

East Beaches Community Newsletter

February
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 ssincl1@mts.net

East Beaches Senior Scene

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

Mark Your Calendars!!

February 7th - 10% Tuesday
February 11th - "A Night at the Oscars" Dinner/Dance
February 21st - Senior Scene General Meeting
March 1st - Casino Day Trip
(Club Regent & McPhillips Str. Casinos)

East Beaches Senior Scene

"A Night at the Oscars"

Saturday, February 11th, 2017

Cocktails @ 5:30pm

Dinner @ 6:30pm

Tickets:

Members: \$15.00

Non-Members: \$20.00

For tickets and table reservations,
please contact Tammi in the office.



BINGO!!



Every Friday Night at Senior Scene
Doors Open at 5:30pm
Games begin at 7:00pm
Canteen open at 6:00pm

Program Calendar at the Scene

Please call to verify times and availability

Monday ~	Exercise	9:00am - 10:30am
	Healthy Living	1:30pm - 2:00pm
	Cooking Club	10:30am - 2:30pm
	(every 2nd Monday)	
	Cards/Games	6:30pm - 8:30pm
Tuesday ~	Line Dancing	10:00am - noon
	Ssmile	Noon - 3:00pm
	Bridge	2:30pm - 5:00pm
	(on Ssmile days)	3:00pm - 5:00pm
	Tai Chi	7:00pm - 8:30pm
Wednesday ~	Golden Club	10:00am - 4:00pm
Thursday ~	Exercise	9:00am - 10:00am
	Quilting	10:00pm - 4:00pm
Friday ~	Carpet Bowling	1:30pm - 3:30pm
	Bingo	7:00pm
	(Doors open at 5:30pm)	

Double Down – 2 for 1 Day Trip

Join us on our next exciting adventure
Wednesday, March 1st 2017

1st stop – Club Regent Casino

2nd Stop – McPhillips Street Station

Costs: \$15.00 per person for Members

\$20.00 per person for Non-Members

Price includes: Transportation to & from both casinos,
free buffet lunch, & \$10.00 free play for
new club card members.

Plus games and prizes on the bus!!

For more information, & to sign up – please contact Tammi
at the office

**Our next General Meeting will be held on
Tuesday, February 21st @ 1:00pm**

All Members are Welcome!



Be sure to visit our website
www.ebseniorscene.ca &
Like our page on Facebook
East Beaches Senior Scene

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

Healthy Living Group

Come join us for Healthy Living every Monday at 1:30pm.
On the last Monday of every month we have a guest speaker on a special health related topic.
The topic for February is Chronic Kidney Disease.

Chronic kidney disease damages your kidneys over time and decreases the kidneys' ability to perform what is needed to keep you healthy. The two main causes of chronic kidney disease are diabetes and high blood pressure. Early detection can help prevent the progression of kidney disease to kidney failure.

Learn more about what your kidneys do and how you can keep them healthy.

February is Heart Month



I used to think by the time I reached 60, I could eat, drink and do what I wanted. After all, I had earned this luxury. And guess what? You can!! But at what cost? We have to ask ourselves what quality of life we want, and then go after it. So I have changed my thinking. I know it takes time and a bit of discipline, but we are retired or semi-retired now, so time should not be an issue.

It is the discipline I have problems with. I wish I could buy discipline at Walmart but that is not an option. So I challenge you all to give your heart some serious thought this month and then discipline yourself to carry through with looking after it for the rest of the year and the rest of your life.

Coffee Group

10:00am at Idle Thyme on Fridays
February 10th & 24th
Everyone is welcome!!
Come join a fun group of ladies!



It is winter and we have had some very cold days. If you are one of those diehard Manitobans who embraces winter, good for you. If you find the cold too much or your health holds you back from enjoying time outside, winter can get a bit long and may be even a bit lonely. If you need help of any kind, or just want to talk to someone, give Janet or Grace a call at 204-756-6471. We will do our best to help.

March is Pharmacist Awareness Month

We will be setting up a clinic with a pharmacist to answer any questions or concerns about the drugs you are taking. The clinic will also touch on other subjects that you might be interested in (for example, shingles). If there are any subjects you would like to be considered, please call us at 204-756-6471 and we will pass the request on to the pharmacist. Watch the next newsletter for date and times.

Did you know?...

- * We still have a few small pies for sale? \$4.00 a pie so come see us Monday, Wednesday or Friday.
- * Our Health Fair will be held in Fall 2017 and we are looking for volunteers for a planning committee. If you are interested, please contact the office.
- * You can claim your mileage & meals for medical appointments, on your income tax? For information call 1-800-959-8281.

Victoria Beach Community Centre (Sports Club)

Bruce Morrison, President 204-756-6463
Randy Thomas, Vice President 204-756-8686
Onale Thomas, Secretary 204-756-8686
Laurie Danwich, Treasurer 204-756-2665



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



The New Year's Celebration was an excellent way to start off the year at the VBCC!

NEW - Volunteer Appreciation Draw!

Every 3 volunteer hours you contribute will earn you one ballot to win a 60" Flat Screen TV (can be seen in the Atrium)

Volunteer – set an example, meet new friends, support your community and enjoy being a part of something awesome!

Sign in to track your hours from Jan 1 to Dec 1
(Draw will be held at the Christmas party on December 2, 2017)

The VBCC Men's League is hosting
"The Best Super Bowl Party!"

Pools, games, prizes, drink specials, chicken wings,
Tailgate Food Specials and more!

Men's Bonspiel

February 10th – 12th
Great food specials including breakfast
both Saturday and Sunday!
Come down and cheer us on.

The upstairs lounge and canteen will be open all weekend.

Thursday Night Special

Men's Curling Night is a great time to come down and check out the changes we're making.

Food specials such as chicken wings and Super Dogs.
A great night to come down and socialize at the club!

Beaches Playgroup

Every Friday 10:00-12:00 @ VBCC

Join us for a free playgroup for parents and young children ages 0-5 for 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.

Drop in Curling

Wednesday Stick Curling from 7-9pm
Thursdays from 1-3pm. Stick or regular delivery.
OPEN TO ALL AGES AND SKILL LEVELS.



League Curling
Monday's Ladies
Thursday's Men's

Mark Your Calendar

- February 5th** – Super Bowl Party
- February 7th** – 7pm Merry Makers General Meeting
(First Tuesday of every month)
- February 10 – 12th** - Men's Bonspiel
- February 14th @ 7pm** - VBSC/CC General Meeting
- March 3 – 5th** - Mixed Bonspiel
- March 18th** – Snow Much Fun Day

Like Us On Facebook!



Check out our new website at

www.vbcommunitycentre.com

The website is updated often and feedback is always welcome!



In the Community

The Anglican Parish of St. Michael
c/o Pine & 8th, Victoria Beach

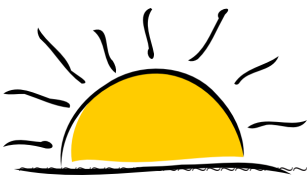
All services at 11:30 am

February 5th - Morning Prayer
Joan Merton

February 12th - Eucharist
Rev. John Giroux

February 19th - Morning Prayer
Joan Merton
AGM following service

February 26th - Eucharist
Rev. John Giroux



GRAND TIMES....

February 2017

This page sponsored by the Grand Marais & District Senior Citizens

Grand Marais & District Senior Citizens

President: Diane Bergeron
Vice President: Brian Le Goff
Publicity: Betty Cross 204-754-3839

Weekly Activities:

Hall Walking: Monday/Wednesday & Friday
9:00am - 11:00am
Carpet Bowling: Wednesday
12:45pm—3:00pm

Perogies are available for sale

Tuesday evening from 6:00pm - 9:00pm as well as
Monday/Wednesday & Friday 9:00am - 11:00am
\$4.50 per dozen at the Rec Hall
Perogy making will take place on Monday, February 6th.
Volunteers are needed

2017 Membership are now due for 2017

Memberships are still only \$10.00 per person per year.
Congratulations to Val Burch & Neil Jackson - winners of
the early bird draws.

Next meeting:

Monday, February 13th, 2017 at 5:00pm
(Please note time change)
Please wear red for a chance to win Valentine's Day door
prize. Potluck supper followed by cards.

Extending our best wishes to all those celebrating
birthdays & anniversaries in February!
Special wishes to Mary & Jack Aspin celebrating their
60th Wedding Anniversary, February 23rd!

Hope everyone is having a Happy New Year;
Looking forward to the spring!



GRAND MARAIS RECREATION ASSOC.

A Winter Family Fun Day

Saturday, Feb. 18th

Starting with a Pancake breakfast from
9:00am - Noon

Canteen open all day

Kids crafts, games, tobogganing, fish pond,

Sleigh Ride from Noon - 3:00pm

Crib Tournament begins at 1:00pm

Silent Auction, 50/50

Donations for Silent Auction would be greatly appreciated.

For more information contact Penny at (204)481-3726
or Dwight at (204)492-7488

Youth Night

Fridays 7:00pm - 9:00pm

Grade 6 & up

Crafts, games, baking & skating

Youth group is looking for donations of skates & hockey
sticks. Donations can be dropped off on Friday evenings.

Bingo

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



Pots as of January 17th, 2017:

Wee House & Four Corners = \$6266
Poker Flush = \$29,320
Full House = \$500
Lucky 7 = \$385

Come out and join the fun!!



GRAND BEACH & AREA DEVELOPMENT CORP.

Our **Grand Marais Family Fishing Derby** is sched-
uled for Saturday, March 11th, 2017.

Our **Annual General Meeting** will be on Saturday April 22
at the Grand Marais Rec Ctre. The positions up for election
include the President, Treasurer and Directors. If you
would like to let your name stand for one of the positions,
please send your information to our website. Anyone can
attend the AGM but only those members in good standing
45 days prior to the AGM are eligible to vote

Memberships are still only \$20.00 and applications are
available on line. For more information on these events,
Please visit our website at:

EAST BEACHES REGIONAL COMPLEX

The East Beaches Regional Complex Board under the
registered brand of Living360 - exists to develop and deliver
exemplary recreational, wellness and lifestyle facilities and
opportunities for families, individuals and guests of the
beautiful East Beaches of Manitoba.

The mobile clinic comes to the Grand Marais Community
Central, 36058 Hwy 12, every Thursday 9 a.m. - 4:45 p.m.
Patients can phone ahead at 1-855-295-8296 to check the
schedule or make an appointment.

Visit: www.ierha.ca
where schedule changes will be posted.