

OCTOBER 2026 HILITES



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



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

SAVE the DATE

All GNH Members are welcome and encouraged to attend.
Elections for our Executive Board and Directors will be held at this time.
(See page 4 for the Nominations to the Board of Directors)

About the Centre



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

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!



Fraserwood Hall Upcoming Events

JULY 2026 - NOV 2026

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

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

BINGO & CHASE THE ACE
EVERY FRIDAY NIGHT

DOORS OPEN AT 5PM | CANTEEN & BAR OPEN 5:15PM | GAMES START AT 7:15PM

fraserwoodhall.com

204-643-5302

fraserwoodhall1@gmail.com

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

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President's Message

Fall is here, with the colder temperatures in the mornings, nicer temps in the afternoon and cooler evenings. This is when I enjoy bonfires the most.

Our Fall Supper was a sell out. We couldn't do such a large undertaking without our co-ordinator Evy, the donations from members and all the volunteers.

THANK YOU

Unfortunately, I was unable to attend the Fashion Show but from what I heard a great time was had by all.

Thank you Julie, all her models and volunteers.

Our Annual General Meeting is being held on October 6 at 7pm. It is important as a member to attend.

It is Board elections that night. We do have a list of people willing to stay on or join the Board but they must be elected by you. Without an elected board the Centre could cease to exist.

"Every season has a lesson. Autumn's is grace." — Anonymous

Gimli New Horizons Annual General Meeting

Taking place Tuesday, OCTOBER 6th at 7:00 pm at New Horizons in the Grand Room.
The AGM is where new Board Members are elected to fill the positions on the Board of Directors.

REMEMBER: Any Member can run for any Board Position

Just submit your name to any Board Member or the office.

Gimli New Horizons

Executive

Currently Running:

President

Cathy Timko

Past President

Cindy Stewart

1st Vice

2nd Vice

Secretary

Julie Ewanchuk

Treasurer

Pat Burdett

Directors

Building/ Maint.

Rob Gowland

Kitchen

Evy Bialek

Bingo

Josie Banera

Membership

Gail Hurak

Publicity

Graham Watson

Volunteers

Social/Activities

Member at Large

Audrey Corrie

Member at Large

Richard Szczepanski

Member at Large

Lavona Clarke

Member at Large

Cheryl Davison



PROUD SUPPORTERS

OF GIMLI NEW HORIZONS 55+

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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
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
Kaiser	Ron Walker	642-7909	\$2.00	Wednesdays 1:00 p.m.	Card Yard
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

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 September membership numbers were **374**

We welcome our new members.

So far, **47** have registered.

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.

CELEBRATING YOUR YEARS OF SERVICE

10 Year Members:

Allison Atkey	Jane Bell
Judy Brown	Norm Carrothers
Rosalyn Cooney	Ray Delbaere
Kathy Edwards	Rick Edwards
Lynne Erickson	Doreen Froese
Carol Gwizdak	Ben Helmich
Rick Hewson	Olive Hnatiuk
Darlene Irwin	Gail Jacobson
Sandra Lobban	Janet May-Hewson
Chris Mulroy	Pamela Pollard
Ron Walker	

Please stop by the office for your pin if you haven't already

15 Year Members:

Angelika Auer	Lavona Clarke
Roy Clarke	Carol Gillespie
Garth Gillespie	Daniel McKelvey
Linda Shipman	Bill Szewaga
Mike Tesarski	

20 Year Members:

Kenneth Duthie	Doreen Henrikson
Linda Neufeld	

25 Year Members:

Marian Huston	Yvonne Mueller
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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.



Health & Wellness

THE FUN WAY TO A HEALTHIER, BETTER BRAIN!

WEDNESDAYS
1:30-3:00pm
November 4, 18, 25 & December 2
Gimli New Horizons

BRAIN GAMES

BRAIN FOODS

BUILD ACTIVE HABITS

CONNECT, SOCIALIZE, LAUGH

TIMED CHALLENGES & ACTIVITIES

MEMORY BUILDING

Interlake-Eastern Regional Health Authority

Discover the brain boosting practices proven to support a healthy brain while sharpening thinking and memory skills. Build Total Brain Health* with activities designed for body, mind, spirit and fun! Developed by Dr. Cynthia Green, Brain Health Expert

Registration: Gimli New Horizons
gimli55@mymts.net or call
204-642-7909

the wellness institute

*Total Brain Health is copyrighted by the Wellness Institute

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



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Let's DANCE Together!

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.

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



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



Thursdays at 1:00 p.m.

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

-Doris Lloyd

Practice Bridge

Do you want to improve your bridge game?

Starting weekly on Wednesday, October 7th
at 1:00 p.m. in the Harmony Room,
we are meeting 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 onwards to help each other
grow and enjoy our game.

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

Activity Leader - Bob Dery

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!

Card Games

Word Search



ANACONDA
BACCARAT
BLACKJACK
BRIDGE
CANASTA
CASINO
CONCENTRATION
CRIBBAGE
EUCHRE
GO FISH
HEARTS
NERTZ
NINETY-NINE
OLD MAID
PIG
PINOCHLE
POKER
RUMMY
SLAPJACK
SNAP
SOLITAIRE
SPADES
SPOONS
TEXAS HOLD EM
UNO
WAR
WHIST



DIRECTIONS: Find and circle the card games in
the grid. Look for them in all directions including
backwards and diagonally.



Sunday, September 20, 2026

FALL Supper



**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

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

Crab or Chicken only



-Photos by Graham Watson

Fashion Show

Thursday,
September 24,
2026



New Horizons held their annual Fall Fashion Show on Thursday, Sept 24th. 16 local models walked the runway in fashions from Johnson's Fashions in Gimli. The Fall Collection was beautiful and every model looked stunning in their outfits. The crowd of 120 had a fun evening of fashion, food, beverages and friends. This year we gave away \$267.50 as the 50/50 prize. Centerpieces made of real plants donated by Janine Munroe from Behind the Evergreens, jewelry created and made by Catherine Bastedos and gift certificates were amongst the prizes. It was a very successful fundraiser and was enjoyed by all. Looking forward to next year's event.

Cheers,
Julia Ewanchuk
Fashion Show Co-ordinator

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

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**Gimli
New Horizons**
— 55+ CENTRE —

Membership Drive

was on

Friday, September 4, 2026



Photos by Elaine Einarson

CENTURY 21.
Sun Country Realty



CHRIS NEUFELD
Associate Broker, Realtor®

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Each office is independently owned and operated

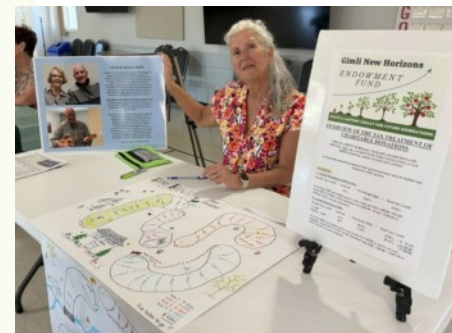
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JOHN WISHNOWSKI
Realtor®

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century21suncountry.com

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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 again!

Hope you all had a great summer! We're grateful for the rain we had that prevented forest fires. Where is there a better place to host family and friends than in the Interlake!

Our Fall Supper was a **RESOUNDING** success. Everyone's cooperation made it so easy to get the job done.

I have heard all positive comments from people. That is a huge relief for me and all involved!

A heartfelt **THANK YOU** to Jonie, Margaret, Cindy, the Board and mostly our amazing volunteers who took up the gauntlets and made the week working up to the big day possible. It was enjoyable to see happy people working together for a common goal.

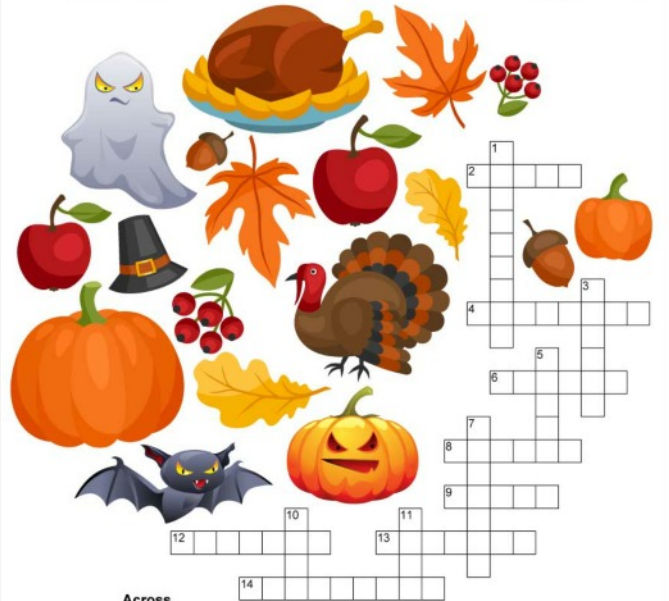
I heard comments saying how welcoming and friendly our volunteers were.

I Sincerely look forward to doing it all again next year.

So back to reality, our Friday Lunches will be served to our Floor Curlers and guests October 2nd.

See you all at the kitchen counter!

FALL CROSSWORD PUZZLE



Across

2. The seed of an oak tree.
4. A team game played with a brown oval ball.
6. The parts of a tree that change colors in autumn.
8. A large bird that is cooked for dinner on Thanksgiving.
9. A common round red or green fruit that is made into pie or cider.
12. The first day of fall when the sun crosses the celestial equator.
13. A ride in a wagon carrying hay.
14. A very large yellow flower that can grow over 6 feet tall.

Down

1. A figure set up in a crop field to scare away birds.
3. An outer layer of clothing worn to keep warm on a chilly day.
5. A colorful fall tree that is grown for its sap that is made into syrup.
7. A large round fruit that is carved with faces for Halloween.
10. A grain plant that yield kernels set in rows on a cob.
11. A yard tool used to gather and pile leaves.



CENTURY 21
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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 Cha Cha and move into Rumba.

Gail Stenak
(204) 642-7834

Tuesdays 1:00 p.m. for beginners and new dancers.

7:00 p.m. (This class is full) Only returning, experienced dancers can apply.

\$10 cash per person, per class

We are having a 'Welcome Back' social on Friday, October 30. If you wish, come dressed in a Halloween costume. Not mandatory.

There will be prizes for interesting costumes.

This is a chance for you to socialize, have a drink from the bar, listen to music, and/or dance. Open to members only and their friends. Silver collection and pot luck.

Below is a picture from our last social:



The Friday floor curling league started on September 18th. We then had a break on Friday, September 25 before starting up again on October 2nd.



We just want everyone to know that the original teams that we spent so much time preparing, where we tried to make teams equal in skill level and give players their choice of positions, was quickly changed after the skips called their players the first week of September. We had to do a great deal of juggling and substitutions due to deaths, players moving, players deciding to winter in warmer weather, players deciding that their health was not good enough to play regularly, players

wanting to play with friends and family members and hadn't indicated that on the sign up sheet, etc. etc. In most cases we were able to accommodate the changes, but in a couple of cases we could not accommodate the request to change teams. We apologize for that, but every change created a domino effect for another team or two.

Hopefully the teams will all work out. If you've been assigned a position that you've never played before I'll say "Have faith in yourself. You can do this." Yes, the score counts. Yes, it feels better to win rather than lose, but I think we're all coming out to curl to give us something to keep our bodies and minds in motion. Then there's the lunches which start on October 2nd. A delicious meal with friends is a wonderful way to end the

Friday games. Happy curling, Elaine and Ian Thompson

Fun Curling is on Thursdays at 10:00 a.m.



Eirik Bardal
Owner

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

3030 Notre Dame Avenue
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Activities



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

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

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.

During the last year of our painters meeting, it has become a concern that paintings may become damaged by the board hooks, during repositioning. To alleviate this heartbreaking problem, can artists please attach a hanging device such as a wire or like attachment?

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



We're giving thanks this month because we have such a friendly and welcoming group at UkeStrum on Thursdays from 11 to 12.30!

Those of us that started as complete beginners are able to Strum along quite well to many tunes!

Those who are more skilled graciously share their skills and knowledge with us.

We all sing and play as we are able, and it gives our souls a musical lift each week.

Want to join in, learn how, or just sit and listen? Call Gayle at 204.389.3832.

Happy October everyone!



Woodcarving

-Dave Tustin

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

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



Anyone who has learned the 108 moves can come and join us anytime.

Five of us are attending the Canadian Tai Chi Academy workshop in Winnipeg on Oct 17. Anyone interested in attending should see the poster on the bulletin board. Non-Academy members pay \$40, including lunch and snacks. It will be a day of learning and play, which we will share with others on Monday afternoons.

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Activities

Fibre Arts - Tuesdays at 10:00 -Janice Skene

From time to time we are fortunate to receive donations of quilting cottons, yarn, or other fibre art supplies. The items we receive enhance our ability to produce donation quilts for the various non profits we support. We would like to take this opportunity to sincerely thank everyone who has thought of us over the past few years.

The Thelma Wynne Project works with social services agencies in Winnipeg, Selkirk, Gimli and Stonewall to provide essential services to new mothers and their babies. Over the years in excess of over 6,000 layettes have been distributed to young moms in need. We support this effort by providing baby quilts and blankets as well as knitted sweaters, hats, booties and mittens.

Thank you to Sandra Lobban for being our liaison with the Thelma Wynne Project.



Mondays at 1:00 p.m.

Darts has started up again for the 2026-27 season. It is great to have our regular players back and also to welcome our new players. On Sept 28th we had 12 players sharing in the fun. It was a very exciting afternoon. Darts is a drop in activity. You pay \$2.00 as you play per week. Everyone is welcome. Come out for an afternoon of fun, friendship and celebration of every skill level. Darts are provided if you don't have your own. Would love to see you come out on Monday afternoon 1:00-2:30. Any questions please contact Julia Ewanchuk 204-470-8937 or call NH's.



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Activities

MOVING TOGETHER TAI CHI GIMLI

-Phyllis Holmes

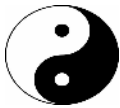
The classes will be in the Harmony Room

Tuesdays and Fridays

Beginners start at 9:30 am and regular class at 10:00 am

There is a surprising secret to staying energetic, sleeping better, having better balance, keeping sharp and being better at managing stress.

According to a Harvard Medical School study the most effective activity is martial arts (styles like Tai Chi) because it emphasizes balance, body awareness, and slow precise movements. It offers a full body workout that engages both the mind and body. The deliberate and slow movements improve coordination and muscle tone while protecting joints from strain. Tai Chi is often described as slow dancing with yourself. It's flowing graceful movements combined with deep breathing improve circulation and reduce stress. Tai Chi offers a safe and calming exercise that boosts strength while sharpening concentration.



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



2026 Golf Season is over. We were rained out for our last game. However, we ended the day with our Windup dinner, thank you to the cooks for a lovely meal.

Thank you also to the Sandy Hook staff for their support and consideration throughout the season. Looking forward to next season,
Larry



-Photos by
Graham Watson

Yoga - Leanne Stevens

Welcome to October!

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



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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!



Perogies

Welcome back, Pierogi friends!

We hope you've had a wonderful summer! Now it's time to dust off your aprons and get ready for another round of pierogi-making fun.

We'll be back in the kitchen on October 6th & 7th, making the delicious pierogis our community has come to love.

Pierogi-making is about so much more than making pierogi—it's about good food, great friends, plenty of laughs, and lots of fun! Every helping hand makes a meaningful difference and helps support the Gimli New Horizons Club and our community.

We are truly grateful for each and every volunteer who gives their time, energy, and enthusiasm to make this event such a wonderful success. Your support, dedication, and willingness to help are deeply appreciated, and we couldn't do it without you!

We warmly encourage everyone to come out, join the fun, and be part of this special community tradition. Bring your smiles, invite a friend, and let's make some pierogis together! We need your helping hands!

We can't wait to see you on October 6th & 7th!

The Leadership Team

Sylvia Armenti



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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 - October 19th
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 has many services to offer.

Gimli District Lifeline provides the reassurance of help with just a push of the button and is monitored 24/7. Available are different personal help buttons to choose from, which are all water resistant adding that extra reassurance while in the shower as well. The regular help button can be worn either on the wrist or neck and when pushed, activates the unit for assistance. The **Auto Alert** button is designed to call for help if it detects a fall. The **On the Go** button is available for use at home and when you're out and about. Our newest addition is the **Smart Watch**, which is designed to support a healthy and active lifestyle and provides fast and easy access for assistance.

For more information regarding the Lifeline or any other services we offer, please call our office at **204-642-7297**.

We also welcome more volunteers for our Transportation and Meals on Wheels programs as well.

If you are interested or would like more information, please give us a call at the office at 204-642-7297.

We look forward to hearing from you!

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