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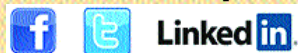
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A Special Tribute to Jim Evanchuk-

Former Executive Director of AAIM

- Karin Whalen, AAIM, Executive Director



Left to right: The Active Aging in Manitoba staff team: Karyn Heidrick (MB 55 Plus Games Coordinator), Jim Evanchuk (former AAIM Executive Director), Corin Cheswick, (Office Admin. Assistant), Karin Whalen (current AAIM Executive Director), participating in hamster ball relay races for a fundraising event. (photo submitted by AAIM)

See more on page 4

FIRST LINK® A LIFELINE

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Debbie Rotoff
with the
support she
needed.



Story Inside...

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www.seniorscope.com

Readership: 60,000+
Advertising:
204-467-9000

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Dmetro Hnytka
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January - the start of the New Year

By Diane R. Unger

January – named after Janus, the Roman god with two faces—depicts one looking back over the year, and the other looking out into the future. A long time ago in England, the church bells used to be "muffled" on New Year's even so that when they were rung just before midnight, the sound was weak. After midnight, though, the bells all over rang out loud and clear giving a message to one and all that a brand new year had begun and giving us a feeling of hope for better things to come. It was and still is a time for bonding happy memories of the past with hopes for the future making the present really worth living. We should "muffle" those thoughts of days long ago which may sadden or trouble us and greet our New Year of 2022 with joy and hope.

January 1, 1903 was a historical and joyful first day of New Year as on this date the cables ship "Silverton" arrived in Honolulu after laying 2,600 miles of cable from San Francisco. Needless to say, a very joyous message was promptly cabled across the Pacific Ocean. What an incredible way to begin the New Year! ■

Advertising Feature

First Link® a Lifeline for People with Dementia and Their Families

- Alzheimer Society of Manitoba

Support staff at the **Alzheimer Society** were there for Debbie Rotoff when her mother, Dolores Lavallee, was diagnosed with Alzheimer's disease. Through the Society's **First Link®** referral program, Debbie was able to get the support she needed.

"I was lost, and the staff helped me through a difficult, exhausting journey with my mother," says Debbie. **First Link®** is a program where-by health care professionals, who are on the front lines of meeting with and diagnosing people with dementia, can make referrals to the **Alzheimer Society**. If the person and/or their family member agrees (and most do), **First Link®** Client Support staff at the Society reach out and make a call to them. As well, families can call the Society on their own initiative – it is

not necessary to obtain a referral from the health care community. Either way, the goal is to connect the person and their family with information, services, support and education as early as possible and throughout the progression of the disease.

Making Referrals

Winnipeg clinical neuropsychologist Dr. Colleen Millikin – a specialist who often confirms a dementia diagnosis – sees **First Link®** as a valuable way to ensure her patients get connected with the Society. "People don't necessarily call the Society on their own because they have a lot going on... they're coming to terms with what the diagnosis means for them and dealing with lifestyle changes, like having to give up driving," says Dr. Millikin. "The Society is there to say, 'You're not alone; we're set up to help you.'" Dr. Millikin adds that it's critical

to have contact with the Society as soon as the family is able. If care-givers get education and support early on, burnout and stress can be prevented, potentially extending the time that they are able to care for their loved ones at home. For Debbie, getting the support she received, at the time she received it, was vital to both her and her mother's wellbeing. Enjoying a close mother-daughter bond, she and Delores had lived together for many years. Dolores was already showing early signs of dementia when, five years ago, another daughter died in a traffic accident. After the tragedy, Dolores's demeanor changed noticeably. She wandered, had terrible headaches and even began hallucinating. Debbie coped as best she could, but eventually her mother was hospitalized because she could no longer navigate her life. It was at that point that a referral was made, and the Society's staff reached out to Debbie.

"I spoke with someone, and she was my saving grace. She was the one who said, 'It's been all these years – you can't do it anymore. Even if you get home care, it won't be enough. Your mom needs more than that,'" Debbie recalls. "She talked to me, and I cried and cried." In November 2019, Debbie made the difficult decision to move Dolores to a personal care home. (While this was the best solution for Debbie and her mom, everyone's experience is different; Society staff can help each family navigate how to best meet their individual needs.) Today, Debbie continues to rely on the Society for support, and she shares what she learns with the family council at Delores's care home. She's also a member of one of the Society's support groups for care partners. "You need people to talk to who are going through the same thing," she says. Debbie is grateful for all the assistance she has received. She has made it her mission to refer people, who are on a similar journey of their own, to the Alzheimer Society for help and guidance. For more information and a video on the **First Link®** program, visit <https://alzheimer.mb.ca/we-can-help/programs-and-services/first-link/> or search '**First Link® Manitoba**' in your search engine. For further reading, visit <https://alzheimer.ca/en> to go to our National website. ■



Debbie Rotoff embraces her mother, Dolores Lavallee, who suffers from dementia.

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There’s no place like “home” for the holidays

By Trish Bennett



(photo by Tony Zienkiewicz)

Since September 2021, Pembina Active Living (PAL) 55+ has been calling the Whyte Ridge Community Centre their new home. Finally, a place to hang their coats and take off their boots. Although the Centre was being upgraded and painted to accommodate them, a little bit of renovations wasn’t going to stop PAL 55+ from opening their doors to the community during the holiday season. So, the invite was made and many came to their Christmas Tea Party on Tuesday, December 14.

The day was met with volunteers arriving early in the morning to set up and decorate for what would be a wonderful gathering of friends, old and new, of PAL 55+. Upon entering the Centre, you could visit the information tables, put on a silly set of antlers and enjoy the photo booth, or sign up for Winter Sessions with PAL, before gathering in the multi-purpose room. Guests were greeted by the President, Volunteer Coordinator and the newly appointed Executive Director, Susan Fletcher.

Susan made everyone feel welcome and thought we might have some fun with a Christmas Carrol. But not in the way you might think. We didn’t have to tune our vocal cords for this one. Susan took the time to teach us how to convey the words to Silent Night using ‘sign language’. After a little bit of practice and a whole lot of enthusiasm (or was it the opposite?) we were ready. Susan sang the words as the crowd signed the first verse of the song. I think most would agree, this may have been one of their favourite activities of the day. After the ‘informal’ festivities concluded, guests had the chance to sit and chat with others over a cup of tea or coffee and snack on the goodies provided in their very own keepsake Christmas tin.

After a few minutes of chatting with Susan, it became very clear that this day was indeed special for Pembina Active Living (PAL) 55+. A day that offered a little bit of ‘normal’ in a time of uncertainty. Opening their doors to the commu-



L-R: Sandra Sukhan - PAL 55+ President, Connie Newman - Executive Director of Manitoba Association of Senior Centres, Susan Fletcher - PAL 55+ Executive Director. (photo by Trish Bennett)

nity showed that they are, without doubt, there for them. PAL 55+ is taking every precaution necessary to ensure that their members have a chance to participate in activities



(photo by Tony Zienkiewicz)

that keep them active, social, connected and safe. Enhancing the quality of life for older adults is their goal. What a great message for the community.

If you haven’t had a chance to visit the new home of PAL 55+ at 170 Fleetwood Rd, then check out their website: pal55plus.ca or Facebook: facebook.com/pal55plus for latest updates and ever-growing list of programs and activities for seniors. ■

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Tribute to Jim Evanchuk, cont'd from front page

A few words for Jim Evanchuk, former Executive Director of AAIM:

By Karin Whalen, AAIM, Executive Director

As your former office neighbour, a longstanding member of AAIM, and now your replacement as AAIM Executive Director, I feel I'm qualified to share a bit about you. For eleven plus years, Jim, you provided support and encouragement to many older adults on their active aging journey. You laid the foundation for us to continue to carry the torch. Your sense of humour was second to none.

You excelled at remaining calm under pressure; I think I only saw you frazzled a handful of times over all the years, though maybe you added a few grey hairs when waiting for some accounting reports?! I witnessed you dealing with some

challenging situations; you dealt with things in an even keel manner with a smile on your face when others would likely just run in the opposite direction.

Your competitive spirit was apparent early on as both a Leader and Participant in the 55+ Games. Pickleball was your game; you mastered how to play and thoroughly enjoyed it. Your enthusiasm was infectious. You were a joiner of fun! Who could forget when Colonel Sanders, KFC, showed up to work with a bucket full of rubber chickens, you gave everyone a good laugh? You were also keen to roll around the gym floor in a BIG rubber "hamster" ball as part of a relay

team and fundraiser – and loved it, a big smile plastered to your face for the remainder of the day! You were passionate about all things that supported older adults in their active aging pursuits. But, with your gentle persuasion, you won out most of the time. You were moving people from being contemplative to engaging and being a participant. Your work productivity level amazed many, as you seemed to produce at a high volume constantly. But, how many x-large coffees did you have? You've been a fabulous mentor and great friend, for which I'm forever grateful. On behalf of AAIM, we wish you well in your new endeavours and experiences. ■

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Jim Evanchuk - both a leader and participant (and medal winner) in the Manitoba 55+ Games. (photo by Karyn Heidrick)



Jim Evanchuk (middle) mastered pickleball and enjoyed playing with friends for fun and in competition. (photo by Karyn Heidrick)

Continued on page 5

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Tribute to Jim Evanchuk, cont'd from page 4



Playing Pickleball at the MB 55+ Games in Killarney.
(photo submitted by AAIM)



Jim was a major advocate for Active Aging and took every opportunity to promote it at various events. (photo by Karyn Heidrick)




Jim Evanchuk worked closely with Lois Dudgeon, Manitoba Team Manager for the Canada 55+ Games, to organize and prepare athletes for the national games.
(photo by Karyn Heidrick)



Helping to prepare the pancake breakfast at the 55+ Games.
(photo submitted by AAIM)

Continued on page 6

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Tribute to Jim Evanchuk, cont'd from page 5



Jim riding away at the 55+ Games and now off into retirement. (photo by Karyn Heidrick)

A message from Senior Scope

Jim Evanchuk, it's been a slice - a slice being an honour and privilege working with you and the Active Aging in Manitoba (AAIM) team over the years. Thank you for believing in *Senior Scope* and trusting me with the promotions of the 55+ Games and various other Active Aging events. I was awed by the athleticism of so many older adults, especially 70-80 and even 90 year-olds, and even more impressive, some centenarians.

The highlight for me was attending various 55+ Games events at various host communities. It was at one of these events that you introduced me to pickleball as a demonstration sport. Well, I'm hooked and I play any chance I get. One day maybe I'll even play in one of the 55+ Games tournaments, although it will be a while before I reach a qualifying level, I'm sure.

As Executive Director of AAIM (formerly ALCOA-MB), you raised the organization to great heights and you left it in very capable hands to carry on your legacy and to reach new heights of their own. I look forward to working with Karin Whalen, the new Executive Director, Karyn Heidrick, coordinator of the 55+ Games and Corin Cheswick.

I wish you All the Best in your retirement. I feel that if there's a Pickleball tournament somewhere, you just might be there... winning medals of course!

Advertising Feature

Staying Sharp in Our Senior Years

- Heart to Home Meals

Maintaining a healthy lifestyle is about more than just your physical body (although looking after that is extremely important). For complete, holistic health, it's important to take care of the most important part of the body -- your brain.

As we get older, we need to pay especially close attention to our mental strength. Like any muscle that goes without exercise, your brain can get weaker if not used and trained. And to ensure the most fruitful senior years, it's essential to take every opportunity to keep your memory strong. And it's not just about memory -- being sharp requires quick reasoning, the ability to process new information and strong cognitive functions.

Luckily, there are plenty of games, activities and practices that

are readily available that have useful benefits for maintaining and enhancing our mental acuity. If done regularly, they can boost your memory, mental sharpness, and make your senior years more enjoyable. Here's what you need to know:

FOR MEMORY

One of the primary concerns seniors have been preserving their memory. As we get older, keeping memories can be more difficult, especially in the short term. That's why finding ways to maintain (and even improve) memory is so important.

Learn a new skill:

Everyone's heard the saying about "old dogs and new tricks" -- but it couldn't be less true for pups or people. Age does not mean that

learning new skills is impossible. In fact, for maintaining a healthy memory, taking time to learn something new will help keep and even improve your short-term memory. It could be as simple as picking up a musical instrument for the first time or teaching yourself to complete a Sudoku. Or it could be something more challenging, like learning a completely new language just for the sake of it. Whatever you choose to pursue, taking time to continue learning is an essential practice when it comes to memory.

Make and remember lists:

Lists are a handy tool for folks whose memory isn't what it used to be. When items are on paper, you can refer to it without worrying something might slip your mind. But they can also be an opportunity to improve and maintain your memory. Next time you make a grocery list, or a list of good birthday gift ideas, take time to recite it back to yourself without looking, and see how far you get. Practice with every list you make, and it's likely you'll start finding it easier every time. Training your brain to memorize list items will be a useful skill for remembering other things in your life.

Take a course:

Whether you attended college before or not, finding new ways to educate yourself is a great idea, especially if you want to improve your memory. But for seniors with mobility issues, the thought of driving to the hustle and bustle of a local class can be daunting. Luckily, over the last few years online college courses have grown in prominence and popularity. They're easy to access and often free and can help you expand your education and strengthen your memory. Plus, the best part is they can be taken from the comfort of your kitchen table! Take time to consider what you want to learn more about, and then use the internet (or ask someone to help) find a course that fits your interest.

FOR GENERAL MENTAL SHARPNESS

Having a good memory doesn't necessarily mean you'll be able keep sharp. In this context, sharpness means how quick your wit is, how easy it is to hold a conversation, and how adeptly you can understand new situations and concepts.

Regular Exercise:

Believe it or not, exercising your body can be just as important as mental exercise when it comes to

keeping your mind sharp. Establishing a healthy fitness routine in your youth is ideal, but even if it's your first time exercising, you can benefit from the better blood flow and more oxygen that an exercise routine can provide. For seniors, it's important not to overexert your body, but finding opportunities to take walks, ride a stationary bike, swim, or do other low-impact exercise is a great first step for preserving your mental acuity.

Engage in Socialization:

When it comes to staying sharp, there's little better than chatting with others and staying social. This could be with family members or friends and could be as simple as catching up about your day. But if you're feeling adventurous, pick an interesting current event and have an in-depth conversation with someone in your social circle. This will help you train your reasoning skills, help you practice critical thinking, and allow you to absorb new information. Modern technology has greatly improved how easy it is to socialize -- even for housebound seniors, video calls available on all mobile devices means you can chat face to face with nearly anyone you like from anywhere.

Getting the Right Amount of Sleep:

Establishing a sleep cycle that works for you is essential when considering your mental sharpness. Studies consistently show that anything less than seven hours per night can have negative effects on memory, leave you groggy, and impair your cognitive functions. If you're not getting seven hours, consider adjusting your schedule accordingly. On the flip side, too much sleep can lead to a host of medical problems including headaches and back pain, so try to find a routine that leaves your well rested, without going overboard. If you find it difficult to sleep in the evening, consider your napping habits sometimes a cheeky afternoon nap can make for a restless night where sleep is most important.

Part of a healthy lifestyle includes taking care of your mind, and that means finding ways to train it like you would your body. As we get older, finding ways to preserve and enhance our quality of life become increasingly important, which is why training your brain to keep your memory strong and retain your mental sharpness is so essential -- it will ensure your senior years are as memorable and special as they should be. ■

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Sri Lankan Seniors Manitoba - Christmas Party 2021

By Senaka Samarasinghe



Christian families among our Seniors got together and organized a Christmas Party on Dec. 10th (FRI) 2021 at Whyte Ridge Community Centre. It was a well-planned party. The first event was to sing two Carol songs with all the participants. Last November all participants practiced these two songs and sung for the Christmas ceremony conducted by Sri Lankan Association of Manitoba. Organizers introduced a few games. The speciality of the games where all seniors were able to participate without any difficulty. A gift parcel was arranged for each participant on male and female basis. These events were completed from 11 am to 12.30 pm.

The balance of one hour was assigned for the Christmas Lunch.



The organizing committee decided to offer healthy lunch dishes with low fat dessert. As our Program Coordinator is aware of individual food habits of our members, he was able to differentiate between veg and non-veg members.



By DMetro Hnytka

In Search of a New Friend



During Christmas, we sat a beautiful cat for a friend who wanted to visit her daughter in Calgary. She and her husband were good friends of ours for 50 plus years - we were family. We had the cat for 5 weeks and there was talk that he would stay with us forever, but when she came back, she realized that being home without company was terrifying and she would appreciate her cat back. Well, we now have no cat, but he is where he belongs and if she ever wants to travel, she knows where we live. They are always welcome here.

Before this event took place, I always wondered about seniors who are forced to live in another place and they can't take their pets who are an essential part of their lives with them. There are not always family or friends to take their pet and give them a good, caring home. I know it's devastating to a lot of people who have no choice but to give their pets away, not knowing if they can find a new home or shelter that may try to find a new home for their pets. I know that would be a concern for us nearing the 80-year bracket in age. If I thought we could live another ten years without having to move and be healthy enough to take good

care of a pet cat we would welcome one into our lives, but time will tell. The places for some answers are at the Humane Society or other pet rescue places where they have a cat that needs a good home even if we have to foster one. Due to seniors ages, there are no solid answers but I enclosed a list of possible places for answers for getting an older pet or maybe fostering one from one of these places.

Happy hunting for your next best friend. May the hunt be short and your new friendship be long.

Animal Shelters (Wpg):

- | | |
|--|---------------------|
| Humane Society | |
| 45 Hurst Way | 204-982-2021 |
| Winnipeg Pet Rescue Shelter | |
| 3062 Portage Ave | 204-832-7387 |
| D'Arcy's A.R.C. | |
| 730B Century St | 204-888-2266 |
| Penny's All Breed Animal Rescue | |
| 446 Rossmore Ave | 204-509-5432 |
| Craig Street Cats | |
| 16-1421 St. James St | 204-421-1919 |
| Cat Tails Rescue | |
| 1353 McPhillips St | 204-338-9725 |
| Rescue Siamese Cat Shelter | |
| 38 Barberry Rd | 204-255-6896 |

SAFETY ALERT

Maintain your home for everyone's safety this winter

Manitoba Hydro crews work through extreme conditions to ensure you have reliable electric and natural gas service throughout the colder months. Extreme wind chills, excessive snow, and snowdrifts can block roads and make access to our equipment much more difficult. But you can help Manitoba Hydro employees do their jobs safely, effectively, and quickly by:

- Maintaining your walkway and driveway;
- Removing ice and snow from your natural gas meter;
- Reporting a power outage.

It can be challenging for meter readers to navigate piles of snow and icy walkways to do their job. Please keep your driveway, walkway, and steps free of ice and snow, and ensure there is a clear path to your natural gas and electric meters.

Even though your natural gas meter and pressure regulator are built to withstand extreme winter weather, snow and ice on the equipment can create a safety hazard. Build-up on the regulator can block the vent and allow excess gas pressure into your home. Accumulated snow and ice can put stress on the meter piping and could cause a gas leak.

Gently remove the snow with a broom or your hand. Avoid shoveling or using a snow blower around your meter. If you have difficulty removing the snow or ice from your meter or regulator, call Manitoba Hydro at 1-888-624-9376.

Power outages can occur when heavy snow or ice accumulates on power lines, or from high winds knocking trees onto lines or damaging other equipment. If the power goes out, report it using your smartphone at hydro.mb.ca/outage. Be sure you can be reached at the phone number you provide and it's linked to your Manitoba Hydro account so we can assign a crew to the right location.

If you see a downed power line, keep yourself and others at least 10 metres away and call 911 immediately – it poses a public safety risk. Our emergency number is **1-888-624-9376 (1-888 MBHYDRO)** to alert our staff and deploy a crew.

Visit hydro.mb.ca/safety for more information.

Public Notice

Attention Glen Eden, Glen Lawn, Chapel Lawn Property owners with last names from A-M.

We are currently verifying ownership records as part of a digitization of permanent cemetery records.

Please contact us as soon as possible.

Call or email for more information on how to transfer your arrangements from another funeral home to Arbor.

Glen Eden Funeral Home & Cemetery
4477 Main Street, West St. Paul, MB
204-800-0320
www.glenedenmemorial.ca

Glen Lawn Funeral Home & Cemetery
455 Lagimodiere Blvd, Winnipeg, MB
431-813-8418
www.glenlawn.ca

Chapel Lawn Funeral Home & Cemetery
4000 Portage Avenue, Winnipeg, MB
431-813-8419
www.chapellawn.ca





THE BUZZ

Scott Taylor

A 13-yard pass from Winnipeg Blue Bombers quarterback Zach Collaros to wide receiver Darvin Adams was the dagger through the heart of the Hamilton Tiger-Cats.

Granted, the remarkable Blue Bombers' defence had some moping up to do before the celebration began, but when Collaros hit Adams with that overtime touchdown on a windy Dec. 12th evening in Hamilton, it pretty much put a lock on a second consecutive Grey Cup championship for Winnipeg. Everyone knew, even Ticats fans, that the Bomber defense was not going to allow a touchdown and two-point conversion at this stage of the contest.

It took two full years for the Bombers to secure a second straight Grey Cup championship. Thanks to the worldwide coronavirus pandemic, the 2020 season and championship game were cancelled. However, as they gathered at Portage and Main to celebrate another national professional football title, Bombers' fans didn't seem to mind. The wait was definitely worth it.

The Blue Bombers thrilling 33-25 Grey Cup win over the Tiger-Cats, achieved because of a vicious defensive performance, patience and smart coaching decisions (at least, a whole smarter than the coaches on the Hamilton side).

"It wasn't pretty, but that's the kind of football we play," said Bombers defensive end Willie Jefferson, perhaps the most imposing defensive player in the CFL. "We play dirty, grimy, ugly football and nine times out of 10 we come out on top."

The game itself was decided by the wind: a correct, but rare strategic decision by Blue Bombers head coach Mike O'Shea; a brutally dumb decision, either by a player who didn't know better or by the dopey Hamilton coaching staff (that didn't tell him); and a Blue Bombers defence that couldn't stop every-

O CANADA! BACK-TO-BACK

By Scott Taylor / Photo by Jordy Grossman



Victory!

thing, but did make the big play when it mattered most.

After the Bombers -- with the wind at their backs -- took an early 7-0 lead, Hamilton quarterback Jeremiah Masoli, who replaced injured starter Dane Evans, hit Steven Dunbar on a 12-yard strike with 15 seconds remaining in the second quarter to give the Tiger-Cats a 10-7 lead heading into the

half-time break.

The Tiger-Cats had won the toss and decided they wanted the football to start the game. The Bombers took the win but really didn't get much out of it, but Coach O'Shea knew that the wind could ultimately determine who won this game.

So, instead of taking the ball to open the second half, he chose to play with the wind at his back in

the fourth quarter. That decision won the Bombers the football game.

With the wind in the third quarter, Hamilton outscored Winnipeg 9-3 and took a 19-10 lead into the final 15-minute stretch. But that's when the Bombers used the wind to their advantage.

The Ticats had good field position at the start of the fourth quarter and Michael Domagala was able to

Continued on next page



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O CANADA, *cont'd from page 8*

kick a field goal to make it 22-10, but that's when Zach Collaros and the Bombers offence went to work and eventually took a 24-22 lead in the dying minutes.

But that's when a Hamilton's distracted coaching staff made a gigantic mistake. After taking the lead, the Bombers' Sergio Castillo (who should have been the game's most outstanding player) kicked off. It flew 76 yards into the hands of Tim White who took a knee and gave up a single point. That made it 25-22 and suddenly a late Hamilton field goal wouldn't be good enough to win the game.

The Monday morning quarterbacks all blamed White for taking the knee, but the fact is, he only takes the knee if he's told to. 'Cats head coach Orlando Steinauer and his staff have to take the brickbats for that one.

However, to his credit, Bombers coach Mike O'Shea agreed with the decision. After all, Domagala still booted the easy chip-shot field goal that sent the game to extra time.

"There would be people who would second guess that play if they didn't drive that down and get that field goal. That field position they gained from that was very important," O'Shea said about the decision. "Now the plays after that dictated and showed they might have been down inside the red zone. But all those yards would have been very important for their field-goal kicker. I thought it was really smart."

There is no question that the Ticats' decision to give up the point and take the field position got them into overtime, but how were they to know that it was an overtime that was short and sweet for the Blue Bombers? In fact, after hitting

Adams to cap the opening possession of the OT, Collaros found a wide-open Rasheed Bailey for the two-point conversion. After that, Kyrie Wilson locked it down by intercepting a Masoli pass that was deflected off two Bomber defenders before it got to Wilson.

With that, Winnipeg became the first CFL team to win consecutive Grey Cup championships since Montreal in 2009 and 2010. The Bombers recorded consecutive Grey Cups victories for the third time in their history, but first time since 1961-62.

"What a great game for the fans," O'Shea said. "It was awesome."

Collaros was named the game's most outstanding player while Winnipeg's own Nic Demski finished with four catches for 27 yards and a touchdown to earn the Most Valuable Canadian award. For the second straight Grey Cup game, a graduate of the Winnipeg High School Football League was named the game's most outstanding Canadian.

The Winnipeg Blue Bombers went 29 years without winning a Grey Cup and today they are back-to-back champions. That feat would never have been accomplished without president Wade Miller, general manager Kyle Walters and head coach Mike O'Shea, three Canadians who played USPORT football and all hold a love for three-down football deep in their souls.

There is no reason to believe that if this threesome stays together, the Bombers can't win Grey Cup championships for many more years. After all, when experienced Canadians run Canadian Football League teams, success is the result. ■



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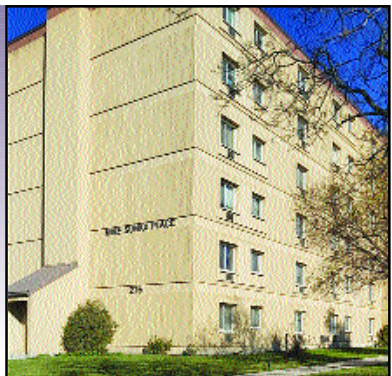
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Things To Do

MISC EVENTS

Red River Coin & Stamp Club - Monthly Show, 2nd Sunday ea. month, 10 am-4 pm, at the Best Western Hotel, Headingley, MB, 4140 Portage Ave (W). Full Covid-19 vaccination and masks required.

Manitoba Genealogical Society - Discover your family history. We are offering a 3-workshop series, Wednesdays starting Feb. 2, 7 pm. They are 1) Beginning Genealogy, 2) Finding Your Genealogy Information, and 3) DNA Testing in Genealogy Research. You can attend these workshops via Zoom or there are a limited number of in-person spots. To register & for info visit: <https://mbgenealogy.com/2021/12/06/feb-22-beginning-genealogy-workshop-series/> **204-783-9139**

Forum Art Centre - Winter art classes start Jan. 10/22. 120 Eugenie Street. To register: **204-235-1069** or online: www.forumartcentre.com.

University of Manitoba - Participants needed for an in-person study investigating the effects of normal aging on action simulation. Must be 65 or older and not have any history of motor or neurological disorders. Contact Aneet **204-998-0912**, sarana3@myumanitoba.ca OR Dr. Jonathan Marotta **204-474-7057**, Jonathan.Marotta@umanitoba.ca

Anavets Assiniboia Unit 283 - Live Bands. Dancing with masks on. Fri. nights 8-11 pm. **Meat draws** Tues. 7 pm, Fri. 6:30 pm, Sat. 3 pm. **Bingo** Mon, Wed, Fri. 7 pm & Thur. afternoon - 1:15 pm. Masks and proof of full vaccination needed. **204-837-6708**, 3584 Portage Ave.

SPORTS & FITNESS

Lady Bowlers - Fridays, 12:45 pm at Polo Park. For ladies of all ages. We bowl for fun. If you can't commit to every week come spare with us. \$10/wk. Lunch and prize\$. Time off at Easter. Extreme cleaning meas-

WINNIPEG

More listings available at www.seniorscope.com (Events page)

ures and social distancing being exercised, masks or face shields worn and minimal contact. Call/text **204-770-3903**.

Garden City Community Centre / Seven Oaks SportsPlex - 725 Kingsbury Ave. 55+ Programs: Zumba, Bocce Ball, Pickleball, Line Dancing. Program schedule: www.gardencitycc.com/seniors.

Yoga Sessions - Lorraine's Gentle Yoga, Chair yoga, chair cardio, wrist free flow yoga, yin yoga. Lorrainesyoga2017@gmail.com, **204-228-3118**, lorrainesgentleyoga.com

Yoga Sessions - Deer Lodge Community Ctr, 323 Bruce Ave. E. With with Doreen Wuckert, Certified Yoga Instructor - Mondays, 7-8 pm, Sep. 27-Dec. 13, 11 Sessions - \$100. Drop-in \$12 per class. Doreen: **204-837-9613**, dwuckert@shaw.ca

Pembina 55 Plus Men's Curling League - Registration Session for individual curlers. Curl at the Pembina Curling Club, 1341 Pembina Hwy. Season consists of 4 rounds with each round consisting of 10 games. Two games are played/wk, alternating btw Mon. Wed. and Fri. at 1 pm, Oct-Mar. Teams established by random selection before start of each round. Various options: play only one, two, three, or all four Rounds. Or, you can start by sparing. Info at 55pluscurling.com or email contact@55pluscurling.com

VOLUNTEERING

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. **204-235-2111**, service@actionmarguerite.ca

Actionmarguerite St. Vital, 450 River Road - Volunteers needed to help Recreation staff, transport residents in wheelchairs to in-house appt's. **204-235-2111**, service@actionmarguerite.ca

Caregiving with Confidence - Volunteer Drivers, Telephone Support Volunteers to support caregivers wanted. **204-452-9491** or jnybakken@aosupportservices.ca

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed. **204-831-2503** or visit www.deerlodge.mb.ca/volunteers.html

Meals on Wheels - Volunteers needed in: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711**, www.mealswinnipeg.com

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

Victoria Lifeline - Melissa: **204-956-6773** or msitter@victorialifeline.ca

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

PROGRAMS / SERVICES

Brooklands Active Living Centre - 1960 William Ave. West. Bingo 1 pm Mondays; Fitness Classes. Call **204-632-8367** for more info.

Caregiving With Confidence is now a program of A & O: Support Services for Older Adults - Our programming will remain the same. **Caregiving with Confidence: 204-452-9491** for more info.

Dakota 55+ Lazars Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. **217**. **WHIST**, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

Dufferin Senior Centre - Perogies For Sale, pickup Wednesdays. Bingo - Mondays, 1 pm: Dec. 13/21, Jan. 10/22. Christmas Dance, Sat. Dec. 11, 12-3:30 pm w/full lunch; Dance, Tue. Dec. 14, 1-3 pm, Adm. \$5; Dance, Sat. Jan. 8/22. Show of vaccination card and photo ID required at door for all events. Info: **204-986-2608** or Al: **204-771-3325**

Mensheds Manitoba Inc. - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. Call **204-832-0629**.

Men's Shed - New in Transcona, at Oxford Heights C.C. www.menssheds.ca, **204-224-4941**.

Pembina Active Living (PAL) 55+ (new location - Whyte Ridge Community Centre, 170 Fleetwood Rd.) - In-person and online classes: yoga, fitness, resistance training, Zumba, Tai Chi, Let's dance, painting and writing. Drop in activities: bridge, five-pin bowling, pickleball, Lunch PALS, Bingo PALS (by phone), Conversation Cafe (by phone), PenPALS with Henry G. Izatt School, On-line exercises, Book Club, Cooking. Outdoor fun includes: Senior Skate Tue-Wed-Thu 1-3, Jam Pail Curling. Canteen is opening soon! Office hrs: Tue-Wed-Thur 9-3:30. Info: www.pal55plus.ca, office@pal55plus.ca, **204-946-0839**.

Rainbow Resource Centre - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email otr@rainbowresourcecentre.org.

St. James Assiniboia 55+ Centre - Various programs and activities. 3-203 Duffield St. **204-987-8850**, www.stjamescentre.com.

St. James Legion #4 branch - Looking for 'seniors' to play Whist Monday afternoons. Call Maria at **204-889-3338**. No cards on Dec. 27 or Jan. 3/22.

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• • •

RURAL MANITOBA

PROGRAMS / SERVICES

Brandon - Prairie Oasis Senior Centre - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery available. Meals \$9. Volunteers needed. Grants and donations gratefully accepted. Info: **204-727-6641**

Dauphin Multi-Purpose Senior Centre-Seniors 55+ - Cancer society Transportation Program, fee for service contact list, Erik kits. *Facility available to rent.* **204-638-6485**, www.dauphinseniors.com

Emerson-Franklin Senior Services - Transportation, shopping, Meals on Wheels for shut-ins. For seniors with disabilities for independent living. **204-427-2869**

Ile des Chenes, Grande Pointe, Lorette, St. Adolphe, Landmark - In-person yoga classes Thur. 9 am, drop-in \$5 for 55+. Wed. 6:30 pm, drop-in \$10 for all adult ages. No experience needed. Classes held in the main hall at the TC Energy Centre in Ile des Chene. To register, contact Juliette at yogaforyoumanitoba@outlook.com

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Submit PSAs by February 3rd for the February 10/22 issue.

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. **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 **372-6861**; **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 **444-3139**; **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**

Niverville Services to Seniors - Some of our Services include: Low-cost senior's fitness, Mon. 9:30-10:30 am; Pickleball, Wed. 10-12 at Niverville Rec Complex; Free Mobility Equipment Rental (wheelchairs, walkers, etc.); Low-cost rides program; Seniors frozen meal program; and much more. Info: sts@heritagecentre.ca or **204-388-9945**

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Volunteers needed. Services: transportation, friendly visits/calls. Coordinator Bev Collet: **204-248-7291** or ensemble@mymts.net.

Montcalm Service to Seniors - Joanne: **204-304-0551** or jbarnabe@hotmail.ca

Seine River Services for Seniors - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: **204-424-5285**.

Les services rivière seine pour aînés - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud : **204-424-5285**.

Springfield - Springfield Seniors - 204-444-3139, springfieldseniors@mymts.net. Stick curling (**204-853-7729**), Pickleball (gardi@mymts.net), Women's 55+ Fitness (**204-880-4716**), Indoor Walking program (**204-444-2242**), Tai Chi, Badminton (**204-801-5380**), Volleyball (**204-403-8242**), Craft Monday (**204-396-7132**), Bingo, Congregate Meal program (**204-444-3132** ext. 1). **TechMB Free Course: Intro to iPads**, Nov. 4, 18, 25, 1-4 pm, 544 Holland St. Dugald, MB. Must have an iPad or iPhone. Limited space. Suitable for beginners. Register at **204-444-3139**, jchase@rmofspringfield.ca. Proof of double vaccination required. Masks mandatory.

Steinbach - Pat Porter Active Living Centre - 10 Chrysler Gate. Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, ERIK Kits to name only a few. Reception **204-320-4600** (Sonja, Program + Volunteer Coordinator) **204-320-4603**, <https://www.patportercalc.com>

Thompson Seniors - Cribbage, crafts and more, Tuesdays, 1:30-3:30 p.m.; Food security initiative; Free iPad training; Exercise classes and more! Contact: **204-677-0987**, thompsonseniors55@gmail.com

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SCWW provides educational and recreational programming in a fun and interactive atmosphere. All programming is provided over the phone.
Download the **SCWW 2021 Program Guide** at: www.aosupportservices.ca

The Pros Know 55+ Active Living & Resource On-Line Edition

Six Shows coming in 2022 Your 24/7 Information Hub! prosknowexpos.ca

Happy New Year! Round 4? Omi-Who?



Happy New Year this year, seems hollow with **Round 4** of the Corona Virus reeling it's ugly head and setting new infection records daily. Omicron or whatever it's called is really kicking our collective butts right now and maybe, just maybe some of the anti-this and anti-that are experiencing some of this reality and hopefully we can all finally start working together to put this bug in it's place. We are grateful and thankful for the

brief respite we had in October that allowed us to have the four shows and get some folks the information and help they needed to get through all of this. We can only hope that we'll see a real end soon so that we can all get back to the business of healing this world and our communities.

To this end and being the eternal optimists we are, we're continuing to plan for the 2022 series of Pros Know Expos across the city. Because of the success we had, all things considered, we are in the process of having not four, but six shows this year coming. Three will be in the Spring and three in the Fall, with the two extra shows to be in St. Vital and Transcona areas. A better series of locations to cover more turf and to include more of our family, friends and neighbours.

Starting in April on the 21st we'll be in Garden City again, May 11th we're looking at Charleswood and closing the Spring sessions on May 27th back

in Fort Garry. The fall shows will start September 8th in St. Vital, then September 22nd in Transcona and closing out on October 12th with our friends at Good Neighbours Active Living on Henderson Hwy.

Please check in by visiting here or clicking the 2022 Expos buttons to visit the Shows Details page for regular updates and confirmations. We're expanding some of the Vendor categories so to accommodate your wishes and if you

have any Vendor suggestions, please email at: prosknowexpos@gmail.com or visit www.prosknowexpos.ca with your ideas for us to explore.

Thanks again for your support, stay safe and please feel free to tell your friends about the amazing group of Senior Friendly Businesses and Organizations we are working with.

All the Best to You & Yours! T&R

Coming in the New Year!
Trish's Dishes
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Looking for something to pick up your Spirits?

These home made Recipes, Kitchen Gadgets and Tips will make life easier and tastier! Stay tuned as we'll announce a start date in the early new year!!! **Yummy!**

Keeping it all in Perspective

Putting things in perspective at this time, imagine if you were born in 1900. When you are 14, World War I starts, and ends when you are 18 with up to 22 million people killed. Later that same year, a Spanish Flu epidemic ravages the world and runs until you are 20. The death toll is 50 million in two years!

When you turn 29, the Great Depression begins. Unemployment rate is 25%, global GDP drops 27%.

This goes until you are 33. The country nearly collapses coinciding with the world economy. When you turn 39, World War II starts.

Two years later when you're 41, WWII is in full force. Between your 39th and 45th birthday, Over 60 million people die and 6 million perish from the Holocaust.

Then when you're 52, the Korean War starts and nearly five million die.

At 64 the Vietnam War begins, and lasts for many years. This conflict claims about four million lives.

Approaching your 62nd birthday there is the Cuban Missile Crisis, the beginning of the Cold War. Luckily for great leaders, they prevented life on our planet from ending.

The Vietnam War finally ends when you're 75.

So think of those born in 1900.

Kids think grandparents and great-parents don't understand how hard school and life in general is. Yet they survived all that and more!

Perspective is amazing. Let's help each other out. All storms pass.

Today's difficulties too shall pass.

Travel / Leisure

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In partnership with Lilli Langemann, a registered nurse who is certified in foot care. This kit includes important information about care and products for your feet.

Twenty kits are available per theme for 55+ residing in the RM of La Broquerie and RM/Town of Ste-Anne. Our volunteers will deliver them at the end of the month. First come, first-serve basis.

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BBB ACCREDITED BUSINESS

We sure could stand some 'good news' about now!!



By Roger Currie

I spent roughly 45 years in the radio news business, and I must say I'm very glad that I'm no longer doing it. From force of habit as much as anything, I continue to read the Winnipeg Free Press on a daily basis, and I watch a lot of news on television. It was somewhat surprising to learn that I listen to very little news on the radio. I stopped driving 14 months ago and most of my radio listening happened in the car.

I know a great many people who stopped using TV and newspapers to keep up to date. Checking weather and sports scores are still part of many daily routines.

I realized a long time ago that as much as us working journalists might deny it, the news business could more accurately be called "the bad news business". Another variation of that is "If it bleeds, it leads". You will seldom hear a story like "the plane landed safely".

Many complain that far too much of the news content, especially on TV, is too depressing, especially if

you choose to watch just before bedtime.

Such complaints have been heard more and more since the *Covid 19 pandemic* became the dominant story.

So, what else is there to occupy our hearts and minds? Would believe *FOOD !!*

Seniors like me, who are disabled, seem to spend more and more time worrying about getting groceries we can afford and preparing tasty and nutritious meals. It's not that many of us middle class *Boomers* will ever suffer from hunger or malnutrition, or homelessness for that matter. For those of us who don't get out to shop, or have difficulty preparing a meal because of disability or illness, the pandemic has boosted the fortunes of a number of organizations that help when it comes to keeping us properly fed without too much effort.

Among the oldest and best known of these services is *Meals on Wheels* which I joined a few weeks before Christmas. Allow me to endorse them with great enthusiasm. Four days a week a volunteer driver comes to my door with a hot

balanced meal. Once a week the service also includes a cold brown bag meal which can be kept in the fridge until it's needed. The hot meal almost always includes soup plus nicely-prepared veggies that I'm seldom likely to slice and cook for myself.

I was immediately reminded of an interview that the late Christopher Plummer gave to a Canadian journalist after he became the oldest actor to win an Oscar a few years ago. He freely admitted that for much of his life he was definitely a high-functioning alcoholic. He had a truly wonderful time and he didn't miss much. Plummer survived into his 90's partly by making sure he was almost always eating from all of the basic food groups, including vegetables. Who knows? Perhaps he was a client of *Meals on Wheels* in his neighborhood. With a financial subsidy through the United Way, plus support from Manitoba's health care system, The cost to me is \$6.00 per meal. That's truly amazing. They are always in need of volunteer drivers. Find out more at: www.mealswinnipeg.com.

One of the newer entries when it comes to prepared meals aimed

very specifically at seniors is *Heart to Home Meals* - Canada's leading meal delivery service for seniors. They deliver a wider range of nutritious and tasty frozen meals which can be brought to table readiness in your regular oven or microwave. They also cater to special diet needs and there are no commitments or contracts. The cost is roughly only 15% higher than Meals on Wheels. Spokesman Fred Pennell says they started in April of 2021 when the disruptions of the pandemic were already being felt. While not offering abundant detail, Pennell says they now have hundreds of regular customers and he's optimistic that the growth will continue. Visit www.hearttohomemeals.ca for more information.

For those seniors who would rather not risk going to restaurants right now, there are virtually unlimited options available by using meal delivery services unless the restaurant of your choice does their own deliveries.

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

January 4, 2022

NEW GRANT TO SUPPORT MUSEUM ACTIVITIES FOCUSED ON RECONCILIATION, INCLUSION AND RECOVERY

Museums Play Integral Role in The Protection, Promotion, Education of Manitoba's Important Stories: Cox

The Manitoba government has created a new Community Museum Project Support program, an eight-year initiative designed to fund museum activities that advance reconciliation, equity, diversity, inclusion, COVID-19 recovery and collections management, Sport, Culture and Heritage Minister Cathy Cox announced.

"Our museums are important community establishments that play an integral role in the protection, promotion and education of Manitoba's diverse heritage, culture and identity," said Cox. "The COVID-19 pandemic

has significantly limited museums' ability to do what they do best, bring people together from here and abroad to learn, celebrate and grow through a deeper understanding of our province's unique and important stories. This new grant will help support the economic recovery of these important facilities and will support our government's commitment to advance reconciliation and build a more inclusive and prosperous future for all Manitobans."

Eligible groups include non-profit community museums focused on

conserving, preserving and interpreting artistic, scientific and historical items for the enjoyment of the public. Special preference will be given to opportunities that support an appropriate interpretation of Manitoba's history and include partnerships with Indigenous people or communities, the minister noted.

This new program is a part of the larger \$25-million The Bay Building Fund, established in April 2021. This investment, held in trust by The Winnipeg Foundation, is a spend-down fund that uses interest

generated from the initial contribution to support heritage projects that align with The Bay Building Fund mandate.

The Community Museum Project Support program will allocate \$240,000 annually to support up to 100 per cent of project costs, up to a maximum of \$25,000 per applicant. Applications accepted until Feb. 1/22.

For more information about the Community Museum Project Support program, please visit https://dev.gov.mb.ca/chc/grants/heritage_grants.html#cmps. ■



Today's Recipe

www.PeakMarket.com

Smoked Salmon Paté

Metric	Ingredients:	Imperial
170 g	smoked salmon	6 oz
85 g	cream cheese, at room temperature	3 oz
30 ml	sour cream	2 tbsp
50 ml	celery, finely chopped	1/4 cup
50 ml	fresh parsley, chopped	1/4 cup
30 ml	red onion, finely chopped	2 tbsp
15 ml	juice of lemon	1 tbsp
-	dash of hot pepper sauce	-
-	salt & pepper to taste	-
-	assorted crackers or french bread	-

In a medium bowl; flake salmon. Add cream cheese and 1 tablespoon (15 ml) sour cream. Stir until well blended, adding more sour cream if needed. Fold in celery, parsley and onion. Add lemon juice and hot pepper sauce. Season with salt and pepper. Cover with plastic wrap and refrigerate until ready to serve. Serve with an assortment of crackers or french bread.

Serves 6

Senior Scope

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IN TUNE WITH OUR COMMUNITY

~ January 2022 ~

New Year Brings New Opportunities

January 2022 begins a new year of promise, potential and prospects. It is an exciting time for CJNU as we turn the corner to greet fresh opportunities for our station and its volunteers.

It's a time to look back on the warm memories of 2021 and reminisce about the good times we've shared. It's also a time to look forward to new beginnings, fresh starts and new worlds to conquer.

Especially now, due to the often all-consuming impact of Covid, we must take back our power and remember the things that really count. Kindness. Compassion. Consideration. Empathy. We are all in this together. It is the enemy that unites us.

The new year gives us hope that very soon, Covid will have passed through our midst and we can go on living life like before (or, at least, what life looks like post-pandemic). We have already revealed strengths we didn't know we had and imagination that's al-



No fireworks this year... but hopefully we'll be able to gather in 12 months time to celebrate!

lowed us to overcome never-before-seen barriers. We've also witnessed the resilience of human nature in the positive ways we have managed our lives in the past year.

We wish you all a happy and healthy new year. May you all have good thoughts about the future, and moments of joy and compassion in everything you do.

Our January Host Sponsor: Aging Well Together



CJNU welcomes our Host Sponsor for the month of January, Aging Well Together—a coalition of older-adult-serving organizations in Winnipeg that are working to increase the social engagement of older adults in our city and province.

Research has demonstrated that social isolation can be detrimental not only to one's mental health but also to one's physical health. Social isolation is linked to an increased risk of coronary heart disease and stroke, dementia, and mortality. Social isolation has been compared to smoking 15 cigarettes a day.

While social isolation can occur at any time, it disproportionately affects older adults. We have all seen the negative impact of social isolation throughout the pandemic—and efforts to maintain connections must continue post-pandemic.

The Coalition is working to share information about the innovative opportunities that exist – some of these programs are the first of their kind in Canada! There is a wide variety of programs and services available for older

adults 55+ that provide opportunities to engage safely with others.

No matter what barriers might exist for older adults to be socially engaged, we can help find an option that best suits the individual's needs and supports them in participating in safe, meaningful engagement. Learn about your local senior centre or group from the Manitoba Association of Senior Centres. Hear about Active Aging in Manitoba's safe and guided physical activity program that links you with a peer leader. Join A & O: Support Services for Older Adults' Senior Centre Without Walls programs over the phone from the comfort of your home, or get matched with a volunteer for scheduled conversations and meet-ups through the Connect program. Find transportation options for older adults by calling 2-1-1 or visiting 211.mb.ca

For more information about the social engagement options available for you or an older adult in your life, please call 204-956-6440. We'll help find the connection that's right for you!

Volunteer Power!

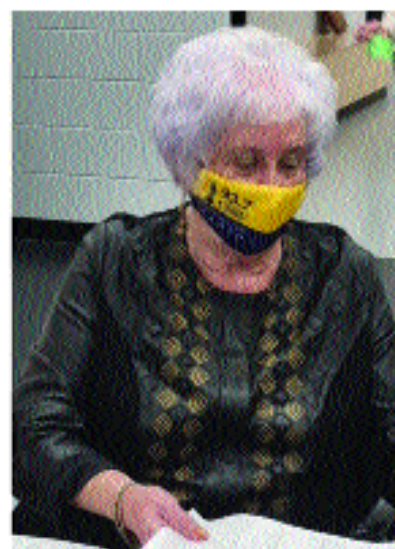


CJNU is a proud member of Volunteer Canada

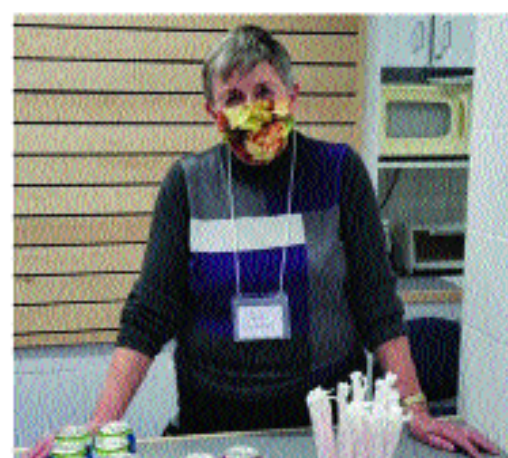
Volunteers are vital to CJNU. From our on-air and production personalities, and studio and broadcast assistants to the many people working behind the scenes in production and the office, volunteers are an integral part of everything CJNU does.

CJNU has many opportunities, depending on a person's skill level and desire to learn how our radio station functions. As a community radio station with a visible presence in Winnipeg, we've broadcast from many locations around Winnipeg. Over the past two Covid-restricted years, we've had to be creative in how and where we broadcast from. With the easing of restrictions and our ability to maintain health protocols, we are now broadcasting from our home studio in the Richardson Concourse and select remote locations. Volunteers are back and are so excited to be a part of the action on CJNU.

If you'd like to get involved, drop us a line to info@cjnu.ca. We hope to hear from you!



Agnes Brydon (above) volunteers on the Promotions Committee and assists with volunteer scheduling, while Gail Graham (below) leads the Social Committee



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CROSSWORD - **It's January Again!** By Adrian Powell

ACROSS

1 Dwindles
6 Dracula's bedtime
10 Speak in a grating manner
14 Maxwell Smart was one
15 Stairwell phenomenon
16 Margarine's old name
17 Totally ticked off
18 Had been lying
19 Inuit hunter's need, at times
20 Guy with a scythe and a long beard
22 Comes to a close
23 Middle layer of your eye
24 Final Greek consonant
25 Made a big to-do
28 Ox team coupler
31 Country-wide economic figure (abbr.)
34 Totally nonsupportive
35 Alee's opposite
37 Year Betty White turns 100!
41 Cousin to a teal hue
42 Cause of many old shipwrecks
43 Really strange
44 Cobblers' hole makers
45 Oyster contents, sometimes
47 Trellis-climbing plant
49 Mend a sock hole
50 Stereo's predecessor
52 "The Catcher in the Rye" author born on January 1, 1919
58 As above, in footnotes
59 Cuckoo Pint, for one
60 High wispy clouds
61 Like some decrees



DOWN

1 Street urchin
2 Taj Mahal's city
3 With everything in place
4 Displaying a gung-ho attitude
5 Stow in a ship's hold
6 Area at the mouth of the Mississippi
7 Berry that's a health food fad
8 Sudden fancy
9 What the fourth little piggy had
10 Flowers popular in Pasadena around this time of year
11 Dusk-to-dawn cramming session
12 Item that birds eat
13 What peas come in
21 River just east of Fargo
24 Fuel from the bog
25 1980 film starring Dom DeLuise
26 Like spinsters
27 Threading a needle requirement
28 Signs of drowsiness
29 Be in the red
30 Barbie's boyfriend
32 Stairway post
33 Univ. lecturers, often
36 Act dictatorially
38 Serving aid
39 Traditional churchyard tree
40 ____ Aviv, Israel
45 Buckwheat, to Alti!ta
46 Fictional Kane and factual Jong
48 Thing I hope you didn't do after the New Year's party!
49 Women with titles
50 Thigh-showing skirt
51 Bigwig of Norse mythology
52 Tarzan's lady
53 Long puff on a cig
54 Japanese wrestling
55 Old tars swigged it
56 The Emerald Isle
57 Puerto ____

SOLUTION ON NEXT PAGE

WORDSEARCH - **Famous and Notable People**



Al Capone	Elton John	Ike Turner	Mikhail	Seal
Al Gore	Elvira	Jay Leno	Baryshnikov	Selena
Ann Rice	Eminem	Jerry Garcia	Neil Young	Shakira
B. B. King	Fergie	Jimmy Johnson	Nick Lachey	Ted Bundy
Billy Joel	Frances Ford	Kate Moss	P. Diddy	Ted Danson
Bob Dole	Coppola	Luciano	Pat Benatar	Tim McGraw
Bob Marley	Garth Brooks	Pavarotti	Paul Simon	Tom Brady
Bono	Gerald Ford	Madonna	Pele	Travis Tritt
Camilla Parker	Gilda Radner	Marvin Gaye	Prince	Tyra Banks
Bowles	Gwen Stefani	Mary Hart	Reba McEntire	Willie Nelson
Cher	Harpo Marx	Mary Kay Ash	Rod Stewart	Yoko Ono
Donna Summer	Howie Long	Mia Hamm		
Drew Carey	Hulk Hogan	Mike Ditka		

SOLUTION ON NEXT PAGE

“Life is ten percent what happens to you and ninety percent how you respond to it.”

- Charles Swindoll

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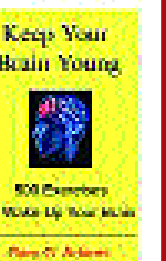


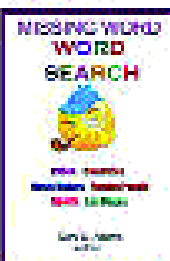
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RETIREED: UNDER NEW MANAGEMENT SEE SPOUSE FOR DETAILS

My body is my temple Ancient and in ruins, possibly haunted or cursed

LAUGH A LITTLE

I was having problems with my computer the other day so I called on my neighbour's 11-year-old whiz-kid son for help. He came and after clicking a few buttons he solved the problem. As he was leaving, I asked him what the problem was. He explained that it was an ID ten T error. Baffled, I asked what that was and he said, "Write it down. You'll see." So I wrote down "ID10T". I used to like him.

Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

Today all answers begin with the letter "U"

1. This cycle had no handle bars:
2. This is a banjo like musical instrument:
3. This is the dress of the military or policeman:
4. This is a problem in the stomach lining:
5. This is the person who makes the final decision in a baseball game:
6. These are the tools needed to eat your dinner:
7. He is your mother's brother:
8. This is where we get the cows milk:
9. This is where we would enjoy a perfect life:
10. You feel more secure if you are wearing these:
11. This bird turns into a beautiful swan:
12. If you are going to secure a successful life you had better attend here:
13. This country to the west of Russia has bountiful oil and grain crops:
14. This is featured on the English flag:
15. These is an African country:
16. You must have one of these if you live in Vancouver:
17. He is a very likeable entertainer who married Nicole Kidman:
18. This is a "U" song by Paul McCartney:
19. This is a Carol King "Tapestry Song":
20. This taxi like service has also become a food home delivery service:
21. This medical devise can be used to produce an image of your inner body parts:
22. This American state borders Alberta:
23. This is a "DO GOOD" business community fund raising organization active in most North American cities:
24. This the name of the associated countries of Ireland, England, Scotland, and Wales:
25. This is the film for which Clint Eastwood received his first "Director Oscar":
26. Billy Joel (The Piano Man) wrote this song for model Christine Brinkley:
27. This refers to those in the highest social class:
28. These are hair salons that service both men and women:
29. They said she had great ambition, she was simply "_____":
30. This had been chosen as Canada's best University:



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It is free created specifically to improve the lives of those in self-isolation during the COVID19 period.

To request direct e-mail sends to friends or family, forward address to trivia@shaw.ca

~ Author, Gary Adams

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Visit www.seniorscope.com/fun.html for more A-Z Trivia.

"People say nothing is impossible, but I do nothing every day. It is possible."



Sign in Steinbach, MB



Sign in Steinbach, MB

CROSSWORD - Solution

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

WORDSEARCH - Solution

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

A to Z Trivia 'U' SOLUTIONS

- | | | | |
|--------------|-------------------|--------------------|---------------------------|
| 1. Unicycle | 9. Utopia | 17. Urban (Keith) | 24. United Kingdom |
| 2. Ukulele | 10. Underwear | 18. Uncle Albert | 25. Unforgiven |
| 3. Uniform | 11. Ugly Duckling | 19. Up On The Roof | 26. Up Town Girl |
| 4. Ulcer | 12. University | 20. Uber | 27. Uppercrust |
| 5. Umpire | 13. Ukraine | 21. Ultra Sound | 28. Unisex |
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| 8. Udder | 16. Umbrella | | |

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