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What's happening at the
Winkler Senior Centre?

**JUNE
2018
VOLUME 2
ISSUE 12**

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 ~ 8:00AM – 4:00PM

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

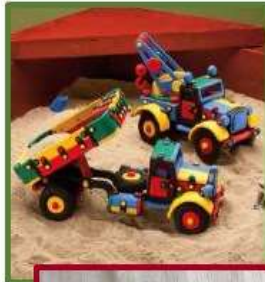
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**Winkler Senior Centre
SUMMER HOURS**

Effective **JUNE 1st**
To **SEPTEMBER 4th**

8:00am – 4:00pm



Father's Day Toy Show

Presented by
**Winkler Senior Centre
& Buhler Active Living Centre**



WEDNESDAY JUNE 13th
DURING TEA ROOM
9:00AM – 11:00AM

COME BROWSE THE
COLLECTION OF TOYS
FROM YEARS AGO AND
FROM TODAY.

Do you have a favourite toy truck, tractor, model cars or other small collection of toys you would like to display for others to see? If so register now with Cathleen (WSC) or Gail (BALC) to reserve space at our toy show.
Please Register by June 8th.

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, JUN 7th – Scabies – 10:00am

Beltone

At the Buhler Active Living Centre Thursday JUN 7TH & 21ST 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

PLEASE NOTE . . .

WSC Access Policy:

*Due to WSC insurance purposes, there will be **no access** to the BALC building **before 8:00 a.m.** when the WSC kitchen and office staff arrive. If you have any questions or concerns please see Nettie.*

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



**Tell a
Friend**

SPECIAL EVENTS

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

Winkler's Vital Signs 2018 – Community Survey Monday June 4th 9:00am – 4:00pm

Brief Presentation with Surveys to follow OPEN TO THE PUBLIC – Everyone Welcome

This survey creates a snapshot of our community, celebrates Winkler's successes, and tackles some challenging concerns, highlighting areas of real need in our city. The Winkler Community Foundation launched Vital Signs to deepen our awareness of these issues that affect our quality of life, and to encourage community engagement to make Winkler and surrounding area an even better place to live. It also raises awareness of some of the challenges to be met in sustaining a vital, resilient community.

Topics included in this survey – Getting Around (Transportation); Arts, Culture & Recreation; Belonging & Leadership; Getting Started (New comers); Financial Stresses; Affordable Living; Housing; Health & Wellness; Education & Learning; Safety & Security; Work & Economy; Youth, Families & Seniors.

WES Choir Presentation Thursday, JUN 7TH @ 1:30pm

OPEN TO THE PUBLIC – Everyone Welcome

Enjoy a Grade 4 - 6 choir from Winkler Elementary School Refreshments will be available.

FATHER'S DAY TOY SHOW Wednesday, JUN 13TH @ 9:00 – 11:00am

Presented by Winkler Senior Centre and Buhler Active Living Centre

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

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

One Life Project Friday, JUN 15TH @ 1:30pm OPEN TO THE PUBLIC – Everyone Welcome

Canada to Germany and back – A Trans-Atlantic Trip of a Lifetime

Join Chris Unrau at the Winkler Senior Centre to Hear about His Journey Across the Atlantic Ocean

MOVIE PRESENTATION Wednesday, JUN 27th @ 1:00pm


Silver Collection at the Door

Title to be Announced – watch for posters

OFFICE NEWS

New Resource Office – OPENING IN JUNE – It is located next to the Gift Shoppe and will be open during our normal business hours. We look forward to being able to better serve our clients with this additional office. Services available include: E.R.I.K (Emergency Response Information Kit), Lifeline, Transportation referral, Assistance with a variety of forms, Advocacy calls, Medical Equipment Rentals, Housecleaning referral, Congregate meals, other services as requested.

Did you know . . . that we have laptops & Ipads that can be signed out for use in the Winkler Senior Centre. You will find them in the New Resource office. Free Wifi is also available.



the *one life* project


Canada to Germany and back
A TRANS-ATLANTIC TRIP OF A LIFETIME

Join Chris Unrau At The Winkler Senior Centre On June 15th
To Hear About His Journey Across The Atlantic Ocean.

JUNE 15TH @ 1:30PM

WINKLER SENIOR CENTRE
650 SOUTH RAILWAY AVENUE

OPEN TO THE PUBLIC



watch the full series on  YouTube @ The One Life Project

JUNE TRIVIA

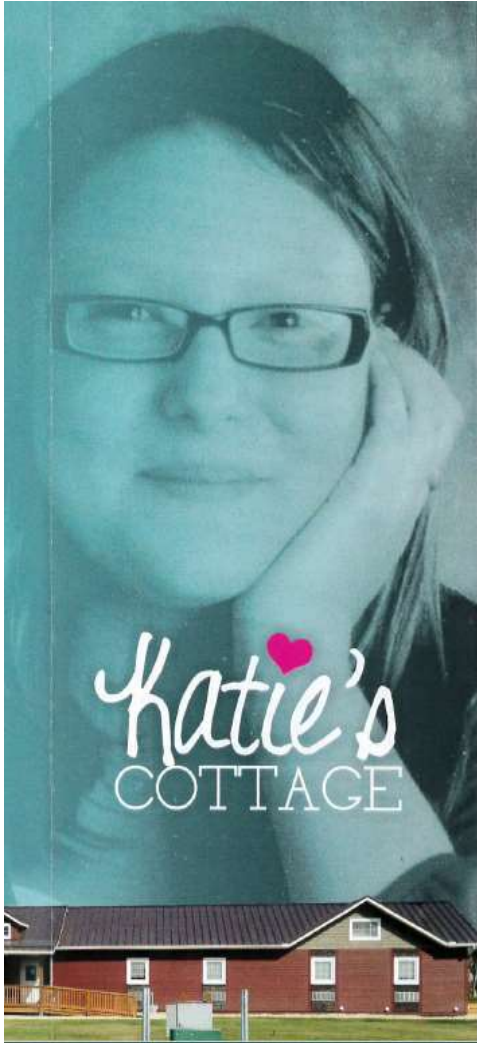
- JUNE 17th is Father's Day
- Birthstone is Pearl
- Flower is Rose or Honeysuckle
- June has the day with the longest daylight of the year, typically on June 21st.
- June 1st 1974 - The Heimlich maneuver, named after Dr. Henry Heimlich, was published in the journal Emergency Medicine.
- June 2nd 1835 - P. T. Barnum and his circus began touring the United States.



MB 55 Plus Games
Glenboro, MB JUN 12 – 14, 2018

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

SERVICES FOR SENIORS BLOG



Katie's
COTTAGE

Katie's Cottage strives to provide the utmost of love and care. Please respect others.



FACILITIES & FEATURES

Katie's Cottage is committed to providing outstanding service:

- Rooms are clean with fresh bedding after every visit
- Friendly compassionate staff / Guest Coffee Bar
- Comfortable surroundings
- Private family meeting room
- Private washrooms
- Full kitchen and dining facility to prepare your own meals
- Complimentary Continental breakfast - self serve
- Small fridge available in each room
- No phone available in rooms - must have personal cell phone
- Free WiFi
- Wheelchair accessible throughout building
- Laundry facilities available for personal use
- Outdoor outlets available
- **You must be self sufficient or come with your own care provider. Katie's Cottage is not a medical facility.**

HOURS

Monday - Friday
8:30am - 8:30pm

Saturday
9:00am - 6:00pm

Sunday
1:00pm - 6:00pm

THESE TIMES ARE SUBJECT TO CHANGE

FEES

\$45.20 per night, per room (GST & PST included)

Payment can be made by MasterCard, Visa, debit and cash.

Check-in Time: 2:00pm **Check-out Time:** 10:00am

Please call or come in person to Katie's Cottage to make a reservation. (DO NOT CALL BOUNDARY TRAILS HEALTH CENTRE)

ELIGIBILITY

Katie's Cottage is available for **ANYONE** who is waiting for their loved one in surgery, day surgery, dialysis, Cancer treatments, rehab. If you are waiting in the hospital for your loved one, come to Katie's Cottage for a cup of coffee and a snack. Relax in a comfortable setting while you wait. Visit our website to fill out the application form and to learn more about Katie's Cottage.

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

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

Gym Orientation Tuesday JUN 12th @ 2:30pm – contact office to register

Hymn Sing Friday, JUN 1st, 15th & 29th 7:00pm

Jam Session Saturday, JUN 16th 7pm BY DONATION

Pfahl's Health Talk Monday, JUN 4th 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, JUN 21st 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:

- WSC and Cedar Congregate noon meal program, kitchen help (meal prep, serve and clean up) for 1 day a week or stand by list for fill in duties.
- IMMEDIATE NEED – Weekly Kitchen Volunteer for Fridays in the Cedar Kitchen (Shift 8:30am – 2:00pm)
- Tea Room volunteers, 1 Wednesday morning a week or for on our sub list, Set up, serve tea biscuits, clean up.
- Coffee maker – someone to make coffee, clean coffee maker for events: tea room, waffles, jam session, etc.

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 | JUN 2018 | OFFICE HOURS MON TO FRI 8:00 – 4:00pm |
|--|---|-----------------|--|

SUN
MON
TUE
THU
FRI
SAT

SUMMER HOURS ~ ~ ~ JUNE 1ST TO SEPTEMBER 4TH ~ ~ ~ 8:00am – 4:00pm

| | | | |
|--|--|------------------|---|
| Seniors Church Service SUNDAYS 10:30am | <p>~ ~ ~ ~ ~ MEMBERSHIP DRIVE ~ ~ ~ ~ ~</p> <p>Wednesday JUN 6, 13, 20, 27th 9:00 – 11:00am & 1:00 – 3:00pm Thursday JUN 21st 9:00 – 11:00am</p> <p>IN JUNE ONLY ALL NEW MEMBERS & MEMBER RENEWALS</p> <p>Receive a coupon book worth over \$20.00</p> | 1 | 2 |
| | | HYMN SING 7:00pm | |

| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|----|---|--|--|---|---|---------------------------|
| | Bridge 9:30 – 11:30 Winkler's Vital Signs 2018 Community Survey 9:00am – 1:00pm Health Talk 10:00am TOPIC: Scabies BINGO 1:00 – 4:00 | ICE CREAM TUESDAYS 1:00 – 3:00pm Ice Cream Treat \$1.00 | Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 | WES Grade 4 – 6 Choir 1:30pm | BP Clinic 9:30am – 12pm | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 | Gym Orientation 2:30 pm | Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 TOY SHOW 9 – 11am | Gateway Floor Shuffle 10:30 am | One Life Project Chris Unrau 1:30pm HYMN SING 7:00pm | JAM SESSION 7:00PM |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 | | Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 Movie 1:00pm Silver Collection TBA | WAFFLES 9:00 – 12:30 \$7.50 person | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 | | Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 | Gateway Floor Shuffle 10:30 am | HYMN SING 7:00pm | |

WHAT`S HAPPENING AT THE WINKLER SENIOR CENTRE? JUNE 2018 VOLUME 2 ISSUE 12

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

| | | | |
|-----|----|-----|--|
| JUN | 1 | FRI | Klups, Potatoes & Vegetables |
| JUN | 4 | MON | Egg Bake, Muffin & Fruit Salad |
| JUN | 5 | TUE | Chicken Stir Fry & Rice |
| JUN | 6 | WED | Roast Beef, Potatoes & Vegetables |
| JUN | 7 | THU | Green Bean Soup, Watermelon & Rollkuchen |
| JUN | 8 | FRI | Pizza & Salad |
| JUN | 11 | MON | Salisbury Steak, Potatoes & Vegetables |
| JUN | 12 | TUE | Ribs, Baked Potatoes & Salad |
| JUN | 13 | WED | Chili, Buns & Salad |
| JUN | 14 | THU | Chicken Noodle Soup & Sandwiches |
| JUN | 15 | FRI | Perogies, Sausage & Vegetables |
| JUN | 18 | MON | Sausage Burger & Macaroni Salad |
| JUN | 19 | TUE | Chicken & Bubbat, Potatoes & Coleslaw |
| JUN | 20 | WED | S & S Meatballs, Rice & Vegetables |
| JUN | 21 | THU | Waffles 9:00am – 12:30pm \$7.50 / person NO Sign up |
| JUN | 22 | FRI | Pork Roast, Potatoes & Salad |
| JUN | 25 | MON | Meatloaf, Potatoes & Vegetables |
| JUN | 26 | TUE | Fish, Fries & Coleslaw |
| JUN | 27 | WED | Turkey Casserole & Salad |
| JUN | 28 | THU | Minestrone Soup & Hot Dogs |
| JUN | 29 | FRI | Ranch Chicken, Potatoes & 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

| | | | |
|-----|----|-----|---|
| JUN | 1 | FRI | Carrot Soup, Sandwiches |
| JUN | 4 | MON | Russian Chicken, Potatoes, Vegetables |
| JUN | 6 | WED | Pizza, Salad |
| JUN | 8 | FRI | Ham, Kielke, Vegetables |
| JUN | 11 | MON | Roast Beef, Potatoes, Vegetables |
| JUN | 13 | WED | Chicken Noodle Soup, Sandwiches |
| JUN | 15 | FRI | Lasagna, Salad, Garlic Bread |
| JUN | 18 | MON | Beef Stew, Cheese Biscuits |
| JUN | 20 | WED | Chicken, Bubbat, Potatoes, Coleslaw |
| JUN | 22 | FRI | Perogies, Sausage, Vegetables |
| JUN | 25 | MON | Sweet & Sour Meatballs, Rice, Veg. |
| JUN | 27 | WED | Waffles, Berries, Sauce *need to sign up |
| JUN | 29 | FRI | Spaghetti, Meat Sauce, Garlic Bread |
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**PLEASE NOTE:
Menu may be changed upon
Meal Coordinator's discretion.**