

CENTRE UPDATE – May 31, 2024

Reminders & Centre Info

AGM – Please help us make quorum

The AGM is coming up on June 19th and we require 15 more people to reach quorum. Please plan to attend so that important motions related to budget and other pressing issues can be passed. Register [online](#) or call 204-897-5263.

Party with a Purpose

Thank you to everyone that attended, donated, bought auction tickets or volunteered. We raised over \$12,000 for the Centre. A special thank you to Mayor Gillingham, MLA Kathleen Cook and City Councillor Evan Duncan for attending the event and for their ongoing support of the Centre.

Click [here](#) for a list of all our wonderful sponsors and [here](#) for a list of our auction item donors. You can see photos of the event on our facebook page.

Unclaimed Auction Prizes – 8 of the baskets were not claimed at the event. Of those, 7 have been claimed since we brought them back to the Centre and 1 has not. If you have green ticket 566290 your basket is waiting for you!

Thank you to these wonderful volunteers who took on the task of sorting and wrapping all the baskets. They looked amazing!



Fitness Class Drop-in spots are available in some fitness classes. The fee is \$10 per class. Call the office to see if the class you are interested in has space.

The summer newsletter is now available. Click [here](#) for your copy. If you cannot open the link, go to the [Website](#) and click on "Get the Newsletter". Registration does not open until Tuesday June 25, 2024.

Business Profile Features

This week's Business Feature Profiles are **Grand Smiles**; **Leapfrog Moving Specialists Inc**; and **Rich's Auto Centre**.

Please patronize these businesses and thank them for their support of the Centre.

Grand Smiles

“Our staff is here to put you at ease and give you a positive dental experience. We take the time to get to know you so we can better determine the best care for you. We will listen to your concerns, explain your options, and work with you to enhance your confidence- and your smile!

Click [here](#) to link to the Grand Smiles Website.

Leapfrog Moving Specialists Inc.

“Leapfrog Moving Specialists, Inc is a full-service, single point of contact moving facilitation company that specializes in helping Senior Citizens and older adults. We can provide as little or as much as you need to make your move a smooth and easy transition to your new home or living situation. We take great pride in paying special attention to every detail and finishing touch that will make you feel at home instantly!”

For more information, or to get your free, no obligation consultation, visit their website at <https://www.leapfrogmoving.ca/>.

Rich's Auto Centre

“At Rich's Auto Centre, we don't have one specific message or mission, we have many. We set high expectations for our Technicians and the car repairs completed on your vehicle. We service all makes and models including Asian Imports, European Imports, and Domestic Imports. Our Neighborhood Car Repair & Maintenance programs will ensure your car is safe and secure on our Winnipeg & Manitoba roads. Call us today to book your next service.”

Click [here](#) to link to Rich's Auto Centre Website.

Resources you may find helpful



**Canadian
Hard of Hearing
Association**
MANITOBA CHAPTER

All support groups are on a drop basis. Friends and family welcome.

IN PERSON MEETINGS

June 5 Wednesday: Presentation to Golden Rule Seniors
Time: 1pm Where: 1, Morley Ave.
Topic - Why Granddad says You Mumble.

June 17 Monday Transcona Hard of hearing Support Group
Time: 1pm-2:30 pm Where: 328 Whitter Ave. W.
Why is so hard to hear in noise?

June 21 Friday St James 55+ Hard of Hearing Support group
Time 1-2:30 pm Where third floor 203 Duffield St.
Guest speaker: Gladys Nielsen Cochlear implant wearer and advocate

VIRTUAL MEETINGS via zoom- ALL HAVE CLOSED CAPTIONING PROVIDED

June 4 Tuesday: Let's talk- 7pm
The emotional and social impact of hearing loss. Contact chhamanitoba@outlook.com to sent a link

June 12. Wednesday 7pm
Tinnitus support group Topic- mindfulness Contact chhamanitoba@outlook.com to be sent a link.



COMMUNITY FOODSHARE 2024



Grow a row of vegetables. Pick and share fruit. Donate grocery items. Support people with limited access to food in your neighbourhood. Deliver to :

LOCATION

DROP-OFF DETAILS

**529 COUNTRY CLUB BLD
55+ Housing**

**MONDAY to FRIDAY ONLY
9:00-4:00
Phone or text with subject "Food Delivery" to 204-888-5534**

**22 STRAUSS DR
Manitoba Housing**

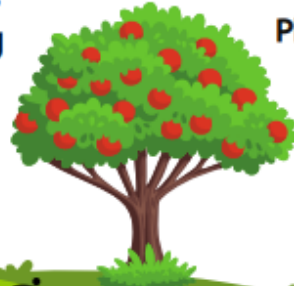
**MONDAY to FRIDAY 9:00-4:00
Email with subject "Food Delivery" to Nicholas.Rush@gov.mb.ca**

**825 SCHOOL RD
The Salvation Army**

**MONDAY to FRIDAY
9:00-3:00
Phone: 204-889-9203**

**170 HENDON AVE
Manitoba Housing**

**THURSDAYS
Phone or text with subject "Food Delivery" to 204-619-4634**



 Winnipeg Regional Health Authority / Office régional de la santé de Winnipeg

For inquiries about the Food Security Network, call Kathy Perrault @204-223-0934

Did You Know? Some Medications Can Make You More Sensitive to Summer Heat Waves



Many Canadians look forward to the warm summer days. Unfortunately, intense heat waves have become more common over the past few years, and can put your health at risk.

Did you know that certain medications can make you more sensitive to the effects of heat? There are different ways this can happen. For example, some medications can reduce our body's capacity to produce sweat or increase dehydration.

It's important to stay safe! Find out if your medication might be making you more sensitive to heat in this useful article ([click here to access](#)), and how you can protect your health this summer by putting in place an action plan with a health care professional.

Read the full article here: <https://tinyurl.com/yu45zba4>

Manitoba Seniors 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. Go to <https://www.gov.mb.ca/seniors/seniors-guide.html> to get the full guide.

211 Manitoba is the front door to community-based government, health, and social services. It is a free, confidential service available 24 hours a day, seven days a week. Click on the **older adult's** box at <https://mb.211.ca/> or call 211.

Home Maintenance Program provides referrals to individuals in your community who can do various jobs at reasonable rates in housekeeping, meal preparation, yard work, handyman jobs, painting, and carpentry. Contact the program by phone at 204-806-1303 or online at <https://www.gnalc.ca/index.cfm?fuseaction=page.viewpage&pageid=476>

The South Winnipeg Resource Council connects the 55+ community with many other organizations to provide information, referrals, and support. For more information go online at www.swsrc.ca or email resources@swsrc.ca.

Some Goings-on in the Community



PARADE SUNDAY JUNE 2, 2024

The Pride Parade begins after the Pride Rally and makes its way through downtown Winnipeg. The parade features a Grand Marshal, honorary Youth Marshal, and honorary Community Group Marshal, all of which are nominated by the community.

Timeline

- 10:00am – Rally starts (Manitoba Legislative Building, North Steps)
- 10:45am – Rally ends
- 11:00am – Parade begins at Memorial and St Mary Ave
- Parade ends near Blue Cross Park (Goldeyes)
- 12:00pm – Day 2 of the Pride Festival at the Forks begins!

35 YEARS

groove together

14-22 JUNE

JAZZWWINNIPEG.COM #JAZZWPG

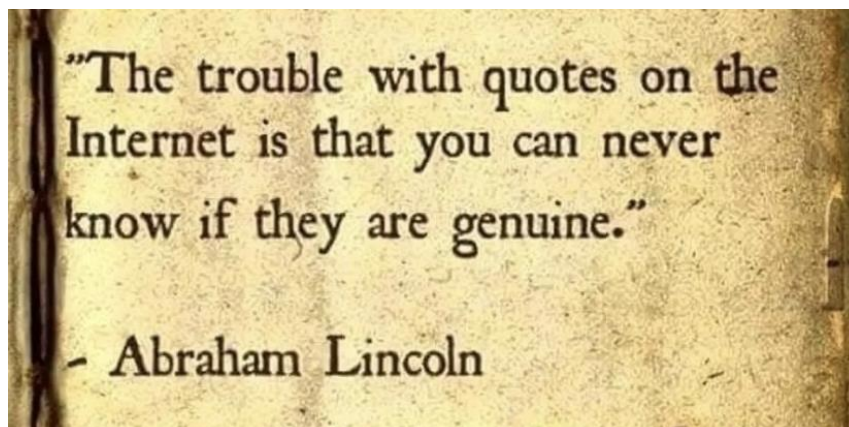
TD WINNIPEG INTERNATIONAL JAZZ FESTIVAL JUNE 14-22 2024

2024 TD WINNIPEG INTERNATIONAL JAZZ

FESTIVAL TICKETS AVAILABLE NOW!

To get more details or purchase your tickets:

<https://www.jazzwinnipeg.com/>



ROBLIN COMMUNITY BBQ

YOU'RE INVITED!



Royal Canadian Legion #100
6003 Roblin Blvd., Winnipeg



Wednesday,
June 5th



11:00 AM
-12:30 PM



Kathleen Cook

MLA for Roblin

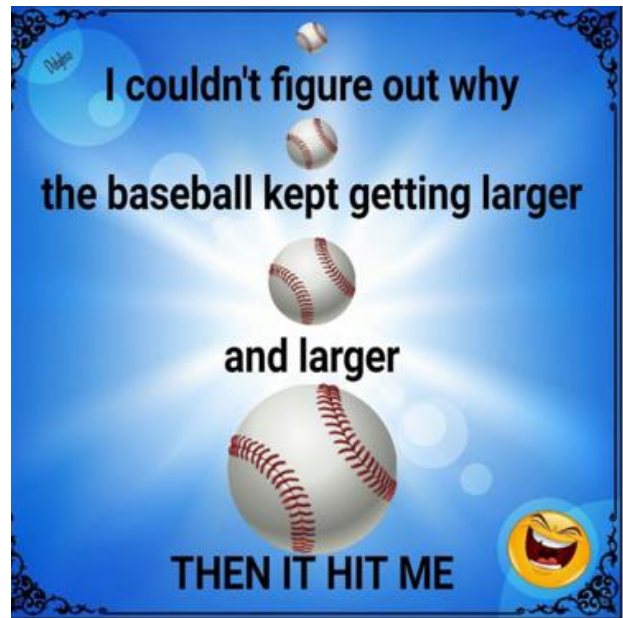
204-504-0594
info@kathleen-cook.ca

CONNECT WITH ME



A few funnies for your enjoyment

- What do you call a well-balanced horse? Stable.
- What do you call an angry carrot? A steamed veggie.
- What do elves learn in school? The elf-abet.
- What did one toilet say to another? You look flushed.
- What has more lives than a cat? A frog, because it croaks every day.
- What do you call a pig that practices karate? A pork chop.
- What did one wall say to the other? "I'll meet you at the corner."
- What do sea monsters eat? Fish and ships.
- What do you call a sad strawberry? A blue berry!
- I lost an electron. You really have to keep an ion them!
- What's small and red and has a rough voice? A hoarse raddish!
- Why do mushrooms get invited to all the parties? Because they are such fungis.



Have a wonderful weekend.
Jakee Werbuk
Program Manager