



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

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

204-467-2582

[www.si55plus.org](http://www.si55plus.org)

# October 2019

*Test Your Trivia Knowledge!*



**Friday, October 18 @ 7:00 pm**

Parochial Hall

436 1<sup>st</sup> Ave North, Stonewall

Refreshments  
for Purchase

**REGISTRATION:**

**\$20/PERSON**

**\$160/TEAM**

Team Size: 6-8 People

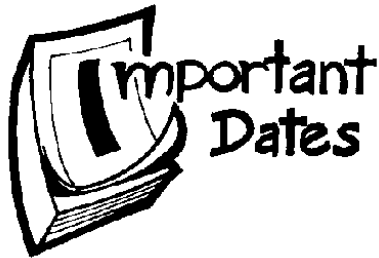
Bring Your  
Own Snacks!



**Call to Register:**

**204-467-2582**

*Fundraiser in Support of 55 Plus*



**October 2019**

- Oct 1 Book Club @ 9:30 am
- Oct 1 Hop, Drop & Shop @ 10:00 am
- Oct 1 Warren Yoga Fusion @ 11 am Starts**
- Oct 1 Travel Club Meeting @ 12:45pm
- Oct 3 Bingo @ 1:30 pm**
- Oct 3 Ukulele Club – Something Beautiful @ 6:30 pm**
- Oct 4 Quilter's Corner @ 10:30am
- Oct 8 Neuro Movement Presentation @ 1:30 pm**
- Oct 9 Luncheon @ Noon
- Oct 10 Shopping – Polo Park @ 9:30 am
- Oct 14 Closed – Happy Thanksgiving!**
- Oct 17 Casino- McPhillips @ 10:00 am
- Oct 18 Quilter's Corner @ 10:30am
- Oct 18 Quiz Night – Parochial Hall @ 7:00 pm**
- Oct 24 Care In Our Community @ 1:30 pm**
- Oct 30 One Stroke Painting @ Noon
- Oct 30 Potluck Lunch & Games Afternoon 12-4 pm

**November 2019**

- Nov 1 Quilter's Corner @ 10:30am
- Nov 4 Afternoon Cribbage Tournament @ 1:00pm**
- Nov 5 Book Club @ 9:30am
- Nov 5 Hop, Drop & Shop @ 10:00am
- Nov 6 MTC – The Colour Purple @ 2:00pm
- Nov 7 Bingo @ 1:30pm**
- Nov 11 Closed – Remembrance Day**
- Nov 13 Luncheon @ Noon
- Nov 14 Shopping @ Outlet Mall @ 9:30am
- Nov 15 Quilter's Corner @ 10:30 am
- Nov 20 One Stroke Painting @ Noon
- Nov 21 Casino – McPhillip's Street Station
- Nov 29 Quilter's Corner @ 10:30am

**Dec 11 Christmas Dinner & Entertainment @ Noon**



## Week at a Glance:

**Monday:**

Office is **CLOSED** to Public 8:30 – 4:00  
Appointments Only

**Tuesday:**

Stitch'n Craft @ 9:30 am  
Men's Chat Group @ 10:00 am  
Stepping Out @ 10:00 am  
Line Dancing @ 11:00 am  
iPad Club @ 1:00 pm (last Tues of Month)  
Pickleball @ 7:00 pm

**Wednesday:**

Steppin' Up @ 9:00 am  
Bridge & Cards @ 1:00 pm

**Thursday:**

Hearts & Coffee @ 9:30 am  
Line Dancing @ 11:00 am  
Canasta @ 1:00 pm (not 1<sup>st</sup> Thursday)  
Bingo @ 1:30 pm (1<sup>st</sup> Thursday of the Month)  
Pickleball @ 7:15 pm

**Friday:**

Texas Hold'em @ 1:00 pm

**Programs on a Scheduled Basis:**

- Active Wellness Club
- Cribbage Tournaments
- Monthly Luncheons
- Casino Trips, Shopping & Special Events
- Book Club & Travel Club
- Quilting





# 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.

## **Membership is Only \$20.00 Annually!**

Support your Senior Centre by [MEMBERSHIP, VOLUNTEERING, OR DONATION](#)

You do not have to be 55 + to become a member. **Associate members** enjoy all of the benefits of membership, with the exception of holding a position on the Board of Directors, and voting at the AGM.

**55 Plus is a Charitable Organization**

**Receipts will be issued for Donations of \$20.00 or more**



### **PHOTO DISCLAIMER**

*During an event there may be a photographer in attendance. The resulting photos may be placed in the local newspapers, in the newsletter, on the 55 Plus website, or posted to the 55 Plus Facebook page.*

**If you do not want your photo taken during these events, please notify the photographer.**

## **Happy Birthday**

Joyce Davis	1
Fern Massey	1
Margaret Hueging	8
Phyllis Lamb	9
Justina Neumann	11
Mike Hodgson	13
Pam Moody	15
Donna Riley	16
Shirley McLeod	18
Cal Turner	19
Irene Georgison	23
Natalie Kenal	24
Lynn Wenzoski	24
Pauline Turton	25
Sandy Hamm	26
Marlene Shattuck	29
Ray Harkness	31



### **Loonie Draw!**



**Congratulations to our  
September Winner:**

**Lynn Wenzoski**

Draws are made at our luncheons.

**Next Draw Date: October 9<sup>th</sup>**

Pickleball Tournament 50/50 Draw

Winners:

**Friday – Brenda Crucq**

**Saturday – Trisch Lehmann**

**Sunday – Barry Sigurdson**



### **GIFT CERTICATES**

FOR ANY AMOUNT

AT ANY TIME

FOR ANYONE!

# We're Online!

It's easy to stay connected with the centre because you can find:

- Programs and Upcoming Events
- Monthly Newsletter
- Monthly Calendar
- Contact Information/Other Resources



Visit our Website – <http://www.si55plus.org>

Like our Facebook Page – South Interlake 55 Plus

Check important events on Town of Stonewall calendar –

[www.stonewall.ca](http://www.stonewall.ca)

## Weekly/Monthly Programs

### Cribbage Tournament



**\*\*Individual Play\*\***

**Monday, November 4<sup>th</sup>**

**@ 1:00 pm**

**\$5.00 @ Door**

**Cash Prizes - Door Prizes - 50/50 Draw**



### Card Games

**Choose Your Game!**



**Mix of Card Games**

Wednesday's @ 1:00



**Hearts**

Thursday's @ 9:40



**Canasta**

Thursday's @ 1:00

**Bridge**

Wednesday's @ 1:00

**Scheduled Play**

**Please call if interested in joining**

**Texas Holdem'**

Friday's @ 1:00



# October Luncheon

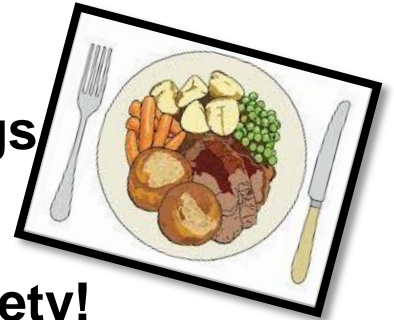
**Wednesday, October 9 @ Noon**



## Menu:

**Hot Roast Beef & All the Fixings**

**\$10 @ the door**



**We will be Promoting Patient Safety!**

Information will be available!

Door Prizes courtesy of Manitoba Institute for Patient Safety

## Quilter's Corner

### Upcoming Dates

**Fridays:**

Oct 4<sup>th</sup> & 18<sup>th</sup>

Nov 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup>

**10:30 am – 3:30 pm**



**\$3 – Members    \$5 – Non Members**

*Beginners & Experienced Quilters Welcome,  
Bring a Lunch or Take a Lunch Break!*

## Monthly Bingo

*First Thursday of the Month*

**Oct 3<sup>rd</sup> - Nov 7<sup>th</sup> - Dec 5<sup>th</sup>**

**@ 1:30 PM**

**Door Prize – 50/50 Draw**

**A great afternoon of fun with  
friends!**



## Join the iPad Club!

Bring Your Own iPad!

Participants Share  
Knowledge to Learn!

**Last Tuesday of the  
month**

**October 29<sup>th</sup>  
1:00 - 3:00 pm**

**FREE!!!**

## South Interlake 55 Plus Book Club

**October 1<sup>st</sup> @ 9:30 am**

*Book selected are supplied by the  
South Interlake Regional Library*

There is no cost involved...all you need is a  
55 Plus Membership  
& a library card!!!



# Stitch'n Craft

Join us every  
Tuesday @ 9:30am



Bring Your Project...  
Scrap Booking  
Rug Hooking  
Knitting or Crochet

# Men's Chat



Tuesday's @ 10:00 AM

Enjoy a Coffee



& Fresh Baking for \$1.00



## ONE STROKE PAINTING



**Black Cat**  
Wall Hanging  
Wednesday, October 30<sup>th</sup>  
@ Noon

**Class Fees:**

55 Plus Member \$10.00

Non-Members: \$15.00

**Lab Fee:** \$15.00 (Payable to Instructor)

**Call to Register 204-467-2582**



## Ukulele Club



We are excited to introduce our new Ukulele Club.

Please bring your own ukulele, and a tuner.

Sessions will be jam style with no formal instruction. Beginners are welcome. Learn from your peers and enjoy good company. Introductory dates will be FREE!

*Support Something Beautiful Through your purchase of Refreshments!*

**Location:** Something Beautiful (307 Main Street, Stonewall)



**Next Jam Date:**  
**Thursday, October 3<sup>rd</sup>**  
**Time: 6:30-7:30 pm**

**Cost:** 1<sup>st</sup> Sessions FREE

**To Inquire or Register call: 204-467-2582**



# Presentations and Events

## NEURO MOVEMENT PRESENTATION & CLASS

Nero Movements are:

"Powerful, practical strategies for improving your abilities and building a better, stronger brain, supported by the neuroscience of brain plasticity."



Tuesday, October 8  
@ 1:30 - 3:30 pm

Cost: \$10.00 M | \$15.00 NM



Wear loose fitting comfortable clothing.  
Bring a yoga mat (or use one of ours) or blanket for comfort

Call to Register by **Tuesday, October 1<sup>st</sup>**  
**204-467-2582**



## Potluck & Games

Please join us for a Potluck  
Lunch & Games afternoon.

**WEDNESDAY**

**OCTOBER 30TH @ NOON**

What to bring:

- A dish and/or dessert to share
- Your favorite game(s)



Board Games  
& Cards



Good food tastes better  
shared with friends!



## CHRISTMAS DINNER

• SAVE THE DATE •

WEDNESDAY DECEMBER 11TH @ NOON



LIVE  
MUSIC

SPECIAL  
GUEST

DOOR  
PRIZES

SOUTH INTERLAKE 55 PLUS - 374 1ST STREET W, STONEWALL  
204-467-2582



## Care In Your Community

Thursday, October 24  
1:30 pm

Learn about care options that best  
suit you and that are accessible in  
your own community.

**FREE!**



Refreshments will be served!

55 Plus Centre ~ 374 1<sup>st</sup> Street W  
204-467-2582

# Accumulative Cribbage Tournament

4 Week Tournament – Weekly Prizes

Partner Play

Wednesday Evenings:

November 13, 20, 27 & December 4, 2019

7:00 pm

55 Plus Centre

Odd Fellows Hall 374 1<sup>st</sup> Street W., Stonewall

Entry Fee: \$20/person

**Deadline to Register: Friday, November 8<sup>th</sup>**

**Call to Register: 204-467-2582**



**prizes!**

50 / 50 Draw  
Each Evening



## Bus Trips/Travel



### **THE SOUTH INTERLAKE 55 PLUS TRIP POLICY:**

- Requires ALL PASSENGERS On a Bus Trip to be REGISTERED with the 55 Plus Office @ 204-467-2582.
- We reserve the right to deny transportation to anyone who is not registered.
  - 55 Plus Reserves the Right to Cancel a Trip Due to Low Registration.
    - No Refund after the Deadline Date.
- Seats can only be reserved without payment for 3 business days. If not paid within 3 business days of registration, you must re-confirm your registration
- ***ALL registration MUST be paid in FULL prior to trip deadlines to confirm your seat!***



## Travel Club

**Next Meeting:**

**Tuesday, October 1<sup>st</sup> @ 12:45pm**







# HOP, DROP, & SHOP

Hop on the Bus, Drop in Your Fare, & Shop in Town!

**Tuesday, October 1<sup>st</sup> @ 10:00 am**

**\$4.00 per person**

Pick Up Locations:

South Interlake  
55 Plus  
204-467-2582

Lions Manor Door #1  
Crocus Manor & Stonewood Place

Next Trip: Tuesday, November 5<sup>th</sup>

Proper  
Change  
required – no  
change on  
board

Stonewall & District  
Handivan Service  
204-467-9446

## Casino Trip to McPhillips

**Thursday, October 17<sup>th</sup>**

Pick Up Times & Places

Lions Manor Door #1 @ 9:45 am  
Departing 55 Plus @ 10:00 am

Pre-Registration Required by:

**Tuesday, October 15<sup>th</sup>**

**Minimum 20  
People  
Required!**



## Shopping Trip to Polo Park Mall

**Thursday, October 10<sup>th</sup>**

Depart @ 9:30 am from 55 Plus  
(9:15 am – Alternate Pick Up  
Location)

Register by: Tuesday, October 8<sup>h</sup>

Register @ 55 Plus Centre or Call:  
**204-467-2582**



**M\$20 | NM\$30**  
Min 8 people



## THE COLOR PURPLE

**Wednesday, November 6<sup>th</sup>**

**Showtime: 2:00 pm**

**Depart 55 Plus @ 12:30 pm**



## The Snowman

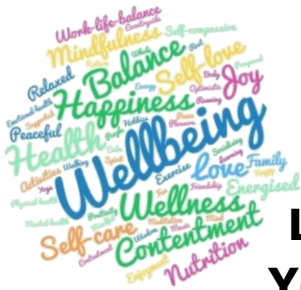
**Sunday, December 8**

**Showtime: 2:00 pm**

**Depart Stonewall @ 12:30 pm**



# Active Living Programs



**Body Blast-** Mon @ 4:30pm

**Yoga** – Mon @ 5:30pm

**Steppin' Out** – Tues @ 10:00am

**Line Dancing** – Tues & Thurs @ 11:00am

**Yoga Fusion (Warren)** – Tues @ 11:00am

**Pilates & Barre** – Tues @ 4:30pm

**Pickleball** – Tues & Thurs @ 7:00pm

**Steppin' Up** – Wed @ 9:00am

**Yoga** – Wed @ 10:15am (10am on Luncheon day)

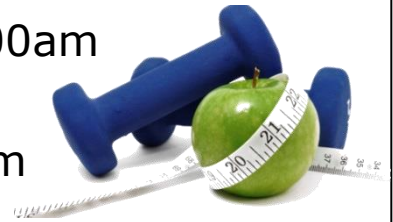
**Tai Chi** – Wed @ 4:00pm

**Zumba** – Wed @ 5:15pm

**Yin Yoga** – Thurs @ 8:15 am

**F.I.T.** – 5:30pm

**Yoga** – Fri @ 9:00am



## Tai Chi



**Wednesdays @ 4:00 pm**

Odd Fellows Hall

374 1<sup>st</sup> Street W, Stonewall

**September 25 – October 30**

6 Week Session

*Led by Antonio Cesari*

**The ancient Chinese believed that true health comes when body, mind and spirit work together in harmony.**

For More Information Or to Register, Call:

**204-467-2582**





**Stay Active!**  
**Stay Healthy!**



## **STEPPIN' UP**

**Wednesdays @ 9:00 am**

Odd Fellows Hall, Stonewall

NOTE: On Monthly Luncheon Day Class is 45 min.

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

**NOW ALSO OFFERED AT: SPRUCEWOOD PLACE, Balmoral**  
**TUESDAYS @ 11:00 AM** 45 Minute Class



### **Nordic Urban Pole Walking**



Interested in trying out a set of Nordic Walking Poles?  
55+ is looking for you!

Call & Add Your Name to the List of Interested Individuals!  
More Details to Follow!

## **Steppin' Out**

Join Friends & Neighbours  
Every Tuesday @ 10:00 am  
For a Walk



Around Town



55+ Activity Centre  
374 1<sup>st</sup> Street West (Odd Fellows Hall)  
204-467-2582

# **Line Dancing**



**Tuesdays & Thursdays**

**11:00 am**

**Session Dates: September 3 – November 7**

**New Fee Format:**

**10 Week Session**

One class per week: \$50M \$70NM

Two classes per week: \$100M \$140NM

Drop in fee \$7.00



# Pickleball

**NOTE:**  
No Pickleball on  
Thursday October 31<sup>st</sup>



**COST:**  
Member: \$3  
Non-Members: \$5

## Day and Time:

Tuesday's @ 7:00 – 9:00 pm  
Stonewall Collegiate Institute

~ ~ ~

Thursday's @ 7:15 – 9:00 pm  
Centennial School

*55 Plus Satellite Programming*

# YOGA-DANCE FUSION

**FALL SESSION**

**Tuesdays @ 11:00 am**

*October 1<sup>st</sup> – November 19<sup>th</sup>*

8 Classes

Warren Community Hall

**FEE:**

**\$80.00 Member**

**\$90 Non-Member**

Drop In Fee: \$15.00



**Register with 55 Plus @ 204-467-2582**

*55 Plus Reserves the Right to Cancel Program due to Insufficient Registrations.*

# ACTIVE WELLNESS CLUB



## DATE

**Starts: September 9**

12 week session (Sept 9 – Nov 29)  
Or 6 week session (Sept 9- Oct 18)



## FEES

Full Session (12 weeks):  
One class: M \$80 | NM \$95  
Two classes: M \$140 | NM \$170  
All Access: M \$200 | NM \$230

Half Session (6 weeks):  
One class: M \$40 | NM \$50  
Two classes: M \$70 | NM \$85  
All Access: M \$100 | NM \$115

## SCHEDULE

- Mon - Body Blast @ 4:30 Cheryl Kooning  
- Dynamic Yoga @ 5:35 Gail Spencer-Lamm
- Tues - Pilates and Barre @ 4:30 Liz Luke
- Wed - Yoga @ 10:15 Liz Luke (10:00 Luncheon day)  
- **Zumba @ 5:15 pm (Starts Oct 2!)**
- Thurs - **Yin Yoga @ 8:15**  
- F.I.T @ 5:30 Cheryl Kooning
- Fri - Dynamic Yoga @ 9:00 Gail Spencer-Lamm



## DESCRIPTIONS

**Body Blast** – a 20-20-20 style class meaning the class will contain 20 minutes of cardio, 20 minutes of strength training with a core focus and 20 minutes of stretching and relaxing.

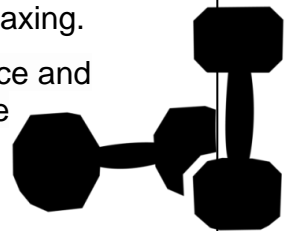
**Pilates** – Develop your core strength and enhance flexibility. Improve your balance and stability. Strengthen your lower back, hips, gluteus and abdominal muscles. Barre movements help sculpt and tone your muscles.

**Dynamic Yoga** - You will focus on uniting body, mind and spirit and develop ease of movement, strength, and flexibility with flowing, rhythmic yoga

**Zumba/Zumba Gold** - This fun aerobic dance workout with **Christine MacNeil** is guaranteed to bring on good vibrations. Bring your water because you will sweat, and if you don't come in with a smile we know you will leave with one!

**Yin Yoga** - A class with a focus on increasing flexibility and mobility. Includes a long rest period at the start and end of class to encourage peace for the mind and body.

**F.I.T – Fun Interval Training** - variety of alternating cardio and strength training moves for a full body workout. Fastest way to burn fat, get lean and burn calories even after the class is over. Work at your own level. Emphasis on kickboxing and great music. Co-ed participation encouraged. Try something new!



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

# \*\*\*Around Town\*\*\*

## CONGREGATE MEALS



**Who:** You

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

**When:** Monday – Friday

**Time:** 11:40am

**Cost:** \$6/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 for weekends  
\$1.50/2 cup bowl.



## “Potluck Supper and Fellowship”

Held at Parochial Hall  
(435 1<sup>st</sup> Street West)

October 15<sup>th</sup> @ 5:00 pm  
(3<sup>rd</sup> Tuesday of every month)

If transportation is required  
please call  
204-467-2234  
Or  
204-467-2207



*The 55 Plus does not offer transportation to our center. Transportation for luncheons, events, or fundraisers may be booked through the Stonewall Handivan or with a volunteer driver arranged by Seniors Resource.*

## STONEWALL HANDIVAN

### Priority Order

- Medical Appointments
- Employment
- Adult Day Program
- Business
- Shopping
- Visiting and Recreation
- Charters



Cost varies with destination

Call at least 2 days in advance for local trips  
and 2 weeks for Winnipeg or Selkirk

Monday – Friday (closed holidays)  
8 am to 4 pm

**204-467-9446**

## Seniors Resource Services

- Mobility Aid Lending Service
- Driver/Escort Transportation
- Handy Helper & Housecleaning Programs
- E.R.I.K.
- Lifeline
- Friendly Visiting
- Tele-check (phone buddy)
- Caregivers Support
- Form Assistance & Resource Information

Monday – Friday (closed holidays)  
8:30 am to 4 pm

**204-467-2719**



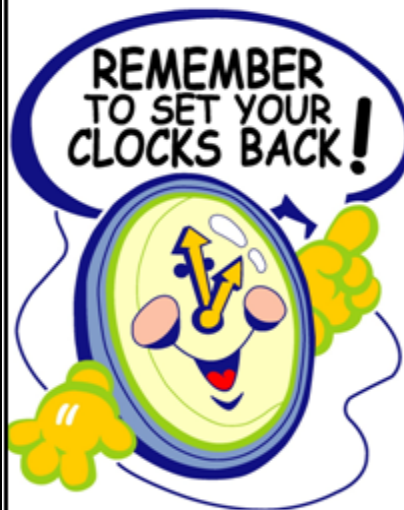
# FLU SHOT CLINICS

- Bring Your Manitoba Health Card
- Wear a Short Sleeved Shirt

<b>Balmoral</b>	1-Nov	2 pm - 3:30 pm	Sprucewood Place PR 236
<b>Inwood</b>	1-Nov	10 am - 11:30 am	Inwood Manor, PTH 17
<b>Lundar</b>	30-Oct	9:30 am - 3:30 pm	Lundar Community Health Office, 97 First Street South
	2-Nov	1 pm - 3 pm	Lundar Community Health Office, 97 First Street South
	6-Nov	9:30 am - Noon	Lundar Community Health Office, 97 First Street South
	13-Nov	1 pm - 7 pm	Lundar Community Health Office, 97 First Street South
<b>Stonewall</b>	24-Oct	2 pm - 7 pm	Stonewall Legion, 459 Main Street
	2-Nov	10 am - 1 pm	Stonewall Community Health MPR, 589 3rd Ave S
<b>Stony Mountain</b>	22-Oct	2 pm - 6 pm	Stony Mountain Curling Club, 81 School Road
<b>Teulon</b>	4-Nov	11 am - 3 pm	Teulon Anglican Parish Hall, 60-2nd St SE.
	13-Nov	3:30 pm - 6 pm	Teulon Community Health Office, 162-3rd Ave SE
<b>Warren</b>	30-Oct	2 pm - 6 pm	Warren Fire Hall, 152 McDonald Avenue
<b>Woodlands</b>	1-Nov	1:30 pm - 3:30 pm	Oak Park Lodge, 75 Railway Avenue

\*Source: [www.ierha.ca](http://www.ierha.ca)

55 Plus Office  
Will be Closed on  
Monday,  
October 14



**DAYLIGHT  
SAVINGS  
TIME ENDS  
Set Your  
Clocks Back**

**NOV. 3rd**

# SUDOKU

Sudoku is one of the most popular puzzle games of all time. The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game.

Level: Easy



	8					2		
				8	4		9	
		6	3	2			1	
	9	7					8	
8			9		3			2
	1					9	5	
	7			4	5	8		
	3		7	1				
		8					4	

2	7		1					3
9	8		4		2			6
				6				
	6					8		
		3		4		9		
		9					3	
				7				
5			6		3		1	7
3					1		8	5



Level: Medium





# Fall Word Search



Find all the words below.

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

APPLECIDER  
COOL  
FOOTBALL  
LEAF  
SCARECROW

AUTUMN  
CORN  
HALLOWEEN  
PUMPKIN  
THANKSGIVING

COLORFUL  
FALL  
HARVEST  
RAKE  
TURKEY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1)</b> 9:30 Stitch N Craft <b>9:30 Book Club</b> 10:00 Men's Chat 10:00 Steppin' Out <b>10:00 Hop, Drop &amp; Shop</b> <b>11:00 Yoga Fusion @ Warren</b> 11:00 Line Dancing <b>12:45 Travel Club Meeting</b> 1:00 Games, Puzzles & Wii 4:30 Pilates & Barre 7:00 Pickleball @ SCI	<b>2)</b>  9:00 Steppin' Up  10:15 Yoga  1:00 Bridge & Cards <b>4:00 Tai Chi</b> <b>5:15 Zumba</b>	<b>3)</b> 8:15 Yin Yoga 9:40 Hearts & Coffee 11:00 Line Dancing  <b>1:30 Bingo</b>  5:30 F.I.T. <b>6:30 Ukulele Club @ Something Beautiful</b> 7:15 Pickleball @ Centennial	<b>4)</b> 9:00 Dynamic Yoga 10:30 Quilter's Corner 1:00 Texas Hold'em	<b>5)</b>
	<b>6)</b>	<b>7)</b>  4:30 Body Blast 5:35 Dynamic Yoga	<b>8)</b> 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out <b>11:00 Yoga Fusion @ Warren</b> 11:00 Line Dancing <b>1:30 Neuro Movement Presentation</b> 4:30 Pilates and Barre 7:00 Pickleball @ SCI	<b>9)</b> 9:00 Steppin' Up <b>10:00 Yoga</b>  <b>12:00 Luncheon</b>  1:15 Bridge & Cards <b>4:00 Tai Chi</b> <b>5:15 Zumba</b>	<b>10)</b> 8:15 Yin Yoga 9:40 Hearts & Coffee 11:00 Line Dancing 1:00 Canasta <b>9:30 Shopping – Polo Park</b> 5:30 F.I.T 7:15 Pickleball @ Centennial	<b>11)</b>  9:00 Dynamic Yoga  1:00 Texas Hold'em
<b>13)</b>	<b>14) Happy Thanksgiving!</b>  4:30 Body Blast 5:35 Dynamic Yoga	<b>15)</b> 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out <b>11:00 Yoga Fusion @ Warren</b> 11:00 Line Dancing 4:30 Pilates and Barre 7:00 Pickleball @ SCI	<b>16)</b> 9:00 Steppin' Up  10:15 Yoga  1:00 Bridge & Cards <b>4:00 Tai Chi</b> <b>5:15 Zumba</b>	<b>17)</b> 8:15 Yin Yoga 9:40 Hearts & Coffee <b>10:00 Casino - McPhillips</b> 11:00 Line Dancing 1:00 Canasta 5:30 F.I.T 7:15 Pickleball @ Centennial	<b>18)</b> 9:00 Dynamic Yoga 10:30 Quilter's Corner 1:00 Texas Hold'em  <b>7:00 Quiz Night Fundraiser @ Parochial Hall</b>	<b>19)</b>
<b>20)</b>	<b>21)</b>  4:30 Body Blast 5:35 Dynamic Yoga	<b>22)</b> 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out <b>11:00 Yoga Fusion @ Warren</b> 11:00 Line Dancing  4:30 Pilates and Barre 7:00 Pickleball @ SCI	<b>23)</b> 9:00 Steppin' Up 10:15 Yoga  1:00 Bridge & Cards <b>4:00 Tai Chi</b> <b>5:15 Zumba</b>	<b>24)</b> 8:15 Yin Yoga 9:40 Hearts & Coffee 11:00 Line Dancing <b>1:30 Care in Your Community</b> 5:30 F.I.T 7:15 Pickleball @ Centennial	<b>25)</b>  9:00 Dynamic Yoga  1:00 Texas Hold'em	<b>26)</b>
<b>27)</b>	<b>28)</b>  4:30 Body Blast 5:35 Dynamic Yoga	<b>29)</b> 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out <b>11:00 Yoga Fusion @ Warren</b> 11:00 Line Dancing 1:00 iPad Club 4:30 Pilates and Barre 7:00 Pickleball @ SCI	<b>30)</b> 9:00 Steppin' Up  10:15 Yoga <b>12:00 Potluck Lunch &amp; Games Afternoon</b> <b>12:00 One Stoke Painting</b> 1:00 Bridge & Cards <b>4:00 Tai Chi</b> <b>5:15 Zumba</b>	<b>31)</b> 8:15 Yin Yoga 9:40 Hearts & Coffee 11:00 Line Dancing  5:30 F.I.T <b>NO Pickleball</b> 		