

MAY 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



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

**Upcoming
Presentations**

May 20 - Scams/Fraud Prevention Presentation 1:00 p.m. (see page 3)

June 3 - Mature Driver Refresher Course 12:30 p.m. - 3:30 p.m.
(see page 17)

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	VACANT
Volunteers	Cathy Timko

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

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, and water are \$1.00 each.
Chocolate bars, trail mix & canned drinks are \$1.50 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!



Join us on Wednesday, May 20th
at 1:00 p.m.

Guest Speaker: Martin Landy

Please sign up on the Bulletin Board if you would like to attend.

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 -Nancy Allen

UPDATE!

New shelves have been donated to the corner of the
Card Room.

Thank you to Elaine Einarson for lining up these welcome
additions to the center.

Hard & Soft cover books have been organized by
author's last name.

Puzzles are organized according to the number of pieces.

Everyone is welcome to take or borrow items. We ask if you
are browsing the shelves to put the unwanted item back in
it's spot. This will help in keeping things in an orderly state.

If you want to donate books or puzzles, please put them in
the bin marked Books/Puzzle drop off or leave them
with the office staff.



Thank you & enjoy!



Marc Pailson
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
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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 April membership numbers were **531**


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 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.



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EMAIL: kcent@mymts.net

President's Message

-Lynda Dodunski

I hope that this winter is finally over. It has certainly been very difficult with the major ups and down with the snow and temperatures.

Now we can start planning our gardens, maybe.

We are having our craft and bake sale Saturday, May 2nd from 10 am to 4 pm. There will be over 60 vendors so there will be lots to choose from.

Our annual volunteer appreciation day will be on Friday, May 22nd. This year we are having a breakfast with muffins, cinnamon buns, fruit and other treats from 10 am to 12 noon.

There is a sign up sheet in the lobby so if you have volunteered over the past year, please sign up. Some of our volunteers will be unable to attend so I would like to take this opportunity to thank any member who volunteers to help with our programs, services and events. We could not do this without you! Enjoy!

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

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Fraserwood Hall Upcoming Events

APRIL 2026 - JUNE 2026

APR 12	OLD TIME DANCE Music by: Steve Ambroise \$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

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
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
Golf	Larry Gel	642-5702		Mondays 2:30 p.m.	Sandy Hook Golf Course
Fibre Arts	Janice Skene Pat Green	642-2044 431-371-6568	\$2.00	Tuesdays 10:00 a.m.	Coffee Spot
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

GIMLI NEW HORIZONS

CRAFT & BAKE SALE

10:00 - 4:00
SATURDAY
MAY 2ND

SCAN ME

SHALL WE DANCE?

Gimli New Horizons



COME OUT AND ENJOY!
AN EVENING OF MUSIC AND DANCE

Date: Friday, May 29th
Doors and Bar Open at 5:30pm

All Members and their Guests Welcome
Cash Bar/Silver Collection



Well, here at New Horizons, May is shaping up to be a busy and exciting month, beginning with the Spring Craft Show on May 2nd, and ending with a Silver Collection Member's Dance on May 29th.

Here's hoping that the snow is gone for good and the parking lot is no longer a lake!

We have had a very good response from Vendors wanting to be part of our Spring Craft Show, and hopefully the extra advertising we are doing this year brings large numbers into the Centre.

Our Vendors travel from Portage La Prairie, Winnipeg, Lac du Bonnet, Selkirk, Arborg and everywhere in between.

The Canteen will be serving up snacks and light lunch items, including our "World Famous Hotdogs"! The silent auction, made up entirely of donations made by our Vendors will be a treasure trove of prizes to be won. I would like to thank all of those who Volunteered for the Craft Show, each one of you a great Ambassador for New Horizons. Thank you to our talented Vendors for bringing us their wonderful products, baking, and crafts! And a big thank you to all who come through and support New Horizons Activity Centre, it is always a pleasure to see you again or meet you for the first time.

Chris Neufeld

Tel.: 204-642-8501
Cell: 204-641-1727
Toll Free: 1-888-642-8501
Fax: 204-642-8457
Email: chrisneufeld@mts.net
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From the Kitchen

-Evy Bialek



That was the longest April Fools Day I can remember!

Our Floor Curlers had a good long successful season. Congratulations to the winners. Our Lunch Teams came up with a great variety of meals that were well attended. Thank you to our Tai Chi group who have been coming regularly. I promised sugar free treats for our regulars who have asked for it. Next season we will have them on hand!

Now that the snow and ice has disappeared, we can plan our gardens and flowers, not to mention our golfing.

Have a safe, fun filled summer with family and friends!

Evy Bialek



We're ready to get started on the annual planting for the front exterior of New Horizons.

Is Spring ready to arrive?

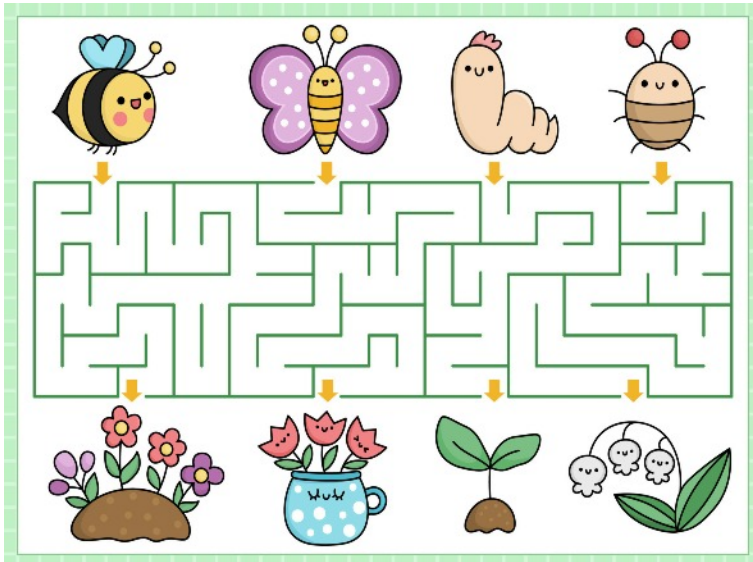
The Petal Pushers group; Angela Zalevich, Julie Ewanchuk and Elaine Einarson maintain the shrub beds, flower planters and raised garden planters.

The first spring event is the Craft and Bake Sale on May 2nd. We would like to clean up the front area in time for this event, weather cooperating!

The Petal Pushers welcome new volunteers to help with sharing ideas, planting and watering the annuals and perennial shrub bed.

Should you be interested in joining our group, please contact Vera Szczepanski:

email - vszczepa@icloud.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

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



FREE

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Friendly Calls is **safe, accessible, free, and available nationwide.** Call 1-833-979-9779 or connect with us at redcross.ca/friendlycalls.

The Friendly Calls program matches **people over the age of 18** with trained Red Cross personnel who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.



Canadian Red Cross / Croix-Rouge canadienne



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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

DROP INS WELCOME!

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.

The Friday Contract Bridge players bid farewell to Allison Atkey on Friday, April 10th. The celebration included cupcakes, a group photo, and a farewell card.



Photo by Bernie Plischke

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

-Doris Lloyd

CRIBBAGE



Thursdays
at 1:00 p.m.

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

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



Welcome back Snowbirds!

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!

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



Activities

Fibre Arts - Tuesdays at 10:00

-Janice Skene
-Pat Green

Fibre Arts has a new co-lead! Pat Green has agreed to join Janice Skene, replacing Linda Duthie, to look after this group.

Come and join us on Tuesdays, 10:00-1:30. Bring your projects, whether completed or in progress, to "Show and Tell".



Hopefully warmer weather will clear up the golf course sooner than later this year.

We are tentatively going to start Monday Golf on May 25th.

We have 70 full time golfers on our roster and about 20 spares.

We are starting the golf season with a full roster. Information will be posted on our website as needed. I can be reached or texted at (204) 642-5702.

Larry Gel



Outdoor Walking Club

Mondays at 1:30 p.m.

TIME CHANGE: Starting Monday May 4th, we will start our walks at 1:30 p.m.



As the weather warms, we are hoping some new walkers will join us!!

We meet at the GNH Centre every Monday at 1:30 and go for a walk.

Everyone can walk at their own pace.

Depending on the weather we usually go out for about 40 minutes to an hour.

Some of us use walking poles and others don't, choice is yours.

If you want to try the poles, you can borrow them from the club at no charge.

No need to sign up, just show up at 1:30 on Monday.

Enjoy the fresh air, exercise, and company.

Hope to see you there!

-Donna Holliday



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Activities



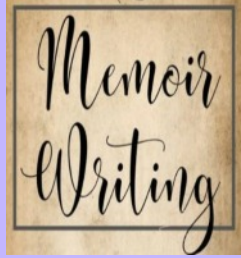
Tuesdays at 1:00 **Painting** -Sandy Reimer

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.

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



We have been meeting and writing weekly.

Here are our plans for this spring:

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

May 31 - 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



Carol will be back teaching for the months of May and June 2026. We will do a combination of absolute beginner dances for those just starting out as well as some new dances you will see on the dance floor to some of the newest country songs.

We will meet up at New Horizons on Thursdays at 1:00 for class. We may dance 2 hrs if the room is available.

Some of the absolute beginner dances we will learn are - Electric Slide, Achy Breaky, Copperhead Road, Wagon Wheel, Simply Blue, Billie Jean, Ah Si, Fireball & Mamma Maria. Some of the new dances we will learn are - The Bar Song, Beer in a Bar, The Door, Those Boots, Drunk in Austin & Heads Carolina, Tails California, Miles On It.

Carol had the opportunity to attend an open dance teach while in Phoenix with Choreographer Jamie Miller, so she has learned these new dances mentioned above.

*If you would like to try line dancing and are not a member, you are welcome to attend in May & June. (*Must be 50+)*

*Member cost - \$2.00/class
50+ Age Non-member cost - \$7.00/class*

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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.

May is Cha Cha month.

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

\$10 cash per person, per class.

The 1:00 class has an opening for a single female.
If you would like to join us, I have a partner for you.
Must be available to participate for the dance season.
(September to May)
Please call me.

Gail Hurak

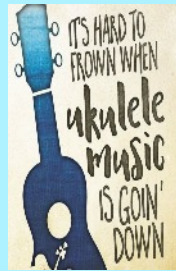
(204) 642-7834



Ukulele Strum' –Gayle Halliwell

Good day sunshine! Hear it?

It's a song from the Beatles that we are trying because summer sun, and May, are finally here.



Join us for Ukulele strumming and singing every Thursday from 11 until 12:30.

Just learning? We will help you.
Experienced but shy? We'll support you.
A pro already? We'll learn from you.

We all have a place at Uke Strum! Call Gayle at 204.389.3832 if you'd like to join us.

Woodcarving

–Dave Tustin

1:00 p.m.,

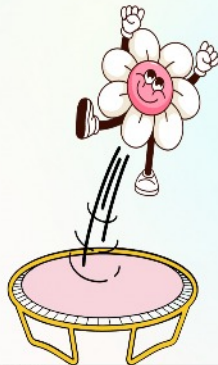
Fridays

in the Harmony Room



Q: What season is it best to go on a trampoline?

A: Spring time!



Join us for Fun Darts every Monday at 1:00



What a great season of darts we have had this year. There has been several new players join this Spring. It is always an afternoon of fun, lots of laugh, people celebrating each other and of course, going for coffee afterwards. We meet in the Harmony room on Mondays from 1-2:30. Everyone is welcome. Come on out, pay \$2.00/ person and have an afternoon of fun. Darts are available to use. We will continue to meet on Mondays until the end of June, then take a little break and resume again in Sept. Hope to see you soon.

–Julie Ewanchuk



Eirik Bardal

Owner

Telephone: (204) 949-2200

Fax: (204) 694-9494

Email: info@nbardal.mb.ca



3030 Notre Dame Avenue
Winnipeg, Manitoba
R3H 1B9

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

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

Why do people bow at the beginning and at the end of a set of Tai Chi ?

Bowing in Tai Chi is a traditional practice to show deep respect, humility, and gratitude toward instructors, fellow students and the art itself. It serves to clear the mind and establish focus. It marks the transition between daily life and training, creating a mental space to focus on posture and breath. It serves as a respectful greeting before starting a set and a formal thank you to partners and instructors upon finishing.

Please phone me if you have any questions

(204) 642-9054



Yoga - Leanne Stevens

Welcome to spring!

Yoga can help us move with grace through the activities that our warm weather provides. The practice of yoga can be described as cultivating the space to allow our selves to move mindfully through our days with the type of care we bring to our gardens. We create a stable foundation of soil and nurture the plants so they can thrive. This is what we do in yoga with our mind and bodies. Though we can't control the weather nor the joys & challenges of life that come our way, we can allow yoga to help us navigate the best path for these unplanned situations.

Please feel free to join our ongoing group of experienced and recent yoga practitioners. In the class we emphasize the connection between the mind and our physical body using mindful movements and gentle breathing. No previous experience is necessary, you just need to show up!

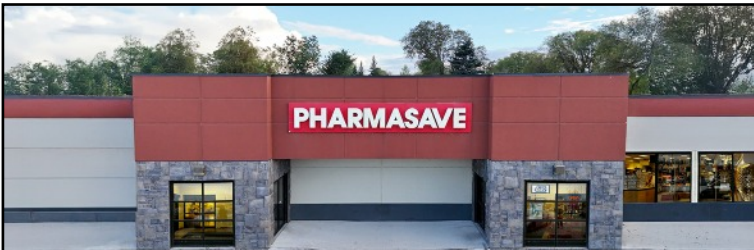
I have been teaching for 25 years and comfortable to assist participants modify poses according to their ability. Please feel free to contact me, Leanne Stevens at 1-204-641-3920, phone or text if you have any questions.

Classes are Tuesday and Thursday at 9:30 am. Feel free to is \$12.

Important note! No classes Tuesday May 19, Thursday May 21 nor Tuesday May 26

I look forward to seeing you all this spring.

Namaste, Leanne



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OF GIMLI NEW HORIZONS 55+

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Thursday 11-6
Friday 11-6
Saturday 11-5
Sunday 11-3

FAVORITE 2nd FASHION

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Activities



Floor Curling Season has come to an end.

The winner of the season was Skip, Ken Porosky, teammates Colin Stark, Arlene Bernshine, & Valerie Stark. Congratulations Curlers!

THANK YOUs to:

To Linda Shipman, for her hard work finding spares when needed. This is an important job and we couldn't function without her.

To all spares who came out when needed, often with short notice.

To all the curlers who helped with the set up and clean up.
To the Friday lunch teams for their delicious meals.

To all the curlers who came out on Fridays in good or bad weather, you are such good sports!

Sign up sheets are on the bulletin board at New Horizons, please make sure your name is on the list: the spares should put their names down also.

Finally, Linda and I say farewell as leaders. We have enjoyed seeing your happy faces every Friday. We welcome new leaders, Ian and Elaine Thompson. We know they will do an excellent job and trust you will welcome them and give them the same help as you did us.

See you in September!
Fall Curling will start September 25th and run to December 11th



-Photo by Colin Stark

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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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Community Service

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

Being held at Gimli New Horizons



Next meeting date - May 25th
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!



IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S

Alzheimer Society

#IGWalkforAlz

**WALK WITH US
IN GIMLI!**

Friday, June 12 | 10:30 am
Betel Personal Care Home,
96 1 Ave



Register today!

Visit alzheimer.mb.ca/wfa
or scan the QR code



News from the Seniors Resource Program

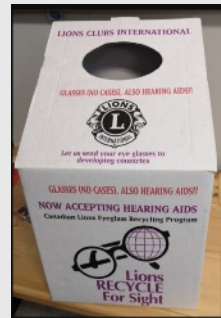
The Seniors Resource Program supplies support services to seniors in the R.M. of Gimli, Town of Winnipeg Beach, Village of Dunnottar, R.M. of St. Andrews and R.M. of Armstrong.

Some services available are **Congregate Meal Programs, Lifeline, Transportation, Meals on Wheels, E.R.I.K. (Emergency Response Information Kits), Handy Helper, Yard Maintenance, Housecleaning, Mobility Equipment Rental, Form Assistance, etc.**



We're also looking for 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.

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.



**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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FREE MATURE DRIVER REFRESHER COURSE

at Gimli New Horizons
 Wednesday, June 3rd, 2026
 From 12:30 pm - 3:30 pm
 Call 204-642-7909 to register
 No Charge

Manitoba's varying road conditions highlight the importance of refreshing our driving skills as we age. The Mature Driver Workshop is designed for experienced drivers who want to brush up on their skills and enhance their driving performance.

- ✓ Learn about updated traffic laws and road safety rules
- ✓ Brush up on defensive driving techniques
- ✓ Learn how to compensate for changes in hearing, vision, flexibility and reaction time
- ✓ Opportunity to address driving concerns and questions

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