

APRIL 2024

# 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

## 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

## Understand Your Benefits with Service Canada and the CRA

April 24th, 1pm at the Mountview Centre

\*see poster for more details

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





Seniors'  
Outreach  
Services  
Of Bren Win Inc



**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**

**BORDER FESTIVAL  
AWARDS CONCERT**

**APRIL 28TH**

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

CHECK OUR FACEBOOK GROUP FOR UPDATES OR  
FOR SPONTANEOUS EVENTS!  
[WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN](http://WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN)  
CALL 204-747-3283 TO RSVP.

"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



Seniors'  
Outreach  
Services  
Of Bren Win Inc



Are you frustrated with technology and all its devices?! Starting in April 2024, SOS of BrenWin Inc will be offering FREE in person basic technology courses to help you navigate your smart devices and online programs with ease!

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](mailto: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. ”

## **What you will learn in this presentation:**

### **1 Healthy Living: Strategies To Prevent Falls**

The importance of exercise, nutrition, proper hydration & medication safety for older adults.

### **2 Fall Prevention: Make Home Safer**

Most falls happen at home. Learn some important tips on how to reduce your risk of falling at home.

### **Tools To Help You Stay Independent**

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



## **When?**

**THURSDAY, APRIL 4TH  
1:00PM**



## **Where?**

**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



**VICTORIA LIFELINE**  
Safe and independent living.



Seniors'  
Outreach  
Services  
Of Bren Win Inc

# 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!



**THURSDAY  
APRIL 24TH, 2024**



**1:00PM-3:00PM**



**MOUNTVIEW CENTRE**

**COFFEE, TEA AND  
SNACKS PROVIDED**

Please call to RSVP before April 20th.



**204-747-3283**



**SEAN MAYTAS**  
CANADA REVENUE AGENCY



**JEAN GAULTIER**  
SERVICE CANADA

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

Service  
Canada



Canada Revenue  
Agency



# CONGREGATE 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

*only \$8*

*includes:*

*tea/coffee*

*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

# CONGRATS

# CLARA ADAMS

## 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!

B	A	K	E	Y
C	U	S	N	T
G	A	N	D	U
N	I	Y	G	H
R	P	S	G	E

[illegible]





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.

