



374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org



2018

South Interlake 55 Plus
25th Anniversary Tea



Friday, September 7th

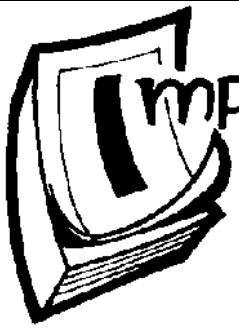
1:30 pm

Formal Program 2:00 pm

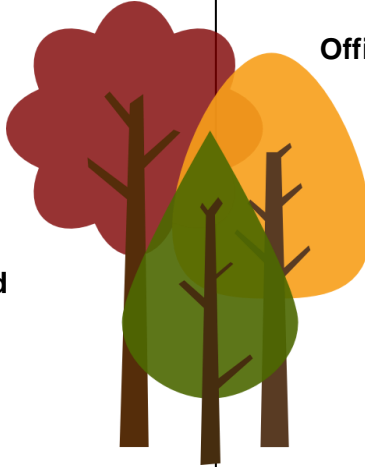
Odd Fellows Hall

(374 1st Street West, Stonewall, MB)

*Please Join us for an Afternoon Tea and
Presentation to Celebrate 25 Years.*



Important Dates



September

- Sept 3 Holiday Monday - Office Closed**
- Sept 4 Hop, Drop, Shop @ 10:00 am
- Sept 4 Book Club Meeting @ 9:30 am
- Sept 4 iPad Club @ 1:00 pm
- Sept 5 One Stroke Painting @ Noon
- Sept 6 Celebrations registration deadline
- Sept 7 25th Anniversary Tea @ 1:30 pm**
- Sept 10 Cribbage Tournament @ 1:00 pm
- Sept 10 Active Wellness Fall Session Begins**
- Sept 11 iPad Club @ 1:00 pm
- Sept 12 Monthly Luncheon @ Noon**
- Sept 13 Shopping Trip - Garden City @ 9:30 am
- Sept 16 Chinese Lantern Light Festival @ 3:30 pm**
- Sept 18 iPad Club @ 1:00 pm
- Sept 19 One Stroke @ Noon
- Sept 20 Casino Trip – Club Regent @ 10:00 am
- Sept 25 Facebook Security registration deadline
- Sept 25 iPad Club @ 1:00 pm
- Sept 25 Mamma Mio Celebrations @ 11:00 am

October

- Oct 1 Cribbage Tournament @ 1:00 pm
- Oct 2 Facebook Security @ 1:00 pm
- Oct 4 Travel Club @ 9:30 am
- Oct 8 Holiday Monday - Office Closed**
- Oct 10 Monthly Luncheon @ Noon**
- Oct 17 One Stroke Painting @ Noon
- Oct 18 Casino Trip – Club Regent @ 10:00 am
- Oct 26 Quiz Night @ 7:00 pm



Week at a Glance:

Monday:

Office is **CLOSED to Public 8:30 – 4:00**
Appointments Only
 Step & Strength @ 4:30pm

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
 Yoga @ 4:30 pm
 Pickleball @ 7:00 pm

Wednesday:

Stepping Up @ 9:00 am
 Yoga @ 10:15 am
 Bridge & Cards @ 1:00 pm
 Dancefit @ 4:30 pm

Thursday:

Hearts & Coffee @ 9:30 am
 Line Dancing @ 11:00 am
 Bingo @ 1:30 pm
 Body Blast @ 5:30 pm
 Pickleball @ 7:10 pm

Friday:

Gentle Yoga @ 9:00 am
 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



*We are looking for Bingo Caller
 Volunteers and Payment Desk
 Workers*

Please call 204-467-2582





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

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.



RaeAnn Learmond	1	Alwyn Ammeter	14
Donna Couvier	1	Randy Melnychuk	16
Lindse Laing	4	Arvella Matthews	21
Loreen Lockhart	4	Linda Van Solkema	21
Irene McCormick	4	Diane Trafiak	23
Ragna Bezo	5	Isabell Martini	24
Donna Barda	11	Mary Bronson	27
Lori Mollberg	12		
Helen Harris	12		
John Unrau	12		



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

Under Seniors Groups &
Resources

There you can find our calendar
of events as well as links to our
website.

We are 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!

*Stonewall
Quarry Days*

August 17, 18 & 19, 2018

Thank you for visiting our booth
at Quarry Days and we hope to
see everyone out again next
year.

Congratulations to

Lynn Gray

for being the winner of our free
prize draw.



Loonie Draw!



Regular Loonie draws are made at
our luncheons each month. August
winner was:

Joyce Stewart

The next Loonie draw will be made

Wednesday, August 8th

Quiz Night

Multiage
Teams
Welcome!

Friday, October 26th
@ 7:00 pm




Refreshments for
Purchase

Register your teams by: Wednesday, October 24
for entry into our early registration prize draw!
(Limited Tables)

Team size 6-8!
Recommended
team size 8

Cost:

\$15.00/person
\$120.00/team



Bring Your Own
Snacks

Register by: Tuesday, Oct 24

Location: Parochial Hall
(435 1st Ave North, Stonewall)

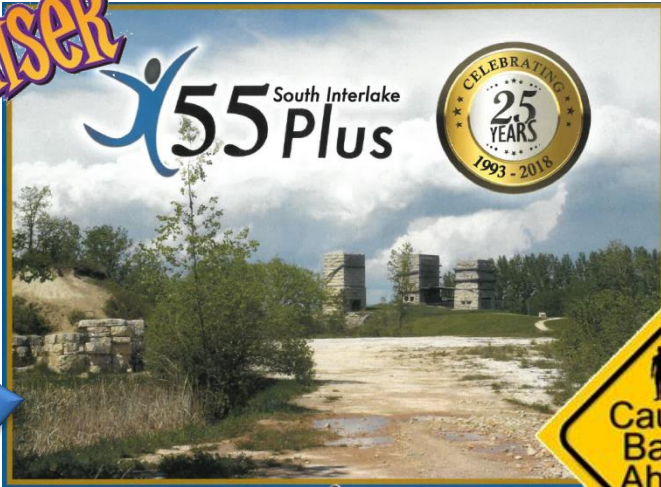
To register your team please call
204-467-2582



25th Anniversary Calendar

Show your support by purchasing a 25th anniversary semi-nude fundraising calendar

FUNDRAISER



Limited
Quantity



\$20.00

Available at 55 Plus Office



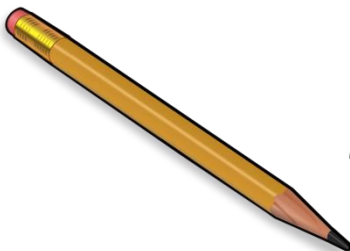
Save the Date:
Caricatures with Ralph
Nov 6



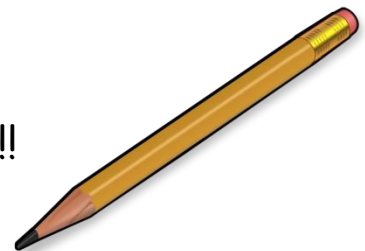
Come learn to draw crazy caricatures with Ralph Tanchak.

Make others laugh and smile with wacky renditions of themselves.

Don't miss out on this unique opportunity to try a new artistic style.



More information coming soon!!





Cribbage Tournament

****Individual Play – (No Partner Required)****

Monday, September 10th

\$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

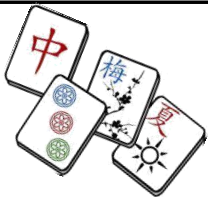
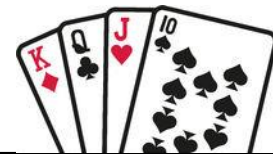


Bridge

**Scheduled Play Begins
on Sept 19th**

New players welcome!

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



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



Tuesday, September 4th

*Book Choices are supplied by the
South Interlake Regional Library*

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



Stitch'n Craft

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



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

BINGO

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

Volunteer Callers Needed
1-2 times a month

To Volunteer Please
Call 204-467-2582



MEN'S CHAT
TUESDAY'S @ 10 AM

ENJOY A COFFEE

&

FRESH BAKING



Quilter's Corner

Fridays @ 10:15 am – 3:30 pm



Dates

September 14 & 28

October 12 & 26

Participant Fee

\$3.00 Members

\$5.00 Non-Members



***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!

Tuesday, September 4th
1:00 - 3:00 pm

FREE!!!

FACEBOOK SAFETY

TUESDAY, OCTOBER 2ND

55 PLUS

374 1ST STREET WEST

1:00 - 3:00 PM

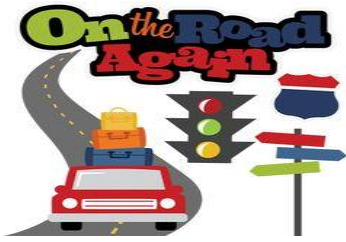
\$5.00 MEMBERS

\$10.00 NON-MEMBERS



Call:
204-467-2582
to Register

Minimum of 5 People Required
Deadline to Register September 25th



Travel Club

Next Meeting:

Thursday, October 4
@ 9:30 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, September 4th @ 10:00 am

\$4.00 per person

Proper Change Required – No Change will be provided by Driver

Pick Up Locations:

South Interlake
55 Plus
204-467-2582

Lions Manor Door #1
Crocus Manor & Stonewood Place

Stonewall &
District Handivan
Service
204-467-9446

Club Regent Casino

Thursday, September 20th

Pick Up Times & Places

Lions Manor Door #1
@ 9:45 am

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

Pre-Registration Required

Register by: Tuesday, September 18th



FREE!





Shopping Trip!

Thursday, September 13th

Garden City Shopping Centre + Walmart



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, September 11th**



MAMMA MIO

HERE WE GO AGAIN!

Tuesday, September 25
@ 11:00 am

Departure Times:

55 Plus: @ 10:00 am

Door #1 Lions Manor: @ 9:45 am

Members: \$65.00

Non-Members: \$75.00

Matinée



Call 204-467-2582 to register

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



WINNIPEG
SYMPHONY
ORCHESTRA



Christmas With The Celtic Tenors

Sunday, December 16th
@ 2:00 pm

Depart:

55+ @ 12:30 pm

Alternate Location @ 12:15 pm

Cost:

\$60 Member

\$70 Non-Member

(Ticket and Transportation)



Sunday, March 24th

@ 2:00 pm



Depart:

55+ @ 12:30 pm

Alternate Location @ 12:15 pm

Cost:

\$60 Member

\$70 Non Member

(Tickets and Transportation)



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

Both Trips Deadline: Thursday, November 1st



LIGHTS OF THE NORTH



Experience the Magic of
Canada's Largest

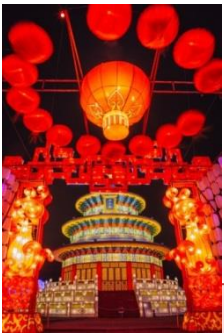
Chinese Lantern Light Festival!

Traditional Arts & Crafts, Displays
and Performances, along with Local
& Chinese Food pay Tribute to
Winnipeg's 30 year Anniversary with
Sister City Chengdu, China and
Canada-China Year of Tourism.



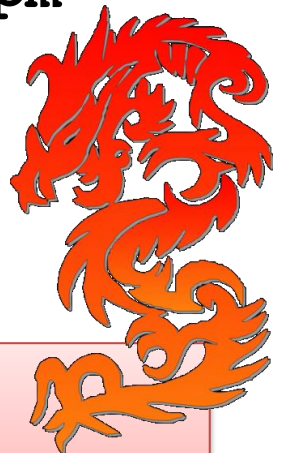
Sunday, September 16th

Bus Departs @ 3:30 pm (Odd Fellows Hall)
Returns @ Approximately 9:30 pm



Fees:

Member - \$ 45.00
Non-Member - \$ 55.00



Deadline to Register: September 10th

Call 55 Plus Office @ 204-467-2582

55 Plus Reserves the Right to Cancel a Trip Due to Low Registration



**PRAIRIE
THEATRE
EXCHANGE**



**Sunday, October 14th
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 12th
Call the 55 Plus office to register @ 204-467-2582

ONE STROKE PAINTING



**“Stargazer Lily on Plaque”
Wednesday, Sept 5th
@ 12:00 pm**



**“Fruit of the Vine Door
Header”
Wednesday, Sept 19th
@ 12:00 pm**

Class fees:

55 Plus Member \$10.00
Non-Members: \$15.00
Lab Fee: \$15.00 (Payable to Instructor)
Call to Register 204-467-2582

**“Fall Scarecrow on
Clothespin”
Wednesday, October 3 @
12:00 pm**



STAY ACTIVE – STAY HEALTHY!

Summer Active Living Programs:



Pickleball – Monday and Thursday @ 7:00 pm

Step and Strength – Monday @ 4:30 pm

Steppin' Out – Tuesday @ 10:00 am

Yoga - Tuesday 4:30 pm

Line Dancing – Tuesday & Thursday @ 11:00 am

Steppin'Up – Wednesday @ 9:30 am

Yoga – Wednesday @ 10:15 am

Dancefit – Wednesday @ 4:30pm

Body Blast - Thursday @ 5:30 pm

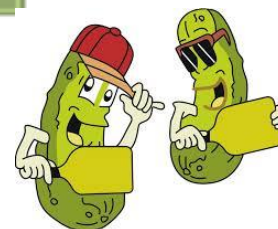
Gentle Yoga – Friday @ 9:00 am



Pickleball



Change of Date and Locations Starting
Thursday, September 13th



Tuesdays 7:00 - 9:00 pm - Stonewall Collegiate Institute
Thursdays 7:15 - 9:00 pm - Stonewall Centennial School

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

No Game
September 3rd

Thursday Sept 6
Monday Sept 10
7:00 - 9:00 pm

Sunova Curling Rink



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^{South Interlake} Plus

Steppin' Out

Join friends & neighbours

@ 55 Plus
374 1st St West

Every Tuesday @ 10:00 am
for a walk around our town



Line Dancing

New
Rates

Tuesdays & Thursday

@ 11:00 am

Price for each Class:

Member \$3

Non-Member \$5

Beginners Welcome!



55 Plus Satellite Programming



YOGA-DANCE FUSION

FALL SESSION

Start: Thursday, October 4th

Thursdays @ 1:00 pm

8 Classes

Warren Community Hall

FEE:

\$80.00 Member

\$90 Non-Member

Drop In Fee: \$15.00

Register with 55 Plus @ 204-467-2582

REGISTRATION DEADLINE: Thursday, September 27th
Minimum Required for Class: 10 Registered Participants

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

STAY ACTIVE! STAY HEALTHY!

ACTIVE WELLNESS CLUB

Schedule

Fall Session:

Starts: September 10th

½ Session:

- Sept 10th – Oct 15th

Full Session:

- Sept 10th – Nov 26th



Monday
4:30 pm **Step and Strength** - Cheryl Kooning

Tuesday
4:30 pm **Yoga** - Gail Spencer-Lamm

Wednesday
10:15 am **Yoga** - Elizabeth Luke
4:30 pm **Dancefit** – Arlene Patterson

Thursday
5:30 pm **Body Blast** - Cheryl Kooning

Friday
9:00 am **Gentle Yoga** - Gail Spencer-Lamm

Note:
Sept 10th
Class Starts
@ 4:15



Drop-In
Fee:
\$10.00

FEES

Full Session (12 weeks):	Member	Non-Member
One class:	\$80	\$95
Two classes:	\$140	\$170
All Access:	\$200	\$230



Half Session (6 weeks):	Member	Non-Member
One class:	\$40	\$50
Two classes:	\$70	\$85
All Access:	\$100	\$115



For more information and class descriptions,
Call 204-467-2582
or check out our website: www.si55plus.org



ACTIVE WELLNESS CLASS DESCRIPTIONS



DANCEFIT

Just right for you, this fun and easy-to-follow aerobic dance workout with **Arlene Patterson** 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!

STEP AND STRENGTH

Suitable for all fitness levels, male and female, this interval class alternates between calorie-burning cardio work on the step and strength resistance training with weights, bands and Pilates. Expect a full body workout to increase your strength, stamina, bone density, balance, and flexibility. Have fun with great music while you’re getting more fit with **Cheryl Kooning**.

Bring water, a mat & 3 -10 lbs weights depending on your fitness level.

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!

BODY BLAST

This class with **Cheryl Kooning**, offers the variety and challenge that your body needs to see results. It will be a 20-20-20 style class meaning the class will contain 20 minutes of cardio, 20 minutes of strength training with a core focus and 20 minutes of stretching and relaxing. The cardio portion will incorporate a variety of activities including martial arts, easy to follow high to low impact choreography, “Zumba”, and/or step aerobics. The strength training will use weights, bands and pilates. The stretch will be yoga based with time to reward yourself with some relaxation at the end of class

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.



Around Town

CONGREGATE MEALS



Who: You
Where: Lions Manor (*multi-purpose room*)
When: Monday – Friday
Time: 12:00 Noon
Cost: \$6/plate (*dine-in or take out*)

Pre-Registration Required
Call Diane at 204-467-8531

This program offers an opportunity to meet new or old friends while enjoying a nutritious home cooked meal.

Soup available to purchase for weekends
\$1.50/2 cup bowl.



“Potluck Supper and Fellowship”

Held at Parochial Hall
(435 1st Street West)

September 18 @ 5:00 pm
(Every 3rd Tuesday)

If transportation is required
please call
204-467-2234
Or
204-467-2207



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

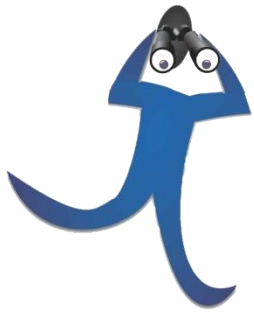
Sudoku is one of the most popular puzzle games of all time. The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game.



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

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







Word Search



1. BACKPACK
2. LIGHT
3. PADDED
4. STRAPS

5. WEIGHT
6. SCHOOL
7. CORE
8. SHOULDERS

9. BOOKS
10. SUPPLIES
11. CARRY
12. LOAD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 						
2)	3) Office Closed - Statutory Holiday	4) 9:30 Book Club 9:30 Stitch N Craft 10:00 Hop, Drop, Shop 10:00 Men's Chat 10:00 Steppin'Out 11:00 Line Dancing 1:00 iPad Club 1:00 Mahjong	5) 9:00 Steppin'Up 1:30 Bridge & Cards	6) 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Bingo 7:00 Pickle Ball @ Curling Rink	7) 1:30 25th Anniversary Afternoon Tea	8)
9)	10) 1:00 Cribbage Tournament 4:15 Step and Strength 7:00 Pickleball Curling Rink	11) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 11:00 Line Dancing 1:00 iPad Club 1:00 Mahjong 4:30 Yoga	12) 9:00 Steppin'Up 10:00 Yoga 12:00 Luncheon 1:00 Bridge & Cards 4:30 Dancefit	13) 9:30 Hearts & Coffee 9:30 Garden City Shopping Trip 11:00 Line Dancing 1:30 Bingo 5:30 Body Blast 7:15 Pickle Ball @ Centennial School	14) 9:00 Gentle Yoga 10:15 Quilter's Corner 1:00 Texas Hold'em	15)
16) 3:30 Chinese Lantern Light Festival	17) 4:30 Step and Strength	18) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 11:00 Line Dancing 1:00 iPad Club 1:00 Mahjong 4:30 Yoga 7:00 Pickleball @ SCI	19) 9:00 Steppin'Up 10:15 Yoga 12:00 One Stroke Painting 1:00 Bridge & Cards 4:30 Dancefit	20) 9:30 Hearts & Coffee 10:00 Regent Casino Trip 11:00 Line Dancing No Bingo 5:30 Body Blast 7:15 Pickle Ball @ Centennial School	21) 9:00 Gentle Yoga 1:00 Texas Hold'em	22)
23)	24) 4:30 Step and Strength	25) 9:30 Stitch N Craft 10:00 Men's Chat 10:00 Steppin'Out 10:00 Mamma Mio Celebrations Trip 11:00 Line Dancing 1:00 iPad Club 1:00 Mahjong 4:30 Yoga 7:00 Pickleball @ SCI	26) 9:00 Steppin'Up 10:15 Yoga 1:00 Bridge & Cards 4:30 Dancefit	27) 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Bingo 5:30 Body Blast 7:15 Pickle Ball @ Centennial School	28) 9:00 Gentle Yoga 10:15 Quilter's Corner 1:00 Texas Hold'em	29)
30)						