

CENTRE UPDATE – OCTOBER 18, 2024

Reminders & Centre Info

Next week's programming

There is still room to register in the following programs taking place next week:

- Historical Presentation "*Fires*" *What a history of fires we have!* Monday, October 21, 2024 @10:00am No cost to attend.
- Retirement at its Best – Flourishing in Retirement Workshop. Thursday, October 24 @10:00am. No cost to attend
- Candid Conversations with Member of the Legislative Assembly, Kathleen Cook Friday, October 25th at 1:00pm. If there is something specific you would like addressed, please email the Centre.

Register [online](#) or call the centre at 204-897-5263.

Tech Talk with Lloyd Gwilliam DROP IN Thursday October 24 from 1:00pm to 3:00pm

Do you have computer, iPhone, or tablet questions?

Need some clarification? Require a little help to figure something out?

Stop by and see Lloyd, our in-house technology guru. This is not an instructional class, it is a drop in, just stop by the front desk to check in.

No registration required. No cost to attend.

Emergency Response Information Kit (ERIK)

An Emergency Response Information Kit (E.R.I.K) can assist emergency responders in situations where a patient may not be able to communicate their conditions, medical history or allergies. It provides essential information so responders can provide the correct care in an emergency medical situation.

Once completed, the kit should be placed on your fridge door, where emergency crews have been trained to look for it, ensuring it is readily available if needed.

You can pick up an E.R.I.K. at the Centre's reception or by connecting with a [local senior resource council](#).

A Request to All Members

The Residences of Oakdale and our new Centre is an active construction site. The owners and builders are asking that we refrain from driving in to have a look! There are 200 plus workers on site and there is NO room for unauthorized observers.

The ONLY people who should be entering the site are the residents of building C, their guests and people who have scheduled an appointment. Those folks have been instructed how to enter and where to park so they do not pose a safety hazard or cause delays.

All others should not enter the gate. Please help the builders to keep building to meet deadlines. We do not want our move date delayed!

Thank you,
Sherry Mooney

Resources you may find helpful



South Winnipeg Seniors Resource Council is a non-profit information and referral hub connecting older adults with community resources to assist them in daily living.

HOW WE SERVE:

- Presentations on lifestyle topics such as active living, falls prevention, talking with your doctor, and driving concerns as an older adult
- Information brochures
- FYI referral guides on transportation, housing, recreation, care services, home maintenance, meal and grocery programs, and support services
- Emergency Response Information Kit (E.R.I.K.) distribution
- SWSRC community meal program for older adults

Contact info:

117-1 Morley Avenue

email@swsrc.ca www.swsrc.ca

Call 204-478-6169

The Alzheimer Society of Manitoba (ASM) is your connection to a variety of resources and information about Alzheimer's disease and other dementias, and to helpful information for family members and caregivers. Need to talk? The Dementia Helpline is the first number you call. Province-wide: 1-800-378-6699 Winnipeg: 204-943-6622.

Manitoba Seniors Guide



This guide is a powerful resource providing descriptions and lists for community, health and government programs. Designed for older adults, caregivers and families, the guide will help you navigate supports and services in the province

Some Goings-on in the Community



**Assiniboine Park
Conservancy**

The Leaf After Dark

October 30, November 13, 27

Join us for an evening of botanical bliss at The Leaf After Dark! Enjoy a relaxing adults-only atmosphere complete with live musical entertainment. Wine, beer, and a few Gather Craft Kitchen & Bar menu items will be available to order in the biomes.

Boo at the Zoo

October 18 – 31

The Zoo's transformed for a spooky, spell-tacular spree, with eerie sights and a magical glee! Boo at the Zoo brings costumes and cheer, with rides, games, treats, and performances near. Breathtaking displays will make your jaw drop so come join the fun, it'll be a thrill non-stop!

More information can be found at <https://www.assiniboinepark.ca/events>



Join us for a delightful Tea Party and Entertainment at The Westhaven

Date: October 23, 2024

Time: 2:00 PM

Location: 3033 Portage Avenue, Winnipeg, MB R3K 2E3

Enjoy **assorted teas, dainties, finger sandwiches, and chocolate-covered strawberries**, accompanied by live entertainment from **Cal Wookey**

RSVP to Tetiana: 204-396-7768

Limited seats available – reserve yours today!



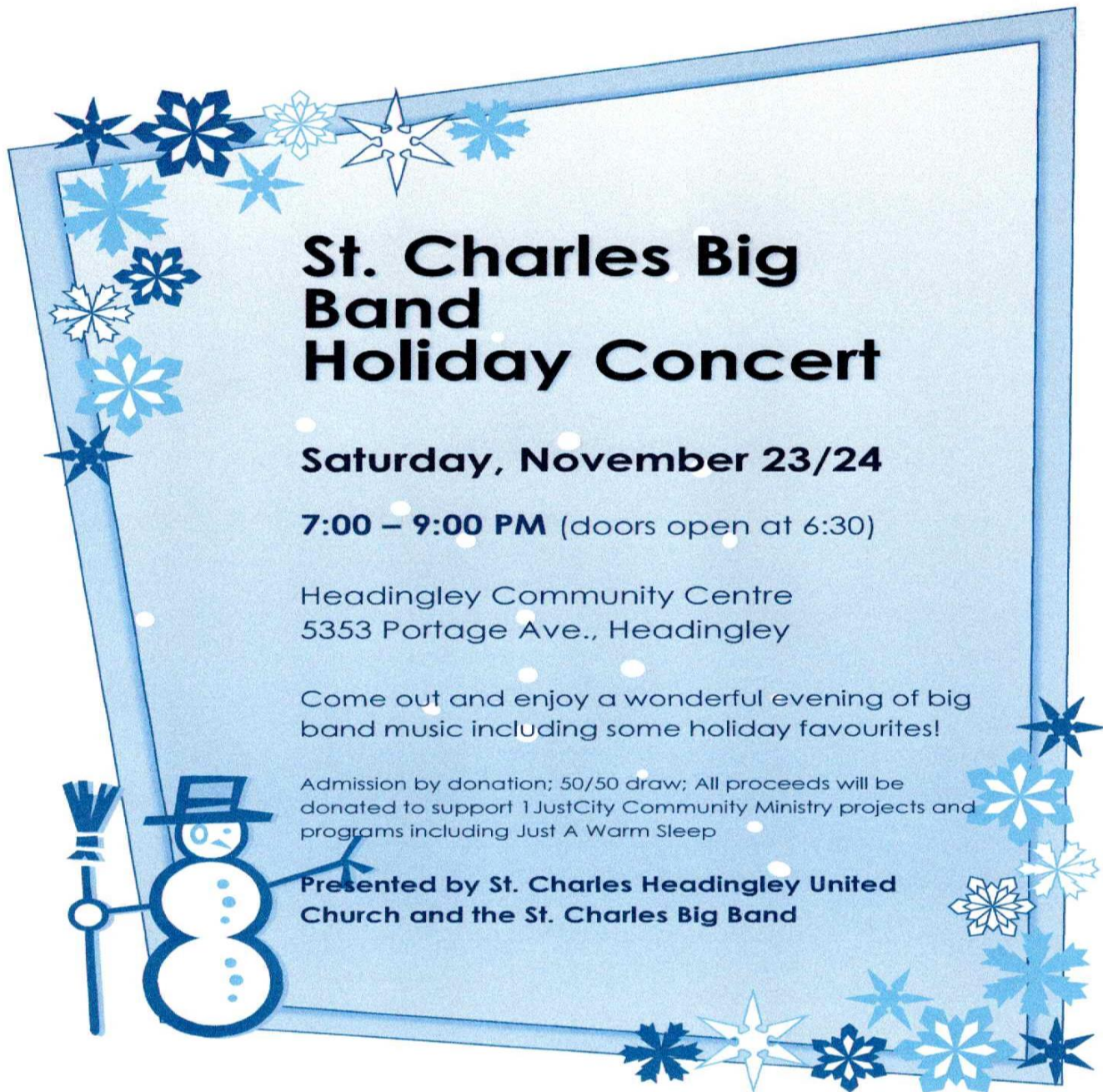
Charleswood Library

Internet Basics

Learn about searching the Internet with this introduction to using a browser and search engines such as Google, as well as opening and exploring websites. Basic computer skills required.

Date: Thursday, October 24, 2024, 5:45PM - 7:45PM

Click [here](#) to register.



St. Charles Big Band Holiday Concert

Saturday, November 23/24

7:00 – 9:00 PM (doors open at 6:30)

Headingley Community Centre
5353 Portage Ave., Headingley

Come out and enjoy a wonderful evening of big band music including some holiday favourites!

Admission by donation; 50/50 draw; All proceeds will be donated to support 1JustCity Community Ministry projects and programs including Just A Warm Sleep

Presented by St. Charles Headingley United Church and the St. Charles Big Band

A few funnies for your enjoyment

- What do you call a camel with no humps? Humphrey
- I pulled a muscle digging for gold. Doc says it's just a miner injury
- I just had my patience tested. I'm negative
- In order to have a murder of crows there must be probable caws
- Adam & Eve were the first to ignore the Apple terms & conditions
- Whoever invented knock-knock jokes should get a no bell prize
- I spent a lot of time, money, and effort childproofing my house... But the kids still get in
- The rotation of Earth really makes my day.
- The future, the present, and the past walk into a bar. Things got a little tense

Have a wonderful weekend.
Jakee Werbuk, Program Manager