

AUGUST 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



Seniors'
Outreach
Services
Of Bren Win Inc

Save the Date



for our 2nd annual

CARE FAIR

October 16th starting at 10:00am

At the Deloraine Community Complex

TRANSPORT
AVAILABLE

INFO
BOOTHS

GUEST
SPEAKERS

FREE
ADMISSION

LUNCH
PROVIDED



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. Shared Health Emergency Medical Services (ambulance) will continue to provide emergency response for the community of Deloraine and surrounding areas. All residents making 911 calls are transported to the most appropriate open emergency department if required.

Individuals requiring health advice are encouraged to call Health Links/Info Santé at 1-888-315-9257.

August 2024 Deloraine, Boissevain, Killarney

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Deloraine 8 am-4 pm Boissevain 8 am-4 pm Killarney 24 hrs	2 Deloraine closed Boissevain 6 pm-midnight Killarney 6 pm-midnight	3 Deloraine closed Boissevain 24 hrs Killarney 24 hrs
4 Deloraine closed Boissevain 24 hrs Killarney 24 hrs	5 STAT Deloraine closed Boissevain 24 hrs Killarney 24 hrs	6 Deloraine 8 am-4 pm Boissevain 24 hrs Killarney 8 am-4 pm	7 Deloraine 24 hrs Boissevain 8 am-4 pm Killarney 8 am-4 pm	8 Deloraine 8 am-4 pm Boissevain 8 am-4 pm Killarney 24 hrs	9 Deloraine closed Boissevain 8 am-4 pm Killarney 6 pm-midnight	10 Deloraine closed Boissevain closed Killarney 24 hrs
11 Deloraine closed Boissevain 24 hrs Killarney 24 hrs	12 Deloraine 24 hrs Boissevain 8 am-4 pm Killarney 24 hrs	13 Deloraine 8 am-4 pm Boissevain 24 hrs Killarney 8 am-4 pm	14 Deloraine 24 hrs Boissevain 8 am-4 pm Killarney 8 am-4 pm	15 Deloraine 8 am-4 pm Boissevain 8 am-4 pm Killarney 24 hrs	16 Deloraine 8 am-4 pm Boissevain 24 hrs Killarney 24 hrs	17 Deloraine closed Boissevain 24 hrs Killarney 24 hrs
18 Deloraine closed Boissevain 24 hrs Killarney 8 am - 4 pm	19 Deloraine 24 hrs Boissevain 8 am-4 pm Killarney 24 hrs	20 Deloraine 8 am-4 pm Boissevain 24 hrs Killarney 8 am-4 pm	21 Deloraine 24 hrs Boissevain 8 am-4 pm Killarney 8 am-4 pm	22 Deloraine 8 am-4 pm Boissevain 8 am-4 pm Killarney 24 hrs	23 Deloraine 24 hrs Boissevain 8 am-4 pm Killarney 6 pm-midnight	24 Deloraine 24 hrs Boissevain closed Killarney 24 hrs
25 Deloraine 24 hrs Boissevain closed Killarney 24 hrs	26 Deloraine 24 hrs Boissevain 8 am-4 pm Killarney 24 hrs	27 Deloraine 8 am-4 pm Boissevain 24 hrs Killarney 8 am-4 pm	28 Deloraine 24 hrs Boissevain 8 am-4 pm Killarney 8 am-4 pm	29 Deloraine 8 am-4 pm Boissevain 8 am-4 pm Killarney 24 hrs	30 Deloraine 8 am-4 pm Boissevain 24 hrs Killarney 6 pm-midnight	31 Deloraine closed Boissevain 24 hrs Killarney 24 hrs



Medical Equipment Loan Program

We've got some new equipment available, including a blood pressure monitor, a blood glucose monitor, a bath seat, a bed wedge, and a toilet riser. Thank you to the community for supporting this program with financial donations and equipment donations. Without your help, we could not offer this amazing resource.

Need a temporary Parking Permit? We've got you covered. Seniors' Outreach Services can provide a Parking Permit to you for short trips. We have supplied permits to the RM office of Brenda-Waskada and the RM office of Deloraine-Winchester for easier access. Call 204-747-3283 for more information.



Seniors'
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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!

RSVP

August 4 - LMIA Supper and Auction - RSVP before August 2nd

Leaving Deloraine 4:30pm

Cost: \$35 (includes food and transportation)

Location: The Turtle Mountain Metis Centre

August 6 - Goat Farm and Lake Metigoshe Cruise - **RSVP CLOSED - wait list open**

Leaving Deloraine at 9:30am

Cost: \$20 (includes lunch and transportation)

Picnic Lunch at Bethany's house.

RSVP

August 8 - RCMP Musical Ride - RSVP before August 4th

Leaving Deloraine at 3:15pm

The Shamrock Centre in Killarney

Cost: free transportation (Does not include \$10 entry ticket or food)

RSVP

August 14 - We're Going Shopping - RSVP before August 19th

Location: Brandon (lunch location TBD)

Leaving Deloraine at 9:00am

Cost: \$20 (not including lunch)

August 15 - Prairie Dog Train Ride **RSVP CLOSED**

Leaving Deloraine at 7:00am to meet in Boissevain

RSVP

August 20 - International Peace Gardens Tour - RSVP before August 16th

Leaving Deloraine at 9:30

Cost: \$40.00 (picnic lunch included)

Includes transportation, succulent garden tour, garden highlights tour, and lunch.

August 24 - Annual Paul BBQ with Live Music (please bring a salad or dessert)

Leaving Deloraine at 5pm

Location: Bethany's House (Canada Acrege on HWY 450 and Dromore Lake Road)

Cost: \$10 for transportation

August 26 - Crafting at the Centennial Apartments

Time: 1:30pm

Cost: always free

CHECK OUR FACEBOOK GROUP FOR UPDATES OR FOR SPONTANEOUS
EVENTS!

WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN

CALL 204-747-3283 TO RSVP.

AUGUST

2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1	2	3
4 LMIA Supper and Auction	5	6 Goat Farm and Lake Metigoshe Cruise	7 Deloraine Legion Crib	8 Deloraine Summer Market Musical Ride in Killarney Bulls on the Border, Waskada	9	10
11	12	13	14 We're Going Shopping - Brandon	15 Deloraine Summer Market Prairie Dog Train Ride	16	17
18	19	20 International Peace Gardens Tour	21 Deloraine Legion Crib	22 Deloraine Summer Market	23	24 Annual Paul BBQ and Live Music
25	26 Crafting at the Centennial Apartments	27 Brain Game Submission Deadline	28	29 Deloraine Summer Market supporting SOS	30	31



Congregate Meals

Thurs, Aug 1 - Saulsberry Steak

Fri, Aug 2 - Fish

Mon, Aug 5 - NO MEAL (Terry Fox Day)

Tues, Aug 6 - Chicken Breast

Wed, Aug 7 - Ham & Scalloped Potatoes

Thurs, Aug 8 - Cooks Choice

Fri, Aug 9 - Fish

Mon, Aug 12 - Soup & Sandwich

Tues, Aug 13 - Chicken Pieces

Wed, Aug 14 - Cold Plate

Thurs, Aug 15 - Swiss Steak

Fri, Aug 16 - Fish

Mon, Aug 19 - Lasagna

Tues, Aug 20 - Beef Stew

Wed, Aug 21 - Roast Pork

Thurs, Aug 22 - Cooks Choice

Fri, Aug 23 - Fish

Mon, Aug 26 - Chicken Pieces

Tues, Aug 27 - Spaghetti & Meat Sauce

Wed, Aug 28 - Cold Plate

Thurs, Aug 29 - Cooks Choice

Fri, Aug 30 - Fish

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!



Stepping Up with Confidence

is a peer led exercise class for all ages and abilities (wheelchair friendly).

S.O.S will be sponsoring weekly exercises, location TBD, on Wednesday mornings at 10:30am starting September 18th.

Please come with clean running shoes, comfortable clothing, a water bottle and a smile.

Bethany will be leading these classes until December. If you'd like the classes to continue, we will need more volunteers to help sustain the program.

Tech Savvy Seniors returns on September 19th at 10:30am

Sept 19 - Facebook 101

Sept 26 - Facebook 102

Oct 3 - Facebook 103

If you have any questions about Facebook that you'd like addressed, please send Bethany a message by phone or email! 204-747-3283 or sosbrenwin@gmail.com
iPhone series will resume in the future! Stay tuned.

MOVIE CLUB

Movie Club returns on September 19th for another season. Memberships will require renewal at this time - only \$10 for the season plus a silver donation at each show. We have new equipment to help ensure we have better sound and picture!

Movie Club is every Thursday from September-May (excluding holidays) at 1:30pm
Free transportation available thanks to the New Horizons for Seniors Fund
Minimum of 3 individuals from Brenda-Waskada needed to get free transport.

SEPT 19 - THE ODD COUPLE

SEPT 26 - JULIE & JULIA

OCT 3 - WHAT ABOUT BOB?

OCT 10 - QUEEN BEES

OCT 17 - DRIVING MISS DAISY

OCT 24 - AT ANY PRICE

OCT 31 - PRACTICAL MAGIC

Brain Games

Name: _____

GARDEN FLOWERS

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

BUSYLIZZIE	BUTTERCUP	SWEETPEA	DAFFODIL	MARIGOLD
PEONIES	PRIMULA	FUCHSIA	BEGONIA	PETUNIA
ORCHID	POPPIE	STOCKS	ASTERS	DAISY
PANSY	TULIP	ROSE		

Sudoku

A 9×9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically. To challenge you more, there are 3×3 squares marked out in the grid, and each of these squares can't have any repeat numbers either.

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

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

What are they saying?

Come up with some creative dialogue for the comic below:


