

# NEWSLETTER



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

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

204-467-2582

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



## **AUGUST LUNCHEON**



Wednesday, August 9th



*Menu:*  
Cold Plate  
Salads and  
Veggies  
Coffee and Tea  
Dessert



**August....**

- Aug 1 **Hop Drop and Shop @ 10:00 am**
- Aug 1 **Circuit Fun @ 5:00 pm**
- Aug 3 Afternoon Bingo @ 1:30 pm
- Aug 4 **Travel club Meeting @ 1:00 pm**
- Aug 8 **Circuit Fun @ 5:00 pm**
- Aug 9 Luncheon @ 12 Noon**
- Aug 10 Folklorama Trip @ 4:30 pm**
- Aug 11 Afternoon Bingo @ 1:30 pm
- Aug 14 Afternoon Crib tournament
- Aug 15 Folklorama Trip @ 4:30 pm**
- Aug 15 **Circuit Fun @ 5:00 pm**
- Aug 16 One Stroke Painting @ 12:00 pm
- Aug 16 Mad Men registration deadline
- Aug 18 St Norbert Deadline
- Aug 18 Afternoon Bingo @ 1:30 pm
- Aug 22 **Circuit Fun @ 5:00 pm**
- Aug 23 **St Norbert Trip @ 10:00 am**
- Aug 25 Afternoon Bingo @ 1:30 pm
- Aug 30 One Stroke Painting @ 12:00 pm

**September...**

- Sept 7 Fort Whyte Bus Trip @ 10:30 am
- Sept 11 Afternoon Cribbage Tournament @ 1:00 pm
- Sept 13 Luncheon @ 12 Noon**
- Sept 14 Shopping Bus Trip
- Sept 20 One Stroke Painting Class
- Sept 21 Casino Trip – Club Regent
- Sept 23 Elvis & Johnny Cash Tribute Concert @ 7 pm**



**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  
Line Dancing @ 11:15  
Mahjong Lessons @ 1:00  
**Circuit fun @ 5:00**

**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:**

Texas Hold'em @ 1:00

**Programs on a Scheduled Basis:**

- Painting Lessons
- Cribbage Tournaments
- Monthly Luncheons
- 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***



**September 23<sup>rd</sup>**

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

**November 12<sup>th</sup>**

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



# 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!!!**



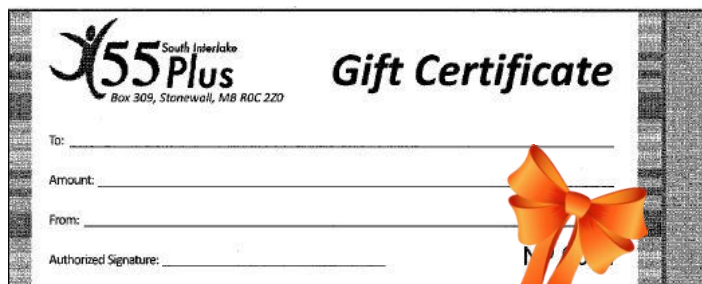
Support your Senior Centre by [MEMBERSHIP, VOLUNTEERING, OR DONATION](#)

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**

Eleanor Baldwin	2	Joan Tigchelaar	29
Evelyn Buchanan	7	Marion Murray	30
Margaret Chaboyer	9		
Sheila Buchanan	10		
Jack Islay	10	<u>Anniversaries</u>	
Margaret Saundry	10	John and	
Kathy Harber	11	Rosemary Pattie	16
Sylvia Senchuk	19		
George Lysak	20		
Kim Brown	23		
Arlene Farebrother	23		
Garnet Laing	23		
Elsie Donetz	26		
Lorne Rezansoff	27		
Arlene Farthing	28		





## 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](http://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](mailto: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

**August 9th**

Congratulations to July's  
Lucky winner:

**Bert Walker**



# Special Summer Contest!!



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, membership, 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!

This competition will occur every month until September. Submissions for August must be in by 4 pm August 25. We are still looking for name suggestions.

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

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



Congrats to July's winner, Linda Faye Chapman!



## 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**



## Mahjong

**Tuesdays @ 1pm**



Call office to register: 204-467-2582

*Mahjong is an ancient Chinese game much like Rummy, but played with tiles.*



## 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



**"Leave a Note"  
Wednesday,  
August 16  
@ 12:00pm**

**"If Friends Were  
Flowers, I'd Pick You"  
Wednesday,  
August 30  
@ 12:00pm**

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

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



**Next Meeting:**

**Tuesday, August 1<sup>st</sup> @ 9:30 am**

**Upcoming Book Choices**

**August: Precious Cargo**

*By Craig Davidson*

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, August 14  
1:00 pm**



Cash Prizes

Door Prize

50/50 Draw

Refreshments



**Only \$5.00 @ Door**

*(Partner Play),*



## **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

**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](mailto:reception55@mymts.net)



**55 Plus reserves the right to cancel any program due to low registration**





# HOP, DROP, & SHOP



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

**HOP, DROP, & SHOP AUGUST 1<sup>st</sup>**

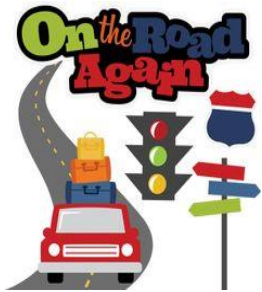
**\$4.00 per person**

*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:  
August 4<sup>th</sup> @ 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.***



# FORT WHYTE



**Thursday, September 7, 2017**

**Your Afternoon Will Include:**

Transportation departing the 55 Plus @10:30  
Time to check out the Nature shop for great gifts  
Lunch at the Buffalo Stone Café at noon  
Bison Safari at 1:30

**Registration  
required by  
September  
5th**

Cost: Members: \$45      Non-Members: \$50  
**Cost includes transportation, lunch & bison safari**





# Save the Date



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 7<sup>th</sup>, 2018**

**@ 2:00 PM**

Members: \$85

Non-Members: \$90



**Tickets are non-refundable after deadline date.**

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



## St Norbert Farmers Market

Wednesday August 23

(Register by August 18<sup>th</sup>)

Alternate Pickup @ **9:45 am**

55 plus @ **10:00 am**

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



**No refunds after August 18<sup>th</sup>. 55 Plus reserves the right to cancel due to low registration**

## MUSIC OF THE MAD MEN ERA

**Sunday November 12<sup>th</sup> @ 2 pm (Tentative Date)**

The WSO brings a taste of the early sixties,  
with music 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 16<sup>th</sup>**

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

**Refunds will not be issued after August 16**





# Elvis/Johnny Cash

## Tribute Concert

### Saturday, September 23<sup>rd</sup>



An Evening of Music and Fun  
Brought to You by Corny Rempel  
& 55 Plus



**Time: 7:00 pm**

Doors open at 6 pm

*Rush seating*

**Place: Oddfellows Hall**

374 First Street West, Stonewall

**Tickets: \$20**



Fundraiser in Support of  
South Interlake Fifty-Five Plus Inc.





# “Showtime” ...

FEATURING: ABBOTT AND COSTELLO IN *WHO DONE IT?*



Tuesday,  
August 22<sup>nd</sup>  
1:00 pm

In this slapstick comedy thriller, Abbott and Costello play would-be radio writers who find themselves involved in a real murder during the recording of a “whodunit” play. Trying to solve the crime, they are suspected by the police – and targeted by the killer!



## Silver Collection --- Refreshments



### Beginner Felting Class

*Instructor: Patricia Anderson*

The textile art of Felting is an ancient craft used for centuries for processing wool into a finished cloth. Felting is the technique or the process of shrinking and bonding wool fibers together, through heat, agitation and moisture, causing wool fibers to interlock and tighten together forming a dense fabric with a soft texture.

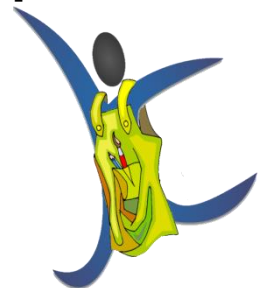
**Wednesday, October 4th 12:30 – 4:30 pm**

In the Beginner Class,  
You will learn the Wet Felting Technique  
& Create a Sampler Art Piece

**Class Fees:**

**Member Fee:** \$110    **Non-Member Fee:** \$120

*Fee Includes all Supplies!*



***A Smock or Apron is Recommended for the Class – Please Bring Your Own!***  
***55 Plus reserves the right to cancel classes due to low registration.***



# STAY ACTIVE - STAY HEALTHY!

## Active Living Programs (Summer):



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

Steppin' Out – Tues @ 10:00 am

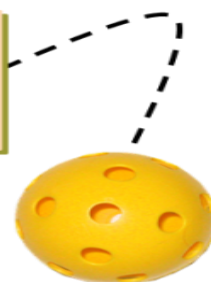
Line Dancing – Tues @ 11:15 am & Thurs @ 11:00 am

Circuit Fun – Tues @ 5:00 pm

Steppin' Up – Wed @ 9:30 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**







**STAY ACTIVE! STAY HEALTHY!**

# HOT SUMMER SPECIAL!

**Tuesdays from 5-6  
July 11- August 22**



**Circuit Fun** runs gentle circuits that alternate cardio with strengthening and sculpting, followed by group stretching and cool-down. Get out of the heat and into shape with this new program!!  
Taught by **Roberta Finnie**

Roberta Finnie is certified through the Manitoba Fitness Council as a Resistance Trainer, and is in the process of completing Sports Conditioning and Older Active Adult Certifications.

**Call 55 Plus to Register for all 7 weeks:**

Members: \$25 Non-Members: \$30

**DROP IN'S WELCOME!**

**\$5.00/class**

**204-467-2582**



**AGE FRIENDLY**  
Manitoba

**55 Plus** South Interlake

## *Steppin' Out*

Join friends & neighbours  
@ **The 55 Plus, 374 1<sup>st</sup> 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

## *Line Dancing*



Tuesdays

Class @ 11:15 am

Beginner & Intermediate

@ 11:30 am

Thursdays @ 11:00 am

\$2.00 per Class

**Beginners Welcome!**



## **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.

**Steppin'Up Back to Basics will resume in September**

# FALL IS ALMOST HERE!

*Time to get back into action!*

*Get ready for a new Active Wellness session!*

## **STAY ACTIVE! STAY HEALTHY!** **ACTIVE WELLNESS CLUB**

*The fall session runs September 12 to December 1, 2017*

### **Monday**

4:30 pm - Funfit with Cheryl Kooning

### **Tuesday**

4:30 pm - Yoga with Gail Spencer-Lamm

5:45 pm - Pound with Arlene Patterson

### **Wednesday**

5:30 pm - Dancefit with Arlene Patterson

### **Thursday**

5:30 pm - Ultimate Mix with Cheryl Kooning and Patsy Duncan

### **Friday**

9:00 am - Gentle Yoga with Gail Spencer-Lamm

*For more information and class descriptions, call 204-467-2582 or check out our website: [www.si55plus.org](http://www.si55plus.org)*

## **Fees**

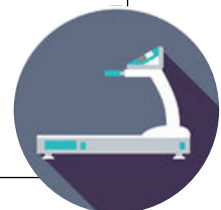


### **Full Session (12 Weeks)**

	Member	Non-Member
One class:	\$80	\$95
Two classes:	\$140	\$170
All Access:	\$200	\$230

### **1/2 Session (6 Weeks)**

	Member	Non-Member
One class:	\$40	\$50
Two classes:	\$70	\$85
All Access:	\$100	\$215



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



## MS BIKE

GEAR UP TO END MS  
August 26-27, 2017  
Registration ends August 18



*Two days of bike rides around Gimli, MB in support of multiple sclerosis treatment. (Total of 135.1 km)*

Canada has the highest rate of multiple sclerosis in the world. When you join MS Bike, the dollars you raise are invested in world-leading MS research happening right here in Canada; research that will bring us closer to the first treatment for progressive MS and ultimately a cure.

Visit <http://www.msbike.ca> to support or participate!

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**

435-1<sup>st</sup> 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**

# 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.



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



## Recipe of the Month: Strawberry and Feta Salad

### INGREDIENTS

1 cup slivered almonds  
 2 cloves garlic, minced  
 1 teaspoon honey  
 1 teaspoon dijon mustard  
 ¼ cup raspberry vinegar  
 2 tablespoons balsamic vinegar  
 2 tablespoons brown sugar  
 1 cup vegetable oil  
 1 head romaine lettuce, torn  
 1 pint fresh strawberries, sliced  
 1 cup crumbled feta cheese

### PREPARATION

In a skillet over medium-high heat, cook the almonds, stirring frequently until lightly toasted. Remove from heat and set aside

In a bowl, prepare the dressing by whisking together the garlic, honey, Dijon mustard, raspberry vinegar, balsamic vinegar, brown sugar, and vegetable oil.

In a large bowl, toss together the toasted almonds, romaine lettuce, strawberries, and feta cheese. Cover with the dressing mixture, and toss to serve.





# Word Search



## At The Beach

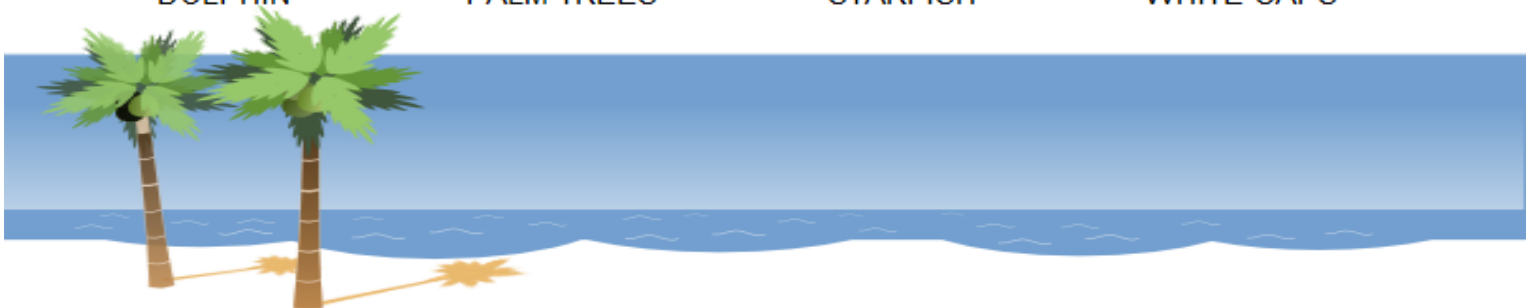


BEACH BALL  
BOARDWALK  
BOOGIE BOARD  
CORAL REEF  
DOLPHIN

HIGH TIDE  
JELLY FISH  
LIFEGUARD  
LIGHTHOUSE  
PALM TREES

PELICAN  
SAND CASTLE  
SAND DUNES  
SEA SHELL  
STARFISH

SUNBATHERS  
SURFBOARD  
SWIMSUIT  
UMBRELLA  
WHITE CAPS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<b>1)</b> 9:30 Stitch N Craft 10:00 Men's Chat Grp 10:00 Steppin' Out 11:15 Line Dancing  1:00 Mahjong Lessons <b>5:00 Circuit Fun</b>	<b>2)</b> 9:30 Steppin'Up  1:00 Bridge and Crib	<b>3)</b> 9:30 Hearts & Coffee 11:00 Line Dancing  1:30 Bingo  6:30 Pickleball	<b>4)</b>   1:00 Texas Hold'em 1:00 Travel Club	<b>5)</b>	
	<b>6)</b>	<b>7) Long Weekend</b>  <b>Office Closed</b>  <b>NO Pickleball</b>	<b>8)</b> 9:30 Stitch N Craft 10:00 Men's Chat Grp 10:00 Steppin' Out 11:15 Line Dancing  1:00 Mahjong Lessons <b>5:00 Circuit Fun</b>	<b>9)</b> 9:30 Steppin'Up  <b>12:00 Luncheon</b>  1:30 Bridge and Crib	<b>10)</b> 9:30 Hearts & Coffee 11:00 Line Dancing  1:30 Bingo <b>4:30 Folklorama Trip</b> 6:30 Pickleball	<b>11)</b>   1:00 Texas Hold'em	<b>12)</b>
	<b>13)</b>	<b>14)</b>  <b>1:00 Afternoon Crib Tournament</b>   6:30 Pickleball	<b>15)</b> 9:30 Stitch N Craft 10:00 Men's Chat Grp 10:00 Steppin' Out 11:15 Line Dancing  1:00 Mahjong Lessons <b>4:30 Folklorama Trip</b> <b>5:00 Circuit Fun</b>	<b>16)</b> <b>WSO Bus Trip Deadline</b> 9:30 Steppin'Up  <b>12:00 One Stroke Painting</b>  1:00 Bridge and Crib	<b>17)</b> 9:30 Hearts & Coffee 11:00 Line Dancing  1:30 Bingo  6:30 Pickleball	<b>18)</b>  <b>St Norbert Bus Trip Deadline</b>   1:00 Texas Hold'em	<b>19)</b>
	<b>20)</b>	<b>21)</b>  <b>Court in Session</b>   6:30 Pickleball	<b>22)</b> 9:30 Stitch N Craft 10:00 Men's Chat Grp 10:00 Steppin' Out 11:15 Line Dancing <b>1:00 Showtime</b> <b>5:00 Circuit Fun</b>	<b>23)</b> 9:30 Steppin'Up <b>10:00 St. Norbert Trip</b>  1:00 Bridge and Crib 1:00 Mahjong Lessons	<b>24)</b> 9:30 Hearts & Coffee 11:00 Line Dancing  1:30 Bingo  6:30 Pickleball	<b>25)</b>   1:00 Texas Hold'em	<b>26)</b>
	<b>27)</b>	<b>28)</b>  <b>Court in Session</b>   6:30 Pickleball	<b>29)</b> 9:30 Stitch N Craft 10:00 Men's Chat Grp 10:00 Steppin' Out 11:15 Line Dancing  1:00 Mahjong Lessons	<b>30)</b> 9:30 Steppin'Up  <b>12:00 One Stroke Painting</b> 1:00 Bridge and Crib	<b>31)</b> 9:30 Hearts & Coffee 11:00 Line Dancing  1:30 Bingo  6:30 Pickleball		