



CENTRE UPDATE – JAN 3, 2025

Centre Info & Reminders

Centre Moving Minute

Welcome to 2025!

As with all major projects and moves we have experienced some hiccups in the last few weeks. Although everything was moved to the new Centre location as planned, due to site readiness we were unable to start getting settled until this week.

Huge thanks to volunteers who attended and helped out the week of December 16th and thanks for your patience to those volunteers that were cancelled and rescheduled again starting this week.

As we continue to settle in and prepare for reopening to members on January 13th, we have some important information for all members to be aware of:

- If your membership has expired or is expiring in the next few days, please try and renew prior to Monday, January 6th at 9:15. When registration opens each day at 9:30 our phone lines are very busy and renewals take additional time which can mean you may not get a spot you were hoping for.
- Our space and adjacent buildings will remain active job sites for our builders and we want them to do their work unimpeded so we are fully ready to reopen with our programs on January 13th.
- Phone, email and online access will be the only way to interact with the Centre for next week. Doors will be locked and members will not be permitted in the new building for membership renewals, picking up items, etcetera.

Information regarding parking and some “housekeeping” information for when you attend the Centre will be coming next week.

Newsletter & Registration Update:

Registration takes place online & by phone starting Monday, January 6, 2025 at 9:30am. We have a staggered registration progress. [Click here](#) to see when registration opens for the program or activity you are interested in registering for.

CORRECTION Memory & Aging - This class takes place on Wednesdays March 5, 12 & 19. It was incorrectly advertised as a Thursday class. It opens for registration on Wednesday January 8 at 9:30am.

CNIB

Volunteers Change Lives



Become a Vision Mate

CNIB Vision Mate Volunteers provide one-on-one support, companionship and assistance for people who are blind or low vision.

Join us today and:

- Forge genuine connections
- Plan enjoyable social activities
- Uplift well-being, while fostering independence and inclusion
- Ignite positive change

**1 hour a week =
1 life changed**

Plus, gain invaluable experience and skills in accessibility and inclusion as a CNIB Volunteer.



Get in touch today

cnib.ca/volunteer

204-509-9658 | Ben.Neufeld@cnib.ca



MindTriggers

The MindTriggers digital app offers a variety of brain games tailored to combat memory loss and cognitive impairment due to aging or dementia – no matter your age or stage of life. Inspired by groundbreaking research in brain stimulation and memory retrieval led by the University of Manitoba's Dr. Zahra Moussavi, MindTriggers is your proactive step toward maintaining a healthy, active mind. This is a free resource crafted for those impacted by dementia, and those at risk of developing the condition

- **Access activities on the go:** Enjoy fun, daily exercises through the comfort and convenience of your digital device.
- **Benefit from research:** Improve your cognitive skills through content rooted in direct studies focused on reversing cognitive decline.
- **Monitor personal growth:** Track progress and choose to contribute your data to a study that supports ongoing memory research.

Download it today

The MindTriggers app is now available at no cost, courtesy of Manitoba Blue Cross. Get it on Google Play or the App Store.



Support Services to Seniors

Support Services to Seniors promotes healthy living and assists older adults by supporting community-based services and programs. These services are offered by community agencies throughout the Winnipeg Health Region.

The goals of the Support Services to Seniors program are:

- Reducing barriers to improve and/or maintain health status,
- Fostering social and physical environments that support health and independence,
- Promoting optimal well-being through lifelong learning,
- Increasing health promotion, chronic disease management, social connectiveness,
- Preventing and/or postponing disabilities, distress, discomfort and preventable injury,
- Increasing the capacity of older adults to have meaningful control over their health and well-being.

Go to <https://wrha.mb.ca/support-services-to-seniors/> for more details.

A few funnies for your enjoyment

- Why should you wear glasses to math class. It improves division.
- What does a thesaurus eat for breakfast? A synonym roll
- Prison may be just one word to you but for some it's a life sentence
- Scientists completed a study on the effect of alcohol on a person's walk. The results were staggering
- I am trying to organize a hide and seek tournament, but good players are hard to find
- I overcame my addiction to chocolate, marshmallows and nuts. I won't lie, it was a rocky road
- What do you say to comfort a friend who is struggling with grammar? There, their, they're
- What did the doctor say to the patient who insistent on closing up their own incision? Suture self
- I asked my dad if we were pyromaniacs. He said yes, we arson
- Why do bees stay in their hives during winter? Swarm
- I once worked at a cheap pizza shop to get by. I kneaded the dough
- How much did the pirate pay to get his ears pierced? A buccaneer
- A commander walks into bar and orders everyone around.

Happy New Year. We wish you peace, health and happiness in the year ahead and look forward to seeing you at the Centre.

Jakee Werbuk
Program Manager

