




STEINBACH 55 PLUS
10 Chrysler Gate 320-4600
To Reserve meals @ \$5.50 call 320-4605 before 9:30 a.m.



APRIL 2009

Listen to AM 1250 for inclement weather announcements

Thanks to our Major Corporate Sponsor:
Steinbach Credit Union

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>COMING ON MAY 11TH - MOTHERS DAY TEA FROM 1PM TO 3PM FOR MOTHERS OF ALL AGES LIGHT REFRESHMENTS, POEMS & MUSIC. Tickets: \$4./\$5 non-member & \$6 at the</p>	<p>11th ANNUAL MUSIC FEST Tuesday, May 5th at 7:00 p.m. Emmanuel Evangelical Free Church featuring Four Choirs & Mass Choir Collection will be taken. Event Sponsor: S.E.Wellness Pharmacy</p>	<p>1 8.45 to 11.30am Tai Chi 10am to 12noon Choir Practice 1 to 4pm Cribbage 2 pm Birthday Party 7pm Old Time Band Practice Cream of Broccoli Soup, pork chops mixed Veggies, Potato , Tapioca Pudding</p>	<p>2 9.30 to 10.30am Fitness Program 1 to 4.30pm Bridge & Whist 6.30 to 10pm Dance Lessons Juice, cutlets, potato, carrots & Cheesecake</p>	<p>3 8.30am to 3pm Adult Day Program 5pm Single Ladies Night Out Hearty soup, farmer sausage, perogies Corn & carrot cake</p>
<p>6 1:00 p.m. Perogie Bee 9am Computer Lab 9.30 to 10.30am Fitness Class 10am Orchestra Practice 1:00—3:00 pm Type 2 Diabetes Workshop 7.30 to 9.45pm Tai Chi Cream of leek soup, chicken parmesan, noodles, green / yellow beans & Cobbler</p>	<p>7 8.30 to 3pm Adult Day Program 10am to 3pm MSOS - Cribbage 6.30 to 9.30pm Woodcarvers Group Spaghetti w/ meat sauce, garlic bread, Caesar salad, lemon tarts</p>	<p>8 8.45 to 11,30am Tai Chi 9am to 3pm Foot care Clinic 10am to 12 noon Choir Practice 1 to 4pm Cribbage 7pm Old Time Band Practice Beef barley soup, salmon patty, Potatoes, salad , fresh fruit</p>	<p>9 9.30 to 10.30 am Fitness Program 1 to 4.30pm Bridge / Whist 6pm Potluck Supper Homemade Chicken noodle soup, pizza, Chef salad & cookie</p>	<p>10  GOOD FRIDAY CENTRE CLOSED</p>
<p>13  EASTER MONDAY CENTRE CLOSED</p>	<p>14 8.30 am to 3pm Adult Day Program 10am to 3pm MSOS—Whist 6.30 to 9.30pm Woodcarvers Group Baked chicken, potatoes, mixed Veggies & cupcakes</p>	<p>15 8.45 to 11.30am Tai Chi 10am to 12 noon Choir Practise 1 to 4pm Cribbage 7pm Old Time Band Practise Hearty soup, veal cutlets, cheesy Potatoes, corn, cranberry fluff</p>	<p>16 9.30 to 10.30am Fitness Program 9.30am to 12noon Board Meeting 1 to 4.30pm Bridge & Whist 7pm to 10pm Dance Work shop Tomato Macaroni soup, 7 layer dinner, Coleslaw & Banana Crème Pie</p>	<p>17 Beltone Hearing Clinic 1-800—661 2653 8.30am to 3pm Adult Day Program Soup , meatloaf, mashed potatoes, Beans, Pineapple Square</p>
<p>20 9.30 to 10.30 am Fitness Program 10am Orchestra Practice 12 noon - Lunch / Movie –On Golden Pond 1:30 p.m. Woman’s Cancer Support Group 7.30 to 9.45pm Tai Chi Swiss Onion Soup, BBQ Ribs, Rice Spinach Salad & Butter tart</p>	<p>21 8.30am to 3pm Adult Day Program 10am to 3pm MSOS –Crib & snooker 6.30 to 9.30pm Woodcarvers Group 7 to 10 pm Dance Work Shop Chicken Fettuccine, Fresh Salad & Brownie</p>	<p>22 8.45 to 11.30am Tai Chi 10am to 12 noon Choir Practice 1 to 4pm Cribbage 7pm Old Time Band Practice Chicken Rice Soup, Hamburger steaks, Potato, Veggies & Cherry Delight</p>	<p>23 10am WARROAD CASINO BUS TRIP 9.30 to 10.30am Fitness Program 1 to 4.30pm Bridge & Whist 5.30 pm VOLUNEER APPRECIATION DINNER Hearty soup, farmer sausage, kielke with Gravy, salad & fresh fruit</p>	<p>24 8.30am to 3pm Adult Day Program 8 pm to 12 am Country Dance with  Michael Audette and the Real Deal Band Tickets \$8./\$10 non-members/\$12 at the door Vegetable Soup, beef stew, biscuits & Fruit Tart</p>
<p>27 Hastings Hearing—1-800 - 782 0078 9am Computer Lab 9.30 to 10.30am Fitness Class 10am Orchestra Practice 1-3pm Dealing With Loss Workshop 7.30 to 9.45pm Tai Chi Soup, fish, potato, veggies & choc. pie</p>	<p>28 8.30am to 3pm Adult Day Program 10am to 3pm MSOS - Bridge 6..30 to 9.30 p, Woodcarvers Group Ham, scalloped potatoes, corn & cake</p>	<p>29 8.45 am to 11.30am Tai Chi 110am to noon Choir Practice 1 to 4pm Cribbage 7pm Old Time Band Practice Soup, chicken, potato , salad & rice</p>	<p>30 9.30 to 10.30am Fitness Class 1 to 4.30pm Bridge & Whist Soup , meatballs, rice, beans & cookie</p>	<p>Dance to the live music of “The Cracked Eggshell” Featuring ‘60’s and ‘70’s music. Saturday, May 9th 8:00 p.m.—Midnite Tickets available at Reception desk.</p>

Read "Senior Lifestyles for the 55 Plus" in The Carillon , Section A, for weekly program & activity updates and information on the Centre.



Capital Project Up-date

\$ 26,971. has been applied to our loan at the SCU leaving a balance of \$60, 529.

The donor board is in the process of being updated. to reflect new donors and also those donors who by adding donations have moved to a new giving category.



We will celebrate our 5th Anniversary at 10 Chrysler Gate. Watch for details in upcoming newsletters. This fall we again hope to host Country Blend in concert with proceeds going to the capital loan.

MSOS Regional Games Schedule:

Tuesday April 7th Cribbage
 Tuesday, April 14th Whist
 Tuesday, April 21st Single Crib & Snooker
 Tuesday April 28th Bridge



Event Registration and the \$5. event fee is due at the Centre **2 weeks prior to the event.** Please register at the reception desk. The lunch and refreshment fee of \$7. is due on the event day. The winners of the regional competitions will move on to the Provincials being hosted by South Interlake in June.

MEMBERSHIP CORNER

Welcome to our newest members.

Ed Doerksen Tedd Viddler
 Tina Doerksen Sheila Viddler
 Susan Crow

We are glad you joined our Centre. We invite you to participate in our programs, activities and volunteer opportunities as you are able to.

If you have not renewed your membership for 2009, please stop by the reception desk

2009 AGM

The AGM is scheduled for May 27th at 3:00 p.m. Nominating Chair is Harv Klassen. Any one wishing to suggest a Centre member to be considered for nomination to the Board of Directors, please contact Harv at 326- 6455 with your suggestions. According to our constitution, a nominee must be a current member in good standing.

Mark May 5th on your calendar and plan to attend our 11th annual Music Fest hosted by Steinbach 55 plus at the Emmanuel Evangelical Free Church. Four Choirs and a Mass Choir will entertain. Come and invite your friends! Collection will be taken. Event Sponsor: Southeast Wellness Pharmacy

Fundraising Corner

Perogies For Sale— Get your perogies for Easter dinner before the stock runs out. Cottage Cheese Perogies will be made Monday April 6th You may call to place your order or take a chance and stop by to pick up. Cost \$5.00 per dozen.

Canadian Tire Money is collected at the Centre and used to make purchases for Centre Needs. This past month new pots were purchased for the Perogy Bee. Your dollars helped!!

Regular Centre Hours:
 Monday-Friday
 9:00-12:00 and 1:00-4:30
Staff:
 Centre Dianna White
 Maggie Cowell

CRC Rose Falk
Meals Shawna Unrau
 Nettie Friesen
ADP Audrey Bednar
 Pat Harder/Ruth Chopyk
 Rhoda Fry

STEINBACH 55 PLUS CENTRE
 10 Chrysler Gate @ Hwy 12 S.
 Steinbach, MB R5G 2E6
 Phone: 320-4600 / Fax: 320-9098
www.cityofsteinbach.com/servingseniors
 email address: ssinc@mts.net

Senior Lifestyles

APRIL, 2009

published by Steinbach 55 Plus

Volume 14 No. 4



*From the Desk
 of the Executive Director*

Steinbach 55 Plus is fortunate to have received a grant from New Horizons Canada for \$7,737. to upgrade our computer Lab and to purchase a cooler for our Kitchen. The computers in our lab were purchased in June 2000. and it is time to upgrade by replacing them. The existing Dell computers will be sold for \$75. each. If you wish to purchase a computer, call Dianna at 320-4602.

Steinbach 55 Plus will present their bid to host the 2011 MSOS Provincial Games on April 27th at the MSOS office in Winnipeg. This is a great opportunity for the Community of Steinbach. If the bid is successful, hundreds of volunteers will be needed to make the event a success.

The new Katimavik group arrived in Manitoba last week Wednesday amid the snow and blizzard conditions—Welcome to Manitoba!! Johany will volunteer at the Centre for the next 3 months working mornings in the kitchen and afternoons in the administration. Be sure to say hi to her and make her feel welcome. In each term, the volunteers are billeted in the community for one week. If anyone would like to billet one of the participants, please let me know. A small stipend is paid per day of billet.

On Tuesday May 12th Steinbach 55 Plus is partnering with South Eastman Health and other community groups to host a Healthy Living Forum. The 2:00 p.m. session will feature a workshop with Barb Gemmell on recruiting, engaging and recognizing volunteers, a share and learn session, fitness demonstrations and a resource alley. The evening session is geared to community networking and features a workshop on communities in action-generations working together and Celebrating Volunteers with an intergenerational panel. Supper will be served at 5:00 p.m. There is no cost to attend, but you must register by May 1st by calling 346-7001.

I wish you a blessed Easter!

Dianna

Healthy living workshops
Apr 6th— 1:00—3:00 p.m.
 "Type Two Diabetes" with
 Val Frey & Sharon Flaten
Apr. 27th 1:00-3:00 p.m.
 "Coping with Loss" with
 Maggie Magnusson
 Cost \$2. incl refreshments

March
**Corporate Partners/
 Sponsors:**



Let's support our local business partners!



Volunteer Appreciation Dinner **Thursday, April 23rd at 5:30 p.m. at Steinbach 55 Plus**

April 19th-25th is National Volunteer Appreciation Week

Steinbach 55 Plus has approximately 185 volunteers that have given of their time during the past year. The staff want to honour these volunteers and so invite you to attend our Recognition Dinner on April 23rd. Spouses of volunteers are welcome. Please call the centre by April 20th to register your attendance. A list of all volunteers on file is located in the foyer. If you have volunteered and your name is not listed, please contact the reception desk so we can add your name. If you have not volunteered and would like to, come in, talk with staff and complete a volunteer application form.

2009 theme "Celebrating People in Action"

Steinbach 55 Plus, 10 Chrysler Gate, Steinbach R5G 2E6 Phone 320-4600

Major Corporate Sponsor: Steinbach Credit Union