THE BRENWIN BUGLE

A NEWSLETTER FOR OLDER ADULTS AND SENIORS IN DELORAINE, 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



Ladies Auxillary Spring Tea

April 3rd from 2-3:30pm at the Legion.

Fall Prevention Presentation

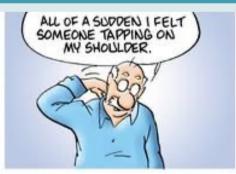
by Vicki Russenholt (Victoria Lifeline)
April 4th, 1pm at the mountview Centre. Call before April 3rd to arrange free transportation
coffee, tea and snacks provided
*see poster for more details





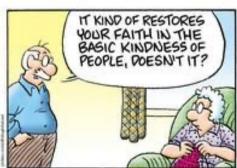
Housecleaner taking new clients! \$25/hr. Has Criminal Record Check. Call 204-720-9169 for details.

















BU PRODUCTION "SALT-WATER MOON"

APRIL 6TH - MATINEE
COST: \$35/PERSON
11:00AM @ MOUNTVIEW CENTRE
LUNCH LOCATION TBD (NOT INCLUDED)
MIN 2 PEOPLE COMMITMENT

RSVP



MAKE IT! MONDAY

APRIL 8TH, 22ND

COST: FREE

1:30 @ THE CENTENNIAL APARTMENTS

APRIL 8: DOOR HANGERS APRIL 22:: DOOR HANGERS

WE'RE GOING SHOPPING

REGULAR: APRIL 17TH
COST: \$25/PERSON
9:00AM @ MOUNTVIEW CENTRE
LUNCH LOCATION TBD (NOT INCLUDED)

RSVP

LUCKY LAPS - CASINO TRIP

APRIL 23RD
COST: \$30/PERSON
9:30 @ MOUNTVIEW CENTRE
SANDHILLS CASINO - CARBERRY, MB
INCLUDES LUNCH AND \$15 FREEPLAY
MIN. 3 PEOPLE COMMITMENT

RSVP

TECH SAVVY SENIORS

APRIL 11TH, 18TH, 25TH IPHONE SERIES THURSDAYS @ 10:30AM

RSVP

CHECK OUR FACEBOOK GROUP FOR UPDATES OR FOR SPONTANEOUS EVENTS!

WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN

CALL 204-747-3283 TO RSVP.

BORDER FESTIVAL AWARDS CONCERT

APRIL 28TH

2PM AT THE DELORAINE THEATRE ADMISSION: \$5 CALL TO ARRANGE FREE TRANSPORTATION

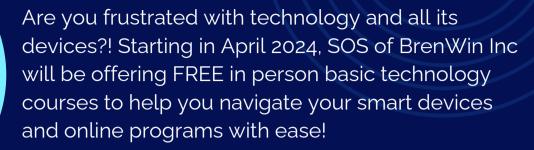
"But I'm not a Senior." We hear it all the time.

Our events are open to older adults and companions as well!

Don't let your age hold you back from a good time.

TECH SAVVY SENIORS





THURSDAYS FROM 10:30-11:00 AT THE MOUNTVIEW CENTRE CALL TO ARRANGE FREE TRANSPORTATION PLEASE BRING YOUR DEVICES IF YOU CAN.

MOVIE CLUB IS ON PAUSE FOR THE MONTH OF APRIL

WE WILL RESUME IN MAY
THERE ARE NO MOVIES IN JUNE, JULY AND AUGUST.

May 2 - Calendar Girls

May 9 - Private Eyes

May 16 - The Best Exotic Marigold Hotel

May 23 - The Second Best Exotic Marigold Hotel

May 30 - Beaches

PAID OPPORTUNITY FOR YOUTH

Bringing Generations Together

NOW HIRING: DELIVERY DRIVERS (AGED 13-20) FOR 1 MONTH TERMS AT \$15/DELIVERY DAY

We are looking for enthusiastic and reliable individuals to help deliver meals to seniors in Deloraine. This is a great opportunity for youth to gain valuable experience and make a positive impact in their community. We are hoping to provide opportunities to build bridges between young and old with this program. This would look amazing on a resume, and students may be able to claim volunteer hours as well. Call for details!

Commitment: 1 month term per applicant. Deliveries are Mondays, Wednesdays and Fridays. Pick up is at 4:30pm and deliveries take 25-45 minutes to complete.

If you or your young one is interested, please email: sosbrenwin@gmail.com or call Bethany 204-747-3283.

Wellness presentation to **Empower Independence**



Being proactive is important but did you know that aging well, with a good quality of life, is 1/3 genetics and 2/3 lifestyle? In this presentation, you will learn about 3 specific components of aging well.

Whatyou willlearn inthispresentation:

- Healthy Living: StrategiesToPrevent Falls
 The importance of exercise, nutrition, proper hydration & medication safety for older adults.
- FallPrevention: MakeHomeSafer
 Most falls happen at home. Learn some important tips on how to reduce your risk of falling at home.



The Lifeline service is just one of many resources that will be discussed. Also, learn about our **Subsidy Program.**



THURSDAY, APRIL 4TH



THE MOUNTVIEW CENTRE

COFFEE, TEA AND SNACKS
PROVIDED
PLEASE CALL AHEAD TO ARRANGE FREE
TRANSPORTATION



Presented by:

Vicki Russenholt

Education Facilitator, Victoria Lifeline
Certified in Fall Prevention





UNDERSTAND YOUR BENEFITS AND TAX CREDITS

Join us for an informative presentation from the Canada Revenue Agency and Service Canada to help navigate updates to benefits and credits available to (specifically to seniors) in Manitoba. There will be a question and answer period to make sure you leave with the information you need to ensure you get the best out of tax season!

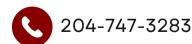
- Disability Tax Credit you may qualify!
- OAS, GIS and when to apply
- Home Accessibility Tax Credit
- and more!



- 1:00PM-3:00PM
- MOUNTVIEW CENTRE

COFFEE, TEA AND SNACKS PROVIDED

Please call to RSVP before April 20th.





SEAN MAYTAS CANADA REVENUE AGENCY



JEAN GAULTIER SERVICE CANADA

HANDY VAN RIDES FROM WASKADA OR IN
TOWN ARE SPONSORED - CALL TO BOOK A RIDE!







GONGREGATE MEALS

APRIL

Mon, April 1 - Chili

Tues, April 2 - Pulled Pork

Wed, April 3 - Roast Beef

Thurs, April 4 - Cook's Choice

Fri, April 5 - Fish

Mon, April 8 - Cheeseburger & Fries

Tues, April 9 - Cold Plate

Wed, April 10 - Swiss Steak

Thurs, April 11 - Cook's Choice

Fri, April 12 - Fish

Mon, April 15 - Soup & Sandwich

Tues, April 16 - Sausages

Wed, April 17 - S&S Chicken

Thurs, April 18 - Cook's Choice

Fri, April 19 - Fish

Mon, April 22 - Breakfast Brunch

Tues, April 23 - S&S Meat Balls

Wed, April 24 - Ham & Scalloped Potatoes

Thurs, April 25 - Cook's Choice

Fri, April 26 - Fish

Mon, April 29 - Lasagna

Tues, April 30 - Rice & Salmon Casserole

any \$8

includes:

tearcoffee

main meal

dessert

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!

Brain Games

SUBMIT YOUR BRAIN GAMES FOR YOUR CHANCE TO WIN A \$10 PRIZE!

YOU CAN SUBMIT BY:

DROPPING THEM OFF AT THE DELORAINE SOS OFFICE (MAIL BOX)
MAILING TO PO BOX 618 IN DELORAINE
EMAIL TO SOSBRENWIN@GMAIL.COM
CALL BETHANY TO PICK UP
BRING TO MOVIE CLUB BEFORE APRIL 25TH



YOU WON THE MARCH DRAW

Bunny Boggle

How many words can you make from the grid below? Play this fun paper version of the popular Boggle game. All letters in the word must connect, and you can't use the same tile twice in one word.



4 letter words = 1pt, 5 letters = 2pts, 6 letters = 3 pts, 7 letters = 5 pts, 8 letters or more = 11 pts. Easter related words earn 2x the points!

В	Α	К	Ε	Υ	
С	U	S	N	Т	
G	Α	N	D	U	
N	_	Υ	G	Н	
R	Р	s	G	Ε	



Unscramble the Spring themed words below.

1. UARBMELL
2. UESFBTRTEIL
3. RLSOFWE
4. UNSYN
5. IPLSTU
6. EISNSNUH
7. OLOSSBM
8. OIAWNRB
9. CICNIP
10. NGEARD

DIRECTIONS: Change one letter in each word to complete the word ladder. Use the clues.

