

# THE BRENWIN BUGLE



Seniors' Outreach Services  
Of Bren Win Inc

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

**"ASSISTING OLDER ADULTS, SENIORS, AND PEOPLE WITH DISABILITIES TO LIVE SAFELY AND INDEPENDANTLY IN THEIR OWN HOMES FOR AS LONG AS FEASIBLE."**



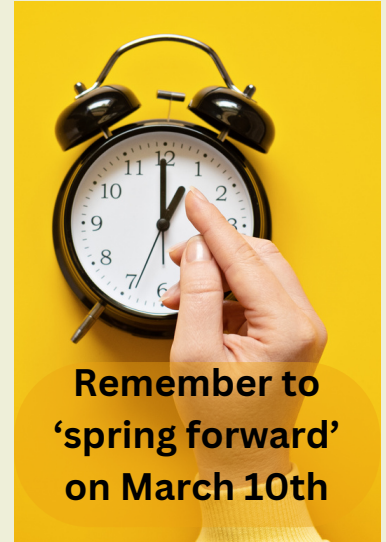
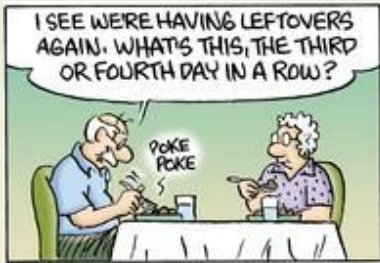
204-747-3283



sosbrenwin@gmail.com



www.sosbrenwin.com



The CRA/Service Canada presentation has been rescheduled for April 24th from 1pm-3pm. It is late in the tax season, but don't fret, changes to your taxes can be made up to 10 years back!

There has been a change to the movie club schedule. In honour of the easter season, we have opted to play 'The Passion of the Christ' in place of "The Best Exotic Marigold Hotel 2". Please be advised that this film is rated 'R' for graphic violence.

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!



*Happy St. Patrick's Day (17th), Happy Easter (31st), and Happy 1st Day of Spring (19th).*





Seniors'  
Outreach  
Services  
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### WE'RE GOING SHOPPING

REGULAR: MARCH 13  
THRIFTING: MARCH 26  
COST: \$25/PERSON  
9:00AM @ MOUNTVIEW CENTRE  
RESERVATIONS WILL BE MADE AT  
THE KOMFORT KITCHEN FOR LUNCH  
(NOT INCLUDED)

RSVP

### MAKE IT! MONDAY

MARCH 11 & 25  
COST: FREE  
1:30 @ THE CENTENNIAL APARTMENTS  
MAR 11: PAINT OUR POTS AND KNOMES  
MAR 25: EASTER EGGS

### LET'S GO TO KILLARNEY

MARCH 20  
COST: \$15/PERSON  
10:30 @ MOUNTVIEW CENTRE  
LUNCH AT THE BLARNEY STONE  
SHOPPING AT THE MALL AND THE RED APPLE

RSVP

### LUCKY LAPS - CASINO TRIP

MARCH 27  
COST: \$20/PERSON  
10:30 @ MOUNTVIEW CENTRE  
SKY DANCER CASINO (BELCOURT, ND)  
**MUST HAVE 2 PEICES OF ID OR A PASSPORT TO JOIN**  
NO LUNCH PROVIDED - RESTAURANT ON SITE  
MIN 2 PEOPLE REQUIRED

RSVP

### MOVIE CLUB

MAR 7 - ANNE THE FINALE (PT 1)  
MAR 14 - ANNE THE FINALE (PT 2)  
MAR 21 - BEST EXOTIC MARIGOLD HOTEL  
**MAR 28 - THE PASSION OF THE CHRIST**  
THURSDAYS @ 1:30PM

### ROYAL WINTER FAIR

CLOSING CERIMONIES  
SATURDAY, MARCH 30  
LEAVING AT 5:00PM  
(IT'S GONNA BE A LATE NIGHT)  
COST: TBD (BASED ON ATTENDANCE)  
MIN: 3 PEOPLE REQUIRED  
SUPPER AT THE FAIR

RSVP

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.



# 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 may be able to help.

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.



## Hospital On Call Schedule

Deloraine Emergency Department sometimes experiences changes in schedule. If you need to attend the ED, please call 204-747-2745 to determine the nearest open emergency department. For any EMERGENT situation call 911.

**March 2024**

*This schedule is subject to change*  
*If you need to phone 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 Boissevain 8-4 Deloraine 24 hrs Killamey 24 hrs	2 Deloraine 24 hrs Killamey 24 hrs
3 Deloraine 24 hrs Killamey 24 hrs	4 Boissevain 8-4 Deloraine 24 hrs Killamey 24 hrs	5 Boissevain 24 hrs Deloraine 8-4 Killamey 8-4	6 Boissevain 8-4 Deloraine 24 hrs Killamey Closed	7 Boissevain 8-4 Deloraine 8-4 Killamey 24 hrs	8 Boissevain 24 hrs Deloraine 8-4 Killamey 24 hrs	9 Boissevain 24 hrs Killamey 24 hrs
10 Boissevain 24 hrs Killamey 24 hrs	11 Boissevain 8-4 Deloraine 24 hrs Killamey 24 hrs	12 Boissevain 24 hrs Deloraine 8-4 Killamey 24 hrs	13 Boissevain 8-4 Deloraine 24 hrs Killamey 8-4	14 Boissevain 8-4 Deloraine 8-4 Killamey 24 hrs	15 Boissevain 8-4 Deloraine 24 hrs Killamey 24 hrs	16 Deloraine 24 hrs Killamey 24 hrs
17 Deloraine 24 hrs Killamey 24 hrs	18 Boissevain 8-4 Deloraine 24 hrs Killamey 24 hrs	19 Boissevain 24 hrs Deloraine 8-4 Killamey Closed	20 Boissevain 8-4 Deloraine 24 hrs Killamey 8-4	21 Boissevain 8-4 Deloraine 8-4 Killamey 24 hrs	22 Boissevain 24 hrs Deloraine 8-4 Killamey 24 hrs	23 Boissevain 24 hrs Killamey 24 hrs
24 Boissevain 24 hrs Killamey 24 hrs	25 Boissevain 8-4 Deloraine 24 hrs Killamey 24 hrs	26 Boissevain 24 hrs Deloraine 8-4 Killamey Closed	27 Boissevain 8-4 Deloraine 24 hrs Killamey Closed	28 Boissevain 8-4 Deloraine 8-4 Killamey 24 hrs	29 (Clinic Closed) Deloraine 24 hrs	30 Deloraine 24 hrs Killamey 24 hrs
31 Deloraine 24 hrs Killamey 24 hrs						



# CONGREGATE MEALS MARCH MENU

Mon, Mar 4 - Spaghetti and Meat Sauce  
Tues, Mar 5 - Salmon Loaf  
Wed, Mar 6 - Ribs  
Thurs, Mar 7 - Cook's Choice  
Fri, Mar 8 - Fish  
Mon, Mar 11 - S&S Meat Balls  
Tues, Mar 12 - Sausages  
Wed, Mar 13 - Turkey  
Thurs, Mar 14 - Cook's Choice  
Fri, Mar 15 - Fish  
Mon, Mar 18 - Meat Loaf  
Tues, Mar 19 - Soup and Sandwich  
Wed, Mar 20 - Pork and Mushroom Gravy  
Thurs, Mar 21 - Cook's Choice  
Fri, Mar 22 - Fish  
Mon, Mar 25 - Chicken Pieces  
Tues, Mar 26 - Beef Stew  
Wed, Mar 27 - Roast Pork  
Thurs, Mar 28 - Cook's Choice  
Fri, Mar 29 - Good Friday (No Meal)

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

**CONGRATS**

**MARY MORRISON**

YOU WON \$10 FROM THE BRAIN GAME DRAW.

On top of winning the draw, Mary M. was the only person to hand in her brain games completed, with the most correct answers.

It was a hard month and we are SO impressed.



## LAST MONTH'S ANSWER KEY

### RIDDLE ANSWERS:

RIDDLE ME THIS, WHAT DISAPPEARS AS SOON AS YOU SAY ITS NAME?

**SILENCE**

RIDDLE: WHAT GETS BIGGER THE MORE YOU TAKE AWAY?

**A HOLE**

RIDDLE ME THIS, I'M TALL WHEN I'M YOUNG AND SHORT WHEN I'M OLD, WHAT AM I?

**A CANDLE**

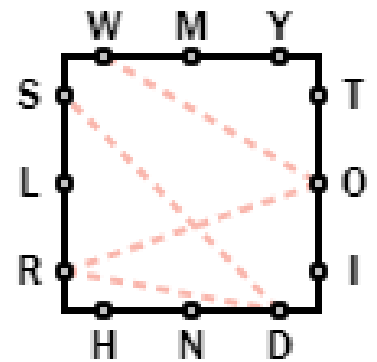
1. PILLAR, TILLER (OR ROW, HOE)
2. TISSUE, ISSUE
3. GHOUL, DROOL
4. COLLAR, SQUALOR
5. HYMNIST, GYMNAST
6. TUMOR, RUMOR
7. PALER, TAILOR
8. FEVER, CLEAVER
9. GUTTER, FLUTTER (OR DITCH, TWITCH)
10. RAPTURE, CAPTURE
11. SCENTS, DENSE
12. FLUKE, DUKE

## LETTER BOXED

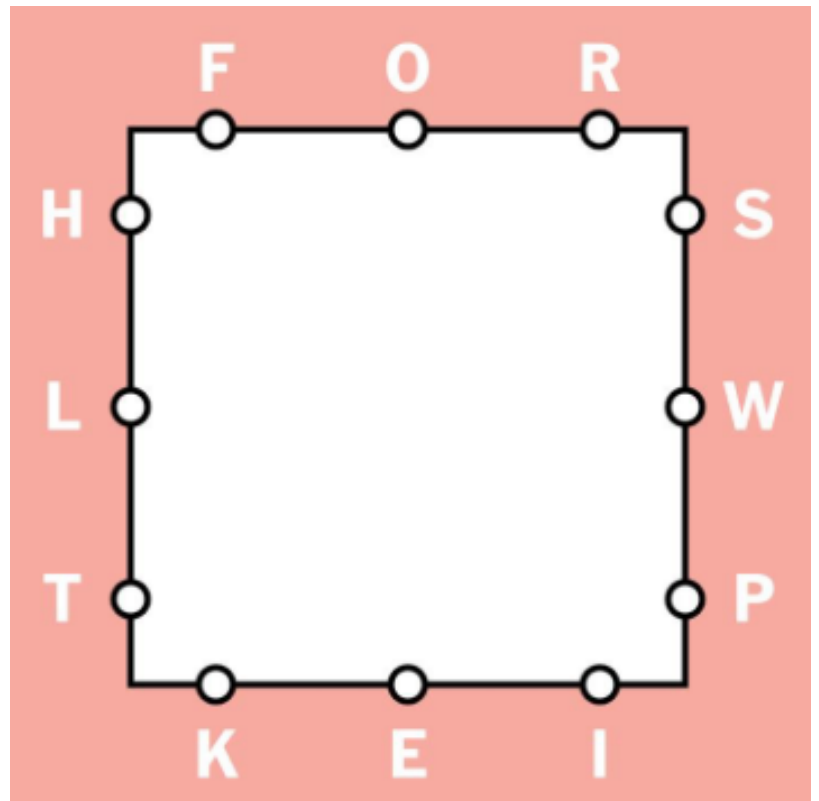
- CONNECT LETTERS TO SPELL WORDS
- WORDS MUST BE AT LEAST 3 LETTERS LONG
- CONSECUTIVE LETTERS CANNOT BE FROM THE SAME SIDE.
- YOU MAY USE THE SAME LETTER MORE THAN ONCE.
- THE LAST LETTER OF A WORD BECOMES THE FIRST LETTER OF THE NEXT WORD

EG. THY > YES > SINCE

- WORDS CANNOT BE PROPER NOUNS OR HYPHENATED
- NO CUSSING EITHER, SORRY
- USE ALL LETTERS TO SOLVE IN AS FEW WORDS AS POSSIBLE!



Handwriting practice lines consisting of a vertical red margin line on the left and ten horizontal blue lines for writing.





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

### WORD LIST

APRIL  
BASKET  
BONNET  
BOUQUET  
BUNNY  
CANDY  
CELEBRATION  
CHICK

CHOCOLATE  
DAFFODIL  
DECORATE  
EASTER  
EGGS  
FAMILY  
FLOWERS  
GAMES

HAPPY  
HOP  
HOT CROSS BUN  
HUNT  
LAMB  
NEW LIFE  
NEWBORN

PARADE  
RABBIT  
SPRING  
SUNDAY  
TRADITION  
TULIPS  
YELLOW