

# MARCH 2024 HILITES



## **NEW HORIZONS** **55+ Activity Centre**

Tel: (204) 642-7909

Email: [gimli55@mts.net](mailto:gimli55@mts.net)

Follow us on Facebook as Gimli New Horizons

*Happy St Patrick's Day*



# 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.



## 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!**



## CANTEEN



Mini canteen is running smoothly.

We will continue to bring in new selections for you to purchase.

Coffee/Tea, chips, snack bars, candy, drinks and water are \$1.00 each.

Chocolate bars & trail mix are \$1.25 each.

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



We will move the mini canteen to the Bingo room on Wednesday evenings.



## BOOKS & PUZZLES -

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Centre Hours



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



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## **Eirik Bardal**

Owner / Funeral Director

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Gimli: (204) 642-7124

Fax: (204) 694-9494

Email: [info@nbardal.mb.ca](mailto:info@nbardal.mb.ca)

3030 Notre Dame Avenue  
Winnipeg, Manitoba R3H 1B9  
82 5th Avenue  
Gimli, Manitoba R0C 1B0

**neil  
bardal**  
FUNERAL CENTRE

# 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 <sup>st</sup> Vice	Lynda Dodunski
2 <sup>nd</sup> Vice	Vera Szczepanski
Secretary	Julie Ewanchuk
Treasurer	Lavona Clarke

## Directors: 2023/2024

Building/ Maintenance	Garry Peterson
Kitchen	Evy Bialek
Member at Large	Brian Pauls
Member at Large	Josey Banera
Member at Large	Isabel Peterson
Member at Large	Barry Martin
Membership	Gail Hurak
Publicity	Graham Watson
Social	Carol Simonson
Volunteers	Richard Szczepanski

## Office Staff:

Facility Manager	Jonie Johnson
Facility Manager Assistant	Margaret LaRocque

### A note from the office staff:

Please note that the office staff have different email addresses.

To reach Jonie regarding Centre related information -  
[gimli55@mts.net](mailto:gimli55@mts.net)

To reach Margaret for Hilites Newsletter,  
advertising and membership info -  
[hilites@mts.net](mailto: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 great winter so far, I won't hold my breath though, winter isn't over yet! As the weather is gradually getting warmer during the day please be aware that the temperatures are still dropping off at night which is making the parking lot very slippery, please be careful.

Thank you to all those that bought and sold our Cash Calendars to help support the 50<sup>th</sup> anniversary celebration at the Centre, your support of this fundraising project is so much appreciated.

Congratulations to all our winners.

We hope to do another fundraiser in the form of a Silent Auction and have started accumulating some wonderful items that some of our members have donated.

Please watch for the announcement when this will take place.

It was one of those  
March days when the sun  
shines hot and the wind  
blows cold: when it is  
summer in the light, and  
winter in the shade.  
- Great Expectations





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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.



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Cell: (204) 641-3613  
Home: (204) 642-5723

# Activities This Month

Activity	Activity Leader	PHONE	Price	Day/Time	Room
Addicted to Dance	Office	642-7909	\$2.00	Thursday 11:00 a.m.	Harmony Room
Bingo	Josey Banera	641-0967	Pay what you play	Wednesday 7:00 pm	Grand Room
Bridge - Contract	Allison Atkey Judy Brown	642-7909	\$3.00	Friday 1:00 pm	Coffee Spot
Bridge -Duplicate	Brian Wallace	376-5603	\$2.00	Wednesday 1:00 pm	Card Yard
Canasta - Friday	Audrey Corrie	642-1581	\$2.00	Friday 1:00 pm	Card Yard
Canasta -Monday	Loni Loughery	671-0181	\$2.00	Monday 1:00 pm	Card Yard
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
Floor Curling (Fun)	Arlene Bernshine	782-5071	\$2.00	Thursday 10:00 a.m.	Grand Room
Floor Curling (League)	RJ Jamieson Elaine Einarson Vera Ralke	407-6866 641-0350	\$30.00 pp/season	Friday 10:00 a.m.	Grand Room
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 am 10:00 am	Harmony Room
Texas Hold 'Em	Vince Gerwing	642-8651	\$3.00	Wednesday 1:00 pm	Coffee Spot
Social Dance (Let's Go Dancing)	Gail Hurak	642-7834	\$10.00	Tuesdays at 1:00 & 7:00 p.m.	Grand Room
Ukulele	Gayle Halliwell	389-3832	\$2.00	Thursday 1:00 p.m.	Harmony Room
Wood Carvers	Dave Tustin	389-2305	\$2.00	Friday 1:00 p.m.	Harmony Room
Yoga with Leanne	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 2023/24 proceeds will go towards Gimli New Horizon's  
50<sup>th</sup> Anniversary Celebration which will be held in May 2024.



The tree is in the entrance to New  
Horizons.

Leaves can be purchased from the  
office for \$25.00 each and imprinted  
with names of people special to us.

Tax receipt upon request.



Membership year: Oct. 1 - Sept. 30

\$25 regular membership (55+)  
\$30 associate membership (50-54)  
Memberships are an annual fee.

Monday - Friday 9 - 4:00 at the office  
(Cash or Cheque)

Our February membership numbers were **485**

At this time, I wish to thank all the people that have  
taken out a membership. Your fees help our facility to  
stay open. Even if you don't participate in our programs,  
your membership is a terrific help for our facility  
financially and in enrollment numbers. Please consider  
being a member. We truly appreciate your support.

The New Horizons 55+ Activity Centre is a great place  
to meet new people and to engage with other members.  
We have many programs and social activities for  
everyone 55+ or older!



**FREE**

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Cell: 204-479-1208  
Toll Free: 1-888-642-8501  
Fax: 204-642-8457  
Email: [iwish@interlake.mb.ca](mailto:iwish@interlake.mb.ca)  
[www.interlake.mb.ca](http://www.interlake.mb.ca)

**56 Centre St., Gimli, MB.**





Come Celebrate with us!

Wednesday, May 8th, 2024

1:00pm - 3:30pm

RSVP with the Office  
by April 26th  
*Thanks!*

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# Canadian Dental Care Plan

Accessible. Affordable. Essential.

The Government of Canada has launched the Canadian Dental Care Plan (CDCP) which aims to ease financial barriers to accessing oral health care for eligible Canadian residents who have an adjusted family net income of less than \$90,000 and do not have access to dental insurance. We are reaching out to provide the information your organization may need to help answer questions from eligible seniors.

Applications are being accepted in phases, starting with seniors, followed by adults who have a valid Disability Tax Credit certificate and children under 18. All remaining eligible Canadian residents can apply starting in 2025.

It is important to note that seniors aged 70 and over who may be eligible will receive a letter inviting them to apply, with instructions on how to validate their eligibility and apply by telephone.

The Government of Canada released the list of oral health care services covered by the CDCP that will help your clients keep their teeth and gums healthy, and prevent and treat oral health care issues and diseases.

We are also pleased to offer virtual CDCP information sessions for advocacy organizations like yours where we will provide an overview of the plan.

Tuesday, March 19 from 3:30 to 4:30 p.m. (EST)

Link: <https://hc-sc-gc-ca.zoom.us/j/65928169364>

Phone number: 1-613-209-3054

Session ID: 659 2816 9364

Passcode: 967307

We hope that you will be able to join us and look forward to working with you to ensure that as many eligible Canadian residents can access oral health care.



# Health & Wellness

## Bereavement Support

Losing a loved one is never easy - whether the loss was anticipated or without warning, the pain is the same.

Sometimes it helps to talk to other people who are experiencing the same feelings and challenges.

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

When you reach out for help, this is the first step of healing.

For more information contact the  
New Horizons Office  
to connect you with our Bereavement leader

204-642-7909

## If you're sick, please stay HOME



Out of respect for all of our members, if someone is sick in your household with a cold, flu OR Covid, please refrain from coming to the Centre. Germs spread easily and we all need to do our part to stop the spread.

Also, please wash your hands frequently or use hand sanitizer around the Centre.

Masks are not required at this time.



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of Gimli New Horizons 55+

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## GOODBYE FEBRUARY



### Monday Night ZUMBA FITNESS

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This winter we're focusing on low impact moves.

Try a class for FREE!  
Reserve your spot by emailing:  
ZUMBAJAN@MTS.NET

Mondays, 6:30-7:30pm  
Winter Session On Until March 18  
Gimli New Horizons





# From the Kitchen

-Evvy Bialek



Now that February is over, we can look forward to Spring.

Our Floor Curlers are enjoying the

meals we are serving and it is a real pleasure working to feed our members who come to join us.

The weather has been temperamental somewhat. This is the Interlake!

We look forward to trying new menus for Fridays.

Happy St Patrick's Day everyone.

## Perogies

WOW what a turnout for two days of perogy making in February.

10 people showed up for prep on Tuesday. Everyone worked diligently getting the potatoes done and helping with prep for Wednesday. Special thanks to Ron and Debra for mashing the potatoes, the filling turned out perfect. They did a great job.

On the Wednesday, 35 people arrived with smiling faces and happy chatter. The day was kept very busy rolling dough, cutting flats, rolling balls, and pinching perogies. The runner was kept very busy. Changing the trays for the many volunteers.

We had to do some adjusting to replace our number one perogy boiler. Dave, we sure missed you and Lorraine don't forget to drop in for coffee anytime. It was not an easy task replacing you, but thanks to Gwen for stepping up she did an excellent job, (Her Words) I'm going to stick it out to the end and she did.

The packers were very busy. We had two new volunteers filling in for Vera and they did an excellent job, thanks Mavis & Ivy.

Thanks to Pauline who does more than her share of dishes. Also, Lori Anne thank you for doing the towels and aprons. To everyone who pitched in to help at the end of the day I cannot begin to thank you all. Thanks to all the newcomers. Hope to see everyone March fifth and sixth.

Thanks to the Winnipeg Beach ladies that come to help with our pierogies. If anyone wants to help them I'm sure they would welcome your help on the days when they make their perogies in Winnipeg Beach.

Again my thanks,

see you next month Elaine.

# St. Patrick's WORD SEARCH

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

CHARM  
CLOVER  
COINS

GOLD  
GREEN  
HARP

HORSESHOE  
IRELAND  
LEPRECHAUN

LUCKY  
MARCH  
MISCHIEVOUS

PATRICKS DAY  
RAINBOW  
SHAMROCK

[www.ktcreafes.net/tpt](http://www.ktcreafes.net/tpt)



**Chris Neufeld**

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Cell: 204-641-1727

Toll Free: 1-888-642-8501

Fax: 204-642-8457

Email: [chrisneufeld@mts.net](mailto:chrisneufeld@mts.net)

[www.interlake.mb.ca](http://www.interlake.mb.ca)



56 Centre St., Gimli, MB.

**Jasmin Theobald**

Tel.: 204-642-8501

Cell: 204-651-1268

Toll Free: 1-888-642-8501

Email: [jt.interlake@gmail.com](mailto:jt.interlake@gmail.com)

56 Centre St., Gimli, MB.



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# GAMES at the Centre



**Monday Canasta - Activity Leader - Loni Loughery** Mondays at 1:00 pm  
Come and join our friendly group. Partner selection and table assignment starting at 12:50 on the dot with play at 1:00 p.m.  
We play two types of Canasta for those who might like variety. Games end between 3:30 & 4:00 p.m.

**Friday Canasta - Activity Leader - Audrey Corrie** Fridays at 1:00 pm  
Canasta is easy to learn as it is a take off from Rummy.  
Come and join us.....seasoned players OR beginners welcome. We have great teachers.  
We start playing at 1:00 pm with partner and table selection 10 minutes before.  
We have welcomed new players, but always have room for more!



## **DUPLICATE BRIDGE**

**Brian Wallace**  
**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.



## **TEXAS HOLD 'EM** Wednesdays at 1:00 pm

- Vince Gerwing



All is good in Texas Hold 'Em.

We still have room for more people.

Our brand new table has arrived!



## **CONTRACT BRIDGE**

**Allison Atkey & Judy Brown**  
**Fridays @ 1:00 pm**

We play contract bridge on Fridays, gathering about 12:45 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.



## **CRIBBAGE - THURSDAYS** **@1:00 p.m.**

- Doris Lloyd

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



# Activities

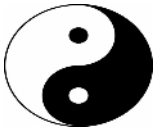
## MOVING TOGETHER TAI CHI GIMLI

-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



There are many health benefits of practicing Tai Chi. Regular practice can increase flexibility and strength, and improve cardiovascular fitness. The emphasis on correct posture means that Tai Chi can instill a greater awareness of the body and how it moves through space. It will give you better balance to help prevent falls. It's sometimes called "meditation in motion" because it is a series of exercises that can help harmonize your body's energy and mind. Tai Chi helps to reduce stress because to successfully practice Tai Chi you have to think about your breathing and movements which takes your mind away from everything else.



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

March, March, March..... Spring is coming! 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](mailto:stillbluecatyoga@gmail.com)

Namaste,  
Leanne

## Spring Snow & Ice is Slippery....Here are some tips:



Focus on your footing



Walk like a penguin



Don't use your cell phone when walking



Use handrails



Be aware of changes in walking surfaces



Free up your hands



Use authorized paths



Step down off curbs, not out



Step down not out of car



Wear appropriate footwear

# Activities

## FITNESS

-Sue Stevenson

### Mondays

Cardio Sculpt 10-10:45 a.m. Starting April 8<sup>th</sup>

Core & More 11-Noon Starting April 8<sup>th</sup>



### Wednesdays

Cardio Sculpt 10-10:45 a.m. Starting April 10<sup>th</sup>

Core & More 11-Noon Starting April 10<sup>th</sup>

### Saturdays

Drums 10-11 a.m. Starting April 13<sup>th</sup>

**ALL CLASSES WILL RUN FOR 8 WEEKS**

- 1 class/week - \$ 50
- 2 classes/week - \$ 90
- 3 classes/week - \$ 130
- 4 classes/week - \$ 145

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

(Non-refundable  
& Non-transferable)

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## LET'S GO DANCING

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

**Tuesdays 1:00 for beginners.**

**7:00 PM for dancers that have learned the basics.**

**\$10 per person, per class.**

We teach dances that you can use at social events in the Interlake. This is a class where you can have fun and enjoy dancing with your partner. Even if you have two left feet, this is a class for you!

In March, we will continue with Salsa. This is a fun, rhythmic dance that can be danced to pop music as well as Latin music.

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

Gail Flurak (204) 642-7834



## Fraserwood Hall

presents...



### Friday Nights

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

5 Share the Wealth Games  
15 Regular Games with \$60 payout  
(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

## Old Time Dances

Scheduled Dances for 2024:

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

January 14 | February 18 | March 10 | April 14 | May 12  
July 14 | August 11 | September 8 | November 10 | December 8

Light Lunch at 4PM Bands to be announced

### Upcoming Events:

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

Dine Dance & Win - April 27  
Spring Craft Sale - May 11

**Need More  
Information:**

204-643-5302  
fraserwoodhall1@gmail.com

**We look forward to seeing  
you at our next event!**





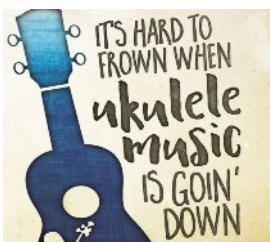
# Activities



## Woodcarvers

-Dave Tustin

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



## Ukulele Jammin'

-Gayle Halliwell

Thursdays  
at 1:00  
in the Harmony Room

## Addicted to Dance

Thursday 11 am - will be continuing with no leader until spring.  
So dancers will be doing review of what  
has been learned. It will be drop in so whoever  
shows up will dance.

## Line Dance

Thursday 7 pm - Cancelled until spring or until further notice



**FUN - THURSDAYS at 10:00 a.m.**

-Arlene Bernshine

A great opportunity to come out, have fun and practice with the new rocks. We meet at 9:30 to set up. A BIG 'Thank you' to our set up crew!

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

**LEAGUE - FRIDAYS at 10:00 a.m.**

-RJ Jamieson, Elaine Einarson, Vera Ralke



## GIMLI HOME HARDWARE

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# Activities



## **Painting** - Tuesdays 1:00 pm -Sandy Reimer

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.

Did I mention our coffee breaks? :)

Bring your supplies and come check us out!

## **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 your 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 see you!

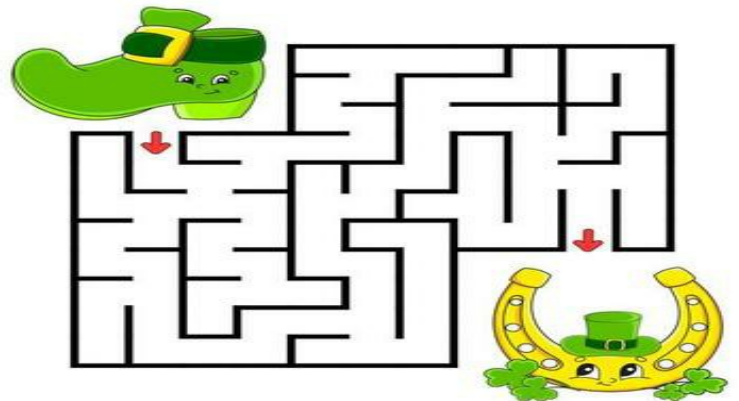


## **Memoir Writing** - Wednesdays at 10:00 a.m.



The Memoir Writing has been writing memories weekly on a topic or event. We write a first draft, then share it for feedback. One week the topic was a piece of jewelry. Another week it was ice cream. Each new member creates a timeline of their life, in decades, and begins writing from their earliest memories.

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



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56 Centre Street  
Gimli, MB R0C 1B0



**Grant Hjorleifson, BSc**  
**REALTOR®**



# Community Service

## Caregiver Support

third Monday of the month

Being held at Gimli New Horizons



**Next meeting date - March 18<sup>th</sup>,  
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

If you are requiring short-term mobility equipment, we may be able to help you out.

For more information, please give us a call us at the office at 204-642-7297.

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!



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](mailto:service@ronagimli.ca)  
Website: [www.rona.ca](http://www.rona.ca)

# RONA

## BUILDING CENTRE GIMLI

### OPEN 7 DAYS A WEEK




Free  
Delivery

"We are happy to serve our community"


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**Joseph Tawfilous**  
Pharmacist

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# 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, tacos & salsa, chips, chocolate bars, candy, drinks, water, etc.

Snack while you play!



**LAKESED LAW**  
CORPORATION

GUIDING YOU THROUGH YOUR EVERYDAY  
LEGAL NEEDS

WILLS - POWERS OF ATTORNEY - ESTATES  
REAL ESTATE - COHABITATION AGREEMENTS

Nicole (Nikki) Chapnick

LAWYER & NOTARY PUBLIC

109-94 1<sup>ST</sup> AVENUE, GIMLI, MANITOBA

PHONE: 204-642-9111  
EMAIL: NIKKI@LAKESIDELAW.CA  
WWW.LAKESIDELAW.CA



Gimli New Horizons is offering  
**FREE**  
**BASIC** Income Tax Returns  
must be below:

### Family size

Single person  
2 people

### Total family income below

\$35,000  
\$45,000 (single parent, married/common-law)

We do not prepare returns for individuals who:

- report business or rental income & expenses
- report capital gains or losses
- report employment expenses
- filed for bankruptcy
- died in the tax year

Call 204-642-7909 to be referred to one of our Volunteer Tax Return Preparers trained by Revenue Canada.

**Be assured that this service is entirely confidential.**

Appointments Only  
Call New Horizons Office

**204-642-7909**



**1-888-642-8501**

David & Laurence Humniski

FREE MARKET EVALUATION

*Buying or Selling - We'll Get You Moving!*

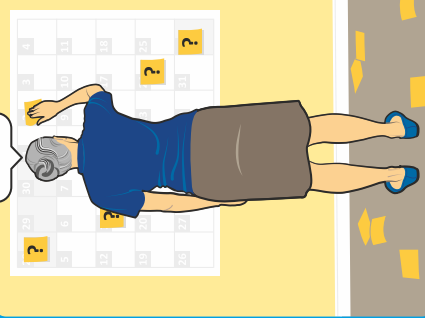
daretodream@mts.net • lkhum@mymts.net





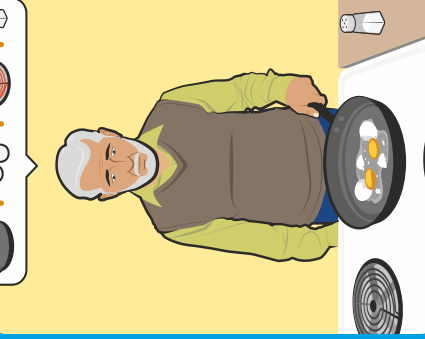
# KNOW THE 10 WARNING SIGNS OF ALZHEIMER'S DISEASE

**1**



**MEMORY LOSS THAT AFFECTS DAY-TO-DAY ABILITIES**  
Forgetting things often or struggling to retain new information.

**2**



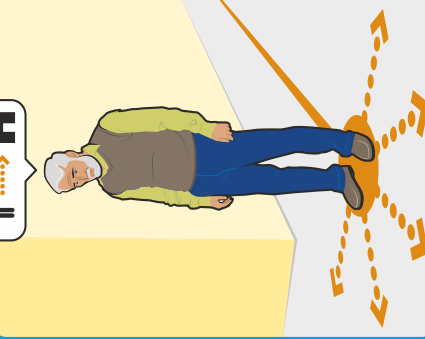
**DIFFICULTY PERFORMING FAMILIAR TASKS**  
Forgetting how to do something you've been doing your whole life, such as preparing a meal or getting dressed

**3**



**PROBLEMS WITH LANGUAGE**  
Forgetting words or substituting words that don't fit the context.

**4**



**DISORIENTATION IN TIME AND SPACE**  
Not knowing what day of the week it is or getting lost in a familiar place.

**5**




**IMPAIRED JUDGMENT**  
Not recognizing a medical problem that needs attention or wearing light clothing on a cold day.

**6**



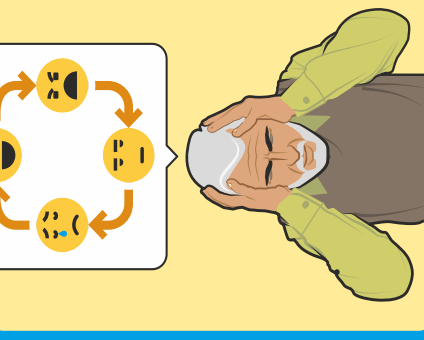
**PROBLEMS WITH ABSTRACT THINKING**  
Having difficulty balancing a chequebook, for example, or not understanding what numbers are and how they are used.

**7**



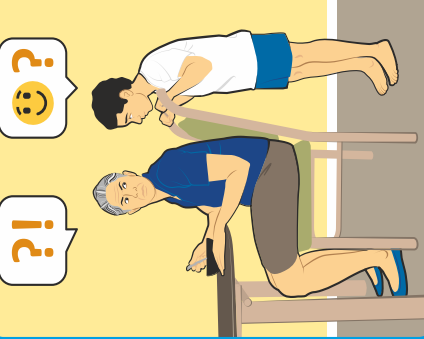
**MISPLACING THINGS**  
Putting things in strange places, like a dress in the refrigerator or a wristwatch in the sugar bowl.

**8**



**CHANGES IN MOOD AND BEHAVIOUR**  
Exhibiting severe mood swings from being easy-going to quick-tempered.

**9**



**CHANGES IN PERSONALITY**  
Behaving out of character, such as becoming confused, suspicious, or fearful.

**10**



**LOSS OF INITIATIVE**  
Losing interest in friends, family and favourite activities.



For more information, contact your local Alzheimer Society or visit [www.alzheimer.ca](http://www.alzheimer.ca)

Alzheimer  
Society

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# March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>	<b>2</b>
					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	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	1:00 Canasta	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:30 Painting 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 1:00 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	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	1:00 Canasta	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:30 Painting 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 1:00 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	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	1:00 Canasta	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:30 Painting	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 1:00 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	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	1:00 Canasta	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:30 Painting	10:00 Memoir Writing 1:00 Duplicate Bridge 1:30 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 1:00 Ukulele 1:00 Cribbage	<b>CENTRE CLOSED</b>	
<b>31</b>						