

SEPTEMBER 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

**VOLUNTEERS
NEEDED**

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



Page-Borders.com

*Fashion
Show*

**Thursday,
September 24th**

See posting on
page 4
for details

SAVE the DATE

**The 2026 Annual General
Meeting of Gimli New Horizons
will be held on Tuesday,
October 6th at 7:00 p.m.**

All GNH Members are welcome and
encouraged to attend. Elections for our
Executive Board and Directors will be held at this time.

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



Acting Executive: 2025/2026

President	Cindy Stewart
Past President	
1 st Vice	Cathy Timko
2 nd 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

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!



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 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!



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

Please check your JUNK or SPAM folders.



Chris Neufeld

Tel.: 204-642-8501

Cell: 204-641-1727

Toll Free: 1-888-642-8501

Fax: 204-642-8457

Email: chrisneufeld@mts.net

www.interlake.mb.ca



56 Centre St., Gimli, MB.

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President's Message

Yes it is me again! Due to the resignation of our President and Vice President I have become interim president until the elections in October.

Thank you Lynda and Russell for all you did for us, much appreciated.

After careful consideration by the Board we have decided NOT to increase activity fees, however : Perogies, and Friday lunches will have a small increase and our 50/50 will be 3 tickets for \$5.

We had our Pancake breakfast over the August long weekend and what a success. There were 88 volunteers who spent an incredible 276.5 hours getting this all ready. **Thank you all so much.** Our next big event is the Fall supper. Tickets are now available and there will be 2 sittings. I hope we can again count on volunteers helping with this.

As September comes we will be looking forward to activities that were put on pause staring again, including Friday lunches that will start October 2.

Our Membership drive will be on Sept.4 so hope to see you there and enjoy a cup of coffee with us.

Also get your tickets for the Fall Fashion show as it sells out and you don't want to be disappointed.

- Cindy Stewart

- *"September days have the warmth of summer in their briefer hours, but in their lengthening evenings a prophetic breath of autumn." -Rowland E. Robinson*

Perogies

Our next Perogy Bee will be:

Prep Day - Tuesday, October 6

Making Day - Wednesday, October 7

Watch the Centre's bulletin board for the order sheet
(max. order per person is 10 dozen)

New price per dozen - \$7.00



Last year, new members completed a one-page questionnaire, so we could understand how they came to know GNH and what activities caught their attention. There was one very striking result. Sixty-eight percent of new members reported they knew about GNH through "friends/family, word of mouth". That result is 46 percentage points higher than the next means (which was a tie at 22% between GNH's Facebook page and open GNH events such as pancake breakfast and fall supper). In this age of technology, people are still relying on word of mouth and personal experience.

September is our "Membership Drive" month. Please keep up your involvement in letting potential members know about GNH.

Continue talking about GNH. You can hand them our pamphlet (available in the lobby) and let them know about our Facebook page and website. Keep up the good work.

- Graham Watson, Publicity Director

Gilbart

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Selkirk office (204)482-3271

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Fashion Show

at Gimli New Horizons 55+ Centre

Celebrating Women

Thursday, September 24, 2026



Tickets - \$20

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

Show Starts at 7:00 p.m.

Gimli New Horizons
is excited to
present the
'Celebrating Women'
2026 Fashion Show
on September 24th
at 7:00 p.m.

Doors and bar open at
6:00 p.m.

We have beautiful
models from the Gimli
and surrounding area
and fashions are
provided by
Johnson's.

Tickets are \$20 each & are available at
GNH or Johnson's.

There will be a cash bar serving wine, beer, etc.
Pop and water are also available.
Snacks will be provided.

Looking forward to an evening of fun & fashion!

Cheers, Julia Ewanchuk

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
Canasta - Monday	Bob Dery	642-7909	\$2.00	Mondays 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
Fibre Arts	Janice Skene	642-2044	\$2.00	Tuesdays 10:00 a.m.	Coffee Spot
Floor Curling (Fun)	Arlene Bernshine	782-5071	\$2.00	Thursdays 10:00 a.m.	Grand Room
Floor Curling (League)	Ian Thompson Elaine Thompson	642-7909	\$24.00 pp/season	Fridays 10:00 a.m.	Grand Room
Golf	Larry Gel	642-5702		Mondays 2:30 p.m.	Sandy Hook Golf Course
Kaiser	Ron Walker	642-7909	\$2.00	Wednesdays 1:00 p.m.	Card Yard
Line Dancing	Carol Simonson	641-2902	\$2.00	Wednesdays 1:00 p.m.	Harmony Room
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
Social Dance (Let's Go Dancing)	Gail Hurak	642-7834	\$10.00	Tuesdays 1:00 & 7:00 p.m.	Grand Room
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

Gimli New Horizons 55+ Centre

MEMBERSHIP

Friday, September 4, 2026
9:30am - Noon

Membership Fees \$25/person
Cash or Cheque

Renew your Membership
New Member Sign up



Coffee will be on!
Fashion Show & Fall Supper tickets
available to purchase

MEMBERSHIP

-Gail Hurak

Membership year: September 1 - August 31

**Renew your membership on September 4th
from 9:30 - Noon.**

**Join us for Coffee & Timbits.
As well, purchase your Fall Supper
& Fashion Show Tickets.**

\$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 August membership numbers were **558**

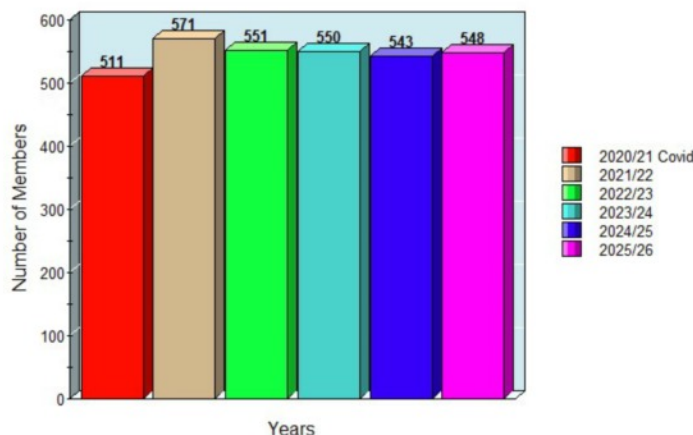
The New Horizons 55+ Activity Centre is a great place to meet new people and to engage with other members doing an activity that you enjoy. We have many programs and social activities for everyone 55+ or older!

- 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

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.

The below graph shows the numbers of members we had for each membership year starting with 2020/21 up to the current year:

Members at Year End




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.



2026

Saturday, August 1st
& Sunday, August 2nd

Pancake Breakfast Fundraiser!



**Indoor & Outdoor
Pancake Breakfast**

Gimli New Horizons

17 Loni Beach Rd. Gimli

SATURDAY & SUNDAY
August 1, 2026 August 2, 2026

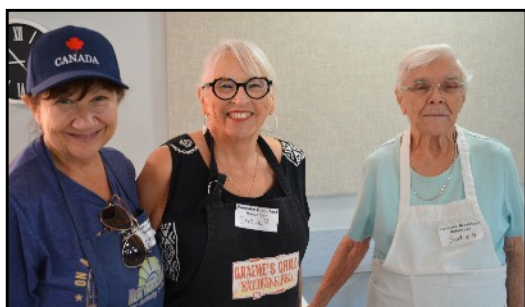
9:00 am - Noon

Adults \$10.00
Children 10 & Under \$5.00

Fundraiser

Cash Only

Icelandic Festival of Manitoba Sponsors:
Gimli Snowmobile Centre & Pharmasave Gimli



Photos by Graham Watson & Elaine Einarson

Health & Wellness

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

Aging Well

COMING SOON - WEBINAR SERIES
Every Wednesday 10:30 - 11:45 a.m.

SAVE THE DATES!

OCT 7

Level Up Your Living: Falls Prevention Meets Funding!

New Information about preventing falls,
PLUS the Safe & Healthy Home for Seniors grant!

OCT 14

Mind & Memory

Strategies for keeping our mind and memory sharp as well as resources from the Alzheimer's Society.

OCT 21

Everything you wanted to know about community services! (But were afraid to ask!)

Home Care, Services to Seniors, Adult Day Programs

OCT 28

Stronger for Longer!

Balance exercises demo PLUS a mini Tai Chi Class!

NOV 4

Powerful Tools for Caregivers!

Tips on balancing self-care with caring for a loved one.

PLUS 2 BONUS PRESENTATIONS:

Eat Well Be Well & Relax & Restore! (Chair Yoga)

To pre-register, email
wellness@ierha.ca
OR call 1-877-979-9355

Interlake-Eastern
Regional Health Authority
Office régional de la santé
d'Entre-les-Lacs et de l'Est



ZUMBA
10 WEEK FALL SESSION
THIS IS YOUR CALL TO THE DANCE FLOOR!
ZUMBA MONDAYS 6:30PM STARTING SEPTEMBER 21
ZUMBA ONLINE WITH ZOOM THURSDAYS 6:30PM STARTING SEPTEMBER 24
Let's DANCE Together!
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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.

Monday Canasta - Mondays at 1:00 p.m.

Activity Leader - Bob Dery

Starting up September 14th

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.

KAISER Wednesdays at 1:00 p.m. -Ron Walker

Starting back
up on
September 2nd



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

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!



Thursdays at 1:00 p.m.

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

-Doris Lloyd

Petal Pushers



It's September and we ask
ourselves the usual question
"Where did the summer go?"

We had a beautiful summer weekend
for the August pancake breakfast
during the Icelandic Festival.

The Petal Pushers' efforts were rewarded with the
Canna Lilies in full bloom along with our
companion flower planters.

We continue to do our best maintaining all the plant-
ings. The next major event is the September Fall
Supper. As everyone returns to their fall/winter
program activities, we hope our welcoming, colourful
floral display will last well into fall.

-Vera Szczepanski

From the Kitchen

As our weather is starting to cool down,
we will be getting very busy again in our activities
at New Horizons.

Thank you to everyone who stepped up to make our
Pancake Breakfast a huge success.

Our Fall Supper will be delicious as usual.
We will be asking our members to donate potatoes,
frozen mixed vegetables & canned cranberry sauce.

Monetary donations are warmly welcomed and
greatly appreciated as they directly support our
Fall Supper.

There are also many jobs we need to fill for prep
work and the day of the Fall Supper. Please check
out the bulletin board at the Centre if you would like
to sign up.

We are looking for like minded people who like to
cook and come up with new ideas for our Friday
lunches. Friday lunches start back on October 2.

See you soon!

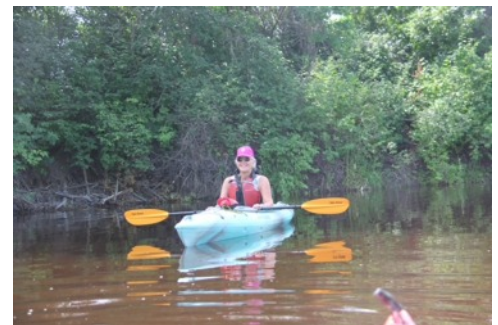
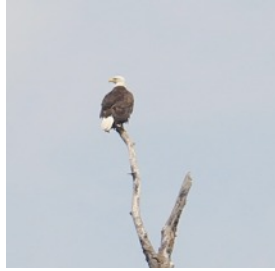
-Evy Bialek



Kayaking

With "Prairie Seas Kayak Adventures" "LEARN TO PADDLE" SESSION

TUESDAY, JULY 14TH



John Wishnowski

Tel.: 204-642-8501

Cell: 204-479-1208

Toll Free: 1-888-642-8501

Fax: 204-642-8457

Email: iwish@interlake.mb.ca

www.interlake.mb.ca



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GOLF TOURNAMENT

Wednesday, August 19

at Sandy Hook Golf Course





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 regular priced items.*

Spanish Lessons

With Elida Toews

Starting Monday October 5th for 4 weeks
 from 10:00 - 11:00 a.m.

Oct 5, 19, 26 & Nov 2nd (no class Oct 12)

Cost is \$80/person

Sign up on the bulletin board at the Centre



"We are happy to serve our community"

St. Mary's Pharmacy - Gimli

Joseph Tawfilous

Pharmacist

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Activities

-Susie Stevenson

FITNESS

MONDAYS:

10 Week Session

Cardio Sculpt 10 - 10:45 a.m. starting Sept. 21st

Core & More 11 - Noon starting Sept. 21st

WEDNESDAYS:

Cardio Sculpt 10 - 10:45 a.m. Starting Sept. 23rd

Core & More 11 - Noon starting Sept. 23rd

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

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

(Non-refundable
& Non-transferable)

Sign up at
the office

Registration deadline is
September 11th

*Drop in fee is \$7 per class

LET'S GO DANCING

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

Our Fall dance season is starting up on
September 22nd with the Cha Cha.

Tuesdays 1:00 p.m. for beginners,
7:00 p.m. for dancers that have learned the basics.

\$10 cash per person, per class

You will need to be a member of GNH. Our new membership year begins Sept. 1. On Sept 4, we are having our annual membership drive. Come out, register and enjoy a coffee and a Timbit.

We are a group of people that love dance with one's partner. If you want to dance in the Interlake at social events, this is a great class for you. We love to have new people join us for movement and fun.

If you are a single person and would like to dance but don't have a partner, call me and I will add you to my list. Presently, I am in need of a female who wishes to dance.

Gail Hurak

(204) 642-7834



Ian and I are working on creating the teams
and with Jonie's help are getting the
schedule arranged.

To organize the teams we:

- 1) Kept spouses/partners together
- 2) Put people on teams based on what position they requested on the sign-up sheets. Some people did not request a position so we placed them based on what was available.
- 3) Some people were moved into different positions depending on what we needed. For example - we did not have enough skips so we looked at who had skipped in the past and placed them in the Skip position. I myself volunteered to be a Skip which means that I won't be playing with my husband which was my first request. We also had an over abundance of people who wanted to play in the 2nd position so some of those people had to be placed in the Lead position.
- 4) We tried to make up teams of 2 men and 2 women, but as in all things in life there are more women signed up than men so not every team has an equal ratio of men and women.
- 5) We looked back at the last three sessions of floor curling and tried to place people with players they may never have played with before..

Hopefully the above explanation makes sense to everyone and people appreciate the effort that is going into the team selection. Thanks to Elaine Einarson and Linda Shipman who did this job prior to us. I now know that it's a complicated process. Thanks also to Jonie who does the typing of our documents and the generating of the schedule.

Please note that we will call the Skips of each team the first week of September and they will call their team members. The first game will be Friday, September 18th - NO GAME FRIDAY, SEPTEMBER 25 DUE TO THE TAKE DOWN OF THE FASHION SHOW - second game is Friday, October 2nd and then every Friday after that until December 11, 2026 (hopefully no games cancelled due to weather). Games will be at 10 a.m. and 11 a.m. - please arrive at least 15 minutes before the games start - 8 ends or until the bell is rung. Cost is \$24.00 for the fall session - cash or cheques accepted the first game we play on September 18th. Indoor shoes are required for everyone playing floor curling.

Spare List - We have a healthy spare list, but if anyone reading this wishes to be on the Spare list they can call me at 204-641-1626. The cost for spares is \$2.00 per game.

Respectfully submitted by Elaine Thompson



**** Thursday Fun Curling starts back up on September 17th
at 10:00 a.m.**

Activity Leader - Arlene Bernshine



Building a Lasting Legacy

Westshore
COMMUNITY FOUNDATION INC

Phone: (204) 642-9796

Email: admin@wcf-foundation.ca

www.westshorefoundation.ca

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

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.

Regular Tuesday gatherings start back up on September 8th

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.



Woodcarving

-Dave Tustin

1:00 p.m.,
Fridays
in the Harmony Room

Starting back up on October 2nd



PRACTICE

Tai Chi Practice on Mondays, 2:30-4:00pm in the Grand Room will resume on September 21. Anyone who has completed Phyllis's beginner class or has previous knowledge of the 108 moves is welcome to attend. It is a natural progression following a beginner class. Being able to do the set on your own is not a prerequisite. We work together on questions people have about certain moves while improving our form and flow. We are also developing our understanding of Tai Chi and its many health benefits. It is a drop-in class so there is no registration or regular attendance required. Just come when you can and leave when you must. So please drop by, bring your questions and we'll play together to grow our Tai Chi.

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



Ukulele Strum' -Gayle Halliwell

Ukulele players have been strumming, sharing and learning through the summer although attendance has been affected by the many family and friends that colour our summers with joy.

As we move toward fall, you might be thinking about learning ukulele or joining us. Please call Gayle at 204.389.3832 before you do so that we can ensure that your first session with us is as much fun as uke can be! If you don't have a ukulele, don't buy one yet. There are some things to look for that we can help you with, and some of us have an extra uke to lend for a short while until you do get yours.

What do our sessions look like? We meet at 11 and have a warm-up tune that we use for a few months before changing to a new one--we choose democratically! Then we go around the circle, each person taking a turn at choosing a tune. What type of music do we play? We have a New Horizons book of over 75 tunes that we have put together (we email the pdfs to you) AND we play from the Ukulele Club of Winnipeg book (available from the Wpg Club for \$25). Old-timey tunes, favourites of the 60s-90s, new tunes, Canadiana, Americana, and even a few cultural songs make up those books.

If you'd like to just listen in, you are welcome to--let us know you're coming beforehand.
Happy strumming everyone!



Eirik Bardal
Owner

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

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Winnipeg, Manitoba
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Marc Palsson
Owner

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Activities

Fibre Arts

- Tuesdays at 10:00

-Janice Skene

Like many groups we donate regularly to charities in our community.

Sleep in Heavenly Peace (SHP) is a non-profit that builds and delivers new twin beds to children 3-17 who don't have one of their own. Their mission states "no kids sleeps on the floor in our town!". We support the Interlake chapter by providing quilts, blankets and pillowcases to those in need. Volunteers are needed to help deliver and install the beds if you are able.

Thank you to Janice Skene for being our liaison with SHP!



Monday afternoons at
Sandy Hook Golf Course

-Larry Gel

Our golf season is coming to end soon.

Our last day is September 14, 2026.

The weather for August was better than July and our turnouts improved as a result. We have a good positive and fun gang of golfers to share a round of golf and dinner after.



**Welcoming back Line Dancing
at New Horizons
for Wednesdays in September**

This will be 4 weeks of continuing classes, so won't be suitable for absolute beginners.

We will be reviewing dances that we have learned in the spring session.

Wednesdays at 1:00 p.m.
September 2, 9, 16, 23



Mondays at 1:00 p.m.

Darts will resume for the Fall on Sept 14th at 1:00 in the Harmony Room. We are hoping everyone is well, enjoyed a beautiful summer and are ready to get back to darts. It is open to all members at a cost of \$2.00/week. No commitment needed just come play when you can. We would like to encourage everyone to come out and give it a try. No skill level is required just be willing to have fun. See you soon.

-Julie Ewanchuk



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in-home

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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 Morriveau \$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 | CANTEN & BAR OPEN 5:15PM | GAMES START AT 7:15PM

fraserwoodhall.com

204-643-5302

fraserwoodhall1@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

If you would like to join the Tai Chi beginners class, it will start on Friday September 04.

The classes are on Tuesdays and Fridays from 9:30 to 10:30 a.m. The instruction on the Tai Chi steps is from 9:30 to 10 a.m. The Tai Chi exercises are from 10 to 10:30 a.m. The exercises are designed to specifically help in the learning of the steps.

If you want to join the class but can't start on September 04, phone me to let me know when you can start.

If you haven't missed many classes I may be able to help you to catch up to the rest of the class.



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



Yoga - Leanne Stevens

Welcome to September!

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

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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!



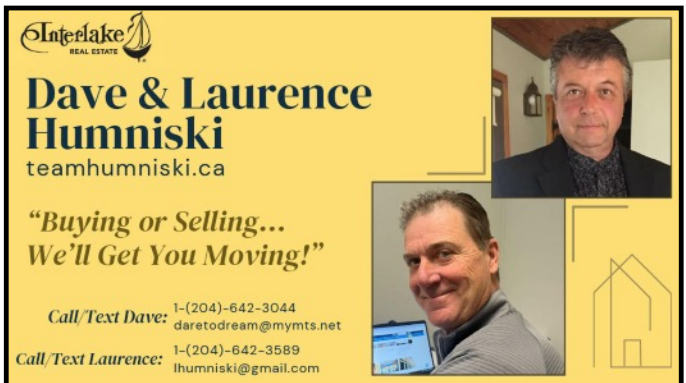
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Community Service

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

Being held at Gimli New Horizons

**Next meeting date - September 21st
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
MANITOBA
Dementia Care & Brain Health

DEMENTIA RESEARCH: BACK TO BASICS

Join Dr. Weaver at the Research Forum to clear up common misconceptions about dementia and explore the research behind them. This is your chance to hear from an expert!

Date: Thursday, September 17

Time: 6:30 - 8 pm

Location: Virtual via Zoom

Cost: Free



Dr. Donald Weaver, Clinical Neurologist & Medicinal Chemist

REGISTER TODAY!
alzheimer.mb.ca/researchforum2026

If you have questions, please contact:
alzeducation@alzheimer.mb.ca or 204-943-6622.



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.**

Snow Removal

Just a friendly reminder that winter will be here before we know it. If you need a helping hand with snow removal, please give us a call at the office 204-642-7297 and we would be happy to find someone to help you out.



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SEPTEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		9:30 Yoga with Leanne 10:00 Fibre Arts	1:00 Kaiser 1:00 Line Dance 7:00 Bingo	9:30 Yoga with Leanne 11:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginners 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta 	
6	7	8	9	10	11	12
		9:30 Yoga with Leanne 9:30 Tai Chi - Beginners 10:00 Tai Chi 10:00 Fibre Arts 1:00 Texas Hold 'Em 1:00 Painting	1:00 Kaiser 1:00 Line Dance 7:00 Bingo	9:30 Yoga with Leanne 11:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	
13	14	15	16	17	18	19
		2:30 Golf Sandy Hook				
		1:00 Canasta 1:00 Darts 1:00 Memoir Writing 2:30 Golf - Sandy Hook	1:00 Kaiser 1:00 Line Dance 7:00 Bingo	9:30 Yoga with Leanne 10:00 Fun Floor Curling 11:00 Ukulele 1:00 Cribbage	9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta	
20	21	22	23	24	25	26
FALL SUPPER 2 Seatings: 4:30 - 5:30 p.m. 6:00 - 7:00 p.m. 	10:00 Cardio Sculpt - Week 1 11:00 Core & More - Week 1 1:00 Canasta 1:00 Darts 1:00 Memoir Writing 2:30 Tai Chi "Practice"	9:30 Yoga with Leanne 9:30 Tai Chi - Beginners 10:00 Tai Chi 10:00 Fibre Arts 1:00 Texas Hold 'Em 1:00 Painting 1:00 Social Dance 7:00 Social Dance	10:00 Cardio Sculpt - Week 1 11:00 Core & More - Week 1 1:00 Kaiser 1:00 Line Dance 7:00 Bingo	FASHION SHOW 9:30 Yoga with Leanne 11:00 Ukulele 1:00 Cribbage  7:00 FASHION SHOW	9:30 Tai Chi - Beginner 10:00 Tai Chi 1:00 Bridge - Contract 1:00 Canasta	
27	28	29	30	CENTRE IS CLOSED		
	10:00 Cardio Sculpt - Week 2 11:00 Core & More - Week 2 1:00 Canasta 1:00 Darts 1:00 Memoir Writing 2:30 Tai Chi "Practice"	9:30 Yoga with Leanne 9:30 Tai Chi - Beginners 10:00 Tai Chi 10:00 Fibre Arts 1:00 Texas Hold 'Em 1:00 Painting 1:00 Social Dance 7:00 Social Dance				