

MAY 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



Upcoming in June:

Indoor Yard Sale on Saturday, June 7th
(see page 6 for more details)



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,
we can issue you a tax receipt....please ask us!

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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EMAIL: NIKKI@LAKESEDLAW.CA
WWW.LAKESEDLAW.CA



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
Member at Large	Brian Sumner
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

Hopefully the snow is done. The temperatures have been crazy to +20 days to snow. What a climate we live in! Hopefully those of us that garden will be able to plant before the end of the month. If you are interested in using one of the raised beds please contact the office.

I would like to thank all those that came out to the General meeting; your input is needed to make the Centre the great place it is. As those that came out are aware we are updating some of our bylaws. There are copies available at the office to all the members, and your input would be greatly appreciated. We have a few events coming up and our volunteers have been hard at work on these. Your support is important to us to bring these events to the membership and community.

Hopefully many of you will be able to attend our volunteer luncheon, but I know there will be some that cannot.

So in this message I would like to thank each and every one of you that have volunteered this year or in the past.

Whether you have volunteered many hours or just 1 hour we could not undertake all the opportunities that our Centre offers without each and every one of you.

All of you are an asset to
Gimli New Horizons
and I THANK YOU.

Welcome May

May You be happy.
May You be well.
May You be safe.
May You find comfort.
May You have strength.
May You have courage.
May You find healing.
May You have peace.
May You have joy.
May You be filled with

Blessings..

inspire. Positive
soul sensations

loving kindness.

MAY YOU BE BLESSED

TODAY & Always.

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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Please Note:

We have 5 spots for Handi-Cap parking.

Once the ground has thawed, we will be adding the 5th sign.

Also, the face of the signs will be changed.

Please park in front of the sign.

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



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Cell: (204) 641-3613

Home: (204) 642-5723

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
Bridge -Duplicate	Brian Wallace	376-5603	\$2.00	Wednesday 1:00 p.m.	Card Yard
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
Darts	Julie Ewanchuk	470-8937	\$2.00	Monday 1:00 p.m.	Harmony Room
Fibre Arts	Linda Duthie	641-8021	\$2.00	Tuesday 10:00 a.m.	Coffee Spot
Floor Curling (Fun)	Arlene Bernshine	782-5071	\$2.00	Thursday 10:00 a.m.	Grand Room
Floor Curling (League)	Elaine Einarson Linda Shipman	642-7909	\$30.00 pp/ season	Friday 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
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 a.m. 10:00 a.m.	Harmony Room
Tai Chi 'Practice'	Cindy Blicq Judy Brown	642-7909	\$2.00	Monday 2:30 p.m.	Grand Room
Texas Hold 'Em	Ron Martin		\$3.00	Wednesday 1:00 p.m.	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 Strum'	Gayle Halliwell	389-3832	\$2.00	Thursday 11:00 a.m.	Harmony Room
Woodcarvers	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

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



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.



Gimli New Horizons Fundraiser



**Interlake
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Sausage Rings**

Order Deadline May 30

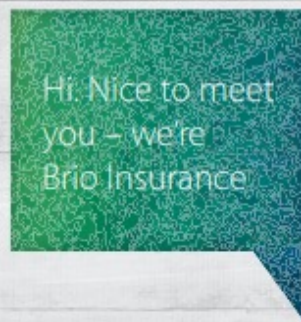
Ham Sausage \$10.00

Coarse or Fine

Cash or
cheque
Only

Pick up Date is Friday, June 6 between 10am - 3pm
at Gimli New Horizons Office

Sign up on Bulletin Board
at Gimli New Horizons
or call 204-642-7909



56 CENTRE STREET, GIMLI, MB | 1 204 642 8501



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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 April membership numbers
were **502**

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.*



The volunteer appreciation lunch is on
Thursday, May 8th.

Please sign up so we know you're coming.

Who is invited? Activity leaders and co-leaders.
Perogy makers. Last summer's gardeners. Friday
cooks. Pancake breakfast and fall supper cooks,
runners, table wipers, ticket takers. Bingo and canteen
helpers. Fashion show models. Table setter-uppers.
Maintenance helpers. If you helped the centre in any
other way, you are also invited, as your kindness is
appreciated.

-Allison Atkey



Gimli New Horizons Volunteer Appreciation Luncheon

Thursday, May 8, 2025

For all New Horizons Members that who volunteered their time
(as little as 10 minutes to months)
helping make this Centre the best place to be!

Celebrating...
Volunteers
PLANT THE SEEDS OF
Kindness!

~Doors open at 11:30am

~Lunch at 12:00pm

If able to attend - Please sign up below

Interlake
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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



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Health & Wellness

Memory aging&® PROGRAM

The program was developed for older adults but adults of all ages are welcome to attend. If you are experiencing normal age-related memory changes, or want to learn to protect and improve your brain health, join us!

Wednesdays, 1:30 to 3:30PM
May 14, 21 & 28 at Gimli New Horizons

Where did I put my glasses?

Did I turn off the stove?

What was I about to do?



To Register:
Email wellness@ierha.ca
Call Toll Free 1-877-979-9355



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

SENIORS' CENTRE WITHOUT WALLS

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



Registration for RM Gimli Aqua Zumba opens in May!

Info: www.gimli.ca
Email: grcprogrammer@rmgimli.com
Facebook: Gimli Rec



Instructor: Jan Keryluk
M.F.C. Certified Leader &
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From the Kitchen

-Evy Bialek



Can't believe May is here already.

Spring just seems to be taking it's time getting here though.

Our last lunch is on May 2nd. Audrey and Phyllis will be serving a pork cutlet lunch. They never disappoint. Then it's time to get work done outside and enjoy our summer. For some of us we start our summer activities and make the best of a good situation.

We have had a good season of lunches and hopefully you won most of your draws. Let's all have a safe and wonderful summer season.

Thank you all for your patronage. We love seeing your happy faces, whether you win or lose. You all seem to have had a great time.

Take care everyone

Perogies

This will be the last Perogy report until fall 2025.

We have done six months of Perogies since October 2024 and every month we average approximately 180 to 200 dozen.

I would like to acknowledge each and every volunteer that came in each month to complete this job, however; I know I would leave someone out, so to alleviate that, I just want to say what a great bunch of volunteers we have at Gimli New Horizons. Without you there would be no Perogies.

We held a meeting mid-April and new teams for the fall have been made to organize Perogy Prep and Making days so we can continue on supplying wonderful perogies to everyone. This is also a wonderful fundraiser for the Centre.....so we need to keep this going! I will help the new leaders out until they are comfortable on their own.....but don't worry, I will still be here helping out.....it's just time to pass the Perogy Torch on!

-Elaine Einarson

FRIDAY LUNCHES

for May:

May 2 - Breaded Pork Cutlets, Hashbrown Casserole, Mixed Veggies, Coleslaw, Cupcakes.

*** Please note that gluten free options are available for this lunch.**



\$ 8.00
(comes with coffee)



***This will be our last lunch until
Curling starts back up in the fall.
Thank you for supporting
our lunch teams!***



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Email: jt.interlake@gmail.com



56 Centre St., Gimli, MB.



Social Activities

-Cathy Timko

Well, Mother Nature had some fun with us in April, delivering warm and sunny days with a pop of green grass, followed by a blanket of snow and back to winter jackets. Once again, we made it through, and finally we have stepped into May.

Here at New Horizons we are celebrating the month with some great events to draw us out of hibernation, beginning with the May 3rd Craft/Bake Sale. We have a fine assortment of Vendors with over 40 tables to choose from, along with the Silent Auction. The Craft Show runs from 10:00 a.m. to 4:00 p.m., as well as the Canteen/Food Court located in the Card Yard. It will be wonderful to see you there!

May 8th brings us to the Volunteer Appreciation Luncheon coordinated by Allison Atkey, which is a perfect opportunity to visit and reconnect with friends and fellow members, along with fun and good food!

We end our May calendar with the Silver Collection Dance on Friday, May 23rd. Cash bar opens at 6:00 p.m., with snacks provided. This is a closed event, however guests accompanied by a Member are welcome to attend.

Spring, we have arrived!

GIMLI NEW HORIZONS

SHALL WE DANCE?



FRIDAY MAY 23RD

**ADMISSION: SILVER COLLECTION
DOORS OPEN 6:00pm – CASH BAR**

**COME OUT AND ENJOY AN EVENING OF MUSIC AND DANCE
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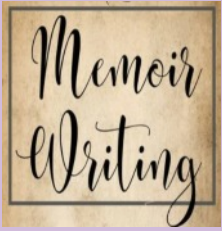


NOT THE SAME OLD THING

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Facebook-H.P. Tergesen & Sons | Instagram-@tergesens

Activities



Memor 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



Join us for Fun Darts every Monday at 1:00

-Julie Ewanchuk

Darts has been up and running since the Fall and we have had a great time. The "regulars" that have been coming have definitely improved their game. Thank you to all of you for coming out and making Monday afternoons a time of social gathering and fun. We will play

until the end of May and resume in September. Watch for our start up date in the August hilites.

Everyone is welcome anytime.

Pay as you play: \$2.00/member.

Gilbart

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Winter Season runs
January 10 to May 2

Cost is \$30
pp/season

FUN - Thursdays at 10:00 a.m.

Activity Leader: Arlene Bernshine (204) 782-5071

LEAGUE - Fridays at 10:00 a.m.

Activity Leaders:
Elaine Einarson, Linda Shipman



The season is complete on May 2. I trust everyone enjoyed themselves. Sign-up sheet is on the bulletin board. Please get your name on and the position you would like to play (no promises).

The fall season will run
September 26/25 to
December 12/25.

The cost will be \$24 per person
for 12 weeks.

Thank you to Linda Shipman for
being responsible for the spares.



FUN FLOOR CURLING will continue on until
June 26th with enough interest

Please join us on Thursdays at 10:00 a.m
(please come help set up at 9:30)



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daretodream@mymts.net

Call/Text Laurence: 1-(204)-642-3589
lhumniski@gmail.com



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www.madminutemanicures.ca

Activities



Woodcarvers -Dave Tustin

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



Weather is warming up.

We will tentatively start our mixed golf on May 26th.

Check our web site for more information.

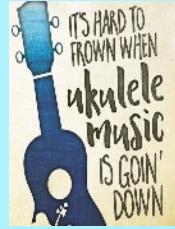
<https://sites.google.com/view/newhorizonmixedgolf/home>

We will be contacting our golfers from last year soon to fill out our full time list.

Any member of Gimli New Horizons interested in joining us can contact me at (204) 642-5702 and I will add you to our spare list.

Looking forward to the start of this golf season.

Ukulele Strum' -Gayle Halliwell



Kate Ferris coming to Uke Strum!
On Thursday, May 29 at 1.15, we will enjoy an afternoon workshop with one of Canada's most talented Ukulele players.

Beginners to seasoned players will spend 2 hours learning from and playing with Kate! The creative luthier Fred Casey will be along as well, and will show us how to change strings on a Ukulele.

Workshop fee of \$25, plus the usual \$2 activity fee for this special Uke Strum workshop.

Registration is required, please call Gayle at 204.389.3832 to register/pay.

Uke Strum continues on Thursday mornings from 11 until 12.30 (except for May 29 workshop date). Call Gayle if you'd like to drop in and check out the fun.



Time for warmer Spring weather!
The Petal Pushers are ready to start preparing their annual floral display in the planters.

Our shrub bed appears to have survived this harsh winter .

Good news....the RM of Gimli culvert project completed last year has greatly improved the drainage in the rear yard areas.

The walkway isn't flooded as in previous years so the Karl Forester grasses can be "pruned and groomed" to an attractive display.

We are looking forward to a low maintenance front entryway with our Canna Lilies and other colourful blooms this year.



-Vera Szczepanski



GIMLI HOME HARDWARE

75 Centre St. Gimli, MB

Ph: 204-642-5489 Fax: 204-642-1210

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Senior Day 15% off up to \$300

1st Monday every month

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

In our Tai Chi class, we all practice steps together, exercise together, socialize together and support each other through difficulties.

Good friends do more than lift your mood. They can improve your health, too. Strong friendships can lower stress, raise self-worth, and even reduce risks of high blood pressure and depression, potentially adding years to one's life.

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



Yoga - Leanne Stevens

Welcome to Yoga in May!

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



Marc Palsson
Owner

100-7th Avenue
Gimli, MB R0C 1B0

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Chris Neufeld

Tel.: 204-642-8501

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www.interlake.mb.ca



56 Centre St., Gimli, MB.

Activities



Painting Tuesdays at 1:00
-Sandy Reimer

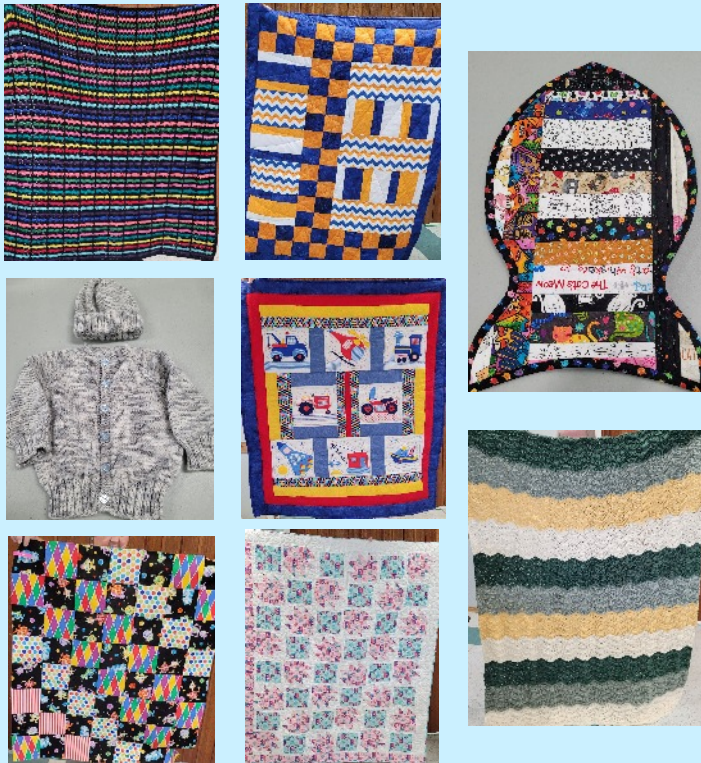
Our painting group is a gathering of like minded painters with a varied skill level and media who enjoy painting in a group.

The pegboard in the Card Yard displays some paintings that are for sale. Payment for the paintings is to be made to Jonie or Margaret at the office before removing them.

Last day for painting is May 6, then back in the fall!

Fibre Arts - Tuesdays at 10:00 -Linda Duthie

Hello to all Fibre crafters at New Horizons. If you enjoy meeting like- minded people, with similar interests in sewing, quilting, crochet, knitting, etc., please join us on Tuesdays 10:00 - 1:30. The fee is \$2



LET'S GO DANCING

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

We are finished for the season On May 13th.
Next dance class will begin September 9th.

Tuesdays 1:00 p.m. for beginners to learn the basics
Tuesdays 7:00 p.m. for Intermediate and advanced only.

\$10 cash per person, per class.

You will need to be a member of Gimli New Horizons to participate in the programs.
We are a group of people that love to dance with one's partner. If you want to dance in the Interlake at social events, these classes are a great opportunity for you. Come try a class!

Would you like to join us, but you are without a dancing partner?

If you would like to be placed on a waiting list for a partner, call the GNH office at (204) 642-7909.

Gail Hurak






Building a Lasting Legacy

Westshore


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Phone: (204) 642-9796
Email: admin@wcf-foundation.ca
www.westshorefoundation.ca
66 First Ave, Box 395, Gimli, MB R0C 1B0



John Wishnowski

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Fax: 204-642-8457
Email: iwish@interlake.mb.ca
www.interlake.mb.ca



56 Centre St., Gimli, MB.

CLARITY Computer



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Consider upgrading the Hard Drive to a faster Solid State Drive.

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clarity@mts.net www.claritycomputer.ca

pick up & delivery can be arranged

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 May, it's the 16th.
Spouses are welcome.



The Centre was closed for Good Friday so we went to a local establishment and played Contract Bridge.

We had three full tables! A great afternoon of sometimes inspiring play and certainly fun and socializing.

Photo by Arlene Martin

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.

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 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. *Welcome home to our snowbirds!*



TEXAS HOLD 'EM

Wednesdays at 1:00 pm

- Ron Martin

New Session starts May 7th

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



CRIBBAGE - THURSDAYS

@1:00 p.m. -Doris Lloyd

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



DUPLICATE BRIDGE

ON BREAK
until further notice

If you are interested in
learning how to play
Duplicate Bridge

OR would like a refresher on it,
please leave your
name at the office.

Community Service

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

Being held at Gimli New Horizons



Next meeting date - May 26th, 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

The Seniors Resource Program has many services to offer. Gimli District Lifeline provides the reassurance of help with just a push of the button and is monitored 24/7. Available are different personal help buttons to choose from, which are all water resistant adding that extra reassurance while in the shower as well. The regular help button can be worn either on the wrist or neck and when pushed, activates the unit for assistance. The Auto Alert button is designed to call for help if it detects a fall. The On the Go button is available for use at home and when you're out and about. Our newest addition is the Smart Watch, which is designed to support a healthy and active lifestyle and provides fast and easy access for assistance.

For more information regarding the Lifeline or any other services we offer, please call our office at **204-642-7297**.

We also welcome more volunteers for our Transportation and Meals on Wheels programs as well. If you are interested or would like more information, please give us a call at the office at 204-642-7297.

We look forward to hearing from you!



In-clinic and in-home

Foot Care

Services include:

- Assessment of the feet and lower leg
- Trimming and filing toenails
- Reducing thick toenails, calluses, and corns
- Managing ingrown toenails, foot fungus, and warts
- Moisturizing feet and lower legs

Serene Soles Nursing
Foot Care Corporation

Kasey Taran RN, BN
Advanced Foot Care Nurse

Call or Text 204-228-8755
5 Demko Drive, Gimli, MB
serene.soles.footcare@gmail.com



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.



Community Service

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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Spring Word Search

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

BIRD	CHIRPING	POLLEN
BLOOM	FLOWERS	RAIN
BUNNY	GARDEN	RAINBOW
BUTTERFLY	GRASS	SPRINGTIME
BUZZING	LADYBUGS	SUNSHINE

May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	Friday Lunch 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	 Craft & Bake Sale 10:00 - 4:00
4	5	6	7	8	9	10
	10:00 Cardio Sculpt - Week 5 11:00 Core & More - Week 5 1:00 Canasta 1:00 Darts 2:30 Tai Chi Practice	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:00 Painting 7:00 Social Dance	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	Volunteer Appreciation 9:30 Yoga with Leanne 11:00 Ukulele NO AFTERNOON ACTIVITIES 	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	
11	12	13	14	15	16	17
	10:00 Cardio Sculpt - Week 6 11:00 Core & More - Week 6 1:00 Canasta 1:00 Darts 2:30 Tai Chi Practice	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 7:00 Social Dance	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 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	
18	19	20	21	22	23	24
	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 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 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	MEMBER'S DANCE 9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving 7:00 Member's Dance (Doors open at 6:00)	
25	26	27	28	29	30	31
	10:00 Cardio Sculpt - Week 7 11:00 Core & More - Week 7 1:00 Canasta 1:00 Darts 2:30 Tai Chi Practice 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 8 10:00 Memoir Writing 11:00 Core & More - Week 8 1:00 Duplicate Bridge 1:00 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 1:00 Cribbage 1:15 Ukulele Workshop	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	