

# Gordon Howard Centre

*The Place for Active Living*

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

### October 2021

#### OCTOBER IS SENIORS AND ELDERS MONTH

### Fall Supper

Gordon Howard Centre  
**Take Out Fall Supper**  
Take home, Heat up and enjoy

Pick up meals on: Sunday, October 3, 2021  
Between 2:00 p.m. and 4:00 p.m.

#### Menu

Roast Pork  
Potatoes & gravy  
Meatballs  
Veggies  
Dinner Roll  
Coleslaw  
Dessert

Get your meal tickets early.  
Deadline October 1, 2021 (limited numbers)  
\$15.00 per meal  
Call – (204)785-2092 to reserve your ticket

## **Gordon Howard Centre**

**We are here for you!**

### **Staff:**

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

### **The 2020-21 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.

## **REGULAR PROGRAMS at the GORDON HOWARD CENTRE**

**Monday to Friday**

**9:00 a.m. – 4:00 p.m.**

**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 & Thurs. – 9:30 a.m.

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

**Floor Curling:** Monday – 1:00 p.m.

**Painting:** Mondays – 1:00 p.m.

**Moving with Muscle:** Mon & Weds. 8:30 a.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.

**Writing for Fun:** Thursdays – 10:00 a.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, Oct. 7, 2020. Must call Samantha to let her know you are coming. 204-268-4752

**Brain Injury Support Group** – First Wednesday of the month. Wednesday, October 7<sup>th</sup> 1:30 p.m. to 2:30 p.m.

## **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.

**The Gordon Howard Centre would like to Thank Olga Olender for delivering the Gazettes around Selkirk for us. She does a wonderful job. Thank you!**

**A blonde and a  
brunette are in a car  
and the brunette  
mentions that  
Christmas falls on a  
Friday this year. The  
blond says "i hope  
its not the 13th!"**

# Good Health

## FOOT CARE CLINIC:

Ms. Adele Hummelt, RN and a Certified Foot Care Nurse will be at the Gordon Howard Centre on  
**Sat. Oct. 16, 2021**  
Blue Cross and Veteran affair Accepted  
Call 785-2092 to make an appointment.

## HEARING CLINICS:

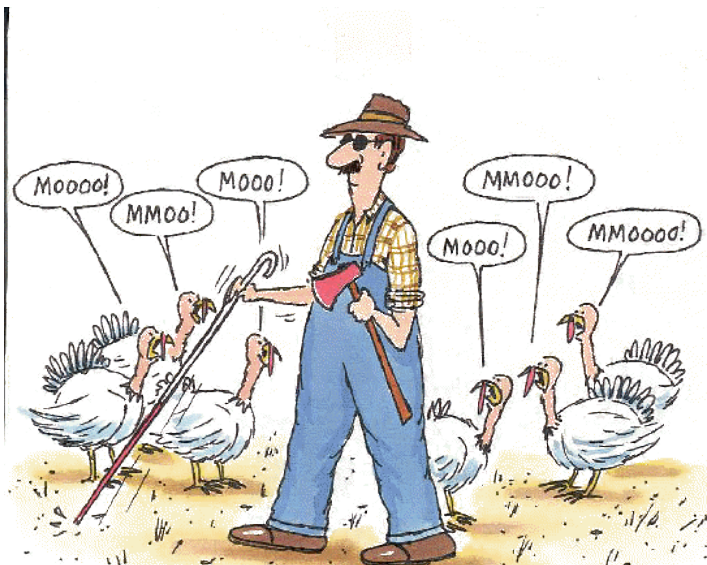
**BELTONE HEARING** will be at the Gordon Howard Centre on:  
**Tuesday, October 19, 2021**  
Call toll free 1-800-661-2653 to book an appointment.

The Gordon Howard would like to thank Kay Boyd for her donations to the Centre.



## Happy Birthday October

Leona Christiansen	4
Henry Goerzen	7
Tracey Pruden	7
Donna Waytiuk	7
Valerie Krut	9
Barry Kozelman	14
Dorothy McCaskill	16
Marilyn Zaluski	18
Mary Cartlidge	19
Peter Helash	20
Donald Young	25
Pam Linklater	30
Donald Zalusky	30
Faye Unrau	31





## Creative Journaling

Gail's creative journal program is about creating the life you want and steering in the direction you prefer. Use your mixed media sketch book/journal and whatever supplies you already own like wax crayons, colored pencils, markers, watercolor crayons, acrylic paint, glue and scissors, colorful bits of paper. We will do this by asking questions, thinking, meditating, writing a bit and then doodling, coloring, painting, collaging. It's truly meant to be for anyone, no skills required! Going through this process will help you to open the doors to creativity and possibility in your life and you can start with whatever you have even if it's only a piece of paper and a ballpoint pen.

One hour per week for ten weeks.  
This class will cost \$3.00 per week  
Will have the class if enough are interested  
Class would start middle of October  
Please call if interested (204)-785-2092



ONLINE REGISTRATION: [ZUMBAJAN@MTS.NET](mailto:ZUMBAJAN@MTS.NET)

## ZUMBA TONING + ZUMBA FITNESS!

10 WEEKS OF CLASSES THAT COMBINES 30 MINUTES OF TONING WITH  
30 MINUTES OF CARDIO FOR ONE EFFECTIVE WORKOUT!

IN-PERSON ON WEDNESDAYS AT GORDON HOWARD, 6:30PM. OCT 6  
TO DEC 10. (\$100 OR \$90 FOR CURRENT GORDON HOWARD MEMBERS)

VIRTUAL LOW IMPACT ZUMBA GOLD CLASSES ON FRIDAYS, 9:00AM.  
OCT 8 TO DEC 10. (\$50)

VIRTUAL ZUMBA TONING + ZUMBA FITNESS ON SATURDAYS, 9:00AM.  
OCT 9 TO DEC 11. (\$50)

BUNDLE AND SAVE OPTIONS TOO!

*sign up now*

## **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, October 27, 2021

\$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.

**Everyone over 18 welcome but you have to be double vaccinated and have your card and Photo I.D.**

Cut - off date is Friday, Friday, October 22, 2021

Light & Lively and Sit & Get Fit starts on Tuesday, October 5, 2021

Cost for 8 classes is \$28.00 for the month of October.

## **Halloween Potluck and best costume**

You are invited because we are having a Halloween party. Bring your favorite dish may-be something spooktacluar? (Pun intended). We are having a little costume party to go with the pot luck. There will be prizes for the best costume.

Friday, October 29, 2021

12:00 p.m.

Multi-purpose room

If you are planning to attend, please call the Centre at (204-785-2092) to let us know what you are bringing.

## Minds Motion



**Minds in Motion®** is a program designed for people with early to moderate signs of dementia to attend with a family member or friend.

This weekly program offers 8 sessions including; a gentle chair fitness class followed by engaging activities and conversation.

**Gordon Howard Centre**  
**384 Eveline Street**  
**Selkirk, MB**  
**Wednesdays, Oct. 13 - Dec. 1**  
**1 - 3 pm**  
**\$65 per pair**  
**Register: 204-785-2092**

To learn more about the program, please contact:

**Samantha Holland**  
**Interlake/Eastern Regional Coordinator**  
**204-268-4752**  
**alzne@alzheimer.mb.ca**

[alzheimer.mb.ca/mindsinmotion](http://alzheimer.mb.ca/mindsinmotion)

TWO OLD MEN DECIDE THEY ARE CLOSE TO THEIR LAST DAYS AND DECIDE TO HAVE A LAST NIGHT ON THE TOWN. AFTER A FEW DRINKS, THEY END UP AT THE LOCAL BROTHEL

THE MADAM TAKES ONE LOOK AT THE TWO OLD GEEZERS AND WHISPERS TO HER MANAGER,

"GO UP TO THE FIRST TWO BEDROOMS AND PUT AN INFLATED DOLL IN EACH BED. THESE TWO ARE SO OLD AND DRUNK, I'M NOT WASTING TWO OF MY GIRLS ON THEM. THEY WON'T KNOW THE DIFFERENCE."

THE TWO OLD MEN GO UPSTAIRS AND TAKE CARE OF THEIR BUSINESS.

AS THEY ARE WALKING HOME THE FIRST MAN SAYS, 'YOU KNOW, I THINK MY GIRL WAS DEAD!'

'DEAD?' SAYS HIS FRIEND, 'WHY DO YOU SAY THAT?'

'WELL, SHE NEVER MOVED OR MADE A SOUND ALL THE TIME I WAS LOVING HER.'

HIS FRIEND SAYS, 'COULD BE WORSE, I THINK MINE WAS A WITCH.'

'A WITCH ?? . WHY THE HELL WOULD YOU SAY THAT?'

'WELL, I WAS MAKING LOVE TO HER,

KISSING HER ON THE NECK, AND I GAVE HER A LITTLE BITE,

THEN SHE FARTED, FLEW OUT THE WINDOW AND TOOK MY TEETH WITH HER !!!

# *Christmas Shopping at Polo Park*

Need to get your Christmas Shopping done?  
*Come with us as we go to Polo Park.*



**Thursday, November 18, 2021**

The bus will leave the Centre at **10:00 a.m.**

Leave Polo Park at **2:30 p.m.**

There is a food court so that you are able to have lunch at your own cost.

**Cost: Members: \$20.00**

**Non-Members: \$22.00**

Please register by Monday, November 15, 2021 by calling the  
Centre at (204)-785-2092. Must have a full bus to go.

## **Christmas Dinner Gordon Howard Centre**

**Take Out Christmas Supper**

**Or may-be sit down not sure yet but will kept you posted.**

Sit down meal: Friday December 10, 2021 or

Pick up meals on: Sunday, December 12, 2021

**Check the November Gazette to confirm date.**

**Menu:** Turkey, Mashed potatoes with gravy, stuffing, meatballs,  
cabbage rolls, veggies, buns and dessert.

To reserve tickets call

204-785-2092

Deadline for Tickets is Wednesday, Dec.8, 2021

Meal is \$20.00

# Gordon Howard Centre

## October 2021

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

Mon.	Tues.	Weds.	Thurs.	Fri.
				<b>1.</b> 9:00 Quilting 10:00 Oil Painting 10:30 Stretch & Balance
<b>4.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 10:00 Painting 1:00 Floor Curling	<b>5.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarvers 1:30 Crib	<b>6.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 1:00 Knitting	<b>7.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 10:00 Writing for Fun 1:00 Watercolor	<b>8.</b> 9:00 Quilting 10:00 Oil Painting 10:30 Stretch & Balance
<b>11.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 10:00 Painting 1:00 Floor Curling	<b>12.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarvers 1:30 Crib	<b>13.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 1:00 Knitting 1:00 Minds in Motion	<b>14.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 10:00 Writing for Fun 1:00 Watercolor	<b>15.</b> 9:00 Quilting 10:00 Oil Painting 10:30 Stretch & Balance
<b>18.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 10:00 Painting 1:00 Floor Curling	<b>19.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarvers 1:30 Crib	<b>20.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 1:00 Knitting 1:00 Minds in Motion	<b>21.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 10:00 Writing for Fun 1:00 Watercolor	<b>22.</b> 9:00 Quilting 10:00 Oil Painting 10:30 Stretch & Balance
<b>25.</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 10:00 Painting 1:00 Floor Curling	<b>26.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 1:00 Woodcarvers 1:30 Crib	<b>27. Casino Trip</b> 9:00 Moving with Muscle 10:30 Stretch & Balance 1:00 Knitting 1:00 Minds in Motion	<b>28.</b> 9:30 Light & Lively 10:45 Sit & Get Fit 10:00 Writing for Fun 1:00 Watercolor	<b>29.</b> 9:00 Quilting 10:00 Oil Painting 10:30 Stretch & Balance <b>12:00 Potluck</b>