

NOVEMBER 2025 HILITES



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



SAVE *the* DATE

Christmas Dinner & Dance will be held on Saturday, December 6th
(see page 9 for details)

**Tickets go on sale Thursday, November 6th @ 10:00 a.m., and are
available to purchase until November 24th or until sold out.**

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!



Please Note:

We now have 5 spots for
Handi-Cap parking.

Please park in front of the sign.

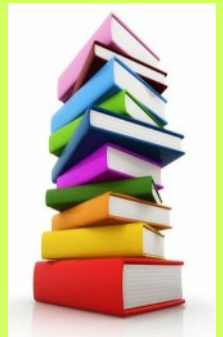
To park in these spots, you are
required to have a valid
Handi-Cap Placard
hanging from your rear view mirror.

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

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.



Gimli New Horizons Fundraiser



**Interlake Packers
Sausage Rings**

Order Deadline November 28

Ham Sausage \$10.00

Coarse or Fine

Cash or
cheque
only

Pick up Date is December 11 & 12 between 10am - 3pm
at Gimli New Horizons Office

Sign up on Bulletin Board

at Gimli New Horizons
or call 204-642-7909

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: 2025/2026

President	Lynda Dodunski
Past President	Cindy Stewart
1 st Vice	Russell Gillies
2 nd Vice	Vera Szczepanski
Secretary	Julie Ewanchuk
Treasurer	Patricia Burdett

Directors: 2025/2026

Building/ Maintenance	VACANT
Kitchen	Evy Bialek
Bingo	Josey Banera
Member at Large	Audrey Corrie
Member at Large	Richard Szczepanski
Member at Large	Lavona Clarke
Membership	Gail Hurak
Publicity	Graham Watson
Social Activities	Cathy Timko
Volunteers	VACANT

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

MEMBERSHIP

-Gail Hurak

Membership year: September 1 - August 31

\$25 regular membership (55+)

\$30 associate membership (50-54)

Memberships are an annual fee.

(Cash or Cheque)

M - F 9 - 4:00 at the office



Our October membership numbers were **445**

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!

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!

- 1) Pick up a Hilites program when you renew or sign up as a new member.
- 2) Check our facebook page to find out which programs are running.
- 3) Check out our new website:

gimlinewhorizons.org

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.



MAD MINUTE MAKEOVERS by Brenda

BRENDA TRACH

204-510-3911

SCAN ME

btrach1@shaw.ca www.madminutemanicures.ca

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.

Tax receipt upon request.

Tree of Life and Remembrance

EST. 1899

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Facebook-H.P. Tergesen & Sons

Instagram-@tergesens

President's Message

-Lynda Dodunski

One of the first things I did when I moved back to Manitoba was to join New Horizons. Over the past 16 years I have met lots of people and made many friends, for which I am very grateful. I became a Board member in 2022 as 2nd Vice President, moved up to 1st Vice and now I am the President. What a journey!!

It is a privilege to be the President and I look forward to continuing to provide you with activities, programs and events. Thanks to our past President, Cindy Stewart, for her help and guidance over my years on the Board and also other Board members.

I would like to welcome two new Board members - Russell Gillies, 1st Vice President and Pat Burnett, Treasurer. Thank you both for volunteering.

Of course I cannot say enough about Jonie and Margaret who keep 55+ running on an even keel and do a wonderful job.

Our Christmas Dinner and Dance will be held on Saturday, December 7. Tickets will go on sale in November at a cost of \$45 each.

We will be holding our garlic sausage fundraiser with the price for each coil remaining at \$10. Watch for the sign up sheet. Delivery is in mid December.

Please pause for a moment of silence on November 11th to honour those who fought for our freedom.

Lest we forget.

Past President's Message

- Roy Clarke

As Past President, this will be my last message and I would like to address a concern that keeps showing up.

When I started volunteering a decade ago everyone seemed to get along. Oh sure, there were different ideas and opinions but they were resolved in a mature, non-confrontational manner. However, following the Covid period, folks seemed to have lost the art of being respectful to each other. Ideas and opinions became confrontational. I had hoped, as time moved on and people were getting used to gathering and socializing again, that this would have improved.

It saddens me to be the bearer of bad news, but it has not improved. It saddens me even more to discover that folks have become belligerent, not only with each other, but with the office staff. Jonie and Margaret have jobs to do, which they are damn good at, and should not be subjected to anybody's poor attitude, harsh criticism or dictatorial job directives.

I hope the new Board does not have to spend time dealing with social interaction concerns. Let's all make a concerted effort to remember the manners our parents taught us decades ago and treat everyone with respect and consideration.

Let's prove we aren't grumpy old people.

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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 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
Kaiser	Ron Walker	642-7909	\$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
Line Dancing	Judy Hall	642-7909	\$2.00	Thursdays 1:00 p.m.	Harmony Room
Memoir Writing	Ruth Asher	389-5157	\$2.00	Mondays 1:00 p.m.	Coffee Spot
Outdoor Walking Club	Allison Atkey	218-3205	Free	Mondays 2:30 p.m.	Outside
Painting	Sandy Reimer	641-1970	\$2.00	Tuesdays 1:00 p.m.	Card Yard
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	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

THE FUN WAY TO A HEALTHIER, BETTER BRAIN!

Wednesdays 1:30-3:00pm
November 12, 19, 26 & December 3
Gimli New Horizons

Interlake-Eastern Regional Health Authority

Discover the brain boosting practices proven to support a healthy brain while sharpening thinking and memory skills. Build Total Brain Health* with activities designed for body, mind, spirit and fun! Developed by Dr. Cynthia Green, Brain Health Expert

REGISTRATION:
EMAIL WELLNESS@IEHRA.CA
OR CALL TOLL FREE 1-877-979-9355

the wellness institute

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

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

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.

Zumba Toning & Zumba Fitness (30/30)

= 1 Effective Workout!

This class format is for those who want a fitness party, but put extra emphasis on toning and sculpting to define those muscles! How it Works: The challenge of adding resistance by using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

DROP-INS WELCOME! \$14
Mondays, 6:30-7:30pm
Classes until Dec 1
Gimli New Horizons

Instructor: Jan Koryluk,
MFC Certified Leader
Licensed Zumba Instructor



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From the Kitchen

-Evy Bialek



Curling is in full swing again and we are back to our normal routine.

In the kitchen we are cooking up delicious lunches and putting our heads together to come up with hearty meals that stick to your ribs.

We hope to see you all at our counter.

Happy Curling!



Perogies

Our December Perogy Bee

will be

Prep Day - Tuesday, December 2nd

Making Day - Wednesday, December 3rd

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



To Our Perogy Volunteers,
Thank you for your continued dedication and hard work in making our monthly perogies. Your time, effort, and care in preparing, rolling, filling, and packing each batch are truly appreciated.
These sales are vital to supporting our club activities, and they wouldn't be possible without your help.

In October, we made 216 dozen perogies!
We'll continue selling them for \$6.00 a dozen.

With heartfelt thanks,
The New Horizon Club Leadership



Marc Palsson
Owner

100-7th Avenue
Gimli, MB R0C 1B0

Telephone: (204) 642-9688
Fax: (204) 642-8688
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Grant Hjorleifson, BSc
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Social Activities

-Cathy Timko

Well, it looks like we can officially bid farewell to the summer/fall season of 2025.

What a fantastic summer and fall we have had!

This brings us at New Horizons to the time of year that we welcome back our winter/spring activities and there are certainly many options to choose from! To start the season off right we are holding our Silver Collection Member's Dance on Friday, November 7th.

All members are invited to attend, and guests are welcome when accompanied by a member.

It's hard to believe, but a few short weeks after the dance it will be the Christmas Gala on December 6th. Once again Mad Dash will be catering a wonderful Roast Beef Buffet, and DJ Trevor Ewankiw is sure to keep the dance floor filled. Tickets for the Gala are \$45.00 per person, and they will be on sale beginning at 10:00 am, November 6th. Make sure to get your tickets as soon as possible and book a table if you have a group attending. This will be another fun and exciting season of activities.

GIMLI NEW HORIZONS
WELCOME BACK!

SHALL WE DANCE...AGAIN?



FRIDAY NOVEMBER 7, 2025
ADMISSION: SILVER COLLECTION
DOORS OPEN 6:00pm – CASH BAR

COME OUT AND ENJOY AN EVENING OF MUSIC AND DANCE
ALL MEMBERS AND THEIR GUESTS WELCOME

Gimli New Horizons 55+ Centre

Christmas Dinner & Dance
Saturday, December 6, 2025

Tickets \$45.00
Tickets available at
Gimli New Horizons
Thursday, November 6 at 10am
Deadline Nov 24 or until sold out

Table Reservations Accepted

Featuring DJ Trevor Ewankiw

Cocktails 5:00pm
Dinner 6:00pm
Roast Beef Buffet catered by Mad Dash Catering

Once tickets are purchased, they are not-refundable, but are transferable to others.



Scan QR code to visit our website.
Follow us on Facebook as: Gimli New Horizons



Building a Lasting Legacy
Westshore
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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.



In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

- Lieutenant Colonel John McCrae


Remembrance Day Word Scramble

Unscramble the jumbled words below, all of which are used in Dr John McCrae's poem from 1915, "In Flanders Fields".


1. leesp _ _ _ _ _
2. oef _ _ _
3. utesns _ _ _ _ _
4. sppipoe _ _ _ _ _
5. srcsoes _ _ _ _ _
6. atifh _ _ _ _ _
7. vleod _ _ _ _ _
8. nwad _ _ _ _ _
9. ighh _ _ _ _ _
10. lkars _ _ _ _ _
11. relaybv _ _ _ _ _
12. ilsefd _ _ _ _ _
13. rnefalds _ _ _ _ _

Answers on
page 14





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

Outdoor Walking Club

-Allison Atkey



Please note - we are changing the time to 2:30 on Mondays starting November 3rd.

All are welcome to come walk with us - no charge.

You can borrow poles from the Centre if you want to give them a try, but that's not required.

Thanks to Carolyn Munroe for leading the group when I was away.

We're enjoying walking along the boardwalk, but may retreat to Loni Beach area if it gets too windy!



Memoir Writing - Mondays at 1:00 p.m.

If you are interested in more information, please contact Ruth

(204) 389-5157



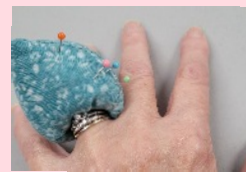
Fibre Arts - Tuesdays at 10:00

-Linda Duthie/Janice Skene

Hello New Horizons Members: As October comes to a close, gardens and flowers have been put to bed for the winter. Now it is time to start new projects or finish neglected ones, for Christmas. Join our Fibre Arts Group on Tuesdays, 10:00 - 1:30, and share your projects with us. Bring a friend.

Show and Tell is at 11:00. Cutting mats, rulers, rotary cutters, and sewing machines are available for your use. Bring your lunch and enjoy the fellowship.

Attendance fee is \$2.00



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

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Activities

LET'S GO DANCING

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

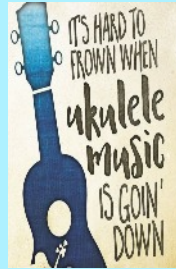
Our second fall session runs until December 2nd.
We will be working on the Waltz.

Tuesdays 1:00 for beginners and new dancers.
7:00 PM -This class is full. Only returning, experienced dancers can apply.

\$10 cash per person, per class.

We are having a welcome back dance social on
Friday, Nov. 7.
This is a chance for you to listen to music and/or
dance.
Open to members only and their friends.
Silver Collection

Gail Hurak
(204) 642-7834



Ukulele Strum' –Gayle Halliwell

In October, Uke Strum enjoyed playing some spooky tunes, including the theme from the Addams Family.

As we fall into November, strumming together on Thursdays from 11 until 12:30 brings sunshine to our day!

Join us to learn, improve, or share your knowledge as we sing and strum together.

Woodcarving



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

-Dave Tustin

Painting

-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.

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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

Tai Chi has proven to be a low to moderate intensity aerobic exercise.

It exercises the heart and helps prevent heart disease. The slow, extended weight shifting helps improve bone density and joint stability.

The movements also stretch and strengthen muscles. Regular practice improves endurance and stamina allowing your heart and lungs to become stronger over time. Consistent and regular Tai Chi practice, like any exercise, is needed to maintain its benefits.



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



Yoga - Leanne Stevens

Welcome to Yoga in November!

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



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



Remembrance Day

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

FLAG
POPPY
SOLDIER
RESPECT
CEREMONY

RED
BATTLE
NOVEMBER
HISTORY
SILENCE

COURAGE
THANK YOU
PEACE
SERVICE
REMEMBER

HERO
VETERAN
WAR
MEDAL
SACRIFICE

Activities



Fall Season
runs from
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



Thursdays at 1:00
in the Harmony Room

-Judy Hall



**Join us for Fun Darts every
Monday at 1:00**

It is a pay as you play activity.
\$2.00 activity fee.

Everyone member is welcome.
Just come and play!

-Julie Ewanchuk



PRACTICE

Mondays at 2:30 p.m.
in the Grand Room

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

-Cindy Blicq/Judy Brown

**How do you
repair a broken
jack-o'-lantern?**

Use a pumpkin patch.



**Answers to Word
Scramble from Page
10:** 1)sleep, 2)foe,
3)sunset, 4)poppies,
5)crosses, 6)faith,
7)loved, 8)dawn,
9)high, 10)larks,
11)bravely, 12)fields,
13)flanders



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GAMES at the Centre



Allison Atkey & Judy Brown **Fridays @ 1:00 pm**

Join us Fridays at 12:55 p.m.
for a 1:00 p.m. Start.

It's a relaxed, welcoming group—
newcomers encouraged!

Cost is \$3 per player.

Our monthly social time afterwards
is on the third Friday each month;
next is Nov 21.
Spouses invited!

Thank you to Nancy Allen for
teaching our intermediate class.
Sounds like it's going well!

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



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!

TEXAS HOLD 'EM Tuesdays at 1:00 pm

-Ron Martin



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

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.



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56 Centre St., Gimli, MB.

Community Service

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

Being held at Gimli New Horizons



Next meeting date - November 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 supplies support services to seniors in the R.M. of Gimli, Town of Winnipeg Beach, Village of Dunnottar, R.M. of St. Andrews and R.M. of Armstrong.

Services available are Congregate Meal Programs, Lifeline (Home Emergency Response System), Transportation, Meals on Wheels, E.R.I.K. (Emergency Response Information Kits), Handy Helper, Yard Maintenance, House Cleaning, Mobility Rental, Form Assistance, etc.

For more information on our services or
If you would like to become a
Volunteer / Fee-for-Service worker, please call
our office at 204-642-7297.

We look forward to
hearing from you!



**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

**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

A colorful poster for a bingo event. The background is a collage of bingo balls with numbers. At the top, it says "Gimli New Horizons" in a stylized font, followed by "Located at 17 Loni Beach Rd.". In the center, the word "BINGO" is written in large, bold, yellow letters inside a blue comic-style speech bubble. Below that, it says "EVERYONE WELCOME!". At the bottom, it lists the event details: "Wednesday Nights @ 7:00pm", "Doors Open @ 5:30pm", "No Cards Sold After 6:50pm", and "The regular canteen menu and weekly special".

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!



6 Things to Plan to Age Well Where You Live

Planning ahead before you need additional services is the key.



- Plan resources and services you can call on to help you at home
- Plan how to best use the space in your home as your health needs change
- Plan different housing options to be prepared when your current home doesn't work for you
- Plan to proactively stay in charge of your health, your mindset and your skills for aging well
- Plan for how you will support yourself, how your family can support you, how your community can support you
- Plan for finding joy and passion in every day of your life



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regular priced items.

November 2025											
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
						1					
2	3	4	5	6	7	8					
9	10	11	12	13	14	15					
16	17	18	19	20	21	22					
23	24	25	26	27	28	29					
30											