

East Beaches Community Newsletter

July
2017

Providing information on activities & community events throughout the East Beaches and surrounding areas

#3 Ateah Road,
Victoria Beach MB
Phone 204 -756-6468
E-mail ssinc1@mts.net
Website: www.ebseniorscene.ca

East Beaches Senior Scene

Program Coordinator:
Tammi Kelly
Office Hours:
Tues/Wed/Thurs & Fri:
8:00-4:00pm

Mark Your Calendars!!



- July 1st - Canada Day
- July 4th - 10% Tuesday
- July 15th - Sun Country Arts-n-Crafts Sale
- July 18th - RMBV Council Meeting @ 7pm
- July 19th - Human Rts Museum/Forks/Casino Trip
- July 25th - RMBV Police Board Public Mtg @ 7pm (boardroom)

Happy Canada Day!!



Program Calendar at the Scene

Please call to verify times and availability

- | | | |
|--------------------|---|-------------------|
| Monday ~ | Fitness Class | 9:00am - 10:30am |
| | Healthy Living | 1:30pm - 2:00pm |
| | (Last Monday of each month) | |
| | Cards/Games | 6:30pm - 8:30pm |
| Tuesday ~ | Line Dancing | 10:00am - noon |
| | Bridge | 2:30pm - 5:00pm |
| | Tai Chi | 7:00pm - 8:30pm |
| Wednesday ~ | Golden Club | 10:00am - 4:00pm |
| | Beginner Line | 7:00pm - 8:30pm |
| | Dancing (excluding 1st Wed of each month) | |
| Thursday ~ | Fitness Class | 9:00am - 10:00am |
| | Quilting | 10:00am - 4:00pm |
| Friday ~ | Yoga | 9:30am - 10:30am |
| | Chair Exercise | 11:00am - 11:45am |
| | Bingo | 7:00pm |
| | (Doors open at 5:30pm) | |

*** Next General Meeting**

Tuesday, August 15th @ 1:00pm
Everyone Welcome!!

Did you know ...

All of the programs & events available at the Senior Scene are open to **EVERYONE** in the community? You do not need to be a member or a senior to participate. A drop-in fee applies to most programs, \$2.00 for Members and \$3.00 for Non-members

Thank You!!



To the many volunteers & supporters of the East Beaches Senior Scene - your support ensures the success of our many programs & special events, including this year's 3rd Annual Lobster-fest Fundraising Event. Your continued support is greatly appreciated!

Folklorama VIP Tours

\$70.00 per person for Members
\$80.00 per person for Non-Members



Week #1 - Wednesday, August 9th - *Sold Out*
- Friday, August 11th - a few seats still available

Week # 2 - Wednesday, August 16th - *Sold Out*

VIP Tour consists of the following pavilions:

United Kingdom (England, Northern Ireland, Scotland & Wales) Spain & Spirit of the Ukraine.

Ticket price includes: Round trip transportation from the Senior Scene parking lot. Admission to multiple pavilions, bypassing line-ups. Reserved seating with table service.

Deadline to book your seat is July 14th, please contact Tammi in the office for more information or to reserve your seat.

East Beaches Resource Centre

#3 Ateah Road,
Victoria Beach MB
Phone 204 -756-6471
Fax: 204-756-3920
E-mail: ebresourcec@mymts.net



Resource Coordinators:
Janet Curwin/Grace Janssen
Office Hours:
Mon/Wed/Fri 8:00-4:00pm



SAVE THE DATE
Spa Day at the East Beaches Resource Centre
Just for the Health of It!
Plan to join us September 27, 2017
(Details to follow at a later date)

Coffee Group
10:00am at the Birchwood Hotel Restaurant
July 14th & 28th
Everyone is welcome!
Come join a fun group of ladies!



A big Thank You to all the volunteers for the Fashion Show. I know it is a fun time, but also very busy and stressful. So thank you all!



Wishing you all a safe and fun July 1st!
It is a big celebration for Canada this year. So dress up in red and white and go celebrate!!

Civic Signs

We have received quite a few civic sign requests, and I know our First Responders thank you for making their jobs easier. If you don't have your's, please pick up your application form at Saffies, or at our office Mon., Wed., Fri. 8am-4pm.

Respite Workers

Are you qualified and interested in doing some private home care for our seniors? We have had some requests for respite for the summer months. If interested and qualified, please contact our office.

Bibliotheque Allard Library - Victoria Beach Branch

#3 Ateah Rd—lower level,
Senior Scene Club
Phone: (204)756-2043
Email: victoriabeachbranch@hotmail.com



Librarians: Vicki & Randy
Hours: Wednesday 10:00am—2:00pm
Friday 10:00am – 2:00pm
Saturday 10:00am - 1:00pm

Summer is finally here and all your planting has been completed. You now have all this spare time. How can you fill your day?
Why not come to the library and browse through some of our new books?

See you soon.
Vicki and Randy



Victoria Beach Community Centre (Sports Club)

Brad Patzer,
Randy Thomas,
Laurie Danwich,
Lori Vialoux,

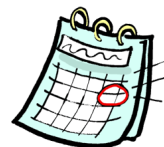
President
Vice President
Treasurer
Secretary



Email: - vbcommunitycentre@gmail.com
Website: www.vbcommunitycentre.com
Community Centre: 204-756-2330

Mark Your Calendar

July 4th – 7pm Merry Makers General Meeting (first Tuesday of every month)
July 11th – 7pm VBSC/CC Monthly Meeting (second Tuesday of every month)
July 21st & 22nd - Summer Winds Family Music Festival



BREAKFAST BREAK - Come out and enjoy breakfast & community camaraderie Fridays & Saturdays from 9 am till Noon. Volunteers are needed to help with breakfast. Please contact Fay Morrison 204-756-6463



BINGO – Starts for the summer on June 28th. Door opens at 6:00pm, Bingo starts at 7:00pm. Canteen open.

COUNTRY MARKET– Saturdays 10:00 am – 1:00 pm with a variety of vendors, including fresh veggies, honey, wild rice, baking, apothecary, and crafted items. For vendor registration contact Margaret Haddad 204-756-2181 or email mmurrayhaddad@gmail.com

PICKLEBALL - Mondays, Wednesdays & Fridays from 9:00 am – Noon. A great workout for all ages that is a bit like tennis, table tennis and badminton. Equipment is available for use. Come see what it's all about. For more info, contact Al Rear 204-756-6822. Drop-in fee \$3.

BRIDGE – Thursdays from 1:30-4:00pm. Upstairs lounge to play casual bridge (not necessary to bring a partner). Drop-in cost \$2/members and \$3/non-members. For more info, contact Bev Underhill 204-756-8694



PAINT NIGHT FUNDRAISER - Saturday August 12th hosted by East Beaches Animal Shelter. Tickets available at Saffies Store, VB Parking Lot, Hillside Building Supplies.

2nd ANNUAL GOLF TOURNAMENT – Friday August 11th at Grand Pines Golf Course. Event includes steak dinner and entertainment at the VBCC. Detailed info online www.vbcommunitycentre.com with online registration, or contact Rob 204-918-4993 or Des 204-797-3172.

SUMMER WINDS FAMILY MUSIC FESTIVAL – tickets are now available at local businesses and online www.summerwindsmusic.com.



CRAFT SALES

ARTISANS SHOW & SALE – Saturday, July 29th from 10:00 am – 4:00 pm
SUN COUNTRY ARTS & CRAFTS SALE- Saturday August 12 9:30-2:30 pm

FACILITY RENTALS – for rental information, contact Bruce Morrison 204-756-6463 or email cityvber@gmail.com

FOR MORE DETAILED INFORMATION ABOUT ALL OUR EVENTS OR TO REGISTER AS A MEMBER, VISIT OUR WEBSITE AT www.vbcommunitycentre.com, OR VISIT US ON FACEBOOK.

VOLUNTEERS NEEDED – IF YOU WOULD LIKE TO BECOME A VOLUNTEER CONTACT MICHAEL LAUZE 204-795-5792



GRAND TIMES....

July 2017

This page sponsored by the Grand Marais & District Senior Citizens

Grand Marais & District Senior Citizens

President: Diane Bergeron

Vice President: Ken Stronciski

Publicity: Lynette Miller 204-754-2041 or email:

lynettemiller43@gmail.com

Weekly Activities:

are generally suspended for the summer.

Hall Walking, Exercise and Women's Afternoon Group will resume in September.

Perogies are available for sale on Tuesday evenings from 5:30pm - 9:00pm \$4.50 per dozen at the Rec Hall.

As part of Canada Day Festivities, the Grand Marais Seniors will hold a sale in the Rec. Hall. Come from 9:00am till Noon for baking, white elephant, books, perogies, 50/50 and raffles.

See you there!

Our best wishes to all those celebrating Birthdays & Anniversaries in July!

Enjoy the Summer!

GRAND MARAIS RECREATION ASSOC.

Bingo

Tuesday at 7:00pm
Doors open at 6:00pm



Pots as of June 13th, 2017:

Wee House & Four Corners	= \$7,618
Poker Flush	= \$30,780
Full House	= \$700
Lucky 7	= \$719

Come out and join the fun!!
Large pots to be won!
License #1469

EAST BEACHES REGIONAL COMPLEX

The following services are now available at the Grand Marais Community Central & RV Park (GMCC), located at 36058 PTH 12, Grand Marais, MB. R0E0T0 (located just before Grand Beach).

Yoga – Already In Progress

Yoga: For the Body, Mind & Spirit by a MFC Certified Yoga Instructor Nadine at 204-797-4324, Mondays 10:30 – 11:30am. Drop-in Fee \$10.00.

Physiotherapist/Acupuncture – Starting July 3, 2017

In Motion Physiotherapy – A full physiotherapy clinic including hot packs, ultrasound, TENS, acupuncture. Available Mondays. Call Anastasia @ (204) 223-2407 for your appointment today.

Massage Therapist – Starting July 1, 2017

Massage Therapy Works – Deep Tissue - Sports Massage - Remedial Massage – Relaxation. Available on Fridays/Saturdays and Mondays by appointment. Blue Cross accepted. Call Jennifer Sellar RMT @ (204) 228-7630.

Podiatrist – Starting June 29, 2017

Foot Specialist now available on Thursdays from 10:00-5:00pm. Call Dr. Yacob Yoseph @ (204) 485-4222 to book your appointment.

Certified Footcare Nurse – Starting June 28, 2017

Foot Ease – Nursing Footcare with Roberta Page L.P.N. Deals with fungal treatment, ingrown toe-nails, corns or callouses. GREAT for Diabetics or people with Arthritis. Available Wednesdays from 10-4pm. She books up fast, so call Roberta @ (204)754-3007 to confirm your spot.

GRAND BEACH & AREA DEVELOPMENT CORP.



Come and celebrate Canada's 150th Birthday in Grand Marais and Grand Beach.

The Rec Centre will be holding events throughout the day, starting with a Pancake Breakfast.

And don't forget the Fabulous Fireworks display over the waters of Grand Beach at sunset.

Check our website for details and updates.

Donations toward the fireworks may be made at various collection points the night of the event, and at several local businesses in the area.

Membership in GBADC is only \$20.00 and lets you advertise your business on our website.

This site had over 2,000,000 hits last year, so your advertising dollar is well spent.

If you have an upcoming event, please let us know and we will post it to our website.

WWW.GRANDBEACHTOURISM.COM