



Winkler & District Multi-Purpose Senior Centre Inc.

102- 650 South Railway Avenue
Winkler, MB R6W 0L6
PH. 204-325-8964

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www.winkler55plus.com

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Waut Passeared bie de
What's happening at the
Winkler Senior Centre?

JANUARY
2018
VOLUME 2
ISSUE 7

OFFICE HOURS ~
MONDAY – FRIDAY ~ 9:00AM – 5:00PM

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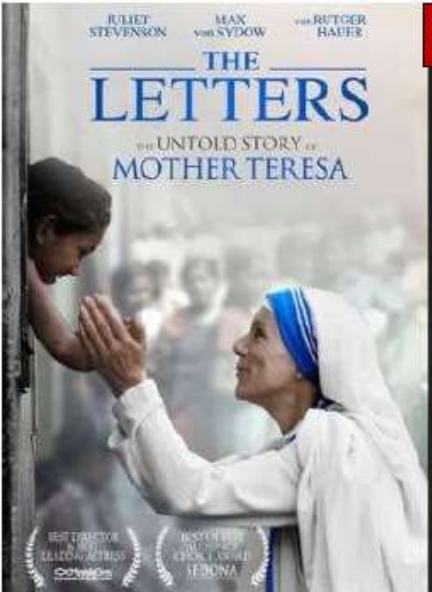
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STAFF & GENERAL EMAIL ADDRESSES
General Email – wsc.325.8964@gmail.com
Director: Nettie Dyck – n.dyck.wsc@gmail.com
Resource/ Admin Assistant: Cathleen Bergen – c.bergen.wsc@gmail.com
Resource: Denise Enns – d.enns.wsc@gmail.com

JANUARY TRIVIA

- Alzheimer’s Awareness Month
- A good time to start something new
- Typically, the Coldest Month of the year
- Elvis Presley was born on January 8, 1935
- January 4th is celebrated around the world as Trivia Day
- 1622 - January 1st became the start of the "new Year" (it was March 25 for a long time prior)
- Birthstone is Garnet
- Flower is Carnation

WINKLER SENIOR CENTRE PRESENTS



ENJOY IT ON OUR NEW 150" SCREEN AND HEAR IT ON A NEW SOUND SYSTEM

THE LETTERS
THE UNTOLD STORY OF MOTHER TERESA

Wednesday
JANUARY 24th, 2018
2:00pm

Silver Collection

MOTHER TERESA, recipient of the Nobel Peace Prize, is considered one of the greatest humanitarians of modern times. Her selfless commitment changed hearts, lives and inspired millions throughout the world. THE LETTERS, as told through personal letters she wrote over the last 40 years of her life, reveal a troubled and vulnerable women who grew to feel an isolation and an abandonment by God. The story is told from the point of view of a Vatican priest charged with the task of investigating acts and events following her death. He recounts her life's work, her political oppression, her religious zeal and her unbreakable spirit.

FREE WIFI NOW AVAILABLE – COURTESY OF WINKLER COOP

GOOD HEALTH CORNER

Foot Care

TO MAKE APPOINTMENTS

Call Nancy Knox at (204) 435-2056 OR (204)745-7705

APPTS at Heritage HiRise 347 7th Street Apt. 14

OR Call Monique Graafland At (204)745-3054 for in home appointments

Blood Pressure & Blood Glucose Clinic

No Clinic in January & February

Hairway Studios Downtown

Norma, Ruth (204) 325-4781 Tue.– Fri 9:30am – 3:30pm

Lisa (204)362-7821

Nail Care Available by appointment

Pfahl's Health Talks

Monday, JANUARY 8th 10:00am Topic Gout

Beltone

At the Buhler Active Living Centre

Thursday JANUARY 7th & 21st 2017

For information call 1-800-661-2653

Lifeline

Emergency Response System

For more information Call 204-325-8964

Ask for Cathleen or Denise

For after hour emergencies Call 1-800-387-1215

E.R.I.K

Emergency Response Information Kit

For more information Call 204-325-8964

Ask for Cathleen or Denise

MEMBER

BIRTHDAYS

The Winkler Senior Centre will be changing our system that we use to compile our membership lists. The Birthday list will continue when the membership lists have been updated into our new system

MEDICAL EQUIPMENT RENTALS

Please note: The Medical Equipment Rentals rates are changing effective January 1st, 2018 as follows:

Wheelchairs

\$100.00 damage deposit
\$25.00 / month rental

One day rentals
\$50.00 damage deposit
\$5.00/ day

Transport Chairs

\$50.00 damage deposit
\$15.00 / month rental

4 Wheeled Walkers

\$50.00 damage deposit
\$15.00 / month rental

Walkers – 4PT, Wheels & Skids

\$25.00 damage deposit
\$10.00 / month rental

Walking Poles

\$25.00 damage deposit
\$10.00 / month rental

Canes & Crutches

\$20.00 damage deposit
\$5.00 / month rental

Other Medical Equipment

\$25.00 damage deposit
\$10.00 / month rental

VOLUNTEERS NEEDED

Winkler Senior Centre is needing volunteers in the following areas:

- Handivan Drivers
- Volunteers Drivers – with their own vehicle for trips outside of the area and to Winnipeg
- Typist/ Data Entry
- Food Services
- Nurse for Blood Pressure/ Blood Glucose Clinic

Volunteer Application Forms are available at the Winkler Senior Centre and on our website winkler55plus.com.

SPECIAL EVENTS

All Winkler Senior Centre Events are taking place in the Buhler Active Living Centre Multi-Purpose Room unless otherwise posted.

MOVIE PRESENTATION **Wednesday, JANUARY 24th @ 2:00pm**
Silver Collection

THE LETTERS – THE UNTOLD STORY OF MOTHER TERESA

MOTHER TERESA, recipient of the Nobel Peace Prize, is considered one of the greatest humanitarians of modern times. Her selfless commitment changed hearts, lives and inspired millions throughout the world. THE LETTERS, as told through personal letters she wrote over the last 40 years of her life, reveal a troubled and vulnerable woman who grew to feel an isolation and an abandonment by God. The story is told from the point of view of a Vatican priest charged with the task of investigating acts and events following her death. He recounts her life's work, her political oppression, her religious zeal and her unbreakable spirit.

SERVICES TO SENIORS BLOG

Taken from <https://www.southernhealth.ca/finding-care/health-info-for-you/advance-care-planning>

Advance Care Planning

Advance care planning is the process of thinking about, talking about and writing down your wishes or instructions for present or future health care treatment in the event you become incapable of deciding for yourself. It is very important to talk with loved ones and health professionals about the types of care that are or are not preferred, including conversations to continue or to abandon life-support measures. It is best not to assume your family and health providers know what you want.

Health Care Directive

As part of advance care planning, you are encouraged to complete a Health Care Directive expressing your wishes about the amount and type of health care and treatment you want to receive should you become unable to speak or otherwise communicate this yourself. Completed by yourself, with someone else, or with your legal counsel, this legal document allows you to give another person the power to make medical decisions for you should you ever be unable to make them yourself.

Please remember to advise family, friends, your doctor and your proxy that you have a directive and know where it can be found.

PLEASE NOTE: HEALTH CARE DIRECTIVE FORMS ARE INCLUDED IN ERIK KITS WHICH ARE AVAILABLE FOR A \$2.00 DONATION FROM CATHLEEN OR DENISE AT THE WINKLER SENIOR CENTRE OFFICE

REGULAR PROGRAMS

All Winkler Senior Centre Programs are taking place in the Buhler Active Living Centre Multi-Purpose Room unless otherwise posted.

BINGO Mondays - 1:00pm – 4:00pm

Blood Pressure & Blood Glucose Clinic NO Clinic in JANUARY & FEBRUARY As we are currently in need of a volunteer to provide this service.

Bridge Mondays 9:30 – 11:30am Games Area - Buhler Active Living Centre

Building Friendships – JRs and SRs Mondays 9:00 – 10:00am

Choir Tuesdays starting JANUARY 9th at 9:45am

Chair Fitness Wednesdays New Session starting JANUARY 10th 9:00am – 10:00am Please Register
Drop In fee – Members \$2.00 Non-members \$3.00

Floor Curling Thursday JANUARY 4th, 11th 1:00 – 5:00pm Monday JANUARY 15th 1:00 – 3:00pm
Thursday JANUARY 18th 2:00 – 5:00pm Thursday JANUARY 25th 12:00 – 5:00pm

Floor Shuffle Fridays 10:00am – 2:00pm

Games Wednesdays 2:00 – 4:00pm Crokinole, Board Games, Cards

Gym Orientation Tuesday, JANUARY 9th @ 2:15pm – contact office to register

Hymn Sing Friday, JANUARY 12th & 26th 7:00pm

Jam Session Saturday, JANUARY 20th, 7pm BY DONATION

Linedancing Tuesdays starting JANUARY 9th @ 1:30pm, Wednesdays starting JANUARY 10th @ 7:00pm
Thursdays starting JANUARY 4th @ 7:00pm
Drop In Fees - \$3.00 non members, \$2.00 members

Pfahl's Health Talk Monday, JANUARY 8th 10:00am TOPIC: Gout

Pickleball Tuesdays & Thursdays at Emerado 7:00 – 10:00 both nights
Cost \$25.00 for the year for one evening, \$50.00 for the year for both evenings

Seniors Church Service

Sunday 10:30 am – OPEN to ALL Seniors Multi-purpose Room – Buhler Active Living Centre

Tea Room

Wednesdays Served 9:00am – 11:00am Self-serve 1:30pm – 3:30pm
\$4.00 per person - Coffee or Tea & 2 Tea Biscuits

Waffles

\$7.50 / PERSON Thursday, JANUARY 18th 9:00 – 12:30
Belgian Waffle/ Waffle Sauce, Fruit Topping, Whipped Cream, Coffee, Tea or Water

Workshop Orientation

Contact office and orientations will be arranged as needed.



Winkler & District Multi-Purpose Senior Centre Inc.
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JANUARY 2018

OFFICE HOURS
 MON TO FRI 9:00am 5:00pm

SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	
	CLOSED NEW YEAR'S DAY		Tea Room 9 – 11, 1:30- 3:30 \$4.00	Floor Curling 12 - 5	Floor Shuffle 10-3		
7	8	9	10	11	12	13	
SENIORS CHURCH SERVICE SUNDAYS 10:30AM	Building Friendships JR & SR 9:00am	Choir 9:45am Line Dancing 1:30	Chair Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	Floor Curling 12 - 5 Line Dancing 7:00pm	NO BP Clinic Floor Shuffle 10-3		
	Bridge 9:30 – 11:30	Gym Orientation 2:15pm	Line Dancing 7:00pm		HYMN SING 7:00pm		
	Health Talk 10:00am TOPIC: GOUT						
	BINGO 1:00 – 4:00						
14	15	16	17	18	19	20	
	Building Friendships JR & SR 9:00am	Choir 9:45am Line Dancing 1:30	Chair Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	WAFFLES 9:00 – 12:30 \$7.50 person	Floor Shuffle 10-3	JAM SESSION 7:00PM	
	Bridge 9:30 – 11:30		Line Dancing 7:00pm	Floor Curling 1 - 5			
	Video Fitness 10:00am			Line Dancing 7:00pm			
	BINGO 1:00 – 4:00						
	Floor Curling 1 - 3						
21	22	23	24	25	26	27	
	Building Friendships JR & SR 9:00am	Choir 9:45am Line Dancing 1:30	Chair Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	Floor Curling 12 - 5 Line Dancing 7:00pm	Floor Shuffle 10-3		
	Video Fitness 10:00am		MOVIE – THE LETTERS The UNTOLD Story of Mother Teresa 2:00PM SILVER COLLECTION		HYMN SING 7:00pm		
	Bridge 9:30 – 11:30						
	BINGO 1:00 – 4:00						
				Line Dancing 7:00pm			
28	29	30	31				
	Building Friendships JR & SR 9:00am	Choir 9:45am Line Dancing 1:30	Chair Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00				
	Bridge 9:30 – 11:30		Line Dancing 7:00pm				
	Video Fitness 10:00am						
	BINGO 1:00 – 4:00						



WHAT`S HAPPENING AT THE WINKLER SENIOR CENTRE? JANUARY 2018 VOLUME 2 ISSUE 7

Congregate Meal Program

WINKLER SENIOR CENTRE IN BUHLER ACTIVE LIVING CENTER

Meal served at 12:00 Noon - Meals \$7.50

Register at (204)325-8964 – Monday – Friday 9:00am – 4:00pm

Please indicate Winkler Senior Centre when registering

Congregate Meal Program at Cedar Estates Dining Room

Meals \$7.50 MEAL SERVED AT 12:00 NOON

Register at (204)325-8964 Office Hours Monday to Friday 9am–4 pm

Please indicate Cedar Location when registering

Cedar Congregate Noon Meal MON, WED, FRI

JAN 1	MON	CLOSED – NEW YEAR’S DAY	JAN 1	MON	CLOSED – NEW YEAR’S DAY
JAN 2	TUE	Taco Salad	JAN 3	WED	Salisbury Steak, Potatoes & Veg.
JAN 3	WED	Meatloaf, Potatoes & Vegetables	JAN 5	FRI	Beef Stew, Biscuits & Salad
JAN 4	THU	Chicken Noodle Soup & Sandwiches	JAN 8	MON	Chicken Noodle Soup & Sandwiches
JAN 5	FRI	Lasagna, Garlic Toast & Salad	JAN 10	WED	Roast Beef, Potatoes & Vegetables
JAN 8	MON	Sausage Burger & Macaroni Salad	JAN 12	FRI	Ham, Baked Potatoes & Salad
JAN 9	TUE	Enchiladas, Beans & Rice	JAN 15	MON	Meatballs, Rice & Salad
JAN 10	WED	Pork Roast, Potatoes & Salad	JAN 17	WED	Pizza & Salad
JAN 11	THU	Chicken Stir Fry & Rice	JAN 19	FRI	Breaded Ranch Chicken, Potatoes & Vegetables
JAN 12	FRI	Kielke, Ham & Vegetables	JAN 22	MON	Summa Borscht & Sausage Rolls
JAN 15	MON	Perogies, Sausage & Vegetables	JAN 24	WED	Chicken & Bubbat, Potatoes & Coleslaw
JAN 16	TUE	Turkey Pot Pie	JAN 26	FRI	Perogies, Sausage & Vegetables
JAN 17	WED	Sweet & Sour Meatballs, Rice & Salad	JAN 29	MON	Fish, Oven Roasted Potatoes & Veg.
JAN 18	THU	Waffles 9:00am – 12:30pm \$7.50 / person NO Sign up	JAN 31	WED	Waffles, Berries, Sauce *need to sign up
JAN 19	FRI	Ham Steak, Potatoes & Salad			
JAN 22	MON	Spaghetti & Meat Sauce, Salad			
JAN 23	TUE	Chicken & Bubbat, Potatoes & Veg.			
JAN 24	WED	Beef Stew & Biscuit			
JAN 25	THU	Carrot Soup & Sandwich			
JAN 26	FRI	Roast Beef, Potatoes & Vegetables			
JAN 29	MON	Salisbury Steak, Potatoes & Veg.			
JAN 30	TUE	Fish, Potatoes & Vegetables			
JAN 31	WED	Bacon & Rosemary Chicken, Potatoes & Vegetables			

**PLEASE NOTE:
Menu may be changed upon
Meal Coordinator’s discretion.**