



THE OASIS

NEWS

August 2021



Open House! We will be having an open house August 24th 2021.

We would like to welcome back old friends and meet new. Along with introducing new staff. Covid-19 has kept us closed to activities for to long and we are excited to see them start up once again.

As Covid-19 restrictions change, we would like to remind clients masks will remain mandatory at this time. They are to be worn in the Centre at all times when social distancing can not take place.

Watch our website, Instagram and Facebook for more details, of the new activities and special offers.

Wishes of health and happiness,

Amanda Fast,

Food Service Coordinator

Administration

Meals On Wheels...

Interested in Meals on Wheels? How do you become a client?

It is extremely easy, call the Centre

(204) 727-6641 ext 1. With in five minutes we can have you signed up and ready to receive a meal the next day.

Dietary restrictions?

No problem, the staff in the kitchen enjoy a new challenge. We have clients that are Vegan, lactose, Gluten-free and have diet restrictions due to doctors order or medication.

Call and have a chat and see how we can help you.



GIBBLEGUTS.COM

By Dan Gibson



Excuse me sir... the ball washing station is for golf balls only.



EVERYONE EATS BRANDON

HOW IT WORKS:

Meals are prepared each Monday, Wednesday and Friday. The meal description, including the ingredient list, will be posted on

our website a few days before that meal is served. A maximum of 8 meals per day can be ordered. The meals can be picked up at Prairie Oasis Senior Centre (preferred) or delivered by a volunteer if needed. Meals can be ordered for all three days at the same time if a donation of any amount is made, but free meals may only be ordered on the day they are being served.

WHAT IS THE COST?

The suggested donation price is \$8, however you can adjust this amount down to \$0 or as high as \$100. If you cannot afford to pay \$8 simply input the amount you can afford to pay. If you are able to pay more than \$8 the additional amount you pay will help to feed a community member that needs some help. Payments can be made by Visa®, Mastercard® or eTransfer (to everyoneeatsbrandonmb@gmail.com) online, Visa® or Mastercard® over the phone or by cash or cheque in person with pickup or delivery.

TO ORDER:

Stacey Moorehead

Webpage: www.everyoneeatsbrandon.ca

Email: everyoneeatsbrandonmb@gmail.com

Telephone: 1-204-441-4551

Board Of Directors...

Dot Burgess,

Unfortunately we have lost Dot from our Board of Directors. Dot was a board member for seven and a half years. She volunteers to drive meals for our Meals on Wheels Program.

She also enjoys some of the activities and clubs we offer (line dancing, cards, and a member of the Kiwanis club)

Dot is always at the Centre with a smile on her face and a bubbly personality.

You will be missed Dot



Proudly sponsored by: **JohnHoward**
THE JOHN HOWARD SOCIETY OF BRANDON INC.



2021 MEMBERSHIPS NOW AVAILBLE

In light of Covid-19, a decision was made to not collect ANY fees for membership this year. If you would like to become a member of Prairie Oasis Senior Centre all you need to do is come down to the Centre. Our Activities Coordinator, Stacey Moorehead would enjoy speaking with you, to help find activities that Enrique's you.



If you have previously been a member come down to Prairie Oasis say hi and pick up your printed membership card. We look forward to seeing you. Please remember to come with your mask on, this ensures your safety as well as our staff and clients.

Do you have a hobby you wish to share? We would like to try to start up a few virtual activities.

Getting outside during the summer offers actual health benefits to seniors. Boost the Vitamin D levels and improves moods. For many seniors, a regular mood boost provided by outdoor activity can significantly enhance quality of life.

With health and safety in mind, seniors and their caregivers can enjoy being outdoors during the summer. We have created a list of summer activities that may be of interest to your senior loved ones.

Visit a Local Pool or Lake: In the heat of summer, spending time near a water source is a great way to cool off. Some seniors may enjoy dipping their feet in the lake, while others may want to sign up for a water aerobics class. Fishing is also a popular water-related activity. For those who don't want to get wet, taking a boat ride or simply sitting somewhere with a scenic water view can be refreshing.

August Fun

Bird Watching: For little or no money, bird watching can keep caregivers and seniors occupied and engaged all throughout the summer months. Whether relaxing in a nearby park or traveling to a wildlife refuge, bird-watching is fun and calming. For those who grow passionate about the activity, a few simple tools will enhance the bird-watching experience: Set of binoculars, A few varieties of bird seed to scatter, Notebook or checklist for recording sightings, Birding app or book for identifying avian life

Attend a Simple Sporting Event: Major sporting events may be difficult for seniors, especially events hosted in large arenas where extensive walking, climbing, and sun exposure are required. Local sporting events tend to be friendlier to the aging. Attend youth or recreational sports leagues' games instead. Just bring a comfortable chair, kick back, and cheer from the sidelines.

Play Classic Yard Games: Competitive seniors enjoy classic yard games. Caregivers and their seniors might run an informal summer tournament among friends or just between themselves. Just be sure to select yard games that are low impact and appropriate for senior limitations. Some popular yard games – many of which may be available at a local park or senior center –include: Cornhole, Bean bag toss, Croquet, Shuffleboard, Lawn bowling, Horseshoes, Pickle ball

Take a Stroll: It's basic, but taking a stroll is a pastime nearly everyone enjoys. Make going for a walk an outing by choosing different routes each day or driving to a scenic location to soak in the sights. Seniors will not only benefit from the sun, but also from the leisurely, healthy movement.

Move It Outdoors: Many favorite hobbies can be moved outdoors on nice summer days. A deck with a table and umbrella or a shaded porch are great places to enjoy a variety of activities: Painting or drawing, Crafting, Reading, Puzzle books, Writing/journaling, Scrapbooking (watch out for the wind!), Playing Cards, Entertaining friends, Building models

The hottest time of the day is typically around 3 pm. Schedule indoor activities for the mid-to-late afternoon to keep seniors from too much heat exposure. Many seniors benefit from napping or eating in an air-conditioned space between 2 pm and 4 pm when it's hottest outside.



MISSION STATEMENT

Our Mission is to respect aging by improving the personal wellness of our members through nutrition and opportunities for social interaction, education, recreation and volunteerism.

Prairie Oasis Senior Centre

241 8th Street

Brandon, Manitoba

R7A 3X2

Telephone: **1-204-726-6641**

Website: **prairieoasis.ca**

Facebook® : **prairieoasisseniorcentre**

Instagram® : **prairieoasisseniorcentre**

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