Good Neighbours Active Living Centre Inc. provides programs, services and opportunities for social interaction that enhance the quality of life for individuals aged 55 and older.

**NEIGHBOURLY NEWS**

“A place to go. A place to grow.”

**IMPORTANT DATES INSIDE**

Jan. 9: Extreme Weather Conditions Driving
Jan. 14: Coffee & Conversation
Jan. 15: Bird Talk
Jan. 15: Painbusters Workshop
Jan. 19: Internet Basics Workshop
Jan. 22: What You Need to Know About Buying a Computer
Jan. 23: Doc Talk
Jan. 23: Oak Bank Dinner Theatre
Jan. 26: Untold Stories of the Winnipeg Grenadiers
Jan. 29: Picasa Workshop
Jan. 30: Movie: The Monuments Men
Feb. 2: Covert Persuasion in Sales
Feb. 3: Travel Club
Feb. 3: Beginner iPad Level I
Feb. 11: Whoo’s Who
Feb. 13: Movie: Begin Again
Feb. 13: Kijiji Workshop
Feb. 17: Beginner iPad Level II
Feb. 20: Doc Talk
Feb. 20: Afternoon Dance
Feb. 23: Creative Beading Workshop
Feb. 27: Movie: The Hundred–Foot Journey
Mar. 3: Canadian Museum for

**Snow Trek**
Sunday, February 8, 12:00-4:00 pm
Come down and join the HART team at Harbourview Golf Complex for an afternoon of free winter fun! Enjoy learn to ski workshops, and free use of ski and snowshoe equipment. Bring your skates, helmets and toboggans for sliding and skating on the pond. No registration required.

**Winter Warm-Up Potluck**
Thursday, February 12, 12:30 pm
Warm your heart this winter with a delicious potluck lunch. Please pre-register at the centre, and let us know what you will be bringing. For those unable to bring a dish, we will accept donations at the door.

**Dance  Music Selected by Ben Arroz**
Friday, February 20, 12:00 - 2:30 pm
Join Ben Arroz for an afternoon dance featuring a great selection of ballroom music; including: waltz, cha cha, rumba, swing, foxtrot, quickstep, samba and more! Tickets available at the door for $8.00; includes lunch.

**Annual Fundraising Dinner & Above & Beyond Volunteer Awards 2015**
Thursday, April 23, 6:30 pm
Enjoy a delicious dinner, lively entertainment, Silent Auction, 50/50 Draw and Cash Bar. Save the date! See the Spring newsletter (March/April) for more details.

Volunteers are the lifeblood of the Good Neighbours Active Living Centre and we could not provide the programs and services we all enjoy without their unselfish assistance and support. We need your assistance to identify and acknowledge those who go **above and beyond** expectations. Please consider nominating a Good Neighbours volunteer. Nomination forms, including award details are available in this newsletter and at the front desk.
President’s Message  By Bill de Jong

On behalf of The Board of Directors, may I take this opportunity to wish our members, volunteers and staff the warmest wishes for a happy holiday season. May each of you find the joy and comfort which makes this time of the year a pure delight. May you and yours be blessed with the spirit of Goodwill to all.

Executive Director’s Report  By Susan Sader

Planning is well under way for Good Neighbours Active Living Centre’s Annual Fundraising Dinner and Above & Beyond Volunteer Awards Gala, being held on Thursday, April 23, 2015. This is Good Neighbours biggest fundraiser of the year. At our last dinner, we raised just over $13,200 for the centre. We hope we can count on your support to raise even more in 2015. The dinner will once again be catered by Ludwick’s. Anyone who has been to the fundraising dinner knows how delicious their Prime Rib meal is! I can guarantee you will not leave hungry. One of the highlights of this event is the “Above & Beyond” Volunteer Awards. We have so many amazing volunteers who regularly go ‘above & beyond’ the call of duty. This is your opportunity to nominate one of these deserving individuals. The nomination form is in the newsletter. You can also get one at the front desk. We are so appreciative of our volunteers, and this is a great opportunity to recognize them. The musical entertainment for the evening will be Neil Keep. You may remember Neil performed at the Annual Volunteer Appreciation event last May. Everyone enjoyed him so much that we decided to bring him back to entertain us again. In addition to the lovely dinner, the volunteer awards and the musical entertainment, you will also have the opportunity to win some prizes through the silent auction, 50/50 draw and door prize. The annual fundraising dinner is always a fun event that everyone enjoys. We hope you will be able to attend.
**IMPORTANT MEMBERS’ NOTICES**

The Annual Membership Fee is $35 year.
The centre is closed January 1 & February 16.

- The centre is closed from Wednesday, Dec. 24 at 12 noon and will re-open Friday, Jan. 2. All classes resume the week of Jan. 5 unless otherwise noted.

- Vehicles are not allowed to be parked in the fire lane outside of the centre. All vehicles must be parked in designated parking spots or on the street. Please try to ensure that you are parked within the lines of the parking spot.

- Effective January 2015, Pickleball will be offered as a member’s only program. The drop-in fee of $1.00 per session will still apply.

- Blanketing Manitoba would like to thank everyone who participated in working on our blankets for 2014. We were able to donate close to 400 blankets this year, and are already working on those for next year. Please help us keep up this good work!

- Reminder: Make your donation to Good Neighbours by December 31 to receive your charitable tax receipt for 2014.

- Please note the change in start times in the Thursday Nice & Easy, Beginner Pilates and PACE fitness classes.

- If you have any ideas or suggestions that you would like to be implemented, we want to hear from you! Please place your feedback in the green box located in the HobNobs area.

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**Volunteer Corner** by Anne-Marie Dyck

Volunteer, Edna Findlay has just recently retired as Coordinator of Good Neighbours used Bookstore. Edna has been coordinating the bookstore for over 10 years. Used bookstores are valuable as they encourage literacy and environmental preservation by the reuse of products. Many of the books are donated, sold and again re-donated and resold. Edna is an extremely dedicated and reliable volunteer who goes above and beyond the call of duty. When Edna started out the Bookstore was located at Safeway. It was a huge space to manage. At that time she was volunteering over 250 hours per year and the bookstore was generating over $15000 annually. In 2009 the bookstore moved to a much smaller space at 720 Henderson Hwy. Although the space was smaller there was still a lot of work to do. The books kept coming in and the inventory needed to be circulated to keep the stock fresh. Edna volunteered over 150 hours last year. She schedules over 40 volunteers who put in 2300 hours per year. Currently the bookstore generates over $3,800 per year for the centre. Edna has been an excellent leader in the bookstore. The volunteers enjoy working with her. Edna and the other volunteers ensure that the customers get individualized service. They keep a list of books and authors that customers are interested in and when the books become available they notify them. They provide a warm and welcoming atmosphere for people to socialize and visit. In 2009 the Bookstore volunteers along with the Treasure Cove volunteers received the Mayor’s Volunteer Service Award. This award is presented by the Mayor to organizations in the City of Winnipeg for their programs which have shown innovation through creative utilization of resources and have made a significant impact in their community. Thank you to Edna and to every one of the bookstore volunteers for their amazing service. You have done an excellent job and we appreciate it very much. We would like to welcome Jessie Reidke, new Coordinator of the Bookstore. Jessie was the previous Coordinator of the Treasure Cove and has volunteered at the Bookstore for many years. Thank you Jessie, for taking on this position. The Bookstore and its volunteers are very important to Good Neighbours.

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**HOBNOBS MENU - Cost: $6.50**

Jan. 7: Porcupine meatballs, mashed potatoes, gravy & green beans
14: Chicken pot pie, cucumber, radish & snow pea salad
21: Ham, scalloped potatoes, creamed peas & carrots
28: Spaghetti, Caesar salad, garlic bread

Feb. 4: Ground beef, boiled potatoes & veggies
11: Jambalaya, green tossed salad
18: Golden herbed chicken, corn & carrot slaw
25: Chinese rice, green beans & coleslaw
UPCOMING SPECIAL EVENTS

Coffee & Conversation
Wednesday, January 14 & February 11, 1:00-2:00 pm
Join Ron Buffie for reading followed by a discussion.
Ron is a regular contributor to The Herald as well as other publications. He has had two books published and is presently working on another. The subject matter is mostly human interest stories, memoirs, and observations of life that are happening all around us.
Drop-in fee: $1 mem/$2 non.

Cribbage Tournament
Friday, January 2, 16 & February 6, 20, 6:30-10:00 pm

Congratulations to the 2014 Grey Cup Ticket Winners!
The lucky winners were:

Linda Werbin- $1,000
Barbara Babych- $200
Sheryl Fowler- $200
Debby Richardson- $200
Chuck Welsh- $200
Norma Mathers- $100
Nellie Skrypec- $100
John Kidd- $100
Kerry Metcalfe- $100
J. Sokoliuk- $100
Carol McCall- $100
Olga Wazny- $100
Brent Wachal- $100
Florence McCormick- $100
Brian Bencharski- $100
Kevin Exell- $100
Linda MacDonald- $100
A. Lueck- $50
Olga Hazelwood- $50
Shelly Chaloner- $50
Lisa Evanchow- $50
Joan Bobnychuk- $50
Peter Hepburn- $50
Erik Kalitzke- $50
Bob Dunn- $50
Olivia Saciuk- $50
Shane Oleschak- $50
Joyce D-noon- $50
Rick Balaban- $50
Joan Pilgram -$50
Sharon Fidler- $50
Joanne Kazetzke- $50

ADVICE FOR REAL LIFE
We know how hard you’ve worked to get to where you are. Dedicated to you for almost four decades, we understand your need for quality service and products tailored to you.
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• Income in Retirement
• Estate Planning
• Income Tax Planning
Call us today to discuss how we can work together to achieve your goals.

MARYANN KOKAN-NYHOF, CFP, CCRA
Vice President
Kildonan Branch
54-13 Reenders Dr.
Winnipeg, MB
(204) 925-7420

Check out Good Neighbours
Active Living Centre on Facebook!
Includes popcorn & punch. Limited seating. $3 mem/$4 non in advance, $5 mem/$7 non at the door.
No refunds.

The Monuments Men
Friday, January 30, 1:00 pm
Based on the true story of the greatest treasure hunt in history, The Monuments Men is an action drama focusing on an unlikely World War II platoon, tasked by Franklin D. Roosevelt with going into Germany to rescue artistic masterpieces from Nazi thieves and returning them to their rightful owners.

Begin Again
Friday, February 13, 1:00 pm
Gretta and her songwriting partner/boyfriend Dave head for New York when he lands a record deal with a major label. However, Gretta is suddenly left on her own when Dave gives in to the temptations that come with his newfound success. Things take a turn for the better for her when Dan, a disgraced record executive, discovers Gretta performing in a club. The chance encounter turns into a promising collaboration between the two talents.

The Hundred-Foot Journey
Friday, February 27, 1:00 pm
Hassan Kadam is an extraordinarily talented culinary ingenue. When he and his family are displaced from their native India and settle in a quaint French village, they decide to open an Indian eatery. However, Madame Mallory (Helen Mirren), the proprietress of an acclaimed restaurant just 100 feet away, strongly objects.

No refunds for outings unless a replacement is found. Pickup location for all outings is at GNALC. Be at GN 15 min prior to departure time.

Bus Host: Joan Stefanik

Oakbank Dinner Theatre
Friday, January 23, depart at 5:30 pm
The Oakbank Dinner Theatre Presents “It’s a Plunderful Life”. Always on the lookout for booty, Captain Will Plunder and his crew discover a chest filled with treasure from a sunken ship, the likes of which they’ve never seen before. But unbeknownst to them, the villainous Noah Trick and his wife Anita Trick have their own plans to get their hands on the priceless treasure. Return to Good Neighbours around 11:00 pm. Fee: $65 mem/non; includes ticket, meal and transportation.

The Canadian Museum for Human Rights
Tuesday, March 3, depart at 9:30 am
The Canadian Museum for Human Rights is the first museum solely dedicated to the evolution, celebration and future of human rights. The 90 minute guided tour will connect you with compelling human rights stories and discover what the Museum is all about. The tour offers a fascinating journey through a selection of galleries and exhibits. You’ll find out how your rights are protected and be inspired by stories of courage and action. After the tour, enjoy a delicious lunch prepared and served by Red River College’s renowned students and chefs at Jane’s Restaurant. Jane’s treats diners to a new experience in urban upscale dining, while providing hands-on training opportunities for students in Hospitality and Culinary Arts. Fee: $30 mem/non; includes tour fee and transportation. Does not include lunch.

SnowTrek
Saturday, January 10
Fort Whyte Alive
(1861 McCreary Rd)
Sunday, February 8
Harbourview Recreation Complex
(1507 Springfield Rd)
For more information visit, www.winnipegimmotion.ca
PRESENTATIONs

DEADLINE TO REGISTER IS AT LEAST ONE WEEK PRIOR, UNLESS NOTED.

**Extreme Weather Conditions Driving**
Friday, January 9, 1:00-2:30 pm
This workshop has been designed to provide the experienced driver with a judgment/knowledge skill set that will allow you to better deal with winter driving conditions. Presented by Bill Ward. Fee: $15 mem/$25 non. Includes manual. Must register in advance.

**Bird Talk with Dave**
Thursday, January 15, 10:00 am
Join us for a discussion on birds that we see in our neighbourhoods, at our feeders, exotic sightings and discuss some possible identifications. Drop-in fee: $1 mem/$2 non.

**What You Need to Know About Buying a Computer**
Thursday, January 22, 1:30-2:30 pm
Buying a computer can be a ‘sea of jargon’ and very confusing. Learn the basic terminology, what you need to know, and what to ignore. Learn how to buy only what you need and get the best deal. Tablet, laptop or desktop and some compromises as well as where to buy will be discussed. Presented by Richard Denesiuk. No Fee. Must register in advance.

**Untold Stories of the Winnipeg Grenadiers**
Monday, January 26, 1:00-2:30 pm
Join Researcher Cortney Pachet of The Manitoba Museum in learning about the harrowing yet little known story of the Winnipeg Grenadiers in WWII. Using primary source evidence, such as artifacts, documents and photographs, we’ll delve into the lives of four Canadian POWs interned in Japan for 44 months following the Battle of Hong Kong. Fee: $5 mem/non.

**NEW! Doc Talk**
Friday, Jan. 23 & Feb. 20, 1:00-3:00 pm
Join Richard Sawchuk once a month in watching a documentary film, followed by a discussion.

**Jan. 23: Blackfish**
A documentary following the controversial captivity of killer whales, and its dangers for both humans and whales.

**Feb. 20: Food Inc.**
An unflattering look inside America’s corporate controlled food industry. Drop—in Fee: $1 mem/2 non.

**Covert Persuasion in Sales**
Monday, February 2, 1:00-2:00 pm
Modern ad and sales professionals are well schooled in methods of buyer persuasion. This presentation provides an overview of some of the persuasion techniques which are designed to influence and direct the decisions of prospective buyers. Learn how these fascinating techniques are used so that you can look out for them in the future. Presented by Scott Byiers. Fee: $7 mem/non.

**Travel Club**
Tuesday, February 3, 10:00-11:00 am
Are you a traveller or looking to take on new adventures? Let’s get together the first Tuesday of each month. No meeting in Jan. Feb. meeting: Learn how to Lighten your Load. Drop—in Fee: $1 mem/$2 non.

**Whoo’s Who**
Wednesday, February 11, 1:30-2:30 pm
Come join us in learning all about owls! Learn about the owls that we have in Manitoba, where they can be found in the wild, their unique adaptations as well as which owls are endangered. Then enjoy a visit from two owl ambassadors. Presented by the Prairie Wildlife Rehabilitation Centre. Fee: $7 mem/non.
Painbusters Workshop  
Thursday, January 15, 1:00-3:00 pm  
Improve your understanding of chronic pain management, introduce different coping methods, and encourage you to take an active role in your pain management. Participants have the chance to learn new information and skills, discuss ideas and share experiences with others that have chronic pain or care about people who live with chronic pain. Presented by the Arthritis Society. Fee: $5 mem/ $10 non.

Meditation Series  
Thursdays, January 22- March 12, 1:00 - 2:30 pm  
This 8 week session includes an exploration of the many techniques and the work of spiritual mentors. Fee: $60 mem/ $90 non. Instructor: Sue Keyton.

Creative Beading Workshop  
Monday, February 23, 1:00-3:30 pm  
Come and join Sandra Artimowich for a day of fun in this exciting wire beading workshop. Learn techniques to create different styles and designs in jewelry. This class is a hands on workshop full of excitement. Everyone is welcome, no experience is necessary. Supplies included. Fee: $30 mem/ $40 non.

Introduction to Computers  
January 13, 15, 20, 22 10:00 am - 12:00 pm  
(Tuesdays & Thursdays)  
This is a basic hands-on course for those with little or no computer experience who have a Windows computer to use for practice at home. Learn basic Windows terminology and computer operations, simple document creation using Microsoft Word, and saving files. Instructor: Cecelia Stanley. Fee: $40 mem/ $60 non.

Internet Basics Workshop  
Monday, January 19, 1:00-3:00 pm  
This is a basic hands-on course for those with little or no computer experience who have a Windows computer to use for practice at home. Learn basic internet procedures and terminology. Instructor: Cecelia Stanley. Fee: $15 mem/ $20 non.

Picasa Workshop  
Thursday, January 29, 12:30– 3:30 pm  
If you are looking for a good and easy way to organize and edit your precious digital photographs, Picasa is a great option for doing this, and best of all, Picasa is free! In this workshop, a professional photographer will teach you how to download your photos, organize them, make basic adjustments, as well as a few cool tricks that you can amaze your family and friends with. Instructor: Vanessa Hodgson. Fee: $15 mem/ $20 non.

Beginner iPad Classes Level I  
February 3, 5, 10 & 12, 1:00 - 3:00 pm  
(Tuesdays & Thursdays)  
Come learn what the Apple iPad is all about and discover many of the different features. Bring your iPad with you to class. This class is designed for absolute beginners. Instructor: Jamie Gibson. Fee: $50 mem/$65 non.

Beginner iPad Classes Level II  
February 17, 19, 24 & 26, 1:00 - 3:00 pm  
(Tuesdays & Thursdays)  
Come learn what the Apple iPad is all about and discover many of the different features. Bring your iPad with you to class. Must have basic computer experience. Not for absolute beginners. Instructor: Jamie Gibson. Fee: $50 mem/$65 non.

Kijiji Workshop  
Friday, February 13, 10:00 am - 12:00 pm  
Looking to buy? Wanting to sell? Kijiji may be the answer for you. In this hands-on workshop learn how to post your classifieds on this free online resource. Must have basic computer experience. Instructor: Julie Kertesz. Fee: $10 mem/$12 non.
Registration options: by mail or at the centre. Deadline for registration is a week prior to program start date. $8 drop-in fee, for classes. All classes are subject to change or cancellation. All classes are 8 weeks long, unless noted.

Fitness Ranking System

Gentle Intensity - level 1
Moderate Intensity - level 2
Challenging Intensity - level 3

Aqua Fitness (Level 2)
Riverside Plaza Pool, 1660 Henderson. (Arrive by 1:00 pm for entry). Water workout. Must be confident in the water. Wear water shoes. Parking available in front of 1660 or in the back by townhouses. **Please See Note Below.**

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<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
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<tbody>
<tr>
<td>Will Resume in Spring due to Pool Closure</td>
<td>Mon. 1:30 - 2:15 Wed. 1:30 - 2:15</td>
<td>$41 mem/$76 non $41 mem/$76 non</td>
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Intro. Ballroom Dance (Level 2)
Learn the waltz, cha cha, rumba & fox trot! Each dance will be taught for two sessions in the order that it is listed. Wear comfortable shoes. Register alone or with a friend. No street shoes.

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<tr>
<td>Mar. 3- May 5 No Class Mar. 10, April 14</td>
<td>Tues. 11:15-12:15</td>
<td>$25 mem/$60 non</td>
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Belly Dancing (Level 2)
Learn the basic techniques of belly dancing. It is an excellent exercise for flexibility, strength, endurance, and is appropriate for all ages, shapes & sizes.

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<td>Jan. 30- Mar. 20</td>
<td>Fri. 11:45 - 12:45</td>
<td>$41 mem/$76 non</td>
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Circuit Training (Level 3)
Join us for this exciting fitness class that will have participants move from one exercise to the next in rapid succession. Participants will improve their muscle and cardiovascular fitness simultaneously. Class incorporates a variety of equipment, and is designed for those at an intermediate fitness level. Instructor: Paula Fridman

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<tr>
<td>Jan. 9– Feb. 27</td>
<td>Fri. 10:30-11:30</td>
<td>$41 mem/$76 non</td>
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Drums Alive (Level 2)
This total mind and body workout incorporates aerobic dance with rhythmic drumming. Move to the lively beats of Latin and rock ‘n’ roll music! The connection between drumming & movement has numerous physiological and psychological benefits such as building sensorimotor reflexes & kinesthetic awareness.

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<tr>
<td>Feb. 2– Mar. 30</td>
<td>Mon. 11:45– 12:45</td>
<td>$41 mem/$76 non</td>
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Fit & Tall (Level 2)
This is an exercise class designed to improve your overall well-being. Exercises will be focused on postural retraining, muscle strengthening, and balance through the use of different props. This class is also great for people with or at a risk of osteoporosis to reduce the risk of falls and associated fractures.

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<td>Tues. 1:30 - 2:30</td>
<td>$41 mem/$76 non</td>
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Let’s Move Let’s Dance (Level 3) *(Previously Zumba Gold)*
A fusion of Latin & International music that creates a dynamic and effective fitness system. It is a great aerobic workout to improve coordination/balance.

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<td>Tues. 2:40 - 3:40</td>
<td>$41 mem/$76 non</td>
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Because Home is Best... Victoria Lifeline
- Helping you live safely and independently in the comfort of your own home
- Prompt, caring assistance at the touch of a button - 24 hours a day
- Rewarding community volunteer opportunities also available

**Call (204) 956-6777**
www.victorialifeline.ca
Mention this ad and receive one month free monitoring
Sun Style Tai Chi (Level 1)  
Learn the 12 gentle movements of Sun Style Tai Chi.  
Tai Chi will help improve your balance, flexibility, muscle strength and mental well-being.  
Integrate your body and mind to find your inner tranquility.  
(No drop-ins).  
Instructor: Brenda Moberg.

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<td>Jan. 7 - Feb. 25</td>
<td>Wed. 11:45 - 12:45</td>
<td>$41 mem/$76 non</td>
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Total Body Conditioning (Level 2 - 3)  
This class is for every level of fitness. You can accomplish the exercises sitting or standing; you work as hard as you want at a level with which you are comfortable. 
Includes 3 phases: cardio, resistance & balance exercises.  
Instructor: Paula Fridman

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<td>Jan. 6 - Mar. 17</td>
<td>Tues. 9:15-10:15</td>
<td>$41 mem/$76 non</td>
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<tr>
<td>No Class Jan. 13, Feb. 10, Mar. 10</td>
<td>Fri. 9:15-10:15</td>
<td>$41 mem/$76 non</td>
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Chair Yoga (Level 1)  
This class is designed for a supported and gentle yoga experience. Through the practice of the postures and awareness of breath, experience deep relaxation, increased energy and overall better health. Suitable for seniors with some mobility challenges; involves standing & some floor postures.

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<td>Feb. 2 - Mar. 30</td>
<td>Mon. 11:10 - 12:10</td>
<td>$65 mem/$100 non</td>
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<td>No Class Feb. 16</td>
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<tr>
<td>Mon. 11:10 - 12:10</td>
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Beginner Yoga (Level 2)  
This class includes stretching and relaxation techniques to increase strength & flexibility while decreasing stress.

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<td>Feb. 2 - Mar. 30</td>
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<td>$65 mem/$100 non</td>
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<tr>
<td>No Class Feb. 16</td>
<td>Mon. 10:25 - 11:25</td>
<td>$65 mem/$100 non</td>
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<tr>
<td>Feb. 4 - Mar. 25</td>
<td>Wed. 9:15 - 10:15</td>
<td>$65 mem/$100 non</td>
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Intermediate Yoga (Level 3)  
This class includes stretching and relaxation techniques to increase strength and flexibility while decreasing stress. This class is for students who have attended beg. yoga & are looking to build on their understanding of the postures, as well as increasing their strength & flexibility.

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<td>Feb. 4 - Mar. 25</td>
<td>Wed. 9:15 - 10:15</td>
<td>$65 mem/$100 non</td>
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CREATIVE EXPRESSIONS & SPECIAL INTEREST

**Acrylics**
In this workshop Sandra Artimowich will demonstrate and teach various techniques to create many different paintings. We will explore specific designs and principles to master values, tones and hues in your subjects. This class is suitable for advanced as well as beginners. The key in this workshop is having a love of art and the willingness to learn in a friendly atmosphere.

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<td>Jan. 8-Feb. 26</td>
<td>Thur. 1:00 - 3:00</td>
<td>$57 mem/$92 non</td>
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**Basic Water Colour Painting**
Learn basic techniques in a supportive environment. A supply list is available at the front desk. Instructor: Peggy Prendergast.

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<tr>
<td>Jan. 6– Feb. 24</td>
<td>Tues. 10:00-12:00</td>
<td>$57 mem/$92 non</td>
</tr>
</tbody>
</table>

**Intermediate Water Colour Painting**
For artists who have mastered the basics and wish to refine their skills. A supply list is available at the desk. Instructor: Tom Andrich.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 7– Feb. 25</td>
<td>Wed. 10:00-12:00</td>
<td>$57 mem/$92 non</td>
</tr>
</tbody>
</table>

**Choristers Choir**
All welcome to join! Concerts at Christmas & Spring

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 6</td>
<td>Tues. 9:30-11:30</td>
<td>Bi-annual Fee. $23 mem/ $53 non</td>
</tr>
</tbody>
</table>

**NEW! Drumming Rhythm Cradle**
The Rhythm Cradle is a group healing process that incorporates frame drums, chanting and hands on healing in a safe, welcoming environment. No experience is required; you will simply be guided to hold a simple steady heartbeat on native frame drums together. Come with an open mind and heart, ready to give and receive. Bring a frame drum if you have one, and a blanket or yoga mat so you will be comfortable.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 9-30</td>
<td>Fri. 9:45-10:45</td>
<td>$30mem/$65 non</td>
</tr>
</tbody>
</table>
Beginner Drumming
Would you like to experience the benefits and fun of drumming? Research indicates that drumming accelerates physical healing, boosts the immune system and produces feelings of well-being. Learn the basic drumming patterns and have fun exploring the use of the drum. Everyone welcome! Drums are included. Please don’t wear jewelry.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 6– May 1</td>
<td>Fri. 9:45-10:45</td>
<td>$41 mem/$76 non</td>
</tr>
<tr>
<td>No Class April 3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Intermediate Drumming
Beginner drumming is required as a prerequisite. This class will further explore more intermediate drumming patterns and techniques. Please don’t wear jewelry.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 6– May 1</td>
<td>Fri. 11:00-12:00</td>
<td>$41 mem/$76 non</td>
</tr>
<tr>
<td>No Class April 3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Drumbeat
This award-winning program will debut at GNALC. Explore social skills and feelings of self-worth while learning specific drum rhythms. This program combines drumming and guided dialogue focused on discovering relationships using music, beliefs, emotions, attitudes and thoughts. Drums provided. Please don’t wear jewelry.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 5– Mar. 23</td>
<td>Mon. 11:45 - 12:45</td>
<td>$55 mem/$90 non</td>
</tr>
<tr>
<td>No class Feb. 16, 23</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(10 Weeks)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Good Neighbours Hand Bells
Welcome music lovers to join our Ringing Choir. Acquire the skills and techniques to perform a variety of musical styles. Beginners welcome.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 4– April 15</td>
<td>Wed. 1:00-2:30</td>
<td>$55 mem/$90 non</td>
</tr>
<tr>
<td>(10 Weeks)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Intermediate Harmonica
Beg. Harmonica is required as a prerequisite. If you finished the course years ago and wish to begin playing you can register for this class.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 9– Feb. 27</td>
<td>Fri. 11:45-12:45</td>
<td>$41 mem/$76 non</td>
</tr>
</tbody>
</table>

Advanced Harmonica
For those with previous harmonica experience. You must have the ability to read music.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 9– Feb. 27</td>
<td>Fri. 10:30-11:30</td>
<td>$41 mem/$76 non</td>
</tr>
</tbody>
</table>

Beginner Recorder
Have fun learning to play the soprano recorder and the basics of reading music. A soprano Yamaha recorder is recommended.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 23– Mar. 13</td>
<td>Fri. 8:45-9:15</td>
<td>$41 mem/$76 non</td>
</tr>
</tbody>
</table>

Intermediate Recorder
Enjoy music making in an ensemble with soprano, alto, tenor and bass recorders and accompanying instruments.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 23– Mar. 13</td>
<td>Fri. 9:15-10:15</td>
<td>$41 mem/$76 non</td>
</tr>
</tbody>
</table>

NEW! Dorothy's Ukulele Band
All level's (except absolute beginners) sing and strum together. Have fun playing a variety of songs and learning new strumming patterns, in a group setting!

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 8-Mar. 12</td>
<td>Thur. 10:15-11:05</td>
<td>$41 mem/ $76 non</td>
</tr>
<tr>
<td>No Class Feb. 5, Feb. 12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Billiards Bunch (Men)

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-going</td>
<td>Mon. 9:00 - 12:00</td>
<td>$1 mem/$2 non</td>
</tr>
</tbody>
</table>

Blanketing Manitoba
Bi-weekly work bee for persons interested in knitting or crocheting squares to make blankets for the hospitals, nursing homes, etc. Donations of yarn appreciated. Volunteers needed. For more info. call Ina at 204-667-9118.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 12, 26</td>
<td>Mon. 10:00-11:30</td>
<td>No Fee</td>
</tr>
<tr>
<td>Feb. 9, 23</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Book Club

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 8 &amp; Feb. 5</td>
<td>Thur. 2:00-4:00</td>
<td>No fee</td>
</tr>
</tbody>
</table>

Men's Breakfast Club
Nor-Villa Hotel, 1763 Henderson Hwy.

<table>
<thead>
<tr>
<th>Start dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-going</td>
<td>Thur. 8:30</td>
<td>No cost</td>
</tr>
</tbody>
</table>
**Cribbage**

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-going</td>
<td>Tues. 1:00-3:00</td>
<td>$2 mem/$3 non</td>
</tr>
<tr>
<td></td>
<td></td>
<td>($1 goes to prizes)</td>
</tr>
</tbody>
</table>

**Social Bridge**

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-going</td>
<td>Mon. 1:00 - 3:00</td>
<td>$1 mem/$2 non</td>
</tr>
</tbody>
</table>

**Duplicate Bridge**

For more info. call 204-661-6142.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-going</td>
<td>Tues. 12:30 - 3:30</td>
<td>$1 mem/$2 non</td>
</tr>
</tbody>
</table>

**Beginner Bridge**

Practice & Instruction.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-going</td>
<td>Fri. 10:00-12:30</td>
<td>$1 mem/$2 non</td>
</tr>
</tbody>
</table>

**Mahjong**

An ancient Chinese game played with particular tiles, similar to rummy.

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-going</td>
<td>Wed. 10:00-12:00</td>
<td>$1 mem/$2 non</td>
</tr>
</tbody>
</table>

**Pickleball**

It is a court sport which combines elements of badminton, tennis, & table tennis. A moderate level of agility and flexibility is recommended. Members only.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>No pickleball</td>
<td>Mon. Wed. &amp; Fri. 1:00-4:15</td>
<td>$1 mem</td>
</tr>
</tbody>
</table>

**Saturday Night Drop-in**

Enjoy an evening of card games, dominoes and crib. Bring your friends!

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-going</td>
<td>Sat. 6:30-10:00 pm</td>
<td>$1 mem/$2 non</td>
</tr>
</tbody>
</table>

**Court Whist**

Instruction available. Always looking for beginners and/or new players.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-going</td>
<td>Fri. 1:00-3:30</td>
<td>$1 mem/$2 non</td>
</tr>
</tbody>
</table>

**Woodcarvers**

Share friendship and ideas with fellow carvers.

<table>
<thead>
<tr>
<th>Start - End dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-going</td>
<td>Wed. 9:00-11:30</td>
<td>$1 mem/$2 non</td>
</tr>
</tbody>
</table>
HEALTHY AGING RESOURCE TEAM
204-940-2114

Clinic dates: First Monday of the month (9:00-3:00)
Jan 5, Feb. 2. Call the centre at 204-669-1710 to make an appointment.

Diabetes Support Group: meeting at ACCESS River East on the first Tuesday of each month from 10:00-11:00 a.m. Next meetings: Jan 5 and Feb. 3.

Meniere’s Support Group:
The Meniere’s Support Group is a self-help program for people with Meniere’s Disease and other inner-ear balance disorders at Access River East, 975 Henderson Highway, from 11:00 a.m. until noon. Meetings are supported by Note Taking service for hard-of-hearing members. For more info. call the Canadian Hard of Hearing Association, Manitoba Chapter at 204-975-3037, emailmenieres-group@mts.net, or visithttp://www.chha-mb.ca.

Because We Care for Caregivers Lunch:
An opportunity for caregivers to socialize and support one another. Meets the last Thursday of the month (Jan. 29, Feb. 26) at the Parkside Plaza Meal Program (1630 Henderson) from 11:45-1:30. Call at least 1 week ahead to register for meal program (204-940-2114); cost of meal $6.50.

Strengthening Families for Mental Wellness:
Are you a family member of someone who is living with a mental illness? Meetings usually held the first Wed. of the month from 1:30-3:30 pm at ACCESS River East. New members welcome. For further info or to confirm dates call 204-253-9641.

Visually Impaired Coffee (VIC) Group:
held the second Friday of the month (Jan. 9, Feb. 13 - at 1:30 p.m. – 1590 Henderson. Call 204-940-2114 to register.

Alzheimer’s Support Group:
for family members, meets the second Thursday of each month 2:00-3:30 pm at Donwood Manor. New members welcome! Call 204-943-6622 ext 229 for information.

Moving Forward:
Do you find yourself alone after the loss of your spouse and want to establish new social networks and opportunities for personal growth? The Moving Forward group meets the 3rd Friday of the month at Access River East, 1:30-3:30 pm (Jan. 16, Feb. 20). Call 204-940-2114 to register.

Snow Trek– Feb. 8, 12-4 pm, Harborview Park– free winter activities for the whole family.

Rupert’s Land Caregiving with Confidence conference– Jan. 23, 8-4, Caboto Center, call 204-452-9491 to register.$30.

Have a health question or concern? We can meet with you to help you set goals to self manage chronic illness such as diabetes, hypertension, or arthritis, assess your risk for falls including home safety checks in your own home, provide support and resources for caregivers who have loved ones with dementia or physical disabilities, assess your mobility and put you in touch with the appropriate health and/or community resources. Call Karen or Eleanor.
Please contact me if you have any concerns or require assistance on any provincial issue.

My office can provide
- Manitoba pins, maps, travel brochures
- Information on provincial grants
- Provincial government publications
- Special birthday & anniversary greetings

Constituency Office
McIvor Mall, 1795 Henderson Hwy
Winnipeg, MB  R2G 1P3  204-334-7866
bonniemitchelson@mts.net
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www.johndickenterprises.com
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Good Neighbours Active Living Centre Inc.
720 Henderson Wpg., MB R2K 0Z5
204-669-1710 fax: 204-661-0750

President: Bill de Jong
Executive Director: Susan Sader
Email: director@gnalc.ca Phone ext. 224
Program Coordinator: Jessica Veitch
Email: programs@gnalc.ca Phone ext. 222
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Email: volunteer@gnalc.ca Phone ext. 223
Business Manager: Vanessa Hodgson
Email: admin@gnalc.ca Phone ext. 225
Outreach Coordinator: Julie Kertesz
Email: outreach@gnalc.ca Phone 204-996-0750
SSGL: Megan Wallace Email: ssgl2@gnalc.ca
Rachel Elias Email: ssgl@gnalc.ca Phone: 204-334-4775

Home Maintenance: Rachel Elias Phone: 204-806-1303
Centre Hours: 8:30 am - 4:30 pm
Front Desk Hours: 9:00 am - 4:00 pm

Note: A red dot appearing on your label indicates your membership has lapsed or is about to lapse. Benefits include member rates, delivery of bi-monthly newsletter and voting privileges at the annual general meeting. Please notify the office of any changes in your address or phone number.

HEADLEY INSURANCE AGENCY

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Roland Headley, B.A.