

AUGUST 2025 HILITES



GIMLI NEW HORIZONS 55+ Activity Centre

Founded in 1974 & Still Going Strong !

Tel: (204) 642-7909

Email: gimli55@mts.net

Follow us on Facebook as Gimli New Horizons - GNH

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

SAVE *the* DATE

'FALL SUPPER'

Sunday, September 21, 2025

All details will be finalized soon.

Watch the Centre's bulletin boards and September Hilites for further info!



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!



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

MAD MINUTE MAKEOVERS by Brenda



BRENDA TRACH
204-510-3911



btrach1@shaw.ca

www.madminutemanicures.ca

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!



PROUD SUPPORTERS

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
PHARMASAVE®

☎ 204.642.5504

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

For those that have been following, our grandson Mason was born on June 28 at 5:05 pm. He weighed in at 8lbs-3oz. For those that told us there is no better feeling than having a grandchild (other than a great grandchild) WOW you were right! We are so glad his parents live in Winnipeg so we are able to see him often and have even babysat.

We are again hosting our Pancake Breakfast on August 3rd and we couldn't do it without our volunteers so I wish to thank you all for stepping up and in particular Patti Keillor who is coordinating this year.

In September the annual Fall Fashion Show will be happening so get your tickets soon as they go on sale as it sells out.

After that will be the Fall supper and I hope we can get lots of volunteers for that as well.

Have a wonderful rest of the summer!

- *"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken." – James Dent*



Protect your most valuable assets.



Auto | Condominiums | Home | Cottages
Boats | Mobile Homes | Farm | Travel
Commercial | Aviation | Trucking

800.773.7157 insure@garriock.ca www.garriock.ca

autopac
A NATIONAL FARMER'S GROUP

Gimli P: 204.642.8591 61 A. Centre St.	Winnipeg Beach P: 204.389.4883 54 Main Street
--	---

GARRIOCK INSURANCE

With five locations in Winnipeg

Let's Talk!

World Café

World Café is a structured small group conversation that encourages open dialogue and knowledge sharing.

Tuesday, September 16, 2025

5:30 - 8:00 p.m.

at Gimli New Horizons (17 Loni Beach Rd., Gimli)

Discussion Topics:

- Decorum of Politicians
- Water - Focus on Lake Winnipeg
- Mental Health
- Homelessness and Affordable Housing
- Transportation in the Interlake
- Activities for Youth

Pre-register via email with Bill Martin
bill.martin9@icloud.com

Open to the public and limited to 30 participants

Cohosts:

- Seniors Reaching Out
- Gimli New Horizons

Coffee, Tea & Snacks Provided

Silver Collection

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	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 3:00 p.m.	Sandy Hook Golf Course
Kaiser	Ron Walker	Office	\$2.00	Wednesdays 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 RJ Jamieson	Office	\$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

 "We are happy to serve our community"

St. Mary's Pharmacy - Gimli
Joseph Tawfilous
Pharmacist

Next to Gimli Hospital 129 7th Ave (Hwy 9)
Phone: 204-651-1567
St.Mary.pharmacy.Gimli@gmail.com
Website: st-marys-pharmacy-gimli.business.site
Bring this ad to receive special in-store offers
Check our Facebook page for updates and offers

Free Delivery

Marc Palsson
Owner

100-7th Avenue
Gimli, MB R0C 1B0

Telephone: (204) 642-9688
Fax: (204) 642-8688
Toll Free: 1-877-770-7662 (RONA)
Email: service@ronagimli.ca
Website: www.rona.ca

RONA
BUILDING
CENTRE
GIMLI
OPEN 7 DAYS
A WEEK



FUNDRAISING

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.



Tree of Life and Remembrance

Tax receipt upon request.

MEMBERSHIP

-Gail Hurak

Membership year: September. 1 - August. 30

\$25 regular membership (55+)
\$30 associate membership (50-54)
Memberships are an annual fee.

Renew your membership on September 5th from 9-Noon

Join us for Coffee & TimBits

M - F 9 - 4:00 at the office
(Cash or Cheque)

Our July membership numbers were **543**

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.

Fraserwood Hall Upcoming Events

JULY - NOV 2025

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

BINGO & CHASE THE ACE
EVERY FRIDAY NIGHT

DOORS OPEN AT 5PM | CANTEEN & BAR OPEN 5:15PM | GAMES START AT 7:15PM

fraserwoodhall.com

204-643-5302

fraserwoodhall1@gmail.com



Hi. Nice to meet you - we're Brio Insurance

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

BRIO INSURANCE

No worries under our wing.
brioinsurance.ca

Health & Wellness

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

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods



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

Outdoor Zumba Fun!

FREE Fitness Saturdays - 9:00am Gimli Harbour Stage. Rain location: Gimli Park Stage. No class on August 2. Sponsored by the RM of Gimli.

Zumba at the Bandstand - FREE classes Sundays, 9:30am at the Winnipeg Beach Bandstand. Rain Location: Winnipeg Beach Community Centre. No class on July 27. Sponsored by the Town of Winnipeg Beach.

Instructor: Jan Keryluk,
MFC Certified Leader
Licensed Zumba Instructor



AUTHENTIC VACATION DESIGNS BY SYNDI

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



FREE

HEARING
CONSULTATIONS

1-877-300-7507

www.horizonhearing.com

From the Kitchen

-Evy Bialek



Here we are in the middle of summer and it is a smokey and very warm month.

Thank you to all our Volunteers who have signed up to make our Pancake Breakfast a success.

It is for 1 day, leaving quality time with our families.

Let's hope our Evacuees are safely in their homes. Some have no homes to go back to, and we all feel for them and wish them well.

After the August Long Weekend we are starting to plan for our Fall Supper. I am looking forward to moving ahead and working with you all.

Stay well and play safe.

Let's enjoy the rest of our Summer!

MEET NEW PEOPLE | GET INVOLVED Volunteer

While it's great that all the spots are filled for volunteers for the Pancake Breakfast, we know that last minute cancellations can occur.

If you might be able to fill in last minute, please let the office know, or note that to the side of the sign-up sheet.

Let's hope for good weather and not too much smoke on August 3rd!



-Allison Atkey

Fashion Show

at Gimli New Horizons 55+ Centre

'Come Celebrate Women'

Thursday, September 18, 2025

Tables of 8
can be reserved

Fashions by:



JOHNSON'S
fashion & footwear

Tickets - \$15

Doors & Bar Open at 6:00 p.m.

Show Starts at 7:00 p.m.

We need models!

Sign up sheet is on the Centre's bulletin board.



We're into August, fast approaching the end of summer with the ever changing, inconsistent weather conditions.

The Petal Pushers have done their best to maintain all the plantings. We're looking forward to the Icelandic Festival pancake breakfast on Sunday, August 3rd. Traditionally the Canna lilies are in bloom at that time, and many family photos

are taken at New Horizons. We're working on presenting a welcoming, colourful floral display for the event.

The raised garden planters also present a colorful display when approaching the road into New Horizons. Well done!

We have had an issue with our Ninebark shrub and are treating it with a powder. Hoping this shrub will be restored back to health with our nurturing.

Thanks to Margaret and Jonie who have made sure the lawn is watered and kept in carpet like condition. Also for maintaining the flower baskets and giving the plantings extra water as needed.

See you at the Icelandic Festival pancake breakfast!

-Vera Szczepanski

CLARITY 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
can be arranged*

Chris Mulroy 389-4930

clarity@mts.net www.claritycomputer.ca



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.



Gimli New Horizons
**GOLF
TOURNAMENT**
At Sandy Hook Golf Club



Wednesday, August 27th, 2025

9 Holes (the back nine) with cart & dinner \$50 per person

Supper Menu - Lasagna, garlic toast, Caesar Salad

(Gluten Free Lasagna will be available)

Register as a foursome or as a single player

(any foursome can register)

Carol Simonson 204-641-2902

Isabelle Tache 204-955-2033 or at the Centre

Entry fee payment due to New Horizons by Aug 18, 2025

Or will collect at NH League play on Mondays @3 pm

Happy Hour, Registration @ 1:30

Putting contest & Marshmallow drive @ 2:00

Shotgun start @3:00

Will play shamble game (Use best drive on every hole)

No prizes this year - golfing just for fun!

Social Activities

-Cathy Timko

Well, we're deep into
summer now!
How did August arrive so fast?

Here's hoping everyone has been taking time to
enjoy all that the season brings.
Time with family, holiday travel, sunny afternoons
with friends, and making the most of the many
activities that our town of Gimli has to offer over the
summer. What a great place to be! I know I have
been happy to have some time to recharge and
plan for the fall season.

Be sure to check the bulletin board for information
regarding the August Golf Tournament and Dinner to
be held at Sandy Hook on August 27th.

A fun day of activities and 9 Holes of golf, followed
by a Lasagna Dinner all for only \$50 per person.

The event is open to Members and
Non-Members alike.

The signup sheet is posted with entry due
by August 18th.

A very special thank you to Carol Simonson
and Isabelle Tache for stepping in and
taking charge of organizing the Tournament
again this year.

I have no doubt they will make this another
successful event.

Happy summer everyone!

EST. 1899
H. P. Tergesen & Sons



NOT THE SAME OLD THING

GENERAL MERCHANT GIMLI • CANADA

82-1st Avenue

204-642-5958

info@tergesens.com

Facebook-H.P. Tergesen & Sons

Instagram-@tergesens



LAKE SIDE LAW
CORPORATION

GUIDING YOU THROUGH YOUR EVERYDAY
LEGAL NEEDS

WILLS - POWERS OF ATTORNEY - ESTATES
REAL ESTATE - COHABITATION AGREEMENTS

Nicole (Nikki) Chapnick

LAWYER & NOTARY PUBLIC

109-94 1ST AVENUE, GIMLI, MANITOBA

PHONE: 204-642-9111
EMAIL: NIKKI@LAKESIDELAW.CA
WWW.LAKESIDELAW.CA



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.



Interlake
REAL ESTATE

Activities

-Susie Stevenson



MONDAYS:

Cardio Sculpt 10 - 10:45 a.m. starting Sept. 8th
Core & More 11 - Noon starting Sept. 8th



WEDNESDAYS:

Cardio Sculpt 10 - 10:45 a.m. Starting Sept. 10th
Core & More 11 - Noon starting Sept. 10th

12 WEEK SESSION

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

Registration deadline is
September 4th

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

Fibre Arts - Tuesdays at 10:00


-Linda Duthie

Hello to all Horizon members! Now that your flowers are blooming and your gardens are tidy, how about resuming work on your Fibre Arts creations, or start new ones for Christmas.


Our group meets on Tuesday 10:00 - 1:30, with an attendance fee of \$2. You are most welcome to join us. Come and enjoy fellowship and "Show and Tell".

Linda and Janice





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.



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



Grant Hjorleifson, BSc
REALTOR®

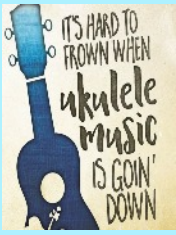


"Your Cottage Country Department Store"

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



Ukulele Strum' –Gayle Halliwell

We continue to play on Thursday mornings, 11-12:30, on 'summer' mode.

That means it's come-by-chance as people enjoy their summer events and travel.

On a recent Thursday, there were 5 of us, that's how much we enjoy playing, learning and singing together!

Got a Uke in the closet? Dust it off and join us, either now or when we get to full swing in September.

For the summer, we try to let each other know via texts, so please call ahead to Gayle at 204-389-3832 if you are new to our group so that we can let you know if any of us will be there!



We have blessed with excellent golf weather (other than the smoke). We are getting a good turnout and average over 30 golfers staying after for dinner.

-Larry Gel



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

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

Wednesdays in August



Cardio Sculpt:
10-10:45 a.m.

Core & More:
11-Noon



K.C. ENTERPRISES LTD.
19156 GIMLI PARK RD
Box 1230 Gimli, Manitoba R0C 1B0

DARYL SYLVESTER

HOMES • COTTAGES • DECKS & RENOVATIONS

WE DELIVER!

Phone: (204) 642-5111
Fax: (204) 642-7138
Winnipeg Direct 1-(204) 942-4860
Toll Free: 1-888-709-8342
EMAIL: kcent@mymts.net



Building a Lasting Legacy

Westshore
COMMUNITY FOUNDATION INC

Phone: (204) 642-9796

Email: admin@wcf-foundation.ca

www.westshorefoundation.ca

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

Activities

Yoga - Leanne Stevens

Welcome to Yoga in August!

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



*We may have
a new Tai Chi
member this fall...*

*While Sylvia
was practicing
Tai Chi at home,
her cat 'Lucky'
was reading the
instructions.*

*This looks like
serious interest!*



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



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



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

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 August 15th. Spouses are invited too.

A sign-up sheet is available near the office 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.

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!

CRIBBAGE

Thursdays at 1:00 p.m.

-Doris Lloyd



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



Monday Canasta - Activity Leader - Lauralee Hackert **Mondays at 1:00 p.m.**

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 p.m.**

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.

KAISER

Wednesdays at 1:00 p.m.

-Ron Walker



Kaiser, or three-spot, is a trick-taking card game popular in the prairie provinces, especially Saskatchewan and parts of its neighbouring provinces.

It is played with four players in two partnerships with a 32-card deck.

\$ 2.00 activity fee



Dave & Laurence Humniski
teamhumniski.ca

*"Buying or Selling...
We'll Get You Moving!"*

Call/Text Dave: 1-(204)-642-3044
daretodream@mymts.net
Call/Text Laurence: 1-(204)-642-3589
lhumniski@gmail.com



Eirik Bardal
Owner

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

3030 Notre Dame Avenue
Winnipeg, Manitoba
R3H 1B9



Community Service

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

Being held at Gimli New Horizons



**Next meeting date August 18th,
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



Two for Tea



AFTERNOON
AROMA
BAG
BLACK
BOIL
BREW
CAFFEINE
CHAI
CHAMOMILE

COMFORT
CUP
DAILY
DRINK
HERBAL
HOT
JASMINE
KETTLE
LEAVES

MILK
OOLONG
PORCELAIN
SANDWICH
SOOTHE
STEEP
SUGAR
TEAPOT
TISANE

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



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

Collecting old glasses & hearing aids

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



Community Service



Gimli New Horizons
Located at 17 Loni Beach Rd.

BINGO

EVERYONE WELCOME!

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

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

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

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

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

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

Snack while you play!



Gilbart
Funeral Home

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

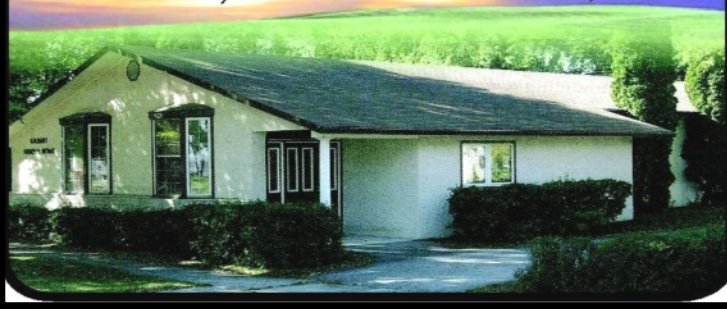
4 GENERATIONS OF DEVOTED SERVICE

J. Maurice Gilbart, J. Roy Gilbart,
J. Wes Gilbart and David Gilbart

Serving Gimli and the interlake since 1955.

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

Conveniently located on 1st Ave. Gimli, MB



FRUIT AND NUTS




Can you find all the words hidden in the grid? Read backwards or forwards, up or down, even diagonally. The words will always be in a straight line. Cross them off the list as you find them.

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

ALMOND	DATE	NECTARINE	POMEGRANATE
APPLE	FIG	OLIVE	PRUNE
APRICOT	GOOSEBERRY	ORANGE	RAISIN
BANANA	GRAPE	PAPAYA	RASPBERRY
BLACKBERRY	GUAVA	PEACH	SATSUMA
BLACKCURRANT	HAZELNUT	PEANUT	STRAWBERRY
BRAZIL	LEMON	PEAR	SULTANA
CASHEW	LIME	PECAN	TANGERINE
CHERRY	MANDARIN	PINE	TANGELO
CHESTNUT	MANGO	PISTACHIO	TOMATO
CRANBERRY	MELON	PLUM	WALNUT



AUGUST 2025

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