



### Festive Fair a success

The Senior Centre's fundraising committee hosted the annual Festive Fair on Saturday, November 24 with 22 vendors and 29 tables of merchandise for sale. Vendors offered something for everyone, from crafts to clothing, and baking to bedding. In addition, attendees could purchase lunch of vegetarian chili and a bun, muffins and coffee. A rainbow auction was also held with items donated by the sellers. Great job, ladies!



### Remember to renew your Senior Centre membership.

All yearly memberships are due on January 1<sup>st</sup>.

When you join the Centre, bring in a buddy or spouse and have your two memberships reduced from \$30.00 to \$25.00.

Life Membership fee is \$150.00.  
Yearly membership fee is \$15.00.  
Membership entitles you to:

- vote at General, Special or Annual Meetings of the Centre;
- be elected to the Board of Directors;
- Be eligible to receive a special membership rate for programs or events at the Centre;
- Receive a monthly phone call, if desired, informing you of upcoming Centre activities.

Associate membership (individuals 50-55 years) yearly fee is \$15.00.  
Associate members receive all the benefits of membership with the exception of:

- they are not eligible to vote at any of the meetings of the Centre membership;
- they are not eligible to be elected to the Board of Directors.



### Watch for these Upcoming Events In the New Year

Lunch and Learn series  
Pot Luck Supper and Spelling Bee  
Cribbage Tournament  
Pancake Brunch  
Membership Day  
*Dates to be announced soon!*

# 55 First



DAUPHIN MULTI-PURPOSE SENIOR CENTRE

December, 2018



### CHRISTMAS GREETINGS!

Our annual Christmas Dinner is a fundraiser for the Senior Centre, but it is also an opportunity to share a traditional turkey dinner with members and friends. We encourage you to enjoy this newsletter and to take a copy of our congregate meal program menu and activity calendar.

We continue to offer free coffee on Wednesdays. Stop in with friends for a cup of coffee and some visiting time in the lounge. A puzzle is always out in the library; we welcome you to add a few pieces when you have some spare time. While there, look over our collection of books and puzzles. You may borrow both books and puzzles – no sign out required and no specified return date.

We will again host a New Year's Eve party. Watch for details.

You are welcome to attend our scheduled programs and activities and to drop in for coffee and a visit when you are out doing errands. Give us feedback on our programs and suggest new ones. This is your Centre; its success depends on you!

**Mary Hudyma, President**

### Holiday Hours

Monday, December 24 <sup>th</sup>	Closed at Noon
Tuesday, December 25 <sup>th</sup>	Closed
Wednesday, December 26 <sup>th</sup>	Closed
Thursday, December 27 <sup>th</sup>	Open Regular Hours
Friday, December 28 <sup>th</sup>	Open Regular Hours
Monday, December 31 <sup>st</sup>	Closed at Noon
Tuesday, January 1 <sup>st</sup>	Closed
Wednesday, January 2 <sup>nd</sup>	Back to Regular Hours



### Dauphin Multi-Purpose Senior Centre Mission Statement

The Dauphin Multi-Purpose Senior Centre is a community based organization for individuals who are 55 years of age and over.

*Programs and resources will be provided in an inclusive and non-judgemental environment, responding to the diverse and changing needs of seniors.*

55 1st Avenue SE, Dauphin, MB R7N 2A2  
Office Hours: 9-12 noon, 1-5 PM, Monday to Friday, Telephone 638-6485

Kim Armstrong, Administrator/Program Coordinator  
Lynda Cleave, Administrative Assistant/bookkeeper

Heather Sowtis, Community Resource Coordinator  
Myra Rank, Meal Program Cook





## From the First Office

(the first office when you  
come in)

Another busy year at the Centre makes the time rush by!

Last year we had made some changes to our Congregate

Meal Program and we continue to see growth.

We lost a Heather and gained a Heather. Be sure to stop and say hello to our new community resource coordinator Heather Sowtis. She is a great addition to the team.

In June we held our Annual General Meeting. There were seven positions filled this year. We are pleased that Larry Wiggins and Leinita Woods were re-elected and we welcomed Marge Beyette, Jim Feduk, Velma Kreshewski, Inky Mark and Adeline Bourgouin

The furnace room was completed, the kitchen received a new door, we brightened the front of our building with the removal of a sign and our tree that was damaging the roof.

We continue to focus on quality programs and services for older adults. We just had our 9th graduating class of cadets with Police Academy: Older Adult Division. We introduced Qi Gong and dance lessons to our regular list of programs. The Centre was on the tour list for Gordon Goldsborough's new book launch, *More Abandoned Manitoba* and Dauphin Public Library recently gave a presentation on e-resources!

This year we have partnered with Neighbourhood Renewal and MacKenzie Middle School through a New Horizon's grant to present Cyber Seniors, matching seniors and students to learn about technology.

The Senior Centre received two unexpected and generous donations. Thank you to Anthony Semeniuk for his \$10,000.00 donation and Barry Trotz Stanley Cup Fund for his \$15,640.00 donation.

Our Centre provides two \$500 scholarships awarded to deserving graduates of the DRCSS, we participate in the CWL Adopt a Family Christmas Hamper program every year and we appreciate the additional donations we receive from our members.

We have been able to make financial contributions to the community, as well as operating the Centre mostly due to the revenue from our Friday and Sunday afternoon bingos. Our gratitude goes to our eight teams of hard-working and dedicated bingo volunteers who make it all possible, and the bingo players who support us. We also have a number of fundraisers throughout the year. Thank you for your support at events such as our Christmas Dinner, Festive Fair, Pancake Brunches and Stroll down Memory Lane.

We are always happy to see you at our programs, events, visiting the library or coming to a meal. Please be sure to join us for free coffee on Wednesdays!

*I would like to wish each of you a very*

*Merry Christmas*

*May you have a healthy and prosperous*

*New Year!*



Anthony Semeniuk presents a cheque for \$10,000. to Administrator/Program Coordinator Kim Armstrong. His generous donation will be used in the future for a special project for the Centre.



M. A. Nyquist  
Reporter/photographer Dauphin Herald

## Stroll Down Memory Lane September 5, 2018



Dinner and a Movie  
Wednesday December 19th  
"The Man Who Invented Christmas"  
Dinner at 5 pm & Movie at 6:15 pm  
Sign up deadline December 18th @ 5



## PHILIPS Lifeline

Lifeline is a personal response service that is there for you, 24 hours a day, 365 days a year, when others cannot be within close contact. Help is always just a push of a button away. It is remarkably affordable, with no purchase required and no long-term commitment. With Lifeline, seniors and those in physical need of this service can continue to live in their own homes, which might not otherwise be possible. For more information about the Lifeline Program, please call Heather at 204-638-6485.

The Fundraising Committee  
would like to thank  
Dauphin Consumers Co-op &  
McMunn and Yates Building  
Supplies for their financial support  
of the Senior Centre's  
Christmas Dinner  
Your Support of the Senior Centre  
is very much appreciated.



Thank you to the ladies from the Monday Wednesday Exercise group for decorating the hall Here are Linda and Olga decorating our tree!



### Police Academy: Older Adult Division Graduating Class of 2018



**Did you know that  
Coffee is FREE  
All day  
On Wednesdays?**

*Bring your friends, drop in  
for coffee,  
And check out our  
programs and activities.*

### Fragrances & Scented Products

We ask that all individuals attending the Centre be considerate of those who are sensitive to fragrances and scents.

A general guideline for fragrances and scented products is that they should not be detectable more than an arm's length away.

Understand that it is not about you as a person or about your choice of fragrance or scent, but it is about the product and the adverse effect can have on someone.

*Thank you for your consideration.*

### PROGRAMS & ENTERTAINMENT

We held a round table discussion on August 15<sup>th</sup> to solicit ideas for new programs and events from members. In the programs area, we are seeing a decline in numbers away from the traditional programs that have been highly successful in the past – card games, floor curling, etc., and our challenge is to find out what people want us to offer in addition to these core programs. As a result of the feedback from those who attended, we have initiated a couple of new programs, qi gong being one of the most successful, as well as the return of the popular Police Academy-Older Adults Division in collaboration with the RCMP and the Manitoba Association of Senior Centres.

Larry and the Entertainment volunteers have been busy organizing monthly evening dances, and they remain popular. In addition to that, we have recruited Esther Fyk, who will be here on the second and fourth Wednesday nights of the month to give dance lessons, and we encourage everyone to come and try this out. Dancing is not only an enjoyable activity, but gives you a great workout! We also partnered with the Fundraising Committee, offering them opportunities to hold fundraisers in conjunction with the dances. The next dance is being held on December 22nd from 7 to 11 p.m. Larry is playing the music, a light lunch will be served and the cost is only \$10.00, with \$2.00 off for members.

The committee will be meeting again on December 3rd to decide on and set dates for the programs and events we will be offering from now until the end of March. Some that you can look forward to include the annual New Year's Eve party, the pot-luck supper and spelling bee in January, a series of "Lunch and Learn" events, a cribbage tournament, and a karaoke or open mic night. Let us know what you want us to offer and we will try our best to organize it.

**Connie Chaloner and Larry Wiggins Co-Chairs**

Image from: https://www.shutterstock.com

Image from: https://www.shutterstock.com



My name is Heather Sowtis and I am the new Community Resource Coordinator/Lifeline Program Manager at the Dauphin Senior Centre. I have met many wonderful people in this role and I am enjoying every minute being part of this team. I am married with three grown children and the proud Nana of three beautiful grandkids – Aurora, Liam and Keira. Growing up in Fork River, I have spent most of my life in this community. My husband and I love camping, traveling and spending time with our family. I would like to take this opportunity to wish everyone a very Merry Christmas and all the blessings for the New Year.



### Men's Shed Group Organized

Do you know what a Men's Shed is? Men's Shed is a peer run, non-profit organization run by retired men for men. It involves setting up a place where men can gather together with other men and do hands-on projects (for example, woodworking or wood carving) shoulder to shoulder...where men can find a listening ear, fellowship, story telling and a place to socialize. It can often replace the camaraderie enjoyed by men in the work environment prior to retirement.

There is interest in setting up a Men's Shed in Dauphin. An initial meeting was held at the Senior Centre on November 23<sup>rd</sup>, with approximately 15 men signing up. While this is not a program of the Senior Centre, the Centre is providing assistance in getting the group organized. If you are interested in being part of this group, want more information, or know of someone who would benefit from it, contact the organizer, Bill Farley at 204-701-0304.

### Membership Report, Fall General Meeting

Present membership numbers sits at 482. We are in the process of updating our membership list and removing any deceased members. In addition, in the New Year we will review our non active members list and reach out to these inactive members and discuss as to what we can maybe do for them to get them active. We are working towards having our membership fees collected early in the New Year example Jan 1/.19 to Dec31/19. In addition we have established a buddy membership \$25.00 - at the time that a person is joining brings in a buddy or spouse this would reduce their membership fee by \$5.00. In addition incentives are being given to have their name in a draw for a dinner and movie night.

New pamphlets are in the process of being prepared. These pamphlets will be handed out to everyone purchasing new memberships and even ones that are renewing. These pamphlets pretty well describe what this Centre provides to its members. Pamphlets will be distributed through a mail drop in early January, 2019 in the Parkland Shopper covering the City of Dauphin, RM of Dauphin, Village of Gilbert Plains, Grandview, Winnipegosis and Ochre River. We will distribute pamphlets at a few local establishments City of Dauphin, Dauphin Clinic Pharmacy, Super Thrifty and all the ERC -elderly residential centers which there is 11 of them.

A membership day is being planned sometime in January. Quarterly Birthday Parties are continuing to be held with the next one scheduled for Dec 5, 2018. Previous one held on September 19 was a success and had a good turnout. At this time I would like to say a big thank you to all the Membership Committee members for your input and assistance that you are providing whenever needed. And again Thank you to Kim Armstrong for her guidance and knowledge.

*Marge Beyette, Membership Chair*



Ernie and Iris Trotz present a \$15,640.00 cheque from the Barry Trotz Stanley Cup Fund to the Senior Centre to support the Lifeline Program. From left to right: Heather Sowtis Community Resource Coordinator and Lifeline Program Manager, Mary Hudyma President of the Dauphin Senior Centre, Ernie Trotz, Iris Trotz, Kim Armstrong Administrator /Program Co-ordinator





Greetings to all...  
I am Lynda Cleave, Administrative Assistant and bookkeeper at the Senior Centre. I am the person you see behind the front counter a lot of the time and the one who answers many of your calls. I have worked here for 13 years and have met and got to know many wonderful people.

*I want to wish a very Merry Christmas and a Happy New Year to one and all.*

Bob, aged 92, and Mary, aged 89, were excited about their decision to get married. While out for a stroll to discuss the wedding, they passed a drug store. Bob suggested they go in. Bob asked to speak to the pharmacist. He explained they are about to get married, and asked, "Do you sell heart medication?"

"Of course we do," the pharmacist replied.

"Medicine for rheumatism?"

"Definitely," he said.

"How about Viagra?"

"Of course."

"Medicine for memory problems, arthritis?"

"Yes, the works."

"What about vitamins, sleeping pills, Geritol, antacids?"

"Absolutely."

"Do you sell wheelchairs and walkers"

"All speeds and sizes."

"Good," Bob said to the pharmacist. "We'd like to register for our wedding gifts here, please."

## Cooks Corner

Happy Holidays from the Congregate Meal Program Team

We are Myra Rank, Marlene Scott, Logan Armstrong, Sylvia Burntack, Ben Plawucki and MiKasha McKenzie.

We would like to thank you for allowing us to serve you at the Senior Centre, Happy Haven and St. George meal programs.

We enjoy meeting you, hearing your stories and sharing a few laughs.



## Volunteers

The Centre is always on the look out for volunteers.

Do you think you could share some of your time to:

Sell 50/50 tickets at a table at the Mall or Coop?

Serve Tea or Coffee at Congregate meal program?

Work at our Bingos as a runner, at the desk, canteen?

Could you deliver meals to Spruce Manner or Kinsmen Villa?

Would you like to be part of a committee?

Please contact the Centre at 204-638-6485 or better yet

## Thank You

Myles Haverluck and the Clinic Pharmacy have been a great supporter of The Dauphin Multi-Purpose Senior Centre and seniors in general. The members, board and staff thank Myles and his staff for their willingness to help and support us in so many ways.

At this festive time of year we wish Myles and staff a Christmas filled with joyous time with family and friends.

*Best Wishes for Peace, Health and Happiness throughout the coming year.*

## FALL GENERAL MEETING

The Senior Centre's fall general meeting was held on Wednesday, November 21 with a good attendance of 49 members. Those in attendance heard reports from all of the committee chairs, in addition to the following report from our President, Mary Hudyma, that was given by First Vice-President Inky Mark:

The president's report at the June membership meeting, which was read in the minutes you heard today, is traditionally a comprehensive report on the year. In contrast, the report for this membership meeting touches on a few highlights that don't fall under any committee. You will hear a brief report from each committee chair, with emphasis on upcoming plans and events.

In August, the board received a resignation from Heather Medwid as Community Resource Coordinator/Congregate Meal Coordinator. Heather had been in that position for almost three years. She did much to modernize the lifeline service, bringing in the newest technology and implementing direct payment for lifeline clients. We appreciate all her contributions.

When the position was advertised, we were fortunate to have eight excellent applicants. Heather Sowtis was chosen and began work for us on September 24. She has a strong background, having had a number of positions in the regional health authority. If you haven't met our new Heather, please stop in, introduce yourself and welcome her. She is a very capable, welcoming presence for the Centre!

We received a pleasant surprise at our September 18 board meeting! Anthony Semeniuk donated \$10,000.00 to the Senior Centre! This money was not put into our general account, but was added to the money remaining from the Chute bequest. This account is earmarked for one time purchases or updates that can be labelled as being purchased from this very generous donation.

We are honoured to be one of the community organizations to receive funding from the money raised on Barry Trotz Day. Thank you to the organizing committee and the Trotz family for choosing us!

We are entering the busy Christmas season with the annual activities and parties. At the board level, it is the time for committees to forecast their future activities and budget needs. We have planned a day of strategic planning with Connie Newman, executive director of MASC, Manitoba Association of Senior Centre's. The date is set for early January. This will lead into the annual budget process.

We appreciate your interest in the Centre and its operation exhibited by your presence at this meeting. Our success depends on having active, informed members who are willing to volunteer and to give the board feedback on how things are going. We are always happy to hear from you!



## DMPSC

### Board of Directors

Back row: Mary Hudyma, Marge Beyette, Jim Fediuk, Adeline Bourgouin, MaryLynn Safronetz

Front row: Connie Chaloner, Leinita Woods, Velma Kreshewski, Inky Mark, Larry Wiggins

## Join the Puzzle Team!

