



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

February 2026

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: The logo for Age Friendly Manitoba, featuring the words 'AGE FRIENDLY' in a bold, sans-serif font above the word 'Manitoba' in a smaller, sans-serif font, with a stylized blue and red wave graphic to the right.

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.



Norma Wilkie	1
Nancy Masson	1
Marianne Cherniak	7
Lee LaCoste	7
Joie Van Dongen	7
Donna English	9
Diana Goudy	13
Luella Watier	13
Donna Moman	26





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: | |

Presentations

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

HARD OF HEARING PRESENTATION

COMMUNICATION TIPS FOR THE HEARING IMPAIRED AND
THEIR FRIENDS, FAMILY AND COWORKERS WITH JO-ANNE OF
THE MANITOBA CHAPTER FOR THE HARD OF HEARING

DO YOU FIND THAT YOU:

- nod, smile and pretend to understand what people say
you may have hearing loss
- often ask people to repeat themselves
you may have hearing loss
- think that people mumble
you may have hearing loss



Tuesday, March 24th at 1:30pm

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

Please register for this Complimentary Presentation
before March 17th by calling 204-467-2582



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



COMMUNITY VOLUNTEER **INCOME TAX PROGRAM**

**VOLUNTEERS ARE AUTHORIZED BY CANADA REVENUE AGENCY
TO PROVIDE THIS COMPLIMENTARY TAX SERVICE FOR 2025**


**Please call-in advance,
to book your appointment between:
March 4 – April 30, 2026
(Appointments are available Tuesday-Friday)**



South Interlake 55 Plus Centre, (Odd Fellows Hall) 374 1st Street West, Stonewall

**Income Tax Returns Are Accepted Based on Income
(Single \$40,000 / Married \$55,00)**

- ❖ All Individuals with Tax Exempt Income are Eligible for the Program
- ❖ Photo Identification is Required
- ❖ You are Required to complete an Authorization form at the time of Drop Off
- ❖ Bring all your Documents
- ❖ Bring your 2024 Notice of Assessment or Tax Return Summary

For more Information or to book an Appointment call 204-467-2582

Hosted by:  55 Plus

Sponsored by:  Government of Canada  Gouvernement du Canada Community Volunteer Income Tax Program

GrandPals Celebration

The final session of our Grandpals Program!

Older adults and grade 5 students have been meeting at
Ecole Stonewall Centennial School since January 13th.

It is a significant event that marks the culmination of the Intergenerational experience. The Students will present their stories and artwork to the Grandpals and wider Community. This event is a testament to the program's success, as it showcases the growth and development of the students through their storytelling and sharing.

Join us as we celebrate the success of this program

Tuesday, March 3rd at 2:00pm


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

Refreshments will be served

**Please call to register your name for this Complimentary Celebration before
Friday, February 20th - 204-467-2582**

This program is sponsored by:



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**

Workshops

Teacup Flower
Workshop
When: Tuesday, March 10
Time: 1:30pm–2:30pm
Price of Workshop: \$5.00
space is limited

Sponsored by:
Stonewall
FLORIST

At the South Interlake 55 Plus
374 1st West, Stonewall

REGISTER
by calling 204-467-2582
before Tuesday, March 3rd






“SOLE”FUL FOOT CARE BY ALLYSON, RN BN FCN

- ✓ Filing heels and dry skin
- ✓ toenail trimming/filing
- ✓ reducing thickened toenails
- ✓ corn removal (as able)
- ✓ callus reduction

These services will take place
at the South Interlake 55 Plus
374 1st Street West, Stonewall.

To book your services, contact Allyson directly



Call Allyson to book your appointment
date and time directly:

431-277-5734

Here's an update on GrandPals

*GrandPals has begun at
Centennial School Grade 5
Class with 4 older adult
volunteers.*

*We meet weekly for open-
ended, story-driven
conversations guided by
themes such as Home,
Learning, Work, and Travel.*

*****Save the Date –
3 March 2026 Celebration
at the SI55 plus Centre*****

Steppin' Up with Confidence

Leader Required

**We are looking for
volunteers to lead this
exercise program that
focuses on mobility,
flexibility and balance.
(All training provided)**

Help Us Make a Difference!

**Join us at South Interlake
55 Plus as a Volunteer.
Help is always appreciated
for our various programs
and events.**

**Interested in volunteering?
Contact our office at
204-467-2582 or si55plus@mymts.net**



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!



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

**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

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

VOLUNTEER DRIVERS URGENTLY NEEDED!

Join us in making a meaningful impact for your local seniors !

Our volunteers are reimbursed for their gas expenses and we schedule for what day and time works for you.

FOR MORE INFORMATIONS CONTACT US @

PH: 204 467 2719

EMAIL: sisrc@shaw.ca

or visit us at:

144-622 Centre Ave. (Entrance 4)

in Lions manor

INTERESTED IN JOINING
OUR TEAM
VOLUNTEER TODAY!

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
Shopping
Navigation
Financial Skills

Transportation
Home Maintenance
Meal Preparation
Light Housekeeping



Stonewall & Area Mobility Service

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

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



204-467-9446



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.



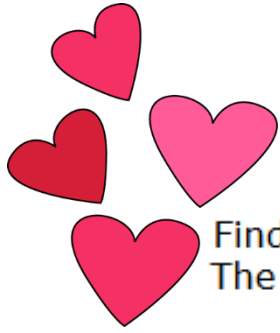
If you know of someone who would benefit from this program OR if you would like to volunteer contact:

SWDPC Nav-CARE Volunteer Coordinator

Email: navcare@swdpc.com

Phone: 204-404-3030

WORD SEARCH



Valentine's Day

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a popular Valentine's Day item.

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

ADMIRER
ADORE
AFFECTION
ATTRACTION
BEAU
BELOVED
BOYFRIEND
CANDLES
CANDY
CHOCOLATES

COUPLE
CRUSH
CUPID
DARLING
DATE
DEAR
DEVOTION
FANCY
FEBRUARY
FLAME

FLOWERS
FONDNESS
FOREVER
FRIENDSHIP
GIFT
GIRLFRIEND
HEARTS
JEWELRY
LIKE
LOVEBIRDS

LOVERS
PARTNER
PROPOSAL
RELATIONSHIP
RESTAURANT
ROMANCE
ROSES
SENTIMENT
SUITOR
SWEETHEART



CROSSWORD PUZZLE

JANUARY CROSSWORD PUZZLE ANSWERS

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

Across

1. Theme
6. Deeds
10. Consequently
14. Sports locale
15. Mets' old stadium
16. Transmitted
17. Intense beam
18. For each person (2 wds.)
20. Fled to wed
22. Leafy plant
23. Wickedness
24. Casual tops
26. Tranquilized
28. Adam's companion
31. Inserted more bullets
33. Party
35. Poorly lit
36. Underground drain
40. Fish feature
41. Like old bread
44. Lacking color
45. Glitches
47. Deary
48. Ceramic piece
49. Menu term (3 wds.)
53. Danson or Koppel
54. High-pitched cry
57. Wooded valley
59. ____ West of Hollywood
60. Historic periods
62. Mob scene participant
66. Maryland's capital
69. Monte ____
70. Plenty
71. Movie backdrops
72. List entries
73. Minus
74. Fret
75. Not those

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				
70					71					72				
73					74					75				

Down

- | | | |
|---------------------------|-------------------------|-------------------------|
| 1. "A ____ of Two Cities" | 21. Feats | 50. Crossword direction |
| 2. Kind of exam | 25. Narrow cut | 51. Alpine dwelling |
| 3. Acapulco coin | 27. Proficient | 52. Draw out |
| 4. Bungling | 28. Omelet ingredients | 54. Tiny |
| 5. Vocation | 29. Self-centered | 55. Narrow boat |
| 6. Cleopatra's snake | 30. She, in Barcelona | 56. Leases |
| 7. Head cook | 32. Nebraska city | 58. Reluctant |
| 8. Mother ____ | 34. Pond growth | 61. Location |
| 9. Holy | 37. Tarry | 63. Sycamore or oak |
| 10. 1/3 TBSP | 38. She, in Paris | 64. Shade sources |
| 11. Robbery | 39. Wind instrument | 65. Thorny bloom |
| 12. Loosen laces | 42. "____ of the Flies" | 67. Pack animal |
| 13. Witness box | 43. Go inside | 68. Compass pt. |
| 19. Chile's mountains | 46. Snooze | |

Business Advertising

Place your advertisement here.

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

GRANTHAM LAW OFFICES

Lawyers & Notaries Public

STONEWALL OFFICE:
#1-278 Main St., Stonewall **467-5527**



Nancy Dilts
Realtor
204-461-3258
nancydilt@royalpage.ca

360 Main St. Stonewall MB
R0C 2Z0

Buyer Agency • Vendor Agency • Real Estate Services

Stonewall Pharmacy

Serving our community since 1950

I.D.A. 17-333 Main Street
Stonewall, MB.
204.467.8385



Keyboard Ventures
Music Centre
keyboardventures.com

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

Terry Zurylo
Music Director, President

Winnipeg, Manitoba Cell: 204-955-5428
Stonewall terry@keyboardventures.com



Dizziness & Fall Prevention

COMPLETE PHYSIOTHERAPY
Restoring you to the BEST you



Joint Replacements

Keeping Seniors Moving

Book Today

375 Main St., Stonewall
www.completephysiotherapy.ca

204-467-8900

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
1)	2) 9:00 Steppin' Up	3) 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	4) 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	5) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 5:00 Pilates 6:30 Pickleball 6:30 Ukulele Club	6) 8:45 Quilter's Corner 9:00 Steppin' Up 1:30 Texas Hold'em	7) 9:00 Steppin' Up 10:00 Pickleball
8)	9) 9:00 Steppin' Up	10) 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	11) 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	12) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 3:00 Virtual Chat 5:00 Pilates 6:30 Pickleball	13) 9:00 Steppin' Up 10:00 Travel Club 1:30 Texas Hold'em	14) 9:00 Steppin' Up 10:00 Pickleball
15)	16) 9:00 Steppin' Up 	17) 9:00 Steppin' Up 10:00 Falls Prevention 11:00 Line Dancing 1:45 GrandPals 5:00 Interval Ignite 6:00 Pickleball 6:30 Alzheimer Support Group	18) 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 Ultimate Mix 7:00 Texas Hold'em	19) 9:00 Steppin' Up 9:30 Restorative Yoga 9:30 Kildonan Place Shopping Trip 11:00 Line Dancing 1:00 Board Meeting 5:00 Pilates 6:30 Pickleball 6:30 Ukulele Club	20) 8:45 Quilter's Corner 9:00 Steppin' Up 1:30 Texas Hold'em	21) 9:00 Steppin' Up 10:00 Pickleball
22)	23) 9:00 Steppin' Up	24) 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 1:45 GrandPals 6:00 Pickleball	25) 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 1:00 Cards and Games 7:00 Texas Hold'em	26) 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 1:00 Diabetes Presentation 3:00 Virtual Chat 4:00 Straight from Me To You 5:00 Pilates 6:30 Pickleball	27) 9:00 Steppin' Up 1:30 Texas Hold'em 4:00 American Rock Legends	28) 9:00 Steppin' Up 10:00 Pickleball

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