



si55plus@mymts.net

374 1st Street West, Stonewall

204-467-2582

www.si55plus.org

February 2020



Wednesday, February 12th @ Noon



374 First St West, Stonewall
(Odd Fellows Hall)

\$10.00 @ Door



No Tickets or Reservation Required!

Menu:

Roast Chicken, Potatoes, Veggies & Dessert

Door Prizes!
Donations will be
Collected for
MB Heart & Stroke


**February is
Heart & Stroke
Awareness**

**Stonewall Heritage
Committee
Needs YOUR HELP!**
More info on pg 13

Dates to Remember

February 2020

- Feb 3 Cribbage Tournament @ 1:00 pm**
- Feb 4 Book Club @ 9:30am
- Feb 4 Hop, Drop & Shop @ 10:00am
- Feb 5 One Stroke Painting @ 12:00 pm
- Feb 6 iPad Class @ 10:00 am**
- Feb 6 BINGO @ 1:30pm**
- Feb 6 Ukulele Jam @ Something Beautiful @ 7pm
- Feb 7 Travel Club Meeting @ 10:30 am
- Feb 7 Quilter's Corner @ 10:30am
- Feb 12 Heart & Stroke 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 @ 7pm
- Feb 21 Quilter's Corner @ 10:30am
- Feb 26 One Stroke Painting @ 12:00 pm
- Feb 28 Presentation: 906 & Me* @ 1:30 pm**
**Organizing & Downsizing*

March 2020

- Mar 4 MTC New Canadian Curling Club @ 12:30 pm
- Mar 5 BINGO @ 1:30 pm**
- Mar 6 Quilter's Corner @ 10:30 am
- Mar 11 Shamrock Luncheon @ Noon**
- Mar 12 Shopping @ Grant Park @ 9:30am
- Mar 20 Quilter's Corner @ 10:30am
- Mar 25 One Stroke Painting @ Noon
- Mar 26 Cooking with Caroline @ 1:30 pm**



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
Tai Chi @ 1:30 pm
Pickleball @ 7:00 pm

Wednesday:

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

Thursday:

Hearts & Coffee @ 9:45 am
Line Dancing @ 11:00 am
Canasta @ 1:00 pm (not 1st Thursday)
Bingo @ 1:30 pm (1st 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

February



Beth Litton	1
Verna Bulas	1
Laurie Slater	1
Raymond Trachsel	2
Jeanette Erickson	3
Ken Knapp	3
Yvonne Bernhardt	5
Barb Stuart	5
Lee LaCoste	7
Ray Massey	7
Donna Yeo	7
Joie Van Dongen	7
Ellen Turbett	9
Diana Goudy	13
Valdean Fremont	14
Joyce Stewart	16
George Turbett	17
Lynne Woodsworth	19
Murray Cameron	27



Loonie Draw!

Congratulations to these recent winners

~~~~~

**December Brenda Smith**

**January Edith Hauber**

**Next Luncheon Draw Date**

**February 12<sup>th</sup>**



### **GIFT CERTIFICATES**

**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

### New Schedule!

Effective  
April 2020  
Tournaments  
will be the  
4<sup>th</sup> Thursday of  
each month

### Cribbage Tournament

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

Monday, Feb 3<sup>rd</sup> & March 2<sup>nd</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**



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

#### Hearts

Thursday's @ 9:45

#### Canasta

Thursday's @ 1:00

#### Texas Holdem'

Friday's @ 1:30





# Monthly Bingo:

Thursday, February 6<sup>th</sup>  
1:30 PM

**Door Prize – 50/50 Draw**

*A great afternoon of fun with friends!*

**Next Bingo: March 5<sup>th</sup>**



## Quilter's Corner

### Upcoming Dates

Feb 7<sup>th</sup> & 21<sup>st</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!*

## South Interlake 55 Plus Book Club



February 4<sup>th</sup> @ 9:30 am



*Books 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!!!

# COMMUNITY VOLUNTEER INCOME TAX PROGRAM

**VOLUNTEERS ARE TRAINED BY CANADA REVENUE TO COMPLETE YOUR  
2019 INCOME TAX RETURN**

**THIS SERVICE WILL BE PROVIDED AS A DROP OFF SERVICE**

## PROGRAM WILL BE OFFERED:

**March 3 – April 29, 2020**

**Tuesday, Wednesday, Thursday & Friday**

**10:00 am – 3:00 pm**

55 Plus Centre – Odd Fellows Hall 374 1<sup>st</sup> Street W

**For Eligibility Criteria & More Information:**

**Call 204-467-2582**



# 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



Love Birds  
Welcome  
Sign  
Wed, Feb 5

Lucky Charm  
Canvas  
7x9  
Wed, Feb 26

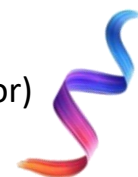


12:00 – 3:00 pm

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

February 6<sup>th</sup> & 20<sup>th</sup>

Time: 7:00 – 8:00 pm

Cost: FREE

Call 55 Plus for information: 204-467-2582



# Workshops & Events

## Organizing & Downsizing

Presented by: Sarah Mueller, 906 and Me

Friday, February 28<sup>th</sup> @ 1:30 pm

55 Plus – Odd Fellows Hall

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



*Sarah specializes in helping seniors organize, downsize and preserve memories. Ideas, tips & tricks will be shared at this informative afternoon!*



**Everyone Welcome!**

  
**906 and Me**  
Organizing and Downsizing

## Shamrock Luncheon

Wed, March 11<sup>th</sup> @ Noon

55 Plus Centre

**Musical Entertainment by: The Irish Cowboy**

*Enjoy a Hot Roast Beef Meal & Entertainment!*

**Advanced tickets required! \$20/person**

**Everyone Welcome!**



## Cooking with Caroline!

Presented by:

Caroline Le Clair, Community Wellness Facilitator

Thursday, March 26<sup>th</sup> @ 1:30pm

55 Plus Centre

*Caroline will be sharing healthy, make-ahead recipes and techniques for healthy meals & snacks in mason jars.*

**Refreshments will be served!**

**Everyone Welcome!**

Call for more information – 204-467-2582



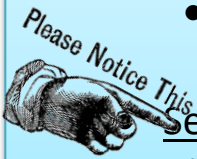


# Bus Trips/Travel



## **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

**February Meeting: Friday, February 7<sup>th</sup> @ 10:30am**



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

*Hop on the Bus, Drop in Your Fare, & Shop in Town!* Pick-up begins at 10am



**Tuesday, February 4**  
**~ NEW Price ~ \$5**

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

**Stonewall & District  
Handivan Service  
204-467-9446**

**South Interlake  
55 Plus  
204-467-2582**



### **Shopping Trip**

**Garden City**

**Thursday, February 13<sup>th</sup>**

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

**Member \$20**

**Non-Member \$30**

***Minimum of 8 people required!***

**Register by Tuesday, February 11<sup>th</sup>**

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



## Casino Trips

***Casino Trips have been suspended  
until further notice.***



*Monthly Casino Trips will resume if there is sufficient interest which meets the new criteria set out by the bus service.*

### **New Criteria:**

**Minimum of 21 passengers; minimum \$10 charge for trip**

**Casino provides rider with \$10 player credit on player card; player card required.**



# Let's All Go to A Quilt Show!



MANITOBA  
PRAIRIE QUILTERS  
*Quilt Reflections*  
QUILT SHOW & COMPETITION

Friday, April 17<sup>th</sup>  
Canad Inns Polo Park

- Depart 55 Plus @ 9:00 am
- Quilt Reflections @ 9:45 am
- Lunch @ Altos @ 12:00 Noon

Deadline to  
Register:  
Friday, Feb 27



**FEE: Member \$25 Non-Member \$35**

*Fee Includes: Transportation & Quilt Reflections Admission  
Lunch @ Altos at your own expense*

**Call 55 Plus to Register 204-467-2582**



Tuesday, April 14 @ 11:00 am

Departure Times:

**55 Plus: @ 10:00 am**

Door #1 Lions Manor: @ 9:45 am

Members: \$65.00

Non-Members: \$75.00

*Ellie works at the Wildcat Saloon.  
She is a young and talented country  
singer with a gift for writing amazing  
country music. After years of trying  
though, Ellie is almost ready to give up  
on her dreams.*

*That is when fate steps in.  
Actually... that is when Garth steps in.*

**Join us and hear the rest of  
the story!**



**Deadline to Purchase tickets:  
Tuesday, March 24<sup>th</sup>  
Call 55 Plus To Register: 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

**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 @ 8:30 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!

**Class Fees:**

\$5.00 Member

\$7.00 Non-member





# 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**

Call for More Info: 204-467-2582

# 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



# 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.

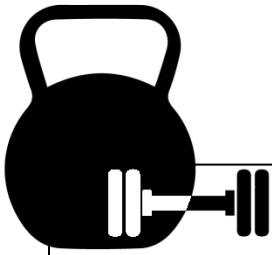


For More Information or to Register

Call: **204-467-2582**



# ACTIVE WELLNESS CLUB



## 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 @ 8:30 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.

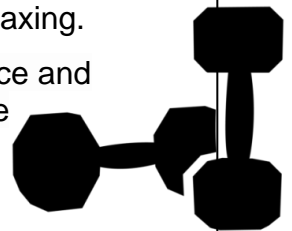
**Pilates** – Develop your core strength and enhance flexibility. Improve your balance and stability. Strengthen your lower back, hips, gluteus and abdominal muscles. Barre movements help sculpt and tone your muscles.

**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\*\*\*

## Stonewall Municipal Heritage Advisory Committee

**We need YOU!**



**NEEDS YOUR HELP!**

To identify pictures donated to Quarry Park by Stonewall Argus  
- Pictures from 1960's to 2000's & includes Stonewall & surrounding communities

*The Heritage Committee will have a table at the 55 Plus February & April Luncheons*

**Your Knowledge is Needed for Heritage Committee Projects!**

Additional Workshops to be Arranged

**WE NEED YOU!**



## 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)

**Next Potluck: February 18<sup>th</sup>**

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.



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

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



# VALENTINE'S DAY WORD SEARCH



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

Valentine  
 Candy  
 Chocolate  
 February  
 Flowers  
 Friend

Cupid  
 Cuddle  
 Hug  
 Kiss  
 Love

Be Mine  
 Hearts  
 Card  
 Love  
 Arrow

Pink  
 Red  
 Roses  
 I Love You  
 Sweet



| Sunday                                                                             | Monday                                                                                              | Tuesday                                                                                                                                                                                                         | Wednesday                                                                                                                 | Thursday                                                                                                                                                                                                          | Friday                                                                                                                                                            | Saturday                                                                                     |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
|  |                                                                                                     |                                                                                                                                                                                                                 |                                                                                                                           |                                                                                                                                                                                                                   |                                                                                                                                                                   | 1)                                                                                           |
| 2)                                                                                 | 3)<br><b>1:00 Cribbage Tournament – Individual Play</b><br><br>4:30 Body Blast<br>5:35 Dynamic Yoga | 4)<br><b>9:30 Book Club</b><br>9:30 Stitch N Craft<br>10:00 Men’s Chat<br>10:00 Steppin’ Out<br>10:00 Hop, Drop & Shop<br>11:00 Line Dancing<br>1:30 Tai Chi<br>4:30 Pilates and Barre<br>7:00 Pickleball @ SCI | 5)<br>9:00 Steppin’ Up<br>10:15 Yoga<br><br><b>12:00 One Stroke Painting</b><br><br>1:00 Bridge & Cards<br><br>5:30 Zumba | 6)<br>8:30 Yin Yoga<br>9:45 Hearts & Coffee<br>11:00 Line Dancing<br><b>10:00 iPad Class</b><br><b>1:30 BINGO</b><br>5:30 F.I.T.<br><b>7:00 Ukulele Jam @ Something Beautiful</b><br>7:15 Pickleball @ Centennial | 7)<br>9:00 Yoga<br>10:30 Quilter’s Corner<br><b>10:30 Travel Club</b><br><br>1:30 Texas Hold’em                                                                   | 8)                                                                                           |
| 9)                                                                                 | 10)<br><br>4:30 Body Blast<br>5:35 Dynamic Yoga                                                     | 11)<br>9:30 Stitch N Craft<br>10:00 Men’s Chat<br>10:00 Steppin’ Out<br>11:00 Line Dancing<br>1:30 Tai Chi<br>4:30 Pilates and Barre<br>7:00 Pickleball @ SCI                                                   | 12)<br>9:00 Steppin’ Up<br><b>10:00 Yoga</b><br><br><b>12:00 Luncheon</b><br>1:30 Bridge & Cards<br><br>5:30 Zumba        | 13)<br>8:30 Yin Yoga<br><b>9:30 Shopping – Garden City</b><br>9:45 Hearts & Coffee<br>11:00 Line Dancing<br>1:00 Canasta<br><b>1:30 iPad Class</b><br>5:30 F.I.T<br>7:15 Pickleball @ Centennial                  | 14)<br><br>9:00 Yoga<br>1:30 Texas Hold’em<br><br><b>HAPPY VALENTINES DAY!</b> | 15)                                                                                          |
| 16)                                                                                | 17)<br><b>Louis Riel Day Office Closed</b><br><br>4:30 Body Blast<br>5:35 Dynamic Yoga              | 18)<br>9:30 Stitch N Craft<br>10:00 Men’s Chat<br>10:00 Steppin’ Out<br>11:00 Line Dancing<br>1:30 Tai Chi<br>4:30 Pilates and Barre<br>7:00 Pickleball @ SCI                                                   | 19)<br>9:00 Steppin’ Up<br><br>10:15 Yoga<br>1:00 Bridge & Cards<br><br>5:30 Zumba                                        | 20)<br>8:30 Yin Yoga<br>9:45 Hearts & Coffee<br>11:00 Line Dancing<br>1:00 Canasta<br>5:30 F.I.T<br><b>7:00 Ukulele Jam @ Something Beautiful</b><br>7:15 Pickleball @ Centennial                                 | 21)<br>9:00 Yoga<br><br>10:30 Quilter’s Corner<br><br>1:30 Texas Hold’em                                                                                          | 22)                                                                                          |
| 23)                                                                                | 24)<br><br>4:30 Body Blast<br>5:35 Dynamic Yoga                                                     | 25)<br>9:30 Stitch N Craft<br>10:00 Men’s Chat<br>10:00 Steppin’ Out<br>11:00 Line Dancing<br>1:30 Tai Chi<br>4:30 Pilates and Barre<br>7:00 Pickleball @ SCI                                                   | 26)<br>9:00 Steppin’ Up<br><br>10:15 Yoga<br><b>12:00 One Stroke Painting</b><br>1:00 Bridge & Cards<br><br>5:30 Zumba    | 27)<br>8:30 Yin Yoga<br>9:45 Hearts & Coffee<br>11:00 Line Dancing<br>1:00 Canasta<br>5:30 F.I.T<br>7:15 Pickleball @ Centennial                                                                                  | 28)<br>9:00 Yoga<br><br><b>1:30 Presentation: Downsizing &amp; Organizing</b><br><br>1:30 Texas Hold’em                                                           | 29)<br> |