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Vol. 17 No. 10  
Apr 10 - May 9/19

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Are we too old without being told, and is the term **Senior** becoming obsolete?

By Roger Currie

Greetings to all you 'Seniors', or whatever becomes the politically correct term in the years to come. 'Older Adults' seems to be emerging as the popular one now being used by many of the experts in the field.

65 has long been the demarcation age in Canada since it coincides with eligibility for old age security. Government pensions were introduced in the late 1920's when relatively few people lived longer than that.

I am grateful to have survived to 71 despite a most annoying disability that makes it very difficult for me to walk. My wife Janice Chance is currently dealing with a life-threatening illness and my new role in life is caring for her needs. It's a fine calling and more than

ever I cherish every moment that we have shared for the past seven years.

For the first time ever, there are now more Canadians over 65 than there are under 16. The people who deal in 'demographics' tell us that within a few decades that balance will revert back to what it was as the baby boomers begin to die in greater numbers. But right now some Canadians in their 60's and 70's are experiencing the tyranny of Ageism. On the evening of March 14th people of many different ages gathered at the Canadian Museum For Human Rights for an informational program on Ageism. It was organized by A & O: Support Services For Older Adults. Two themes dominated the conversation, health care and employment.



Dr. Phil St. John is a geriatric specialist in the faculty of medicine at the University of Manitoba. He took issue with the notion that our age group is largely responsible for demands that are putting a major strain system in virtually every Canadian province. "If you look at why we have health care inflation one of the factors is indeed an aging population but it's by no means the major driving factor" he told me in an interview. "Spending for long term care is obviously strongly related to an aging population. We know that the system is going to have to do a better

Continued on page 2

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## Are we too old, cont'd from front page

and more effective job of adapting to the needs of older adults." Dr. St. John says the same problems are being dealt with in many countries and the situation is well documented by the *World Health Organization*. The most recent reports of the WHO point to the urgent need to reinforce and strengthen primary care, and particularly home care. Family doctors and nurse practitioners play a major role in that. St. John says not enough of the young health care professionals are being encouraged to undertake these roles. Using a military analogy he says "Everyone wants to be a fighter pilot and nobody wants to be infantry. In nursing and medicine and occupational therapy people tend to want to work in what are perceived as more dynamic and challenging roles." He also says the system could do a better job of helping patients who are dealing with multiple problems. "The health care system seems to function well in dealing with those of us who have one obvious problem such as a chronic illness. If you just have osteoarthritis affecting mobility then the system can replace a hip or a knee and everyone moves on" he says.

Amanda Macrae is the C-E-O of Age and Opportunity. She says a broader examination of the data paints a more encouraging picture of how we are doing as older adults. Yes there IS a need for more personal care home beds, but well over 90% of us are doing remarkably well continuing to live in our own homes. With the elimination of mandatory retirement, a grow-



Panel at the AGEISM awareness event at the Canadian Museum for Human Rights. Greetings (at podium) by Amanda Macrae, CEO of A & O. Panel consisted of Host of the event, Nadia Kidwai (CBC Radio One), Jeff Palamar (partner at Taylor McCaffrey LLP), Dr. Phil St. John (consulting geriatrician for WRHA), Dr. Lori Koz (co-founder of Independent Healthcare Network), Dr. Alexander Segall (Research Affiliate at the Centre on Aging at the U of M). The Honourable Janice C. Filmon opened with greetings. Keynote speaker was Ashton Applewhite (Activist, Author) - a leading voice against ageism.

ing number of Canadians want to continue working past 65, in many cases because we need the income to maintain our lifestyle. But this is where *Ageism* seems to be having an impact. We look at someone like Bob Cole who finally stopped describing NHL games on television at the age of 85 and we wonder why no employers seem to want us who are much younger than that.

Macrae says a lot needs to change when it comes to perceptions and attitudes.

Framed on my office wall is a legendary quote .. "Age is a case of mind over matter. If you don't mind, it doesn't matter."

Roger Currie is a Winnipeg writer and broadcaster and a regular contributor to *Senior Scope*. He and his wife Janice helped to distribute the paper for several years until failing health made it difficult for both of them.

### Niverville Services to Seniors



Walking Club members at the Niverville Heritage Centre Atrium

### Congratulations Glenboro - Award of Merit



The Glenboro Community Dev. Corp. presented the Glenboro 55+ Games Committee with an Award of Merit for excellence in hosting the 2018 Manitoba 55+ Games in the communities of Glenboro, Carberry, and Wawanesa. This committee achieved one of the highest profits in Games history. With a population of only 650, the Town of Glenboro successfully hosted 850 Games participants overcoming many challenges.

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# The Lakeside Quilters Show coming soon

The Lakeside Quilters group is busy preparing for their show **June 1st and 2nd** at the Gimli Recreation Centre! As well as a display of quilts for beds of all sizes, there will be lap quilts, wall hangings, and other hand-crafted items.

This year there is a special display of baby quilts which will be donated after the show to the Thelma Wynne Project to be included in layettes given to new mothers in need.

Quilts come with a lot of variety. Some quilts are original designs and others use traditional designs. Some are hand-quilted and others quilted either on a regular sewing machine or a machine called a longarm quilter, which can be done with a digital pattern or freehand.

When you come to the show, you can vote for your favourite in both the general and the Thelma Wynne categories. The lucky winners receive gift certificates from Fabriculous, the quilt shop in Gimli, which is the show sponsor. Then they can get more cloth to make more quilts!

Speaking of buying cloth, the show is an opportunity to buy fabric and other sewing tools from vendors from all over the province.



The Gimli Viking statue with a quilt

### One-stop shopping!

Many of the vendors provide free demonstrations of sewing techniques and tools.

One fun activity is "make'n'takes", where for a small kit fee, you get to make a small project and take it home.

New this year is an opportunity to buy a quilt painted on wood. These are called Barn Quilts and can be



View of the 2018 show

mounted on a barn, shed, garage, or your home. There are more than 40 barn quilts in the Interlake area.

The entry cost is \$5 or \$8 for both days. You can buy choice auction tickets and lunch or a snack. Proceeds go to Interlake projects and organizations.

If you would like to enter a quilt for the show, there is no charge. Entry forms are on the website: [www.interlakebarnquilts.com/lakeside-quilters](http://www.interlakebarnquilts.com/lakeside-quilters).



## Manitoba Churches - Emerson - St. Luke Anglican - 1876

**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](mailto:tymendis@shaw.ca). (204) 774-0677 / (204) 794-1909 / [www.theimpressionists.ca](http://www.theimpressionists.ca) (Seen Things) [www.theimpressionists.ca/ManitobaChurches/](http://www.theimpressionists.ca/ManitobaChurches/) (Testaments of Faith) <http://ozimages.com.au/portfolio/tmendis.asp> / <http://www.portfolios.com/TyrrellMendis>

Emerson originated as a trading post in 1873 when 640 acres were granted to Wisconsin businessmen, Thomas Carney and William Fairbanks. The first settlers were about a hundred. In 1874 Emerson was named after William Fairbanks' favourite author.

In 1875 the first service of the Church of England was held in the temporary one-room schoolhouse. It was conducted by Rev. Mark Jukes who also provided services at Marais (Coulee), Roseau Crossing (now Dominion City), Fort Pembina, Plum Coulee and Scratching River (now Morris).

With the prospect of becoming the "gateway to the west" the settlement grew. By 1876 there were three churches in the community: Church of England, Episcopal Methodist, and Presbyterian. The wood frame building of the Church of England was named St. Luke. It was consecrated on 20th December 1876 by Bishop Robert Machray, assisted by Canon Grisdale and Canon O'Meara.

In 1879 a belfry and bell were added to the building, the interior was refurbished to celebrate Queen Victoria's Diamond Jubilee, and Emerson was incorporated as a town on 25th November. In 1883 St. Luke became the first church in Manitoba to own a pipe organ. The Parish of St Luke was created on 29th January 1886.



During the flood of 1948 St. Luke became a distribution centre for the Red Cross. The church was used again during the flood of 1950. But when water began to surround the church the operations were moved to the United Church. Meanwhile, Rev. Stanley Atkins continued with services. The congregation arrived by boat until worsening conditions made that impossi-

ble. After the flood the church was placed on a higher foundation, and a parish hall was added.

From its early days the minister at St. Luke served St. Mary in Ridgeville as well. Services were also provided to Marais and Morris.

In 1969 the Border Area Parishes, which included All Saints (Dominion City) and St. Mary, made an ecumenical arrangement with the Valley Pastoral charge of the United Church. One priest and one minister were responsible for rotating services in seven churches. St. John, in Hallock, Minnesota, joined in 1970 and left at the end of the 1970s. Valley Pastoral charge withdrew from the arrangement in 1972. When All Saints (Dominion City) closed in 1983 only St. Luke and St. Mary were left to share a priest. Hallock rejoined Emerson and Ridgeville in 1992.

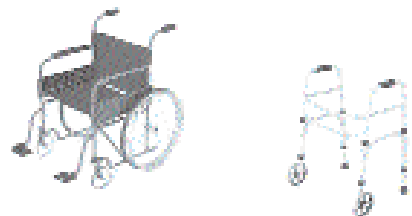
In 2002 St. Luke's congregation voted to open the church only for funerals and special services. Another vote in 2005 was to close it permanently. St. Luke was deconsecrated on 16th June 2005. The parish was dissolved on 24th November 2005. The building and land were transferred to the Town of Emerson for use as a museum. In 2017 the property was sold.

What was once a church is now a private residence.

Photographed in 1990

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**FINANCIAL PLANNING:**

# Can an executor's reliance on only a single professional advisor's instructions potentially harm an estate? Part ONE

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

At **Shirley Hill & Associates** our main specialty is managing family money with a focus on tax, estate planning and inter-generational wealth transfers. We use very strategic steps to help ensure the family preserves its wealth. In most cases the capital has taken a lifetime to build and we feel it shouldn't be eroded because of quick decisions based on limited advice when executing the will.

Unfortunately, all too often the mistakes we see being made immediately "post death" tend to come from reliance on only a single professional advisor, or a failure to integrate the guidance of all the estate's advisors. An executor should keep in mind that advisors from different fields will have different specializations and priorities, and depending on the circumstances, some priorities can take precedence over others.

For example, a lawyer's primary concern will usually be limiting the estate's and executor's liability, and therefore the instructions we regularly receive are "sell everything to cash" to preserve value. The question we need to be asking is "what is the potential risk in investing to increase value?" Yes, there can be a liability to executors during times of market volatility, so there are certainly cases where only preserving the current value of the estate is the safest option, but what is rarely considered is the risk of lost opportunity while the estate holds only cash.

In simple estates where the executors are the only beneficiaries, or a closely related group with a good relationship, is the reduced risk of personal liability greater than the missed opportunity if investments are sold prematurely or at the wrong time during a downturn? If an executor was to rely solely on one professional advisor's guidance, they may be overly focused on a relatively small risk which can be minimized, rather than the opportunity in continuing to prudently invest the estate property for the good of the beneficiaries.

Our view is that we should be proactive about discussing all the possible options with executors, beneficiaries, and family members to determine priorities, and evaluate potential liabilities and opportunities.

Every situation is different and we, as a practice, are simply suggesting that opportunities can be missed when executors, lawyers, tax accountants, and financial planners don't examine all possibilities when following the directions of the will.

The practice itself has a great deal of experience when it comes to handling estates. In prior articles we have mentioned that we have a large seniors' component. When we say seniors, for us we mean an age greater than 85; up to and including our oldest client, someone who just turned 101 years young.

As you can well imagine, with this age demographic, it is possible for us

to have several active estate cases pending at any given time. Because of this we receive instructions from many lawyers on a relatively frequent basis, however we feel that too often financial planners are excluded from important estate administration decisions, resulting in any number of lost planning opportunities. Due to our experience we are in a perfect position to at least give commentary on what we see. Commentary on both the pros and cons of various methods of handling the estates of passing clients.

Because of the large seniors' component of our client base, we also have many of their children as clients. Many of these children are in their 50s or 60s, some of our "grandchildren" are in their 40s and we even have "great grandchildren" in their 20s. The majority of our clients not only have longevity in life, but also longevity in their relationship with us; so it's not unusual for us to have three to four generations of the same family as clients. Remember family groupings and family money is our specialty.

Because of our specialty in dealing with seniors we do get to see many families that have had their wills and powers of attorney prepared. We read and analyze these documents. The person/persons have obviously spent a reasonable amount of time thinking about what they want done with their possessions and wealth. Sometimes it's apparent that their decision making has taken into account the politics within a family, which can be a good thing... however many times, the decision of who should be executor was decided based on a family dynamic and the desire not to upset someone rather than who would be best suited to the task; it's not an easy job and should not be taken on lightly. After that they simply move on to who should be an attorney under the power of attorney using the same methodology. There is usually a lot of anxiety, time and effort expanded in this endeavor. Mom and Dad (or singles) plan, plan and then plan some more.

At some point they may actually decide on a lawyer and so make their way to having the documentation completed. This is where the journey starts. The mom/dad or single person will make their way to a legal professional. This person then documents their wishes, which, in theory makes all of the worry, and anxiety go away. But does it? What if the appointed representatives are consumed by the uncertainty of what to do?

This is why we stress the importance of family conferences and the preparation of heirs. Having a family unit truly understand who, what and why. The benefit of every person being on the same page is invaluable. Once again, post death is where we see the mistakes happening, usually due to lack of information, lack of confidence and lack of planning for the estate adminis-

tration and settlement options. Many times this is combined with a fragile emotional state and unclear thinking.

*So, with that in mind, two scenarios can arise.*

1. The Pre-planned: The planning may have been done well with a distribution focus. What we mean by that is who will inherit or not inherit in various cases. How will they inherit and how much will be inherited? Taxes may have been considered along with liquidity and other issues. The majority of the people that will be involved have a general idea of what is in the mind of the "members that will be passing on the estate".
2. Not truly planned: Not every lawyer will spend the time it takes with the family dynamic to develop the required understanding of the whole situation. So the question becomes, who else should you consult on the following types of matters?
  - Intended estate distribution
  - Beneficiaries
  - Is the inheritance safe from estate creditors?
  - Is the inheritance safe from the beneficiary's creditors?
  - Is the inheritance safe from a division of family property upon separation or divorce?
  - If someone is receiving income or asset tested government benefits, will the inheritance jeopardize eligibility for those benefits?
  - Could an individual or entire family lineage become accidentally disinherited, other unintended consequences occur, or a legal challenge ensue?

These are the questions and subjects which most financial planners will cover. A lawyer with the TEP designation (Trust and Estate Practitioner) behind their name could also address these issues. ■

**Part TWO** continued in the next (May 10/19) issue of Senior Scope.

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# Yes. I live with dementia. Let me help you understand.

Courtesy - Alzheimer Society

After I had an aneurysm a few years ago, my wife, Elaine, recognized that something was changing in me, but she thought I just had "selective listening." In retrospect, we now know it was signs of memory loss because I was diagnosed with dementia in November 2016.

I was retired and just 73 years old. At first, I thought my life was over. Or at the very least, I thought it would change. I was fearful. I didn't know what would happen and I thought it would be terrible. At the time, my aunt was losing her memory, so I could see in her what I thought would be my future.

But then I realized there was nothing to be ashamed of. Elaine and I deal with problems as they come up. I know I can live with it. You have to get to that point, and it helped that the people around me were understanding. My kids said, "That explains a lot." They were glad to have an explanation for why their dad was forgetting things.

We told our friends and neighbours so they would know what was going on. One time I didn't recognize an old friend. When I realized who it was, I



Glen and Elaine

told him that I have dementia and there are times I don't remember who someone is. My friend told me not to be embarrassed, which was great because in our family, we don't try to disguise who we are. This comes naturally to us because one of our adult children is mentally challenged. We are used to explaining that our son may not be able to do some things, but he can do a lot of other things very well.

I don't feel stigma, and that may be because I'm still able to go about my

day, which includes visiting neighbours because I am a social person. They treat me the same as they always did.

It's important to understand that getting dementia is nobody's fault. Elaine and I know that, and we are happy that the people in our lives understand it, too.

Here are my tips to help you understand:

- It helps to put a name on what is happening. Then you know what it is and know that it's not your fault.
- Your life is not over. For example, I don't need home care yet, and I am still capable of helping with our mentally challenged son.
- Do the best you can today because you can't change yesterday, and we don't know what will happen tomorrow.
- Go to the **Alzheimer Society** support group. I love it. You get good feedback. You can talk openly. I like to accommodate new people - I like to bring them into the fold.

If you are a social person, keep getting out and about as much as you can. ■

## Stonewall Kinettes Host Ladies Night Out



The Stonewall Kinettes were up to their Shenanigans again! On March 2nd, 2019, they hosted their annual Ladies' Night Out fundraiser. Only a few men were allowed in but only to serve beverages to the women. And, a fine job they did!

This year the theme was a Who

Dunnit! The Kinettes ladies acted out a murder mystery and the guests had to figure out who the murderer was.

It was fun for all. The actors - all women - did a fabulous job playing their roles.

If you'd like to join this vibrant group of Kinettes, they meet on the 3rd




Thursday of the month except for July and August. 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**.

If you have a photo or story you'd like to share, you are welcome to mail or email it to kelly\_goodman@shaw.ca for possible publication.

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# THE BUZZ

## Mauthe, Pike and the Warriors Enter the Hall



By Scott Taylor  
Photos courtesy Manitoba Sports Hall of Fame

**H**arold Mauthe was a Manitoba basketball legend. Alf Pike was a Stanley Cup champion with the National Hockey League's New York Rangers. And the Winnipeg Warriors won the first professional championship by a team playing in the old Winnipeg Arena.

On April 13, at Sport Manitoba's Night of Champions at Club Regent Casino and Event Centre, Mauthe, Pike and the Warriors will formally be inducted into the Manitoba Sports Hall of Fame.

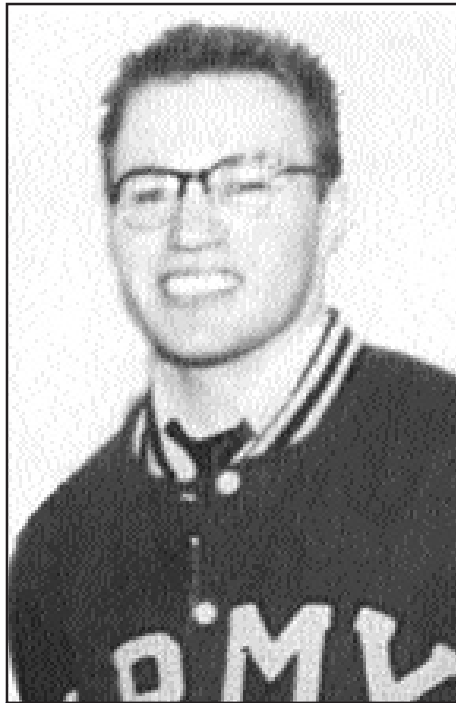
Thanks to our good friend Rick Brownlee, let's meet the 2019 Spring Inductees into the Manitoba Sports Hall of Fame.

**Harold Mauthe** will be inducted in the Builder category for his coaching talents, a coaching career that spanned more than three decades.

Beginning in the 1940s, Mauthe coached women's basketball while still playing varsity in high school. He went on to lead the Winnipeg Light Infantry (WLI) to back-to-back national junior basketball championships in 1952 and 1953 and coached basketball in the senior league until 1961.

He then switched over to refereeing and officiated for the next 15 years.

Oh yes, then there was his football coaching career. During the 1960s Mauthe coached the St. Vital Bulldogs to national intermediate football championships in 1960 and 1962 and



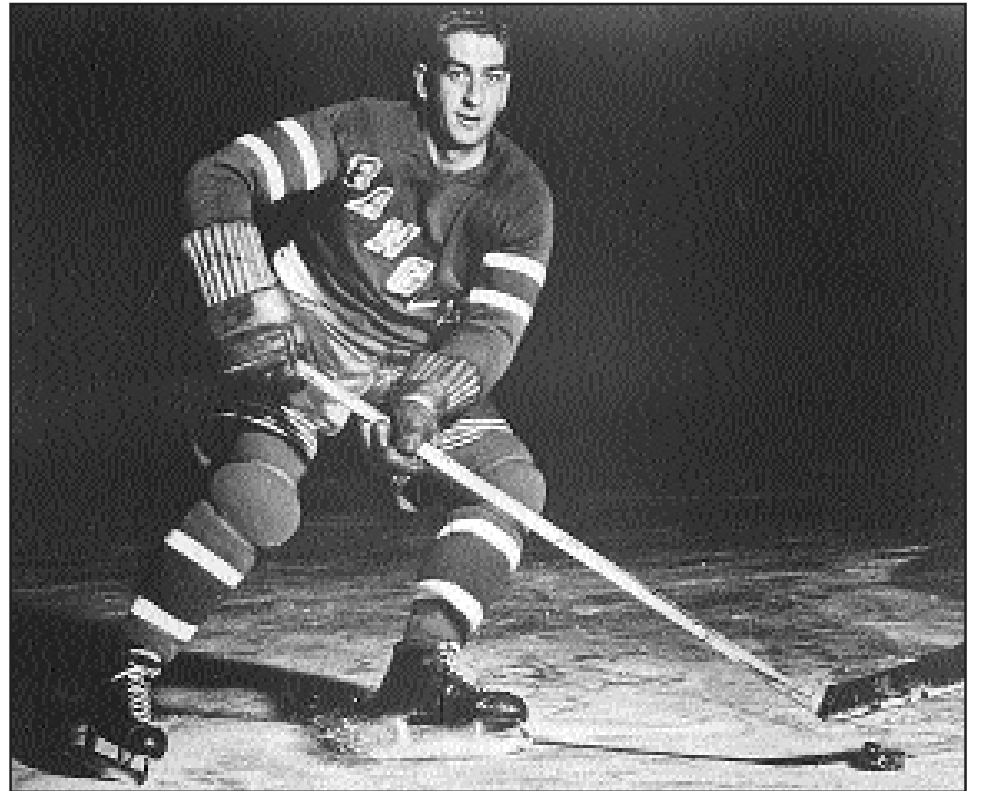
Builder Harold Mauthe

served on the executive for the 1968 and 1969 back-to-back championship Bulldogs' teams.

He was inducted into the Manitoba Basketball Hall of Fame in 1985 and six times into the Manitoba Sports Hall of Fame as team member with the WLI and St. Vital championship squads.

**Alf Pike** will be inducted posthumously in the Athlete category for his stellar hockey career, a career that would suggest to many people, "What took so long?"

Pike was a star for the 1937-38 Memorial Cup champion Winnipeg Monarchs and then he moved up to the NHL with the New York Rangers in time to capture a Stanley Cup in the 1939-40 season.



Alf Pike

A licensed mortician who worked in the funeral industry during the off-season, Pike was nicknamed "Alf The Embalmer."

After six years in the NHL, interrupted by two years' service in the RCAF from 1943-45, Pike moved into coaching and guided the Guelph Biltmore Mad Hatters to the 1952 Memorial Cup. He also coached the 1956 Winnipeg Warriors to the Western Professional Hockey League title and the Edinburgh Trophy, emblematic of the championship of minor pro hockey. He coached two NHL seasons with the Rangers from 1959-61 before returning to the WHL.

He was inducted into the Manitoba Hockey Hall of Fame in 1985 and yet it took 34 more years before the doors opened to the Manitoba Sports Hall of Fame.

**The 1955-56 Winnipeg Warriors** will be inducted into the Manitoba Sports Hall of Fame in the Team category for the sport of hockey.

The Winnipeg Warriors were a minor league hockey team that played in the Western Professional Hockey League from 1955 to 1961. Owned by Winnipeg's prominent Perrin family, the Warriors represented the return of

*Continued on next page*

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**THE BUZZ,** *cont'd from page 6*



1955-56 Winnipeg Warriors

professional hockey to Winnipeg after a 27-year absence.

In 1955, the Warriors became the first tenant in the brand-new Winnipeg Arena and the 1955-56 Warriors, coached by Alf Pike, went on to win the Edinburgh Trophy, emblematic of the World's Minor Professional Hockey Championship.

After finishing 40-28-2 to finish first in the Prairie Division that season, the Warriors beat the Saskatoon Quakers 3-0 to advance to the semifinals where they whipped the Calgary Stampeders

in five games – 7-2, 6-4, 3-7, 7-2 and 4-3 – to reach the final. In the Lester Patrick Cup final, the Warriors took care of the Vancouver Canucks in six games to advance to the Edinburgh Trophy Final.

Facing the Quebec League champion Montreal Royals, the Warriors won easily, taking a best-of-nine series 5-1. The 1955-56 Winnipeg Warriors just might have been the greatest pro team to play out of the old Winnipeg Arena.

Tickets for Night of Champions are on sale at [sportmanitoba.ca](http://sportmanitoba.ca). ■

# It's time...



Spring is here and the weather is warmer. Baseball is on my mind. There is nothing better than going out in the field enjoying the fresh air and waiting for a batter to hit a ball towards me. It's great to be there!  
Come and enjoy our fun!

~ Metro Hnytko

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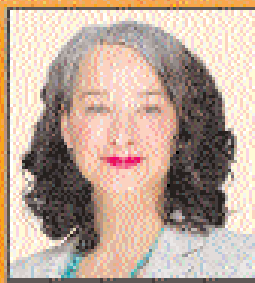
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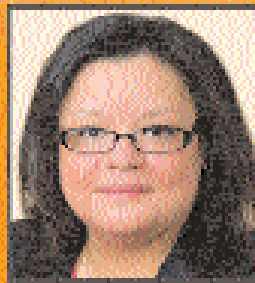
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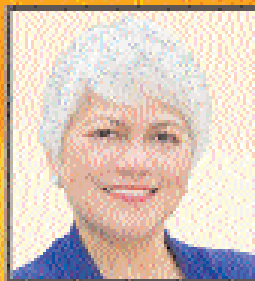
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## Sri Lankan 55+ Group - Winter Get Together

By Senaka Samarasinghe

March 15th (Fri.), 11 am to 4 pm at Access (Winnipeg Health Authority), 135, Plaza Drive, off Pembina Highway.

Daya the President of the Group requested members to give their suggestions of new events for the next summer season. A number of suggestions was made. Daya informed that the Committee will evaluate the possibility and finalize cost effective events for the summer. Members borrowed books from the Mini Library and purchased Yathra Sinhala and English news magazine as a fundraiser for the Group. Hemasiri looked after this responsibility. Most members prefer lunch with ethnic food. Based on their need lunch was arranged. As the Committee planned, the dessert has to be potluck and several members came with a healthy ethnic dessert.

Treasurer Felix explained the current status of fundraising. Elian, Felix and Ismath discussed in length with Gishali the President Sri Lankan Association Manitoba (SLAM) about future collaborative activities with SLAM. Ismath (Secretary) took the

responsibility to inform planned events among the members.

After lunch Sinhala true story screened named *Ghara Sarpa*. In a Sri Lankan village a Reverend was using healing methodology and removing unholy evils from the bodies. This Reverend helped to remove such evil from the body of the main actress of this story.

The group conveyed their sincere gratitude for two invitees, namely Gishali, the President of SLAM, and Udesh who came to help with the audio visual.



Sri Lankan 55+ Group

## Baby Boomers Still Active at Forever Young Club Mb

Story and photo by Bob Sidof

Jiving and dancing to old rock n roll. What a great way to stay young and get exercise. We are celebrating our 22nd year of enjoying 1950's 60's and 70's rock n roll music with dancing, fun, friendship, and a healthy lifestyle.

If you would enjoy a night of old time rock n roll come to our dance event **April 27th** at 283 ANAVET 3574 Portage Ave Winnipeg.

Dance to continuous music by GEOFF ERICKSON & THE ROCKETTS (live band) and DJ sounds of SPECIALTY MUSIC.

Come dressed in 1950's fashion, take part in 50/50 draw, Charitable TEMA BRODY FOUNDATION silent auction and bring a tin for the bin for Winnipeg Harvest. All for \$25.00 a ticket. Come support the cause.

You'll have a rock 'n roll great time. Advance tickets only call Forever Young Club hotline 204-261-4442 for more info.



Deanna Sidof & Carol Green poodle skirts

We live up to our moto: *YOU DON'T STOP PLAYING WHEN YOU GET OLD. YOU GET OLD WHEN YOU STOP PLAYING*

Members and guests love dancing in company of our peers. This is our music. It is the stuff we listened to on the juke box and dance to at sock hops.

Sometimes we dress the part wearing poodle skirts, saddle shoes, t-shirts and jeans.

Everyone is welcome at our dances. Call hotline **204-261-4442** or visit [www.foreveryoungclub.wordpress.com](http://www.foreveryoungclub.wordpress.com) for information on upcoming events.

# Manitoba MUSIC LOVER'S

May 6-15 2019

All concerts start at 7 p.m.

**Charleswood United Church**

4820 Roblin Boulevard (and Dieppe)

Winnipeg

# FESTIVAL

Tickets \$10 each concert  
Available at the door and McNally Robinson

## Seven Concerts • 21 Ensembles

Enjoy the **Joy of Music** on **Monday, May 6th** with

- Dixie Beats Dixieland Band
- Winnipeg Mandolin Orchestra
- Assiniboia Concert Band

Enjoy our **Army, Navy and the Air Cadets** on **Tuesday, May 7th** with

- Air Cadet Brass Sextet & Sax Quartet
- The Regimental Band of the Royal Winnipeg Rifles
- The Band of HMCS CHIPPAWA

Enjoy the **Magic of Music** on **Wednesday, May 8th** with

- At The Heights Vocal Jazz Ensemble
- Blaskapelle German Club Band
- Northwinds Community Band

Enjoy the **Power of Music** on **Friday, May 10th** with

- Sweet Silver Winds from Flutes by the Score
- Friday Morning Concert Band
- St. Charles Big Band

Enjoy the **Glory of Music** on **Monday, May 13th** with

- Winnipeg Trombone Collective
- Westwood Community Band
- Murray Riddell Big Band

Enjoy the **Love of Music** on **Tuesday, May 14th** with

- Executive Big Band
- Chamber Orchestra of St. John's College
- Rupertsland Brass Band

Enjoy the **Gift of Music** on **Wednesday, May 15th** with

- Falconer Brass Quintet
- River City Sound
- Branch 252 Osborne Legion Concert Band

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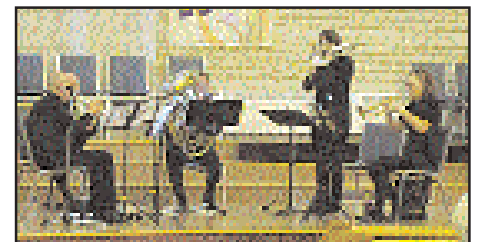
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**Music Lovers Festival – Music for music lovers performed by music lovers**

## Manitoba Seniors Music Festival renamed the Manitoba Music Lover's Festival

Photos by Margaret Landgraff

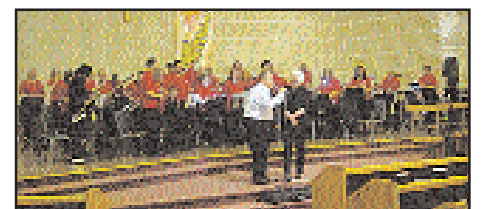
Some performances from 2018 at the Sturgeon Creek United Church:



Falconer Brass Quintet



Golden Chordsmen Chorus



Westwood Community Band



Manitoba Seniors Music Festival inside Sturgeon Creek United Church - Wpg



# Explore the musical riches of Purcell, and whether the richness of chocolate did him in...

WINNIPEG – Under the leadership of **John Wiens** and with guest artist **Daniel Cabena**, an exciting young Canadian countertenor, **Camerata Nova** showcases choral works by Henry Purcell in a concert as luscious as the finest chocolate noir! The concert will explore the life of Purcell, who was arguably the greatest composer of the English Baroque period. There are also many rumours surrounding his death, including that he may have died of chocolate poisoning!

**Death by Chocolate: The Life of Henry Purcell** will be performed on **Saturday, May 4** at 7:30 pm and again on **Sunday, May 5** at 3:00 pm, **Crescent Fort Rouge United Church** (525 Wardlaw Ave.) in Winnipeg. There will be pre-concert talks at 6:45 pm on Saturday and 2:15 pm on Sunday.

Stories of Purcell's triumphant rise and sudden death at age 36 will be woven around some of the most glorious choral music of the age, including *My Heart is Inditing*, *Hear My Prayer*, *O Lord* and *Three Funeral Sentences*.

Alongside Daniel Cabena will be four Winnipeg soloists: Dayna Lamothe, soprano; Jane Fingler, soprano; James Magnus-Johnson, tenor; and Jereme Wall, bass. They will be joined by early music instrumentalists Claudine St-Arnauld, violin; Jeremy Buzasch, vio-

lin; Greg Hay, viola; Yuri Hooker, cello; Andrew Goodlett, bass; and Michael McKay, organ continuo.

Tickets at **cameratanova.com**, at McNally Robinson Booksellers, by phone (204-918-4547), or at the door. Camerata Nova wishes to thank concert supporters Drs Bill Pope and Elizabeth Tippett-Pope. ■

**About Daniel Cabena** – Canadian countertenor Daniel Cabena is highly regarded in both Canada and Europe for prize-winning performances ranging from Baroque to contemporary repertoire. At the forefront of Canada's contemporary music scene, Daniel premiered *L'horreur de constater qu'on nous oublie*, a song cycle for countertenor and orchestra (Stacey Brown/Bertrand Laverdure) with l'Orchestre de la Francophonie, and in 2016, starred in *Air India: Name Redacted* with Vancouver's Turning Point Ensemble, based on the poetry of Renee Sarojini Saklikar, with Irish composer Jurgen Simpson. Daniel holds an Honours Bachelor of Music from Wilfrid Laurier University and a Doctorate of Music from l'Université de Montréal. He was the 2012 recipient of the Virginia Parker Prize by the Canada Council for the Arts and recently completed a Master in Specialized Early Music Performance at the Schola Cantorum

**About Camerata Nova** – Camerata Nova is a registered not-for-profit group without fear, performing Renaissance, contemporary and Indigenous-infused music. Since 1996, the group has continually accented the unusual, offering authentic early music performances, premières of Manitoba compositions, and an eclectic array in between.

John Wiens is the artistic director and co-founder of Polycoro Chamber Choir, a co-curator of Camerata Nova, and begins a new post as Director of Music of the renowned professional chamber choir at St. John's Anglican Church, Elora in May 2019



## Death by Chocolate: The Life of HENRY PURCELL

Presented by: Camerata Nova

Curator/Conductor: John Wiens

**Saturday, May 4, 2019 at 7:30 pm**  
**Sunday, May 5, 2019 at 3:00 pm**

Crescent Fort Rouge United Church (corner of Wardlaw and Nassau)

**Pre-concert talk:**  
**Saturday at 6:45 pm/Sunday at 2:15 pm**

For more info contact:

204.918.4547 | [cameratanova.com](http://cameratanova.com) |

Advertising Feature

## Mortgage Life Insurance with the Bank? You may be at risk.

It has become more common for Canadians to carry debt into their retirement years. A study from HomeEquity Bank in May of 2017 found that 15% of seniors still had a mortgage, compared to 34% of non-seniors, 30% had unsecured lines of credit and 10% had a home equity line of credit (HELOC). When these loans were set up, the lenders likely talked about the importance of purchasing mortgage life insurance. They may have said the application process is as easy as answering a few questions and you're covered. There are several reasons why it is better for everyone, and not just seniors, to have an individual life insurance policy.

Most policies sold by mortgage lenders use post claim underwriting. A few broad yes or no type health questions are asked to determine if your policy will be issued. Insurance companies, on the other hand, ask more specific questions and allow for explanations. Depending on certain factors like the amount of insurance, your age and the length of the term, they may check your blood pressure, take blood or urine samples or investigate your medical history. The insurance company uses all this information to determine if you qualify for coverage. Your mortgage lender will do this checking after a claim is made. If there is a discrepancy with the answers given on your application, they may deny the claim.

The type of policy offered by your lender is a decreasing term policy. It only covers the remaining balance of your loan but your premiums remain the same. With every mortgage payment you make, your insurance essentially becomes more expensive. The premiums and amount of coverage remain level with an

individual life insurance policy.

The lender's policy terminates when you pay off your loan or when you reach a certain age, usually 70. You could be left uninsured but still wanting coverage. An individual term policy may be converted to a permanent policy allowing you to lock in coverage before the term ends regardless of any health changes.

When you purchase an individual life insurance policy, you have control. You can decide the type

and amount of coverage. You can name your beneficiary. A policy bought from your lender will name them as the beneficiary to pay off the remaining balance. They may even charge a fee for paying off the mortgage early.

Buying a house is the largest purchase most of us will ever make. We then spend a lot of time, money and effort turning that house into our home. It becomes filled with memories of good times. We want to ensure

our family will be able to stay there no matter what happens. It is important to make sure coverage is in place when needed.

Your insurance needs change throughout your life as your situation changes. Not sure which type of life insurance is right for you? We can help you find a policy to fit your needs and budget. We are a family company and work with over 25 of the top life insurance companies in Canada. ■

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# Join A & O at the 12th Annual 55+ Housing & Active Lifestyles Expo

Wednesday, May 29 • 2019 • 10 am - 5 pm

Victoria Inn Hotel, 1808 Wellington Ave. (Enter off east side Berry St. entrance)

**Highlights**

- Over 100 exhibiting companies
- 1500 attendee's
- Fashion show
- Silent auction prizes
- A remarkable grand door prize in partnership with Wellnessnews Choices for Healthy Living®
- Plenty of presentations and demonstrations
- FREE ADMISSION & PARKING

The 12th annual expo provides information on support and lifestyle services that help keep older adults independent for as long as possible. Some of the information and services

at the expo include: caregiver services, financial services, subsidized housing and more! Various exhibitors will be providing booth demonstrations; including various ways to reduce the risk of falls in your home. If you have questions about housing options and services available to older Manitobans, the answers can be found here!

A & O's main booth will offer information on all the specialized innovative programs that fall under the following three pillars of service:

**Safety & Security**

- Elder Abuse Prevention Services
- Safe Suite Program

- Older Victim Services
- SafetyAid: Falls Prevention for Older Manitobans
- This Full House (addresses hoarding disorder)

**Social Engagement**

- Senior Centre Without Walls
- Connect Program
- Senior Immigrant Settlement Services

**Counselling**

- Information & Referral
- Intake
- Counselling
- Housing
- Legal Clinics

If you are interested in taking part in this great event and showcasing your business to over 1500 attendee's, find out how to become an exhibitor or a sponsor by calling A & O at (204) 956-6440, or visit [www.aoexpo.ca](http://www.aoexpo.ca).

All proceeds from the 55+ Housing & Active Lifestyles Expo are invested back into our programs, and your support will help us continue to deliver these much needed support services to older adults in our province.

Learn more at: [www.aoexpo.ca](http://www.aoexpo.ca)

## 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](mailto:kelly_goodman@shaw.ca) for details.

### DIALOGUE ON AGING

#### 36<sup>TH</sup> ANNUAL SPRING RESEARCH SYMPOSIUM AND WORKSHOP

Join us on **May 6** for the 36th Annual Spring Research Symposium! This year's symposium topics include:

- Deprescribing medications
- Late life depression
- Media coverage of violence in older adults
- Long term care in Manitoba
- Dance program for people with dementia
- Reducing falls
- Birds, navigation, and aging

Our **May 7** workshop will put the spotlight on the University of Manitoba as an Age-Friendly University. A showcase will provide information on existing programs and services at the University, followed by a discussion on how the University can be more age friendly.

For more information, visit [umanitoba.ca/aging](http://umanitoba.ca/aging)

**Monday, May 6, 2019**

Spring Research Symposium  
8-45 am - 4 pm  
727 McDermot Avenue  
(Brodie Atrium)  
Bannatyne Campus

**Tuesday, May 7, 2019**

Symposium Workshop  
9 am - 12 pm  
University College (Great Hall)  
203-220 Dysart Road  
Fort Garry Campus



UNIVERSITY OF MANITOBA  
Centre on Aging

### Forever Young Club 22nd Annual Fund Raiser Dance

April 27, 2019

283 ANAVETS  
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  - Specialty Music (D.J.) (50's, 60's and 70's Rock n Roll music)
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Proceeds from silent auction will be donated to TEAM BRODY FOUNDATION

Bring a tin for the bin for Winnipeg Harvest

**YOU DON'T STOP PLAYING WHEN YOU GET OLD. YOU GET OLD WHEN YOU STOP PLAYING.**



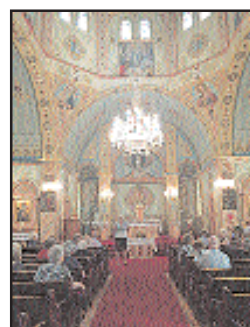
### Ride The Rails to the Parkland

August 13-14th or August 27-28th  
\$275.00 pp dbl occ

Join us this summer for an overnight tour to the Parkland! Enjoy the views from the large train windows as we make our way through crops with the outline of Riding Mountain in the background!

**Tour Includes:** Economy Via Rail Ticket from Winnipeg/Portage La Prairie/Gladstone to Dauphin, Lodging in Dauphin, Return Transportation, Fort Dauphin Museum Admission, Ukrainian Catholic Church of Resurrection Admission to admire the iconography, Scenic Drive To Clear Lake, Wishing Well Stop, Park Admission, Boat Tour on Martese plus shopping at Island Park Portage La Prairie Mayfair Farms!

**Departs Winnipeg**  
(inquire for Portage or Gladstone rates)



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Springtime in South Dakota!  
May 26-June 1, 2019

Transportation from Winnipeg  
6 Nights Hotel - 4 in Deadwood, S.D.  
6 Breakfasts  
Custer State Park  
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Fun for All Ages!

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Phone 431-373-3108

### NASHVILLE MEMPHIS BRANSON

TOUR

Oct. 28-Nov. 10th - 2019  
\$2600.00 pp dbl occ

**Tour Includes:** Deluxe Motorcoach Transportations, 13 Nights Lodging, Grand Ole Opry, Country Music Hall of Fame, RCA Studio B, Elvis Presley's Graceland, Beale Street, Lorraine Motel, 6 Branson Shows, Precious Moments, Terry Redlin, 3 Suppers & 8 Breakfasts.

**Presentation - May 24, 1:15 pm - St. Boniface, MB - RSVP.**



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Things To Do

WINNIPEG

Listings available at [www.seniorscope.com](http://www.seniorscope.com) (Events page)

MISC EVENTS

**The Manitoba Coin Club** - meets 4th Wed. each mo. (except Dec, July & Aug), 7 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**

**Enter Trinity Sew and Sews 2019 Quilt Show** - Fri. May 10 and Sat. May 11, Trinity United Church, 933 Summerside Ave. Registration deadline Wed. May 1. \$3 per entry. Reg. forms and guidelines: [trinitysewandsews@gmail.com](mailto:trinitysewandsews@gmail.com)

**St. Andrew's Anglican Church** - Easter Services: Apr. 14th 10 am, Apr. 18 5:30, 6 pm 7:30 pm, Apr. 19 10 am, and 10:30 am, Apr. 21 8:30 am, 10 am. Easter Palm Sunday, Gather in church hall, Maundy Thursday Seder Supper Holy Communion & Stripping of the Altar, Good Friday - Stations of the Cross beginning in Church Hall Ante Communion with Dramatic Readings. Quiet Easter Service with Holy Communion.

**Children's Hospital Book Market** - St. Vital Centre - Apr. 25-27. In support of the Children's Hospital Foundation of Manitoba. Members of the community drop off used books at our various outlets and volunteers sort, mark, pack and price books in over 65 categories. Details at [goodbear.ca](http://goodbear.ca)

LUNCHEONS/TEAS/DINNERS

**IODE Jon Sigurdsson Chapter** - Spring Bridge & Whist luncheon, Sat. Apr. 27, at Betelsdatur Housing Cooperative, 1061 Sargent Ave. Doors open 11 am. Home Baking, Card prizes, 50/50. Luncheon \$20. Funds support the scholarship program

**Women's Canadian Club of Winnipeg** - Luncheon Tue. Apr. 23, 12 noon, at RBC Convention Centre. Speaker: Carmen Infante, presentation "The Spanish Community in Manitoba". Two dancers from The Institute of Dance of Manitoba will perform. Cost \$28. Reservations and Info until April 16. **204-663-5657** or [wccwinnipeg@gmail.com](mailto:wccwinnipeg@gmail.com)

**Ladies Auxiliary Norwood St. Boniface Legion #43** - Dinner Celebration (90 years of service) Sun. May 5, 134 Marion St. Doors open 12:30 pm, Dinner 4 pm. Tickets \$20 avail. til Apr. 26 at Branch or call **204-475-9221** to reserve.

HEALTH/WELLBEING

**Deer Lodge Community Centre** - Gentle Yoga, Mondays, Apr. 8-Jun. 10, at 323 Bruce Ave. E. \$8 for registered. \$10 for drop-in. Info: **204-837-9613** or email [dwuckert@shaw.ca](mailto:dwuckert@shaw.ca)

MUSIC

**The Winnipeg Mandolin Orchestra** - Annual spring concert, Sat. May 4, 8 pm, in the Ukrainian Labour Temple, 591 Pritchard Ave. Tickets at door: adult \$20. student \$15, or at [auucwinnipeg@gmail.com](mailto:auucwinnipeg@gmail.com), [www.ult-wpg.ca](http://www.ult-wpg.ca)

**The Good Neighbours Choristers** - Spring Concert, Thur. Apr. 25, 7 pm, at River East Church, 755 McLeod Ave. Tickets: Adults \$15, under 16 - free. Available from Chorister members, at the front desk of the Good Neighbours Centre, or at the door.

SALES

**The Norman Art Group** - Annual Show & Sale of original art & crafts, Fri. May 3, 4-8 pm, & Sat. May 4, 10 am-4 pm. Free admission, prizes & demos.

SPORTS/FITNESS/GAMES

**The Flashback Senior Baseball Club** - Looking for new baseball players, open to Men 55+ and Women 40+, on Tue. & Thur. afternoons. Registration is Apr. 18, 10:30 am-1:30 pm at Morse Place C.C., 700 Munroe Ave. Info: **204-222-6411**

VOLUNTEERING

**Deer Lodge Centre**, 2109 Portage Ave. - Volunteers needed for recreation programs, gift shop, bartenders & bar servers, PRIME, community programs, friendly visiting. **204-831-2503** or visit [www.deerlodge.mb.ca/volunteers.html](http://www.deerlodge.mb.ca/volunteers.html)

**Canadian Red Cross** - Seeking Volunteer Personal Disaster Assistance (PDA) Responder for Disaster Management (DM). Entire posting at [redcross.ca](http://redcross.ca) under the volunteer tab. Deadline to apply is Dec. 31/20. Info: [vrs@redcross.ca](mailto:vrs@redcross.ca) or call **1-844-818-2155**.

**The Bike Dump (a volunteer-run community bicycle education space)** - Volunteer opportunities: Bike Mechanic Instructor to help community members learn how to fix their own bicycle. The Bike Dump offers creative alternatives to auto dependency and its consequences. Apply at: [winnipegbikedump@gmail.com](mailto:winnipegbikedump@gmail.com)

**Actionmarguerite St. Boniface, 185 Despains Street** - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. Mon-Fri, Sun AM's. Volunteer Services **204-235-2111**; [service@actionmarguerite.ca](mailto:service@actionmarguerite.ca)

**Actionmarguerite St. Vital, 450 River Road** - Volunteers needed to help Recreation staff, outings (shopping), Mass, transport residents in wheelchairs to in-house appointments. Mon-Sat. Volunteer Services **204-235-2111**; [service@actionmarguerite.ca](mailto:service@actionmarguerite.ca)

**Caregiving with Confidence** - Volunteer drivers needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provided. Male Respite Volunteers needed Tue. afternoons for Caregivers Program in W. Kildonan. **204-452-9491**

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

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

**Kildonan MCC Thrift Shop** - Volunteer in a professional environment and have fun! at 445 Chalmers Ave. **204-668-0967** [meaganvarndell.kmts@gmail.com](mailto:meaganvarndell.kmts@gmail.com)

**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 counselling background. Flexible 4 hrs/wk. Work

from home. Bob Milks: **204-661-7402**, [bmilks@concordiahospital.mb.ca](mailto:bmilks@concordiahospital.mb.ca)

**Manitoba Institute for Patient Safety** - Volunteer opportunities. Visit [mips.ca](http://mips.ca) 'About Us' to learn about our Volunteer Program. [admin@mips.ca](mailto:admin@mips.ca) or **204-927-6477**.

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

**Vista Park Lodge Personal Care Home** - in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: [cliewicki@extendicare.com](mailto: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](mailto:volunteer@hsc.mb.ca)

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

PROGRAMS/SERVICES

**Together Time Drop in** - 2nd Thur. of mo. 207 Thompson Dr. (Prairie Spirit United Church). Various activities. Free. All welcome. Info: **Chris: 204-895-7410**

**Pembina Active Living (PAL) 55+** - Annual "Zing into Spring" - Thur. Mar. 21, 1 pm. Party and registration for spring 10-week classes: yoga, fitness, line dance, Zumba Gold, painting and writing. New members welcome. Access Fort Garry. Info: [www.pal55plus.com](http://www.pal55plus.com), [office@pal55plus.com](mailto:office@pal55plus.com) or **204-946-0839**

**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**

**Wpg Polish Legion Br 246**, 1335 Main St. - Happy Hour 3-7 pm daily Mon-Sat, Senior Lunch & Dance - Weds, 12:30-3 pm, \$10; Fri. Meat Draws, 5-9pm; Karaoke, Fri./Sat, 8-midnite; Chase the Ace - Sat, 10 pm. Hall Rental. Info: **204-589-5493**

**Bleak House Senior Centre** - 1637 Main. Mon. 12:30 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 12:30 pm Cribbage, Friday 9:30 am Quilting. **204-338-4723**

**McBeth house** (a non-profit organization for seniors and community) - Various activities. Mon. morning drop in rsvp, Yoga, 50+ 2-3 pm, 6-7:30 pm, **204-479-4857**; Tue. Cribbage 6:30-8:30; 1st Wed. of mo. Book Club, **204-654-1109**; Thu., Painting/crafts 10-2, Quilting 6:30-9 pm; Sat. Bridge 1-4 pm. Info: **204-339-0432** or [mcbethhousecentre@shaw.ca](mailto:mcbethhousecentre@shaw.ca)

**Senior Achievers** - Meet 3rd Thur. 1-3 pm at 618 Selkirk Ave. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: **204-414-5360**

**Brooklands Active Living Centre** - Floor Curling, Carpet Bowling, Whist - Wed's, 7 pm. 1960 William Ave. **204-632-8367**

**St. Matthews Maryland Community Ministry - Seniors Art Workshop** - Wednesdays, 12:30-2:30 pm, instruction and supplies provided, no experience necessary. Seniors Health and Wellness program Fridays, 11 am-1 pm. Different wellness activities weekly. Healthy snacks provided. 365 McGee St., **204-774-3957**, [www.stmatthewsmaryland.ca](http://www.stmatthewsmaryland.ca)

**Beyond Belief AA** - 1 hr. closed meeting, Wed. nights, 6:30 pm. Blue doors open by 6:10, basement of United Church, 613 St. Mary's Rd. We welcome agnostics, free-thinkers, atheists and others for anonymous, alcoholism/recovery support. Call Cathy M. for info: **204-981-5055**

**MB Christian Writer's Assoc. (MCWA)** - Meets 10 Sat. afternoons/yr. Writers of all levels welcome. Annual membership \$25. Drop-in \$3/mtg. Meetings: 1:30-4 pm, May 4, June 1, at Bleak House Centre, 1637 Main St. Info: **204-256-3642, 1-204-326-7286**

**Meadowood United Church - Handiworks Crafters Group**, 2nd and 4th Tuesdays of mo, 2 pm. Started Sept. 11. **Quilter's Group**, every Thur., noon at Meadowood Church, 1111 Dakota St. \$35 fee/year. **204-256-7002**

**South Winnipeg Family Community Drop-In** - Seniors meet Wed's, 9:30-11:30 am, at 800 Point Rd. Includes coffee, snacks, activities. **204-284-9311**

**Prendergast Seniors Club** - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Mon. luncheons 4th Wed., 12-1 pm. All welcome. Call Gerry: **204-257-1475**

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

**Sturgeon Creek United Church** - Fellowship gatherings. Games, cards, conversation and light refreshments. 2nd Thur. of the mo., 1:30-3 pm except July and Aug. Free. **204-895-7410**

**The Salvation Army Barbara Mitchell Family Resource Centre** - Seniors 55+, 51 Morrow Ave, St.Vital. Monday - Drop-In 9:30-11:30 am, Tuesday - S.T.A.R.S. 9:30-11:30 am, presentations, monthly birthday lunch, outings, games, etc. Wed. - Steppin' Up FREE Exercise Class 10-11:30 am, Thur. - Pickle Ball 9:30-12 pm. Coffee/Tea/snacks provided. More info, call Sheila: **204-990-2339**

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

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

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

**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.

**Southdale Seniors** - in Southdale CC. Activities include travel to Moose Jaw spa and Maritimes, local tours and workshops, monthly birthday lunches, Celebrations matinees, casino trips, ASD bingo, creative writing, bridge, canasta, cribbage, floral arranging, games, movies, indoor walking, teas, etc. To register, call **204-253-4599**, membership \$12.

**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**

Continued on page 12



## Things To Do

## WINNIPEG Cont'd from page 11

Listings available at [www.seniorscope.com](http://www.seniorscope.com) (Events page)

**A&O: Support Services for Older Adults - Senior Centre Without Walls (SCWW).** Phone Group Activities providing fun, free, educational and recreational programming by calling into toll-free line. Info: **204-956-6400**

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

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

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

**High Steppers Seniors Social Club** - Meet Wed. & Thur. for fun and activities. New members / volunteers welcome.

Please mention Senior Scope when contacting our advertisers.

Winakwa Community Centre, 980 Winakwa Rd. **204-619-8477**

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

**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 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

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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**

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

**The St. James-Assiniboia 55+ Centre** - 3-203 Duffield St. Various programs and services to adults 55+. Visit [www.stjasc.com](http://www.stjasc.com) to view programs and services. **204-987-8850**

**55+ Men's Club** - meets Wed. & Thur. afternoons, 1-4 pm, at Bourkevale Lawn Bowling, 900 Ferry Road. 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.

Please mention Senior Scope when contacting our advertisers.

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

**St. Chad's Anglican Church** - Services now at 400 Rouge Rd. Service of Holy Eucharist, Sunday at 9:30 am. Fellowship with tea and coffee after service.

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

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

**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**

Email ready-to-print electronic PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). **FREE** for non-profits and current advertisers. Include duration for listing to run. **Submit by May 3rd for May 10th issue.**

## Things To Do

## RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

Listings available at [www.seniorscope.com](http://www.seniorscope.com) (Events page)

**Brandon - Nifty Needlers** - "Art of Quilting" - 2019 Quilt Show, Fri. & Sat. Apr. 26 & 27, 10 am-4:30 pm, at Riverview Curling Club, 420 Maryland Ave. Adm. \$5/day. Featured Quilter: Barb Walker, Junior Quilters Section. Quilt Raffle and Silent Auction. Proceeds to the Brandon Regional Health Centre Foundation

**Cooks Creek - Active Aging in Manitoba (AAIM)** - Aiming for Wellness, a Mental Health and Wellness Workshop for Older Adults, Apr. 25, 10 am-3 pm. Registration begins 9:30 am. Cooks Creek C.C., 30 026 Zora Rd., 1/4 mile east of Hwy. 212. Topics: Active Living, Tai Chi, Managing medications, Personal responsibility in the Health Care System, Healthy Eating, Exercise options. Displays. \$5/person includes lunch. Register: **204-853-7582** or [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net)

**Headingley - Assiniboine Circle Quilters** - Spring Fling Quilt Show, Fri. Apr. 26, 10-8, Sat. Apr. 27, 10-4, Headingley C.C., 5353 Portage Ave. Adm. \$5. Under 12 Free. Raffle, Silent Auction, Vendors.

**Interlake - Barn Quilt Trail.** Over 40 painted barn quilts to view in the Interlake. Info: [interlakebarnquilts@gmail.com](mailto:interlakebarnquilts@gmail.com), [www.interlakebarnquilts.com](http://www.interlakebarnquilts.com), [www.facebook.com/lakesidequilters.54](https://www.facebook.com/lakesidequilters.54). Entry forms at [interlakebarnquilts.com](http://interlakebarnquilts.com)

**Seine River Services for Seniors** - AGM, Tue. May 14, Doors open 11:15 am, at Young at Heart Community Centre in Richer, MB at 22 Dawson Road. Call **204-424-5285** before May 6 to register.

**Les Services Rivière Seine** - pour Aînés sont heureux de vous inviter à leur Assemblée Générale Annuelle qui aura lieu au Young at Heart Community Centre au 22 rue Dawson, Richer, MB. Les portes ouvriront à 11h15 le mardi 14 mai 2019. Tous sont les bienvenus. Veuillez appeler Juliette Rowan au **204-424-5285** avant le 6 mai 2019 pour vous inscrire.

**Springfield Seniors** - Goldeyes Baseball Game, May 30, 10 am-2:30 pm. Meet up at the municipal office. Will travel as a group to Shaw Park. Info: 204-444-6166 or email [jchubaty@rmofspringfield.ca](mailto:jchubaty@rmofspringfield.ca)

**Old St. Andrews Church** - hosting Historical Talks, Sat. May 11, 3 pm with Peter St. John, Earl of Orkney who will be talking about the Orkneys and his connection to them; Robert Coutts former historian with Parks Canada and author of the book on the history of St. Andrews Church "Road to the Rapids" and Heather Beattie from the Hudson's Bay Archives will help you find your ancestors and their connection to the HBC. Tickets \$5 avail. at door. Info: Barbara **204-338-7483**, [bbg@mymts.net](mailto:bbg@mymts.net) or [www.standrewsonthered.ca](http://www.standrewsonthered.ca) for info and on the 170th anniversary.

**Steinbach- Pat Porter Active Living Centre** - 10 Chrysler Gate - Pancake Breakfast, May 14. \$5p.P. Goldeyes Day Game June 4 Includes Accessible Transportation from PPAALC \$35p.P. We offer Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK

Kits to name only a few. Reception **204-320-4600**, Sonja (Program + Volunteer Coordinator) **204-320-4603**. <https://www.patportercalc.com>

**Stonewall - si55Plus** - Oddfellows Hall (O.F. Hall), 374-1st St. W., Stonewall. **204-467-2582: Potluck & Games afternoon** Call for info; **Community Volunteer Income Tax Program**, low invoice filing assistance, drop off service only Mar. 1-Apr. 26, 10 am-3 pm (Tue-Fri). Call for more info; **Discover Owls**, presentation with Jim Duncan, Thur. Apr. 18, 1 pm, O.F. Hall. Call for info; **Accumulative Cribbage Tournament**, Apr. 10-May 1, 7 pm, partner play. Register your team at si55Plus or call **204-467-2582: Pickleball**, Mondays & Thursdays, 6:30 pm, Stonewall Curling Club. Drop in welcome. Call for info.

### VOLUNTEER

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

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

**Selkirk - Tudor Home 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](mailto:mmutcheson@ierha.ca)

### PROGRAMS / SERVICES

**A&O: Support Services for Older Adults - Senior Centre Without Walls.** Telephone Group Activities For Manitobans in a fun and interactive atmosphere. 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](mailto:beauhead@mymts.net)

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

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

**East St. Paul 55+ Activity Centre** - (262 Hoddinott) - Area residents welcome to

play cribbage Tues., whist Fri. Also: pool, quilting and stitchery, art group, table and floor shuffleboard, book club, yoga, potluck suppers and casino trips. **204-654-3082** (msg).

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

**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](http://www.gimlinewhorizons.com) for monthly newsletter. Info: **204-642-7909**

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

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

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

independence. We are **always looking for volunteers** to help with these programs.

**Portage la Prairie - Herman Prior Centre** - Members and non-members. Mon to Fri meal program (register by 11 am); Mon. Painting, Line Dancing, Scrabble, Resistance Band, Cribbage, Clogging and Tai Chi; Tues. Euchre, Bridge and Prairie Wildfire Line Dancing; Wed. Cribbage and Tai Chi; Thurs. Foot Care Clinic, Whist, Weaving, Bridge and Square Dancing; Fri. Foot Care Clinic, Floor Curling and Floor Shuffleboard. Low income tax return filing assistance, regular Blood Pressure Clinics, and Stroke Survivors, Book Club, Genealogy and Natural History meetings. Special events (trips to RMT, Celebrations Dinner Theatre, etc.). Contact Hope or Chris: **204-857-6951**, [hp55plus@mymts.net](mailto:hp55plus@mymts.net)

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

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

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

**Steinbach - Pat Porter Active Living Centre (10 Chrysler Gate)** - Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits, etc. Reception **204-320-4600**, Lynda (Program + Volunteer Coordinator) **204-320-4603**.

**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: [ssinct1@mts.net](mailto:ssinct1@mts.net), [www.ebseniorscene.ca](http://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](mailto:recreation@weststpaul.com)

Email ready-to-print electronic PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). **FREE** for non-profits and current advertisers. Include duration for listing to run. **Submit by May 3rd for May 10th issue.**





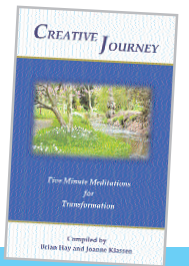
## HEARTSPACE WRITING SCHOOL

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

## CREATIVE JOURNEY

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### Excerpts from CREATIVE JOURNEY:

#### CREATE

(Sallie Cooper)

*A day is a miniature eternity.*  
(Ralph Waldo Emerson)

When I first read the above quotation it resonated instantly with me. When I am feeling low the day stretches ahead of me as if it had no end and seems indeed to last an eternity. But I am also aware of frequently reading or being told to live as if every day was my last—and with this in mind, the quotation takes on a whole new meaning.

In this context each day contains all the materials for eternity and can be used to practice the skills that will make each day an exciting, joyful, creative space to be. Acting on this principle, life may become a daily miniature eternity of joy and creativity.

What better way to spend a life?

When feeling low, it is no easy challenge to change our outlook. But even one tiny bit of creativity in a day can be a real achievement and provide a moment of joy in a miniature eternity. (SC)

*I celebrate the opportunities to live an exciting, creative, and joyful life.*

#### Sallie Cooper (SC)

Sallie is a proud mother and grandmother and firm believer in lifelong learning. A keen writer and reader, she is also a cellist and trained facilitator of Life Writing for Transformation™ which occupies regular slots of time in the area around her home in North Yorkshire, UK. A lot of Sallie's work is done in the field of Mental Health, an area which she is passionate about and experienced in.

E-mail: [salliecooper@hotmail.com](mailto:salliecooper@hotmail.com)

#### APPRECIATE

(Joanne Klassen)

*We see things not as they are but as we are.* (The Talmud)

Four-year-old Joey is more interested in action than art. He'd rather ride his bike fast or race cars on an imaginary speedway. Still, he created a large yellow, blue, and brown portrait of his mum that he held with pride at his school's Mother's Day parade.

When I showed a photo of Joey's art to Joey's seven-year-old cousin, Ben, he said, "That's very good work. It looks like George Washington."

Although the adults chuckled, and this story may be repeated in the family for years, what stays with me is something deeper, "a pearl of great price." We all saw the same art with different eyes.

Ben's honest, unbridled appreciation of his younger cousin's creation and his affir-

mation of Joey helped me see and celebrate the excellence he saw.

How often do I see only a fraction of the beauty in others and our limitless world? I want to hang on to the joyful energy of Ben's spontaneous appreciation as I move through the day ahead. (JK)

*With wide-open eyes, I look deeply and appreciate the beauty and excellence that surround me.*

#### Joanne Klassen (JK)

Author and Heartspace founder, Joanne began facilitating personal development programs in 1975. Her career and life changed in 1998 when she received a vision for Transformative Life Writing™ which is now offered to teens, adults and seniors around the world. Joanne's ideal day includes writing, singing to a baby, visiting thrift shops and walking along the river with her husband Ted in Winnipeg, Canada. E-mail: [jklassen@write-away.net](mailto:jklassen@write-away.net)

# Putting a spring (symposium) in your step

By Rachel Ines—Centre on Aging, University of Manitoba

Spring marks a time of renewal, a refreshed outlook on the life cycle from birth to maturity. It also marks the Centre on Aging's 36th Annual Spring Research Symposium. For over 35 years, researchers have been sharing their aging research with Symposium attendees. On May 6-7, the general public is invited to take part in a two day free event at the University of Manitoba to hear about current aging research.

On **May 6**, the **Spring Research Symposium** will take place on the

Bannatyne Campus, **727 McDermott Ave.** (Brodie Centre) from 8:45 am-4 pm. Centre researchers will discuss aging issues focusing on reducing falls, long term care, media coverage of violence in older adults, a dance program for people with dementia, and birds, navigation, and aging. In addition to the presentations, students will be presenting their research posters.

If you can't attend on May 6, the Centre will be live streaming the plenary sessions How many medications is too many? Strategies for safely deprescribing medications in older adults; and The development and pilot evaluation of an information decision-aid for late-life depression. Contact the Centre for details on how to view these sessions online.

#### Join us at the Age-Friendly University workshop

As global communities have adopted age-friendly principles to improve the lives of older people, so too have higher education institutions. Dublin City University in Ireland, established a global network of nearly 50 Age-Friendly University (AFU) member institutions, who have endorsed 10 age-friendly university principles as a commitment to being more accessible to older people, and supporting people of all ages.

The University of Manitoba was the first Canadian University to endorse these principles. An AFU committee,

chaired by Centre Director, Dr. Michelle Porter, meets to discuss age-friendly issues on campus. Last fall, the University launched their AFU hub, which centralizes age-friendly information on campus: <http://umanitoba.ca/centres/aging/agefriendly>.

To learn how the University of Manitoba is an Age-Friendly University, join us at our May 7 Workshop from 9 am-12 pm, at University College, 203-220 Dysart Road, Fort Garry Campus. Workshop participants will have the opportunity to view a showcase that will provide information about the University's existing programs and services, take part in a discussion on how the University can be more age-

friendly, and tour campus spaces.

"The Spring Symposium and Workshop is an opportunity to connect researchers with the community, and to discuss how aging related issues affect us at any age. By making the research accessible, we hope that it provides meaningful opportunities to discuss how we can change the perception of an aging society," says Dr. Porter.

The Research Symposium and Workshop are both free to attend. For more information and to pre-register by April 26, visit: [umanitoba.ca/aging](http://umanitoba.ca/aging) or call 204-474-8754. After April 26, sign up in person at the registration desk located in Brodie Centre (May 6) or University College (May 7). ■



Centre on Aging Symposium 2018

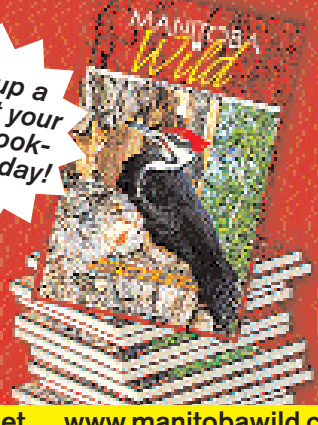


Centre on Aging Symposium 2018 - Workshop

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### Today's Recipe

www.PeakMarket.com

## Tomato in the Middle Chicken

Metric	Ingredients:	Imperial
227 g	cream cheese, softened	8 oz
5 ml	thyme	1 tsp
5 ml	tarragon	1 tsp
5 ml	parsley	1 tsp
5 ml	pepper	1 tsp
5 ml	basil	1 tsp
5 ml	garlic, minced	1 tsp
5 ml	oregano	1 tsp
4	chicken breasts, boneless	4
115 g	prosciutto ham, very thinly sliced	4 oz
12	cherry tomatoes, halved	12
50 ml	white wine	1/4 cup

In a medium bowl; mix cream cheese and herbs. Blend thoroughly. Pound chicken breasts to uniform thickness. Line each breast with 1 oz (30 g) of ham, 3 halved tomatoes and 1/4 cup (50 ml) of cream cheese / herb mixture. Roll up chicken and place seam side down on lightly greased baking pan. Top with dollop of remaining cream cheese / herb mixture. Sprinkle with white wine generously. Bake in preheated 375 F (190 C) oven for 30 minutes.

**Serves 4**      www.PeakMarket.com

## WORDSEARCH - SHAKESPEARE

By Senior Scope

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

## CROSSWORD

### On the Easter Menu

By Adrian Powell

<p><b>ACROSS</b></p> <p>1 Scandinavian reindeer herder</p> <p>5 Go-... kid's racer</p> <p>9 NAFTA's Asian counterpart</p> <p>14 Nasty fairy tale dude</p> <p>15 Actor Francis of "The World's Greatest Athlete" (73)</p> <p>16 Protrude outward</p> <p>17 Item to nibble on at the Easter dinner, perhaps</p> <p>20 Attempted</p> <p>21 Sixteenth US pres.</p> <p>22 Movers' vehicles</p> <p>23 Axolotl's tiny cousin</p> <p>25 Doily material</p> <p>27 "Caught ya!"</p> <p>30 Paska, for one</p> <p>35 Old mariner's navigational standard</p> <p>37 Look long and hard</p> <p>38 Holly, botanically</p> <p>39 Rush, Cream and The Police</p> <p>42 Beelzebub's work</p> <p>43 Veers sharply to the side</p> <p>45 Most self-satisfied</p> <p>47 Raisin-filled Easter fare</p> <p>50 Where the owl and the pussy cat went</p> <p>51 Lopsided victory</p> <p>52 Tiny hang-up</p> <p>54 Primary Sunni alternative</p> <p>57 "... you kidding me?"</p> <p>59 Plums and peaches</p> <p>63 Best-selling Easter confection since 1923</p> <p>66 Bikini, notably</p> <p>67 Archer of myth</p> <p>68 Vexed mood</p> <p>69 Lease to new</p>	<p>14</p> <p>17</p> <p>20</p> <p>23</p> <p>24</p> <p>25</p> <p>27</p> <p>28</p> <p>29</p> <p>30</p> <p>31</p> <p>32</p> <p>33</p> <p>34</p> <p>35</p> <p>36</p> <p>37</p> <p>38</p> <p>39</p> <p>40</p> <p>41</p> <p>42</p> <p>43</p> <p>44</p> <p>45</p> <p>46</p> <p>47</p> <p>48</p> <p>49</p> <p>50</p> <p>51</p> <p>52</p> <p>53</p> <p>54</p> <p>55</p> <p>56</p> <p>57</p> <p>58</p> <p>59</p> <p>60</p> <p>61</p> <p>62</p> <p>63</p> <p>64</p> <p>65</p> <p>66</p> <p>67</p> <p>68</p> <p>69</p>	<p>13 Trapeze artist's safeguards</p> <p>18 S-shaped mouldings</p> <p>19 Stem area</p> <p>24 19th century Russian despot</p> <p>26 "I Love Lucy" original network</p> <p>27 Goofy and imitative</p> <p>28 "Anybody there?" (var.)</p> <p>29 W. Alaska islander</p> <p>31 Takes a spill</p> <p>32 Where the gutters hang</p> <p>33 Pop up</p> <p>34 River mouth feature, often</p> <p>36 Abhorrent</p> <p>40 Spheres, basically</p> <p>41 Most robust</p> <p>44 Abbr. for "There are no seats left"</p> <p>46 Take away one's weapons</p> <p>48 Sharif of "Funny Girl"</p> <p>49 More nimble</p> <p>53 Overnight visitor</p> <p>54 "The Lion King" villain</p> <p>55 It could be a crime</p> <p>56 It's one-eyed, yellow and north of Kathmandu</p> <p>58 Light brown hue</p> <p>60 "Lone Star" actress Elizabeth (96)</p> <p>61 Auspices (var)</p> <p>62 Bilko and Snorkel, for short</p> <p>64 Last month, in a bus. letter</p> <p>65 Will Ferrell's Burgundy</p>
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SOLUTION ON NEXT PAGE

Ajax	Cato	Gaul	Lear	Osric	Timandra
Ambas	Clitus	Guildestern	Lion	Owen	Timon
Anjou	Conrade	Hugh	Luce	Peto	Titinius
Antenor	Corin	Hymen	Lucio	Pinch	Tubal
Antony	Curan	Iago	Maine	Polonius	Tyre
Arde	Dion	Imogen	Marina	Ross	Ursula
Arragon	Egeus	Iras	Milan	Sardis	Varro
Bigot	Ely	Iris	Moth	Seyton	Voltimand
Boult	Emila	Jamy	Mutius	Snug	Wall
Boyet	Eros	John of Gaunt	Nestor	Solinus	Wye
Brutus	Firar	Junius	Nym	Tamora	York
Butts	Florin	Juno	Oberon	Thaisa	
Cassio	Ford	Lartius	Orleans	Theseus	

SOLUTION ON NEXT PAGE

## LAUGH A LITTLE

A man received a text from his neighbour one morning...

"Bill, I am so sorry. My guilt is eating me up and I have to confess something to you. I have been helping myself to your wife, day and night when you're not around. In fact, more than you. I do not get it at home, but that's no excuse. I can no longer live with my guilt and I hope you can accept my apology with the promise that it won't ever happen again."

Bill read the text in complete shock.

Moments later, a second text came in from his neighbour, "Damn spell check! I meant 'wi-fi!'"

## SUDOKU HARD

By Senior Scope

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			4			6	3	
7		1						
			1	5				
6				7				1
4		9				8		
			5	6				8
					2			5
		4				9	2	

Each 3x3 cell has the digits 1-9.

Each vertical and horizontal line also has the digits 1-9.

Enter each digit (1-9) only once each in each cell and each line.

SOLUTION ON NEXT PAGE



# The Trudeau government has announced \$4.2 billion in spending since SNC-Lavalin scandal broke

- Federal Director Aaron Wudrick, Canadian Taxpayers Federation, awudrick@taxpayer.com

The CTF is Canada's leading non-partisan citizens' advocacy group fighting for lower taxes, less waste and accountable government. Founded in 1990, the CTF has more than 145,000 supporters and seven offices across Canada. The CTF is funded by free-will, non tax-receiptable contributions.

- 267 new spending announcements from the Trudeau government since scandal broke on Feb. 7/19.
- Includes handouts for everything from tourism to airports to boat safety

- \$30 million for an "intellectual property collective" (Feb. 13)
- \$4.2 million to help develop "innovative" fruit (Mar. 11)
- \$595,000 on a boating safety mobile app (Mar. 14)
- \$376,000 for a 'Cheese Expertise Centre' (Apr. 3)

OTTAWA, ON: The Canadian Taxpayers Federation released a list of all spending announcements made by the Trudeau government over the last two months which may have been missed during the ongoing SNC-Lavalin scandal.

"With so much attention understandably focused on SNC-Lavalin, many people may have missed most or all of these 267 spending announcements," said CTF Federal Director Aaron Wudrick. "We believe spending taxpayer dollars deserves proper scrutiny, and in that spirit we're pleased to provide this list."

The largest spending announcement made since Feb. 7 is \$1 billion in "innovation" funding for southern Ontario on Feb. 27, while the smallest was \$8,000 to fund upgrades for a maple sugar camp in New Brunswick on Mar. 29. Other highlights include:

- \$72 million for "clean technology" in Alberta (Mar. 14)

Wudrick noted that with the federal government currently running a deficit of \$19.8 billion rather than balancing the budget as promised, all 267 announcements are effectively being funded with borrowed money that will be added to the growing federal debt.

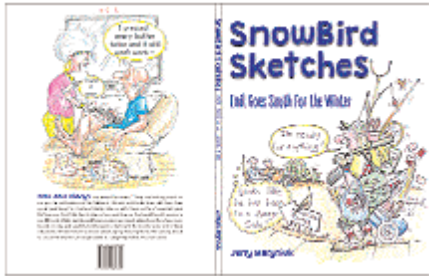
"With an average of four spending announcements per day being missed in the wake of SNC-Lavalin, taxpayers should take note: the Trudeau government continues to borrow and spend even though you may not be hearing much about it," said Wudrick.

To see a complete list of the Trudeau government's spending announcements since Feb. 7, visit: <http://www.taxpayer.com/media/CostofSncScandal.pdf>.

Email: awudrick@taxpayer.com  
Twitter: @awudrick

# 'Snowbird Sketches' by Jerry Maryniuk of Arborg, MB

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**Snowbird Sketches** comic books are available directly from Jerry & Sharon for \$20.00 plus \$5.00 shipping. [snowbirdsketches@gmail.com](mailto:snowbirdsketches@gmail.com) phone/text, cell 204-981-9797. Also available in Winnipeg at: Winnipeg at Artists Emporium on St. James, McNally Robinson Booksellers (Grant Ave.), online at [mcnallyrobinson.com](http://mcnallyrobinson.com) In the Interlake at: Arborg Pharmacy, Hnaua General Store, and Tergesen's in Gimli.

## Steinbach, MB



## CROSSWORD - Solution

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

## SUDOKU - Solution

9	4	6	3	8	5	7	1	2
5	8	2	4	1	7	6	3	9
7	3	1	9	2	6	5	8	4
8	2	7	1	5	9	4	6	3
6	5	3	8	7	4	2	9	1
4	1	9	2	6	3	8	5	7
2	9	5	6	4	1	3	7	8
3	6	8	7	9	2	1	4	5
1	7	4	5	3	8	9	2	6

## WORDSEARCH - Solution

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

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# Wishing you a Happy Easter

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