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What's happening at the  
Winkler Senior Centre?

MARCH  
2018  
VOLUME 2  
ISSUE 9

## 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](mailto:wsc.325.8964@gmail.com)

[www.winkler55plus.com](http://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](mailto:wsc.325.8964@gmail.com)

Director: Nettie Dyck – [n.dyck.wsc@gmail.com](mailto:n.dyck.wsc@gmail.com)

Resource/ Admin Assistant: Cathleen Bergen – [c.bergen.wsc@gmail.com](mailto:c.bergen.wsc@gmail.com)

Resource: Denise Enns – [d.enns.wsc@gmail.com](mailto:d.enns.wsc@gmail.com)


## IN THIS ISSUE . .

- PAGE 1 Closed for Easter  
MARCH Trivia  
35<sup>th</sup> Anniversary
- Page 2 Good Health Corner  
Did you know ...  
Volunteers Needed
- Page 3 Special Events
- Page 4 Handivan Fundraiser
- Page 5 Frauds & Scams Information
- Page 6 Regular Programs
- Page 7 Calendar
- Page 8 WSC & Cedar Menus

Winkler Senior Centre  
Will be CLOSED  
GOOD FRIDAY  
**Friday, March 30<sup>th</sup>**  
EASTER MONDAY  
**Monday, April 2<sup>nd</sup>**

## MARCH TRIVIA

- March 17<sup>th</sup> is St. Patrick's Day
- March 30<sup>th</sup> is Good Friday
- Birthstone is Aquamarine
- Flower is Daffodil
- March 6<sup>th</sup> 1899 - Bayer registered Aspirin as a trademark. Aspirin is considered by many to be the first wonder drug.
- March 12<sup>th</sup> 1894 - Coca-Cola bottles were sold to the public for the first time, in Vicksburg, Mississippi.



WINKLER & DISTRICT  
MULTI-PURPOSE SENIOR  
CENTRE

IS CELEBRATING THEIR  
**35<sup>TH</sup> ANNIVERSARY**  
ON  
**MONDAY, MARCH 26<sup>TH</sup>**  
AT 2:00PM


***You are Invited ...***  
To celebrate 35 years  
with the  
Winkler & District Multi-Purpose Senior Centre

Join us for a FREE Faspa at 2:00pm  
**EVERYONE WELCOME!!**

Paska (Easter Buns), Beef Ring, Cheese and  
Pickles, Coffee or Tea

ENTERTAINMENT BY: George Braun  
& Abe Friesen

Free Door Prizes,  
50 / 50 Draw - \$10.00 for 20 tickets



**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 7<sup>th</sup> Street Apt. 14

### 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, MARCH 5<sup>th</sup> – Blindness – 10:00am

### Beltone

At the Buhler Active Living Centre Thursday MARCH 1<sup>ST</sup> & 15<sup>TH</sup> 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

## DID YOU KNOW . . .

- That the Winkler Senior Centre has an Information Centre on the wall next to the public bathrooms. In this Information Centre you can find our current newsletter, membership applications, volunteer applications and brochures on a variety of topics for Seniors and Caregivers.
- There are also 2 Media Screens in the Multi-purpose room of the Winkler Senior Centre and a Facebook page with information about events and programs in the Winkler Senior Centre and the community of interest to older adults.
- On our website you can find information about events and programs, membership application gym and workshop membership and volunteer application forms.

## 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 (*Drivers may receive payment based on mileage guidelines established by the Winkler Senior Centre*)
- Congregate noon meal kitchen help (meal prep, serve and clean up) for 1 day a week or stand by list for fill in duties.
- Nurse for Blood Pressure/ Blood Glucose Clinic

Volunteer Application Forms are available at the Winkler Senior Centre and on our website [winkler55plus.com](http://winkler55plus.com).

## **SPECIAL EVENTS**

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

### **Handivan Shopping Trips to Walmart 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the Month**

**Tuesday, MARCH 6<sup>th</sup> & 20<sup>th</sup>**

**PICK UP 6:30pm SHARP** Winkler Senior 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

### **35<sup>TH</sup> ANNIVERSARY FASPA Monday, MARCH 26<sup>th</sup> @ 2:00pm**

Free Faspa – Paska (Easter Buns), Beef Ring, Cheese & Pickles, Coffee or Tea

Entertainment by: George Braun & Abe Friesen

Free Door Prizes, 50/50 Draw Tickets 20 for \$10.00

### **MOVIE PRESENTATION Wednesday, MARCH 21<sup>ST</sup> @ 1:00pm**

*Silver Collection at the Door*

### **FLYWHEEL – *The first movie by the Creators of Fireproof, Courageous & War Room***

Jay Austin wants to sell used cars in the worst way ... and that's *exactly* how he does business at his dealership. Promising much more than he can ever deliver, he'll do whatever it takes to sell a car. His manipulative ways permeate all of his relationships—even his wife and son know they can't trust him.

But as Jay works on restoring a classic convertible, he begins to see that God is working on restoring him as well. Coming face-to-face with the reality of how he truly conducts himself, Jay Austin begins the ride of his life as he commits to honoring God with his business, his relationships, and his life!

# Handivan Fundraiser

SATURDAY, MARCH 3<sup>RD</sup> 2018



## Classic Country Music Concert

7:00 – 9:00PM

WINKLER SENIOR CENTRE

### Featuring



**Vince & Stacey  
Anderson**



**Brad Wiebe Group**



**George Braun  
& Abe Friesen**



**CHRIS  
SUMNER**  
MC – Chris Sumner  
CFAM Radio

## BY Donation

Donations over \$10.00 will be issued a tax-deductible receipt  
Please make Cheques out to the Winkler Senior Centre

**COFFEE & REFRESHMENTS**

**WILL BE AVAILABLE**

## FUNDRAISING RAFFLE - TICKETS 20 FOR \$10.00

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

*Tickets can be bought at the Winkler Senior Centre office*

**GRAND PRIZE – 50" Ultra HD Smart TV**

**SECOND PRIZE - Book of 6 Meal Tickets**

**FIRST PRIZE - Handivan Pass**

**THIRD PRIZE – 12 cup Black & Decker  
Programmable Coffee Maker**

## SERVICES TO SENIORS BLOG



Government of Canada

Gouvernement du Canada

Canadian Anti-Fraud Centre

For more information please check the website at <http://www.antifraudcentre-centreantifraude.ca/index-eng.htm>



### TO REPORT FRAUD

Toll Free 1-888-495-8501

OR Call your local Police

## Fraud types

There are many known scams, pitches and fraud types, including variations thereof, with new ones invented daily. Browse this section for a list and description of common ones. Also refer to the [Little Black Book of Scams](#) for further tips.

Below is a description of common scams and frauds, organized by the medium used to reach the potential victim. (Since identity theft crosses all mediums, it gets its own section.) Even though parts of the scam may change and new scams are invented almost daily, the best way to protect yourself is to be informed. If it seems too good to be true, it usually is.



### Telemarketing scams

Any false, deceptive, misleading or fraudulent act where the fraudsters attempt to reach potential victims *by phone*

### Online scams

Any false, deceptive, misleading or fraudulent act that potential victims may come across while *using the internet*

### Email and text message scams

Any false, deceptive, misleading or fraudulent act made for personal gain or to damage another individual *through email*

### Identity theft

Any false, deceptive, misleading or fraudulent act used to obtain someone else's personal information for criminal purposes

### Business scams

Any false, deceptive, misleading or fraudulent act used to manipulate or falsify documents to mimic a real business in order to deceive consumers

### Mail scams

Any false, deceptive, misleading or fraudulent act carried out with the *use of mail*, either through the postal or private mail carrier service

### Door-to-door scams

Any false, deceptive, misleading or fraudulent carried out via *door-to-door solicitation*

### Charity/donation scams

Scammers continue to prey on the generosity of Canadians. Learn to spot charity and donation scams and avoid becoming a victim.

### Counterfeit merchandise

Beware of fraudulent websites offering counterfeit merchandise online. **Protect yourself** when shopping online

## Golden rules

Remember these golden rules to help you beat the scammers.

- Always get independent advice if an offer involves money, personal information, time or commitment.
- There are no guaranteed get-rich-quick schemes—sometimes the only people who make money are the scammers.
- Do not agree to offers or deals right away. If you think you have spotted a great opportunity, insist on time to get independent advice before making a decision.
- Do not hand over money or personal information, or sign anything until you have done your homework and checked the credentials of the company that you are dealing with.
- Do not rely on glowing testimonials: find solid evidence of a company's success.
- Log directly on to a website that you are interested in rather than clicking on links provided in an email.
- Never send money, or give credit card or online account details to anyone you do not know and trust.
- If you spot a scam or have been scammed, get help. Contact the [Canadian Anti-Fraud Centre](#), the [Competition Bureau](#) or your local police for assistance.

Scammers are imaginative and manipulative. They know how to push your buttons to produce the response they want.

## **REGULAR PROGRAMS**

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

**BINGO** Mondays - 1:00pm – 4:00pm

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

**Building Friendships** – JRs and SRs Monday March 5<sup>th</sup> & 12<sup>th</sup> 9:00 – 10:00am

**Choir** Tuesdays at 9:45am

**Floor Curling** Thursday MARCH 1<sup>st</sup> 1:00 - 5:00pm  
Floor Curling Tournament – Wednesday, March 7<sup>th</sup> to Friday, March 9<sup>th</sup>  
Monday MARCH 12<sup>th</sup> 2:00 – 5:00pm, Thursday MARCH 15<sup>th</sup> 2:00 – 5:00pm  
Thursday MARCH 22<sup>nd</sup> & 29<sup>th</sup> 1:00 - 5:00pm

**Floor Shuffle** Fridays MARCH 2<sup>nd</sup> & 16<sup>th</sup> 10:00am – 2:00pm Monday MARCH 19<sup>th</sup> 10:00am – 2:00pm  
Friday MARCH 23<sup>rd</sup> 10:00am – 2:00pm

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

**Gym Orientation** Wednesday MARCH 14<sup>th</sup> @ 2:30pm – contact office to register

**Hymn Sing** Friday, MARCH 9<sup>TH</sup> & 23<sup>RD</sup> 7:00pm

**Jam Session** Saturday, MARCH 17<sup>TH</sup> 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, MARCH 5<sup>TH</sup> 10:00am TOPIC: Blindness

**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** – Please note Wednesday MARCH 7<sup>th</sup> Tea Room will be in the Private Dining 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** Please note there will be NO Video Fitness on Wednesday MARCH 7<sup>th</sup>



Wednesdays 9:00am – 10:00am  
Drop In fee – Members \$2.00 Non-members \$3.00

### **Waffles**

\$7.50 / PERSON Thursday, MARCH 15<sup>th</sup> 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.

 <b>Winkler &amp; District Multi-Purpose Senior Centre Inc.</b> PH. 204-325-8964 <a href="http://www.winkler55plus.com">www.winkler55plus.com</a>		<h1>MARCH 2018</h1>			<b>OFFICE HOURS</b> MON TO FRI 9:00am 5:00pm		
SUN	MON	TUE	WED	THU	FRI	SAT	
<b>HANDIVAN SHOPPING TRIPS TO WALMART – 1<sup>ST</sup> &amp; 3<sup>RD</sup> TUESDAY OF THE MONTH</b> Tuesday MARCH 6 <sup>th</sup> & 20 <sup>th</sup> PICK UP 6:30pm SHARP @ WSC – North Entrance \$5.00 per person MIN 4, MAX 6 People – See Special Events on Page 3 for Details				<b>1</b> Floor Curling 12 - 5 Line Dancing 7:00pm	<b>2</b> Floor Shuffle 10-3	<b>3</b> 	
<b>HANDIVAN FUNDRAISING CONCERT &amp; RAFFLE ~~~ SATURDAY MARCH 3<sup>RD</sup> ~~~ Classic Country Concert 7:00 – 9:00pm BY DONATION</b> <b>Raffle Tickets 20 for \$10.00 ~~~ Four prizes to be won ~~~ Grand Prize – 50” 4K – Ultra HD Smart TV</b>							
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	
Seniors Church Service SUNDAYS 10:30am	Building Friendships 9am Bridge 9:30 – 11:30 Health Talk 10:00am TOPIC: Blindness BINGO 1:00 – 4:00	Choir 9:45am Line Dancing 1:30	NO Video Fitness Tea Room – Private Dining Room 9 – 11, 1:30- 3:30 \$4.00 Line Dancing 7:00pm		BP Clinic 9 – 12pm		
	<b>FLOOR CURLING BONSPIEL Wednesday March 7 through Friday March 9th</b>			Line Dancing 7:00pm	HYMN SING 7:00pm		
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
		Building Friendships 9am Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 Floor Curling 1 - 3	Choir 9:45am Line Dancing 1:30	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 Line Dancing 7:00pm Gym Orientation 2:30pm	WAFFLES 9:00 – 12:30 \$7.50 person	Floor Shuffle 10-3	JAM SESSION 7:00PM
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	
	Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 Floor Shuffle 10-3	Choir 9:45am Line Dancing 1:30	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 Movie – Flywheel 1:00pm Silver Collection Line Dancing 7:00pm	Gateway Floor Shuffle 10:30 am Floor Curling 12 - 5 Line Dancing 7:00pm	Floor Shuffle 10-3 HYMN SING 7:00pm		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 35 <sup>th</sup> Anniversary 2:00pm FREE Faspa	Choir 9:45am Line Dancing 1:30	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 Line Dancing 7:00pm	Floor Curling 12 - 5 Line Dancing 7:00pm	CLOSED GOOD FRIDAY		
<b>MONDAY MARCH 26<sup>TH</sup> 2:00 PM ~~~ 35<sup>TH</sup> ANNIVERSARY FASPA ~~~</b> FREE Faspa – Paska (Easter Buns), Beef Ring, Cheese, Pickles, Coffee or Tea ENTERTAINMENT BY: George Braun & Abe Friesen FREE DOOR PRIZES 50 / 50 DRAW - TICKETS 20 FOR \$10.00							

**WHAT`S HAPPENING AT THE WINKLER SENIOR CENTRE? MARCH 2018 VOLUME 2 ISSUE 9**

**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**

MAR	1	THU	Pizza Buns & Salad
MAR	2	FRI	Breaded Ranch Chicken, Potatoes, Veg.
MAR	5	MON	Salisbury Steak, Potatoes, Vegetables
MAR	6	TUE	Meat Pies & Salad
MAR	7	WED	Sweet & Sour Sausage, Rice, Bun
MAR	8	THU	Carrot Soup, Shaved Chicken Sandwich
MAR	9	FRI	Chili on a bun
MAR	12	MON	Spaghetti & Meat Sauce & Salad
MAR	13	TUE	Perogies, Sausage, Vegetables
MAR	14	WED	Chicken Lasagne, Garlic Toast & Salad
MAR	15	THU	<b>Waffles 9:00am – 12:30pm \$7.50 / person NO Sign up</b>
MAR	16	FRI	Cabbage Rolls, Potatoes, Vegetables
MAR	19	MON	Kielke & Sausage & Vegetables
MAR	20	TUE	Chicken & Bubbat, Potatoes & Veg.
MAR	21	WED	Beef Stew & Biscuits
MAR	22	THU	Somma Borscht & Sausage Rolls
MAR	23	FRI	Meatloaf, Potatoes & Vegetables
MAR	26	MON	Taco Salad

**35<sup>th</sup> Anniversary – FREE Faspa – MAR 26<sup>th</sup> – 2:00pm**

**FREE Door Prizes, 50/ 50 Draw Tickets 20 for \$10.00**

MAR	27	TUE	Fish, Fries & Coleslaw
MAR	28	WED	Pork Roast, Potatoes & Vegetables
MAR	29	THU	Potato Salad, Ham, Bun, Pluma Moos
MAR	30	FRI	<b>CLOSED GOOD FRIDAY</b>
APR	2	MON	<b>CLOSED EASTER MONDAY</b>

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**

MAR	2	FRI	Fish, Roasted Potatoes, Salad
MAR	5	MON	Chicken Fingers, Potato Wedges, Veg.
MAR	7	WED	Roast Beef, Potatoes, Salad
MAR	9	FRI	Cabbage Soup, Sandwiches
MAR	12	MON	Salisbury Steak, Potatoes, Vegetables
MAR	14	WED	Summa Borscht, Sandwiches
MAR	16	FRI	Perogies, Sausage, Vegetables
MAR	19	MON	Sweet & Sour Meatballs, Rice, Veg.
MAR	21	WED	<b>EASTER LUNCH</b> Ham, Baked Potato, Pluma Moos
MAR	23	FRI	Shake ‘n Bake Chicken, Potatoes, Veg.
MAR	26	MON	Beef Stew, Biscuits
MAR	28	WED	Waffles, Berries, Sauce *need to sign up
MAR	30	FRI	<b>CLOSED GOOD FRIDAY</b>
APR	2	MON	<b>CLOSED EASTER MONDAY</b>

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