



55^{South Interlake} Plus

374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

AUGUST



SEPTEMBER

*South Interlake 55 Plus
Board of Directors has been working for a
safe reopening of programs.*

*We are pleased to announce new physical distancing
procedures and facility hygiene guidelines have been
implemented. We will be able to allow **selected
programs** to proceed on **September 1st**.*

***Our goal is to re-open slowly and safely
to protect you and others
while enjoying programs at the Centre.***

*Continue to contact us by phone at 467-2582
or email at si55plus@mymts.net
to join our virtual programs.*

The Office will be open by appointment only for August.



Dates to Remember

August/September 2020

As more restrictions are lifted, I know many of you are anxious to resume the “normal” that was familiar to us prior to March 16, 2020.

The Board of Directors has been working towards a safe and comfortable re-opening of programs. Plans are in place to resume selected programs as of September 1, 2020. Things will be different, but with your patience and understanding of the new normal the opportunity to come together safely will be realized. Information on what to expect and how to prepare for visiting the centre will be found in this Newsletter. Updates will be published on the 55 Plus website and Facebook page.

For the month of August, Programs At Home will continue. The 55 Plus Office will be operating on a restricted basis for the month of August, but appointments can be made to visit the office for registrations and membership payment and renewals.

We are learning together, so please bear with us as we navigate this uncharted era and ensure that when we are able to come together for activities that it will be a positive and safe experience.

Stay Active! Stay Connected! Stay Healthy!

Cheryl Cathers
Executive Director

SAVE THE DATES *(Yes, we are still planning ahead!)*

- | | |
|------------|--|
| Sept 24 | Annual General Meeting @ 7:00 pm
Odd Fellows Hall & ZOOM Video
Conference – Pre-registration Required |
| October 10 | CONCERT: Cold Hard Cash @ 7 pm
Heritage Arts Centre – <u>POSTPONED!</u> |
| October 30 | 55 Plus Annual Quiz Night @ 7 pm
Parochial Hall |

Week at a Glance:

Monday:

Office is CLOSED to Public 8:30 – 4:00
Appointments Only

PLEASE NOTE: The following Programs will resume September 1, 2020 (restrictions permitting)

Tuesday:

Stepping Out @ 10:00 am
Line Dancing @ 11:30 am
Tai Chi @ 2:00 pm

Wednesday:

Steppin' Up @ 9:00 am

Thursday:

Line Dancing @ 11:30 am
Virtual Chat @ 3:00 pm (2nd & 4th Thursdays only)

Programs on a Scheduled Basis:

Active Wellness Club
Tai Chi
Special Events
Book Club
Quilting

Please see the calendar for further information on the selected programs resuming in September!





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.

***Membership is Only \$20.00 Annually!
Membership Renewals are Available During COVID-19!
Call for more Information!***

Support your Senior Centre by [MEMBERSHIP, VOLUNTEERING, OR DONATION](#)

You do not have to be 55 + to become a member!

Associate members enjoy all of the benefits of membership, with the exception of holding a position on the Board of Directors, and voting at the AGM.

55 Plus is a Charitable Organization

Receipts will be issued for Donations of \$20.00 or more



**S.I. 55 Plus Board of Directors
is seeking capable leaders.**

***Do You Believe In Connecting Older Adults and Supporting their
Well-Being and Quality of Life?***

If yes, then consider volunteering your time, experience & skills to help guide the mission of the 55 Plus.

S.I. 55 Plus (55 Plus) is currently seeking expressions of interest for vacant positions on its Board of Directors for a two (2) year term from AGM: September, 2020 - AGM May, 2022

55 Plus Board meetings occur monthly & are typically held during the day except for quarterly evening meetings.

To hold a Board Position the requirements are:

- 55 years of age or older
- Member of 55 Plus for a minimum of a year
- Willing to represent the views, interests and concerns of 55 Plus Members



**For more information contact Kathy Turner (204) 467-5307
or Arlene Patterson (204) 461-1525**

**If you are interested in joining our organization,
please express your interest in an email to si55plus@mymts.net**

Happy Birthday

August

Eleanor Brown	1
Beverly Harris	1
Eleanor Baldwin	2
Margaret Chaboyer	9
Emily Phipps	9
Sheila Buchanan	10
Islay Jack	10
Margaret Saundry	10
Kathy Harber	11
Kim Newman	12
Irene Pearson	22
Arlene Farebrother	23
Garnet Laing	23
Donna Friesen	25
Elsie Dontez	26
Lorne Rezansoff	27
Joan Tigchelaar	29
Marion Murray	30



September

RaeAnn Learmond	1
Donna Couvier	1
Edna Harder	3
Loreen Lockhart	4
Irene McCormick	4
Detlev Regelsky	4
Glenda Osnach	17
Donna Barda	11
Lori Mollberg	12
Helen Harris	12
John Unrau	12
Alwyn Ammeter	14
Margaret McTaggart	16
Randy Melnychuk	16
Linda Van Solkema	21
Enid Irwin	21
Diane Trafiak	23
Mary Bronson	27
Darlene Grandmont	27
Kathy Turner	29
Debbie Howelko	30



John & Rosemary Pattie

August 16th



Civic Holiday
Monday,
August 3
OFFICE CLOSED

Labour Day Holiday
Monday,
September 7
OFFICE CLOSED



We're Online!

It's easy to stay connected with the Centre because you can find:

Programs and Upcoming Events ~ Monthly Newsletter
Monthly Calendar ~ Contact Information/Other Resources



Visit our Website – <http://www.si55plus.org>

Like our Facebook Page – South Interlake 55 Plus

Check important events on Town of Stonewall calendar – www.stonewall.ca



Gift Certificates Available!

A great gift anytime!

Certificates are available for the amount of your choice!

Donation Envelopes Available!

Consider supporting the 55 Plus as a recipient of your annual donations or as a bequest of your estate. Tax Receipts will be issued.

Donations are Greatly Appreciated!

NEW



The South Interlake 55 Plus is now able to offer E-Transfer as an alternate payment method!

- *Payment for memberships, programs and donations can now be cashless.*
- Cash and Cheques will continue to be an accepted payment method.
- Please note that some financial institutions may charge a fee for e-transfers, please check with your specific institution.
- **Contact Info for E-Transfers to 55 Plus:**
 - Create a contact on your online banking or app for South Interlake 55 Plus using the following email: si55info@gmail.com
 - Auto-Deposit has been enabled, so no security question and answer is required.

*Welcome
Back!*

55 PLUS RE-OPENING!! SLOWLY & SAFELY!

WE'RE GETTING
READY



We are excited to welcome you back on Tuesday, September 1!

*As we look forward to re-opening, our goal is to re-open slowly and safely
to protect you and others while enjoying programs at the Centre.*

Only selected programs will be offered in September with additional programs resuming at a later date.

RESUMING IN SEPTEMBER:

Steppin' Out

Line Dancing

Steppin Up

Quilter's Corner

Tai Chi

Book Club

Active Wellness Club Classes: *Yoga / Zumba / Body Blast & F.I.T. / Yin Yoga / Pilates*

For Information on Visiting the Centre & What to Expect – Please see Page ____



Annual General Meeting

**Thursday, September 24
7:00 pm**

Mixed Format Meeting

Attend & Participate in Person: Maximum = 25

Odd Fellows Hall - 374 1st Street West, Stonewall

Attend & Participate Virtually: Zoom

***Pre-Registration Required
for In Person or Zoom Attendance!***

Register to Attend by:

Monday, September 21 By 4:00 pm

Call 204-467-2582 OR Email: si55plus@mts.net



Welcome Back!

Re-Opening Quick Reference

ver.07-2020

This is an overview of our approach to re-opening the Centre.

Our top priority is the health and safety of our members, participants and staff.

Outlined are procedures to meet regulations & recommendations to protect you and others.

Our goal is to re-open slowly and safely to maintain a safe and welcoming environment.

Guidelines and protocols subject to change.

General	
Centre Hours	Tuesday - Friday: 8:30 - 6:30 pm
Office Hours	Monday - Friday: 8:30 - 4:00 pm Note: Mondays - Office Contact is by Appointment ONLY
Capacity	The maximum number of people permitted indoors at the 55 Plus Centre is 20.
Time Limit	Participants are encouraged to keep their visit to under 90 minutes
Entrance	Screening will occur upon entry. Hand hygiene stations will be placed at the front vestibule of the Centre
Shared Spaces	Avoid congregating in shared areas, such as the entrance & cloak room.
Check In	Upon arrival at the Centre, touchless/verbal check in at reception will be required by all visitors/participants.
Participation	Pre-Registration is required for participation in any activity. No Drop-in activities are allowed at this time. Arrival for programs is expected to be no more than 15 minutes prior to the program attending.
Transactions	Payment for registration fees may be made by cheque, cash or e-transfer (si55info@gmail.com); e-transfer is preferred when possible.
Equipment	All users are asked to bring their own filled water bottle and any required equipment for classes. No storage of personal items will be available at the Centre. Weights may be available for shared use.
Safety	
Regulations	Adherence to Manitoba and Canada Health recommendations will be required.
Tracking	South Interlake 55 Plus is required to keep a list of all individuals and their contact information who visit the Centre for 21 days to ensure appropriate public health follow-up can take place if a participant is exposed to Covid-19. There will be touchless (verbal) sign in at Reception.
Face Masks	Wearing of a mask is not mandatory; individual choice. Face masks are not recommended while exercising.

Screening	<ul style="list-style-type: none"> • 55 Plus is responsible for pre-screening all individuals • Participants, staff and volunteers will be screened daily for symptoms prior to work or participation in activities. Individuals who are ill with Covid-19 symptoms will not be permitted on site for work or scheduled activities. • Screening Questions: <ol style="list-style-type: none"> 1. <i>Have you been out of the province in the last 14 days?</i> 2. <i>Are you experiencing any symptoms of illness - runny nose, cough, fever, sore throat?</i> 3. <i>Have you been exposed to someone who has tested positive or is a probable case for COVID-19 or is symptomatic?</i> • All answers to Screening Questions must be "NO" for entry.
Spacing	Physical distancing of two meters (6ft) will be required at all times; except when brief exchanges are required. Please be mindful of physical distancing upon entering and exiting the Centre. Staff will monitor all users and remind of social distancing, there will be no congregating in the facility until further notice.
Illness	Stay home if you are experiencing symptoms, even if they are mild. You will be requested to return to the Centre when well.
Signage	COVID-19 guidelines signage will be placed throughout the facility reminding all patrons of physical distancing measures, hand hygiene and cough etiquette and cleaning practises where required.
Protective Barriers	Please respect the protective barrier(s) at reception and while in the office area. Only 4 people can be accommodated in the 55 Plus Office.
Washrooms	Bathrooms will be open to participants; high-touch surfaces will be cleaned periodically.
Cleaning	55 Plus staff and volunteers will sanitize touch surfaces in between programs.
Programs	
Class Size	Classes are limited to a maximum of 15 registered participants.
Arrival & Departure	Participants should arrive no more than 15 minutes prior to the class they are attending. Departure should be as quickly as possible to allow for cleaning between programs if applicable. Any Centre equipment used, must be cleaned according to the posted protocol and with the provided wipes.
Equipment	All users are asked to bring their own filled water bottle and any required equipment for classes. No storage of personal items will be available at the Centre. Weights may be available for shared use.
Registration	At this time, No drop in's are allowed. Pre-Registration required for classes. Registrations are non-transferable unless approved as per 55 Plus Program Policy.

Programs Resuming - September

Stay Active! Stay Connected! Stay Healthy!



Steppin' Out



Nordic Urban Walking Poles are available for your walk!

Join Friends & Neighbours

Every Tuesday @ 10:00 am

*For a Walk Around Town
Physical Distancing Required*

55+ Activity Centre

374 1st Street West (Odd Fellows Hall)
204-467-2582



Getting outside for a walk is a great way to protect your health!

Quilter's Corner

Fridays: 11 am – 3 pm

September Dates:

September 4

September 18

Members: \$3

Non-Members \$5

Please Pre-Register!

Beginners & Experienced Quilters Welcome; Bring a Lunch or Take a Lunch Break!



Tai Chi

Led by Antonio Cesari

Tuesdays @ 2:00 pm

September 8 – November 10

10 Week Session - Beginner Level

Odd Fellows Hall: 374 1st Street W, Stonewall

FEE: \$100 Members ~ \$120 Non Members

The ancient Chinese believed that true health comes when body,
mind and spirit work together in harmony.

For More Information Or to Register, Call:

204-467-2582

STEPPIN' UP!

Offered Virtually & In Centre!

Wednesdays @ 9:00 am – In Centre* Starts September 2!

Mondays to Saturdays @ 9:00 am – Virtual Classes

This program supports and encourages ALL adults to embrace an active lifestyle,
offering a self-sustaining, accessible, high quality exercise program at **no cost.**

Membership is encouraged to support the program.

**Program is being offered by our volunteer leaders
virtually in live feed using Zoom.**

****Virtual Participation will be offered for Wednesday Classes!***

To register for the classes or for more information,
Call the 55 Plus Office 204-467-2582 Or email: si55plus@mts.net

Stay Active! Stay Connected! Stay Healthy!



Line Dancing

Is Back!



Join Us at the Centre!

Tuesdays & Thursdays @ 11:30 am

55 Plus Centre – 374 1st Street West, Stonewall

Pre-Registration Required – Call 204-467-2582

Registration Deadline: Thursday, August 27 by 3 pm

Limited Class Size - Max. # of Dancers = 15



REGISTRATION OPTIONS – September 1 - 30:

	Member	Non-Member
• Tuesdays ONLY:	\$25	\$35
• Thursday ONLY:	\$20	\$28
• Tuesday & Thursday:	\$45	\$63
• Pick Your Schedule: # of Classes (Dates Specified) X Member/Non-Member Fee		

**1 Hour
Class**

GENERAL INFO:

No drop in's are allowed.

Class size will be limited and no registrations will be accepted when the class size has been reached.

Payment for registration fees may be made by cheque, cash or e-transfer (si55info@gmail.com); e-transfer is preferred when possible.

No refunds for missed classes. Special consideration as per the 55 Plus Program Policy may be requested in writing.

*Any changes to **"Pick Your Schedule"** must be approved in advance of change by lead staff or in their absence, the Chair of the Program Committee or Re-Opening Committee.*



Call: 204-467-2582

ACTIVE WELLNESS CLUB

DATE: Starts September 14th

12 week session: Sept 14 – Dec 4

Or 6 week sessions:

Sept 14 – Oct 23 & Oct 26 – Dec 4

PRE-REGISTRATION REQUIRED!



WE'RE BACK!

Let's make **HEALTHY HAPPEN**

SCHEDULE

Mon - Body Blast @ 4:30 Cheryl Kooning (45 min)
- Yoga @ 5:30 Gail Spencer-Lamm (50 min)

Tues - Pilates and Barre @ 4:30 Liz Luke

Wed - Yoga @ 10:15 Liz Luke
- Zumba @ 5:15 pm Christine MacNeil

Thurs - Yin Yoga @ 8:30 Liz Luke
- F.I.T @ 5:30 Cheryl Kooning (50 min)

Fri - Yoga @ 9:00 Gail Spencer-Lamm

PRE-REGISTRATION REQUIRED FOR EACH CLASS

Classes are 1 hour unless otherwise indicated

FEES

Full Session (12 weeks):

1 class / wk: M \$85 | NM \$105
2 classes / wk: M \$145 | NM \$165
3 classes / wk: M \$200 | NM \$220
4 classes / wk: M \$252 | NM \$275
5 classes / wk: M \$300 | NM \$320

Half Session (6 weeks):

1 class / wk: M \$45 | NM \$65
2 classes / wk: M \$75 | NM \$95
3 classes / wk: M \$100 | NM \$120
4 classes / wk: M \$126 | NM \$146
5 classes / wk: M \$150 | NM \$170



DESCRIPTIONS

Body Blast – a 15-15-15 style class meaning the class will contain 15 minutes of cardio, 15 minutes of strength training with a core focus and 15 minutes of stretching and relaxing.

Pilates – 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.

Yoga - You will focus on uniting body, mind and spirit and develop ease of movement, strength, and flexibility with flowing, rhythmic yoga

Zumba/Zumba Gold - This fun aerobic dance workout is guaranteed to bring on good vibrations. Bring your water because you will sweat, and if you don't come in with a smile we know you will leave with one!

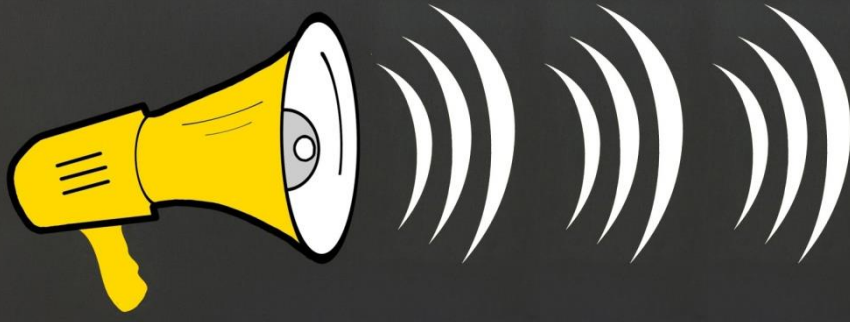
Yin Yoga - A class with a focus on increasing flexibility and mobility. Includes a long rest period at the start and end of class to encourage peace for the mind and body.

F.I.T – Fun Interval Training - variety of alternating cardio and strength training moves for a full body workout. Fastest way to burn fat, get lean and burn calories even after the class is over. Work at your own level. Emphasis on kickboxing and great music. Co-ed participation encouraged. Try something new!



FOR INFO OR TO REGISTER CALL: 204-467-2582

The 55 Plus Centre Reserves the Right to Cancel a Class



NEW

VIRTUAL CHAT TIME BY ZOOM

THURSDAYS:

2nd & 4th Thursday of the Month

3:00-4:00 PM

*An open time to check in and
share with each other!*

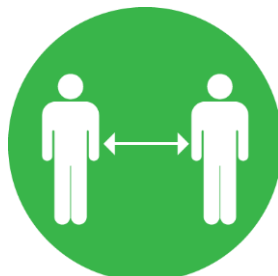
Stay Connected! Stay Healthy!

Join the Conversation:
By Calling 204-467-2582
Or Email: si55plus@mts.net



Program Provided by South Interlake 55 Plus, Inc.

Adapted & Alternate Programs



Stay Active! Stay Connected! Stay Healthy!



Stitch'n Craft



*Are you knitting or crocheting to keep busy?
Are you interested in knitting projects that will help others,
such as mitts, hats, socks or blankets?
And, do you need wool or yarn to participate?*

The 55 Plus Stitch'n Craft group will provide individuals with wool/yarn who wish to donate their project when completed! Contact the 55 Plus Office @ 204-467-2582 to discuss your participation!

Here's some projects that our members are busy making!



Send us PICTURES of your projects to share!
Send to si55plus@mts.net



And for BEGINNERS ~ LEARN TO CROCHET:
<https://youtu.be/x1I1fEQIeIU>

PAINTING @ HOME WITH GAIL



Gail Spencer-Lamm is offering FREE Beginner Painting Tutorials!

If you are interested in participating
Please call the 55 Plus Office 204-467-2582

Or email: si55plus@mts.net

For information and links.

Many Projects Available!



Ukulele Club – Keep on Pickin’!



Although we are not able to jam together,
(hopefully soon we will)

The 55 Plus is committed to encouraging you to
Continue to Learn and Practice Playing the Ukulele!

Instructional videos are available!

**New Players
Welcome!**

To receive the links to the “TUNE(S) OF THE WEEK”

Please email the 55 Plus: si55plus@mts.net



Line Dancing Dance @ Home - August



Our **Dance @ Home** Line Dancing Program is AVAIIABLE for August!
Program is offered via Live Facebook feed

If you are interested in participating, Call 55 Plus office 204-467-2582
OR email: si55plus@mts.net

All skill levels welcome!

Kick up your heels & learn with your peers!





Unfortunately, during this already challenging time, there are unscrupulous characters that are looking to take advantage of unsuspecting individuals!

You may get phone calls, emails and texts on COVID-19. Be cautious when receiving them:

- remember that if you didn't initiate contact with a person or a business, you don't know who you are dealing with
- never click on links or attachments in unsolicited or suspicious emails
- never give out your personal or financial information by email or text
- note that financial institutions will never ask you to provide personal, login or account information by text or email
- when banking online, enter your financial institution's website address in your browser yourself
- beware of questionable cures for sale: if it seems too good to be true, it probably is

For more information, check out [Little Black Book of Scams](#) and the [Canadian Anti-fraud Centre](#). More tips on how to stay protected from Financial Fraud are available [here](#).

UPDATES

**COLD
HARD
CASH**

THE JOHNNY CASH EXPERIENCE



SATURDAY, OCTOBER 10

7:00 PM

**Heritage Arts Centre
Stonewall**

POSTPONED

More Info Coming Soon!

QUIZ MASTERS



Get Your Team Ready!

FRIDAY, OCTOBER 30

7:00 PM

**Parochial Hall
Stonewall**

*More Info Coming Soon!
Fundraiser in Support of 55 Plus*



MAKE A CONNECTION



The **LIFESTYLES 55** – For your enjoyment the link to the **Current Issue** is: <http://lifestyles55.net/>



SENIOR CENTRE WITHOUT WALLS

Age & Opportunity

Provides FREE Distance Programming!

Senior Centre Without Walls (SCWW) provides educational and recreational programming in a fun & interactive atmosphere where all programming is provided over the phone.

Follow the Senior Centre Without Walls link:

<https://www.aosupportservices.ca/our-three-pillars/social-engagement/senior-centre-without-walls/>

Senior Centre Without Walls Program Guide – May to August 2020:

<https://www.aosupportservices.ca/wp-content/uploads/2020/04/AO-SCWW-Volume-11-SPRING-2020-final-no-mark-ups.pdf>

COVID-19 Information Links

For up-to-date information regarding COVID-19, the following are links are recommended:

Government of Manitoba:

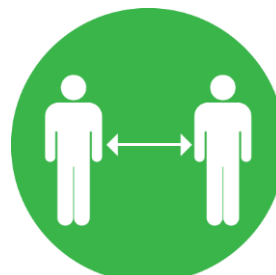
<https://www.gov.mb.ca/covid19/>
<https://www.covid19manitoba.ca/>

Government of Canada:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

IERHA Link to Community Update:

<https://conta.cc/3aAOx7>



Around Town

Delivery Services Available from Stonewall Business During COVID-19 - within Stonewall

Stonewall Family Foods

PH: **204-467-5553**

Email: swfamilyfoods@gmail.com

Stonewall Pharmacy

PH: **204-467-8385**

Stonewall Home Hardware

PH: **204-467-5589**



Rexall Pharmacy

PH: **204-467-8137**

also has a drive thru window

Quarry Ridge Pharmacy

PH: **204-467-7333**

204-467-7322 Fax



Many other businesses in Stonewall may have delivery and alternate service methods; check with that particular business for more information.

Dedicated Shopping Hours for Seniors:

Family Foods:

Mon-Sat: 8 - 9 am



Red River Coop:

Wed & Fri: 7 - 8 am

SAMS **Stonewall & Area Mobility Service**

- Offering flexible times for trips (ie, on evenings and weekends)
- Following social distancing guidelines in the vehicles
- Vans are disinfected after every use
- Drivers wear masks and we ask the same of the passengers
- Currently offering the same pricing on fares as the previous service



**Monday – Friday
(closed holidays)**

8:30 am to 4:30 pm

204-467-9446

SOUTH INTERLAKE SENIORS RESOURCE COUNCIL INC.



SOCIAL DISTANCING DOES NOT HAVE TO MEAN SOCIAL ISOLATION

We at SISRC are committed to servicing our seniors in whatever capacity we can due to the circumstances.

Please feel free to contact us and we will do our best to help you with your request!



We are still providing

Friendly Phone Calls

Equipment Rental

Grocery and medication delivery

Meals on Wheels

Lifeline

**SOUTH
INTERLAKE
SENIORS
RESOURCE**

204-467-2719

SUDOKU

Sudoku is one of the most popular puzzle games of all time. The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game.



2	8	4					6	3
		5					7	8
								4
9					3		1	
					6		4	
4		6						
	2						9	
1			6		9	4		7
5			7	1				2

5			2		3			
		4						7
	7				9		5	
		9	6	5		2		
		3			8	4		
							8	
	8							
				4		1		
	6		1					3



WORD SEARCH

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



AMBROSIA
 APPLE CRISP
 APPLE PIE
 BAKED ALASKA
 BAKLAVA
 BANANA SPLIT
 BREAD PUDDING
 BROWNIES
 BUTTER TARTS
 CARROT CAKE
 CHEESE CAKE
 CHOCOLATE CAKE

CINNAMON ROLLS
 CREME BRULEE
 CREPES
 ECLAIRS
 EMPANADAS
 FLAN
 FRUIT CRUMBLE
 FUDGE
 GELATO
 GINGERBREAD
 ICE CREAM

JELLY ROLLS
 LEMON BARS
 MACAROONS
 MERINGUES
 MONKEY BREAD
 MOUSSE
 NUT BRITTLE
 PARFAIT
 PASTRIES
 PAVLOVA
 PEACH COBBLER

PINEAPPLE DELIGHT
 PLUM SQUARES
 RAISIN PUDDING
 RUM BALLS
 SORBET
 STRAWBERRY SHORT CAKE
 STRUDEL
 SUNDAE
 TIRAMISU
 TORTES
 TRIFLE



ACTION CALENDAR: ALTRUISTIC AUGUST 2020



SATURDAY

1 Choose to be kind to others (and yourself) all this month

8 Give unused items, clothes, food or money to help a local charity

15 Cook your favourite food for someone who will appreciate it

22 Today do something to make life easier for someone else

29 Plan a future project or gathering for your local community

SUNDAY

2 Send a positive message to someone you can't be with

9 Water some flowers or plants in a public park or outdoor space

16 No plans day! Be kind to yourself so you can be kinder to others

23 Turn your phone off and give people your full attention

30 Today do something to be kind to nature and our planet

MONDAY

3 Treat everyone you interact with as though they are a friend

10 Contact a friend to let them know you're thinking of them

17 Make a thoughtful gift as a surprise for someone

24 Take time to forgive someone who hurt you in the past

31 Share Action for Happiness with other people today

TUESDAY

4 Ask someone how they feel and really listen to their reply

11 Be thankful for your food and the people who made it possible

18 Give your time to help a project or charity you care about

25 Give your time and energy to help someone in difficulty

WEDNESDAY

5 Spend time wishing for other people to be free from suffering

12 Share an encouraging news story to inspire others

19 Check in with someone who may be lonely or feeling anxious

26 Find a way to 'pay it forward' or support a good cause

THURSDAY

6 Smile and be friendly, even when 'physical distancing'

13 If someone annoys you, be kind. Imagine how they are feeling

20 Look for the good side in everyone you meet today

27 Notice when someone is down and try to brighten their day

FRIDAY

7 Thank someone you're grateful to and tell them why

14 Try to bring a smile to as many people as possible today

21 Tell someone about a book or article you found helpful

28 Start friendly conversations with people you don't know



**In a world where you can be anything, be kind.
Every act of kindness makes a difference.**



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/altruistic-august

Keep Calm · Stay Wise · Be Kind

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) 9:30 Book Club 10:00 Steppin' Out 11:30 Line Dancing	2) 9:00 Steppin' Up	3) 11:30 Line Dancing	4) 11:00 Quilter's Corner	5)
6)	7) LABOUR DAY OFFICE CLOSED	8) 10:00 Steppin' Out 11:30 Line Dancing 2:00 Tai Chi	9) 9:00 Steppin' Up	10) 11:00 Line Dancing 3:00 Virtual Chat	11)	12)
13)	14) 4:30 Body Blast 5:35 Dynamic Yoga	15) 10:00 Steppin' Out 11:30 Line Dancing 2:00 Tai Chi 4:30 Pilates	16) 9:00 Steppin' Up 10:30 Yoga 5:30 Zumba	17) 8:30 Yin Yoga 11:30 Line Dancing 5:30 F.I.T	18) 9:00 Yoga 11:00 Quilter's Corner	19)
20)	21) 4:30 Body Blast 5:35 Dynamic Yoga	22) 10:00 Steppin' Out 11:30 Line Dancing 2:00 Tai Chi 4:30 Pilates	23) 9:00 Steppin' Up 10:30 Yoga 5:30 Zumba	24) 11:30 Line Dancing 3:00 Virtual Chat 5:30 F.I.T	25)	26)
27)	28) 4:30 Body Blast 5:35 Dynamic Yoga	29) 10:00 Steppin' Out 11:30 Line Dancing 2:00 Tai Chi 4:30 Pilates	30) 9:00 Steppin' Up 10:30 Yoga 5:30 Zumba			