



The Gazette

July 2022

Rainbow Stage – The Hockey Sweater

is Roch Carrier's beloved short story about the drama that follows the delivery of a Toronto Maple Leafs sweater to his home in Québec, a bastion of support for Rocket Richard and the Montreal Canadiens.

Story by Roch Carrier, Illustrations by Sheldon Cohen, Translated into English by Sheila Fischman and published by house of Anansi Press.

Members only
Cost: \$25.00 per ticket
Wednesday, July 13, 2022
Time: bus leaves the Centre at 12:30 p.m.

Road Trip

While on a road trip, an elderly couple, Jack and Debbie, stopped at a roadside restaurant for lunch ...

After finishing their meal, they left the restaurant and resumed their trip ...

When leaving, the elderly woman unknowingly left her glasses on the table, and she didn't miss them until they had been driving for about forty minutes.

By then, to add to the aggravation, they had to travel quite a distance on the motorway, before they could find a place to turn round to return to the restaurant to retrieve her glasses

...

All the way back, the elderly husband became the classic grumpy old man ...

He fussed and complained, and scolded his wife relentlessly during the entire return drive ...

The more he chided her, the more agitated he became ...

He just wouldn't let up for a single minute ...

To her relief, they finally arrived at the restaurant ...

As the woman got out of the car and hurried inside to retrieve her glasses, the old geezer yelled to her

"While you're in there, you might as well get my hat and the credit card"



Happy Birthday July

Faye Damm	1
Helen Farrell	1
Linda Homenick	1
Anne-Marie Kurbis	1
Terry Shumka	1
Ken Pawluk	4
Olof Hardy	6
Suzanne Delorme	9
Mary Rivard	10
Suzanne Borisenko	11
Pat Pruden	12
Dawn Kardashinski	13
Shawn Harvey	13
Margaret Martini	13
Theresa Hewitt	15
Walter Chopek	16
Louise Chamberlain	18
Lauriana Audette	19
Doreen Typliski	19
Patricia Johnson	23
Dawn MacFarlane	23
Carl Zaluski	24
Louise Gagne- Chuhie	24
Sharon Richards	24
Shirley Wilkowich	26
Rae Cote	27
Noreen Spence	28
Shirley Edginton	30
Gerry McAuley	30
Phyllis Kutzak	31
Marie Polowy	31

Folklorama

The Gordon Howard Centre is taking a trip to Folklorama in August. Come join us and experience different cultures from all around the world!

The tour will be on
Wednesday, August 3, 2022

Tickets are: \$90.00 Members
\$100.00 Non-member

The cutoff date is Friday July 21, 2022
We are asking for a \$20.00 deposit or full payment
when registering for this event.

We will be visiting the following pavilions:

Belgian
Casa do Minho Portuguese
Ukraine-Kyiv

The bus will be leaving at 4:45 pm and we will be
arriving back in Selkirk by 11:15 pm
Everyone Welcome

Folklorama

The Gordon Howard Centre is taking a trip to Folklorama in August. Come join us and experience different cultures from all around the world!

The tour will be on
Wednesday, August 10, 2022

Tickets are: \$90.00 Members
\$100.00 Non-member

The cutoff date is Friday July 21, 2022

We are asking for a \$20.00 deposit or full payment when registering for this event.

We will be visiting the following pavilions:

Egyptian
Canadien- Francais
Tamil

The bus will be leaving at 4:45 pm and we will be arriving back in Selkirk by 11:15 pm
Everyone Welcome



Rainbow Stage

The Wizard of Oz

Wednesday, August 24, 2022

Come with us for this classic show.

We will be going to the afternoon performance which starts at 2:00 p.m.

Price is \$25.00 per ticket

Members only

The bus will leave Gordon Howard by 12:30 p.m. and will return around 5:00 p.m.

Seniors Tea & Tales

This is a new program from the Manitoba Mood Disorders.

No registration required. Come on down to 384 Eveline Street for hot coffee and tea, ready to discuss mental health, mood disorders and a variety of other topics.

We look forward to seeing you!

Thursday, July 7, 2022

12:00 to 2:30

This will be a weekly drop-in session.



Stepping Up with Confidence
This is a program from Manitoba Mood Disorders

We will be mindfully moving our bodies for 30 minutes, followed by 10 minutes of mindfulness and breathing exercises created specifically for older adults. It will be featured live on our Facebook page.

Live Streamed at The Gordon Howard Centre
384 Eveline Street
Selkirk, Manitoba

Every Tuesday at 10:00 am
To sign-up
e-mail – Michael Carvalho @ interlake@moodmb.ca

Mb 55 + Games – Selkirk – June 7, 8, 9th

A big thank you to everyone that helped out and participated, in the Mb 55 + Games in Selkirk!

Selkirk was host to 840 participants that took part in the Games along with over 100 volunteers that made it all possible.

What a great opportunity to showcase Selkirk's entertainment and its fabulous venues.

We hope that our out of town participants enjoyed themselves and we look forward to their return visits.

Thanks again to our Games Committee, Active Aging in Manitoba and all of our Sponsors for their commitment and support!!

We couldn't have done it without you!!



Manitoba 55+ Games 2022

Selkirk Slo-Pitch team wins Silver Medal

In one of the most thrilling games, the Selkirk Slo-Pitch team won the A Division Silver Medal after losing by a run in extra innings to the Maulers from western Manitoba. Selkirk had also tied the Maulers in round robin play during the Senior Games held from June 7 to 9. 15 teams from all over Manitoba entered the Slo-Pitch competition in 3 divisions. B Division was won by St. James Ichabods and the Nomads took C Division.

The ball games were a spectators' delight as leads changed back and forth during the course of the games. The diamonds were in great shape thanks to Selkirk Parks and Recreation staff.

The Selkirk Slo-Pitch team was formed in 2000 and played in the Senior Games in Dauphin. They continued the next year when the Senior games were held in Selkirk. Selkirk won gold in the games held in The Pas(2008) and Oak Point (2009), and Blumberg Provincials (2012) with several other medal finishes, managed by Fred Proden. The current player-manager, Gerald Machnee, was a rookie with the team when they played in the 2001 Senior Games in Selkirk and has since played in all 20 Senior Games since 2001. Selkirk now has a good mix of new and veteran players giving them a well-balanced team.



Standing L to R: Bill Perdonic, Doug Cockerill(behind Bill), Lawrence King, Pat Riley, Donna Loewen, Darrell Dunning, Gary Dear, Guy Therrien, Gerald Koroscil, Bill Wilson, Gerald Machnee, Derrick Paul, Gerry Hamm(committee).

Front L to R: Bob Zahayko, Steve Golden, Vic vander Grinten, Karla Hulls, Roberta Dear.

Submitted by Selkirk Slo-Pitch

Gordon Howard Centre

July 2022

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

Mon.	Tues.	Weds.	Thurs.	Fri.
				1. HAPPY CANADA DAY
4.	5. 1:00 Bridge	6.	7. 1:00 Bridge	8. 10:00 Quilting
11.	12. 1:00 Bridge	13. Rainbow Stage Hockey Sweater	14. 1:00 Bridge	15. 10:00 Quilting
18.	19. 1:00 Bridge	20.	21. 1:00 Bridge	22. 10:00 Quilting
25.	26. 1:00 Bridge	27.	28. 1:00 Bridge	29. 10:00 Quilting

