



55 South Interlake Plus

374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

APRIL

2018

APRIL ACCUMULATIVE CRIBBAGE



Wednesday Evenings:

April 11 - May 2 @ 7:00



Partner Play

\$20.00 per person



Refreshments & 50 / 50 Draw & Prizes each Evening

4 weeks of Accumulative Cribbage



Register no later than Friday, April 6th



UPcoming EVENTS

- Apr 1 CVITP Drop Off Continues**
- Apr 2 Crib Tournament @ 1:00 pm
- Apr 3 Hop, Drop & Shop @ 10:00 am
- Apr 3 Book Club Meeting @ 9:30 am
- Apr 4 One Stroke Painting @ 12:00 pm
- Apr 5 Travel Club Meeting @ 9:45 am
- Apr 6 Quilt Show & Lunch at Altos @ 9:30 am**
- Apr 8 Manitoba Moose Game @ 12:00
- Apr 10 Police Academy-Older Adult Division @ 1:00
(6 Tuesday afternoons)**
- Apr 11 Monthly Luncheon @ 12:00 Noon
- Apr 11 Accumulative Cribbage 4 weeks @ 7:00 pm
- Apr 12 Grant Park Shopping Trip
- Apr 19 Club Regent Casino @ 9:45 am
- Apr 19 Show Time *"Wonder"* @ 1:00 pm
- Apr 25 One Stroke Painting @ 12:00
- Apr 30 Cribbage Tournament @ 1:00 pm

Upcoming Events:

- May 1 Police Academy Continues @ 1:00 pm
- May 1 Book Club Meeting @ 9:30 am
- May 1 Celebrations *"Rock & Roll Heaven"* @ 9:45 am
- May 7 Hop, Drop & Shop @ 10:00 am
- May 9 Monthly Luncheon @ Noon**
- May 10 Nygard on Broadway Shopping
- May 16 One Stroke Painting @ 12:00 pm
- May 17 McPhillips Street Station Casino
- May 22 Police Academy-Older Adult Division
Graduation Party @ 1:00 pm
- May 30 One Stroke Painting @ 12:00 pm
- May 30 Annual General Meeting @ 7:00 9m



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*



- ✚ **Ag Museum in Austin MB – Tuesday June 5**
- ✚ **Tuesday, July 17 – Rainbow Stage**
"Breaking Up Is Hard To Do"
- ✚ **Folklorama – August**



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

Gray, Betty	7
Hemsley, Joanna	12
Hamilton, Judith	14
Harkness, Liz	14

Lockhart, Ray	19
Munroe, Peggy	23
Donovan, Shirley	27
Harding, Andras	28





Find us on Facebook

Like our 55 Plus page,
South Interlake 55 Plus
on Facebook for updates on events.

We are on the Town of Stonewall website
www.stonewall.ca

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
April 11, 2018

Cribbage Tournament

(Partner Play)

Monday, April 2nd & 30th @ 1:00 pm

only \$5.00 @ Door

\$\$ Cash Prizes \$\$

\$\$ Door Prizes \$\$

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

and Refreshments!



Cards



Bridge & Cards

Wednesdays @ 1:00 pm

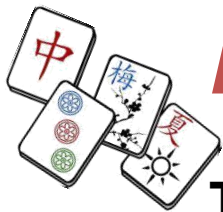
(On Luncheon Days – 1:30 pm)

Hearts & Coffee

Thursdays @ 9:30 am

Texas Hold'em

Fridays @ 1:00 pm



Mahjong

Tuesdays @ 1 pm

Call office to register: 204-467-2582

Mahjong is an ancient Chinese game

Similar to Rummy, but played with tiles.





South Interlake

55 Plus Book Club Meet



The 1st Tuesday Of Every Month

@9:30 am

South Interlake 55 Plus *Book Club* meet once a month to discuss the books they choose to read and discuss.

Book Choices are supplied by the South Interlake Regional Library.

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



SHOW TIME

Thursday April 19

1:00 pm

Featuring:

“Wonder”



Drama · Based on the New York Times bestseller, **WONDER** tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters 5th grade, attending a mainstream elementary school for the first time.



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








*******WARNING*******

Don't get scammed!

Beware of fraudsters claiming to be from the Canada Revenue Agency.

Did you get a suspicious email, telephone call, letter or text message claiming to be from the Canada Revenue Agency (CRA)? If you're being asked for personal information such as your credit card number, bank account number or passport number, **this is a scam!**

The CRA will **never**:

-  Ask for your personal or financial information through an unsolicited email with a link
-  Ask for any kind of personal information through email or text message
-  Ask for payment by prepaid credit card or gift cards
-  Leave your personal information on an answering machine
-  Threaten you

If you think you may have been the victim of a tax scam or have been tricked into giving out your personal or financial information, contact your local police as soon as possible because your financial security and personal identity are at risk.

Did you KNOW???

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



Morning Glories

Wednesday April 4, @ 12:00 pm

Class Fees:

55 Plus Member \$10.00

Non-Members \$15.00

Lab Fee: \$15.00

Wooden Glass Case

Wednesday April 25, @ 12:00pm (Payable to Instructor)

Call to register 204-467-2582

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:

Thursday April 5 @ 9:45 am

Please Notice This



Effective April **Shopping Trip Fee Increase!**

\$25.00 - Member & \$30.00 - Non-Member

Minimum of 7 people per trip Required

(Prices are subject to change with destination & duration of trip)



Shopping Trip! Grant Park Thursday April 12

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

Members: \$25 Non-Members \$30

Minimum 7 people

**Pre-Registration Required - Call
204-467-258**

**Deadline to Register:
Tuesday, April 10**

Club Regent Casino

Thursday, April 19

**Lions Manor Door #1 @ 9:45 am
Departing 55 Plus @ 10:00 am**

FREE!

Register by:
Tuesday, April 17
204-467-2582





**Tuesday, May 1
Matinee Performance**

Departure
from Lions
Manor (door
#1) @ 9:45
am & from
55Plus (Odd
Fellows) @
10:00am

Call 55 Plus to Register
@ 204-467-2582



**Price includes
Transportation,
Show & Lunch**



**Registration
Deadline:
March 29th**

Fee:

Members: \$65.00
Non-Members: \$75.00



**MANITBA
MOOSE
GAME**

Sunday, April 8

Game Time @ 2:00 pm
At Bell/MTS Centre

Depart: @ 12:00 pm
Lions Manor Door # 1

Cost: \$50.00 Member
\$55.00 Non-Member
*(Includes Ticket; hotdog; & one
fountain drink)*

Limited Seating Available
Minimum of 8 Required

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



**POLICE ACADEMY:
OLDER ADULT DIVISION**

April 10 – May 22, 2018

Presentations each Tuesday Afternoon

April 10th – May 15th -- 1:00 pm – 3:30 pm

Graduation Day: May 22 – 1:00 pm

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

All classes held at 374 First Street West, Stonewall (Odd Fellows Hall)

Register by Calling

South Interlake 55 Plus @ 204-467-2582

by Thursday, March 29



Community Volunteer Income Tax Program



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



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

CVITP
2017 tax
year

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 continue until Friday April 27, 2018
Tuesday, Wednesday, Thursday & Friday
10:00 am – 3:00 pm



For further information call 204-467-2582.



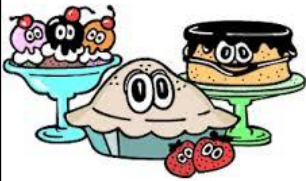


APRIL LUNCHEON

Wednesday, April 11th

12 Noon

\$10.00 / person



MENU:

Roast Pork, Potatoes
Veggies, Salad
....and Dessert!!!



Celebrate the value of volunteering!

Building *confidence, competence, connections, and community*



IG Investors Group

*National Volunteer Week:
April 15-21, 2018*

**VOLUNTEER
BÉNÉVOLES
CANADA**

National Volunteer Week – April 15 – 21, 2018

**Recognize, Celebrate & Thank
12.7 million Canadian Volunteers**

STAY ACTIVE - STAY HEALTHY!



Active Living Programs:

Funfit – Monday @ 4:30 pm

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

Yoga – Tuesday @ 4:30 pm
& Wednesday @ 10:15 am

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

Dancefit – Wednesday @ 4:30 pm

Steppin'Up – Wednesday @ 9:30 am

Ultimate Mix - Thursday @ 5:30 pm

Gentle Yoga – Friday @ 9:00 am



Pickleball



Tuesday, 7:30 – 9:30pm Stonewall Collegiate Gym

Thursday, 7:15 – 8:45pm Stonewall Centennial School

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

****No Pickleball****
Tuesday, March 27
Thursday, March 29
Thursday, April 5
Tuesday, April 10

PLEASE NOTE CHANGE effective April 16:

Tuesday & Thursday Evenings
7:00 – 9:00 pm @ Sunova Curling Rink



STEPPIN' UP

Wednesdays

9:00 am

NOTE: April 11 (Luncheon Day)

Class will be 45 min.

Steppin' Up is
a 1 hour 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

SPRING SESSION

April 9 – June 15, 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

4:30 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)

Member

Non-Member

One class:

\$70

\$80

Two classes:

\$120

\$140

All Access:

\$180

\$200

Apr 9 – June 15

Half Session(5 weeks)

Member

Non-Member

One class:

\$35

\$40

Two classes:

\$60

\$70

All Access:

\$90

\$100

**Apr 9 – May 11
May 11 – June 15**





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 @ 1:00pm
Thursdays & Fridays @ 10:00 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

SPRING SESSION

April 5 – May 24, 2018

Thursdays @ 10:00 am

8 Classes - Warren Community Hall



**New!
Start Time
Fees**

FEE: \$80.00 Member / \$90 Non-Member

Drop In Fee: \$15.00

Register with 55 Plus, 204-467-2582

REGISTRATION DEADLINE: March 29th

Minimum Required for Class: 10 Registered Participants

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



In May 2018

Quarry Choristers
presents

ROCKIN THE BOAT
For more info,
Julie at 204-886-2365 or
204-886-2170



COME See us at
the business EXPO
* Friday April 13
4pm-8pm
&
* Saturday April 14
9am-4pm
Sunova Curling Rink

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"
Tuesday, April 17 at 5:00 PM

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

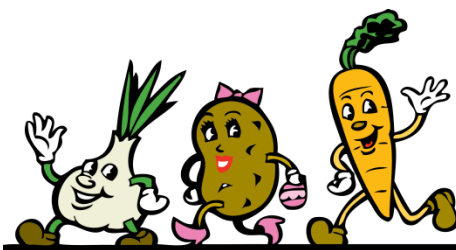
SUDOKU

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.



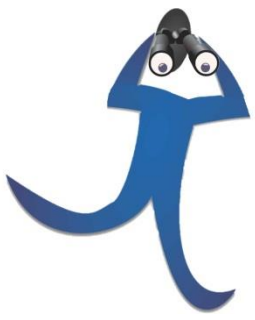
		8	2					
				5		1		3
	7			9	3		5	6
	4	9						
3	6			4	2	7		
	9		7			6		2
	1	2		6				
		5						

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



Did you KNOW? (4)
 Get your copy of *Eating Well with Canada's Food Guide* today!
www.canada.ca

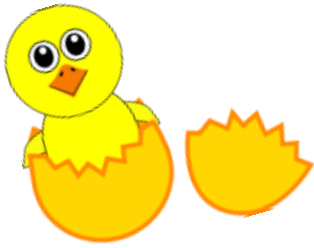




Word Search

Easter

Find and circle all of the words that are hidden in the grid. The remaining 34 letters spell a secret message.



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



ASH WEDNESDAY BREAD BUNNY CALVARY CELEBRATION CHOCOLATE CHRIST CHURCH CROSS CRUCIFIXION CUSTOM	DEATH DISCIPLES EGG HUNT EGGS EUCCHARIST FAMILY FASTING FESTIVAL FRIDAY HOLIDAY HOLY WEEK	JESUS LAST SUPPER LENT MARY MASS MEAL NEW TESTAMENT PALMS PARADE PASSEOVER PENANCE	PENITENCE PRAYER RESURRECTION ROAST SACRAMENT SATURDAY SUNDAY THURSDAY TOMB TRADITION VIGIL
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The hidden message is: ONE EASTER TRADITION IS TO DECORATE EGGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1) Easter Sunday 	2) 1:00 Cribbage Tournament	3) CVITP Continues 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 1:00 Indoor Walking 7:30 Pickleball SCI Gym	4) 9:00 Steppin'Up 12:00 One Stroke Painting 1:00 Bridge & Cards	5)9:30 Hearts & Coffee 9:45 Travel Club Meeting 10:00 Indoor Walking 10:00 Yoga @ Warren Community Hall 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix	6) 10:00 Indoor Walking 1:00 Texas Hold'em	7)	
8)	9) 4:30 FunFit	10) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing 1:00 Mahjong 1:00 Police Academy Begins 4:30 Yoga	11) 9:00 Steppin'Up 10:00 Yoga with Liz 12:00 Monthly Luncheon 1:30 Bridge & Cards 4:30 Dancefit 7:00 Accum Crib Tournament	12) 9:15 Shopping Trip 9:30 Hearts & Coffee 10:00 Indoor Walking 10:00 Yoga @ Warren 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:15 Pickleball at Centennial School	13) 9:00 Gentle Yoga 10:00 Indoor Walking 1:00 Texas Hold'em	14)	
15)	16) Closed Court Day 4:30 FunFit 7:00 Pickle Ball @ Sunova Curling Rink	17) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 11:15 Line Dancing 1:00 Mahjong 1:00 Police Academy 4:30 Yoga	18) 9:00 Steppin' Up 10:15 Yoga with Liz 1:00 Bridge & Cards 4:30 Dancefit 7:00 Accum Crib Tournament	19) 9:45 Club Regent 9:30 Hearts & Coffee 10:00 Indoor Walking 10:00 Yoga @ Warren 11:00 Line Dancing 1:00 Show Time "Wonder" NO BINGO 5:30 Ultimate Mix 7:00 Pickleball @Sunova Curling Rink	20) 9:00 Gentle Yoga 10:00 Indoor Walking 1:00 Texas Hold'em	21)	
22)	23) Closed Court Day 4:30 FunFit 7:00 Pickle Ball @ Sunova Curling Rink	24) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 10:00 Indoor Walking 11:15 Line Dancing 1:00 Mahjong 1:00 Police Academy 4:30 Yoga	25) 9:00 Steppin'Up 10:15 Yoga with Liz 1:00 Bridge & Cards 4:30 Dancefit 7:00 Accum Crib Tournament	26)9:30 Hearts & Coffee 10:00 Indoor Walking 10:00 Yoga @ Warren 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:00 Pickleball @ Sunova Curling Rink	27) 9:00 Gentle Yoga 10:00 Indoor Walking 1:00 Texas Hold'em	28)	
29)	30) 1:00 Cribbage Tournament 4:30 FunFit 7:00 Pickle Ball @ Sunova Curling Rink	 APRIL 2018 					