NEWSLETTER

South Interlake 55 Plus

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

November 2026

Time for Lunch

Wednesday, November 18th, 2026
12:00pm

Spaghetti and Meatballs, garlic toast, caesar salad, dessert, coffee/tea

Deadline to purchase tickets: Friday, November 13th
Limited tickets available! Get yours early!

Tickets: $18.00

ADVANCE TICKETS ONLY
Available at South Interlake 55 Plus office
374 1st Street West, Stonewall 204-467-2582

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 Alice Smith for winning the draw at our Luncheon on October 21

NOVEMBER BIRTHDAYS

Claire Stephensen	2
Joan Hunter	3
Alice Cain	7
Shirley Toback	8
Emma Hogg	15
Debbie Peterson-Bagan	18
Mabel Armstrong	22
George Bond	30
Terry Schick	30



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

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 Association 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

Find us on: facebook

Stay connected with us on Facebook!

Follow our page for upcoming programs and events.

Don't forget to like and share our posts!



Presentation



Workshop

LET'S CRAFT!

Christmas CENTERPIECE



Friday, **Dec. 18, 2026** 10:00AM-11:30AM

This Workshop is for South Interlake 55Plus Members only

AT THE SOUTH INTERLAKE 55 PLUS
374 1ST STREET WEST, STONEWALL

Please call to register your name by calling 204-467-2582 before Dec 11th

space is limited

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

This program and transportation is offered at no cost thanks to this funding

For transportation, please contact us:
204-467-2582

South Interlake 55 Plus

Hitch a Ride with Us

Shopping Day

Thursday, November 19
St. Vital Centre

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

Registration deadline:
Tuesday, November 17

Members $20 / Non-members $25

Call 204-467-2582 to register



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**

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 2nd Session

Cheryl's classes

Tuesdays 4:45 – 5:30 pm
(In Person Only, 5 week class)
November 10 – December 8, 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)
November 18 – December 16, 2026
(No class Remembrance Day, Nov 11)

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)
November 10 – December 8, 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)
November 12 – December 10, 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)
November 12 – December 10, 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

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
11:00 am

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

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	

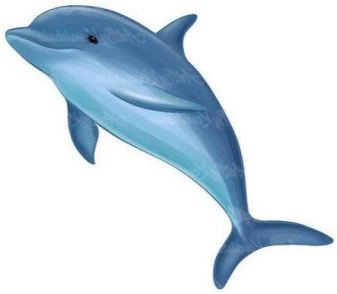
Nav-CARE is a FREE program with specially-trained volunteers designed to help improve the lives of people living with declining health by creating connections to community services and resources and providing caring, consistent emotional support.
Nav-CARE volunteers visit you in your home on a regular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



Marine Life

Find and circle all of the listed words that are hidden in the grid.
The remaining letters spell the name of a sea animal.

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

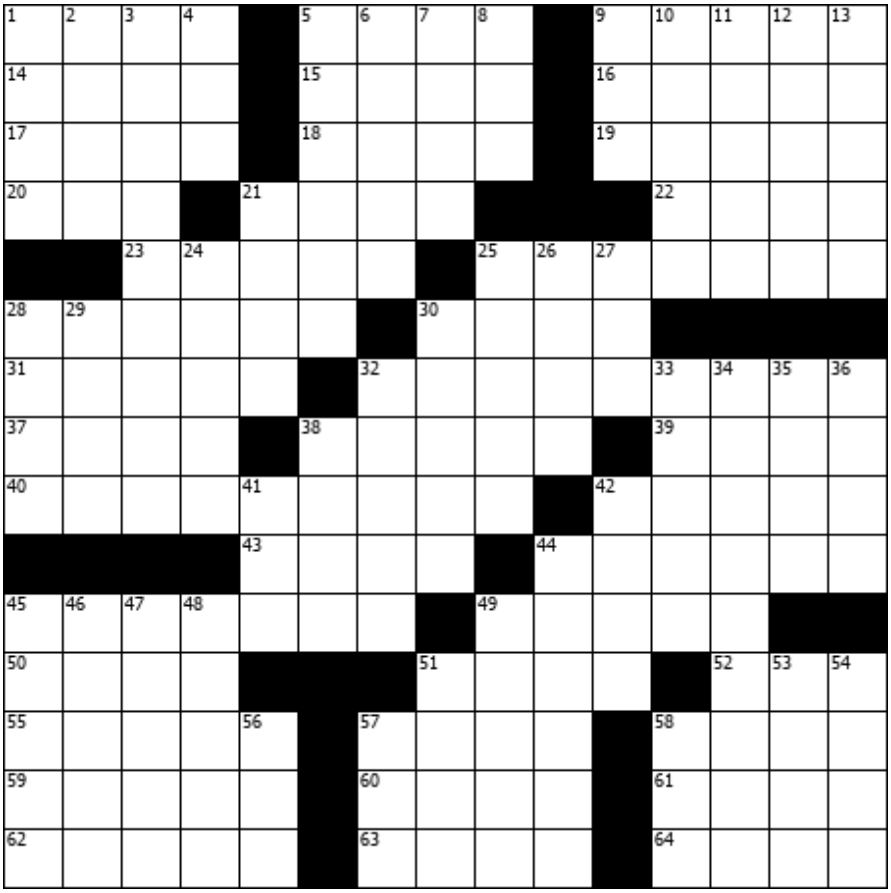
ANCHOVY
BARRACUDA
CLAM
CLOWNFISH
COD
CRAB
DOLPHIN
HALIBUT
JELLYFISH
LAMPREY
LOBSTER
MANATEE
MARLIN
OCTOPUS
OYSTER
PENGUIN
PORPOISE
PRAWN
SARDINE
SCALLOP
SEA LION
SEA OTTER
SEA TURTLE
SEALS
SHELLFISH
SHRIMP
SPONGE
SQUID
STARFISH
STINGRAY
TUNA
WALRUS
WHALE



CROSSWORD PUZZLE

OCTOBER CROSSWORD PUZZLE ANSWERS

M	E	A	T	■	C	O	A	L	■	S	E	W	E	D
A	R	C	H	■	A	C	R	E	■	N	A	I	V	E
T	I	M	E	P	I	E	C	E	■	A	S	P	E	N
T	E	E	■	I	R	A	S	■	A	R	T	E	R	Y
■	■	■	S	O	O	N	■	R	I	L	E	■	■	■
S	P	A	I	N	■	S	T	A	S	■	R	A	R	E
E	L	O	P	E	R	■	I	S	L	A	N	D	E	R
E	E	R	■	E	A	R	T	H	E	N	■	O	N	A
M	A	T	E	R	I	A	L	■	S	T	A	R	T	S
S	T	A	R	■	S	H	E	A	■	O	B	E	S	E
■	■	■	E	W	E	S	■	L	I	N	E	■	■	■
A	L	I	C	E	S	■	A	I	R	Y	■	H	A	S
M	A	S	T	S	■	C	R	E	A	M	I	E	S	T
I	N	L	E	T	■	A	I	N	T	■	T	R	I	O
D	E	E	D	S	■	B	A	S	E	■	S	O	A	P



Across

1. ____ pudding
5. Singing voice
9. Stern
14. Stench
15. Not fatty
16. Skiing hill
17. Smudge
18. Folklore monster
19. Fainthearted
20. Poet's "still"
21. Not this
22. Firecracker sound
23. Burglarize
25. Apprentice
28. Scoffs
30. Metric weight
31. Singer ____ Reddy
32. Do away with
37. Steel ingredient
38. Wood strips
39. Korea's continent
40. Telegraph symbols (2 wds.)
42. Gets up
43. Slangy refusal
44. Worship
45. Use up
49. Screen ____
50. "____ Enchanted" (movie)
51. Oahu wreaths
52. Moreover
55. Gladden
57. Ventilates
58. Borders
59. Prevent
60. Presented
61. Simmer
62. Sleep noise
63. Mineral deposits
64. Division word

Down

1. Lounging garment
2. Not working
3. Camp leader
4. Misjudge
5. Honolulu greetings
6. Lawful
7. Small pie
8. Single
9. FDR's successor
10. Defendant's offering
11. Holy ____ Empire
12. Backbone
13. Bushy fence
21. Gull's kin
24. Young people
25. Corny
26. Male sheep
27. French buddy
28. Thin wedge
29. Infamous fiddler
30. Forest clearing
32. Marry clandestinely
33. Innocent
34. Claim
35. Layer
36. Comfort
38. Highlander
41. Compass point (abbr.)
42. Races the engine
44. Pay hikes
45. Property documents
46. Actress ____ Barkin
47. Socrates' student
48. Tardier
49. Dish out
51. Pinocchio, e.g.
53. Fail to include
54. Capital of Norway
56. Shakespeare's "before"
57. Time past
58. Batter's stat

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
1)	2) 9:00 Steppin' Up	3) 9:00 Steppin' Up **10:00 Falls Prevention** **11:00 Line Dancing**	4) **9:00 Steppin' Up** **10:30 Craft n' Coffee** **10:30 Men's Chat** **11:30 Book Club** **1:00 Cards and Games** **4:45 F.I.T.** **7:00 Texas Hold'em**	5) 9:00 Steppin' Up **11:00 Line Dancing** **6:30 Ukulele Group** **7:00 Pickleball**	6) **8:45 Quilter's Corner** 9:00 Steppin' Up **1:30 Texas Hold'em**	7) 9:00 Steppin' Up
8)	9) 9:00 Steppin' Up	10) 9:00 Steppin' Up **9:30 Good Morning Stretch** **10:00 Falls Prevention** **11:00 Line Dancing** **4:45 Ultimate Mix**	11) 9:00 Steppin' Up  **Office Closed**	12) 9:00 Steppin' Up **9:30 Restorative Yoga** **11:00 Line Dancing** 3:00 Virtual Chat **5:00 Core Fitness** **7:00 Pickleball**	13) 9:00 Steppin' Up **10:00 Travel Club** **1:30 Texas Hold'em**	14) 9:00 Steppin' Up
15)	16) 9:00 Steppin' Up	17) 9:00 Steppin' Up **9:30 Good Morning Stretch** **10:00 Falls Prevention** **11:00 Line Dancing** **1:00 Presentation: Falls Prevention, Staying on Your Feet** **4:45 Ultimate Mix** **6:30 Alzheimer Support Group**	18) **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**	19) 9:00 Steppin' Up **9:30 Restorative Yoga** **9:30 St. Vital Centre** **11:00 Line Dancing** **5:00 Core Fitness** **6:30 Ukulele Group** **7:00 Pickleball**	20) **8:45 Quilter's Corner** 9:00 Steppin' Up **1:30 Texas Hold'em**	21) 9:00 Steppin' Up
22)	23) 9:00 Steppin' Up	24) 9:00 Steppin' Up **9:30 Good Morning Stretch** **10:00 Falls Prevention** **11:00 Line Dancing** **4:45 Ultimate Mix**	25) **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**	26) 9:00 Steppin' Up **9:30 Restorative Yoga** **11:00 Line Dancing** **1:00 Board Meeting** 3:00 Virtual Chat **4:00 Folsom Prison** **5:00 Core Fitness** **7:00 Pickleball**	27) 9:00 Steppin' Up **1:30 Texas Hold'em**	28) 9:00 Steppin' Up
29) **4:00 Very Sinatra Christmas**	30) 9:00 Steppin' Up	 2026				

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