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November/December 2025

Greetings from Gwen

As I prepare this newsletter, I am pondering all of the things we've done in 2025 and how very close we are to welcoming in 2026! Growing up I often heard adults around me saying "time sure flies" meanwhile I felt like it crawled at a snails pace or slower. Now I am in that adult camp of "time sure flies".

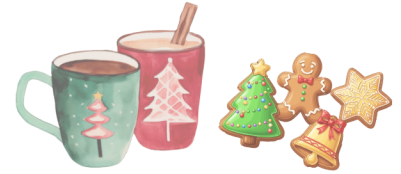
As a team we have come a long way since our start date in June 2023! This is in large part to your excellent support to our community and clients. Thank you volunteers for ALL you do!!

A detailed report outlining our accomplishments and growth from 2023-2025 can be found by scanning the QR code below.

From my house to yours...



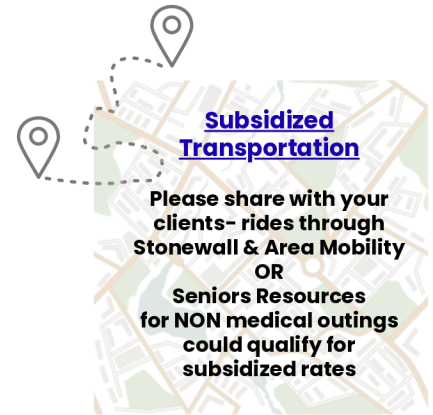
HAPPY HOLIDAYS



Take time to enjoy a treat and warm beverage over the holiday season.



Scan the QR code to read the 2023 - 2025 Impact Report



Subsidized Transportation

Please share with your clients- rides through Stonewall & Area Mobility OR Seniors Resources for NON medical outings could qualify for subsidized rates

Upcoming Events

- **November 22nd**
 - SWDPC Gala fundraiser
- **November 29th**
 - Craft Sale @ Stony Mountain Arena 10am - 3pm
- **November 30th**
 - 2pm Afternoon of Remembrance - Woodlands
 - 7pm Evening of Remembrance - Stonewall
- **December 5th**
 - Christmas Parade & Lights Tour
 - RSVP Seniors Resource Stonewall 204-467-2719
- **January 2026 - details & dates to follow**
 - Seniors Cafe meet & greet at 55+ Stonewall
 - Volunteer team potluck

Book Review



Jen Biernes,
Stony Mountain
Book Club Member

Jen Biernes who works with Nav-CARE and SWDPC administration has submitted the following book review: I'm a member of the Stony Mountain Book Club and I'm so glad they choose such a great book recently. I think our Nav-CARE team would appreciate the stories author Jann Arden shares about her caregiving role when her parents start to experience cognitive decline. I laughed and I cried - the writing is very straightforward, so I felt like Jann was just chatting to me personally. And the recipes are a unique addition. Definitely recommend this book!



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