



Box 309
374 1st Street West,
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

December 2021



January 2022

In order to keep our community safe, we will be asking for **proof of vaccination** for entry into the building. For more information, please view our Guideline and Protocols on page 4.

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.

NEWSLETTER



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	Maddy Turbett
Office Assistant	Cheri Kozokowsky
Program Assistant	Diane Kazmerowich

OFFICE HOURS

Monday: Closed
 Tuesday: 8:30 am-4:30 pm
 Wednesday: 8:30 am-4:30 pm
 Thursday: 8:30 am-4:30 pm
 Friday: 8:30 am-4:30 pm

Closed Dec. 20 to Jan 4.

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

Maddy works remotely on
 Mondays, so email is the best way
 to get a prompt response!

Meet our Board



Valerie Appleyard - Director

Hello! I am a new member of the South Interlake 55 Plus board as of May 2021. I was born and raised in the Killarney, Manitoba area and moved to the south Interlake in 1980, residing most of the time in the Balmoral area. My husband and I are very fortunate to have 5 daughters plus their extended families. Our grandchildren, 6 girls and 1 boy, range in age from 4 years to 13 years, and we are experiencing the fun of watching them grow and being fans at their sporting activities. My work life consisted of administrative and accounting for private business and charitable organizations, and I was quite active as a volunteer in the community when my daughters were young. The Active Wellness Club is what brought me to become a member of 55 Plus. In the past, I had attended classes at the Centre but due to the pandemic I embraced the Zoom classes and find I love them! I am looking forward to participating and volunteering at future events and programs coordinated by the Centre. I am so grateful that we have access to this facility in Stonewall with the helpful and dedicated board members and wonderfully friendly and competent staff. See you there!

Please Note: Programs will run according to current Health Restriction Guidelines. Please check with our website or contact the office for updates on programs as Health Restrictions change.

December/January Programs at a Glance:
Weekly Programs

Monday:

Steppin' Up @ 9:00 am (Zoom)
B.L.I.S.S. Interval Training @ 9:30 am (Zoom)
Strong 4 Life @ 4:30 pm (Zoom)
Slow Strong Yoga Flow @ 5:30 pm (Zoom)

Tuesday:

Steppin' Up @ 9:00 am (Zoom)
Falls Prevention @ 9:00 am (In Person & Zoom)
Dynamic Yoga @ 9:30 am (Zoom)
Line Dancing @ 11:00 am (In Person)
Body Blast @ 4:30 pm (In Person & Zoom)

Wednesday:

Steppin' Up @ 9:00 am (In Person & Zoom)
Cardio Drumming @ 9:30 am (Zoom)
Men's Chat/Stitch N Craft @ 10:30am (In Person)
Cards/Games @ 1:00pm (In Person)
Strong 4 Life @ 4:30 pm (In Person & Zoom)
Slow Strong Yoga Flow @ 5:30 pm (In Person & Zoom)

Thursday:

Steppin' Up @ 9:00 am (Zoom)
Falls Prevention @ 9:00 am (In Person & Zoom)
B.L.I.S.S. Interval Training @ 9:30 am (Zoom)
Line Dancing @ 11:00 am (In Person)
F.I.T. @ 5:30 pm (In Person & Zoom)

Friday:

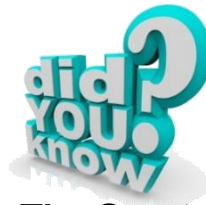
Steppin' Up @ 9:00 am (Zoom)
Yoga @ 9:30 am (In Person & Zoom)

Saturday:

Steppin' Up @ 9:00 am (Zoom)

Programs on a Scheduled Basis:

Book Club – Wednesday, December 1 @ 1:00 pm (In Person)
Ukulele Club – Thursdays, December 2 and 16, January 6 and 20 @ 7:30 (at Something Beautiful)
Virtual Chat – Thursday, December 9 and January 13 & 27 @ 3:00 pm (Zoom)
Cabin Fever Reliever - Thursday, December 16 and January 20 @ 3:00 pm (Zoom)
Quilting – Fridays - December 3 & 10, January 7 & 21 @ 11:00am (In Person)
Presentation – January 20– ‘An Overview of Digestive Issues’ (In Person and by Zoom)



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.

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.

General	
Centre Hours	Tuesday - Friday: 8:30 – 4:30 pm. Evening programs will run when scheduled.
Office Hours	Tuesday - Friday: 8:30 - 4:30 pm
Capacity	The maximum number of people permitted indoors at the 55 Plus Centre is 25 .
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. Screening will occur upon entry. Hand hygiene stations will be placed at the front vestibule of the Centre.
Proof of Vaccination	<p>Being a senior’s centre, our members may be at higher risk for severe outcomes from a COVID-19 infection. Our Centre takes the health of its members, staff and volunteers very seriously. Ideally, all members should be immunized as per government recommendation. We will require one of the following for all in person programming:</p> <ul style="list-style-type: none"> • Vaccination card • Downloadable QR code – on a mobile device or printed • Printout of vaccination record <p>Your QR code (on a card, phone, printout, etc) must be scanned each time you attend in person programming. Photo ID must be shown at the time of scanning.</p> <p>Individuals that are not vaccinated for personal reasons will not be allowed for on-site activities, but are welcome to join in our activities on Zoom.</p>
Face Masks	Face Masks are mandatory for entry to the centre. Once individuals are situated for their program (in a physically distanced manner), they may remove their mask. If moving around, individuals will be required to put their mask back on.
Shared Spaces	Avoid congregating in shared areas, such as the entrance & cloak room.
Participation	Pre-Registration is required for participation in any activity. 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 any required equipment for classes and their own filled water bottle. No storage of personal items will be available at the Centre. Weights may be available for shared use.
Class Size	Classes are limited to a maximum of 20 registered participants in person . Pre-Registration is required for classes. Registrations are non-transferable unless approved as per 55 Plus Program Committee.
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.
Screening	<p>55 Plus is responsible for 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.</p> <ul style="list-style-type: none"> • 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> <p>All answers to Screening Questions must be "NO" for entry.</p>
Spacing	Physical distancing of two meters (6ft) will be required at all times. During physical activity, three meters (9ft) of physical distancing will be required. Please be mindful of physical distancing upon entering and exiting the Centre. Staff will monitor all users and remind of physical 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	<p>Please respect the protective barrier(s) at reception and while in the office area.</p> <p>Only 4 people can be accommodated in the 55 Plus Office.</p>
Washrooms	Bathrooms will be open to participants. Please practice good hand hygiene. Hand sanitizer will be available throughout the centre.
Cleaning	High-touch surfaces and used equipment will be sanitized prior to start of each program.

Card Games

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"> • Refreshments/Snacks must take place where physical distancing is maintained. • Participants are required to bring their own refreshments/snack which will not be shared with other participants.

Nutritional Supplement Program!

We've heard the need from the community, and we're excited to be able to bring in the products people need that are not easily found at stores! We will be working with the health professionals in the community in order to provide products that are needed when individuals are heading home from hospital, or to support those with a variety of conditions. You don't need a referral to participate in this program, nor do you need to be a member. You don't even need to be over 55!

December Order Deadline: December 14 @ 4:00pm

Pickup Date: December 17 @ 2:00-4:00pm

January Order Deadline: January 20 @ 4:00pm

Pickup Date: January 28 @ 2:00-4:30pm

6 pack:	<i>All prices include taxes</i>	
Beneprotein Powder (227g).....		\$80.00
12 Pack		
Thicken Up Clear (125 g).....		\$145.00
24 Pack:		
Resource 2.0 (Vanilla, 237ml).....		\$55.00
Resource Diabetic (Vanilla, 250ml).....		\$52.00
Boost 1.5 (Choice of Vanilla, Chocolate or Strawberry, 237ml).....		\$30.00
Ensure Plus (Choice of Vanilla, Chocolate or Strawberry, 235ml).....		\$50.00
Ensure Nepro (237ml).....		\$57.00
Boost Fruit Beverage (Choice of Orange, Wildberry or Peach, 237ml).....		\$52.00
Glucerna (Choice of Vanilla, Chocolate or Strawberry, 237ml).....		\$45.00

Payment can be made by e-transfer (to si55info@gmail.com), cheque or cash. E-transfer is preferred when possible. Payment is required before picking up your product. Please note that orders are subject to product availability, and may experience a delay. Orders placed after the deadline may not be available until the following month's pickup.



**For more information, or to order today, please call
(204) 467-2582 or email si55plus@mymts.net**

Christmas Dinner-To-Go



South Interlake 55 Plus is having a
Fundraising Christmas Dinner for
Pick-up at 374 1st Street West (Odd Fellows Hall) on

Thursday, December 16th, 3:00 – 6:00pm

Curbside Pickup will be available.
Delivery will be provided to orders from Lions Manor.

Turkey Dinner with the trimmings
\$25.00/person
(Pre-cooked and ready to microwave at your convenience)

Call 204-467-2582 to place your order.

Payment needs to be received by December 10th, 4:00pm



WSO WATCH PARTY / CHRISTMAS TEA

Watch the Winnipeg Symphony Orchestra 'Holiday Pops' concert on our big screen!
A made-in-Manitoba Christmas concert, complete with drums, dance, aerialists and more!

374 1st Street West, Stonewall (Odd Fellows Hall)

3 SHOWINGS: WEDNESDAY, DECEMBER 15TH, 7:00 PM

THURSDAY, DECEMBER 16TH, 7:00 PM

FRIDAY, DECEMBER 17, 1:00 PM

Limited space – Pre-register early!

\$5 for Members / \$7 for Non-members

Coffee, apple cider, treats and a show!

Reserve your spot now!

Call 204-467-2582 or

Email si55plus@mymts.net



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!**



Walking poles are sanitized after each use.

STEPPIN' UP!

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

**Wednesdays @ 9:00am
In Person – 374 1st Street West**
Those attending in person must show proof of vaccination for entry.

*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*



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

Active Wellness Winter Session

January 10 – March 19, 2022

CLASSES

Monday

9:30 am – B.L.I.S.S. Interval Training with Gail (**Zoom only**)
4:30 pm – Strong 4 Life with Tess (**Zoom only**)
5:30 pm – Slow Strong Yoga Flow with Tess (**Zoom only**)

Tuesday

9:30 am – Dynamic Yoga with Gail (**Zoom only**)
4:30 pm - Body Blast with Cheryl (45 min)

Wednesday

9:30 am – **NEW!** Cardio Drumming with Gail (**Zoom only**)
4:30 pm – Strong 4 Life with Tess
5:30 pm – Slow Strong Yoga Flow with Tess

Thursday

9:30 am – B.L.I.S.S. Interval Training with Gail (**Zoom only**)
5:30 pm – F.I.T. with Cheryl (45 min)

Friday

9:30am – Dynamic Yoga with Gail



PRE-REGISTRATION REQUIRED FOR EACH CLASS

Classes are 1 hour unless otherwise indicated

ALL ACCESS PASS!

Get access to all 11 classes for a discounted price, in person and online! Call us at (204) 467-2582 for more information, or to sign up today!

Member Price

Non-member

10 Weeks

1 class/wk: M \$80
2 classes/ wk: M \$130
3 classes/ wk: M \$175
4 classes/ wk: M \$215
All Access: M \$250

10 Weeks

1 class/wk: M \$100
2 classes/ wk: M \$150
3 classes/ wk: M \$195
4 classes/ wk: M \$235
All Access: M \$270

5 Weeks

1 class/wk: M \$45
2 classes/ wk: M \$80
3 classes/ wk: M \$110
4 classes/ wk: M \$135
All Access: M \$150

5 Weeks

1 class/wk: M \$65
2 classes/ wk: M \$100
3 classes/ wk: M \$130
4 classes/ wk: M \$155
All Access: M \$170

Drop-In Fee

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

Can only be used for virtual classes until restrictions allow. Pre-register for your drop in by 3:00pm the day before class to guarantee your spot!

Classes will be available in person (Manitoba Health restrictions permitting) unless otherwise indicated. Please check with our website or contact the office for updates for any changes in delivery.

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 center) 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.

CARDIO*DRUMMING - with an interval training twist! Gail turns full mind-body invigoration into something that leaves you smiling, sweating, and feeling great. ... It brings together drumsticks, an exercise ball, and a ball stand to create one of the most fun and exciting new workouts you'll ever do.

B.L.I.S.S. INTERVAL TRAINING - Gail delivers her BEST LOW IMPACT STEADY STATE workout. It's a simple and low-to-moderate aerobic, easy-on-the-joints and hard-on-fat hour which intersperses cardiovascular training intervals with full body strength development. You will need dumbbells, a resistance band, a chair, and a mat (and don't forget water!)

DYNAMIC YOGA by Gail - flowing body postures and breathing anchored in Hatha yoga [balancing the body, breath and the mind]. Classes begin with a gentle warm-up and build to more energetic sequences developing strength, stamina and flexibility, varying each week. You will be encouraged to work at your own pace and to move with self-awareness and acceptance. Please bring your yoga mat.

Slow Strong Flow - A 60 minute opportunity to practice self-care as we move through poses that build flexibility and holistic strength. This class is rooted in the basics of Vinyasa Yoga. We will work on being present in our bodies as we let go of our judgements and expectations of ourselves. Suitable for all fitness levels. Required equipment: your body and a yoga mat; water is recommended.

Strong For Life (S4L) - Learn the basics of how to keep your body strong for life with this introductory level class. Simple and easy to follow classes that help build and maintain strength. The goal of this class is to keep you doing the things that you love in life with ease. Suitable for individuals at all life stages and fitness levels. Required equipment: dumbbells, elastic, chair, mat and water bottle.



The 55 Plus Centre Reserves the Right to Cancel a Class

FALLS PREVENTION!

Have you fallen? Are you at risk for falls?

Join us for a **FREE** program focused on balance and mobility - in person (proof of vaccination required) or virtually!

Tuesdays & Thursdays

@ 9:00am

**Last day: December 16th.
We'll be back on Jan 11th!**



Have any questions? Need more information? Call us at **(204) 467-2582** or email si55plus@mymts.net

LINE DANCING!

Tuesdays & Thursdays @ 11:00 am

In Person Classes (proof of vaccination required)

Pre-registration is required – limited class size! Max # of dancers = 20

**90 Min
Class**

December 1 - 16

	Member	Non-Member
Tuesdays ONLY:	\$10	\$14
Thursday ONLY:	\$15	\$21
Tuesday & Thursday:	\$25	\$35

January 4 - 27

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

- **Pick Your Schedule:** # of Classes (Dates Specific) X Member(\$5)/Non-Member (\$7) Fee



Call 204-467-2582 or email si55plus@mymts.net to register, or for more information

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



Cabin Fever Reliever: The Game Show

Thursday, December 16th and
January 20th @ 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.

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

Do you need help starting out with Zoom? Call the office at 204-467-2582 for assistance.



South Interlake 55 Plus Book Club

Wednesday, December 1 @ 1:00pm
(Proof of vaccination required to
attend in-person meeting)

*Book selected are supplied by the
South Interlake Regional Library. All you need is
a 55 Plus Membership & a library card!!!*

*Pre-register to join by calling
204-467-2582 or email si55plus@mymts.net*



Quilter's Corner

1st and 3rd Fridays
December 3rd and 10th,
January 7th and 21st

Members: \$3 Non-Members \$5

*Please Pre-Register – Proof of Vaccination required
Beginners & Experienced Quilters Welcome!*

MEN'S CHAT

Wednesdays at 10:30am

Bring \$1 for the coffee jar, and join us for a cup and conversation. If you're lucky, there might even be some fresh baking!

Proof of vaccination and proper mask use are required to attend in centre programming.



STITCH N' CRAFT

Wednesdays at 10:30am

Bring your current project (scrapbooking, knitting, crocheting, etc.), or start a new one while chatting with friends.

Proof of vaccination and proper mask use are required to attend in centre programming.



PRESENTATION:


AN OVERVIEW OF DIGESTIVE ISSUES

January 20, 2022 1:00 to 2:30pm

Presentation by Caroline Leclaire, Wellness Facilitator, IERHA
You will have an opportunity to ask questions!



Call 204-467-2582 or email si55plus@mymts.net to register to attend in person at the 55 Plus Centre or to receive the Zoom link by email.

In partnership with 



CARDS/GAMES

**Miscellaneous Games
Wednesdays at 1:00pm**

Come on out and tell us what you want to play! Our cupboard of cards and games has been neglected for far too long! Bring a group, or find one here!

Proof of vaccination and proper mask use are required to attend in centre programming.
Please see our Card Game protocol on page 6 for more information.

TEXAS HOLD'EM

Wednesdays, 7:00 pm start

\$2.00 per person



Proof of vaccination and proper mask use are required to attend in centre programming.

UKULELE CLUB

Do you play the ukulele? Come join us for a jam session!
Beginners Welcome (no formal instruction provided)
Upcoming dates: December 2 & 16, January 6 & 20
7:30 to 8:30pm at
Something Beautiful, 307 Main Street, Stonewall

Grab some food and drinks before we start and enjoy this free program.

Proof of vaccination and proper mask use are required to attend.



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:

December 6, 2021- Manic Monday at Family Foods (Stonewall)

December 21, 2021 – Family Foods and Coop Food Stores (Stonewall)

- **Stonewall pickups from: Lions Manor, Crocus Manor and Stonewood Place.**
Bus pick-up time: 11:00 AM
Price is \$5.00 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.





Province of Manitoba COVID-19 & Influenza (Flu) Vaccine Shot Finder:

<https://www.gov.mb.ca/covid19/vaccine/finder.html>

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/>

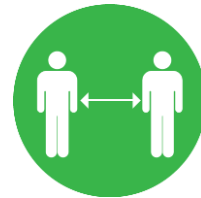
South Interlake Regional Library: Check out what is current at the Stonewall and Teulon Libraries.

COVID-19 Information Links

For up-to-date information regarding COVID-19:

Government of Manitoba:

<https://www.gov.mb.ca/covid19/>



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>

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>



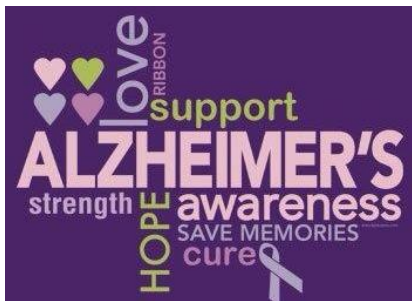


Friday, December 10th



*National
Maple Syrup Day*

Friday, December 17th



**January is Alzheimer's
Awareness Month**



December		January	
		Sophie Danais	2
Brenda Mulvaney	5	Barbara Hamilton-Pfeiffer	7
Linda Doubleday	10	Kelly Goodman	8
Bozo Saric	24	Twylla Caudill	10
Shirley Whitehead	24	Robin Allan	11
Liz Christie	26	Brenda Badger	14
Val Willis	29	Dee Mabee	17
Kathleen Tataryn	31	Laurie Briggs	18
		Marlene Miller	25
		Ria Cameron	27
		Julia Lee	31

**Want to see your birthday in our
newsletter? Our members can choose to
share their birthday with us for publication!
(Don't worry, we'll never ask for the year!)**

december

BIRTH FLOWER

*hope
wealth
the only one
good fortune*



NARCISSUS

january

BIRTH FLOWER

*admiration
deep love
affection
purity
luck
gratitude*



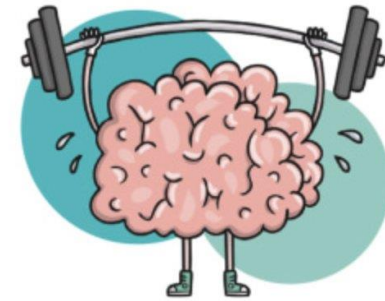
CARNATION

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

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



Are you working out your brain?

Medium

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



WORD SEARCH

Christmas Tree

Find and circle all of the Christmas Tree Words that are hidden in the grid. The remaining 53 letters spell a secret message.



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

Angel
Artificial
Branches
Candy Canes
Celebration
December
Decorate
Decorations
Festive
Fresh Cut

Garland
Gifts
Green
Large
Lights
Needles
Ornaments
Pine
Presents
Purchase

Real
Scent
Setting Up
Skirt
Small
Spruce
Stand
Star
Taking Down
Tinsel

Topper
Tradition
Tree Farm
Tree Lot
Trunk
Water
Yearly



WORD SEARCH

Happy New Year!

Find and circle all of the words that are hidden in the grid.

The remaining letters spell the name of a popular location for celebrating New Year's Eve



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



APPETIZERS
 BABIES
 BALLOONS
 BANNERS
 BUFFET
 CELEBRATE
 CHAMPAGNE
 CONFETTI
 DANCE
 DAY ONE




DECORATIONS
 END OF DECEMBER
 EVENTS
 FAMILY
 FATHER TIME
 FEAST
 FESTIVITIES
 FIREWORKS
 FIRST OF JANUARY
 FRIENDS

HATS
 HOLIDAY
 HORNS
 KISS
 MIDNIGHT
 MUSIC
 NEW YEARS DAY
 NEW YEARS EVE
 NOISEMAKERS
 OCCASION

PARADES
 PARTY
 PUNCH
 RESOLUTIONS
 SINGING
 STREAMERS
 THIRTY FIRST
 TIARAS
 WINE
 YEAR IN REVIEW

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>DECEMBER 2021</h1> 			1) 9:00 Steppin' Up 9:30 DanceFit 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 1:00 Book Club 4:30 Strong 4 Life 5:30 Slow Strong Flow 7:00 Texas Hold'em	2) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 B.L.I.S.S. Interval Training 11:00 Line Dancing 5:30 F.I.T. 7:30 Ukulele Club	3) 9:00 Steppin' Up 9:30 Yoga 11:00 Quilter's Corner	4) 9:00 Steppin' Up
5)	6) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Flow	7) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing	8) 9:00 Steppin' Up 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 4:30 Strong 4 Life 5:30 Slow Strong Flow 7:00 Texas Hold'em	9) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 3:00 Virtual Chat 5:30 F.I.T.	10) 9:00 Steppin' Up 11:00 Quilter's Corner	11) 9:00 Steppin' Up
12)	13) 9:00 Steppin' Up 4:30 Strong 4 Life 5:30 Slow Strong Flow	14) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing	15) 9:00 Steppin' Up 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 7:00 WSO Watch Party/Christmas Tea	16) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 B.L.I.S.S. Interval Training 11:00 Line Dancing 3:00 Cabin Fever Reliever 3:00-6:00 Dinner-to-Go 7:00 WSO Watch Party/Christmas Tea 7:30 Ukulele Club	17) 9:00 Steppin' Up 1:00 WSO Watch Party/Christmas Tea	18) 9:00 Steppin' Up
19)	20) 9:00 Steppin' Up 	21) 9:00 Steppin' Up 	22) 9:00 Steppin' Up 	23) 9:00 Steppin' Up 	24) 9:00 Steppin' Up 	25) 
26) 	27) 9:00 Steppin' Up 	28) 9:00 Steppin' Up 	29) 9:00 Steppin' Up 	30) 9:00 Steppin' Up 	31) 9:00 Steppin' Up 	

Bold text = In Person Program (Zoom may also be available)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2022</h1>						1) 
2)	3) 	4) 9:00 Steppin' Up 11:00 Line Dancing	5) 9:00 Steppin' Up 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 7:00 Texas Hold'em	6) 9:00 Steppin' Up 11:00 Line Dancing 7:30 Ukulele Club	7) 9:00 Steppin' Up 11:00 Quilter's Corner	8) 9:00 Steppin' Up
9)	10) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Flow	11) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 Yoga 11:00 Line Dancing 4:30 Body Blast	12) 9:00 Steppin' Up 9:30 Cardio Drumming 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 4:30 Strong 4 Life 5:30 Slow Strong Flow 7:00 Texas Hold'em	13) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 B.L.I.S.S. Interval Training 11:00 Line Dancing 3:00 Virtual Chat 5:30 F.I.T.	14) 9:00 Steppin' Up 9:30 Yoga	15) 9:00 Steppin' Up
16)	17) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Flow	18) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 Yoga 11:00 Line Dancing 4:30 Body Blast	19) 9:00 Steppin' Up 9:30 Cardio Drumming 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 4:30 Strong 4 Life 5:30 Slow Strong Flow 7:00 Texas Hold'em	20) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 B.L.I.S.S. Interval Training 11:00 Line Dancing 1:00 Presentation: Digestive Issues 3:00 Cabin Fever Reliever 5:30 F.I.T. 7:30 Ukulele Club	21) 9:00 Steppin' Up 9:30 Yoga 11:00 Quilter's Corner	22) 9:00 Steppin' Up
23)	24) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Flow	25) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 Yoga 11:00 Line Dancing 4:30 Body Blast	26) 9:00 Steppin' Up 9:30 Cardio Drumming 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 4:30 Strong 4 Life 5:30 Slow Strong Flow 7:00 Texas Hold'em	27) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 B.L.I.S.S. Interval Training 11:00 Line Dancing 3:00 Virtual Chat 5:30 F.I.T.	28) 9:00 Steppin' Up 9:30 Yoga	29) 9:00 Steppin' Up
30)	31) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Flow					

Bold text = In Person Program (Zoom may also be available)