



si55plus@mymts.net

374 1st Street West, Stonewall

204-467-2582

www.si55plus.org

December 2020



January 2021

Please contact us by phone at 467-2582
or email at si55plus@mymts.net if you have
questions about any programs.

Pre-Registration is required to join any programs.



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!
Memberships Can Now Be Completed On-line!
Check out our Website at www.si55plus.org to fill out a Membership form for a New Membership or to Renew.***

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. Tax receipts will be issued
for Donations of \$20.00 or more. Call for more information!***



Gift Certificates Available!

*A great gift anytime! Certificates
are available for the amount of your choice!*



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

Please Note: Programs will run according to current Health Restriction Guidelines. With the Code Red Restrictions now in place, programs will be offered by Zoom only. Please check with our website or contact the office for updates on programs as Health Restrictions change.

December Programs at a Glance:

Weekly Programs with Zoom

Monday:

Steppin' Up @ 9:00 am
Body Blast@ 4:30 pm (Dec. 7 only)
Dynamic Yoga @ 5:30 pm (Dec. 7 only)

Tuesday:

Steppin' Up @ 9:00 am
Line Dancing @ 11:30 am
Pilates@ 4:00 pm (Dec. 1 only)

Wednesday:

Steppin' Up @ 9:00 am
Yoga@ 10:15 am (Dec. 2 & 9)
Zumba@ 5:15 pm(Dec. 2 & 9)

Thursday:

Steppin' Up @ 9:00 am
Yin Yoga @ 9:00 am (Dec. 3 only)
Line Dancing @ 11:30 am
F.I.T. @ 5:30 pm (Dec 3 only)

Friday:

Steppin' Up @ 9:00 am
Yoga @ 9:00 am (Dec 4 & 11)

Saturday:

Steppin' Up @ 9:00 am

Programs on a Scheduled Basis:

Stepping Out @10:00 am every Tuesday
Virtual Chat-Dec. 10 only @3:00pm
Book Club-December 1 @ 9:30 am
Quilting @ 11:00 am-Dec 11 only



January Programs at a Glance:

(Check the Calendar for start dates.)

Weekly Programs with Zoom

Monday:

Steppin' Up @ 9:00 am
Body Blast@ 4:30 pm
Dynamic Yoga @ 5:30 pm

Tuesday:

Steppin' Up @ 9:00 am
Yoga @ 9:30 am
Line Dancing @ 11:30 am
Yoga Dance Fusion @ 1:00 pm
Tai Chi @ 2:30 pm
Pilates@ 4:00 pm

Wednesday:

Steppin' Up @ 9:00 am
Yoga@ 10:15 am
Zumba@ 5:15 pm

Thursday:

Steppin' Up @ 9:00 am
Yin Yoga @ 9:00 am
Line Dancing @ 11:30 am
F.I.T. @ 5:30 pm

Friday:

Steppin' Up @ 9:00 am
Yoga @ 9:00 am

Saturday:

Steppin' Up @ 9:00 am

Programs on a Scheduled Basis:

Stepping Out @10:00 am every Tuesday
Virtual Chat-Every 2nd Thursday @3:00pm
Book Club-January 6 @1:00 pm
Quilting-Every 2nd Friday @ 11:00 am
Painting with Gail-January 27th @ 1:00 pm
Tech Training-@1:00 pm Thursday afternoons



December

January

Lorraine Smith	1	Bev Stewart	1
Rita Lampertz-Shedden	3	Sophie Danais	2
Avis Meier	13	Carl Paulsen	4
Audrey Hogg	16	Brenda Crucq	8
Barb Hall	16	Kelly Goodman	8
Carol Ann Peters	21	Robin Allan	11
Nancy Drad	21	Dolores Gozda	11
Mabel Monk	23	Tania Laurie	12
Bozo Saric	24	Brenda Badger	14
Shirley Whitehead	24	Ellen Wood	15
Bernie Hildebrand	24	Diane Scott	17
Liz Christie	26	Roni Alward	17
John Pattie	29	Laurie Briggs	18
		Marlene Miller	25
Anniversary:		Susan Penner	24
Margaret & Jean Chaboyer	12	Ria Cameron	27
		Julia Lee	31



OFFICE WILL BE CLOSED
December 24-January 3

**SIGN UP
NOW!**

Christmas Curbside Fundraiser

South Interlake 55 Plus
is having a
Fundraising Christmas Dinner for Curbside
Pick-up at
Odd Fellows Hall on

**December 16th
10:30am - 12:30pm**

Delivery will be provided to orders
from Lions Manor

**Turkey Dinner with the trimmings
\$25.00/person**

(Pre-cooked and ready to microwave at your convenience.)

Every Dinner ordered will also enter you
into a Loonie Draw

Call **467-2582** to place your order.
Payment needs to be received by
December 11th



**CURBSIDE
PICKUP**





Guidelines and Protocols Reference

Ver.11-19-2020

Outlined are procedures to meet regulations & recommendations to protect you and others.

Our top priority is the health and safety of our members, participants and staff.

Guidelines and protocols are subject to change.

CODE RED – Supersedes all Prior Regulations and Protocols

(Subject to change according to Manitoba Public Health Orders)

Duration	Code Red restrictions are in effect. Restrictions level will be updated by Manitoba Public Health.
Capacity	No Classes/Programs to be held in the Centre. An appointment is required to visit the Centre.
Face Masks	Face Masks are mandatory at all times during your visit to the Centre. (An exception is allowed for instructors to remove their mask while instructing online classes at the Centre.)

CODE ORANGE – Supersedes all Prior Regulations and Protocols

(Subject to change according to Manitoba Public Health Orders)

Duration	Code Orange restrictions are in effect. Restriction level will be updated by Manitoba Public Health.
Capacity	Capacity of the facility is 10. Classes/Programs will be limited to 8 participants.
Face Masks	Face Masks are mandatory for entry and all activities/programs except during a physical activity class when 2 meters physical distancing can be maintained.

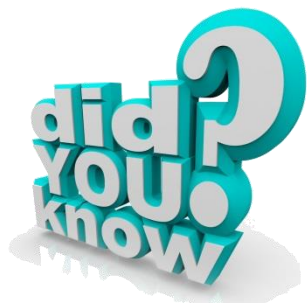
General

Centre Hours	Tuesday - Friday: 8:30 - 6:30 pm
Office Hours	Monday - Friday: 8:30 - 4:00 pm Note: Mondays - Office Contact is by Appointment ONLY
Capacity	The maximum number of people permitted indoors at the 55 Plus Centre is 20 (See Code Red Restrictions).
Time Limit	Participants are encouraged to keep their visit to under 90 minutes
Entrance & Check In	Upon arrival a touchless/verbal check in at reception will be required by all visitors/participants. Pre-screening will occur upon entry. Hand hygiene stations will be placed at the front vestibule of the Centre

Shared Spaces	Avoid congregating in shared areas, such as the entrance & cloak room.
Participation	Pre-Registration is required for participation in any activity. No Drop-in activities are allowed at this time. Arrival for programs is expected to be no more than 15 minutes prior to the program starting.
Transactions	Payment for registration fees may be made by cheque, cash or e-transfer (si55info@gmail.com); e-transfer is preferred when possible.
Equipment	All users are asked to bring their own filled water bottle and any required equipment for classes. No storage of personal items will be available at the Centre. Weights may be available for shared use.
Safety	
Regulations	Adherence to Manitoba and Canada Health recommendations will be required.
Tracking	South Interlake 55 Plus is required to keep a list of all individuals and their contact information who visit the Centre for 21 days to ensure appropriate public health follow-up can take place if a participant is exposed to Covid-19.
Face Masks	Wearing of a mask will be mandatory upon arrival and at time of entry. Masks may be removed once participants are spaced within 6 ft of fellow participants during their program. (See Code Red Restrictions)
Screening	• 55 Plus is responsible for pre-screening all individuals • Participants, staff and volunteers will be screened daily for symptoms prior to work or participation in activities. Individuals who are ill with Covid-19 symptoms will not be permitted on site for work or scheduled activities. • Screening Questions: 1. <i>Have you been out of the province in the last 14 days to a location that is not excluded by current Provincial Public Health Orders? (All International travel and domestic travel east of Terrance Bay, Ontario)</i> 2. <i>Are you experiencing any symptoms of illness - runny nose, cough, fever, sore throat?</i> 3. <i>Have you been exposed to someone who has tested positive or is a probable case for COVID-19 or is symptomatic?</i> • All answers to Screening Questions must be "NO" for entry.
Spacing	Physical distancing of two meters (6ft) will be required at all times; except when brief exchanges are required. Please be mindful of physical distancing upon entering and exiting the Centre. Staff will monitor all users and remind of social distancing, there will be no congregating in the facility until further notice.
Illness	Please stay home if you are experiencing symptoms, even if they are mild.

Signage	COVID-19 guidelines signage will be placed throughout the facility reminding all patrons of physical distancing measures, hand hygiene, cough etiquette and cleaning practises where required.
Protective Barriers	Please respect the protective barrier(s) at reception and while in the office area. Only 4 people can be accommodated in the 55 Plus Office.
Washrooms	Bathrooms will be open to participants. Hand hygiene stations will be available.
Cleaning	High-touch surfaces will be sanitized prior to start of each program.
Programs	
Class Size	Classes are limited to a maximum of 15 (See Code Red Restrictions) registered participants. At this time, No drop in's are allowed. Pre-Registration is required for classes. Registrations are non-transferable unless approved as per 55 Plus Program Committee.
Arrival & Departure	Participants should arrive no more than 15 minutes prior to the class they are attending. Departure should be as quickly as possible to allow for cleaning between programs if applicable.
Equipment	All users are asked to bring their own filled water bottle and any required equipment for classes. Any Centre equipment used, must be cleaned according to the posted protocol and with the provided wipes. No storage of personal items will be available at the Centre. Weights may be available for shared use.
Card Games – Suspended During Code Red	
Face Masks	Wearing of a mask is mandatory at all times during card playing.
Hand Sanitizer	Hand sanitizer will be available during card play. Participants will be asked to sanitize if they touch their mask or upon return to the table if they leave the table for any reason.
Refreshments	• Refreshment/Snack break will not take place at the table of play and must take place in a designated space where physical distancing is maintained. • Participants are required to bring their own refreshments/snack which will not be shared with other participants.





The South Interlake 55 Plus is now able to offer E-Transfer as an alternate payment method!

Payment for memberships, programs and donations can now be cashless.

- Cash and Cheques will continue to be an accepted payment method.
- Please note that some financial institutions may charge a fee for e-transfers; please check with your specific institution.
- **Contact Info for E-Transfers to 55 Plus:**
 - Create a contact on your online banking or app for South Interlake 55 Plus using the following email: si55info@gmail.com
 - Auto-Deposit has been enabled, so no security question and answer is required.

Active Living Programs

Tai Chi

Led by Antonio Cesari

Tuesdays @ 2:30 pm

January 12 – March 16

10 Week Session - Beginner Level

To learn more about this class join the first class Free

FEE for 9 remaining Classes: \$100 Members ~ \$120 Non Members

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

For More Information Or to Register,

Call: 204-467-2582 or email si55plus@mymts.net

Program will run according to current Health Restriction Guidelines. Please check with our website or contact the office to see if class is offered in Centre or only by Zoom.



Steppin' Out



Nordic Urban Walking Poles are available for your walk!

Join Friends & Neighbours

Every Tuesday @ 10:00 am

*For a Walk Around Town
Physical Distancing Required*



55+ Activity Centre

374 1st Street West (Odd Fellows Hall)
204-467-2582

Getting outside for a walk is a great way to protect your health!

(Walking Poles can be loaned out from the Centre on a short term basis.)

For more information, contact the office.)



STEPPIN' UP!



Mondays to Saturdays @ 9:00 am – Virtual Classes

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

Membership is encouraged to support the program.

***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 @ 204-467-2582 Or email: si55plus@mts.net***

ACTIVE WELLNESS CLUB

**10 Week Classes
Available
Jan 11-March 21,
2021**

**Will run classes according to current
Health Restriction Guidelines.
Please check with our website or
contact the office for updates for any
changes in delivery.**

FEES Full Session (10 weeks)

1 class/wk: M \$80 / NM \$100
2 classes/ wk: M \$150 / NM \$170
3 classes/ wk: M \$210 / NM \$230
4 classes/ wk: M \$260 / NM \$280
5 classes/ wk: M \$300 / NM \$320
6 classes/ wk: M \$360 / NM \$380
7 classes/ wk: M \$420 / NM \$440
8 classes/ wk: M \$480 / NM \$500
9 classes/ wk: M \$540 / NM \$560

FEES Half Session (5 weeks)

1 class/wk: M \$47.50 / NM \$67.50
2 classes/ wk: M \$90 / NM \$110
3 classes/ wk: M \$127.50 / NM \$147.50
4 classes/ wk: M \$160 / NM \$180
5 classes/ wk: M \$187.50 / NM \$207.50
6 classes/ wk: M \$225 / NM \$245
7 classes/ wk: M \$262.50 / NM \$282.50
8 classes/ wk: M \$300 / NM \$320
9 classes/ wk: M \$337.50 / NM \$357.50

CLASSES

Mon - Body Blast @ 4:30-Cheryl Kooning (45 min)
- Yoga @ 5:30-Gail Spencer-Lamm (50 min)

Tues -Yoga @ 9:30- Liz Luke
-Yoga Dance Fusion @ 1:00 –Gail Spencer-Lamm
-Pilates @ 4:30 Liz Luke

Wed -Yoga @ 10:15 Liz Luke
-Zumba @ 5:15 pm-Christine MacNeil

Thurs -Yin Yoga @ 9:00-Liz Luke
-F.I.T @ 5:30-Cheryl Kooning (50 min)

Fri -Yoga @ 9:00 Gail Spencer-Lamm



PRE-REGISTRATION REQUIRED FOR EACH CLASS

Classes are 1 hour unless otherwise indicated

DESCRIPTIONS



Body Blast – a 15-15-15 style class meaning the class will contain 15 minutes of cardio, 15 minutes of strength training with a core focus and 15 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. Will include barre movements to help sculpt and tone your muscles.

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 in a circuit format 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. Co-ed participation encouraged.

Yoga Dance Fusion - Enjoy this unique fusion of Yoga & Dance. 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.

***Modifications for “Just Returning” or to challenge your fitness level will be included in the instruction of the classes.**

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

The 55 Plus Centre Reserves the Right to Cancel a Class



1 Hour
Class

Line Dancing



Tuesdays & Thursdays @ 11:30 am

Pre-Registration Deadline for December: Monday, November 30

REGISTRATION OPTIONS – December 1-22:

	Member	Non-Member
• Tuesdays ONLY:	\$20	\$28
• Thursday ONLY:	\$15	\$21
• Tuesday & Thursday:	\$35	\$49

• **Pick Your Schedule:** # of Classes (Dates Specified) X Member/Non-Member Fee

Payment for registration fees may be made by cheque, cash or e-transfer (si55info@gmail.com)

Pre-Registration Deadline for January: Monday, January 4

REGISTRATION OPTIONS – January 1-31:

	Member	Non-Member
• Tuesdays ONLY:	\$20	\$28
• Thursday ONLY:	\$20	\$28
• Tuesday & Thursday:	\$40	\$56

• **Pick Your Schedule:** # of Classes (Dates Specified) X Member/Non-Member Fee

Payment for registration fees may be made by cheque, cash or e-transfer (si55info@gmail.com)

Will run program according to current Health Restriction Guidelines. Please check with our website or contact the office to see if class is offered in Centre or only by Zoom.



International
Day of
Persons with
Disabilities

3 DECEMBER

Join Manitobans across the Province in celebrating the International Day of Persons with Disabilities & Manitoba 150 with a Free Webinar!

Dec 3rd, 2020 @ 2:00-3:30 pm

To learn more and to Register go to:

<https://www.eventbrite.ca/e/international-day-of-persons-with-disabilities-idpd-2020-webinar-tickets-128048335017?aff=ebdssbonlinesearch>

Weekly/Monthly Programs



Painting Class

“English Country Garden”

January 27th @ 1:00-3:00pm

Instructor: Gail Spencer-Lamm

Tap into your inner artist as we paint this easy beginner-friendly acrylic on canvas!

This project will use shades of soft pink, blue and green and will be done on a 12" x 16" Canvas.

All supplies will be provided for those attending.

(Minimum of 4 Participants to run this class)

Program will run in Centre only if current Health Restriction Guidelines allow. Please check with our website or contact the office for updates to see if class will be offered.

Cost to attend: Members \$40 Non-Member \$50

Registration/Payment is required by January 20th

Call (204)-467-2582 or Email: si55plus@mts.net

South Interlake 55 Plus Book Club

Tuesday, December 1 @ 9:30 am

Wednesday, January 6 @ 1:00 pm

Program will run according to current Health Restriction guidelines. Please check with our website or contact the office to see if program is held in Centre or by Zoom.

Book selected are supplied by the South Interlake Regional Library

Pre-register to join by calling 204-467-2582 or email si55plus@mymts.net

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

Quilter's Corner

Fridays:

11:00 Start

December Date: December 11

January Dates: January 8 & 22



Members: \$3
Non-Members \$5

Please Pre-Register!

Beginners & Experienced Quilters Welcome

New Workshop Training

TECH TRAINING FOR EVERYONE



Starting January 14th
and running every
Thursday till
March 11, 2021
1:00-4:00 pm

Classes are FREE

Courses Are as Follows:

January, 14, 21, & 28 - "Basic Tablet Skills"-This course over 3 classes (9 hrs) is taught with iPads, not android devices. Bring your own iPad

February 4, 11, & 18 -This course over 3 classes (9 hrs) will cover "**Email, Social Media & Privacy, Zoom.**" Computers will be provided for all participants. You are able to bring your own Laptop in as well if you choose to do so.

February 25, March 4, & 11-This course over 3 classes (9 hrs) will cover "**Working with Pictures**". Computers will be provided for all participants.

Minimum of 4 Participants to run this class.

For more information or to Register contact us by phone at (204) 467-2582 or email us at si55plus@mymts.net

Program will run according to current Health Restriction Guidelines. Please check with our website or contact the office to see how class will be offered.

On-Going Virtual Programs

VIRTUAL CHAT TIME BY ZOOM



**THURSDAYS: 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:
By Calling 204-467-2582
Or Email: si55plus@mts.net

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!

***Send us PICTURES of your projects to share!**
Send to si55plus@mts.net

And for BEGINNERS ~ LEARN TO CROCHET:
<https://youtu.be/x1I1fEQIeIU>



PAINTING @ HOME WITH GAIL



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

If you are interested in participating
Please call the 55 Plus Office 204-467-2582
Or email: si55plus@mts.net for information and links.



Ukulele Club – Keep on Pickin'!

Although we are not able to jam together,
(hopefully soon we will)

The 55 Plus is committed to encouraging you to
Continue to Learn and Practice Playing the Ukulele!
Instructional videos are available!



**New Players
Welcome!**

**To receive the links to the “TUNE(S) OF THE WEEK”
Please email the 55 Plus: si55plus@mts.net**

Around The Community

Delivery Services Available During COVID-19 - within Stonewall

Stonewall Family Foods

PH: 204-467-5553

Email: swfamilyfoods@gmail.com

Now has on-line shopping.

www.stonewallfamilyfoods.com



Stonewall Pharmacy

PH: 204-467-8385

Rexall Pharmacy

PH: 204-467-8137

also has a drive thru window



Quarry Ridge Pharmacy

PH: 204-467-7333

Fax: 204-467-7322

Stonewall Home Hardware

PH: 204-467-5589

Dedicated Shopping Hours for Seniors:

Family Foods:
Mon-Sat: 8-9 am

Red River Coop:
Wed & Fri: 7-8 am

Hop, Drop and Shop

Operated by

Stonewall and Area Mobility Service

In December we will offer two Tuesdays:

December 1st & 22nd.

Price is \$5.00 round trip.

**Pickups from: Lions Manor, Crocus Manor
and Stonewood Place.**

**Buses will operate on 2 schedules,
10:00 AM and 1:00 PM**

Stops include Family Foods, Marketplace, Center
& Main (for banking) and Westside Plaza.

Call (204) 467-9446 to register.

We accommodate wheelchairs, electric wheelchairs,
scooters and walkers. All of SAMS buses are sanitized
after each scheduled use.

Masks are Mandatory on the bus.

Will run program according to current Health
Restriction Guidelines. Please check with our website
or contact the office to see if program is running.



Stonewall & Area Mobility Service

- Offering flexible times for trips (ie, on evenings and weekends)
- Following social distancing guidelines in the vehicles
- Vans are disinfected after every use
- Drivers wear masks and we ask the same of the passengers
- Currently offering the same pricing on fares as the previous service

Monday – Friday (closed holidays)

8:30 am to 4:30 pm

204-467-9446



Stonewall & District Christmas Cheer Board

Help is needed! The Cheer
Board is looking for donations
to help those in need this
Christmas.

Donations of Food and Toys are not accepted
this year due to Covid-19. Monetary donations
can be accepted at the Stonewall Sunova Credit
Union. You can use the Night Deposit slot or mail
to:

**Stonewall & District
Christmas Cheer Board
Box 1991
Stonewall, MB R0C 2Z0**

Include your Full Name and Phone Number so a
receipt can be provided.

Do you or anyone you know need a hamper this
Christmas? Hampers can be ordered by calling:
(204)-467-7370 until December 9th.
Hamper pick-up will be on December 19th.



MAKE A CONNECTION

International Day of Persons with Disabilities Webinar: <https://www.eventbrite.ca/e/international-day-of-persons-with-disabilities-idpd-2020-webinar-tickets-128048335017?aff=ebdssbonlinesearch>

LIFESTYLES 55 – For your enjoyment the **Current Issue** is: <http://lifestyles55.net/>

Age & Opportunity provides **FREE** Distance Programming! <https://www.aosupportservices.ca/>

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 SCWW link:

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

Senior Centre Without Walls Program Guide – Sept. to Dec. 2020:

<https://www.aosupportservices.ca/wp-content/uploads/2020/08/AO-SCWW-Volume-12-FALL-2020-for-Website-with-Registration-Form.pdf>

Help Fight Fraud: The information you need to fight fraud and keep yourself, your family and your money safe, check out [Little Black Book of Scams](#) and the [Canadian Anti-fraud Centre](#). For more tips on how to stay protected.

South Interlake Seniors Resource (SISRC) is committed to servicing seniors in whatever capacity they can. Their SISRC business office is located at 144-622 Centre Ave., in the Lions Manor, Entrance 4. Feel free to contact them at this link: <http://sisrc.ca/> or call at (204) 467-2719



For up-to-date information regarding COVID-19.:

Government of Manitoba:

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

<https://www.gov.mb.ca/covid19/restoring/phase-two.html>

Government of Canada:

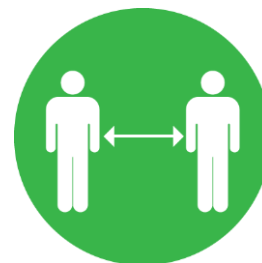
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

IERHA Link to Community Update:

<https://conta.cc/3alAOx7>

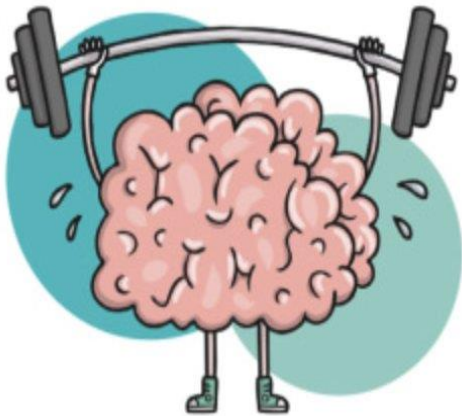
IERHA Link to Testing Sites:

<https://www.ierha.ca/default.aspx?cid=23829&lang=1>



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.



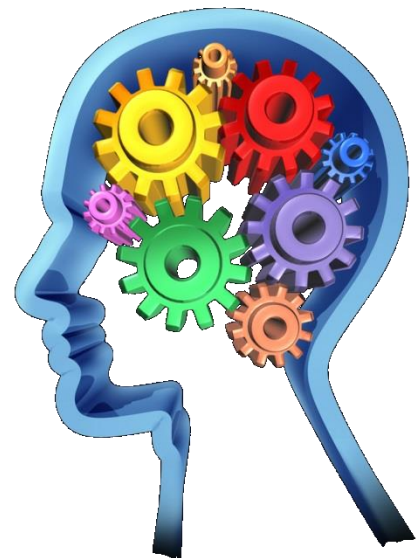
Are you working out your brain?

Medium

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

Medium

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



Christmas
WORD SEARCH

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

GRINCH
JOLLY
NOEL
NUTMEG
SANTA CLAUS

GREETINGS
JINGLE
MISTLETOE
NUTCRACKER
PARTRIDGE

BAUBLE
CHIMNEY
DASHER
FESTIVE
GATHER

BELLS
CHRISTMAS
ELF
FRUITCAKE
GIFT

CELEBRATE
CIDER
ELVES
GARLAND
GINGERBREAD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) 9:00 Steppin'Up 9:30 Book Club 10:00 Steppin' Out 11:30 Line Dancing 4:30 Pilates	2) 9:00 Steppin' Up 10:15 Yoga 5:15 Zumba	3) 9:00 Yin Yoga 9:00 Steppin'Up 11:30 Line Dancing 5:30 F.I.T International Day of Persons with Disabilities	4) 9:00 Steppin'Up 9:00 Yoga	5) 9:00 Steppin'Up
6)	7) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	8) 9:00 Steppin'Up 10:00 Steppin' Out 11:30 Line Dancing	9) 9:00 Steppin'Up 10:15 Yoga 5:15 Zumba	10) 9:00 Steppin'Up 11:30 Line Dancing 3:00 Virtual Chat	11) 9:00 Steppin'Up 9:00 Yoga 11:00 Quilter's Corner	12) 9:00 Steppin'Up
13)	14) 9:00 Steppin'Up	15) 9:00 Steppin'Up 10:00 Steppin' Out 11:30 Line Dancing	16) 9:00 Steppin' Up 10:30 am-12:30 pm Christmas Curbside Fundraiser	17) 9:00 Steppin'Up 11:30 Line Dancing Christmas Cheer Board in Centre	18) 9:00 Steppin'Up Christmas Cheer Board in Centre	19) 9:00 Steppin'Up
20)	21) 9:00 Steppin'Up	22) 9:00 Steppin'Up 10:00 Steppin'Out 11:30 Line Dancing	23) 9:00 Steppin' Up	24) 9:00 Steppin'Up	25) Merry Christmas 	26) Boxing Day
55 Plus office closed- No Programs: December 24, 2020 - January 4, 2021						
27)	28) 9:00 Steppin'Up	29) 9:00 Steppin'Up	30) 9:00 Steppin'Up	31) 9:00 Steppin'Up		

January 2021



1) Happy New Year!



2)

9:00 Steppin'Up

3)	4) 9:00 Steppin'Up	5) 9:00 Steppin'Up 10:00 Steppin' Out 11:30 Line Dancing	6) 9:00 Steppin' Up 1:00 Book Club	7) 9:00 Steppin'Up 11:30 Line Dancing 3:00 Virtual Chat	8) 9:00 Steppin'Up 11:00 Quilter's Corner	9) 9:00 Steppin'Up
10) Active Wellness Starts Again This week	11) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	12) 9:00 Steppin'Up 9:30 Yoga 10:00 Steppin' Out 11:30 Line Dancing 1:00 Yoga Dance Fusion 2:30 Tai Chi(Free Class) 4:30 Pilates	13) 9:00 Steppin' Up 10:15 Yoga 5:15 Zumba	14) 9:00 Yin Yoga 9:00 Steppin'Up 11:30 Line Dancing 1:00 Tech Training 5:30 F.I T.	15) 9:00 Steppin'Up 9:00 Yoga	16) 9:00 Steppin'Up
17)	18) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	19) 9:00 Steppin'Up 9:30 Yoga 10:00 Steppin'Out 11:30 Line Dancing 1:00 Yoga Dance Fusion 2:30 Tai Chi 4:30 Pilates	20) 9:00 Steppin' Up 10:15 Yoga 5:15 Zumba	21) 9:00 Yin Yoga 9:00 Steppin'Up 11:30 Line Dancing 1:00 Tech Training 3:00 Virtual Chat 5:30 F.I T.	22) 9:00 Steppin'Up 9:00 Yoga 11:00 Quilter's Corner	23) 9:00 Steppin'Up
24)	25) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	26) 9:00 Steppin'Up 9:30 Yoga 10:00 Steppin'Out 11:30 Line Dancing 1:00 Yoga Dance Fusion 2:30 Tai Chi 4:30 Pilates	27) 9:00 Steppin' Up 10:15 Yoga 1:00-Painting with Gail 5:15 Zumba	28) 9:00 Yin Yoga 9:00 Steppin'Up 11:30 Line Dancing 1:00 Tech Training 5:30 F.I T.	29) 9:00 Steppin'Up 9:00 Yoga	30) 9:00 Steppin'Up
31)						