



374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

JUNE 2018

COLD PLATE LUNCHEON

Wednesday, June 13th

Noon

\$10.00 / person



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



MENU:

*Roast Beef, Pork & Ham
Salads, Dessert, Coffee & Tea*



**Wear Purple!
Support Elder Abuse Awareness!**



UPcoming EVENTS

- Jun 4 Cribbage Tournament @ 1:00 pm
- Jun 5 Hop, Drop & Shop @ 10:00 am
- Jun 5 Book Club Meeting @ 9:30 am
- Jun 7 Travel Club Meeting @ 9:45 am
- Jun 13 Monthly Luncheon @ Noon**
- Jun 14 The Forks Shopping @ 9:30 am
- Jun 20 One Stroke Painting @ 12:00 pm
- Jun 21 Club Regent Casino @ 10:00 am
- Jun 27 REGISTRATION DEADLINE for Folklorama**
- Jun 28 Dalnavert Museum/Boston Pizza @ 9:30 am**

Upcoming Events:

- Jul 2 Canada Day Statutory Holiday - Closed**
- Jul 3 Book Club Meeting @ 9:30 am
- Jul 3 Hop, Drop & Shop @ 10:00 pm
- Jul 4 One Stroke Painting @ 12:00 pm
- Jul 5 Travel Club Meeting @ 9:45 am
- Jul 9 Cribbage Tournament @ 1:00 pm
- Jul 11 **Monthly Luncheon @ Noon**
- Jul 12 Polo Park Shopping @ 9:30 am
- Jul 17 Rainbow Stage "Breaking Up Is Hard To Do"**
- Jul 18 Strawberry Social @ 1:00 pm**
- Jul 19 McPhillips Street Station Casino @ 10:00 am
- Jul 24 Picnic in the Park @ 9:30 am



Week at a Glance:

Monday:

Office is **CLOSED to Public 8:30 – 4:00**
Appointments Only
 Pickleball @ 7:00 pm

Tuesday:

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

Wednesday:

Stepping Up @ 9:00 am
 Bridge & Cards @ 1:00 pm

Thursday:

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

Friday:

Texas Hold'em @ 1:00 pm

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



July 17 – Rainbow Stage

July 18 – Strawberry Social

July 24 – Picnic in the Park

Folklorama:

August 9 – Italian; Greek; Irish

August 13 – First Nations; Korean; Argentina Tango



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.

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



Ron & Pauline Turton 23 June

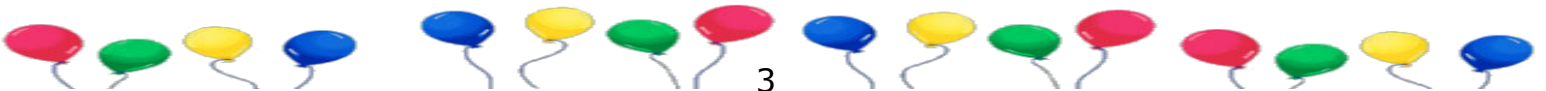


GIFT CERTIFICATES

*FOR ANY AMOUNT AT
ANY TIME FOR ANYONE!*

HAPPY BIRTHDAY

| | | | |
|------------------|---|-------------------|----|
| Baryliuk, Jarvis | 1 | Pattie, Rosemary | 14 |
| Denoyer, Terry | 2 | Baldwin, Cameron | 15 |
| Jones, Georgina | 3 | Kooning, Cheryl | 17 |
| Rothwell, Irene | 3 | Pemkowsk, Shirley | 21 |
| Holmes, Caroline | 4 | Balak, Carol | 23 |
| Chaboyer, Jean | 4 | Bernhardt, Henry | 25 |
| Krawec, Shirley | 5 | Shiels, Judy | 26 |
| Moore, Eleanor | 5 | Fenske, Barbara | 28 |
| McClure, Charles | 9 | | |





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. May winner is:
Odette Bernatchez

The next Loonie draw will be made
Wednesday, Jun 13th, 2018

Cribbage Tournament

****Individual Play – No Partner Required****

Monday, June 4th @ 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 Each Month @ 9:30 am

*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!

Men's Chat

Tuesday's @ 10 AM

*Enjoy a Coffee
&*



Fresh Baking



Coffee's On!



COFFEE SHOP HOURS:

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

NEW

Quilter's Corner

Fridays @ 10:15 am - 3:30 pm

Starts: Friday, JUNE 8th

Dates

June 8 & 22

July 6 & 30

August 3, 17 & 31



Bring Ideas & Projects

*Optional Project - June 8 -
Placemats*

*(Supply List Available @ 55
Plus Office)*

Beginners & Experienced Quilters Welcome!

ONE STROKE PAINTING



Wooden Glasses Case



Dairy Fresh Kitchen Sign

Wednesday June 20, @ 12:00 pm

Wednesday July 4 @ 12:00pm

Class fees: 55 Plus Member \$10.00 Non-Members: \$15.00

Lab Fee: \$15.00 (Payable to Instructor)

Call to Register 204-467-2582



Next MEETING:

Thursday, June 7 @ 9:45 am

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.**



HOP, DROP, & SHOP

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

Tuesday, June 5 @ 10:00 am

\$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

Stonewall &
District Handivan
Service
204-467-9446

South Interlake
55 Plus
204-467-2582

Shopping Trip!

Thursday, June 14



The Forks

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 by:
Tuesday, June 12**

Club Regent Casino

Thursday, June 21

Pick Up Times & Places

Departing 55 Plus

@ 10:00 am

Lions Manor Door #1
@ 9:45 am



FREE!

Register by: Tuesday, June 19



Folklorama



THURSDAY, AUGUST 9th

VISIT THE - Italian, Greek & Irish PAVILIONS!

NOTE: Greek Pavilion is not wheelchair accessible.

MONDAY, AUGUST 13TH

VISIT THE - First Nations, Korean, & Argentina Tango PAVILIONS!

NOTE: HANDIVAN will be available for this trip!

All Pavilions on this trip are wheelchair accessible.

Fee For Each Trip:

Members: \$90.00

Non-Members: \$100.00

DEADLINE TO REGISTER:

Wednesday, June 27th

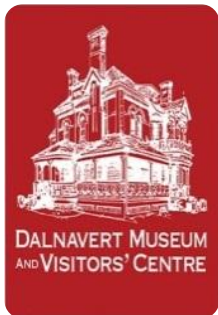
Call the 55-Plus office to register @ 204-467-2582

You will enjoy:

- 1st Pavilion - Appetizer, Alcoholic Beverage, & Show
- 2nd Pavilion - Dinner, Alcoholic Beverage, & Show
- 3rd Pavilion - Dessert, Beverage, & Show

DEPART @ 4:30 pm

From the 55 Plus - Odd Fellows Hall
374 First Street West, Stonewall
Return to Stonewall approximately 11:00 pm



Dalnavert Museum Tour

DMVC is a national historic museum,
it brings people together
with history, culture, and much more.

Built in 1895, it was home to former Manitoba Premier
Sir Hugh John Macdonald, the son of Sir John A. Macdonald.

THURSDAY, JUNE 28TH

BUS TRIP COST: MEMBERS: \$25 NON-MEMBERS: \$30

ADMISSION FEE TO THE MUSEUM: Adults: \$6.00 *Seniors: \$5.00 (payable upon entrance)

Lunch at Boston Pizza at individual's expense

Departure Time:
South Interlake 55 Plus @ 9:30 am
Lions Manor Door # 1 @ 9:15 am



Deadline to Register: Tuesday, June 19th



PICNIC IN THE PARK



Assiniboine Park

****Tuesday, July 24****
Rain Date: **Thursday, July 26**

Bring your own
lunch

Cost: Member: \$20
Non-Member: \$25

Call to register:
204-467-2582

Departure: Lions Manor door #1 @ 9:15 am
55 Plus @ 9:30 am

Register by: Thursday, July 19th

STAY ACTIVE – STAY HEALTHY!



Active Living Programs:



- Funfit** – Monday @ 4:30 pm
- Pickleball** – Monday and Thursday @ 7:00
- Steppin' Out** – Tuesday @ 10:00 am
- 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 @ 9:00 am
- Ultimate Mix** – Thursday @ 5:30 pm
- Gentle Yoga** – Friday @ 9:00 am



Pickleball



Monday & Thursday
7:00 – 9:00 pm
Sunova Curling Rink

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

STEPPIN' UP



Wednesdays
9:00 am

NOTE: On Monthly Luncheon Day
Class is 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

| Half Session(5 weeks) | Member | Non-Member |
|------------------------------|---------------|-------------------|
| One class: | \$35 | \$40 |
| Two classes: | \$60 | \$70 |
| All Access: | \$90 | \$100 |

May 11 – June 15



**BONUS
CLASSES**

Yoga & Pilates in Warren

Thursdays

May 31, June 7 & 14th

\$2 / Class



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.



Steppin' Out

Join friends & neighbours
@ the 55 Plus, 374 1st St West
Every Tuesday @ 10:00 am
for a walk around our town

 **Indoor Walking Program** 
 
Has been Temporarily Suspended
For the Summer!

Line Dancing



Tuesdays

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

Thursdays @ 11:00 am

No Class: Thursday 21st and 28th

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

Beginners Welcome!

Strawberry Social



Wednesday, July 18th

1:00 pm

55 Plus Centre
374 1st Street West, Stonewall
(Odd Fellows Hall)

\$7.00
@ Door

Everyone Welcome!!



Entertainment by:
Four Tuned Cookies

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*.



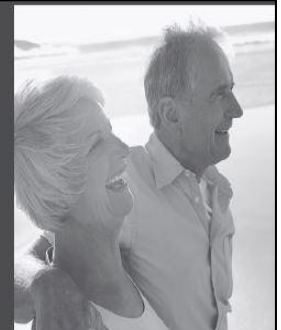
Did you KNOW???

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 

Around Town



June 12, 13, 14, 2018

Glenboro, MB
REGISTER TODAY!

Online Registration now available!

Visit www.alcoamb.org

Email: manitoba55plusgames@gmail.com

Phone (204)261-9257 Toll Free 1-855-261-9257

Would you like to enjoy dinner with some company?

"Chinese Supper and Fellowship"

Tuesday, June 19th at 5:00 pm

Church of the Ascension -Parish Hall

435-1st Avenue North, Stonewall

Do you require
transportation to our
dinner?
FOR RESERVATIONS
Call: 204-467-2234

\$10.00 per
person
Call to reserve
204-467-2234
or
204-467-9039

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

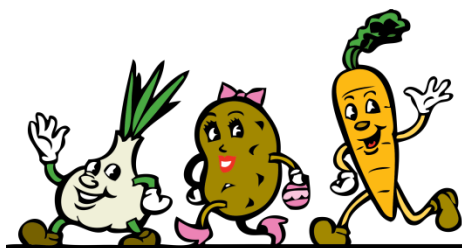
SUDOKU

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.



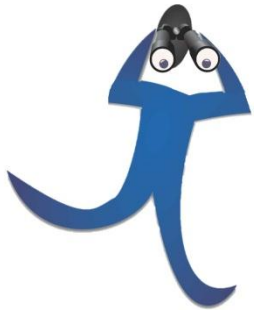
| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 3 | 9 | | 4 | | | | 6 |
| | 7 | 8 | | 1 | 6 | 2 | | 4 |
| | | | 8 | | | 5 | | 1 |
| | | 6 | | | | | | 8 |
| | | 3 | | | | | | |
| 7 | | | | 5 | | | 2 | |
| | 6 | | | 7 | 8 | 1 | | |
| | 8 | 4 | | 2 | | | | |

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



Did you KNOW? (6)
 Spread your meals throughout the day
 to keep you energized and satisfied
www.canadafoodguide





Word Search



Hockey

Find and circle all of the Hockey words that are hidden in the grid.
The remaining letters spell a secret message - a Rodney Dangerfield quotation.



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



| | | | | |
|--|---|---|---|---|
| ARENA ASSIST BLUE LINE BOARDING BOARDS BODY CHECK BREAKAWAY CENTER CHARGING CONTACT CREASE DEFENSEMEN DEKE EJECTION | ELBOWING ENFORCER FACE MASK FACE-OFF FORWARD FOUL GAME GLOVES GOALPOST GOALTENDER HAT TRICK HELMET HOLDING HOOKING | ICE RINK ICING JERSEY KNEEING LEAGUE LINE CHANGE LINESMAN MISCONDUCT NHL OFFENSE OFFICIALS OFFSIDE OVERTIME PASS | PENALTIES PENALTY BOX PERIOD PLAYER POINT POKE CHECK POWER PLAY PUCK RED LINE REFEREE ROUGHING SAVE SCORE SKATES | SLAPSHOT SLASHING SLOT SPEARING STANLEY CUP SUSPENSION TIME-OUT TRIPPING WHISTLE WINGS WRIST SHOT ZAMBONI ZONES |
|--|---|---|---|---|



Hidden sentence: I WENT TO A FIGHT THE OTHER NIGHT, AND A HOCKEY GAME BROKE OUT

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|---|
|  | | | | <h1 style="color: red;">JUNE 2018</h1> | |  |
| | | | | | 1) 9:00 Gentle Yoga 1:00 Texas Hold'em | 2) |
| 3) | 4) 1:00 Cribbage Tournament 4:30 FunFit 7:00 Pickleball | 5) 9:30 Book Club Meeting 9:30 Stitch N Craft 10:00 Hop, Drop & Shop 10:00 Men's Chat 10:00 Steppin' Out 11:15 Line Dancing 1:00 Mahjong 4:30 Yoga | 6) 9:00 Steppin' Up 10:15 Yoga with Liz 1:00 Bridge & Cards 4:30 Dancefit | 7) 9:45 Travel Club Meeting 9:30 Hearts & Coffee 10:00 Yoga @ Warren 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:00 Pickleball | 8) 9:00 Gentle Yoga 10:15 Quilter's Corner Starts 1:00 Texas Hold'em | 9) |
| 10) | 11) Closed 4:30 FunFit 7:00 Pickleball | 12) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:15 Line Dancing 1:00 Mahjong 4:30 Yoga | 13) 9:00 Steppin' Up 10:00 Yoga with Liz 12:00 Monthly Luncheon <i>"World Elder Abuse Awareness Day"</i> 1:30 Bridge & Cards 4:30 Dancefit | 14) 9:30 Shopping at The Forks 9:30 Hearts & Coffee 10:00 Yoga @ Warren 11:00 Line Dancing 1:30 Bingo 5:30 Ultimate Mix 7:00 Pickleball | 15) 9:00 Gentle Yoga 1:00 Texas Hold'em | 16) |
| 17)  | 18) Closed Court Day 4:30 Funfit 7:00 Pickleball | 19) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:15 Line Dancing 1:00 Mahjong | 20) 9:00 Steppin' Up 12:00 One Stoke Painting 1:00 Bridge & Cards | 21) 10:00 Club Regent Casino 9:30 Hearts & Coffee 11:00 NO Line Dancing 1:30 No Bingo 7:00 Pickleball | 22) 10:15 Quilter's Corner 1:00 Texas Hold'em | 23) |
| 24) | 25) Closed Court Day 7:00 Pickleball | 26) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:15 Line Dancing 1:00 Mahjong | 27) 9:00 Steppin' Up Folklorama Deadline 1:00 Bridge & Cards | 28) 9:30 Hearts & Coffee 9:30 Dalnavert Museum Trip 11:00 NO Line Dancing 1:30 Bingo 7:00 Pickleball | 29) 1:00 Texas Hold'em | 30) |