



374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

JANUARY 2019

You're Invited
////////// TO OUR //////////

Open House

IT'S MEMBERSHIP RENEWAL TIME!

Come in and find out what YOUR Activity Centre has to offer!

Tuesday, January 8th

9:30 am – 12:00 pm

Wednesday, January 9th

11:30 am – 2:30 pm



**Enjoy a cup of coffee with a Board member!
Discover new programs & volunteer opportunities!**

Important Dates



January

- Jan 2 Center reopens for 2019 @ 8:30am
- Jan 4 Travel Club @ 10:15am
- Jan 8 Book Club @ 9:30am
- Jan 7 Cribbage Tournament @ 1:00pm
- Jan 7 Active Wellness Classes – Winter Session Begins
- Jan 8 Open House 9:30am - Noon
- Jan 9 Luncheon @ Noon
- Jan 9 Open House 11:30am – 2:30pm
- Jan 10 Tai Chi @ 9:30am
- Jan 10 Bus Trip: Shopping @ Polo Park
- Jan 11 Quilter's Corner @ 10:30am
- Jan 15 Presentation: Disability Tax Credits & Income Tax Program – What You Need to Know! @ 1:30 pm
- Jan 16 One Stroke Painting @ 11:30am
- Jan 17 Bus Trip: Mc Phillip's Street Station Casino
- Jan 23 One Stroke Painting @ Noon
- Jan 25 Quilter's Corner @ 10:30am
- Jan 31 Presentation: Introduction to Mindfulness @ 1:00pm

February

- Feb 4 Cribbage Tournament @ 1:00pm
- Feb 5 Bus Trip: Fire Fighters Museum
- Feb 6 One Stroke Painting @ Noon
- Feb 8 Quilter's Corner @ 10:30am
- Feb 13 Luncheon @ Noon – Heart & Stroke Awareness
- Feb 21 Bus Trip: Mc Phillip's Street Station
- Feb 22 Quilter's Corner @ 10:30am

Week at a Glance:

Monday:

Office is CLOSED to Public 8:30 – 4:00
Appointments Only
 Body Blast @ 4:30pm
 Pilates @ 5:45*pm *45 min class – 5 week trial

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
 Puzzle Club @ 1:00pm
 Yoga @ 4:30 pm
 Pickleball @ 7:00 pm

Wednesday:

Steppin' Up @ 9:00 am
 Yoga @ 10:15*am *10:00am on Luncheon day
 Bridge & Cards @ 1:00 pm
 Yoga Fusion @ 4:30 pm

Thursday:

Hearts & Coffee @ 9:30 am
 Tai Chi @ 9:30am
 Line Dancing @ 11:00 am
 Bingo @ 1:30 pm (monthly)
 Step & Strength @ 5:30 pm
 Pickleball @ 7:10 pm

Friday:

Gentle Yoga @ 9:00 am
 Texas Hold'em @ 1:00 pm
 Board Game Club @ 1:00pm

Programs on a Scheduled Basis:

Active Wellness Club
 Cribbage Tournaments
 Monthly Luncheons
 Casino Trips, Shopping & Special Events
 Book Club & Travel Club
 Quilting





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.



Carl Paulson	4
Sue Cieslar	6
Brenda Crucq	8
Wendy Singh	8
Kelly Goodman	8
Winnie Johnson	9
Robin Allan	11
Dolores Gozda	11
Linda Furness	12
Tania Laurie	12
Alice Linklater	12
Brenda Badger	14
Ellen Wood	15
Diane Scott	17
Laurie Briggs	18
Hennie Van Gerwen	20
Marie Craig	20
Diane Rennie	22
Marlene Miller	25
Ria Cameron	27
Julia Lee	31



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!

LUNCHEON

Wednesday

January 9th @ Noon

let's do
lunch



Menu:

Hot Roast Beef Dinner
Dessert, Coffee, or Tea

****\$10.00 @ the Door****

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



Everyone Welcome!

Loonie Draw!



Regular Loonie draws
are made at our
luncheons each month.

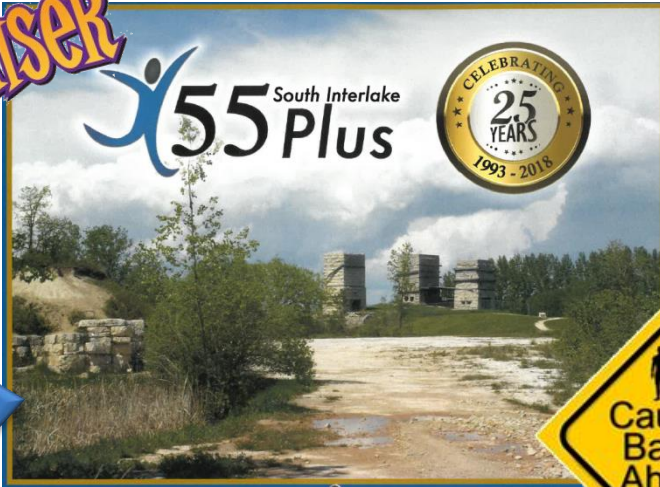
The next draw will be
made

**Wednesday
January 12th**

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

Upcoming Presentations:

55+ Center (*Odd Fellows Hall*) 374 1st Street West



Disability Tax Credit & Community Volunteer Income tax Programs

Tuesday, January 15th @ 1:30 pm

Disability Tax Credits:

- What is the Disability Tax Credit
- Who should apply

Community Volunteer Income Tax Program

- Getting help with your tax return
- Clinics – when, where & how

Introduction to Mindfulness

Thursday, January 31 @ 1:00 pm

- Learn about focusing awareness on the present moment
- Explore practices of mindful breathing & de-stressing



Everyone Welcome! Call for more info 204-467-2582

NEW!

Cabin Fever RELIEVER



Puzzle Club

Tuesdays @ 1pm starting Jan 8th



Puzzle table can be made available at other times just ask us!



**HAVE
FUN
AND
KEEP
SMILING**

**SO
MUCH
FUN**

Board Game Club

Fridays @ 1pm starting Jan 11th



Many game options available including:
Chess, checkers, Chinese checkers, Yahtzee
You're also welcome to bring a game to share!



New Format

Thursday, January 10th @ 1:30 pm

Future dates: February 7th & March 7th

Door Prize – 50/50 Draw



A great afternoon of fun with friends!

Variety of snacks, soft drinks & coffee available for purchase!

NEW!



Tai Chi



Thursdays @ 9:30 – 10:30 am
Jan 10th – Feb 28th
8 Classes

55+ Activity Center (Odd Fellows Hall) 374 1st Street W

Please sign up by Tuesday, January 8th
Members \$ 85 Non Members \$95



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



Cribbage Tournament

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

Monday, January 7th @ 1:00 pm

\$5.00 @ Door

\$\$ Cash Prizes \$\$

\$\$ Door Prizes \$\$

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

& Refreshments



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



January 8th

Book selected are supplied by the South Interlake Regional Library

**We are taking names of those interested joining the book club – if enough interest we will look at starting a 2nd club – call us at 55+ and add your name to the list!*



There is no cost involved....all you need is a 55 Plus Membership & a library card!!!

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 @ 10:30 am – 3:30 pm



Dates

January 11 & 25

February 8 & 22



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



Become a Member of the Fifty-Five Plus! For Only \$20.00 Annually

??HAVE YOU RENEWED YOUR MEMBERSHIP??

Member's Benefits include:

- › Discounts on bus trips, exercise classes & various activities
- Monthly Newsletter
- Low cost and free activities on a regular basis at our centre
- Entitled to vote at annual meeting

Fun fact: You do not have to be 55 + to become a member.

Associate members enjoy all of the benefits of membership, with the exception of voting at the AGM and holding a position on the Board of Directors.

Support your Senior Centre by [Membership, Volunteering and/or Donating](#)

Call the office for more info: 204-467-2582

*55 Plus is a Charitable Organization
& Tax Deductible Receipts will be issued for Donation of \$10.00 or more.*

ONE STROKE PAINTING

Jan 16th
Twilight Playmates
Snowmen



Upcoming projects:

Feb 6th Penguin Love

Feb 27th Doggie Leash Holder

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 is
participant led!
Share your knowledge
& experience.

Tuesday
1:00 - 3:00 pm

FREE!!!



Travel Club

January Meeting:
Friday, January 4th
@ 10:15 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, January 8th

Monday, February 4th

***NOTE day change for February**

\$4.00 per person

Pick Up Locations:

Lions Manor Door #1

Crocus Manor & Stonewood Place

**Proper
Change
required – no
change on
board**



**Stonewall &
District Handivan
Service
204-467-9446**



**South Interlake
55 Plus
204-467-2582**

January & February Casino Trips

McPhillips Street Station – Thursday, Jan 17th

Mc Phillips Street – Thursday, February 21st

Pick Up Times & Places

Lions Manor Door #1

@ 9:45 am

Departing 55 Plus @ 10:00 am

Pre-Registration Required

Tuesday, January 15th (McPhillips Street)

Tuesday, February 19th (Mc Phillips Street)



FREE!



Next Shopping Trip Thursday, January 10th

Polo Park & Area

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

Members: \$20 Non-Members \$30



Minimum 7 people

Pre-Registration Required **Register by: Tuesday, January 8th**



**Shopping Trip
Price Reduction
3 Month Trial
\$20/Members
\$30/ Non-Members**



Trip date	Destination	Min # required
February 14, 2019	Garden City – including Home Depot, Canadian Tire & Walmart	7
March 14, 2019	Grant Park	8

The chart above shows the date, location & minimum passengers required for each trip



Fire Fighters Museum Bus Trip

Tuesday, February 5th
Snow date: Thursday, February 7th



The museum is a unique collection of equipment and memorabilia from days gone by. You'll enjoy a self-guided tour of the facility – with retired fire fighters on hand to give information as requested.

Minimum of 7 registrants required for trip to go!

Pre-registration required by Jan 31, 2019

Your Day Includes:

Transportation leaving the 55-Plus at **9:30am**
Approximately 90-Minutes self-guided tour

Cost:

- Member Transportation: \$20
- Non-Member Transportation: \$30
- Museum admission: \$3 (at the door)

You will also be enjoying lunch at a nearby restaurant at **your own cost.**

Register at the 55-Plus office or Call: 204-467-2582

PRAIRIE THEATRE EXCHANGE



What to do with Albert?

Danielle Sèguin-Tètreault

A heartwarming comedy for fathers, daughters and lovers of tall tales.

Wednesday April 24TH @ 2:00 PM

Members \$50.00 / Non Member \$60.00

Depart 55 Plus @ 12:00 pm

Alternate Pickup Locations @ 11:45 am



GROUP RATE!
Includes transportation & show ticket

DEADLINE FOR REGISTRATION:
Monday, March 11, 2019



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

Deadline:

Thursday, Jan 3rd



UPCOMING SHOWS:

SHOW #1

Strike! The musical

June 23, 2019 @ 2:00pm



SHOW #2

To be announced in January

August 25, 2019 @ 2:00pm



**** More info to follow***

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!



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 peer led exercise program for men & women

**NOW ALSO OFFERED AT:
SPRUCEWOOD PLACE, Balmoral**

TUESDAYS @ 11:00 AM

45 Minute Class



Pickleball

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

Holiday school closures

December 23 – January 6th

Play resumes

January 8th & 10th

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

STAY ACTIVE! STAY HEALTHY!

ACTIVE WELLNESS CLUB

Schedule

Monday

4:30 pm – Body Blast - Cheryl Kooning

5:45*pm – Pilates – Elizabeth Luke

*5 Week Trial class *45 min class*

Tuesday

4:30 pm – Yoga - Gail Spencer-Lamm

Wednesday

10:15* am - Yoga - Elizabeth Luke

**10:00 am on Luncheon Day*

4:30 pm – Yoga Fusion – Gail Spencer-Lamm

Thursday

5:30 pm – Step & Strength - Cheryl Kooning

Friday

9:00 am – Gentle Yoga - Gail Spencer-Lamm

Winter Session:

Starts: January 7th

Half Session:

Jan 7th – Feb 4th

Full Session:

Jan 7th – Mar 15th



FEES

Full Session (10 weeks):

	Member	Non-Member
One class:	\$70	\$80
Two classes:	\$120	\$140
All Access:	\$180	\$200

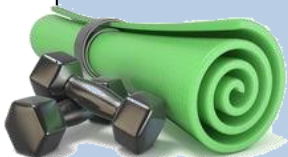
Half Session (5 weeks):

	Member	Non-Member
One class:	\$35	\$40
Two classes:	\$60	\$70
All Access:	\$90	\$100

For more information and class descriptions,

Call 204-467-2582

or check out our website: www.si55plus.org





ACTIVE WELLNESS CLASS DESCRIPTIONS



YOGA FUSION

Enjoy this unique fusion of Yoga & Dance instructed by **Gail Spencer-Lamm**. You will focus on uniting body, mind and spirit and developing cardiovascular fitness, ease of movement, strength, and flexibility with flowing, rhythmic yoga and dance inspired movements.

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** – with the exception of Luncheon day when class will be at 10:00am. You will focus on uniting body, mind and spirit and develop ease of movement, strength, and flexibility with flowing, rhythmic yoga. 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.

PILATES & BARRE

Come join **Elizabeth Luke** for a fun and challenging 45 minute class of Pilates. This class will help develop your core strength and enhance flexibility. Core work improves your balance and stability and strengthens your lower back, hips, gluteus and abdominal muscles. Barre movements will be incorporated into the session to help sculpt and tone your muscles.

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)

No Potluck in December – Next one is:

January 15th @ 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.

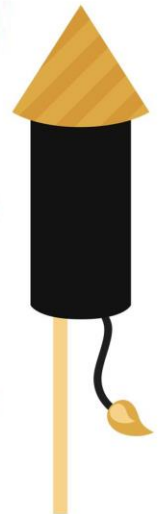
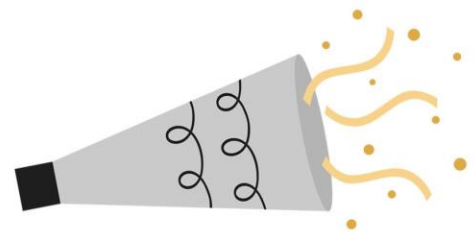


	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

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



HAPPY NEW YEAR!



W I H V V A X R N R Z G O A L S A Z Y F
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 M D M B T B K T P X N S L T K C X X W T
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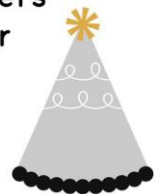
Countdown
 Confetti
 Midnight
 Balloons


Celebration
 Fireworks
 January
 Happy



New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) HAPPY NEW YEAR! Wishing you a great 2019!	2) 9:00 Steppin' Up 1:00 Bridge & Cards	3) 9:30 Hearts & Cards	4) 10:15 Travel Club 1:00 Texas Hold'em	5)
6)	7) 1:00pm Cribbage Tournament 4:30 Body Blast 5:45 Pilates	8) 9:30 Stitch N Craft 9:30 Book Club 10:00 Men's Chat 10:00 Hop, Drop, Shop 10:00 Steppin' Out 11:00 Line Dancing 1:00 iPad Club 1:00 Mahjong 1:00 Puzzle Club 4:30 Yoga 7:00 Pickleball @SCI	9) 9:00 Steppin'Up 10:00 Yoga 12:00 Luncheon 1:15 Bridge & Cards 4:30 Yoga Fusion	10) 9:30 Hearts & Coffee 9:30 Tai Chi 9:30 Shopping trip – Polo Park 11:00 Line Dancing 1:30 Bingo 5:30 Step & Strength 7:00 Pickle Ball @ Centennial School	11) 10:30 Quilter's Corner 1:00 Texas Hold'em 1:00 Board Game Club	12)
13)	14) 4:30 Body Blast 5:45 Pilates	15) 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 Puzzle Club 1:30 Tax Credits & Returns Presentation 4:30 Yoga 7:00 Pickleball @SCI	16) 9:00 Steppin'Up 10:15 Yoga 11:30 One Stroke Painting 1:00 Bridge & Cards 4:30 Yoga Fusion	17) 9:30 Hearts & Coffee 9:30 Tai Chi 10:00 McPhillips Street Casino 11:00 Line Dancing 5:30 Step & Strength 7:15 Pickle Ball @ Centennial School	18) 1:00 Texas Hold'em 1:00 Board Game Club	19)
20)	21) 4:30 Body Blast 5:45 Pilates	22) 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 Puzzle Club 4:30 Yoga 7:00 Pickleball @SCI	23) 9:00 Steppin'Up 10:15 Yoga 1:00 Bridge & Cards 4:30 Yoga Fusion	24) 9:30 Hearts & Coffee 9:30 Tai Chi 11:00 Line Dancing 5:30 Step & Strength 7:00 Pickle Ball @ Centennial School	25) 10:30 Quilter's Corner 1:00 Texas Hold'em 1:00 Board Game Club	26)
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