

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

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JANUARY 2024 HILI



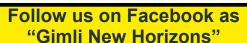
Around the Centre



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
- Good for Friday lunches, perogies, etc.

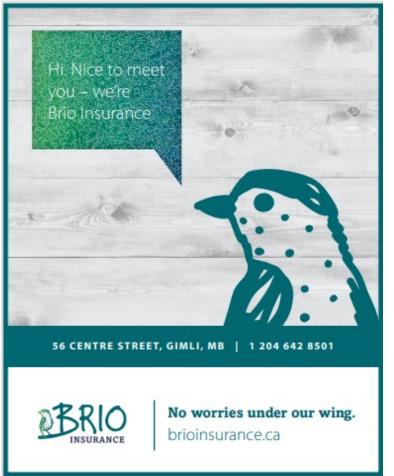




Please like & share our posts to help our messages circulate and go further!







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.

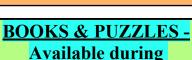
Chocolate bars & trail mix are \$1.25 each.

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



We will move the mini canteen to the Bingo

on Wednesday evenings.





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

Centre Hours



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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: 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

Jim and I would like to wish a Happy New Year to all.

I hope the holidays treated you well and were able to catch up with friends and family. To our many volunteers THANK YOU.

This year will be an exciting one for us at Gimli New Horizons 55+ Activity Centre. As you know we will be celebrating our 50th anniversary with an afternoon tea planned with a small ceremony with some dignitaries and special guests. We hope to have some entertainment too.

We are currently selling our cash calendars and will be holding a wine raffle to help offset the costs.

Floor curling will be starting soon with new rocks that do not require any wax on the floor making it safer for all of us that use the Grand Room. Thank you to those that have donated towards this cost. It is much appreciated.

Texas Hold' em will also have a new table soon with their fundraising efforts selling the ring sausage.

Also the General Meeting for January is cancelled.

"Each new year, we have before us a brand new book containing 365 blank pages. Let us fill them with all the forgotten things from last year-the words we forgot to say, the love we forgot to show and the charity we forgot to offer" Peggy Toney Horton



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Thank you to all the volunteers who gave their time and effort in 2023.

We can't do what we do without you!

-Richard Szczepanski



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

Work: (204) 642-7687 Cell: (204) 641-3613 Home: (204) 642-5723 **Activities This Month**

| | ACUV. | | 11112 | MOTH | |
|---------------------------------------|--|----------------------|----------------------------------|---|--------------|
| 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 of \$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 |
| Learn to Play Pickleball | Allison Atkey | 642-7909 | \$2.00 | Monday 1:00 & 2:30 January 22 nd & 29 th | 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 | Phyllis Holmes | 642-9054 | \$2.00 | Tues & Fri 9:30 am | Harmony |
| CONTINUING | | | | 10:00 am | Room |
| Texas Hold 'Em | Vince Gerwing | 642-8651 | \$3.00 | Wednesday 1:30 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 Stevens | 641-3920 | \$14 drop | Tuesday 9:30 a.m. | Grand Room |
| Leanne | | | in or \$12 prepaid | Thursday 9:30 a.m. | Harmony Room |

5



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.



Are you interested in Snowshoeing?



We have snowshoes in small, medium & large you can sign out.
(And at no cost!)
Sizes are based on weight.

We also have walking poles.

Contact the Centre at (204) 642-7909



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 December membership numbers were **461**

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!



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Gimli, Manitoba R0C 1B0



Support the Centre & Win!



- 29 chances to win.
- Winning tickets will be re-entered for each draw.
- Only 1000 tickets printed.
- Prizes will be drawn on February 29th at 1:00 p.m.
- Winners will be contacted by phone or email.
- All proceeds go towards our 50th Anniversary celebration!

Buy your tickets at the Centre or from a member who is selling.....Thank you and GOOD LUCK!

| Name | |
|---|--|
| Phone | |
| Email | |
| Gimli New Horizons 55+ Activity Centre | |



50th Anniversary

FEBRUARY 2024 CASH CALENDAR

| SUN | MON | TUE | WED | THU | FRI | SAT | |
|----------------------|-----------------------------------|----------------------|----------------------|----------------------|---------------------|----------------------|--|
| 1 | Chance 000 Ticke ery Lic #2 | ts Printe | 1 \$50.00 | 2 \$50.00 | 3 \$50.00 | | |
| 4 \$50.00 | 5 \$50.00 | 6 \$50.00 | 7 \$59.00 | 8 \$\$0.00 | \$50,00 | 10 \$50.00 | |
| 11 \$50,00 | 12 \$50.00 | 13 \$50.00 | 14 \$100.00 | r | 16 \$50.00 | 17 \$50.00 | |
| 18 \$50.00 | | 20 \$50.00 | 21 \$50.00 | 22 \$50.00 | 23 \$50.00 | 24 \$50.00 | |
| 25 \$50.00 | 26 \$50.00 | 27 \$50.00 | 28 \$50.00 | 29 \$50.00 | § 5.0 | O each | |

Thank you for your support!

Prizes to be drawn on February 29, 2024 at 1:00pm
All winners will be contacted by phone or email.

All winning tickets will be re-entered.

Daerwood Press Ltd., Selkirk, MB F-0166

Health & Wellness

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.



PROUD SUPPORTERS

of Gimli New Horizons 55+

At Pharmasave Gimli our

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Social Commit

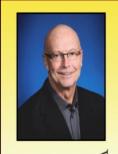
-Carol Simonson

Hope all had a great Christmas and New Years and ready to start a fresh new year. Our dinner and dance on Dec 2 was a great turn out of 98 attendees that enjoyed a catered meal from Danny's BBQ and Smokehouse. We added desserts at a couple stations around the room with coffee and water available all night long. DJ Al played dance music all night and there was seldom a song that there wasn't someone on the floor. (See pictures on page 10)

We had some wonderful volunteers help with our set up, clean up, serving dinner and kitchen cleanup. Thank you so much for all the hours contributed to this event. It is very much appreciated. We will continue to ask for volunteers for our events as that seemed to work well. I will be emailing a list of past volunteers as well as welcoming anyone that wants to help out. I will be asking for help for upcoming events and coordinate meetings as required with those volunteers. ANYONE can help out with our events.

Right now we are looking for volunteers to help plan a sock hop in February. I am planning a meeting in early January to get it started. We will keep it simple so won't require a lot of helpers. If interested please let me know email at simoncar@mymts.net or text 204-641-2902. Please check out Facebook page as well for information on all our events.

 ${\mathbb R}$



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.



January Word Search

Winter

Cold

Sweater

Skate

New year

Hoodie Gloves

Blanket

Chimney

Blizzard

Coat

Hibernate Snowfall

Sniffle Mittens

Frosty

Freeze

Penguin



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Christmas Dinner & Dance

Saturday, December 2nd

















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.qimliskiclub.ca or Facebook: Gimli Ski Club

From the Kitchen



Happy New Year everyone!

In our New Year we are planning to rev things up and bring in more lunch ideas.

We would like some suggestions of what you would like to see on our menus. We have heard some great comments from our teams. Planning is just the beginning of the fun. We look forward to seeing our regular friendly faces. Your patronage is SO appreciated. Your curling games will be more enjoyable with the new rocks.

Enjoy! See you all again soon.

pierogi making day till February. What a wonderful two days of working at the centre to make 185 dozen pierogies.

On Dec. 5th eight volunteers came out to prepare the filling and make some balls to get ahead of the game for Wednesday. Thank you to the ladies that came to help me I appreciate it.

On Wednesday the 6th 34 volunteers arrived, and 185 dozen pierogies were made and sold. We had a total of 42 volunteers 121.75 volunteer hours.

Now on a special note, I would like to thank everyone that took their aprons home to wash and bring them back to wear you have no idea how much this has been a help. To the ladies that take the tea towels and aprons to wash, my thanks.

To the dough makers, holy rollers, the pinchers the boilers, the coolers, the packers, the money lady, and also a special thanks to those who remain to help with washing dishes and cleanup my thanks. Special thanks to Richard for contacting the volunteers on a monthly basis and also thank you to Vince Gerwing for getting the flats from the liquor store on a regular basis, many thanks.

I know I have said thanks many times during this report but that is just how I feel without you we would not be making pierogies. Thank you so much.

Wishing each and everyone a very merry, safe and healthy Christmas and all the best in the new year.

God bless you all. Elaine Einarson.

Fraserwood Hall



Friday Nights

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

5 Share the Wealth games

15 Regular games with 560 payout

| Houdini | Loonie Pot | Break Opens

Jackpot | First Special | Bonanza | Lucky 7 | Star

Games subject to change without notice

Old Time Dances

Scheduled Dances for 2024:

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

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

> Light Lunch at 4PM Bands to be announced

Upcoming Events:

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

need more Information:

204-643-5302 fraserwoodhall1@gmail.com We look froward to seeing you at our next event!





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 Wednesdavs @ 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.



CRIBBAGE -THURSDAYS @1:00 p.m.

- Doris Lloyd

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

TEXAS HOLD 'EM Wednesdays at 1:30 pm

- Vince Gerwing



Tournament was held on Wednesday, Dec. 13th. Winners were: #1 - Ron Martin, #2 Wayne Mattson, #3 Keith Vann

New round of Texas Hold 'Em starts on Wednesday,

January 3rd





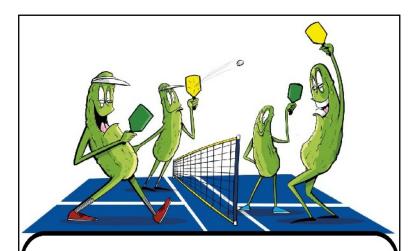
Allison Atkey & Judy Brown Fridays @ 1:00 pm

GNH Contract bridge on Fridays is casual. Players describe it as informal, fun and with lots of shared humour. 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. You need to be a member for ongoing playing. Occasionally, social get togethers afterwards.

Bridge lessons (an introduction to bridge) will hopefully occur early in the new year depending on interest. A signup sheet for those interested is on the bulletin board in front of the office. You can call the office to register for the lessons (204- 642-7909).

Do both, play contract bridge and take lessons.



Come Try PICKLEBALL

Mondays at Gimli New Horizons \$2/person

2 dates available with 2 time slots:

January 22 1-2 p.m. & 2:30-3:30 p.m.

January 29 1-2 p.m. & 2:30-3:30 p.m.

Sign up at the Centre or call (204) 642-7909

8 spots available per time slot

Marc Palsson Owner

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Email: jt.interlake@gmail.com

56 Centre St., Gimli, MB.



LET'S GO DANCING

From all of us to all of you, we wish you a very Happy New Year.
We hope that you will consider joining us when we resume classes on Tuesday, starting January 9 for waltz and salsa.

Missing from photo: Jan/Ron Payne, Jo-Ann/Mike Tesarski, Marketa/David Letemplier



-Arlene Bernshine

FUN - THURSDAYS at 10:00 a.m.

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



-RJ Jamieson, Elaine Einarson, Vera Ralke

We start the new curling league season on Friday, January 5th



Winners of 2023 Sept-Dec Floor Curling - Team #11

L to R: Rod Coard, Lynda Kaneski, Allison Atkey,

Lou Kaneski



Thank you to all who generously donated to the New Curling Rocks.

We have reached our goal!



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Painting - Tuesdays 1:00 pm -Sandy Reimer

The painting group is a gathering of like minded folks of a varied skill level, who enjoy painting in a group.

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!

Painting group starts back up on January 9th.



<u>Woodcarvers</u>

-Dave Tustin

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



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

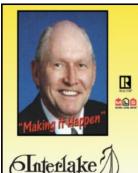
Do you have stories to tell? Do you want to write and share them in a group? That's what we do in Memoir Group. If you are interested in more information, please contact Ruth at (204) 389-5157

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



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.

Fibre Arts Group- D. Bohemier

Tuesdays @ 10:00 a.m.

We are a creative group of Fibre Artists. Anything from knitting. crocheting, garments, Needle pointof 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.



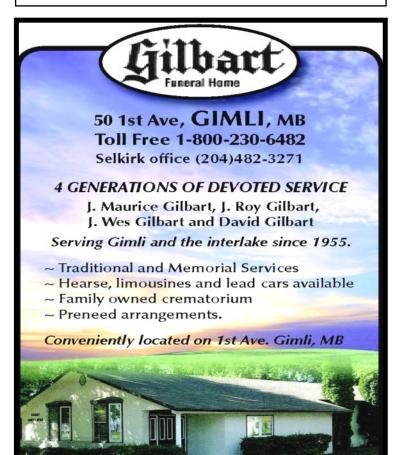
Ukulele Jammin'

-Gayle Halliwell

Thursdays at 1:00 in the Harmony Room

Happy New Year from the Ukulele group!





MOVING TOGETHER TAI CHI GIMLI

-Phyllis Holmes

The classes will be in the Harmony Room

<u>Tuesdays and Fridays</u>

<u>Beginners start at 9:30 am and regular class</u>

<u>at 10:00 am</u>



Congratulations to all the Tai Chi beginners that have completed four months of classes. It is your dedication and perseverance that have got you this far.

Not everyone had merry holidays. Someone was having their first holidays without a loved one. Someone was having their last holidays with a loved one. We are sending out hugs and kind thoughts to everyone.

I look forward to seeing you in 2024.

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

We are back doing Yoga on January 9th.
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 - January 15th 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!



News from the Seniors Resource Program

VOLUNTEER DRIVERS NEEDED

Are you a caring individual who likes to drive and enjoys the company of others? If so, you may be interested in becoming a volunteer with our Transportation Program.

We are currently looking for individuals who are willing to drive clients for out of town medical appointments either into Selkirk, Winnipeg or other surrounding areas.

Set rates for out of pocket expenses such as gas and parking are reimbursed to the driver.

For additional information on becoming one of our volunteer drivers, please call our office at 204-642-7297.

We look forward to hearing from you!

Gimli New Horizons



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!



| 024 | THURSDAY FRIDAY SATURDAY | 5 6 | 00 Floor Curling - Fun 9:30 Tai Chi - Beginner 10:00 Drums - Week 1 0 Ukulele 10:00 Tai Chi League 0 Cribbage 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving | 12 13 | 0 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Drums - Week 2 00 Floor Curling - Fun 10:00 Tai Chi 0 Cribbage 10:00 Floor Curling - League 10:00 Bridge - Contract 10:00 Canasta 1:00 Wood Carving | 19 20 | 0 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Drums - Week 3 00 Floor Curling - Fun 10:00 Tai Chi 0 Cribbage 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving | 26 27 | 0 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Drums - Week 4 00 Floor Curling - Fun 10:00 Tai Chi 0 Cribbage 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving | | |
|---------------------|--------------------------|-------------------|--|-------|--|-------|--|-------|--|-------|--|
| IANUARY 2024 | WEDNESDAY | 4 | Memoir Writing 10:00 Flo Cardio Sculpt - Week 1 1:00 Ukl Core & More - Week 1 1:00 Cril Duplicate Bridge Texas Hold 'Em Bingo | 11 | Memoir Writing 9:30 Yog Cardio Sculpt - Week 2 10:00 Flo Core & More - Week 2 1:00 Cril Duplicate Bridge 1:00 Uk Texas Hold 'Em Bingo | 18 | Memoir Writing 9:30 Yog Cardio Sculpt - Week 3 10:00 Flo Core & More - Week 3 1:00 Cril Duplicate Bridge 1:00 Uk Texas Hold 'Em Bingo | 25 | Memoir Writing 9:30 Yog Cardio Sculpt - Week 4 10:00 Flo Core & More - Week 4 1:00 Cril Duplicate Bridge 1:00 Uk Texas Hold 'Em Bingo | | Memoir Writing Cardio Sculpt - Week 5 Core & More - Week 5 Duplicate Bridge Texas Hold 'Em Bingo |
| J/ | TUESDAY | 2 | 9:30 Tai Chi - Beginner 10:00 10:00 Tai Chi 10:00 10:00 Fibre Arts 11:00 1:30 7:00 | 9 10 | 9:30 Yoga with Leanne 10:00 9:30 Tai Chi - Beginner 10:00 10:00 Tai Chi 11:00 10:00 Fibre Arts 1:00 1:00 Painting 1:30 1:00 Social Dance 7:00 | 16 17 | 9:30 Yoga with Leanne 10:00 9:30 Tai Chi - Beginner 10:00 10:00 Tai Chi 11:00 10:00 Fibre Arts 1:00 1:00 Painting 1:30 1:00 Social Dance 7:00 | 23 24 | 9:30 Yoga with Leanne 10:00 9:30 Tai Chi - Beginner 10:00 10:00 Tai Chi 11:00 10:00 Fibre Arts 1:00 1:00 Painting 1:30 1:00 Social Dance 7:00 | 30 31 | 9:30 Yoga with Leanne 10:00 9:30 Tai Chi - Beginner 10:00 10:00 Tai Chi 11:00 10:00 Fibre Arts 1:00 1:00 Painting 1:30 1:00 Social Dance 7:00 |
| | MONDAY | 1 CENTRE CLOSED 2 | Happy Jew Gear | 8 | 10:00 Cardio Sculpt - Wk 1 9 11:00 Core & More - Wk 1 9 11:00 Canasta 11 11 11 11 11 11 11 | 15 1 | 10:00 Cardio Sculpt - Wk 2 9 11:00 Core & More - Wk 2 9 1:00 Canasta 11:01 11 | 22 2 | 10:00 Cardio Sculpt - Wk 3 9 11:00 Core & More - Wk 3 9 1:00 Canasta 1:00 1 1 | 29 3 | 10:00 Cardio Sculpt - Wk 4 9 11:00 Core & More - Wk 4 9 11:00 Canasta 11:00 Tanasta 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 |
| | SUNDAY | | | 7 | | 14 | | 21 | | 28 | |