THE BRENWIN BUGLE

A NEWSLETTER FOR OLDER ADULTS AND SENIORS IN DELORAINE, 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

Fundraising Event

Join us at the Deloraine Farmers Market on August 29th for some yummy food. Choice Home Improvements and Turd Busters are teaming up to serve smoked meat, homemade baked beans and delicious buttered corn. Showcase your singing talents during karaoke or simply enjoy the entertainment. All profits support Seniors' Outreach Services initiatives. We look forward to seeing you!

Seniors' Outreach Services
Of Bren Win Inc

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 by calling 204-747-3283 or email sosbrenwin@gmail.com

RSVP
3-8 people

Wed, Aug 6 - Blarney Stone Lunch with Shopping (Killarney)

Time: 10:00am leaving Deloraine

Cost: Free Transportation from Deloraine (Lunch not included)

*Shopping at the mall and The Red Apple - ice cream at The Beach Hut before heading home

Mon, Aug 11- Make it! Monday

Time: 1:30 at the Centennial Apartments Dining Room

Cost: FREE

Craft: TBD

RSVP
3-6 people

Wed, Aug 13 - We're Going Shopping (Brandon)

Time: 9:00am leaving Deloraine

Cost: $20.00 per person (Lunch NOT included)

*Shopping at the mall, Walmart and the Farmers Market. Lunch at Chez Angela.

RSVP
min. 3 people

Wed, Aug 20 - International Peace Gardens Tour

Time: 9:30am leaving Deloraine

Cost: $25.00 (lunch at the Cafe not included)

*Guided tour of gardens and Cacti Garden, with extended lunch to enjoy the grounds
*Free Transportation from Waskada to Deloraine

RSVP
3-6 people

Wed, Aug 27 - Blast from the Past (Brandon)

Time: 9:30am leaving Deloraine

Cost: $25.00, not including lunch

**Starting at the Daily House Museum, then to Crow's General Store for lunch, followed by a walk through the Assiniboine Forest. This trip is not suitable for those with mobility challenges - includes stairs and a 1km casual walk through the walking trails.

RSVP
3-8 people

Thurs, Aug 28 - Pearon Pontoon Adventure on Lake Metigoshe

Time: 10:30am leaving Deloraine

Cost: $20.00, bagged lunch and refreshments included.

**This is the second to last boat ride! Book your spot now or join the wait list for September. Date will be posted on the Facebook page.

CHECK OUR FACEBOOK GROUP FOR UPDATES OR FOR SPONTANEOUS EVENTS!
WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN

Congregate Meals

August

NEW Summer Menu

Wed, July 30 - Turkey (correction)
Thurs, July 31 - Swiss Steak (correction)
Fri, Aug 1 - Fish
Mon, Aug 4 - NO MEAL (Terry Fox Day)
Tues, Aug 5 - Pork Chops
Wed, Aug 6 - Cold Plate
Thurs, Aug 7 - Cook's Choice
Fri, Aug 8 - Fish
Mon, Aug 11 - Sausages
Tues, Aug 12 - Sweet & Sour Chicken
Wed, Aug 13 - Cold Plate
Thurs, Aug 14 - Cook's Choice
Fri, Aug 15 - Fish
Mon, Aug 18 - Burger & Fries
Tues, Aug 19 - Rice & Salmon Casserole
Wed, Aug 20 - Roast Beef
Thurs, Aug 21 - Cook's Choice
Fri, Aug 22 - Fish
Mon, Aug 25 - Chili
Tues, Aug 26 - Pulled Pork
Wed, Aug 27 - Cold Plate
Thurs, Aug 28 - Cook's Choice
Fri, Aug 29 - Fish
Mon, Sept 1 - NO MEAL (Labour Day)

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!

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.

August ED Schedule

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

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 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.

We now have a bariatric wheelchair and walker for those who require them.

Get ready for a spectacular season of films **back at the Deloraine Theatre**! The Movie Club you love is back with a fantastic lineup and exciting updates.

Screening Schedule

September & October: Biweekly films, every other Thursday at 1:30 PM:
November – March: Weekly screenings, every Thursday at 1:30 PM.
Note: All showings are weather permitting.

Sept 11: Jakob the Liar (2h, PG-13) – Starring Robin Williams 🚌

Sept 25: Victor/Victoria (1h37m, PG) – Starring Julie Andrews

Oct 9: Ever After (2h1m, PG-13) – Starring Drew Barrymore 🚌

Oct 23: Clambake (1h33m, G) – Starring Elvis Presley

🚌 Sponsored Transportation

Enjoy free sponsored transportation from Brenda-Waskada and locally for one movie per month! Find the Bus Logo beside sponsored movies.

Updated Pricing

Admission: Only $2.00 per show.
Punch Cards: Grab a $20 punch card for 10 shows!
They're shareable, non-expiring, and make a fabulous gift.
Why the change? This replaces the silver donation and membership fee. Revenue will support our transportation sponsorships.

Stay Updated: Follow our Facebook page or call Bethany for last-minute Movie Club updates.
Who Can Attend: Movie Club is tailored for seniors, but feel free to bring a friend, companion, or younger family member to share in the cinematic experience!

Join us at the Deloraine Theatre for a season filled with unforgettable films and great company!

Staying Safe on Smoky Days

As summer rolls through the area, wildfire smoke can sometimes drift into our beautiful region, affecting air quality. For seniors, especially those with heart or lung conditions, smoky days require extra care. Here are practical tips to keep you safe and comfortable when the air gets hazy in August.

Why Smoke Matters for Seniors

Wildfire smoke contains tiny particles that can irritate your lungs, eyes, and throat. For seniors, particularly those with asthma, COPD, or heart disease, these particles can worsen symptoms or cause discomfort. Environment Canada often issues air quality advisories for our area, so let's be proactive to stay healthy.

Top Tips for Smoky Days

Check Air Quality Daily

Before heading out, check the Air Quality Health Index (AQHI) at airhealth.ca or weather.gc.ca. A rating above 7 means higher risk, especially for seniors. If the air quality is poor, limit outdoor activities and stay indoors as much as possible.

Create a Clean Air Space at Home

-Use an Air Purifier: A portable air purifier with a HEPA filter can significantly reduce indoor smoke particles. Place it in the room where you spend the most time, like your living room or bedroom.

-Keep Windows and Doors Closed: Seal gaps with weather stripping or tape to prevent smoky air from sneaking in.

-Run Your AC Wisely: If you have air conditioning, set it to recirculate mode to avoid pulling in outdoor air. Clean or replace filters regularly.

Protect Yourself Outdoors

-If you must go outside on smoky days (e.g., for errands or a quick walk), take these precautions:

-Wear an N95 Mask: A properly fitted N95 or KN95 mask can filter out harmful particles. Cloth masks don't offer the same protection, so opt for the real deal.

-Limit Activity: Avoid strenuous tasks like gardening or long walks. Shorten your outings and stick to early mornings when smoke levels may be lower.

Stay Hydrated: Drink plenty of water to help your body cope with irritants.

Watch for Symptoms

Pay attention to how you feel. Coughing, shortness of breath, chest tightness, or watery eyes could signal that smoke is affecting you. If symptoms persist, contact your doctor or call Manitoba Health at 1-888-315-9257 for advice.

Check on Each Other

Our strength is our community! Call or visit neighbours, especially those living alone or with health challenges, to ensure they're managing okay. Share these tips and offer to pick up essentials if they need to stay indoors.

BRAIN GAMES

Submit your games for a 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.

BRAVO!

Alexis Billeck

Winner of July's Games! Beautiful job on the butterflies to everyone who tried! If you coloured yours in, your name went in the draw TWICE!

HOW MANY WORDS

can you make with these letters?

(3 or more letters)

H	O	R
E	S	G
O	D	E

Letters don't have to be connected, and you may use the same letter more than once!

July Word Scramble Answer Key:

CANADA, INDEPENDENCE, HUMID, CAMPING, SUNSHINE, FIREWORKS (MISSING 'R'), ICE CREAM, FLAG

Cribbage Count

Score each hand!

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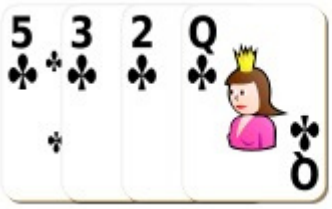

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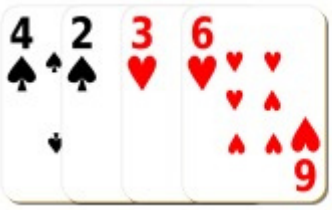

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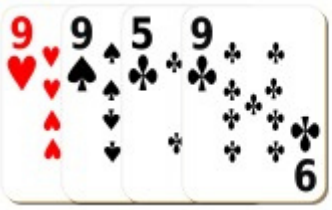

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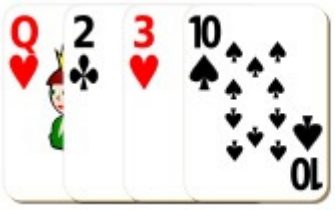

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