

THE BRENWIN BUGLE



Seniors'
Outreach
Services
Of Bren Win Inc

A NEWSLETTER FOR OLDER ADULTS AND SENIORS IN
DELORAINÉ, GOODLANDS, MEDORA AND WASKADA



IN THIS ISSUE

HAPPY THANKSGIVING

PRESS RELEASE

UPCOMING EVENTS

MOVIE CLUB

CONGREGATE MEALS

CARE FAIR 2023

BRAIN GAMES

GRATITUDE JOURNAL

INFORMATION

"Gratitude
is the inward
feeling of
kindness received.
Thankfulness
is the natural
impulse to
express that
feeling. Thanksgiving
is the following
of that impulse."

~Henry Van Dyke

Thank you to the seniors of Deloraine and Waskada
for adding so much richness to my life, and to the lives of
others in the community.

We are so blessed to have you.
This year, I am grateful for YOU!



Seniors'
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PRESS RELEASE

It is our pleasure to announce that Seniors Outreach Services of Bren-Win Inc. is the recipient of \$18,090.00 in funding from the Government of Canada's Community Services Recovery Fund. The Community Services Recovery Fund is being delivered through three National Funders Canadian Red Cross, Community Foundations of Canada, and the United Way Centraide Canada. Our funding was delivered through the Community Foundations of Canada. We would like to acknowledge and thank our local Southwest Regional Foundation for bringing this opportunity to our attention.

Now more than ever, community service organizations, including charities, non-profits, and indigenous governing bodies, play a key role in addressing complex social problems faced by many communities across Canada.

"Community service organizations are at the heart of communities like Southwest Manitoba, creating a sense of belonging from coast to coast. The Community Services Recovery Fund will enable the organizations that serve our diverse communities to adapt and modernize their programs and services and to invest in the future of their organizations, staff, and volunteers. Together, we can rebuild from the isolation of the COVID-19 pandemic and build a more just and equitable future for those in Southwest Manitoba."

- Jenna Sudds, Minister of Families, Children and Social Development

Funded by the
Government of Canada's
Community Services Recovery Fund

Canada



SOME PLANS FOR THIS FUNDING INCLUDE:

- NEW MEDICAL EQUIPMENT FOR OUR EQUIPMENT LOAN PROGRAM, INCLUDING WHEELCHAIRS, WALKERS, AND CANES
- SPONSORING HANDY VAN TRANSPORTATION FOR IN TOWN SOS EVENTS, INCLUDING MOVIE CLUB
- PRINTING AND DISTRIBUTION OF THE BRENWIN BUGLE
- UPGRADED OFFICE EQUIPMENT
- CRAFT SUPPLIES FOR WINTER CRAFT DAYS
- EXERCISE EQUIPMENT
- SPONSORED COMMUNITY EVENTS AND MEALS IN DELORAINE AND WASKADA



Seniors'
Outreach
Services
Of Bren Win Inc

Upcoming *events*

11

OCT

Wednesday 9:00am

We're Going Shopping

Cost \$30

14

OCT

Saturday 4:00pm

Abba Revisited

RSVP CLOSED

19

OCT

Thursday 12:00pm

Pre Movie Club Lunch

Crafted and More

24

OCT

Thursday 10am

Care Fair

free Admission (lunch included)

Presentations starting at 10am-2pm

call the Handy Van for complimentary ONE STOP rides

31

OCT

Tuesday 8:30am

Lucky Laps - Casino Trip

Cost \$30

includes lunch and \$25 free play

**FOR MORE DETAILS, PLEASE VISIT OUR WEBSITE
OR CALL 204-747-3283**



OCT 5TH - ANNE OF GREEN GABLES (PT 1)

OCT 19TH - ANNE OF GREEN GABLES (PT 2)

MEMBERSHIPS TO BE RENEWED STARTING NOVEMBER 2

\$10/YEAR PLUS A SMALL DONATION AT EACH SHOW (IF YOU ARE ABLE)

ANNOUNCING: WEEKLY MOVIES UNTIL THE END OF MARCH (WEATHER PERMITTING)

NOV 2 - **THE STING** - 1973 (ROBERT REDFORD, PAUL NEWMAN)

🌸 NOV 9 - **THE DEVIL'S BRIGADE** - 1968 (WILLIAM HOLDEN, CLIFF ROBERTSON)

NOV 16 - **ON GOLDEN POND** - 1981 (KATHERINE HEPBURN, HENRY FONDA, JANE FONDA)

NOV 23 - **YOU'VE GOT MAIL** - 1998 (MEG RYAN, TOM HANKS)

NOV 30 - **LITTLE WOMEN** - 1994 (SUSAN SARANDON, WINONA RYDER)

DEC 7 - **THE APARTMENT** - 1960 (JACK LEMMON, SHIRLEY MCLAINE)

DEC 14 - **WHILE YOU WERE SLEEPING** - 1995 (SANDRA BULLOCK, PETER GALLAGHER)

DEC 21 - **CHRISTMAS IN CONNECTICUT** - 1945 (BARBARA STANWYCK, DENNIS MORGAN)

DEC 28 - **CATCH ME IF YOU CAN** - 2002 (LEONARDO DICAPRIO, TOM HANKS)

ALL SHOWS STARTING AT 1:30PM ON THURSDAYS

ALL **ONE STOP** HANDY VAN RIDES TO AND FROM MOVIE CLUB

ARE SPONSORED BY SENIORS' OUTREACH SERVICES, STARTING NOVEMBER 2ND.

PICK UP MAY BE ARRANGED FROM THE WASKADA COMMUNITY CENTRE

IF BOOKED IN ADVANCE! PLEASE CALL BETHANY FOR MORE INFORMATION.

WWW.SOSBRENWIN.COM/MOVIE-CLUB





CONGREGATE MEALS

OCTOBER MENU

- Mon, Oct 2 - Breakfast Brunch
- Tues, Oct 3 - Sweet and Sour Meatballs
- Wed, Oct 4 - Roast Beef
- Thurs, Oct 5 - Pulled Pork
- Fri, Oct 6 - Tuna Casserole
- Mon, Oct 9 - NO MEAL (Thanksgiving)
- Tues, Oct 10 - Hot Lamb Sandwich
- Wed, Oct 11 - Ham and Scalloped Potatoes
- Thurs, Oct 12 - Soup and Sandwich
- Fri, Oct 13 - Fish and Chips
- Mon, Oct 16 - Taco Sandwiches
- Tues, Oct 17 - Sausages
- Wed, Oct 18 - Sweet and Sour Chicken
- Thurs, Oct 19 - Cheeseburgers and Fries
- Fri, Oct 20 - Porkchops and Mushroom Gravy
- Mon, Oct 23 - Rice and Salmon Casserole
- Tues, Oct 24 - Beef Stew with Biscuits
- Wed, Oct 25 - Turkey
- Thurs, Oct 26 - Soup and Sandwich
- Fri, Oct 27 - Fish
- Mon, Oct 30 - Lasagna
- Tues, Oct 31 - 7 Layer Dinner

Congregate Meals are available from Monday to Friday, excluding Holidays. They are located at the **Centennial Apartments' dining room** served at **11:30am**.

Each meal comes with coffee/tea, and dessert. cost is only **\$8.00** and **everybody is welcome!** 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!



Seniors'
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2023 Care Fair

October 24th starting at 10:00am



Join us for a day full of senior specific health and wellness information, with special presentations by:



Vicki Russenholt, Victoria Lifeline
Topic: Fall Prevention and Safety



Christine Jefferies, Alzheimer's Society of Manitoba
Topic: Understanding Dementia



Linda Brown, Active Aging in Manitoba
Topic: Keeping Active at Every Stage



Brenda Tonns, Manitoba Association of Senior Communities
Topic: How to Plan for Aging

Admission is absolutely **FREE!**
Lunch will be provided by
Seniors' Outreach Services of Bren-Win Inc.

At the Deloraine Community Complex



Thanksgiving Word Scramble

Happy Thanksgiving!

ksgiahgvtnin _____ aogyev _____

lyodhia alem _____ frawyolem _____

ykruet _____ fhluaknt _____

ftgisnuf _____ spinautr _____

aymfli _____ ttnadoiir _____

dnnia ronc _____ mhpyulot _____

rdaaep _____ tafes _____

ncouaoprci _____ saatsthumsesse _____

brvemneo _____ kppiumn eip _____

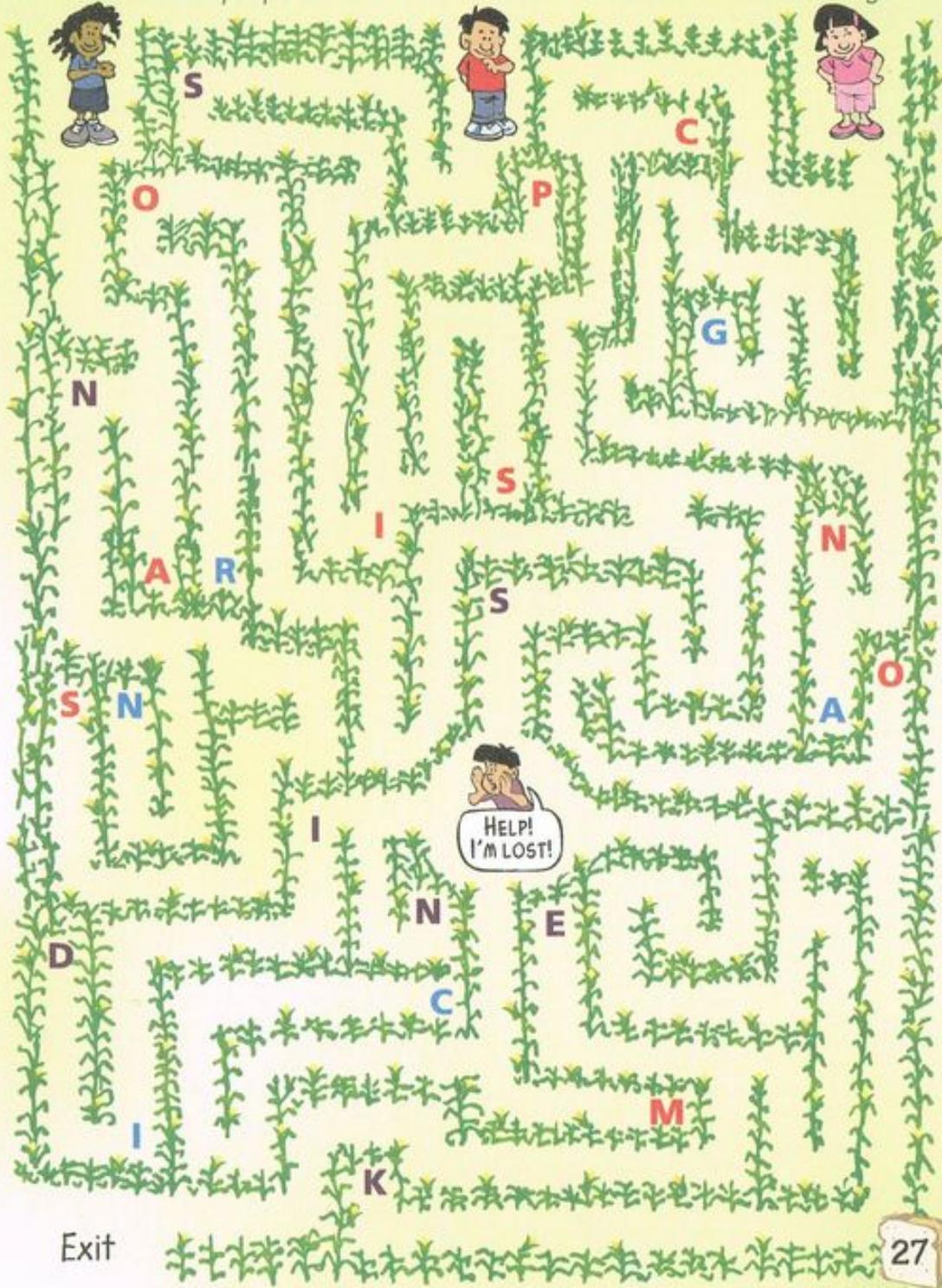
ripigsim _____ lofblota _____

lsetsret _____ nlooissct _____

Amazing Corn Maze



Which of these kids can help the lost child and lead him to the exit? Solve the maze and then find the colored letters. On a separate sheet of paper, write all the blue letters and then unscramble them to make a word. Do the same with the red and purple letters. (Hint: All three words mean the same thing.)



DON'T FORGET TO SUBMIT YOUR GAMES TO THE SOS OFFICE OR BY FOR YOUR CHANCE TO WIN \$10 IN CHAMBER BUCKS!

CONGRATS TO CLARA ADAMS FOR WINNING YOUR SECOND TIME THIS YEAR!

THE FOLLOWING PAGE IS A HELPFUL MEDITATION - NO NEED TO SUBMIT IT.



THANKSGIVING GRATITUDE JOURNAL

Instructions: Write down 3-5 things you are grateful for. Try to write a few sentences for each entry, rather than a bulleted list.

1. What was the best thing that happened in the last 24 hours?

Example: This could be as simple as enjoying a few moments of sunshine on your way to work, or cooking a delicious, healthy meal.

2. Who is someone you are thankful to have in your life?

Example: Think of someone who cares about you and shows you how they care through small actions: a simple phone call, birthday card, or even just a smile.

3. What is the most important thing in your life, right now?

Example: Describe something that is going well for you: maybe you like your career, your family is doing well, or you have vibrant, radiant health. Pick one thing and write several details.

4. What is something you take for granted in everyday life?

Example: If you live in a developed country, you probably have running, potable water. You use it every day to drink, clean, shower, use the bathroom, cook, etc. Feel into how lucky you are to live somewhere that has instant access to clean water.

5. Describe a current or recent memory of nature: a nice view, plant or animal.

Example: What flowers are in bloom in your neighborhood? Did you pass any adorable dogs recently, or see a bird outside the window?



Seniors'
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204-747-3283

sosbrenwin@gmail.com

Deloraine: 111 South Railway Ave E
Monday-Wednesday, Friday 8:30-4:00

Waskada: 38 Railway Ave
Thursday 9:00-3:30



SPECIAL DELIVERY

Do you want our newsletter delivered straight to your door - or perhaps a family members door?

Call the office to sign up, today!



OCTOBER 13TH - STEWART CLELLAND

SOMEBODY WANTS TO MAKE SURE
WE CELEBRATE YOU ON YOUR SPECIAL DAY!
WE HOPE YOU HAVE A WONDERFUL DAY
ON YOUR BIRTHDAY, AND ALWAYS!



VICTORIA LIFELINE
Safe and independent living

**ARE YOU INTERESTED IN LIFELINE?
DO YOU KNOW ABOUT THE REFERRAL PROGRAM?
GET ONE MONTH FREE FOR YOU AND A FRIEND!
CALL FOR THE OFFICE FOR DETAILS.**

Please join our Facebook Group for the most current updates:

www.facebook.com/groups/sosbrenwin

Join our email list on our website:

www.sosbrenwin.com/newsletter