

INTER  
VIEW  
SILENCE



374 1<sup>st</sup> Street West. Box 309, Stonewall MB  
204-467-2582 [si55plus@mymts.net](mailto:si55plus@mymts.net) [www.si55plus.org](http://www.si55plus.org)

January 2026

Join us for an afternoon of  
**MUSICAL  
THEATRE**

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

at the South Interlake 55 Plus  
374 1<sup>st</sup> 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**

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



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

## **2024/2025 South Interlake 55 Plus Board of Directors**

### **Executive:**

President  
Vice President  
2<sup>nd</sup> Vice President  
Secretary  
Treasurer

Detlev Regelsky  
Laurie Briggs  
Paul Pelletier  
Florence Bambenek  
Maria Dalman

### **Directors:**

Emma Forbes  
Darwin Fremont  
Walter Motuz  
Nancy Drad

Kathy Turner  
Deborah Hinds  
Therese Dandeneau

### **Staff:**

Executive Director  
Office Administrator  
Program Coordinator

Deb Hildebrandt  
Cheri Kozokowsky  
Diane Kazmerowich



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

# Join Us

## 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)

**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?

<input type="checkbox"/> Social Media	<input type="checkbox"/> Website
<input type="checkbox"/> Newsletter	<input type="checkbox"/> From a Friend
<input type="checkbox"/> 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 [si55inflo@gmail.com](mailto:si55inflo@gmail.com)
- I will pay in person at the centre.

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

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

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

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

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

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

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

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

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

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

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

<input type="checkbox"/> Social/Special Events	<input type="checkbox"/> Fundraising
<input type="checkbox"/> Program Facilitator	<input type="checkbox"/> Leadership/Board
<input type="checkbox"/> Administration	<input type="checkbox"/> Short Term Projects
<input type="checkbox"/> Other:	

# EDUCATION

**Looking for Supports  
for Older Adults?**

**Call 2•1•1**

**FREE • CONFIDENTIAL • 24/7**



A partnership between **211** Manitoba **A&O**  
Support Services for Older Adults

## 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 1<sup>st</sup> 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 26<sup>th</sup> at  
1:00pm  
at The South Interlake 55 Plus  
Centre  
374 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>ST</sup> 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: AGE FRIENDLY  
Manitoba



Free Transportation  
by SAMS  
Call: 204-467-9446

Registration deadline: Tuesday, Jan 13<sup>th</sup>  
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](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



## 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](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  
Kyla Smith  
Interlake-Eastern Regional Coordinator  
[ksmith@alzheimer.mb.ca](mailto: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)

1<sup>st</sup> and 3<sup>rd</sup> Thursday of  
the month

South Interlake 55 Plus  
374 1<sup>st</sup> Street West  
Stonewall  
6:30 pm

## 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

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

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

### 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

**Tuesdays 9:30–10:30 am**

(In Person & On Zoom)  
January 6 to March 10, 2026  
10 week class

## Liz's classes

**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 1<sup>st</sup> Street West, Stonewall, 204-467-2582, [si55plus@mymts.net](mailto: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!

1<sup>st</sup> and 3<sup>rd</sup> Fridays of the Month  
(and 5<sup>th</sup> Friday if there are  
5 Fridays in a 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 1:30 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



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



SI55Plus is a registered trademark of the South Interlake Seniors' Association Inc.

# 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



## 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	ON	
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	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	DIAMOND	MORGANITE	SPINEL
ALEXANDRITE	EMERALD	OBSIDIAN	SUGLITE
AMBER	GARNET	ONYX	SUNSTONE
AMETHYST	HIDDENITE	OPAL	TANZANITE
AMMOLITE	IOLITE	PEARL	TOPAZ
AQUAMARINE	IRONSTONE	RUBELITE	TOURMALINE
BERYL	JADE	RUBY	TURQUOISE
BLOODSTONE	JASPER	SAPPHIRE	VARISCITE
CITRINE	MALACHITE	SERPENTINE	ZIRCON
CORAL	MOONSTONE	SPHENE	ZOISITE
DANBURITE			



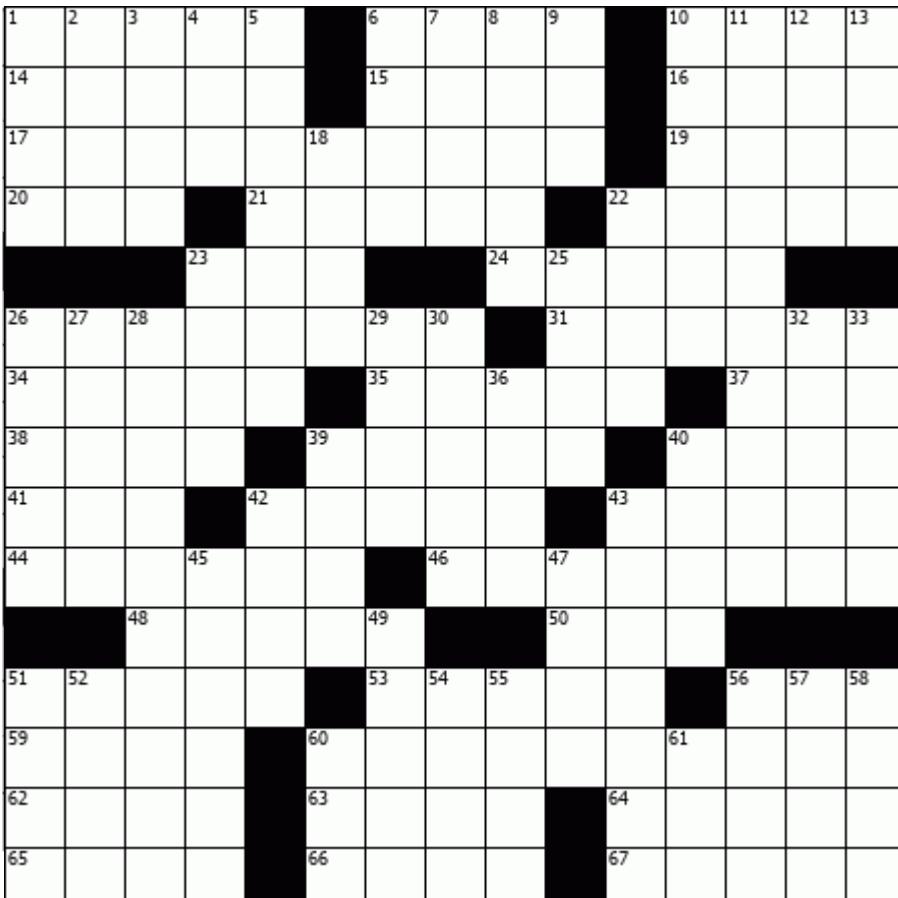
# CROSSWORD PUZZLE

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

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

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