

# East Beaches Community Newsletter September 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](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

### Senior Scene

## 7th Annual Fall Supper

Saturday, September 30th 2017  
1st Sitting @ 5:00pm  
2nd Sitting @ 7:00pm

Tickets: \$20.00 per person  
Tickets available at: Saffies, VB Store & Senior Scene



### Mark Your Calendars!!

September 5th - 10% Tuesday  
September 5th - RMVB Council Public Meeting @ 7:00pm  
September 13th - Karaoke/Open Mic Night @ 7:00pm  
September 14th - Senior Scene Board Meeting  
September 19th - EBSS Annual General Meeting @ 1:00pm  
September 27th - EBRC Health Fair @ 1:00pm  
September 30th - Annual Fall Supper

### Memberships - New/Renewals

Memberships with the Senior Scene are now available.  
\$20.00 per person for the year.  
*(must be 55+ years old)*

To purchase your 2017/2018 membership,  
please contact Tammi in the office or Bev Graham.

**COMING  
SOON**

Wednesday, November 29th 2017  
Live Entertainment  
From the Netherland  
**Sgt. Wilson's Airforce Show**

The original sounds of the nostalgic 40-50's... Remember  
the sound of Glenn Miller, the swing of the Andrews Sisters,  
Doris Day, Rosemary Clooney, Frankie Laine and  
many more!!

### Program Calendar at the Scene

Please call to verify times and availability

<b>Monday</b> ~	Fitness Class	9:00am - 10:30am
	Cards/Games	6:30pm - 8:30pm
<b>Tuesday</b> ~	Line Dancing	10:00am - noon
	Ssmile	Noon - 3:00pm
	(every 2nd Tuesday)	
	Bridge	2:30pm - 5:00pm
	(on Ssmile days	3:00pm - 5:00pm)
	Tai Chi	7:00pm - 8:30pm
<b>Wednesday</b> ~	Golden Club	10:00am - 4:00pm
	Sing-A-Long	3:00pm - 5:00pm
<b>Thursday</b> ~	Fitness Class	9:00am - 10:30am
	Men's Golf	9:00am
	Quilting	10:30am - 4:00pm
	AA Meeting	7:30pm
<b>Friday</b> ~	Chair Exercise	11:00am - Noon
	Carpet Bowling	1:00pm - 3:00pm
	(starts September 22nd)	
	Bingo	7:00pm
	(Doors open at 5:30pm)	

**\*\* Annual General Meeting \*\***  
**Tuesday, September 19th @ 1:00pm**  
**Luncheon @ Noon**

# East Beaches Resource Centre

#3 Ateah Road,  
Victoria Beach MB  
Phone 204 -756-6471  
Fax: 204-756-3087  
E-mail: ebresourcec@mymts.net



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



**“JUST FOR THE HEALTH OF IT” - WEDNESDAY, SEPTEMBER 27<sup>TH</sup>, 2017**  
**TIME: 1:00 P.M. – 4:00 P.M.**  
**WHERE: SENIOR SCENE – 3 ATEAH ROAD, VICTORIA BEACH, MB**

Everyone is invited to come out and participate in our upcoming Wellness Day: come have a snack and glass of wine with us, and learn how to live your life to the fullest by taking care of your body. We will have a well-rounded agenda with most vendors from our local area. For more information call the office – Monday, Wednesday, or Friday – 8:00 a.m. – 4:00 p.m.

**SEE YOU THERE!!!**

**Coffee Group**  
10:00am at the Birchwood Hotel Restaurant  
September 8th & 22nd  
Everyone is welcome!



## **September is World Alzheimer’s Month.**

World Alzheimer’s month is the international campaign every September to raise awareness and challenge the stigma that surrounds dementia.

### **10 Early Signs & Symptoms of Alzheimer’s:**

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood or personality.

### **These are not typical age-related changes we all experience!**

Overall Healthy Aging Research suggests that strategies for overall healthy aging can help keep the brain healthy and may even reduce the risk of developing Alzheimer’s. They include a healthy diet, staying socially active, avoiding tobacco and excess alcohol, and exercising both the body and the brain.

## **MARK YOUR CALENDERS**

**FLU CLINIC - Tuesday, October 17<sup>th</sup> 10:30am here at the Senior Scene.**

Summer is almost over, and we will be looking at setting up some workshops again. If you have any suggestions on topics that would be of interest to you and other seniors, or a repeat of something we have had before, please contact us.



# Victoria Beach Community Centre (Sports Club)

Brad Patzer            President  
Randy Thomas        Vice President  
Laurie Danwich      Treasurer  
Lori Vialoux          Secretary



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

## ANNOUNCEMENTS:

**COUNTRY MARKET**– Saturdays 10:00 am – 1:00 pm. **LAST MARKET DAY IS SEPTEMBER 2nd** for this season. Come for a look around and see all the vendors with fresh veggies, honey, wild rice, baking, apothecary and crafted items. Also, breakfast is served inside from 9 am till noon! For vendor registration contact Margaret Haddad 204-756-2181 or mmurrayhaddad@gmail.com

**BEACHES PLAY GROUP** – Starting up again on **FRIDAY SEPTEMBER 29<sup>th</sup> from 10:00 AM-12:00 PM.** Parent & Child 0-5 program that includes activities, crafts, songs and healthy snack. This is a free program with your membership. For more info, contact Kerri Scurfield 204-754-6238.



**CURLING** – Interested in helping or finding out more info on this year's curling leagues & bonspiels? Contact Des Anderson 204-797-3102, desanderson@me.com

**PICKLE BALL** -Mondays, Wednesdays & Fridays from 9:00am - noon. Drop in fee \$3. Everyone welcome. For more info, contact Al Rear 204-756-6822.

**BRIDGE** – Thursdays from 1:30-4:00 pm upstairs lounge, playing 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.



**BREAKFAST BREAK** – Come out and enjoy breakfast & community camaraderie Saturdays from 9 am till noon. Unfortunately due to lack of volunteers, Friday morning breakfast has been cancelled. Volunteers are always needed to help with breakfast. If you would like to help, please contact Fay Morrison 204-756-6463.

**BINGO** – Every Wednesday evening. Doors open at 6:00. Bingo starts at 7:00. Canteen open.

## SPECIAL EVENTS:

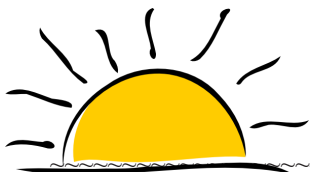
**RUMMAGE SALE!!!** Its that time again to start cleaning out your clutter and pass it on to the Merry Makers for their annual Rummage Sale on **FRIDAY, SATURDAY & SUNDAY - SEPTEMBER 22, 23 & 24** Friday is Book Lovers night from 7:00-9:00 pm. Saturday sale is from 10:00 am - 2:00 pm and Sunday is Boxing Day Sale – Everything Must Go from 10:00 am-noon. Donations can be dropped off in the wire cage behind the skate shack. For larger items, please contact Lynn Anderson 204-756-2575.



**FALL FISH FRY** – **SATURDAY OCTOBER 7<sup>th</sup>.** Fresh Lake Winnipeg Pickerel and homemade fries with a large array of salads and pies. The Victoria Beach Fire Department will be pulling out their aprons to get ready to prepare for this annual event. If you would like to volunteer for the event, donate a salad or pie, or a silent auction gift, please send an email to the club vbcommunitycentre@gmail.com

## CONTACT INFO:

Facility Rentals & Management – Bruce Morrison 204-756-6463 cityvber@gmail.com  
Sport Leagues & Sport Programs – Des Anderson 204-797-3102 desanderson@me.com  
Facebook – Sherry Dangerfield sherryd@mymts.net  
Website Updates – Lori Vialoux 431-228-0080 lorivelo67@hotmail.com  
Summer Winds Music Festival – Glenn & Cathy Halgren 204-754-7064  
Membership – Mike Miechkota-Lauze 204-795-5792 michael.lauze@mmf.ca  
Volunteers – Mike Miechkota-Lauze 204-795-5792 [michael.lauze@mmf.ca](mailto:michael.lauze@mmf.ca)  
Bingo – Diane Joseph 204-481-3246



# GRAND TIMES....

September 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

Executive members of Grand Marais Seniors meet  
August 31, at 10:00 am at the Rec. Hall.

It is time for the season's activities to resume after the summer break. The General Meeting for the Grand Marais & District Seniors is September 11, 2017 at 5:00 pm at the Grand Marais Rec. Hall. The meeting will be followed by a Pot Luck Supper.

Exercise with Kim will begin September 5<sup>th</sup> at the Grand Marais Rec Hall at 1:00pm.

Other dates for the exercise classes are:

September 7, 12, 14, 19 and 21.

Perogies are available for sale at the Rec. Hall Tuesday evenings: 5:30 – 9:00 pm, \$4.50 per dozen. Thanks to all who came out to help make perogies in August. It takes a whole group to accomplish this important work.

Our best wishes to all who celebrate birthdays or anniversaries in September.

## GRAND MARAIS RECREATION ASSOC.

Hope all had a great summer and fall is fast approaching.

Fall Supper September 30th.

Tickets available at the Village Store or from Dwight at 204-492-7488 \$17.50 per person, children under 10 yrs old \$10.00.

School will be in soon. Watch for notices for the youth group starting this fall once again.

### Bingo

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



Pots as of August 15th, 2017:

Wee House & Four Corners = \$472  
Poker Flush = \$31,709  
Full House = \$900  
Lucky 7 = \$344

## GRAND BEACH & AREA DEVELOPMENT CORP.

The Sand Castle Contest on Grand Beach was a big success. Congratulations to all of the competitors in both Amateur and Professional categories. Their imagination was awesome! All proceeds go to MacDonald Youth Services.

The next GBADC General Meeting is on Monday, Sept. 18 at 7:00pm at the GMCC Bldg.

If you have any events coming up, please let us know and we will post on our website listed below:

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

## EAST BEACHES REGIONAL COMPLEX

### Grand Marais Community Central & RV Park

36058 PTH 12, Grand Marais

204-754-3596

Hours: Saturday to Thursday 10am - 6pm

Friday 10am - 7pm

### EBRC-AGM

East Beaches Regional Complex will be holding its Annual General Meeting @ the Grand Marais Community Central & RV Park (GMCC) on September 30, 2017 from 1pm – 3pm. If you are interested in participating or becoming a member, please contact Roger Batchelor @ [R.Batchelor@Living360.ca](mailto:R.Batchelor@Living360.ca) for further information.

### 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. They are going fast.....

### Concert in the Park

Grand Marais Community Central & RV Park is partnering with Grand Marais Recreation Association to host its first annual "CONCERT in the PARK" on September 9<sup>th</sup>, 2017 @ the GMCC from 3:00pm – 9:00pm. We are planning on having an "open mike" session where local talent can play/sing, prior to the Main Acts. Anyone interested in performing at the open mike session, please contact Dwight at [dwightklatt@gmail.com](mailto:dwightklatt@gmail.com) or call 204-492-7488. Food vendors will be on site to satisfy our thirst and hunger. Bring your lawn chair, sit back and relax while listening to some tunes....