



si55plus@mymts.net

374 1st Street West, Stonewall

204-467-2582

www.si55plus.org

March

2021

Fundraising St. Patrick's Day Dinner for Curbside Pick-up



Wednesday, March 17th
Roast Beef Dinner

(Roast beef, gravy, roasted potatoes,
carrots/onions, coleslaw and dessert)

\$25.00/person

3:00 pm - 6:00pm

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

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



South Interlake 55 Plus
374 First St West, Stonewall
(Odd Fellows Hall)

Delivery will be provided to orders from Lions Manor



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

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! (204) 467-2582



Visit our Website – <http://www.si55plus.org>
Like our Facebook Page – South Interlake 55 Plus

2020/2021 Board of Directors Executive:

President	Detlev Regelsky
1 st Vice	Kathy Turner
2 nd Vice	Laurie Briggs
Past President	Eadie McIntyre
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

Kathy Turner- 1st Vice



I am excited to tell you that I have been involved in the South Interlake 55 Plus Centre since its beginning. In the mid 90's, I presented the Stonewall Community Round Table with the question "Why not a Senior Centre in Stonewall". Cheryl Clyde and I worked along with the former New Horizons Seniors to establish the Centre. We were so young at that time that they presented us with "Honorary Memberships". My husband Cal and I have lived in Stonewall for 41 years and are blessed that our children, their spouses and 5 grandchildren reside here as well. I am a Social Worker and was employed in Stonewall and area by the IERHA as a Home Care Coordinator for over 25 years. Volunteering as a Board Member of 55 Plus is a GIFT. We have and have had, such capable, accommodating, dedicated Board Members. I can't say enough positive about all of the Staff and volunteers over the years. Together we have grown the Centre to a membership of over 400. So many people having so much fun together! We see it repeatedly that "Social integration is a direct determinant of one's health"!

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.

March 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 @ 4:30 pm

Wednesday:

Steppin' Up @ 9:00 am
Yoga @ 10:15 am
Creative Journaling 10:30 am
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 March 11th & 25th @ 3:00 pm

Cabin Fever Reliever: The Game Show
Thursday March 4th & 18th @ 3:00 pm

Book Club-March 3rd @ 1:00 pm

Quilting-Fridays, March 5th & 19th @ 11:00 am

Painting with Gail- March 24th @ 1:00 pm-**Postponed**

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.



March 14



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.

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	<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?</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.





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 BY APPOINTMENT ONLY

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

Tuesday-Friday 10:00 am – 3:00 pm

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

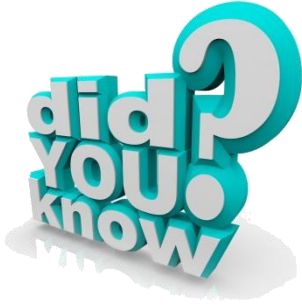
Income Tax Returns Are Accepted Based on Income

- ❖ **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
of this newsletter will apply
when coming to the Centre.**





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



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

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



STEPPIN' UP!

PRE-
REGISTRATION
REQUIRED!

Mondays to Saturdays @ 9:00 am – on Zoom

This popular 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@mts.net*



Line Dancing



Pre-Registration Deadline for March: Monday, March 1

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.**

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.

We are offering Free Classes for March 2nd & 4th

REGISTRATION OPTIONS – March 9-31:

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

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



ACTIVE WELLNESS CLUB

10 Week Classes Available

April 5th - June 14th, 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 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 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

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

There will be no Classes on Monday, May 24th, due to 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

New Workshop Training

TECH TRAINING FOR EVERYONE



Running Thursday
March 4 & 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.

Course Outline:

March 4, & 11-These dates will cover “**Working with Pictures**”. You will need to **have either a computer or tablet to participate.**

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

Weekly/Monthly Programs



South Interlake 55 Plus Book Club

Wednesday, March 3rd @ 1:00 pm

*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

March Dates: 5th & 19th

Fridays @ 11:00 am

Members: \$3

Non-Members \$5

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



Cabin Fever Reliever: The Game Show

Thursday March 4th & 18th 3:00pm - 4:00pm

Join us for this popular 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.

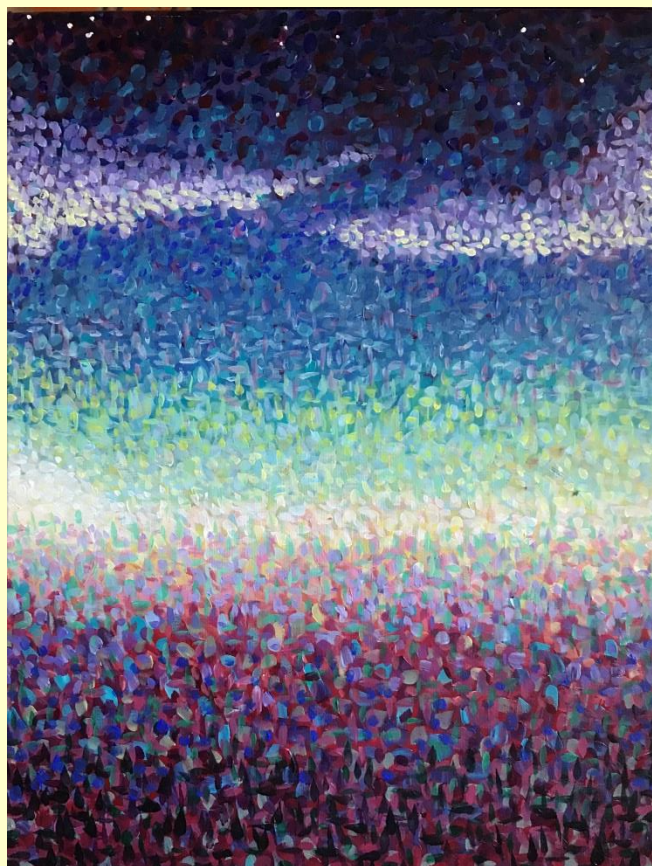
We offer assistance with this as well, if needed.

Registration is required prior to start of each game.

For more information or to register call (204)-467-2582 or Email: si55plus@mts.net



This program is being brought to you with a grant from Safe at Home MB.



Impressionist Sunrise

Painting With Gail

March 24th to 19th April 2021
Instructor: Gail Spence-Larson

POSTPONED
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 March 19th
Call (204)-467-2582 or Email: 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 Wednesdays, March 3, 10, & 17th
@ 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.

This program is being brought to you with a grant from Safe at Home MB.

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



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 next dates:

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 reserve your seat!

**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.





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://www.ierha.ca/default.aspx?cid=6130&lang=1>

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/lifestyles55-living-at-the-age-of-maturity/>

University of Manitoba Researchers are conducting a brief online survey of family/friend caregiving in Manitoba during the COVID pandemic. The survey asks about the impact of COVID-19, including pandemic-related changes in health and social care systems, on family and friend caregivers. If you are interested, please click the link below to view the survey.

https://umnursing.ca1.qualtrics.com/jfe/form/SV_aa5QB1pdaRcFawR

A Vaccine Calculator is now available online and you can see where you would be in the priority line, based on age, vaccine uptake and other factors. <https://manitoba.ca/covid19/vaccine/queue-calculator.html>

Manitoba Institute for Patient Safety-check out several topics covered in their YouTube videos; The S.A.F.E. Toolkit series, The Better Ways: Your Voice in Healthcare series, The Learn to Be Safe series, and the Medication Safety series. <https://www.youtube.com/channel/UCtKszS2UTqtRMWiUkSy4ndA/playlists>

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:

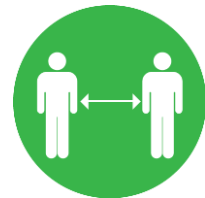
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

IERHA Link to Community Update:

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

IERHA Link to Testing Sites:

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



MARCH



Eileen Saric	5
Bonnie Place	13
Elizabeth Lindley	13
Bernie Hendricks	14
Lillian Mollard	15
Bunny Williamson	15
Cheryl Whittaker	15
Pat Blair	20
Margo Pike	23
Ken Frederick	28

Happy St. Patrick's Day!
March 17th



March Birthday Flower-Daffodils

**Pharmacy
Appreciation
Month**

THANK YOU
PHARMACY ❤️

MARCH 2021

#PAM2021

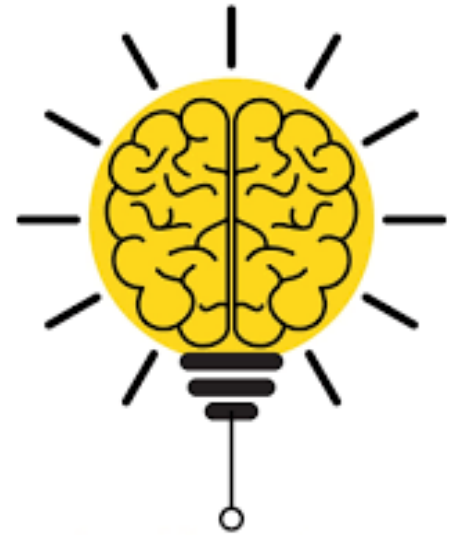
To help celebrate Pharmacy Appreciation Month, view a YouTube presentation on medication safety! The Manitoba Institute for Patient Safety (MIPS) has invited local Pharmacist Ryan Chan, from Exchange District Pharmacy, to provide medication safety expertise through a presentation in a webinar format. Call (204) 467-2582 to register to receive this link to view this presentation.

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.

Easy

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



Easy

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





St. Patrick's Day

Find and circle all of the words that are hidden in the grid.
The remaining 34 letters spell a secret message.

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

BEER
BELFAST
BISHOP
CABBAGE
CELEBRATION
CELTIC CROSS
CHRISTIAN
CLOVER
CORK
CORNEB BEEF

DANCING
DUBLIN
EVENTS
FEAST DAY
FESTIVAL
GREEN
GUINNESS
HERITAGE
HISTORY
HOLIDAY

HOLY DAY
IRELAND
IRISH
LEPRECHAUN
LIMERICK
MARCH
MISSIONARY
MUSIC
PARADE
PATRON SAINT

POTATOES
SEVENTEENTH
SHAMROCK
SNAKES
SODA BREAD
TRADITION
YEARL



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- Free Class 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- Free Class 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) Time Change  SPRING FORWARD 21)	15) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	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) St Patrick's Day  9:00 Steppin' Up 10:15 Yoga 10:30 Creative Journaling 5:15 Zumba 3:00-6:00 Curbside Pick-Up Dinner	18) 9:00 Steppin'Up 9:00 Yin Yoga 11:00 Line Dancing 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
	22) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	23) 9:00 Steppin'Up 10:00 Steppin'Out 11:00 Line Dancing	24) 9:00 Steppin' Up 10:15 Yoga-Make-up class 1:00-Painting with Gail-Postponed	25) 9:00 Steppin'Up 9:00- Yin Yoga Make-up class 11:00 Line Dancing 3:00 Virtual Chat	26) 9:00 Steppin'Up	27) 9:00 Steppin'Up
28)	29) 9:00 Steppin'Up	30) 9:00 Steppin'Up 10:00 Steppin'Out 11:00 Line Dancing	31) 9:00 Steppin' Up			