



Providing opportunities and services to our community.

204-325-8964

# JUNE



@winkler\_senior\_centre



Winkler-Senior-Centre

Email: [office@winklerseniorcentre.com](mailto:office@winklerseniorcentre.com)

Phone: (204)325-8964

Website: [www.winklerseniorcentre.com](http://www.winklerseniorcentre.com)

Office Hours: Monday - Friday 8 - 4:30pm

# Jun-24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:30am - Church	3 9am - Coffee 10:00am - Pahl's HealthTalk	4 9am - Coffee 9am - Fitness Video 7pm - Newwife Fellowship	5 9am - Coffee & Biscuits 1pm - Pickleball	6 9am - Coffee 7pm - Line dancing	7 9am - Coffee 9am - Video Fitness 2pm - Floor Curling 7pm - Hymn Sing	8 7pm - Valour For Christ Concert
9 9:30am - Church	10 9am - Coffee 10am - Waffles	11 8:30am - Hymn Sing 9am - Coffee 9am - Fitness Video 1pm - Line Dancing 2-3pm - Sleep matters Webinar	12 9am - Coffee & Biscuits 1:30pm - Vanishing Wheels Presentation	13 9am - Coffee 9am - Walking group 1:30pm - Ice cream 7pm - Line dancing	14 9am - Coffee 9am - Fitness Video 7pm - Hymn Sing	15 7pm - Jam Session
16 9:30am - Church	17 9am - Coffee 10am - Gateway Floor Shuffle 1pm - My health Team	18 8:30am - Hymn Sing 9am - Coffee 9am - Fitness Video	19 9am - Coffee & Biscuits	20 9am - Coffee 9am - Walking group 7pm - Line dancing	21 9am - Coffee 9am - Fitness Video 1pm - Minds in Motion	22
23 9:30am - Church	24 9am - Coffee 10am - Gateway Floor Shuffle	25 8:30am - Hymn Sing 9am - Coffee 9am - Fitness Video 1pm - Line Dancing	26 9am - Coffee & Biscuits	27 9am - Coffee 9am - Walking group 7pm - Line dancing	28 9am - Coffee 9am - Fitness Video 1pm - Minds in Motion	29
30 9:30am - Church						

<https://www.vertex42.com/calendars/printable-calendars.html>





**Join us for lunch at the  
Senior Centre at  
12pm. Monday to Friday.  
Sign up today at the  
reception desk with Val!**

**JOIN US FOR  
WAFFLES  
MONDAY, JUNE 10th  
@ 10:00AM**



**BISCUITS & COFFEE  
WEDNESDAYS AT  
9:00 AM**

# JUNE BIRTHDAYS!



Adeline Braun - 1  
June Kehler - 6  
Glenn Wiebe - 8  
Ruth Penner - 8  
Gordon Wiebe - 12  
Sue Driedger - 13  
Evelyn Doell - 13

Hilda Dueck - 13  
Dennis Driedger - 16  
Helen Wiebe - 16  
Hilda Wieler - 18  
Dave Hoepfner - 21  
Ernie Penner - 23  
Christine Elias - 23

Jake Goertzen - 27  
Abe Unrau - -27  
Mary Wiebe - 28  
Kathleen Martins - 28  
Bertha Elias - 30  
Audrey Dyck - 30 3



**JAM SESSION**  
**Saturday, JUNE 15th**  
**AT 7:00pm**  
**EVERYONE WELCOME!**  
**ADMISSION BY DONATION.**



# Father's Day Word Search



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



DADDY  
UNCLE  
STRONG  
GOLF  
PROVIDE



FATHER  
TEACH  
BRAVE  
FOOTBALL  
PARENT



GRANDPA  
RESPECT  
NECKTIE  
PROTECT  
LOVE



**AM HYMN SING** By the fireside  
Sing, bring an instrument or come to listen!

**TUESDAYS AT 8:30 AM**  
Regularly features piano,  
violin and accordion!



## Hymn Sing

with Dorothy Plett



Featuring Piano, Violin & Cello

**FRIDAY JUNE 14, 2024**

**7:00 PM**

Buhler Active Living Centre  
Multipurpose Room

*All are welcome!*

## VALOUR FOR CHRIST



**SATURDAY JUNE 8, 2024**

**7:00 PM**

Buhler Active Living Centre  
Multipurpose Room

*Freewill offering for Blazing Needles Yarn*

Reminder:

Buhler Active Living Centre/ Winkler Senior Centre is a scent free building. Please do not wear perfume, cologne or after shave. Exposure to perfumes and other scented products can trigger very serious health reactions in individuals with asthma, allergies, migraines or multiple chemical sensitivities.

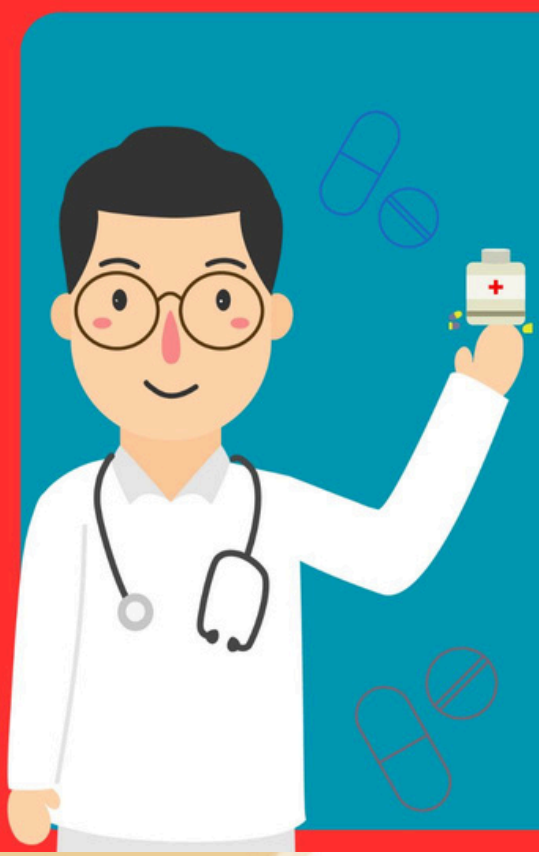




## Benefits of Registering for Programs or Events

- Ensures availability of handouts, information, etc for attendees
- Ensures minimum number of attendees is met
- Gauges interest for future events or programs

[www.winklerseniorcentre.com](http://www.winklerseniorcentre.com)



## HEALTH TALK

**TOPIC:**  
**WHAT ARE PROBIOTICS?**



**SPEAKER:**  
Pharmacist Sig Pfahl

**LOCATION:**  
Winkler Senior Centre

**MONDAY**  
**JUNE 3RD**  
**10:00AM**

[www.winklerseniorcentre.com](http://www.winklerseniorcentre.com)



# Alzheimer Society

MANITOBA

Dementia Care & Brain Health



## Sleep Matters: Understanding the Relationship Between Sleep & Dementia

**Tuesday, June 11, 2024**  
**2:00 - 3:00 pm**  
**Virtual via ZOOM**  
**WSC Board Room**

**Space is limited**  
**please register**  
**with the Resource Office**  
**at 204-325-8964**  
**by Wednesday, June 5th**

In this session, important aspects about the relationship between sleep and dementia will be discussed.

- how insufficient sleep increases the risk of falls and responsive behaviours in people living with dementia
- ways to identify features in the environment that contribute to poor sleep
- practical strategies to help improve sleep

Presented by: Dr. Cary Brown, FHEA, PhD, Professor, Department of Occupational Therapy, Faculty of Rehabilitation Medicine, University of Alberta



## Walking Group

Join Denise for a morning walking group

**Thursdays 9am**  
**June/July/ August**  
**Starting June 13**

**Meet at Winkler Senior Centre**  
**East Entrance**

**All abilities welcome, bring your walkers, canes or walking poles or come without.**



[www.winklerseniorcentre.com](http://www.winklerseniorcentre.com)



# VANISHING WHEELS

Join author & photographer

**Steve Van Vlaenderen**

for a special presentation



VANISHING  
WHEELS

Full colour 125 pages

**Wednesday, June 12th 1:30pm**



**Winkler Senior Centre**

650 South Railway Ave.

**Everyone Welcome**

Father's day is Sunday, treat your Father, Grandfather or friend to a look back at some forgotten classics.

Please register by Wednesday, June 5th at 204-325-8964 to confirm interest in event



Entrepreneur, car-lover and photography buff Steve Van Vlaenderen is raising funds & awareness for Parkinson's, a disease with which he lives.

**Special Edition Hard Cover: \$49.99**

[info@vanishingwheels.com](mailto:info@vanishingwheels.com) | 204-791-7097 | [vanishingwheels.com](http://vanishingwheels.com)

Proceeds from book sales will be donated to Parkinson Canada





Hosted by:



# Ice Cream Afternoon

In recognition of  
World Elder Abuse Awareness Day



Join us on  
THURSDAY, JUNE 13th 1:30 - 2:30

at Winkler Senior Centre  
for a FREE Ice Cream Treat  
\*while quantities last

[www.winklerseniorcentre.com](http://www.winklerseniorcentre.com)

## MY HEALTH TEAM



### Winkler Senior Centre and Services for Seniors "NUTRITION FOR BONE HEALTH AND OSTEOPOROSIS"

Come join us for a FREE informal information event  
with Chronic Disease Dietitian, Halee Verzyl,

#### Topics Covered in the information event:

- The role of vitamin D and calcium to support bone health and osteoporosis
- How to incorporate plant foods to support bone health and osteoporosis
- Make friends with fat to support our bone health
- What are antioxidants and are they beneficial?

**Date: Monday, June 17, 2024**  
**Time: 1:30 – 2:30 pm**

**Winkler Senior Centre,**  
**650 S. Railway Avenue**

**PLEASE REGISTER FOR THIS EVENT**  
**by Wednesday June 12th**  
**204-325-8964**

[www.winklerseniorcentre.com](http://www.winklerseniorcentre.com)



# JUNE 2024

# Menu - Congregate Meal Program WSC & Cedar locations

**SUN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT**

In the event of a storm .. We follow Garden Valley School Division .. If they are closed .. Meals will be cancelled.

2	3	4	5	6	7	8
	Breakfast Casserole Muffin Fruit	Enchilada Rice Beans	Chicken Alfredo Noodles Salad Garlic Bread	Bacon & Potato Soup Sandwich	Beef Roast Potatoes Veggies	
9	10	11	12	13	14	15
	WAFFLES WSC 10am-Noon Cedar - Noon	Ribs Potatoes Veggies	Salisbury Steak Potatoes Veggies	Butter Soup Ground Beef Roll	Pork Roast Potatoes Veggies	
16	17	18	19	20	21	22
	Sausage Burger Salad	Chicken & Bubbat Potatoes Veggies	Kielke Ham Veggies	Green Bean Soup Sandwich	Meatloaf Potatoes Veggies	
23	24	25	26	27	28	29
	Spaghetti Meat Sauce Salad Garlic Bread	Fish Potatoes Veggies	Perogies Sausage Veggies	Somma Borscht Sausage Rolls	Baked Chicken in Sauce Potatoes Veggies	
30						

MONDAY - FRIDAY (noon meal) Price \$9.00

**MEALS FILL UP QUICKLY - REGISTER PROMPTLY @ 204-325-8964**

To register, for questions or cancellations please call (204)325-8964 Monday to Friday 8:00am - 12:00pm

**Take Out - 11:30am Dine in Meals served at NOON (12pm)**

Meals Delivered Between 11:30AM and 12:30PM (chefs discretion to change menu)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

CEDAR - DINE IN / DELIVERY / TAKE OUT

ENNS COURT

CONTACT NAME \_\_\_\_\_

WSC - DINE IN / TAKE OUT

MEALS ON WHEELS  
(pre arranged)

CONTACT PHONE \_\_\_\_\_