



374 1st Street West. Box 309, Stonewall MB
204-467-2582 si55plus@mymts.net www.si55plus.org

June 2025

Strawberry Social

Thursday, July 10

1:00 pm

374 1st Street West, Stonewall
(Oddfellows Hall)

Entertainment by
Tannis Tyler

TICKETS: \$10.00

ADVANCE TICKETS ONLY:
Available at South Interlake 55 Plus Office,
374 1st Street West, Stonewall

**Deadline to purchase tickets:
Friday, July 4**

South Interlake 55 Plus Centre, 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.

Our Funding Partners

Interlake-Eastern
Regional Health Authority



Town of Stonewall



R.M. of Rockwood



R.M. of Woodlands



R.M. of Rosser



Members of South
Interlake 55 Plus



2024/2025

South Interlake 55 Plus Board of Directors

Executive:

President	Detlev Regelsky
Vice President	Laurie Briggs
2nd 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

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.

Congratulations to Barb Fenske
for winning the draw at our
May luncheon!

June Birthdays

Terry Denoyer	2
Care Homes	4
Jean Chaboyer	4
Eleanor Moore	5
Deb McCrea	8
Charles McClure	9
Wendy Seidel	9
Andre LaFleche	10
Lois Doucette	11
Bruce Hymers	12
Gail Schmidt	12
Greg Gagnon	13
Pat Hawkins	13
Rosemary Pattie	14
Debbie Lambert	16
David Butcher	17
Joyce Bielik	21
Linda Park	25
Judy Shiels	26
Barb Fenske	28



Become a Member or Renew Your Membership Today!

Membership is only **\$25.00** per calendar year!

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)
- Johnson Insurance is proud to be the preferred insurance provider for the Manitoba Association of Senior Communities. For information call 1-877-989-2600 or visit masc.johnson.ca



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 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

We are not able to process debit or credit.



SOUTH INTERLAKE 55 PLUS-Membership Information Form (page 1 of 2)

NAME: _____

MAILING ADDRESS: _____

TOWN: _____

POSTAL CODE: _____

PHONE/CELL: _____

EMAIL: _____

EMERGENCY CONTACT _____

PHONE NUMBER _____

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 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

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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
- ☐ 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: | |

EDUCATION

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

Call **2•1•1**

FREE • CONFIDENTIAL • 24/7



A partnership between **211** **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

June 15 is World Elder Abuse Awareness Day

If you or someone you know is being abused or neglected, help is available. Whoever you are – a concerned bystander, an overwhelmed caregiver, or a person experiencing abuse – you can take the first step now to get the support you need.

Phone numbers to call:

For emergencies, call 911

Your local RCMP detachment (Stonewall RCMP 204-467-5591)

Seniors Abuse Support Line: 1-888-896-7183

Age & Opportunity: Support Services for Older Adults: 1-888-333-3121

INFORMATION PRESENTATIONS

JUNE 2025



JUNE
12

FUNERAL PLANNING

WITH EIRIK BARDAL
MACKENZIE FUNERAL HOME

7:00-8:00PM 374 1ST STREET WEST,
STONEWALL

JUNE
26

ESTATE PLANNING

WITH DOUG & DWAYNE GRANTHAM
GRANTHAM LAW OFFICE

6:00-7:00PM 374 1ST STREET WEST,
STONEWALL

Please contact us to register for these complimentary Presentations before June 10 by calling 204-467-2582

June Luncheon

Wednesday, June 18
12:00 pm

Pulled Pork on a Bun
Entertainment by
Dave Lavallee

Tickets \$15.00 each
available at South Interlake 55 Plus
374 1st Street West, Stonewall
204-467-2582


Advance Tickets Only

Deadline to purchase tickets is Friday, June 13
Limited tickets available!

Temporary Grant Funding Sponsored by Age Friendly Manitoba
Limited seats available!

**For more information on Subsidized Transportation
please contact South Interlake 55 Plus**

Sponsored by: 

 South Interlake 55 Plus Centre, 204-467-2582

FALLS PREVENTION

Tuesdays at 10:00 am
Last class is Tuesday, June 24
Class will start again September 2

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)

Need more information or wish to sign up for Zoom?

Call South Interlake 55 Plus at

204-467-2582 or email si55plus@mymts.net



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

STONEWALL STRUMMERS UKULELE CLUB

Do you play the ukulele?

Come join us for a jam session!

Beginners welcome (no formal instruction provided).



Our Ukulele Club will meet

June 5 and 19

at 6:30 pm

at Something Beautiful

307 Main Street, Stonewall

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

Active Wellness Club

Spring Session: April 8 – June 12, 2025

Tuesday	Wednesday	Thursday
9:30-10:30 am Good Morning Stretch (In Person & Zoom)		9:30-10:30 am Restorative Yoga (In Person & Zoom)
5:00-5:45 pm F.I.T. (In Person Only)	5:00-5:45 pm Ultimate Mix (In Person Only)	5:00-6:00 pm Pilates (In Person Only)

CLASS DESCRIPTIONS

Good Morning Stretch with Liz – Come join us to wake up our bodies with stretches and yoga to maintain flexibility and mobility. Feel happy and independent. No blocks or props needed.

Ultimate Mix class is a friendly, fun, and energetic pump class with a variety of exercises with yoga and a great music attitude!

Restorative – 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 with 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,

The 55 Plus Centre Reserves the Right to Cancel a Class

Some of our Active Wellness classes have been extended until June 26.
 If you are interested in attending any of the classes, please call us at 204-467-2582.
 Drop-in fee is \$10.00 per class!
 Stay tuned for information on our Fall Active Wellness classes starting in September!

Get it all with an ALL ACCESS PASS!

Pick and choose from any of these 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

Ready to Register?

Call our office at 204-467-2582
 or email si55plus@mymts.net
 for more information
 or to sign up!

THURSDAY NIGHT CRIBBAGE

**JULY 3 TO
AUGUST 28, 2025**

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

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



Pickleball!

Stony Mountain School
Tuesdays & Thursdays, 6:00-8:30 pm

No play May 29 and June 3.
Last day of play at Stony Mountain
School is Thursday, June 26

Stonewall Collegiate
Saturdays, 10:00am-12:30pm

Last day of play at Stonewall
Collegiate is Saturday, June 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

STEPPIN' UP!

Wednesdays @ 9:00am
In Person (374 1st Street West)
(Still available by Zoom!)

Mondays to Saturdays
@ 9:00 am – on Zoom

This popular program supports and encourages ALL adults to embrace an active lifestyle, offering a self-sustaining, accessible, high quality exercise program at No Cost.

Program is being offered by our volunteer leaders virtually with live feed using Zoom.

To register for the classes or for more information, call the 55 Plus office at 204-467-2582 or email:

si55plus@mymts.net

Membership to South Interlake 55 Plus is encouraged to support the 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
to register, or for more info

Social Groups

LADIES CRAFT N' COFFEE

Wednesdays at 10:30am

Coffee and Conversation!

Bring your latest craft project
if you wish.



MEN'S CHAT

Wednesdays at 10:30am

Bring \$1 for the coffee jar, and
join us for a cup and
conversation.

If you're lucky, there might
even be some
fresh baking!

QUILTER'S CORNER

Beginners & Experienced
Quilters Welcome!

**1st and 3rd Fridays of the
Month**

8:45am – 3:00pm

Members: \$3 Non-Members \$5

VIRTUAL CHAT TIME BY ZOOM

**2nd & 4th Thursday of the Month
3:00-4:00 PM**

*An open time to check in and share with
each other!*

Stay Connected! Stay Healthy!

Join the Conversation!

Sign Up By Calling 204-467-2582 Or
Email si55plus@mymts.net

CARDS

**(Bridge, Canasta and
Various Card Games)**

Wednesdays at 1:00 pm

Members \$1.00
Non-Members \$2.00
Board games also available!

TEXAS HOLD'EM

Wednesdays 7:00 pm

Fridays 1:00 pm

Members \$1.00
Non-Members \$2.00



Hitch a Ride With Us!

Trip to Pineridge Hollow

Thursday, June 12

Depart 9:15 am from Lions Manor, Entrance 1 and 9:30 am from South Interlake 55 Plus

**Registration Deadline:
Tuesday, June 10**

**Members \$20 / Non-members \$25
(Lunch at your own expense)**

Call 204-467-2582 to reserve your seat

St. Vital Centre Shopping Trip

Thursday, June 19

Depart 9:15 am from Lions Manor, Entrance 1 and 9:30 am from South Interlake 55 Plus

**Registration Deadline:
Tuesday, June 17**

Members \$20 / Non-members \$25

Call 204-467-2582 to reserve your seat



Tuesday, June 24

Departure times:

Lions Manor Entrance #1 - 9:15am

South Interlake 55 Plus - 9:30am

Cost:

Members-\$20.00

Non-Members -\$25.00

***Please register by Friday, June 20 by calling
204-467-2582***



Grocery Shopping Trip to No Frills in Selkirk

Tuesday, July 15

Depart 9:15 am from Lions Manor, Entrance 1 and 9:30 am from South Interlake 55 Plus

For more information call 204-467-2582

Registration Deadline: Tuesday, July 8

**Temporary Grant Funding Sponsored by
Age Friendly Manitoba. For more
information regarding this event,
please contact South Interlake 55 Plus**

Hitch a Ride With Us!

Rainbow Stage



Tuesday
July 8, 2025
Members \$95.00
Non-Members
\$100.00

Departure times:
from Lions Manor at 6:10pm
from 55 Plus at 6:15pm

Registration/payment deadline is
Tuesday, June 11



Call to register - 204-467-2582
South Interlake 55 Plus
374 1st Street West, Stonewall



Folklorama

Travel around the world while staying in one city - see World-class
entertainment and enjoy delicious, authentic cuisine

Tuesday, August 5th

Africa Pavilion
(dinner & entertainment)
Philippines Pavilion
(coffee, dessert &
entertainment)

Members: \$90
Non-Members: \$95

price includes:
bus, show, food and beverage

Leaving Lions Manor Ent #1 and
55 Plus Centre at 5:00pm

Tuesday, August 12th

German Pavilion
(dinner & entertainment)
Croatian Pavilion
(coffee, dessert &
entertainment)

Members: \$90
Non-Members: \$95

price includes:
bus, show, food and beverage

Leaving Lions Manor Ent #1 and
55 Plus Centre at 5:00pm

Registration and payment deadline for
BOTH dates is Friday, July 4



for more information, please contact us -
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 Armstrong |
| • RM of Woodlands | • Town of Stonewall |
| • RM of Rosser | • Town of Teulon |
| • RM of St. Laurent | |

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



WORD SEARCH



60's Songs

Find and circle all of the 1960's song titles that are hidden in the grid.
The remaining letters spell the title of an additional 1960's song.

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

BABY LOVE
BLUE MOON
BLUE VELVET
BUS STOP
CARA MIA
CHAIN GANG
CHERISH
CRAZY
CRYING
DIZZY
DOWNTOWN

ELENORE
FINGERTIPS
FIRE
GALVESTON
GOOD LOVIN'
GROOVIN'
HAIR
HEATWAVE
HEY JUDE
HOLIDAY
ITCHYCOO PARK

MEMPHIS
MY GIRL
MY GUY
PEOPLE
PUPPY LOVE
RESPECT
RUNAWAY
SHERRY
SOUL MAN
SPOOKY
STAY

TEEN ANGEL
THE BOXER
THE TWIST
THESE EYES
VALLERI
VOLARE
WHITE RABBIT
WILD THING
WINDY
WIPEOUT
WORDS



CROSSWORD PUZZLE

MAY CROSSWORD PUZZLE ANSWERS

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

Across

1. Serpent's sound
5. Speed contests
10. March date
14. Yearn
15. TV's ____ Winfrey
16. Ark skipper
17. Slim
18. Get up
19. Sled
20. Trip to the bank, e.g.
22. Tolerable
24. School groups (abbr.)
25. Computer key
26. Leg joints
28. Uncorked
32. Poet's "still"
33. Tailored
35. Maroon
38. Keats' "before"
39. Chicago's airport
40. Memorable period
41. Likewise not
42. Come before
44. Knight's title
45. Having rows
46. Foreign

Down

1. Healthy
2. Bakery employee
3. Knife user's tool
4. Lawmaking body
5. Turnpikes
6. Fourth mo.
7. Infant's bed
8. Leisure
9. Citi Field predecessor
10. Away from the coast
11. Skepticism
12. National bird
13. Transparent

Down

21. Space org.
23. Critic Rex ____
26. Very sharp
27. Roman emperor
28. Different one
29. ____ and quiet
30. Miscalculated
31. Deficiency
34. Traditional knowledge
35. Abode
36. Famous canal
37. Shucks!
42. Stack
43. Work for
45. Until now (2 wds.)
47. Defeats
48. Stockpile
49. Basil sauce
50. Shaquille ____
51. Name
53. Tears apart
54. First garden
55. Actress ____ Hayworth
57. Become weary
58. Whirled
61. Mighty tree

GRANTHAM LAW OFFICES

Lawyers & Notaries Public

STONEWALL OFFICE:
#1-278 Main St., Stonewall 467-5527

Quarry-Stonewall Dental Centre

Dr. Stacey Benzick, BSc., DMD

Dr. Simardip Singh, BSc., DMD

Dr. Dymtro Shulaykov, BSc., DMD

Box 1490, 345 Main Street, Stonewall, MB R0C 2Z0

Tel: (204)- 467-2177 www.stonewallquarrydental.ca

ACCEPTING NEW PATIENTS AND THE CDCP DENTAL PROGRAM

Business Advertising

Place your advertisement here.

Contact South Interlake 55 Plus at 204-467-2582 or email: si55plus@mymts.net

Laura Woodman

Investment Advisor

CIM®, FCSI®

iA Private Wealth

204-806-8388

laura.woodman@iaprivatewealth.ca

www.woodmanwealth.ca



iA Private Wealth is a trademark and business name under which iA Private Wealth Inc. operates.



Nancy Dilts

Realtor

204-461-3258

nancydiltseroyalpage.ca



360 Main St. Stonewall MB
R0C 2Z0

Buyer Agency • Vendor Agency • Real Estate Services

Stonewall Pharmacy

Your friendly neighbourhood pharmacy



Phone: (204) 467-8385

Fax: (204) 467-7389

Westside Plaza
17-333 Main Street
P.O. Box 340
Stonewall MB
R0C 2Z0



Serving our community since 1950.

Same day
Grocery
Delivery!



STONEWALL FamilyFoods



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President



Winnipeg, Manitoba
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terry@keyboardventures.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1) 	2) 9:00 Steppin' Up	3) 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 5:00 F.I.T.	4) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Book Club 11:30 Intergenerational Bowling 1:00 Cards and Games 5:00 Ultimate Mix 7:00 Texas Hold'em	5) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 5:00 Pilates 6:00 Pickleball 6:30 Ukulele Club	6) 8:45 Quilter's Corner 9:00 Steppin' Up 1:00 Texas Hold'em	7) 9:00 Steppin' Up 10:00 Pickleball
8)	9) 9:00 Steppin' Up	10) 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 4:15 Splash Dash Boat Tour 5:00 F.I.T. 6:00 Pickleball	11) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 5:00 Ultimate Mix 7:00 Texas Hold'em	12) 9:00 Steppin' Up 9:30 Restorative Yoga 9:30 Pineridge Hollow 11:00 Line Dancing 3:00 Virtual Chat 5:00 Pilates 6:00 Pickleball 7:00 Funeral Planning Presentation	13) 9:00 Steppin' Up 10:00 Travel Club 1:00 Texas Hold'em	14) 9:00 Steppin' Up
15) 	16) 9:00 Steppin' Up	17) 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 6:00 Pickleball 6:30 Alzheimer Support Group	18) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 12:00 Luncheon 1:00 Cards and Games 5:00 Ultimate Mix 7:00 Texas Hold'em	19) 9:00 Steppin' Up 9:30 Restorative Yoga 9:30 St. Vital Centre Shopping Trip 11:00 Line Dancing 1:00 Board Meeting 5:00 Pilates 6:00 Pickleball 6:30 Ukulele Club	20) 8:45 Quilter's Corner 9:00 Steppin' Up 1:00 Texas Hold'em	21) 9:00 Steppin' Up
22)	23) 9:00 Steppin' Up	24) 9:00 Steppin' Up 9:30 Good Morning Stretch 9:30 South Beach Casino 10:00 Falls Prevention 11:00 Line Dancing 6:00 Pickleball	25) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	26) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 3:00 Virtual Chat 5:00 Pilates 6:00 Pickleball 6:00 Estate Planning Presentation	27) 9:00 Steppin' Up 1:00 Texas Hold'em	28) 9:00 Steppin' Up
29)	30) 9:00 Steppin' Up	