



The Gazette

January 2022

Membership Month

January is membership month. Membership at the Gordon Howard Centre gets you an automatic discount on all of our activities and events. Show your support for the Centre by getting your 2022 membership now. Anyone who becomes a member before January 28th is included in our draw for a free membership.

Our membership running from January 1 to December 31 is \$30.00



Happy New Year

Gordon Howard Centre

We are here for you!

Staff:

Executive Director	Lee Hanson
Program Coordinator	Elin MacLeod
Adult Day Program	
Fitness Coordinator	Patsy Duncan
Fitness Coordinator	Heather Bailey

The 2019-20 Board of Directors:

President	Terry Tillett
Vice-President	
Secretary	
Treasurer	Barb Doren
Past President	Gerry Hamm

Directors:

Joyce Banera, Ella Chenkie, Peggy Holt, Fran Domitruk and Stephen Sharman.

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

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

Cribbage: Tuesdays - 1:30 p.m.

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

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

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

Floor Curling: Wednesdays – 1:00 p.m.

Oil Painting: Fridays 10:00 a.m.

Painting: Mondays – 1:00 p.m.

Moving with Muscle: Mon & Weds. 9:00 a.m.

Quilting: Fridays - 10:00 a.m.

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

Stretch & Balance – Mondays & Wednesdays 10:30 a.m.

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

Woodcarving: Tuesdays – 1:00 p.m.

Writing for Fun: Thursdays – 10:00 a.m.

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

Quilt Draw

The winners of the quilt baskets were Heather Fontaine won the first and Levenna Hebert won the second one. Congratulations to the winners and thank you to everyone who supported our draw.

Two Brothers

Two young boys walked into a pharmacy one day, picked out a box of tampons and proceeded to the checkout counter.

The pharmacist at the counter asked the older boy, 'Son, how old are you?'

'Eight', the boy replied.

The man continued, 'Do you know what these are used for?'

The boy replied, 'Not exactly, but they aren't for me. They're for him. He's my brother. He's four.'

"Oh, really?" the pharmacist replied with a grin.

"Yes." the boy said. "We saw on TV that if you use these, you would be able to swim, play tennis and ride a bike. Right now, he can't do none of those."

Good Health

FOOT CARE CLINIC:

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

Saturday, Jan.22, 2022

Blue Cross and Veteran affair Accepted

Call 785-2092 to make an appointment.

HEARING CLINICS:

BELTONE HEARING will be at the Gordon Howard Centre on:

Tuesday, Jan.18 2022

Call toll free 1-800-661-2653 to book an appointment.



Happy Birthday

January

Peggy Holt	2
Karen Hygaard	2
Vida Zmavc	2
Barb Doren	3
John Damm	12
Barbara Kelsch	14
Lionel Hancock	23
Ruth Cockerill	24
Olga Olender	26
Linda Rosser	26
Donna Tillett	31

Thought for the day

An 84-year-old lady is waiting for her husband in Harpoon Harry's. Suddenly a handsome man enters and sits down a few seats away.

The man is so attractive that she just can't take her eyes off him.

After a short while, the man notices her staring, and approaches her.

Before the lady has time to apologize, the man looks her deep in the eyes and says to her in a sultry tone, "I'll do anything you'd like. Anything you can imagine in your wildest dreams, it doesn't matter how extreme or unusual it is, I'm game. I want £100, and there's another condition."

Completely stunned by the sudden turn of events, the lady asks him what his condition is.

"You have to tell me what you want me to do in just three words."

The lady takes a moment to consider the offer from the handsome man.

She whips out her handbag and puts £100 pounds into his hand.

She then looks him square in the eyes, and says slowly and clearly,

"Paint my house."

Our needs change as we get older, we get smarter, and tend to look for bargains.....

Service Purchase Agreement with Regional Health Authority

The Gordon Howard Centre has a new Service Purchase Agreement (SPA) from our main funding body Interlake Eastern Regional Health Authority (IERHA). The new service purchase agreement was finalized in September and is in place until March of 2026. The agreement highlights the various activities programs, services and workshops that the Centre offers. The SPA also covers the Knights congregate meal program which is a lunch program that is offered on Monday, Wednesday, and Friday to the residents of the Knights Centre.

Daily and monthly attendance for all of our programs is important and is recorded and reported to IERHA. These attendance stats as well as our membership numbers and the number of people that we help with information and referrals are all very important for our funding dollars.

Big thanks to all of our members, non-members, our countless volunteers, our group and activity leaders and everyone that comes to the Centre and supports what we do.

Together we will continue to be an important leader and participant in our community supporting our older population.

Happy New Year Everyone!!

Lee Hanson

Executive Director

TONS- Driving Safely & Winter Driving Virtual Presentation

The "Driving Safely" presentation provides Older Adults information on physical, mental and functional changes that may occur with age and could in turn affect driving abilities. -We discuss strategies and tools that will support Older Adults in becoming more self-aware about their health, their driving and we focus on empowering the individual to make better decisions for themselves. -Winter driving tips for safe winter travelling -We also discuss community options that are available for a time when a driver may need to transition to a passenger - Participants are not tested on driving skills, this is an information style presentation.

This will be on Zoom
Tuesday, January 11, 2022
1:00 to 2:00 p.m.
Please phone to register
(204)-785-2092

Telepresence Robots

Reg Urbanowski, the Dean of the College of Rehabilitation Sciences, will talk to us about an exciting project using telepresence robots. He will discuss how you could have a telepresence robot in your home for the project's duration. The robot will help keep you connected with loved ones. There is no cost to participate in the project, and people are free to try it to see if it fits their lifestyle. Reg will have a telepresence robot during the presentation, so you can see what they are and how easy they are to operate.

The Gordon Howard is doing a presentation on Zoom on this topic on Wednesday, January 19, 2022 at 1:30. Please call to sign up so I can send you the link.

Grocery Bingo

Monday, January 24, 2021

Time: 1:30 p.m.

Cost: \$12.00 Member

\$15.00 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 – Friday, Nov.21, 2022

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

Moving with Muscle comes back on Monday, January 3, 2022. Cost for January is \$27.00 nine classes.

Stretch & Balance comes back Monday, January 3, 2022. Cost for January is \$27.00 for nine classes.

Light & Light & Lively comes back Tuesday January 4, 2022. Cost for January is \$24.00 for eight classes.

Gordon Howard Centre

January 2022

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

Mon.	Tues.	Weds.	Thurs.	Fri.
3. 9:00 Moving with Muscle 10:30 Stretch & Balance	4. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarvers 1:00 Bridge 1:30 Crib	5. 9:00 Moving with Muscle 10:30 Stretch & Balance	6. 9:30 Light & Lively 10:45 Sit & Get Fit	7. 9:00 Quilting
10. 9:00 Moving with Muscle 10:30 Stretch & Balance	11. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Safe Driving 1:00 Woodcarvers 1:00 Bridge 1:30 Crib	12. 9:00 Moving with Muscle 10:30 Stretch & Balance 1:30 Robots Telepresence	13. 9:30 Light & Lively 10:45 Sit & Get Fit	14. 9:00 Quilting
17. 9:00 Moving with Muscle 10:30 Stretch & Balance	18. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarvers 1:00 Bridge 1:30 Crib	19. 9:00 Moving with Muscle 10:30 Stretch & Balance	20. 9:30 Light & Lively 10:45 Sit & Get Fit	21. 9:00 Quilting
24. 9:00 Moving with Muscle 10:30 Stretch & Balance 1:30 Grocery Bingo	25. 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarvers 1:00 Bridge 1:30 Crib	26. 9:00 Moving with Muscle 10:30 Stretch & Balance	27. 9:30 Light & Lively 10:45 Sit & Get Fit	28. 9:00 Quilting
31. 9:00 Moving with Muscle 10:30 Stretch & Balance				

Brain Injury - Wednesday, January 5, 2022 2:00 to 4:00 p.m.