



374 1st 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 1st 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 nd 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
 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.

**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 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?

- | | |
|---------------------------------------|--|
| <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.



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:

- 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 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

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 21ST AT 1:00 PM

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

Please call us to register for this Complimentary Presentation before April 14th - 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

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 1st 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 1st 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 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 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



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

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 1st 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
374 1st 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



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 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

SOUTH INTERLAKE 55 PLUS UKULELE GROUP

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

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

374 1st Street West, Stonewall
Call 204-467-2582
or email 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.

Cost For Cheryl's classes	10 Weeks	7 Weeks	5 Weeks	Drop-In Fee
	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.

Cost For Liz's classes	10 Weeks	5 Weeks	Drop-In Fee
	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 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



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 2nd
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

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



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
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 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
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 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 |

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



Nancy Dilts

Realtor
204-461-3258
nancydiltseroyalpage.ca

360 Main St. Stonewall MB
ROC 2Z0

Buyer Agency • Vendor Agency • Real Estate Services

Stonewall Pharmacy

Serving our community since 1950

17-333 Main Street
Stonewall, MB.
204.467.8385



Dizziness &
Fall Prevention



Keeping
Seniors
Moving

Book
Today

 COMPLETE
PHYSIOTHERAPY

Restoring you to the BEST you

Joint
Replacements



375 Main St., Stonewall
www.completephysiotherapy.ca



204-467-8900



Same Day
Grocery
Delivery!



Thank you for shopping local!!



204-467-5553

Monday to Friday
8:00am-9:00pm
Saturday & Sunday
8:00am-7:00pm

Unit 3, 330 3rd Ave S • Stonewall, MB • ROC 2Z0

ADVERTISE
HERE



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

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