

# NEWSLETTER



Box 309  
374 1<sup>st</sup> Street West,  
Stonewall

[si55plus@mymts.net](mailto:si55plus@mymts.net)

204-467-2582

[www.si55plus.org](http://www.si55plus.org)

APRIL



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](mailto:si55plus@mymts.net) if you have questions about 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 <sup>st</sup> Vice	Kathy Turner
2 <sup>nd</sup> 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



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](mailto:si55plus@mymts.net)

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



*The South Interlake 55 Plus  
AGM will be on Thursday,  
May 26<sup>th</sup> @ 7:00 pm*

**The Easter Bunny  
has hidden  
easter eggs  
throughout our  
Newsletter!**

**How many can  
you find?**

**Have fun!**

## April Programs at a Glance: Weekly Programs

### Monday:

Steppin' Up @ 9:00 am (Zoom)  
B.L.I.S.S. Interval Training @ 9:30 am (Zoom)

### Tuesday:

F.I.T. @6:15 am (Zoom) **\*NEW TIME**  
Steppin' Up @ 9:00 am (Zoom)  
Dynamic Yoga @ 9:30 am (Zoom)  
Line Dancing @ 11:00 am (In Person)  
Energizing Yoga @ 12:00pm (Zoom) **\*NEW CLASS**

### Wednesday:

Steppin' Up @ 9:00 am (In Person & Zoom)  
Dance & Drum @ 9:30 am (Zoom)  
Men's Chat/Stitch N Craft @ 10:30am (In Person)  
Cards/Games @ 1:00pm (In Person)  
The Complete 30 @ 12:00 pm (Zoom) **\*NEW CLASS**  
Strengthen & Stretch @4:30 (In Person)  
Texas Hold'em @ 7:00 pm (In Person)

### Thursday:

Steppin' Up @ 9:00 am (Zoom)  
B.L.I.S.S. Interval Training @ 9:30 am (Zoom)  
Line Dancing @ 11:00 am (In Person)  
Energizing Yoga @ 12:00pm (Zoom) **\*NEW CLASS**  
Pool @ 1:00 pm (In Person @ Legion)  
Body Blast @ 5:30 pm (In Person & Zoom)

### Friday:

Steppin' Up @ 9:00 am (Zoom)  
Dynamic Yoga @ 9:30 am (In Person & Zoom)  
The Complete 30 @ 12:00 pm (Zoom) **\*NEW CLASS**

### Saturday:

Steppin' Up @ 9:00 am (Zoom)

## Programs on a Scheduled Basis:

**Book Club** – Wednesday, April 6, 12:00 noon (In Person)  
**Ukulele Club** – Thursday, April 7 and 21  
@ 7:15 (at Something Beautiful)  
**Virtual Chat** – Thursday, April 14 and 28  
@ 3:00 pm (Zoom)  
**Cabin Fever Reliever** - Thursday, April 21  
@ 3:00 pm (Zoom)  
**Quilting** – Friday, April 1 and 22 @ 11:00am (In Person)  
**Travel Club** – Friday, April 8 @ 11:00 (In Person)  
**Canasta** – Friday, April 8 and 22, 1:00pm (In Person)

*Are you interested in  
helping us bring back  
our monthly luncheons?*

We are in need of a kitchen coordinator  
with a food handlers certificate.  
(renumeration will be considered)

We are looking for volunteers to help with  
planning and preparing meals.

Contact us with questions or if you are  
interested!



South Interlake 55 Plus  
204-467-2582  
si55plus@mymts.net

***Payment for memberships,  
programs and donations can be  
done by e-transfer!***

- Cash and Cheques will continue to be an accepted payment method.
- Please note that some financial institutions may charge a fee for e-transfers.

### **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](mailto:si55info@gmail.com)
- Auto-Deposit has been enabled, so no security question and answer is required.

Please contact us by phone at 204-467-2582  
or email at [si55plus@mymts.net](mailto:si55plus@mymts.net) if you have  
questions about any programs.



## Guidelines and Protocols Reference

Effective 04-01-2022

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.**

<b>General</b>	
<b>Centre Hours</b>	Tuesday - Friday: 8:30 – 4:30 pm. Evening programs will run when scheduled.
<b>Office Hours</b>	Monday - Friday: 8:30 - 4:30 pm (Mondays by appointment only)
<b>Entrance &amp; Check In</b>	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.
<b>Proof of Vaccination</b>	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. We will require one of the following for all in person programming: <ul style="list-style-type: none"> <li>• Vaccination card</li> <li>• Downloadable QR code – on a mobile device or printed</li> <li>• Printout of vaccination record</li> </ul> <b>Photo ID must be shown at the time of scanning.</b>  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.
<b>Face Masks</b>	<b>Face masks are strongly recommended.</b>
<b>Equipment</b>	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.
<b>Safety</b>	
<b>Regulations</b>	Adherence to Manitoba and Canada Health recommendations will be required.

<b>Screening</b>	55 Plus is responsible for screening all individuals. Participants, staff and volunteers will be screened 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.
<b>Spacing</b>	Physical distancing of two meters (6ft) will be required at all times. Please be mindful of physical distancing upon entering and exiting the Centre.
<b>Illness</b>	<b>Please stay home if you are feeling unwell or experiencing symptoms (runny nose, cough, fever, sore throat, etc), even if they are mild.</b>
<b>Protective Barriers</b>	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.
<b>Washrooms</b>	Bathrooms will be open to participants. Please practice good hand hygiene. Hand sanitizer will be available throughout the centre.
<b>Cleaning</b>	High-touch surfaces and used equipment will be sanitized prior to start of each program.



**Membership is Only \$20.00 Annually!**  
**Memberships Can Now Be Completed On-line! Check out our Website at [www.si55plus.org](http://www.si55plus.org) to fill out a Membership form for a New Membership or to Renew.**

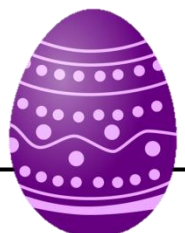
Support your Senior Centre by [MEMBERSHIP, VOLUNTEERING, OR DONATION](#)

*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



# 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!

**Order Deadline: April 22 @ 4:00pm**  
**Pickup Date: April 29 @ 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](mailto: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](mailto:si55plus@mymts.net)**



# **COMMUNITY VOLUNTEER** **INCOME TAX PROGRAM**

***VOLUNTEERS ARE TRAINED BY CANADA REVENUE  
TO COMPLETE YOUR 2021 INCOME TAX RETURN  
THIS SERVICE WILL BE PROVIDED AS A***

***DROP OFF SERVICE BY APPOINTMENT ONLY***

**PROGRAM WILL BE OFFERED:**

**March 1 – April 29, 2022**

***Tuesday, Thursday, and Fridays 1:00 pm – 4:00 pm***

**55 Plus Centre – Odd Fellows Hall 374 1<sup>st</sup> Street W**

**Income Tax Returns Are Accepted Based on Income**

- ❖ All Individuals with Tax Exempt Income are Eligible for the Program
- ❖ Photo Identification is Required
- ❖ You are Required to complete an Authorization form at the time of Drop Off
- ❖ Bring all your Documents
- ❖ Bring your 2020 Notice of Assessment or Tax Return Summary

**For more Information or to book an Appointment:**

**Call 204-467-2582.**

**Office hours are Tuesday-Friday 8:30 am-4:00 pm.**

Face Masks are mandatory at all times during your visit to the Centre.  
Pre-screening will occur upon entry. Proof of vaccination and valid photo ID will be required for in person appointments. If you do not have proof of vaccination, please call the centre.  
Physical distancing of two meters (6ft) will be required at all times.



# Active Living Programs



## Steppin' Out

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

Nordic Urban Walking Poles are available to be loaned out from the Centre on a short term basis.



For more information, contact the office at (204) 467-2582 or email us at [si55plus@mymts.net](mailto: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 1<sup>st</sup> 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](mailto:si55plus@mts.net)*



# LINE DANCING!

**Tuesdays & Thursdays @ 11:00 am**

Proof of Vaccination Required for In Person Classes

*Come out and give it a try! First time dancers receive two classes free!*

**90 Min Class**

### April 5 - 28

	Member	Non-Member
<b>Tuesdays ONLY:</b>	<b>\$20</b>	<b>\$28</b>
<b>Thursday ONLY:</b>	<b>\$20</b>	<b>\$28</b>
<b>Tuesday &amp; Thursday:</b>	<b>\$40</b>	<b>\$56</b>

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

**Call 204-467-2582 or email**

**[si55plus@mymts.net](mailto:si55plus@mymts.net) to register,**

**or for more information**





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



# Active Wellness Spring Session

April 4 – June 17, 2022

## CLASSES



### Monday

9:30 am – B.L.I.S.S. Interval Training with Gail

### Tuesday

6:15 am - F.I.T. with Cheryl **\*NEW TIME!**

9:30 am – Dynamic Yoga with Gail

12:00 pm – Energizing Yoga with Tess **\*NEW CLASS!**

### Wednesday

9:30 am – Dance & Drum with Gail

12:00 pm – The Complete 30 with Tess **\*NEW CLASS!**

4:30 pm – Strengthen & Stretch with Tess **(In Person!)**

### Thursday

9:30 am – B.L.I.S.S. Interval Training with Gail

12:00 pm – Energizing Yoga with Tess **\*NEW CLASS**

5:30 pm – Body Blast with Cheryl **(In Person!)**

### Friday

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

12:00 pm – The Complete 30 with Tess **\*NEW CLASS!**

## ALL ACCESS PASS!

Get access to all 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: \$10/class! In Person or Virtual!

To ensure you get the link for your virtual class, please let the office know at least an hour before class.

All classes will be available by Zoom, even those held in person . 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, and a mat or carpeted area.

**DANCE & DRUM** – Gail will lead you through this fun and easy-to-follow aerobic dance workout inspired by “Zumba” and “Pound” 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.

**STRENGTH & STRETCH** – The best of both worlds! This two part class will focus on building strength using dumbbells and body weight, followed by a half hour of yoga to stretch and soothe our muscles. Get strong, toned and grounded with this combination style class.

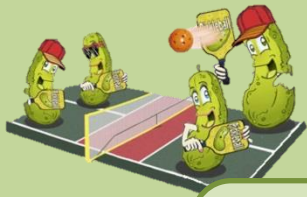
**ENERGIZING YOGA** – 30 minutes of energizing yoga designed to boost energy while improving strength and flexibility. The perfect midday pick-me-up and a great way to get active during your lunch break!

**THE COMPLETE 30** – A 30 minute full body workout designed to build strength and get you moving. Perfect for those tight on time, or who prefer shorter workouts. Spice up your mid-day routine with this class!

**Instructors: Cheryl Kooning, Tess Lamm and Gail Spencer-Lamm**

The 55 Plus Centre Reserves the Right to Cancel a Class





# Pickleball!



Tuesday & Thursday evenings, 6:30pm  
starting May 3<sup>rd</sup>  
at Sunova Curling Rink

Members \$3.00  
Non-members \$5.00

For more information contact  
South Interlake 55 Plus  
204-467-2582, email [si55plus@mymts.net](mailto:si55plus@mymts.net)

This is an age friendly activity

## Weekly/Monthly Programs



### ACCUMULATIVE CRIBBAGE TOURNAMENT

Partner Play

**Please register early**

Tuesday Evenings

April 5-26, 7:00 pm

374 1<sup>st</sup> Street West, Stonewall (Odd  
Fellows Hall)

4 Week Tournament – Weekly Prizes

**Registration Deadline:  
Friday, April 1<sup>st</sup>, 2022**

Entry Fee: \$20.00 per person

Proof of vaccination is  
required to attend in centre programming

South Interlake 55 Plus  
[si55plus@mymts.net](mailto:si55plus@mymts.net)  
**204-467-2582**



### TRAVEL CLUB IS BACK!



Shopping, sight-seeing, special events, performances!

2<sup>nd</sup> Friday of each month! 11:00am

**Next meeting: Friday, April 8<sup>th</sup>  
11:00 am**  
Bring your ideas and wishes for  
future trips and outings!

Proof of vaccination required to  
attend in-centre programming.



South Interlake 55+  
374 1<sup>st</sup> Street West, Stonewall  
Call 204-467-2582  
for more information.



# VIRTUAL CHAT TIME BY ZOOM

2<sup>nd</sup> & 4<sup>th</sup> 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](mailto:si55plus@mts.net)

## Cabin Fever Reliever: The Game Show



Thursday, April 21  
@ 3:00 pm

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](mailto: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, April 6<sup>th</sup> @ Noon  
(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](mailto:si55plus@mymts.net)

## Quilter's Corner

1<sup>st</sup> and 3<sup>rd</sup> Fridays

April 1 and 22

11:00 am



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 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 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: April 7<sup>th</sup> and 21<sup>st</sup>**

**7:15 to 8:15pm** at

Something Beautiful, 307 Main Street, Stonewall

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



Mask use is recommended.  
Something Beautiful's Covid 19 rules will be followed.



## CARDS/GAMES

Miscellaneous Games  
Wednesdays at 1:00pm

Canasta – 2<sup>nd</sup> and 4<sup>th</sup> Fridays  
@ 1:00 pm

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 required to attend in centre  
programming.

## TEXAS HOLD'EM

Wednesdays, 7:00 pm start

\$2.00 per person



Proof of vaccination required to attend in centre  
programming.

# *Come on out and play pool!*

Stonewall Legion Clubhouse

Thursdays, 1:00pm

Starting April 7<sup>th</sup>

Fee: \$3:00



Call South Interlake 55 Plus at 204-467-2582 or  
email [si55plus@mymts.net](mailto:si55plus@mymts.net) for more information.



# Know Your Rights: For Seniors (Webinar)

**Thursday, May 12, 1:00 – 2:00 pm**

**In Person at 374 1<sup>st</sup> Street West (Odd Fellows Hall)  
Or by Zoom**

**Please call us at 204-467-2582 and we will email you the link!**

**Topics include:**

- Elder Abuse
- Will
- Powers of Attorney
- Healthcare Directive
- Financial Scams
- Protecting yourself

**Presented by: Community Legal Education Association and South Interlake 55 Plus**

Proof of vaccination is required for in-centre programs



Heartfelt  
**THANKS**  
TO OUR VOLUNTEERS!

## **Volunteers Bring Heart to Canada's Communities!**

The Board of Directors and staff of South Interlake 55 Plus appreciate the time and commitment from all of our wonderful volunteers. Our organization wouldn't be here without you!

We look forward to having the opportunity to work with more volunteers as we move forward with opening more programming.

**VOLUNTEERING IS  
EMPATHY IN ACTION**

**NATIONAL VOLUNTEER WEEK  
APRIL 24-30, 2022**



# Around The Community

## South Interlake Seniors Resource

**114 – 622 Centre Ave. Entrance #4  
(Stonewall Lions Manor)  
204-467-2719**

Assisting senior and disabled persons with continuing to live independently in their own homes for as long as possible.

- ✓ Driver/Escort Program
- ✓ Equipment Lending Services
- ✓ Handy Helper & House Cleaning
- ✓ Victoria Lifeline
- ✓ Meals on Wheels
- ✓ Friendly Visitor/Telechek
- ✓ Emergency Response Info Kit
- ✓ Form Assistance & Resource Info

**South Interlake Seniors Resource is looking for Board Members. Please call 204-467-2719 if you are interested.**

**Visit [www.si55plus.org](http://www.si55plus.org) for links to other useful community websites!**



## Stonewall & Area Mobility Service

- provides door to door transportation to seniors and persons with mobility concerns
- Offering flexible times for trips (ie, on evenings and weekends)

**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:

**April 4<sup>th</sup> – Manic Monday at Family Foods (Stonewall)**

**May 3<sup>rd</sup> – 10% Tuesday at Co-op (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.**





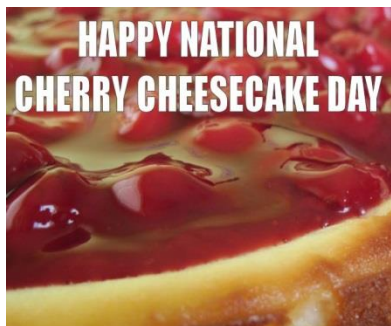
**Thursday, April 7<sup>th</sup>**



**Thursday, April 14<sup>th</sup>**



**Friday, April 22<sup>nd</sup>**

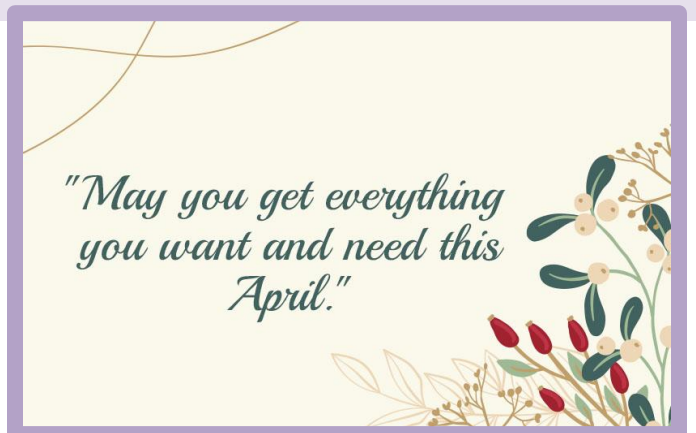


**Saturday, April 23<sup>rd</sup>**



Joanne Prystupa	4
Verlo Pyper	6
Judith Hamilton	14
Sylvia Hancharyk	14
Liz Harkness	14
Freda Sewell	14
Joy Plohman	21
Dick Friesen	23
Dave Norquay	24
Corie Haslbeck	26
Madelaine Danais	28

**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!)**





# CROSSWORD PUZZLE

**Across**

- 1. Stare
- 5. Begone!
- 9. Avid
- 14. Shine
- 15. Actor Sean \_\_\_\_
- 16. Use jointly
- 17. Library section
- 19. Moderately warm
- 20. Ways in
- 21. Relieves
- 22. '50s monogram
- 23. Chilled
- 25. Perfume
- 29. Eve's guy
- 30. Tit for \_\_\_\_
- 33. Snapshot taker
- 35. Clinton's party (abbr.)
- 36. Norse tale
- 37. March date
- 38. School division
- 40. Proper
- 41. Uproars
- 42. GOP member
- 43. Baltimore bird
- 45. Rescue me!
- 46. Jaunty
- 47. Furry swimmer
- 48. Bread topping
- 49. Peak
- 51. Test for flavor
- 54. Worldwide
- 60. Honolulu greeting
- 61. Acceptance of others
- 62. Lymph \_\_\_\_
- 63. Steady
- 64. Maize
- 65. Fixed gaze
- 66. Fathers
- 67. Female sheep

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17				18						19				
20										21				
				22				23	24					
25	26	27	28				29					30	31	32
33					34		35				36			
37					38	39					40			
41					42				43	44				
45					46					47				
			48					49	50					
51	52	53				54	55				56	57	58	59
60							61							
62							63					64		
65							66					67		

**Down**

- 1. Folklore monster
- 2. Singer \_\_\_\_ Campbell
- 3. Storage area
- 4. Wide-spouted pitcher
- 5. Pay out
- 6. For this reason
- 7. "\_\_\_\_ upon a time..."
- 8. Biased (hyph.)
- 9. Respect
- 10. In front
- 11. Openings
- 12. Great Lake
- 13. Cincinnati baseballers
- 18. Speed trap device
- 24. Carved gem
- 25. Citric and boric
- 26. AM-FM \_\_\_\_
- 27. Foretelling signs
- 28. Army chow
- 29. Conform
- 30. Gypsy's card
- 31. Limber
- 32. More docile
- 34. Concur
- 36. Roasting stick
- 39. Sent another way
- 44. Wrangler
- 46. Gratify
- 48. Alternate
- 49. Laid bathroom flooring
- 50. Baking places
- 51. Browns in the sun
- 52. Very many (2 wds.)
- 53. Baking \_\_\_\_
- 55. \_\_\_\_ Scotia
- 56. Speed contest
- 57. Winter flakes
- 58. 43,560 square feet
- 59. Contact \_\_\_\_





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

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

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

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

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

PANSY  
PEONY  
PETUNIA  
ROSE  
SNAPDRAGON  
STATICE  
STOCK  
SUNFLOWER  
TULIP  
VIOLET  
YARROW



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: purple; font-size: 48px; margin: 0;">April 2022</h1>						
					1) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> <b>11:00 Quilter's Corner</b> 12:00 The Complete 30	2) 9:00 Steppin' Up
3) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	4) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	5) 6:15 F.I.T. 9:00 Steppin' Up 9:30 Dynamic Yoga <b>11:00 Line Dancing</b> 12:00 Energizing Yoga  <b>7:00 Crib Tournament</b>	6) <b>9:00 Steppin' Up</b> 9:30 Dance & Drum <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b> <b>12:00 Book Club</b> 12:00 The Complete 30 <b>1:00 Cards</b> <b>4:30 Strength Stretch</b> <b>7:00 Texas Hold'em</b>	7) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training <b>11:00 Line Dancing</b> 12:00 Energizing Yoga  <b>1:00 Pool</b> <b>5:30 Body Blast</b> <b>7:15 Ukulele Club</b>	8) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> <b>11:00 Travel Club</b> 12:00 The Complete 30  <b>1:00 Canasta</b>	9) 9:00 Steppin' Up
10) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	11) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	12) 6:15 F.I.T. 9:00 Steppin' Up 9:30 Dynamic Yoga <b>11:00 Line Dancing</b> 12:00 Energizing Yoga  <b>7:00 Crib Tournament</b>	13) <b>9:00 Steppin' Up</b> 9:30 Dance & Drum <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b> 12:00 The Complete 30 <b>1:00 Cards</b> <b>4:30 Strength Stretch</b> <b>7:00 Texas Hold'em</b>	14) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training <b>11:00 Line Dancing</b> 12:00 Energizing Yoga  <b>1:00 Pool</b> 3:00 Virtual Chat <b>5:30 Body Blast</b>	15) 9:00 Steppin' Up  <b style="color: red;">Good Friday Office Closed No Classes</b>	16) 9:00 Steppin' Up
 17) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	18) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	19) 6:15 F.I.T. 9:00 Steppin' Up 9:30 Dynamic Yoga <b>11:00 Line Dancing</b> 12:00 Energizing Yoga  <b>7:00 Crib Tournament</b>	20) <b>9:00 Steppin' Up</b> 9:30 Dance & Drum <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b> 12:00 The Complete 30 <b>1:00 Cards</b> <b>4:30 Strength Stretch</b> <b>7:00 Texas Hold'em</b>	21) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training <b>11:00 Line Dancing</b> 12:00 Energizing Yoga  <b>1:00 Pool</b> 3:00 Cabin Fever Reliever <b>5:30 Body Blast</b> <b>7:15 Ukulele Club</b>	22) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> <b>11:00 Quilter's Corner</b> 12:00 The Complete 30  <b>1:00 Canasta</b>	23) 9:00 Steppin' Up
24) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	25) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	26) 6:15 F.I.T. 9:00 Steppin' Up 9:30 Dynamic Yoga <b>11:00 Line Dancing</b> 12:00 Energizing Yoga  <b>7:00 Crib Tournament</b>	27) <b>9:00 Steppin' Up</b> 9:30 Dance & Drum <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b> 12:00 The Complete 30 <b>1:00 Cards</b> <b>4:30 Strength Stretch</b> <b>7:00 Texas Hold'em</b>	28) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training <b>11:00 Line Dancing</b> 12:00 Energizing Yoga  <b>1:00 Pool</b> 3:00 Virtual Chat <b>5:30 Body Blast</b>	29) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> 12:00 The Complete 30	30) 9:00 Steppin' Up

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