



Box 309
374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

NOVEMBER 2021



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.



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

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



Gail Spencer-Lamm - Director

I began my life dancing as soon as I could walk and became a dance instructor (after attending 1000s of classes in my youth) at age 18. I was born to do this and it makes my heart soar. Yoga came later and I practice it now because it soothes my muscles and spirit. Back in the day we used to start our Jazz Ballet classes with yoga stretches.

Official dance teacher's training took place at the Laval Dance Academy in Quebec, where I took my 2-year apprenticeship as a dance instructor. When I was 23, I became the director of the dance department at the Vancouver YWCA and I received my first fitness leadership certification from the Y. Their influence generated an interest in programs that blended dance and fitness; creating a program called DANCEFIT, leading instructor's training programs and writing their DANCEFIT INSTRUCTORS MANUAL.

No matter what I do, it involves music, motivated by putting on some tunes and getting ready to feel so much better.

My favourite quote is an old one "Turn towards the light" and also "Just keep going, you'll get somewhere!"

On top of this, I also love playing with my grandchildren, cycling, swimming, kayaking, walking and aquasize. Cardio drumming is my current passion! I have been painting for more than 10 years and I lead paint parties and creative journaling programs.

A stranger would not know that I am actually quite introverted and enjoy REALLY a lot of time alone (when I can get it). Also, 55 plus members might not know that I have been teaching for over 45 years now!

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.

November 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)
DanceFit @ 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:

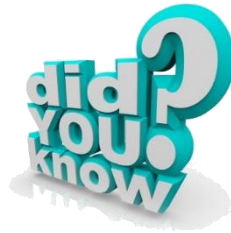
Steppin' Up @ 9:00 am (Zoom)
Yoga @ 9:30 am (In Person & Zoom)

Saturday:

Steppin' Up @ 9:00 am (Zoom)

Programs on a Scheduled Basis:

Ukulele Club - November 18 (Every 2nd Thursday)
Virtual Chat - Thursdays November 11 and 25 @ 3:00 pm
Book Club -Wednesday, November 3 @ 1:00 pm
Quilting - Fridays- November 5 and 19 @ 11:00 am
Cabin Fever Reliever-Thursday, November 18 @ 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 on Thursday, November 11.

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 . At this time, no in-person drop ins will be allowed. 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!

November Order Deadline: November 15 @ 4:00pm

Pickup Date: November 26 @ 2:00-4:30pm

All prices include taxes

6 pack:	
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**



MANITOBA ASSOCIATION OF SENIOR CENTRES
Fall 2021
50/50

Choose "South Interlake 55 Plus – Stonewall" to support us when buying tickets!

Help to support your local Senior Centre

1 for \$10.00 | 3 for \$25.00 | 5 for \$35.00 | 10 for \$50.00

To purchase your ticket visit: <https://www.fundingchange.ca/masc>

All tickets have to be purchased online with a credit card. The 50/50 will run from September 1st to November 30th with the Jackpot being drawn on December 1st, 2021.

- Pot Description for September and October draws: Winner receives 25% of total ticket sales sold in that month.
- Jackpot Description for November final draw: Winner receives 25% of total tickets sold up until October 31st, 2021 23:59, and 50% of total tickets sold after November 1st, 2021 00:00. Final Ticket sales end at 16:00 on November 30th
- Raffle tickets are non-refundable. Raffle tickets are not eligible for tax receipts.
- If prizes unclaimed after 15 days, a winner will be redrawn.
- You must be a resident of Manitoba to purchase tickets
- Raffle administrators are not eligible to win.
- Draws will be held electronically using a certified Random Number Generator (RNG)
- The winning ticket number and winner's name will be posted online at the raffle website following the draw.
- Draws are performed without replacement. (tickets drawn for monthly prize WILL be eligible for Jackpot).
- Draws will be held at 3-203 Duffield Street on October 1st, November 1st and December 1st at 9:00 a.m.

Licence Number: LGCA8108-RF36046

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!**



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 Fall Session

September 13-December 9, 2021

CLASSES

Monday

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

Tuesday

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

Wednesday

9:30 am – DanceFit with Gail
4:30 pm – Strong 4 Life with Tess (45 min) **In Person!**
5:30 pm – Slow Strong Yoga Flow with Tess **In Person!**

Thursday

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

Friday

9:30am – Dynamic Yoga with Gail **In Person!**

PRE-REGISTRATION REQUIRED FOR EACH CLASS

Classes are 1 hour unless otherwise indicated

NEW ALL ACCESS PASS:

Your In-Person Pass will get you access to all the Zoom Classes as well! Call us at (204) 467-2582 for more information, or to sign up today!

Stay tuned for our Winter Session Schedule!

In Person Class

Zoom Class

6 Weeks

1 class/wk: M \$50
2 classes/ wk: M \$90
3 classes/ wk: M \$130
4 classes/ wk: M \$155
All Access: M \$180

6 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

Non-member pricing includes an additional \$20 fee.

Drop-In Fee

M - \$10.00/class NM - \$15.00/class
Pre-register for your drop in by 3:00pm the day before class to guarantee your spot, and ensure we have room for you!

Proof of vaccination will be required to attend in person class. Those unvaccinated for personal reasons will not be able to attend in person classes, but are welcome to join us on Zoom. All classes will be offered by Zoom, even when an in-person option is given.

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.

DanceFit – Gail will lead you through this fun and easy-to-follow aerobic dance workout inspired by “Zumba” which is guaranteed to bring on good vibrations. Cool down, balance work, and stretching can be done using chairs, so no mats are required. Bring your water because you will sweat, and if you don't come in with a smile we know you will leave with one!

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

Start date: September 7th *Transportation available by request*

This **FREE** program is run through the IERHA for 12 weeks, and does require completion of 2 surveys. As a thank you for completion of the program, we are happy to offer you incentives, including a 2022 membership to the South Interlake 55 Plus!



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

REGISTRATION OPTIONS – November 1-18:



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

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

**90 Min
Class**



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, November 18th
@ 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



South Interlake 55 Plus Book Club

Wednesday, November 3 @ 1:00 pm
(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

November 5th and 19th

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.



ACCUMULATIVE CRIBBAGE TOURNAMENT

Partner Play. Limited spots available. Please register early.

Tuesday Evenings

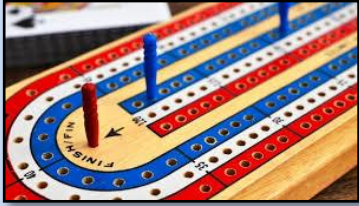
November 9 – 30, 7:00 pm

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

4 Week Tournament – Weekly Prizes

Registration Deadline: Thursday, November 4

Entry Fee: \$20.00 per person



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



CARDS/GAMES

Miscellaneous Games
Wednesdays at 1:00pm
(Late start Nov 3 – 2:00pm)

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: November 18, December 2 & 16

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:

**November 2, 2021- 10% Tuesday at Red River Coop (Stonewall)
December 6, 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.





IERHA FLU SHOT CLINICS Find one near you:
<https://www.ierha.ca/default.aspx?cid=24987&lang=1>

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/>

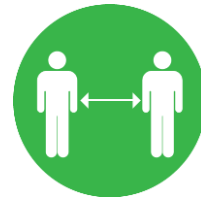
LIFESTYLES 55: For your enjoyment the **Current Issue** is: <https://whatsupwinnipeg.ca/lifestyles55-living-at-the-age-of-maturity/>

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>



November 7th

Don't forget to turn your clocks back 1 hour!



"Lest We Forget"

Remembrance Day, November 11th



World Kindness Day
Saturday, November 13th



**Tuesday,
 November
 26th**

**NATIONAL
 CAKE DAY**

**HAPPY
 BIRTHDAY**

Debbie Woywitka-McAlpine	6
Shirley Toback	8
Sharon Macdonald	8
Cathy Hendricks	8
Dorothy Steffan	17
Deb Peterson-Bagan	18
Molly Smadylla	19
Linda McMurtry	20
Mabel Armstrong	22
Margaret Munroe	23
Susan Gareau	26
Henriette Baryliuk	27
Tina Arbez	29
Marilyn Dew	30

november

BIRTH FLOWER

loyalty

honesty

love

deep passion

get well wishes



CHRYSANTHEMUM

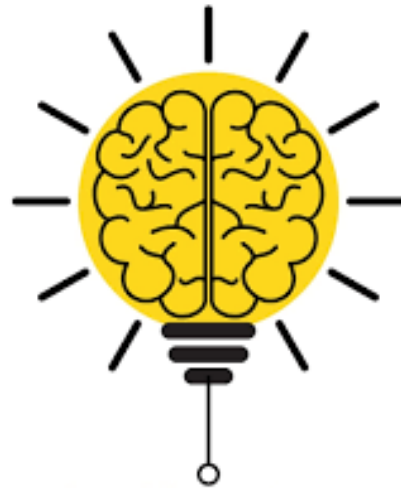
Want to see your birthday in our newsletter? Our members can choose to share their birthday with us for publication! (Don't worry, we'll never ask for the year!)

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.

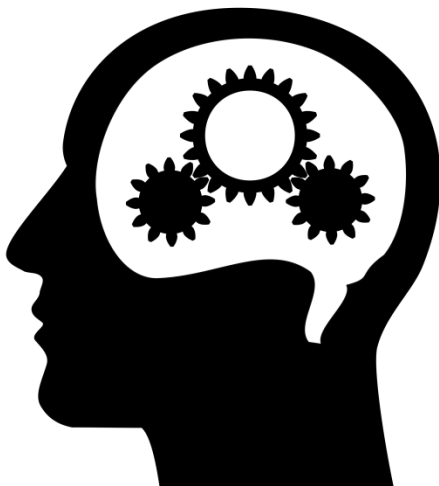
Easy

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



Hard

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







WORD SEARCH

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

CANNING
 CHILLY
 COLD
 CROPS
 EQUINOX
 FALL
 FARMING
 FEAST

FROST
 HALLOWEEN
 HARVEST
 HAYSTACK
 NOVEMBER
 OCTOBER
 PUMPKIN
 RAKE

SCHOOL
 SEASON
 SEPTEMBER
 SQUASH
 THANKSGIVING
 TURKEY
 WINDY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Yoga Flow	2) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 Yoga 11:00 Line Dancing 4:30 Body Blast	3) 9:00 Steppin' Up 9:30 DanceFit 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Book Club 2:00 Cards 4:30 Strong 4 Life 5:30 Slow Strong Flow 7:00 Texas Hold'em	4) 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.	5) 9:00 Steppin' Up 9:30 Yoga 11:00 Quilter's Corner	6) 9:00 Steppin' Up
7) Don't Forget to Turn Your Clocks back 1 Hour! 	8) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Yoga Flow	9) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 Yoga 11:00 Line Dancing 4:30 Body Blast 7:00 Crib Tournament	10) 9:00 Steppin' Up 9:30 DanceFit 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	11) Centre Closed – Remembrance Day  WE REMEMBER 3:00 Virtual Chat	12) 9:00 Steppin' Up 9:30 Yoga	13) 9:00 Steppin' Up
14)	15) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Yoga Flow	16) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 Yoga 11:00 Line Dancing 4:30 Body Blast 7:00 Crib Tournament	17) 9:00 Steppin' Up 9:30 DanceFit 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	18) 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 5:30 F.I.T. 7:30 Ukulele Club	19) 9:00 Steppin' Up 9:30 Yoga 11:00 Quilter's Corner	20) 9:00 Steppin' Up 
21)	22) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Yoga Flow	23) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 Yoga 4:30 Body Blast 7:00 Crib Tournament	24) 9:00 Steppin' Up 9:30 DanceFit 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	25) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 B.L.I.S.S. Interval Training 3:00 Virtual Chat 5:30 F.I.T.	26) 9:00 Steppin' Up 9:30 Yoga	27) 9:00 Steppin' Up
28)  HANUKKAH 2021 Begins!	29) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Yoga Flow	30) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 Yoga 4:30 Body Blast 7:00 Crib Tournament	<h1>November 2021</h1>			

Bolded text = In Person Program (Zoom also available)