

JULY 2026 HILITES

Happy Canada Day



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

**VOLUNTEERS
NEEDED**

Indoor & Outdoor Pancake Breakfast



~Pancakes
~Sausages
~Beverage

Gimli New Horizons

17 Loni Beach Rd. Gimli

Sign up today!

SATURDAY & SUNDAY

August 1, 2026

August 2, 2026

9:00 am - Noon

Adults \$10.00
Children 10 & Under \$5.00

Fundraiser

***Cash
Only***

SAVE *the* DATE

**GENERAL MEETING of Gimli New Horizons
will be held on Tuesday, July 7th at 7:00 p.m.**

All GNH Members are welcome and strongly encouraged to attend.

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

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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GARRIOCK INSURANCE

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
Cribbage	Doris Lloyd	642-8180	\$4.00	Thursdays 1:00 p.m.	Card Yard
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
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
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

Paint Party with the Grade 5-ers!

-Cathy Timko

The morning of June 12th proved to be cold, gloomy and wet outside, but in the Grand Room the vibe was colorful and alive with over 40 of our Grade 5's displaying their fine artistic talents creating their own vision of "The Galaxy". What a great bunch of young people, so enthusiastic and well behaved, a joy to have at our Centre. Much appreciation to our Teachers, Patrick Mills and Jason Gibson for the fine work they do with Dr. George Johnson Middle School.

A shout out to Bob Timko for constructing stencils for the students to use when adding planets to their canvases. Most importantly, a sincere thank you to our talented instructor Rosalyn Cooney, and our amazing group of Volunteers which must be recognized here. Alison Dery, Vera Szczepanski, Cindy Stewart, Lavona Clarke, Evy Bialek, Darlene Irwin, Carolyn Gwizdak, and myself.

The Centre was buzzing with positive energy. I'm so proud of our accomplishment with this event. Not bad for a bunch of Grammas!

Here is some of the fantastic artwork:



President's Message

-Lynda Dodunski

Hard to believe that 2026 is half over.
Time is flying by.

We are starting preparations for our
Pancake Breakfast on the Saturday and Sunday
of the August long weekend.

We need volunteers to help with this event and there
will be a signup sheet posted shortly.

Wishing everyone a Happy Canada Day.

Enjoy your time with family and friends.



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 **548**

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.*



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.



Eirik Bardal
Owner

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

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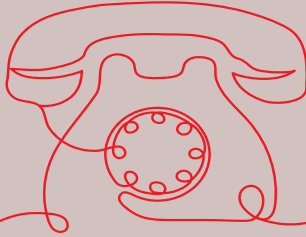
THURSDAYS JULY 2 – SEPT 10

from 12 NOON – 4PM

Health & Wellness

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a *phone call* away?



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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.



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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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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

Now that summer has arrived we are met with some new
challenges! The evacuees gladly remain in their homes
so far. The summer heat is
taking it's time getting here!
Whew!

THERE WAS A BURGER WHO KEPT
MAKING JOKES.
HE WAS ON A ROLL.



With the Pancake Breakfast
fast approaching plans are
well on their way. Enjoy our
summer while we have it!



FREE

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Petal Pushers

-Vera Szczepanski

Enjoying the warm summer weather and how hardy the
perennial shrub bed has come through the winter. Together with
Angela Zalevich we chose annual flowers for the planters.

Not an easy task with all the choices.

The Canna lilies are New Horizon's traditional flowers, thank you to
Linda and Ken Duthie.

Trimming down the Karl Foerster grasses, three in front and nine in the
back areas was faster and easier thanks to Darlene Irwin offering to cut
them with her hedge trimmer.

The Tai Chi group donated a leaf blower and it has gone through multiple
uses. We were able to clean off leaves and debris from the shrub bed
quickly and we're pleased with the final results.

We welcome comments and additions to the landscaping. Thank you to
Ty and Adrian Van Driel for suggesting and bringing ferns.

The ferns are thriving in the shaded area and fill it well.

Happy warm summer days to all our members and visitors!

Activities



Painting Tuesdays at 1:00 -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.



Ukulele Strum' -Gayle Halliwell

We know that summer is a busy season, but have decided to continue. Those that are able to attend will because it is just that much fun to play and sing together. We are learning to play Witchita Lineman, thanks to Diane. We continue to warm up with a tune that has tabs; fun and challenging. If you'd like to join us, please call Gayle at 204.389.3832 beforehand.

Marc Palsson
Owner

100-7th Avenue
Gimli, MB R0C 1B0

Telephone: (204) 642-9688
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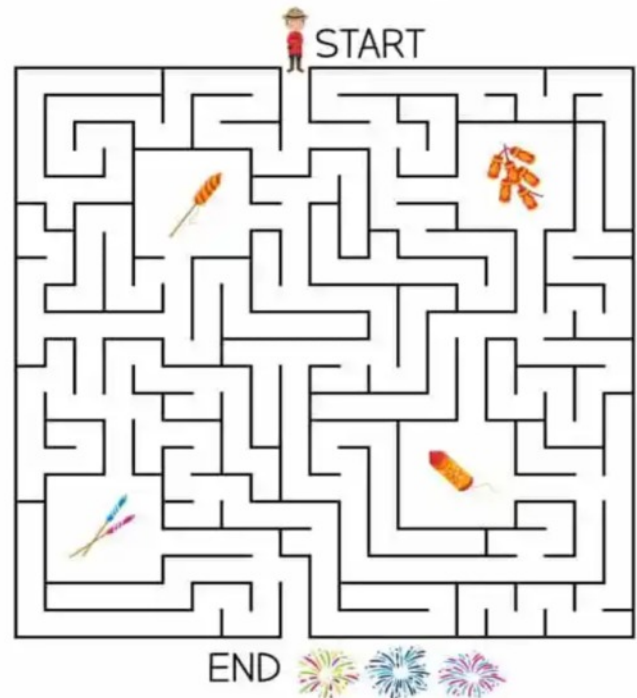
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Activities

Fibre Arts - Tuesdays at 10:00

-Janice Skene

We have had a very busy spring and are looking forward to enjoying a warm and relaxing summer! We would like to remind our seasonal residents that they are welcome to drop in over the summer and spend time with us while working on their projects.

We meet every Tuesday at 10 a.m.



With the weather being a bit unpredictable lately we enjoyed some good days for golf.

We are averaging around 56 golfers and about 40 staying for dinner after. Our roster is currently full. Anyone interested in golfing can contact me at (204) 642-5702 and placed on a waiting list.

-Larry Gel



Please note that Tai Chi Practice on Mondays will not be running over the summer into September.

Members will be emailed with a restart date in early September.



PRACTICE

However, we will plan a few pop-up play dates at the beach/Gimli Park/Gimli Harbour to get together and do a set. Watch your email and New Horizons Facebook page for information about those. Have a great summer everyone.

-Cindy Blicq

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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 July!

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



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

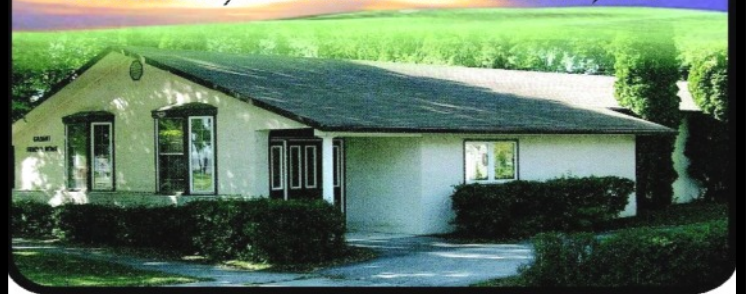
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Gimli New Horizons FUNDRAISER & GOLF TOURNAMENT

At Sandy Hook Golf Club

This year we are helping the centre raise some funds to help with increased costs in running the centre

Wednesday, August 19th, 2026



9 Holes (the back nine)

Pay your own Golf & Cart fees when you arrive (\$25)

(this saves us reimbursement to members)

Cost per person is \$25 for everything else!

Supper Menu - Spaghetti & Meatballs or Meatballs and rice

Open to Members and Non-Members

Register as a foursome or as a single player and we will make up teams

Carol Simonson 204-641-2902 or Isabelle Tache 204-955-2033

or at New Horizons Centre

Entry fee payment due by Aug 11, 2026 at New Horizons Centre

or on Mondays during league play

Happy Hour, Registration @ 1:00

Putting contest & Marshmallow drive @ 1:30

Shotgun start @2:30

Will play shamble game (Use best drive on every hole)

Mulligans \$5.00 for 3 Prizes come out of these sales!



Chris Neufeld

Tel.: 204-642-8501

Cell: 204-641-1727

Toll Free: 1-888-642-8501

Fax: 204-642-8457

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56 Centre Street
Gimli, MB R0C 1B0



**Grant Hjørleifson, BSc
REALTOR®**

Community Service

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

Being held at Gimli New Horizons



Next meeting date - July 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!



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.



For more information on our services or if you would like to become a **volunteer / Fee-for-Service worker**, please call our office at 204-642-7297. We look forward to hearing from you!

Fraserwood Hall Upcoming Events

JULY 2026 - NOV 2026

JULY 12	OLD TIME DANCE Music by: GEMSTARS \$20 Admission at the Door. Call to reserve tickets at 204-643-5541
AUG 9	OLD TIME DANCE Music by: Country Plus \$20 Admission at the Door. Call to reserve tickets at 204-643-5541
SEPT 13	OLD TIME DANCE Music by: Mark Morrisseau \$20 Admission at the Door. Call to reserve tickets at 204-643-5541
OCT 17	FALL SUPPER AND DANCE Music by: Trevor Ewankiw Call to reserve tickets at 204-643-5541, 204-861-0098
NOV 8	OLD TIME DANCE Music by: Trail Riders \$20 Admission at the Door. Call to reserve tickets at 204-643-5541

NOV 14- CRAFT SALE
Call Yvonne @ 204-642-5352

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

LET'S GO KAYAKING!



GIMLI NEW HORIZONS & 'Prairie Sea Kayak Adventures'

are teaming up and offering a "learn to Kayak" session and a more "adventurous paddles" session

Members & friends welcome!

Tuesday, July 14:
Learn to paddle, easier for the beginner

Tuesday, August 25:
More adventurous paddle

Each session will be 2.5 - 3 hours. Paddle start time is 9:30 a.m. Sessions will be held on Willow Creek/Siglavik area. (Meeting area to be determined)

Maximum of 8 participants per session. If enough interest, we will offer a second time slot on the same day. (one morning paddle, one afternoon paddle)

Cost per person is \$50.00/session
(Includes kayak, life jacket & training)

Please sign up and pay at Gimli New Horizons 55+ Centre
(cheque or cash only)

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.

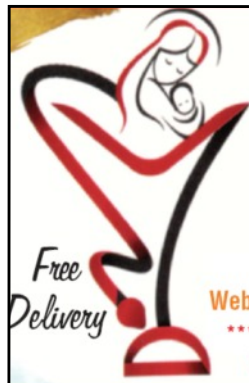
Canteen available - Hot dogs, popcorn, chips, chocolate bars, ice cream and butter tarts. Coffee, pop, and water available. Check out the GNH Facebook page for Cathy's Canteen Specials!

Snack while you play!



Interlake Chemicals Ltd.
Manufacturer of Specialty Industrial
and Janitorial Products

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"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
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Phone: (204) 642-9796
Email: admin@wcf-foundation.ca
www.westshorefoundation.ca
66 First Ave, Box 395, Gimli, MB R0C 1B0

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.



JULY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CENTRE CLOSED	2 9:30 Yoga with Leanne 11:00 Ukulele 1:00 Cribbage	3 9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	4
5	6 2:30 Golf - Sandy Hook	7 GENERAL MEETING 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Texas Hold 'Em 7:00 General Meeting	8 7:00 Bingo	9 9:30 Yoga with Leanne 11:00 Ukulele 1:00 Cribbage	10 9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	11
12	13 2:30 Golf - Sandy Hook	14 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Texas Hold 'Em	15 7:00 Bingo	16 9:30 Yoga with Leanne 11:00 Ukulele 1:00 Cribbage	17 9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	18
19	20 2:30 Golf - Sandy Hook	21 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Texas Hold 'Em	22 7:00 Bingo	23 9:30 Yoga with Leanne 11:00 Ukulele 1:00 Cribbage	24 9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	25
26	27 2:30 Golf - Sandy Hook	28 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Texas Hold 'Em	29 7:00 Bingo	30 9:30 Yoga with Leanne 11:00 Ukulele 1:00 Cribbage	31 9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	