

JANUARY 2025 HILITES



GIMLI **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!

BOOKS & PUZZLES - Available during Centre Hours



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



Follow us on Facebook as
“Gimli New Horizons”



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



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
Website: www.rona.ca

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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!

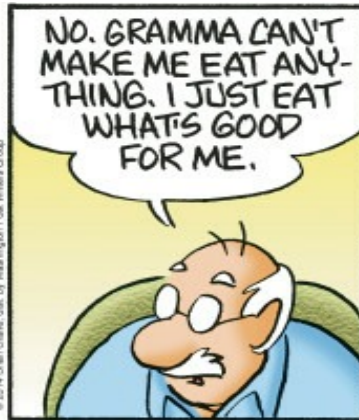
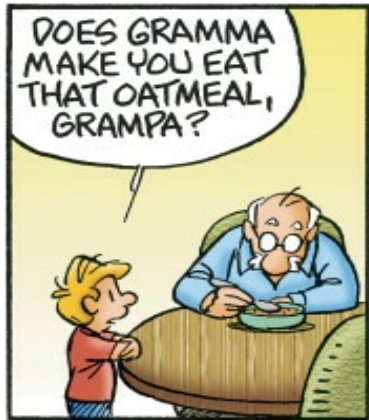
The past 50/50 proceeds have been used in the purchase of miscellaneous items throughout the Centre.



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.



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**

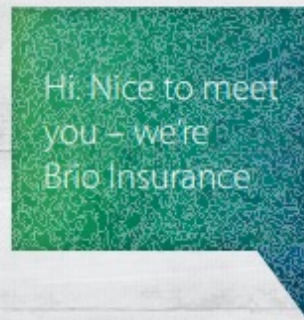
DOORS OPEN AT 5PM
CANTEEN & BAR OPEN 5:15PM
GAMES START AT 7:15PM

Everyone welcome!

fraserwoodhall.com

204-643-5302

fraserwoodhall1@gmail.com



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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 Committee	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

Thank all those that came out to the Christmas drop in. What a great turn out! I hoped that you enjoyed the music, food and companionship. I would like to thank Kevin from Horizon Hearing Centre for his generous donation towards this and all he does for the Centre. As well as the volunteers that also helped as well as Jonie and Margaret.

Volunteers are the backbone of our Centre and we could not do all that we do without every single one of you. THANK YOU

Just to clarify, new activities are approved by the Board however it is individuals that come forward and are willing to lead the activity, we have had members inquiring about more evening activities, but without the leaders it is not possible.

As we welcome 2025 and all the joy and challenges it will bring, we can also look back at 2024 and take time to reflect.

*The New Year stands before us, like a chapter in a book, waiting to be written.
Melody Beattie*



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.



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New Year,
New Beginnings,
Welcome January



**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.

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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	Darlene Bohemier	642-7850	\$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 Eva Sohan	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 December membership numbers
 were **458**

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.*



Eirik Bardal
 Owner

Telephone: (204) 949-2200
 Fax: (204) 694-9494
 Email: info@nbardal.mb.ca

3030 Notre Dame Avenue
 Winnipeg, Manitoba
 R3H 1B9



JANUARY

WORD SEARCH

G	R	Q	E	T	T	C	H	W	R	D	M	A	R	H
E	Z	F	O	E	R	Q	A	P	E	J	P	D	X	N
K	I	T	K	C	N	P	P	F	Z	N	E	W	Y	B
J	R	C	S	N	M	Z	P	W	D	X	L	V	L	L
O	U	Y	U	Q	L	I	O	M	F	A	E	L	N	
B	F	A	M	I	L	Y	N	I	A	M	S	M	B	M
Z	T	O	Z	Q	S	O	E	B	H	S	Y	M	E	Z
Y	B	I	N	P	E	E	S	E	I	E	H	J	L	W
J	R	D	W	R	H	H	S	N	Y	Q	A	T	L	Y
Z	O	A	M	R	S	K	G	E	R	E	S	L	S	D
D	Y	C	U	C	I	S	A	T	S	I	L	Z	T	G
T	S	X	R	N	W	R	G	C	F	U	E	T	C	H
L	H	M	H	F	A	E	R	Z	O	L	H	B	S	A
T	I	L	R	O	P	J	M	G	D	L	L	Y	O	D
S	E	I	R	O	M	E	M	Y	Y	Y	S	A	J	B

NEW YEAR
WISHES
BELLS
MEMORIES

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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

Happy YOU Year!

Free Virtual Wellness Classes

- * **Craving Change** - January 29 to March 5, 12:00-1:00pm
- * **Empowered Eating** - January 14 to February 4, 10:00am-12:00pm
- * **Commit To Quit** - January 15 to February 12, 1:30-2:45pm or 6:00-7:15pm
- * **No Gym Required** - January 14 to 28, 10:30am-12:00pm

To register, please email
wellness@ierha.ca



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Regional Health Authority



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From the Kitchen

-Evy Bialek



As we pass the halfway mark of our winter, our Friday Lunches start again.

Hope you all had a Merry Christmas and very nice time with friends and family.

Not everyone enjoys a White Christmas, so we are so lucky to have our snow. For our new neighbors who have moved to our community, welcome to a beautiful part of our country. We like nothing more than sharing our pristine environment!

We're working and planning the menus for January on till spring. Our leaders are working together to make it all happen for you. See you soon at the counter in the card room.



Some of the key volunteers at our activity centre at the activity leaders. Thank you for doing that! It is recommended that each activity have a chair and a co-chair. Sharing the responsibility might take the pressure off that one leader and they do say two heads are better than one. Leaders, please identify a co-chair to Jonie or Margaret, and mentor your co-chair as they learn the ropes. That way, if you are away, the show can go on!

(Note that only one of you can have the \$2 activity fee waived each week and the co-chair will need to get a criminal record check.)

-Allison Atkey

FRIDAY LUNCHES

for January:

Served from 9:00 - 12:15:

Jan 10 - Pancake Breakfast - pancakes, sausages, fruit with whipped topping

Served from 10:45 - 12:15:

Jan 17 - Turkey Potpie, Coleslaw and Pineapple slice

Jan 24 - Hamburger, Fries, Coleslaw and Chocolate cookie

Jan 31 - Sweet and Sour Pork, white rice, roasted carrots and lazy daisy cake

\$ 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.



Perogies

-Elaine Einarson

Today is December 5 as I sit here writing about our Perogy days December 3 and 4th, I am so glad we were able to get through the days so efficiently. This will be our last perogy making day in 2024. There will be no perogies till February. I want to thank each and everyone of you for the effort you put in once a month to come and assist in this project.

Wishing everyone a very Merry Christmas and all the best in 2025.

First of all the prep went very well on the Tuesday. With the help of a few extra ladies, we were able to do 85 dozen balls on Tuesday nite to help on Wednesday morning & it's a good thing that we did.

Wednesday morning, the wind and snow was causing havoc. I arrived approximately 7 AM to help Gary with the dough. My right hand lady Pauline was unable to attend due to hearing aid problem however another elf came in early (Sylvia) to help with the filling and my number one boiler lady called in ill, however, Ron Desrosiers stepped up to do the boiling and Ron Jantzen was called in to cover his job in the cooling. Thank you, Ron and Ron. Due to the weather, some of the regular volunteers never came in but with the ones that did come in, we managed to get the perogies done a little later than normal and all were sold.

Many thanks go out to the ladies and gents who remained to wash the dishes and clean up the kitchen.

The new sink in the kitchen is an excellent improvement thank you.

Many thanks to Lori Ann for doing the towels & aprons.

Next perogy day, February 4th and 5th, 2025.



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Social

-Cathy Timko

Well, it's that time of year when we can all breathe a sigh of relief, we made it through Christmas! Even though we have a few months of Winter weather remaining,

I like to look at it as a sleigh ride to Spring! The quiet months of January and February can be a much-needed break from the hectic schedules we all keep, but it can also be a very isolating time for many. I am hopeful that we can put together some fun activities at the Center to provide an opportunity to connect with friends and socialize at your own pace! 2024 ended on a high note with the success of the Christmas Dinner and Dance, and a big thanks to all that helped and attended.

Much fun was had by all, and the dinner was one for the books! Wishing all a healthy and Happy New Year, and the best in 2025!

Christmas Dinner & Dance

Saturday, December 7th



Pictures by Graham Watson & Elaine Einarson

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, Eva Sohan



Sign up sheets for the 'January into Spring'
season are up on the bulletin board.
Start date will be January 10th

Teams will be picked in December and all skips
will be advised and contact their teams.

*If you are interested in helping run this session,
please see the office.*

Congratulations!!!

FIRST PLACE

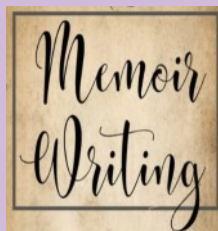
of 2024 September - December Floor Curling



Team #2
Presenter- Elaine Einarson
Joyce Davidson, Norm Freund,
Carol Yaciuk & Vivian Shannon



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



Ukulele Strum -Gayle Halliwell

Happy New Year to you!

We enjoyed a range of
seasonal songs through
December, and are ready
to fill 2025 with music and
laughter.

Ukulele Strum will start back again
on Thursday, January 9th
We strum from 11 to 12:30, and pick up
great tunes while helping each other
learn and improve our Ukulele skills.

Call Gayle at 204.389.3832 if you
would like to join in the fun.



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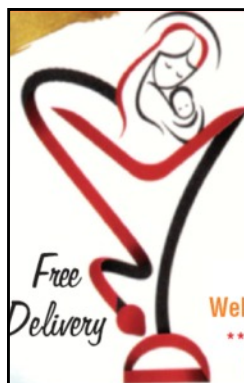
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Activities

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

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 2025.

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



Yoga - Leanne Stevens

Welcome JANUARY!

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



Fun darts is up and running.
We meet in the Harmony room
every Monday at 1:00.

It is a pay as you play activity. \$2.00 will get your name in the hat and a random pick partners you up with another player for the day. It really is Fun Darts. Some players haven't played for many years and by the end of the day, are back to playing like the pros. If you have never tried darts, come out and give it a throw.

There is always lots of chatter and laughter going on.

It's a fun, easy way to spend an afternoon with other dart players. Everyone is welcome. There is no sign up. Just come out and play.

See you soon,
Cheers, Julia Ewanchuk



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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

Happy New Year to all our fellow Horizons members !

Please consider joining our Fibre Arts Group, if you sew, quilt, knit, crochet, design patterns, or do any other fibre arts crafts. We do our crafts for ourselves, our families, and donate as well to many charity organizations:

Ronald MacDonald House, Project Linus, Thelma Wynne Project, Sleep in Heavenly Peace, Gimli Hospital Gift Shop, Betel Home, and the Maternity Ward (at Selkirk Hospital), All fabric scraps are made into "puppy pillows" for the local animal shelter.

We meet on Tuesdays, 10:00 - 1:30, and the activity fee is \$2.00 for Horizons members. A "show and tell" session is at 11:30, and we share ideas. Bring a lunch and enjoy conversation at noon.

For more info, please contact Linda Duthie, 204-641-8021



LET'S GO DANCING

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

We return to classes on Tuesday, January 7th. We will be teaching the Cha Cha and Country 2 Step.

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 or myself on my landline, (204) 642-7834 {no text messages}

Gail Hurak



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.



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.

GAMES at the Centre



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

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

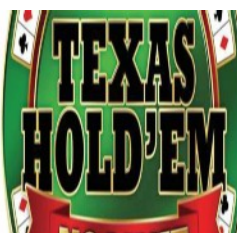
New players are welcome - we play quite informally.

The cost is \$3 for members.

After the Christmas break, we will restart on January 3rd.

After-bridge social time was at Interlake Brewery again in December, so we are definitely regulars there now.

We're back to the 3rd Friday next month – January 17th. Spouses are welcome.



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!



GREAT POKER PLAYER THOUGH HE WAS....
IT WAS BECOMING PAINFULLY CLEAR TO ARCHIE THAT HE HAD FINALLY MET HIS MATCH.



CRIBBAGE - THURSDAYS
@1:00 p.m.

- Doris Lloyd

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



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.



Community Service

Caregiver Support

third Monday of the month



Being held at Gimli New Horizons

**Next meeting date - January 20th,
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!

January is Alzheimer's Awareness Month.

This is a time to learn more about dementia and how it impacts individuals and families day-to-day, and then take that information and continue to share it with others throughout the year.

Outside of the monthly care partner support group, I am available to chat 1:1, to answer questions, give presentations, and help navigate daily situations as they arise.

If you are looking for a more specialized support group, we are offering an in-person group on the topic of ambiguous loss for 8-weeks starting January 15th in Selkirk. Each week participants discuss feelings of loss and grief as they lose pieces of someone living with dementia over time.

Interested individuals can call me directly to register. We have a virtual version of this group as well.

Please call
Samantha Holland

204-268-4752



News from the Seniors Resource Program

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

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

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

We look forward to hearing from you!



**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.

Community Service

17 Loni Beach Rd.

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 - 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!



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.



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.



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JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CENTRE CLOSED	2	3	4
					9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	
5	6	7	8	9	10	11
	10:00 Cardio Sculpt - Week 1 11:00 Core & More - Week 1 1:00 Canasta 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 Painting 1:00 Social Dance 7:00 Social Dance	10:00 Memoir Writing 10:00 Cardio Sculpt - Week 1 11:00 Core & More - Week 1 1:00 Duplicate Bridge 1:30 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 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	
12	13	14	15	16	17	18
	10:00 Cardio Sculpt - Week 2 11:00 Core & More - Week 2 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 Painting 1:00 Social Dance 7:00 Social Dance	10:00 Memoir Writing 10:00 Cardio Sculpt - Week 2 11:00 Core & More - Week 2 1:00 Duplicate Bridge 1:30 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 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	
19	20	21	22	23	24	25
	10:00 Cardio Sculpt - Week 3 11:00 Core & More - Week 3 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 Painting 1:00 Social Dance 7:00 Social Dance	10:00 Memoir Writing 10:00 Cardio Sculpt - Week 3 11:00 Core & More - Week 3 1:00 Duplicate Bridge 1:30 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 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	
26	27	28	29	30	31	
	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 Painting 1:00 Social Dance 7:00 Social Dance	10:00 Memoir Writing 1:00 Duplicate Bridge 1:30 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 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	