



Gwen Secter
Creative Living Centre

at Syd Glow Place



Seven Oaks & St. Paul
Seniors Resource Finder

Winter Program Guide

January, February, March

2025



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



KOSHER MEALS ON WHEELS



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé



Serves Seniors and
People of All Ages

Meals Are Delivered Tuesday-Friday



Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



Gwen Secter
Creative Living Centre
at Syd Glow Place

Applications Available
www.gwensector.com
Contact Vanessa | (204) 339 1701
info@gwensector.com



Gwen Secter
Creative Living Centre
at Syd Glow Place

WEDNESDAY PROGRAM

CHOOSE YOUR OPTION:

■ **FULL DAY 9:30-2:30
(TRANSPORTATION IS INCLUDED)**

\$35 FOR MEMBERS
\$42 FOR NON-MEMBERS

■ **LUNCHEON CLUB 11:30-2:30**

\$15 FOR MEMBERS
\$20 FOR NON-MEMBERS

Come enjoy Bingo, entertainment & wellness speakers. Experience friends & fellowship with activities such as: Rehabilitation Fitness Class and Art Groups led by experts.



Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



Winnipeg Regional Health Authority
Caring for Health | www.winnipeg.ca/health

CALL OR VISIT: GWEN SECTOR CREATIVE LIVING CENTRE
1588 MAIN STREET | 204-339-1701

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STAFF DIRECTORY:

Becky Chisick

Executive Director

Dan Saidman

Program & Volunteer Coordinator
Seven Oaks/St. Paul Seniors Resource
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Cathy Koltowski

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gwensecter.com
1588 Main Street

Find us on 

FOLLOW US ON
Instagram 

Gwen Sector Creative Living Centre gratefully acknowledges the many years of continued funding and support from the following Sponsors:

Beneficiary Agency of the
Jewish Federation
OF WINNIPEG



JEWISH FOUNDATION
— OF MANITOBA —



Winnipeg Regional
Health Authority Office régional de la
santé de Winnipeg
Caring for Health À l'écoute de notre santé



BECOME A MEMBER



Membership will grant you access to all programs at Gwen Sectar Creative Living Centre and Seven Oaks Seniors.



- Access to all FREE programs
- Preferred member pricing on all in-house programs
- Exclusive rates for outings and special events
- Discounts for select community organizations
- Access to subsidized transportation programs (based on availability)

Single \$40 | Couple \$70

Registration for Membership begins in **October**, though we will continue to accept registration year-round on a pro-rated basis.

The advertisement is set against a background of various first aid supplies including bandages, gauze, a syringe, a thermometer, and blister packs of pills. A red first aid kit with a white cross and the words "FIRST AID" is in the foreground.

 **Gwen Sectar**
Creative Living Centre
at Syd Glow Place

 **Seven Oaks & St. Paul**
Seniors Resource

 **FIRST AID**
TRAINING COURSE
Thursdays March 13, 20, 27
1:00-3:00pm
Cost \$36 Members
\$45 Non-Members

Register today: Space is limited
you must attend all 3 classes
to receive a certificate

 **204-339-1701**
 **1588 MAIN STREET**
 **INFO@GWENSECTER.COM**



Gwen Secter Creative Living Centre

at Syd Glow Place

EXCURSIONS



Movie Matinee



Festival Du
Voyageur



Winnipeg Symphony
Orchestra

JANUARY-MARCH

- Monthly Movie Matinees at Grant Park Mall. Movies are chosen the last week of the month as movie times are made available
- Festival Du Voyageur Thursday Feb 20th
Lunch \$22 Transportation \$25
- WSO Untuxed series Thursday Feb 27 \$25 for ticket and transportation

PRICES
AND DATES
SUBJECT
TO
CHANGE

WINTER FITNESS

January - March

Floor Curling

Friday at 11:30 am

Indoor floor curling is a safe way to keep curling without being on the ice or sweeping. This game helps you to stay active: increasing your flexibility, range of motion, and blood circulation. We will be playing upstairs in the fitness area, and encourage you to bring a friend!

Free for members | \$2 non-members

Sip and Move

Tuesday at 10:00 am

A seniors exercise program followed by a cup of coffee. The fitness class is designed to build your strength, balance and endurance through various exercises. This program can be adapted to different peoples level of ability.

Instructor: Shannon Harris
(14 classes)

\$90 members | \$105 non-members

Drums Alive!

Tuesday at 4:00 pm

Exciting fitness experience with Brenda Moberg that incorporates the pulsating rhythm of drums with the dynamic movement of dance. It allows for expression and creativity, provides an impressive degree of fitness, and most importantly, it's fun!

Instructor: Brenda Moberg
(12 classes)

\$75 members | \$90 non-members

Line Dancing

Friday at 10:00 am

Join us on Fridays for a fun dance class in the country tradition of Line Dancing. Lead by our very own Susan, she will take you step by step through the kicks, turns and scoots until you are ready to join the Calgary Stampedede dancers.

Instructor: Susan Fletcher
(12 classes Jan 24th - March 22nd)

\$65 members | \$80 non-members
\$5 drop-in fee for non-members

DRUMS ALIVE!

THE PULSATING RHYTHM OF DRUMS &
THE DYNAMIC MOVEMENT OF DANCE

TUESDAYS AT 4:00PM

**12 CLASSES \$ 75 MEMBERS
\$90 NONMEMBERS**

**DROP-IN \$10 MEMBERS
\$15 NONMEMBERS**

INSTRUCTOR BRENDA MOBERG



Gwen Sector
Creative Living Centre
at Syd Glow Place



Seven Oaks & St. Paul
Seniors Resource




Gwen Secter Creative Living Centre

★ LINE DANCING ★
CLASSES

FRIDAYS AT 10:00AM

STARTING JANUARY 24TH



Beneficiary Agency of the
Jewish Federation
of Wisconsin 

12 CLASSES

\$65 for Members \$80 Non-Members

Free Introduction Class January 17th

1588 Main Street 204 339-1701

WEDNESDAY ENTERTAINERS

Music with Jesse and Grace

January 8th

Social Media with Lisa Lewis

January 15th

B_Side Apostles

January 22nd

Prime Home Health Services

January 28th

Taxes with The CRA

February 5th

Music with Gordon Plant

February 12th

Winter Illness Prevention

February 19th



Silver Alert Talk with MP Raquel Dancho

February 26th

Music n Mavens

March 5th

Purim with Chabbad

March 12th

The History of Nightclubs

March 19th

Games Day

March 26th

TBA

April 2

Wednesday program costs \$15M, \$20NM for lunch bingo and entertainment. The Wednesday Day program art and fitness before lunch \$35M \$42NM (transportation included). Transportation \$10 M \$15 NM round trip



A MONTH AT A GLANCE:

Please register for the Wednesday Luncheon Programs!

Menu and entertainment subject to change.

Any requests for menu changes must be done 24 hours in advance to allow the kitchen staff enough time to prepare.

January 2025

Date	Programs	Time	Menu
Thursday, January 2			Soup and Sandwich
Friday, January 3	coffee and conversation	11:00	Chicken Soup with Croutons, Chicken with Orange Sauce, Kasha & Shells, Peas, Apple Cake, Challah Bun
Tuesday, January 7	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, January 8	Adult Day Club Luncheon	9:30 am 11:30 am	Pea Soup, Chicken Pot Pie and Salad
Thursday, January 9			Soup and Sandwich
Friday, January 10	coffee and conversation floor curling	11:00 am 11:30 am	Chicken Rice Soup, Honey BBQ Chicken, Roasted, Potatoes, Cauliflower, Carrot Cake, Challah Bun
Tuesday, January 14	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, January 15	Adult Day Club Luncheon	9:30 am 11:30 am	Bean and Barley Soup, Cheese Pie and Veggies with Dip
Thursday, January 16			Soup and Sandwich

Date	Programs	Time	Menu
Friday, January 17	Line Dancing Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken Soup with Matzo Ball, Roasted Chicken, Kugel, Broccoli, Chocolate Cake, Challah Bun
Tuesday, January 21	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, January 22	Adult Day Club Luncheon	9:30 am 11:30 am	Lentil Soup, Hot Dog and Slaw and Fries
Thursday, January 23			Soup and Sandwich
Friday, January 24	Line Dancing Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken Noodle Soup, Breaded Chicken, Rice Casserole, Stir Fry Vegetables, Lemon Cake, Challah Bun
Tuesday, January 28	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, January 29	Adult Day Club Luncheon	9:30 am 11:30 am	Minestrone Soup with Pizza and Salad
Thursday January 30			Soup and Sandwich
Friday, January 31			Chicken Soup with Croutons, Chicken with Orange Sauce, Kasha & Shells, Peas, Apple Cake, Challah Bun

Afternoon Card Games

FREE FOR MEMBERS



Canasta

Tuesday at 1:00pm

Created as a variation of 500 Rum, Canasta allows 4 to 6 players at a time. A world-wide classic card game, that is engaging, fun and great for socializing!

Bridge / Cribbage

Tuesday at 12:30pm

Play bridge with our experienced bridge players. Bridge is a game that helps with concentration, problem solving, and develops team work and communication skills. Most importantly, it's fun to get together and play.


Please register for the Wednesday Luncheon Programs
Menu and entertainment subject to change.

Any requests for menu changes must be done 24 hours in advance to allow the kitchen staff enough time to prepare.

February 2024

Date	Programs	Time	Menu
Tuesday February 4	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday Febraury 5	Adult Day Club Luncheon	9:30 am 11:30 am	Pea Soup, Roasted Beef with Mashed Paotao and Veg
Thursday, February 6			Soup and Sandwich
Friday, February 7	Line Dancing Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken Rice Soup, Honey BBQ Chicken, Roasted, Potatoes, Cauliflower, Carrot Cake, Challah Bun
Tuesday, February 11	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, February 12	Adult Day Club Luncheon	9:30 am 11:30 am	Bean and Barley Soup, Kugel with Sour Cream and Veg
Thursday, February 13			Soup and Sandwich
Friday, February 14	Line Dancing Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken Soup with Matzo Ball, Roasted Chicken, Kugel Broccoli, Chocolate Cake, Challah Bun
Tuesday, February 18	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, Febraury 19	Adult Day Club Luncheon	9:30 am 11:30 am	Lentil Soup, Smoked Turkey Sandwiches with Fries and Slaw

Date	Programs	Time	Menu
Thursday, February 20			Soup and Sandwich
Friday, February 21	Line Dancing Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken Noodle Soup, Crispy Roasted Chicken, Fried Rice, Stir Fry Vegetables, Lemon Cake, Challah Bun
Tuesday, February 25	Sip and Move Bridge Canasta Drums Alive!	10:00 am 12:30 pm 1:00 pm 4:00 pm	Soup and Sandwich
Wednesday, February 26	Adult Day Club Luncheon	9:30 am 11:30 am	Minestrone Soup, Perogies with Fried Onions and Salad
Thursday, February 27			Soup and Sandwich
Friday, February 28	Line Dancing Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken Soup with Croutons, Herb Roasted Chicken, Kasha & Shells, Peas, Apple Cake, Challah Bun



**Floor Curling
ROCKS!**

Fridays @ 11:30 am right after line dancing
Free for members | 2\$ drop-in fee for non-members

Happy New Year!



I'll see you
February 28th
at the **Gwen Sector**

Raquel Dancho, MP
Kildonan-St. Paul
204-984-6322
raquel.dancho@parl.gc.ca

Please register for the Wednesday Luncheon Programs
Menu and entertainment subject to change.

Any requests for menu changes must be done 24 hours in advance to allow the kitchen staff enough time to prepare.

March 2025

Date	Programs	Time	Menu
Tuesday, March 4	Sip and Move Bridge Canasta Drums Alive!	10:00 am 11:00 am 11:30 am 1:00 pm	Soup and Sandwich
Wednesday, March 5	Adult Day Club Luncheon	9:30 am 11:30 am	Pea Soup, Chicken with Mashed Potatoes and Veg
Thursday, March 6			Soup and Sandwich
Friday, March 7	Line Dancing Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken Rice Soup, Honey BBQ Chicken, Roasted Potatoes, Cauliflower, Carrot Cake, Challah Bun
Tuesday, March 11	Sip and Move Bridge Canasta Drums Alive!	10:00 am 11:00 am 11:30 am 1:00 pm	Soup and Sandwich
Wednesday March 12	Adult Day Club Luncheon	9:30 am 11:30 am	Bean and Barley Soup, Bourekas, Tomatoes and Cucumbers
Thursday, March 13	1st Aid Course	1:00 pm	Soup and Sandwich
Friday, March 14	Line Dancing Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Chicken Soup with Matzo Ball, Roasted Chicken, Kugel Broccoli, Chocolate Cake, Challah Bun
Tuesday, March 18	Sip and Move Bridge Canasta Drums Alive!	10:00 am 11:00 am 11:30 am 1:00 pm	Passover Kitchen Meals TBA
Wednesday, March 19	Adult Day Club Luncheon	9:30 am 11:30 am	Passover Kitchen Meals TBA

Date	Programs	Time	Menu
Thursday, March 20	1st Aid Course	1:00	Passover Kitchen Meals TBA
Friday, March 21	Line Dancing Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Passover Kitchen Meals TBA
Tuesday, March 25	Sip and Move Bridge Canasta Drums Alive!	10:00 am 11:00 am 11:30 am	Passover Kitchen Meals TBA
Wednesday, March 26	Adult Day Club Luncheon	9:30 am 11:30 am	Passover Kitchen Meals TBA
Thursday, March 27	1st Aid Course	1:00	Passover Kitchen Meals TBA
Friday, March 29	Line Dancing Coffee & Conversation Floor Curling	10:00 am 11:00 am 11:30 am	Passover Kitchen Meals TBA


Gwen Secter
 Creative Living Centre
 at Syd Glow Place

Passover Catering Menu
 available at
www.gwensecer.com
 kugles, briskets, tsimmis and more

Order Deadline is March 28th
 Pick up is Friday April 11th

204 339-1701
info@gwensecer.com


Beneficiary Agency of the
 Jewish Federation
 OF WINNIPEG
 

SEVEN OAKS & ST. PAUL SENIORS RESOURCE FINDER

Seven Oaks Seniors Resource Finder

Senior Resource Finder can link and refer older adults and seniors to community supports, programs and services.

Contact Seven Oaks Seniors for information on housing, health services, ERIK Kits and more



Seven Oaks & St. Paul
Seniors Resource Finder

Dan Saidman | (204) 339-1701
sevenoaksseniors@gwensector.com



SEVEN OAKS/ST PAUL SENIORS

Brunch Club

JANUARY 13 - SENIOR'S RESOURCES FINDER

FEBRUARY 3 - CANADIAN DENTAL PLAN

MARCH 3 - STROKE AWARENESS

9:30-11:00 AM

CANAD INN 2100 MCPHILLIPS



Seven Oaks & St. Paul
Seniors Resource Finder



WHAT IS AN EMERGENCY RESPONSE INFO KIT (E.R.I.K)?

- A kit that provides essential information for responders in an emergency medical situation

WHAT INFO DOES IT PROVIDE?

- Medical Condition
- Medical History
- Allergies

WHO SHOULD USE THIS PRODUCT?

- Seniors
- Chronically ill persons
- Those who live alone or with caregivers
those living with speech or language difficulties

WHERE TO PUT PRODUCT?

- Leave filled-out form on fridge for first-responders

FOR MORE INFO CONTACT US AT:

1588 MAIN ST. | (204) 339-1701
sevenoaksseniors@gwensector.com



**FOR JUST \$10
GET A BAG
OF FRUITS AND
VEGETABLES!**

To Order contact

 (204) 960-3050

 sevenoaksbag@gmail.com

Pick Up Days: Jan. 19th

Feb. 23rd

Mar. 23rd

 3-1050 Leila Avenue

FOLLOW US

@SevenOaksBag



***PLEASE ORDER A WEEK BEFORE THE PICK UP DAY**

LIVE IN THE COMFORT OF YOUR OWN HOME WITH FREEDOM AND CONFIDENCE.

Our medical alert service offers affordable,
24/7 help in case of a fall or medical emergency.

Ask about a free in-home or virtual consultation.
Subsidized rates are available for those who qualify.

Contact us today at (204) 956-6777
or VictoriaLifeline.ca

Mention this ad and receive one month FREE!



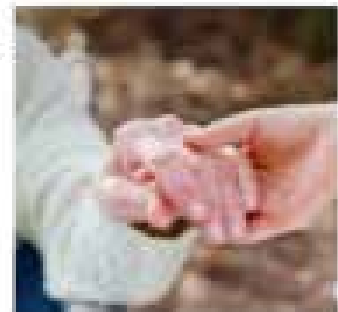
VICTORIA LIFELINE
Safe and independent living.



Blossoms Senior Care Inc.

AGING WITH DIGNITY

Blossoms Senior Care strives to provide
quality in-home care to Seniors. Our
reputation is well built on community
referrals.



For More information, please call Cindy (204) 997-5662
or Blossoms Office (204) 995-3798

Free Drop Off Income Tax Service

February 17 – May 16 2025

Health and Social Services Unit 3-1050 Leila

Monday to Friday 8:30 – 4:30pm

Complete And Sign The **TAX INFORMATION SHEET**

Put In A Sealed Envelope With **YOUR TAX PAPERS AND RECEIPTS**

**Tax filing
available from
years 2015– Now**

BRING A **COPY** OF YOUR TAX PAPERS IF YOU WANT THEM BACK

Community Volunteer Income Tax Program (CVITP)

The CVITP is

A collaboration between the Canada Revenue Agency (CRA) and community organizations. The community organizations host free tax preparation clinics and arrange for volunteers to prepare income tax and benefit returns for eligible individuals who have a modest income and a simple tax situation.



**People
helping
people**

Be Sure To Bring The Following:

1. Valid government photo id
2. T4, copy of last payroll
3. T4e, t5007 statement of employment insurance and other benefits
4. RC62 (universal childcare benefit statement)
6. Childcare Benefits and expenses
7. RRSP contributions
8. Medical receipts
9. Rent assist documents (receipts)

Family Income Eligibility

One Person \$40,000

Couple \$50,000

One Adult with Child \$45,000

You Are Not Eligible If You

- *Are Self Employed
- *Have Rental Income
- * Are Filing For a Deceased Person
- * Have More Than \$100,000 Foreign Property
- *Have more Than \$1000 Interest Income



Born and raised in Winnipeg, John Dick started his career in landscaping and property care in 1985.

In 1997 he started his own firm, initially serving residential customers. He soon expanded to include commercial clientele, many who are still with John today.

Hiring a contractor?

John Dick, a local landscaper, offers these simple tips when hiring a contractor to work at your home or business:

- ✓ Do a background check on the contractor
- ✓ Check history and performance through the BBB or the local association of the trades person
- ✓ Look for lawsuits pending against the contractor
- ✓ Ask for references and double-check them
- ✓ Verify the contractor has liability insurance
- ✓ Verify the contractor has valid WCB coverage
- ✓ Verify if the trade is a part-time activity for the contractor

PROFESSIONAL, QUALITY SERVICE

John Dick's Landscaping & Lawn Care



COMPLETE 12 MONTH PROPERTY CARE

INCLUDING COMMERCIAL SNOW CLEARING



SERVICES PROVIDED

- Landscaping Design
- New Sod
- Sod Repairs
- Rock Gardens
- Flower Beds
- Dry Riverbed Themes
- Patio Blocks
- Asphalt Driveway Sealing
- Commercial Snow Clearing
- Loading & Hauling of Snow
- Fences and Decks
- Concrete & Asphalt Breaking
- New Gravel Driveways & Parking Lots
- Raw Materials
- Excavation
- Grading
- Levelling
- Bobcat & Dump Truck Service
- Waste Removal



*Proudly
Serving Winnipeg
Veterans*

- LICENSED •
- INSURED •
- REFERENCES •
- UNIFORMED EMPLOYEES •

Cell (204) 291-7778
www.johndickenterprises.com

Moving soon?
 Need to downsize?
 Feeling overwhelmed?

We can help!

We look after sorting, organizing,
 PACKING - MOVING - UNPACKING
 cleaning your home, removal of whatever is no
 longer needed. All with one phone call.



204-330-6629

Call or text for **FREE** consultation.
 and have a *carefree transition* to your new home!



269407 Sunshine32Sept20.pdf;Customer is responsible for accuracy



**WE ARE HERE FOR
 YOUR NEXT OUTING**

- Airport Service
- Sightseeing
- Shopping
- Weddings
- Graduations
- Anniversaries
- Sporting Events
- Concerts
- Nightclubs
- Medical appointments
- Funerals



Sunshine
 LIMO & TRANSIT SERVICES

**WINNIPEG'S FIRST & ONLY WHEELCHAIR
 ACCESSIBLE LIMO & TRANSIT SERVICES**

*Out of town rates available.
 Point to point or hourly service.*

"I can't say enough about Sunshine Transit, specifically Gary Jakeman and his limousine service. He is extremely professional, kind, considerate, and really keeps his vehicle looking immaculate at all times. This is such a well needed transportation service in Winnipeg for anyone who is in a wheelchair and wants to be driven in style and grace."

204-667-5332
info@sunshinetransit.ca

www.sunshinetransit.ca

COMMUNITY DIRECTORY:

A&O: Support for Older Adults

Provides specialized services for older Manitobans across the province.

200 - 280 Smith St. | (204) 956-6440

Chesed Shel Emes

Prepares members of the Jewish community for burial according to Orthodox tradition.

1023 Main St. | (204) 582-5088

chesedwinnipeg@gmail.com

Carefree Concierge

Assist with sorting, organizing, packing, moving + free consultations.

info@carefreeconcierge.ca | (204) 330-6629

<https://carefreeconcierge.ca/>

Transit Plus Winnipeg

They provide transportation for people who don't use the city's system due to mobile impairments.

Unit B - 414 Osborne St. | (204) 986-5722

Seniors Concierge

Programs offered to seniors to help stay connected to their community.

Sydney Grewar (431) 877-8541

sydney@gwensecter.com

Kosher Meals on Wheels

Nutritious meals delivered in the Winnipeg area.

1588 Main st. | (204) 339-170

Jewish Foundation of Manitoba

A public philanthropic foundation strengthening the Jewish community of Manitoba.

400 - 123 Doncaster St. | (204) 477-7520

Jewish Child and Family Service

Older Adult Services to support you.

Suite C200 - 123 Doncaster St. | (204) 477-7430

Home Maintenance Program

hmprogram@gnalc.ca | (204) 806-1303

Jewish Federation of Winnipeg

Helping represent the Winnipeg Jewish Community.

300 - 123 Doncaster St. | (204) 477-7400

Rady Jewish Community Centre

-Offers culture, fitness, and wellness programs.

123 Doncaster St. | (204) 477-7510

-Programming for individuals 55 years and older.

200 - 123 Doncaster St. | (204) 477-7545

Seven Oaks/ St. Paul Seniors Links

Connects seniors to community programs and services.

1588 Main St. | (204) 339-1701

sevenoaksseniors@gwensecter.com

Sunshine Transit Service

Wheelchair accessible limo and transit service.

Info@sunshinetransit.ca | (204) 667-5332

<https://www.sunshinetransit.ca/>

Transportation Option Network for Seniors

Volunteer transport service.

<https://tonsemb.org/> | (204) 797-1788

WRHA Home Care Intake

Winnipeg Regional Health Authority provides information, and medical appointment booking services.

4th Floor, 650 Main Street | (204) 788-8330

<https://wrha.mb.ca/>

Creative Retirement MB inc.

Creative Retirement is a non-profit centre with a mission to provide education to older adults.

<https://www.crcentre.ca/> | (204) 481-5030

Community Bed Bug Program

Phone: (204) 945-5566 in Winnipeg

Toll free: +1 (866) 689-5566

Email: pestcontrolgrant@gov.mb.ca

Please Note Gwen Sector Will Be **CLOSED** on these Dates: Jan. 1, Feb. 19, Mar. 29, Apr. 22-24, 29-30, May 20, Jun. 12 & 13, July 1, Aug. 5, Sept. 2, Oct. 2-4, 11-12, 14, 17-18, 24-25, Nov. 11, Dec. 25-26

Caring for those who cared for us!



**JEWISH
FOUNDATION**
- OF MANITOBA -

The Gwen Sectar Creative Living Centre organizational endowment fund is an essential cornerstone of life enrichment and care for our seniors. By helping grow the Centre's endowment fund, we ensure an annual flow of income that directly helps us offer and expand our essential programs - in perpetuity.



Gwen Sectar
Creative Living Centre
at Syd Glow Place

The Gwen Sectar Creative Living Centre is also proud to be a part of **FundMatch**.

FundMatch is an initiative designed to entice organizations to grow their endowment funds. When specific benchmarks are reached, the **FundMatch** initiative provides an additional contribution to the organizational endowment fund, which generates even more income for the Gwen Sectar Creative Living Centre.

Help us grow our fund!

Contact the

**Jewish Foundation
of Manitoba**

204.477.7520

US/Canada Toll-Free: 1.855.284.1918

WWW.JEWISHFOUNDATION.ORG

