



si55plus@mymts.net

374 1st Street West, Stonewall

204-467-2582

www.si55plus.org

NOVEMBER 2017

Updated 01/11/17

Amateur Wine Tasting

Novices Welcome - Just Bring Your Enthusiasm!

Friday, November 17th

7 - 9 pm

Odd Fellows Hall

374 First Street West, Stonewall

**Basket
Raffle**



Advance Tickets Only

\$20.00

Available at:

55 Plus & Korner Kuts

No Door Sales

Limited Tickets





November

- Nov 3** All Programs at Parochial Hall:
9:00 Gentle Yoga
1:30 pm Texas Hold'em
- Nov 7 Hop, Drop & Shop @ 10:00 am
- Nov 7 Book Club Meeting @ 9:30am
- Nov 8 Luncheon @ 12:00
- Nov 8** **Accumulative Cribbage Tournament @ 7pm Team Registration Required: \$20.00/person**
- Nov 9 Outlet Mall Shopping Trip @ 9:00/9:15 am
- Nov 10 Felting Class @ 12:30 – 4:00pm
- Nov 11** **Remembrance Day**
- Nov 13 Afternoon Crib Tournament @ 1:00
- Nov 14** **Prairie Wildlife Presentation – Meet the Ambassadors @ 1:00pm**
- Nov 15 One Stroke Painting @ 12:00pm
- Nov 15 Accumulative Cribbage Tournament @ 7pm **Week# 2**
- Nov 16 Casino McPhillips Street Station Trip – **No Bingo**
- Nov 17** **Amateur Wine Tasting 7-9pm**
- Nov 21 Aviation Museum – Bus Trip @ 9:15am
- Nov 22 Accumulative Cribbage Tournament @ 7pm **Week# 3**
- Nov 29 One Stroke Painting @ 12:00pm
- Nov 29 Accumulative Cribbage Tournament @ 7pm **Week# 4**

Upcoming Events:

- Dec 4 Afternoon Crib Tournament @ 1:00pm
- Dec 6 One Stroke Painting @ 12:00pm
- Dec 7 St. Vital Shopping @ 9:00/9:15 am
- Dec 7** **Quarry Choristers Caroling Evening @ 7:30pm**
- Dec 13** **Christmas Dinner @ 11:30 am- Entertainment Included Advance Ticket Purchase Required!**
- Dec 14 NO PROGRAMS
- Dec 15 NO PROGRAMS
- Dec 21 Club Regent Casino Trip – No Bingo

Week at a Glance:

Monday:

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

Tuesday:

Stitch'n Craft @ 9:30
Men's Chat Group @ 10:00
Stepping Out @ 10:00
Line Dancing @ 11:15
Mahjong Lessons @ 1:00
Pickleball @ 7:30

Wednesday:

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

Thursday:

Hearts & Coffee @ 9:30
Line Dancing @ 11:00
Bingo @ 1:30
Pickleball @ 7:15

Friday:

Texas Hold'em @ 1:00

Programs on a Scheduled Basis:

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***



January 2018

January 10, Luncheon
January 11, Shopping



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

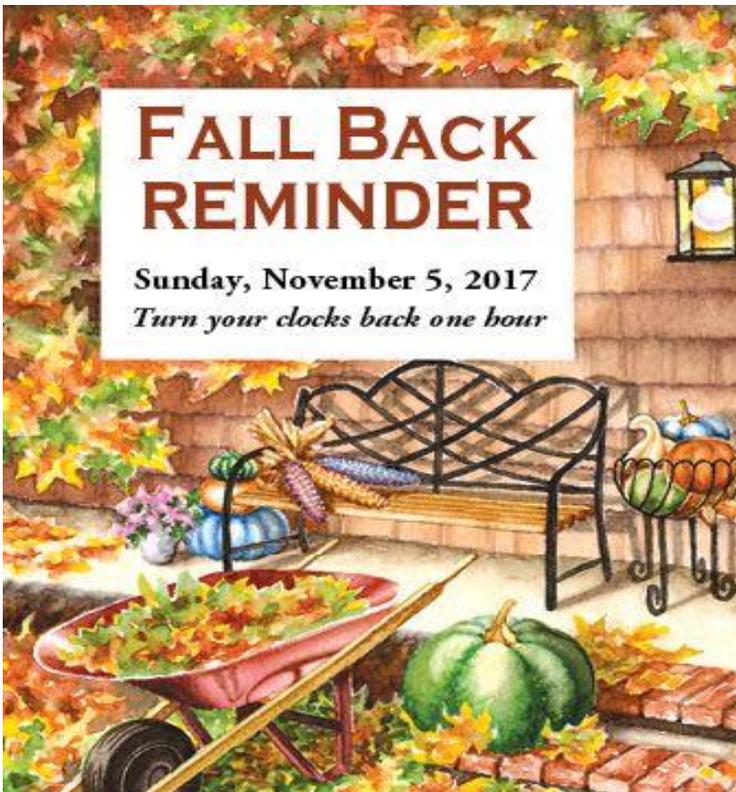
You do not have to be 55 + to become a member. **Associate members** enjoy all of the benefits of membership, with the exception of holding a position on the Board of Directors, and voting at the AGM.

55 Plus is a Charitable Organization

Receipts will be issued for Donations of \$10.00 or more



**CHRISTMAS STOCKING IDEAS?
WORRY NO MORE - BUY A 55 PLUS
GIFT CERTIFICATE FOR ANY AMOUNT!**



HAPPY BIRTHDAY

Name	Day
Finlay, Verla	3
Mollard, Gloria	6
Hendricks, Catherine	8
Brickwood, Peggy	10
Steffan, Dorothy	17
Peterson-Bagan, Deb	18
McMurtry, Linda	20
Guilbeault, Doreen	20
Baryliuk, Henriette	27
Dew, Marilyn	30



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
NOVEMBER 8, 2017

Congratulations to OCTOBER's
Lucky winner:

Angela Hueging

ACCUMMULATIVE CRIBBAGE TOURNAMENT

4 Week Tournament – Partner Play
Weekly Prizes!

Wednesday Evenings @ 7:00 pm
November 8 – November 29, 2017

Entry Fee: \$20.00 / person

Registration Required by: November 7 by Noon
55 Plus Fundraiser – Everyone Welcome



50 / 50 Draw
Each Evening!



Cards



Bridge & Cribbage

Wednesdays @ 1:00 pm

(On Luncheon Days – 1:30 pm)

Hearts & Coffee

Thursdays @ 9:30 am

Texas Hold'em

Fridays @ 1:30 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: Nov 7

1st Tuesday of each month @ 9:30 am

November 2017 – A Man of his Own – Fiction Rick Stanton was a promising professional baseball player with dreams of playing in the major leagues and starting a family with his wong wife and when WW II changes everything. He returns from the war with his body broken and his dreams shattered, but it was not just body and spirit he sacrificed for the war. He and his wife volunteered their beloved dog, Pax, for the Army's K-9 Corp, not knowing if they'd ever see him again.

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

Cribbage Tournament

(Partner Play)

Monday, November 13
1:00 pm

\$\$Cash Prizes\$\$

Door Prize

50/50 Draw

Refreshments

Only \$5.00 @ Door

Next Tournament
December 4 @ 1:00



Stitch'n Craft

Join us every
Tuesday @ 9:30am

Bring Your Project...

Scrap Booking

Rug Hooking

Knitting or Crochet

What are you working on?

Coffee's on!



COFFEE SHOP HOURS:

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

BINGO

Join us Thursdays
@ 1:30 for Bingo
A great afternoon of fun!

MEN'S CHAT

TUESDAY'S @ 10 AM

ENJOY A COFFEE &
FRESH BAKING





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.

Friday, November 10, 2017

12:30 - 4:00 pm

Workshop Held at Odd Fellows Hall - 374 1st Street West, Stonewall

Class Fees: Member Fee: \$110 Non-Member Fee: \$120

Deadline to Register: November 8, 2017

Call 204-467-2582 to Register

Fee Include all Supplies!

Smock or Apron is Recommended for the Class – Please Bring Your Own!

HOT LUNCHEON

WEDNESDAY, NOVEMBER 8TH @ 12:00 NOON

ROAST PORK, POTATOES, VEGGIES & DESSERT

\$10.00 AT THE DOOR

NO TICKETS OR RESERVATION REQUIRED



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



JOHNSON INSURANCE

If it happens to you, it happens to us.



Call or visit us online for a quote.

1.877.989.2600 masc.johnson.ca

Prairie Wildlife

Presentation:
“Meet the Ambassadors”

Silver
Collection &
Refreshments

Tuesday, November 14 @ 1:00 pm

Odd Fellows Hall, Stonewall

Ambassadors will be in attendance



Everyone Welcome!

Call 204-467-2582 for More Information

We shall not forget.



Annual Christmas Dinner

“With all the trimmings!”

Wednesday, December 13th

11:30 am

Odd Fellows Hall, Stonewall

TICKETS: \$20.00

**50/50
DRAW**



Entertainment by:
*Bambi and
Friends*

Advance Ticket Sales Only

Deadline to Purchase Tickets: December 8th

Tickets Available at 55 Plus Office

204-467-2582

Evening of Caroling

Featuring The

Quarry Choristers

Thursday, December 7th

7:30 pm

374 - 1st Street West, Stonewall

Refreshments to Follow



Silver Collection & Non-Perishable Food Items
are Gratefully accepted
In support of Stonewall & District Cheer Board

One Stroke Painting

Recipe Card Holder Stand
Wednesday, November 15th
12:00 pm

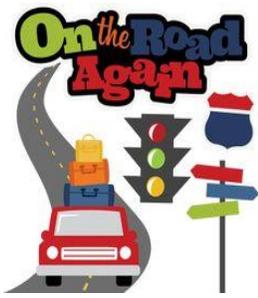


Christmas Doves Charger Plate
Wednesday, November 29th
12:00 pm

Lab Fee:
\$15.00 Payable to Instructor

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

Pre-Registration Required – Call 204-467-2582



Travel CLUB



**Next Meeting:
Thursday November 2 @ 10:00 AM**

**A Casino Trip to: McPhillips Street Station
Thursday, November 16, 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 Nov 14**



Shopping Trips!



**Thursday, November 9 – Outlet Mall
Thursday, December 7 – St. Vital Shopping Centre**

Depart @ 9:15 am from 55 Plus (9:00 am – Alternate Pick Up Locations)

Members: \$20 Non-Members \$25
Pre-Registration Required – Call 204-467-2582



ROYAL AVIATION MUSEUM of WESTERN CANADA

Tuesday, November 21, 2017

- Departure:** 9:15 am Lions Manor at Door #1
9:30 am Odd Fellows Hall
- Fee:** \$20.00 - Member
\$25.00 - Non-Member
- Entrance fee:** \$7.50 (payable at Museum)
- Free:** Private Tour of Museum at 10:30 am
- Lunch:** Summit Café at 12:30 pm (not included in fee)

Sign-up Deadline: Friday, November 17

Call to Register: 204-467-2582



HOP, DROP, & SHOP

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

Tuesday, November 7 - \$4.00 per person

Proper Change Required – No Change will be provided by Driver

Pick Up Locations:

Lions Manor Door #1 - Crocus Manor - Stonewood Place

**South Interlake
55 Plus**

204-467-2582

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

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.***



Sunday, March 18, 2018 @ 2 pm

Depart 55 Plus @ 12:30 pm

Members: \$60

Non-Members: \$65

(Price Includes Ticket & Transportation)

**EARLY REGISTRATION & PAYMENT DEADLINE
TO SECURE GROUP TICKET PRICING!**

Don't Miss Out on This Fabulous Show!

DEADLINE: Extended to November 15th

STAY ACTIVE - STAY HEALTHY!



Active Living Programs:

Funfit – Monday @ 4:30 pm

Pickleball – Tuesday @ 7:30pm & Thursday @ 7:15pm

Yoga – Tuesday @ 4:30 pm

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

Pound/Interval Training – Tuesday @ 5:45 pm

Dancefit – Wednesday @ 5:30 pm

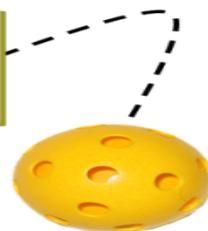
Steppin'Up – Wednesday @ 9:30 am

Ultimate Mix - Thursday @ 5:30 pm

Gentle Yoga – Friday @ 9:00 am



Pickleball



Tuesday Evenings

7:30 – 9:30 pm

Stonewall Collegiate Gym

&

Thursday Evenings

7:15 – 8:45 pm

Stonewall Centennial School

COST:

55 Plus Member: \$3.00

Non-Members: \$5.00



STAY ACTIVE! STAY HEALTHY!

ACTIVE WELLNESS CLUB

The fall session runs: **SEPTEMBER 12 TO DECEMBER 4, 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



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/INTERVAL TRAINING

Pound. Rockout. Workout with **Arlene!** Using Ripstix (lightly weighted drumsticks) POUND transforms drumming into an incredible effective workout, where you become the music in this exhilarating full body workout combining cardio, conditioning, and strength training with yoga & pilates-inspired movements. The class is only 45 minutes, so you don’t need to worry about overstepping your limits. Designed for all fitness levels, a welcoming philosophy appeals to men and women of all abilities.



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!



55 Plus Satellite Programming

YOGA & PILATES

September 28th – November 23rd

Thursdays @ 9:30 am

Warren Community Hall

DROP IN'S WELCOME!!!

Drop in Fee is \$12.00



Step out of your hectic life for one delicious hour with Gail Spencer-Lamm. You will focus on uniting body, mind, & spirit developing 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 making the class just the right fit. Sweat, but leave refreshed and energized!

Around Town

Open House

Everyone Welcome

1 - 4 pm

refreshments

door prizes

Join us as we celebrate our

50th Anniversary

Saturday, November 4th, 2017

at the Stonewall Library
419 Main Street, Stonewall

Wine & Cheese

Reception

18+

7 PM

Tickets \$15

Would you like to enjoy dinner with some company?

Do you require
transportation to
our dinner?

FOR RESERVATIONS
Call: 204-467-2234

"Potluck, Pleasure, and Fellowship"

Church of the Ascension -Parish Hall

435-1st Avenue North, Stonewall

Tuesday, November 21st @ 5 pm



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.



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

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





Word Search

Veterans Day

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



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



AIR FORCE	DUTY	NAVY
AMERICA	FLAG	PARADE
APPRECIATION	HEROES	SACRIFICE
ARMY	HOLIDAY	SERVICE
BRAVERY	MARINES	SOLDIERS
CEREMONY	MILITARY	UNIFORMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>NOVEMBER 2017</h1>			1) 9:30 Steppin'Up 1:00 Bridge and Crib	2) 9:30 Hearts & Coffee 10:00 Travel Club 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:15 Pickleball at Centennial School	3) ALL PROGRAMS @ PAROCHIAL HALL: 9:00 Gentle Yoga 1:30 Texas Hold'em	4)
5) 	6) 4:30 Fun Fit	7) 9:30 Stitch N Craft 9:30 Book Club 10:00 Hop Drop & Shop 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing 1:00 Mahjong 4:30 Yoga 5:45 Pound & Pump 7:30 Pickleball at SCI Gym	8) 9:30 Steppin'Up 12:00 Luncheon 1:30 Bridge and Crib 5:30 Dancefit 7:00 Accumulative Crib Tournament # 1	9) 9:30 Hearts & Coffee 9:15 Outlet Mall Shopping Trip 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:15 Pickleball at Centennial School	10) 9:00 Gentle Yoga 12:30 Felting Class 1:30 Texas Hold'em	11) Remembrance Day 
12)	13) 1:00 Crib Tournament 4:30 Fun Fit	14) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing 1:00 Prairie Wildlife Presentation 1:00 Mahjong 4:30 Yoga 5:45 Pound & Pump 7:30 Pickleball at SCI Gym	15) 9:30 Steppin'Up 12:00 One Stroke Painting 1:30 Bridge and Crib 5:30 Dancefit 7:00 Accumulative Crib Tournament # 2	16) 9:30 Hearts & Coffee 10:00 Casino Trip 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:15 Pickleball at Centennial School	17) 9:00 Gentle Yoga 1:30 Texas Hold'em 7:00 Wine Tasting Fundraiser	18)
19)	20) Closed Court Day 4:30 Funfit	21) 9:30 Stitch N Craft 9:30 Aviation Museum Bus Trip 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing 1:00 Mahjong 4:30 Yoga 5:45 Pound & Pump 7:30 Pickleball at SCI Gym	22) 9:30 Steppin'Up 1:30 Bridge and Crib 5:30 Dancefit 7:00 Accumulative Crib Tournament # 3	23) 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:15 Pickleball at Centennial School	24) 9:00 Gentle Yoga 1:30 Texas Hold'em	25)
26)	27) Closed Court Day 4:30 Funfit	28) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing 1:00 Mahjong 4:30 Yoga 5:45 Pound & Pump 7:30 Pickleball at SCI Gym	29) 9:00 Steppin'Up 10:00 Presentation: Pelvic Floor Therapy 12:00 One Stroke Painting 1:30 Bridge and Crib 5:30 Dancefit 7:00 Accumulative Crib Tournament # 4	30) 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:15 Pickleball at Centennial School		