



Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

November 2022



Lest we Forget

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.

Office will be closed
Friday, November 11 for
Remembrance Day



November Birthdays!

Shirley Toback	8
Dorothy Steffan	17
Mabel Armstrong	22
Dale Yeo	24
Henriette Baryliuk	27
Tina Arbez	29

Congratulations to
Brenda Badger for winning
the draw at the September
luncheon!



LET YOUR VOICE BE HEARD! HELP SHAPE THE FUTURE!

The Manitoba government is developing a Manitoba Seniors Strategy and is looking for input from the general public, seniors, family members and caregivers, and people working with, or providing services to seniors.

This is the second in a series of consultations through EngageMB. This survey focuses on the future: ideal states and priorities.

Visit [EngageMB](#) today, provide your input in the phase 2 survey, and help Manitoba become the ideal place to age in Canada.

Please note that you will need to make a free EngageMB account to complete the survey.



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.

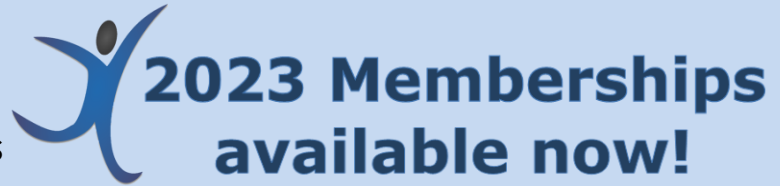


Become a Member or Renew Your Membership Today!

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

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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:

Join Us for Lunch!

November Luncheon

**Wednesday
November 16
at Noon**

**Let's
Eat!**

Plated meal includes:
Shepherds Pie, Garden Salad,
Dessert, Coffee/Tea

\$10.00 tickets in advance only

Tickets available at South Interlake 55+ office

**Deadline to purchase tickets:
*Thursday, November 10***



**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: November 17 @ 4:00pm
Pickup Date: November 24 @ 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:

November 2, 16 & 30

December 14

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



EMAIL >>> Safety Tips

A single careless click
can expose your
sensitive information.
Think before you click!



Change your passwords often! Use strong ones & never share them!



Be aware of files and attachments. Do not open unless you know who it is from.



Be aware of links embedded in emails, they may take you to infected/phishing sites.



Update your computer system & antivirus software regularly.



Only share your email address with reliable resources. Do not post it on public websites or forums.



Be sure to log out of your email program.



Phishing emails...

- Contain threats
- Request personal info
- Use words like URGENT
- Have forged email addresses
- Have poor grammar & writing

DELETE THEM



Reputable businesses will not ask for personal information in an email message.

Tip: Hover your mouse over an email or web address to see if it looks legitimate.



Sending to a large group? Use the **BCC** (Blind Carbon Copy) feature of your email program. For privacy reasons, as well as security.

EMAIL ETIQUETTE TIPS:

- Before hitting "Reply All" consider if it is necessary.
- Use the subject line effectively
- Use proper greetings, spelling & grammar
- All capitals is considered shouting
- Be sure when sending, receiver knows who the email is from. (Signature)

Let's Get Moving!



Pickleball!



Thursdays: 6:00pm to 8:30pm → Stony Mountain School
and

Saturdays: 10:00am to 1:00pm → Stonewall Collegiate

Suitable for all adults at all fitness levels. Everyone welcome!

Members
\$3.00

Non-Members
\$5.00

For more information contact
South Interlake 55 Plus
204-467-2582
Email si55plus@mymts.net

LINE DANCING!

Tuesdays & Thursdays
@ 11:00am

Group-led, 90 minute class!



November 1 - 29

	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
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.*

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

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 something happening every week, you can choose the best time to attend.

If you are not pre-registered for a class, drop-in class is available for \$10 for members/\$15 for non-members.

Save on your registration fee when you sign up for the 55 Plus Fall Session!

	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!



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.

*To register for the classes or for more information,
Call the 55 Plus office @ 204-467-2582 Or email: si55plus@mts.net*

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

Let's Get Virtual

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

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!

NOVEMBER BUS TRIPS

Cards and Games Night

Saturday, November 5

7:00 pm

\$2.00 admission
374 1ST Street West

**Join us for Texas Hold'em,
Cribbage, Mexican Train
Dominoes and more!**

**Bring your own beverage and snacks.
Coffee will be provided.**

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

Signatures Market @ the Convention Centre

Thursday, November 24

Members \$20 / Non-members \$30
Admission to the market is FREE

Depart 9:00 am from Lions Manor, Entrance 1
and 9:15 am from 55 Plus

Registration deadline: Tuesday, November 22

Call 204-467-2582 to register

Dinner at Denny's in Headingly and Canad Inns Winter Wonderland (drive-thru holiday light show)

Tuesday, December 6

\$25.00 per person

(dinner is at your own expense)

Depart 4:15 pm from Lions Manor, Entrance 1 and
4:30 pm from 55 Plus

Registration deadline: Thursday, December 1

Call 204-467-2582 to register

UPCOMING BUS TRIP

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

November 18th

11:00 am

Travel Club meets
on the 2nd Friday
of each month



January 13, 2023 – Painting with Gail
12:30 – 3:30pm

January 19, 2023 – Wine Tasting
6:30 – 9:00pm

March 7, 2023 – Celebrations Dinner
Theatre, Heartbreak Hotel

April 16, 2023 – WSO Ultimate ABBA
Tribute @ the Concert Hall

Further details to follow soon!



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

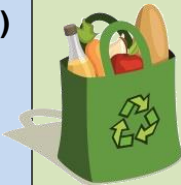
Hop, Drop and Shop

Operated by Stonewall and Area Mobility Service running the next dates:

November 1st – 10% Tuesday at Co-op (Stonewall)
December 5 – 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.

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!



Quilter's Corner

Beginners & Experienced Quilters Welcome!



November 4 and 18

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, November 2
@ Noon

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

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!

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 |

Seasonal Influenza Clinics Start October 31

Embrace winter wellness by getting a flu vaccine as soon as possible!

Anyone aged six months and older is eligible for the flu vaccine. Beginning this year, the Manitoba government has also expanded eligibility for the high-dose influenza vaccine to include all people aged 65 years and older. This type of vaccine offers the strongest protection available against the flu for people who are at greater risk of severe illness, which includes older people. Previously, it was only available to older individuals who lived in remote northern communities, personal care homes or other group facilities.

Appointments at regional clinics can be made online at <https://protectmb.ca/making-your-appointment-is-easy/> or by calling 1-844-626-8222. People can also contact medical clinics and pharmacies directly to schedule vaccinations.

Local Clinics:

Stonewall Legion, November 3 – 10:00 am – 4:00 pm
Stonewall Legion, November 10 – 1:00 pm – 6:00 pm
Stonewall Legion, November 26 – 10:00 am – 3:00 pm
Stony Mountain Community Ctr, November 24 – 2:00 pm – 6:00 pm

Have you used all of your massage benefits for 2022?

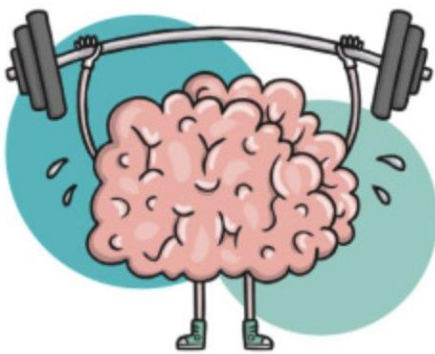
As 2022 draws to a close it may be worthwhile checking to see if you have any massage benefits remaining. This coverage generally doesn't roll over to the next year, so if you don't use it you lose it!

Visit your local massage therapist soon!



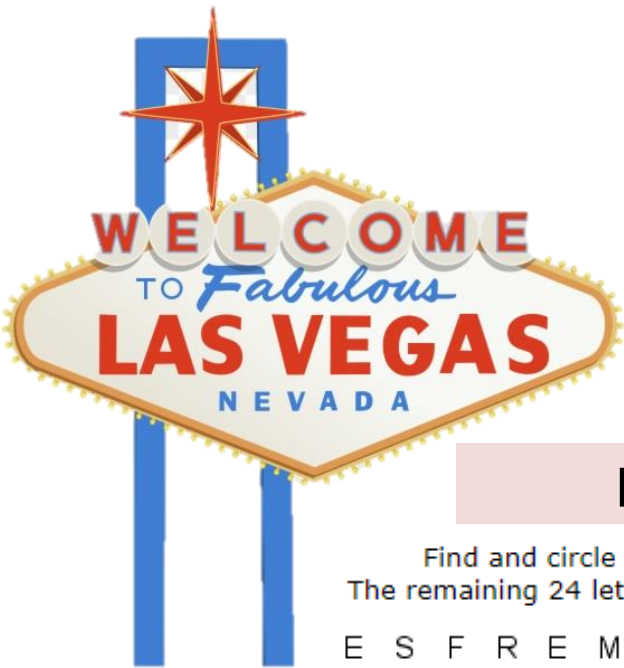
sudoku

			9			7	5	
		9	7					
6							8	
5								
		2	3	6		4		
	6	3		2				
		7			8			2
8			2	9			7	
	9			5			4	



Are you working out your brain?

			2				3	5
				6			9	
2				9	1			
	1							3
		2					8	
		9						
3		4		5		9		2
				3			5	1
		6			9			



Las Vegas

Find and circle all of the words that are hidden in the grid.
The remaining 24 letters spell something you might see in Las Vegas.



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

ATTRACTIONS
 BUFFETS
 CASINOS
 CELEBRITIES
 CLARK COUNTY
 COMEDIANS
 CONCERTS
 CONVENTIONS
 DESERT
 DINING
 DRINKS

ENTERTAINMENT
 FOOD
 FREMONT STREET
 HOTELS
 IMPERSONATORS
 LAS VEGAS STRIP
 LIGHTS
 MAGICIANS
 MARRIAGES
 MUSICALS

NEON SIGNS
 NEVADA
 NIGHTLIFE
 PERFORMERS
 PLAYS
 RESORTS
 RESTAURANTS
 SHOPPING
 SHOPS
 SHOWS

SINGERS
 SOUVENIRS
 SPRING MOUNTAINS
 SUNNY
 TOURISTS
 TOURS
 TRIBUTE ACTS
 VACATION
 WARM
 WEDDING CHAPELS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>NOVEMBER 2022</h1>						
		1) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 1:00 Chair Yoga 4:30 FIT	2) 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	3) 9:00 Steppin' Up 9:00 Falls Prevention 10:00 BLISS 11:00 Line Dancing 6:30 Pickleball	4) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Quilter's Corner 1:00 Canasta/Games	5) 9:00 Steppin' Up 10:00 Pickleball 7:00 Fun Games Night
6) 	7) 9:00 Steppin' Up 9:30 BLISS	8) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 1:00 Chair Yoga 4:30 FIT	9) 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	10) 9:00 Steppin' Up 9:00 Falls Prevention 10:00 BLISS 11:00 Line Dancing 3:00 Virtual Chat 6:30 Pickleball	11) 9:00 Steppin' Up  Remembrance Day Office Closed	12) 9:00 Steppin' Up 10:00 Pickleball
13)	14) 9:00 Steppin' Up 9:30 BLISS	15) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 1:00 Chair Yoga 4:30 FIT	16) 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	17) 9:00 Steppin' Up 9:00 Falls Prevention 9:15 Shopping Trip 10:00 BLISS 11:00 Line Dancing 6:30 Pickleball	18) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Travel Club 11:00 Quilter's Corner 1:00 Canasta/Games	19) 9:00 Steppin' Up 10:00 Pickleball
20)	21) 9:00 Steppin' Up 9:30 BLISS	22) 9:00 Steppin' Up 9:00 Falls Prevention 11:00 Line Dancing 1:00 Chair Yoga 4:30 FIT	23) 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	24) 9:00 Steppin' Up 9:00 Falls Prevention 9:00 Signatures Market 10:00 BLISS 11:00 Line Dancing 3:00 Virtual Chat 6:30 Pickleball	25) 9:00 Steppin' Up 1:00 Canasta/Games	26) 9:00 Steppin' Up 10:00 Pickleball
27)	28) 9:00 Steppin' Up	29) 9:00 Steppin' Up 11:00 Line Dancing	30) 9:00 Steppin' Up 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 7:00 Texas Hold'em 7:15 Ukulele Club			

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