



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

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

204-467-2582

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

**JULY 2018**

# Strawberry Social

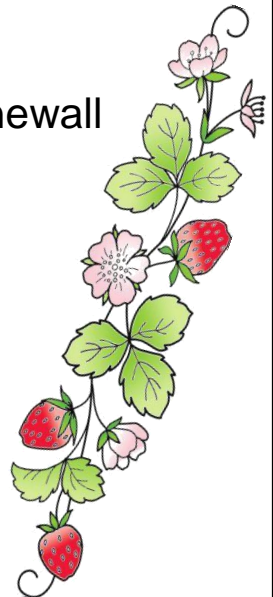
*Entertainment by:  
Four Tuned Cookies*



**Wednesday,  
July 18<sup>th</sup>  
1:00 pm**

55 Plus Centre  
374 1<sup>st</sup> Street West, Stonewall  
(Odd Fellows Hall)

**\$7.00  
@ Door**





- Jul 2**     **Canada Day Statutory Holiday – Closed**
- Jul 3     Book Club Meeting @ 9:30 am
- Jul 3     Hop, Drop & Shop @ 10:00 am
- Jul 4     One Stroke Painting @ 12:00 pm
- Jul 9     Cribbage Tournament @ 1:00 pm
- Jul 11**    **Monthly Luncheon @ Noon**
- Jul 12    Polo Park Shopping @ 9:15 am
- Jul 17**    **Rainbow Stage “Breaking Up Is Hard To Do”**
- Jul 18**    **Strawberry Social 1:30 pm**
- Jul 19    McPhillips Street Station Casino @ 10:00 am
- Jul 24    Picnic in the Park @ 9:30 am
- Jul 25    One Stroke Painting @ 12:00 pm
- Jul 27    Travel Club Meeting @ 9:45 am

**Upcoming Events:**

- Aug 6**     **Statutory Holiday**
- Aug 7     Book Club Meeting @ 9:30 am
- Aug 7     One Stroke Painting @ 12:00 pm
- Aug 6     Hop, Drop & Shop @ 10:00 am
- Aug 8     **Monthly Luncheon @ Noon**
- Aug 9     Folklorama @ 4:30 pm
- Aug13    Cribbage Tournament @ 1:00 pm
- Aug 13    Folklorama @ 4:30 pm
- Aug 16    McPhillips Street Station Casino @ 10:00 am
- Aug 24    Shopping Selkirk @ 9:15 am
- Aug 27    Goldeyes Game @ 5:30 pm

**Sept 7**    **25<sup>th</sup> Anniversary Celebration**



**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 @ 11:00 am  
 Mahjong @ 1:00 pm

**Wednesday:**

Stepping Up @ 9:00 am  
 Yoga @ 10:15  
 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*



**August**

**Folklorama**

August 9 – Italian; Greek; Irish

August 13 – First Nations; Korean; Argentina Tango

**September**

Sept 7<sup>th</sup> 25<sup>th</sup> Anniversary



# 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**

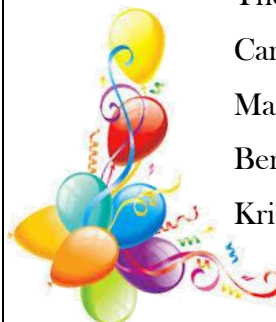
*Happy Anniversary*



Ray and Fern Massey 3



Pauline Blue	5
Roseanne Nichol	7
Marie Sarrasin	7
Walter Hagborg	8
Paula Van Solkema	14
Eileen Crockatt	15
Margaret Enzlberger	17
Ray Steen	19
Theresse Dandeneau	23
Caroline Maryniuk	23
Marjorie Needs	23
Bernice Sutton	26
Kris Laxdal	26



## GIFT CERTIFICATES

FOR ANY AMOUNT AT  
ANY TIME FOR ANYONE!





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. June winner was:

**Natalie Kenal**

The next Loonie draw will be made  
**Wednesday, July 11, 2018**

**NEW**

# Cribbage Tournament



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

**Monday, July 9th @ 1:00 pm**

**\$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)

No Bridge & Cards on 18th

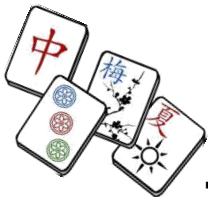


## Hearts & Coffee

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**



**July 3<sup>rd</sup> @ 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!!!*



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

**MEN'S CHAT**  
**TUESDAY'S @ 10 AM**  
ENJOY A COFFEE  
&  
FRESH BAKING



**Stitch'n Craft**

**Join us every Tuesday**  
**@ 9:30am**



**Bring Your Project...**  
**Scrap Booking**  
**Rug Hooking**  
**Knitting or Crochet**



**COFFEE SHOP HOURS:**  
Tues. - Fri. 9:30 - 11:00 am



**Quilter's Corner**

**Fridays @ 10:15 am – 3:30 pm**



**Dates**  
**July 6 & 20**  
**August 3, 17 & 31**

**Participant Fee**  
**\$3.00 Members**  
**\$5.00 Non-Members**

*Bring Ideas & Projects*  
*Optional Project – Placemats*  
*(Supply List Available @ 55*  
*Plus Office)*

***Beginners & Experienced Quilters Welcome,***  
***Bring a Lunch or Take a Lunch Break!***

# IPAD "HOW TO"

Learn to Use Your iPad!

Share Your Knowledge  
& Experience!



Self-Guided  
Manual Provided!

Call 204-467-2582 to register  
Limited iPad's available

## Join the iPad Club!

IPads available for You to Try!  
Or  
Bring Your Own iPad!

This club will be participant  
led!

Starting: Tuesday, Sept 4  
1:00 - 3:00 pm

**FREE!!!**

# FACEBOOK SAFETY

TUESDAY, OCTOBER 2<sup>ND</sup>

55 PLUS

374 1<sup>ST</sup> STREET WEST

1:00 - 3:00 PM

\$5.00 MEMBERS

\$10.00 NON-MEMBERS

Call:  
204-467-2582  
to Register



Minimum of 5 People Required  
Deadline to Register September 25<sup>th</sup>



# July



# Luncheon

**Wednesday, July 11<sup>th</sup>**



**@ Noon**

**\$10.00 / person**

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

## Menu:

**Cold Meats,  
Salads,  
Dessert,  
Coffee & Tea**







# Travel CLUB



Next Meeting:  
Friday July 27<sup>th</sup> @ 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 July 3<sup>rd</sup> @ 10:00 am**

**\$4.00 per person**

*Proper Change Required – No Change will be provided by Driver*



South Interlake  
55 Plus  
204-467-2582

**Pick Up Locations:**  
Lions Manor Door #1  
Crocus Manor & Stonewood Place

Stonewall &  
District Handivan  
Service  
204-467-9446

*Save  
THE  
Date*



WINNIPEG  
SYMPHONY  
ORCHESTRA

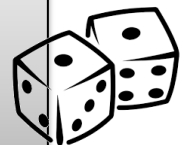
Deadline to  
Register:  
November 1<sup>st</sup>  
both trips



**Christmas with the Celtic Tenors – December 16, 2018**

**Guys and Dolls – March 24, 2019**

**Call 204-467-2582 for more information**



**Shopping Trip!**  
**Thursday, July 12**



**Polo Park**

*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***  
***Register by: Tuesday, July 10***

**McPhillips Street  
Casino**

**FREE!**



**Thursday, July 19**

**Pick Up Times & Places**  
**Lions Manor Door #1**  
**@ 9:45 am**

**Departing 55 Plus**  
**@ 10:00 am**

Register by: Tuesday, July 17



**Folklorama**



**THURSDAY, AUGUST 9<sup>th</sup>**

**VISIT THE – *Italian, Greek & Irish PAVILIONS!***

NOTE: Greek Pavilion is not wheelchair accessible.

**MONDAY, AUGUST 13<sup>TH</sup>**

**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**

**Missed the deadline?**

*Call the 55-Plus office @ 204-467-2582  
to see if seats are still available!*

**You will enjoy:**

- 1<sup>st</sup> Pavilion - Appetizer, Alcoholic Beverage, & Show
- 2<sup>nd</sup> Pavilion - Dinner, Alcoholic Beverage, & Show
- 3<sup>rd</sup> 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**

# ***PICNIC IN THE PARK***

## Assiniboine Park



**\*\*Tuesday, July 24\*\***

**Rain Date: Thursday, July 26**

Member: \$20      Non-Member: \$25

### Departure:

55 Plus @ 9:30 am

Lions Manor door #1 @ 9:15 am



Enjoy a walk through Assiniboine Park's English Garden and Leo Mol Sculpture Garden

**Call 204-467-2582 to Register by:**  
**Thursday, July 19<sup>th</sup>**



VS



**Monday, August 27<sup>th</sup>**

Depart:  
5:30 Odd Fellows Hall  
5:15 Lions Manor

**Game Starts @ 7:00**

Member \$45  
Non-Member \$50

Cost Covers Transportation and  
Tickets

Call 204-467-2582 to register  
Deadline:  
Wednesday, July 18

**Batter Up!!**

Turn Back the Clock  
Night.  
In addition to wearing  
classic Goldeyes'  
uniforms, fans will  
enjoy nostalgic music  
from the golden age of  
radio.





Celebration's Presents...



Tuesday, September 25

Call  
204-467-2582  
to register

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

*Matinée*

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

**Deadline to Register: Thursday, September 6**



**PRAIRIE  
THEATRE  
EXCHANGE**

**Sunday, October 14<sup>th</sup>  
2:00 pm Show**

Depart 55 Plus @ 12:00 Noon  
Depart Alternate Locations: 11:45 am  
Members: \$ 50.00  
Non-Members: \$ 60.00



***DEADLINE TO REGISTER: Wednesday, September 12<sup>th</sup>***  
*Call the 55 Plus office to register @ 204-467-2582*

# STAY ACTIVE – STAY HEALTHY!



## Active Living Programs:



Pickleball – Monday and Thursday @ 7:00

Steppin' Out – 10:00 am

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

Steppin'Up – Wednesday @ 9:30 am

Yoga – Wednesday @ 10:15 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**.

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



## Line Dancing

Tuesdays

Step Class @ 11:00 am  
Beginner & Improver  
@ 11:15 am

Thursdays @ 11:00 am

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

**Beginners Welcome!**

# Summer Yoga



Starts: June 20<sup>th</sup>

Wednesdays @ 10:15 am

Offered for 10 weeks!

Sign up for 5 or 10 classes!  
Drop Ins Welcome Too!



Step out of your hectic life for one "centering" hour with **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!

**5 classes:** \$35 for Members/ \$40 for Non-Members

**10 classes:** \$65 for Members / \$75 for Non-Members

Drop In: \$10.00/class



# ONE STROKE PAINTING



**"Wooden Glasses Case"**  
Wednesday, July 4<sup>th</sup>  
@ 12:00 pm



**"Ducky Tyndall Stone"**  
Wednesday, July 25<sup>th</sup>  
@ 12:00 pm



**"This Chick's Busy"**  
Tuesday, August 7<sup>th</sup>  
@ 12:00 pm  
**Different Date**

## Class fees:

55 Plus Member \$10.00

Non-Members: \$15.00

Lab Fee: \$15.00 (Payable to Instructor)

Call to Register 204-467-2582

# Save<sup>the</sup> Date

## South Interlake 55 Plus 25<sup>th</sup> Anniversary



Friday, September 7<sup>th</sup>

@ 1:30 pm

Odd Fellows Hall





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

## Settlers, Rails & Trails Inc.

5 Museum exhibits including the Brant-Argyle School, united church, veterans, agriculture tell the story of the region from the 1870s to present day.

The museum's famous Canadian Flag Collection, 2nd largest in the country, holds over 1,300 flags that are historic, corporate, regional, sport and special occasion items. On display now are flags from the Ralph Spence Flag Collection, once belonging to the Bishop of Niagara and was the largest private collection in Canada!

The museum is open July 7 & August 4th (1-4pm) and by appointment after 4pm weekdays and on weekends.



Please call 204-290-0013  
for more information



**"Potluck Supper and Fellowship"  
Will not be held in July or August**



*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 an excellent brain game.



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

Easy

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

Medium





# Word Search

## Canadian Provinces & Territories Word Search

See if you can find the names of these Canadian provinces and territories.

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

- ALBERTA
- BRITISHCOLUMBIA
- MANITOBA
- NUNAVUT
- NWTERRITORIES
- NEWBRUNSWICK
- NEWFOUNDLAND
- NOVASCOTIA
- ONTARIO
- PRINCEEDWARDISLAND
- QUEBEC
- SASKATCHEWAN
- YUKON



**All About puzzles**  
 puzzles.about.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1) 	2) <b>OFFICE CLOSED</b>	3) <b>9:30 Book Club</b> 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 10:00 Hop, Drop, & Shop 11:00 Line Dancing  1:00 Mahjong	4) 9:00 Steppin' Up 10:15 Yoga <b>12:00 One Stroke Painting</b>  1:00 Bridge & Cards	5) 9:30 Hearts & Coffee 11:00 Line Dancing  1:30 Bingo  <b>7:00 Pickle Ball @ Curling Rink</b>	6)  <b>10:15 Quilter's Corner</b>  1:00 Texas Hold'em	7)
8)	9) <b>1:00 Cribbage Tournament</b>  <b>7:00 Pickle Ball @ Curling Rink</b>	10) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing  1:00 Mahjong	11) 9:00 Steppin' Up 10:15 Yoga  <b>Luncheon @ Noon</b>  1:30 Bridge & Cards	12) <b>9:15 Shopping @ Polo Park</b> 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Bingo  <b>7:00 Pickle Ball @ Curling Rink</b>	13)  1:00 Texas Hold'em	14)
15)	16) <b>Closed</b>  <b>7:00 Pickle Ball @ Curling Rink</b>	17) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing  1:00 Mahjong  <b>6:30 Rainbow Stage – "Breaking up is Hard to Do"</b>	18) 9:00 Steppin' Up 10:15 Yoga  <b>1:00 Strawberry Social</b>  <b>No Bridge &amp; Cards</b>	19) 9:30 Hearts & Coffee <b>9:45 McPhillips Street Casino</b> 11:00 Line Dancing  No Bingo  <b>7:00 Pickle Ball @ Curling Rink</b>	20)  <b>10:15 Quilter's Corner</b>  1:00 Texas Hold'em	21)
22)	23) <b>Closed Court Day</b>  <b>7:00 Pickle Ball @ Curling Rink</b>	24) 9:30 Stitch N Craft <b>9:30 Picnic in the Park Bus Trip</b> 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing  1:00 Mahjong	25) 9:00 Steppin' Up 10:15 Yoga  <b>12:00 One Stroke Painting</b>  1:00 Bridge & Cards	26) 9:30 Hearts & Coffee 11:00 Line Dancing  1:30 Bingo  <b>7:00 Pickle Ball @ Curling Rink</b>	27) <b>9:45 Travel Club</b>  1:00 Texas Hold'em	28)
29)	30) <b>Closed Court Day</b>  <b>7:00 Pickle Ball @ Curling Rink</b>	31) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin' Out 11:00 Line Dancing  1:00 Mahjong	<h1>July 2018</h1>			