

APRIL 2025

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



Are you interested in volunteering as a Lifeline installer? Victoria Lifeline is offering a free training in Brandon on May 2nd (lunch included).

Call Bethany for more information.

Curious about whether or not Lifeline is a good service for your home? There is zero commitment, no contract - first full month free! (\$70 installation fee still applies)

Call Victoria Lifeline for more information: 204-956-6777

You MAY qualify for subsidized pricing - ask for details.



Deloraine and Area Donor's Choice

Mail Canvas - April 2025

Forms should have been in your mailbox on the week of **March 24th**
Donor Forms also available at the **Deloraine Sunrise Credit Union**
or you may request one by emailing:

DeloraineAndAreaDonorsChoice@gmail.com

Designate donation to the charity of your choice and send form to:
Sunrise Credit Union, E-Transfer or Mail.

Supporting Local and other Charities whose programs benefit
children and adults of our community.

Thank you for your
support!

Tax Receipts Issued



IN
THE
KNOW

You are invited to a FREE Mental Health Workshop

provided by Do More Ag in partnership with FCC and The Community Fund
hosted by the Waskada United Church

April 7th
10:00-3:00

The workshop goals are:

- to recognize the signs of mental health problems
- to understand how mental health conditions may effect people
- know how to find support or help when needed

Please **RSVP** (for catering considerations) **before April 3rd** to:
the Brenda-Waskada Municipal Office - 204-673-2401
request gluten-free lunch if applicable

Meals on Wheels Price Increase

As of April 1, 2025, the cost of meals will increase to \$9.65 for a regular portion and \$10.55 for a large portion meal.

If you have any questions or concerns please contact Lindsay More: 204-747-1814

If you'd like to sign up for Meals on Wheels, please contact Bethany,

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.

April

2025

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

This schedule is likely to change. Please call to confirm hours before heading to your nearest emergency department.



"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 by calling 204-747-3283 or email sosbrenwin@gmail.com

Mon, April 7 - In the Know - Mental Health Workshop

Time: leaving Deloraine at 9:30am

Cost: \$10 for transportation (lunch is provided)

Location: Waskada United Church



Wed, April 9 - We're Going Shopping (Brandon)

Time: 9:00am leaving Deloraine

Cost: \$25.00 per person (Lunch NOT included)



Sat, April 12 - Mamma Mia! (Brandon)

Time: 11:00am leaving Deloraine

Cost: \$55 (includes transportation and tickets, lunch NOT included)

Mon, April 14 - Make it! Monday

Time: 1:30 at the Centennial Apartments Dining Room

Cost: FREE

Craft: TBD



Wed, April 23 - Sawmill Lunch follow by Thrift Store (Boissevain)

Time: 10am leaving Deloraine

Cost: \$10 (lunch NOT included)



Tues, April 29 - Lucky Laps - Sandhills Casino (joining Boissevain)

Time: 9am leaving Deloraine

Cost: \$40.00 per person (Transportation, Lunch and Free Play included)

RSVP BEFORE April 22nd

CHECK OUR FACEBOOK GROUP FOR UPDATES OR FOR SPONTANEOUS EVENTS!

WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN



Congregate Meals

April

Mon, Mar 31 - Lasagna
Tues, April 1 - Pork Chops
Wed, April 2 - Turkey
Thurs, April 3 - Cook's Choice
Fri, April 4 - Fish
Mon, April 7 - Salmon Patties
Tues, April 8 - Meat Loaf
Wed, April 9 - Roast Pork
Thurs, April 10 - Cook's Choice
Fri, April 11 - Fish
Mon, April 14 - Spaghetti & Meat Sauce
Tues, April 15 - Liver & Onions
Wed, April 16 - Ribs
Thurs, April 17 - Cook's Choice
Fri, April 18 - NO MEAL
Mon, April 21 - NO MEAL
Tues, April 22 - Breakfast
Wed, April 23 - Soup & Sandwich
Thurs, April 24 - Ham & Scalloped Potatoes
Fri, April 25 - Beef Stew
Mon, April 28 - Fish
Tues, April 29 - Sausages
Wed, April 30 - Chicken Pieces

only \$8

includes:
Tea or Coffee,
Main Meal
and Dessert

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!

MOVIE CLUB

Movie Club will continue at the Mountview Centre for the rest of the season (end of May).

Please bring \$2.00 to support the Mountview Centre.
Coffee/Tea & Cookies are available for \$3.00

SOS will sponsor the transportation for **ONE** movie per month for Brenda-Waskada and Deloraine-Winchester residents (highlighted in red).
Perhaps carpools can be arranged between members for other shows :)

Please check the Facebook group for last minute updates about shows:
www.facebook.com/groups/sosbrenwin

April 3 - An American in Paris (Gene Kelly) 1h55m

April 10 - The Man in the Iron Mask (Leonardo DiCaprio) 2h12m

April 17 - CANCELLED

April 24 - Bruce Almighty (Jim Carrey, Morgan Freeman) 1h41m

May 1 - The Last Laugh (Chevy Chase) 1h38m

May 8 - Million Dollar Baby (Clint Eastwood) 2h12m

May 15 - Guess Who's Coming to Dinner (Sidney Poitier) 2h10m

May 22 - Loving You (Elvis Presley) 1h41m

May 29 - Mrs. Harris Goes to Paris

BORDER HILLS COMMON ROOM MOVIE

***FREE* popcorn and refreshments provided**

April 1 - 80 for Brady (Jane Fonda, Sally Field) 1h38m

May 6 - My Big Fat Greek Wedding 1h35m

Submit this page for your 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.

Name: _____ Date: _____



WORD SCRAMBLE
DIRECTIONS:
Unscramble each set
of letters to discover
a vocabulary word
relating to the lovely
month of April.

OFLO _____

BTFURTYLE _____

ARSSG _____

TPAEILRLACR _____

ERTDYAHA _____

ADRGNE _____

ANIR _____

LAGUH _____

LUIPT _____

RENGE _____

RECYCEL _____

RTSEAE _____

LLAMUBER _____

LNAPT _____

UBNYN _____

UORPTS _____

ATNREU _____

PALRI _____

OEKJ _____

OLFERW _____

SEBLAABL _____

NSPRGI _____

OLMBO _____

NIOBR _____

March Word Scramble Answer Key:

nicest, butterfly, patrick, green, garden, flower, kite, charm, spring, parade, windy, leprechaun
clover, bloom, luck, easter, rainbow, picnic, shamrock, season, daffodil, equinox, basketball, outdoors

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

Ascend
 Ash Wednesday
 Barabbas
 Basket
 Boiled eggs
 Bonnet
 Chocolate bunny
 Crucifixion
 Doubting Thomas
 Dress
 Egg hunt
 Equinox

Eternal Life
 Fat Tuesday
 Golgotha
 Good Friday
 Ham
 Heaven
 Hippiity
 Hollow
 Jellybeans
 John
 Judas Iscariot
 Last Supper

Lent
 Mardi Gras
 Mary Magdalene
 Maundy Thursday
 Pastels
 Peter Cottontail
 Plastic Eggs
 Resurrection
 Shroud of Turin
 Solid
 Spring
 Spring Break

Thirty
 Three
 Tulips

