

MARCH 2025

# 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



## Transportation Update

Our organization has proudly offered complimentary or discounted transportation to many of our events for the last year thanks to funding from the New Horizons for Seniors Program. As the program nears its end you will notice an increase in event costs starting in April 2025. We are committed to our goal of removing all barriers that might prevent a person from participating in social activities. As such, we will continue to sponsor **ONE** event per month in each municipality, this includes Brenda-Waskada Movie Club pick-ups and out of town excursions.

We will attempt to arrange transportation to our programs through volunteer drivers or HandiVan rental when required, but mileage and fees must be paid by the user(s). An additional \$20 fee will be added for users who require use of the HandiVan for out-of-town travel unless the event is being sponsored.

We remain dedicated to finding solutions for transportation in our rural area and will hope to secure more sponsorships in the future. If you are interested in becoming a volunteer driver for our events, please call Bethany - 204-215-1717.

Thank you for your understanding!



# Meals on Wheels Price Increase

As of April 1, 2025, the cost of meals will increase to \$9.65 for a regular portion and \$10.55 for a large portion meal.

If you have any questions or concerns please contact Lindsay More: 204-747-1814

If you'd like to sign up for Meals on Wheels, please contact Bethany,

## 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.**

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

## March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Deloraine 24 hrs Killarney 24 hrs
2 Deloraine 24 hrs Killarney 24 hrs	3 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	4 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	5 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	6 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	7 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	8 Deloraine 24 hrs Killarney 24 hrs
9 Deloraine 24 hrs Killarney 24 hrs	10 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	11 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	12 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	13 Deloraine 8-4 Boissevain 24 hrs Killarney 24hrs	14 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	15 Boissevain 24 hrs Killarney 24 hrs
16 Boissevain 24 hrs Killarney 24 hrs	17 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	18 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	19 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	20 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	21 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	22 Deloraine 24 hrs Killarney 24 hrs
23 Deloraine 24 hrs Killarney 24 hrs	24 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	25 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	26 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	27 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	28 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	29 Boissevain 24 hrs Killarney 24 hrs
30 Boissevain 24 hrs Killarney 24 hrs	31 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs					

This schedule is likely to change. Please call to confirm hours before heading to your nearest emergency department.



"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 by calling 204-747-3283 or email [sosbrenwin@gmail.com](mailto:sosbrenwin@gmail.com)**



**Sat, March 1 - A Midsummer Night's Dream (Brandon)**

**Time:** 11:30am leaving Deloraine

**Cost:** \$45 (includes transportation and tickets, lunch NOT included)

Transportation is discounted thanks to the New Horizons For Seniors Funding

**Every Saturday at 11am - Let's Get Moving (March 8, 15, 22)**

**Time:** 11am at the Mountview Centre

with licensed personal trainer - Elijah Critchley

**Cost:** \$2 drop in fee (proceeds go to the Mountview Centre)

**Mon, March 10 - Make it! Monday**

**Time:** 1:30 at the Centennial Apartments Dining Room

**Cost:** FREE

**Craft:** TBD



**Wed, March 12 - We're Going Shopping (Brandon)**

**Time:** 9:00am leaving Deloraine

**Cost:** \$25.00 per person (Lunch NOT included)



**Wed, March 26 - Dimitri's Taverna (NEW in Souris, MB)**

**Time:** 10am leaving Deloraine

**Cost:** Free Transportation thanks to the New Horizons for Seniors Program (lunch not included)



**Tues, March 25 - Lucky Laps - Sandhills Casino (joining Boissevain)**

**Time:** 9am leaving Deloraine

**Cost:** \$40.00 per person (Transportation, Lunch and Free Play included)

**RSVP BEFORE March 17**

CHECK OUR FACEBOOK GROUP FOR UPDATES OR FOR SPONTANEOUS EVENTS!

[WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN](http://WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN)



# Congregate Meals

## March

Mon, Mar 3 - Salmon Patties  
Tues, Mar 4 - Meat Loaf  
Wed, Mar 5 - Roast Pork  
Thurs, Mar 6 - Cook's Choice  
Fri, Mar 7 - Fish  
Mon, Mar 10 - Spaghetti with Meat Sauce  
Tues, Mar 11 - Liver and Onions  
Wed, Mar 12 - Ribs  
Thurs, Mar 13 - Cook's Choice  
Fri, Mar 14 - Fish  
Mon, Mar 17 - Breakfast  
Tues, Mar 18 - Soup and Sandwich  
Wed, Mar 19 - Ham and Scalloped Potatoes  
Thurs, Mar 20 - Beef Stew  
Fri, Mar 21 - Fish  
Mon, Mar 24 - Sausages  
Tues, Mar 25 - Chicken Pieces  
Wed, Mar 26 - Roast Beef  
Thurs, Mar 27 - Cook's Choice  
Fri, Mar 28 - Fish

*only* \$8

includes:  
Tea or Coffee,  
Main Meal  
and Dessert

Dine-in or Take-out  
(please provide your  
own containers)

Contact Louise if  
you'd like to volunteer  
as a server - you can  
eat for free.

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!**



# MOVIE CLUB



**Movie Club will continue at the Mountview Centre for the rest of the season (end of May).**

**The Border Hills movie will show on the first Tuesday of the month from September-May (not including January)**

Please bring \$2.00 to support the Mountview Centre.  
Coffee/Tea & Cookies are available for \$3.00

Free transportation available in March  
thanks to the New Horizons for Seniors Fund

\*Minimum of 3 individuals from Brenda-Waskada needed for free transport.

**\*\*Handivan Transportation is not sponsored for the Border Hills movie**

**Please check the facebook group for last minute updates about shows:**  
[www.facebook.com/groups/sosbrenwin](http://www.facebook.com/groups/sosbrenwin)

**Mar 6 - The Upside (Brian Cranston and Kevin Hart) 2hr6m**

**Mar 13 - Willow (Warrick Davis and Val Kilmer) 2hr6m**

**Mar 20 - North by Northwest (Cary Grant) 2h16m**

**Mar 27 - The Fugitive (Harrison Ford) 2hr10m**

**April 3 - An American in Paris (Gene Kelly) 1h55m**

**April 10 - The Man in the Iron Mask (Leonardo DiCaprio) 2h12m**

**April 17 - A Man Called Otto (Tom Hanks) 2h6m**

## **BORDER HILLS COMMON ROOM MOVIE**

**March 4th at 3pm**

**80 for Brady (Jane Fonda, Sally Field) 1h38m**



## **Deloraine Businesses (Quick Reference)**

**\*relevant businesses have been added based on our discretion, not all businesses represented. If you would like to add your business, please contact us.**

Andries Electric: 204-747-3462  
Border Hills Apartments: 204-747-3154  
Boundary Co-op Food Store: 204-747-2316  
Boundary Co-op Gas Bar: 204-747-2291  
Boundary Co-op Home Centre: 204-747-2226  
Canada Post: 204-747-3305  
Centennial Apartments: 204-747-2717  
Choice Home Improvements Ltd: 204-215-1777  
Cut Above Construction: 204-570-2799  
CV's Trees & Landscaping: 204-747-4242  
D&M Motors: 204-747-2182  
D&M Tree Service: 204-747-2905  
DBW HandiVan: 204-522-5732  
Deloraine Community Club (Mountview): 204-747-2846  
Congregate Meals: 204-747-2299  
Deloraine Golf Club: 204-747-2411  
Deloraine Legion: 204-747-2424  
Deloraine Plumbing and Heating: 204-747-3449  
Fine Artz Hair Design: 204-747-4649  
Hasselfield Drugs: 204-747-2648  
JRB Electric: 204-747-4305  
Kirbs Herbs: 204-534-0777  
Morrison Agencies Ltd.: 204-747-2606  
Municipal Office (Delowin): 204-747-2655  
Nasby Renovations: 204-440-0041  
Origin Plumbing and Heating: 204-215-0056  
Prairie Pro Renos: 204-441-8157  
Salon 747: 204-747-4466  
Seniors' Outreach Services: 204-747-3283  
Sunrise Credit Union: 204-747-2336  
Turd Busters: 204-215-3003  
Van Auto Diesel Repair: 204-747-3303





# S.O.S Brain Games

**Submit this page for your chance to win \$10 Chamber Bucks**

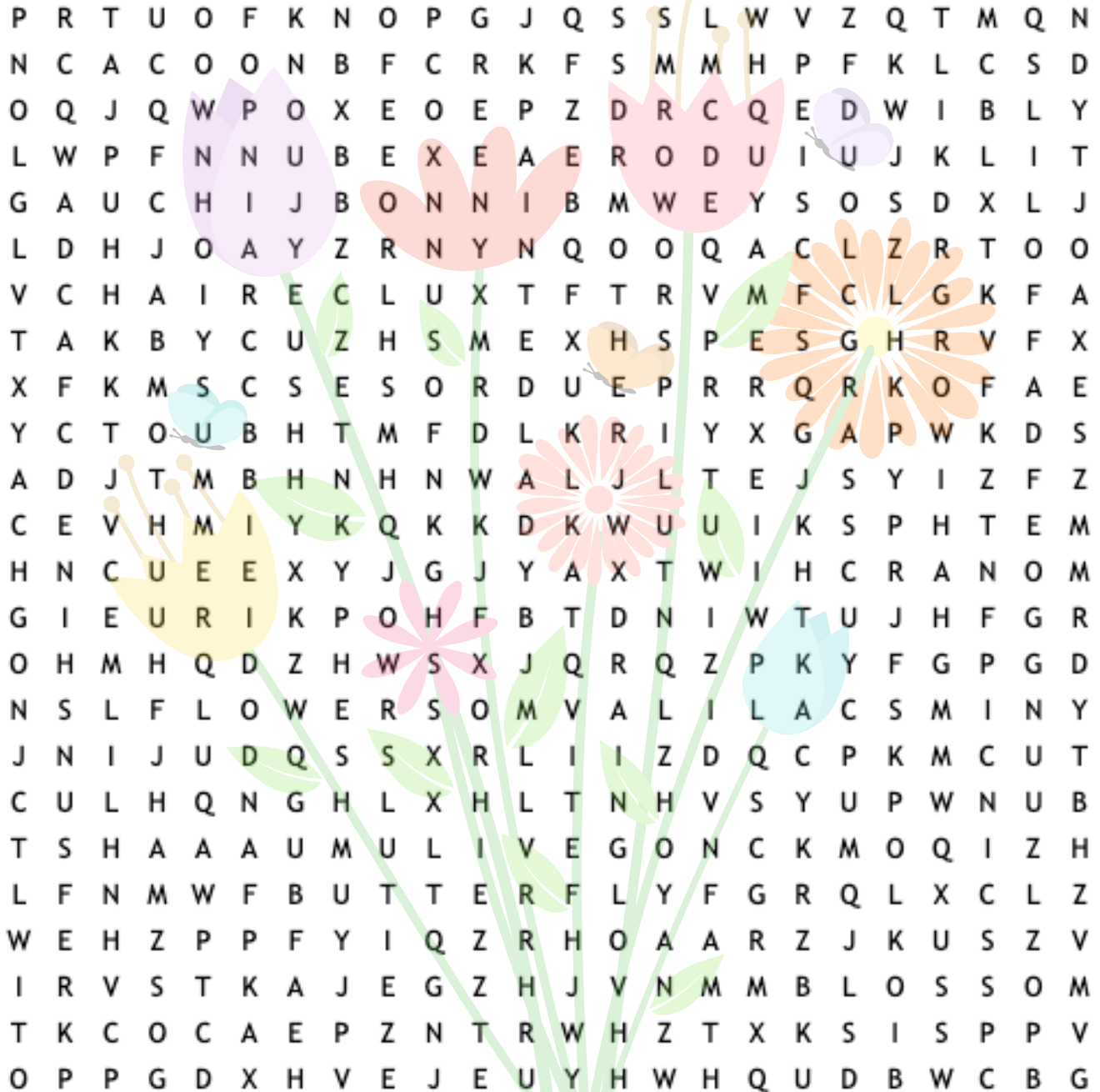
Brain Games draws will only be done if there are **10 submissions or more**.

Please encourage your friends to participate!

You must show an attempt at both games (front and back of this page)

You can submit your games a few different ways:

1. Drop off in the SOS mailbox at the Mountview Centre (Deloraine).
2. Mail your game sheet to PO Box 618 in Deloraine.
3. Hand in personally at an SOS event.
4. Email a picture of the completed game sheet to [sosbrenwin@gmail.com](mailto:sosbrenwin@gmail.com).



CLOUD   WORMS   GREEN   GRASS   WIND   MOTH   RAIN   GROW   MAY   MOTHER  
SUMMER   CACOOON.   ROSES   PAINTED LADY   DAFFOLILS   BUTTERFLY   SUNSHINE  
PICNICS   PEACOCK   MONARCH   BLOSSOM   FLOWERS   LILACS   TULIPS

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**WORD SCRAMBLE**  
**DIRECTIONS:**  
Unscramble each set of letters to discover a vocabulary word relating to the fun-filled month of March.

CNSTIE

\_\_\_\_\_

TEYBUFLRT

\_\_\_\_\_

TPCAIRK

\_\_\_\_\_

REENG

\_\_\_\_\_

RDGENA

\_\_\_\_\_

REWOFL

\_\_\_\_\_

IKET

\_\_\_\_\_

RAMHC

\_\_\_\_\_

IGNSPR

\_\_\_\_\_

PAARDE

\_\_\_\_\_

YDNWI

\_\_\_\_\_

PCHRAUNELE

\_\_\_\_\_

OLERV

\_\_\_\_\_

LOOMB

\_\_\_\_\_

KULC

\_\_\_\_\_

SRTAEE

\_\_\_\_\_

ROWNABI

\_\_\_\_\_

CICPNI

\_\_\_\_\_

MHCROSKA

\_\_\_\_\_

ESSOAN

\_\_\_\_\_

FDOFDIAL

\_\_\_\_\_

QXUNOEI

\_\_\_\_\_

SBAKETBLL

\_\_\_\_\_

ODROTOS

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