



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

April 2026

OLD TIME DANCE

SATURDAY, MAY 23 1:00PM-4:00PM

Featuring: **THE GEMSTARS**

Fundraising Event

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

Advanced Tickets required - \$20.00



TICKETS CAN BE PURCHASED AT THE SOUTH INTERLAKE 55 PLUS
374 1ST STREET WEST, STONEWALL BEFORE MAY 12TH

FOR MORE INFORMATION, CONTACT: 204-467-2582

refreshments will be served



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

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.

**Congratulations to
 Pauline Blue for winning the
 draw at our Luncheon on
 March 18**

April Birthdays

Aimee Nagy	5
Joanna Hemsley	12
Heather Sanche	12
Liz Harkness	14
Tammy Nelson	20
Jack Schmidt	24
Dave Norquay	24
Madeleine Danais	28
Judy Baldwin	29
Pat Hymers	30



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:

Time for Lunch

Wednesday, April 15, 2026

12:00pm

Ham, cheesy scalloped potatoes with dessert and coffee/tea

Deadline to purchase tickets: Friday, April 10th

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

Presentation

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



Presentations

A Presentation with



Join us for a Presentation with
**Tanis Billington, Citizen Services
Specialist, Community
Outreach & Liason Services-
Citizen Service Branch**

on Tuesday, May 12th at 1:00pm

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

TANIS WILL DISCUSS

- OAS Benefit
- Canadian Dental Benefit
- CPP Benefit
- Disability Tax Benefit

**To Register for this Complimentary Presentation
please call 204-467-2582 before May 5th**



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

Protecting yourself from fraud Presentation with **CIBC**

Millions of dollars are lost each year to fraud and the complexity of scams continue to evolve. In 2018, the Better Business Bureau, reported \$121 million lost to scams, up from \$95 million in 2017 and more than double from 2015.¹ Join us for a presentation to help you feel more informed on the latest scams and the actions you can take to keep your personal information and finances safe.

Topics we'll cover

- How to identify the different types of fraud and the latest scams
- Actions you can take to protect yourself
- Steps you can take if you have fallen victim to fraud

Event details

Thursday, May 14 at 7:00pm
374 1st Street West, Stonewall



Please register for this Complimentary Presentation
before May 12th by calling 204-467-2582

Romance scams take top spot of 2018's top 10 scams, Better Business Bureau says, March 1, 2019. This presentation is intended to provide general information and should not be construed as legal, lending, tax or other advice. Individual circumstances and current events are critical to sound planning; anyone wishing to act on the information in this webinar should consult with his or her financial advisor and tax specialist. CIBC and its subsidiaries and affiliates are not liable for any errors or omissions. The CIBC logo is a trademark of CIBC.



CONNECTION IS HEALTH

Let No One Be Alone is a grassroots initiative started in Manitoba that brings awareness to those that are alone.

Please join us at our

**‘Let No One Be Alone’
COMPLIMENTARY Tea Party
Friday, May 8 – 11:00 am**

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

Bring a friend, a neighbor or someone you know that is isolated!

COME AND ENJOY REFRESHMENTS

Please call 204-467-2582 to pre-register by Tuesday, May 5

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

The Tea Party is sponsored by:   



**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 \$55,000)**

- ✦ 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: 

Sponsored by:   **Community Volunteer Income Tax Program**

Save the Date!

South Interlake
55 Plus

Annual General
Meeting

Thursday,
May 28, 2026
7:00 pm

374 1st Street West,
Stonewall

204-467-2582

Volunteer Appreciation Day



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 NEEDED!



Board Directors and Treasurer Position needed

South Interlake 55 Plus is looking for volunteer Board Members.

For information please contact Emma Forbes at 204-467-8660

or email her at emmaforbes@mymts.net

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

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



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

**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



Members \$1 / Non-members \$2

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



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



Thursday, April 16, 2026

The Outlet Mall

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

**Registration deadline:
Tuesday, Tuesday, April 14**

Members \$20 / Non-members \$25

Call 204-467-2582 to register



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



Let's Go for Lunch

Join us for a trip to Winnipeg for Lunch at

THURSDAY, MAY 14TH

Leaving the Lions Manor Entrance #1 at 11:15am
and the SI55Plus Centre at 11:30am

COST OF THIS TRIP IS:
MEMBERS-\$20
NON-MEMBERS \$25
PLUS THE COST OF LUNCH

Deadline to register is Tuesday, May 12th
by calling 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

Come Hike With Us

HIKE IN SUPPORT OF
SOUTH WEST DISTRICT PALLIATIVE CARE &
NAV-CARE
WALK, BIKE, RUN,



JOIN US & LET'S MOVE!

SUNDAY, MAY 3, 2026
Lions Manor, STONEWALL

Hike Registration: 9:00 to 10:15 AM

Hike Start: 10:30 AM

Pancake Breakfast: 9 to NOON (free for hikers)
(Entrance 1, 622 Centre Ave. *parking on Centre Ave.)

TO REGISTER ONLINE, Scan the QR Code
OR CONTACT admin@swdpc.com
or 204.513.1728 (Jen)

Prizes for highest fundraiser in following
age categories: under 12 - 13 to 17 - 18+





WORD SEARCH



Spring

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a message about Spring.

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

ALLERGIES
 APRIL
 BASEBALL
 BEES
 CROCUSES
 CYCLAMENS
 DAFFODILS
 DANDELIONS
 EASTER
 EQUINOX
 FLOWERS

FROGS
 GOLF
 GRASS
 GREEN
 GROWTH
 IRISES
 LILIES
 MARCH
 MAY
 NEW LEAVES
 PLANTING

RAIN
 RENEWAL
 ROBINS
 SEASON
 SNOWMELT
 SOFTBALL
 SPRING BREAK
 SPRING CLEANING
 TULIPS
 WARMER
 WET



CROSSWORD PUZZLE

MARCH CROSSWORD PUZZLE ANSWERS

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

Across

1. Brisk wind
5. Lettuce dish
10. Horse feed
14. Utilized
15. Greek island
16. Radar spot
17. Valid
19. Pop
20. Macaroni, e.g.
21. Pass over
22. Blacken
23. Olive product
25. Breakfast foods
27. Vivid red
31. Convent dweller
32. City vehicles
33. Astronaut ____
Armstrong
36. Salamanders
40. Large primate
41. Most trite
43. Nest egg letters
44. Motor inn
46. Brief play
47. Hat edge
48. Caviar
50. Ultimate
52. Agreeable
56. Payable now
57. Sunbathes
58. Bothers
61. Expire
65. Single time
66. Immaculate ____
68. Untruthful one
69. Best
70. Embraced
71. Lad's girl
72. Adolescents
73. Greek Cupid

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			

Down

- | | | |
|----------------------|-------------------------|--------------------------|
| 1. Big swallow | 24. Pre-Easter period | 47. Respire |
| 2. On the ocean | 26. Litter's littlest | 49. Draw out |
| 3. Lower limbs | 27. Fraudulent scheme | 51. Orange juice solids |
| 4. Magazine VIPs | 28. Guitar device | 52. Lagoon's boundary |
| 5. Chem., e.g. | 29. Spur on | 53. Excessive excitement |
| 6. Upper limbs | 30. Oolong and pekoe | 54. Ancient Peruvians |
| 7. Faucet problem | 34. Sort | 55. Wear away |
| 8. Storage spot | 35. Maui garlands | 59. Leg part |
| 9. Intensify | 37. Electricity carrier | 60. Read rapidly |
| 10. Vulgar | 38. Physically fit | 62. Dock |
| 11. Oahu greeting | 39. Identical | 63. Go it alone |
| 12. ____ wave | 41. Messy person | 64. Odds and ____ |
| 13. Practices boxing | 42. Small earring | 67. Chicago trains |
| 18. Kite part | 45. Chalkboard wipers | |

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1) Tax Clinic 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Book Club 1:00 Cards and Games 4:45 F.I.T. 7:00 Texas Hold'em	2) Tax Clinic 9:00 Steppin' Up 11:00 Line Dancing 6:30 NO Pickleball 6:30 Ukulele Group	3) 9:00 Steppin' Up  Office Closed	4) 9:00 Steppin' Up 10:00 No Pickleball
5)	6) 9:00 Steppin' Up 	7) Tax Clinic 9:00 Steppin' Up 9:30 Good Morning Stretch 9:30 McPhillips Casino 10:00 Falls Prevention 11:00 Line Dancing 4:45 Ultimate Mix 6:00 Pickleball 7:00 Cribbage	8) Tax Clinic 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Intergenerational Bowling 11:30 Volunteer Appreciation 1:00 Cards and Games 4:45 F.I.T. 7:00 Texas Hold'em	9) Tax Clinic 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 3:00 Virtual Chat 5:00 Core Fitness 6:30 Pickleball	10) Tax Clinic 9:00 Steppin' Up 10:00 Travel Club 1:30 Texas Hold'em	11) 9:00 Steppin' Up 10:00 Pickleball
12)	13) 9:00 Steppin' Up	14) Tax Clinic 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 4:45 Ultimate Mix 6:00 Pickleball 7:00 Cribbage	15) Tax Clinic 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 12:00 Luncheon 1:00 Cards and Games 4:45 F.I.T. 7:00 Texas Hold'em	16) 9:00 Steppin' Up 9:30 Restorative Yoga 9:30 Outlet Mall Shopping Trip 11:00 Line Dancing 1:00 Board Meeting 5:00 Core Fitness 6:30 Pickleball 6:30 Ukulele Group	17) Tax Clinic 8:45 Quilter's Corner 9:00 Steppin' Up 1:30 Texas Hold'em	18) 9:00 Steppin' Up 10:00 Pickleball
19) 4:00 Fab Four	20) 9:00 Steppin' Up	21) Tax Clinic 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 1:00 Dying with Dignity Presentation 4:45 Ultimate Mix 6:00 Pickleball 6:30 Alzheimer Support Group	22) Tax Clinic 9:00 Steppin' Up 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Intergenerational Bowling 1:00 Cards and Games 4:45 F.I.T. 7:00 Texas Hold'em	23) Tax Clinic 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 3:00 Virtual Chat 5:00 Core Fitness 6:30 Pickleball	24) Tax Clinic 9:00 Steppin' Up 1:30 Texas Hold'em	25) 9:00 Steppin' Up 10:00 Pickleball
26)	27) 9:00 Steppin' Up	28) Tax Clinic 9:00 Steppin' Up 9:30 Good Morning Stretch 10:00 Falls Prevention 11:00 Line Dancing 4:45 Ultimate Mix 6:00 Pickleball 7:00 Cribbage	29) 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	30) Tax Clinic 9:00 Steppin' Up 9:30 Restorative Yoga 11:00 Line Dancing 5:00 Core Fitness 6:30 Pickleball		

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