

FEBRUARY 2025 HILITES



NEW HORIZONS **55+ Activity Centre**

Founded in 1974 & Still Going Strong !

Tel: (204) 642-7909

Email: gimli55@mts.net

Follow us on Facebook as Gimli New Horizons



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.

DONATION RECEIPTS

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

**ONE SMALL
POSITIVE
THOUGHT**

in the morning

**CAN CHANGE THE ENTIRE
OUTCOME OF YOUR DAY!**



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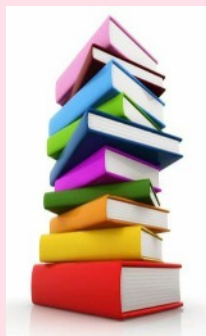
66 First Ave, Box 395, Gimli, MB R0C 1B0

Follow us on Facebook as
"Gimli New Horizons"

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



BOOKS & PUZZLES - Available during Centre Hours



Looking to fight the
winter boredom?
Come grab a book or a puzzle!

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



GIMLI HOME HARDWARE

75 Centre St. Gimli, MB

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

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Senior Day 15% off up to \$300

1st Monday every month




FUNDRAISING

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.

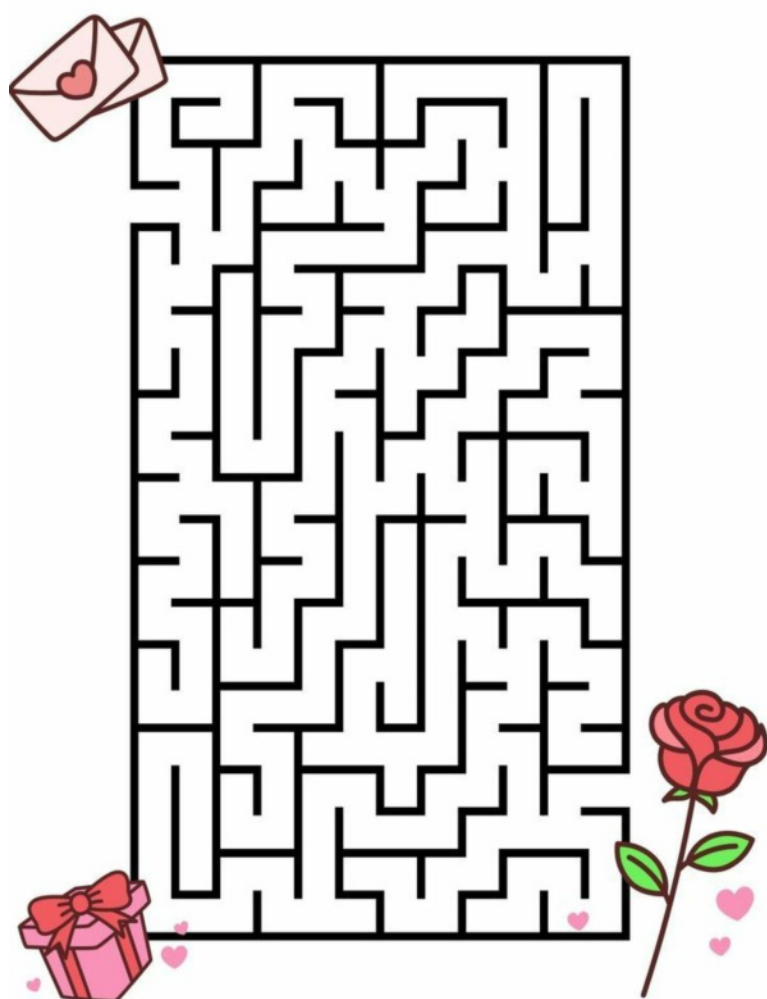


The tree is in the entrance to New Horizons.

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.







50 1st Ave, GIMLI, MB
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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 st Vice	Lynda Dodunski
2 nd 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:

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

Must say we have definitely had a blast of real winter this past month, with a blizzard and bone chilling cold. The good news is this month is only 28 days!

Just a reminder that due to unforeseen circumstances we may have to be closed occasionally (this is usually weather related) so please check on our Facebook page. If you don't use Facebook call your leader or a friend to check.

In response to ideas for activities we have had a number of wonderful responses, including evening darts, book club, choir, drama group, international cooking, Spanish lessons, games, knitting, and Bocce ball, etc. These are all wonderful ideas now what we need is the membership to check with their friends who may have an interest to lead these- at available times. March 21 Trivia Night - Get a team together and have an evening of fun. You must pre-register and please don't wait until the last minute, as we need the numbers to make this a viable event, we have to pay the Trivia Master, Liquor license, food and prizes, and don't want to have to cancel.

*"While it is February one can taste the full joys of anticipation.
Spring stands at the gate with her
finger on the latch."
- Patience Strong*

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



**Out of respect for all 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.**



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in-home**

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Kasey Taran RN, BN
Advanced Foot Care Nurse

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

serene.soles.footcare@gmail.com



**Wanting to expand GNH event ticket sales or
participation in your regular GNH activity?**

**Work with the GNH Publicity Director to
publicize such in local social media.
Forthcoming publicity includes Bingo and
"Let's Go Dancing".**

**Also, available to assist with editing your
announcements in the Hilites newsletter.**

**Contact Graham Watson,
through the GNH office.**

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 drop in	Monday 10:00 a.m. Wednesday 10:00 a.m.	Grand Room Grand Room
Core & More	Susie Stevenson	642-7909	Pre-paid or \$7.00 drop in	Monday 11:00 a.m. Wednesday 11:00 a.m.	Grand Room 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 prepaid	Tuesday 9:30 a.m. Thursday 9:30 a.m.	Grand Room Harmony Room

MEMBERSHIP

-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 January membership numbers
were 472

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.*



Dave & Laurence Humniski
teamhumniski.ca

*"Buying or Selling...
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Call/Text Dave: 1-(204)-642-3044
daretodream@mymts.net

Call/Text Laurence: 1-(204)-642-3589
lhumniski@gmail.com

Perogies

-Elaine Einarson

I hope everyone had a Happy New Year.
We certainly did at Rotary Towers.

February we are making Perogies again....The date is
February 4 for prep work and February 5 for
making the perogies.

I know Richard will be contacting you as a reminder.
Hope to see you all there.

In the event that Richard does not call you and you want to
help with making the perogies, please contact the office
or myself and we will be happy to put you
on our list and remind you each month.

*P.S.: Six red aprons have been donated to the
kitchen by Brenna Raemer.
Thank you so much, Brenna.
We will make good use of them.*



Fraserwood Hall Upcoming Events

JANUARY - MARCH 2025

JAN 12	OLD TIME DANCE Music by: Dennis Nykoliation \$15 Admission at the Door. Funded in part by: <small>Government of Canada's New Horizons for Seniors Program</small> Canada
FEB 16	OLD TIME DANCE Music by: Gem Stars \$15 Admission at the Door. Funded in part by: <small>Government of Canada's New Horizons for Seniors Program</small> Canada
MAR 9	OLD TIME DANCE Music by: Country Pride \$15 Admission at the Door. Funded in part by: <small>Government of Canada's New Horizons for Seniors Program</small> Canada

BINGO & CHASE THE ACE EVERY FRIDAY NIGHT

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

Everyone welcome!

fraserwoodhall.com

204-643-5302

fraserwoodhall1@gmail.com

Health & Wellness

Powerful Tools for Caregivers



Gimli New Horizons

Wednesdays, 1:30pm to 3:00PM:

WEEK 1 - March 5
WEEK 2 - March 12
WEEK 3 - March 19
WEEK 4 - March 26
WEEK 5 - April 2
WEEK 6 - April 9

Registration Deadline: February 26

Registration:
Email wellness@jerha.ca
or
Toll Free 1-877-979-9355

In just six weeks you will develop self-care tools to keep you well while you take on what can feel like an overwhelming role. Action-planning and solution-seeking throughout helps you apply new tools. Build skills to better care for yourself while caring for a loved one. Learn powerful tools that help you communicate better, cope with stress, and confidently manage your unique challenges.



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



Drop In - All Welcome!

ZUMBA FITNESS

Zumba Fitness is perfect for Everybody and Every Body

8 Week Winter Session
In Person Monday Evenings
GIMLI NEW HORIZONS
6:30-7:30pm
No classes Feb 10 & 17.

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INFO: ZUMBAJAN@MTS.NET

FREE

HEARING

CONSULTATIONS

1-877-300-7507

www.horizonhearing.com

From the Kitchen

-Evy Bialek



Let's hope the very cold weather is behind us and we're on the other side of winter.
That was a bad spell!

Firstly, I want to thank Brenna Raemer for the cute red aprons she has donated to our kitchen. They are appreciated.

Our teams have come together to help each other out when need be. Our co-leaders have put their heads together to come up with some favorites. I will put out a suggestion box for ideas you may have on how to improve our Friday lunches! We value your patronage. Thank you

HAPPY VALENTINE'S DAY!



Aren't you glad that someone leads the activities you attend?

Do you want to show them how much you appreciate what they do?

Why not consider offering to become the activity co-chair, so they can take the occasional week off, knowing you're there and the show will go on?

You may find it's easier than you thought to help lead the activity, once they show you the ropes.

Activity chairs: if you identify a co-chair, please provide their name to the office.

-Allison Atkey

FRIDAY LUNCHES

for February:

February 7th - Pancakes with sausages, fruit and topping

February 14th - Turkey a la King with biscuits, salad and pineapple slice

February 21st - Tortilla Soup, open faced egg or tuna sandwiches and Trifle

February 28th - Lasagna, Caesar salad, Garlic toast and Chocolate and Butterscotch pudding



\$ 8.00
(comes with coffee)



Are you interested in Snowshoeing?



We have snowshoes in small, medium and large you can sign out.
(And at no cost!)

Sizes are based on weight.

Contact the Centre
office at
(204) 642-7909



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56 Centre St., Gimli, MB.



Social Activities

-Cathy Timko

Well, we are into February already!
Here at the Center, it is the time of year when we start turning our attention to planning the upcoming Spring and Summer events calendar, as well as a few activities to keep ourselves amused until then!

Many of our members have made the run south to escape our winter weather, and we wish them safe travels and sunny days. I am pleased to say that we will be hosting another Trivia Night on Friday,

March 21st, so check the board to sign up!

Teams of 4 to 6 accepted and individuals will be assigned teams. As well, plans are in the works for an evening of music and dance to keep moving and staying warm when the mercury drops. This would be a silver collection event, with our own DJ Gail spinning the tunes. Remember, you don't have to be a dancer to come out and socialize! As I'm sure you have all heard, there is a Spring Craft/Bake Show >>>>>

set for May 3rd here at New Horizons.

The response from Vendors has been exceptional, and for more information you can contact me at my email address timkocathy@gmail.com

Stay safe, stay warm and I hope to see you at the next event!



GIMLI NEW HORIZONS

CRAFT & BAKE SALE

10:00 – 4:00
MAY 3rd

LOOKING FOR VENDORS/CRAFTERS/BAKERS
FOR OUR SPRING CRAFT SALE HERE IN GIMLI (17 LONI BEACH RD.)
GREAT VENUE WITH CANTEEN, BOOK YOUR TABLE EARLY!
FOR INFORMATION CONTACT: Cathy @ (204)510-6902
or email timkocathy@gmail.com



TRIVIA NIGHT

FRIDAY, MARCH 21ST
GIMLI NEW HORIZONS

DOORS OPEN AT 6pm
TRIVIA STARTS AT 7pm

Bring a Team or Join a Table **Advance tickets only**

\$15.00 PER PERSON TEAMS OF 4-6 PLAYERS
INDIVIDUAL PLAYERS ASSIGNED TO TEAMS
CASH BAR/HALF TIME SNACKS PROVIDED
CHECK THE BOARD
TO SIGN UP NOW!

Prizes

Sign up sheet for teams will be up on the bulletin board at GNH.
Tickets available at the GNH office.

Marc Palsson
Owner

100-7th Avenue
Gimli, MB R0C 1B0

Telephone: (204) 642-9688
Fax: (204) 642-8688
Toll Free: 1-877-770-7662 (RONA)
Email: service@ronagimli.ca
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Grant Hjorleifson, BSc
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WALK SAFELY ON SNOW OR ICE

Take short steps or shuffle for stability.

Walk flat-footed with your center of gravity directly over your feet as much as possible.

Keep your hands free and out of your pockets.

Use designated walkways as much as possible, but be prepared to walk on grassy edges if necessary.

Be prepared to fall. If falling attempt to roll your body into the fall.

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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neil bardal
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John Wishnowski

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Cell: 204-479-1208

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Fax: 204-642-8457

Email: iwish@interlake.mb.ca

www.interlake.mb.ca



Interlake
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56 Centre St., Gimli, MB.

Activities



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



Curling got underway January 10 with 12 teams.
We will only be using sheets, 2, 3 and 4.

If you or anyone you know wishes to floor curl please direct them to Thursday fun curling or Friday floor curling and we will arrange to put them on a spare list.

A huge thank you to Linda Shipman, who is arranging spares each week.

Lunches are prepared for floor curling every Friday so please enjoy them.

-Elaine Einarson

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



We now have a full class, so sign up on our waiting list if you are interested.

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

Woodcarvers

-Dave Tustin



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



Darts is up and running again and continues to be a great time for all who come to play.

The cold January is hopefully behind us. We had some new members come out and try their hand at darts, and the regulars are getting to be pros at the game. Some very exciting high scores and doubling out for some of the players has added to the already fun

time. Darts meets in the Harmony room every Monday from 1:00-3:00. It's a pay as you play activity.

Members pay \$2.00 and non-members pay \$7.00.

Everyone is welcome to come out and join the fun. Darts are provided if needed and full instruction is available for those who want to learn the game.



Ukulele Strum' -Gayle Halliwell

We recently asked our Strummers for feedback about our Thursday 11 til 12:30 sessions, and this is what one of them said: "I was planning to go to Florida this winter, but changed my mind because I didn't want to miss ukulele!".

Can't believe it?.....Well, dust off your ukulele and join us to find out if it's true. Don't have a ukulele? We can probably find one to lend you for a couple of weeks until you are hooked. Never played music before? Again, we have no-notes-music, perfect for the beginner.

Call Gayle at 204-389-3832 if you would like more info.

FITNESS

During the winter season, there may be days when the Centre is closed due to bad weather, and fitness classes are cancelled.

Please watch our Facebook page as this is where we post closures.

We will offer a make up date at the Centre's & our fitness instructor's discretion.

Please note; this day may not fall on the same day of the week you usually attend your class.

Susie is away....classes resume February 19th



Chris Neufeld

Tel.: 204-642-8501

Cell: 204-641-1727

Toll Free: 1-888-642-8501

Fax: 204-642-8457

Email: chrisneufeld@mts.net

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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 have any questions
(204) 642-9054***



Yoga - Leanne Stevens

Welcome to Yoga in February, Heart Month.

This gives us a great opportunity to remember to take care of our hearts. The practice of yoga encourages us to nurture our physical and psychological heart. We do this through mindful strengthening and stretching movements and a relaxed breath. Yoga is not a workout, rather it is a work within and accessible to all. Please feel free to join us this month as we open our hearts with the practice of yoga.

**Classes are Tuesday and Thursday at 9:30. Please bring a mat, yoga belt, blocks and a shawl or blanket for the restorative poses.
Fee is \$12 per class**

New this month is Chair Yoga!

This will give you the opportunity to practice yoga without getting up & down to the Flo but will give you the benefits of yoga. It will emphasize strengthening and stretching movements and breathing.

If you are new to yoga please join us.

Class will be Tuesdays at 10:45 am. It will be a 6 week session beginning February 11 to March 18. The fee will be 60\$. All you to bring is yourself and a belt. If you don't have a yoga belt any sturdy belt will do even a dog leash would work. If you have a yoga mat you may wish to bring that as well. Please register with New Horizons as a minimum of 6 people are required for the session.

If you have any questions about the class please call me, Leanne at 204-641-3920. I have 25 years experience teaching and practicing yoga. I look forward to meeting you!

Namaste,
Leanne
stillbluecatyoga@gmail.com

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Activities



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.

Fibre Arts - Tuesdays at 10:00 -Linda Duthie

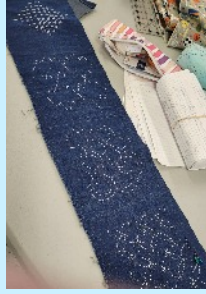
Time to express and share your creativity! The Fibre Arts Group meet on Tuesdays, 10:00 - 1:30. New Horizons members pay a \$2 fee.

We are not just about quilting...any craft will do...crewel, needlepoint, weaving, Sashiko (Japanese embroidery) as well as construction of clothing.

If you have an unfinished project, hiding in a closet, that has been sitting idle, bring it along and rejuvenate your interest in it.

If you are a quilter, we have rulers, rotary cutters, and mats for your use.

For further information, please contact Linda at (204) 641-8021



LET'S GO DANCING

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

We will be teaching the Cha Cha and Country 2 Step in February.

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, this is a great class 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



CLARITY Computer



Old, or just a Slow Computer?
Consider upgrading the Hard Drive to a faster Solid State Drive.

Computer Repair & Maintenance

Reasonable Rates

Chris Mulroy 389-4930

pick up & delivery can be arranged

clarity@mts.net

www.claritycomputer.ca

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 in January was moved to the 24th because of the blizzard the week before.

Save the date for February – the 21st.
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



Come and join us for
Texas Hold 'Em.....we
always have room for
more players!



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!



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.



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.

Community Service

Caregiver Support

third Monday of the month

Being held at Gimli New Horizons



Next meeting date - February 24th, 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
Thanks!

News from the Seniors Resource Program



Gimli District Lifeline

The Seniors Resource Program has many services to offer, one of them being Lifeline.

With **Gimli District Lifeline**, the reassurance of help is only a press of a button away and is monitored 24/7.

There are different personal help buttons available to choose from, which are all water resistant adding that extra reassurance while in the shower. The regular help button can be worn either on the wrist or neck and when pushed, activates the unit for assistance. The **Auto Alert** button is designed to call for help if it detects a fall. The **On the Go** button is available for use at home and when you're out and about. And our newest addition is the **Smart Watch**, which is designed to support a healthy and active lifestyle and provides fast and easy access for assistance.



For more information on the Lifeline or any other services we offer, please call our office at 204-642-7297.



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

EASTERN INTERLAKE HANDI-VAN CALL: 642-5792 24 HOUR ADVANCE NOTICE REQUIRED



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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19156 GIMLI PARK RD
Box 1230 Gimli, Manitoba R0C 1B0

DARYL SYLVESTER

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Phone: (204) 642-5111
Fax: (204) 642-7138
Winnipeg Direct 1-(204) 942-4860
Toll Free: 1-888-709-8342
EMAIL: kcent@mymts.net

Community Service

Gimli New Horizons
Located at 17 Loni Beach Rd.

BINGO

EVERYONE WELCOME!

Wednesday Nights @ 7:00pm
Doors Open @ 5:30pm
No Cards Sold After 6:50pm
The regular canteen menu and weekly special

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!



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

Our Tax Preparer is starting returns on March 1st. We will be accepting returns into GNH starting February 20th

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

BORN IN FEBRUARY?

YOU'RE...

- 1.) LESS IRRITABLE
- 2.) BIRTHSTONE IS AMETHYST
- 3.) EXTREMELY HONEST
- 4.) VERY MYSTERIOUS
- 5.) INNOVATIVE
- 6.) UNIQUE
- 7.) DETERMINED
- 8.) LOYAL
- 9.) GENEROUS
- 10.) STRONG
- 11.) DEVOTED
- 12.) ENJOYING YOUR LIFE

"We are happy to serve our community"

St. Mary's Pharmacy - Gimli
Joseph Tawfilous
Pharmacist

Next to Gimli Hospital 129 7th Ave (Hwy 9)
Phone: 204-651-1567
St.Mary.pharmacy.Gimli@gmail.com
Website: st-marys-pharmacy-gimli.business.site
Bring this ad to receive special in-store offers
Check our Facebook page for updates and offers

February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
1:00 Canasta 1:00 Darts 2:30 Tai Chi Practice 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 11:00 Ukulele 1:00 Cribbage	Pancake Breakfast 9-12:15 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		
9	10	11	12	13	14	15
1:00 Canasta 1:00 Darts 2:30 Tai Chi Practice 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 11:00 Ukulele 1:00 Cribbage	Friday Lunch 10:45-12:15 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		
16	17	18	19	20	21	22
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 Cardio Sculpt - Week 4 11:00 Core & More - Week 4 10:00 Memoir Writing 1:00 Duplicate Bridge 1:00 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	Friday Lunch 10:45-12:15 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		
23	24	25	26	27	28	
10:00 Cardio Sculpt - Week 4 11:00 Core & More - Week 4 1:00 Canasta 1:00 Darts 2:30 Tai Chi Practice	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 1:30 Painting 7:00 Social Dance	10:00 Cardio Sculpt - Week 5 11:00 Core & More - Week 5 10:00 Memoir Writing 1:00 Duplicate Bridge 1:00 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	Friday Lunch 10:45-12:15 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		