

NEWSLETTER



si55plus@mymts.net

374 1st Street West, Stonewall

204-467-2582

www.si55plus.org

January 2021

Revised 4.0



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.

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 @ 11:00 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
Creative Journaling 10:30-**New**
Zumba@ 5:15 pm

Thursday:

Steppin' Up @ 9:00 am
Yin Yoga @ 9:00 am
Line Dancing @ 11:00 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 with Zoom:

Stepping Out every Tuesday @10:00 am
Virtual Chat Jan 14 & 28 @3:00 pm
Cabin Fever Reliever: The Game Show
Jan 7 & 21 @3:00 pm -**New**
Book Club-January 6 @1:00 pm
Quilting-Jan 8 & 22 @ 11:00 am
Painting with Gail-January 27th @ 1:00 pm
Tech Training-Jan 14, 21, & 28 @1:00 pm





January

Bev Stewart	1
Sophie Danais	2
Carl Paulsen	4
Brenda Crucq	8
Kelly Goodman	8
Robin Allan	11
Dolores Gozda	11
Tania Laurie	12
Brenda Badger	14
Ellen Wood	15
Diane Scott	17
Roni Alward	17
Laurie Briggs	18
Marlene Miller	25
Susan Penner	24
Ria Cameron	27
Julia Lee	31





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.

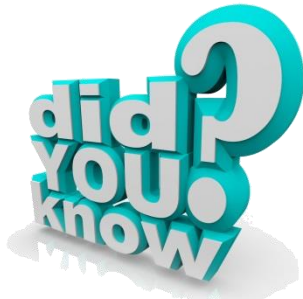
Guidelines and protocols are subject to change.

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 &	Upon arrival a touchless/verbal check in at reception will be required by all

Check In	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	<ul style="list-style-type: none"> • 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: <ol style="list-style-type: none"> 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	<ul style="list-style-type: none"> • 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.



Full Access Zoom Pass

Good for **all 10** Active Wellness Classes
5 weeks-\$190.00
10 weeks-\$300.00

Classes can only be attended by Zoom even if Restrictions change and in-Centre classes resume.

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



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

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

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



Line Dancing



Tuesdays & Thursdays

***11:00 am start with Zoom (1.5 Hour class)**

***11:00 am start if in Centre (1 Hour class)**

***Please check with Website to see how program is currently running.**

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 <u>Member/Non-Member Fee</u>		

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.



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 now be taught on ZOOM.

If you need assistance using Zoom, we can help you. This painting will use shades of soft pink, blue and green and will be done on a 12" x 16" Canvas.

A supply Kit can be provided. (Includes: Paints, Brushes, Canvas and Sponges)

Registration/Payment is required by January 22th

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

Cost to attend:

- A) If you get your own supplies. (A list will be provided to you for this project) Members \$15 Non-Member \$25**
- B) If you require a Supply Kit and can pick it up from the Centre. Members \$40 Non-Member \$50**

South Interlake 55 Plus Book Club

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

January Dates: January 8 & 22



Members: \$3
Non-Members \$5

Please Pre-Register!

Beginners & Experienced Quilters Welcome



Creative Journaling



Join Us to Start Your Creative Journal!

Starting January 13th @ 10:30 am, join our instructor Gail Spencer-Lamm on Zoom, in the comfort of your home, as she leads you through an hour long interactive session that will help you create your own Creative Journal. This class will run for 10 weeks from January 13th-March 17th, 2021

- You need access to the Internet and have the Zoom Software App downloaded. (We offer assistance with this if needed.)
- Use whatever Art and Craft supplies you may have at home.
- **Free** for all to participate. No skill level is required.
- Registration is required at least 2 days prior to start of each class.

For more information or to Register to participate
Call: (204) 467-2582 or Email: si55plus@mts.net



Cabin Fever Reliever: The Game Show



Thursday, January 7th & 21st @ 3:00pm

Join us for an hour of game show fun! Using our own versions of beloved game show formats, our host will lead an interactive Zoom meeting you can join right from the comfort of your couch. With a variety of trivia categories and difficulty levels, everyone should find a question they know the answer to... or learn something new!

This is a **Free** program that is open to anyone to join. All you need is access to the internet and to be able to download the Zoom Software App. We offer assistance with this as well, if needed.

Registration is required at least 2 days prior to start of each game.
For more information or to register call (204)-467-2582 or Email:
si55plus@mts.net

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

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

*Minimum of 4
participants to
run each
class.*

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.

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. **(Will be taught by Zoom)**

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.

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



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



Hop, Drop and Shop

Operated by

Stonewall and Area Mobility Service

Will be running the First Tuesday of each month. The next dates will be:

**February 2nd, 2021
March 2nd & 30th, 2021**

Price is \$5.00 round trip. (Interac Tap is available)

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 S.A.M.S buses are sanitized after each scheduled use.

Masks are Mandatory on the bus.





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:

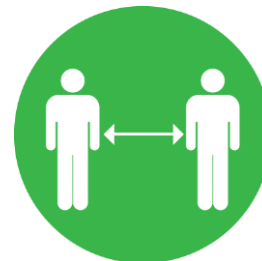
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

IERHA Link to Community Update:

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

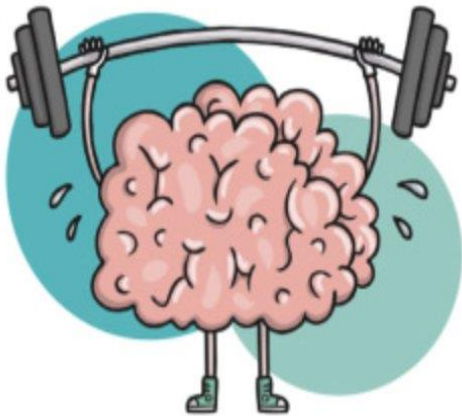
IERHA Link to Testing Sites:

<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 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.



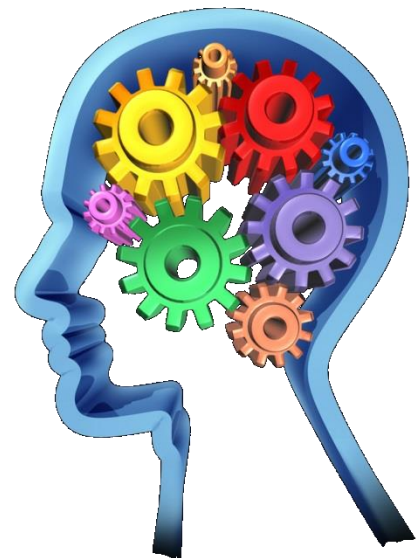
Are you working out your brain?

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			







Happy New Year

Find and circle all of the words that are hidden in the grid.
The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

APPETIZERS	DECORATIONS	HATS	PARADES
BABIES	END OF DECEMBER	HOLIDAY	PARTY
BALLOONS	EVENTS	HORNS	PUNCH
BANNERS	FAMILY	KISS	RESOLUTIONS
BUFFET	FATHER TIME	MIDNIGHT	SINGING
CELEBRATE	FEAST	MUSIC	STREAMERS
CHAMPAGNE	FESTIVITIES	NEW YEARS DAY	THIRTY FIRST
CONFETTI	FIREWORKS	NEW YEARS EVE	TIARAS
DANCE	FIRST OF JANUARY	NOISEMAKERS	WINE
DAY ONE	FRIENDS	OCCASION	YEAR IN REVIEW

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2021</h1>					1) Happy New Year! 	2) 9:00 Steppin'Up
3)	4) 9:00 Steppin'Up	5) 9:00 Steppin'Up 10:00 Steppin' Out 11:00 Line Dancing	6) 9:00 Steppin' Up 1:00 Book Club	7) 9:00 Steppin'Up 11:00 Line Dancing 3:00-Cabin Fever Reliever	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 11:00 Line Dancing 1:00 Yoga Dance Fusion 2:30 Tai Chi(Free Class) 4:30 Pilates	13) 9:00 Steppin' Up 10:15 Yoga 10:30-Creative Journaling 5:15 Zumba	14) 9:00 Yin Yoga 9:00 Steppin'Up 11:00 Line Dancing 1:00 Tech Training 3:00 Virtual Chat 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 11:00 Line Dancing 1:00 Yoga Dance Fusion 2:30 Tai Chi 4:30 Pilates	20) 9:00 Steppin' Up 10:15 Yoga 10:30-Creative Journaling 5:15 Zumba	21) 9:00 Yin Yoga 9:00 Steppin'Up 11:00 Line Dancing 1:00 Tech Training 3:00-Cabin Fever Reliever 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 11:00 Line Dancing 1:00 Yoga Dance Fusion 2:30 Tai Chi 4:30 Pilates	27) 9:00 Steppin' Up 10:15 Yoga 10:30 Creative Journaling 1:00-Painting with Gail 5:15 Zumba	28) 9:00 Yin Yoga 9:00 Steppin'Up 11:00 Line Dancing 1:00 Tech Training 3:00 Virtual Chat 5:30 F.I T.	29) 9:00 Steppin'Up 9:00 Yoga	30) 9:00 Steppin'Up
31)	