

NOVEMBER 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



NOVEMBER 11

**REMEMBRANCE
DAY**

LEST WE FORGET

**"They shall not grow old, as we that are left grow old: age shall not weary
them, nor the years condemn. At the going down of the sun and in the morning,
we will remember them." - Laurence Binan "Ode of Remembrance"**

What's up with Movie Club?

We adore Movie Club! It has provided us with two wonderful years of laughter, a few tears, and good times together. Herb's popcorn always hits the spot, too...

Since the start of our new season, we've faced some technical issues that have delayed much of our programming this fall.

We truly appreciate your patience as we work to resolve these matters!

As of today, we aim to resume our shows on **Thursday, November 7th** with our current schedule. Shows we missed will be played in the new year.

Please stay updated by checking our Facebook group page:

www.facebook.com/groups/sosbrenwin

Here, you will find the latest information on upcoming shows

If you're not on Facebook, feel free to reach out to Bethany at 204-747-3283 or email sosbrenwin@gmail.com.



Local Flu Clinics

Book your appointment



Online: prairiemountainhealth.ca



Call: 1-844-626-8222

Online Booking
&
Consent Form



DELORAINE-WINCHESTER

Tuesday, November 5 | 11:30 am to 6 pm
Deloraine-Winchester Community Complex

WASKADA

Tuesday, November 12 | 11:00 am to 5 pm
Waskada Community Rink

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.

November 2024

This schedule is subject to change
If you need the hospital, prior to presenting, please call:
DELORAINE HOSPITAL 204-747-2243
BOISSEVAIN HOSPITAL 204-534-2451
KILLARNEY HOSPITAL 204-523-4661

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3 Deloraine 24hrs Killarney 24 hrs	4 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	5 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	6 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	7 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	8 Deloraine 24hrs Boissevain 8-4 Killarney 24 hrs	9 Deloraine 24 hrs Killarney 24 hrs
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24 Boissevain 24hrs Killarney 24 hrs	25 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	26 Deloraine 8-4 Boissevain 24 hrs Killarney 24hrs	27 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	28 Deloraine 8-4 Boissevain 24hrs Killarney 24 hrs	29 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	30 Deloraine 24hrs Killarney 24 hrs

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



Seniors'
Outreach
Services
Of Bren Win Inc

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!

RSVP

Every Mon Let's Get Moving (Nov 4, 18, 25)

Time: 10am at the Mountview Centre

with licensed personal trainer - Elijah Critchley

Cost: \$5 drop in or \$20 for the season (ending December 20)

Tues Crafting (Nov 12 and 26)

Time: 1:30 at the Centennial Apartments Dining Room

Cost: FREE thanks to Healthy Together Now Funding

Craft: HOMEMADE CHRISTMAS CARDS

RSVP

Wed, Nov 6 - Chicken Chef Boissevain followed by the thrift shop

Time: 11:30am leaving Deloraine

Cost: \$8.00 per person (Lunch NOT included)

RSVP

Wed, Nov 20 - We're Going Christmas Shopping - Specialty Stores

Time: 9am leaving Deloraine

Cost: \$20.00 per person (Lunch NOT included)

RSVP

Sat, Nov 23 - WMCA - OLIVER! (Mecca Productions)

Time: 12:00pm leaving Deloraine

Cost: \$45 (includes transportation and tickets, lunch NOT included)

Transportation is discounted thanks to the New Horizons For Seniors Funding

RSVP

Tues, Nov 26 - We're Going Shopping (Brandon)

Time: 9am leaving Deloraine

Cost: FREE thanks to the New Horizons for Seniors Funding (lunch NOT included)



Waskada Christmas Luncheon

Free Transportation Available

Meal and Entertainment by Donation

Friday, December 6th at the Waskada Rink

11:30-1:30

Open to neighbouring communities!

Follow our Facebook group for details to come...

CHECK OUR FACEBOOK GROUP FOR UPDATES OR FOR SPONTANEOUS EVENTS!

WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN

CALL 204-747-3283 TO RSVP.



Congregate Meals

only \$8

includes:

tea/coffee

main meal

dessert

Mon, Nov 4 - Sausages

Tues, Nov 5 - Chicken Pieces

Wed, Nov 6 - Roast Beef

Thurs, Nov 7 - Cook's Choice

Fri, Nov 8 - Fish

Mon, Nov 11 - No Meal

Tues, Nov 12 - Pork Chops with Mushroom Sauce

Wed, Nov 13 - Turkey

Thurs, Nov 14 - Cook's Choice

Fri, Nov 15 - Fish

Mon, Nov 18 - Salmon Patties

Tues, Nov 19 - Meat Loaf

Wed, Nov 20 - Roast Pork

Thurs, Nov 21 - Cook's Choice

Fri, Nov 22 - Fish

Mon, Nov 25 - Spaghetti with Meat Sauce

Tues, Nov 26 - Liver and Onions

Wed, Nov 27 - Ribs

Thurs, Nov 28 - Cook's Choice

Fri, Nov 29 - Fish

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!

Did you know?

20-30%

of seniors experience one or more falls each year.

85%

of seniors' injury-related hospitalizations were caused by a fall.



Tips for Fall Prevention Month

Wear Proper Footwear

Wear non-slip, supportive shoes with good traction to reduce the risk of slipping.

Install Grab Bars

Installing grab bars in the bathroom and near stairs can help provide support and stability.

Practice Bathroom Safety

Use non-slip mats and a shower chair or bench in the bathroom to help prevent slips and falls.

Take Advantage of a FREE Month of Fall Detection

Subscribe before November 30, 2024, to receive this offer.

*Offer for new subscribers only.



VICTORIA LIFELINE
Safe and independent living.

THE WASKADA LEGION LADIES AUXILIARY

REMEMBERANCE DAY TEA

Date: Saturday, November 2, 2024

Location: The Waskada Legion

Time: 2:00pm - 3:30pm



THE DELORAINE LEGION LADIES AUXILIARY

INVITES YOU TO A

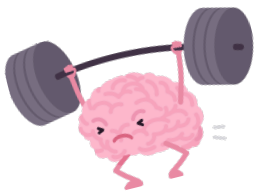
POPPY TEA

Date: Wednesday, November 6, 2024

Location: The Deloraine Legion

Time: 2:00pm - 3:30pm





S.O.S Brain Games

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**.

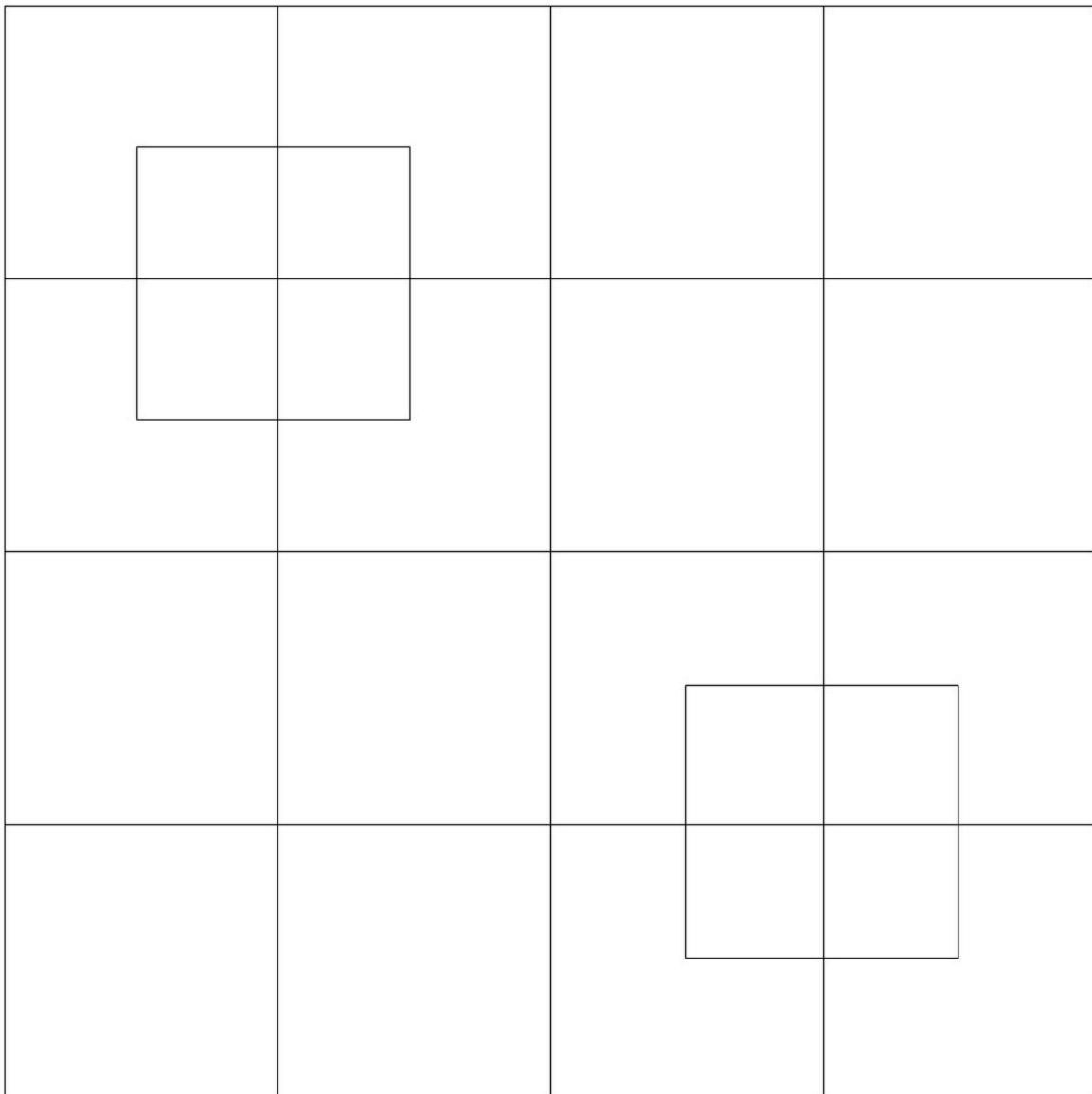
Please encourage your friends to participate!

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.

How many squares do you count below? _____



Remembrance Day Cryptograms

Decipher the Remembrance Day quotes using the number codes below.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

Puzzle #1 – Thomas Campbell Quote

[illegible]

Puzzle #2 – John Maxwell Edmonds Quote

$$\begin{array}{ccccccc} \overline{23} & \overline{8} & \overline{5} & \overline{14} & \overline{25} & \overline{15} & \overline{21} & \overline{7} & \overline{15} & \overline{8} & \overline{15} & \overline{13} & \overline{5} & ', & \overline{20} & \overline{5} & \overline{12} & \overline{12} \\ \overline{20} & \overline{8} & \overline{5} & \overline{13} & \overline{15} & \overline{6} & \overline{21} & \overline{19} & \overline{1} & \overline{14} & \overline{4} & \overline{19} & \overline{1} & \overline{25} & ', & \overline{6} & \overline{15} & \overline{18} \\ \overline{20} & \overline{8} & \overline{5} & \overline{9} & \overline{18} & \overline{20} & \overline{15} & \overline{13} & \overline{15} & \overline{18} & \overline{18} & \overline{15} & \overline{23} & \overline{23} & \overline{5} \\ \overline{7} & \overline{1} & \overline{22} & \overline{5} & \overline{15} & \overline{21} & \overline{18} & \overline{20} & \overline{15} & \overline{4} & \overline{1} & \overline{25} . \end{array}$$