East Beaches Community Newsletter

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

\$30.00 - Members \$35.00 - Guests

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

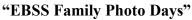


Moving Strong, Free & Easy with Personal Trainer Sara Gillis

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



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 - Ouilting/Crafts

7:00pm - Crib Night

I Fri 9:00am - Exercise

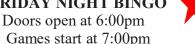
1:30pm - Carpet Bowling

2:00pm - Bridge (in house)

7:00pm - Bingo

11:00am - AA Meetings Sun

FRIDAY NIGHT BINGO



Huge Jackpot Prizes to be Won!



East Beaches Resource Centre

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





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







Come Grow With Us

Upcoming Events at Beaches







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



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



GRAND TIMES....

This page sponsored by the Grand Marais & District Senior Citizens

APRIL 2024

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 gmccrvpark@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 ttkress@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> 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