



si55plus@mymts.net

374 1st Street West, Stonewall

204-467-2582

www.si55plus.org



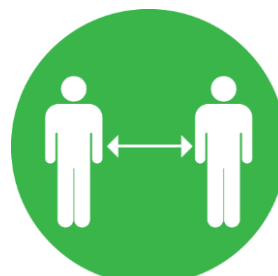
2020

55 Plus COVID-19 Response

**Adapted and Alternate
Programming!**

**Information Links to Reliable
Sources!**

Topics of Interest!



Stay Active! Stay Connected! Stay Healthy!

Dates to Remember

May 2020

It looks like Spring has arrived – so not everything has changed! As the recommendations are modified, we will continue to adapt programs to meeting the ever evolving situation.

Alternative and Adaptive Methods for Programs At Home have been Introduced and are continuing to be developed. ***Thank you to our volunteer leaders for initiating and supporting the programs!***

This Newsletter is dedicated to maintaining our connection during this unprecedented and challenging time.

We are learning together, so please bear with us as we navigate this uncharted era and try to offer ideas, activities and sources of information that will keep us safe and bring us back together sooner.

Your suggestions are welcome! Pictures of your activities at home that can be shared are also welcome!

Stay Active! Stay Connected! Stay Healthy!

Cheryl Cathers
Executive Director

SAVE THE DATES (Yes, we are still planning ahead!)

May 27	Annual General Meeting & Volunteer Appreciation @ 6:30 pm Odd Fellows Hall – POSTPONED UNTIL SEPTEMBER – DATE TO BE DETERMINED
Sept 11-13	55 Plus Annual Pickleball Tournament Sunova Curling Rink
October 10	CONCERT: Cold Hard Cash @ 7 pm Heritage Arts Centre
October 30	55 Plus Annual Quiz Night @ 7 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 1st Thursday)
Bingo @ 1:30 pm (1st Thursday of the Month)
iPad Class @ 1:30 pm (2nd 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!
Membership Renewals are Available During COVID-19!
Call for more Information!***

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 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.

***Donations are Greatly
Appreciated!***

Gift Certificates Available!

A great gift anytime!

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



May Happy Birthday

Mary Hildebrand	1
Marcelle Plesiuck	2
Dianna, Woodward	5
Ken Craig	7
Odette Bernatchez	8
Alice Smith	9
Alex Krawec	10
Pauline Woods	10
Katherine Stewart	10
Beverley Holigrocki	11
Jake Stewart	13
Carol Thiessen	18
Fran Paulson	20
Valerie McClure	21
Andrea Knapp	21
Ted Bronson	23
Gary LaCoste	24
Michelle Dignard	24
Betty Gregg	24
Linda Leafloor	24
Joyce Maynard	28
Maria Glanfield	31





**S.I. 55 Plus Board of Directors
is seeking capable leaders.**

***Do You Believe In Connecting Older Adults and Supporting their
Well-Being and Quality of Life?***

If yes, then consider volunteering your time, experience & skills to help guide
the mission of the 55 Plus.

S.I. 55 Plus (55 Plus) is currently seeking expressions of interest for vacant positions
on its Board of Directors for a two (2) year term from AGM: September, 2020 -
AGM May, 2022

55 Plus Board meetings occur monthly & are typically held during the day except
for quarterly evening meetings.

To hold a Board Position the requirements are:

- 55 years of age or older
- Member of 55 Plus for a minimum of a year
- Willing to represent the views, interests and concerns of 55 Plus Members



For more information contact Kathy Turner (204) 467-5307
or Arlene Patterson (204) 461-1525

If you are interested in joining our organization,
please express your interest in an email to si55plus@mymts.net



***The 55 Plus Office will be closed
on Monday, May 18th***

Enjoy the Holiday Weekend!

***Happy
Mother's
Day***

***Sunday,
May 10***

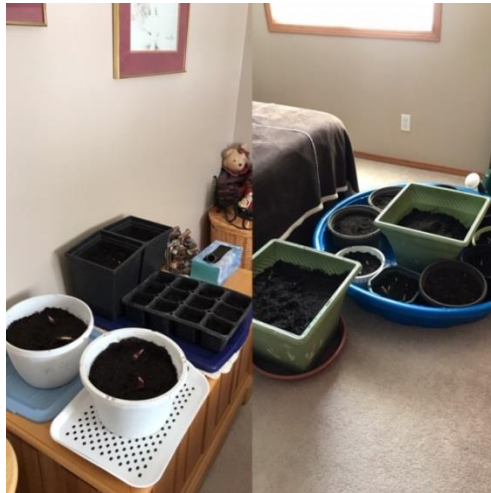




Here's What You Have Been Doing in Pictures...

Thank you to all who have shared their pictures!

If you would like to share a picture of your projects or activities, please send them to si55plus@mts.net



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>

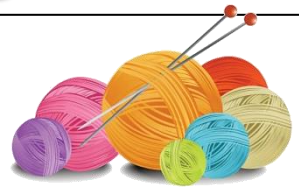
Like our Facebook Page – South Interlake 55 Plus

Check important events on Town of Stonewall calendar – www.stonewall.ca



Adapted Programs

Stitch'n Craft



*Are you knitting or crocheting to keep busy?
Are you interested in knitting projects that will help others,
such as mitts, hats, socks or blankets?*

And, do you need wool or yarn to participate?

The 55 Plus Stitch'n Craft group will provide individuals with wool/yarn who wish to donate their project when completed! Contact the 55 Plus Office @ 204-467-2582 to discuss your participation!

Here's some projects that our members are busy making!



Send us PICTURES of your projects to share!

Send to si55plus@mts.net



And for BEGINNERS ~ LEARN TO CROCHET:

<https://youtu.be/x1I1fEQIeIU>

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 BY APPOINTMENT ONLY!

APPOINTMENTS WILL BE SCHEDULED Until May 29, 2020

55 Plus Centre – Odd Fellows Hall, 374 1st Street W, Stonewall

CALL TO SCHEDULE YOUR APPOINTMENT!

204-467-2582

A series of questions will be asked related to your health, travel and possible COVID-19 contact in the community prior to scheduling an appointment. We ask that you please answer truthfully as the health of our community and volunteers are our utmost concern.

Eligibility Criteria & More Information:

SINGLE: Income Level of no more than \$35,000

2 PERSONS: Income Level of no more than \$45,000

\$2500 For Each Additional Person

NOTE:

- ❖ 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 – income slips, medical receipts, rent or property tax receipt & bill, copy of Disability Tax Credit Approval (if applicable)
- ❖ Bring your 2018 Notice of Assessment or Tax Return Summary



**FILING OF PERSONAL TAX RETURNS HAVE BEEN
EXTENDED TO JUNE 1!**

Out of an abundance of caution for our community and volunteers, we will be collecting the information for the authorization forms during the appointment scheduling to minimize contact, in compliance with the Province of Manitoba COVID-19 response and recommendations.

Please see Page 11 for alternate tax return filing options!

PAINTING @ HOME WITH GAIL



***Gail Spencer-Lamm is offering FREE
Beginner Painting Tutorials!***

If you are interested in participating & would like to Paint @ Home with Gail
Please call the 55 Plus Office 204-467-2582 Or email: si55plus@mts.net

For information and links that will enable you to participate.

Choose Your Project – More Available:



**Festival of
Flowers**



**Spring
Bouquet**



Birch Trees



Spring Chicks

Ukulele Club – Keep on Pickin'!



Although we are not able to jam together in a group,
The 55 Plus is committed to encouraging you to
Continue to Learn and Practice Playing the Ukulele!

Instructional videos are available!

**To receive the links to the
“TUNE(S) OF THE WEEK”**

Please email the 55 Plus:

si55plus@mts.net

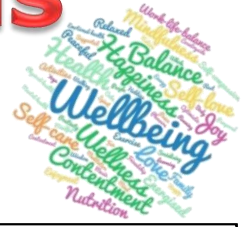
**Learning ukulele
one chord at a time**



***If you are just joining the jammers, and require
additional Beginner learning tools, such as chord
charts, please contact the email above.
A Beginner Package is available.***

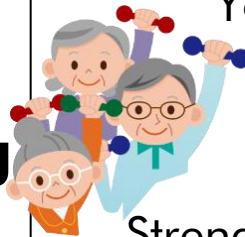
**New Players
Welcome!**

Active Living Programs During COVID-19



LIVE FEED PROGRAMS:

Line Dancing
Steppin' Up



Recommended Practice Videos for:

Yoga & Chair Yoga
Pilates
Tai Chi
Dancefit/Zumba
Strength & Cardio Workouts

AVAILABLE!

STEPPIN' UP – Adapted Program!

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

To support physical distancing, this program is being offered by our volunteer leaders virtually in live feed using Facetime & Zoom.

To register for the classes or for more information,
Call the 55 Plus Office 204-467-2582 Or email: si55plus@mts.net

Stay Active! Stay Connected! Stay Healthy!



Line Dancing ***Dance @ Home during COVID-19***



Our ***Dance @ Home*** Line Dancing Program is AVAILABLE!
Program is offered via Live Facebook feed

If you are interested in participating,
Call 55 Plus office 204-467-2582
OR email: si55plus@mts.net

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



During Physical Distancing Going For a Walk will provide
Exercise and Fresh Air!

55 Plus Walking & LISTENING Bingo Challenge!

*We have put a **NEW** Twist on Walking Bingo!*

Record how many **SOUNDS** you **HEAR!** And record your walking
time each day you go for a walk. **Take a new Route each day!**
Have fun listening to the world around you!

Congratulations
to Joie Van Dongen
on Achieving a
FULL HOUSE for
April's Challenge!

Send your results to: si55plus@mts.net
Photos also Welcome!



Let's Challenge & Encourage One Another!

Note: Results and Photos may be posted on 55 Plus Website or Facebook Page.

Car Horn	A Bike Bell	Chainsaw	A Horse Neighing	Helicopter
Robin's Song	A Jackhammer	Water Splash	A Cell Phone Chime	Music Playing
A Child's Laugh	Truck Engine	FREE SPACE (Your Choice)	Police Siren	Hammering
A Phone Ringing	Mourning Dove Singing	Train Whistle	Airplane	Door Bell
Leaves Rustling	Dog Barking	Wind	Sports Car Revving	An Ambulance Siren

Tai Chi



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



**Due to the Postponement of Classes
We are encouraging the Practice of Tai Chi via
YouTube videos. This is FREE!**



To Register and Receive the Link,
Call: **204-467-2582**

Or Email: si55plus@mts.net

DID YOU KNOW?

Alternate Tax Return Filing Options for Individuals:



Canada Revenue Agency

There are a variety of ways for you to file your tax return. The following services are available for individuals:

NETFILE: If you can access a computer, you can file online using CRA certified tax-filing software. There are a variety of software products to meet their needs, some of which are free!

File my Return: File my Return is a free, secure, and easy to use telephone service for eligible people with low income or a fixed income whose situations remain unchanged from year to year. Those who are eligible have received an invitation letter in the mail or in their T1 income tax and benefit package. The service makes it easy and lets you file your income tax and benefit through an automated phone service.

Paper filing: You can still file your income tax return on paper. If you filed on paper last year and your address information with the CRA was up-to-date, you should have received your paper tax package in the mail by February 17, 2020.

You can view, download and order forms at canada.ca/taxes-general-package or call the CRA at 1-855-330-3305 to order a copy. If you need to order a package, please keep in mind that it may take 10 days for delivery.



Unfortunately, during this already challenging time, there are unscrupulous characters that are looking to take advantage of unsuspecting individuals!

Protect yourself, beware of:

- Spoofed government, healthcare or research information
- Unsolicited calls, emails and texts requesting urgent action or payment and/or offering medical advice, financial relief, or government assistance and compensation
 - **If you didn't initiate contact, you don't know who you're communicating to**
 - **Never respond or click on suspicious links and attachments**
 - **Never give out your personal or financial details**
- Unauthorized or fraudulent charities requesting money for victims, products or research - Don't be pressured into making a donation
- High-priced or low-quality products purchased in bulk by consumers and resold for profit. These items may be expired and/or dangerous to your health
- Questionable offers, such as: miracle cures, herbal remedies, vaccinations, faster testing
- Fake and deceptive online ads, including: cleaning products, hand sanitizers, other items in high demand

For More Information on Scams – follow this link:

<https://www.antifraudcentre-centreantifraude.ca/features-vedette/2020/covid-19-eng.htm>

COVID-19 Information Links

For up-to-date information regarding COVID-19, the following are links are recommended:

Government of Manitoba:

<https://www.gov.mb.ca/covid19/>

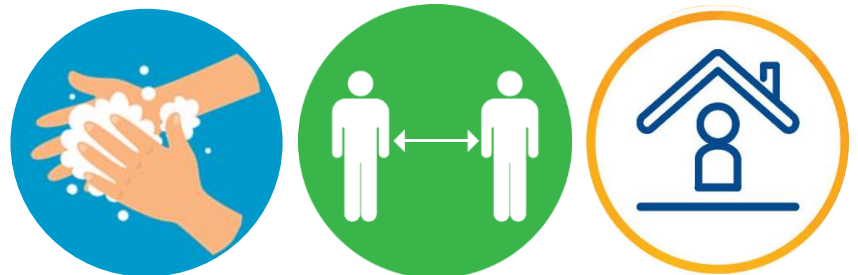
<https://www.covid19manitoba.ca/>

Government of Canada:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

IERHA Link to Community Update:

<https://conta.cc/3aAOx7>





MAKE A CONNECTION



The **LIFESTYLES 55** – May 2020 issue will not be delivered due to COVID-19. For your enjoyment the link to the **May 2020** issue is:

<https://www.dropbox.com/s/586l395je4o5xvj/Lifestyles%2055%202020%20May%20Digital.pdf?dl=0>



SENIOR CENTRE WITHOUT WALLS

Age & Opportunity

Provides FREE Distance Programming!

Senior Centre Without Walls (SCWW) provides educational and recreational programming in a fun & interactive atmosphere where all programming is provided over the phone.

Follow the Senior Centre Without Walls link:

<https://www.aosupportservices.ca/our-three-pillars/social-engagement/senior-centre-without-walls/>

Senior Centre Without Walls Program Guide – **May to August 2020:**

<https://www.aosupportservices.ca/wp-content/uploads/2020/04/AO-SCWW-Volume-11-SPRING-2020-final-no-mark-ups.pdf>



Let us know what you are doing during physical distancing!

Send us your pictures and we will share your ideas and activities!

OR, Call our 55 Plus office and we will call you back!

Phone: 204-467-2582 Email: si55plus@mts.net



Would you like a **Daily Hello** – either by phone or email?

Call or email us!

Referrals for Daily Hello are also welcome!



SAVE THE DATES

*Events are Subject to Change
According to the Public Health Orders!*



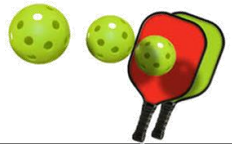
**Volunteer Appreciation &
Annual General Meeting**
Scheduled for Wednesday, May 27
**Has been POSTPONED to September
2020 – Date to Be Determined**

2020 Stonewall Pickleball Tournament



September 11 – 13 @ Sunova Curling Rink

Registration Information to Follow



**COLD
HARD
CASH**

THE JOHNNY CASH EXPERIENCE



SATURDAY, OCTOBER 10

7:00 PM

**Heritage Arts Centre
Stonewall**

More Info Coming Soon!

QUIZ MASTERS



Get Your Team Ready!

FRIDAY, OCTOBER 30

7:00 PM

**Parochial Hall
Stonewall**

*More Info Coming Soon!
Fundraiser in Support of 55 Plus*

Around Town

Delivery Services Available from Stonewall Business During COVID-19 - within Stonewall

Stonewall Family Foods

PH: **204-467-5553**

Email: swfamilyfoods@gmail.com

Stonewall Pharmacy

PH: **204-467-8385**

Stonewall Home Hardware

PH: **204-467-5589**



Rexall Pharmacy

PH: **204-467-8137**

also has a drive thru window

Quarry Ridge Pharmacy

PH: **204-467-7333**

204-467-7322 Fax



Many other businesses in Stonewall may have delivery and alternate service methods; check with that particular business for more information.

Dedicated Shopping Hours for Seniors:

Family Foods:

Mon-Sat: 8 - 9 am



Red River Coop:

Wed & Fri: 7 - 8 am

STONEWALL HANDIVAN

Update for COVID-19:

Trips for Medical Appointments ONLY

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

At this time, Voicemails will be retrieved remotely.

EFFECTIVE MAY 25:

Service will be called:

SAMS (Stonewall & Area Mobility Service)

Hours: 8:30 am-4:30 pm M-F

Phone Number will remain the same!

SOUTH INTERLAKE SENIORS RESOURCE COUNCIL INC.



SOCIAL DISTANCING DOES NOT HAVE TO MEAN SOCIAL ISOLATION

We at SISRC are committed to servicing our seniors in whatever capacity we can due to the circumstances.

Please feel free to contact us and we will do our best to help you with your request!



We are still providing

Friendly Phone Calls

Equipment Rental

Grocery and medication delivery

Meals on Wheels

Lifeline

**SOUTH
INTERLAKE
SENIORS
RESOURCE**

204-467-2719

SUDOKU

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



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

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



WORD SEARCH

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



ANNUALS
 BEANS
 BEETS
 BIENNIAL
 BROCCOLI
 CARROTS
 COMPOST
 CULTIVATE
 DAISIES
 DIGGING
 FERTILIZER
 FLOWERS
 FUCHSIA

GARDEN
 GERANIUMS
 GLOVES
 GNOME
 GREENHOUSE
 GROW
 HOES
 HORTICULTURE
 HOSE
 HYDRANGEA
 LILACS
 LILIES
 MARIGOLDS

ORGANIC
 PEAS
 PERENNIAL
 PETUNIAS
 PINWHEEL
 PITCH FORK
 PLANTING
 RAIN
 RAKE
 RELAXING
 ROSES
 ROWS

SEEDS
 SHOVEL
 SOIL
 SPADE
 SUNSHINE
 TOMATOES
 TROWEL
 TULIPS
 VEGETABLES
 WATER
 WEEDS
 WHEELBARROW



ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Start Where You Are. Use What You Have.
Do What You Can" ~ Arthur Ashe**



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

1 Take a minute to remember what really matters to you and why

2 Do something meaningful for someone you really care about

3 Reconnect with nature today, even if you're stuck indoors

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind