

# Cafeteria Menu—500 Madison

MONDAY September 18		MONDAY September 25	
Cold Cut Sub	\$2.50	Crispy Chicken Wrap	\$2.50
Yogurt & Berries	\$0.50	Carrot Salad	\$0.50
Chicken Noodle Soup	\$0.50	Chicken Rice Soup	\$0.50
TUESDAY September 19		TUESDAY September 26	
Hamburger Helper	\$2.50	Taco In A Bag	\$2.50
Tossed Salad	\$0.50	Fruit Cup	\$0.50
Beet Borscht	\$0.50	Zuppa Toscana	\$0.50
WEDNESDAY September 20		WEDNESDAY September 27	
Perogies & Kolbassa	\$2.50	Chicken Fettucine Alfredo	\$2.50
Spinach Salad	\$0.50	Waldorf Salad	\$0.50
Mushroom Soup	\$0.50	Tomato Bisque	\$0.50
THURSDAY September 21		THURSDAY September 28	
Grilled Chicken & Broccoli Burrito	\$2.50	Quesadilla	\$2.50
Caesar Salad	\$0.50	Caesar Salad	\$0.50
Beef Barley Soup	\$0.50	Beef Vegetable Soup	\$0.50
FRIDAY September 22		FRIDAY September 29	
Hot Dog	\$2.00	Cheese Burger	\$2.50
Coleslaw	\$0.50	Coleslaw	\$0.50

Contact Us:  
500 Madison Street  
Winnipeg, MB R3H 0L4  
Ph: (204) 956-9700  
Fax: (204) 943-1893  
www.imagineability.ca

## 2017 Holiday Schedule

September 4—Labour Day  
October 9—Thanksgiving

## 2017 Event Schedule

TBA



EDITORIAL COMMITTEE: JAMIE CORMACK, SHERRY SCHUMARDO, JUDY CARLSON, JEANNIE ALEXANDER

September 15, 2017

# ImagineAbility Ink



## Art Zone Thank You Party

Sherry Schumardo

We had a wonderful Art Zone thank you party on August 30<sup>th</sup>. We had lots of food and desserts. We painted the picnic table, decorating it with trees, clouds, grass, butterflies, ladybugs and bumblebees. We also put the Art Zone logo on the picnic table. It looks awesome. I think we did an amazing job. I took lots of pictures, put them on a USB stick and made a movie on the computer. I shared it with Sue, Katrina and Jeannie. I hope that everyone else had a great time. I am very proud of and thankful to the many volunteers who helped us with the Art Show in June.



*24 hours in a day, 24 beers in a case. Coincidence?* ...Steven Alexander

## PEGBEER Co. Tour

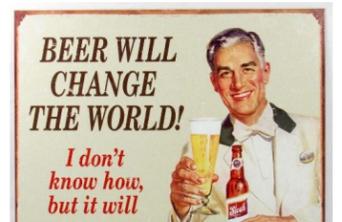
By: Kim Nieuwenburg

Beer is one of the oldest beverages humans have produced, dating back to at least the 5th millennium BC in Iran, (that's about 7000 years ago) and was recorded in the written history of ancient Egypt and Mesopotamia, and spread throughout the world.



Roger, Jordan, Kay, Tara, Scott (tour guide), Lester, Freddie, Sam, Randy, and Jamie

On September 13<sup>th</sup> a group of folks headed off for a tour to PegCity Beer Co. at 125 Pacific. This funky little Pub was founded by Nicole Barry. Nicole says, "It's not just the beer. It's not just the building. It's not just the community, but it's this holistic approach to craft beer." In this picture on the left, we have just finished our tour with the anticipation of checking out the menu of flatbreads offered. While most of the group selected the Bacon and Egg Flatbread (much like a pizza in appearance), a few others experienced Beet Flatbread and Mushroom Flatbread. The chef did an



Ad appears to be from the 1950's

amazing job of preparing our meals.

Some of the things during the tour of interest were the yummy samples of husked toasted barley. Sam says, "it tastes like toast." Something new to add to our nutritional healthy snack options. When asked of Scott, our tour guide, why the husks were kept on the barley for processing...the answer was to prevent gumming up the expensive cookers during the process. If the husk were not intact, cleaning the machines would take twice as long due to the gluey buildup. When some grains are used in making beer that do not have husks, Scott says, they add rice hulls to the product during cooking to once again reduce gumming up of the machinery. Now we know another use for the rice hulls we process at ImagineAbility. Other products added to the beer at PegCity are: plums, peaches, and beets.

When asked of Freddie, what was your favorite part of the tour...Freddie says, "the food, tasting the toasted barley and learning about the process of making beer."

The ambiance was relaxing, the setup of the restaurant inviting, and the staff treated us quite special. Thanks to Scott and Dot, our tour providers.

## History is a Past We All Share

Kim Nieuwenburg & Jordan Tokarz



On August 22<sup>nd</sup> we headed off to the Museum of Man and Nature, on a rainy morning to check out the artifacts. Seeing the original and replicated bones of land and sea dinosaurs, you realize how we are a small part of the big picture. Life is ever changing.

Jordan says, "It was great seeing all the artifacts at the Manitoba Museum. I have not been there in years, so it was cool seeing what's, what. There was lots new to see, so I am glad I went with Kim."

Now for a bit of Manitoba Trivia. On November 19<sup>th</sup>, 44 years ago, a replica of the 17<sup>th</sup> century "Nonsuch" sailed into Winnipeg — this is a historic British ship that was delivered by truck to the Manitoba Museum. The museum gallery was being built to house the two-masted ketch. The original ship sailed across the Atlantic Ocean in 1668-69 to help establish a fur trading route via Hudson Bay. The replica was built in 1970 in England to celebrate the tri-centennial of the Hudson's Bay Company. It sailed 14,000 kilometres before arriving at its home in Winnipeg. October 2011, pop stars Justin Bieber and Selena Gomez dined on the ship during a visit to Winnipeg, where Gomez was performing at the MTS Centre.

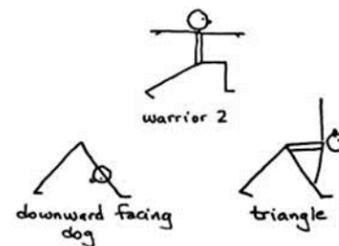


## The Body Benefits from Movement, and the Mind Benefits from Stillness ...Sakyong Mipham

Jordan Tokarz & Kim Nieuwenburg

On August 30<sup>th</sup> feeling stress from general life, Jordan said he needed something to relax his mind. Off to Moksha on Donald we went with lots of water.

Jordan had the right attitude going into the class. The temperature that day in the hot room was a cool 36 degrees Celsius.



Jordan says, "going in, I expected to have an experience helping to bring peace and relaxation to my mind."

"What I found awesome" Jordan says, "I was able to keep up to the best of my ability. Some of the yoga poses were tough for me, but I tried my best."

This accomplishment of Jordan's was impressive. Few new Yogis can endure a whole class participating in the poses. The norm is to take rest periodically...or a lot. Rest is called Savasana in yogi language, one of my personal favorites, and not as easy as it looks especially after shaking up your nervous system.



At the end of the session, I believe that the lack of conversation driving back to ImagineAbility was demonstrative of a "still mind".



## Autumn Word Search



Y M V R A L N S E Z A Y N H Q  
 P J I C E O E N U I L V C A Y  
 X S O G S B I A P O S M H Y E  
 B R I A R H O O V C K A C R L  
 N O E R S A C T A E R L B I L  
 N S N N C U T R C V S L E D O  
 E W U F N L E I E O E A A E W  
 K S O R I C E S O P R B U E E  
 A Q O R R R T R I N A T T E G  
 R C B O B F E R R X U O I G N  
 R E W O L F N U S I T O F A A  
 N O V E M B E R X Y U F U I R  
 S E P T E M B E R S M Q L L O  
 N I K P M U P E H I N D S O N  
 E L P P A S C E N I C O R F Z

ACORN  
 BEAUTIFUL  
 CORNUCOPIA  
 FOOTBALL  
 LEAVES  
 OCTOBER  
 RAKE  
 SCENIC  
 SQUIRREL  
 YELLOW

APPLE  
 BONFIRE  
 CRISP  
 HARVEST  
 MIGRATION  
 ORANGE  
 RIPE  
 SEASON  
 SUNFLOWER

AUTUMN  
 BROWN  
 FOLIAGE  
 HAYRIDE  
 NOVEMBER  
 PUMPKIN  
 SCARECROW  
 SEPTEMBER  
 SUNSHINE