



Gwen Secter
Creative Living Centre

at Syd Glow Place



Seven Oaks & St. Paul
Seniors Resource Finder

Winter Program Guide

April, May, June

2025



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
**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 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
Coordinator

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The Jewish Post Representative

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1588 Main Street

Find us on 

FOLLOW US ON
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

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santé de Winnipeg
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 9 - 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





Gwen Selter Creative Living Centre

at Syd Glow Place

EXCURSIONS



Movie Matinee



*Winnipeg Jewish
Theater*



Winnipeg Goldeyes Game

MAY-JUNE

- Monthly Movie Matinees at Grant Park Mall. Movies are chosen the last week of the month as movie times are made available
- WJT Play The Band's Visit. May 8th 1pm tickets at \$36 Transportation is \$20
- Winnipeg Goldeyes are back. Thursday May 22 afternoon game. \$25 a ticket, \$20 transportation

PRICES
AND DATES
SUBJECT
TO
CHANGE

SPRING FITNESS

April - June



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
(12 classes)

\$75 members | \$90 non-members

Line Dancing

Friday at 10:00 am

Join us on Fridays for a fun dance class in the country tradition of Line Dancing. Lead by our very own Susan, she will take you step by step through the kicks, turns and scoots until you are ready to join the Calgary Stampede dancers.

Instructor: Susan Fletcher
(12 classes Jan 24th - March 22nd)
\$65 members | \$80 non-members
\$5 drop-in fee for 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

DRUMS ALIVE!

THE PULSATING RHYTHM OF DRUMS &
THE DYNAMIC MOVEMENT OF DANCE

TUESDAYS AT 4:00PM

**12 CLASSES \$ 75 MEMBERS
\$90 NONMEMBERS**

**DROP-IN \$10 MEMBERS
\$15 NONMEMBERS**

INSTRUCTOR BRENDA MOBERG



Gwen Sector
Creative Living Centre
at 501 Glen Place



Seven Oaks & St. Paul
Community Association



Gwen Secter Creative Living Centre

★ LINE DANCING ★ CLASSES

**THURSDAY AT 10:00AM
STARTING APRIL 24TH**



Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



12 CLASSES

**\$60 for Members \$80 Non-Members
for 10 Classes**

1588 Main Street 204 339-1701

WEDNESDAY ENTERTAINERS

Music with Wes Parisien

April 2nd

Passover Music with Rabbi Matthew Leibl

April 9th

Passover Seder with Congregation Ez Chayim

April 16th

Yom HaShoah

April 23th

The Shalom Singers Choir

April 30th

Music with B-Side Apostle

May 7th

Stradbroke Ave Choir

May 14th



Members David Bibby and Earl Palansky Presentation

May 21st

Music n Mavens

March 5th

Winnipeg Music History with John Einarson

May 28th

Music with Kevin McIntyre

June 4th

Elder Abuse Awareness Program

June 11th

TBA

June 18th

Music with Wandering Wayne

June 25th

Wednesday program costs \$15M, \$20NM for lunch bingo and entertainment.
The Wednesday Day program art and fitness before lunch \$35M \$42NM
(transportation included). Transporation \$10 M \$15 NM round trip



KOSHER CATERING MENU

SERVING PARTIES, MEALS OF CONDOLENCE, & MORE!

Soups

INDIVIDUAL | \$5.00

PER LITER | \$15.00

Cream of Broccoli

Cream of Cauliflower

Cream of Mushroom

Tomato

Dill Carrot

Bean & Barley

Beet Borscht

Lentil

Pea

Vegetable

Minestrone

Chicken Noodle

Chicken with Matzo Ball

Chicken with Rice

Deluxe Chicken

INDIVIDUAL | \$4.00

PER LITER | \$12.00

Clear Chicken

Individual Entrees

Roasted Chicken with Potato or Rice and Vegetables **\$22**

Roast Beef with Potato and Vegetables **\$22**

Sweet & Sour Meatballs with Rice and Vegetables **\$22**

Pastas

Kugel

(Cheese, Vegetable or Sweet)

MEDIUM (4-6 PEOPLE) | \$15.00

LARGE (12-14 PEOPLE) | \$30.00

Lasagna

(Spinach & Cottage Cheese)

MEDIUM (4-6 PEOPLE) | \$25.00

LARGE (12-14 PEOPLE) | \$60.00

A La Carte

Gefilte Fish (min. order of 10 pieces)	PER PIECE \$6.00
Kasha & Shells (min. order of 5 people)	PER PIECE \$6.00
Potato, Kasha Knishes (one dozen)	\$24.00
Cheese (one dozen)	\$26.00
Matzo Balls (one dozen)	\$12.00
Carrot Tzimmes (1 liter)	\$18.00
Coleslaw (1 liter)	\$12.00
Garden Salad Orange Almond (min. order 5 people)	PER PERSON \$16.00
Caesar Salad (min. order 5 people)	PER PERSON \$7.00
Latkes (Potato & Zucchini)	PER DOZEN \$18.00
Party Sandwiches (min. 10 dozen)	PER DOZEN \$20.00

Desserts

Bundt Cake (12 inches)	\$36.00
Komish (one dozen)	\$12.00
Brownies (9" x 13")	\$22.00
Apple Cake (9" x 13")	\$30.00
Carrot Cake (9" x 13")	\$30.00

Proteins

Sweet & Sour Meatballs (one dozen)	\$22.00
Roasted Chicken (white meat)	\$12.00
Roasted Chicken (dark meat)	\$10.00
Whole Turkey (cooked)	\$160.00
Whole Turkey (cooked and carved)	\$180.00
Sliced Roast Beef (12-14 people 5lbs)	\$185.00
Beef Brisket with Gravy (12-14 people 5lbs)	\$200.00
Poached Salmon (min. order 5 people)	PER PERSON \$20.00
Chopped Liver (1/2 pound)	\$10.00



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.

April 2025

Date	Programs	Time	Menu
Tuesday, April 1	Bridge Canasta Drums Alive!	12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, April 2	Adult Day Club Luncheon	9:30 am 11:30 am	Zucchini soup, deli olate wuth quinoa and mixed veggies
Thursday, April 3			Soup and Sandwich
Friday, April 4	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken soup, Honey BBQ Chicken, Mashed Potatoes, Veggies, Dessert, Matzo
Tuesday, April 8	Bridge Canasta Drums Alive!	12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, April 9	Adult Day Club Luncheon	9:30 am 11:30 am	Onion Soup, Shepperd's pie and Veggies
Thursday, April 10			Soup and Sandwich
Friday, April 11	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken soup, Lemon Herb Chicken, Mushroom & Onion Kugel, Veggies, Dessert and Passover Bun
Tuesday, April 15	Bridge Canasta Drums Alive!	12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich

Date	Programs	Time	Menu
Wednesday, April 16	Adult Day Club Luncheon	9:30 am 11:30 am	Matzo ball soup, roast beef with roasted potatoes and veggies
Thursday, April 17	closed		
Friday, April 18	closed		
Tuesday, April 22	Bridge Canasta Drums Alive!	12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, April 23	Adult Day Club Luncheon	9:30 am 11:30 am	Cream of broccoli soup, buttermilk kugel and roasted veggies
Thursday, April 24	Line Dancing	10:00 am	Soup and Sandwich
Friday, April 25	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Chicken Cacciatore, Rice, Veggies, Dessert and Challah Bun
Tuesday, April 29	Bridge Canasta Drums Alive!	12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, April 30	Adult Day Club Luncheon	9:30 am 11:30 am	Borscht, chicken schnitzel, fries and Jerusalem salad

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.

MAY 2025

Date	Programs	Time	Menu
Thursday, May 1	Line Dancing Lanny Remis Speaker Forum	10:00 am 11:45	Soup and Sandwich
Friday, May 2	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Honey Lemon Chicken, Roasted Potatoes, Roasted Veggies, Dessert, Challah Bun
Tuesday, May 6	Bridge Canasta Drums Alive!	12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, May 7	Adult Day Club Luncheon	9:30 am 11:30 am	Minestrone soup, sweet and sour meatballs, rice and stir- fried veggies
Thursday, May 8	Line Dancing JCFS Survivors Luncheon Lanny Remis Speaker Forum WJT outing	10:00 11:45 11:45 1:00	Soup and Sandwich
Friday, May 9	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Ovenbaked breaded Chicken, Stir Fried Rice, Stir Fried Vegetables, Dessert Challah Bun
Tuesday, May 13	Bridge Canasta Drums Alive!	12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, May 14	Adult Day Club Luncheon	9:30 am 11:30 am	Pea soup chicken burgers, salad and roasted sweet potatoes
Thursday, May 15	Line Dancing Lanny Remis Speaker Forum	10:00 11:45	Soup and Sandwich
Friday, May 16	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Lemon & Herb Roasted chicken, Mashed Potatoes, Veggies, Dessert, Challah Bun

Date	Programs	Time	Menu
Tuesday, May 20	Bridge Canasta Drums Alive!	12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, May 21	Adult Day Club Luncheon	9:30 am 11:30 am	Dill carrot soup, perogies with onions, sour cream and cauliflower
Thursday, May 22	Line Dancing Goldeyes Game JCFS Survivors Luncheon Lanny Remis Speaker Forum	10:00 11:00 11:45 11:45	Soup and Sandwich
Friday, May 23	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Honey BBQ Chicken, Potato Wedges, Roasted Vegetables, Dessert, Challah Bun
Tuesday, May 27	Bridge Canasta Drums Alive!	12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, May 28	Adult Day Club Luncheon	9:30 am 11:30 am	Bean and barley soup, baked spaghatt
Thursday, May 29	Line Dancing Lanny Remis Speaker Forum	10:00 11:45	Soup and Sandwich
Friday, May 30	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Breaded Chicken, Kugel, Veggies, Dessert, Challah Bun

LITRES OF SOUP - \$15

Beet Borscht (P)
 Cream of Broccoli (D)
 Cream of Cauliflower (D)
 Cream of Mushroom (D)
 Roasted Red Pepper & Tomamto (D)
 Dill Carrot (P)
 Vegetable Soup (P)
 Chicken Soup Clear (M)
 Chicken Soup + Matzo balls (M)

Bean & Barley (P)
 Pea Soup (P)
 Minestone (P)
 Lentil Soup (P)
 Onion Soup (P)



Please register for the Wednesday Luncheon Programs

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JUNE 2025

Date	Programs	Time	Menu
Tuesday, June 3	Bridge Canasta Drums Alive!	11:00 am 11:30 am 1:00 pm	Soup and Sandwich
Wednesday, June 4	Adult Day Club Luncheon	9:30 am 11:30 am	Smoked Salmon, Mushroom soup, lox, Bagel cream cheese and salad
Thursday, June 5	Line Dancing JCFS Survivors Luncheon Lanny Remis Speaker Forum	10:00 11:45 11:45	Soup and Sandwich
Friday, June 6	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Hawaiian Chicken, Coconut Rice, Salted Peppers, Dessert, Challah Bun
Tuesday, June 10	Bridge Canasta Drums Alive!	11:00 am 11:30 am 1:00 pm	Soup and Sandwich
Wednesday, June 11	Adult Day Club Luncheon	9:30 am 11:30 am	Vegetable soup, beef stew with potatoes and veggies
Thursday, June 12	Line Dancing Lanny Remis Speaker Forum	10:00 11:45	Soup and Sandwich
Friday, June 13	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Sundried Tomato Chicken, Roasted Potatoes, Veggies, Dessert, Challah Bun
Tuesday, June 17	Bridge Canasta Drums Alive!	11:00 am 11:30 am 1:00 pm	Soup and Sandwich
Wednesday, June 18	Adult Day Club Luncheon	9:30 am 11:30 am	Potatoe leek soup, tuna/salmon pita wraps with chips and veggies

Date	Programs	Time	Menu
Thursday, June 19	Line Dancing JCFS Survivors Luncheon Lanny Remis Speaker Forum	10:00 11:45	Soup and Sandwich
Friday, June 20	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Oven Baked chicken Knishes, Stir Fry Vegetables, Dessert, Challah Bun
Tuesday, June 24	Bridge Canasta Drums Alive!	10:00 am 11:00 am 11:30 am	Soup and Sandwich
Wednesday, June 25	Adult Day Club Luncheon	9:30 am 11:30 am	Lentil soup, hotdog, fries and coleslaw
Thursday, June 26	Line Dancing Lanny Remis Speaker Forum	10:00 am 11:45	Soup and Sandwich
Friday, June 27	Coffee & Conversation Floor Curling	11:00 am 11:30 am	Lemon Herb Roasted Chicken, Rice Pilaf, Broccoli, Dessert, Challah Bun

Gwen Secter
Creative Living Centre
at Syd Glow Place

Catering
VISIT OUT MENU AT
WWW.GWENSECTOR.COM
(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 Club

APRIL 7 - WEST KILDONAN HORTICULTOR SOCIETY

MAY 5 - UNITED WAY 211

JUNE 2 - WINNIPEG POLICE DEPARTMENT

9:30-11:00 AM

CANAD INN 2100 MCPHILLIPS



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



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📞 (204) 960-3050

✉️ sevenoaksbag@gmail.com



3-1050 Leila Avenue

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

Free Drop Off Income Tax Service

February 17 – May 16 2025

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 RECEIPTS**

**Tax filing
available from
years 2015 – 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.



**People
helping
people**

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)
5. Childcare Benefits and expenses
6. RRSP contributions
7. Medical receipts
8. 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



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Veterans*

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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.



Carefree
Concierge

204-330-6629

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



   @VictoriaLifeline

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.

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

Caring for those who cared for us!



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**.

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

