

MAY 2024 HILITES



GIMLI NEW HORIZONS 55+ Activity Centre

Tel: (204) 642-7909

Email: gimli55@mts.net

Follow us on Facebook as Gimli New Horizons



**Thank you to everyone who signed up to attend our
50th Anniversary Celebration.**

**We are now at maximum capacity for attendees.
For those who could not attend we will be printing a
special addition Hilites Newsletter with many pictures
celebrating this milestone event.**

See you on May 8th

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.



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 - Available during Centre Hours



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



We were successful in
receiving funds from
“New Horizons
for Seniors Program”
for accessible floor curling
equipment & supplies.



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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	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

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

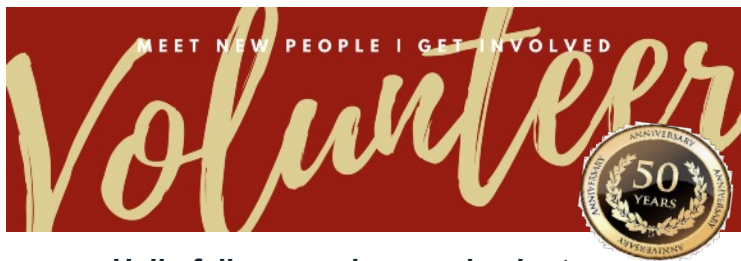
It looks like Spring is really here.
The weather has been all over the place, but those warmer days are here
and the sun is very warm.

Hard to believe after all the months of planning, the 50th anniversary is just around the corner.
The committee and volunteers have worked very hard to bring the Centre this event.
Although Jonie and Margaret are not volunteers, they too have worked very hard on the hundred and
one jobs that needed doing. Thank you to all of you.

The sign up is full now for May 8th .

We will be publishing a special edition of the Hi-Lites in July.
As you know we have been raising money to cover the costs of the 50th and
presently we have a Bag Auction. Those that have donated towards that –
Thank you so very much. If you haven't checked it out please do –such
wonderful items!

We also had a great floor curling season and wonderful lunches put on by our
lunch teams. Now looking forward to golfing season.



Hello fellow members and volunteers.

**Our 50th anniversary celebration is approaching
soon on May 8 at 1:00 p.m.**

**We had a sign up sheet up on the bulletin board
asking for volunteers for various tasks the day
before and the day of.
We have filled all the spots now.**

**Thank you for signing up. I am looking forward to
seeing you there!**

- Richard S

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.**



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Activities This Month

Activity	Activity Leader	PHONE	Price	Day/Time	Room
Addicted to Dance BEGINNERS ADVANCED	Office	642-7909	\$2.00	Thursdays 11-11:45 a.m. 11:45-12:30 p.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
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
50th 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.



Gimli New Horizons

SILENT
AUCTION

Draw Date: May 8, 2024

TICKETS

Available at Gimli New Horizons Office

Regular Tickets

\$5/Sheet or \$20 for 5 Sheets

Grand Prize Tickets

1 for \$5 or 3 for \$10

MEMBERSHIP



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 March membership numbers were **513**

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!

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Fax: (204) 642-8457
Email: ghjor@mymts.net

56 Centre Street
Gimli, MB R0C 1B0



Grant Hjorleifson, BSc
REALTOR®

Perogies

-Elaine Einarson

April 2nd & 3rd brings our monthly Perogy activity to an end till October providing there is a co-ordinator to replace me (Elaine). If there is someone who would like to take the challenge on I would be happy to assist. Now if you look at these pictures you will notice the same people that are in the pics from April last year, do you also notice most of the people are still here so whoever would take over, these same people would come out each month. Who wants to do their part for the good of the Centre?

Having said that, I would like to thank everyone who participated in making perogies, to the volunteers who peeled potatoes and made the filling, to Garry for making the dough, to Debra on the sheeter, to those making the flats, to the ball makers, pinchers, boiler, runner, cooler, packers, money taker, I thank you for doing your part.

Special thanks to Richard for phoning the volunteers, I trusted that enough volunteers would come out each month.

To the four ladies - Linda S, Pauline, Linda C, & myself who stayed to wash dishes & clean the kitchen. Thank you Linda S for washing the aprons & towels a huge thank you.

Have a great summer folks, see you all at the Anniversary in May, and don't forget to buy the silent auction tickets and maybe you will win a prize.

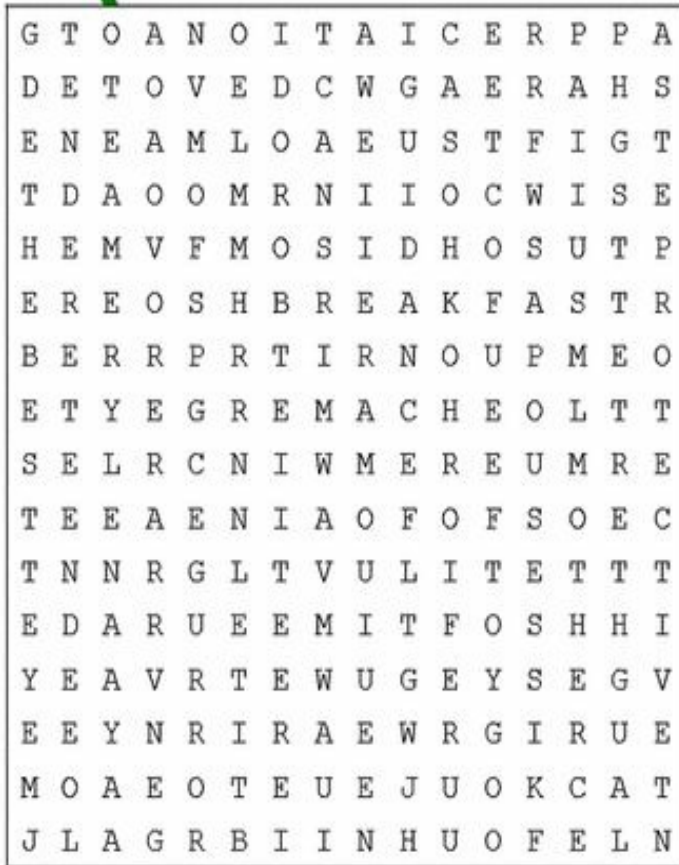
- Thank you, Elaine





Mother's Day

Second Sunday of May



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TENDER
THE BEST
WARM
WISE




Gimli New Horizons

50th ANNIVERSARY

On May 8th, we are celebrating our 50th Anniversary. A true milestone event!


Dear Members and Volunteers,

Your dedication and commitment serve as the foundation of our success. Your efforts are not just appreciated; they are invaluable. Thank you for your unwavering support and for going above and beyond in every task you undertake.



John Wishnowski

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Cell: 204-479-1208
Toll Free: 1-888-642-8501
Fax: 204-642-8457
Email: iwish@interlake.mb.ca
www.interlake.mb.ca



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Contact us to find out how you can join us in "Building a Lasting Legacy"

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



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OUTDOOR ZUMBA

Zumba Fitness is perfect for Everybody and every body!

FREE Fitness Saturdays Sponsored by RM Gimli
Saturdays - June 29 to September 7
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
9:30-10:30am, Winnipeg Beach Bandstand

INFO: ZUMBAJAN@MTS.NET

A woman wearing a black Zumba t-shirt and pink leggings is holding a large yellow ball with a smiley face. She is standing on a green field with a yellow background. There are several small Zumba icons scattered around the text.



Wonderful Spring but not as wonderful is the cleanup that needs to be done.

Each season brings a new surprise. One year it was the mountain of snow beside our walkway, this year it's the sand blown in from the parking lot!

Weather permitting, we are starting our cleanup before our Centre's 50th Anniversary.

Again this year we will be planting Canna Lilies in our beds and planters at the Centre. Thank you to Ken & Linda Duthie for starting the Cannas again this spring so we can beautify our entryway.

We will not be doing a Canna Lily Fundraiser this year.

We're looking forward to creating and maintaining a welcoming landscaped entryway.

-Vera Szezepanski

From the Kitchen

-Evy Bialek



As we are all looking forward to putting in our gardens and flowers, we bid farewell to another winter.

It was a pleasure to serve our curlers and guests on Fridays. It was wonderful working with you all. I want to thank our leaders, Agnes Tamoto, Audrey Corrie, Isabel Peterson, Phyllis Lundquist and their teams. Huge THANKS to Jonie and Margaret. They have always gone out of their way to help us out. My gratitude doesn't even COME CLOSE! Lol

Love you all and God Bless, Evy




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Activities

MOVING TOGETHER TAI CHI GIMLI

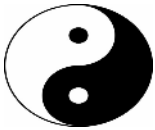
-Phyllis Holmes

The classes will be in the Harmony Room
Tuesdays and Fridays
Beginners start at 9:30 am and regular class
at 10:00 am



What is the difference between Chi and Chakras?
 Chi and Chakras can be easily compared to a river. The water in the river is chi. The path the water (chi) takes is called a meridian, and swirling pools where water (chi) gathers before moving on into another river (meridian) is called a chakra.

The seven chakras - 1) The base chakra - red - tail bone
 2) The sacral chakra - orange - lower stomach/pelvis
 3) The Solar Plexus chakra - yellow - belly button
 4) The heart chakra - green - center of chest
 5) The throat chakra - azure blue - throat
 6) The third eye chakra - Indigo - center of the forehead
 7) The Crown chakra - violet and white - centered at the top of the head



Please phone me if you are interested in watching a Tai Chi beginners class or if you have any questions.

(204) 642-9054



Woodcarvers

-Dave Tustin

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



Yoga - Leanne Stevens

Welcome MAY!

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



Glad to see Spring is here and the grounds are drying up.

We anticipate our Monday Mixed Golf to start May 27th. Please be there for 2:30 p.m.

Any member interested in joining our golf group can contact me @ 204-642-5702.

We had 68 golfers last year and had an excellent year of golfing and socializing after a round of golf.

I will be calling our registered golfers at the start of May to update our contact lists.
We are looking forward to another fun season.

Thank you,
Larry Gel



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!

Our last class for the dance season is May 14th

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

Gail Hurak (204) 642-7834



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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 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 have you!



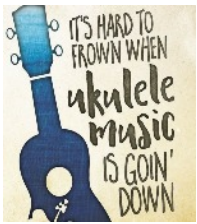
May & June 2024:

Thursdays at 11-11:45 for Beginners & 11:45-12:30 for Advanced

Beginner dancing classes will be focused on learning a base of 12 easy dances.

Classes are not running on May 2nd & 9th, as I am away.

-Carol Simonson



Ukulele Jammin' -Gayle Halliwell

Thursdays at 1:00 in the Harmony Room

We invite new and seasoned players to join our group.

We have a small tune book and also use the Winnipeg Ukelele song book each week to play favourites and learn new tunes and chords.

Just learning? We'll help you get started. Expert player? A great way to review, practice and enjoy the sound of a uke group!

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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

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

Games subject to change without notice

Old Time Dances 2024

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

April 14 | May 12 | June 9 | July 14
August 11 | September 8 | November 10 | December 8

Light Lunch at 3PM Bands to be announced

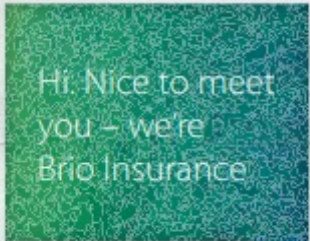
Upcoming Events:

Indoor Garage Sale - April 13 Spring Craft Sale - May 11
All You Can Eat Perogies - April 21 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

We look forward to seeing you at our next event!



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56 Centre St., Gimli, MB.



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!

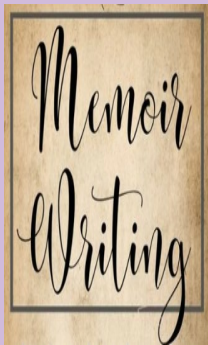
Last formal day of Painting is May 14th.
We will start back up on October 1st.



The winners of our January - April Floor Curling League Curling were:

L to R - Presenter Elaine Einarson, Harvey Turbovsky, Norm Freund, Margaret Freund & Pauline Finlay

A special thank you to Elaine Einarson, Vera Ralke & RJ Jamieson for all their organizing.



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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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.



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.

We have welcomed back our snowbirds.....and as of April 26th, we have 2 men players!



CRIBBAGE - THURSDAYS @ 1:00 p.m.

Doris Lloyd

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

TEXAS HOLD 'EM Wednesdays at 1:00 pm

- Vince Gerwing



Texas Hold 'Em is going really great! We have the same group that comes every week.

This current session's Tournament is on May 1st, results will be in June's Hilites.



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!

We're looking forward to welcoming the graduates of the ongoing bridge classes and soon the snow birds will return!

The cost is \$3.



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.

Community Service

Caregiver Support

Being held at Gimli New Horizons



**Next meeting date - May 27th,
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!

GIMLI SENIORS RESOURCE COUNCIL INC.



News from the Seniors Resource Program

Summer is almost here! Needing help with your spring cleanup or maintaining your yard? If so, beat the rush and give us a call at the office, we would be happy to help find someone for you!



VOLUNTEER DRIVERS NEEDED

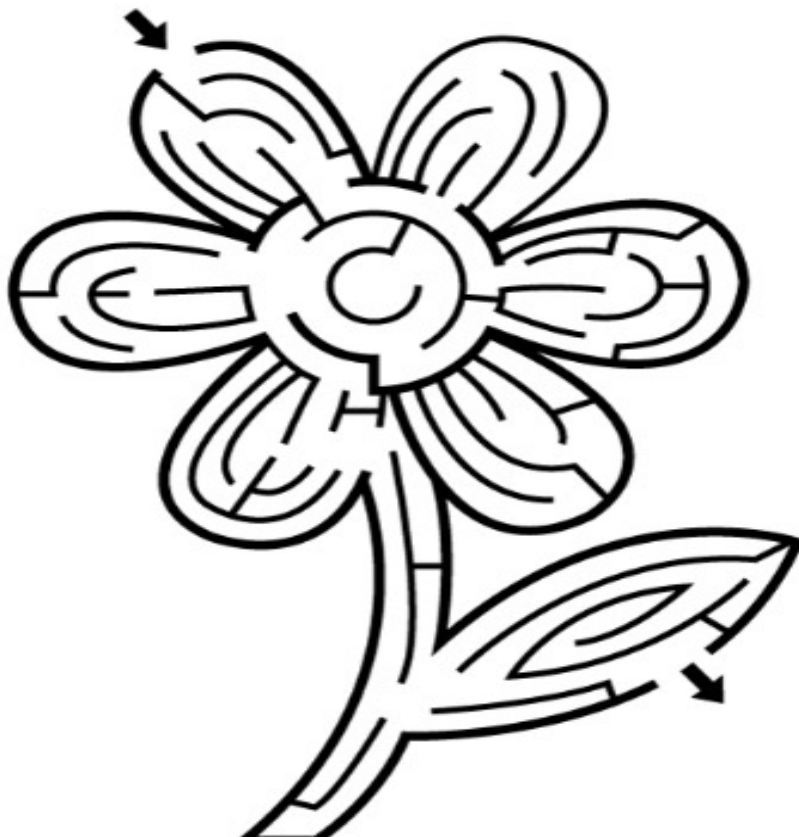
The Seniors Resource Program is seeking individuals to join our transportation program.

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 to the drivers.

**For more information, please call our office
204-642-7297**

Flower Maze



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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.

NO BINGO on May 8th

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

Snack while you play!



DAILY REMINDERS

SMILE!

DON'T
GIVE UP

THINGS WILL
GET BETTER

IT'S A
BEAUTIFUL DAY

EVERYTHING WILL
BE AMAZING!

You are
Beautiful!



EASTERN INTERLAKE HANDI-VAN CALL: 642-5792

24 HOUR ADVANCE NOTICE REQUIRED



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

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.



May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			10:00 Cardio Sculpt - Week 4 10:00 Memoir Writing 11:00 Core & More - Week 4 1:00 Duplicate Bridge 1:00 Texas Hold 'Em Tournament	9:30 Yoga with Leanne 1:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	NO DRUMS CLASS
5	6	7	8	9	10	11
	10:00 Cardio Sculpt - Week 5 11:00 Core & More - Week 5 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	ANNIVERSARY CELEBRATION ALL ACTIVITIES CANCELLED 1:00 50th ANNIVERSARY to 3:30 CELEBRATION 	9:30 Yoga with Leanne 1:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	Drums - Week 4
12	13	14	15	16	17	18
	10:00 Cardio Sculpt - Week 6 11:00 Core & More - Week 6 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	NO BINGO 10:00 Cardio Sculpt - Week 5 10:00 Memoir Writing 11:00 Core & More - Week 5 1:00 Duplicate Bridge 1:00 Texas Hold 'Em (New Season Begins) 7:00 Bingo	9:30 Yoga with Leanne 11:00 Addicted to Dance (Beginner's Class) 11:45 Addicted to Dance (Advanced Class) 1:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	Drums - Week 5
19	20	21	22	23	24	25
	CENTRE IS CLOSED 	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts	10:00 Cardio Sculpt - Week 6 10:00 Memoir Writing 11:00 Core & More - Week 6 1:00 Duplicate Bridge 1:00 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 11:00 Addicted to Dance (Beginner's Class) 11:45 Addicted to Dance (Advanced Class) 1:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	Drums - Week 6
26	27	28	29	30	31	
	10:00 Cardio Sculpt - Week 7 11:00 Core & More - Week 7 1:00 Canasta 2:30 Golf - Sandy Hook	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts	10:00 Cardio Sculpt - Week 7 10:00 Memoir Writing 11:00 Core & More - Week 7 1:00 Duplicate Bridge 1:00 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 11:00 Addicted to Dance (Beginner's Class) 11:45 Addicted to Dance (Advanced Class) 1:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	