



Message from Your Program Coordinator

Holidays are over and I am busy back to work.

Lots of activities and adventures in the making for what is sure to be another exciting season.

Watch for some of your favorites and lots of new programming to do too.

If you would like to try something specific or have an idea or suggestion for a program, please give me a call. I'd love to hear from you!

See you soon

Tammi XOXO

Office hours are:

Tuesday 8:00am—4:00pm

Wednesday 8:00am—4:00pm

Thursday 8:00am—4:00pm

Friday 8:00am—4:00pm

Phone: (204)756-6468

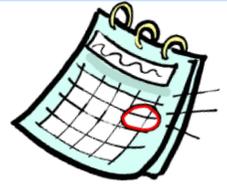
Email: ssinc1@mts.net

Tammi, Program Coordinator



Save the Dates...

Tuesday, February 4th	- 10% Tuesday
Thursday, February 6th	- CRA Webinar
Friday, February 14th	- Valentine's Day
Monday, February 17th	- Louis Riel Day
Tuesday, February 18th	- EBSS General Meeting @ 1:00pm
Saturday, February 22nd	- Dinner & Dance - "Festival Du Voyageur"



**** IMPORTANT ****

At the next **General Meeting – Tuesday, Feb 18th 2020 @ 1:00pm** we require a quorum to vote on the following items:

By-Law 2 Treasurer – currently reads:

Calculation and deposit of payments to the Socially Conscious Committee. These payments will consist of 30% of Dinner/Dance net revenue and be deposited quarterly.

Office computer equipment

Hope to see you there.
Heather Dionne,
President



Bingo

The pots are still growing!!
Come join us & try your luck.

Doors open @ 5:30pm
Games begin @ 7:00pm



Jackpots to be won:

(as of Saturday, January 18th, 2020)

Picnic Table:	\$11,113
Diamond & 4 Corners:	\$4,077
Spiderman:	\$3763
Loonie Pot:	\$82
Poker Flush:	\$1,225
Lucky Star:	\$720
Bonanza:	\$100
Full House:	\$655

*Save the Dates - * UPDATED **

Save the Date

East Beaches
Social Scene

www.ebseniorscene.ca

Made with PosterMyWall.com

2020 General Meeting dates:

Tuesday, February 18th
Tuesday, April 21st
Tuesday, June 16th
Tuesday, August 18th
Tuesday, September 15th

2020 Dinner/Dance dates:

Saturday, January 18th:
"Warm & Cozy - Keep it Comfy"
Saturday, February 22nd:
"Festival du Voyageur"
Saturday, March 21st:
"St. Patrick's Day"
Saturday, April 25th:
"Greek"
Saturday, May 16th:
"BBQ Ribs"
Saturday, August 15th:
TBA

2020 Special Events:

May 30th - Social
June 27th/28th - The Fashion Shows
July 4th - Lobster-fest
August 5th - Folklorama VIP Tour
August 29th - Food & Wine Festival
September 19th - Annual Fall Supper

*** all tentative dates, subject to change at the discretion of the committees &/or board ***

February Dinner & Dance

East Beaches Social Scene

Festival du Voyageur

Dinner & Dance

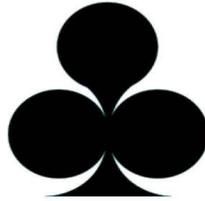
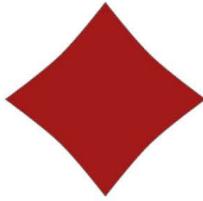
Sat. Feb. 22nd, 2020



**Tickets: \$15.00 for Members
\$20.00 for Guests**

**Please see Tammi for tickets &/or table
reservations**

Learn to Play Bridge



BEGINNERS ONLY BRIDGE LESSONS

Wednesday, January 22nd

3:00pm to 5:00pm

REFRESHER & BEGINNER BRIDGE LESSONS

Wednesday, January 29th,

Wednesday, February 5th & 12th

3:00pm to 5:00pm

*For more information or to sign-up, please contact
Rod Bollman (204)756-3668.*



Crib Night - Mondays, Starting February 10th

Crib Night

**We are looking at
setting up a reoccurring
Crib night.
Starting
Monday, February 10th,
2020 @ 6:30pm.**

**For more information,
please see Tammi in the office or
contact Corrie Miller at
(204)756-6659.**

Free Webinar - CRA Benefits & Credits for Seniors



Canada Revenue Agency

FREE WEBINAR
THURSDAY, FEBRUARY 6TH, 2020
@ 1:00PM
IN THE EBSS BOARDROOM



For more information,
please see Tammi in the office.

Canada Revenue Agency (CRA) will be hosting a live and interactive webinar for seniors.

Topics include:

- ❖ The various benefits and credits available to seniors.
- ❖ How seniors can continue to receive payments
- ❖ How to protect yourself against fraud
- ❖ More CRA services

2020 Manitoba 55+ Games



CURLING

as part of the Manitoba 55 Plus Games

Tuesday, March 24 to Thursday, March 26, 2020

Selkirk Curling Club, 381 Jemima St., Selkirk

CATEGORIES

2 Person Stick Curling March 24

- 55+ Open
- 70+ Open

Registration Fees:
\$70 per team

4 Person Curling March 25 - 26

- 55+ Men's, Women's and Mixed
- 65+ Men's, Women's and Mixed

Qualifier for the Canada 55+ Games

Registration Fees:
\$140 per team

For more information or to register, please contact Tammi in the office (204)756-6468
or Al Rear (204)461-0007.

Registration deadline: Wednesday, March 4th, 2020.



2020 Manitoba 55+ Games

The Manitoba 55+ Plus games are coming to Selkirk—June 16th to 18th, 2020.

Since 1983, the Manitoba Society of Seniors (MSOS) has proudly hosted the annual 55+ Games in a different community in Manitoba each year.

Over 25 age-friendly events will attract more than 1000 athletes, 300 volunteers and many more spectators to 3 days of fun. If you have never been, this is one celebration you will not want to miss!

The Games are the largest 55+ annual multi-sport event in Manitoba, breaking the common stereotype that seniors don't stay active into their 60s, 70s and 80s. In fact, the oldest male and female athletes are both well over 90 years old. Many other participants have been bit by the "Games bug" and continue to visit the Games every year no matter where the event is held.

Events range from card games to Scrabble, snooker, floor curling/shuffleboard, track, swimming and slo-pitch. Slo-pitch is the largest event at the Games, drawing close to 15 teams every year. The 3 days of activities makes for some fun and enjoyable competition for participants and spectators alike!

If you are interested in participating or putting a team together to represent the East Beaches, please contact Al Rear (204)461-0007 or Tammi in the office at (204)756-6468.



MASC - Social Participation

Social Participation

“The role of being actively involved in community is a determinant of health. Opening the door to being involved may be a scary thing, but the importance to personal well being and quality of life is essential for older persons. Susan Sader (Winnipeg), and Brenda Tonn (Plumas) outline how getting involved in community programs and activity increases confidence and vitality in people, and how staying engaged in community can be a life saving action for older people , as well as being a service to family members who feel comfortable knowing that older relatives and friends , are safely engaged in programs.”

A video definitely worth watching. Although this situation may not apply directly to you in our community, it may apply to someone you know, a family member, friend or neighbor.

Senior Scene Inc. - Mission Statement:

The purpose of this corporation, in order to prevent isolation of seniors, shall be to provide an opportunity for seniors to learn, socialize, develop new skills, maintain a healthy lifestyle, and facilitate a working relationship with the community.

Check out the amazing video here: https://www.manitobaseniorcentres.com/social-participation/#fvp_6
Or click on the video below.



Coming Soon!

WOODWORKING ORIENTATION & SAFETY WORKSHOP

With Rick Green





COMPUTER COURSES

Coming in April 2020!

Here's your chance to increase and improve your computer knowledge. Learn how to navigate your way through the use of your computer, laptop &/or tablet. Available courses will include: basic computer skills, file management, emails, internet navigation, social media safety and more...

Watch for a sign-up sheet to be posted to the Club's bulletin board

SAFETY
SERVICES MANITOBA



Manitoba
Public Insurance

FREE
MATURE DRIVER
WORKSHOP

Do you want to increase your confidence and driving ability?

Take advantage of our FREE Mature Driver Workshop!



Manitoba's varying road conditions emphasize the importance of refreshing our driving skills as we age.

Who Should Attend?

This workshop is offered to experienced drivers who wish to brush up on their skills and enhance their driving performance.

The Mature Driver Workshop will:

- Teach you defensive driving techniques
- Show you how to enhance your driving skills
- Update your knowledge of traffic laws and road safety rules
- Show you how to compensate for any changes that may occur in your hearing, vision, flexibility and reaction time

This free, three-hour program can lead to fewer accidents and claims! Mature driver road reviews are provided upon request.

For more information or to book, call Lynda at 204.949.1085 or email lynda@safetyservicesmanitoba.ca.

Preventing loss, protecting people since 1964

East Beaches Social Scene



Genealogy

Join Bill Curtis;

Education & Outreach from the
Manitoba Genealogical Society

3 Session Workshop:

How to do a search

Where to find the informaion

DNA Information

Calendar of Events

To download or view a copy of the monthly calendar, simply click on the corresponding month.

[January 2020](#)

[February 2020](#)

East Beaches Social Scene						
February 2020						
January '20		March '20		April '20		
S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
				1	2	3
				4	5	6
				7	8	9
				10	11	12
				13	14	15
				16	17	18
				19	20	21
				22	23	24
				25	26	27
				28	29	30
				31		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 Groundhog Day	3 9:00am - Fitness Class 10:30am - Beginner Tai Chi 6:30pm - Cards/Games	4 10:00am - Line Dancing 2:30pm - 5:00pm - Bridge	5 10:00am -Golden Club 3:00pm - Beginners & Refreshers Bridge Class	6 9:00am - Fitness Class 10:30 - 4:00pm - Quilting 1:00pm - CRA Webinar 7:00 - 8:30pm - Tai Chi 7:00pm - AA Meeting	7 11:00am - Chair Exercise 1:00pm - Carpet Bowling Bingo @ 7:00pm Doors open @ 5:30pm	8
9	10 9:00am - Fitness Class 10:30am - Beginner Tai Chi 6:30pm - Cards/Crib/Games	11 10:00am - Line Dancing 12:30pm - Ssmile 3:00pm - 5:00pm - Bridge	12 10:00am -Golden Club 3:00pm - Beginners & Refreshers Bridge Class 4:15pm - Photography	13 9:00am - Fitness Class 10:30 - 4:00pm - Quilting 7:00 - 8:30pm - Tai Chi 7:00pm - AA Meeting	14 Valentine's Day 11:00am - Chair Exercise 1:00pm - Carpet Bowling Bingo @ 7:00pm Doors open @ 5:30pm	15
16	17 Louis Riel Day Stat Holiday	18 10:00am - Line Dancing 1:00pm - General Mtg 2:30pm - 5:00pm - Bridge	19 10:00am -Golden Club	20 9:00am - Fitness Class 10:30 - 4:00pm - Quilting 7:00 - 8:30pm - Tai Chi 7:00pm - AA Meeting	21 11:00am - Chair Exercise 1:00pm - Carpet Bowling Bingo @ 7:00pm Doors open @ 5:30pm	22 Festival du Voyageur Dinner & Dance Cocktails @ 5:30pm Dinner @ 6:30pm
23	24 9:00am - Fitness Class 10:30am - Beginner Tai Chi 6:30pm - Cards/Crib/Games	25 10:00am - Line Dancing 12:30pm - Ssmile 3:00pm - 5:00pm - Bridge	26 10:00am -Golden Club 4:15pm - Photography	27 9:00am - Fitness Class 10:30 - 4:00pm - Quilting 7:00 - 8:30pm - Tai Chi 7:00pm - AA Meeting	28 11:00am - Chair Exercise 1:00pm - Carpet Bowling Bingo @ 7:00pm Doors open @ 5:30pm	29
1	2	Notes			2020 Calendars	2021 Calendars

East Beaches Resource Centre

#3 Ateah Road,
Victoria Beach MB.
Phone 204 -756-6471
Fax: 204-756-3087

E-mail: ebresourcec@mymts.net



Resource Coordinator:
Nancy Kelly
Office Hours: Mon/Wed/Fri
8:00am -4:00pm

PROGRAMS AND SERVICES

NO CHARGE SERVICES

- Health Information & Referrals
- Friendly Phone Calls
- Form Completion
- Home Visits
- Ladies Coffee Group
- Workshops and Clinics

FEE-FOR-SERVICE ASSISTANCE

- Transportation
- Housecleaning
- Yard Work
- Foot Care
- Victoria Lifeline
- Adult Day Program

OTHER EBRC INFORMATION

- Volunteering
- Donations

SERVING AREA

- Albert Beach
- Bear Paw Estates
- Belair
- Hillside Beach
- Lester Beach
- Traverse Bay
- Victoria Beach



Visit our Facebook page
East Beaches
Resource Centre

PACEMAKERS and IMPLANT CARDIOVERTER DEFIBRILLATOR

Did you know?

The Implantable Cardioverter Defibrillator clinic (ICD) for Manitobans is located at St. Boniface Hospital in Winnipeg. Pacemaker clinics are in Winnipeg and Brandon. These are nurse managed clinics. The nurses provide pre-op information re: indication for a device, the impact on patient's lifestyle, possible complications, follow up regime, plus supply patient resources and supports.

A Pacemaker is used for slow symptomatic heart rates, asymptomatic high-grade AV block as well as prior to AV node ablation (to control heart rates not amenable to drug therapy).

The pacemaker clinic at St. Boniface Hospital is one of the largest device clinics in Canada. Foothills Hospital in Calgary is comparable in size. A pacemaker is assessed by the nurses at the clinic every 12 – 18 months or more often if there is a concern about the battery or if there are changes in pacemaker tests.

Defibrillators are used in high risk patients to treat abnormal ventricular heart arrhythmias. There are electrodes inserted into a vein leading to the heart from the defibrillator. Clients may have a predisposition to arrhythmias due to a weakened heart muscle or more rarely, inherited predisposition to arrhythmias (e.g. hypertrophic cardiomyopathy). An ICD may also be implanted subcutaneously (under the skin) with a subcutaneous lead. An ICD is checked every 6 months or more.

As technology has advanced, many ICDs can be checked with a remote monitor. Eventually, some pacemakers will be checked with remote monitoring as well.

Follow up letters are sent to the patient's Physician and /or Cardiologist regarding these assessments.

Information provided by: St. Boniface Pacemaker Clinic

Ladies Coffee Group

Join us at the Birchwood Motor Hotel on
February 7th and 21st at 9:30am

*Love is in the air
And it smells like coffee!*



Winter Safety Tip

Avoid Slipping on Ice

Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside. For more safety tips visit www.care.com

Bibliothèque Allard Library - Victoria Beach Branch

Hours: Wednesday 10:00am - 2:00pm
Friday 10:00am - 2:00pm
Saturday 10:00am - 2:00pm



#3 Ateah Rd—lower level, Social Scene
Phone: (204)756-2043
Email: victoriabeachbranch@hotmail.com
Librarians: Vicki & Maggie

So many books, so little time. That should be our theme for 2020!
We are getting new books every week (or so it seems) and our volunteers are getting them ready for the shelves as fast as they can, so perhaps it is time to check out our new titles.

We have 5 new series on our New Arrivals shelves:

1. Kate Carlisle's Bibliophile Mystery series
2. B.J. Daniels Montana Hamilton series
3. Nicci French's Frieda Klein series
4. Jill Shalvis Heartbreaker Bay series
5. Scott Thornley MacNeice Mystery series

A little something for every kind of reader.

Don't forget **February is "Love to Read"** month and we will have a "\$3 a bag of books" sale (hardcover and paperback only).

To promote "Love to Read" month we will have a draw every Friday at 1:30 for a free book (some selections will be available). So put your name in the fishbowl to win!

We also have jigsaw puzzles to borrow and if you have any to share, they are very welcome here.

**A friendly reminder - even though there are no cars in the parking lot,
if it's a Wed, Fri or Sat from 10-2 - we are here!**

We hope to see you soon.

Vicki & Maggie



East Beaches Social Scene

Active Living for Adults 55+

3 Ateah Rd, PO Box 115

Victoria Beach, MB R0E 2A0

Phone: (204)756-6468

Email: ssinc1@mts.net

Website: www.ebseniorscene.ca

Facebook: East Beaches Social Scene

Facebook: www.facebook.com/ebsocialscene

