NOVEMBER 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*



SAVE the DATE

Christmas Dinner & Dance will be held on Saturday, December 5th
(See page 7 for details)

Tickets go on sale Tuesday, November 10th @ 10:00 a.m.,
and are available to purchase until November 25th
or until sold out.

About the Centre



GIMLI NEW HORIZONS 55+ Activity Centre

Acting Executive: 2026/2027	
President	Cathy Timko
Past President	Cindy Stewart
1st Vice	
2nd Vice	Vera Szczepanski
Secretary	Julie Ewanchuk
Treasurer	Patricia Burdett
Directors: 2026/2027	
Building/ Maintenance	Rob Gowland
Kitchen	Evy Bialek
Bingo	Josey Banera
Member at Large	Audrey Corrie
Member at Large	Richard Szczepanski
Member at Large	Lavona Clarke
Member at Large	Cheryl Davison
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

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.

Our mailing address is:
Box 1821 Gimli, MB R0C1B0

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



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 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!



Inclement Weather

We have decided to follow the "Evergreen School Division" weather related cancellation guidelines. (As of Fall 2025) (There could be an exception to this rule; i.e. parking lot drifted in, etc.)

Please watch our Facebook page for closures OR call us before venturing to the Centre on inclement weather days to see if we are open. (204) 642-7909

Cancellation Decisions are based on:

- Temperature (-40°C or colder and/or the wind chill is -45°C or colder)
- Visibility
- Precipitation
- Road Conditions
- Current & Forecasted Weather
- Staff & Member Safety



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

Please check your JUNK or SPAM folders.





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President's Message

-Cathy Timko

Hello everyone. We've experienced October, and all the changes that come with the season (other than leaving our clocks alone).

Here at New Horizons, we have gone through changes as well. Cindy Stewart has shifted back to the Past President's chair on the Executive, and I have taken her place as President of New Horizons. This is sure to be a challenge for me, but with the help of the Board and the Membership, I'm sure it will all fall into place.

Fall activities are back in full swing, and we have the November 14th Christmas Craft Show just around the corner! Make sure to come and do some Christmas Shopping. Tickets for the December 5th Christmas Dinner/Dance go on sale November 10th, table reservations are also available.

Please take the time to notice the large barn quilt on our building. It has been restored by Bob Timko and continues to be a lovely piece highlighted on the Interlake Barn Quilt Trail, appropriately named "Star on the Horizon", by Lorraine McVicor, artist/past leader of New Horizons Paint Group.

See you around the Centre!

Gimli New Horizons 55+ CENTRE

If you renewed your GNH Membership in September, you were entered to win your membership back!

The four winners were drawn at the AGM Tuesday, October 6th.

The winners were:

Ian Christiansen
Gayle Halliwell
Randy Baldwin
Randy McGraw

Congratulations!

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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
Bridge - "Practice"	Graham Watson Judy Brown	291-7600	$2.00	Wednesdays 1:00 p.m.	Harmony Room
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	641-1626	$24.00 pp/ season	Fridays 10:00 a.m.	Grand 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
Wood Carving	Dave Tustin	389-2305	$2.00	Fridays 1:00 p.m.	Harmony Room
Yoga with Leanne	Leanne Stevens	641-3920	$14 drop in or $12 prepaid	Tuesdays 9:30 a.m. Thursdays 9:30 a.m.	Grand Room Harmony Room

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



Senior Centre Without Walls offers a unique opportunity for Manitobans, 55 years of age and older, to join educational and recreational programs from the comfort of their own homes via teleconference format.

Programming topics include; educational presentations, health and wellness, language classes, book clubs, travelogues and support groups.

The free programs are accessed through a toll-free number and are offered during the day and evenings.

Toll free # 1 (888) 333-3121



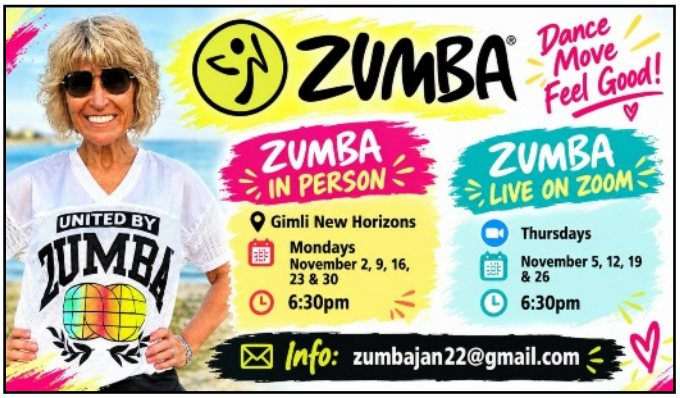
Out of respect for all our members, if someone is sick in your household with a cold, flu OR Covid, please refrain from coming to the Centre.

Germs spread easily and we all need to do our part to stop the spread.

Also, please wash your hands frequently or use hand sanitizer around the Centre.









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 October membership numbers were **431**

A huge thank you to al of the members who purchased their memberships during our September drive. This is a relief for our office staff during a very busy month.

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!

Check our Facebook page to find out which programs are running.
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. All new programs are presented to the board for approval.





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.







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.



Practice Bridge

Introducing "Practice Bridge" at Gimli New Horizons.
Do you want to improve your bridge game?
We meet on Wednesdays at 1:00 p.m. to practice our bridge.

It's an opportunity to play a hand and discuss each hand afterwards in a supportive let's all learn together environment. A great opportunity for bridge players with basic knowledge and those onward to help each other grow and enjoy our game. In the image below, your partner has bid one heart.
What is your bidding response?





Thursdays at 1:00 p.m.

Bring $2 activity fee
plus
$2 prize money.

-Doris Lloyd

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

Activity Leader - Bob Dery

Friday Canasta - Fridays at 1:00 p.m.

Activity Leader - Audrey Corrie



We play Regular Hand & Foot Canasta, as well as a version with a run.

Canasta is easy to learn and we have great teachers.

Come join us - Seasoned players or beginners welcome.

We start playing at 1:00 p.m., with 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!

WANTED

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

Social Activities Coordinator
&
Volunteer Coordinator

Please contact
the office if you
are interested.

(204) 642-7909

Notable stats from the Fall Supper held on September 20th:

We had 82 volunteers with a total of 285 man hours to put on this wonderful fundraiser!





Christmas Craft & Bake Sale

Saturday, November 14, 2026
10:00 a.m. - 3:00 p.m.
at
Gimli New Horizons
17 Loni Beach Rd., Gimli

50/50 Draw | Free Admission | Silent Auction | 50+ Vendors

Scan QR code to visit our website.
Follow us on Facebook as: Gimli New Horizons

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** usic by: Mark Morriseau $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

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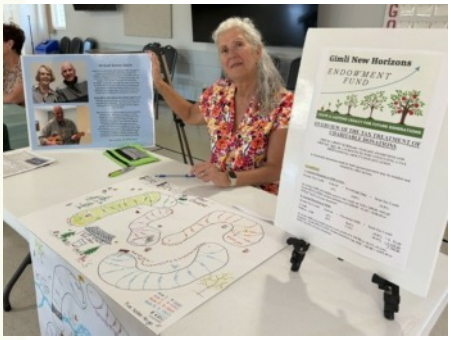
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Open 7 days a week

Senior Day 15% off up to $300

1st Monday every month





Above is Gimli New Horizon's Treasurer, Patricia Burdett with The Endowment Fund display at our Membership Drive on Friday, September 4th





Michael Barton Devlin

Many of our community will remember Mike through his 23 years of membership at Gimli New Horizons 55+ Activity Centre and his participation in activities such as Tai Chi and Ukulele. He was a mentor, an instructor and member of Tai Chi for many years. He strummed his ukulele, continually learning new songs he could play for his family. He was also a part in the ensemble group that played at Gimli New Horizons 50th anniversary. Mike was also a regular diner at the Friday lunches and always had a compliment for the kitchen volunteers.

Along with his wife Emily, he was an active supporter and volunteer; peeling potatoes on the first Tuesday of the month for the perogy bees. They were also involved in helping with the Pancake Breakfasts and Fall Suppers over the years.

Mike was very community minded and was a founding director of the Westshore Foundation. At Mike's request, GNH has established an endowment fund which his estate will match dollar for dollar to a maximum of $10,000. If you contribute $100 we actually get $200. We encourage everyone to donate up to this amount and beyond as the fund will continue to help support GNH in perpetuity. Mike was forward thinking in understanding how these contributions benefit the donors as well as GNH. All donations over $25 will be issued a tax receipt.

Thank you Mike - You will be missed

From the Kitchen

-Evy Bialek



My favorite time of year is here! The colours are as amazing as all our volunteers. The lunches are proving to be delicious and hearty, so thank you to everyone for joining us for lunches with our friends and curlers., Evy



Perogies

PEROGY PALOOZA IS ON A ROLL!

What an incredible start to our perogy-making season!

Our amazing volunteers and dedicated staff have spent the first month mixing, rolling, pinching and filling their way to another huge success. We're surrounded by the best people, working together to create something delicious for our community – and having an absolute blast while doing it!

A giant thank you to everyone who joined us for days filled with hard work, laughter, fun and fantastic company. Your smiles, energy and enthusiasm made every perogy extra special!

It's the people who make Perogy Palooza somuch fun!

We're already counting down the days until we see everyone again in November.

Until then, have fun and eat perogies!

Many thanks, The Leadership Team

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Activities

LET'S GO DANCING

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

We will continue with the Rumba.

Tuesdays 1:00 p.m. For beginners and new dancers.
7:00 p.m. (This class is full) Only returning, experienced dancers can apply.

Did you know?

- **Dancing is one of the best activities to work your brain? This is because you are learning new movements and choreography. Your concentration and memory get a terrific workout. Get you partner and let's get your brain active.**
- **Socialize. Dancing is a social activity that promotes collaboration, combats stress and depression. It has a positive impact on mood due to the release of endorphins. It is a lot of fun!**

Gail Hunt
(204) 642-7834



FLOOR CURL

FUN - Thursdays at 10:00 a.m.
Activity Leader: Arlene Bershine

LEAGUE - Fridays at 10:00 a.m.
Activity Leaders: Ian & Elaine Thompson

If these pictures could talk you'd hear people saying: **"Good shot!", "Tap this one up.", "Let's get rid of this one.", "Oh dear, I messed up."**





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Remembrance Day WORD SEARCH

Find the 15 words related to Remembrance Day.
Words can be found horizontally, vertically or diagonally.

R	E	M	E	M	B	R	A	N	C	E	P	O	P	Y
V	E	T	E	R	A	N	S	F	L	A	G	S	D	T	X
C	A	N	A	D	A	S	A	C	R	I	F	I	C	E	Z
P	O	P	P	Y	S	I	L	E	N	C	E	D	R	A	U
H	O	N	O	U	R	B	R	A	V	E	R	Y	M	E	L
C	E	R	E	M	O	N	Y	S	O	L	D	I	E	R	S
F	R	E	E	D	O	M	R	E	M	E	M	B	E	R	Y
W	A	R	S	C	E	N	E	D	A	Y	D	A	W	R	R
T	R	U	T	H	P	E	A	C	E	L	A	S	T	I	N
L	E	S	T	W	E	F	O	R	G	E	T	S	H	E	E
C	A	N	A	D	I	A	N	V	E	T	E	R	A	N	S
F	A	L	L	E	N	S	O	L	D	I	E	R	S	P	P
P	O	P	P	I	E	S	H	E	R	O	E	S	D	U	T
M	E	M	O	R	Y	F	A	M	I	L	Y	C	L	N	E
R	E	S	P	E	C	T	L	O	V	E	D	O	N	E	S

Words to Find:

1. REMEMBRANCE
2. POPPY
3. VETERANS
4. CANADA
5. SACRIFICE
6. HONOUR
7. BRAVERY
8. CEREMONY
9. SOLDIERS
10. FREEDOM
11. PEACE
12. LEST WE FORGET
13. FALLEN
14. HEROES
15. RESPECT

We will remember them.

Activities



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

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

The pegboard in the Card Yard displays some paintings that are for sale.

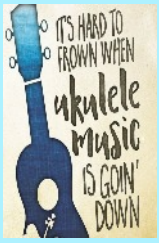
Payment for the painting(s) is to be made to Jonie and Margaret at the office before removing them.



Woodcarving

-Dave Tustin

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



Ukulele Strum' **–Gayle Halliwell**

Lest we forget.
Uke Strum group thanks all of our veterans and current members for their service to Canada. We will play "Blowing in the Wind" this month to honour you.

Want to learn, join in, or just come and listen for awhile? Call Gayle at 204.389.3832 if you'd like to play, or just grab a chair if you'd like to listen. We play from 11 to 12.30 every Thursday.

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



PRACTICE

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

-Cindy Blicq

On Oct 17, seven members of New Horizons Tai Chi Practice group attended a Tai Chi workshop in Winnipeg hosted by the Canadian Tai Chi Academy (CTCA). We were warmly welcomed and spent the day learning, playing and socializing with other participants, instructors in training and guest instructor, Susan Stenson. What a great experience it was, to spend a day with such knowledgeable leaders and 72 willing learners. We came away from the event motivated, energized and tired, but tired in a good way.

See you on Mondays at 2:30 in the Grand Room.



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Activities

Fibre Arts - Tuesdays at 10:00 -Janice Skene

Fall is here and we have been very busy finishing up our summer projects and starting new ones. If you are a fibre artist and are interested in following our work join us on Facebook at Gimli Fiber Arts Group - New Horizons. We are also happy to welcome new members - drop by and visit!

Many of our quilts and knitted or crocheted blankets are donated to Project Linus Canada which distributes blankets to children who are going through a crisis in their lives such as the loss of a parent, homelessness, sickness or loss of a home due to fires or other emergencies. Most children receive a Project Linus Canada blanket through a local hospital, shelter or other agency. We support the Selkirk Chapter which is 1 of 4 Manitoba chapters and coordinates the donations for our area.

Thank you to Heather Dankochik for being our liaison with Project Linus









Mondays at 1:00 p.m.

In the

Harmony Room

Gimli New Horizons 55+ Centre

Barn Quilt Raffle



Created and donated by
Bob Timko,
Artist and Member of Gimli New Horizons.

"For the Bees"
This traditional design barn quilt honours our Prairie Crocus and best friend the Bumble Bee.

Tickets 5 for $5.00
and are available at the office
as well as at the Christmas Craft & Bake Sale.

Final Draw
will be made at the GNH Christmas Dinner & Dance on
December 5th

Thank you & good luck!



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Work: (204) 642-7687
Cell: (204) 641-3613
Home: (204) 642-5723

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 Yin/Yang symbol known in Chinese philosophy as a circular emblem divided by a curved, s-shaped line into two complementary halves that represent the dual forces of the universe.
Yin (black side) associated with darkness, the moon, water cold, passivity, earth, and the feminine.
Yang (white side) associated with light, the sun, fire, warmth, activity, heaven, and the masculine.
Opposite dots. Each half contains a small circle of the opposing color, signifying that every force carries the "seed" of its opposite and that each can transform into the other.
Balance and Harmony . The goal is not the elimination of one side but the maintenance of a dynamic equilibrium.
Interdependence. Yin and Yang cannot exist without each other, day turns into night, and rest leads to action.



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



Yoga - Leanne Stevens

Welcome to November!

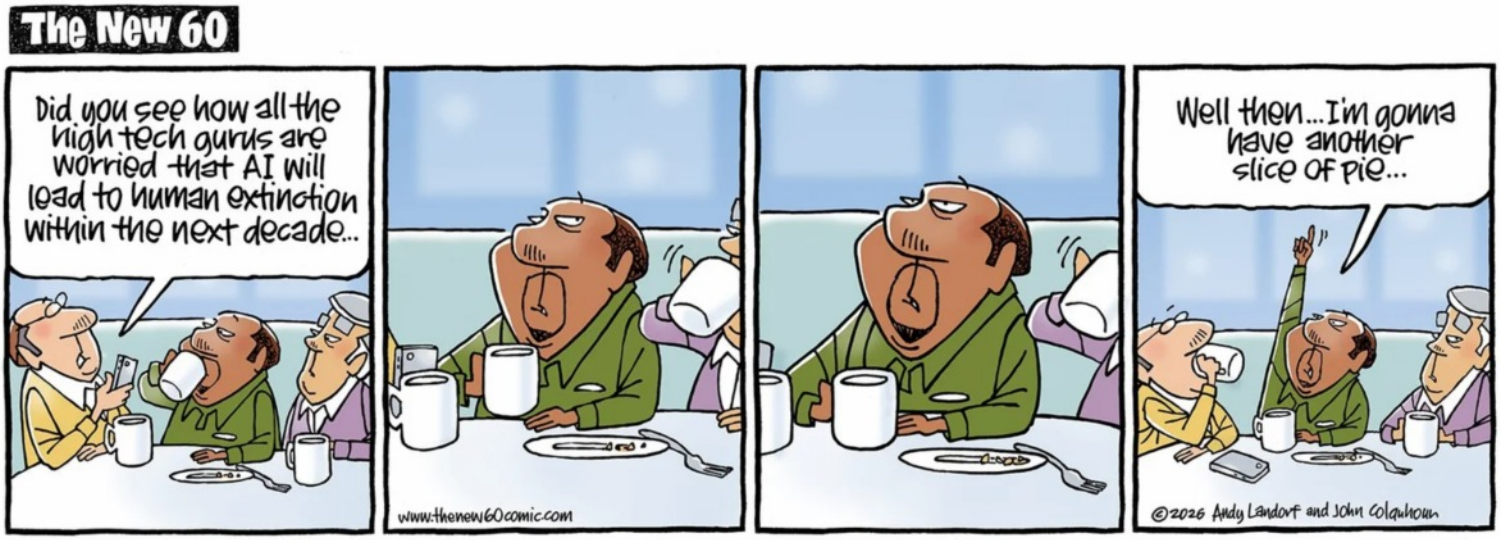
Yoga can help us move with grace through the activities that our warm weather provides. The practice of yoga can be described as cultivating the space to allow our selves to move mindfully through our days with the type of care we bring to our gardens. We create a stable foundation of soil and nurture 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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RONA
BUILDING CENTRE GIMLI
OPEN 7 DAYS A WEEK

Community Service



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!



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



Community Service

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

Being held at Gimli New Horizons

Next meeting date - November 16th 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

GIMLI SENIORS RESOURCE COUNCIL INC.

The Seniors Resource Program has various services available for seniors living independently in their own homes. Would you like the reassurance of knowing that help is only a press of a button away? If so, then **Gimli District Lifeline** is just the right thing for you. **Lifeline is monitored 24/7**. Plus, our **Auto Alert button** is designed to call for help if it detects a fall. And with the **On the Go button and On the Go Mini's,** Lifeline is available for use at home and on the go.

Lifeline



For more information call **1-204-642-7297.**

What is E.R.I.K.?

The Emergency Response Information Kit (E.R.I.K.) is a plastic folder that goes on your fridge which holds your medical information, family contact info along with other health related forms. A red E.R.I.K. sticker is also included to be placed on your door. This bilingual kit is ideal for seniors, those living alone or anyone with a medical condition which also gives first responders the information they need to respond quickly to situations when needed. If you require more information or would like an E.R.I.K. kit, please contact our office at 204-642-7297 or come see us in office 22 of the Gimli Community Health Centre.







Collecting old glasses & hearing aids



The Lions Club International has left a box for us to collect used eye glasses (no cases) and hearing aids. They send them to developing countries.





November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	**2** 10:00 Cardio Sculpt - Week 6 11:00 Core & More - Week 6 1:00 Canasta 1:00 Darts 1:00 Memoir Writing 2:30 Tai Chi 'Practice'	**3** Perogy Prep Day 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:00 Painting 1:00 Texas Hold 'Em 7:00 Social Dance	**4** Perogy Making Day 10:00 Cardio Sculpt - Week 5 11:00 Core & More - Week 5 1:00 Bridge - "Practice" 7:00 Bingo	**5** 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	**6** Friday Lunch 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	**7**
8	**9** 10:00 Cardio Sculpt - Week 7 11:00 Core & More - Week 7 1:00 Canasta 1:00 Darts 1:00 Memoir Writing 2:30 Tai Chi 'Practice'	**10** 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Tickets for Christmas Dinner & Dance Go On Sale 10:00 Fibre Arts 1:00 Social Dance 1:00 Painting 1:00 Texas Hold 'Em 7:00 Social Dance	**11** CENTRE CLOSED 	**12** 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	**13** Friday Lunch 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	**14** CRAFT & BAKE SALE 10 a.m. - 3 p.m. 
15	**16** 10:00 Cardio Sculpt - Week 8 11:00 Core & More - Week 8 1:00 Canasta 1:00 Darts 1:00 Memoir Writing 2:30 Tai Chi 'Practice'	**17** 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:00 Painting 1:00 Texas Hold 'Em 7:00 Social Dance	**18** 10:00 Cardio Sculpt - Week 6 11:00 Core & More - Week 6 1:00 Bridge - "Practice" 7:00 Bingo	**19** 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	**20** Friday Lunch 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	**21**
22	**23** 10:00 Cardio Sculpt - Week 9 11:00 Core & More - Week 9 1:00 Canasta 1:00 Darts 1:00 Memoir Writing 2:30 Tai Chi 'Practice'	**24** 9:30 Yoga with Leanne 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Fibre Arts 1:00 Social Dance 1:00 Painting 1:00 Texas Hold 'Em 7:00 Social Dance	**25** 10:00 Cardio Sculpt - Week 7 11:00 Core & More - Week 7 1:00 Bridge - "Practice" 7:00 Bingo	**26** 9:30 Yoga with Leanne 10:00 Floor Curling - Fun 11:00 Ukulele 1:00 Cribbage	**27** Friday Lunch 9:30 Tai Chi - Beginner 10:00 Tai Chi 10:00 Floor Curling - League 1:00 Bridge - Contract 1:00 Canasta 1:00 Wood Carving	**28**
29	**30** 10:00 Cardio Sculpt - Week 10 11:00 Core & More - Week 10 1:00 Canasta 1:00 Darts 1:00 Memoir Writing 2:30 Tai Chi 'Practice'					