



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

**JULY
2018
VOLUME 3
ISSUE 1**

**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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- JULY TRIVIA**
- JULY 1st is Canada Day, Canada was established on July 1st, 1867.
 - Birthstone is Ruby
 - Flower is Larkspur or Waterlily
 - The month of July was named after Julius Ceasar
 - July is National Blueberry, National Ice Cream and National Hot Dog Month (*sounds like a meal to me*)
 - July 4th – is National Country Music Day

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 Lisa (204)362-7821

NEW HOURS –

Monday 5:00 – 7:00 pm, Tuesday & Wednesday 9:30am – 3:30pm, Thursday 9:30am – 7:00pm,

Friday 9:30am – 2:00pm, Saturday by Appointment, Sunday Closed

Nail Care Available by appointment

Pfahl's Health Talks

July, August and September – NO HEALTH TALK

Beltone

At the Buhler Active Living Centre Thursday July 12TH & 26th 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.*

VOLUNTEER NEWS

In accordance with Winkler Senior Centre Policies and on Recommendation of the Regional Health authority and the Manitoba Association for Senior Centres we are asking all volunteers to complete and sign a Volunteer Contract form. Please pick up a form at the new Resource office next to the Gift Shoppe in the Winkler Senior Centre.

Winkler & District Multi-Purpose Senior Centre Inc.

2018 – 2019 Board of Directors

Chairperson – Peter Wieler

Director – Tina Enns

Director – Abe Epp

Second Vice Chair – Sarah Hiebert

Director – Anne Giesbrecht

Director – Tery Hyde

Finance Chair – Wayne Penner

Director – Betty Giesbrecht

Director – Esther Guenther

Secretary – Helen Wiebe Abe Epp

Director – Garry Klassen

SPECIAL EVENTS

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

WINKLER SENIOR CENTRE PRESENTS

ENJOY IT ON OUR NEW 150" SCREEN
AND HEAR IT ON A NEW SOUND SYSTEM

I CAN ONLY IMAGINE

The Story behind the Song

Wednesday
JULY 25TH, 2018
1:30pm

Silver Collection
At the Door



It's the song that brings ultimate hope to so many ... often in the midst of life's most challenging moments. Amazingly, the song was written in mere minutes by MercyMe lead singer Bart Millard. In reality, those lyrics took a lifetime to craft.

Although he found faith at a young age, life wasn't easy for Bart. He leaned into an active imagination and his love of music as escapes from a troubled home life. As he grew older, Bart turned to football in hopes of somehow connecting with his abusive father. But a career-ending injury—combined with the vision of a teacher who saw unlimited potential—set Bart on a musical pathway.

Chasing a dream while running from broken relationships with his father and Shannon, his childhood sweetheart, Bart hits the road in an old, decrepit tour bus with his new band MercyMe—named for his grandmother's favorite expression. With the guidance of a grizzled music-industry insider, the band begins a journey none of them could ever have imagined.

SUMMER EVENTS — see what's happening in the area

Sun. July 1st 4:00 – 8:00pm - Canada Day Celebrations – Bethel Heritage Park

July 2nd – 6th Cadenza Lunchtime Concerts FREE 12:30 – 1:00pm P. W. Enns Concert Hall

July 7th & 8th Manitou Ag Fair

July 7th & 8th July 13, 14, 15 Manitoba Passion Play La Rivière, MB

For tickets call 1 – 888-264-2038 or purchase online at www.passionplay.ca

Big Times in the Suncatch – FREE entertainment - Outdoor stage on 8th Street, Morden

Is handicap accessible and is located immediately behind the Dominion Post Office building

Sat July 7th 6:30 – 9:30pm - Jhani and the Solar Cats – New local project with Derek Helps

Sat. July 21st 6:30 – 9:30pm - Malcolm Campbell – Blues – Metis Singer/ Songwriter

Concerts in the Park – FREE entertainment – Bethel Heritage Park – Winkler

Thu. July 5th 7:00 – 8:30pm – Greg Wood – Comedy & Magic

Thu. July 12th 7:00 – 8:30pm – Paul Bergman – Folk

Thu. July 19th 7:00 – 8:30pm – 3 Mol Plaut – Hilarious Blend of Low German and your favorite songs

Thu. July 26th 7:00 – 8:30pm – Monochromatics – Gus Peter & Derrick Penner

Market in the Park

Thu. July 12th 6:00 – 9:00pm Over 20 vendors with FREE concert by Paul Bergman

July 12th, 13th, 14th Carman Fair

Sat. July 14th 8 :00 – 8:30pm – Visit the Villages Eden Tractor Trek

July 27th – 29th Cadenza Lunchtime Concerts FREE 12:30 – 1:00pm P. W. Enns Concert Hall



3	Henry Thiessen	15	Katharina Fast
4	Elaine Hildebrand	15	Anne Klassen
5	Kathleen Epp	17	Don Ginter
7	Martha Driedger	19	Abe Giesbrecht
7	Margaret Letkeman	22	Betty Unrau
9	Debbie Clevett	23	Nettie Friesen
10	Betty Giesbrecht	24	Werner Ens
10	Cornie Reimer	24	Abe Epp
11	Shirley Driedger	26	Helen Falk
12	Nettie Wiebe	26	Glen W. Siemens
12	Doreen Braun	28	Victor Koop
13	Annie Driedger		

Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder.

Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath'. Activities like:

- Cross-country skiing
- Swimming

Being active for at least **150 minutes per week** can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

Pick a time. Pick a place. Make a plan and move more!

- Join a community urban poling or mall walking group.
- Go for a brisk walk around the block after lunch.
- Take a dance class in the afternoon.
- Train for and participate in a run or walk for charity!

- Take up a favourite sport again.
- Be active with the family! Plan to have "active reunions".
- Go for a nature hike on the weekend.
- Take the dog for a walk after dinner.

Now is the time. Walk, run, or wheel, and embrace life.



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 JULY 10th @ 2:30pm – contact office to register

Hymn Sing Friday, JULY 13th & 27th 7:00pm

Jam Session Saturday, JULY 21ST 7pm BY DONATION

Pfahl's Health Talk NO HEALTH TALK IN JULY, AUGUST & SEPTEMBER

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, JULY 19TH 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.

Volunteer Opportunities

WITH Winkler Senior Centre

~ 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 Volunteers for Mondays & Thursdays
in the WSC Kitchen Shift 8:00 to 2:00pm

Weekly Kitchen Volunteer for Fridays in the Cedar kitchen
Shift 8:30am to 2:00pm

~ Tea Room Volunteers - To work 1 Wednesday morning a month or on stand by list for fill in duties.
Duties include: Set up, Serve Tea Biscuits & Coffee, and clean up

~ Coffee Maker - To make coffee and clean coffee maker for events: such as Tea Room, Jam Session, Waffles, etc.

For more information call Winkler Senior Centre at 204-325-8964
Volunteer Applications 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

JULY 2018

OFFICE HOURS
 MON TO FRI 8:00 – 4:00pm

SUN MON TUE THU FRI SAT

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

1	2	3	4	5	6	7
Canada Day	CLOSED FOR CANADA DAY	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			
8 Senior's Church Service Sundays 10:30am	9 NO HEALTH TALK Bridge 9:30 – 11:30 BINGO 1:00 – 4:00	10 Gym Orientation 2:30 pm	11 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	12 Gateway Floor Shuffle 10:30 am	13 BP Clinic 9:30am – 12pm HYMN SING 7:00pm	14
15	16 Bridge 9:30 – 11:30 BINGO 1:00 – 4:00	17	18 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	19 WAFFLES 9:00 – 12:30 \$7.50 person	20	21 JAM SESSION 7:00PM
22	23 Bridge 9:30 – 11:30 BINGO 1:00 – 4:00	24	25 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 Movie – I Can Only Imagine 1:30pm Silver Collection	26 Gateway Floor Shuffle 10:30 am	27 HYMN SING 7:00pm	28
29	30 Bridge 9:30 – 11:30 BINGO 1:00 – 4:00	31				

WHAT`S HAPPENING AT THE WINKLER SENIOR CENTRE? JULY 2018 VOLUME 3 ISSUE 1

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

JUL	2	MON	CLOSED FOR CANADA DAY
JUL	3	TUE	Spaghetti & Meat Sauce, Salad
JUL	4	WED	Chicken Fingers, Fries & Coleslaw
JUL	5	THU	Somma Borscht & Sausage Rolls
JUL	6	FRI	Meat Balls, Mashed Potatoes & Veg.
JUL	9	MON	Hamburgers, Chips, Pork n' Beans
JUL	10	TUE	Turkey Pot Pie & Salad
JUL	11	WED	Kielke, Sausage & Vegetables
JUL	12	THU	Green Bean Soup, Watermelon & Rollkuchen
JUL	13	FRI	Chicken Cordon Swiss, Potatoes & Salad
JUL	16	MON	Taco Salad & Butter Soup
JUL	17	TUE	Cabbage Rolls, Potatoes & Vegetables
JUL	18	WED	Kielke, Sausage & Vegetables
JUL	19	THU	Waffles 9:00am – 12:30pm \$7.50 / person NO Sign up
JUL	20	FRI	Russian Chicken, Potatoes & Salad
JUL	23	MON	Lasagna, Garlic Toast & Salad
JUL	24	TUE	Chicken, Bubbat, Potatoes & Veg.
JUL	25	WED	S & S Sausage, Rice & Vegetables
JUL	26	THU	Beef Vegetable Soup & Sandwiches
JUL	27	FRI	Salisbury Steak, Potatoes & Salad
JUL	30	MON	Meatloaf, Potatoes & Coleslaw
JUL	31	TUE	Perogies, Sausage & 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

JUL	2	MON	CLOSED FOR CANADA DAY
JUL	4	WED	Fish, Oven Roasted Potatoes, Salad
JUL	6	FRI	Ribs, Rice, Vegetables
JUL	9	MON	Summa Borscht, Sandwiches
JUL	11	WED	Chicken Cordon Swiss, Potatoes, Salad
JUL	13	FRI	Perogies, Sausage, Vegetables
JUL	16	MON	Vegetable Soup, Hamburger Salad
JUL	18	WED	Chicken & Bubbat, Potatoes, Coleslaw
JUL	20	FRI	Salisbury Steak, Rice, Vegetables
JUL	23	MON	Breaded Ranch Chicken, Potatoes, Vegetables
JUL	25	WED	Waffles, Fruit, Sauce *need to sign up
JUL	27	FRI	Sloppy Joes, Salad
JUL	30	MON	Pork Chops, Potatoes, Vegetables

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