



# 55 South Interlake Plus

374 1<sup>st</sup> Street West, Stonewall

[si55plus@mymts.net](mailto:si55plus@mymts.net)

204-467-2582

[www.si55plus.org](http://www.si55plus.org)

Updated

2020

## 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  
and facility hygiene guidelines will be implemented.*

**Selected programs are beginning on September 1<sup>st</sup>.**  
**See attached calendar.**

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

***Pre-Registration is needed to join all programs.***

Continue to contact us by phone at 467-2582  
or email at [si55plus@mymts.net](mailto:si55plus@mymts.net)  
Drop-in visits should be pre-arranged.



# Dates to Remember

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

## Programs at a Glance:

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

Stepping Out  
Line Dancing  
Tai Chi  
Steppin’ Up  
Quilting  
Active Wellness Club  
(Body Blast, Pilates, Yoga, F.I.T,  
Dynamic Yoga, Zumba)

### Virtual Programs:

Virtual Chat  
Steppin’Up

***Please see the calendar for further information on dates and times for the selected programs resuming in September!***



**Reminder:**  
**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!  
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](mailto:si55plus@mymts.net)

# Happy Birthday

## 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



***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](http://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](mailto:si55info@gmail.com)
  - Auto-Deposit has been enabled, so no security question and answer is required.

*Welcome Back!*

**55 PLUS RE-OPENING!!**

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*

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

**Information on Visiting the Centre & What to Expect – Please see Pages 7 & 8.**



# Annual General Meeting

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

**Mixed Format Meeting**

**Attend & Participate in Person: Maximum = 25**  
Odd Fellows Hall - 374 1<sup>st</sup> 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**



**Welcome Back!**  
**Re-Opening Quick Reference**  
 ver.08-2020

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.  
**Guidelines and protocols are subject to change.**

<b>General</b>	
<b>Centre Hours</b>	Tuesday - Friday: 8:30 - 6:30 pm
<b>Office Hours</b>	Monday - Friday: 8:30 - 4:00 pm Note: Mondays - Office Contact is by Appointment ONLY
<b>Capacity</b>	The maximum number of people permitted indoors at the 55 Plus Centre is <b>20</b> .
<b>Time Limit</b>	Participants are encouraged to keep their visit to under <b>90 minutes</b>
<b>Entrance &amp; Check In</b>	Upon arrival a touchless/verbal check in at reception will be required by all visitors/participants. Pre-screening will occur upon entry. Hand hygiene stations will be placed at the front vestibule of the Centre
<b>Shared Spaces</b>	Avoid congregating in shared areas, such as the entrance & cloak room.
<b>Participation</b>	Pre-Registration is required for participation in any activity. <b>No Drop-in activities are allowed at this time.</b> Arrival for programs is expected to be no more than 15 minutes prior to the program starting.
<b>Transactions</b>	Payment for registration fees may be made by cheque, cash or e-transfer (si55info@gmail.com); e-transfer is preferred when possible.
<b>Equipment</b>	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.
<b>Safety</b>	
<b>Regulations</b>	Adherence to Manitoba and Canada Health recommendations will be required.
<b>Tracking</b>	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.
<b>Face Masks</b>	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.
<b>Screening</b>	<ul style="list-style-type: none"> <li>• 55 Plus is responsible for pre-screening all individuals</li> <li>• Participants, staff and volunteers will be screened daily for symptoms prior to</li> </ul>

	<p>work or participation in activities. Individuals who are ill with Covid-19 symptoms will not be permitted on site for work or scheduled activities.</p> <ul style="list-style-type: none"> <li>• Screening Questions: <ol style="list-style-type: none"> <li>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></li> <li>2. <i>Are you experiencing any symptoms of illness - runny nose, cough, fever, sore throat?</i></li> <li>3. <i>Have you been exposed to someone who has tested positive or is a probable case for COVID-19 or is symptomatic?</i></li> </ol> </li> <li>• All answers to Screening Questions must be "NO" for entry.</li> </ul>
<b>Spacing</b>	<p>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.</p> <p>Staff will monitor all users and remind of social distancing, there will be no congregating in the facility until further notice.</p>
<b>Illness</b>	<p>Please stay home if you are experiencing symptoms, even if they are mild.</p>
<b>Signage</b>	<p>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.</p>
<b>Protective Barriers</b>	<p>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.</p>
<b>Washrooms</b>	<p>Bathrooms will be open to participants. Hand hygiene stations will be available.</p>
<b>Cleaning</b>	<p>High-touch surfaces will be sanitized prior to start of each program.</p>
<b>Programs</b>	
<b>Class Size</b>	<p>Classes are limited to a maximum of <b>15</b> 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 Policy</p>
<b>Arrival &amp; Departure</b>	<p>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.</p>
<b>Equipment</b>	<p>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.</p>



# 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 1<sup>st</sup> 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

New Start Date

Led by Antonio Cesari

**Tuesdays @ 2:00 pm**

**September 15 – November 17**

10 Week Session - Beginner Level

Odd Fellows Hall: 374 1<sup>st</sup> 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!***

***Mondays to Saturdays @ 9:00 am – Virtual Classes  
Starting Sept. 2, 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](mailto:si55plus@mts.net)

**PRE-REGISTRATION REQUIRED!**

***Stay Active! Stay Connected! Stay Healthy!***

# Line Dancing

*Is Back!*



*Join Us at the Centre!*

Tuesdays & Thursdays @ 11:30 am

55 Plus Centre – 374 1<sup>st</sup> 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
• <b>Pick Your Schedule:</b> # 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](mailto: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 14<sup>th</sup>**

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 @ 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. 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. \*

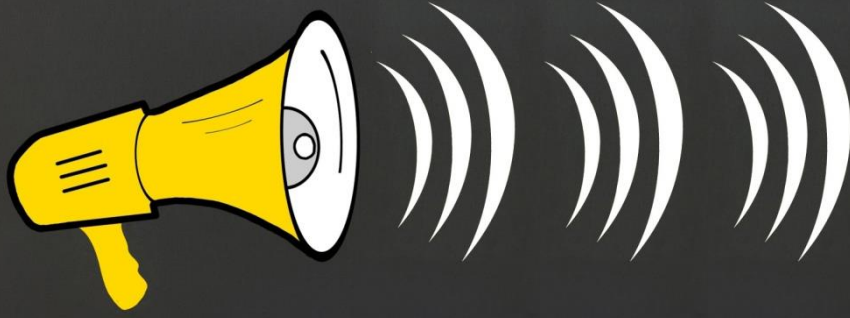
*\*Modifications for “Just Returning” or to challenge your fitness level will be included in the instruction of the classes. Welcome Gift Draw if you sign up for these classes – free massage!*



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



*The 55 Plus Centre Reserves the Right to Cancel a Class*



**NEW**

# VIRTUAL CHAT TIME BY ZOOM

**THURSDAYS:**

**2<sup>nd</sup> & 4<sup>th</sup> 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](mailto:si55plus@mts.net)



Program Provided by South Interlake 55 Plus, Inc.

# Adapted & Alternate Programs

## 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](mailto: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](mailto: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](mailto:si55plus@mts.net)



*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.



**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/>



### 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.:

Government of Manitoba:

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

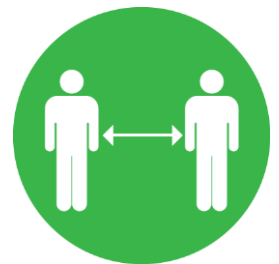
<https://www.gov.mb.ca/covid19/restoring/phase-two.html>

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/3alAOx7>





# \*\*\*Around Town\*\*\*

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

**Stonewall Family Foods**

PH: 204-467-5553

Email: [swfamilyfoods@gmail.com](mailto:swfamilyfoods@gmail.com)



**Rexall Pharmacy**

PH: 204-467-8137

\*also has a drive thru window\*

**Quarry Ridge Pharmacy**

PH: 204-467-7333

204-467-7322 Fax



**Stonewall Pharmacy**

PH: 204-467-8385



**Stonewall Home Hardware**

PH: 204-467-5589



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.



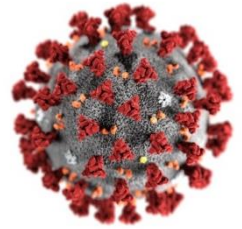
3			7		9	8		2
		1				9		
2	9		3					5
		4				6		
			8			2		
1	3		2	4				
6								4
	4		1					
		5				7		8

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



# WORD SEARCH

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



ACHES  
 ACUTE CARE  
 ASYMPTOMATIC  
 BATS  
 CAREGIVERS  
 CASES  
 COMMUNITY  
 CONTACT  
 CONTAGIOUS  
 CORONAVIRUS  
 COUGH  
 DOCTORS  
 ESSENTIALS  
 FEAR

FEVER  
 FRONTLINE  
 GLOVES  
 HEADACHE  
 HOSPITAL  
 ICU  
 ISOLATE  
 JOB LOSSES  
 LOCKDOWN  
 LONG TERM CARE  
 LUNGS  
 MASKS  
 NURSES  
 NURSING ATTENDANTS

NURSING HOMES  
 OUTBREAK  
 PAINS  
 PANDEMIC  
 PARAMEDICS  
 PATIENTS  
 PNEUMONIA  
 POSITIVE  
 PPE  
 PRECAUTIONS  
 QUARANTINE  
 RECOVERY  
 RESTRICTIONS  
 RUNNY NOSE

SANITIZE  
 SHORTAGES  
 SIXF EET  
 SORE THROAT  
 SPREAD  
 STAY SAFE  
 SYMPTOMS  
 TESTING  
 TIREDNESS  
 TREND  
 UPDATES  
 VACCINE  
 VENTILATORS  
 WASH HANDS

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