



374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

February 2018

HOT LUNCHEON



February is

Heart & Stroke Awareness



Wednesday, February 14
@ 12:00 Noon

Roast Chicken, Potatoes, Veggies & Dessert



South Interlake 55Plus
204-467-2582



374 First Street West, Stonewall, MB
(Odd Fellows Hall)

NO TICKETS OR RESERVATION REQUIRED



February Events:

- Feb 1 Travel Club Meeting @ 10:00 am
- Feb 5 Crib Tournament @ 1:00 pm**
- Feb 6 Hop, Drop & Shop @ 10:00 am
- Feb 6 Book Club Meeting @ 9:30 am
- Feb 8 Polo Park Shopping Trip
- Feb 14 Luncheon – Heart & Stroke Awareness**
- Feb 15 Club Regent Casino Trip
- Feb 16 Show Time “Victoria & Abdul” @ 1:00
- Feb 21 One Stroke Painting @ 12:00
- Feb 23 Royal Canadian Mint tour and lunch

Upcoming Events:

- Mar 1 CVITP Drop Off Begins
- Mar 5 Crib Tournament @ 1:00 pm
- Mar 6 Hop, Drop & Shop @ 10:00 am
- Mar 6 Book Club Meeting @ 9:30 am
- Mar 6 Needle Felting @ 1:00 pm
- Mar 8 Outlet Mall Shopping
- Mar 14 Shamrock Luncheon -Advance Ticket Sales ONLY**
- Mar 15 McPhillips Street Station Casino
- Mar 18 WSO – Chorus Line - @12:30
- Mar 30 Good Friday - Closed

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 @ 1:00
- Pickleball @ 7:30

Wednesday:

- Stepping Up @ 9:00
- 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:

- Active Wellness Club
- 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*



Sunday, April 8 – Manitoba Moose

Accumulative Crib – April 11 – May 2

Six (6) Tuesday Afternoons April 10 – May 22
“Police Academy”

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





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



GIFT CERTIFICATES

FOR ANY AMOUNT AT ANYTIME FOR ANYONE!

HAPPY BIRTHDAY

Verna Bulas	1	Elaine Langrell	9
Raymond Trachsel	2	Diana Goudy	13
Yvonne Bernhardt	5	Barb Hidlebaugh	13
Marianne Cherniak	7	Vince Dignard	16
Lee Lacoste	7	Joyce Stewart	16
Ray Massey	7	Ann Hagglund	23
		Murray Cameron	27





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
February 14, 2018
Congratulations to January's
Lucky winner:

Margaret Chaboyer

Cribbage Tournament

(Partner Play)

Monday, February 5 @ 1:00 pm

only \$5.00 @ Door

\$\$ Cash Prizes \$\$

\$\$ Door Prizes \$\$

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

and Refreshments!



Cards



Bridge & Cribbage

Wednesdays @ 1:00 pm

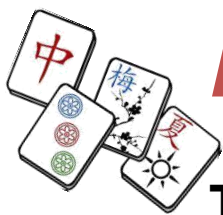
(On Luncheon Days – 1:30 pm)

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 is
Tuesday, February 6 @ 9:30 am**



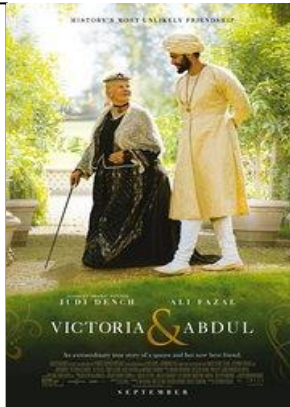
Hidden Figures

by Margot Lee Shetterly

Non-Fiction – This is the untold story of 4 African-American women who helped launch the US into Space.

Book Choices are supplied by the South Interlake Regional Library.

There is no cost involved....all you need is 55 Plus Membership!!!



SHOW TIME

**Friday, February 16
@ 1:00 pm
Victoria & Abdul
is a story about**

Queen Victoria who strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.

**Silver Collection
Refreshments**



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's
on!**



COFFEE SHOP HOURS:

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

MEN'S CHAT

TUESDAY'S @ 10 AM

ENJOY A COFFEE

&

FRESH BAKING



SHAMROCK



LUNCHEON

Wednesday, March 14th @ NOON



*Featuring
Entertainment by:*

The Country Gentlemen

***ADVANCE TICKETS ONLY* - \$20 Each**

Hot Roast Beef Luncheon

*Mashed Potatoes and Gravy, Hot Veggies
And Dessert!*



**TICKETS AVAILABLE
AT THE 55 PLUS OFFICE**

374-First Street West, Stonewall, MB
(Odd Fellows Hall)

204-467-2582

Special
50/50 Draw!
3 for \$5.00

Please purchase or reserve tickets by Friday, March 9th



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

JOHNSON 

Johnson Inc. ("Johnson") is a licensed insurance intermediary. MEDOC® is a Registered Trademark of Johnson. This insurance product is underwritten by Royal & Sun Alliance Insurance Company of Canada ("RSA") and administered by Johnson. The eligibility requirements, terms, conditions, limitations and exclusions which apply to the described coverage are as set out in the policy. Policy wordings prevail. Johnson and RSA share common ownership. Johnson provides administrative, consulting and/or claims administration/payment services. Johnson administers the Extended Health Care Plan ("EHC Plan") and the options for Travel and Dental Care ("Options"). Individual and overall maximums may apply. Eligibility requirements, limitations and exclusions may apply and/or may vary by province or territory. The EHC Plan and Options are underwritten by Desjardins Financial Security. Call 1-800-563-0677 for more details.

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VOLUNTEERS NEEDED FOR



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



-----AND-----

It's South Interlake 55 Plus' 25th Anniversary



November 2017 we entered our 25th year serving this community!

We need volunteers to participate in a working committee to plan activities for a celebration in style! Please contact our office to *sign - up*.

For More Information: Call 55 Plus **204-467-2582** Visit us at www.si55plus.org

ONE STROKE PAINTING



Barn Scene on a wooden Tile (3rd in a series of 4)
Wednesday Feb 21, @ 12:00 pm

Lab Fee:

\$15.00 Payable to Instructor

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

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.



Travel CLUB



MEETING ON Thursday February 1
@ 10:00 am



Shopping Trip!

Polo Park

Thursday, February 8

Depart @ 9:30 am from 55 Plus
(9:15 am - Alternate Pick Up Locations)

Members: \$20 Non-Members \$25

**Pre-Registration Required - Call
204-467-2582**

**Deadline to Register:
Wednesday, @ 12 Noon**

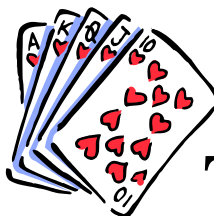
Club Regent Casino

Thursday, Feb 15

FREE!

Alternate Pick Up Locations @ 9:45 am

**Lions Manor Door #1 Departing 55 Plus @
10:00 am**



**Register by :
Tuesday Feb 13**



MANITBA MOOSE

Sunday,

April 8 2018

gametime @ 2:00 pm
At Bell/MTS Centre

Depart: @12:00

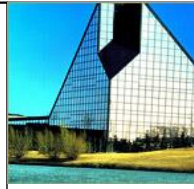
from Lions Manor Door # 1

Cost: \$50.00 Member

\$55.00 Non-Member

(Cost includes Ticket; a hotdog; & one fountain drink) Limited seating available, a minimum of 8

Register no later than **Thursday, March 22**



Royal Canadian Mint
Friday, 23 February

Departure: 9:00 Lions Manor at Door #1
9:15 Odd Fellows Hall

Fee: \$25.00 - Members
\$30.00 - Non-Members

Entrance fee: \$5.00 (payable at the Mint)

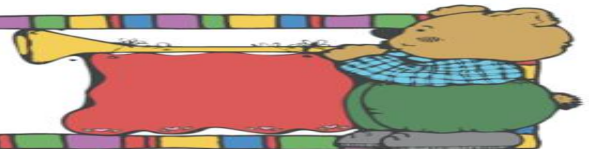
Free: Royal Canadian Mint Tour & Boutique shopping

Lunch: Olive Garden on Lagemodiere
12:30(not included in fee)

Sign-up deadline Wednesday February 21



Upcoming Events



NEEDLE FELTING COURSE

Instructed BY LOCAL ARTIST: Kathryn Jack

Tuesday, March 6 @ 1:00

\$30.00 Member
\$35.00 Non-Member



**Please bring your own thimble



Register by calling
South Interlake 55Plus @ 204-467-2582
by no later than Friday March 2

374 First Street West, Stonewall, MB
(Odd Fellows Hall)



APRIL

ACCUMULATIVE CRIBBAGE

April 11 - May 2 - Partner Play

4 weeks of Accumulative Cribbage

Register no later than

Friday, April 6th



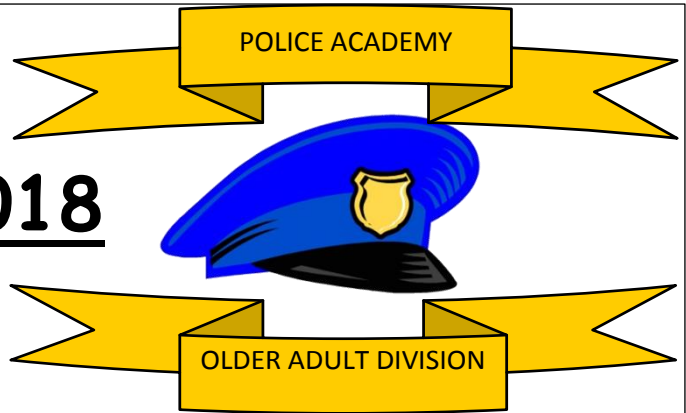
COMING SOON

April 10 - May 22, 2018

Six Tuesday Afternoons Presentations

1:00 pm - 3:30 pm

May 22 is Graduation Day with the Local RCMP officiating



The Police Academy: Older Adult Division is an innovative program focusing on skills and safety principles for older adults which empowers participants with information in a fun

Suitable For All Ages - Everyone Welcome!

We request that you to participate in ALL the sessions so you are able to Graduate from the program

Topics to be Covered are:

Elder Abuse; Planning For Your Future; Personal Safety (Identity theft & Internet safety); Frauds & Scams; Fall Prevention; Medication Safety; Emergency Preparedness; Fire Safety; Safe Banking; Substance & Gambling Abuse; Safe Driving & Scooter Safety.

Register by calling

South Interlake 55Plus @ 204-467-2582

by no later than March 30, 2018

374 First Street West, Stonewall, MB

(Odd Fellows Hall)



Community Volunteer Income Tax Program

South Interlake 55 Plus
374 First Street West
(Odd Fellows Hall)

A Volunteer will be at

OAK PARK LODGE, WOODLANDS

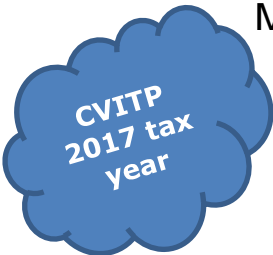
MONDAY, MARCH 5

1:00 – 3:00 pm *Pick Up Only*

THE VOLUNTEERS ARE TRAINED BY CANADA REVENUE TO COMPLETE YOUR 2017 INCOME TAX RETURN. THIS SERVICE WILL BE PROVIDED AS A DROP OFF SERVICE

INCOME TAX RETURNS ARE ACCEPTED ON THE FOLLOWING ELIGIBILITY CRITERIA:

	<u>INCOME NOT EXCEEDING</u>
SINGLE PERSON	\$30,000
TWO PERSONS	\$40,000
THREE PERSONS	\$42,500
FOUR PERSONS	\$45,000
FIVE PERSONS	\$47,500
MORE THAN FIVE PERSONS (PLUS \$2,500 FOR EACH ADDITIONAL PERSON)	\$47,500
INTEREST INCOME LESS THAN	\$ 1,000



NOTE:

- ✚ All Individuals with Tax Exempt Income are Eligible for Our Program
- ✚ Photo Identification is required
- ✚ You are required to complete an Authorization Form at the time of Drop off
- ✚ Bring all your documents
- ✚ Bring your 2016 Notice of Assessment

IMPORTANT: Volunteers do not complete income tax returns, which require a statement of business or rental income and expenses, capital gains, employment expenses, income tax returns for deceased or bankrupt individuals, complex returns or for clients with higher than normal investment income.

DROP OFF'S begin
March 1 – April 27, 2018

Tuesday, Wednesday, Thursday & Friday
10:00 am – 3:00 pm



For further information call 204-467-2582.

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

9:00 am



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



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

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



FEES

Full Session(10 weeks)

Jan 8 - Mar 16

One class:

Member

\$70

Non-Member

\$80

Two classes:

\$120

\$140

All Access:

\$180

\$200

Half Session(5 weeks)

Jan 8 - Feb 9
Feb 12 - Mar 16

One class:

Member

\$35

Non-Member

\$40

Two classes:

\$60

\$70

All Access:

\$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, bands 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^{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 & 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



January 11 – March 1, 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



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)



Would you like to enjoy dinner with some company?

Do you require transportation to our dinner?

"Potluck, Pleasure, and Fellowship"
Tuesday, February 20 at 5:00 PM

FOR RESERVATIONS
Call: 204-467-2234

Church of the Ascension -Parish Hall
435-1st 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

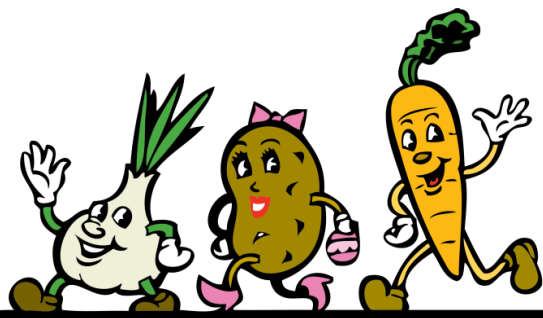
SUDOKU

Sudoku is one of the most popular puzzle games of all time. The goal of Sudoku is to fill a 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.



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

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



Did you KNOW? (1)
 Give vegetables and fruit the leading role.
 Make half (½) your plate vegetables and fruit.
www.canadafoodguide





Word Search

Valentine's Day

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a popular Valentine's Day item.



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

ADMIRER	COUPLE	FLOWERS	LOVERS
ADORE	CRUSH	FONDNESS	PARTNER
AFFECTION	CUPID	FOREVER	PROPOSAL
ATTRACTION	DARLING	FRIENDSHIP	RELATIONSHIP
BEAU	DATE	GIFT	RESTAURANT
BELOVED	DEAR	GIRLFRIEND	ROMANCE
BOYFRIEND	DEVOTION	HEARTS	ROSES
CANDLES	FANCY	JEWELRY	SENTIMENT
CANDY	FEBRUARY	LIKE	SUITOR
CHOCOLATE	FLAME	LOVEBIRDS	SWEETHEART



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>FEBRUARY 2018</h1>				1) 9:30 Hearts & Coffee 10:00 Travel Club Meeting 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix	2) 9:00 Gentle Yoga 1:30 Texas Hold'em	3)
4)	5) 1:00 Cribbage Tournament 4:30 FunFit	6) 9:30 Stitch N Craft 9:30 Book Club Meeting 10:00 Hop, Drop & Shop 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing 1:00 Mahjong 4:30 Yoga 7:30 Pickleball SCI Gym	7) 9:00 Steppin'Up 10:15 Yoga with Liz Luke 1:00 Bridge and Crib 5:30 Dancefit	8) 9:15 Polo Park Shopping Trip 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:15 Pickleball at Centennial School	9) 9:00 Gentle Yoga 1:30 Texas Hold'em	10)
11)	12) Closed Court Day 4:30 FunFit	13) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing 1:00 Mahjong 4:30 Yoga 7:30 Pickleball at SCI Gym	14) 9:00 Steppin'Up 10:15 Yoga with Liz Luke 12:00 Luncheon "Heart Awareness" 1:30 Bridge and Crib 5:30 Dancefit	15) 9:00 Club Regent Casino - 9:30 Hearts & Coffee 11:00 Line Dancing NO BINGO 5:30 Ultimate Mix 7:15 Pickleball at Centennial School	16) 9:00 Gentle Yoga 1:00 SHOW TIME "VICTORIA & ABDUL"	17)
18)	19) CLOSED  Louis Riel Day 4:30 FunFit	20) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing 1:00 Mahjong 4:30 Yoga 7:30 Pickleball SCI Gym	21) 9:00 Steppin'Up 10:15 Yoga with Liz Luke 12:00 One Stroke Painting 1:00 Bridge and Crib 5:30 Dancefit	22) 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:15 Pickleball at Centennial School	23) 9:00 Gentle Yoga 9:00 Royal Canadian Mint Tour & Olive Garden Lunch	24)
25)	26) Closed Court Day 4:30 FunFit	27) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing 4:30 Yoga 7:30 Pickleball SCI Gym	28) 9:00 Steppin'Up 10:15 Yoga with Liz Luke 1:00 Bridge and Crib 5:30 Dancefit	To donate or enquire about the Heart & Stroke Foundation: http://www.heartandstroke.ca/		