



si55plus@mymts.net

374 1st Street West, Stonewall

204-467-2582

www.si55plus.org

November 2019

Accumulative Cribbage Tournament

Partner Play



Wednesday Evenings:

November 13 – December 4

7:00 pm



Odd Fellows Hall

374 1st Street West, Stonewall



4 Week Tournament – Weekly Prizes

Entry Fee: \$20.00 / person

Registration Deadline: Friday, November 8

Call 55 Plus to Register @ 204-467-2582



November 2019

- Nov 1 Quilter's Corner @ 10:30 am
- Nov 4 Afternoon Cribbage Tournament @ 1:00 pm**
- Nov 5 Book Club @ 9:30 am
- Nov 5 Hop, Drop & Shop @ 10:00 am
- Nov 6 MTC – The Colour Purple @ 2:00 pm
- Nov 7 Bingo @ 1:30 pm**
- Nov 7 Ukulele Jam @ Something Beautiful @ 7 pm**
- Nov 8 Travel Club Meeting @ 10:30 am
- Nov 11 Closed – Remembrance Day**
- Nov 13 Luncheon @ Noon**
- Nov 13 Accumulative Cribbage Tournament @ 7:00 pm**
- Nov 14 Shopping @ Outlet Mall @ 9:30 am
- Nov 15 Quilter's Corner @ 10:30 am
- Nov 20 Accumulative Cribbage Tournament #2 @ 7:00 pm
- Nov 21 Casino – McPhillip's Street Station
- Nov 21 Ukulele Jam @ Something Beautiful @ 7:00 pm**
- Nov 27 Accumulative Cribbage Tournament #3 @ 7:00 pm
- Nov 29 Quilter's Corner @ 10:30am

December 2019

- Dec 2 Painting Class with Gail @12:30 pm**
- Dec 2 Afternoon Cribbage Tournament @ 1:00 pm
- Dec 3 Book Club @ 9:30 am
- Dec 3 Hop, Drop & Shop @ 10:00 am
- Dec 4 One Stroke Painting @ Noon
- Dec 4 Accumulative Cribbage Tournament #4 @ 7:00 pm
- Dec 5 Shopping @ St Vital Mall @ 9:30 am
- Dec 5 BINGO @ 1:30 pm
- Dec 5 Ukulele Jam @ Something Beautiful @ 7:00 pm
- Dec 8 WSO The Snowman – Pick Up @ 12:30 pm
- Dec 11 Christmas Dinner & Entertainment @ Noon**
- Dec 12 Casino trip – Club Regent @ 10:00 am
- Dec 13 Quilter's Corner @ 10:30 am
- Dec 18 One Stroke Painting @ 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 1st Thursday)
Bingo @ 1:30 pm (1st 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



REMEMBRANCE DAY
Let's 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.

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

Debbie Woywitka-McAlpine	6
Shirley Toback	8
Dorothy Steffan	17
Deb Peterson-Bagan	18
Molly Smadylla	19
Linda McMurtry	20
Shirley Unrau	21
Sally Normand	26
Susan Gareau	26
Henriette Baryliuk	27
Marilyn Dew	30



Loonie Draw!



**Congratulations to our
October Winner:
Fern Massey**

Draws are made at our luncheons.
Next Draw Date: November 13th

Luncheon Door Prize Winners

**Lynn Wenzoski
&
Ruth Falk**

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

Weekly/Monthly Programs

Cribbage Tournament



****Individual Play****

**Monday, November 4th
@ 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



Bridge
Wednesday's @ 1:00

Scheduled Play
Please call if interested in joining



** Wednesday's Card Games begin @
1:30 pm on Luncheon day **

Hearts
Thursday's @ 9:40

Canasta
Thursday's @ 1:00

Texas Holdem'
Friday's @ 1:30





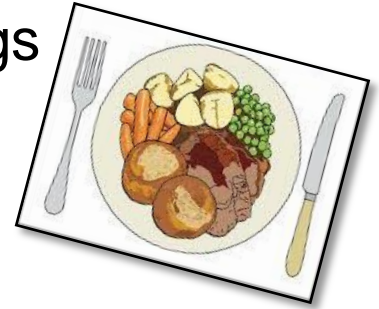
November Luncheon

Wednesday, November 13 @ Noon

Menu:

Hot Roast Pork & All the Fixings

\$10 @ Door



Everyone Welcome!



Quilter's Corner

Upcoming Dates

Fridays:

Nov 1st, 15th & 29th
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

Nov 7th / Dec 5th

@ 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**

November 26th

1:00 - 3:00 pm

FREE!!!

South Interlake 55 Plus Book Club

November 5th @ 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
WHILE VISITING WITH FRIENDS



ONE STROKE PAINTING

December Class Schedule:

December 4 & 18 @ Noon ~ Projects Pending

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



Please bring your own ukulele, and a tuner.

Join the jam! All levels welcome – learn from your peers!

Support **Something Beautiful** Through your purchase of Refreshments and/or dropping some coins in the silver collection.

Location: Something Beautiful (307 Main Street, Stonewall)

Next Jam Dates:

Thursdays

Nov 7 / Nov 21 / Dec 5

Time: 7:00 – 8:00 pm

Cost: FREE

Call 55 Plus for information: 204-467-2582



Workshops & Events



Painting Class



Christmas Balls
Monday, Dec 2nd
@ 12:30pm
Instructor:
Gail Spencer-Lamm

Tap into your inner artist as we paint this Jane Font inspired, beginner-friendly acrylic on canvas!

Cost: All supplies & instruction provided
Members: \$40 Non Members \$50

Register by: November 27th

55 Plus Centre – Odd Fellows Hall
374 1st Street W, Stonewall
Everyone Welcome!
Call for more info 204-467-2582



Join Us for the 55 Plus

Annual Christmas Dinner

Wednesday, December 11
Noon

Odd Fellows Hall
374 1st Street West, Stonewall

Advance Tickets Only!
\$25 per person

Entertainment by
Southern Flavor

Enjoy Bluegrass & Country music with Christmas tunes to round out the southern flavor of this group.

Deadline to Purchase Tickets: Friday, December 6

Tickets Available @ 55 Plus
204-467-2582



Special Guest Appearance



Door Prizes





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:

Friday, November 8th @ 10:30 am



HOP, DROP, & SHOP

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

Tuesday, November 5th @ 10:00 am

Stonewall & District
Handivan Service
204-467-9446

\$4.00 per person

Please Note:
Price Increase in
January 2020 to \$5

South Interlake
55 Plus
204-467-2582

Pick Up Locations:

Lions Manor Door #1; Crocus Manor & Stonewood Place

Next Trip: Tuesday, December 3 & Monday, December 23

Casino Trip to McPhillips

Thursday, November 21st

Pick Up Times & Places

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

Pre-Registration Required by:

Tuesday, November 20th

**Minimum 20 People
Required!**

Shopping Trip Kenaston Outlet Mall

Thursday, November 14th

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

M\$20 | NM\$30

Min 8 people

Register by: Tuesday, Nov 12th

Register @ 55 Plus Centre or Call:

204-467-2582



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 @ 7:00pm & Thurs @ 7:15pm

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



Steppin' Out

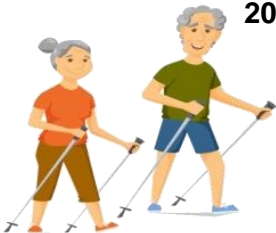
Nordic Urban Walking Poles are available for your walk!

Join Friends & Neighbours

Every Tuesday @ 10:00 am

For a Walk
Around Town

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



AGE FRIENDLY
Manitoba

55+ South Interlake
Plus

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





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

Pickleball



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 1st – November 19th

8 Classes

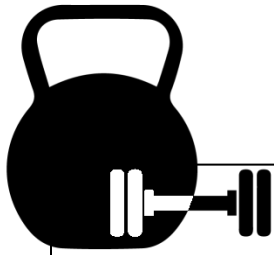
Warren Community Hall

Drop In Fee: \$15.00

Call for more information: 204-467-2582



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.

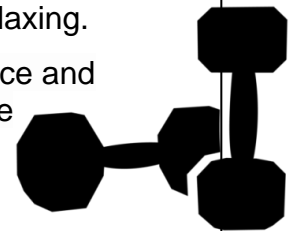
Pilates – Develop your core strength and enhance flexibility. Improve your balance and stability. Strengthen your lower back, hips, gluteus and abdominal muscles. Barre movements help sculpt and tone your muscles.

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 1st Street West)

November 19th @ 5:00 pm
(3rd 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

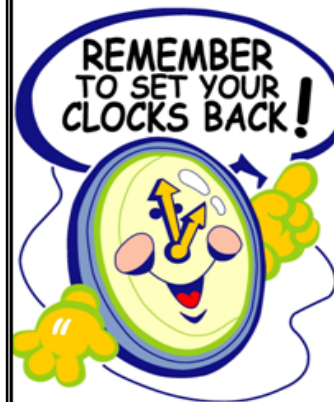
Balmoral	1-Nov	2 pm - 3:30 pm	Sprucewood Place PR 236
Inwood	1-Nov	10 am - 11:30 am	Inwood Manor, PTH 17
Lundar	2-Nov	1 pm - 3 pm	Lundar Community Health Office, 97 First Street South
	6-Nov	9:30 am - Noon	Lundar Community Health Office, 97 First Street South
	13-Nov	1 pm - 7 pm	Lundar Community Health Office, 97 First Street South
Stonewall	2-Nov	10 am - 1 pm	Stonewall Community Health MPR, 589 3rd Ave S
Teulon	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
Warren	1-Nov	1:30 pm - 3:30 pm	Oak Park Lodge, 75 Railway Avenue

*Source: www.ierha.ca

**55 Plus Office
Will be Closed on
Monday,
November 11th**



REMEMBRANCE DAY
Left We Forget



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

NOV. 3rd

Special thanks to Bev Jaspersen & Jaspersen's Greenhouse for always making our centre looks great with a variety of seasonal plants out front!



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

Remembrance Day

HFTPREMEMBRANCE
MDEZPOBEECAEPQF
WFNTFDCZGETLNWS
UCNTNNRELDUVUCR
YQJDEFIELDRRENE
MHCLMCVUBUERAID
XSI PQEVAQMERTKN
USDUNVYQEMEFNNA
MQITZERMOHVSSL
ZAHUGUBNEDNBOAF
XIEOEYVULAJRNJ
DCMNRSQBQNJMI OY
RUOBPOPPYDERGRC
IHHZRQNHUELTTAB
VPSUFTZREIDL OSM

BATTLE
CEREMONY
ELEVENTH
FIELD
FLANDERS
HONOUR
NOVEMBER

PEACE
POPPY
REMEMBER
REMEMBRANCE
SILENCE
SOLDIER
VETERAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="color: red; font-size: 2em; margin: 0;">November</h1> 					1) 9:00 Dynamic Yoga 10:30 Quilter's Corner 1:30 Texas Hold'em	2)
3)	4) 1:00 Cribbage Tournament – Individual Play 4:30 Body Blast 5:35 Dynamic Yoga	5) 9:30 Stitch N Craft 9:30 Book Club 10:00 Men's Chat 10:00 Steppin' Out 10:00 Hop, Drop & Shop 11:00 Yoga Fusion @ Warren 11:00 Line Dancing 4:30 Pilates and Barre 7:00 Pickleball @ SCI	6) 9:00 Steppin' Up 10:15 Yoga 12:30 MTC The Color Purple Bus Trip 1:00 Bridge & Cards 5:15 Zumba	7) 8:15 Yin Yoga 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 BINGO 5:30 F.I.T 7:00 Ukulele Jam @ Something Beautiful 7:15 Pickleball @ Centennial	8) 9:00 Dynamic Yoga 10:30 Travel Club Meeting 1:30 Texas Hold'em	9)
10)	11) Remembrance Day!  4:30 Body Blast 5:35 Dynamic Yoga	12) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Yoga Fusion @ Warren 11:00 Line Dancing 4:30 Pilates and Barre 7:00 Pickleball @ SCI	13) 9:00 Steppin' Up 10:00 Yoga 12:00 Luncheon 1:30 Bridge & Cards 5:15 Zumba 7:00 Accum. Crib Tourney Week #1	14) 8:15 Yin Yoga 9:30 Shopping – Outlet Mall 9:30 Hearts & Coffee 11:00 Line Dancing 1:00 Canasta 5:30 F.I.T 7:15 Pickleball @ Centennial	15) 9:00 Dynamic Yoga 10:30 Quilter's Corner 1:30 Texas Hold'em	16)
17)	18) 4:30 Body Blast 5:35 Dynamic Yoga	19) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Yoga Fusion @ Warren 11:00 Line Dancing 4:30 Pilates and Barre 7:00 Pickleball @ SCI	20) 9:00 Steppin' Up 10:15 Yoga 1:00 Bridge & Cards 5:15 Zumba 7:00 Accum. Crib Tourney Week #2	21) 8:15 Yin Yoga 9:30 Hearts & Coffee 10:00 Casino - McPhillips 11:00 Line Dancing 1:00 Canasta 5:30 F.I.T 7:00 Ukulele Jam @ Something Beautiful 7:15 Pickleball @ Centennial	22) 9:00 Dynamic Yoga 1:30 Texas Hold'em	23)
24)	25) 4:30 Body Blast 5:35 Dynamic Yoga	26) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing 1:00 iPad Club 4:30 Pilates and Barre 7:00 Pickleball @ SCI	27) 9:00 Steppin' Up 10:15 Yoga 1:00 Bridge & Cards 5:15 Zumba 7:00 Accum. Crib Tourney Week #3	28) 8:15 Yin Yoga 9:30 Hearts & Coffee 11:00 Line Dancing 1:00 Canasta 5:30 F.I.T 7:15 Pickleball @ Centennial	29) 9:00 Dynamic Yoga 10:30 Quilter's Corner 1:30 Texas Hold'em	30)