



Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

May 2022



Please join us

Thursday, May 26th @ 7:00 pm

Attend in Person

**374 1st Street West
(Odd Fellows Hall)**

**Attend Virtually by
Zoom**

**Please provide email
address to our office if you
wish to join by Zoom**

Phone 204-467-2582

Email si55plus@mymts.net

Get involved and have a voice....

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.

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

Contact our Office at
(204) 467-2582 or email at

si55plus@mymts.net

Evening programs will run as scheduled.

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

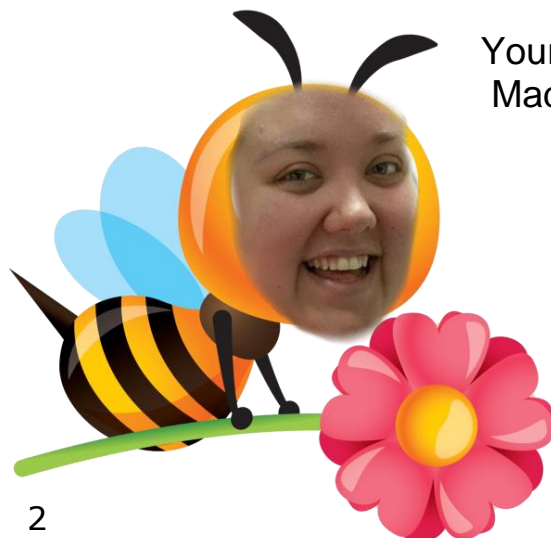
EXECUTIVE DIRECTOR'S CORNER

As we defrost from all the storms that April brought, we're so thrilled to see your favourite programs budding again for you this spring and summer! Starting May 3, Pickleball is starting back up on Tuesday and Thursday evenings. Even before we begin, the response has been tremendous from the community!

We're also looking towards June – our luncheons are coming back on a trial basis! We'll be selling tickets in advance to ensure we've got food for you. Look out for more information to come out next month and get ready for a great reason to get back together.

If you're looking to get together before June, we've still got lots of great reasons to come down to the centre. Take a look through the newsletter and come on down to join in on the fun!

Your busy bee,
Maddy Turbett



May 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**
Pickleball @ 6:00pm (Sunova Curling Rink)

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 & Zoom)
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)
Pickleball @ 6:00pm (Sunova Curling Rink)

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)

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

Programs on a Scheduled Basis:

Book Club – Wednesday, May 4, 12:00 noon (In Person)
Let No One Be Alone – Coffee & Chat, Wednesday, May 11
@10:30 am (In Person)
Know Your Rights, For Seniors (Webinar) – May 12, 1:00
pm (In Person and Zoom)
Ukulele Club – Thursday, May 12 and 26
@ 7:15 (at Something Beautiful)
Virtual Chat – Thursday, May 12 and 26
@ 3:00 pm (Zoom)
Cabin Fever Reliever - Thursday, May 19
@ 3:00 pm (Zoom)
Quilting – Friday, May 6 and 20 @ 11:00am (In Person)
Travel Club – Friday, May 13 @ 11:00 (In Person)
Canasta – Friday, May 13 and 27, 1:00pm (In Person)
Grant Park Shopping Trip – Thursday, May 19th

**Do you love our Steppin'
Up program and want to
see it continue?**

Consider being an instructor!

**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
- Auto-Deposit has been enabled, so no security question and answer is required.



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.

General	
Centre Hours	Tuesday - Friday: 8:30 – 4:30 pm. Evening programs will run when scheduled.
Office Hours	Monday - Friday: 8:30 - 4:30 pm (Mondays by appointment only)
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	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"> • Vaccination card • Downloadable QR code – on a mobile device or printed • Printout of vaccination record Photo ID must be shown at the time of scanning. 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.
Face Masks	Face masks are strongly recommended.
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.
Safety	
Regulations	Adherence to Manitoba and Canada Health recommendations will be required.

Screening	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.
Spacing	Physical distancing of two meters (6ft) will be required at all times. Please be mindful of physical distancing upon entering and exiting the Centre.
Illness	Please stay home if you are feeling unwell or experiencing symptoms (runny nose, cough, fever, sore throat, etc), even if they are mild.
Protective Barriers	Please respect the protective barrier(s) at reception and while in the office area. Only 4 people can be accommodated in the 55 Plus Office.
Washrooms	Bathrooms will be open to participants. 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.



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

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: May 20 @ 4:00pm
Pickup Date: May 27 @ 2:00-4:30pm

All prices include taxes

6 pack:

Beneprotein Powder (227g)..... \$90.00

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**



Now is always a good time to make a difference!

www.facebook.com/LetNoOneBeAlone

EVERYONE KNOWS SOMEONE LIVING ALONE

Let's **take the time** to make sure those that are alone know that we care!

**Join Seniors Resource, 55 Plus & Age Friendly
"Let No One Be Alone" Coffee Break
Bring a friend!**

Healthier Connections = Healthier Life

**Wednesday, May 11th, 2022
10:30 AM – Noon**

@

**South Interlake 55 Plus Centre
374 – 1st St W (Odd Fellows Hall)
Stonewall, MB**

**SHOW YOU CARE...A SIMPLE ACT OF KINDNESS
Can Brighten Someone's Day!**

If you need **free transportation** please contact
Seniors Resource @ 204-467-2719

Complimentary coffee and cookies.

Active Living Programs



Steppin' Out

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

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



For more information, contact the office at (204) 467-2582 or email us at si55plus@mymts.net

Stay Healthy, Stay Active, Stay Safe!



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



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

May 3 - 31

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

• 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

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

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.

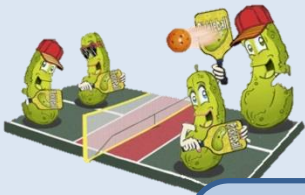
ENERGIZING YOGA – 30 minutes of energizing yoga designed to boost energy while improving strength and flexibility. The perfect midday pick-me-up and a great way to get active during your lunch break!

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, 6:00pm
starting May 3rd
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

This is an age friendly activity

Weekly/Monthly Programs

GRANT PARK SHOPPING TRIP

THURSDAY, MAY 19TH

Depart 9:30am from 55 Plus
and 9:15 from Lions Manor,
Entrance 1

*Registration deadline:
Tuesday, May 17th*

Members \$20
Non-members \$30

Call 204-467-2582 to register

Six people minimum to run the trip



TRAVEL CLUB IS BACK!



Shopping, sight-seeing, special events, performances!

2nd Friday of each month! 11:00am

**Next meeting: Friday, May 13th
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 1st Street West, Stonewall
Call 204-467-2582
for more information.



VIRTUAL CHAT TIME BY ZOOM

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, May 19
@ 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

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



South Interlake 55 Plus Book Club

Wednesday, May 4 @ 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**

Quilter's Corner

1st and 3rd Fridays

May 6 and 20

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: May 12 and 26

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 – 2nd and 4th 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

Fee: \$3:00

Call South Interlake 55 Plus at 204-467-2582 or
email si55plus@mymts.net for more information.



Know Your Rights: For Seniors (Webinar)

Thursday, May 12, 1:00 – 2:00 pm

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

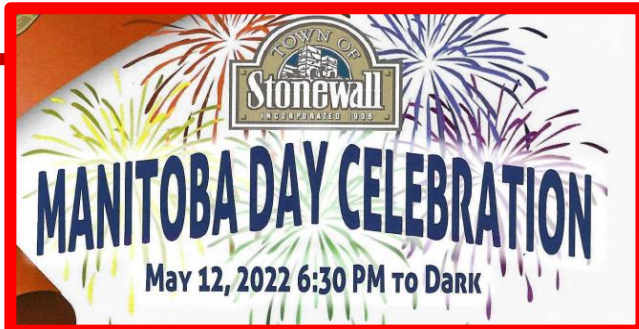
Please call us at 204-467-2582 and we will email you the link!

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



**Free outdoor event at Quarry Park!
Live entertainment, hot dogs & drinks, fireworks at dark**

Free Shuttle Service from South Interlake 55 Plus (374 1st Street West) to Quarry Park.

6:30pm, 7:30pm, 8:30pm

Ride the bus to the celebration on May 12!



Manitoba 55+ Games
PRESENTED BY **PLAYNOW**

SELKIRK – June 7-9, 2022

Deadline to register: Friday, May 13
Deadline for slo-pitch: Friday, May 20

Events Include:
Bowling, Golf, Arts & Crafts, Curling, Shuffleboard, Pickleball, Track, Darts and more!

For a schedule of events and more information visit

<https://activeagingmb.ca/>
Or call 1-866-202-6663

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 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:

May 3rd – 10% Tuesday at Co-op (Stonewall)

June 6th – Manic Monday at Family Foods (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, May 12th

Joanne Prystupa	4
Fred Tom	5
Verlo Pyper	6
Judith Hamilton	14
Sylvia Hancharyk	14
Liz Harkness	14
Freda Sewell	14
Ray Lockhart	19
Joy Plohman	21
Dick Friesen	23
Dave Norquay	24
Corie Haslbeck	26
Madeleine Danais	28



Friday, May 20th

**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!)**



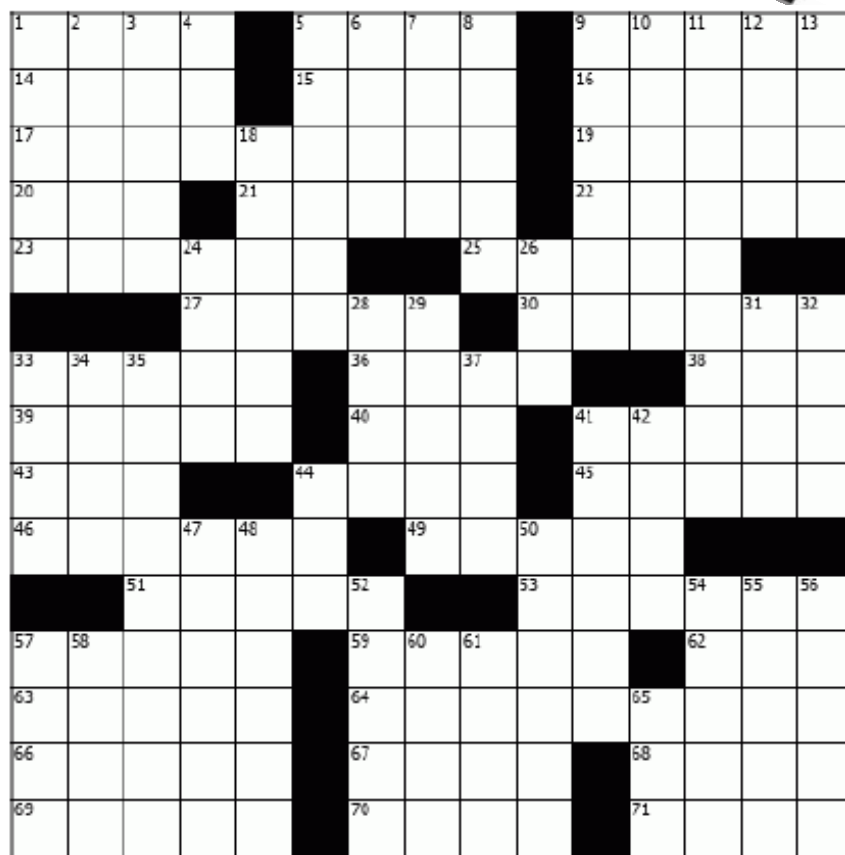
MAY



CROSSWORD PUZZLE

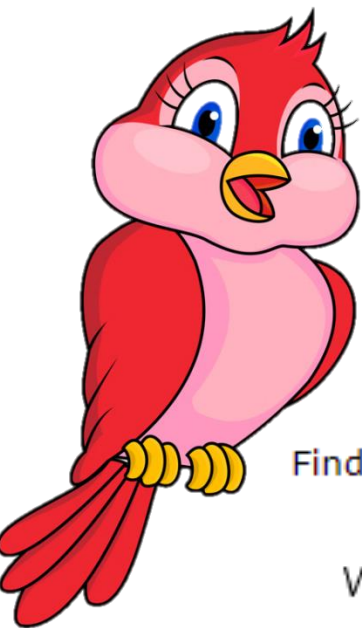
Across

- 1. Clothing accessories?
- 5. Cluster of feathers
- 9. Readies for surgery
- 14. Roller coaster cry
- 15. Manipulative one
- 16. Saudi Arabian money
- 17. Beatles classic
- 19. Phantom's passion
- 20. Back muscle, briefly
- 21. Closes in on
- 22. Having a sharp flavor
- 23. Carol opening
- 25. Vandalize
- 27. Unwelcome engine sounds
- 30. Do-to-do interval
- 33. Finito
- 36. Request for repetition
- 38. Ball belle
- 39. Dramatic device
- 40. It's "positively" hidden four times in this puzzle
- 41. ___ ear and out the other
- 43. Half of a square
- 44. ___ B'rith
- 45. Type of situation
- 46. "Star Trek" trip
- 49. J.F.K. relative
- 51. White-plumed bird
- 53. Word with wrong or prime
- 57. Discombobulated
- 59. Old sleep aid?
- 62. It's inn stock
- 63. Lustrous fabric
- 64. Ensign's answer, perhaps
- 66. "This is only ___!"
- 67. Deserved a ticket
- 68. Part of Caesar's question
- 69. Hair curlers
- 70. Sniggler's haul
- 71. On the ball



Down

- 1. Theatrical Tharp
- 2. Winning
- 3. P.C. Wren's Beau
- 4. Rigidify
- 5. Soup holder
- 6. They may ask, "Where's the beef?"
- 7. Phobia
- 8. Surreptitious meeting
- 9. A prescription drug
- 10. Most likely to fall from a tree
- 11. Cosmetic coloring
- 12. Hair line
- 13. Leave helpless with laughter
- 18. Some real thing
- 24. Created a web site?
- 26. Fall into decay
- 28. Actress lover of Charles II
- 29. One way to gather wool
- 31. Start of a Latin boast
- 32. Bacheller's Holden
- 33. Ukraine's capital
- 34. The younger Guthrie
- 35. Suit material, perhaps
- 37. "No way!" to a teen
- 41. Pulled hamstring, e.g.
- 42. Average
- 44. Quilting follower
- 47. Type of discrimination
- 48. Endowments for the arts
- 50. Manipulates muscles
- 52. Make fun of
- 54. Make a temporary stitch
- 55. Upper crust
- 56. Summer showing, often
- 57. "Immediately, if not sooner" letters
- 58. Museum that's called a gallery
- 60. Font makeup
- 61. It might be said to a dog
- 65. It might be said to a mouse



Birds

Find and circle all of the birds that are hidden in the grid.
The remaining letters spell an additional bird.



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

BLACKBIRD
 BUDGIE
 CANARY
 CARDINAL
 CHICKEN
 CRANE
 CROW
 DODO
 DOVE
 DUCK

EAGLE
 EMU
 FALCON
 FINCH
 FLAMINGO
 GOOSE
 HAWK
 HERON
 JAY
 MAGPIE

MARTIN
 MOCKINGBIRD
 MYNA
 OSTRICH
 OWL
 PARAKEET
 PARROT
 PELICAN
 PIGEON
 RAVEN

ROBIN
 SEAGULL
 SPARROW
 SWAN
 TURKEY
 VULTURE
 WOODPECKER
 WREN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1) 	2) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	3) 6:15 F.I.T. 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Line Dancing 12:00 Energizing Yoga 6:00 Pickleball	4) 9:00 Steppin' Up 9:30 Dance & Drum 10:30 Stitch N Craft 11:30 Men's Chat 12:00 Book Club 12:00 The Complete 30 1:00 Cards 4:30 Strength Stretch 7:00 Texas Hold'em	5) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 11:00 Line Dancing 12:00 Energizing Yoga 1:00 Pool 5:30 Body Blast 6:00 Pickleball	6) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Quilter's Corner 12:00 The Complete 30	7) 9:00 Steppin' Up
8)	9) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	10) 6:15 F.I.T. 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Line Dancing 12:00 Energizing Yoga 6:00 Pickleball	11) 9:00 Steppin' Up 9:30 Dance & Drum 10:30 Stitch N Craft 10:30 Men's Chat 10:30 Let No One Be Alone 12:00 The Complete 30 1:00 Cards 4:30 Strength Stretch 7:00 Texas Hold'em	12) 9:00 Steppin' Up 9:30 B.L.I.S.S. Training 11:00 Line Dancing 12:00 Energizing Yoga 1:00 Know Your Rights: For Seniors (Webinar) 1:00 Pool 3:00 Virtual Chat 5:30 Body Blast 6:00 Pickleball 7:15 Ukulele Club	13) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Travel Club 12:00 The Complete 30 1:00 Canasta	14) 9:00 Steppin' Up
15)	16) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	17) 6:15 F.I.T. 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Line Dancing 12:00 Energizing Yoga 6:00 Pickleball	18) 9:00 Steppin' Up 9:30 Dance & Drum 10:30 Stitch N Craft 10:30 Men's Chat 12:00 The Complete 30 1:00 Cards 4:30 Strength Stretch 7:00 Texas Hold'em	19) 9:00 Steppin' Up 9:15 Shopping Trip 9:30 B.L.I.S.S. Training 11:00 Line Dancing 12:00 Energizing Yoga 1:00 Pool 3:00 Cabin Fever Reliever 5:30 Body Blast 6:00 Pickleball	20) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Quilter's Corner 12:00 The Complete 30	21) 9:00 Steppin' Up
22)	23) 9:00 Steppin' Up  Victoria Day No Classes	24) 6:15 F.I.T. 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Line Dancing 12:00 Energizing Yoga 6:00 Pickleball	25) 9:00 Steppin' Up 9:30 Dance & Drum 10:30 Stitch N Craft 10:30 Men's Chat 12:00 The Complete 30 1:00 Cards 4:30 Strength Stretch 7:00 Texas Hold'em	26) 9:00 Steppin' Up 9:30 B.L.I.S.S. Training 11:00 Line Dancing 12:00 Energizing Yoga 1:00 Pool 3:00 Virtual Chat 5:30 Body Blast 6:00 Pickleball 7:00 AGM 7:15 Ukulele Club	27) 9:00 Steppin' Up 9:30 Dynamic Yoga 12:00 The Complete 30 1:00 Canasta	28) 9:00 Steppin' Up
29)	30) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	31) 6:15 F.I.T. 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Line Dancing 12:00 Energizing Yoga 6:00 Pickleball	<h1>May 2022</h1>			

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