



55 South Interlake Plus

Box 309
374 1st Street West,
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

SEPTEMBER 2021



In order to keep our community safe, we will be asking for proof of vaccination for entry into the building. For more information, please view our **Guideline and Protocols on page 4.**

Please contact us by phone at 467-2582 or email at si55plus@mymts.net if you have questions about any programs.

Pre-Registration is required to join any programs.



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.

2021/2022

South Interlake 55 Plus Board of Directors

Executive:

President	Detlev Regelsky
1 st Vice	Kathy Turner
2 nd Vice	Laurie Briggs
Past President	Eadie McIntyre
Secretary	Arlene Patterson
Treasurer	Bob McKenzie

Directors:

Paul Pelletier	Gail Spencer-Lamm
Emma Forbes	Deborah Hinds
Valerie Appleyard	Darwin Fremont

Staff:

Executive Director	Maddy Turbett
Term Position	Danielle Baryliuk



Monday: Closed to the Public
 Tuesday: 8:30 am-4:00 pm
 Wednesday: 8:30 am-4:00 pm
 Thursday: 8:30 am-4:00 pm
 Friday: 8:30 am-4:00 pm

Contact our Office at
 (204) 467-2582 or email at
si55plus@mts.net



Emma Forbes - Director

Meet our Board

My husband Tom and I have lived in Stonewall for 30 years. We have two grown children who both live in the area and four grandchildren. I worked in the office at Stonewall Pharmacy and retired in 2008. I have also been involved in curling, pickleball and enjoy golf. I was honoured to be asked to join the board of the 55 Plus last year. I enjoy volunteering and working with the wonderful staff and board members. I am excited to meet more people as our centre opens once again when it is safe to do so.

Please Note: Programs will run according to current Health Restriction Guidelines. Please check with our website or contact the office for updates on programs as Health Restrictions change.

September Programs at a Glance:
Weekly Programs with Zoom

Monday:

Steppin' Up @ 9:00 am
B.L.I.S.S. Interval Training @ 9:30 am
Strong 4 Life @ 4:30 pm
Slow Strong Yoga Flow @ 5:30 pm

Tuesday:

Steppin' Up @ 9:00 am
Falls Prevention @ 9:00 am
Dynamic Yoga @ 9:30 am
Line Dancing @ 11:00 am
Body Blast @ 4:30 pm

Wednesday:

Steppin' Up @ 9:00 am
DanceFit @ 9:30 am
Strong 4 Life @ 4:30 pm
Slow Strong Yoga Flow @ 5:30 pm

Thursday:

Steppin' Up @ 9:00 am
Falls Prevention @ 9:00 am
Line Dancing @ 11:00 am
F.I.T. @ 5:30 pm

Friday:

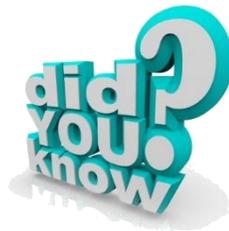
Steppin' Up @ 9:00 am
Yoga @ 9:30 am

Saturday:

Steppin' Up @ 9:00 am

Programs on a Scheduled Basis:

Virtual Chat - Thursday September 9 and 23 @ 3:00 pm
Book Club - Wednesday, September 1st @ 1:00 pm
Quilting - Fridays - September 3 and 24 @ 11:00 am
Cabin Fever Reliever-Thursday, September 16 @ 3:00 pm



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.



Office will be closed on Monday, September 6th.

Please contact us by phone at 467-2582 or email at si55plus@mymts.net if you have questions about any programs.

Pre-Registration is required to join any programs.

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.

General	
Centre Hours	Tuesday - Friday: 8:30 - 6:30 pm
Office Hours	Monday - Friday: 8:30 - 4:30 pm Note: Mondays - Office Contact is by Appointment ONLY
Capacity	The maximum number of people permitted indoors at the 55 Plus Centre is 25 .
Time Limit	Participants are encouraged to keep their visit to under 90 minutes
Entrance & Check In	Upon arrival a touchless/verbal check in at reception will be required by all visitors/participants. Screening will occur upon entry. Hand hygiene stations will be placed at the front vestibule of the Centre.
Proof of Vaccination	<p>Being a senior's centre, our members may be at higher risk for severe outcomes from a COVID-19 infection. Our Centre takes the health of its members, staff and volunteers very seriously. Ideally, all members should be immunized as per government recommendation. Individuals who have undergone a complete vaccination series can provide any of the following:</p> <ul style="list-style-type: none"> • Vaccination card • Downloadable QR code – on a mobile device or printed • Printout of vaccination record <p>Not all individuals may be able to undergo vaccination for medical reasons. In these cases, a note from their physician documenting that they could not be vaccinated can be used to allow access to the club and member activities.</p> <p>Individuals that are not vaccinated for personal reasons will not be allowed for on-site activities, but are welcome to join in our activities on Zoom.</p>
Face Masks	Face Masks are mandatory for entry to the centre. Once individuals are situated for their program (in a physically distanced manner), they may remove their mask. If moving around, individuals will be required to put their mask back on.
Shared Spaces	Avoid congregating in shared areas, such as the entrance & cloak room.
Participation	Pre-Registration is required for participation in any activity. No In-Person 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 any required equipment for classes and their own filled water bottle. No storage of personal items will be available at the Centre. Weights may be available for shared use.
Class Size	Classes are limited to a maximum of 20 registered participants in person . At this time, no in-person drop ins will be allowed. Pre-Registration is required for classes. Registrations are non-transferable unless approved as per 55 Plus Program Committee.
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.
Screening	<p>55 Plus is responsible for 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.</p> <ul style="list-style-type: none"> • 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> <p>All answers to Screening Questions must be "NO" for entry.</p>
Spacing	Physical distancing of two meters (6ft) will be required at all times. During physical activity, three meters (9ft) of physical distancing will be required. Please be mindful of physical distancing upon entering and exiting the Centre. Staff will monitor all users and remind of physical 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 practices where required.
Protective Barriers	<p>Please respect the protective barrier(s) at reception and while in the office area.</p> <p>Only 4 people can be accommodated in the 55 Plus Office.</p>
Washrooms	Bathrooms will be open to participants. Please practice good hand hygiene. Hand sanitizer will be available throughout the centre.
Cleaning	High-touch surfaces and used equipment will be sanitized prior to start of each program.

Card Games

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

- Refreshments/Snacks must take place where physical distancing is maintained.
- Participants are required to bring their own refreshments/snack which will not be shared with other participants.

Have you heard? South Interlake 55 Plus is opening the doors again! Join us for a come-and-go visit on

Wednesday, September 1st!

9:30-11:30am

Meet our new staff, renew your membership, and get used to our screening process before your favourite programs start up again! Coffee will be on, so bring a dollar for the coffee jar and enjoy a cup with friends! (Physically distanced, of course!)



Our guidelines and protocols must be adhered to during your visit, including mask use, and physical distancing of two metres (6ft). We ask that you limit your visit to under an hour to allow for everyone to have a chance to come in. Our maximum capacity at the centre is 25 people, but is subject to change based on public health orders. We understand that continued restrictions can be frustrating, but they are necessary to continue to provide services while keeping our community safe.

We're looking for volunteers!

We can't wait to welcome everyone back to the centre, and we're looking for volunteers to help us make this a smooth transition! Right now, we're looking for help in the following areas:

Front desk/reception Serving coffee COVID-19 screening

Call (204) 467-2582 or email si55plus@mymts.net for more info!



MANITOBA ASSOCIATION OF SENIOR CENTRES
Fall 2021
50/50

Choose "South Interlake 55 Plus – Stonewall" to support us when buying tickets!

Help to support your local Senior Centre

1 for \$10.00 | 3 for \$25.00 | 5 for \$35.00 | 10 for \$50.00

To purchase your ticket visit: <https://www.fundingchange.ca/masc>

All tickets have to be purchased online with a credit card. The 50/50 will run from September 1st to November 30th with the Jackpot being drawn on December 1st, 2021.

- Pot Description for September and October draws: Winner receives 25% of total ticket sales sold in that month.
- Jackpot Description for November final draw: Winner receives 25% of total tickets sold up until October 31st, 2021 23:59, and 50% of total tickets sold after November 1st, 2021 00:00. Final Ticket sales end at 16:00 on November 30th
- Raffle tickets are non-refundable. Raffle tickets are not eligible for tax receipts.
- If prizes unclaimed after 15 days, a winner will be redrawn.
- You must be a resident of Manitoba to purchase tickets
- Raffle administrators are not eligible to win.
- Draws will be held electronically using a certified Random Number Generator (RNG)
- The winning ticket number and winner's name will be posted online at the raffle website following the draw.
- Draws are performed without replacement. (tickets drawn for monthly prize WILL be eligible for Jackpot).
- Draws will be held at 3-203 Duffield Street on October 1st, November 1st and December 1st at 9:00 a.m.

Licence Number: LGCA8108-RF36046

We're so excited to announce our new

Nutritional Supplement Program!

We've heard the need from the community, and we're excited to be able to bring in the products people need that are not easily found at stores! We're excited to provide products that are needed when individuals are heading home from hospital, or to support those with a variety of conditions. You don't need a referral to participate in this program, nor do you need to be a member. You don't even need to be over 55!

Stay tuned for our products and price lists, coming soon!

September order deadline: September 17th @ 4:00pm

(Orders received after this date may not be available until the next month's pickup.)

Pick Up: Friday, October 1st, 2:00-4:30pm

374 1st Street West, Stonewall, MB

Payment can be made by e-transfer (to si55info@gmail.com), cheque or cash. E-transfer is preferred when possible. Payment is required before picking up your product. Please note that orders are subject to product availability, and may experience a delay.



For more information, or to order today, please call (204) 467-2582 or email si55plus@mymts.net

JOIN OR
RENEW YOUR
MEMBERSHIP



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. Tax receipts will be issued for Donations of \$20.00 or more. Call for more information! (204) 467-2582



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

Like our Facebook Page – South Interlake 55 Plus

Active Living Programs

AGE FRIENDLY
Manitoba

Steppin' Out

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

Nordic Urban Walking Poles are available to be loaned out from the Centre on a short term basis.



For more information, contact the office at (204) 467-2582 or email us at si55plus@mymts.net

**Stay Healthy, Stay Active,
Stay Safe!**



STEPPIN' UP!

**Mondays to Saturdays
@ 9:00 am – on Zoom**

**STARTING September 15
Wednesdays @ 9:00am
In Person – 374 1st Street West**

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

Membership to South Interlake 55 Plus is encouraged to support the program.

Program is being offered by our volunteer leaders virtually with 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



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

Active Wellness Fall Session

September 13-December 9, 2021

CLASSES

Monday

9:30 am – B.L.I.S.S. Interval Training with Gail (**Zoom only**)
4:30 pm – Strong 4 Life with Tess (**Zoom only**)
5:30 pm – Slow Strong Yoga Flow with Tess (**Zoom only**)

Tuesday

9:30 am – Dynamic Yoga with Gail (**Zoom only**)
4:30 pm - Body Blast with Cheryl (45 min)

Wednesday

9:30 am – DanceFit with Gail (**Zoom only**)
4:30 pm – Strong 4 Life with Tess
5:30 pm – Slow Strong Yoga Flow with Tess

Thursday

9:30 am – B.L.I.S.S. Interval Training with Gail (**Zoom only**)
5:30 pm – F.I.T. with Cheryl (45 min)

Friday

9:30am – Dynamic Yoga with Gail

PRE-REGISTRATION REQUIRED FOR EACH CLASS

Classes are 1 hour unless otherwise indicated

NEW ALL ACCESS PASS:

Your In-Person Pass will get you access to all the Zoom Classes as well! Call us at (204) 467-2582 for more information, or to sign up today!

In Person Class

Zoom Class

12 Weeks

1 class/wk: M \$85
2 classes/ wk: M \$150
3 classes/ wk: M \$210
4 classes/ wk: M \$260
All Access: M \$300

12 Weeks

1 class/wk: M \$80
2 classes/ wk: M \$130
3 classes/ wk: M \$175
4 classes/ wk: M \$215
All Access: M \$250

6 Weeks

1 class/wk: M \$50
2 classes/ wk: M \$90
3 classes/ wk: M \$130
4 classes/ wk: M \$155
All Access: M \$180

6 Weeks

1 class/wk: M \$45
2 classes/ wk: M \$80
3 classes/ wk: M \$110
4 classes/ wk: M \$135
All Access: M \$150

Non-member pricing includes an additional \$20 fee.

Drop-In Fee

M - \$10.00/class NM - \$15.00/class

Can only be used for virtual classes until restrictions allow. Pre-register for your drop in by 3:00pm the day before class to guarantee your spot!

Classes will be in person (Manitoba Health restrictions permitting) unless otherwise indicated. Please check with our website or contact the office for updates for any changes in delivery.

DESCRIPTIONS

Body Blast - 45 minutes of overall wellness containing approximately 15 minutes of calorie burning cardio, 15 minutes of strength training with weights and Pilates and finishing off with some well-deserved stretching. You'll require a variety of weights (some can be borrowed from the center) and a mat or carpeted area.

F.I.T - Fun Interval Training - This 45 minute class alternates a variety of cardio and strength training with rest intervals for a full body workout. (Ex. 30 seconds of work then 10 seconds of rest) It's the fastest way to burn fat, get lean and burn calories even after the class is over. Work at your own level. Suitable for Co-ed participation. You'll require a variety of weights (some can be borrowed from the center) and a mat or carpeted area.

DanceFit – Gail will lead you through this fun and easy-to-follow aerobic dance workout inspired by “Zumba” which is guaranteed to bring on good vibrations. Cool down, balance work, and stretching can be done using chairs, so no mats are required. Bring your water because you will sweat, and if you don't come in with a smile we know you will leave with one!

B.L.I.S.S. INTERVAL TRAINING - Gail delivers her BEST LOW IMPACT STEADY STATE workout. It's a simple and low-to-moderate aerobic, easy-on-the-joints and hard-on-fat hour which intersperses cardiovascular training intervals with full body strength development. You will need dumbbells, a resistance band, a chair, and a mat (and don't forget water!)

DYNAMIC YOGA by Gail - flowing body postures and breathing anchored in Hatha yoga [balancing the body, breath and the mind]. Classes begin with a gentle warm-up and build to more energetic sequences developing strength, stamina and flexibility, varying each week. You will be encouraged to work at your own pace and to move with self-awareness and acceptance. Please bring your yoga mat.

Slow Strong Flow - A 60 minute opportunity to practice self-care as we move through poses that build flexibility and holistic strength. This class is rooted in the basics of Vinyasa Yoga. We will work on being present in our bodies as we let go of our judgements and expectations of ourselves. Suitable for all fitness levels. Required equipment: your body and a yoga mat; water is recommended.

Strong 4 Life (S4L) - Learn the basics of how to keep your body strong for life with this introductory level class. Simple and easy to follow classes that help build and maintain strength. The goal of this class is to keep you doing the things that you love in life with ease. Suitable for individuals at all life stages and fitness levels. Required equipment: dumbbells, elastic, chair, mat and water bottle.

The 55 Plus Centre Reserves the Right to Cancel a Class



FALLS PREVENTION!

Have you fallen? Are you at risk for falls?

Join us for a **FREE** program focused on balance and mobility - in person (public health restrictions permitting) or virtually!

Tuesdays & Thursdays @ 9:00am

Start date: September 7th *Transportation available by request*

This **FREE** program is run through the IERHA for 12 weeks, and does require completion of 2 surveys. As a thank you for completion of the program, we are happy to offer you incentives, including a 2022 membership to the South Interlake 55 Plus!



Have any questions? Need more information? Call us at **(204) 467-2582** or email si55plus@mymts.net

LINE DANCING!

Tuesdays & Thursdays @ 11:00 am

In Person Classes (public health restrictions permitting)

Pre-registration is required – limited class size! Max # of dancers = 20

REGISTRATION OPTIONS – September 7 - 30:



	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

90 Min Class



Call 204-467-2582 or email si55plus@mymts.net to register, or for more information

Weekly/Monthly 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



**South Interlake
55 Plus Book Club**

**Wednesday, September 1
@ 1:00 pm**

*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!!!

Cabin Fever Reliever: The Game Show



**Thursday, September 16th
@ 3:00-4:00pm**

Join us for an hour of game show fun! Using our own versions of beloved game show formats, our host will lead an interactive Zoom meeting you can join right from the comfort of your couch. With a variety of trivia categories and difficulty levels, everyone should find a question they know the answer to... or learn something new!

This is a **Free** program that is open to anyone to join. All you need is access to the internet and to be able to download the Zoom Software App. We offer assistance with this as well, if needed.

**Registration is required
prior to start of each game.**
For more information or to register call (204)-467-
2582 or Email: si55plus@mts.net



Quilter's Corner

Fridays, September 3rd and 24th

Members: \$3

Non-Members \$5

***We're excited to welcome you back to the
centre and share our projects together!***

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



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

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

Fax: 204-467-7322

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



**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 running the next dates:

**September 7, 2021- 10% Tuesday at Red River Coop (Stonewall)
October 4, 2021- Manic Monday at Family Foods (Stonewall)**

• **Stonewall pickups from: Lions Manor, Crocus Manor and Stonewood Place.**
Buses will operate on 2 schedules: 10:00 AM and 1:00 PM
Price is \$5.00 round trip. (Interac Tap is available)

• **Balmoral pickup location: Sprucewood Place @ 10:30 AM**
Price is \$10.00 round trip. (Interac Tap is available)

**Stops include Family Foods, Red River Coop,
Center & Main (for banking) and Westside Plaza.**

Call (204) 467-9446 to reserve your seat!

We accommodate wheelchairs, electric wheelchairs, scooters and walkers.
All of S.A.M.S buses are sanitized after each scheduled use.

Masks are Mandatory on the bus.





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

Interlake-Eastern Regional Health Authority Wellness Connection e-Newsletter: Includes a list of Free online classes and events: <https://www.ierha.ca/default.aspx?cid=6130&lang=1>

Community Health Offices Directory: <https://www.ierha.ca/default.aspx?cid=6375&lang=1>

Town of Stonewall News and Events: <http://www.stonewall.ca/>

LIFESTYLES 55: For your enjoyment the **Current Issue** is: <https://whatsupwinnipeg.ca/lifestyles55-living-at-the-age-of-maturity/>

South Interlake Regional Library: Check out what is current at the Stonewall and Teulon Libraries. <https://sirlibrary.com/>

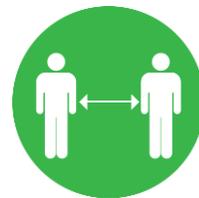
Community Care During Extreme Heat: Recognize the symptoms of heat illnesses and how to keep cool: https://www.hc-sc.gc.ca/ewh-semt/alt_formats/hecs-sesc/pdf/pubs/climat/commun_care-soins/commun_care-soins-eng.pdf?forcedownload=true

COVID-19 Information Links

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

Government of Manitoba:

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



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>



IERHA Link to Testing Sites:

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

Manitoba COVID-19 Vaccine Shot Finder: <https://manitoba.ca/covid19/vaccine/finder.html>

Immunization Cards and Immunization Records

<https://www.gov.mb.ca/covid19/vaccine/immunization-record.html>



HAPPY BIRTHDAY

RaeAnn Learmond	1
Donna Couvier	1
Janice Lowry	2
Edna Harder	3
Loreen Lockhart	4
Detlev Regelsky	4
Ragna Bezo	5
Monique Page	5
Heather Bell	8
Brent Sharp	12
John Unrau	12
Margaret McTaggart	16
Linda Van Solkema	21
Enid Irwin	21
Mary Bronson	27
Darlene Grandmont	27
Albert Estensen	27
Kathy Turner	29
Debbie Howelko	30
Elaine Grzenda	30

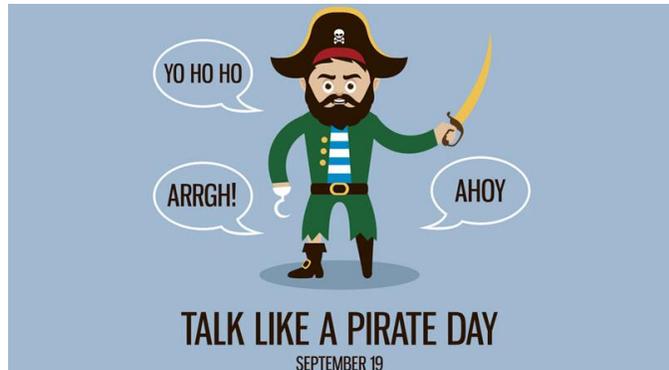
Want to see your birthday in our newsletter? Our members can choose to share their birthday with us for publication! (Don't worry, we'll never ask for the year!)

HAPPY LABOUR DAY

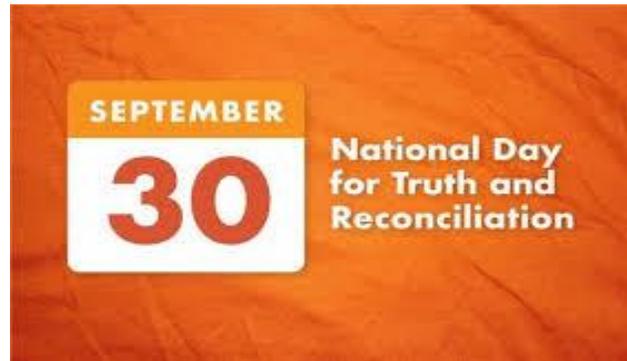
Monday, September 6th



Sunday, September 12th



Sunday, September 19th



Thursday, September 30th



Aster

SEPTEMBER BIRTH FLOWER

Wisdom
Faith
Valour

Make sure your voice is heard!
The upcoming Federal Election is

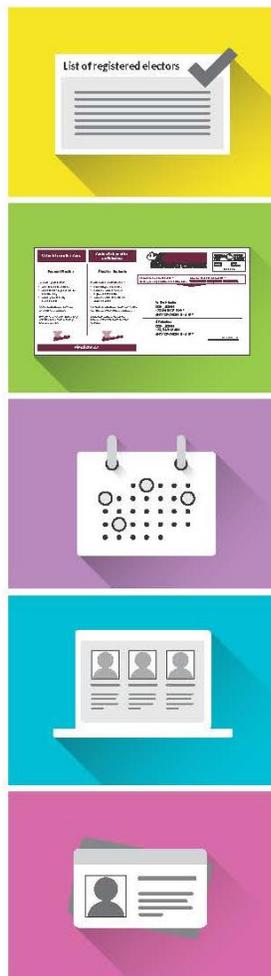
Monday, September 20th!



Voter's checklist

Get to know your voting options and choose what works best for you.
No matter how you vote, keeping you healthy and safe is our priority

If you plan to vote by mail, don't wait, apply now at elections.ca.



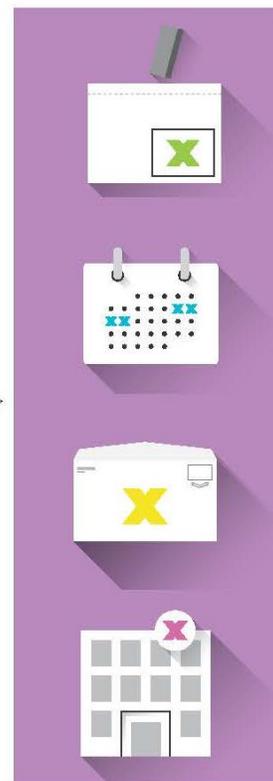
Make sure you're registered at your current address

Watch for your **voter information card** in the mail

Make a plan to vote

Find out **who the candidates are** in your riding

Bring ID when you go to vote



At your assigned polling station **on election day**

At your assigned polling station **on advance polling days**

By mail: visit elections.ca to see if voting by mail is the right choice for you (deadlines apply)

At any **Elections Canada office** across Canada (deadlines apply)



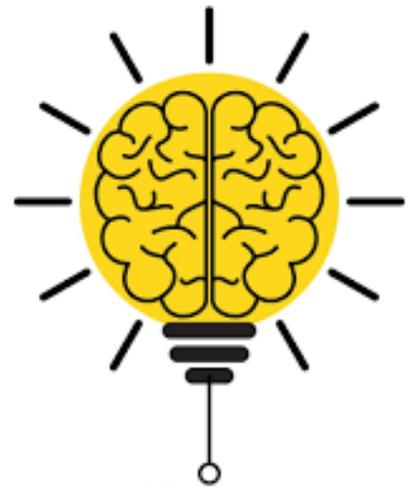
For more information about voting and the upcoming federal election, please visit elections.ca

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.

Medium

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



Medium

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





Autumn

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.

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

ACORN	EQUINOX	NOVEMBER	SEPTEMBER
APPLE	FALL	OCTOBER	SHORTER DAYS
BIRD MIGRATION	FARMING	ORANGE LEAVES	SQUASH
BLOWING LEAVES	FEAST	PIE	SWEET POTATOES
BLUSTERY DAY	FROST	PUMPKIN	THANKSGIVING
CANNING	HALLOWEEN	RAKE	TURKEY
CHESTNUTS	HARVEST	RED LEAVES	WINDY
CHILLY	HAYSTACK	SCARECROW	YELLOW LEAVES
COLD	HICKORY NUTS	SCHOOL	
CROPS	LONGER NIGHTS	SEASON	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September</h1>			1) 9:00 Steppin' Up 1:00 Book Club Welcome Back Celebration!	2) 9:00 Steppin'Up	3) 9:00 Steppin'Up 11:00 Quilter's Corner	4) 9:00 Steppin'Up
			5) 	6) 9:00 Steppin'Up Office Closed – Labour Day	7) 9:00 Steppin'Up 9:00 Falls Prevention 11:00 Line Dancing	8) 9:00 Steppin' Up
12) Active Wellness starts this week!	13) 9:00 Steppin'Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Yoga Flow	14) 9:00 Steppin'Up 9:00 Falls Prevention 9:30 Yoga 11:00 Line Dancing 4:30 Body Blast	15) 9:00 Steppin' Up 9:30 DanceFit 4:30 Strong 4 Life 5:30 Slow Strong Flow	16) 9:00 Steppin' Up 9:00 Falls Prevention 9:30 B.L.I.S.S. Interval Training 11:00 Line Dancing 3:00 Cabin Fever Reliever 5:30 F.I.T.	17) 9:00 Steppin'Up 9:30 Yoga 	18) 9:00 Steppin'Up
19)	20) 9:00 Steppin'Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Yoga Flow	21) 9:00 Steppin'Up 9:00 Falls Prevention 9:30 Yoga 11:00 Line Dancing 4:30 Body Blast	22) 9:00 Steppin' Up 9:30 DanceFit 4:30 Strong 4 Life 5:30 Slow Strong Flow First Day of Fall!	23) 9:00 Steppin'Up 9:00 Falls Prevention 9:30 B.L.I.S.S. Interval Training 11:00 Line Dancing 3:00 Virtual Chat 5:30 F.I.T.	24) 9:00 Steppin'Up 9:30 Yoga 11:00 Quilter's Corner	25) 9:00 Steppin'Up
26)	27) 9:00 Steppin'Up 9:30 B.L.I.S.S. Interval Training 4:30 Strong 4 Life 5:30 Slow Strong Yoga Flow	28) 9:00 Steppin'Up 9:00 Falls Prevention 9:30 Yoga 11:00 Line Dancing 4:30 Body Blast	29) 9:00 Steppin' Up 9:30 DanceFit 4:30 Strong 4 Life 5:30 Slow Strong Flow	30) 9:00 Steppin' Up Centre Closed – National Day of Truth and Reconciliation		

Bolded text = In Person Program (Zoom also available)