

THE BRENWIN BUGLE



Seniors' Outreach Services
Of Bren Win Inc

A NEWSLETTER FOR OLDER ADULTS AND SENIORS IN DELORAINE, GOODLANDS, MEDORA AND WASKADA

"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

Reminder: There will be no newsletter printed in January. Happy New Year!

Thank you for being part of our community. May this season bring comfort, connection, and simple joys, today and throughout the coming year. We are looking forward to a fun-filled 2026.

-The Seniors' Outreach Services Board

Our programs and services for the winter season will all be weather permitting. Please keep up with the latest updates on our Facebook Group Page: www.facebook.com/groups/sosbrenwin, or by calling 204-747-3283.

You can support local services by gifting your loved ones with HandiVan vouchers, Congregate Meal tickets, or Movie Club punch cards!



Seasonal Victoria Lifeline
Promotion Inside!



HAVE A





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 within 48hrs by calling 204-747-3283 or email sosbrenwin@gmail.com

Mondays (Dec 8, 22 & Jan 5, 19) - Make it! Monday
Time: 1:30 at the Centennial Apartments Dining Room
Cost: FREE
Craft: TBD

Sun, Dec 7 - Seniors' Supper and Entertainment (The 2000 Club)
Time: 5pm at the Deloraine Community Complex
Cost: Free for ages 70+ (donation accepted)

Sun, Dec 14 - Deloraine Community Club Potluck
Time: 5pm at the Mountview Centre

Wed, Dec 17 - Lunch Together at Morningstar Inn 
Time: 11:30 (meet at location)
Cost: whatever you order for lunch
****Transportation from Waskada is sponsored by SOS**

Sun, Dec 21 - Christmas Potluck hosted by the Fellowship Church (Waskada)
Time: 3pm start (leaving Deloraine at 2:30pm)
Cost: free for all
****Transportation from Deloraine is sponsored by SOS**

Wed, Jan 7 - Lunch Together at the Sawmill 
Time: leaving Deloraine at 11am
Cost: \$10 transportation from Deloraine

Wed, Jan 14 - Let's Go Shopping - Brandon
Time: leaving Deloraine at 9am
Cost: \$20 not including lunch
***stops at Shoppers Mall, The Coral Centre, lunch at Browns Social House**

Wed, Jan 21 - Lunch Together at Congregate Meals (Turkey)
Time: meet at the Centennial Apartments at 11:20
Cost: \$8
****Transportation from Waskada is sponsored by SOS**

Wed, Jan 28 - Let's Go Thrifting - Brandon 
Time: leaving Deloraine at 9am
Cost: Transportation from Deloraine is sponsored by SOS (not including lunch)
***stops at Nearly New, Super Thrift, Oldman's, MCC Thrift - lunch at Patches**



HandiVan
Transportation
available

****EXTRA FEES MAY APPLY**

CHECK OUR FACEBOOK GROUP FOR UPDATES OR FOR SPONTANEOUS EVENTS!

WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN



Congregate Meals

only \$8

includes:
Tea or Coffee, Main Meal and Dessert

December

Mon, Dec 1 - Breakfast
 Tues, Dec 2 - Soup & Sandwich
 Wed, Dec 3 - Ham & Scalloped Potatoes
 Thurs, Dec 4 - Beef Stew
 Fri, Dec 5 - Fish
 Mon, Dec 8 - Sausages
 Tues, Dec 9 - Chicken Pieces
 Wed, Dec 10 - Roast Pork
 Thurs, Dec 11 - Cook's Choice
 Fri, Dec 12 - Fish
 Mon, Dec 15 - Lasagna
 Tues, Dec 16 - Porkchops with Mushroom Soup
 Wed, Dec 17 - Turkey
 Thurs, Dec 18 - Cook's Choice
 Fri, Dec 19 - Fish
 Mon, Dec 22 - Soup & Sandwiches
 Tues, Dec 23 - Meat Loaf
 Wed, Dec 24 - Roast Beef
 Thurs, Dec 25 - NO MEAL
 Fri, Dec 26 - Fish
 Mon, Dec 29 - Spaghetti with Meat Sauce
 Tues, Dec 30 - Liver & Onions
 Wed, Dec 31 - Ribs

January

Thurs, Jan 1 - No Meal
 Fri, Jan 2 - Fish
 Mon, Jan 5 - Breakfast
 Tues, Jan 6 - Soup & Sandwich
 Wed, Jan 7 - Ham & Scalloped Potatoes
 Thurs, Jan 8 - Beef Stew
 Fri, Jan 9 - Fish
 Mon, Jan 12 - Sausages
 Tues, Jan 13 - Chicken Pieces
 Wed, Jan 14 - Roast Pork
 Thurs, Jan 15 - Cook's Choice
 Fri, Jan 16 - Fish
 Mon, Jan 19 - Lasagna
 Tues, Jan 20 - Porkchops with Mushroom Soup
 Wed, Jan 21 - Turkey
 Thurs, Jan 22 - Cook's Choice
 Fri, Jan 23 - Fish
 Mon, Jan 26 - Soup & Sandwiches
 Tues, Jan 27 - Meat Loaf
 Wed, Jan 28 - Roast Beef
 Thurs, Jan 29 - Cook's Choice
 Fri, Jan 30 - Fish

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.

December

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	2 Deloraine 8-4 Boissevain 8-4 Killarney 24 hrs	3 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	4 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	5 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	6 Boissevain 24 hrs Killarney 24 hrs
7 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 24 hrs Boissevain 8-4 Killarney Closed	11 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	12 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	13 Deloraine 24 hrs Killarney 24 hrs
14 Deloraine 24 hrs Killarney 24 hrs	15 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	16 Deloraine 8-4 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 8-4 Boissevain 24 hrs Killarney 24 hrs	20 Boissevain 24 hrs Killarney 24 hrs
21 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 Boissevain 8-12 Killarney 24 hrs	25 Boissevain 24 hrs	26 Deloraine 24 hrs Killarney 24 hrs	27 Deloraine 24 hrs Killarney 24 hrs
28 Deloraine 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 8-12 Killarney 24 hrs			

Deloraine Clinic will be CLOSED from December 22nd to January 4th. Clinic will reopen on Monday January 5, 2026

TUESDAY TECH SUPPORT

- Online Banking
- CRA
- Smartphone, iPad, Laptop
- A.I.
- Canva
- Email
- and more...

at your home or my office
call 204-747-3283 to book your 1-on-1 appt.





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.

Dec 4 – Cool Runnings – 1h38m – John Candy

Dec 11 – The First Wives Club – 1h43m – Goldie Hawn, Bette Midler

Dec 18 – **Babe - 1h31m – James Cromwell**

Dec 25 – No Movie

Jan 1 – No Movie

Jan 8 - Avalon – 2h8m

Jan 15 - **The Lady in the Van – 1h44m – Maggie Smith**

Jan 22 - The Martian – 2h24m – Matt Damon

Jan 29 - **Lover Come Back – 1h47m – Doris Day, Rock Hudson**



Movies highlighted above will have sponsored transportation from Waskada to Deloraine and locally if you have mobility challenges and live outside of assisted living.

Call Bethany at least 3 days before to book your ride!
Please arrange carpools when you are able.



For the month of February - We'll be playing **Board Games** at the **Centennial Apartments and Border Hills** on alternating Tuesday afternoons at 1:30pm.
Everyone is welcome. All ages. Let's have some fun.

~~weather permitting~~

Let's Get Moving (exercises)

Resuming in February

Feb 3, 10, 17, 24

10:00am

Location TBD

Cost: FREE

Suitable for everyone

Introduction to Pottery

Want to try a new hobby that is relaxing and full of creativity? Sign up for an Introduction to Pottery with David Steele at Lovett and Railway.

There will be 4 classes, and in the end, **you'll take home your own finished bowl!**

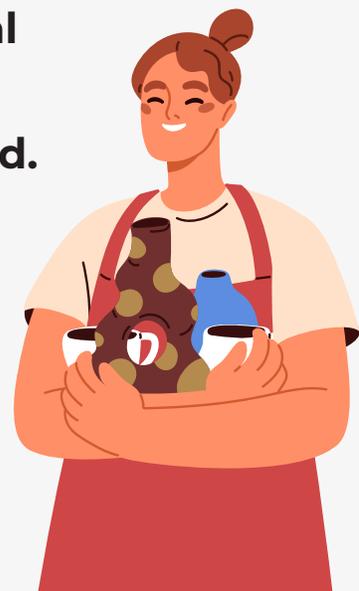
Classes are Tues and Thurs from 10am-12pm starting Feb 3rd.

Classes are \$40/session - \$160 total

Please RSVP by calling Bethany -

She will pass along the info to David.

Only 5 spots available!





RETIRED?

Have some
spare time?

VOLUNTEERS are needed for the

Community Volunteer Income Tax Program (CVITP)

CVITP is a free service to help low-income individuals with simple tax situations.

Volunteers must meet the following criteria:

- Have basic tax knowledge
- Experience preparing tax returns is an asset but not mandatory
- Familiar with and comfortable using computer software
- In good standing with CRA for personal taxes
- Have a few hours a week during March and April
- Access to a secure computer and the internet
- Willing to complete a criminal record check
- Get free access to tax preparation software for your personal return



Volunteers Needed In:

Boissevain | Brandon | Dauphin | Deloraine | Hamiota | Killarney | Minnedosa | Neepawa
Reston | Rivers | Rossburn | Russell | Souris | Ste. Rose | Shoal Lake | Treherne | Virden

Questions about volunteering contact:



204-578-4806



CVITP@pmh-mb.ca



PRAIRIE MOUNTAIN HEALTH

DELORAINÉ & AREA CHRISTMAS CHEER

WOULD YOU LIKE TO DONATE? MAY WE SUGGEST...

NEW UNWRAPPED TOYS

No used toys & no plush stuffed animals please

NEW WINTER GEAR, SLEEP WEAR, SOCKS

Top Priority Items

Infant toques and mittens

Toddler socks and mittens

School Age toques, mittens and socks

Ladies toques, mitts and socks

Mens toques and mitts

NON-PERISHABLE FOOD

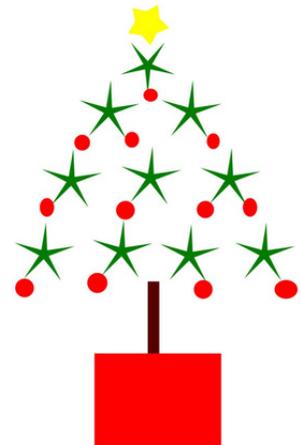
Outdated or damaged foods will be discarded.

GIFT WRAPPING SUPPLIES

Tissue paper, gift bags, wrap & ribbon

ADOPT A FAMILY *Contact Donalda for details*

Pack a hamper! Cheer provides boxes, meat & delivery - you add food & gifts.
Tax receipt issued for value of contents with provided form and receipts.



DROP OFF POINTS

DELORAINÉ: Coop Food Store. Hasselfield Drugs. Library

WASKADA: Community Food Store

MEDORA: Community Centre

FINAL DONATION DEADLINE - FRIDAY, DECEMBER 12th

MONETARY *Tax receipts issued via email with submitted cheer donation form.*

Sunrise Credit Union

Donations may be left any time of year at Sunrise Credit Union or e-transfer to delocheer@gmail.com

Mailing & email address must be included in the message box for a tax receipt to be issued.

Community Contacts

Donalda Vandenberghe (Referral Coordinator) 204-747-2910 (referral deadline Dec 3)

Joanne Morningstar (Secretary/Treasurer) 204-522-5302

Rhonda Palmer (Waskada and Goodlands) 204-573-8764

Garlen Maxwell (Medora) 431-236-3150

HAPPY
Holidays

FROM



VICTORIA LIFELINE
Safe and independent living.

**Give yourself the gift
of independence
this holiday season!**

Our medical alert service offers
24/7 access to help so you can
continue doing all the things you
love year-round. Call 204-956-6777
or toll-free at 1-888-722-5222 or
visit us online at VictoriaLifeline.ca

**Holiday offer – get December
FREE & pay NO activation fee!**

*some conditions may apply



@VictoriaLifeline



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:

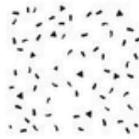
1. Drop off in the SOS mailbox at the Mountview Centre (Deloraine).
2. Mail your game sheet to PO Box 618 in Deloraine.
3. Hand in personally at an SOS event.
4. Email a picture of the completed game sheet to sosbrenwin@gmail.com.

HAPPY NEW YEAR WORD SCRAMBLE

UNSCRAMBLE THESE WORDS



S G A O L : _____



K F O S I W E R R : _____

L A L B : _____

K C E A : _____

N F U : _____

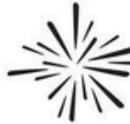


A D A E R P : _____

I R K E S T : _____

T R I S O L U E S N O : _____

R A Y E : _____



S N R E F I D : _____

G T H I D I M N : _____

S S U O R O P P R E : _____

N B O L S O A L : _____



A T O S T : _____

S H A T : _____

D N U C W T O O N : _____

Y A R U A N J : _____



P G A E H N A C M : _____

T R P Y A : _____

O T N E C T I F : _____

I Y M F L A : _____

R E T C O L B E N A I : _____



N F U : _____

S C M U I : _____

R B A E T L O C N I E : _____

E M S E R S T R A : _____

L K O C C : _____

Try not to use the answer key, if you can!

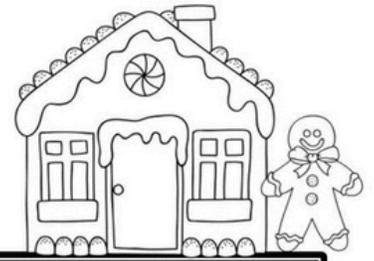
FRIENDS, PROSPERS, TOAST, COUNTDOWN, CHAMPAGNE, CONFETTI, FUN, CELEBRATION, CLOCK

GOALS, BALL, FUN, STRIKE, YEAR, MIDNIGHT, BALLOONS, HATS, JANUARY, PARTY, FAMILY, CELEBRATION, MUSIC, STREAMERS, FIREWORKS, CAKE, PARADE, RESOLUTIONS,

Name: _____

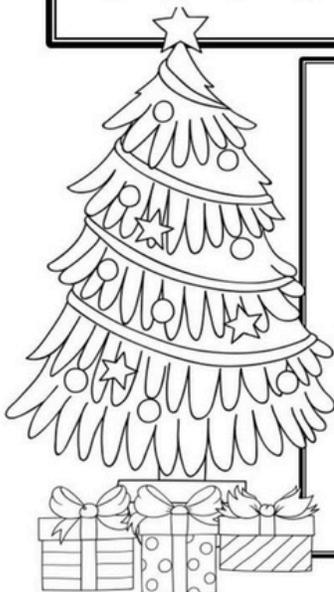
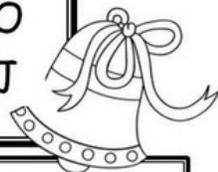


Christmas Word Search



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

© WindupTeacher



candles	garland	poinsettia	star	candy cane
caroling	green	presents	stockings	Christmas
chimney	greetings	red	traditions	December
cocoa	Grinch	reindeer	tree	decorations
cookies	holly	Santa	vacation	gingerbread
eggnog	joy	shopping	winter	ornaments
elf	lights	sleigh	wreath	peppermint
family	mistletoe	snowman	yuletide	wonderland