

JANUARY 2026 HILITES



Tel: (204) 642-7909

Email: gimli55@mts.net

Follow us on Facebook as Gimli New Horizons

or check out our website:

gimlinewhorizons.org

HAPPY NEW YEAR



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

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!



When we send out emails, we
have heard some members
aren't always receiving them.

Please check your JUNK or
SPAM folders.



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

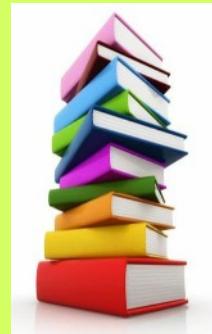
If you donate \$25.00 or more to the Centre,
we can issue you a tax receipt....please ask us!

BOOKS & PUZZLES - Available during Centre Hours

Looking to fight
boredom?

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



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About the Centre



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

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.



Website:
[gimlinewhorizons.org](http://www.gimlinewhorizons.org)



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 December membership numbers were **501**

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!

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- 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

Marc Palsson
Owner

100-7th Avenue
Gimli, MB R0C 1B0

Telephone: (204) 642-9688

Fax: (204) 642-8688

Toll Free: 1-877-770-7662 (RONA)

Email: service@ronagimli.ca

Website: www.rona.ca

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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.



Fraserwood Hall Upcoming Events

DEC 2025 - MAR 2026

DEC
7

OLD TIME DANCE

Music by: Country Pride
\$20 Admission at the Door. Call to reserve tickets at 204-643-5541

JAN
11

OLD TIME DANCE - MALONKA

Music by: Gem Stars
\$20 Admission at the Door. Call to reserve tickets at 204-643-5541

FEB
8

OLD TIME DANCE

Music by: Trail Riders
\$20 Admission at the Door. Call to reserve tickets at 204-643-5541

MAR
8

OLD TIME DANCE

Music by: Country Pride
\$20 Admission at the Door. Call to reserve tickets at 204-643-5541

MAR
29

ALL YOU CAN EAT PEROGIES

Save the Date. More details to be announced!

BINGO & CHASE THE ACE

EVERY FRIDAY NIGHT

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

fraserwoodhall.com

204-643-5302

fraserwoodhall1@gmail.com

President's Message

-Lynda Dodunski

As 2025 comes to a close we look back on a very successful year for Gimli New Horizons. We had many major events : Trivia Night, the Craft Show, the Yard Sale, the Pancake Breakfast, the Fashion Show and the Fall Supper. Our last major event was the Annual Christmas Dinner and Dance. A wonderful buffet dinner was followed by an evening of great music provided by our DJ Trevor and there was lots of dancing.

Thank you to our many volunteers. Your support is greatly appreciated. We couldn't do it without you.

A SPECIAL THANK YOU to Jonie and Margaret, our office staff, who keep things running on an even keel and are always available to provide assistance to our members.

We look forward to 2026 and another year of providing our members and the community with programs, activities and events.

On behalf of our Board of Directors,
we wish you a
New Year filled with happiness.

WANTED

Any member who would like to volunteer their time to our Board, we have 2 positions that are open immediately:

Building/Maintenance Director & Volunteer Coordinator

Please contact the office if you are interested.
(204) 642-7909

Happy New Year Poem



A NEW DAY
The day is new.
The year is, too.
It's time to start anew.
We celebrate the night before
and then know what to do.
We start with resolutions,
ways to make the new year better,
reflect, take stock, and make amends.
Our self-improvement never ends.
When next year comes,
we'll try again.
Till then, we say with all good cheer,
Best to all for this New Year!



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in-home

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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
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
Chair Yoga	Leanne Stevens	641-3920	\$60 for 6 classes	Tuesdays 11:00 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	\$30.00 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	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

Social Activities

-Cathy Timko

Every year the calendar pages turn faster and faster, and here we are, January 2026!

Here's hoping that everyone had a wonderful Christmas no matter how you chose to celebrate. For some it was a hectic time of planning, visiting and shopping. For others it was a quiet time of reflection, appreciation and remembrance. Here at New Horizons, we had a year full of activity, fun and fellowship.

Our last major event was the annual Christmas Dinner and Dance, which was a lovely evening of music, socializing and of course great food! Thanks to everyone who came out and made this special night such a success.

Now we can look forward to another year of activities and events.

Sincere thanks to Jonie and Margaret, the Activity Leaders, Volunteers, and Members who make Gimli New Horizons such a wonderful and welcoming part of our community!

Happy New Year everyone!



Christmas Dinner & Dance

Saturday, December 6th



Health & Wellness

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



For Early Bird Registration Info.
Classes start March 2.

Instructor: Jan Keryluk,
MFC Certified Leader
Licensed Zumba Instructor

We are happy to serve our community

St. Mary's Pharmacy - Gimli
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Next to Gimli Hospital 129 7th Ave (Hwy 9)
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Check our Facebook page for updates and offers

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.

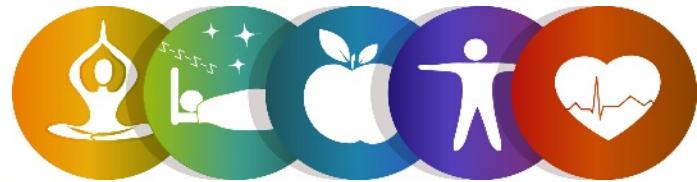


Senior Centre Without Walls offers a unique opportunity for Manitobans, 55 years of age and older, to join educational and recreational programs from the comfort of their own homes via teleconference format.

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



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Perogy Palooza

Happy New Year!

We hope everyone had a wonderful Christmas.

We aren't making perogies in January, but we will be back in February!



From the Kitchen

-Evy Bialek



HAPPY NEW YEAR
from our Lunch Teams.

We are enjoying your patronage and your cheerful spirit.

We apologize when we run out and can't feed everyone.

We are doing our best to please all our members.

Our menus for our next season will prove we are using our imagination!

Your curling season will go by very quickly so good luck to you all.
May the Best Team win!

A very Happy New Year to our Teams, you're the best !

The New 60



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56 Centre St., Gimli, MB.



THIS SNOW STORM PACKED A PUNCH, WE WERE CLOSED FOR 2 DAYS!

(THURSDAY, Dec. 18th & FRIDAY, Dec. 19th)

They cleared our lot on Saturday, Dec. 20th

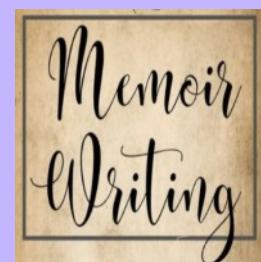
2025/12/20 12:23:15

Parking lot



Activities

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



If you are interested in more information, please contact Ruth

(204) 389-5157

Painting



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

We start back up on Tuesday, January 6th

Happy New Year!

-Sandy Reimer



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Activities

LET'S GO DANCING

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

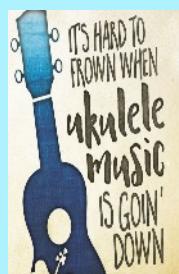
In January, we have 2 classes on January 6th and 13th
We will continue and finish our waltz session.

In February, we will resume classes on February 24th
Dance to be determined.

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.

Gail Flurak
(204) 642-7834



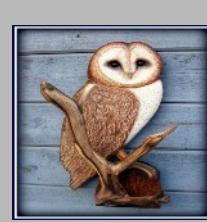
Ukulele Strum' —Gayle Halliwell

Happy New Year to everyone!

Uke Strum enjoyed the break and are excited to be back on Thursday, January 8.

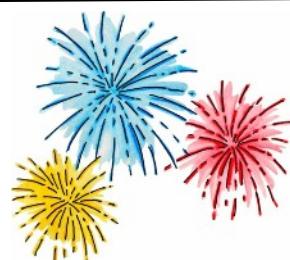
We will choose a new warm up song that day, and will use it for the next 2 to 3 months; our apologies to Jonie and Margaret as we learn it!

Want to join in on the strumming and singing?
Call Gayle at 204.389.3832
if you'd like to start
uke strummin'.



Woodcarving

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



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Activities



Outdoor Walking Club

-Allison Atkey

We leave the Centre at 2:30 on Monday afternoons for an outdoor walk, resuming on January 5th.

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

Wanting to keep active, some members have added evening indoor walking at Gimli High School and skating at Gimli Rec Centre on other days.

We are also talking about skiing and snowshoeing. Contact me for more information.

Allison Atkey 204-218-3205.



January Word Search



Winter
Cold
New year
Gloves
Chimney

Sweater
Skate
Hoodie
Blanket



Blizzard
Coat
Snowfall
Mittens

Freeze
Penguin
Hibernate
Sniffle
Frosty

Fibre Arts

- Tuesdays at 10:00

-Linda Duthie/Janice Skene

Happy New Year to one and all!

Our meetings will resume January at 10:00

Attendance fee is \$2.00

If you are not already an attending member, you are invited to join. Bring your projects....sewing, quilting, knitting, crochet and any other Fibre Arts items to work on and share with the group during "Show and Tell"

See you then, Linda and Janice



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Fax: 204-642-8457

Email: iwish@interlake.mb.ca

www.interlake.mb.ca



56 Centre St., Gimli, MB.

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

Congratulations to all the Tai Chi beginners that have completed four months of classes . It is your dedication and perseverance that have got you this far.

Not everyone had merry holidays. Someone was having their first holidays without a loved one. Someone was having their last holidays with a loved one.

We are sending out hugs and kind thoughts to everyone.

I look forward to seeing you in 2026.

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



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OF GIMLI NEW HORIZONS 55+

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Yoga - Leanne Stevens

Welcome to Yoga in January.

Welcome to winter, as the daylight dwindles we can practice Yoga to bring some light back into our lives. Join us for an hour of mindful, gentle yet rejuvenating movement and breath work.

Classes are Tuesday and Thursday at 9:30. Fee is \$12. Our December session will wrap up on Thursday December 18th and resume January 6th.

New in January - Chair Yoga - Starts January 6th

Classes will be Tuesdays at 11:00-11:45. Fee is \$60 for a 6 week session. Chair yoga is an opportunity to practice elements of Yoga that do not require getting up & down off the floor. It will include mindful gentle and strengthening movements, that invigorate the body and calm the mind.

Allow yoga to invite some light into your heart this winter!
Namaste

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

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NOT THE SAME OLD THING

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Activities



A NEW
SEASON.

Winter/Spring
Season
runs from
January 9th
to
April 24th

Cost per person is
\$30.00

FUN - Thursdays at 10:00 a.m.

Activity Leader: Arlene Bernshine

LEAGUE - Fridays at 10:00 a.m.

Activity Leader: Elaine Einarson

Teams will be picked mid-December or
early January.

All skips will be advised and contact their
teams.

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

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



PRACTICE

-Cindy Blicq/Judy Brown

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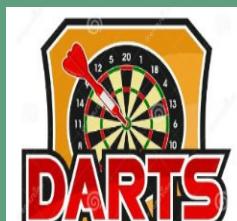
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Thursdays at 1:00

in the
Harmony Room



Join us for Fun Darts every
Monday at 1:00

-Julie Ewanchuk

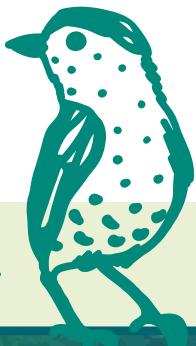
We will start back up on
Monday, January 5th.

Happy New Year!



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you get when you walk
into a familiar place and
see a friendly face?

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GAMES at the Centre



Allison Atkey & Judy Brown Fridays @ 1:00 pm

Our regular play is on Fridays at 12:55 p.m. for a 1:00 p.m. Start.

Cost is \$3 per player.

Because the Centre will also be closed on January 2nd, we will play at Interlake Brewing starting at 2:00.

After-bridge social time in January will be on January 16th (third Friday).

KAISER Wednesdays at 1:00 p.m.

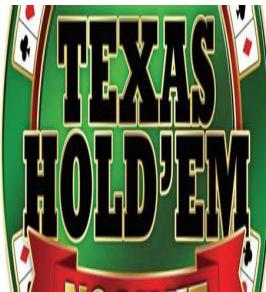
-Ron Walker



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



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.



CRIBBAGE

-Doris Lloyd

Thursdays at 1:00 p.m.



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



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

 56 Centre Street
Gimli, MB R0C 1B0 


Grant Hjorleifson, BSc
REALTOR®

Community Service

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

Being held at Gimli New Horizons



Next meeting date - January 19th 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!


Dave & Laurence Humniski
teamhumniski.ca

“Buying or Selling... We’ll Get You Moving!”

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

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



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.


Eirik Bardal
Owner

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

3030 Notre Dame Avenue
Winnipeg, Manitoba
R3H 1B9







Collecting old glasses & hearing aids

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



Community Service

Gimli New Horizons
Located at 17 Loni Beach Rd.

BINGO

EVERYONE WELCOME!

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

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

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

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

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

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

Snack while you play!



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



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Fax: 204-642-8457

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www.interlake.mb.ca



56 Centre St., Gimli, MB.

Gimli New Horizons
Christmas BINGO

Wednesday, January 7, 2026
@ 7:00pm
Doors Open at 5:30pm
No cards sold after 6:50pm

Regular Pots + Bonus Prizes!!

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CENTRE CLOSED	2 CENTRE CLOSED	3
4	5	6	7	8	9	10
	10:00 Cardio Sculpt - Week 1 11:00 Core & More - Week 1	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner	10:00 Cardio Sculpt - Week 1 11:00 Core & More - Week 1	9:30 Yoga with Leanne 10:00 Floor Curling - Fun	9:30 Tai Chi - Beginner 10:00 Tai Chi	
	1:00 Memoir Writing 1:00 Darts 1:00 Tai Chi 'Practice' 2:30 Outdoor Walking	10:00 Tai Chi 10:00 Fibre Arts 11:00 Chair Yoga 1:00 Painting 1:00 Social Dance 7:00 Ukrainian Christmas BINGO	1:00 Kaiser 1:00 Fibre Arts 1:00 Chair Yoga 1:00 Painting 1:00 Social Dance	11:00 Kaiser 11:00 Ukulele 1:00 Cribbage	10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	
11	12	13	14	15	16	17
	10:00 Cardio Sculpt - Week 2 11:00 Core & More - Week 2	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner	10:00 Cardio Sculpt - Week 2 11:00 Core & More - Week 2	9:30 Yoga with Leanne 10:00 Floor Curling - Fun	9:30 Tai Chi - Beginner 10:00 Tai Chi	
	1:00 Memoir Writing 1:00 Darts 1:00 Tai Chi 'Practice' 2:30 Outdoor Walking	10:00 Tai Chi 10:00 Fibre Arts 11:00 Chair Yoga 1:00 Painting 1:00 Social Dance 7:00 Social Dance	1:00 Kaiser 1:00 Bingo 7:00 Cribbage	11:00 Ukulele 1:00 Cribbage	10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	
18	19	20	21	22	23	24
	10:00 Cardio Sculpt - Week 3 11:00 Core & More - Week 3	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner	10:00 Cardio Sculpt - Week 3 11:00 Core & More - Week 3	9:30 Yoga with Leanne 10:00 Floor Curling - Fun	9:30 Tai Chi - Beginner 10:00 Tai Chi	
	1:00 Memoir Writing 1:00 Darts 1:00 Tai Chi 'Practice' 2:30 Outdoor Walking	10:00 Tai Chi 10:00 Fibre Arts 11:00 Chair Yoga 1:00 Painting	1:00 Kaiser 1:00 Bingo	11:00 Ukulele 1:00 Cribbage	10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	
25	26	27	28	29	30	31
	10:00 Cardio Sculpt - Week 4 11:00 Core & More - Week 4	9:30 Yoga with Leanne 9:30 Tai Chi - Beginner	10:00 Cardio Sculpt - Week 4 11:00 Core & More - Week 4	9:30 Yoga with Leanne 10:00 Floor Curling - Fun	9:30 Tai Chi - Beginner 10:00 Tai Chi	
	1:00 Memoir Writing 1:00 Darts 1:00 Tai Chi 'Practice' 2:30 Outdoor Walking	10:00 Tai Chi 10:00 Fibre Arts 11:00 Chair Yoga 1:00 Painting	1:00 Bingo	11:00 Ukulele 1:00 Cribbage	10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	

