



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



# GWEN SECTER CREATIVE LIVING CENTRE

at Syd Glow Place

# 2020 Spring Program Guide



Winnipeg Regional  
Health Authority  
Caring for Health

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

Partner Agency of the  
**Jewish Federation**  
OF WINNIPEG





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

## Looking to Donate old Items ?

Gwen Sector Creative Living Centre is having their annual garage sale July 19th

**We are now collecting household items!**

Jewelry, dishes, toys, home décor, plants, records, kitchen tools and MORE

(No clothing or bedding please)

Bring them down to 1588 Main Street

Call 204.339.1701 for more information

Partner Agency of the  
**Jewish Federation**  
OF WINNIPEG



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



## SENIORS SERVICE

### EXPO 2020

APRIL 27th 9:30-2:30

Gwen Sector Creative Living Centre

1588 Main Street

204.339.1701

With Over 30

### Information Booths

Recreation, Senior Services,  
Health, Travel, Housing  
Automotive, Financial  
Planning, Downsizing  
and More

FREE ADMISSION  
FREE PARKING  
DEMONSTRATIONS  
REFRESHMENTS  
& PRIZES

### SPONSORED BY



**EASTSIDE**  
COLLISION

Seven Oaks Seniors  
Resource Finders



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





# TABLE OF CONTENTS

|  |    |   |    |
|--|----|---|----|
| Greetings from<br>The Executive Director ..... | 5  | Wednesday Entertainers.....                   | 16 |
| Fun and Fitness .....                          | 6  | Condolences.....                              | 18 |
| Fun and Games .....                            | 7  | Birthdays! and Simchas.....                   | 20 |
| Member Spotlight.....                          | 9  | Gwen Sector's Takeout &<br>Catering Menu..... | 22 |
| All About Jews .....                           | 10 | A Month at a Glance.....                      | 24 |
| Spring Outings .....                           | 13 | Community Directory .....                     | 30 |

## STAFF DIRECTORY

**Becky Chisick**  
Executive Director

**Dan Saidman**  
Program & Volunteer  
Coordinator

**Vanessa Ordiz**  
Executive Assistant

**Galina Melenevsk**  
Food Services Manager

**Cathy Koltowski**  
Head Chef & Kitchen  
Manager

**Karen Richter**  
Mashgicha

Copy Editor  
Jackie Rittberg

204.339.1701  
info@gwensector.com  
gwensector.com

1588 Main Street  
Winnipeg Manitoba, R2V 1Y3

Find us on 

FOLLOW US ON  
**Instagram** 

Gwen Sector Creative Living Centre Gratefully Acknowledges

The Funding and Support From

Partner Agency of the  
**Jewish Federation**  
OF WINNIPEG



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

CONSEIL DES  
ARTS DU  
MANITOBA  
ARTS COUNCIL



JEWISH FOUNDATION  
OF MANITOBA

THE  
WINNIPEG  
FOUNDATION 

Assiniboine  
CREDIT UNION 



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

# ADULT DAY Club

**EVERY  
WEDNESDAY  
9:30 - 2:30**

Come enjoy bingo, current events, entertainment and wellness speakers. Experience friends and fellowship with new activities such as: **Rehabilitation fitness class and art therapy group led by experts.** Transportation and a delicious lunch is included!

## MEET OUR EXPERTS



**Silvana** has a background in Physical Education and she loves working with seniors. Her goal is to help them having independence performing activities of daily living without assistance. Strength, endurance, balance, flexibility and coordination are the keys to success.



**Cheryl** expresses herself through art. She has a background in psychology and a home studio where she makes functional pottery. Cheryl values creativity and self-expression over talent. She brings elements of craft and reflection to the Expressive Arts program at Gwen Sectar.

**\$25 - members | \$30 - non members**

CALL OR VISIT GWEN SECTER CREATIVE LIVING CENTRE  
1588 Main Street | 204.339.1701



Winnipeg Regional  
Health Authority  
Caring for Health

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

Partner Agency of the  
**Jewish Federation**  
OF WINNIPEG



## Sponsor A Senior

**Assist low income seniors to attend programs such as exercise classes, art therapy, lunch and learn and Shabbat program and meals**

**To make a donation and sponsor a senior call 204.339.1701 or visit**

**[gwensecter.com](http://gwensecter.com)**



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



# GREETINGS FROM THE EXECUTIVE DIRECTOR

*Spring 2020*  
*BECKY CHISICK*

As spring awakens, I hope everyone is ready to come out of their hibernation state and enjoy the April showers and May flowers. We have so many exciting programs and excursions coming up for your enjoyment. Everyone at Gwen Sectar Creative Living Centre has been working hard over the winter months. Thank you for your patience as we continue to do some minor repairs and renovations. I am very excited for the final project!

With Spring comes spring cleaning!! Gwen Sectar will be having our annual Garage Sale this summer and will be accepting donations beginning after Passover (mid-April). Items accepted are household items, small furniture items, bikes, electronics, jewelry, books, DVDs, records, CDs, sporting goods and handbags in good, usable condition. (Please no clothing or large furniture) You are always welcome to donate clothing to the B'nai Brith blue bin outside our front entry.

Dan will be going on a few new excursions in the next few months. Many fun outings and new adventures await. This spring we will be making a very special trip to visit our friends at the Simkin Centre. I am so excited to bring us all together. We will also be taking trips to visit the cemeteries. Transportation for this is FREE and will pick you up from your home with door to door service.

Cathy and Galina are hard at work in the kitchen day in and day out preparing delicious mouth-watering meals for all to enjoy. If at any time you would like to have their delicious meals at home, take-out is available.

Looking to cater simchas and other events during the year?? Check out the full menu online [www.gwensecter.com](http://www.gwensecter.com) and place your order. Don't use a computer? Ask us to print you a menu!

Wishing everyone a good Pesach!

Becky Chisick  
Executive Director

## Become A Member

Single : \$40 per year Couples : \$70 per year

Membership Bonuses : Discounts on selected programs

:First Access to all of our services



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

Membership Registration  
begins in May

# FUN AND FITNESS

Fitness passes for 10 classes of your choice.

**\$60 for members \$70 for non-members**

Drop-ins welcome | \$8 for members | \$10 for non-members

## Z'umba

Tuesday at 9:30am

A fun and easy fusion of Latin dance exercises and workout that will tone your muscles and body. It's an aerobic fitness with a combination of fast and slow moves that will leave you feeling energized. The program can be adapted for beginners and seated workouts if needed.

**Instructor: Silvina Holtzman**

## Active Adaptive Fitness

Tuesday at 10:45am

A group exercise program specifically designed to improve muscle strength, balance, and general mobility, including walking. It includes elements of strength training, heart fitness, flexibility, balance, and coordination. Sessions are easily adaptable, no matter your mobility issue and will help you improve your strength and overall quality of life.

**Instructor: Silvina Holtzman**

**Transportation is available**

## Drums Alive!

10 sessions | Tuesday at 5pm

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!

**April 7-June 16 (no class May 19)**

\$50 for members | \$60 for non-members

**In partnership with Seven Oaks Seniors** members receive discount pricing on these three programs.

## Floor Curling

Monday at 10am

Floor curling is a safe way to continue curling without being on the ice. This game has been designed to encourage people to stay active by increasing their flexibility, range of motion, and blood circulation. We will be playing floor curling in the fitness area and you are encouraged to bring a friend.

FREE for Members |

\$2 for non-members

## Tai Chi

10 sessions | Thursday at 1pm

Learn and practices slow and controlled movements **with Gary Eng** while relaxing your mind and body. Tai Chi will help you improve your circulation, alertness, balance, flexibility, strength and endurance.  
April 23-June 25th

\$30 for members |

\$35 for non-members

## Line Dancing

10 sessions | Friday at 11:30am

If you can walk, then you can dance. Set to country music with easy to follow dance moves that will have you moving. This is a fun exercise program **with Susan Fletcher** that will leave you energized and singing  
April 3-June 19  
No class April 10 May 29th

\$30 for members |

\$35 for non-members





# FUN AND GAMES

## Mah Jong

---

Monday at 12:30pm

Mah Jong is a tile based game originally from China. It is played with four players around the table. It is an excellent social game that helps improve memory skills and sharpen the mind. It helps people to make faster decisions and better observations.

Beginners Mah Jong Table Available

## Bridge

---

Tuesday at 1pm

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

## Just Crafting Around

---

Tuesday at 12:30pm

Whether you are a serious crafter or just looking for a place to finish your quilting project this is the group for you. It's a casual drop-in and bring your own craft program where you can stitch the afternoon away.



**Bring A Friend**

With Musical Guest Aaron Hutton May 27th

Bring a new face to our Wednesday Program  
and receive a two for one pricing on lunch.



**"FAMOUS OLD COUNTRY BAKING"**

**204-582-2364**

247 Selkirk Avenue  
Winnipeg, Manitoba

[www.gunnsbakery.com](http://www.gunnsbakery.com)  
[info@gunnsbakery.com](mailto:info@gunnsbakery.com)

**EASTSIDE**  
COLLISION

**MORAY**  
COLLISION & GLASS

**Thrifty**  
Car Rental

**Autobody and Mechanical Repairs  
Glass Repairs and Replacements  
"Your One Stop Shop"**

**Our Vision Is You**



- Thorough and honest estimates so you feel comfortable with our advice.
- Friendly and knowledgeable staff to keep you informed of ongoing repairs.
- Professional and clean environment for you and your car.
- Free courtesy cars with MPIC claims to keep you on the road.
- Mobile glass repairs so you can keep going on with your day.
- Paintless dent removal for fast, cost-effective repairs to your car.

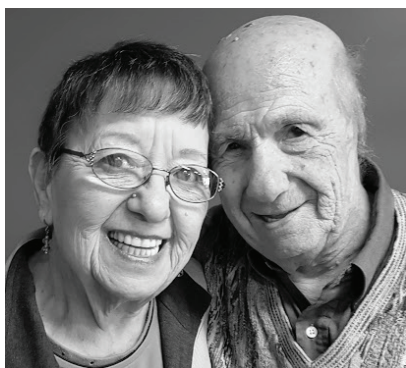
**Eastside Collision Repairs  
Eastside Heavy Truck Collision Repairs  
[www.theeastsidegroup.ca](http://www.theeastsidegroup.ca)**

874 Marion Street  
2535 Inkster Blvd.  
700 B Moray Street  
3-1761 Wellington Ave

Eastside ☎ 204.237.7111  
Eastside ☎ 204.633.8223  
Moray ☎ 204.885.2080

Thrifty ☎ 204.949.7620  
Thrifty ☎ 204.949.7072  
Thrifty ☎ 204.949.7620  
Thrifty ☎ 204.949.7600





# MEMBER SPOTLIGHT

## Nate and Phyllis Dana

---

**" lives are better because of this wonderful facility"**

---

Over 25 years ago Nate found himself retired, and was looking for something that would fulfill his need to be productive. He spoke to then director of the Gwen Secter Centre, Madeline Kohut, and his long career as a volunteer and active member took flight. His initial project was to enlist a crew of at-liberty young retirees, and together they painted all the walls and enjoyed themselves immensely. At the time Phyllis was teaching half days and attending a fitness class at the Centre one morning a week (which continues to this day) when a friend conscripted her onto a Strategic Planning committee, and her commitment as a future Board member and Centre volunteer was launched.

Overhearing a discussion about a serious financial deficit facing the Centre, Nate spearheaded a campaign to wipe it out. Despite some doubters on the Board, Nate got dear friend Harvey Cogan involved, and they raised \$40,000 which retired the debt. As a fundraiser Nate was instrumental in what became several very successful fundraising brunches. He also worked on fundraising for the two of the Centre's anniversary celebrations: a concert and a dinner. Nate spent one term on the Board, but protested that he was a doer, not a meeting person. And as both official and unofficial house chairman, Nate called upon many of his friends in the building trades who voluntarily did repairs and usually neglected sending a bill for their services.

Phyllis brought her years of organizational experience to become a long time member of the Board of Directors, including a term as President. Retired from teaching, she has often helped out in the kitchen baking and cooking for holidays and events, and even preparing Meals on Wheels so staff could have a Christmas break. Accompanied by multi-talented Avivah Katz, Phyllis rendered many Wednesday concerts over the years, and their children and grandchildren have also entertained our members. Phyllis conceived the establishment of the Wits and Skits group whose members have written and produced their own original plays, musical and otherwise. Participants and audiences alike have been delighted with the performances.

The Gwen Secter's Bridge Group attracted both Nate and Phyllis who have partnered with a variety of old and new friends over the years. Most special were Nate's years of playing with everybody's favorite member, Sophie Shinewald, whose friendship brightened both the Danas' lives. It took a lot of coaxing for independent Sophie to allow them to drive her to and from Bridge afternoons. Nate and Phyllis can't say enough about the Gwen Secter Creative Living Centre! It has been and continues to be a "Home away from home" for both of them. Members, staff, and volunteers have been there to welcome and support them in many ways, and their lives are better because of this wonderful facility. Hopefully their involvement can continue for a long while. They also urge others to follow their lead as signers to the Jewish Foundations Endowment Book of Life and leave a legacy towards continuation of this important institution.



**Shayla Fink**



**Erin Propp &  
Larry Roy Duo**

# ALL ABOUT JEW S

## 2020 SPRING FRIDAY SERIES

Join us Fridays for concerts or speakers on Jewish music and culture. Come early for Shabbat lunch!

Transportation available.

**Lunch served at noon | Presentation at 1 pm**

### The History of the State of Israel through Song

**May 8<sup>th</sup>**

Keyboard and Vocals,

**Shayla Fink**

### Notable Jewish Composers of the Great American Songbook

**June 5<sup>th</sup>**

**Erin Propp, Vocals**

**Larry Roy, Guitar**

#### Concert or Speaker

**\$5** for members | **\$6** for non-members

#### Program & Lunch

**\$13** for members | **\$16** for non-members



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



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

Partner Agency of the  
**Jewish Federation**  
OF WINNIPEG







**Karla Berbrayer**  
Producer

## About Jews 2020 Continues at Gwen Secter Creative Living Centre

On Friday May 8, Winnipeg's Shayla Fink, well-known and respected singer, musician and educator, will present History of the State of Israel through Song. The Jewish people have a longstanding relationship with the land of Israel and its music. Whether it's through prayer, family events, or for the pure joy of it, it's the backdrop to our lives as Jews and a means of expressing who we are. History of the State of Israel through Song celebrates the miraculous story of our beloved land over the last seventy-two years plus. Shayla Fink has curated a selection of songs that represent this period and will share stories of their creators.

A founding member of the multi-Juno nominated group Finjan, Shayla is also a solo entertainer and has had a life-long love affair with Israel and its music. She's been to Israel more than a few times and lived there for a year in 2008 with her husband Kinzey Posen.

On Friday June 5, Erin Propp and Larry Roy will launch Notable Jewish Composers of the Great American Songbook. Erin Propp and Larry Roy are a Juno-nominated songwriting and performing duo from Winnipeg. Their combined artistry is a stunning musical package, weaving together harmony and lyrics that you want to listen to again and again. This concert, designed for the All About Jews series at GSCLC, will give us a glimpse into the great Jewish composers of the first half of the twentieth century. Harold Arlen, Victor Young, Frank Loesser and Jule Styne were musical contemporaries, each contributing to the Great American Songbook. Their collections of songs are windows in time to the Golden Age of Broadway and Hollywood, bringing us melodies that have endured almost a century in North America and beyond.

All About Jews, produced by Karla Berbrayer, continues throughout May and June with its fabulous Friday lunchtime series on Jewish music and culture.

---

REGISTER BY PHONE OR BY  
VISITING GWEN SECTER.  
204.339.1701 | 1588 Main St.



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

Need A Place To Hold A

Family Event

Workshop

AGM

Let Us Host Your Event!

Small and Large

Groups up to 130 people

We Have :

Catering

Tables and Chairs

Sound System

Free Parking

Call

204 339 1701

For More

Details

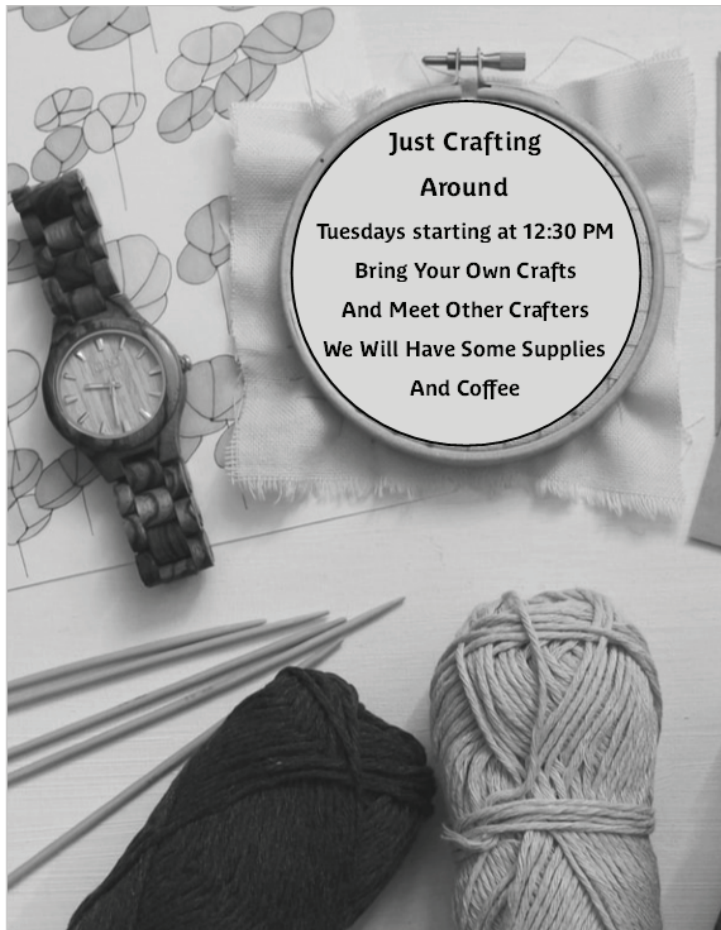
**JOYCE**  
*Rykiss*

204.792.9938

Call Your  
Real Estate  
Matchmaker



**21 CENTURY 21**  
Advanced Realty



**Just Crafting  
Around**

**Tuesdays starting at 12:30 PM**

**Bring Your Own Crafts**

**And Meet Other Crafters**

**We Will Have Some Supplies**

**And Coffee**



**Yiddish Reading Circle Dates**

**January 23rd** Roz Usiskin is Reading  
Wolodarsky Family Letters

**March 16th** Guest Speaker Itay Zutra

**April 23rd** Roz Usiskin is Reading From  
Chava Rosenfarb Essay by  
Stefan Zweig

**May 21st** Wrap Up Party with  
Kadya Maladowsky's Book  
About The Diary Of An  
Immigrant in New York

Program Runs from 12:00 -130,  
Transportation is Available

**Program Cost**

\$3 Members

\$5 Non-Members

Lunch Available

If Ordered

in Advance

(Egg, Tuna,

Salmon Salad)

Sandwich \$5.00

Soup of the Day

\$3.00

# SPRING OUTINGS

## Transportation included

Register at the front desk or call at 204.339.1701

All Outings are non-refundable unless canceled by Gwen Sector Creative Living Centre

## Back Stage Tour of the Royal Winnipeg Ballet

April 21

This is a backstage tour through the Royal Winnipeg Ballet School. The tour will be lead by a former dancer of the ballet. We will learn about the dedication it takes and all the people involved in putting on a production. The tour will have us watch a bit of rehearsal and tour through the costume workshop.

Cost \$15 member \$20 non member

## Celebrations Dinner Theatre Old Time Rock and Roll

May 5

Just take those old records off the shelf. That's what Michael Stevens is doing. You see, when he decides it's time to clean out the attic he stumbles upon his stash of old records that have been collecting dust for decades. Let the nostalgia trip begin! Come and jump back in time with Michael to that by-gone age when TV's were a huge piece of furniture that sat on the floor and phones were olive green and hung on the wall! All the greatest records, containing all the greatest songs, are in the attic just waiting for us to let them spin again.

Lunch (salad, chicken plate, dessert, coffee/tea) Matinee Cost \$50 member \$55 non member



## The Drowsy Chaperone: Rainbow Stage

Date TBA

The Drowsy Chaperone is a loving send-up of the Jazz Age musical, featuring one show-stopping song and dance number after another. With the houselights down, a man in a chair appears on stage and puts on his favorite record: the cast recording of a fictitious 1928 musical. The recording comes to life and The Drowsy Chaperone begins as the man in the chair looks on. Mix in two lovers on the eve of their wedding, a bumbling best man, a desperate theatre producer, a not-so-bright hostess, two gangsters posing as pastry chefs, a misguided Don Juan and an intoxicated chaperone, and you have the ingredients for an evening of madcap delight. Come see your local favorites Debbie Maslowsky, Kevin McIntyer, Elliot Lazar and Aaron Hutton.

Limited seats available





Let's go visit our friends at The Saul and Claribel Simkin Centre  
 May 14th Visiting from 2:00-3:30 Free Transportation  
 Call 204.339.1701 to Register

## Seven Oaks Senior Links Resource Finders

**Friendly Visiting**— If you are interested in having someone visit you or would like to volunteer to visit someone. Once a month

**55+ Short Story Book Club** —1st Tuesday of the month at West Kildonan Library 1:30 read a short story and discuss

**Volunteer Driving Program**—Dr appointments only \$6 honorarium to drivers

**Free Daily Hello**—Morning check in call for isolated seniors

**Free Drop in Cards** played at St Francis Church basement on Wednesdays at 1

**Referrals**—Info on government programs, maintenance, health services

**Foodie Fridays**—Seniors meet once a month at a restaurant

**Special Events /Trips**—Assiniboine Downs Bingo, Canada Day BBQ

Christmas Party, Service Expo

**Brunch Club** We meet on the 3rd Monday at Canad Inn

McPhillips and Jefferson at 930

Call 204.612.3888 for More Details



# REIDER INSURANCE

[www.reider.ca](http://www.reider.ca)





*The only Jewish family  
owned & operated  
Insurance Brokerage  
in Manitoba*

**autopac**

A Manitoba Public Insurance product

*AUTO \* HOME \* BUSINESS*

**8 LOCATIONS TO SERVE YOU!**

 Corydon at Cockburn - 204.284.5142  
 Garden City Square - 204.338.3888  
 Madison Square - 204.885.3200  
 Weston Square - 204.775.7385

 Munroe Shopping Centre - 204.663.3881  
 Northgate Shopping Centre - 204.334.4319  
 University of Manitoba - 204.261.9016  
 Rosenort, MB - 204.746.8411

# WEDNESDAY ENTERTAINERS

## B-Side Apostles

---

April 1

## No Programs- Closed for Passover

---

April 8 and 15

## Keith Macpherson

---

April 22

## Belle Jarniewski of the Jewish Heritage Centre

---

April 29

## Neil Keep

---

May 6

## Andrea Ratoski Musical Cities Budapest and Prague

---

May 13





**David Greaves from the JNF**

---

May 20

**Aaron Hutton Bring a Friend Day**

---

May 27

**Matchstalk Men**

---

June 3

**Wab Kinew and Nahanni Fontaine of the NDP**

---

June 10

**Winnipeg Police Department Frauds and Scams**

---

June 17

**Glen Williams**

---

June 24





## Visits to the Cemeteries

Monday May 11th  
at Rosh Pina and Bnay Abraham Cemetery

Monday June 22nd  
at Shaarey Zedeck and Hebrew Sick Cemetery

Spring trips for Mothers and Fathers Days

Transportation is FREE

PLEASE REGISTER AT THE FRONT DESK

**Get Well Soon**  
To Emily Wymenga  
Hope you feel better  
soon  
Claudia Chernitsky

# CONDOLENCES

To: Libbi Walter  
In memory of your Mother  
Renee. Sincerely, Shirley  
Fromson

To: Jeff Goldstein & Family  
In memory of your Mother,  
Grandmother and Sister Edith.  
Sincerely, Benson & Sharon  
Labinsky

To: Jerry & Rietta Floom  
So sorry for your loss.  
Love, Harriet Permut

To: Allan Shpeller  
Sincere condolences. She was a  
lovely lady. She will be missed.  
Sincerely, Maxine Gilman

To: The Shpeller & Goldstein  
Families So very sorry for  
the loss of your beloved  
Mother Edith, Grandmother,  
Sister and Aunt. My sincere  
condolences to both families.  
Sincerely, Edie Shuster

To: Sharon Rubenstein &  
Family I feel that your loss is my  
loss. My heart goes out to you in  
mutual grief and understanding.  
I love you! Love, Auntie Molly

To: Sharon Rubenstein & Family  
We are so very sorry in the  
loss of your beloved Husband  
Mel, Father and Grandfather.  
Our deepest condolences to the  
whole family at this very trying  
time thinking of you always.  
Love, Edie & Family

To: Jeff Goldstein & Family  
My deepest condolences on the  
loss of your beloved Mother,  
Mother-in-law, Grandmother.  
Sincerely, Phyllis Spigelman

To: Rita & Sam Swire  
My sympathy on the  
loss of your sister Edith.  
Sincerely, Barbara Stillman

To: Rita Swire Sincere condolences  
on the loss of your sister Edith.  
Sincerely, Doreen Davidow

To: Shpeller Family  
Sympathy for the loss of  
your Mother and Sister Edith.  
Sincerely, Elsie Weinshenker & Family

To: Susan & Jeff Goldstein Our  
sincerest condolences on the passing  
of your Mother and Grandmother Edith.  
Sincerely, Avery & Nata Spigelman

To: Ruthy Rosensweig  
With condolences  
from the Shindleman Family.

To: Robyn Doig  
Our deepest sympathy on the loss of  
your beloved father and our Uncle.  
Sincerely, Jack Wolk, Geoffry & Melissa

To: Ed Shinewald (son Judith  
Putter(niece) Our condolences on the  
passing of Sophie Shinewald. She was  
a remarkable woman and real zest for  
life. Sincerely, Miriam Fliegel and Ron  
Steigerwald

# Your Life, Your Community Your Lifestyle

Assisted Living options to suit your needs

## ✓ Independent Assisted Living

At Your Service:

- Shuttle Bus
- Month to Month Leases
- Weekly Light Housekeeping
- Nurse on Staff
- Nighttime Health Care Aides
- Delicious Meals
- Pet Friendly

## ✓ **NEW** Enhanced Assisted Living

Now Available at Both Buildings

Call Renee  
204.291.7863

## ✓ Secure Assisted Living

THE BOULEVARD NORTH

Call Lori  
204.898.3251

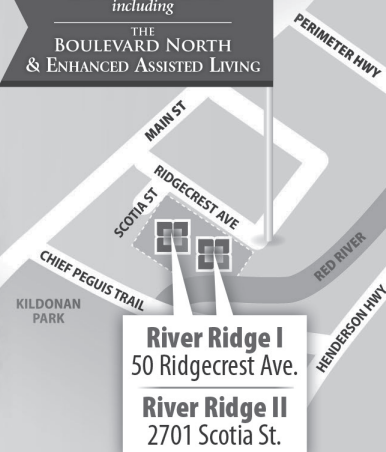


# River Ridge

Retirement Residences™

An All Seniors Care Living Centres Residence

CAMPUS OF CARE  
including  
THE BOULEVARD NORTH  
& ENHANCED ASSISTED LIVING



The Neighbourhoods at River Ridge



[www.allseniorscare.com](http://www.allseniorscare.com)



PROUDLY CANADIAN



**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](http://www.sunshinetransit.ca)**



# BIRTHDAYS!

## April

Lorraine Bass  
Jeanette Block  
Sylvia Bonds  
Kayla Coodin  
David Diamond  
Miriam Diamond  
Selma Furman  
Diane Harris  
Lilly Hirt  
Kathy Koltowski  
Lori Lavitt  
Sheila Mamott  
Georgina Nowensky  
Dvora Pinsky  
Donna Pollock  
Esther Ratson  
Jack Rosenbaum  
Pearl Rosenberg  
Betty Searle  
Sam Swire  
Doreen Wallace  
Lillian Zentner  
Sharon Zynoberg

## May

Lena Brandao  
Oscar Cantin  
Helena Daina  
Pat Fulcher  
Cathy Itscovich  
Judy Itscovich  
Anne Kalyniuk  
Sunny Kaminsky  
Lydia Kulcheski  
Judith Lavitt  
Yetta Levit  
Sheri Mendell  
Arnold Merrick  
Dorine Nepinak  
David Pollock  
Maurice Ruben  
Edith Shuster  
Lillian Unger  
Jean Weselowski  
Sylvia White  
Sarah Wolovick

## June

Allan Selig  
Edie Berlin  
Sandi Bloomfield  
Morris Chapnick  
Elaine Charach  
Barney Charach  
Jane Deller  
George Freed  
Sarah Friedman  
Lorne Gordon  
J. Martin Guss  
Annis Jeroff  
Shelly Kanfer  
Edith Landy  
Diane McHugh  
Annette Minuk  
Cheryl Rajfur  
Avery Spigelman  
Doris Stewart  
Rita Swire  
Lynne Trachtenberg  
Barrie Wiseman  
Edie Wolfe  
Debbie Zelnick

# SIMCHAS!

To everyone  
celebrating special  
birthdays in  
January! Sincerely,  
Edie Shuster

Birthday wishes  
to everyone to  
February! Sincerely,  
Edie Shuster

To: Phyllis Spigelman  
Mazel tov on the new  
addition of your family  
- great Granddaughter!  
Sincerely, Benson & Sharon  
Labinsky

To: Max Hochman Mazel  
tov and best wishes on  
your special birthday!  
Sincerely, Molly Rosenblat

To: Margot, Mazel tov on this  
beautiful occasion on another  
milestone! I wish you many  
happy and healthy good years!  
All my love, Edie Shuster

To: Doris Chwaiewsky Mazel  
tov on the occasion of this very  
special birthday! I wish you good  
health, happiness and many  
more wonderful years to come.  
Your friend, Edie Shuster



*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](http://www.johndickenterprises.com)**



# Gwen Secter

Creative Living Centre

at Syd Glow Place

1588 Main S

## Soups

Bean and Barley  
Beet Borscht  
Cream of Broccoli  
Cream of Cauliflower  
Cream of Vegetable  
Chicken Noodle  
Chicken w/ Matzo Balls  
Chicken w/ Rice  
Clear Chicken Soup  
Dill Carrot  
Lentil  
Pea Mushroom  
Pea  
Vegetable Soup  
Minestrone  
Onion  
Potato Leek

**\$3 Individual**

**\$12 per Liter**

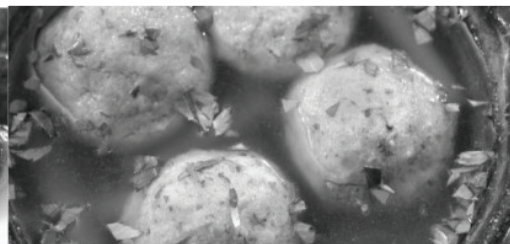
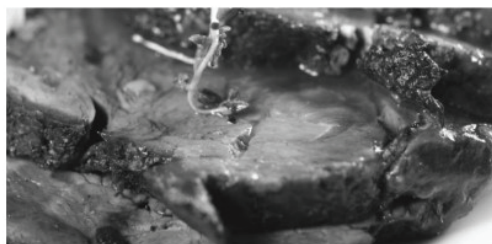
## A La Cart

Gefilta Fish (min 10 pieces) ..... **\$4.5 per pieces**  
Kasha and Shells (min order 5 people) ..... **\$4 per person**  
**Latkes:** Potato, Sweet Potato Zucchini ..... **\$15 per dozen**  
Knishes: Potato, Kasha ..... **\$16.5 per dozen**  
Cheese Knishes ..... **\$17.5 per dozen**  
Matzo Balls (1 dozen) ..... **\$11**  
Carrot Tsimmis (1 liter) ..... **\$14**  
Coleslaw (1 liter) ..... **\$7**  
Salad: Garden, Orange Almond (min 5 people) .. **\$5 per person**  
Caesar Salad (min 5 people) ..... **\$6 per person**  
Party sandwiches (min 10 dozen) ..... **\$18 per dozen**

## Individual Entrees

- 1) Roasted Chicken with Rice or Potatoes and Veggies
- 2) Roast Beef with Potatoes and Vegetable
- 3) Sweet and Sour Meatballs with Vegetables and Rice

**\$14 Each**





### Proteins

|   |                 |
|---|-----------------|
| Sweet and Sour Meatballs (1 dozen) .....        | \$15            |
| Roasted Chicken    White Meat .....             | \$8             |
| Dark Meat .....                                 | \$7.5           |
| Whole Turkey (approx. 13-14 lbs) Cooked .....   | \$120           |
| Cooked and Carved.....                          | \$140           |
| Roast Beef (sliced, 5 lbs) .....                | \$160           |
| Cooked Brisket with Gravy (sliced, 5 lbs) ..... | \$160           |
| Poached Salmon (min order 5 people).....        | \$12 per person |
| Chopped Liver (1/2 pound) .....                 | \$7             |

### Desserts

|   |      |
|---|------|
| Assorted Dainties Tray .....  | \$30 |
| Bundt Cake (12 inches).....   | \$35 |
| Komish (1 dozen) .....  | \$8  |
| Brownies (9x13) .....   | \$22 |
| Apple Cake (9x13).....  | \$25 |
| Carrot Cake (9x13) .....  | \$25 |
| We can supply a variety of custom cakes and tortes. Fruit Compote, poppy seed and assorted cookies are also available . |      |

### Pastas

#### Kugel: Cheese, Vegetable , Sweet

|                           |      |
|---------------------------|------|
| Medium (4-6 people).....  | \$14 |
| Large (12-14 people)..... | \$28 |

#### Vegetable Lasagna

|                           |      |
|---------------------------|------|
| Medium (4-6 people) ..... | \$20 |
| Large (10-12 people)..... | \$50 |

### Contact Info

To Order Visit Our  
Website  
Or Call Galina  
204.339.1701

Partner Agency of the  
**Jewish Federation**  
OF WINNIPEG



Under Supervision  
of the VAAD  
Hakashrut  
Winnipeg

# 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.

| April 2020          |                                      |       |   |
|---------------------|--------------------------------------|-------|---|
| Date                | Programs                             | Time  | Menu  |
| Wednesday, April 1  | Adult Day Club                       | 9:30  | Chicke3n Soup, Chopped Liver and Matzo, Veggie Kugel Coleslaw and Dessert |
|                     | Wednesday Luncheon (B-side Apostles) | 11:30 |   |
|                     |                                      |       |   |
| Thursday, April 2   | JCFS Survivors Luncheon              | 12:15 | Fresh Soup, Matzo and Spread  |
| Friday, April 3     | Line Dancing                         | 11:30 | Chicken Soup, Roasted Chicken, Sweet Potatoes, Veggies, Matzo and Dessert |
| Monday, April 6     | Floor Curling                        | 10:00 | Fresh Soup, Matzo and Spread  |
|                     | Mah Jong                             | 12:30 |   |
| Tuesday, April 7    | Z'umba                               | 9:30  | Chicken Soup, Orange Chicken, Mashed Potatoes, Veggies, Matzo and Dessert |
|                     | Music To Remember                    | 10:00 |   |
|                     | Adaptive Fitness                     | 10:45 |   |
|                     | Bridge                               | 1:00  |   |
|                     | Drums Alive!                         | 5:00  |   |
| Wednesday April 8   | CLOSED AT NOON                       |       |   |
| Thursday, April 9   | CLOSED                               |       |   |
| Friday, April 10    | CLOSED                               |       |   |
| Monday, April 13    | Floor Curling                        | 11:30 | Fresh Soup, Matzo and Spread  |
|                     | Mah Jong                             | 12:00 |   |
| Tuesday, April 14   | Z'umba                               | 9:30  | Vegetable Soup, Salmon Loaf, Roasted Potatoes, Veggies, Matzo and Dessert |
|                     | Music To Remember                    | 10:00 |   |
|                     | Adaptive Fitness                     | 10:45 |   |
|                     | Bridge                               | 1:00  |   |
|                     | Drums Alive!                         | 5:00  |   |
| Wednesday, April 15 | Closed                               |       |   |

| Date                | Programs  | Time  | Menu  |
|---------------------|---|---|---|
| Thursday, April 16  | CLOSED  |   |   |
| Friday, April 17    | Line Dancing  | 11:30   | Chiekn Soup with Matzo Balls, Roasted Chicken, Noodle Kugle, Boccoli, Chocolate Cake Challah Bun, |
| Monday, April 20    | Floor Curling<br>Mah Jong   | 10:00<br>12:30                                  | Fresh Soup & Sandwiches   |
| Tuesday, April 21   | Z'umba<br>Music To Remember<br>RWB Outing<br>Adaptive Fitness<br>Bridge<br>Drums Alive! | 9:30<br>10:00<br>10:30<br>10:45<br>1:00<br>5:00 | Dill Carrot Soup, Buttermilk Kugel with Sour Cream and Stawberries and Tossed Salad               |
| Wednesday, April 22 | Adult Day Club<br>Wednesday Luncheon<br>(Keith Macpherson)                              |   | Pea Soup, Hotdogs, Fries, Coleslaw and Dessert  |
| Thursday, April 23  | Yiddish Reading Circle<br>Tai Chi   | 12:00<br>1:00                                   | Fresh Soup & Sandwiches   |
| Friday, April 24    | Line Dancing  | 11:30   | Chicken Soup, Breaded Chicken, Rice Cas-serole, Stir Fried Veggies, Lemon Cake and Challah Bun    |
| Monday, April 27    | Seniors Service Expo  | 9:30  | Fresh Soup & Sandwiches   |
| Tuesday, April 28   | Z'umba<br>Music To Remember<br>Adaptive Fitness<br>Bridge<br>Drums Alive!               | 9:30<br>10:00<br>10:45<br>1:00<br>5:00          | Lentil Soup, Sweet and Sour Meatballs and Rice  |
| Wednesday, April 29 | Adult Day Club<br>Wednesday Luncheon<br>(Western Canadaian Jewish Museum)               |   | Minestrone Soup, Potato Verenikas with Fried Onions, Sour Cream, Tossed Salad and Dessert         |
| Thursday, April 30  | JCFS Survivors Luncheon<br>Tai Chi  | 12:15<br>1:00                                   | Fresh Soup & Sandwiches   |



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.

| May 2020          |  |  |   |
|-------------------|--|--|---|
| Date              | Programs   | Time                                   | Menu  |
| Friday, May 1     | Line Dancing   | 11:30                                  | Challah Bun, Chicken Soup, Chicken w/ Orange Sauce, Kasha and Shells, Peas, Apple Cake            |
| Monday, May 4     | Floor Curling<br>Mah Jong  | 10:00<br>12:30                         | Fresh Soup & Sandwiches   |
| Tuesday, May 5    | Z'umba<br>Adaptive Fitness<br>Celebrations Outing<br>Bridge<br>Drums Alive!  | 9:30<br>10:45<br>12:00<br>1:00<br>5:00 | Cream of Vegetable Soup, Fish, Rice and Mixed Veggies   |
| Wednesday, May 6  | Adult Day Club<br>Wednesday Luncheon (Neil Keep)                             | 9:30<br>11:30                          | Pea Soup, Hamburgers with Fries and Coleslaw  |
| Thursday, May 7   | Tai Chi  | 1:00                                   | Fresh Soup & Sandwiches   |
| Friday, May 8     | Line Dancing<br>All About Jews   | 11:30<br>12:00                         | Challah Bun, Chicken Rice Soup, Honey BBQ Chicken Roasted Potatoes, Cauliflower and Carrot Cake . |
| Monday, May 11    | Floor Curling<br>Mah Jong<br>Cemetery Visits                                 | 10:30<br>12:30<br>1:00                 | Fresh Soup & Sandwiches   |
| Tuesday, May 12   | Z'umba<br>Adaptive Fitness<br>Just Crafting Around<br>Bridge<br>Drums Alive! | 9:30<br>10:45<br>12:30<br>1:00<br>5:00 | Potato Leek Soup, Spaghetti and Meat Sauce and Coleslaw   |
| Wednesday, May 13 | Adult Day Club<br>Wednesday Luncheon (Andrea Ratowski)                       | 9:30<br>11:30                          | Bean and Barley Soup, Pizza, Tossed Salad and Dessert   |
| Thursday, May 14  | JCFS Holocaust Survivors Luncheon<br>Tai Chi<br>Simkin Center Visit          | 12:15<br>1:00<br>2:00                  | Fresh Soup & Sandwiches   |

| Date              | Programs                               | Time  | Menu   |
|-------------------|--|-------|--|
| Friday, May 15    | Line Dancing                           | 11:30 | Challah Bun, Chicken Soup with Matzo Ball, Roasted Chicken, Kugel, and Chocolate Cake.             |
| Monday, May 18    | CLOSED                                 |       |  |
| Tuesday, May 19   | Z'umba                                 | 9:30  | Dill Carrot Soup, Kugel, Sour Cream & Strawberries, Veggies.                                       |
|                   | Adaptive Fitness                       | 10:45 |  |
|                   | Just Crafting Around                   | 12:30 |  |
|                   | Bridge                                 | 1:00  |  |
| Wednesday, May 20 | Adult Day Club                         | 9:30  | Pea Soup, Sweet and Sour Meatballs, Rice, Veggies and Dessert                                      |
|                   | Wednesday Luncheon (JNF David Greaves) | 11:30 |  |
| Thursday, May 21  | Yiddish Reading Circle                 | 12:00 | Fresh Soup & Sandwiches  |
|                   | Tai Chi                                | 1:00  |  |
| Friday, May 22    | Line Dancing                           | 11:30 | Challah Bun, Chicken Noodle Soup, Breaded Chicken, Rice Casserole, Stir Fry Veggies and Lemon Cake |
| Monday, May 25    | Floor Curling                          | 10:00 | Fresh Soup & Sandwiches  |
|                   | Mah Jong                               | 12:30 |  |
| Tuesday, May 26   | Z'umba                                 | 9:30  | Lentil Soup, Sweet & Sour Meatballs, Rice, and Green and Yellow Beans                              |
|                   | Adaptive Fitness                       | 10:45 |  |
|                   | Just Crafting Around                   | 12:30 |  |
|                   | Bridge                                 | 1:00  |  |
|                   | Drums Alive!                           | 5:00  |  |
| Wednesday, May 27 | Adult Day Club                         | 9:30  | Minestrone Soup, Buttermilk Kugel, Sour Cream & Strawberries, and Tossed Salad, Dessert            |
|                   | BRING A FRIEND DAY                     | 11:30 |  |
|                   | Wednesday Luncheon (Aaron Hutton)      |       |  |
| Thursday, May 28  | JCFS Holocaust Survivors Luncheon      | 12:15 | Fresh Soup & Sandwiches  |
|                   | Tai Chi                                | 1:00  |  |
|                   |  |       |  |
| Friday, May 29    | Closed                                 |       |  |

## Moving? Downsizing?

Sorting - **Organizing** - Packing - **Moving** - Getting settled in  
**Cleaning** - Estate Sales - **Getting your donations to charities** etc.

We look after it all.  
**Free Consultation**



**Carefree  
Concierge**

**(204) 330-6629**



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.

| June 2020          |   |       |  |
|--------------------|---|-------|--|
| Date               | Programs  | Time  | Menu   |
| Monday, June 1     | Floor Curling                                   | 10:00 | Fresh Soup & Sandwiches  |
|                    | Mah Jong  | 12:30 |  |
| Tuesday, June 2    | Z'umba  | 9:30  | Cream of Vegetable Soup, Baked Fish, Rice and Mixed Veggies                                      |
|                    | Adaptive Fitness                                | 10:45 |  |
|                    | Just Crafting Around                            | 12:30 |  |
|                    | Bridge  | 1:00  |  |
|                    | Drums Alive!                                    | 5:00  |  |
| Wednesday, June 3  | Adult Day Club                                  | 9:30  | Mushroom Pea Soup, Meatloaf with Gravey and Mashed Potatoes, Veggies and Dessert                 |
|                    | Wednesday Luncheon (Matchstalk Men)             | 11:30 |  |
| Thursday, June 4   | Tai Chi   | 1:00  | Fresh Soup & Sandwiches  |
| Friday, June 5     | Line Dancing                                    | 11:30 | Challah Bun, Chicken Rice Soup, Honey BBQ Chicken, Roasted Potatoes, Cauliflower, Carrot Cake.   |
|                    | All About Jews                                  | 12:00 |  |
| Monday, June 8     | Floor Curling                                   | 10:00 | Fresh Soup & Sandwiches  |
|                    | Mah Jong  | 12:30 |  |
| Tuesday, June 9    | Z'umba  | 9:30  | Potato Leek Soup, Spaghetti and Meat Sauce and Veggies   |
|                    | Adaptive Fitness                                | 10:45 |  |
|                    | Just Crafting Around                            | 12:30 |  |
|                    | Bridge  | 1:00  |  |
|                    | Drums Alive                                     | 5:00  |  |
| Wednesday, June 10 | Adult Day Club                                  | 9:30  | Bean and Barley Soup, Cheese Knishes, Sour Cream & Strawberries, and Tossed Salad Dessert.       |
|                    | Wednesday Luncheon (Wab Kinew Nahanni Fountain) | 11:30 |  |
| Thursday, June 11  | JCFS Holocaust Survivors Luncheon               | 12:15 | Fresh Soup & Sandwiches  |
|                    | Tai Chi   | 1:00  |  |
| Friday, June 12    | Line Dancing                                    | 11:30 | Challah Bun, Chicken Soup with Matzo Ball, Roasted Chicken, Broccoli, Kugel, and Chocolate Cake. |



| Date                      | Programs  | Time                                   | Menu   |
|---------------------------|---|--|--|
| <b>Monday, June 15</b>    | Floor Curling<br>Mah Jong   | 10:00<br>12:30                         | Fresh Soup & Sandwiches  |
| <b>Tuesday, June 16</b>   | Z'umba<br>Adaptive Fitness<br>Just Crafting Around<br>Bridge<br>Drums Alive!                      | 9:30<br>10:45<br>12:30<br>1:00<br>5:00 | Dill Carrot Soup, BUttermilk Kugel, Sour Cream & Strawberries, Veggies.                            |
| <b>Wednesday, June 17</b> | Adult Day Club<br>Wednesday Luncheon<br>(Frauds and Scams with the<br>Winnipeg Police Department) | 9:30<br>11:30                          | Pea Soup, Chopped liver Sandwich , Fries and Coleslaw and Dessert                                  |
| <b>Thursday, June 18</b>  | Tai Chi   | 1:00                                   | Fresh Soup & Sandwiches  |
| <b>Friday, June 19</b>    | Line Dancing  | 11:30                                  | Challah Bun, Chicken Noodle Soup, Breaded Chicken, Rice Casserole, Stir Fry Veggies and Lemon Cake |
| <b>Monday, June 22</b>    | Floor Curling<br>Mah Jong<br>Cemetary Visit   | 10:00<br>12:30<br>1:00                 | Fresh Soup & Sandwiches  |
| <b>Tuesday, June 23</b>   | Z'umba<br>Adaptive Fitness<br>Just Crafting Around<br>Bridge                                      | 9:30<br>10:45<br>12:30<br>1:00         | Lentil Soup, Sweet and Sour Meatballs, Rice, Green and Yellow Beans                                |
| <b>Wednesday, June 24</b> | Adult Day Club<br>Wednesday Luncheon<br>(Glen Williams)   |  | Minestrone Soup, Bagel with Lox, Cream Cheese, Coleslaw and Dessert                                |
| <b>Thursday, June 25</b>  | Tai Chi   | 1:00                                   | Fresh Soup & Sandwiches  |
| <b>Friday, June 26</b>    |   |  | Challah Bun, Chicken Soup, Chicken w/ Orange Sauce, Kasha and Shells, Peas, Apple Cake             |
| <b>Monday, June 29</b>    | Floor Curling<br>Mah Jong   | 12:30                                  | Fresh Soup & Sandwiches  |
| <b>Tuesday, June 30</b>   | Z'umba<br>Adaptive Fitness<br>Just Crafting Around<br>Bridge                                      | 9:30<br>10:45<br>12:30<br>1:00         | Cream of Vegetable Soup, Fish, Rice and Mixed Veggies  |

# COMMUNITY DIRECTORY

## A & O: Support for Older Adults

A not for profit organization that provides specialized services for older Manitobans across the province. The goal of these programs is to empower and support older adults in the community.  
200 - 280 Smith St. | 204.956.6440

## Chesed Shel Emes

A non-profit organization with a mandate to prepare members of the Jewish community for burial according to Orthodox tradition.  
1023 Main St. | 204.582.5088 |  
chesedwinnipeg@gmail.com

## Transit Plus Winnipeg

A City of Winnipeg transportation service that provides door-to-door transportation for people who are unable to regularly use the city's bus system due to mobile impairments.  
Unit B - 414 Osborne St. | 204.986.5722

## Jewish Child and Family Service

Older Adult Services (OAS) to support, empower and advocate for you.  
Suite C200 - 123 Doncaster St. | 204.477.7430

## Jewish Federation of Winnipeg

Acting as the representative body of the Winnipeg Jewish Community, working to build vibrant, connected Jewish Community.  
300 - 123 Doncaster St. | 204.477.7400

## Carefree Concierge

Assist with sorting, organizing, packing, moving and so much more. Free Consultations  
204.330.6629

## Jewish Foundation of Manitoba

A public foundation that provides opportunities for donors to realize their philanthropic dreams while strengthening the Jewish and general communities of Manitoba.  
400 - 123 Doncaster St. | 204.477.7520

## Kosher Meals on Wheels

Nutritious meals delivered to senior citizens in the Winnipeg area.  
174 Hargrave St. | 204.956.7711

## Rady Jewish Community Centre

The South End centre of the community provides the best in Jewish culture, fitness, and wellness programs for all ages and stages of life.  
123 Doncaster St. | 204.477.7510

## Stay Young Club

Older Adult Programming at the Rady Jewish Community Centre is for those individuals 55 years and older.  
200 - 123 Doncaster St. | 204.477.7545

## Seven Oaks Seniors Links

The Information and Referral Hub that helps link and refer older adults to community supports, programs, and services within their community area.  
1588 Main St. | 204.612.3888 | [sosl@mymts.net](mailto:sosl@mymts.net)

## Sunshine Transit Service

Winnipeg's first and only wheelchair accessible limo and transit service.  
[Info@sunshinetransit.ca](mailto:Info@sunshinetransit.ca) | 204.667.5332

## Joyce Rykiss RealEstate Specialist

Selling your home? Joyce can help  
204.792.9938 |

# 2020 JEWISH FOUNDATION OF MANITOBA LUNCHEON



in support of the Women's Endowment Fund

THURSDAY  
**MAY 7<sup>th</sup> | 2020**

RBC Convention Centre Winnipeg | 12:00 p.m. – 2:00 p.m.  
Tickets \$200 | Partial tax receipt | Dietary laws observed

FEATURING  
KEYNOTE SPEAKER

# REX MURPHY

Social Commentator, Editorialist,  
& Distinct Canadian Voice

## TICKETS AVAILABLE NOW!

Visit [www.jewishfoundation.org](http://www.jewishfoundation.org) to secure yours today.



JEWISH FOUNDATION  
— OF MANITOBA —

204.477.7520 or toll-free from the  
U.S./Canada at 1.855.284.1918



Retirement Living



# Questions & Answers

**Real talk. Real advice.  
Real expertise.**

Is retirement living right for you?  
Revera offers endless choices to  
help you enjoy life, your way.

Find the answers to your  
retirement living questions at  
**[ReveraLiving.com/QandA](https://ReveraLiving.com/QandA)**



**Portsmouth  
Retirement Residence**  
125 Portsmouth Blvd

Enjoy a personalized experience in a warm environment with a wide range of amenities and services tailored just for you. This is the lifestyle you deserve

**Call 204-284-5432 to arrange your visit and enjoy lunch on us!**