



Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org



2022

Make it a September to Remember!

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

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 st 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

EXECUTIVE DIRECTOR'S CORNER

Fall is on its way!

As we start to see the leaves change colours, I think of warm sweaters, hot cups of tea, a book to cuddle up with – and flu season.

While it isn't the most popular topic, protecting yourself with an influenza vaccine can prevent severe outcomes, and anyone over 65 will be able to get a high-dose inactivated flu vaccine and a pneumococcal vaccine free of charge. (Don't worry; the regular dose is free for the rest of us too!) While you're at it, you can check with your doctor to see if you're up to date with your vaccines and protect yourself further!

Besides flu season, I always associate fall with learning. Our regular programming allows you to learn alongside and from other members for everything from line dancing, crocheting/knitting, quilting, or even some fun facts from trivia afternoons.

You can also come show us everything you already know in our Trivia Night Fundraiser (page 5) on September 24! Assemble your teams and register with our office today!

May you learn something new every day of your life!

Stay connected,
Maddy Turbett

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

*Evening programs will run
as scheduled.*

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



Congratulations to
Liz Stein and Edith Hauber
for winning the draw at the
July and August luncheons!

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 **\$25.00*** per calendar year!
*effective for all 2023 memberships and renewals

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)



2023 Memberships available now!

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 1st Street West
Stonewall, MB

Fill out our form online!

Visit:

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

SOUTH INTERLAKE 55 PLUS – Membership Information Form - continued

Membership Fee: \$25/person per calendar year

- I have enclosed a cheque.
- I will e-transfer to 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:

Support your Centre!



Gather your team and
join us on
Saturday, September 24
@ 7:00 pm
for a fun trivia night!

374 1st Street West (Oddfellows Hall)

\$20/person
(limit of 8 per team)
Bring your own snacks
and beverage!
Coffee and soft drinks
available.



Fundraiser in Support of South Interlake 55 Plus!

COLD HARD CASH CONCERT

THE JOHNNY CASH EXPERIENCE!

An energetic and soul-capturing
tribute to Johnny Cash for all ages!

Saturday, November 5
Doors Open at 6:30 pm

\$20/person

Get your tickets now for a great
time in November!



Fundraiser in Support of South Interlake 55 Plus!

Join Us for Lunch!

September Luncheon

Wednesday, September 14 at Noon

Plated meal includes:
Lasagna, caesar salad, garlic toast, dessert, coffee/tea

\$10.00 tickets in advance only

Tickets available at South Interlake 55+ office

Deadline to purchase tickets:

Friday, September 9



Prep help needed!

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

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:

email stonewallpickleball@gmail.com if you're interested!

Prep and Serving at our September Luncheon:

Different times and tasks available!

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: September 22 @ 4:00pm
Pickup Date: September 29 @ 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

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 1st 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

UKULELE CLUB

Do you play the ukulele?

Our Ukulele Club meets weekly for a jam session! Beginners welcome!

We know you all want to get back to jamming together so stay "tuned" for our fall start up date!



MARK THIS ON YOUR CALENDAR

Want a night of great music to look forward to?

See The Irish Rovers

at Club Regent Event Centre

March 22nd, 2023 @ 7:00 pm

Sign up by **September 16** to get in on group tickets!

Members \$80

Non-member \$90

*Includes bus and show
Subject to ticket availability*



Presentation

Prostate Cancer Awareness

Tuesday, September 13th

1:00 pm @ 374 1st Street West (Oddfellows Hall)

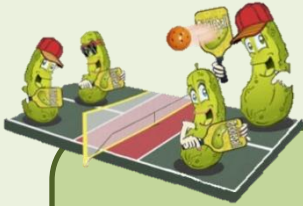
One in nine men will develop prostate cancer. In this presentation, you will learn about the warning signs, detection of the disease, available treatments, and how to reduce the risk of prostate cancer.

Please register by calling our office at 204-467-2582 by Friday, September 9th.
Coffee and cookies will be served.

The presentation will be made by a director of the Manitoba Prostate Cancer Support Group

Manitoba Prostate Cancer
SUPPORT GROUP

Let's Get Moving!



Pickleball!



Tuesday & Thursday evenings, 6:00pm
Wednesday mornings, 9:30am
at Sunova Curling Rink

Last day of play at the Curling Rink is September 7th. Stay tuned for the Fall/Winter details!

Members \$3.00
Non-members \$5.00

For more information contact
South Interlake 55 Plus
204-467-2582. email si55plus@mvmmts.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!



September 1 - 29

	Member	Non-Member
Tuesdays ONLY:	\$12	\$20
Thursday ONLY:	\$15	\$25
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@mymmts.net
to register,
or for more info



FALLS PREVENTION

September 13th to November 24th

Have you fallen?
Are you at risk for falls?



Join us for a **FREE** program
focused on balance and mobility –
in person or virtually!

**Tuesdays & Thursdays
9:00am to 9:45am
374 1st Street West
(or by Zoom)**

Call us at 204-467-2582 or email
si55plus@mymmts.net
to sign up!

Active Wellness Club



Fall Session: September 19-November 25

Monday

9:30 am
BLISS
(Zoom only)



Tuesday

1:00 pm
Gentle
Chair Yoga

4:30 pm
FIT (45 min)

Wednesday

9:30 am
Dance & Drum
(Zoom only)

5:30 pm
Body Blast
(45 min)

Thursday

10:00 am
BLISS
(Zoom only)

12:00 noon
Energizing Yoga
(30 min, Zoom only)

Friday

9:30 am
Dynamic
Yoga



Classes are available both on Zoom and In Person unless otherwise indicated.

CLASS DESCRIPTIONS

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!)

BODY BLAST - Cheryl leads you in 15 mins of calorie burning cardio, 15 mins of strength training with weights and Pilates and finishing off with some well-deserved stretching. Bring: a mat, variety of weights.*

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!

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.

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! Bring your mat and let Tess lead you in a great class!

F.I.T - FUN INTERVAL TRAINING - Cheryl's class alternates a variety of cardio and strength training with rest intervals for a full body workout. (Ex. 30 sec of work then 10 sec 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. Bring: a mat, weights.*

NEW! GENTLE CHAIR YOGA - Tess leads you through a gentle yoga flow practiced while seated or with the aid of a chair. If you find getting down to and up from the mat challenging, you can still get the benefits of yoga through this class!

Get it all with the **ALL ACCESS PASS!**

Pick and choose from 8 great classes each week for one great price! With classes happening every weekday, you can choose the best time to move your body.

Save when you sign up for the full session!

10 Weeks	5 Weeks
1 class/ wk: M \$80	1 class/ wk: M \$45
2 classes/ wk: M \$130	2 classes/ wk: M \$80
3 classes/ wk: M \$175	3 classes/ wk: M \$110
4 classes/ wk: M \$215	4 classes/ wk: M \$135
All Access: M \$250	All Access: M \$150

An extra \$20 admin fee will apply to those who are not current members of the South Interlake 55 Plus.

The 55 Plus Centre Reserves the Right to Cancel a Class

Ready to Register?

Call our office at (204) 467-2582
or email si55plus@mymts.net
for more information or to sign up!

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



STEPPIN' UP!



Wednesdays @ 9:00am In Person (374 1st 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
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, September 1
@ 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

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

Tech
Tips!



YouTube

You can learn anything!

Over 300 hours of video are uploaded to Youtube.com *every minute!** It's a great way to learn pretty much anything! From educational to entertaining, there is a video to suit almost every need.

The best part – you don't need an account to watch videos! Simply go to the website or app and type what you are looking for in the search bar. Videos that match your search query will appear in a list. To start watching, click any video in the list, and it will play automatically.

*Anyone can upload videos to the website (even you, if you are so inclined!) Keep in mind that not all information you see online is from a reputable source. YouTube does its best to ensure all videos containing misinformation or inappropriate content is removed, but with so much content to manage, some may be missed.

Hitch a Ride With Us!

SEPTEMBER BUS TRIPS

Polo Park Shopping Trip

Thursday, September 29

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

**Registration deadline:
Tuesday, September 27**

Members \$20
Non-members \$30



CELEBRATIONS DINNER THEATRE

Tuesday, September 20th

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



Royal Aviation Museum Tour and Lunch at Smitty's

Tuesday, October 11th

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

**Registration deadline:
Tuesday, October 4th**

Members \$40 / Non-members \$50

Includes bus and tour. Lunch at your own expense.

Call 204-467-2582 to register



UPCOMING BUS TRIP



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

September 9th

11:00 am

Travel Club meets on the 2nd Friday of each month



Shopping Trip to Selkirk

Thursday, October 20

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

Registration deadline: Tuesday, October 18

Members \$20 / Non-members \$30

Call 204-467-2582 to register

Rocky Mountain High Christmas

with the WSO @ Centennial Concert Hall

A celebration of John Denver's greatest hits and favourite Christmas songs!

Thursday, December 8

Depart 6:00pm from Lions Manor, Entrance 1 and 6:15pm from 55 Plus

Registration deadline: Friday, September 16

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:

September 6th – 10% Tuesday at Co-op (Stonewall)

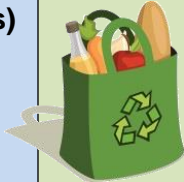
October 3 – Manic Monday at Family Foods (Stonewall)

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!

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!



September 2 and 16

11:00 am

1st and 3rd Fridays

Members: \$3 Non-Members \$5

Please Pre-Register – Proof of Vaccination required



South Interlake 55 Plus

Book Club

Wednesdays, September 7 @ 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 1st Wednesday of each month.

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

Cards & Games

DAYTIME PLAY

MISCELLANEOUS CARD GAMES

Wednesdays at 1:00 pm

CANASTA/GAMES

*Every Friday
at 1:00 pm*



EVENING PLAY

TEXAS HOLD'EM

Wednesdays
7:00 pm start

\$2.00 per person

THURSDAY CRIBBAGE NIGHT

EVERY THURSDAY THIS SEPTEMBER AT 7PM

Singles Play (No Partner Needed)

\$5.00 per person

at South Interlake 55+ (374 1st Street West)



ACCUMULATIVE CRIBBAGE TOURNAMENT



Partner Play
Please register early

Tuesday Evenings
October 4-25, 7:00 pm

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

4 Week Tournament

**Registration Deadline:
Thursday, September 29, 2022**

Entry Fee: \$20.00 per person



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

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
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

Terry Fox Run

September 18, 2022
@ 1:00 pm

Run, Walk or Bike!

Pre-register at terryfox.org
Registration 12:00-1:00 pm

Contact Mary Beck for more info on the
Stonewall event: bmbeck@iname.com



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.

Lace Up to End Diabetes 2022

This September challenge yourself or rally a team to #LaceUpYourWay and raise funds that help bring us one step closer to a cure. You choose the activity and you set the pace. Every distance and dollar make a difference in the lives of people living with diabetes or prediabetes.

https://crm2.diabetes.ca/site/SPageNavigator/2022_laceup_home.html



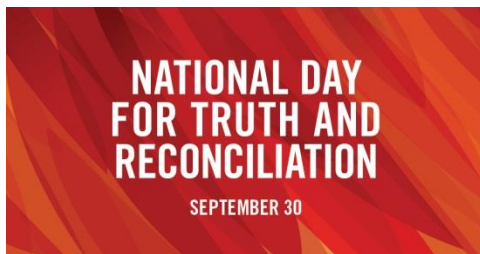
Monday, September 5th
(Office Closed)



Sunday, September 11th



Wednesday, September 21st



Friday, September 30th
(Office Closed)

Happy Birthday



Donna Couvier	1
Eileen Smith	12
John Unrau	12
Alwyn Ammeter	14
Betty Taylor	19
Debbie Early	21
Carl Paulsen	23
Albert Estensen	27
Kathy Turner	29

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!)

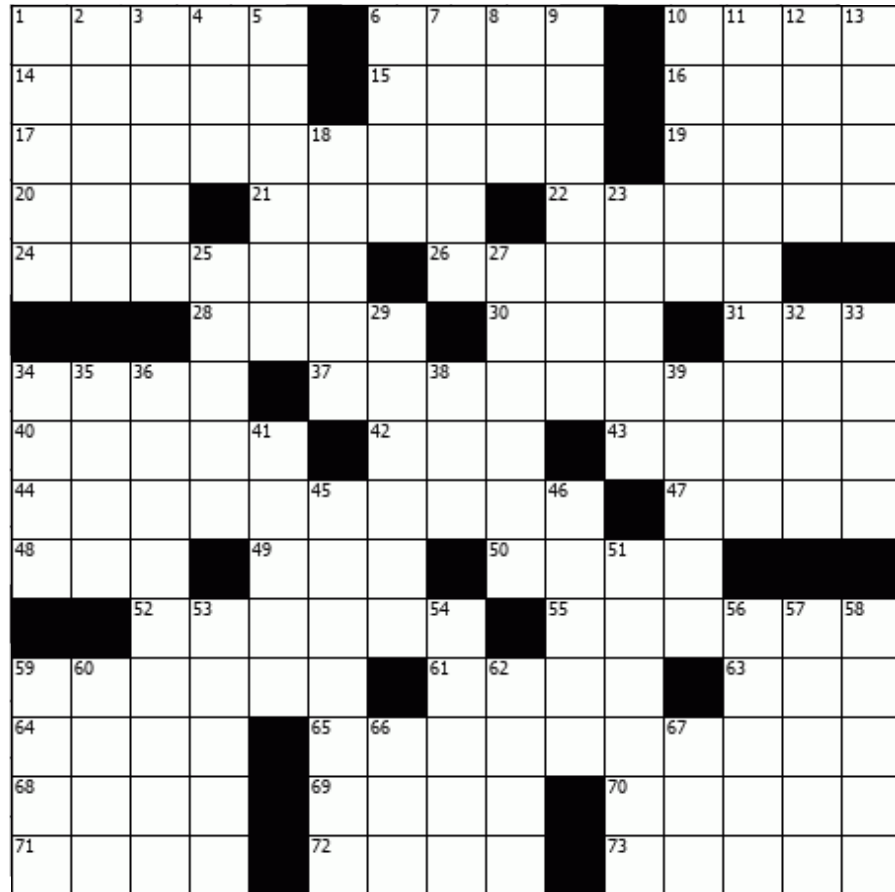
*"A fallen leaf is nothing
more than a summer's
wave goodbye."*

-Unknown

CROSSWORD PUZZLE

Across

1. Fun partner
6. Hit dead-center
10. Take for a ride?
14. Use the unleaded end
15. One of forty with a mule
16. Romanian round dance
17. Online seer?
19. Gobi-ish
20. Shoshonean Indian
21. With the greatest of ___
22. "The Little Colonel" star
24. Auto suggestions?
26. Sound buy?
28. Activity involving a keyhole, perhaps
30. It sometimes follows you
31. Have misgivings about
34. Paper unit
37. Purveyor of ships' rigging?
40. Asian peninsula
42. Publicity, informally
43. Fluff hair
44. Chitchat at the fan club?
47. Dramatic wail
48. White House souvenir
49. D.C.'s Pennsylvania, briefly
50. Periods of note
52. Breaks off
55. Country music?
59. Best Picture of 1968
61. Turns a maxi into a mini?
63. Señora Perón
64. "Paul Revere's ___"
65. Turnip salesman?
68. "I second that!"
69. First name in a Tolstoy novel
70. Ogles openly
71. Not least
72. Christmas word
73. Billing cycle, often



Down

1. It's all in the family
2. Sharp mountain spur
3. Didn't just check
4. Uncommon sense?
5. Calm and unruffled
6. Carpet features
7. Pains in the neck, e.g.
8. Cholera
9. Varsity awards
10. Word with dirty or crying
11. Bodily
12. Seed protector
13. Not occurring naturally
18. Dromedary pit stops
23. Upstanding
25. Fencing tap
27. Film with a sound track
29. Type of roll
32. Major or Minor constellation
33. ___ out (barely gets by)
34. Record flaw
35. Mining locale
36. Hull's was "Old"
38. Office mail labels
39. Minimal in magnitude
41. Desert plant
45. Defeated conclusively
46. Hyde Park carriages
51. Canterbury saint
53. Milestone
54. Exhibited brilliance
56. Hayes of the theater
57. Tennis Hall-of-Famer
58. Wetland
59. Type of vaccine
60. Soup bean
62. Etc. relative
66. "Walking on Thin Ice" artist
67. The lion in summer



Delicious Desserts

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


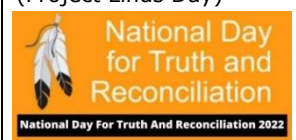
AMBROSIA
 APPLE CRISP
 APPLE PIE
 BAKED ALASKA
 BAKLAVA
 BANANA SPLIT
 BREAD PUDDING
 BROWNIES
 BUTTER TARTS
 CARROT CAKE
 CHEESE CAKE
 CHOCOLATE CAKE

CINNAMON ROLLS
 CREME BRULEE
 CREPES
 ECLAIRS
 EMPANADAS
 FLAN
 FRUIT CRUMBLE
 FUDGE
 GELATO
 GINGERBREAD
 ICE CREAM

JELLY ROLLS
 LEMON BARS
 MACAROONS
 MERINGUES
 MONKEY BREAD
 MOUSSE
 NUT BRITTLE
 PARFAIT
 PASTRIES
 PAVLOVA
 PEACH COBBLER

PINEAPPLE DELIGHT
 PLUM SQUARES
 RAISIN PUDDING
 RUM BALLS
 SORBET
 STRAWBERRY SHORT CAKE
 STRUDEL
 SUNDAE
 TIRAMISU
 TORTES
 TRIFLE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>SEPTEMBER 2022</h1>				1) 9:00 Steppin' Up 11:00 Line Dancing 3:00 Cabin Fever Reliever 6:00 Pickleball 7:00 Cribbage	2) 9:00 Steppin' Up 11:00 Quilter's Corner 1:00 Canasta/Games	3) 9:00 Steppin' Up
4)	5) 9:00 Steppin' Up  NO CLASSES	6) 9:00 Steppin' Up 11:00 Line Dancing 6:00 Pickleball	7) 9:00 Steppin' Up 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 12:00 Book Club 1:00 Cards 7:00 Texas Hold'em	8) 9:00 Steppin' Up 11:00 Line Dancing 3:00 Virtual Chat 7:00 Cribbage	9) 9:00 Steppin' Up 11:00 Travel Club 1:00 Canasta/Games	10) 9:00 Steppin' Up
11)	12) 9:00 Steppin' Up	13) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 1:00 Presentation	14) 9:00 Steppin' Up 12:00 Luncheon 1:00 Cards 7:00 Texas Hold'em	15) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 7:00 Cribbage	16) 9:00 Steppin' Up 11:00 Quilter's Corner 1:00 Canasta./Games	17) 9:00 Steppin' Up
18)	19) 9:00 Steppin' Up 9:30 BLISS	20) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 Celebrations 11:00 Line Dancing 1:00 Chair Yoga 4:30 FIT	21) 9:00 Steppin' Up 9:30 Dance & Drum 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 5:30 Body Blast 7:00 Texas Hold'em	22) 9:00 Steppin' Up 9:00 Falls Prevention 10:00 BLISS 11:00 Line Dancing 12:00 Yoga 3:00 Virtual Chat 7:00 Cribbage	23) 9:00 Steppin' Up 9:30 Yoga 1:00 Canasta/Games	24) 9:00 Steppin' Up 7:00 Trivia Night
25)	26) 9:00 Steppin' Up 9:30 BLISS	27) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 1:00 Chair Yoga 4:30 FIT	28) 9:00 Steppin' Up 9:30 Dance & Drum 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 5:30 Body Blast 7:00 Texas Hold'em	29) 9:00 Steppin' Up 9:00 Falls Prevention 9:15 Shopping Trip 10:00 BLISS 11:00 Line Dancing 12:00 Yoga 7:00 Cribbage	30) 9:00 Steppin' Up Centre Closed (Project Linus Day) 	

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