

APRIL 2026 HILITES



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



****General Meeting of Gimli New Horizons will be held
on Tuesday, April 7th at 7:00 p.m.**
(All GNH members are welcome and strongly encouraged to attend)



Saturday, May 2nd is our Craft & Bake Sale (see page 7)

Friday, May 22nd is Volunteer Appreciation (see page 5)

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"

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

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



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!



Inclement Weather

We have decided to follow the
“Evergreen School Division” weather
related cancellation guidelines.

(There could be an exception to this rule; i.e. parking
lot drifted in, etc.)

Please watch our Facebook page for
closures OR call us before venturing
to the Centre on inclement weather
days to see if we are open. (204) 642-7909

Cancellation Decisions are based on:

- Temperature (-40°C or colder and/or the wind chill is
-45°C or colder)
- Visibility
- Precipitation
- Road Conditions
- Current & Forecasted Weather
- Staff & Member Safety

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.



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

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)

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

Our February membership numbers were **519**

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 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 tree is in the entrance to New Horizons.


Leaves can be purchased from the office for a minimum \$25.00 each and imprinted with names of people special to us.

Tax receipt upon request.




Tree of Life and Remembrance





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



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Marc Palsson
Owner

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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

President's Message

-Lynda Dodunski

Spring has finally arrived. Or has it??
Not if you look at our recent weather.
Oh well we are hardy Manitobans.

We held a very successful Lasagna Dinner
and Trivia Night on March 21st.

It was very well attended and seemed to be
enjoyed by all.

Special Thanks to Cathy Timko who organized
and ran the Trivia portion and the Bar.

Special Thanks to Evy and her crew who prepared the
food which was amazing. Many compliments were
received. Thanks to the servers, bartenders
and cleanup crew.

Our General Members Meeting is on
Tuesday, April 7th at 7:00 pm.
Hope you are able to attend.

Our next major events will be the
Craft & Bake Show on May 2nd and
Volunteer Appreciation Day on May 22nd.

Come out and learn about Cancer
Screening services available to you!

at Gimli New Horizons
Wednesday, April 29, 2026 at 1:00pm



Crystal Behrends from Cancer Navigation Services,
IERHA will be joining us to share information on the
Cancer Screening Programs available in Manitoba.

Gimli New Horizons

Volunteer Appreciation

Friday, May 22, 2026

10 a.m. - Noon

For all New Horizons who volunteered their time
(as little as 10 minutes to months)
helping make our Centre the best place to be!

**There's 'Muffin'
like our
Volunteers!**



If able to attend - Please sign up on the bulletin board at the Centre

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

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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	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
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
Chair Yoga	Leanne Stevens	641-3920	\$10.00	Tuesdays at 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
Memoir Writing	Ruth Asher	389-5157	\$2.00	Mondays 1:00 p.m.	Coffee Spot
Outdoor Walking	Donna Holliday	642-7909	FREE	Mondays at 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



Welcome to Spring! Milder temperatures, melting snow, puddles everywhere and of course Manitoba potholes! Even though it can be a messy time of year, we can also look forward to the first signs of a new season. Crocus and Daffodil shoots pushing through to feel the sun, and everyone's favorite fellow, the Easter Bunny! Here at the Centre, we finished March with the Lasagna Dinner/Trivia Night which had a great turnout of 89. Thank you to the kitchen staff, and of course our Bartender Bob Timko for keeping everyone hydrated! Our Trivia winners were the "South Beach No Minds", made up of Julia, Brian, Ruth, Alex, Ross and Chrissy. Congrats to the winners.

Looking ahead, we have the Spring Craft Show on May 2nd from 10:00 a.m. to 4:00 p.m. This year there will be over 60 tables to shop from, along with the Canteen and Silent Auction. We will be utilizing the Grand Room, the Card Room and the Harmony Room, turning New Horizons into one big shopping experience! Come check it out and bring your friends!

Meanwhile, Happy Easter and don't forget to treat yourself to a chocolate egg or two.

Here are some pictures of the Supper/Trivia Night:



Cathy had the best questions!



Volunteers



The Crowd




Winning Team

Photos by Graham Watson

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From the Kitchen

-Evy Bialek



Looked like the Trivia Night was well attended albeit the snow we woke up to!

Congratulations Cathy Timko for a job well done.

I would like to thank all who stepped up to help us make the Lasagna Dinner a success!

Firstly, Lynda Dodunski, Russell Gilles, Heidi Feniuk, (who came over for a coffee and stayed to help with the SAUCE).

On Saturday, Pat Burdett, Cindy and Jim Stewart, (missed you Jim), Audrey Corrie, Nancy Allen, and Judith Cale were there to serve and made everyone feel welcomed and well fed.

Volunteering is so rewarding and gives me great joy to work/play alongside such a nice group of people!

Gratefully, Evy

Perogy Palooza

As we wrap up our final month of Perogy making until October, we want to extend a heartfelt thank you to our exceptional volunteers, program managers, and team leaders.

We are truly fortunate to be part of such a diverse, generous, and hardworking group. Each month is about so much more than Perogies — it's about the laughter shared around the tables, the stories told while pinching and folding, and the friendships that continue to grow.

And of course, our Wednesdays wouldn't be complete without the lunches and desserts we enjoy together after the work is done. Breaking bread (and sampling all those wonderful homemade sweets!) is such a special part of our time together. It's in those moments — sitting down, relaxing, and visiting — that our community spirit shines brightest.

We have genuinely enjoyed working alongside you and getting to know each of you a little more. You are all invaluable, and this amazing community is stronger because of you.

Wishing everyone a wonderful summer. We look forward to gathering again in October!

- The Leadership Team

Fraserwood Hall Upcoming Events

APRIL 2026 - JUNE 2026

APR 12	OLD TIME DANCE Music by: Steve Ambrose \$20 Admission at the Door. Call to reserve tickets at 204-643-5541
APR 25	DINE & DANCE \$45 Admission. Norman Chief Dancers performing. Music by: Trevor Ewankiw. Call to reserve tickets at 204-643-5541
MAY 9	SPRING CRAFT & BAKE SALE Free admission. 10 am - 2 pm For more information contact Yvonne @ 204-642-5352
MAY 10	OLD TIME DANCE Music by: Country Plus \$20 Admission at the Door. Call to reserve tickets at 204-643-5541
JUNE 14	OLD TIME DANCE Music by: Country Pride \$20 Admission at the Door. Call to reserve tickets at 204-643-5541

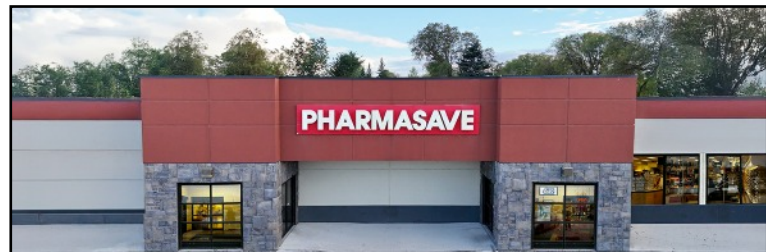
BINGO & CHASE THE ACE
EVERY FRIDAY NIGHT

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

fraserwoodhall.com

204-643-5302

fraserwoodhall1@gmail.com



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Health & Wellness



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

5 SIMPLE WAYS TO IMPROVE YOUR DIET

- EAT UNTIL YOU ARE SATISFIED**
Stop eating when you're 80% full
- WHOLE FOODS FIRST**
Prioritize whole foods in your diet
- THINK MORE, NOT LESS**
More veggies, lean protein, and whole foods
- BALANCE EACH MEAL**
Balance macronutrients at each meal and snack
- STAY HYDRATED!**
Fight fatigue and cravings by drinking plenty of water

THE FIX cookie



Our Volunteer Appreciation Day is coming up on Friday, May 22nd, and one of our long time volunteers is Josey Banera. Ms. Bingo herself answered some questions for us:

- How long have you been involved as a volunteer with weekly Bingo at New Horizons Josie?**
Forever! Edna Lavigne was my first trainer, and then Jane Bell became the team leader and I continued learning the ropes. And when Jane 'retired in January 2022', I took over as team leader.
- What got you hooked on Bingo Volunteering?**
Well, way back when, in one of my earlier evenings, I played as well as volunteered. I won a Star game! The payout was over \$ 7,000! Bingo is fun. And full of surprises! Last year my birthday fell on Bingo night and I arrived to set up and get ready for the crowd, to find the hall all birthday decorated for me! I was so surprised!
- I understand you have a large core group of volunteers you can count on.**
Oh yes, we have a great crew of volunteers - callers, kitchen and canteen workers, break-open ticket sellers, door people, ticket & game sellers, set up and take down people. Over twenty names on my volunteer list. And I'm always happy to add more.
- What fiscal responsibilities does the Bingo group have?**
Well, we answer to "Liquor, Gaming and Cannabis Authority"; regular reporting periods are specified. Our bank account must cover all the pots people play for, plus the Bingo group pays New Horizons as invoiced for utilities of the building.
- Couple of highlights over the years...One that always comes to mind is the 'LGCA' inspector telling me he was "amazed how happy all the workers are".**
We have fun. We are one big, happy group of equals! And one can chuckle about now, but was a little nerve wracking at the time...the B12 ball went missing. You should have seen the team effort to replace it before the first game was called!!

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

Zumba!
* Mondays, 6:30pm at Gimli New Horizons
* Thursdays, 6:30pm on ZOOM
Instructor: Jan Keryluk,
zumbajan22@gmail.com
MFC Certified Leader
Licensed Zumba Instructor

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Bring this ad to receive special in-store offers
Check our Facebook page for updates and offers



L to R:
Josey Banera, Cathy Timko,
Mary Stevens, Carla Christiansen

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.

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

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



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.



TEXAS HOLD 'EM Tuesdays at 1:00 pm -Ron Martin

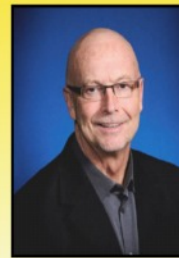
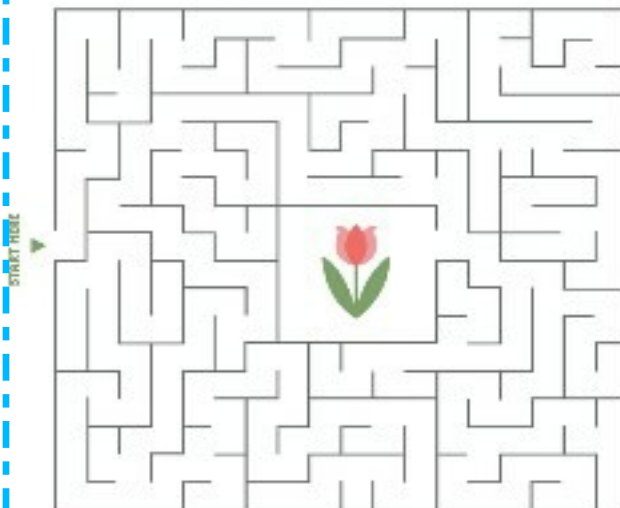


Come and join us for
Texas Hold 'Em.....we
always have room for
more players!

SPRING MAZE

Find your way through the maze to reach
the flower in the center.

Happy Spring!



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



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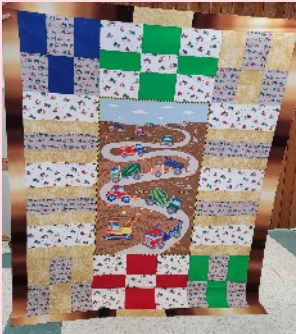
Cell: (204) 641-3613

Home: (204) 642-5723

Activities

Fibre Arts - Tuesdays at 10:00 -LindaDuthie/JaniceSkene

"Spring has sprung", according to the calendar. As we glance outside at all the snow, spring has been delayed. Let us use this delay to finish our winter and early summer projects, and share them with fellow Fibre Arts members, on Tuesday 10:00-1:30 Show and Tell. Bring your lunch for noon fellowship. See you there.



Easter Word Search

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

BUNNY
DUCKLINGS
BONNET
BASKET
CHICKS

DAFFODILS
EASTEREGG
HYACINTH
SPRING
EGGS

LAMBS
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Activities

Tuesdays at 1:00 p.m. **Painting**

-Sandy Reimer



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

The pegboard in the Card Yard displays some paintings that are for sale.

Payment for the painting(s) is to be made to Jonie and Margaret at the office before removing them.

Outdoor Walking Club

Mondays at 2:30 p.m.

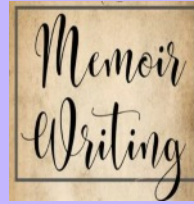
-Donna Holliday



We will leave the Centre for our walks at 2:30 p.m.

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

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



We have been meeting and writing weekly. As well, on March 23rd, Ariel Gordon, Writer-in-Residence with WPL, shared her thoughts on personal essay writing on a Zoom call.

Here are our plans for this spring:

April 27 - One day Writing Retreat at Aaron's on the Lake in Ponemah

May 2 - We will be selling books, games and puzzles at the Craft and Bake Sale at New Horizons

May 17 - Our 3rd annual reading, Tales and Tea at Aspen Park, 2pm. ALL ARE WELCOME To ATTEND

If you are interested in more information, please contact Ruth

(204) 389-5157

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Activities

LET'S GO DANCING

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

Social Dance for couples

Tuesdays 1:00 for beginners and new dancers.

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

Until **April 14**, we are continuing to learn a new dance. - Nightclub 2-step.

Starting **April 21**, we will begin the Cha Cha.

NC2-step is a slower couple dance. Easy movement. It is a smooth dance designed for slow to medium tempo ballads.

It is ideal for a crowded floor because it is meant to be danced on a single spot. It was created by Buddy Schwimmer in the mid 1960s.

I hope you will join us and give this dance a try.

\$10 cash per person, per class.

Gail Hurak

(204) 642-7834



Ukulele Strum' –Gayle Halliwell

We're hopping to it at Uke Strum this April!

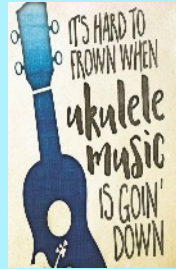
We are trying out tabs, capos, and more as we learn and play together.

We play, laugh and sing along on Thursdays from 11 to 12.30.

Our April advice: keep playing because someone bunny loves you!

Call Gayle if you'd like to join in.

204.389.3832



Woodcarving

-Dave Tustin

1:00 p.m.,

Fridays

in the Harmony Room



Join us for Fun Darts every Monday at 1:00

-Julie Ewanchuk

Darts continues to meet every Monday, 1-2:30, in the Harmony Room. New players have been joining in the fun along with

all our regulars. Everyone is improving every week and there have been some very exciting scores.

If you enjoy the game of darts, or have always wanted to try it and have time on Monday afternoon, please come out and join us for "Fun Darts".

Everyone and all skill levels are welcome.

Cheers. Julia Ewanchuk



Eirik Bardal
Owner

Telephone: (204) 949-2200

Fax: (204) 694-9494

Email: info@nbardal.mb.ca

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Email: jt.interlake@gmail.com

56 Centre St., Gimli, MB.



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

Happy Easter everyone. Christians celebrate Easter to commemorate the resurrection of Jesus Christ from the dead, which is considered the foundational event of their faith.

Should Christians go to Taoist Tai Chi exercise classes? Tai Chi is deeply rooted in Taoism and Buddhism. Many Christians view Tai Chi purely as a low impact exercise for health, balance and stress reduction, separating it from its eastern religious roots. Some believe it is acceptable to learn techniques from other cultures for health benefits without adopting the belief system.

The specific instructor and school matter. If the focus is merely physical exercise and not spiritual cultivation some Christians find it permissible.



Please phone me if you have any questions

(204) 642-9054



Yoga - Leanne Stevens



Enjoy the benefits of yoga as we move into spring.

This April Chair Yoga classes will be offered along with the ongoing classical Yoga classes.

Both styles of Yoga are based on the primary principle of Yoga which is to calm the business of the mind, they simply differ in the manner of how we move towards a peaceful state of being. Each class emphasizes how to move mindfully with a relaxed breath. By linking the mind and body we are able to create the space to touch our spiritual hearts.

The classes will focus on gentle movements that subtly strengthen the muscles we need to enjoy everyday activities with strength, balance, increased flexibility and stamina. The classical Yoga class does involve some floor exercises while chair Yoga will be done either on the chair or some standing positions, but always with the support of a wall or chair to assist with balance. Please wear clothes that are comfortable to move in and if you have a Yoga mat, blocks and a belt, bring them.

If not I usually have enough to share with those just beginning classes.

All classes are led by Leanne Stevens, Certified Yoga Instructor for 25 years. Contact me if you have any questions.

Phone/txt: 1-204-641-3920

Email: stillbluecatyoga@gmail.com

Chair Yoga is Tuesdays at 11:00-11:45, fee is \$10
Classic Yoga is Tuesday and Thursday at 9:30-10:30, fee is \$12

I look forward to seeing you this spring!

Gilbart

Funeral Home

50 1st Ave, GIMLI, MB
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Selkirk office (204)482-3271

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Activities

-Susie Stevenson

FITNESS

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

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

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



Registration is Now OPEN!

for the April to June fitness session.
(Registration deadline is April 1st)

12 WEEK SESSION

MONDAYS:

Cardio Sculpt 10 - 10:45 a.m. starting April 6th
Core & More 11 - Noon starting April 6th

WEDNESDAYS:

Cardio Sculpt 10 - 10:45 a.m. starting April 8th
Core & More 11 - Noon starting April 8th



12 Week Session:

- 1 class/week - \$ 75
- 2 classes/week - \$ 135
- 3 classes/week - \$ 180
- 4 classes/week - \$ 215

Drop in fee per class - \$ 7.00

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

(Non-refundable & Non-transferable)

Sign up at the Office



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



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



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daretodream@mymts.net

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

Community Service

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

Being held at Gimli New Horizons



Next meeting date - April 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!

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.



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 Meals on Wheels programs along with our transportation program, which volunteers are reimbursed and out of pocket expenses for when providing this service. More fee-for-service workers are needed as well to provide light housekeeping in seniors homes. 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

Deadline is April 24th to bring in your taxes

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.

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!



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April 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 1:00 Kaiser 7:00 Bingo	2 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	3 CENTRE CLOSED	4
5 EASTER SUNDAY	6 10:00 Cardio Sculpt - Week 1 11:00 Core & More - Week 1 1:00 Darts 1:00 Memoir Writing 2:30 Tai Chi Practice	7 GENERAL MEETING 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 11:00 Chair Yoga 1:00 Social Dance 1:00 Painting 1:00 Texas Hold 'Em 5:00 Social Dance 7:00 GENERAL MEETING	8 10:00 Cardio Sculpt - Week 1 11:00 Core & More - Week 1 1:00 Kaiser 7:00 Bingo	9 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	10 Friday Lunch 10:45-12:15 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	11
12	13 1:00 NO FITNESS Darts 1:00 Memoir Writing 2:30 Tai Chi Practice	14 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 11:00 Chair Yoga 1:00 Social Dance 1:00 Painting 1:00 Texas Hold 'Em 7:00 Social Dance	15 10:00 Cardio Sculpt - Week 2 11:00 Core & More - Week 2 1:00 Kaiser 7:00 Bingo	16 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	17 Friday Lunch 10:45-12:15 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	18
19	20 10:00 Cardio Sculpt - Week 2 11:00 Core & More - Week 2 1:00 Darts 1:00 Memoir Writing 2:30 Tai Chi Practice	21 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 11:00 Chair Yoga 1:00 Social Dance 1:00 Painting 1:00 Texas Hold 'Em 7:00 Social Dance	22 10:00 Cardio Sculpt - Week 3 11:00 Core & More - Week 3 1:00 Kaiser 7:00 Bingo	23 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	24 Friday Lunch 10:45-12:15 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	25
26	27 10:00 Cardio Sculpt - Week 3 11:00 Core & More - Week 3 1:00 Darts 1:00 Memoir Writing 2:30 Tai Chi Practice	28 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 11:00 Chair Yoga 1:00 Social Dance 1:00 Painting 1:00 Texas Hold 'Em 7:00 Social Dance	29 10:00 Cardio Sculpt - Week 4 11:00 Core & More - Week 4 1:00 Kaiser 1:00 Cancer Screening Services Presentation 7:00 Bingo	30 9:30 Yoga with Leanne 11:00 Ukulele 1:00 Cribbage		