

# AUGUST 2026 HILITES



## GIMLI NEW HORIZONS 55+ Activity Centre

**Founded in 1974 & Still Going Strong !**

Tel: (204) 642-7909

Email: [gimli55@mts.net](mailto:gimli55@mts.net)

Follow us on Facebook as Gimli New Horizons  
or check out our website: [gimlinewhorizons.org](http://gimlinewhorizons.org)

### Indoor & Outdoor Pancake Breakfast



~Pancakes  
~Sausages  
~Beverage

## Gimli New Horizons

17 Loni Beach Rd. Gimli

### SATURDAY & SUNDAY

August 1, 2026

August 2, 2026

### 9:00 am - Noon

Adults \$10.00  
Children 10 & Under \$5.00

\*Fundraiser\*



### 'FALL SUPPER'

Sunday, September 20, 2026

See page 7 for details

Tickets go on sale August 10<sup>th</sup>

**SAVE** *the* **DATE**



# 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](http://gimlinewhorizons.org)



### Acting Executive: 2025/2026

|                      |                  |
|----------------------|------------------|
| President            | Cindy Stewart    |
| Past President       |                  |
| 1 <sup>st</sup> Vice | Cathy Timko      |
| 2 <sup>nd</sup> Vice | Roy Clarke       |
| 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       |
| Member at Large       | Vera Szczepanski    |
| Membership            | Gail Hurak          |
| Publicity             | Graham Watson       |
| Social Activities     | VACANT              |
| 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](mailto:gimli55@mts.net)

To reach Margaret for Hilites Newsletter, advertising and  
membership info: [hilites@mts.net](mailto: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](http://gimlinewhorizons.org)



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



## WANTED

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

**Building/Maintenance Director,**

**Social Activities Coordinator,**

**& Volunteers Coordinator**

Please contact the office if you are interested.

(204) 642-7909

## 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!





**Travel is Back + Space is Limited!**  
Visit: [www.authenticvacationdesigns.com](http://www.authenticvacationdesigns.com)



**Beat the Crowds – Plan Now, Travel Later**  
Contact me to getcha started!  
Email: [syndi@authenticvacationdesigns.com](mailto:syndi@authenticvacationdesigns.com)

**Syndi Prokopich**  
**Your Personal Travel Concierge**  
**204-642-4134**

# Activities This Month

| Activity                                                                                          | Activity Leader           | PHONE    | Price                        | Day/Time                                      | Room                       |
|---------------------------------------------------------------------------------------------------|---------------------------|----------|------------------------------|-----------------------------------------------|----------------------------|
| <b>BINGO</b><br> | Josey Banera              | 641-0967 | Pay what you play            | Wednesdays 7:00 p.m.                          | Grand Room                 |
| Bridge - Contract                                                                                 | Judy Brown<br>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                |
| 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<br>BEGINNERS<br>CONTINUING                                                                | Phyllis Holmes            | 642-9054 | \$2.00                       | Tuesdays & Fridays<br>9:30 a.m.<br>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.<br>Thursdays 9:30 a.m.     | Grand Room<br>Harmony Room |

## The New 60





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

56 Centre Street  
Gimli, MB R0C 1B0 



**Grant Hjorleifson, BSc**  
REALTOR®



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

**DARYL SYLVESTER**

**HOMES • COTTAGES • DECKS & RENOVATIONS**

**WE DELIVER!**

Phone: (204) 642-5111  
Fax: (204) 642-7138  
Winnipeg Direct 1-(204) 942-4860  
EMAIL: kcent@mymts.net

## Summer Safety Tips



### Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



### Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



### Stay Cool

Stay in the A/C, indoors, go swimming, etc.



### Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



### Have Emergency Contacts

Have a list of people to call in case of emergency



### Know the Weather Forecast

Plan your days accordingly depending on the weather

# 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 July membership numbers were **558**

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](http://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.**



**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.**



**"Your Cottage Country Department Store"**

Located at 76 Centre Street, Gimli

Phone - 204-642-4010

Email - [info@johnsonsfashion.com](mailto:info@johnsonsfashion.com)

Website [www.johnsonsfashion.com](http://www.johnsonsfashion.com)

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

# Health & Wellness



## Only half of Canadians know their risk factors for heart disease and stroke.

Learn about your personal risk factors and what you can do about them with our easy-to-use science-based Risk Screen tool.



Try Risk Screen today  
[riskscreen.heartandstroke.ca](https://riskscreen.heartandstroke.ca)



© Heart and Stroke Foundation of Canada, 2020. "The heart and stroke" logo and the heart and stroke symbol are trademarks of the Heart and Stroke Foundation of Canada.

## 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 FITNESS SATURDAYS

**June 13 to Sept 5**  
9:00-10:00am  
Sponsored by the RM of Gimli.

**Gimli Harbour Stage**  
(Rain Location Gimli Park Stage)

---

### FREE ZUMBA AT THE WINNIPEG BEACH BANDSTAND

**SUNDAYS**  
June 28 to Sept 6  
9:30-10:30am  
Sponsored by the Town of Winnipeg Beach.

**Winnipeg Beach Bandstand**  
(Rain Location Winnipeg Beach Community Centre)

**Info** [zumbajan22@gmail.com](mailto:zumbajan22@gmail.com)



Have plenty of  
vegetables and fruits

Eat protein foods

Make water  
your drink  
of choice

Choose  
whole grain  
foods



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](mailto:serene.soles.footcare@gmail.com)



## 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 -Sticky Sesame Chicken (on rice & veggie) or Spaghetti and Meatballs.

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!



## Gimli New Horizons 55+ Activity Centre

# FALL SUPPER

**Sunday, September 20, 2026**

**2 Seatings:**

**4:30-5:30 p.m., 6:00-7:00 p.m.**

*Turkey w/stuffing, Cranberry Sauce, Potatoes w/Gravy, Meatballs, Veggies, Coleslaw, Dessert & Coffee*

|                 |         |
|-----------------|---------|
| Adults          | \$25.00 |
| Children (6-10) | \$12.00 |
| 5 and Under     | Free    |

Cash or  
Cheque only



**Eat-In or Take-Out**

**\*\*Advance purchase your tickets by September 14  
(for Eat-In or Take-Out)**

Take-Out Meals to be self-filled



**Tickets go on sale August 10<sup>th</sup>**

## Protect your most valuable assets.



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

800.773.7157 insure@garriock.ca www.garriock.ca



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

**GARRIOCK INSURANCE**

Marc Palsson  
Owner

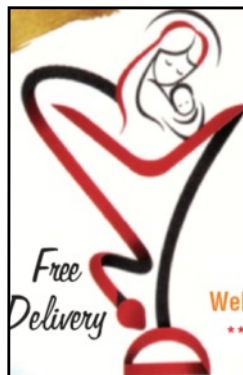
100-7th Avenue  
Gimli, MB R0C 1B0

Telephone: (204) 642-9688  
Fax: (204) 642-8688  
Toll Free: 1-877-770-7662 (RONA)  
Email: service@ronagimli.ca  
Website: www.rona.ca

# RONA

**BUILDING  
CENTRE  
GIMLI**

**OPEN 7 DAYS  
A WEEK**



"We are happy to serve our community"

**St. Mary's Pharmacy - Gimli**  
Joseph Tawfilous  
Pharmacist

Next to Gimli Hospital 129 7th Ave (Hwy 9)

**Phone: 204-651-1567**

St.Mary.pharmacy.Gimli@gmail.com

Website: st-marys-pharmacy-gimli.business.site

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

# August

Lazy summer afternoons,  
Walks along the beach,  
Balmy evenings, cloudless skies,  
Stars just out of reach,  
Sailing on a quiet lake,  
Hammocks in the shade...

These are the simple treasures  
Of which August days are made.



# Fashion Show

at Gimli New Horizons 55+ Centre

## Celebrating Women

Thursday, September 24, 2026

Tables of 8 can be reserved when  
8 tickets are purchased at once

Fashions by:



**JOHNSON'S**  
fashion & footwear



Tickets - \$20

Doors & Bar Open at 6:00 p.m.

Show Starts at 7:00 p.m.

We need models!  
Sign up sheet is on the Centre's bulletin board.



**HORIZON™**  
Hearing Centres

**FREE**

**HEARING  
CONSULTATIONS**

**1-877-300-7507**

[www.horizonhearing.com](http://www.horizonhearing.com)

Why do bananas wear  
sunscreen?  
Because they peel.

What does the  
sun drink from?  
Sunglasses.

WHAT DID ONE BEACH SAY TO  
THE OTHER BEACH?

"LONG TIDE, NO SEA!"

**Interlake Chemicals Ltd.**  
Manufacturer of Specialty Industrial  
and Janitorial Products

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

# Activities

-Susie Stevenson

## FITNESS

### MONDAYS:

10 Week Session

Cardio Sculpt 10 - 10:45 a.m. starting Sept. 21<sup>st</sup>  
Core & More 11 - Noon starting Sept. 21<sup>st</sup>

### WEDNESDAYS:

Cardio Sculpt 10 - 10:45 a.m. Starting Sept. 23<sup>rd</sup>  
Core & More 11 - Noon starting Sept. 23<sup>rd</sup>

1 class/week - \$60  
2 classes/week - \$110  
3 classes/week - \$142.50  
4 classes/week - \$180

Registration deadline is  
September 11<sup>th</sup>

\*Drop in fee is \$7 per class

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

(Non-refundable  
& Non-transferable)

Sign up at  
the office



Greetings fellow floor  
curlers from your new floor  
curling organizers,  
Elaine and Ian Thompson.

Our floor curling season will  
have a staggered start this fall.

We'll start on Friday,  
September 18<sup>th</sup>.

First game at 10 am and second game at 11 am.

Then we'll be taking a break due to the Fashion Show  
Committee needing to do the takedown of their  
equipment on Friday, September 25<sup>th</sup>.

We'll resume play on Friday, October 2<sup>nd</sup>.

Once we make up the teams we'll call the skips with  
the names and phone numbers of their team members.  
The skips will be responsible for calling their players.

See you in September,

Elaine and Ian

204-641-1626



**Eirik Bardal**  
Owner

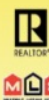
Telephone: (204) 949-2200  
Fax: (204) 694-9494  
Email: info@nbardal.mb.ca

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



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.



## Ukulele Strum'

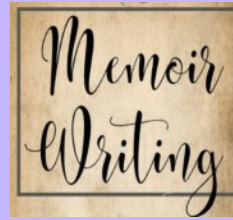
-Gayle Halliwell

A few of us gather each week during the summer, but the full group will start up again in the fall.

If you would like to join at any time, please call Gayle at 204.389.3832 in advance, and we'll make sure that you have the info you need to enjoy our session!

Thursdays,  
11 to 12:30

## 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?

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



**Dave & Laurence Humniski**  
teamhumniski.ca

"Buying or Selling...  
We'll Get You Moving!"

Call/Text Dave: 1-(204)-642-3044  
daretodream@mymts.net

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



**GIMLI HOME HARDWARE**

75 Centre St. Gimli, MB

Ph: 204-642-5489 Fax: 204-642-1210

Open 7 days a week

Senior Day 15% off up to \$300

1<sup>st</sup> Monday every month

## Fraserwood Hall Upcoming Events

**JULY 2026 - NOV 2026**

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

# Activities

## Fibre Arts - Tuesdays at 10:00

-Janice Skene

*Remembering our dear friend, Marlene Rooney.*



Monday  
afternoons at  
Sandy Hook Golf  
Course



July was a tough month weather-wise for our golfers. High heat and humidity made it uncomfortable at times. We also had two course closures due to too much rain. Otherwise, when we could golf, we had fun. Hope August brings better conditions.

-Larry Gel



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

*That's Brio Insurance.*

No worries under our wing.



**BRIO**  
INSURANCE

[brioinsurance.ca](http://brioinsurance.ca)



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

LIVE WELL WITH  
**PHARMASAVE**

📞 204.642.5504

# 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

**Congratulations to the beginner class for learning all the steps for a complete set of Tai Chi.**

**The class will now be practicing until the end of August.**

**My recommendation to the beginners is to keep coming to your classes so that you can improve your form and can start learning the sequence.**

**I want to thank Jonie and Margaret for always helping to look after the needs of our Tai Chi class.**

**It is priceless to be greeted every morning by friendly faces.**

**I also want to thank Bill Morrison for not only leading our half hour of exercises but making us laugh and have fun. Also thank you to the many club members that have helped me with demonstrating all the steps to the new beginners.**



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



## Yoga - Leanne Stevens

*Welcome to August!*

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



**Chris Neufeld**

Tel.: 204-642-8501

Cell: 204-641-1727

Toll Free: 1-888-642-8501

Fax: 204-642-8457

Email: [chrisneufeld@mts.net](mailto:chrisneufeld@mts.net)

[www.interlake.mb.ca](http://www.interlake.mb.ca)



**56 Centre St., Gimli, MB.**



**50 1st Ave, GIMLI, MB**

**Toll Free 1-800-230-6482**

**Selkirk office (204)482-3271**

**4 GENERATIONS OF DEVOTED SERVICE**

**J. Maurice Gilbert, J. Roy Gilbert,  
J. Wes Gilbert and David Gilbert**

**Serving Gimli and the interlake since 1955.**

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

**Conveniently located on 1st Ave. Gimli, MB**



*Building a Lasting Legacy*

**Westshore**  
COMMUNITY FOUNDATION INC

Phone: (204) 642-9796

Email: [admin@wcf-foundation.ca](mailto:admin@wcf-foundation.ca)

[www.westshorefoundation.ca](http://www.westshorefoundation.ca)

66 First Ave, Box 395, Gimli, MB R0C 1B0

# 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.

**Congratulations**  
**Doris on this**  
**28 Hand**  
**on July 23<sup>rd</sup> !**

**Come join us**  
**every**  
**Thursday!**



## **Petal Pushers**

-Vera Szczepanski

Thank you to Elaine for watching out for deer "dining" on the hostas. The pinwheels are a deterrent to keep deer out of the shrub bed. The gardeners have also enclosed their raised garden area to keep out this problem we haven't had in the past.

The Petal Pushers' work on the flower beds and shrubs has earned them a welcoming, colorful floral display for the Icelandic Festival.

This year, the festival pancake breakfast is the first weekend in August for New Horizons 55+. In true tradition, the Canna lilies have blossomed with their beautiful red flowers. We enjoy seeing families taking photos in the area.

The lawn has suffered the effects of the summer heat. Our goal is to work on making the lawn lush again.

## **From the Kitchen**

-Evy Bialek

**Our Pancake Breakfast**  
**is here already!**

**Thank you to all our volunteers**  
**who signed**  
**up to help out!**

**Stay safe!**



# 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!**

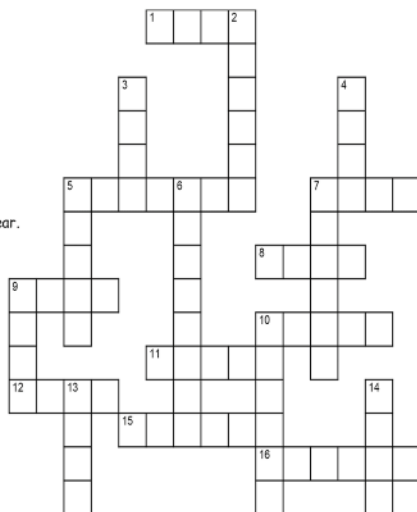


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



## Word Bank

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE, LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM

## CLARITY Computer



**Computer acting strange?  
I may be able to help.**

**Computer Repair & Maintenance**

**Reasonable Rates**

*pick up  
& delivery  
can be  
arranged*

**Chris Mulroy 389-4930**

**clarity@mts.net www.claritycomputer.ca**



**John Wishnowski**

Tel.: 204-642-8501

Cell: 204-479-1208

Toll Free: 1-888-642-8501

Fax: 204-642-8457

Email: iwish@interlake.mb.ca

www.interlake.mb.ca



**56 Centre St., Gimli, MB.**

# Community Service

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

Being held at Gimli New Horizons



**Next meeting date - August 17<sup>th</sup>**  
**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!

EST. 1899  
**H.P. Tergesen & Sons**



**NOT THE SAME OLD THING**

GENERAL MERCHANT GIMLI • CANADA

82-1<sup>st</sup> Avenue 204-642-5958 [info@tergesens.com](mailto:info@tergesens.com)

Facebook-H.P. Tergesen & Sons Instagram-@tergesens

**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 24  
Learn to Kayak for the beginner

**Session Completed**

**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)



# AUGUST 2026

| SUNDAY |                                                                                                                           | MONDAY |                                                                                                         | TUESDAY |                                                                                                              | WEDNESDAY |                                                                                                                         | THURSDAY |                                                         | FRIDAY |                                                                                    | SATURDAY |                                                                                                                         |
|--------|---------------------------------------------------------------------------------------------------------------------------|--------|---------------------------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------------------|----------|---------------------------------------------------------|--------|------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------------------------------------------|
|        |                                                                                                                           |        |                                                                                                         |         |                                                                                                              |           |                                                                                                                         |          |                                                         |        |                                                                                    | 1        | Pancake Breakfast<br>9 a.m. - Noon<br> |
| 2      | Pancake Breakfast<br>9 a.m. - Noon<br> | 3      | CENTRE IS CLOSED<br> | 4       | 9:30 Yoga with Leanne<br>9:30 Tai Chi - Beginner<br>10:00 Tai Chi<br>10:00 Fibre Arts<br>1:00 Texas Hold 'Em | 5         | 7:00 Bingo                                                                                                              | 6        | 9:30 Yoga with Leanne<br>11:00 Ukulele<br>1:00 Cribbage | 7      | 9:30 Tai Chi - Beginner<br>10:00 Tai Chi<br>1:00 Bridge - Contract<br>1:00 Canasta | 8        |                                                                                                                         |
| 9      |                                                                                                                           | 10     | 2:30 Golf - Sandy Hook                                                                                  | 11      | 9:30 Yoga with Leanne<br>9:30 Tai Chi - Beginner<br>10:00 Tai Chi<br>10:00 Fibre Arts<br>1:00 Texas Hold 'Em | 12        | 7:00 Bingo                                                                                                              | 13       | 9:30 Yoga with Leanne<br>11:00 Ukulele<br>1:00 Cribbage | 14     | 9:30 Tai Chi - Beginner<br>10:00 Tai Chi<br>1:00 Bridge - Contract<br>1:00 Canasta | 15       |                                                                                                                         |
| 16     |                                                                                                                           | 17     | 1:00 Memoir Writing<br>2:30 Golf - Sandy Hook                                                           | 18      | 9:30 Yoga with Leanne<br>9:30 Tai Chi - Beginner<br>10:00 Tai Chi<br>10:00 Fibre Arts<br>1:00 Texas Hold 'Em | 19        | GOLF TOURNAMENT<br>at Sandy Hook<br> | 20       | 9:30 Yoga with Leanne<br>11:00 Ukulele<br>1:00 Cribbage | 21     | 9:30 Tai Chi - Beginner<br>10:00 Tai Chi<br>1:00 Bridge - Contract<br>1:00 Canasta | 22       |                                                                                                                         |
| 23     |                                                                                                                           | 24     | 1:00 Memoir Writing<br>2:30 Golf - Sandy Hook                                                           | 25      | 9:30 Yoga with Leanne<br>9:30 Tai Chi - Beginner<br>10:00 Tai Chi<br>10:00 Fibre Arts<br>1:00 Texas Hold 'Em | 26        | 7:00 Bingo                                                                                                              | 27       | 9:30 Yoga with Leanne<br>11:00 Ukulele<br>1:00 Cribbage | 28     | 9:30 Tai Chi - Beginner<br>10:00 Tai Chi<br>1:00 Bridge - Contract<br>1:00 Canasta | 29       |                                                                                                                         |
| 30     |                                                                                                                           | 31     | 1:00 Memoir Writing<br>2:30 Golf - Sandy Hook                                                           |         | 9:30 Yoga with Leanne<br>9:30 Tai Chi - Beginner<br>10:00 Tai Chi<br>10:00 Fibre Arts<br>1:00 Texas Hold 'Em |           | 7:00 Bingo                                                                                                              |          | 9:30 Yoga with Leanne<br>11:00 Ukulele<br>1:00 Cribbage |        | 9:30 Tai Chi - Beginner<br>10:00 Tai Chi<br>1:00 Bridge - Contract<br>1:00 Canasta |          |                                                                                                                         |