JULY 2025 HILITES



Founded in 1974 & Still Going Strong!

Tel: (204) 642-7909

Email: gimli55@mts.net

Follow us on Facebook as Gimli New Horizons - GNH

Indoor & Outdoor Pancake Breakfast Sign up today!

VOLUNTEERS NEEDED

~Pancakes

~Sausages

~Beverage

Gimi New Loriza

SUNDAY, AUGUST 3, 2025

One Day Only

8:00 am · Noon Stantoniy

Adults \$10.00 Children (6-10) \$6.00 Children (5 & Under) FREE



Save

GENERAL MEETING of Gimli New Horizons will be held on Tuesday, July 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.





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!



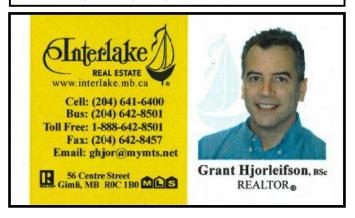




Phone: (204) 642-9796

Email: admin@wcf-foundation.ca www.westshorefoundation.ca

66 First Ave, Box 395, Gimli, MB R0C 1B0



BOOKS & PUZZLES - Available during Centre Hours



Looking to fight boredom?

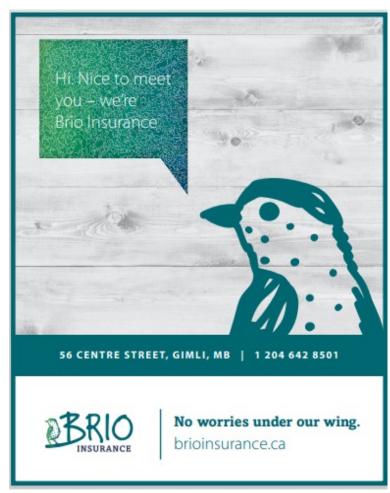
Come grab a book or a puzzle!

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!



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					
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

The indoor yard sale was a great success and thank you to all that donated, gave their time to help the day before for set up, the day of and packing up after. Elaine Einarson was my right hand and couldn't have done it without her. We sent the excess to M.C.C. in Riverton.

We received a call from
Emergency Measures Organization
in which we are a designated site, asking
to use our kitchen to cook for the fire evacuees,
of course we agreed.

Thank you Evy Bialek for doing so much to make the 3 cooks welcome and in organizing the volunteers. I need to thank those that donated clothes and money to help them out as well.

(Please see Evy's report on pg. 8)

Our next important event is our General meeting on Tuesday, July 8 at 7pm.

It is important for our membership to attend these meetings.

This upcoming meeting is to pass some updated and new By-Laws.

If you need a copy please contact the office.

On Sunday, August 3, we are holding our annual Pancake Breakfast. It will be held for only one day this year.

The sign up to voluntoer is up at the centre.

The sign up to volunteer is up at the centre, so if you can donate some time, it is much appreciated.

For those that have been asking: our first grandson is not here yet but should be by July 1.

Happy Canada Day!
May the red and white flag wave
proudly as we celebrate the
blessings of living in this
beautiful country.

Canada Day Maze

Start at the beginning and make your way to the flag.



Please Note:

We have 5 spots for Handi-Cap parking.

We will be adding the 5th sign soon.

Also, the face of the signs will be changed.

Please park in front of the sign.

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





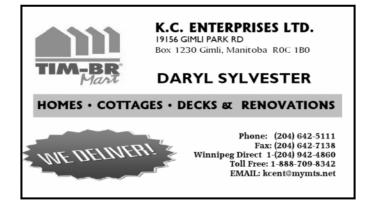
"Your Cottage Country Department Store"

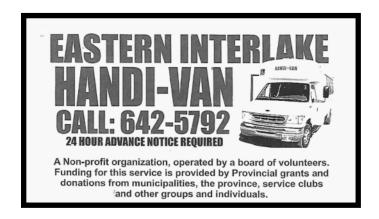
Located at 76 Centre Street, Gimli Phone - 204-642-4010 Email - info@johnsonsfashion.com Website www.johnsonsfashion.com

Present this coupon and receive 10% off your purchase on any regular priced items.

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	
Canasta - Friday	Audrey Corrie	642-1581	\$2.00	Friday 1:00 p.m.	Card Yard	
Canasta - Monday	Lauralee Hackert	uralee Hackert 642-5382		Monday 1:00 p.m.	Card Yard	
Cardio Sculpt	Susie Stevenson	642-7909	Pre-paid or \$7.00 drop in	Wednesday 10:00 a.m.	Grand Room	
Core & More	Susie Stevenson	642-7909	Pre-paid or \$7.00 drop in	Wednesday 11:00 a.m.	Grand Room	
Cribbage	Doris Lloyd	642-8180	\$4.00	Thursday 1:00 p.m.	Card Yard	
Fibre Arts	Linda Duthie	641-8021	\$2.00	Tuesday 10:00 a.m.	Coffee Spot	
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	exas Hold 'Em Ron Martin RJ Jamieson		\$3.00	Tuesday 1:00 p.m.	Harmony Room	
Ukulele Strum'	Gayle Halliwell	389-3832	\$2.00	Thursday 11:00 a.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.

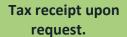
No limit on how many you can buy!

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.







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 June membership numbers were **535**

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.





Health & Wellness

Bereavement Support

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

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

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

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

For more information contact the New Horizons Office to connect you with our Bereavement leader 204-642-7909





Wear sunscreen and use it correctly.



Avoid direct sun, especially between 10 a.m. and 4 p.m.



Wear sunglasses any time you're outdoors.



- HEATSTROKE.
- Fainting, unconsciousness Confusion, agitation, acting strangely
- Body temperature higher than 104°
- Dry, flushed skin, no sweating Very rapid or very slow pulse

Heatstroke is an emergency Call 911 right away.



Stay hydrated—drink fluids even if you don't feel thirsty.



Wear loose-fitting clothing. Natural fibers like cotton are



Cool your home with air conditioning or fans, or go to a cooler place.



FREE

HEARING CONSULTATIONS

1-877-300-7507

www.horizonhearing.com



OF GIMLI NEW HORIZONS 55+

At Pharmasave Gimli our Live Well pharmacists care about the health and well-being of our customers. We want to be with you every step of the way.

> LIVE WELL WITH PHARMASAV

> > **** 204.642.5504

From the Kitchen

-Evy Bialek



Due to the fires in Manitoba, our Kitchen has been used for the Evacuees from St. Theresa Point, and Wasagamack, for 2 weeks in June.

Tiffany (from Wasagamack),
Elma and Gordon Aidi (from Matlock)
were hired to make 3 meals a day, and some of our
Board Members came together for their Sunday morning and
afternoon meals. We were ready to continue,
but luckily the evacuees were able to fly back home
on Sunday, June 22.

Saturday, June 21st, Aboriginal Day, we hosted a full Turkey dinner for them. It was well attended and some had seconds, and plenty of takeouts were dished out!

There are too many Thank You's to go around, but our Kitchen staff came through to help out in the kitchen as their long day wore on.

Since there were several dialysis patients, their meals had to be prepared differently. So they knew what they were doing! We were just there to help them out.

Thank you Jonie and Margaret, Cindy, Jim and others, it was an honour to work alongside you, and everyone involved!



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

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



Fibre Arts - Tuesdays at 10:00

-Linda Duthie

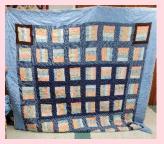
Wow! A great super sized Show and Tell on June 24th. The ladies brought and shared stories with their vintage quilts and projects, as well as recent ones.

Please join us on Tuesdays 10:00-1:30. Attendance fee is \$2.00.

For those who require quilting notions, we have cutters, mats, and rulers you can use, as well as sewing machines, ironing boards, and iron.

Christmas fabrics also available.





















New Horizons volunteers are the best!

Spots are being filled quickly on the sign-up sheet for the pancake breakfast on the Sunday of the Icelandic Festival weekend.

The sheet is just inside the front door on the right.

We especially need able-bodied people to help set up tables on Saturday and take them down Sunday, so please help with that if you can. -Allison Atkey

Summer Safety Tips



Stay Hydrated

Drink 8 or more glasses of water per day to stay heathly & hydrated



Know the Side Effects of Medications

Some medications have side affects such as drowsiness or sun senstitivty



Stay Cool

Stay in the A/C, indoors, go swimming, etc.



Wear Light, Loose **Fitting Clothing**

Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts

Have a list of people to call in case of emergency



Know the Weather Forecast

Plan your days accordingly depending on the weather









Thank you to everyone who supported our Yard Sale!



Travel is Back + Space is Limited! Visit: www.authenticvacationdesigns.com

Beat the Crowds – Plan Now, Travel Later Contact me to getcha started!

Email: syndi@authenticvacationdesigns.com

Syndi Prokopich Your Personal Travel Concierge 204-642-4134

Jasmin Theobald

Tel.: 204-642-8501 Cell: 204-651-1268

Toll Free: 1-888-642-8501







Email: jt.interlake@gmail.com

56 Centre St., Gimli, MB.





What extreme weather conditions we have had in June. Moving into July, anything can happen weather wise!

The shrub bed is coming along nicely, some plants surprising us for enduring a long, cold winter.

June 14th was the annual Gimli Garden Club plant sale. They grow some of their Canna Lilies from our bulbs and had over 100 Canna Lilies. Hoping those who supported New Horizon's Canna Lily fundraisers we held in the past supported the Garden Club. We know they are hardy, Gimli grown and will thrive beautifully.

The new culvert in the rear yard has done its job and for the first time in four years, we have had to water the plants in the rear south side shrub beds. Our plants are no longer drowning in wet soil.

Thank you to Adrian Van Driel for crafting two new wood garden hose hangers for the north and south side walls. They replace the plastic hose hangers that broke too easily. The new wood hangers will last many years.

Most of the raised garden planters have been claimed for this growing season. Next year, we will have one for herbs; basil and parsley for our members.

We had an enjoyable time planting and chatting with everyone who stopped by when coming in and out of the front entrance. One of our perks!

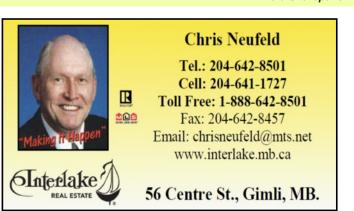
May brought snow instead of rain and our hearts go out to cottagers and homeowners in Lac du Bonnet who suffered forest fire losses.

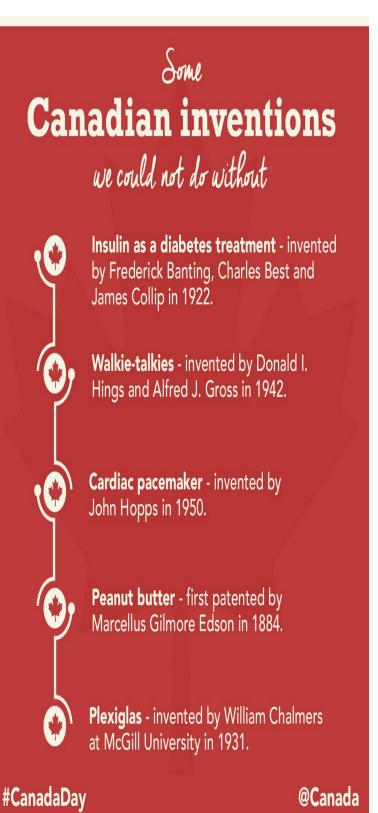
Our group – Angela Zalevich, Julie Ewanchuk and Elaine Einarson maintain the shrub beds, flower planters and raised garden planters. We appreciate Elaine arranging the front lawn's gravel removal and maintenance.

A thank you to Linda and Ken Duthie for growing Canna lilies that grow beautifully in the large wood planter. Also, to Evy Bialek for providing the Iris bulbs. We planted them in the rear shrub bed to replace the Irises that couldn't survive the extremely wet conditions until the culvert was dug.

The Petal Pushers are looking forward to a colorful floral display for New Horizon's front entrance!

-Vera Szczepanski







 ${\mathbb R}$

John Wishnowski

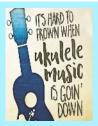
Tel.: 204-642-8501 Cell: 204-479-1208 Toll Free: 1-888-642-8501 Fax: 204-642-8457

Email: iwish@interlake.mb.ca www.interlake.mb.ca

Interlake A real estate

56 Centre St., Gimli, MB.

Activities



Ukulele Strum' -Gayle Halliwell

The Ukulele Strum group is going low-key (that's a pun!) this summer. We will continue to meet from 11 until 12:30 throughout July and August, but know that there will be people not attending due to summer plans. However, there is just so

much joy in playing that we don't want to take an official holiday! If you want to join in, then we would be happy to have you! We play from the Winnipeg Ukulele Book and our own New Horizons tune book (that we can send to you digitally). We operate a lot like a typical jam session, going around the table and each person picks a tune they'd like to play. People join in as they are able. We also share tips and tricks, and help beginners as much as possible. Feel free to call Gayle at 204.389.3832 if you have any questions.

Wednesdays in July & August!



Cardio Sculpt: 10-10:45 a.m. (starting July 2)

Core & More: 11-Noon (starting July 2)



We had some good weather and a couple not ideal days, but we have a hardy group of Canadian golfers here. On June 23rd we had 49 golfers brave the elements and 27 stay for dinner.

We currently have a full roster and spares. Anyone interested in golfing next year can contact me at (204) 642-5702 and we can put you on our spare list for next year.



Looking forward to more summer golfing!

-Larry Gel



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



Activities

Yoga - Leanne Stevens

Welcome to Yoga in July!

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.com

Namaste

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

One of the many reasons that people come to the Tai Chi class is to socialize.

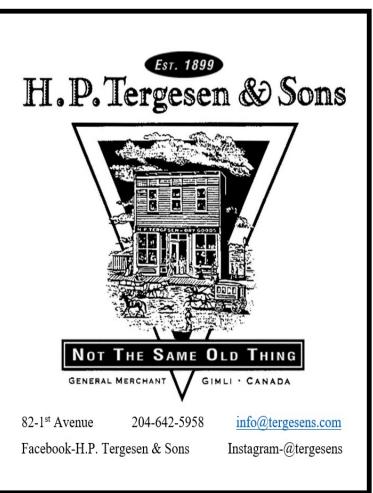
Socializing positively impacts both physical and mental health.

Strong social connections can lead to a longer life, better cardiovascular health, reduced risk of depression and improved immune function.

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









GAMES at the Centre



Allison Atkey & Judy Brown Fridays @ 1:00 pm

We meet for contract bridge every Friday, arriving by 12:55 to get ready for a 1:00 start. New players are encouraged to join—our style is relaxed and informal. Members pay \$3 to play. We have a social gathering after bridge on the third Friday of each month; the next one is July 18th. Spouses are invited too.

A sign-up sheet is on bulletin board for those interested in one or both of possible weekly fall sessions:

- September to mid-October: An introduction to bridge Mid-October to end of November: For returning learners or former players looking to refresh their skills.



CRIBBAGE - THURSDAYS

@1:00 p.m. -Doris Lloyd

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



Marc Palsson Owner

100-7th Avenue Gimli, MB ROC 1B0

Telephone: (204) 642-9688 Fax: (204) 642-8688

Toll Free: 1-877-770-7662 (RONA) Email: service@ronagimli.ca

Website: www.rona.ca



TEXAS HOLD 'EM Tuesdays at 1:00 pm

-Ron Martin

-RJ Jamieson



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



Monday Canasta -

Activity Leader - Lauralee Hackert Mondays at 1:00

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

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.

LARITY Computer

Old, or just a Slow Computer? Consider upgrading the Hard Drive to a faster Solid State Drive.

Computer Repair & Maintenance

Reasonable Rates

pick up & delivery Chris Mulrov 389-4930 can be arranged

clarity@mts.net www.claritycomputer.ca

Community Service

Caregiver Support - third Monday

of the month (subject to change)

Being held at Gimli New Horizons



Next meeting date - $\frac{\text{July 21}^{\text{st}}}{\text{July 21}^{\text{st}}}$ 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!

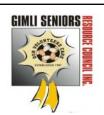
Support groups offer the opportunity to meet, interact with and learn from others who are living with dementia. It's a safe environment where you can share, laugh, and help each other through mutual understanding.

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

Volunteer Drivers Needed!

We're looking for caring and reliable volunteer drivers to help seniors get to and from their medical appointments. Many older adults in our

community depend on these rides for essential healthcare, and your time can make a real difference! If you are interested, please give us a call at the office at 204-642-7297.

We look forward to hearing from you!



Gimli District Lifeline

Stay Safe, Stay Independent, Get LifelineToday!

Are you or a loved one living alone? With Lifeline, help is just the push of a button away.

Don't wait for an emergency. Be prepared.

Don't wait for an emergency. Be prepared. For more information, please call our office 204-642-7297.

Lifeline





In-clinic and in-home

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

Foot Care

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

Interlake Chemicals Ltd. Manufacturer of Specialty Industrial and Janitorial Products

Sherry Crave 19096 115N - Box 1974

Gimli, MB R0C 1B0

Work: (204) 642-7687 Cell: (204) 641-3613

Home: (204) 642-5723



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.

(no cases) and hearing aids. They send them to developing countries.





Community Service



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 Cathy's Canteen Specials!

Snack while you play!









	SATURDAY										
	SATI	2		12		19		56			
	FRIDAY		Tai Chi - Beginner Tai Chi Bridge - Contract Canasta		Tai Chi - Beginner Tai Chi Bridge - Contract Canasta		Tai Chi - Beginner Tai Chi Bridge - Contract Canasta		Tai Chi - Beginner Tai Chi Bridge - Contract Canasta		
		4	9:30 10:00 1:00 1:00	11	9:30 10:00 1:00 1:00	18	9:30 10:00 1:00 1:00	25	9:30 10:00 1:00 1:00		
3	THURSDAY		Yoga with Leanne Ukulele Cribbage		Yoga with Leanne Ukulele Cribbage		Yoga with Leanne Ukulele Cribbage		Yoga with Leanne Ukulele Cribbage		Yoga with Leanne Ukulele Cribbage
2		3	9:30 11:00 1:00	10	9:30 11:00 1:00	17	9:30 11:00 1:00	24	9:30 11:00 1:00	31	9:30 11:00 1:00
ULY 2025	WEDNESDAY		Cardio Sculpt - Week 1 Core & More - Week 1 Bingo		Cardio Sculpt - Week 2 Core & More - Week 2 Bingo		Cardio Sculpt - Week 3 Core & More - Week 3 Bingo		Cardio Sculpt - Week 4 Core & More - Week 4 Bingo		Cardio Sculpt - Week 5 Core & More - Week 5 Bingo
2		2	10:00 11:00 7:00	6	10:00 11:00 7:00	16	10:00 11:00 7:00	23	10:00 11:00 7:00	30	10:00 11:00 7:00
	TUESDAY	CENTRE CLOSED	Happy Canada Bay	GENERAL MEETING	Yoga with Leanne Tai Chi - Beginner To Tai Chi Fibre Arts Texas Hold 'Em General Meeting		Yoga with Leanne Tai Chi - Beginner Tai Chi Tai Chi Texas Hold 'Em		Voga with Leanne Tai Chi - Beginner Tai Chi Tai Chi Tai Chi Tai Chi Texas Hold 'Em		Yoga with Leanne Tai Chi - Beginner 10 Tai Chi 10 Fibre Arts 11 Texas Hold 'Em
		1		∞	9:30 9:30 10:00 10:00 1:00	15	9:30 9:30 10:00 1:00	22	9:30 9:30 10:00 1:00	29	9:30 9:30 10:00 10:00 1:00
	MONDAY				Canasta Golf - Sandy Hook		Canasta Golf - Sandy Hook		Canasta Golf - Sandy Hook		Canasta Golf - Sandy Hook
				7	3:00	14	3:00	21	3:00	28	1:00 3:00
	SUNDAY			9		13		20		27	