

SEPTEMBER 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
or check out our new website:

gimlinewhorizons.org

**VOLUNTEERS
NEEDED**

Gimli New Horizons 55+ Activity Centre

FALL SUPPER

Sunday, September 21, 2025

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

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

Adults	\$25.00
Children (6-10)	\$12.00
5 and Under	Free

Cash or
Cheque only



Eat-In or Take-Out

****Advance purchase your tickets by September 15
(for Eat-In or Take-Out)**

Take-Out Meals to be self-filled



Page-Borders.com

*Fashion
Show*

**Thursday,
September 18th**

See posting on
page 10
for details

SAVE the DATE

**The 2025 Annual General Meeting of
Gimli New Horizons will be held on
Tuesday, October 7th at 7:00 p.m.**

**All GNH Members are welcome
and encouraged to attend.**

**Elections for our Executive Board and Directors
will be held at this time.**

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" or check out our new
website: gimlinewhorizons.org



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



Eirik Bardal
Owner

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

3030 Notre Dame Avenue
Winnipeg, Manitoba
R3H 1B9



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



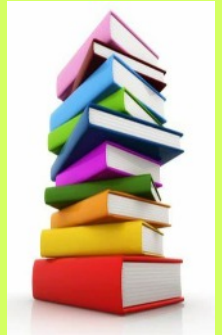
56 Centre St., Gimli, MB.

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

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boredom?
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"bring a book, take a book",
to keep our books and
puzzles manageable.



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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.

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.**

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.*

New Website:

gimlinewhorizons.org



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



President's Message

-Cindy Stewart

Hard to believe that it has been almost a month since the Pancake Breakfast and the annual Fall Supper is fast approaching. As many of you know that this is another of our major fundraisers and we need volunteers to be able to have this. Please check the bulletin board in the hall to see if there is a job you can help with. Lots of choices there!

Another event that is fast approaching is the Fashion show this is a very popular event and has been sold out the last few years so ladies get your tickets soon so you are not disappointed.

September also brings us our membership drive and many activities that take a break for the summer will start up as well as a few new activities. Every year it seems like summer breezes by and can't believe that it is almost over. Even though summer is winding down we still will have some great weather to enjoy, and many of us with gardens are enjoying the fruits of our labour.

HAPPY SEPTEMBER.
AS YOU SAY
FAREWELL TO
SUMMER. AUTUMN
WELCOMES YOU WITH
OPEN ARMS AND NEW
BEGINNINGS.

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

Cohosts:

- Seniors Reaching Out
- Gimli New Horizons

Coffee, Tea & Snacks Provided

Silver Collection



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Gimli New Horizons 55+ Centre

MEMBERSHIP

Friday, September 5, 2025

9:00am - 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

MEMBERSHIP

-Gail Hurak

Membership year: September. 1 - August. 31

Renew your memberships on September 5th from 9-Noon. Join us for Coffee & Timbits.
As well, purchase your Fall Supper & Fashion Show Tickets.

\$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 **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.

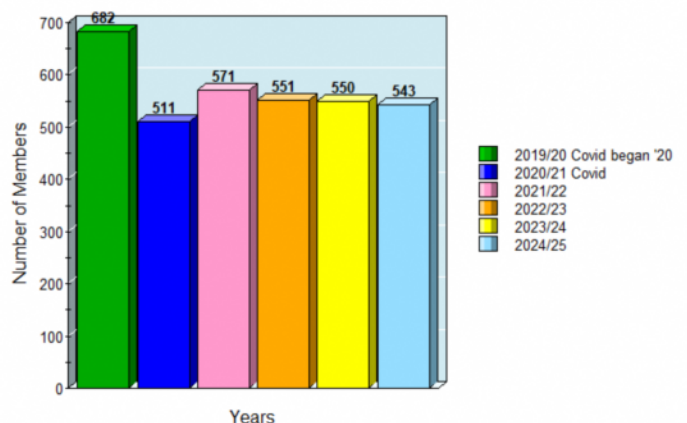
Check out our Facebook page to find out which programs are running.
(We post the Hilites every month on Facebook)

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.

The below graph shows the numbers of members we had for each membership year starting with 2019/20 up to our current year:

Members at Year End



FUNDRAISING

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.



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.

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.



Activities This Month

Activity	Activity Leader	PHONE	Price	Day/Time	Room
BINGO 	Josey Banera	641-0967	Pay what you play	Wednesdays 7:00 p.m.	Grand Room
Bridge - Contract	Allison Atkey Judy Brown	642-7909	\$3.00	Fridays 1:00 p.m.	Coffee Spot
Canasta - Friday	Audrey Corrie	642-1581	\$2.00	Fridays 1:00 p.m.	Card Yard
Canasta - Monday	Lauralee Hackert	642-5382	\$2.00	Mondays 1:00 p.m.	Card Yard
Cardio Sculpt	Susie Stevenson	642-7909	Pre-paid or \$7.00 drop in	Mondays 10:00 a.m. Wednesdays 10:00 a.m.	Grand Room
Core & More	Susie Stevenson	642-7909	Pre-paid or \$7.00 drop in	Mondays 11:00 a.m. Wednesdays 11:00 a.m.	Grand Room
Cribbage	Doris Lloyd	642-8180	\$4.00	Thursdays 1:00 p.m.	Card Yard
Darts	Julie Ewanchuk	470-8937	\$2.00	Mondays 1:00 & 6:30 p.m.	Harmony Room
Fibre Arts	Linda Duthie	641-8021	\$2.00	Tuesdays 10:00 a.m.	Coffee Spot
Floor Curling (Fun)	Arlene Bernshine	782-5071	\$2.00	Thursdays 10:00 a.m.	Grand Room
Floor Curling (League)	Elaine Einarson	642-7909	\$24.00 pp/ season	Fridays 10:00 a.m.	Grand Room
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
Social Dance (Let's Go Dancing)	Gail Hurak	642-7834		Tuesdays 1:00 & 7:00 p.m.	Grand Room
Outdoor Walking Club	Allison Atkey	218-3205	Free	Mondays 3:00 p.m. starting Sept. 15 th	Outside
Tai Chi BEGINNERS CONTINUING	Phyllis Holmes	642-9054	\$2.00	Tuesdays & Fridays 9:30 a.m. 10:00 a.m.	Harmony Room
Tai Chi "Practice"	Cindy Blicq Judy Brown	642-7909	\$2.00	Mondays 2:30 p.m.	Grand Room
Texas Hold 'Em	Ron Martin RJ Jamieson	Office	\$3.00	Tuesdays 1:00 p.m.	Harmony Room
Ukulele Strum'	Gayle Halliwell	389-3832	\$2.00	Thursdays 11:00 a.m.	Harmony Room
Wood Carving	Dave Tustin	389-2305	\$2.00	Fridays 1:00 p.m.	Harmony Room
Yoga with Leanne	Leanne Stevens	641-3920	\$14 drop in or \$12 prepaid	Tuesdays 9:30 a.m. Thursdays 9:30 a.m.	Grand Room Harmony Room

Health & Wellness

Memory aging[®] PROGRAM

The program was developed for older adults but adults of all ages are welcome to attend. If you are experiencing normal age-related memory changes, or want to learn to protect and improve your brain health, join us!



Wednesdays, 1:30 to 3:30PM
Sept. 17, 24 & Oct. 1 at Gimli New Horizons



Did I
turn off
the stove?

What was
I about
to do?

Where
did I
put my
glasses?



To Register:
Email wellness@ierha.ca
Call Toll Free 1-877-979-9355



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

Small things that are
GOOD FOR YOUR HEALTH

- Smile a lot
- Drink plenty of water
- Help someone
- Find new music
- Take small breaks
- Move around

"Sometimes the best solution is to rest, relax and recharge. It's hard to be your best on empty."

- Sam Glenn

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From the Kitchen

-Evy Bialek



Now that our youngest generation is back in school, our lives can now get back to normal. Their visits spent with us have been memorable, short but sweet. Our weather is cooling down just nicely.

Our Fall Supper is coming up quickly and our Volunteer list is filling in just fine. As we all know the cost of food has risen, and we will do what we can to keep the costs down for the Friday Lunches. We are gearing up to serve you a meal of the day, they are all planned till the end of the year. Margaret and Jonie have been terrific in helping us out and making our jobs easier. They do deserve a break soon.

Thank you all for your help and support.

We'll see you soon at our Fall Supper! Take care.



Moving into September, we ask ourselves the usual question "where did the summer go?"

We had a perfect summer day for the August 3rd Pancake breakfast to the week long rain towards the end of August.

Large holes in the Canna lily leaves were caused by hail (discovered by Jonie and Margaret).

The Petal Pushers continue to do their best maintaining all the plantings. The next major event is the September 21st Fall Supper. As everyone returns to their fall/winter program activities, we hope our welcoming, colourful floral display will last for the next while into the fall season.

-Vera Szczepanski

Our Perogy Bee

will begin again in October

Prep Day - Tuesday, October 7th

Making Day - Wednesday, October 8th

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



Thank you to all the volunteers that made the Pancake Breakfast such a great success.

The sign-up sheet is up looking for helpers and donations for the fall supper.

-Allison Atkey

MAD MINUTE MAKEOVERS by Brenda

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Sunday, August 3rd

Pancake Breakfast Fundraiser!



a heartfelt
THANK YOU
TO OUR VOLUNTEERS!



Photos by Graham Watson

Fashion Show

at Gimli New Horizons 55+ Centre

'Come Celebrate Women'

Thursday, September 18, 2025

SAMPLE



Tickets - \$15

Doors & Bar Open at 6:00 pm
Show Starts at 7:00 pm

Gimli New Horizons is excited to present the 'Celebrating Women' 2025

Fashion Show on September 18th at 7:00 p.m. Doors open at 6:00 p.m.

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

Tickets are \$15 & are available at GNH or Johnson's.

There will be a cash bar serving wine, beer, etc. Pop and water are also available. Snacks will be provided.

Tickets are selling quickly, so get yours before they sell out.

Looking forward to a evening of fun and fashion!

Cheers, Julia Ewanchuk

Golf Tournament

Wednesday, August 27
at Sandy Hook Golf Course



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Photos submitted by
Graham Watson

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



Painting

We will start back up
Tuesday, October 7th



Memoir Writing

We will start back up on
Wednesday, October 1st

Fibre Arts - Tuesdays at 10:00

-Linda Duthie

Fall greetings to all members!

An update of charitable donations by our Fibre Arts Group: Sleep in Heavenly Peace, 10 quilts, 18 pillowcases, 3 afghans, 11 pillows, 4 stuffed toys; Thelma Wynn : approximately 100 per year made by team of 3; Project Linus: 35 quilts, made by team of 3; Ronald Macdonald House, 51 quilts. Join us to share your projects and ideas, Tuesdays 10:00 - 1:30. Attendance fee is \$2.



Outdoor Walking Club



We're kicking off the start of our new Outdoor Walking Club by learning about using Walking Poles to burn 25% more calories when we walk! Jan Keryluk from the IERHA will be teaching on September 11th from 1:30 - 3:00 p.m. You can borrow walking poles from the Centre.

There will be no charge for the walks.

The first official walk will be on Monday, Sept. 15th at 3:00 p.m. starting at New Horizons.

You can sign up for the Outdoor Walking Club on the bulletin board near the office.

-Allison Atkey

Marc Palsson
Owner

100-7th Avenue
Gimli, MB R0C 1B0

Telephone: (204) 642-9688
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Activities

LET'S GO DANCING

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

Our dance season is starting up for returning dancers on Tuesday, September 9th at 7:00 p.m.
(No 1:00 class this day)

If you are a new registrant and will be joining us for the first time, your classes will begin on October 21st

If you or your partner are interested in joining us for our fall session, please register with me in September.
An email will go out to all current members in early September.

Tuesdays 1:00 p.m. for beginners and new dancers.
Tuesdays 7:00 p.m. for returning, experienced dancers.

\$10 cash per person, per class.

Gail Hurak



August brought us some rain and we had one day rained out.

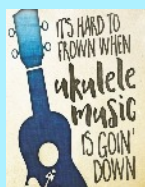
Overall the turnout has been good (even when a little damp).

Our Final game is September 15th followed by our windup.

Tickets are available every Monday or contact me at (204) 642-5702.



-Larry Gel



Ukulele Strum' –Gayle Halliwell

The Ukulele Strum group regular season begins on Thursday, September 4, 11-12:30 each week.

Our group is growing, and welcomes new members who are learning, practicing, or perfecting! If you are brand new and want to learn, please contact Gayle at 204.389.3832 to ensure

that your first experience is a great one for you. Those who have some skill but need more, please join us—we'd love to have you!

Those that are seasoned players and just want more opportunities, then come on in we can always find room for more like you. We take a session-style approach: going around the circle, each taking turns to choose a tune from the Winnipeg Ukulele Book or from our own New Horizons book (which we can send to you by email). Don't have a Winnipeg Book? no problem, we share. Don't have a ukulele? no problem, we'll find a loaner for you until you can get your own. Don't sing? no problem, some of us aren't singers either but we do sing along as much as possible. Don't want to take a turn choosing a tune? no problem, we allow you to pass. Want to ask a question about how to play a chord or other technical details? Several have lots of experience and can help. Some have a bit of experience, and they also help. Some are brand new, and we all love to have them too. Join us, but please call ahead if you're brand new.

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

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daretodream@mymts.net

Call/Text Laurence: 1-(204)-642-3589
lhumniski@gmail.com



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

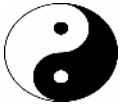
If you would like to join the Tai Chi beginners class,
it will start on Friday September 05.

The classes are Tuesdays and Fridays from
9:30 to 10:30 a.m. The instruction on the Tai Chi steps is
from 9:30 to 10 a.m.

The Tai Chi exercises are from 10 to 10:30 a.m.
The exercises are designed to specifically help
in the learning of the steps.

If you want to join the class but can't start
on September 05, phone me to let me know
when you can start. If you haven't missed many classes,
I may be able to help you to catch up to the rest of the class.

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



Yoga - Leanne Stevens

Welcome to Yoga in September!

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

Woodcarving



Starting back up on September 19th

-Dave Tustin

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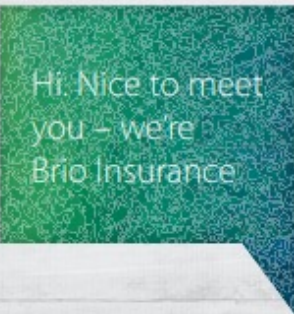
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Toll Free: 1-888-642-8501

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Activities



A NEW
SEASON.

Fall Season
runs September 26th
to December 12th

FUN - Thursdays at 10:00 a.m.

Activity Leader: Arlene Bernshine

LEAGUE - Fridays at 10:00 a.m.

Activity Leader: Elaine Einarson



Teams will be picked in early September
and all skips will be advised and contact their teams.

*If you are interested in helping run this session, please
see the office.*



It is time for Fun Darts to start up again. Hope everyone had a good break for the summer and are now ready to get back into the swing of things. **We will start up on Monday**

September 8th at 1:00 pm. Everyone is

welcome to come out and give it a go. The cost is free to try and then \$2.00 per member per week to play. There is no registration, it is a pay as you play program. Teams are picked randomly from those who show up to play. It promises to be an afternoon of friendship and fun. **We are also planning on running a Fun Darts program on Monday evening starting Sept 8th from 6:30-8:00 pm.** Everyone is welcome to come to either playing time or both. The evening will be a trial program and will continue through the winter depending on interest and participation.

-Julie Ewanchuk



PRACTICE

Mondays at 2:30 p.m.
in the Grand Room
starting **September 8th**

Anyone who has learned the
108 moves can come and join
us anytime.

-Cindy Blicq/Judy Brown



Thursdays at 1:00
in the Harmony Room
starting **October 9th**



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GAMES at the Centre



Allison Atkey & Judy Brown Fridays @ 1:00 pm

We play contract bridge every Friday, arriving by 12:55 for a 1:00 start. Newcomers are welcome—it's a relaxed, informal group. The cost is \$3 per player. On the third Friday each month, we have a social time afterward; the next is September 19th, and spouses are invited.

Intermediate bridge lessons are being offered this fall by Nancy Allen. The topics are: Competitive Bidding (preemptive opening (weak 2's and 3's), overcalls, takeout doubles, competitive auction) and Popular Conventions (Stayman, Jacoby transfer, strong opening, and slam bidding). Classes will be held weekly on Wednesdays at 1:30 - 3:30 p.m. from October 8th until November 26th.

Cost is \$20 per person for the 8 weeks.

The sign-up sheet is on the bulletin board.

Please pay at the office by October 1st to reserve your spot.

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



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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Community Service

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

Being held at Gimli New Horizons



**Next meeting date September 15th,
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

From falling leaves to falling snow, we've got your yard covered. Enjoy peace of mind knowing your yard is tidy and ready for the seasons ahead. Please give us a call at the office 204-642-7297 and we would be happy to find someone to help you out.

"Leaf It to Us Now, Snow Problem Later!"



We always welcome new volunteers for our Transportation and Meals on Wheels programs as well. If you are interested, please give us a call at the office.

We look forward to hearing from you!



Autumn WORD SEARCH

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

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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!



The New 60




More zucchini from the garden... What are we going to do with it all?

Well, we're having a few people over for dinner this Saturday... I'll see what I can do.

OK... we have zucchini fritters and stuffed zucchini flowers to start. Then zucchini lasagna, zucchini bread and a lemon zucchini sorbet...

Anyone need a refill on their zucchini-tini?

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10 Week Fall Session - Starting September 22, 6:30-7:30pm
Early Bird Registration \$110 until September 18
Info & Registration - zumbajan22@gmail.com

Instructor: Jan Keryluk,
MFC Certified Leader
Licensed Zumba Instructor



SEPTEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	CENTRE IS CLOSED 2	3	4	5	6	
	9:30 Yoga with Leanne 10:00 Fibre Arts 1:00 Texas Hold 'Em	9:30 Yoga with Leanne 10:00 Fibre Arts 1:00 Texas Hold 'Em	1:00 Kaiser 7:00 Bingo	9:30 Yoga with Leanne 11:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginners 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta MEMBERSHIP SIGN UP	
7	8	9	10	11	12	13
	3:00 Golf - Sandy Hook					
	10:00 Cardio Sculpt - Week 1 11:00 Core & More - Week 1 1:00 Canasta 1:00 Darts 2:30 Tai Chi "Practice" 3:00 Golf - Sandy Hook 6:30 Darts	9:30 Yoga with Leanne 9:30 Tai Chi - Beginners 10:00 Tai Chi 10:00 Fibre Arts 1:00 Texas Hold 'Em 7:00 Social Dance	10:00 Cardio Sculpt - Week 1 11:00 Core & More - Week 1 1:00 Kaiser 7:00 Bingo	9:30 Yoga with Leanne 11:00 Ukulele 1:00 Cribbage 1:30 Walking Pole Demo	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	
14	15	16	17	18	19	20
	10:00 Cardio Sculpt - Week 2 11:00 Core & More - Week 2 1:00 Canasta 1:00 Darts 2:30 Tai Chi "Practice" 3:00 Golf - Sandy Hook 3:00 Outdoor Walking Club 6:30 Darts	9:30 Yoga with Leanne 9:30 Tai Chi - Beginners 10:00 Tai Chi 10:00 Fibre Arts 1:00 Texas Hold 'Em 1:00 Social Dance 7:00 Social Dance	10:00 Cardio Sculpt - Week 2 11:00 Core & More - Week 2 1:00 Kaiser 7:00 Bingo	9:30 Yoga with Leanne 11:00 Ukulele 1:00 Cribbage 7:00 FASHION SHOW	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	
21	FALL SUPPER 22	23	24	25	26	27
	10:00 Cardio Sculpt - Week 3 11:00 Core & More - Week 3 1:00 Canasta 1:00 Darts 2:30 Tai Chi "Practice" 3:00 Outdoor Walking Club 6:30 Darts FALL SUPPER	9:30 Yoga with Leanne 9:30 Tai Chi - Beginners 10:00 Tai Chi 10:00 Fibre Arts 1:00 Texas Hold 'Em 1:00 Social Dance 7:00 Social Dance	10:00 Cardio Sculpt - Week 3 11:00 Core & More - Week 3 1:00 Kaiser 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 1:00 Wood Carving	
28	29	30				
	10:00 Cardio Sculpt - Week 4 11:00 Core & More - Week 4 1:00 Canasta 1:00 Darts 2:30 Tai Chi "Practice" 3:00 Outdoor Walking Club 6:30 Darts	CENTRE IS CLOSED National Day for Truth and Reconciliation				