



Gwen Secter
Creative Living Centre

at Syd Glow Place



Seven Oaks & St. Paul
Seniors Resource Finder

Winter Program Guide

January, February, March

2024



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



KOSHER MEALS ON WHEELS



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé



Serves Seniors and
People of All Ages

Meals Are Delivered Tuesday-Friday



Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



Gwen Sectar
Creative Living Centre
at Syd Glow Place

Applications Available

www.gwensector.com

Contact Vanessa | (204) 339 1701

info@gwensector.com



Seven Oaks & St. Paul
Seniors Resource Finder



Gwen Sectar
Creative Living Centre
at Syd Glow Place

WEDNESDAY PROGRAM

CHOOSE YOUR OPTION:

■ **FULL DAY 9:30-2:30**
(TRANSPORTATION IS INCLUDED)

\$35 FOR MEMBERS

\$42 FOR NON-MEMBERS

■ **LUNCHEON CLUB 11:30-2:30**

\$15 FOR MEMBERS

\$20 FOR NON-MEMBERS

Come enjoy Bingo, entertainment & wellness speakers. Experience friends & fellowship with activities such as: Rehabilitation Fitness Class and Art Groups led by experts.



Beneficiary Agency of the
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OF WINNIPEG



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
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À l'écoute de notre santé

CALL OR VISIT: GWEN SECTOR CREATIVE LIVING CENTRE
1588 MAIN STREET | 204-339-1701

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STAFF DIRECTORY:

Becky Chisick

Executive Director

Dan Saidman

Program & Volunteer Coordinator
Seven Oaks/St. Paul Seniors Resource
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gwensector.com

1588 Main Street

Find us on 

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Instagram



Gwen Sector Creative Living Centre gratefully acknowledges
the many years of continued funding and support from the following Sponsors:

Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



JEWISH FOUNDATION
— OF MANITOBA —



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé



BECOME A MEMBER



Membership will grant you access to all programs at Gwen Secter Creative Living Centre and Seven Oaks Seniors.



- Access to all FREE programs
- Preferred member pricing on all in-house programs
- Exclusive rates for outings and special events
- Discounts for select community organizations
- Access to subsidized transportation programs (based on availability)

Single \$40 | Couple \$70

Registration for Membership begins in **October**, though we will continue to accept registration year-round on a pro-rated basis.

**Gwen Secter Creative Living Centre is Honoured
to be the recipient of the:**

***‘Seniors Transportation Grant’
‘Kosher Kitchen Supervision Grant’
‘Gwen Secter Goes Viral Grant’***

**Thank you to the Jewish Foundation of Manitoba
for your ongoing support of Gwen Secter Creative
Living Centre through grants and the Gwen Secter
Creative Living Centre Endowment Fund.**



JEWISH FOUNDATION
— OF MANITOBA —

GREETINGS FROM THE EXECUTIVE DIRECTOR

Happy New Year and welcome to winter at Gwen Sector Creative Living Centre! I hope everyone enjoyed the holiday season and had a very Happy Hanukkah!

Since October 7th 2023, our feelings and emotions have been tested. We have witnessed the unthinkable. To everyone who is feeling the impact of the war in Israel, we are here to support you. If anyone needs to access services, learn coping strategies, or would like to make a donation to support Israel, you can contact me, and I will confidentially connect you with appropriate resources. Gwen Sector Creative Living Centre stands with Israel.

I encourage you to take a good look at this fantastic program guide. Not only do we have some fabulous entertainment over the winter, we have some new and exciting programs coming that have never been offered here before! Dancing, education, art, and music – we have something for everyone! If you don't like driving in the winter, remember we have accessible transportation available to the majority of our programs. No excuse to stay home, get in a warm vehicle and enjoy the programs with your friends. We are looking forward to seeing your friendly faces over the winter months.

Wishing everyone a safe and sunny winter!!

Am Yisrael Chai!
Becky Chisick
Executive Director

WINTER FITNESS

January - March

Urban Dance

Thursday at 1:00 pm

Urban Dance Class is an aerobic workout that has you moving to modern music. Here you will learn basic dance moves inspired by Hip Hop. The classes will be adaptable for all levels and fun for everyone. Join us as we partner with Graffiti Art Programs.

\$10 members | \$20 non-members

Floor Curling

Friday at 11:30 am

Indoor floor curling is a safe way to keep curling without being on the ice or sweeping. This game helps you to stay active: increasing your flexibility, range of motion, and blood circulation. We will be playing upstairs in the fitness area, and encourage you to bring a friend!

Free for members | \$2 non-members

Sip and Move

Tuesday at 10:00 am

A seniors exercise program followed by a cup of coffee. The fitness class is designed to build your strength, balance and endurance through various exercises. This program can be adapted to different peoples level of ability.

Instructor: Sarah Sanders
(14 classes)

\$78 members | \$95 non-members

Drums Alive!

Tuesday at 4:00 pm

Exciting fitness experience with Brenda Moberg that incorporates the pulsating rhythm of drums with the dynamic movement of dance. It allows for expression and creativity, provides an impressive degree of fitness, and most importantly, it's fun!

Instructor: Brenda Moberg
(11 classes)

\$65 members | \$80 non-members

Chair Exercise

Friday at 10:00 am

Sit, Stretch and Fitness is a seated fitness class where you have fun while exercising. The class includes light chats, fun games and will have you move all parts of your body. The program will stretch you from head to toe and leave you feeling loose and relaxed.

Instructor: Gloria Bibby
(10 classes Jan 12th - March 22nd)

Free for members
\$5 drop-in fee for non-members

DRUMS ALIVE!

WITH BRENDA MOBERG

TUESDAYS AT 4:00 PM

14 CLASSES

\$80 MEMBERS

\$95 NON-MEMBERS



*the pulsating rhythm of drums +
the dynamic movement of dance*





Seven Oaks & St. Paul
Seniors Resource Finder



Gwen Secter
Creative Living Centre

at Syd Glow Place



EVERY FRIDAY AT 10 AM
CHAIR EXERCISE
WITH GLORIA

FREE FOR MEMBERS
\$5 DROP IN FOR NON MEMBERS

Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



Gwen Secter
Creative Living Centre
at Syd Glow Place



Seven Oaks & St. Paul
Seniors Resource Finder

TUESDAY
AT 10:00 AM

SIP AND
MOVE!

Exercise Followed by
a Cup of Coffee

LEAD BY SARAH SANDERS
COME & JOIN US!

Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



WEDNESDAY ENTERTAINERS

Dave's Boys Band

January 3rd

Blossoms Seniors Care & Hearing Connect Presentations

January 10

Wandering Wayne

January 17

Reimagine Aging Presentation

January 24

Sing-A-Long with Cal

January 31

Canada Revenue Agency Presentation

February 7

Seniors Idol Winner Jerry Hallock

February 14



Bob Fleury Musical Comedy

February 21

Library Services Presentation

February 28

Music & Mavens

March 6

Games Day

March 13

Purim Party With Rabbi Matt

March 20

History of Winnipeg Presentation

March 27

****Effective January 1st, 2024 Wednesday program will increase to \$15M, \$20NM. The Wednesday Day program will increase to \$35M \$42NM (transportation included).**





MEMBER SPOTLIGHT

Earl Ashkin

"The tzaddikim of the Jewish Community is Wonderful"

Interview conducted and written by Jon Vanderveen

For this issue of the Gwen Sector Program Guide we interviewed Earl Ashkin. Earl has been coming to Gwen Sector Creative Living for over six years, attending as both a member looking for a social outlet with structured programming, and working as the Mashgiach for the kitchen.

Recently, Earl worked part time in the kitchen at Gwen Sector as the Mashgiach, temporarily taking over for his predecessor while they were on vacation. Earl watched over the food preparation to make sure it was prepared in a Kosher manner. Earl praised the Gwen Sector kitchen staff, saying that they were very good, professional, and require little

supervision -which is not the case everywhere he works as a Mashgiach.

Earl attends the Wednesday lunch programming, with his favourite activities being playing Bridge, Rummy Q and also participating in the seniors exercise program. Earl also likes the interesting guest speakers that Gwen Sector brings in after the Wednesday lunches, including political candidates, health experts, businessmen, and many more.

Gwen Sector also has afternoon outings to places such as the Zoo, live concerts in the park, Folklorama, Jewish fund raisers, all which Earl says he enjoys attending with the group immensely.



Start enjoying More Living today!

Keep doing the things you love, while receiving as little or as much support as you need. With an array of amenities and services, REVERA RESIDENCE is designed to give you more, so you can enjoy more hobbies, more friends, and have more time to focus on your health and happiness.

MOVE INTO A FULLY FURNISHED INDEPENDENT LIVING SUITE AND START ENJOYING MORE LIVING!

Call 204-284-5432 today to reserve your suite.

Portsmouth

125 Portsmouth Blvd, Winnipeg

* Some exclusions apply. Terms & conditions available upon request.

revera.
RETIREMENT LIVING

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431-877-8541
SYDNEY@GWENSECTER.COM

SENIORS CONCIERGE IS A PARTNERSHIP BETWEEN GWEN SECTER CREATIVE LIVING CENTRE, JEWISH CHILD AND FAMILY SERVICES AND THE JEWISH FEDERATION OF WINNIPEG. THE GOAL IS TO CONNECT WITH JEWISH SENIORS AND HELP THEM RECONNECT WITH THEIR COMMUNITY. IF YOU ARE INTERESTED IN THESE PROGRAMS OR KNOW SOMEONE WHO WOULD BENEFIT FROM THEM PLEASE FEEL FREE TO CONTACT ME.

SYDNEY



Please Signup with Sydney for Nail Painting During Wednesday Luncheons

Nail Painting

- Jan. 17th
- Jan. 31st
- Feb. 14th
- Feb. 28th
- Mar. 13th
- Mar. 27th

 Gwen Sector
Creative Living Centre
at 1941 Glen Place



SYDNEY SENIORS CONCIERGE

431-877-8541
SYDNEY@GWENSECTER.COM




Coffee &
Conversation

EVERY FRIDAY AT 11:00 AM

JOIN THE CONVERSATION ON
FRIDAYS AS WE GET
TOGETHER OVER THE PHONE
AND DISCUSS CURRENT
EVENTS.



*IPAD
PROGRAM*

This program is to help
seniors connect with
technology. We have IPADS
available and can set up
appointments for one on
one technical support.

 **Gwen Selter**
Creative Living Centre
at Syd Glow Place

 Beneficiary Agency of the
Jewish Federation
OF WINNIPEG

 Essential Knowledge  Technical Support  Personal Training

KOSHER CATERING MENU

Serving Parties, Meals of Condolence, & More!

SOUPS

\$3.50 Individual or \$13 per Liter

Bean & Barley

Beet Borscht

Cream of Broccoli

Clear Chicken

Dill Carrot

Lentil

Minestrone

Onion

Cream of Cauliflower

Cream of Vegetable

Cream of Mushroom

Pea Mushroom

Pea

Vegetable

Potato Leek

For Individual Purchase Only:

Chicken Noodle

Chicken with Matzo Balls

Chicken with Rice

PASTAS

Kugels (cheese, vegetable, sweet)

Medium (4-6 people)

Large (12-14 people)

Vegetable Lasagna

\$15 Medium (4-6 people)

\$30 Large (12-14 people)

\$25

\$60

A La CART

Proteins

Potato Knishes dozen/\$21

Cheese or Kasha Knishes dozen/\$22

Gefilte Fish piece/\$5
(min 10 peices)

Carrot Tzimmes litter/\$15

Matzo Balls dozen/\$11

Kasha & Shells person/\$5.5
(min order for 5)

Latkes dozen/\$16
(Potato & Zucchini)

Salad person/\$5.5
(Garden, Orange Almond)

Coleslaw litter/\$11

Caesar Salad person/\$6.5

Party Sandwiches dozen/\$20
(min 60)

Dessert

Bundt Cake (12 inches) \$35

Komish (1 dozen) \$11

Brownies (9x13) \$22

Apple Cake (9x13) \$28

Carrot Cake (9x13) \$28

Sweet & Sour Meatballs dozen/\$18

Roasted Beef \$170
(sliced 5lbs)

Cooked Brisket & Gravy \$185
(sliced 5lbs)

Roasted Chicken

White Meat piece/\$9

Dark Meat piece/\$9

Whole Turkey (13-14lbs) \$120

Cooked

Cooked & Carved \$150

Poached Salmon person/\$17
(min order for 5)

Chopped Liver \$9.50
(1/2 pound)

Entrees

Roasted Chicken \$18

Accompanied with potato or rice, and
seasonal vegetables

Roast Beef \$18

Slow roasted beef brisket with
homeade gravy. Potato or rice, and
seasonal vegetables.

Sweet & Sour Meatballs \$18

Accompanied with potato or rice, and
seasonal vegetables.

To Order visit Our Website: www.gwensecter.com or call Galina (204) 339-1701

A MONTH AT A GLANCE:

Please register for the Wednesday Luncheon Programs!

Menu and entertainment subject to change.

Any requests for menu changes must be done 24 hours in advance to allow the kitchen staff enough time to prepare.

January 2024

Date	Programs	Time	Menu
Tuesday, January 2	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Lentil Soup, Sweet & Sour Meatballs, Rice, Green Beans, Fruit, Whole Wheat Bread
Wednesday, January 3	Adult Day Club Luncheon	9:30 am 11:30 am	Minestrone Soup, Gefilte Fish, Bourekas, Vegetables
Thursday, January 4			Soup and Sandwich
Friday, January 5	Coffee & Conversation	11:00 am	Chicken Soup with Croutons, Breaded Chicken, Kasha & Shells, Peas, Apple Cake, Challah Bun
Tuesday, January 9	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Cream of Vegetable Soup, Fish, Knishes or Rice, Mixed Vegetables, Brownies, Rye Bread
Wednesday, January 10	Adult Day Club Luncheon	9:30 am 11:30 am	Pea & Mushroom Soup, Meatloaf, Mashed Potatoes, Vegetables
Thursday, January 11			Soup and Sandwich
Friday, January 12	Chair Exercise Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken & Rice Soup, Honey BBQ Chicken, Roasted Potatoes, Cauliflower, Carrot Cake, Challah Bun
Tuesday, January 16	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Potato Leek Soup, Spaghetti with Meat Sauce, Mixed Vegetables, Muffins, French Bread

Date	Programs	Time	Menu
Wednesday, January 17	Adult Day Club Luncheon	9:30 am 11:30 am	Bean & Barley Soup, Cheese Blintzes with Sour Cream & Strawberries, Tossed Salad
Thursday, January 18	JCFS Survivors Luncheon	11:45 am	Soup and Sandwich
Friday, January 19	Chair Exercise Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken Soup with Matzo Ball, Roasted Chicken, Kugel, Broccoli, Chocolate Cake, Challah Bun
Tuesday, January 23	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Potato Leek Soup, Spaghetti with Meat sauce, Coleslaw, Mixed Veggies
Wednesday, January 24	Adult Day Club Luncheon-Bring a Friend	9:30 am 11:30 am	Pea Soup, Roasted Beef, Mashed Potatoes, Vegetables
Thursday, January 25			Soup and Sandwich
Friday, January 26	Chair Exercise Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken Noodle Soup, Breaded Chicken, Rice Casserole, Stir Fry Vegetables, Lemon Cake, Challah Bun
Tuesday, January 30	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Lentil Soup, Sweet and Sour, Meatballs, Rice, Green Beans, Fruit, Whole Wheat Bread

Afternoon Card Games

FREE FOR MEMBERS



Canasta

Tuesday at 1:00pm

Created as a variation of 500 Rum, Canasta allows 4 to 6 players at a time. A world-wide classic card game, that is engaging, fun and great for socializing!

Bridge / Cribbage

Tuesday at 12:30pm

Play bridge with our experienced bridge players. Bridge is a game that helps with concentration, problem solving, and develops team work and communication skills. Most importantly, it's fun to get together and play.

Please register for the Wednesday Luncheon Programs

Menu and entertainment subject to change.

Any requests for menu changes must be done 24 hours in advance to allow the kitchen staff enough time to prepare.

February 2024

Date	Programs	Time	Menu
Wednesday, January 31	Adult Day Club Luncheon	9:30 am 11:30 am	Minestrone Soup, Zucchini Quiche, Garlic Bread, Tossed Salad
Thursday, February 1	JCFS Survivors Luncheon	11:45 am	Soup and Sandwich
Friday, February 2	Chair Exercise Coffee & Conversation Floor Curling Reimagine Aging	10:00 am 11:00 am 11:30 am 1:00 pm	Chicken Soup with Croutons, Chicken with Orange Sauce, Kasha & Shells, Peas, Apple Cake, Challah Bun
Tuesday, February 6	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Cream of Vegetable Soup, Fish, Knishes or Rice, Mixed Vegetables, Brownies, Rye Bread
Wednesday, February 7	Adult Day Club Luncheon	9:30 am 11:30 am	Pea Mushroom Soup, Roasted Turkey, Mashed Potatoes, Vegetables
Thursday, February 8			Soup and Sandwich
Friday, February 9	Chair Exercise Coffee & Conversation Floor Curling Reimagine Aging	10:00 am 11:00 am 11:30 am 1:00 pm	Chicken Rice Soup, Honey BBQ Chicken, Roasted, Potatoes, Cauliflower, Carrot Cake, Challah Bun
Tuesday, February 13	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Potato Leek Soup, Spaghetti with Meat sauce, Coleslaw, Mixed Vegetables, Muffins, French Bread
Wednesday, February 14	Adult Day Club Luncheon	9:30 am 11:30 am	Bean and Barley Soup, Vegetarian Pizza, Tossed Salad
Thursday, February 15	JCFS Survivors Luncheon	11:45 am	Soup and Sandwich
Friday, February 16	Chair Exercise Coffee & Conversation Floor Curling Reimagine Aging	10:00 am 11:00 am 11:30 am 1:00 pm	Chicken Soup with Matzo Ball, Roasted Chicken, Kugel Broccoli, Chocolate Cake, Challah Bun

Date	Programs	Time	Menu
Tuesday, February 20	Sip and Move Bridge Canasta Drums Alive! Bingo Night	10:00 am 12:30 pm 1:00 pm 4:00 pm 6:00 pm	Dill Carrot Soup, Buttermilk Kugel, Tossed Salad, Peas, Banana Cake, Rye Bread
Wednesday, February 21	Adult Day Club Luncheon	9:30 am 11:30 am	Borscht, Hotdog, Fries, Coleslaw
Thursday, February 22	Urban Dance	1:00 pm	Soup and Sandwich
Friday, February 23	Chair Exercise Coffee & Conversation Floor Curling Reimagine Aging	10:00 am 11:00 am 11:30 am 1:00 pm	Chicken Noodle Soup, Breaded Chicken, Rice Casserole, Stir Fry Vegetables, Lemon Cake, Challah Bun
Tuesday, February 27	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Lentil Soup, Sweet and Sour Meatballs, Rice, Green Beans, Fruit, Whole Wheat Bread
Wednesday, February 28	Adult Day Club Luncheon	9:30 am 11:30 am	Minestrone Soup, Potato Perogies with Fried Onion & Sour Cream, Tossed Salad
Thursday, February 29	JCFS Survivors Luncheon Urban Dance	11:45 am 1:00 pm	Soup & Sandwich



Fridays @ 11:30 am Jan. 12th - Mar. 22nd
Free for members | 2\$ drop-in fee for non-members

HAPPY HOLIDAYS



WISHING
YOU A HAPPY
AND HEALTHY
HOLIDAY
SEASON

Raquel Dancho, MP

Kildonan-St. Paul

204-984-6322

raquel.dancho@parl.gc.ca

Please register for the Wednesday Luncheon Programs

Menu and entertainment subject to change.

Any requests for menu changes must be done 24 hours in advance to allow the kitchen staff enough time to prepare.

March 2024

Date	Programs	Time	Menu
Friday, March 1	Chair Exercise Coffee & Conversation Floor Curling Reimagine Aging	10:00 am 11:00 am 11:30 am 1:00 pm	Chicken Soup with croutons, Chicken with Orange sauce, Kasha and Shells, Peas Apple Cake, Challah Bun
Tuesday, March 5	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Cream of Vegetable Soup, Fish, Knishes or Rice, Mixed Vegetables, Brownies, Rye Bread
Wednesday, March 6	Adult Day Club Luncheon	9:30 am 11:30 am	Pea Mushroom Soup, Hamburger, Fries, Coleslaw
Thursday, March 7	Urban Dance	1:00 pm	Soup and Sandwich
Friday, March 8	Chair Exercise Coffee & Conversation Floor Curling Reimagine Aging	10:00 am 11:00 am 11:30 am 1:00 pm	Chicken Rice Soup, Honey BBQ Chicken, Roasted Potatoes, Cauliflower, Carrot Cake, Challah Bun
Tuesday, March 12	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Potato Leek Soup, Spaghetti with Meat sauce, Coleslaw, Mixed Vegetables, Muffins, French Bread
Wednesday, March 13	Adult Day Club Luncheon	9:30 am 11:30 am	Bean and Barley Soup, Buttermilk Kugel with Sour Cream & Strawberries, Tossed Salad
Thursday, March 14	JCFS Survivors Luncheon Urban Dance	11:45 am 1:00 pm	Soup and Sandwich
Friday, March 15	Chair Exercise Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken Soup with Matzo Ball, Roasted Chicken, Kugel, Broccoli, Chocolate Cake, Challah Bun
Tuesday, March 19	Bridge Canasta	12:30 pm 1:00 pm	Dill Carrot Soup, Buttermilk Kugel, Tossed Salad, Peas, Banana Cake Rye Bread

Date	Programs	Time	Menu
Wednesday, March 20	Adult Day Club Luncheon	9:30 am 11:30 am	Lentil Soup, Meatloaf, Mashed Potatoes, Vegetables
Thursday, March 21	Urban Dance	1:00 pm	Soup and Sandwich
Friday, March 22	Chair Exercise Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken Noodle Soup, Breaded Chicken, Rice Casserole, Stir Fry Vegetables, Lemon Cake, Challah Bun
Tuesday, March 26			Lentil Soup, Sweet and Sour Meatballs, Rice, Green Beans, Fruit, Whole Wheat Bread
Wednesday, March 27	Adult Day Club Luncheon	9:30 am 11:30 am	Minestrone Soup, Vegetable Chili, Garlic Bread
Thursday, March 28	JCFS Survivors Luncheon Urban Dance	11:45 am 1:00 pm	Soup and Sandwich
Friday, March 29			Closed for Good Friday





Gwen Secter
Creative Living Centre
at Syd Glow Place

PASSOVER CATERING

Brisket, Kugels, Soups and More!
Visit The Passover Menu on our website
www.gwensecter.com

Deadline to order is April 12th
Pick up for the First Seder is April 22nd
Call at (204) 339-1701



Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



SEVEN OAKS & ST. PAUL SENIORS RESOURCE FINDER

Seven Oaks Seniors Resource Finder

Senior Resource Finder can link and refer older adults and seniors to community supports, programs and services.



Seven Oaks & St. Paul
Seniors Resource Finder

Contact Seven Oaks Seniors for
information on housing, health
services, ERIK Kits and more

Dan Saidman | (204) 339-1701
sevenoaksseniors@gwensector.com



Seven Oaks & St. Paul
Seniors

Brunch & Learn

January 8th Reimagine Aging Presentation
February 5th Library Services for Older Adults
March 4th Games Day
April 8th Canada Revenue Agency
May 6th Winnipeg Historian: Greg Agnew
June 3rd Games Day

Canad Inns Garden City, 2100 McPhillips St. at 9:30 AM
Call: (204) 339-1701 or Email: sevenoaksseniors@gwensector.com



Seven Oaks & St. Paul
Seniors Resource Finder



WHAT IS AN EMERGENCY RESPONSE INFO KIT (E.R.I.K)?

- A kit that provides essential information for responders in an emergency medical situation

WHAT INFO DOES IT PROVIDE?

- Medical Condition
- Medical History
- Allergies

WHO SHOULD USE THIS PRODUCT?

- Seniors
- Chronically ill persons
- Those who live alone or with caregivers
those living with speech or language difficulties

WHERE TO PUT PRODUCT?

- Leave filled-out form on fridge for first-responders

FOR MORE INFO CONTACT US AT:

1588 MAIN ST. | (204) 339-1701
sevenoaksseniors@gwensector.com



FOR JUST **\$10**
GET A BAG
OF FRUITS AND
VEGETABLES!

To Order contact

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✉️ sevenoaksbag@gmail.com

Pick Up Days: Jan. 14th

Feb. 11th

Mar. 10th



3-1050 Leila Avenue

FOLLOW US

@SevenOaksBag



***PLEASE ORDER A WEEK BEFORE THE PICK UP DAY**

LIVE IN THE COMFORT OF YOUR OWN HOME WITH FREEDOM AND CONFIDENCE.

Our medical alert service offers affordable,
24/7 help in case of a fall or medical emergency.

Ask about a free in-home or virtual consultation.
Subsidized rates are available for those who qualify.

Contact us today at (204) 956-6777
or VictoriaLifeline.ca

Mention this ad and receive one month FREE!



VICTORIA LIFELINE
Safe and independent living.



Blossoms Senior Care Inc.

AGING WITH DIGNITY

Blossoms Senior Care strives to provide
quality in-home care to Seniors. Our
reputation is well built on community
referrals.



For More information, please call Cindy (204) 997-5662
or Blossoms Office (204) 995-3798

Free Drop Off Income Tax Service

February 19th - May 17th, 2024

Health and Social Services Unit 3-1050 Leila

Monday to Friday 8:30 - 4:30pm

Complete And Sign The **TAX INFORMATION SHEET**

Put In A Sealed Envelope With **YOUR TAX PAPERS AND RECEIPT**

Tax filing
available from
years 2013- Now

BRING A **COPY** OF YOUR
TAX PAPERS IF YOU WANT
THEM BACK

Community Volunteer Income Tax Program (CVITP)

The CVITP is

A collaboration between the Canada Revenue Agency (CRA) and community organizations. The community organizations host free tax preparation clinics and arrange for volunteers to prepare income tax and benefit returns for eligible individuals who have a modest income and a simple tax situation.



Be Sure To Bring The Following:

1. Valid government photo id
2. T4, copy of last payroll
3. T4e, t5007 statement of employment
insurance and other benefits
4. RC62 (universal childcare benefit statement)
6. Childcare Benefits and expenses
7. RRSP contributions
8. Medical receipts
9. Rent assist documents (receipts)

Family Income Eligibility

One Person \$40,000
Couple \$50,000
One Adult with Child \$45,000

You Are Not Eligible If You

- *Are Self Employed
- *Have Rental Income
- * Are Filing For a Deceased Person
- * Have More Than \$100,000 Foreign Property
- *Have more Than \$1000 Interest Income



Born and raised in Winnipeg, John Dick started his career in landscaping and property care in 1985.

In 1997 he started his own firm, initially serving residential customers. He soon expanded to include commercial clientele, many who are still with John today.

Hiring a contractor?

John Dick, a local landscaper, offers these simple tips when hiring a contractor to work at your home or business:

- ✓ Do a background check on the contractor
- ✓ Check history and performance through the BBB or the local association of the trades person
- ✓ Look for lawsuits pending against the contractor
- ✓ Ask for references and double-check them
- ✓ Verify the contractor has liability insurance
- ✓ Verify the contractor has valid WCB coverage
- ✓ Verify if the trade is a part-time activity for the contractor

PROFESSIONAL, QUALITY SERVICE

John Dick's Landscaping & Lawn Care



COMPLETE 12 MONTH PROPERTY CARE
INCLUDING COMMERCIAL SNOW CLEARING

SERVICES PROVIDED

- Landscaping Design
- New Sod
- Sod Repairs
- Rock Gardens
- Flower Beds
- Dry Riverbed Themes
- Patio Blocks
- Asphalt Driveway Sealing
- Commercial Snow Clearing
- Loading & Hauling of Snow
- Fences and Decks
- Concrete & Asphalt Breaking
- New Gravel Driveways & Parking Lots
- Raw Materials
- Excavation
- Grading
- Levelling
- Bobcat & Dump Truck Service
- Waste Removal



*Proudly
Serving Winnipeg
Veterans*

- LICENSED •
- INSURED •
- REFERENCES •
- UNIFORMED EMPLOYEES •



Cell (204) 291-7778
www.johndickenterprises.com

Moving soon?
Need to downsize?
Feeling overwhelmed?

We can help!

We look after sorting, organizing,
PACKING - MOVING - UNPACKING
cleaning your home, removal of whatever is no
longer needed. All with one phone call.



204-330-6629

Call or text for FREE consultation.
*and have a **carefree transition** to your new home!*



269407 Sunshine32Sept20.pdf;Customer is responsible for accuracy



WE ARE HERE FOR YOUR NEXT OUTING

- Airport Service
- Sightseeing
- Shopping
- Weddings
- Graduations
- Anniversaries
- Sporting Events
- Concerts
- Nightclubs
- Medical appointments
- Funerals



**WINNIPEG'S FIRST & ONLY WHEELCHAIR
ACCESSIBLE LIMO & TRANSIT SERVICES**

*Out of town rates available.
Point to point or hourly service.*

*"I can't say enough
about Sunshine Transit,
specifically Gary Jakeman
and his limousine
service. He is extremely
professional, kind,
considerate, and really
keeps his vehicle looking
immaculate at all times.
This is such a well needed
transportation service
in Winnipeg for anyone
who is in a wheelchair
and wants to be driven in
style and grace."*

204-667-5332
info@sunshinetransit.ca

www.sunshinetransit.ca

Seniors Movie Matinee

Once a month over the winter season, from November to April, the Gwen Sector organizes a movie matinee outing (depending on interest) at Landmark Cinemas in the Grant Park Mall.



Movie, Date, & Time will change based upon what film we get tickets for.

Gabs
Sings **Babs**

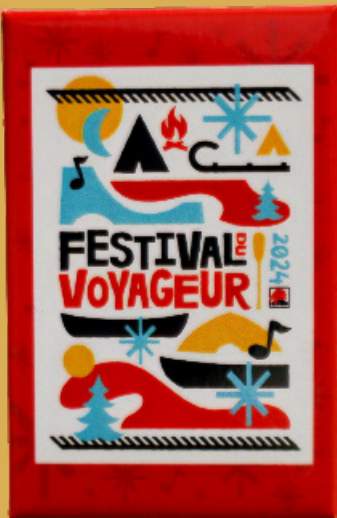


Winnipeg Jewish Theatre

January 21st at 2pm

Space Limited

Transportation Available



Festival du Voyageur Seniors Luncheon

Franco-Manitoba center
Transportation Available
Pricing To be Announced
Lunch cost not included



Reimagine Aging

Aging – the worst of times or the best of times?

Program details

The Centre on Aging developed a community program to help individuals reimagine their own aging. Gwen Sector Creative Living Centre will be offering the six week program, once a week in partnership with the Centre. This is a free program and transport is available. Join us in person:

DATES: Every Friday from February 2nd to March 8th, 2024

TIMES: 1p.m.

ADDRESS: 1588 Main Street, Winnipeg MB R2V 1Y3.

Program description

We live in a very youth-oriented society. People are constantly bombarded by messages that celebrate youth and are negative about aging and older people. This program will help you reimagine your own aging and discover your own value in older adulthood. This program hopes to provide you with an opportunity to learn about these negative messages about aging, how they might affect you or others, and how you might challenge them. We hope that your participation in this program will result in positive changes in how you think about your own aging.

For more information

Phone: (204) 339-1701

Email: dan@gwensector.com

COMMUNITY DIRECTORY:

A&O: Support for Older Adults

Provides specialized services for older Manitobans across the province.

200 - 280 Smith St. | (204) 956-6440

Chesed Shel Emes

Prepares members of the Jewish community for burial according to Orthodox tradition.

1023 Main St. | (204) 582-5088

chesedwinnipeg@gmail.com

Carefree Concierge

Assist with sorting, organizing, packing, moving + free consultations.

info@carefreeconcierge.ca | (204) 330-6629

<https://carefreeconcierge.ca/>

Transit Plus Winnipeg

They provide transportation for people who don't use the city's system due to mobile impairments.

Unit B - 414 Osborne St. | (204) 986-5722

Seniors Concierge

Programs offered to seniors to help stay connected to their community.

Sydney Grewar (431) 877-8541

sydney@gwensecter.com

Kosher Meals on Wheels

Nutritious meals delivered in the Winnipeg area.

1588 Main st. | (204) 339-170

Jewish Foundation of Manitoba

A public philanthropic foundation strengthening the Jewish community of Manitoba.

400 - 123 Doncaster St. | (204) 477-7520

Jewish Child and Family Service

Older Adult Services to support you.

Suite C200 - 123 Doncaster St. | (204) 477-7430

Home Maintenance Program

hmprogram@gnalc.ca | (204) 806-1303

Jewish Federation of Winnipeg

Helping represent the Winnipeg Jewish Community.

300 - 123 Doncaster St. | (204) 477-7400

Rady Jewish Community Centre

-Offers culture, fitness, and wellness programs.

123 Doncaster St. | (204) 477-7510

-Programming for individuals 55 years and older.

200 - 123 Doncaster St. | (204) 477-7545

Seven Oaks/ St. Paul Seniors Links

Connects seniors to community programs and services.

1588 Main St. | (204) 339-1701

sevenoaksseniors@gwensecter.com

Sunshine Transit Service

Wheelchair accessible limo and transit service.

Info@sunshinetransit.ca | (204) 667-5332

<https://www.sunshinetransit.ca/>

Transportation Option Network for Seniors

Volunteer transport service.

<https://tonsmb.org/> | (204) 797-1788

WRHA Home Care Intake

Winnipeg Regional Health Authority provides information, and medical appointment booking services.

4th Floor, 650 Main Street | (204) 788-8330

<https://wrha.mb.ca/>

Creative Retirement MB inc.

Creative Retirement is a non-profit centre with a mission to provide education to older adults.

<https://www.crcentre.ca/> | (204) 481-5030

Community Bed Bug Program

Phone: (204) 945-5566 in Winnipeg

Toll free: +1 (866) 689-5566

Email: pestcontrolgrant@gov.mb.ca

Please Note Gwen Sector Will Be **CLOSED** on these Dates: Jan. 1, Feb. 19, Mar. 29, Apr. 22-24, 29-30, May 20, Jun. 12 & 13, July 1, Aug. 5, Sept. 2, Oct. 2-4, 11-12, 14, 17-18, 24-25, Nov. 11, Dec. 25-26



VALENTINES DAY BINGO

- Location: 1588 Main St.
- Date: February 20th
- Time: Game Starts at 6pm
- Cash Prizes
- Tea, Coffee, & Snacks to Buy



Seven Oaks & St. Paul
Resource Finder

Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



Gwen Sector
Creative Living Centre
at Syd Glow Place

<https://www.graffitigallery.ca/>

SENIOR'S URBAN DANCE CLASS



THURSDAYS AT 1PM

8 WEEKS FEB. 22-APR. 11



Winnipeg Regional
Health Authority
Caring for Health
Office régional de la
santé de Winnipeg
À l'écoute de notre santé

GRAFFITIART
PROGRAMMING INC



Gwen Sector
Creative Living Centre
at Syd Glow Place



Seven Oaks & St. Paul
Seniors Resource Finder

Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



Caring for those who cared for us!



**JEWISH
FOUNDATION**
— OF MANITOBA —

The Gwen Sector Creative Living Centre organizational endowment fund is an essential cornerstone of life enrichment and care for our seniors. By helping grow the Centre's endowment fund, we ensure an annual flow of income that directly helps us offer and expand our essential programs - in perpetuity.

The Gwen Sector Creative Living Centre is also proud to be a part of **FundMatch**.



Gwen Sector
Creative Living Centre
at Syd Glow Place

FundMatch is an initiative designed to entice organizations to grow their endowment funds. When specific benchmarks are reached, the **FundMatch** initiative provides an additional contribution to the organizational endowment fund, which generates even more income for the Gwen Sector Creative Living Centre.

Help us grow our fund!

Contact the

**Jewish Foundation
of Manitoba**

204.477.7520

US/Canada Toll-Free: 1.855.284.1918

WWW.JEWISHFOUNDATION.ORG

