

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
Website: www.gordonhoward.ca

The Gazette

September 2022

Fall Supper

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

Pick up meals on: Sunday, September 18, 2022
Between 1:30 p.m. and 3:00 p.m.

Menu

Roast Pork
Potatoes & gravy
Meatballs
Veggies
Dinner Roll
Coleslaw
Dessert



Get your meal tickets early.
Deadline September 14, 2022 (limited numbers)
\$18.00 member
\$20.00 Non-Member
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	
Alzheimer's Coordinator	Samantha Holland
Fitness Coordinator	Patsy Duncan
Fitness Coordinator	Heather Bailey

The 2021-22 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.

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 & 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.
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, September 7, 2022

Selkirk Bird Watchers Club (SBWC):

The next meeting will be held in the fall 2022.

Brain Injury Support Group – The next meeting is Wednesday, September 7, 2022. 1 to 3 p.m.

Tea & Tales – Every Thursday at 12:00 p.m. by Mood Disorders Association of Manitoba.

Senior's Thursday Morning Bowling

Our league is starting up in September and we are always looking for new players. We bowl Thursday mornings at 10:00 a.m. You do not need to have any bowling skills just a desire to have fun and a little exercise. We are planning to start up on September 8. For more information, please call Kay – 204-485-0618, Lesly – 204-785-2937 or Diane – 204-482-4006.

Good Health

FOOT CARE CLINIC:

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

Saturday, September 24, 2022

Blue Cross and Veteran affair
Accepted

Call 785-2092 to make an appointment.



Happy Birthday September

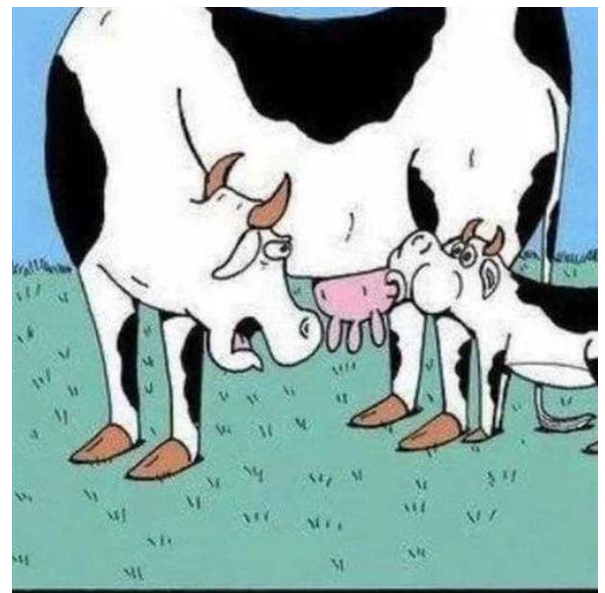
Murray Hacking	1
Theda Skalesky	6
Jennie Witwicki	6
Marjorie Cameron	9
Gloria Materi	10
Eileen Dennett	11
Carl Nixdorf	11
Angela Nesar	11
Lloyd Thomas	12
Wendy Courchaine	12
Doris Bennett	16
Erna Iwanoczko	20
Marilyn Henschel	24
Ruth Hooker	28
Doreen Jackman	29

Phone Etiquette

After a tiring day, a commuter settled down in his seat and closed his eyes. As the train rolled out of the station, a woman sitting next to him pulled out her mobile phone.



She started talking in a loud voice: "Hi sweetheart. It's Sue. I'm on the train."
"Yes, I know it's the six thirty and not four thirty, but I had a long meeting. No, honey, not with that Kevin from the accounting office. It was with the boss. No sweetheart, you're the only one in my life. Yes, I'm sure, cross my heart!"
Fifteen minutes later, she was still talking loudly. When the man sitting next to her had enough, he leaned over and said into the phone, "Sue, hang up the phone and come back to bed."
Sue doesn't use her mobile phone in public any longer.



"For the last time, Junior, stop blowing milk bubbles! ... You're giving me gas!"

The Gordon Howard Centre offers many activities, workshops and information sessions for older adults. Listed below are some of the fall activities. Call 785-2092 to register or for more information. Remember: If you can't commit to a full session, there are drop-in fees to accommodate your schedule.

Bridge

Every Tuesday and Thursday afternoon at 1:00 p.m.

Knitting & Crocheting

Every Wednesday afternoon at 1:00 p.m.

Cribbage

Every Tuesday afternoon at 1:30 in the Multi-Purpose room.

Fitness

Light and lively and Sit and Get Fit classes are held twice a week, Tuesday and Thursday mornings. Start date is Thursday, October 6.

Moving with Muscle Fitness

Monday and Wednesday mornings 9:00 a.m. Starts on Monday, September 19, 2022

Quilting

Every Friday in the Quilt Room

Floor Curling

Every Monday afternoon in the Banquet Hall at 1:00. Start date is Monday, Sept. 12.

Oil Painting

Friday Afternoons 1:00 p.m.

Pool Room

Drop in any time in the afternoon and have a game of pool.

Watercolor Painting

Watercolor every Thursday at 1:00 p.m.

Writing for Fun

Thursday mornings at 10:00 a.m.

Woodcarving

Sessions are for men and women. Classes are held every Tuesday afternoon at 1:00 p.m.

The Gordon Howard Centre is looking for volunteers.

Do you love to cook? The Gordon Howard Centre could use your help. The Centre is looking for a lead cook on a volunteer basis to help us in our kitchen with some of our upcoming events this fall. Please call Elin at 785-2092 for more information on some of our fall events.

We need people who would like to come help us in the kitchen when we have our meals. Could work out to be about once a month. We need volunteers who would like to sit at the reception desk to help us out when people come in and you will be trained.

Welcome Back BBQ

You are invited to our welcome back “everyone” BBQ.

Friday, September 9, 2022.



The BBQ will be in the multi-purpose room

Time: 12:00 p.m. to 1:30 p.m.

Hamburgers, salad, ice tea/coffee/tea. Members - \$8.00

Non-Members - \$9.00

Please call the Centre to register (204) - 785-2092

Perogy Bee

Please join us as we get together and make Perogies. The Gordon Howard Centre is looking for volunteers to help with this two - day event. We have a sign - up sheet at the front desk for volunteers looking to help with the peeling and cutting of the potatoes, assisting in the cooking, mashing and to help pinch the dough.

Perogy Bee Dates: Monday, October 3 and Tuesday, October 4, 2022

Drop by the Centre or call 204-785-2092 if you can help with this great fundraiser.



Important Ordering Information

- Perogies are \$7.00 per dozen
- Perogy filling is potato, cheese and onion
 - Pre-order by calling the Centre
- You must pre-order your Perogies, orders will **not** be taken the final day of the Perogy Bee
- Orders will only be available for pick up after 2:00 p.m. on Tues, October 4.

Save the date

**October 7th, 2022
In the Banquet Hall**



The Gordon Howard Center will be having a special meeting for our membership regarding the future of the Gordon Howard Center.

Must be a member to come.

Selkirk Art Crawl Raffles

Winners

50/50 - Gloria Kirkness

Quilt – Lynn Hotchkiss

Baby Quilt Package – Candy Grable

Membership Package – Donna Mostowy

Thank you to the Riverside Quilters for making this happen.

The Gordon Howard Riverside Quilters in partnership with Project Linus Canada, Selkirk Chapter, have made a donation of 82 blankets to “Sleep in Heavenly Peace, a non-profit agency that provides beds for children in need in Manitoba.



**The Gordon Howard Centre & Selkirk Services to Seniors
Invites you to join us for our first**

55+ *Active Lifestyle Expo*

In collaboration with community organizations you will gain access to resources in our area and collect information about health, wellness and more. This event will be held on both floors.

Refreshments served.

**Friday, October 21, 2022
10:00 a.m. to 2:00 p.m.
Gordon Howard Centre
384 Eveline Street**



Casino Trip – Carberry

Now here is a good deal!

This is a fund Raising trip but the Casino is going to give us \$25.00 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, September 28, 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.

Everyone over 18 welcome but you have to be double vaccinated and have your card and Photo I.D. Not for the Casino this is to enter Gordon Howard

Cut - off date is Friday, September 23, 2022

Alzheimer Society
MANITOBA
Dementia Care & Brain Health



Interlake-Eastern
Regional Health Authority

Minds *in* 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, Sept. 28 - Nov. 16
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

Birthday Party

We are having a party and you are invited.

On Friday, September 23, 2022

At 1:30 p.m.

In the Banquet Hall

Come and have some birthday cake and ice cream



Entertainment by: Lloyd Thomas
Silver Collection

Please call the Centre to register:
204-785-2092



Please sign up by Tuesday, September 20, 2022.

This is for people who have or going to have a Birthday in July, August and September. 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.

Halloween Grocery Bingo



Monday, October 31, 2022

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, October 28, 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

Gordon Howard Centre

The Place for Active Living

Monday	Tuesday	Wednesday	Thursday	Friday
			1. 12:00 Tea & Tales 1:00 Watercolor 1:00 Bridge 2:00 Coffee & Treat	2. 10:00 Quilting
5.	6. 1:00 Woodcarvers 1:00 Bridge	7. 1:00 Knitting	8. 12:00 Tea & Tales 1:00 Watercolor 1:00 Bridge 2:00 Coffee & Treat	9. 10:00 Quilting 12:00 BBQ
12. 1:00 Floor Curling	13. 1:00 Woodcarvers 1:00 Bridge	14. 1:00 Knitting	15. 12:00 Tea & Tales 1:00 Watercolor 1:00 Bridge 2:00 coffee & Treat	16. 10:00 Quilting
19. 9:00 Moving with Muscle 10:00 Painting with Pat 1:00 Floor Curling	20. 1:00 Woodcarvers 1:00 Bridge	21. 9:00 Moving with Muscle 1:00 Knitting	22. 12:00 Tea & Tales 1:00 Watercolor 1:00 Bridge 2:00 Coffee & Treat	23. 10:00 Quilting 1:30 Birthday Party
26. 9:00 Moving with Muscle 10:00 Painting with Pat 1:00 Floor Curling	27. 1:00 Woodcarvers 1:00 Bridge	28. Casino 9:00 Moving with Muscle 1:00 Knitting	29. 12:00 Tea & Tales 1:00 Watercolor 1:00 Bridge 2:00 Coffee & Treat	30. 10:00 Quilting

**September 18, 2022 – Take out Fall Supper.
Call (204)-785-2092 to reserve your ticket.**