

OCTOBER 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



IN ALL
Things
GIVE
Thanks

DID YOU KNOW?

Manitoba seniors facing mobility challenges now have a vital lifeline through the Safe and Healthy Home for Seniors Program, administered by March of Dimes Canada. This \$1.5 million government-funded initiative offers up to \$5,000 (\$6,500 in rural/remote areas) for essential home adaptations—like grab bars, ramps, or widened doorways—to promote safe, independent living. Eligible low-income households (under \$60,000 annually) with permanent conditions can apply today to overcome barriers and stay in their homes with dignity. Learn more and submit your application at marchofdimes.ca or gov.mb.ca/seniors.





Seniors'
Outreach
Services
Of Bren Win Inc



"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



HandiVan
Transportation
available

Mon, Oct 6 - Make it! Monday

Time: 1:30 at the Centennial Apartments Dining Room

Cost: FREE

Craft: TBD



Wed, Oct 8 - We're Going Shopping (Brandon)

Time: 9:00am leaving Deloraine

Cost: \$20.00 per person (Lunch NOT included)

*Shopping at the mall and Walmart. Extra stops must be requested ahead. Lunch at Joe Beavers



Wed, Oct 15 - Care Fair in Boissevain



Time: 9:30am leaving Deloraine - will be home by 12:30pm

Cost: Free transportation from Waskada - \$8.00 from Deloraine.

Mon, Oct 20 - Make it! Monday OR Board Games

Time: 1:30 at the Centennial Apartments Dining Room

Cost: FREE

Craft: TBD



Wed, Oct 22 - Lunch Together at Chicken Chef in Boissevain



Time: 11am leaving Deloraine

Cost: Free transportation for all

*Stops at Pharmasave and Thrift Store are available if requested.

The Mountview Centre Tea is on October 15th!
2pm-3:30pm

CHECK OUR FACEBOOK GROUP FOR UPDATES OR FOR SPONTANEOUS EVENTS!

[WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN](https://www.facebook.com/groups/sosbrenwin)



Congregate Meals

October

Wed, Oct 1 - Roast Pork
Thurs, Oct 2 - Cook's Choice
Fri, Oct 3 - Fish
Mon, Oct 6 - Lasagna
Tues, Oct 7 - Porkchops with Mushroom Soup
Wed, Oct 8 - Turkey
Thurs, Oct 9 - Cook's Choice
Fri, Oct 10 - Fish
Mon, Oct 13 - NO MEAL (Happy Thanksgiving)
Tues, Oct 14 - Meat Loaf
Wed, Oct 15 - Roast Beef
Thurs, Oct 16 - Cook's Choice
Fri, Oct 17 - Fish
Mon, Oct 20 - Spaghetti with Meat Sauce
Tues, Oct 21 - Liver & Onions
Wed, Oct 22 - Ribs
Thurs, Oct 23 - Cook's Choice
Fri, Oct 24 - Fish
Mon, Oct 27 - Breakfast
Tues, Oct 28 - Soup and Sandwich
Wed, Oct 29 - Ham and Scalloped Potatoes
Thurs, Oct 30 - Beef Stew
Fri, Oct 31 - Fish (Happy Halloween)



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!**



JOIN US

for the Grand Opening of **"The Studio"**
Deloraine-Winchester Historical Society's
new home.

207 North Railway Ave W
2:00 - 4:30 on Sunday, October 5th
AGM at 4 p.m.

Come for the afternoon, or come & go
Cold drinks & baked goodies, too - join us!

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.

ED October Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	2 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	3 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	4 Deloraine 24 hrs Killarney 24 hrs
5 Deloraine 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 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	10 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	11 Boissevain 24 hrs Killarney 24 hrs
12 Boissevain 24 hrs Killarney 24 hrs	13 CLINIC CLOSED Boissevain 24 hrs Killarney 24 hrs	14 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	15 Deloraine 24 hrs Boissevain 8-4 Killarney 8-8	16 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	17 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	18 Deloraine 24 hrs Killarney 24 hrs
19 Deloraine 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 24 hrs Boissevain 8-4 Killarney 24 hrs	23 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	24 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	25 Boissevain 24 hrs Killarney 24 hrs
26 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 24 hrs Boissevain 8-4 Killarney 24 hrs	30 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	31 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	



MOVIE CLUB SCHEDULE

Movies cost \$2.00/show

Punch cards available - \$20 for 10 shows.

Your first show is free with the purchase of a punch card..

Money collected supports our programs!

Popcorn, candy and beverages are available
for an extra fee.

Oct 9 – Ever After – 2h1m – Drew Barrymore

Oct 23 – Change of Habit – 1h33m – Elvis

Nov 6 – Lady Jane – 2h16m – Helena Bonham Carter, Cary Elwes

Nov 13 – The Truman Show – 1h43m – Jim Carrey, Ed Harris

Nov 20 – Quartet – 1h38m – Maggie Smith, Bill Connolly

Nov 27 – Father of the Bride – 1h45m – Steve Martin, Martin Short



Movies highlighted above will have sponsored transportation from Waskada to Deloraine and locally if you have mobility challenges and live outside of assisted living. Please arrange carpools when you are able.

Your Voice Matters

The insights gathered at this event will strengthen grant applications for all organizations in attendance, and your participation can make a huge difference in securing resources for our community.

Come to the



Forum

Waskada:

Tues, Nov 4th, 2025

Location:

Community Centre

Deloraine:

Wed, Nov 5th, 2025

Location;

Mountview Centre

Time: 1pm-5pm

For more information, contact the Bethany at (204) 747-3283 or email: sosbrenwin@gmail.com.

An Age-Friendly Survey has been attached to this newsletter. Please fill it out and bring it to the forum.

This event will be facilitated by:



Seniors'
Outreach
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This interactive event will dive into the 7 Age-Friendly Manitoba Domains to identify what matters most to YOU:

1. **Outdoor Spaces and Buildings:** Creating accessible, safe, and welcoming public spaces.
2. **Transportation:** Ensuring reliable and inclusive mobility options for all.
3. **Housing:** Supporting affordable, adaptable, and comfortable homes.
4. **Social Participation:** Fostering connection through events and activities.
5. **Respect and Social Inclusion:** Celebrating diversity and belonging for everyone.
6. **Civic Participation and Employment:** Empowering residents to engage and contribute.
7. **Communication and Information:** Keeping everyone informed and connected.

LOCATION _____ DATE: _____

A community assessment by leaders or all residents could help determine priorities for an Age-Friendly Leadership group to work with the community to address and assess the community age friendliness based on the eight domains on the following scale:

1 – Poor 2 – Fair 3 – Good 4 – Very Good 5 - Excellent

Outdoor Spaces & Buildings					
Sidewalks, paths and trails are well maintained and cleared of snow	1	2	3	4	5
Public spaces are well lit	1	2	3	4	5
Public washrooms are available and accessible.	1	2	3	4	5
Public buildings have appropriate ramps, handrails, accessible parking.	1	2	3	4	5
Other:	1	2	3	4	5

Transportation					
Public transportation service is available.	1	2	3	4	5
Affordable and accessible transportation is available.	1	2	3	4	5
Information about transportation service is readily available.	1	2	3	4	5
Roads are well maintained and clearly signed.	1	2	3	4	5
Other:	1	2	3	4	5

Housing					
Housing options are available to suit various needs and incomes.	1	2	3	4	5
Housing options are available for people as they age or their needs change.	1	2	3	4	5
Renovated and new housing meet accessibility codes.	1	2	3	4	5
Services are available to support people to live independently.	1	2	3	4	5
Other:	1	2	3	4	5

Respect and Social Inclusion					
Older people in the community are respected and treated respectfully.	1	2	3	4	5
Community activities include older adults.	1	2	3	4	5
Intergenerational activities are available to foster mutual respect.	1	2	3	4	5
Other	1	2	3	4	5

Social Participation					
Social opportunities are available for all ages, including older adults.	1	2	3	4	5
Affordable social/recreation opportunities are available.	1	2	3	4	5
Lifelong learning opportunities are available.	1	2	3	4	5
Isolated people are identified and offered opportunities for inclusion.	1	2	3	4	5
Other:	1	2	3	4	5

Communication and Information					
Information is distributed in several ways to ensure general access.	1	2	3	4	5
Information about services & events includes older adults & isolated people.	1	2	3	4	5
The Emergency Management plan includes older adults & isolated people.	1	2	3	4	5
Other:	1	2	3	4	5

Civic Participation and Employment					
Skills and knowledge of older adults valued, used and recognized.	1	2	3	4	5
There are opportunities for older adults to participate in paid work.	1	2	3	4	5
Older adults are encouraged to participate in civic affairs?	1	2	3	4	5
Volunteer contributions are valued and recognized.	1	2	3	4	5
Other:	1	2	3	4	5

Community Support and Health Services					
A range of professional health services is available.	1	2	3	4	5
Transportation is available for out of community health services.	1	2	3	4	5
Supports including meals, personal care and housekeeping are available.	1	2	3	4	5
Delivery service for groceries or medication is available.	1	2	3	4	5
Other:	1	2	3	4	5

Return Survey to: Bethany Paul

Email: sosbrenwin@gmail.com

Mail: Po Box 618, Deloraine

Drop Off: mailbox by office door (Inside Mountview Centre)

Bring: to the forum!!

note: if you are unable to attend the Age-Friendly Forum, this is a great tool to make sure your priorities are seen. Your voice matters. The more responses we get, the stronger we can build your case for change!



BRAIN GAMES

BRAVO!

Diana. F.
winner of
September
Games

Mary C, Darlene N, and Diane F got 2
entries for having all correct answers!

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!

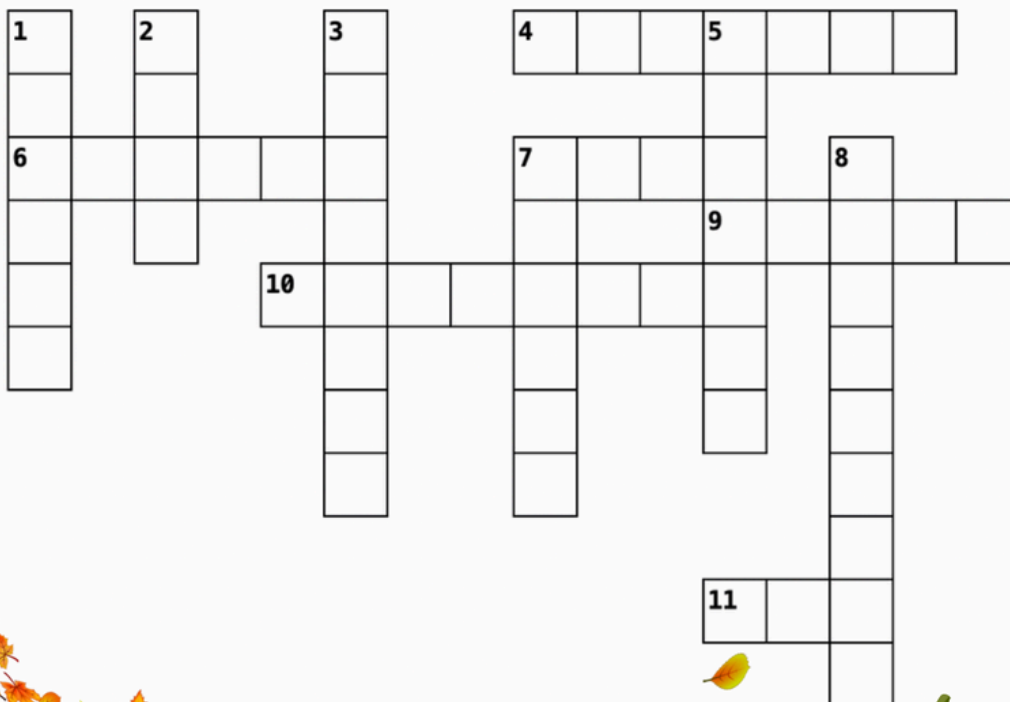
You must show an attempt at both games (front and back of this page)

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.

I appear once in Summer, twice in Autumn, but never in Winter. What am I? _____

THANKSGIVING CROSSWORD PUZZLE



Down

- 1 A vegetable that can be mashed or baked.
- 2 A yellow plant with edible grain. Another name for it is maize.
- 3 The place where the pilgrims landed.
- 5 A person who goes on a religious journey.
- 7 People you are related too.
- 8 The ship that brought the pilgrims to North America.

Across

- 4 A large orange squash with edible flesh and lots of seeds.
- 6 A bird that is eaten on Thanksgiving.
- 7 The season that includes November.
- 9 A sauce made from the juices of meat used for some Thanksgiving meals.
- 10 The 11th month of the year.
- 11 A baked dish made with dough. Filled with ingredients like apples.

Cribbage Count Answers (Left Column then Right Column): 6, 12, 2, 4, 4, 6, 0, 6, 2, 6, 4, 4

HALLOWEEN SPOOKTACULAR

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

Bat Beware Blackcat Bloody Brew Candy Carve Cauldron Claws
 Costume Deadly Eerie Fangs Fog Ghastly Ghost Ghoul Grave
 Hauntedhouse Headless Lantern Mausoleum Mist Moon Mummy October
 Potion Pumpkin Rat Reaper Scary Shadow Skeleton Skull Spider
 Tombstone Trickortreat Vial Warlock Werewolf Witch Wraith Corpse
 Coffin Halloween Owl Phantom Spirit Spooky Zombie