

FEBRUARY 2024 HILITES



Tel: (204) 642-7909

Email: gimli55@mts.net

Follow us on Facebook as Gimli New Horizons

HAPPY
Valentine's
Day

February is a busy month.....here are few things to look for in our Hilites:

February 10th - Sock hop (see page 7)

February 12th - Intro into Dementia and Brain Health (see page 8)

February 29th - Cash Calendar Draws (see page 7) Buy yours today!

*****Please note - our physical address has been changed to 17 Loni Beach Rd.
(formerly 17 North Colonization Rd)***

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.



Follow us on Facebook as "Gimli New Horizons"

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



DONATION RECEIPTS

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



CANTEEN



Mini canteen is running smoothly.

We will continue to bring in new selections for you to purchase.

Coffee/Tea, chips, snack bars, candy, 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.



We will move the mini canteen to the Bingo room on Wednesday evenings.



BOOKS & PUZZLES -

Available during Centre Hours

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



PROUD SUPPORTERS
of Gimli New Horizons 55+

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of our customers. We want to be
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Toll Free: 1-888-642-8501

Fax: 204-642-8457

Email: chrisneufeld@mts.net

www.interlake.mb.ca



56 Centre St., Gimli, MB.

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: 2023/2024

President	Cindy Stewart
Past President	Roy Clarke
1 st Vice	Lynda Dodunski
2 nd Vice	Vera Szczepanski
Secretary	Julie Ewanchuk
Treasurer	Lavona Clarke

Directors: 2023/2024

Building/ Maintenance	Garry Peterson
Kitchen	Evy Bialek
Member at Large	Brian Pauls
Member at Large	Josey Banera
Member at Large	Isabel Peterson
Member at Large	Barry Martin
Membership	Gail Hurak
Publicity	Graham Watson
Social	Carol Simonson
Volunteers	Richard Szczepanski

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 -
gimli55@mts.net

To reach Margaret for Hilites Newsletter,
advertising and membership info -
hilites@mts.net

**New Horizons has regular
board meetings
&
4 general meetings throughout
the year to keep our Centre fully
up to date.**



Like our Facebook page:
GIMLI NEW HORIZONS

*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.*

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"*

President's Message



-Cindy Stewart

Hello, and welcome to February. Happy birthday for those that are actually celebrating their birthdays on the 29th, as this only happens every 4 years. What a bizarre winter so far, although this mild winter sure makes it easier to go out especially for those of us that aren't going away to a warmer destination.

We have some events coming up for this month: The Sock Hop on Feb. 10 is an afternoon dance that some of our members have asked for as they don't drive in the evenings. If you don't dance come and listen to the music. We are going to try this and remember this is for the membership. If you want events like this you also must support it. A lot of time and energy goes into organizing an event.

We are continuing to sell the Cash Calendars which is a fundraiser towards our 50th anniversary. Please support this. The draw will take place on February 29th, and all winners will be contacted. Feel free to sell to your family and friends.

We are also doing a presentation on the 12th from 10:30-11am on Dementia and brain health. This is free event and hope you will be able to join us.

Would also like to remind people if you use the kitchen please clean up after yourself. It has been brought to my attention that this is not happening and it is frustrating for the next group to that is using it. The majority of people do clean up after themselves and I thank you.

FEBRUARY REMINDERS

Your time is too valuable for
self-doubts and worries

You are already and will always
be loved

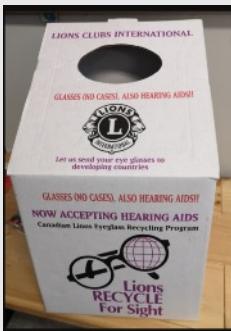
It's ok to do what's best for you

The **only person** you can't
afford to lose is you

No worries, no hurry; you'll
get there step by step

OurMindfulLife.com

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.



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A Non-profit organization, operated by a board of volunteers. Funding for this service is provided by Provincial grants and donations from municipalities, the province, service clubs and other groups and individuals.



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love Valentine's
Day?**

**Because they're
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Cell: (204) 641-3613
Home: (204) 642-5723

Activities This Month

Activity	Activity Leader	PHONE	Price	Day/Time	Room
Addicted to Dance	Office	642-7909	\$2.00	Thursday 11:00 a.m.	Harmony Room
Bingo	Josey Banera	641-0967	Pay what you play	Wednesday 7:00 pm	Grand Room
Bridge - Contract	Allison Atkey Judy Brown	642-7909	\$3.00	Friday 1:00 pm	Coffee Spot
Bridge -Duplicate	Brian Wallace	376-5603	\$2.00	Wednesday 1:00 pm	Card Yard
Canasta - Friday	Audrey Corrie	642-1581	\$2.00	Friday 1:00 pm	Card Yard
Canasta -Monday	Loni Loughery	671-0181	\$2.00	Monday 1:00 pm	Card Yard
Cardio Sculpt	Sue Stevenson	642-7909	Pre-paid or \$7.00 drop in	Monday 10:00 a.m. Wednesday 10:00 a.m.	Grand Room
Core & More	Sue Stevenson	642-7909	Pre-paid or \$7.00 drop in	Monday 11:00 a.m. Wednesday 11:00 a.m.	Grand Room
Cribbage	Doris Lloyd	642-8180	\$4.00	Thursday 1:00 pm	Card Yard
Drums	Sue Stevenson	642-7909	Pre-paid or \$7.00 drop in	Saturday 10:00 a.m.	Grand Room
Fibre Arts	Darlene Bohemier	642-7850	\$2.00	Tuesday 10:00 am	Coffee Spot
Floor Curling (Fun)	Arlene Bernshine	782-5071	\$2.00	Thursday 10:00 a.m.	Grand Room
Floor Curling (League)	RJ Jamieson Elaine Einarson Vera Ralke	407-6866 641-0350	\$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 am 10:00 am	Harmony Room
Texas Hold 'Em	Vince Gerwing	642-8651	\$3.00	Wednesday 1:00 pm	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	Gayle Halliwell	389-3832	\$2.00	Thursday 1:00 p.m.	Harmony Room
Wood Carvers	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 prepaid	Tuesday 9:30 a.m. Thursday 9:30 a.m.	Grand Room 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 2023/24 proceeds will go towards Gimli New Horizon's
50th Anniversary Celebration which will be held in May 2024.

The tree is in the entrance to New
Horizons.

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

Tax receipt upon request.



The Come Try Pickleball sessions in
January were well received. It was a
chance to learn some basic Pickle
Ball skills. For those interested in
continuing (or if you missed our
sessions but are interested in
learning Pickle Ball), email
grcprogrammer@rmgimli.com to get
on the email list and sign up for
their beginner clinics in early

February. There is also information about Pickle Ball on the
www.gimli.ca website. In the school gym, you'll have a
chance to learn how the game works and get to have your
serve not hit the ceiling! We could have more Come Try
Pickle Ball sessions in March or April if there is interest.

-Allison Atkey



Membership year: Oct. 1 - Sept. 30

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

Monday - Friday 9 - 4:00 at the office
(Cash or Cheque)

Our January membership numbers were **473**

At this time, I wish to thank all the people that have
taken out a membership. Your fees help our facility to
stay open. Even if you don't participate in our programs,
your membership is a terrific help for our facility
financially and in enrollment numbers. Please consider
being a member. We truly appreciate your support.

The New Horizons 55+ Activity Centre is a great place
to meet new people and to engage with other members.
We have many programs and social activities for
everyone 55+ or older!

Fraserwood Hall

presents...



Friday Nights

Doors open 5PM
Canteen & Bar open 5:15PM
Games start at 7:15PM

5 Share the Wealth Games
15 Regular Games with \$60 payout
(Reduced games with low attendance)

Jackpot | First Special | Bonanza | Lucky 7 | Star
Weehouse | Houdini | Loonie Pot | Break Opens | 50/50
Games subject to change without notice

Old Time Dances

Scheduled Dances for 2024:

1PM - 5PM on the below listed Sunday's:

January 14 | February 18 | March 10 | April 14 | May 12
July 14 | August 11 | September 8 | November 10 | December 8

Light Lunch at 4PM Bands to be announced

Upcoming Events:

Indoor Garage Sale - April 13 Dine Dance & Win - April 27
All You Can Eat Perogies - April 21 Spring Craft Sale - May 11

Need More
Information:

204-643-5302
fraserwoodhall1@gmail.com

We look forward to seeing
you at our next event!



Eirik Bardal

Owner / Funeral Director

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Email: info@nbardal.mb.ca

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82 5th Avenue
Gimli, Manitoba R0C 1B0



Gimli New Horizons

Cash Calendars

Fundraiser

for our 50th Anniversary Celebration



Purchase your tickets
at the office

or

Take a booklet (or 2)
and sell
to your family to
help us out



at **NEW HORIZONS HIGH**

Saturday
February 10, 2024

1:00 - 4:00 pm

Tickets \$10

*Tickets available at Gimli New Horizons
Ticket Deadline February 6th*

Cash Bar



Music by DJ Allan Sulyma
happening in the school gym (Grand Room)

Health & Wellness



Intro to Dementia and Brain Health

*at Gimli New Horizons 55+ Centre
Monday, February 12, 2024
10:30am - 11:00am*

Curious to learn more about dementia and brain health? Join us for a discussion about the warning signs and risk factors of dementia, getting a diagnosis, and the supports available to individuals and families.

All Members Welcome!

Bereavement Support

Losing a loved one is never easy - whether the loss was anticipated or without warning, the pain is the same.

Sometimes it helps to talk to other people who are experiencing the same feelings and challenges.

The bereavement session allows individuals or groups to share their pain.

When you reach out for help, this is the first step of healing.

**For more information contact the
New Horizons Office
to connect you with our Bereavement leader**

204-642-7909

**If you're sick,
please stay HOME**



Out of respect for all of our members, if someone is sick in your household with a cold, flu OR Covid, please refrain from coming to the Centre. Germs spread easily and we all need to do our part to stop the spread.

Also, please wash your hands frequently or use hand sanitizer around the Centre.

Masks are not required at this time.



FREE

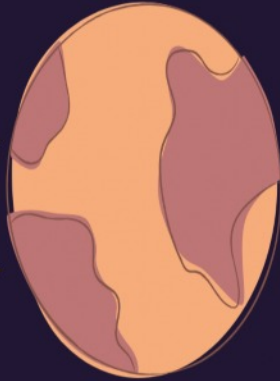
**HEARING
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1-877-300-7507

www.horizonhearing.com

6 Interesting Facts About The Earth....

- It is estimated that life came to existence on Earth some 4.1 billion years ago.
- Earth gets its name from the word "Anglo-Saxon" meaning soil.
- Of the 70% of water covering the Earth only 3% of it is fresh, the other 97% of it is salted.
- If the Earth did not have the moon, our days would only be 6 hours long.
- 99% of all species that ever existed on the Earth are now extinct.
- The temperature of the Earth's core is 5,500 degrees Celsius. As hot as the surface of sun.



@MyUrbanPost



What do you call two birds in love?

TWEETHEART



How did the phone propose to his girlfriend?



He gave her a RING

What kind of flowers do you never give on valentine's day?

CAULIFLOWER



What did the stamp say to the envelope on Valentine's Day?

I'M STUCK ON YOU



What do you call a very small valentine?

VALENTiny



Knock knock! Who's there? Howard Howard who?

HOWARD you like a big kiss?



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From the Kitchen

-Evy Bialek



Happy Valentine's everyone.

We are so grateful for your patronage on Fridays. Some curlers have asked us to hold a meal for later and that's a good idea. Time goes by very quickly and before we know it, the little snow we have will disappear. Our teams will work together to make delicious lunches. Our menus have been successful group efforts. We hope to serve you through April. Happy Curling!

Fight The Winter Blues and Enjoy The Outdoors

The Gimli Ski Club has received a grant from the IERHA and will be offering events on the west side trails at Camp Morton Provincial Park.

We will be running an event each Thursday from 1:00 - 3:00 p.m. for those wishing to cross country ski and on Saturday from 1:00 to 3:00 p.m. For those wishing to snowshoe or walk on the multi purpose trails.

Following each event there will be a social time with beverages and snacks at the ski shack on the west side.

If you are interested in participating please contact us by email at: skigimli@gmail.com or visit our website: www.gimliskiclub.ca or Facebook: Gimli Ski Club

Perogies

Greetings and I hope everyone had a Merry Christmas and a Happy and joyous New Year.

This message is to remind everyone that our next perogy day will be February 6 for prep and February 7 for making perogies.

Also If anyone is able to help with the boiling of the perogies, please let me know as soon as possible. This could be a two man or woman job.

You will probably be receiving a notification from Richard. However, if you do not get a phone call, don't feel left out, just come.

- Elaine Einarson





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It's time for our volunteers to come to the aid of our organization.

It is our 50th year as a 55+ Centre and our success has come through the marvelous work of our vibrant volunteers.

As we continue into the New Year our 50th Anniversary Celebration's Committee will be meeting and planning for the year ahead.

We currently have close to 500 members now and roughly 25% have volunteered at some time, in some capacity.

We always welcome new members and new volunteers. The time you give and the effort you make translates to making GNH 55+ the best darn centre in Manitoba!

If you would like to volunteer, please contact myself at (204) 930-3811

Thank you,

Richard Szczepanski



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Eligibility

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- ✓ be a Canadian resident
- ✓ have an adjusted family net income under \$90,000
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have filed your tax return in the previous year



How to Apply

CDCP Application Phases	
Group	Applications start date
Invitation to apply by mail	
Seniors aged 87 and above	December 2023
Seniors aged 77 to 86 years	January 2024
Seniors aged 72 to 76 years	February 2024
Seniors aged 70 to 71 years	March 2024
Application online	
Seniors aged 65 to 69 years	May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	June 2024
Children under 18 years old	June 2024
All remaining eligible Canadian residents	2025



Letters will be sent in phases by age group between December 2023 and March 2024 until all potential eligible seniors who are 70 years of age or older have been invited to apply for the CDCP.

The CDCP will ease financial barriers to accessing oral health care for up to **nine million** eligible Canadian residents.

Oral health is important to your overall health and well-being. Regular visits to an oral health professional can reduce the risk of health problems.

In 2022, almost one in four Canadians reported avoiding visiting an oral health professional due to cost.

Every Canadian deserves accessible, affordable and essential oral health care.



Canada.ca/dental



Government of Canada

Gouvernement du Canada

Canada



Senior Centre Without Walls (SCWW)

Description: Senior Centre Without Walls (SCWW) offers a unique opportunity for Manitobans, 55 years of age and older, to join educational and recreational programs from the comfort of their own homes via teleconference format, in a fun and interactive atmosphere. Programming topics include; educational presentations, health and wellness, language classes, book clubs, travelogues and support groups. The free programs are accessed through a toll-free number

and are offered during the day and evenings. How does SCWW work? - You may register from programs anytime during the term. - You will be mailed any materials related to a program such as pictures and presentation handouts. Who can Participate in SCWW? - Individuals 55+ - Living anywhere in Manitoba - Groups of older adults may also join

*All programming is free of charge.

Please view our current Program Guide in the attachment provided. The guide is also live on our website, along with a fillable worksheet to register at <https://www.aosupportservices.ca/wp-content/uploads/2024/01/AO-SCWW-Volume-22-WINTER-2024-website-rev2024.pdf>.

In our guide you will find the following topics plus a whole lot more!:

- Welcome to Senior Centre Without Walls! - Fact or Fiction - Winnipeg Symphony Orchestra - Hospitals of Winnipeg - Frauds and Scams - Seed Starting - Health and Wellness Presentations: Healthy Eating for Healthy Aging, Sexual Education for Older Adults, Managing Late life Mental Health during Manitoba Winters - Travelogues: Mexico, Vietnam and more! - Music Therapy, Art Therapy and Meditation - Celebrity Bingo, Fun and Games - Book Club, Short Stories and Poetry (read aloud) - Biographies: Frank Sinatra, Margaret Atwood, John Lennon and Anne Frank - Observances & Celebrations: Robert Burns Day, Valentine's Day, St. Patrick's Day

GAMES at the Centre



Monday Canasta - Activity Leader - Loni Loughery 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.

Friday Canasta - Activity Leader - Audrey Corrie Fridays at 1:00 pm

Canasta is easy to learn as it is a take off from Rummy.

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.

We have welcomed new players, but always have room for more!



DUPLICATE BRIDGE

Brian Wallace
Wednesdays @ 1:00 pm

Duplicate bridge is the most widely used variation of contract bridge in club and tournament play.

It is called duplicate because the same bridge deal is played at each table and scoring is based on relative performance.



Allison Atkey & Judy Brown
Fridays @ 1:00 pm

Introductory Bridge Lessons

Have you been wanting to learn to play bridge? Here's a great opportunity! Introductory Bridge lessons will run Thursdays February 22nd from 10:00 a.m. to 12:00 noon to April 11th. The 8 lessons will be instructed by Nancy Allen. Sign up at the office - \$16 for members. Add to the fun learning by bringing a friend. Reading a bridge book is required and will be discussed at the first lesson (about \$27). Looking to play casual fun bridge? Come on Fridays to play contract bridge.

Contract Bridge

GNH Contract bridge on Fridays is casual. Players describe it as informal, fun and with lots of laughs.

No need for a partner, but feel free to bring a friend. Just show up. We'll help if your bridge is rusty. We are informal enough to explain a bid right in the middle of bidding.

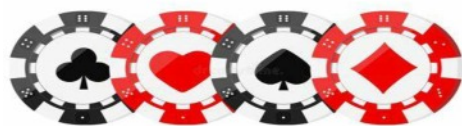
Arrive on any Friday about 12:45 for the set up of players at tables to begin playing at the top of the hour. Cost is \$3. You need to be a member for ongoing playing.

TEXAS HOLD 'EM Wednesdays at 1:00 pm

- Vince Gerwing



We have been getting good turnouts each week.....but there is always room for more players!
Come join us!



CRIBBAGE - THURSDAYS
@1:00 p.m.

- Doris Lloyd

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



Activities

LET'S GO DANCING

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

Tuesdays 1:00 for beginners.

7:00 PM for dancers that have learned the basics.

\$10 per person, per class.

We teach dances that you can use at social events in the Interlake. This is a class where you can have fun and enjoy dancing with your partner. Even if you have two left feet, this is a class for you!

February will be Salsa dancing!

If you are unsure if this dance is for you, come to the first class and try.

Gail Hurak (204) 642-7834



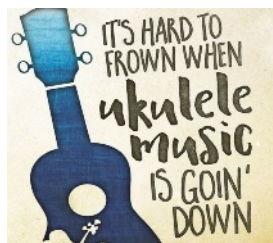
FUN - THURSDAYS at 10:00 a.m.

-Arlene Bernshine

Please arrive at 9:45 a.m. so we can set up teams.

LEAGUE - FRIDAYS at 10:00 a.m.

-RJ Jamieson, Elaine Einarson, Vera Ralke



Ukulele Jammin'

-Gayle Halliwell

Thursdays at 1:00 in the Harmony Room



Marc Palsson
Owner

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Interlake
REAL ESTATE

Activities



Painting - Tuesdays 1:00 pm -Sandy Reimer

We are a gathering of like minded folks, of a varied skill level, who enjoy painting in a group.
All mediums are welcome.

The pegboard in the Card Yard displays some paintings that are for sale.
Please pay Jonie or Margaret at the office before removing any paintings.

Did I mention our coffee breaks? :)

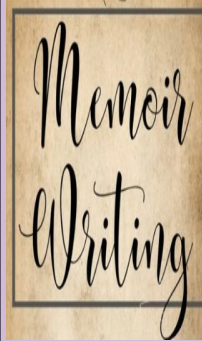
Bring your supplies and come check us out!



Woodcarvers

-Dave Tustin

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



Memoir Writing - Wednesdays at 10:00 a.m.

The Memoir Writing has been writing memories weekly on a topic or event. We write a first draft, then share it for feedback. One week the topic was a piece of jewelry. Another week it was ice cream. Each new member creates a timeline of their life, in decades, and begins writing from their earliest memories.

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

Fibre Arts Group - D. Bohemier Tuesdays @ 10:00 a.m.

We are a creative group of Fibre Artists. Anything from knitting, crocheting, garments, needle point of any kind, spinning, wall fibre art etc., and of course quilting. We craft while learning from and enjoying each others company. Must be a member of New Horizons and pay a \$2 Activity fee each visit. Bring your lunch, enjoy our show'n'tells and have fun. Every Tuesday from 10 am til 1:30 pm.
We would love to see you!



Addicted to Dance

Thursday 11 am - will be continuing with no leader until spring.
So dancers will be doing review of what has been learned.
It will be drop in so whoever shows up will dance.

Line Dance

Thursday 7 pm - Cancelled until spring or until further notice

Monday Night ZUMBA FITNESS

Zumba is perfect for Everybody and every body!
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Winter Session On Until March 18
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Activities

MOVING TOGETHER TAI CHI GIMLI

-Phyllis Holmes

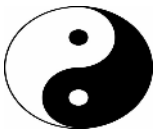
The classes will be in the Harmony Room
Tuesdays and Fridays
Beginners start at 9:30 am and regular class
at 10:00 am



I am proud of the beginners class for consistently showing up and working so hard to learn the steps. Even when the weather was cold and snowy they were committed to learning the next steps.

The future of our Tai Chi class is dependant on the new people coming into the class because a lot of the older participants are no longer able to come to class. We will always be grateful to the older generations that taught us Tai Chi and the importance of continuing the class.

We are fortunate that New Horizons provides us with a safe place to learn and have fun. It is always great to have such a wonderful place to socialize with others.



Please phone me if you are interested in watching a Tai Chi beginners class or if you have any questions.
(204) 642-9054

Yoga - Leanne Stevens

February is here....

Come and join us....the classes emphasize creating strength, stamina and flexibility in the body and the mind. This is done by linking the breath with mindful moment of the body to promote relaxation and well being for the inner and outer body. Classes are accessible for all levels of experience and chair yoga options are always provided.

Please bring a mat and yoga blocks if you have them. A blanket is also helpful for the relaxation part of the class.

Classes are led by Leanne, CYI with 20 years of teaching experience.

We meet Tuesdays and Thursdays at 9:30 am.

Fees are \$12 per class if paid for the month or \$14 for drop in. First class is \$5.

If you have any questions please contact Leanne at 204-641-3920, or email stillbluecatyoga@gmail.com

Namaste,
Leanne

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Community Service

Caregiver Support

third Monday of the month

Being held at Gimli New Horizons



Next meeting date - February 26th
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 @ 204-268-4752

GIMLI SENIORS



Lifeline



Lifeline

The Seniors Resource Program has various services available for people living alone or with an ill spouse and is dedicated to helping seniors live more independently in their own homes. Would you like the reassurance of knowing that help is only a press of a button away? If so, then **Gimli District Lifeline** is just the right thing for you. **Lifeline is monitored 24/7.** Plus, our **Auto Alert button** is designed to call for help if it detects a fall. And with the

On the Go button, Lifeline is available for use at home and on the go. For more information call **1-204- 642-7297.**

What is E.R.I.K.?



The Emergency Response Information Kit (E.R.I.K.) is a plastic folder that goes on your fridge which holds your medical information, family contact info along with other health related forms. A red E.R.I.K. sticker is also included to be placed on your door. This bilingual kit is ideal for seniors, those living alone or anyone with a medical condition which also gives first responders the information they need to respond quickly to situations when needed. If you require more information or would like an E.R.I.K. kit, please contact our office at 204-642-7297.

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Community Service

Gimli New Horizons

17 Loni Beach Rd.



Wednesday Nights @ 7:00pm
Doors Open @ 5:30pm
No Cards Sold After 6:50pm

EVERYONE WELCOME!

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 - Chips, chocolate bars, candy, drinks, water, etc.

Snack while you play!



Gimli New Horizons is offering

FREE

BASIC Income Tax Returns
must be below:

Family size	Total family income below
Single person	\$35,000
2 people	\$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
- died in the tax year

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

Be assured that this service is entirely confidential.

Appointments Only
Call New Horizons Office

204-642-7909



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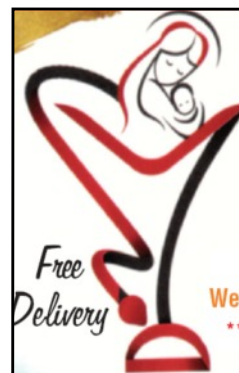
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February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				9:30 Yoga with Leanne 10:00 Floor Curling - Fun 1:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	NO DRUMS
4	5	6	7	8	9	10
	10:30 Intro to Dementia to 11:00 And Brain Health 1:00 Canasta NO FITNESS	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:00 Painting 7:00 Social Dance	10:00 Memoir Writing 1:00 Duplicate Bridge 1:00 Texas Hold 'Em 7:00 Bingo NO FITNESS	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 1:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	SOCK HOP'  NO DRUMS
11	12	13	14	15	16	17
	1:00 Canasta NO FITNESS	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:00 Painting 7:00 Social Dance	10:00 Memoir Writing 1:00 Duplicate Bridge 1:00 Texas Hold 'Em 7:00 Bingo NO FITNESS	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 1:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	10:00 Drums - Week 5
18	19	20	21	22	23	24
	CENTRE IS CLOSED NO FITNESS 	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:00 Painting 7:00 Social Dance	10:00 Memoir Writing 10:00 Cardio Sculpt - Week 6 11:00 Core & More - Week 6 1:00 Duplicate Bridge 1:00 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 1:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	10:00 Drums - Week 6
25	26	27	28	29	CASH CALENDAR DRAW	
	10:00 Cardio Sculpt - Week 5 11:00 Core & More - Week 5 1:00 Canasta	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:00 Painting 7:00 Social Dance	10:00 Memoir Writing 10:00 Cardio Sculpt - Mon, Wk 6 (make up for March 4th) 11:00 Core & More - Mon, Wk 6 (make up for March 4th) 1:00 Duplicate Bridge 1:00 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 1:00 Ukulele 1:00 Cribbage 1:00 Cash Calendar Draw		