



# Adapted Program



## 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 participate!*

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



**Send us PICTURES of your projects to share!**

**Send to [si55plus@mts.net](mailto:si55plus@mts.net)**



**And for BEGINNERS ~ LEARN TO CROCHET:**

**<https://youtu.be/x1I1fEQIeIU>**

