



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

**NOVEMBER
2018
VOLUME 3
ISSUE 5**

**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
WILL BE CLOSED
MONDAY, November 12th
for**



NOVEMBER TRIVIA

- Birthstone is Topaz & Citrine
- Flower is Chrysanthemum.
- November 1,1512 – Michelangelo’s paintings on ceiling of Sistine Chapel in Vatican, Italy were first exhibited. He started the work in 1508.
- November 1, 1924 – First US NHL franchise, Boston Bruins was founded. The Montreal Canadiens and Toronto Maple Leafs were first to form and the addition of the Chicago Blackhawks, Detroit Red Wings and New York Rangers made the Original Six Teams.

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 NOVEMBER 1st – 10:00am– TOPIC: Seasons/ Weather & Health

Beltone

At the Buhler Active Living Centre Thursday NOV 1st & 15th 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

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)

COUPON

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 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.

Vereniki Supper – Wednesday, NOV. 7th – 5:00 to 6:30pm – By Donation

Menu: Vereniki (Cottage Cheese Perogies), Farmer Sausage, Cream Gravy, Rhubarb Sauce, Vegetables, Dessert and Coffee

50/ 50 Draw – Tickets 20 for \$10.00 – Draw to be held Friday, NOVEMBER 9th

Tidings & Tinsel – Christmas Market

Wednesday, NOV. 14th – 9:00am – 3:00pm

Fun for Seniors - Monday, NOV. 26th, 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.



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



Winkler Senior Centre Offices

Meals on Wheels

And Congregate Meal Programs

At Cedar Estates and

Winkler Senior Centre – 650 South Railway Ave.

WILL BE CLOSED

For a Christmas Break

Monday, DEC. 24th Through Friday, DEC. 28th

We will also close

at 2:00pm on Monday, DEC. 31st

and we will be closed Tuesday, JAN. 1st

We will resume normal business hours on

Wednesday, JAN. 2nd at 8:00am

FOR Lifeline Emergencies
Please call 1 800-387-1215



- | | | | |
|----|----------------|----|-------------------|
| 2 | Bill B Peters | 15 | Annie Reimer |
| 8 | Dianne Froese | 16 | Anne Malyon |
| 9 | Susan Funk | 19 | Helen Gerbrand |
| 12 | Frank Schaak | 20 | Alfred S. Klassen |
| 13 | Peter Thiessen | 24 | Peter Penner |
| 14 | Al Giesbrecht | 29 | Verna Kroeker |

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 Viterra for a donation of \$800.00 that went to the purchase of a new stove for our kitchen



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

SERVICES TO SENIORS BLOG

Thank you to Rhonda Walker, Chris Douglas and Jaret Hoepner for your excellent presentation on Estate and Financial Planning.

Topics discussed were: Wills, Health Care Directives, Power of Attorneys, and Tax Planning.

Slide shows were presented in the presentations. If you are interested in receiving a pdf copy of the slide shows or contact information for the presenters please contact Cathleen at c.bergen.wsc@gmail.com or 204-325-8964. Please be advised that this pdf is for general information purposes only and not a substitution for specific legal or tax advice.

Services to Seniors Resource recommends that Emergency Response Information Kits (ERIK) be filled out by anyone who has medical issues or is on prescription drugs. These can be picked up at Cathleen or Denise's office for a suggested small donation of \$2.00 each.

Other brochures about these topics are also available at the Winkler Senior Centre.

From Jaret Hoepner after presentation

Everyone agrees that planning for the future is critical, yet we often neglect some of the most important but difficult questions: What happens if I become disabled? What happens when I die? Three documents that are critical to any estate plan are wills, powers of attorney, and health care directives. These documents are essential to ease your loved ones through what will be a difficult time for them. Don't make it any harder for them than it has to be. Book a free consultation with Jaret Hoepner Law Office today to discuss how to best plan for, and protect, your future.

WINKLER SENIOR CENTRE T- SHIRTS

ON SALE NOW

Cotton T-Shirt With embroidered WSC logo (white)

3 colors (Forest Green, Navy, Charcoal) to choose from

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*

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 NOV 1, 8, 15, 22, 29 – Check Calendar for times
Monday NOV 19 - 12:00 – 4:00pm

Floor Shuffle Regular Season Games: Fridays 10:00am

Gym Orientation Wednesday NOVEMBER 13th @ 2:30pm – contact office to register

Hymn Sing Friday, NOVEMBER 2ND & 16TH 7:00pm

Jam Session Saturday, NOVEMBER 17TH 7pm BY DONATION

Linedancing Tuesdays 1:30 pm Thursdays 7:00pm *Please note Thursday November 15th is changed to Wednesday November 14th*

Pfahl's Health Talk Monday, NOVEMBER 5th – Seasons/ Weather & Health

Pickleball Tuesdays 10:30am @ **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, NOVEMBER 15TH 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

NOVEMBER 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
<p align="center">~~~~ VERENIKI FALL SUPPER ~~~~ ~~~~ WEDNESDAY, NOVEMBER 7th, 2018 ~~~~ 5:00 – 6:30pm ~~ BY DONATION</p>				1	2	3
				Floor Curling 12:00 – 4:00 Linedancing 7:00pm	Floor Shuffle 10:00am HYMN SING 7:00pm	
4	5	6	7	8	9	10
	PFAHL'S HEALTH TALK 10AM – Seasons/ Weather & Health Bridge 9:30 – 11:30 BINGO 1:00 – 4:00	Pickleball 10:30am Linedancing 1:30pm PLETT FAMILY GOSPEL MUSIC 7:00 pm	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 VERENIKI SUPPER 5:00 – 6:30pm BY DONATION	Winkler Family Resource Intergenerational program 9:30am Floor Curling 12:00 – 4:00 Linedancing 7:00pm	BP Clinic 9:30am – 12pm Floor Shuffle 10:00am	
11	12	13	14	15	16	17
	CLOSED – REMEMBRANCE DAY Christmas Decorating 9:00 – 12:00	Pickleball 10:30am Linedancing 1:30pm Gym Orientation 2:30pm	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 Tidings & Tinsel Christmas Market 9:00 – 3:00 Line Dancing 7:00pm	WAFFLES 9:00 – 12:30 \$7.50 person Floor Curling 2:00 – 4:00 Linedancing 7:00pm	Floor Shuffle 10:00am HYMN SING 7:00pm	JAM SESSION 7:00PM
18	19	20	21	22	23	24
	Bridge 9:30 – 11:30 BINGO 1:00 – 4:00 Floor Curling 2:00 – 4:00	Pickleball 10:30am Linedancing 1:30pm PLETT FAMILY GOSPEL MUSIC 7:00PM	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 MOVIE – To be announced 1:30pm Silver Collection	Intergenerational program 9:30am Floor Curling 2:00 – 4:00 Linedancing 7:00pm Christmas Cake Pre- order PICK UP 1:00 – 4:00pm	Floor Shuffle 10:00am	
25	26	27	28	29	30	
	Bridge 9:30 – 11:30 Gr. 4 Fun with Seniors Program 10:00am BINGO 1:00 – 4:00	Pickleball 10:30am Linedancing 1:30pm	Video Fitness 9 – 10am Tea Room 9 – 11, 1:30- 3:30 \$4.00 Senior Technology Event By Coop @ Home 2:00 – 4:00pm	Intergenerational program 9:30am Floor Curling 2:00 – 4:00 Linedancing 7:00pm	Floor Shuffle 10:00am HYMN SING 7:00pm	



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

NOV	1	THU	Carrot Soup & Sandwich
NOV	2	FRI	Russian Chicken, Potatoes & Veg.
NOV	5	MON	Macaroni, Cream Gravy, Sausage & Onions
NOV	6	TUE	Pepper Steak, Rice & Vegetables
NOV	7	WED	Hamburgers, Potatoes & Vegetables

VERENIKI SUPPER – WED. NOV. 7TH

~~~ 5:00 – 6:30PM ~~ BY DONATION ~~~

NOV	8	THU	Somma Borscht & Sausage Rolls
NOV	9	FRI	Lasagna, Garlic Toast & Salad
NOV	12	MON	CLOSED FOR REMEMBRANCE DAY
NOV	13	TUE	Meat Pot Pies & Salad
NOV	14	WED	Chicken Stir Fry, Rice & Bun
NOV	15	THU	Waffles 9:00am – 12:30pm \$7.50 / person NO Sign up
NOV	16	FRI	Pork Roast, Potatoes & Vegetables
NOV	19	MON	Chili Bun & Salad
NOV	20	TUE	Chicken & Bubbat, Potatoes & Veg.
NOV	21	WED	Sweet & Sour Sausage, Rice & Veg.
NOV	22	THU	Butter Soup & Taco Salad
NOV	23	FRI	Perogies, Sausage & Vegetables
NOV	26	MON	Chicken Burger & Macaroni Salad
NOV	27	TUE	Ribs, Baked Potato & Salad
NOV	28	WED	Kielke, Ham & Vegetables
NOV	29	THU	Minestrone Soup & Sandwiches
NOV	30	FRI	Meatloaf, Potatoes & Vegetables

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

NOV	2	FRI	Beef Stew, Cheese Biscuits & Salad
NOV	5	MON	Chicken Noodle Soup & Sandwiches
NOV	7	WED	Ribs, Rice & Vegetables
NOV	9	FRI	Perogies, Sausage & Vegetables
NOV	12	MON	CLOSED FOR REMEMBRANCE DAY
NOV	14	WED	Chicken & Bubbat, Potatoes, Coleslaw
NOV	16	FRI	Ham, Scalloped Potatoes & Veg.
NOV	19	MON	Fish, Potatoes & Salad
NOV	21	WED	Summa Borscht, Sandwiches
NOV	23	FRI	Roast Beef, Potatoes & Vegetables
NOV	26	MON	Rosemary Chicken, Potatoes, Salad
NOV	28	WED	Waffles, Fruit, Sauce *need to sign up
NOV	30	FRI	Salisbury Steak, Potatoes, Vegetables

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