



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

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

204-467-2582

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

## DECEMBER 2017



# Annual Christmas Dinner

Entertainment by:

*Bambi and Friends*

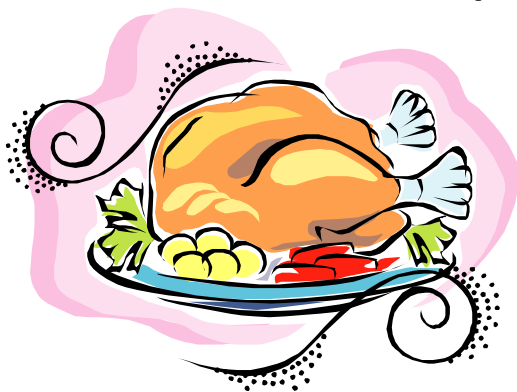
Wednesday, December 13<sup>th</sup>

11:30 am

Odd Fellows Hall, Stonewall

**Tickets: \$20.00 per person**

Special  
50/50 Draw!



**Advance Ticket Sales Only**

**Deadline to Purchase:**

**December 8<sup>th</sup>**

Tickets Available at  
55 Plus & Korner Kuts



# UPcoming EVENTS

## December

- Dec 4 Afternoon Crib Tournament @ 1:00pm  
 Dec 5 Hop, Drop & Shop @ 10:00 am  
 Dec 5 Book Club Meeting @ 9:30 am  
 Dec 6 One Stroke Painting @ 12:00 pm  
 Dec 7 St. Vital Shopping @ 9:00/9:15 am  
 Dec 7 Quarry Choristers Caroling Evening @ 7:30 pm  
 Dec 13 Christmas Dinner @ 11:30 am – Entertainment by Bambi & Friends Advance ticket purchase required  
 Dec 14 No Programs  
 Dec 15 No Programs  
 Dec 21 Club Regent Casino Trip – No Bingo  
 Dec 22 Hop, Drop & Shop @ 10:00 am  
 Closed Dec 25 – 29, 2017



## Upcoming Events:

- Jan 2 55 Plus Programs Resume  
 Jan 5 Travel Club Meeting 10:30 am  
 Jan 7 Manitoba Theatre Centre  
 “Come From Away”  
 Jan 8 Afternoon Crib @ 1:00  
 Jan 8 Active Wellness Class Resumes  
 Jan 10 Luncheon @ 12:00  
 Jan 11 Shopping at Kildonan Place  
 Jan 18 McPhillips Street Station Casino Trip



## 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*



Tuesday, June 17 – Rainbow Stage  
 “Breaking Up Is Hard To Do”

Tuesday, August 21 – Rainbow Stage  
 “Beauty & the Beast”



# 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.

**Renewal of 55 Plus Memberships are due January 1, 2018**

**Annual 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**



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



## **HAPPY BIRTHDAY**

<b>Name</b>	<b>Date</b>
Reeves, Joyce	6
Gebauer, Betty	9
Barclay, Phyllis	11
Namaka, Marlene	15
Jensen, Wray	16
Monk, Chris	20
Monk, Mabel	24
Saric, Bojo	24
Whitehead, Shirley	24
Pattie, John	29
Matthews, Mel	29





## 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  
**DECEMBER 13, 2017**  
Congratulations to NOVEMBER's  
Lucky winner:  
**Yvonne Bernhardt**

# Cribbage Tournament

(Partner Play)

**Monday, December 4 @ 1:00 pm**

**only \$5.00 @ Door**

**\$\$ Cash Prizes \$\$**

**\$\$ Door Prizes \$\$**

**\$\$ 50/50 Draw \$\$**

**and Refreshments!**



## Cards



### Bridge & Cribbage

**Wednesdays @ 1:00 pm**

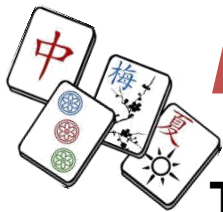
(On Luncheon Days – 1:30 pm)

### Hearts & Coffee

**Thursdays @ 9:30 am**

### Texas Hold'em

**Fridays @ 1:30 pm**



## Mahjong

**Tuesdays @ 1 pm**

Call office to register: 204-467-2582

*Mahjong is an ancient Chinese game*

*Similar to Rummy, but played with tiles.*





**Next Meeting: Dec 5**

**@ 9:30 am**

**December 2017 – The Trespasser**

**by Tana French**

**In bestselling Tana French’s newest “tour de force” (The New York Times), being on the murder squad is nothing like Detective Antoinette Conway dreamed it would be. Her partner, Stephen Moran, is the only person who seems glad she’s there. The rest of her working life is a stream of thankless cases, vicious pranks and harassment. Antoinette is savagely tough but she’s getting close to the breaking point. Antoinette knows the harassment has turned her paranoid, but she can’t tell just how far gone she is. Is this case another step in the campaign to force her off the squad or are there darker currents flowing beneath its’ polished surface?**

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



## **Stitch’n Craft**

**Join us every Tuesday**

**@ 9:30am**

**Bring Your Project...**

**Scrap Booking**

**Rug Hooking**

**Knitting or Crochet**

**What are you working on?**



Join us Thursdays

@ 1:30 for Bingo

A great afternoon of fun!



**COFFEE SHOP HOURS:**

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

## **MEN’S CHAT**

**TUESDAY’S @ 10 AM**



# Evening of Caroling

Featuring the *Quarry Choristers*



**Thursday, December 7<sup>th</sup>**

**7:30 pm**

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

Refreshments to Follow

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

## HOT LUNCHEON

**WEDNESDAY, JANUARY 10, 2018 @ 12:00 NOON**

**PORK ROAST, POTATOES, VEGGIES & DESSERT**

**\$10.00 AT THE DOOR**

***NO TICKETS OR RESERVATION REQUIRED***



## Stonewall Collegiate Institute Presents:

***Band and Choir Concert***

**January 17, 2018 at 7:00 pm**

\*\*\*\*\*

## ***Seussical***

**Musical Inspired by Dr. Seuss**

*Two performances each day @ Heritage Arts Centre*

*1:00 pm & 7:00 pm*

**Thursday, March 15 & Friday, March 16 2018**

Contact Kendra Obach (at the Collegiate)



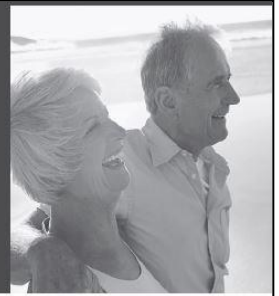
## Did you KNOW???

**Because, 55Plus is a member of MASC (Manitoba Association of Senior Centres), AND you are a Member of 55Plus:**

**YOU are able to apply for MEDOC Travel Insurance & THRIVE, a flexible health benefits plan.**



## Travel and Retirement Health Plans for MASC Members



We're proud to be the preferred insurance provider for MASC members.

If you're planning your next trip, ask us about multi-trip annual **MEDOC® Travel Insurance**.

**Call 1-877-989-2600**

If you're planning on retiring, talk to us about **THRIVE, a flexible health benefits plan** for retirees.

**Call 1-866-388-3354**

[masc.johnson.ca](http://masc.johnson.ca)

**JOHNSON** 

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# VOLUNTEERS NEEDED FOR

- Reception Duties
- Baking Opportunities
- Social Media Posting
- Nominations for Board Position



**For More Information:**

Call 55 Plus

**204-467-2582**

Visit us at [www.si55plus.org](http://www.si55plus.org)



# ***One Stroke Painting***



## **Recipe Card Holder**

Wednesday, December 6

@ 12:00 Noon



**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



## **Shopping Trip!**

**St. Vital Shopping Centre**

**Thursday, December 7**

*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**



# HOP, DROP, & SHOP

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

## **TWO SHOPPING TRIPS IN DECEMBER**

**Tuesday, December 5 - \$4.00 per person**

**&**

**Friday, December 22 - \$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



# Casino Trip

**Thursday, December 21**

**Club Regent Casino Trip**



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

*Lions Manor Door #1 - Crocus Manor - Stonewood Place*

**Register EARLY! Call to Register 204-467-2582**  
**No Later than Monday, December 18!**

**We apologize for the cancellation of the last Casino Trips!**

**We are very excited to announce that we have secured a transportation organization with more flexibility to suit our needs and look forward to continuing successful trips!**



Members: \$60  
 Non-Members: \$65  
 (Price Includes Ticket & Transportation)

**March 18, 2018 @ 2 pm**

**Depart 55 Plus @ 12:30 pm**

Limited seating is available until Monday January 9, 2018!

No further purchase of tickets after January 9th

**55 Plus is going to**  **RAINBOWSTAGE**

**Register by January 15, 2018**

Minimum of 7 Required!



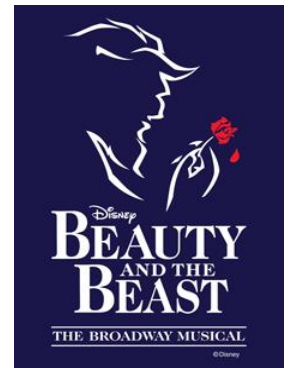
**Breaking Up Is Hard To Do**  
**Tuesday, June 17th at 8:00 pm**

**The Musical That Will Have You Singing In Your Seat** - Set at a Catskills resort in 1960, this is the sweetly comic story of Lois and Marge, two friends from Brooklyn in search of good times and romance over one wild Labor Day weekend. The score showcases 18 Neil Sedaka classics, including "Where the Boys Are", "Sweet Sixteen", "Calendar Girl", "Love Will Keep Us Together", and of course, the chart-topping title song.

**Beauty and the Beast**

**Tuesday, August 21 at 8:00 pm**

**Step into the enchanted world of Broadway's modern classic**, Disney's Beauty and the Beast, an international sensation that has played to over 35 million people worldwide in 13 countries. Based on the Academy Award-winning animated feature, the stage version includes all of the wonderful songs, along with new songs. The classic story tells of Belle, a young woman, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But time is running out.



**Fee for Each Show:**  
**Members: \$85 Non-Members: \$90**  
*(Price Includes Ticket & Transportation)*

**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.***

# STAY ACTIVE - STAY HEALTHY!



## Active Living Programs:

Funfit – Monday @ 4:30 pm

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

Yoga – Tuesday @ 4:30 pm

& Wednesday @ 10:15 am

Line Dancing – Tuesday @ 11:15 am

& Thursday @ 11:00 am

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**

## STEPPIN' UP



**Wednesdays  
9:30 am**



Steppin' Up is a peer led exercise program for men & women.

**No Steppin'up**

**Wednesday, 13 Dec**

**Will resume on the December 20<sup>th</sup>**

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

STAY ACTIVE! STAY HEALTHY!

# ACTIVE WELLNESS CLUB

South Interlake 55 Plus  
Odd Fellows Hall – 374 – 1<sup>st</sup> Street West  
204-467-2582



Bonus "Free" YOGA Class  
with Liz

Tuesday, December 5 @ 4:30

Friday, December 8 @ 9:00 AM

\*\*\*\*\*

## BONUS CLASSES

*Pre-Christmas Stress Reliever*



## STEP & STRENGTHEN INTERVAL CLASS

*with Cheryl Kooning*

Mondays at 4:30 pm



December 4



December 11



December 18



**STAY ACTIVE! STAY HEALTHY!**

# **ACTIVE WELLNESS CLUB**

## **WINTER SESSION**

January 8 – March 16, 2018

### **Monday**

4:30 pm - Funfit with Cheryl Kooning

### **Tuesday**

4:30 pm - Yoga with Gail Spencer-Lamm

### **Wednesday**

10:15 am - Yoga with Elizabeth Luke

5:30 pm - Dancefit with Gail Spencer-Lamm

### **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(10 weeks)**

Jan 8 - Mar 16

One class:  
Two classes:  
All Access:

Member

Non-Member

\$70

\$80

\$120

\$140

\$180

\$200

### **Half Session(5 weeks)**

Jan 8 - Feb 9  
Feb 12 - Mar 16

One class:  
Two classes:  
All Access:

Member

Non-Member

\$35

\$40

\$60

\$70

\$90

\$100





# ACTIVE WELLNESS CLASS DESCRIPTIONS



## DANCEFIT

Just right for you, this fun and easy-to-follow aerobic dance workout with **Gail Spencer-Lamm** 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.

## YOGA

Step out of your hectic life for one delicious hour with **Gail Spencer-Lamm** on Tuesdays @ 4:30 pm and **Elizabeth Luke** on Wednesdays @ 10:15 am. 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 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.



AGE FRIENDLY  
Manitoba

55<sup>South Interlake</sup> Plus

## 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

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

Thursdays @ 11:00 am

Price for each Class:  
Member \$2 Non-Member \$4

**Beginners Welcome!**



## 55 Plus Satellite Programming

# YOGA & PILATES

**\*\*\* BONUS YOGA CLASSES with Liz \*\*\***

- Thursday – November 30 @ 9:00am
- Thursdays - December 7 & 14<sup>th</sup> @ 9:30am

**Fee for Bonus Classes: \$2.00**



January 8 – March 16, 2018

Thursdays @ 9:30 am

8 Classes

Warren Community Hall

**FEE: \$80.00 Member / \$85 Non-Member**

**Register with 55 Plus, 204-467-2582**

**DROP IN'S WELCOME!!!**

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!

**55 Plus Reserves the Right to Cancel Program due to Insufficient Registrations.**





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



## *Festival of Lights Santa Claus Parade*



**Friday, December 1 at 7:00 pm**  
Main Street, Stonewall

**Would you like to enjoy dinner with some company?**

Do you require  
transportation to  
our dinner?

**"Potluck, Pleasure, and Fellowship"**  
**Tuesday, January 16 at 5:00 PM**

**FOR RESERVATIONS**  
Call: 204-467-2234

**Church of the Ascension -Parish Hall**  
435-1<sup>st</sup> Avenue North, Stonewall



**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 **cancellation** an excellent brain game.



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

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





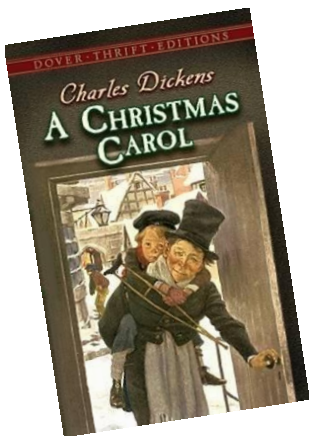
# Word Search

## A Christmas Carol

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



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



ANGRY	CHRISTMAS PAST	HUMBUG	NIGHTCAP
APPRENTICE	CHRISTMAS PRESENT	JACOB MARLEY	OFFICE
AVARICE	CHRISTMAS YET TO	KNOCKER	OLD FEZZIWIG
BAH	COME	LONDON	PETER
BED	CLERK	MARLEY'S GHOST	REDEMPTION
BELINDA	COUNTING HOUSE	MARTHA	SNOW
BELLE	CRUTCH	MERRY CHRISTMAS	SPIRITS
BOB CRATCHIT	CURTAINS	MRS CRATCHIT	TINY TIM
CAUSTIC	DRESSING GOWN	MRS FEZZIWIG	TURKEY
CHAINS	EBENEZER SCROOGE	NEPHEW	WINTER
CHARLES DICKENS	FOG		
	GREEDY		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">DECEMBER 2017</h1>					1)  9:00 Gentle Yoga  1:30 Texas Hold'em	2)
3)	4)  1:00 Crib Tournament  <b>4:30 Step &amp; Strengthen – BONUS CLASS</b>	5) 9:30 Stitch N Craft <b>9:30 Book Club</b> <b>10:00 Hop Drop &amp; Shop</b> 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing  1:00 Mahjong <b>4:30 BONUS Yoga with Liz</b> 7:30 Pickleball at SCI Gym	6) 9:30 Steppin'Up  <b>12:00 One Stroke Painting</b>  1:00 Bridge and Crib	7) 9:30 Hearts & Coffee <b>9:00 St. Vital Shopping</b> 11:00 Line Dancing 1:30 Bingo 7:15 Pickleball at Centennial School  <b>7:30 Quarry Choristers Caroling Evening</b>	8) <b>9:00 Gentle Yoga with Liz</b>  1:30 Texas Hold'em	9)
10)	11) <b>Closed Court Day</b>  <b>4:30 Step &amp; Strengthen – BONUS CLASS</b>	12) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing 1:00 Mahjong  7:30 Pickleball at SCI Gym	13) 9:30 Steppin'Up is "Cancelled this Day Only"  <b>11:30 Annual Christmas Dinner</b>	14) <b>Closed for Christmas Cheer Board</b>  7:15 Pickleball at Centennial School	15) <b>Closed for Christmas Cheer Board</b>	16)
17)	18) <b>Closed Court Day</b>  <b>4:30 Step &amp; Strengthen – BONUS CLASS</b>	19) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing  1:00 Mahjong 7:30 Pickleball at SCI Gym	20) 9:30 Steppin'Up  1:00 Bridge and Crib	21) <b>9:00 Club Regent Casino – NO BINGO</b> 9:30 Hearts & Coffee 11:00 Line Dancing  7:15 Pickleball at Centennial School	22) <b>10:00 Hop Drop &amp; Shop</b>  <b>Closed at Noon</b>	23)
24)	25)  <b>Closed</b>	26) <b>Closed</b>	27) <b>Closed</b>	28) <b>Closed</b>	29) <b>Closed</b>	30)
31)	  					