NEWSLETTER

South Interlake 55 Plus

374 1st Street West. Box 309, Stonewall MB
204-467-2582 si55plus@mymts.net www.si55plus.org

October 2026

TOWN OF STONEWALL CANDIDATE FORUM

Meet the Candidates. Hear Their Vision. Make Your Voice Heard.

Senior Focused

at the South Interlake 55 Plus Centre
374 1st West, Stonewall



08 OCTOBER | AT 1:30PM

Free Transportation-Temporary Grant Funding Sponsored by
Age Friendly Manitoba
Limited seats available!

For more information please contact South Interlake 55 Plus 204-467-2582

Mission Statement

The South Interlake 55 Plus is a volunteer based not for profit charitable organization. Our mission is to encourage all older adults to improve their quality of life by providing educational, recreational, health and social opportunities.

Thank you to all our donors. Your generosity makes a difference.

Thank You to Our Funding Partners

Interlake-Eastern Regional Health Authority

Town of Stonewall

R.M. of Rosser

R.M. of Woodlands

Members of South Interlake 55 Plus

2026/2027 South Interlake 55 Plus Board of Directors

Executive:

President	Detlev Regelsky
Vice President	Laurie Briggs
2nd Vice President	Walter Motuz
Secretary	Florence Bambenek
Treasurer	Wendy Olson

Directors:

Emma Forbes	Kathy Turner
Nancy Drad	Therese Dandeneau
Donna English	Graham Starmer

Staff:

Executive Director	Daniel Ortiz Cetina
Office Administrator	Cheri Kozokowsky
Program Coordinator	Diane Kazmerowich

OFFICE HOURS

Tuesday: 8:30 am-4:00 pm
Wednesday: 8:30 am-4:00 pm
Thursday: 8:30 am-4:00 pm
Friday: 8:30 am-4:00 pm

Contact our Office at
(204) 467-2582 or by email at
si55plus@mymts.net
Evening programs will run as scheduled.

Congratulations to Gloria Kilgallen for winning the draw at our Luncheon on September 16

October

Happy Birthday

Diane Smith	2
Bev Brindley	3
Anita Good	4
Barry Baldwin	5
Judy Bronson	10
Donna Riley	16
Wendy Olson	18
Susan Fisher	19
Cal Turner	19
Alan Kilgallen	24
Lynn Wenzoski	24
Jane Terry	26
Teresa Kaschyshyn	27
Karen McMechan	28
Frank Seidel	28
Ray Harkness	31

2027 Memberships available now!

Become a Member or Renew Your Membership Today!

*Membership is only **$25.00** per calendar year.*

Your membership gives you benefits like:

- Discounts on paid programs and trips
- A great community of friends
- Opportunity to vote at our AGM and join our board (For those 55 or older)
- belairdirect is proud to be the preferred insurance provider for the Manitoba Association of Senior Communities. For information call 1-877-989-2600 or visit belairdirect.com

You do NOT need to be 55 or older to become a member! We'd love to have you!

Come see us at the Centre!
374 1st Street West, Stonewall, MB
Tuesday to Friday, 8:30 am to 4:00 pm

OR

Fill out our form online!

Visit: www.si55plus.org/membership

JOIN OUR ACTIVE WELLNESS TEAM

The South Interlake 55 Plus is looking for 1 or 2 paid Instructors for the following disciplines:

- **Yoga Instructor:**

A yoga teacher that combines technical knowledge with clear communication, empathy, and the ability to create a safe, inclusive space for every person in the room

- **Fitness Instructor:**

Faster-paced group classes that rapidly alternate between cardio bursts and strength movements

Classes are held at the South Interlake 55 Plus Activity Centre
374 1st Street West, Stonewall

South Interlake 55 Plus

MORE INFO: 204-467-2582



Cookie Decorating *Workshop*

Friday, October 23rd 9:00am-11:30am

Learn how to decorate four beautiful ornament cookies using wet-on-wet techniques with Marilyn from "Made to Share Cookies".
This beginner-friendly, FREE class includes step-by-step instruction, recipes, and plenty of tips for creating stunning holiday cookies at home.

This Workshop will take place at
The South Interlake 55 Plus
374 1st Street West
(Odd Fellows Hall)

Space is limited
Please register before
Thursday, October 15th
204-467-2582

South Interlake 55 Plus

Funded by the Government of Canada's New Horizons for Seniors Program | Canada

This program and transportation are offered at no cost thanks to this funding
For transportation, please contact us: 204-467-2582

Presentation

Presentation

with

Caroline LeClair, BA,BSc
Registered Dietician and
Certified Chef with

Interlake–Eastern Regional Health Authority

Eat well, be well







Tuesday, October 20th at 1:00pm
South Interlake 55 Plus Activity Centre
374 1st Street West, Stonewall
204-467-2582

- what changes as we age and what nutrients to focus on
- diet culture and healthy aging
- bone health-calcium and vitamin D

Please register for this COMPLIMENTARY Presentation before October 16 by calling 204-467-2582

South Interlake 55 Plus

Temporary Grant Funding Sponsored by: AGE FRIENDLY Manitoba
Limited seats available!
For more information on Subsidized Transportation regarding this event please contact South Interlake 55 Plus

Presentation:

Staying *on* Your Feet

Falls Prevention

Linda Brown, Executive Director, Active Aging Manitoba

will discuss with us:

- understand some of the risks of falling at home and in the community
- help determine your risk of falling
- take action to lower your risk of falling

Tuesday, November 17th, 2026 at 1:00pm
South Interlake 55 Plus Centre
374 1st Street West, Stonewall

Please register for this Complimentary Presentation before Friday, November 13th by calling: 204-467-2582

South Interlake 55 Plus

Free Transportation-Temporary Grant Funding Sponsored by Age Friendly Manitoba
Limited seats available!
For more information please contact South Interlake 55 Plus 204-467-2582

AQUAFIT FOR SENIORS AT



RIPPLE EFFECT ACADEMY

Aquafit blends strength, cardio, and mobility training while staying gentle on the joints

Cost of this 8 week class is $168.00 per person

Certified Life Guard will be present

Registration and Payment is due before: December 22nd by calling the South Interlake 55+ 204-467-2582

TUESDAYS
JAN 12-MAR 02, 2027
1:00PM-1:50PM
AT RIPPLE EFFECT ACADEMY - INDOOR LOCAL POOL

We will leave Lions Manor at 12:15 and South Interlake 55+ at 12:30 each week

SPACE IS LIMITED

South Interlake 55 Plus

We would like to say Thank you to
Enhanced Transportation Grant, Sponsored by
Age Friendly Manitoba for providing FREE transportation for this event

DO YOU KNOW ABOUT OUR INTERGENERATIONAL BOWLING PROGRAM?

A group of Senior/Grandparent Bowling Buddies bowl with students from Ecole Bobby Bend School, 2 Wednesdays a month at Stonewall Quarry Lanes. This is a complimentary program , thanks to our Sponsors.

This Intergenerational Program is Sponsored in part by:

Manitoba Associiation of Senior Communities

MASC

Quarry Lanes Stonewall

QUARRY Lanes

New Horizons Grant

Funded in part by the Government of Canada's New Horizons for Seniors Program | Canada

South Interlake 55 Plus

If you are interested in joining the fun, or want more information, please call us at 204-467-2582

Alzheimer Society MANITOBA
Dementia Care & Brain Health

Care Partner Support Group

South Interlake 55 Plus Centre
374 1st Street West, Stonewall
3rd Tuesday of the Month
6:30 – 8:00pm

Support groups offer the opportunity for care partners to meet and share information about their experiences of caring for a person living with dementia.

For information and to register, contact Kyla Smith
Interlake-Eastern Regional Coordinator
ksmith@alzheimer.mb.ca

SOUTH INTERLAKE 55 PLUS UKULELE GROUP

Do you play the ukulele?

Come join us for a jam session!
Beginners welcome
(no formal instruction provided)



1st and 3rd Thursday of the month
374 1st Street West
Stonewall
6:30 pm

Members $1 / Non-members $2

Active Wellness Program

Fall 2026 Session

Cheryl's classes

Tuesdays 4:45 – 5:30 pm
(In Person Only, 5 week class)
September 29 – October 27, 2026

Ultimate Mix is a class designed with the "hormone shifting" body in mind. Maintaining muscle mass, bone density, flexibility and balance are all delivered in 45 minutes with low impact, functional strength training while targeting core work and extended stretching. Backed by current fitness and wellness trends and delivered in a supportive fun, environment with motivating music. If it's not now…when?

Wednesdays 4:45-5:30 pm
(In Person Only, 5 week class)
October 7 – November 4, 2026
(September 30 is a holiday, no class)

F.I.T. – FUNctional Interval Training. Get stronger by the minute. This is an efficient fun, music-driven class that blends joint-friendly cardio, strength training and core stability using timed intervals such as HIIT, Tabata etc. (ex. 20 seconds of effort. 10 secs. of rest). It is designed to support hormone changes, muscle retention, bone health and balance. Smart, effective and approachable for all fitness levels. Several options are provided so you can work at your level and/or be challenged without intimidation. Every rep protects your future self! This is how we stay independent.

Liz's classes

Tuesdays 9:30–10:30 am
(In Person & On Zoom)
September 29 – October 27, 2026
5 week class

Good Morning Stretch: Come join us for an hour as we wake up our bodies with stretches and twists. As we age, our need to maintain flexibility and mobility is important for a healthy, happy and independent lifestyle. Please bring a yoga mat, yoga blocks, resistance bands and water.

Thursdays 9:30-10:30am
(In Person & On Zoom)
October 1 – October 29, 2026
5 week class

Restorative Yoga: A Class with a focus on increasing flexibility and mobility. A style of yoga concentrating on longer stretches and mental stillness. Includes a long rest period at the end of class to encourage peace for the mind and body. Please bring water and a yoga mat.

Thursdays 5:00–6:00 pm
(In Person Only)
October 1 – October 29, 2026
5 week class

Core Fitness: Develop your core strength and enhance flexibility. Improve your balance and stability. Strengthen your lower back, hips, gluteus and abdominal muscles. Barre movements help sculpt and tone your muscles. Bring a mat, resistance band and water bottle.

Cost For Classes:

5 Weeks
1 class/ wk: $45
2 classes/ wk: $80
3 classes/ wk: $110
4 classes/ wk: $135
All Access: $150

Drop-In Fee
$10.00 per class

An extra $10 admin fee will apply to those who are not current members of the South Interlake 55 Plus

To register for these classes or for more information please contact the South Interlake 55 Plus Centre, 374 1st Street West, Stonewall, 204-467-2582, si55plus@mymts.net

South Interlake 55 Plus Centre Reserves the Right to Cancel a Class if Necessary

Pickleball!

Ecole Stonewall Centennial School

Thursdays
7:00 – 9:00 pm
Starting October 1, 2026

Non-Members $6.00

Members $4.00

Suitable for all adults at all fitness levels.
We play doubles but you don't need to bring a partner.

For more information contact South Interlake 55 Plus
204-467-2582, Email si55plus@mymts.net.
Location subsidized by New Horizons Grant

Funded by the Government of Canada's New Horizons for Seniors Program | Canada

FALLS PREVENTION

Have you fallen?
Are you at risk for falls?

Join us for a **FREE** program focused on balance and mobility.

If You Live in Lions Manor:
Class Takes Place in MPR 4

All Others Can Join Virtually By Zoom
(Call South Interlake 55 Plus Office to sign up)

Tuesdays at 10:00 am

September 1, 2026
to June 29, 2027
(no class on Tuesday, December 29)

Need more information or wish to sign up for Zoom?
Call South Interlake 55 Plus at
204-467-2582 or email **si55plus@mymts.net**



STEPPIN' UP!

Wednesdays@ 9:00am
In Person (374 1st Street West)
(Still available by Zoom!)

Mondays to Saturdays
@ 9:00 am – on Zoom

This popular program supports and encourages ALL adults to embrace an active lifestyle, offering a self-sustaining, accessible, high quality exercise program at No Cost.

Program is being offered by our volunteer leaders virtually with live feed using Zoom.

To register for the classes or for more information, call the 55 Plus office at 204-467-2582or email: si55plus@mymts.net

Membership to South Interlake 55 Plus is encouraged to support the program.



LINE DANCING!

Tuesdays & Thursdays
11:00am

Let's Dance Together! Join us for line dancing with daycare children on August 6 and 11 as part of our intergenerational programming.

First time dancers receive two classes free!
Group-led, 90 minute class!



Drop In Fees:
Members $1.00
Non-Members: $2.00
(per class)

374 1st Street West, Stonewall
Call 204-467-2582
or email si55plus@mymts.net

Social Groups

Temporary Grant Funding Sponsored by Age Friendly Manitoba
For more information on Subsidized Transportation please contact South Interlake 55 Plus

LADIES CRAFT N' COFFEE

Wednesdays at 10:30am

Coffee and Conversation!

Bring your latest craft project if you wish.

MEN'S CHAT

Wednesdays at 10:30am

Bring $1 for the coffee jar, and join us for a cup of coffee, a cookie and conversation!

QUILTER'S CORNER

Beginners & Experienced Quilters Welcome!

1st and 3rd Fridays of the Month
(and 5th Friday if there are 5 Fridays in a month)

8:45am – 3:30pm

Members: $3 Non-Members $5

VIRTUAL CHAT TIME BY ZOOM

2nd & 4th Thursday of the Month
3:00-4:00 PM

An open time to check in and share with each other!

Stay Connected! Stay Healthy!
Join the Conversation!

Sign Up By Calling 204-467-2582 Or
Email si55plus@mymts.net

CARDS

(Bridge, Canasta, Mahjong and Various Card Games)

Wednesdays at 1:00 pm

Members $1.00
Non-Members $2.00

Board games also available!

TEXAS HOLD'EM

Wednesdays 7:00 pm

Fridays 1:30 pm

Members $1.00
Non-Members $2.00

LGCA 2910-TH-51893

Hitch a Ride with Us

Shopping Day

Thursday, October 15, 2026
Kildonan Place Shopping Centre

Leave Lions Manor, Entrance 1 at 9:15 am and South Interlake 55 Plus at 9:30 am

Registration deadline: Tuesday, October 13

Members $20 / Non-members $25

Call 204-467-2582 to register





at the Club Regent Event Centre
Thursday, November 26th

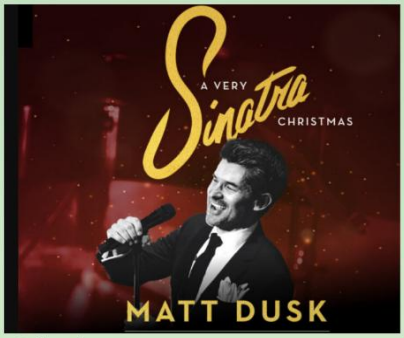
Leaving Lions Manor Entrance #1 at 3:45pm
and the SI55Plus Centre at 4:00pm

Ticket Price:
Members-$90.00
Non-Members-$95.00

reserve your seat by calling 204-467-2582

Deadline to register and pay is:
Thursday, October 1st

55 South Interlake Plus 374 1st Street West, Stonewall



at the Club Regent Event Centre
Sunday, November 29th

Leaving Lions Manor Entrance #1 at 3:45pm
and the SI55Plus Centre at 4:00pm

Ticket Price:
Members-$75.00
Non-Members-$80.00

reserve your seat by calling 204-467-2582

Deadline to register and pay is:
Thursday, October 1st

55 South Interlake Plus 374 1st Street West, Stonewall



at the Club Regent Event Centre
Tuesday, December 8th 2026

Leaving Lions Manor Entrance #1 at 4:00pm
and the SI55Plus Centre at 4:00pm

Ticket Price:
Members-$75.00
Non-Members-$80.00

reserve your seat by calling 204-467-2582

Deadline to register and pay is:
Wednesday, Nov 4th

55 South Interlake Plus 374 1st Street West, Stonewall

Around the Community

South Interlake Seniors Resource

144 – 622 Centre Ave. Entrance #4
(Stonewall Lions Manor)
204-467-2719

Website: www.sisrc.ca

Email: sisrc@shaw.ca

Assisting senior and disabled persons with continuing to live independently in their own homes for as long as possible.

- ✓ Driver/Escort Program
- ✓ Equipment Rental Services
- ✓ Handy Helper & House Cleaning
- ✓ Victoria Lifeline
- ✓ Meals on Wheels
- ✓ Friendly Visitor/Telechek
- ✓ Emergency Response Info Kit
- ✓ Form Assistance & Resource Info

Visit www.si55plus.org for links to other useful community websites!

Support to Seniors in Group Living (SSGL)

144 – 622 Centre Ave. Entrance #4
431-381-4002

SSGL provides a range of free enhanced support services in group living/elderly persons housing buildings including Crocus Manor, Stonewood Place, Hilltop Manor, and Sprucewood Place, Oak Park Estates and Oak Park Lodge

Services include:

Communication	Transportation
Shopping	Home Maintenance
Navigation	Meal Preparation
Financial Skills	Light Housekeeping

Stonewall & Area Mobility Service

- **Provides door to door transportation to seniors and persons with mobility concerns**
- **Offering flexible times for trips (ie, on evenings and weekends)**

Monday – Friday
(closed holidays)
8:30 am to 4:30 pm



204-467-9446

Nav-CARE

Making Connections, Making a Difference

This program covers the areas of:

RM of Rockwood	RM of Armstrong
RM of Woodlands	Town of Stonewall
RM of Rosser	Town of Teulon
RM of St. Laurent	

Nav-CARE is a FREE program with specially-trained volunteers designed to help improve the lives of people living with declining health by creating connections to community services and resources and providing caring, consistent emotional support.
Nav-CARE volunteers visit you in your home on a regular basis with a focus on enhancing your quality of life.

South West District Palliative Care

If you know of someone who would benefit from this program OR if you would like to volunteer contact:
SWDPC Nav-CARE Volunteer Coordinator
Email: navcare@swdpc.com
Phone: 204-404-3030



WORD SEARCH



Look Up!

Find and circle all of the items that you might see when you look upward.
The remaining 24 letters spell an additional item you might see.

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

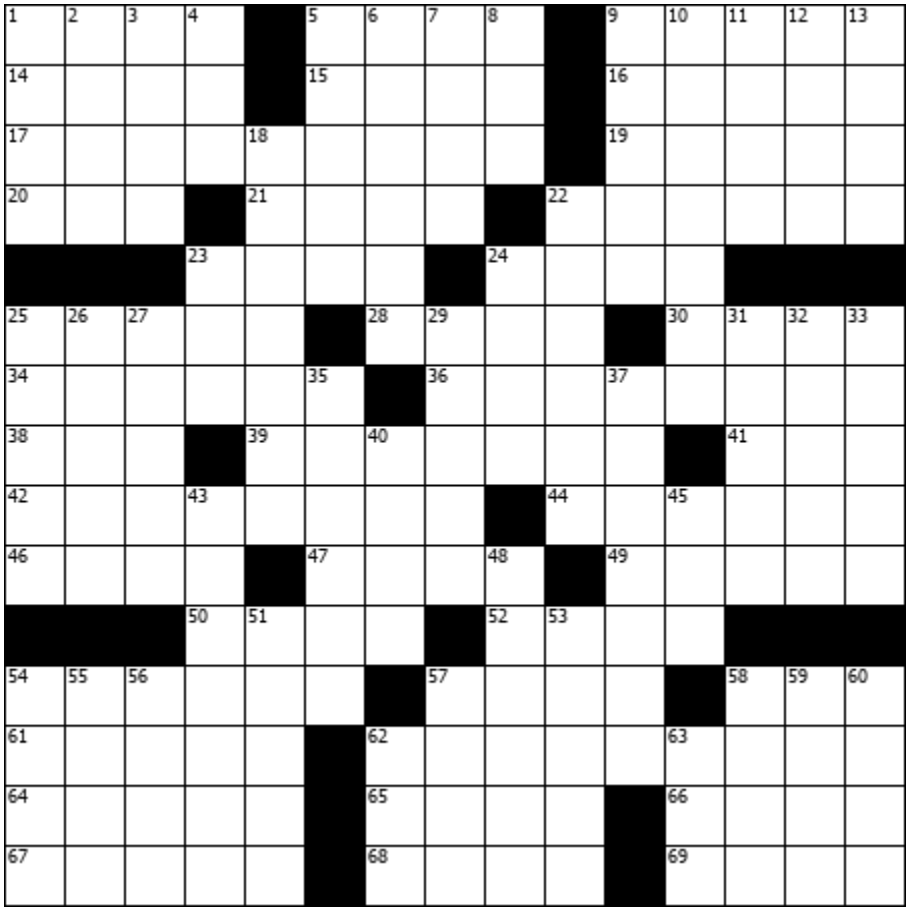
AIRPLANE
BIG DIPPER
BIRDS
BLIMP
BLUE SKY
CHIMNEY SMOKE
CLOUDS
COMET
DRONE
FIREWORKS
GALAXY
HAZE
HELICOPTER
HOT AIR BALLOON
JET EXHAUST
JUPITER
KITE
LIGHTNING
MARS
MERCURY
METEOR SHOWER
MOON
PLANETS
POWER LINES
RAINBOW
SATELLITE
SATURN
SKYDIVER
SKYSCRAPER
SKYWRITING
SMOG
SOLAR ECLIPSE
STARS
STREET LIGHT
THE SUN
TREETOP
UNIVERSE
VENUS



CROSSWORD PUZZLE

SEPTEMBER CROSSWORD PUZZLE ANSWERS

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



Across

1. Steak, e.g.
5. Furnace fuel
9. Did embroidery
14. Curved doorway
15. Farm measure
16. Innocent
17. Clock, e.g.
19. Colorado ski resort
20. Kicker's prop
21. Retirees' accts.
22. Blood vessel
23. Shortly
24. Vex
25. Madrid's country
28. Depots (abbr.)
30. Unusual
34. Las Vegas groom, often
36. Oahu native, e.g.
38. Browning's "always"
39. Made of clay
41. "____ Clear Day..." (2 wds.)
42. Fabric
44. Commences
46. Heavenly light
47. Mets' bygone home
49. Fat
50. Lambs' moms
52. Draw the ____
54. Cooper and Faye
57. Well-ventilated
58. Contains
61. Sail supports
62. Most like milk fat
64. Narrow channel
65. Isn't, incorrectly
66. Three musicians
67. Acts
68. Army post
69. Suds maker

Down

1. Damon or Dillon
2. Famed canal
3. Top
4. "Back to ____ Future"
5. Nile city
6. Pacific and Atlantic
7. Circle sections
8. Southern general
9. Growl
10. Oriental
11. Rub dry
12. Continually
13. Contradict
18. Early settler
22. Supermarket rows
23. Drink daintily
24. Impulsive
25. Appears to be
26. Skirt fold
27. Main artery
29. Owner's proof
31. Love dearly
32. Sublets
33. Remove
35. Elevates
37. "Wet," to "dry"
40. Stadium cheers
43. Built
45. Presidential nickname
48. UFO pilots
51. Mae and Adam
53. Wrathful
54. Surrounded by
55. Highway division
56. ____ of Capri
57. Diva's offering
58. Courageous person
59. China's locale
60. Street sign
62. Metered vehicle
63. ____ a girl!

Business Advertising

Place your advertisement here.

Contact South Interlake 55 Plus
at 204-467-2582 or email:
si55plus@mymts.net

GRANTHAM LAW OFFICES

Lawyers & Notaries Public

STONEWALL OFFICE:
#1-278 Main St., Stonewall 467-5527













Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			**2026**	1) 9:00 Steppin' Up **9:30 Restorative Yoga** **11:00 Line Dancing** **5:00 Core Fitness** **6:30 Ukulele Group** **7:00 Pickleball**	2) **8:45 Quilter's Corner** 9:00 Steppin' Up **1:30 Texas Hold'em**	3) 9:00 Steppin' Up
4)	5) 9:00 Steppin' Up	6) 9:00 Steppin' Up **9:30 Good Morning Stretch** **10:00 Falls Prevention** **11:00 Line Dancing** **4:45 Ultimate Mix**	7) **9:00 Steppin' Up** **10:30 Craft n' Coffee** **10:30 Men's Chat** **11:30 Book Club** **1:00 Cards and Games** **4:00 Menopause, The Musical** **4:45 F.I.T.** **7:00 Texas Hold'em**	8) 9:00 Steppin' Up **9:30 Restorative Yoga** **11:00 Line Dancing** **1:30 Candidates Forum** 3:00 Virtual Chat **5:00 Core Fitness** **7:00 Pickleball**	9) 9:00 Steppin' Up **1:30 Texas Hold'em**	10) 9:00 Steppin' Up
11)	12) 9:00 Steppin' Up 	13) 9:00 Steppin' Up **9:30 Good Morning Stretch** **10:00 Falls Prevention** **11:00 Line Dancing** **4:45 Ultimate Mix**	14) **9:00 Steppin' Up** **10:30 Craft n' Coffee** **10:30 Men's Chat** **11:30** Intergenerational **Bowling** **1:00 Cards and Games** **4:45 F.I.T.** **7:00 Texas Hold'em**	15) 9:00 Steppin' Up **9:30 Restorative Yoga** **9:30 Kildonan Place Shopping Trip** **11:00 Line Dancing** **5:00 Core Fitness** **6:30 Ukulele Group** **7:00 Pickleball**	16) **8:45 Quilter's Corner** 9:00 Steppin' Up **1:30 Texas Hold'em**	17) 9:00 Steppin' Up
18)	19) 9:00 Steppin' Up	20) 9:00 Steppin' Up **9:30 Good Morning Stretch** **10:00 Falls Prevention** **11:00 Line Dancing** **1:00 Eat Well, Be Well Presentationi** **4:45 Ultimate Mix** **6:30 Alzheimer Support Group**	21) **9:00 Steppin' Up** **10:30 Craft n' Coffee** **10:30 Men's Chat** **12:00 Luncheon** **1:00 Cards and Games** **4:45 F.I.T.** **7:00 Texas Hold'em**	22) 9:00 Steppin' Up **9:30 Restorative Yoga** **11:00 Line Dancing** 3:00 Virtual Chat **4:00 Rhinestone Cowgirls** **5:00 Core Fitness** **7:00 Pickleball**	23) 9:00 Steppin' Up **9:00 Cookie Decorating Workshop** **1:30 Texas Hold'em**	24) 9:00 Steppin' Up
25)	26) 9:00 Steppin' Up	27) 9:00 Steppin' Up **9:30 Good Morning Stretch** **10:00 Falls Prevention** **11:00 Line Dancing** **4:45 Ultimate Mix**	28) **9:00 Steppin' Up** **10:30 Craft n' Coffee** **10:30 Men's Chat** **11:30** Intergenerational **Bowling** **1:00 Cards and Games** **4:45 F.I.T.** **7:00 Texas Hold'em**	29) 9:00 Steppin' Up **9:30 Restorative Yoga** **11:00 Line Dancing** **1:00 Board Meeting** **5:00 Core Fitness** **7:00 Pickleball**	30) **8:45 Quilter's Corner** 9:00 Steppin' Up **1:30 Texas Hold'em**	31) 9:00 Steppin' Up 

Bold text = In Person Program (Zoom may also be available)