



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

July 2025

DIGITAL LITERACY SUPPORT PROGRAM

We are offering individual support with your
cell phone, laptop or tablet

Beginning July 9th until August 13th
Wednesdays and Fridays
10:00 - 3:00

To book your 30 minute or 1 hour appointment
Please call 204-467-2582



Funded by the Government of
Canada's New Horizons for
Seniors Program

Canada

This program is complimentary due to the sponsorship of
New Horizons Grant



South Interlake 55 Plus
374 1st Street West, Stonewall



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 Anita
Chiasson for winning the
draw at our
June luncheon!**



Dorothy Palmer	1
Dale Slagerman	4
Pauline Blue	5
Sharon Mattern	6
Verna Sinclair	8
Paula Van Solkoma	14
Jean Ellenor	15
Edith Chubey	16
Lyle Kastrukoff	27
Barry Tomyk	28
Kevin Briggs	29
Peggy Gardiner	30
Terry Lees	31




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:

- ☐ 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 **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.



Strawberry Social Fundraiser

Thursday, July 10, 2025, 1:00 pm

374 1st Street West, Stonewall (Oddfellows Hall)

**Serving Strawberry Shortcake
and 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, 2025

Fundraiser in support of South Interlake 55 Plus Centre, 204-467-2582

THURSDAY NIGHT CRIBBAGE

**JULY 3 TO
AUGUST 28, 2025
7:00 PM**

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

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



Pickleball

**Stonewall Curling Rink
July 5 to September 2, 2025**

Tuesdays & Thursdays

6:00 - 8:30 pm

and

Saturdays

10:00 am - 12:30 pm



**Members
\$4.00**

**Non-Members
\$6.00**

Thank you to the Town of Stonewall for
sponsoring the July and August
pickleball program.



**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



PICNIC IN THE PARK

Wednesday, August 13
11:30AM

Bring your lawnchair, a bagged lunch and meet us at Memorial Park (Market St & 2nd St E Stonewall)

ICED TEA AND ICE CREAM WILL BE PROVIDED

Temporary Grant Funding sponsored by Age Friendly. For more information on subsidized transportation regarding this event, contact South Interlake 55 Plus at 204-467-2582

If it is raining, meet us at the Oddfellows Hall (374 1st St W)



STONEWALL STRUMMERS UKULELE CLUB

Do you play the ukulele?



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

New Location for July and August

Our Ukulele Club will meet
July 3 and 17
August 7 and 21
at 6:30 pm
at the Stonewall Legion
459 Main Street, Stonewall

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

STEPPIN' UP!

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

Mondays to Saturdays
@ 9:00 am – on Zoom

Please join us on July 23rd for intergenerational programming for a special Steppin' Up class!

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!

Please join us on July 15th and 31st for intergenerational programming for special Line Dancing classes!

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

2025 Stonewall Pickleball Tournament

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

EVENTS

WOMEN'S DOUBLES – FRIDAY, SEPTEMBER 5
MIXED DOUBLES – SATURDAY, SEPTEMBER 6
MEN'S DOUBLES – SUNDAY, SEPTEMBER 7



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 10:
\$20.00 per person, per event.

Payment and registration must be received by this date to qualify.
Following August 10, 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, 2025.

FINAL REGISTRATION DEADLINE:
AUGUST 14, 2025 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

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!



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

Come Grocery Shopping with us to
No Frills in Selkirk



Tuesday, July 15

Departure times:

Lions Manor Entrance #1 at 9:15am

South Interlake 55 Plus at 9:30am

for more information-call 204-467-2582

Temporary Grant Funding Sponsored by:  AGE FRIENDLY
Limited seats available!

For more information on Subsidized Transportation
regarding this event please contact
South Interlake 55 Plus

Call us to reserve your seat before
Tuesday, July 8th-204-467-2582

Hitch a Ride With Us!

Come Grocery Shopping with us to
No Frills in Selkirk



Tuesday, August 19

Departure times:

Lions Manor Entrance #1 at 9:15am

South Interlake 55 Plus at 9:30am

for more information-call 204-467-2582

Temporary Grant Funding Sponsored by: AGE FRIENDLY
Limited seats available!

For more information on Subsidized Transportation
regarding this event please contact
South Interlake 55 Plus

Call us to reserve your seat before
Tuesday , August 12th-204-467-2582

**Roy Orbison and The Everly Brothers
at the Club Regent Event Centre**



Wednesday, September 24th

Leaving Lions Manor Entrance #1
and the SI55Plus Centre at 4:15pm

Ticket Price:

Members-\$85.00

Non-Members-\$90.00

**Deadline to register and pay is:
Wednesday, Sept 3rd**



204-467-2582



Tuesday, September 9th
Leaving Lions Manor Entrance #1
and the SI55Plus Centre at 9:15am

Cost:

Members: \$35.00

Non-Members: \$40.00

We will also be going to the Bluestone Cottage Bakery Cafe for lunch
(at your own expense)

Deadline to register and pay is:

Thursday, August 28th



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 |
| • RM of Rosser | Stonewall |
| • RM of St. Laurent | • 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



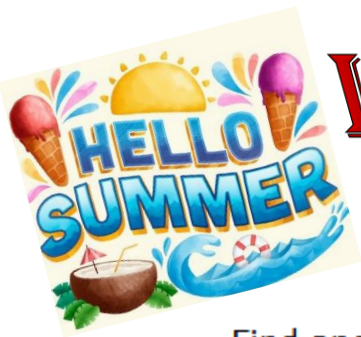
Palliative Care

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



WORD SEARCH



Summer

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

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

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON



CROSSWORD PUZZLE

Across

1. Brace
5. In the center of
9. Permit
14. Draw the ____
15. Lingerie edging
16. Unsophisticated
17. Mysterious
19. Keepsake
20. Long, long ____
21. Tooth problem
22. Gobi, for one
23. Beethoven work
25. Harness part
27. Shore bird
29. Indulgent
34. Folded tortilla dish
37. Roman garment
39. See eye to eye
40. Steamy appliance
41. Ham it up
43. High ____
44. Liquid measure
46. Summer coolers
47. Doesn't exist
48. Roped
50. Beat it!
52. Space gp.
54. Wagner works
58. Building cement
62. Adult filly
64. Strike caller
65. Shaquille ____
66. Sydney's country
68. Burn with hot water
69. Enlightened one's words (2 wds.)
70. Forwarded
71. Narrates
72. Be in first place
73. Experts

Down

1. Entreaties
2. Beatle beatkeeper
3. Pungent bulb
4. Tent stake
5. Menu term (3 wds.)
6. Trigonometry, e.g.
7. Colder
8. Winter mo.
9. Ant's feeler
10. Asian country
11. Similar to
12. Done
13. Left
18. Better half
22. Game cube
24. Makes up for
26. Pleases greatly
28. Wanderers
30. Light
31. God of love
32. Sign gas
33. Camp shelter
34. Cash drawer
35. Opera tune
36. Folding beds
38. Zeus or Apollo
42. Accompanied
45. Reagan and McDonald
49. Jug handle
51. Mimic
53. Entertain
55. King, e.g.
56. ____ acid (protein component)
57. Minor quarrels
58. Majority
59. Previously
60. True
61. High
63. On an ocean trip
66. Have a cold
67. Venomous viper

JUNE CROSSWORD PUZZLE ANSWERS

H	I	S	S		R	A	C	E	S		I	D	E	S
A	C	H	E		O	P	R	A	H		N	O	A	H
L	E	A	N		A	R	I	S	E		L	U	G	E
E	R	R	A	N	D		B	E	A	R	A	B	L	E
	P	T	A	S						E	N	T	E	R
K	N	E	E	S		O	P	E	N	E	D			
E	E	N		A	L	T	E	R	E	D		R	E	D
E	R	E			O	H	A	R	E			E	R	A
N	O	R		P	R	E	C	E	D	E		S	I	R
			T	I	E	R	E	D		A	L	I	E	N
S	P	O	O	L						T	R	O	D	
T	E	N	D	E	R	E	R		I	N	S	E	T	S
A	S	E	A		I	D	I	O	T		S	N	I	P
S	T	A	T		P	E	T	A	L		E	C	R	U
H	O	L	E		S	N	A	K	E		S	E	E	N

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
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48						49				50		51		
						52				53			54	
58	59	60	61						62	63				64
65									66				67	
68									69				70	
71									72				73	

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



Thank you for shopping local!!!

Unit 3
330 3rd ave S
Stonewall, MB
R0C 2Z0

204-467-5553

Monday to Friday
8:00am-9:00pm
Saturday & Sunday
8:00am-7:00pm

Keyboard Ventures

Printer Products
keyboardventures.com

Ink & Toner Cartridges • Computers & Supplies
Computer Repair & Services

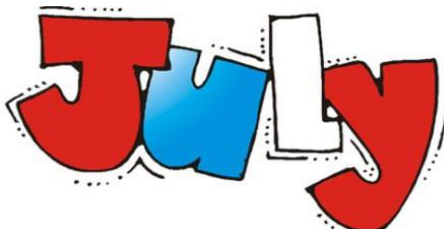




Terry Zurylo
President



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) 9:00 Steppin' Up  Office Closed	2) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	3) 9:00 Steppin' Up 11:00 Line Dancing 6:00 Pickleball 6:30 Ukulele Club 7:00 Cribbage	4) 8:45 Quilter's Corner 9:00 Steppin' Up 1:00 Texas Hold'em	5) 9:00 Steppin' Up 10:00 Pickleball
6)	7) 9:00 Steppin' Up	8) 9:00 Steppin' Up 11:00 Line Dancing 6:00 Pickleball 6:15 Rainbow Stage	9) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Book Club 1:00 Cards and Games 7:00 Texas Hold'em	10) 9:00 Steppin' Up 11:00 Line Dancing 1:00 Strawberry Social 3:00 Virtual Chat 6:00 Pickleball 7:00 Cribbage	11) 9:00 Steppin' Up 1:00 Texas Hold'em	12) 9:00 Steppin' Up 10:00 Pickleball
13)	14) 9:00 Steppin' Up	15) 9:00 Steppin' Up 9:30 No Frills Shopping Trip 11:00 Line Dancing/ Intergenerational Class 6:00 Pickleball	16) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	17) 9:00 Steppin' Up 11:00 Line Dancing 1:00 Board Meeting 6:00 Pickleball 6:30 Ukulele Club 7:00 Cribbage	18) 8:45 Quilter's Corner 9:00 Steppin' Up 1:00 Texas Hold'em	19) 9:00 Steppin' Up 10:00 Pickleball
20)	21) 9:00 Steppin' Up	22) 9:00 Steppin' Up 11:00 Line Dancing 6:00 Pickleball	23) 9:00 Steppin' Up/ Intergenerational Class 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	24) 9:00 Steppin' Up 11:00 Line Dancing 3:00 Virtual Chat 6:00 Pickleball 7:00 Cribbage	25) 9:00 Steppin' Up 1:00 Texas Hold'em	26) 9:00 Steppin' Up 10:00 Pickleball
27)	28) 9:00 Steppin' Up	29) 9:00 Steppin' Up 11:00 Line Dancing 6:00 Pickleball	30) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	31) 9:00 Steppin' Up 11:00 Line Dancing/ Intergenerational Class 6:00 Pickleball 7:00 Cribbage		

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