



Waut Passeared bie de

What's happening at the
Winkler Senior Centre?

**DECEMBER
2018
VOLUME 3
ISSUE 6**

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
Volunteer Program / Lifeline Coordinator: Lissa Thompson
l.thompson.wsc@gmail.com

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Winkler Senior Centre Christmas Hours

Cedar Estates meal program will be CLOSED
Monday, DEC. 24th Through Tuesday JAN. 1st.

Winkler Senior Centre Offices, Winkler Senior Centre Meal Program and Meals on Wheels Program

Friday DEC 21st Closed at 3:00pm
Monday DEC 24th through Friday DEC 28th Closed
Monday DEC 31st Closed at 2:00pm
Tuesday JAN 1st Closed

**ALL Programs and Locations will resume normal
business hours on Wednesday JANUARY 2nd**

FOR Lifeline Emergencies Please call 1 800-387-1215



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,
Ashley Dueck @ 204-361-6628 or Karen Hamm 204-384-6656

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 DECEMBER 3RD – 10:00am– TOPIC: Taste & Smell

Beltone

At the Buhler Active Living Centre Thursday DEC 6TH & 20TH 2018 For information call 1-800-661-2653

Lifeline

Emergency Response System For more information Call 204-325-8964
Ask for Cathleen, Lissa 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
And Crocus Apartments Delivery
PROGRAMS**

Volunteers are needed to Deliver meals at
Crocus Village on Tuesdays and with Meals on Wheels 3
days a week Monday, Wednesday and Friday. Please contact
Cathleen 204-325-8964 or via email
c.bergen.wsc@gmail.com

**GIFT SHOPPE –
CHRISTMAS GIFT IDEAS**

COUPON



Sweaters, Warm Mitts, Hot Chocolate,
Socks, Slippers, Purses, etc.

Bring in this ad and get 25% OFF one regular priced item
(consignment & books not included)

SPECIAL EVENTS

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

Winkler Family Resource Intergenerational Program

Thursdays 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.

Fun for Seniors - Monday, Dec 17th 10:00 – 11:00am

JR. Walkof Grade 4 will come in to play games or crafts with Seniors.

See Susie at the BALC receptionist desk for details.



CELEBRATE THE SEASON Christmas Events

Presented by the Winkler Senior Centre
& Buhler Active Living Centre

EVERYONE WELCOME

| | | |
|-----------------------|--------------------|--|
| DEC. 5 th | Wednesday, 1:00 pm | "VOX" - NPC Jazz Ensemble |
| DEC. 8 th | Saturday, 4:00 pm | Prairie Redcoats |
| DEC. 12 th | Wednesday, 1:30 pm | Irvin Berlin's White Christmas Movie Movie, Popcorn & Beverage \$3.00 |
| DEC. 15 th | Saturday, 7:00 pm | Jam Session |
| DEC. 18 th | Tuesday, 1:00 pm | W.E.S. Volunteer Choir |
| DEC. 18 th | Tuesday, 7:00 pm | Gospel Music with Plett Sisters |
| DEC. 20 th | Thursday, 2:00 pm | JR Walkof Choir |
| DEC. 20 th | Thursday, 7:00pm | EMBC Youth Choir |





| | | | |
|---|-----------------|----|---------------|
| 2 | Sara Thiessen | 12 | Betty Klassen |
| 5 | Kathy Toews | 14 | Vi Klassen |
| 6 | Agnes Gerbrandt | 18 | Harry Braun |
| 8 | Trudie Friesen | 23 | Margaret Dyck |

FROM THE FRONT PORCH



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 the following sponsors of the NEW oven in our kitchen: Access Credit Union, Winkler Community Foundation, Viterra, and private donors. This oven helps meet the needs of our growing meal program and in particular Meals on Wheels.

A BIG Thank you to all the volunteers who helped at the Vereniki Supper and to people who attended and made donations.



The Perfect Gift Idea

**Winkler Senior Centre
Meal Tickets**

Can be used for
Congregate Meals at Winkler Senior Centre or
Cedar Estates or Waffle Breakfast at Winkler
Senior Centre

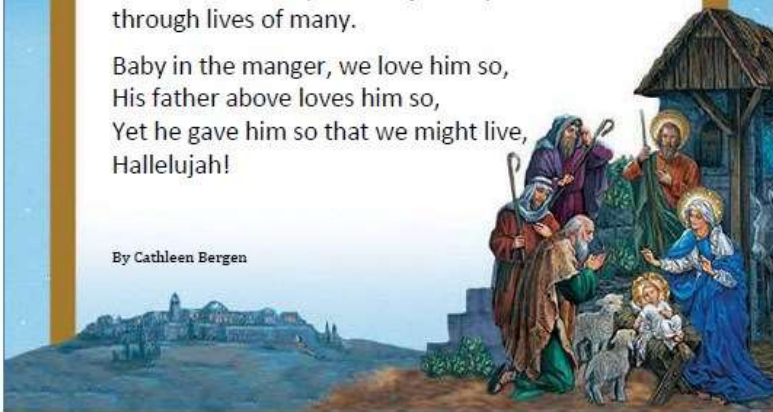
Available in books of 6 for \$45.00 at Winkler Senior Centre

*A Savior has been born
for you who is Messiah and Lord*

Baby Crying in the Manger

Baby crying in the manger
has a holy mission to accomplish.
Angels watch over him and the family with him.
His cry will become the cry for men's heart.
His blood will be shed, so that we can live.
Baby in the manger holds the fate of man in his
heart.
His walk will be a powerful journey
through lives of many.
Baby in the manger, we love him so,
His father above loves him so,
Yet he gave him so that we might live,
Hallelujah!

By Cathleen Bergen




**TEA ROOM &
WAFFLE SCHEDULE**

Tea Room

Wednesday December 5th & 12th

Tea Room - Served 9:00 – 11:00am

Wednesday December 19th & 26th

There will be NO Tea Room

Waffles

There will be no Waffle Breakfast in
December

WINKLER SENIOR CENTRE T- SHIRTS

ON SALE NOW

Cotton T-Shirt With embroidered WSC logo (white)
Many colors to choose from – Samples can be seen in Cathleen's office.
Available in S - 4 XL in Ladies or Men's styles
\$25.00 each *(we must order A MINIMUM of 12 to get this price)*

Place an order with Nettie or Cathleen
Orders must be prepaid.
Deadline to order
WEDNESDAY, DECEMBER 12TH

*Winkler Senior Centre's Charity Status ensures that
ALL Donations & Funds raised go in FULL to
Winkler Senior Centre Programs & Equipment*



FRESH

from Winkler Senior Centre Kitchen
CHRISTMAS (FRUIT) CAKE
LIGHT CAKE WITH COCONUT
WITH NUTS OR WITHOUT NUTS AVAILABLE

1 Pound Cake - \$ 8.00 Each

SOLD BY PRE-ORDER
Pick up dates **Thurs. NOV 22nd &
Thurs. DEC 6th between
1:00 & 4:00pm**

PLEASE CALL
WINKLER SENIOR CENTRE
TO PLACE YOUR ORDER
204-325-8964

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 No Bingo on December 31st

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 DEC 6th & 13th

Floor Shuffle Regular Season Games: Friday DEC 7th, 14th, 21st 10:00am

Gym Orientation Tuesday DECEMBER 11th @ 2:30pm – contact office to register

Hymn Sing Friday, DECEMBER 14TH & 29TH 7:00pm

Jam Session Saturday, DECEMBER 15th 7pm BY DONATION

Linedancing Tuesdays 1:30 pm DECEMBER 4th & 11th Thursdays 7:00pm DECEMBER 6th & 13th

Pfahl's Health Talk Monday, DECEMBER 5th – Taste & Smell

Pickleball Tuesdays 10:30am @ Winkler Senior Centre

Tuesdays & Thursdays @ Emerado School

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

PLEASE NOTE There will be NO Tea Room on DECEMBER 19th & 26th

Video Fitness - Wednesdays 9:00am – 10:00am

Drop In fee – Members \$2.00 Non-members \$3.00

Waffles – There will be NO Waffles in December

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

DECEMBER 2018

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

JOIN US FOR COFFEE EVERY MORNING AT 9:00am – Coffee \$1.00, Snacks also available

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|---|---|--|-------------------------------|
| <i>On Behalf of the Board & Staff of the Winkler Senior Centre We wish you a Merry Christmas and Blessed New Year in 2019</i> | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | PFAHL'S HEALTH TALK 10AM – Taste & Smell | Pickleball 10:30am Linedancing 1:30pm | Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 | Intergenerational program 9:30am | BP Clinic 9:30am – 12pm | Prairie Redcoats 4:00pm |
| | Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 Fitness with Kim 12:30pm | | VOX CHOIR 1pm | Floor Curling 12:00 – 4:00 Linedancing 7:00pm | Floor Shuffle 10:00am | |
| | | | | Christmas Cake PICK UP 1:00 – 4:00pm | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 Fitness with Kim 12:30pm | Pickleball 10:30am Linedancing 1:30pm | Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 | Intergenerational program 9:30am | Floor Shuffle 10:00am HYMN SING 7:00pm | JAM SESSION 7:00PM |
| | | Gym Orientation 2:30pm | White Christmas – 1:30pm Movie, Popcorn & Beverage - \$3 | Floor Curling 12:00 – 4:00 Linedancing 7:00pm | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | Bridge 9:30 – 11:30 Gr. 4 Fun with Seniors Program 10:00am BINGO 1:00 – 4:00 Fitness with Kim 12:30pm | WES Choir 1:00pm PLETT Sisters GOSPEL MUSIC 7:00PM | | JR Walkof Choir 2:00pm EMBC Youth Choir 7:00PM | Floor Shuffle 10:00am Winkler Senior Centre CLOSED at 3:00pm | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Winkler Senior Centre offices, Cedar Estates, Winkler Senior Centre and Meals on Wheels Meal Program CLOSED DEC 24TH Through DEC 28TH | | | | | | |
| 30 | 31 | JANUARY 1 | JANUARY 2 | FOR LIFELINE EMERGENCIES During Christmas Break Please Call 1 – 800 – 387 - 1215 | | |
| | Cedar meal program CLOSED Winkler Senior Centre Closed at 2:00pm | ALL LOCATIONS & PROGRAMS CLOSED | All Programs & Locations Resume normal business hours | | | |



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

| | | | |
|------------|-----------|------------|--|
| DEC | 3 | MON | Spaghetti & Meat Sauce, Salad |
| DEC | 4 | TUE | Fish, Fries & Coleslaw |
| DEC | 5 | WED | Cabbage Rolls, Potatoes & Vegetables |
| DEC | 6 | THU | Chicken Noodle Soup & Sandwiches |
| DEC | 7 | FRI | Roast Beef, Potatoes & Vegetables |
| DEC | 10 | MON | Sweet & Sour Meatballs, Rice & Veg. |
| DEC | 11 | TUE | Pizza & Salad |
| DEC | 12 | WED | Pork Chops, Potatoes & Vegetables |
| DEC | 13 | THU | Cabbage Borscht, Ham & Cheese Muffins |
| DEC | 14 | FRI | Perogies, Sausage & Vegetables |
| DEC | 17 | MON | Meatloaf, Potatoes & Vegetables |
| DEC | 18 | TUE | Turkey & ALL the trimmings |
| DEC | 19 | WED | Kielke, Ham & Vegetables |
| DEC | 20 | THU | Green Bean Soup & Sandwiches |
| DEC | 21 | FRI | Egg & Hashbrown Bake, Pork Sausage Fruit Salad & Muffin |

| | | | |
|-----|----|-----|---|
| DEC | 3 | MON | Carrot Soup & Sandwiches |
| DEC | 5 | WED | Turkey & All the Trimmings |
| | | | Christmas Lunch |
| DEC | 7 | FRI | Chicken Stir Fry, Rice, Vegetables |
| DEC | 10 | MON | Sloppy Joes, Salad |
| DEC | 12 | WED | Summa Borscht, Sandwiches |
| DEC | 14 | FRI | Pork Chops, Potatoes, Vegetables |
| DEC | 17 | MON | Perogies, Sausage, Vegetables |
| DEC | 19 | WED | Breaded Ranch Chicken, Potatoes, Salad |
| DEC | 21 | FRI | Sausage, Kielke, Vegetables |

WINKLER SENIOR CENTRE Will be CLOSED

Monday DEC 24th through Friday DEC 28th

| | | | | | | | |
|-----|----|-----|---------------------------------|-----|----|-----|----------------------------------|
| DEC | 31 | MON | Carrot Soup & New Years Cookies | DEC | 31 | MON | Cedar Meal Program Closed |
| JAN | 1 | TUE | CLOSED | JAN | 2 | WED | Meal Programs Resume |
| JAN | 2 | WED | Meal programs Resume | | | | |

*On Behalf of the Board & Staff of the Winkler Senior Centre
We wish you a Merry Christmas and Blessed New Year in 2019*