

**WE WILL BE CLOSED
MONDAY AUGUST 7 FOR
CIVIC HOLIDAY**

DATES TO REMEMBER:

WE WILL BE CLOSED August 7

**JULY 25—FUNDRAISING
EVENT:** Portage MCC is holding
a Herman Prior Activity Centre
Day.

AUGUST 9—FOLKLORAMA

AUGUST 23—HPC CAR HOP
details on page 4

**Sunset Palliative Care holding
Rainbow Auction Aug 14-25th**

This issue:

- Sunshine Report,
- Board Directory
- Birthdays
- Sponsors and Donation Form
- Activities
- August Menu

Herman Prior Activity Centre
40 Royal Road North
Portage la Prairie, MB.
R1N 1V1
Phone 204-857-6951
hermanpriorcentre@gmail.com
www.hermanprior.com

MESSAGE FROM THE EXECUTIVE DIRECTOR

Some exciting news!!! In the next week or two you will see a transformation in the Heritage Square. The City has contracted workers to begin painting the outside of the Glesby Centre, the Portage Regional Library and the Herman Prior Activity Centre!!! We are very excited to brighten up this area of our beautiful city! All signage will be taken down including the parking spaces on the west side of Herman Prior. All parking by-laws will remain in effect.

Sunset Palliative Care will be holding their Rainbow Auction once again in the Auditorium. All items and tickets for purchase will be on display starting August

14th and will remain available until the draw date of August 25th. Tickets will be available during our Car Hop on August 23! I have applied for more free digital skills resources from the Gluu Society. I hope to hear very soon if I receive these very limited booklets. I do have some other choices to pick from for training on iPads, cell phones and laptops which I hope to start in the fall.



Enjoy your summer!
Kathy Bryce

Mission Statement:

The Herman Prior Activity Centre focuses on:

**COMMUNITY TOGETHERNESS WITH "OPEN
HEARTS...OPEN MINDS...AND OPEN DOORS."**

All age groups welcome to the Centre to enjoy activities, programs, meals and special events in a friendly barrier free atmosphere.

2023/24 BOARD OF DIRECTORS

Executive:

President	Sandra Duchak
1st Vice	Gini Martin
2nd Vice	Edith Furdievich
Treasurer	Jim Pehura
Secretary	Heather Stiegler

Directors:

Lynne Payette	Randy Dengate
Barb Cavers	Kathy Wightman
Jerry Maksymyk	

Next board meeting to be held
August 16 at 9:30 AM

2023/24 PARTICIPANT COUNCIL

Board Liaison:	Lynne Payette & Kathy Wightman
Florence Jackson	Joan Parker
Kay Humphrey	Janet Martin
Brent Eros	
Jo-Ann Voeseinek	

Participant Council is open to all members. You are welcome to join or voice your concerns to the Executive Director, the Administrative Assistant, any Board Member or Participant Council Member. Alternatively you can place any suggestions in the box at the front desk. **Next meeting August 8, 2023 at 10:30 am.**

50/50 Winner

Tickets are available at the front desk for \$2 each. The draw is the last Friday of the month. July draw of 1/2 of the \$ 40 pot was won by Zennia Semychshyn. Her share was \$20.00 Congratulations!. The next draw will be on August 25.

Consider leaving a bequeath to the Herman Prior Activity Center in your will

*It makes
great “cents”*

- 🔔 Your generosity is extended beyond your lifetime
- 🔔 Choose as a beneficiary the organization you care about
- 🔔 Leave a legacy in your name by leaving a gift with a broad reach which is important to you
- 🔔 It supports a cause you believe in
- 🔔 Up to 100% of your net income can be claimed as donations in the year of death and the preceding year for purposes of calculating the charitable donations tax credit

Westman Podiatrist from Brandon will be at the Centre August 29. Please call his office to book at 1-877-909-3338.

Foot Care room available for rent. Please contact Kathy at 204-857-6951 or email hermanpriorcentre@gmail.com for more information.

Sympathy Card sent to:

**Jerry & Leta Maksymyk loss of brother
John & Barb Knott loss of sister
Barb Cavers loss of nephew
Edith Furdievich loss of nephew
Marg VanBuskirk loss of nephew**



Get Well Card sent to:

**Reta King
Eleanore Weiler
Ken Black**

We like to let members know that we are thinking of them in rough times. Please let us know if someone needs a card.



August Birthdays



HAPPY BIRTHDAY TO:

Gordon Tidsbury	Bernice Bobei
Sheila Knott	Susy Jenkins
Judy Thurston	Leona Legary
Lee Braden	Tom McCartney
Ed Dychko	Mavis Brennan
Louis Gaal	Joy Bray
Debbie Spratt	Pat Foley
Barbara Janzen-Dyck	Marilyn Lusk
Joan Pongoski	Dianne Davidson
Chuck McGowen	Norman Braun
Jack Davis	Willie LaFreniere
Bev Hyde	Jim Moorehouse
Hal Martens	Lori Jordan
Anne Ringland	Peter Harrison
Aileen Davey	Shirley Radley
Ted Moon	Estelle Bruce
Joan Falk	Janie Mack
Liz Keaveney	Kim Emberly
Marilyn Ryngach	Robert Jones
Rusty Rutherford	Susan Chambers
Melvin Fischer	Jim McDonald
Sheila Riendeau	Ricki Steiss
Fran Pickell	Cliff LaFreniere
Evelyn Smith	Molly Winder
Fran Myles	Bruce Tooth
Lynne Payette	Deb McLeod
Chris Dumont	Barbara Palmer

Tom Alexander
Doug Muckley
Linda Boras
Garry Booth

Celebrate your birthday with this deal on meals. During your Birthday month, Buy one Meal get the second FREE. You can either bring a friend to dine in or keep the free meal ticket for yourself but it must be used within the month of July. This offer is only for our regular Monday to Friday meals. Reminder to phone in the day before to order your meals. Cost \$8.00/meal.

Secondly, every time you purchase a meal, your name will go in a draw for a free meal. The draws will be done on the last Friday of each month.

Congratulations to Clarice Winter-
July **WINNER!**

PLEASE JOIN US AT

HERMAN PRIOR CENTRE'S DRIVE INN CAR HOP

AUGUST 23, 2023

FROM 4:00—7:30 PM

Hamburger, Cheeseburger or Hotdog

Bag of Chips & a Soft Drink

just \$10.00

Served at your vehicle or come in to eat inside!!



ENTERTAINMENT



VINTAGE CARS


For more information, phone 204-857-6951 or email hermanpriorcentre@gmail.com

WE HAVE THE FOOD...YOU BRING THE MOOD

Thank you to our 2022 Business Sponsors, Grant providers and Food Donors *

*Individual Donors are listed on our giving tree at the entrance





HERMAN PRIOR ACTIVITY CENTRE

2023 individual donation

Registered Charitable Tax # 1080842112RR0001

To make a donation please fill out this form and enclose it in an envelope. Thank you! CHEQUES PAYABLE TO HERMAN PRIOR ACTIVITY CENTRE or etransfer to hermanpriorcentre@gmail.com. Indicate donation in memo for a receipt. Make a secure online donation at hermanprior.com. Click on DONATE.

Name: _____ Phone: _____

Address: _____

Email: _____ Amount: _____

Donation is: One Time Monthly I would like more information on bequests

For: General Operating Renovations Fund Special Project (Please List) _____

Credit card #: _____ Expiry: _____ CVC Code: _____

Signature: _____



RESISTANCE BANDS

Exercising with resistance bands is a great way to build strength in all parts of your body - legs, arms, and core. Bands are portable and inexpensive. You can use them at home, outdoors, or at the gym. Building strength with bands is safe and effective and will: • Reduce your risk for falls • Improve your physical capabilities • Deter some chronic diseases Generally, increasing your strength will lessen the symptoms of aging. (Seguin et al. 2003) Almost anyone can exercise with bands. If you:

- have talked with your healthcare provider about exercising
- have been regularly doing some exercises and/or activities
- have enough strength in your hands to hold a band securely, then you are ready to exercise with bands.

Be Active Adults aged 65 years and older should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week in bouts of 10 minutes or more. Plus, it is beneficial to add muscle and bone strengthening activities, like exercising with bands, at least 2 days per week.



Resistance Band on hold until the fall.

Bands are also called:

- Resistance bands • Exercise bands
- Therapy bands • Tubing
- Loop bands • Figure 8 bands or
- Elastic bands

Yoga

Lynne Bereza is a certified yoga teacher who believes yoga is truly for everybody, regardless of age, shape, size or ability. Her safe, supportive and inclusive yoga classes will help you develop greater body awareness, improve balance and posture, and increase strength and flexibility.

Yoga classes will resume in September.

Monday & Wednesdays- Chair Yoga 1:00 pm

Thursdays– Yoga 1:00 pm

Cost is \$1 per class for members or \$3 for non-members.



Senior Fitness Classes

With Monique are on hold until September 2023

THANK YOU TO ROQUETTE FOR THE GENEROUS MONETARY DONATION TO SUPPORT OUR YOGA CLASSES.

Did you know we sell “homemade greeting cards”?

They are beautifully made by our member, Barb Cavers who has graciously donated these cards to raise some funds for the Herman Prior Activity Centre.

100% of the funds go to the Centre.



Located in Southport, MB, Centenaire South Rental Units offers the best in new home construction and quality finishes in a safe, peaceful country setting just minutes away from the conveniences of Portage la Prairie. These pet-friendly homes are steps away from scenic walking paths and within walking distance to Central Plains RecPlex, a recreation facility with a fitness centre and bowling alley. Call 204.428.6030 or visit for more information.

NEW!
You can call **2.1.1**
or visit mb.211.ca

211 Manitoba United Way Winnipeg VOLUNTEER MANITOBA

Everyone in Manitoba has access for a free, confidential information navigation service that connects people to critical government and community-based health and social services in their community. Whether a senior feeling isolated or anxious about getting necessities, or an individual looking for help to better understand what financial support is available to them. 211 is an available support.



Are you looking for a place to have board meetings; small workshops; support groups? The Herman Prior Activity Centre rents out the Board Room for these types of meetings for groups up to 12 people! Rental is \$25.00/hour or \$150.00/day. While you are there, you can also order from our daily lunch menu (one day in advance). Full course meal includes soup, salad, main course, dessert, tea & coffee for \$8.00. Projector rental is available for \$25.00. Wifi access. Give Kathy a call at 204-857-6951 or email hermanpriorcentre@gmail.com to book your space.