



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

## March 2026

**TIME FOR LUNCH**

**Wednesday, March 18, 2026  
12:00 pm**

Lasagna, Caesar Salad, Garlic Toast with dessert and coffee/tea


**Deadline to purchase tickets: Friday, March 13  
Limited tickets available! Get yours early!**

**Tickets: \$18.00  
ADVANCE TICKETS ONLY**

Available at South Interlake 55 Plus Office  
374 1<sup>st</sup> Street West, Stonewall 204-467-2582



Temporary Grant Funding Sponsored by Age Friendly Manitoba  
**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



## 2025/2026 South Interlake 55 Plus Board of Directors

**Executive:**

President	Detlev Regelsky
Vice President	Laurie Briggs
2 <sup>nd</sup> 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



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  
 Angela Hueging for winning  
 the draw at our Luncheon on  
 February 18**



## MARCH BIRTHDAYS

Neil Stewart	6
Hugh Buchanan	7
Elizabeth Lindley	13
Roy Craig	14
Jean Finnbogason	16
Al Cain	17
Faye Mason	20
Brenda Joel	22
George Trachilis	25
Cheryl Einarsson	31
Phyllis Wareham	31





# Become a Member or Renew Your Membership Today!

Membership is only **\$25.00** per calendar year!

Your membership gives you benefits like:

- Access to free programs
- Discounts on paid programs and trips
- A great community of friends
- Opportunity to vote at our AGM and join our board (For those 55 or older)
- belairdirect is proud to be the preferred insurance provider for the Manitoba Association of Senior Communities. For information call 1-877-989-2600 or visit belairdirect.com



## 2026 Memberships available now!

**You do NOT need to be 55 or older to become a member! We'd love to have you!**

**There are three ways to complete your membership:**

**Come see us at the Centre!**  
374 1<sup>st</sup> Street West  
Stonewall, MB

**Fill out our form online!**  
Visit:  
[www.si55plus.org/membership](http://www.si55plus.org/membership)

**Mail your completed form (see below) to:**  
South Interlake 55 Plus  
PO Box 309  
Stonewall, MB R0C 2Z0

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

*We are not able to process debit or credit.*



### SOUTH INTERLAKE 55 PLUS-Membership Information Form (page 1 of 2)

**NAME:** \_\_\_\_\_

**MAILING ADDRESS:** \_\_\_\_\_

**TOWN:** \_\_\_\_\_

**POSTAL CODE:** \_\_\_\_\_

**PHONE/CELL:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**EMERGENCY CONTACT** \_\_\_\_\_

**PHONE NUMBER** \_\_\_\_\_

**MUNICIPALITY(circle one):**

Stonewall   Rosser   Rockwood   Woodlands   Other

I am currently 55 years of age or older.

I am not yet 55 years of age.\*

\* Associate members under 55 have all the benefits of being a member, minus serving on the Board or voting at our AGM.

This form can be mailed to:

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

I wish to have my birthday published in the 55 Plus Newsletter.

\_\_\_\_\_ Month                      \_\_\_\_\_ Day

How Did You Hear About Us?	
<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 [si55info@gmail.com](mailto:si55info@gmail.com)
- I will pay in person at the centre.

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

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

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

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

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

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

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

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

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

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

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

- Social/Special Events
- Fundraising
- Program Facilitator
- Leadership/Board
- Administration
- Short Term Projects
- Other:

# Presentations

## 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 24<sup>th</sup> at 1:30pm**

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

Please register for this Complimentary Presentation

before March 17<sup>th</sup> 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

## JOIN US FOR A PRESENTATION WITH

Dorothy Stephens, BN  
Advance Care Planning Educator with

IT'S YOUR LIFE. IT'S YOUR CHOICE.



### DISCUSSION TOPICS WILL INCLUDE:

- HEALTH CARE DIRECTIVES-HOW TO COMPLETE AN EFFECTIVE HEALTH CARE DIRECTIVE
- PATIENT RIGHTS-YOUR RIGHTS AS A PATIENT
- CONVERSATIONS-HOW TO TALK ABOUT IT

**TUESDAY, APRIL 21<sup>ST</sup> AT 1:00 PM**

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

Please call us to register for this  
Complimentary Presentation before April 14<sup>th</sup> - 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 1<sup>st</sup> 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 3<sup>rd</sup> at 2:00pm**

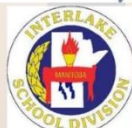
**at the South Interlake 55 Plus, 374 1<sup>st</sup> Street West, Stonewall**

**Refreshments will be served**

**Please call to register your name for this Complimentary Celebration**

**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 17  
Time: 1:30pm-2:30pm  
Price of Workshop: \$5.00  
space is limited

Sponsored by:  
**Stonewall**  
FLORIST

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

**REGISTER**  
by calling 204-467-2582  
before Tuesday, March 10



## “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 1<sup>st</sup> Street West, Stonewall.

*To book your services, contact Allyson directly*



Call Allyson to book your appointment  
date and time directly:

**431-277-5734**

# Volunteer Appreciation Day



Calling all  
Volunteers  
of the 55 Plus



To all of those who have generously given their time and effort by volunteering throughout the year - we thank you!

Please let us treat you to a  
**COMPLIMENTARY VOLUNTEER APPRECIATION PIZZA PARTY**

At the South Interlake 55 Plus Centre

**Wednesday, April 8th**

**11:30 - 12:30**

Please RSVP by April 1st  
by calling 204-467-2582



## Volunteers Wanted

### 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. Contact South Interlake 55 Plus at 204-467-2582 or [si55plus@mymts.net](mailto:si55plus@mymts.net) for more information.

### 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. Please contact us at 204-467-2582 or [si55plus@mymts.net](mailto:si55plus@mymts.net) if you are interested.

### Join our Board!

South Interlake 55 Plus is looking for volunteer board members. For information please contact Emma Forbes at 204-461-2056 or email her at [emmaforbes@mymts.net](mailto:emmaforbes@mymts.net)



# Pickleball!

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

**No pickleball on  
March 31 or April 2**

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

**No pickleball on  
March 28 or April 4**

**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



## ACCUMULATIVE CRIBBAGE TOURNAMENT

*Partner Play*

**Please register early**

Tuesday Evenings  
April 7, 14, 28 and May 5  
7:00 pm

**(No play on Tuesday, April 21)**

374 1<sup>st</sup> Street West, Stonewall (Odd Fellows Hall)

4 Week Tournament – Weekly Prizes

**Registration Deadline: Wednesday, April 1, 2026**

Entry Fee: \$20.00 per person

Call to register: 204-467-2582



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

## FALLS PREVENTION

**Please note: No class on Tuesday, March 10**

**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)



## 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



## 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  
204-943-6622 ext. 214

## SOUTH INTERLAKE 55 PLUS UKULELE GROUP

### 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

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 \$1.00  
Non-Members: \$2.00  
(per class)

374 1<sup>st</sup> Street West, Stonewall  
Call 204-467-2582  
or email [si55plus@mymts.net](mailto:si55plus@mymts.net)

# Active Wellness Programs

## Spring 2026 Session

### Cheryl's classes (start date March 17)

**Tuesdays 4:45 – 5:30 pm**

(In Person Only, 7 week class)  
March 17 – April 28, 2026

**Ultimate Mix** is a class designed with the “hormone shifting” body in mind. Maintaining muscle mass, bone density, flexibility and balance are all delivered in 45 minutes with low impact, functional strength training while targeting core work and extended stretching. Backed by current fitness and wellness trends and delivered in a supportive fun, environment with motivating music. If it's not now...when?

**Wednesdays 4:45-5:30 pm**

(In Person Only, 10 week class)  
March 18 – May 20, 2026

**F.I.T.** – FUNctional Interval Training. This is an efficient fun, music-driven class that blends joint-friendly cardio, strength training and core stability using timed intervals such as HIIT, Tabata etc. (ex. 20 seconds of effort. 10 secs. of rest). It is designed to support hormone changes, muscle retention, bone health and balance. Smart, effective and approachable for all fitness levels. Several options are provided so you can work at your level and/or be challenged without intimidation. Every rep protects your future self! This is how we stay independent.

<b>Cost For Cheryl's classes</b>	<b>10 Weeks</b>	<b>7 Weeks</b>	<b>5 Weeks</b>	<b>Drop-In Fee</b>
	1 class/ wk: \$80	1 class/ wk: \$56 2 classes/ wk: \$91	1 class/ wk: \$45 2 classes/ wk: \$80	\$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 (start date April 7)

**Tuesdays 9:30–10:30 am**

(In Person & On Zoom)  
April 7 to June 9, 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)  
April 9 to June 11, 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)  
April 9 to June 11, 2026  
10 weeks

**Core Fitness:** 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.

<b>Cost For Liz's classes</b>	<b>10 Weeks</b>	<b>5 Weeks</b>	<b>Drop-In Fee</b>
	1 class/ wk: \$80 2 classes/ wk: \$130 3 classes/ wk: \$175	1 class/ wk: \$45 2 classes/ wk: \$80 3 classes/ wk: \$110	\$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



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



**CHARLIE MAJOR**

**Friday,  
March 6**



**Tuesday,  
March 10**

**The deadline to purchase tickets to the above concerts at the Club Regent Event Centre have passed but we do have a wait list.**

**Call us for further information on these concerts!**

**204-467-2582**

## Shopping Day

**Thursday, March 19, 2026  
Garden City Shopping Centre**

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

**Registration deadline:  
Tuesday, March 17**

Members \$20 / Non-members \$25

Call 204-467-2582 to register



**Tuesday, April 7th**

**Departure times:**

**Lions Manor Entrance #1 - 9:15am**

**South Interlake 55 Plus - 9:30am**

**Cost:**

**Members - \$20.00**

**Non-Members - \$25.00**

register by Thursday, April 2<sup>nd</sup>  
by calling 204-467-2582

Casinos of Winnipeg  
will implement  
a max. allowable bag  
of 14"x14"x6".

Some exceptions apply.

All bags are subject to searching



## The Fab Four

**at the Club Regent Event Centre**



**Sunday, April 19**

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

**Ticket Price:**

**Members-\$90.00**

**Non-Members-\$95.00**

**Deadline to register and pay is:**

**Tuesday, March 31**

**204-467-2582**



# Around the Community

## South Interlake Seniors Resource

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

Website: [www.sisrc.ca](http://www.sisrc.ca)

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

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

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

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

## Support to Seniors in Group Living (SSGL)

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

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

### Services include:

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



## Stonewall & Area Mobility Service

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

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



204-467-9446



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

Nav-CARE is a FREE program with specially-trained volunteers designed to help improve the lives of people living with declining health by creating connections to community services and resources and providing caring, consistent emotional support. Nav-CARE volunteers visit you in your home on a regular basis with a focus on enhancing your quality of life.

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](mailto:navcare@swdpc.com)  
Phone: 204-404-3030



# WORD SEARCH



## World Currencies

Find and circle all of the world currencies that are hidden in the grid. The remaining letters spell a secret message – a John Paul Getty quotation

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

- |           |              |           |            |               |
|-----------|--------------|-----------|------------|---------------|
| AFGHANI   | EURO         | KWANZA    | NEW SHEKEL | RUPEE         |
| ARIARY    | FORINT       | KYAT      | NGULTRUM   | RUPIAH        |
| BAHT      | FRANC        | LEMPIRA   | OUGUIYA    | SHILLING      |
| BALBOA    | GOLD CORDOBA | LEONE     | PATACA     | SOM           |
| BIRR      | GOURDE       | LILANGENI | PESO       | SUCRE         |
| BOLIVAR   | GUARANI      | LIRA      | POUND      | SYLI          |
| BOLIVIANO | GUILDER      | LITAS     | PULA       | TAKA          |
| COLON     | HRYVNIA      | LOTI      | QUETZAL    | TALA          |
| DALASI    | KINA         | MANAT     | RAND       | TENGE         |
| DENAR     | KORUNA       | METICAL   | REAL       | TOLAR         |
| DINAR     | KRONA        | NAIRA     | RIAL       | VATU          |
| DIRHAM    | KRONE        | NAKFA     | RINGGIT    | WON           |
| DOLLAR    | KROON        | NEW CEDI  | RIYAL      | YEN           |
| DRAM      | KUNA         | NEW DONG  | RUBLE      | YUAN RENMINBI |
| ESCUDO    | KWACHA       | NEW KIP   | RUFYAA     | ZLOTY         |



# CROSSWORD PUZZLE

## FEBRUARY CROSSWORD PUZZLE ANSWERS

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

### Across

1. Glistened
6. Neckwear items
10. Mythical giant
14. "M\*A\*S\*H" locale
15. Summit
16. Nursery item
17. \_\_\_ tube
18. Establish again
20. \_\_\_ Sea Scrolls
21. U.S. \_\_\_ Service
22. \_\_\_ capita
23. Deserve
25. Least wild
27. \_\_\_ card
29. Smell
31. Actor \_\_\_ McKellen
32. Preacher
34. Mongrel
38. Name
40. Toss
41. More sensible
42. Or \_\_\_!
43. Pick a station (2 wds.)
45. Business VIP
46. Night sound
48. Most tender
50. Moon feature
53. Urban drainpipe
54. Bunny's motion
55. Twirl
58. Celebrity
61. CIA activity
63. Keyboard instrument
64. Grain tower
65. Not false
66. Rewrites
67. Young adult
68. October gem
69. Nervous

1	2	3	4	5		6	7	8	9		10	11	12	13			
14																	
17																	
20																	
27	28																
31																	
38																	
42																	
50	51	52															
54																	
61																	
64																	
67																	

### Down

- |                       |                       |                                 |
|-----------------------|-----------------------|---------------------------------|
| 1. Slip               | 21. Pocket bread      | 44. "___ dead people!" (2 wds.) |
| 2. Whetstone          | 24. Ready for picking | 47. Roman emperor               |
| 3. Decorations        | 26. Papa's spouse     | 49. Inhabit                     |
| 4. Required           | 27. Quote             | 50. Trunk                       |
| 5. Cup handle         | 28. Train track       | 51. Comic ___ O'Donnell         |
| 6. Gypsy's card       | 29. Repent            | 52. Eve's fruit                 |
| 7. Sherbets           | 30. Judge's garment   | 53. Stainless ___               |
| 8. Send forth         | 33. Defame            | 56. Canvas cover                |
| 9. Member of Congress | 35. Not positive      | 57. Mexican water               |
| 10. Tenth mo.         | 36. Ball holders      | 59. Picnic nuisances            |
| 11. Future raisin     | 37. Horse's gait      | 60. Thorny bloom                |
| 12. Ceremonial events | 39. For fear that     | 62. Electrified particle        |
| 13. ___ & Roeper      | 41. Winter flakes     | 63. Stroke lovingly             |
| 19. Bridge term       | 43. The Raptors' city |                                 |

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ADVERTISE  
**HERE**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1)	2) 9:00 Steppin' Up	3) 9:00 Steppin' Up <b>9:30 Good Morning Stretch</b> <b>10:00 Falls Prevention</b> <b>11:00 Line Dancing</b> <b>2:00 GrandPals Celebration</b> <b>6:00 Pickleball</b>	4) <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>7:00 Texas Hold'em</b>	5) 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> <b>6:30 Ukulele Club</b>	6) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up  <b>1:30 Texas Hold'em</b> <b>4:00 Charlie Major</b>	7) 9:00 Steppin' Up <b>10:00 Pickleball</b>	
8)	9) 9:00 Steppin' Up	10) 9:00 Steppin' Up <b>9:30 Good Morning Stretch</b> <b>10:00 No Falls Prevention</b> <b>11:00 Line Dancing</b> <b>4:00 The Irish Rovers</b> <b>6:00 Pickleball</b>	11) <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>7:00 Texas Hold'em</b>	12) 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>	13) 9:00 Steppin' Up  <b>1:30 Texas Hold'em</b>	14) 9:00 Steppin' Up <b>10:00 Pickleball</b>	
15)	16) 9:00 Steppin' Up	17) 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 Teacup Flower Workshop</b> <b>4:45 Ultimate Mix</b> <b>6:00 Pickleball</b> <b>6:30 Alzheimer Support Group</b>  <b>Happy St. Patrick's Day</b>	18) <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>12:00 Luncheon</b>  <b>1:00 Cards and Games</b> <b>4:45 F.I.T.</b> <b>7:00 Texas Hold'em</b>	19) 9:00 Steppin' Up <b>9:30 Garden City Shopping Trip</b> <b>11:00 Line Dancing</b>  <b>1:00 Board Meeting</b> <b>6:30 Pickleball</b> <b>6:30 Ukulele Club</b>	20) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up  <b>1:30 Texas Hold'em</b>	21) 9:00 Steppin' Up <b>10:00 Pickleball</b>	
22)	23) 9:00 Steppin' Up	24) 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 Hard of Hearing Presentation</b> <b>4:45 Ultimate Mix</b> <b>6:00 Pickleball</b>	25) <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>4:45 F.I.T.</b> <b>7:00 Texas Hold'em</b>	26) 9:00 Steppin' Up <b>11:00 Line Dancing</b>  3:00 Virtual Chat <b>6:30 Pickleball</b>	27) 9:00 Steppin' Up  <b>1:30 Texas Hold'em</b>	28) 9:00 Steppin' Up <b>No Pickleball</b>	
29)	30) 9:00 Steppin' Up	31) 9:00 Steppin' Up <b>10:00 Falls Prevention</b> <b>11:00 Line Dancing</b>  <b>4:45 Ultimate Mix</b> <b>No Pickleball Today</b>	 <h1>March</h1>				2026

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