



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)

*October 2024*



# Open House

**Friday, October 11**

**10:00 – 11:30 am**

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

**Come visit our Centre and  
learn about our wide range of activities!**

Complimentary  
dessert and  
coffee

Chance to win a pair  
of tickets to our  
Christmas luncheon

Bring a  
friend

For more information call 204-467-2582.

No registration required.



## 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.*

Congratulations to Freda  
Sewell for winning the draw at  
our September luncheon!

### SEPTEMBER CROSSWORD PUZZLE ANSWERS

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



# Become a Member or Renew Your Membership Today!

Membership is only **\$25.00\*** per calendar year!  
*\*effective for all 2025 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)



## 2025 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 (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.

# 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 coverage<sup>1</sup>
- 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](http://masc.johnson.ca)

© 2024 Johnson Inc. A member of Intact Financial Corporation. Johnson Insurance is a tradename 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 enrolment 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. <sup>1</sup>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](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:

# EDUCATION

Looking for **Supports**  
for **Older Adults**?

Call **2-1-1**

**FREE • CONFIDENTIAL • 24/7**

A partnership between  **Manitoba** 

## What is System Navigation?

Enables older adults and those that care about them to seek advice and support in navigating community information on available resources, services, and programs in an easy, accessible way.

## Better Together

- This innovative system navigation service is a partnership between A & O: Support Services for Older Adults, 211 Manitoba, and all of you!
- This program is the first of its kind in Winnipeg and offers a unique opportunity for older adults (55+) and those that care about them to call 211 MB to connect to needed information and access available supports, services, and programs.

## Who are the Partners?

- **A & O: Support Services for Older Adults Inc (A & O)** has been providing innovative, specialized support services for older Winnipeggers since 1957.
- **211 Manitoba** is the front door to community-based government, health and social services designed to meet the needs of diverse populations, across all different aspects of life. It is a free, confidential service available 24 hours a day, seven days a week in more than 150 languages, including 4 Indigenous languages.

## Why System Navigation?

- System Navigation will provide access to information, programs and services through a coordinated central hub in Winnipeg. This is based on the Manitoba Senior Strategy.
- System Navigation requires partnering with older adult serving organizations (i.e., 211 MB, A & O, Senior Resource Finders, WRHA, etc.) to ensure a continuation of up-to-date information on programs and services for all aging needs, taking into consideration ethnocultural perspectives, languages, and geography.

# EDUCATION

## Important Numbers and Contacts

### 911: In case of emergency or crime in progress

If your community does not have 911 service, it is important to keep your local RCMP office number easily accessible. For a list of RCMP numbers in different locations, please visit: [www.rcmp-grc.gc.ca/detach/en/find/MB](http://www.rcmp-grc.gc.ca/detach/en/find/MB)

### Distress Numbers (24/7)

- **Klinic Crisis Line:** 204-786-8686, Toll-free: 1-888-322-3019
- **Manitoba Suicide Prevention & Support Line:** 1-877-435-7170
- **Gambling Helpline:** 1-800-463-1554
- **Manitoba Farm, Rural & Northern Support Services:** 1-866-367-3276
- **The National Indian Residential School Crisis Line:** 1-866-925-4419
- **Seniors Abuse Support Line:** 1-888-896-7183 (9 a.m. to 5 p.m. CST, Monday to Friday)

### Other 24/7 Support Lines

- **211:** To talk with someone to help provide you with resource and referral information for community, health, social, and government services.
- **Health Links:** A bilingual phone line staffed by registered nurses who can assist in triaging the appropriate health care pathway in response to an issue or providing advice for care at home. Contact them at **204-788-8200** or **1-888-315-9257**.

To find your local municipal number, call 211 or visit [www.amm.mb.ca/members/municipal-directory](http://www.amm.mb.ca/members/municipal-directory)

## Health

### Finding a Doctor

The Family Doctor Finder connects individuals and families in Manitoba to a family doctor or nurse practitioner. Family Doctor Finder is designed to connect you and your family with a home clinic, providing a home base for all your health care needs. If you live in Manitoba and need a regular primary care provider, you can register with the program online or by calling the program directly. When you register, provincial registration staff will ask you to provide information about yourself and basic preferences regarding care.

Every health region has staff who focus on connecting people to a home clinic. Outside Winnipeg, these staff are known as primary care connectors. Once registered with the program, regional staff will contact you, work with you to find a home clinic, and be available to discuss your needs. These services are available in both English and French.

#### TO REGISTER:

Online: [forms.gov.mb.ca/family-doctor-finder](http://forms.gov.mb.ca/family-doctor-finder)

Phone: 204-786-7111 (in Winnipeg) OR Toll-free at 1-866-690-8260

TTY/TDD call 204-774-8618 or Manitoba Relay Services

Toll-Free at 1-800-855-0511

### PHARMA CARE PROGRAM

A drug benefit program for eligible Manitobans, regardless of disease or age, whose income is seriously affected by high prescription drug costs. Pharmacare coverage is based on total family income and the amount paid for eligible prescription drugs. The total family income is adjusted to include a spouse and the number of dependents, if applicable. Each year you are required to pay a portion of the cost of your eligible prescription drugs. This amount is your annual Pharmacare deductible. Pharmacare sets your deductible based on your adjusted family income.

You qualify for the Manitoba Pharmacare program if you meet all the following criteria:

- You are eligible for Manitoba Health coverage.
- Your prescriptions are not covered by other provincial or federal programs.

#### Manitoba Health Non-Insured Benefits

300 Carlton St., Winnipeg, Manitoba R3B 3M9

Phone: 204-786-7141 or Toll-free: 1-800-297-8099

TTY/TDD Relay Service: 204-774-8618 outside Winnipeg: 711 or 1-800-855-0511

Email: [pharmacare@gov.mb.ca](mailto:pharmacare@gov.mb.ca)

Website: [www.manitoba.ca/health/pharmacare/index.html](http://www.manitoba.ca/health/pharmacare/index.html)

## Fraud

### CANADIAN ANTI-FRAUD CENTRE

Collects information on fraud and identity theft, provides information on past and current scams affecting Canadians, and accepts reports of fraud and identify theft.

Phone: 1-888-495-8501

Website: [www.antifraudcentre-centreantifraude.ca/index-eng.htm](http://www.antifraudcentre-centreantifraude.ca/index-eng.htm)

### MANITOBA HYDRO – FRAUD AWARENESS

Provides information to help protect against fraud, including a number you can call to ensure any individual at your door requesting access is not posing as a Hydro worker.

Phone: 204-480-5900 or 1-888-624-9376

Website: [www.hydro.mb.ca/accounts\\_and\\_services/frauds\\_and\\_scams](http://www.hydro.mb.ca/accounts_and_services/frauds_and_scams)

# Active Wellness Club

## Fall Session 2024

### September 18 – November 29

#### Tuesday Wednesday Thursday Friday

**9:30-10:15 am**

**F.I.T.**

(In Person & Zoom)



**10:00-11:00 am**

**Level 1 Yoga**

(Zoom Only)

**5:00-5:45 pm**

**Ultimate Mix**

(In Person Only)

**9:30-10:30 am**

**Restorative Yoga**

(In Person & Zoom)

**5:00-6:00 pm**

**Pilates**

(In Person Only)

**10:00-11:00 am**

**Yogalates**

(Zoom Only)



## CLASS DESCRIPTIONS

**F.I.T. - Fun Interval Training** – Cheryl's class alternates a variety of cardio and strength training with rest intervals for a full body workout. (Ex. 30 sec of work then 10 sec of rest) It's the fastest way to burn fat, get lean and burn calories even after the class is over. Work at your own level. You will need a mat, weights.\* and water.

**Level 1 Yoga** with 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.

**Ultimate Mix** with 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!)

**Restorative 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.

## Save when you sign up for the full session!

### 5 Weeks

1 class/ wk: \$45

2 classes/ wk: \$80

3 classes/ wk: \$110

4 classes/ wk: \$135

**All Access: \$150**

**An extra \$10 admin fee will apply to those who are not current members of the South Interlake 55 Plus.**

**Drop-In Fee: \$10 per class**

Get it all with an

**ALL ACCESS PASS!**

Pick and choose from 6 great classes each week for one great price! Receive the links to join classes on Zoom or in person (when applicable). Choose the best time to move your body.

**Instructors: Cheryl Kooning and Liz Luke**

**Call our office at (204) 467-2582  
or email [si55plus@mymts.net](mailto:si55plus@mymts.net)  
for more information or to register!**

# October Luncheon

**Wednesday, October 16**

**12:00 pm**

**Ham & Cheesy Scalloped Potatoes**

**Tickets: \$13.00**

**ADVANCE TICKETS ONLY**

**Available at South Interlake 55 Plus Office**

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

**204-467-2582**

**Deadline to purchase tickets:**

**Friday, October 11th**

Do you love to  
**BOWL?**

We are looking for volunteer  
Senior/Grandparents to bowl *with*  
students from Ecole Bobby Bend School  
bi-weekly, for FREE

Wednesdays 11:30 am-1:00 pm (October to June)

**THIS IS AN INTERGENERATIONAL PROGRAM**

If you are interested in  
joining the fun, please give  
us a call



 **55** South Interlake **Plus** 204-467-2582



## 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  
204-943-6622 ext. 214

**Are you considering Retirement?**

***You are invited to attend  
a Presentation on the***

**CANADA PENSION PLAN**

**&**

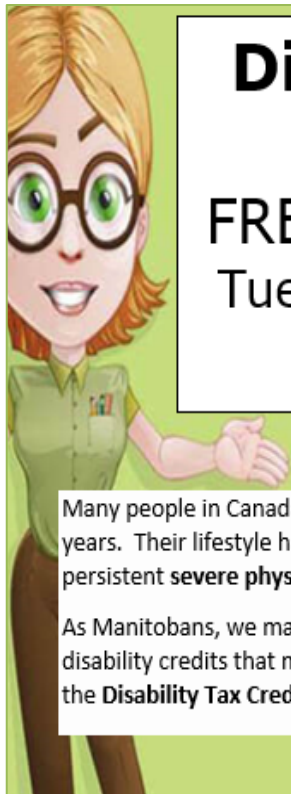
**OLD AGE SECURITY**

**Presented by**

**Tanis Billington, Service Canada**

**Tuesday, October 8th  
6:30pm**

If you have questions about  
CPP or OAS, please call us to register for this  
FREE presentation before Oct 3rd  
(204)-467-2582



**Disability Tax  
Credit**  
**FREE Presentation**  
**Tuesday, October 22**  
**5:30 pm**

Many people in Canada are suffering debilitating illness for years. Their lifestyle has changed because of serious injury or persistent **severe physical and mental condition**.

As Manitobans, we may have missed out on all or several of the disability credits that might be available to us, particularly the **Disability Tax Credit**.

**Please call 204-467-2582 to register by  
Thursday, October 17**

**DO YOU LIKE TO PLAY  
BRIDGE?  
WOULD YOU LIKE TO LEARN  
HOW TO PLAY?**

**JOIN US NOVEMBER 5, 12, 19 & 26  
1:00 – 3:00 PM**

**Free Bridge  
Lessons  
Available!**



**Pre-Registration is Required – Call 204-467-2582**  
South Interlake 55 Plus  
374 1<sup>st</sup> Street West, Stonewall



# PUMPKIN FLORAL CENTERPIECE WORKSHOP

Wednesday, October 9, 2024

1:00-3:00PM

COST: \$25.00

Includes All Material and  
Light Refreshments

*Space is limited - call today to reserve your spot  
(204)467-2582-register and pay by Oct 4th*

*perfect for your  
Thanksgiving table!*

## Looking to Volunteer?

**We'd love to have you at our  
centre!**

Right now, we're looking for  
volunteers who may be interested  
in:

### Instructing a Wood Carving Class:

We are looking for an experienced  
wood carver to lead a carving class of  
beginner carvers

### Interested?

Contact the office at  
(204) 467-2582  
for more information and opportunities!

Karen's **QUILTED** Creations

This 4 session class will teach you to create this  
Christmas Table runner using pieced technique



### CLASS DATES:

OCTOBER 8 -1:00-3:30

OCTOBER 15 -1:00-3:30

OCTOBER 22 -1:00-3:30

OCTOBER 29 -1:00-3:30

**cost of 4 session class is \$50.00  
(supplies at your own expense)**

Please call us for supply list, and to register  
before October 4  
(204)467-2582



# ART WORKSHOP

THIS IS A 3 DAY  
WORKSHOP:  
NOV. 7,14 AND 28  
1:00-3:00PM

Cost of 3 day  
Workshop -  
\$25.00  
includes All  
Supplies

## Family Tree Sun Catcher



Space is limited  
deadline to register and pay is  
Oct 17th-(204)-467-2582

## 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.*

To register for the classes or for more information, call the 55 Plus office at 204-467-2582 or email: [si55plus@mymts.net](mailto:si55plus@mymts.net)

Membership to South Interlake 55 Plus is encouraged to support the program.



## STONEWALL STRUMMERS UKULELE CLUB

**Do you play the ukulele?**

Come join us every second week for a jam session!  
Beginners welcome (no formal instruction provided).

**Our Ukulele Club will meet**  
**October 3, 17 and 31**  
**at 6:30 pm**

**at Something Beautiful**  
**307 Main Street**  
**Stonewall**



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



# LINE DANCING!

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



**Drop In Fees:**

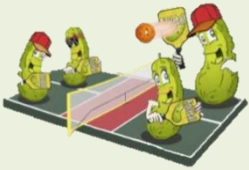
**Members \$3.00**

**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!



## Stony Mountain School

**Tuesdays & Thursdays  
6:00-8:30pm  
Starting October 1**

## Stonewall Collegiate

**Saturdays  
10:00am – 12:30pm  
Starting October 5**

**No Pickleball  
on Thursday,  
October 31**

**Last day of  
play is  
Thursday,  
December 19  
and first day  
back after the  
Christmas  
holiday break  
is Tuesday,  
January 7**

**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 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!

## Garden City Shopping Trip

**Thursday, October 24**

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



**Registration Deadline: Tuesday, October 22**

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

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

HITCH A RIDE WITH US  
club  
Regent

C A S I N O

**Wednesday, November 6**

Registration deadline  
Friday, November 1

**\$20 MEMBERS/\$25 NON MEMBERS**

Bus leaves: Lions Manor@9:15am &  
55 + Centre @ 9:30am

CALL TO RESERVE YOUR SEAT  
 **55 Plus** South Interlake (204)467-2582

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

**Friday, November 8 – 10:00 am**

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

# 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

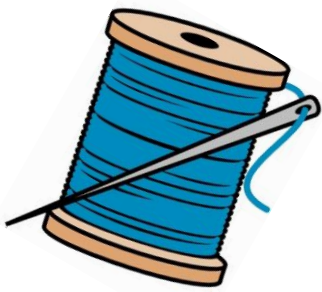
1. What push comes to
6. About, formally
10. Australian natives
14. Purplish
15. Must-have
16. Ready to eat
17. Start of a sports fan's weighty remark
20. Prefix for phone
21. Best-rated
22. No longer squeaking
23. Composer Bacharach
25. Bookies' concerns
27. Part 2 of the remark
31. Garland's "Babes in Arms" co-star
32. Head or neck preceder
33. Broadway's "\_\_\_ Loves Me"
36. Thin nails
37. River bottom
38. Italy's chief port
40. Coltrane's instrument
41. Old theatre name
42. Calendar babes
43. Part 3 of the remark
46. Bellowed
49. "Betsy's Wedding" actor
50. Saucy dish
51. Narcotic leaf
53. All ears
57. End of the remark
60. What some put on athlete's foot?
61. Take off
62. Drug treatment
63. Christmas cookie shape
64. Curdle
65. Vote into law

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			

## Down

- |                                   |                                  |                                  |
|-----------------------------------|----------------------------------|----------------------------------|
| 1. Pickens in "Hawmps!"           | 19. Conflicted                   | 42. Rice dish                    |
| 2. Many-celled structure          | 24. Indians of Utah and Colorado | 43. Popular suspect              |
| 3. Fashionable name               | 26. Where to go out to launch    | 44. List shortener               |
| 4. Drifter                        | 27. Sun and moon                 | 45. Novotna's requirement        |
| 5. Italian writer Umberto         | 28. Writer-director Ephron       | 46. Bridge sections              |
| 6. Completely                     | 29. Trickster's deception        | 47. Ingrained activity           |
| 7. It lights up the night         | 30. Flamenco dancer José         | 48. 1970 World Expo site         |
| 8. In an alcove                   | 33. Cozy                         | 52. Sweet treat                  |
| 9. End of a campus e-mail address | 34. Optimism                     | 54. Motor Trend focus            |
| 10. Swirled                       | 35. ___ Timor                    | 55. Support (with "up")          |
| 11. Greenbacks                    | 37. Audubon recording            | 56. Alternative to graphics      |
| 12. Single                        | 38. Coat with gold               | 58. Army enlistee                |
| 13. Dispatches                    | 39. Expanded in scope            | 59. She's "sweet as apple cider" |
| 18. Failing to beat the bell      | 41. Sign of triumph              |                                  |





# WORD SEARCH



## Sewing

Find and circle all of the Sewing words that are hidden in the grid.  
The remaining letters spell an old saying.

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

AWL  
 BOBBIN  
 BUTTONS  
 CLOTH  
 DARNING  
 DRESSMAKER  
 ELASTIC  
 EMBROIDERY  
 EYES  
 FABRIC  
 GROMMETS

HEM  
 HOOKS  
 LACE  
 MAGNIFYING GLASS  
 MENDING  
 NEEDLES  
 PATCH  
 PATTERN  
 PENCIL  
 PINCUSHION

PINS  
 QUILTING  
 RIBBON  
 RIPS  
 ROTARY CUTTER  
 SCISSORS  
 SEAM RIPPER  
 SEAMSTRESS  
 SHEARS  
 SNAPS

SPOOL  
 STITCH  
 TAILOR  
 TAPE MEASURE  
 TEARS  
 THIMBLE  
 THREAD  
 TRACING PAPER  
 TRACING WHEEL  
 ZIPPER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) 9:00 Steppin' Up <b>9:30 F.I.T.</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b>	2) <b>9:00 Steppin' Up</b> 10:00 Level 1 Yoga <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b> <b>11:00 Intergenerational Bowling</b> <b>11:30 Book Club</b> <b>1:00 Cards and Games</b> <b>5:00 Ultimate Mix</b> <b>7:00 Texas Hold'em</b>	3) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>11:00 Line Dancing</b>  <b>5:00 Pilates</b> <b>6:00 Pickleball</b> <b>6:30 Ukulele Club</b>	4) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up 10:00 Yogalates  <b>1:00 Texas Hold'em</b>	5) 9:00 Steppin' Up <b>10:00 Pickleball</b>
6) <b>10:00 W.A.G.</b>	7) 9:00 Steppin' Up	8) 9:00 Steppin' Up <b>9:30 F.I.T.</b> <b>11:00 Line Dancing</b>  <b>1:00 Karen's Quilting</b> <b>6:00 Pickleball</b> <b>6:30 CPP/OAS Presentation</b>	9) <b>9:00 Steppin' Up</b> 10:00 Level 1 Yoga <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b> <b>1:00 Pumpkin Center-Piece Workshop</b> <b>1:00 Cards and Games</b> <b>5:00 Ultimate Mix</b> <b>7:00 Texas Hold'em</b>	10) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>11:00 Line Dancing</b>  3:00 Virtual Chat <b>5:00 Pilates</b> <b>6:00 Pickleball</b>	11) 9:00 Steppin' Up 10:00 Yogalates <b>10:00 Open House</b>  <b>1:00 Texas Hold'em</b>	12) 9:00 Steppin' Up <b>10:00 Pickleball</b>
13)	14) 9:00 Steppin' Up  	15) 9:00 Steppin' Up <b>9:30 F.I.T.</b> <b>11:00 Line Dancing</b>  <b>1:00 Karen's Quilting</b> <b>6:00 Pickleball</b> <b>6:30 Alzheimer Support Group</b>	16) <b>9:00 Steppin' Up</b> 10:00 Level 1 Yoga <b>11:00 Intergenerational Bowling</b> <b>12:00 Luncheon</b>  <b>1:00 Cards and Games</b> <b>5:00 Ultimate Mix</b> <b>7:00 Texas Hold'em</b>	17) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>11:00 Line Dancing</b>  <b>4:00 OakBank Dinner Theatre</b> <b>5:00 Pilates</b> <b>6:00 Pickleball</b> <b>6:30 Ukulele Club</b>	18) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up 10:00 Yogalates  <b>1:00 Texas Hold'em</b> <b>5:00 OakBank Dinner Theatre</b>	19) 9:00 Steppin' Up <b>10:00 Pickleball</b>
20)	21) 9:00 Steppin' Up	22) 9:00 Steppin' Up <b>9:30 F.I.T.</b> <b>11:00 Line Dancing</b>  <b>1:00 Karen's Quilting</b> <b>5:30 Disability Tax Credit Presentation</b> <b>6:00 Pickleball</b>	23) <b>9:00 Steppin' Up</b> 10:00 Level 1 Yoga <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b>  <b>1:00 Cards and Games</b> <b>5:00 Ultimate Mix</b> <b>7:00 Texas Hold'em</b>	24) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>9:30 Garden City Shopping</b> <b>11:00 Line Dancing</b>  3:00 Virtual Chat <b>5:00 Pilates</b> <b>6:00 Pickleball</b>	25) 9:00 Steppin' Up 10:00 Yogalates  <b>1:00 Texas Hold'em</b>	26) 9:00 Steppin' Up <b>10:00 Pickleball</b>
27)	28) 9:00 Steppin' Up	29) 9:00 Steppin' Up <b>9:30 F.I.T.</b> <b>11:00 Line Dancing</b>  <b>1:00 Karen's Quilting</b> <b>6:00 Pickleball</b>	30) <b>9:00 Steppin' Up</b> 10:00 Level 1 Yoga <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b> <b>11:00 Intergenerational Bowling</b> <b>1:00 Cards and Games</b> <b>5:00 Ultimate Mix</b> <b>7:00 Texas Hold'em</b>	31) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>11:00 Line Dancing</b>  <b>5:00 Pilates</b> <b>6:30 Ukulele Club</b>		

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