



# 55 *South Interlake* Plus

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)

## Summer 2022 July & August



Proof of vaccination required for entry into the building. Face masks strongly recommended.

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.*

**2022/2023**

## **South Interlake 55 Plus Board of Directors**

### **Executive:**

President	Detlev Regelsky
1 <sup>st</sup> Vice	Laurie Briggs
Past President	Eadie McIntyre
Secretary	Valerie Appleyard
Treasurer	Bob McKenzie

### **Directors:**

Paul Pelletier	Kathy Turner
Emma Forbes	Deborah Hinds
Darwin Fremont	Therese Dandeneau
Walter Motuz	

### **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 by email at

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

I hope there will be lots of opportunities for you to enjoy some sunshine and fun this summer! Your safety and health should be a priority when it comes to extreme heat! Here are some tips to help keep you cool as a cucumber this summer:

- ☀️ Air conditioning is your friend! If you don't have it in your home, stop by a library, go for a walk around a mall, or visit your seniors centre during the worst heat of the day (we'd love to have you!)
- ☀️ Stay away from direct sun exposure as much as possible. Try to plan your outdoor activities early in the morning or when the sun starts to set.
- ☀️ Stay hydrated! Cool water, clear juices and other liquids that don't contain alcohol and caffeine will do you good.

If you know me, you know I love trivia and fun facts, so here's one I learned recently – *your ability to sweat decreases as you age!* Because your body retains less water, you won't cool off as fast as you once did.

July also marks one year since I stepped into the role of Executive Director, and wow has time gone by fast! I'm so happy to be a part of your community. If we haven't met yet (or even if we have!), make sure you pop by – I'd love to say hi and chat!

Stay connected,  
Maddy Turbett

Congratulations to  
Henriette Baryliuk for winning  
the draw at the June luncheon!

# NO PROVINCIAL RESTRICTIONS ≠ NO COVID

Unfortunately, COVID is here to stay. Here's what we're doing to keep you safe:

- Requiring proof of vaccination during your first visit back (Photo ID must also be shown)
- Regular sanitizing of equipment and touch points
- Providing hand sanitizer at the front door and throughout the centre
- Staff will wear masks while interacting with members and the public
- Encouraging physical distancing



Here are some great ways to protect yourself further:

- Stay home when you're sick – we appreciate you not bringing your germs to us!
- Wear a mask (make sure it's clean!)
- Practice good hand hygiene and cough/sneeze etiquette
- Consider getting a booster shot (or your first and/or second shot!)
- Join us for your program on Zoom! Many of our programs are available for you online if you're not ready to join us in person.

**Thank you for your help in making our centre  
a safe and welcoming space!**



## SOUTH INTERLAKE 55 PLUS – Membership Information Form

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

TOWN: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_

PHONE/CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**MUNICIPALITY(circle one):**

Stonewall    Rosser    Rockwood    Woodlands    Other

I am currently 55 years of age or older.

I am not yet 55 years of age.\*

\* Associate members under 55 have all the benefits of being a member, minus serving on the Board or voting at our AGM.

This form can be mailed to:

South Interlake 55 Plus  
PO Box 309  
Stonewall, MB R0C 2Z0

I wish to have my birthday published in the 55 Plus Newsletter.

\_\_\_\_\_                      \_\_\_\_\_  
Month                                      Day

Program Suggestion/Comments:

I agree to receive by email 55 Plus updates and promotions regarding events and activities of interest. I can withdraw my consent at any time by notification to the 55 Plus office.





# Become a Member or Renew Your Membership Today!

Membership is only **\$20.00** per calendar year!

**Renew Today!**

Your membership gives you benefits like:

- Access to free programs
- Discounts on paid programs and trips
- A great community of friends
- Opportunity to vote at our AGM and join our board>(\*For those 55 or older)

**You do NOT need to be 55 or older to become a member! We'd love to have you!**

## There are three ways to complete your membership:

**Come see us at the Centre!**  
374 1<sup>st</sup> Street West  
Stonewall, MB

**Fill out our form online!**  
Visit:  
[www.si55plus.org/membership](http://www.si55plus.org/membership)

**Mail your completed form (see below) to:**  
South Interlake 55 Plus  
PO Box 309  
Stonewall, MB R0C 2Z0

**Payment can be made by cash, cheque or e-transfer to [si55info@gmail.com](mailto:si55info@gmail.com)**

*We are not able to process debit or credit.*



### SOUTH INTERLAKE 55 PLUS – Membership Information Form - continued

**Membership Fee: \$20/person per calendar year**

- I have enclosed a cheque.
- I will e-transfer to [si55info@gmail.com](mailto:si55info@gmail.com)
- I will pay in person at the centre.

**I Understand** that Membership fees are non-refundable and will not be pro-rated.

**I Understand** that Membership is not transferable to another person.

**I Understand** that photographs are taken at 55 Plus events and programs, and these photos may be used in 55 Plus promotional materials.

**I Understand** that 55 Plus is committed to protecting the privacy of my personal information in accordance with the Personal Information & Electronic Documents Act (Canada).

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*South Interlake 55 Plus is a not-for-profit charitable organization. All donations are greatly appreciated, and help us to continue offering quality programming and innovating to meet the needs of the community.*

**I would like to support the South Interlake 55 Plus with an additional donation in the amount of:**

\$ \_\_\_\_\_

\*Donations \$20 or greater will receive a tax-deductible receipt.

Our centre is driven by its volunteers! While volunteer participation is not a membership requirement, please consider the contribution you can make the 55 Plus and the community. Please check any of the following opportunities which may be of interest to you:

- Social/Special Events
- Fundraising
- Program Facilitator
- Leadership/Board
- Administration
- Short Term Projects
- Other:

# Join Us for Lunch!

## July Luncheon

**Wednesday, July 13  
At Noon**

Plated meal includes:  
Cold plate, salads and dessert

**\$10.00 tickets in advance only**

Tickets available at South Interlake 55+ office

**Deadline to purchase  
tickets:  
Friday, July 8**



Prep help needed!  
Call us at  
204-467-2582  
if you can help!

## August Luncheon

**Wednesday, August 10  
At Noon**

Meal to be determined.  
Stay tuned!

**\$10.00 tickets in advance only**

Tickets available at South Interlake 55+ office

**Deadline to purchase  
tickets:  
Friday, August 5**



Prep help needed!  
Call us at  
204-467-2582  
if you can help!

**TRIVIA  
NIGHT** **AND  
GAMES!**

**Saturday, September 24**

More details to follow.

## COLD HARD CASH CONCERT



**Saturday, November 5**

More details to follow.

# Looking to Volunteer?

## We'd love to have you at our centre!

Right now, we're looking for Volunteers who may be interested in:

### Being a Steppin' Up Leader:

We currently have 3 great leaders, and would love to have more to share the load! (All training provided)

### Helping at the Pickleball Tournament:

See page 8 for more details, and email [stonewallpickleball@gmail.com](mailto:stonewallpickleball@gmail.com) if you're interested!

### Prep and Serving at our July and August Luncheons:

Different times and tasks available!

### Gardening – Front Flower Bed:

Help us make the front of the building beautiful again!

**Interested? Contact the office at (204) 467-2582 for more information and opportunities!**

# Nutritional Supplement Program!

Meal replacement drinks, thickeners and protein powder can be expensive, and sometimes hard to find. Whether you are just leaving hospital, or have need in your daily life, we've got you covered with some of the lowest prices you'll find locally!

**Order Deadline: July 22 @ 4:00pm**  
**Pickup Date: July 29 @ 2:00-4:30pm**

**Order Deadline: August 19 @ 4:00pm**  
**Pickup Date: August 26 @ 2:00-4:30pm**

*All prices include taxes, and are subject to change*

### 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



**3 Easy ways to pay:**

### Etransfer to

[si55info@gmail.com](mailto:si55info@gmail.com)

We use AutoDeposit, so no security question is required.

### Mail a Cheque to:

PO Box 309

Stonewall, MB, R0C 2Z0

Cheques payable to 55 Plus

### Pay in Person

Cash or Cheque

374 1<sup>st</sup> Street West

Stonewall, MB

Payment is required before picking up your product. 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, call (204) 467-2582 or email [si55plus@mymts.net](mailto:si55plus@mymts.net)**



# Ride with us to Folklorama

**Monday, August 1**

**Japanese Pavilion  
&  
Ukraine-Kyiv Pavilion**

Depart 5:45pm from Lions Manor,  
Entrance 1 and 6:00pm from 55 Plus



The Japanese Pavilion offers the splendours of Japan's unique culture, music, and tastes.

Ukraine-Kyiv Pavilion honours the amazing beauty, strong and resilient identity, cherished heritage, rich history, and vibrant culture of Ukraine.



**Members \$100  
Non-members \$110**

Includes bus, show, food and beverage

**Monday, August 8**

**Punjab Pavilion  
&  
Tamil Pavilion**

Depart 5:45pm from Lions Manor,  
Entrance 1 and 6:00pm from 55 Plus



The Punjab Pavilion showcases the unique culture, language, and food of the Punjab region.

Visit the Tamil pavilion to experience the mouth-watering cuisine and enjoy the colourful classical and folk-dance performances.



**Members \$100  
Non-members \$110**

Includes bus, show, food and beverage

Registration deadline for both trips:  
**Friday, July 15**

Call 204-467-2582 to register

*Looking for more bus trips? Check out page 12!*

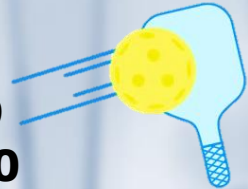


# 2022 Stonewall Pickleball Tournament

Sunova Curling Club – 500 Main Street, Stonewall, MB (South Entrance)

## EVENTS

**WOMEN'S DOUBLES – FRIDAY, SEPTEMBER 9**  
**MIXED DOUBLES – SATURDAY, SEPTEMBER 10**  
**MEN'S DOUBLES – SUNDAY, SEPTEMBER 11**



### Skill Level Categories:

**2.5/3.0 Age 55/65+ Separate Playoff**  
**3.5+ Age 55/65+ Separate Playoff**  
**3.5 Age 18+**  
**3.75/4.0 Age 18+ Separate Playoff**

*\*Orange Onix Fuse indoor balls will be used.*

### Fees:

**Early Bird Special until August 5:  
\$20.00 per person, per event.**

*Payment and registration must be received by this date to qualify.*

**Following August 5, all fees will increase  
to \$25.00 per person, per event.**

E-transfer payment to:

[stonewallpickleball@gmail.com](mailto:stonewallpickleball@gmail.com)

*Payment secures your spot, as space is limited.  
No refunds will be issued after August 19, 2022.*

## FINAL REGISTRATION DEADLINE: AUGUST 19

**TO REGISTER:**

**EMAIL: [stonewallpickleball@gmail.com](mailto:stonewallpickleball@gmail.com)**

**Or visit [si55plus.org](http://si55plus.org) for a link to our registration form**

**PERSONS WISHING TO VOLUNTEER FOR VARIOUS TASKS CAN DO SO BY EMAILING:**

**[stonewallpickleball@gmail.com](mailto:stonewallpickleball@gmail.com)**

**Format:** Round Robin or Modified Round Robin. All Games are played to 11 pts. Playoff format will be either best 2 of 3 to 11 or one game to 15 pts – based on the amount of time remaining. All games are “win by 1 point”.

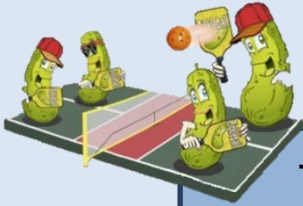
**IFP Rules Apply:** Players must sign a liability waiver. If available, referees will officiate. Otherwise, the honor system will apply.

Presented by: South Interlake 55+, Stonewall, 204-467-2582



# Let's Get Moving!

## Pickleball!



Tuesday & Thursday evenings, 6:00pm  
 Wednesday mornings, 9:30am  
 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)

With competitive and non-competitive courts, it is suitable for all adults at all fitness levels! Beginners welcome!

## LINE DANCING!

Tuesdays & Thursdays @ 11:00am  
 Proof of Vaccination Required for In Person Classes

Group-led, 90 minute class!



### July 5 - 28

	Member	Non-Member
Tuesdays ONLY:	\$12	\$20
Thursday ONLY:	\$12	\$20
Tuesday & Thursday:	\$24	\$40

### August 2 - 30

	Member	Non-Member
Tuesdays ONLY:	\$15	\$25
Thursday ONLY:	\$12	\$20
Tuesday & Thursday:	\$27	\$45

Drop In: Member(\$3) Non-Member (\$5) /Class

First time dancers receive two classes free!

Call 204-467-2582  
 or email [si55plus@mymts.net](mailto:si55plus@mymts.net)  
 to register,  
 or for more info



## Steppin' Out

Tuesdays 10:00 am

Meet at the 55+ Centre for an outdoor walk.  
 Bad weather? You don't have to skip your walk.  
 You can walk in the Centre.

*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!



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

# Active Wellness Summer Session

**July 4 – August 15**

**CLASSES**



**Monday**  
9:30 am –Energizing Yoga with Tess (by Zoom)

**Tuesday**  
9:30 am – FIT with Cheryl (In Person & by Zoom)

**Wednesday**  
9:30 am – Dance & Drum with Gail (by Zoom)

**Thursday**  
9:30 am – Body Blast with Cheryl  
(In Person & by Zoom)

**Friday**  
9:30am – Dynamic Yoga with Gail  
(In Person & by Zoom)

Member Price	Non-Member
<u>6 Weeks</u> 1 Class/week: \$50 2 Classes/week: \$90 <b>All Access Pass:</b> <b>\$99</b>	<u>6 Weeks</u> 1 Class/week:\$70 2 Classes/week: \$110 <b>All Access Pass:</b> <b>\$119</b>

**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!

**Drop-In Fee: \$10/class!**  
 To ensure you get the link for your virtual class, please let the office know at least an hour before class.

Please check with our website or contact the office for updates for any changes in delivery.



## DESCRIPTIONS

**ENERGIZING YOGA** – 60 minutes of energizing yoga designed to boost energy while improving strength and flexibility. The perfect morning pick-me-up and a great way to start your day!

**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.

**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!

**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.

**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.

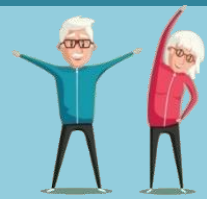


**Instructors: Cheryl Kooning, Tess Beck and Gail Spencer-Lamm**

*The 55 Plus Centre Reserves the Right to Cancel a Class*



# STEPPIN' UP!



**Wednesdays @ 9:00am In Person (374 1<sup>st</sup> Street West)**  
(Still available by Zoom!)

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

*This popular program supports and encourages ALL adults to embrace an active lifestyle, offering a self-sustaining, accessible, high quality exercise program at No Cost.*

*Program is being offered by our volunteer leaders virtually with live feed using Zoom.*

Membership to South Interlake 55 Plus is encouraged to support the program.

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)  
Proof of vaccination required for in-person programming.

## Let's Get Virtual

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

### Cabin Fever Reliever: The Game Show



Thursday, July 7  
Thursday, August 4  
@ 3:00 pm

Join us for an hour of trivia in formats like Family Feud and Jeopardy! You might learn something new, and you'll definitely leave with a smile!

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

### 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)

Tech  
Tips!

### Words too small to read on your device? You can change it!

If you're having trouble reading anything on your phone or tablet, it's time to switch your settings. Pick your system and follow the instructions to try it out:



#### Apple iPhone/iPads:

1. Open the "Settings" app, and click on "Accessibility".
2. Select "Display & Brightness".
3. Tap "Larger Text" to see more options.
4. Drag the slider to select the font size you want.

*(Please note: making the text too large may affect some app functions. Adjust the size as needed.)*



#### Android Phones/Tablets:

1. Open your device's "Settings" app.
2. Select "Accessibility", then "Text and display"
3. Select "Font Size".
4. Use the slider to choose your font size.

*(Please note: the font size setting doesn't apply to the Google Chrome app, which has its own font size settings.)*

Stay tuned for more Tech Tips and Instructions in future newsletters and on our website!



# Hitch a Ride With Us!

## JULY & AUGUST BUS TRIPS

### Outlet Mall Shopping Trip

Thursday, July 21

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

**Registration deadline: July 19<sup>th</sup>**

Members \$20  
Non-members \$30



**Call 204-467-2582 to register**



### Pineridge Hollow

Tuesday, July 26

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

*Registration deadline:*

*July 19<sup>th</sup>*

Members \$20  
Non-members \$30

Self-guided tour of grounds.  
Shopping, and lunch at your own expense.

### Garden City Shopping Trip

Thursday, August 18

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

**Registration deadline:**  
**August 16<sup>th</sup>**

Members \$20  
Non-members \$30

**Call 204-467-2582 to register**

### Fort Whyte Alive Bison Safari Bus Tour

Tuesday, August 30

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

**Registration deadline: August 19<sup>th</sup>**

Call 204-467-2582 to register

Members \$45  
Non-members \$55  
Includes bus and safari.  
Lunch at your own expense.

Venture inside Fort Whyte Alive's bison prairie for an up-close encounter you've got to see to believe.

## UPCOMING BUS TRIP:

Have some great trip ideas? Join us for our next Travel Club meetings on:

**Friday, July 15<sup>th</sup>**  
**and August 12<sup>th</sup>**

**11:00 am**

Travel Club meets on the 2<sup>nd</sup> Friday of each month



## CELEBRATIONS DINNER THEATRE

Tuesday, September 20<sup>th</sup>

Matinee "Greased"

**Registration Deadline: Tuesday, August 30**

Depart 9:30am from Lions Manor, Entrance 1 and 9:45 from 55 Plus

Members \$75  
Non-members \$85



**Call 204-467-2582 to register**



# 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:

**July 5<sup>th</sup> – 10% Tuesday at Co-op (Stonewall)**  
**August 8<sup>th</sup> – Manic Monday at Family Foods (Stonewall)**

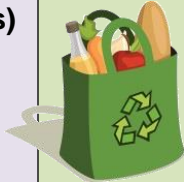
**September 6<sup>th</sup> – 10% Tuesday at Co-op (Stonewall)**

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!

## Social Groups

### 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 required to attend in centre programming

### 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.



### Quilter's Corner

Beginners & Experienced Quilters Welcome!



July 8 and 22  
August 5 and 19

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

11:00 am

Members: \$3 Non-Members \$5

Please Pre-Register – Proof of Vaccination required



South Interlake 55 Plus

### Book Club

Wednesdays, July 6 and August 3  
@ Noon

Proof of vaccination required to attend in-centre meetings

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

Book Club meets the 1<sup>st</sup> Wednesday of each month.

Pre-register to join by calling 204-467-2582 or email [si55plus@mymts.net](mailto:si55plus@mymts.net)



# UKULELE CLUB

We're done jamming together until the fall!  
Stay "tuned" for when we return, and  
Enjoy your summer!



## Cards & Games

### DAYTIME PLAY

#### MISCELLANEOUS CARD GAMES

*Wednesdays at 1:00 pm*

#### CANASTA

*2<sup>nd</sup> and 4<sup>th</sup> Fridays of each month  
at 1:00 pm*



### EVENING PLAY

#### TEXAS HOLD'EM

**Wednesdays  
7:00 pm start**

**\$2.00 per person**

## THURSDAY CRIBBAGE NIGHT

### EVERY THURSDAY THIS SUMMER AT 7PM

**Singles Play (No Partner Needed)**

**\$5.00 per person**

**at South Interlake 55+ (374 1<sup>st</sup> Street West)**





# Around The Community

## South Interlake Seniors Resource

144 – 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

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

New

## Support to Seniors in Group Living (SSGL)

144 – 622 Centre Ave. Entrance #4  
431-381-4002

SSGL provides a range of free enhanced support services in group living/elderly persons housing buildings including Crocus Manor and Stonewood Place.

### Services include:

- |                  |                    |
|------------------|--------------------|
| Communication    | Transportation     |
| Shopping         | Home Maintenance   |
| Navigation       | Meal Preparation   |
| Financial Skills | Light Housekeeping |

## Hearing Aid Petition

Urge Province of Manitoba Government to provide income based coverage for hearing aids.

Consider signing this petition put forth by the Manitoba Chapter of the Canadian Hard of Hearing Association (CHHA).

Visit us at 55 Plus (374 1<sup>st</sup> Street West, Stonewall) to review/sign the petition or email us at [si55plus@mymts.net](mailto:si55plus@mymts.net) and we will forward you a petition form to sign and return to us.



## Congregate Meals!

**Who:** You – Open to Community Members

**Where:** Lions Manor ~ Multi-purpose Room #1

**When:** Monday – Friday

**Time:** 11:40am

**Cost:** \$6.00/plate (*dine-in or take out*)

### Pre-Registration Required

**Call Ann @ 204-467-8531 Ext #1**

This program offers an opportunity to meet new or old friends while enjoying a nutritious home cooked meal. Soup available to purchase on Friday for weekends \$1.50/2 cup bowl.

## Important Opportunity to Give Feedback!

Visit this link to complete a survey about access to services and plans for the future for older Manitobans:

<https://engagemb.ca/building-a-plan-for-older-manitobans>

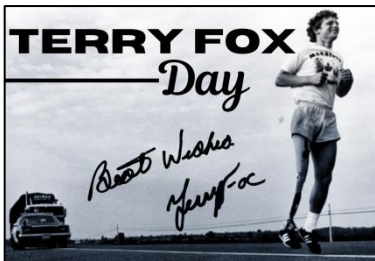
*\*Please note that you will need to make a free EngageMB account to complete this survey. Don't hesitate to contact the office at (204) 467-2582 for assistance at any time during making your account or completing your survey.*



**Friday, July 1<sup>st</sup>**  
(Office Closed)



**Saturday, July 30<sup>th</sup>**



**Monday, August 1<sup>st</sup>**  
(Office Closed)



**Sunday, August 21<sup>st</sup>**

**Happy Birthday**



**JULY**

Diane Kazmerowich	3
Michael Thievin	10
Paula Van Solkoma	14
Bernice Sutton	26
Kevin Briggs	29

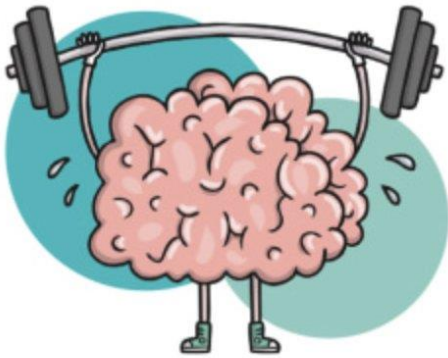
**AUGUST**

Margaret Chaboyer	9
Gary Tervoort	13
Doreen Wutzke	14
Chris Moss	18
Irene Pearson	22
Darwin Fremont	25
Donna Friesen	25
Lorne Rezansoff	27

**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!)**



# SUPDOKU



Are you working out your brain?

Medium

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

Hard

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





Y A W R O N I E T S N E  
 H **W O R D** N O D E C A M  
 D S F I N **S E A R C H** E  
 P O E D N A L E C I C T



## Fishing

Find and circle all of the Fishing words that are hidden in the grid.  
 The remaining letters spell a quote by Henry David Thoreau.

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

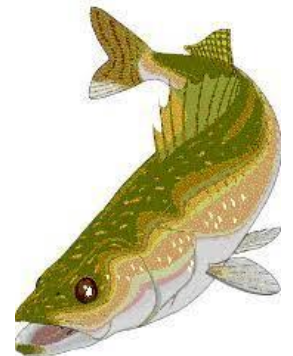




ANGLER  
 ANGLING  
 AUGER  
 BAIT  
 BASS  
 BLUEFISH  
 BOAT  
 BOBBER  
 CATCH AND RELEASE  
 CATFISH  
 CRAPPIE  
 CRAWLER  
 DAILY LIMIT

FLIES  
 FLIPPING  
 FLOAT  
 FLOUNDER  
 FLY CASTING  
 FLY FISHING  
 FLY REEL  
 FLY ROD  
 GEAR  
 HOOK  
 JIGGING  
 JIGS  
 KEEPER





LAKE  
 LANDING NET  
 LEADER  
 LINE  
 LURE  
 NIBBLE  
 PANFISH  
 POLE FISHING  
 POND  
 REDFISH  
 RIVER  
 ROD AND REEL  
 SALMON

SINKER  
 SPINCAST REEL  
 SPINNER  
 SPOOL  
 SPOON  
 STILL FISHING  
 STREAM  
 STRIKE  
 TACKLE BOX  
 TRAILER  
 TROLLING  
 TROUT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1) 9:00 Steppin' Up   <b>No Classes</b>	2) 9:00 Steppin' Up
3)	4) 9:00 Steppin' Up 9:30 Energizing Yoga	5) 9:00 Steppin' Up <b>9:30 F.I.T.</b> <b>10:00 Steppin' Out</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b>	6) <b>9:00 Steppin' Up</b> 9:30 Dance & Drum <b>9:30 Pickleball</b> <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b> <b>12:00 Book Club</b>  <b>1:00 Cards</b> <b>7:00 Texas Hold'em</b>	7) 9:00 Steppin' Up <b>9:30 Body Blast</b> <b>11:00 Line Dancing</b>  3:00 Cabin Fever Reliever <b>6:00 Pickleball</b> <b>7:00 Cribbage</b>	8) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> <b>11:00 Quilter's Corner</b>  <b>1:00 Canasta</b>	9) 9:00 Steppin' Up
10)	11) 9:00 Steppin' Up 9:30 Energizing Yoga	12) 9:00 Steppin' Up <b>9:30 F.I.T.</b> <b>10:00 Steppin' Out</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b>	13) <b>9:00 Steppin' Up</b> 9:30 Dance & Drum <b>9:30 Pickleball</b> <b>12:00 Luncheon</b>  <b>7:00 Texas Hold'em</b>	14) 9:00 Steppin' Up <b>9:30 Body Blast</b> <b>11:00 Line Dancing</b>  3:00 Virtual Chat <b>6:00 Pickleball</b> <b>7:00 Cribbage</b>	15) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> <b>11:00 Travel Club</b>	16) 9:00 Steppin' Up
17)	18) 9:00 Steppin' Up 9:30 Energizing Yoga	19) 9:00 Steppin' Up <b>9:30 F.I.T.</b> <b>10:00 Steppin' Out</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b>	20) <b>9:00 Steppin' Up</b> 9:30 Dance & Drum <b>9:30 Pickleball</b> <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b>  <b>1:00 Cards</b> <b>7:00 Texas Hold'em</b>	21) 9:00 Steppin' Up <b>9:15 Shopping Trip</b> <b>9:30 Body Blast</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b> <b>7:00 Cribbage</b>	22) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> <b>11:00 Quilter's Corner</b>  <b>1:00 Canasta</b>	23) 9:00 Steppin' Up
24)	25) 9:00 Steppin' Up 9:30 Energizing Yoga	26) 9:00 Steppin' Up <b>9:15 Pineridge Hollow</b> <b>9:30 F.I.T.</b> <b>10:00 Steppin' Out</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b>	27) <b>9:00 Steppin' Up</b> 9:30 Dance & Drum <b>9:30 Pickleball</b> <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b>  <b>1:00 Cards</b> <b>7:00 Texas Hold'em</b>	28) 9:00 Steppin' Up <b>9:30 Body Blast</b> <b>11:00 Line Dancing</b>  3:00 Virtual Chat <b>6:00 Pickleball</b> <b>7:00 Cribbage</b>	29) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b>	30) 9:00 Steppin' Up
31)						

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1) 9:00 Steppin' Up  <b>Terry Fox Day</b>  <b>No Classes</b> <b>5:45 Folklorama</b>	2) 9:00 Steppin' Up <b>9:30 F.I.T.</b> <b>10:00 Steppin' Out</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b>	3) <b>9:00 Steppin' Up</b> 9:30 Dance & Drum <b>9:30 Pickleball</b> <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b> <b>12:00 Book Club</b>  <b>1:00 Cards</b> <b>7:00 Texas Hold'em</b>	4) 9:00 Steppin' Up <b>9:30 Body Blast</b> <b>11:00 Line Dancing</b>  3:00 Cabin Fever Reliever <b>6:00 Pickleball</b> <b>7:00 Cribbage</b>	5) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> <b>11:00 Quilter's Corner</b>	6) 9:00 Steppin' Up
7)	8) 9:00 Steppin' Up 9:30 Energizing Yoga  <b>5:45 Folklorama</b>	9) 9:00 Steppin' Up <b>9:30 F.I.T.</b> <b>10:00 Steppin' Out</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b>	10) <b>9:00 Steppin' Up</b> 9:30 Dance & Drum <b>9:30 Pickleball</b> <b>12:00 Luncheon</b>  <b>1:00 Cards</b> <b>7:00 Texas Hold'em</b>	11) 9:00 Steppin' Up <b>9:30 Body Blast</b> <b>11:00 Line Dancing</b>  3:00 Virtual Chat <b>6:00 Pickleball</b> <b>7:00 Cribbage</b>	12) 9:00 Steppin' Up <b>9:30 Dynamic Yoga</b> <b>11:00 Travel Club</b>  <b>1:00 Canasta</b>	13) 9:00 Steppin' Up
14)	15) 9:00 Steppin' Up 9:30 Energizing Yoga	16) 9:00 Steppin' Up <b>10:00 Steppin' Out</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b>	17) <b>9:00 Steppin' Up</b> <b>9:30 Pickleball</b> <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b>  <b>1:00 Cards</b> <b>7:00 Texas Hold'em</b>	18) 9:00 Steppin' Up <b>9:15 Shopping Trip</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b> <b>7:00 Cribbage</b>	19) 9:00 Steppin' Up <b>11:00 Quilter's Corner</b>  <b>Quarry Days begins!</b>	20) 9:00 Steppin' Up 10:00 Used Book at back of Library  <b>Come say hi to us near the vendors!</b>
 <b>Quarry Days ends!</b>	22) 9:00 Steppin' Up	23) 9:00 Steppin' Up <b>10:00 Steppin' Out</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b>	24) <b>9:00 Steppin' Up</b> <b>9:30 Pickleball</b> <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b>  <b>1:00 Cards</b> <b>7:00 Texas Hold'em</b>	25) 9:00 Steppin' Up <b>11:00 Line Dancing</b>  3:00 Virtual Chat <b>6:00 Pickleball</b> <b>7:00 Cribbage</b>	26) 9:00 Steppin' Up  <b>1:00 Canasta</b>	27) 9:00 Steppin' Up
28)	29) 9:00 Steppin' Up	30) 9:00 Steppin' Up <b>9:15 Fort Whyte</b> <b>10:00 Steppin' Out</b> <b>11:00 Line Dancing</b>  <b>6:00 Pickleball</b>	31) <b>9:00 Steppin' Up</b> <b>9:30 Pickleball</b> <b>10:30 Stitch N Craft</b> <b>10:30 Men's Chat</b>  <b>1:00 Cards</b> <b>7:00 Texas Hold'em</b>			

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