



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)



## October 2018

 **55** South Interlake **Plus** presents...

# Quiz Night



**Friday, October 26<sup>th</sup>  
@ 7:00 pm**

Test your Trivia Knowledge!!



Register your teams by: **Wednesday, October 24**  
for entry into our early registration prize draw!



(Maximum 12 teams)

Team size is up 6-8 players

Location: Parochial Hall  
(435 1<sup>st</sup> Ave North, Stonewall)




Cost:

\$15.00/person

\$120.00/team

To register your team please call  
204-467-2582





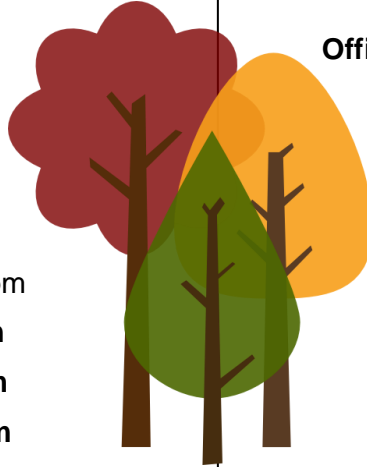
# Important Dates

## October

- Oct 1 Cribbage Tournament @ 1:00 pm
- Oct 2 Facebook Security @ 1:00 pm
- Oct 2 Book Club Meeting @ 9:30 am
- Oct 2 Hop, Drop & Shop @ 10:00 am
- Oct 3 One Stroke Painting @ Noon
- Oct 4 Travel Club @ 9:30 am
- Oct 4 Yoga-Dance Fusion @ 1:00 pm in Warren
- Oct 5 Coffee & Conversation for Seniors @ 1:00 pm
- Oct 8 Holiday Monday - Office Closed
- Oct 9 iPad Club @ 1:00 pm
- Oct 10 Monthly Luncheon @ Noon
- Oct 12 Quilter's Corner @ 10:15 am
- Oct 14 PTE Prairie Nurse Bus Trip @ 12 Noon
- Oct 17 One Stroke Painting @ Noon
- Oct 18 Casino Trip – McPhillips @ 10:00 am
- Oct 24 Pumpkin Carving Demonstration @ 1:00 pm
- Oct 26 Quilter's Corner @ 10:15 am
- Oct 26 Quiz Night @ 7:00 pm, Parochial Hall

## November

- Nov 5 Drive Safely Presentation @ 10:00 am
- Nov 5 Cribbage Tournament @ 1:00 pm
- Nov 6 Caricatures & Cartooning Class @ 1:00 pm
- Nov 9 Quilter's Corner @ 10:15 am
- Nov 14 Monthly Luncheon @ Noon
- Nov 14 Accumulative Cribbage @ 7:00 pm
- Nov 16 Needle Felting Class @ 10:30 am
- Nov 15 Casino Trip – McPhillips @ 10:00 am



## 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  
Quilting



*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.**



Joyce Davis	1
Fern Massey	1
Margaret Hueging	8
Phyllis Lamb	9
Justina Neumann	11
Mike Hodgson	13
Donna Riley	16
Shirley McLeod	18
Irene Georgison	23
Natalie Kenal	24
Lynn Wenzoski	24
Pauline Turton	25
Sandy Hamm	26
Ray Harkness	31
Marlene Shattuck	29
Herman Van Solkema	29



## **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.

**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!**



**HOT LUNCHEON**



**Wednesday**

**October 10<sup>th</sup> @ Noon**

**Roast Beef Dinner**

**&**

**Dessert**

**\$10.00 at the door**

*No Tickets or Reservations Needed*

***Everyone Welcome***



**Loonie Draw!**



Regular Loonie draws are made at  
our luncheons each month.

**Congratulations to our September  
winner!**

**Come out & try your chances in  
October!**

The next draw will be made

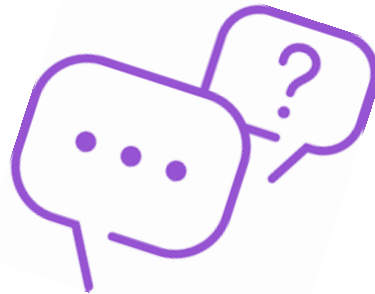
**Wednesday, Oct 10<sup>th</sup>**

# Coffee & Conversation for Seniors

**October 5<sup>th</sup> @ 1:00pm**

*The afternoon is intended to give seniors an opportunity to meet several of the Reeve and Mayoral candidates & ask any questions you may have.*

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



## **Driving Safely Workshop**

**Monday, Nov 5<sup>th</sup> @ 10:00 AM**

**55 Plus**

**374 1<sup>st</sup> Street West (Odd Fellows Hall)**



**No Tests!**

**No Age Limits**

**Everyone is welcome!**

Call 55 Plus office  
To register 204.467.2582



# 25<sup>th</sup> Anniversary Calendar

Show your support by purchasing a 25<sup>th</sup> anniversary semi-nude fundraising calendar

**FUNDRAISER**

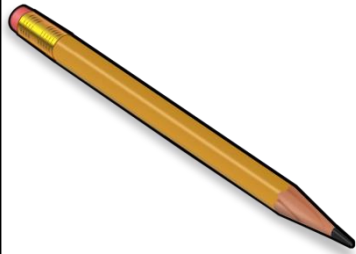


Limited  
Quantity

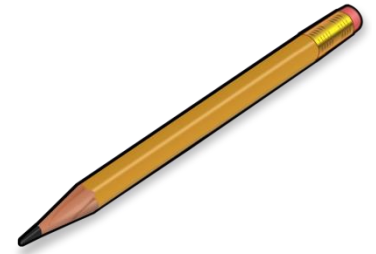
Caution  
Bares  
Ahead

**\$20.00**

Available at 55 Plus Office



## Caricatures & Cartooning Class Instructed by Ralph Tanchak



Come out and enjoy the wonders of drawing caricatures. Ralph will demonstrate and help you recognize the shapes in the features of both people and animals. He'll touch briefly on drawing portraits which will lead to everyone having a blast drawing caricatures.

Tuesday, Nov 6th 1-4pm

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

204.467.2582

LIMITED SEATS - Call to register today!

\$40 Members

\$50 Non-Members





# Cribbage Tournament

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

**Monday, October 1<sup>st</sup>**

**\$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)



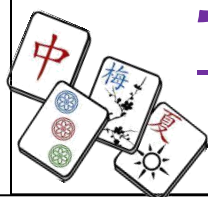
### Hearts & Coffee



Thursdays @ 9:30 am

### Texas Hold'em

Fridays @ 1:00 pm



## BINGO

Join us Thursdays

@ 1:30 for Bingo

*A great afternoon of fun!*

*Bring a friend!*



To Volunteer call 204-467-2582

## Mahjong

**Tuesdays @ 1 pm**

Call office to register: 204-467-2582

*Mahjong is an ancient Chinese game*

*Similar to Rummy, but played with tiles.*



# ACCUMULATIVE CRIBBAGE TOURNAMENT

4 Week Tournament – Partner Play  
Weekly Prizes!

**Wednesday Evenings @ 7:00 pm**  
**November 14 – December 5, 2017**

**prizes!**



50 / 50 Draw  
Each Evening

**Entry Fee: \$20.00 / person**

**Registration Required by: November 7 by Noon**

Call to Register @ **204-467-2582**  
**55 Plus Fundraiser – Everyone Welcome**





## South Interlake 55 Plus Book Club



**Tuesday, October 4<sup>th</sup>**

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

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



## **Save the Date!**

**Christmas Dinner  
Wednesday, Dec 12<sup>th</sup>**

**Live Entertainment!**

**Tickets available in  
November**



## **Stitch'n Craft**

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



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

## **MEN'S CHAT**

**TUESDAY'S @ 10 AM**

**ENJOY A COFFEE  
&  
FRESH BAKING**



## **Quilter's Corner**

**Fridays @ 10:15 am – 3:30 pm**



**Dates  
October 12 & 26  
November 9 & 23**



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

# NEEDLE FELTING CLASS

Instructed by Local Artist: KATHRYN JACK



**FRIDAY, NOVEMBER 16 @ 10:30 AM**

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

**Choose between Santa Gnome or Snowman  
for your project!**

*With the use of a simple felting needle, learn how to  
transform loose wool into a Santa or Snowman!  
Wool and needle provided for class.*

**\*\*PLEASE BRING YOUR OWN SCISSORS & THIMBLE\*\***

**\$25.00 MEMBERS**

**\$35.00 NON-MEMBERS**

**REGISTER BY CALLING 55 PLUS @ 204.467.2582**

**Registration Deadline: Tuesday, November 12<sup>th</sup>**

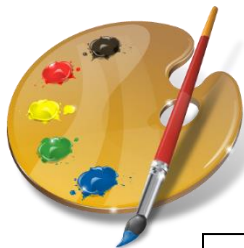
## ONE STROKE PAINTING



**"Fall Scarecrow on  
Clothespin"  
Wednesday, October 3  
12:00 pm**



**"The Watchers"  
Flower Pot  
Wednesday, October 17<sup>th</sup>  
12:00 pm**



**"Bunny & Bear"  
Bookmarks  
Wednesday, November 7<sup>th</sup>  
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**

# 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  
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**

Laughter is  
good medicine!





# 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, October 2<sup>nd</sup> @ 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

# McPhillips Street Station Casino

**Thursday, October 18<sup>th</sup>**

### **Pick Up Times & Places**

Lions Manor Door #1

@ 9:45 am

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



**PTE**

**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



# *Nut Cracker*



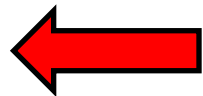
**December 29 @ 2:00 pm Centennial Concert Hall**

**\*\*LIMITED SEATING\*\***

Transportation and Ticket

**Members: \$70.00 Non-Members: \$80.0**

**Deadline for purchase: November 1<sup>st</sup>**



**Next Shopping Trip  
Thursday, November 8<sup>th</sup>**

## **Outlet Mall - Kenaston**

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

**Members: \$25 Non-Members \$35**

**Minimum 7 people**

**Pre-Registration Required Register by: Tuesday, November 6**





WINNIPEG  
SYMPHONY  
ORCHESTRA



# Christmas With The Celtic Tenors

**Sunday, December 16<sup>th</sup>**  
**@ 2:00 pm**

Depart:

55+ @ 12:30 pm

Alternate Location @ 12:15 pm

Cost:

\$60 Member

\$70 Non-Member

(Ticket and Transportation)



**Sunday, March 24<sup>th</sup>**

**@ 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 1<sup>st</sup>**

# Fall 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

**COST:**

**55 Plus Member: \$3.00**

**Non-Members: \$5.00**



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



## STEPPIN' UP

**Wednesdays @ 9:00 am**

Odd Fellows Hall, Stonewall

**NOTE: On Monthly Luncheon Day Class is 45 min.**

This program supports and encourages ALL adults to embrace an active lifestyle. Offering a self-sustaining, accessible, high quality exercise program at **no cost**.

Steppin' Up is a 1 hour peer led exercise program for men & women

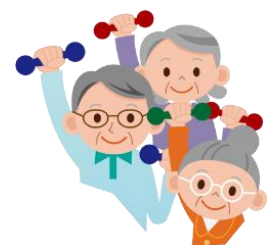


**NEW**



**NOW ALSO OFFERED AT:  
 SPRUCEWOOD PLACE, Balmoral  
 TUESDAYS @ 11:00 AM**

45 Minute Class



AGE FRIENDLY  
Manitoba

55<sup>South Interlake</sup> Plus

# Steppin' Out

Join friends & neighbours

@ 55 Plus  
374 1<sup>st</sup> 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 4<sup>th</sup>

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 27<sup>th</sup>**  
**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 10<sup>th</sup>

#### **½ Session:**

- Sept 10<sup>th</sup> – Oct 15<sup>th</sup>

#### **Full Session:**

- Sept 10<sup>th</sup> – Nov 26<sup>th</sup>



**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 10<sup>th</sup>**  
**Class Starts**  
**@ 4:15**



**Drop-In**  
**Fee:**  
**\$10.00**

## FEES

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



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



**For more information and class descriptions,**  
**Call 204-467-2582**

**or check out our website: [www.si55plus.org](http://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 1<sup>st</sup> Street West)

**September 18 @ 5:00 pm**  
**(Every 3<sup>rd</sup> 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.



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

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



# Thanksgiving Word Search

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

cook  
corn  
dinner  
fall  
family  
feast  
food  
gravy  
harvest

maize  
pilgrims  
pumpkin  
relatives  
settlers  
squash  
stuffing  
thanks  
turkey



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1)</b>  <b>1:00 Cribbage Tournament</b>  4:30 Step & Strength	<b>2)</b> 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 <b>1:00 Facebook Safety</b> 1:00 Mahjong 4:30 Yoga 7:00 Pickleball @SCI	<b>3)</b> 9:00 Steppin'Up 10:15 Yoga  12:00 One Stroke Painting  1:00 Bridge & Cards  4:30 Dancefit	<b>4)</b> 9:30 Hearts & Coffee 9:30 Travel Club 11:00 Line Dancing  1:30 Bingo 4:30 Body Blast  7:00 Pickle Ball @ Centennial School	<b>5)</b> 9:00 Gentle Yoga  <b>1:00 Coffee &amp; Conversation for Seniors – Meet your Reeve &amp; Mayoral Candidates</b>	<b>6)</b>
<b>7)</b>	<b>8)</b>  <b>Office Closed - Statutory Holiday</b>  <b>Happy Thanksgiving!</b>  4:30 Step & Strength	<b>9)</b> 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 4:30 Yoga 7:00 Pickleball @SCI	<b>10)</b> 9:00 Steppin'Up  <b>12:00 Luncheon</b>  1:30 Bridge & Cards  4:30 Dancefit	<b>11)</b> 9:30 Hearts & Coffee 11:00 Line Dancing  1:30 Bingo  4:30 Body Blast  7:00 Pickle Ball @ Centennial School	<b>12)</b> 9:00 Gentle Yoga  10:15 Quilter's Corner  1:00 Texas Hold'em	<b>13)</b>
<b>14)</b>  <b>2:00 Prairie Nurse @ PTE (Noon departure)</b>	<b>15)</b>  4:30 Step and Strength	<b>16)</b> 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	<b>17)</b> 9:00 Steppin'Up 10:15 Yoga  12:00 One Stroke Painting  1:00 Bridge & Cards 4:30 Dancefit	<b>18)</b> 9:30 Hearts & Coffee <b>10:00 McPhillips Street Station</b> 11:00 Line Dancing No Bingo 5:30 Body Blast 7:15 Pickle Ball @ Centennial School	<b>19)</b> 9:00 Gentle Yoga  1:00 Texas Hold'em	<b>20)</b>
<b>21)</b>	<b>22)</b>  4:30 Step and Strength	<b>23)</b> 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	<b>24)</b> 9:00 Steppin'Up 10:15 Yoga  12:00 One Stroke Painting 1:00 Bridge & Cards <b>1:00 Pumpkin Carving Demonstration</b> 4:30 Dancefit	<b>25)</b> 9:30 Hearts & Coffee 11:00 Line Dancing  1:30 Bingo  5:30 Body Blast 7:15 Pickle Ball @ Centennial School	<b>26)</b> 9:00 Gentle Yoga 10:15 Quilter's Corner 1:00 Texas Hold'em  <b>7:00 Quiz Night @ Parochial Hall</b> 	<b>27)</b>
<b>28)</b>	<b>29)</b>  4:30 Step and Strength	<b>30)</b> 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	<b>31)</b> 9:00 Steppin'Up 10:15 Yoga  1:00 Bridge & Cards  4:30 Dancefit  <b>Happy Halloween!</b>	 		