



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

**AUGY
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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**WINKLER SENIOR CENTRE
WILL BE CLOSED
MONDAY, AUGUST 6th
for
Civic Holiday**
**AUGUST
CIVIC
HOLIDAY**



- AUGUST TRIVIA**
- Birthstone is Peridot
 - Flower is Gladiolus or Poppy
 - AUGUST 1ST 1873 First Cable Streetcar Andrew Hallidie's invention has its test run on Clay Street Hill, San Francisco. It went into operation a month later.
 - AUGUST 2nd, 1875 – the first roller skating rink opened in the United Kingdom.
 - AUGUST 12th, 1908 – The Model T Ford, known as the Tin Lizzie and the first mass-produced car went on sale.

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
Or for in Home appointments contact Ashley Dueck @ 204-361-6628

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

August and September – NO HEALTH TALK

Beltone

At the Buhler Active Living Centre Thursday AUG 2nd & 16th 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 | Secretary – Helen Wiebe | Director – Garry Klassen |
| First Vice Chair – Betty Giesbrecht | Director – Tina Enns | Director – Tery Hyde |
| Second Vice Chair – Sarah Hiebert | Director – Abe Epp | Director – Esther Guenther |
| Finance Chair – Wayne Penner | Director – Anne Giesbrecht | |

SPECIAL EVENTS

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

Book Reading by Author Betty Enns Tuesdays 2:00 – 2:45pm

In her book *Living Our Prayer*, Betty Enns describes her four-year “adventure into faith,” serving with Mennonite Central Committee in Lesotho, Africa. The story offers spiritual reflections and insights, but the adventure also is packed with high-action drama ranging from break-ins, carjackings and armed home invasion to the outbreak of full-scale war.

Apple Fritters & Coffee Wednesday AUG 22nd 1:30pm

Enjoy a coffee and FRESH Apple Fritters made in our kitchen.

\$5.00 per person

BAG SALE after 3:00pm IF Quantity Available 6 for \$5.00

Take your Grandchild to a MOVIE Wednesday AUG 29th 1:30pm

FEATURE MOVIE – Secondhand Lions

Movie/ Popcorn & Juice or Coffee Adults \$3.00, Children \$2.00 – at the Door

EVERYONE WELCOME

This comedic and touching family film follows the adventures of a shy young boy who is sent to spend the summer with his eccentric uncles. At first shocked by his uncles' unconventional behavior that includes ordering African lions through the mail, the boy soon becomes enthralled with unraveling the mystery that has followed the uncles for years. Hearing tales of their exotic adventures involving kidnapped princesses, Arabian sheiks and lost treasure, not only brings him closer to his uncles but also teaches him what it means to believe in something... whether it's true or not..

Annual Community BBQ for ALL AGES

Wednesday, SEP 12TH @ 5:00 – 6:30pm

BY DONATION

MENU – Hamburgers, Hot Dogs, Baked Beans, Coleslaw & Ice Cream



TICKETS 20 FOR \$10.00

**Draw to be held Wednesday September 12th
at our Annual BBQ**

Winner does not have to be in attendance to WIN

TICKETS AVAILABLE AT THE WINKLER SENIOR CENTRE

SUMMER EVENTS — see what's happening in the area

Fri. Aug 3rd Starts at 7:00 pm **Benefit Concert – Children's Camp International ~ Free Admission ~**
 Entertainment by: High Valley, Hunter Brothers and Rosemary Siemens with the Sweet Sound Revival

Sat. Aug 04, 2018 at 10:00 AM

Harvest for Kids Guinness World Record Harvest, benefiting Children's Camps International

Field on the south end of Winker, Winkler, Manitoba

The schedule throughout the day includes:

10am-2pm Farm show and kids activities

11am-1pm Lunch

2pm The harvest begins!

HARVEST FESTIVAL WEEKEND – Friday August 10th to Sunday August 12th

CORN & APPLE WEEKEND – Friday August 24th – Sunday August 26th

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

Fri. August 3rd 6:30 – 9:30pm The Bare Yogi's – Classic Rock

Sat. August 4th 6:30 – 9:30pm Frank McLean & the New Originals -featuring Jayme Giesbrecht – Rock n'Roll to Blues

Fri. August 10th 6:30 – 9:30pm Sonny & the Hurricanes - Country

Sat. August 11th 6:30 – 9:30pm Dark by Three – Classic & 90s Rock

Fri. August 17th 6:30 – 9:30pm Zach Lucky – Country

Sat, August 18th 6:30 – 9:30pm Casati – Jazz/ Folk

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

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

Thu. August 2nd 7:00 – 8:30pm – Bare Yogi's – Classic Rock

Thu. August 9th 7:00 – 8:30pm – The Boy & The Sea – Christian Music

Thu. August 16th 7:00 – 8:30pm – Link & Steve – Blues – Guitar & Harmonica

Thu. August 23rd 7:00 – 8:30pm – Quonset Brothers



| | | | |
|----|-------------------|----|--------------------|
| 6 | Mary Warkentine | 20 | Connie Caines |
| 9 | Mary Falk | 20 | Mary Anne Sawatzky |
| 9 | Susie Thiessen | 21 | Jacob Dyck |
| 10 | Anna Dyck | 24 | Sharlene Wiebe |
| 12 | Peter Klassen | 26 | Henry Berg |
| 12 | Margaret Suderman | 28 | Marge Driedger |
| 15 | Ron Chesla | 29 | Jake Giesbrecht |
| 15 | Gloria Dick | 29 | Mira Wiebe |
| 16 | Abe Ens | 30 | Margaret Graefer |
| 18 | Marianne Thiessen | 31 | Bert Hildebrand |

SERVICES FOR SENIORS BLOG

Websites that might be of interest to Seniors:

Active Living Coalition for Older Adults <http://www.alcoamb.org/>

The Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) is a partnership of 40 partner organizations and 13 supporting partners that are committed to encouraging and promoting active aging in Manitoba.

Manitoba Information for Seniors

<https://www.canada.ca/en/employment-social-development/corporate/seniors/forum.html>

Federal/Provincial/Territorial Ministers Responsible for Seniors Forum is an intergovernmental body established to share information, discuss new and emerging issues related to seniors, and work collaboratively on key projects.

Manitoba Institute for Patient Safety <https://mips.ca/>

The Manitoba Institute for Patient Safety (MIPS) promotes patient safety to patients, families, the public and healthcare providers.

Long Term & Continuing Care Association of Manitoba <http://www.ltcam.mb.ca/home.htm>

LTCAM Mission Statement

We advance the delivery of quality long term and continuing care services and resources, through advocacy, education and networking for our members and those they serve.

SENIORS BLOG

This is YOUR Blog – We want to hear from YOU.

Submit something you would like to share with other Seniors.

Some ideas – your favorite recipe, grandparenting advice, funny story, favorite inspirational reading or devotion, a short book review, jokes, or whatever you think might be of interest to others.

We will choose one or two submissions per month depending on the length.

Please keep submission to a length of approximately 150 words or less.

Submissions should be handed in or emailed to Cathleen by the 10th of each month.

We look forward to your submissions.

Cathleen & Denise

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 Wednesday AUGUST 8th @ 2:30pm – contact office to register

Hymn Sing Friday, AUGUST 10th & 24th 7:00pm

Jam Session Saturday, AUGUST 18TH 7pm BY DONATION

Pfahl's Health Talk NO HEALTH TALK IN 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, AUGUST 16TH 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.



| | | |
|--|--------------------|---|
|  Winkler & District Multi-Purpose Senior Centre Inc. PH. 204-325-8964 www.winkler55plus.com | AUGUST 2018 | OFFICE HOURS MON TO FRI 8:00 – 4:00pm |
|--|--------------------|---|

| | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|
| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|

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

| | | | | | | |
|---|---------------------|----|---|---------------------------------------|----------------------------|-----------------------|
| BOOK READING BY AUTHOR BETTY ENNS TUESDAYS 2:00 – 2:45PM “LIVING OUR PRAYER” WILL BE READ | | | 1 | 2 | 3 | 4 |
| | | | Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Senior's Church Service Sundays 10:30am | NO HEALTH TALK | | Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 | Gateway Floor Shuffle 10:30 am | BP Clinic 9:30am – 12pm | |
| | Bridge 9:30 – 11:30 | | Gym Orientation 2:30 pm | | HYMN SING 7:00pm | |
| | BINGO 1:00 – 4:00 | | | | | |
| | | | | | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | | | Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 | WAFFLES 9:00 – 12:30 \$7.50 person | | JAM SESSION 7:00PM |
| | | | | | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | | Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 | Gateway Floor Shuffle 10:30 am | HYMN SING 7:00pm | |
| | | | APPLE FRITTERS & COFFEE 1:30 pm \$5.00 / PERSON | | | |
| | | | | | | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | | | Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 | | | |
| | | | WED AUG 29 th Take your grandchild to a Movie 1:30pm Movie - Secondhand Lions EVERYONE WELCOME Movie/ Popcorn, Juice or coffee \$3.00 Adult \$2.00 Child | | | |
| | | | | | | |



TICKETS 20 FOR \$10.00

Draw to be held Wednesday September 12th
at our Annual BBQ

Winner does not have to be in attendance to WIN

TICKETS AVAILABLE AT THE WINKLER SENIOR CENTRE



BY DONATION

Wednesday SEP 12th 2018

5:00 - 6:30pm

Winkler Senior Centre

650 South Railway Ave.

In the Buhler Active Living Center

WHAT`S HAPPENING AT THE WINKLER SENIOR CENTRE? AUGUST 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

| | | | |
|-----|----|-----|--|
| AUG | 1 | WED | Pork Roast, Potatoes & Salad |
| AUG | 2 | THU | Chicken Stir Fry & Rice |
| AUG | 3 | FRI | Klups, Potatoes & Vegetables |
| AUG | 6 | MON | CLOSED FOR CIVIC HOLIDAY |
| AUG | 7 | TUE | Chili, Bun & Salad |
| AUG | 8 | WED | Chicken Fingers, Wedges & Coleslaw |
| AUG | 9 | THU | Green Bean Soup, Rollkuchen & Watermelon |
| AUG | 10 | FRI | Scalloped Potatoes, Ham & Vegetables |
| AUG | 13 | MON | Beef Stew & Biscuits |
| AUG | 14 | TUE | Enchiladas, Beans & Rice |
| AUG | 15 | WED | Kielke, Sausage & Vegetables |
| AUG | 16 | THU | Waffles 9:00am – 12:30pm |
| | | | \$7.50 / person NO Sign up |
| AUG | 17 | FRI | Rosemary Chicken, Potatoes & Veg. |
| AUG | 20 | MON | Spaghetti & Meat Sauce, Garlic Toast & Salad |
| AUG | 21 | TUE | Chicken & Bubbat, Potatoes & Coleslaw |
| AUG | 22 | WED | S & S Meatballs, Rice & Vegetables |
| AUG | 23 | THU | Cabbage Borscht, & Sandwiches |
| AUG | 24 | FRI | Meatloaf, Potatoes & Vegetables |
| AUG | 27 | MON | Perogies, Sausage & Vegetables |
| AUG | 28 | TUE | Chicken Lasagna, Garlic Toast & Salad |
| AUG | 29 | WED | Pork Chops, Potatoes & Vegetables |
| AUG | 30 | THU | Somma Borscht, Sausage Rolls |
| AUG | 31 | FRI | Pizza & 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

| | | | |
|-----|----|-----|--|
| AUG | 1 | WED | Cabbage Soup, Sandwiches |
| AUG | 3 | FRI | Roast Beef, Potatoes, Salad |
| AUG | 6 | MON | CLOSED FOR CIVIC HOLIDAY |
| AUG | 8 | WED | Ham, Kielke, Vegetables |
| AUG | 10 | FRI | Cabbage Rolls, Potatoes, Vegetables |
| AUG | 13 | MON | Russian Chicken, Potatoes, Salad |
| AUG | 15 | WED | Summa Borscht, Sandwiches |
| AUG | 17 | FRI | Meat Sauce, Spaghetti, Vegetables |
| AUG | 20 | MON | Beef Stew, Cheese Biscuits |
| AUG | 22 | WED | Chicken & Bubbat, Potatoes, Coleslaw |
| AUG | 24 | FRI | Perogies, Sausage, Vegetables |
| AUG | 27 | MON | Lasagna, Garlic Bread, Salad |
| AUG | 29 | WED | Waffles, Fruit, Sauce *need to sign up |
| AUG | 31 | FRI | Pork Chops, Potatoes, Salad |
| | | | |
| | | | |

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