



**55** South Interlake  
**Plus**

374 1<sup>st</sup> Street West, Stonewall

[si55plus@mymts.net](mailto:si55plus@mymts.net)

204-467-2582

[www.si55plus.org](http://www.si55plus.org)

**March** 2020

## Shamrock Luncheon

**Wed, March 11<sup>th</sup> @ Noon**

**55 Plus Centre**



**Musical Entertainment by:  
The Irish Cowboy**



*Enjoy a Hot Roast Beef Meal & Entertainment!*

**Advanced tickets required!  
\$20/person**

**Purchase Tickets by Friday, March 6<sup>th</sup>!  
Tickets Available at 55 Plus Office  
Call 204-467-2582**



**Everyone Welcome!**

# Dates to Remember

## March 2020

- Mar 2** Afternoon Cribbage Tournament @ 1 pm
- Mar 3** Community Volunteer Income Tax Program  
Begins 10 am – 3 pm
- Mar 3** Book Club @ 9:30am
- Mar 3** Hop, Drop & Shop @ 10:00am
- Mar 4** MTC New Canadian Curling Club @ 12:30 pm
- Mar 5** Ukulele Jam @ Something Beautiful @ 7pm
- Mar 6** Quilter's Corner @ 10:30 am
- Mar 10** Income Tax Clinic @ Woodlands 1-3 pm
- Mar 11** Shamrock Luncheon @ Noon
- Mar 12** Shopping @ Grant Park @ 9:30am
- Mar 12** BINGO @ 1:30 pm
- Mar 13** Travel Club Meeting @ 10:30 am
- Mar 19** Ukulele Jam @ Something Beautiful @ 7pm
- Mar 20** Quilter's Corner @ 10:30am
- Mar 24** Income Tax Clinic @ Woodlands 1-3 pm
- Mar 25** One Stroke Painting @ Noon
- Mar 26** Cooking with Caroline @ 1:30 pm

## April 2020

- Apr 2** BINGO @ 1:30 pm
- Apr 2** Ukulele Jam @ Something Beautiful @ 7 pm
- Apr 6** Active Wellness Classes Begin
- Apr 7** Book Club – Guest Author: Susan Nicol @  
2 pm – Everyone Welcome!
- Apr 8** Monthly Luncheon @ 12 Noon
- Apr 8** Accumulative Cribbage Tournament 7 pm
- Apr 14** Tai Chi Classes Begin @ 1:30 pm
- Apr 23** Afternoon Cribbage Tournament @ 1 pm



## Week at a Glance:

### Monday:

Office is CLOSED to Public 8:30 – 4:00  
Appointments Only

### Tuesday:

Stitch'n Craft @ 9:30 am  
Men's Chat Group @ 10:00 am  
Stepping Out @ 10:00 am  
Line Dancing @ 11:00 am  
Tai Chi @ 1:30 pm  
Pickleball @ 7:00 pm

### Wednesday:

Steppin' Up @ 9:00 am  
Bridge & Cards @ 1:00 pm

### Thursday:

Hearts & Coffee @ 9:45 am  
Line Dancing @ 11:00 am  
Canasta @ 1:00 pm (not 1<sup>st</sup> Thursday)  
Bingo @ 1:30 pm (1<sup>st</sup> Thursday of the Month)  
iPad Class @ 1:30 pm (2<sup>nd</sup> Thursday of Month)  
Pickleball @ 7:15 pm

### Friday:

Texas Hold'em @ 1:30 pm

## Programs on a Scheduled Basis:

Active Wellness Club  
Cribbage Tournaments  
Monthly Luncheons  
Casino Trips, Shopping & Special Events  
Book Club & Travel Club  
Quilting





## 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.*

### **Membership is Only \$20.00 Annually!**

Support your Senior Centre by [MEMBERSHIP, VOLUNTEERING, OR DONATION](#)

*You do not have to be 55 + to become a member!*

**Associate members** enjoy all of the benefits of membership, with the exception of holding a position on the Board of Directors, and voting at the AGM.

**55 Plus is a Charitable Organization**

**Receipts will be issued for Donations of \$20.00 or more**

#### **Donation Envelopes are Now Available!**

*Consider supporting the 55 Plus as a recipient of your annual donations or as a bequest of your estate. Tax Receipts will be issued.*

#### **Gift Certificates are Available!**

*A great gift anytime!*

*Certificates are available for the amount of your choice!*



#### **PHOTO DISCLAIMER**

*During an event there may be a photographer in attendance. The resulting photos may be placed in the local newspapers, in the newsletter, on the 55 Plus website, or posted to the 55 Plus Facebook page.*

**If you do not want your photo taken during these events, please notify the photographer.**

## **Happy Birthday March**

Eileen Saric	5
Kathy McDonnell	6
Merle Tomyk	7
Joan Williams	13
Bonnie Place	13
Elizabeth Lindley	13
Jim LaVallee	13
Richard Woodsworth	14
Roy Craig	14
Bernie Hendricks	14
Bunny Williamson	15
Lillian Mollard	15
Linda Scott	15
Cheryl Whittaker	15
Thomas Irwin	19
Bill Pemkosk	20
Eileen Warren	23
Margo Pike	23
David Cassidy	25
Ken Frederick	28
Pat Blair	20



### **Loonie Draw!**

**Congratulations to our  
February Winner:**

**Yvonne Bernhardt**



**Next Luncheon Draw Date  
March 11<sup>th</sup>**

# We're Online!

It's easy to stay connected with the centre because you can find:

- Programs and Upcoming Events
- Monthly Newsletter
- Monthly Calendar
- Contact Information/Other Resources



Visit our Website – <http://www.si55plus.org>



Like our Facebook Page – South Interlake 55 Plus

Check important events on Town of Stonewall calendar –  
[www.stonewall.ca](http://www.stonewall.ca)

## Weekly/Monthly Programs

### Cribbage Tournament

**\*\*Individual Play\*\***



**Monday, March 2<sup>nd</sup>**  
**1:00 pm**

**\$5.00 @ Door**

**Cash Prizes - Door Prizes - 50/50 Draw**  
**Next Tournament: Thursday, April 23<sup>rd</sup>**

### iPad Club

Meets 2<sup>nd</sup> Thursday of Month  
Next Date: Thursday, April 9<sup>th</sup>  
**1:30 pm**

Bring Your Own iPad!  
Participants Share  
Knowledge to Learn Together!

No Meeting  
in March



### **Card Games** **Choose Your Game!**



**Mix of Card Games**  
Wednesday's @ 1:00 pm



**\*\* Wednesday's Card Games begin @  
1:30 pm on Luncheon day \*\***



**Hearts**  
Thursday's @ 9:45 pm

**Canasta**  
Thursday's @ 1:00 pm

**Bridge**  
Wednesday's @ 1:00 pm  
**Scheduled Play**  
**Please call if interested in joining**

**Texas Holdem'**  
Friday's @ 1:30 pm







## Monthly Bingo:

Thursday, March 12<sup>th</sup>  
1:30 PM

**Door Prize – 50/50 Draw**

*A great afternoon of fun with friends!*

**Next Bingo: April 2<sup>nd</sup>**



## Quilter's Corner

### Upcoming Dates

**Fridays:**  
**March 6 & 20<sup>th</sup>**  
**10:30 am – 3:30 pm**



**\$3 – Members    \$5 – Non Members**

*Beginners & Experienced Quilters Welcome,  
Bring a Lunch or Take a Lunch Break!*

## South Interlake 55 Plus Book Club



March 3<sup>rd</sup> @ 9:30 am



*Books selected are supplied by the  
South Interlake Regional Library*

There is no cost involved...all you need is a  
55 Plus Membership  
& a library card!!!

## **COMMUNITY VOLUNTEER INCOME TAX PROGRAM**

**VOLUNTEERS ARE TRAINED BY CANADA REVENUE TO COMPLETE YOUR  
2019 INCOME TAX RETURN**

**THIS SERVICE WILL BE PROVIDED AS A DROP OFF SERVICE**



### **PROGRAM WILL BE OFFERED:**

**March 3 – April 29, 2020**

**Tuesday, Wednesday, Thursday & Friday**  
**10:00 am – 3:00 pm**

**55 Plus Centre – Odd Fellows Hall 374 1<sup>st</sup> Street W**

**Note: Clinics @ Oak Park Lodge, Woodlands**  
**Tuesday, March 10 & 24 ~ 1:00 – 3:00 pm**



**For Eligibility Criteria & More Information: Call 204-467-2582**

## Stitch'n Craft

Join us every  
**Tuesday @ 9:30am**



**Bring Your Project...**  
**Scrap Booking**  
**Rug Hooking**  
**Knitting or Crochet**

## Men's Chat



**Tuesday's @ 10:00 AM**

Enjoy a Coffee  
& Fresh Baking for \$1.00 While  
visiting with Friends

## ONE STROKE PAINTING



**Easter Bunny Door Topper**  
**11 Inch**  
**Wednesday, March 25**



**12:00 – 3:00 pm**

### **Class Fees:**

Member \$10.00 ~ Non-Members: \$15.00

**Lab Fee:** \$15.00 (Payable to Instructor)



## Ukulele Club



**Please bring your own ukulele, and a tuner.**

Join the jam! All levels welcome – learn from your peers!

Support **Something Beautiful** Through your purchase of Refreshments and/or dropping  
some coins in the silver collection.

**Location:** Something Beautiful (307 Main Street, Stonewall)

### Upcoming Jam Dates:

**Thursdays**

**March 5 & 19<sup>th</sup>**

**Time:** 7:00 – 8:00 pm

**Cost:** FREE

**Call 55 Plus for information: 204-467-2582**



# Workshops & Events

## Organizing & Downsizing

*Presented by: Sarah Mueller, 906 and Me*

**Friday, February 28<sup>th</sup> @ 1:30 pm**

55 Plus – Odd Fellows Hall

374 1<sup>st</sup> Street West, Stonewall



*Sarah specializes in helping seniors organize, downsize and preserve memories. Ideas, tips & tricks will be shared at this informative afternoon!*



**Everyone Welcome!**

  
**906 and Me**  
Organizing and Downsizing

## *Cooking with Caroline!*

*Presented by:*

*Caroline Le Clair, Community Wellness Facilitator*

**Thursday, March 26<sup>th</sup> @ 1:30pm**

55 Plus Centre



*Caroline will be sharing healthy, make-ahead recipes and techniques for healthy meals & snacks in storable containers.*

***Refreshments will be served!***

**Everyone Welcome!**

*Call for more information – 204-467-2582*



## **Accumulative Cribbage Tournament**

**4 Week Tournament ~ Partner Play**

**Wednesdays, April 8, 15, 22 & 29 @ 7:00 pm**

55 Plus Centre – Odd Fellows Hall 374 1<sup>st</sup> Street W, Stonewall

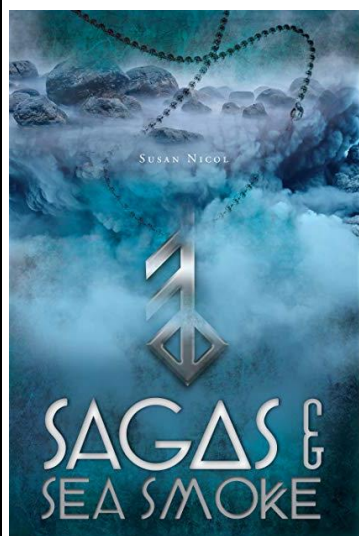
**FEE: \$20.00 / person**

**Refreshments ~ 50/50 Draw ~ Prizes each week!**



**Registration  
Deadline:  
Friday, April 3<sup>rd</sup>**





# MEET the AUTHOR *Susan Nicol*

**Tuesday, April 7<sup>th</sup> @ 2:00 pm**

Join the 55 Plus Book Club as they welcome Susan Nicol, a recently published Interlake Author to celebrate her first book, *Sagas & Sea Smoke*!

A book signing (copies will be available for purchase), Q & A and refreshments will follow the discussion.

***Everyone Welcome!***



## **Bus Trips/Travel**



### **THE SOUTH INTERLAKE 55 PLUS TRIP POLICY:**

- Requires ALL PASSENGERS On a Bus Trip to be REGISTERED with the 55 Plus Office @ 204-467-2582.



We reserve the right to deny transportation to anyone who is not registered.

55 Plus Reserves the Right to Cancel a Trip Due to Low Registration.

- No Refund after the Deadline Date.
- Seats can only be reserved without payment for 3 business days. If not paid within 3 business days of registration, you must re-confirm your registration
- ***ALL registration MUST be paid in FULL prior to trip deadlines to confirm your seat!***

## **Travel Club**

**March Meeting: Friday, March 13<sup>th</sup> @ 10:30am**



### ***HOP, DROP, & SHOP***

*Hop on the Bus, Drop in Your Fare,  
& Shop in Town!* Pick-up begins at 10am



**Tuesday, March 3<sup>rd</sup>**  
**~ NEW Price ~ \$5**



**Pick Up Locations:** Lions Manor Door #1;  
Crocus Manor & Stonewood Place

**Stonewall & District  
Handivan Service  
204-467-9446**

**South Interlake  
55 Plus  
204-467-2582**

### **Shopping Trip**

**Grant Park Mall  
Thursday, March 12<sup>th</sup>**

*Depart @ 9:30 am from 55 Plus  
(9:15 am – Alternate Pick Up Location)*

**Member \$20**

**Non-Member \$30**

***Minimum of 8 people required!***  
**Register by Tuesday, February 11<sup>th</sup>**

***Register @ 55 Plus Centre  
or Call 204-467-2582***



# Let's All Go to A Quilt Show!



MANITOBA  
PRAIRIE QUILTERS  
*Quilt Reflections*

QUILT SHOW & COMPETITION

**Friday, April 17<sup>th</sup>  
Canad Inns Polo Park**

- Depart 55 Plus @ 9:00 am
- Quilt Reflections @ 9:45 am
- Lunch @ Altos @ 12:00 Noon

**Deadline to  
Register:  
Friday, Feb 28**



**FEE: Member \$25    Non-Member \$35**

*Fee Includes: Transportation & Quilt Reflections Admission  
Lunch @ Altos at your own expense*

**Call 55 Plus to Register 204-467-2582**



**Tuesday, April 14 @ 11:00 am**

Departure Times:

**55 Plus: @ 10:00 am**

Door #1 Lions Manor: @ 9:45 am

**Members: \$65**

**Non-Members: \$75**



*Ellie works at the Wildcat Saloon.  
She is a young and talented country  
singer with a gift for writing amazing  
country music. After years of trying  
though, Ellie is almost ready to give up  
on her dreams.*

*That is when fate steps in.  
Actually... that is when Garth steps in.*

**Join us and hear the rest of  
the story!**

**Deadline to Purchase tickets:  
Tuesday, March 24<sup>th</sup>  
Call 55 Plus To Register: 204-467-2582**

# Active Living Programs



**Body Blast-** Mon @ 4:30pm

**Yoga** – Mon @ 5:30pm

**Steppin' Out** – Tues @ 10:00am

**Line Dancing** – Tues & Thurs @ 11:00am

**Tai Chi** – Tues @ 1:30pm

**Pilates & Barre** – Tues @ 4:30pm

**Pickleball** – Tues @ 7:00pm & Thurs @ 7:15pm

**Steppin' Up** – Wed @ 9:00am

**Yoga** – Wed @ 10:15am (10am on Luncheon day)

**Zumba** – Wed @ 5:30pm

**Yin Yoga** – Thurs @ 8:30 am

**F.I.T.** – 5:30pm

**Yoga** – Fri @ 9:00am



## **Steppin' Out**

*Nordic Urban Walking Poles  
are available for your walk!*

**Join Friends & Neighbours**

**Every Tuesday @ 10:00 am**

**For a Walk  
Around Town**

**55+ Activity Centre**  
374 1<sup>st</sup> Street West (Odd Fellows Hall)  
204-467-2582



## ***Line Dancing***

**Tuesdays & Thursdays**

**11:00 am**

All skill levels welcome!  
Kick up your heels &  
learn with your peers!

**Class Fees:**

\$5.00 Member  
\$7.00 Non-member



# STEPPIN' UP

Wednesdays @ **9:00 am**

Odd Fellows Hall, Stonewall

NOTE: On Monthly Luncheon Day Class is 45 min.



This program supports and encourages ALL adults to embrace an active lifestyle, offering a self-sustaining, accessible, high quality exercise program at no cost.

**NOW ALSO OFFERED AT: SPRUCEWOOD PLACE, Balmoral**

**Call for More Info: 204-467-2582**



## Pickleball

### Day and Time:

Tuesday's @ 7:00 –9:00 pm  
Stonewall Collegiate Institute

~ ~ ~

Thursday's @ 7:15 – 9:00 pm  
Centennial School

### COST:

**Member: \$3**

**Non-Members: \$5**

### NOTE:

*There will be no play Thursday, March 19<sup>th</sup>!*

*No Play during Spring Break:*

*March 31 & April 2*

## Tai Chi

*Led by Antonio Cesari*

**Tuesdays @ 1:30 pm ~ January 14<sup>th</sup> – March 17<sup>th</sup>**

Odd Fellows Hall 374 1<sup>st</sup> Street W, Stonewall

10 Week Session – Beginner Level

\$100 Members ~ \$120 Non Members

The ancient Chinese believed that true health comes when  
body, mind and spirit work together in harmony.



**New 10 week Session Begins: April 14<sup>th</sup>**

For More Information or to Register Call: **204-467-2582**





# ACTIVE WELLNESS CLUB



## DATE

5 week session: Feb 17 – March 20

## FEES

Half Session (5 weeks):

One class: M \$35 | NM \$40

Two classes: M \$60 | NM \$70

All Access: M \$90 | NM \$100

## SCHEDULE

- Mon - Body Blast @ 4:30 pm Cheryl Kooning  
- Dynamic Yoga @ 5:35 pm Gail Spencer-Lamm
- Tues - Pilates and Barre @ 4:30 pm Liz Luke
- Wed - Yoga @ 10:15 am Liz Luke (10:00 am Luncheon day)  
- Zumba @ 5:30 pm Christine MacNeil
- Thurs - Yin Yoga @ 8:30 am Liz Luke  
- F.I.T @ 5:30 pm Cheryl Kooning
- Fri - Dynamic Yoga @ 9:00 am Gail Spencer-Lamm



### Make Up Classes:

Mar 23 – Body Blast @ 4:30 pm &  
Yoga @ 5:35 pm

March 24 – Pilates @ 4:30 pm

March 25 – Zumba @ 5:30 pm

## 55 Plus Satellite Programming

Spring Session – 8 Classes

Warren Community Hall



### Yoga-Dance Fusion

Tuesdays @ 10:30 am

April 14 – June 2

Step out of your hectic life for one delicious hour as you get your groove on with music and **Gail Spencer-Lamm**. You will focus on uniting body, mind and spirit and developing cardiovascular fitness, ease of movement, strength, and flexibility with flowing, rhythmic yoga and dance inspired movements. Work hard, rest when necessary and choose from options to make the class just the right fit. Sweat, but leave refreshed and energized! You will want bare feet, loose cool clothes and your mat for this class and, of course, your water bottle!



### Dynamic Yoga

Thursdays @ 10:30 am

April 16 – June 4

This one hour program with **Gail Spencer-Lamm** gently works to improve your strength, flexibility and balance as it encourages you to honor your limits. You will lean against your edge as you decide what is “just enough”. Learn to harmonize body/mind/spirit in this class. It's the perfect place to begin your practice, you will leave refreshed and ready to face the rest of your day. You will want bare feet, loose cool clothes and your mat for this class and, of course, your water bottle!



### FEE:

\$80.00 Member ~ \$90 Non-Member

Drop In Fee: \$15.00

Register with 55 Plus @ 204-467-2582 or email: [si55plus@mts.net](mailto:si55plus@mts.net)

REGISTRATION DEADLINE: Thursday, April 9<sup>th</sup>

Minimum Required for Class: 10 Registered Participants

55 Plus Reserves the Right to Cancel Program due to Insufficient Registrations.



# ACTIVE WELLNESS CLUB

**DATE:** Starts April 6<sup>th</sup>


10 week session: Apr 6 – June 12

Or 5 week sessions:

Apr 6 – May 8 & May 11 – June 12



## SCHEDULE

- Mon** - Body Blast @ 4:30 Cheryl Kooning  
- Dynamic Yoga @ 5:35 Gail Spencer-Lamm
- Tues** - Pilates and Barre @ 4:30 Liz Luke
- Wed** - Yoga @ 10:15 Liz Luke (10:00 Luncheon day)  
- Zumba @ 5:30 pm Christine MacNeil
- Thurs** - Yin Yoga @ 8:30 Liz Luke  
- F.I.T @ 5:30 Cheryl Kooning
- Fri** - Dynamic Yoga @ 9:00 Gail Spencer-Lamm  
 - Resistance Training @ 10:15 Liz Luke (45 min)

## FEES

### Full Session (10 weeks):

One class: M \$70 | NM \$80

Two classes: M \$120 | NM \$140

All Access: M \$180 | NM \$200

### Half Session (5 weeks):

One class: M \$35 | NM \$40

Two classes: M \$60 | NM \$70

All Access: M \$90 | NM \$100



## DESCRIPTIONS

**Body Blast** – a 20-20-20 style class meaning the class will contain 20 minutes of cardio, 20 minutes of strength training with a core focus and 20 minutes of stretching and relaxing.

**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.


**Dynamic Yoga** - You will focus on uniting body, mind and spirit and develop ease of movement, strength, and flexibility with flowing, rhythmic yoga

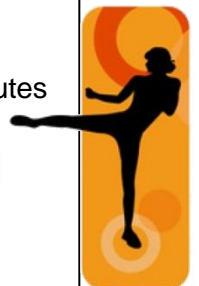


**Zumba/Zumba Gold** - This fun aerobic dance workout is guaranteed to bring on good vibrations. Bring your water because you will sweat, and if you don't come in with a smile we know you will leave with one!

**Yin Yoga** - A class with a focus on increasing flexibility and mobility. Includes a long rest period at the start and end of class to encourage peace for the mind and body.

**F.I.T – Fun Interval Training** - variety of alternating cardio and strength training moves for a full body workout. Fastest way to burn fat, get lean and burn calories even after the class is over. Work at your own level. Emphasis on kickboxing and great music. Co-ed participation encouraged. Try something new!

 **Resistance Training** - as we get older we lose muscle mass and it's exponentially harder to build muscle. Come out and try this introduction to bodybuilding. We will be working specific muscle groups to encourage muscle strength and endurance. Working with weights and bands for resistance will also develop core strength and better mind body connection.



**FOR INFO OR TO REGISTER CALL: 204-467-2582**

# DID YOU KNOW?

## ***WOMEN needed for U of M cardiovascular study!***

The University of Manitoba, in partnership with the St. Boniface Hospital Foundation, is looking for 1,000 women aged 55 and over, to participate in an important women's heart health study.

The **WARM Hearts** study will use cutting-edge, non-invasive techniques to help develop new methods to better identify women who have elevated cardiovascular disease risk.

Any woman living in Manitoba, over the age of 55, with no previous history of cardiovascular disease or stroke and who did not participate in the previous heart study(2015-2017), can take part in the WARM Hearts study. There are no other limitations to participation.

Participation requires the following: Two 90-minute appointments (at U of M Fort Garry campus and St. Boniface Hospital); Blood pressure test and short, non-impact, light fitness test; Wear an accelerometer (step counter) for a few days; Fasted blood draw; Collection of a stool sample; Completion of a questionnaire.

***Women interested in participating can email:  
[warmheartsresearch@gmail.com](mailto:warmheartsresearch@gmail.com) or phone 204-480-1815.***



## **Caregiver Recognition Act Petition**

Help is needed in collecting signatures to petition the Legislative Assembly of Manitoba, calling on them to urge the Minister of Health, Seniors and Active Living to immediately produce and make public the overdue Caregiver Recognition Act report, which should include not only an updated list of supports available for caregivers, but also, importantly, a review of the progress being made in furthering the purposes of the Caregiver Recognition Act.

***You can sign the petition at the 55 Plus Centre until March 27!***

If you would like to collect signatures, please call or visit the 55 Plus for more information.

Thank you for your help to draw attention to this in the Legislature  
around Caregiver Recognition Day – April 7, 2020.



## **7 surprising benefits of doing jigsaw puzzles**

There's a quiet movement going on in this country, and it doesn't involve apps, data or the latest fad. Following the lead of vinyl record albums, coloring books and traditional board games, jigsaw puzzles are seeing resurgence in popularity.

Anyone and everyone can benefit from puzzling. Here are some benefits of puzzling.

- Jigsaw puzzles exercise the left and right sides of your brain at once
- Jigsaw puzzles improve your short-term memory
- Jigsaw puzzles improve your visual-spatial reasoning
- Jigsaw puzzles are a great meditation tool and stress reliever
- Jigsaw puzzles are a great way to connect with family
- Conversely, jigsaw puzzles are great for some needed alone time
- You'll live longer, better if you puzzle regularly



Studies show that people who do jigsaw and crossword puzzles have longer life spans with less chances of developing Alzheimer's disease, memory loss or dementia. According to a recent study published in the Archives of Neurology. The study compared brain scans of 75-year-olds to 25-year-olds. The elderly people who did puzzles regularly had brain scans comparable to the 25-year-olds!

# \*\*\*Around Town\*\*\*

## Stonewall Municipal Heritage Advisory Committee

**We need YOU!**



**NEEDS YOUR HELP!**

To identify pictures donated to Quarry Park by Stonewall Argus

- Pictures from 1960's to 2000's & includes Stonewall & surrounding communities

***The Heritage Committee will have a table at the 55 Plus February & April Luncheons***

**Your Knowledge is Needed for Heritage Committee Projects!**

Additional Workshops to be Arranged

**WE NEED YOU!**



## CONGREGATE MEALS



**Who:** You – Open to Community Members

**Where:** Lions Manor ~ Multi-purpose Room #1

**When:** Monday – Friday

**Time:** 11:40am

**Cost:** \$6.00/plate (*dine-in or take out*)



**Pre-Registration Required**

**Call Ann @ 204-467-8531 Ext #1**

This program offers an opportunity to meet new or old friends while enjoying a nutritious home cooked meal. Soup available to purchase for **weekends** \$1.50/2 cup bowl.



## Daffodil Campaign



Orders are being accepted at 55 Plus until **Friday, March 6<sup>th</sup>**

\$7.00 / Bunch

**LIFE**  
IS BIGGER  
THAN CANCER

**Delivery Expected:**

*After April 7<sup>th</sup>*



Canadian  
Cancer  
Society

## Potluck Supper and Fellowship

Parochial Hall, 435 1<sup>st</sup> Street West

**Next Potluck: March 17<sup>th</sup>**

If transportation is required please call  
204-467-2234 Or 204-467-2207

***The 55 Plus does not offer transportation to our center. Transportation for luncheons, events, or fundraisers may be booked through the Stonewall Handivan or with a volunteer driver arranged by Seniors Resource.***

## STONEWALL HANDIVAN

**Priority Order**



- Medical Appointments
- Employment
- Adult Day Program
- Business
- Shopping
- Visiting and Recreation
- Charters

Cost varies with destination

Call at least 2 days in advance for local trips  
and 2 weeks for Winnipeg or Selkirk

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

**204-467-9446**

## Seniors Resource Services

- Mobility Aid Lending Service
- Driver/Escort Transportation
- Handy Helper & Housecleaning Programs
- E.R.I.K.
- Lifeline
- Friendly Visiting
- Tele-check (phone buddy)
- Caregivers Support
- Form Assistance & Resource Information

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

**204-467-2719**

# SUDOKU

Sudoku is one of the most popular puzzle games of all time. The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game.



	9		8		2	7	5	
					3	1	6	4
3								9
	1	4						
2						3		
5	3		1					
				1			2	
9	8			4				
	2			5				7

	8			6				
		3	8			5	7	9
			5					
2		9					3	
			6				1	
				4	7	6		
	1	8		7				
			4			8		
							2	6





# WORD SEARCH



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



BEER  
BELFAST  
BISHOP  
CABBAGE  
CELEBRATION  
CELTIC CROSS  
CHRISTIAN  
CLOVER  
CORK  
CORNER BEEF

DANCING  
DUBLIN  
EVENTS  
FEAST DAY  
FESTIVAL  
GREEN  
GUINNESS  
HERITAGE  
HISTORY  
HOLIDAY

HOLY DAY  
IRELAND  
IRISH  
LEPRECHAUN  
LIMERICK  
MARCH  
MISSIONARY  
MUSIC  
PARADE  
PATRON SAINT

POTATOES  
SEVENTEENTH  
SHAMROCK  
SNAKES  
SODA BREAD  
TRADITION  
YEARLY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1)  	2)  1:00 Cribbage Tournament – Individual Play  4:30 Body Blast 5:35 Dynamic Yoga	3)  9:30 Book Club 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 10:00 Hop, Drop & Shop 11:00 Line Dancing 1:30 Tai Chi 4:30 Pilates and Barre 7:00 Pickleball @ SCI	4)  9:00 Steppin' Up 10:15 Yoga  12:30 MTC Bus Trip  1:00 Bridge & Cards  5:30 Zumba	5)  8:30 Yin Yoga 9:45 Hearts & Coffee 11:00 Line Dancing 1:00 Canasta 5:30 F.I.T. 7:00 Ukulele Jam @ Something Beautiful 7:15 Pickleball @ Centennial	6)  9:00 Yoga 10:30 Quilter's Corner  1:30 Texas Hold'em	7)
8)  	9)  4:30 Body Blast 5:35 Dynamic Yoga	10)  9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing 1:30 Tai Chi 4:30 Pilates and Barre 7:00 Pickleball @ SCI	11)  9:00 Steppin' Up 10:00 Yoga  12:00 Shamrock Luncheon  5:30 Zumba	12)  8:30 Yin Yoga 9:30 Shopping – Grant Park 9:45 Hearts & Coffee 11:00 Line Dancing 1:30 BINGO 5:30 F.I.T. 7:15 Pickleball @ Centennial	13)  9:00 Yoga 10:30 Travel Club 1:30 Texas Hold'em	14)
15)	16)  4:30 Body Blast 5:35 Dynamic Yoga	17)  9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing 1:30 Tai Chi 4:30 Pilates and Barre 7:00 Pickleball @ SCI 	18)  9:00 Steppin' Up  10:15 Yoga 1:00 Bridge & Cards  <u>5:30 No Zumba</u>	19)  8:30 Yin Yoga 9:45 Hearts & Coffee 11:00 Line Dancing 1:00 Canasta 5:30 F.I.T. 7:00 Ukulele Jam @ Something Beautiful 7:15 No Pickleball @ Centennial	20)  9:00 Yoga  10:30 Quilter's Corner  1:30 Texas Hold'em	21)
22)	23)  4:30 Body Blast 5:35 Dynamic Yoga	24)  9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing  4:30 Pilates and Barre 7:00 Pickleball @ SCI	25)  9:00 Steppin' Up  12:00 One Stroke Painting 1:00 Bridge & Cards  5:30 Zumba	26)  9:45 Hearts & Coffee 11:00 Line Dancing 1:30 Presentation: Cooking with Caroline 1:00 Canasta 5:30 F.I.T. 7:15 Pickleball @ Centennial	27)  1:30 Texas Hold'em	28)
29)	30)	31)  9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing  7:00 No Pickleball @ SCI	 March			