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Growing older: What do we know about aging?

- Rachel Ines, Centre on Aging University of Manitoba



or over 40 years, the University of Manitoba (UM)'s **Centre on Aging** has hosted a public event in May to discuss issues centred on aging. Invited speakers and researchers will be available to share and inform attendees about the latest on aging research. This year's Symposium will be hosted in a hybrid format where attendees can participate in a daylong dialogue on aging either **in person** on the Fort Garry Campus, or stream sessions **online**. The Symposium is **free to attend,** but registration is required.

Join us for this year's **42nd Annual Spring Research Symposium** (https://umanitoba.ca/centre-onaging/research/spring-symposium):

May 7, 9 a.m.—4 p.m.

Multi-purpose room — 2nd floor
UMSU University Centre
University of Manitoba
65 Chancellor Circle, Winnipeg

Six presenters will focus their sessions (https://umanitoba.ca/centre-onaging/research/spring-symposium/presentation-schedule) on siblings caring for parents living with dementia, therapeutic recreation in Manitoba personal care homes, aging during the Renaissance,

mealtimes in personal care homes, understanding older adults mental health, and maintaining balance as we age. Attendees can also connect with researchers at the poster sessions and visit with exhibitors from the community and the University of Manitoba.

If you are a first-time attendee or it's been a while since you last attended, you are encouraged to come out for this year's Symposium. Here are five great reasons to attend!

1. Learn directly from the researcher: The Centre has nearly 80 Research Affiliates from four universities in Manitoba. Hear directly from the researchers themselves and ask questions about their research.

2. Meet the people working with older adults: Exhibitors will be on hand to connect with you and share how they support older adults in the community.

3. Poster session: Students and researchers will take part in the poster session to share their current research. Take part in one-on-one discussions about their research or possibly get involved in research studies.

4. Connect with your peers: The Sym-Continued on page 4 3

Cinematic Politics at The Oscars - p19

By Myles Shane



Conan O'Brien host of 97th 2026 Oscars Awards / photo: https://abc.com





Registration is open for the Manitoba 55+ Games

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•••••• Send your Letters or Community Story

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Active Aging in Manitoba (AAIM) Inspiring active lifestyles



April - a time of renewal and rebirth!

By Linda Brown, Executive Director, AAIM



Executive Director, AAIM

April brings the anticipation of Spring and is typically a time of renewal and rebirth! It is also a time when many Manitobans emerge from their winter hibernation habits and re-acquaint with neighbours and friends they may not have seen as often over the winter. It is

a time plan to get together with friends and family. A time to renew social connections and make some new connections.

Research is showing us that being active outdoors is both physically and mentally beneficial. We are learning that we can improve our fitness level and fitness benefits by being more active outdoors.

As the weather warms up, we often start thinking about outdoor activities and we are anxious to get outside to enjoy the warmth and the sunshine. And as we are dreaming and planning our activities for the spring and summer some of those "necessary" activities start to creep into our plans - like gardening, cutting the grass, washing windows, spring cleaning, etc. Even though there might be some activities that you see as a chore to do - enjoy them for their fitness value. Remember those types of activities help you

and an arts/craft exhibit. With so many

venues right in Steinbach getting around to

participate or view events will be easy!

meet the goal of 150 minutes of physical activity per week. So achieving those 150 minutes per week or 30 minutes per day over 5 days requires some planning!

As you transition to more outdoor activities be sure not to overdo it! In order to prevent injury and fatigue, it is important to ease back into your outdoor activities including those "necessary" activities. Be sure to take frequent breaks, stay hydrated, and move around to get your muscles warmed up before you start any activity. Doing some stretching after the activity is also a good practice as this will help reduce or prevent muscle soreness and it is the best time to improve your flexibility.

Often people ask how hard do I need to be working to see some health benefits? Checking heart rate can be one way to measure the intensity of the activity but another good way is to ensure that you can pass the "talk test". This means that you should be able to carry on a conversation during your activity. If you cannot carry on a conversation, then you are working too hard.

Low intensity activities like Tai Chi, Yoga, walking or resistance training offer health benefits just like more intense activities. You are still working muscles in all those activities, but at a lighter intensity which could mean a slower pace for example. You will see improvements in blood flow, mobility and flexibility over time. Working at a lower intensity is safer especially if you have a chronic condition that requires you to be more careful about exertion and to avoid injuries.

Listening to your body and really working at your own pace is key to enjoying any activity. Pacing yourself especially as you get back into those summer activities will ensure you can enjoy the activity longer. Although our summers are always too short we can enjoy the longer hours of daylight and pack in more hours outdoors doing what we enjoy! So plan a walk with a friend or a group of friends - enjoy our many parks and trails in Manitoba.

The Manitoba 55+ Games are coming to Steinbach June 3 - 5, 2025.

Be a participant, be a volunteer or be a cheerleader! Getting involved with the Manitoba 55+ Games is a great way to connect with your community and get active. Go to our website at

www.activeagingmb.ca for

registration information and to sign up to be a volunteer.

Contact us at **204-632-3947**.

Move more and sit less!



"It's worth the trip" to Steinbach for the 2025 Manitoba 55+ Games!

By Linda Brown, Executive Director, AAIM



Participate, volunteer or be a spectator! The Manitoba 55+ Games will feature 25+ different events including "brain games"

The 42nd year of the Manitoba 55+ Games will start with Opening Ceremonies on Monday, June 2nd at 6 p.m. Please join us to celebrate all the athletes and participants from all regions of the province! All Games events get underway on Tuesday, June 3rd.

Watching the Games is free! Get a group of friends together and plan a day in Steinbach to view some the Games and enjoy the many amenities in Steinbach.

Continued on next page

Senior Scope acknowledges that we are on Treaty territory - the traditional land of the Ininiw (Cree), Anishinábé (Ojibwé), Anishiniw (Ojibwé Cree), Anisininew, Dakota and Dene people, and also the Birthplace of the Métis Nation.





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Are you a Lois?

Are you a Lois? If Lois is your name first, middle or surname - there is a club just for you.

Lois Dudgeon first heard about it in 1997 from her dad who listened to Peter Gzowski on CBC Radio talking about this Lois Club in P.E.I., Canada.

Lois called and got the details and approached a co-worker named Lois. The two of them planned their first 'Lois Lunch' together and during that lunch, they made a list of all the Loises they knew. And the rest is history. 35 Loises showed up at the next annual Lois Lunch the following year.

Over the 25+ years the club grew to over 250 members from across Manitoba but sadly that number is below 100 now.

Members range in age – from 6 to 86. That's 80 years of Loises! There are grandma-granddaughter teams as well.

Lois Lunches are on the last Saturday in April each year. This year will be the 25th Annual Luncheon for the Manitoba Lois Club of which Lois Dudgeon is proud to have perfect attendance, coming to every Lois Lunch.

What happens at a Lois Lunch you ask? Well only the Loises at the Luncheons know for sure but mainly the Loises get together at a restaurant and have lunch together. Besides the camaraderie, they'll sometimes bring in guest speakers or have theme parties.

There is an annual national Lois Convention as well. Lois Dudgeon and 5 other Loises from Manitoba attended one in Ottawa in 2004.

The name 'Lois' has several meanings and goes back to biblical times. Lois also is someone who leads victorious armies into battle.



Loises gathered for a luncheon on April 27, 2024.

This 25th Celebration is being held April 26. For more information and if you'd like to become a Lois Club member, you can call:

Lois D. @ 204-822-6207 - Morden Lois H. @ 204-837-8087 - Wpg

Lois K. @ 204-619-0763 - Wpg

"It's worth the trip" cont'd from page 2

Who can participate in the Games? The Manitoba 55 + Games are open to anyone who will be 55 years old by December 31, 2025.

Steinbach has recently opened their Southeast Event Centre and the Manitoba 55+ Games pickleball competition will be one of the early events to be hosted in

The Pat Porter Active Living Centre will be Headquarters for the games and will also be the site for Opening Ceremonies, Registration and several competitions. Golfers will enjoy the beautiful greens and fairways at the Steinbach Fly-In Golf Course. Next door is A. D. Penner Park which will be the home of Slo-Pitch, and Bocce Ball. The Steinbach Aquatic Centre located close the part will host all swimming events.

We are excited this year to add Corn Hole Toss to our list of events. This event will be held at the Pat Porter Active Living Centre. Have you event wanted to try Beach Vollevball? This event will be a demonstration sport at the 2025 Mb. 55+ Games and sand course are just down the street from the Southeast Event Centre.

The 2025 Games kicked off on March 4-6, 2025 with a curling event hosted at the Steinbach Curling Club. This event included gold medalists from the Canada Senior Games of August 2024. Three days of great curling for both 2 person stick curlers, and 4 person teams was great start to the 42nd year of the Mb. 55+ Games!

Registration is now open! Please visit our website - www.activeagingmb.ca to register. The deadline for registering is May 15, 2025. On our website you will also find a complete schedule of events for June 3-5, information about accommodations, registration forms that can be printed if you wish to register on paper rather than online.

If you have any questions about the Games, registration or you would like to volunteer please contact Active Aging in Manitoba at info@activeagingmb.ca or call **204-632-3947**.

Sponsorship opportunities are still available please contact info@activeagingmb.ca or call **204-632-3947**

See you in Steinbach – June 2-5/25.

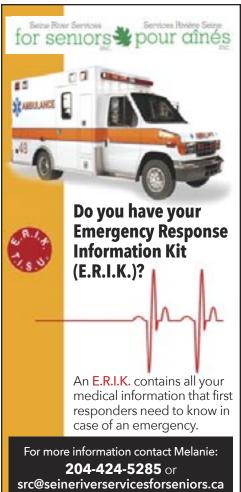


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MANITOBA GOVERNMENT WILL PROCLAIM SENIORS ADVOCATE ACT

New Office will Bring Support to Seniors in Manitoba: Asagwara

The Manitoba government will proclaim the seniors advocate act on Nov. 1, creating a new independent seniors advocate who will represent and advocate on behalf of seniors in Manitoba, Health, Seniors and Long-Term Care Minister Asagwara announced March 28/25.

"Seniors and elders helped build our province, and they deserve to have their voices heard and their rights respected," said Asagwara. "We saw during the pandemic what can happen when seniors aren't given the respect and care they need. Our government is committed to making sure seniors are safe, healthy and supported so that they can live a good life as they age."

Once appointed, the advocate will set up an independent office of the legislature, noted the minister. The act is in force as of Nov. 1. The independent advocate will report to the legislative assembly and be tasked with identifying and evaluating issues faced by seniors and elders, and making recommendations to government. These recommendations could be on a wide range of government services including health care, housing and government programs and supports, said Asagwara.

Creating an independent seniors advocate office is a key commitment of the Manitoba government set out in the minister's mandate letter.

MANITOBA GOVERNMENT OFFERING FREE ENTRY TO ALL PROVINCIAL PARKS

Manitobans Can Enjoy Free Park Entry Until March 31, 2026: Moyes

This spring break and for the next year, the Manitoba government is encouraging Manitobans to head out into the great outdoors and visit provincial parks for free, Environment and Climate Change Minister Mike Moyes announced April 1/25.

"In Budget 2025, our government announced free entry to all of our incredible provincial parks for the next year," said Moyes. "As Canadians explore closer to home, we hope everyone will get out and enjoy our beautiful parks and take in all they have to offer. Whether you love to hike, canoe or just want to relax surrounded by nature, we encourage all Manitobans to visit our provincial parks, as no vehicle permit is required."

Budget 2025 includes an \$18-million increase for infrastructure improvements

at a number of provincial parks, the minister noted. Projects include new washroom and shower buildings at St. Malo and West Hawk Lake's seasonal campground. This funding will also support campground improvements and the addition of electrical sites at Spruce Woods, Grand Beach and Hecla/Grindstone provincial parks.

For the 2025 season, visitors to Whiteshell Provincial Park's West Hawk Lake will see a restored Crescent Beach seawall, which will include an accessible ramp and beach access mat. New playgrounds will open at several provincial parks including in the Whiteshell, Clearwater Lake, Winnipeg Beach and Turtle Mountain.

"Manitoba is home to more than four million incredible hectares of land and water set aside in 93 provincial parks," said Moyes. "Visitors can make memories while exploring varied landscapes, including lush boreal forests to perfect prairie parklands and sandy shorelines, or walk through the past on a historic site tour and develop new skills at an outdoor workshop."

Provincial park campground reservations have a staggered opening from Monday, April 7 to April 11. The Parks Reservation Service will start taking reservations for specific campgrounds each day at 7 a.m. each day online at **www.manitobaparks.com** and by phone at **204-948-3333** (in Winnipeg) or **1-888-482-2267** (toll-free).

While park vehicle passes will not be required for the 2025 season, camping reservation fees continue to apply. For more information, visit:

www.manitobaparks.com.

Growing older: Centre on Aging Symposium, cont'd from front page

posium attracts a wide variety of attendees, most with an interest in aging-related topics. Meet others interested in aging for conversations and connections.

5. Learn about the UM as an Age-Friendly University: The UM was the first Canadian university to endorse the Age-Friendly University principles in 2016. Learn about existing programs and events that support

older adults who want to get involved in the UM community.

Whether you're interested in attending presentations or events, engaging in lifelong learning, active living, or just taking in the campus green space, there's a little something for everyone!

As the only research centre focused on aging in Manitoba, we host events to share

information with the community. When you attend our events, sign up for our mailing list, or participate in an aging-related study, we appreciate your continued support of the Centre on Aging.

For more information about this year's Symposium, visit the Centre on Aging's website: umanitoba.ca/centre-onaging or call 204-474-8754. ■









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SWAN RIVER Swan River & District Community Resource Council 126 6th Ave N / 204-734-5707

resourcecouncil@srseniorservices.com **Swan River Senior Citizens Centre** 702 1st Street North / 204-734-2212

The Pas Golden Agers

324 Ross Avenue 7 204-623-3663 seniorsthepas@gmail.com **THOMPSON**

Thompson Seniors Community Resource

THE PAS

Council Inc. 4 Nelson Rd. / 204-677-0987 thompsonseniors55@gmail.com

thompsonseniors.ca **TREHERNE**

Treherne Friendship Centre 190 Broadway Street 204-723-2559 / jstate1066@gmail.com

VICTORIA BEACH
East Beaches Social Scene
3 Ateah Road (204 To 3 Ateah Road / 204-756-6468

ebssinc1@gmail.com https://www.ebseniorscene.ca **East Beaches Resource Centre**

3 Ateah Road / 204-756-6471 ebresourcec@gmail.com https://ebresourcec.weebly.com **VIRDEN**

Seniors Access to Independent Living 204-851-2761 sail.cao.2023@gmail.com

WINKLER

Winkler & District MP Senior Centre

www.winklerseniorcentre.com

A lucky senior visits Vancouver & Victoria



Travel these days can be trying for a variety of reasons. Being prepared for flight delays or cancellations seems to be the norm. I received notification via email only a few hours before the time of departure there was a gate change. My flight departure time was 2:40 p.m. so I grabbed some lunch at the airport shortly after 12 noon. Then came another email, and of course – a delay of 30 minutes. It wasn't so bad as passengers were entertained by a vocalist and pianist. The sparse crowd applauded politely. The time passed and we boarded the 737, a through flight from Winnipeg to Vancouver. It was a full flight. In my earlier days I travelled extensively, but it never ceases to amaze me how that big "bird" can get airborne with such a huge load of cargo (people).

It was a smooth flight and a good landing. All landings are good! As I walked through the Vancouver terminal, I became a real tourist and immediately went to the nearest window to capture the sunshine and beauty of the mountains. In fact, as I sat there in the Dockside Hotel restaurant, I couldn't take my eyes off the beauty of the city, several yachts that were docked, high rise buildings, along with the sun peeping through the clouds, and a temperature of 9C. Indeed, this city is something else, especially when the sun shines.

There is a very good reason for my visit to Vancouver and Victoria. For my milestone birthday back in January, I received a card from my daughter Beth, and son-in-



Bud in Vancouver - English Bay - Laughter Artwork

Victoria - Glen & Beth



Hatley Castle - Victoria

law, Glen, who reside in Victoria. Actually, I think every year is a milestone birthday. Inside the card was an invitation for me to fly to Vancouver on March 17th, stay at the Dockside Hotel on Granville Island, and take in the Jets vs Canucks game with them on March 18th. My friend Wayne Ritchot loaned me his Jets jersey to wear proudly. Then off to Victoria the next morning on the ferry to visit for the week, returning to Winnipeg on March 24th. Now here's the best part – it was an all-expense paid trip courtesy of Beth and Glen. How lucky am I!

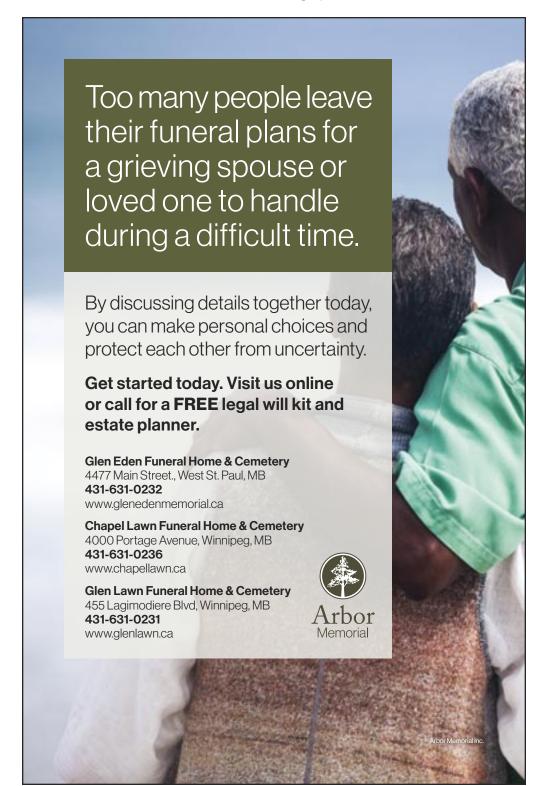
Glen had some work to attend to, while Beth and I headed for Granville Island Market. I felt like a sponge soaking up everything that hit my eyes – the numerous displays of fresh fruit, flowers, meat, and dainties that made my mouth water. And of course, a wide variety of people of all ages, mostly younger than me for sure. We enjoyed a bagel and coffee and then headed to English Bay and Stanley Park. We walked the sea wall for quite some time, and upon our return came across a huge tree with several large nests which accommodated cranes. There were numerous people taking pictures, along with myself. It was something I hadn't experienced. It was neat!

Then off to a familiar spot – Gastown. There is so much to see. The famous steam clock which continues to be serviced by the same fella for the past 75 years. A person with a movie camera recording a rapper in the middle of the street. A young girl with her long hair parted – green on one side



Water taxi

Continued on page





Herb Stephen - Ed Schreyer - Bill Loewen



Recently, I had the distinct pleasure of joining some well-known seniors for lunch -Herb Stephen, former Police Chief for the City of Winnipeg, Ed Schreyer, former Governor General of Canada and Canada's High Commissioner to Australia, and Bill Loewen, founder of Comcheq Payroll Services and TelPay. Many subjects were discussed along with some good-natured stories. Questions arose on actions by our government which resulted in possible solutions but nothing more. We finally decided to eat and enjoy further chit chat. The Senior Scope has afforded me the opportunity to visit with these gentlemen. Bill Loewen is a personal friend. Perhaps more information on our lunch may follow at another time.

My previous column on Herb Stephen in the March/April issue needs to be amended. There's much more that needs to be said about Winnipeg's police chief. He was promoted from constable in 1956 to detective in 1962, detective sergeant in 1969, sergeant of detectives in 1971, staff inspector in 1975, superintendent of crime in 1981, and finally appointed as police chief in 1984. He was responsible for 1,240 sworn officers and 214 civilian support staff with an annual budget just over \$74 million. It's important to get things right for a man who spent eight years as police chief, including an impressive 36-year career in law enforcement.

At the time Herb left the Winnipeg Police Service in 1992, they were receiving 2,000 applicants for 24 jobs, and out of those who



L-R: Herb Stephen, Bill Loewen, Ed Schreyer, Bud Ulrich.

applied, the Police Service could not find 24 suitable candidates. This was a major reason for Herb to set up the Northwest Law Enforcement Academy for the Winnipeg Police Service and other agencies, including the RCMP and federal corrections. He never thought the Academy would last 24 years, but it is now known and respected across Canada. This diploma program delivers valuable training for those interested in a law enforcement career and has opened many opportunities for the graduates. The Academy has an impressive group of instructors providing important information drawing from their past experi-

ences in law enforcement, as well as delivering current practices that are required in today's society.

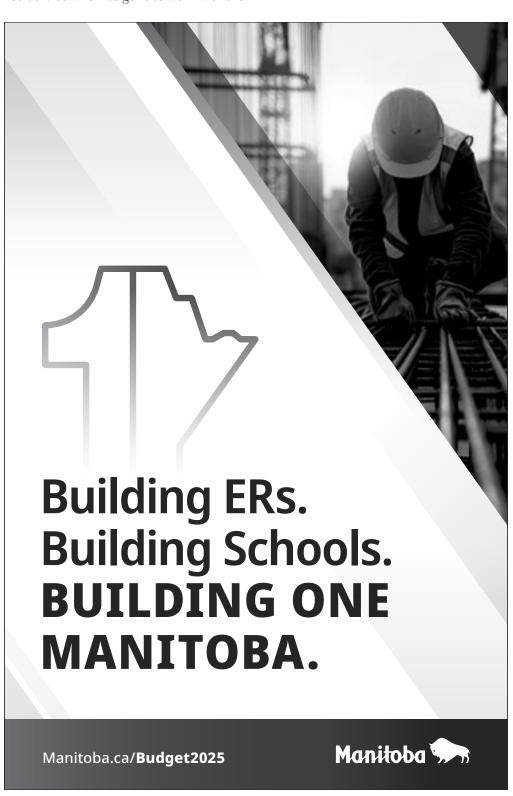
Herb was appointed police chief from within the ranks of current officers. The city decided to go outside the province in search of a replacement after Herb's retirement. He mentioned several appointments to the position of police chief for the City of Winnipeg, such as Dale Henry, a retired RCMP officer, who lasted only two years, and Dave Cassels from Calgary who lasted a short time as well. Keith McCaskill was a retired inspector from the Winnipeg Police Service who had gone to work with the

province but was brought back as police chief, but he too remained for just a few years. There was a concern about police chiefs serving only a short time on the job. Noticeably, incumbents such as Jack Ewatski, Danny Smyth, and Herb served eight years each. I'm sure Herb was pleased to hear of Gene Bowers' recent appointment as police chief. He is a 36-year yeteran of the force.

Keeping active is important to Herb. He is very involved with the Scottish Gentlemen's Club. Herb is a founding member and serves on the board. There are 130 members. Although it's not necessary to be Scottish, members need the desire to help others. The club raises funds to help Scottish organization events as well as other groups. Several events are held throughout the year in support of the Christmas Cheer Board of Winnipeg, The Sunshine Fund which provides financial assistance to send kids to camp, Siloam Mission, Harvest Manitoba, Cancer Care Manitoba, St. John Ambulance Winnipeg, Canadian Red Cross Ukraine Humanitarian Crisis Appeal, and other agencies. In ten short years the club has provided over \$300,000 to these worthy causes.

Winnipeg is most fortunate to have had Herb Stephen as one of their police chiefs, along with many others filling that role. It's a challenging job with the huge responsibility of providing protection to the citizens of our fine city, albeit somewhat difficult at times.





Whirlaway Westerners celebrate Canadian Spirit with Canada Themed Dance

Whirlaway Westerners celebrated our Canadian spirit at a special Canada Theme Dance on Friday, March 21. Trevor kept us on our toes dancing to all music made famous by Canadian artists such as Leonard Cohen, Celene Dion, Shania Twain, Bryan Adams, and Neil Young. Songs ranged from the old, like Wilf Carter, to the new, made famous by Alannah Myles. Canadian themes were always present as in Alberta Bound and a satirical version of Red River Valley. A highlight was Trevor's rendition of The Hockey Song, written by Stompin' Tom, when Trevor accompanied himself on

acoustic guitar. The evening ended with all three squares enjoying 'Could I Have this Dance,' Anne Murray, and the Canadian version of 'This Land is Your Land.' Our hall was decorated with Canada and Manitoba flags while dancers wore red and white square dance clothes. Thanks to our Caller, Trevor Grier, for the idea and all the work that you put into developing the set list and original singing calls. Whirlaway Westerners dance every Friday night at Kirkfield-Westwood Community Club. For more information, please contact Carole at 204-831-8954.



Celebrating World Health Day -Heart to Home Meals

This year, the World Health Organization (WHO) is over 75 years old, celebrating the better part of a century of public health triumphs that have made the world a safer, healthier place to be. We also celebrate World Health Day on April 7, 2025, the theme of which is "Global Health for Universal Health" – a topic guaranteed to resonate with senior citizens. It emphasizes the need to ensure that everyone, regardless of their gender, race, or socio-economic background, has access to the highest possible level of health and well-being.

Seniors play a vital role in achieving the goal of this year's World Health Day. As we age, our bodies undergo significant changes that can impact our physical and mental health. Age-related conditions such as dementia, arthritis, and heart disease can affect our ability to enjoy life to the fullest.

But it's important to remember that many of these conditions are preventable or manageable with the right care and attention and starting sooner ensures you take full advantage of the benefits. We'll explore some of the ways senior citizens can take control of their health and well-being, both on World Health Day and beyond.

1.Eat Well

A healthy diet is something we're strong advocates for at **Heart to Home Meals**. Eating well is crucial for maintaining good health and preventing age-related conditions such as high blood pressure, diabetes, and heart disease. As we age, our nutritional needs change, so it's important to pay attention to what we eat. Healthy Body-Healthy Mind.

Some tips for maintaining a healthy diet

- Eating a variety of fruits, vegetables, whole grains, and lean protein sources
- Limiting salt, sugar, and saturated fats (check out our various diet codes to help with this!)
- Drinking plenty of water
- Eat well

Our meals are clearly labeled with nutritional information, so you can ensure you're getting everything you need out of your meal to maximize your health.

2. Advocate For Yourself and Other Seniors

World Health Day is a great opportunity to remind ourselves that health truly is for everyone. Regardless of age or means, we're all entitled to a high quality and enjoyment of life. This year, take the time to remind yourself that you deserve access to quality healthcare, healthy food, and community services that support an active lifestyle.

3. Take Care of Your Mental Health

Of all the public health advancements over the last 75 years or so, an increased focus on mental health is probably one of the most significant. It's just as important as physical health, and it's essential to take care of both. In fact, taking care of one may have a positive impact on the other. Exercise can release hormones that help regulate mood, and feeling good can make it easier to eat well and pursue physical activity.

But it's not always easy. If you're feeling overwhelmed or struggling with your mental health, consider talking to a mental health professional. And if you have any mobility issues, many therapists and counselors offer online therapy, which can be accessed from the comfort of your own home.

4. Stay Connected

Social isolation is a growing problem for all demographics, but particularly for seniors, especially those who live alone or have limited mobility. It might take a little more effort (and technological know-how) but maintaining social connections is essential for good health and well-being.

If you're feeling isolated, consider joining a local senior center, volunteer group, or hobby club. These activities can provide opportunities to meet new people and engage in activities that you enjoy. Call a friend or family member don't wait for the call they need that call as much as you possibly..

Another great step to take is familiarizing yourself with communications technology. If you're unfamiliar with your phone, asking for help from a younger family member, neighbour or friend can be a great way to connect with someone right away. And the lessons you learn about your apps and how to use them can keep you connected in the future!

5. Maintain an Active Lifestyle

Physical activity is essential for maintaining good health at any age, but it's especially important for senior citizens. Exercise can help to strengthen muscles and bones, improve balance and coordination, and reduce the risk of falls. It can also boost mood and energy levels, reducing the risk of depression and anxiety.

If you're not sure where to start, consider joining a senior-friendly exercise group or class. Many gyms and community centers offer programs specifically designed for older adults, such as gentle yoga, water aerobics, and walking groups. But you don't have to rely on official classes – simply gardening, going for walks, or cleaning can often be enough to get the blood pumping.

Celebrating World Health Day 2025

As we celebrate this year's World Health Day, it's important to remember that good health is essential for everyone, regardless of their age or background. By staying active, eating well, getting enough sleep, staying connected, and taking care of our mental health, we can all take control of our health and well-being, and enjoy a happier, healthier life.

And, if you're looking for simple, healthy solutions to get started, look no further than Heart to Home Meals. We'll help your health goals while providing delicious meals right to your door. ■



- Spaghetti and Meatballs
- Meatloaf with Rich Onion Gravy
- Country Chicken
- Shepherd's Pie
- Traditional Turkey Dinner
- Scalloped Potatoes with Glazed Ham

All 6 meals for

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Pros Know 55 Active & Resource CONFERENCE 2025

May 28th Mini-Resource Conferences for Seniors, On-Line Registration 'Now Open'

Mini-Resources Conferences for Seniors a 'Big Hit'!



Good Day Eh! Well, it doesn't surprise us at all. The 'FREE' Mini-Resource Conferences coming this May 28th and September 24th at Good Neighbours Active Living Centre are a hit. These one-hour information gems are just the things we need to help steer us in the right direction to better health and more active lives past 55.

The people presenting are listed on the right side of this article, there's no charge to attend, but you must register, either on-line or by phone as noted.

We truly can't say enough about Jen, Programs Coordinator at Good Neighbours, for her hard work and dedication to our shows and community. If you're having troubles signing up, call her at 204.669.1710, she'll help you get it done. You can also go to the Expos website listed here always, and go to the 'PKE Shows' page that has the registration links as well. Voila!

Before or after your seminar, you can tour the 40+ tables of Seniors Resources in person, a truly remarkable day lays ahead for you in-deed!

If you're not sure and want more information about those presenting, we have links to their websites all over our web page, for you to learn more about them and how they help our community on a daily basis.

Again folks, there's 'No Charge' to attend the Expos or conferences, we just need people to register for the speakers as there is limited seating for each one. Always our pleasure to help our Good Neighbours! *R&T*, *Take Care!*

Wednesday, May 28th 11:00am

Room A:

Active Aging in Manitoba

Room B:

Desjardins Financial

Room C: **PEAM Prevent Elder Abuse MB.**

Room D:

Winnipeg Police Service Crime Prevention

Wednesday, May 28th 1:00pm

Room A: **Service Canada | CRA Outreach**

Room B: **KLD Law - Wills & Estates**

Room C: CancerCare MB.

Room D: Victoria Lifeline

Our 2025 Expos two 2025 Dates



720 Henderson Hwy. **204.669.1710 l gnalc.ca**

Wednesdays,
May 28th and
September 24th

10:00am - 3:00pm

See more to attend at:www.prosknowexpos.ca

Vancouver & Victoria, cont'd from page 6

and red on the other. Many, many people from other parts of the world enjoying the good life in our country – CANADA!

It was getting close to game time, so we grabbed a water taxi and headed across False Creek, and then a short walk to the arena. Our timing was great. The water taxi ride took about 20 minutes as we made a few stops along the way. I was proudly wearing Wayne's Jets jersey! I was nearing 20,000 steps for the day and going uphill was challenging. A local police officer waved the pedestrians across the road. He had a big smile on his face and indicated I couldn't cross. It caught me off-guard, until I realized it was the Jets jersey. We had a good laugh and carried on our way, climbing some 40 steps to the entrance of Rogers Arena. It seemed like 100 steps! To my surprise, there were several fans with Jets sweaters which made me a bit more comfortable. We found our seats quickly and the "show" began. The noise was unbelievable. An impressive jumbotron hung from centre ice – 46 ft. wide and 36 ft. high. The video quality was excellent. Then came the light show and the blaring music. The crowd just loved it. Looking around, my generation was not the majority, but it was exciting, and for this night with my daughter and son-in-law, it was perfect.

Sitting next to Beth was a young man from Scotland. They struck up a nice conversation during the game and she discovered his favourite team is the Canucks. He takes time off work to travel to Vancouver and take in some Canuck games. He would like to immigrate to Canada – why not! Next to Glen was a father and son who have season tickets. Wow, 41 home games – I think I'll pass on that. Oh yes, the game. The Jets didn't have it that night, but it was fun watching a huge crowd of 19,000 plus fans celebrating the Canucks win. During the game the chant, "Go Jets Go" was most noticeable and provided some fun for Winnipeggers in attendance. It was 6 - 2 Canucks, and time for us to head for the exit, hail a cab and go back to the hotel for a good night's sleep.

We got an early start to head for the ferry that would take us across the Strait of Georgia. Unfortunately, we didn't account for the several miles of construction en route. Made me feel back home in Winnipeg. We missedour reservation by 10 minutes and had to wait an hour for the next ferry. It wasn't so bad, as we had a bite to eat along with the oh so good cup of java. I think I'll have to take a loan out when I return to Winnipeg to cover the cost of food.

I decided to rent a car for one day and visit a lifelong friend, Evelyn Hopewell (Miles). We go back to ten years of age. We had a nice lunch, and then I headed up island to have supper with a former student of mine, Dawn McMillan and her husband Shawn, at the Black Goose Inn, an English Pub style restaurant in Parksville (previously known as the Maclure House, originally constructed in 1921). We were fortunate to have a table next to the woodburning fireplace.

It was time to head back to Victoria (7:30 p.m.). Winding my way in the dark of night with rain pouring down made for a challenging ride. At times the water was dancing on the pavement and the window wipers on the car were going full blast. A few times I said, "Oh oh", or something like that. The winding road for the most part kept my full attention, particularly going on the Malahat Drive. It was a relief to get back to Victoria some 2 ½ hours later.

Visiting Victoria with all its beauty and charm is one of Canada's many treasures. Yes, it rains there, but that doesn't seem to bother the locals. The green grass, flowers and clean air are front row and centre for people who are aware of their surroundings. Many bicycle lanes are available throughout the city, with a vehicle speed limit of 40 km. The stately Empress Hotel, the Legislative building, and the waterfront are eye-catching every time I visit this impressive city.

Time spent with my daughter Beth, and son-in-law Glen, was as good as it gets. This trip is a keeper!



May 4 - 8 • 2025 All concerts start at 7:00 pm.

THE UNITED CHURCH IN MEADOWOOD

1111 Dakota Street • Winnipeg

Tickets at the Door \$10 each • Festival Pass \$30

5 nights -15 groups!

Sunday, May 4

- Manitoba Trombone Collective
- River City Syncopators
- Murray Riddell Big Band

Monday, May 5

- Winnipeg Mandolin Orchestra
- True Harmony
- Dixie Beats

Tuesday, May 6

- Assiniboine Chorus
- Melody Pearson-Munroe and friends
- John Enns Chamber Music Ensemble

www.facebook.com/manitobamusicloversfestival

Wednesday, May 7

- Northwinds Community Band
- Happy Homesteaders
- and nStyle
- United Church in Meadowood Choir

Thursday, May 8

- Friday Morning Concert Band
- River City Sound
- Blaskapelle German Club Band

There's no wrong time to ask questions about your brain health

- Alzheimer Society of Manitoba

We all expect certain changes as we age — grey hair, reading glasses or maybe a few more reminders on the fridge. But when does a small change become something worth paying attention to?

There's no wrong time to start asking questions about your brain health.

Jessica Harper, **First Link®** Senior Manager at the Alzheimer Society of Manitoba, oversees the Client Support team, which connects with people every day who aren't sure whether it's the right time for them to call and get support. The answer is always the same: it's never too early to start the conversation. In fact, she explains that you don't need a formal diagnosis to access any programming at the Alzheimer Society.

"Anytime someone is concerned about the signs and symptoms of dementia, we can be their lifeline to a community of support," says Jessica. "We walk alongside individuals and families from pre-diagnosis all the way through later stages."

Dementia care often involves different care providers at different times, such as doctors, specialists and home care services. But these supports can be temporary, changing as a person's needs evolve. The Alzheimer Society remains a constant support, helping families find answers, adjust to changes and feel supported at every step.

"Oftentimes, we're the only consistent support or service providers throughout the dementia journey," Jessica says.

First Link: Your Connection to Support

The Alzheimer Society's First Link® Client Support program connects people living with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease. The program helps you understand what to expect as dementia progresses, plan ahead for important decisions and find strategies that make day-to-day life easier.

For some families, staying connected to the Alzheimer Society can even help delay the need for long-term care by giving caregivers tools to support people living with dementia at home.

"There's a whole community of support that can help you navigate dementia," Jessica says. "And community truly makes a difference."

Jessica explains that one-to-one support is available in whatever way works best for you — by phone, email, virtual or in-person meetings. Some people call because they have questions about dementia and others want to talk through what they're experiencing, whether they've been diagnosed themselves or are supporting someone else.

Every conversation looks different, but no matter what challenges you are facing, the Society is a place to turn for guidance on your next steps.

You can connect with the **Alzheimer Society of Manitoba** anytime by calling **204-943-6622** (in Winnipeg), **1-800-378-6699** (in Manitoba) or by visiting **alzheimer.mb.ca**.



THINGS TO DO - APRIL 2025

IG Wealth Management Walk for Alzheimer's: May & June, in Manitoba

Join us across the province this May and June as we walk for families living with dementia at the IG Wealth Management Walk for Alzheimer's. To find a walk near you and register, visit alzheimer.mb.ca/wfa.

Living with Dementia: First Steps – Part 1 April 12, 10 – 11:45 am, Virtual via ZOOM

In this webinar, learn more about the progression of dementia and the Alzheimer Society of Manitoba's Programs and Services. Register for free at alzheimer.mb.ca.

Palliative Care Information Session

April 15, 10 – 11 am, Virtual via ZOOM

Dementia is a terminal diagnosis. While the dementia journey is different for every individual, preparing for end of life is an important element of the process. Join Jennifer in discussing a palliative approach to care throughout the progression of dementia and what to expect as a person is dying. Register for free at **alzheimer.mb.ca**.

Minds in Motion

April 2025, across the province

Join us this spring at our *Minds in Motion®* program! Designed for people with early to moderate signs of dementia to attend with a family member or friend, it includes a gentle chair fitness class followed by engaging activities and conversation. Learn more about available locations, dates and times at

alzheimer.mb.ca/mindsinmotion

Community Partner Programs

April 2025, Locations across Winnipeg

Enjoy many of Winnipeg's attractions in a dementia-friendly space with our community programs. Geared for those living with dementia and their care partner, you can discover history at the Dalnavert Museum, play table tennis with the Manitoba Table Tennis Association, explore the outdoors with FortWhyte Alive and so much more. To learn more about available programs, dates, times and more, visit alzheimer.mb.ca/communityprograms\

BOARD POSITIONS OPPORTUNITY

The Alzheimer Society of Manitoba is looking for new leaders in the community to fill two board member positions. The successful candidate will help guide the organization's work to support families living with dementia throughout the province. Interested and qualified applicants with diverse backgrounds are encouraged to provide a cover letter and resume by April 18, 2025. Visit alzheimer.mb.ca for the full listing and for more info

Celebrating Women's Identity: Winnipeg's Chinese Community Dances into Spring By Lu Gao

On March 8, Winnipeg's Chinese community twirled, dipped, and waltzed their way into an unforgettable celebration of women's identity. The Winnipeg Chinese Seniors Association (WCSA)'s Goddess Festival Dance Gala, a special event for Women's Day, brought together nearly 60 dance enthusiasts for an afternoon filled with joy, rhythm, and heartfelt appreciation.

The venue sparkled with an air of romance—delicate pink and red balloon arches framed a vibrant "LOVE" backdrop, setting the tone for an afternoon of elegance

and celebration. As the first notes of music filled the room, dancers adorned in flowing gowns and crisp suits stepped gracefully onto the dance floor, their movements reflecting the spirit of unity and festivity.

The event showcased an eclectic mix of dance styles, from the timeless grace of the waltz to the fiery passion of Latin dance. The pulsating energy of Jitterbug and the smooth elegance of Slow Waltz kept spirits high, while a lively disco session had everyone on their feet, surrendering to the beat with uninhibited delight.

One of the most touching moments of the gala came during the special rose-giving ceremony. Gentlemen in the room presented roses to the women, a simple yet profound gesture of respect and admiration. It was a moment of shared appreciation, a tribute to the strength and beauty of the women in the Chinese community.

Beyond the dance floor, the organizers ensured guests could relax and connect over tea and fresh fruit, fostering a warm atmosphere of camaraderie. A professional photographer was on hand to capture the magic, immortalizing radiant smiles and graceful twirls for all to cherish.

More than just a celebration, the Goddess Festival Dance Gala served as a testament to the vibrancy of Winnipeg's Chinese community. It was an opportunity to forge new friendships, embrace cultural traditions, and honor the remarkable women who shape and uplift their communities. As the final dance steps faded into the evening, guests left

with hearts full of joy and a renewed sense of togetherness—ready to embrace the coming spring with warmth and dance. ■

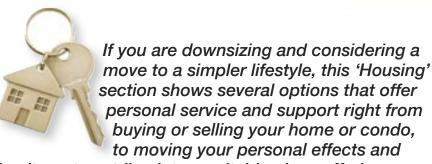


Stylish dip and a rose to match!





Joyful twirls, laughter, and celebration in every step!



furniture, to settling into a suitable place offering programs and services to suit your needs.

And if you choose to remain in your home, you'll find options for renovations and conversions, arranging home care and outings, plus things to consider if upgrading or enhancing your outdoor space.

We hope you find pages 11-17 helpful.

121108 11 - 11

- THE WAVERLEY & ROSEWOOD RETIREMENT LIVING
- 12 FRED DOUGLAS PLACE 55+ INDEPENDENT LIVING, LIFE LEASE
- 12 GOOD SAMARITAN WINNIPEG
- 13 RIVERBEND MOVING & STORAGE
- 3 FRED DOUGLAS CHATEAU 55+ INDEPENDENT LIVING, LIFE LEASE
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- 17 SETTLEWAY REALTY BRAD GROSS, REAL ESTATE AGENT
- 17 MISERICORDIA TERRACE THE HEART OF INDEPENDENT LIVING
- 7 DUGALD PLACE ASSISTED LIVING RESIDENCE RM OF SPRINGFIELD

Personalized service and support keeps seniors living well in Winnipeg - Submitted by The Waverley & Rosewood Retirement Living

At *The Waverley & Rosewood*, it all centres around personalized service to meet the unique needs and preferences of each resident. Residents have the choice to do what they want when they want. They have flexible dining times, choose the activities they want to participate in, decorate their suites to their own preferences, and more.

Personalized Independent Living Awaits

"The Waverley is all about having fun, making friends, and feeling like you truly belong," says Executive Director Shelly Resler. "Our community is a warm and welcoming place where residents enjoy great activities, build meaningful connections, and feel right at home every day."

Residents choose between a variety of entertainment, fitness classes, excursions in the community, weekly happy hour, and more. They're also free to simply relax! "Here, residents can focus on continuing to do what



they love most," adds Shelly.
"Or even trying something new."

Caring and Compassionate Staff

The Waverley & Rosewood has served seniors in the Winnipeg area for over 25 years. Its long-tenured staff and management team are a key part to providing exceptional service. "Our staff are the heart and soul of The Waverley & Rosewood. They truly care and are passionate about what they do," says Shelly. They ensure



that everything revolves around providing a fulfilling retirement lifestyle, while offering outstanding service in a home-like environment.

Delivering Exceptional Care with Supportive Housing

As part of the Supportive Housing program, Rosewood is dedicated to helping residents and their families with managing the daily challenges of living with Dementia, including providing on-site health assessments to

make the admission process easier. Rosewood's charming bungalow-style homes provide a safe and secure environment, with a 12:1 resident-to-staff ratio and 24-hour professional support that meets the personalized needs and choices of each resident.

Tailored to You

Located on seven acres with treelined walking paths, the unique blend of The Waverley's vibrant, independent retirement living adjacent to Rosewood's exceptional, personalized care and supportive housing, makes it easy to see why so many residents choose to call The Waverley & Rosewood home.

"I can honestly say that at The Waverley & Rosewood, it is all about giving residents choice and flexibility; it's about providing an environment that adapts to their personal needs – both now and in the future," adds Shelly.

See advertisement below.



VINTAGE FASHION SHOW & TEA PARTY

Delight in a showcase of beautiful historical hats while enjoying a wide selection of premium teas and accoutrements.

Wear your favourite hat and come join the fun!

Saturday, April 26 1:30pm – 3:30pm

Call 204-487-9600 to RSVP today.



Province invests \$3.3 Million in Manitoba's RCMP Response Team to fight rural and northern crime

New Funding Will Expand the Emergency Response Team Which Specializes in Violent Crime Including Firearm Incidents, Hostage Situations and High-Risk Scenarios: Wiebe

The Manitoba government, in partnership with the Royal Canadian Mounted Police, is investing \$3.3 million to expand Manitoba's RCMP Emergency Response Team in rural and northern Manitoba, Justice Minister Matt Wiebe announced April 8th. The RCMP Emergency Response
Team will now include nine new
regular RCMP members, for a total of
18 full-time members. Their skills and
training include rural tracking operations, addressing incidents involving
armed persons, high-risk searches
and arrests, and carrying out serious
crime arrest warrants, along with
other specialized training.

"The Association of Manitoba Municipalities (AMM) welcomes the province's timely investment to expand the RCMP Emergency Response Team for rural and northern Manitoba," said Kathy Valentino, president, AMM. "With rising crime and repeat prolific offenders facing little accountability, this support is a critical step toward safer communities and ensuring all Manitobans feel secure – no matter where they live."

This new funding will expand the team to full time and allow members

to be deployed across the province day and night, in all types of locations and weather, noted the minister.

This investment expands on the government's past actions implementing a five-point plan to tackle repeat offenders and bail reform, creating a general investigative unit pilot project in Swan Valley, expanding the electronic monitoring program to rural Manitoba and building a new Centre for Justice in Dauphin, added Wiebe.

Caregiving for dementia patients is a sacred duty

- Submitted by Good Samaritan Winnipeg

Caring for a loved one who is on the dementia journey is exhausting, saddening, but also deeply gratifying. Those who undertake this task, usually a spouse, life partner, child, or close friend, perform a sacred duty. Helping someone through this last difficult stage of life is a gift that will never be repaid.

Dementia is not an individual experience lived by the patient. It profoundly involves and ensnares

caregivers, submerging them into the patient's world. Caregiving for dementia patients, when lifetime bonds exist, such as within a family, creates unique emotional and psychological trauma for the caregiver.

Caregivers recall when the patient functioned as a parent, spouse, lover, and close friend. The patient's receding capacity pulls the caregiver into deep waters, much as a drowning person clutches a life jacket.



Sure, there are days when the fog lifts, but the knowledge that a dementia patient will never get better becomes a source of deep sadness.

The family of a dementia patient often confronts the deeply difficult decision.

Placing someone in a personal care home leaves the family with deeply mixed feelings. Relief at being freed from complex and emotionally draining caregiving tasks mixes with guilt in separating a loved one from familiar places and people, traumatizing both the patient and family.

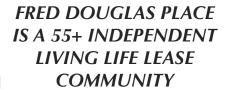
Good Samaritan Homecare
Services of Winnipeg serves the family of the dementia patient.
We offer all the usual services to support the patient, but more importantly, we also focus on the emotional and physical well-being of the family.
We become your trusted partner in supporting your family through the dementia journey. ■

See advertisement below.





"The place with heart"



Known for its large, bright and well-maintained apartments with beautiful enclosed balconies.



- Five appliances
- On-site security
- Heated underground parking
- Full gym

As a resident of the "*Place*" you will enjoy climate-controlled walkways to downtown shopping, dining and a variety of entertainment venues.

Contact us now to secure your reservation: **204-982-0330**.

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Fred Douglas Chateau (FDC) committed to quality living - Submitted

Formerly known as Kiwanis Chateau, Fred Douglas Chateau was developed by the Kiwanis Club of Winnipeg to provide comfortable and affordable living for the 55+ community. Now owned and operated by The Fred Douglas Society—a local non-profit leader in senior housing and managed by Fred Douglas Management Inc., FDC remains committed to quality living. Established in 1987 as Manitoba's first Life Lease community, Fred Douglas Chateau features 122 suites in the heart of downtown Winnipeg.

Open House - Saturday, April 12/25

Join us for an Open House from 10:00 AM to 3:00 PM and discover the benefits of a refundable entrance fee and not-for-profit ownership.

Building Features:

- Each apartment includes five appliances: washer, dryer, dishwasher, stove, and refrigerator
- Two elevators for easy access



- Concrete construction for superior fire protection and soundproofing
- · Continuous exhaust ventilation in kitchens and bathrooms
- · Garbage chute on every floor and recycling bins on P1
- · Wide, well-lit corridors for comfort and accessibility
- Underground parking available
- On-site management office for resident support

Main Floor Amenities:

Our vibrant community hub features a welcoming lobby, dining room, kitchen, library, pool room, and a multi-purpose space. Enjoy various

activities, including concerts, meetings, dinners, coffee breaks, dance classes, movie nights, horse racing, and bingo. Additional conveniences include a Residents' Council office, a Canada Post mailbox, and a parcel locker.

Indoor Walkway Access:

Stay connected without braving the elements! A network of indoor walkways and skywalks links Fred Douglas Chateau to Portage and Main. Stroll through Portage Place, Cityplace, and Winnipeg Square to access restaurants, shopping, banking, medical offices, and more. Nearby destinations include PTE, YMCA, the Convention Centre. Canada Life Centre, and the Millennium Library.

The Courtyard:

Relax and enjoy FDC's beautifully landscaped open courtyard, complete with patio furniture and gardens maintained by our dedicated garden committee and volunteers.

Security & Safety:

Your safety is our priority, with features such as an enterphone system, electronic keyed entrances, security cameras, and on-site security guards during scheduled hours.

Guest Suites:

Hosting visitors? Two fully furnished guest suites are available for residents' guests at the current rate \$50 per night.

Living at Fred Douglas Chateau:

Residents at Fred Douglas Chateau are vibrant and independent, ranging in age from their mid-fifties and beyond. Free from the burdens of home and vard maintenance, many continue to work, run businesses, or pursue personal passions. More than just a residence, it's a dynamic "vertical community" where neighbors connect, learn, and thrive together.

Come experience what makes Fred Douglas Chateau a wonderful place to call home! ■

See advertisement below.



At Riverbend Moving and Storage we understand that moving or being in transition between homes can be stressful. We anticipate that our customers may need a little extra care when it comes to moving and storing your most precious items.

We provide helpful packing services and easy to use storage units. Something about us that is well known around the community is we are driven by the satisfaction of a job well done and the pride that comes along with being trusted to move and store your belongings.

Our greatest achievement has always been seeing you relieved and thankful when all your items are delivered in a smooth, polite, and professional manner.



Moving is our business, service is our promise.

OPEN HOUSE

April 12, 2025 from 10:00 AM to 3:00 PM

Exclusive Open House Special Rates! Contact us now to secure your reservation: 204-306-4617

or: sisaac@freddouglas.ca



Looking for a place to call home that's affordable, safe, and accessible?

Look no further than

Fred Douglas Chateau (formerly Kiwanis Chateau)!

- LIFE LEASE independent living for 55+ in a close-knit community.
- Prime location with indoor access to shopping, dining, medical services, Arena, the Y, and Millennium Library.
- Security and emergency response services for added peace of mind.
- Spacious one-bedroom and two-bedroom options available.
- Features include in-suite washer and dryer, and heated parking.
- Suites can be customized according to your preference.
- Cat-friendly.



430 Webb Place, Wpg, R3B 3J7 • 204-306-4617 • Email: sisaac@freddouglas.ca www.facebook.com/freddouglaschateau • https://www.freddouglaschateau.ca



Experience Peace of Mind at Linden Pointe a Brightwater Community - Submitted

As we age, we all desire a place where we can feel safe, comfortable, and cared for. Our assisted living and memory care community offers just that — a supportive environment where our residents can live with dignity and independence, while receiving the care they need. With 24/7 nurses on-site, we ensure that care is available providing families with peace of mind knowing their loved ones are always in good hands.

What Sets Us Apart?

- Never Alone 24/7 On-Site Nurses: One of the most important features of our community is the round-theclock care provided by our professional nursing staff. This care allows residents to live with confidence that should a need arise, we are there!
- · Personalized Care Plans: We understand that everyone is unique, and so are their healthcare needs. We work closely with residents/families

to create their personalized supportive care plan that captures their specific needs. This tailored approach ensures that everyone receives the appropriate care.

- State-of-the-Art Community: Our community is designed to offer a comfortable environment with all the amenities needed to promote health and happiness. Spacious rooms, beautiful common areas, fresh nutritious chef prepared meals 3 times daily, and a Robust Activity Schedule are a few of the features that make our community feel like your home!
- Engagement: Our residents have access to a variety of activities, exercise classes, arts and crafts, games, and outings, all designed to enhance their overall quality of life. Staying active and connected is an essential part of aging well, and we strive to create opportunities for our residents to do just that.



 Cardio 1 / LifeSmart Pharmacy: Through our partnership our residents can access a family physician and pharmacist without leaving the community. A Physician, Physician Assistant, Pharmacist and Nurse can see you during weekly rounds to ensure a holistic approach to care.

• The Arbours at Linden Pointe: Dementia / Alzheimer's / Parkinson's can bring enormous challenges to daily life, both for the individual and their families. The staff in our Arbours community are specially trained in caring for those with memory and physical requirements beyond what Assisted Living may provide.

Make the Right Choice for Your **Loved One**

Choosing the right assisted living and memory care community for a loved one is an important decision. We at Linden Pointe provide a safe, supportive, and caring environment that prioritizes the safety, health and well-being of every resident. Come and experience Linden Pointe, a true aging in place community.

See advertisement on page 5.

Celebrating 40 Years of the Lions Place Adult Day Club

By Christine Schroeder Hubert

The Lions Place Adult Day Club, within the organization of Lions Housing Centres, is celebrating its 40th anniversary this year! On March 25, 1985, Manitoba Health opened the Adult Day Club program as the first one in Manitoba to be non-institutional. We are located in downtown Winnipeg at 610 Portage Avenue, occupying a large, bright, and open area on the second floor of an apart-

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ment building. Our space includes two beautiful lounge areas and a dining room. Our catchment area includes Downtown East & West, Point Douglas, River Heights East, St. James-Assiniboia East, Inkster East, and Point Douglas North & South.

The Lions Place Adult Day Club operates Tuesdays to Fridays, from 10:00 am to 3:30 pm, offering a variety of engaging programs tailored to meet the needs of our members. We are dedicated to supporting seniors in our community who live independently in their own homes (or together with family) and are looking for a social outlet together with their peers.

Throughout the week, our members participate in a combination of physical and cognitive programs designed to enhance their overall being. From seated exercises to cognitively stimulating and recreational games, as well as creative projects, music programs, guest speakers/entertainment, and outings in the community, we aim to offer something for everyone. Each day begins with a morning snack, includes a nutritious lunch meal, and concludes with a refreshing beverage, ensuring our members stay nourished and energized.

The cost to attend the Lions Place Adult Day Club is \$18.88/week, which includes the transportation and lunch meal. There is a subsidized rate of \$9.81 for members who qualify. Those interested in attending the Day Club can contact their Home Care Case Coordinator for a referral. If not registered with Home Care, please call the WRHA Central intake line at 204-788-8330. One does not need to be receiving Home Care to attend the program.

We have been continually reminded over the last 40 years that life is ALWAYS BETTER TOGETHER!



Please contact us at 204-784-1229 with any questions. ■



- Three Nutritious Meals a Day
 - Complimentary 24 Hour Bistro
 - In-Suite Laundry
 - Fitness Centre
 - Craft and Games Area
 - Complimentary Internet Access Room
 - Dry Cleaning Pickup and Delivery
- Building Staffed 24/7
- 24 Hour Emergency Response Pendant
- Weekly In-Suite Light Housekeeping Services
- Weekly Linen and Towel Services
- Complimentary Transportation to Medical Appointments and Outings
- · Heat, Hydro, and Water



The exciting world of condo ownership - Five things to consider - Submitted by Lifestyles Real Estate Ltd.

Let's dive into the exciting world of condo ownership! Forget those cramped apartments or a house that feels like just too much space these days; imagine a space you own, a community you're part of, and a lifestyle designed for convenience. But before you sign on the dotted line, let's explore the top five things you absolutely need to consider as a new condo owner:

1. A Condominium: What Is It Exactly?

The term "condominium" refers to a system of land ownership where each individual owner holds title to a specific unit as well as owning a share of the common property. There are many types of condominium units; a unit can be an apartment suite in a high-rise building, one of a row of townhouses, a detached or semi-detached house or even a bare lot. A condominium unit may be a residential dwelling, a commercial office, a warehouse or a recreational property.

The characteristic that binds together all of these diverse forms of property is the fact that, in each, the owners of the units, in addition to only title to the units, also each own a part of property in common with other unit owners. This common property might be the hallways, elevators and parking structure of a high-rise project, the landscape areas and recreational facilities of a low-rise project, the roadways serving a condominium bungalow project or any other property which is owned in common and can be used by all of the owners of units in a project.

2. Community Living: More Than Just Shared Walls

When you buy a condo, you're not just purchasing a unit; you're joining a community. This is a significant shift from renting a standalone house. Picture shared amenities like gyms, pools, and social rooms. You'll likely encounter neighbors in hallways, elevators, and at community events. This social aspect can be a huge plus, offering a sense of belonging and support. However, it's crucial to consider if you're comfortable with this level of interaction. Are you ready for shared spaces and the potential for neighborly chats? Remember, your lifestyle will be intertwined with the building's vibe. Attending a few building social events if possible, before purchasing, can give you a feel for the community.

3. Condo Fees and Taxes: The Real Cost of Ownership

Don't let the initial purchase price fool you! Condo fees are a vital part of your monthly expenses. These fees cover everything from building maintenance and landscaping to insurance and reserve fund contributions. Understanding precisely what they include is critical. Ask for a detailed breakdown. Are you paying for a 24/7 concierge, a state-of-the-art gym, or just basic upkeep? Also, don't forget property taxes! Just like owning a house, you'll be responsible for paying taxes on your condo. Factor these costs into your budget to avoid any financial surprises. A thorough review of the condo corporation's financial statements is a must!

4. Ownership Advantages: Building Equity and Stress-Free Maintenance

One of the significant advantages of condo ownership over renting is the potential for appreciation. Unlike rent, which vanishes into thin air, your condo can increase in value over time. This equity can be a powerful financial tool. Furthermore, condo corporations typically handle exterior maintenance, including land-scaping, snow removal, and building repairs. Imagine never having to shovel snow or worry about roof repairs again! This convenience frees up your time and reduces stress.

5. Worry-Free Vacations and Enhanced Security

Condo living often provides a sense of security, especially when you're away. Many condo buildings have security systems, concierge services, or secure access points. This allows you to leave for vacations without the constant worry of unattended property. This is a serious point for many people, the ability to lock your door and go.

A Helpful Resource: The CCI Guidebook

If you're seriously considering condo living, a fantastic resource is the Canadian Condominium Institute (CCI) guidebook. It offers invaluable information on condo governance, legal aspects, and best practices. It's like having a condo expert in your pocket, guiding you through the complexities of condo ownership. The CCI is a great resource, and we highly recommend looking into their information and resources.

Buying a condo is a significant decision. By carefully considering community living, condo fees and taxes, the advantages of ownership, and security, you can make an informed choice and find a home that perfectly suits your lifestyle. Happy condo hunting!



Charlene Urbanski Realtor®, SRES



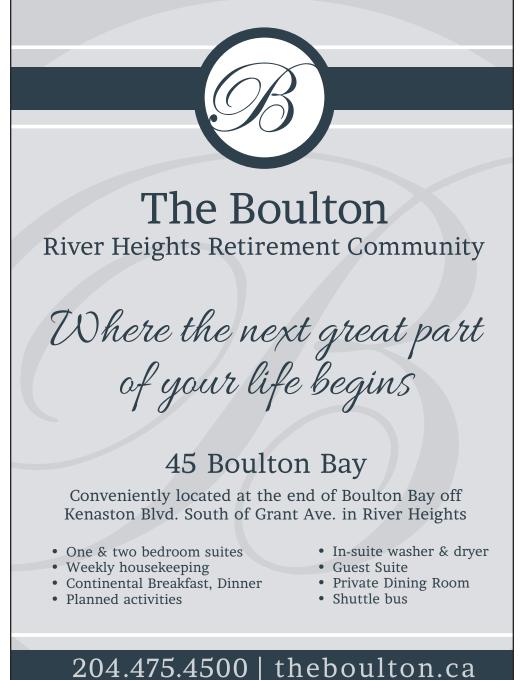
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204-798-5312

Lifestyles Real Estate

See advertisement below left.







Total Tub (a division of BGP & Handy Hands Construction)

- Renovations not just for bathrooms - Submitted

Handy Hands Construction provides complete renovations to bathrooms, kitchens and many other services. We are Authorized Resellers and Installers of the QuickTub.

Let's face it, a bathtub is generally used as a shower. So why not make it easy to use and minimize the risk of slipping and falling at the same time?

The Quick Tub Step in Bath & Shower Conversion System is the quickest, easiest and most economical way to add a step-in bathtub with shower to your home.

Converts your existing tub into a walk-in shower and tub

- Provides a safe bathroom environment for the whole family by reducing the potential of slips and falls
- · Provides the flexibility of either showering or bathing – in seconds
- · Helps seniors and people with mobility issues remain independent and in their own home longer

More flexible than fixed cap tubs

· Our removable cap is almost 2 ft. wide - that's 25% to 50% wider than most fixed cap systems. And because you are using the existing



tub, you have the room to easily stand and move around

- Caregivers or family members have ready access and space to provide assistance when necessary
- A bath and shower conversion system is more appealing to the resale home buyer

Quick Tub saves you time and money

- A typical shower conversion is completed in a few hours
- The cap is easy to maintain and clean – simply store it out of the way when not in use
- Saves thousands of dollars compared to any of the alternatives
- Your costs may be eligible for a tax deduction or government funding

SAFETY ALERT

Do you know what lies below?

If you're planning to install a fence or play structure, build a deck, or plant a tree, it's important to find out where it's safe to dig. In many areas, electrical cables, natural gas pipelines and other utilities are buried under the ground.

Whether you're a homeowner or contractor, if your project will disturb the ground deeper than 15 centimetres, go to to request a line locate at least three business days before you dig, drill, or excavate.

Digging into an electrical cable can cause serious injury or death. Damaging a natural gas pipe can result in a gas leak, fire, or explosion. Damages can also result in disrupted power or natural gas service to the entire neighbourhood and expensive repairs that you'll have to pay for.

Don't put yourself and others at risk. ClickBeforeYouDig is a free service that's available 24 hours a day, 7 days a week. Once your request is processed, a utility locator will identify electrical cables with red markings and natural gas pipes with yellow markings. All locates are valid for 14 days.

During the locate, you'll receive safe digging guidelines to follow. If you'll be digging within one metre on either side of the markings, you must dig with hand tools, or your project may require a Manitoba Hydro safety representative on site. Always follow the guidelines and dig, drill, or excavate with caution.

Remember: digging safe starts with **ClickBeforeYouDigMB.com** or call 1-800-940-3447.

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

Safety. It's in your hands.





The "Tub Insert" can convert the existing bath tub to a fully accessible shower.

By cutting out a portion of the sidewall, the Tub Insert can reduce the step in height of your tub by up to 12". The process of converting your tub takes as little as a few hours. This simple product is the quickest and most affordable option for reducing slips and falls when showering

Still want to take a bath? The CAP lets you convert back to a fully functional bathtub in only seconds. Nothing to install, just drop in place, close the handles and you're ready.

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- Enjoy 3 full meals per day and 24 hour snacks.

- Weekly housekeeping includes bed linen laundering.
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- 24 hour staff on site with 2 daily safety checks.
- Cable package / All utilities included.

community in the heart of St. Boniface, where we do food differently! You decide what to eat and when to eat it, just like your own home.

Call for your tour today!

- Daily recreational activities and weekly mall excursions. 204-231-0999



Misericordia Terrace: An Exciting New Chapter - Submitted

Trish C. never imagined that a simple brochure spotted at the Health Sciences Centre pharmacy would lead her to a new, fulfilling chapter in her life. Today, she is thriving as one of the first residents of Misericordia Terrace, nestled in the vibrant Wolseley neighborhood of Winnipeg. "The moment I moved in, it truly felt like home," she said, reflecting on her seamless integration into the community.

Feeling a sense of nostalgia, Trish was pleased to find that her new home is just a short walk from her childhood home in Crescentwood. And, what she also cherishes most about living at Misericordia Terrace is the dynamic lifestyle just outside her door. "There's a wealth of activities available here," she shared. "During my first week, I attended a fascinating talk about Truth and Reconciliation, and I thought, 'This is the perfect place for me."

What struck Trish even more was the transformation she felt since moving



A recent night of entertainment by Rick Roschuk

in. "I used to feel like I was getting older; now, I'm feeling younger each day," says Trish. With warmer days ahead, she can't wait to soak up the sun on the outdoor terrace. She appreciates the personalized attention from the compassionate staff, which allows her to maintain her independence while also being part of a supportive community.

Trish is particularly fond of her suite

on the tenth floor, where she can enjoy stunning views of the Winnipeg skyline. And when it comes to dining, Trish prefers the delicious meals prepared by the talented kitchen staff to many restaurants. "That says a lot, right?" she smiled, emphasizing the high quality of food and service available to residents.

With amenities like coffee shops and bakeries just around the corner and

bedroom suite

Above: Living room in a one

Left: Residents Art show

a stone's throw away from the Assiniboine River, Misericordia Terrace has proven to be an ideal setting. "I haven't looked back since moving here—no regrets at all," Trish said. As a part of this eclectic neighbourhood, she is grateful for her life at Misericordia Terrace, knowing that she is exactly where she belongs. ■

See advertisement on front page.

54-Unit Dugald Place Assisted Living Residence & Community Pool construction starting April 2025 - Submitted

The much-anticipated start to construction of an Assisted Living seniors housing building, and an indoor swimming pool for Springfield, now has the green light to proceed with the signing of a \$29M construction contract with Bird Construction. "The development of **Dugald Place**, a 54 unit assisted living facility, will create Springfield's first aging-inplace campus setting," stated RM of Springfield Mayor Patrick Therrien, who also noted the indoor pool connected to Dugald Estates will be available for broad community use.

"I would like to commend Council for its confidence in this project," said Springfield Heritage Housing Inc. (SHHI) Chair Lesley Thomson who, in signing the contract along with Mayor Patrick Therrien enabling the project



to proceed, noted the project had unanimous support from all Springfield councillors. Dugald Place is expected to be completed September 2026. "There is a long waitlist of over 80 people for Dugald Place,

an assisted living residence is desperately needed, and our seniors have waited long enough," said Thomson.

"The support of Council demonstrates our commitment to keeping

Springfield seniors in our community where they want to stay as they age," said Deputy Mayor Glen Fuhl who shared his personal experience. "My mother lived many years of her life in Springfield. She wanted to stay here but had to move away to Winnipeg when she needed assisted living. We don't want that to happen to anyone else."

The Dugald Place Assisted Living Residence fits many Springfield priorities. There is a strong need for seniors housing, a swimming pool is the number one requested recreation facility in the municipality, and Springfield Council and SHHI are focused on environmental leadership. ■

See advertisement below.



If you're thinking of selling or buying, call **Brad Gross** for all your real estate needs.

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COIN / STAMP COLLECTING

Manitoba Coin Club - 204-479-9124, treasurer@manitobacoinclub.org http://www.manitobacoinclub.org

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.)

LUNCHEONS / ART SHOWS / SALES

Manitoba arts network - where the light fell, Showcasing art from rural & northern Manitoba, Gallery: Apr. 1-25, Tue-Fri, 10 am-4 pm, opening reception, Fri. Apr. 4, 6-9 pm, artists' talk 7 pm, part of first Fridays, 210 Gallery, 210 Princess St.

The Art Group - Art Show and Sale, Sun. Apr. 27, 11 am-4 pm, Chalmers Community Centre, 480 Chalmers Ave. Silent auction proceeds to the Community Centre.

Norman Art Group - Art Show and Sale, featuring over 20 local artists, Fri. May 2, 3-8, Sat. May 3, 10-4, Woodhaven C.C., 200 Glendale Blvd, St. James/Assiniboia. Free adm.

Riverbend Seniors - Bake and Craft Sale, Sun. Apr. 6, 11 am-3 pm, 400 Osborne St. Lunch, Bake Table, Treasure Table, Handmade Crafters and Vendors.

Mary. Mother of the Church - Rummage Sale. Sat. May 3, 8 am-1 pm, 85 Kirkbridge Dr. Sponsored by the Knights of Columbus and Catholic Women's League with proceeds to charity.

St. Mary Magdalene Anglican Parish -Garage Sale, Fri. May 2, 9-5:30, Sat. May 3, 9-12 noon, at 3 St. Vital Rd. Info: 204-256-6157, cathylmondor@gmail.com or stmarymag.garagesale@gmail.com.

RCL Polish Legion Br #246 - Summer BBQ Meat Bingo, Sun. Jun. 8, 1-5 pm, Doors open 11:30 a.m. Tickets \$10 for 3 entrance cards, sold at the door and in advance at the Legion Bar, Mon & Tue. after 3 pm. Wed-Sat after 2 pm. Call Br: **204-589-5493**

The Retired Women Teachers' Association (RWTA) - Luncheon, Apr. 24,12 pm at Masonic Centre. Cost \$25. Entertainment: Baltimore Road, playing a variety of music. Become a member for \$10/yr. Info, Cecile Alarie-Skene at caskene@mymts.net

The Women's Canadian Club of Winnipeg -Luncheon, Apr. 17, 12 noon, at RBC Convention Centre. Guest speaker Dr. James Hare, professor in the Department of Biological Sciences at the U of M. Cost \$35. Info and registration: Rochelle Pincovich, 204-488-8750, rochelpin@shaw.ca

The Winnipeg Model Railroad Club - Open House and Train Show, Apr. 26 & 27, Sat. 10-5, Sun. 10-4, Charleswood Legion, 6003 Roblin Blvd. Admission by donation, proceeds to support St. Amant Centre.

"Waking Up Dead" - a funny, production by Winnipeg-based educator - Jock Warriner, May 1, 2. 3. at Forrest Nickerson Theatre, 285 Pembina. 7:30 pm daily. Tickets \$20 at **204-783-0128**.

The St. John's High School - Graduating class of 1975 will be celebrating 50 years in June, 2025. If you were a teacher in this era, or if you attended for even ten minutes between 1970-75, we'd love to have you on our contact list to keep you in the loop. Please e-mail tigers1975@myyahoo.com to get connected.

MUSIC / DANCING

Forever Young Club - Annual fundraiser dance, Apr. 26, 7:30-11:30 pm, Anavets Hall #283, 3584 Portage Ave. Band, Vintage Groove, Silent Auction, 50/50, Non-members \$25. Email fycwpg@gmail.com, 204-261-4442 by Apr. 23.

St. Charles Big Band Concert - Sat. June 7, 7 pm, doors open 6:30 pm, at Headingley C.C., 5353 Portage Ave. Admission by donation in support of St. Charles Headingley United Church. Silent auction, 50/50.

Norwood 55+ Dance Club - Dance or listen to old-time music. Musical ensemble (violin, accordion, guitar) performs Fridays, 1-3 pm, in the Norwood-St. Boniface Legion Hall, 134 Marion St. Adm. \$5 (cash). Light snack. Doors open 12 noon. Free pkg across lane. Info, Rachelle: **204-233-5892**

The Senior Choral Society of Winnipeg -533 Greenwood Place, behind CNIB on Portage Ave. Gerda 204-669-5570

SPORTS / FITNESS / GAMES

Ladies Golf Thursday mornings - tee times 7:15-8:15, at Crescent Drive Golf Course. We are looking for ladies to join us each week for 9 holes! Our 60th year! Meeting, Thur. Apr. 24, 10 am, at the clubhouse. Info: at the meeting or email: Allison: allisonpauls61@gmail.com, Cheryl: crafter188@hotmail.com.

Crescent Drive Friday Ladies Golf League looking for new members. We play Fridays (weather permitting), 8 am, Crescent Drive Golf Course, 781 Cres. Dr. Lorraine: 204 261 8413.

Crescent Drive Senior Men's Golf League -Looking for new members, Wed's, 7:30-8:30 am, Crescent Drive Golf Course, May-Sept. Barry: 204-256-8496 or John 204-667-6362.

Greater Winnipeg Senior Golfers Club looking for Men, 55+ who wish to golf in a fun league, once a week, May-Sept. with approx. 75 members. Play in a different foursome each month, at various clubs within an hour of Wpg. Cart avail. Special green fees at certain clubs around city. Brian Ridley: 204-669-4795 or pritchardfarm@shaw.ca, www.gcsgwpg.com.

Contract Bridge in St. James - Group of Seniors of mixed skill looking for more players! 'Casual' non-competitive line of play, Tuesdays, 12:15-3 pm at Marantha Church on Sturgeon Rd. north of Ness. Info, Sharon: 204-888-9465.

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

www.gardencitycc.com/seniors.

Ladies Bowling League - Fridays, weekly, 1 pm, at Polo Park Lanes. Bowl for fun, non competitive, all levels welcome. \$12.75 for 3 games/wk. Includes prize money and luncheon end of season in May 2025. Break at Christmas and on Good Friday. Rosalie: 204-770-3903

Over 60 Card Club - For Men, Women and Couples. Wednesdays, 1-3 pm, at St. Andrews Church, 2700 Portage Ave. We're currently playing Whist, Euchre and Crib. Contact Carla: 204-297-0811

Pickleball - Learn to play in the North End. Bonnie Gabbs, 76 yrs old, plays and teaches Pickleball at Sargeant Tommy Prince Place. 90 Sinclair St. Seniors are invited to come and try it out. Coaching clinic - Wednesdays, 1-3:15 pm. Info: gabbs1947@gmail.com.

Red River Senior Cards St Vital - Whist: 12:30-3:30, Thur's, Norberry-Glenlee C.C. 26 Molgat Ave. Email: Norbglen@vahoo.com or call the Club: 204-256-6654 for info.

Seniors Whist Group - play Wednesdays, 12-3 pm at St. Emile Church Hall, 556 St. Anne's Rd. Info, call or text Sonja: **204-254-1408**.

St. Vital Cribbage Club - Mondays, 12-3 pm, St. Emile Church, 556 St. Anne's Rd. All welcome. Jim: 204-230-4511.

Vital Seniors - Scrabble, Mon. noon-4: Carpet Bowling, Tues. 1:30-3:30, 3 St. Vital Rd. Yearly Membership \$10, activity \$4.50 pp, call 204-253-0555 or stmary@mymts.net

WHSBC contract bridge - at St. Paul's Anglican Church, 830 North Drive, Winnipeg, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. This is a social friendly bridge club. For further info, Ron Wood, President: 204-771-6724

SUPPORT GROUPS & PROGRAMS

A&O Support Services for Older Adults -Powerful Tools for Caregivers - 6 wk course via Zoom. Wed's, 6-7:30 pm, Mar. 19, 26, Apr. 2, 9, 16, 23. Register closes Mar. 17: 204-956-6440, intake@aosupportservices.ca.

Convalescent Home of Winnipeg - TUNE-Up Café, Tuesdays, 6:15-8 pm, at 276 Hugo St. N. Meeting place for those living with memory challenges and their family/friend care partner to gather together and sing. Free to join. Wheelchair accessible. Must pre-register: Sherry, tuneupcafe276@gmail.com.

GriefShare support group - is a safe, welcoming place to help with the difficult emotions of grief if you have lost a loved one. Contact Kilcona Park Alliance Church at info@kilcona.org or go to **Griefshare.com** to find a group in your area.

Stroke Recovery Assoc. MB - Programming for Stroke Survivors: Support Groups, Art and Social Club, Virtual and In-Person Exercise, Planned Community Outings & more. Register: B-247 Provanche Blvd. **204-942-2880**

St. James T.O.P.S. - Take Off Pounds Sensibly. A non-profit weight loss support group. Meet Wed's, St. James Legion #4, 1755 Portage Ave., upstairs, 4:15-6 pm. All Welcome. Info, Shirley: 204-837-2079 or Ruth: 204-488-3533, www.tops.org

T.O.P.S., Take Off Pounds Sensibly - Nonprofit, friendly, non-judgemental weight loss support group meets Tuesdays, 6:00-7:45 pm, at Westdale School library, 6720 Betsworth Ave. Info, Susan: 204-896-4807.

St. Vital T.O.P.S. Weight Loss Support Group -T.O.P.S. (Taking Off Pounds Sensibly) is a nonprofit weight loss support group. Meet Mon. eve's, 6:15-7:45 pm, St. Eugene Church (side door), 1009 St Mary's Rd. in St. Vital. First meeting free. Louise: 204-990-2144, www.tops.org.

South Winnipeg Family Information Centre -Tech for Seniors Mondays from 1:30-3. Need help with your tablet? Phone? computer? We can support and help you learn just what you want to learn. Call 204-284-9311 for more info.

Canadian Red Cross - Free Friendly Calls Program to help address loneliness and isolation. Sign up to connect with a Red Cross volunteer. Also training provided to become a volunteer. Info: 1-833-979-9779 or

friendlycallingmb@redcross.ca

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 to help Recreation staff, transport residents in wheelchairs to in-house appt's. 204-235-2111, service@actionmarguerite.ca

Bethel Place - congregate meal program needs volunteers in kitchen and dining room. Lunch time and supper time shifts. 3 hrs once/wk. Proof of Covid Vaccination. Melanie: mcamara@bethelplace.ca

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed in the aift shop 12-4. assisting with recreation programs & transporting residents to / from worship services held in the Centre. 204-831-2503 or visit deerlodge.mb.ca/volunteers/

ıvıanıтора Genealogical Society - Volunteer Opportunities: Social media poster, Online newsletter editor, Publicity person, IT database wizard. volunteer@mbgenealogy.com, https: //mbgenealogy.com/how-you-can-help/

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

Misericordia Health Centre and Misericordia Place - Volunteers being accepted to support patient care. Training provided. Giftshop, open 10 am-4 pm. (3-hr shifts), Rehab/Physio programs shifts, 8:30-12 noon and some afternoons. 204-788-8134, www.misericordia.mb.ca,

volunteer@misericordia.mb.ca North Centennial Seniors Assoc. - Sergeant

Tommy Prince Place, 86 Sinclair. Volunteers for "Grandma & Grandpa Swim Program"for pool play time with preschoolers from daycares. 1 hr/wk. Police check required. 204-582-0066, M-W-F, or ncsc@shaw.ca.

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

St. James-Assiniboia 55+ Centre - Kitchen Volunteers needed to help in the kitchen, and meal planning. Call Paula: 204-560-5181

Victoria Lifeline - Home Service Volunteers needed to set up equipment in client homes. Flexible shifts. Call **204-956-6773** or email info@victorialifeline.ca

Villa Cabrini - Looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are avail- able with 3 hr commitments/week. Contact Samantha Silvester: vcabrini@mymts.net for info or to volunteer.

Vista Park Lodge Personal Care Home in St. Vital - Volunteers needed. Catherine.Linnemann@extendicare.com

PROGRAMS / SERVICES

A & O: Support Services for Older Adults -Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere. Share ideas. Info: 204-956-6440, Toll Free: 1-888-333-3121, info@aosupportservices.ca, www.aosupportservices.ca.

Anavets Assiniboia Unit 283 - Meat Draws, Bingo & Cribbage 3 x/wk. Dancing to live Bands Fri. nights and special events on Saturdays. 3584 Portage Ave. Hall rentals. 204-837-6708.

Assiniboia Wood Carvers Association -Woodcarving Fridays, 12:30-3 pm at Valour CC Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehler84@gmail.com or Mel: **204-291-4592**.

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

Creative Retirement Manitoba - Affordable Lifelong Learning. Online and in-person classes. Art & Music History, Bridge more! **crcentre.ca**.

Charleswood Active Living Centre -NEW LOCATION - A 357 Oakdale Drive Various Programs & Activities for 55+. Mon-Thur 9-4, Fri 9-3. Membership \$35/yr. Info: 204-897-5263 or email info@charleswoodseniorcentre.org.

Dakota Community Centre - Programs: Floor curling, painting classes, Tai Chi, seniors speaker series, group fitness, yoga & dance, pickleball, golf swing fundamentals, etc. 1188 Dakota St. Call Andrew: **204-254-1010** ext. 217, andrew@dakotacc.com

Dufferin Senior Centre - 377 Dufferin Ave. Saturday Dinner & Dances. Call Al: 204-771-3325 for info.

Elmwood East Kildonan Active Living Centre - Various events can be found on Facebook. Call to confirm activities over summer months: 204-669-0750.

Golden Rule Senior Resource Centre (under umbrella of South Winnipeg Senior Resource Centre) - 625 Osborne St. Hours: Mon-Fri 9:45 am-3:30 pm. Drop in for Tea or Coffee during bus hrs. Book Club, Pickleball, Games Club, Qigong, Lungtivity, floor curling, shuffleboard, carpet bowling, Conversation Café, and more)

204-306-1114, oldenrule@swsrc.ca. No membership or fee to participate. Funders: Community Recovery Fund, New Horizons Senior Programs & Winnipeg Foundation.

Lions Place Adult Day Club - 1 day/wk of socialization and wellness, morning coffee/muffin, chair exercises, games, recreation, hot lunch. Transportation provided. \$18.88 (or \$9.81, dependent on income) per wk. Participants referred by Homecare Case Coordinator through WRHA at **204-788-8330**. Or the Club: 204-784-1229

Meadowood Seniors Club - 1111 Dakota St. A 55+ seniors club meets Tues. 1-3 pm. Various activities, chair yoga, wood carving, quilting. For more info contact.

meadowoodseniorsclub@gmail.com.

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

Nature Manitoba - We deliver nature-based educational programs, outdoor activities, group outings and more. For programs and more info: https://www.naturemanitoba.ca



The tangled web of global politics—Trump, Zelensky, NATO, tariffs, Russia—collides with escalating conflicts in the Middle East and the fractures of a world out of sync while the most dazzling night in entertainment, reality intruded. Nowhere is safe. Los Angeles has burned. The world tweets on the brink and yet, the show must go on.

For decades, the **Academy Awards** was a cultural event of near-religious significance. We watched the required films, filled out our ballots, wagered on categories, and gathered for Oscar parties. But in today's fractured, dysfunctional world, do the Oscars still hold relevance? Should they even be happening?

To some, they remain a beacon of art's enduring power, a defiant act of hope. To others, they are a grotesque monument to vanity, a gilded spectacle playing out against a backdrop of suffering. As the world unravels, do golden statues still matter?

Motion Pictures on Fire

Bill Kramer, CEO of the Academy of Motion Picture Arts and Sciences, acknowledged the tumult of this awards season with an understatement, "There have been some interesting pivots along the way." The competition has been fierce, with early frontrunners stumbling due to controversies. The most glaring casualty was *Emilia Pérez*, Jacques Audi-

Cinematic Politics - The Oscars

ard's highly anticipated crime-cartel musical. Initially a favorite, its momentum was derailed by resurfaced inflammatory tweets from its star, Karla Sofia Gascón, the first openly transgender performer nominated for Best Actress. Amid the backlash, she was removed from promotional materials, but her presence at the ceremony was defiant, greeted by a mix of applause and residual unease.

Outside the Oscars bubble, the stakes were graver. January's wildfires destroyed thousands of homes, reigniting debates about whether the ceremony should proceed. "It feels like fiddling while Rome burns," wrote author Stephen King, and yet, Hollywood, an industry town, thrives on its traditions. Janet Yang, President of the Academy, justifies the decision, "After the fires, people asked, 'Can we even celebrate something joyous?' but our members made it clear, 'We need this.'" The Oscars, then, are not just about glamour but resilience, a show of fortitude amidst devastation.

They Won't Say His Name?

Political tensions simmer beneath the surface. The film industry leans left, but direct confrontation is muted. While winners acknowledge global crises, Daryl Hannah voicing support for Ukraine, Zoe Saldaña highlighting immigrant struggles, Donald

Trump's name was conspicuously absent from speeches. Adrien Brody, winning Best Actor for *The Brutalist*, delivered a pointed yet careful plea, "If the past teaches us anything, it's to not let hate go unchecked."

The Oval Office Suit Confrontation

Adam Sandler's dramatic walkout during Conan O'Brien's opening monologue was more than just a comedic stunt, it was a pointed satire of the recent Oval Office confrontation between Donald Trump, Ukrainian President Volodymyr Zelensky, and Ohio Senator J.D. Vance.

Sandler, known for his laid-back approach to red-carpet fashion, arrived at the 2025 Oscars sporting a blue hoodie and gym shorts. When O'Brien, hosting the ceremony, jokingly scrutinized his outfit, the exchange quickly turned into a staged yet charged moment of faux indignation.

During his monologue, O'Brien remarked that Hollywood's elite were "properly dressed" for the grand event before turning abruptly to Sandler with a bemused expression.

"Conan, what's up, my brother? What's going on, man?" Sandler asked, playing into the moment.

The late-night comedian, feigning exasperation, replied, "Adam, what are you wearing?" Sandler shot back, "What are you doing

right now?" before adding, "Nobody even thought about what I was wearing until you brought it up."

The exchange mirrored the widely publicized and tension-filled Oval Office meeting between Trump, Zelensky, and Vance, where the Ukrainian president was pressured on his war strategy and America's financial support. When questioned by Trump and Vance, Zelensky had defended his requests for aid by emphasizing his country's dire need rather than adhering to political optics. In the same vein, Sandler, embodying an exaggerated version of himself, dismissed concerns about formality, arguing, "I like the way I look because I'm a good person."

O'Brien, much like Trump and Vance pressing Zelensky on his stance, doubled down on the issue, comparing Sandler's attire to that of someone gambling at a rundown casino in the middle of the night. The back-and-forth escalated as Sandler stood his ground, proclaiming, "If my snazzy gym shorts and fluffy sweatshirt offend you so much that you had to mock me in front of my peers, I'm going."

As he dramatically exited, O'Brien scrambled to smooth things over, but Sandler remained resolute, offering an invitation to an impromptu basketball game at Veteran Park.

Continued on page 20

Things To Do - WINNIPEG Continued

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, bingo, lunches, games, painting, aquacise. 204-582-0066, ncsc@shaw.ca, ncseniors.ca

Pembina Active Living (PAL) 55+ NEW LOCATION: 933 Summerside Ave. programs@pal55plus.ca or 204-946-0839

Probus Club of Winnipeg - Social group for retired and semi-retired, meets 3rd Tue. ea., 9:30 am, at 603 Wellington Cres. Guests welcome. https://winnipegprobus85.wordpress.com

Prendergast Seniors Club (Windsor Park) - CRIB players invited to join in Mon's and Wed's, 906 Cottonwood Rd. and for our monthly, luncheons. Call Gerry: **204-257-1475**

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

Royal Canadian Legion, St. James Branch #4 - Over 55 Club, 1755 Portage Ave. Peter and Ruth Henry: **204-488-3533**.

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

Email wording for your PSAs to: kelly_goodman@shaw.ca.

South Winnipeg Family Information Centre

- Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. Lower Level). Join us for coffee snacks, great conversation, fun activities, and more, every Wednesday morning. Call **204-284-9311** for more info.

Stroke Recovery Assoc. MB - Support group for Stroke Survivors: Register: B-247 Provencher Blvd. **204-942-2880**

The Happy Gang - Afternoon Fun every 3rd Thur. 1:30-3:30, Prairie Spirit U.C., 207 Thompson Drive. Conversation, cards, table games, bridge, complimentary light refreshments. Info: **204-832-1000** or **204-895-7410**.

The Y. A. H. Club - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital). Programming: Book Club, Tai Chi, painting classes, canasta, card making, yoga, puzzle afternoon, Dinner Club, flower arranging, The R.O.M.E.O's Group and more. Rosie yah@windsorcc.ca or Judy 204-233-0648 or office@windsorcc.ca

Things To Do - RURAL MB

PROGRAMS / SERVICES

A & O: Support Services for Older Adults - Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere. Info:

204-956-6440, Toll Free: 1-888-333-3121, info@aosupportservices.ca, www.aosupportservices.ca

<u>Beausejour</u> - AA - Want to stop drinking? Meet Tuesdays and Fridays, 7:30-8:30 pm, at The Brokenhead River Com. Hall, 320 Veterans Lane, south door. **www.aamanitoba.org** or **1-877-942-0126**

Beausejour - Wellness Fair - Sat. May 3, 10 am-3 pm, Brokenhead Community Hall, 320 Veterans Lane. \$5 entry, 12 & under free. Info: www.prairiewillowwellnesstraining.ca

Brandon Nifty Needlers - Quilt Show, Apr. 25, (12-6 pm), Apr. 26 (10 am-4 pm), at Riverview Curling Club, 420 Maryland Ave. Brandon. Admission \$5.

<u>Brandon</u> - Seniors For Seniors - Dinner is Served meal program, Fri. 12 noon delivery. Meals \$12. Grants and donations gratefully accepted. Info: **204-571-2053**

<u>Dauphin</u> 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

East St. Paul 55+ Activity Centre - (262 Hoddinott) - Programs for area residents. Call for programming: 204-654-3082 (msg).

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

<u>Gimli</u> - **New Horizons 55+ Centre** - for Seniors 55+. Office open Mon-Fri, 9 am-4 pm. Closed on Stat holidays. **204-642-7909.**

<u>Ile des Chênes/Lorette</u> - Yoga - Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+. Contact Juliette: yogaforyoumanitoba@outlook.com

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 204-376-3494; Ashern Living Independence for Elders 204-768-2187; Brokenhead/Beausejour Outreach for Seniors 268-7300; Victoria Beach -East Beaches Resource Center 204-756-6471; Eriksdale Community Resource Council 204-739-2697; Fisher Branch Seniors Resource 204-372-6861; Gimli Seniors Resource Council 204-642-7297; Lundar Community Resource Council 204-762-5378; Riverton & District Seniors Resource 204-378-2460; St. Laurent Senior Resource Council 204-646-2504; Selkirk & District Senior Resource Council 204-785-2737; Stonewall - South Interlake Seniors Resource Council **204-467-2719**; Springfield Services to Seniors 204-444-3139; Teulon and District Seniors Resource Council 204-886-2570; Lac du Bonnet - Two Rivers Senior Resource Council **204-345-1227**, Pinawa **204-753-2962** or Whitemouth/Reynolds 204-348-4610 or Winnipeg River Resource Council 204-367-9128

Montcalm Service to Seniors - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Renee: 1-204-758-3357 or montcalmserviceprogram@gmail.com

Morden Services for Seniors - 306 North Railway St. Service providers - help with Home & Lawn maint., Snow removal, House clean/laundry, Transportation, Footcare, Computer training. 204-822-5663, mordensfs@gmail.com

Niverville Recreation - Indoor walking track, public skating, drop-in sports and fitness classes. New Leisure Guide Out Now! Visit nivervillerec.ca. Info: 204-388-4600 ext 3

Niverville Services to Seniors - Services:
Low cost fitness, Wed. 9:30-10:30 at Friendship Centre, Mobility equipment rental, low cost transportation services to appts, visiting, volunteer opportunities, etc. Info: 204-388-2188 or sts@heritagecentre.ca

Norman region - Mood Disorders Assoc. of Manitoba - "Steppin' Up With Confidence!" 40 min. virtual program of mindfully moving our bodies followed by breathing exercises. Tuesdays, 10 am, for those in Northern Manitoba. (Norman region). Madi: norman@moodmb.ca

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

RM of Tache - Services to Seniors - Educational evening - Mental Health for Older Adults, Wed. Apr. 30, 7-9 pm, at Lorette Parish Hall. Alzheimer Society of MB, Southern Health/Sante Sud Senior's Consultation Team offers info for older adults, their families and caregivers. Hosted by Notre Dame de Lorette CWL Council and RM of Tache Services to Seniors. Info: cwllorette@gmail.com.

<u>Seine River</u> Services for Seniors (RM of La Broquerie and RM/Town of Ste-Anne) - Help and support with transportation services, companionship, homecare services.

Melanie Bremaud: 204-424-5285
Les services <u>rivière seine</u> pour aînés - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud: 204-424-5285
https://seineriverservicesforseniors.ca

<u>Selkirk</u> and District Horticultural Society -Plant Sale, Fri. May 30, 6-8 pm, Selkirk Memorial Hall, 368 Jemima St. All plants donated by our members. Cash only. Free adm, Free parking,

<u>Selkirk</u> - Gordon Howard Centre - Various activities, outings, seasonal meals and presentations. 384 Eveline St. Info: www.gordon howard.ca or call 204-785-2092.

Silent Auction, 50/50. Wheelchair Accessible.

Selkirk Services to Seniors - For 65+.
Programs available to residents who pay taxes to the R.M. of St. Andrews, R.M. of St. Clements or City of Selkirk. Volunteer positions avail: Driver escort, Handi helper, Friendly visitor, Delivering Meals on Wheels. 204-785-2737, selkirkseniors.com

<u>Springfield</u> - Springfield Seniors -Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. 204-444-3139, springfieldseniors@mymts.net

Steinbach - The South East Artists - Show and Sale, Sat. May 10, 10 am-4 pm at Clearspring Mall. See artists at work and have a chance to buy original art.

<u>Steinbach</u> - Pat Porter Active Living Ctr - 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.patporteralc.com

Stonewall - South Interlake 55 Plus (si55Plus) - 374 1st St. West. Membership - \$25/year. Weekly Exercise, Line Dance, Cards, Men's Chat, Ladies' Coffee and Craft, Pickleball, Quilter's Corner, Book Club, Luncheons, Ukulele Club, Bus trips, and more. 204-467-2582, si55plus@mymts.net, www.si55plus.org.

<u>Stonewall</u> - Strummers Ukulele Club -1st & 3rd Thur., 6:30 pm, at Something Beautiful restaurant, 307 Main St. Stonewall. Beginners welcome, no formal instruction.

Teulon Seniors Club - Teulon Hall, Main St. Dances, 2nd Thur. of the month. Dance, May 8, 1-3 pm, Doors open at noon, lunch 3 pm. Steve Ambrose and Friends Band, Silent Auction, 50/50, silent auction, coffee/tea/juice. Admission \$10.

<u>Thompson</u> Seniors - 204-677-0987, thompsonseniors55@gmail.com



IN TUNE WITH OUR COMMUNITY 93.7 FM | WWW.CJNU.CA | @CJNU937 @ @ | BELL MTS TV CHANNEL 725

Our April Host Sponsor is the CancerCare Manitoba Foundation!

CJNU is incredibly excited to welcome Cancer ments and patient care programs – all right Care Manitoba as our April Host Sponsor! ments and patient care programs – all right here in Manitoba – ensuring those we know

Participate in Challenge for Life and Change Lives!

Every year, more than 7,500 Manitobans – people of all ages and walks of life – hear the words "you have cancer." That's approximately 21 lives changed every single day.

Together, we can make a different kind of change – a change for the better! By taking the Challenge for Life on June 14, at Assiniboine Park, you can turn your commitment into support that helps Manitobans affected by cancer.

The 18th annual Challenge for Life supports life-saving, early detection and ground-breaking local research. Funds raised help advance clinical trials, innovative treat-



The 5K walk is one of the ways you can participate in CancerCare's Challenge for Life!

ments and patient care programs – all right here in Manitoba – ensuring those we know and love have access to the care they need close to home.

Participants can choose to walk 20 km or 5 km, or move for 200 minutes of exercise. This encourages them to improve their own health, while joining an inspiring community determined to create a future free from the fear of cancer.

Those interested in creating their own challenge can take part virtually, by choosing to do any type of physical activity, between June 7 and 14.

Every step taken is a step towards a brighter future for Manitobans experiencing cancer. Join in and be part of something bigger! Support Manitobans affected by cancer.



Change lives for the better... because you can!

To register, or learn more, visit Challenge-ForLife.ca or call 204-927-5433.

Catch the Inside Pitch!

Tune in Wednesday April 9, 23, and 30, at 7 p.m. for the Winnipeg Goldeyes' off-season show, the Inside Pitch with the voice of the Goldeyes, Trevor Curl!

Join Trevor as the off-season approaches its end, giving you your baseball fix by interviewing a number of players, coaches, and staff to get their view on the season.

An hour-long program that covers all the bases, from information and conversation to news and developments in partner league and professional baseball!



Live on Location - Grant Park

CJNU continues its remote broadcast from Grant Park Shopping Centre for the month of April! Another profuse thank you to Corey, Brandon, and all of the team at Primaris-who manage both Grant Park and Kildonan Place-for their incredible support of CJNU.

We'll be located right next to Canadian Tire—and we hope you'll stop in and say 'hello'!

Membership Has Its Perks—visit CJNU.ca to learn more and join our co-op!

The Oscars, cont'd from page 19

"Midnight tip-off. The guy from Nosferatu—he's on my team," he quipped, sealing the moment with the kind of absurdity that defines both Hollywood satire and high-stakes political theater.

The bit not only entertained but also served as a clever parallel to the serious undertones of global diplomacy, where appearances, optics, and power struggles often overshadow substance.

Barnenheimer

The year 2024 was defined by the cinematic juggernaut known as "Barbenheimer." *Barbie*, under the masterful direction of Greta Gerwig, was not only a well-crafted film but also a box office phenomenon. Simultaneously, for those seeking a more profound, politically charged, and controversial narrative, *Oppenheimer* provided an outstanding alternative. Together, these films dominated the industry, shaping the cultural and cinematic landscape of the year. In sharp contrast, the films competing for Best Picture at last night's Oscars failed to generate a comparable level of impact or excitement.

It felt as though the usual slate of "important" Oscar-worthy films simply weren't produced this year. This is not to discredit Anora, Conclave, Nickel Boys, The Brutalist, Wicked, Emilia Perez, I'm Still Here, A Complete Uknown, Dune Part 2, and The Substance, but overall, this year's selection felt somewhat stagnant.

Mikey Madison in Anora

That said, I genuinely enjoyed Anora, with Mikey Madison's portrayal of a sex worker bringing a sense of fun and whimsy, while her reluctance to end her marriage added an admirable depth to her character. Wicked was an absolute delight on the big screen, the experience enhanced by a packed theater

munching on popcorn, slurping soda, and enthusiastically singing along to the beloved soundtrack, while my wife whispered every connection to The Wizard of Oz in my ear.

The Horror of The Substance

After watching all the nominees, the only film that truly felt fresh, original, and undeniably enjoyable was *The Substance*, a mixture between early Cronenberg, a touch of Kubrick and maybe even some Hitchcock at times. The fusion of horror and sci-fi, powered by stellar performances from Demi Moore and Margaret Qualley, was nothing short of spectacular. From the visual effects to the editing, hair and makeup, and screenplay, the entire film delivered the kind of thrilling, thought-provoking spectacle one would expect from an Oscar contender.

The Miniseries is the Movie

In my opinion, streaming has robbed the silver screen of much of its former luster. Films like *Anora* are hit-or-miss projects, but as indie productions, inconsistency is to be expected. The real issue is that most mainstream box office releases have been reduced to Saturday and Sunday afternoon fare, primarily targeting teenagers with excess free time and disposable income. These audiences crave high-octane action, whether it's the relentless violence of *John Wick*, the endless churn of superhero franchises like the Marvel Cinematic Universe, or nostalgic live-action remakes of Disney's animated classics.

Sure, major, thought-provoking films still get released, but they're becoming increasingly rare. Instead, streaming services have largely hijacked the mid-budget, \$100 million prestige film and transformed it into limited series. As a result, we're witnessing a shift in which great actors, who once dominated the big screen, are now channeling their tal-

ents into television projects.

Consider the caliber of performers who have embraced this trend. Michael Keaton delivered a powerhouse performance in Dopesick, a gripping limited series about the opioid crisis and the devastating impacts of OxyContin. Oscar Isaac and Jessica Chastain brought raw, emotional intensity to **Scenes from a Marriage**, a modern reimagining of Ingmar Bergman's classic. Meanwhile, Colin Firth and Toni Collette captivated audiences in *The Staircase*, a deep dive into one of the most infamous true crime cases. Even Al Pacino, a legend of cinema, took his talents to streaming with *Hunters*, a thrilling and stylized exploration of Nazi hunters in the 1970s.

This shift begs the question, Is the traditional cinematic experience in decline? Have streaming platforms permanently reshaped the way we consume high-quality storytelling? With fewer ambitious films hitting theaters, and more top-tier talent flocking to television, it seems as though the days of mid-budget, prestige movies dominating the box office may be behind us.

Spot-on with a critique of the Oscars.

The show opened with a breathtaking performance of *Somewhere Over the Rainbow* by Ariana Grande. She delivered every note flawlessly, evoking the spirit of Judy Garland and transporting the audience to a nostalgic era, one seemingly untouched by the chaos of today's political landscape, where figures like Putin and Trump dominate 24/7 news cycles.

Following this, Grande was joined by Cynthia Erivo, her *Wicked* co-star, who delivered a powerhouse rendition of a song I wasn't familiar with but was undeniably beautiful. Together, they then stunned the audience with yet another rendition of *Defying*

Gravity, a performance so spectacular that it felt like a genuine showstopper rather than just another awards ceremony opener.

Yet, despite such a strong start, the night itself failed to maintain that same magic. The ceremony, like much of the film industry this year, felt predictable, safe, and lacking in the kind of cinematic excitement that once made the Oscars must-watch television.

Anora Dominates the 97th Academy Awards in a Historic Night

Anora emerged as the big winner at the 97th Academy Awards on Sunday, taking home five trophies, including Best Picture, Best Director, Best Original Screenplay, Best Editing, and Best Actress. The Sean Baker-directed film, distributed by Neon, led the night with the most wins of any nominee.

Baker made history as the first filmmaker to win four Oscars for a single film, further cementing his reputation as a visionary auteur.

A Night of Historic Firsts

The evening was marked by groundbreaking achievements. *The Brutalist* star Adrien Brody became the first actor to win Best Actor twice, beating A Complete *Unknown*'s Timothée Chalamet. Meanwhile, Paul Tazewell broke barriers as the first Black man to win an Academy Award for Costume Design for his stunning work on **Wicked**. Diversity and international storytelling shone throughout the ceremony. *Flow* became the first Latvian film to claim an Oscar, winning Best Animated Feature. Meanwhile the documentary team for **No** Other Land descended on the red carpet wearing Palestinian scarves and Kufiya. Their film is set in the occupied West Bank. After the film won, the team took the stage and called out US policy in the region. *Kill*

Continued on page 21

Sri Lankan Senior Community

St. Paul's College: South Asian Mass By Senaka Samarasinghe

On March 16th (SUN) 2025 at 11.00 am celebrated the South Asian and Sri Lankan cultural mass followed by a potluck lunch at noon initiated by Dr. Dilantha Fernando, Fellow of the APS Dean of Studies, St. Paul's College, University of Manitoba.

Catholic Christians worship God (Father, Son and Holy Spirit) through the celebration of the Mass as two parts. Part 1: Liturgy of the Word, and we had two readings that day, one was read in Sinhala, and the other was in Malayalam. The Mass was enhanced by those participating wearing traditional outfits from their respective regions. Part 2: Liturgy of the Eucharist, where bread and wine are consecrated on the holy altar by the priest, with the assembly receiving the body and blood of Jesus.

For lunch I had milk rice and Sambol. Dilantha told us that every first day of the month his loving mother prepared milk rice for breakfast for anticipating prosperous balance days of the month. Dilantha's Sri Lankan graduate and post docs six (6) students were also among participants.

Dilantha requested Sri Lankans to wear a traditional dress for the cultural mass. I wore an old traditional men's dress coat and sarong. Sri Lanka was under British colonial rulers this was the men's dress in urban and suburban regions. My father's younger sister's husband wore the same dress as the owner of Sri Kantha Hotel and Drapery Store Ltd in Borella, Colombo, Sri Lanka.



South Asian and Sri Lankan cultural mass held at St. Paul's College - U of M.

The Oscars, cont'd from page 20

Bill star Daryl Hannah also veered into politics while on stage. She referenced the war in Ukraine, saying "Slava Ukraini", the country's salute, as she presented an award. Unfortunately, despite of the vast number of Jews in attendance no one argued with the accuracy of facts presented by *No Other Land*. It was shameful to watch.

Saldana Wins Best Supporting Actress

Zoe Saldaña won the Oscar for Best Supporting Actress for her role in "Emilia" Pérez." In her heartfelt acceptance speech, she expressed deep gratitude to her family and heritage. Overcome with emotion, Saldaña began by calling out to her mother, exclaiming, "Mommy! Mommy!", while waving and holding her award. She acknowledged her family's presence, saying, "My mom is here. My whole family is here." She thanked the Academy and her fellow nominees, Ariana Grande, Monica Barbaro, Isabella Rossellini, and Felicity Jones for their "love and community" throughout the awards season. Saldaña also expressed gratitude to "Emilia Pérez" director Jacques Audiard and the film's cast and crew. She dedicated the

award to her late grandmother, Argentina Cesse, expressing delight in accepting an award for a film where she sang in Spanish. Saldaña's win marked an historic moment, as she became the first American of Dominican origin to receive an Academy Award.

Karla Sofia Gascón Attends Oscars Amid Controversy

Emilia Pérez star Karla Sofia Gascón attended amid ongoing controversy over her resurfaced social media posts. The Spanish actress who made history as the first openly transgender nominee for Best Actress, skipped the red carpet but was spotted inside the Dolby Theatre just before the ceremony began.

Dressed in a diamond-studded black gown, Gascón, 52, remained low profile throughout the night. She had previously avoided several major award-season events, including the Oscar nominees' dinner on February 25, following backlash over past posts criticizing Muslim culture, George Floyd, and diversity efforts. After deactivating her X account, she issued multiple apologies, including an Instagram statement on February 6 in which she expressed regret for

"hurting people along the way" and hoped her silence would allow Emilia Pérez to be appreciated on its own merits.

With *Emilia Pérez* leading the Oscars with 13 nominations, including Best Picture—the film's presence was undeniable, even as questions lingered about Gascón's absence from the press circuit.

Visas

The month-long struggle to secure U.S. visas ended in triumph for two Iranian film-makers, who arrived in Los Angeles just in time to win the Academy Award for Best Animated Short Film.

Hossein Molayemi and Shirin Sohani touched down at Los Angeles International Airport only hours before the Oscar ceremony began. With no time to spare, they quickly changed outfits in a public restroom and rushed to the event, arriving moments before their film, *In the Shadow of the Cypress*, was announced as the winner.

"It's not our fault we're so late," Sohani told BBC News before the show. "We couldn't get a visa. The relationship between the U.S. and Iran is complicated." Molayemi, holding the golden statuette, reflected on their journey in his acceptance speech. "Until yesterday, we didn't even have our visas, and now we're standing here with this award in our hands."

"Speaking in front of such an expectant audience is overwhelming," he added. "But if we persevere and stay faithful, miracles can happen."

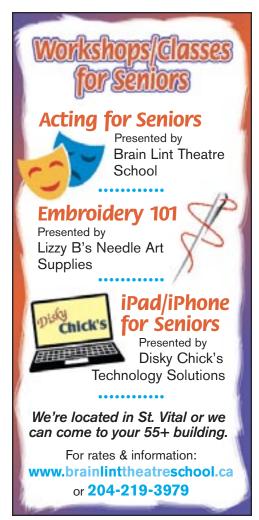
Final Thoughts

While this year's Oscars may not have boasted the strongest lineup of films, it made up for it with the resilience and defiance of its attendees. The night was a showcase of resistance, not through overt preaching but through powerful, personal statements. From Adam Sandler's unexpected fashion statement to *Emilia Pérez* star Zoe Saldaña honoring her immigrant grandparents, to a Palestinian documentary confronting the Trump administration, the ceremony became a platform for voices that might otherwise go unheard. Regardless of where one stands on the political messages conveyed, the Oscars remain one of the rare global stages where billions can witness stories that challenge, provoke, and inspire. ■

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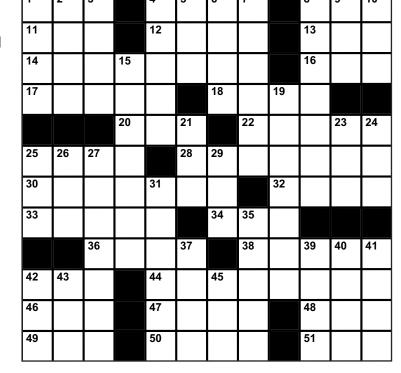




CROSSWORD - By Myles Mellor

ACROSS

- 1. GPS is one
- 4. Chunk
- 8. "___ a Wonderful Life"
- __formed, not built right
- 12. Office note
- 13. Be less than candid
- 14. Came before
- 16. Give leave
- 17. Hinder 18. Well done
- 20. Street shader
- 22. Like a beaver
- 25. Ambience
- 28. Take back
- 30. Relative
- 32. Covered
- 33. Stage direction 34. "Bad idea"
- 36. The Ghostbusters, e.g.
- 38. Head-shoulder connectors
- 42. Hair goop
- 44. Like a rose
- 46. Metal source
- 47. Nicknames
- 48. Classic starting location
- 49. He has his day in June 50. Part of a piggy
- bank 51. Knit



DOWN

- 1. Concert gear
- 2. Auditioner's aim
- 3. Entreaty
- 4. Olfactory's job
- 5. Had an edge
- 6. Call from the flock
- 8. Against the law
- 9. Trash bag
- accessory 10. Jellied

- 19. Ballpark figure
- 21. Close-mouthed
- **Buttons**

- 27. Disconcerted
- 15. Janitor

- 23. Flight board abbr.
- 24. Skelton or
- 25. Time from seed
- 7. Governing groups 26. Amphora, e.q.
 - 29. Matriarch
 - 31. Results of blizzards
- 35. Worry
- 37. Like some surgery
- 39. Furry stalkers
- - 40. Part of the pants
 - 41. Ladled entree 42. Who is He?
 - 43. Time
 - remembered
 - 45. A while back

SOLUTION ON PAGE 23

AAZNYNESMEJENHHUIIE MCLLIULPURIFYUGKRA POHTOHFLBMJJMRRMAS HABIBLEJOYOUSCLDCT AGRSCDHSPWYHNHOIUE YODAEKSUYLFRUNELLEON LXERDOSTNHUNEGGSOY YCSLEIKSTLSKVTQUR AAOBUNNYEGIGXFULSG SRVRIARARLLOBLESSED KWAEPWXUSNEOESIOSAEE ETPSYMBOLNNRAPOPV IBREPENTTREYSE TOOKIPEEPSNOWJT KNEELLTLAMBJASCE RFSACRIFICIALETKARHO UAGSZHADFADAFFOD IGNWPALMNWORSHIPRPS HTSAVIORSDECORATENEU SCHRISTIANYWCFUNPPRAY April Color Floppy Lamb Risen Fun Lent Ascent Cross Sacred Basket Daffodil Glorious Lily Sacrificial Bible Decorate Glory Miraculous Savior Blessed Decorations Gospel Palm Season Blossoming Delicious Ham Parade Springtime **Bonnet** Easter Holy Peeps Sweet Eggs Pink Brunch Hope Symbol Truth Bunny Eternity Норру Pray Candy Faith Purify Hunt Tulips Chicks Family Joyful Renew White Christian **Feast** Joyous Repent Worship Church **Festive** Kneel Return Yellow SOLUTION ON PAGE 23

WORDSEARCH - Easter By Roni Alward & Senior Scope

F A M I L Y B R U N C H U G C O Q M F M I



What do you call 50 Rabbits Dancing A Receding Hare-Line (Hair-Line)

I may not be the best looking or wealthiest, but let me just say, I'm also not the smartest.

My next name tag will say, "Hi, I can't remember your name either."

As long as everything is exactly the way I like it, I'm totally flexible.



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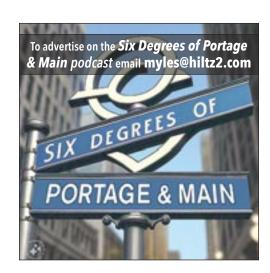
- 1. Easter's date is determined by what?
- 2. Easter Sunday is also called what?
- 3. How long does it currently take to produce one marshmallow Peep candy?
- 4. Before 1953, it took how many hours to produce a single marshmallow Peep?
- 5. What British celebrity was made into a chocolate bunny for the first time in 2015?
- 6. What's the most popular Easter candy in North America?
- 7. Buying what for Easter is said to bring good luck for the rest of the year?
- 8. In the Bible, what prisoner was released instead of Jesus?
- 9. What bread-based snack is associated with Easter?
- 10. Why are pretzels considered an Easter food?
- 11. Besides bunnies, what animal is considered an Easter symbol?

ANSWERS BELOW

WORDSEARCH - Solution

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HOW SMART - Solutions

1. The Moon

3. Six minutes

- 5. Benedict Cumberbatch
- 7. New clothes
- 8. Barrabas 4. 27 hours
- 9. Pretzel
- 2. Resurrection Day 6. Reese's Peanut Butter Eggs 10. Because their design is said to look like praying arms and hands
 - 11. Lamb



vve don't throw perfectly good food away in this household. vve pui it in containers in the fridge until it goes bad. THEN throw it out.

Mirrors don't lie. Thank goodness they don't laugh either.

SUDOKU - Medium Senior Scope

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Each 3x3 cell has the digits 1-9.

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

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

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