

Herman Prior Activity Centre Benefits from Numerous CFPD Grants

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An Important Community Hub

Since 1984, Herman Prior Activity Centre has been an important place where people (mainly seniors) from Portage la Prairie and area can meet up, engage in recreation, socialize, and share good times, laughs, and meals with one another. For minimal



membership and activity fees, the Centre offers fitness classes, arts and crafts, support groups, educational sessions, musical entertainment, and more. The Centre also operates an affordable noon meal program with dine-in, take-out, and delivery options. In addition to in-house programs, the Centre rents space to several essential community organizations, and for public events.

CFPD Grants Make a Difference to Centre

From updated equipment that has improved the efficiency and functionality of the kitchen; to Smart TVs that serve to update patrons on programs and events; to illuminated exterior signage that guides and welcomes people in; to fitness equipment that promotes a healthy lifestyle; to dividers that improve privacy and allow multiple groups at once to use the facility; and much more—the projects funded by the Community Foundation of Portage & District have made a significant and lasting impact to Herman Prior Activity Centre and its patrons.

Benefits of Socialization and Recreation are Numerous

Physical activity and recreation have positive impacts on overall health and well-being, in addition to improved mood and mental health. Socialization also has important benefits for mental health and well-being, leading to better outcomes for people as they age. For many patrons of the Herman Prior Activity Centre, the activities they attend might be the only times they get to socialize or share meals with others, particularly if they have no family. Given the important benefits a community hub like Herman Prior Activity

Centre has on our community, CFPD was happy to fund the multiple projects mentioned above, so that the Centre can continue to provide a wide variety of valuable services to a large number of people.

Help us Make a Difference

The Herman Prior Activity Centre has its own agency fund with CFPD, and if you'd like to contribute directly to that you can select it from the drop-down after hitting the "Donate Online" button on our website or by using the QR code below. Alternatively, you can donate to the "Smart & Caring Community Fund", from which multiple grants have been awarded to the Centre over the years through the Community Grants Program.



206 Saskatchewan Ave E.
Portage la Prairie, MB R1N 0K9
204-856-1971
www.cfpdi.ca ♦ info@cfpdi.ca

Southport

Thanks to the ongoing support from Southport, the Community Foundation of Portage & District is able to share this story and show how your donations make an impact on Portage la Prairie & area.