

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



The Age-Friendly Forums in Waskada and Deloraine have been cancelled because of scheduling conflicts. In the coming months, our goal is to gather 100 surveys from each municipality. We will organize a meeting in the spring to present the survey results and collaborate on ways to strengthen our communities.



BARRA MACNEILS
An East Coast Christmas

\$55
Not including supper

November 28th
Leaving Deloraine at 4:30
Supper at Benny's Home by 11:00pm





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



Wed, Nov 12 - 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 Lady of the Lake

Mon, Nov 17 - Make it! Monday

Time: 1:30 at the Centennial Apartments Dining Room

Cost: FREE

Craft: TBD

Wed, Nov 19 - Lunch Together at Rendezvous 

Time: 11:30

Cost: whatever you order for lunch

**Transportation from Waskada is sponsored by SOS



Wed, Nov 26 - We're Going Christmas Shopping

Time: 9:00am leaving Deloraine

Cost: \$20

Locations: Lady of the Lake, The Little Shoppe Clearance, The Little Shoppe, and any special requests (toy stores or other)



Fri, Nov 28 - The Barra McNeils (and supper in Brandon)

Time: 4:30pm leaving Deloraine - will be home by 11pm

Cost: \$55.00 (not including supper cost at Benny's)

MUST RSVP with \$55 before November 15

**transportation sponsored by SOS

**please let us know if you are willing to drive (mileage provided)

CHECK OUR FACEBOOK GROUP FOR UPDATES OR FOR SPONTANEOUS EVENTS!

WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN



Congregate Meals

November

Mon, Nov 3 - Sausages
Tues, Nov 4 - Chicken Peices
Wed, Nov 5 - Roast Pork
Thurs, Nov 6 - Cook's Choice
Fri, Nov 7 - Fish
Mon, Nov 10 - Lasagna
Tues, Nov 11 - No Meal 🍷
Wed, Nov 12 - Turkey
Thurs, Nov 13 - Cook's Choice
Fri, Nov 14 - Fish
Mon, Nov 17 - Soup & Sandwiches
Tues, Nov 18 - Meat Loaf
Wed, Nov 19 - Roast Beef
Thurs, Nov 20 - Cook's Choice
Fri, Nov 21 - Fish
Mon, Nov 24 - Spaghetti with Meat Sauce
Tues, Nov 25 - Liver & Onions
Wed, Nov 26 - Ribs
Thurs, Nov 27 - Cook's Choice
Fri, Nov 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!**

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
						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 8-4 Boissevain 24 hrs Killarney 24 hrs	5 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs	6 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	7 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	8 Boissevain 24 hrs Killarney 24 hrs
9 Boissevain 24 hrs Killarney 24 hrs	10 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs	11 CLINICS CLOSED 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 24 hrs Boissevain 8-4 Killarney 24 hrs	15 Deloraine 24 hrs Killarney 24 hrs
16 Deloraine 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 8-4 Boissevain 24 hrs Killarney 24 hrs	22 Boissevain 24 hrs Killarney 24 hrs
23 Boissevain 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 24 hrs Boissevain 8-4 Killarney 24 hrs	29 Deloraine 24 hrs Killarney 24 hrs
30 Deloraine 24 hrs Killarney 24 hrs						

TUESDAY TECH SUPPORT

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

Starting November 18th
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.

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

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



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.



BRAIN GAMES

BRavo!

Susan Potter

winner of October's draw!
We had lots of new participants
this month! Woohoo!!

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? The Letter 'U'



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

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 A Y G Y G S A K L H Y Z K R U K P T F A P M

E E E M E 11, 1931.

V S P Y A Q Y Z V L L V Q Y G S V A

E E C T A
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T T E M E A M E
 M V M D V P Y G Y L K L Z U V G Y L U D V

A E T E C T E C A A A
 D K Q Y B A V M Y H M Y Z H K L K Z K Z O A F L X

T M E A C C T A
 M F G Y P V T U K A H V L T J F H M K L Z

E A C E A E A M M E T E C E
 B Y K H Y D K Q Y K G V G Y L M V T P F J Y L H Y

T E T E A E A
 M V D V L V A V O A Q Y M Y A K L P U Y K A

E ! T E M A E E A
 B V B B F Y P T J R M D Y G K B J Y J Y K T

I C A A A !
 B A V O Z J R O B H K L K Z K

AGE FRIENDLY 2.0

Age Friendly Assessment Tool



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 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					
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, R0M0M0

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

or bring it to Movie Club!

Note: we need at least 100 completed surveys from each municipality to have impact! Your voice matters, and your input is vital to help strengthen our community. Feel free to add comments.