

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

September 2025



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
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



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.

September Birthdays 04 Detlev Regelsky Donna Barr 07 Signi Harper 08 Eileen Smith 12 John Unrau 12 Val Lees 23 Adrien Samborski 24 Barb La Fleche 25 25 Charlie Amy Kathy Turner 29 30 Lorraine Lewis o intrage



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

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:

2025 Memberships

available now!

South Interlake 55 Plus PO Box 309 Stonewall, MB R0C 2Z0

Payment can be made by cash, cheque or e-transfer to si55inflo@gmail.com We are not able to process debit or credit.

| | , | | | | |
|--|---|--------|------|---------|-------|
| | SOUTH INTERLAKE 55 PLUS-Membership Inform | nation | Form | (page 1 | of 2) |
| | | | | | |

| NAME: | This form can be mailed to: |
|--|--|
| MAILING ADDRESS: | |
| TOWN:POSTAL CODE: | — · · · · · · · · · · · · · · · · · · · |
| PHONE/CELL: | |
| EMAIL:EMERGENCY CONTACT | How Did You Hear About Us? |
| PHONE NUMBER | □Newsletter □From a Friend |
| MUNICIPALITY(circle one): | ☐ I agree to receive by email 55 Plus |
| Stonewall Rosser Rockwood Woodlands Othe | r updates and promotions regarding events and activities of interest. I can withdraw my consent at any time by notification to the 55 Plus office. |

☐ I am not yet 55 years of age.*

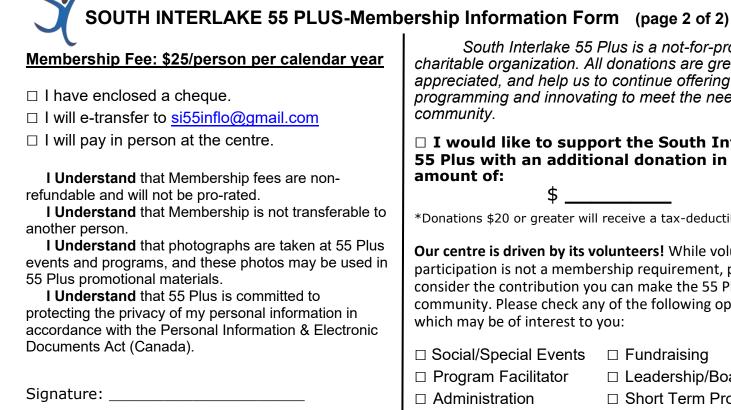
^{*} Associate members under 55 have all the benefits of being a member, minus serving on the Board or voting at our AGM.

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.



Date: _____

| charitable organization. Al appreciated, and help us t | Plus is a not-for-profit Il donations are greatly to continue offering quality ing to meet the needs of the |
|---|--|
| 55 Plus with an additional amount of: | ort the South Interlake onal donation in the |
| \$ <u></u> | |
| *Donations \$20 or greater will | receive a tax-deductible receipt. |
| • | ership requirement, please ou can make the 55 Plus and the y of the following opportunities |
| ☐ Social/Special Events☐ Program Facilitator☐ Administration☐ Other: | ☐ Fundraising☐ Leadership/Board☐ Short Term Projects |

EDUCATION



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.

INFORMATION PRESENTATION

SEPT

16

FRAUDS/SCAMS WITH THE

RCMP

374 1ST STREET WEST, STONEWALL

1:00PM

Please contact us to register for this complimentary Presentation by calling 204-467-2582



Summer's Last Blast

Lunch at 11:30 am.

LUNCH AND TUNES

Wednesday, September 17th 11:30am-1:00pm

374 1st Street West, Stonewall (Oddfellows Hall)

On the Menu:

- **Entertainment by Neil Keep**
- Hamburger from The Kiln
- coleslaw
- · potato chips
- · ice cream sandwich
- · tea/coffee/iced tea



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: **** ISBNOT United wests available:

For more information on Subsidized Transportation regarding this event please contact

South Interlake 55 Plus



204-467-2582

Interested in Playing Mahjong?

Come out at 1:00 pm on Wednesday, September 3 and learn to play the American version with score cards. The cards will be supplied. Play will continue every Wednesday.

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



Members \$1.00 Non-Members \$2.00

You are Invited to our 2025

55 South Interlake 5 Plus OPEN HOUSE

Friday, October 10 10:00 - 11:30 am 374 1st Street West, Stonewall



Come meet our Board, Staff, Active Wellness Instructors and learn about our wide range of activities



Chance to win a pair of tickets to our Christmas luncheon

Chance to win a 2026 Membership

Complimentary Transportation

Temporary Grant Funding Sponsored by:

Limited seats available!

For more information on Subsidized Transportation regarding this event please contact

South Interlake 55 Plus

FOR MORE INFORMATION CALL 204-467-2582

No Registration required

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 the Alzheimer Society of Manitoba 204-268-4752

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
September 4 and 18
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

This popular program supports and encourages <u>ALL</u> 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 204-467-2582or 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 <u>si55plus@mymts.net</u> to register, or for more info



Fall 2025 Session:

Starts September 16 – 10 week session

Tuesday

9:30-10:30 am Good Morning Stretch (In Person & Zoom)

> 5:00-5:45 pm Interval Ignite (In Person Only)

Wednesday

Stay Active. Stay Healthy.

5:00-5:45 pm Step, Strength & Stretch Fusion (In Person Only)

Thursday

9:30-10:30 am Restorative Yoga (In Person & Zoom)

5:00-6:00 pm Pilates (In Person Only)

CLASS DESCRIPTIONS

<u>Good Morning Stretch</u> with Liz – Come join us for an hour as we wake up our bodies with stretches and twists. As we age, our need to maintain flexibility and mobility is important for a healthy, happy and independent lifestyle. Please bring a yoga mat, yoga blocks, resistance bands and water.

<u>Interval Ignite</u> – "Getting Stronger by the Minute" with Cheryl. Fire up your metabolism in an efficient 45 minute interval class designed to maximize results. You'll alternate between cardio and strength exercises with rests. All fitness levels welcome with modifications offered throughout. Come ready to work and leave feeling unstoppable!

<u>Step, Strength & Stretch</u> with Cheryl – Boost your energy, build strength, improve your mobility and balance in just 45 minutes. Calorie burning cardio with targeted strength training to tone your entire body. The class wraps up with a guided full body stretch to leave you feeling strong, flexible and refreshed. Perfect for all fitness levels, this class keeps you moving and smiling from start to finish! Please arrive at least 5 minutes before class to set up your station. Bring water, indoor running shoes, and maybe a towel.

<u>Restorative Yoga</u> with Liz - A Class with a focus on increasing flexibility and mobility. A style of yoga concentrating on longer stretches and mental stillness. Includes a long rest period at the end of class to encourage peace for the mind and body. Please bring water and a yoga mat.

<u>Pilates</u> 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, resistance band*, water bottle.

*Some weights, bands and mats are available at the centre for use in class.

The 55 Plus Centre Reserves the Right to Cancel a Class

Save when you sign up for the full session!

10 Weeks

1 class/ wk: \$80 2 classes/ wk: \$130 3 classes/ wk: \$175 4 classes/ wk: \$215 All Access: \$250

5 Weeks

1 class/ wk: \$45 2 classes/ wk: \$80 3 classes/ wk: \$110 4 classes/ wk: \$135 All Access: \$150

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

Drop-In fee: \$10 per class

Get it all with an ALL ACCESS PASSI

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 <u>si55plus@mymts.net</u> for more information or to sign up!

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!



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 <u>si55plus@mymts.net</u>



CARDS

(Bridge, Canasta and Various Card Games)

Wednesdays at 1:00 pm

Members \$1.00 Non-Members \$2.00

Board games also available!



Hitch a Ride With Us!

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

Outlet Mall Shopping Trip

Thursday, September 18

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

Registration Deadline: Tuesday, September 16

Members \$20 / Non-members \$25

Call 204-467-2582 to reserve your seat



Tuesday, October 7th

Departure times: Lions Manor Entrance #1 - 9:15am South Interlake 55 Plus - 9:30am

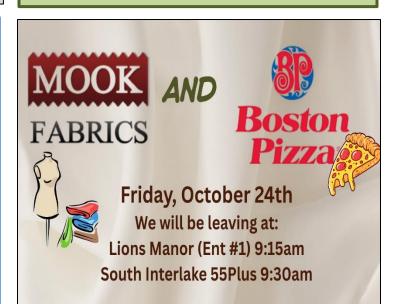
Cost:

Members - \$20.00 Non-Members - \$25.00

register by Wednesday, October 1st by calling 204-467-2582







Cost to come with us: Members: \$20 Non-Members: \$25 plus the cost of lunch Please call us, to reserve your seat before Tuesday, October 21st 204-467-2582

Around The Community

South Interlake Seniors Resource

144 – 622 Centre Ave. Entrance #4 (Stonewall Lions Manor) 204-467-2719

> Website: <u>www.sisrc.ca</u> 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 <u>www.si55plus.org</u> 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 Shopping Navigation Financial Skills Transportation
Home Maintenance
Meal Preparation
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



- 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

Generously supported & sponsored by:



WORD SEARCH

Dance Crazes

Find and circle all of the dance crazes that are hidden in the grid.

The remaining letters spell a secret message.

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CHICKEN DANCE
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ELECTRIC SLIDE
FLAMENCO
FOOTLOOSE
FOXTROT
GANGNAM STYLE

HAND JIVE
HIP HOP
HOKEY POKEY
JITTERBUG
JUMP ON IT
LIMBO
LINDY HOP
LINE
MACARENA
MAMBO
MERENGUE
MODERN
MOONWALK

QUICKSTEP RIVER ROBOT RUMBA SALSA SAMBA SHIMMY SINGLE LADIES SQUARE DANCE SUZIE Q SWING TANGO TAP

TEXAS TWO-STEP
THE BUNNY HOP
THE HUSTLE
THE JERK
THE RUNNING MAN
THE TWIST
THRILLER
VOGUE
WALTZ
WATUSI
YMCA
ZUMBA

AUGUST CROSSWORD PUZZLE ANSWERS



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Across

- Appeal
- ___ Valley (vineyard site)
- 9. Open a bottle
- 14. "King ___
- 15. Exam type
- 16. Doctor's coworker
- Accord
- Soil
- Toronto's country
- Male vendor
- City trains
- President after HST
- Feel remorse
- 27. Shopping reminders
- 29. Traps
- Murphy of "Beverly Hills Cop"
- 37. Quiet!
- Remodel
- Detroit team
- 41. Ambition
- 42. Implant
- 43. Deep affection
- 44. Opening bet
- 45. Tilts
- 46. Stadiums
- 48. Relieved
- 50. ____ culpa
- Race the engine
- Vapor
- Lost one's question (3 wds.)
- Vacation spot
- Baseball great Hank
- 64. Escapade
- Endured
- 67. Actor ____ Connery
- Scent
- 69. Annoying ones
- 70. Of sound mind
- 71. Chess piece

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| 69 | | | + | - | | 70 | + | + | | | 71 | | + | + |
| | | | | | | | | | | | | | | |

Down

- 1. Location
- Lawful
- Merits
- Space
- 5. Wanderers
- 6. How ____ you?
- 7. Cooking vessels
- Church table Concealed
- 10. Loony
- Pack tightly
- India's continent
- 13. William or Sean
- Whirlpools

- Luxurious
- Revolutionary
- Allen
- Fine fabric
- 28. Group of rooms
- Carrying weapons
- Songstress
- McEntire Genesis locale
- 33. Repairs lawns
- She, in Madrid
- 35. Fashion name
- 36. Peace symbol
- 38. Blur
- 42. Gridiron number
- 44. On a cruise

- 47. Changes for the better
- 49. Unruffled
- Pile up
- 53. Cheese type
- 54. Pointer
- Howard ____ of radio
- Winged stinger
- Abhor
- 58. God of love
- 59. Tooth part
- Inspiration
- **62**. Halt
- 65. Moving vehicle

GRANTHAM LAW OFFICES

Lawyers & Notaries Public

STONEWALL OFFICE:

#1-278 Main St., Stonewall 467-5527

Business <u>Advertising</u>

Place your advertisement here.

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

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 ROC 2Z0

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

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ROC 2Z0



8:00am-7:00pm

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|---------------------------------|---|---|---|--|--|
| | 1) 9:00 Steppin' Up Labour Day | 2) 9:00 Steppin' Up 11:00 Line Dancing 6:00 Pickleball | 3) 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 | 4) 9:00 Steppin' Up 11:00 Line Dancing 6:30 Ukulele Club 7:00 Crib Tournament | 5) 8:45 Quilter's Corner 9:00 Steppin' Up 1:00 Texas Hold'em Pickleball Tournament | 6) 9:00 Steppin' Up Pickleball Tournament |
| 7) Pickleball Tournament | 8) 9:00 Steppin' Up | 9) 9:00 Steppin' Up 11:00 Line Dancing | 10) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em | 11) 9:00 Steppin' Up 11:00 Line Dancing 3:00 Virtual Chat 7:00 Crib Tournament | 12) 9:00 Steppin' Up 9:15 The Leaf 1:00 Texas Hold'em | 13) 9:00 Steppin' Up |
| 14) | 15) 9:00 Steppin' Up | 16) 9:00 Steppin' Up 9:30 Good Morning Stretch 11:00 Line Dancing 1:00 Presentation: Frauds & Scams 5:00 Interval Ignite 6:30 Alzheimer Support Group | 17) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Lunch and Tunes (time change) 1:00 Cards and Games 5:00 Step, Strength & Stretch Fusion 7:00 Texas Hold'em | 18) 9:00 Steppin' Up 9:30 Restorative Yoga 9:30 Outlet Mall Shopping Trip 11:00 Line Dancing 1:00 Board Meeting 5:00 Pilates 6:30 Ukulele Club 7:00 Crib Tournament | 19) 8:45 Quilter's Corner 9:00 Steppin' Up 1:00 Texas Hold'em | 20) 9:00 Steppin' Up |
| 21) | 22) 9:00 Steppin' Up | 23) 9:00 Steppin' Up 9:30 Good Morning Stretch 11:00 Line Dancing 1:00 Cookie Decorating Workshop5:00 5:00 Interval Ignite | 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 4:15 Roy Orbison and Everly Brothers 5:00 Step, Strength & Stretch Fusion 7:00 Texas Hold'em | 25) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 3:00 Virtual Chat 5:00 Pilates 7:00 Crib Tournament | 26) 9:00 Steppin' Up 1:00 Texas Hold'em | 27) 9:00 Steppin' Up |
| 28) | 29) 9:00 Steppin' Up | 30) 9:00 Steppin' Up Office Closed NATIONAL DAY FOR TRUTH 6 RECONCILIATION | sep | ten | 1be | P 2025 |

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