



55 South Interlake Plus

Box 309
374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

2021



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

Pre-Registration is required to join any programs.



Mission Statement

The South Interlake 55 Plus is a volunteer based not for profit charitable organization. Our mission is to encourage all older adults to improve their quality of life by providing educational, recreational, health and social opportunities.

2021/2022 South Interlake 55 Plus 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	Gail Spencer-Lamm
Emma Forbes	Deborah Hinds
Valerie Appleyard	Darwin Fremont

Staff:

Executive Director	Cheryl Cathers
Term Position	Maddy Turbett



Monday: Closed to the Public
 Tuesday: 8:30 am-4:00 pm
 Wednesday: 8:30 am-4:00 pm
 Thursday: 8:30 am-4:00 pm
 Friday: 8:30 am-4:00 pm

Contact our Office at
 (204) 467-2582 or email at
si55plus@mts.net

Meet our Board



Bob McKenzie-Treasurer

My wife Marianne and I have lived in Stonewall since 1989. We have two grown children and 3 grandchildren. I am retired, having worked for 35 years for the Manitoba's agricultural department in various positions. I enjoy travelling (when possible), curling in winter, cycling in the summer and genealogy.

I have been the Treasurer of the South Interlake 55 Plus since March of 2020 and have enjoyed the work, as well as the social aspect of being involved with the other board members and the office staff. Being new to the Board and being exposed to its involvement with the community, I have been pleasantly surprised by the number and variety programs offered to seniors by the 55 Plus. I feel that my time volunteering with the other board members is a worthwhile endeavor.

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.

July Programs at a Glance:
Weekly Programs with Zoom

Monday:

Steppin' Up @ 9:00 am

Tuesday:

Steppin' Up @ 9:00 am
Body Blast @ 9:30 am

Wednesday:

Steppin' Up @ 9:00 am
Yoga @ 9:30 am

Thursday:

Steppin' Up @ 9:00 am
F.I.T. @ 9:30 am

Friday:

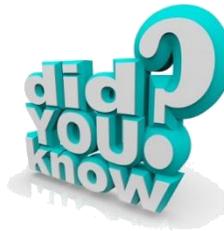
Steppin' Up @ 9:00 am
Yoga @ 9:30 am

Saturday:

Steppin' Up @ 9:00 am

Programs on a Scheduled Basis with Zoom:

Virtual Chat- Thursday July 8 & 22 @ 3:00 pm
Book Club-Wednesday, July 7 @ 1:00 pm
Quilting-Fridays- July 2, 16, 30 @ 11:00 am
Cabin Fever Reliever-Thursday July 15 @ 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.



Office will be closed July 1st & 2nd Happy Canada Day!

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 while instructing classes at the Centre.)

CODE ORANGE – Supersedes all Prior Regulations and Protocols (Subject to change according to Manitoba Public Health Orders)

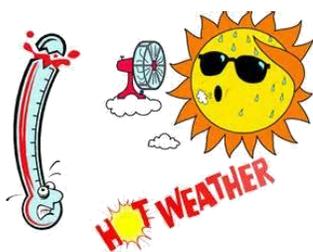
Duration	Code Orange restrictions are in effect. Restriction level will be updated by Manitoba Public Health.
Capacity	Capacity of the facility is 10 . Classes/Programs will be limited to 8 participants .
Face Masks	Face Masks are mandatory for entry and all activities/programs except during a physical 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	Avoid congregating in shared areas, such as the entrance & cloak room.

Spaces	
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 Care During Extreme Heat

During these summer months, temperatures can get very warm.

- Recognize the Risk
- Plan for the summer and extreme heat

Check out these resources to help assess Heat illness:

https://www.hc-sc.gc.ca/ewh-semt/alt_formats/hecs-sesc/pdf/pubs/climat/commun_care-soins/commun_care-soins-eng.pdf?forcedownload=true

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 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

Active Living Programs

AGE FRIENDLY
Manitoba

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!

**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@mymts.net



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

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 – Gail Spencer-Lamm

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.

The 55 Plus Centre Reserves the Right to Cancel a Class



Line Dancing

We will be taking a break for the summer, so stay tuned for
updates for when we will be back in the fall.



Weekly/Monthly Programs

VIRTUAL CHAT TIME BY ZOOM

**THURSDAYS: 2nd & 4th Thursday of
the Month 3:00-4:00 PM**

*An open time to check in
And share with each other!*



Stay Connected! Stay Healthy!

Join the Conversation:
By Calling 204-467-2582
Or Email: si55plus@mts.net



**South Interlake
55 Plus Book Club**

**Wednesday, July 7th
@ 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!!!

Cabin Fever Reliever: The Game Show



**Thursday July 15th
@ 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**



Quilter's Corner

Friday's July 2nd, 16th, & 30th

Join us by Zoom **Free @ 11:00 am to
showcase your projects!**

(When back in Centre—Members: \$3
Non—Members \$5)

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



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:

July 6, 2021-10% Tuesday at Red River Coop (Stonewall)
August 9, 2021- Manic Monday at Family Foods (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/>

South Interlake Regional Library: Check out what is current at the Stonewall and Teulon Libraries. <https://sirlibrary.com/>

Community Care During Extreme Heat: Recognize the symptoms of heat illnesses and how to keep cool: https://www.hc-sc.gc.ca/ewh-semt/alt_formats/hecs-sesc/pdf/pubs/climat/commun_care-soins/commun_care-soins-eng.pdf?forcedownload=true

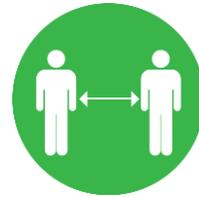
COVID-19 Information Links

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-cov>

IERHA Link to Community Update:

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



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>

Immunization Cards and Immunization Records

<https://www.gov.mb.ca/covid19/vaccine/immunization-record.html>



HAPPY BIRTHDAY

Pauline Blue	5
Paula Van Solkoma	14
Edith Chubey	16
Therese Dandendeau	23
Caroline Maryniuk	23
Bernice Sutton	26
Joyce Wyrchowny	29
Kevin Briggs	29



Thursday, July 1



Check out where all the local berry farms are this summer by visiting the Prairie Fruit Growers Association website: <https://pfga.com/>

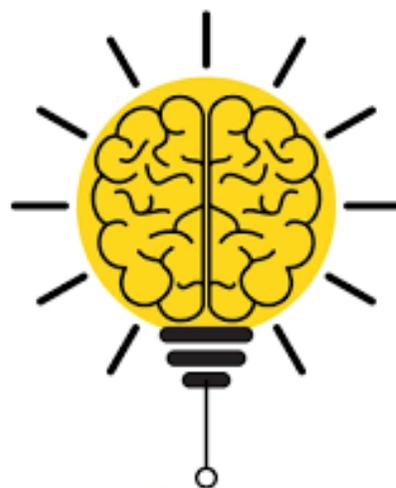


SUDOKU

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.

Easy

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



Hard

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





WORD SEARCH

Summer Olympics



Find and circle all of the Summer Olympic events that are hidden in the grid.
The remaining letters spell a secret message.

Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

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



ARCHERY
 ATHLETICS
 BADMINTON
 BASEBALL
 BASKETBALL
 BEACH VOLLEYBALL
 BOXING
 CANOEING
 CYCLING
 DIVING
 EQUESTRIANISM
 FENCING

FOOTBALL
 GYMNASTICS
 HANDBALL
 HOCKEY
 JUDO
 MODERN PENTATHLON
 RHYTHMIC GYMNASTICS
 ROWING
 SHOOTING
 SOFTBALL
 SWIMMING
 SYNCHRONIZED SWIMMING

TABLE TENNIS
 TAEKWONDO
 TENNIS
 TRAMPOLINING
 TRIATHLON
 VOLLEYBALL
 WATER POLO
 WEIGHTLIFTING
 WRESTLING
 YACHTING



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>July 2021</h1>				1) Office Closed 	2) Office Closed 9:00 Steppin'Up 11:00 Quilter's Corner	3) 9:00 Steppin'Up
				4)	5) 9:00 Steppin'Up	6) 9:00 Steppin'Up 9:30 Body Blast
11)	12) 9:00 Steppin'Up	13) 9:00 Steppin'Up 9:30 Body Blast	14) 9:00 Steppin' Up 9:30 Yoga	15) 9:00 Steppin'Up 9:30 F.I T. 3:00 Cabin Fever Reliever: The Game Show	16) 9:00 Steppin'Up 9:30 Yoga 11:00 Quilter's Corner	17) 9:00 Steppin'Up
18)	19) 9:00 Steppin'Up	20) 9:00 Steppin'Up 9:30 Body Blast 	21) 9:00 Steppin' Up 9:30 Yoga	22) 9:00 Steppin'Up 9:30 F.I T. 3:00 Virtual Chat	23) 9:00 Steppin'Up 9:30 Yoga	24) 9:00 Steppin'Up
25)	26) 9:00 Steppin'Up	27) 9:00 Steppin'Up 9:30 Body Blast	28) 9:00 Steppin' Up 9:30 Yoga	29) 9:00 Steppin'Up 9:30 F.I T.	30) 9:00 Steppin'Up 9:30 Yoga 11:00 Quilter's Corner	31) 9:00 Steppin'Up