

East Beaches Community Newsletter

APRIL 2026

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



Office Assistant - Corrina Broschuk
Executive Director - Tammi Kelly
Office Hours:
Monday to Friday
8:00am-4:00pm

THE ONLY THING BETTER THAN THE FORTUNE COOKIES...IS THE COMPANY!!

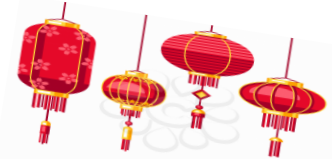


Chinese Buffet Dinner & Dance Saturday April 18th, 2026

Cocktails @ 5:30pm Dinner @ 6:30 pm
\$30/members \$35/Guests

Join Us For A Night Of Flavour And Dance

Tickets available at the East Beaches Social Scene
or call 204-756-6468 to register



MINDREADING, MAGIC AND MYSTERY With PATRICK GREGOIRE

Come and join us for a special performance by Magician & Mentalist Patrick Gregoire on Thursday April 23rd. Doors open @ 7pm - Show @ 7:30pm. Tickets are only \$20/member and \$25/guest and a cash bar will be available! Enjoy an evening of interactive mentalism including mind-reading, predictions and coincidences! Don't miss out! Stop by the East Beaches Social Scene to pick up your tickets. There's a limited number available!

GENERAL MEETING & LUNCHEON

Join us Thursday April 23rd, 2026 for our general meeting and luncheon. Light lunch will be served at noon with the meeting to follow at 1:00pm.



NACHO AVERAGE PARTY!

No time to siesta! It's time to fiesta! Come to the Mexican Fiesta on Saturday May 2nd, 2026. The doors will open @ 7:30pm with a hot Mexican buffet served @ 9:00pm. Shake your maracas to the music of DJ Tim Edwards. Tickets are \$20/person and available at the East Beaches Social Scene office.



EMERGENCY PREPAREDNESS PRESENTED BY MB EMO

Tuesday May 5th @ 1:30pm. Learn what actions to take before, during and after an emergency or disaster. Drop-in fees apply.

LET NO ONE BE ALONE MAY 3rd - MAY 9th

We all have the power to make a positive change in the lives of others.

FOLKLORAMA THURSDAY AUG 6TH, 2026

Call the EBSS office for more info and to register!

Weekly Programs

Mon	9:00am-11:00am-7:00pm-	Fitness Class Falls Prevention Exercise Class Cards/Games
Tues	10:00am-2:00pm-	Line Dancing Bridge (on-line)
Wed	9:00am - 10:00am-11:00am-6:00 pm - 7:30pm-	Fitness Class ADP Golden Club Falls Prevention Exercise Class Line Dancing Cribbage
Thurs	10:00am-	Quilting-n-Craft Projects
Fri	9:00am-11:00am-1:30pm-1:30pm-7:00pm-	Fitness Class Falls Prevention Exercise Class Bridge (In-House) Carpet Bowling Bingo
Sun	11:00am-	AA Meeting



East Beaches Resource Centre

Community Resource And Transportation Coordinator: Tara Thomas
Resource And Transportation Coordinator Assistant - Sue Anderson



3 Ateah Rd. Victoria Beach, MB
Mon-Wed-Thurs-Fri
8:00am - 4:00pm
Email: ebresourcec@gmail.com
ridesEBTP@gmail.com

36058 Hwy 12 Grand Marais, MB
Tuesday
8:00am - 4:00pm
Phone: 204-756-6471 (Resource)
431-260-0017 (Transportation)




East Beaches Resource Centre
Ladies Coffee Group
All ladies welcome!



APRIL 13th and 27th
@ NOON
Hillside Hub
38167 Hillside Beach Road

WORLD
PARKINSON DISEASE
AWARNESS MONTH



Hope to heal | You are not Alone

LOVE YOUR BRAIN
FIGHT AND PREVENT

Use mindfulness to calm yourself. Balance your life with exercise to try to slow. Use courage and perseverance if you feel lost or defeated: progression. Stay hopeful

East Beaches Resource Centre is open every Tuesday at the Grand Marais Community Central. Come in and visit Tara or call 204-756-6471. **ALSO, there is currently a nurse practitioner there Tuesdays. If you would like to see her, you can book an appointment by calling the Pine Falls Clinic at 204-367-2278.**

"Inside every older person is a younger person wondering what happened." (Stevie Wonder)



WWW.BEACHESCC.CA
CONTACT@BEACHESCC.CA

BEACHES FITNESS LOCATED AT EAST BEACHES SOCIAL SCENE
1000 square feet of brand new equipment.
Memberships from 2 weeks to a year.
Beachescc.ca/Fitness-Signup

BEACHES COMMUNITY CENTRE RENTALS
Rooms for 10 to 400.
Weddings, socials, showers, meetings and family events. Contact:
Bruce Morrison at 204-756-6463.

SUMMER WINDS FAMILY MUSIC FESTIVAL
Takes place July 17th & 18th, 2026.
Tickets and info at Summerwindsmusic.com

MEMBERSHIPS
Available online at:
beachescc.ca/membership or fill out the form available at the Beaches canteen.
NEW: Annual membership renewal is now September 1. Details online.

BOARD MEETINGS
2nd Tuesday of the month at 6:00pm.
All members are welcome to attend. Agendas and minutes are posted at Beachescc.ca.

BEACHES COUNTRY MARKET
Every Saturday from June 20 – Sept 19.
Vendor registration is now open at Beachescc.ca/beaches-country-market.
If you have any questions please contact VBcountrymarket@gmail.com

STATISTICS CANADA IS HIRING
In the East Beaches for the 2026 Census.
Contact: 1-833 -830-3106.
Resumes accepted through June 2026.

PET VACCINE CLINIC – MAY 6, 2026
10am to 3pm at the Beaches CC.
Dog and cat vaccines available. For more information contact
Lisa at Lac Du Bonnet Veterinary Service:
204-345-2535.

RUMMAGE SALE DROP OFF
Drop off your gently used clean items to the shack beside the skating rink to support the Merry Makers Fall Rummage Sale.
Questions? Contact Lynn Anderson at 204-754-7557

HELP KEEP OUR CROSS COUNTRY SKI TRAILS GROOMED
Consider making a cash gift to keep our trail system one of the best in Manitoba.
Visit: <https://www.beachescc.ca/cross-country-skiing>



GRAND MARAIS COMMUNITY CENTRAL & RV PARK

Winter Hours: Noon - 4pm weekends

Regular Hours resume May 01, 2026

Monday - Sunday 10:00am - 5:00pm

36058 Hwy 12, Grand Marais, MB

gmccrvpark@gmail.com

204-754-3596

grandmaraiscommunitycentral.ca

Moonlight Munchies and More has

Coffee, tea or hot chocolate - \$2.00

Water and assorted Cookies - \$1.00

**Central Market & Artisans at the
Beach Festival**. Applications are now
available. Please email

gmccrvpark@gmail.com to get yours!

MMF Easter Egg Hunt

Open to all ages!

Saturday April 4th @ 11:00am

Hotdogs, chips and drinks available for
purchase.

Call or email GMCC & RV Park for
information.

Grand Fitness Gym

24 / 7 / 365

Call us to inquire about a membership!!

Rent our Facility for your special
occasion including birthdays, weddings,
baby showers, anniversaries, etc.

Call 204-754-3596 to inquire.

FREE EV Level 2 Charger located in
our parking lot!

**Grand Marais Primary Health Care
Clinic** is open every Tuesday year-round.

Call: 204-367-2278

Spaghetti Dinner Night at GMCC

Building a Stronger Community
Fundraiser. Proceeds will go towards
building a covered sun shelter.

Thursday April 16th, 2026

Limited seating available!

Email gmccrvpark@gmail.com to inquire
today!

Or phone 204-754-3596

Held in the GMCC building.

For more information visit our Facebook
page!



Eastern Beaches

DEVELOPMENT CORPORATION

(referred to as EBDC)

Box 279

Grand Marais, Manitoba

R0E 0T0

2026 Grand Marais Family Fun Ice Fishing Derby winners:

1- Guy Fouasse 27"(Pike)

2- Geno Gorchynski 24.5"(Pike)

3 - David Mateush 19.5"(Walleye)

There were over 90 holes in play.

Memberships

Memberships are still only \$20.00

Memberships purchased will be
honored for all of 2026.

The application form is available
on the website:

grandbeachtourism.com

Payments can be e-transferred to:

payments@ebdc.ca

EBDC has applied to the From the
Ground Up grant 2026 for signs as
we are legal now (in 2 areas) and
just need funding.

EBDC Officers and Directors

President - Dan Lester

Vice-President - Ashley Meilleur

Treasurer - Terry Neplyk

EBDC Directors at large

Dale Boss

Lori Rotchik

Frank Koreman

GRAND MARAIS & DISTRICT SENIOR CITIZENS

Grand Marais Community Central on
Hwy 12

Box 238, Grand Marais, R0E0T0

Email: gmdseniors@gmail.com

Website: www.gmdseniors.ca

CRIB NIGHT: Every Monday night.
6:30pm at Grand Marais Community
Central.

MEMBERSHIPS 2026: Membership is
\$20 until the end of May, then it
becomes \$30. E-transfer
gmdseniors@gmail.com and get your
membership early.

MOBILE EQUIPMENT LOAN: Call
Maureen at 204-299-8275

EXERCISE: The Thursday Exercise
Club (fall prevention) is every Thursday
at 11am. This class is free for all
members. If you are not a member yet
and would like to join the class, a \$20
membership is all you need. Everyone is
welcome to stay for a free coffee and
social time after the exercise class.

ANNUAL GENERAL MEETING:

Our AGM will take place on May 11th
at 11:00am followed by a catered spring
luncheon.

Elections will be held during the
meeting. The positions of President,
Treasurer, and two Directors are open.
To run, you must have been a member
for at least one year. However,
with a majority vote of the assembly,
members with less than 12 months may
also be considered.

We encourage you to help keep our
Seniors organization strong and our
programs thriving by considering putting
your name forward.

NEXT MEETING:

April 13th at 11:30am. Potluck lunch to
follow.

