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What's happening at the
Winkler Senior Centre?

**JANUARY
2019
VOLUME 3
ISSUE 7**

**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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*During this season,
we the Board and Staff of the
Winkler Senior Centre
take time to reflect upon the good things
we have... like our volunteers, generous
donors and those who rely on us for our
programs and services.
We appreciate working with you and
hope that the holidays and the coming
year will bring you happiness and
success.*



FREE WIFI NOW AVAILABLE – COURTESY OF WINKLER COOP

GOOD HEALTH CORNER

Foot Care

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 JANUARY 7th – 10:00am – TOPIC: Biologicals

Beltone

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

Lifeline

Emergency Response System For more information Call 204-325-8964

Ask for Lissa, 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



If interested in
volunteering for any of
these positions please
contact:

Lissa Thompson
at 204-325-8964 or
l.thompson.wsc@gmail.com

We also need volunteers
on our sub lists for these
positions or for special
events.



MEALS ON WHEELS Delivery Program

Volunteers are URGENTLY needed to Deliver noon meals with Meals on
Wheels 3 days a week Monday, Wednesday and Friday (for a 1 week rotation). Please
contact Cathleen 204-325-8964 or via email bergen.wsc@gmail.com

Tea Room

Our Wednesday Tea Rooms have gotten a LOT busier. We are needing volunteers to
Set tables, Serve Tea Biscuits, Coffee, and Tea, and clean up. Shifts are from 8:00am till
11:30 am

Waffles

We are needing volunteers to Set tables, Serve Coffee and Tea, clean tables and reset
tables for waffle breakfasts – 3rd Thursday of the month. Shifts are from 8:00am till
1:00pm

Receptionist – Winkler Senior Centre

We are needing a volunteer to make Coffee and Tea for the noon congregate meal, set
& clean tables, handle cash for meal payments on Wednesday mornings. Shifts are
from 10:00am till 1:00pm

Kitchen Help – Noon Congregate meal

Our meal program runs 5 days a week at Winkler Senior Centre. We are needing
volunteers to assist the meal coordinator with food prep, serving food and clean up.
Shifts are 8:00am till 1:30pm.



3	Abe Dyck	15	Vi Wiebe
3	Esther Guenther	17	Gladys Schaak
4	Doreen Hildebrand	18	Gladys Wiebe
5	Jessie Hiebert	25	Dave F. Driedger
6	Helen Reimer	25	Garry Klassen
8	George Braun	26	Henry Funk
8	Anne Giesbrecht - Hildebrand	27	Helen Ens
11	Bill Braun	28	Menno Giesbrecht
12	Sadie Bergen	30	Ray Driedger
13	Ed Zacharias	30	Wayne Guenther

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

NEW!



C.W. WIEBE MEDICAL

Direct phone lines to your doctors office.

RECEPTION A

204-331-2345

Dr. BANMAN, J.
 Dr. CHUDLEY, D.
 Dr. DREYER, C.
 Dr. GACUTAN, S.
 Dr. HUMNISKI, K.
 Dr. KROEKER, B.
 Dr. KROEKER, J.
 Dr. LANE, E.
 Dr. PATHER, A.
 Dr. WOELK, C.

RECEPTION B

204-331-2332

Dr. ALLEN, J.
 JAYMIE ALLEN, PA.
 Dr. BRETT, M.
 Dr. CASWILL, C.
 Dr. HESOM, M.
 Dr. HUNT, H.
 Dr. LEHMANN, H.
 Dr. POHL, B.
 Dr. ROBERTS, K.
 Dr. VAN NIEKERK, E.
 BEN WIEBE, NP

RECEPTION C

204-331-2338

Dr. BLIGNAUT, B.
 Dr. BASSON, A.
 Dr. BASSON, H.
 Dr. HOLLAND-MUTER, B.
 Dr. GREYLING, L.
 Dr. REYNEKE, A.
 Dr. DHALA, A.

For General Inquiries:

204-325-4312

Clinic Hours:

Mon-Fri from 8 am - 5:30 pm

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 JAN 3, 17, 24, 31 – Check Calendar for times
Monday JAN 14 - 12:00 – 4:00pm

Floor Shuffle Regular Season Games: Fridays 10:00am

Gym Orientation Tuesday JANUARY 15th @ 2:30pm – contact office to register

Hymn Sing Friday, JANUARY 11TH & 25TH 7:00pm

Jam Session Saturday, JANUARY 19th 7pm BY DONATION

Linedancing Tuesdays 1:30 pm (No linedancing on January 1st)
Thursdays 7:00pm (No linedancing on January 3rd)

Pfahl's Health Talk Monday, JANUARY 7th – Biologicals

Pickleball Tuesdays 10:30am @ **Winkler Senior Centre** (No Pickleball on January 1st)
Tuesdays & Thursdays @ **Emerado School**

Seniors Church Service

Sunday 10:30 am – OPEN to ALL Seniors Multi-purpose Room – Buhler Active Living Centre

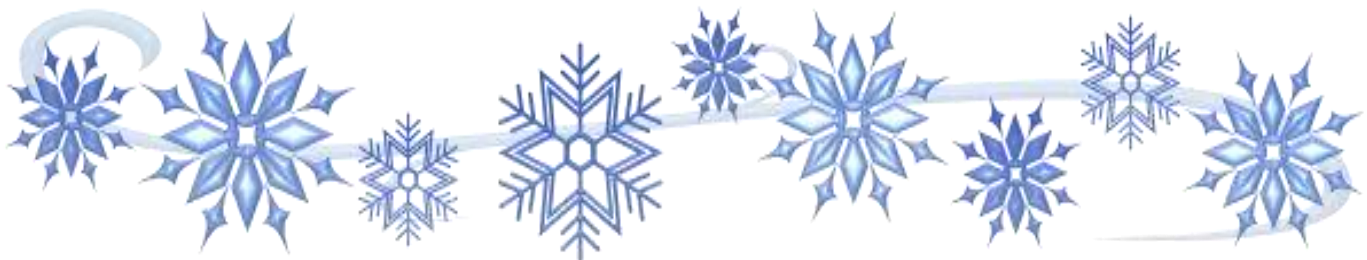
Tea Room - Wednesdays Served 9:00am – 11:00am Self-serve 1:30pm – 3:30pm
\$4.00 per person - Coffee or Tea & 2 Tea Biscuits

Video Fitness - Wednesdays 9:00am – 10:00am
Drop In fee – Members \$2.00 Non-members \$3.00

Waffles – \$7.50 / PERSON Thursday, JANUARY 17TH 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.





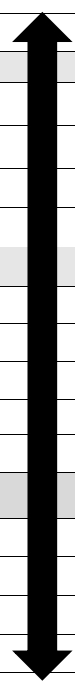
Winkler & District Multi-Purpose Senior Centre Inc.
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JANUARY 2019

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	
HAPPY NEW YEAR 2019	1 NEW YEARS DAY ALL LOCATIONS CLOSED	2 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	3 Floor Curling 12:00 – 4:00	4 Floor Shuffle 10:00am	5		
	6 Seniors Church Service 10:30am	7 PFAHL'S HEALTH TALK 10AM - Biologicals Bridge 9:30 – 11:30 Fitness with Kim 12:30pm BINGO 1:00 – 4:00	8 Pickleball 10:30am Linedancing 1:30pm	9 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	10 Floor Curling 12:00 – 4:00 Linedancing 7:00pm	11 BP Clinic 9:30am – 12pm Floor Shuffle 10:00am HYMN SING 7:00pm	12
	13	14 Bridge 9:30 – 11:30 Floorcurling 12:00pm BINGO 1:00 – 4:00	15 Pickleball 10:30am Linedancing 1:30pm Gym Orientation 2:30pm	16 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	17 WAFFLES 9:00 – 12:30 \$7.50 each Floor Curling 2:00 – 4:00 Linedancing 7:00pm	18 Floor Shuffle 10:00am	19 JAM SESSION 7:00PM
20	21 Bridge 9:30 – 11:30 Fitness with Kim 12:30pm BINGO 1:00 – 4:00	22 Pickleball 10:30am Linedancing 1:30pm	23 Video Fitness 9 – 10am Tea Room 9 – 11 \$4.00 MOVIE 1:30 pm \$3 Movie & Popcorn Title – To be Announced	24 Floor Curling 12:00 – 4:00 Linedancing 7:00pm	25 Floor Shuffle 10:00am HYMN SING 7:00pm	26	
27	28 Bridge 9:30 – 11:30 Gr. 4 Fun with Seniors Program 10:00am Fitness with Kim 12:30pm BINGO 1:00 – 4:00	29 Pickleball 10:30am Linedancing 1:30pm	30 Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00	31 Floor Curling 12:00 – 4:00 Linedancing 7:00pm			



WHAT`S HAPPENING AT THE WINKLER SENIOR CENTRE? JANUARY 2019 VOLUME 3 ISSUE 7

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

JAN	1	TUE	CLOSED – NEW YEARS DAY
JAN	2	WED	Salisbury Steak, Potatoes & Vegetables
JAN	3	THU	Macaroni, Sausage, Cream Gravy & Veg
JAN	4	FRI	Chicken Cordon Swiss, Wedges & Salad
JAN	7	MON	Chili, Bun & Salad
JAN	8	TUE	Turkey Pot Pie & Salad
JAN	9	WED	Beef Stew & Biscuits
JAN	10	THU	Somma Borscht & Sausage Rolls
JAN	11	FRI	Breaded Ranch Chicken, Potatoes & Veg
JAN	14	MON	Klups, Potatoes & Vegetables
JAN	15	TUE	Fish, Fries & Coleslaw
JAN	16	WED	Perogies, Ham & Vegetables
JAN	17	THU	Waffles 9:00am – 12:30pm \$7.50 / person NO sign up
JAN	18	FRI	Pork Roast, Potatoes & Vegetables
JAN	21	MON	Lasagna, Garlic Toast & Salad
JAN	22	TUE	Chicken & Bubbat, Potatoes & Veg.
JAN	23	WED	Sweet & Sour Sausage, Rice, Bun & Veg
JAN	24	THU	Butter Soup & Taco Salad
JAN	25	FRI	Meatloaf, Potatoes & Vegetables
JAN	28	MON	Kielke, Sausage & Vegetables
JAN	29	TUE	Chicken Stir Fry & Rice & Bun
JAN	30	WED	Ham, Potatoes, Pineapple Sauce & Veg.
JAN	31	THU	Vegetable, Soup & Sandwiches

JAN	2	WED	Russian Chicken, Potatoes 7 Salad
JAN	4	FRI	Cabbage Borscht, Sandwiches
JAN	7	MON	Roast Beef, Potatoes, Vegetables
JAN	9	WED	Cabbage Rolls, Oven Roasted Potatoes & Vegetables
JAN	11	FRI	Pizza, Caesar Salad
JAN	14	MON	Sausage, Scalloped Potatoes, Veg.
JAN	16	WED	Summa Borscht, Sausage Rolls
JAN	18	FRI	Beef Stew, Cheese Biscuits
JAN	21	MON	Perogies, Sausage, Vegetables
JAN	23	WED	Chicken & Bubbat, Potatoes & Veg.
JAN	25	FRI	Ham, Kielke, Vegetables
JAN	28	MON	Chicken Stir Fry, Rice
JAN	30	WED	Waffles, Berries, Sauce *need to sign up

Please note: Menu may be changed upon meal coordinator's discretion