



**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

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

APRIL  
2018  
VOLUME 2  
ISSUE 10

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

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**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)

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

**APRIL TRIVIA**

- APRIL 1<sup>st</sup> is Easter
- APRIL is International Guitar Month
- Birthstone is Diamond
- Flower is Daisy
- APRIL 1<sup>st</sup> is April Fool's Day
- April 7<sup>th</sup> is World Health Day
- April 22<sup>nd</sup> is Earth Day
- The Boston Marathon is in April

Coffee &  
**HOMEMADE Doughnuts**

Enjoy a coffee and  
FRESH Doughnuts with Glaze  
made in our kitchen

**\$5.00 per person**

**Monday, APRIL 9<sup>th</sup>**  
**2:00pm**



**BAG SALE after  
4:00pm IF  
Quantity Available  
6 for \$5.00**

**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 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, APRIL 9<sup>th</sup> – Salt & High Blood Pressure– 10:00am

### Beltone

At the Buhler Active Living Centre Thursday APRIL 5<sup>TH</sup> & 19<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 . . .

### **Why are you being asked to SIGN IN for Winkler Senior Centre**

### **Activities and Programs ?**

1. The Winkler Senior Centre is required to submit monthly statistical reports and quarterly financial reports to the Regional Health Authority to qualify for grants which provide up to 30% of our funding. This Funding in part is based on these reports.
2. Grants from other sources require us to report on how the money was used, how many participants, how the program was run etc.
3. The Winkler Senior Centre uses these reports to gauge how well programs and activities are doing, what changes need to be made, and how to provide the programs and activities that are the most beneficial to our members and the community of Winkler.

**Signing in ensure accuracy of reports and provide a record to back up reports submitted.**

## SPECIAL EVENTS

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

### FREE PICKLEBALL WORKSHOP FOR BEGINNERS

Monday, April 2nd 1:00pm – 3:00pm @ Winkler Senior Centre  
Find out what the game is all about. Everyone Welcome

### HOMEMADE Doughnuts Monday, APRIL 9<sup>th</sup> @ 2:00pm

Enjoy a coffee and FRESH Doughnuts with Glaze made in our kitchen  
\$5.00 / person  
BAG SALE after 4:00pm IF quantity Available

### MOVIE PRESENTATION Wednesday, APRIL 25<sup>th</sup> @ 1:00pm

*Silver Collection at the Door*  
Title to be Announced – watch for posters

## VOLUNTEERS NEEDED

Winkler Senior Centre is needing volunteers in the following areas:

- Volunteers Drivers – with their own vehicle for trips in the area, 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.

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



## THE GIFT SHOPPE

NOW OPEN

MONDAY – FRIDAY

9:30AM – 4:00PM

**50% clearance sale on  
Winter Clothes, purses and  
accessories**

JUST IN  
NEW  
SHIPMENT  
OF DAWGS

Prints \$34.99

Solids \$29.99





*Thank  
you*

On Behalf of the Winkler & District Handivan Committee. Your support and donations made the March 3<sup>rd</sup> Fundraiser an outstanding success. Donations and raffle ticket purchases brought in \$ 8240.30.

Thank you also to the following Fundraiser Sponsors:  
Supertore – Raffle Prizes  
Pfahl’s Drugs – for selling tickets  
& passes

Raffle Winners:	
TV	Terry Malonquist
Handivan Pass	Walter Thiessen
Meal Tickets	Nettie Miller
Coffee Maker	Helen Wall

## Winkler & District Handivan Service Termination Notice

On behalf of the Winkler & District Multi-Purpose Senior Centre and the Winkler & District Handivan we would like to thank you for utilizing the Handivan service this past year and the public for donations made in support of this service. Excess donations to the Handivan service, should there be any, will go to the Winkler Senior Centre.

After careful consideration of the following factors:

- Costs involved in operating a Handivan
- Operating grants that were not sufficient in covering overall expenses
- Our community still relies largely on family and friends for transportation

We the Board of the Winkler & District Multi-Purpose Senior Centre have decided that we will no longer be able to provide the Handivan Service. Effective Saturday, March 31<sup>st</sup> the Winkler Handivan Service will be discontinued.

We apologize for any inconvenience this may cause for you.

Winkler Senior Centre will continue to provide a volunteer driver service. Please contact Cathleen Bergen or Denise Enns at 204-325-8964 for details and for booking a ride. Morden Handivan also provides services to residents of Winkler and area. Please call 204-822-5047 for details and to book a ride.



FAMILY CAREGIVER ALLIANCE®  
National Center on Caregiving

Published on Family Caregiver Alliance (<https://www.caregiver.org>)

## Communication (for dementia)

- People respond to our body posture, facial expression, and tone of voice more than our actual words. Your upbeat mood can help keep the person you are dealing with remain calmer.
- You need to pay attention to the non-verbal clues the person you are caring for is giving you. Understanding his/her feelings may be more important than the content of the conversation. Acknowledge feelings whenever possible.
- Keep communication simple. Give one command at a time. Make eye contact before beginning to speak. Keep distractions to a minimum, for example turn off the TV or radio and stop background conversations, when you are interacting with someone with dementia.
- A person with dementia may have trouble making a decision. Do not ask "What do you want for dinner?" but rather "Would you like spaghetti or hamburger for dinner?" Giving them a choice between two options can make meal planning easier for you and less frustrating for them.
- Long explanations of why someone should do something are lost on a person with dementia. Their ability to follow your argument or to follow through on agreements is limited.
- Arguing will increase agitation. Walk away and calm down, if possible, before continuing an interaction that leads to anger for you or your loved one.
- Encourage the person by giving positive feedback often, especially for approximations of the desired behavior.
- Sharing memories and reminiscing are a way to maintain interaction with someone with memory loss.
- Agree with made up stories or explanations from the person with dementia. They do not need to be grounded in reality. Using a therapeutic lie or a "fible" can help you to gain cooperation, for example saying you are going out for ice cream but stopping by for a doctor's appointment before the ice cream. Rewards work. Use distraction if someone is repeating a question over and over or retelling the same story.
- If following your instructions is not working, model for the person what you want them to do. To start someone eating, pick up your fork, put another fork in the person's hand, and start the eating process for yourself, encouraging him/her to do what you are doing.
- Early in the illness, people often lose nouns, the names of objects. You can try and guess what they are saying or substitute the right word if you know it. Have the person point to or show you what he/she is talking about.
- Call the person by name and identify yourself: "Hi Mom, it's me, Mary."

## **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

**Choir** Tuesdays at 9:45am

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

**Gym Orientation** Wednesday APRIL 11<sup>th</sup> @ 2:30pm – contact office to register

**Hymn Sing** Friday, APRIL 6<sup>th</sup> & 20<sup>th</sup> 7:00pm

**Jam Session** Saturday, APRIL 21<sup>st</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, APRIL 9<sup>TH</sup> 10:00am TOPIC: Salt & High Blood Pressure

**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

**FREE Pickleball Workshop for Beginners – Monday April 2<sup>nd</sup> 1:00pm – 3:00pm @ Winkler Senior Centre**

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

### **Waffles**

\$7.50 / PERSON Thursday, APRIL 19<sup>th</sup> 9:00 – 12:30

Belgian Waffle/ Waffle Sauce, Fruit Topping, Whipped Cream, Coffee, Tea or Water

### **Workshop Orientation**




## **FREE BLOOD PRESSURE & BLOOD GLUCOSE CLINIC At H. F. WIEBE PHARMACY**

Will be provided by  
**PHARMACIST REBECCA HAMILTON**

**2nd Friday of the Month – Starting Friday April 13th**

**9:30am to 12 Noon**

	<b>Winkler &amp; District Multi-Purpose Senior Centre Inc.</b> PH. 204-325-8964 <a href="http://www.winkler55plus.com">www.winkler55plus.com</a>	<b>APRIL 2018</b>	<b>OFFICE HOURS</b> MON TO FRI 9:00am 5:00pm
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SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	<b>CLOSED – no programs</b> <b>No congregate meals</b> <b>EASTER MONDAY</b>	Choir 9:45am	Video Fitness 9 – 10am			
	<b>FREE Pickleball Workshop</b> <b>1:00pm – 3:00pm</b>	Line Dancing 1:30	Tea Room 9 – 11, 1:30- 3:30 \$4.00	<b>Line Dancing 7:00pm</b>		
					<b>HYMN SING 7:00pm</b>	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Seniors Church Service SUNDAYS 10:30am	Bridge 9:30 – 11:30	Choir 9:45am	Video Fitness 9 – 10am	Gateway Floor Shuffle	<b>BP Clinic</b>	
	<b>Health Talk 10:00am</b> <b>TOPIC: Salt &amp; High BP</b>	Line Dancing 1:30	Tea Room 9 – 11, 1:30- 3:30 \$4.00	10:30 am	<b>9 – 12pm</b>	
	BINGO 1:00 – 4:00		<b>Gym Orientation 2:30pm</b>			
	<b>Doughnuts &amp; Coffee \$5.00</b> <b>2:00pm</b>		<b>India Trip Presentation – 2:00pm</b> <b>George Klassen</b> <b>Update on Harvest for Kids</b>	<b>Line Dancing 7:00pm</b>		
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	Bridge 9:30 – 11:30	Choir 9:45am	Video Fitness 9 – 10am	<b>WAFFLES 9:00 – 12:30</b>		<b>JAM SESSION</b>
	BINGO 1:00 – 4:00	Line Dancing 1:30	Tea Room 9 – 11, 1:30- 3:30 \$4.00	<b>\$7.50 person</b>		<b>7:00PM</b>
			<b>Line Dancing 7:00pm</b>		<b>HYMN SING 7:00pm</b>	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	Bridge 9:30 – 11:30	Choir 9:45am	Video Fitness 9 – 10am	Gateway Floor Shuffle		
	BINGO 1:00 – 4:00	Line Dancing 1:30	Tea Room 9 – 11, 1:30- 3:30 \$4.00	10:30 am		
			<b>Movie 1:00pm Silver Collection</b> TBA			
			<b>Line Dancing 7:00pm</b>	<b>Line Dancing 7:00pm</b>		
<b>29</b>	<b>30</b>					
	Bridge 9:30 – 11:30					
	BINGO 1:00 – 4:00					

## FREE PICKLEBALL WORKSHOP FOR BEGINNERS

Monday, April 2<sup>nd</sup> 1:00pm – 3:00pm @ Winkler Senior Centre

Find out what the game is all about. Everyone Welcome

**WHAT`S HAPPENING AT THE WINKLER SENIOR CENTRE? APRIL 2018 VOLUME 2 ISSUE 10**

**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

APR	2	MON	<b>CLOSED EASTER MONDAY</b>
APR	3	TUE	Pizza & Salad
APR	4	WED	Chicken Fingers, Fries & Coleslaw
APR	5	THU	Chicken Noodle Soup & Sandwiches
APR	6	FRI	Roast Beef, Potatoes & Vegetables
APR	9	MON	Salisbury Steak, Potatoes & Vegetables
<b>Doughnuts &amp; Coffee</b>			
<b>MON APR 9<sup>th</sup> 2:00pm \$5.00 per person</b>			
APR	10	APR	Chicken Stir Fry & Rice
APR	11	WED	Lasagne, Garlic Toast & Salad
APR	12	THU	Cabbage Borscht & Sandwich
APR	13	FRI	Perogies, Sausage & Vegetables
APR	16	MON	Meatloaf, Potatoes & Vegetables
APR	17	TUE	Fish, Fries, & Coleslaw
APR	18	WED	Sweet & Sour Meatballs, Rice & Veg.
APR	19	THU	<b>Waffles 9:00am – 12:30pm \$7.50 / person NO Sign up</b>
APR	20	FRI	Pork Chops, Potatoes & Salad
APR	23	MON	Chicken Cordon Blue, Potato Wedges & Salad
APR	24	TUE	Enchiladas, Beans & Rice
APR	25	WED	Turkey, Stuffing, Potatoes & Vegetables
APR	26	THU	Ham Cheddar Soup & Biscuit
APR	27	FRI	Ham, Kielke & Vegetables
APR	30	MON	Chili, Bun & Salad

**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**

APR	2	MON	<b>CLOSED EASTER MONDAY</b>
APR	4	WED	Carrot Soup & Sausage Rolls
APR	6	FRI	Pulled Pork on a Bun & Coleslaw
APR	9	MON	Spaghetti, Meat Sauce & Salad
APR	11	WED	Russian Chicken, Potatoes & Veg.
APR	13	FRI	Ribs, Rice & Vegetables
APR	16	MON	Pizza & Salad
APR	18	WED	Chicken & Bubbat, Potatoes & Coleslaw
APR	20	FRI	Chicken Noodle Soup & Sandwiches
APR	23	MON	Ham Steak, Potatoes & Salad
APR	25	WED	Waffles, Berries, Sauce *need to sign up
APR	27	FRI	Cabbage Rolls, Potatoes, Vegetables
APR	30	MON	Perogies, Sausage & Vegetables

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