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Vol. 16 No. 14 Jul 4 - Jul 31/18

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Rural Manitoba Hospitality and Volunteerism at its Best in Glenboro at the Manitoba 55 Plus Games

Submitted by Active Living Coalition for Older Adults (ALCOA)

he saying "good things come in small packages" was brought to life as the **Municipality of Glenboro-South Cypress** hosted the 2018 Manitoba Liquor and Lotteries 55 Plus Games June 12-14, 2018.

Manitobans ranging in age from 55-92 came from all across the province to participate in the 36th annual provincial event that included slo-pitch, pickleball, cycling, swimming, track, predicted-time walk including Nordic pole walking as well as floor shuffleboard, carpet bowling, whist, bridge, cribbage, scrabble, wall darts, horseshoes, 5pin bowling, golf, bocce ball, snooker, 8-ball and arts & crafts.

The community hospitality was on full display as they hosted a win-ter component of the Manitoba 55 Plus Games with the successful introduction to Stick Curling as well as Ice Curling in March, 2018. The warm welcome to Glenboro-South Cypress involving sport venues in Glenboro, Carberry, Wawanesa and Spruce Woods Park was continued in June with this friendly competition and provincial sport for life celebration that was held over three full days (June 12-14, 2018).

"Our friendly community of Glenboro with the help of neighbouring communities and volunteers of all ages including many willing and able students from our local school pulled together to welcome older adults





Left: Ray Steen (Stonewall) shows Gold medal form in the Nordic Pole Walking (Predicted Walk). Ray was only 1 second off his predicted time. Now that's going at your own pace! Right: Finishing the Walk!

and provide a positive 55 Plus Games experience," says Bryan Mintenko, community economic development officer and recreation director. "It was great to see all the school students looking up to and cheering on the older adult athletes during the Games", adds Karyn Heidrick, Manitoba 55 Plus Games Coordinator. From "first timers" in the MB 55

Plus Games to Eva Harris, 92 years young (oldest female) in 5-pin bowling and Gerrit Hogeveen 91 years young (oldest male) in cribbage everyone had a great time in Glenboro. The Manitoba Liquor & Lotteries 55 Plus Games are open to Manitobans who are 55 years of age or older by December 31 in the year of the games. There is a wide range





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Continued on page 2





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Manitoba 55 Plus Games, cont'd from front page



Athletes high-five young students cheering them on at the Opening Ceremonies





Opening Ceremonies



Dedicated volunteers

of events offered with distinct age categories that ensure each event is fair and friendly by matching participants with others their age and experience.

While every participant signed up for the fun and friendships that accompany the annual Manitoba 55 Plus Games event, some will qualify through these Games to compete in the biennial Canada 55 Plus Games, which are being held in St John, New Brunswick from August 21-24, 2018. Lois Dudgeon, Manitoba representative on the Canada 55+ Games Society, who

will be coordinating Team Manitoba says, "We have a great group of people, who will represent Manitoba well in St John, New Brunswick. We hope to bring back a bunch of medals and to have many stories to share".

Looking ahead to next year, the Host responsibilities for the 2019 Manitoba 55 Plus Games were officially passed forward from the Municipality of Glenboro-South Cypress to Swan River, Manitoba. The Provincial Manitoba 55 Games Committee, a committee of the Active Living Coalition for Older Adults in

Manitoba will work in partnership with the Swan River Host Committee to plan and facilitate the 2019 Manitoba 55 Plus Games to be held in Swan River, Manitoba June 11-13, 2019.

For results of the 2018 Manitoba Liquor & Lotteries 55 Plus Games and more information on the 2019 Manitoba 55 Plus Games in Swan River contact the MB 55 Plus Games office at: 204-261-9257 or toll-free 1-855-261-9257, email: manitoba55plusgames@gmail.com or visit the ALCOA-MB website at www.alcoamb.org

See GAMES RESULTS on page 10

Canada 55+ Games heads to Saint John, NB August 21-24, 2018

This year, 88 Manitobans 55+ will be heading to the 2018 Canada 55+ Games in Saint John, New Brunswick, August 21-24, 2018, including 4 curling teams, 1 slopitch team, 1 hockey team, as well as 40+ individuals in events from 8-Ball & Darts to pickleball & golf.

(8-Ball - 3, Cards - 6, Darts - 1, Horseshoes - 1, Golf - 14, Pickleball - 8, Scrabble - 3, Track - 6.)

Like the Manitoba 55+ games, these are also all about FUN, Fitness & Friendship! Everyone is thrilled to be able to represent their province at the national level.

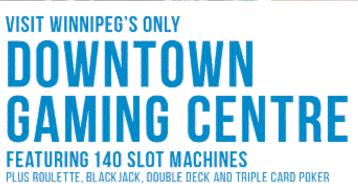
Coincidentally, the last time the Games were in New Brunswick in 2008, 88 participants had also attended the Canada Games.

More details will be published in the Aug. 1-28 edition of Senior Scope. Congratulations to those competing in the National Games!





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The Canadian economy needs 'older workers' but seniors should not hold their breath waiting for 'respect' By Roger Currie

I'll be turning 71 in a few days, and I'm pleased to be still working, in a rather different setting than was the case during most of my career as a broadcaster and writer. Most regular readers and CJNU listeners will know that my workplace is now a very pleasant home office, equipped with a lot of digital technology that didn't exist when I first called myself a 'journalist' back in 1970.

I am blessed to be able to continue doing stimulating work at a pace of my own choosing, with modest financial rewards that nicely supplement my retirement income. Many other members of the Boomer generation want to continue working because they must. Unresolved debts and inadequate savings for retirement mean that many of our generation continue to work full time to pay for housing and other basic necessities.

In September of 2016, the federal government through Employment and Social Development Canada, engaged Manitoba and other provinces to help develop strategies to more effectively integrate older workers into the Canadian economy. It has been a slow process, and safe to say that it's not about to displace the trade war with Donald Trump in the top priorities of Justin Trudeau and his cabinet.

It is interesting to see how workplace issues are continuing to evolve, especially on the prairies. Less than a decade ago we were hearing that there would soon be chronic shortages of both skilled and unskilled workers. The building trades, pharmacies and transportation were all warning that economic growth would be seriously curtailed by worker shortages. Before the price of oil and other resources fell dramatically, there were stories of fast food outlets in Alberta having to close as early as 7 in the evening because not enough people could be found to work behind the counter at Tim Horton's and McDonald's. Now, the federal-provincial working group on this issue declares ... *while widespread labour shortages* are not expected over the next five to ten years, skill shortages are expected



Dr. Greg Mason, economist

to increase in certain occupations, sectors and regions. Consequently, there is a need to increase the labour force participation of older individuals, and of other groups of Canadians, to support businesses, economic growth and continued improvement in Canada's standard of living".

To explore some of the possibilities for the future I turned to Dr. Greg Mason, a semi-retired economist who continues to teach at the University of Manitoba, as well as consulting. Speaking quite personally, Mason says "I have no intention of retiring until I'm forced to because of a personal health problem or some other unforeseen circumstance. The idea of working part-time and playing part-time is becoming more and more attractive for people of our generation".

However, while many Boomers achieved what was a very acceptable level of achievement in postsecondary education decades ago, their skills may not be all that appealing to the folks doing the hiring in 2018. Mason says this is particularly so if they have not kept up with computer skills and other realities of the 'digital age'. "I go into bookstores and see titles like Windows 10 for Seniors that make me want to puke. It's so patronizing. But regardless of how frustrated and fed up people get with Facebook, being able to use social media is only going to grow in importance" he says.

...while widespread labour shortages are not expected over the next five to ten years, skill shortages are expected to increase in certain occupations, sectors and regions. **Consequently, there** is a need to increase the labour force participation of older individuals, and of other groups of **Canadians, to support** businesses, economic growth and continued improvement in **Canada's standard** of living.

~ federal/provincial gov't.

At the same time, today's more enlightened employers should realize that older workers have a lot they can teach their younger colleagues about decorum and how to present themselves in a professional manner on social media.

The working group and others acknowledge that Ageism is one of the problems that older workers face in their efforts to stay active in the work force. We're talking about discrimination that often results from myths and stereotypes that prevent people from recognizing the valuable contribution that older workers can make when all of us are open to possibilities.

I will close by sharing a bit more about my own experience in trying to define myself as semi-retired. I look at lots of job postings which are mostly full time situations. In the area of marketing and communications, where much of my skill and interest lies, I make a point of tracking down the e-mail addresses of the people who are likely making the hiring decisions. I write to them saying"I am not looking for a full time job, but I believe I have skills that would prove valuable on short term projects. I attach samples of my efforts, including some of the writing I have done for Senior Scope. I regret to report that I almost never get even the most basic common *courtesy* reply. So, part of the advice that I pass along to others of my generation, be prepared to be ignored much of the time. **■**

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

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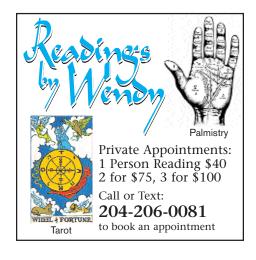
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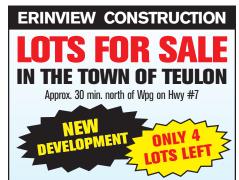
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Summer is here! What's the deal with the cottage?

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

Our last few articles have focused on specific client scenarios we've encountered within our client base; we have written them that way in order to help explain the methods and thought processes that could be applied, if applicable to our reader's situations. As we have always said, we are here to help.

Well this month we felt we would take a slightly different direction and speak about something in more general terms. As the weather is improving, and summer is finally here...many of us travel North or East to our "summer homes"...the family cottage. But with an ever aging population, there are more options in competition for our recreational dollars. We have changing priorities, and although as we age there are increasing health con-cerns, there is also the decreasing open health facilities debate to consider. In addition we have the rising price of cottages as a factor. With all these issues on the table some questions arise.

Do we as a family want to keep the cottage? Are the kids/grandkids interested in it? Does it hold the same emotional value as it always did, or is the idea behind it "shifting"?

The other questions becomes, if we were to sell it...who do we sell it to? Can they afford it? In many cases these properties have increased in value substantially, how do we access the equity if we need it for retirement? Is there a way to enjoy family time together, and sell or purchase properties jointly in order to ease the burden of both purchase and maintenance?

We have done some research into a couple of ideas and would like to use this month to showcase a few of the articles we have found that may very well begin providing an insight into the "new way of thinking". Brenda Bouw wrote an interesting article in the Globe and Mail on June 19th this year with the title: rented one for a couple more years. "It just made the itch worse," he says.

In August, 2016, he and his wife finally decided to purchase an allseason property on Six Mile Lake near Port Severn, Ont., with his parents, Margaret and Keith.

The 50-50 investment came with an agreement and a few rules: Mr. Warden's parents made the down payment, while he and his wife are responsible for paying the mortgage, taxes and other bills as well as managing the rental. The couple also receives the rental income. Both families pitch in to clean and maintain the property.

As for use, each family gets the cottage for one week a year, and it's rented out for the rest. When Mr. Warden's parents have cottage access, they extend an open invitation to the entire family to come and enjoy.

"My eventual goal is to, when I retire, sell my house and live there," Mr. Warden says, and then eventually pass it down to his children. "They love the water too. It will benefit them in the future. I want them to make memories there, too."

Maureen Reid, a branch manager at Meridian Credit Union in Penetanguishene, Ont., says the benefit of owning a cottage with a family member is that you're sharing the work and expenses – and you know the people you're sharing the space with. There can also be conflicts, which is why having an agreement to cover ownership, upkeep, cleaning and expenses is important. The Warden family has done it right, she says.

"What's important here is that they put some clear rules down," says Ms. Reid. "It's important to have that up front.

"Not only ogn they onion it now

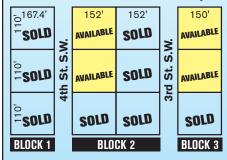
• Tenancy-in-common: Where more than one owner has an interest, but the interests don't need to be equal. For instance, two siblings could each own 25 per cent and a third sibling could own the remaining 50 per cent. When one sibling passes away, their portion can be distributed by their will to anyone they wish _ for example, their children. Alternatively, an owner could state in their will that they want their portion sold and the funds distributed to their heirs. Both arrangements can be tricky, and Ms. Sim recommends that the ultimate disposition of the cottage interests be set out as one of a number of provisions in a co-ownership agreement among the cottage owners that they sign when the property is purchased. Often, there would be a provision in the agreement that gives one or more of the surviving owners the first right to buy another's interest. Also, Ms. Sim notes that it's unlikely a non-relative would buy into a family cottage, which should also be a consideration when drawing up the agreement.

There should be rules around what happens if a family member wants out of the arrangement before any of the owners' passes away, Ms. Sim says. "A first right of refusal in favour of the other owners could be stated to apply to this situation as well," she says.

Mr. Warden says the arrangement with his family has been working well, due in part to the agreements they put in place from the start.

His advice for others is to set expectations up front, but also be a bit flexible with some of the overall aspects such as upkeep and usage, especially if it's family. "You have to be willing to give and take a little too," he says.

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The feud-free way to co-own a cottage with your family

Co-owning a cottage with family members usually happens through an inheritance, but for Stephen Warden and his parents, it was an intentional purchase.

Mr. Warden has always wanted a cottage of his own since visiting his grandparents' cottage as a kid. "I remember it like it was yesterday. I love the water. I could be on the water every day," says *Mr.* Warden, whose wife is also a cottage enthusiast, along with their two kids, ages 5 and 8.

Mr. Warden looked at cottages to buy for about five years and then "Not only can they enjoy it now ... but it can turn out to be an awesome investment, too."

Janet Sim, a partner and head of the trusts and estates group at Osler, Hoskin & Harcourt LLP, recommends families consider one of three main options when purchasing a property together:

- Have one owner, such as a brother or sister, who then has an arrangement with other family members on how and when they can use the property. The owner could then charge them a fee or a portion of the expenses, based on their use.
- Joint-tenancy: Where two or more family members (including spouses) own an equal interest in the property. When one owner passes away, the full ownership goes to the other owners equally (or, in the case of a couple, to the last surviving spouse).

The above article helps if you are in the market for a property or if you want to share ownership with your family members, but what if the simple idea of a cottage and time with the kids and grandchildren is the main appeal, but you don't want to tie up any of your assets with a purchase and maintaining another property simply goes against what you want to do with your new found "retirement freedom?"

Well, if that is the case how about renting one. Yes, that can be expensive, but compared to annual maintenance costs, mortgage payments and property taxes; is it really? And if you were going to rent, how is the best way to do it?

Continued on next page



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What's the deal with the cottage? cont'd from page 4

Katelynn Verstaten of the Toronto Star addressed this issue with tips within the article she published in the Toronto Star on September 6th 2017, her title is clear and precise:

How to save money on renting a cottage

As blissful as a trip to cottage country in summer or fall can be is, renting can be pricy.

The Star talked to Heather Bayer, CEO of the Ontario-based "CottageLINK Rental Management", for her top tips on how to get a great deal on renting a cottage, no matter the season.

- Go off-season: It's the simple rule of supply and demand, more people want to rent cottages in the peak months of July and August. If you're flexible with your vacation, consider renting after the Labour Day weekend to save money and have greater selection – although some deals can still be found in high-season.
- Book direct: People often think that renting via big listing sites such as "Airbnb" and "CanadaStays" is the best way to find a deal – but Bayer says a traveler fee of eight to 12 per cent is typically tacked on to your rental fee. To avoid this, consider booking directly with the owners or through a registered rental agency site.

"If you find the property that you're interested in on one of those large listing sites, do some research online and see if you can find the same property advertised somewhere else — possibly on an owner's personal website or an agency site," says Bayer. "You'll probably find it cheaper that way."

All official rental agencies in Ontario are required to be registered with the Travel Industry Council of Ontario (TICO), meaning renting through an agency offers essentially as much protection as the big listing sites. You can check who's registered on the TICO website. you. Bayer says many agencies advertise properties on the website when they're looking to get a renter on short notice.

"The caveat there is you don't have as much protection, so you have to be really careful to ensure that property is genuine," cautions Bayer. "If you want to protect yourself and protect your money [when you rent on sites like Kijiji] get on the phone with someone and talk to them and get that peace of mind that you're renting something that's as genuine as it seems to be online."

To avoid scams, call the owners and ask question only they would know (such as where the nearest gas station is or what there is to do in the area). Or search and see if you can find the property listed elsewhere online, such as on a private owner's site – and whatever you do, never wire money without verifying.

• Play nice: While it's all fine and dandy to want a discount when you're renting, avoid being aggressive about it. People looking for massive discounts – as much as 50 per cent – are marked as a red flag by Bayer's agency.

"If someone offers half price on a property that hasn't been rented yet that's usually a red flag to us to say we won't rent to you at all," she says. "It's a relationship business and we want to make sure that the guests get value for money and that the owners are properly recompensed for renting out their property."

A good guideline is don't nickel and dime: you might be able to get a discount by asking nicely about it, but aggression or extreme lowballing will get you nowhere.

The one final scenario, that did actually come up with a client this week is addressed in the final article from the Globe and Mail on October 27th 2017...

Reduce the sting of taxes

tions over the years, is \$250,000. If Jack simply gives the cottage to the kids today, he'll trigger the \$350,000 capital gain, which could cost him \$93,625 in taxes (in Ontario) in the year he makes the gift.

Page 5

"What if I sell the cottage to the kids for \$1? Will that reduce my taxes?" Jack asked. Unfortunately, selling at below fair market value is the worst thing he could do from a tax perspective. Suppose he did sell to the kids for \$1. In this case, he'd still be deemed to have sold the cottage for fair market value, so the \$93,625 tax bill would still arise. But the kids would have an adjusted cost base in the property of just \$1 in this example. So, if the kids sold the cottage later for its value of \$600,000, they would have a \$599,999 capital gain that could become taxable. But since Jack will have already paid tax on his \$350,000 capital gain, there's a double-tax problem here.

Here's a better idea: Jack can sell the cottage to the kids for its fair market value of \$600,000. The kids can pay for this by way of promissory notes (or a mortgage) that become due upon demand in the future. That is, Jack won't have a right to collect his sale proceeds in the year of the sale. In fact, Jack never intends to demand payment on the notes, and he'll simply forgive the notes at the time of his death. This way, the kids will not have to pay any cash to him.

When you sell an asset and realize a capital gain, but don't have a right to collect all your sale proceeds in the year of the sale, you can defer the tax on part of the capital gain until you do have a right to collect.

The caveat is that you must report at least one-fifth of the capital gain in the year of the sale, and in each of the subsequent four years.

The result? Jack can pay his \$93,625 tax bill over a five-year period (or at least \$18,725 a year).

The nuances

There are a few other points to keep



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 Get on a mailing list: Most rental agencies offer a mailing list where they regularly send out special offers — signing up can save you big money and give you top pick of the newest properties.

"We all take on new properties all the way through the summer, and the moment a property comes on board we want to get it rented," Bayer says, noting these new properties are often rented at a lower rate to get some rentals in them quickly.

If you're reticent to sign onto a mailing list, call agencies directly to ask about new rental properties available – or check out "special offers" pages on agency websites where discounted properties are often listed.

• Surf Kijiji if booking last minute? Kijiji could be just the website for

when making gifts

Now, whether it's the cottage or another asset, be aware that you could trigger a tax hit. How so? When you gift an asset, you're generally deemed to have sold it at fair market value (unless gifting to a spouse), which can create a tax bill if the asset has appreciated in value.

There's some help available. Rather than paying the tax all in one year, it's possible to pay it over a period as long as five years, leaving some of those tax dollars in your hands longer. This can be done using the "capital gains reserve" in our tax law.

The story

Jack Spratt owns a cottage and wants to give the property to his two adult children. The cottage is worth \$600,000 today. Jack's cost of the property, including some renovain mind:

- The capital gain can be spread over a period as long as 10 years if the property being transferred is a farming or fishing property, or the shares of a qualified small-business corporation.
- The reserve is not available to nonresidents, or where you subsequently become a non-resident after the asset transfer.
- If you choose to claim less than the maximum reserve available in one year, you can't play catch up and claim a larger reserve in a later year; you must pay tax on at least one-fifth of the capital gain every year until the full amount of tax due has been paid.
- You can't claim a reserve if you sell the asset to a corporation that you directly or indirectly control, a part-

Continued on page 7



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Photos courtesy the Manitoba Sports Hall of Fame

> ne of the greatest goaltenders in Manitoba hockey

history, Joe Daley, is part of the Manitoba Sports Hall of Fame Class of 2018.

The Manitoba Sports Hall of Fame has announced the class of athletes, builders, and one team that will be inducted into the Hall on Nov. 3, 2018, at the 39th annual induction ceremony at the Victoria Inn in Winnipeg.

This year's individual recipients in the Athlete category include swimmer Kirby Cote, speedskater Donna (McCannell) Keating, curler Jeff Stoughton basketball star Joey Vickery and Daley.

Born in Winnipeg, Daley played more than 100 NHL games with Pittsburgh, Buffalo and Detroit before coming back home to play for the World Hockey Association's Winnipeg Jets in the new outlaw World Hockey Association in 1972.

The All-Time WHA leader in games played (308) by a goaltender, in wins (167), and play-off wins (30), Daley was a three-time all-star and one of only two people to win the AVCO Cup three times in the seven years of the league's existence.

According to Joe, a personal high-light came in 1978 when the Jets became the first North American club team to beat the powerhouse Soviet National Team and Daley outplayed Hockey Hall of Famer Vladislav Tretiak for the victory.

Meanwhile, the Builder category is made up of a former president of the Canadian Handball Association Don Brownell and a boxing official who's a judge, jury member, and technical delegate and official for the International Boxing Association, Nieva Embuldeniya.

The only Manitoba ladies golf team to win the Canadian Ladies Amateur Team title rounds out this year's slate of inductees.

You've met Joe Daley, let's meet the rest of the Class of 2018 (Thanks to the Manitoba Sports Hall of Fame):



Joe Dalev todav



Jeff Stoughton

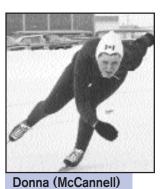
Don BROWNELL Handball/Builder:

Don Brownell is the first Hall of Fame builder to have spent his career in handball. Brownell served as a member of the World Handball Council during the mid-80s and was the co-chair of the fundraising committee of the 1997 World Championships, held in Winnipeg. Nationally, he also served as President of the Canadian Handball Association (CHA) and was inducted into the CHA Hall of Fame in 2009. Don Brownell passed away on May 13, 2015 and will be inducted posthumously.

Kirby COTE Swimming/Athlete:

Kirby Cote might be the greatest blind Paralympic swimmer in Canadian history. She competed in three Paralympic Games: In 2000 in Sydney she set two world records and won two gold and two silver medals; in 2004 in Athens she earned five gold and two more silver; and in 2008 in Beijing she added two more silver medals. She





Don Brownell



Keating

1962 Manitoba Ladies Golf Team. From left to right, Marg Homenuik, Hether Telfer, Ann Tachan and Marlene Netterfield

Nieva Embuldeniya



Nieva EMBULDENIYA **Boxing/Builder:**

Joey Vickery

Nieva Embuldeniya immigrated to Canada from the Philippines in 1974 and began to judge amateur boxing in 1986, joining her late husband Herb (inducted into the Hall in 1999 as a Boxing Builder) in pursuing the family passion. In the decades that followed, she officiated at numerous international tournaments, the 1999 Pan Am Games in Winnipeg and the 2012 Olympics in London. A National Boxing Judge in Canada from 1986-97, she is now a certified AIBA Judge, Jury Member, Technical Delegate and Technical Official who served as Chair of the AIBA Women's Commission in 2014.



Donna (McCANNELL) KEATING Speed Skating/Athlete:

A seven-time national speed skating champion in juvenile, junior, intermediate and senior competition throughout the 1960s and early 70s, Donna Keating (nee McCannell) dominated the ice for almost a decade. She won a bronze medal in the 3000-metres at the first Canada Winter Games in 1967 in Quebec City. She also competed for Canada at the 1972 Winter Olympics in Sapporo, Japan. She

Continued on page 8

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August 14-30, 2018



What's the deal with the cottage?

cont'd from page 5

nership of which you're a majority interest partner, or in certain other cases where you sell to "affiliated" taxpayers (your kids are not "affiliated" with you under our tax law). You can't claim a reserve on a

 You can't claim a reserve on a capital gain arising in the year of your death.

Our articles are meant to be thought provoking. Many of us place a lot of time, effort and money into our secondary homes. Two of the questions we could ask ourselves are, "Is this appropriate?" "Has the time come for re-examina-tion of these practices?" This article will be followed by others detailing some pros and cons of cottage ownership. We will also address some of the "I never thought of that!" What it's like having part of our life outside of the perimeter and what that may mean for us. As for governance, what happens in land areas where governance is different than Winnipeg? What you may need to know. We will also talk about how much money is tied up in cottages and cottage toys and is it at risk?

There's a lot to think about and consider when a family either owns, rents or wants to purchase or gift the traditional "Manitoban Summer Residence". Travelling to the cottage has been engrained in our culture for decades and emotions are always involved. As a practice we are here to help with the mathematics and the insight into what is possible.

If this or past articles have started a thought process for you, or if you have questions on other concerns regarding your wealth, please don't hesitate to contact us.

We have recently changed locations and are now at **200-1605 Regent Ave West**, but our phone numbers and emails have remained the same.

Looking forward to hearing from you, have an amazing summer, enjoy the weather but above all stay safe!

SHIRLEY HILL CFP, RRC CONSULTANT Executive Financial Consultant Shirley Hill & Associates Private Wealth Management

.....

200-1605 Regent Ave. West, Winnipeg 204-257-9100 Toll Free: 855-459-9744 hill.associates@igprivatewealth.com



Manitoba Churches -Church of the Holy Resurrection Russian Orthodox

Tyrrell Mendis has photographed more than 700 places of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage. His travelling exhibition of 48 pieces, **Testaments of Faith**, Manitoba's Heritage Churches is now available for booking. If you would like a particular church featured in **Senior Scope**, or would like to make a booking for his exhibition, email Tyrrell Mendis at **tymendis@shaw.ca**.

The church was designed by Archbishop Vladyka Arseny and built by Russian and Ukrainian parishioners. Of the four remaining Russian Orthodox churches it was the largest, and perhaps the most attractive. The unique features were its three domes of different shapes, sizes and heights, and the bell tower as part of the church.

The church was one of three major structures of the mission: the others being an orphanage and a monastery/seminary. Together with the seminary it was the place for celebrations that included street processions and pilgrimages.

When regular church services were discontinued in the mid 1980s, the church was cared for over several years by a vol-

unteer. But after it was vandalised in 2003 the church's demolition became a serious consideration.

However, a restoration project was initiated by Montreal-born Dorothy (Dot) Connelly, a new resident of Sifton, and Katya Szalasznyj of Saskatoon. Their efforts attracted wide support includ-

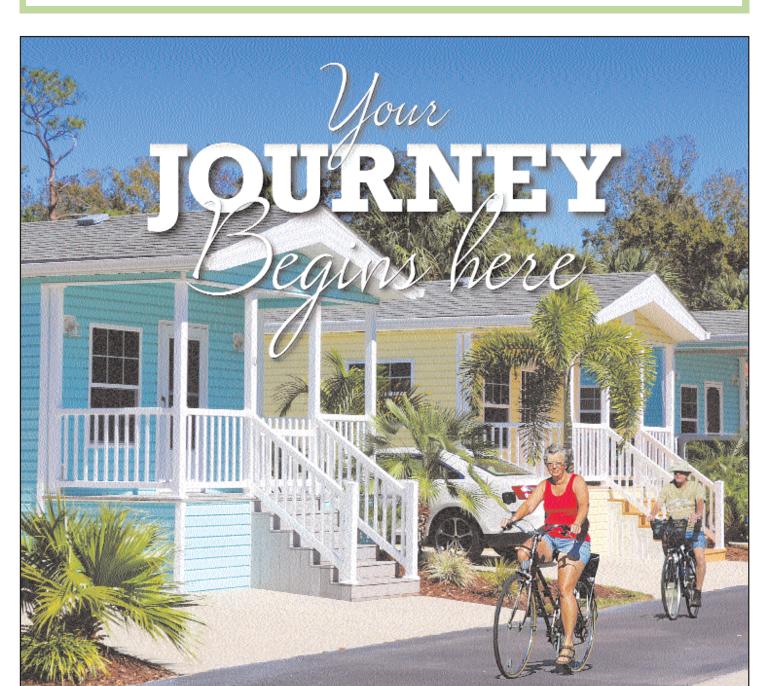
1926 - Sifton, Manitoba Church of the Holy Resurrection Russian Orthodox Photograph by Tyrrell Mendis - 1987



ing from the Orthodox Church of Canada. Ultimately the restoration became part of the Manitoba Prairie Churches Project, a joint venture of the Thomas Sill Foundation, the J. M. Kaplan Fund (of New York) and the Manitoba Historic Resources Branch.

The annual summer service and pilgrimage were reinstated in 2004. The church received a visit and personal blessing from His Grace, Seraphim, Bishop of Ottawa and Archdiocese of Canada. The Bishop Arseny Archives in Saskatoon loaned valuable artifacts and publications for a museum in the church. By the summer of 2010 all major restoration – including moving off and then re-placing the building on its new foundation – had been completed.

On the night of Wednesday, September 8th 2010, the church and its contents were completely destroyed by a fire of unknown origin. A Russian (Orthodox) cross now stands where the church once stood.



This is a general source of information only. It is not intended to provide personalized tax, legal or investment advice, and is not intended as a solicitation to purchase securities. Shirley Hill is solely responsible for its content. For more information on this topic or any other financial matter, please contact an Investors Group Consultant.

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urrie's Corner

By Roger Currie

I have always had fairly lofty thoughts about the birthday of this place called Canada, perhaps in part because it falls a

mere eight days in advance of my own birthday. I regret that I have never done the July 1st thing on Parliament Hill, and chances are now that it just won't happen in my life, and I'm fine with that. My best personal July 1st memory relates to 1967. I was turning 20, and the

How many times have we heard the familiar phrase .. "It's about the economy stupid" when politicians are trying to get people to mark an X beside their name. The phrase is believed to have originated with James Carville, the tall bald guy who helped get Bill Clinton elected to the White House in 1992.

Apparently Barack Obama also liked it, and kept it close to his eyeballs when he was on the campaign trail 16 years later. Chances are it's

Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio

Canada - strong and free

country was 100 years old. As a family, we raised the red maple leaf on the shore of Lake of the Woods, and sang loudly about "all our sons command".

In his great Centennial song, Saskatchewan's Bobby Gimby made passing reference to "now we are 20 million". In 2018, we're now 37 million. On this enormous land mass, we didn't even manage to double our population in half a century. I have no desire to open up the whole ball of wax about immigra-

folks on the *left*. Despite that, you

would have thought that it would

also be a favoured mantra for

Donald Trump, whose name once

appeared on a blockbuster best-

as a graduate of the prestigious

Wharton School of Business in

Pennsylvania, assuming that was

not part of the fake news. The man

is a billionaire, something that used

The 45th U.S. President is listed

seller called "The Art of the Deal".

tion and refugees but don't those numbers strike you as a bit strange? Across the good ship Earth right now, there are something like 68 million refugees, and millions more who are forced to stay where they are, and live in constant fear every single day.

For many reasons, we cannot simply throw open our borders and say "Come on in" to the poor and huddled masses. But we could and should do better. There was a time when Canadians might proudly

About the economy a slogan that is near and dear to

to mean that a person was very very smart, but that's no longer necessarily so in 2018.

I barely received a passing grade in Economics 120 at the University of Manitoba back when dinosaurs roamed the earth. A quick read of the business news tells me that the North American economy has been doing really well for quite a while. We also know that the best way to maintain and even enhance prosperity in both Canada and the U.S.

describe themselves as 'global citizens'. Thanks to the efforts of people like Lester Pearson, our soldiers put on the blue beret of the United Nations and showed the world how peacekeeping might make things better and safer in trouble spots like Cyprus and the Middle East .

I'm afraid there's nothing very safe about that war zone called Mali where 250 of our men and women will soon be deployed. Hopefully they will come home safe, and make all of us proud. ■

is through strong international trading relationships.

Has Donald Trump found a better way? If not, then why is he doing his best to destroy the trading ties between America and just about everyone else?

Oh, I forgot. He is holding on to the relationship with Russia. Does any of this make sense?

Keep cool and enjoy the summer.

The BUZZ (Manitoba Sports Hall inductees), cont'd from page 6

will soon join her late father Donald McCannell (2001) and her sister Doreen (McCannell) Botterill (1995) as Manitoba Sports Hall of Fame inducted members for the sport of speed skating.

204-344-5675

Jeff STOUGHTON **Curling/Athlete:**

Born in Winnipeg, Jeff Stoughton is arguably Manitoba's greatest male curler. On the international stage he skipped his teams to gold (1996 and 2011) and silver (1999)at the World Championships. From



1991 to 2014 Stoughton dominated within Manitoba, winning 11 of the 12 finals in which he appeared. In addition, he won four Manitoba Mixed titles in the 80s and 90s. He was inducted into the Manitoba Curling Hall of Fame on four occasions and recently coached Kaitlyn Lawes and John Morris to Olympic gold in Mixed Doubles in Pyeong-Chang, South Korea.

Joey VICKERY Basketball/Athlete:

Also Winnipeg-born, Joey Vickery's basketball career has been as long as it has been impressive. A master of the three point shot, Vickery first enjoyed success at Brandon University as a three-time CIAU national champion and MVP in 1989. He competed for Canada twice at the World Student Games, winning a silver medal in 1991. He also competed at the 1994 World Championships. He went to Europe to play professionally in 1996 and his pro career has taken him to five different countries. Currently living in Austria and playing with the Mattersburg Rocks, he was inducted into the Manitoba Basketball Hall of Fame in 2005.

1962 Manitoba Ladies Golf Team Golf/Team:

With a team score of 485, Manitoba defeated BC by 10 shots to win the 1962 Canadian Ladies' Amateur Golf Championship. The team became the first and only Manitoba team to win the Canadian Ladies Amateur Team title.

"This year's class of athletes, builders, and one team who will join Manitoba's finest in sport later this year, is exceptional," said Jamie Kraemer, Chair of the Manitoba Sports Hall of Fame's Board of Directors. "The collective contributions to sport in Manitoba, on the national and international stages are truly outstanding. We strive to collect, preserve, celebrate, and showcase the history and heritage of sport excellence and achievement, and these eight recipients have earned their rightful place in Manitoba's sport history."

Tickets for the induction dinner are on sale now. Ticket and event information can be found at: **sport** manitoba.ca/induction-ceremony or by calling Rick Brownlee, Sport Manitoba's Sport Heritage Manager, at **204-925-5̂736**. ■

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The hardest part of collecting is getting started. Canada's 150th

birthday brought a lot of different

coins into circulation; a different 5¢, 10¢, 25¢, a loonie with a new obverse and a toonie that is coloured and glows in the dark. This was the first glow in the dark coin minted for circulation any-where in the world. These coins can

You can start with 5¢, 10¢, or

25¢ coins, which are still available

in change. My favourites are the

25¢. There are so many different

coins that represent times in our

An example of 25¢ that are different

The Canadian 25¢ for the Canada

125 program consisted of 12

provinces and territories, one released

still be found in change.

history.

are 1973 RCMP.

per month.



In 2000, 12 more coins were

In 2002, a new 25¢ was issued

In 2004, the first coloured 25¢ Poppy and the St. Croix coins were

Alberta and Saskatchewan and the

issued reflecting the make up of

Canadians, one being issued every

month.

issued.

for Canada Day.

year of the Veterans.

In 2006, Breast Cancer and Bravery coins were issued.



had coins issued in 2007, 2008 and



2 more 25¢ Poppy coins, both coloured.



In 2011, three coins commemorating the bison, the whale, and the falcon came out, both plain and coloured.

In 2012, the war of `1812 was commemorated with both plain and coloured issues of Chief Tecumseh, General Sir Isaac Brock, and Laura Secord.

In 2013, 2 coins for the arctic expedition were minted and 2 for Life in the North.

In 2015, a Canadian Flag, plain and coloured, were minted and a beautiful Poppy 25¢.



In 2017, a 25¢ for the Stanley Cup and the Canada Hope for a Green Future was issued for the 150th celebration.



These coins can really keep a collector busy for a long time. I have not yet mentioned the loonies and toonies which will appear in the next installment.

Plan to visit us at our **Coin Show**, September 29th and 30th, at the Sunova Centre, West St. Paul, MB.

For info, please call Barré Hall: 204-296-6498.

Happy Hunting!

~ Metro

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The millennium issue 1999 featured one coin for every month.



The 2010 Vancouver Winter Games 2009, 3 being coloured.



The years 2008 and 2010 showed



In 2005, a coin commemorating







2018 Manitoba Liquor and Lotteries 55 Plus Games of Results Summary



Page 10



Acciniboing

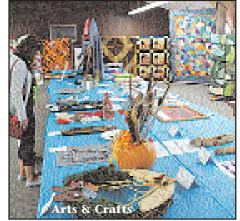
8 Ball

Diotor Bonoo

<u>55+</u>

Golo





There were approx. 850 participants and over 1050+ entries! (Including 13 slo-pitch teams)

Name or Team Event Region 1 km Predicted Nordic Walk Gold Steen, Raymond Interlake Mitchell, Lorelie Silver Westman Klassen, Sandra Bronze Eastman 3 km Predicted Walk/Run Spiring, Britta Gold Assiniboine Park/ Fort Garry Reavie, Cheryl Silver Parkland Bronze Heidrick, Wendy Fort Garry/ Assiniboia **16km Predicted Cycle** Gold Jones, Norma City Centre Silver Hansen, Bob City Centre Bronze Moore, Bob Westman 5 Pin Bowling Singles Women 55+ MARION SINGLE Central Plains Gold SHARON PROST Westman Silver Bronze SHIRLEY CHUBEY Eastman Women 65+ Gold OLESIA KALINOWICH Parkland Silver BEV VANDAMME Parkland Bronze RHONDA VAUDRY Westman Women 75+ JEAN YASINSKI EK/Transcona Gold Silver VICKY BEYKO Parkland DONNA GARLAND Westman Bronze Women 85+ GRACE JONES Westman Gold Silver **EVA HARRIS** EK/Transcona Men 55+ DES MURRAY Westman Gold JERRY SKRABEK Ek/Transcona Silver BERNIE KIELICH Eastman Bronze Men 65+ HARVEY VAN DAMME Parkland Gold FRANK AARTS Silver Westman JAKE ENNS Westman Bronze <u>Men 75+</u> FRANK REIMER Eastman Gold Silver MARRIS BOS Central Plains Bronze NESTOR KALINOWICH Parkland Men 85+ HARRY DOERKSEN EK/Transcona Gold LEO LANSARD EK/Transcona Silver MELVIN OSWALD Westman Bronze

5 Pin Bowling Team

55+ Mixed			
Gold	Carberry 1	Westman	
Silver	OK Gals	Westman	
-			

Gold	Dieter Bonas	Assiniboine	
		Park/Fort Garry	
Silver	Rheal Simon	Pembina Valley	
Bronze	Guy Jolicoeur	Eastman	
<u>70+</u>			
Gold	Alfred Zastre	Parkland	
Silver	Denis Gaudet	St. Boniface/St. Vital	
Bronze	Leon Martens	Westman	
Arts and	Crafts - Best in S	how medals	
Gold	Ron Cruickshank	Westman	
	(Woodworking)		
Silver	Jessie Tiessen	Eastman	
	(Fine Arts-Painting)		
Bronze	Bob Hansen	City Centre	
	(Whittled Pieces)	,	
Bocce Ba		D. L. VII	
Gold	Thomas George	Pembina Valley	
Silver	Al Lenius	EK/Transcona	
Bronze	Mary George	Pembina Valley	
18 Hole	Golf Gross		
Women 5	<u>5+</u>		
Gold	Hill, Betty Jean	Westman	
Women 6	<u>5+</u>		
Gold	Leckie, Sharon	Central Plains	
Silver	Dyck, Tammy	Pembina Valley	
Bronze	Carriere, Joy	Interlake	
Women 7	' <u>5+</u>		
Gold	Chant, Lorraine	Central Plains	
Silver	Erlendson, Margaret	Eastman	
Women 8			
Gold	Marks, Ann	St. James/Assiniboia	
Silver	Archibald Gwen	Westman	
Men 55+			
Gold	Zeghers, Donald	Westman	
Men 65+	0,		
Gold	Erickson, John	Norman West	
Silver	MacLennan, Kerry	Central Plains	
Bronze	Young, Bill	Westman	
Men 75+	1041.g, 2		
Gold	Gautron, Arthur	Central Plains	
Silver	Elliot, Ivan	Westman	
Bronze	Thompson, Cliff	Eastman	
Men 80+	mompoon, onn	Lastman	
Gold	Henderson, Garry	Central Plains	
Silver	McCullough, Charlie		
Bronze	Porada, Frank	Westman	
DIGHZe	r oraua, r rank	VVGSUIIAII	
9 Hole Golf			
Women 5			
Gold	Hill, Betty Jean	Westman	
Cilver	Durdene en la la	Development Vellers	

	<u>Men 65+</u> Gold Silver Bronze	Blain, Robert Deonarine, Dan Buchanan, Grant	Westmar Parkland Norman	
	<u>Men 75+</u>	<u>.</u>		
	Gold	Strand, Ken		s/Assiniboia
	Silver Bronze	Thompson, Cliff Ticknor, Jim	Eastman Eastman	
ıl	Men 80+		Eastman	
	Gold	Lowry, Ron	Pembina	Valley
	Silver	Porada, Frank	Westmar	-
	Bronze	Young, Elymer	Pembina	Valley
	18 Hole	Golf Net		
	Women {		_	
	Gold <u>Women (</u>	Klassen, Sandra	Eastman	
	Gold	Bjarnson, Pat	Westmar	ı
	Silver	Young, Wendy	Westmar	
	Bronze	Martin, Lana	Westmar	ı
	<u>Men 55+</u> Gold		Mastmar	
	Men 65+	Zeghers, Donald -	Westmar	I
	Gold	Larson, Ole	Westmar	ı
	Silver	Blain, Robert	Westmar	ı
	Bronze <u>Men 75+</u>	Deonarine, Dan	Parkland	
	Gold	Ticknor, Jim	Eastman	
	Silver	Gautron, Arthur	Central F	
	Bronze <u>Men 80+</u>	Cain, Dennis	Norman	West
	Gold	Boileau, Vincent	St. Bonifa	ace/St. Vital
	Silver	Porada, Frank	Westmar	
	Carpet E	Powling		
a	Gold	Murray/Bretecher/L	eGall	Parkland
	Silver	Vercaigne/Breemer		Westman
	Bronze	Guillas/LeGall/Mor	ley	Parkland
	Cribbag	e		
	Cribbage			
	Gold	Blair Rutter	St. Bonifa	ace/St. Vital
	Silver	Marilyn Prince	Parkland	
	Bronze	Arnie McNee	Central F	lains
	<u>Cribbage</u>			
	Gold	Chenier/Chenier	Eastman	
	Silver	Human/Knott	Central F	lains
	Bronze	LeGall/Bretecher	Parkland	
	Contrac	t Bridge		
	Gold	Marcon/Dell	Pembina	
	Silver	Bridgeman/Carter		
	Bronze	Brisson/Brisson	Pembina	Valley
	Dunkard	Duidas		

ibbay	ibbage				
ribbage	ibbage Singles				
old	Blair Rutter	St. Boniface/St. Vital			
lver	Marilyn Prince	Parkland			
onze	Arnie McNee	Central Plains			
ribbage	ibbage Pairs				
old	Chenier/Chenier	Eastman			
lver	Human/Knott	Central Plains			
onze	LeGall/Bretecher	Parkland			

Duplicate Bridge

Gold Nakonechny/Agnew Pembina Valley Marcon/D a Va

<u>70+</u> Gold Laird/Hughson Interlake Gord & Wendy Irwin **Central Plains** Silver Wikdahl/Jopka Bronze Assiniboine Park/Fort Garry Horseshoes <u>Women</u> Clairmont, Iris Gold Assiniboine Park/Fort Garry Eastman Silver Thiessen, Agnes Plette, Mary Anne Bronze Pembina Valley Men Nelson, Barry Gold Westman Silver Clairmont. Alf Assiniboine Park/Fort Garry Bronze Hall, Ron St. Boniface/St. Vital Pickleball <u>55+</u> Women's Doubles 3.0 Last/Granger **Central Plains** Gold Nay/Jeffrey Westman Silver McNarry/Heath Bronze Westman Women's Doubles 3.5 Bergson/Reid Interlake Gold Schlamb/St.Godard Silver Park/Aronec Bronze EK/Transcona <u>65+</u> Women's Doubles 3.0 Cain/Pierson Norman West Gold Silver Kitching/Keys Westman 55+ Men's Doubles 3.0 Cancade/Winger Gold Westman Keeble/Ross Silver Westman Ellenor/Berscheid Norman West Bronze Men's Doubles 3.5 Gold Willms/Piche Westman Silver Gerry/Larry Falk Pembina Valley Bronze Westman Parobec/Kufley 65+ Men's Doubles 3.0 Gold Hildebrand/Victor Pembina Valley Silver McCullough/Brown EK/Transcona Maryniuk/Shewchuk Westman Bronze Men's Doubles 3.5 Bothe/Richmond Eastman Gold Silver Goertzen/Giesbrecht Pembina Valley Zelinski/McAvoy EK/Transcona Bronze <u>75+</u> Men's Doubles 3.0 Terry/Larry Ladyman St. James/Assiniboia Gold Stevens/Munro St. Boniface/St. Vital Silve Pickleball Mixed

55+

St. Boniface/St. Vital

Bronze	Plumas Pin Pals	Central Plains	Bronze
65+ Mixe	ed		<u>Wome</u>
Gold	Carberry 2	Westman	Gold
Silver	Parkland	Parkland	Silver
Bronze	Hot Shots	Westman	Bronze
75+ Mixe	<u>ed</u>		Wome
Gold	EK/Transcona	EK/Transcona	Gold
Silver	Blumenort	Eastman	Wome
Bronze	Strike Force	Parkland	Gold

Bronze	Guilivan, Lori	EK/ Iranscona
Women	<u>65+</u>	
Gold	Dyck, Tammy	Pembina Valley
Silver	Laycock, Carol	Parkland
Bronze	Martens, Angela	Westman
Women	75+	
Gold	Erlendson, Margaret	Eastman
Women	80+	
Gold	Archibald, Gwen	Westman

Dudgeon, Lois

Oliver	Marcon/ Den	i embina valley
Bronze	Bridgeman/Carter	Central Plains

Floor Shuffleboard

55+	

Gold	Zamzow/Meaden	Parkland
Silver	Jim & Noreen Coates	Westman
Bronze	Pete & Julie Neustaeter	Eastman

Ivilxed Do	<u>ubles 3.0</u>	
Gold	Jeff/Lorrie Wooster	Pembina Valley
Silver	Chapman/Evans	Westman
Bronze	Heath/Quigley	Westman
Mixed Do	ubles 3.5	
Gold	Henry/Reid	Interlake
Silver	Torbiak/Piche	Assiniboine
		Park/Fort Garry
Bronze	St. Godard/Wilms	St. Boniface/St. Vita



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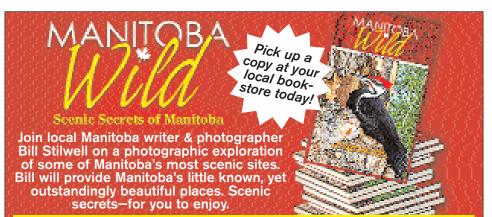
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Parkland

Eastman

Westman

EK/Transcona

Park/Fort Garry

St. Boniface/St. Vital

Photos by Karyn Heidrick

<u>65+</u> Mixed Doubles 3.0 Art/Leslie McAvoy EK/Transcona Gold Miller/Reavie Silver Bronze Shirley/ Geoff McCullough Mixed Doubles 3.5 Shields/Lodewyks Assiniboine Gold Pat/Chris Bothe Silver

Young/Jeffery

Bronze

Scrabble Gold Blair Rutter

Silver Linda Pearn St. Boniface/St. Vital Debby Lee Westman Bronze

Slo-Pitch

Division 1 Southwest Maulers Gold Silver Charleswood Primetime Bronze Coyotes Division 2 Swan Valley Silver Fox Gold Silver Tri Clad Bronze Portage Division 3 Westlake Brewers Gold Lee River Harvesters Silver St. James Ichabods Bronze

Snooker

<u>55+</u>

Gold	Dieter Bonas	Assiniboine Park/Fort Garry
Silver	Rheal Simon	Pembina Valley
Bronze <u>70+</u>	Stuart Ganske	Pembina Valley
Gold	Leon Martens	Westman
Silver	Denis Gaudet	St. Boniface/St. Vital
Bronze	Alfred Zastre	Parkland
Snooke	r – team	
<u>55+</u>		
Gold	Bonas/Jolicoeur	Assiniboine Park/Fort Garry
Silver	Simon/Ganske	Pembina Valley
Bronze	MacGregor/Case	Westman
<u>70+</u>		
Gold	Martens/Pantel	Westman
Silver	Gaudet/Thorimbert	St. Boniface/St. Vital
Bronze	Mark/Challis	Assiniboine
C	·	Park/Fort Garry
Swimmi	55+ Women	
Gold	Carter, Tanis	Westman
Silver	Steen, Judy	Interlake
Bronze	Jones, Norma	City Centre
	, o mia	







200m Gold Gomph, Larry Westman

Eastman

Eastman

Eastman

400m Gold Beal, Albert

800m Gold Beal, Albert

1500m Gold Beal, Albert

4 G Fastman S Interlake В 8 Interlake G S Westman В 1 Pembina Valley G Norman West S 3 G Westman Interlake M 1 G 2 Eastman Interlake G S <u>4</u> Westman G City Centre 8

100 Free 65+ Men Boulding, Paul Fastman Steen, Raymond Interlake

Predicted Swim 200m Cain, Cherlyn Norman West Steen, Judy Interlake Steen, Raymond Interlake

50 Free 65+ Men

50 Breast 55+ Women

50 Breast 65+ Women

50 Back 55+ Women

50 Back 65+ Men

100 Free 55+ Women

Gold

Silver

Bronze

Boulding, Paul

Steen, Judy

Carter, Tanis

Rietze, Lori

Cain, Cherlyn

Carter, Tanis

Steen, Judy

Boulding, Paul

Carter, Tanis

Jones, Norma

Steen, Raymond

Steen, Raymond

Track <u>Men 55+</u> 100m	:	
Gold	McMahon, Shawn	Norman West
Silver	'	St. James/Assiniboia
<u>200m</u>	0	
Gold	Singh Sidhu, Kaur	St. James/Assiniboia
<u>400m</u>		
Gold	Singh Sidhu, Kaur	St. James/Assiniboia
Silver	Flett, Gordon	St. Boniface/St. Vital
Bronze	Hansen, Bob	City Centre
<u>800m</u>		
Gold	Flett, Gordon	St. Boniface/St. Vital
Silver	McMahon, Shawn	Norman West
<u>1500m</u>		
Gold	Flett, Gordon	St. Boniface/St. Vital
Silver	Hansen, Bob	City Centre
Bronze	McMahon, Shawn	Norman West
<u>3000m</u>		
Gold	Flett, Gordon	St. Boniface/St. Vital
Silver	McMahon, Shawn	Norman West

Women 60+

<u>400m</u> Gold Silver Bronze	Jones, Norma Chilboyko, Bev Duckworth, Heather	City Centre Interlake St. Boniface/St. Vital		
<u>800m</u> Gold Silver Bronze 1500m	Jones, Norma Duckworth, Heather Jolicoeur, Bettiane	City Centre St. Boniface/St. Vital Eastman		
Gold Silver 3000m	Duckworth, Heather Chilboyko, Bev	St. Boniface/St. Vital Interlake		
Gold	Duckworth, Heather	St. Boniface/St. Vital		
<u>Men 60+</u>				
<u>100m</u> Gold <u>200m</u>	Ellenor, Eric	Norman West		
Gold Silver	Hill, Douglas Ellenor, Eric	St. James/Assiniboia Norman West		
<u>400m</u> Gold	Ellenor, Eric	Norman West		
800m Gold Silver	Anseeuw, Willie Hill, Douglas	Pembina Valley St. James/Assiniboia		
<u>1500m</u> Gold Silver <u>3000m</u>	Anseeuw, Willie Hill, Douglas	Pembina Valley St. James/Assiniboia		
Gold	Anseeuw, Willie	Pembina Valley		
Women 6	<u>35+</u>			
<u>100m</u> Gold <u>400m</u>	McMahon, Nancy	Norman West		
Gold	Embree, Joanne	Assiniboine Park/Fort Garry		
<u>800m</u> Gold	Embree, Joanne	Assiniboine Park/Fort Garry		
Silver <u>1500m</u>	McMahon, Nancy	Norman West		
Gold Silver	Gamey, Muriel Embree, Joanne	Westman Assiniboine Park/Fort Garry		
Bronze <u>3000m</u>	McMahon, Nancy	Norman West		
Gold Silver	Gamey, Muriel Embree, Joanne	Westman Assiniboine		
Bronze	McMahon, Nancy	Park/Fort Garry Norman West		
<u>Men 65+</u> <u>100m</u> Go	old Steen, Raymond			

3000m Gold Beal, Albert Eastman Women 75+ 100m Gold Masson, Carol City Centre 200m Gold Masson, Carol City Centre 400m Gold Masson, Carol City Centre St. Boniface/St. Vital Silver Usick, Olga 800m Gold Usick, Olga St. Boniface/St. Vital 3000m Gold Usick, Olga St. Boniface/St. Vital Men 80+ 100m Gold Fraser, Doug Pembina Valley 200m Gold Fraser, Doug Pembina Valley Women 80+ 100m Gold Jacobson, Juliette Assiniboine Park/Fort Garry 200m Gold Jacobson, Juliette Assiniboine Park/Fort Garry 400m Gold Jacobson, Juliette Assiniboine Park/Fort Garry 800m Gold Jacobson, Juliette Assiniboine Park/Fort Garry Wall Darts Men Gold George, Thomas Pembina Valley Silver Clairmont, Alf Assiniboine Park/Fort Garry Bronze Clairmont, Rob Assiniboine Park/Fort Garry <u>Women</u> Gold Paradoski, Debby Interlake Silver Clairmont, Iris Assiniboine Park/Fort Garry Bronze Norman West Erickson, Nellie Whist Gold Gamache/Sweetman Parkland Silver Bretecher/Legal Parkland Bronze Guillas/Guillas Parkland



50 Free 65+ Women

Gold Rietze, Lori Silver Cain, Cherlyn

Pembina Valley Norman West

<u>100m</u>		
Gold	Klassen, Sandra	Eastman
Silver	Jones, Norma	City Centre
Bronze	Chilboyko, Bev	Interlake
<u>200m</u>		
Gold	Jones, Norma	City Centre
Silver	Chilboyko, Bev	Interlake
Bronze	Everton, Monique	St. Boniface/St. Vital

400m Gold Steen, Raymond Interlake 800m Gold Steen, Raymond Inter

200m Gold Steen, Raymond Interlake

Women 70+

100m Gold Cain, Cherlyn Norman West 200m Gold Cain, Cherlyn Norman West 1500m Gold Cain, Cherlyn Norman West

<u>Men 70+</u> 100m Gold Gomph, Larry Westman





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Sri Lankan 55+ Group - Second Annual General Meeting

Submitted by Senaka Samarasinghe



Sri Lankan 55+ Group conducted its second AGM at Elwick Community Centre on Sunday, June 17th, 2018 at 11.00 am with a participation of twenty members. The main agenda item was to elect committee members. Members present were unanimously elected as the committee. Elected committee members are: President Daya, Vice President Senaka, Secretary Ismath, Treasurer Felix, Members Peter, Sumana, Upali, Elian and Hemasiri.



The food committee arranged a potluck lunch for all participants. The recreation committee arranged board games such as draughts, and Snakes & Ladders, played after lunch. Members were not interested in iPhone and laptop games.

Finalized two events selected for spring and summer - namely a oneday picnic at a park and a fund raising event on Sri Lankan food - cooking demonstration. ■

Travel / Leisure / Activities

Have an event or tourist destination? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.



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Temple Gardens in Moose Jaw

& Manitou Springs at Watrous

September 16-20th \$599.00 pp dbl occ.



IN WINNIPEG

MISC EVENTS

Things To Do

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**

Art from the Attic - Grands 'n' More Winnipeg has volunteers standing by to take calls for donations. Beginning June 1, volunteers will pick up any art donations. Also, 2 drop off sites. Giant Art Sale, Sun. Sept. 30, 10:30 am-4 pm, at Norwood Community Centre, 87 Walmer St. off St. Mary's Rd. All proceeds go to the Grandmothers to Grandmothers Campaign, part of the Stephen Lewis Foundation. Info: **204-599-8787** or email: gnmAFTA@gmail.com

Forum Art Centre - Summer art classes, 5 wks, started Jun.25, fo adults/teens in evening; One week art camp thru Aug. At 120 Eugenie St. Call 204-235-1069 or visit www.forumartcentre.com/classes/

SALES/MARKETS/SHOPS

Nearly New Shop of the Children's Hospital Guild of MB - 961 Portage Ave. Hrs: Mon-Sat, 10 am-4 pm. SUMMER SALE - 50% OFF Clothes, Purses, Belts, Shoes. Run by volunteers. 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

MUSIC

Discover Modern Square Dancing -For young and old. For couples & singles. It keeps you Young & Fit. Meet new peo-ple. (Inexpensive). Starts Sept. 10, 7 pm. 3 Free sessions for Beginners. At the Norberry-Glenlee Comm. Centre. St Vital, 26 Molgate Ave. Call Kerry **204-663-0646** for more info for more info.

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

Bowls Manitoba - Lawn Bowling Open Houses at 1212 Dakota St.: Wed. Jun. 13, 7-9 pm. Flat soled shoes required. Bowls, instruction and refreshments supplied. Info, Marilyn: 204-256-6744

VOLUNTEERING

The Canadian Red Cross - Volunteer positions available: Personal Disaster Assistance (PDA) Responder, Emergency Response Team (ERT) Supervisor, Support to Evacuation and Repatriation Team (SERT) Responder. Call 1-844-818-2155 or email vrs@redcross.ca or vrs@redcross.ca

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

<u>drivers</u> needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provided. <u>Male Respite Volunteers</u> 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 Thank

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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: meaganvarndell.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

Volunteer opportunities. Visit **mips.ca** 'About Us' to learn about our Volunteer Program admin@mips.ca or 201 ٩

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

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. <u>Monday</u> - <u>Drop-In</u> 9:30-11:30 am, <u>Tuesday</u> - <u>S.T.A.R.S.</u> 9:30-11:30 am, presentations, monthly birthday lunch, outings, games, etc. <u>Wednesday</u> - <u>Steppin' Up</u> FREE Exercise Class 10:00-11:30 am, <u>Thursday</u> - <u>Pickle</u> <u>Ball</u> 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 ank

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

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Transportation and hot lunch provided. Members \$17.70/day. Referrals made through WRHA. 204-889-4608 or call your Čase 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. <u>Senior Lunch & Dance</u>: Weds, 12:30-3 pm, \$10. Fri. <u>Meat Draws</u>: 4-8 pm. <u>Kareoke</u>: Fri/Sat, 8-midnite. <u>Chase</u> the Ace: Sat, 10 pm. Call Branch: 2004.589-5493 for more info cope 0 204-589-5493 for more info.

Assiniboia Wood Carvers Association -Woodcarving every Fri. 1-3 pm at Valour CCmention

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 mild Alzheimers/Dementia. Tues-Fri. Referrals made through WRHA. **204-784-1378**

Gwen Secter Creative Living Centre -(1588 Main St.) Shuttle Bus runs Wed.

mornings for \$15 from the north end and Continued on page 16 - Outside back page

ENTER TO WIN GREAT PRIZES with Senior Scope's Annual Birthday Contest.

Celebrating 16 Years of Publishing - July 1, 2018

Name

Phone

Email ____

1. Are you active? If so, what activities, sports, hobbies do you participate in?

2. Where do you find your Senior Scope?

3. Are you keeping up with today's

online technology? Circle answer (i.e. Internet: Email, Facebook and other social media sites, Google, Online shopping, etc.) Comments:

4. Which media do you prefer for information? print | radio | television | online

5. What is your age? under 45 | 45-55 | 56-65 | 66-75 | over 75

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MAIL ENTRIES TO: Senior Scope Contest Box 1806, Stonewall, MB ROC 2Z0 OR ENTER ONLINE:

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 Iducharm@live.ca

Three ladies golf leagues - Now accept-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**, **Iducharm@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 Gwen Secter Creative Living Centre -(1588 Main) Looking for Bridge Players, Tuesdays, 1-3 pm. **204-339-1701**

PROGRAMS/SERVICES

Pembina Active Living (PAL) 55+ - Summer activities: Mondays - PAL putters (golf), Tuesdays – Yogalates (yoga and pilates), Wednesdays - PAL pedallers (cycling), Thursdays – Yoga in the Park, Fridays – LunchPALS. <u>Special event</u>: Community Picnic and Membership Drive, Tue., Aug. 21, 11 am-3 pm. Info: www.pal55plus.com, office@pal55 plus.com or phone 204-946-0839

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 Čanasta, Carpet Bowling, floor curling (Mon. 1-3) and many more. 180 Poplar @ Brazier. Membership \$20. 204-669-0750 or see us on Facebook.

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Include duration for listing to run. 6. Have you heard of Medical Marijuana? If not, would you like to learn more?

www.seniorscope.com or by EMAIL: kelly_goodman@shaw.ca

Next Draw Date: Aug. 2/18. **One Entry Per Person Please**



One \$50 Gift Certificate - Eliminator RC Hobby Supply

One \$50 Gift Certificate - Assiniboia Downs (Terrace Dining Room or Club West)

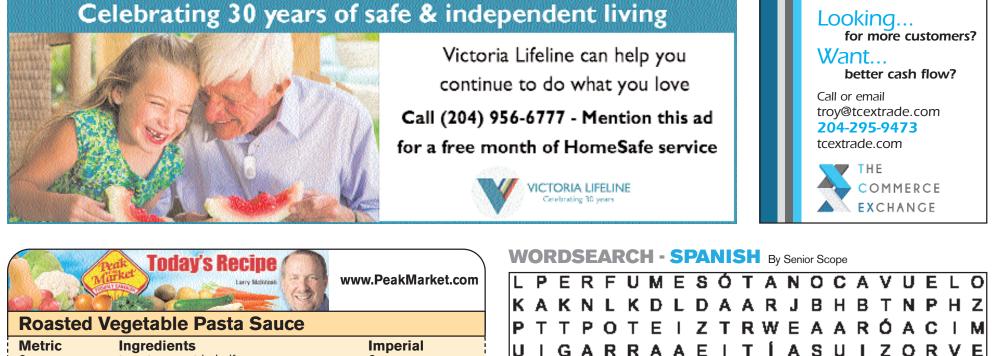
Prize #2: (Draw Aug. 2/18. Value approx. \$925.90)

Trip for Two (Oct. 14-15 & 16th) at Temple Gardens Mineral Spa Resort Hotel in Moose Jaw, SK. Tour includes: 2 nights lodging, motorcoach transportation, unlimited access to Mineral Pool plus casino package. - Red-White & Blue Get-A-Ways (Value \$660.00) Four Passes - Rainbow Stage - Beauty and the Beast (Aug. 14-30. See Pg. 6)

- Two Passes Prairie Dog Central Railway (Adult \$32.95 ea or Child \$24.95 ea) One \$50 Gift Certificate Eliminator RC Hobby Supply

One \$50 Gift Certificate - Assiniboia Downs (Terrace Dining Room or Club West)





 2
 tomatoes, cut in half
 2

 2
 red peppers, cut in half & seeded
 2

 2
 medium red onions, cut in half
 2

 1
 garlic head, peeled & cloves separated
 1

 Place tomatoes, peppers, onion and garlic cut side up on large cookie sheet.
 Drizzle vegetables with small amount of olive oil, salt and pepper to taste. Bake in preheated 350 F (180 C) oven for 50 minutes. Cool on pan for 5 minutes.

 Place all ingredients in blender including juices from pan in blender. Blend until smooth. Serve hot over pasta. Serves 4

Super Moist Salmon						
i	Metric	Ingredients	Imperial			
į	1	green pepper, slice	d 1			
i	1	onion, sliced	1			
i	4	salmon steaks	4			
i	50 ml	mayonaise	1/4 cup			
ļ	20 ml	brown sugar	4 tsp			
Set up one large square of heavy duty tin foil for each steak. Place 1/4 of						
sliced green peppers and 1/4 of sliced onion on each tin foil square to form a						
	backforthe column. Disco a column stack on tax. Divide the measurements					

bed for the salmon. Place a salmon steak on top. Divide the mayonaise equally and dab it on top of the salmon, speading with a spoon to evenly coat. Sprinkle some brown sugar on each piece. Turn up the corners and seal each packet. Place on hot (500 F/260 C) BBQ for 7 minutes turning gently with a burger flipper for the last minute. Serve with rice or potatoes. **Serves 4**

www.PeakMarket.com

CROSSWORD Travelling with Bob and Bing By Adrian Powell

ACROSS Felons might break them Bananas Barracks location 13 Abdominal blockage 15 Munister houisehold's pet bat 90 16 Hannibal crossed them 32 30 Shuteye 18 X and Y in math equations 20 Bob and Bing's destinations of '41 and '42 Quaker's "your" 23 Old TV role for 50 \$2 49 Field 24 Sound all loveydovey

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Abrigo Aburrido Africano Agua Alcachofa Alto Amable Amable Amarillo Anillo Apio Aula	Baile Bastar Boca Brazo Buen Cabeza Caja Casa Cena Cero	Conejo Cuarenta Cuatro Dedo Diez Dos Dulce Egipcio Esquí Estadou- nidense	Flores Gris Guasean Hija Indio Kilo Lata Lejos Libra Libra Lima Limón	Mano Mayo Mi Muñeca Música Nariz Nata Norte Ochenta Ocho Ojo	Papel Patio Pelo Perfume Pesca Pie Pluma Portugués Pote Pulgada Recep-	Rubio Ruso Sacar Sala Seis Serio Sí Siete Sopa Sótano Suizo	Tarta Taza Té Tía Tío Tiza Tres Uña Uno Uva Vuelo
	-				Recep-	Suizo	
Avión Azules	Citar Codo	Este Feo	Liso Litro	Once Pan	cionista Ropa	Sur Tarea	

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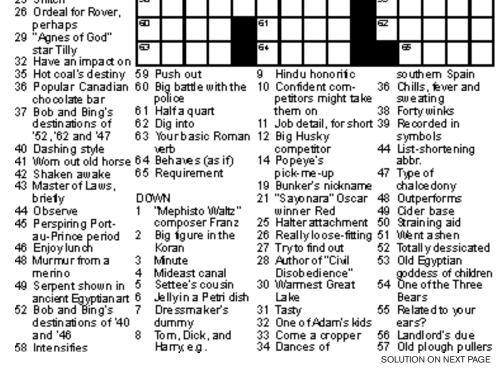
HINTS

h 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

FSCSMZ SM GVDMPK SE FSHK

AKDVSMZ D RKDTOSGTF DMJ

KYWKMESCK ELBK ASOL D EOBMK



SM SO. — DJVSKMMK PFDVHEBM

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".

SOLUTION ON NEXT PAGE





SHOULD WORK

THE WAY THE WORLD

MOUR By William J. Thomas



ere's how the world is sup-

posed to work. Last fall I got a 'pay up or else!' call from a collection agency in Hamilton concerning a \$100 debt owed to a pest control company in St. Catharines. There were missed messages and a mix up in which I thought I was owed an extra application.

Tired of walking face first into cobwebs first thing in the morning, I needed to get rid of spiders the size of the ones Indiana Jones had to use a machete on in the Temple of Doom.

The previous outfit that did the spraying became expensive and they stopped guaranteeing their work. So I contacted Truly Nolen out of St. Catharines and they handled our problem better and cheaper than the previous company with no charge for third or fourth visits if these tarantula-like creatures return.

Steve in collections had the kind of low, dead voice that could scare the chocolate coating off a M&M. Remember the DJ Wolfman Jack, he of the gravelly voice they claimed could only come from gargling razor blades? Well, "Collections Steve" makes Wolfman Jack sound like a choir boy going through a voice change.

So I call Steve at the number he left and I must admit I did not take the situation of a hundred dollars too seriously and pretty soon I have Steve laughing on the phone especially when I worked out the amount owed to a buck per spider and offered to pay the debt off in insects.

And not only do I convince Steve to repeat the 'pay up or else warning,' I get him to promise to add that great Mr. T tag line so that just before he hangs up on a delinquent customer he says: "I pity the fool! I say, I pity the fool who does not pay up!' I swear if I had teenagers I'd have Steve call them and warn them about the dangers of smoking, drugs and sex. Two calls from Steve and I'd be living with a couple of Mormons.

So Steve suggested I call Tom Davies the boss at Truly Nolen to straighten the matter out. I do and Tom, as Steve assured me, is a very reasonable, very personable guy. I explain how the rain washed out the last spraying and suggest that he either have the guys come out and complete the job properly or just nullify the \$100 invoice.

Tom took my information, called me back within minutes and said he's going to do both - have the final spraying done in a day or so and rip up my bill! Noticing that I was the one who lined up other jobs in the neighbourhood, he did not want to lose my business on this inconvenient mistake.

Wow! At this point Tom has just earned himself a customer for life and I'm trying to figure out a way to get him to run for prime minister. Courtesy, common sense and decisive action - all things that are quasi-illegal in Ottawa today.

Great, thank you, see you. I phone Steve back to thank him and beg him to say "I pity the fool!" for me one last time. (Every time the man talks, dead people in Mount Pleasant cemetery start mumbling about noise control!)

And here's where it gets interesting ... sitting at my desk next to the Truly Nolen invoice is a proposal for a series of newspapers who want to run my weekly column, but need a sponsor in order to do so. So I call Tom Davies back and tell him about this great opportunity to sponsor my column, associate his pest control business with a humour article that quite often gets read, talked about and even clipped and sent around to friends and family. And Tom who appreciates a good deal as much as he enjoys watching ants marching through your kitchen wearing teensy, weensy uniforms, said "Yes.

have turned into an ugly situation involving harsh words or even legal repercussions and even more dire warnings from - this guy could cause terrorists to go deaf over the phone - Steve.

Now I can't resist. I telephone Steve back and tell him the whole story of how a pesky payment prob-lem has ended happily with a business alliance between William Thomas Writing Services and Truly Nolen Pest Control and ...

And the best is Steve, you could wind up working for me!

"Really? How so?" "Because Steve, if I have any problems with Truly Nolen, I'm sending you in to scare the crap out of Tom Davies!'

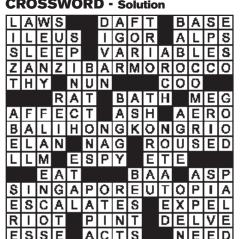
I know Steve is now laughing pretty hard at this point because I can feel my chair and desk shaking here in my office. I had to beg him and he said he'd only say it once but veah, I got him to say: "I pity the fool who does not pay William Thomas!" I don't think I'll ever forget those words mainly because the ringing in my ears will never stop. This column's brought to you by Truly Nolen and my confidence in a world that works has almost been restored.

For comments, ideas and copies of The Legend of Zippy Chippy, go to www.williamthomas.ca

Solution to Canadian CyberQuotes : Living in France is like wearing a beautiful and expensive shoe with a stone in it.

~ Adrienne Clarkson (b. 1939, Hong Kong. Journalist, stateswoman, Governor General 1999-2005)

CROSSWORD - Solution



WORDSEARCH - Solution



And that to me is the way the world should work. What could



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Things To Do WINNI Cont'd from page 13

\$15 from the South End (members). Transportation from Seven Oaks, Garden City, West Kildonan, Maples & South End. Get lunch, bingo, entertainment, refresh-

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Get lunch, bingo, entertainment, refresh-ments & transportation home. **204-339-1701** dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our website for a list of lunch-eons, 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

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. luncheon's 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. Info: 204-589-6315 ext 103.

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 sers 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 winnipegprobus85@gmail.com

Dakota 55+ Lazers Senior Centre ing, quilting, fitness, etc. Call: **204-254-1010** ext. **206.** <u>WHIST</u>, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-2170** 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 -퉁 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), <u>Meet</u> 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., consoil **55**/67afm mb co 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

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

mention Senior 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 Please

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

<u>Gimli</u> - Pop-Up Art Show – by Interlake WAVE artists. Show & Sale, July 27 & 28, 10 am-5 pm at Darren Hall in Lakeview Resort. www.watchthewave.ca

Gimli - Farmers Hall Old Time Dance **Lineup –** Wednesdays, Jul. 25: Dennis Nykoliation Band , Aug. 29: Female Beat, Sept. 26: Country Pride, Oct. 24: The Mosaics. Hwy 231 and Rd 17 east, 3 miles west of Gimli. Doors open 1 pm, lunch at 4 pm, included. Advance tickets only \$15 avail. at Tergesen's in Gimli or email Elaine: klymdesk@gmail.com OR 204-296-0540.

Interlake - Lakeside Quilters Quilt **Show –** Sat. Aug. 11, 10 am-6 pm, Sun. Aug. 12, 10 am-4 pm. Adm - 1 day \$5, two days \$8. Curling Rink, Gimli Rec Centre, 45 Centennial Road, Gimli, MB.

Vendors, Raffle, Lunch, Boutique Table, Demos, Silent Auction, Make and Take Workshops, Fred Frost Trunk Shows. More info: Janice: 204-376-2649

Interlake - Barn Quilt Trail - Now over 40 barn quilts to view in the Interlake. More info: info@interlakebarnquilts.com, www.interlakebarnquilts.com, www.facebook.com/lakeside.quilters.54. Entry forms at interlakebarnquilts.com

Stonewall - si55Plus - Oddfellows Hall, 374-1st St. W., Stonewall. 204-467-2582 Summer Yoga (at Odd Fellows Hall) Wed's. 10:15 am/10 am luncheon days. Call 55 Plus: 204-467-2582; Pickleball Mondays & Thursdays, 7:00 pm, Sunova Curling Rink, Stonewall. New players welcome. 204-467-2582; Monthly Luncheon Wed. July 11, 12 noon, Odd Fellows Hall, \$10 at door. 204-467-2582; Folklorama Bus Trip, Registration deadine - Call for availability on bus: 204-467-2582 for dates and trips; Afternoon Cribbage Tourn. Mon. July 9, 1 pm, Odd Fellows Hall. No advance registration, Individual Play, \$5/person at door. 204-467-2582; Strawberry Social, Wed. July 18, 1-3 pm, Odd Fellows Hall. Entertainment: Four Tuned Cookies. All welcome; Quilter's Corner, Fri. July 6 & 20, Aug. 3, 17, 31, 10:15-3:30, Odd Fellows Hall. **204-467-2582**; **Picnic in the Park**, Bus trip to Assiniboine Park, Tue. July 24, 9:30 am, departing from Odd Fellows Hall. Deadline July 19. **204-467-2582**; Line Dance Classes, Tuesdays 11:15 am, Thursdays, 11 am. \$2/class plus yearly SI55Plus membership.

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 Mutcheson for info: 204-482-5469 ext. 20956 or mmutcheson@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

cont Brandon - Prairie Oasis Senior Centre Meals on Wheels program, Mon-Fri, 9 amwhen 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. Senior 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. No menti 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

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 opportuni-ties avail. Call for info: <u>Arborg</u> and District Seniors Resource Council **376-3494**; <u>Ashern</u> 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 Whitemouth/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, spir itual services, equipment rental, E.R.I.K. kits, Ξ 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.

meetings. Special events (trips to RMTC, 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 riviére 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 bou-ton 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 aines de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau special. 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

cope when Springfield Seniors - offers many programs: Pickleball, Zumba Gold, Bingo, Čanasta, Board Games, Chair yoga, Strides walking programs, Seniors exercises, Shopping trips, Pancake Breakfasts, etc. Call **204-853-7582** or jo springfieldseniors@mymts.net for info. Springfield Seniors Community mention Congregate Meals are available to all community seniors. Oakbank: Mon/Tues/Fri - 5 pm. Wed/Thurs, noon. Call 204-444-3132. <u>Dugald</u>: Mon/Wed/Fri - 5 pm. <u>Cooks Creek</u>: Mon/Wed - 11:30. Call **204-444-6000**. Anola: Mon-Fri, 11:45 Call 204-866-3622 <u>Springfield</u> - Support Group for Caregivers. 3rd Thur. of month 1-3 pm at that Springfield Library. Call Jackie at 204-268-4752 or email alzne@alzheimer.mb.ca to register

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

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 housekeeping, 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**

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, Geneology and Natural History

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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