



Waut Passeared bie de

What's happening at the
Winkler Senior Centre?

**OCTOBER
2018
VOLUME 3
ISSUE 4**

**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 – 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

IN THIS ISSUE . .
PAGE 1 Thanksgiving – Closed
Fall Hours
OCTOBER Trivia
PAGE 2 Good Health Corner
Meals on Wheels
Welcome New Staff Member
PAGE 3 Special Events
PAGE 4 Member Birthdays
From the Front Porch
Thank you
Fall Fun
PAGE 5 Alzheimer Society
PAGE 6 Regular Programs
PAGE 7 Calendar
PAGE 8 WSC & Cedar Menus

**WINKLER SENIOR CENTRE
WILL BE CLOSED
MONDAY, October 8th
for Thanksgiving**



OCTOBER TRIVIA

- Birthstone is Tourmaline and Opal
- Flower is Marigold
- October 1st is National Senior's Day
- October 8th is National Perogy Day
- October 1, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.
- October 2, 1968 - California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400 feet (120 meters) during a lifetime that can span 2,000 years.

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

MONDAY OCTOBER 1st – 10:00am– TOPIC: Medication Recall

Beltone

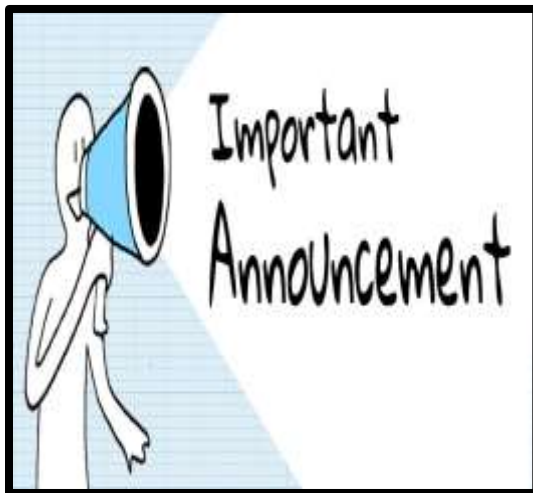
At the Buhler Active Living Centre Thursday OCT 4TH & 18th 2018 For information call 1-800-661-2653

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



MEALS ON WHEELS PROGRAM Starting Monday October 1st

Winkler Senior Centre will be running the Meals
Wheels Program out of our Kitchen.

Volunteers are needed to Deliver these meals 3 days
a week Monday, Wednesday and Friday. Please
contact Cathleen 2043258964 or via email
c.bergen.wsc@gmail.com



Welcome to our **NEWEST** Staff Member

**Lissa Thompson – Volunteer/ Program Coordinator &
Lifeline Coordinator**

As Volunteer/ Program Coordinator Lissa will be focusing
on enhancing our volunteer program, recruiting
volunteers, and meeting the needs of the volunteers.

As Lifeline Coordinator Lissa will be doing the intake paperwork and installations and service of
Lifeline Equipment. You will find her in either office (East or West) Monday, Wednesdays and
Thursdays 8am to 1pm. Her email address is L.thompson.wsc@gmail.com .

SPECIAL EVENTS

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

Estate & Financial Planning for Seniors (How to be Prepared) Wednesday, October 10th 1:00pm FREE Information Session

Join us for an Information session covering such topics as:

- Wills
- Power of Attorney
- Health Directives
- Duties of an Executor
- Building credit independently
- Retirement income planning - tax efficiency
- OAS clawback - how to minimize this
- Estate planning - looking at final tax bill and how to best plan to pay for that
- Benefits of trusts

Guest Speakers

**Lawyer: Jaret Hoepfner , Certified Financial Planner/Tax Preparer: Chris Douglas,
Certified Financial Planner: Rhonda Walker**

Movie – All Saints

Wednesday, October 24th 1:30pm - Silver Collection at the Door

Inspired by the true story of Michael Spurlock (John Corbett), All Saints chronicles the plight of a pastor who after being ordered to close his small church, decides to team up with incoming refugees from Southeast Asia who fled their country as farmers.

With their skills as farmers and hopes for prosperity in America, John and the refugees decide to farm a small plot of land next to the church in order to pay the bills and feed its congregation. But Michael is at odds with his superiors who still want him to close the church and sell the land. It is then that he learns that bringing faith and hope to his community is his true mission.

Winkler Community Foundation Intergenerational Program

Thursdays NOV. 1, 8, 22, 29, Dec. 6, 13 9:30am to 11:00am

Parents & Preschool Children want to spend time with YOU the Seniors

There will be Story Time, Crafts, Music, and Games

Seniors please come join in or listen as the children sing and share as often as you can.



2	Emma Elias	24	Mary Klassen
6	Pete Sawatzky	24	June Wall
6	Pete Suderman	25	Henry Dueck
10	Dora Hildebrand	26	Agatha Allen
11	Martha Unrau	27	Tina Enns
14	Karen E. Siemens	27	Neil Schmidt
20	Leo Braun	29	Tim Labun
20	Norm Blatz	30	Marlene Ens
23	Tina Derksen		

FROM THE FRONT PORCH

When someone declares that he is able to do everything at sixty that he was able to do at twenty then he was probably not doing very much when he was twenty. *Anonymous*



Years ago, the Front Porch was known as a gathering place, where people got together with their neighbors and had conversations about what interested them.

This is YOUR Front Porch. We want to hear from YOU.

Submit something you would like to share with others.

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

A BIG Thank you to all the Volunteers & Supporters on another successful month of Fundraisers with Tea Room, Waffles and Annual BBQ.

50/ 50 Draw Winner – Jake Giesbrecht – Congratulations!!

FALL FUN COMING ON

Wednesday, October 31st

2:00-4:00pm

WATCH FOR POSTERS with updates



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.

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
alzheimer.mb.ca/mindsinmotion
204-943-6622

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

UPCOMING SEMINARS

Communication

Tuesday, October 16
6:30 - 8 pm

Presented by: Tanis Horkey,
Mental Health Clinician, Seniors Community
Mental Health, Brandon, MB

De-stressing Over Bathing, Dressing and Personal Hygiene

Tuesday, November 20
6:30 - 8 pm

Presented by: Charleen Barkman,
Staff Development Coordinator –
Long Term Care, Southern Health Santé Sud

Boundary Trails Health Centre
Junctions Hwy 3 & 14, Winkler, MB
Board Room

Please
arrive by
6:15 pm

**Limited
seating!**

To register:
Online: alzheimer.mb.ca
Email: alzmb@alzheimer.mb.ca
Phone: 1-800-378-6699



alzheimer.mb.ca

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

Floor Curling Regular Season Games: Thursday OCT 4 , 11, 18, 25 – Check Calendar for times
Monday OCT 15 - 12:00 – 4:00pm

Floor Shuffle Regular Season Games: Starting Friday OCTOBER 5th 1:00pm

Gym Orientation Wednesday OCTOBER 16th @ 2:30pm – contact office to register

Hymn Sing Friday, OCTOBER 5th & 19th 7:00pm

Jam Session Saturday, OCTOBER 20TH 7pm BY DONATION

Linedancing Tuesdays 1:30 pm Thursdays 7:00pm

Pfahl's Health Talk Monday, OCTOBER 1 – Medication Recalls

Pickleball Tuesdays 10:00am @ **Winkler Senior Centre**

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**

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, OCTOBER 18TH 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

OCTOBER 2018

OFFICE HOURS
MON TO FRI 8:00 -5:00pm

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Health Talk 10:00am TOPIC: Medication Recall BINGO 1:00 – 4:00	2 Pickleball 10:30am Linedancing 1:30pm	3 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	4 Floor Curling 12:00 – 4:00 Linedancing 7:00pm	5 Floor Shuffle 10:00am HYMN SING 7:00pm	6
			DRIVE AWAY HUNGER 6:00 – 8:30pm Area Youth Food Bank Drive	Area Youth will be going door to door collecting donations for our local food bank. To identify them – they will be wearing a Food Bank sticker and will be carrying a Drive Away Hunger Bag.		
7	8 CLOSED – Thanksgiving	9 Pickleball 10:30am Linedancing 1:30pm	10 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 Estate & Financial Planning For Seniors 1:00pm	11 Gateway Floor Shuffle 10:30am Floor Curling 12:00 – 4:00 Linedancing 7:00pm	12 BP Clinic 9:30am – 12pm Floor Shuffle 10:00am	13
14	15 Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 Floor Curling 2:00 – 4:00	16 Pickleball 10:30am Linedancing 1:30pm Gym Orientation 2:30pm	17 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	18 WAFFLES 9:00 – 12:30 \$7.50 person Floor Curling 2:00 – 4:00 Linedancing 7:00pm	19 Floor Shuffle 10:00am HYMN SING 7:00pm	20 JAM SESSION 7:00PM
21	22 Bridge 9:30 – 11:30 BINGO 1:00 – 4:00	23 Pickleball 10:30am Linedancing 1:30pm	24 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 MOVIE – All Saints 1:30pm Silver Collection	25 Gateway Floor Shuffle 10:30am Floor Curling 2:00 – 4:00 Linedancing 7:00pm	26 Floor Shuffle 10:00am	27
28	29 FLU SHOT CLINIC H.F. Wiebe Pharmacy 9:30 – 4:00pm Bridge 9:30 – 11:30 BINGO 1:00 – 4:00	30 Pickleball 10:30am Linedancing 1:30pm	31 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 Fall Fun 2:00 – 4:00pm Watch for posters			

~~~~ VERENIKI FALL SUPPER ~~~~ WEDNESDAY, NOVEMBER 7th, 2018 ~~~~
5:00 – 6:30pm ~~ BY DONATION

WHAT`S HAPPENING AT THE WINKLER SENIOR CENTRE? OCTOBER 2018 VOLUME 3 ISSUE 4

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

OCT	1	MON	Kielke, Sausage & Vegetables
OCT	2	TUE	Pizza & Salad
OCT	3	WED	Meatloaf, Potatoes & Vegetables
OCT	4	THU	Cabbage Borscht & Ham & Cheese Muffin
OCT	5	FRI	Rosemary Chicken, Potatoes & Veg.
OCT	8	MON	CLOSED FOR THANKSGIVING
OCT	9	TUE	Beans, Sausage & Bun
OCT	10	WED	Sweet & Sour Meatballs, Rice & Veg.
OCT	11	THU	Chicken Noodle Soup & Sandwiches
OCT	12	FRI	Cabbage Rolls, Potatoes & Vegetables
OCT	15	MON	Beef Stew & Biscuits
OCT	16	TUE	Turkey Dinner with all the Trimmings
OCT	17	WED	Bacon, Macaroni Casserole, Bun & Salad
OCT	18	THU	Waffles 9:00am – 12:30pm
OCT			\$7.50 / person NO Sign up
OCT	19	FRI	Potatoes, Ham & Vegetables
OCT	22	MON	Spaghetti, Meat Sauce, Garlic Bread & Salad
OCT	23	TUE	Pork Chops, Potatoes & Vegetables
OCT	24	WED	Chicken Fingers, Fries & Coleslaw
OCT	25	THU	Taco Soup & Sandwiches
OCT	26	FRI	Roast Beef, Potatoes & Vegetables
OCT	29	MON	Perogies, Sausage & Vegetables
OCT	30	TUE	Fish, Fries & Coleslaw
OCT	31	WED	Salisbury Steak, Potatoes & Vegetables

OCT	1	MON	Cabbage Borscht, Sandwiches
OCT	3	WED	Turkey and all the Trimmings
OCT	5	FRI	Pizza, Caesar Salad
OCT	8	MON	CLOSED FOR THANKSGIVING DAY
OCT	10	WED	Ham, Kielke, Coleslaw
OCT	12	FRI	Chicken Stir Fry & Rice
OCT	15	MON	Sweet & Sour Sausage, Rice, Veg.
OCT	17	WED	Summa Borscht, Sandwiches
OCT	19	FRI	Russian Chicken, Potatoes, Salad
OCT	22	MON	Perogies, Sausage, Vegetables
OCT	24	WED	Waffles, Fruit, Sauce *need to sign up
OCT	26	FRI	Chicken Cordon Bleu, Oven Roasted Potatoes, Salad
OCT	29	MON	Salisbury Steak, Potatoes, Vegetables
OCT	31	WED	Cabbage Rolls, Potatoes, Vegetables

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