

JULY 2024 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

Indoor & Outdoor **Pancake Breakfast**



**VOLUNTEERS
NEEDED**

Sign up today!

Gimli New Horizons

17 Loni Beach Rd. (formerly 17 Colonization Road North) Gimli, MB

SATURDAY / SUNDAY

(August 3)

(August 4)

8:00 am - Noon

Fundraiser

Adults \$10.00

Children (6-10) \$6.00

Children (5 & Under) FREE

***Cash
Only***

Pancakes ~ Sausages ~ Beverage



GENERAL MEETING of Gimli New Horizons

will be held on Tuesday, July 9th at 7:00 p.m.

All GNH Members are welcome and strongly encouraged to attend.

Around the Centre



New Horizon Money:

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



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.



CANTEEN



Mini canteen is running smoothly.

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

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

Follow us on Facebook as “Gimli New Horizons”

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



MEMBERSHIP



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 June membership numbers were **544**

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.

We are 50 years old. Congratulations to all the members and volunteers that helped us become an excellent and fun facility for our seniors.

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!



John Wishnowski

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Cell: 204-479-1208

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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	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



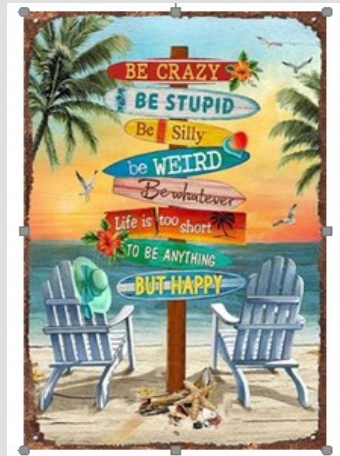
What a spring....rain, rain, and more rain. After 2 years of hardly any, Mother Nature is definitely making up for it. I did get my garden planted but it is so wet now I will be thankful to get anything out of it. Oh well what can you do?

Please don't forget our General Meeting at 7pm, July 9th. It is important to come to these meetings to make sure the Board is on the right track and representing you.

Did you know that Gimli New Horizons is a part of the Manitoba Association of Senior Communities (MASC) along with 82 other senior groups across the province? As such our membership can access group travel and home insurance through Johnson's (see page 14 of this newsletter). You must let them know you are a member of MASC.

We will be holding our annual Pancake Breakfast on August 3rd & 4th. There is a volunteer sign up posted.....if you donate your time for this event it is much appreciated, even an hour is a help. We cannot do these events without you.

Have a wonderful July!



**Anyone have any ideas
for new activities
we could start
at the Centre?**

**Please come to
the office
or call
(204) 642-7909**



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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 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	Lauralee Hackert	642-5382	\$2.00	Monday 1:00 pm	Card Yard
Cribbage	Doris Lloyd	642-8180	\$4.00	Thursday 1:00 pm	Card Yard
Fibre Arts	Darlene Bohemier	642-7850	\$2.00	Tuesday 10:00 am	Coffee Spot
Golf	Larry Gel	642-5702		Mondays 2:30 p.m.	Sandy Hook Golf Course
Tai Chi BEGINNERS CONTINUING	Phyllis Holmes	642-9054	\$2.00	Tues & Fri 9:30 am 10:00 am	Harmony Room
Texas Hold 'Em	Vaughan Cochrane RJ Jamieson	642-7436 407-6820	\$3.00	Wednesday 1:00 pm	Coffee Spot
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

The New 60





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.



Reasons to Volunteer

Do your part

Meet new people

Join the excitement

Be a positive Influence

Raise Awareness

Develop new talents

Grow from the experience

Learn and Serve

Personal satisfaction

Work for a cause

Be part of a Team

Face new challenges


Pass along Wisdom

Preserve the environment

Keep Active

Raise Awareness

Share your vision



-Vera Szczepanski

Last month was the busiest (and wettest) for the Petal Pusher group.

We purchased planter flowers on a rainy day, hoping for sunny weather. We managed to plant them and now in July we can all enjoy the colorful, blooming flowers and landscaping.

At last, our shrub bed is complete! We thank Gail Hurak for her expertise in helping to plan the area. We needed wise choices and Gail discussed the plantings that can do well for the location.

As for maintenance, Angela Zalevich, Julie Ewanchuk and myself have taken on this task. We also have Elaine Einarson joining us and I'm glad to have a Petal Pusher group who take the time and effort to create a beautiful front entry for our members and visitors.

Thanks also to Roy Clarke for keeping the yellow "flowers" off the lawn and giving us a well maintained lawnscape. Also to RJ for mowing the lawn and helping us acquire spirea shrubs. We have a wonderful Gimli community!



L to R - Julie Ewanchuk, Angela Zalevich, Vera Szczepanski

Summer Is Here!


OUTDOOR ZUMBA

Zumba Fitness is perfect for Everybody and Every Body

FREE Fitness Saturdays Sponsored by RM Gimli
Saturdays - June 29 to September 7
(No class on Aug 3)
9:00-10:00am, Gimli Harbour Stage

FREE Zumba at the Bandstand Sponsored by the Town of Winnipeg Beach
Sundays - June 30 to September 1
(No class on July 28)
9:30-10:30am, Winnipeg Beach Bandstand

INFO: ZUMBAJAN@MTS.NET



GIMLI

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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

SUMMER SAFETY FOR OLDER ADULTS



Wear sunscreen and use it correctly.



Avoid direct sun, especially between 10 a.m. and 4 p.m.



Wear sunglasses any time you're outdoors.



Stay hydrated—drink fluids even if you don't feel thirsty.



Wear loose-fitting clothing. Natural fibers like cotton are best.



Cool your home with air conditioning or fans, or go to a cooler place.

KNOW THE SIGNS OF HEATSTROKE.

- Fainting, unconsciousness
- Confusion, agitation, acting strangely
- Body temperature higher than 104°
- Dry, flushed skin, no sweating
- Very rapid or very slow pulse

Heatstroke is an emergency. Call 911 right away.

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of Gimli New Horizons 55+

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From the Kitchen

-Evy Bialek



As summer is whizzing by us, it's hard to get all our projects done. I want to thank the members who have signed up to clean our kitchens. It will be nice to see each other again and catch up. We will be sharing our pride about our grandkids achievements. I hope we can all visit with them over their summer holidays. We are experiencing a very different summer, but we troupers will make the best of it, and enjoy every day, sunny or not. We are getting ready to host the New Horizons Pancake Breakfast, during the August Long Weekend, August 3rd and 4th.

If you have signed up already, we thank you.

See you all soon.



Social



We are taking names of interested golfers for our tournament at Sandy Hook Golf Club. Register as a team or individual. We will be meeting early to enjoy a putting contest and marshmallow drive (before 2 p.m.) Then we will have a shotgun start on the BACK 9 at 3 p.m. Mulligans can be purchased again this year. 9 hole tournament will be followed by a catered Pork Roast dinner. Prizes to follow.

Price per golfer is \$55. Pay at GNH office....cash or cheque only. You DO NOT need to be a GNH member to play in this tournament. All welcome to join in.

For more info contact:

Carol – simoncar@mymts.net or text 204-641-2902

Isabelle – isabelle.tache@me.com or text 204-955-2033



September 12th -

Fashion Show with Johnson's.

Watch for more info over the summer. Thank you Julia Ewanchuk for taking the lead on this event. If you are interested in volunteering for the fashion show please feel free to let the Centre know and they can pass on your contact info to Julia. Tickets will be available in late July/early August

September 22nd - New Horizon's Annual Fall Supper

October 26th - Western Social

December 7th - Christmas Dinner & Dance

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Activities

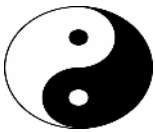
MOVING TOGETHER TAI CHI GIMLI

-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



Tai Chi is a low impact slow motion mind-body, exercise that combines breath control, meditation and movements to stretch and strengthen muscles. Tai Chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi is sometimes described as meditation in motion because it promotes serenity through gentle movements connecting the mind and body. Tai Chi improves physical well being and flexibility. Research shows that the slow, focused movements of Tai Chi coupled with deep breathing can ease back pain. The practice helps in several ways that include : Strengthening the muscles in the abdomen and pelvic areas that help support the lower back improving balance and flexibility. Some solid research shows that Tai Chi can benefit people with osteoarthritis, rheumatoid arthritis, fibromyalgia, and tension headache and can help reduce stress and anxiety.



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

Welcome JULY!

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

Marc Palsson
 Owner

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Activities



**HAS EVERYONE SIGNED UP FOR
FALL FLOOR CURLING STARTING
SEPTEMBER 2024???**

We are now looking for 3 people to come forward and help run the September to December 2024 session. The job is not as large as in the past due to no waxing and no moving the heavy dividers. The new rocks are liked by most. New carts have been made to hold the rocks and do the scoring.

We would like to run 2 shifts 10:00 a.m. and 11:00 a.m. on 4 sheets with lunch being served after games.

We are hoping all curlers would support the kitchen.

Please contact the office if interested to help RJ, there must be someone that would step up and help the club.



Monday Mixed Golf is off and running.

We are getting good turn outs in spite of the rain and soggy fairways some days.

Socializing after for dinner is a big bonus.

Our spare list has doubled from last year.

Those interested in golfing and being on our spare list can call me.

Larry @ 204 642-5702.



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Grant Hjorleifson, BSc
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Activities

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

We are a creative group of Fibre Artists. Anything from knitting, crocheting, garments, needle point of any kind, spinning, wall fibre art etc., and of course quilting. We craft while learning from and enjoying each others company.

Must be a member of New Horizons and pay a \$2 Activity fee each visit.

Bring you lunch, enjoy our show'n'tells and have fun.

Every Tuesday from 10 am til 1:30 pm.
Not sure..? We have a Drop in fee of \$7..see what we're about!

We would love to have you!



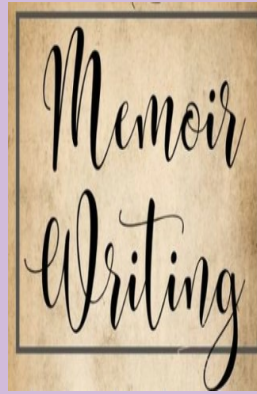
Painting

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

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

Last formal day of Painting was May 14th.

We will start back up on October 1st.



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

We have continued to write our stories, sharing and polishing them every week.

We will meet informally and less frequently through the summer.

Our 2nd Annual Yard Sale will be held on Saturday, July 13th from 9 a.m. - 1 p.m.

Location - 21 Beach, Matlock

Please circle the date on your calendars.
Signs will be posted.
Lots of great deals!



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

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Old Time Dances 2024

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

July 14 | August 11 | September 8 | November 10 | December 8

Light Lunch at 3PM Bands to be announced

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Canada



on Friday Nights

Doors open 5PM

Canteen & Bar open 5:15PM

Games start at 7:15PM

5 Share the Wealth Games

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(Reduced games with low attendance)

Jackpot | First Special | Bonanza | Lucky 7 | Star
Weehouse | Houdini | Loonie Pot | Break Opens | 50/50

Games subject to change without notice

Upcoming Events:

All You Can Eat Perogies - August 4

Fall Supper - October 19

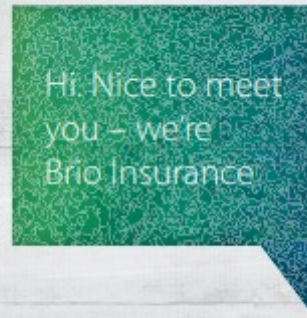
Craft Sale - November 16

We look forward to seeing you at our next event!

Need More Information:

204-643-5302

fraserwoodhall1@gmail.com



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GAMES at the Centre

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.



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.



Allison Atkey & Judy Brown

Fridays @ 1:00 pm

We play contract bridge on Fridays, gathering about 12:55 to prepare to play at 1:00.

Players describe it as informal, fun, and with lots of laughs.

No need to come with a partner, as we switch partners every four hands. But feel free to bring a friend.

We'll help if your bridge is rusty; we are informal enough to explain a bid right in the middle of bidding!

The cost is \$3.



TEXAS HOLD 'EM

Wednesdays at 1:00 pm

- Vaughan Cochrane
- RJ Jamieson

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

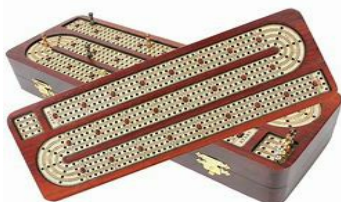


CRIBBAGE - THURSDAYS

@1:00 p.m.

- Doris Lloyd

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



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 - July 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 @ 204-268-4752
Thanks!

News from the Seniors Resource Program

VOLUNTEER DRIVERS NEEDED



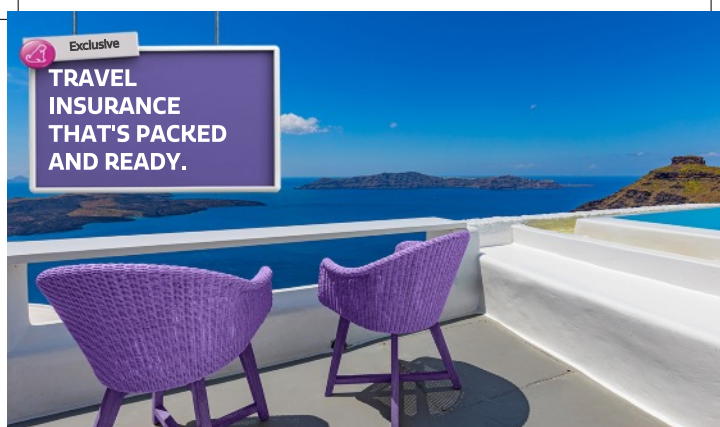
The Seniors Resource Program is looking for more individuals to join our transportation program. If you enjoy driving and the company of others, please give us a call! Transportation is for medical appointments to various areas such as Selkirk, Winnipeg, other surrounding areas and locally. Set rates for out-of-pocket expenses are reimbursed by clients to the drivers directly.



We are also looking for more volunteers to deliver Meals on Wheels, either in Gimli or in Winnipeg Beach/Village of Dunnottar.

If you have some time available and would enjoy brightening someone's day with a friendly hello, please give us a call. These lunchtime meals are delivered Mondays, Wednesdays, and Fridays from New Haven Lodge in Gimli and from the Winnipeg Beach Lake Lodge. If you are interested or require more information, please call the office at 204-642-7297.

We look forward to hearing from you!



Johnson Insurance is proud to be the preferred insurance provider for the Manitoba Association of Senior Communities. With Johnson, MASC members have access to:

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

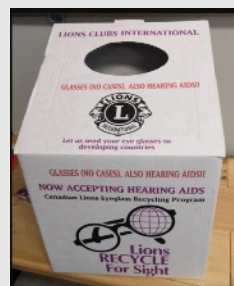


A Non-profit organization, operated by a board of volunteers. Funding for this service is provided by Provincial grants and donations from municipalities, the province, service clubs and other groups and individuals.

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.



Community Service

Gimli New Horizons

17 Loni Beach Rd.



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

EVERYONE WELCOME!

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

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

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

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

Canteen available - Hot dogs, nachos & salsa, chips, chocolate bars, candy, drinks, water, etc.

Snack while you play!



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JULY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CENTRE IS CLOSED 	2 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts	3 1:30 Texas Hold 'Em 6:00 Duplicate Bridge 7:00 Bingo	4 9:30 Yoga with Leanne 1:00 Cribbage	5 9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	6
7	8 2:30 Golf - Sandy Hook	9 GENERAL MEETING	10 1:30 Texas Hold 'Em 6:00 Duplicate Bridge 7:00 Bingo	11 9:30 Yoga with Leanne 1:00 Cribbage	12 9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	13
14	15 10:00 Cardio Sculpt - Week 3 11:00 Core & More - Week 3 1:00 Canasta 2:30 Golf - Sandy Hook	16 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 7:00 General Meeting	17 1:30 Texas Hold 'Em 6:00 Duplicate Bridge 7:00 Bingo	18 9:30 Yoga with Leanne 1:00 Cribbage	19 9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	20
21	22 10:00 Cardio Sculpt - Week 5 11:00 Core & More - Week 5 1:00 Canasta 2:30 Golf - Sandy Hook	23 9:30 Yoga with Leanne 10:00 Tai Chi 10:00 Fibre Arts	24 1:30 Texas Hold 'Em 6:00 Duplicate Bridge 7:00 Bingo	25 9:30 Yoga with Leanne 1:00 Cribbage	26 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	27
28	29 10:00 Cardio Sculpt - Week 6 11:00 Core & More - Week 6 1:00 Canasta 2:30 Golf - Sandy Hook	30 9:30 Yoga with Leanne 10:00 Tai Chi 10:00 Fibre Arts	31 1:30 Texas Hold 'Em 6:00 Duplicate Bridge 7:00 Bingo			