

East Beaches Community Newsletter

APRIL
2024

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 ebssinc1@gmail.com
Website: www.ebseniorscene.ca



Program Coordinator-Tammi Kelly
Program Assistant - Susan Landry
Office Hours:
Monday to Friday
8:00am-4:00pm

EBSS follows all MB Public Health Orders



"Greek"

Dinner/Dance

Catered by: Amore Cantina Ristorante

Saturday, April 20th, 2024

Cocktails @ 5:30pm

Dinner @ 6:30pm

Tickets:

\$30.00 - Members

\$35.00 - Guests

Please call (204)756-6468 for tickets &/or table reservations



Moving Strong, Free & Easy with Personal Trainer Sara Gillis

Learn the secrets to improving strength, regaining mobility & the benefits of functional movement.

Date: Tuesday, April 2nd

Time: 1:00 pm to 2:30 pm

Cost: \$60 + drop-in fees apply.

To register call (204)756-6468 or email: ebssinc1@gmail.com



"EBSS Family Photo Days"

Date: April 23rd, 24th, & 25th

In time for the Social Scene 50th Anniversary celebrations we will be producing an updated membership directory. Please ensure your EBSS membership is up-to-date to receive the appointment scheduling link &/or phone call to book your appointment. Register early and receive the early bird special coupon.

Join in the fun & festivities of this and many more exciting events to come.

"Shoreline Birds" Presentation

With Tim Poole, Species at Risk Biologist

Habitat and Endangered Species Section

Wildlife Branch, Natural Resources & Northern Development

Monday, April 29th @ 1:30pm

Cost: Drop-in fees apply

"Wolves" Presentation

With Daniel Dupont, Ph.D. in progress (he/him)

Biology professional-teacher - Department of Experimental Sciences

University of Saint-Boniface

Monday, May 6th @ 1:30pm

Cost: Drop-in fees apply

"Gardening with Marcel"

At Chevrefils Greenhouse, St. Georges

Wednesday, May 8th

To register, please call the office at 204-756-6468 or Email: ebssinc1@gmail.com

Weekly Programs

Mon	9:00am - Exercise 11:00am - Chair/Falls Prevention Program 7:00pm - Cards/Games
Tues	10:00am - Line Dancing 2:00pm - Online Bridge
Wed	11:00am - Chair/Falls Prevention Program 4:00pm - Photography (every 2nd Wednesday) 6:00pm - Line Dancing
Thurs	9:30am - Quilting/Crafts 7:00pm - Crib Night
Fri	9:00am - Exercise 1:30pm - Carpet Bowling 2:00pm - Bridge (in house) 7:00pm - Bingo
Sun	11:00am - AA Meetings

FRIDAY NIGHT BINGO

Doors open at 6:00pm

Games start at 7:00pm



Huge Jackpot Prizes to be Won!

East Beaches Resource Centre

#3 Ateah Road,
Victoria Beach MB
Phone 204 -756-6471
E-mail: eresourcec@gmail.com



Community Resource Coordinator:
Norma Crawford
Office Hours:
Mon/Wed/Fri 8:30am-4:30pm

Presentations in March and April.
Sign up at the Social Scene East Beaches Resource Centre or call Norma at 204-756-6471.

HEALTHY AGING

April 24, 2024
Time: 1:30 - 2:30

All Welcome




*Join us for this presentation
on lifestyle factors
that contribute to healthy aging
& good brain health.*



Interlake-Eastern
Regional Health Authority

Hosted by:
East Beaches Resource Centre
3 Ateah Rd, Victoria Beach

For more information contact:
IERHA Community Wellness
wellness@ierha.ca,
toll free 1-877-979-9355(WELL)



VICTORIA LIFELINE
Safe and independent living.

Family relationships are complicated. Especially when dynamics shift and suddenly you are the caregiver to someone who is aging. You want to respect their wishes, but concerns about their falls or having a medical emergency can keep you awake at night. Victoria Lifeline has been working with families for 35 years. We've learned a little over the years and we understand the challenges and stresses you face.


For more information call our toll free number 1-888-722-5222

All Ladies Welcome

COFFEES & Conversation

Hosted by
EAST BEACHES RESOURCE CENTRE

Friday, April 5, 2024
Friday, April 19, 2024
at 11am
The Birchwood Hotel Restaurant



EAST BEACHES RESOURCE CENTRE
FIRST AID, CPR
TRAINING

APRIL 13 OR APRIL 15
9.00 AM - 5.00 PM

Social Scene
3 Ateah Rd, Victoria Beach

PLEASE CALL Norma
to register
204-756-6471

**Get Certification in First AID,
CPR and AED in Just One Day!**
Learn & Practice Your Skill on How
To Save Lives

Fee - \$25 a participant
Subsidized by EBRC

Bring a Bag Lunch



Come Grow With Us

Upcoming Events at Beaches



SNOW DRIFTERS
VICTORIA BEACH

**Annual Meeting
& Breakfast**
April 20, 2024, 10:00 am
Beaches CC
Members Welcome
Many Board Positions Open



Calling all Vendors



BEACHES
COUNTRY MARKET

**Sign Up for a Table
at Beachescc.ca
First Market June 22**
Text Carol
at 204 880 0025




**Kids Play Group
Fridays 10am to Noon**
Call Kerri
204 754 6238


**Talented Teens
Wednesdays 6:30PM**
Call Colleen
204 298 4081



Buy Your Kin-Kar Ticket Today - *Beaches Gets 50%* of each Ticket Sold



Get Fit! - Sign Up for the Interim Fitness Facility
Text: 204 213 0907 or Beachescc.ca for details



Volunteers Needed

Jr. Webmaster 2 – 3 hours per week – training provided, Contact: John Heppenstall 204 229 0777.
Beaches Blogger - 1 hour per week – training provided, Contact: John Heppenstall 204 229 0777.

Email us: Contact@beachescc.ca

**EASTERN BEACHES
DEVELOPMENT CORP.
(Formerly GBADC)**

Spring has Sprung!!!

The EBDC Board and membership would like to thank all of the Participants and Volunteers in The Grand Marais Family Fun Ice Fishing Derby March 16! A Great time was had by all!! We may not be the biggest derby, but it's the people that make a great event!

We Will be holding our ANNUAL GENERAL MEETING on April 28 at 1:00 PM at the Grand Marais Recreation Center. The EBDC Needs your input and Participation to help make our community Great! Hope to see you there!!



GRAND MARAIS & DISTRICT SENIOR CITIZENS
Grand Marais Community Central on Hwy 12
Email: gmdseniors@gmail.com
Website: www.gmdseniors.ca

BEADING MADE EASY WITH BERNIE : All ages are welcome. **3 classes: April 16, 23 & 30 at 7:00 at GMCC.** 2 options: earrings or pin. All materials are supplied, \$50 for members \$60 for nonmembers. Email: gmdseniors@gmail.com or call Roberta 431 228 3034 after April 2

FREE INCOME TAX PREPARATION:

for low income individuals or families : 1 person income of \$28,339, 2 persons income of \$35,282, etc to 7 persons at \$74,998. Drop off 2023 tax slips: Saturdays April 6 or 20 from 12 to 2:00 at GRAND MARAIS COMMUNITY CENTRAL.

MOVING STRONG, FREE AND EASY WITH SARA: Wednesdays April 3 to May 8 at 1-2:30 at GMCC. Email: gmdseniors@gmail.com to register. There are a few spots still available.

MEMBERSHIPS are due. There will be a draw for a free membership at the May 13th Annual General Meeting. **Election meeting** is at the May 13th AGM. Open positions are: President, Vice President, Treasurer, and 3 directors

Grand Marais Community Central & RV Park
Winter Hours: noon - 4 pm weekends
36058 Hwy 12, Grand Marais
gmcrcrvpark@gmail.com 204 754 3596
grandmaraiscommunitycentral.ca

At the Beach ARTISAN FESTIVAL!
Invitation to all Makers to join us on Sunday, June 30th from 10 am till 4 pm
For an application, please email tkkress@gmail.com

CENTRAL MARKET Now accepting applications for vendors to join the 2024 outdoor market. Call or email our office for additional information.

GRAND MARAIS PRIMARY HEALTH CARE CLINIC
EVERY Tuesday year-round. Call: 204 367 2278

T.O.P.S Take Off Pounds Sensibly, every Wednesday at 9 am Text Roberta: 431 228 3034



GRAND MARAIS RECREATION ASSOC.
Grand Marais Rec Centre 90 Matilda Ave.
(204) 754-2325

E mail grandmaraisreccentre@gmail.com

IMPORTANT NOTICE: All Snow has been **CANCELLED...** Hello Spring :)
Mon, Wed & Fri from 9am -11 the Walking Club - coffee, exercise. Everyone Welcome.

TUESDAYS - 10am Fundamental Fitness with Natasha - anyone can sign up, Beginner, low impact to active intermediate check out Fundamental Fitness on facebook or drop in. (also on our Facebook Page)

TUESDAY Night JACKPOT BINGO! Doors open at 5pm games at 7pm. - NEW Dinner Specials every week - (info on our Facebook page)

We are looking for someone to run a Crib Night on Wednesday Night. If interested call (204) 754-2325

FILL THE FREEZER! April 2nd - We will be starting monthly Meat Draws worth \$200.00 (limited tickets)

May 25th - Grand Marais SPRING Craft Sale 10 – 3pm
There will be a lot of different vendors on hand plus a 50/50 draw , The canteen will be OPEN all day and will offer a lite breakfast special. For table rentals (\$25) contact us at [<grandmaraisreccentre@gmail.com>](mailto:grandmaraisreccentre@gmail.com) mark it Attn: Kathy **or call (204) 754-2325 and leave a message.**

For ALL Our upcoming Events check our Facebook Page at Grand Marais Recreation Centre