



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)

## NOVEMBER 2024



**November  
Luncheon**  
Wednesday  
November 20, 2024  
12:00 pm

Roast Beef and Yorkshire Pudding

**\*\*Deadline to purchase ticket: Friday, November 15\*\***  
Limited tickets available! Don't be disappointed, get yours early!



Tickets: \$13.00  
**ADVANCE TICKETS ONLY**  
Available at South Interlake 55 Plus Office  
374 1<sup>st</sup> Street West, 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 <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

## November Birthdays

Claire Stephensen	2
Rose Buck	6
Emma Hogg	15
Dorothy Steffan	17
Mabel Armstrong	22
Henriette Baryliuk	27
Tina Arbez	29
George Bond	30

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.*

### OCTOBER CROSSWORD PUZZLE ANSWERS

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

Congratulations to Shirley Esaruk for winning the draw at our October luncheon!



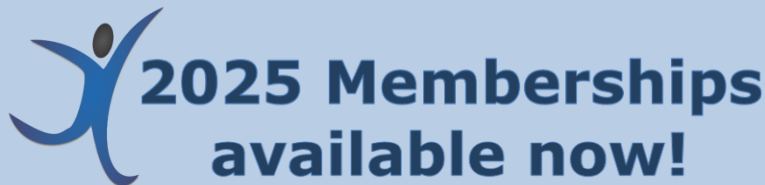
# Become a Member or Renew Your Membership Today!

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)



**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

How Did You Hear About Us?

- Social Media       Website  
 Newsletter       From a Friend  
 Other \_\_\_\_\_

**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)

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## 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 identity 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)



# Business Advertising Opportunity

South Interlake 55 Plus would like to provide you with the opportunity to advertise your business card size advertisement in our monthly newsletter

For more information contact us at  
204-467-2582  
or email [si55plus@mymts.net](mailto:si55plus@mymts.net)



# OPEN HOUSE

South Interlake 55 Plus hosted an open house on Friday, October 11 with displays and information about our centre and the different activities that we offer. Thank you to the volunteers that helped in making the open house a success!

Winner of the draw for 2 tickets to our Christmas Luncheon was Anthony Guarino!





# Christmas Luncheon

**Wednesday, December 11**  
**12:00 pm**

Turkey Dinner with all the trimmings  
Followed by Christmas Entertainment  
and a visit from Santa!

**Cost: \$20.00 - Advance Ticket Sales Only!**  
Tickets available at South Interlake 55 Plus  
204-467-2582

**Deadline for tickets: Friday, December 6**

## FALLS PREVENTION

**Are you at risk for falls?**  
**Have you fallen?**

Join us for a **FREE** program focused on balance and mobility.

**If You Live in Lions Manor:**  
**Class Takes Place in MPR 4**  
**All Others Can Join Virtually By Zoom**  
(Call 55 Plus Office to sign up)

**Tuesdays at 10:00 am**  
**November 5 – December 17**

Need more information or wish to sign up for Zoom?  
Call South Interlake 55 Plus at  
**204-467-2582** or email [si55plus@mymts.net](mailto:si55plus@mymts.net)





# 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)



Instructors: Cheryl Kooning and Liz Luke

## 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**

Call our office at 204-467-2582 for more information or to register!

## December Active Wellness Feelin' Festive

### Christmas Fitmas

Wednesdays  
 December 4, 11 & 18  
 5:00 – 5:45 pm  
 (In Centre Only)  
 374 1<sup>st</sup> Street West  
 Stonewall  
 \$10.00 drop in fee



### Yuletide Yoga

Thursdays  
 December 5, 12 & 19  
 9:30 – 10:30 am  
 (In Centre Only)  
 374 1<sup>st</sup> Street West  
 Stonewall  
 \$10.00 drop in fee

Be sure to bring a mat and water!

January-March Active Wellness programming will be shared in our December Newsletter!



South Interlake 55 Plus  
373 likes • 413 followers

Alzheimer Society  
MANITOBA  
Dementia Care & Brain Health

### 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

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

### 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  
November 7 & 21  
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**

First time dancers receive two classes free!  
Group-led, 90 minute class!



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

Call 204-467-2582  
or email [si55plus@mymts.net](mailto:si55plus@mymts.net)  
to register, or for more info



# Pickleball!



## Stony Mountain School

**Tuesdays & Thursdays  
6:00-8:30pm**

## Stonewall Collegiate

**Saturdays  
10:00am – 12:30pm**

Non-  
Members  
\$6.00

Members  
\$4.00

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

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)

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 Plus** South Interlake  
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.



# 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!

HITCH A RIDE WITH US  
**club Regent**  
 CASINO  
**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

St. Vital Centre  
Shopping Trip  
**Thursday, November 21**  
 Depart 9:20 from Lions Manor, Entrance 1  
 and 9:30 am from 55 Plus.  
**Registration Deadline:**  
**Tuesday, November 19**  
**Members \$20 / Non-members \$25**  
**Call 204-467-2582 to reserve your seat**

**Hitch a Ride with Us**  
 **club Regent**  
 EVENT CENTRE  
 THE ORIGINAL  
 EAGLES TRIBUTE  
**Seats are full but call us to  
 get on the waitlist!**  
**Friday, November 29**  
 Leaving Lions Manor, Entrance 1 at 4:00 pm  
 Price per ticket: Members \$75 / Non-members \$80  
 Dinner at the Event Centre at your own expense  
**Registration/payment deadline:**  
**Thursday, October 24**  
 **55 Plus** South Interlake  
 Call to Register: 204-467-2582

**Thursday, December 5**  
 7:00 pm show  
 **club Regent**  
 EVENT CENTRE  
**THE GREAT CANADIAN Roadtrip**  
**DOC WALKER**  
**MICHELLE WRIGHT**  
**JASON MCCOY**  
  
**Seats are full but call us to  
 get on the waitlist!**  
 Members \$85.00 / Non-members \$90.00  
 Seats are limited. Call to reserve yours today!  
 Deadline to register and pay is Thursday, November 21  
 Bus leaves Lions Manor, Entrance 1 at 4:00 pm  
 Dinner at Club Regent Event Centre before the show (at your own expense)  
 **55 Plus** South Interlake  
 374 1<sup>st</sup> Street West, Stonewall  
 Phone: 204-467-2582  
 Email: si55plus@mymts.net

# Hitch a Ride With Us!

## Hitch a Ride with Us

Tuesday, December 10



Winter Wonderland is a festive drive through light display offering over 1 million lights and over 26 different theme areas.

Cost: \$25.00 per person

Leave Lions Manor, Entrance 1 and the 55 Plus Centre at 4:30 pm

Dinner at Denny's before the event (at your own expense)

Deadline to register and pay: Thursday, December 5



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

Phone: 204-467-2582

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



# 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)

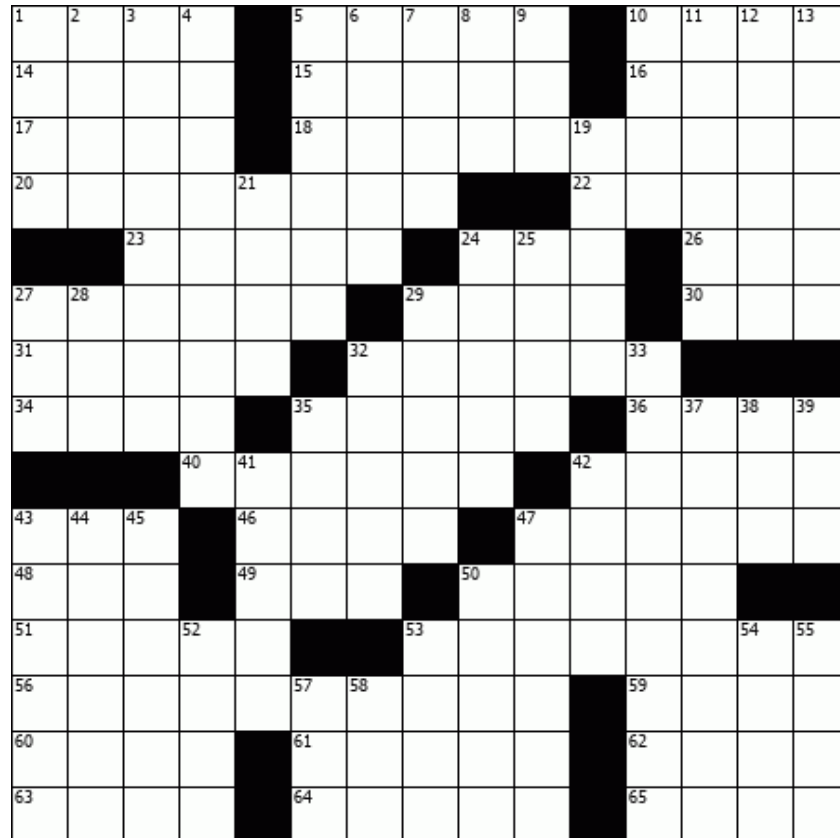
Phone: 204-404-3030



# CROSSWORD PUZZLE

## Across

1. Bibliographer's abbr.
5. Some Prado works
10. "Mr. Holland's \_\_\_"
14. First name in jeans
15. Skilled
16. Lady's man
17. Vegan's taboo
18. Postal payment
20. Current-measuring instruments
22. Take a zigzag course
23. Golden \_\_\_ (seniors)
24. Dance, when doubled
26. Wedding page word
27. 2004 episodes of "Leave It to Beaver"
29. Relocate
30. Explosive initials
31. Met highlights
32. Rule
34. Four seasons
35. Its sections start each theme answer
36. Ashtabula's lake
40. Casino employee
42. Pitches in basins
43. Health haven
46. Contended
47. Mortarboard attachment
48. Witch's work
49. Links luminary Ernie
50. Sun, star or cloud follower
51. Negatively charged particle
53. Pub seat
56. Blazer
59. Suffix with buck
60. Like most pets
61. Eye shade
62. Hawaii's state bird
63. Besides
64. Some shorelines do it
65. Unexciting



## Down

- |                              |                                   |                                       |
|------------------------------|-----------------------------------|---------------------------------------|
| 1. Where Napoleon was exiled | 19. Title holder                  | 41. Happening                         |
| 2. Swarm                     | 21. Addition column               | 42. Canal zones?                      |
| 3. Rosary prayer             | 24. Spy's disguise                | 43. National forest in California     |
| 4. Pool worker               | 25. Declare as fact               | 44. One involved in foreign exchange? |
| 5. Xbox enthusiasts          | 27. Sci-fi gun                    | 45. Self-evident truths               |
| 6. Olfactory input           | 28. Prior to, in poetry           | 47. Terrapin                          |
| 7. Hankerings                | 29. Motorized transport           | 50. Responded sheepishly              |
| 8. Gibbon, e.g.              | 32. Strong winds                  | 52. Black-and-white treat             |
| 9. Farm enclosure            | 33. Dispenser for 35-Across       | 53. Old television clown              |
| 10. Folklore fiend           | 35. It'll hold water              | 54. Mrs. Chaplin                      |
| 11. Bookworm                 | 37. Museum worker                 | 55. Darrow client of 1924             |
| 12. Not fair                 | 38. Fury                          | 57. "___ Loves You" (Beatles)         |
| 13. Easy or Wall             | 39. Subj. for immigrants, perhaps | 58. Word with box or cable            |





# WORD SEARCH






## Restaurant

Find and circle all of the Restaurant words that are hidden in the grid.  
The remaining letters spell an additional word.

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

APERITIF	CUPS	MANAGER	SPOON
APPETIZER	CUSTOMER	MEAL	TABLECLOTH
BILL	DESSERT	MENU	TABLES
BUSBOY	DISHWASHERS	NAPKINS	TEA
CASHIER	DRINKS	ORDER	TIP
CHAIRS	ENTREE	PLATES	WAITER
CHEF	FORK	SALAD	WAITRESS
COFFEE	GLASSES	SAUCERS	WATER
COOKS	KNIFE	SERVERS	WINE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up 10:00 Yogalates  <b>1:00 Texas Hold'em</b>	2) 9:00 Steppin' Up <b>10:00 Pickleball</b>
3)  <i>Fall Back - Daylight Savings Time Ends</i>	4) 9:00 Steppin' Up	5) 9:00 Steppin' Up <b>9:30 F.I.T.</b> 10:00 Falls Prevention <b>11:00 Line Dancing</b>  <b>1:00 Bridge</b> <b>6:00 Pickleball</b>	6) <b>9:00 Steppin' Up</b> <b>9:30 Club Regent</b> 10:00 Level 1 Yoga <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>5:00 Ultimate Mix</b> <b>7:00 Texas Hold'em</b>	7) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>11:00 Line Dancing</b>  <b>1:00 Art Workshop</b> <b>5:00 Pilates</b> <b>6:00 Pickleball</b> <b>6:30 Ukulele Club</b>	8) 9:00 Steppin' Up 10:00 Yogalates <b>10:00 Travel Club</b>  <b>1:00 Texas Hold'em</b>	9) 9:00 Steppin' Up <b>10:00 Pickleball</b>
10)	11) 9:00 Steppin' Up   <b>REMEMBRANCE DAY</b> <i>Let Us Not Forget</i>	12) 9:00 Steppin' Up <b>9:30 F.I.T.</b> 10:00 Falls Prevention <b>11:00 Line Dancing</b>  <b>1:00 Bridge</b> <b>6:00 Pickleball</b>	13) <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>11:30 Intergenerational Bowling</b> <b>1:00 Cards and Games</b> <b>5:00 Ultimate Mix</b> <b>7:00 Texas Hold'em</b>	14) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>11:00 Line Dancing</b>  <b>1:00 Art Workshop</b> 3:00 Virtual Chat <b>5:00 Pilates</b> <b>6:00 Pickleball</b>	15) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up 10:00 Yogalates  <b>1:00 Texas Hold'em</b>	16) 9:00 Steppin' Up <b>10:00 Pickleball</b>
17)	18) 9:00 Steppin' Up	19) 9:00 Steppin' Up <b>9:30 F.I.T.</b> 10:00 Falls Prevention <b>11:00 Line Dancing</b>  <b>1:00 Bridge</b> <b>6:00 Pickleball</b> <b>6:30 Alzheimer Support Group</b>	20) <b>9:00 Steppin' Up</b> 10:00 Level 1 Yoga <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>	21) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>9:30 St. Vital Shopping</b> <b>11:00 Line Dancing</b>  <b>5:00 Pilates</b> <b>6:00 Pickleball</b> <b>6:30 Ukulele Club</b>	22) 9:00 Steppin' Up 10:00 Yogalates  <b>1:00 Texas Hold'em</b>	23) 9:00 Steppin' Up <b>10:00 Pickleball</b>
24)	25) 9:00 Steppin' Up	26) 9:00 Steppin' Up <b>9:30 F.I.T.</b> 10:00 Falls Prevention <b>11:00 Line Dancing</b>  <b>1:00 Bridge</b> <b>6:00 Pickleball</b>	27) <b>9:00 Steppin' Up</b> <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b> <b>11:30 Intergenerational Bowling</b> <b>1:00 Cards and Games</b> <b>5:00 Ultimate Mix</b> <b>7:00 Texas Hold'em</b>	28) 9:00 Steppin' Up <b>11:00 Line Dancing</b>  <b>1:00 Art Workshop</b> 3:00 Virtual Chat <b>5:00 Pilates</b> <b>6:00 Pickleball</b>	29) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up 10:00 Yogalates  <b>1:00 Texas Hold'em</b> <b>4:00 Hotel California</b>	30) 9:00 Steppin' Up <b>10:00 Pickleball</b>

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