

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

Deloraine Community 4-H'ers Present

BINGO

42 26

15 83 7

SATURDAY | APRIL 18, 2026

2:00PM

Join us for Bingo at the Mountain View Centre in Deloraine. First card free, \$2 for additional cards. Baked goodies and treats for prizes!



DID YOU BUY A NEW PILLOW, OPAL?

YES. MY OLD ONE WAS AS FLAT AS A PANCAKE.



WHERE'S MINE?

OH, SORRY. I DIDN'T GET YOU ONE.



WHY NOT? MINE'S AS FLAT AS A PANCAKE, TOO!



I DIDN'T THINK IT MATTERED TO YOU. I'VE SEEN YOU FALL ASLEEP ON ACTUAL PANCAKES.





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

Wed, April 8 - Let's Go Shopping - Brandon

Time: leaving Deloraine at 9am

Cost: \$20 not including lunch

*stops at Shoppers Mall, The Coral Centre, lunch TBD

Sun, April 12 - Deloraine Community Choir & Band Spring Concert

Time: 7:00pm at the Deloraine Winchester Theatre

Cost: Donation

Tues, April 14 AND 28 Boardgames (Sequence)

Location: Centennial Apartments Dining Room

Time: 1:30pm

Sat, April 18 - Bingo! Hosted by the Deloraine 4H Club

Time: 2pm at the Mountview Centre

Cost: FREE (\$2 for additional cards)

Mon, April 20 - Make it! Monday

Time: 1:30 at the Centennial Apartments Dining Room

Cost: FREE

Craft: TBD

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

Time: meet at Mountview Centre at 11:00am

Cost: Whatever you order for lunch

Thurs, April 30- You're A Good Man Charlie Brown (Presented by Deloraine School)

Time: Meet for lunch at the Rendezvous at 11:00 - head to play at 12:30pm

Cost: \$20 (lunch not included)

RSVP before April 15th

CHECK OUR FACEBOOK GROUP FOR UPDATES OR FOR SPONTANEOUS EVENTS!

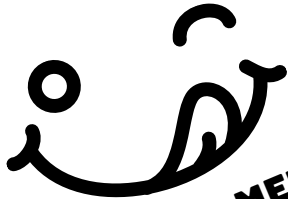
WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN



Congregate Meals

only \$8

includes:
Tea or Coffee, Main Meal and Dessert



**SUMMER MENU -
COMING SOON!**

April

Wed, Apr 1 - Turkey

Thurs, Apr 2 - Cooks Choice

Fri, Apr 3 - NO MEAL (Good Friday)

Mon, Apr 6 - Soup & Sandwiches

Tues, Apr 7 - Meat Loaf

Wed, Apr 8 - Roast Beef

Thurs, Apr 9 - Cooks Choice

Fri, Apr 10 - Fish

Mon, Apr 13 - Spaghetti & Meat Sauce

Tues, Apr 14 - Liver & Onions

Wed, Apr 15 - Ribs

Thurs, Apr 16 - Cooks Choice

Fri, Apr 17 - Fish

Mon, Apr 20 - Breakfast

Tues, Apr 21 - Soup & Sandwich

Wed, Apr 22 - Ham & Scalloped Potatoes

Thurs, Apr 23 - Beef Stew

Fri, Apr 24 - Fish

Mon, Apr 27 - Sausages

Tues, Apr 28 - Chicken Peices

Wed, Apr 29 - Roast Pork

Thurs, Apr 30 - Cooks Choice

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.

April

2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|---|
| | | | 1 Deloraine 24 hrs Boissevain 8-4 Killarney Closed | 2 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs | 3 Deloraine 24 hrs Clinics Closed Killarney 24 hrs | 4 Deloraine 24 hrs Killarney 24 hrs |
| 5 Deloraine 24 hrs Killarney 24 hrs | 6 Deloraine 24 hrs Clinics Closed Killarney 24 hrs | 7 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs | 8 Deloraine 24 hrs Boissevain 8-4 Killarney Closed | 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 Deloraine 24 hrs Boissevain 8-4 Killarney 24 hrs | 14 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs | 15 Deloraine 24 hrs Boissevain 8-4 Killarney Closed | 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 Closed | 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 Closed | 30 Deloraine 8-4 Boissevain 24 hrs Killarney 24 hrs | | |

Deloraine Curling Club Steak Fry & Auction

April 8th

Steak Fry 5:30 pm - 7:30 pm

Auction 8:00pm

at the Curling Club



Healthy Kitchen

13 ANTI AGING FOODS FOR Seniors

Green Tea



- Polyphenols found in green tea are skin protective, slowing down signs of aging
- It contains antioxidant, anti-wrinkle, anti-inflammatory, and anti-melanogenic properties

Avocado



- Excellent source of vitamin C, E, K, B-vitamins, phenolics, and carotenoids, for healthy aging

Nuts



- Great source of antioxidants and anti-inflammatory agents

Papaya



- Great source of antioxidants and nutrients for good skin health
- Contains vitamin C and E, a skincare power

Tomatoes



- Contain skin-protective and free radical-fighting vitamin C, lycopene, and lutein

Dark Chocolate



- Has antioxidant and anti-inflammatory properties
- Has flavonoids that have healing properties for better skin health, protection from UV rays, and improved blood flow

Spinach



- Healthy source of fiber and vitamins A, C, E, and K1
- Vitamin C helps boost collagen production
- Vitamin A may boost cell turnover

Red Bell Pepper



- Contains vitamin C which could help boost collagen production
- High in antioxidants
- Low in calories and highly nutritious

Pomegranate Seeds



- Contain compounds that inhibit the breakdown of collagen
- Has antioxidant compounds that strengthen your skin barrier to keep it healthy and hydrated

Watercress



- Excellent source of vitamin A, C, E, calcium, and also contains a valuable amount of vitamin K

Blueberries



- Rich in antioxidants, which could help fight skin-aging free radicals
- It has vitamins A & C

Sweet Potatoes



- Packed with vitamin A, C, and E, all of which may leave you with plumper and healthier skin

Broccoli



- Contains vitamin C, K, lutein, and a host of antioxidants

For more guides on how to feel better, look better and live better, visit <https://mightygoodness.com/>.

MightyGoodness

A Safer Kitchen: Key to Independent Living



Why Is Kitchen Safety Important?

- Prevents accidents like cuts, burns, and falls
- Promotes independence and confidence
- Enhances comfort and efficiency
- Makes daily activities easier and more enjoyable
- Prolongs the ability to live at home independently

How Can Simple Upgrades Enhance Safety?

- Installing automatic stove shut-off devices
- Regularly checking smoke alarms
- Using non-slip mats in high-traffic areas
- Reorganizing items for easy accessibility
- Using ergonomic and easy-grip utensils



How Does Organization Boost Accessibility?

- Storing pots and utensils close to the stove
- Using adaptive equipment for added ease of use
- Installing motion-sensitive night lights
- Keeping items at waist level
- Using pull-out shelves and lazy Susans for accessibility



How Can Appliances Ensure Safety?

- Using timers to avoid overcooking
- Proper ventilation to reduce smoke and fire risk
- Keeping appliance cords away from heat and water
- Using appliances with automatic shut-off features
- Opting for lightweight and easy-to-handle appliances



What Role Does Ergonomics Play in Kitchen Safety?

- Promotes comfort and reduces strain
- Enhances control over kitchen tools and reduces risk of slips and cuts
- Provides cushioning with ergonomic kitchen floor mats
- Uses lightweight, easy-grip utensils for less strain on hands and wrists
- Uses easy-to-open jars and cans to reduce effort and risk of injury



Kitchen safety is more than just avoiding accidents; it's about creating an environment that supports independence and comfort in everyday activities.

"A safe kitchen is the secret ingredient to a home cooked with love."

Learn more at GrayingWithGrace.com



DELORAINÉ BORDER FESTIVAL 2026

Deloraine Winchester Theatre Complete program: www.delorainborderfestival.net

Program subject to change • Free admission (April 7–21) • Donations appreciated

AWARDS CONCERT

Sunday, April 26 • 2:00 PM

Admission: \$5.00 (\$2.00 per family)

Performers & accompanists free

VISUAL ARTS

Entries on display at the theatre

VOCAL & CHORAL CLASSES (Family & School)

Tue, April 7 • 1:00 PM (Solo 8–10 yrs)

6:30 PM (Family & Musical Theatre)

Wed, April 8 • 9:30 AM (Solo 12 & under)

1:00 PM (Choir K–Gr.2 Waskada)

Solo 12–18 yrs

PIANO CLASSES (Family)

Tue, April 14 • 9:30 AM (Solo Gr. 4–1)

1:00 PM (Beginner 9+ & under 8)

6:30 PM (Duet/Trio/Multigen.)

Wed, April 15 • 9:15 AM (Solo Gr. 2,8,9)

1:00 PM (Solo Gr. 8–9)

Thu, April 16 • 9:00 AM (Solo Gr. 3,5)

INSTRUMENTAL & STRINGS (Family)

Fri, April 17 • 1:00 PM (Flute, Violin, Duet)

SPEECH & THEATRE (Family & School)

Mon, April 20 • 1:00 PM (Solo Gr.6 Deloraine)

Duet/Trio Gr.3–6

6:30 PM (Solo Gr.6–8)

Tue, April 21 • 9:00 AM (Preschool & K–Gr.2)

1:00 PM (Choir Gr.2 Deloraine/Waskada)

Monologues & Theatre Gr.1–4





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.



Can you guess the number represented by each picture based on the equation?

$$\text{Egg} + \text{Egg} = 8$$

$$\text{Egg} + \text{Chicken} = 8$$

$$\text{Egg} \times \text{Sun} = 12$$

$$\text{Chicken} + \text{Egg} \times \text{Sun} = \square$$

$$\text{Egg} = \square \quad \text{Chicken} = \square \quad \text{Sun} = \square$$

$$\text{Sun} + \text{Sun} = 6$$

$$\text{Sun} - \text{Rabbit} = 1$$

$$\text{Sun} + \text{Flower} = 8$$

$$\text{Sun} - \text{Rabbit} + \text{Rabbit} \times \text{Flower} = \square$$

$$\text{Sun} = \square \quad \text{Rabbit} = \square \quad \text{Flower} = \square$$

