



# The Gazette

## May 2022

### Mother's Day English Tea

After all this time, it is time to start getting out again.  
On Thursday May 5, 2022, from 1 to 3 p.m.  
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.



## 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 2021-2022 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.

## 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.

Gordon Howard is looking for someone who would like to help this year with the flower bed at the Centre. If anyone is interested, please call the Centre at 204-785-2092

## REGULAR PROGRAMS at the GORDON HOWARD CENTRE

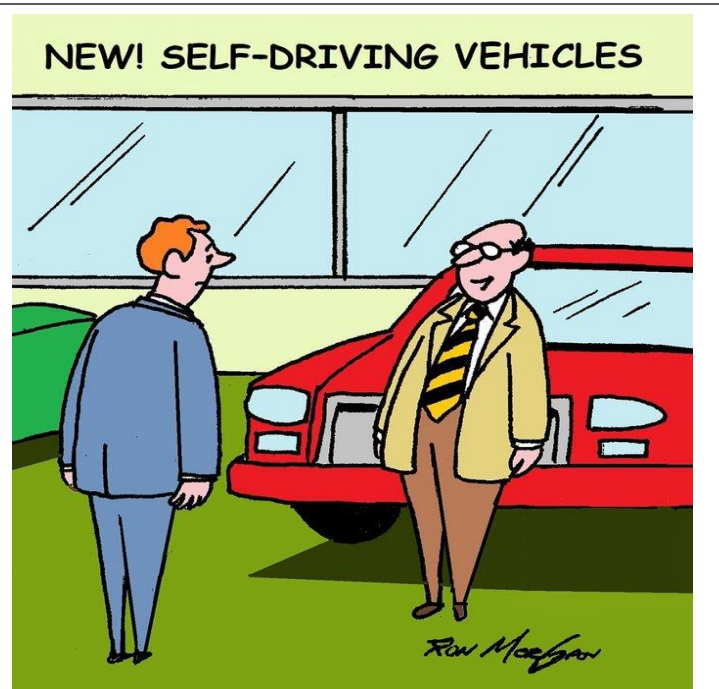
**Crafts/Knitting/Crochet:** Wednesdays - 1:00 p.m.  
**Fitness: Light & Lively:** Tues & Thurs. – 9:30 a.m.  
**Fitness: Sit & Get Fit:** Tues & Thurs. – 10:45 a.m.  
**Floor Curling:** Mondays - 1:00 p.m.  
**Oil Painting:** Fridays 10:00 a.m.  
**Painting:** Mondays – 1:00 p.m.  
**Moving with Muscle:** Mon & Weds. 9:00 a.m.  
**Quilting:** Fridays - 10:00 a.m.  
**Snooker/Pool:** Monday – Friday - 9:30 – 4:30 p.m.  
**Stretch & Balance:** Mon. & Weds. 10:30 a.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, May 5, 2022

**Brain Injury Support Group –** First Wednesday of the month. Next meeting Wednesday, May 5, 2022 1:00 to 3:00 p.m.



"And, if you fall behind on payments, it drives itself back to the dealership."

## Good Health

### FOOT CARE CLINIC:

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

**Saturday, May 14, 2022**

Blue Cross and Veteran affair  
Accepted

Call 785-2092 to make an appointment.



## Happy Birthday May

Maxine McRae	1
Fred Peters	1
Elsie Wyspinski	2
Mae Marcus	5
Tom Tolloch	5
Nancy Greer	9
Monika Szabolcsi	9
Joyce plamondon	10
Nancy Muller	11
Richard Epp	13
Debbie Dueck	14
Patricia Choquette	17
Iris Vitt	18
Stan Paradoski	20
Shirley Beaupre	20
Rosemary Bouley	22
Adolph Latta	22
Victor Typliski	24

## The House of Economy

The Gordon Howard Centre is looking for volunteers to help at the House of Economy 1 to 2 days a month from 10:00 a.m. to 2:00 p.m. If you feel like getting out of your house sometimes, this is a friendly environment to be involved in. If you are interested, please call the Centre at (204)-785-2092.



### Selkirk Walks for Alzheimer's

Join us as we walk and raise money for the Alzheimer's Society of Manitoba. On Friday, June 3<sup>rd</sup> at 1:00 p.m. we will do the walk, I have attached the pledge foam onto the Gazette for anyone who wants to walk with us and get pledges, if you just want to walk with us that's great too. Not sure on where we will be walking to may-be to the gates of the Selkirk Park then back to the Centre. There will be refreshments when we get back to the Centre for anyone who would like. Come out and let's show our support for Alzheimer's. Our team name is The Golden Oldies.

## **Casino Trip – Carberry**

Now here is a good deal!

This is a fund Raising trip but the Casino is going to give us \$15.00 to gamble with and a free lunch. We have three options for lunch.

Plus, the bus ride there and bingo on the bus. This is a great deal.

Come out and have some fun with us at the Sand Hills Casino.

Wednesday, May 11, 2022

\$35.00 per person

Leave the Centre at 8:45 a.m.

Back around 6:30 p.m.

Call 204-785-2092 to reserve your spot.

Cut-off for this trip is Friday, May 6, 2022

**Everyone over 18 welcome but you have to be double vaccinated and have your card and Photo I.D. This is required only for entering Gordon Howard not the Casino.**

Cut - off date is Friday, May 7, 2022

### Nutrition and Active Living

On Thursday, May 26 at 1:00, registered Dietitian, Jay Adam will be here at the Centre to talk about Nutrition and Active Living. He will be talking about a few different topics. Hopefully you will have lots of question for him. Please register by calling 204-785-2092.

Just a reminder that Folklorama is back. I will be sending a bus each week. I will have information soon so keep watching your Gazette for updates.

The busses will go on Wednesday, August 3<sup>rd</sup> and Wednesday, August 10<sup>th</sup>.



## Urinary Incontinence

Incontinence is one of the common symptoms that herald frailty in our older adults. It is caused by several factors including immobility, bladder weakness, prostate problems and even side effects of some pills. It can be very distressing and embarrassing for most individuals.

The good news is that incontinence can be managed thereby reducing the risk of recurrent urinary infections, dependence on others and improving the quality of life.

This session will be coordinated by Dr. Temitope Ajayi. Temi, as he is fondly called, is a UK-Trained Family Physician currently practicing at Easton Place Medical Clinic in Selkirk as a Family Doctor. He is very passionate about care of our older adults and palliative care.

**Please join us, Wednesday, May 18 at 2:00 pm**

To register please call the Centre by Monday, May 16, 2022  
(204)-785-2092



Selkirk Age Friendly makes a one-hundred-dollar donation to the Minds in Motion program. Pictured above is Minds in Motion volunteers left to right Pat Pruden, Maggie Katzeley, Joan Griffith-Parker, and Samantha Holland the Regional Coordinator for the Alzheimer Society.



June 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup>, 2022  
Selkirk, MB

**REGISTER TODAY!**

Registration Deadline:

May 13th (May 20th for Slo-Pitch)

Early bird pricing in effect until April 29th

& Virtually June 10th - July 10th



Qualify in Selkirk to represent Team Manitoba at the 2022 Canada 55+ Games: August 23-26, 2022 in Kamloops, BC

**Events Open to Everyone:**

- 1 km Nordic Pole walk (Predicted time)
- 3 km walk/run (Predicted time)
- 5 pin Bowling – singles & team
- 9 & 18 Hole Golf
- Arts & Crafts
- Bocce Ball
- Darts
- Floor Curling
- Floor Shuffleboard
- Horseshoes
- Lawn Bowling
- Pickleball
- Slo-Pitch
- Snooker & 8 Ball
- Track

A Program Of



To register visit:  
Active Aging in Manitoba (AAIM)  
Website: [www.activeagingmb.ca](http://www.activeagingmb.ca)  
Email: [manitoba55plusgames@gmail.com](mailto:manitoba55plusgames@gmail.com)  
Phone: 204-261-9257 Toll-Free: 1-866-202-6663



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### 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.

This is the first show of the season and I would like to send a bus full of people to see it.

I would like to know if you are interested in going. I have no details yet other than it will be in July, maybe afternoon not sure on cost guessing about \$75.00 per ticket.

If you are interested, please call the Centre to register your seat. When I know there is interest then I will have better details.

### Garage Sale

The Gordon Howard Centre will be having a garage sale at the end of June. If you have anything in good shape to donate, please think of the Centre. You can drop off stuff at the Centre but not until closer to June.

### Don't Try to Fool Mom

Mrs. Ravioli comes to visit her son Anthony for dinner. He lives with a female roommate, Maria. During the course of the meal, his mother couldn't help but notice how pretty Anthony's roommate is. Over the course of the evening, while watching the two interact, she started to wonder if there was more between Anthony and his roommate than met the eye. Reading his mom's thoughts, Anthony volunteered,

"I know what you must be thinking, but I assure you, Maria and I are just roommates."

About a week later, Maria came to Anthony saying,

"Ever since your mother came to dinner, I've been unable to find the silver sugar bowl. You don't suppose she took it, do you?"

"Well, I doubt it, but I'll email her, just to be sure."

So he sat down and wrote an email:

Dear Mama,

I'm not saying that you "did" take the sugar bowl from my house; I'm not saying that you "did not" take it. But the fact remains that it has been missing ever since you were here for dinner.

Your Loving Son,

Anthony

A few days later, Anthony received a response email from his Mama which read:

Dear son,

I'm not saying that you "do" sleep with Maria, and I'm not saying that you "do not" sleep with her. But the fact remains that if she was sleeping in her OWN bed, she would have found the sugar bowl by now.

Your Loving Mama

Moral:

Never Bulla Shita your Mama.



# Gordon Howard Centre

## May 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 1:00 Painting with Pat	<b>3.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarving 1:00 Bridge	<b>4.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 1:00 Knitting	<b>5.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Watercolor 1:00 Bridge	<b>6.</b> 9:00 Quilting
<b>9.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 1:00 Painting with Pat	<b>10.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarving 1:00 Bridge	<b>11.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 1:00 Knitting	<b>12.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Watercolor 1:00 Bridge	<b>13.</b> 9:00 Quilting
<b>16.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 1:00 Painting with Pat	<b>17.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarving 1:00 Bridge	<b>18.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 1:00 Knitting <b>2:00 Urinary Incontinence</b>	<b>19.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Watercolor 1:00 Bridge	<b>20.</b> 9:00 Quilting
<b>23.</b> <b>Centre Closed</b>	<b>24.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarving 1:00 Bridge	<b>25.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 1:00 Knitting	<b>26.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Watercolor 1:00 Bridge <b>1:00 Dietitian</b>	<b>27.</b> 9:00 Quilting
<b>30.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 1:00 Painting with Pat	<b>31.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarving 1:00 Bridge			

Don't forget "Senior Centre Without Walls. They are a free telephone group for activities for Manitobans 55+. For more information or to register: 204-956-6440  
Winnipeg or toll free  
1-888-333-3121.