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What's happening at the
Winkler Senior Centre?

FEBRUARY
2018
VOLUME 2
ISSUE 8

Winkler & District Multi-Purpose Senior Centre Inc.

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

Email: wsc.325.8964@gmail.com

www.winkler55plus.com

Handivan Dispatch: 204-362-9252

OFFICE HOURS ~

MONDAY – FRIDAY ~ 9:00AM – 5:00PM

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

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February Trivia

I ♥ Portzelky Day

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if you are the Witness

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Winkler Senior Centre
Will be **CLOSED**
Monday, February 19th



FEBRUARY TRIVIA

- Heart Month – Health Canada
- National Get Up Day on February 1 is an opportunity to share inspiring stories of perseverance; it's a reminder to pick ourselves up when we've fallen and give it (whatever it may be) another go!
- National Pizza Day is observed annually on February 9th
- Birthstone is Amethyst
- Flower is Primrose

Senior Centre
I ♥ Portzelky Day
(New Year's Cookies)

@ Winkler Senior Centre
MON. Feb 5TH 2018
2:00 - 4:00 pm
Wear Something Red



Come enjoy Fresh Portzelky & Coffee for only \$5.00

Bag Sale AFTER 4:00pm
IF Quantity Available to sell
6 - \$6.00



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

Friday, February 9th 9:00 – 12:00 at H.F. Wiebe Pharmacy

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, February 5th – Gout – 10:00am

Beltone

At the Buhler Active Living Centre
Thursday FEBRUARY 1ST & 15TH 2018
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

MEDICAL EQUIPMENT RENTALS

Please note: The Medical Equipment Rentals rates are changing effective

January 1st, 2018 as follows:

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

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

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.

I Love Portzelky Day Monday, February 5, 2018 2:00 – 4:00pm

Come Enjoy Fresh Portzelky & Coffee or Tea for \$5.00 per person

Bag Sale AFTER 4:00pm if Quantity available – 6 for \$6.00

Handivan Shopping Trips to Walmart 1st & 3rd Tuesday of the Month

Tuesday, February 6th & 20th

PICK UP 6:30pm SHARP at Buhler Active Living Centre – North Entrance

\$5.00 per person – minimum 4 people, maximum 6 people

Maximum 2 Hour Slot – Group registered for trip decides the ONE pickup time @ Walmart

Please register by noon on day of shopping trip by calling the Senior Centre

at (204)325-8964 Or in Person at Winkler Senior Centre Office

Fraud & Scams Presentation - Presented by the Winkler Police Service

Wednesday, February 7th 2:00pm

EVERYONE WELCOME – Refreshments will be served

Fraud & Scams are happening in our community.

Learn about:

- How they work, Who they are and Why they do it
- How to Protect yourself
- Bank Account and Credit Card Fraud
- Personal Information Security
- The New Age of Frauds and what we will be seeing next
- Come Enjoy Fresh Portzelky & Coffee or Tea for \$5.00 per person

MOVIE PRESENTATION Wednesday, FEBRUARY 21ST @ 1:00pm

Silver Collection at the Door

WAR ROOM — FROM THE CREATORS OF FIREPROOF AND COURAGEOUS

Filled with heart, humor, and wit, WAR ROOM follows Tony and Elizabeth Jordan, a couple who seemingly have it all—great jobs, a beautiful daughter, their dream home. But appearances can be deceiving. In reality, their marriage has become a war zone and their daughter is collateral damage. With guidance from Miss Clara, an older, wiser woman, Elizabeth discovers she can start fighting for her family instead of against them. As the power of prayer and Elizabeth's newly energized faith transform her life, will Tony join the fight and become the man he knows he needs to be? Together, their real enemy doesn't have a prayer.

SAVE THE DATE

SATURDAY, MARCH 3RD 2018

WINKLER HANDIVAN FUNDRAISER

**CLASSIC COUNTRY
MUSIC CONCERT
7:00 – 9:00PM**

**FEATURING
3 MUSICAL GROUPS
FROM SOUTHERN
MANITOBA**

BY Donation

**COFFEE &
REFRESHMENTS
WILL BE AVAILABLE**



Watch for more
Details on posters and
in the
March Newsletter

FUNDRAISING RAFFLE

Draw to be Held at the Concert
winner does not have to be in attendance

TICKETS 20 FOR \$10.00

*Can be bought at the
Winkler Senior Centre office*

GRAND PRIZE – 50 “ Ultra HD Smart TV
Donated by Superstore

FIRST PRIZE - Handivan Pass
Good for 10 One way trips in the City of Winkler

SECOND PRIZE - Book of 6 Meal Tickets
*Can be used at Winkler Senior Centre & Cedar
Estates Congregate meals or for the Winkler
Senior Centre Waffle Breakfast*

THIRD PRIZE – 12 cup Black & Decker
Programmable Coffee Maker
Donated by Superstore

Winkler Handivan is a registered charitable Non-Profit Organization.

We are funded by grants and donations.

The Manitoba Community Services Council which awarded grant support to community projects including Handivan services was given notice by the provincial government that effective April 1, 2018 the organization will no longer receive provincial funding to cover administrative costs. It is expected that without a new source of administrative funding MCSC will cease to exist.

Please keep this in mind when making donations to the Winkler Handivan.

SERVICES TO SENIORS BLOG

What to do after a *fall*... if you are the **WITNESS**

If you see someone fall, resist the urge to get the person up immediately. First check for condition: Is the person conscious or unconscious? Does the person appear to be injured? Reassure the person.

If the individual cannot get up, call for help and administer first aid if you are able to do so. Help the person find a comfortable position and keep him or her warm using an item of clothing or a blanket.

If the individual appears able to get up, proceed with care and follow the steps below:

1 Bring a chair close by; help the person turn onto one side and bend the upper leg; help the person into a semi-seated position.



2 Placing yourself behind the person and getting a firm grip on the hips, help the person to a kneeling position with both hands on the chair.

3 Holding on to the chair, the person should then place the stronger leg in front. You may help by guiding the person's leg.



4 With a firm grip on the hips, help the person to stand, then turn and sit on the chair.



Excerpt from "If you Fall or Witness a Fall, Do you Know what to do?" Published by: Public Health Agency of Canada.

Original Copy can be found at: <https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/you-fall-witness-a-fall-you-know-what.html>

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 Friday, February 9th 9:00am to 12:00pm
H. F. Wiebe Pharmacy

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

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

Choir Tuesdays at 9:45am

Floor Curling Thursday FEBRUARY 1st, 8th 1:00 – 5:00pm Monday FEBRUARY 12th 1:00 – 3:00pm
Thursday FEBRUARY 15th 2:00 – 5:00pm Thursday FEBRUARY 22nd 12:00 – 5:00pm

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

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

Gym Orientation Tuesday, FEBRUARY 13th @ 2:30pm – contact office to register

Hymn Sing Friday, FEBRUARY 9TH & 23RD 7:00pm

Jam Session Saturday, FEBRUARY 17TH 7pm BY DONATION

Linedancing Tuesdays @ 1:30pm, Wednesdays @ 7:00pm
Thursdays @ 7:00pm
Drop In Fees - \$3.00 non members, \$2.00 members

Pfahl's Health Talk Monday, FEBRUARY 5TH 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

Video Fitness Mondays 10:00am – 11:00am, Wednesdays 9:00am – 10:00am
Drop In fee – Members \$2.00 Non-members \$3.00

Waffles

\$7.50 / PERSON Thursday, FEBRUARY 15th 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.
PH. 204-325-8964 www.winkler55plus.com

FEBRUARY 2018

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

SUN	MON	TUE	WED	THU	FRI	SAT
HANDIVAN SHOPPING TRIPS TO WALMART – 1ST & 3RD TUESDAY OF THE MONTH				1	2	3
Tuesday Feb 6 th & 20 th PICK UP 6:30pm SHARP @ BALC – North Entrance				Floor Curling 12 - 5	Floor Shuffle 10-3	
\$5.00 per person MIN 4, MAX 6 People – See Special Events on Page 3 for Details				Line Dancing 7:00pm		
4	5	6	7	8	9	10
SENIORS CHURCH SERVICE SUNDAYS 10:30AM	Building Friendships JR & SR 9:00am	Choir 9:45am Line Dancing 1:30	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	Gateway Floor Shuffle 10:30 am	BP Clinic 9 – 12pm	
	Bridge 9:30 – 11:30		Line Dancing 7:00pm			
	Health Talk 10:00am			Floor Curling 12 - 5	Floor Shuffle 10-3	
	TOPIC: Gout		Fraud & Scams Presentation 2:00pm	Line Dancing 7:00pm	HYMN SING 7:00pm	
	Video Fitness 10:00am		EVERYONE WELCOME			
	BINGO 1:00 – 4:00					
	I ♥ Portzelky 2 – 4pm \$5.00/ person					
11	12	13	14	15	16	17
	Building Friendships JR & SR 9:00am	Choir 9:45am Line Dancing 1:30	Video 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	Gym Orientation 2:30pm	Line Dancing 7:00pm	Floor Curling 2 - 5		
	Video Fitness 10:00am			Line Dancing 7:00pm		
	BINGO 1:00 – 4:00					
	Floor Curling 1 - 3					
18	19	20	21	22	23	24
	Building Friendships JR & SR 9:00am	Choir 9:45am Line Dancing 1:30	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	Gateway Floor Shuffle 10:30 am	Floor Shuffle 10-3	
	Video Fitness 10:00am		MOVIE – WAR ROOM 1:00PM SILVER COLLECTION		HYMN SING 7:00pm	
	Bridge 9:30 – 11:30		Line Dancing 7:00pm	Floor Curling 12 - 5		
	BINGO 1:00 – 4:00			Line Dancing 7:00pm		
25	26	27	28	***** SAVE THE DATE *****		
	Building Friendships JR & SR 9:00am	Choir 9:45am Line Dancing 1:30	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	HANDIVAN FUNDRAISING CONCERT & RAFFLE		
	Bridge 9:30 – 11:30		Line Dancing 7:00pm	Saturday, March 3 2017		
	Video Fitness 10:00am			Classic Country Concert 7:00 – 9:00pm		
	BINGO 1:00 – 4:00			Raffle Tickets 20 for \$10.00		
				GRAND PRIZE -- Prize 50" Smart TV plus		

WHAT`S HAPPENING AT THE WINKLER SENIOR CENTRE? FEBRUARY 2018 VOLUME 2 ISSUE 8

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

FEB	1	THU	Beans, Fried Onions, Sausage, Bun
FEB	2	FRI	Pizza & Salad
FEB	5	MON	Chili on a Bun & Salad
I ♥ PORTZELKY DAY – MONDAY, FEB 5TH 2:00 – 4:00PM FRESH PORTZELKY & COFFEE OR TEA \$5.00			
FEB	6	TUE	Klups, Potatoes & Vegetables
FEB	7	WED	Chicken Rice Casserole, Garlic Toast & Salad
FEB	8	THU	Somma Borscht & Sausage Rolls
FEB	9	FRI	Cabbage Rolls, Potatoes & Veg.
FEB	12	MON	S & S Sausage, Rice & Vegetables
FEB	13	TUE	Chicken & Bubbat, Potatoes, Coleslaw
FEB	14	WED	Perogies & Sausage, Vegetables
FEB	15	THU	Waffles 9:00am – 12:30pm \$7.50 / person NO Sign up
FEB	16	FRI	Pork Chops, Potatoes & Salad
FEB	19	MON	CLOSED – Louis Riel Day
FEB	20	TUE	Meatloaf, Potatoes, & Vegetables
FEB	21	WED	Chicken Fingers, Fries & Coleslaw
FEB	22	THU	Cabbage Borscht & Sandwiches
FEB	23	FRI	Roast Beef, Potatoes & Vegetables
FEB	26	MON	Sloppy Joes, Buns & Salad
FEB	27	TUE	Fish, Fries & Coleslaw
FEB	28	WED	Ham & Kielke, Vegetables

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

FEB	2	FRI	Pulled Pork on a Bun, Baked Beans, Coleslaw
FEB	5	MON	Carrot Soup, Sandwiches
FEB	7	WED	Cabbage Rolls, Potatoes, Vegetables
FEB	9	FRI	Ham, Kielke & Vegetables
FEB	12	MON	Russian Chicken, Potatoes, Vegetables
FEB	14	WED	Pork Chops, Rice Casserole, Vegetables
FEB	16	FRI	Lasagna, Salad & Garlic Toast
FEB	19	MON	CLOSED – Louis Riel Day
FEB	21	WED	Chicken & Bubbat, Potatoes & Coleslaw
FEB	23	FRI	Perogies, Sausage & Vegetables
FEB	26	MON	Chunky Chicken Vegetable Soup, Sandwiches
FEB	28	WED	Waffles, Berries, Sauce *need to sign up

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