

THE BRENWIN BUGLE

A NEWSLETTER FOR OLDER ADULTS AND SENIORS IN
DELORAINÉ, GOODLANDS, MEDORA AND WASKADA



Seniors'
Outreach
Services
Of Bren Win Inc

**"ASSISTING OLDER ADULTS, SENIORS, AND PEOPLE WITH DISABILITIES TO LIVE
SAFELY AND INDEPENDANTLY IN THEIR OWN HOMES FOR AS LONG AS FEASIBLE."**



204-747-3283



sosbrenwin@gmail.com

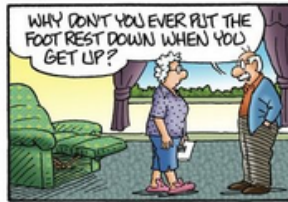


www.sosbrenwin.com

Welcome Rosanna Angeles

TEMPORARY FILL-IN RESOURCE COORDINATOR
AT SENIORS' OUTREACH SERVICES

Looking forward to
supporting
the programs
we love.





"I'm not a Senior, but that looks so fun." We hear it all the time.

Our events are open to those aged 55+ and companions of all ages. We often need volunteer drivers, too!

RSVP within 48hrs by calling 204-747-3283 or email sosbrenwin@gmail.com

**Please RSVP for ALL EVENTS so that you can be contacted
in the event of a last-minute update or cancellation**

Tues, Sept 1 & 15 - Boardgames (Sequence)

Location: Centennial Apartments Dining Room

Time: 1:30pm

Wed, Sept 9 - Lunch Together

Cost: Whatever you have for lunch

Time: Meeting at 11:30

Lunch at the Morningstar Inn

RSVP by Sept 4

Thurs, Sept 3, 10, 17, 24 - Line Dancing in Partnership with Deloraine Recreation

Time: 1:30 @ Deloraine-Winchester Community Complex

Cost: \$20 for the series and requires pre-registration

Mon, Sept 14 - Make it! Monday

Time: 1:30 at the Centennial Apartments Dining Room

Cost: FREE

Craft: TBD

Wed, Sept 16 - Let's Go Shopping - Brandon

Time: leaving Deloraine at 9am

Cost: free transportation, sponsored by SOS (lunch not included)

***stops at Shoppers Mall, The Coral Centre, lunch TBD**

**CHECK OUR FACEBOOK GROUP FOR UPDATES OR FOR SPONTANEOUS EVENTS!
WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN**



Congregate Meals

September

only \$8

includes:
Tea or Coffee,
Main Meal and Dessert

Mon, August 31 - Perogies and Bacon
Tues, Sept 1 - 7 Layer Dinner
Wed, Sept 2 - Turkey
Thurs, Sept 3 - Swiss Steak
Fri, Sept 4 - Fish
Mon, Sept 7 - *No Meals*
Tues, Sept 8 - Pork Chops
Wed, Sept 9 - Cold Plate
Thurs, Sept 10 - Cook's Choice
Fri, Sept 11 - Chicken Breast
Mon, Sept 14 - Burger and Fries
Tues, Sept 15 - Sweet and Sour Chicken
Wed, Sept 16 - Cold Plate
Thurs, Sept 17 - Cook's Choice
Fri, Sept 18 - Roast Pork
Mon, Sept 21 - Sausages
Tues, Sept 22 - Pulled Pork
Wed, Sept 23 - Roast Beef
Thurs, Sept 24 - Cook's Choice
Fri, Sept 25 - Fish
Mon, Sept 28 - Chilli
Tues, Sept 29 - Chicken Pieces
Wed, Sept 30 - *No Meals*

Dine-in or Take-out

(please provide your own containers)

Contact Louise if you'd like to volunteer as a server - you can eat for free.

Congregate Meals are available from Monday to Friday, excluding Holidays. They are located at the **Centennial Apartments' dining room** served at **11:30am**.

Please sign up the day before so Louise (our talented chef) knows how many to prepare for: **204-747-2299**

Take out available, but please bring your own container.

Drop-ins can not be accommodated, thank you for your understanding!

September Emergency Hospital Schedule

Individuals requiring emergency department services are encouraged to call the **Deloraine Health Centre 204-747-2745** to determine the nearest open emergency department.

For any EMERGENT situations - call 911.

Individuals requiring health advice are encouraged to call Health Links/Info Santé at 1-888-315-9257.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	2 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	3 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	4 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	5 Deloraine 24 hrs Killarney 24 hrs
6 Deloraine 24 hrs Killarney 24 hrs	7 CLINIC CLOSED Deloraine 24 hrs Killarney 24 hrs	8 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	9 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	10 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	11 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	12 Boissevain 24 hrs Killarney 24 hrs
13 Boissevain 24 hrs Killarney 24 hrs	14 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	15 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	16 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	17 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	18 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	19 Deloraine 24 hrs Killarney 24 hrs
20 Deloraine 24 hrs Killarney 24 hrs	21 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	22 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	23 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	24 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	25 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	26 Boissevain 24 hrs Killarney 24 hrs
27 Boissevain 24 hrs Killarney 24 hrs	28 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	29 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	30 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs			

TRANSPORTATION FUND



Available to



PEOPLE
AGED 55+

OR



PEOPLE WITH
DISABILITIES

Proudly serving the communities of

**DELORAIN-WINCHESTER
& BRENDA-WASKADA**



Contact the SOS Office
for more information



Call:
204-747-3283



Email: sosbrenwin@gmail.com

Funded by the
Government of Canada's
New Horizons for Seniors Program

Canada

Mark Your Calendar!
The

CARE FAIR

A HEALTH & WELLNESS FAIR

for All ages



LIVE
PRESENTATIONS



INFORMATION
BOOTHs



FELLOWSHIP
AND FUN



OCTOBER 8, 2026

DELORAINE-WINCHESTER

Deloraine-Winchester Community Centre



LUNCH
INCLUDED



Free
Transportation

More details to come!



Seniors'
Outreach
Services
Of Bren Win Inc



sponsored by:



— YOU'RE INVITED TO —

GRANDPARENTS DAY

CELEBRATION



— ♥ —

*An event to celebrate
the legacy of grandparents
in our community.*



SATURDAY,
SEPTEMBER 26TH



1:00 – 3:00 PM



MOUNTVIEW
COMMUNITY CENTER

— IN PARTNERSHIP WITH —
the Library 



BRAIN GAMES

Submit your games for a chance to win \$10 Chamber Bucks
Brain Games draws will only be done if there are **10 submissions or more**.

Please encourage your friends to participate!

You must show an attempt at both games (front and back of this page)

You can submit your games a few different ways:

1. Drop off in the SOS mailbox at the Mountview Centre (Deloraine).
2. Mail your game sheet to PO Box 618 in Deloraine.
3. Hand in personally at an SOS event.
4. Email a picture of the completed game sheet to sosbrenwin@gmail.com.



FALL WORD SEARCH

M L V Y N Q P K E P V N E X E P Q U
R M O F R O S T Q P N K H K D C K S
N B J R D F K C H E A T E R N A C L
O O X F A L E W R R Q D E F Q B X U
S R O Q M N H S L F K B O N F I R E
A M W V B X G A T T E Y A C O R N W
E A M Z R X H E Y I P I N E C O N E
S F B P I F A O J S V T D U Y K N P
V C Q A S A R E N J T A Z D R S Z U
Z V H R K Z V D M G T A L A E Y V M
F O L I A G E L S P V V C V A V K P
R J C I L S S U P D R R A K R T A K
X S I G P L T Q O J E E V K D O L I
O T D G D R Y L U T L C X Y T L W N
N E E S I F L Z A A Z Y Z H A Q J D
I L R H C S C E I R S X S B E A O S
U P K D D H W R I I X H T S O P E X
Q P W B A S O M I Q H O X H M K I S
E A V V O F O O M S O T C A S M M O
U X Q T N C O N L F P Y Q T Z Q H X

ACORN
APPLE
BONFIRE
BRISK
CHILLY
CIDER

CRISP
EQUINOX
FESTIVAL
FOLIAGE
FOOTBALL
FROST

HARVEST
HAYSTACK
HEATER
LEAVES
ORANGE
PINE CONE

PUMPKIN
RAKE
SCHOOL
SEASON
SQUASH
SWEATER



WORD SCRAMBLE

Can you unscramble
these fall-related words?

1. PPLAE
2. EWTSEAR
3. MUNPPKI
4. EPI
5. DIWN
6. VSLEAE
7. PSIEC
8. ETSRAHV
9. ORNC
10. NORAC
11. YERTUK
12. OESMRS
13. FLOBTOLA
14. YEHDIAH
15. NTUUMA
16. YCIHLL
17. RCDIE
18. CZOY

