



55 South Interlake Plus

374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

September 2017



55 PLUS IS
HOSTING A
STAR!

ELVIS + JOHNNY CASH TRIBUTE CONCERT
FEATURING CORNY REMPEL
MORE INFO ON PAGE 15



September

- Sept 4 Labor Day – Office Closed**
- Sept 5 Hop, Drop & Shop @ 10:00 am**
- Sept 5 Book Club @ 9:30 am**
- Sept 7 Ft Whyte Bus Trip @ 10:30**
- Sept 8 Travel Club @ 1:00 pm
- Sept 11 Crib tournament @ 1:00 pm**
- Sept 11 Pickleball at Centennial School @ 7:15 pm
- Sept 12 Active Wellness Fall Session starts**
- Sept 12 Yoga @ 4:30 pm
- Sept 12 Pound @ 5:45 pm
- Sept 13 Luncheon @ 12:00 pm**
- Sept 13 Ultimate Mix @ 5:30 pm
- Sept 14 Gentle Yoga @ 9:00 am
- Sept 18 Funfit @ 4:30 pm
- Sept 20 One Stroke Painting @ 12:00 pm
- Sept 21 Casino Trip – Club Regent @ 9:45 am**
- Sept 21 No Bingo
- Sept 23 Elvis/Johnny Cash Concert @ 7:00 pm**

October

- Oct 2 Crib Tournament @ 1:00 pm
- Oct 3 Book Club @ 9:30
- Oct 3 Hop, Drop & Shop @ 10:00 am
- Oct 4 Felting Class @ 12:30 pm
- Oct 5 Travel Club @ 10:00 am
- Oct 11 Luncheon @ 12:00 pm
- Oct 12 Shopping trip to Polo Park
- Oct 17 Card Making Class #1 @ 1:00 pm
- Oct 24 Card Making Class #2 @ 1:00 pm
- Oct 30 Zentangle Class @ 1:00 pm
- Oct 31 Celebrations Dinner Theatre @ 10:00 am

Week at a Glance:

Monday:

Office is CLOSED to Public 8:30 – 4:00
Appointments Only
 Pickleball @ 6:30 (7:15 Starting Sept 11)
 Funfit @ 4:30

Tuesday:

Stitch'n Craft @ 9:30
 Men's Chat Group @ 10:00
 Stepping Out @ 10:00
 Line Dancing @ 11:15
 Mahjong Lessons @ 1:00
 Yoga @ 4:30
 Pound & Pump @ 5:45

Wednesday:

Stepping Up @ 9:30
 Bridge & Cribbage @ 1:00
 Dancefit @ 5:30

Thursday:

Hearts & Coffee @ 9:30
 Line Dancing @ 11:00
 Bingo @ 1:30
 Pickleball @ 6:30
 Ultimate Mix @ 5:30

Friday:

Gentle Yoga @ 9:00 am
 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***



November

12th @ 2:00 Music of the Mad Men Era

February

23rd @ 6:30 A Night in Spain



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



Please bear with us...

A renovation to the stage area is expected to occur during September. Watch for notifications of changes to programs on our bulletin board, website, and Facebook page. Minimal interruptions are expected. Your understanding is appreciated.

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

| Name | Day | |
|--------------------|-----|---------------------|
| Couvier, Donna | 1 | Beauchamp, Helen 27 |
| Grzenda, Frank | 2 | Bronson, Mary 27 |
| Laing, Lindse | 4 | Boyd, Mary 29 |
| Lockhart, Loreen | 4 | Grzenda, Elaine 30 |
| Barda, Donna | 11 | |
| Harris, Helen | 12 | |
| Ammeter, Alwyn | 14 | |
| Melwychuk, Randy | 16 | |
| Matthews, Arevella | 21 | |
| Van Solkema, Linda | 21 | |
| Martini, Isabell | 24 | |

Congrats to **Bonnie Place**, who won our Quarry Days Draw courtesy of Family Foods!





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

September 13th

Congratulations to August's
Lucky winner:

Linda Faye Chapman

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 is the last month for the contest. Submissions for September must be in by 4 pm September 22nd.

* 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 August's winner, **Shirley Whitehead!**



Cards



Scheduled Bridge games start **September 20!** Please Register with the Office!

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.





Next Meeting:
Tuesday, Sept 5th @ 9:30 am

Upcoming Book Choices

The Piano Maker
by Kurt Palka

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, Sept 11
1:00 pm



Cash Prizes

Door Prize

50/50 Draw

Refreshments



Only \$5.00 @ Door

(Partner Play),

Next Tournament Oct 2nd



MEN'S CHAT

TUESDAY'S @ 10 AM

**ENJOY A COFFEE &
FRESH BAKING**



Join us Thursdays
@ 1:30 for Bingo



A great afternoon of fun!

Coffee's on!



COFFEE SHOP HOURS:

Tues. - Fri. 9:30 - 11:00 am

INTERESTED IN A PROGRAM?



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

Stitch'n Craft

Join us every
Tuesday @ 9:30am



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



Beginner Felting Class

Instructor: Patricia Anderson

**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.*

One Stroke Painting



"Xmas Shelf Mouse"
Wednesday,
Sept 20
@ 12:00pm

Lab Fee:

\$15.00 Payable to Instructor

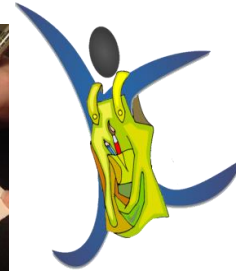
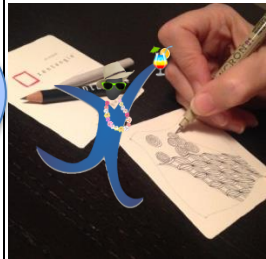
Fees: 55 Plus Member \$10.00

Non-Members \$15.00

Introduction to Zentangle®

Instructor: Carol Graham

*Zentangle is a fun and easy-to-learn
method of creating abstract images using
simple repetitive patterns. If you can
print your own name you have all the skills
required for this fascinating art form! Like
yoga for your soul, it can help increase
focus and relaxation and decrease stress.*



**Monday, October 30th
1:00 pm**

Registration Fee:

Members: \$40

Non-Members: \$45

Class materials included

Christmas Card-Making Workshops

October 17th and 24th @ 1:00 pm

Make 4 Beautiful Christmas cards under the guidance of Mary Bronson. Perfect for sending to friends and loved ones.

Price: \$20 (members) \$25 (Non-members) per person, per workshop

Price includes all materials

Call the 55 Plus at 204-467-2582 or drop in to register.

WORKSHOP SIZE LIMITED!



Workshop 1



Workshop 2

FALL LUNCHEON

Wednesday, September 13th at Noon

Tickets \$10 at the door



EACH
MOMENT
OF THE
YEAR HAS
ITS OWN
BEAUTY.

Ralph Waldo Emerson

Special offer for 55 Plus Members!



THRIVE

Flexible benefits for retirees.

- 3 comprehensive plans
- Includes annual travel and trip cancellation coverage
- No medical evidence required within 90 days of losing coverage



MEDOC Travel Insurance

Flexible, affordable travel insurance available exclusively for group members.

- Multi-Trip Coverage
- Comprehensive
- Emergency Assistance



Call or visit us online for a quote.

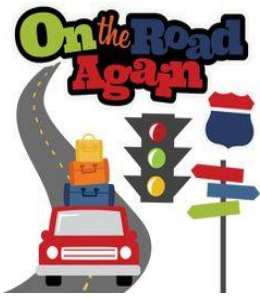
1.877.989.2600 masc.johnson.ca



MASC

JOHNSON
INSURANCE

If it happens to you, it happens to us.



Travel CLUB



**Next Meeting:
September 8th @ 1:00 PM**



A Casino Trip to: Club Regent Casino

**Thursday,
September 21st, 2017**

**Alternate pick up Locations @ 9:45 am
DEPARTING the 55 Plus @ 10:00 am**

Lions Manor Door #1 - Crocus Manor - Stonewood Place



Registration Required By September 19th

FORT WHYTE

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

**Trip is
September 7th
Registration
required by
September 5th**



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

MUSIC OF THE MAD MEN ERA

With music from:
Frank Sinatra, Dean
Martin, Wayne
Newton, Peggy Lee
and more!

Sunday November 12th@ 2 pm

**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

**Deadline
extended!!**

Registration Deadline: September 13th

**55 Plus reserves the right to cancel any trip due to low
registration. Refunds will not be issued after August 16**





HOP, DROP, & SHOP



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

HOP, DROP, & SHOP SEPTEMBER 5TH - \$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

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.*

A Night in Spain

Friday, February 23, 2018
at the Centennial Concert Hall



REGISTRATION DEADLINE: Wednesday, September 13th

Members: \$60

Non-Members: \$65



Tickets non-refundable after deadline date.

Depart 55 Plus @ 6:30 pm

Alternate pickup locations @ 6:15 pm

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



A spoof on the television series "Bewitched", Celebrations tells the story of Samantha Stephens, who just wants to throw a birthday party for her friend. But when her mother – a witch – shows up and turns the Elvis impersonator into the real deal, Samantha has a crazy sixties party on her hands.

October 31st, 2017

Deadline to register:

September 15th

Pickup at alternate locations @ 9:45 am

Pickup at 55 Plus @ 10:00 am

Will return by approximately 3:30 pm

Cost: Member \$60

Non-Member \$65

STAY ACTIVE – STAY HEALTHY!

Active Living Programs:

Funfit – Monday @ 4:30 pm

Pickleball – Monday & Thursday @ 6:30 pm

Yoga – Tuesday @ 4:30 pm

Line Dancing – Tuesday @ 11:15 am
& Thursday @ 11:00 am

Pound & Pump – Tuesday @ 5:45 pm

Dancefit – Wednesday @ 5:30 pm

Steppin'Up – Wednesday @ 9:30 am

Ultimate Mix – Thursday @ 5:30 pm

Gentle Yoga – Friday @ 9:00 am



Pickleball



Monday & Thursday Evenings
6:30 pm

Stonewall Curling Club
500 Main Street, Stonewall
At Stonewall Centennial School
@ 7:15 beginning Sept 11



COST:
55 Plus Member: \$3.00
Non-Members: \$5.00



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 & Pump with Arlene & Gail

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

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 |





FALL 2017

CLASS DESCRIPTIONS



DANCEFIT

Just right for you, this fun and easy-to-follow aerobic dance workout with **Arlene Patterson** is inspired by “Zumba” and is guaranteed to bring on good vibrations. Cool down, balance work, and stretching can be done using chairs, so no mats are required. Bring your water because you will sweat, and if you don’t come in with a smile we know you will leave with one!

FUNFIT

This class with **Cheryl Kooning** will start with a lively mix of calorie-burning cardio, then strengthen and sculpt the entire body with weights and Pilates. Finally, we’ll reward and lengthen your muscles with yoga-based stretching. Classes will include interval training, step, "zumba", high and low impact aerobics, while still bringing you the same energetic Funfit feel you have come to expect. Join us for a fun, challenging, and energetic class for **beginners to advanced** fitness enthusiasts! Bring a water bottle, 3lb - 10lb weights (according to **your** fitness level), and a yoga mat.

GENTLE YOGA

Step out of your hectic life for one delicious hour with **Gail Spencer-Lamm**. You will focus on uniting body, mind and spirit and develop ease of movement, strength, and flexibility with flowing, rhythmic yoga and Pilates inspired exercises. You will be encouraged to lean against your edge with considerate persistence and honor your needs. Work hard, rest when necessary and choose from options to make the class just the right fit. Sweat, but leave refreshed and energized!

ULTIMATE MIX

This fun, energizing class with **Cheryl Kooning & Patsy Duncan** will burn fat, strengthen your heart, tone your muscles and keep them flexible. Get ready for the ultimate mix of cardio and sculpting (with weights). We’ll encourage you to work at your own fitness level but also challenge you to higher levels in order to reach your goals and see progress. You will need 3lb -10lb weights, a yoga mat, & water bottle.

GENTLE DYNAMIC YOGA

This one hour program with **Gail Spencer-Lamm** gently works to improve your strength, flexibility and balance as it encourages you to honor your limits. You will lean against your edge as you decide what is “just enough”. Learn to harmonize body/mind/spirit in this ½ hour chair assisted and ½ hour mat work class. It’s the perfect place to begin your practice, you will leave refreshed and ready to face the rest of your day.

POUND & PUMP

Pound. Rockout. Workout with **Arlene!** Using Ripstix (lightly weighted drumsticks) POUND transforms drumming into an incredible effective workout, where you become the music. Use your full body to combine cardio, conditioning, and strength training with yoga & pilates-inspired movements. For a portion of the class **Gail** will lead you through a slow and steady basic sculpting and toning session. Dumbbells required, between 3-10 lbs recommended. Please start with light weights if you’ve been taking a break. (2-3 lb dumbbells are available at 55 Plus)



AGE FRIENDLY
Manitoba

55^{South Interlake} Plus

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



Line Dancing

Tuesdays

Step Class @ 11:15 am
Beginner & Intermediate
@ 11:30 am

Thursdays @ 11:00 am

Price Per Class:
Member \$2 Non-Member \$4

Beginners Welcome!

"Showtime" ...

Featuring: Going in Style



Tuesday,
September 26th
1:00 pm

Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money. A remake of the 1979 film of the same name, this movie features Morgan Freeman, Michael Caine and Alan Arkin as retirees who will do anything to get their pensions.

Silver Collection --- Refreshments

The 55 Plus and the Stonewall Legion Present...



Presentation
1:30 pm

Friday, September 22nd

Coffee/Tea and
Bake Sale
2:30-4:00

*@ Stonewall Legion
459 Main Street*

Elvis/Johnny Cash

Tribute Concert

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

Saturday, September 23rd

Time: 7:00 pm

Doors open at 6 pm

Rush seating

Place: Oddfellows Hall

374 First Street West, Stonewall



Around Town

Join the Fight Against Cancer!



Stonewall Terry Fox Run



Sunday September 17, 2017

11:30 am to 3:00 pm
Registration opens at noon
Run starts at 1:00 pm

Route is 5km, accessible for wheelchairs, bicycles, rollerblades and pets.

Visit www.terryfox.org for info



Friday, September 27, 2017

6pm – 12 am
@Stonewall Collegiate Track

Contact Jill Somers at 204-786-0604 or
jsomers@mb.cancer.ca
Or visit www.cancer.ca for info

Would you like to enjoy dinner with some company?

Do you require transportation to our dinner?

“Potluck, Pleasure, and Fellowship”

Church of the Ascension -Parish Hall

435-1st Avenue North, Stonewall

FOR RESERVATIONS
Call: 204-467-2234

Friday, September 8th @ 5pm

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



Recipe of the Month: Pumpkin Gingerbread

INGREDIENTS

3 Cups Sugar
 1 Cup Vegetable Oil
 4 Eggs
 2/3 Cup Water
 1 (15 Oz) Can Pumpkin Puree
 2 Teaspoons Ground Ginger
 1 Teaspoon ground Allspice
 1 Teaspoon Ground Cinnamon
 1 Teaspoon Ground Cloves
 3 1/2 Cups All-Purpose Flour
 2 Teaspoons Baking Soda
 1 1/2 Teaspoons Salt
 1/2 Teaspoon Baking Powder

PREPARATION

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.
- In a large mixing bowl, combine sugar, oil and eggs; beat until smooth. Add water and beat until well blended. Stir in pumpkin, ginger, allspice, cinnamon, and cloves.
- In a medium bowl, combine flour, soda, salt and baking powder. Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed. Divide batter between prepared pans.
- Bake in preheated oven until toothpick comes out clean, about 1 hour



Word Search

School

Find and circle all of the School words that are hidden in the grid.
The words may be hidden in any direction.

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

CHALKBOARD
CLASSROOM
CLOCK
DESK
DETENTION
GYMNASIUM

HALLWAY
INCINERATOR
JANITOR
LIBRARY
LOCKER
LUNCHROOM

NURSE
PRINCIPAL
SCHOOLYARD
SECRETARY
STUDENT
TEACHER



Summer of 2017



Decorative elements include: a yellow figure in the top left; a blue figure in the top right; a red tractor in the center; a blue figure with a hat in the center; a green frog in the middle left; a blue figure with a book in the middle left; a blue figure with a gift in the middle left; a blue figure with a gift in the middle right; a blue figure with a gift in the middle right; a yellow bus and a colorful figure in the bottom right.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|---|
|  | | | | | 1) 1:00 Texas Hold'em | 2) <i>Doodlye</i>  |
| 3) | 4) Labor day: Office Closed NO PICKLEBALL | 5) 9:30 Stitch N Craft 9:30 Book club 10:00 Men's Chat Grp 10:00 Steppin'Out 11:15 Line Dancing 1:00 Mahjong lessons | 6) 9:30 Steppin'Up 1:00 Bridge and Crib | 7) 9:30 Hearts & Coffee 10:30 Fort Whyte trip 11:00 Line Dancing 1:30 Bingo 6:30 Pickleball | 8) 1:00 Texas Hold'em 1:00 Travel Club | 9) |
| 10) | 11) 1:00 Cribbage Tournament 7:15 Pickleball at Centennial School | 12) 9:30 Stitch N Craft 10:00 Men's Chat Grp 10:00 Steppin'Out 11:15 Line Dancing 1:00 Mahjong lessons Active Wellness Fall Session Starts 4:30 Yoga 5:45 Pound & Pump | 13) 9:30 Steppin'Up 12:00 Luncheon 1:30 Bridge and Crib 5:30 Dancefit | 14) 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:15 Pickleball at Centennial School | 15) 9:00 Gentle Yoga 1:00 Texas Hold'em | 16) |
| 17) | 18) Court in Session 4:30 Funfit 7:15 Pickleball at Centennial School | 19) 9:30 Stitch N Craft 10:00 Men's Chat Grp 10:00 Steppin'Out 11:15 Line Dancing 1:00 Mahjong lessons 4:30 Yoga 5:45 Pound & Pump | 20) 9:30 Steppin'Up 12:00 One Stroke 1:00 Bridge and Crib 5:30 Dancefit | 21) 9:30 Hearts & Coffee 9:45 Casino Trip-Regent 11:00 Line Dancing NO BINGO 5:30 Ultimate Mix 7:15 Pickleball at Centennial School | 22) 9:00 Gentle Yoga 1:00 Texas Hold'em 1:30 Alzheimers Coffee Break @ Stonewall Legion | 23) Elvis/Johnny Cash Concert with Corny Rempel @ 7 pm  |
| 24) | 25) Court in Session 4:30 Funfit 7:15 Pickleball at Centennial School | 26) 9:30 Stitch N Craft 10:00 Men's Chat Grp 10:00 Steppin'Out 11:15 Line Dancing 1:00 Showtime 4:30 Yoga 5:45 Pound & Pump | 27) 9:30 Steppin'Up 1:00 Mahjong 1:00 Bridge and Crib 5:30 Dancefit | 28) 9:30 Hearts and Coffee 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:15 Pickleball at Centennial School | 29) 9:00 Gentle Yoga 1:00 Texas Hold'em | 30 |