

# East Beaches Community Newsletter

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

June  
2017

#3 Ateah Road,  
Victoria Beach MB  
Phone 204 -756-6468  
E-mail [ssinc1@mts.net](mailto:ssinc1@mts.net)  
Website: [www.ebseniorscene.ca](http://www.ebseniorscene.ca)

## East Beaches Senior Scene

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

### 3rd Annual Lobster-Fest (A Senior Scene Fundraising Event)

Saturday, June 10th 2017

Doors open at 5:30pm

Dinner starts at 7:00pm

Tickets: \$65.00 per person

Menu includes: delicious appetizers  
1.5 lbs lobster (or a Cornish game hen)  
Sides and dessert

Seating is limited so get your tickets early!!



#### Folklorama VIP Tours

Coming Soon!!  
(August 2017)

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

Ticket price includes: Round trip transportation from the Senior Scene parking lot. Admission to multiple pavilions - bypassing line ups. Reserved seating with table service, which includes an appetizer, a meal, a dessert and beverages.

Not to mention the world class entertainment!!  
Book your seat for our VIP Tour and be treated to a first-class experience as you explore the 48th Folklorama Festival.

For more information or to book your seat, please contact Tammi in the office.

#### Mark Your Calendars!!



June 6th - 10% Tuesday  
June 6th - Celebrations Dinner Theatre Matinee  
June 10th - "Lobster-Fest" Fundraising Event  
June 14th - "Oak Ridge Boys" Club Regent Concert  
June 20th - EBSS General Meeting @ 1:00pm



#### Human Rights Museum - Guided Tour, The Forks & Club Regent Casino Wednesday, July 19th

A guided tour of the  
Canadian Human Rights Museum &  
lunch at The Forks

Costs: \$20.00 per person Member  
\$25.00 per person Non-Members

Includes round trip transportation to the city, a guided tour at the Canadian Human Rights Museum and your own time to sightsee/shop/have lunch at The Forks or just hang around downtown. Includes a quick stop at Club Regent Casino on our way home.



#### Pickleball

EBSS League - played at the  
Victoria Beach Community Centre  
Monday/Wednesday/Friday  
9:00am to Noon

# 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

## Stay In Your Home Longer....by Staying Stronger

Our muscles tend to shrink and weaken with age, starting as early as in your 30's! Adequate nutrition and exercise remain the main prevention strategies and best treatment for muscle decline. Not only can these two habits slow muscle shrinkage, but they can help you regain some of the lost mass. Protein is the most important building block for muscles. Seniors should get at least 1 gram of protein daily per kilogram of body weight. Good sources are poultry, fish, dairy, beans, nuts and lentils. On the exercise side, combine your aerobic activity with resistance training with bands or weights. Ten minutes three times per week that target a variety of muscles is a great place to start.

### **Coffee Group**

10:00am at the Birchwood Hotel Restaurant

June 2nd & June 16th

If you've never joined us, why not make this the month?



### **East Beaches Resource Centre - AGM**

Monday, June 12th @ 10:30am

At the Senior Scene

Everyone Welcome!

### **"The Fashion Show" – Sunday – June 25, 2017**

Plan to join us for another great fundraiser for the Resource Centre. Tickets go on sale: **Monday, June 5<sup>th</sup> at 1:00 p.m.** at the Resource Centre – 3 Ateah Road or at Carol's on Leon.

### Welcoming Committee

Is looking for additional volunteers to assist in looking at ways to gather information & resources for new members of the community. For more info, contact Sandy at (204)756-2057.

### A Big Thank You

to all who came out to help with the annual stuffing of the **Cottage Guide**.  
Job well done!!



### **Civic Signs**



Just another reminder to get your civic signs now. Talk to our First Responders and they will tell you how important that little green sign is at your driveway.

### **Pest Control Presentation**

We have invited a speaker - **Mr. Taz Stuart**, Director of Technical Operations - Entomologist at Poulin's to come out and speak to us on: Mice & Rodents; how to protect yourself from Hantavirus and other issues with rodents; German cockroaches, the next upcoming pest; bed bugs, all you ever wanted to know and more. Also, information about Wood Ticks.

Some of you will remember Taz from TV, as he worked for the City of Winnipeg Pest Control.

So come join us for an informative afternoon.

Friday June 9<sup>th</sup>

1:00pm-3:00pm

At the Senior Scene



# Victoria Beach Community Centre (Sports Club)

Email: - vbcommunitycentre@gmail.com  
Website: www.vbcommunitycentre.com



Community Centre: 204-756-2330

Thank you to all who came out to the AGM on May 16<sup>th</sup>, we look forward to seeing you all at more monthly meetings!  
The new Executive and Board of Directors are as follows.

President	Brad Patzer (3 year term)
Vice-President	Randy Thomas (2 year term)
Past President	Bruce Morrison
Secretary	Lori Vialoux (1 year term)
Treasurer	Laurie Danwich (3 year term)

#### Directors

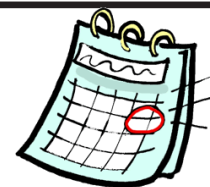
1. Mike Lauze (2 year term)
2. Eric Gonzales (1 year term)
3. Chris Feakes (3 year term)
4. Tracey Patzer (2 year term)
5. Des Anderson (1 year term)

A very sincere Thank You to all executive and board members past and present!



### Mark Your Calendar

**June 6th** – 7pm Merry Makers General Meetingg (First Tuesday of every month)  
**June 13th** – 7pm VBSC/CC Monthly Meeting (Second Tuesday of every month)  
**June 17th** –VBFD Fish Fry  
**July 21st & 22nd** - Summer Winds Family Music Festival



Our **3rd Annual Ladies Day** was held on May 28th. Thank You to all the gals who came out to meet, greet and socialize. Also a big Thank You to the Merry Makers for hosting this event.

**Breakfast Break** - Now serving breakfast every Friday AND Saturday, from 9:00am to Noon.  
To volunteer, call Faye at 204-756-6463.



**Beaches Playgroup** - Every Friday 10:00-12:00 @ VBCC

Join us for a free playgroup for parents and young children ages 0-5, with fun activities such as games, crafts, snack, songs and more! Contact Keri @ [204-754-6238](tel:204-754-6238) or find us on Facebook for more info.

**Bingo** - Wednesdays beginning June 28th. Doors open at 6pm, Bingo starts at 7pm.

**VB Country Market** – Every Saturday beginning on June 17th until September 2nd. It's all held outdoors (with breakfast on the inside). Parking is free. Call Margaret at 204-756-2181 or email: [mmurrayhaddad@gmail.com](mailto:mmurrayhaddad@gmail.com).

**VBFD Annual Spring Fish Fry** - Saturday, June 17th from 4pm – 8pm. \$20 per person (reduced prices for kids) Tickets only available at the door. First come first served. Silent Auction & cash bar.

**Pickleball** - Drop in for Pickleball every Monday, Wednesday & Friday from 9am to Noon.

**Summer Winds Family Music Festival** is looking to fill the following positions: Marketing & Secretary. For more information or to apply, please contact Glenn at [summerwindsfest@gmail.com](mailto:summerwindsfest@gmail.com)



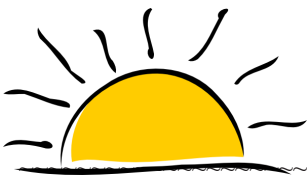
Interested in Yoga or other exercise programs? Keep watch on our website or follow us on Facebook to stay up-to-date with the programs available!

[www.vbcommunitycentre.com](http://www.vbcommunitycentre.com)

The website is updated often and feedback is always welcome!

Like Us On Facebook!





# GRAND TIMES....

June 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

### Weekly Activities:

Hall Walking: will resume in October  
Exercise: will resume in September  
Ladies Afternoon Group: will resume in September

Watch for more information to come on our weekly activities.

### Perogies are available for sale

Tuesday evening from 6:00pm - 9:00pm Only  
\$4.50 per dozen at the Rec Hall

Greetings to all those celebrating Birthdays & Anniversaries in June.

Next meeting - Monday, June 12th @ 5:00pm.  
Potluck & carpet bowling to follow.  
Please note: no meetings in July & August.

July 1st - Canada Day  
Seniors bake & book sale  
@ the Rec. Hall - 9:00am to Noon  
For more information, call Betty Cross 204-754-3839.

Have a Great Summer!!  
... Betty

## EAST BEACHES REGIONAL COMPLEX

### 2017 Grey Cup Tickets

Tickets are now being sold by all Board Members.  
For \$2.00 you can also purchase them at the Grand Marais Community Central & RV Park office, Juan More Thing, Sum Stuf, Village Store and the Grand Beach Central Station (Gas Bar). Limited number printed.  
Get yours now before they are gone....

### YOGA: For Body, Mind & Spirit MFC Certified Yoga Instructor.

All levels & ages welcome.  
Enjoy the benefits of Yoga, improve your flexibility, strength, balance and mental health. Every Monday 10:30 - 11:30am. Starting May 22, 2017 @ Grand Marais Community Central. Drop in Fee \$10.00. Bring a mat, blanket or large towel, & water bottle.  
Questions can be directed to Nadine @ (204) 797-4324.

## GRAND MARAIS RECREATION ASSOC.

### Bingo

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



Pots as of May 16th, 2017

Wee House & Four Corners = \$7,339  
Poker Flush = \$30,489  
Full House = \$600  
Loonie Pot = \$527

July 1 - Canada 150 Celebrations

Come out to the Rec. Centre  
Starting with a pancake breakfast at 9:00am.  
Lots of activities, games and fun things to do!  
Live entertainment by "The Valentino's" starting at 5:00pm at the beer gardens  
Vendors are most welcome for the day. (Inside or out)  
Contact Penny 1-204-481-3726



Curling is coming back to Grand Marais Rec Centre...  
more info to follow.

## GRAND BEACH & AREA DEVELOPMENT CORP.

Memberships are due and are still only \$20.00, which gets your business listed on our website. Last year our website had over 2 million hits so your advertising dollar goes a long way. Our membership form can be downloaded from the site as well.

July 1st is Canada's 150th birthday and there will be many events taking place in our communities. Most of these events are put on by volunteer organizations like GBADC and they can always use more volunteers.

If you would like to donate your time to any of the organizations, please let them know you are interested.

At our AGM in April the following board members were elected: Directors: Heather Thompson, Ken Wegner, Mel Smith, Pat Petrucka, Audrey Batchelor and Lisa Kidd; President - Roger Batchelor. Linda Grieve was appointed as our Secretary and Julie Hayden remains our Vice-President. We are still looking for a Treasurer, so let us know if you would like to join GBADC in that position.

A big thank you to outgoing Treasurer, Inger Robertsen and outgoing Directors Ryan Thompson and Julian Gorchynski. Their efforts and help are greatly appreciated and they will be missed.

[WWW.GRANDBEACHTOURISM.COM](http://WWW.GRANDBEACHTOURISM.COM)