



55^{South Interlake} Plus

374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

JUNE

2021



Sign up today for:

Active Wellness Summer Classes!

July 6th-August 13th

**Tuesday-Friday Mornings starting
at 9:30 am with Zoom**

Check out Page 11 for more information!

Call (204) 467-2582 to register or email at si55plus@mymts.net



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

Meet our Board

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
Gail Spencer-Lamm
Emma Forbes
Deborah Hinds

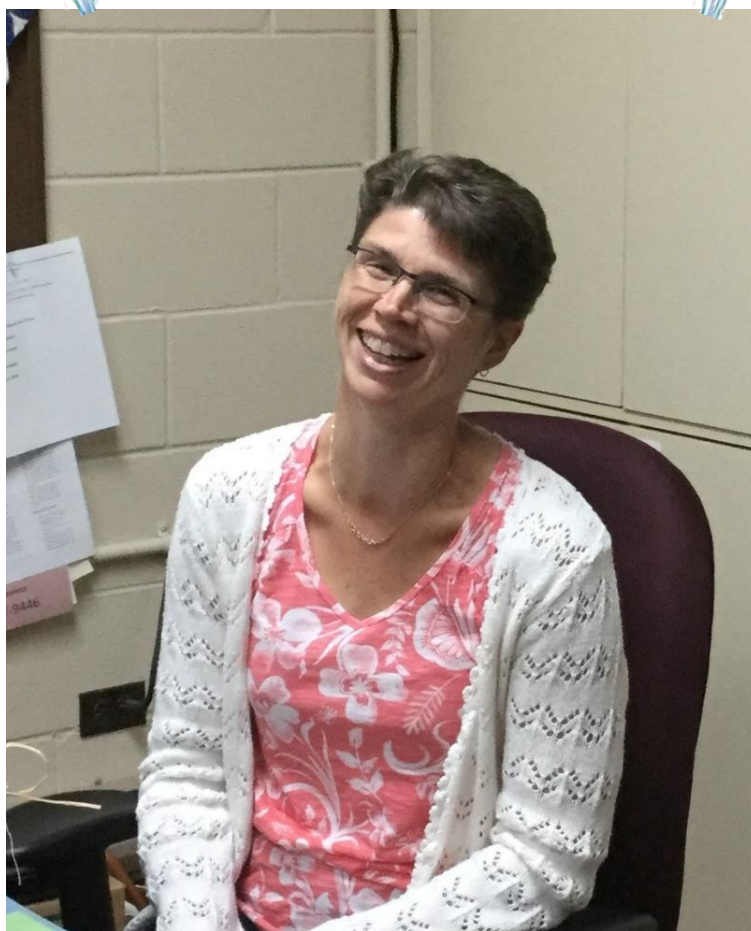
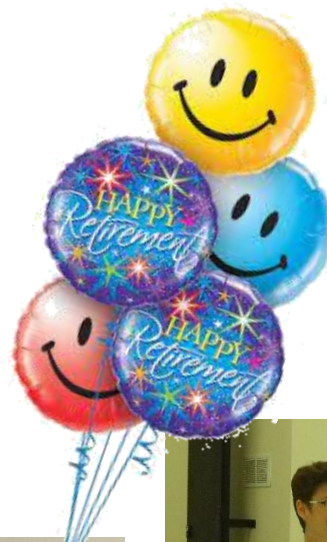
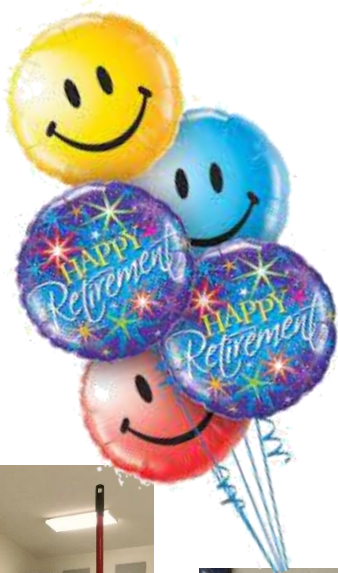
Staff:

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



Arlene Patterson-Secretary

Hello all - I'm Arlene Patterson and you may recognize my face from my former 30 plus years working at Town Hall! My hubby and I have had the pleasure of calling Stonewall our home for almost 38 years! We have two grown children, our daughter-in-law and 2 wonderful little grandchildren that we so very much enjoy. We feel very fortunate that we have them close by so we can watch them grow and change. Upon my retirement, I was approached to become a volunteer Board Member for 55 Plus and I didn't hesitate to do so as I was already participating in the Active Wellness Club at the time. That was almost 5 years ago now. I first became a director and in the past year secretary. This pandemic has really presented our staff and Board with many challenges in the past year but we have carried on by providing as many on-line programs as possible and we are all hopeful that in the very near future our members will be flooding the doors of 55 Plus to return to the many in house activities that we have all enjoyed so much in the past years. In the meantime, stay healthy and safe so that we can be together again soon! Cheers!



Cheryl Cathers is Retiring!

She will now have more time to spend with family, enjoy camping and driving around in the Model A! Drive, Walk or Bike by the Odd Fellows Hall at 374-1st Street West on June 30th between 2:00-3:00 pm to wish her well on her last day!

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.

June Programs at a Glance:
Weekly Programs with Zoom

Monday:

Steppin' Up @ 9:00 am
Body Blast@ 4:30 pm (June 7 & 14)
Dynamic Yoga @ 5:30 pm (June 7 & 14)

Tuesday:

Steppin' Up @ 9:00 am
Yoga @ 9:30 am (June 1, 8, 15)
Line Dancing @ 11:00 am
Yoga Dance Fusion @ 1:00 pm
(June 1 & 8)
Pilates@ 4:30 pm (June 1, 8, 15)
Zumba@ 5:45 pm (June 8)

Wednesday:

Steppin' Up @ 9:00 am
Yoga@ 10:15 am (June 2, 9, 16)
Zumba@ 5:15 pm (June 2)

Thursday:

Steppin' Up @ 9:00 am
Yin Yoga @ 9:00 am (June 3, 10, 17)
Line Dancing @ 11:00 am
F.I.T. @ 5:30 pm (June 3 & 10)

Friday:

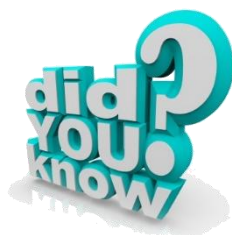
Steppin' Up @ 9:00 am
Yoga @ 9:00 am (June 4 & 11)

Saturday:

Steppin' Up @ 9:00 am

Programs on a Scheduled
Basis with Zoom:

Virtual Chat- Thursday June 10 & 24 @ 3:00 pm
Book Club-Wednesday, June 2 @ 1:00 pm
Quilting-Fridays, June 4 & 18 @ 11:00 am
Cabin Fever Reliever-Thursday June 17 @ 3:00 pm



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.

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.



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 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.



Active Living Programs



Steppin' Out

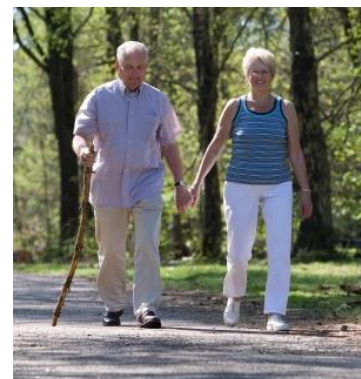


Getting outside for a walk is a great way to protect your health!

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***



Save the Date!



Manitoba 55+ Games

PRESENTED BY **PLAYNOW**

Virtually June 14- July 16, until we can meet again.



We want to count you in!

Get Involved, AAIM for Fun in the 2021 Virtual MB 55+ Games

WHEN: Monday, June 14 – Friday, July 16, 2021

WHERE: Close to home, safely in your community with the people in your 'bubble.'

Choose from many events available, register, track your activity and then let us know what you've done – it's that easy!

Registration is FREE! *Registration is required to be eligible for prizes*

For more information our website: www.activeagingmb.ca

Line Dancing



Pre-Registration Deadline for June Classes: Friday, May 28th

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.

REGISTRATION OPTIONS – June 1-30:

	Member	Non-Member
❖ Tuesdays ONLY:	\$25	\$35
❖ Thursday ONLY:	\$20	\$28
❖ Tuesday & Thursday:	\$45	\$63

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



ACTIVE WELLNESS CLUB

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.

This session of
classes will end
June 17th

CLASSES

Monday- Body Blast @ 4:30-Cheryl Kooning (45 min)

- Yoga @ 5:30-Gail Spencer-Lamm (50 min)

Tuesday-Yoga @ 9:30- Liz Luke

-Yoga Dance Fusion @ 1:00 –Gail Spencer-Lamm

-Pilates @ 4:30 Liz Luke

Wednesday -Yoga @ 10:15 Liz Luke

-Zumba @ 5:15 pm-Christine MacNeil

Thursday -Yin Yoga @ 9:00-Liz Luke

-F.I.T @ 5:30-Cheryl Kooning (50 min)

Friday -Yoga @ 9:00 Gail Spencer-Lamm

PRE-REGISTRATION REQUIRED FOR EACH CLASS

Classes are 1 hour unless otherwise indicated



Drop-In Fee

\$10.00/class-Member
\$15.00/class-Non-member



If you are interested in dropping in for a class, registration/payment needs to be received by 3:00 p.m. the day before the class. E-transfer payment only accepted. Non-Refundable.

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.



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



The 55 Plus Centre Reserves the Right to Cancel a Class



Active Wellness Summer Classes



July 6-August 13, 2021

CLASSES

All Classes starting at 9:30 AM

Tuesday -Body Blast-Cheryl Kooning (45 minutes)

Wednesday -Yoga-Liz Luke

Thursday -F.I.T- Cheryl Kooning (45 minutes)

Friday -Yoga-Gail Spencer-Lamm

PRE-REGISTRATION REQUIRED FOR EACH CLASS

Classes are 1 hour unless otherwise indicated

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

6 weeks-\$96.00

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

Fees-(6 weeks)

Pick a class

1 class/wk: **M \$48.00 / NM\$68.00**

2 classes/wk: **M \$90 / NM \$110**

Drop-In Fee

\$10.00/class-M/\$15.00/class-NM

If you are interested in dropping in for a class, registration/payment needs to be received by 3:00 p.m. the day before the class. E-transfer payment only accepted. Non-Refundable.

DESCRIPTIONS

Body Blast

45 minutes of overall wellness containing approximately 15 minutes of calorie burning cardio, 15 minutes of strength training with weights and Pilates and finishing off with some well-deserved stretching. You'll require a variety of weights (some can be borrowed from the centre) and a mat or carpeted area.

F.I.T - Fun Interval Training

This 45 minute class alternates a variety of cardio and strength training with rest intervals for a full body workout. (Ex. 30 seconds of work then 10 seconds of rest) It's the fastest way to burn fat, get lean and burn calories even after the class is over. Work at your own level. Suitable for Co-ed participation. You'll require a variety of weights (some can be borrowed from the center) and a mat or carpeted area.

Yoga

You will focus on uniting body, mind and spirit and develop ease of movement, strength and flexibility with flowing, rhythmic yoga.

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

The 55 Plus Centre Reserves the Right to Cancel a Class

Weekly/Monthly Programs



South Interlake 55 Plus Book Club

Wednesday, June 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

June 4th & 18th

Fridays @ 11:00 am

Members: \$3

Non-Members \$5

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

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



Cabin Fever Reliever: The Game Show is Back!

Thursday June 17th @ 3:00-4:00pm

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
prior to start of each game.**
For more information or to register call (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 running the next dates:

June 7, 2021- Manic Monday at Family Foods (Stonewall)

July 6, 2021-10%Tuesday at Red River Coop (Stonewall)

- **Stonewall pickups from: Lions Manor, Crocus Manor and Stonewood Place.**
Buses will operate on 2 schedules: 10:00 AM and 1:00 PM
Price is \$5.00 round trip. (Interac Tap is available)
- **Balmoral pickup location: Sprucewood Place @ 10:30 AM**
Price is \$10.00 round trip. (Interac Tap is available)

**Stops include Family Foods, Red River Coop,
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 Free 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/>

2021 Manitoba 55+ Games: Events have been selected based on what can be done safely within our communities and individual 'bubbles' abiding by the current public health orders. Participate safely at your own pace. Join many other Manitobans, to connect virtually in the 2021 MB 55+ Games. It's simple, free and FUN! <https://activeagingmb.ca/55games/about-the-games/>

World Elder Abuse Awareness Day: Check out the events scheduled to help bring awareness in Manitoba <https://weaadmanitoba.ca/>

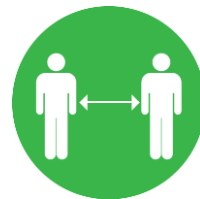
COVID-19 Information Links

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/3aAOx7>

IERHA Link to Testing Sites:

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



Manitoba COVID-19 Vaccine Shot Finder:

<https://manitoba.ca/covid19/vaccine/finder.html>



Jarvis Baryliuk	1
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Terry Denoyer	2
Kim Admiral	3
Caroline Holmes	4
Jean Chaboyer	4
Shirley Krawec	5
Eleanor Moore	5
Debbie McCrea	8
Woody Sewell	9
Lois Doucette	11
Elaine Siefried	14
Rick Williamson	16
Heather Sarraillon	19
Kay Elrick	22
Henry Bernhardt	25
Judy Shiels	26
Barbara Fenske	28
Susan McCowan	28



Tuesday, June 15th



**World Elder Abuse
AWARENESS DAY**

WEAAD MANITOBA

Sunday, June 20th



**Monday,
June 21st**



June

Rose flower signifies companionship, fervent love, and admiration. Love is an important emotion in your life. You love to visit new places and hangouts. You are flexible and you easily adjust to situations. You always try to remain positive in situations.



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.

Medium

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



Medium

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



WORD SEARCH

Flowers

Find and circle all of the flowers that are hidden in the grid.
The remaining letters spell a secret message - a quotation from *Romeo and Juliet*.

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

ALSTROEMERIA
AMARYLLIS
ANTHURIUM
ASTER
BABY'S BREATH
BELL FLOWER
BIRD OF PARADISE
BOUVARDIA
CALLA
CARNATION
CHRYSANTHEMUM
CLEMATIS

CORNFLOWER
DAFFODIL
DAISY
DELPHINIUM
FORGET-ME-NOT
FOXGLOVE
FREESIA
FUCHSIA
GERANIUM
GERBERA
GINGER
GLADIOLUS

GOLDEN ROD
HEATHER
HOLLYHOCKS
HYACINTH
HYDRANGEA
IRIS
LAVENDER
LILAC
LILY
LISIANTHUS
MARIGOLD
ORCHID

PANSY
PEONY
PETUNIA
ROSE
SNAPDRAGON
STATICE
STOCK
SUNFLOWER
TULIP
VIOLET
YARROW



WORD SEARCH

Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.



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

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) 9:00 Steppin'Up 9:30 Yoga 11:00 Line Dancing 1:00 Yoga Dance Fusion 4:30 Pilates	2) 9:00 Steppin' Up 10:15 Yoga 1:00 Book Club 5:15 Zumba	3) 9:00 Steppin'Up 9:00 Yin Yoga 11:00 Line Dancing 5:30 F.I.T.	4) 9:00 Steppin'Up 9:00 Yoga 11:00 Quilter's Corner	5) 9:00 Steppin'Up
6)	7) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	8) 9:00 Steppin'Up 9:30 Yoga 11:00 Line Dancing 1:00 Yoga Dance Fusion 4:30 Pilates 5:45 Zumba	9) 9:00 Steppin' Up 10:15 Yoga	10) 9:00 Steppin'Up 9:00 Yin Yoga 11:00 Line Dancing 3:00 Virtual Chat 5:30 F.I.T.	11) 9:00 Steppin'Up 9:00 Yoga	12) 9:00 Steppin'Up
13)	14) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	15) 9:00 Steppin'Up 9:30 Yoga 11:00 Line Dancing 4:30 Pilates	16) 9:00 Steppin' Up 10:15 Yoga	17) 9:00 Steppin'Up 9:00 Yin Yoga 11:00 Line Dancing 3:00 Cabin Fever Reliever: The Game Show	18) 9:00 Steppin'Up 11:00 Quilter's Corner	19) 9:00 Steppin'Up
20) 	21) 9:00 Steppin'Up Happy 1st Day of Summer! 	22) 9:00 Steppin'Up 11:00 Line Dancing	23) 9:00 Steppin' Up	24) 9:00 Steppin'Up 11:00 Line Dancing 3:00 Virtual Chat	25) 9:00 Steppin'Up	26) 9:00 Steppin'Up
27)	28) 9:00 Steppin'Up	29) 9:00 Steppin'Up 11:00 Line Dancing	30) 9:00 Steppin'Up 2:00-Drive By "Happy Retirement" for Cheryl!			