



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

January 2026

Join us for an afternoon of


MUSICAL THEATRE

with the College Stonewall Collegiate
Musical Theatre Class on
Tuesday, January 13th at
1:30pm

at the South Interlake 55 Plus
374 1st Street West, Stonewall

Please pre-register for this
COMPLIMENTARY event by
Thursday, January 8th
by calling
204-467-2582



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

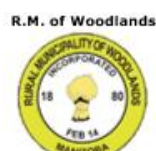
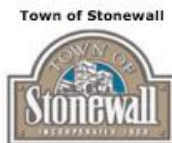
Mission Statement



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



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.



Sophie Danais	2
Carl Paulsen	4
Barbara Hamilton-Pfeiffer	7
Kelly Goodman	8
Dolores Gozda	11
Matthew Podolas	14
Nashelle Finnbogason	16
Roni Alward	17
Laurie Briggs	18
Marie Craig	20
Shirley Lyle	20
Beth Mills	22
Marlene Miller	25
Ria Cameron	27
John Leafloor	29

**Congratulations to
Bernice Palmer for winning
the draw at our Luncheon on
December 17th**



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: | |

EDUCATION



Looking for **Supports**
for **Older Adults**?

Call **2•1•1**

FREE • CONFIDENTIAL • 24/7

A partnership between  **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.

Presentation

Join us for a

MEDS TALK

WITH TREVOR OF

STONEWALL PHARMACY 

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 15th



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

Presentation

DIABETES PRESENTATION



Join us for a presentation by IERHA CDE Lisa Wutzke

Discussions will include:


- different types of diabetes
- targets to achieve
- blood sugar testing
- potential complications
- diet
- exercise
- foot care principles
- eye health
- medicines

Thursday, February 26th at
1:00pm
at The South Interlake 55 Plus
Centre
374 1st Street West, Stonewall



call us to register your name for this Complimentary Presentation before February 17th
204-467-25825



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

February Luncheon

Wednesday, February 18, 2026 - 12:00 pm

Roast Beef Lunch with dessert and coffee/tea

Entertainment: singer, Lori Benn

Ticket Cost: \$20.00 Advance tickets only

Tickets available at South Interlake 55 Plus,
374 1st Street West, Stonewall 204-467-2582

Deadline to purchase tickets: Friday, February 13, 2026

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:



YOU'RE INVITED...

Complimentary Event...

WHAT:

SENIORS CAFE

WHERE:

SOUTH INTERLAKE 55+
374 1ST ST W, STONEWALL MB

WHEN:

JANUARY 20, 2026 1:00 - 1:45 PM



Come & enjoy fun and refreshments with the Stonewall Collegiate Foods Class.

Be on the look out for a special guest!

Enhanced Transportation Committee

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: 



Seniors Resource



Free Transportation
by SAMS

Call: 204-467-9446

**Registration deadline: Tuesday, Jan 13th
Call 204-467-2582 to reserve your seat**

Thank you to the South Interlake 55 Plus Book Club

I would like to take this opportunity to thank the SI55Plus Book Club for their kind invitation to discuss the books that I have written; Country Girl; Yearning and Doing The Best I Can.

I began by sharing the story behind the story on what inspired me to write and publish each of the books and then I read a selection from each book. The group and I discussed each one at great length and many of the members shared their own experiences.

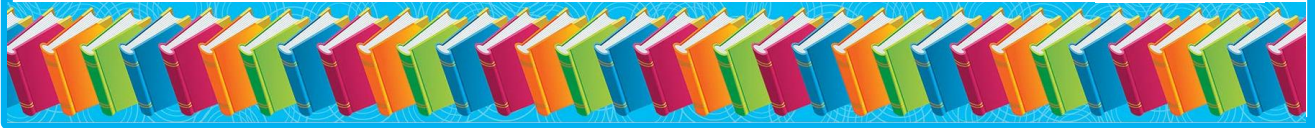
This was a wonderful experience for me as each of the books has a story to tell regarding various life's challenges and rewards.

A special thanks to Teresa and Trudy, you both made me feel very special.

Submitted by:

Florence Bambenek

Board of Director - Secretary



South Interlake 55plus is pleased to launch the GrandPals program in collaboration with Active Aging in Manitoba and Interlake School Division Ecole Centennial School.

The GrandPals Program is an exciting initiative that connects older adults in our community with students in our school. The aim is to create meaningful intergenerational relationships that benefit both the older adult and the student. These relationships are nurtured through eight engaging sessions which will take place this winter starting January 13, 2026. Each session focuses on different aspects of life, learning, and shared experiences.

This intergenerational program is the first in our community and we are hopeful to have the opportunity to organize more in the future. We accept any and all individuals to sign up to participate in future sessions.

Submitted by:

Florence Bambenek

Volunteer Coordinator



Pickleball!



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

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

No pickleball on
Saturday, January 3rd or 10th

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

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**

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

Winter 2026 Session starts January 6, 2026

Cheryl's classes

Tuesdays 5:00 – 5:45 pm
(In Person Only, 7 week class)
January 6 to February 17, 2026

Interval Ignite Class: "Getting Stronger by the Minute". 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!

Wednesdays 5:00–5:45 pm
(In Person Only, 7 week class)
January 7 to February 18, 2026

Ultimate Mix Class: This short and effective multi-fitness class offers a lot for all levels of exercisers: easy to follow, joint-friendly, full body cardio moves designed to get your heart-pumping and burn calories; strengthen and sculp muscles using a variety of weights and Pilates; finish with a long, relaxing stretch with yoga inspired poses. Join this functional and fun workout with great music to boot! Bring a mat, hand weights, water and a good attitude (but we will take all attitudes!)

**Cost For
Cheryl's classes**

7 Weeks
1 class/ wk: \$56
2 classes/ wk: \$91

5 Weeks
1 class/ wk: \$45
2 classes/ wk: \$80

Drop-In Fee
\$10.00 per class

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

Liz's classes

Tuesdays 9:30–10:30 am
(In Person & On Zoom)
January 6 to March 10, 2026
10 week class

Good Morning Stretch: 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.

Thursdays 9:30-10:30am
(In Person & On Zoom)
January 8 to March 12, 2026
10 weeks class

Restorative Yoga: 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.

Thursdays 5:00–6:00 pm
(In Person Only)
January 8 to March 12, 2026
10 weeks

Pilates: 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 and water bottle.

**Cost For
Liz's classes**

10 Weeks
1 class/ wk: \$80
2 classes/ wk: \$130
3 classes/ wk: \$175

5 Weeks
1 class/ wk: \$45
2 classes/ wk: \$80
3 classes/ wk: \$110

Drop-In Fee
\$10.00 per class

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

To register for these classes or for more information please contact the South Interlake 55 Plus Centre, 374 1st Street West, Stonewall, 204-467-2582, si55plus@mymts.net

South Interlake 55 Plus Centre Reserves the Right to Cancel a Class if Necessary

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 of
coffee, a cookie
and conversation!

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

HITCH A RIDE WITH US TO THE ROYAL CANADIAN MINT AND LUNCH AT MONTANA'S

Join us for a fun and interactive guided tour featuring stunning displays and a behind-the-scenes look at their state-of-the-art facilities and production floor – where the magic happens!

FRIDAY, JANUARY 9

Leaving Lions Manor Entrance #1 at 9:00am
and the SI55Plus Centre at 9:15am

Cost:

Members:\$30

Non-Members:\$35

plus the cost of lunch



**DEADLINE TO REGISTER
AND PAY:**

Tuesday, January 6

 **204-467-2582**

Let's Go for Lunch

Join us for a trip to Winnipeg for Lunch at



FRIDAY, JANUARY 23

Leaving the Lions Manor Entrance #1 at 10:30am
and the SI55Plus Centre at 10:45am

COST OF THIS TRIP IS:

MEMBERS-\$20

NON-MEMBERS \$25

PLUS THE COST OF LUNCH

Deadline to register is Thursday, January 15
by calling 204-467-2582





Kildonan Place Shopping Trip

Thursday, February 19, 2026

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

Registration deadline:

Tuesday, February 17

Members \$20 / Non-members \$25

Call to reserve your seat!

Hitch a Ride with Us

Straight From Me to You at the Club Regent Event Centre



Thursday, February 26

Leaving Lions Manor Entrance #1
and the SI55Plus Centre at 4:00pm

Ticket Price:

Members-\$85.00

Non-Members-\$90.00

Deadline to register and pay is:

Thursday, February 12



204-467-2582

American Rock Legends at the Club Regent Event Centre



Friday, February 27

Leaving Lions Manor Entrance #1
and the SI55Plus Centre at 4:00pm

Ticket Price:

Members-\$85.00

Non-Members-\$90.00

Deadline to register and pay is:

Thursday, February 12



204-467-2582

Charlie Major at the Club Regent Event Centre



CHARLIE MAJOR

Friday, March 6

Leaving Lions Manor Entrance #1
and the SI55Plus Centre at 4:00pm

Ticket Price:

Members-\$85.00

Non-Members-\$90.00

Deadline to register and pay is:

Thursday, February 19



204-467-2582

The Irish Rovers at the Club Regent Event Centre



Tuesday, March 10

Leaving Lions Manor Entrance #1
and the SI55Plus Centre at 4:00pm

Ticket Price:

Members-\$100.00

Non-Members-\$105.00

Deadline to register and pay is:

Tuesday, February 17



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



Jewels and Gemstones

Find and circle all of the gemstones that are hidden in the grid.
The remaining letters spell a secret message.

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

AGATE
ALEXANDRITE
AMBER
AMETHYST
AMMOLITE
AQUAMARINE
BERYL
BLOODSTONE
CITRINE
CORAL
DANBURITE

DIAMOND
EMERALD
GARNET
HIDDENITE
IOLITE
IRONSTONE
JADE
JASPER
MALACHITE
MOONSTONE

MORGANITE
OBSIDIAN
ONYX
OPAL
PEARL
RUBELITE
RUBY
SAPPHIRE
SERPENTINE
SPHENE

SPINEL
SUGLITE
SUNSTONE
TANZANITE
TOPAZ
TOURMALINE
TURQUOISE
VARISCITE
ZIRCON
ZOISITE



CROSSWORD PUZZLE

DECEMBER CROSSWORD PUZZLE ANSWERS

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

Across

1. Lettuce dish
6. Annoying thing
10. Used the pool
14. Secretly marry
15. Out of work
16. Hot, molten rock
17. Fix
19. On the peak
20. Baseball's ____ Williams
21. Socrates' student
22. Hearty soups
23. Zodiac lion
24. Trotter's kin
26. Calamity
31. Zany
34. Put into effect
35. Alter slacks
37. Poetic work
38. Walking stick
39. Astronomer Carl ____
40. Very many (2 wds.)
41. Stop ____ dime (2 wds.)
42. Of the smelling organ
43. Fern "seed"
44. Leased car
46. Dawdler
48. Cassettes
50. Pedro's "two"
51. Plant life
53. Singing voice
56. Train terminal (abbr.)
59. Rave
60. Eye-opener
62. The Orient
63. Constantly
64. Huge
65. Norse thunder god
66. Mexican coin
67. Television awards

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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51	52					53	54	55				56	57	58
59						60						61		
62						63					64			
65						66					67			

- | | | |
|---------------------|---------------------------|--------------------------------|
| 1. Faction | 22. Fraudulent scheme | 43. What cabinets are used for |
| 2. Healing plant | 23. Lingerie edging | 45. Deposit on teeth |
| 3. British nobleman | 25. Prayer finale | 47. Revered person |
| 4. Tax mo. | 26. Room theme | 49. Comic ____ Martin |
| 5. Most profound | 27. Silly | 51. Campus gp. |
| 6. Flat bread | 28. Alamo locale (2 wds.) | 52. Mascara target |
| 7. Rewrite text | 29. Distinct times | 54. Preceding nights |
| 8. Sailboat | 30. Princely | 55. Roman tyrant |
| 9. Twice five | 32. Revere | 56. Thailand, formerly |
| 10. Scheduled | 33. ____ Pan | 57. Acting award |
| 11. Type of paint | 36. Angel's headgear | 58. Picnic visitors |
| 12. Profess | 39. Discount event | 60. D.C. VIP |
| 13. Tourists' aids | 40. Orangutans | 61. Actor ____ Allen |
| 18. Thicken | 42. California valley | |

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1) 	2) 8:45 Quilter's Corner 9:00 Steppin' Up 1:30 Texas Hold'em	3) 9:00 Steppin' Up No Pickleball Today
4)	5) 9:00 Steppin' Up	6) 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 1:00 GrandPals 5:00 Interval Ignite 6:00 Pickleball	7) 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 Ultimate Mix 7:00 Texas Hold'em	8) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 3:00 Virtual Chat 5:00 Pilates 6:30 Pickleball	9) 9:00 Steppin' Up 9:15 Royal Canadian Mint 1:30 Texas Hold'em	10) 9:00 Steppin' Up No Pickleball Today
11)	12) 9:00 Steppin' Up	13) 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 1:30 Musical Theatre 1:45 GrandPals 5:00 Interval Ignite 6:00 Pickleball	14) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 5:00 Ultimate Mix 7:00 Texas Hold'em	15) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 1:00 Board Meeting 5:00 Pilates 6:30 Pickleball 6:30 Ukulele Club	16) 8:45 Quilter's Corner 9:00 Steppin' Up 1:30 Texas Hold'em	17) 9:00 Steppin' Up 10:00 Pickleball
18)	19) 9:00 Steppin' Up	20) 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 1:00 Seniors Cafe 1:45 GrandPals 5:00 Interval Ignite 6:00 Pickleball 6:30 Alzheimer Support Group	21) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Intergenerational Bowling 1:00 Cards and Games 5:00 Ultimate Mix 7:00 Texas Hold'em	22) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 1:00 Presentation: Meds Talk 3:00 Virtual Chat 5:00 Pilates 6:30 Pickleball	23) 9:00 Steppin' Up 10:30 Lunch at Bull & Filly 1:30 Texas Hold'em	24) 9:00 Steppin' Up 10:00 Pickleball
25)	26) 9:00 Steppin' Up	27) 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 1:45 GrandPals 5:00 Interval Ignite 6:00 Pickleball	28) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 5:00 Ultimate Mix 7:00 Texas Hold'em	29) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 5:00 Pilates 6:30 Pickleball	30) 8:45 Quilter's Corner 9:00 Steppin' Up 1:30 Texas Hold'em	31) 9:00 Steppin' Up 10:00 Pickleball

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