

SEPTEMBER 2024 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

**VOLUNTEERS
NEEDED**

Gimli New Horizons 55+ Activity Centre

FALL SUPPER

Sunday, September 22, 2024

3:00 p.m. to 6:00 p.m.

*Turkey w/stuffing, Cranberry Sauce, Potatoes w/Gravy,
Meatballs, Veggies, Coleslaw, Dessert & Coffee*

Adults	\$20.00
Children (6-10)	\$12.00
5 and Under	Free

Cash or
Cheque only



Eat-In or Take-Out

****Advance purchase your tickets by September 18th
(for Eat-In or Take-Out)**

Take-Out Meals to be self-filled



Page-Borders.com

Sign up today!

*Fashion
Show*

**Thursday,
September 12th**

See posting on page
11 for details



**The 2024 Annual General Meeting of Gimli New Horizons
will be held on Tuesday, October 8th 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.



MEMBERSHIP

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 August membership numbers were **550**

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.

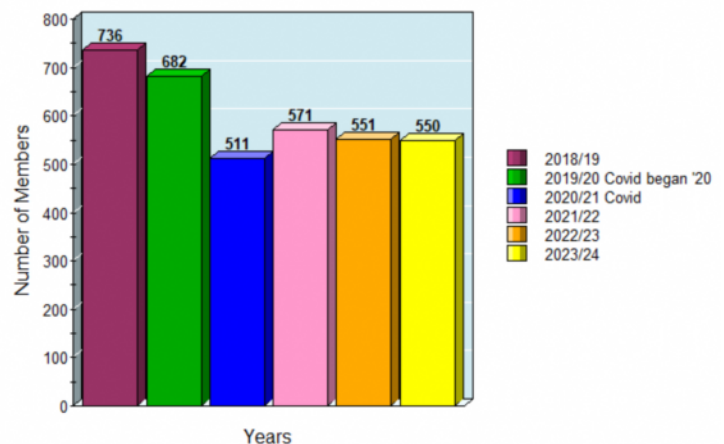
We have many programs and social activities for everyone 55+ or older!

Pick up a Hilites newsletter when you renew or sign up as a new member. In our Hilites, you can see which programs are running.

We will be having a Membership Drive on Friday, September 6th. (See page 3 for details)
 This is a great time to pay your fees and check out which programs will be running. Please join us.

The below graph shows the number of members we had for each year (October 1 - September 30) starting with 2018/19 up to our current year:

Members at Year End



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.



Gimli New Horizons 55+ Centre

MEMBERSHIP

Friday, September 6, 2024
9:30am - Noon

Membership Fees
\$25/person
Cash or Cheque

Renew your Membership
New Member Sign up



Coffee will be on!

Fashion Show & Fall Supper tickets available to purchase



-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 Fashion Show.

Contact me, Graham Watson, through the GNH office.

safetyservicesmanitoba.ca

FREE MATURE DRIVER REFRESHER COURSE



The Mature Driver Workshop is free for drivers 55 and older. Servicing Rural Manitoba. To register, contact Safety Services Manitoba at

 (204)949-1085 or 1-800-661-3321 (toll-free)

Manitoba's varying road conditions highlight the importance of refreshing our driving skills as we age. The Mature Driver Workshop is designed for experienced drivers who want to brush up on their skills and enhance their driving performance.

- ✓ Learn about updated traffic laws and road safety rules
- ✓ Brush up on defensive driving techniques
- ✓ Learn how to compensate for changes in hearing, vision, flexibility and reaction time
- ✓ Opportunity to address driving concerns and questions

Protecting Your Future.


 SAFETY SERVICES MANITOBA  MANITOBA PUBLIC INSURANCE

GIMLI NEW HORIZONS 55+ CENTRE

Thursday, October 3, 2024
1:00pm - 4:00pm
Call GNH at 204-642-7909 to register

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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	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



THANK YOU to all that came and volunteered for the Pancake Breakfast last month. We served almost 1100 breakfasts and it was a success because of you. Our next big event will be the Fall supper on September 22.

We will once again be asking for volunteers for both the 21st and 22nd. We cannot do these events without you. The sign- up sheets are up as well as a donation sheet.

The Fall Fashion show is also fast approaching, get your tickets soon so as not to be disappointed. Last year it was a sell out.

We will be having our Annual General Meeting in October. Most of the Board is staying on, however we do need to fill a couple of spots including Maintenance and Volunteer Co-ordinator, as well as Members at Large. Please let the office know if you are interested in serving on the Board, it is very rewarding and you have a say on how Gimli New Horizons operates.

- *"There is a time in late September when the leaves are still green, and the days are still warm, but somehow you know that it is all about to end, as if summer was holding its breath, and when it let it out again, it would be autumn." -Sharyn McCrumb*

**If you're sick,
please stay HOME**



Out of respect for all of our members, if someone is sick in your household with a cold, flu OR Covid, please refrain from coming to the Centre.

Germ 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.



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

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



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EMAIL: kcen@mymts.net

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
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
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
Drums	Susie Stevenson	642-7909	Pre-paid or \$7.00 drop in	Saturday 10:00 a.m.	Grand Room
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 Vera Ralke Eva Sohan		Fall Season FREE	Friday 10:00 a.m.	Grand Room
Golf	Larry Gel	642-5702		Mondays 2:30 p.m.	Sandy Hook Golf Course
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	Vaughan Cochrane RJ Jamieson	642-7436 407-6820	\$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
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.



Great news!! A culvert between New Horizons and the apartment complex parking lot is in the works. The RM of Gimli has begun to dig the area along the south rear yard. The last few years have seen an area that was flooded and unable to dry out the entire summer.

This affected the grass, trees, and the Petal Pushers landscaping. A swamp took over the grass and trees, shrubs and plantings died in the wet mud. The area has a better chance of restoring back to when Minerva Landscaping re-seeded the lawn and built the paved walkway. The Petal Pushers are looking forward to "sprucing up" the low maintenance shrub beds (and not working in mud).

The Canna lilies were in their traditional bloom for the Icelandic Festival. New Horizons volunteers provided a welcoming atmosphere for everyone who enjoyed the Pancake Breakfast weekend.

Our work will carry on into September. There are many activities planned; the Fashion Show and the Fall Supper. The Petal Pushers will be sure to continue their work keeping the exterior not only presentable but beautiful in its colorful glory, like all of us!

-Vera Szczepanski

Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

LAVEES

BEEESTRMP

SVRTAEH

TECTHUNS

AUMUTN

ATOLFLOB

Q. What do you get when you drop a pumpkin?

Answers on page 18

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Health & Wellness

Get Better Together



FREE 6-Week Fall Session
Wednesdays, 1:00-3:30PM
Sept 25, Oct. 2, 9, 16, 23 & 30
Gimli New Horizons,
Harmony Room

Registration Deadline: Sept. 20
To register, please call
toll free 1-877-979-9355
or email wellness@ierha.ca



Take control of your health with a workshop that helps people with ongoing health conditions. The group covers topics like healthy eating, being active and how to manage pain. Learn how to cope better with difficult feelings. Build your confidence with the support of others so you can manage your health in a better way. Feel free to bring a friend, family member or other support to the sessions.



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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10 Week Fall Session
Monday Evenings
Gimli New Horizons
6:30-7:30pm
September 16 - November 25
No class on October 14 (Thanksgiving)
Early Bird \$110 Until September 8
Starting September 9 - \$125

INFO: ZUMBAJAN@MTS.NET

SCAN:

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\$2.9 million campaign goal.

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Saturday, August 3rd
&
Sunday, August 4th

Pancake Breakfast Fundraiser



Photos by Elaine Einarson & Graham Watson

MEET NEW PEOPLE | GET INVOLVED Volunteer

Hello members and volunteers.

We have had a busy season of activities and events this past season including our 50th Anniversary Celebration.

Thank you to all of our outstanding Volunteers who came out to support the varied activities and events.

Our Pancake Breakfast was a great success. Many volunteers went above and beyond our expectations.

We encourage any new and existing members to come out and join us. Volunteering is a good way to meet other members and get to know them. Not to mention that it is a rewarding experience.

I am happy to say that Elaine Einarson will again be heading up our Perogy making group and I will be calling all of you to come out to join us.

I would like to add that Julia Ewanchuck and I are looking into starting a 55+ Darts League. If anyone is interested please contact us or the office. We will put out a sign up sheet on the bulletin board.

-Richard Szczepanski

From the Kitchen

-Evy Bialek

It's still a crazy warm summer, but we can handle it. We've got this!

I want to thank all our special volunteers who fulfilled their duties and hours over & above during the Pancake Breakfast! The weather cooperated beautifully.

Our Fashion Show is coming up quickly. Julia and her team have put on an amazingly fun evening last year. I look forward to this one.

Our Fall Supper is fast approaching, and we will be ready for it. Takeout will also be available.

We CANNOT do all this work without you wonderful people who give so much of yourselves. You are our backbone of our club!

Our Friday lunches will include Brunches and Lunches. We are sprucing it up with occasional Pancakes and Sausages. Breakfast will be served by 9 am and served till 12:30.

If you want to join our teams in the kitchen, please try us out. We are a fun group, who love sharing recipes, ideas, stories and laughs!

We really enjoy working together to bring our membership together over a delicious meal.

We have jobs and positions to accommodate your capabilities.

Your friendship will be welcomed. If you want to try us out, there will be no pressure on anyone.

Our Perogy Bee

will begin again in October

Prep Day - Tuesday, October 1st

Making Day - Wednesday, October 2nd

Watch the Centre's bulletin board for the order sheet (max. order per person is 10 doz)

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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Gimli, MB R0C 1B0



25 YEARS

Social Committee

-Carol Simonson

Golf Tournament at Sandy Hook was well attended and everyone had a great day of golf.

Weather was great!

Thank you to all those that donated prizes for the event.

This year the cake for dessert was also a donation.

Thanks to the golf course kitchen who provided a delicious meal as usual.

Next up is our **Fall Fashion Show**.

A bit different format every year which is always a happy surprise for all attendees. (See below for details)

October 26th will be a Western Social.

DJ, Al Sulyma will be there with music to suit all dance favourites.

Dress western for this event. (optional)

December 7th is our annual Christmas Dinner and Dance.

We will be looking for volunteers or a group to help theme the room with decorations. Also looking for volunteers for the event for ticket sales and setup. A sign up sheet will be posted at the Centre at a later date.



Gimli New Horizons is excited to present the 'Celebrating Women' 2024 Fashion Show on September 12th, 2024, at 7:00 pm. Doors will open at 6:15.

We have a wonderful lineup of beautiful models all local to Gimli and Johnson's are providing the fashions.

Tickets are \$13.00 and are available at Gimli New Horizons and Johnsons.

There will be a cash bar serving wine, beer, and Caesars.

Pop and water are also available. Snacks are provided.

Tickets are selling quickly so get yours before they sell out. Looking forward to a night of fun and fashion.

Cheers, Julia Ewanchuk

Golf Tourney at Sandy Hook - August 7th



Photos by Graham Watson





1-888-642-8501

David & Laurence Humniski

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Activities



FUN - Thursdays at 10:00 a.m.

Activity Leader - Arlene Bernshine (204) 782-5071

Starting back up on September 19th

LEAGUE - Fridays at 10:00 a.m.

Activity Leaders - Elaine Einarson, Vera Ralke, Eva Sohan

Starting back up on September 20th

Pick up your schedule at the Centre after September 16th

A BIG Thank You to
"The Interlake Eastern Suicide Prevention
Committee" grant.....our September to
December 2024 curling league
fees were funded by this program.



PROUD SUPPORTERS
of Gimli New Horizons 55+

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We are having lovely weather for golf lately.

We have had the opportunity to have some new players join us as well.

Summer seems to be passing too quickly now.

Our Windup is scheduled for September 16th with more details to come soon.

- Larry Gel



Addicted to Dance

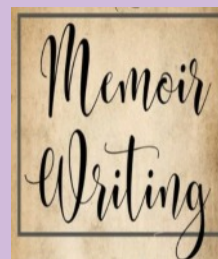
5 WEEK SESSION

September 19 - October 17

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

An evening class may be added in this 5 week session if there is interest.

-Carol Simonson



Memoir Writing -

Wednesdays at 10:00 a.m.

We will start back up in October, watch next month's Hilites for the start date.

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



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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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

The year has zoomed by and once again everyone is getting ready for autumn.
The current Tai Chi beginners class has accomplished learning a complete set of Tai Chi. I am so proud of them.
Some of them will be joining the continuing class and some will stay in the beginners class to get more practice and confidence, and to help and encourage the new beginners.

The new beginners class starts on
Friday, September 06 at 9:30 A.M.
Phone the office at (204) 642-7909
or myself at (204) 642-9054
to make sure that your name is on the list.



Yoga - Leanne Stevens

Welcome SEPTEMBER!

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

Jasmin Theobald

Tel.: 204-642-8501

Cell: 204-651-1268

Toll Free: 1-888-642-8501

Email: jt.interlake@gmail.com

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RONA

BUILDING
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OPEN 7 DAYS
A WEEK

Activities

-Sue Stevenson

FITNESS

MONDAYS:

Cardio Sculpt 10-10:45 a.m. starting September 9th

Core & More 11 - Noon starting September 9th

WEDNESDAYS:

Cardio Sculpt 10-10:45 a.m. starting September 11th

Core & More 11 - Noon starting September 11th

**** Drums on Saturdays has been cancelled for the Fall Session, due to low enrollment. We will try again for a Winter Session starting in January.**

12 WEEK SESSION



- 1 class/week - \$ 72
- 2 classes/week - \$ 132
- 3 classes/week - \$ 171
- 4 classes/week - \$ 216

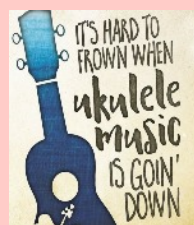
Registration deadline is Sept. 6th

Drop in fee is \$7 per class

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

(Non-refundable
& Non-transferable)

Sign up at the Office



Ukulele Strum' -Gayle Halliwell

When is the best time to join Ukulele Strum? Now!

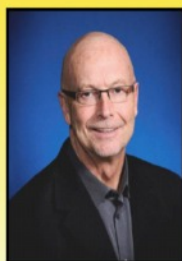
We are excited to start Thursday, September 12--and welcome back all previous members, as well people who play but haven't joined before, and those who would like to learn.

Tony Ducharme, a local Uke enthusiast, will help beginners get started from 12:45 to 1:15 for the first 3 or 4 weeks, and then regular Uke Strum begins at 1:15 with the old pros (lol), newcomers, and beginners.

We play in a round table format that gives all levels a chance to play and enjoy.

We play until 2:30 for the first 3 or 4 weeks, and then once beginners are fully underway we will revert to our regular 1-2:15 session length.

Contact Gayle at gaylehalliwell@gmail.com
if you would like to join us
on September 12
or want more information.



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

www.interlake.mb.ca



56 Centre St., Gimli, MB.

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Eirik Bardal

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Gimli: (204) 642-7124

Fax: (204) 694-9494

Email: info@nbardal.mb.ca

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



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



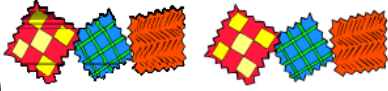
56 Centre St., Gimli, MB.

Activities

Fibre Arts

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

Painting



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.

We will start back up on October 1st.



a Heartfelt 



TO OUR VOLUNTEERS!

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.

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

Tuesdays 7:00 p.m. for dancers that have learned the basics (starting October 1)

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 on or before October 1. We love to have new people join us for movement and fun!

Gail Hurak (204) 642-7834



GIMLI HOME HARDWARE

75 Centre St. Gimli, MB

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

Open 7 days a week

Senior Day 15% off up to \$300

1st Monday every month

GAMES at the Centre

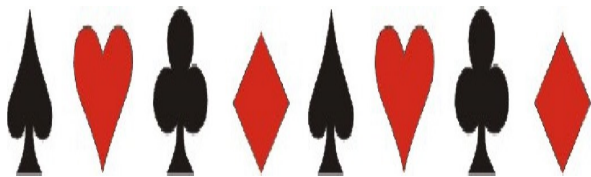


DUPLICATE BRIDGE

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.



Gimli New Horizons 55+ Centre Presents

Duplicate Bridge Tournament

Wed, September 11, 2024
STARTS AT 12:45pm

COST \$20.00/Team of 2
Includes prizes and coffee with snacks

Register with
Brian 204-641-1948 (bwallace@mts.net)

Registration Deadline September 3

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
Weelhouse | 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



FREE

**HEARING
CONSULTATIONS**

1-877-300-7507

www.horizonhearing.com



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

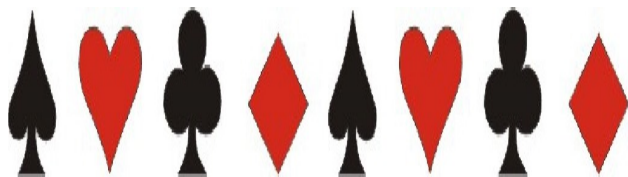
Something new - we're going to gather for a drink and maybe a bite to eat after bridge on the third Friday of each month.

We play contract bridge on Fridays, gathering by 12:55 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, but feel free to bring a friend.

The cost is \$3.



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

- Vaughan Cochrane

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

Our new season starts on Wednesday, Sept. 11th



CRIBBAGE - THURSDAYS @1:00 p.m.

- Doris Lloyd

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



HOW SHOULD YOU HAVE PLAYED THAT HAND?



UNDER AN ASSUMED NAME

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, nachos & salsa, chips, chocolate bars, candy, drinks, water, etc.

Snack while you play!



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

Fall Word Scramble Answers from page 7:

Quilt, Leaves, September,
Harvest, Chestnut, Autumn,
Football

Squash



Community Service

Caregiver Support

third Monday of the month



Being held at Gimli New Horizons

**Next meeting date - September 16th,
will be in the GRAND ROOM at 1:00 p.m.**

Alzheimer's disease and other forms of dementia can leave those with the disease and their care partners feeling isolated. You are not alone. There are other people to share the journey with you!

Support groups offer the opportunity to meet, interact with and learn from others who are living with dementia. It's a safe environment where you can share, laugh, and help each other through mutual understanding.

If you would like to attend (it's for caregivers only) please call Samantha Holland @ 204-268-4752
Thanks!



News from the Seniors Resource Program

The Seniors Resource Program is looking for people to provide housecleaning services in seniors' homes in the Gimli / Winnipeg Beach and surrounding areas. Some require weekly or every two weeks and may need help with laundry. The client provides the cleaning supplies and pays the worker directly after each job. If you are interested or need more information, please call the office at 642-7297.



Short Term Mobility Rental

The Seniors Resource Program has certain mobility equipment pieces available for short term rental.

If you require equipment or would like more information, please call 204-642-7297



Gilbart
Funeral Home

50 1st Ave, GIMLI, MB
Toll Free 1-800-230-6482
Selkirk office (204)482-3271

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- ~ Hearse, limousines and lead cars available
- ~ Family owned crematorium
- ~ Preneed arrangements.

Conveniently located on 1st Ave. Gimli, MB



**EASTERN INTERLAKE
HANDI-VAN
CALL: 642-5792**
24 HOUR ADVANCE NOTICE REQUIRED

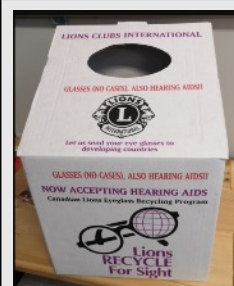


A Non-profit organization, operated by a board of volunteers. Funding for this service is provided by Provincial grants and donations from municipalities, the province, service clubs and other groups and individuals.

Collecting old glasses & hearing aids



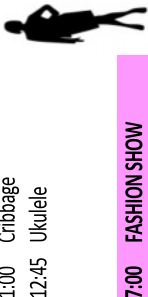

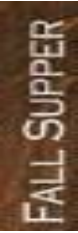
The Lions Club International has left a box for us to collect used eye glasses (no cases) and hearing aids.

They send them to developing countries.



SEPTEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CENTRE IS CLOSED	3	4	5	6 9:30-12 Membership Sign Up	7
	 2:30 Golf - Sandy Hook	9:30 Yoga with Leanne 10:00 Tai Chi 10:00 Fibre Arts	1:00 Duplicate Bridge 7:00 Bingo	9:30 Yoga with Leanne 1:00 Cribbage	9:30 Tai Chi - Beginners 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 	
8	9	10	11	12 FASHION SHOW	13	14
	10:00 Cardio Sculpt - Week 1 11:00 Core & More - Week 1 1:00 Canasta 2:30 Golf - Sandy Hook	9:30 Yoga with Leanne 9:30 Tai Chi - Beginners 10:00 Tai Chi 10:00 Fibre Arts	10:00 Cardio Sculpt - Week 1 11:00 Core & More - Week 1 1:00 Duplicate Bridge 1:00 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 11:00 Addicted to Dance 1:00 Cribbage 12:45 Ukulele 	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	
15	16 GOLF WIND UP	17	18	19	20	21
	10:00 Cardio Sculpt - Week 2 11:00 Core & More - Week 2 1:00 Canasta 2:30 Golf - Sandy Hook	9:30 Yoga with Leanne 9:30 Tai Chi - Beginners 10:00 Tai Chi 10:00 Fibre Arts	10:00 Cardio Sculpt - Week 2 11:00 Core & More - Week 2 1:00 Duplicate Bridge 1:00 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Addicted to Dance 12:45 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta	
22 FALL SUPPER 3:00 - 6:00 p.m. 	23	24	25	26	27	28
	10:00 Cardio Sculpt - Week 3 11:00 Core & More - Week 3 1:00 Canasta	9:30 Yoga with Leanne 9:30 Tai Chi - Beginners 10:00 Tai Chi 10:00 Fibre Arts	10:00 Cardio Sculpt - Week 3 11:00 Core & More - Week 3 1:00 Duplicate Bridge 1:00 Texas Hold 'Em 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Addicted to Dance 12:45 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta	
29	30 CENTRE IS CLOSED					
	