



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

August 2025

Summer's Last Blast

LUNCH AND TUNES

Wednesday, September 17th

11:30am-1:00pm

374 1st Street West, Stonewall (Oddfellows Hall)

On the Menu:

- Hamburger from The Kiln
- coleslaw
- potato chips
- ice cream sandwich
- tea/coffee/iced tea

Entertainment by Neil Keep



Tickets: \$15.00

Advanced tickets only:
available at South Interlake 55 Plus Office
374 1st Street West, Stonewall

Deadline to purchase tickets: Thursday, September 11

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



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 Mabel
Armstrong for winning the
draw at our Strawberry
Social on July 10th**

August Birthdays

Lori Green	4
Susan Lanz	6
Margaret Chaboyer	9
Russell Finnbogason	9
Gary Tervoort	13
Doreen Wutzke	14
Roland Dandeneau	16
Chris Moss	18
Irene Pearson	22
Darwin Fremont	25
Lorne Rezansoff	27
Paulette Slagerman	27
Joan Fotty	29

HAPPY BIRTHDAY



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)
- belairdirect is proud to be the preferred insurance provider for the Manitoba Association of Senior Communities. For information call 1-877-989-2600 or visit belairdirect.com



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.

belairdirect.



belairdirect is proud to be the preferred insurance provider for the Manitoba Association of Senior Communities through South Interlake 55 Plus.

For more information please call belairdirect at 1-877-989-2600 or visit belairdirect.com.



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.

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

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)



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)



ACCUMULATIVE CRIBBAGE TOURNAMENT

Partner Play

Please register early

Thursday Evenings
September 4, 11, 18 & 25, 2025
7:00 pm

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

4 Week Tournament – Weekly Prizes

Registration Deadline: Friday, August 29

Entry Fee: \$20.00 per person

Call to register: 204-467-2582



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

INFORMATION PRESENTATION

**SEPT
16**



**FRAUDS/SCAMS WITH THE
RCMP**

1:00PM

374 1ST STREET WEST,
STONEWALL

**Please contact us to register for this
complimentary Presentation before Sept 2nd by
calling 204-467-2582**



Cookie Decorating

Workshop

Level up your cookie decorating
skills by learning how to
decorate intricate Fall cookies!



Tuesday, Sept 23rd

1:00-3:30pm

With step-by-step instruction, this Workshop will take
your cookie decorating skills to a whole new level with
decorating Instructor Brooke of Brookies Cookies

This Workshop will
take place at
The South Interlake 55 Plus
374 1st Street West
(Odd Fellows Hall)

Space is limited
Please register before
Thursday, Sept 4th
204-467-2582

This event is complimentary as well as
transportation due to sponsorship of
New Horizons Grant

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

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

Canada



RETRO DANCE PARTY

60's & 70's

Saturday, October 4th

1:00pm-4:00pm

Ticket price-\$10.00 each
advanced tickets only
tickets available at:

the South Interlake 55 Plus Centre
374 1st Street West, Stonewall
204-467-2582

Deadline to purchase tickets:
Friday September 26th

light lunch and refreshments will be served

come in your most groovy outfit

fundraiser in support of 55 Plus

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

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

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.

New
Location
for July
and
August

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

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 plated 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!

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



THE LEAF

Canada's Diversity Gardens

**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



Nav-CARE
Making Connections, Making a Difference



FREE Nav-CARE Training

- In Person or online - specialized training
- Join an energetic volunteer team
- Make an investment in your community!

Limited Seating - Book Today!

Gwen Sharp

Nav-CARE Volunteer Co-Ordinator

Phone: 204-404-3030

Email: navcare@swdpc.com

South West District



Generously supported & sponsored by:



WORD SEARCH



Fruit

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

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

APPLES
APRICOT
AVOCADO
BANANA
BLACKBERRY
BLUEBERRY
CANTALOUPE
CHERRIES
CHOKECHERRY
COCONUT
CRABAPPLE
CRANBERRY

DATE
FIG
GRAPEFRUIT
GRAPES
KIWIFRUIT
KUMQUAT
LEMON
LIME
LYCHEE
MANGO
MULBERRY
NECTARINE

ORANGE
PAPAYA
PEACH
PEAR
PERSIMMON
PINEAPPLE
PLUM
POMEGRANATE
RASPBERRY
RHUBARB
STRAWBERRY
WATERMELON



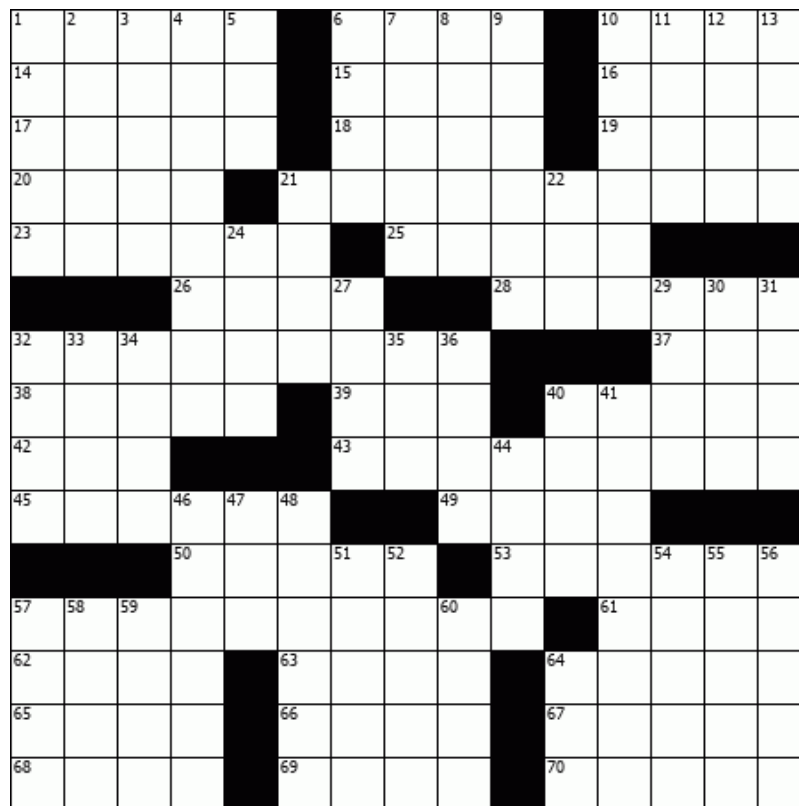
CROSSWORD PUZZLE

JULY CROSSWORD PUZZLE ANSWERS

P	R	O	P		A	M	I	D		A	L	L	O	W
L	I	N	E		L	A	C	E		N	A	I	V	E
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S	C	A	L	D				I	S	E	E		S	E
T	E	L	L	S				L	E	A	D		P	R

Across

1. Sail supports
6. Woeful cry
10. Skin woe
14. Eight musicians
15. Skin growth
16. Display
17. Fine porcelain
18. Pennsylvania port
19. Gentle
20. Cow crowd
21. Indiana Jones, e.g.
23. Agree
25. Dandy's neckwear
26. Chamber
28. Doglike scavengers
32. Concurrence
37. Heavyweight great
38. Bar drinks
39. Cut the lawn
40. Transplant
42. Lyrical "before"
43. Begin
45. Conquer
49. Openings
50. Staircase part
53. Required
57. Misleading clue (2 wds.)
61. Nothing more than
62. Kiln
63. Nevada town
64. Monastery head
65. Large truck
66. Individuals
67. Coast
68. Guitarist ____ Clapton
69. Burger order
70. Anchorman ____ Jennings



Down

1. Coffee flavor
2. Longs (for)
3. Mixes
4. More sensitive
5. Train stop (abbr.)
6. Overwhelmed
7. Young insect
8. Zodiac sign
9. Foul smell
10. Shrewd
11. Singe
12. Alaskan port
13. Water jug
21. Potent particle
22. Nursery item
24. Nays
27. Note
29. California wine valley
30. Many (2 wds.)
31. Building area
32. Asleep
33. Richard ____ of "Pretty Woman"
34. Coral formation
35. Likewise not
36. Tiny branch
40. Mature
41. Performance group
44. Group of crooks
46. Cultural
47. Exist
48. Fright
51. Stadium
52. Roadside eatery
54. Ledger entry
55. Wear away
56. Discourage
57. Stood up
58. Perpetually
59. Actress ____ Moore
60. Sniffer
64. Nile snake

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



Winnipeg, Manitoba
324 Main St., Stonewall

Cell: 204-955-5428
terry@keyboardventures.com

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

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