



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

## October 2025

*You are Invited to our 2025*



### 55 South Interlake Plus OPEN HOUSE

Friday, October 10

10:00 - 11:30 am

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

*Bring a Friend*

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

- ☒ Pancakes and sausages with a donation
- ☒ 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

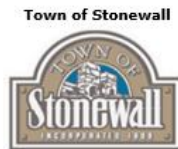
No Registration required



## 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



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](mailto:si55plus@mymts.net)

Tuesday: 8:30 am-4:00 pm

Wednesday: 8:30 am-4:00 pm

Thursday: 8:30 am-4:00 pm

Friday: 8:30 am-4:00 pm

Contact our Office at  
(204) 467-2582 or by email at

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

*Evening programs will run as scheduled.*

**Congratulations to  
Dianne Fotty for winning the  
draw at our Luncheon on  
September 17th**



### Birthdays

Beverley Brindley	3
Matt Chmelnitzki	3
Anita Good	4
Marilyn Debreuil	8
Jodine MacDuff	10
Donna Riley	16
Cal Turner	19
Alan Kilgallen	24
Lynn Wenzoski	24
Teresa Kaschyshyn	27
Karen McMechan	28
Frank Seidel	28
Ray Harkness	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)
- 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](http://belairdirect.com)



## 2026 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 1<sup>st</sup> Street West  
Stonewall, MB

**Fill out our form online!**

Visit:

[www.si55plus.org/membership](http://www.si55plus.org/membership)

**Mail your completed form  
(see below) to:**

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

**Payment can be made by cash, cheque or e-transfer to [si55info@gmail.com](mailto:si55info@gmail.com)**

*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](http://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](mailto:si55info@gmail.com)
- ☐ I will pay in person at the centre.

**I Understand** that Membership fees are non-refundable and will not be pro-rated.

**I Understand** that Membership is not transferable to another person.

**I Understand** that photographs are taken at 55 Plus events and programs, and these photos may be used in 55 Plus promotional materials.

**I Understand** that 55 Plus is committed to protecting the privacy of my personal information in accordance with the Personal Information & Electronic Documents Act (Canada).

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*South Interlake 55 Plus is a not-for-profit charitable organization. All donations are greatly appreciated, and help us to continue offering quality programming and innovating to meet the needs of the community.*

☐ **I would like to support the South Interlake 55 Plus with an additional donation in the amount of:**

\$ \_\_\_\_\_

\*Donations \$20 or greater will receive a tax-deductible receipt.

**Our centre is driven by its volunteers!** While volunteer participation is not a membership requirement, please consider the contribution you can make the 55 Plus and the community. Please check any of the following opportunities which may be of interest to you:

- |  |  |
|--|--|
| <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:                |  |

# THANK YOU!

*Thank you to the all of the volunteers who created such a successful 2025 South Interlake 55 Plus Pickleball Tournament which was held on September 5, 6 & 7, 2025.*

*A special thank you to Tom & Emma Forbes who were instrumental in organizing and leading the volunteers throughout the weekend.*

*There were over 147 teams which participated in 567 games.*





# October Luncheon

**Wednesday, October 15, 2025**

**12:00 pm**

**Perogies and Kielbasa**

**Tickets: \$18.00**

**ADVANCE TICKETS ONLY**

**Available at South Interlake 55 Plus Office**

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

**204-467-2582**

**Deadline to purchase tickets: Friday, October 10th**

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: 



**Stony Mountain School**

**Starting October 2, 2025**

**Tuesdays – 6:00-8:30 pm**

**Thursdays - 6:30-8:30 pm**

(please note new start time is 6:30 for Thursdays)

**Stonewall Collegiate**

**Starting October 4, 2025**

**Saturdays - 10:00 am-12:30 pm**

**No pickleball on Saturday,  
October 18th**

**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](mailto:si55plus@mymts.net)

Location subsidized by New Horizons Grant

## DO YOU LOVE TO BOWL?

We are looking for Seniors/Grandparents  
to bowl with some Grade 2 students  
from Ecole Bobby Bend School.

This complimentary bowling runs bi-weekly from  
October-June every other Wednesday, 11:30am-12:45pm  
starting October 8, 2025 at the Quarry Lanes, Stonewall

# LET'S BOWL

This Intergenerational Program is Sponsored by:

**Manitoba Association of Senior Communities  
Quarry Lanes Stonewall  
New Horizons Grant**

If you are interested in joining the fun,  
or want more information,  
please call us at 204-467-2582



# A Presentation on STRATEGIES AROUND AGING



Let's explore some tips for healthy aging

Tuesday, October 28th

1:00pm

At the South Interlake 55 Plus  
374 1<sup>st</sup> Street West, Stonewall

✓ What strategies have you developed for Healthy Aging?

✓ What does Healthy Aging mean to you?



please call us to register your name for this  
Complimentary Presentation by calling  
204-467-2582 before October 22



Temporary Grant Funding Sponsored by: **AGE FRIENDLY Manitoba**  
Limited seats available!  
For more information on Subsidized Transportation  
regarding this event please contact  
South Interlake 55 Plus



## FALLS PREVENTION

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

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

**Tuesdays 10:00 am starting November 4, 2025**

**If You Live in Lions Manor: Class Takes Place in MPR 4**

**All Others Can Join Virtually by Zoom**

**(Call South Interlake 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](mailto:si55plus@mymts.net)**



## Care Partner Support Group

South Interlake 55 Plus Centre  
374 1<sup>st</sup> Street West, Stonewall  
3<sup>rd</sup> Tuesday of the Month  
6:30 – 8:00pm

Support groups offer the opportunity for care partners to meet and share information about their experiences of caring for a person living with dementia.

For information and to register, contact  
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 at  
South Interlake 55 Plus,  
374 1<sup>st</sup> Street West, Stonewall  
the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month  
at 6:30 pm

New  
Location

October Dates:  
October 2 and 16, 2025

## STEPPIN' UP!

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

**Mondays to Saturdays  
@ 9:00 am – on Zoom**

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

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

*To register for the classes or for more information, call the 55 Plus office at 204-467-2582 or email: [si55plus@mymts.net](mailto:si55plus@mymts.net)*

Membership to South Interlake 55 Plus is encouraged to support the program.



## LINE DANCING!

**Tuesdays & Thursdays  
11:00am**

First time dancers receive  
two classes free!

Group-led, 90 minute class!



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

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



# Active Wellness Club

**Fall 2025 Session:  
Starts September 16 – 10 week session**

Tuesday	Wednesday	Thursday
<b>9:30-10:30 am</b> Good Morning Stretch (In Person & Zoom)	<b>Stay Active. Stay Healthy.</b>	<b>9:30-10:30 am</b> Restorative Yoga (In Person & Zoom)
<b>5:00-5:45 pm</b> Interval Ignite (In Person Only)	<b>5:00-5:45 pm</b> Step, Strength & Stretch Fusion (In Person Only)	<b>5:00-6:00 pm</b> Pilates (In Person Only)

## CLASS DESCRIPTIONS

**Good Morning Stretch** 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.

**Interval Ignite** – “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!

**Step, Strength & Stretch** 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.

**Restorative Yoga** 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.

**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, 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	5 Weeks
1 class/ wk: \$80	1 class/ wk: \$45
2 classes/ wk: \$130	2 classes/ wk: \$80
3 classes/ wk: \$175	3 classes/ wk: \$110
4 classes/ wk: \$215	4 classes/ wk: \$135
<b>All Access: \$250</b>	<b>All Access: \$150</b>
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	
<b>Get it all with an ALL ACCESS PASS!</b> 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](mailto:si55plus@mymts.net)

for more information  
or to sign up!

# Social Groups

Temporary Grant Funding Sponsored by Age Friendly Manitoba

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

## LADIES CRAFT N' COFFEE

**Wednesdays at 10:30am**

Coffee and Conversation!

Bring your latest craft project  
if you wish.



## MEN'S CHAT

**Wednesdays at 10:30am**

Bring \$1 for the coffee jar, and  
join us for a cup and  
conversation.  
If you're lucky, there might  
even be some  
fresh baking!

## QUILTER'S CORNER

Beginners & Experienced  
Quilters Welcome!

**1<sup>st</sup> and 3<sup>rd</sup> Fridays of the  
Month**

**8:45am – 3:00pm**

**Members: \$3    Non-Members \$5**

## VIRTUAL CHAT TIME BY ZOOM

**2<sup>nd</sup> & 4<sup>th</sup> Thursday of the Month  
3:00-4:00 PM**

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

***Stay Connected! Stay Healthy!***

Join the Conversation!

Sign Up By Calling 204-467-2582 Or  
Email [si55plus@mymts.net](mailto:si55plus@mymts.net)

## CARDS (Bridge, Canasta, Mahjong 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

LGCA 2910-TH-48508



# Hitch a Ride With Us!

## Kildonan Place Shopping Trip

**Thursday, October 23**

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

**Registration Deadline:  
Tuesday, October 21**

**Members \$20 / Non-members \$25**

**Call 204-467-2582 to reserve your seat**

**MOOK**  
FABRICS



**AND**



**Friday, October 24th**

We will be leaving at:

Lions Manor (Ent #1) 9:15am

South Interlake 55Plus 9:30am



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



**Tuesday, November 18th**

Leaving Lions Manor Entrance #1 at 9:10am  
and the SI55Plus Centre at 9:15am

**Cost:**  
Members: \$40.00  
Non-Members: \$45.00

We will also be going to Chicago Joe's for lunch  
(at your own expense)

**Deadline to register and pay is:  
Friday, November 7th**



204-467-2582



**Sunday, December 14, 2025**

Leaving Lions Manor Entrance #1  
and the SI55Plus Centre at 12:30pm

**Ticket Price:**  
Members-\$115.00  
Non-Members-\$120.00

**Deadline to register and pay is:  
Friday, October 31st**



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](http://www.sisrc.ca)**

**Email: [sisrc@shaw.ca](mailto:sisrc@shaw.ca)**

Assisting senior and disabled persons with continuing to live independently in their own homes for as long as possible.

- ✓ Driver/Escort Program
- ✓ Equipment Lending Services
- ✓ Handy Helper & House Cleaning
- ✓ Victoria Lifeline
- ✓ Meals on Wheels
- ✓ Friendly Visitor/Telechek
- ✓ Emergency Response Info Kit
- ✓ Form Assistance & Resource Info

**Visit [www.si55plus.org](http://www.si55plus.org)  
for links to other useful  
community websites!**

## Support to Seniors in Group Living (SSGL)

**144 – 622 Centre Ave. Entrance #4  
431-381-4002**

**SSGL provides a range of free enhanced support services in group living/elderly persons housing buildings including Crocus Manor, Stonewood Place, Hilltop Manor, and Sprucewood Place.**

### Services include:

- |                  |                    |
|------------------|--------------------|
| Communication    | Transportation     |
| Shopping         | Home Maintenance   |
| Navigation       | Meal Preparation   |
| Financial Skills | Light Housekeeping |



## Stonewall & Area Mobility Service

- Provides door to door transportation to seniors and persons with mobility concerns
- Offering flexible times for trips (ie, on evenings and weekends)

**Monday – Friday  
(closed holidays)  
8:30 am to 4:30 pm**



**204-467-9446**



This program covers the areas of:  
RM of Rockwood      RM of 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.



**If you know of someone who would benefit from this program OR if you would like to volunteer contact:**  
SWDPC Nav-CARE Volunteer Coordinator  
Email: [navcare@swdpc.com](mailto:navcare@swdpc.com)  
Phone: 204-404-3030





# WORD SEARCH



## Halloween

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell an activity played on Halloween.

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

APPLES  
BATS  
BLACK CAT  
BROOMSTICK  
CANDLE  
CANDY  
CEMETERY  
COFFIN

COSTUME  
DRACULA  
FRIGHTENING  
FULL MOON  
GHOSTS  
GHOULS  
GOBLINS  
GRAVEYARD

JACK O LANTERN  
MASK  
MUMMY  
NIGHT  
PUMPKIN  
SCARECROW  
SCARY  
SCREAM

SKELETON  
SKULL  
SPIDERS  
TOMBSTONE  
VAMPIRE  
WEREWOLF  
WITCHES  
ZOMBIE



# CROSSWORD PUZZLE

## SEPTEMBER CROSSWORD PUZZLE ANSWERS

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

### Across

1. Await judgment
5. \_\_\_ and ends
9. Basil sauce
14. Dry
15. Personnel
16. Church table
17. Open to suggestions
19. Peruvian animal
20. \_\_\_ cream
21. Fast
22. Artist's stand
23. Stress
25. Exited
27. Foot part
28. Ultimate
33. \_\_\_ Pan
36. Pleasant
39. Locality
40. Shaquille \_\_\_
41. Part of speech
42. In a little while
44. Wharves
45. Agree
46. Distinctive period
47. Middling (hyph.)
50. School playtime
54. Madrid's country
58. Copy exactly
60. Large amount
61. Chinese mammal
62. Escapade
64. Passion
65. Reclines
66. Conception
67. Current fashion
68. Cheeky
69. Brew coffee

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20					21					22				
23				24			25		26					
			27						28		29	30	31	32
33	34	35				36	37	38						
39					40					41				
42					43					44				
45									46					
				47		48	49		50			51	52	53
54	55	56	57			58		59				60		
61						62					63			
64						65					66			
67						68					69			

- |                            |                               |                          |
|----------------------------|-------------------------------|--------------------------|
| 1. France's capital        | 24. Military command (2 wds.) | 44. Primp                |
| 2. Build                   | 26. Gasoline, e.g.            | 46. Author ___ Hemingway |
| 3. Kinder                  | 29. Madman                    | 48. Hair location        |
| 4. Ike's inits.            | 30. Woodwind                  | 49. Classic song         |
| 5. Gasoline rating         | 31. Insult                    | 51. Escape               |
| 6. Faucet problem          | 32. Perfect scores            | 52. More angry           |
| 7. Satan                   | 33. Father                    | 53. T-bone, e.g.         |
| 8. Stockholm resident      | 34. Proves human              | 54. Mineral springs      |
| 9. Artist's board          | 35. Driving aids              | 55. Role                 |
| 10. ___ Fitzgerald of jazz | 36. Social insect             | 56. Actor ___ Griffith   |
| 11. Terminals (abbr.)      | 37. Harden                    | 57. Revered person       |
| 12. Gentle                 | 38. Beam                      | 59. Done                 |
| 13. Unwritten              | 40. On top of                 | 63. Point                |
| 18. Previous               | 43. Catch                     |                          |

# 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](http://www.stonewallquarrydental.ca)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1) <b>9:00 Steppin' Up</b> <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b> <b>11:30 Book Club</b>  <b>1:00 Cards and Games</b> <b>5:00 Step, Strength &amp; Stretch Fusion</b> <b>7:00 Texas Hold'em</b>	2) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>11:00 Line Dancing</b>  <b>5:00 Pilates</b> <b>6:30 Ukulele Club</b> <b>6:30 Pickleball</b>	3) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up  <b>1:00 Texas Hold'em</b>	4) 9:00 Steppin' Up <b>10:00 Pickleball</b>
5)	6) 9:00 Steppin' Up	7) 9:00 Steppin' Up <b>9:30 Good Morning Stretch</b> <b>9:30 Club Regent Casino</b> <b>11:00 Line Dancing</b>  <b>5:00 Interval Ignite</b> <b>6:00 Pickleball</b>	8) <b>9:00 Steppin' Up</b> <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b> <b>11:30 Intergenerational Bowling</b> <b>1:00 Cards and Games</b> <b>5:00 Step, Strength &amp; Stretch Fusion</b> <b>7:00 Texas Hold'em</b>	9) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>11:00 Line Dancing</b>  3:00 Virtual Chat <b>5:00 Pilates</b> <b>6:30 Pickleball</b>	10) 9:00 Steppin' Up <b>10:00 Open House</b>  <b>1:00 Texas Hold'em</b>	11) 9:00 Steppin' Up <b>10:00 Pickleball</b>
12)	13) 9:00 Steppin' Up  	14) 9:00 Steppin' Up <b>9:30 Good Morning Stretch</b> <b>11:00 Line Dancing</b> <b>5:00 Interval Ignite</b> <b>6:00 Pickleball</b>	15) <b>9:00 Steppin' Up</b> <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b> <b>12:00 Luncheon</b>  <b>1:00 Cards and Games</b> <b>5:00 Step, Strength &amp; Stretch Fusion</b> <b>7:00 Texas Hold'em</b>	16) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>11:00 Line Dancing</b>  <b>1:00 Board Meeting</b> <b>5:00 Pilates</b> <b>6:30 Ukulele Club</b> <b>6:30 Pickleball</b>	17) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up  <b>1:00 Texas Hold'em</b>	18) 9:00 Steppin' Up <b>No Pickleball Today</b>
19)	20) 9:00 Steppin' Up	21) 9:00 Steppin' Up <b>9:30 Good Morning Stretch</b> <b>11:00 Line Dancing</b>  <b>5:00 Interval Ignite</b> <b>6:00 Pickleball</b> <b>6:30 Alzheimer Support Group</b>	22) <b>9:00 Steppin' Up</b> <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b> <b>11:30 Intergenerational Bowling</b> <b>1:00 Cards and Games</b> <b>5:00 Step, Strength &amp; Stretch Fusion</b> <b>7:00 Texas Hold'em</b>	23) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>9:30 Kildonan Place Shopping Trip</b> <b>11:00 Line Dancing</b>  3:00 Virtual Chat <b>5:00 Pilates</b> <b>6:30 Pickleball</b>	24) 9:00 Steppin' Up <b>9:30 Mook Fabrics &amp; Boston Pizza</b>  <b>1:00 Texas Hold'em</b>	25) 9:00 Steppin' Up <b>10:00 Pickleball</b>
26)	27) 9:00 Steppin' Up	28) 9:00 Steppin' Up <b>9:30 Good Morning Stretch</b> <b>11:00 Line Dancing</b> <b>1:00 Presentation: Strategies Around Aging</b> <b>5:00 Interval Ignite</b> <b>6:00 Pickleball</b>	29) <b>9:00 Steppin' Up</b> <b>10:30 Craft n' Coffee</b> <b>10:30 Men's Chat</b>  <b>1:00 Cards and Games</b> <b>5:00 Step, Strength &amp; Stretch Fusion</b> <b>7:00 Texas Hold'em</b>	30) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> <b>11:00 Line Dancing</b>  <b>5:00 Pilates</b> <b>6:30 Pickleball</b>	31) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up  <b>1:00 Texas Hold'em</b>  	

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