



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

**FEBRUARY
2019
VOLUME 3
ISSUE 8**

**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, February 18th

January & February
**GIFT SHOPPE
HOURS**
Tuesday - Friday
9:30am -
4:00pm

Senior Centre
I ♥ Portzelky Day
(New Year's Cookies)
@ Winkler Senior Centre
WED. Feb 13TH 2019
2:00 - 4:00 pm
**Wear
Something Red**
Come enjoy Fresh Portzelky
& Coffee for only \$5.00
Bag Sale AFTER 4:00pm
IF Quantity Available to sell
6 - \$6.00

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 FEBRUARY 4th – 10:00am – TOPIC: Crab Lice

Beltone

At the Buhler Active Living Centre -Thursday FEBRUARY 7th & 21st 2019 For information call 1-800-661-2653

Lifeline

Emergency Response System For more information Call 204-325-8964
Ask for Lissa, Cathleen or Denise 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

Pembina Valley Parkinson's Support Group

1 800-565-3000
parkinson.ca

Learn

- About Parkinson's (PD)
- Symptom Management

Connect

- With others in your community who have PD
- With other PD caregivers
- With experts in various fields

Discover

- Resources & programs available to you
- *You are not alone!*

1 Monday / month in Feb., Jun, Oct.

- Feb. 11
- Jun. 10
- Oct. 7

Time: 6:30 PM

Place: Boundary Trails Health Centre
(Jct Hwy 3 & 14, Winkler, Multipurpose Rms 1-3)

For more info: 1-800-565-3000 Ext 3440
or donna.greening@parkinson.ca



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

Lissa Thompson

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

- Meals on Wheels Delivery Program
- Tea Room
- Waffles
- Receptionist – Winkler Senior Centre
- Kitchen Help – Noon Congregate Meal

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

SPECIAL EVENTS

I Love Portzelky Day - Wednesday, FEB 13TH , 2:00 - 4:00pm

Come Enjoy Fresh Portzelky & Coffee or Tea for \$5.00 per person
Bag Sale AFTER 4:00pm if Quantity available – 6 for \$6.00

MOVIE PRESENTATION Wednesday, FEBRUARY 20th @ 1:30pm

\$3.00 for movie, popcorn and a drink
Title – To be announced - Watch for poster for details

SAVE THE DATE
MARCH
20

Financial Planning Seminar
March 20th 2:00 pm
Dainties and refreshments
More details to follow



Access
CREDIT UNION
www.accesscu.ca

VICTORIA LIFELINE MEDICAL ALERT SERVICE

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It's your freedom.
It's your choice.

HomeSafe

Protection in and around your home with a fall detection option.

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The freedom to go where you want, when you want. Protection at home and on the go with GPS enabled technology.

1-888-722-5222
victorialifeline.ca



VICTORIA LIFELINE
Safe and independent living.

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 FEB 7, 14, 28 – Check Calendar for times
Monday FEB 11 - 12:00 – 4:00pm

Floor Shuffle Regular Season Games: Fridays 10:00am

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

Hymn Sing Friday, FEBRUARY 8th & 22nd 7:00pm

Jam Session Saturday, FEBRUARY 16th 7pm BY DONATION

Linedancing Tuesdays 1:30 pm
Thursdays 7:00pm

Pfahl's Health Talk Monday, FEBRUARY 4th – Crab Lice

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

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

Waffles – \$7.50 / PERSON Thursday, FEBRUARY 21ST 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.



- 1 Hank Hildebrand
- 2 Anne Thiessen
- 3 Herb Dick
- 3 Abe Friesen
- 6 Alvin Hildebrand
- 11 Ike Suderman
- 13 Helen Penner
- 15 Lorraine Mantey

- 16 Gert Giesbrecht
- 16 Helen Neufeld
- 17 Walter Peters
- 17 Susan Zacharias
- 18 Mary Anne Derksen
- 20 Bernie Loepky
- 22 Anne Goertzen
- 22 Lillian Unrau



Winkler & District Multi-Purpose Senior Centre Inc.
PH. 204-325-8964 www.winkler55plus.com

FEBRUARY 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
<p align="center">I ♥ PORTZELKY DAY – WED. FEB 13TH 2:00 – 4:00PM - \$5.00 PER PERSON</p>					1	2
					Floor Shuffle 10:00am	
3	4	5	6	7	8	9
Seniors Church Service 10:30am	PFAHL'S HEALTH TALK 10AM – Crab Lice Bridge 9:30 – 11:30 BINGO 1:00 – 4:00	Pickleball 10:30am	Video Fitness 9 – 10am	Floor Curling 12:00 – 4:00	BP Clinic 9:30am – 12pm Floor Shuffle 10:00am HYMN SING 7:00pm	
		Linedancing 1:30pm	Tea Room 9 – 11 \$4.00	Linedancing 7:00pm		
10	11	12	13	14	15	16
	Bridge 9:30 – 11:30	Pickleball 10:30am	Video Fitness 9 – 10am	Gateway Shuffle 10:30am	Floor Shuffle 10:00am	JAM SESSION 7:00PM
		Linedancing 1:30pm	Tea Room 9 – 11, 1:30- 3:30 \$4.00	Floor Curling 2:00 – 4:00		
	BINGO 1:00 – 4:00		Gym Orientation 2:30pm		Linedancing 7:00pm	
17	18	19	20	21	22	23
	Closed Louis Riel Day	Pickleball 10:30am	Video Fitness 9 – 10am	WAFFLES 9:00 – 12:30 \$7.50 each Floor Curling 12:00 – 4:00 Linedancing 7:00pm	Floor Shuffle 10:00am	
		Linedancing 1:30pm	Tea Room 9 – 11 \$4.00		HYMN SING 7:00pm	
			MOVIE 1:30 pm \$3 Movie & Popcorn Title – To be Announced			
24	25	26	27	28		
	Bridge 9:30 – 11:30	Pickleball 10:30am	Video Fitness 9 – 10am	Gateway Shuffle 10:30am		
	Gr. 4 Fun with Seniors Program 10:00am Floorcurling 1:00pm BINGO 1:00 – 4:00	Linedancing 1:30pm	Tea Room 9 – 11, 1:30- 3:30 \$4.00	Floor Curling 12:00 – 4:00		
				Linedancing 7:00pm		

SAVE THE DATE
MARCH 20

Financial Planning Seminar
March 20th 2:00 pm
Dainties and refreshments
More details to follow



