



Founded in 1974 & Still Going Strong!



Follow us on Facebook as Gimli New Horizons



Our Annual Indoor/Outdoor Pancake Breakfast will be held on Saturday, August 3 & Sunday, August 4 on the Islendingadagurinn Festival Weekend.

More details to follow.

Sign up sheets for Volunteers will go up in early July.

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.

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!







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.









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 May membership numbers were <u>528</u>

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!

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 Isabel Peterson					
Member at Large						
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

Our 50th Anniversary was an outstanding success, mainly in part to all our fabulous volunteers, from those making sandwiches, plating, making sure platters were full, decorating, putting up and putting tables away, organizing pictures arranging for the seed packages, Ukulele group,

Pauline Finlay and Vic & Muriel Savage for sharing their

memories with us and all those that supported our fundraising efforts.

My apologies if I forgot something or someone.

There really are too many to name as I may forget someone however the organizing committee I would like to name as they spent many months organizing this: Lavona Clarke, Julie Ewanchuk, Graham Watson, Evy Bialek, Linda Cochrane, Richard and Vera Szczepanski, and of course - Jonie and Margaret.

We will be printing a Special edition of the HiLites in the summer celebrating the 50th and also looking at having a book made.

I also had the privilege to go to a reading of stories by The Memoir group at Aspen Park. They have sure worked hard and the stories were really enjoyable. Our next big event is the Pancake Breakfast the Saturday & Sunday of the August long weekend. The volunteer lists will be going up in July so please watch the bulletin board.



For New Horizons Members:

We have some community planters available. If you are interested in planting at the east door, please contact the office at (204) 642-7909.

You are responsible for planting, weeding & watering your plants.







All GNH Members are welcome and strongly encourage to attend.



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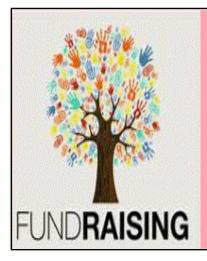
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Activities This Month

Activity	Activity Leader	PHONE	Price	Day/Time	Room
Addicted to Dance BEGINNERS ADVANCED	Carol Simonson	641-2902	\$2.00	Thursdays 11-11:45 a.m. 11:45-12:30 p.m. (Last day June 6 th)	Harmony Room
Addicted to Dance	Darlene Tait	642-7909	\$2.00	Thursday 11:00a.m. (Starting June 13 th)	
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
Memoir Writing	Ruth Asher	389-5157	\$2.00	Wednesday 10:00 a.m.	Coffee Spot
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



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 \$25.00 each and imprinted with names of people special to us.

Tax receipt upon request.





June is our planting month! The Petal Pushers have measured and planned our front entrance shrub bed. We have members with horticultural knowledge who assisted in the choice of shrubs best suited for the north location. We will have spring and winter landscape for the entrance, an addition to complement our Canna lilies. Yearly the flowers have grown beautifully in our planters, thanks to Linda & Ken Duthie.

Every spring, after the winter snow, brings us a new surprise to the front entrance. This year an unusual amount of sand covered the lawn, blown in by the strong winds. We wanted sun, we got rain but we managed to cleanup the entrance area by May 8th, New Horizon's 50th anniversary celebration. Beautiful weather for the day! Thank you Elaine Einarson for managing to arrange lawn cleanup. Members work "behind the scenes" to get jobs done and we thank them.

- Vera Szczepanski





PROUD SUPPORTERS

of Gimli New Horizons 55+

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204.642.5504

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

Jackpot | First Special | Bonanza | Lucky 7 | Star

Weehouse | Houdini | Loonie Pot | Break Opens | 50/50

Games subject to change without notice

Old Time Dances 2024

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

| May 12 | June 9 | July 14 April 14

August II | September 8 | November 10 | December 8

Light Lunch at 3PM Bands to be announced

Upcoming Events:

Indoor Garage Sale - April 13 All You Can Eat Perogies - April 21

Spring Craft Sale - May II Parade & Picnic - June 23

Dine Dance & Win - April 27 All You Can Eat Perogies - August 4

need More Information.

204-643-5302 fraserwoodhall1@gmail.com



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.

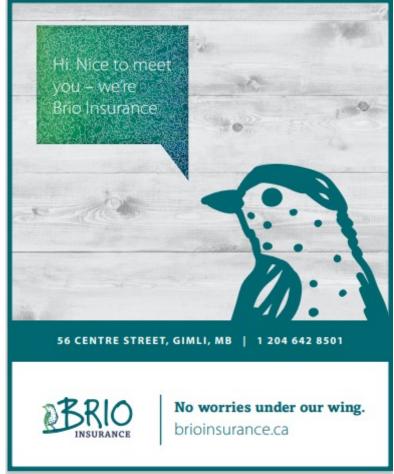
The bereavement session allows individuals or groups to share their pain.

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



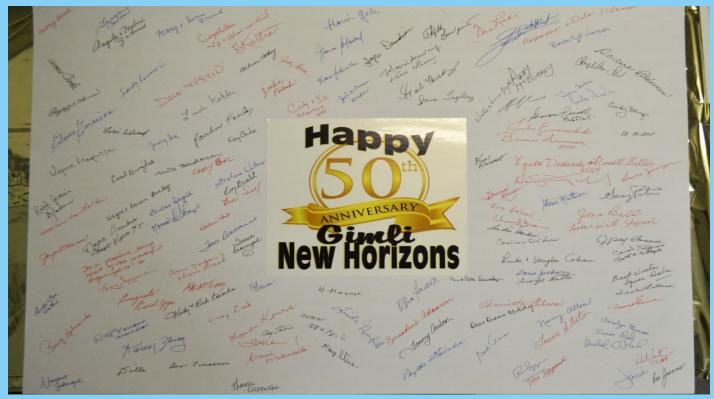


















SO NEVER LOOKED SU GUUII

















From the Kitchen

-Evy Bialel

I would like to thank all our team members who worked to put on our New Horizons 50th Anniversary Party. It was a beautiful event.

Pauline Finlay was so happy to be honored for her 30+ years as a member. She is a JOY to work with.

Cindy Stewart spearheaded this event so well.

As volunteers, we know how many hours go into a huge project.

As summer rolls along, I look forward to working with you for the The Icelandic Festival Pancake Breakfast, during the August Long Weekend.

I found May went by way too fast. If anyone knows of a way to slow time down, please let me know.

There is so much we want to accomplish since our summers are too short. Hope we all have a fun and pleasant next months.



It has been said that volunteers are the foundation of our organization.

This is no more truer than on May 8th. Our 50th was a wonderful, successful event with so many members and volunteers attending.

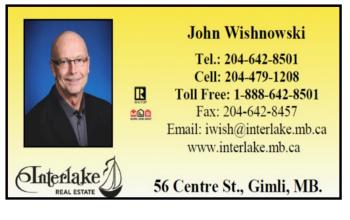
So many beaming smiles on familiar faces enjoying the afternoon.

Even our invited guests seemed more than pleased as was reflected in their speeches.

Thanks to all members and volunteers who contributed!

- Richard Szczepanski

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Social



We are confirmed that we will hold the Annual Golf Tournament again this year on Wednesday, August 7th at Sandy Hook Golf Course doing a 9 hole tournament (the back 9) with supper after. Carol Simonson and Isabelle Tache will be taking names of those

interested. We are finalizing menu and costs and will announce final price soon. For now please contact either of us to put your name on the list.

Carol – simoncar@mymts.net or text 204-641-2902 Isabelle – isabelle.tache@me.com or text 204-955-2033

We will announce costs as soon as possible so that you can make your payment at the Centre. But for now please save your spot by contacting one of the organizers.



September 19th -

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.

September 22nd - New Horizon's Annual Fall Supper

October 19th - Western Social

Marc Palsson

100-7th Avenue

Gimli, MB R0C 1B0

Fax: (204) 642-8688

Telephone: (204) 642-9688

Toll Free: 1-877-770-7662 (RONA)

Email: service@ronagimli.ca

Website: www.rona.ca

Owner

December 7th - Christmas Dinner & Dance





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>



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 JUNE!

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.

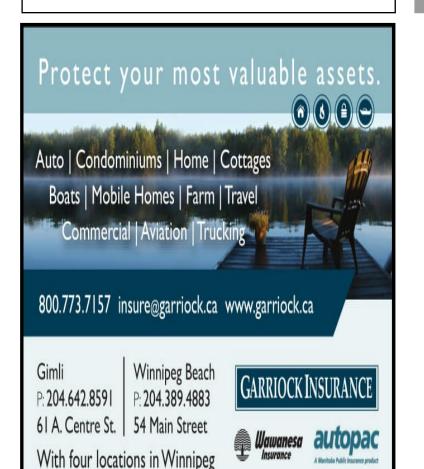
Classes are led by Leanne, CYI with 20 years of teaching experience.

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









We have a full roster going into the 2024 season and looking forward to teeing off on May 27th.

Please come for 2:30.

We had a huge response from our May bulletin and unfortunately could not take anymore golfers on our roster this year.

Thank you, Larry Gel





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

The January to April 2024 curling season has come to an end.

The winning team for the season was Harvey Turbovsky, Norm Freund, Marg Freund, & Pauline Finlay. Congratulations.

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.





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!



Carol is taking the summer off and last dance class with her is June 6.

Darlene Tait has agreed to take over the class until further notice. So feel free to join in the class on Thursdays at 11 am.

There will be no beginner class after June 6.

The class will continue to review the dances we have been doing. Dance from 11 - 12:30.

All members welcome.

-Carol Simonson

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

Our dance season is finished until the fall.

We have had a wonderful time using our dance moved at various dance venues in the area. If you and your partner are interested in joining us for our fall session, please register with me in September.

Pick up a Hilites newsletter for the date of the first fall class. An email will go out to all current dance members in early September.

Our dance will be a return to *East Coast Swing*.

Tuesdays 1:00 for beginners. 7:00 PM for dancers that have learned the basics.

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

Gail Flurak (204) 642-7834



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Jasmin Theobald

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Toll Free: 1-888-642-8501





Email: jt.interlake@gmail.com

56 Centre St., Gimli, MB.





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

The Memoir Writing group hosted a reading of entertaining stories that were enjoyed by all who attended. Their baking was also enjoyed!

\We continue to write our stories, sharing and polishing them every week.

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



Painting



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

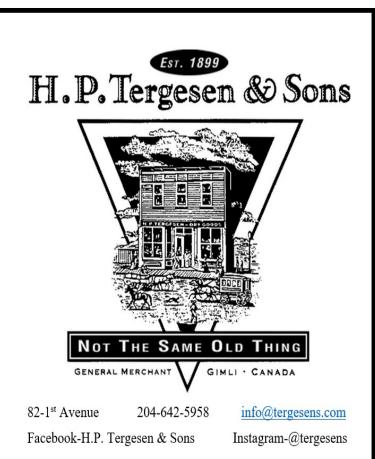
The pegboard in the Card Yard displays some paintings that are for sale.

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.







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.



CRIBBAGE -THURSDAYS @1:00 p.m.

- Doris Lloyd

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





Wednesdays at 1:00 pm

- Vaughan Cochrane- RJ Jamieson

May 1st was our Texas Hold 'Em Tournament.

Congratulations to Walter Boyko who won first place!!

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.

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.

Community Service

Caregiver Support

third Monday of the month



Being held at Gimli New Horizons

Next meeting date - <mark>June 17th,</mark> 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!

Who are you walking for?

Gimli

Walk for Alzheimer's 2024!

When: Friday June 14th

Where: Gimli - Betel Personal Care Home

10:00 am Check In

10:30 am Walk Starts

To register and for pledge forms, contact

Bryanne Hjorleifson at 204-642-5556 ext. 22356





News from the Seniors Resource Program

Lifeline

Lifeline

The Seniors Resource Program has various services available for people living alone or with an ill spouse and is

dedicated to helping seniors live more independently in their own homes. Would you like the reassurance of knowing that help is only a press of a button away? If so, then **Gimli District Lifeline** is just the right thing for you. **Lifeline is monitored 24/7**. Plus, our **Auto Alert button** is designed to call for help if it detects a fall. And with the **On the Go button and On the Go Mini,** Lifeline is available for use at home and on the go.

For more information call 1-204-642-7297.



What is E.R.I.K.?



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

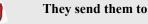




Collecting old glasses & hearing aids

The Lions Club International has left a box for us to collect used eye glasses (no cases) and hearing

aids.





Community Service

GIMINEW 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, nachos & salsa, chips, chocolate bars, candy, drinks, water, etc.

Snack while you play!



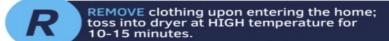


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Interlake T

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

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	SATURDAY	10:00 Drums - Week 7	8	10:00 Drums - Week 8	15		22		29	
	FRIDAY			Tai Chi - Beginner Tai Chi Bridge - Contract Canasta		0 Tai Chi - Beginner 00 Tai Chi 0 Bridge - Contract 0 Canasta		0 Tai Chi - Beginner 00 Tai Chi 0 Bridge - Contract 0 Canasta		0 Tai Chi - Beginner 00 Tai Chi 0 Bridge - Contract 0 Canasta
			7	9:30 10:00 1:00 1:00	14	9:30 10:00 1:00 1:00	21	9:30 10:00 1:00 1:00	28	9:30 10:00 1:00 1:00
	THURSDAY			Yoga with Leanne Addicted to Dance (Beginner's Class) Addicted to Dance (Advanced Class) Cribbage		Yoga with Leanne Addicted to Dance Cribbage		Voga with Leanne Condition to Dance Cribbage Cribbage		Yoga with Leanne Addicted to Dance Cribbage
4			6	9:30 11:00 11:45 1:00	13	9:30 11:00 1:00	20	9:30 11:00 1:00	27	9:30 11:00 1:00
107 June	WEDNESDAY			Cardio Sculpt - Week 8 Memoir Writing Core & More - Week 8 Texas Hold 'Em Duplicate Bridge Bingo		Memoir Writing Texas Hold 'Em Duplicate Bridge Bingo		Memoir Writing Texas Hold 'Em Duplicate Bridge Bingo		Memoir Writing Texas Hold 'Em Duplicate Bridge Bingo
			2	10:00 10:00 11:00 1:00 7:00	12	10:00 1:00 1:00 7:00	19	10:00 1:00 1:00 7:00	5 6	10:00 1:00 7:00 7:00
	TUESDAY			Voga with Leanne Tai Chi - Beginner O Tai Chi O Fibre Arts		9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts		Voga with Leanne Tai Chi - Beginner O Tai Chi O Fibre Arts		Voga with Leanne 1 Tai Chi - Beginner 0 Tai Chi 0 Fibre Arts
			4	9:30 9:30 10:00 10:00	11	9:30 9:30 10:00 10:00	18	9:30 9:30 10:00 10:00	25	9:30 9:30 10:00 10:00
	MONDAY			20 Cardio Sculpt - Week 8 20 Core & More - Week 8 21 Canasta		O Canasta		Od Cardio Sculpt - Week 1 Core & More - Week 1 Canasta		20 Cardio Sculpt - Week 2 20 Core & More - Week 2 3 Canasta
			3	10:00 11:00 1:00	10	1:00	17	10:00 11:00 1:00	24	10:00 11:00 11:00
	SUNDAY						5		~	
			7		6	18	16		23	30