

1588 Main Street

204-339-1701

www.gwensecter.com

Gwen Secter Creative Living Centre
Wednesday Lunch Program

January 7 Lentil Soup, Hamburgers and Coleslaw	January 14 Bean and Barley Soup, Buttermilk Kugel and Salad	January 21 Pea Soup, Spaghetti with Meat Sauce and Veggies	January 28 Minestrone Soup, Cheese Pizza and Tossed Salad
B-Side Apostles	Victoria Life Line	Addictions Counselling with JCFS	WRHA Homecare
February 4 Pea Soup, Sweet and Sour Meatballs, Rice and Veggies	February 11 Bean and Barley Soup, Potato Verenikas and Tossed Salad	February 18 Lentil Soup, Hotdog with Coleslaw	February 25 Minestrone Soup, Vegetarian Chili and Garlic Bread
Music with Wandering Wayne	Ladies of the Night History with Greg Agnew	Heart Disease Presentation	Purim with Rabbi Matthew Leibl
March 4 Meatloaf, Mashed Potatoes and Veggies	March 11 Potato Leek Soup, Sweet and Sour Meatballs, Potatoes and Veggies	March 18 Vegetable Soup, Gefilte Fish, Sweet Potatoes, and Coleslaw	March 25 Chicken Soup, Roasted Chicken, Veggies and Potatoes
Music n' Mavens Debbie Maslovsky and Phil Corrin	Winnipeg Jewish Theater	B-Side Apostles	Congregation Etz Chayim Passover Seder Meal
Entertainment and menu subject to change without notice <div> First Night of Passover April 1 There will be more program April 1 and 8th </div> <div> Luncheon 11:30-2:30 PM Price: \$15 M \$25 NM Transportation: \$10 M \$20 NM </div> <div> Adult Day Club 9:30-2:30 PM Price: \$35 M \$45 NM </div>			

COMMUNITY DIRECTORY:

A&O: Support for Older Adults
Specialized services for older Manitobans.
200 - 280 Smith St. | (204) 956-6440
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
WRHA Home Care Intake
Winnipeg Regional Health Authority .
4th Floor, 650 Main Street | (204) 788-8330
www.wrha.mb.ca/
Meals on Wheels
Meals delivered in the Winnipeg area.
174 Hargrave St, Winnipeg MB R3C 3N2
(204) 956-7711
www.mealswinnipeg.com
Access Centre West St Paul
48 Holland Rd
www.Weststpaul.com| (204) 336-0294

Seven Oaks/ St. Paul Seniors Links
Connects seniors to community programs and services.
1588 Main St. | (204) 339-1701
sevenoaksseniors@gwensecter.com
Transportation Option Network for Seniors
Volunteer transport service.
www.tonsmb.org/ | (204) 797-1788
Jewish Child and Family Service
Older Adult Services.
Suite C200 - 123 Doncaster St. | (204) 477-7430
211
Connect to community resources.
www.mb.211.ca | Call 211
Home Maintenance Program
hmprogram@gnalc.ca | (204) 806-1303
Jewish Community Seniors Concierge
(431)-877-8541
MP Raquel Dancho Office
27 Red River Blvd
204-984-6322
Blue Line Transporation
204-925-8888
Prime Home Health
1555 Inkster Blvd
204-837-7463

**Seven Oaks St Paul
Seniors Resources Finder**

Helping older adults find referrals to
community resources, programs and
services.

Gwen Secter Creative Living Centre gratefully acknowledges the continued support from the following



Membership



Membership Has Its Privileges

Single \$50 | Couple \$95

- 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

Registration for membership is being moved to March. Current members enjoy 5 months for FREE!

Drums Alive!

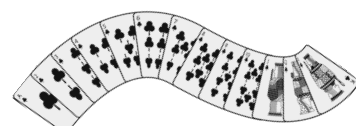
12 classes:
\$82 members \$104 non-members

Tuesdays at 4:00 PM
Class run January 6 March 24

Drop in \$10 member \$15 non-members
prorated registration anytime



Canasta



Tuesday at 1:00 PM
Free for members
\$5 drop-in non-members

OUTINGS

Monthly Movie
Matinee



Last Thursday/Friday
of the month at Grant
Park Theatre.
Date & Time TBA

Winnipeg Symphony
Un-Tuxed Concert



January 29
March 26
12:00 pm
\$10 Admission
\$20 Transportation

Festival Du Voyageur
Concert/Luncheon



Friday Feb 20
Lunch Available to Order
Transportation \$25

FOOD ACCESS BUS
F.A.B.



FREE BUS TO FRESHCO.
1st Tuesday of The Month
January 6, Feb 1
March 1st

THE BUS WILL STOP AT
959 LEILA AVE.
535 LEILA Ave
133 MATHESON



Gwen Sectar
Creative Living Centre
at Syd Glow Place

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

APPLICATIONS AVAILABLE
WWW.GWENSECTER.COM
CONTACT VANESSA (204) 339-1701
INFO@GWENSECTER.COM



**EMERGENCY
RESPONSE
INFO KIT**



E.R.I.K. KITS

STICK IT TO YOUR FRIDGE

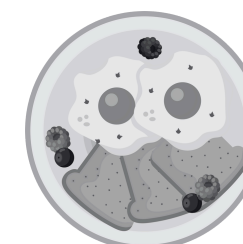
**E.R.I.K TELLS FIRST RESPONDERS YOUR MEDICAL
HISTORY, MEDICATIONS, ALLERGIES AND EMERGENCY
CONTACT WHEN YOU CAN NOT SPEAK FOR YOURSELF**

FREE LIFE
SAVING TOOL
AVAILABLE AT
GWEN SECTER



SEVEN OAKS/ST PAUL BRUNCH CLUB

Canad Inns Alto's
2100McPhillips
9:30-11:00am



Jan 5th - The Wellness Institute

Feb 2- Seniors Community Needs
Focus Group
with Connie Newman of MASC

March 2- WRHA Homecare

BETTER ACCESS TO GROCERIES



Pick Up Dates

Jan 11, Feb 8 March 8

Orders due the
Monday before the
pick up date

3-1050 Leila Avenue

\$10 for a bag of
seasonal fresh produce

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

Free Drop Off Income Tax Service

February 23 – May 15 Mon- Fri 8:30-4:30
Health and Social Services Unit 3-1050 Leila

Complete And Sign **TAX INFORMATION SHEET**

Put In A Sealed Envelope With
YOUR TAX PAPERS AND RECEIPTS

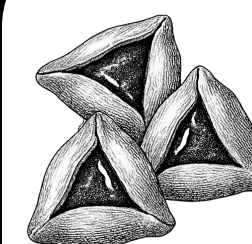


Family Income Eligibility

1 person \$45,000
2 People \$60,000

You are NOT Eligible

- *Self Employed
- *Rental Property income
- *Are filing for a deceased person
- *Have 100,000 worth of foreign Property
- *Have more than \$1000 Interest Income



Hamantaschen for Purim

Mixed Fruit, Apricot,
Poppyseed

\$18 / dozen

PASSOVER CATERING

ORDER DEADLINE
MARCH 20



Please note we will be closed: Jan 1 April 2,3,8,9 May 18, 22, July 1 Sept 7, 11 Nov 11 Dec 25