

Single Spot

2.5" square

1/12 Page Vertical

2.5" x 5.25"

1/12 Page Horizontal

5.25" x 2.5"

Senior Scope
www.seniorscope.com
204-467-9000

1/6 Page Square

5.25" square

1/3 Page Vertical or Horizontal

5.25" x 10.75"

1/4 Page Vertical or Horizontal

5.25" x 8"

CORNER FLIP ADS

Senior Scope
www.seniorscope.com
204-467-9000

Add a **PAGE FLIP** ad for affordable exposure on additional pages to accompany your larger display ad.

It's a great way to remind **Senior Scope** readers of your products or services.

Foot Care for Seniors
Mobile Foot Care Nurses
204-837-6629

PRAIRIE DENTURE CLINIC
In home visits available
204-390-1000

ON THE FRONT PAGE or ANY INSIDE PAGE*

MOBILE.Legal
✓ Wills & Powers of Attorney
✓ Probate & Estates
✓ Healthcare Directives
✓ Notary Public Services

"WE COME TO YOU"
MOBILE LAW OFFICE
Day, Evening, Weekend Appointments

Ph. 204-808-0418
Email: info@mobile.legal
www.mobile.legal

FREE! Please take only ONE copy and ONE for a friend if you would like to be copied. Please call 204-467-9000

Join Senior Scope on:
f t LinkedIn

Living Laughing and Lovin' Life!

Available in Winnipeg and rural Manitoba - over 700 locations
Get your copy at your local public library or read online at: www.seniorscope.com
204-467-9000 | kelly_goodman@shaw.ca

GETTING OLDER · GETTING FIT · GETTING HEALTHY · GETTING IT TOGETHER
GETTING THE MOST OUT OF LIFE BY GETTING ACTIVE

ANNOUNCING 'TEAM MANITOBA 2016' for 2016 CANADA 55+ GAMES

These Games are these older adults' 2016 (Summer) OLYMPICS!



Jack Widdicombe of Russell, 95, with Lois Dudgeon, Team Manager of the Canada 55+ Games, in Brandon for the Manitoba Liquor and Lotteries 55 Plus Games. Jack will be competing in 18-Hole Golf in Brampton, Ontario later this month.

By Lois Dudgeon

On August 15, a team of Manitoba senior athletes (108) will venture to Ontario to prove "you're never too old for FUN & Games!"

This year, the biannual Canada 55+ Games will be hosted by Brampton, Ontario from Tuesday, August 16 to Friday, August 19. The Canada 55+ Games is a first-class sporting event that brings together over 1600 senior athletes from all over the nation for healthy competition and social camaraderie. Team Ontario alone will be 500 strong!

The guiding mission statement of the games is to influence personal behavior and social supports that encourage healthy, active living for older adults in Canada. Manitoba's Team Manager, Lois Dudgeon of Morden, states that "fun, fitness and friendship" is the slogan both the administration and participants live by. "Athletes come to the games to reconnect with old friends or to make new ones within the spirit of friendly competition. It really is four FUN filled days of friendly competition."

Familiar sports like golf, curling, ice hockey and slo-pitch are featured alongside other activities like card games, horseshoes and scramble for a total of 20 events. The variety ensures that every senior, regardless of their fitness level, will be able to participate.

Continued on page 2

Foot Care for Seniors
Mobile Foot Care Nurses
204-837-6629

Healthy Seniors at Home Nutrition Services
Expert nutrition care in the comfort of your own home

As we get older our food habits change; this can be due to things such as: multiple medications, chronic disease, changes in chewing or swallowing, dehydration, digestive issues, weight loss, or eating, shopping or cooking for one.

Dietitian services are covered by the majority of health insurers. Check with your provider today.

Tiffany Nicholson RD, MSc, Registered Dietitian specializing in geriatric nutrition
Call 204-471-4777 for info
healthy.seniors.at.home@gmail.com

Adaptive Clothing
For Men and Women
204-691-7771
1320 Portage Avenue
Winnipeg MB

- ◆ Adaptive Pants, Capris, Shorts
- ◆ Open-back Dresses & Wrap-around Skirts
- ◆ Undershirts & Front-closing Brasieres
- ◆ Wheelchair Capes and Shawls
- ◆ Slippers, Diabetic and Compression Socks

SHOP ONLINE
www.AdaptiveClothingStore.ca



LAMB'S Window Cleaning Residential
Eaves Cleaning
Vinyl Siding Washing

Residential & Commercial Window Cleaning Specialists

\$20.00 OFF

204-226-2046

Hip or Knee Replacement? COPD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

The Disability Tax Credit allows for a **\$2,500 Yearly Tax Credit**
\$20,000 Lump Sum Refund

For Expert Help:
204-453-5372

THE BUZZ

By Scott Taylor
Editor, Game On, Manitoba's Hockey Magazine
gameonmag.ca

Mike Keane won three Stanley Cups with three different teams. Jim Heighton was not only a 13-year CFL player, he's still one of the best masters track and field athletes in the country. And it's unlikely there was ever a better wheelchair basketball player than Joey Johnston.

Keane, Heighton and Johnson will lead nine athletes, builders and teams into the Manitoba Sports Hall of Fame at the 37th Annual Induction Ceremony at the Victoria Inn in Winnipeg.

Keane, Heighton, Johnson lead nine inductees into Manitoba Sports Hall of Fame



Joey Johnston vs. Japan

- The 2016 inductees are:**
- ◆ Dr. Cal Botterill, Sport Medicine/Builder
 - ◆ Jim Heighton, All Round Athlete
 - ◆ Alanna (Yakiwchuk) Hinrichsen, Athletics, Athlete
 - ◆ Joey Johnston, Wheelchair Basketball, Athlete
 - ◆ Mike Keane, Hockey, Athlete
 - ◆ Rhannon Leier-Blacher, Swimming, Athlete
 - ◆ John Reilly, Rugby, Builder
 - ◆ 1971-74 University of Winnipeg Women's Volleyball Team
 - ◆ 1985 Bob Urseil Team, Curling Team

"These nine recipients join our exclusive group of Honoured Members who represent Manitoba's finest in sport," said Jamie Kraemer, President of the Hall of Fame's Board of Directors. "This is an exceptional and well-deserving slate, as these inductees personify the type of excellence and achievement we strive to celebrate, showcase and preserve at the Manitoba Sports Hall of Fame."

Tickets for the Induction Dinner go on sale September 1, 2016.

Let's meet the inductees (Biographies courtesy of the Manitoba Sports Hall of Fame):

Cal BOTTERILL Sport Medicine/Builder:
Dr. Cal Botterill is a world-renowned and well-published pioneer of sport psychology. He has worked with elite athletes at 10 Olympic games, with five NHL

teams and countless athletes at the national, university and provincial levels in everything from hockey, figure skating, speed skating, biathlon, curling, bobsleigh, skeleton, volleyball, cycling, rowing, field hockey and basketball. He joins his wife Doreen (McCannell) in the Hall of Fame, who was inducted as a speed-skating athlete in 1995.

Jim HEIGHTON All Round/Athlete:
Born in Vancouver, BC, Heighton came to play for the Winnipeg Blue Bombers from 1970-78 and made Manitoba his home. In addition to his 13 year CFL career, he was an all-star baseball player as a catcher, outfielder and third baseman with several senior championship squads. In basketball, he was a senior men's champion power forward in the 1980's, and in soccer he has played defense from 1981 to the present. An accomplished Masters athlete in track and field specializing in weight throw, hammer throw, shot put and pentathlon, Heighton has won gold on eight occasions at the national level. Truly an all-round athlete, he now resides in St. Francois-Xavier.

Alanna (YAKIWCHUK) HINRICHSEN Athletics/Athlete:
In the late 1980's and well into the 1990s, Alanna Hinrichsen (nee Yakiwchuk) was one of Canada's preeminent 400m sprinters and dominated the CIAU (now CIS) scene from 1989-92, with nine medals including seven gold. Running for the national senior team in the early



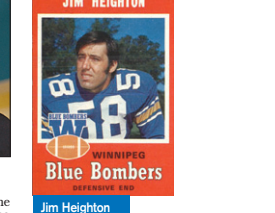
Mike at his Keane Celebrity Classic

1990s, Hinrichsen competed at the 1991 Pan AM Games in Havana, Cuba and the 1994 Commonwealth Games in Victoria BC. She also represented Canada at the 1993 World Indoor and 1993 World University Games and two Francophone Games as well. Winning seven medals at the National senior championships from 1989-97 Alanna Hinrichsen ran at an elite level for a remarkably long period of time.

Joey JOHNSTON Wheelchair Basketball/Athlete:
Diagnosed with a degenerative hip disease at the age of eight, Johnson turned to wheelchair basketball and started an outstanding career that included three national titles at the University of Wisconsin-Whitewater from 2001-03. At the international level, he competed in five Paralympic games winning gold in Sydney (2000), Athens (2004) and London (2012) as well as silver at Beijing (2008). He also won gold for Canada at the 2006 World and played professionally in Germany where he won European titles. Inducted into the Manitoba Basketball Hall of Fame in 2013, Johnson has been a player-coach on many teams, and is a tremendous role model for disabled athletes.

Mike KEANE Hockey/Athlete:
Born in Winnipeg, Keane played junior in the MJHL with the Winnipeg South Blues, and in the WEHL with the Moose Jaw Warriors. He represented Canada at the 1987 World Juniors in Czechoslovakia. He was a force in the signing as a free agent with Montreal, he broke into the NHL in 1988-89 and was part of the Canadiens' 1993 Stanley Cup during his eight seasons in Montreal. His second Cup came with the Colorado Avalanche in 1996, and his final Cup was won in 1999 with the Dallas Stars. In 1161 NHL regular season games Keane had 470 points, along with 74 points in his 220 play-off games. He finished his career with five seasons with the Manitoba Moose in the AHL, with the club raising his #12 jersey to the rafters.

Rhannon LEIER-BLACHER Swimming/Athlete:
Born in Regina, Leier-Blacher moved to Winnipeg and swam for the MB Marlinns from 1992-95. Training with the MB National Swim Centre, she represented both the Marlinns and Manta Swim clubs from 1998-2004. She swam for the University of Miami in Florida from 1995-99. Leier-Blacher won 13 Canadian titles, and set four national senior records specializing in 50m and 100m breaststroke and 4x50m medley relays. At the 2000 Olympics in Sydney, she placed 11 in the world in the 100m breaststroke following that up in 2004 at the Athens Olympics with a 12 place finish. She was named Canadian Female Swimmer of the Year in 2004.



John REILLY Rugby/Builder:
The Hall's first inductee from rugby, John (Kiw) Reilly was co-founder of the Brandon Barbarians Rugby Football Club in 1981 and served on the executive for 28 years. He was a force in the development of rugby in Western Manitoba. Following his death in 2009, the north pitch of Brandon's Canada games Rugby Park was re-named Reilly Field in recognition of his many contributions to the game. An outstanding player, Reilly played wing as well as hooker. He was co-chair of the National U-18 Championships and helped develop the fields for the 1997 Canada Summer Games in Brandon.

1971-74 University of Winnipeg Women's Volleyball/Team:
The University of Winnipeg Wesmen were one final win away from six consecutive CIAU (now CIS) titles when Wezer Brittle led the 1968-69 squad to their first title and a second place finish in 1969-70. Jerry Irlhyna, Glen Conly, Dennis Nord and Larry Rich would take over the coaching reins in the 1970s, and the Wesmen won four consecutive national championships from 1971-74. This volleyball dynasty was inducted into the Manitoba Volleyball Hall of Fame in 2014.

Yesterday Memories - And Today's Events

93.7 CJNU Nostalgia Radio is where you'll hear the great musical artists of the past plus the events of today including live play-by-play broadcasts of all Winnipeg Goldeyes games and the latest news gathered and presented by Roger Currie, a respected voice on Winnipeg Radio for over 35 years. For the very best of yesterday and today, keep your radio tuned to 93.7 CJNU Nostalgia Radio.

93.7 NOSTALGIA CINU RADIO

ERINVIEW CONSTRUCTION
LOTS FOR SALE IN THE TOWN OF TEULON
Approx. 30 min. north of Wpg on Hwy #7

NEW DEVELOPMENT ONLY 6 LOTS LEFT!

- No time frame to build
- Paved streets
- Underground hydro, gas, telephone & sewer to property line
- Open to developers as well

167' x 150' AVAILABLE	152' x 152' AVAILABLE	152' x 150' AVAILABLE
4TH ST. S.W. SOLD	4TH ST. S.W. SOLD	4TH ST. S.W. AVAILABLE
4TH ST. S.W. SOLD	4TH ST. S.W. SOLD	4TH ST. S.W. AVAILABLE
BLOCK 1	BLOCK 2	BLOCK 3

For more information:
204-886-7632
jggoodman415@gmail.com

Foot Care for Seniors
Mobile Foot Care Nurses
204-837-6629

* Page must be able to accommodate corner flip ad. Recommended at the bottom right corner following editorial copy.

1/6 Page Horizontal Banner or Vertical

10.75" x 2.5"

Senior Scope
www.seniorscope.com
204-467-9000

1/4 Page Horizontal Banner

10.75" x 3.875"

1/2 Page Horizontal or Vertical

10.75" x 8"

**1/8 Page Vertical
or Horizontal**

2.5" x 8"

**1/6 Page Vertical
or Horizontal**

2.5" x 10.75"

1/2 Page Vertical

5.25" x 15.925"

Senior Scope
www.seniorscope.com
204-467-9000

1/8 Page

5.25" x 3.875"

Full Page

10.75" x 15.925"

3/4 Page

10.75" x 11.875"

2/3 Page

10.75" x 10"