

Community Directory

REGIONAL & SPECIALIZED SERVICES

- **Seven Oaks/ St. Paul Seniors Links**
 - Connects seniors to community programs and services.
 - 1588 Main St.
 - (204) 339-1701
 - sevenoaksseniors@gwensecter.com
- **Jewish Child and Family Service**
 - Older Adult Services.
 - Suite C200 - 123 Doncaster St.
 - (204) 477-7430
- **Jewish Community Seniors Concierge**
 - (431)-877-8541
- **Access Centre West St Paul**
 - 48 Holland Rd
 - www.weststpaul.com
 - (204) 336-0294

HEALTH & PRIMARCY SUPPORT

- **WRHA Home Care Intake**
 - Winnipeg Regional Health Authority.
 - 4th Floor, 650 Main Street
 - (204) 788-8330
 - www.wrha.mb.ca
- **A&O: Support for Older Adults**
 - Specialized services for older Manitobans.
 - 200 - 280 Smith St.
 - (204) 956-6440
- **211**
 - Connect to community resources.
 - www.mb.211.ca
 - Call 211

HOME & PRACTICAL SERVICES

- **Transit Plus Winnipeg**
 - Transportation for people with mobile impairments.
 - Unit B - 414 Osborne St.
 - (204) 986-5722
- **Kosher Meals on Wheels**
 - Meals delivered in the Winnipeg area.
 - 1588 Main St.
 - (204) 339-1701
- **Meals on Wheels**
 - Connect to community resources.
 - www.mb.211.ca
 - Call 211
- **Home Maintenance Program**
 - hmprogram@gnalc.ca
 - (204) 806-1303

**Operational Hours**

- **Tuesday - Thursday**
9:00 AM - 4:00 PM
- **Friday**
9:00 AM - 3:00 PM

Wednesday Lunch Program*

July 8th • Lentil Soup • Beef Burger • Fries SING A LONG WITH CAL	July 15th • Bean & Barley Soup • Potato Perogies • Sour Cream & Fried Onion • Tossed Salad ROCK'N ROLL HISTORY WITH JOHN EINERSON	July 22nd • Vegetable Soup • Cheese Blintzes • Sour Cream & Strawberry • Tossed Salad MP RAQUEL DANCHO	July 29th • Minestrone Soup • Buttermilk Kugel • Sour Cream & Strawberry • Salad MUSIC WITH NEIL KEEP
August 5th • Pea Soup • Hotdog • Coleslaw • Fries MUSIC WITH MATCHSTOCK MEN	August 12th • Bean & Barley Soup • Grilled Cheese Bread Rolls • Salad PRESENTATION ON A.I. BY MIAH	August 19th • Lentil Soup • Meatloaf with Gravy • Mashed Potatoes • Veggies ANNUAL GENERAL MEETING	August 26th • Minestrone Soup • Pizza • Salad RABBI CARNIE ROSE
September 2nd • Pea Soup • Sweet & Sour Meatballs • Rice • Veggies MUSIC WITH JESSE + GRACE	September 9th • Bean & Barley Soup • Potato Perogies • Sour Cream & Fried Onion • Salad MUSIC WITH B-SIDE APOSTLE	September 16th • Lentil Soup • Beef Burger • Fries MY OLYMPIC EXPERIENCE DAVID GREAVES	September 23rd • Minestrone Soup • Asparagus Cheese Rolls • Salad ALZHEIMER SOCIETY OF MANITOBA

Gwen Secter Contact & Hours

**1588 Main St, Winnipeg, MB R2V 1Y3**

**(204) 339 - 1701**

Gwen Secter Creative Living Center gratefully acknowledges the continued support from the following:





Luncheon

11:30 AM - 2:30 PM

- PRICE: \$15 M, \$25 NM
- TRANSPORTATION: \$10 M, \$20 NM

Adult Day Club

9:30 AM - 2:30 PM

- PRICE: \$35 M, \$45 NM

M = MEMBER, NM = NON-MEMBER

Membership

Single \$50 | Couple \$95

Membership begins in March

Membership has its Privileges:

- ✓ 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



Weekly Programs

Drums Alive!



- September 15th to December 15th
- 14 classes, \$96 for Members and \$125 for Non-members
 - Drop in \$10 for Members
 - \$15 drop-in for Non-members

Canasta

Tuesday at 1:00 PM

- FREE for Members
- \$5 drop-in for Non-members or \$40 for the year



Mahjong

Tuesday at 1:00 PM

- FREE for Members
- 3\$ drop-in Non-members



Seven Oaks/ST Paul Brunch Club

Resumes in October, 9:30 AM to 11:00 AM

- October 1st: Graceful Lily Estates
- November 6th: Pathways of Care
- December 1st: Holiday Party



Lanny Remis / Speaker's Form Luncheon

Thursdays at 11:45 AM until October 29th

- \$20 Per Person
- Register by contacting Sandra at (204) 888-8209



Community Resources

Emergency Response Info Kit (E.R.I.K.®)

E.R.I.K tells first responders your medical history, medications, allergies and emergency contact when you cannot speak for yourself



STICK IT TO YOUR FRIDGE



FREE LIFE SAVING TOOL AVAILABLE AT GWEN SECTER



Outings & Special Events

Monthly Movie Matinee

Last Thursday/Friday of the Month

- Location: Grant Park Theatre



Assiniboine Park Zoo

July 3rd 11:00 AM - 2:00 PM

- \$25 Admission
- \$20 Transportation
- \$5 Rental Wheelchair



The Forks

July 17th 11:00 AM - 2:00 PM

- \$20 Transportation
- Lunch + Boat at your OWN cost



Folklorama Israel Pavilion

August 6th Evening

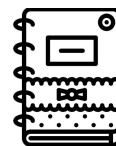
- \$25 for Ticket and Meal
- \$20 Transportation



Carmen's Scrapbook Workshop

August 11th from 1:00 PM - 3:00 PM

- \$10 for workshop
- \$10 Transportation



Meals On Kosher Wheels

SERVES SENIORS AND PEOPLE OF ALL AGES MEALS DELIVERED TUESDAY - FRIDAY

Applications Available

- www.gwensecter.com
- Contact Vanessa
 - (204) 339-1701
 - info@gwensecter.com



Better Access To Groceries

ORDERS DUE THE MONDAY BEFORE PICKUP

PICK UP DATES

- July 5th
- August 30th
- September TBA



PICK UP LOCATION
• 3-1050 Leila Avenue

\$15 for a bag of seasonal fresh produce. For more information please contact

- (204) 960-3033
- sevenoaksbag@gmail.com

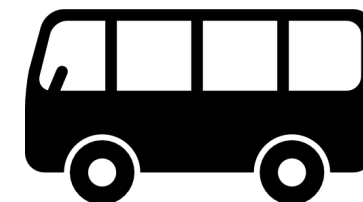


Food Access Bus (F.A.B.)

FREE BUS TO FRESHCO.

1st Tuesday of the Month

- July 7th
- August 4th
- September 1st



THE BUS WILL STOP AT

- 959 Leila Ave.
- 535 Leila Ave.
- 133 Matheson
- 300 Templeton

Please Note we will be closed: July 1st and September 30th

Garage Sale & Barbeque

July 26th from 10:00 AM - 2:30 PM

- Garage Sale: 10:00 AM - 2:30 PM
- Barbeque: 12:00 PM - 2:00 PM

