

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

a selection of
proposed flags for Canada
1895-1964



Sir Sandford Fleming
1895



Anatole Vanier
1927



Gérard Gallienne
1931



Ephrem Côté
1939



Ligue du drapeau national
c. 1943



Parliamentary Committee
1946



Canadian Art / Weekend Magazine
1963



Fortescue Duguid and John Matheson
1945-1964



Proposed Flag
1963



Proposed Flag
1964



Alan Beddoe and Lester Pearson
Parliamentary Committee
(Group A Finalist), October 1964



Reid Scott (NDP)
May 1964



George Stanley
March 1964



Parliamentary Committee
(Group C Finalist)
October 1964



Parliamentary Committee
(Group B Finalist)
December 1964



S.O.S conducted a Facebook poll to gather insights on interest in a weekly/biweekly exercise program to run from September to May.

Based on the poll, we have enough participation to move forward with a classes in Deloraine, but not yet in Waskada.

If you are interested in a low cost and peer led group exercise class in Waskada on Fridays, please contact the SOS office before August 15th.

Tech Savvy Seniors will resume on September 19th on a biweekly schedule. We will begin with a Facebook 101 series.

The Movie Club 2024-2025 season will begin September 19th.

SOS will be offering transportation to the RCMP Musical Ride on August 8th in Killarney. If you'd like to secure a seat, please call us and leave a message with your contact information. If you require assistance securing a ticket, please let us know!



MEDICAL EQUIPMENT LOAN PROGRAM

Parking Permits are available from the SOS office and from the RM in Waskada for short term loans.
Call us if you require assistance getting to an out of town medical appointment. We can help with expenses related to medical travel.

We have new equipment, including an ice machine, walkers, wheel chairs, bath seats, cushions, commodes, toilet risers, canes and more.

If you or someone you know would like to donate equipment to our program, give us a call.

July 2024

This schedule is subject to change

If you need the hospital, prior to presenting, please call
BOISSEVAIN HOSPITAL 204-534-2451 DELORAINE HOSPITAL 204-747-2243
KILLARNEY HOSPITAL 204-523-4661

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Deloraine 24 hrs (CLINIC CLOSED) Killarney 24 hrs	2 Boissevain 24hrs Deloraine 8-4 Killarney 24 hrs	3 Boissevain 8-4 Deloraine 24 hrs Killarney closed	4 Boissevain 8-4 Deloraine 8-4 Killarney 24 hrs	5 Boissevain 24 hrs Deloraine 8-4 Killarney open at 4	6 Boissevain 24hrs Killarney 24hrs
7 Boissevain 24 hrs Killarney 24 hrs	8 Boissevain 8-4 Deloraine 24 hrs Killarney 24 hrs	9 Boissevain 24hrs Deloraine 8-4 Killarney closed	10 Boissevain 8-4 Deloraine 24 hrs Killarney closed	11 Boissevain 8-4 Deloraine 8-4 Killarney 24 hrs	12 Boissevain 8-4 Deloraine 24hrs Killarney 24 hrs	13 Deloraine 24hrs Killarney 24 hrs
14 Deloraine 24hrs Killarney 24 hrs	15 Boissevain 8-4 Deloraine 24 hrs Killarney 24 hrs	16 Boissevain 24hrs Deloraine 8-4 Killarney open at 4	17 Boissevain 8-4 Deloraine 24 hrs Killarney open at 4	18 Boissevain 8-4 Deloraine 8-4 Killarney 24 hrs	19 Boissevain 24hrs Deloraine 8-4 Killarney open at 4	20 Boissevain 24 hrs Killarney 24 hrs
21 Boissevain 24 hrs Killarney 24 hrs	22 Boissevain 8-4 Killarney 24 hrs Deloraine – NO CALL CLINIC CLOSED	23 Boissevain 24hrs Killarney 24 hrs Deloraine - NO CALL CLINIC CLOSED	24 Boissevain 8-4 Killarney 24 hrs Deloraine – NO CALL CLINIC CLOSED	25 Boissevain 8-4 Killarney 24 hrs Deloraine – NO CALL CLINIC CLOSED	26 Boissevain 8-4 Killarney 24 hrs Deloraine 6pm – 8am CLINIC CLOSED	27 Deloraine 24 hrs Killarney 24 hrs
28 Deloraine 24hrs Killarney 24 hrs	29 Boissevain 8-4 Deloraine 24 hrs Killarney 24 hrs	30 Boissevain 24hrs Deloraine 8-4 Killarney 8 - 4	31 Boissevain 8-4 Deloraine 24 hrs Killarney 8-4			



Seniors'
Outreach
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Let's do this!

"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!



July 6th - The Lake House Vendor Market

Leaving Deloraine at 8:30am

Must have a valid passport

Cost: Free (not including lunch)

Lunch at the A-Frame



July 11th - We're Going Shopping

Leaving Deloraine at 9:00

Location: Brandon - Shoppers Mall, Lunch, Coral Centre

Cost: \$20.00 (lunch not included)

July 15th and 29th - Make It! Monday

Location: The Centennial Apartments at 1:30pm

Transportation Available - follow Facebook Page for more details



July 17th - Lake Metigoshe Lunch and Cruise (1 of 2)

Leaving Deloraine at 10:30

Cost: \$10.00 (Lunch not included)

Lunch at The Turtle Mountain Resort

Strict limit of 8 people (extras will have first priority next trip)



July 23rd - Wenda's Garden Party - with The Three Berts

Leaving Deloraine at 10:00am

Cost: \$15.00 (includes lunch)

Strict limit of 15 guests.



July 31st - We're Going Thrifting

Location: Brandon and Boissevain

Leaving Deloraine at 9:00am

Cost: Free (not including lunch)

CHECK OUR FACEBOOK GROUP FOR UPDATES OR FOR SPONTANEOUS EVENTS!

WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN

CALL 204-747-3283 TO RSVP.

JULY

MON	TUE	WED	THU	FRI	SAT	SUN
1 HAPPY CANADA DAY VENDOR MARKET IN DELORAINE	2	3	4 DELORAINE SUMMER MARKET 5PM-7PM	5 S.O.S FUNDRAISER LUNCH AT CENTRAL PARK SPONSORED BY CO-OP	6 WASKADA FARMERS MARKET AT THE RINK THE LAKE HOUSE, ND VENDOR MARKET	7
8	9	10	11 DELORAINE SUMMER MARKET 5PM-7PM WE'RE GOING SHOPPING BRANDON	12	13 WASKADA FARMERS MARKET AT THE RINK	14
15 MAKE IT! MONDAY CRAFTING AT THE CENTENNIAL APTS	16	17 LAKE METIGOSHE LUNCH AND CRUISE	18 DELORAINE SUMMER MARKET 5PM-7PM	19	20 WASKADA FARMERS MARKET AT THE RINK	21
22	23 WENDA'S GARDEN PARTY (JULY 24 RAIN DAY)	24	25 DELORAINE SUMMER MARKET 5PM-7PM	26 DELORAINE SUMMER FAIR	27 WASKADA FARMERS MARKET AT THE RINK DELORAINE SUMMER FAIR	28
29 MAKE IT! MONDAY CRAFTING AT THE CENTENNIAL APTS 1:30PM	30	31 WE'RE GOING THRIFTING BRANDON				



Congregate Meals

Mon, July 1 - NO MEAL (Happy Canada Day)

Tues, July 2 - Soup & Sandwich

Wed, July 3 - Roast Pork

Thurs, July 4 - Meat Loaf

Fri, July 5 - Fish

Mon, July 8 - Spaghetti with Meat Sauce

Tues, July 9 - Pizza

Wed, July 10 - Ribs

Thurs, July 11 - Shepherds Pie

Fri, July 12 - Fish

Mon, July 15 - Perogies & Bacon

Tues, July 16 - Chili

Wed, July 17 - Turkey

Thurs, July 18 - Surprise!

Fri, July 19 - Fish

Mon, July 22 - Cheeseburger & Fries

Tues, July 23 - Tuna Casserole

Wed, July 24 - Roast Beef

Thurs, July 25 - Pork Chops with Mushroom Sauce

Fri, July 26 - Fish

Mon, July 29 - Sausages

Tues, July 30 - Sweet and Sour Meatballs

Wed, July 31 - Cold Plate

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!



Keep in mind in the event of an outside emergency EMS may have to cancel or shut down a clinic earlier than expected at unannounced notice

BLOOD PRESSURE CLINIC

Deloraine Emergency Medical Services will be hosting blood pressure clinics in your community

Last Friday of the month

*Centennial Apartments
10am-11am*

*Mountview Centre
10am-11am*

*Border Hills Apartments
11am-12pm*

For More Information :



204-747-1833



Brain Games

Hidden Words

Don't put your head in the sand--try this tricky word brain teaser! Spell a hidden word by choosing the right letter for each clue. The hidden word is related to one of the clues.



Hidden Word #1

1. The first letter is in ECHO but not NOISE.
2. The second letter is in ACTOR but not SCRIPT.
3. The third letter is in BIRD and in BRAIN.
4. The fourth letter is in CORN but not COB.
5. The fifth letter is in NICE and in KIND.
6. The sixth letter is in EVENING but not MORNING.
7. The seventh letter is in TRAPEZE but not TIGHTROPE.
8. The eighth letter is in LAKE but not STREAM.

Answer: _____

Hidden Word #2

1. The first letter is in ASLEEP but not AWAKE.
2. The second letter is in PEACH but not CHERRY.
3. The third letter is in UNCLE and in AUNT.
4. The fourth letter is in TIGER but not JUNGLE.
5. The fifth letter is in SHIP and in SHORE.
6. The sixth letter is in EARLY and in LATE.
7. The seventh letter is in ARMY but not NAVY.

_____(SLP)
_____(AP)
_____(N)
_____(TIR)
_____(SH)
_____(LAE)
_____(RM)

Answer: _____

Hidden Word #3

1. The first letter is in BREEZE but not BLOW.
2. The second letter is in SQUASH but not SPINACH.
3. The third letter is CUB but not BEAR.
4. The fourth letter is in PITCH and in CATCH.
5. The fifth letter is in MOUTH and in CHEW.
6. The sixth letter is in LIPS and in KISS.
7. The seventh letter is SPIN but not TOPS.
8. The eighth letter is in VOICE but not VOCAL.

_____(REZ)
_____(QU)
_____(CU)
_____(TCH)
_____(H)
_____(IS)
_____(IN)
_____(IE)

Answer: _____

Can you spot the 5 differences?

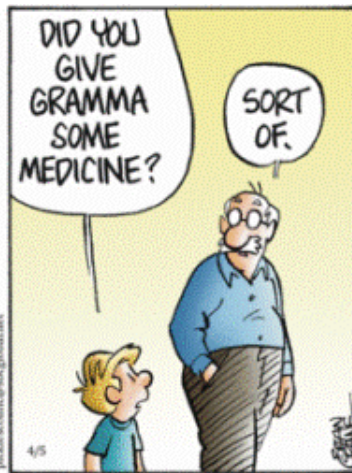
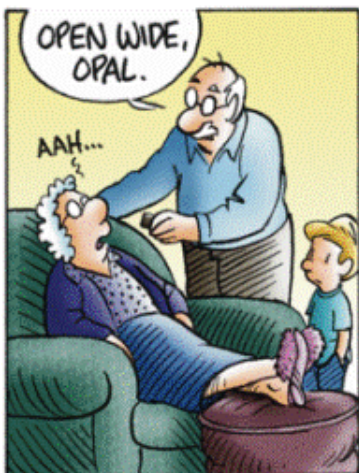


CONGRATS

DAWN MINNE

YOU WON \$10 FROM THE BRAIN GAME DRAW.

Brain games can be submitted online or in person. All you need to do is show an attempt at the game. If you do hand in your game sheet, your name will be entered into a draw to win \$10 chamber bucks. Draws are performed through an online 'spin the wheel' program. Good Luck!



ANSWERS FROM JUNE BRAIN GAMES:

REBUS 1. GO FOR IT 2. FORGIVE AND FORGET 3. NO ONE TO BLAME

HONOURABLE MENTION TO BRENDA JOHNSTON FOR GETTING THEM ALL!!

JUST CROSS IT OUT: ACROSS 1.HOSTS 2.ALIVE 3. TIRED

DOWN 1.HEART 2.SKIER 3. SPEED