



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

November 2025

November Luncheon

Wednesday
November 19, 2025
12:00 pm

Chinese Food, Dessert, Tea/Coffee

Deadline to purchase ticket: Friday, November 14


Tickets: \$18.00

ADVANCE TICKETS ONLY

Available at South Interlake 55 Plus Office
374 1st Street West, 204-467-2582

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: 

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.

Thank you to all our donors. Your generosity makes a difference.

Thank You to 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.



Claire Stephensen	2
Shirley Toback	8
Emma Hogg	15
Debbie Peterson-Bagan	18
Mabel Armstrong	22
Margaret Munroe	23
Henriette Baryliuk	27
Murray Paull	29
George Bond	30
Barb Kaminski	30



**Congratulations to
Norma Wilkie for winning the
draw at our Luncheon on
October 15**



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



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 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: | |

**Thank you for participating in
our First
Cookie Decorating Workshop!**



*Thank you Brooke for showing us a
super fun skill
- the cookies were so beautiful and delicious!*



**We would like to Thank our sponsors:
New Horizons Grant**



Winner of 2 tickets to
our Christmas Luncheon:
Ria Cameron

Winner of a 2026
Membership:
Verna Sinclair

Thank you for joining us at our 2025

55^{Plus} **OPEN HOUSE**

We are grateful to everyone that participated in our Open House
Thank you to our Board of Directors for your support
Thank you to all the Volunteers for your hard work and dedication



Presentations

Join us for a Presentation

Our Amazing Universe *A Trip Through the Night Sky*

Ted Bronson will bring a power point presentation including amazing pictures of the Aurora Borealis, eclipses seen from around the world and the Deep Sky

Tuesday, November 25th at

1:00pm

South Interlake 55 Plus Centre

374 1st Street West

Stonewall



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



Please register your name for this Complimentary Presentation
by calling 204-467-2582 before November 19th



MEDS TALK WITH TREVOR OF

STONEWALL PHARMACY I.D.A.



Let's Discuss:

- Risks and side effects
- How medications change as we age
- Avoiding drug interactions with supplements
- Other important topics related to aging and medications



Thursday, January 22, 2026
1:00pm
at the South Interlake 55 Plus
374 1st Street West, Stonewall

Contact us for this
Complimentary Presentation by calling
204-467-2582 before January 14th

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

Workshops



**PAINTING DAY
DROP-IN**

Drop-in dates:
Friday, October 31
Friday, November 14
Friday, November 28
Friday, December 12

Drop-in fees:
Members - \$3
Non-Members - \$5

Drop-in from 10am-1pm
Bring a bagged lunch and all of your supplies
that you need to work on
your current painting project

Pre-registration not
required
Call us -204-467-2582
for more information

 **55 Plus**
374 1st Street West, Stonewall



LET'S CRAFT!
CHRISTMAS CENTERPIECE

Friday, **Dec. 19**
10:00AM-11:30AM
AT SOUTH INTERLAKE 55 PLUS
374 1ST STREET WEST,
STONEWALL
space is limited



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 | 

Please call us to register your name for this *Complimentary Workshop* by calling 204-467-2582 before Dec 10th

 **55 Plus**



Pickleball!



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

**No pickleball on
Tuesday, November 11**

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

**No pickleball on
Saturday, November 1st**

**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

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



FALLS PREVENTION

Are you at risk for falls? Have you fallen?

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

Tuesdays at 10:00 am

No Class November 11

November 4 to December 23, 2025

January 6 to June 30, 2026

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



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
Kyla Smith
Interlake-Eastern Regional Coordinator
ksmith@alzheimer.mb.ca
204-943-6622 ext. 214



STONEWALL STRUMMERS UKULELE CLUB

Do you play the ukulele?

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

**1st and 3rd Thursday of
the month**

**South Interlake 55 Plus
374 1st Street West
Stonewall
6:30 pm**

New
Location

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

Active Wellness Club

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

Tuesday	Wednesday	Thursday
9:30-10:30 am Good Morning Stretch (In Person & Zoom)	Stay Active. Stay Healthy.	9:30-10:30 am Restorative Yoga (In Person & Zoom)
5:00-5:45 pm Interval Ignite (In Person Only)	5:00-5:45 pm Step, Strength & Stretch Fusion (In Person Only)	5:00-6:00 pm 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 Liz – Fire up your metabolism in an efficient 45 minute interval workout designed to maximize results. You’ll alternate between strength exercises with rests. All fitness levels welcome. Modifications offered throughout. You’ll leave feeling unstoppable!

Step, Strength & Stretch Fusion with Liz – This class combines strength, interval, and stretching to create a full-body workout. Calorie burning, muscle toning, and flexibility are all achieved. You’ll leave you feeling energized and accomplished. All fitness levels welcome. Please arrive 10 minutes early to set up your station. Bring water and a towel.

Restorative Yoga with Liz – This class has a focus on increasing flexibility and mobility. The 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 a 10 week session!

**No Classes Tuesday, November 11.
Four weeks left in the Fall session. Drop-In
classes available. Call for availability.
Stay tuned for information on our winter session
starting in January 2026!**

Weeks
1 wk: \$45
2 wk: \$80
3 wk: \$110
4 wk: \$135
Drop-In fee: \$150

A one-time fee will apply to all new members of South Interlake 55 Plus.

Drop-In fee: \$10 per class

Get it all with an ALL ACCESS PASS!

Pick and choose from any of these great classes each week for one great price! Receive the links to join classes on Zoom or in person (when applicable). Choose the best time to move your body.

Instructors: Cheryl Kooning and Liz Luke

Ready to Register?

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

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!

1st and 3rd Fridays of the Month
(and 5th Friday if there are
5 Fridays in a 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,
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 1:30 pm

Members \$1.00
Non-Members \$2.00

LGCA 2910-TH-48508

Hitch a Ride with Us



**ROYAL
AVIATION MUSEUM
OF WESTERN CANADA**

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

St. Vital Shopping Centre Trip

Thursday, November 20

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

**Registration Deadline:
Tuesday, November 18**

Members \$20 / Non-members \$25

Call 204-467-2582 to reserve your seat

Thursday, December 11



Winter Wonderland is a festive drive through light display offering
over 1 million lights and over 26 different theme areas.

Cost: \$25.00 per person

Leave Lions Manor, Entrance 1 and the 55 Plus Centre at 4:30 pm

Dinner at Denny's before the event (at your own expense)

Deadline to register and pay: Thursday, December 4, 2025



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



**THE
TENORS**



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

Call for Availability



204-467-2582

Around the Community

South Interlake Seniors Resource

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

Website: www.sisrc.ca

Email: sisrc@shaw.ca

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

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

**Visit www.si55plus.org
for links to other useful
community websites!**

Support to Seniors in Group Living (SSGL)

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

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

Services include:

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



Stonewall & Area Mobility Service

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

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



204-467-9446



This program covers the areas of:
RM of Rockwood RM of Armstrong
RM of Woodlands Town of Stonewall
RM of Rosser Town of Teulon
RM of St. Laurent

Nav-CARE is a FREE program with specially-trained volunteers designed to help improve the lives of people living with declining health by creating connections to community services and resources and providing caring, consistent emotional support.

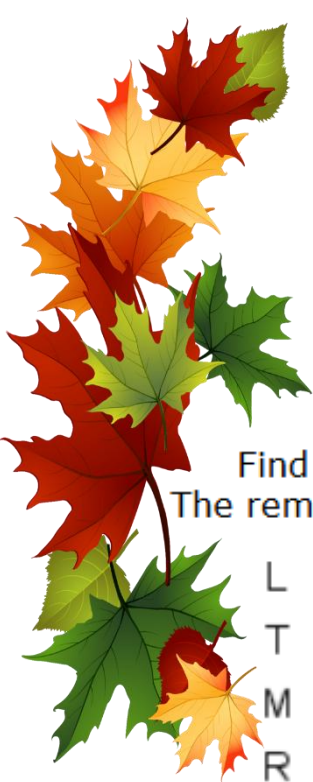
Nav-CARE volunteers visit you in your home on a regular basis with a focus on enhancing your quality of life.

South West District



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



Autumn

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.

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

ACORN
APPLE
BIRD MIGRATION
BLOWING LEAVES
BLUSTERY DAY
CANNING
CHESTNUTS
CHILLY
COLD
CROPS

EQUINOX
FALL
FARMING
FEAST
FROST
HALLOWEEN
HARVEST
HAYSTACK
HICKORY NUTS
LONGER NIGHTS

NOVEMBER
OCTOBER
ORANGE LEAVES
PIE
PUMPKIN
RAKE
RED LEAVES
SCARECROW
SCHOOL
SEASON

SEPTEMBER
SHORTER DAYS
SQUASH
SWEET POTATOES
THANKSGIVING
TURKEY
WINDY
YELLOW LEAVES



CROSSWORD PUZZLE

October CROSSWORD PUZZLE ANSWERS

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

Across

1. Cast off
5. Omelet ingredients
9. Fireplace residue
14. Cab
15. Burn-soothing plant
16. Fixed gaze
17. Showy flower
18. Regulation
19. Beauty shop
20. Freed
22. Most insignificant
23. Blur
24. Breathe rapidly
25. Time unit (abbr.)
27. Ragged
31. Trial
34. "The Greatest"
35. Round roof
36. Fight
37. Cat breed
40. Baby's meal garb
41. Biblical locale
43. SSW's opp.
44. Rains ice
46. Did again
48. Gobble up
49. Assert
50. Squads
54. Hurry
57. City officials
60. Autumn bloom
61. Spanish water
62. Bare
63. Minimum
64. Microbe
65. The Orient
66. Bakery items
67. Lyric poems
68. Plumber's concern

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
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23								24						
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31	32	33					34			35				
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54	55	56					57	58	59					
60						61					62			
63						64					65			
66						67					68			

Down

- | | | |
|-----------------------|-------------------------|-----------------------------|
| 1. Mixes | 21. Regions | 42. Most orderly |
| 2. Sultan's wives | 22. Artist Henri ____ | 45. Ceaseless |
| 3. Banish | 24. Lacking color | 47. Wards off |
| 4. Malady | 26. Hillary Rodham ____ | 51. Entertain |
| 5. Hearing organs | 27. Made docile | 52. Newspapers and TV, e.g. |
| 6. Sticky stuff | 28. Choir gown | 53. Move stealthily |
| 7. Prospector's quest | 29. Radiate | 54. Stop |
| 8. Comprehend | 30. Society gals | 55. Not ashore |
| 9. Agree | 31. Concluded | 56. Celebrity |
| 10. Began | 32. Carousel, e.g. | 57. Ripened |
| 11. Healthy | 33. Bottomless | 58. Tempt |
| 12. Love god | 38. Again | 59. Beaver projects |
| 13. Shipped | 39. Thrill | 61. Long, long ____ |

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. Ruby Aulakh, 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



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
Music Centre
keyboardventures.com

Piano • Keyboard • Guitar • Ukelele • Voice • Banjo
Lessons in your home or our studios






Terry Zurylo
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 2025						1) 9:00 Steppin' Up No Pickleball Today
2) 	3) 9:00 Steppin' Up	4) 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 5:00 Interval Ignite 6:00 Pickleball	5) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Book Club 11:30 Intergenerational Bowling 1:00 Cards and Games 5:00 Step, Strength & Stretch Fusion 7:00 Texas Hold'em	6) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 5:00 Pilates 6:30 Pickleball 6:30 Ukulele Club	7) 8:45 Quilter's Corner 9:00 Steppin' Up 1:30 Texas Hold'em	8) 9:00 Steppin' Up 10:00 Pickleball
9) 	10) 9:00 Steppin' Up	11) 9:00 Steppin' Up  <small>REMEMBRANCE DAY LEST WE FORGET</small> Office Closed	12) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 5:00 Step, Strength & Stretch Fusion 7:00 Texas Hold'em	13) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 3:00 Virtual Chat 5:00 Pilates 6:30 Pickleball	14) 9:00 Steppin' Up 10:00 Travel Club 10:00 Drop-In Painting Day 1:30 Texas Hold'em	15) 9:00 Steppin' Up 10:00 Pickleball
16) 	17) 9:00 Steppin' Up	18) 9:00 Steppin' Up 9:15 Aviation Museum 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 5:00 Interval Ignite 6:00 Pickleball 6:30 Alzheimer Support Group	19) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Intergenerational Bowling 12:00 Luncheon 1:00 Cards and Games 5:00 Step, Strength & Stretch Fusion 7:00 Texas Hold'em	20) 9:00 Steppin' Up 9:30 Restorative Yoga 9:30 St. Vital Shopping Centre Trip 11:00 Line Dancing 1:00 Board Meeting 5:00 Pilates 6:30 Pickleball 6:30 Ukulele Club	21) 8:45 Quilter's Corner 9:00 Steppin' Up 1:30 Texas Hold'em	22) 9:00 Steppin' Up 10:00 Pickleball
23) 30) 	24) 9:00 Steppin' Up	25) 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 1:00 Presentation: Our Amazing Universe 5:00 Interval Ignite 6:00 Pickleball	26) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 5:00 Step, Strength & Stretch Fusion 7:00 Texas Hold'em	27) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 3:00 Virtual Chat 5:00 Pilates 6:30 Pickleball	28) 9:00 Steppin' Up 10:00 Drop-In Painting Day 1:30 Texas Hold'em	29) 9:00 Steppin' Up 10:00 Pickleball

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