| 19. Citrus drinks | 41. Work for | 62. Recipe measure (abbr.) |



WORD SEARCH



Baseball

Find and circle all of the Baseball words that are hidden in the grid.
The remaining letters spell a secret message - a Humphrey Bogart quotation.

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

- | | | | |
|---------------|----------------|--------------|-------------|
| APPEAL | FAIR TERRITORY | INTERFERENCE | RETOUCH |
| BALK | FLY BALL | LEAGUE | RUN DOWN |
| BASE | FORCE PLAY | LINE DRIVE | RUNNER |
| BATTER | FORFEITED GAME | LIVE BALL | SCOREBOARD |
| BUNT | FOUL BALL | MOUND | SHORTSTOP |
| CATCH | FOUL TERRITORY | OBSTRUCTION | STRIKE |
| COACH | FOUL TIP | OFFENSE | TAG |
| DEAD BALL | GROUND BALL | OUTFIELDER | THROW |
| DEFENSE | IN FLIGHT | OVERSLIDE | TIE GAME |
| DOUBLE HEADER | INFIELD FLY | PENALTY | TRIPLE PLAY |
| DUGOUT | INFIELDER | PITCHER | UMPIRE |
| FAIR BALL | INNING | PIVOT FOOT | WILD PITCH |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive;">June 2024</h1> 						1) 9:00 Steppin' Up 9:30 Pickleball
2) 11:00 In-Clines	3) 9:00 Steppin' Up	4) 9:00 Steppin' Up 9:00 F.I.T. 11:00 Line Dancing 5:00 Ultimate Mix 6:00 Pickleball	5) 9:00 Steppin' Up 9:30 Level-Up Yoga 9:30 Pickleball 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Book Club 1:00 Cards and Games 7:00 Texas Hold'em	6) 9:00 Steppin' Up 9:00 Yin Yoga 9:15 Pineridge Hollow 11:00 Line Dancing 4:30 Pilates 6:00 Pickleball 7:00 Cribbage	7) 8:45 Quilter's Corner 9:00 Steppin' Up 9:00 Yogalates 1:00 Texas Hold'em	8) 9:00 Steppin' Up 9:30 Pickleball
9)	10) 9:00 Steppin' Up	11) 9:00 Steppin' Up 9:00 F.I.T. 11:00 Line Dancing 1:00 Memoirs Class 5:00 Ultimate Mix 6:00 Pickleball	12) 9:00 Steppin' Up 9:30 Level-Up Yoga 9:30 Pickleball 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	13) 9:00 Steppin' Up 9:00 Yin Yoga 11:00 Line Dancing 3:00 Virtual Chat 4:30 Pilates 6:00 Pickleball 7:00 Cribbage	14) 9:00 Steppin' Up 9:00 Yogalates 11:00 Travel Club Meeting 1:00 Texas Hold'em	15) 9:00 Steppin' Up 9:30 Pickleball
16) 	17) 9:00 Steppin' Up	18) 9:00 Steppin' Up 9:00 F.I.T. 11:00 Line Dancing 1:00 Memoirs Class 6:00 Pickleball 6:30 Alzheimer Support Group	19) 9:00 Steppin' Up 9:30 Level-Up Yoga 9:30 Pickleball 12:00 Luncheon 1:00 Cards and Games 7:00 Texas Hold'em	20) 9:00 Steppin' Up 9:15 St. Vital Shopping 11:00 Line Dancing 6:00 Pickleball 7:00 Cribbage	21) 9:00 Steppin' Up 11:30 Volunteer BBQ 1:00 Texas Hold'em	22) 9:00 Steppin' Up 9:30 Pickleball
23) 11:30 Goldeyes Game	24) 9:00 Steppin' Up	25) 9:00 Steppin' Up 11:00 Line Dancing 1:00 Memoirs Class 6:00 Pickleball	26) 9:00 Steppin' Up 9:30 Pickleball 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	27) 9:00 Steppin' Up 11:00 Line Dancing 1:00 Elder Abuse Presentation 3:00 Virtual Chat 6:00 Pickleball 7:00 Cribbage	28) 9:00 Steppin' Up 1:00 Texas Hold'em	29) 9:00 Steppin' Up 9:30 Pickleball
30)						

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