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Come stay & play beside the beautiful Duck Mountains of the Swan River Valley! Join hundreds of other older Manitobans & make new friends for life!

By Karyn Heidrik - Manitoba 55 Plus Games Coordinator



Predicted walk-run at 2018 Manitoba 55 Plus Games.

Swan River, MB is gearing up for the 37th annual Manitoba 55+Games (presented by PlayNow.com) scheduled for June 11-13, 2019. This will be the first time the Games have been held in the Swan River Valley since 1992.

The impactful slogan "Life through Sport" was chosen by the Swan River host committee, who has a few fun surprises in store for both returning and new participants of this annual celebration.

Annual participants are looking forward to another exciting provincial event that is expected to attract over 600 older Manitobans from all across the province. Participants ranging in age from 55 to 90+ will be engaging in 25 age-friendly sports and activities over the 3-day provincial sport for life celebration. There will also be a variety concert and athlete celebration banquet and dance.

Approximately 200+ volunteers will be involved to help the events run smoothly.

run smoothly.

The 2019 Manitoba 55+ Games are open to Manitobans who are 55 years of age or older by December 31, 2019. There is a wide range of events being offered with distinct age

categories that ensure each event is fair and friendly by matching participants with others their age and experience. Whether you are a beginner, who wants a taste of the Manitoba 55+ Games experience for the first time or a seasoned participant, there is an event for everyone at the Games.

This set of Games will offer all the regular popular events such as golf, slo-pitch, pickleball, floor shuffleboard/curling, 5-pin bowling, predict-

Continued on page 2

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55 Plus Games, cont'd from front page



Pickleball.

Horseshoe event.

ed walk, horseshoes, snooker, swimming, track and carpet bowling. The equally popular 'brain games' events such as contract bridge, cribbage, whist and scrabble will also be offered.

These events demonstrate how the Manitoba+ Games continue to respond to the expressed interests of older Manitobans and encourage them to participate in socially engaging activities for life. For older adults, physical activity and exercise are essential to maintain quality of life, feel energetic and live a happy and

rewarding life. It doesn't matter what your age or your current level of activity is, it is never too late to experience the joy and health benefits of an active lifestyle.

There are plenty of opportunities to experience the Manitoba 55+ Games in Swan River June 11 -13, 2019. Registration will begin March 29, 2019 (mark your calendars!) so choose an event and surprise vourself this June. <u>Registration for the</u> majority of events closes Friday, May 10, 2019. The deadline for slo-pitch is Friday, May 17, 2019. Please note: Early Bird pricing will be in effect until April 26th (registration after April 26th will add \$10.00 per person per event).

For more information on the 2019 Manitoba 55+ Games (presented by **PlayNow.com**), please contact the **MB 55+ Games** office at: **204-261-9257** or toll-free 1-855-261-9257, email: manitoba55plusgames@gmail.com or visit the **AAIM** website at: www.activeagingmb.ca.

South Winnipeg Seniors Resource Council looks at older adults current & future needs. By Martin Landy

Change is a constant in our society, regardless of age. And as Betty Friedan observed "Aging is not lost youth but a new stage of opportunity and strength.'

As the number of aging boomers increases, their needs change as well. So can their means of communication and the types of support they

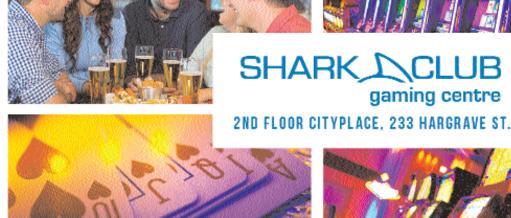
may need. Many older adults are living longer and independently. Some are technologically savvy and use the internet as their main source of information and communication. The new buzzword for "retirement" is now "purposeful aging". Challenges include financial concerns, an everchanging healthcare landscape, and

governments with other priorities. Many in the 55+ category may be concerned about how to maintain their lifestyle and continue to be independent, especially when family members are unavailable or don't live nearby.

The role of the South Winnipeg Seniors Resource Council (SWSRC)

Continued on page 4





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Manitoba high school students to learn the 'Holocaust' story up close

By Roger Currie

It was in May of 1960, a couple of months before my 13th birthday, that I first became aware of the term **Holocaust**. It was a beautiful sunny Saturday and I was helping a friend deliver the Free Press in south Winnipeg. On the front page that day was the story of the arrest of Adolf Eichmann in Argentina. He was a major player in Hitler's efforts to exterminate as many of the Jews in Europe as possible. Eichmann's capture, and subsequent trial and execution in Israel, was a major triumph for Simon Wiesenthal, the death camp survivor who dedicated the remainder of his life to hunting down the men who had committed these dreadful 'crimes against humanity' and bringing them to justice.

The Free Press story talked of the murder of six million Jews at Auschwitz and the other camps that were operated by the Nazis, mainly in Germany and Poland. Six Million! It was a number that I found difficult to process at that age. It went light years beyond any notions of hatred and deliberate cruelty that any of us might ever contemplate.

Almost half a century later, the passage of time has eliminated almost all of the people who committed those crimes, and many of the younger relatives of those who died in the camps are troubled that the stories of the Holocaust are fading from our consciousness. Anti-Semitic incidents seem to be an ongoing fact of life in North America, with the worst example being the mass shoot-

ing at the *Tree of Life* synagogue in Pittsburgh last October that killed 11 people and seriously wounded seven others. Also fresh in our recent memory are incidents in places like Charlottesville, Virginia in August of 2017, where one woman died when struck by a vehicle and neo-Nazi extremists marched chanting slogans like "*Jews will not replace us*".

Later this month a group of 30 high school students and two teachers from southern Manitoba will be travelling to Europe at their own expense to visit three sites where Jews were murdered during the Holocaust. The students are from Springfield Collegiate Institute in Oakbank and their history teachers leading the tour are Jim Osler and James Chagnon. Both men have led previous student groups to places where Canadian soldiers played significant roles in both world wars.

This trip will take the 11 male and 19 female students to sites that are very familiar to anyone who has seen Steven Spielberg's Oscar winning movie *Schindler's List*. On March 21st the group will visit Plaszow Concentration Camp which supplied much of the slave labour at Schindler's nearby factory. What remains of the factory will be visited the next day. On March 23rd the group will spend six hours at Auschwitz and Birkenau where more than 1.5 million were murdered as part of Hitler's 'final solution'.

Another stop will be a guided tour of the Jewish ghetto in Warsaw where many hundreds were killed as



Auschwitz concentration camp.

the Nazis brutally put down a major resistence uprising. On March 29th, the students will be in the Netherlands visiting Groesbeek Cemetery where the largest number of Canadian soldiers are buried who took part in the liberation of Holland in 1945.

At each of the sites, individual students will read memorials that they have researched and written about the events that took place there and the people who died at those places.

Teacher Jim Osler says the cost for each of the students when all is said and done will be about \$4,500.00, all of which will be covered by the students and their families. "The members of the group were finalized and the first planning meeting was held in November 2017. It has involved a lot of work both inside and outside of the classroom, including meetings with 93 year old Isaac Gottfried, a Holocaust survivor who lives in Winnipeg" Osler said.

It's interesting that the school involved is located just beyond the boundaries of greater Winnipeg in an area that does not include a significant Jewish population. Jim Osler said "We don't have a lot of kids out here that have any kind of cultural or religious connection to the Holocaust. Most are not hearing much about at home, or from older relatives. Those who are making the trip were very eager to expand their knowledge base about these tragic events".

Indeed, recent surveys in both Canada and the U.S. suggest that basic knowledge of the Holocaust is sorely lacking. When asked how many people died, relatively few had any idea that the total was anywhere near six million.

Roger Currie is a Winnipeg writer and broadcaster, and a regular contributor to Senior Scope.

South Winnipeg Seniors..., cont'd

is as an information hub to support seniors and their families. This nonprofit organization is one of 12 councils in the city funded by the Winnipeg Regional Health Authority with a mandate to help older adults live a full, independent, healthy life. The SWSRC serves over 35,000 people aged 55 and over in River Heights, Crescentwood, Tuxedo, Fort Rouge and Charleswood. The council is holding a series of consultations, as well as an on-line survey to find out how they can best serve seniors in the community during the next five to ten years.

"We serve a wide spectrum of older adults from 55 plus to 85year-olds and up, both who have different needs. The SWSRC's goal is to connect with all these seniors in a meaningful and accessible way," said Martin Landy, the council's Seniors Resource Coordinator

The SWSRC has developed a short survey to gauge the current and future needs of seniors living in their area. This survey (available online at **www.swsrc.ca** until March 29th) will be followed by a series of community consultations in April to hear from "grassroots" community members to get their feedback about their needs now and in the next five to ten years. This will enable the SWSRC to develop a meaningful strategic plan to address these changing needs and trends moving forward.

"Purposeful aging" may empower some older people themselves to be the agents of change. This sense of meaning, direction, and desire to continue contributing to society may help change some of the stereotypes about aging and how people experience growing older. Longevity may change our society's perspective, especially as the number of retiring boomers increases. The SWSRC acknowledges the changing demographics within our community and aims to respond to the needs of this growing community.

Find out more about resources available for seniors, ranging from

housing to recreational activities, on our website at **www.swsrc.ca**. If you are a resident of South Winnipeg and are interested in taking part in our conversations, please contact us at **204-478-6169** or email us at **resources@swsrc.ca**. The conversations will take place April 2, 4, 8, 11 & 15th from 10:00 am to noon.

And remember, as poet Robert Browning wrote "*Grow old with me!* The best is yet to be." ■











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- ➤ Mutual funds buy and sell securities, and their investments may generate gains if securities within the fund are sold for more than their purchase price.
- ➤ Net income or gains after the fees and expenses of the fund are paid – are subject to tax within the fund.
- ➤ There are strategies to reduce the amount of tax you pay on mutual fund investments, but they should first be a part of your overall financial plan.

If you have any questions about reporting capital gains distribution for tax purposes, I would be happy to help.

When winter winds finally give way to warmer breezes, you know that a new season is once again upon you - tax season. And with this new season, you may find the arrival of a tax slip for capital gains distributions from your mutual fund

Many individuals are uncertain about capital gains distributions and how they should be reported for tax purposes. simply put, mutual funds buy and sell securities. Mutual fund investments may generate gains if securities within the fund are sold for more than their purchase price. While some of the income and gains will go towards paying fees and expenses for the fund, any net income or gains are subject to tax within the fund. Since a mutual fund trust is subject to the highest individual tax rate, but does not pay tax on net income and gains distributed to its investors, distributions are the normal course of action. Distributions are then taxed in the hands of the recipient at his or her marginal tax rate.

Need more information? Here are some straight answers to the most commonly asked questions about capital gains distributions from mutual fund trusts.

Are fund returns and fund distributions the same thing?

No. Fund returns are a measure of how the fund has performed over time, including distributions and changes in its price. Fund distributions are what the fund distributes to its investors, and are often driven by tax considerations.

Under what circumstances am I liable for taxes on capital gains in my mutual fund investments?

The first circumstance is when you dispose of a fund units at a price higher than their cost base. The second occurs when the fund distributes gains that have resulted from the fund selling holdings in its portfolio during the year at prices higher than their cost.

How does a mutual fund realize capital gains?

A mutual fund buys and sells stocks, bonds, T-bills or other assets. If a security is sold for more than its purchase price, a capital gain will result. If over the course of the year, the fund's realized capital gains exceed its capital losses and its expenses, it may have to pay tax on those gains to the extent that they are not allocated to unitholders.

Why does a mutual fund distribute capital gains?

To avoid paying net taxes at the highest marginal tax rate for individuals, a mutual fund trust may distribute net capital gains to its investors prior to the calendar year end. Generally the capital gain distribution is reinvested in additional units of the same fund.

Why is the actual distribution amount not known until year end?

The formula for determining the amount of the capital gains distribution is based on information that is not known until the taxation yearend of the fund. This information includes income, expenses, net realized and unrealized gains, net assets and redemptions during the year.

Does reinvesting the capital gains distribution in a mutual fund reduce my tax bite?

No. Capital gains distributions reinvested in additional units of the same fund are taxable to you.

Does the length of time I held my investment affect my distribution and tax position?

You'll receive the same distribution whether you've held the fund for the full year or only a few days, provided you own units of the fund on the distribution date.

Must I include capital gains distributions on my current tax return?

Yes. Within the first few months of the year following the distribution, you'll receive a tax slip (T3)) from the fund company reporting income and capital gains distributed to you. These amounts must be included with your annual tax return.

Do I pay taxes on distributions from all my mutual fund investments?

Not necessarily. You pay taxes on any distributions from your nonregistered investments that are not considered a return of capital, but not from funds held within your registered retirement savings plan (RRSP). When you withdraw money from your registered plan, the amount withdrawn is taxed as ordinary income.

Can I do anything to reduce the amount of tax I pay due to my mutual fund investments?

There are a variety of strategies, including using losses to offset capital gains. Taxes are only one consideration when investing. Most importantly, your strategies should address your individual goals and risk tolerance and be part of your overall financial plan.

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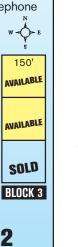


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The Extra Benefits of the Minds in Motion® Program

Courtesy - Alzheimer Society

There's a lot going on in the Alzheimer Society's Minds in **Motion** program. People with dementia, along with a family member or friend, participate in physical activity, mind-stimulating activities and socialization opportunities. Some participant pairs can't get enough of the program, so many stay involved by signing up for one eight-week session after another throughout fall, winter and spring.

While the program offers a number of positive outcomes for participants—sharpened cognitive functioning and improved flexibility, to name just two-an unexpected benefit for family caregivers attending the program is apparent: they get the chance to meet and visit with others who are in a similar life situation.

"I see it happening all the time. Participating caregivers don't come simply to participate in the program's activities - they are also interested in each other's lives," says Kathy Diehl Cyr, Minds in Motion Manager. "There is a real opportunity for caregivers to build strong relationships, especially between those who keep signing up for more sessions."

Two Friends

Sheila Kemplay and Nancy MacDonald are two such participants. They have attended Minds in Motion ses-



Sheila Kemplay, Nancy MacDonald.

sions at the same location for over two years with their husbands, who have dementia. Both women say that they and their husbands get a lot out of the formal part of the program, but they've also found in each other someone to talk to during unscheduled moments.

This is a huge benefit for me because we don't have family in Winnipeg," says Sheila. "Usually, I'm on my own with William, and I'm his memory. I have to think about what and how I am going to say something to him so he'll be able to understand.'

When she's talking to Nancy, however, Sheila doesn't have to think twice about what she's going to say or whether or not to use a certain word. She just says it!

Nancy's situation is similar to Sheila's. While husband Donald likes to try to participate in conversations, he is not as verbal as he used to be. So, Nancy enjoys the socialization she gets with Sheila and some of the other participants.

Page 5

Some of those other participants have included parents from Nancy's son's hockey team. "I hadn't seen these old friends for years, and we were able to reconnect at Minds in *Motion*," she says. "That reconnection has turned into meeting up at other times for coffee at St. Vital mall.'

Both Nancy and Sheila plan to sign up again for the winter Minds in Motion program at the YMCA-YWCA of Winnipeg's South Branch. While there, they and their husbands will get some exercise, both cognitive and physical. Perhaps they'll keep the beat on a few percussion instruments during a music session. They'll gather with the group between activities to enjoy coffee and snacks.

And last but not least, they'll enjoy the extra benefit of Minds in *Motion*: sharing with each other through friendly conversation.

Visit www.alzheimber.mb.ca/ mindsinmotion for a Minds in Motion location or for more information about the program. ■

Left: The Dufferin

Centre has been a

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Dufferin Seniors Should Be Heard!

By Al Durand, President - Dufferin Centre

The Dufferin Senior Centre Inc. is a non-profit organization and has been open at 377 Dufferin for over 30 years. Last spring, we received our lease renewal from the city with a price of \$2000.00 a month. A big difference from the \$265.00 a year!

We have been busy trying to come to a reasonable solution. We made a presentation to the City Standing Committee last spring. Months following we were advised that the amount was reduced to \$1200.00 a month which is still beyond our means. We also brought a delegation to the Legislature to express our situation. We are not the only Senior Centre affected by these new costs from the city.

What we offer at Dufferin are affordable programs, a sense of belonging, being needed and appreciated by other seniors, which also keeps us healthier physically and mentally. It's a great place to meet with friends - old and new.

We have a perogy making with a soup and perogy lunch at a very reasonable price. Monday mornings we have shuffle board and bingo at 1 pm. Tuesday evenings we hold classes for Mukluks, mitts and moccasin

Senior Centre offers. making, a city program. On Thursdays the Beavers and Cubs will be using our Centre for children in the area starting at the end of March. One of the best organizations to help keep children off the streets. Every second Saturday we hold a dance from 12-3:30 pm with a 4 piece band and

Right: Dancing

the many things

that the Dufferin

is just one of

a full lunch. It occurs to us that the City Council and their committees have forgotten that our forefathers and present seniors paid for these centres through taxes and are still paying for the centres to stay open. We would appreciate sitting down in person to negotiate instead of going through emails and phone calls. Let's hope that council will open their hearts and work with us for a solution that we can work with.

I have heard seniors say too many times, "If we close, where will I go, what will I do?" It is sad for seniors in their 80s and 90s to say such a thing. ■



By Scott Taylor and Resby Coutts Photos courtesy the Picken Family

hen Bob Picken passed away on January 30 of this year, his memory was saluted across the entire sports community. His contributions have been honoured by his inclusion in no fewer than nine Sports Halls of Fame and Honour Rolls.

In addition to Manitoba, Canadian and World Curling Halls of Fame, the legendary broadcaster with the remarkable voice was also included in Manitoba Baseball, Golf, and Hockey Halls of Fame; The Winnipeg Blue Bomber Wall of Honour and the Canadian Football Hall of Fame; and the Manitoba Sportswriters and Sportscasters Roll of Honour.

His life in Manitoba sport stretched from 1948 to 2018.

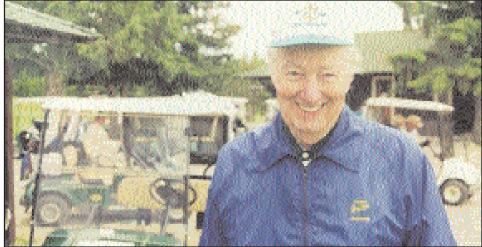
His career covering Manitoba sports spanned six decades – from his first job writing about high schools sports and minor hockey for the Winnipeg Citizen in 1948 to his last talking about golf and curling for CJOB up to his second retirement over 60 years later.

His career as a sport administrator, sometimes volunteer and sometimes paid, spanned an even greater period – from the early '50s when he was, for a short time, the secretary of the Manitoba Midget Hockey League to late 2018 when he was still making regular appearances as organizer of the Senior Curling League at Thistle Curling Club.

In an interview with Scott Taylor "a few years ago", Bob Picken explained his first sports-journalism job.

"I was in high school at St. John's Tech in 1948 and the Winnipeg

THE BUZZ Remembering A Legend



Bob Pickens - honoured in nine Sports Halls of Fame and Honour Rolls.

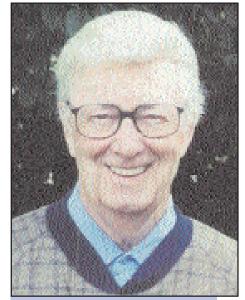
Tribune and Winnipeg Free Press typesetters went on strike - you know that strike has never been settled to this day. When that happened, a lot of unemployed journalists in town started the Winnipeg Citizen. It was a morning paper and a pretty good one that lasted for about two years.

"I was 16 and doing some work at the student newspaper at St. John's Tech and I guess somebody liked my work because they recommended to the new editor at the Citizen that I'd be a good person to cover high school sports, golf, minor football and all the minor hockey over at the old Olympic rink.'

There were other jobs but "Pick", as he became known to friends and colleagues, was blessed with a great voice and was always destined to work as a sportscaster.

He began at CKY in the 1950's, had a short stint at CBC in the early 60's before working at CJOB from 1963 to 1969 when CBC called again. He stayed until 1991 when he took early retirement.

To occupy himself, he went to work as media relations director for



Bob Pickens was invested in the Order of Manitoba in 2017.

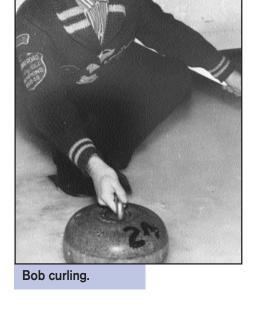
the U of M's Bison Sports program and wrote about golf and curling for the Winnipeg Sun. His second broadcast career took him back to CJOB covering golf and curling from 1994 until second retirement 16 years later.

Over his career, Bob Picken was the play-by-play voice of the Winnipeg Junior Jets (forerunner to the WHA Jets) and the Canadian National Hockey team when it was headquartered in Winnipeg as well as the Grey Cup game in the '70s and '80s. In a career that took him around the globe, he covered four Olympic Games, 32 World Curling Championships, and a couple of Masters golf tournaments in Augusta, Georgia.

His first Canadian curling championship was the 1963 Brier in Brandon, not long after he had lost the Manitoba Men's championship final game and the chance to compete in that very event. Subsequently he covered "about 50" Canadian men's and women's curling championships.

Away from the microphone, his sport administrator resume has almost as many highlights. Among them were:

• In his youth, he was a Manitoba Juvenile baseball champion as catcher with the Elmwood Giants



in 1951. That led him into umpir-

ing, eventually becoming Umpire-

in-chief and later President of

He played a central role in bring-

ing the National Junior Baseballs

Championship and World Curling

Championships to Winnipeg.

• He was an executive committee

member and eventually President

of the Manitoba Curling Association.

officer for the World Curling

the Manitoba Sportswriters and

zation of the Grey Owl Golf Tourna-

• He was the first media relations

Manitoba Curling Tour.

Minor Baseball.

Federation.

Sportscasters.

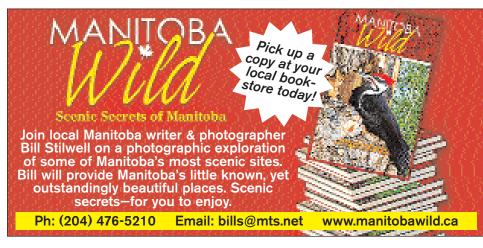
• He was first coordinator of the • He was the long-time secretary of He played a key role in the organi-

> ment for over 40 years Robert Picken was born in St. Boniface, Man., in 1932 and spent his entire 86 years in Winnipeg. He is survived by his wife Barbara, sons Shane and Bob Jr., daughter Kelly, and six grandchildren.

He "almost" moved to Edmonton once, "almost" took a job as the playby-play announcer of the Minnesota North Stars once and "almost" moved to Toronto twice, but Winnipeg sports fans were lucky to have "Pick," on the air here in Manitoba for his entire remarkable career.

"After awhile you set down your roots and you don't want to leave," he said. "Your home becomes comfortable. I was always comfortable here. I've been a very lucky guy."

The fact that Manitoba was lucky to have him among us was underlined the day in July of 2017 when he was invested in the Order of Manitoba: an honour accorded to a rare few individuals for their contributions and service to the Manitoba community.









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Advertising Feature

Claiming the Federal Disability Tax Credit in the amount of \$8235.00



By Peter J.

Many people in our society who have suffered a debilitating illness for several years have missed out on all or several of the disability credits that might be available to them. Among these is the important Federal **DISABILITY**

TAX CREDIT.

The Disability Tax Credit - DTC is a non-refundable tax credit that reduces income tax payable for those who qualify. It is available to Canadians who are deemed to have one or more impairments that impact the activities of daily living, where those impairments are not likely to get better any time soon and have already been in place for a period of at least one

Furthermore, this Disability Tax **Credit** is transferable to a caregiver if the impaired person does not have enough income to generate taxes payable that can be reduced by this non-refundable credit amount.

This tax credit is extremely powerful. As an applicant you can claim some credit going back several years and potentially receive substantial dollars in refunded taxes. It's to your advantage to use this credit.

Note: Canada Revenue Agency lists the following as examples of the types of impairments that could qualify for the **Disability Tax Credit**: speaking, vision, hearing, walking (knee or hip), elimination (bladder and/or bowel), feeding, dressing, life sustaining therapy and mental function necessary for everyday life.

A Step Beyond & Associates assist you through the procedure to achieve this tax credit. We specialize in helping people of all ages to get the benefit you deserve. A Step Beyond & **Associates** advocates on your behalf and ensures that your application is interpreted and completed properly eliminating potential uncertainties and streamlines the information so that it is accurate before submission to Canada Revenue Agency.

We guide you through the entire

process. A flat fee administered, no percentage accessed for the service. A Step Beyond & Associates is accredited member of the Better Business Bureau of Manitoba with an **A+ Rating.**

Please call A Step Beyond & Associates, no obligation, confidential dialogue, do not overlook this Disability Tax Credit. ■

A STEP BEYOND & ASSOCIATES

(see advertisement on page 5)

Peter J. Manastyrsky 204-663-4651

www.astepbeyond.cc pmanas@mymts.net

https://www.facebook.com/StepBeyondAssociates

'Grands' Friends N' Tots Together Again - Lesley Smith

Let Me Call You Sweetheart: A Musical Valentine's Party was held at St. Mary Magdalene Anglican Church, 3 St. Vital Road. Kindermusik Director Nancy Aaslund teamed up with the Vital Seniors Club for this intergenerational program. 'Grands' friends, tots and their parents/families, participated in song, creative movement, instruments, and a few surprises that kept everyone moving and smiling. Afterwards, everyone mingled over lunch provided by the Assiniboine Credit Union, St. Mary's Branch. Thank you to all the volunteers, St. Mary Magdalene, Kindermusik,

M.A.S.C., and A.C.U. whose support made this community event happen.



Intergenerational program for Vital Seniors Club

The Alleluia Singers



The Alleluia Singers presented an afternoon of gospel music on Sunday, Feb. 10 at Crescent Fort Rouge United Church, in Winnipeg. The choir typically entertains residents in senior complexes at no charge and brings them great joy!

Shopping for Life Insurance just got a lot easier!

You have worked hard for many years to build your career, raise your family and plan for your retirement. Life insurance is an important part of most financial plans. If you put off buying life insurance because you thought you would do it later but you never got around to it, don't worry. There are so many great options for seniors who are wanting to buy life insurance.

Many people may think their only option for buying life insurance as a senior is the type of policy they see advertised on TV. These guaranteed to issue policies are often the best option for those with some health issues that would not qualify for a traditionally underwritten life insurance policy or they would be highly rated. These policies offer permanent coverage of up to \$50,000 and are best suited to cover funeral expenses, pay off debts or to leave something to loved ones. Premiums are locked in for the life of the policy, many plans will build cash values but benefits are usually limited in the first two years.

If you applied for a traditional life insurance policy in the past, you were probably required to fill out a full application and you needed to complete some medical tests such as a blood or urine test. This type of policy is ideal for seniors in average health that want the best rate or want a larger volume of life insurance. Coverage is available in amounts up to \$1,000,000. Depending on their age at application and how long they want to be covered, term policies of 10 or 20 years may be available. There are several types of permanent plans, some types build cash values.

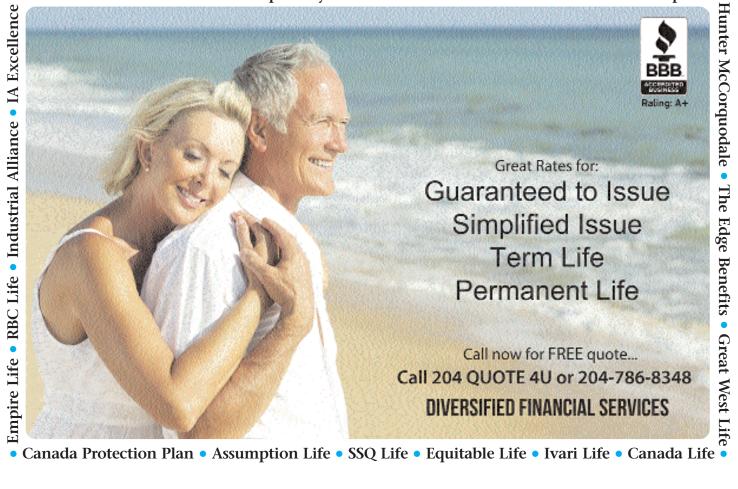
A fantastic option for many seniors is a simplified issue life insurance policy. After answering some medical questions, coverage can be in force in as soon as a few days without needing to complete any medical requirements. With many insurance companies having higher age limits, even an 80 year old can qualify for a permanent policy. Term insurance is available in amounts up to \$350,000.

Simplified issue policies are available to you even if you were declined or rated in the past. It is also great for people who have had trouble qualifying for non-medical reasons. You can still get coverage if you have a bad driving record, engage in risky activities or you like to travel to exotic destinations or countries with travel advisories. Simplified issue policies offer excellent coverage at affordable rates,

sometimes less than a rated traditional policy.

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. ■

• Wawanesa Life • Western Life • Specialty Life • Faith Life • Manulife • Sun Life • LA Capitale •



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 or contact Joanne Klassen at: jklassen@write-away.net

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Excerpts from CREATIVE JOURNEY:

AWAIT

After a while, that's how we relate with hope and fear in our daily lives. Out of nowhere, we stop struggling and relax. We see our story line, drop it, and come back to the freshness of the present moment.

(Pema Chodron)

His gums pull back to reveal sharp white teeth, his jaw pressing up against the passenger seat window leaves a trail of drool on the glass. He snarls at anyone who comes near. I try to determine his breed; he is white with a strong muscular build. A Boxer, or a Pit Bull perhaps. The word "bull" suits him; he looks like a bully, one that would show no mercy if he could burst through the truck's window pane.

In strange contrast, a large black Labrador sits silently in the driver's seat gazing calmly ahead. Both dogs wait for their master to return to the vehicle; one is crazed, the other still.

My own mind sometimes feels as mad as that Pit Bull, with unchecked thoughts leaving a wake of dirty spume in my aura. I can learn from the black Labrador, who quietly informs me to sit evenly in the driver's seat knowing that joy and innocence await me upon the return of my awareness. (ET)

I sit poised and still knowing that peace is assured.

Erin Taves (ET)

Erin Taves plays the role of wife, mother, friend, employee, and spiritual enthusiast She attended a Transformative WritingTM program in 2004 and continues to enjoy gatherings with "Prism"; an eclectic group of women who provide her with inspiration and wisdom. Erin's writing is self-reflective, based on her observations of the world and how it imitates her inner psyche. She reads books that promise to reveal some secret that has yet to be revealed.

CHOOSE

Choosing to live your life by your own choice is the greatest freedom you will ever have.

(Dr. Shad Helmsetter, Choices)

Looking out the window beside my desk, I see heavy gray clouds hanging all the way to the horizon, mirroring my own weighty sense of the week ahead. My schedule is over-flowing-again. No one has forced me to say yes to so many responsibilities. I have chosen each one and now they are stacked on top of each other like cordwood.

Squirming under the load I am carrying, I realize that the gatekeeper of my choices is me. But I am free to close the gate on some of the commitments I have chosen. I can set down the excess responsibilities that I heaped on without accurately estimating the weight of the accumulated load. A cartoon I've kept in a file suddenly comes to mind, it is man being led from a building in a straight-jacket. The caption is a bystander telling the woman

beside him, "We'll miss Joe. He volunteered for everything."

This place is familiar. In my 20s my escape from the weight of so many community roles was getting very ill. In my 40s it was making a career change. Today, I can use the aware-ness and further decades of experience to make some less drastic adjustments. I will distinguish what is essential from what I can release to other capable, willing hands. (JK)

> My work load is comfortable and manageable. I complete each task on time with joy.

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 WritingTM 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

DIALOGUE ON AGING

36[™] 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

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



Senior Slow Pitch 2019

By Betty Winterhalt

Winnipeg South Senior Slow Pitch offers baseball for senior women age 45+ and senior men age 50+. House league games are Tuesdays and Thursdays, daytime, at 1377 Clarence Avenue, Winnipeg.

More competitive leagues are available Mondays and Wednesdays, or you can opt for an evening league. It's all about fresh air, sunshine and camaraderie.

For more information, contact Darlene: 204-414-6307, Tom: 204-**255-1086**, or Mac: **204-475-1900**. Or visit www.swssp.coffeecup.com for affordable registration that includes all house league games from May to September, and the windup banquet.

Haven't played for years? No problem. It's time to get back into the game.

Good Exercise... Good Friends!

Winnipeg South Seniors Slowpitch Metro - 204-256-4074 Betty - **204-997-8043** Bob - **204-261-3033** swssp.coffeecup.com

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DO YOU WANT TO **IMPROVE YOUR ABILITY** TO WALK OUTDOORS?

If you are 65 or older, and have difficulty walking outdoors, University of Manitoba researchers invite you to participate in the GO-OUT study.

At a one-day workshop to learn safe outdoor walking strategies, you'll use step-counters, Nordicwalking poles, learn about fall prevention and other topics. Afterwards, participants receive weekly reminders or are part of a 3-month outdoor-walking group.

The workshop will be in June, 2019 and the programs will run June to August, 2019.

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





Red - White & Blue Get-A-Ways www.rwbgetaways.com 1-866-846-3795

...... Listings available at 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

Canadian Red Cross - Job: Personal Disaster Assistance (PDA) Supervisor. Info: vrs@redcross.ca

The High Steppers Seniors Club -Craft/Vendor Show & Mini Tea, Sat. Apr. 6, 11 am-3 pm, Winakwa Community Centre, 980 Winakwa Road in Windsor Park. Free Adm. Rainbow Raffle, a 50/50 draw, Mini Tea for refreshments. Room for over 30 vendors. Table rentals, call Bev: 204-799-5099

Manitoba Sjögren's Support Group -Meeting, Wed. Mar. 27, 5:30-7:30 pm at Access Fort Garry, 135 Plaza Drive. Info: Phyllis Hirota **204-477-5158** or **manito**basjogrens@shaw.ca

Forum Art Centre - Spring Art Classes Start Apr. 1 at 120 Eugenie St. 40+ Class options to choose from for all ages and skill levels. To register: 204-235-1069 or www.forumartcentre.com/classes

Millennium Library - Nolan Reilly's 1919 Winnipeg General Strike Tour, Wed. Mar. 20, 12-1 pm, Carol Shields Auditorium, 251 Donald St. Drop in.

LUNCHEONS/TEAS/DINNERS

Ukrainian Catholic Women's League, Metropolitan Cathedral of Sts. Vladimir and Olga Branch - Spring Tea, Sun. Mar. 24, 1-3 pm, Church auditorium, 115 McGregor St.

Women's Canadian Club of Winnipeg -Luncheon, Mar. 20, 12 noon at RBC Convention Centre. Speaker: Grant Furniss on Conservation and the Role of the Modern Zoo. Cost \$28. Reservations/info: 204-663-5657 or wccwinnipeg@gmail.com

St. James Legion #4 Ladies Auxiliary -Spring Luncheon, Sun. Apr. 7, 12:30-2:30 pm, 1755 Portage Ave. Adults \$8, 10 & under \$3, avail. at door or from Auxiliary members. Lic. #LGCA-6926-RF-30940.

St. John's Presbyterian Church -Memorial Dinner, Sat. Apr. 6, 5:00 & 6:45 pm sittings, 251 Bannerman Ave. at Charles St. Roast beef dinner and homemade pie. Adults \$20, 6-12 \$6, 5 & under Free. Call Susan: 204-633-1829 for tickets.

HEALTH/WELLBEING

Post Polio Network - AGM, Mar. 26, 1-2:30 pm; Apr. 30, 1-2:30 pm, Topic: Hand/Shoulder Massage Therapy, Caboto Centre, 1055 Wilkes, cacurrie@mvmts.net

Canadian Celiac Association MB -AGM, Sat. Apr. 6, 11 am-1 pm, at the Maranatha Church, 910 Sturgeon Rd. Speaker on changes made to WRHA Allergy and Gluten Free (GF) diets for Winnipeg Hospitals. GF Potluck Lunch to follow. GF food items for Winnipeg Harvest welcome. Info: 204-772-6979 or www.manitobaceliac.com

MUSIC

Seniors' Choral Society - Inviting new members. Practice Mondays, 10 am-12 noon, at McClure Place, 533 Greenwood Place. 204-669-5570 or

ww.seniorschoralsociety.ca

Anavets Assiniboine - Classic Country Music Show with Wayne Link & Friends, Sat. Mar. 23, 8-11 pm at Unit 283, 584 Portage Ave. Tickets \$15.

SALES

Rummage and Sports Card Sale - Sat. Apr. 13, 9 am-noon. Charleswood United Church, 4820 Roblin Blvd. Sports cards (incl Wpg. Jets original and current) housewares, small appliances, toys, books, etc.

Nearly New Shop - Winter Clothes Clear Out - Sale 50% Off. 961 Portage Ave. Donations accepted Mon-Sat, 10-4. Proceeds to Children's Hospital Foundation supporting pediatric research and programs.

SPORTS/FITNESS/GAMES

Kildonan Park Ladies Who Golf -Monday tee offs from 0800-0900. \$40 membership. **Southside Friday Ladies** Golf - Friday tee offs from 0800-0900 no membership fee. Contact Lynne: 204-298-9600 or lducharm@live.ca

Manitoba Provincial Rifle Assoc. (MPRA) - The MPRA Senior's Air Gun program, Wednesdays, 11 am-1 pm, indoor air gun range at 711 Leola St. Olympic style air Rifles and Pistols are supplied. Our range is one of the best in North America with "State of the Art" electronic targets (SIUS). This is a sport that can be enjoyed your whole life. Gord: 204-415-7919 or email gord.oliver@shaw.ca

VOLUNTEERING

Canadian Red Cross - Seeking Volunteer Photographer to support the Manitoba Communications Department. Entire posting at redcross.ca under the volunteers. Deadline to apply is Dec. 31/19. Info: vrs@redcross.ca or call 604-709-6600

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

Actionmarguerite St. Boniface, 185 Despins 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

Actionmarguerite St. Vital, 450 River Road - Volunteers needed to help Recreation staff, outings (shopping), Mass, transport residents in wheelchairs to inhouse appointments. Mon-Sat. Volunteer Services 204-235-2111;

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

service@actionmarguerite.ca

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

jtanchuk@deerlodge.mb.ca

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

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

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

Kildonan MCC Thrift Shop - Volunteer in a professional environment and have fun! at 445 Chalmers Ave. 204-668-0967 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 counseling background. Flexible 4 hrs/wk. Work from home. Bob Milks: 204-661-7402, bmilks@concordiahospital.mb.ca

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

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

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

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

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

PROGRAMS/SERVICES

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. Computer class 'Photobooks', Mon. Mar. 11, 1 pm; 'Hearing Loss' presentation, Thur. Mar. 14, 1 pm; Štill Bloomin' Gardening Club: 'Growing Flowers', Thur. Mar. 28, 1 pm; Coffee PALs, Fri. Apr. 5, 1 pm. at Access Fort Garry. Info: www.pal55plus.com, office@pal55plus.com or 204-946-0839

Wpg Polish Legion Br 246, 1335 Main 녿 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

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

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, freethinkers, 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 membeship \$25. Drop-in \$3/mtg. Meetings: 1:30-4 pm, Feb. 9, Mar. 2, Apr. 5, 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

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

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, <u>Tuesday</u> - <u>S.T.A.R.S</u>. 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 Čase Coordinator.

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

winnipegprobus85@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.

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

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

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

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

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

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

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

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.

Continued on page 12

GoSafe Mobile Button from Victoria Lifeline



GoSafe gives you the freedom to go where you want, when you want.

Call (204) 956-6777 today and receive half-off the installation fee.







www.PeakMarket.com

Cabbage Fruit Salad

Metric	Ingredients:	Imperia
1 L	green cabbage, shredded	4 cup
2	oranges, peeled & cut into bite size pieces	2
2	red apples, chopped	2
250 ml	red grapes, seedless & halved if large	1 cup
50 ml	currents	1/4 cup
125 ml	mayonnaise	1/2 cup
50 ml	milk	1/4 cup
15 ml	lemon juice	1 tbsp
15 ml	sugar	1 tbsp
75 ml	toasted pecans, chopped	1/3 cup

In a large bowl; toss cabbage, oranges, apples, grapes and currents. Cover and refrigerate.

In a small bowl; mix mayonnaise, milk, lemon juice and sugar. Just before serving; add dressing to cabbage mixture and blend well. Toss in pecans.

www.PeakMarket.com

CROSSWORD

The Rites of Spring By Adrian Powell

Getreadyfor a big date Aquartero ftwo 10 Negative

responses 14 Large, fluffy duck 15 Like Woodbine's

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26 Popular brand ofbandage Just a hint of a tint

28 City 100km, south ofDenver

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38 Otherwise 39 Fundamental principle

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John Wayne's Lobo"

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SOLUTION ON NEXT PAGE

33 Like Parmesan, 61 Recognized expert 62 Make a boo-boo 63 H.S. basketball game site

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WORDSEARCH - PHOTOGRAPHY By Senior Scope

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Burn in **Films** Camera Fine Canon Fixer Coma Flash Cyan **Focus** DĬN F-stop Dupe Grain Ektar Green Element Hoya Elite Iris EOS ISO Espio Kiev **Expose** Lamp

Leitz Lens Lith Lumen Mamiya Matt Minolta Mode Nikon Optic **O**rwo **Panning Paper** Pearl

Push Reala Redeve Rinsed **Rinsers** Roll Screw Selenium Sepia Slow SLR Snap

Still

Print

Super G Sync Telezoom Tint TLR T-Max **Toners** Tri-X TTL Tungsten light Wash

SOLUTION ON NEXT PAGE

LAUGH A LITTLE

Latitude

A Grandmother

A little bit parent, a little bit teacher, a little bit best friend, and a little bit partner in crime.



SUDOKU MEDIUM By Senior Scope

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SOLUTION ON NEXT PAGE

Canadian Taxpayers Federation presents 21st annual Teddy Awards for government waste

- 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.

- Federal Prime Minister Justin Trudeau's India trip
- Provincial B.C. Legislature Clerk Craig James and Sergeant-at-
- Arms Gary Lenz

 Municipal The City of
 Vancouver's Parks Board for email-a-tree project
- Lifetime Achievement Ex-governor general Adrienne Clarkson

OTTAWA: The Canadian Taxpayers Federation held its 21st annual Teddy Waste Awards ceremony on March 13, celebrating the best of the worst in government waste from the past year. CTF Federal Director Aaron Wudrick served as host along with the CTF's pig mascot Porky the Waste Hater. The awards event took place on Parliament Hill in the West Block's Press Conference Room.

The Teddy, a pig-shaped award given annually by the CTF to government's worst waste offenders, is named for Ted Weatherill, a former federal appointee who was fired in 1999 for submitting a panoply of dubious expense claims, including a \$700 lunch for two.

"It was bad enough to watch the prime minister's costume changes and dance moves during his trip to India, but seeing the bill was even worse and we're giving him Teddy Waste Award for the debacle," said Wudrick. "British Columbia won in the provincial category for legislative officials who spent taxpayers' money on everything from watches to baseball games and B.C. also got the municipal award for Vancouver's email-a-tree program.

"In an unprecedented example of enduring waste, former-governor general Adrienne Clarkson won a second lifetime achievement award for billing taxpayers for \$1.1 million in expenses after leaving office.'

Federal Teddy Winner: Prime Minister Trudeau's India trip

Prime Minister Justin Trudeau's eight-day visit to India in February, 2018, cost taxpayers at least \$1.6 million, even though only a half day of official government-to-government business was scheduled. While on the trip, it emerged that a Canadian man convicted in a failed attempt to assassinate an Indian cabinet minister in 1986 was invited to attend one of the prime minister's events in

Southeast Wellness

Mumbai, and the prime minister brought a Vancouver-based celebrity chef to India to prepare Indian cuisine at the Canadian High Commission, at a cost of \$17,000 to taxpayers.

Provincial Teddy Winner: B.C. Legislature Clerk Craig James and Sergeant-at-Arms Gary Lenz

Speaker of the B.C. Legislature Darryl Plecas alleges that James and Lenz used taxpayers' money to take frequent and frivolous trips to places such as the United Kingdom and Hong Kong and has also produced receipts to support allegations that James and Lenz milked taxpayers for items such as:

- \$3,200 for a wood splitter with a \$10,000 trailer, ostensibly for the purpose of cutting fallen wooden beams at the legislature in the event of an earthquake (but stored at James' house);
- \$700 for a watch purchased from the departure lounge at the Hong Kong airport (and worn by James at the press conference where he pronounced his innocence);
- \$1,000 for a whale watching excursion which was claimed as a tsunami awareness exercise, and;
- \$1,300 for tickets to a Seattle Mariners game, which was claimed as attendance at an information session on mass evacuations.

Municipal Teddy Winner: The

City of Vancouver's Parks Board The City of Vancouver's Park Board spent \$50,000 inviting local residents to send emails to trees and paid artists to send replies on the trees' behalf. The All the Trees project, which ran from August to December, 2018, saw 25 trees in the Jericho and West Point Grey areas outfitted with signs that included an ID number and an email address for people to send emails. The city then hired five artists, paying each \$10,000, to reply on the trees' behalf "within a week."

Lifetime Achievement Teddy: Former governor general Adrienne Clarkson

Already the recipient of the 2004 Lifetime Achievement Teddy for her absurdly expensive trips while serving as the Queen's representative in Canada, former governor general Adrienne Clarkson wins an unprecedented second lifetime achievement award for managing to continue

CROSSWORD - Solution

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SPECIAL OFFER: Book a Social and get \$100 OFF your wedding.

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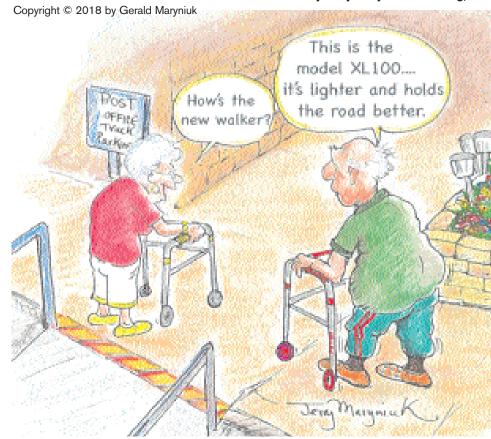
Music for any occasion

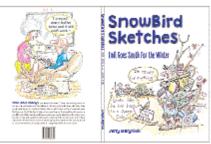
PLAYING TOP 30, plus the Hits

of 50s, 60s, 70s, 80s, 90s, 2000 & Up

Bookings and info, call 1-204-746-4318 (Morris, MB)

'Snowbird Sketches' by Jerry Maryniuk of Arborg, MB





Snowbird Sketches comic books are available directly from Jerry & Sharon for \$20.00 plus \$5.00 shipping. 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 In the Interlake at: Arborg Pharmacy, Hnausa General Store, and Tergesen's in Gimli.

Teddy Awards, cont'd

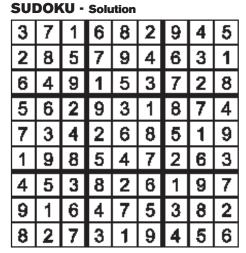
soaking taxpayers more than fourteen years after leaving office.

In October, 2018, news broke that Clarkson had billed taxpayers more than \$100,000 per year almost every year since leaving office in 2005, for a total of more than \$1.1 million, under a policy that allows former governors general to continue to submit expenses even after they have left office. No details of the expenses claimed are available to the public.

Other nominees included:

Federal - Shared Services Canada for sending employees home (twice) and spending \$18,000 fumigating an office after a (harmless) spider scare.

Federal - Global Affairs Canada for spending \$127,000 on crystal glassware and \$25,000 on 86 seat cushions, among other extravagant purchases.



Provincial - The Government of ON for giving Maple Leaf Foods \$34.5 million in corporate welfare to help build a chicken plant while closing two other plants for a net loss of 300 jobs.

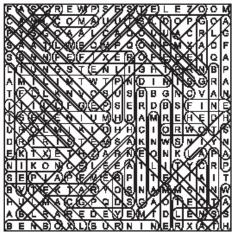
Provincial – Former Speaker of the Quebec National Assembly Jacques Chagnon for ordering off-menu lobster, expensive trips, and \$1,000 meetings with wine.

Municipal - The Town of Vulcan, Alta., for spending \$4,000 on Star Trek uniforms for city council.

Municipal – The Rural Municipality of Clayton, Sask., for spending \$340,000 on a bridge that collapsed on the day it opened.

www.taxpayer.com/media/Back grounder2019TeddyWasteAwards.pdf for our backgrounder on all 2019 Teddy Award nominees and winners. ■

WORDSEARCH - Solution





Things To Do

WINNIPEG Cont'd from page 9

Listings available at www.seniorscope.com (Events page)

The Friends of Library Book Club -Seeks new members. Meet 3rd Tue. ea mo at 10:15 am on 2nd Floor of Millennium Library. Books chosen are available through

the library. Membership is free. Call: **204- 452-3369** or **204-254-6697**

Dakota 55+ Lazers 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 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.

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

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

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

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

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

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

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

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

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

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Include duration for listing to run. Submit by Apr. 3rd for Apr. 10th issue.

RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

Listings available at www.seniorscope.com (Events page)

<u>Brandon</u> - **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

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.

Oak Bank - Chair Tai Chi, Fridays, 1 pm, Mar. 8-June 28. Instructor Cliff Yerex of Downtown Tai Chi. Call 204-444-3567 or office.sunriseperformingarts@gmail.com

Selkirk - FLK Taoist Tai Chi Classes, Gordon Howard Center, 384-Eveline St. **204-785-2332**, **Taoist.org/Winnipeg**

Selkirk - The Bruin Chapter of the Icelandic National League - Celebrating 126th Sumardagurinn Fyrsti (First Day of Summer Concert), Thur. Apr. 25, Doors open 7 pm, concert 7:30, at Selkirk Legion, lower level. Collection at door. Silent Auction.

Springfield Seniors - Let's Talk Some more, Living and Coping with Hearing Loss, Learn Speech (Lip) Reading. 8 wks, Fridays, Apr. 5-May 24, 1-3 pm, Springfield Library, 60 024 Hwy 206, Dugald, MB. Cost \$40. Contact: Gladys: 204-975-3037/ g.neilsen9@icloud.com or Diane Dumas: 204-853-7582/

springfieldseniros@mymts.net St. Andrews - Old St. Andrews-on-

the-Red - presents youth singing group Enharmony, Sat. Apr. 6, 7 pm. First in series of events marking our 170th anniversary. Tickets \$10 avail. at door. 204-338-7483

Steinbach - Recreation Opportunities for Children (ROC) - Semi-annual Book Faire, Mar. 20, 21, 22 and 23, at Clearspring Mall in Steinbach. Hours: Wed. Thur. and Fri., 9 am-9 pm, Sat., 9 am-4 pm, Info: moni@roceastman.ca or 204-422-6948

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; **Presentation: Abandoned Manitoba**, with Dr. Gordon Goldborough, Thur. Mar. 28, 1 pm, at O.F. Hall. Call for info; Needle Felting, Fri. Mar. 29, 2 pm, O.F. Hall. Call to register; 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, Tue's 7 pm Stonewall Collegiate, Thur's 7:15 pm, Stonewall Centennial School. Drop in welcome. Call for info.

Stonewall Kinettes Club - A great way for women to 'Grow, Learn, Make Friends, and Have Fun.' Kinettes meet 3rd Thur. of mo., except July & Aug. Help plan fun events, such as Ladies Night Out, and other activities to help raise funds to serve the community's greatest needs in Stonewall and surrounding communities in the Interlake. Call Marilyn Kenney at 204-467-2728

VOLUNTEER

Canadian Red Cross - seeking Volunteer Photographer to support the Manitoba Communications Department with professional photography services. Volunteer will work independently and opt for tasks when it fits their schedule. All images will remain the sole property of the Canadian Red Cross. The entire posting can be found at redcross.ca under the volunteer section. Deadline to apply is Dec. 31/19. Info: vrs@redcross.ca or call 604-709-6600

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

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

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

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcheson for info: 204-482-5469 ext. 20956 or 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

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

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

East St. Paul 55+ Activity Centre -

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

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services:

Luncheons/Dinners, Walking Group, Bingo, etc., friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including 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 for monthly newsletter. Info: 204-642-7909

<u>Ile des Chenes</u> Seniors/<u>Grande Pointe</u> -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. Asbert Limit 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

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services: parking permits, congregate meal programs 5x/wk at the manor, internet research, info/health sessions, light housekeeping, Alzheimer's support group, palliative care, transportation, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Coordinator Bev Collet: **204-248-7291** or **ensem**ble@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, Geneology and Natural History meetings. Special events (trips to RMTC, Celebrations Dinner Theatre, etc.). Contact Hope or Chris: 204-857-6951, hp55plus@mymts.net

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

Les services riviére seine pour aînés -Lifeline est un service d'alerte médicale simple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'urgence, de l'aide est à votre portée en appuyant sur un bouton. Le 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 aines de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau special. Pour plus d'informations sur Lifeline, contactez Juliette Rowan Représentante de Lifeline au 204-424-5285.

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

<u>Steinbach</u> - 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: ssinc1@mts.net, ww.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

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Include duration for listing to run. Submit by Apr. 3rd for Apr. 10th issue.