

JUNE 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



Upcoming Presentation

June 3 - Mature Driver Refresher Course

12:30 - 3:30 p.m. (See page 3)



Our Annual Indoor/Outdoor Pancake Breakfast will be held on Saturday, August 1 & Sunday, August 2 on the Islendingadagurinn Festival Weekend.

SAVE the DATE

More details to follow.

Sign up sheets for Volunteers will go up in early July.

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 website:
gimlinewhorizons.org



Please like & share our posts to help our messages circulate and go further!



DONATION RECEIPTS

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

BOOKS & PUZZLES - Available during Centre Hours -Nancy Allen

UPDATE!

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 its 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!



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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
- ✓ Learn how to compensate for changes in hearing, vision, flexibility and reaction time
- ✓ Brush up on defensive driving techniques
- ✓ Opportunity to address driving concerns and questions

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WANTED

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

Building/Maintenance Director & Social Activities Coordinator

Please contact the office if you are interested.

204) 642-7909

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	642-2044	\$2.00	Tuesdays 10:00 a.m.	Coffee Spot
Memoir Writing	Ruth Asher	389-5157	\$2.00	Mondays 1:00 p.m.	Coffee Spot
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
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

Yesterday I saw a guy spill all his Scrabble letters on the road.

I asked him, "What's the word on the street?"

What's the smartest insect?

A spelling bee!

What's a really sad strawberry called?

A blueberry.

Where do you find a cow with no legs?

Right where you left it.

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)



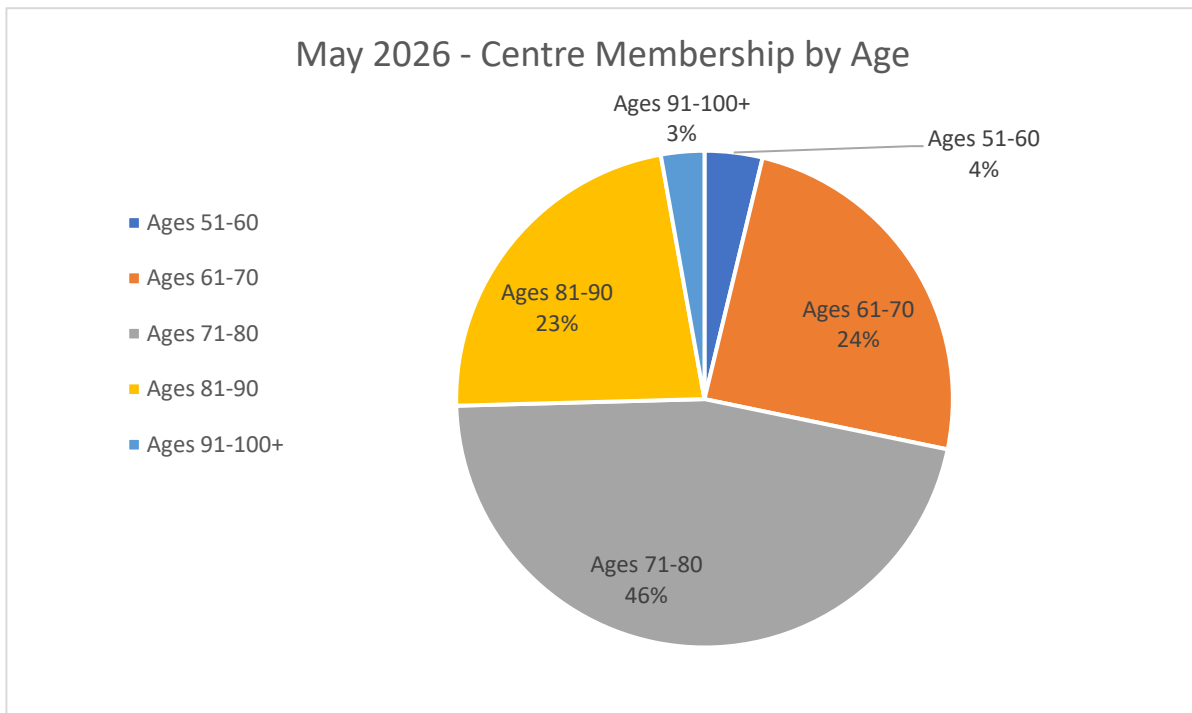
Monday - Friday 9:00 - 4:00 at the office

Our May membership numbers were **537**

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 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.





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President's Message

-Lynda Dodunski

May has been a very strange month with weather conditions. I will be happy to see June.

We started off May with our Craft and Bake Sale which was a huge success. There were a variety of vendors, so many things to choose from and hundreds of people attending. Congratulations to Cathy and her team. Well done.

We ended the month with our annual Volunteer Appreciation. This year we decided to change things up and had a breakfast with a variety of pastries and fruit. Everyone seemed to enjoy it very much.



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

Please check your JUNK or SPAM folders.



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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serene.soles.footcare@gmail.com



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Saturday, May 2nd

Craft & Bake Sale Pics

-Cathy Timko

& NEWS And EVENTS

With the month of May behind us, it's time to look ahead to the busy weeks of enjoying the outdoors and getting our summer planting in! The past month was a busy time at New Horizons, beginning with the May 2nd Craft Show.

A big thank you to those who helped make this year's show a great success, you know who you are and how much I appreciate all of you!

Attendance at this year's event surpassed expectations, thanks to better advertising with signage and spots in the local papers, as well as word of mouth by our vendors and members! The Spring Craft/Bake Sale has become an annual event anticipated by all.

We ended the month of May with a Silver Collection Social Evening; an opportunity for members and their guests to gather and socialize, listen to music, and enjoy a dance or two.

Looking ahead, we will be hosting a fun paint party for two of the Grade 5 Classes of George Johnson Middle School on June 12th. A special thanks to Rosalyn Cooney for agreeing to be our instructor, and to the talented volunteers (artists and non-artists alike), who will make this such a memorable event for the kids. Watch for photos of works by our budding young artists!



-Photos by Graham Watson

Marc Palsson
Owner


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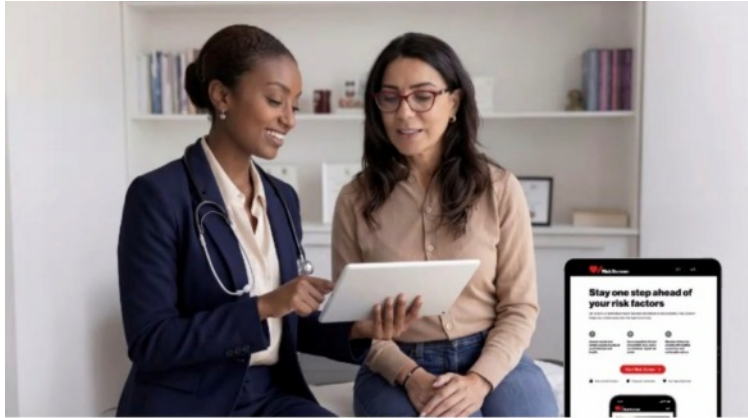
John Wishnowski

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Cell: 204-479-1208
Toll Free: 1-888-642-8501
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 zumbajan22@gmail.com
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 Licensed Zumba Instructor

DROPPINS WELCOME!

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



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Friday, May 22nd

Volunteer Appreciation



Photos by:
Margaret LaRocque, Jonie Johnson,
Graham Watson



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Cell: 204-651-1268
Toll Free: 1-888-642-8501

Email: jt.interlake@gmail.com

56 Centre St., Gimli, MB.

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.

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.

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!

-Doris Lloyd



Thursdays
at 1:00 p.m.

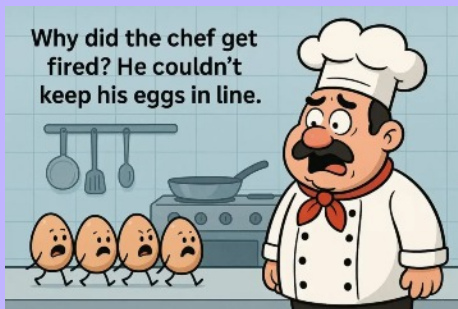
Bring \$2 activity fee
plus
\$2 prize money.

From the Kitchen

-Evy Bialek

We would like to wish everyone a safe, fun filled
summer!

Take care and see you all again in the Fall !



Petal Pushers

-Vera Szczepanski

The Petal Pushers are looking for volunteers to help with the
2026 season. Angela Zalevich and I do will be doing the
tidying up, planting flowers and also taking care of the rear
entrance plantings. If you can help with watering plants or
have ideas on what you would like to get done, please
contact Vera Szczepanski, email:vszczepa@icloud.com.

We were hoping to have the front entrance area tidy before
the Volunteer Appreciation, but the weather has been holding
us back. We have 16 Canna lilies (grown from bulbs by Linda
and Ken Duthie) that are growing beautifully and ready to be
planted by early June in the large flower planter.

Looking forward to warmer planting weather and creating a
colorful and welcoming entrance for all our members
and visitors.



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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Activities

Fibre Arts - Tuesdays at 10:00 -Janice Skene

Well, it looks like spring is finally here and we're all looking forward to spending more time outdoors in the sun. If you are out and about, join us on Tuesdays and get to know some fun and creative fibre arts enthusiasts. Everyone is welcome, whatever your skill level!

Show & tell:



Looks like May has not been ideal weather for golfing so far.

I hope we get warm and calm days to golf in June.

New Horizon's Monday Golf has a full roster of full time golfers and spares.

Anyone interested in golfing with us would be put on a waiting list for possible openings on our spare list later in the season.

- Larry Gel
(204) 642-5702



Please Note:

We have 5 spots for Handi-Cap parking.

Please park in front of the sign.

To park in these spots, you are required to have a valid Handi-Cap Placard hanging from your rear view mirror.

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Gimli, MB R0C 1B0 **MLS**



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Activities



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

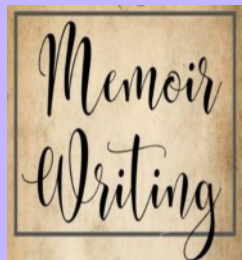
Our painting group is a gathering of like minded painters with a varied skill level and media who enjoy painting in a group.

During this summer, when folks are busy outdoors etc, the group will continue to meet, more on rainy days.

Enjoy the Manitoba summer!

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.

Do you have stories to tell?

Do you want to write and share them in a group?

That's what we do in Memoir Group.

If you are interested in more information, please contact Ruth (204) 389-5157



Join us for Line Dancing in June. 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 June. (*Must be 50+)

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

-Carol Simonson

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Activities



Join us for Fun Darts every Monday at 1:00

We have had a wonderful season of Darts. Several regular players came out every week and it was exciting to see how much their game improved.

There were also some new players that joined us in the Spring. It's an afternoon of great fun and great folks. It doesn't matter your skill level, there is always room for everyone. We will be stopping the Monday fun darts for the summer. Our last day is Monday, June 1st at 1:00. We will resume play the first week of Sept. Wishing everyone a warm, sunny and safe summer. Hopefully see you in the fall.

-Julie Ewanchuk

LET'S GO DANCING

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

Our dance season is finished until the fall.

We have had a wonderful time using our dance moves at various dance venues in the area.

If you and your partner are interested in joining us for our fall session, please register with me on **September 15th**

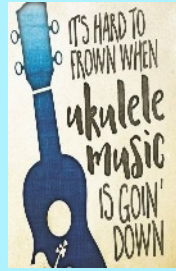
Tuesdays 1:00 for beginners and new dancers.

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

If you are a single person, call me and I will add you to my waiting list.

Currently, I have an opening for a female.

Gail Hurak
(204) 642-7834



Ukulele Strum' –Gayle Halliwell

We've been learning how to read and play tabs, a kind of picking, by warming up with a variation of

“I'd Like to Teach the World to Sing”.

Thanks to Gwen for the tab diagrams.

The last verse words are...I'd like to teach the world to play the ukulele.

We'd like to help you play!

Join us on Thursdays from 11 to 12.30, continuing through the summer.

Call Gayle at 204.389.3832 to get details on how to start.



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lhumniski@gmail.com



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

The latest research shows practicing Tai Chi helps protect against Alzheimer's by boosting memory, preserving executive function, and increasing brain volume.

BIOCHEMICAL CHANGES: Tai Chi increases the expression of serum Brain-Derived Neurotrophic Factor (BDNF). BDNF acts as a fertilizer for the brain, promoting the survival of neurons and creating new synaptic connections.

BRAIN STRUCTURE: Neuroimaging studies reveal that regular practice can increase brain volume in key regions responsible for memory and higher-order thinking.

ENHANCED COGNITIVE RESERVE: It effectively improves executive function (multitasking, decision-making) and verbal memory in older adults especially those already experiencing mild cognitive impairment (MCI)

REDUCED PROGRESSION: Research comparing Tai Chi to brisk walking or traditional stretching found that individuals practicing Tai Chi had lower conversion rates from mild impairment to dementia



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



Yoga - Leanne Stevens

Welcome to June!

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.
Fee is \$12.

Namaste, Leanne

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

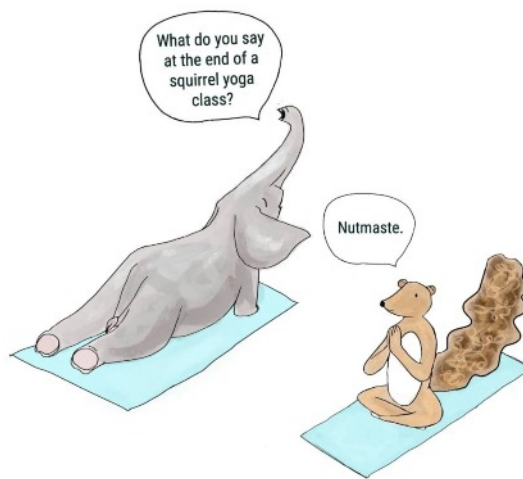
BINGO & CHASE THE ACE
EVERY FRIDAY NIGHT

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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Activities



PRACTICE

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

- Cindy Blicq

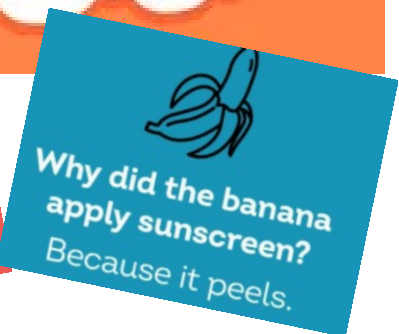
On Mondays, from 2:30 to 4:00 in the Grand Room at New Horizons, members come together to work on improving their Tai Chi and promoting its many health benefits.

Our goal is to support and help each other move forward on our Tai Chi journey. Any member who has completed the beginner program with Phyllis or comes to the group with previous knowledge of the 108 moves is eligible to attend this practice. Please don't hesitate to come even if you haven't done Tai Chi for awhile. You'll be surprised by how much your body remembers and be back at it in no time.

It is not necessary to commit to coming every Monday nor staying for the full 90 minutes. You can drop in or leave at anytime that works with your schedule. Also, most participants continue to attend the Beginner/Continuing Tai Chi on Tuesdays and Fridays.

Every Monday is different and driven by what participants want to work on.

We usually do two sets, one around 2:45 after warming up with some foundation exercises, and another around 3:45. In between, we work on whatever people are interested in improving. Sometimes we work on specific moves that some or all of us are struggling with. Sometimes we focus on our footwork or try to improve our flow by smoothing out moves in a relaxed, intentional way - whatever people are interested in reviewing and practicing to improve their Tai Chi. The Grand Room has plenty of space to spread out and move around. We also take a break part way through to sit, hydrate and visit.





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

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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 - June 15th
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!



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 Gimli Seniors Resource Council is in need of 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 Gimli and Winnipeg Beach, Village of Dunnottar Meals on Wheels programs.



With our transportation program, the volunteers are reimbursed an out of pocket expense from clients 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!

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!



BE  AWARE™

AVOID - WEAR - APPLY - REMOVE - EXAMINE

A AVOID areas where ticks live. Ticks thrive in wood piles, long grass, leaf piles and beach grass.

W WEAR light-colored clothing; long pants, sleeves, socks and close-toed shoes. Tuck long hair into hat.

A APPLY EPA-approved tick repellent (such as picaridin or DEET) on skin and insecticide (such as permethrin) to clothing & shoes as directed.

R REMOVE clothing upon entering the home; toss into dryer at HIGH temperature for 10-15 minutes.

E EXAMINE yourself and your pets for ticks daily. Check everywhere--ticks love to hide!

Learn about ticks, Lyme and other tick-borne diseases, tick bite prevention and proper tick removal at GLA.org

 GLOBAL LYME ALLIANCE



Welcome June
 New month, new chapter,
 new page and new wishes.
 May this month give you
 courage, strength, confidence,
 patience, self love and peace.
Kelly's Treehouse
 May everyday of June
 fill your days with
 joy, fun and laughter.

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