




New Horizons Activity Calendar OCTOBER 2024

District of Kenora New Horizons Seniors Centre – 18 Mike Richards Way
Phone 468-5947/468-8221
Keewatin Centre Phone 547-3902
EMAIL: newhorizon18@shaw.ca
WEBSITE: <http://www.kenoraseniors.ca>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Keewatin Yoga – St Andrew’s Church 9:30-10:30 Walking Group 11:30 a.m. Quilters Rotary Room 11:30 – 3:30 p.m. Keewatin Silver Threads St.Andrew’s 11:30-3:30 p.m. Euchre Lounge 1:30 p.m</p>	<p>2 Chair Yoga Kenora R. Room CANCELLED Mahjoong-Lounge 10-12 noon Keewatin Lunch St Andrew’s 12 - 2 Bridge Lounge 12 noon Floor Curling Rotary R 1:15–3</p>	<p>3 Fun’n’Fit R Rm 10:15-11:15 Lunch 11:45 – 12 noon Around the Block Quilters MP Room 12 – 4 Bridge Kee. FPC 12:30 p.m. Mahjoong Kee. Park Place 1:00 BID Euchre Lounge 1:30 pm Art for Fun Lounge 1:00 pm</p>	<p>4 Cardio Drumming Kenora & Keewatin MP Room 10-11 Bell Ringers CANCELLED Stitch’n’Time Lounge 11:30-3:30 p.m. Crib Lounge 1 – 3 p.m. QA5 MP Room 1–4 p.m. Water Fit 2:45-3:30 p.m.</p>	<p>5 Projects Half Done in the Lounge</p>
6	<p>7 Fun’n’Fit R. Rm 10:15 11:15 Bell Ringers Lounge 10 –11:15 Silver Threads Rotary Rm 12-4 Lunch 11:45 – 1 p.m. Crib Kee. Park Place 1-3 p.m. Bridge Lounge 1 – 4 p.m. Art for Fun Lounge 1:00 p.m. Floor Curling R.R. 6:30-8:00</p>	<p>8 Keewatin Yoga - St.Andrew’s Church 9:30-10:30 Bell Ringers- Lounge 10-11:15 Walking Group 11:30 a.m. Quilters Rotary Room 11:30 – 3:30 p.m. Keewatin Silver Threads St.Andrews 11:30-3:30 p.m. Euchre Lounge 1:30 p.m.</p>	<p>9 Chair Yoga Kenora R. Room 9:30 – 10:30 Mahjoong-Lounge 10-12 noon Keewatin Lunch St. Andrew’s 12 - 2 Bridge Lounge 12 noon Floor Curling Rotary R 1:15–3</p>	<p>10 Fun’n’ Fit-R Rm Cancelled Lunch 11:45 – 12 noon Around the Block Quilters MP Room 12 – 4 Bridge Kee. FPC 1:30 p.m. Mahjoong Kee Park Place 1:00 pm BID Euchre Lounge 1:30 Art for Fun Lounge 1:00 p.m</p>	<p>11 Cardio Drumming Kenora and Keewatin MP Room 10 - 11 Bell Ringers Rotary 10-11:15 Stitch’n’Time RR 11:30-3:30 Crib Lounge 1 – 3 p.m. QA5 MP Room 1 –4 p.m. Water Fit 2:45-3:30 p.m.</p>	12
13	<p>14 CLOSED For THANKSGIVING</p>	<p>15 Keewatin Yoga - St.Andrew’s Church 9:30-10:30 Walking Group 11:30 a.m. Quilters Rotary Room 11:30 – 3:30 p.m. Keewatin Silver Threads St.Andrews 11:30–3:30 p.m. Euchre Lounge 1:30 p.m</p>	<p>16 Chair Yoga Kenora R. Room 9:30 – 10:30 Mahjoong-Lounge 10-12 noon Keewatin Lunch St. Andrew’s 12 - 2 Bridge Lounge 12 noon Floor Curling Rotary Room 1:15–3</p>	<p>17 Fun’n’ Fit-R Rm 10:15– 11:15 Lunch 11:45 – 12 noon Around the Block Quilters Rotary Room 12 – 4 Bridge Kee. FPC 12:30 p.m. Mahjoong Kee. Park Place 1:00 p.m. BID Euchre Lounge 1:30 Art for Fun Lounge 1:00 p.m</p>	<p>18 Cardio Drumming Kenora and Keewatin - Lounge 10 - 11 Bell Ringers Rotary 10 - 11 Stitch’n’Time R Room 11:30-3 Crib Lounge 1 – 3 p.m. QA5 CANCELLED 1– 4 p.m. Water Fit 2:45-3:30 p.m.</p>	19
20	<p>21 Bell Ringers Lounge 10- 11:15 Fun’n’Fit R.Rm. 10:15-11:15 Lunch 11:45 – 1 p.m. Silver Threads Cancelled Crib Kee. Park Place 1-3 p.m. Bridge Lounge 1 p.m. Art for Fun Lounge 1 p.m. Floor Curling R.R. 6:30-8:00</p>	<p>22 Keewatin Yoga - St.Andrew’s Church 9:30-10:30 Walking Group 11:30 a.m. Quilters Rotary Room 11:30 – 3:30 p.m. Keewatin Silver Threads St.Andrew’s 11:30-3:30 p.m. Euchre Lounge 1:30 p.m</p>	<p>23 Chair Yoga Kenora R. Room 9:30-10:30 Mahjoong-Lounge 10-12 noon Keewatin Lunch St. Andrew’s 12 - 2 Bridge Lounge 12 noon Floor Curling CANCELLED New Horizons Board Meeting Rotary Room 1:30-3:30</p>	<p>24 Fun’n’Fit R Rm 10:15-11:15 Lunch 11:45 – 12 noon Around the Block Quilters Rotary Room 12 - 4 Bridge Kee. FPC 12:30 p.m. Mahjoong Kee Park Place 1:00 p.m. BID Euchre Lounge 1:30 Art for Fun Lounge 1:00 p.m</p>	<p>25 Cardio Drumming Kenora and Keewatin MP Room 10-11 Bell Ringers R Room 10-11:15 Stitch’n’Time RR 11:30-3:30 Crib Lounge 1 – 3 p.m. QA5 MP Room 1 – 4 p.m. Water Fit 2:45-3:30 p.m.</p>	
27	<p>28 Bell Ringers Lounge 10- 11:15 Fun’n’Fit R.Rm. 10:15-11:15 Lunch 11:45 – 1 p.m. Silver Threads Rotary Rm 12-4 Crib Kee. Park Place 1-3 p.m. Bridge Lounge 1 p.m. Art for Fun Lounge 1 p.m. Floor Curling R.R. 6:30-8:00</p>	<p>29 Keewatin Yoga-St.Andrew’s; Church 9:30-10:30 Walking Group 11:30 a.m. Quilters Rotary Room 11:30 – 3:30 p.m. Keewatin Silver Threads St.Andrew’s 11:30-3:30 Euchre Lounge 1:30 p.m</p>	<p>30 Chair Yoga Kenora R. Room 9:30-10:30 Mahjoong-Lounge 10-12 noon Keewatin Lunch St.Andrew’s 12 - 2 Bridge Lounge 12 noon Floor Curling Rotary R 1:15–3</p>	<p>31 Fun’n’Fit R Rm 10:15-11:15 Lunch 11:45 – 12 noon Around the Block Quilters Rotary Room 12 - 4 Bridge Kee. FPC 12:30 p.m. Mahjoong Kee Park Place 1 BID Euchre Lounge 1:30 Art for Fun Lounge 1:00 p.m HALLOWEEN</p>		

HAPPY BIRTHDAY TO THE FOLLOWING WHO HAVE A BIRTHDAY in OCTOBER

Penny Beal	Sandy Blake
Ev Conlon	Anne Marie Contini
Pat Fair	Marion Fish
Diane Gammage	Cathy Garrow
Lorne Greenwood	Debbie Lemaistre
Sylvia Lugossy	Vita Macins
Ruth Munn	Joanne Norlen
Bruce Ponton	Dolly Rose
Judy Schwartz	Terri Sirman
Val Spencer	Wendy Sutherland
Beth Vaudry	

HAPPY 100th BIRTHDAY TO MARION FISH on OCTOBER 6th ... you are an inspiration to all of us. xoxo



Please remember to advise me (Diana) if your name does not appear on the birthday list (and you want it to)

NOTICE RE LOCATION OF KEEWATIN ACTIVITIES UNTIL FURTHER NOTICE

KEEWATIN CRIB MONDAYS
Park Place – 1 - 3 p.m.

THURSDAY KEEWATIN BRIDGE
1st Presbyterian Church Basement - 12:30 p.m.

TUESDAY KEEWATIN CHAIR YOGA
St.Andrew’s United Church – 9:30-10:30 a.m.

KEEWATIN CARDIO DRUMMING
Will join Kenora Drumming Friday mornings
From 10 – 11 in the MP Room

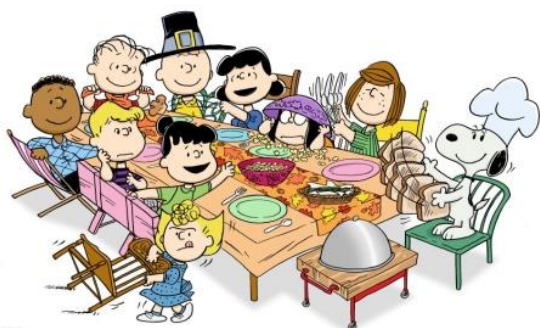
KEEWATIN WEDNEDAY LUNCHESES
St. Andrew’s United Church 12 noon – 2 p.m.

KEEWATIN TUESDAY SILVER THREADS QUILTERS
St.Andrew’s United Church – 11:30 – 3:30 p.m.

KEEWATIN MAHJONG - THURSDAYS
Park Place - 1:30 p.m.

E-MAIL ADDRESS for E-Transfer
newhorSC55@gmail.com

Just a reminder to New Horizons Members Water Fit is held at the Rec Centre Pool every Friday from 2:45 – 3:30 p.m. For more information contact Pat at 468-8221



“HAPPY THANKSGIVING”

Menu for Keewatin Lunches for October at St. Andrew’s United Church

- October 20 - Shepherd’s Pie, Salad, homemade buns and dessert.
- October 9 – Ham, Scalloped potatoes, veggies and dessert.
- October 16 – Spaghetti Chili (not spicy) Caesar salad, garlic, toast and dessert.
- October 23 – Meatball Sub, Caesar Salad and dessert.
- October 30 – Butter Chicken, rice and dessert.

NOTICE

- On the 3rd and on the 10th Around the Block Quilters will be in the Multi Purpose Room
- October 4th – Bell Ringers Cancelled
- Floor Curling is cancelled on the 23rd
- October 8 – Bell Ringers will be in the Lounge
- On October 10th Fun & Fitness will be cancelled
- QA 5 is cancelled on the 18th
- On October 21st – Silver Threads will be cancelled
- Stitch’n’Time will be in the Lounge on Friday October 4th
- Chair Yoga is cancelled on October 2nd

Please note CNIB will be in attendance at the Monday October 21st Luncheon from 11 a.m. – 1:30 p.m.



The **CNIB** will be joining us at our October 21st luncheon with key information about the organization and accessible technology and applications.

Enjoy hands-on demonstrations; explore accessible products that can help your vision. To make a lunch reservation call 807-468-8221 or 807-468-5947

Menu for Kenora Lunches for the month of October

- Thursday October 3 - Hotdog with bacon & cheese, Caesar salad and dessert
- Monday October 7 - Turkey Pinwheel sandwich, salad and dessert
- Thursday October 10 - Spaghetti & meat sauce, garlic toast and dessert
- Closed Oct 14th - for Thanksgiving
- Thursday October 17 - Taco salad and dessert
- Monday October 21 - Hamburgers, Potato salad and dessert
- Thursday October 24 - Chicken balls, rice, eggrolls and dessert
- Monday October 28 - Ham & Cheese Sandwich, scalloped potato soup and dessert
- Thursday October 31 - Egg salad sandwich, pepper soup and dessert