

# JULY 2025 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 - GNH

Indoor & Outdoor

### Pancake Breakfast



~Pancakes  
~Sausages  
~Beverage

### Gimli New Horizons

17 Loni Beach Rd.

**\*Fundraiser\***

**SUNDAY, AUGUST 3, 2025**

**\*One Day  
Only\***

**8:00 am - Noon**

**\*Cash  
Only\***

**Adults \$10.00**

**Children (6-10) \$6.00**

**Children (5 & Under) FREE**

**VOLUNTEERS  
NEEDED**

**Sign up today!**

**Save  
the date**

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

Water and drinks are in the fridge in the Card Yard Room.

Follow us on Facebook as  
"Gimli New Horizons - GNH"

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



## BOOKS & PUZZLES - Available during Centre Hours



Looking to fight boredom?  
Come grab a book or a puzzle!

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



## DONATION RECEIPTS

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



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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: 2024/2025

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: 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](mailto:gimli55@mts.net)

To reach Margaret for Hilites Newsletter,  
advertising and membership info:  
[hilites@mts.net](mailto: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 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 5<sup>th</sup> 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.

## WANTED

Any member who would like to volunteer their time as Treasurer that is familiar with Sage Accounting, please contact the office.  
(204) 642-7909

Volunteer position would commence in Fall of 2025

**Training available.**



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# Activities This Month

Activity	Activity Leader	PHONE	Price	Day/Time	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
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	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	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



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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.





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.



# 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.*



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# 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

## SUMMER SAFETY FOR OLDER ADULTS



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.



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



Wear loose-fitting clothing. Natural fibers like cotton are best.



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

### KNOW THE SIGNS OF 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.



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# 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.



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## OUTDOOR ZUMBA

Zumba Fitness is perfect for Everybody and Every Body

FREE Fitness Saturdays Sponsored by RM Gimli  
Saturdays - June 28 to August 30  
(No class on Aug 2 - Icelandic Festival)  
9:00-10:00am, Gimli Harbour Stage

RM Gimli Recreation Aqua Zumba  
Mondays 7:15-8:15pm / Fridays 8:45-9:45am  
June 16 to August 22  
Gimli Aquatic Centre  
1 class per week \$100 / 2 classes per week \$170  
Register at the Gimli Rec Centre or Online

**GIMLI**



# MEET NEW PEOPLE | GET INVOLVED

## Volunteer

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 healthy & hydrated



### Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



### 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

## INDOOR

Saturday, June 07<sup>th</sup>



Set up Team



**Thank you to everyone who supported our Yard Sale!**

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**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

# Some Canadian inventions

*we could not do without*



**Insulin as a diabetes treatment** - invented by Frederick Banting, Charles Best and James Collip in 1922.



**Walkie-talkies** - invented by Donald I. Hings and Alfred J. Gross in 1942.



**Cardiac pacemaker** - invented by John Hopps in 1950.



**Peanut butter** - first patented by Marcellus Gilmore Edson in 1884.



**Plexiglas** - invented by William Chalmers at McGill University in 1931.

#CanadaDay

@Canada



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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 23<sup>rd</sup> 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



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# 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](mailto: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*



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## Fraserwood Hall Upcoming Events

**JULY - NOV 2025**

<b>JUL 13</b>	<b>OLD TIME DANCE</b>
<b>AUG 3</b>	<b>ALL YOU CAN EAT PEROGIES</b>
<b>SEPT 14</b>	<b>OLD TIME DANCE</b>
<b>OCT 18</b>	<b>FALL SUPPER AND DANCE</b>
<b>NOV 9</b>	<b>OLD TIME DANCE</b>
<b>NOV 15</b>	<b>CRAFT &amp; BAKE SALE</b>

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204-643-5302

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# 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.



## **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.

Marc Palsson  
Owner

100-7th Avenue  
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Toll Free: 1-877-770-7662 (RONA)  
Email: [service@ronagimli.ca](mailto:service@ronagimli.ca)  
Website: [www.rona.ca](http://www.rona.ca)

# **RONA**

**BUILDING  
CENTRE  
GIMLI**

**OPEN 7 DAYS  
A WEEK**

## **CLARITY Computer**



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

**Computer Repair & Maintenance**

**Reasonable Rates**

Chris Mulroy 389-4930 *pick up & delivery can be arranged*  
[clarity@mts.net](mailto:clarity@mts.net) [www.claritycomputer.ca](http://www.claritycomputer.ca)

# Community Service

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

Being held at Gimli New Horizons



**Next meeting date - July 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**

### **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 Lifeline Today!**  
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.  
For more information, please call our office  
204-642-7297.

Lifeline



**In-clinic and  
in-home**

## **Foot Care**

Services include:

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

**Serene Soles Nursing  
Foot Care Corporation**

**Kasey Taran RN, BN**  
Advanced Foot Care Nurse

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

**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. They send them to developing countries.





# Community Service



**Gimli New Horizons**  
Located at 17 Loni Beach Rd.

**BINGO**

**EVERYONE WELCOME!**

Wednesday Nights @ 7:00pm  
Doors Open @ 5:30pm  
No Cards Sold After 6:50pm  
The regular canteen menu and weekly special

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

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

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

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

Canteen available - Hot dogs, popcorn, chips, chocolate bars, ice cream and butter tarts. Coffee, pop, and water available. Check out the GNH Facebook page for Cathy's Canteen Specials!

**Snack while you play!**




**Eirik Bardal**  
Owner

Telephone: (204) 949-2200  
Fax: (204) 694-9494  
Email: info@nbardal.mb.ca

3030 Notre Dame Avenue  
Winnipeg, Manitoba  
R3H 1B9



MAD MINUTE MAKEOVERS by Brenda

 **BRENDA TRACH**  
204-510-3911



btrach1@shaw.ca [www.madminutemanicures.ca](http://www.madminutemanicures.ca)


## Summer Ice Cream Word Search!



Banana	Chocolate	Peach
Brownie	Coconut	Peppermint
Bubblegum	Coffee	Pistachio
Butterscotch	Mango	Pumpkin
Caramel	Maple	Strawberry
Cherry	Neapolitan	Vanilla



# JULY 2025

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
				1	CENTRE CLOSED	2		3		4		5	
						10:00 11:00 7:00	Cardio Sculpt - Week 1 Core & More - Week 1 Bingo	9:30 11:00 1:00	Yoga with Leanne Ukulele Cribbage	9:30 10:00 1:00 1:00	Tai Chi - Beginner Tai Chi Bridge - Contract Canasta		
6	7			8	GENERAL MEETING	9		10		11		12	
	1:00 3:00	Canasta Golf - Sandy Hook		9:30 9:30 10:00 10:00 1:00	Yoga with Leanne Tai Chi - Beginner Tai Chi Fibre Arts Texas Hold 'Em	10:00 11:00 7:00	Cardio Sculpt - Week 2 Core & More - Week 2 Bingo	9:30 11:00 1:00	Yoga with Leanne Ukulele Cribbage	9:30 10:00 1:00 1:00	Tai Chi - Beginner Tai Chi Bridge - Contract Canasta		
				7:00	General Meeting								
13	14			15		16		17		18		19	
	1:00 3:00	Canasta Golf - Sandy Hook		9:30 9:30 10:00 10:00 1:00	Yoga with Leanne Tai Chi - Beginner Tai Chi Fibre Arts Texas Hold 'Em	10:00 11:00 7:00	Cardio Sculpt - Week 3 Core & More - Week 3 Bingo	9:30 11:00 1:00	Yoga with Leanne Ukulele Cribbage	9:30 10:00 1:00 1:00	Tai Chi - Beginner Tai Chi Bridge - Contract Canasta		
20	21			22		23		24		25		26	
	1:00 3:00	Canasta Golf - Sandy Hook		9:30 9:30 10:00 10:00 1:00	Yoga with Leanne Tai Chi - Beginner Tai Chi Fibre Arts Texas Hold 'Em	10:00 11:00 7:00	Cardio Sculpt - Week 4 Core & More - Week 4 Bingo	9:30 11:00 1:00	Yoga with Leanne Ukulele Cribbage	9:30 10:00 1:00 1:00	Tai Chi - Beginner Tai Chi Bridge - Contract Canasta		
27	28			29		30		31					
	1:00 3:00	Canasta Golf - Sandy Hook		9:30 9:30 10:00 10:00 1:00	Yoga with Leanne Tai Chi - Beginner Tai Chi Fibre Arts Texas Hold 'Em	10:00 11:00 7:00	Cardio Sculpt - Week 5 Core & More - Week 5 Bingo	9:30 11:00 1:00	Yoga with Leanne Ukulele Cribbage				