

FEBRUARY 2026 HILTTES



GIMLI
NEW HORIZONS
55+ Activity Centre

Founded in 1974 & Still Going Strong!

Tel: (204) 642-7909

Email: gimli55@mts.net

Follow us on Facebook as Gimli New Horizons
or check out our website:

gimlinewhorizons.org



Upcoming Events At The Centre:

Saturday, March 21st - Spaghetti Dinner & Trivia Night (see page 7)

Saturday, May 02nd - Craft & Bake Sale (see page 7)

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



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!



Thank you to everyone who attended our Christmas Drop-In on Monday, December 22nd.

It was well attended. Nice to hear lots of talking & laughter while some sweet treats were being enjoyed.

We even had a few youngins' come by.....hope they will become future members!



Set Up Crew (L-R): Evy Bialek, Julie Ewanchuk, Cindy Stewart, Lavona Clarke



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.



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

Please check your JUNK or SPAM folders.

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

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.

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 year: September 1 - August 31

\$25 regular membership (55+)
\$30 associate membership (50-54)
Memberships are an annual fee.
(Cash or Cheque)



Monday - Friday 9:00 - 4:00 at the office

Our January membership numbers were **509**

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.




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.




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

President's Message

-Lynda Dodunski

There is a poem which says April is the cruelest month, but I would say that this January has it beat. It's hard to find anything good to say about January with the storms, winds, freezing and thawing and ups and downs in temperatures. Walking has been extremely difficult at times, so be careful out there.

I am pleased to report that we have over 500 members who enjoy our activities, events and programs. We are always looking for new activities and programs, so if you have any ideas please let the office know.

We are looking forward to our Spaghetti Dinner and Trivia Night in March which should be a fun evening. Also looking forward to better weather in February.

Lynda

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

Gilbart
Funeral Home

50 1st Ave, GIMLI, MB
Toll Free 1-800-230-6482
Selkirk office (204)482-3271

4 GENERATIONS OF DEVOTED SERVICE

J. Maurice Gilbart, J. Roy Gilbart,
J. Wes Gilbart and David Gilbart

Serving Gimli and the interlake since 1955.

- ~ Traditional and Memorial Services
- ~ Hearse, limousines and lead cars available
- ~ Family owned crematorium
- ~ Preneed arrangements.

Conveniently located on 1st Ave. Gimli, MB



Valentine's Day Maze



Activities This Month



| Activity | Activity Leader | PHONE | Price | Day/Time | Room |
|------------------------------------|---------------------------|----------|------------------------------|---|----------------------------|
| Afternoon Games | Audrey Corrie | 642-1581 | \$2.00 | Mondays 1:00 p.m. | Card Yard |
| BINGO 🎮🎮🎮🎮🎮 | Josey Banera | 641-0967 | Pay what you play | Wednesdays 7:00 p.m. | Grand Room |
| Bridge - Contract | Judy Brown Nancy Allen | 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 |
| Chair Yoga | Leanne Stevens | 641-3920 | \$10.00 | Tuesdays 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 | \$10.00 | Tuesdays 1:00 & 7:00 p.m. | Grand Room |
| Line Dancing | Deb Acton Bev Arden | 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



Spaghetti Dinner & Trivia Night
at Gimli New Horizons
Saturday, March 21, 2026

TRIVIA NIGHT

Tickets \$25/person
Available at Gimli New Horizons Office

Doors/Bar open 5:30pm
Supper at 6:00pm
Games start 7:00pm

* Table groups of 4-6 *
Individuals will be seated with others



Goodbye January!
The temperatures haven't always been very kind to us, so here's hoping that February shows itself to be more forgiving.

On the upside, there are still many warm indoor activities here at New Horizons to get us out and active despite what Mother Nature is serving up.

February is definitely a planning month.

Our next major event will be the "Spaghetti Dinner & Trivia Night" set for Saturday, March 21st. Teams will be accepted again this year, with a nice spaghetti dinner to start the evening off! Please check the bulletin board and sign up as soon as possible.

Also, applications are being accepted for the May 2nd Spring Craft/Bake Sale. If you are a crafter or know someone who would like to be a part of this fun event, please don't hesitate. Tables are filling up very quickly!

Thanks everyone,

Stay Warm!



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



CARPE DIEM REALTY
...seize the day

204-724-3470
MELANIE@CARPEDIEMREALTY.NET

MELANIE WHITE
BROKER/OWNER



GIMLI NEW HORIZONS

CRAFT & BAKE SALE

10:00 - 4:00
SATURDAY
MAY 2ND



SCAN ME

Health & Wellness

EAT WELL, BE WELL!

A nutrition presentation for older adults.

HOT TOPICS COVERED:

- Calcium
- Vitamin D
- Fibre
- Protein
- Hydration

GIMLI NEW HORIZONS

Wednesday
March 25
1:30-2:30pm



LEARN MORE
ABOUT NUTRITION
AND HEALTHY TIPS

FREE! Register Now:
wellness@ierha.ca
Toll Free 1-877-979-9355

www.ierha.ca



Are you interested in Snowshoeing?



We have snowshoes in small, medium and large you can sign out. (And at no cost!)

Sizes are based on weight.

Contact the Centre at
(204) 642-7909

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

WALK SAFELY ON SNOW OR ICE

Take short steps or shuffle for stability.

Walk flat-footed with your center of gravity directly over your feet as much as possible.

Keep your hands free and out of your pockets.

Use designated walkways as much as possible, but be prepared to walk on grassy edges if necessary.

Be prepared to fall. If falling attempt to roll you body into the fall.

Zumba is back on March 2!
12 Week Spring Session
Mondays 6:30-7:30pm
Gimli New Horizons
* Early Bird Registration
Deadline: February 23
Instructor: Jan Keryluk,
zumbajan22@gmail.com
MFC Certified Leader
Licensed Zumba Instructor

"We are happy to serve our community"

St. Mary's Pharmacy - Gimli
Joseph Tawfilous
Pharmacist

Next to Gimli Hospital 129 7th Ave (Hwy 9)
Phone: **204-651-1567**
St.Mary.pharmacy.Gimli@gmail.com
Website: st-marys-pharmacy-gimli.business.site
Bring this ad to receive special in-store offers
Check our Facebook page for updates and offers

Perogy Palooza

-Sylvia Armenti

We would like to warmly welcome and remind all of our wonderful volunteers about our upcoming perogy-making days on February 3rd and 4th.

We are truly looking forward to seeing you, working side by side once again, and sharing stories and laughs from the holiday season. Your time, energy, and generosity make such a meaningful difference, and we are so grateful for your continued support.

If you are able to join us, we would love to have you there. Every helping hand counts, and together we make something special for our community.

Thank you for volunteering your time—we can't wait to see you!



Valentine Day Word Search

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

| | | |
|---------|----------|-------------|
| BELOVED | LOVERS | WOO |
| ADMIRER | COURTING | ADORE |
| CUPID | DARLING | ANGEL |
| CRUSH | BESOTTED | CHERISH |
| DATING | KISS | INFATUATION |

© Monsterwordsearch.com



From the Kitchen

-Evy Bialek



We survived January! Whew!
 That was a very cold spell!
 Our brave members continued
 to attend our events at New
 Horizons.

Our menus are comfort foods.
 We appreciate your patronage and staying on to
 join us in the card room.
 We are trying to keep our costs low by shopping
 when deals come up. We are doing our utmost to
 cook and bake up appealing meals for lunch.

On behalf of our kitchen staff, I would like to
 thank the Tai Chi class for the wonderful
 monetary donation for an air conditioner
 for the kitchen.

I also want to thank Brenna Raemer for the
 donation of new red aprons.

I could not be more proud and pleased to work
 alongside our kitchen teams!

Thank you all.

You know that feeling
 you get when you walk
 into a familiar place and
 see a friendly face?

That's Brio Insurance.

No worries under our wing.



BRIO
 INSURANCE

brioinsurance.ca

Activities

LET'S GO DANCING

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

Tuesdays 1:00 for beginners and new dancers.

7:00 PM - This class is full. Only returning, experienced dancers can apply.

We resume classes on February 24, 2026

In March, we will return to classes on all Tuesdays.

West Coast Swing is the dance to be taught. This is a slower couple dance. Easy movement. I hope you will join us.

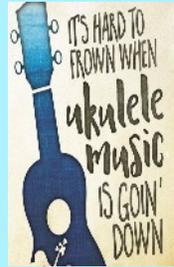
\$10 cash per person, per class.

Gail Hurak

(204) 642-7834



Ukulele Strum' –Gayle Halliwell



Love Potion #9 is our new warm up tune for the next several weeks; it's a way to keep us thinking warm thoughts through our coldest months even though we are unseasonably warm right now.

Play and sing along with the Uke Strum group on Thursdays from 11 to 12:30 if you, too, want to feel the love. ♥

Call Gayle at 204.389.3832 for info on how to join in.

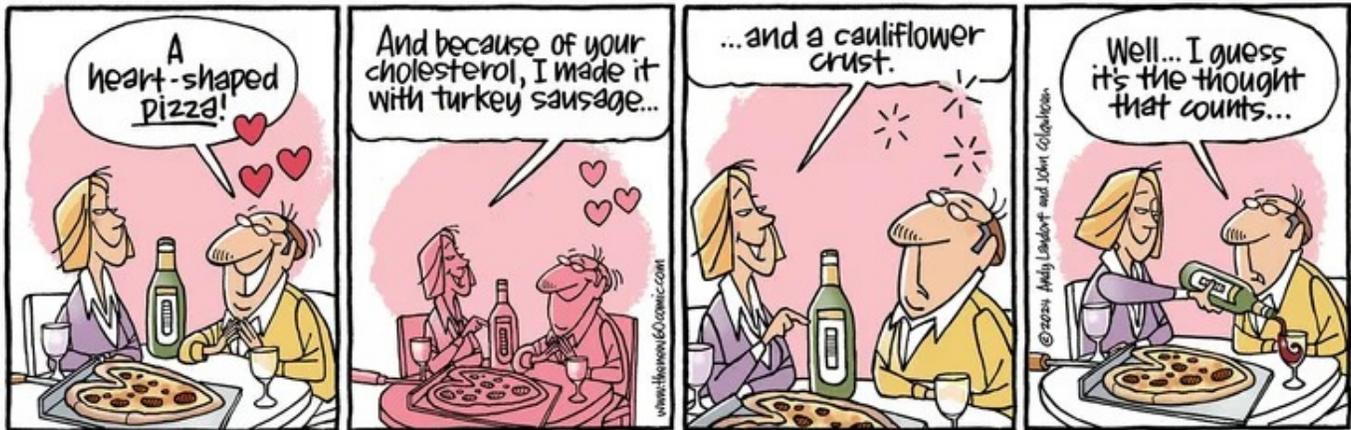
Woodcarving

–Dave Tustin



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

The New 60



K.C. ENTERPRISES LTD.
19156 GIMLI PARK RD
Box 1230 Gimli, Manitoba R0C 1B0

DARYL SYLVESTER

HOMES • COTTAGES • DECKS & RENOVATIONS



Phone: (204) 642-5111
Fax: (204) 642-7138
Winnipeg Direct 1-(204) 942-4860

EMAIL: kcent@mymts.net

Interlake Chemicals Ltd.
Manufacturer of Specialty Industrial
and Janitorial Products

Sherry Crave
19096 115N - Box 1974
Gimli, MB R0C 1B0
Work: (204) 642-7687
Cell: (204) 641-3613
Home: (204) 642-5723

Activities

Painting

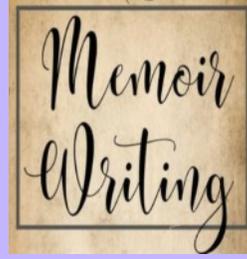


Our painting group is a gathering of like minded painters with a varied skill level and media who enjoy painting in a group.

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

-Sandy Reimer

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



If you are interested in more information, please contact Ruth

(204) 389-5157

FITNESS

Just a reminder.....No Fitness classes with Susie in February, she is sunning in Mexico!

Have fun Susie!



PROUD SUPPORTERS
OF GIMLI NEW HORIZONS 55+

At Pharmasave Gimli our **Live Well pharmacists** care about the health and well-being of our customers. We want to be with you every step of the way.

LIVE WELL WITH

PHARMASAVE®

📞 204.642.5504



FREE

**HEARING
CONSULTATIONS**

1-877-300-7507

www.horizonhearing.com

Activities



Outdoor Walking Club

-Allison Atkey

We leave the Centre at 2:30 on Monday afternoons for an outdoor walk. 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 in these cold weeks when the outdoor walk is cancelled?, some members have added evening indoor walking at Gimli High School. Anyone can walk Monday through Thursday 6-8 pm (bring clean shoes). We meet Tuesdays at 6:30 pm.

We are also skating, skiing, and snowshoeing, weather permitting. Contact me for more information. Allison Atkey 204-218-3205.



Line Dancing

Thursdays
at 1:00
in the
Harmony Room

Fibre Arts - Tuesdays at 10:00

-Linda Duthie/JaniceSkene

The members have been really busy! The butterfly and seashore quilts were made by three members, tranquility quilts, requested by Betel. Well done!

All are invited to join us on Tuesdays, 10:00 am - 1:30. Bring and share your projects, enjoy fellowship, and bring your lunch.



AUTHENTIC VACATION DESIGNS BY SYNDI

Travel is Back + Space is Limited!
Visit: www.authenticvacationdesigns.com

Beat the Crowds – Plan Now, Travel Later
Contact me to getcha started!
Email: syndi@authenticvacationdesigns.com

Syndi Prokopich
Your Personal Travel Concierge
204-642-4134

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.

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
humniski@gmail.com

Activities

MOVING TOGETHER TAI CHI GIMLI

The classes will be in the Harmony Room

Tuesdays and Fridays

Beginners start at 9:30 am and regular class at 10:00 am

We arrive from all 4 corners of the Interlake to connect through Tai Chi.

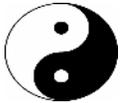
We begin the new year with a renewed sense of new formed energy and determination.

Our class practices low-impact movement, position and breathing.

Bending and flowing in unison maintaining some semblance of balance and focus.

Bubbling up in cheers and clapping, smiles of friendship at the end of our class in our journey to 108 steps.

Cheers everyone, see you there,
- a Novice



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



Yoga - Leanne Stevens

Welcome to February as the days become longer it is the perfect time to nurture the 'light' in our hearts and receive the warmth of the season. This class encourages mindful movement that promotes strength and flexibility for the body, mind and soul. We are an ongoing class and welcoming community of folks.

We meet Tuesday and Thursday at 9:30. Fee is \$12. Bring a mat & wear clothes you are comfortable to move in. If you have a yoga belt and blocks, bring them.

Chair Yoga

We have just recently started a chair yoga class and newcomers are welcome. In this class we explore mindful movements that can strengthen the body & hopefully improve your confidence with some mobility challenges. The class is very gentle and helpful for providing insights into navigating ongoing problematic issues in a peaceful manner. Plus it's become a welcoming group of folks who have been attending & have enjoyed learning how to move through daily activities with less pain. We do this by accepting the difficulties and learning how to trust our heart to guide us wisely.

Class is Tuesday at 11-11:45, fee \$10
Wear clothes you are comfortable to move in.
If you have a yoga mat and blocks or a belt, bring them, but they are not required.

Classes are led by Leanne Stevens,
Certified Yoga Instructor for 26 years.
Contact me if you have any questions.

Ph/txt 1-204-641-3920

Email stillbluecatyoga@gmail.com

Namaste, Leanne

EST. 1899
H. P. Tergesen & Sons



NOT THE SAME OLD THING

GENERAL MERCHANT GIMLI • CANADA

82-1st Avenue

204-642-5958

info@tergesens.com

Facebook-H.P. Tergesen & Sons

Instagram-@tergesens

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.



Activities



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

We are in search of new activity leaders
for the Fall Curling Season.
If we want this activity to continue, we will
need atleast 3 people to step up.



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



JOHNSON'S
fashion & footwear

**"Your Cottage Country
Department Store"**

Located at 76 Centre Street, Gimli
Phone - 204-642-4010
Email - info@johnsonsfashion.com
Website www.johnsonsfashion.com

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



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

Darts is back up and running
and we are having a great time.

Our dart players came back ready for
some great dart throwing.

We have a few new members giving it a try .

The players are certainly making great
improvements in their game.

Every Week is filled with good fun and skill.

Darts runs Monday afternoons from 1-3 in the
Harmony room. There is room for plenty of
players so feel free to pop by anytime.

Activity fee of \$2.00/person is collected each
week. There is no registration .

Darts are provided if needed. It is an activity
anyone can join in and is truly FUN DARTS.

Hope to see you there.

-Julie Ewanchuk



**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



Eirik Bardal
Owner

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

3030 Notre Dame Avenue
Winnipeg, Manitoba
R3H 1B9



GAMES at the Centre

Judy Brown & Nancy Allen Fridays @ 1:00 pm



Join us Fridays at 12:50 p.m.
for a 1:00 start.

We are a relaxed, welcoming group.

Cost is \$3.00 per player.

Our monthly social time is on the 3rd Friday
of the month; next is February 20th Spouses are invited!

Friday Canasta - Fridays at 1:00p.m.

Activity Leader - Audrey Corrie



Boy - O - BOY
It's a Boy!

Please welcome Bob to
our Friday Afternoon
Canasta.

Are there any more
"Boys" out there?

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.

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!



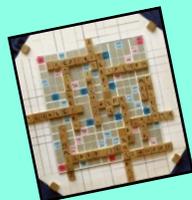
AFTERNOON GAMES

Mondays @ 1:00 p.m.

-Audrey Corrie

We will be starting out
with the following
games:

- Chinese Checkers
- Chaos
- Scrabble
- Dominos
- Tile Rummy
- Sequence
- Mahjong



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



L to R: Activity Leader - Ron Walker, Merle Henderson,
Tany's Bjornson, Carolyn Munroe, Garry Walerius

CRIBBAGE

-Doris Lloyd

Thursdays
at 1:00 p.m.

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



Interlake
REAL ESTATE
www.interlake.mb.ca

Cell: (204) 641-6400
Bus: (204) 642-8501
Toll Free: 1-888-642-8501
Fax: (204) 642-8457
Email: ghjor@mymts.net



Grant Hjorleifson, BSc
REALTOR®

56 Centre Street
Gimli, MB R0C 1B0 **MLS**

Community Service

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

Being held at Gimli New Horizons



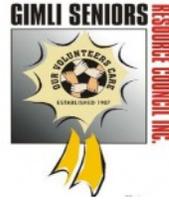
Next meeting date - February 23rd will be in the GRAND ROOM at 1:00 p.m.

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 Gimli Seniors Resource Council is seeking another Relief Meal Coordinator for our Congregate Meal Programs to cover scheduled holidays and/or sick time as needed.

If you enjoy cooking, have a current Food Handlers Certificate or are willing to obtain one, please give us a call at 204-642-7297.



We always welcome more volunteers for our Transportation and Meals on Wheels programs as well.

If you are interested or would like more information on our services, please give us a call at the office.

We look forward to hearing from you!

Gimli New Horizons is offering

FREE

BASIC Income Tax Returns must be below:

| Family size | Total family income below |
|---------------|---------------------------|
| Single person | \$40,000 |
| 2 people | \$55,000 |

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

Our Tax Preparer is starting returns on February 18th
 We will be accepting returns into GNH starting February 12th

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

RONA

BUILDING CENTRE GIMLI

OPEN 7 DAYS A WEEK

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!



Protect your most valuable assets.

Auto | Condominiums | Home | Cottages
 Boats | Mobile Homes | Farm | Travel
 Commercial | Aviation | Trucking

800.773.7157 insure@garriock.ca www.garriock.ca

autopac
A Division of Sun Life of Canada

Gimli | Winnipeg Beach
 P: 204.642.8591 | P: 204.389.4883
 61 A. Centre St. | 54 Main Street

GARRIOCK INSURANCE

With five locations in Winnipeg

CLARITY Computer

Computer acting strange?
 I may be able to help.

Computer Repair & Maintenance
 Reasonable Rates pick up & delivery can be arranged

Chris Mulroy 389-4930
 clarity@mts.net www.claritycomputer.ca

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

Interlake REAL ESTATE

56 Centre St., Gimli, MB.

February 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1:00 Darts 1:00 Memoir Writing 1:00 Afternoon Games 2:30 Tai Chi "Practice" 2:30 Outdoor Walking | 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 11:00 Chair Yoga 1:00 Painting 1:00 Texas Hold 'Em | 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 Dance | 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 | 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 | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 1:00 Darts 1:00 Memoir Writing 1:00 Afternoon Games 2:30 Tai Chi "Practice" 2:30 Outdoor Walking | 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 11:00 Chair Yoga 1:00 Painting 1:00 Texas Hold 'Em | 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 Dance | 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 | 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 |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | CENTRE IS CLOSED | 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Painting 1:00 Texas Hold 'Em | 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 Dance | 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 | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 1:00 Darts 1:00 Memoir Writing 1:00 Afternoon Games 2:30 Tai Chi "Practice" 2:30 Outdoor Walking | 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:00 Painting 1:00 Texas Hold 'Em 7:00 Social Dance | 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 Dance | 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 | 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 | |

