

JUNE 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 - GNH

Indoor Yard Sale

at

Gimli New Horizons 55+ Activity Centre

LOCATION: 17 Loni Beach Rd

DATE: Saturday, June 7, 2025

TIME: 8:30am to 12:00pm

Donation of Articles Accepted

**Drop off donations starting
May 1st**

**NO CLOTHES,
FOOTWEAR, MATTRESSES
OR Box TV's**

For more info call 204-642-7909



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 - GNH"

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



BOOKS & PUZZLES - Available during Centre Hours



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

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



DONATION RECEIPTS

If you donate \$25.00 or more to the Centre,
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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
Membership	Gail Hurak
Publicity	Graham Watson
Social Activities	Cathy Timko
Volunteers	Allison Atkey

Office Staff:

Facility Manager	Jonie Johnson
Facility Manager Assistant	Margaret LaRocque

A note from the office staff:

Please note that the office staff have different email addresses.

To reach Jonie regarding Centre related information:
gimli55@mts.net

To reach Margaret for Hilites Newsletter,
advertising and membership info:
hilites@mts.net

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"*

**New Horizons has regular
board meetings
&
4 general meetings throughout
the year to keep our Centre fully
up to date.**

Join our Facebook page:
GIMLI NEW HORIZONS - GNH



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.



President's Message

-Cindy Stewart

What a wonderful turn out for the Volunteer Luncheon on May 8. Unfortunately not all our volunteers were unable to come, but know that our volunteers are the cornerstone of Gimli New Horizons and we would not be here without you. Any words that I say cannot express the gratitude that I, the Board and Staff wish to convey to you. Please know that your volunteerism is recognized, appreciated and valued.

On another note the Pancake breakfast will be held on Sunday, August 3rd.

It will only be 1 day this year.

We have struggled in the past getting people to help, and this is understandable as this is a weekend many of you have family that come or you go to see them, I personally am hoping our new grandson will be coming to visit.

He will only be about 1 month old and family should be the priority.

Please come and visit us June 7 for our garage sale, remember one person's giveaways are another person's treasure.

*"In early June the world of leaf and blade and flowers explodes, and every sunset is different."
- John Steinbeck*

Please Note:

We have 5 spots for Handi-Cap parking.

We will be adding the 5th sign soon.

Also, the face of the signs will be changed.

Please park in front of the sign.

To park in these spots, you are required to have a valid Handi-Cap Placard hanging from your rear view mirror.

WANTED

Any member who would like to volunteer their time as Treasurer that is familiar with Sage Accounting, please contact the office.
(204) 642-7909

Volunteer position would commence in Fall of 2025

Training available.



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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
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
Fibre Arts	Linda Duthie	641-8021	\$2.00	Tuesday 10:00 a.m.	Coffee Spot
Floor Curling (Fun)	Elaine Einarson	642-7909	\$2.00	Thursday 10:00 a.m.	Grand Room
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 a.m. 10:00 a.m.	Harmony Room
Texas Hold 'Em	Ron Martin RJ Jamieson		\$3.00	Tuesday 1:00 p.m.	Harmony Room
Ukulele Strum'	Gayle Halliwell	389-3832	\$2.00	Thursday 11:00 a.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

Solution on page 14



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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.



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OF GIMLI NEW HORIZONS 55+

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MEMBERSHIP

-Gail Hurak

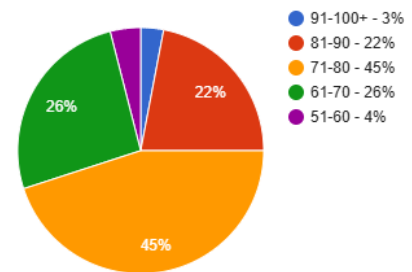
Membership year: Oct. 1 - Sept. 30

\$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 May membership numbers were **524**

May 2025 - Centre Membership by Age



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.

St. Mary's Pharmacy - Gimli
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Volunteer Appreciation Day

Thursday, May 8th

-Allison Atkey



Allison Atkey

We had 75 people at the volunteer appreciation luncheon. Thank you to all volunteers for the contribution to the Centre this year, whether or not you could attend.

Also, thank you to the team putting on the lunch:

*Cathy Timko: shopping and creating the great Canada trivia quiz

*Vera Szczepanski: decorations

*Julie Ewanchuk: decorations & serving

*Lynda Dodunski: sourcing the Morden's chocolate goodie bags, bun-cutting

*Jim Stewart: barbequing

*Graham Watson: all-round helping and photography

*Richard Szczepanski: shopping, bun-cutting, dishwashing

*Audrey Corrie: trivia prizes

*Jonie and Margaret: making and serving the sides, all-round helping

*Cindy Stewart: all-round helping

And GNH thanks Allison Atkey for all her hard work with organizing the day!

For those who could not attend, Cathy's last trivia question was: "According to surveys, what is the most purchased grocery item in



Committee:

(L to R): Graham Watson, Julie Ewanchuk, Cindy Stewart, Allison Atkey, Vera Szczepanski, Richard Szczepanski, Jim Stewart



Winners of the Trivia:

(L to R): Phyllis Holmes, Ty VanDriel, Adrian VanDriel, Caroline Duguid, Angie Auer, Lorie Siebrand



Richard Szczepanski & Jim Stewart



Photos by Graham Watson

Answer: Kraft Dinner

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



Senior Centre Without Walls offers a unique opportunity for Manitobans, 55 years of age and older, to join educational and recreational programs from the comfort of their own homes via teleconference format.

Programming topics include; educational presentations, health and wellness, language classes, book clubs, travelogues and support groups.

The free programs are accessed through a toll-free number and are offered during the day and evenings.

Toll free # 1 (888) 333-3121



AVOID - WEAR - APPLY - REMOVE - EXAMINE

A **AVOID** areas where ticks live. Ticks thrive in wood piles, long grass, leaf piles and beach grass.

W **WEAR** light-colored clothing; long pants, sleeves, socks and close-toed shoes. Tuck long hair into hat.

A **APPLY** EPA-approved tick repellent (such as picaridin or DEET) on skin and insecticide (such as permethrin) to clothing & shoes as directed.

R **REMOVE** clothing upon entering the home; toss into dryer at HIGH temperature for 10-15 minutes.

E **EXAMINE** yourself and your pets for ticks daily. Check everywhere--ticks love to hide!

Learn about ticks, Lyme and other tick-borne diseases, tick bite prevention and proper tick removal at GLA.org



THE EATWELL PLATE



A guide to the right balance of the five main food groups

- Fruit & Veg
- Carbs & Starches
- Dairy
- Protein
- Sugars & Fats

OUTDOOR ZUMBA

Zumba Fitness is perfect for Everybody and Every Body

FREE Fitness Saturdays Sponsored by RM Gimli
Saturdays - June 28 to August 30
(No class on Aug 2 - Icelandic Festival)
9:00-10:00am, Gimli Harbour Stage

RM Gimli Recreation Aqua Zumba
Mondays 7:15-8:15pm / Fridays 8:45-9:45am
June 16 to August 22
Gimli Aquatic Centre
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Register at the Gimli Rec Centre or Online

GIMLI



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From the Kitchen

-Evy Bialek



Let's hope our summer was not the 2 days of 35° weather.

We are enjoying the nice breezes we are getting. Planting our gardens and flower beds will take up our interests now that the Friday lunches are over with for the season.

We appreciate all your patronage and we will look forward to seeing your friendly faces again in October.

You make our efforts and hours well worth the time and efforts we put in. Have a great summer, play safe and enjoy your family time.

Fibre Arts - Tuesdays at 10:00 -Linda Duthie & Janice Skene

Join us at New Horizons 10:00- 1:30 to share your projects. Attendance fee is \$2



Social Activities

-Cathy Timko

It's time to bid a fond farewell to the month of May, and what a busy month it was!

Starting with the Spring Craft Show (some pics below) which was a great success, not only featuring a large variety of Vendors, but highlighting what a great venue New Horizons can provide for any size of event. The buzz of activity with the constant stream of folks shopping and browsing, along with the Silent Auction and Canteen/Food Court setup in the Card Yard, made for a day of connecting with the community and each other as members.

A special shoutout to our Bingo Canteen Ladies Cheryl and Lorna for keeping smiles on everyone's faces with beverages, treats, and of course our signature Hot Dogs! Thank you to Vivian and Walter for being our Greeters and selling Silent Auction tickets, as well as to Gail, Vera, Lynda, and Cindy for keeping everything on track for me, as well as those who provided helping hands with setup and takedown. And of course, Bob Timko who without question is my better half, for the work he puts in to make all my ideas a reality.

We ended our social events for May with the Silver Collection Member's Dance, and what a wonderful night it was. The music and food were fantastic, and the dancing a joy to watch! We had some of our new members attending as well and I'm certain they left knowing that they are now a part of our social community. Welcome to New Horizons!



Photos by Graham Watson & Cathy Timko

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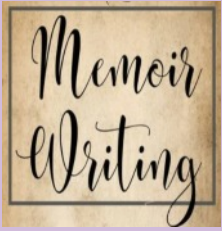
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Activities



Memoir Writing -

Wednesdays 10:00 a.m. - Noon

We have been invited to give a reading at Aspen Park on Fathers' Day, June 15 from 1 - 3 p.m. The public is welcome to join us and listen to our stories of humour and love.

Our third annual garage sale will occur in July. More details will follow.

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



The Petal Pushers have plans underway for planting annuals this month. Who knows what June will bring weather wise? Last month brought snow instead of rain and our hearts go out to cottagers and homeowners in Lac du Bonnet who suffered forest fire losses.

Our group – Angela Zalevich, Julie Ewanchuk and Elaine Einarson maintain the shrub beds, flower planters and raised garden planters. We appreciate

Elaine arranging the front lawn's gravel removal and maintenance.

A thank you to Linda and Ken Duthie for growing Canna lilies that grow beautifully in the large wood planter. Also, to Evy Bialek for providing the Iris bulbs. We planted them in the rear shrub bed to replace the Irises that couldn't survive the extremely wet

conditions until the culvert was dug.

The Petal Pushers are looking forward to a colorful floral display for New Horizon's front entrance!

-Vera Szczepanski



Thursdays at 10:00

Activity Leader - Elaine Einarson

With enough interest, we hope to run Fun Floor Curling until June 26th

If you are able, please come at 9:30 to help set up (and stay for take down too please!)



Congratulations to Team #3 for winning the Winter/Spring Curling Session.

(L to R): Jo-Ann Vigfusson, Georgie Rutter, Jim Stewart, & Elaine Einarson, Presenter)
Missing from photo Cindy Stewart



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

Our dance season is finished until the fall.

We have had a wonderful time using our dance moves 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 class.

An email will go out to all current dance members in early September.

Tuesdays - 1:00 for beginners and new dancers.

7:00 PM This class is full.

Only returning, experienced dancers can apply.

-Gail Hurak

Marc Palsson
Owner

100-7th Avenue
Gimli, MB R0C 1B0

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Activities



Woodcarvers -Dave Tustin

On hiatus until fall.....
have a great summer!

FITNESS

This Summer

**8 WEEK SESSION
(Wednesdays only)**

Cardio Sculpt

10-10:45a.m. (starting July 2)

Core & More

11-Noon (starting July 2)



1 class/week - \$ 50
2 classes/week - \$90

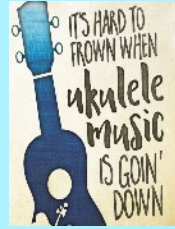
Drop in fee per class - \$7.00

Deadline to sign up - June 23rd

**Cash or Cheque
payment
accepted, please
pay as you sign
up to reserve
your spot**

(Non-refundable
& Non-
transferable)

**Sign up at the
Office**



Ukulele Strum' -Gayle Halliwell

Ukulele Strum continues to fill the air with our dulcet tones and mellow sounds!
We gather every Thursday from 11 am until 12:30, playing from our New Horizons Tune Book (now over 50 tunes!), and the Winnipeg Ukulele Club Tune Book.
We sing, we laugh, we strum for fun. Call Gayle at 204.389.3832 if you would like to join us to learn the ukulele, or dust off one you played oh-so-long-ago!



We had 62 golfers for the start of our season on Monday, May 26th.

The weather was great and and everyone did well.

Looking forward to rest of the season

-Larry Gel



John Wishnowski

Tel.: 204-642-8501

Cell: 204-479-1208

Toll Free: 1-888-642-8501

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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

Our Tai Chi continuing members love doing sets of Tai Chi to music. Research strongly suggests that music is a valuable tool for managing stress and improving mental health. Whether it's through listening to calming music, engaging in music making activities or participating in music therapy, music can offer a range of benefits for reducing stress and promoting well-being. Music can lower heart rate, blood pressure and reduce breathing rates, all indicators of stress.

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



Yoga - Leanne Stevens

Welcome to Yoga in June!

The primary intention of yoga is to calm the mind.

We do this in class by focusing on how to move and be aware of our bodies. This is done with gentle strengthening movements with our outer body and awareness of the breath with the inner body. By linking the body with our mind we can calm the busy thinking brain and create a quiet container for the brain to rest within.

Yoga can help you rejuvenate your mind and body!

Classes are open to all levels of ability, please feel free to join us as we move into spring.

Classes are Tuesdays & Thursdays at 9:30 am
Fee is \$12

Please bring a mat, belt and blocks if you have them.

Contact me, Leanne (certified yoga instructor) if you have any questions.
Ph#/txt 204-641-3920

Email stillbluecatyoga@gmail.ca

Namaste

Fraserwood Hall Upcoming Events

APRIL & MAY 2025

APR 6	ALL YOU CAN EAT PEROGIES Noon - 6PM (or until supplies last) \$10 - Adults, \$10 - Children (7-12), Free - Children 6 & under, \$15 - Take out
APR 13	OLD TIME DANCE Music by: Country Plus \$20 Admission at the Door. Call to reserve tickets at 204-643-5541.
APR 26	IRISH - DINE & DANCE Irish theme family style dinner, with special performance by the McConnell Irish Dancers, music for the evening by the Cracked Eggshells. \$40 per person Doors open at 5PM Supper at 6PM
MAY 10	SPRING PLANT & CRAFT SALE 10AM - 2PM Free Admission Canteen Open
MAY 11	OLD TIME DANCE Music by: Trail Riders \$20 Admission at the Door. Call to reserve tickets at 204-643-5541.

BINGO & CHASE THE ACE
EVERY FRIDAY NIGHT

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

fraserwoodhall.com

204-643-5302

fraserwoodhall1@gmail.com



Eirik Bardal
Owner

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

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Winnipeg, Manitoba
R3H 1B9



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Toll Free: 1-888-642-8501
Fax: (204) 642-8457
Email: ghjor@mymts.net

56 Centre Street
Gimli, MB R0C 1B0



Grant Hjorleifson, BSc
REALTOR®

GAMES at the Centre



Allison Atkey & Judy Brown Fridays @ 1:00 pm

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

New players are welcome - we play quite informally.

The cost is \$3 for members.

After-bridge social time is the third Friday each month - in June, it's the 20th. Spouses are welcome.



TEXAS HOLD 'EM Tuesdays at 1:00 pm

- Ron Martin

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.



Monday Canasta -

Activity Leader - Lauralee Hackert

Mondays at 1:00

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

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.

I ordered a second-hand deck of cards from a casino. After four weeks they still hadn't been delivered so I rang them up to see what was going on.



They told me they were still dealing with my order...



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.

MAD MINUTE MAKEOVERS by Brenda



SCAN ME

BRENDA TRACH

204-510-3911



btrach1@shaw.ca

www.madminutemanicures.ca

Community Service

Caregiver Support - third Monday of the month (subject to change)

Being held at Gimli New Horizons



Next meeting date - June 16th, 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!

Who Are You Walking For?

Gimli Walk

Friday, June 27
Betel Personal Care Home

10 am - Check In Starts
10:30 am - Walk Begins



Register Now!

alzheimer.mb.ca #IGWalkforAlz



News from the Seniors Resource Program

Come out and enjoy a home cooked meal at our Congregate Meal Program!

Meals are served at 11:30 a.m. and for only \$9.00 per meal you get to enjoy an entree, soup/salad, dessert, coffee or tea plus the opportunity for socializing and meeting new people. Bring a family member, bring a friend or just come alone.

Newcomers are always welcome!

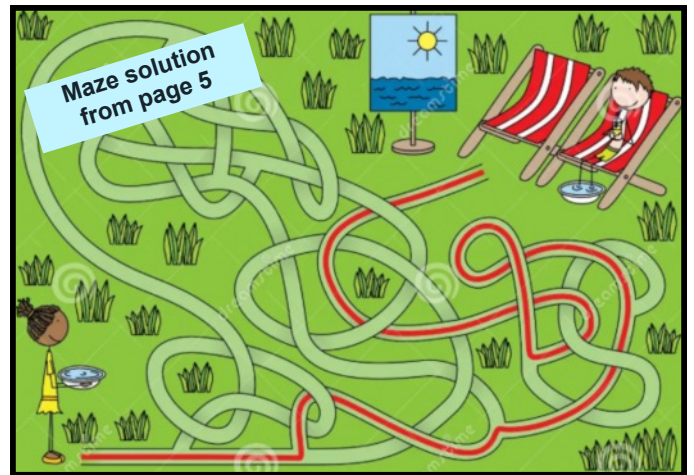
24 hours' notice is appreciated!

For more information on attending any of our meal programs or to enquire what is being served, please call our office at 204-642-7297.



We always welcome new 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!



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

A colorful bingo advertisement for Gimli New Horizons. The background is a collage of various colored bingo balls with numbers. The text "Gimli New Horizons" is in a large, yellow, stylized font. Below it, "Located at 17 Loni Beach Rd." is written in a smaller font. A large, blue, comic-style speech bubble contains the word "BINGO" in bold, yellow letters. Below the speech bubble, "EVERYONE WELCOME!" is written in a yellow, outlined font. At the bottom, the text "Wednesday Nights @ 7:00pm", "Doors Open @ 5:30pm", "No Cards Sold After 6:50pm", and "The regular canteen menu and weekly special" are listed in a yellow font.

Gimli New Horizons
Located at 17 Loni Beach Rd.

BINGO

EVERYONE WELCOME!

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

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

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

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

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

Canteen available - Hot dogs, popcorn, chips, chocolate bars, ice cream and butter tarts. Coffee, pop, and water available. Check out the GNH Facebook page for Canteen Specials!

Snack while you play!



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