

OCTOBER 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

**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.
(See page 5 for the Nominations to the Board of Directors list)**

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!

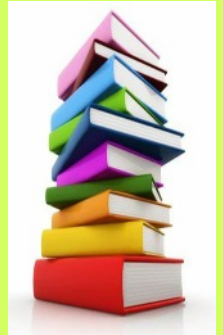


DONATION RECEIPTS

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.



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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Grant Hjorleifson, BSc
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Gimli, MB R0C 1B0 **M L S**

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

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 September membership numbers were **381**

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)

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.



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.



CELEBRATING YOUR YEARS OF SERVICE

10 Year Members:

Bernadine Adamson	Dana Albright
Edith Albright	Marguerite Bright
Doreen Burdey	Wayne Burdey
Christine Dann	Marlene Forbes
Mavis Lewis-Webber	Candice Murphy
Janet Shapkin	Joan Sigmundson
Carol Simonson	Dolores Skolny
Lori Stevens	Cindy Stewart
Jim Stewart	Elaine Thompson
Ian Thompson	Brenda Thomson
Laurie Toback	Dennis Toback
Brian Wallace	

Please stop by the office for your pin if you haven't already

15 Year Members:

Lois Cash	Toni D'Ascanio
Linda Duthie	Margaret Freund
Bruce Geske	Sarah Howell
Dave MacVicar	Lorraine MacVicar
Rena Jeanne Plischke	Vivian Shannon
Lawrence Zack	

20 Year Members:

Dawn Boyd	Marion Gale
Mavis Gerwing	Vincent Gerwing
Nancy Heath	Vera Ralke
Brenda Tanner	

25 Year Members:

Shirley Bergen	George Bergen
Elaine Einarson	Doris Lloyd



President's Message

-Cindy Stewart

What a wonderful and delicious Fall supper that was enjoyed by many and this year was another sell out. Thank you Evy for co-ordinating and Patti for stepping up and helping Evy with the event. Without all the volunteers this would not happen. There are many you see and lots behind the scenes that you don't. **THANK YOU.** I believe our volunteers are the best!

The Fashion show was also a sell out. Thanks Julie for again organizing such a wonderful show and all her volunteers.

This goes to show you must get your tickets early to avoid disappointment as for both events we had to tell people we were full. Hard to believe that 3 years have passed so quickly and my time as president is coming to an end at the Annual General Meeting October 7. I would like to thank the Board for all the support they have shown me. I will be staying on the board as past president. We will also be losing some Board members: Roy Clarke- Past President, Lavona Clarke- Treasurer, Allison Atkey- Volunteer Co-ordinator and Garry Peterson- Maintenance. They as all the Board have made many, many contributions to the Centre. Please thank them when you have the opportunity.

I also must thank Jonie and Margaret who have made my job easier with the wealth of information they have at the tip of the fingers, and always there with a smile.

- *"Every sunset is an opportunity to reset. Every sunrise begins with new eyes." — Richie Norton*

2025

NOMINATIONS TO BOARD OF DIRECTORS

President	Lynda Dodunski
Past President	Cindy Stewart (Non-Elected)
1st.Vice President	
2 nd .Vice President	Vera Szczepanski
Secretary	Julie Ewanchuk
Treasurer	Patricia Burdett
Kitchen	Evy Bialek
Membership	Gail Hurak
Volunteers	
Maintenance	Russell Gillies
Social	Cathy Timko
Publicity	Graham Watson
At Large	Audrey Corrie
	Richard Szczepanski

REMEMBER: Any Member can run for any Board Position, even President. Just submit your name to any Board Member or the office or you can be nominated at the Annual General Meeting in October.



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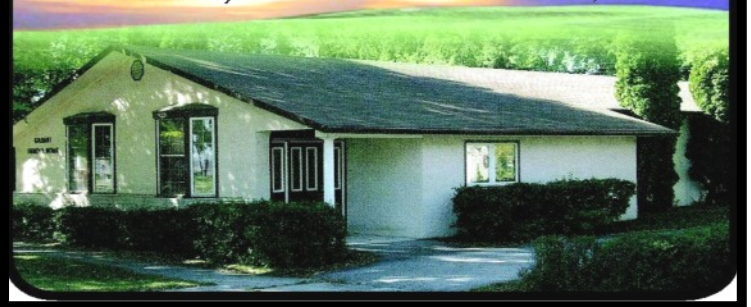
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Activities This Month

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		642-7909	\$2.00	Thursdays 1:00 p.m.	Harmony Room
Memoir Writing	Ruth Asher	389-5157	\$2.00	Wednesdays 10:00 a.m.	Coffee Spot
Outdoor Walking Club	Allison Atkey	218-3205	Free	Mondays 3:00 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

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BRAIN FOODS

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TIMED CHALLENGES & ACTIVITIES

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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



In-clinic and
in-home

Foot Care

Services include:

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

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Zumba Toning & Zumba Fitness (30/30) = 1 Effective Workout!

This class format is 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!

10 Week Fall ZOOM Session - Thursdays, 6:30-7:30pm
Live Classes + On Demand Link to use anytime!
Info & Registration - zumbajan22@gmail.com



Instructor: Jan Keryluk,
MFC Certified Leader
Licensed Zumba Instructor



From the Kitchen

-Evy Bialek

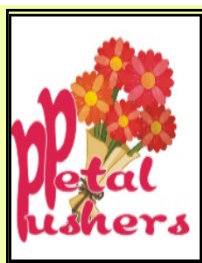


New Horizons staff, Jonie and Margaret. We would not have been able to do it without you. Congratulations to Julie for the wonderful Fashion Show. The styles and colours were beautiful.

Our Volunteers, new and current have stepped up and filled in the gaps. We all worked very smoothly and met some very nice people. Patti needs to make more Pumpkin Pies next year. We did run short. I'm sure they tasted as good as they looked. There will be some changes made in the process next year, but we learn something new. It all came together and there are too many to name, and you all know who you are. Congratulations to everyone involved.

New Horizons has the very best members.

Gratefully yours, Evy Bialek



It was a beautiful fall day for New Horizon's Fall Supper. All the plants showed their best, especially the Canna lilies and begonias, still in full bloom. Thank you to the Petal Pushers; Angela Zalevich, Elaine Einarson and Julie Ewanchuk for planting, watering and maintaining the plants! Also, our appreciation to Margaret and Jonie for their help. We now move into our fall cleanup and preparation for the colder days ahead.

The tall Karl Forrester grasses will remain swaying in the breeze and eventually be greeted by snow (hopefully not too soon). They will be pruned in the spring, as some members were asking.

The Canna lilies will be cut down after the first frost and the bulbs will be given to the Garden Club to store over the winter, replanted in the Spring. Thank you to Linda and Ken Duthie for giving us Canna lily plants every Spring! They are New Horizon's mainstay plants and an expected tradition that will never change.

The Petal Pushers are "signing off" for the season. Thank you for your positive comments. We enjoy all the members who took time entering or leaving the Club to stop and chat with us. We will be outside until the snow flies....

-Vera Szczepanski

**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.



We had a great contingent of volunteers for the fall supper – thank you! Also, a special thank you to all the activity leaders and their assistants, who offer such a wide range of activities. The board members also deserve a vote of thanks for all their hard work.

-Allison Atkey

Our Next Perogy Bee

will be

Prep Day - Tuesday, November 4th

Making Day - Wednesday, November 5th

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

Woodcarving



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

-Dave Tustin



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Sunday, September 21st



Photos by Graham Watson, Cindy Stewart & Patti Keillor



Fashion Show

The 2025 Fall Fashion Show was a great success. The sold out event featured fashions from Johnson's and local models. Everyone was beautiful. Thank you to all the folks that turned up to move tables, decorate, and help in so many ways. I truly appreciate each one of you. I am looking forward to next year's fashion show already.

-Julie Ewanchuk



Thank you to:



-Photos by Margaret LaRocque & Elaine Einarson



Social Activities

-Cathy Timko

Listening to the geese preparing to leave us for the winter, we take this opportunity to welcome everyone back to New Horizons for the activities which resume in the fall and carry us through the winter months.

Be sure to watch the bulletin board for announcements and sign-up sheets for events that will be coming up.

The Welcome Back Silver Collection Members Dance, originally scheduled for the end of October has been moved up to November 7th.

All members and their guests are welcome. Hope to see you there!

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Activities

Outdoor Walking Club



Our walking club got a great start with 15 attending to learn about walking poles (and other fitness topics!). We meet in the lobby on Mondays at 3:00 to walk in the vicinity, some with their own poles, some with poles borrowed from the centre, and some without poles. We had 10 for a walk through Loni Beach the first week and 12 down the boardwalk by the lake the second week. It's a nice sociable group with a range of paces. Please sign in so we can count numbers, but there is no charge.

-Allison Atkey



Painting

We will start back up
Tuesday, October 7th



Memoir Writing

We will start back up on
Wednesday, October 1st



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Fibre Arts - Tuesdays at 10:00

-Linda Duthie/JaniceSkene

Greetings to all New Horizon members. The Fibre Arts Group have been busy as ever. We invite you to join us on Tuesdays, 10:00 - 1:30. Show and Tell is at 11:30, lunch at 12 noon, and continuing project work until 1:30. If you have been cleaning your linen cupboards, and have used pillow cases that are not wanted anymore, please drop them off at the office, to be made into Puppy Pillows for the Gimli Humane Society. Thank you in advance.



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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 from
October 21st to November 25th
We will be working on the Waltz.

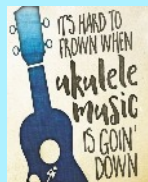
Tuesdays 1:00 p.m. for beginners and new dancers.

Tuesdays 7:00 p.m. for returning, experienced dancers.
(This 7:00 p.m. Class is full)

\$10 cash per person, per class.

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

Gail Hurak
(204) 642-7834



Ukulele Strum' –Gayle Halliwell

Uke Strum is a fun way to learn, practice, and enjoy ukulele. We play and sing our way through 90 minutes every Thursday, starting at 11 am. Our tunes include old time, pop, rock, ballad, gospel, folk and even a nursery rhyme now and then! Join us by calling Gayle at 204.389.3832 for details.



On September 15, we had our final game of the season and a windup banquet.

A good turnout with 62 golfers, other than a little sprinkle we had a great afternoon for golf. Followed that with a nice beef dinner serving 62 golfers and guests. It was a very special social event.

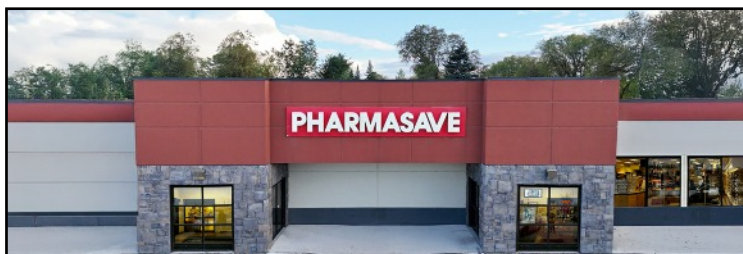
I have many thank you's for a great 2025 season.

Big Thanks to Rick, Janet and Cindy for coming out every week to man the process table to get everyone ready. They make it all happen.

Also, a big thanks to Tyler and the Sandy Hook Golf Course staff for their support and help.

Have a wonderful winter break and see everyone again in May.

-Larry Gel



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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

There is a surprising secret to staying energetic, sleeping better, having better balance, keeping sharp and being better at managing stress.

According to a Harvard Medical School study the most effective activity is martial arts (styles like Tai Chi) because it emphasizes balance, body awareness, and slow precise movements.

It offers a full body workout that engages both the mind and body. The deliberate and slow movements improve coordination and muscle tone while protecting joints from strain.

Tai Chi is often described as slow dancing with yourself. It's flowing graceful movements combined with deep breathing improve circulation and reduce stress. Tai Chi offers a safe and calming exercise that boosts strength while sharpening concentration.



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



Yoga - Leanne Stevens

Welcome to Yoga in October!

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



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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



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



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



Join us for Fun Darts
every Monday at 1:00

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

We tried evening Darts with
little interest, so this will go on the
back burner for now.

Everyone member is welcome.
Just come and play!



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Nicole (Nikki) Chapnick

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WWW.LAKESIDELAW.CA



Jasmin Theobald

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56 Centre St., Gimli, MB.



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 October 17th, and spouses are invited.

Thank you to Nancy Allen for teaching our intermediate bridge lessons starting on Thursday, October 9th at 1:00. 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). Sign up and pay right away before it's too late to reserve a seat. Cost is \$20 for all 8 weeks.

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!

CRIBBAGE

Thursdays at 1:00 p.m.
-Doris Lloyd



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



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

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

We play two types of Canasta for those who might like variety.

Games end between 3:30 & 4:00 p.m.

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

Friday Canasta - Activity Leader - Audrey Corrie Fridays at 1:00 p.m.

Canasta is easy to learn as it is a take off from Rummy. Come and join us.....seasoned players OR beginners welcome.

We have great teachers.

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

KAISER Wednesdays at 1:00 p.m. -Ron Walker



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

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

\$ 2.00 activity fee



Dave & Laurence Humniski
teamhumniski.ca

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Call/Text Dave: 1-(204)-642-3044
daretodream@mymts.net

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



Marc Pálsson
Owner

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RONA

**BUILDING
CENTRE
GIMLI**

**OPEN 7 DAYS
A WEEK**

Community Service

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

Being held at Gimli New Horizons



Next meeting date October 20th
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!

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.




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

PIE	CIDER	ORCHARD	HIKE	ACORN
PUMPKIN	CANDY	HAYRIDE	READ	SWEATSHIRT
APPLE	FOOTBALL	CORN	MAZE	
PINECONE	RAKE	BLANKET	LEAF	



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56 Centre St., Gimli, MB.

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!



Interlake Chemicals Ltd.
Manufacturer of Specialty Industrial
and Janitorial Products

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56 Centre St., Gimli, MB.



Building a Lasting Legacy

Westshore
COMMUNITY FOUNDATION INC

Phone: (204) 642-9796
Email: admin@wcf-foundation.ca
www.westshorefoundation.ca
66 First Ave, Box 395, Gimli, MB R0C 1B0

OCTOBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Friday Lunch	4
			10:00 Cardio Sculpt - Week 4 10:00 Memoir Writing 11:00 Core & More - Week 4 1:00 Kaiser 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 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	
5	6	7 GENERAL MEETING	8	9	10 Friday Lunch	11
	10:00 Cardio Sculpt - Week 5 11:00 Core & More - Week 5 1:00 Canasta 1:00 Darts 2:30 Tai Chi "Practice"	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Texas Hold 'Em 1:00 Painting 7:00 Annual General Meeting	10:00 Cardio Sculpt - Week 5 10:00 Memoir Writing 11:00 Core & More - Week 5 1:00 Kaiser 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage 1:00 Line Dancing	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	
12	13 CENTRE CLOSED	14	15	16	17 Friday Lunch	18
		9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Texas Hold 'Em 1:00 Painting	10:00 Cardio Sculpt - Week 6 10:00 Memoir Writing 11:00 Core & More - Week 6 1:00 Kaiser 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage 1:00 Line Dancing	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	
19	20	21	22	23	24 Friday Lunch	25
	10:00 Cardio Sculpt - Week 6 11:00 Core & More - Week 6 1:00 Canasta 1:00 Darts 2:30 Tai Chi "Practice"	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:00 Texas Hold 'Em 1:00 Painting 7:00 Social Dance	10:00 Cardio Sculpt - Week 7 10:00 Memoir Writing 11:00 Core & More - Week 7 1:00 Kaiser 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage 1:00 Line Dancing	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	
26	27	28	29	30	31 Friday Lunch	
	10:00 Cardio Sculpt - Week 7 11:00 Core & More - Week 7 1:00 Canasta 1:00 Darts 2:30 Tai Chi "Practice"	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:00 Texas Hold 'Em 1:00 Painting 7:00 Social Dance	10:00 Cardio Sculpt - Week 8 10:00 Memoir Writing 11:00 Core & More - Week 8 1:00 Kaiser 7:00 Bingo	9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage 1:00 Line Dancing	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	