



374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

NOVEMBER 2018

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





Important Dates



November

- Nov 2 Travel Club @10:15
- Nov 4 Time Change – back 1 hour
- Nov 5 Drive Safely Presentation @ 10:00 am
- Nov 5 Cribbage Tournament @ 1:00 pm
- Nov 6 Caricatures & Cartooning Class @ 1:00 pm
- Nov 7 Book Club @ 9:30 am
- Nov 9 Quilter's Corner @ 10:15 am
- Nov 11 Remembrance Day!
- Nov 14 Monthly Luncheon @ Noon
- Nov 14 Accumulative Cribbage @ 7:00 pm week 1
- Nov 15 Casino Trip – McPhillips @ 10:00 am
- Nov 16 Needle Felting @ 10:30 am
- Nov 20 Parkinson's Disease 101 @ 1:00 pm
- Nov 21 Accumulative Cribbage @ 7:00 pm week 2
- Nov 23 Quilter's Corner @ 10:15 am
- Nov 28 Accumulative Cribbage @ 7:00 pm week 3

December

- Dec 3 Cribbage Tournament @ 1:00 pm
- Dec 4 Book Club @ 9:30 am
- Dec 5 Accumulative Cribbage @ 7:00 pm week 4
- Dec 6 Shopping trip – St Vital Mall @ 10:00 am
- Dec 12 Christmas dinner (tickets required) @ Noon
- Dec 13 Casino trip – Club Regent @ 10:00am
- Dec 16 WSO Celtic Tenors @ 2:00 pm
- Dec 25 Merry Christmas!
- Dec 29 RWB The Nutcracker @ 2:00 pm

Holiday Closure December 20th – January 2nd



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.



Gloria Mollard	6
Shirley Toback	8
Brickwood, Peggy	10
Deb Peterson-Bagan	18
Molly Smadylla	19
Linda McMurtry	20
Guilbeault, Doreen	20
Shirley Unrau	21
Sally Normand	26
Susan Gareau	26
Henriette Baryliuk	27
Tina Arbez	29
Marilyn Dew	30



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!

REMINDER:

Sunday, November 4th
***change your clocks back
to Standard time***



Loonie Draw!



Regular Loonie draws are made at
our luncheons each month.

Congratulations to

Kim Newman

Our September winner!
The next draw will be made

Wednesday, Nov 14th

55 Plus Christmas Dinner

Tickets now
available
Limited
seating!

Wednesday, December 12th
12:00 PM

Odd Fellows Hall
Advance Ticket Sales Only
Ticket DEADLINE: December 6th

Tickets are \$25
Available at 55 Plus Office
204-467-2582

Entertainment by:



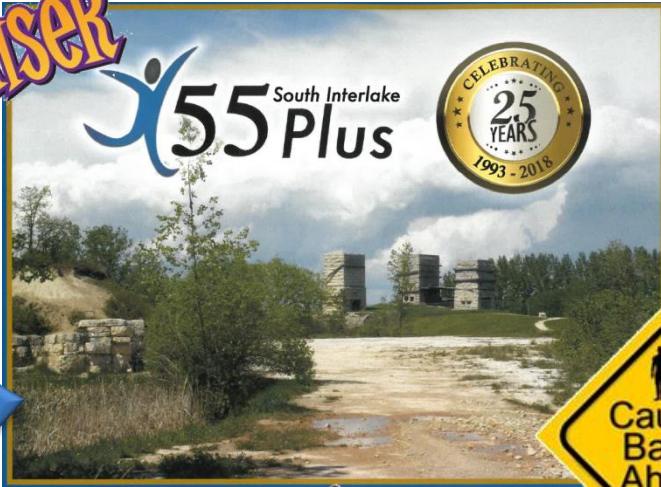
MYXDD BAGG



25th Anniversary Calendar

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

FUNDRAISER

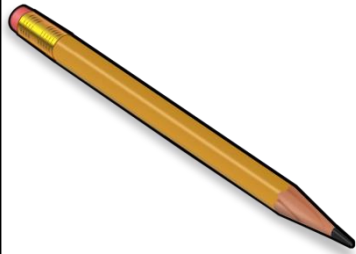


Limited
Quantity

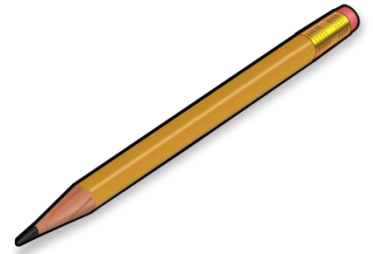


\$20.00

Available at 55 Plus Office



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, November 5th @ 1:00 pm

\$5.00 @ Door

\$\$ Cash Prizes \$\$

\$\$ Door Prizes \$\$

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

and Refreshments



Cards

Bridge & Cards

Wednesdays @ 1:00 pm

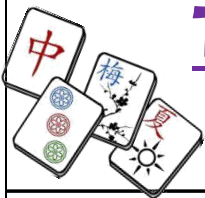
On Luncheon Days – 1:30 pm)

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.



South Interlake 55 Plus Book Club



Tuesday, November 6th
9:30 am

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

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



Carpet Bowling!

Calling all Carpet Bowling
enthusiasts!

If you'd like to participate
call & let us know

204-467-2582



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
**November 9 & 23
December 7**



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

Driving Safely Workshop

Monday, Nov 5th @ 10:00 AM

55 Plus

374 1st Street West (*Odd Fellows Hall*)



No Tests!

No Age Limits

Everyone is welcome!

Call 55 Plus office

To register 204.467.2582



NEEDLE FELTING CLASS

Instructed by Local Artist: KATHRYN JACK



FRIDAY, NOVEMBER 16 @ 10:30 AM

55 Plus, 374 1ST 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

Join Us!

 Parkinson Canada

Parkinson's Disease 101

A General Introduction to Parkinson's Disease

What is Parkinson's? What are the signs & symptoms?

What about the non-motor symptoms?

What are atypical parkinsonisms?

How does Parkinson Canada help?

Tuesday, November 20 at 1:30 PM

South Interlake Fifty-Five Plus Inc.

Odd Fellows Hall - 374 1st Street W, Stonewall



Presented by Donna Greening
Parkinson Canada - Winnipeg Office

For more information call Cheryl Cathers
South Interlake Fifty-Five Plus Inc.
(204) 467-2582

Parkinson's changes everything.
There is HELP and HOPE.

1 800-565-3000
parkinson.ca

Charitable number: 10809 1706 800031

HOT LUNCHEON

Wednesday Nov 14th @ Noon



**MENU: Roast Pork & all the fixings
Plus dessert**



\$10.00 @ the door No Ticket or Reservation Required

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

Everyone Welcome

ONE STROKE PAINTING

**“Bunny & Bear”
Bookmarks**
Wednesday, November 7th
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



Join the iPad Club!

Bring Your Own iPad!

This club will be
participant led!
Share your knowledge
& experience.

Tuesday
1:00 - 3:00 pm

FREE!!!



Travel Club

Next Meeting:
Thursday, November 1st
@ 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, November 6th @ 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, November 15th

Pick Up Times & Places

Lions Manor Door #1

@ 9:45 am

Departing 55 Plus @ 10:00 am





Nut Cracker



December 29th @ 2:00 pm Centennial Concert Hall

****LIMITED SEATING****

Transportation and Ticket

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



Deadline for purchase: November 1st



Next Shopping Trip

Thursday, November 8th

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 6th***



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

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 @ 9:00 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



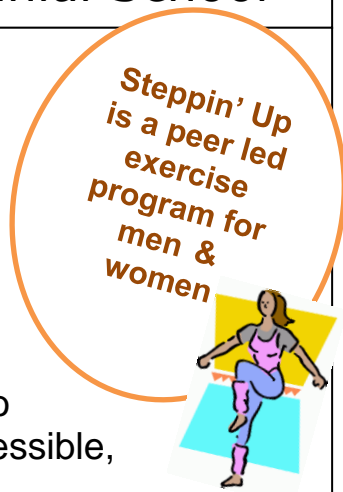
STEPPIN' UP

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.**



NEW



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

45 Minute Class



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

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

Fall Session:
1/2 Session:
Oct 22nd - Nov 30th



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

FEES

Half Session (6 weeks):

	Member	Non-Member
One class:	\$40	\$50
Two classes:	\$70	\$85
All Access:	\$100	\$115

Schedule

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

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

55 Plus Satellite Programming

YOGA-DANCE FUSION

Start: Wednesday, November 7th

Wednesday @ 10:00 am

5Classes

Gunton Community Hall

FEE: \$50.00 Member

\$60 Non-Member

Drop In Fee: \$15.00

Register with 55 Plus @ 204-467-2582



REGISTRATION DEADLINE: Friday, November 2nd
Minimum Required for Class: 7 Registered Participants

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



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)

November 20 @ 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
- Tele-check (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.

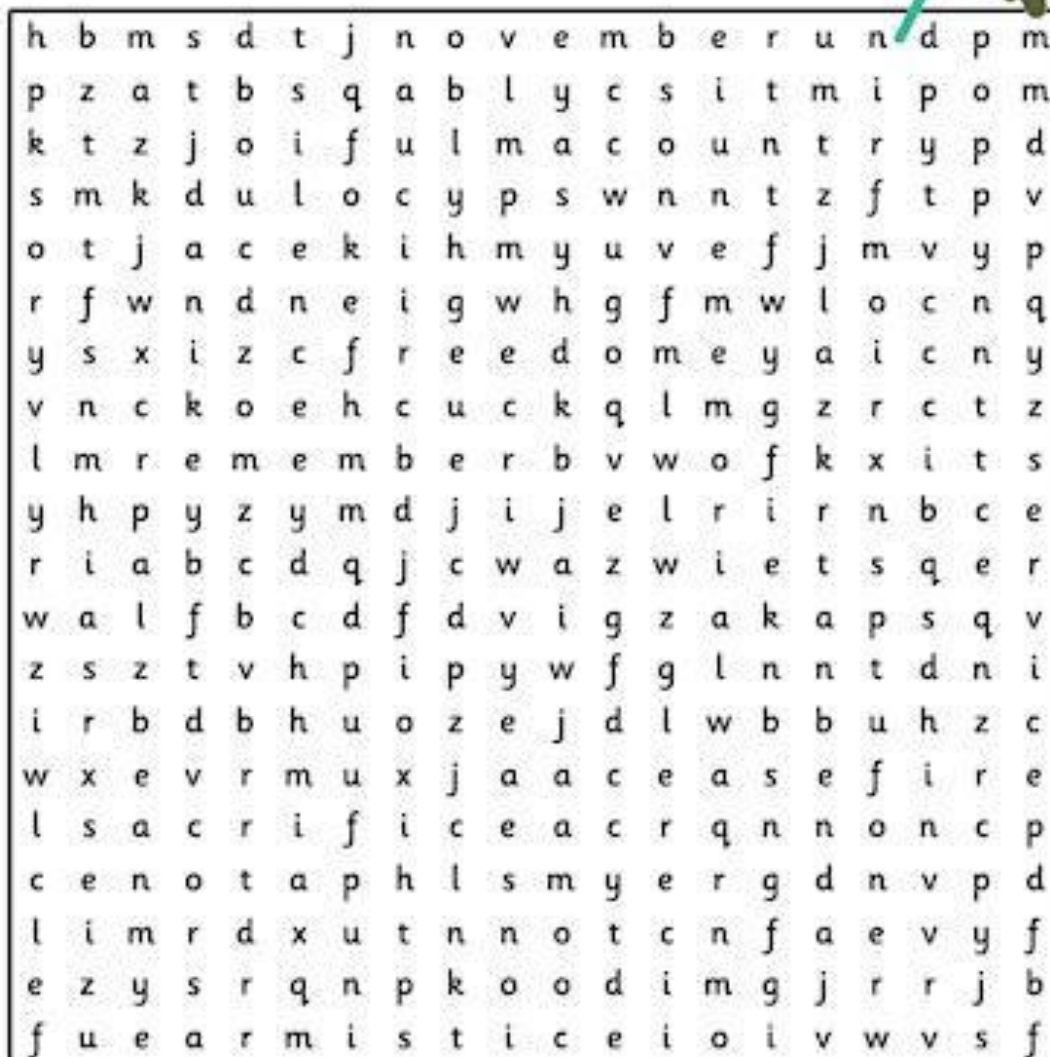


8	7	6	9					
	1				6			
	4		3		5	8		
4						2	1	
	9		5					
	5			4		3		6
	2	9						8
		4	6	9		1	7	3
					1			4

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



Remembrance Day Word Search



ceasefire

conflict

poppy

Flanders

wreath

remember

November

armistice

war

memorial

peace

sacrifice

freedom

service

country

silence

Cenotaph

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: red; font-size: 48px; margin: 0;">November</h1>				1) 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Bingo 4:30 Body Blast 7:00 Pickle Ball @ Centennial School	2) 9:00 Gentle Yoga 10:15 Travel Club 1:00 Texas Hold'em	3)
4) Fall back to Standard Time 	5) 10:00 Drive Safely 1:00pm Cribbage Tournament 4:30 Step & Strength	6) 9:30 Stitch N Craft 9:30 Book club 10:00 Hop, Drop, Shop 10:00 Men's Chat 10:00 Steppin'Out 11:00 Line Dancing 1:00 Caricature Drawing 1:00 iPad Club 1:00 Mahjong 4:30 Yoga 7:00 Pickleball @SCI	7) 9:00 Steppin'Up 10:15 Yoga 12:00 One Stroke Painting 1:30 Bridge & Cards 4:30 Dancefit	8) 9:30 Hearts & Coffee 10:00 Shopping trip – Outlet Mall Kenaston 11:00 Line Dancing 1:30 Bingo 4:30 Body Blast 7:00 Pickle Ball @ Centennial School	9) 9:00 Gentle Yoga 10:15 Quilter's Corner 1:00 Texas Hold'em	10)
11) Remembrance Day Lest we Forget! 	12) 4:30 Step and Strength	13) 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	14) 9:00 Steppin'Up 10:00 Yoga 12:00 Luncheon 1:00 Bridge & Cards 4:30 Dancefit 7:00 Accumulative Crib #1	15) 9:30 Hearts & Coffee 10:00 McPhillips Street Station No Bingo 11:00 Line Dancing 5:30 Body Blast 7:15 Pickle Ball @ Centennial School	16) 9:00 Gentle Yoga 10:30 Needle Felting 1:00 Texas Hold'em	17)
18)	19) 4:30 Step and Strength	20) 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 1:00 Parkinson's 101 Presentation 4:30 Yoga 7:00 Pickleball @ SCI	21) 9:00 Steppin'Up 10:15 Yoga 1:00 Bridge & Cards 4:30 Dancefit 7:00 Accumulative Crib #2	22) 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Bingo 5:30 Body Blast 7:15 Pickle Ball @ Centennial School	23) 9:00 Gentle Yoga 10:15 Quilter's Corner 1:00 Texas Hold'em	24)
25)	26) 4:30 Step and Strength	27) 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	28) 9:00 Steppin'Up 10:15 Yoga 1:00 Bridge & Cards 4:30 Dancefit 7:00 Accumulative Crib #3	29) 9:30 Hearts & Coffee 11:00 Line Dancing 1:30 Bingo 5:30 Body Blast 7:15 Pickle Ball @ Centennial School	30) 9:00 Gentle Yoga 10:15 Quilter's Corner 1:00 Texas Hold'em	