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THE BUZZ

A City's Pride is Back

By Scott Taylor

Photos by Jeff Miller and James Carey Lauder

For seven years now, Winnipeg has had some swagger. Ever since 2011, when Mark Chipman and David Thompson purchased the Atlanta Thrashers and moved the NHL franchise to the 'Peg, this city has had a glint in its eye and a skip in its step.

As I pointed out back in 1996, losing a major professional sports franchise can have a devastating impact on a community and when the original Jets left for Phoenix, Winnipeg definitely went into a funk.

It changed slowly after the election of Glen Murray and then Sam Katz. In 1998-99, the baseball park was built near The Folks and things started to move. Winnipeg was open for business under Katz and the city built a downtown hockey rink for the AHL's Manitoba Moose and a new football stadium for the Bombers at the University of Manitoba, the Waterfront was cleaned up, work began on the gentrification of parts of Point Douglas and The Forks underwent what now seems to be a constant refurbishment.

True North Sports and Entertainment began expanding its empire, building the Iceplex and stating the True North Place project. The Seven Oaks Sportsplex and the new soccer facilities on Leila and at the U of W and U of M were constructed. Shopping on Kenaston and the new Outlet Malls regularly expanded and new housing developments popped up everywhere.

Winnipeg was growing, expanding, offering more for its citizens and many people were beginning to notice. And in 2011, the Jets returned.

Granted, it took a while for the team to find its bearings. The franchise that Chipman and Thompson purchased was pretty horrible. It was a team that had reached the playoffs only once in Atlanta and when it got to the post-season, it never won a game.

In Winnipeg, the Jets made the playoffs in 2015 and, to no one's surprise, they were swept by Anaheim in the opening round.

However, general manager Kevin Cheveldayoff and his staff were building something. The Jets drafted Mark



Connor Hellebuyck

Scheifele (first round) and Adam Lowry (third round) in 2011, Jacob Trouba (first round) and Connor Hellebuyck (fifth round) in 2012, Josh Morrissey (first round) and Andrew Copp (fourth round) in 2013, Nikolaj Ehlers (first round) in 2014, Kyle Connor (first round), Jack Roslovic (first round) and Tucker Poolman (fifth round) in 2015 and Patrik Laine (first round) in 2016. That's half a team from the draft alone.

They held onto captain Blake Wheeler, defenseman Dustin Byfuglien, Ben Chiarot (who had been drafted by Atlanta but never played there) and Toby Enstrom and forward Bryan Little from Atlanta. They traded to get defensemen Tyler Myers, Joe Morrow, forwards Marko Dano, Joe Armia, Mathieu Perreault and Paul Stastny while forward Matt Hendricks, defenseman Dmitry Kulikov and backup goaltender Steve Mason were signed as free agents.

"I'm very fortunate to have a great staff and, in particular, Larry Simmons as assistant GM," Cheveldayoff told

Game On Magazine. "We've drafted well and our staff has done a great job stockpiling our reserves."

With that, the Jets have become a better team each year. Choosing Wheeler as captain was a big affirmative step while the deal Cheveldayoff made to get Paul Stastny from St. Louis was one of the most important moves he and his staff made.

"When I was in St. Louis, there were only a few teams that I would waive my no-trade clause to join," Stastny said. "Winnipeg was one of them. Playing against them this year, I saw how hard they worked and I believed they had a chance to win. In this game, as you get older, you realize you only get a very few chances to win and I thought going to Winnipeg would give me that chance."

Continued on page 2

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The BUZZ, cont'd from front page



Mark Scheifele



Mark Scheifele and Dustin Byfuglien



Nikolaj Ehlers and Connor Hellebuyck



Patrik Laine

As the Jets play Las Vegas in the Western Conference final, they have proven their development as one of the finest teams in the NHL. Not only did they finish second overall in the league this season, they've done things in the playoffs that no one expected.

Scheifele scored his seventh and eighth goals of the Central Division final series as the Jets whipped the Nashville Predators 5-1 in Nashville to steal Game 7 and head to the Western Conference championship. Through the first two rounds of the playoffs Scheifele scored 11 goals and in the second round, he scored seven times on the road, an NHL playoff record for a single series.

The Jets led 3-1 after two periods in the final game of the Central Division championship game. They are now 50-1-1 in their last 52 games if leading after two periods.

And in a series in which neither team won two games in a row, the Jets actually won three games on the road.

The Jets won Game 1 in Nashville, Game 3 in Winnipeg, Game 5 in Nashville and Game 7 in Nashville. It was weird and wonderful for Winnipeg and its white-clad fans.

So why are they so good? TSN hockey expert Bob McKenzie once said the Jets had five lines, not four. Since then, he suggested they might have six. This team is deep.

The first line of Connor, Scheifele and Wheeler dominate most games while defenseman Dustin Byfuglien's is as formidable a player as any in the NHL. The defense can score. In fact, the Jets defense scored 10 goals in 12 playoff games.

The Jets score quickly. As Nashville found out, the Jets can turn a 1-1 tie into a 4-1 lead in the blink of an eye. And the Jets hang on to the puck. In Game 7 against Nashville, Winnipeg had 13 takeaways to only seven for the Predators while Nashville had 24 giveaways to only 10 for Winnipeg. Those were significant stats, especially dur-

ing the close-checking second period. Of course, the Jets were one of the top possession teams in the NHL this past season.

Back in February, right here at Senior Scope, we wrote that the Jets were a legitimate Stanley Cup contender. Whether they win or not doesn't matter now. They are indeed a legitimate Stanley Cup contender and if they don't win this year, they'll be favored to win next year.

This is a very, very good hockey team. And it's a team that has not only put Winnipeg on the international hockey map, it's also put a swagger into the step of a city that often lacks way too much confidence.

"We have a very engaged community and a community that knows a lot about hockey," said Cheveldayoff. "But this is a very humbling game. We just have to keep moving forward and trying. We have to give our best all the time."

Just like the city itself. ■

University of Manitoba's Centre on Aging - 35th Annual Spring Research Symposium

The Centre on Aging held their 35th Annual Spring Research Symposium on Monday, May 7th at the University of Manitoba (U M), Bannatyne Campus.

The day-long event was the first of a two-day session. May 8th was a Workshop held at the Fort Garry Campus.

The public event on Monday held at the Brodie Centre on Bannatyne was comprised of information displays, presentations and sessions on varying topics of aging and health.

Topics included facts and misconceptions on how age affects leadership, especially in the workforce where there are 70 or 80 year-old leaders or 30 year-olds managing 50 year-olds, etc.

Also: recognizing and managing mild cognitive impairment; using communications science to change the conversation about aging - how to foster more meaningful conversations with the public and increase people's support for policies and programs designed to address aging-related social challenges; exploring ethno-cultural differences in healthy aging among Canadians; gambling among the older population; and much more.

One of several displays included "Memory Goals of Older Adults using a Simple Memory Tool" by Daniel Saltel, Dr. Verena Menece of the U M. Another included research on the connection between frailty/pre-frailty and cardio-



Presentation at the UM Bannatyne Campus

vascular disease (CVD). Data from the HAPPY Hearts trial out of the St.

Continued on next page

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Time to go Fishin' in Manitoba

By Roger Currie

My hockey career ended at the age of 11 or 12 because I was an 'ankle skater' who had trouble even crossing the blue line, but I am loving being a 'couch potato' as 'Canada's Team', the Winnipeg Jets push towards the previously unthinkable, a Stanley Cup championship.

Another seasonal past-time that has begun once more is fishing, and I confess to not having any 'skin' in that game either. I love eating fish, particularly pickerel or Walleye, as long as someone else catches them and does the filleting, but a 'fisher' I am not. I caught my one and only fish, a slightly over-sized minnow, about the same time that I stopped playing hockey.

My grandfather, the dentist from Emerson, was a legendary fisher on Lake of the Woods, and my older brother David learned some valuable fishing skills from Grandpa, but not me. That being said, I fully appreciate that as Manitobans we are blessed to be in the middle of some of the very best freshwater fishing in the world. *Tourism* is golden in all of Canada, and sports fishing is a hugely important part of that in this province.

From the sale of a wide range of fishing gear, including boats, motors and gasoline, to accommodation and the employment of guides, fishing is worth literally hundreds of millions of dollars to the local economy.

But as another season begins, how are we doing in terms of helping to pro-

mote tourism in an environmentally-friendly and sustainable way? Our guide on this fishing trip is Paul Turenne, executive director of the Manitoba Lodges and Outfitters Association (MLOA).

He reminded me that in 2012, *Travel Manitoba* commissioned a study on the annual economic impact of hunting AND fishing, and the total number they came up with was close to half a billion dollars, with about \$35 million of that coming from lodges and outfitters.

Turenne says "Right now we are involved in a similar study on the economic impact across Canada, and we expect it will show that the Manitoba numbers have continued to rise in the past six years". Probe Research is soon to release a very specific study on the value of Walleye fishing, including commercial fishing, on Lake Winnipeg. Even with major concerns over the spread of zebra mussels and the huge bloom of blue green algae which is visible from space, the value of Manitoba's largest lake, particularly to lovers of Walleye, is not being diminished.

With activities like mining and forestry in decline, Turenne points out that his business is just about the only significant economic generator in many rural and remote communities in the province. "In the northwest corner of the province where there are no major roads or other infrastructure,



Paul Turenne, executive director of the Manitoba Lodges and Outfitters Association (MLOA)

there's not a lot else that people can do to earn a living" he says.

He also takes issue with the notion that the 'cream' at the top of all this is about wealthy people from the U.S. and elsewhere spending lots of money to fly in by chartered plane in search of major trophy fish. He says "Many people from Winnipeg or Brandon drive to areas like the Whiteshell that are easily accessible to fish on lakes in the

summer, or ice fish in the winter. A very substantial portion of the industry is driven by local business, including weekend anglers of all kinds".

Management of fish stocks is another major concern. Turenne says the supply of fish is remarkably strong, despite what he regards as an inadequate effort to enforce the rules on catch limits. "We really should be spending a lot more money on fisheries management in Manitoba, without question. We could desperately use more money for both the biology and the enforcement side of things. It's no secret to people out on the water that it's rare to encounter a conservation officer" he says.

Still to come for the Lodges and Outfitters are the ongoing battle with governments over things like Carbon Tax.

In the meantime, the very best to all the anglers across the province. ■

Roger Currie is a regular contributor to Senior Scope. He is news director of CJNU, 93.7 FM in Winnipeg.

NOTICE: IF YOU'D LIKE TO SEE A SUMMER-LONG **FISHING CONTEST** for GREAT PRIZES IN MANITOBA FOR AGES 55 PLUS, CONTACT **SENIOR SCOPE** at kelly_goodman@shaw.ca or 204-467-9000.

Centre on Aging Symposium, cont'd from page 2



Daniel Saltel, a UM graduate student participating in the Centre on Aging's Graduate Specialization in Aging program, displaying the results of his thesis on *Examining the effect of a simple memory tool.*



Kevin Boreski, Health, Leisure and Human Performance Research Institute, UM, with a display on *Pre-Frailty and Cardiovascular Disease Risk in Women Age 55 Years and Older.*

Boniface Hospital shows that pre-frailty and frailty increases risk for adverse CVD events.

The workshop held on May 8th at the Fort Garry Campus focussed on Ageism, how it is a world-wide major issue facing older adults and how it needs to be overcome for them to be valued by society and be included socially.

The Centre on Aging - Leading aging research and education locally and globally.

For information on aging related statistics, visit umanitoba.ca/aging for our *Facts on Aging* series. Also find us on Facebook at www.facebook.com/CentreOnAging.umanitoba ■

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FINANCIAL PLANNING:

"How can large investment profits be a risk to an Attorney or Executor?" PART I

- Shirley Hill, CFP - Executive Financial Consultant, Investors Group

As you are already aware, we had a decision to make about the content of our last article. We decided to wait to talk about our "recent disagreement with a closed minded broker", but we feel that it's now important to discuss it, here in this forum.

If you are a frequent reader of our articles you will have learned that we are noted for our tax and risk management. We are very diligent strategists in our approach to managing family wealth. That being said, during our meetings with Senior Scope readers that hold their investments with other institutions; we find a common theme running. On the surface, as long as money is being made on their investments they feel everything is fine. Which to a certain extent is true. When markets are rising you should typically expect to make money, however has the risk been explained properly? Risk and reward are linked. If that particular market trend reversed, how much would the value of the portfolio drop? Would that decline in value be expected or unexpected?

What's not understood is "a dollar earned, but not kept, isn't actually worth a dollar". This is where this month's article begins. You can make as much money as you like...but risk should be compared to expected real or net return instead of expected gross return. Taxes do have the ability to erode some of the gross returns, that's why portfolio construction is vitally important. What an investor and their family gets to keep, at the end of the day should be what is most important. Overall gross profits are not as important as "usable money". After all, what is money for? We would suggest that it is an exchange for something you want or need... its energy... its lifestyle... safety and peace of mind.

It's one thing to see a large profit number on your quarterly financial statement, but is that an amount that your family actually gets to keep? From a risk management perspective, what could go wrong? We're going to look at a potential scenario because in our opinion, there isn't enough emphasis placed on "what could happen, where could things go wrong?" and if they do... "what is the ultimate cost?"

As an example, in the case study we mentioned briefly last month "Nancy" (name changed for confidentiality reasons) has a portfolio with a broker that has grown to just over \$1,000,000. Because of the work that has been done, and the investment choices that have been made, a large portion of this wealth has come from market growth (she's made a nice profit). Wonderful, and whether the investment decisions were all wise or a mixture of foresight and luck, there's no doubt that high annual returns make most people feel good. The performance of the portfolio was never in question and we actually commended the broker on the results. However, when we started to investigate further we started to question the overall structure.

One of the questions we asked was: "Although the portfolio has done well, is the current level of risk (because risk

and return, as we know from experience are tied together) suitable for a single woman in her 80's?" Especially when we consider the fact that one of her major goals is to preserve as much of the capital as possible for her two children. The children have also calculated their share into their retirement plans.

On closer inspection we noticed that the construction of the portfolio was highly aggressive and therefore subject to the potential of large swings in value, both up and down. We also found that a large portion of the assets were in registered investments. Although these registered investments (RRSP/RRIF) had generated growth and investment income on a tax deferred basis, as she has no surviving spouse to roll them over to, they would suffer the heaviest tax burden, which, in turn, would erode their value from a beneficiary standpoint. In addition her non-registered investments had been left to grow outside of a Tax Free Savings Account. This meant that although her profits (capital gains) were tax preferred, on disposition much of that capital gain could and should have been tax-exempt within the TFSA. We also found that she had large dividend payouts which were being reinvested but added to her taxable income. Even though dividends are also a form of tax preferred investment income, some of the tax benefits have diminished over time and therefore the degree of benefit is dependent on your tax bracket.

So it's not just about making money, it's about keeping it. When we examined her tax return, we found that her net income was at a high enough level that her Old Age Security was just starting to be clawed back plus the potential tax liability on her passing was very large. She would lose a large portion of her account to the CRA. This is obviously in contravention of her goal of leaving as much as possible to the children. A major beneficiary of her estate would be the government with the remainder divided between her two sons. So even if the idea of leaving close to half of the account to CRA doesn't sound like the greatest possible outcome, it gets worse.

We pointed out another possible scenario:

From a risk management assessment; We asked the question "Is it at all possible that the following scenario could occur?"

What if Nancy passed away during a market high? If that occurred,

- CRA would deem all the investments were sold at fair market value just before she passed. The resulting capital gain or loss inclusion, and its subsequent tax liability are typically frozen in time and set from a "tax owing" standpoint.
- She also has other income (including CPP and OAS) of \$60,000/year.
- While the executor is in the process of finalizing her last personal tax return they realize that Nancy's income is now greater than \$205,842. Under the current legislation this means she falls into the 50.4% tax bracket. On top of this

fact, she will also be subject to the maximum OAS clawback.

- The executor realizes that they must sell off investments to settle the tax bill. The executor estimates that because of the structure and success of the investment portfolio, the liability to CRA for tax and OAS clawback on her final return will be approximately... \$402,420, this leaves \$597,580 of the account remaining for the beneficiaries to split between them (minus legal fees, probate fees, and other estate settlement expenses).
- The executor estimates the two beneficiaries should net approximately \$298,790 each before fees.
- The executor would need to review the investments and select which investments make the most sense to sell off in order to generate the needed capital to pay CRA.
- What if while the executor was figuring this out the market fell 30%? The actual account value would be down to \$418,306, (\$597,580 minus 30%) but the liability to the CRA wouldn't necessarily have changed. At the end of the day, in a scenario like this each beneficiary may only receive \$209,153, a far cry from what was expected and planned on.
- As you can imagine, these numbers could be a real shock to a surviving families' retirement plans.
- This is why executors have to be careful and diligent when managing estate assets; once they begin acting in this role they assume responsibility for the management of the estate property. Where an individual passes away owning property whose value can fluctuate dramatically at a moment's notice, the executor is required act quickly to preserve the value of the estate.
- And, for the beneficiaries; even if the markets recover in the next few months (or maybe it takes years), everyone understands that you can't make money on units or shares that you no longer own. Imagine if this scenario had occurred during the market crash of 2008 or the 9-11 crash there would be the distinct possibility that the whole estate could be almost wiped out, and the children would end up with virtually nothing.

Just as an executor is responsible for the management of estate property, an attorney appointed under a Power of Attorney for Property is responsible for the management of a living individual's property when they are no longer capable of making their own financial decisions. When Nancy's attorney learned about the consequences of her investments losing value after her passing, they realized they should similarly be concerned about Nancy's investments substantially declining in value during her lifetime. In both cases Nancy's goal of leaving as large of an estate to her children as possible would go unfulfilled, and the present aggressiveness of her portfolio increased that risk.

It was presenting this concern to the broker in question on behalf of Nancy's

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Recipients of the 35th Annual Volunteer Awards

Volunteer Manitoba and Manitoba Liquor & Lotteries are thrilled to announce the winners of the 35th Annual Volunteer Awards at a ceremony held on April 19th at the Victoria Inn Hotel & Convention Centre.

Congratulations to:

Vivian Spence & Joyce Ferland - MB Liquor & Lotteries Family Volunteer Award [Wpg]
Dennis & Carol Hydamaka - Assoc. of MB Municipalities (AMM) Community Leadership Award [Flin Flon]
Leslie McKenzie - Investors Group Financial Confidence Champion Award [St. Adolphe]
Mark Abbott - Manitoba Real Estate Assoc. (MREA) Shelter Foundation Award [Wpg]
Adriano Magnifico - RBC Bright Future Award [Wpg]
Gerrie Prymak - Global News Women in Leadership Award [Wpg]
Jason Kasper, IDEATE Design Consulting - Spark Outstanding Pro Bono Consultant Award [Wpg]
Gordon Hannon - William Norrie Outstanding Community Leadership Award [Wpg]
Cynthia Young - recipient of the 2018 Lieut. Governor's Vice-Regal Volunteer Award [OCN]
Ian Bailey - Lieutenant Governor's Make a Difference Community Award [Wpg]

Andi Sharma - Lieutenant Governor's Make a Difference Community Award [Wpg]
Esther Latchman - Lieutenant Governor's Make a Difference Community Award [Thompson]
Jim Palmquist - Lieutenant Governor's Make a Difference Community Award [Wpg]
Jackie Gushuliak - Lieutenant Governor's Make a Difference Community Award [Wpg]
Sacred 7 Youth Council Volunteers - Mayor's Volunteer Service Award [Wpg]
Gord Holmes - Mayor's Volunteer Service Award [Wpg]
Immigrant Centre Manitoba Volunteers - Mayor's Volunteer Service Award [Wpg]
Charlie Medd - Mayor's Volunteer Service Award [Wpg]
Oak Table Volunteers - Mayor's Volunteer Service Award [Wpg]
Hailey Gardham - Premier's Volunteer Service Award [Minitota]
Kwame Bonsu - Premier's Volunteer Service Award [Wpg]
Skylar Ferguson - Premier's Volunteer Service Award [Wpg]
Abseret Hailu - Premier's Volunteer Service Award [Wpg]
4-H Manitoba Leaders - Premier's Volunteer Service Award [Brandon]
Jocelyn House Hospice - Premier's Volunteer Service Award [Wpg]



Jackie Gushuliak (Wpg) - Lieut. Gov's Make a Difference Community Award

Victoria Lifeline - Premier's Volunteer Service Award [Wpg]
Yisa Akinbolaji - Premier's Volunteer Service Award [Wpg]
Peter Martin - Premier's Volunteer Service Award [Wpg]
Kathy Hildebrand - Premier's Volunteer Service Award [Winkler]
Lana Knor - Premier's Volunteer Service Award [Teulon]
Eddie McIntyre - Premier's Volunteer Service Award [Stonewall]

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How can large investment profits be a risk... cont'd from page 4

attorney which gave rise to our term, "closed minded". He refused to consider that the risk and structure of the portfolio could be outside the level Nancy and her attorney were really comfortable with, and also that anything could be done differently during Nancy's lifetime to maximize estate value for the beneficiaries. As an industry we need to have the ability to understand that sometimes, two, or three minds can be greater than one. He refused to take responsibility or acknowledge that that type of scenario could take place. That didn't make sense to us as had we just recently experienced a mini correction.

Our intention was never to disparage the results to that point, it was simply to bring a possible situation to light and to try and have a discussion around tax and risk management for Nancy's benefit and that of her attorney and future executor. The broker however became defensive and belligerent. All we asked was that consideration be given to the potential "what if". Tax planning and risk management scenarios had never been discussed with his client, so, in a sense, she was blissfully unaware. The problems, and her attorney's and executor's liability could fall after she lost capacity or passed. When family members, attorneys, executors and beneficiaries are not present in discussions and come in after the fact, the possibility of someone starting to ask; "Why was the port-

folio built like this?" "How was this suitable for an octogenarian?" "Did she or her representatives know that this could happen?" is very real.

In the last article we discussed risk and the idea that you may be surprised at who's actually at risk if family discussions are not held. We also tied in the role and the risk to attorneys and executors. We talked about the need to communicate to those around them as to what the intention for the money is and how these funds are to be handled. We stressed the need for family conferences and families working together with advisors. Let's think about something for a minute, we do routine inspections on our cars for roadworthiness but we don't do this for our wealth?

Back to the story. If the 80 year old was now not capable of making informed decisions, and the attorney was responsible for managing her investments, had they properly informed themselves of all the potential risks and put a risk management plan in place? Did the attorney really know what Nancy wanted in order to act in her best interests? Had there ever been a previous discussion with the future beneficiaries? We didn't question the choice in investments from a gross performance standpoint, simply from a risk tolerance and structure viewpoint. What we are questioning is why there aren't any contingency plans? If a market corrects, how will the attorney or

executor problem solve for the liabilities, and how much time would they have to move positions to cash if the portfolio had been built too aggressively for the client's risk level? The attorney had begun to ask a few questions, but time is of the essence when managing an aggressive portfolio, and the broker's advice had been lacking. ■

PART II: "Accountability - Contingency Plans" - CONT'D
in JUNE 6/18 ISSUE

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A&O: Support Services for Older Adults

11th Annual 55+ Housing & Active Lifestyles Expo – another success

Not only does A&O: Support Services for Older Adults offer support in Safety & Security, Social Engagement, and Counselling, they also offer a much-needed service for older adults by providing a venue where options in housing

and active, healthy lifestyles are made available – at the 55+ Housing & Active Lifestyles Expo. This year it was held on May 8th at the Victoria Inn Hotel & Conference Centre on Wellington Avenue in Winnipeg. Here are some exhibitors:



Kinettes - serving their community's greatest need



Some of the members of the Stonewall Kinette Club are, L-R: Linda Crockett, Pat Moldowan, Jean Burchuk, Edith MacMillan, Marilyn Kenney, Pam Norquay, Vicki Kendel and Stella Isaac.

Kin, Kinsmen and Kinette clubs have been serving countless Canadian communities coast to coast since 1920. They now include both men and women aged 19 and up.

There are many ways to get involved – become a member, volunteer at events or on service projects, charter a club, or make a donation.

A group of dedicated Stonewall women are members of their local Kinette Club. They plan several fundraising events each year - one being the ever-popular annual Women's Night Out. The theme changes each time and this year it was a 50's-60's event with a visit from 'Elvis'. Everyone had a great time.

They also sell Grey Cup tickets, hold raffles and silent auctions at events, cater for various organizations, and hold Bud, Spud & Steak events, just to name a few of their volunteer efforts. They often work together with the Kinsmen Club on some projects such as raising funds for a splash pad. Other acts of kindness include giving out flowers at

nursing homes, paying a little visit.

Marilyn Kenney has been a member of the Stonewall Kinettes for four years. She says it's a great way to 'Grow, Learn, Make Friends, and Have Fun.' She recommends that you check it out. The rewards are endless.

"It's a win-win for everyone," she says. "You're helping yourself as much as helping others."

The Stonewall Kinettes meet every 3rd Thursday of the month except for July & August.

The funds raised by the Kinettes are dispersed accordingly in the community where it is needed.

On a larger scale, Kin Canada has more than 6,000 members and has raised more than \$1 Billion donated to Canadian causes, communities and individuals in need, as well as to disaster relief efforts beyond our borders.

If you'd like to learn more about the Stonewall Kinette Club, call Marilyn Kenney at **204-467-2728** or email marilynkenney@shaw.ca.

To find a club near you, visit www.kincanada.ca.

News of St. James Historic Church and Cemetery

On Mothers Day, Sunday May 13, the St. James Cemetery on Portage Avenue welcomed people to visit their mother's grave. The gate at 525 Tylehurst Street is always open to welcome people to visit this park like historic site. On Saturday, May 26 for **'Doors Open Tours'** the historic St. James church in the cemetery will be **open 11 am-5 pm** with guides to welcome visitors.



Sunday Services are held in the historic Church starting Sunday, June 24 continuing to the end of August.

The **popular concert series** in the old church has not yet been confirmed. These are held weekly in July and August with modest payment at the door. All are welcome.

The columbarium is a 48-niche tower which provides an attractive alternative for above-ground ash placement. We do have spaces around the grounds for in-ground ash buri-

als. Stories about people buried in our cemetery. This is an ongoing project and contributions are welcome. Stories are posted on our website: stjamesanglicanchurch.ca/St_James_Cemetery.

Contacts:
Friends of Cemetery Chairperson Hazel Birt: **204-470-1917**, email hgbirt@shaw.ca, Cemetery Manager Margaret Steele: **204-837-1538**, margaret.steele@shaw.ca



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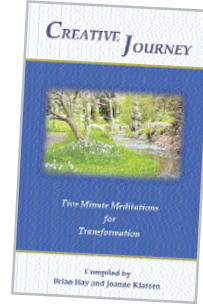


Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net or contact Joanne Klassen at: jklassen@write-away.net

CREATIVE JOURNEY

- Compiled by Brian Hay and Joanne Klassen

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Excerpts from CREATIVE JOURNEY:

GATHER

Jayelle Bond (JLB)

The act of writing had led me through a swirl of memories that might otherwise have ended in paralysis or worse.

By telling stories you objectify your experience.

You separate it from yourself. You pin down certain truths.

(Tim O'Brien)

Because of risky weather and night hour travelling, I do not relish a drive to the city. However, upon arrival at the host's address, I feel a gentle kick in the pants, for this is a group of "scribblers" who assemble to develop writing skills and encourage one another. As we delve into the exercises, ideas and energy flow, like a wind stirring reeds to whistle.

We are pen and keyboard folks who have gathered with the courage to write and disclose the poignant passages of our lives, the hassles and hurrahs, plus the undramatic daily routine. By

sharing, we realize our individual struggles aren't just personal, but universal. Indeed, this group is a safe place to nestle.

Writing line after line isn't a luxury, but a low-cost trip to a therapist. It's recording a revelation, a declaration of where one happens to be on life's journey. Details differ, but the heart in each person still beats with the rhythm of tragedy and comedy, the pleasure of success, the pain of failure, the deepness of the divine. We are all different, yet all the same, as we walk this pathway of healing and hallelujahs. (JLB)

Like life, writing has risks, and as well, immense rewards.

Jayelle Bond (JLB)

Jayelle Bond is walking into her prime. She stretched herself by taking the Life Writing for Transformation™ course at Canadian Mennonite University. Poetry is her usual writing; her poems have been published in journals and magazines. A prairie woman who delights in wind-rippled wheat fields and the stary vault of sky, Jayelle engages in water-colour painting, reading, and travelling. ■

CELEBRATE

Joanne Klassen (JK)

A time to laugh, a time to weep.

(Ecclesiastes 3:2)

Today a group of inner-city writers completed a 12-week training program called Open Roads. Each week we met, wrote, and shared significant stories from our lives. The graduates planned today's party to celebrate their achievement of completing this challenging course.

My husband and I picked up one graduate, Phoenix, her partner, and their one-month-old son, Noah. We gathered at a lovely buffet for lunch with other graduates and their guests. Graduates Lisa and Audrey brought their daughters; Louise, her sister; Candace, her husband, and so it went.

As certificates were awarded and gifts exchanged, laughter and applause filled the room. People hugged and offered words of reflection about the impact of the Open Roads program on themselves and their loved ones.

This was in sharp contrast to the tears that were shed and fears revealed in the weeks of life writing leading up to today. Looking around the table I realize that strangers are now friends, a family. Each occupies a place in my heart. Such is the power of sharing stories, especially those of struggle.

Each young writer gave me the gift of courage to reveal and heal myself as I write the stories that have kept me captive. (JK)

Today I celebrate courage—a lifeline to stories that reveal and heal.

Joanne Klassen (JK)

Author and **Heartspace** founder, Joanne began facilitating personal development programs in 1975. Her career and life changed in 1998 when she received a vision for **Transformative Life Writing™** which is now offered to teens, adults and seniors around the world. Joanne's ideal day includes writing, singing to a baby, visiting thrift shops and walking along the river with her husband Ted in Winnipeg, Canada. ■

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Prize #2: (Draw Aug. 2/18. Value approx. \$825.90)

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Prizes can accumulate until draw dates

Sri Lankan New Year Celebration, Volunteer Award presented

The Sri Lankan community of Winnipeg celebrated their annual New Year Celebration on April 21st, 2018, at Canad Inn, 1824 Pembina Hwy in Winnipeg with 350 participants.

To start off, a Certificate for 'voluntary contribution to the Sri Lankan community in Manitoba Province, issued by the Canadian Parliament' was Awarded to the Immediate Past President of the Sri Lankan Association of Manitoba (SLAM), **Senaka Samarasinghe**, by Mr. Jon Gerrard, MLA for River Heights on behalf of Mr. Terry Duguid, MP for Winnipeg South.

A special thank you on behalf of SLAM goes to Arjuna Kottegoda and family for the video coverage, and to Udesh Gamage for the photography, covering the entire event.

Congratulations Senaka for a well-deserved award!



Senaka Samarasinghe accepts Certificate from Jon Gerrard, MLA for River Heights.

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May is Celiac Awareness Month

The Canadian Celiac Association has released a report regarding the lesser known symptoms of this affliction which affects an estimated one in a hundred Canadians. Late diagnosis and ignorance of this condition are common and we, as a support organization, would like to clarify any misconceptions.

The Changing Face of Celiac Disease

By Dr. Mohsin Rashid MD, MEd, FRCP(C)
 Professor of Paediatrics
 Gastroenterology & Nutrition
 Dalhousie University, Education Committee,
 Canadian Celiac Association
 April 2018

May is Celiac Awareness Month in Canada and internationally

Celiac disease (CD) is a permanent intolerance to gluten (a protein present in wheat, rye and barley), which causes damage to the small intestinal mucosa by an autoimmune mechanism in genetically susceptible individuals.

The diagnosis of CD is confirmed by small intestinal biopsy and treatment consists of a strict gluten-free diet for life.

Celiac disease is one of the most common chronic gastrointestinal disorders. It is estimated that 1% of the population is affected by CD, but majority of these individuals remain undiagnosed. Celiac disease was thought to be a rare malabsorptive disorder of infancy and childhood. However, it is now considered to be a common, multi-system disorder that can present at any age when gluten is present in the diet.

Awareness of CD amongst health professionals remains poor. **Two large surveys from Canada have demonstrated that the mean duration of symptoms before diagnosis of CD in adults is about 12 years.**

Celiac disease has a broad clinical spectrum. In classical (typical) CD, the patient presents with features of malab-

sorption such as diarrhea, steatorrhea, and weight loss or growth failure. In non-classical (atypical) CD, signs and symptoms of malabsorption are absent and patient may have other intestinal and/or extra-intestinal symptoms.

Majority of patients with CD now present with non-classical symptoms. Clinical indications for screening for CD include the following:

- Chronic diarrhea
 - Autoimmune thyroid disease
 - Unexplained weight loss
 - Type 1 diabetes
 - Abdominal pain/bloating
 - Autoimmune liver disease
 - Abdominal distension
 - Down syndrome
 - Irritable bowel syndrome
 - Turner syndrome
 - Chronic fatigue
 - First-degree relatives
 - Idiopathic elevation of transaminases
- Additional features in children:**
- Recurrent aphthous stomatitis
 - Irritability
 - Dental enamel defects

- Anorexia
- Iron deficiency anemia
- Recurrent vomiting
- Osteopenia/Osteoporosis
- Chronic constipation
- Peripheral neuropathy
- Short stature
- Dermatitis herpetiformis
- Growth failure
- Selective IgA deficiency
- Delayed puberty

The currently recommended test to screen for CD is IgA-tissue transglutaminase antibody (TTG).

Patients with a positive test should be referred for endoscopic small intestinal biopsy to confirm the diagnosis.

A timely diagnosis of CD will help alleviate suffering, prevent nutritional deficiencies and may also reduce the risk of developing certain cancers and other autoimmune disorders.

For more information visit celiac.ca (Canadian Celiac Association) or manitobaceliac.com ■

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Deadwood, Black Hills & Badlands - September 16-21

The entire city of Deadwood is a national historic landmark, with its extensive Victorian architecture, turn-of-the-century street lamps, and where gold, gambling and gunpowder were once the order of the day.

TRAVEL PRESENTATION

Join us for an informative evening as we share with you two of our popular fall trips.
Nashville, Branson, Pigeon Forge - Oct 20-Nov 2 & Branson & the Ozarks - Nov 4-12
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Presentation: May 24, 6:30 pm at Henderson Library, 1-1050 Henderson Hwy. Please R.S.V.P.

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Please contact us by May 18, 2018 at (204) 787-8015 or email: go.out@umanitoba.ca for more information.

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MISC EVENTS

65th Annual Coin, Stamp & Collectibles Show - Sat & Sun, Sep. 29 & Sep. 30 at the Sunova Centre, West St. Paul, MB. Take first left, just north of the North Perimeter Route on Main St. at Kapelus Drive. Come with paper, leave with gold. Doors open 10 am. For info: Barré W. Hall, **204-296-6498**

The Manitoba Coin Club - meets 4th Wed. each mo. (except Dec, July & Aug), 7:00 pm (1-1/2 hrs approx.), at the Fort Rouge Leisure Centre, 625 Osborne. Frequently there is a Coin auction. Call Barré W. Hall: **204-296-6498**

Red River Coin & Stamp Shows - 2nd Sunday ea. month except July & Aug., 10 am-4 pm, at the Charterhouse Hotel. Free adm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Come with paper, leave with Gold. Call Andy Zook: **204-482-6366**

St. James Cemetery on Portage Ave. - 'Doors Open Tours' the historic St. James church in the cemetery will be open Sat. May 26, 11 am-5 pm with guides to welcome visitors. Visit this historic site any time as the gate at 525 Tylehurst St. is always open. Contact Friends of Cemetery **204-470-1917** or hgbirt@shaw.ca

Alzheimer Society - Minds in Motion® Spring Program, Thur. May 31, 5:30 pm, at Assiniboine Park - Lyric Theatre, Combines physical activity, socialization and mental stimulation for people living with early to mid-stage Alzheimer's disease or other dementias. Sessions 8 wks, \$56 per participant pair. Register at: alzheimer.mb.ca/mindsinmotion or **204-943-6622**

Bowls Manitoba - Lawn Bowling Open Houses at 1212 Dakota St.: Sun. Jun. 3, 10 am-noon; Wed. Jun. 6 & Wed. Jun. 13, 7-9 pm. Flat soled shoes required. Bowls, instruction and refreshments supplied. Info, Marilyn: **204-256-6744**

The Seniors' Choral Society - Annual Spring Concert, Jun. 3, 2:30 pm, at the St. John Anglican Cathedral, 135 Anderson Ave. Tickets \$15 avail. from members or at door. Conductor/Director: Richard Greig, Accompanist: Kerrine Wilson. The Senior Choir was awarded the Helga Anderson Memorial Trophy at the Music Festival this year. **204-669-5570**

Woman Healing for Change - Workshop on MYOFASCIAL RELEASE, Sat. Jun. 2, 10 am-3 pm, at Westminster Co-op, 145 Maryland St. Learn how this hands on technique can alleviate pain and dysfunction, address scar tissue and improve posture. Also learn techniques that you can apply to yourself to help maintain function and health. Potluck - bring a dish to share, your own cutlery and plate. Cost \$10. To Register: Doreen, **204-837-9613** or dwuckert@shaw.ca

Hi-Neighbour Festival - Sat. Jun. 2, 12-3 pm, at St. Michael's Parish, 400 Day St. Transcona. Sponsoring 'Baba's Kitchen', featuring an authentic Ukrainian menu. Adults \$10, 6-12 yrs \$5, under 5 Free. Includes Beverage & Dessert. No take out orders on free tickets.

Kildonan Community Church - hosting a Strawberry Social afternoon, May 26, 2-4 pm, 2373 Main St. Bake table, silent auction. Strawberry shortcake will be served.

Women's Canadian Club of Winnipeg - Luncheon, May 24, 12 noon at the RBC Convention Centre. Starting at 11:30: Speaker: Sheila North, an award-winning journalist, entrepreneur, advocate, and story teller of Indigenous People. Presentation: "Indigenous Women Leadership". Special entertainment: two young dancers, accompanied by a singer/drummer. \$25. For info and reservations: **204-663-5657** or wccwinnipeg@gmail.com

Walk for ALS - Winnipeg - Sat. Jun. 16, Check in 9 am/Starts 10 am at Assiniboine Park - Conservatory Tent (new location - near the Pavilion). Walk to raise funds so clients can have a better quality of life. Distance: 5 km. Registration \$30 (or minimum \$30 in pledges). Under 12 Free. Dog friendly (on leash). Call the ALS Society of Manitoba: **204-831-1510** or www.alsmb.ca

St. Matthews Maryland Community Ministry - Urban Retreats Garden Tour - Sat. Jun. 23, 10 am-4 pm, rain or shine. Self-guided tour of beautiful Riverview. New this year, guided tours of South Osborne Permaculture Gardens, 11 am and 1 pm. Tickets \$15, available at McNally Robinson Booksellers or by calling **204-774-3957**; Tea and Craft Sale, 11 am-2 pm, at Riverview Community Centre, 190 Ashland Ave. Ask a Master Gardener and Composter, plant sale, crafters, door

prizes, tea, bannock and jam, gift bag to first 150. Tickets for the tea and craft sale are an additional \$5 at door. Garden tour tickets also available on June 23th at Riverview Community Centre. Info: www.stmatthewsmaryland.ca

StorefrontMB - TableFor1200More, 1200-guest outdoor dining table, a design competition, and a tasting menu by culinary superstars Mandel Hitzer and Ben Kramer. May 26, 7 pm, popup location (City Centre) to be announced day of event. Guests dress for a "Winnipeg White Out" providing a truly unique visual dimension to the evening! Tickets \$125 avail. at <https://www.tickettailor.com/events/storefrontmb>. Info: **204-990-7317** or events@tablefor1200more.ca or www.tablefor1200more.ca

SALES/MARKETS/SHOPS

Elmwood EK active Living Centre - Flea Market May 26, 8:30 am-3 pm, 180 Poplar @ Brazier. All indoors, Munchies available. Tables still available: call **204-669-0750**

Nearly New Shop of the Children's Hospital Guild of MB - 961 Portage Ave. Hrs: Mon-Sat, 10 am-4 pm. Run by volunteers. All proceeds to the Children's Hospital Foundation of MB in support of pediatric research and programs at the Children's Hospital. Info: **204-772-3629**

Multi Family Sale - Sat. May 26, 10 am-1 pm at 400 Osborne St. Furniture, pictures & frames, household items & plants, & more.

Gable Arms Social Club - White Elephant Sale & Silent Auctions, Sat. May 26, 10 am-2 pm in Clubroom of Gable Arms Apts, 1590 Henderson Hwy. Refreshments. All welcome! Proceeds provide beneficial programs for member of the club.

MUSIC

La chorale des Intrépides - Recruiting French Speaking Choral Singers to share their talent or simply to sing. Practices Thursdays, 7-9:30 pm, at Collège Louis Riel, 585 St-Jean-Baptiste St. If interested: intrepides.manitoba@gmail.com

Seniors' Choral Society - New members invited especially tenors and basses. Practice Mondays, 10 am-12 noon at McClure Place, 533 Greenwood Place. No auditions. We are an SATB Choir with a challenging repertoire. Concerts held in spring and several weeks before Christmas. Will perform at local seniors complexes and PCH's. Info: Gerda or John: **204-669-5570** or www.seniorschoralsociety.ca

SPORTS/FITNESS/GAMES

Three ladies golf leagues - Now accepting new members, all ages, all levels of play. Kildonan Park Ladies Who Golf, Mondays, 0800-0900 tee offs. Windsor Park Ladies Golf, Wednesdays, 0730-0900 tee offs. Southside Friday Ladies, Fridays, 0800-0900 tee offs. To join, or for info, contact: Lynne: **204-298-9600**, lducharm@live.ca

Winnipeg South Senior Slow Pitch Club (mixed) - invites you to join one of our 3 scheduled teams and the informality of Tue. and Thur. House league play - all on grade AAA diamonds, in Fort Garry at Clarence and Hamelin, just off Waverley. Grant **204-477-1050**, Bobby **204-261-3033**

Tuesday Ladies Who Bowl - New ladies 10 pin bowling league at La Verendrye Bowling Lanes in St. Boniface Tuesdays until end of April. Contact: Lynne Ducharme **204-231-0279** or lducharm@live.ca

Gwen Sectar Creative Living Centre - (1588 Main) Looking for Bridge Players, Tuesdays, 1-3 pm. **204-339-1701**

VOLUNTEERING

The Canadian Red Cross - is looking for volunteers prepared to assist people impacted by disasters. Find out how you can volunteer at www.redcross.ca/HeroesWanted, call **204-982-7330** or vrs@redcross.ca

The North Centennial Seniors Assoc. - Seeking volunteers for Grandma and Grandpa Swim Program, Tue. Mornings, Oct.-June. Looking for friendly outgoing seniors to play an active role in the pool enjoying swim and play activities with preschoolers. Contact: ncsc@shaw.ca or **204-582-0066**

Middlechuch Personal Care Home - Volunteers needed to visit residents, assist in the rehab dept., hair salon and with the pet therapy program. Call: **204-336-4138**

Caregiving with Confidence - Volunteer drivers needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provided. **Male Respite Volunteers**

needed Tue. afternoons for Caregivers Program in W. Kildonan. **204-452-9491**

Deer Lodge Centre, 2109 Portage Ave - Volunteers needed for daytime recreation programs, physiotherapy dept., cafeteria, coffee program, PRIME and Get-a-way community programs, daytime medical escorts (no driving required). Joy: **204-831-2912** or email: jtanchuk@deerlodge.mb.ca

Misericordia Health Centre - Volunteers needed for reg. shifts in Gift Shop - Call **204-788-8134**, and to escort and stay with residents while attending spiritual services inside the same building, Thur. or Fri.'s, 10-11:30 am. Call **204-788-8132**, or online at www.misericordia.mb.ca/volunteer or apply in person. Free parking provided.

Victoria Lifeline - Home Service Representative - Volunteers needed to explain and set up the Lifeline equipment in people's homes in Wpg. Must have car, mileage reimbursed. Melissa: **204-956-6773** or email msitter@vgh.mb.ca

Meals on Wheels - We are looking for volunteers in the following areas: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711** or www.mealswinnipeg.com

Kildonan MCC Thrift Shop - Volunteer in a professional environment and have fun! Located at 445 Chalmers Ave. Call or email: meaganvandell.kmts@gmail.com and **204-668-0967**

The Bereavement Care Program of Concordia Hospital - seeking Grief Support Volunteers to provide telephone grief support to family members of people who have died at the Hospital. Ideal for a person with a health care, ministry or counseling background. Flexible 4 hrs/wk. Work from home. Bob Milks: **204-661-7402**, bmilks@concordiahospital.mb.ca

Manitoba Institute for Patient Safety - Volunteer opportunities. Visit mips.ca 'About Us' to learn about our Volunteer Program. admin@mips.ca or **204-927-6477**.

Southeast Personal Care Home - Volunteers needed to assist with recreation programs at 1265 Lee Blvd - days, eve's, wknd's. Call **204-269-7111** Ext. 2225

Vista Park Lodge Personal Care Home - in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: cliewicki@extendicare.com

HSC Winnipeg - Volunteers welcome in patient and support areas, 7 days a week. Free parking or bus tickets. Call **204-787-3533** or email: volunteer@hsc.mb.ca

Parkview Place, Long Term Care by Southeast Personal Care Home - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call **204-269-7111 ext. 2247**

PROGRAMS /SERVICES

Elmwood EK active Living Centre - Café: Wed. 10:30-noon. Coffee and treats \$1. Come and see what other events and activities the Centre has to offer. ie: Community Woodshop (including a Ladies at 10:30 Fridays), Hand & Foot Canasta, Carpet Bowling, floor curling (Mon. 1-3) and many more. 180 Poplar @ Brazier. Membership \$20. **204-669-0750** or see us on Facebook.

Pembina Active Living (PAL) 55+ - Drop-in activities: PAL putters (golf); PAL pedallers (cycling); men's breakfast, bridge; movies; LunchPALS. Special events: Coffee with PALs - May 18, 1 pm. at Access Fort Gary South, 135 Plaza Drive; Wellness series "Speaking of bones: Osteoporosis, nutrition and physical activity for healthy bones" by Osteoporosis Canada - May 24, 1 pm; Still Bloomin' Gardening Club "Riel House Garden Project" by Parks Canada - May 31, 1 pm; Annual General Meeting - June 21, 1 pm. Info: **204-946-0839**, www.pal55plus.com, office@pal55plus.com

South Winnipeg Family Info Centre - Seniors Connecting, Wednesdays, July 18-Aug. 23, 9:30 am-noon for conversation, coffee/tea, snacks and activities. Info: **204-284-9311** or outreach@swfic.org.

Sturgeon Creek United Church - Fellowship gatherings to meet new people, connect with previous neighbours. We offer games, cards, conversation and serve light refreshments. Every 2nd Thur. of the month, 1:30-3 pm except during July and August. Free of charge. All welcome. **204-895-7410**

The Salvation Army Barbara Mitchell Family Resource Centre - Seniors 55+, 51 Morrow Ave, St.Vital. Monday - Drop-In 9:30-11:30 am, Tuesday - S.T.A.R.S. 9:30-11:30 am, presentations, monthly birthday lunch, outings, games, etc.

Wednesday - Steppin' Up FREE Exercise Class 10:00-11:30 am, Thursday - Pickle Ball 9:30-12 noon. Coffee/Tea and snacks provided with each program. For more info, call Sheila: **204-990-2339**

Yoga - with Doreen Wuckert, Mondays, Apr. 9-Jun 11, (9 sessions) 7-8 pm, at Deer Lodge Community Centre. \$8/per session or \$10 for drop-in. To register: Doreen at **204-837-9613** or dwuckert@shaw.ca

Vital Seniors - Monthly Book Club: **204-257-4014**, Monthly Board Games: **204-261-8236**, Bridge: **204-256-3832**, Carpet Bowling: **204-452-2230**, Line Dancing: **204-334-3559**, Exercise Class: **204-253-0555** (Judy), Monthly Luncheon: **204-255-7508**, Scrabble: **204-257-4014**. St. Mary Magdalene Church, 3 St. Vital Rd.

Charleswood Adult Day Program - Social Day Program for seniors Transportation and hot lunch provided. Members \$17.70/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator

Lion's Place Adult Day Program - Social day program for seniors. Transportation & hot lunch provided. Members \$17.70/day. Call **784-1229**. Referrals made through WRHA at **788-8330**, or call Case Coord.

Wpg Polish Legion Br 246, 1335 Main St. - Happy Hour: Mon-Thurs 3-6 pm, Fri/Sat, 3-7 pm. Senior Lunch & Dance: Weds, 12:30-3 pm, \$10. Fri. Meat Draws: 4-8 pm. Kareoke: Fri/Sat, 8-midnite. Chase the Ace: Sat, 10 pm. Call Branch: **204-589-5493** for more info.

Assiniboia Wood Carvers Association - Woodcarving every Fri. 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St. Call Mel: **204-661-2213** or Wayne: **204-783-7340**

Winnipeg Bladder Cancer Support Group - Bladder Cancer Support Group. Meetings - third Tues. ea. month, 7-8:30 pm at Concordia Village, Bldg. #1, Multi Purpose Rm, 1125 Molson St. Free parking. No pre-registration required.

Seine River Seniors - in Southdale CC. Activities include travel to Moose Jaw spa and the Maritimes, local tours and workshops, monthly birthday lunches, brunches, Celebrations matinees, South Beach casino trips, Assiniboia Downs bingo, Folklorama tours, creative writing, bridge, canasta, cribbage, floral arranging, games, movies, indoor walking, spring tea, and much more. To register, please call **204-253-4599**, membership \$12

A&O: Support Services for Older Adults - Senior Centre Without Walls (SCWW). Telephone Group Activities For Manitobans providing educational and recreational programming in a fun and interactive atmosphere. Register for programs anytime. Programming is free of charge. Participants call into a toll-free line. Info: **204-956-6400**

Manitoba Christian Writer's Assoc. Group - Writers of all levels welcome for education, encouragement and fellowship. Meetings Saturdays, Apr. 7, May 5, Jun 2/18, 1:30-4 pm, at Bleak House Centre, 1637 Main St., across from Burger King and Mohawk Gas. Membership fee \$25/yr. Drop-in \$3. MCWA. Contact: Frieda: **204-256-3642**, Bev **204-326-7286**

Bleak House Senior Centre - 1637 Main St. - Mon. 1 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 1 pm Cribbage, Friday 12:30 pm Quilting. **204-338-4723**

Golden Rule Seniors - Fort Rouge Leisure Centre, 625 Osborne St. Mon. Bingo 1 pm. Tues. Bridge 2 pm. Thurs. Singalong 10 am. Floor shuffleboard 1 pm. Bridge 1 pm. Fri. China painters 10 am. Carpet bowling 1 pm. Wanted Cribbage players for Wed. 1 pm. Call Terry: **204-453-1085**


Manor Adult Day Cub - 320 Sherbrook St. We are a pacesetters adult day program for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. Referrals made through WRHA. **204-784-1378**

Gwen Sectar Creative Living Centre - (1588 Main St.) Shuttle Bus runs Wed. mornings for \$15 from the north end and \$15 from the South End (members). Transportation from Seven Oaks, Garden City, West Kildonan, Maples & South End. Get lunch, bingo, entertainment, refreshments & transportation home. **204-339-1701**

Archwood 55 - Join us for yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our website for a list of luncheons, social activities, informational sessions and bus trips. 565 Guilbault St. Office hrs: Mon-Fri, 9 am-3 pm. **204-416-1067** or archwood55mail@gmail.com www.archwood55plusinc.weebly.com


Continued on page 12 - Outside back page

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Today's Recipe

Larry Malinski www.PeakMarket.com

Ginger-Lime Coleslaw

Metric	Ingredients	Imperial
1/2	head green cabbage, shredded	1/2
1	carrot, shredded	1
1/2	onion, diced	1/2
2 ml	powdered ginger	1/2 tsp
50 ml	freshly squeeze lime juice	1/4 cup
15 ml	mayonnaise or coleslaw dressing	1 tbsp

In a large bowl; mix cabbage, onion and carrot. Sprinkle on ginger and lime juice; mixing well. Blend in mayonnaise. Cover and refrigerate until ready to use. Keeps well in refrigerated for up to two days. **Serves 2**

Raspberry Watermelon Salad

Metric	Ingredients	Imperial
15 ml	shallots, chopped	1 tbsp
75 ml	raspberry vinegar	1/3 cup
75 ml	fresh or frozen raspberries, pureed & strained	1/3 cup
10 ml	honey	2 tsp
75 ml	olive oil	1/3 cup
2	medium red onion, thinly sliced	2
2	bunches watercress, stems removed	2
2 L	watermelon, cut into large cubes	8 cup

In a medium bowl, whisk together shallots, vinegar, raspberry puree, honey and oil. Separate onions into rings. Pour vinaigrette over onions and marinate in the refrigerator at least 15 minutes. Arrange a bed of watercress on each plate, top with cubed watermelon and drape onion rings on top. Drizzle with vinaigrette. **Serves 6**

WORDSEARCH - LATIN SAYINGS By Senior Scope

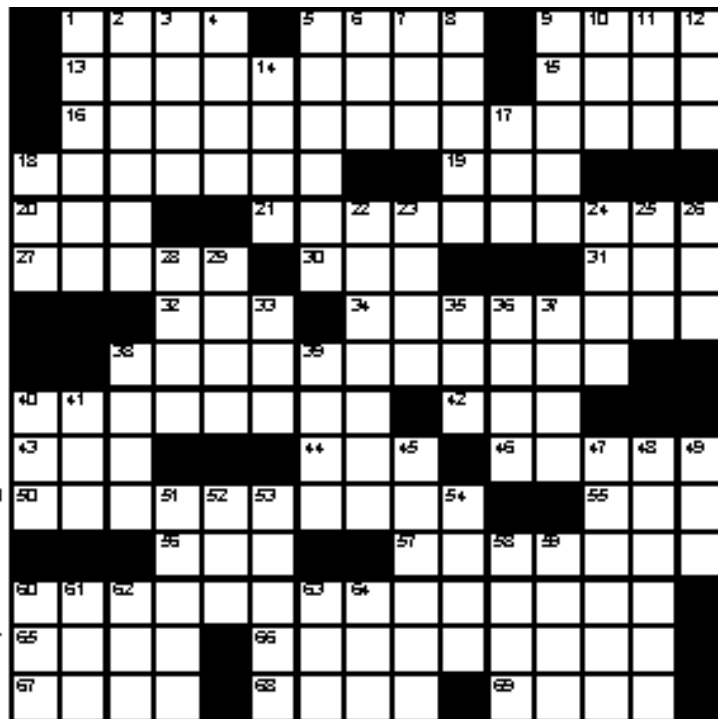
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CROSSWORD

Home, Sweet Home

By Adrian Powell

- ACROSS**
- Psalm's sign-off, often
 - Critically injure
 - Desirable work shift for most
 - Twirl from a ballerina
 - Parts of the pelvis
 - Senior's rental option that includes additional services
 - Speaker
 - Maiden form buy
 - Hot French Canadian beverage
 - Manitoba credit that helps with senior's housing
 - Condor's nest (var.)
 - Get a sneak peek
 - US fashion designer Anna ___
 - Nitrogen, e.g.
 - Polliwogs
 - Tiny pad for senior minimalists
 - Oktoberfest locale
 - Sens. home town, briefly
 - Cockney's alternate to 'eaven'
 - Where to keep a quilt
 - Throws a party
 - Complex senior housing arrangements
 - "Well now!"
 - What ring refs may count to
 - Made indistinct
 - Luxury for most senior's apartment rentals
 - "Kills bugs dead!" spray
 - First name in TV bunnies?
 - Altar's surrounding
 - Wines to serve with beef
 - Copy editor's take



- DOWN**
- Total indifference
 - Tibbs' title
 - Something old fish women uttered
 - Roulette bet
 - Basic metric length units
 - Bit, chewed and swallowed
 - "___ be an honour"
 - Dame Nellie of the opera
 - Demanding celebs
 - Boxing's Louisville Lip
 - Yang's other half
 - What many old couch's do
 - Ultimate buyer: end ___
 - US org. that
 - 18 SW US native
 - Stinging plants
 - Tetley products
 - Capri, for example
 - Buddy Holly's "Peggy ___"
 - "___ the season to be jolly"
 - Helicopter designer Sikorsky
 - Per unit
 - Calypso's cousin
 - Twosome
 - Safari helmet material
 - Camp Swampy canine
 - Filthy lucre
 - Where Napoleon was exiled
 - Sound intensity unit
 - 1967's co-star of
 - 45 Prohibits
 - Chestnut horse
 - "___ coming to take me away!"
 - Grass farmer's product
 - Piano practice piece
 - Welcoming gift on Maui
 - Step inside
 - Garden gastropod
 - "Noddy" creator
 - Blyton
 - Tool for shaping wood
 - The Gershwin who wrote the lyrics
 - Doze
 - Sally, to Charlie Brown
 - Wp.g.-Pinawa dir.
 - Took over command

SOLUTION ON NEXT PAGE

- | | | | | |
|---------------|----------------|--------------|---------------|------------|
| Ad lib | Et al | Idem quod | Per diem | Quod erat |
| Ad nauseam | Et sequentia | In loco | Per pro. | fasciendum |
| AMDG | Etc. | N.B. | Per se | Quod vide |
| Anno domini | Ex lib | Non sequitur | Percent | Sic |
| Anno mundi | Exempli gratia | Nota bene | Post scriptum | Ult |
| Ante meridiem | FD | Numero | Pro tempore | Verb.sap |
| Circa | Fec | Op. cit. | Prox | Versus |
| De facto | Fl | Opere citato | Q.E.D. | Videlicet |
| De jure | I.q | P.a. | Q.E.F. | Viz |
| Deo volente | Ibidem | P.S. | Q.v. | |
| E.g. | Id est | Per annum | | |

SOLUTION ON NEXT PAGE

Canadian CyberQuotes

In the following quotation, each letter is uniquely coded. In the example, P is used for the three As, T for the Rs, etc. The code changes each time. Example: P P T X B P T Q A A R D V A R K

TODAY'S QUOTE

HOQ MVPZH HOSGI ULVWH LQDVESGI
BPQESQP MUZ OUCSGI HV PQZSIG
YPVE EX ZQGZQ VY OWEVWP.
— QRMUPR PSDOUPR ZDOPQXQP

HINTS

Hints: Single letters usually stand for an "A" or an "I". Fill all those in first. Apostrophes are usually followed by an "S" or a "T". If you have found the "A", a coded word like "Axx" is often the word "and", giving you the "N" and "D". Coded words ending in two similar letters - "xxxxFF" for example - will often have those letters being "S" or "L". Two letter words that are not abbreviations almost always have a vowel or end in a "Y".

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Things To Do

IN WINNIPEG Cont'd from page 9

Brooklands Active Living Centre - Zumba Gold, Aqua-fit, Line Dancing, Floor Curling. Drop-in fees avail. Bingo Mondays, 1 pm. #License LGA 1143-B1. FREE Games. **204-632-8367**

Prendergast Seniors Club - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Mon. luncheons 4th Wed., 12-1 pm. All welcome. Call Joe/Mary: **204-254-8390**

Ukrainian Cdn Veterans Br # 141 - Dance to a live band every Sat., 1-4:30 pm. Adm. Includes lite lunch. Chase the Ace Draw ea. Sat. Tickets on sale 3:30-4:25 pm. Draw 4:30 pm. Also 60/40 draw. Call **204-589-6315** ext 103 for future events and information.

Fraternal Order of Eagles - 3459 Pembina Hwy. Cribbage Tues. 1 pm. \$100 for a 28 or better hand. Free Coffee; Wed. Bingo, doors open 11:30 am, games 12:55 pm; Sun. Bingo, doors open 5:30, games 6:30 pm. **204-269-4332** after 4:30 Mon-Fri.

The Friends of Library Book Club - Seeks new members. Meet 3rd Tue. ea mo at 10:15 am on 2nd Floor of Millennium Library. Books chosen are available through the library. Membership is free. Call: **204-452-3369** or **204-254-6697** for info.

The PROBUS Club of Winnipeg - is a group for the retired or semi-retired. Info: **204-489-2882**, or **winnipegprobuss85@gmail.com**

Dakota 55+ Lazars Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. **206**. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

Senior Achievers - Meet 3rd Thur. 1-3 pm at 406 MacGregor St. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: **204-414-5360** for more info.

The St. James-Assiniboia 55+ Centre - 3-203 Duffield St. The Centre offers a variety of different programs and services to adults 55+. Visit **www.stjasc.com** to view programs and services. **204-987-8850**

55+ Men's Club - meets Wed. & Thur. afternoons, 1-4 pm, at 3172 Portage Ave. Various activities: art and hobby classes or just enjoy a cup of coffee. **204-987-8850**

Fort Garry Legion - 1125 Pembina Hwy., Paper Bingo, Fri., Early Bird 7:15 pm; and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch.

St. Chad's Anglican Church - Services at 472 Kirkfield St. Service of Holy Eucharist and Sunday School, Sunday at 9 am. Fellowship with tea and coffee after service.

McBeth House Centre - 55+: Tues.: Quilting, 9-2 pm; cribbage; Thur.: porcelain painters, etc., 10-2 pm; Fri.: whist, 7-10 pm; Sat.: bridge, 1-4 pm. Bridge players needed: **204-334-0432**. House avail. for rental.

The Friendly Settlers Senior Citizens Club - 400 Day St. (Transcona), Meet Mondays, 10 am for cribbage, lunch and bingo. Special events /group trips offered. **204-222-7504** or **ganyadel4@mymts.net**

Norberry-Glenlee CC - Programs for seniors. Play Pickleball at 26 Molgat Ave., St. Vital. Call **256-6654**

Fibromyalgia Support Group of Winnipeg - For info: **204-975-3037**

Dufferin Senior Citizen Inc. - 377 Dufferin Ave. Mon: shuffleboard 9:45 am, Bingo 1 pm; Wed noon: soup and perogy lunch. All welcome. Perogies for sale. Every 2nd Sat: noon-3:30 pm dance with a 4-piece band (full lunch). **204-986-2608**

Le Conseil des francophones 55+ - ensures the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up living in Wpg. French only: Tai Chi Chih, light Yoga, Line dancing and Pickleball. **204-793-1054**, 107-400 Des Meurons St., St-Boniface, Wpg., **conseil55@fafm.mb.ca**

Mensheds Manitoba Inc. - Peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1-4 pm. Call Doug: **204-832-0629** or **804-5165**

Weston Seniors Club - Programs: computer training, cooking, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan. **204-774-3085**

High Steppers Seniors Social Club - Meet Wed. & Thur. for fun and activities. New members and volunteers welcome. Winakwa Community Centre, 980 Winakwa Rd. **204-619-8477**

Good Neighbours Active Living Centre - Lunch and Bingo. Lunch \$6, Bingo 5c per card. Transportation provided within the RiverEast (Elmwood, E.K., N.K. areas) Call Julie at Seniors Outreach: **204-996-0750**

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Things To Do

IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

Walk for ALS - Belmont and South West Manitoba - Sat. Jun. 9, Check in 9:30 am/Starts 10:30 am at Club Room, Belmont, Manitoba. Walk to raise funds so clients can have a better quality of life. Distance: 5 km. Registration \$30 (or minimum \$30 in pledges). Under 12 Free. Dog friendly (on leash). Connie Myers: **204-827-2482** or **www.alsmb.ca**

The Centre on Aging - Communication Workshop and Healthy Aging Workshop. Learn how to communicate effectively about aging-related issues. Gimli: May 31 (excluding Healthy Aging Workshop); Brandon: Jun. 20; Winkler: Sept. 13; Notre Dame de Lourdes: Oct. 15. Free to attend but pre-registration required. Both workshops are same day in each community with light lunch served in between. Info: **umanitoba.cc aging**

St. Andrews - Old St. Andrews-on-the-Red Anglican church - "High Tea", Sat, Jun. 2. Two sittings 2 & 3 pm. River Road and St. Andrews Rd. The Tuckett family will be performing throughout the afternoon. Tickets must be reserved. **204-338-7483**. \$10 for adults, \$5 for children.

Selkirk - Selkirk & District Horticultural Society - 21st Annual Plant Sale, Fri. May 25, 6-8 pm, at the Selkirk Memorial Hall, 368 Jemima. Thousands of plants at great prices! Free beverages and homemade cookies while you shop. FREE Milkweed plant with purchase. (one per family while quantities last). Silent Auction, 50/50. Cash only. Info: Sylvia **204-482-4932**

Ste. Anne - Dawson Trail Days - Car Show, Sat. Sept. 1, 11 am-5 pm, Ste. Anne, MB. If it is powered by an engine we want it - beyond the ordinary old classics, customs, street rods, orphans, rat rods, muscle cars, tuners, bikes, snowmobiles, swamp buggies, ATV's, trucks, buses, you name it! Come out with your prized vehicle and share in the fun. No entry fee, no trophies, no judging. Bring a "tin for the bin." Email Dennis: **dwfxyz@gmail.com** or Sarah: **recservices@steannemb.ca**

Stonewall - si55Plus - Oddfellows Hall, 374-1st St. W., Stonewall. **204-467-2582** **AGM**, Wed. May 30, 7 pm; **Active Wellness Club** - 10-wk Classes, Mon-Fri for all fitness levels. Drop-in welcome; **Pickleball** - Mondays & Thursdays, 7 pm, Sunova Curling Rink, Stonewall. New players welcome. **204-467-2582**; **Yoga & Pilates** (at Warren Hall, 145 Macdonald Ave.) Thursdays, 10 am until May 24, 8 wk session, drop-in avail. Register: **204-467-2582**; **Afternoon Cribbage Tourn.** Mon. Jun. 4, 1 pm, Odd Fellows Hall. No advance registration, Individual Play, \$5/person at door. **204-467-2582**; **Monthly Luncheon** Wed. Jun. 13, 12 noon, Odd Fellows Hall, \$10 at door. **204-467-2582**; **Line Dance Classes**, Tuesdays 11:15 am, Thursdays, 11 am. \$2/class plus yearly S155Plus membership

VOLUNTEER

Stonewall Kinettes Club - A great way for women to 'Grow, Learn, Make Friends, and Have Fun.' Kinettes meet 3rd Thur. of mo., except July & Aug. Help plan fun events,

such as Ladies Night Out, and other activities to help raise funds to serve the community's greatest needs in Stonewall and surrounding communities in the Interlake. Call Marilyn Kenney at **204-467-2728** for info.

Emerson-Franklin Senior Services - Volunteers needed: Congregate Meal Program, Handi-van drivers, Medical drivers, Friendly visits and safety checks. Call Lorri: **204-427-2869**

Ritchot Senior Services - (serving seniors 50+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Janice: **204-883-2880** or email: **RitchotSeniors@mymts.net**

Selkirk - Tudor House Personal Care Home needs volunteers for various positions. Call **204-482-6601** Ext: 21.

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcherson for info: **204-482-5469** ext. 20956 or **mmutcherson@ierha.ca**

Springfield - Service to Seniors - Additional volunteer drivers needed in all areas of Springfield. Fees avail. to help cover costs. Call **204-853-7582** or email: **springfieldseniors@mymts.net** to arrange to pick up an application package.

PROGRAMS / SERVICES

A&O: Support Services for Older Adults - Senior Centre Without Walls. Telephone Group Activities For Manitobans in a fun and interactive atmosphere. Register anytime. Programming is free. Participants call into a toll-free line. Info: **204-956-6400**

Beausejour - Beau-Head Senior Center - Mon. Chi Gong, Chair Exercise, 10 am. Crib 7 pm; Tues. Crib, 1 pm; Wed. Line Dancing 10 am. (beginners welcome) Bingo 1 pm; Thur. Whist 1 pm. 645 Park St. Beausejour **204-268-2444**, **beauhead@mymts.net**

Brandon - Prairie Oasis Senior Centre - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery can be arranged. Meals \$9. Volunteers needed. We gratefully accept grants and donations. To sign up or to volunteer: **204-727-6641**

Dauphin Multi-Purpose Senior Centre - Seniors 55+ - members and non-members. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, dinner and a movie night, dances. Congregate meal program at the Centre - Tue, Wed, Fri. Lifeline, cancer society Transportation Program, fee for service contact list, Erik kits, help with paperwork. Facility available to rent **www.dauphinseniors.com**, **204-638-6485**

East St. Paul 55+ Activity Centre - (262 Hoddinott) - Area residents welcome to play cribbage Tues., whist Fri. Also: pool, quilting and stitchery, art group, table and floor shuffleboard, book club, yoga, potluck suppers and casino trips. **204-654-3082** (msg).

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services: Luncheons/Dinners, Walking Group, Bingo, etc., friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including house-keeping, heavy cleaning, gardening, home

repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), congregate meal program (3x/wk), Meals on Wheels for shut-ins. **204-427-2869**

Gimli - New Horizons 55+ Activity Centre - We provide a pleasant place for recreation, relaxation and companionship and encourage all members to remain active and socially connected while maintaining their physical and mental health. 30+ Activities plus Social Events, Workshops, Tours, Clinics, Volunteer Opportunities, etc. Visit **www.gimlinewhorizons.com** for monthly newsletter. Info: **204-642-7909**

Ile des Chenes Seniors/Grande Pointe - Yoga, Mondays, 10 am. Indoor Walking, Mon., Wed. & Fri, 9-10 am. **204-878-3482** or **878-2728**, **253-0856**, **878-9562**.

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: **Arborg** and District Seniors Resource Council **376-3494**; **Ashern** Living Independence for Elders **768-2187**; **Brokenhead/Beausejour** Outreach for Seniors at **268-7300**; **East Beaches Resource Center (Victoria Beach)** **756-6471**; **Eriksdale** Community Resource Council **739-2697**; **Fisher Branch** Seniors Resource Council **372-8703**; **Gimli** Seniors Resource Council **642-7297**; **Lundar** Community Resource Council **762-5378**; **Riverton** & District Seniors Resource **378-2460**; **St. Laurent** Senior Resource Council **646-2504**; **Selkirk - Selkirk & District Senior Resource Council Inc.** **785-2737**; **Stonewall** - South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to Seniors **853-7582**; **Teulon** and District Seniors Resource Council **886-2570**; **Two Rivers** Senior Resource Council, **Lac du Bonnet** **345-1227**, **Pinawa** **753-2962** or **Whittemouth/Reynolds** **348-4610** or **Winnipeg River** Resource Council **367-9128**

Montcalm Service to Seniors - Meal program with activities and musical entertainment in/at Letellier-Hall Fridays. Joanne: **204-304-0551** or email: **jbarnabe@hotmail.ca**

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services: parking permits, congregate meal programs 5x/wk at the manor, internet research, info/health sessions, light housekeeping, Alzheimer's support group, palliative care, transportation, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Coordinator Bev Collet: **204-248-7291** or **ensemble@mymts.net**. Our goal is to assist seniors and the disabled to maintain their independence. We are always looking for volunteers to help with these programs.

Portage la Prairie - Herman Prior Centre - Members and non-members. Mon to Fri meal program (register by 11 am); Mon. Painting, Line Dancing, Scrabble, Resistance Band, Cribbage, Clogging and Tai Chi.; Tues. Euchre, Bridge and Prairie Wildfire Line Dancing; Wed. Cribbage and Tai Chi; Thurs. Foot Care Clinic, Whist, Weaving, Bridge and Square Dancing; Fri. Foot Care Clinic, Floor Curling and Floor Shuffleboard. Low income tax return filing assistance, regular

Blood Pressure Clinics, and Stroke Survivors, Book Club, Genealogy and Natural History meetings. Special events (trips to RMT, Celebrations Dinner Theatre, etc.). Contact Hope or Chris: **204-857-6951**, **hp55plus@mymts.net**

Seine River Services for Seniors - The Philips Lifeline Medical Alert Service - fast access to highly trained, caring Response Associates at the push of a button, 24 hrs/day, 365 days/yr. E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping. Juliette Rowan: **204-424-5285**.

Les services rivière seine pour aînés - Lifeline est un service d'alerte médicale simple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'urgence, de l'aide est à votre portée en appuyant sur un bouton. Le bouton d'aide de Lifeline vous met en communication avec un télésurveillant expérimenté qui vous enverra rapidement de l'aide - 24 heures sur 24, 7 jours sur 7. Philips Lifeline ont gracieusement donné une subvention à Les Services Rivière Seine pour aînés. Cette subvention nous permet d'aider les aînés de nos communautés à mener une vie plus indépendante. C'est important pour les aînés de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau spécial. Pour plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au **204-424-5285**.

Selkirk - Gordon Howard Centre (384 Eveline St) - Seniors! Stay healthy, active and connected. We offer hobby workshops, fitness classes, recreational programs, volunteer opportunities and more. Also, special events, such as outings, seasonal meals and presentations. Please visit **www.gordonhoward.ca** or call **204-785-2092**

Springfield Seniors - offers many programs: Pickleball, Zumba Gold, Bingo, Canasta, Board Games, Chair yoga, Strides walking programs, Seniors exercises, Shopping trips, Pancake Breakfasts, etc. Call **204-853-7582** or **springfieldseniors@mymts.net** for info.

Springfield Seniors Community - Congregate Meals are available to all community seniors. **Oakbank**: Mon/Tues/Fri - 5 pm. Wed/Thurs, noon. Call **204-444-3132**. **Dugald**: Mon/Wed/Fri - 5 pm. **Cooks Creek**: Mon/Wed - 11:30. Call **204-444-6000**. **Anola**: Mon-Fri, 11:45 Call **204-866-3622**

Springfield - Support Group for Caregivers. 3rd Thur. of month 1-3 pm at that Springfield Library. Call Jackie at **204-268-4752** or email **alzne@alzheimers.mb.ca** to register

Victoria Beach - East Beaches Senior Scene - #3 Ateah Rd, Victoria Beach. Various programs, activities and special events open to those in the East Beaches community. For membership or volunteer opportunities, contact Tammi Kelly, Program Coordinator: **204-756-6468**, email: **ssinc1@mts.net**, **www.ebseniorscene.ca**

West St. Paul Seniors Programs - Yoga/Pilates; Zumba Gold 55+; Stitch 'n B*** - Knitting / Crochet Group. Info: Sunova Centre: **204-336-0294**, or **recreation@weststpaul.com**

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