



Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

August 2024

**Experience Live Dinner Theatre
October 17 or 18**

***The OakBank Dinner Theatre
presents
"Don't Dilly Dally on the Deck"***

Cost:
Members-\$83 each
Non-Members - \$88 each

**We will be leaving
Lions Manor Ent #1 and the 55 Plus Centre
at 4:00pm**

**Please pre-register and pay by
August 8th**

Your ticket includes:
 Baron of beef dinner, the play , and transportation there and back

 **South Interlake
55 Plus**

374 1st St W, Stonewall
(OddFellows Hall)

(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



August Birthdays

Eleanor Baldwin	2
Julie Leathwood	2
Susan Lanz	6
Margaret Chaboyer	9
Russell Finnbogason	9
Gary Tervoort	13
Doreen Wutzke	14
Chris Moss	18
Irene Pearson	22
Lorne Rezansoff	27
Paulette Slagerman	27
Vicki Anderson	31

OFFICE HOURS

Monday: available by email:
si55plus@mymts.net

Tuesday: 8:30 am-4:00 pm

Wednesday: 8:30 am-4:00 pm

Thursday: 8:30 am-4:00 pm

Friday: 8:30 am-4:00 pm

Contact our Office at
(204) 467-2582 or by email at

si55plus@mymts.net

Evening programs will run as scheduled.

JULY CROSSWORD PUZZLE ANSWERS

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

Congratulations to Kathy Turner for winning the draw at our Strawberry Social on July 4th!



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 (page 1 of 2)

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.



Orange & Cranberry (or Raisin) Muffins

From: Eadie McIntyre

- | | |
|---|---------------------|
| 1 whole orange | 1 ½ cups flour |
| ½ cup orange juice | 1 tsp baking powder |
| 1 egg | 1 tsp baking soda |
| ½ cup butter | ¾ cup white sugar |
| ½ cup dried
cranberries (or raisins) | ½ tsp salt |

Preheat oven to 400° F. Cut orange and remove seeds. Place in blender with juice, cranberries (or raisins), butter and egg. Chop to cut up orange but do not puree. Mix together dry ingredients. Pour orange mixture over dry ingredients and stir to moisten. Spoon into greased muffin cups or into paper muffin liners. Bake 20-22 minutes.

Yields: 12 muffins

Thank you to Eadie for baking these muffins for Wednesday morning coffee time at our Centre. Let us know if you would like to bake for us! We will share your recipe in our Newsletter!

Johnson Insurance

Johnson Insurance is proud to be the preferred insurance provider for the Manitoba Association of Senior Communities. With Johnson, MASC members have access to:

MEDOC Travel Insurance

- Emergency medical coverage
- Trip cancellation, interruption and delay coverage¹
- Baggage protection
- Vehicle return
- Pet return

THRIVE

- Flexible benefits for retirees.
- Includes annual travel and trip cancellation coverage
- No medical evidence required within 90 days of losing coverage

Give Johnson a call at **1.877.989.2600** or visit masc.johnson.ca write to : pbservicewest@johnson.ca

Johnson is ready when you are.



1.877.989.2600 | masc.johnson.ca

© 2024 Johnson Inc. A member of Intact Financial Corporation. Johnson Insurance is a trademark of Johnson Inc., a licensed insurance intermediary, and operates as Johnson Inc. in MB. Johnson administers the EHC Plan and the options for Prestige Travel and Dental Care ("Options"). The EHC Plan and Dental Care Option are underwritten by Desjardins Financial Security (DFS). Coverage under the EHC Plan is subject to proof of enrollment in the applicable Provincial Pharmacare program. Prestige Travel Insurance is underwritten by Royal & Sun Alliance Insurance Company of Canada ("RSA"). Valid provincial/territorial health plan coverage required. Coverage for Trip Cancellation begins the day of booking your trip provided your insurance is in effect. If a trip is booked prior to Trip Cancellation insurance being in effect, coverage for that trip will begin the day that the insurance premium is paid and the policy is issued. Trip Cancellation, Interruption & Delay Insurance benefits apply only to travel arrangements booked prior to departure. Johnson and RSA share common ownership. Travel assistance is provided by Global Excel. Eligibility requirements, limitations and exclusions may apply and/or may vary by province/territory. Eligibility requirements, limitations and exclusions may apply.



SOUTH INTERLAKE 55 PLUS-Membership Information Form (page 2 of 2)

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:

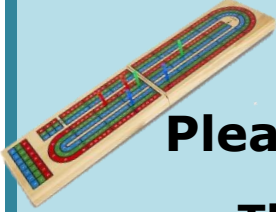
\$ _____

*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:

- | | |
|--|--|
| <input type="checkbox"/> Social/Special Events | <input type="checkbox"/> Fundraising |
| <input type="checkbox"/> Program Facilitator | <input type="checkbox"/> Leadership/Board |
| <input type="checkbox"/> Administration | <input type="checkbox"/> Short Term Projects |
| <input type="checkbox"/> Other: | |

ACCUMULATIVE CRIBBAGE TOURNAMENT



Partner Play
Please register early!

Thursday Evenings
September 5, 12, 19 and 26
7:00 pm

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

4 Week Tournament – Weekly Prizes

Registration Deadline:
Tuesday, September 3
Entry Fee: \$20.00 per person

Call us at 204-467-2582 to register

THURSDAY NIGHT CRIBBAGE

Every Thursday
Until August 29

7:00PM

Singles Play (No Partner Needed)
\$5.00 per person



South Interlake 55 Plus Centre
(374 1st Street West, Stonewall)

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!

September is Arthritis Awareness Month

Join us for a **FREE** Presentation on
Living with and Managing Arthritis

Presented by Myles Willis
Physiotherapist BMR- PT, MCISc, Vestibular Provider

Thursday, September 12th at 1:00pm

Arthritis can be very debilitating and limiting.
In this talk, we will learn about the different types of arthritis,
early identification and management.
We will review exercises to help maintain mobility,
strength and balance while living with arthritis

To Register Please Call the Centre
204-467-2582
Registration Deadline: Tuesday, September 10



Steppin' Up Facilitator

Steppin' Up is a peer led free exercise class geared towards older adults.

South Interlake 55 Plus is looking for additional facilitators to lead Steppin' Up classes via Zoom and/or in our centre.

There will be a two day **FREE Facilitator Workshop** September 20th and 27th, 9:00-4:30 at the Wellness Institute at Seven Oaks General Hospital

Please contact us here at the Centre if you are interested in taking this course.
204-467-2582

Alzheimer Society

MANITOBA

Dementia Care & Brain Health

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

STEPPIN' UP!

Please join us on Wednesday, August 7th for intergenerational programming for a special Steppin' Up class!

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:

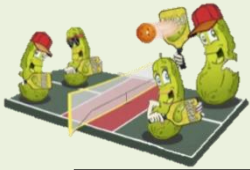
Members \$3.00
Non-Members: \$5.00
(per class)

First time dancers receive two classes free!

Please join us on Tuesday, August 20th for intergenerational programming for a special Line Dancing class!

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

Please join us on Wednesday August 14 for intergenerational programming for a special Pickleball class!

**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

Virtual Chat will start again September 12th.

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!

Polo Park Shopping Trip

Thursday, August 22

Depart 9:20 from Lions Manor, Entrance 1
and 9:30 am from 55 Plus.

Registration Deadline: Tuesday, August 20

Members \$20 / Non-members \$25

Call 204-467-2582 to reserve your seat

Fort Whyte Alive Bison Safari Bus Tour

Tuesday, August 27

Depart 9:30 am from Lions Manor and from 55 Plus.

Registration Deadline: Wednesday, August 14

Members \$40 / Non-members \$45

Lunch at the Buffalo Stone Cafe (at your own expense)

Call 204-467-2582 to reserve your seat



**Thursday
August 29th**

**McPhillips
Station
CASINO**

\$20 Members/\$25 NonMembers

Bus Leaves:
Lions Manor @9:30 (Entrance #1)
55+Centre @ 9:45

Call us by Tuesday, August 27th to reserve your seat
(204)467-2582

55 Plus South Interlake

Prairie Dog Central Railway **The Great Turkey Heist of 2024 –** **Cowboys 'n Gals**

Saturday, September 14
Leaving Lions Manor, Ent. 1 at 4:00pm

Cost: Members \$75 / Non-members \$80

Hop aboard as we attempt to evade those brazen train robbers on horseback. Tap your toes as onboard entertainer Ian the Musician makes his way through the coaches enjoying a jolly old sing song. On arrival at Grosse Isle you will be met with a plate of delicious food to enjoy. Each passenger will receive one plate including turkey in a bun with stuffing and cranberry sauce, caesar salad, potato chips, a slice of apple pie and a hot or cold drink.

Registration deadline and payment due on
Wednesday, August 28



374 1st Street West, Stonewall
Phone: 204-467-2582
Email: si55plus@mymts.net

Join us for our next Travel Club Meeting

Friday, September 13 – 10:00 am
at the 55 Plus Centre, 374 1st Street West,
Stonewall

New time

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

*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

Or visit si55plus.org for a link to our registration form

PERSONS WISHING TO VOLUNTEER FOR VARIOUS TASKS CAN DO SO BY EMAILING:
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

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 OR if you would like to volunteer contact:

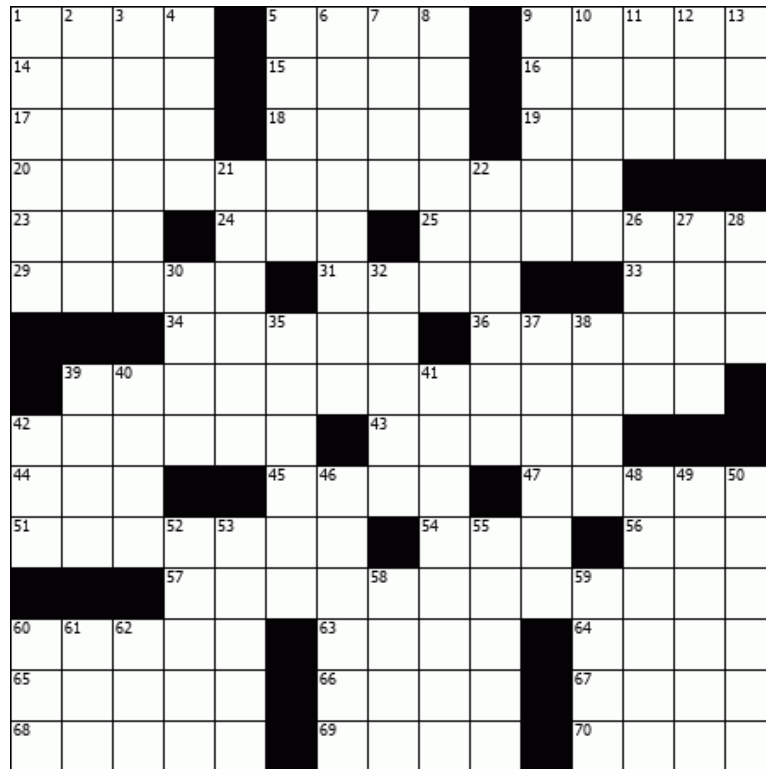
SWDPC Nav-CARE Volunteer Coordinator
Email: navcare@swdpc.com
Phone: 204-404-3030



CROSSWORD PUZZLE

Across

1. Type of business
5. Bruins of football
9. Islands near Fiji
14. Starchy tuber
15. Mortarboard wearer, briefly
16. Some woodwinds
17. Where to see Puppis and Carina
18. Word between best plans
19. Contract content
20. Jam makers, perhaps
23. Unit of time
24. Want as a price
25. It can be Roman
29. Stunt
31. Out-of-this-world org.?
33. Diamonds, in mob lingo
34. Advent
36. Caught
39. Broth ingredient, perhaps
42. Some bones
43. Belgian city
44. Here, in Cannes
45. Lifeline locale
47. Obtain by demand
51. Montbard locale
54. Lifting device?
56. Sentimental stuff
57. Contents of some engines
60. Seaweed-wrapped fare
63. Broad sts.
64. Genetic transcripts
65. Weird AI Yankovic parody
66. Place for a PC, perhaps
67. In neutral
68. Cartoon crime-fighter
69. Superlative suffixes
70. Bidder's option



Down

1. Reported
2. Cultivating tool
3. Princess Leia ____
4. St. Bernard's bark
5. Wrinkly tangelos
6. Hard, brittle cake or biscuit
7. Worldly rather than spiritual
8. Enhancing accessories
9. Native American symbol
10. Like most sumo wrestlers
11. It's between here and there
12. Sherlock's Blue Carbuncle, for one
13. Balaam's beast
21. Norse dragon slain by Sigurd
22. Subtle difference
26. Steam up
27. Air force heroes
28. Was first in a parade
30. Debaucher
32. Great Barrier Reef sight
35. Loafer, e.g.
37. Difficult and distasteful
38. Wild mountain goat
39. Osso ____
40. Leave out
41. Most spry
42. "How Dry I Am" punctuation, maybe
46. Token room?
48. Schedule of events
49. Reef formers
50. Plays quoits
52. Moral philosophy
53. Prayer recipient
55. Gambles
58. Fashion designer Saint Laurent
59. Water torture?
60. It may follow a wash
61. Former Mideast alliance
62. Grand Central, e.g. (Abbr.)



WORD SEARCH



Chocolate

Find and circle all of the words that are hidden in the grid.
The remaining 55 letters spell a secret message.

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

ADDICTIVE

BAKING

BARs

BITTERSWEET

BROWNIES

CAKES

CANDY

CHIPS

CHOCOLATIERS

COCOA

CONFECTIONERY

COOKIES

CREAM PIE

CUPCAKE

DARK

DECADENT

DELICIOUS

DESSERT

DRINKS

FILLING

FONDUE

FOOD

FUDGE

ICE CREAM

ICING

INGREDIENT

MILK

MOUSSE

PUDDING

SEMISWEET

SUGAR

SWISS









SYRUP

TREAT

TRUFFLES

UNSWEETENED

WHITE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1) 9:00 Steppin' Up 9:10 Human Rights Museum 11:00 Line Dancing 5:30-8:30 Tech Support 6:00 Pickleball 7:00 Cribbage	2) 8:45 Quilter's Corner 9:00 Steppin' Up 1:00 Texas Hold'em	3) 9:00 Steppin' Up 9:30 Pickleball
4) 	5) 9:00 Steppin' Up 	6) 9:00 Steppin' Up 11:00 Line Dancing 5:00 Folklorama 6:00 Pickleball	7) 9:00 Steppin' Up/ Intergenerational Class 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	8) 9:00 Steppin' Up 11:00 Line Dancing 5:30-8:30 Tech Support 6:00 Pickleball 7:00 Cribbage	9) 9:00 Steppin' Up 1:00 Texas Hold'em	10) 9:00 Steppin' Up 9:30 Pickleball
11) 	12) 9:00 Steppin' Up	13) 9:00 Steppin' Up 11:00 Line Dancing 5:00 Folklorama 6:00 Pickleball	14) 9:00 Steppin' Up 9:30 Pickleball/ Intergenerational Class 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	15) 9:00 Steppin' Up 11:00 Line Dancing 5:30-8:30 Tech Support 6:00 Pickleball 7:00 Cribbage	16) 8:45 Quilter's Corner 9:00 Steppin' Up 1:00 Texas Hold'em 	17) 9:00 Steppin' Up 9:30 Pickleball 
18) 	19) 9:00 Steppin' Up	20) 9:00 Steppin' Up 11:00 Line Dancing/ Intergenerational Class 6:00 Pickleball 6:30 Alzheimer Support Group	21) 9:00 Steppin' Up 9:30 Pickleball 10:30 Craft n' Coffee 10:30 Men's Chat 12:30 Rainbow Stage 1:00 Cards and Games 7:00 Texas Hold'em	22) 9:00 Steppin' Up 9:30 Polo Park Shopping 11:00 Line Dancing 5:30-8:30 Tech Support 6:00 Pickleball 7:00 Cribbage	23) 9:00 Steppin' Up 1:00 Texas Hold'em	24) 9:00 Steppin' Up 9:30 Pickleball
25) 	26) 9:00 Steppin' Up	27) 9:00 Steppin' Up 9:30 Fort Whyte Bison Safari Bus Tour 11:00 Line Dancing 5:30 Group Tech Learning With Scott 6:00 Pickleball	28) 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	29) 9:00 Steppin' Up 9:45 McPhillips Casino 11:00 Line Dancing 5:30-8:30 Tech Support 6:00 Pickleball 7:00 Cribbage	30) 8:45 Quilter's Corner 9:00 Steppin' Up 1:00 Texas Hold'em	31) 9:00 Steppin' Up 9:30 Pickleball

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