

THE BRENWIN BUGLE

A newsletter for older adults and seniors



Seniors'
Outreach
Services
Of Bren Win Inc

A New Spring

by Bethany Paul

Winter represents the beauty of death as it makes way for new things. It provides us all with the opportunity to quiet ourselves, to draw close to the people we love most, and to prepare for the working seasons ahead. Finally, as spring approaches, the cold white blanket of snow melts away to reveal the damp soil beneath it. The trees echo with the joyous melody of little birdies returning home from the south. But perhaps the biggest change of all is the pure joy on peoples faces as they look up at the warm sun and say "It is a beautiful day". The first days of spring are bursting with hope.

The four seasons are the perfect examples of the necessity of change in our own lives. We can never prevent a change from coming, and often it is vital to make way for new growth. The very best we can do is learn to pay attention. Let's try to focus on the beauty that exists in shifting seasons; preparing for the dry spells, and being mindful and appreciative during times of abundance.

This month, my parents and one of my two brothers have moved onto our property at the Lake. A quaint 3-bedroom house is now home to 5 adults, 1 teenager, 3 dogs, and 4 cats.

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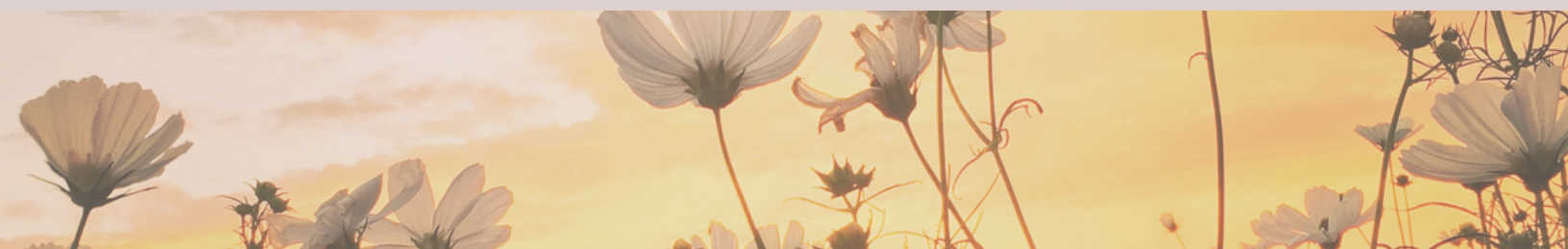
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A New Spring Cont'd

I was initially overwhelmed by the thought of how many dishes I would have to do at the end of the day, or how overrun the laundry room might be - the most dreaded thought of all was how we were going to manage with only 1 bathroom. All these thoughts were put to a quick halt when a health scare presented itself in the family. All of a sudden, I was faced with the reality of changing seasons. I realized that one day, I would look back on this time as a blessing. I have a choice on how I want to live in this moment - I choose to appreciate the love, laughter and fullness of my home. I will focus on creating lasting memories that will one day carry me through when the house gets quiet again.

The SOS of BrenWin Inc has had its fair share of change over the last year as well. I was not around for most of it - but I do represent one of the most major shifts.

I want to take this opportunity to recognize the many people in this community who have forged the way to make this job possible for me now. There have been some outstanding board members and previous staff members who have impacted the lives of many of you reading this, to all of them, I say a big THANK YOU! While I have not had the pleasure to interact with many of them, I would like to take a moment to thank a couple of the ones who have had a very positive impact on me personally. Louise Dekeyser acted as the Resource Coordinator at Seniors' Outreach Services for over 2 decades! She is now continuing to serve people as the very gifted chef of the Congregate Meals in town. She has graciously introduced me to her guests as the new Resource Coordinator. I have appreciated her friendly chats and am inspired by her heart to provide for the people around her.



Spring is a wonderful reminder of the beauty that change can bring.

A New Spring Cont'd...Again

Herb Horner has recently stepped down from the Board of Directors after many years of service. He acted as liaison, the MacGyver of the office and champion volunteer. I am grateful to him for his thoughtful visits, lending a hand as needed, and for his infectious positive attitude. He promises me that he will still be around to deliver his brilliant one-liners and to make his delicious popcorn from time to time at Movie Club - I don't think we've seen the last of him, yet! Thank goodness.

Thank you to Louise and Herb for all you have done for SOS and for me as I have found my footing. I appreciate you both and wish you the very best on your roads ahead. I hope to make you both proud as I carry this organization into it's next season.



MOVIE CLUB

May 2nd - Second Hand Lions

May 16th - 12 Angry Men

May 30th - Pillow Talk

Movie Club costs only \$5.00 per year (from November 2022)

Popcorn and drinks are available for a fee

Donations accepted

Do you have a favourite movie you'd like to suggest for movie club? Let us know! Follow the website or Facebook page for more information, including the latest updates.

RESOURCE UPDATES

Taliesha Pitman - Mobile Esthetics **Available Mondays**

For pricing or to book an appointment you can message her on Facebook or call Bethany at the SOS office.

Taliesha can come to your home, or provide services at the PCH or the Lodge!

Services include: Manicure, Pedicure, Waxing, Brow and Lash Tinting, and Relaxation Massage.



Sponsor a Senior Program **Promoting connection and fun!**

The Sponsor a Senior Program is flexible:

- Any person can sponsor any individual.
- It can be anonymous if you'd like.
- You can choose to sponsor an individual or an event (to bring the cost down for everyone!)
- If your chosen recipient is unable to use their sponsorship for any reason, we'll offer you a refund - or you can transfer it to another person in need.
- You can use cash, e-transfer, or cheque to make your donation.
- We are unable to provide donation receipts at this time.



All of our upcoming events are listed on our website at www.sosbrenwin.com.

Another great option for sponsorship - donate to our **TRANSPORTATION FUND!** This will lower event costs for ALL participants. There are transportation costs associated with every trip we do, whether we are hiring the handi-van or supplying gas for volunteer drivers. Our transportation fund aims to make our events more affordable by lowering the overall cost for each trip.

SOS of BrenWin Inc. loves to support intergenerational connection! Would you like to join us for an event as a companion? You are more than welcome. Sponsorships do not apply to companions unless specifically requested by donor.

Indoor - Low Impact - Group Fitness Classes **Stay Tuned!**



Lifeline SALE May 1-15 - 2 MONTHS FREE - no contracts! Try if for free. Call for more details.
***activation fee of \$70 applies**



Save the Date

The following events are facilitated by the SOS and do not represent all community events for the month of May. Please check our website for a list of more activities available! Sign up sheets are on the SOS Door and at the Centennial Apartments. You can also call or email to RSVP.

May 9th, 2023

We're Going Shopping

Where: Brandon Shoppers Mall, Corral Centre

When: 9:30-4:30

Cost: \$30 (not including lunch)

Limit: 2-10 people

May 11th, 2023

Waskada Meet and Greet - Coffee and Treats

Where: The Waskada SOS Office - Left side of the Credit Union Building

When: 1:00-2:00

Cost: FREE

Come meet Bethany, learn about our services and share your ideas!

Limit: none

May 14th, 2023

Mothers Day Supper and Live Music feat. Lyle Baldwin

Where: The Rendezvous

When: 6pm-8:30pm

Cost: \$45.00 (\$40.00 for all Moms!)

Call the office to order your tickets before May 7th!

Limit 30-90 people

May 23rd, 2023

We're Going Shopping - Green House Edition

Where: Sadler's Creekside Greenhouse

When: 10:30-2:00

Cost: \$15 (lunch at Oak and Antler, not included)

Limit: 2-8 people

May 25th, 2023

Coffee Time at Crafted and More (ITS DONUT DAY!)

Where: Crafted and More

When: 2:00-3:00

Cost: however much you want to spend

Limit: none

May 30th, 2023

Lucky Laps - Casino Trip

Where: Sand Hill's Casino

When: 9:00am leaving Deloraine - 3pm leaving Casino

Cost: \$30 - lunch and \$25 free play included

Limit: 10-20 people (minimum of 10 required)

Aquafit in Killarney is still available for those who would like to participate. Please call the office to join the 'I'm interested' list. When we have 5 people on the list, I will book it! \$55/person includes all 4 classes. (transportation not included, but available upon request)



Save the Date

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.

Not online? - is this newsletter your number one source for event information? Join our phone call list! Bethany will reach out before every event to see if you'd be interested in joining. This includes events that are not run by SOS, such as Goodlands Luncheons, Legion Events, Napinka Flea Markets - ect. Don't miss out on the fun!!

Join the Club

Walking Club

We are still looking for a couple of people to head up the Walking Club. One person for Deloraine and one person for Waskada. Responsibilities would include:

- determining the time, location, and suitability for each walk
- inviting people to join you on your walk

Introducing - The Knit Wits!

I'm looking for a few gifted knitters to join this club! The Knit Wits would volunteer their time and material to knit goodies for the community.

Things such as:

- Blankets, booties, or hats for new babies, wash cloths or slippers for low-income families or newcomers who might be in need, etc..

Members of the Knit Wits could also offer classes to younger people who have an interest in knitting or crocheting.

You can join this club and knit from the comfort of your own home, no need to attend meetings or offer classes unless you'd like to!



BRAIN GAMES

Sudoku: The rules are simple. 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. These puzzles are all **MEDIUM** level. I know you can do it!

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

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

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

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



Codewords are crosswords with no clues! Instead, every letter of the alphabet has been replaced by a number, the same number representing the same letter throughout the puzzle. All you have to do is decide which letter is represented by which number!:

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

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

Submit your completed Brain Games to the SOS office before May 31st! If you answer everything correctly, you'll be entered into a draw to win a \$10 gift card and be honourably mentioned in next months newsletter!

Congratulations

to **Mary Morrison** on your whopping 112 words on last months Boggle game. You are the **WINNER** of April's \$10 gift card.



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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! Call the office to sign up, today!



Did you know that we serve **Medora** and **Goodlands**, too? We'd love to make contact with some of you there.

If any person in our service area would like to arrange a home visit to discuss resources, events, or if you'd like a friendly hello, we would be happy to schedule it in. Just give us a call or send us a message to arrange it!



Keep your eyes peeled for our mailbox inside the Deloraine Mountainview Centre! It will be hung beside the SOS door. You can leave your suggestions, Brain Games, sign up forms, and payment for trips in to the mailbox should the SOS Office be closed! Arriving in the month of May!

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