



55^{South Interlake} Plus

374 1st Street West, Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org



Code
Red
Edition

2020



We are continuing to operate programs with Code RED Restrictions in place. See page 6 of the Newsletter for more information or contact us by phone at 467-2582 or email at si55plus@mymts.net

Pre-Registration is required to join any programs.



Fall 2020

November 2020

Selected programs have resumed and restrictions are currently in place due to Code Red. A few changes were necessary and we thank everyone for their understanding.

Please review updates to our Guideline & Protocols, in response to the changes implemented by Manitoba Public Health. Updates will be published on the 55 Plus website and Facebook page as well.

Purchasing of a new membership or a renewal of your membership can now be completed online. A form to complete and submit can be found on the Membership Info page of our 55 Plus website. Payment can also be made by E-transfer. The ability to submit both your information and payment online will hopefully assist those who are not yet visiting the Centre. Your renewal or purchase of a new membership is greatly appreciated in supporting the operations of the Centre.

Along with the programs resuming in Centre, the virtual or online programs will continue and more are being developed. With the Code Red restrictions, Active Wellness Classes are being offered in Centre and by Zoom. Please bear with us as we navigate the learning curve of technology together! Watch for more information on these developing programs and activities!

Stay Active! Stay Connected! Stay Healthy!

Cheryl Cathers
Executive Director

Programs at a Glance:

PLEASE NOTE: The following programs will be available at the Centre in November. (restrictions permitting)

Monday:

Body Blast @ 4:30 pm
Dynamic Yoga @ 5:30 pm

Tuesday:

Stepping Out @ 10:00 am
Line Dancing @ 11:30 am
Tai Chi @ 2:00 pm
Pilates @ 4:00 pm

Wednesday:

Steppin' Up @ 9:00 am
Yoga @ 10:15 am & 11:30 am
Zumba @ 5:15 pm

Thursday:

Yin Yoga @ 9:00 am
Line Dancing @ 11:30 am
F.I.T. @ 5:30 pm

Friday:

Yoga @ 9:00 am & 10:30 am

Programs on a Scheduled Basis:

Book Club
Quilting
Painting with Gail
One Stroke Painting

Shopping Trip to Selkirk-Postponed

Virtual Programs

Steppin'Up
Virtual Chat

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



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!
Memberships Can Now Be
Completed On-line!
Check out our Website at***

***www.si55plus.org to fill out a Membership form
for a New Membership or to Renew.***

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.
Call for more information!*



**Consider giving a
gift certificate from
South Interlake 55
Plus to
someone for
Christmas.**



Happy Birthday

November



Name	Date
Debbie Woywitka-McAlpine	6
Shirley Toback	8
Cathy Hendricks	8
Dorothy Steffan	17
Deb Peterson-Bagan	18
Molly Smadylla	19
Linda McMurtry	20
Mabel Armstrong	22
Margaret Munroe	23
Susan Gareau	26
Henriette Baryliuk	27
Tina Arbez	29
Marilyn Dew	30



reminder

Remember to set your clocks back one hour on Sunday, November 1.



***Remembrance Day
Wednesday,
November 11
OFFICE CLOSED
No Classes in Centre***

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 contactless.***
- 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.

Outlined are procedures to meet regulations & recommendations to protect you and others.
Our top priority is the health and safety of our members, participants and staff.

Guidelines and protocols are subject to change.

CODE RED – Supersedes all Prior Regulations and Protocols (Subject to change according to Manitoba Public Health Orders)

Duration	Code Red restrictions are in effect. Restrictions level will be updated by Manitoba Public Health.
Capacity	Capacity of the facility is 10 . Classes/Programs will be limited to 8 participants .
Face Masks	Proper face mask use (covering nose and mouth) is mandatory at all times during your visit, even during a physical activity class. If you are not wearing your mask properly, you will be given a warning, or be asked to leave. 2 metres physical distancing must be maintained.

CODE ORANGE – Supersedes all Prior Regulations and Protocols (Subject to change according to Manitoba Public Health Orders)

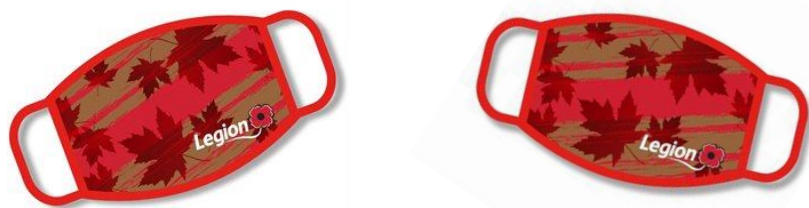
Duration	Code Orange restrictions are in effect. Restriction level will be updated by Manitoba Public Health.
Capacity	Capacity of the facility is 10 . Classes/Programs will be limited to 8 participants .
Face Masks	Face Masks are mandatory for entry and all activities/programs except during a physical activity class when 2 meters physical distancing can be maintained.

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 (See Code Red Restrictions) .
Time Limit	Participants are encouraged to keep their visit to under 90 minutes
Entrance &	Upon arrival a touchless/verbal check in at reception will be required by all

Check In	visitors/participants. Pre-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.
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 starting.
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.
Face Masks	Wearing of a mask will be mandatory upon arrival and at time of entry. Masks may be removed once participants are spaced within 6 ft of fellow participants during their program. (See Code Red Restrictions)
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 to a location that is not excluded by current Provincial Public Health Orders? (All International travel and domestic travel east of Terrance Bay, Ontario)</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	Please stay home if you are experiencing symptoms, even if they are mild.

Signage	COVID-19 guidelines signage will be placed throughout the facility reminding all patrons of physical distancing measures, hand hygiene, 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. Hand hygiene stations will be available.
Cleaning	High-touch surfaces will be sanitized prior to start of each program.
Programs	
Class Size	Classes are limited to a maximum of 15 (See Code Red Restrictions) registered participants. At this time, No drop in's are allowed. Pre-Registration is required for classes. Registrations are non-transferable unless approved as per 55 Plus Program Committee.
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.
Equipment	All users are asked to bring their own filled water bottle and any required equipment for classes. Any Centre equipment used, must be cleaned according to the posted protocol and with the provided wipes. No storage of personal items will be available at the Centre. Weights may be available for shared use.
Card Games – Suspended During Code Red	
Face Masks	Wearing of a mask is mandatory at all times during card playing.
Hand Sanitizer	Hand sanitizer will be available during card play. Participants will be asked to sanitize if they touch their mask or upon return to the table if they leave the table for any reason.
Refreshments	<ul style="list-style-type: none"> • Refreshment/Snack break will not take place at the table of play and must take place in a designated space where physical distancing is maintained. • Participants are required to bring their own refreshments/snack which will not be shared with other participants.



Active Living Programs



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!



STEPPIN' UP!

PRE-
REGISTRATION
REQUIRED!

Mondays to Saturdays @ 9:00 am – Virtual Classes

Wednesday Classes offered In Centre and Virtual @ 9:00am

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.**

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

Line Dancing



Tuesdays & Thursdays @ 11:30 am
55 Plus Centre – 374 1st Street West, Stonewall
Pre-Registration Required – Call 204-467-2582

Registration Deadline: Friday, October 30:

Limited Class Size - Max. # 9 Dancers

REGISTRATION OPTIONS – November 1-30:

**1 Hour
Class**

	Member	Non-Member
• Tuesdays ONLY:	\$20	\$28
• Thursday ONLY:	\$20	\$28
• Tuesday & Thursday:	\$40	\$56

• **Pick Your Schedule:** # of Classes (Dates Specified) X Member/Non-Member Fee

GENERAL INFO:

No drop in's are allowed.

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

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.



ACTIVE WELLNESS CLUB

6 week sessions available
Oct 27 – Dec 9
PRE-REGISTRATION REQUIRED!

Zoom Option is
Now Available.



CLASSES AVAILABLE

- Mon** - Body Blast @ 4:30-Cheryl Kooning (45 min)
 - Yoga @ 5:30-Gail Spencer-Lamm (50 min)
- Tues** - Pilates @ 4:30 Liz Luke
- Wed** - Yoga @ 10:15 & 11:30-Liz Luke
 - Zumba @ 5:15 pm-Christine MacNeil
- Thurs** - Yin Yoga @ 9:00-Liz Luke
 - F.I.T @ 5:30-Cheryl Kooning (50 min)
- Fri** - Yoga @ 9:00 & 10:30-Gail Spencer-Lamm

Classes are 1 hour unless otherwise indicated

FEES

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. Will include barre movements to 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 in a circuit format 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. Co-ed participation encouraged.*

***Modifications for “Just Returning” or to challenge your fitness level will be included in the instruction of the classes. Welcome Gift Draw if you sign up for these classes – free massage!**



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

The 55 Plus Centre Reserves the Right to Cancel a Class



Weekly/Monthly Programs



South Interlake 55 Plus Book Club

November 3 @ 9:30 am

Book selected are supplied by the South Interlake Regional Library

Pre-register to join by calling 204-467-2582 or email si55plus@mymts.net

There is no cost involved....all you need is a 55 Plus Membership & a library card!!!

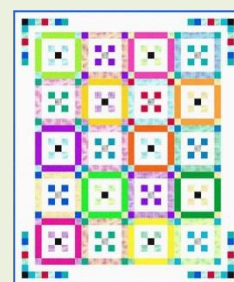
Quilter's Corner

Fridays: 12 pm – 3:30 pm

November Dates:

November 13

November 27



Members: \$3

Non-Members \$5

*Please Pre-Register!
Beginners & Experienced
Quilters Welcome*



Card Games

Bridge- Every 2nd Wednesday @ 1:00 pm

Hearts-Every Thursday @ 1:00 pm

Please review the established 55 Plus Guidelines and Protocols that must be followed for participation. (Page 6, 7 & 8)

Pre-Registration is Required – Call 204-467-2582 or email si55plus@mymts.net

There is no cost involved....all you need is a 55 Plus Membership!

Workshops & Events



Painting Class

Rudolph in the Northern Lights

Tuesday November 24, 1:00 - 3:00pm

Instructor: Gail Spencer-Lamm

Tap into your inner artist as we paint this easy beginner-friendly acrylic on canvas!

**Limit of 6 Participants in Centre.
Will also be offered by Zoom.**

***The project will be done on a 12" x 16" Canvas. All supplies (Paints/Brushes/Canvas) will be provided for those attending in person. A list of supplies will be provided for those attending by Zoom to purchase on your own.**

**Cost for in-Centre: Members: \$35 Non-Members \$45
Cost to attend by Zoom: Members \$15.00 Non-Member \$20.00**

Pre-Registration is required by November 17th by calling (204)-467-2582 or Email: si55plus@mts.net

Shopping Trip To Selkirk



Wednesday, November 21st

Departs @ 9:45 am from Selkirk
10:00 am from Selkirk to Hall

(Shop at Selkirk Crossing includes: Walmart, Dollarama,
Christmas with a stop at Trickers as well.)

Arrival location to be confirmed

Return to Selkirk by 2:15 pm

\$22.50/Member \$30.00/Non-Members

Register by November 20th by calling (204) 467-2582

Or email: si55plus@mts.net

(Limited seats on the Bus. Masks must be worn)



One Stroke Painting

***Seasonal Santa on an Up-cycled
Ceiling Fan Blade***

November 25, 1:00-4:00pm

Class Fees:

Member \$10.00

Non-Members: \$15.00

Lab Fee: \$15.00 (Payable to Instructor)

Call to Register before November 18th

Call: (204)-467-2582

Or Email: si55plus@mts.net



Christmas Curbside Fundraiser Dinner-To-Go

South Interlake 55 Plus
is having a
Fundraising Christmas Dinner for Curbside
Pick-up at
Odd Fellows Hall on

December 16th
10:30am - 12:30pm

Delivery will be provided to orders
from Lions Manor

Turkey Dinner with the trimmings
\$25.00/person

(Pre-cooked and ready to microwave at your convenience.)

Every Dinner ordered will also enter you
into a Loonie Draw

Call **467-2582** to place your order.
Payment needs to be received by
December 11th

**CURBSIDE
PICKUP**



Virtual Programs

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

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!

***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.



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**



Fall Prevention Month - check out the resources and activities.

<https://www.fallpreventionmonth.ca/adults>

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

Age & Opportunity provides **FREE** Distance Programming! <https://www.aosupportservices.ca/>

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 SCWW link:

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

Senior Centre Without Walls Program Guide – Sept. to Dec. 2020:

<https://www.aosupportservices.ca/wp-content/uploads/2020/08/AO-SCWW-Volume-12-FALL-2020-for-Website-with-Registration-Form.pdf>

Help Fight Fraud: The information you need to fight fraud and keep yourself, your family and your money safe, check out [Little Black Book of Scams](#) and the [Canadian Anti-fraud Centre](#). For more tips on how to stay protected.

South Interlake Seniors Resource (SISRC) is committed to servicing seniors in whatever capacity they can. Their SISRC business office is located at 144-622 Centre Ave., in the Lions Manor, Entrance 4. Feel free to contact them at this link: <http://sisrc.ca/> or call at (204) 467-2719

COVID-19 Information Links

For up-to-date information regarding COVID-19.:

Government of Manitoba:

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

<https://www.gov.mb.ca/covid19/restoring/phase-two.html>

Government of Canada:

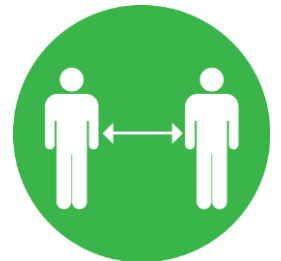
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

IERHA Link to Community Update:

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

IERHA Link to Testing Sites:

<https://www.ierha.ca/default.aspx?cid=23829&lang=1>



Around The Community

Delivery Services Available During COVID-19 - within Stonewall

Stonewall Family Foods

PH: 204-467-5553

Email: swfamilyfoods@gmail.com

Now has on-line shopping.

www.stonewallfamilyfoods.com



Stonewall Pharmacy

PH: 204-467-8385

Rexall Pharmacy

PH: 204-467-8137

also has a drive thru window



Quarry Ridge Pharmacy

PH: 204-467-7333

204-467-7322 Fax

Stonewall Home Hardware

PH: 204-467-5589

**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



Hop, Drop and Shop

Operated by
Stonewall and Area Mobility Service

Hop, Drop and Shop is back!

Starting 10% Tuesday, **November 3**, Hop, Drop and Shop will provide transportation around Stonewall.

In December we will offer two Tuesdays: December 1 & 22.

Price is \$5.00 round trip.

Pickups from: Lions Manor, Crocus Manor and Stonewood Place.

Buses will operate on 2 schedules, 10:00 AM and 1:00 PM

Stops include Family Foods, Marketplace, Center & Main (for banking) and Westside Plaza.

Call (204) 467-9446 to register. Seats are limited.

We accommodate wheelchairs, electric wheelchairs, scooters and walkers.

All of SAMS buses are sanitized after each scheduled use.

Masks are Mandatory on the bus.



Interlake-Eastern RHA 2020-21 Influenza and Pneumococcal Immunization Clinics

Community	Dates	Time(s)	Location(s)
Stonewall	November 2, 2020	1:00 pm - 7:00pm	Stonewall Legion, 459 Main St
Selkirk	November 3, 2020	1:00 pm - 7:00 pm	Selkirk United Church, 202 McLean Ave
Warren	November 4, 2020	2:00 pm - 6:30 pm	Warren Fire Hall, 152 McDonald Ave
Selkirk	November 5, 2020	11:30 am - 12:30 pm	Our Daily Bread Soup Kitchen, 368 Jemima Street
St. Laurent	November 5, 2020	3:00 pm - 6:00 pm	St. Laurent Rec Centre, Lot 825 PTH 6
Teulon	November 5, 2020	11:00 am - 3:00 pm	Teulon Anglican Parish Hall, 60-2nd St SE
Petersfield	November 6, 2020	1:30 pm - 4:00 pm	Petersfield Curling Club, 700 Main St
Stony Mountain	November 9, 2020	2:00 pm - 6:00 pm	Stony Mountain Community Centre, 117 School Road
St. Andrews	November 10, 2020	1:30 pm - 7:00 pm	St. Andrews Community Club, 28 St. Andrews Rd
Inwood	November 13, 2020	2:00 pm - 3:30 pm	Inwood Manor, PTH 17
Selkirk	November 14, 2020	10:00 am - 4:00 pm	Gordon Howard Senior Centre, 384 Eveline St
St. Laurent	November 14, 2020	11:00 am - 2:00 pm	St. Laurent Rec Centre, Lot 825 PTH 6
Stonewall	November 17, 2020	10:00 am - 3:00 pm	Stonewall Legion, 459 Main St
Teulon	November 19, 2020	3:30 pm - 6:00 pm	Teulon Anglican Parish Hall, 60-2nd St SE
Woodlands	November 20, 2020	2:30 pm - 4:30 pm	Woodlands Rec Centre, Solvason Ave
Stonewall	November 21, 2020	10:00 am - 3:00 pm	Stonewall Legion, 459 Main St

Book an appointment for your flu shot by calling 1-877-979-9355 between 8:30am and 6:00pm, seven days a week in October, and between 8:30am and 4:30pm Mon-Fri in November.

Please note:

- Only limited walk-ins are available this year. Call 1-877-979-9355 to book an appointment.
- Some flu clinic locations may have changed due to COVID-19.
- You must wear a non-medical face mask to your appointment.
- Please practice good hand-washing and social distancing.
- Do not come to your appointment if you are experiencing flu-like symptoms.
- Please come right at your appointment time to avoid congestion.
- Bring your Manitoba Health Card, and wear a short-sleeved shirt.



November

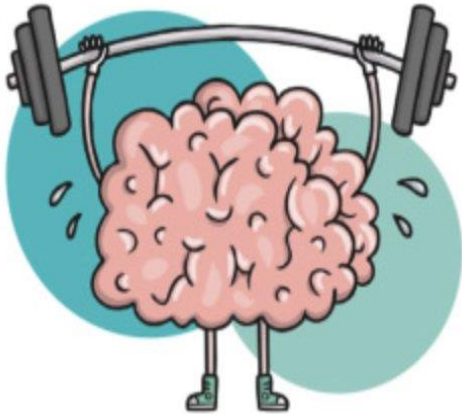
Chrysanthemum flower signifies happiness, companionship, affection and wealth. You are noble in your thoughts and like to help others. You have good judgment skills that help you in your career. You are a real charmer and you make many new friends.

www.wishafriend.com



SUDOKU

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



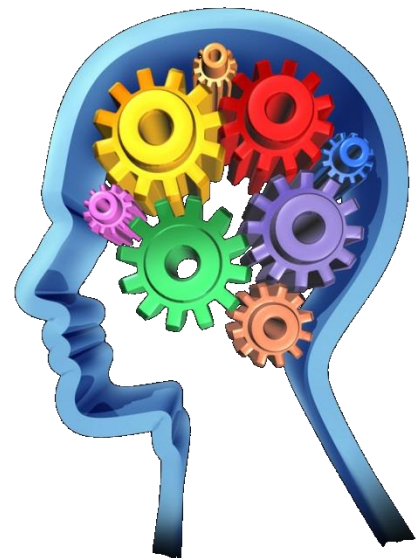
Are you working out your brain?

Easy

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

Easy

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



Fall Prevention

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

stroke	snow	slips	sleepiness
shoes	risk	restraints	rest
postural			
hypotension	poor vision	parkinsons	pain
osteoporosis	obstacles	nutrition	mobility
medication	lighting	exercise	poor judgement
injury	illness	hip protectors	grab bars
footwear	falls	fall mats	environment
diseases	dehydration	confusion	clutter
			assistive
clothing	balance	age	devices
arthritis	agitation		

Remembrance Day Word Search





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

battle
 bravery
 courage
 flanders
 freedom
 hero
 honor
 infantry

liberty
 loss
 November
 peace
 poppy
 remember
 sacrifice
 soldier

troops
 valor
 veteran
 victory
 war
 wreath



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1)  Day Light Savings Ends (Set your clocks back 1 hour)	2) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	3) 9:00 Steppin'Up 9:30 Book Club 10:00 Steppin' Out 11:30 Line Dancing 2:00 Tai Chi 4:30 Pilates	4) 9:00 Steppin' Up 10:15 Yoga 11:30 Yoga 5:15 Zumba	5) 9:00 Yin Yoga 9:00 Steppin'Up 11:30 Line Dancing 5:30 F.I.T	6) 9:00 Steppin'Up 9:00 Yoga 10:30 Yoga(7) 9:00 Steppin'Up
8)	9) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	10) 9:00 Steppin'Up 10:00 Steppin' Out 11:30 Line Dancing 2:00 Tai Chi 4:30 Pilates	11) 9:00 Steppin'Up Remembrance Day! OFFICE CLOSED 	12) 9:00 Yin Yoga 9:00 Steppin'Up 11:30 Line Dancing 3:00 Virtual Chat 5:30 F.I.T	13) 9:00 Steppin'Up 9:00 Yoga 10:30 Yoga(12:00 Quilter's Corner 	14) 9:00 Steppin'Up
15)	16) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	17) 9:00 Steppin'Up 10:00 Steppin' Out 11:30 Line Dancing 2:00 Tai Chi 4:30 Pilates	18) 9:00 Steppin' Up 10:15 Yoga 11:30 Yoga 5:15 Zumba	19) 9:00 Yin Yoga 9:00 Steppin'Up 11:30 Line Dancing 5:30 F.I.T	20) 9:00 Steppin'Up 9:00 Yoga 10:30 Yoga	21) 9:00 Steppin'Up
22)	23) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	24) 9:00 Steppin'Up 10:00 Steppin'Out 11:30 Line Dancing 1:00-Painting with Gail 4:30 Pilates	25) 9:00 Steppin' Up 10:00-Shopping Trip To Selkirk(Postponed) 10:15 Yoga 11:30 Yoga 1:00-One Stroke Painting 5:15 Zumba	26) 9:00 Yin Yoga 9:00 Steppin'Up 11:30 Line Dancing 3:00 Virtual Chat 5:30 F.I.T.	27) 9:00 Steppin'Up 9:00 Yoga 10:30 Yoga 12:00 Quilter's Corner	28) 9:00 Steppin'Up
29)	30) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	<div> <div> November  </div> </div>				