

# OCTOBER 2024 HILITES



## GIMLI NEW HORIZONS 55+ Activity Centre

Founded in 1974 & Still Going Strong !

Tel: (204) 642-7909

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

Follow us on Facebook as Gimli New Horizons



*hello  
October*



The 2024 Annual General Meeting of Gimli New Horizons  
will be held on Tuesday, October 8<sup>th</sup> at 7:00 p.m.

All GNH Members are welcome and strongly encouraged to attend.

# 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.

## **Follow us on Facebook as "Gimli New Horizons"**

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



## **DONATION RECEIPTS**

If you donate \$25.00 or more to the Centre,  
we can issue you a tax receipt....please ask us!

## **BOOKS & PUZZLES - Available during Centre Hours**



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



## **MEMBERSHIP**

-Gail Hurak

Membership year: Oct. 1 - Sept. 30

**It's time to join or renew for 2024-2025**

**\$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 September membership numbers were **553**

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)

**QUICK ITS FALL!!!**

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FOR THE NEXT 3 MONTHS**



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✓ Learn how to compensate for changes in hearing, vision, flexibility and reaction time

✓ Opportunity to address driving concerns and questions

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GIMLI NEW HORIZONS 55+ CENTRE

Thursday, October 3, 2024

1:00pm - 4:00pm

Call GNH at 204-642-7909 to register

-Graham Watson

Wanting to Publicize a GNH event or regular activity?

Wanting to expand GNH event ticket sales or participation in your regular GNH activity?

Work with the GNH Publicity Director to publicize such in local social media.

Forthcoming external publicity includes Bingo and the Western Social.

Contact me, Graham Watson, through the GNH office.

Thanksgiving

F	E	G	U	P	E	Q	D	D	E	I	D	Q	T	S
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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 <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	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



Hard to believe that Fall is here, summer rushed by and hopefully the winter will to.

THANK YOU, thank you to all the wonderful volunteers that came out Friday, Saturday and Sunday to help with our Fall Supper. It was a sell out. I even saw some new faces helping out. We could not run an event such as this without you.

Also thank you to all those that donated potatoes, vegetables, cranberry sauce and monetary donations. We sold 250 meals.

Thanks to Evy, Elaine and Patti who organized the kitchen, cooked the turkeys and made the tarts.

October 8 is our Annual General Election and without a quorum at this meeting we can't elect the Board. Many are staying, but regretfully some are leaving us: Garry & Isabel Peterson, Barry Martin, Brian Pauls and Richard Szczepanski who is stepping down from Volunteers but staying as Member at Large. I would like to thank all of them for their commitment to us.

We have had 3 people step forward to be nominated for the board. Nominations will be accepted for all positions from the floor.

*Winter is an etching, spring a watercolour, summer an oil painting, and autumn a mosaic of them all.*  
- Stanley Horowitz



Hello good folks of GNH55+! All is going well within our club. Memberships are being renewed and activities are filling up. We are now accepting memberships for 2024/25.

With all the activities and events happening we're always looking for new volunteers. We have a great core of volunteers who continue their dedication to the welfare of our community. But we are always in need of more people to help.

This will be my last entry in this newsletter as volunteer chair. I am stepping down from this position. I will continue to serve on the board as member at large. I thank all volunteers for their support and contributions throughout the years. I will also continue to make calls to members for our perogy bees as well as helping out in the kitchen.

Allison Atkey has indicated her willingness to stand for the position at the next AGM. She has been a member for several years and participates in activities throughout the year! We are pleased to welcome her to the nominations list.

Thank you,  
Richard Szczepanski



Anyone have any ideas for new activities we could start at the Centre?

Please come to the office or call  
(204) 642-7909

## If you're sick, please stay HOME



Out of respect for all 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.



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# Activities This Month

Activity	Activity Leader	PHONE	Price	Day/Time	Room
Addicted to Dance	Carol Simonson	641-2902	\$2.00	Thursday 11:00 a.m.	Harmony Room
<b>BINGO</b> 	Josey Banera	641-0967	<b>Pay what you play</b>	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
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
Cribbage	Doris Lloyd	642-8180	\$4.00	Thursday 1:00 p.m.	Card Yard
Fibre Arts	Darlene Bohemier	642-7850	\$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 Eva Sohan		<b>Fall Season FREE</b>	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 a.m. 10:00 a.m.	Harmony 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	642-7909	\$2.00	Thursday 12:45 p.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





Our New Horizons 50/50 is going strong! \$2.00 each. Draw date at end of each month. Envelopes are all around the Centre - simply put \$2 in the envelope, write your name & phone number on the front of the envelope, and bring to the container at office window.

**No limit on how many you can buy!**

The past 50/50 proceeds have been used in the purchase of miscellaneous items throughout the Centre.



The tree is in the entrance to New Horizons.

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



Tax receipt upon request.



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1<sup>st</sup> Monday every month



The Petal Pushers 2024 season is coming to its year-end.

We have had an eventful New Horizons 50th anniversary year. We completed the shrub bed project and received positive comments from our members. Thank you to our executive board members and admin staff, Jonie and Margaret, for supporting the Petal Pushers' vision of the front entrance.

The flowers were still in bloom and the weather was perfect for the GNH 55+ fall supper.

We are looking forward to how well the new culvert in the rear yard will solve the drainage problem in the spring of next year. We could work on low maintenance plants and shrub beds in dry conditions!

The canna lily bulbs are winterized after the first frost, with specific procedures before giving the bulbs to the Garden Club. They are pleased to carry on with nurturing and growing the plants for their fundraising sale next July.

Our job for this year is complete after we winterize the plants, store away the gardening items and empty the rain barrels. Thanks to a great team this year; long standing Petal Pushers' member Angela Zalevich, Julia Ewanchuk and Elaine Einarson!

-Vera Szczepanski



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# Health & Wellness

## THE EATWELL PLATE

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



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

## 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



## AGING WELL:

AN ONLINE  
WORKSHOP SERIES  
FOR MIND AND BODY  
WELLNESS

*What does it take to not only live well but to THRIVE as we age? Join us as we explore this topic. All sessions 10:00-11 am*

Tues, Oct 8  
**Home Safety & Home  
Modification Grant**

Tues, Oct 15  
**Fuel for Healthy Aging**

Tues, Oct 22  
**Brain Health**

Tues, Oct 29  
**Dental Health & The  
Canada Dental Plan**

Tues, Nov 5  
**Mental Health  
Matters!**



OCTOBER IS SENIORS & ELDERS MONTH

REGISTER FOR AS MANY  
SESSIONS AS YOU LIKE!  
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 10 Week Fall Session  
Monday Evenings  
Gimli New Horizons  
6:30-7:30pm  
Classes On Until November 25  
No class on October 14

 Drop Ins Welcome! \$14

INFO: ZUMBAJAN@MTS.NET







# THANK YOU Volunteers!

We couldn't do it without you



Our Fall Supper was held on Sunday, September 22<sup>nd</sup>





# FRIDAY LUNCHES

for October:

**Served from 10:45 - 12:15:**

Oct 4 – Cabbage roll casserole, peas and carrots, raspberry poke cake

Oct 11 – Chili, coleslaw, cornbread, brownies with ice cream

Oct 18 – Perogies, kolbassa, pineapple upside down cake

**Served from 9:00 - 12:15:**

Oct 25 – Pancake Breakfast – pancakes, sausages, fruit with whipped topping



**\$8.00**  
(comes with coffee)



# From the Kitchen

-Evy Bialek



We will be serving a Brunch of Pancakes and Sausages once a month. Our teams are doubling up to cook up a variety of delicious meals for our curlers and guests.

A BIG THANK YOU to all our volunteers who helped and gave their time for our annual FALL SUPPER. The word is, it was hot, delicious and well presented. It takes a lot of energetic people to put on such a huge event.

Thank you to Elaine, Brenda Roos, Patti, Cindy, Jim, Richard, Jonie, Margaret, Cindy, Judy, Julie, Linda, Joan, Audrey, Phylis, Val, Vera, Adrian, Josie, Joan, Linda, Deb, Norma, Carol, Mavis, Allison, Carolyn, Joanie, Jeanine, Angie, Wayne, Doreen, Pauline, Lorie Ann, Joyce, Graham, Garnett, etc, etc, etc, etc,

Our curling season is well under way,  
so the fun begins.  
See you all soon at our lunches/brunches.

## Perogy Bee

Prep Day - Tuesday, October 1<sup>st</sup>

Making Day - Wednesday, October 2<sup>nd</sup>

We are still looking for someone to HELP organize, shop for supplies, and run the Perogy Bee.

With all the laughs we have in the kitchen, it seems like nothing but fun & good times!

-Elaine Einarson



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# Social Committee

-Carol Simonson

This years fashion show held on Sept. 12th, 2024, was a sold out event. Decorations of fall and a new addition of the runway made for an exciting event.

Johnson's provided beautiful fashions and the 15 ladies that volunteered to model looked stunning.

There were prizes, snacks, beverages and a true celebration of women coming together. Plans for next years event are already underway.

Thank you to all who attended.

A very special thank you to all the great friends that helped me make my vision come to life.

Also, thank you to the Social Group members that helped so much on that night, I could not have done it without all of your help.

So excited to plan next year. Stay well and safe.

-Julia Ewanchuk



**Christmas Dinner & Dance  
on December 7<sup>th</sup>  
is being planned.....see the  
November Hilites  
for details.**

## Gimli New Horizons Western Social

**FRIDAY,  
OCTOBER 18, 2024**

**Tickets  
\$12.00/person**

available at GNH til October 15<sup>th</sup>

**Doors & Bar  
open at 6:30 p.m.**

**DJ - AL SULYMA  
from 7:00 p.m.  
to Midnight**

*Cash sales at Bar and Canteen,  
Chili or Chicken Fingers  
available for \$5.00*



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# Activities



Season runs  
from  
September 19<sup>th</sup>  
to  
December 13<sup>th</sup>

**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, Eva Sohan

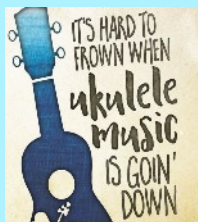


We had a successful golf  
season this year.

Our Windup was well attended  
and fun to socialize with  
so many people.

Have a warm and safe winter as we will  
look forward to seeing everyone back in  
the Spring.

-Larry Gel



**Ukulele Strum'** -Gayle Halliwell

Did you know?

Our group is so committed to  
spreading Ukulele fun that we will  
help find a spare Ukulele for you to  
try before you go out and buy one!  
Yup, we will!

Ukulele Strum has started in full swing  
and we welcome new member Barb S.

We also had two people new to Ukulele starting on  
September 26, and we thank Tony Ducharme for  
giving them special get-to-know-Ukelele for a few  
weeks in the half hour before our regular strum.

Special thanks to Joan, too, who has lent an extra  
Ukulele to a newbie.

If you are interested, contact Gayle through the  
office to talk about getting started with us.



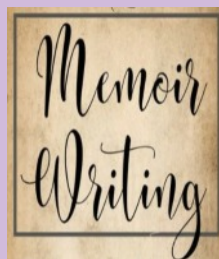
-Carol Simonson

**Addicted to Dance**  
**5 WEEK SESSION**  
ends October 17

11 - 11:45 for Beginners  
11:45 - 12:30 for Progressing Dancers  
(Beginners are welcome to stay and  
watch or participate)

&

7:00 Evening Class



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

We now have a full class, so sign  
up on our waiting list if you are  
interested.

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

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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

Tai Chi is a low impact slow motion mind-body, exercise that combines breath control, meditation and movements to stretch and strengthen muscles. Tai Chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Tai Chi is sometimes described as meditation in motion because it promotes serenity through gentle movements connecting the mind and body. Tai Chi improves physical well being and flexibility. Research shows that the slow, focused movements of Tai Chi coupled with deep breathing can ease back pain. The practice helps in several ways that include : Strengthening the muscles in the abdomen and pelvic areas that help support the lower back improving balance and flexibility. Some solid research shows that Tai Chi can benefit people with osteoarthritis, rheumatoid arthritis, fibromyalgia, and tension headache and can help reduce stress and anxiety.



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



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82-1<sup>st</sup> Avenue 204-642-5958 [info@tergesens.com](mailto:info@tergesens.com)  
Facebook-H.P. Tergesen & Sons Instagram-@tergesens

## Yoga - Leanne Stevens

Welcome OCTOBER!

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



Woodcarvers -Dave Tustin

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



**Chris Neufeld**

Tel.: 204-642-8501

Cell: 204-641-1727

Toll Free: 1-888-642-8501

Fax: 204-642-8457

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

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56 Centre St., Gimli, MB.

**Jasmin Theobald**

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Toll Free: 1-888-642-8501

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

56 Centre St., Gimli, MB.



# Activities



## Painting

The 2024/25 season of painting begins Oct 1st. Welcome returning members and to new folks who want to join us. 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.

Did I mention our coffee breaks?? :)  
Bring your supplies and come and check us out!  
Don't forget to see Jonie or Margaret about paying your yearly fees.

## Fibre Arts

D. Bohemier



**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 \$7.00**  
**See what we're about! Would love to have you!**

## LET'S GO DANCING

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

**Our fall dance season is starting up in October with the East Coast Swing. (to be continued in November)**

**Tuesdays 1:00 p.m. for beginners (starting October 8)**

**Tuesdays 7:00 p.m. for dancers that have learned the basics Intermediate and advanced only (Class starts October 1)**

\$10 cash per person, per class.

You will need to be a member of Gimli New Horizons.  
Our new membership years begins October 1.

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, this is a great class for you. For new members who wish to join us, you may pre-register for dance classes at the office and pay your 2024/25 membership fees during the month of October.  
We love to have new people join us for movement and fun!

Gail Hurak (204) 642-7834

## Fraserwood Hall presents...

### Old Time Dances 2024

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

September 8 | November 10 | December 8

Light Lunch at 3PM Bands to be announced

Funded In Part:

Funded by the  
Government of Canada's  
New Horizons for Seniors Program

**Canada**

### BINGO on 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

### Upcoming Events:

Fall Supper - October 19

Craft Sale - November 16

2025 Event Dates will be listed soon

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

**Need More Information:**

204-643-5302

fraserwoodhall1@gmail.com



Cell: (204) 641-6400  
Bus: (204) 642-8501  
Toll Free: 1-888-642-8501  
Fax: (204) 642-8457  
Email: ghjor@mymts.net

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# GAMES at the Centre

## 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.



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

We had our first gathering after  
bridge on September 19<sup>th</sup>.....  
it was fun!

We're planning this for  
the third Friday each month,  
so note October 18th  
on your calendar.  
Spouses are invited.

We play Contract Bridge on Fridays,  
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.



## TEXAS HOLD 'EM

**Wednesdays at 1:00 pm**

- Ron Martin

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



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

- Doris Lloyd

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



## 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.



Picture by Al Palmer

An 11 table tournament was held on September 11  
Winners were Geri and Lorne Perche of Winnipeg

They are shown accepting the Club's Trophy from  
Brian Wallace.

# Community Service

## Caregiver Support

third Monday of the month

Being held at Gimli New Horizons



**Next meeting date - October 21<sup>st</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

### Do you enjoy cooking and have some spare time?

The Gimli Seniors Resource Council is looking for another Relief Meal Coordinator for our Congregate Meal Programs to cover scheduled holidays and / or sick time as needed. If you have a current Food Handlers Course or are willing to obtain one, please give us a call at 204-642-7297 for more information. We'd love to hear from you!



### What is E.R.I.K.?

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



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## 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.



**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.



# Community Service

17 Loni Beach Rd.

## Gimli New Horizons



Wednesday Nights @ 7:00pm  
Doors Open @ 5:30pm  
No Cards Sold After 6:50pm

**EVERYONE WELCOME!**

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

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

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

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

Canteen available - Hot dogs, 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!**



### STAY OR GET CONNECTED 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



**John Wishnowski**

Tel.: 204-642-8501

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)



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# OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <b>Perogy Prep Day</b> 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Painting 7:00 Social Dance	<b>2</b> <b>Perogy Making Day</b> 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 7:00 Bingo	<b>3</b> 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Addicted to Dance 12:45 Ukulele 1:00 Cribbage 7:00 Line Dancing	<b>4</b> <b>Friday Lunch 10:45-12:15</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>5</b>
<b>6</b>	<b>7</b>	<b>8</b> <b>GENERAL MEETING</b> 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 4:00 Social Dance 7:00 <b>Annual General Meeting</b>	<b>9</b> 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 7:00 Bingo	<b>10</b> 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Addicted to Dance 12:45 Ukulele 1:00 Cribbage 7:00 Line Dancing	<b>11</b> <b>Friday Lunch 10:45-12:15</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>12</b>
<b>13</b>	<b>14</b>	<b>15</b> <b>CENTRE CLOSED</b> 	<b>16</b> 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	<b>17</b> 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Addicted to Dance 12:45 Ukulele 1:00 Cribbage 7:00 Line Dancing	<b>18</b> <b>Friday Lunch 10:45-12:15</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>6:30 WESTERN SOCIAL</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> 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	<b>23</b> 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	<b>24</b> 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 12:45 Ukulele 1:00 Cribbage	<b>25</b> <b>Pancake Breakfast 9-12:15</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>26</b>
<b>27</b>	<b>28</b>	<b>29</b> 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	<b>30</b> 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	<b>31</b> 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 12:45 Ukulele 1:00 Cribbage		