

# Gordon Howard Centre

*The Place for Active Living*

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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](mailto:Info@gordonhoward.ca)  
Website: [www.gordonhoward.ca](http://www.gordonhoward.ca)

## The Gazette

### January 2023

### 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 2023 membership now. Anyone who becomes a member before January 27th 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
Alzheimer's Coordinator	Samantha Holland
Adult Day Program	Alyssa Harrison
Fitness Coordinator	Patsy Duncan

### **The 2022-23 Board of Directors:**

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

### **Directors:**

Joyce Banera, Peggy Holt, Fran Domitruk

## **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.

**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.

## **Christmas Quilt Draw**

The winner of the Robert Bateman print  
was Jennifer Mills

The winners of the quilt baskets were  
Rick Holt  
Jim Kirkness

A man thinks housework is a woman's job, but one evening, Janice arrived home from work to find the children bathed, one load of laundry in the washer and another in the dryer Dinner was on the stove and the table set. She was astonished:

It turns out that Charles had read an article that said. 'Wives who work full-time and had to do their own housework were too tired to have se\*x.'

The night went very well. The next day, Janice told her Red Hat friends all about it. "We had a great dinner. Charles even cleaned up the kitchen. He helped the kids do their homework, folded all the laundry and put it away. I really enjoyed the evening."

"But what about afterward?" Asked her friends.

"Oh that. Charles was too tired." 🤔

# 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. 14, 2023**

Blue Cross and Veteran affair Accepted

Call 785-2092 to make an appointment.

## Flying Eagle Foot Care

**Saturday, January 7, 2023**

Call 785-2092 to make an appointment.



# Happy Birthday January

Susanne Lee	1
Gloria White	1
Peggy Holt	2
Karen Hygaard	2
Vida Zmavc	2
Barb Doren	3
Candy Grable	7
Debbie Dokken	7
John Damm	12
Barbara Kelsch	14
Marlene Hrenchuk	17
Jenny Sander	17
Norval Sander	20
Lionel Hancock	23
Jeannie Inkster	24
Olga Olender	26
Linda Rosser	26
Donna Tillett	31
Louise Blahitka	31

The Gordon Howard Centre is looking for someone that would like to help out with doing taxes this year for seniors. We have one person but would like to have some help for her. Please call Elin if you would like to help out. 204-785-2092

A sad farewell to Heather Bailey, who has taught Moving with Muscle here at the Centre the last few years. She has decided to move on to other things life has to offer. We wish you all the best Heather in your future endeavors.

## 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.



## Teachings of Indigenous Culture

We at Gordon Howard are starting a session about Indigenous people to learn about their culture. This will be taught by an elder and it will run 7 weeks. Do you know about sweat lodges, smudging, pow wows. Come learn about Indigenous Culture

This course will be about an hour, once a week. After these teachings, we will be having a session just about Metis.

If you are interested in coming, please call 204-785-2092 and we will sign you up. Everyone welcome. Next one is Wednesday, January 4, 2023

**Time is 1:00 p.m.**  
**Multi-Purpose Room**  
**Members - \$2.00**  
**Non-Members - \$3.00**

## Gordon Howard Cook Book

The Gordon Howard would like to may-be do a cook book as a fundraiser. We would like our members to e-mail or stop in to give it to us your favorite recipe. If you have a few that would be great to. Years ago we did a cook book that was very popular, people still ask where they can get a copy but very hard to find now.

A Little 10-year-old girl was walking home, alone, from school one day, when a big man on a black motorcycle pulls up beside her.  
After following along for a while, turns to her and asks,  
"Hey there little girl, do you want to go for a ride?"  
"NO!" says the little girl as she keeps on walking.  
The motorcyclist again pulls up beside her and asks,  
"Hey little girl, I will give you \$10 if you hop on the back."  
"NO!" says the little girl again as she hurries down the street.  
The motorcyclist pulls up beside the little girl again and says,  
"Okay kid, my last offer! I'll give you 20 Bucks "and" a Big Bag of Candy if you will just hop on the back of my bike and we will go for a ride."  
Finally, the little girl stops and turns towards him and Screams Out...  
"Look Dad" "You're the one who bought the Honda instead of the Harley ...YOU RIDE IT!!".....

## Class Description of Light & Lively

This one-hour class set to music is a combination of aerobic, strength, balance and flexibility training for a full body workout. A Variety of equipment (provided by the Centre) such as hand weights, bands and a chair are used. This class is suitable for all fitness abilities and participants are encouraged to work at their own level. Be prepared to get a great workout while having fun and lots of laughs in this non intimidating class!

## **Birthday Party**

We are having a party and you are invited.

On Friday, February 17, 2023

At 1:30 p.m.

In the Banquet Hall

Come and have some birthday cake and ice cream

Entertainment by: Marc Bowman

Silver Collection

Please call the Centre to register:

204-785-2092

Please sign up by Tuesday, February 14, 2023.

I encourage everyone who wants to get out for an hour or two to come and enjoy the music and company. We are having this event in the Banquet Hall so we can social distance but still have a good time.

Light & Light & Lively comes back Tuesday January 3, 2023. Cost for January is \$24.00 for eight classes.

Floor Curling comes back Monday, January 9, 2023

Wood Carving comes back Tues. January 10, 2023

Watercolor comes back on Thursday, January 5

Painting with Pat comes back on Monday, January 16, 2023

# Gordon Howard Centre

## January 2023

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Mon.	Tues.	Weds.	Thurs.	Fri.
2. <b>Centre Closed</b>	3. 9:30 L&L 10:45 S&GF 1:00 Woodcarvers 1:00 Bridge 1:30 Crib	4. 1:00 Knitting 1:00 Indigenous Teachings 1:00 Brain Injury	5. 9:30 L&L 10:45 S&GF 12:00 Tea & Tales 1:00 Water color 1:00 Bridge 2:00 coffee	6. 9:00 Quilting
9. 1:00 Floor Curling	10. 9:30 L&L 10:45 S&GF 1:00 Woodcarvers 1:00 Bridge 1:30 Crib	11. 1:00 Knitting 1:00 Indigenous Teachings	12. 9:30 L&L 10:45 S&GF 12:00 Tea & Tales 1:00 Watercolor 1:00 Bridge 2:00 coffee	13. 9:00 Quilting
16. 1:00 Floor Curling 1:00 Painting	17. 9:30 L&L 10:45 S&GF 1:00 Woodcarvers 1:00 Bridge 1:30 Crib	18. 1:00 Knitting 1:00 Indigenous Teachings	19. 9:30 L&L 10:45 S&GF 12:00 Tea & Tales 1:00 Watercolor 1:00 Bridge 2:00 coffee	20. 9:00 Quilting
23. 1:00 Floor Curling 1:00 Painting	24. 9:30 L&L 10:45 S&GF 1:00 Woodcarvers 1:00 Bridge 1:30 Crib	25. 1:00 Knitting 1:00 Indigenous Teachings	26. 9:30 L&L 10:00 S&GF 12:00 Tea & Tales 1:00 Watercolor 1:00 Bridge 2:00 coffee	27. 9:00 Quilting
30. 1:00 Floor Curling 1:00 Painting	31. 9:30 L & L 10:45 S&GF 1:00 Woodcarvers 1:00 Bridge 1:30 Crib			

Brain Injury – Wednesday, January 4, 2023  
L&L is Light and Lively  
S&GF is Sit and Get Fit