



Gwen Secter
Creative Living Centre

at Syd Glow Place



Seven Oaks & St. Paul
Seniors Resource Finder

Spring Program Guide

April, May, June 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 Secter Creative Living Centre at Syd Glow Place

Applications Available

www.gwensecter.com

Contact Vanessa | (204) 339 1701

info@gwensecter.com



Seven Oaks & St. Paul Seniors Resource



Gwen Secter 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 Jewish Federation OF WINNIPEG



Winnipeg Regional Health Authority
Caring for Health

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

CALL OR VISIT: GWEN SECTER 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
Coordinator

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Mashgicha

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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
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JEWISH FOUNDATION
— OF MANITOBA —



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



THE WINNIPEG FOUNDATION
For Good. Forever.

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.

VISITS TO THE CEMETERIES

FRIDAYS MAY 10 - ROSH PINA
AND B'NAY ABRAHAM CEMETERY

FRIDAY JUNE 14 - SHAAREY ZEDEK
AND HEBREW SICK CEMETERY

TRANSPORTATION IS FREE

CALL (204)339-1701 TO REGISTER.

THIS PROGRAM IS SPONSORED BY THE SAIDMAN FAMILY



Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



GREETINGS FROM THE EXECUTIVE DIRECTOR

Happy spring everyone! It's hard to believe spring is upon us after such a mild winter. Winter was busy and nothing changes for Spring. Lots to look forward to in our Spring Program Guide.

With spring comes spring cleaning!! The Gwen Secter annual garage sale is returning this summer. We will be accepting donations beginning after Passover (end of April). Items accepted are household items, small furniture items, bikes, electronics, jewelry, books, DVDs, records, CDs, sporting goods, and handbags in good, usable condition. This year we will accept clothing that is washed and in good condition. We will be passing clothing items on to our friends at B'nai Brith for their new clothing store Kavod, opening this spring. (Please no linens or large furniture)

BIG NEWS..... In case you haven't heard, Gwen Secter Creative Living Centre is now the new owner of The Jewish Post (previously The Jewish Post & News). Bernie Bellan has gone into (semi) retirement. The official change took place in February. Those that are already subscribers have noticed a few changes and a few hiccups. Thank you for your patience as we navigate this new undertaking. There are a few more changes on the horizon. We appreciate all the feedback so far. While we won't be able to accommodate everyone's requests, we are excited to keep our community newspaper going for years to come. With the addition of The Jewish Post, we have also added some new staff to our team. Please welcome Jon and Beti. Jon is a journalist and will be out and about reporting on community events. Jon also creates the layout, proofs obituaries and In Memoriams. He can be contacted at jon@thejewishpost.ca Beti is the first point of contact for The Jewish Post (by phone and e-mail), in an administrative role. Beti also handles invoicing and our subscription database. She can be contacted at contact@jewishpost.ca Please join me in welcoming them to our team!

Cathy and Galina are hard at work in the kitchen day in and day out preparing delicious mouth-watering meals for all to enjoy. Passover catering is underway and order forms are available. Please order by April 12th. If at any time you would like to have their delicious meals at home, check-out our in-house Kosher Meals on Wheels program. Meals are delivered to your door by our wonderful volunteers.

Wishing everyone a good Pesach and a happy spring!

Becky Chisick
Executive Director

SPRING FITNESS

April - June

Fitness Drop-in rates \$8 for members | \$12 for 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
(No Class Apr. 23 & 30)

\$60 members | \$75 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

Instructor: Brenda Moberg
Apr 2 -Jun 8
(No Class Apr. 23 & 30)
Includes May 1

\$65 members | \$ 80 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. We encourage you to bring a friend!

Free for members
\$2 drop-in non-members

DRUMS ALIVE!



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

TUESDAYS AT 4:00 PM

With Brenda Moberg



Afternoon Card Games

FREE FOR MEMBERS

Bridge / Cribbage

Tuesday at 12:30pm

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. Come and join our Bridge group.

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!



**TUESDAY
AT 10:00 AM**

SIP AND MOVE!

Exercise Followed by
a Cup of Coffee

**LEAD BY SARAH SANDERS
COME & JOIN US!**



WEDNESDAY ENTERTAINERS

Neil Keep

April 3rd

B-Side Apostles

April 10

Passover - Cantor Leslie Emery

April 17

Closed for Passover

April 24

Dan Petrenko - Winnipeg Jewish Theatre

May 1

Emma Alexander - The Last Raj History Lecture

May 8

Stradbroke Ave Choir

May 15



Jessie & Grace

May 22

Sing A Long with Cal

May 29

Keith McPherson

June 5

Closed for Shavuot

June 12

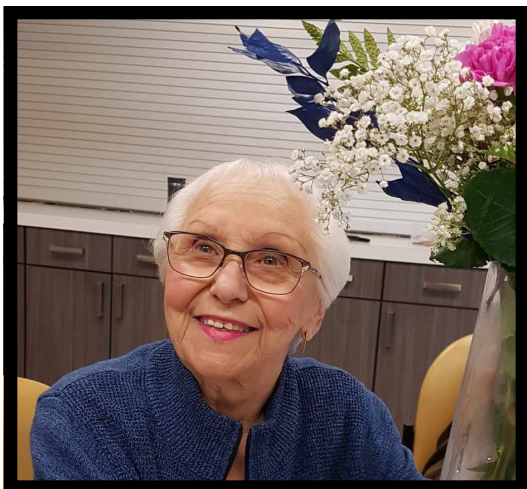
Wandering Wayne

June 19

Maxa Sawyer - Jewish Federation of Winnipeg

June 26





MEMBER SPOTLIGHT

Edie Shuster

Interview by Jon van der Veen

For this issue of the Gwen Sector Program Guide we interviewed Edie Shuster.

Edie has been a long-time member. She first came to Gwen Sector Creative Living Centre all the way back in 2007.

Edie originally started attending so she could learn to play Majong. For nearly two decades Edie has continued to come back, both as a member looking for a social outlet with structured programming, and to be in one of the few remaining Jewish spaces left in North Winnipeg. As some programs (like the seniors' fashion show) have come and gone over time, the Wednesday Luncheons have stayed a regular part of her weekly schedule.

As a Holocaust survivor, Edie also attends the JCFS Luncheons at the Gwen Sector on Thursdays. These luncheons are a venue for the ever-dwindling community of survivors to discuss their experiences and share their stories. Edie also felt that, as part of being a Holocaust survivor, it was important to pass down her knowledge of the unfortunate experiences she witnessed and endured during World War Two. That's why Edie volunteered her time to speak with a group of young Jewish kids who attend the Gray Academy.

Organized by JCFS, Edie met the students at Gwen Sector and spent around 45 minutes recounting her childhood tales of the war: Edie

described the sleepless nights in Romania, laying in trenches with her mother -bombers flying overhead- and the relief that came when finally arriving in Canada in 1948. "We were finally free to be Jewish."

However, Edie commented that since the beginning of the Gaza war she has once again felt unsafe to be a Jew in public, "it's a scary thought" she lamented. Reminiscing about the old days, Edie explained to me how Winnipeg North-end used to be filled with Jewish people, mainly from Poland and Russia. Now, she says, that's all disappearing, and it is why places like Gwen Sector have become increasingly important to the Jewish community.

Edie sang the praises of the entire kitchen staff. Although for the big Jewish holidays she still likes to cook the main dishes, Edie said that she likes ordering side dishes, hamantaschen, latkes, etc. for her holiday dinners. "The food is wonderful," she exclaimed -and it lightens the burden of cooking everything for a family dinner, making it a bit easier on her she added.

Gwen Sector also has a plethora of afternoon outings offered over the course of the year. From live concerts at Rainbow Stage, to seeing the Israeli Pavillion at Folklorama, visiting Festival du Voyageur, attending Jewish fund raisers, cheering on the Sea-Bears and the Manitoba Moose at basketball and hockey games, and movie night matinees at Landmark Cinemas -there is something offered for everyone, with Edie's favourite being the series of outdoor summer concerts.

SUMMER PROGRAMS



Outdoor Concert Series, Accessible Excursions, AGM, Garage/Craft Sale and More!



1588 Main Street

(204) 339-1701

www.gwensecter.com

Photo Credit Earl Palansky

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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



THE BOOK MOBILE LIBRARY

The Seniors Concierge is offering to drop books off at your door. With over 200 books in our library there is something to read for everyone.

Please Signup with Sydney for Nail Painting During Wednesday Luncheons

Nail Painting

- April 10th
- May 8th
- May 22nd
- June 5th
- June 19th



Gwen Sector
 Creative Living Centre
 at 1st Glen Place



REFER A FRIEND

And be entered into a Draw

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.

Essential Knowledge Technical Support Personal Training

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

Beneficiary Agency of the **Jewish Federation OF WINNIPEG** 

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

Chicken Noodle

Chicken with Matzo Balls

Cream of Cauliflower

Cream of Vegetable

Cream of Mushroom

Pea Mushroom

Pea

Vegetable

Potato Leek

For Individual Purchase Only:

Chicken with Rice

PASTAS

Kugels (cheese, vegetable, sweet)

Medium (4-6 people)

Large (12-14 people)

\$15

\$30

Vegetable Lasagna

Medium (4-6 people)

Large (12-14 people)

\$25

\$60



Gwen Secter
Creative Living Centre
at Syd Glow Place

Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



A La CARTE

Potato Knishes	dozen/\$21
Cheese or Kasha Knishes	dozen/\$22
Gefilte Fish (min 10 peices)	piece/\$5
Carrot Tzimmes	litter/\$15
Matzo Balls	dozen/\$11
Kasha & Shells (min order for 5)	person/\$5.5
Latkes (Potato & Zucchini)	dozen/\$16
Salad (Garden, Orange Almond)	person/\$5.5
Coleslaw	litter/\$11
Caesar Salad	person/\$6.5
Party Sandwiches (min 60)	dozen/\$20

Dessert

Bundt Cake (12 inches)	\$35
Komish (1 dozen)	\$11
Brownies (9x13)	\$22
Apple Cake (9x13)	\$28
Carrot Cake (9x13)	\$28

Proteins

Sweet & Sour Meatballs	dozen/\$18
Roast Beef (sliced 5lbs)	\$170
Cooked Brisket & Gravy (sliced 5lbs)	\$185
Roasted Chicken	
White Meat	piece/\$9
Dark Meat	piece/\$9
Whole Turkey (13-14lbs)	\$120
Cooked	\$150
Cooked & Carved	\$150
Poached Salmon (min order for 5)	person/\$17
Chopped Liver (1/2 pound)	\$9.50

Entrees

Roasted Chicken	\$18
Accompanied with potato or rice, and seasonal vegetables	
Roast Beef	\$18
Slow roasted beef brisket with homemade 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:

April 2024

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.

Date	Programs	Time	Menu
Tuesday, April 2	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Cold Borscht Gefilte Fish Sliced Vegetable Dessert
Wednesday, April 3	Adult Day Club Luncheon	9:30 am 11:30 am	Tomato Soup Meatloaf with gravy Mashed Potatoes & Vegetables Dessert Matzo
Thursday, April 4			Soup, scoop & matzo
Friday, April 5	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken Soup Roasted Chicken Kugel & Vegetables Dessert Matzo
Tuesday, April 9	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Potato Leek Soup Beef Stew Tossed Salad Dessert Matzo
Wednesday, April 10	Adult Day Club Luncheon	9:30 am 11:30 am	Borscht Sweet & Sour Meatballs Potatoes & Vegetables Dessert Matzo
Thursday, April 11			Soup, scoop & matzo
Friday, April 12	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken Soup with Matzo Ball Roasted Chicken Noodle Kugel Broccoli Chocolate Cake Challah Bun
Tuesday, April 16	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Borscht Salmon Loaf Sweet Potatoes & Vegetables Dessert Matzo

Date	Programs	Time	Menu
Wednesday, April 17	Adult Day Club Luncheon	9:30 am 11:30 am	Chicken Soup Roasted Chicken Mashed Potatoes Vegetables Dessert Matzo
Thursday, April 18			Soup, scoop & matzo
Friday, April 19	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken Soup Orange Chicken Kugel Vegetables Dessert Matzo
Tuesday, April 23	CLOSED FOR PASSOVER		
Wednesday, April 24	CLOSED FOR PASSOVER		
Thursday, April 25			Soup, scoop & matzo
Friday, April 26	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken Soup Roast Chicken Potatoes Vegetables Dessert Matzo
Tuesday, April 30	CLOSED FOR PASSOVER		
Wednesday, May 1st	Adult Day Club Luncheon	9:30 am 11:30 am	

Welcome back!



*I look forward
to seeing you at
Gwen Secter soon!*

Raquel Dancho, MP

**Kildonan-St. Paul
204-984-6322
raquel.dancho@parl.gc.ca**

May 2024

Date	Programs	Time	Menu
Wednesday, May 1	Adult Day Club Luncheon	9:30 am 11:30 am	Pea Soup Hotdog Fries Coleslaw Dessert
Thursday, May 2	Lanny Remis Luncheon	11:45 am	Soup and Sandwich
Friday, May 3	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken Rice Soup Honey BBQ Chicken Roasted Potatoes & Cauliflower Carrot Cake & Challah Bun
Tuesday, May 7	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, May 8	Adult Day Club Luncheon	9:30 am 11:30 am	Bean & Barley Soup Potato Perogies Tossed Salad Dessert
Thursday, May 9	JCFS Survivors Luncheon Lanny Remis Luncheon	11:45 am 11:45 am	Soup and Sandwich
Friday, May 10	Coffee & Conversation Cemetery Visit Floor Curling	11:00 am 11:00 am 11:30 am	Chicken Soup with Matzo Ball, Roasted Chicken, Kugel, Broccoli, Chocolate Cake, & Challah Bun
Tuesday, May 14	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Dill Carrot Soup Buttermilk Kugel Peas
Wednesday, May 15	Adult Day Club Luncheon	9:30 am 11:30 am	Lentil Soup Chopped Liver Sandwich Fries Coleslaw Dessert
Thursday, May 16	Lanny Remis Luncheon	11:45 am	Soup and Sandwich
Friday, May 17	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken Noodle Soup Breaded Chicken Rice Casserole Stir Fried Veggies Lemon Cake Challah Bun

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.

Date	Programs	Time	Menu
Tuesday, May 21	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 Mixed Veggies
Wednesday, May 22	Adult Day Club Luncheon	9:30 am 11:30 am	Minestrone Soup Buttermilk Kugel Strawberries Tossed Salad Dessert
Thursday, May 23	JCFS Survivors Luncheon Lanny Remis Luncheon	11:45 am 11:45 am	Soup and Sandwich
Friday, May 24	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken Soup Chicken with Orange sauce Kasha and Shells Peas Apple Cake Challah Bun
Tuesday, May 28	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Cream of Vegetable Soup Fish Kasha Knish Mixed Veggies
Wednesday, May 29	Adult Day Club Luncheon	9:30 am 11:30 am	Mushroom Pea Soup Chicken Burger Fries Coleslaw Dessert
Thursday, May 30	Lanny Remis Luncheon	11:45 am	Soup and Sandwich
Friday, May 31	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken Rice Soup BBQ Chicken Roasted Potatoes Cauliflower Carrot Cake Challah Bun

June 2024

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.

Date	Programs	Time	Menu
Tuesday, June 4	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, June 5	Adult Day Club Luncheon	9:30 am 11:30 am	Bean and Barley Soup Cheese Blintzes Sour Cream & Strawberries Tossed Salad Dessert
Thursday, June 6	JCFS Survivors Luncheon Lanny Remis Luncheon	11:45 am 11:45 am	Soup and Sandwich
Friday, June 7	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken Soup with Matzo Ball Roasted Chicken Kugel Broccoli Chocolate Cake Challah Bun
Tuesday, June 11	Sip and Move Bridge Canasta Drums Alive!	11:30 am	Dill Carrot Soup Buttermilk Kugel Sour Cream Peas
Wednesday, June 12	Closed for Shavuot		
Thursday, June 13	Lanny Remis Luncheon	11:45 am	Soup and Sandwich
Friday, June 14	Coffee & Conversation Cemetery Visit Floor Curling	11:00 am 11:00 am 11:30 am	Chicken Noodle Soup Breaded Chicken Rice Casserole Stir Fried Veggies Lemon Cake Challah Bun

Date	Programs	Time	Menu
Tuesday, June 18	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 & Coleslaw
Wednesday, June 19	Adult Day Club Luncheon	9:30 am 11:30 am	Minestrone Soup Vegetarian Chili Garlic Bread Dessert
Thursday, June 20	JCFS Survivors Luncheon Lanny Remis Luncheon	11:45 am 11:45 am	Soup and Sandwich
Friday, June 21	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken Soup Chicken with Orange sauce Kasha and Shells & Peas Apple Cake Challah Bun
Tuesday, June 25	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Cream of Vegetable Soup Fish Kasha Knish Mixed Veggies
Wednesday, June 26	Adult Day Club Luncheon	9:30 am 11:30 am	Lentil Soup Hotdog Fries Coleslaw
Thursday, June 27	Lanny Remis Luncheon	11:45 am	Soup and Sandwich
Friday, June 28	Community BBQ	11:30 am	Chicken Rice Soup BBQ Chicken Roasted Potatoes Cauliflower Carrot Cake Challah Bun

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R2V 1Y3

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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?

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- Chronically ill persons
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difficulties

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\$10

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PICK UP DATES

April 7, May 5, June 2

PLEASE ORDER ONE WEEK BEFORE PICKUP DAY

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SEVEN OAKS & ST. PAUL SENIORS RESOURCE FINDER



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

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



Seven Oaks & St. Paul
Seniors Resource Finder

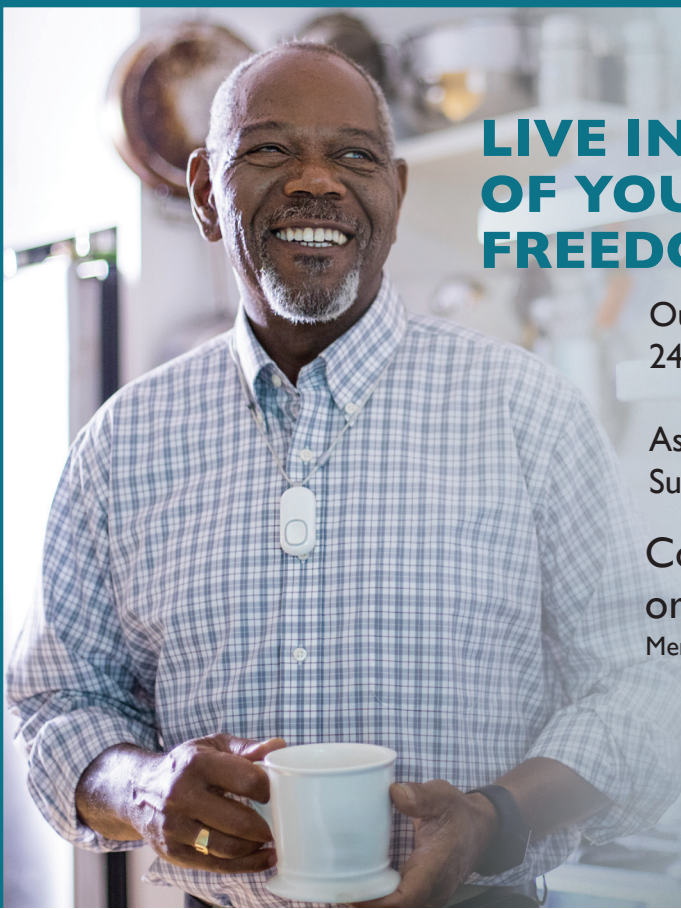
Dan Saidman | (204) 339-1701
sevenoaksseniors@gwensector.com

Seven Oaks & St. Paul
Seniors

Brunch & Learn

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



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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

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BRING A ***COPY*** OF YOUR
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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 arranges for volunteers to prepare income tax and benefit returns for eligible individuals who have a modest income and a simple tax situation.



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)
5. Childcare Benefits and expenses
6. RRSP contributions
7. Medical receipts
8. Rent assist documents (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



Sunshine
LIMO & TRANSIT SERVICES

**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 the Gwen Secter 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.



Winnipeg Sea Bears Game

June 13th at 7pm

Price TBA

Transportation Available



Winnipeg Goldeyes Game

May 23rd at 11am

Price TBA

Transportation Available



**Floor Curling
ROCKS!**

Fridays @ 11:30 am
Free for members | 2\$ drop-in fee for non-members



Gwen Selter
Creative Living Centre
at Syd Glow Place

Lanny Remis Speakers Forum

Lunch & Learn

- \$18 per person
- Thursdays
- 11:45 AM

To Register Contact
(204) 291 4362
simoneaesthetics@gmail.com



Chochinov Park Community Garden

103 Garden Park Drive

- INDIVIDUAL PLOT RENTAL (\$10)
- ANNUAL & PERENNIAL FLOWER BEDS
 - BERRIES IN THE PARK
 - NATIVE PRAIRIE GARDEN
- ONE-POT COOKING IN THE PARK PROGRAM

INFORMATION CONTACT MONIQUE OR
VERN: (204) 480-8875 |
7oakscommunitygarden@gmail.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://tonsemb.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



Seven Oaks & St. Paul
Seniors Resource



Gwen Sectar
Creative Living Centre
at Syd Glow Place

CANADA DAY COMMUNITY BBQ *And Concert*

JUNE 28TH AT NOON
1588 MAIN STEET (204) 339-1701
FREE TO ATTEND



Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



Photo Credits Earl Palansky

COMING THIS SUMMER!



We will be
accepting
Donations
starting
May 1st



Gwen Sectar
Creative Living Centre
at Syd Glow Place

PLEASE NOTE: NO LARGE FURNITURE DONATIONS!

Caring for those who cared for us!



**JEWISH
FOUNDATION**
— OF MANITOBA —

The Gwen Sectar 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.



Gwen Sectar
Creative Living Centre
at Syd Glow Place

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

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 Sectar 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

