

- New Horizons Activity Calendar MAY 2025

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

## Saturday



<b>1</b>	
<b>Bell Ringers Lounge</b>	<b>10 a.m.</b>
<b>RAM COFFEE GROUP</b>	
<b>Fun'n' Fit-R Rm</b>	<b>10:15-11:15</b>
<b>Around the Block Quilters –</b>	
<b>MP Room</b>	<b>Cancelled</b>
<b>Lunch</b>	<b>11:45 – 1 p.m.</b>
<b>Bridge St Andrews</b>	<b>12:30</b>
<b>Mahjong Park Place</b>	<b>1:00</b>
<b>BID Euchre Lounge</b>	<b>1:30</b>
<b>Art for Fun Lounge</b>	<b>1:00 p.m</b>

2  
**Cardio Drumming**  
 Rotary Room 10 - 11  
**Bell Ringers LOUNGE**  
**Stitch'n'Time Rotary**  
 11:30-3:30  
**Crib Lounge** 1 – 3 p.m.  
**Billiards (pool) Lounge** 1 p.m  
**QA5 CANCELLED**  
**Water Fit** 2:45-3:30 p.m

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**Projects Half Done  
In the Lounge**

4

**6**  
**Keewatin Yoga - St.Andrew's Church** 9:30-10:30  
**Walking Group** 11:00 a.m.  
**Quilters Rotary Rm** 11:30-3:30  
**Keewatin Silver Threads -St. Andrews** 11:30 – 3:30  
**Euchre Lounge** 1:30 p.m.  
**New Horizons Board Meeting**  
**MP Room** 1:30

**7**  
**Chair Yoga Kenora R. Room**  
**Cancelled 9:30-10:30**  
**Mahjoong-Lounge 10-12**  
**IPad Coffee Grp Lounge**  
**10-11**  
**Keewatin Lunch St. Andrews**  
**12 - 2**  
**Floor Curling R Room**  
**Cancelled 1:10-3 p.m.**

**8**  
**Bell Ringers Lounge 10 a.m.**  
**RAM Coffee Grp Lounge 10**  
**Fun'n' Fit-R Rm 10:15-11:15**  
**Lunch 11:45 – 12 noon**  
**Around the Block Quilters –**  
**10-4/ Learn to Sew 10-1:30 MP**  
**Bridge St Andrews 12:30**  
**Mahjong Park Place 1:00**  
**BID Euchre Lounge 1:30**  
**Art for Fun Lounge 1:00 p.m**

**9**  
**Cardio Drumming**  
     **Rotary Rm**      **10-11**  
**Bell Ringers MP Rm**    **10-11:15**  
**Stitch'n'Time Rotary Rm**  
                                  **11:30-3:30**  
**Crib Lounge**            **1 – 3 p.m.**  
**Billiards (pool) Lounge**   **1 p.m.**  
**QA5 - MP Rm**            **1 – 4 p.m.**  
**Water Fit**                **2:45-3:30 p.m.**



12	
Fun'n'Fit R. Rm	10:15 11:15
Home Free Stitchers MP Rm	
	10 am-4 pm
Lunch & Learn	11:45 – 1 p.m.
Bridge Lounge	1 p.m.
Crib Kee. Park Pl	1:30-3:30 pm
Art for Fun Lounge	1:00 p.m.
Floor Curling R.R.	6:30-8:00

<b>13</b>	
<b>Keewatin Yoga</b>	<b>9:30 – 10:30</b>
<b>Walking Group</b>	<b>11:00 a.m.</b>
<b>Quilters MP Rm</b>	<b>11:30 – 3:30</b>
<b>Keewatin Sillver Threads</b>	
<b>St.Andrews</b>	<b>11:30–3:30 p.m.</b>
<b>Euchre Lounge</b>	<b>1:30 p.m</b>

**14**  
**Chair Yoga Kenora R. Room**  
**9:30-10:30**  
**I Pad Coffee Grp Lounge 10**  
**Mahjong Lounge 10-12**  
**Keewatin Lunch St.**  
**Andrew's 12 - 2**  
**Floor Curling Rotary Rm.**  
**1:10-3 p.m.**

15	
Bell Ringers Lounge	10 a.m.
RAM Coffee Grp Lounge	10
Lunch	11:45 – 12 noon
Around the Block Quilters	MP
10 – 4 / Learn to Sew	10-1:30
Bridge St Andrews	12:30
Mahjong Park Place	1:00
BID Euchre Lounge	1:30
Art for Fun Lounge	1:00 p.m.

<b>16</b>	
<b>Cardio Drumming</b>	
<b>Rotary Rm</b>	<b>10-11</b>
<b>Bell Ringers MP Rm</b>	<b>10-11:15</b>
<b>Stitch'n'Time Rotary Rm</b>	<b>11:30-3:30</b>
<b>Crib Lounge</b>	<b>1 – 3 p.m.</b>
<b>Billiards (pool) Lounge</b>	<b>1 p.m.</b>
<b>QA5 - MP Rm</b>	<b>1 – 4 p.m.</b>
<b>Water Fit</b>	<b>2:45-3:30 p.m</b>

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**20**  
**Keewatin Yoga - St. Andrew's Church** 9:30-10:30  
**Walking Group** 11:00 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.

**21**  
**Chair Yoga Kenora R. Room**  
**9:30-10:30**  
**IPad Coffee Grp Lounge 10**  
**Mahjoong Lounge 10– 12**  
**Keewatin Lunch St.**  
**Andrew's 12-2**  
**Floor Curling Rotary Room**  
**1:10 – 3 p.m.**

**22**

<b>Bell Ringers Lounge</b>	<b>10 a.m.</b>
<b>RAM Coffee Grp Lounge</b>	<b>10</b>
<b>Lunch</b>	<b>11:45 – 12 noon</b>
<b>Ard Block Quilter MP</b>	<b>10 - 4</b>
<b>Bridge St Andrews</b>	<b>12:30</b>
<b>Mahjong Park Place</b>	<b>1:00</b>
<b>BID Euchre Lounge</b>	<b>1:30</b>
<b>Art for Fun Lounge</b>	<b>1:00 p.m</b>

**23**  
**Cardio Drumming**  
Rotary Rm 10 – 11 a.m.  
Stitch'n'Time R. Rm.  
11:30-3:30 p.m.  
Billiards (pool) Lounge 1 p.m.  
Crib Lounge 1 – 3 p.m.  
QA5 MP Rm. 1 – 4 p.m.  
Water Fit 2:45-3:30 p.m.

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25	
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27	
Keewatin Yoga	9:30-10:30
Walking Group	11:00 a.m.
Quilters Rotary Rm	11:30-3:30
Keewatin Silver Threads	
St. Andrews	11:30-3:30 p.m.
Euchre Lounge	1:30 p.m

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Chair Yoga RR	9:30- 10:30
IPad Coffee Grp Lounge	10
Mahjong Lounge	10-12
Keewatin Lunch	12 - 2
Floor Curling RR	1:10-3
NH Board Meeting MP RM	1:30

**29**

<b>Bell Ringers Lounge</b>	<b>10 am</b>
<b>RAM Coffee Grp Lounge</b>	<b>10</b>
<b>Lunch</b>	<b>11:45 – 12 noon</b>
<b>Ard Block Quilter MP</b>	<b>10 - 4</b>
<b>Bridge St Andrews</b>	<b>12:30</b>
<b>Mahjong Park Place</b>	<b>1:00</b>
<b>BID Euchre Lounge</b>	<b>1:30</b>
<b>Art for Fun Lounge</b>	<b>1:00 p.m</b>

**30**

<b>Cardio Drumming</b>	<b>canceled</b>
<b>Stitch'n'Time</b>	<b>LOUNGE</b>
<b>Billiards (pool)</b>	<b>Lounge 1 p.m.</b>
<b>Crib Lounge</b>	<b>1 – 3 p.m.</b>
<b>QA5 MP Rm.</b>	<b>1 – 4 p.m.</b>
<b>Water Fit</b>	<b>2:45-3:30 p.m.</b>

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**HAPPY BIRTHDAY TO THE FOLLOWING  
WHO HAVE A BIRTHDAY IN MAY**

Dorothy Holmgren Breadner	Doreen Belair
Theresa Burns	Lynn Dimma
Cathy Garrow	Ruth Girard
Joanne Green	Bonnie Gutknecht
Jim Hook	Paul Jackson
Linda McClymont	Robert Metail
Jodi Milne	Tony Novelli
Kathleen O'Flaherty	Diane Paroby
Wendy Paton	Denise Pelletier
Jim Proctor	Sue Turner

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**NOTICE**

**Monday May 5<sup>th</sup> lunch – we are looking forward to being entertained by the King George School Choir.**

**Monday May 12<sup>th</sup> – Lunch and Learn. We will have in virtual attendance a representative from Osteoporosis Canada.**

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**Just a heads up – Dues for April 1, 2025-March 31, 2026 remain at \$20 and were due April 1<sup>st</sup>. If you have not yet paid – please do so ASAP. Thanks.**

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**Lunch Menu for Keewatin May 2025**

May 7 – Pesto Chicken Breast, Potatoes, Veggies and dessert  
May 14 – Roast Beef Sandwich, Soup and dessert  
May 21 – Baked Chicken Spinach Pasta dish, salad and dessert  
May 28 – Roast Beef. Yorkshire pudding, veggies and dessert

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**WE ARE CLOSED MAY 19<sup>th</sup> for  
VICTORIA DAY**

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**Lunch Menu for Kenora May 2025**

**Thursday May 1** – Chicken Balls, Fried Rice, Spring Rolls and dessert  
**Monday May 5** – Pepperoni Pizza Casserole, Caesar Salad and dessert  
**Thursday May 8** – Pizza, Caesar salad and dessert  
**Monday May 12** – Soup and Sub Sandwich and dessert  
**Thursday May 15** – Meatloaf Sandwich, coleslaw and dessert  
**Thursday May 22** – Sloppy Joes and Fries and dessert  
**Monday May 26** – Perogi Casserole, Coleslaw and dessert  
**Thursday May 29** – Ham sandwich, Potato Salad and dessert

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Cardio Drumming in the Rotary Room is cancelled on the 30<sup>th</sup> - possibly if weather permits - we will move outdoors. Will advise.  
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I sent out posters to all members advising of an upcoming bus trip to Winnipeg September 20<sup>th</sup> ... at Burton Cummings Theatre. Information is available at the centre as well. **THE ALLAN JACKSON EXPERIENCE** – is a tribute show performed by ISSA Entertainer of the Year award winner Aaron Halliday. There are still a few tickets available - call the centre immediately if you are interested. This year's tour, aptly named the **"Margaritaville"** tour, will bring you all of the Allan Jackson classics along with his Jimmy Buffet inspired songs to give the performance a tropical beachy overtone. \$140

.....  
*Your Mother is Always With You*

*Your Mother is always with you ...  
She's the whisper of the leaves  
As you walk down the street.*

*She's the smell of bleach in your  
Freshly laundered socks.*

*She's the cool hand on your  
Brow when you're not well.*

*Your Mother lives inside your laughter.  
She's crystallized in every tear drop ...*

*She's the place you came from – your first  
home ..*

*She's the map you follow with every step  
that you take.*

*She's your first love and your first heart  
break..*

*And nothing on earth can separate you.*

*Not time – not space .. not even death ..  
Will ever separate you from your Mother.*

*You carry her inside of you.*



**HAPPY MOTHERS DAY TO ALL THE  
MOMS OUT THERE**

