



[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)

## December 2019



Merry Christmas  
to  
You & Yours!

## January 2020

Wishing you  
success &  
happiness in  
2020!



## IMPORTANT DATES:

### 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 #1 @ 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 10 Day of Giving Pizza Lunch @ Noon  
**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  
Dec 23 Hop, Drop & Shop #2 @ 10:00 am

### January 2020

- Jan 1 Happy New Year!!  
Jan 2 Centre re-opens  
Jan 3 Texas Hold'em @ 1:30pm  
Jan 6 Afternoon Cribbage Tournament @ 1:00am  
Jan 7 Book Club @ 9:30am  
Jan 7 Hop, Drop & Shop @ 10:00am  
Jan 9 BINGO @ 1:30pm  
Jan 9 Shopping @ Kildonan Place @ 9:30am  
Jan 9 Ukulele Jam @ Something Beautiful @ 7:00pm  
Jan 10 Quilter's Corner @ 10:30am  
Jan 10 Travel Club @ 10:30am  
**Jan 13 Active Wellness Classes begin**  
Jan 14 Tai Chi @ 1:30pm  
**Jan 15 Luncheon @ Noon**  
Jan 23 iPad Class @ 1:30pm  
Jan 23 Ukulele Jam @ Something Beautiful @ 7:00pm  
Jan 24 Quilter's Corner @ 10:30am  
Jan 24 Bus Trip: Winnipeg Police Museum & Lunch 9:30am  
Jan 30 iPad Class @ 1:30pm

### February 2020

- Feb 4 Book Club @ 9:30am  
Feb 4 Hop, Drop & Shop @ 10:00am  
Feb 6 iPad Class @ 1:30 pm  
Feb 6 BINGO @ 1:30pm  
Feb 6 Ukulele Jam @ Something Beautiful @ 7:00pm  
Feb 7 Quilter's Corner @ 10:30am  
**Feb 12 Luncheon @ Noon**  
Feb 13 Shopping @ Garden City @ 9:30am  
Feb 13 iPad Class @ 1:30 pm  
Feb 17 Louis Riel Day – office closed  
Feb 20 Ukulele Jam @ Something Beautiful @ 7:00pm  
Feb 21 Quilter's Corner @ 10:30am  
Feb 28 Presentation: 906 & Me\* @ 1:30 pm  
*\*Organizing & Downsizing*

## 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  
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)  
iPad Class @ 1:30 pm (Jan 23-Feb 13)  
Pickleball @ 7:15 pm

### Friday:

Texas Hold'em @ 1:30 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**

### **December:**

Lorraine Smith	1	Mabel Monk	23
Donna Couvier	6	Bojo Saric	24
Phyllis Barclay	11	Shirley Whitehead	24
Charlie Barnhart	12	Patricia Anderson	24
Avis Meier	13	Bernie Hildebrand	24
Barb Hall	16	Liz Christie	26
Chris Monk	20	Mel Matthews	29
Carol Ann Peters	21	John Pattie	29



### **January:**

Carl Paulson	4	Ellen Wood	15
Sue Cieslar	6	Diane Scott	17
Brenda Crucq	8	Roni Alwards	17
Kelly Goodman	8	Laurie Briggs	18
Winnie Johnson	9	Hennie Van Gerwen	20
Robin Allan	11	Marie Craig	20
Dolores Gozda	11	Diane Rennie	22
Linda Furness	12	Marlene Miller	25
Tania Laurie	12	Susan Penner	24
Alice Linklater	12	Ria Cameron	27
Brenda Badger	14	Julia Lee	31



## **Loonie Draw!**

**Congratulations to our  
November Winner:**

**Betty Gray**



**Next Luncheon Draw Dates:  
December 11<sup>th</sup> & January 8<sup>th</sup>**



### **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, Dec 2<sup>nd</sup> & Jan 6<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



**Bridge**  
Wednesday's @ 1:00

**Scheduled Play**  
**Please call if interested in joining**



**Hearts**

Thursday's @ 9:30

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

**Canasta**

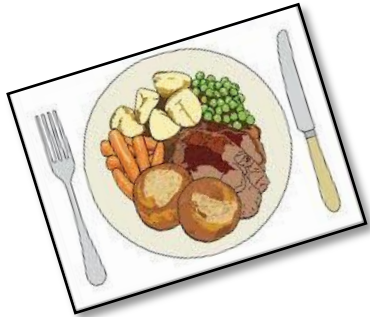
Thursday's @ 1:00

**Texas Holdem'**  
Friday's @ 1:30



# January Luncheon

Wednesday, January 15 @ Noon



Menu:  
Pork Roast Dinner

**\$10 @ Door**  
Everyone Welcome!

**Membership  
Renewal**  
11:30 am - 1:30 pm

## Quilter's Corner

### Upcoming Dates

Dec 13<sup>th</sup>  
Jan 10<sup>th</sup> & 24<sup>th</sup>  
Fridays:  
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*

Dec 5<sup>th</sup> & Jan 9<sup>th</sup>  
@ 1:30 PM

**Door Prize - 50/50 Draw**  
**A great afternoon of fun with  
friends!**



## Holiday Closure



**The centre will be closed**  
**December 19, 2019 -**  
**January 1, 2020**  
**inclusive.**

**Enjoy the holiday season with those  
near & dear to you!**

## South Interlake 55 Plus Book Club

Dec 5<sup>th</sup> & Jan 7<sup>th</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  
WHILE VISITING WITH FRIENDS

## ONE STROKE PAINTING



Dec 4<sup>th</sup>  
Greeting  
Cards



Dec 18<sup>th</sup>  
Snowman  
Plaque



Jan 22<sup>nd</sup>  
Black Cat  
Plaque  
(Reverse side of Snowman)

Each Class runs from 12-3pm

Class Fees:

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)

### Upcoming Jam Dates:

Thursdays

December 5

January 9 & 23

Time: 7:00 – 8:00 pm

Cost: FREE

Call 55 Plus for information: 204-467-2582



# Workshops & Events



## Painting Class



**Christmas Balls**  
**Monday, Dec 2<sup>nd</sup>**  
**@ 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 27<sup>th</sup>

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 1<sup>st</sup> 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**



## Intro to iPad Class

**4 Weeks ~ Thursday Jan 23 – Feb 13**

**1:30 – 2:30pm**

iPads will be available to use in class ~ or you're welcome to bring your own

**Cost:**

**Member: \$10 Non-Member: \$15**  
**Class fee includes a printed manual to keep.**



This will be a peer led class.  
Register at the 55-Plus office or Call: 204-467-2582





# You're Invited:

## DAY OF *Giving*

**What:** Day of Giving FREE Pizza lunch

**Where:** 55 Plus Center ~ 374 1<sup>st</sup> Street West

**When:** Tuesday, December 10<sup>th</sup> @ Noon

**RSVP:** Monday, December 9<sup>th</sup> by Noon

Pizza Hotline has chosen 55Plus to be the recipient of  
"Day of Giving"

## *Volunteer Opportunity*

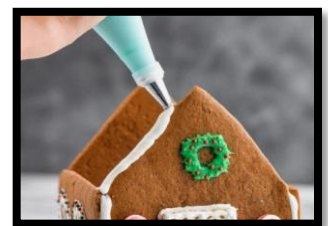
Volunteers wanted to assist the Grade 2 classes at Bobby Bend decorate Gingerbread Houses!

<u>Date</u>	<u>Time</u>
December 12 <sup>th</sup>	11:15am – 2:00pm
	12:00 – 1:00pm
	1:50 – 3:10pm
December 13 <sup>th</sup>	2:00 – 3:00pm (2 Classes)



4 Volunteers needed for each time slot.

Call to register 204-467-2582







# 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

### **December & January Meetings:**

Friday, December 6<sup>th</sup> @ 10:30am

Friday, January 10<sup>th</sup> @ 10:30 am



Stonewall & District  
Handivan Service  
204-467-9446

## ***HOP, DROP, & SHOP***

South Interlake  
55 Plus  
204-467-2582

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

Pick-up begins at 10am



**2 Trips in December \$4 each**

**Tuesday Dec 3<sup>rd</sup> & Monday Dec 23<sup>rd</sup>**

**Tuesday, January 7, 2020 ~ NEW Price ~ \$5**

**Pick Up Locations:** Lions Manor Door #1; Crocus Manor & Stonewood Place

## **Casino Trip ~ Club Regent**

**Thursday, December 12<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, December 10<sup>th</sup>**

**Minimum 20 People Required!**

**Next Casino trip – February 20<sup>th</sup>**

## **Shopping Trips**

December - St. Vital Centre

**Thurs, Dec 5<sup>th</sup> (Register by Dec 3<sup>rd</sup>)**

January – Kildonan Place

**Thurs, Jan 9<sup>th</sup> (Register by Jan 7<sup>th</sup>)**

**M\$20 | NM\$30**

Min 8 people

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

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



# Winnipeg Police Museum

Tuesday, January 24th

Snow date: Tuesday, January 31st

*Purchase your seat on the bus by January 21st\**

The museum is a unique collection of equipment and memorabilia from days gone by. You'll enjoy a guided tour of the facility.



### Your Outing Includes:

Transportation leaving 55 Plus at 9:30am  
Approximately 60 Minute guided tour

### Cost:

Member Transportation: \$20 Non-Member Transportation: \$30  
Museum admission: FREE (Donations welcomed)

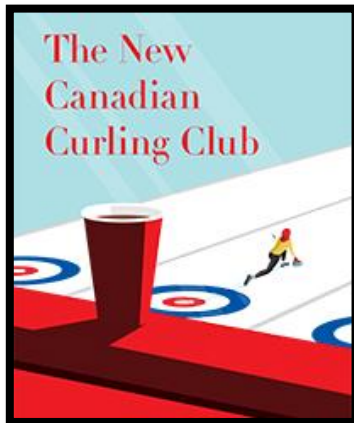


You will also be enjoying lunch at a nearby restaurant at your own cost.

Register at the 55-Plus office or Call: 204-467-2582

*\* Minimum 8 passengers required \**

## ***MTC Presents:*** **The New Canadian Curling Club**



**Wednesday, March 4**  
**@ 2:00pm**

**Departure Times:**  
**55 Plus: @ 12:30 pm**  
Door #1 Lions Manor: @ 12:15 pm

**Members: \$75.00**  
**Non-Members: \$85.00**

The town is so small it only has one Tim Hortons. Community-minded Marlene is determined to "diversify" the curling club. She enlists four newcomers to learn the game.

Team unity ends up on the rocks! Can they sweep aside their differences?

Hurry hard to the theatre to find out!

**Deadline to purchase tickets:**  
**January 10<sup>th</sup>**  
**Call 55 Plus @ 204-467-2582**

**\* Limited Seating – don't miss out!**



# Active Living Programs



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

**Yoga** – Mon @ 5:30pm

**Steppin' Out** – Tues @ 10:00am

**Line Dancing** – Tues & Thurs @ 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 @ 5:30pm

**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 1<sup>st</sup> Street West (Odd Fellows Hall)  
204-467-2582



## *Line Dancing*

Tuesdays & Thursdays

**11:00 am**

All skill levels welcome!

Kick up your heels &  
learn with your peers!

**New Fee Format:**

Drop in fee

\$5.00 Member

\$7.00 Non-member

**Holiday Schedule:**

Final Dance Dec 12, 2019

Dance resumes Jan 7, 2020





# STEPPIN' UP

Wednesdays @ **9:00 am**

Odd Fellows Hall, Stonewall

NOTE: On Monthly Luncheon Day Class is 45 min.

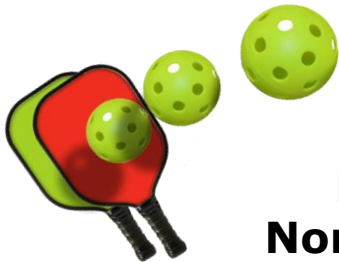
This program supports and encourages ALL adults to embrace an active lifestyle, offering a self-sustaining, accessible, high quality exercise program at no cost.

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

# Pickleball

## Holiday Schedule:

Final play Dec 19, 2019  
Play resumes Jan 7, 2020



## 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



# Tai Chi



**Tuesdays @ 1:30 pm**

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

**First Class – January 14<sup>th</sup>**

10 Week Session – Beginner Level

\$100 Members ~ \$120 Non Members

*Led by Antonio Cesari*

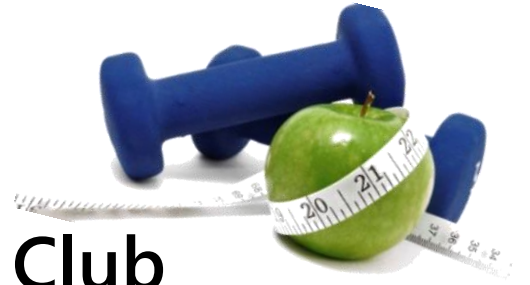
The ancient Chinese believed that true health comes when  
body, mind and spirit work together in harmony.



For More Information or to Register

Call: **204-467-2582**





# Active Wellness Club

## Festive Fitness Classes!

- ❖ No registration required!
- ❖ December 2 - 18
- ❖ **Drop in fee only \$5 per class**
- ❖ **All Access \$50 – attend all classes & save \$\$**

Best deal in town!

## December

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2.</b> 5:30 Body Blast (Cheryl K)	<b>3.</b> <b>4:30pm Pilates (Liz)</b> <b>*make up class</b>	<b>4.</b> 10:15 Yoga (Liz)	<b>5.</b> 5:30 F.I.T (Cheryl K)	<b>6.</b> 9:00 Yoga (Liz)
<b>9.</b> 4:30 Body Blast (Cheryl K)  5:35 Yoga (Gail)	<b>10.</b> 4:30 Pilates (Liz)	<b>11.</b> 4:30 Yoga Dance (Gail)	<b>12.</b> 4:30 F.I.T (Cheryl K)	<b>13.</b> <b>9:00 Yoga (Gail)</b> <b>*make up class</b>
<b>16.</b> 4:30 Body Blast (Cheryl K)  5:35 Yoga (Gail)	<b>17.</b> 4:30 Pilates (Liz)	<b>18.</b> 10:15 Yoga (Liz)		



*\*Make up classes are n/c for those who registered for Fall Active Wellness Club*



# ACTIVE WELLNESS CLUB



## DATE

**Starts: January 13<sup>th</sup>**

10 week session (Jan 13 – March 20)

Or 5 week session (Jan 13 – Feb 14)



## FEES

Full Session (10 weeks):

One class: M \$70 | NM \$80

Two classes: M \$120 | NM \$140

All Access: M \$180 | NM \$200

Half Session (5 weeks):

One class: M \$35 | NM \$40

Two classes: M \$60 | NM \$70

All Access: M \$90 | NM \$100

## 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 @ 5:30 pm Christine MacNeil
- Thurs - Yin Yoga @ 8:15 Liz Luke  
- 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.

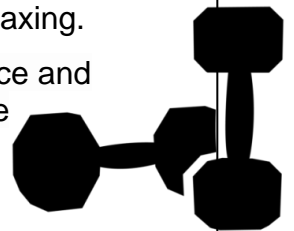
**Pilates** – Develop your core strength and enhance flexibility. Improve your balance and stability. Strengthen your lower back, hips, gluteus and abdominal muscles. Barre movements help sculpt and tone your muscles.

**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 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)

### **No Potluck in December**

#### Next Potluck

January 21<sup>st</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**

# 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.



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

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







# Getting Ready for Christmas



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

CANDY CANE  
CHRISTMAS  
ELF  
HOHOHO  
HOLLY  
JOLLY  
JOY  
LIGHTS

MISTLETOE  
NOEL  
ORNAMENTS  
PRESENTS  
REINDEER  
RUDOLPH  
SANTA  
SLEIGH

SNOW  
STAR  
STOCKINGS  
TINSEL  
TRAIN  
TREE  
WINTER  
WREATH

# New Year's Word Search

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

BABY  
BALL  
CALENDAR  
CELEBRATION  
CLOCK  
CONFETTI  
COUNTDOWN  
EVE

FAMILY  
FRIENDS  
HAPPY  
JANUARY  
MIDNIGHT  
NEW YEAR  
NOISEMAKER  
PARTY

RESOLUTION  
TOAST



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2020</h1>			1) 	2) <b><u>Centre is open!</u></b> 9:30 Hearts & Coffee 1:00 Canasta	3) 1:30 Texas Hold'em	4)
5)	6) 1:00 Cribbage Tournament – Individual Play	7) 9:30 Book Club 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 10:00 Hop, Drop & Shop 11:00 Line Dancing 7:00 Pickleball @ SCI	8) 9:00 Steppin' Up  1:00 Bridge & Cards	9) <b>9:30 Shopping – Kildonan Place</b> 9:30 Hearts & Coffee 11:00 Line Dancing <b>1:30 BINGO</b> <b>7:00 Ukulele Jam @ Something Beautiful</b> 7:15 Pickleball @ Centennial	10) 10:30 Quilter's Corner 10:30 Travel Club  1:30 Texas Hold'em	11)
12)	13) <b>Active Wellness Club Resumes!</b>  4:30 Body Blast 5:35 Dynamic Yoga	14) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing 1:30 Tai Chi 4:30 Pilates and Barre 7:00 Pickleball @ SCI	15) 9:00 Steppin' Up <b>10:00 Yoga</b>  <b>12:00 Luncheon</b> 1:30 Bridge & Cards  5:30 Zumba	16) 8:15 Yin Yoga 9:30 Hearts & Coffee 11:00 Line Dancing 1:00 Canasta 5:30 F.I.T 7:15 Pickleball @ Centennial	17) 9:00 Yoga  1:30 Texas Hold'em	18)
19)	20)  4:30 Body Blast 5:35 Dynamic Yoga	21) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing 1:30 Tai Chi 4:30 Pilates and Barre 7:00 Pickleball @ SCI	22) 9:00 Steppin' Up  10:15 Yoga 12:00 One Stroke Painting 1:00 Bridge & Cards  5:30 Zumba	23) 8:15 Yin Yoga 9:30 Hearts & Coffee 11:00 Line Dancing 1:00 Canasta <b>1:30 iPad Class</b> 5:30 F.I.T <b>7:00 Ukulele Jam @ Something Beautiful</b> 7:15 Pickleball @ Centennial	24) 9:00 Yoga  10:30 Quilter's Corner  1:30 Texas Hold'em	25)
26)	27)  4:30 Body Blast 5:35 Dynamic Yoga	28) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing 1:30 Tai Chi 4:30 Pilates and Barre 7:00 Pickleball @ SCI	29) 9:00 Steppin' Up  10:15 Yoga 1:00 Bridge & Cards  5:30 Zumba	30) 8:15 Yin Yoga 9:30 Hearts & Coffee 11:00 Line Dancing 1:00 Canasta <b>1:30 iPad Class</b> 5:30 F.I.T 7:15 Pickleball @ Centennial	31) 9:00 Yoga  1:30 Texas Hold'em	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1)	2) 12:30 <b>Painting with Gail</b>  1:00 Cribbage Tournament – Individual Play  5:30 <b>Body Blast</b>	3) 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 #1</b> 11:00 Line Dancing <b>4:30 Pilates &amp; Barre</b> (make up class) 7:00 Pickleball @ SCI	4) 9:00 Steppin' Up 10:15 Yoga 1:00 Bridge & Cards  12:00 One Stroke Painting  <b>7:00 Accum. Crib Tourney</b> <b>Week #4</b>	5) <b>9:30 Shopping – St Vital</b> 9:30 Hearts & Coffee 11:00 Line Dancing <b>1:30 BINGO</b> <b>5:30 F.I.T.</b> <b>7:00 Ukulele Jam @</b> <b>Something Beautiful</b> 7:15 Pickleball @ Centennial	6)  9:00 Yoga 10:30 Travel Club Meeting   1:30 Texas Hold'em	7)	
8) <b>Bus Trip:</b> <b>WSO –</b> <b>The</b> <b>Snowman</b>	9)  4:30 Body Blast 5:35 Yoga	10) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing <b>12:00 Day of Giving Pizza Lunch</b> <b>1:00 Bridge &amp; Cards</b> 7:00 Pickleball @ SCI	11) 9:00 Steppin' Up  <b>12:00</b> <b>Christmas Luncheon</b> <b>with Entertainment</b>  <b>4:30 Yoga- Dance with Gail</b>	12)  9:30 Hearts & Coffee <b>10:00 Casino – Club Regent</b> 11:00 Line Dancing 1:00 Canasta <b>4:30 F.I.T.</b> 7:15 Pickleball @ Centennial	13) 9:00 Yoga (make up class) 10:30 Quilter's Corner  1:30 Texas Hold'em	14)	
15)	16)  4:30 Body Blast 5:35 Yoga	17) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing  4:30 Pilates and Barre 7:00 Pickleball @ SCI	18) 9:00 Steppin' Up 10:15 Yoga 12:00 One Stroke Painting  1:00 Bridge & Cards	19)  <b>Christmas Cheer Board Hamper Packing</b>  ~~~~~ <b>55 Plus Office Closed – No Programs</b> <b>Dec 19 – Jan 1</b>	20)	21)	
22)	23)  <b>10:00 Hop, Drop &amp;</b> <b>Shop #2</b>	24)	25)  <b>Merry</b> <b>Christmas!</b>	26)	27)	28)	
29)	30)	31)  <b>New Year's Eve!</b>	<b>December</b>				