



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

# June 2025

## Strawberry Social

Thursday, July 10

1:00 pm

374 1<sup>st</sup> Street West, Stonewall  
(Oddfellows Hall)

Entertainment by  
Tannis Tyler

**TICKETS: \$10.00**

ADVANCE TICKETS ONLY:  
Available at South Interlake 55 Plus Office,  
374 1<sup>st</sup> Street West, Stonewall

**Deadline to purchase tickets:  
Friday, July 4**

South Interlake 55 Plus Centre, 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.

## Our Funding Partners



## 2024/2025 South Interlake 55 Plus Board of Directors

### Executive:

President	Detlev Regelsky
Vice President	Laurie Briggs
2 <sup>nd</sup> Vice President	Paul Pelletier
Secretary	Florence Bambenek
Treasurer	Maria Dalman

### Directors:

Emma Forbes	Kathy Turner
Darwin Fremont	Deborah Hinds
Walter Motuz	Therese Dandeneau
Nancy Drad	

### Staff:

Executive Director	Deb Hildebrandt
Office Administrator	Cheri Kozokowsky
Program Coordinator	Diane Kazmerowich

## OFFICE HOURS

Monday: available by email:  
[si55plus@mymts.net](mailto:si55plus@mymts.net)  
 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](mailto:si55plus@mymts.net)

*Evening programs will run as scheduled.*

Congratulations to Barb Fenske  
 for winning the draw at our  
 May luncheon!

## June Birthdays

Terry Denoyer	2
Care Homes	4
Jean Chaboyer	4
Eleanor Moore	5
Deb McCrea	8
Charles McClure	9
Wendy Seidel	9
Andre LaFleche	10
Lois Doucette	11
Bruce Hymers	12
Gail Schmidt	12
Greg Gagnon	13
Pat Hawkins	13
Rosemary Pattie	14
Debbie Lambert	16
David Butcher	17
Joyce Bielik	21
Linda Park	25
Judy Shiels	26
Barb Fenske	28





# Become a Member or Renew Your Membership Today!

Membership is only **\$25.00** per calendar year!

Your membership gives you benefits like:

- Access to free programs
- 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)
- Johnson Insurance is proud to be the preferred insurance provider for the Manitoba Association of Senior Communities. For information call 1-877-989-2600 or visit [masc.johnson.ca](http://masc.johnson.ca)



## 2025 Memberships available now!

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

**There are three ways to complete your membership:**

**Come see us at the Centre!**

374 1<sup>st</sup> Street West  
Stonewall, MB

**Fill out our form online!**

Visit:

[www.si55plus.org/membership](http://www.si55plus.org/membership)

**Mail your completed form (see below) to:**

South Interlake 55 Plus  
PO Box 309  
Stonewall, MB R0C 2Z0

**Payment can be made by cash, cheque or e-transfer to [si55info@gmail.com](mailto:si55info@gmail.com)**

*We are not able to process debit or credit.*



## SOUTH INTERLAKE 55 PLUS-Membership Information Form (page 1 of 2)

**NAME:** \_\_\_\_\_

**MAILING ADDRESS:** \_\_\_\_\_

**TOWN:** \_\_\_\_\_

**POSTAL CODE:** \_\_\_\_\_

**PHONE/CELL:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**EMERGENCY CONTACT** \_\_\_\_\_

**PHONE NUMBER** \_\_\_\_\_

**MUNICIPALITY(circle one):**

Stonewall   Rosser   Rockwood   Woodlands   Other

I am currently 55 years of age or older.

I am not yet 55 years of age.\*

\* Associate members under 55 have all the benefits of being a member, minus serving on the Board or voting at our AGM.

This form can be mailed to:

South Interlake 55 Plus  
PO Box 309, Stonewall, MB R0C 2Z0

I wish to have my birthday published in the 55 Plus Newsletter.

\_\_\_\_\_ Month                      \_\_\_\_\_ Day

How Did You Hear About Us?	
<input type="checkbox"/> Social Media	<input type="checkbox"/> Website
<input type="checkbox"/> Newsletter	<input type="checkbox"/> From a Friend
<input type="checkbox"/> Other _____	

I agree to receive by email 55 Plus updates and promotions regarding events and activities of interest. I can withdraw my consent at any time by notification to the 55 Plus office.

# Johnson Insurance

Johnson Insurance is proud to be the preferred insurance provider for the Manitoba Association of Senior Communities. With Johnson, MASC members have access to:

## MEDOC Travel Insurance

- Emergency medical coverage
- Trip cancellation, interruption and delay coverage<sup>1</sup>
- Baggage protection
- Vehicle return
- Pet return

## THRIVE

- Flexible benefits for retirees.
- Includes annual travel and trip cancellation coverage
- No medical evidence required within 90 days of losing coverage

Give Johnson a call at **1.877.989.2600** or visit **masc.johnson.ca** write to : **pbservicewest@johnson.ca**

Johnson is ready when you are.



1.877.989.2600 | [masc.johnson.ca](http://masc.johnson.ca)

© 2024 Johnson Inc. A member of Intact Financial Corporation, Johnson Insurance is a tradename of Johnson Inc., a licensed insurance intermediary, and operates as Johnson Inc. in MB. Johnson administers the EHC Plan and the options for Prestige Travel and Dental Care ("Options"). The EHC Plan and Dental Care Option are underwritten by Desjardins Financial Security ("DFS"). Coverage under the EHC Plan is subject to proof of enrolment in the applicable Provincial Pharmacare program. Prestige Travel Insurance is underwritten by Royal & Sun Alliance Insurance Company of Canada ("RSA"). Valid provincial/territorial health plan coverage required. <sup>1</sup>Coverage for Trip Cancellation begins the day of booking your trip provided your insurance is in effect. If a trip is booked prior to Trip Cancellation insurance being in effect, coverage for that trip will begin the day that the insurance premium is paid and the policy is issued. Trip Cancellation, Interruption & Delay Insurance benefits apply only to travel arrangements booked prior to departure. Johnson and RSA share common ownership. Travel assistance is provided by Global Excel. Eligibility requirements, limitations and exclusions may apply and/or may vary by province/territory. Eligibility requirements, limitations and exclusions may apply.

## SOUTH INTERLAKE 55 PLUS-Membership Information Form (page 2 of 2)

### Membership Fee: \$25/person per calendar year

- I have enclosed a cheque.
- I will e-transfer to [si55info@gmail.com](mailto:si55info@gmail.com)
- I will pay in person at the centre.

**I Understand** that Membership fees are non-refundable and will not be pro-rated.

**I Understand** that Membership is not transferable to another person.

**I Understand** that photographs are taken at 55 Plus events and programs, and these photos may be used in 55 Plus promotional materials.

**I Understand** that 55 Plus is committed to protecting the privacy of my personal information in accordance with the Personal Information & Electronic Documents Act (Canada).

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*South Interlake 55 Plus is a not-for-profit charitable organization. All donations are greatly appreciated, and help us to continue offering quality programming and innovating to meet the needs of the community.*

**I would like to support the South Interlake 55 Plus with an additional donation in the amount of:**

\$ \_\_\_\_\_

\*Donations \$20 or greater will receive a tax-deductible receipt.

**Our centre is driven by its volunteers!** While volunteer participation is not a membership requirement, please consider the contribution you can make the 55 Plus and the community. Please check any of the following opportunities which may be of interest to you:

- Social/Special Events
- Fundraising
- Program Facilitator
- Leadership/Board
- Administration
- Short Term Projects
- Other:

# EDUCATION

Looking for **Supports**  
for **Older Adults?**

Call **2-1-1**

**FREE • CONFIDENTIAL • 24/7**

A partnership between  **Manitoba** 

## What is System Navigation?

Enables older adults and those that care about them to seek advice and support in navigating community information on available resources, services, and programs in an easy, accessible way.

## Better Together

- This innovative system navigation service is a partnership between A & O: Support Services for Older Adults, 211 Manitoba, and all of you!
- This program is the first of its kind in Winnipeg and offers a unique opportunity for older adults (55+) and those that care about them to call 211 MB to connect to needed information and access available supports, services, and programs.

## Who are the Partners?

- **A & O: Support Services for Older Adults Inc (A & O)** has been providing innovative, specialized support services for older Winnipeggers since 1957.
- **211 Manitoba** is the front door to community-based government, health and social services designed to meet the needs of diverse populations, across all different aspects of life. It is a free, confidential service available 24 hours a day, seven days a week in more than 150 languages, including 4 Indigenous languages.

## Why System Navigation?

- System Navigation will provide access to information, programs and services through a coordinated central hub in Winnipeg. This is based on the Manitoba Senior Strategy.
- System Navigation requires partnering with older adult serving organizations (i.e., 211 MB, A & O, Senior Resource Finders, WRHA, etc.) to ensure a continuation of up-to-date information on programs and services for all aging needs, taking into consideration ethnocultural perspectives, languages, and geography.

# EDUCATION

## June 15 is World Elder Abuse Awareness Day

If you or someone you know is being abused or neglected, help is available. Whoever you are – a concerned bystander, an overwhelmed caregiver, or a person experiencing abuse – you can take the first step now to get the support you need.

### Phone numbers to call:

For emergencies, call 911

Your local RCMP detachment (Stonewall RCMP 204-467-5591)

Seniors Abuse Support Line: 1-888-896-7183

Age & Opportunity: Support Services for Older Adults: 1-888-333-3121

# INFORMATION PRESENTATIONS

## JUNE 2025



JUNE  
**12**

### FUNERAL PLANNING

WITH EIRIK BARDAL  
MACKENZIE FUNERAL HOME

7:00-8:00PM 374 1ST STREET WEST,  
STONEWALL

JUNE  
**26**

### ESTATE PLANNING

WITH DOUG & DWAYNE GRANTHAM  
GRANTHAM LAW OFFICE

6:00-7:00PM 374 1ST STREET WEST,  
STONEWALL

Please contact us to register for these complimentary Presentations before June 10 by calling 204-467-2582

# June Luncheon

Wednesday, June 18  
12:00 pm

Pulled Pork on a Bun  
Entertainment by  
Dave Lavallee

Tickets \$15.00 each  
available at South Interlake 55 Plus  
374 1<sup>st</sup> Street West, Stonewall  
204-467-2582

**Advance Tickets Only**

Deadline to purchase tickets is Friday, June 13  
Limited tickets available!

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

**For more information on Subsidized Transportation  
please contact South Interlake 55 Plus**

Sponsored by:  AGE FRIENDLY  
Manitoba

 South Interlake 55 Plus Centre, 204-467-2582

# FALLS PREVENTION

**Tuesdays at 10:00 am**  
**Last class is Tuesday, June 24**  
**Class will start again September 2**

**Are you at risk for falls?**  
**Have you fallen?**

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 55 Plus Office to sign up)

Need more information or wish to sign up for Zoom?

Call South Interlake 55 Plus at

**204-467-2582** or email [si55plus@mymts.net](mailto:si55plus@mymts.net)



*Alzheimer Society*

MANITOBA

*Dementia Care & Brain Health*

## Care Partner Support Group

**South Interlake 55 Plus Centre**

**374 1<sup>st</sup> Street West, Stonewall**

**3<sup>rd</sup> 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  
**Julia Jordan**

**Interlake-Eastern Regional Coordinator**  
[jjordan@alzheimer.mb.ca](mailto:jjordan@alzheimer.mb.ca)

**204-943-6622 ext. 214**

## STONEWALL STRUMMERS UKULELE CLUB

### Do you play the ukulele?

Come join us for a jam session!

Beginners welcome (no formal instruction provided).



**Our Ukulele Club will meet**

**June 5 and 19**

**at 6:30 pm**

**at Something Beautiful**

**307 Main Street, Stonewall**

Grab some food and drinks before we start and enjoy this free program.

# Active Wellness Club

Spring Session: April 8 – June 12, 2025

## Tuesday

9:30-10:30 am  
Good Morning Stretch  
(In Person & Zoom)

5:00-5:45 pm  
F.I.T.  
(In Person Only)

## Wednesday



5:00-5:45 pm  
Ultimate Mix  
(In Person Only)

## Thursday

9:30-10:30 am  
Restorative Yoga  
(In Person & Zoom)

5:00-6:00 pm  
Pilates  
(In Person Only)

## CLASS DESCRIPTIONS

**Good Morning Stretch** with Liz – Come join us to wake up our bodies with stretches and yoga to maintain flexibility and mobility. Feel happy and independent. No class blocks.

**Ultimate Mix** class is a friendly, fun, and pumped-up variety of exercises with yoga and a great music attitude!

**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.

**Pilates** with Liz – 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.

The 55 Plus Centre Reserves the Right to Cancel a Class

Some of our Active Wellness classes have been extended until June 26. If you are interested in attending any of the classes, please call us at 204-467-2582. Drop-in fee is \$10.00 per class!

### Get it all with an ALL ACCESS PASS!

Pick and choose from any of these great classes each week for one great price! Receive the links to join classes on Zoom or in person (when applicable). Choose the best time to move your body.

Instructors: Cheryl Kooning and Liz Luke

## Ready to Register?

Call our office at 204-467-2582 or email [si55plus@mymts.net](mailto:si55plus@mymts.net) for more information or to sign up!

# THURSDAY NIGHT CRIBBAGE

## JULY 3 TO AUGUST 28, 2025

Singles Play (No Partner Needed)  
\$5.00 per person

South Interlake 55 Plus Centre  
(374 1<sup>st</sup> Street West, Stonewall)



# Pickleball!



**Stony Mountain School**  
Tuesdays & Thursdays, 6:00-8:30 pm

No play May 29 and June 3.  
Last day of play at Stony Mountain  
School is Thursday, June 26

**Stonewall Collegiate**  
Saturdays, 10:00am-12:30pm

Last day of play at Stonewall  
Collegiate is Saturday, June 14

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](mailto:si55plus@mymts.net)

# STEPPIN' UP!

**Wednesdays @ 9:00am**  
In Person (374 1<sup>st</sup> 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 204-467-2582 or email: [si55plus@mymts.net](mailto:si55plus@mymts.net)*

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



# LINE DANCING!

**Tuesdays & Thursdays**  
**11:00am**

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



**Drop In Fees:**  
**Members \$3.00**  
**Non-Members: \$5.00**  
(per class)

Call 204-467-2582  
or email [si55plus@mymts.net](mailto:si55plus@mymts.net)  
to register, or for more info

# Social Groups

## 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 and  
conversation.

If you're lucky, there might  
even be some  
fresh baking!

## QUILTER'S CORNER

Beginners & Experienced  
Quilters Welcome!

1<sup>st</sup> and 3<sup>rd</sup> Fridays of the  
Month

8:45am – 3:00pm

Members: \$3 Non-Members \$5

## VIRTUAL CHAT TIME BY ZOOM

2<sup>nd</sup> & 4<sup>th</sup> 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](mailto:si55plus@mymts.net)

## CARDS (Bridge, Canasta 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 1:00 pm

Members \$1.00  
Non-Members \$2.00



# Hitch a Ride With Us!

## Trip to Pineridge Hollow

**Thursday, June 12**

Depart 9:15 am from Lions Manor, Entrance 1 and 9:30 am from South Interlake 55 Plus

**Registration Deadline:  
Tuesday, June 10**

**Members \$20 / Non-members \$25  
(Lunch at your own expense)**

**Call 204-467-2582 to reserve your seat**

## St. Vital Centre Shopping Trip

**Thursday, June 19**

Depart 9:15 am from Lions Manor, Entrance 1 and 9:30 am from South Interlake 55 Plus

**Registration Deadline:  
Tuesday, June 17**

**Members \$20 / Non-members \$25**

**Call 204-467-2582 to reserve your seat**



**Tuesday, June 24**

**Departure times:**

**Lions Manor Entrance #1 - 9:15am**

**South Interlake 55 Plus - 9:30am**

**Cost:**

**Members-\$20.00**

**Non-Members -\$25.00**

**Please register by Friday, June 20 by calling  
204-467-2582**



## Grocery Shopping Trip to No Frills in Selkirk

**Tuesday, July 15**

Depart 9:15 am from Lions Manor, Entrance 1 and 9:30 am from South Interlake 55 Plus

**For more information call 204-467-2582**

**Registration Deadline: Tuesday, July 8**

**Temporary Grant Funding Sponsored by  
Age Friendly Manitoba. For more  
information regarding this event,  
please contact South Interlake 55 Plus**

# Hitch a Ride With Us!

## Rainbow Stage



**Tuesday**  
**July 8, 2025**  
**Members \$95.00**  
**Non-Members**  
**\$100.00**

Departure times:

from Lions Manor at 6:10pm

from 55 Plus at 6:15pm

**Registration/payment deadline is**  
**Tuesday, June 11**



Call to register - 204-467-2582  
South Interlake 55 Plus  
374 1st Street West, Stonewall



## Folklorama

Travel around the world while staying in one city - see World-class entertainment and enjoy delicious, authentic cuisine

### Tuesday, August 5th

#### Africa Pavilion

(dinner & entertainment)

#### Philippines Pavilion

(coffee, dessert & entertainment)

Members: \$90

Non-Members: \$95

price includes:  
bus, show, food and beverage

Leaving Lions Manor Ent #1 and  
55 Plus Centre at 5:00pm

### Tuesday, August 12th

#### German Pavilion

(dinner & entertainment)

#### Croatian Pavilion

(coffee, dessert & entertainment)

Members: \$90

Non-Members: \$95

price includes:  
bus, show, food and beverage

Leaving Lions Manor Ent #1 and  
55 Plus Centre at 5:00pm

Registration and payment deadline for  
**BOTH** dates is Friday, July 4



for more information, please contact us -  
204-467-2582

# Around The Community

## South Interlake Seniors Resource

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

Website: [www.sisrc.ca](http://www.sisrc.ca)

Email: [sisrc@shaw.ca](mailto: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 Lending 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](http://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.

### 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 Woodlands
- RM of Rosser
- RM of St. Laurent
- RM of Armstrong
- Town of Stonewall
- Town of Teulon

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](mailto:navcare@swdpc.com)  
Phone: 204-404-3030



# WORD SEARCH



## 60's Songs

Find and circle all of the 1960's song titles that are hidden in the grid.  
The remaining letters spell the title of an additional 1960's song.

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

BABY LOVE  
 BLUE MOON  
 BLUE VELVET  
 BUS STOP  
 CARA MIA  
 CHAIN GANG  
 CHERISH  
 CRAZY  
 CRYING  
 DIZZY  
 DOWNTOWN

ELENORE  
 FINGERTIPS  
 FIRE  
 GALVESTON  
 GOOD LOVIN'  
 GROOVIN'  
 HAIR  
 HEATWAVE  
 HEY JUDE  
 HOLIDAY  
 ITCHYCOO PARK

MEMPHIS  
 MY GIRL  
 MY GUY  
 PEOPLE  
 PUPPY LOVE  
 RESPECT  
 RUNAWAY  
 SHERRY  
 SOUL MAN  
 SPOOKY  
 STAY

TEEN ANGEL  
 THE BOXER  
 THE TWIST  
 THESE EYES  
 VALLERI  
 VOLARE  
 WHITE RABBIT  
 WILD THING  
 WINDY  
 WIPEOUT  
 WORDS



# CROSSWORD PUZZLE

## MAY CROSSWORD PUZZLE ANSWERS

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

### Across

1. Serpent's sound
5. Speed contests
10. March date
14. Yearn
15. TV's \_\_\_ Winfrey
16. Ark skipper
17. Slim
18. Get up
19. Sled
20. Trip to the bank, e.g.
22. Tolerable
24. School groups (abbr.)
25. Computer key
26. Leg joints
28. Uncorked
32. Poet's "still"
33. Tailored
35. Maroon
38. Keats' "before"
39. Chicago's airport
40. Memorable period
41. Likewise not
42. Come before
44. Knight's title
45. Having rows
46. Foreign

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21			22			23				
		24								25				
26	27					28	29	30	31					
32				33	34						35	36	37	
38					39							40		
41				42						43		44		
			45							46	47			
48	49	50							51					
52					53	54	55		56				57	58
59					60			61			62			
63					64						65			
66					67						68			

### Down

- |                           |                           |                          |
|---------------------------|---------------------------|--------------------------|
| 1. Healthy                | 21. Space org.            | 43. Work for             |
| 2. Bakery employee        | 23. Critic Rex ___        | 45. Until now (2 wds.)   |
| 3. Knife user's tool      | 26. Very sharp            | 47. Defeats              |
| 4. Lawmaking body         | 27. Roman emperor         | 48. Stockpile            |
| 5. Turnpikes              | 28. Different one         | 49. Basil sauce          |
| 6. Fourth mo.             | 29. ___ and quiet         | 50. Shaquille ___        |
| 7. Infant's bed           | 30. Miscalculated         | 51. Name                 |
| 8. Leisure                | 31. Deficiency            | 53. Tears apart          |
| 9. Citi Field predecessor | 34. Traditional knowledge | 54. First garden         |
| 10. Away from the coast   | 35. Abode                 | 55. Actress ___ Hayworth |
| 11. Skepticism            | 36. Famous canal          | 57. Become weary         |
| 12. National bird         | 37. Shucks!               | 58. Whirled              |
| 13. Transparent           | 42. Stack                 | 61. Mighty tree          |

# GRANTHAM LAW OFFICES

Lawyers & Notaries Public

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

## Quarry-Stonewall Dental Centre

Dr. Stacey Benzick, BSc., DMD

Dr. Simardip Singh, BSc., DMD

Dr. Dymtro Shulaykov, BSc., DMD

Box 1490, 345 Main Street, Stonewall, MB ROC 2Z0

Tel: (204)-467-2177 [www.stonewallquarrydental.ca](http://www.stonewallquarrydental.ca)

ACCEPTING NEW PATIENTS AND THE CDCP DENTAL PROGRAM

# Business Advertising

Place your advertisement here.

Contact South Interlake 55 Plus at 204-467-2582 or email: [si55plus@mymts.net](mailto:si55plus@mymts.net)

## Laura Woodman

Investment Advisor

CIM®, FCSI®

iA Private Wealth

204-806-8388

[laura.woodman@iaprivatewealth.ca](mailto:laura.woodman@iaprivatewealth.ca)

[www.woodmanwealth.ca](http://www.woodmanwealth.ca)



iA Private Wealth is a trademark and business name under which iA Private Wealth Inc. operates.



## Nancy Dilts

Realtor

204-461-3258

[nancydiltseroyalpage.ca](http://nancydiltseroyalpage.ca)

360 Main St. Stonewall MB  
ROC 2Z0

Buyer Agency • Vendor Agency • Real Estate Services

## Stonewall Pharmacy

Your friendly neighbourhood pharmacy



Phone: (204) 467-8385

Fax: (204) 467-7389

Westside Plaza  
17-333 Main Street  
P.O. Box 340  
Stonewall MB  
ROC 2Z0



Serving our community since 1950.

Same day  
Grocery  
Delivery!

# STONEWALL FamilyFoods



Thank you for shopping local!!!

Unit 3  
330 3rd ave S  
Stonewall, MB  
ROC 2Z0

# 204-467-5553

Monday to Friday  
8:00am-9:00pm  
Saturday & Sunday  
8:00am-7:00pm

# Keyboard Ventures

## Printer Products

[keyboardventures.com](http://keyboardventures.com)

Ink & Toner Cartridges • Computers & Supplies  
Computer Repair & Services



**Terry Zurylo**  
President



Winnipeg, Manitoba  
324 Main St., Stonewall

Cell: 204-955-5428  
[terry@keyboardventures.com](mailto:terry@keyboardventures.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1) 9:00 Steppin' Up	2) 9:00 Steppin' Up	3) 9:00 Steppin' Up <b>9:30 Good Morning Stretch</b> 10:00 Falls Prevention <b>11:00 Line Dancing</b> 5:00 F.I.T.	4) <b>9:00 Steppin' Up</b> 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Book Club 11:30 Intergenerational Bowling 1:00 Cards and Games 5:00 Ultimate Mix 7:00 Texas Hold'em	5) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> 11:00 Line Dancing  5:00 Pilates 6:00 Pickleball 6:30 Ukulele Club	6) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up  1:00 Texas Hold'em	7) 9:00 Steppin' Up <b>10:00 Pickleball</b>
8) 9:00 Steppin' Up	9) 9:00 Steppin' Up	10) 9:00 Steppin' Up <b>9:30 Good Morning Stretch</b> 10:00 Falls Prevention <b>11:00 Line Dancing</b> 4:15 Splash Dash Boat Tour 5:00 F.I.T. 6:00 Pickleball	11) <b>9:00 Steppin' Up</b> 10:30 Craft n' Coffee 10:30 Men's Chat  1:00 Cards and Games 5:00 Ultimate Mix 7:00 Texas Hold'em	12) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> 9:30 Pineridge Hollow 11:00 Line Dancing  3:00 Virtual Chat 5:00 Pilates 6:00 Pickleball 7:00 Funeral Planning Presentation	13) 9:00 Steppin' Up <b>10:00 Travel Club</b>  1:00 Texas Hold'em	14) 9:00 Steppin' Up <b>10:00 Pickleball</b>
15) 	16) 9:00 Steppin' Up	17) 9:00 Steppin' Up <b>9:30 Good Morning Stretch</b> 10:00 Falls Prevention <b>11:00 Line Dancing</b> 6:00 Pickleball 6:30 Alzheimer Support Group	18) <b>9:00 Steppin' Up</b> 10:30 Craft n' Coffee 10:30 Men's Chat 11:30 Intergenerational Bowling 12:00 Luncheon 1:00 Cards and Games 5:00 Ultimate Mix 7:00 Texas Hold'em	19) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> 9:30 St. Vital Centre Shopping Trip 11:00 Line Dancing 1:00 Board Meeting 5:00 Pilates 6:00 Pickleball 6:30 Ukulele Club	20) <b>8:45 Quilter's Corner</b> 9:00 Steppin' Up  1:00 Texas Hold'em	21) 9:00 Steppin' Up
22) 9:00 Steppin' Up	23) 9:00 Steppin' Up	24) 9:00 Steppin' Up <b>9:30 Good Morning Stretch</b> 9:30 South Beach Casino 10:00 Falls Prevention <b>11:00 Line Dancing</b>  6:00 Pickleball	25) <b>9:00 Steppin' Up</b> 10:30 Craft n' Coffee 10:30 Men's Chat  1:00 Cards and Games 7:00 Texas Hold'em	26) 9:00 Steppin' Up <b>9:30 Restorative Yoga</b> 11:00 Line Dancing  3:00 Virtual Chat 5:00 Pilates 6:00 Pickleball 6:00 Estate Planning Presentation	27) 9:00 Steppin' Up  1:00 Texas Hold'em	28) 9:00 Steppin' Up
29) 9:00 Steppin' Up	30) 9:00 Steppin' Up					

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