

The tree of life means that you are not an island, but are deeply connected to the world around you and dependent on it for your ability to grow and thrive.



384 Eveline Street
Selkirk, Manitoba R1A 1N3
Phone: (204) 785-2092
Email: Info@gordonhoward.ca
Website: www.gordonhoward.ca

The Gazette

April 2024

Mother's Day Tea

The Centre is having their Mother's Day tea and you are all invited. This will be a come and go tea. Join us for an afternoon of tea, good food and friendship. This event will be in the Gordon Howard's Multi-Purpose room.

There will be a silver collection.

Thursday May 9, 2024, from 1 to 3 p.m.



Gordon Howard Centre

We are here for you!

Staff:

Executive Director	Lee Hanson
Program Coordinator	Elin MacLeod
Alzheimer's Coordinator	Samantha Holland
Adult Day Program	Lindsay Johnson
Fitness Coordinator	Patsy Duncan
Fitness Coordinator	Julieta Hernandez

The 2023-24 Board of Directors:

President	Barb Doren
Vice-President	Marcia Bilkoski
Secretary	Gerry Hamm
Treasurer	Dawn Kardashinski
Past President	Terry Tillett

Directors:

Joyce Banera, Terry Shumka, Fran Domitruk and Fred Haight.

GORDON HOWARD CENTRE'S

Mission Statement

To enable older adults, the opportunity to lead active, healthy and independent lives.

Vision Statement

We envisage healthy, active and independent living opportunities for older adults living in the Districts of Selkirk, St. Andrews and St. Clements. Together we will do it.

REGULAR PROGRAMS at the GORDON HOWARD CENTRE

Canasta: Thursday – 1:00 p.m.

Duplicate Bridge: Tues & Thurs. - 1:00 p.m.

Fitness: Cardio, Muscle & more – Mon. & Wed. 9:30 a.m.

Fitness: Light & Lively: Tues & Thurs. – 9:30 a.m.

Fitness: Sit & Get Fit: Tues & Thurs. – 10:45 a.m.

Floor Curling: Mondays & Wednesdays – 1:00 p.m.

Knitting/Crochet: Wednesdays - 1:00 p.m.

Painting: Mondays – 1:00 p.m.

Quilting: Fridays - 10:00 a.m.

Snooker/Pool: Monday – Friday - 9:30 – 4:30 p.m.

Watercolor Painting: Thursdays – 1:00 p.m.

Woodcarving: Tuesdays – 1:00 p.m.

For more information about these activities, call the Gordon Howard Centre at 785-2092.

Other Activities/Programs

Alzheimer's Society Support Group: First Wednesday of every month 7:00 p.m. Next meeting Wednesday, April 3, 2024.

Bird Watcher's – First Wednesday of the month – April 3

Brain Injury Support Group – First Wednesday of the month. Wednesday, April 3, 2024 1 to 2:30 p.m.

Tea & Tales – Meets every Thursday from 1:00 to 2:30 p.m.

The teenage granddaughter comes downstairs for her date with this see-through blouse on and no bra. Her grandmother just pitched a fit, telling her not to dare go out like that!

The teenager tells her "Loosen up Grams. These are modern times. You gotta let your rosebuds show!" and out she goes.

The next day the teenager comes downstairs, and the grandmother is sitting there with no top on. The teenager wants to die. She explains to her grandmother that she has friends coming over and that it is just not appropriate...

The grandmother says, "Loosen up, Sweetie. If you can show off your rosebuds, then I can display my hanging baskets."

5 YR OLD DAUGHTER: MOM, WHY IS SOME OF YOUR HAIR WHITE?

ME: *SMILES* EVERY TIME YOU MAKE ME SAD, ANOTHER HAIR TURNS WHITE.

DAUGHTER: *WIDE EYES* WOW MOM, WHAT DID YOU DO TO GRANDMA?

Good Health

FOOT CARE CLINIC:

Ms. Adele Hummelt, RN and a Certified Foot Care Nurse will be at the Gordon Howard Centre on

Saturday, April 6, 2024

Blue Cross and Veteran affair
Accepted

Call 785-2092 to make an appointment.



Happy Birthday

April

Alice Inniss	3
Irene Gasenzer	4
Ella Chenkie	5
Mary Wilford	5
Andrew Dmitruk	5
Sandra Pawluk	7
Rosemary Pugsley	24
Edward Geard	25
Linda Bumstead	29
Lesly Johnson	30



What: National Scrapbook Day event!

Join us for a fun weekend (or day if you prefer). We are a group of women who love to play with paper and photos.

Who: This event is open to new scrapbookers as well as those who are already preserving their memories. Do you see yourself as someone who is not creative? Awesome! This group is perfect for you! No experience necessary. See yourself as someone who is creative? Perfect! Join us, have some time to yourself and perhaps you will learn some new techniques.

Where: Gordon Howard Centre

When: April 13th and 14th, 2024. We start at 10 am and end at 8 pm. You are welcome to attend 1 day or both days, come and go as you please.

How: Register NOW! Registration fee includes welcome gifts, 20 hours of scrapbooking fun, an 8-foot table all to yourself, free demos and make n take, free draws, coffee and snacks. One day registration \$25 Both days \$40. To register, call or text me (Terrie Moar) at 204-785-0260 or email me at tmoar@mts.net. Limited spots available, so register now.



Gordon Howard Centre Banquet Hall

Saturday, April 20, 2024

Dress – Semi-Formal

5 pm: Cocktails and 6 pm: Gala Dinner

7:30 pm: Comedian Matt Falk

“Effortlessly Funny”

*Individual tickets are \$ 50 each with a
\$ 30 tax receipt. Or purchase 8 tickets
as a group to reserve your table.*

*We encourage all of our members &
non-members to purchase tickets to help
support the Centre.*

**Please stop by the Centre or phone to get
your ticket at 785-2092.**

Tea & Tales

The Tea and Tales group is meeting EVERY Thursday between 1 and 2:30. So far, we've had a few people participate, and most of our activity has been simply around conversation. It's a place to share, discuss our interests, worries, memories and stories of how we've lived and managed our lives.

Nothing is required of attendees other than respectful listening and sharing if interested. Focused talk and activities around shared concerns will be provided as the need arises.

Refreshments are served, and the time just whizzes by.

Please join us if this sounds like your cup of tea!



Grocery Bingo



Friday, April 12, 2024

Time: 1:30 p.m.

Cost: \$15.00 Member

\$17.00 Non-member

Where: Gordon Howard Centre



Come out for a good time, socialize with friends and maybe win some groceries.

Tickets available at the reception desk or call 785-2092

Sign up cut off – Wednesday, April 10, 2024

Coffee and Tea will be available.

For anyone that likes to play more than 2 cards, there will be extra cards available 2 for \$5.00

Introduction to Bridge

Selkirk Bridge Club is offering beginners' (duplicate) Bridge lessons, 4-week session from Thursday, April 11 to Thursday, May 2, 2024. 9:30-11:30 at the Gordon Howard Centre.

Cost is \$30.00

Players may also register for this class if they wish to review their basic skills.

Call Doug Bailey 204-471-1008 for more information.

Advanced foot Care

**High risk
Diabetic feet
Callous
Thick long Fungal Nails**

**Too afraid to seek care. Come see us, we will help.
This isn't for regular foot care; this is when you have problems with your feet.
Call – 204-785-2092**

SELKIRK BIRDWATCHERS CLUB

April 3, 2024 PROGRAM

TOPIC: Spring warblers in Manitoba

Presenter: Gerald Machnee

Time & Date: 7:00 pm Wednesday, April 3, 2024

Location: Gordon Howard Centre, 384 Eveline St. Selkirk

Gerald will discuss the Manitoba Warbler migrants and songs. We will also have a visit from Marissa Berard from the Chimney Swift Program.

Bring a friend or two!

Selkirk Bridge Club

Bridge players of all levels welcome to join us. We are a non-sanctioned (duplicate) ACBL club, but follow their rulings. Days we play are Tuesdays and Thursdays at 1:00 p.m. We play bridge yearlong except at Christmas when Gordon Howard is closed. The cost is \$3.00 per session also refreshments served. Bring a partner. For more information, call Linda at (204)-757-9242 or Reg. at (204)-482-3517.



While some degree of memory change is a normal part of aging, research shows there are effective strategies and skills you can use to help you remember the things that are important to you. Does this sound familiar?

- Did I turn off the stove?
- Where did I put my glasses?
- What was I about to do?
- When is his birthday?
- What was it that they told me the other day?

Please join us at the Gordon Howard Centre 384 Eveline Street in Selkirk. You will understand what memory is and how it changes with age. Uncover which factors can impact your memory for the better or for the worse. Explore lifestyle changes that can help improve your memory. Practice memory strategies. Improve your ability to recall everyday things. Build confidence in your memory. The program was developed for older adults but adults of all ages are welcome to attend. If you are experiencing normal age-related memory changes, or want to learn to protect and improve your brain health, join us.

Sessions are Wednesdays May 1st 8th and 15th 2024 10:00 am to 11:30 am In the Gordon Howard Main Floor Boardroom. Space is limited so register soon.

To register call: 204-785-2092



Gordon Howard Centre

April 2024

The Place for Active Living
(204) -785-2092

Monday	Tuesday	Wednesday	Thursday	Friday
1. Centre Closed	2. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarving 1:00 Bridge	3. 9:30 Cardio 10:00 Computers 1:00 Knitting 1:00 Floor Curling 1:00 Minds in Motion	4. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Watercolor 1:00 Bridge 1:00 Tea & Tales 2:00 Coffee & Treat	5. 1:00 Quilting
8. 9:30 Cardio 10:00 Computers 1:00 Painting with Pat 1:00 Floor Curling	9. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarving 1:00 Bridge	10. 9:30 Cardio 10:00 Computers 1:00 Knitting 1:00 Floor Curling 1:00 Minds in Motion	11. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Watercolor 1:00 Bridge 1:00 Tea & Tales 2:00 Coffee & Treat	12. 1:00 Quilting 1:30 Grocery Bingo
15. 9:30 Cardio 10:00 Computers 1:00 Painting with Pat 1:00 Floor Curling	16. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarving 1:00 Bridge	17. 9:30 Cardio 10:00 Computers 1:00 Knitting 1:00 Floor Curling 1:00 Minds in Motion	18. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Watercolor 1:00 Bridge 1:00 Tea & Tales 2:00 Coffee & Treat	19. 1:00 Quilting
22. 9:30 Cardio 10:00 Computers 1:00 Painting with Pat 1:00 Floor Curling	23. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarving 1:00 Bridge	24. 9:30 Cardio 10:00 Computers 1:00 Knitting 1:00 Floor Curling 1:00 Minds in Motion	25. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Watercolor 1:00 Bridge 1:00 Tea & Tales 2:00 Coffee & Treat	26. 1:00 Quilting
29. 9:30 Cardio 10:00 Computers 1:00 Painting with Pat 1:00 Floor Curling	30. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarving 1:00 Bridge			

Tai-Chi every Thursday evening in the Multi-purpose room – 6:00 p.m.
Tai-Chi every Saturday morning from 10:00 to 11:00 a.m.
Zumba – every Wednesday at 6:30 p.m. in the Banquet Hall