



374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org



Strawberry Social

WEDNESDAY, JULY 19TH

**Afternoon Entertainment
1:30 – 3:30 pm**

Admission: \$5.00





July....

- July 4 Book Club @ 9:30 am
- July 4 Mahjong Lessons @ 1:00 pm
- July 4 **Hop, Drop & Shop Trip @10:00**
- July 5 **Registration Deadline Folklorama Trip**
- July 6 Afternoon Bingo @ 1:30 pm
- July 7 Travel Club Meeting @ 1:00 pm
- July 10 **Afternoon Cribbage Tournament @ 1:00 pm**
- July 11 Mahjong Lessons @ 1:00 pm
- July 12 Monthly Luncheon @ 12:00 pm
- July 13 **Bus Trip: Selkirk @ 9:15 am**
- July 13 Afternoon Bingo @ 1:30 pm
- July 19 **Strawberry Social @ 1:30 pm**
- July 20 Afternoon Bingo @ 1:30 pm
- July 25 **Showtime: Hidden Figures @ 1 pm**
- July 26 One Stroke Painting @ 12:00 pm
- July 27 **Bus Trip: Pineridge Hollow @9:30 am**
- July 27 Afternoon Bingo @ 1:30 pm

August...

- Aug 3 Bingo @ 1:30 pm
- Aug 9 Monthly Luncheon @ Noon
- Aug 10 Folklorama
- Aug 15 Folklorama
- Aug 23 Bus Trip: St Norbert's Farmers Market



September 23rd

Elvis and Johnny Cash Tribute Concert
With Corney Rempel @ 7pm

November 12th

WSO Music of the Mad Men Era (tentative date)
Sign up deadline: August 6th

Week at a Glance:

Monday:

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

Pickleball @ 6:30

Tuesday:

Stitch'n Craft @ 9:30
Men's Chat Group @ 10:00
Stepping Out @10:00
Chair Exercises @ 10:30
Line Dancing @ 11:15

Wednesday:

Stepping Up @ 9:30
Bridge & Cribbage @ 1:00

Thursday:

Hearts & Coffee @ 9:30
Line Dancing @ 11:00
Bingo @ 1:30
Pickleball @ 6:30

Friday:

Stepping Up BACK TO BASICS @ 10:30
Texas Hold'em @ 1:00

Programs on a Scheduled Basis:

Painting Lessons
Bridge & Cribbage
Texas Hold'em
Casino Trips, Shopping & Special Events
Book Club & Travel Club
Show Time

*If you would like to volunteer for any of our
Programs or Special Events
Please call **204-467-2582***





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.

Have You Renewed Your Membership for the Year ?



Only \$20.00 Annually

Our Membership is Growing & Growing!!!



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 \$10.00 or more

Don't know what to Buy for that Person who has it All?



**SOUTH INTERLAKE 55 PLUS
NOW HAS GIFT CERTIFICATES
AVAILABLE!!!**

**They can be purchased for ANY
denomination, for any
Program, Event or Class held
by the 55 Plus**

HAPPY BIRTHDAY

Margaret Ring	5
Pauline Blue	5
Roseanne Nichol	7
Marie Sarrasin	7
Eileen Crockatt	15
Ray Steen	19
Theresse Dandeneau	23
Caroline Maryniuk	23
Marjorie Needs	23
Bernice Sutton	26
Kris Laxdal	26

Anniversaries

Ray & Fern Massey	3
Bob & Margaret Moore	6



Find us on Facebook

Like our 55 Plus page,
South Interlake 55 Plus
on Facebook for updates on events.

We are on the Town of Stonewall website
www.stonewall.ca

Under Seniors Groups & Resources
There you can find our calendar of events
as well as links to our website.



South Interlake 55 Plus Is on the "WEB"

Visit us at:

<http://www.si55plus.org>

On our website you can..

- Get the latest news & goings on @ the Centre
- View a list of all Programs
- View photos in our Photo Gallery
- Download our monthly Newsletter right from your home!



Email comments to:
si55plus@mts.net

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.**

Loonie Draw!



Regular Loonie draws are made at our
luncheons each month. The next
Loonie draw will be made on

July 12th

Congratulations to June's
Lucky winner:

Lillian Rose



Special Summer Contest!!

Find Me!

3 Special summer editions of our logo are hidden somewhere in this newsletter. Find them all to win a \$10.00 55 Plus gift certificate (good for luncheons, snacks, bus trips, etc.) and have your name published in our next newsletter. Call, email, or drop in to the office with the page number and locations to be entered to win!



Find Me!



This competition will occur every month until September, but this month only we also want your suggestions for a name for our logo! Put your suggestion on your ballot and we will pick our favorite!

* Entries will be placed in a ballot box at the 55 Plus

** The logos within this box do not count towards the total



Cards!!!



Bridge & Cribbage

Wednesdays @ 1:00 pm

(On Luncheon Days – 1:30 pm)

Hearts & Coffee

Thursdays @ 9:30 am

Texas Hold'em

Fridays @ 1:00 pm



New Summer Program!!



Mahjong

Tuesdays @ 1pm



Call office to register: 204-467-2582



Stitch'n Craft

Join us every
Tuesday @ 9:30am



**Bring Your Project...
Scrap Booking
Rug Hooking
Knitting or Crochet
What are you working on?**

BINGO

Join us Thursdays
@ 1:30 for Bingo



A great afternoon of fun!

One Stroke Painting

Three-
Dimensional
Hibiscuses

Wednesday
July 26th



**Fees: 55 Plus Member \$10.00
Non-Members \$15.00**

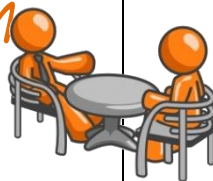
**Lab Fee:
\$15.00 Payable to Instructor**

Men's Chat

Tuesday's @ 10 AM



Enjoy a Coffee &
Fresh Baking



Coffee's on!



**COFFEE SHOP HOURS:
Tues. - Fri. 9:30 - 11:00 am**



Next Meeting:

Tuesday, July 4th @ 9:30 am

Upcoming Book Choices

July: The Three Sisters Bar and Hotel

by Katherine Govier

Book Choices are supplied by the South Interlake Regional Library. There is no cost involved....all you need is 55 Plus Membership!!!

Cribbage Tournament



Monday, July 10

1:00 pm



Cash Prizes

Door Prize

50/50 Draw

Refreshments



Only \$5.00 @ Door

(Partner Play),



JULY LUNCHEON



July 12th @ Noon
Cost \$10 @ the door

Menu:

- Cold Plate
- Mixed Salad and veggies
- Tea and coffee
- Dessert

**INTERESTED IN ANY
OF OUR
PROGRAMS OR
ACTIVITIES ???**

If you would like more information or to register for a program or trip, please call the office @ 467-2582

OR

Send us an e mail to

reception55@mymts.net





HOP, DROP, & SHOP



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

HOP, DROP, & SHOP JULY 4th

\$4.00 per person

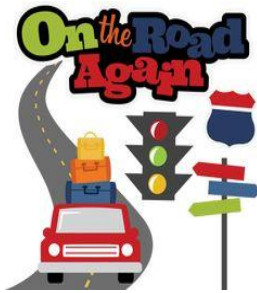
Proper Change Required – No Change will be provided by Driver

Stonewall &
District Handivan
Service
204-467-9446

Pick Up Locations:

Lions Manor Door #1 - Crocus Manor - Stonewood Place

South Interlake
55 Plus
204-467-2582



Travel CLUB



**Next Meeting:
Friday, July 7th @ 1:00 PM**

THE SOUTH INTERLAKE 55 PLUS

**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.***

SHOPPING TRIP TO SELKIRK



July 13th (Register by July 10th)

Lunch at the Golf Course (not included)

**Pick up @ Alternate locations 9:15 am
Pick up @ 55 Plus at 9:30 am**

**Cost: Members \$20.00
Non-Members \$25.00**



Stopping @...

Big Dollar
Packers
Walmart



Save the Date



P I N E R I D G E H O L L O W

EST. 1992

DAY TRIP - THURSDAY, JULY 27TH

Pickup @ Alternate Locations @ 9:15

Depart from 55 Plus (Odd Fellow Hall) @ 9:30

Free time to browse the Gardens and Gift Shop

11:30 Enjoy a Delicious Lunch (Not Included)

After lunch a quick tour of Birds Hill Park

Return to Stonewall @ approx. 2:30pm

55 Plus MEMBER COST: \$20.00

NON-MEMBER COST: \$25.00

Registration Deadline: July 24th

**South Interlake 55 Plus reserves the right to
CANCEL any trip due to Low Registration**





Folklorama

2 Trips:

Visit up to 6 Different Pavilions!

Choose 2 or 3 Pavilions per Trip!

Thursday, AUGUST 10th

DEPARTURE: 4:30 pm Alternate Pickup Locations
4:45 pm 55 Plus @ 374 First Street West

3 PAVILION TRIP

VISIT: Philippine, United Kingdom & German Pavilions

Enjoy:

Appetizer, Alcoholic Beverage, & Show at Philippine Pavilion

Dinner, Alcoholic Beverage, & Show at United Kingdom

Dessert, Beverage, & Show at German Pavilion

Will return to Stonewall approximately 11:00 pm

MEMBERS: \$80

NON-MEMBERS: \$85

Call the 55-Plus office to register @ 204-467-2582

55 Plus Reserves the Right to Cancel a Trip Due to Low Registration - No Refunds will be issued after the Deadline Date

DEADLINE TO REGISTER: Wednesday, July 5th





Folklorama

Tuesday, AUGUST 15th

DEPARTURE: 4:30 pm Alternate Pickup Locations
4:45 pm 55 Plus @ 374 First Street West

3 PAVILION TRIP

VISIT:

Scotland, Indochina Chinese & Scandinavian Pavilions

Enjoy:

Appetizer, Alcoholic Beverage, & Show at Scottish Pavilion
Dinner, Alcoholic Beverage, & Show at Indochina Chinese Pavilion
Dessert, Beverage, & Show at Scandinavian Pavilion

Will return to Stonewall approximately 11:00pm

MEMBERS: \$80 NON-MEMBERS: \$85

2 PAVILION TRIP

(On Stonewall Handivan – max 14 passengers)

VISIT: Scotland & Indochina Chinese Pavilions

Enjoy:

Appetizer, Alcoholic Beverage, & Show at Scottish Pavilion
Dinner, Alcoholic Beverage, & Show at Indochina Chinese Pavilion

Will return to Stonewall approximately 9:30pm

MEMBERS: \$70 NON-MEMBERS: \$75

Call the 55-Plus office to register @ 204-467-2582

55Plus Reserves the Right to Cancel a Trip Due to Low Registration - No Refund after the Deadline Date

DEADLINE TO REGISTER: Wednesday, July 5th



In a heartbeat, 38 planes and 6,579 passengers were forced to land in Gander, Newfoundland, doubling the population of one small town on the edge of the world. On September 11, 2001 the world stopped. On September 12, their stories moved us all.



Sunday, January 7th, 2018

@ 2:00 PM

Members: \$85

Non-Members: \$90

**LIMITED SEATING
FIRST COME FIRST SERVE!!!!!!!**

55 Plus reserves the right to cancel any trip due to low registration



St Norbert Farmers Market

Wednesday August 23

(Register by August 18th)

Alternate Pickup @ **9:45 am**

55 plus @ **10:00 am**

Members: \$20 Non-members : \$25



No refunds after August 18th. 55 Plus reserves the right to cancel due to low registration

MUSIC OF THE MAD MEN ERA

Sunday November 12th @ 2 pm (Tentative Date)

The WSO brings a taste of the early sixties,
made famous by the show Mad Men

Cost: Members: \$60

Non-Members: \$65

Pickup at Alternate Locations @ 12pm

Pickup at 55 Plus @ 12:15 pm



Registration Deadline: August 16th

55 Plus reserves the right to cancel any trip due to low registration.

Refunds will not be issued after August 16



“Showtime” ...

Featuring: Hidden Figures



Tuesday,
July 25th
1:00 pm

Everyone knows the story of the first man on the moon, but do you know who got him there? Hidden Figures tells the inspiring story of the women who worked behind the scenes at NASA as mathematicians, engineers, and “computers”, and helped bring humanity to the moon. They overcame racism, sexism, and mathematical improbability and have made their mark on history forever.



Silver Collection --- Refreshments



Elvis/Johnny Cash Tribute Concert With Corney Rempel



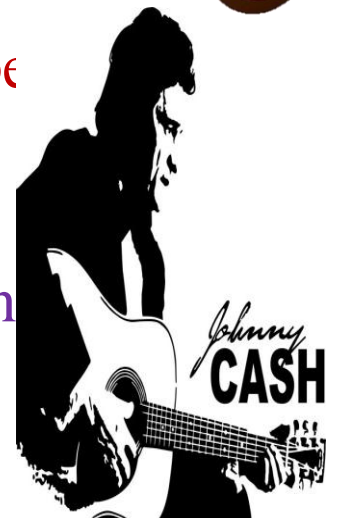
Saturday, September 23rd 2017



An evening of music and fun
Brought to you by Corny Rempel
And the 55 Plus.



Time: 7:00 pm
Doors open @ 6pm. Rush Seating
Place: Oddfellows Hall



Ticket Cost: \$20

STAY ACTIVE – STAY HEALTHY!

Active Living Programs (Summer):



Pickleball – Mon @ 6:30 pm & Thurs @ 6:30 pm

Steppin' Out – Tues @ 10:00 am

Line Dancing – Tues @ 11:15 am & Thurs @ 11:00 am

Steppin' Up – Wed @ 9:30 am

Steppin' Up Back to Basics - Fri @ 10:30 am



Pickleball



Monday & Thursday Evenings
6:30 pm

Stonewall Curling Club
500 Main Street, Stonewall

COST:

55 Plus Member: \$3.00

Non-Members: \$5.00



Steppin' Out

Join friends & neighbours
@ The 55 Plus, 374 1st St West
Every Tuesday @ 10:00 am
for a walk around our town

Indoor Walkers Welcome!

Tuesdays & Wednesdays @ 10:30 am
Thursdays & Fridays @ 9:30 am

keep your face to the sunshine
and you cannot see the shadows.



it's what the sunflowers do.

-helen keller

chibird

STEPPIN' UP Wednesdays @ 9:30 am



Steppin' Up is a peer led exercise program.

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

Line Dancing



Tuesdays

Step Class @ 11:15 am

Beginner & Intermediate

@ 11:30 am

Thursdays @ 11:00 am

\$2.00 per Class

Beginners Welcome!

STEPPIN' UP: Back to Basics



Fridays @ 10:30 am



New exercise program using chair and light exercise equipment.

A basic workout using Steppin' Up principles.

Come and have some fun!!

Around Town



The Manitoba Youth Job Centre is hosting a 5K Family Run/Walk Saturday, July 29th from 8 - 10 am



\$15 per family or \$10 per individual
(Includes pancake breakfast!)



Bring your children, parents, siblings, cousins, and dog and go for a walk!

Would you like to enjoy dinner with some company?

“Potluck, Pleasure, and Fellowship”

Do you require transportation to our dinner?

Church of the Ascension -Parish Hall

435-1st Avenue North, Stonewall

There will be no dinners over the summer

Next Date: September 18th



FOR RESERVATIONS
Call: 204-467-2234

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
- Telecheck (phone buddy)
- Caregivers Support
- Form Assistance & Resource Information

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

204-467-2719

Canada 150 Trivia

Canadian Pride

1. Who wrote the Canadian National Anthem?
2. In what year did Canada get its own flag?
3. In what language was "O Canada" originally written?



Canadian Cities

4. What Canadian city is known as the Polar Bear Capital of the World?
5. What Canadian city is known as the Slurpee Capital of the World?
6. What Canadian city is the only walled city in North America?

Sports

7. What Canadian golf club is the oldest in North America?
8. Maurice "Rocket" Richard was the first NHL player to do what?
9. In what year was the first NBA game played in Canada?
10. What is the name of Canada's Major league baseball team?



Symbols

11. How many points are there on a Canadian Maple Leaf?
12. What animal is the official symbol of Canada?
13. What is Canada's national sport? (Hint: It's not hockey)
14. What are Canada's two official languages?



Statistics

15. What restaurant has the most outlets in Canada?
16. What percentage of the world's fresh water is in Canada?
17. How many time zones are in Canada?
18. Canada has the world's longest highway. Which highway is it?
19. Canada is the second-largest country in the world. Which country is first?

Canadian Quirks

20. What is a hoodie called in Saskatchewan?
21. What shape were Nunavut licence plates until 2012?



Answers

11. 11
12. Beaver
13. Lacrosse
14. French and English
15. Tim Hortons
16. 20%
17. 6
18. The trans-Canada Highway
19. Russia
20. A bunnyhug
21. Polar bear shaped

1. Sir Adolphe-Basile Routhier
2. 1965
3. French
4. Churchill, Manitoba
5. Winnipeg, Manitoba
6. Quebec City, Quebec
7. The Royal Montreal Golf Club
8. Score 50 goals in one season
9. 1946
10. The Toronto Blue Jays

SUDOKU

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



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



Recipe of the Month: Chicken Pecan Pear Salad with Stilton Dressing

INGREDIENTS

½ cup pecans
3 cups cooked chicken, cut into bite sized pieces
2 Bartlett or Anjou pears washed and dried
2 Tbsp fresh lemon juice

Stilton Dressing

3 Tbsp red or white wine vinegar
4 Tbsp plain Greek yogurt
salt to taste
1/4 tsp fresh-ground black pepper
5 Tbsp olive oil
¼ lb. Stilton (or other blue cheese), crumbled

PREPARATION

In a large frying pan, toast the pecans over a moderately low heat, stirring frequently, until golden brown, about 5 minutes. Remove the nuts from the pan, let cool then coarsely chop.

Cut pears in half lengthwise and remove core. Slice the halves lengthwise into thin wedges. Toss the pear slices with lemon juice and set aside.

In a small bowl, whisk together the vinegar, yogurt, salt and pepper. Add the olive oil slowly, whisking. Stir in the crumbled Stilton, leaving the dressing chunky.

In a large bowl, toss the greens with half the dressing. Divide the salad on to four plates. Top each with pear slices and chicken. Spoon remaining dressing over the salads and top with pecans.



Canada

Find and circle all of the words that are hidden in the grid.
The remaining 47 letters spell a secret message.

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

ALBERTA
 BEARS
 BEAVERS
 BRITISH COLUMBIA
 CARIBOU
 CHARLOTTETOWN
 CURLING
 EDMONTON
 FORESTS
 FREDERICTON
 GEESE
 HALIFAX

HOCKEY
 IQALUIT
 LABRADOR
 LAKES
 LOONIE
 MANITOBA
 MAPLE LEAF
 MAPLE SYRUP
 MOOSE
 MOUNTAINS
 NEW BRUNSWICK

NEWFOUNDLAND
 NORTHWEST TERRITORIES
 NOVA SCOTIA
 NUNAVUT
 OIL
 ONTARIO
 OTTAWA
 PRAIRIES
 PRINCE EDWARD ISLAND
 QUEBEC
 RCMP

REGINA
 SASKATCHEWAN
 SNOW
 ST. JOHN'S
 TOQUE
 TORONTO
 VICTORIA
 WHITEHORSE
 WINNIPEG
 YELLOWKNIFE
 YUKON

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1) 
2)	3) <u>Court in Session</u>	4) 9:30 Stitch N Craft 9:30 Book Club 10:00 Hop Drop & Shop 10:00 Men's Chat Grp 10:00 Steppin' Out 10:30 Chair Exercise 11:15 Line Dancing 1:00 Mahjong lessons	5) Registration deadline Folklorama 9:30 Steppin' Up 1:30 Bridge & Crib	6) 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Afternoon Bingo 6:30 Pickleball	7) 10:30 Steppin' Up Back to Basics 1:00 Texas Hold'em 1:00 Travel Club	8)
9)	10) 1:00 Afternoon Crib Tournament 6:30 Pickleball	11) 9:30 Stitch N Craft 10:00 Men's Chat Grp 10:00 Steppin' Out 10:30 Chair Exercises 11:15 Line Dancing 1:00 Mahjong lessons	12) 9:30 Steppin' Up 12:00 Luncheon 1:30 Bridge & Crib	13) 9:15 Bus Trip: Selkirk Shopping Trip 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Afternoon Bingo 6:30 Pickleball	14) 10:30 Steppin' Up Back to Basics 1:00 Texas Hold'em	15)
16)	17) <u>Court in Session</u> 6:30 Pickleball	18) 9:30 Stitch N Craft 10:00 Men's Chat Grp 10:00 Steppin' Out 11:15 Line Dancing 1:00 Mahjong lessons	19) 9:30 Steppin' Up 1:30 Strawberry Social	20) 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Afternoon Bingo 6:30 Pickleball	21) 10:30 Steppin' Up Back to Basics 1:00 Texas Hold'em	22)
23)	24) <u>Court in Session</u> 6:30 Pickleball	25) 9:30 Stitch N Craft 10:00 Men's Chat Grp 10:00 Steppin' Out 11:15 Line Dancing 1:00 Showtime	26) 9:30 Steppin' Up 12:00 One Stroke Painting 1:00 Bridge & Crib & 1:00 Mahjong lessons	27) 9:15 Bus Trip: Pineridge Hollow 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Afternoon Bingo 6:30 Pickleball	28) 10:30 Steppin' Up Back to Basics 1:00 Texas Hold'em	29)
30)	31) <u>Court in Session</u> 6:30 Pickleball					