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What's happening at the
Winkler Senior Centre?

**MARCH
2019
VOLUME 3
ISSUE 9**

**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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SAVE THE DATE
MARCH
20

Financial Planning Seminar

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

**REGISTRATION
PREFERRED BUT
NOT REQUIRED**

**TO REGISTER
CALL WINKLER
SENIOR CENTRE**

204-325-8964



Access
CREDIT UNION

www.accesscu.ca



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 MARCH 4th – 10:00am – TOPIC: Ear Infections

Beltone

At the Buhler Active Living Centre -Thursday MARCH 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

VOLUNTEER REPORT – JANUARY 2019

Total Number of Volunteers: 101

Number of Volunteers who volunteered: 82

Number of Volunteer shifts worked: 341

Number of Hours worked: 948

**Thank you to everyone who gave of their time, and for all those
who recorded volunteer hours.**

**If you are unsure how or where to record your hours please speak
to Lissa Thompson or Cathleen Bergen.**

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

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

- Waffles
- Receptionist – Winkler Senior Centre
- Tea Room
- Kitchen Help – Noon Congregate Meal



SPECIAL EVENTS

Floorcurling Bonspiel Wednesday, MARCH 6th through Friday MARCH 8th

Irish Cowboy – Tom McDermott - Monday MARCH 18th @ 6:30pm

Everyone Welcome – Silver Collection

FINANCIAL PLANNING SEMINAR Wednesday, MARCH 20th @ 2:00pm

Presented by Access Credit Union

Dainties & Refreshments provided by Access Credit Union

Watch for Posters for Details Registration preferred but not required

To register call the Winkler Senior Centre – 204-325-8964

United Way Thursday, MARCH 21st @ 9:00am – 12:00pm



Winkler & District United Way Invites you to ... Come visit us at the donation table on March 21st from 9-12 - during Waffle Breakfast at the Winkler Senior Centre.

Help the Winkler United Way continue to support community organizations.

The Winkler Senior Centre has received grants that pay for the wages of our Volunteer Coordinator.

SAVE the DATE

Wednesday
APR 10th
2:00 - 4:00pm

Come enjoy Fresh Paska (Easter Buns) and coffee!
\$5.00 per person

The graphic features a purple background with yellow and blue flowers, a blue butterfly, and a photo of several white Easter buns with colorful sprinkles.

Easter CRAFT & VENDOR SALE

SAVE the DATE

Wednesday, April 10, 2019
9:00 am – 3:00 pm
Everyone welcome!

Buhler Active Living Centre
650 South Railway Ave, Winkler

BUNLER active living centre

The graphic has a blue sky background with white clouds, green hills, and white rabbits. It features the text 'Easter CRAFT & VENDOR SALE' in large, colorful letters, and 'SAVE the DATE' in a red box. The Buhler Active Living Centre logo is at the bottom right.

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 Bonspiel – Wednesday MAR 6th through Friday MAR 8th

Regular Season Games: Thursday MAR 14, 21, 28 – Check Calendar for times
Monday MAR 18 - 12:00 – 4:00pm

Floor Shuffle Regular Season Games: Friday MAR 15, 22, 29 10:00am Monday MAR 11 10:45am

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

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

Jam Session Saturday, MARCH 16th 7pm BY DONATION

Linedancing Tuesdays 1:30 pm Thursdays 7:00pm

Pfahl's Health Talk Monday, MARCH 4th – Ear Infections

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 on Wednesday March 6th Tea Room will be in the Private Dining Room

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

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

Waffles – \$7.50 / PERSON Thursday, MARCH 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	Wayne Penner	13	Mary Groening
1	Neil Reimer	17	Tina Peters
2	Helen Gerbrand	20	John Klassen
3	Ernie Froese	21	Mary Hamm
4	Sadie Klassen	21	Nettie Yurett
5	Mary Epp	26	Lloyd Yurett
6	Lydia Zacharias	27	Mary Penner
7	Jake Heide	29	Art Epp
7	Lloyd Rietze	31	Eva Klassen
7	Terp Thiessen		



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

MARCH 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	
										1	2		
										Floor Shuffle 10:00am			
3	4	5	6	7	8	9							
Seniors Church Service 10:30am	PFAHL'S HEALTH TALK 10AM – Ear Infections	Pickleball 10:30am	FLOOR CURLING BONSPIEL										
	Bridge 9:30 – 11:30	Linedancing 1:30pm	Video Fitness 9 – 10am					BP Clinic 9:30am – 12pm					
	BINGO 1:00 – 4:00		Tea Room 9 – 11 \$4.00 In private dining room				Linedancing 7:00pm	HYMN SING 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							
	Floor Shuffle 10:45am	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							
	Bridge 9:30 – 11:30	Pickleball 10:30am	Video Fitness 9 – 10am	WAFFLES 9:00 – 12:30 \$7.50 each United Way Donations 9:00 – 12:00	Floor Shuffle 10:00am								
	Gr. 4 Fun with Seniors Program 10:00am	Linedancing 1:30pm	Tea Room 9 – 11 \$4.00		HYMN SING 7:00pm								
	Floorcurling 12 - 4		FINANCIAL PLANNING SEMINAR By Access Credit Union 2:00pm To register call 204-325-8964										
	BINGO 1:00 – 4:00					Floor Curling 12:00 – 4:00							
	Irish Cowboy 6:00pm			Linedancing 7:00pm									
	SILVER COLLECTION												
24	25	26	27	28	29	30							
	Bridge 9:30 – 11:30	Pickleball 10:30am	Video Fitness 9 – 10am	Gateway Shuffle 10:30am	Floor Shuffle 10:00am								
	BINGO 1:00 – 4:00	Linedancing 1:30pm	Tea Room 9 – 11, 1:30- 3:30 \$4.00	Floor Curling 12:00 – 4:00									
			MOVIE 1:30 pm \$3 Movie & Popcorn Title – To be Announced	Linedancing 7:00pm									



WHAT`S HAPPENING AT THE WINKLER SENIOR CENTRE? MARCH 2019 VOLUME 3 ISSUE 9

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

MAR	1	FRI	Pizza & Salad
MAR	4	MON	Macaroni Casserole, Garlic Toast & Salad
MAR	5	TUE	Bacon, Rosemary Chicken, Potatoes & Veg.
MAR	6	WED	Sweet & Sour Meatballs, Rice & Veg.
MAR	7	THU	Carrot Soup & Ham Sandwich
MAR	8	FRI	Kielke, Sausage & Vegetable
MAR	11	MON	Chili, Bun & Salad
MAR	12	TUE	Fish, Fries & Coleslaw
MAR	13	WED	Chicken Stir Fry & Rice
MAR	14	THU	Somma Borscht & Sausage Rolls
MAR	15	FRI	Meatloaf, Potatoes & Vegetables
MAR	18	MON	Chicken, Cordon Swiss, Potatoes & Salad
MAR	19	TUE	Butter Soup & Ground Beef Rolls
MAR	20	WED	Pork Roast, Potatoes & Vegetables
MAR	21	THU	Waffles 9:00am – 12:30pm \$7.50 / person NO sign up
MAR	22	FRI	Salisbury Steak, Potatoes & Vegetables
MAR	25	MON	Stew & Biscuits
MAR	26	TUE	Chicken & Bubbat, Potatoes & Vegetables
MAR	27	WED	Perogies, Sausage & Vegetables
MAR	28	THU	Taco Soup & Sandwiches
MAR	29	FRI	Roast Beef, 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

MAR	1	FRI	Butter Soup, Taco Salad
MAR	4	MON	Pork Chops, Potatoes, Vegetables
MAR	6	WED	Salisbury Steak, Potatoes, Salad
MAR	8	FRI	Russian Chicken, Rice, Vegetables
MAR	11	MON	Breaded Ranch Chicken, Potatoes, Salad
MAR	13	WED	Cabbage Soup, Sandwiches
MAR	15	FRI	Roast Beef, Potatoes, Vegetables
MAR	18	MON	Summa Borscht, Sausage Rolls
MAR	20	WED	Chicken & Bubbat, Potatoes, Coleslaw
MAR	22	FRI	Pork Stir Fry, Biscuits
MAR	25	MON	Perogies, Sausage, Vegetables
MAR	27	WED	Waffles, Berries, Sauce *need to sign up
MAR	29	MON	Fish, Oven Roasted Potatoes, Salad

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