

1588 Main Street

204-339-1701

www.gwensecter.com

Gwen Secter Creative Living Centre Wednesday Lunch Program

No Programs Wednesday October 1, 8, 15	Oct 22 Bean and Barley Soup, Potato Veronicas and Salad	October 29 Pea Soup, Sweet and Sour Meatball, Rice and Veggies	November 5 Minestrone Soup, Buttermilk Kugel and Salad
	Rabbi Carnie Rose of Congregation Shaary Zedek	Music with Neil Keep	Music with Jesse and Grace
November 12 Pea Soup, Roasted Chicken, Potatoes and Veggies	November 19 Bean and Barley, Grilled Cheese Sandwich and Salad	November 26 Onion Soup, Smoked Turkey Sandwich and Coleslaw	December 3 Minestrone Soup, Cheese Blintzes and Salad
Remembrance Day Program	Wheelchair Sport Manitoba	History with Greg Agnew Manitoba Fires	Stradbrook Ave Choir
December 10 Pea Soup, Hotdog and Coleslaw	December 17 Chicken Soup, Roasted Chicken and Latkas	December 24 Pea Soup, Meatloaf, Potatoes and Veggies	December 31 Minestrone Soup, Lox, Bagels, Cream cheese and Coleslaw
B-Side Apostles	Hannukah Party with Rabbi Matthew Leibl	Games Day Holiday Party	New Years Eve Party with Music from Then and Now

Entertainment and menu subject to change without notice

Luncheon

11:30-2:30 PM

Price: \$15 M \$20 NM

Transportation: \$10 M \$15 NM

Adult Day Club

9:30-2:30 PM

Price: \$35 M \$42 NM

**Gwen Secter
Annual Tea
Fundraiser**



Program guide available at www.gwensecter.com

Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



Winnipeg Regional
Health Authority
Office régional de la
santé de Winnipeg

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 Resources Finder

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

contact sevenoaksseniors@gwensecter.com

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

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



JEWISH FOUNDATION
OF MANITOBA



Winnipeg Regional
Health Authority
Office régional de la
santé de Winnipeg

Beneficiary Agency of the
Jewish Federation
OF WINNIPEG





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!

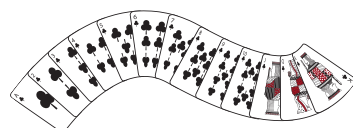
11 classes:
\$75 members \$90 non-members

Tuesdays at 4:00 PM
Class run September 2 - Dec 16

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



Canasta



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

Special Programs & Outings

Monthly Movie
Matinee



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

Fort Whyte Alive
Sunset Goose Flight



Thursday October 9
6:00 pm

\$10 Admission
\$20 Transportation

Winnipeg Symphony
Un-Tuxed Concert



November 13
12:00 pm

\$10 Admission
\$20 Transportation

Destination Dinner
Theater
Die Hard
at Portage and Main



TBD

Dinner Ticket \$75
Transportation \$25

FOOD ACCESS BUS

F.A.B.

Thanks to support
from City Councilor
Devi Sharma



FREE BUS TO FRESHCO.
1st Tuesday of The Month

THE BUS WILL STOP AT:

1205 LEILA AVE. 959 LEILA AVE.
535 LEILA AVE. 2000 SINCLAIR ST.
597 JEFFERSON AVE.

EMERGENCY
RESPONSE
INFO KIT

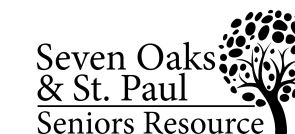


E.R.I.K. KITS

STICK IT TO YOUR FRIDGE

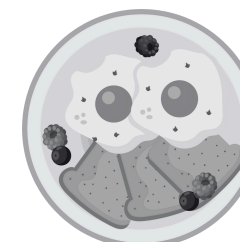
**E.R.I.K TELLS FIRST RESPONDERS YOUR MEDICAL
HISTORY, MEDICATIONS, ALLERGIES AND EMERGENCY
CONTACT WHEN YOU CAN NOT SPEAK FOR YOURSELF**

FREE LIFE
SAVING TOOL
AVAILABLE AT
GWEN SECTER



SEVEN OAKS/ST PAUL BRUNCH CLUB

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



Oct 6th - Q-Docs/Virtual Health Care

Nov 3rd - Warning Signs of Heart
Disease

Dec 1st - Christmas Party with Neil Keep

**BETTER ACCESS
TO GROCERIES**



Pick Up Dates

Sept 21, Oct 19, Nov 30, Dec 21 \$10 for a bag of
seasonal fresh produce

Orders due the
Monday before the
pick up date

3-1050 Leila Avenue

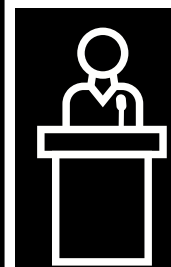
Contact
(204) 960-3033
sevenoaksbag@gmail.com

Larry Remis

**SPEAKER'S
FORUM**

LUNCHEON

Ends Oct 30th
Thursdays at 11:45
\$20 per person
Contact Sandra
(204) 888- 8209
to register.



Save the Date



Annual Fundraising Tea
November 23rd, 2025
1:00pm - 3:00pm

Please join us to honour
the memory of long time
community volunteer
Howard Kideckel z"l



Please note we will be closed: Oct 2nd, 7th, 8th, 14th & 15th, Nov 11th, Dec 25th & 26th