OCTOBER 2026

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



Zumba Ladies Thanks SOS for Their Support

Zumba Fest Brings Energy and Community Spirit to Deloraine!

The event brought an afternoon of fun, friendship, and active living. Leading the celebration were the Brandon Zumba Ladies, who generously shared their time and energy to bring a lively Zumba experience to Mountainview Centre.

The Zumba Fest was made possible through the collaboration and support of community organizations.

Seniors' Outreach Services supported the event by covering the Brandon Zumba Ladies' transportation expenses to and from Brandon.







Let‘s Go Shopping!

Every month, Seniors’ Outreach Services helps a few from Waskada and Deloraine enjoy a day out in Brandon through a monthly shopping trip.

Participants have the opportunity to spend the day shopping and exploring, with lunch together in Brandon.

Line Dancing Brings Fun, Movement & Connection!

The Deloraine-Winchester Community Complex has been filled with music, movement, and plenty of smiles as community members come together for Line Dancing!



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

Please RSVP for ALL EVENTS so that you can be contacted in the event of a last-minute update or cancellation

Make it! Monday - October 5 and 19
Time: 1:30 at the Centennial Apartments Dining Room
Cost: FREE
Craft: Halloween Decor | Halloween Masks

Boardgames (Sequence) - Tuesday, October 6 and 20
Location: Centennial Apartments Dining Room
Time: 1:30pm

Care Fair and Grandparents Day Celebration - Thursday Oct 8
Time: 11:00 am - 3:00 pm
Location: Deloraine-Winchester Communitiy Complex
C**ost:** free transportation, sponsored by SOS (lunch included)

Let's Go Shopping - Friday, October 9
Time: leaving Deloraine at 9am
C**ost:** free transportation, sponsored by SOS (lunch not included)
*stops at Shoppers Mall, The Coral Centre, lunch TBD

Lunch Together - Wednesday, October 14
Cost: Whatever you have for lunch
Time: Meeting at 11:30
Lunch at the Rendezvous
RSVP by October 9

Halloween Masquerade Party - Saturday, October 31
Time: 3:00 - 5:00 pm @ Centennial Apartments Dining Room
C**ost:** Free Snacks and Knick Knacks

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

Thurs, Oct 1 ---------- Cook's Choice
Fri, Oct 2 ---------- Fish

Mon, Oct 5 ---------- Lazagna
Tues, Oct 6 ---------- Porkchops with Mushroom Gravy
Wed, Oct 7 ---------- Turkey
Thurs, Oct 8 ---------- Cook's Choice
Fri, Oct 9 ---------- Fish

Mon, Oct 12 ---------- Soup
Tues, Oct 13 ---------- Meat Loaf
Wed, Oct 14 ---------- Roast Beef
Thurs, Oct 15 ---------- Cook's Choice
Fri, Oct 16 ---------- Fish

Mon, Oct 19 ---------- Spaghetti and Meat Sauce
Tues, Oct 20 ---------- Liver and Onions
Wed, Oct 21 ---------- Ribs
Thurs, Oct 22 ---------- Cook's Choice
Fri, Oct 23 ---------- Fish

Mon, Oct 26 ---------- Breakfast
Tues, Oct 27 ---------- Soup and Sandwiches
Wed, Oct 28 ---------- Ham & Scalloped Potatoes
Thurs, Oct 29 ---------- Cook's Choice
Fri, Oct 30 ---------- Fish

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!

October 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Halloween Pumpkin Pie Recipe



Ingredients:

Store Bought Pie Crust
2 Eggs
2 Cups Pumpkin Puree or 1 Can Pumpkin
¾ Cup Packed Brown Sugar
1 tsp Cinnamon
½ tsp Ground Ginger
½ tsp Allspice
½ tsp Nutmeg
½ tsp Salt
1 ⅓ Cups All Purpose Cream
Sweetened Whipped Cream
Maple Cream Cookies

In a bowl, beat eggs lightly;

Beat in pumpkin, sugar, cinnamon, ginger, allspice, salt, and nutmeg.

Blend in Cream.

Pour into prepared Pie Shell.

Bake Pie in 425°F (220°C) for 15 mins.

Reduce Heat to 350°F (180°C) for 45 mins.

Let Cool. Garnish with Maple Cream Cookies.

Pipe Whipped Cream.

Makes 6-8 servings



Senior Outreach Services
Of Bren Win Inc

CARE FAIR

COMMUNITY LIFE & CONNECTION

FOR ALL AGES

INFORMATION BOOTHS

FREE TRANSPORTATION

LUNCH PROVIDED



FELLOWSHIP AND FUN!

LIVE PRESENTATIONS

THURSDAY OCTOBER 8 2026

DELORAINE-WINCHESTER COMMUNITY CENTER

FROM: 11 AM TO: 2 PM

Deloraine Winchester Recreation

CO-OP Boundary

Senior Outreach Services Of Bren Win Inc

MASC

Deloraine Community Club Established 1989

GRANDPARENTS DAY

CELEBRATION



BINGO and Portrait Taking

October 8, 11:00-3:00pm

Deloraine-Winchester Community Complex

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 all games (front and back of this page)

You can submit by:

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.

CONGRATS MARY M
SEPT WINNER

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

Ghost
Boo
Witch
Pumpkin
Costume
Frankenstein
Skeleton
Candy
Broom
Bat
Mummy
Vampire
Spider
Black Cat
Halloween
Fall
Spooky
Potion
Haunted
Zombie

CAN YOU SOLVE IT?



















HALLOWEEN crossword puzzle















