

MARCH 2025 HILITES



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



"TRIVIA NIGHT"

Friday, March 21st



See details
on page 10

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.

DONATION RECEIPTS

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

CLARITY Computer



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

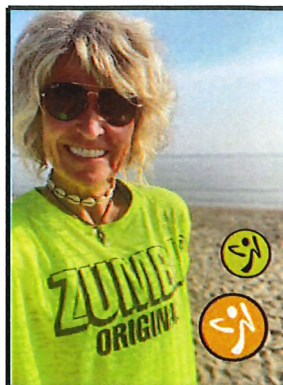
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can be arranged*

Chris Mulroy 389-4930

clarity@mts.net www.claritycomputer.ca



ZUMBA FITNESS

Zumba Fitness is perfect for Everybody and Every Body

Drop In - All Welcome!
Winter Session until March 17.
Mondays 6:30-7:30pm
GIMLI NEW HORIZONS

ZOOM-ba:
Live & Recorded Virtual Classes
Low Impact Zumba Gold & Zumba Fitness

The 8 Week Spring Session Starts April 7.

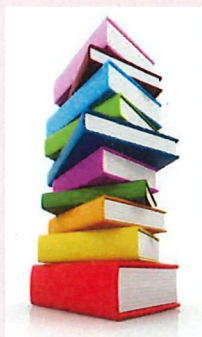
INFO: ZUMBAJAN@MTS.NET

Follow us on Facebook as
"Gimli New Horizons"

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



BOOKS & PUZZLES - Available during Centre Hours



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

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



Fraserwood Hall Upcoming Events

JANUARY - MARCH 2025

**JAN
12**

OLD TIME DANCE

Music by: Dennis Nykoliation

\$15 Admission at the Door. Funded in part by:

Funded by the
Government of Canada's
New Horizons for Seniors Program | Canada

**FEB
16**

OLD TIME DANCE

Music by: Gem Stars

\$15 Admission at the Door. Funded in part by:

Funded by the
Government of Canada's
New Horizons for Seniors Program | Canada

**MAR
9**

OLD TIME DANCE

Music by: Country Pride

\$15 Admission at the Door. Funded in part by:

Funded by the
Government of Canada's
New Horizons for Seniors Program | Canada

BINGO & CHASE THE ACE EVERY FRIDAY NIGHT

DOORS OPEN AT 5PM

CANTEEN & BAR OPEN 5:15PM

GAMES START AT 7:15PM

Everyone welcome!

fraserwoodhall.com

204-643-5302

fraserwoodhall1@gmail.com



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!

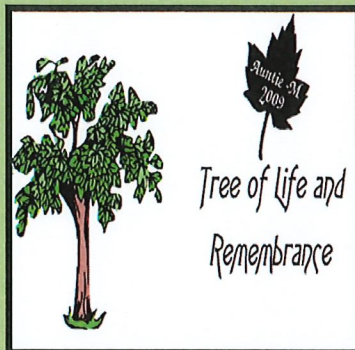
The past 50/50 proceeds have been used in the purchase of miscellaneous items throughout the Centre.



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.



Indoor Yard Sale

at
Gimli New Horizons 55+ Activity Centre

LOCATION: 17 Loni Beach Rd

DATE: Saturday, June 7, 2025

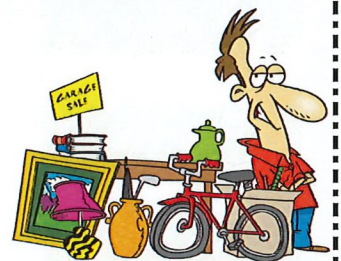
TIME: 8:30am to 12:00pm

Donation of Articles Accepted

Drop off donations starting
May 1st

NO CLOTHES,
FOOTWEAR, MATTRESSES
OR Box TV's

For more info call 204-642-7909



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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 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
Member at Large	Brian Sumner
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.**

**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.**





JOHNSON'S
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Located at 76 Centre Street, Gimli
Phone - 204-642-4010
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Website www.johnsonsfashion.com

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

President's Message

-Cindy Stewart



March is finally upon us and with that we can hope for warmer temperatures and hopefully no storms. February was so brutally cold and I am glad to see the end of the month although the last few days were nice.

March is also a transformation month from winter to spring and with that is the promise of new growth, longer days of sunlight and for the Irish- St. Patrick's Day and the Welsh St. David's Day.

If you have been into the Centre recently you may have seen we are hoping to start up 2 new activities: Square dancing and Monday evening darts. If either of these interests you please sign up at the bulletin board.

Please don't forget about our Trivia night on Friday, March 21. It would be great to have a few more tables.

The Centre would not be the great place it is without all our volunteers, whether you give an hour to us or many hours all of you are greatly appreciated. The majority of our activity leaders are also volunteers and work hard to ensure we have so many activities.

Thank you

"Spring officially starts later this month, but unfortunately, Mother Nature tends to March to the beat of her own drum."

Author Unknown

Hello March!

Interested in learning how to Square Dance?

**6 weeks of lessons for
\$60 (per person)
starting in April
[Wednesdays 1-3 p.m.]**



Want to play Darts on an evening?

**We are looking to
start this in April
[Wednesdays 7-8:30 p.m.]**



**Sign up sheets are on the bulletin
board at the Centre.**



**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
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**Serene Soles Nursing
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**Kasey Taran RN, BN
Advanced Foot Care Nurse**

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

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
Bridge -Duplicate	Brian Wallace	376-5603	\$2.00	Wednesday 1:00 p.m.	Card Yard
Canasta - Friday	Audrey Corrie	642-1581	\$2.00	Friday 1:00 p.m.	Card Yard
Canasta - Monday	Lauralee Hackert	642-5382	\$2.00	Monday 1:00 p.m.	Card Yard
Cardio Sculpt	Susie Stevenson	642-7909	Pre-paid or \$7.00 drop in	Monday 10:00 a.m. Wednesday 10:00 a.m.	Grand Room Grand Room
Core & More	Susie Stevenson	642-7909	Pre-paid or \$7.00 drop in	Monday 11:00 a.m. Wednesday 11:00 a.m.	Grand Room Grand Room
Cribbage	Doris Lloyd	642-8180	\$4.00	Thursday 1:00 p.m.	Card Yard
Darts	Julie Ewanchuk	470-8937	\$2.00	Monday 1:00 p.m.	Harmony Room
Fibre Arts	Linda Duthie	641-8021	\$2.00	Tuesday 10:00 a.m.	Coffee Spot
Floor Curling (Fun)	Arlene Bernshine	782-5071	\$2.00	Thursday 10:00 a.m.	Grand Room
Floor Curling (League)	Elaine Einarson Linda Shipman	642-7909	\$30.00 pp/ season	Friday 10:00 a.m.	Grand Room
Memoir Writing	Ruth Asher	389-5157	\$2.00	Wednesday 10:00 a.m.	Coffee Spot
Painting	Sandy Reimer	641-1970	\$2.00	Tuesday 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
Tai Chi 'Practice'	Cindy Blicq Judy Brown	642-7909	\$2.00	Monday 2:30 p.m.	Grand Room
Texas Hold 'Em	Ron Martin		\$3.00	Wednesday 1:00 p.m.	Coffee Spot
Social Dance (Let's Go Dancing)	Gail Hurak	642-7834	\$10.00	Tuesdays at 1:00 & 7:00 p.m.	Grand Room
Ukulele Strum'	Gayle Halliwell	389-3832	\$2.00	Thursday 11:00 a.m.	Harmony Room
Woodcarvers	Dave Tustin	389-2305	\$2.00	Friday 1:00 p.m.	Harmony Room
Yoga with Leanne	Leanne Stevens	641-3920	\$14 drop in or \$12 prepaid	Tuesday 9:30 a.m. Thursday 9:30 a.m.	Grand Room Harmony Room

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 February membership numbers
were 491

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.*

Perogies

-Elaine Einarson

*Tuesday, Feb. 04th, we had nine volunteers and together we
got the potatoes, peeled and the filling made thanks to Debi
and Ron. What a fantastic job they do. The volunteers that
arrive early are amazing pitching in to do whatever is
required to get the job done. Thank you to all of you.*

*Wednesday, Feb. 05th - now this is a different story as our
machine broke down and other arrangements were made to
get the dough made. Thanks to Garry as well as Silvia and
Debby assisting to get this job complete. Soon the
volunteers arrive that do the boiling, cooling, ball
making, pinching, packing and money collecting. Everyone
pitches in wherever they are needed. Total of 26 volunteers
completed the job by 11:30 AM and sat down to a yummy
lunch. After lunch some remained to do the dishes and clean
the kitchen for the next group that uses the facility. Many
thanks to all of you, namely Linda S., Linda C, Silvia,
Lori Anne, Pauline.*

*Thanks so much to Linda S for making & donating the lovely
carrot cake for dessert as well as thanks to Lori Anne for
taking the tea towels and aprons home to wash.*

*Our next Perogy day will be March 4 & 5
Hope to see you all again.*

*As of February 5, 2025 we have received a new mixer
for our kitchen.*



Wanting to expand GNH event ticket sales or
participation in your regular GNH activity?

Work with the GNH Publicity Director to
publicize your
activity or event.

Contact Graham Watson.

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Grant Hjørleifson, BSc
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Health & Wellness

STAY OR GET CONNECTED SENIORS' CENTRE USING ONLY TELEPHONE FROM COMFORT OF YOUR OWN HOME 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

If you're sick, please stay HOME



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

Germs spread easily and we all need to do our part to stop the spread.

Also, please wash your hands frequently or use hand sanitizer around the Centre.

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



FREE

**HEARING
CONSULTATIONS**

1-877-300-7507

www.horizonhearing.com



PROUD SUPPORTERS

OF GIMLI NEW HORIZONS 55+

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From the Kitchen

-Evy Bialek



Now that our weather is more cooperative,
we can enjoy outdoor activities.

Our teams are doing their utmost to please our
members' appetites.

We enjoy your smiles and cheery nature.

We really appreciate our team members
who come to help when we are short.
They are glad to step up to the plate.

WE AIM TO PLEASE

FRIDAY LUNCHES

for March:

March 7th – Pancake Breakfast, sausages and fruit

March 14th – Potato Leek Soup with open faced
egg or salmon sandwiches, jello

March 21st – Ham, Scalloped Potatoes, mixed
vegetables and apple crisp

March 28th – Breaded Pork Cutlets, Hash brown
Casserole, coleslaw, Black Forest Dump Cake and
cupcakes. ***Please note that gluten free options are
available for this lunch.**



\$ 8.00
(comes with coffee)



Volunteer

Save the date – our Volunteer Appreciation lunch
will be on Thursday, May 8th. Details and sign-ups
will be provided nearer that date.
We appreciate you!

We're looking for volunteer expertise. For either of
the following, please contact the office or myself:

- If you can wrangle a spreadsheet, maybe
you could help us design and
analyze a survey later in the year.
- If you are interested in health issues
(perhaps you are/were a health-care professional),
we're forming a group to plan a
series of health-related talks.

-Allison Atkey

Welcome to winter parking



Where the spots are made up
and the lines don't matter



Building a Lasting Legacy

Westshore
COMMUNITY FOUNDATION INC

Phone: (204) 642-9796

Email: admin@wcf-foundation.ca

www.westshorefoundation.ca

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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.



Social Activities

-Cathy Timko

Happy March everyone! We've had our share of Manitoba winter weather in February but fear not! I am certain that we will have an early Spring, based on my faith in our own groundhog "Manitoba Merv". On February 2nd, Merv emerged from his home at Oak Hammock Marsh and thanks to the overcast blustery morning, there was no shadow to be seen!

Here at New Horizons, we continue to enjoy ongoing activities and look forward to special events to help pass the remainder of the winter.

Thanks to everyone who has signed up for Trivia Night on March 21st, and there are still spots available for teams and individuals to sign up. It will be a "Race to Spring" themed Trivia Night, and it is sure to be an evening of fun and laughs! Tickets are \$15.00 with a half time lunch included.

Please make sure you have purchased your tickets from Jonie or Margaret at the office ASAP, we would like to give the Trivia Hostess our final numbers by March 7th. To update the May 3rd Craft Show, we will be featuring over 40 Crafters/Vendors and Bakers along with numerous Silent Auction Prizes and the Canteen available for the entire day. Make plans to come and check it out! I hope to see you there, and don't forget to watch the board for future activity announcements.



GIMLI NEW HORIZONS

CRAFT & BAKE SALE

10:00 - 4:00
MAY 3rd

All tables have been filled!
Thank you to everyone for the great response.
See you at the Craft Sale!



TRIVIA NIGHT

FRIDAY, MARCH 21ST
GIMLI NEW HORIZONS

DOORS OPEN AT 6pm
TRIVIA STARTS AT 7pm

Bring a Team or Join a Table Advance tickets only

\$15.00 PER PERSON TEAMS OF 4-6 PLAYERS
INDIVIDUAL PLAYERS ASSIGNED TO TEAMS
CASH BAR/HALF TIME SNACKS PROVIDED
CHECK THE BOARD
TO SIGN UP NOW!

Prizes

Sign up sheet for teams will be up on the bulletin board at GNH.
Tickets available at the GNH office.



ST PATRICK'S DAY

Trivia Game

WHICH COUNTRY IS ST PATRICK THE PATRON SAINT OF?

- IRELAND

HOW MANY LEAVES DOES A SHAMROCK HAVE?

- 3

WHAT WILL YOU GET IF YOU DON'T WEAR GREEN ON ST PATRICK'S DAY IN THE US?

- A PINCH

WHAT COLOUR WAS ORIGINALLY ASSOCIATED WITH ST PATRICK?

- BLUE

ACCORDING TO LEGEND, WHAT CREATURE DID ST PATRICK CHASE OUT OF IRELAND?

- SNAKES

WHAT IS THE NICKNAME FOR IRELAND?

- THE EMERALD ISLE

Activities



Mondays

Cardio Sculpt 10-10:45 a.m.
starting April 7th

Core & More 11-Noon
starting April 7th

Wednesdays

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

Core & More 11-Noon
starting April 9th

Saturdays

Drums 9:30-10:30 a.m.
starting April 12th
(Will only run with enough interest)

10 WEEK SESSION

1 class/week - \$ 60
2 classes/week - \$ 110
3 classes/week - \$ 143
4 classes/week - \$ 162
5 classes/week - \$ 180



Drop in fee per class - \$ 7.00

Deadline to sign up - April 3rd

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

(Non-refundable
& Non-transferable)

Sign up at the Office

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Activities



Winter Season runs
January 10 to April 25th

Cost is \$30
pp/season

FUN - Thursdays at 10:00 a.m.

Activity Leader: Arlene Bernshine (204) 782-5071

LEAGUE - Fridays at 10:00 a.m.

Activity Leaders:

Elaine Einarson, Linda Shipman



We have just completed our eighth week of floor curling. Thanks to Linda Shipman for finding the many spares we have had to have each week.

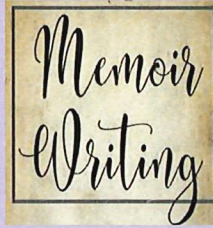
We have had some new members come in to spare, and hopefully they will return in the fall and get on a regular team. We need new members to keep the game going for years to come. I would hope that all members are treated with respect and assistance in this game. Remember you were new at one time also.

Also, the game on January 17, 2025 that was missed due to weather will be made up on Thursday, April 17, 2025. Continue having fun after all that is why we were here.

If you have any questions or concerns,
do not hesitate to contact myself or Linda.

Elaine Einarson

Memoir Writing - Wednesdays 10:00 a.m. - Noon



We now have a full class, so sign up on our waiting list if you are interested.

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

Woodcarvers

-Dave Tustin

1:00 p.m. Fridays
in the
Harmony Room

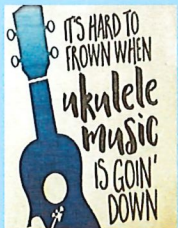


FITNESS

During the winter season, there may be days when the Centre is closed due to bad weather, and fitness classes are cancelled. Please watch our Facebook page as this is where we post closures.

We will offer a make up date at the Centre's & our fitness instructor's discretion.

Please note; this day may not fall on the same day of the week you usually attend your class.



Ukulele Strum' -Gayle Halliwell

The Uke Strum group fills the Centre with our silky strings and dulcet tones every Thursday from 11 to 12.30.

We play mostly from the Winnipeg Ukulele Club book and our own in house book of tunes (which keeps growing due to Mike's penchant for challenges).

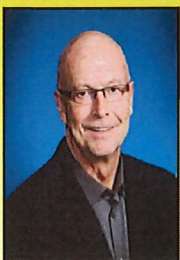
We welcome new members, so give Gayle a call at 204.389.3832 for the deets.



Join us for Fun Darts every
Monday at 1:00

It is a pay as you play activity. \$2.00 will get your name in the hat and a random pick partners you up with another player for the day. It really is Fun Darts. Some players haven't played for years and by the end of the day, are back to playing like the pros. If you have never tried darts, come out and give it a throw. There is always lots of chatter and laughter going on. It's a fun, easy way to spend an afternoon with other dart palyers. Every member is welcome. Just come and play!

-Julie Ewanchuk



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.



Eirik Bardal

Owner

Telephone: (204) 949-2200

Fax: (204) 694-9494

Email: info@nbardal.mb.ca

3030 Notre Dame Avenue
Winnipeg, Manitoba
R3H 1B9



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

Have a marvelous March everyone. The extreme cold weather finally left and our temperatures are better and the hours of daylight longer. It is time to look forward to spring

and new beginnings. March is marked by several observances, including International Women's Day, St. Patrick's Day and Daylight Savings Time.

Our Tai Chi beginners have almost finished the second set. I can see their confidence growing as they keep practicing.

There is so much happiness and friendship in the class, as the members continue to enjoy socializing and learning with each other.



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



Yoga - Leanne Stevens

Welcome to Yoga in March!

Join us for yoga as we welcome the arrival of spring. The classes are accessible for all levels of ability and experience. The practice of yoga emphasizes building strength, stamina and flexibility. We do this in class by learning how to move mindfully with gentle stretches, strengthening actions and breath awareness. Let this be the opportunity for you to welcome springtime activities with increased mobility and lightness in your heart.

We meet Tuesdays and Thursdays at 9:30. The fee is \$12 for members of New Horizons.

If folks are interested in a chair yoga session Tuesdays at 10:45 please contact me or New Horizons. A class will be offered if there is enough interest.

**Classes are Tuesday and Thursday at 9:30. Please bring a mat, yoga belt, blocks and a shawl or blanket for the restorative poses.
Fee is \$12 per class**

If you have any questions about the class please call me,
Leanne at 204-641-3920.

I have 25 years experience teaching and practicing yoga. I look forward to meeting you!

Namaste,
Leanne
stillbluecatyoga@gmail.com

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**BUILDING
CENTRE
GIMLI**

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A WEEK**

Activities



Painting Tuesdays at 1:00
-Sandy Reimer

Our painting group is a gathering of like minded painters with a varied skill level and media who enjoy painting in a group.

The pegboard in the Card Yard displays some paintings that are for sale. Payment for the paintings is to be made to Jonie or Margaret at the office before removing them.

Fibre Arts - Tuesdays at 10:00 -Linda Duthie

Spring will be here soon.
Time to finish winter projects and plan summer themed ones.

You are most welcome to join us at Fibre Arts on Tuesdays 10:00-1:30, with an attendance fee of \$2.00



LET'S GO DANCING

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

Our lesson for March will be the RUMBA Dance.

Tuesdays 1:00 p.m. for beginners to learn the basics
Tuesdays 7:00 p.m. for Intermediate and advanced only.

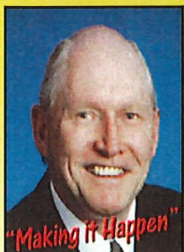
\$10 cash per person, per class.

You will need to be a member of Gimli New Horizons to participate in the programs.
We are a group of people that love to dance with one's partner. If you want to dance in the Interlake at social events, this is a great class for you.

Would you like to join us, but you are without a dancing partner?

If you would like to be placed on a waiting list for a partner, call the GNH office at (204) 642-7909.

Gail Flurak



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.



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GAMES at the Centre

Allison Atkey & Judy Brown Fridays @ 1:00 pm



We play Contract Bridge every Friday, gathering by 12:55 to prepare to play at 1:00.

New players are welcome; we play quite informally.

The cost is \$3 for members.

After-bridge social time is the third Friday each month - in March, it's the 21st. Spouses are welcome.



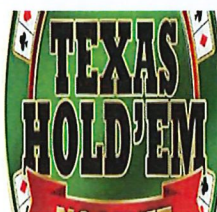
CRIBBAGE - THURSDAYS @1:00 p.m.

- Doris Lloyd

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

TEXAS HOLD 'EM

Wednesdays at 1:00 pm
- Ron Martin



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 pm

Come and join our friendly group.

Partner selection and table assignment starting at 12:50 on the dot with play at 1:00 p.m.

We play two types of Canasta for those who might like variety. Games end between 3:30 & 4:00 p.m.

If you want to learn how to play Canasta, Monday is the day to attend!



Friday Canasta -

Activity Leader - Audrey Corrie

Fridays at 1:00 pm

Canasta is easy to learn as it is a take off from Rummy.

Come and join us.....seasoned players OR beginners welcome. We have great teachers.

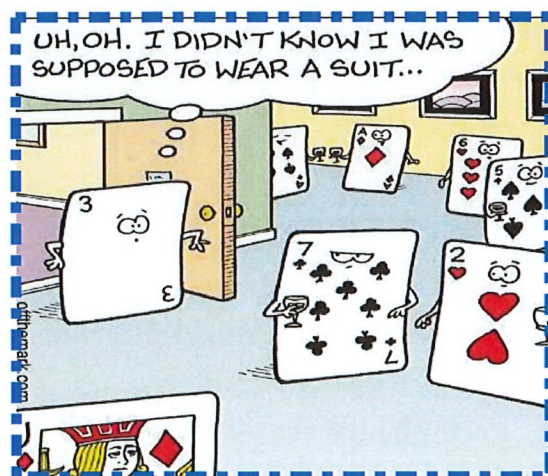
We start playing at 1:00 pm with partner and table selection 10 minutes before.

DUPLICATE BRIDGE



ON BREAK
until further notice

If you are interested in learning how to play Duplicate Bridge OR would like a refresher on it, please leave your name at the office.



Community Service

Caregiver Support

third Monday of the month

Being held at Gimli New Horizons

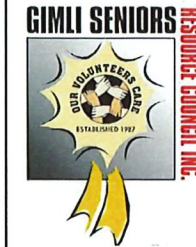


**Next meeting date - March 17th,
will be in the GRAND ROOM at 1:00 p.m.**

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

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

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



News from the Seniors Resource Program



The Seniors Resource Program is looking for individuals to join our transportation program. If you enjoy driving and the company of others, please give us a call! Transportation is for medical appointments to various areas such as Selkirk, Winnipeg, other surrounding areas and locally. Set rates for out-of-pocket expenses are reimbursed by clients to the drivers directly.

We are also looking for more volunteers for our Gimli and Winnipeg Beach/Village of Dunnottar Meals on Wheels programs. If you have an hour to spare and would like to deliver one week during a 4 month schedule, please give us a call. Or if you would like to deliver more often that would be great too! Along with these nutritional meals, clients also look forward to their friendly hello that each of the volunteers bring. Meals are delivered at 11:30 a.m. Mondays, Wednesdays and Fridays from New Haven Lodge in Gimli and from the Winnipeg Beach Lake Lodge. If you are interested or require more information, please call the office at 204-642-7297. We look forward to hearing from you!



Other services we offer are housecleaning, yard/snow maintenance, Lifeline, E.R.I.K. kits, Congregate Meal Programs, etc. Should you require further information on any of our services or know of someone who can benefit from them, please give us a call.

WHAT DO GET
WHEN YOU CROSS
POISON IVY AND A
FOUR LEAF CLOVER?



A rash of good luck!

WHY SHOULDN'T
YOU IRON A
FOUR LEAF CLOVER?



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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.



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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 Canteen Specials!

Snack while you play!



Gimli New Horizons is offering
FREE
BASIC Income Tax Returns
must be below:

Family size	Total family income below
Single person	\$35,000
2 people	\$45,000 (single parent, married/common-law)

We do not prepare returns for individuals who:

- report business or rental income & expenses
- report capital gains or losses
- report employment expenses
- filed for bankruptcy
- died in the tax year

Call 204-642-7909 to be referred to one of our Volunteer Tax Return Preparers trained by Revenue Canada.

Be assured that this service is entirely confidential.

Appointments Only
Call New Horizons Office

204-642-7909

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.

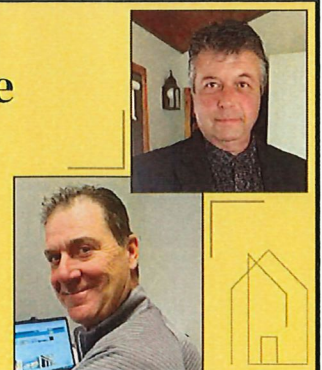


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daretodream@mymts.net

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





March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
10:00 11:00 1:00 1:00 2:30	10:00 11:00 1:00 1:00 2:30	9:30 9:30 10:00 10:00 1:00 1:30 7:00	10:00 10:00 11:00 1:30 7:00	9:30 10:00 11:00 1:00	9:30 10:00 10:00 1:00 1:00 1:00	Tai Chi - Beginner Tai Chi Floor Curling - League Bridge - Contract Canasta Wood Carving
9	10	11	12	13	14	15
10:00 11:00 1:00 1:00 2:30	10:00 11:00 1:00 1:00 2:30	9:30 9:30 10:00 10:00 1:00 1:30 7:00	10:00 10:00 11:00 1:30 7:00	9:30 10:00 11:00 1:00	9:30 10:00 10:00 1:00 1:00 1:00	Tai Chi - Beginner Tai Chi Floor Curling - League Bridge - Contract Canasta Wood Carving
16	17	18	19	20	21	22
10:00 11:00 1:00 1:00 2:30	10:00 11:00 1:00 1:00 2:30	9:30 9:30 10:00 10:00 1:00 1:30 7:00	10:00 10:00 11:00 1:30 7:00	9:30 10:00 11:00 1:00	9:30 10:00 10:00 1:00 1:00 1:00	TRIVIA NITE - 7 p.m. Tai Chi - Beginner Tai Chi Floor Curling - League Bridge - Contract Canasta Wood Carving
23	24	25	26	27	28	29
10:00 11:00 1:00 1:00 2:30	10:00 11:00 1:00 1:00 2:30	9:30 9:30 10:00 10:00 1:00 1:30 7:00	10:00 10:00 11:00 1:30 7:00	9:30 10:00 11:00 1:00	9:30 10:00 10:00 1:00 1:00 1:00	Tai Chi - Beginner Tai Chi Floor Curling - League Bridge - Contract Canasta Wood Carving
30	31					
10:00 11:00 1:00 1:00 2:30	10:00 11:00 1:00 1:00 2:30	9:30 9:30 10:00 10:00 1:00 1:30 7:00	10:00 10:00 11:00 1:30 7:00	9:30 10:00 11:00 1:00	9:30 10:00 10:00 1:00 1:00 1:00	Tai Chi - Beginner Tai Chi Floor Curling - League Bridge - Contract Canasta Wood Carving