

# NEWSLETTER



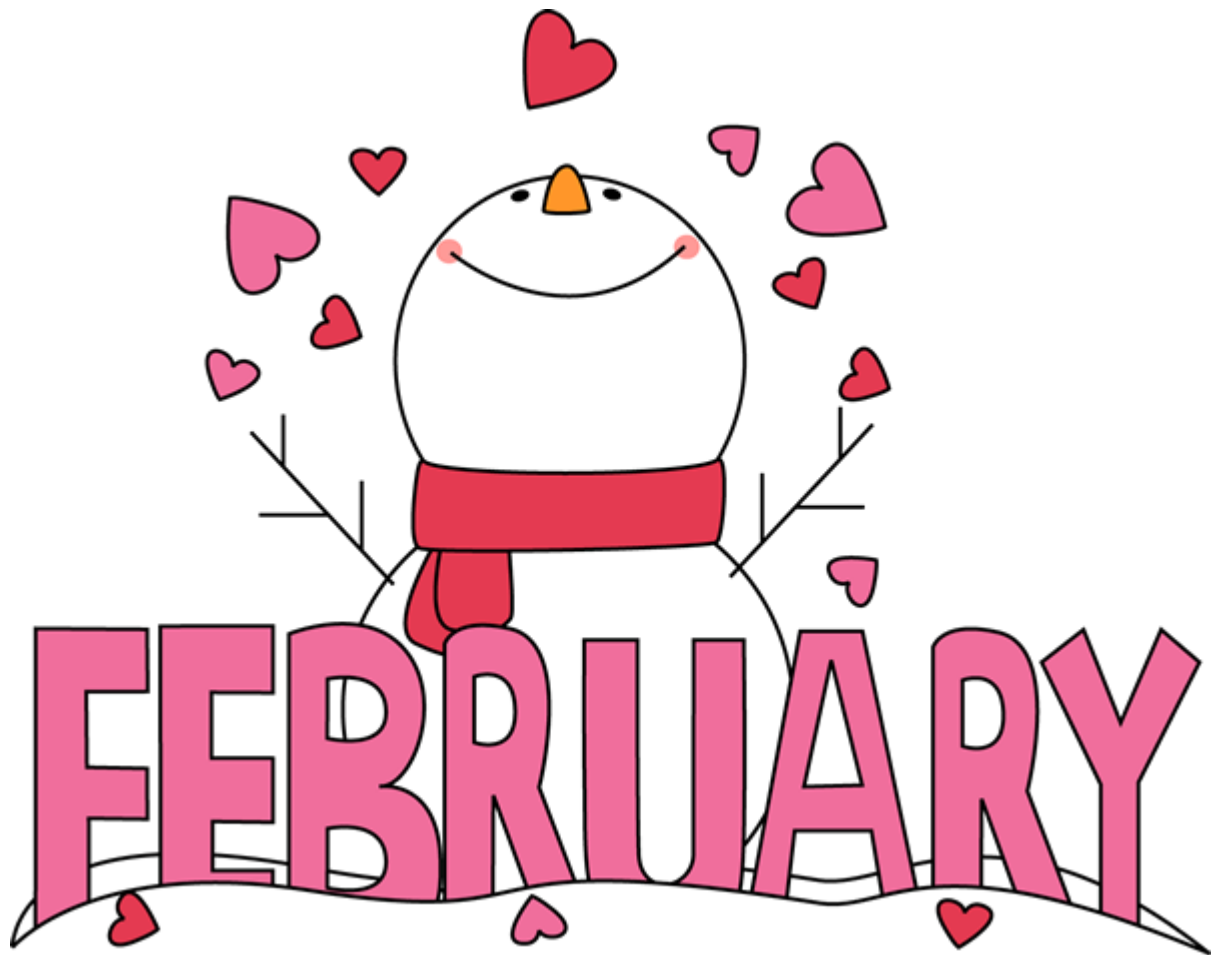
[si55plus@mymts.net](mailto:si55plus@mymts.net)

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

204-467-2582

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

## 2021



Please contact us by phone at 467-2582 or email at [si55plus@mymts.net](mailto: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.*

**JOIN OR  
RENEW YOUR  
MEMBERSHIP**



**Membership is Only \$20.00 Annually!  
Memberships Can Now Be Completed On-line! Check out  
our Website at [www.si55plus.org](http://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! (204) 467-2582**



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)

## **2020/2021 Board of Directors**

### **Executive:**

President	Detlev Regelsky
1 <sup>st</sup> Vice	Kathy Turner
2 <sup>nd</sup> Vice	Laurie Briggs
Past President	Edie McIntryre
Secretary	Arlene Patterson
Treasurer	Bob McKenzie

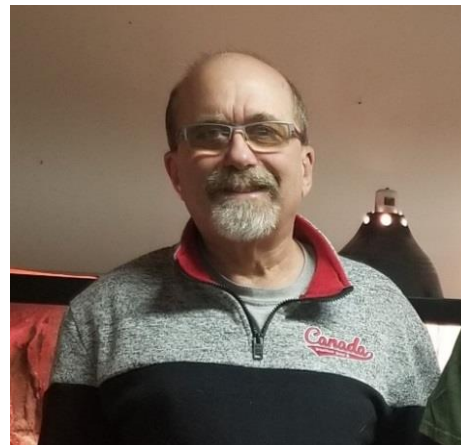
### **Directors:**

Paul Pelletier  
Judy Kitching  
Wayne Johnson  
Gail Spencer-Lamm  
Deborah Hinds

### **Staff:**

Executive Director	Cheryl Cathers
Admin Assistant	Jayne Kjaldgaard
Term Position	Maddy Turbett

## *Meet our Board:*



Detlev Regelsky: Our Board President

I spent my childhood in Jasper, Alberta and my adult life in Manitoba's prairies where I worked in the manufacturing sector, mostly in the welding end of it. During my entire career, I've been a strong believer in giving back to the community. As such, I've always volunteered for various community organizations. So upon retirement, it became natural for me to get involved with the South Interlake 55 Plus, and to help out in any way I could.

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

**February Programs at a Glance:**  
**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  
Pilates@ 4:00 pm

**Wednesday:**

Steppin' Up @ 9:00 am  
Yoga@ 10:15 am  
Creative Journaling 10:30 am- **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:**

Virtual Chat- Thursday Feb. 11<sup>th</sup> & 25<sup>th</sup> @3:00 pm

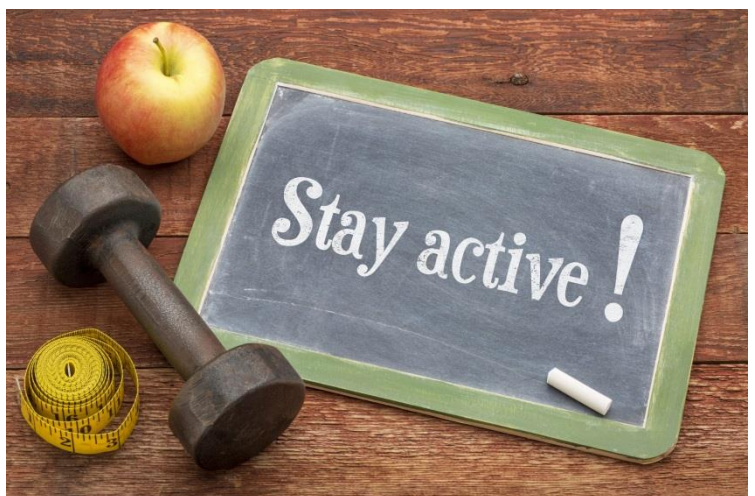
Cabin Fever Reliever: The Game Show  
Thursday Feb. 4<sup>th</sup> & 18<sup>th</sup> @3:00 pm -**New**

Book Club-Feb. 3<sup>rd</sup> @1:00 pm

Quilting-Fridays, February 5<sup>th</sup> & 19<sup>th</sup> @ 11:00 am

Painting with Gail- February 24<sup>th</sup>@ 1:00 pm

There is still an opportunity to join many classes even if they have already started for the winter session. Classes with Fees will be pro-rated for the remainder of the Winter Session! We have many classes that are Free to join as well!





## Guidelines and Protocols Reference

Ver.1-29-2021

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.**

<b>CODE RED – Supersedes all Prior Regulations and Protocols</b> (Subject to change according to Manitoba Public Health Orders)	
<b>Duration</b>	Code Red restrictions are in effect. Restrictions level will be updated by Manitoba Public Health.
<b>Capacity</b>	No Classes/Programs to be held in the Centre. An appointment is required to visit the Centre.
<b>Face Masks</b>	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.)
<b>CODE ORANGE – Supersedes all Prior Regulations and Protocols</b> (Subject to change according to Manitoba Public Health Orders)	
<b>Duration</b>	Code Orange restrictions are in effect. Restriction level will be updated by Manitoba Public Health.
<b>Capacity</b>	Capacity of the facility is 10. Classes/Programs will be limited to 8 participants.
<b>Face Masks</b>	Face Masks are mandatory for entry and all activities/programs except during a physical activity class when 2 meters physical distancing can be maintained.
<b>General</b>	
<b>Centre Hours</b>	Tuesday - Friday: 8:30 - 6:30 pm
<b>Office Hours</b>	Monday - Friday: 8:30 - 4:00 pm Note: Mondays - Office Contact is by Appointment ONLY
<b>Capacity</b>	The maximum number of people permitted indoors at the 55 Plus Centre is 20 (See Code Red Restrictions).
<b>Time Limit</b>	Participants are encouraged to keep their visit to under 90 minutes
<b>Entrance &amp; Check In</b>	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
<b>Shared Spaces</b>	Avoid congregating in shared areas, such as the entrance & cloak room.
<b>Participation</b>	Pre-Registration is required for participation in any activity. <b>No Drop-in activities are allowed at this time.</b> Arrival for programs is expected to be no more than 15 minutes prior to the program starting.
<b>Transactions</b>	Payment for registration fees may be made by cheque, cash or e-transfer (si55info@gmail.com); e-transfer is preferred when possible.
<b>Equipment</b>	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.
<b>Safety</b>	
<b>Regulations</b>	Adherence to Manitoba and Canada Health recommendations will be required.
<b>Tracking</b>	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.
<b>Face Masks</b>	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. <b>(See Code Red Restrictions)</b>
<b>Screening</b>	<ul style="list-style-type: none"> <li>• 55 Plus is responsible for pre-screening all individuals</li> <li>• 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.</li> <li>• Screening Questions: <ol style="list-style-type: none"> <li>1. <i>Have you been out of the province in the last 14 days?</i></li> <li>2. <i>Are you experiencing any symptoms of illness - runny nose, cough, fever, sore throat?</i></li> <li>3. <i>Have you been exposed to someone who has tested positive or is a probable case for COVID-19 or is symptomatic?</i></li> </ol> </li> <li>• All answers to Screening Questions must be "NO" for entry.</li> </ul>
<b>Spacing</b>	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.
<b>Illness</b>	Please stay home if you are experiencing symptoms, even if they are mild.

<b>Signage</b>	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.
<b>Protective Barriers</b>	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.
<b>Washrooms</b>	Bathrooms will be open to participants. Hand hygiene stations will be available.
<b>Cleaning</b>	High-touch surfaces will be sanitized prior to start of each program.
<b>Programs</b>	
<b>Class Size</b>	Classes are limited to a maximum of <b>15 (See Code Red Restrictions)</b> 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.
<b>Arrival &amp; Departure</b>	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.
<b>Equipment</b>	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.
<b>Card Games – Suspended During Code Red</b>	
<b>Face Masks</b>	Wearing of a mask is mandatory at all times during card playing.
<b>Hand Sanitizer</b>	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.
<b>Refreshments</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Participants are required to bring their own refreshments/snack which will not be shared with other participants.</li> </ul>





**South Interlake 55 Plus**  
is having a  
Fundraising St. Patrick's Day Dinner  
for Curbside Pick-up  
at Odd Fellows Hall on

**Wednesday, March 17th**  
**3:00 pm -6:00pm**

**CURBSIDE  
PICKUP**



Delivery will be provided to orders  
from Lions Manor

**Roast Beef Dinner**  
**\$25.00/person**

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

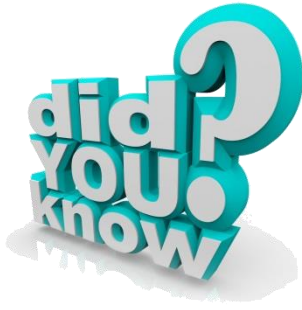
**Every Dinner ordered will also  
enter you into a Loonie Draw!**

Call **467-2582** to place your order.  
Payment needs to be received by  
**Friday, March 12<sup>th</sup>**



**Happy St. Patrick's Day!**





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](mailto:si55info@gmail.com)
  - Auto-Deposit has been enabled, so no security question and answer is required.



## **COMMUNITY VOLUNTEER** **INCOME TAX PROGRAM**



**VOLUNTEERS ARE TRAINED BY CANADA REVENUE  
TO COMPLETE YOUR 2020 INCOME TAX RETURN  
THIS SERVICE WILL BE PROVIDED AS A DROP OFF SERVICE**

**PROGRAM WILL BE OFFERED: March 2 – April 30, 2021**

***Tuesday-Friday 10:00 am – 3:00 pm***

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

### **Income Tax Returns Are Accepted Based on Income**

- ❖ 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
- ❖ Bring your 2019 Notice of Assessment or Tax Return Summary

**For more Information or to book an Appointment: Call 204-467-2582.  
Office hours are Tuesday-Friday 8:30 am-4:00 pm.**

**Public Health Restrictions listed on Page 4 will apply when coming to the Centre.**



# Active Living Programs



## Steppin' Out



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

**Nordic Urban Walking Poles are available to be loaned out from the Centre on a short term basis.**



For more information, contact the office at (204) 467-2582 or email us at [si55plus@mymts.net](mailto:si55plus@mymts.net)

***Stay Healthy, Stay Active,  
Stay Safe!***



## **STEPPIN' UP!**

**PRE-REGISTRATION REQUIRED!**

***Mondays to Saturdays @ 9:00 am – on Zoom***

***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 to South Interlake 55 Plus 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@mymts.net](mailto:si55plus@mymts.net)***

# ACTIVE WELLNESS CLUB

Sign up For 5 Week  
Classes Available:  
Feb. 15- Mar. 22, 2021

Classes will run 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**

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** 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



## **Remember!**

There will be no Classes on Monday,  
February 15, due to Louis Riel Day  
Holiday. Office will be closed that  
day.

## **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 February: Monday, February 1**

## REGISTRATION OPTIONS – February 1-28:

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

*Payment for registration fees may be made by cheque, cash or e-transfer ([si55info@gmail.com](mailto: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.

# New Workshop Training

## TECH TRAINING FOR EVERYONE



Running every Thursday till  
March 11, 2021  
1:00-4:00 pm

**Classes are FREE and  
will be run with Zoom**

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:

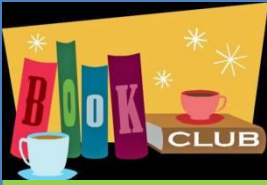
**February 4, 11, & 18** -This course over 3 classes (9 hrs) will cover “**Email, Social Media & Privacy, Zoom.**”

**February 25, March 4, & 11**-This course over 3 classes (9 hrs) will cover “**Working with Pictures**”.

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



# Weekly/Monthly Programs



## South Interlake 55 Plus Book Club

Wednesday, February 3<sup>rd</sup> @ 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

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

**Pre-register to join by calling  
204-467-2582 or email  
[si55plus@mymts.net](mailto:si55plus@mymts.net)**

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

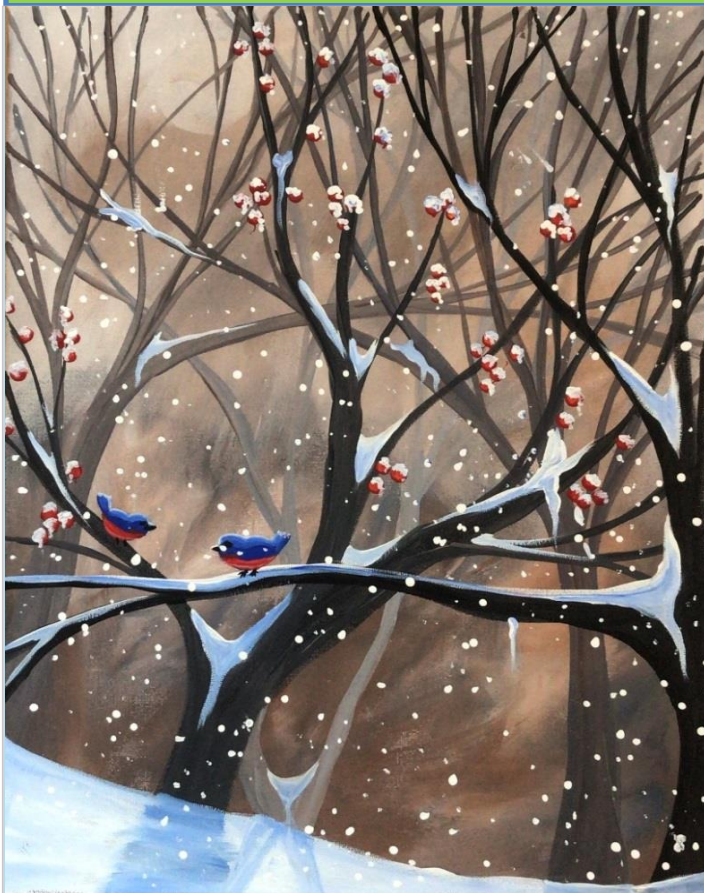


## Quilter's Corner

**Fridays: 11:00 Start**  
**February Dates: 5<sup>th</sup> & 19<sup>th</sup>**

Members: \$3  
Non-Members \$5

*Please Pre-Register!*  
*Beginners & Experienced Quilters Welcome*



**Winter Snowfall**

## Painting Class

February 24<sup>th</sup> @ 1:00-3:00pm  
Instructor: Gail Spencer-Lamm

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

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

### Cost to attend:

**If you get your own supplies. (A list will  
be provided to you for this project)**

**Members \$15 Non-Member \$25**

**If you require a Supply Kit and can pick  
it up from the Centre.**

**Members \$40 Non-Member \$50**

**Registration/Payment is required by February 17<sup>th</sup>**  
**Call (204)-467-2582 or Email: [si55plus@mts.net](mailto:si55plus@mts.net)**

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.



## Creative Journaling



Join us every Wednesday @ 10:30 am from the comfort of your home.

Gail Spencer-Lamm will lead you through an hour long interactive session that will help you create your own Creative Journal.

- 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](mailto:si55plus@mts.net)



## Cabin Fever Reliever: The Game Show



Thursday February 4<sup>th</sup> & 18<sup>th</sup>  
@ 3:00pm - 4:00pm

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](mailto:si55plus@mts.net)

# VIRTUAL CHAT TIME BY ZOOM



**THURSDAYS: 2<sup>nd</sup> & 4<sup>th</sup>**  
**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](mailto: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](mailto: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](mailto: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!**



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

Please email the 55 Plus: [si55plus@mts.net](mailto: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](mailto:swfamilyfoods@gmail.com)

**\*Now has on-line shopping.\***

[www.stonewallfamilyfoods.com](http://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 2<sup>nd</sup>, 2021**

**March 2<sup>nd</sup> & 30<sup>th</sup>, 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

**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

**Interlake-Eastern Regional Health Authority Wellness Connection e-Newsletter:** Includes a list of Winter online classes and events: <https://myemail.constantcontact.com/January-2021---Embrace-Winter.html?soid=1103664399570&aid=TR9ZOS0kcH4>

**Community Health Offices Directory:** <https://www.ierha.ca/default.aspx?cid=6375&lang=1>

**Town of Stonewall News and Events:** <http://www.stonewall.ca/>

**LIFESTYLES 55** – For your enjoyment the **Current Issue** is: <https://whatsupwinnipeg.ca/lifestyles-55-january-2021-issue/>

**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.

**Join Michael's Free Zoom Classes for all kinds of craft ideas:**

[https://www.michaels.com/onlineclasses?cm\\_mmc=EMAIL--Circ/Promo--20210127\\_US\\_Promo\\_L\\_1--CommunityClassroom\\_CRS&customerEmail=amF5bmVrQGhvdG1haWwY2E=&emId=bf9e11f1b9e20dce7784f05ef162841efe37a5940c867d8867f4afb441fad3f1&cm\\_mmca2=55546010&mi\\_u=97e9941a90c0cb2dc8baa71f6abf5609d2298b3883e54309b46d8bf2cd94e4be#curated\\_tours\\_list\\_name=Michaels\\_Online\\_National\\_Classes](https://www.michaels.com/onlineclasses?cm_mmc=EMAIL--Circ/Promo--20210127_US_Promo_L_1--CommunityClassroom_CRS&customerEmail=amF5bmVrQGhvdG1haWwY2E=&emId=bf9e11f1b9e20dce7784f05ef162841efe37a5940c867d8867f4afb441fad3f1&cm_mmca2=55546010&mi_u=97e9941a90c0cb2dc8baa71f6abf5609d2298b3883e54309b46d8bf2cd94e4be#curated_tours_list_name=Michaels_Online_National_Classes)

## COVID-19 Information Links

**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:**

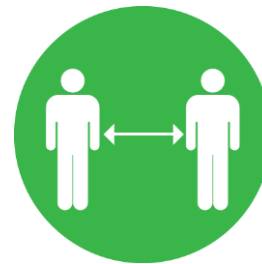
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

**IERHA Link to Community Update:**

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

**IERHA Link to Testing Sites:**

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



# February



Beth Litton	1
Verna Bulas	1
Laurie Slater	1
Jeanette Erickson	3
Ken Knapp	3
Yvonne Bernhardt	5
Barb Stuart	5
Lee LaCoste	7
Ray Massey	7
Ivan Miller	7
Donna Yeo	7
Joie Van Dongen	7
Ellen Turbett	9
Valdean Fremont	14
Joyce Stewart	16
George Turbett	17
Lynne Woodsworth	19

## February 2



### HOW TO OBSERVE #NationalLoveYourPetDay

Bring your pet a special treat, take an extra-long walk or give them more attention. Other ideas include:

- Check that their vaccines are up to date.
- Watch a pet video with them full of cats, dogs and other critters.
- Give them a few extra strokes with the brush while grooming.
- Practice their favorite commands – sit, shake, rollover.
- Play their favorite game or bring out their best toy.
- Inspect their toys to make sure they're in good shape. Throw out any broken toys.
- Wash their bedding, even if it's not their laundry day. Let them fluff it up just the way they like it.

Whatever you decide to do, spoil and appreciate your pets! Use #NationalLoveYourPetDay to post on social media.



## Love Your Pet Day February 20



# 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?*

## Sudoku #631 (Easy)

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

## Sudoku #639 (Medium)

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







# WINTER

Find and circle all of the Winter related words that are hidden in the grid.  
The remaining letters spell a Japanese proverb.

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

- |           |                |             |            |
|-----------|----------------|-------------|------------|
| BLACK ICE | HAIL           | SEASON      | SNOWBOARD  |
| BLIZZARD  | HEADBAND       | SKATES      | SNOWFLAKE  |
| BOOTS     | HIBERNATION    | SKI DOO     | SNOWMAN    |
| CARNIVAL  | HOCKEY         | SKI PANTS   | SNOWSHOES  |
| CHRISTMAS | HOLIDAYS       | SKIING      | SOLSTICE   |
| COLD      | ICE FISHING    | SLED        | SOUP       |
| EGG NOG   | ICICLES        | SLEET       | STEW       |
| FIREPLACE | KNIT CAP       | SLIPPERY    | STORM      |
| FIREWOOD  | LONG UNDERWEAR | SNOW CASTLE | SWEATSHIRT |
| FOG       | MITTENS        | SNOW PLOW   | TOBOGGAN   |
| FREEZE    | OLYMPICS       | SNOW SHOVEL | VACATION   |
| FROST     | PARKA          | SNOW TIRES  | WIND CHILL |
| GLOVES    | SCARF          | SNOWBALL    | WOOL SOCKS |



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	2) 9:00 Steppin'Up 9:30 Yoga 10:00 Steppin' Out 11:00 Line Dancing 1:00 Yoga Dance Fusion 4:30 Pilates	3) 9:00 Steppin' Up 10:15-Yoga 10:30-Creative Journaling 1:00 Book Club 5:15-Zumba	4) 9:00 Steppin'Up 9:00 Yin Yoga 11:00 Line Dancing 1:00 Tech Training 3:00 Cabin Fever Reliever 5:15 F.I.T.	5) 9:00 Steppin'Up 9:00 Yoga 11:00 Quilter's Corner	6) 9:00 Steppin'Up
7)	8) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	9) 9:00 Steppin'Up 9:30 Yoga 10:00 Steppin' Out 11:00 Line Dancing 1:00 Yoga Dance Fusion 4:30 Pilates	10) 9:00 Steppin' Up 10:15 Yoga 10:30 Creative Journaling 5:15 Zumba	11) 9:00 Steppin'Up 9:00 Yin Yoga 11:00 Line Dancing 1:00 Tech Training 3:00 Virtual Chat 5:30 F.I.T.	12) 9:00 Steppin'Up 9:00 Yoga	13) 9:00 Steppin'Up
14) 	15) 9:00 Steppin'Up OFFICE CLOSED NO CLASSES	16) 9:00 Steppin'Up 9:30 Yoga 10:00 Steppin'Out 11:00 Line Dancing 1:00 Yoga Dance Fusion 4:30 Pilates	17) 9:00 Steppin' Up 10:15 Yoga 10:30 Creative Journaling 5:15 Zumba	18) 9:00 Steppin'Up 9:00 Yin Yoga 11:00 Line Dancing 1:00 Tech Training 3:00 Cabin Fever Reliever 5:30 F.I.T.	19) 9:00 Steppin'Up 9:00 Yoga 11:00 Quilter's Corner	20) 9:00 Steppin'Up
21)	22) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	23) 9:00 Steppin'Up 9:30 Yoga 10:00 Steppin'Out 11:00 Line Dancing 1:00 Yoga Dance Fusion 4:30 Pilates	24) 9:00 Steppin' Up 10:15 Yoga 10:30 Creative Journaling 1:00-Painting with Gail 5:15 Zumba	25) 9:00 Steppin'Up 9:00 Yin Yoga 11:00 Line Dancing 1:00 Tech Training 3:00 Virtual Chat 5:30 F.I.T.	26) 9:00 Steppin'Up 9:00 Yoga	27) 9:00 Steppin'Up
28)	 					