



Box 309  
374 1st Street West  
Stonewall

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

204-467-2582

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

# JULY 2024

## INDIVIDUAL TECH SUPPORT WITH SCOT NEW **FREE** PROGRAM!

### DATES FOR INDIVIDUAL HELP:

- THURSDAY, JULY 18
- THURSDAY, AUGUST 1
- THURSDAY, AUGUST 8
- THURSDAY, AUGUST 15
- THURSDAY, AUGUST 22
- THURSDAY, AUGUST 29

All tech support is  
**5:30-8:30PM**  
PLEASE CALL TO BOOK YOUR  
TIME SLOT 204-467-2582

## LEARNING YOUR DEVICES WITH SCOT GROUP SESSION NEW **FREE** PROGRAM!

### DATES FOR GROUP HELP:

- TUESDAY, JULY 23
- TUESDAY, AUGUST 27

**5:30-8:30PM**  
PLEASE CALL TO  
PRE-REGISTER  
204-467-2582

Bring your Phone, Tablet, iPad, or Laptop  
to the 55 Plus Centre (Oddfellows Hall)  
for Assistance!



# 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 <sup>nd</sup> 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



## **OFFICE HOURS**

Monday: available by email:  
[si55plus@mymts.net](mailto: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.*

### **JUNE CROSSWORD PUZZLE ANSWERS**

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

**Congratulations to Irene Pearson for winning the draw at our June 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 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.

## Care Partner Support Group

South Interlake 55 Plus Centre

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

3<sup>rd</sup> 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](mailto:jjordan@alzheimer.mb.ca)

204-943-6622 ext. 214

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

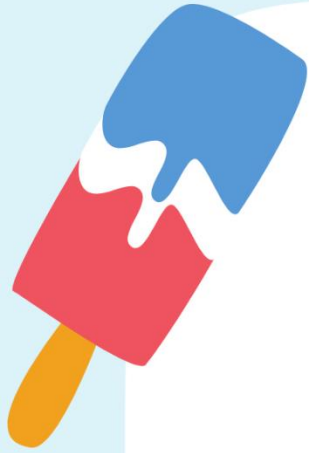


# Volunteer Appreciation BBQ June 21, 2024



**We appreciate our volunteers**





# Picnic in the Park

**WEDNESDAY, JULY 31  
11:30 AM**

**Bring your Lawnchair, a Bagged Lunch  
and Meet Us at Memorial Park  
(Market St & 2nd St E)**

**Iced Tea and Ice Cream will be Provided**



**If it is Raining Join Us  
at the Oddfellows Hall (374 1st St W)**



# Jin Shin Jyutsu

Tuesdays:

July 9, 16, 23 and 30

9:00 – 10:30 am

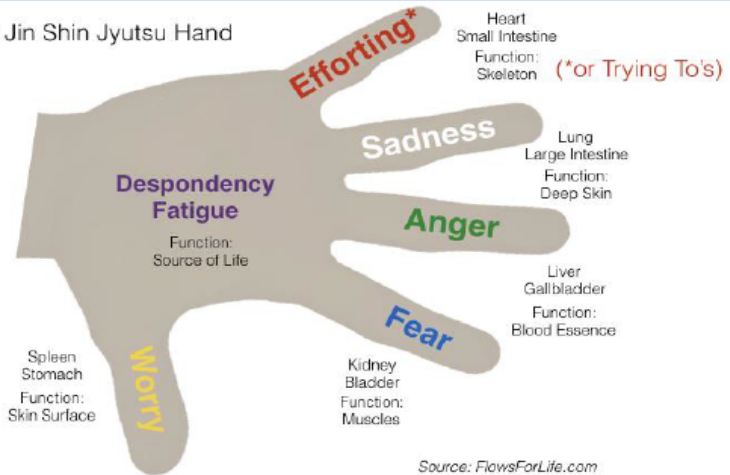
at South Interlake 55 Plus, 374 1<sup>st</sup> Street West

**COST: Members \$3 / Non-members \$5 (per session)**

Jin Shin Jyutsu physiophilosophy is an ancient art of harmonizing the life energy in the body. It brings balance to the body's energies, which promotes optimal health and well-being and facilitates our own profound health capacity.

Through Jin Shin Jyutsu self help, an individual receives the empowering message that he or she can be self sufficient in helping the body be deeply relaxed and clear to support wellness.

The Jin Shin Jyutsu Hand



Bring a blanket or yoga mat and a pillow!

Instructor: Claire Stephensen

Please call South Interlake 55 Plus at 204-467-2582 to register!

*A special thank you to Ivannia  
and Paul Pelletier for donating  
and planting flowers in the front  
of the 55 Plus Centre!*

# STONEWALL STRUMMERS UKULELE CLUB



**Do you play the ukulele?**

Come join us for a jam session!  
Beginners welcome (no formal instruction provided).  
6:30 pm at Something Beautiful (307 Main Street, Stonewall)

**Our Ukulele Club will hold  
informal gatherings over  
the summer on:  
July 11 & 25  
and  
August 8 & 27**



# STEPPIN' UP!

**Please join us on  
Wednesday,  
August 7<sup>th</sup> for  
intergenerational  
programming for  
a special  
Steppin' Up  
class!**

**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:**

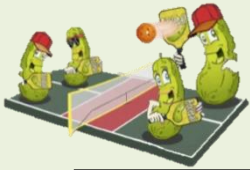
**Members \$3.00**  
**Non-Members: \$5.00**  
**(per class)**

*First time dancers receive two classes free!*

*Please join us on Tuesday, July 30<sup>th</sup> and Tuesday, August 20<sup>th</sup> for intergenerational programming for special Line Dancing classes!*

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**

*Please join us on Wednesdays: July 17, 24 and August 14 for intergenerational programming for special Pickleball classes!*

**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)

# 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

*Virtual Chat will start again September 12<sup>th</sup>.*

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



# 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)

## Hitch a Ride With Us!

Come with us to the  
Human Rights Museum  
Thursday, August 1st  
we will be leaving:  
Lions Manor, Ent 1 at 9:00am  
55 Plus at 9:10am

Registration deadline:  
Friday, July 19th

Cost:  
Members \$40.00  
Non-Members - \$45.00

Lunch at your own expense



Call to reserve your seat:  
204-467-2582

## FORT WHYTE ALIVE BISON SAFARI BUS TOUR

TUESDAY, AUGUST 27

BUS LEAVES: LIONS MANOR 9:30AM  
55+ CENTRE 9:30AM

COST - MEMBERS \$40 / NON MEMBERS \$45  
LUNCH AT THE BUFFALO STONE CAFE  
(AT YOUR OWN EXPENSE)



Join us for our next Travel Club Meeting  
Friday, July 12 – 11:00 am  
at the 55 Plus Centre, 374 1<sup>st</sup> Street West, Stonewall



# 2024 Stonewall Pickleball Tournament

Stonewall Curling Rink – 500 Main Street, Stonewall, MB (South Entrance)

## EVENTS

**WOMEN'S DOUBLES – FRIDAY, SEPTEMBER 6**  
**MIXED DOUBLES – SATURDAY, SEPTEMBER 7**  
**MEN'S DOUBLES – SUNDAY, SEPTEMBER 8**



### Skill Level Categories:

2.5/3.0 Age 55/65+ Separate Playoff  
3.5+ Age 55/65+ Separate Playoff  
3.5 Age 18+  
3.75/4.0 Age 18+ Separate Playoff

*\*Orange Onix Fuse indoor balls will be used.*

### Fees:

***Early Bird Special* until August 6:**  
**\$20.00 per person, per event.**

*Payment and registration must be received by this date to qualify.*

**Following August 6, all fees will increase to \$25.00 per person, per event.**

E-transfer payment to:  
[stonewallpickleball@gmail.com](mailto:stonewallpickleball@gmail.com)

*Payment secures your spot, as space is limited.  
No refunds will be issued after August 14, 2024.*

**FINAL REGISTRATION DEADLINE:**  
**AUGUST 14, 2024 at 12:00 PM (NOON)**

**TO REGISTER:**

**EMAIL: [stonewallpickleball@gmail.com](mailto:stonewallpickleball@gmail.com)**

**Or visit [si55plus.org](http://si55plus.org) for a link to our registration form**

**PERSONS WISHING TO VOLUNTEER FOR VARIOUS TASKS CAN DO SO BY EMAILING:**  
**[stonewallpickleball@gmail.com](mailto:stonewallpickleball@gmail.com)**

**Format:** Round Robin or Modified Round Robin. All Games are played to 11 pts. Playoff format will be either best 2 of 3 to 11 or one game to 15 pts – based on the amount of time remaining. All games are "win by 1 point".

**IFP Rules Apply:** Players must sign a liability waiver. If available, referees will officiate. Otherwise, the honor system will apply.

Presented by: South Interlake 55+, Stonewall, 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](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. Ravioli, e.g.
6. Lhasa \_\_\_ (small dogs)
11. Cleo portrayer of 1963
14. Lapel label
15. Like marshes
16. Nabokov novel
17. Camouflage
19. Heap
20. Eight-time N.L. home run champ
21. Culbertson of bridge
22. They pull together on the farm
23. Kiln for hops
24. Morning periods (abbr.)
26. "Everything \_\_\_": \*NSYNC hit
28. Makes happen, as revenge
31. Half a chess set
34. Shoots the breeze
37. Henri's happiness
38. Thurman of "Batman and Robin"
39. Vain
42. Oscar winner Harrison
43. Pesters
45. Staff symbol
46. Wanting
48. "Tommy" rockers
50. Hubbubs
52. Wee, in West Lothian
53. Diminish
55. "Ten-four" sayer
59. Panic button found in six of this puzzle's long answers
61. ABBA, for one
64. Itinerary word
65. Biology is one
66. Architect's addition
67. \_\_\_ garde
68. Swindler, in slang
69. Wade opponent
70. Totally unhip types
71. Eye sores

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							68			
69					70							71			

## Down

1. \_\_\_ Beach (California resort)
2. Mingle
3. Feed hot coals to
4. Completely fooled
5. Matures
6. Michael or Gabriel
7. Durable dos
8. "Now you \_\_\_"
9. Piggied out (on)
10. Grammar class subject
11. It may not get into the morning paper
12. Golden calf, for one
13. Kooky
18. Garbage hauler
25. Mil. rank
27. Columbus inst.
28. Dangerous curve
29. Not ahead or behind
30. Seductive
31. Gridiron kick
32. Asian nursemaid
33. Remuneration schedule
35. In the style of
36. Program trials
40. It's about 350 miles NW of LAX
41. \_\_\_-Cat (winter vehicle)
44. Personal ad abbr.
47. Confiscate, in law
49. Justice replaced by Rehnquist
51. Fam. tree member
53. Obviously
54. Change for the better
56. Rochester's boss
57. Game show host
58. Maritime dangers
59. Constantly
60. Fodder holder
62. Bee complex
63. Brief smokes?





# WORD SEARCH



## Beatles Songs

Find and circle all of the songs by The Beatles that are hidden in the grid.  
The remaining letters spell the name of an additional Beatles song.



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

ANOTHER GIRL  
ASK ME WHY  
BIRTHDAY  
BLACKBIRD  
CRY BABY CRY  
DAY TRIPPER  
DEAR PRUDENCE  
DIG A PONY  
ELEANOR RIGBY  
FIXING A HOLE

FLYING  
GET BACK  
GETTING BETTER  
HELLO GOODBYE  
HEY BULLDOG  
HEY JUDE  
HONEY PIE  
I ME MINE  
I WILL  
IF I FELL

IN MY LIFE  
JULIA  
LADY MADONNA  
LOVELY RITA  
MICHELLE  
NO REPLY  
OH DARLING  
PLEASE PLEASE ME  
POLYTHENE PAM  
SEXY SADIE

SOMETHING  
SUN KING  
TAXMAN  
TELL ME WHY  
THE END  
TICKET TO RIDE  
TWO OF US  
WAIT  
YER BLUES  
YESTERDAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1) 9:00 Steppin' Up 	2) 9:00 Steppin' Up <b>11:00 Line Dancing</b>  6:00 Pickleball	3) <b>9:00 Steppin' Up</b> <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>	4) 9:00 Steppin' Up  <b>1:00 Strawberry Social</b> <b>6:00 Pickleball</b> <b>7:00 Cribbage</b>	5) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up  <b>1:00 Texas Hold'em</b>	6) 9:00 Steppin' Up <b>9:30 Pickleball</b>
7)	8) 9:00 Steppin' Up	9) 9:00 Steppin' Up <b>9:00 Jin Shin Jyutsu</b> <b>11:00 Line Dancing</b>  6:00 Pickleball	10) <b>9:00 Steppin' Up</b> <b>9:30 Pickleball</b> <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b> <b>12:30 Rainbow Stage</b>  <b>1:00 Cards and Games</b> <b>7:00 Texas Hold'em</b>	11) 9:00 Steppin' Up <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b> <b>6:30 Ukulele Club</b> <b>7:00 Cribbage</b>	12) 9:00 Steppin' Up <b>11:00 Travel Club Meeting</b>  <b>1:00 Texas Hold'em</b>	13) 9:00 Steppin' Up <b>9:30 Pickleball</b>
14)	15) 9:00 Steppin' Up	16) 9:00 Steppin' Up <b>9:00 Jin Shin Jyutsu</b> <b>11:00 Line Dancing</b>  6:00 Pickleball 6:30 Alzheimer Support Group	17) <b>9:00 Steppin' Up</b> <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>	18) 9:00 Steppin' Up <b>11:00 Line Dancing</b>  <b>5:30-8:30 Tech Support</b> <b>6:00 Pickleball</b> <b>7:00 Cribbage</b>	19) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up  <b>1:00 Texas Hold'em</b>	20) 9:00 Steppin' Up <b>9:30 Pickleball</b>
21)	22) 9:00 Steppin' Up	23) 9:00 Steppin' Up <b>9:00 Jin Shin Jyutsu</b> <b>11:00 Line Dancing</b>  <b>5:30 Group Tech Learning With Scott</b> <b>6:00 Pickleball</b>	24) <b>9:00 Steppin' Up</b> <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>	25) 9:00 Steppin' Up <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b> <b>6:30 Ukulele Club</b> <b>7:00 Cribbage</b>	26) 9:00 Steppin' Up  <b>1:00 Texas Hold'em</b>	27) 9:00 Steppin' Up <b>9:30 Pickleball</b>
28)	29) 9:00 Steppin' Up	30) 9:00 Steppin' Up <b>9:00 Jin Shin Jyutsu</b> <b>11:00 Line Dancing</b>  6:00 Pickleball	31) <b>9:00 Steppin' Up</b> <b>9:30 Pickleball</b> <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b> <b>11:30 Picnic in the Park</b>  <b>1:00 Cards and Games</b> <b>7:00 Texas Hold'em</b>			

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