



South Interlake

55 Plus

Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

October 2022

COLD HARD CASH CONCERT

THE JOHNNY CASH EXPERIENCE!

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

Saturday, November 5 at 7:00 pm

374 1st Street West, Stonewall

Doors Open at 6:30 pm

\$20/person



**Tickets available at
South Interlake 55 Plus
374 1st Street West
Tuesday to Friday
8:30am to 4:30pm**

Fundraiser in Support of South Interlake 55 Plus!

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 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

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!



October Birthdays!

Maddy Turbett	3
Diane Mauthe	7
Mike Hodgson	13
Donna Riley	16
Jayne Kjaldgaard	22
Lynn Wenzoski	24
Sandy Hamm	26
Karen McMechan	28
Marlene Shattuck	29
Ray Harkness	31

Congratulations to
Eileen Saric for winning the
draw at the September
luncheon!

NO PROVINCIAL RESTRICTIONS ≠ NO COVID

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

- We are a supplier of Rapid Antigen Test kits for the community
- 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
- We encourage physical distancing



Here are some great ways to protect yourself further:

- Stay home when you're feeling unwell – we love to share our space, but not with germs!
- Wear a mask – a clean mask is the most effective!
- 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.



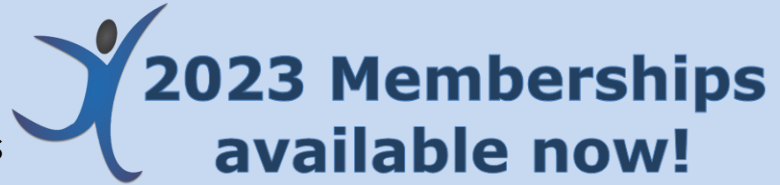
Become a Member or Renew Your Membership Today!

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)



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

Join Us for Lunch!

October Luncheon

**Wednesday
October 19
at Noon**

**Let's
Eat!**

Plated meal includes:
Chicken Diane, Potato Wedges, Coleslaw,
Dessert, Coffee/Tea

\$10.00 tickets in advance only

Tickets available at South Interlake 55+ office

**Deadline to purchase tickets:
*Friday, October 14***



**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 with Pickleball

Prep and Serving at our 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: October 20 @ 4:00pm
Pickup Date: October 27 @ 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?

Come join us for a jam session!
Beginners welcome (no formal instruction provided).

Our Ukulele Club meets every second Wednesday
7:15 pm
at Something Beautiful, 307 Main Street, Stonewall



Upcoming Dates:
October 5 & 19
November 2, 16 & 30



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

Presentation

MEDICAL CANNABIS 101

Thursday, October 27

1:00 pm

374 1st Street West, Stonewall

The Delta 9 Lifestyle Cannabis Clinic offers a quick look at everything Cannabis. We'll discuss what the plant is, the chemical components that make it a valuable medicinal product and why it interacts with us in so many distinct ways!

Please call to pre-register – 204-467-2582

Coffee will be served!

Let's Get Moving!



Pickleball!



Stay tuned for our new location and dates for pickleball this fall!

LINE DANCING!

Tuesdays & Thursdays
@ 11:00am

Proof of Vaccination Required for In Person Classes

Group-led, 90 minute class!



October 4 - 27

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

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

First time dancers receive two classes free!

Call 204-467-2582
or email si55plus@mymts.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@mymts.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)

Cancelled

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, October 6
@ 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

Cards & Games

MISCELLANEOUS CARD GAMES
Wednesdays at 1:00 pm

CANASTA/GAMES
Every Friday at 1:00 pm

TEXAS HOLD'EM

Wednesdays
7:00 pm start
\$2.00 per person

Hitch a Ride With Us!

OCTOBER BUS TRIPS



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

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



UPCOMING BUS TRIP



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

**October 14th
11:00 am**

Travel Club meets
on the 2nd Friday
of each month



St. Vital Shopping Centre Bus Trip

Thursday, November 17

Depart **8:45** am from Lions Manor, Entrance 1
and
9:00 am from 55 Plus

**Registration deadline:
Tuesday, November 15**

Members \$20 / Non-members \$30

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 date:

November 1st – 10% Tuesday at Co-op (Stonewall)

Stonewall pickups from: Lions Manor, Crocus Manor and Stonewood Place.

Bus pick-up time: 11:00 AM



Price is \$5.00 round trip.(Interac Tap is available)

Stops include Family Foods, Red River Coop, Center & Main (for banking) and Westside Plaza.

Call

(204) 467-9446 to reserve your seat!

We accommodate wheelchairs, electric wheelchairs, scooters and walkers.

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 orogramming

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!



October 7 and 21

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, October 5

@ 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

**2022
TOWN OF
STONEWALL**

**MAYORAL
CANDIDATES
FORUM**

**Thursday, October 13
2:00 pm
374 1st Street West**

Focusing on seniors' issues in
our community!

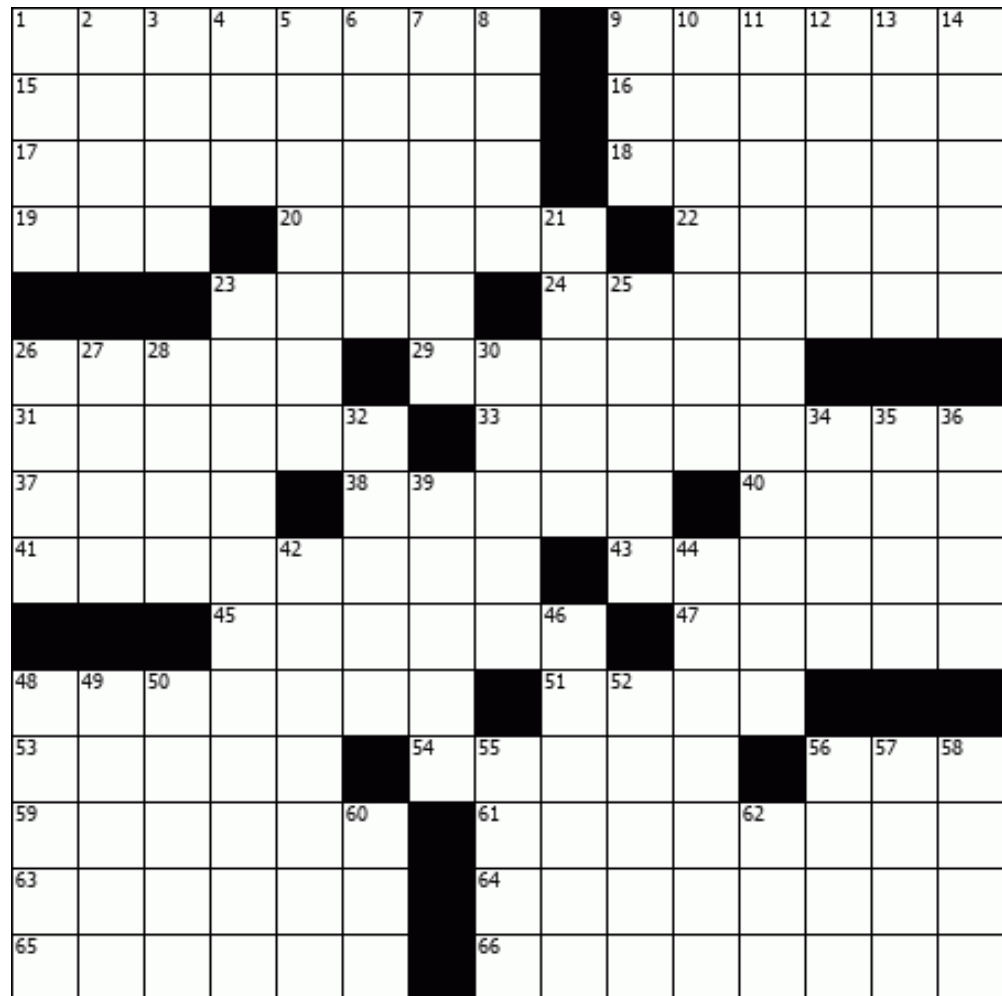
Everyone welcome!

Coffee will be served.

CROSSWORD PUZZLE

Across

1. Least hazy
9. Crisis advice
15. Berate
16. Far point
17. Used a compass
18. Shed of a sort
19. Coal distillate
20. Refrain from
22. Imposing on
23. Snakes do it
24. Cat breed
26. High society
29. Complain a lot
31. Beet products
33. Showcased
37. Something to shake
38. Legal papers
40. Movie theater
41. Hidden
43. Begins gradually
45. Colonial dance
47. Very grassy
48. Musical intervals
51. River source
53. Lobster source
54. Changes in the text
56. Stowe character
59. Hereditary
61. Fixed leftovers
63. Pal of Eeyore
64. Not by sea
65. Mighty mounts
66. Won't give up



Down

- | | | |
|---------------------------------|--------------------------|-----------------------------------|
| 1. Stop flowing | 14. Get onto the freeway | 42. More than attentive |
| 2. Video-game heroine | 21. Irish orator | 44. Art gums |
| 3. Sheik peer | 23. Direct in secret | 46. Lift |
| 4. Mary's mister | 25. Pile up | 48. Skips past |
| 5. Ben Cartwright, for one | 26. Hairy twin | 49. "Oh, shut up!" |
| 6. Helena rival | 27. Temporary slowdown | 50. Faint trace |
| 7. Someone you see all the time | 28. "___ the picture" | 52. Clear sky |
| 8. Danson et al. | 30. Blazing | 55. Plummet |
| 9. Ebenezer outburst | 32. Despicable ones | 56. Depot info |
| 10. Military trim | 34. Court order | 57. Air conduit |
| 11. Put up | 35. Oklahoma town | 58. States further |
| 12. Farming major | 36. Repudiate | 60. Hesitation sounds |
| 13. Tilts | 39. Stir up | 62. "Thrilla in Manila" principal |



Autumn

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.







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

ACORN
 APPLE
 BIRD MIGRATION
 BLOWING LEAVES
 BLUSTERY DAY
 CANNING
 CHESTNUTS
 CHILLY
 COLD
 CROPS

EQUINOX
 FALL
 FARMING
 FEAST
 FROST
 HALLOWEEN
 HARVEST
 HAYSTACK
 HICKORY NUTS
 LONGER NIGHTS

NOVEMBER
 OCTOBER
 ORANGE LEAVES
 PIE
 PUMPKIN
 RAKE
 RED LEAVES
 SCARECROW
 SCHOOL
 SEASON

SEPTEMBER
 SHORTER DAYS
 SQUASH
 SWEET POTATOES
 THANKSGIVING
 TURKEY
 WINDY
 YELLOW LEAVES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 4em; margin: 0;">October</h1> 						1) 9:00 Steppin' Up
2)	3) 9:00 Steppin' Up 9:30 BLISS	4) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 1:00 Chair Yoga 4:30 FIT 7:00 Crib Tournament	5) 9:00 Steppin' Up 9:30 Dance & Drum 10:30 Stitch N Craft 10:30 Men's Chat 12:00 Book Club 1:00 Cards 5:30 Body Blast 7:00 Texas Hold'em 7:15 Ukulele Club	6) 9:00 Steppin' Up 9:00 Falls Prevention 10:00 BLISS 11:00 Line Dancing 12:00 Energizing Yoga 3:00 Cabin Fever Reliever	7) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Quilter's Corner 1:00 Canasta/Games	8) 9:00 Steppin' Up
9)	10) 9:00 Steppin' Up  No Classes	11) 9:00 Steppin' Up 9:00 Falls Prevention 9:15 Aviation Museum 11:00 Line Dancing 1:00 Chair Yoga 4:30 FIT 7:00 Crib Tournament	12) 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	13) 9:00 Steppin' Up 9:00 Falls Prevention 10:00 BLISS 11:00 Line Dancing 12:00 Energizing Yoga 2:00 Mayoral Candidates Form 3:00 Virtual Chat	14) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Travel Club 1:00 Canasta./Games	15) 9:00 Steppin' Up
16)	17) 9:00 Steppin' Up 9:30 BLISS	18) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 1:00 Chair Yoga 4:30 FIT 7:00 Crib Tournament	19) 9:00 Steppin' Up 9:30 Dance & Drum 12:00 Luncheon 1:00 Cards 5:30 Body Blast 7:00 Texas Hold'em 7:15 Ukulele Club	20) 9:00 Steppin' Up 9:00 Falls Prevention 9:15 Shopping Trip 10:00 BLISS 11:00 Line Dancing 12:00 Energizing Yoga	21) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Quilter's Corner 1:00 Canasta/Games	22) 9:00 Steppin' Up
23)	24) 9:00 Steppin' Up 9:30 BLISS	25) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 1:00 Chair Yoga 4:30 FIT 7:00 Crib Tournament	26) 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	27) 9:00 Steppin' Up 9:00 Falls Prevention 10:00 BLISS 11:00 Line Dancing 12:00 Energizing Yoga 1:00 Presentation 3:00 Virtual Chat	28) 9:00 Steppin' Up 9:30 Dynamic Yoga 1:00 Canasta/Games	29) 9:00 Steppin' Up
30) Come From Away Trip	31) 9:00 Steppin' Up 9:30 BLISS 				<h1 style="font-size: 3em; margin: 0;">2022</h1>	

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