

# THE BRENWIN BUGLE



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

Seniors'  
Outreach  
Services  
Of Bren Win Inc



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## Fun, Fun, Fun!

*by Bethany Paul*

July was full of fun and adventure on the S.O.S front. It was encouraging to see a variety of new faces at each event. Thank you to those of you who have participated in our trips. It has been a pleasure to spend time with each and every one of you.

Starting in September, we'll be offering more programs locally so we can stay off the winter roads as much as possible. I've been thinking of crafts, exercise classes, cooking classes, and more!

I'm also working with the Deloraine Community Club to make sure our programs no longer overlap! This way you won't have to pick and choose what to do. Stay tuned!



## MEET MY FRIEND, LINDA!

Linda has joined us on a couple of SOS adventures now. She has a vibrant personality and a positive attitude that makes her an absolute pleasure to be around. She loves to have fun.

Linda grew up in Deloraine, but then took off to Calgary for some time. She has since moved back to town and we are lucky to have her.

This picture was taken from the Garden Party in Killarney. Doesn't she look fantastic?

If you see Linda and her son on one of their morning strolls, be sure to say "hello!".

**NEXT MONTH, I'LL BE FEATURING ANOTHER COMMUNITY MEMBER. NOMINATIONS WELCOME!**



## ODE TO THE PAST

BY THE DELORAINE-WINCHESTER HISTORICAL SOCIETY

This is N. Railway Avenue E about 10 years after the 11 Nov 1898 fire. Only Revere House, on the west end of the block, survived. Imagine the rest of the buildings on the block - every one of them on fire! The Queen's Hotel (in the location of the Palace) was built of



stone but the roof caught and the building was gutted.

The same thing had happened one block west 10 years earlier; in that fire no building on that block was spared.

1888... 1898... And still, downtown Deloraine is not done with devastating fires. There were more fires to come!

**FOR MORE FUN FACTS, VISIT THE DWHS FACEBOOK PAGE OR BECOME A MEMBER. CONTACT JAN MCCLELLAND FOR MORE INFO: JAN.MCCLELLAND888@GMAIL.COM**



# CONGREGATE MEALS

## AUGUST MENU

- Tues, Aug 1 - Sausage  
Wed, Aug 2 - Cold Plate  
Thurs, Aug 3 - Cook's Choice  
Fri, Aug 4 - Fish  
Mon, Aug 7 - NO MEAL  
Tues, Aug 8 - Meat Loaf  
Wed, Aug 9 - Roast Pork  
Thurs, Aug 10 - Cook's Choice  
Fri, Aug 11 - Sweet and Sour Chicken  
Mon, Aug 14 - Lasagna  
Tues, Aug 15 - Breakfast Brunch  
Wed, Aug 16 - Turkey  
Thurs, Aug 17 - Cooks Choice  
Fri, Aug 18 - Fish  
Mon, Aug 21 - Chili  
Tues, Aug 22 - Soup & Sandwich  
Wed, Aug 23 - Ham and Scalloped Potatoes  
Thurs, Aug 24 - Cook's Choice  
Fri, Aug 25 - Chicken Pieces  
Mon, Aug 28 - Sweet and Sour Meat Balls  
Tues, Aug 29 - Pork Chop & Mushroom Gravy  
Wed, Aug 30 - Roast Beef  
Thurs, Aug 31 - Cook's Choice

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!**

# NOTICE OF TENDER

We are looking to fill the **paid positions of Secretary, Treasurer or a Secretary/Treasurer** on our Board of Directors.

Secretary commitment: 6-8 meetings/year.

Treasurer commitment: bookkeeping responsibilities such as payroll, reconciling accounts, and budget forecasting. Roughly 3hr/month.

Please send your resume and proposal to our Board Chair: Val Perriman  
by email: [rvperriman@gmail.com](mailto:rvperriman@gmail.com)  
before **September 1, 2023**.

## CALL for VOLUNTEERS

### **Meals-on-Wheels Delivery**

Commitment: Choose one week, a few times a year - 3 days per week (Monday, Wednesday, Friday) - 30min per day.

Meals are to be picked up at 4:30 from The Hospital and The Lodge

### **Drivers for Events**

Criminal Record Check Required

Commitment: Flexible

We'll pay you \$0.65/km (meals are not provided)

You get to spend the day hanging out with some amazing people.!

### **Get on Board!**

We are actively seeking a few people to volunteer on our Board of Directors. Do you have a passion to see older adults, seniors and people with disabilities thrive within our communities?! Come on board.

Commitment: 6-8 meetings/year

Younger adults are encouraged to apply! We need some guidance with newer technologies, and fresh perspectives.

### **Lifeline Support and Installation**

Criminal Record Check Required

Commitment: Very Flexible - each appointment takes between 10-40 min.



# Brain Games

## FRESH FOOD ANAGRAMS

CAN YOU REARRANGE THESE WORDS TO MAKE 24 FRESH FOODS?

1. A RIB PRESSER

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2. LIP NAP PEEP

---

3. AIR FLOW CLUE

---

4. TO SEA TOP

---

5. BEN SANG ERE

---

6. A SUGAR SPA

---

7. WRIST BRA SEER

---

8. EEL WORM ANT

---

9. TEEN IN CAR

---

10. MUMS HOURS

---

11. PROFITS IN USA

---

12. BOOT TREE

---

13. CAN HIPS

---

14. BEG A CAB

---

15. CRUMB CUE

---

16. HER CLIP PIPE

---

17. TACO HIKER

---

18. MOO TEATS

---

19. IS HARD

---

20. COOL CRIB

---

21. RIOT CAP

---

22. FUNGI ROD ART

---

23. APE FUR GRIT

---

24. IMP PUNK

---

# Brain Games

SUDOKU IS PLAYED ON A GRID OF 9 X 9 SPACES. WITHIN THE ROWS AND COLUMNS ARE 9 "SQUARES" (MADE UP OF 3 X 3 SPACES). EACH ROW, COLUMN AND SQUARE (9 SPACES EACH) NEEDS TO BE FILLED OUT WITH THE NUMBERS 1-9, WITHOUT REPEATING ANY NUMBERS WITHIN THE ROW, COLUMN OR SQUARE. DOES IT SOUND COMPLICATED? AS YOU CAN SEE FROM THE IMAGE BELOW OF AN ACTUAL SUDOKU GRID, EACH SUDOKU GRID COMES WITH A FEW SPACES ALREADY FILLED IN; THE MORE SPACES FILLED IN, THE EASIER THE GAME - THE MORE DIFFICULT SUDOKU PUZZLES HAVE VERY FEW SPACES THAT ARE ALREADY FILLED IN.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 3 |   |   | 4 | 9 |   | 1 |   |
|   | 9 |   |   | 1 |   | 5 |   | 4 |
| 8 |   |   |   |   |   |   |   | 2 |
|   | 7 |   |   |   |   | 8 |   |   |
|   |   |   | 9 |   | 4 |   |   |   |
|   |   | 2 |   | 8 | 5 | 6 |   |   |
|   |   | 3 |   |   | 2 | 9 |   |   |
|   |   |   |   |   |   |   |   |   |
|   |   | 4 |   | 3 |   |   |   | 5 |

RIDDLE ME THIS:

WHAT COMES ONCE IN A MINUTE, TWICE IN A MOMENT, BUT NEVER IN A THOUSAND YEARS?

# Brain Games

## Simon Shuker's Code-Cracker

Each number in our Code-Cracker grid represents a different letter of the alphabet (for example, today 25 represents W). You have two letters in the control grid to start you off. Enter them in the matching squares in the main grid and solve the starter word. Fill in other squares in the main and control grids with the found letters and look for the next word. Follow the word trail through the puzzle to its completion.

|    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|---|----|----|----|----|----|----|----|
| 1  |    | 2  |    | 3  |    | 4  |   | 5  |    | 6  |    | 7  | 1  | 14 |
| 6  | 8  | 9  | 10 | 10 |    | 11 | 5 | 12 | 6  | 13 | 3  | 1  | 2  | 15 |
| 14 |    | 6  |    | 3  |    | 5  |   | 4  |    | 5  |    | 15 | 3  | 16 |
| 6  | 16 | 17 | 3  | 1  | 18 | 19 |   | 17 | 6  | 1  | 13 | 5  | 4  | 17 |
| 20 |    | 4  |    | 5  |    |    |   | 6  |    | 4  |    | 16 | 5  | 18 |
| 19 | 5  | 5  | 21 |    | 20 | 18 | 1 | 16 | 11 |    |    | 4  | 6  | 19 |
|    |    | 17 |    | 16 |    | 5  |   | 4  |    | 22 |    |    | 7  | 20 |
| 23 |    |    | 14 | 11 | 3  | 1  | 5 |    | 24 | 5  | 6  | 17 | 8  | 21 |
| 6  |    | 5  |    | 17 |    |    |   | 6  |    | 6  |    | 7  | 9  | 22 |
| 16 | 5  | 20 | 20 | 3  |    | 17 | 5 | 1  | 5  | 25 | 5  | 24 | 10 | 23 |
| 6  |    | 3  |    | 1  |    | 5  |   | 26 |    | 5  |    | 24 | 11 | 24 |
| 24 | 5  | 14 | 17 | 7  | 26 | 5  |   | 7  | 24 | 5  | 6  | 20 | 12 | 25 |
| 5  |    | 5  |    | 16 |    | 23 |   | 20 |    | 24 |    | 5  | 13 | 26 |

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

# Brain Games

UH OH! WE'RE PLAYING SCRABBLE, AND YOU'VE JUST DRAWN ALL VOWELS!  
WHAT IS THE HIGHEST SCORING WORD YOU CAN FIND?



- TW
- DW
- TL
- DL

|    | A              | B              | C               | D              | E              | F              | G              | H              | I              | J              | K              | L              | M              | N              | O              |
|----|----------------|----------------|-----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| 1  | D <sub>2</sub> | R <sub>1</sub> | A <sub>1</sub>  | W <sub>4</sub> | L <sub>1</sub> |                |                |                | B <sub>3</sub> | A <sub>1</sub> |                |                |                |                |                |
| 2  |                |                |                 | I <sub>1</sub> |                |                |                | T <sub>1</sub> | O <sub>1</sub> | Y <sub>4</sub> |                | S <sub>1</sub> |                |                |                |
| 3  |                |                |                 | T <sub>1</sub> |                |                |                | A <sub>1</sub> | W <sub>4</sub> | E <sub>1</sub> |                | C <sub>3</sub> |                |                |                |
| 4  |                |                |                 | H <sub>4</sub> |                |                |                | V <sub>4</sub> |                |                |                | A <sub>1</sub> |                |                |                |
| 5  |                |                |                 | I <sub>1</sub> | F <sub>4</sub> |                |                | E <sub>1</sub> |                |                |                | T <sub>1</sub> |                |                |                |
| 6  |                |                |                 | N <sub>1</sub> | O <sub>1</sub> |                |                | R <sub>1</sub> |                |                |                | H <sub>4</sub> |                |                |                |
| 7  |                |                |                 |                | V <sub>4</sub> |                |                | N <sub>1</sub> | E <sub>1</sub> | A <sub>1</sub> | R <sub>1</sub> | E <sub>1</sub> | D <sub>2</sub> |                |                |
| 8  |                |                |                 | G <sub>2</sub> | E <sub>1</sub> | O <sub>1</sub> | D <sub>2</sub> | E <sub>1</sub> |                |                |                | S <sub>1</sub> |                |                |                |
| 9  |                |                | Z <sub>10</sub> |                | O <sub>1</sub> |                |                | R <sub>1</sub> |                |                |                |                |                |                |                |
| 10 |                |                | O <sub>1</sub>  | L <sub>1</sub> |                |                |                | S <sub>1</sub> | A <sub>1</sub> | I <sub>1</sub> | L <sub>1</sub> | O <sub>1</sub> | R <sub>1</sub> | S <sub>1</sub> |                |
| 11 |                |                | D <sub>2</sub>  | E <sub>1</sub> |                |                |                |                |                |                |                | N <sub>1</sub> |                | E <sub>1</sub> |                |
| 12 | Q <sub>4</sub> | U <sub>1</sub> | N <sub>1</sub>  | S <sub>1</sub> |                |                |                |                |                |                |                | L <sub>1</sub> |                | G <sub>2</sub> |                |
| 13 | O <sub>1</sub> |                | A <sub>1</sub>  |                |                |                |                |                |                |                |                | B <sub>3</sub> | Y <sub>4</sub> |                | U <sub>1</sub> |
| 14 | P <sub>3</sub> |                | C <sub>3</sub>  |                |                |                |                |                |                |                |                | I <sub>1</sub> |                |                | E <sub>1</sub> |
| 15 | H <sub>4</sub> |                |                 |                |                |                |                |                |                |                |                | G <sub>2</sub> |                |                |                |

Submit your completed Brain Games to the SOS office before August 28th! If you answer everything correctly, you'll be entered into a draw to win \$10 in Chamber Bucks and be honourably mentioned in next months newsletter!

*Congratulations*

to **Brenda Johnston** on winning the draw for last months Brain Games. You are the WINNER of the July Brain Games Draw.





Aug. 10 - Support S.O.S at the Deloraine Farmers' Market

Aug. 13 - Melita Pancake Breakfast

Aug. 30 - Souris Museum Tour (Hillcrest, The Plum, Railway)

Aug. 31 - Coffee Time at The Grind

TBD - Lake Metigoshe Pontoon Tour

and Lunch at the Turtle Mountain Resort

Sept. 10 - Gossip in the Graveyard (RSVP with payment by Aug. 10)

Sept. 23 - Epic Elton John (rsvp with payment by Aug. 20)

**FYI: Starting in September, SOS trips will take place on Wednesdays instead of Tuesdays when possible.**

Get all the details on our website: [www.sosbrenwin.com/events-1](http://www.sosbrenwin.com/events-1)  
or call/email the SOS office:

**204-747-3283/sosbrenwin@gmail.com**

## MOVIE CLUB

**AUG 8TH - OVERBOARD**

**AUG 22ND - HOOK**

**SEPT 5TH - GOLDFINGER**

**SEPT 19TH - THE PHILADELPHIA STORY**

**OCT 3RD - ANNE OF GREEN GABLES (PT 1)**

**OCT 17TH - ANNE OF GREEN GABLES (PT 2)**

**STARTING SEPTEMBER, MOVIE CLUB WILL BE ON THE 1ST AND 3RD TUESDAY OF THE MONTH. IN NOVEMBER, WE WILL ATTEMPT TO SHOW MOVIES ON WEDNESDAYS. STAY TUNED!**



Seniors'  
Outreach  
Services

Of Bren Win Inc

204-747-3283

[sosbrenwin@gmail.com](mailto: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!



We are blessed to live in a place that is surrounded by very active communities. We love to support events all over Southwestern Manitoba. If you have heard of an event that you'd like to attend, please give the office a call and we'll try to swing it.



**DO YOU WANT TO WRITE AN ARTICLE FOR THE BRENWIN BUGLE? I'D LIKE TO ADD A FROM YOU SECTION INCLUDING ARTICLES, RECIPES, AND SHOUT-OUTS (BIRTHDAYS, ANNOUNCEMENTS, AND ACCOLADES) IN FUTURE EDITIONS! SUBMIT YOUR IDEAS TO OUR EMAIL ADDRESS: [SOSBRENWIN@GMAIL.COM](mailto:SOSBRENWIN@GMAIL.COM). POSITIVE VIBES ONLY.**

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