

Founded in 1974 & Still Going Strong!

Tel: (204) 642-7909 Email: gimli55@mts.net

Follow us on Facebook as Gimli New Horizons - GNH





General Meeting of Gimli New Horizons will be held on Tuesday, April 8th at 7:00 p.m.

All GNH members are welcome and strongly encouraged to attend.

# **Around the Centre**



### New Horizon Money:

- Can be used at New Horizons only.
- Good for activities run by the Centre in lieu of cash for the activity fee
- Good for any programs run at the Centre (tours, socials)
- Good for social events run by the Centre
   tickets, liquor, silent auction, 50/50
   draws
- Good for Friday lunches, perogies, etc.





### **CANTEEN**





Mini canteen is running smoothly.

Coffee/Tea, chips, hot rods, drinks and water are \$1.00 each. Chocolate bars & trail mix are \$1.25 each.

Water and drinks are in the fridge in the Card Yard Room.

# **DONATION RECEIPTS**

If you donate \$25.00 or more to the Centre, we can issue you a tax receipt....please ask us!





Phone: (204) 642-9796

Email: admin@wcf-foundation.ca www.westshorefoundation.ca

66 First Ave, Box 395, Gimli, MB R0C 1B0

Follow us on Facebook as "Gimli New Horizons - GNH"

Please like & share our posts to help our messages circulate and go further!





# BOOKS & PUZZLES - Available during Centre Hours



Looking to fight boredom?

Come grab a book or a puzzle!

We are encouraging "bring a book, take a book", to keep our books and puzzles manageable.





# **About the Centre**





Gimli New Horizons 55+ Centre Inc., 17 Loni Beach Rd., Gimli (Formerly 17 North Colonization Rd) was incorporated in 1974 as a not for profit/charitable organization.

Executive: 2024/2025				
President	Cindy Stewart			
Past President	Roy Clarke			
1 <sup>st</sup> Vice	Lynda Dodunski			
2 <sup>nd</sup> Vice	Vera Szczepanski			
Secretary Julie Ewanchuk				
Treasurer	Lavona Clarke			
Directors: 2024/2025				
Building/ Maintenance	Garry Peterson			
Kitchen	Evy Bialek			
Bingo	Josey Banera			
Member at Large	Audrey Corrie			
Member at Large	Richard Szczepanski			
Member at Large	Brian Sumner			
Membership	Gail Hurak			
Publicity	Graham Watson			
Social Activities	Cathy Timko			
Volunteers	Allison Atkey			
Office Staff:				
Facility Manager	Jonie Johnson			
Facility Manager Assistant	Margaret LaRocque			

### A note from the office staff:

Please note that the office staff have different email addresses.

To reach Jonie regarding Centre related information: <a href="mailto:gimli55@mts.net">gimli55@mts.net</a>

To reach Margaret for Hilites Newsletter, advertising and membership info:

hilites@mts.net

### **MISSION STATEMENT**

"The Centre will be an asset to the community by providing a pleasant place for recreation, relaxation and companionship, and by encouraging all members to remain active and socially connected while maintaining their physical and mental health"

# New Horizons has regular board meetings &

4 general meetings throughout the year to keep our Centre fully up to date.

# Join our Facebook page: GIMLI NEW HORIZONS - GNH

We keep all our events and notices posted on our Facebook page.



It is the best way to keep informed as to events at the Centre.

Also watch for any closures in winter on the Facebook page.



### "Your Cottage Country Department Store"

Located at 76 Centre Street, Gimli Phone - 204-642-4010 Email - info@johnsonsfashion.com Website www.johnsonsfashion.com

Present this coupon and receive 10% off your purchase on any regular priced items.



# President's Message

-Cindy Stewart

Hard to believe that just over 5 years ago we were closed due to COVID. In some ways it seems a lifetime ago and yet on the other hand it seems like such a short time ago that all our lives were affected.



It has taken some time to bring our numbers to events up, but if our Trivia Night was any indication we had a terrific response and lots of fun. We had over 80 people participate.

We have some other events coming up; including the Craft & Bake sale May 3, Volunteer Luncheon May 8, and the Garage sale June 7. Items for the garage sale will be accepted starting May 1<sup>st</sup>.

NO WINTER LASTS FOREVER; NO SPRING SKIPS ITS TURN. APRIL IS A PROMISE THAT MAY IS BOUND TO KEEP, AND WE KNOW IT.

- HAL BORLAN

Please don't forget the General Meeting April 8. This will be an important meeting as it will be addressing some changes to our By-Laws. Copies will be handed out then.



# In-clinic and in-home

Foot Care

### Services include:

- Assessment of the feet and lower leg
- Trimming and filing toenails
- Reducing thick toenails, calluses, and corns
- Managing ingrown toenails, foot fungus, and warts
- Moisturizing feet and lower legs

Serene Soles Nursing Foot Care Corporation

Kasey Taran RN, BN
Advanced Foot Care Nurse

Call or Text 204-228-8755 5 Demko Drive, Gimli, MB

serene.soles.footcare@gmail.com

# **Perogies**

I would like to acknowledge Russell for picking up and delivering our new mixer.

As I write this, the sun is shining, the perogies are made, and it has been a wonderful two days making perogies.

On Tuesday we had eight volunteers to peel 100 pounds of potatoes and after the boiling, prepare the filling, good job Ron and Deb on using the new machine, it did a wonderful job.

On Wednesday, the new machine did a great job making the dough. We should have had this machine months ago; but thanks to the powers that be, we now have it and we say thank you so much and many thanks to Gary for a building a nice stand for the machine.

Our volunteers totalled 29 on Wednesday and they worked so diligently to complete making 189 dozen perogies by 11:30 a.m.
Congratulations ladies and gentlemen for a job well done.
I would like to say thank you to everyone that comes out every month to make this project worthwhile, without you, there would be no perogies, so I beg you or anyone to come forth and run the program. I am not getting any younger and not sure if I will be able to do it in the fall. I will gladly help anyone who would consider taking over the perogy project.

Our next Perogy day will be April 1st and 2nd.
This will be our last perogy day before the fall.
Also, Easter is in April, if you want perogies for Easter,
sign up sheet is on bulletin board.

-Elaine Einarson

# **Activities This Month**

Activity	Activity Leader	PHONE	Price	Day/Time	Room
BINGO	Josey Banera	641-0967	Pay what you play	Wednesday 7:00 p.m.	Grand Room
Bridge - Contract	Allison Atkey Judy Brown	642-7909	\$3.00	Friday 1:00 p.m.	Coffee Spot
Bridge -Duplicate	Brian Wallace	376-5603	\$2.00	Wednesday 1:00 p.m.	Card Yard
Canasta - Friday	Audrey Corrie	642-1581	\$2.00	Friday 1:00 p.m.	Card Yard
Canasta - Monday	Lauralee Hackert	642-5382	\$2.00	Monday 1:00 p.m.	Card Yard
Cardio Sculpt	Susie Stevenson	642-7909	Pre-paid or \$7.00	Monday 10:00 a.m.	Grand Room
			drop in	Wednesday 10:00 a.m.	Grand Room
Core & More	Susie Stevenson	642-7909	Pre-paid or \$7.00	Monday 11:00 a.m.	Grand Room
			drop in	Wednesday 11:00 a.m.	Grand Room
Cribbage	Doris Lloyd	642-8180	\$4.00	Thursday 1:00 p.m.	Card Yard
Darts	Julie Ewanchuk	470-8937	\$2.00	Monday 1:00 p.m.	Harmony Room
Fibre Arts	Linda Duthie	641-8021	\$2.00	Tuesday 10:00 a.m.	Coffee Spot
Floor Curling (Fun)	Arlene Bernshine	782-5071	\$2.00	Thursday 10:00 a.m.	Grand Room
Floor Curling (League)	Elaine Einarson Linda Shipman	642-7909	\$30.00 pp/ season	Friday 10:00 a.m.	Grand Room
Memoir Writing	Ruth Asher	389-5157	\$2.00	Wednesday 10:00 a.m.	Coffee Spot
Painting	Sandy Reimer	641-1970	\$2.00	Tuesday 1:00 p.m.	Card Yard
Tai Chi BEGINNERS CONTINUING	Phyllis Holmes	642-9054	\$2.00	Tues & Fri 9:30 a.m. 10:00 a.m.	Harmony Room
Tai Chi 'Practice'	Cindy Blicq Judy Brown	642-7909	\$2.00	Monday 2:30 p.m.	Grand Room
Texas Hold 'Em	Ron Martin		\$3.00	Wednesday 1:00 p.m.	Coffee Spot
Social Dance (Let's Go Dancing)	Gail Hurak	642-7834	\$10.00	Tuesdays at 1:00 & 7:00 p.m.	Grand Room
Ukulele Strum'	Gayle Halliwell	389-3832	\$2.00	Thursday 11:00 a.m.	Harmony Room
Woodcarvers	Dave Tustin	389-2305	\$2.00	Friday 1:00 p.m.	Harmony Room
Yoga with Leanne	Leanne Stevens	641-3920	\$14 drop in or \$12	Tuesday 9:30 a.m.	Grand Room
			prepaid	Thursday 9:30 a.m.	Harmony Room



Our New Horizons 50/50 is going strong! \$2.00 each. Draw date at end of each month. Envelopes are all around the Centre - simply put \$2 in the envelope, write your name & phone number on the front of the envelope, and bring to the container at office window.

### No limit on how many you can buy!

The past 50/50 proceeds have been used in the purchase of miscellaneous items throughout the Centre.



The tree is in the entrance to New Horizons.

Leaves can be purchased from the office for a minimum \$25.00 each and imprinted with names of people special to us.

Tax receipt upon request.



# Yard Sale

at
Gimli New Horizons 55+ Activity Centre

LOCATION: 17 Loni Beach Rd

DATE: Saturday, June 7, 2025 TIME: 8:30am to 12:00pm

### **Donation of Articles Accepted**

Drop off donations starting May 1st

NO CLOTHES, FOOTWEAR, MATTRESSES OR Box TV's





# Fraserwood Hall Upcoming Events

### **APRIL & MAY 2025**

APR 6	ALL YOU CAN EAT PEROGIES  Noon - 6PM (or until supplies last)  \$10 - Adults, \$10 - Children (7-12), Free - Children 6 & under, \$15 - Take out
APR 13	OLD TIME DANCE Music by: Country Plus \$20 Admission at the Door. Call to reserve tickets at 204-643-5541.
APR <b>26</b>	IRISH - DINE & DANCE Irish theme family style dinner, with special performance by the McConnell Irish Dancers, music for the evening by the Cracked Eggshells. \$40 per person   Doors open at 5PM   Supper at 6PM
MAY 10	SPRING PLANT & CRAFT SALE 10AM - 2PM   Free Admission   Canteen Open
MAY 11	OLD TIME DANCE Music by: Trail Riders \$20 Admission at the Door Call to reserve tickets at 204-643-5541

# **BINGO & CHASE THE ACE**

**EVERY FRIDAY NIGHT** 

DOORS OPEN AT 5PM | CANTEEN & BAR OPEN 5:15PM | GAMES START AT 7:15PM

fraserwoodhall.com

204-643-5302

fraserwoodhall 1@gmail.com

# H.P. Tergesen & Sons



GENERAL MERCHANT

204-642-5958 ir

info@tergesens.com

Facebook-H.P. Tergesen & Sons

82-1st Avenue

Instagram-@tergesens

# MEMBERSH

-Gail Hurak

Membership year: Oct. 1 - Sept. 30

\$25 regular membership (55+) \$30 associate membership (50-54) Memberships are an annual fee.

M - F 9 - 4:00 at the office (Cash or Cheque)



Our February membership numbers were **493** 

The New Horizons 55+ Activity Centre is a great place to meet new people and to engage with other members doing an activity that you enjoy.

We have many programs and social activities for everyone 55+ or older!

Pick up a Hilites newsletter when you renew or sign up as a new member.

Check out our Facebook page to find out which programs are running. (We post the Hilites every month on Facebook)

*Is there a program that you would be interested in* having at our Centre? Are you willing to lead a program of your choice?

Present your idea to the office and perhaps we can add it to our variety of programs.





Speaking about

- Wills -
- Powers of Attorney -- Estates -
- Health Care Directives -

Wednesday, April 16, 2025 2:00pm - 3:00pm at Gimli New Horizons



# **Health & Wellness**



# Healthy Smiles!



Oral Health Presentation on MS Teams Tuesday April 8, 10:00-11:00am

 Learn about age related changes that can impact our health with Linda Brown from Active Aging in Manitoba.
 Learn how to access the new Canada Dental Plan with Tanis Billington from Service Canada.

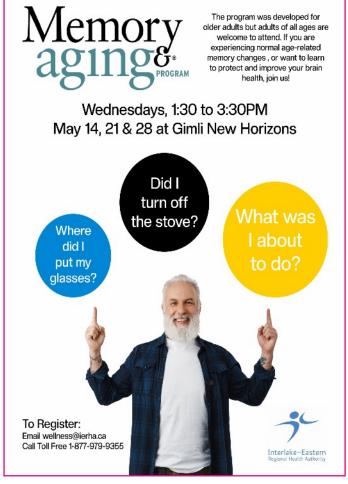
> To register: Email wellness@ierha.ca Call Toll Free 1-877-979-9355



Community Wellness Team













The volunteer appreciation lunch is on Thursday, May 8th. >>>>

Please sign up so we know you're coming.

Who is invited? Activity leaders and co-leaders.

Perogy making helpers, Petal pushers, Friday lunch teams, Pancake breakfast and fall supper cooks, runners, table wipers, ticket takers, Bingo and canteen helpers, Fashion show models,

Table setter-uppers, and Maintenance helpers.

If you helped at the centre in any other way, you are also invited, as your kindness is appreciated.

-Allison Atkey

# **FRIDAY LUNCHES**

for April:

<u>April 4</u> – Beef and Cabbage Soup, Egg and Salmon Sandwiches, Ambrosia

April 11 – Macaroni Bake with Beef, Cheese and Broccoli Salad, Lemon Pudding with Fruit topping

<u>April 17 (Thursday)</u> – Vegetable and Meat Frittata, Salad, and Rice Pudding

<u>April 25</u> – Cream of Vegetable soup, Grilled Cheese sandwich and Brownie pudding



\$ 8.00 (comes with coffee)







# From the Kitchen

-Evy Bialek



Happy Spring everyone. Our planting season is just around the corner.

We have our April menus up and ready.
Our teams have come to the rescue
when the Leaders are short of help. Of
course, being the wonderful members

we have at New Horizons, some came forward and stepped in to complete the task. We're already planning for our Fall menus. So as you can see we enjoy making these meals for our curlers and guests. We welcome our Snowbirds back.

Take care all.



# **Social Activities**

-Cathy Timko



Well, it may be April, but they're no fools!
I'm talking about the winners of the Race to Spring
Trivia Night which was a fun and successful
evening for everyone. Team "Fender Benders"
made up of Vera and Richard Szczepanski,
Rosemarie Dzus, Jack Klassen, Toni Dascanio and
John Wishnowski lapped the opposition and sped
away with first place! Congratulations team!

Looking ahead, the May 3rd Craft Show is rapidly approaching. If you can spare a few hours to help out please check the signup sheet on the board, there are various areas that will need assistance, and any time you can give will be much appreciated. Now that March is behind us, spring is on the horizon along with the return of our Snowbirds, Canada Geese and of course the Easter Bunny.







### Welcome back! Happy Easter everyone!



## NEW HORIZONS ACTIVITY CENTER

17 LONI BEACH RD. GIMLI, MANITOBA OVER 45 VENDORS/CANTEEN/SILENT AUCTION





Live Well pharmacists care about the health and well-being of our customers. We want to be with you every step of the way.



**4** 204.642.5504





Winter Season runs January 10 to April 25th

> Cost is \$30 pp/season

### FUN - Thursdays at 10:00 a.m.

Activity Leader: Arlene Bernshine (204) 782-5071

### LEAGUE - Fridays at 10:00 a.m.

**Activity Leaders:** 

Elaine Einarson, Linda Shipman



### Woodcarvers -Dave Tustin

1:00 p.m. Fridays in the **Harmony Room** 



## Ukulele Strum' -Gayle Halliwell

Uke Strum is having fun! We are learning lots of new tunes, and practicing our favourites. We recently revamped our Gimli NH Tune Book, which now numbers over 50 tunes!

We are not masters of them all, but are really enjoying the journey!

Want to join us but don't have a ukulele? No problem!! Call Gayle if you want to join us or have questions! Keep strummin',

204.389.3832



### Memoir Writing - Wednesdays 10:00 a.m. - Noon



The Memoir Writing Group welcomes new member, Tanya.

We have been invited to give a reading at Aspen Park On Mothers Day, May 11. The public is welcome to join us and listen to our stories of humour and love.

Our third annual garage sale will occur in July. More details will follow.

If you are interested in more information, please contact Ruth at (204) 389-5157



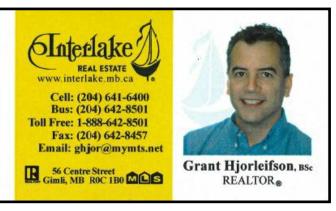
### Join us for Fun Darts every Monday at 1:00

It is a pay as you play activity. \$2.00 will get your name in the hat and a random pick partners you up with another player for the day. It really is Fun Darts. Some players haven't played for years and by the end of the day, are back to playing like the pros.

If you have never tried darts, come out and give it a throw. There is always lots of chatter and laughter going on. It's a fun, easy way to spend an afternoon with other dart players.

Every member is welcome. Just come and play!







**Mondays** 

**Cardio Sculpt** 

10-10:45 a.m.

starting April 7th

Core & More

11-Noon

starting April 7th

**Wednesdays** 

**Cardio Sculpt** 

10-10:45 a.m.

starting April 9th

Core & More

11-Noon

starting April 9th

**Saturdays** 

**Drums** 

9:30-10:30 a.m.

starting April 12th

(Will only run with enough interest)

# 10 WEEK SESSION

1 class/week - \$ 60

2 classes/week - \$ 110

3 classes/week - \$ 143

4 classes/week - \$ 162

5 classes/week - \$ 180

Drop in fee per class - \$ 7.00

Deadline to sign up - April 3rd

Cash or Cheque payment accepted, please pay as you sign up to reserve your spot

(Non-refundable & Non-transferable)

Sign up at the Office



# GIMLI HOME HARDWARE

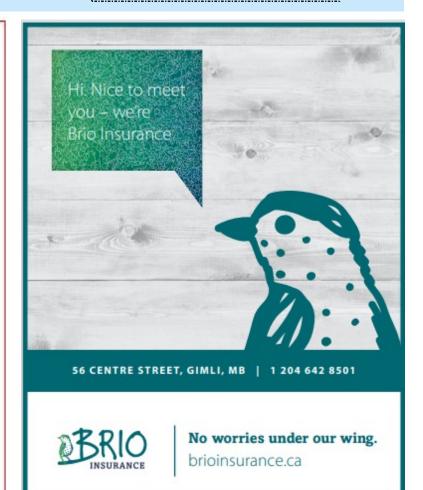
75 Centre St. Gimli, MB

Ph: 204-642-5489 Fax: 204-642-1210

Open 7 days a week

Senior Day 15% off up to \$300

1st Monday every month



### MOVING TOGETHER TAI CHI GIMLI

-Phyllis Holmes

The classes will be in the Harmony Room

Tuesdays and Fridays

Beginners start at 9:30 am and regular class at 10:00 am

Soon everyone will be enjoying warmer temperatures, happy to see the end of the cold and snow. First however comes the clean up of everything on the ground that the snow had covered.

It is always great to see that no matter how busy members are they still make the time to come to Tai Chi class. They know that not only is exercise important but so is socializing with their friends.

Tai Chi is also known to be a form of moving meditation, so it is not only important for the body but also for the mind. The current uncertainty in the world of politics can be very stressful to people so I encourage our members not to discuss politics during our Tai Chi classes but to concentrate on the many health benefits received from practicing Tai Chi.



Please phone me if you have any questions (204) 642-9054



### **Yoga - Leanne Stevens**

Welcome to Yoga in April!

The primary intention of yoga is to calm the mind.

We do this in class by focusing on how to move and be aware of our bodies. This is done with gentle strengthening movements with our outer body and awareness of the breath with the inner body. By linking the body with our mind we can calm the busy thinking brain and create a quiet container for the brain to rest within. Yoga can help you rejuvenate your mind and body!

Classes are open to all levels of ability, please feel free to join us as we move into spring.

Classes are Tuesdays & Thursdays at 9:30 am Fee is \$12

Please bring a mat, belt and blocks if you have them.

Contact me, Leanne (certified yoga instructor) if you have any questions.

Ph#/txt 204-641-3920

Email stillbluecatyoga@gmail.ca

Namaste



Marc Palsson Owner

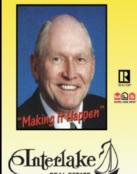
100-7th Avenue Gimli, MB R0C 1B0

Telephone: (204) 642-9688 Fax: (204) 642-8688

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Toll Free: 1-877-770-7662 (RONA) Email: service@ronagimli.ca RONA

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A WEEK



**Chris Neufeld** 

Tel.: 204-642-8501 Cell: 204-641-1727 Toll Free: 1-888-642-8501

Fax: 204-642-8457
Email: chrisneufeld@mts.net
www.interlake.mb.ca

56 Centre St., Gimli, MB.



Painting Tuesdays at 1:00
-Sandy Reimer

Our painting group is a gathering of like minded painters with a varied skill level and media who enjoy painting in a group.

The pegboard in the Card Yard displays some paintings that are for sale. Payment for the paintings is to be made to Jonie or Margaret at the office before removing them.

Last day for painting is May 6, then back in the fall!

### Fibre Arts - Tuesdays at 10:00

-Linda Duthie

Happy spring everyone! Soon you will be planting gardens, then weeding, putting flowers in pots. Then the rainy days, and evenings after watering and weeding will be available to work on your sewing, knitting, etc. Remember you are very welcome to join us at Fibre Arts on Tuesdays 10:00 - 1:30, to share your projects.











 ${\mathbb R}$ 



**Interlake** 

John Wishnowski

Tel.: 204-642-8501 Cell: 204-479-1208 Toll Free: 1-888-642-8501 Fax: 204-642-8457 Email: iwish@interlake.mb.ca www.interlake.mb.ca

56 Centre St., Gimli, MB.



Dances are selected from ballroom, old time, country and other dance genres.

Our lesson for April & May will be the WEST COAST SWING Dance.

Tuesdays 1:00 p.m. for beginners to learn the basics
Tuesdays 7:00 p.m. for Intermediate and advanced only.

### \$10 cash per person, per class.

You will need to be a member of Gimli New Horizons to participate in the programs.

We are a group of people that love to dance with one's partner. If you want to dance in the Interlake at social events, these classes are a great opportunity for you.

Would you like to join us, but you are without a dancing partner?

If you would like to be placed on a waiting list for a partner, call the GNH office at (204) 642-7909.

Gail Hurak







# **GAMES** at the Centre

### **Allison Atkey & Judy Brown** Fridays @ 1:00 pm



We play contract bridge every Friday, gathering by 12:55 to prepare to play at 1:00.

New players are welcome - we play quite informally.

The cost is \$3 for members.

After-bridge social time is the third Friday each month - in April, it's the 18th.

Spouses are welcome.



### **CRIBBAGE** -**THURSDAYS** @1:00 p.m.

- Doris Lloyd

**Bring \$2 activity fee** plus \$2 prize money.

### TEXAS HOLD 'EM Wednesdays at 1:00 pm

- Ron Martin



Our Tournament is on April 23rd

**New Session starts May 7th** 



### Monday Canasta -

Activity Leader - Lauralee Hackert

Mondays at 1:00 pm

Come and join our friendly group.

Partner selection and table assignment starting at 12:50 on the dot with play at 1:00 p.m.

We play two types of Canasta for those who might like variety. Games end between 3:30 & 4:00 p.m. If you want to learn how to play Canasta, Monday is the day to attend!



**Activity Leader - Audrey Corrie** 

Fridays at 1:00 pm



Come and join us.....seasoned players OR beginners welcome. We have great teachers.

We start playing at 1:00 pm with partner and table selection 10 minutes before.





### **DUPLICATE BRIDGE**

**ON BREAK** until further notice

If you are interested in learning how to play **Duplicate Bridge** 

OR would like a refresher on it, please leave your name at the office.



# **Community Service**

Caregiver Support - third Monday of the month (subject to change)

Being held at Gimli New Horizons

Next meeting date - April 28<sup>th</sup>, will be in the GRAND ROOM at 1:00 p.m.

Alzheimer's disease and other forms of dementia can leave those with the disease and their care partners feeling isolated. You are not alone. There are other people to share the journey with you!

Support groups offer the opportunity to meet, interact with and learn from others who are living with dementia. It's a safe environment where you can share, laugh, and help each other through mutual understanding.

If you would like to attend (it's for caregivers only) please call Samantha Holland  $\gtrsim 204-268-4752$ Thanks!



# Interlake Chemicals Ltd. Manufacturer of Specialty Industrial and Janitorial Products

Sherry Crave 19096 115N - Box 1974 Gimli, MB R0C 1B0

Work: (204) 642-7687 Cell: (204) 641-3613

Home: (204) 642-5723



### News from the Seniors Resource Program

The Seniors Resource Program supplies support services in the R.M. of Gimli,
Town of Winnipeg Beach,
R.M. of Dunnottar, R.M. of St. Andrews.

Some of the services offered are Transportation,
Meals on Wheels, Congregate Meal Programs, Lifeline,
E.R.I.K., Handy Helper, Yard Maintenance, House Cleaning,

Mobility Rental, Form Assistance, etc.

### **Yard Maintenance**

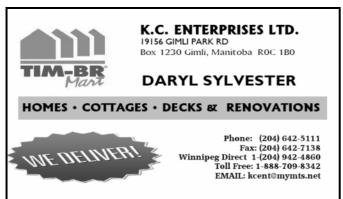
Spring is in the air! Needing help with your spring cleanup or maintaining your yard? If so, spring into action and give us a call at the office, we would be happy to help find someone for you!

We always welcome more volunteers for our Transportation and Meals on Wheels programs as well. If you are interested, please give us a call at the office at 204-642-7297.

We look forward to hearing from you!







# **Community Service**



# Watch our Facebook page for the pot amounts for each week.

Bingo is an event/activity we offer to the community!

We appreciate the support given to the Centre from all our bingo players.

Enjoy a game or two of Bingo at our Centre on Wednesday nights. Great opportunity to get out and spend time with friends. We appreciate all our bingo players for supporting us all year.

Canteen available - Hot dogs, popcorn, chips, chocolate bars, ice cream and butter tarts. Coffee, pop, and water available. Check out the GNH Facebook page for Canteen Specials!

Snack while you play!





BASIC Income Tax Returns must be below:

Family size

Single person

2 people

Total family income below

\$35,000

\$45,000 (single parent, married/common-law)

We do not prepare returns for individuals who:
-report business or rental income & expenses
-report capital gains or losses
-report employment expenses
-filed for bankruptcy

Deadline is April 17<sup>th</sup> to bring in your taxes

Call 204-642-7909 to be referred to one of our Volunteer Tax Return Preparers trained by Revenue Canada.

-died in the tax year

Be assured that this service is entirely confidential.

Appointments Only
Call New Horizons Office

204-642-7909



# **Collecting old glasses & hearing aids**

The Lions Club International has left a box for us to collect used eye glasses

(no cases) and hearing aids.
They send them to developing countries.







Travel is Back + Space is Limited!

Visit: www.authenticvacationdesigns.com

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Contact me to getcha started!

Email: syndi@authenticvacationdesigns.com

Syndi Prokopich

Your Personal Travel Concierge 204-642-4134

### SATURDAY ADVANCE POLL 26 Floor Curling - League Floor Curling - League Floor Curling - League Tai Chi - Beginner Tai Chi - Beginner Tai Chi - Beginner **FRIDAY** Bridge - Contract Bridge - Contract Bridge - Contract Friday Lunch Friday Lunch CENTRE CI Wood Carving Wood Carving Wood Carving GOOD FRIDAY ADVANCE Canasta Canasta Tai Chi Tai Chi Tai Chi Canasta 10:00 10:00 10:00 10:00 10:00 1:00 1:00 9:30 1:00 1:00 9:30 1:00 (make up date for Jan. 17) 10:00 Floor Curling - League **THURSDAY** 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 10:00 Floor Curling - Fun 10:00 Floor Curling - Fun 9:30 Yoga with Leanne Yoga with Leanne Yoga with Leanne .:00 Cribbage 1:00 Cribbage 11:00 Ukulele 11:00 Ukulele Cribbage Cribbage 11:00 Ukulele 08:6 9:30 1:00 **April** 2025 WEDNESDAY Texas Hold 'Em Tournamen Core & More - Week 4 Memoir Writing Texas Hold 'Em Bingo Cardio Sculpt - Week 2 Core & More - Week 2 Cardio Sculpt - Week 3 Cardio Sculpt - Week 4 Cardio Sculpt - Week 1 Core & More - Week 3 Core & More - Week 1 Memoir Writing **Duplicate Bridge** Memoir Writing Memoir Writing Memoir Writing Texas Hold 'Em Texas Hold 'Em **Texas Hold 'Em** Bingo 10:00 10:00 11:00 10:00 11:00 10:00 10:00 11:00 10:00 1:00 7:00 10:00 10:00 **1:00** 7:00 1:00 1:00 7:00 1:00 1:00 GENERAL MEET GENERAL MEETING Yoga with Leanne Yoga with Leanne Yoga with Leanne Yoga with Leanne **TUESDAY** Fai Chi - Beginner Fai Chi - Beginner Tai Chi - Beginner Tai Chi - Beginner Yoga with Leanne Fai Chi - Beginner Tai Chi Fibre Arts Social Dance Painting Social Dance Fibre Arts Fibre Arts Fibre Arts Fibre Arts Painting Painting Tai Chi Painting Painting Tai Chi Tai Chi Tai Chi 9:30 10:00 10:00 1:00 1:00 7:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 9:30 1:00 1:00 1:00 9:30 9:30 1:00 1:00 5:00 9:30 9:30 1:00 1:00 2:00 9:30 Cardio Sculpt - Week 1 Core & More - Week 1 Cardio Sculpt - Week 2 Core & More - Week 2 Cardio Sculpt - Week 3 Core & More - Week 3 Cardio Sculpt - Week 4 Core & More - Week 4 MONDAY FEDERAL ELECTION Tai Chi Practice Tai Chi Practice Tai Chi Practice ADVANCE Canasta Canasta Darts Darts Darts 10:00 11:00 10:00 11:00 10:00 1:00 1:00 1:00 1:00 1:00 2:30 28 SUNDAY