



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

**SEPTEMBER  
2018  
VOLUME 3  
ISSUE 3**


**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)

**OFFICE HOURS ~  
MONDAY – FRIDAY ~ 8:00AM – 5:00PM**

**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)

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**WINKLER SENIOR CENTRE  
WILL BE CLOSED  
MONDAY, September 3rd  
for**



**LABOUR  
DAY**



- SEPTEMBER TRIVIA**
- Birthstone is Sapphire
  - Flower is Aster
  - September 4<sup>th</sup> 1957 - Ford introduced "The Edsel" automobile - one of the biggest business flops in history.
  - September 5<sup>th</sup> 1966 - The first Jerry Lewis MDA Labor Day Telethon raised \$1,002,114. The toteboard was only six digits, so Jerry Lewis painted the "1" million spot.
  - September 6<sup>th</sup> 1979 - National Grandparents Day was proclaimed by President Jimmy Carter to be celebrated on the Sunday following Labor 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 7<sup>th</sup> 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

September – NO HEALTH TALK

### Beltone

At the Buhler Active Living Centre Thursday SEP 6<sup>TH</sup> & 20<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

## 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.

### Information & Exercises to Improve Continence

Wednesday, SEP 12<sup>th</sup> 10:15 am

Presented by: Ashley Froese – Certified Continence Therapist  
Morden Physiotherapy Clinic

Information & Exercises will include:

- Pelvic floor strengthening exercises,
- Proper breathing technique,
- Lifting technique to prevent incontinence,
- Toileting strategies to improve emptying the bladder
- Basic diet recommendations.

**Community**



**For All Ages**

**BY DONATION**

**Wednesday SEP 12<sup>th</sup> 2018**

5:00 - 6:30pm

**Winkler Senior Centre**

650 South Railway Ave.

In the Buhler Active Living Center

**MENU – HAMBURGERS, HOT DOGS, BAKED BEANS,  
COLESLAW & ICE CREAM**



**TICKETS 20 FOR \$10.00**

Draw to be held Wednesday September 12<sup>th</sup>  
at our Annual BBQ

Winner does not have to be in attendance to **WIN**

**TICKETS AVAILABLE AT THE WINKLER SENIOR CENTRE**

**LOCAL EVENTS - see what's happening in the area**

Fri. SEP. 31 & Sat. Sep 1<sup>st</sup> Reunion Days at Pembina Threshermens Museum 9am – 9:00am – 9:00 pm  
Admission: \$10; children 10 & under FREE.

Sat. Sep. 8th Manitou Honey Garlic Maple Syrup Festival – 9:00am

Sat. Sep. 15th Parkinson SuperWalk 2018  
10:00am Morden Mennonite Church Hall, 363 Gilmour Street, Morden

Sun. Sep. 16th 2018 Pembina Valley Kidney Walk  
Registration at 1:00 pm – Walk at 2:00pm  
Morden Park at the picnic shelter, The park is situated on Hwy. #3 across from Dairy Queen.

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. September 1<sup>st</sup> 6:30 – 9:30pm Snapmare Driver - Country



4	Sarah Hiebert	18	Helen Rietze
4	Erna Suderman	21	Donna Lumsden
6	Marge Doerksen	21	Mary Anne Friesen
12	Bill Harder	22	Trudy Braun
17	Wes Enns	23	Tina Martens

**SENIORS BLOG**

Different names for money.

In a church or temple its called a donation

In a marriage – dowry

When you owe someone money – debt

When you pay in court – fine

Employer to worker – salary

When given to children – allowance

When you offer after good service – tips

Illegally received in the name of service – bribe

In a school – fees

In a divorce – alimony

When you pay the government – tax

When civil service retirees get paid – pension

Master to subordinates – wages

When you borrow from bank – loan

Payment to kidnappers – ransom

The question is: When husband give to his wife what do we call it? Money given to a wife is called Duty, and every man has to do his duty because wives are not Duty Free

*submitted by Shan Pather*

**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 10<sup>th</sup> of each month.

**We look forward to your submissions.**

**SERVICES FOR SENIORS BLOG**

**Alzheimer Society**  
MANITOBA  
Dementia Care & Brain Health

# Minds *in* Motion®

The **Minds in Motion®** program combines physical activity, socialization and cognitive stimulation for people with early to moderate symptoms of dementia to attend with a family member or community friend.

This two-hour weekly program runs for eight weeks and offers a great environment to establish new friendships with others living similar experiences.



Location: **Homestead South Assisted Living**  
400 Loren Drive, Morden, MB

Start Date: **Monday, Oct. 1, 2018**  
End Date: **Monday, Nov. 26, 2018 (off Oct. 8)**

Time: 1:30 - 3:30 PM

Registration Fee: \$65 per participant pair

**To sign-up as a participant, please contact:**

Homestead South Assisted Living  
400 Loren Drive, Morden, MB  
1-204-822-1237

**To learn more about the program, please contact: Kathy Diehl Cyr**  
**Minds in Motion® Program Manager**

[mindsinmotion@alzheimer.mb.ca](mailto:mindsinmotion@alzheimer.mb.ca)  
[alzheimer.mb.ca/mindsinmotion](http://alzheimer.mb.ca/mindsinmotion)  
204-943-6622



## **REGULAR PROGRAMS**

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

**PLEASE NOTE: Fall programming is highlighted in grey**

**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

**Floor Curling** Open Games: Monday SEP. 10<sup>th</sup> & 17<sup>th</sup>, Thursday SEP. 20<sup>th</sup> 2:00- 4:00pm  
Regular Season Games: Thursday SEPTEMBER 27<sup>th</sup> 12:00pm

**Floor Shuffle** Open Games: Friday SEPTEMBER 21<sup>st</sup> & 28<sup>th</sup> 1:00 pm  
Regular Season Games: Starting Friday OCTOBER 5<sup>th</sup> 1:00pm

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

**Hymn Sing** Friday, SEPTEMBER 7<sup>th</sup> & 21<sup>st</sup> 7:00pm

**Jam Session** Saturday, SEPTEMBER 15<sup>TH</sup> 7pm BY DONATION

**Linedancing** Tuesdays 1:30 pm Starting SEPTEMBER 18<sup>th</sup>  
Thursdays 7:30pm Starting SEPTEMBER 20<sup>th</sup>

**Pfahl's Health Talk** NO HEALTH TALK IN SEPTEMBER

**Pickleball** Tuesdays 10:00am @ **Winkler Senior Centre** Starting SEPTEMBER 4<sup>th</sup>  
Drop in Fees - \$2.00 for members - \$3.00 for non-members OR  
Fall Registration Fees - \$25.00 for members \$35.00 for non-members

Tuesdays & Thursdays @ **Emerado School** Starting SEPTEMBER 11<sup>th</sup> & 13<sup>th</sup>  
6:30 – 7:30 For Beginners, 7:30 – 10:00 For Competitive  
Drop in Fee - \$2.00 (First time drop in free)  
Registration Fee - \$25.00 for the year

### **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, SEPTEMBER 20<sup>TH</sup> 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.

	<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>SEPTEMBER 2018</b>	OFFICE HOURS MON TO FRI 8:00 -5:00pm
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SUN                      MON                      TUE                      WED                      THU                      FRI                      SAT

FALL HOURS ~ ~ ~ BEGINNING SEPTEMBER 4<sup>TH</sup> ~ ~ ~ 8:00am – 5:00pm

Senior's Church Service Sundays 10:30am		<p style="text-align: center; font-weight: bold; font-size: 16pt;">                     Wednesday SEP 12<sup>th</sup> 2018                 </p> <p style="text-align: center;">                     5:00 - 6:30pm                      Winkler Senior Centre                      650 South Railway Ave.                      In the Buhler Active Living Center                 </p>		1 2 3 4 5 6 7 8
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<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	CLOSED – Labour Day	Pickleball 10:00am	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00			HYMN SING 7:00pm
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 Floor Curling 2:00 – 4:00	Pickleball 10:00am Gym Orientation 2:30pm	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 BBQ FUNDRAISER 5 - 6:30 pm BY DONATION	Centre on Aging Workshop 9:00am	BP Clinic 9:30am – 12pm	JAM SESSION 7:00PM
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 Floor Curling 2:00 – 4:00	Pickleball 10:00am Linedancing 1:30pm	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	WAFFLES 9:00 – 12:30 \$7.50 person	Floor Shuffle 1:00pm HYMN SING 7:00pm	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	Bridge 9:30 – 11:30 BINGO 1:00 – 4:00	Pickleball 10:00am Linedancing 1:30pm	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	Gateway Floor Shuffle 10:30 am Floor Curling 12:00 – 4:00 Linedancing 7:30pm	Floor Shuffle 1:00pm	

**30**

**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 – 5:00pm

Please indicate Winkler Senior Centre when registering

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–5 pm

Please indicate Cedar Location when registering

**Cedar Congregate Noon Meal MON, WED, FRI**

SEP	3	MON	<b>CLOSED FOR LABOUR DAY</b>
SEP	4	TUE	Chicken Stir Fry & Rice
SEP	5	WED	Cabbage Rolls, Potatoes & Veg.
SEP	6	THU	Carrot Soup & Sandwiches
SEP	7	FRI	Ribs, Baked Potatoes & Salad
SEP	10	MON	Meatloaf, Potatoes & Vegetables
SEP	11	TUE	Ham, Kielke & Vegetables
SEP	12	WED	Butter Soup & Taco Salad
SEP	13	THU	Sweet & Sour Sausage, Rice & Veg.
SEP	14	FRI	Breaded Ranch Chicken, Potatoes & Salad
SEP	17	MON	Chili Bun & Salad
SEP	18	TUE	Chicken & Bubbat, Potatoes & Veg.
SEP	19	WED	Beef Stroganoff , Noodles & Salad
SEP	20	THU	<b>Waffles 9:00am – 12:30pm \$7.50 / person NO Sign up</b>
SEP	21	FRI	Pork Roast, Potatoes & Vegetables
SEP	24	MON	Perogies, Sausage & Vegetables
SEP	25	TUE	Fish, Fries & Coleslaw
SEP	26	WED	Salisbury Steak, Scalloped Potatoes & Vegetables
SEP	27	THU	Somma Borscht & Sausage Rolls
SEP	28	FRI	Roast Beef, Potatoes, & Vegetables

SEP	3	MON	<b>CLOSED FOR LABOUR DAY</b>
SEP	5	WED	Sloppy Joes, Caesar Salad
SEP	7	FRI	Chicken Stir Fry, Rice
SEP	10	MON	Roast Beef, Potatoes, Pickles
SEP	12	WED	Breaded Ranch Chicken, Rice, Coleslaw
SEP	14	FRI	Perogies, Sausage, Vegetables
SEP	17	MON	Meat Sauce, Spaghetti, Salad
SEP	19	WED	Chicken & Bubbat, Potatoes, Coleslaw
SEP	21	FRI	Summa Borscht, Sandwiches
SEP	24	MON	Fish, Rice, Salad
SEP	26	WED	Waffles, Fruit, Sauce *need to sign up
SEP	28	FRI	Pork Chops, Potatoes, Vegetables

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

**COMMUNITY BBQ For ALL AGES**

WED. SEP 12<sup>th</sup> ~ 5:00 – 6:30pm ~ BY DONATION

50/ 50 Draw Tickets 20 for \$10.00