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What's happening at the
Winkler Senior Centre?

**MAY
2018
VOLUME 2
ISSUE 11**

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

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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Winkler & District Multi- Purpose Senior Centre **Annual Meeting**

Thursday, MAY 31ST 2018 2:00pm

Multi-Purpose Room

Winkler Senior Centre

650 South Railway Ave.



Reports

Elections

Financial Reports

FREE Watermelon & Rollkuchen

Winkler Senior Centre

Will be Closed

At 4:00pm on **FRIDAY MAY 18th**

And **CLOSED**

For the Day on

MONDAY MAY 21st for



**For Lifeline Emergencies
please call 1 – 800 – 387 - 1215**

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 for In Home appointments contact the Carman FootCare @ (204)745-2024

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, MAY 7th – Scabies – 10:00am

Beltone

At the Buhler Active Living Centre Thursday MAY 4TH & 18TH 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 . . .

Meal Program Stats for April 2017 – March 2018

<u>Meals Served</u>		<u>Congregate Meal Volunteer Hours</u>	
Cedar Estates	4,394	Cedar Estates	2,442.25
Winkler Senior Centre	6,674	Winkler Senior Centre	3,498
TOTAL	11,068	TOTAL	5,940.25
MONTHLY AVERAGE	922	MONTHLY AVERAGE	495

We couldn't serve all these meals or run the congregate meal programs without our valuable volunteers. To run these programs we have volunteers that do the following jobs:

Meal prep, Set tables, Serve food, Clean Tables, Wash Dishes, Deliver Meals to Crocus, Handle cash and check meal registrations.

We are currently looking for Congregate noon meal kitchen help at both locations (meal prep, serve and clean up) for 1 day a week or stand by list for fill in duties.

Volunteer applications are available online at winkler55plus.com, or at the Winkler Senior Centre.

MEMBERSHIP DRIVE

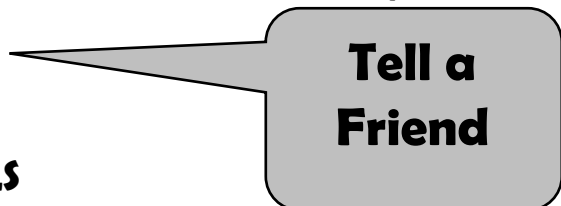
Wednesday June 6, 13, 20, 27th 9:00 – 11:00am & 1:00 – 3:00pm

Thursday June 21st 9:00 – 11:00am

IN JUNE ONLY

ALL NEW MEMBERS & MEMBER RENEWALS

Receive a coupon book worth over \$20.00



SPECIAL EVENTS

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

MOTHER'S DAY DOLL SHOW Wednesday, MAY 9TH @ 9:00 – 11:00am

Presented by Winkler Senior Centre and Buhler Active Living Centre

Come browse the collection of dolls from years gone by or from today.

If interested in showing your dolls in this collection please contact Cathleen (WSC) or Gail (BALC) by Friday May 4th.

SPRING CONCERT Tuesday May 15th @ 7:00pm – Winkler Bergthaler Church Senior Centre Choir with Guests: Homeschool Harmony Choir **FREE WILL OFFERING**

MOVIE PRESENTATION Wednesday, MAY 25th @ 1:00pm *Silver Collection at the Door*

OFFICE NEWS

Office Signage - Our offices now have beautiful new signage on the windows to help you find who you are looking for when you stop by.

New Resource Office – Construction of the new office for Cathleen – Resource Coordinator is near completion. It is located next to the Gift Shoppe and will be open during our normal business hours. Move in date has not yet been set, but we are looking forward to being able to better serve our clients with this additional office.

GIFT SHOPPE FEATURE



**We've got the perfect gift
to help show her
how much you love her.**

A graphic for 'Let No One Be Alone' featuring stylized human figures in various colors (green, orange, purple, blue) and the text 'Let No One Be Alone A WEEK OF AWARENESS May 6-11th, 2018'. Below the graphic is the quote: 'You may be only one person, but you can be the one person who makes a difference! A Simple Act of Kindness Can Brighten Someone's Day!'

HEROES WANTED SPANDEX OPTIONAL

BECOME A RED CROSS DISASTER MANAGEMENT VOLUNTEER
ANYTIME. ANYWHERE.

RESPONDING TO THE NEEDS OF THOSE AFFECTED BY DISASTER
WHENEVER DISASTER STRIKES.

Volunteering with the Red Cross

Date: May 30

Time: 1:30pm

Place: Winkler Senior Centre
(650 South Railway Avenue)



**MB 55 Plus Games
Glenboro, MB
June 12 – 14, 2018**

**REGISTRATION DEADLINE:
MAY 11, 2018**

For more information:
See poster at
Winkler Senior Centre OR
www.alcoamb.org

MAY TRIVIA

- MAY 13th is Mother's Day
- Birthstone is Emerald
- Flower is Sweet Pea
- The Indianapolis 500 car race is held each year during this month. The Kentucky Derby, the world's most famous horse race, is also held on the second Saturday of this month.

To all the Mothers,
Grandmothers,
Aunts, Sisters
and other women
in our lives that care for
us and love us
unconditionally,
Happy Mother's Day!

Winkler Senior Centre SUMMER HOURS

Effective **JUNE 1st**

To **SEPTEMBER 4th**

9:00am – 4:00pm



SERVICES FOR SENIORS BLOG**WHAT I SAY AND DO DOES MAKE A DIFFERENCE!****Changing the Outcome of "Agitated" Behaviour**

Recognize the chain of events that can lead to a crisis. How you interact with the person will determine the outcome.

1. The person feels anxious or frightened.
2. As you approach the person's personal space, how they react will almost always depend on:
 - **what the person is seeing** (your non-verbal language)
 - **what the person is hearing** (the words you use and how you use them)

Remember these are your greatest tools for interacting with the person – you will set the tone.

3. Physical intervention is always to be avoided if at all possible.

Remember, the risks warranting physical intervention must always exceed the risks to the person as a result of the intervention!

Interacting With A Person Who Has Dementia

- Know the person's most significant memories, including both joyous and traumatic
- Think before entering the person's personal space
- Use body language to calm and reassure the person – remember the "picture" you present is your most powerful tool for interaction
- Watch for your "leaked emotions"; if you are stressed, frustrated or angry the person will read your body language
- Look for the nonverbal/verbal triggers of escalating anxiety/distress
- Remember "perception is reality"
- Avoid arguing/confronting the logic (trying to reason, rationalize or make the person feel remorseful for their behaviour)
- Use calm, non-controlling verbal language
- "Front-load" your verbal response, framing it in the positive.
(ie. avoid starting with "no", "you can't", "stop" or "you will have to wait")
- Avoid reminding the person that he or she is one of many who need your care

REMEMBER: "HIGH TOUCH – LOW TECH"**DO'S & DON'TS when responding to a person with delusions:**

- **Do** ensure the person's and your safety
- **Do** understand this is a response to a "real" perception of the individual
- **Do** focus on the effects on the person, not the content (validate)
- **Do** distract
- **Don't** confront the false beliefs

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 Tuesday MAY 8th @ 2:30pm – contact office to register

Hymn Sing Friday, MAY 4th & 18th 7:00pm

Jam Session Saturday, MAY 19th 7pm BY DONATION

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

Pickleball Monday May 7th, 14th & 28th 1:00 – 5:00pm
For beginners at Winkler Senior Centre Drop In \$2.00 members \$3.00 non members

Pfahl's Health Talk Monday, MAY 7TH 10:00am TOPIC: Scabies

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, MAY 17th 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.

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.



Winkler & District Multi-Purpose Senior Centre Inc.
 PH. 204-325-8964 www.winkler55plus.com

MAY 2018

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

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Choir 9:45am Line Dancing 1:30	2 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 Line Dancing 7:00pm	3	4 HYMN SING 7:00pm	5
6	7 Bridge 9:30 – 11:30 Health Talk 10:00am TOPIC: Scabies BINGO 1:00 – 4:00 Pickleball 1 – 5 pm	8 Choir 9:45am Line Dancing 1:30 Gym Orientation 2:30pm	9 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 DOLL SHOW 9 – 11am Line Dancing 7:00pm	10 Gateway Floor Shuffle 10:30 am Line Dancing 7:30pm	11 BP Clinic 9:30am – 12pm	12
13	14 Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 Pickleball 1 – 5 pm	15 Choir 9:45am Spring Concert 7:00pm Bergthaler Church Winkler	16 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 Line Dancing 7:00pm	17 WAFFLES 9:00 – 12:30 \$7.50 person	18 HYMN SING 7:00pm	19 JAM SESSION 7:00PM
20	21 CLOSED VICTORIA DAY	22	23 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 Movie 1:00pm Silver Collection TBA Line Dancing 7:00pm	24 Gateway Floor Shuffle 10:30 am	25	26
27	28 Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 Pickleball 1 – 5 pm	29	30 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 RED CROSS Presentation 1:30pm Volunteering with the Red Cross Line Dancing 7:00pm	31 ANNUAL MEETING 2:00PM FREE Watermelon & Rollkuchen	SUMMER HOURS EFFECTIVE JUNE 1ST TO SEPTEMBER 4TH 9:00AM – 4:00PM	



MEMBERSHIP DRIVE

~~~~~  
 Wednesday June 6, 13, 20, 27<sup>th</sup> 9:00 – 11:00am & 1:00 – 3:00pm Thursday June 21<sup>st</sup> 9:00 – 11:00am  
**IN JUNE ONLY ALL NEW MEMBERS & MEMBER RENEWALS Receive a coupon book worth over \$20.00**

**WHAT`S HAPPENING AT THE WINKLER SENIOR CENTRE? MAY 2018 VOLUME 2 ISSUE 11**

**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**

|     |    |     |                                                                |
|-----|----|-----|----------------------------------------------------------------|
| MAY | 1  | TUE | Chicken Lasagna, Garlic Toast & Salad                          |
| MAY | 2  | WED | Roast Beef, Potatoes, & Vegetables                             |
| MAY | 3  | THU | Taco Soup, Ham & Cheese Muffins                                |
| MAY | 4  | FRI | Salisbury Steak, Potatoes & Vegetables                         |
| MAY | 7  | MON | Beef Stew & Biscuits                                           |
| MAY | 8  | TUE | Rosemary Chicken, Potatoes & Salad                             |
| MAY | 9  | WED | Spaghetti & Meat Sauce, Garlic Bread, & Salad                  |
| MAY | 10 | THU | Cream of Carrot Soup & Sandwiches                              |
| MAY | 11 | FRI | Cabbage Rolls, Potatoes & Vegetables                           |
| MAY | 14 | MON | Taco Salad & Butter Soup                                       |
| MAY | 15 | TUE | Fish, Fries & Coleslaw                                         |
| MAY | 16 | WED | Perogies, Sausage & Vegetables                                 |
| MAY | 17 | THU | <b>Waffles 9:00am – 12:30pm<br/>\$7.50 / person NO Sign up</b> |
| MAY | 18 | FRI | Ham, Scalloped Potatoes & Vegetables                           |
| MAY | 21 | MON | <b>CLOSED – Victoria Day</b>                                   |
| MAY | 22 | TUE | Beans, Sausage, Onions & Bun                                   |
| MAY | 23 | WED | Sweet & Sour Sausage, Rice, Veg.                               |
| MAY | 24 | THU | Somma Borscht & Sausage Rolls                                  |
| MAY | 25 | FRI | Meatloaf, Potatoes, & Vegetables                               |
| MAY | 28 | MON | Hamburgers & Macaroni Salad                                    |
| MAY | 29 | TUE | Chicken & Bubbat, Potatoes & Veg.                              |
| MAY | 30 | WED | Kielke & Sausage & Vegetables                                  |
| MAY | 31 | THU | Chicken Fingers, Fries & 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**

|     |    |     |                                          |
|-----|----|-----|------------------------------------------|
| MAY | 2  | WED | Summa Borscht, Sandwiches                |
| MAY | 4  | FRI | Fish, Oven Roasted Potatoes, Salad       |
| MAY | 7  | MON | Chicken Stir Fry, Rice                   |
| MAY | 9  | WED | Roast Beef, Potatoes, Vegetables         |
| MAY | 11 | FRI | Ham, Kielke, Vegetables                  |
| MAY | 14 | MON | Salisbury Steak, Potatoes, Vegetables    |
| MAY | 16 | WED | Pork Chops, Potatoes, Salad              |
| MAY | 18 | FRI | Cabbage Soup, Sandwiches                 |
| MAY | 21 | MON | <b>CLOSED</b> Victoria Day               |
| MAY | 23 | WED | Chicken & Bubbat, Potatoes, Coleslaw     |
| MAY | 25 | FRI | Perogies, Sausage, Vegetables            |
| MAY | 28 | MON | Meatloaf, Baked Potatoes, Vegetables     |
| MAY | 30 | WED | Waffles, Berries, Sauce *need to sign up |
|     |    |     |                                          |
|     |    |     |                                          |
|     |    |     |                                          |

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

**To Help our Receptionist please arrive by 11:45am and bring the correct change as our cash boxes have a small float and it may be difficult to give the proper change.**