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Vol. 23 No. 2 | Aug 10 - Sep 9/24

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PETER GRANT – A Compelling Story

By Bud Ulrich



A MANITOBA MOMENT

Bud Ulrich

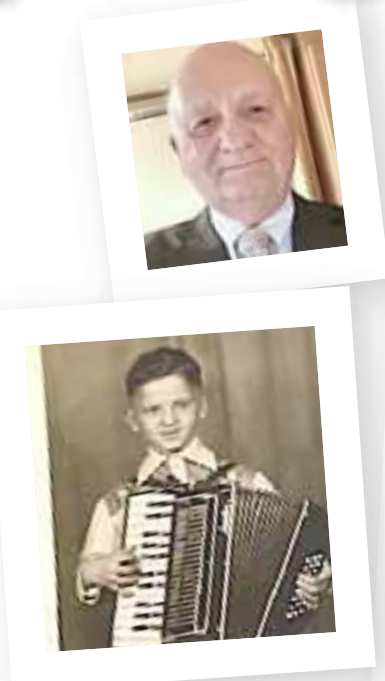
There is a myriad of reasons to republish this column. Suffice it to say, my editor mentioned, "We'll do right by him." I trust Peter and readers of Senior Scope newspaper will enjoy this updated version, including his ongoing amazing life story.

Peter Grant was born and raised in Winnipeg. He grew up in Transcona and as a teenager attended Transcona Collegiate. He is a man of many interests and talents.

When Peter was five years old, his mother enrolled him in accordion lessons at Kent Accordion College. The accordion was almost bigger than him. Peter was on a two-week trial to determine if he could play the instrument. His mother drilled him on the art of playing and reading music. He excelled and the college decided to keep him on. A five-year old kid playing the accordion back then (1946) was unique. On Saturday mornings, CKY radio aired a show called the Good Deed Club, and Peter was invited to play his accordion. He was asked several times over a three-year period. At the music festival in Winnipeg, he won a scholarship for his performance. Peter became a regular on the radio, and he met some announcers who influenced his eventual pursuit of becoming an announcer himself. He felt this would be a piece of cake. "I could go through life just talking," Peter said.

During Peter's childhood he stuttered. The kids made fun of him at school. He stuttered all the time, but he remembered he wanted to be an announcer. While in school, when Peter needed to go to the bathroom, he put up his hand and said, "C-c-c-could I g-g-go..." His teacher said, "Go, just go!"

During Peter's time in school, he was a voracious reader. He was questioned by a classmate on how many books he had read so far. One-hundred and twenty was his answer. He read anything and everything. From that point on Peter became a speed reader. It came very easy to him. He could sit down, pick up a book and whiz through it quickly.



Peter Grant - Above: Young Peter playing the accordion; Right: Peter's Cookbook - part of a new chapter in his life.

At that time, perhaps Peter didn't realize this advantage, but later it helped him in his career as an announcer.

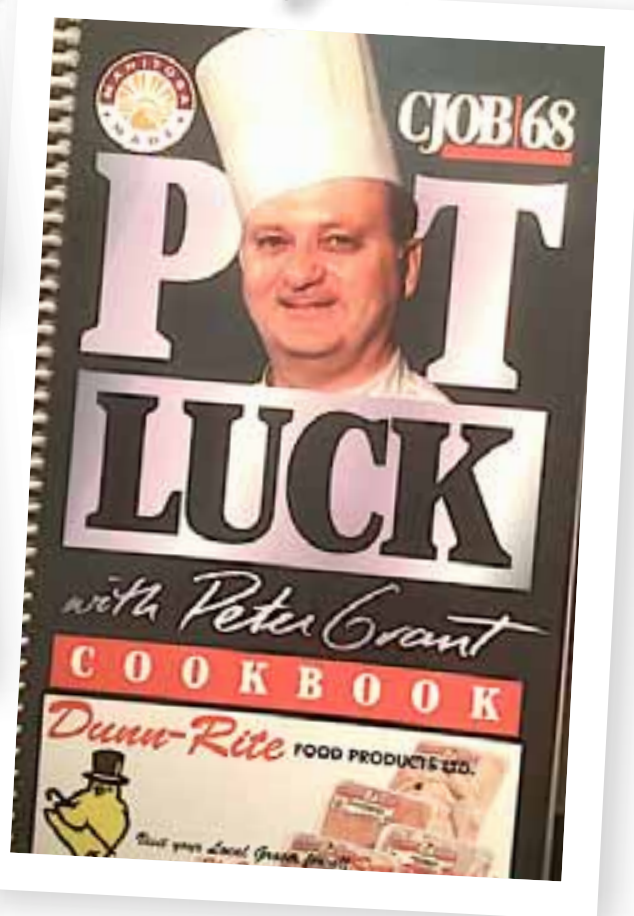
Peter said, "I was a real flop at school." It was not high on his agenda. He tried to be the centre of attention rather than focus on school subjects. Then he met Carol and suddenly love was in the air. Peter's grades rose from C to A, partly because he didn't want to embarrass Carol (or perhaps himself).

In 1957, Peter started working at CNR as a call boy in the Transcona Roundhouse. This involved biking to the homes of engineers or firemen who didn't have phones telling them when to come to work. One of the employees lived ten miles from the shops (that's twenty miles round trip). Once he completed this task, he spent his time doing high school homework. He then became a crew clerk who phoned the engineers and firemen to come to work. Peter graduated to a car checker walking the tracks in the freight yard checking on the status of box-cars. At one time he aspired to be an engi-

neer, but he wouldn't be accepted because he wore glasses.

One day he was getting ready to go to work at the CNR, and while scanning the *Winnipeg Tribune* newspaper, he read his horoscope - "Go after that job you always wanted". Peter phoned the CNR and said, "I can't make it in today." He took his dad's car, drove to Kenora, and knocked on the door of the local radio station. He was greeted by Bill Wiley, Station Manager at CJRL radio 1220. Wiley said, "Can I help you?" Peter's reply was - "I w-w-w-wanna ap-ap-ap-apply for a j-j-j-job as an an-an-

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For details see Page 14

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Active Aging in Manitoba (AAIM)

Inspiring active lifestyles



Stay Active & be Weather Wise

Submitted: Linda Brown, Executive Director, Active Aging in Manitoba



Linda Brown, Executive Director, AAIM

We wait all winter for this.....

A beautiful Manitoba summer – that we all brag about when people ask us how we can survive the cold winters! Our climate seems to be changing with longer stretches of hot, humid weather. As we age our body also changes and we react differently to heat and cold.

According to the Centres for Disease Control and Prevention, older adults are more susceptible to heat-related illnesses and injury. As we age our bodies become less efficient at regulating body temperature. Typically, older adults do not sweat as much as younger adults, and sweating is our most important way to regulate body temperature. As the outside temperature rises so does our internal body temperature. This explains why more older adults experience heat stroke than younger adults.

Older adults tend to store fat differently which can also affect temperature regulation. Our ability to recognize when we are thirsty also changes as we age. Because we don't recognize the need to replenish fluids it is easier to become dehydrated.

Physical activity plays a key role in maintaining overall health for older adults. So don't let the warmer weather prevent you from being active. With the proper precautions older adults can safely be active during the summer months.

Plan your physical activity outdoors based on the temperature, air quality, and UV forecast. Plan your time to be active outdoors by monitoring the temperature. Remember you can break up your physical activity throughout the day. Go for that walk early in the morning or later in the evening when it is cooler. The Canadian Physical Activity Guidelines suggest 150 minutes of physical activity per week equates to about 20 minutes per day or 30 minutes over 5 days. Recent research demonstrates that we can benefit from breaking that 30 minute into 10-minute segments throughout the day. This would be a great way to reduce the amount of time spent outdoors on extremely hot days. Don't let the warmer weather reduce the physical activity you are getting each day just plan carefully. Can you move your activity indoors? Can you do a different activity that will allow you to stay inside? For example, can you attend an exercise class instead of walking outdoors? Planning to be active is key to keeping motivated.

Stay Hydrated: 8 - 10 glasses or more are recommended for the average adult. Other fluids could include juices, and flavoured waters. Remember that coffee and tea, although they are fluid intake act a diuretic. Fresh fruits and vegetables also have some water content, but they shouldn't be your main source of water. Avoid alcohol, and soda because they can lead to dehydration more quickly. Even on days when it is not extremely hot, or you are outdoors for extended periods be sure to have water with you.

Know the side effects of your prescriptions: Some medications may increase sun sensitivity or make you thirstier. Be sure to check with your pharmacist especially if you are starting a new medication.

Protect you skin and eyes: Wearing sunglasses and sunscreen are two ways we can protect ourselves from the harmful UV rays. Of course, covering up with a hat and long sleeves can protect our skin. Look for clothing such as hats, shirts, shorts/pants and individual sleeves that are rated for UV protection will add that extra layer of protection from the sun.

Take it easy – walk at slower pace for example. Taking it easy doesn't mean you are giving up on your regular activity -it simply means you are listening to your body. Shorten the time you are active outdoors to help reduce the risk of dehydration, heat stroke, and heat exhaustion. If you must be outside for an extended period, take cooling breaks often – get into a cooler environment out of the heat and direct sun.

Know the early signs of heat-related illnesses such as dehydration, heat stroke, and heat exhaustion: Signs to look for include disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness, muscle cramps, and confusion. It is important to take immediate action if a person has any of these symptoms.

Mark your calendar – **September 30 – October 6** is **Active Aging Week**. Start planning and let us know what you are doing to celebrate **Active Aging Week**.

Contact Active Aging in Manitoba at info@activeagingmb.ca or 204-632-3947.

Senior Scope Newspaper

Good Luck to the athletes and participants at the Canada 55+ Games in Quebec City August 27-30/24.

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



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Canadian Dental Care Plan Misconceptions

The Government of Canada started implementing a \$13 billion Canadian Dental Care Plan (CDCP) last month. This plan represents a significant opportunity to improve oral healthcare access for Canadians without dental access to dental benefits.

Today, over two million Canadian seniors have been approved to receive dental care coverage. By next year, an estimated nine million uninsured Canadians will be eligible for the plan. This is excellent news. Yet only a small percentage of Canada's 25,000 dentists have registered to participate in the program so far.

Despite our continued advocacy for changes to **reduce** program complexity, **protecting** patient privacy, and **securing** clarity on terms and conditions, the program remains flawed. Further, issues and misconceptions about the program by the public persist.

In fact, in a survey conducted this month by the Canadian Dental Association (CDA) and the Provincial and Territorial Dental Associations (PTDAs), we learned that while many seniors require extensive dental work, 40% seniors would struggle to afford \$100 copay and 60% are not aware they will face additional costs under the CDCP.

This is a problem. Our primary concern with these troubling findings is that patients will not receive the care they need under this program. Additionally, this misunderstanding about the program is likely to add extra pressure on dentist visits.

Unless things change and the government makes a concerted effort to clearly communicate the parameters and limitations of their plan, many people in Canada will experience difficulty in accessing a dentist.

Dentists are deciding how and when they may participate. They care about their patients and their oral health and are looking for a program that can integrate efficiently with their staff and practices.

Although we acknowledge Health Minister Mark Holland's responsiveness and the progress that has been made to date to address dentists' concerns with the program, there are still some fundamental issues that directly impact patients that have been left unresolved.

Dental offices across Manitoba and Canada are faced with having difficult conversations with patients about CDCP misconceptions. In fact, recent surveys with dentists show that dental office staff spend on average 50 minutes per day explaining the federal program to patients. This creates a huge administrative burden to dental offices.

Canada has a severe shortage of skilled dental office staff, particularly dental hygienists & dental assistants. There is concern these shortages may affect dental offices' ability to participate with the CDCP.

The Manitoba Dental Association, PTDAs, and the CDA are undertaking an education initiative encouraging people who are eligible for the CDCP to **Know Before you Go**.

Based on what we're hearing from our patients and know about our profession/practice, this is what Manitobans and Canadians need to know before they go to their dentist and seek treatment under the CDCP:

"For many patients, treatments under the CDCP will not be free."

Many people are under the impression the CDCP will cover all the costs for their care. This is not the case. Patients with an adjusted net family income between \$70,000 and \$90,000 are responsible for a federal government required "co-payment" of between 40-60% of fees set out by the government. In addition, the coverage provided by the federal government for all eligible CDCP patients (regardless of family net income) is less than full cost of the dental service. The difference will be on you.

"Patients can receive CDCP covered treatments from any dentist."

Until July, patients can only see a dentist registered to participate in the program.

After July, patients can also see a dentist that will participate through the government claim-by-claim pathway. However, this non-registration pathway still requires dentists to accept the same unclear terms and conditions with patient privacy concerns and not all dentists are willing to do so. This lack of clarity will leave patients confused and, in some cases, they may be unable to find a dentist to treat them under the CDCP.

"The CDCP will cover all oral treatments today."

Currently, the CDCP offers limited coverage and treatment options. Care options like sedation, crowns, partial dentures and additional units of scaling, as needed by youth, seniors, and persons with disabilities, will need government pre-approval which does not start until November of 2024. We still don't know how long you, our patients, will need to wait for the government to approve the treatment we know you may need.

Canada's new national dental plan still has the promise of being a true game-changer for oral health, enabling expanded access to care for many Canadians, but only if done correctly. Troublesome aspects that are holding dentists back from participating have not been fully addressed. While there's still time to fix what's wrong with CDCP, the clock is ticking.



The Canadian Dental Care Plan (CDCP) Information for Patients

The Manitoba Dental Association is deeply committed to assisting the Government of Canada in designing, implementing and sustaining a successful and effective Canadian Dental Care Plan (CDCP) for the benefit of all Manitobans.

1. The Manitoba Dental Association has advocated for the right of patients to see their provider of choice.
 - a. Starting after July 8, 2024, patients will no longer be restricted to Sun Life Canada-registered dentists.
 - b. Please contact your dentist to see if they are accepting the Canadian Dental Care Plan in their office.
2. The CDCP is not a free dental program. It is a dental benefit program administered by Health Canada.
 - a. Health Canada is not paying for the full cost of your dental care.
 - b. Patients may be required to make a payment up to 75% depending on their adjusted net family income.
3. Not all services are covered.
 - a. It is not a comprehensive plan, so please talk to your dentist about your oral health needs.
4. The Manitoba Dental Association will continue to advocate for positive changes for CDCP-eligible patients.

Know before you go.

Visit the Health Canada website at

www.canada.ca/en/services/benefits/dental.html

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PETER GRANT – A Compelling Story, cont'd from front page

an-announcer." Wiley was amused, and he eventually invited Peter in for an interview. Peter stumbled through the questions and did the best he could. Surprisingly Wiley offered him the job. Peter's reply was, "You g-g-gotta be k-k-kidding!" Two employees had quit the station that morning, and Wiley was desperate. Upon Peter's return home, his mother was thunderstruck that her son was hired as an announcer.

Two weeks later, Peter's dad drove him and Carol to Kenora. They arrived at the station to meet with Wiley. Arrangements were made for Peter to join Garry Robertson at 6:00 a.m. on Monday. "You will operate the machines and sit alongside Robertson. He will teach you the controls. He will do that Monday and Tuesday, but Wednesday you will be on your own," Wiley said. Monday arrived with Peter accompanying Robertson. "Good morning everybody. Garry Robertson here at CJRL Kenora." Peter was playing the records and he asked Robertson, "W-w-w-when do-do I...?" Robertson looked at him, and wondered, "Is this guy joking or what!" They stumbled through the morning, and by 10:00 a.m. Peter had the controls working properly. Robertson informed him that he would be on his own shortly, and if there were any questions, now was the time to ask. Peter was overjoyed and said, "I think I g-g-g-got it, I g-g-got it, n-n-n-no problem."

Wednesday morning, Peter arrived at the station and selected his music. He was getting ready to go on the air after the 10:00 o'clock news. He sat down, put on his first record, and thought, "Holy s... this is it!" Peter received the on-air signal and said, "Good morning everyone. This is Peter Grant – and here's Ray Conniff and his orchestra with Love is a Many-Splendored Thing" (smooth as silk). And from that moment on, Peter has not stuttered. Talk about pressure. Peter feels that people had faith in him, and they said, "You can do it," – and he did! I couldn't help but feel Peter's delight in overcoming his speech disorder. Everyone who knows Peter recognizes his outgoing personality. He's a very likeable guy and was very well-suited to his chosen career in radio.

Peter got a few tips on announcing on the radio from Robertson who helped him during his first few days. "You cannot sit back and be a wallflower, and the tone of your voice must be upbeat, as the audience cannot see your face. When you talk on the radio, it's important to have a smile on your face – Hi everybody it's great to be with you today!" Cheerfulness will show through. Peter be-

came a master at that. Every time he turned the microphone on, he was not just an announcer, but a performer as well.

A memorable moment occurred when Peter was on air promoting snowmobiles along with the owner of the company. Peter said, "Get on your Skidoos and come on down here." The owner whispered, "We sell Yamaha." Rather sheepishly, Peter said, "I didn't know that." Oops – some of these "live" moments on air can be devastating!

At the urging of Carol, Peter attended the University of Manitoba gaining a Bachelor of Arts degree in English literature/psychology of human relations. Life was not dull.

And now – Peter the cook

When Peter and his sisters were in school, his mother didn't want to sit at home, so she got a job cooking at Eddy's Restaurant. Instructions were given to Peter to start dinner when he got home from school, so when his mom and dad came home from work, they wouldn't have to start from scratch. Little did Peter know, at the young age of thirteen, that peeling potatoes, doing basic cooking, and learning how to make soup, would serve as a foundation for later life. And he "kinda" enjoyed it.

Fast forward – Peter landed a job at CJOB, he got married, and he and his wife Carol enjoyed life together. At one point their financial advisor said, "You know you're working just to pay taxes – you don't have to work anymore." This option needed further discussion as Peter was still in his early forties. Since Carol had taken good care of their finances, and CJOB's pension plan was generous, the decision was made to retire. In September 1990, he retired as General Manager at 97 FM. Peter and Carol didn't have any children, so their expenses were somewhat fixed.

Peter and Carol started travelling and enjoyed this aspect of life. Following a few months of retirement, he found himself sitting on Mrytle Beach, South Carolina, looking at the ocean and thinking, "There's gotta be more!" Peter had travelled a lot, and now he wanted to do something different. He often wondered how they served meals to three thousand people at a banquet – how did they do that? Peter's interest in cooking resurfaced.

The thought of signing up for a three-day cooking course at De Luca's quickly vanished after speaking with the head chef at the Westin Hotel (now the Fairmont). Peter was informed that a new hire must have a cooking certificate. Large hotels expect their em-

ployees to be well trained by going to school. Fortunately, he was able to enroll in the cooking course at Red River College in the fall of 1991. Carol and Peter cancelled their winter plans down south, and he spent the next two years learning the craft. He was impressed with the number of European instructors. Upon graduation, he learned that in order to become a "real" chef he had to work 5,000 hours under a Red Seal chef, (a chef who has met a standard for creativity, quality, and professionalism).

Peter and Carol had a cabin at Gimli, Manitoba. They got to know the chef at the Lakeview Inn at Gimli. To the credit of the chef, he took Peter on, despite an age difference of twenty years his senior. It was clear that Peter's work ethic was a determining factor in being hired, and he never missed a day of work. For the next three years, he worked diligently to gain the required 5,000 hours. Peter now qualified for the six-week Red Seal chef course back at the college starting in November 1996. The course involved baking, which Peter described as his weak point. He forced himself to learn and eventually specialized in desserts. For his test dessert, he made Tiramisu in the form of a jelly roll cake with a filling of Mascarpone cheese. Garnish consisted of sliced strawberries and icing sugar sprinkled over the entire dessert surrounded by vanilla sauce on one side and chocolate sauce on the other side. He received a mark of 100%, and shortly after, a letter from Manitoba Department of Labour arrived informing him of an award for highest marks of all the apprentices. Peter became a "Master Chef"!

He returned to chef duties at the Lakeview Inn, working weekends only. Ted Farr, program director at CJOB, wanted Peter to do a cooking show on the radio. Wow, this format surprised Peter, and he didn't quite know how to respond. In his light-hearted way, he said, "They won't see me. If they have questions, I can handle that, and I have a pile of books for reference." Peter needed a name for this cooking show. He contacted a friend of Carol's, Betty Chapman, who was a writer. He asked her for name ideas. Ten seconds later, Betty said, "Potluck with Peter Grant." It appealed to him. Peter was on air every Saturday from 11:00 a.m. till noon. Incoming phone calls were abundant and, with thirty-five years experience under his belt, he felt very comfortable. There are many wonderful European chefs in the world, but maybe they couldn't cook and talk at the same time.

Continued on next page

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PETER GRANT..., cont'd from page 4



Peter Grant with Brady Oliveira (Blue Bombers All-Star running back)



Peter and Bob Pearson (Gimli Glider pilot)



Peter, Judy and Al Bowness, (former coach Winnipeg Jets)



Carol and Peter Grant.

Peter could put together a show telling a joke while cooking, and his audience loved it! Shortly after, Peter took his show on the road, setting up in The Forks Market. A kitchen was built including all the necessary equipment and utensils. This became Peter's showcase to display his cooking skills and interactions with people.

Peter's calendar was getting full, and he wanted Carol to become his manager. He needed her to negotiate contracts, provide schedules, and keep him on task. This was a business arrangement and Peter didn't want Carol to treat him as her husband – they were business partners. Despite the inherent difficulties of such an arrangement, it worked very well for them.

Later on, The Bay contacted Peter, and asked, "What would it take to get you here at our downtown store?" They wanted Peter to be their full-time chef. Carol and Peter were heading south quite soon for a lengthy winter holiday. Prior to their departure, he left The Bay a message that he wanted a kitchen much like the one he had at The Forks. Upon his return, he listened to his phone messages, and one of them stated "The kitchen is in. When can you start?" He gave notice to The Forks and two weeks later he was at The Bay. For the next nine years he was on the fourth floor (housewares) enjoying his flashy new kitchen. Once again, his expert manager had negotiated a very good contract. Peter went on hosting cooking shows at the other Bay stores, Polo Park and St. Vital Centre.

In the meantime, Shaw TV (Videon) caught wind of Peter's "Potluck" show and wanted to tape some of his presentations back at The Forks. On Saturdays and Sundays, a half-hour show was taped. Peter hosted approximately a hundred shows which were featured at 6 p.m., 7:30 p.m. and 9:00 p.m. called "From Market to Kitchen". This ran for four years.

Things were on the move and Peter hosted a second TV show – "Great Tastes of Manitoba" on Global TV. Peter's show became well known, and a Winnipeg high-end restaurant, Dubrovnik, hired him as a guest chef on Fridays and Saturdays preparing tableside flambés. With a chuckle, Peter said, "I don't know how many times I almost burnt the place down!" Through Carol's managing skills and good fortune, Potluck with Peter Grant became a household name. He received many awards for his expertise in broadcasting, provincially and nationally.

Cruising became a holiday favourite for Peter. However, Carol wasn't enthusiastic about cruising. Back in 1985, Carol said, "I'll make you a deal. The day you buy me a diamond ring for Christmas is the day I'll consider going on a cruise." Peter went ahead and purchased a ring and pre-booked a cruise. Christmas came and Carol opened her gift package – tears followed quickly. Then Peter told her of the cruise – the "floodgates" opened. After travelling to their Florida port city, wouldn't you know it, a hurricane hit. Their ship was battered but survived. Their nearby hotel put on a spread of food and liquor. Well, it seemed like Carol was feeling no pain and happily boarded the ship. On the third day at sea, all was forgotten, and she was ready to book another trip. Several more cruises provided delightful excursions around the world.

Carlson Wagonlit Travel approached Peter and Carol to host a group cruise because of the popularity of his cooking show. They ended up hosting five cruises meeting wonderful people, some of whom he stills sees today. Ship passengers were mostly seniors. They became attached to Carol. She took great care of them both socially and personally. She knew their ailments and medications and maintained detailed records. If

anyone lost an item, she knew where to look. Some interesting things happened on their group cruises. Peter had packed his cruise ship ticket in his luggage which was already on board. With a wink of his eye, he said, "Why do they need to see my ticket?" He mistakenly placed his passport into his checked baggage, and asked whoever was listening, "Do I really need it?" These were some of the reasons they decided to stop hosting vacation trips.

Calls were coming in at CJOB asking for Peter's recipes. Peter decided to publish a cookbook. A phone call was made to his good friend Donn Kirton to determine how many cookbooks Hedi Lewis had printed, so he could get some idea how many to print. Peter was told 50,000. This surprised him. He felt that 20,000 would be a better number. As it turned out, Kirton got it wrong – 50,000 was the total gross dollar sales of 5,000 books at a unit price of \$10. Amazingly, 20,000 cookbooks were sold!

For the past eight summers, Peter has volunteered his services at the Gimli Glider Museum. He teamed up with Barb Gluck, Gwen Harp (both founders of the museum), Mal MacDonald, and Emery Gal. For those inter-

ested in trying this simulator, they are provided with an 18-minute documentary produced by the CBC with Bob Pearson, captain of the Gimli Glider, explaining what happened and actions he took in landing the aircraft. I believe the world knows about this incredible Air Canada pilot who made an emergency landing of the Boeing 767 aircraft at Gimli due to running out of fuel because of a metric conversion problem. This year is the fortieth anniversary of that unforgettable day.

Peter's volunteer services don't stop there. For the past 12 years, he has been part of the Goldwings who donate their time to welcome and assist travellers and visitors at the Winnipeg International Airport. An added benefit is meeting some well-known sports figures such as Brady Oliveira or Rick Bowness and his wife.

Sadly, Peter's wife Carol passed away eight years ago. They were a formidable team. With a deep sigh and a heavy heart, Peter said, "I wish she was still here."

Peter's skills and determination coupled with his outgoing personality have provided him with a remarkable life. Clearly, he loves what he's doing in his senior years. ■

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BRUCE COLE - Canada's Rock 'n' Roll Photographer

By Myles Shane



WORLD OF MUSIC

Myles Shane

Name a Canadian music legend from the '70s or '80s and chances are Bruce Cole has photographed him/her.

Bruce Cole emerged as Canada's unofficial rock 'n' roll photographer throughout the vibrant eras of the 1970s and 1980s. With a keen eye and an innate talent for capturing the essence of music, he became synonymous with the electrifying energy of the Canadian music scene. His portfolio boasts illustrious names such as Gordon Lightfoot, for whom he served as a personal photographer, immortalizing intimate moments and iconic performances. Bruce's lens also graced album covers for renowned acts like BTO, Sharon, Lois & Bram, and the Battered Wives, contributing to the visual legacy of Canadian music. On stage, Bruce effortlessly captured the essence of legendary performers such as Rush, Gordon Lightfoot, Bryan Adams, Billy Joel, Stompin' Tom Connors, Tina Turner, Bruce Springsteen, Bette Midler, and Bob Dylan. His lens immortalized their dynamic moments, freezing the raw energy and emotion of their performances for posterity. With his distinct style and unparalleled passion for music photography, Bruce Cole rightfully earned the title of Canada's Rock 'n' Roll Photographer, leaving an indelible mark on the country's musical history.

Growing up Bruce

Starting as a teenager, Bruce Cole's journey into photography began with a passion ignited by his father's rangefinder-style camera, equipped with a Zeiss Lens. Bruce recalls, "My dad always had a 35mm camera with him on trips and excursions. So I loved the art of shooting, composition and development. I ran the camera club at Wilson Heights Junior High School and at Bathurst Heights HS prior to going to Toronto Metropolitan University (previously known as Ryerson). Photography was always a passion in my youth. I was also 'taught' that you could be whatever you wanted to be, when you grew up."

Witnessing the magic of a print developing in a darkroom tray captivated him, setting the stage for a lifelong pursuit of the craft. Despite the allure of typical teenage interests like sports and socializing, Bruce was drawn to photography's enchanting process of transforming moments into tangible images.

Ryerson

With dreams of becoming a commercial photographer and news journalist, Bruce embarked on a path fueled by his love for both photography and music. Graduating from Ryerson Polytechnic with a degree in Marketing and Advertising provided him with the business acumen necessary to pursue his passion professionally. Bruce reminisces, "I started with Weddings and Bar Mitzvahs and quickly realized that working nights and weekends was not my style. I always enjoyed music and attended many concerts. So I started to freelance for a new rock & roll magazine called *Beetle Magazine* and introduced myself to all the record companies, offering my services for all their requirements: Green Room shots at events, visits to all the radio stations to meet the DJs when they received supporting GOLD record awards, taking artists on tour to meet the appropriate DJs at their stations and live shooting at Clubs, and major venues. Many assignments were at Massey Hall, Ontario Place, Maple Leaf Gardens and many clubs in the GTA. Folk was very popular, so I was shooting at the Riverboat and Grumbles



Bruce Cole and his wife Jai - holding up the Juno's 40th Anniversary book which had at least 80 of his photographs.



Bruce Cole, photographer - 1975

many times. Ultimately, while shooting as a press photographer for *Beetle*, I sold concert photos to The Toronto Star, Telegram and occasionally The Globe & Mail." As his profile in the music industry grew, he ventured into concert photography, capturing iconic moments in the careers of artists like Rush, Gordon Lightfoot, and Bob Dylan. "This introduced me to many artists and their managers. My studio was in the same building as *Beetle Magazine* and when performers came to be interviewed, I'd often take them to my studio for supporting photos. This included Max Webster."

Career Highlights

Bruce's career as a rock and roll photographer is filled with impressive highlights. He served as Gordon Lightfoot's personal photographer for several years, collaborating closely with his manager, Al Mair. During the mid-1970s, Lightfoot wasn't fond of having his picture taken. To ease his discomfort, Bruce took him and his guitar to Toronto's picturesque Edwards Gardens. There, Lightfoot sang songs for two hours, gradually relaxing as Bruce captured the moment.

Another memory Bruce fondly recalls was the Mariposa Folk Festival in 1972, when he found himself running across a field on the Toronto Islands with Bob Dylan and Gordon Lightfoot. They dashed towards the safety of a police boat to avoid being mobbed by the crowd.

Posters and Album Covers

Bruce also created Rush's first poster in his studio and sold 100 prints of Paul Anka and delivered the order to Anka's private plane.



Anne Murray, Gordon Lightfoot, and Stomping Tom Connors.



Gino Vannelli - 1975



Paul Anka



Howie Mandel

His work on album covers includes a collage of recording studio shots on the back of BTO's first U.S. album release, concert shots for Moxy, and an album and book cover for Sharon, Lois & Bram. Bruce also captured concert shots for the Stampeders and conducted a specific photo session for the Battered Wives to create an appropriate album cover, which has its own story.

The Juno Awards

In addition to his work as a photographer, Bruce became an integral part of the Canadian music scene, covering prestigious events such as the Juno Awards. His dedication to his craft and meticulous attention to detail earned him recognition as a distinguished photographer, with his images gracing album covers and publications worldwide. Eventually Bruce reached a point in his career where he was the official photographer for the JUNO Awards for ten years.

Magazines & Books

Bruce's photos were frequently featured in *RPM Magazine*, *Billboard Magazine*, *Canadian Computer Magazine*, and

Canadian Musician Magazine, where he contributed several spreads and covers. His clients included notable names such as Garfield, Dan Hill (who sang at his wedding), The Guess Who, Good Bros., Down Child Blues Band, Ian Thomas, Joan Baez, Bob Dylan and Lighthouse.

Bruce's contributions to the Canadian music scene are celebrated in the book *Music from Far and Wide: Celebrating 40 Years of the Juno Awards*, featuring 80 of his images spanning four decades. His legacy as a pioneering rock 'n' roll photographer continues to inspire and captivate audiences.

The Nikon & Hasselblad

Throughout his career, Bruce mastered the art of live performance photography, navigating challenging shooting environments with precision and skill. Armed with his trusted Nikon and Hasselblad cameras, he captured electrifying moments on stage, preserving the energy and essence of live music for posterity.

Continued on next page



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BRUCE COLE - Canada's Rock 'n' Roll Photographer, cont'd from page 6

Final Thoughts

As we reflect on Bruce Cole's remarkable journey through Canada's music landscape, his legacy emerges as a testament to the power of passion and perseverance. From his humble beginnings as a teenager fascinated by his father's camera to his pivotal role as Canada's Rock 'n' Roll Photographer. Through his lens, Bruce captured not just images, but moments infused with the raw energy and emotion of live music. His ability

to freeze thrilling performances and intimate interactions between artists and audiences cemented his status as an iconic figure in the world of music photography. From his work with legendary artists like Gordon Lightfoot and Bob Dylan to his contributions to album covers and publications, Bruce's portfolio is a visual tapestry woven with the threads of Canada's rich musical heritage. ■



Left: Anne Murray - Macleans - 1974
 Right: Burton-Cummings, (Patsy Gallant in background)

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SOME Quotes & Sayings

SUBMITTED

“It was meant to be.”
~ submitted by Ruth Murray

“Remember in life, one good turn... gets the whole blanket.”
~ submitted by Gordy Sharpe

“Courage is not having the strength to go on, and going on anyway.”
~ submitted by Leslie DeMargerie

“Things work out for the best for people who make the best of how things work out.”
~ submitted by Sandy Thiessen

“It was your pleasure meeting me.”
~ submitted by Joan MacDonald :)

“If you see someone without a smile today... let them borrow yours.”
~ submitted by Therese Caillier

“It is sometimes better to be silent and seem like a fool, than to speak and prove you're a jackass.”
~ submitted by Betty Salowski

“Make your choices reflect your hopes, not your fears. (Nelson Mandela)”
~ submitted by Pierre Côté

“Naturalness is found in simplicity and divinity in naturalness.”
(Pope John XXIII)
~ submitted by Eugene Kaluzniacky

“The secret to living well and longer is: Eat half, walk double, laugh triple and love without measure.”
~ submitted by Marlene Kraemer

“Not my circus, not my monkey, but I know the clown.”
~ submitted by Greg Halabut

“If you love the rainbow, you have to put up with the rain.”
~ submitted by Vespertina Battad

“From the day you were born until you ride the hearse, there is nothing so bad it couldn't be worse.”
~ submitted by Arthur Grant

Thank you for all of your submissions and words of wisdom for Senior Scope's Annual Contest!

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All About Sodium - How Much Salt Do We Really Need?

- Heart to Home Meals

Sodium is a vital mineral that plays a crucial role in maintaining fluid and electrolyte balance in our bodies. It's essential for proper muscle and nerve function, and it helps regulate blood pressure. Moreover, it is a delicious addition to meals to boost flavour and depth. However, like many things in life, moderation with sodium is key. Consuming too much salt can have serious health consequences particularly for seniors, such as dehydration, high blood pressure, and heart problems.

So how much sodium should we really be consuming, and how can we find the sweet spot of what the right amount of sodium is for our individual diets?

Recommended Sodium Intake for Adults and Seniors

Health Canada generally recommends that most Canadian adults consume between 1200-1500 mg of sodium per day, and not exceed 2300 mg per day, which is the equivalent of just over one teaspoon of salt. This goal to limit sodium intake to a maximum of 2300 mg per day aligns with the Chronic Disease Risk Reduction (CDRR) limit for sodium. This guideline recommends reducing sodium intakes to below 2300 mg to lower the risk of cardiovascular disease, hypertension, and other chronic diseases and issues.

Always consult with your healthcare professional to determine the right amount of sodium for your diet, especially if you have existing health conditions or are taking medications that affect sodium levels.



Current Average Sodium Intake for Adults and Seniors

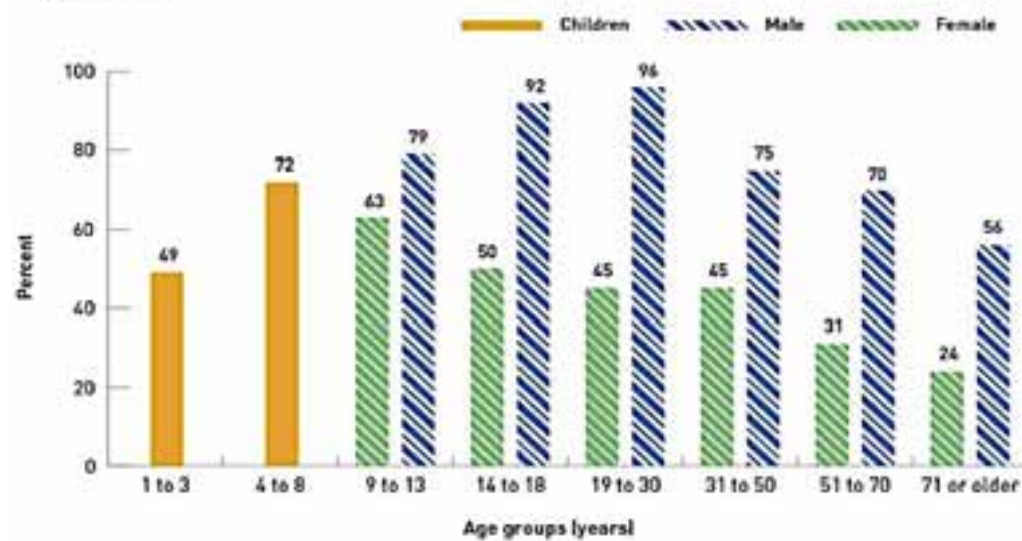
Despite recommendations, estimates indicate that the average daily sodium intake of Canadians is 2760 mg, much higher than even this upper recommended limit and exceeding the Chronic Disease Risk Reduction (CDRR) level. Men typically have higher sodium intakes compared to women, with an average intake of 3133 mg per day for adult men compared to 2325 mg per day for adult women. Alarmingly, this means that 75% of men and 48% of women exceed the Chronic Disease Risk Reduction (CDRR) limit.

For seniors, monitoring sodium intake is particularly important. As we age, our bodies become more sensitive to the effects of sodium, and the risk of high blood pressure and cardiovascular disease increases. Notably however, older Canadians, particularly those over the age of 70, tend to have the lowest sodium consumption among Canadian adults.

Men between 51 and 70 consume an average of 2820 mg of sodium per day, compared to women in the same age group who consume an average of 2030 mg. Sodium consumption continues to decrease for both genders after 70, with men consuming an average of 2440 mg and women consuming an average of 1950 mg per day. Despite these lower intakes, 56% of men over 70 and 24% of women over 70 still consume excessive amounts of sodium over the Chronic Disease Risk Reduction (CDRR) limit.

This highlights the importance for older adults to be mindful of their sodium consumption, while ensuring they do not consume too little either. In maintaining a goal of 1200-1500 mg of sodium per day, taking care

FIGURE 1. Percentage of Canadians who consume excessive amounts of sodium by age and sex group



Per Health Canada, Sodium Intake of Canadians in 2017 Report

to not exceed 2300 mg per day, and speaking with a healthcare professional to determine individual dietary needs, seniors should be able to find the right balance of enjoying salty flavours while maintaining good health.

The Impact of Excess Sodium

Consuming too much sodium can lead to various health issues for seniors, such as:

- **High Blood Pressure:** Excess sodium causes the body to retain water, which increases blood volume, and consequently, blood pressure. This is a significant risk factor for heart disease and stroke.
- **Heart Disease:** High sodium intake is associated with an increased risk of heart disease. Over time, high blood pressure can damage the arteries, leading to poor heart health and risk of heart attacks and heart failure.
- **Kidney Disease:** The kidneys help to regulate sodium levels in the body. Excess sodium can overwork the kidneys, leading to kidney disease and other issues.
- **Osteoporosis:** High sodium intake can cause the body to lose calcium, weakening bones and increasing the risk of fractures.

The Importance of Consuming Enough Sodium

While it is critical to avoid excess sodium, it is equally important to ensure that you are consuming enough sodium to maintain bodily functions. Sodium deficiency, or hyponatremia, can have serious health consequences, particularly for seniors. Symptoms of sodium deficiency include:

- **Nausea and Vomiting:** An early sign of sodium deficiency can be nausea and vomiting from a lack of fluid and electrolyte balance in the body.
- **Headache:** Too low sodium levels can cause headaches and migraines.
- **Confusion and Cognitive Impairment:** Sodium plays a key role in nerve function, and a deficiency can lead to confusion and cognitive impairment.
- **Fatigue:** Low sodium levels can result in extreme tiredness and fatigue.
- **Muscle Weakness:** Sodium is essential for muscle function, and a deficiency can cause muscle weakness and cramps.

Seniors are particularly at risk of sodium deficiency if they are on medications that increase urination such as diuretics, take certain antidepressants, or have thyroid conditions. It is always important to monitor sodium intake closely and consult a healthcare professional or doctor to ensure you are getting the right amount for you.

Tips For Reducing or Managing Sodium Intake

- **Talk To Your Doctor:** Consult your healthcare professional to determine the

right amount of sodium for your diet, especially if you have existing health conditions or are taking medications that affect sodium levels.

- **Read Nutrition Information and Meal Labels:** Check the sodium content on your food labels. Look for products labelled 'Low Sodium' if you need to reduce your daily intake.

Sodium is an essential mineral for our bodies, yet it is crucial to find the right balance in our diets to maintain optimal health. By being mindful of sodium intake and following daily recommendations, consulting a healthcare professional to tailor your diet to your individual needs, and



making informed dietary choices, you can reduce the risk of health issues associated with excess or too little sodium.

Heart to Home Meals: A Salt Solution

At Heart to Home Meals, we understand the importance of maintaining a balanced diet for seniors. Our meals are carefully crafted to meet nutritional needs for health maintenance, without compromising on taste. For seniors wanting to reduce their sodium intake, look for our Low Sodium Diet Code meals. These Low Sodium meals, containing 140 mg or less of sodium per 100 g, are designed to limit salt content without sacrificing flavour.

By choosing Heart to Home Meals, you can enjoy a variety of delicious meals that support your health goals. Browse our Low Sodium offerings here to make choosing the right meals for you easier. ■

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Sri Lankan Seniors Manitoba (SLSM)

Reeni's BD and Participation of Pushpika and Banda Hearth

By Senaka Samarasinghe



Sri Lankan Seniors Manitoba (SLSM) conducted its monthly event on July 16th (TUS) 2024 at Outdoor Garden The Leaf in Assiniboine Park. The main activity was walking followed by a picnic lunch.

Reeni Fernando's birthday (BD) was celebrated by cutting three BD cakes. Nearly there were 30 participants. She served three pieces of cake and that was too much for a person. As a result, Reeni arranged for all attendees to take home packs. All sang BD song together and wish her too.

Reeni gave a ride to Nirmali Peiris from St. James. Nirmali joined as a newcomer.

Pushpika and Banda Herath attended. Both are close relations of SLSM member Chandraguptha Ratnayaka. When Pushpika and Banda were in Minneapolis their home was the focal point for most Sri Lankan Winnipeggers to visit and stay overnight with them. A few years ago, both moved to Austin City in Texas. ■



June 25, 2024

The Order of Manitoba recipients

Twelve Manitobans received the **Order of Manitoba**, the province's highest honour, on July 25, 2024.

The event can be viewed by the public at: <https://www.youtube.com/@lieutenantgovernorofmanitoba6808/streams>.

The Order of Manitoba was established in 1999 to honour Manitobans who have demonstrated excellence and achievement, thereby enriching the social, cultural or economic well-being of the province and its residents.

"The 12 individuals being invested onto the Order of Manitoba represent a variety of sectors, achieving national and international success," said Lt.-Gov. Anita R. Neville, chancellor of the order, who will preside over the ceremony. "They have shown us innovation, ingenuity and leadership, and it is a pleasure and privilege to recognize and celebrate these outstanding Manitobans."

Appointments to the order are made by the chancellor based on the recommendations of an advisory council. Order of Manitoba members are entitled to use the initials OM after their names for life. The list of all members of the Order of Manitoba is on permanent display in the Legislative Building.

The following Manitobans were invested at the 2024 ceremony:

Elder Mae Louise Campbell

A Métis/Saulteaux woman, and one of eight children who grew up in the Métis community of Kississing Lake, Man., Elder Campbell's work is centred on restoring and protecting Indigenous spiritual values and principles. For 45 years she has worked with Indigenous women and two-spirit peoples, and today, at the age of 90, she shares her knowledge around traditional women's healing practices. Elder Campbell was also a member of Canada's National Task Force on Trafficking of Women and Girls in Canada.

The Honourable Murray Sinclair (Mizana Gheezik), CC

The Honourable Murray Sinclair is a former member of the Canadian Senate and a First Nations lawyer who chaired the Truth and Reconciliation Commission of Canada from 2009 to 2015. He was the first Indigenous judge appointed in Manitoba, serving from 1988 to 2016 and served in the Senate of Canada from 2016 to 2021.

Myrna Driedger

A former registered nurse, leader and advocate for missing and exploited children, the founder of the Nellie McClung Foundation, a member of the Manitoba legislative assembly for 25 years and a two-term Speaker, Myrna Driedger was recognized with the 2023 Commonwealth Parliamentary Lifetime Achievement Award for her unwavering dedication to making our province a better place.

Dr. Brent Roussin

Manitoba's chief public health officer, Dr. Brent Roussin is a physician, law school graduate, and familiar face to Manitobans as the province's top public health authority and spokesperson during daily COVID-19 pandemic news conferences. A specialist in public health and preventive medicine, Dr. Roussin also brings an understanding of administrative law that was particularly helpful during the province's COVID-19 response.

Dr. Marcia Anderson

A nationally renowned physician and an influential academic leader, Dr. Marcia Anderson, who is Cree-Anishinaabe, served as the public health lead for Manitoba's First Nations COVID-19 pandemic response team. She has been credited with mitigating the impact of COVID-19 in First Nations communities throughout Manitoba through collaborative leadership, clinical excellence, and strong relationships.

David Johnston, CM

A successful, community-minded business executive, David Johnston founded Johnston

Group, a benefit plan company that also funds multiple special projects supporting the work of well over 100 community organizations. With his wife Diane and children, he also developed the Johnston Family Foundation to extend their giving to a variety of worthy causes including anti-poverty efforts, addiction and recovery, palliative care, sports and community development.

Ronald Paley

Ron Paley toured internationally playing electric bass with the big bands of Buddy Rich and Woody Herman, recording multiple albums, including a song on The Main Event with Frank Sinatra. Returning to his roots in Winnipeg, he formed the Ron Paley Big Band in 1976, rising to prominence as a composer, arranger and leader. He received the BreakOut West Western Canadian Music Awards' Heritage Award for significant contributions to the music industry.

Robert (Bob) Williams

Bob Williams is a supporter of organizations focused on the arts, nature conservancy and the armed forces. Over the last decade, he has donated many millions of dollars and his time to such organizations as the Winnipeg Art Gallery/Qaumajuq, the Royal Aviation Museum of Western Canada and FortWhyte Alive. He serves as an honorary colonel with the Fort Garry Horse Regiment, promoting the welfare and support of veterans, serving soldiers and their families.

Chad Swayze

A professional firefighter and community fundraiser, Chad Swayze was instrumental in Winnipeg successfully hosting the 2023 World Police and Fire Games (WPFG). He has represented Canada in the WPFG nine times, winning multiple medals. Also a member of the LGBTQ community, he was successful in including a fire truck in the 2017 Winnipeg Pride Parade for the first time, helping others to be comfortable being who they are.

Michel D. Lagacé

For more than 40 years, serving as chair of the boards of the Winnipeg Symphony Orchestra, Arts Stabilization Manitoba and Société historique de Saint-Boniface (SHSB), Michel Lagacé has worked to advance the provincial arts, culture and heritage sectors. Providing significant leadership in the francophone community, he led the management of the SHSB archives building, negotiating its recognition as the francophone equivalent of the Archives of Manitoba.

James Cohen

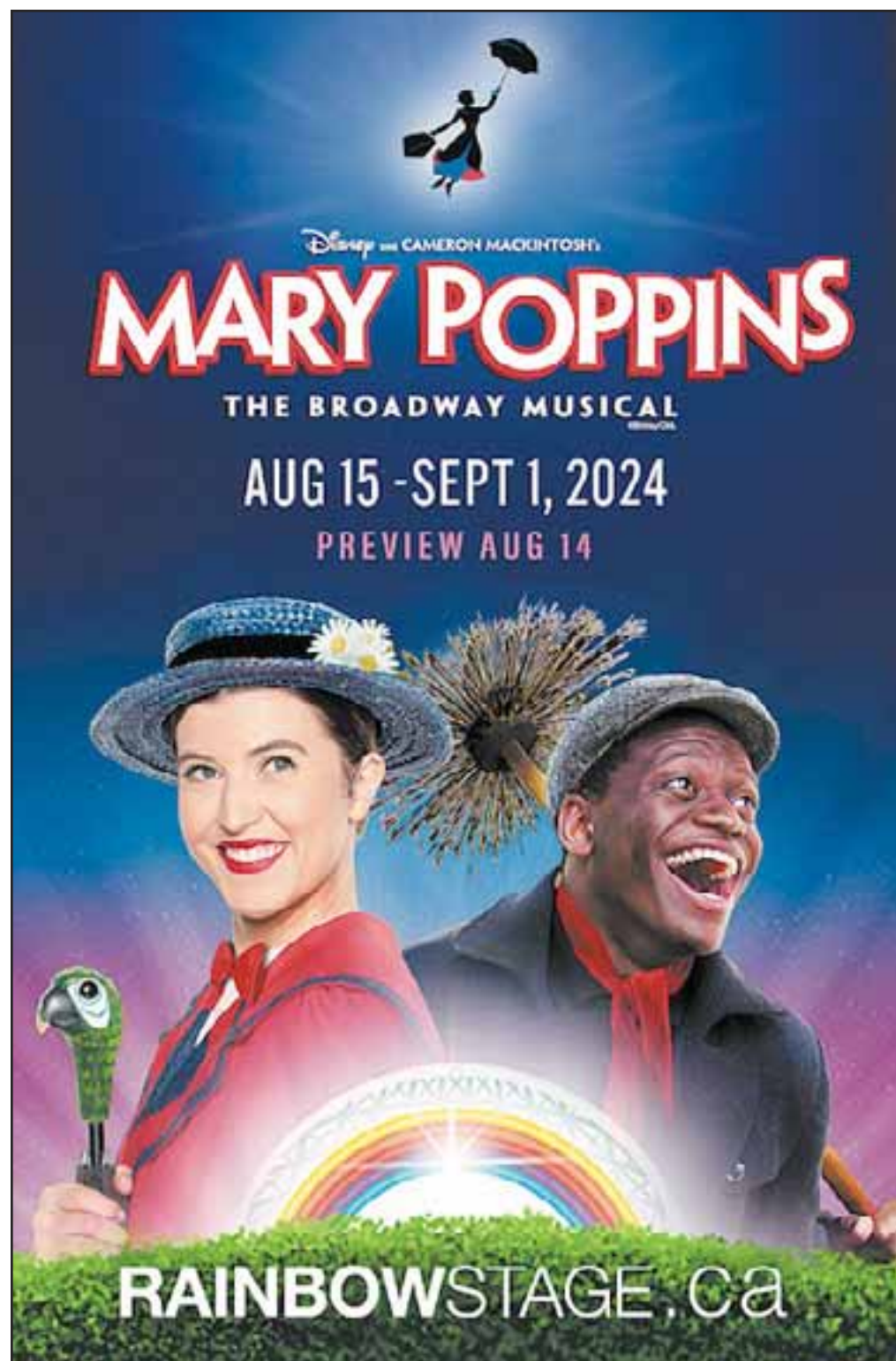
James Cohen is a Winnipeg-based executive, musician, philanthropist and supporter of many cultural organizations in Manitoba. He has served as president of real estate company Gendis Inc. and chaired Canada's Royal Winnipeg Ballet, Manitoba Museum and the Winnipeg Symphony Orchestra development committee. He founded the Prairie Roots Rockers, a group which reached #32 nationally with its song So Long Sweet Deception. He and his wife Linda have also made donations to a wide variety of local charities.

Connie Walker

Throughout her career, Connie Walker has been a passionate community builder dedicated to Winnipeggers. She is a tireless champion of an inclusive and thriving city where no one is left behind. As president and CEO of United Way, she inspired countless volunteers, donors and partners to support front-line services, help youth achieve their potential and assist families to move out of poverty, while improving the health of people and their neighbourhoods.

More information about the Order of Manitoba can be found at:

<https://manitobalg.ca/awards/order-of-manitoba/>.





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Boogie to the beat with the Goldeyes and CJNU

On Wednesday, August 28, the Winnipeg Goldeyes and CJNU invite you to do ‘just that’ at the Third Annual CJNU Dance Party at Blue Cross Park, when the Goldeyes host the Gary South-Shore RailCats at 6:30 pm. Our annual Dance Party features some of your favourite dances all through the game.

Arrive at 5:30 to catch the dance stylings of the young people from the Genesis School of Dance on the Promenade. Look for the colourful CJNU tent where we have a cornhole game and sweet treats for the kids – plus a draw for a \$50 gift certificate from Salisbury House for the adults. Bring your gloves and souvenir baseballs, as Goldeyes players will be on hand to sign autographs and Goldie will be there to greet the whole family.

And the fun is just beginning! During the game, you’ll have a chance to win CJNU prizes from South Beach Casino and St. Leons Gardens, as you bust your moves throughout the game – flap your wings, cha cha or ‘spell out’ that famous disco tune. Maybe you remember Pony Time or The Locomotion. “How low can you go”? Can you do the fancy hand and body moves of the #1 song of 1996 – Hey Macarena? Have your baseball glove handy to catch a limited-edition CJNU Dance Party shirt from the Goldeyes Prize Launcher!

CJNU volunteers will be on hand to sell 50/50



Goldeyes fans are dancing to the beat at last year's CJNU Dance Party. We hope to see you there this year!

tickets on behalf of the radio station and the Goldeyes Field of Dreams Foundation. If you can't make the game, you can purchase tickets online at goldeyes5050.com, from noon till the end of the sixth inning.

Bring the kids! Bring the grandkids! Bring your dancing shoes! Bring your memories! “Come on, let’s twist again like we did last summer”!

Tickets for the Goldeyes Dance Party are available at the Blue Cross Park Ticket Office or online at Goldeyes.com/tickets.

CJNU is proud to be the Official Radio Home of YOUR Winnipeg Goldeyes!

Hole-in-One!



CJNU is a proud partner of the Concordia Foundation. Join us on August 14, from 9 am to Noon – as we broadcast live from the 24th annual Concordia Classic Golf Tournament at Elmhurst Golf & Country Club.

Live on Location—Kildonan Place

CJNU continues its remote broadcast from Kildonan Place for the month of August! If you’re at the mall, please take the opportunity to pay us a visit. We’d love to see you!

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

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Celebrating 15 years of Pembina Active Living (55+)

A Legacy of Community Wellness: Then and Now



This year marks a significant milestone for Pembina Active Living (55+), as we celebrate our 15th anniversary. Over the past 15 years PAL (55+) has been dedicated to fostering an inclusive community for older adults of South Winnipeg. We offer diverse programs and services aimed at promoting health and wellness. We invite you to join us in celebrating our history, successes, and ongoing commitment to enrich the lives of older adults.

THEN - The idea for a formal older adult serving organization in Fort Garry (now South Winnipeg), surfaced in the Spring of 2009, when two community ladies recognized a lack of resources in the area. Lois Abraham and Lynn Arnott approached the Manitoba Association of Senior Communities, (MASC), to initiate a community group. In August 2009, Bob Thompson and Bob Newman, of the Fort Garry Seniors Resource Council joined them, and several meetings were held.

At a meeting in August there was an agreement that Fort Garry did indeed need a senior centre. A meeting was held in October with 100 people attending, and it was at that meeting that the pioneers of PAL (55+), a group of 12 persons, decided to name the organization the “Fort Garry Centre for Active Living”.

The first 4 committees were developed: Programming, Communications, Governance, and Social. In December 2009, the Fort Garry Centre for Active Living held its first social event – a potluck lunch which had an attendance of approximately 50 people. It was held at the Richmond Kings Community Centre.

The first programs were “Seniors Yoga” and “Still Bloomin’ Gardening Club” established in January 2010. Then a Drop-in was added, where tabletop games were offered, and light refreshments served. Other programs that were initiated during that first year were cards, knitting/crocheting, and a computer assistance program. The writing group, “Always Write” started in March 2010 along with PAL painters, and Tai Chi. In April 2010, the group voted to have the name changed to “Pembina Active Living (55+)”.

The centre reached 500 members in 2016! Due to such growth, PAL (55+) has moved twice from the original space at Richmond Kings Community Centre: in 2012 to Grace Church allowing for growth and to add more programs and in 2021 we moved to Whyte Ridge Community Centre.

NOW - Since those humble beginnings, “Pembina Active Living (55+)” has grown to

Continued on next page

Advertising Feature

Get your MIND in MOTION with the Alzheimer Society

- Alzheimer Society of Manitoba

Join the Alzheimer Society this Fall for their *Minds in Motion*® program!

This weekly program is designed for people living with early to moderate signs of dementia to attend with a family member or friend and includes a gentle chair fitness class followed by engaging activities and conversation. *Minds in Motion*® is available across the province to help improve fitness, reduce stress and make connections with others living in a similar situation.

Here's what previous *Minds in Motion*® participants have to say about the program:

- "This is a really special space. We're here for dementia but we don't have to talk about it or be sad. We come together for fun and relief."
- "For my spouse, [*Minds in Motion*®] is a social event - she enjoys it greatly. For myself, it's better than home care or respite. It's a bit of time off for me as a caregiver."
- "When Dad was at *Minds in Motion*®, he started to actively participate again. He probably could have stayed there all day he enjoyed it so much!"



Minds in Motion® runs in-person for eight weeks in the fall, winter and spring and is subject to the facilities for their dates, time and pricing. Unless otherwise noted, the 8-week program costs \$65 per pair.

This fall, in-person sessions run throughout Winnipeg and regionally, in Altona, Brandon, Carman, Portage la Prairie, Selkirk and Steinbach.

To stay up to date on current sessions, pricing, registration and for more information, visit alzheimer.mb.ca/mindsinmotion.

THINGS TO DO - AUGUST 2024

Education Session: Navigating the Long-Term Care System
August 13, 2 - 3 pm, Virtual via ZOOM

What is paneling and how do you initiate the process? These questions and more will be answered. Recognizing that everyone's dementia journey is different, this session will outline the "typical steps" that can be helpful when navigating the long-term care system. Register for free at alzheimer.mb.ca.

Dalnavert Museum Dementia-Friendly Tours

August 31, 10 - 11:30 am, Dalnavert Museum, 61 Carlton St. \$24 +tax/pair & session (or \$12 +tax/pair & session for Dalnavert Museum Member)

Come to the Dalnavert Museum for their monthly dementia-friendly tours! This program allows people living with early to mod-

erate symptoms of dementia and their care partners to step back in time and explore the historic house and its collection. After your tour of the museum, join them for tea and coffee and a closer look at some artifacts.

Learn more at alzheimer.mb.ca/communityprograms

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Celebrating 15 years of Pembina Active Living, cont'd from page 12



accommodate the changing demographic, and needs of the older adult community of South Winnipeg by adding community outreach to our great selection of programs.

Our Mission hasn't changed - "To enhance the quality of life for older adults in South Winnipeg" We continue to offer programs for physical and mental wellness: Fitness, Yoga, Weight Training classes, Hiking, Cycling, Pickleball, Golf, Urban Pole Walking, Pin-PAL's, PAL Painters, Cards, Still Bloomin' Gardening Club, Always Write, PAL Cafe & Scrabble, Fishing, Men's Breakfast, MoviePAL's, LunchPAL's, and PAL Presents.

Seeing the needs in the community, we have also developed outreach programs:

PAL Cares, our volunteer program that helps in the community.

Take 5: for isolated seniors. Spend a day with us from 9:30 to 2:30.

Ring & Ride: if you need a ride to our programs we will provide it.

Conversation Classes: for newcomers to practice English with our members.

Due to COVID, Pembina Active Living (55+) membership had gone down to 98 members in 2020. Now we are up to 340 members. We hope to reach the 500 mark

soon! Whether you want to get fit, learn a new skill, volunteer in the community, or just have fun with friends, PAL (55+) has something for everyone!

Hope to see you at the PAL (55+) Picnic and Membership Drive, where you will learn all about us, enjoy great food and entertainment, and make new friends! Come join the fun on August 20, from 11 to 2pm, at the St. Norbert Farmers Market.

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Things To Do - WINNIPEG

CHECK FOR SUMMER CLOSURES

Misc.

The Y.A.H. Seniors Club at Windsor C.C. - 99 Springside Drive (St. Vital) - launching Fall programming: Book Club, Tai Chi, painting classes, canasta, card making, yoga, puzzle afternoon, 1 day road trips, Dinner Club, flower arranging, The R.O.M.E.O.'s Group and more. For Fall calendar, Rosie yah@windsorcc.ca or Judy [204-233-0648](tel:204-233-0648) or office@windsorcc.ca

Manitoba Rural & Northern Juried Art Show - Aug. 1-24, Opening Reception, Sat. Aug. 17, 1-3 pm, MB Arts Network Gallery, 210 Princess St. manitobaartsnetwork.ca

Book Signing with Alison M. York - Sat. Aug. 17, 2-4 pm, at Chapters Polo Park. Featuring book: *Tartan Threads, Serendipity in Scotland*. Info: aiyayork@gmail.com, alisonmyork.ca

Charleswood Library - Red River Métis Jigging, Mon. Aug. 12, 2-3:30 pm, 6-4910 Roblin Blvd. Free drop in to learn to jig your way to better health! Info: winnipeg.ca/library.

Manitoba Coin Club - [204-479-9124](tel: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.)

Music / Dancing

RCL Polish Legion Br246, 1335 Main St - 56th Anniversary Sat, Sep. 7/24. Opens 6 pm, Supper 7 pm. Tickets available at Br.

Hall rental for all events. Elaine [204-589-5493](tel:204-589-5493) (leave msg). Open 2 pm Wed.-Sat.

Paws N Taws Square Dance non profit club - Come and try square dancing Thursdays, Sep. 5, 12 & 19, 7 pm, Grace Lutheran Church, 211 Kimberly Ave. Info: Beth [204-256-9942](tel:204-256-9942), Lois [204-229-6504](tel:204-229-6504)

Grand Squares Square Dancing - *You2 can dance.* Accepting new dancers (partner not required) Sep. 9, 16, 23 & 30, starting 7 pm., at St. Mary Magdalene Church (West entrance), 3 St. Vital Rd. Wpg. Patty, Bob: [204-295-2278](tel:204-295-2278)

Forever Young Club - Upcoming dances: Sep. 28 - kick off w/Wpg music; Oct. 26 (Halloween), Nov. 30, Dec. 28/24 (early New Year's Eve), Jan. 25, Feb. 22 (Valentine's), Mar. 28, Apr. 26 (fund-raiser), May 31/25 (volunteer appreciation). Anavets #283 Hall, 3584 Portage Ave.

The Senior Choral Society of Winnipeg - 1st practice, Mon. Sep. 9, 10 am, basement of McClure United Church, 533 Greenwood Place, behind CNIB on Portage. Gerda [204-669-5570](tel:204-669-5570)

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](tel:204-233-5892)

Sports / Fitness / Games

The Pembina 55 PLUS Men's Curling League - In-person registration for individual curlers, Wed. Sept. 10, 1-3 pm at the Pembina Curling Club, 1341 Pembina Hwy. Season is 4 rounds, 10 games per round. Two games played ea week, alternating btw Mon., Wed. and Fri., 12:30 pm, Oct.-Mar. Teams established with random selection before each round. Options: play in one, two, three, or all four Rounds. Or spare. Registration info: 55pluscurling.com or contact@55pluscurling.com.

Charleswood Senior Curling - Inviting curlers, all abilities, and ages, enter as individuals (not teams), we reorganize the teams each quarter to encourage social interaction, Mon's & Fri's, 9:30 am. No prizes or trophies, just fun and fellowship. Contact Membership chair Iris: [204-895-1124](tel:204-895-1124) or aclaim@shaw.ca or visit www.charleswoodcurlingclub.com

St. Vital Retired Mixed Curling Club - looking for individual players (full time or spare) for Tue's & Thur's, 10 am league. Contact Ernie Nuytten: enuytten@gmail.com or [204-803-6230](tel:204-803-6230)

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](tel:204-888-9465).

Learn to Lawn Bowl - Mon's & Wed's 7 pm, Tue's, Thur's & Sat's 10 am, at Tuxedo Lawn Bowling Club, Corydon & Southport. Equipment supplied. Free for first 3 tries. For more info on this lifetime sport: tuxedolbc@gmail.com

Greater Winnipeg Senior Golfers (formerly Garden City Senior Golfers) - looking for Men 55 and older to golf weekly in a fun league with about 75 Wpg. members, May-Sept. Special green fees offered. Info, Brian Ridley: [204-669-4795](tel:204-669-4795), pritchardfarm@shaw.ca, or www.gcsgwpg.com.

Crescent Drive Friday Ladies Golf League - Golf Fridays, 8 am, beginning of May to end of Sept., Crescent Drive Golf Course, 781 Crescent Dr. Info, Lorraine: [204-261-8413](tel:204-261-8413)

Ladies Golf League - Fun 9 hole Thurs. golf league at Crescent Drive Golf Course. Tee times 7:15-8:15 am, starting May 2. Info, Bonnie: [204-223-6655](tel:204-223-6655) or bonniefishsmith@shaw.ca Diane: [204-255-1137](tel:204-255-1137) or dkkastest71@shaw.ca

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](tel:204-257-1475)

Red River Senior Cards St Vital - Whist: 12:30-3:30, Thursdays at Norberry-Glenlee Community Club, 26 Molgat Ave. Email: Norbglenn@yahoo.com or call the Club: [204-256-6654](tel:204-256-6654) for info.

St. Vital Cards for Seniors - Cribbage - noon Mon's: Mario [204-955-8387](tel:204-955-8387). Whist - noon Wed's: Sonja [204-254-1408](tel:204-254-1408) or Mario [204-955-8387](tel:204-955-8387). St. Emile Parrish hall, 556 St. Anne's Rd.

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](tel:204-253-0555) or stmary@mymts.net

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

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. Five rounds, changing tables after 4 hands. This is a social friendly bridge club. For further info, contact Ron Wood, President: [204-771-6724](tel:204-771-6724)

Support Groups

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](tel:204-942-2880)

St. Vital T.O.P.S. Weight Loss Support Group - T.O.P.S. (Taking Off Pounds Sensibly) is a non-profit 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](tel: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](tel:204-284-9311) for more info.

Volunteering

Actionmarguerite St. Boniface, 185 Despina Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. [204-235-2111](tel: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](tel: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 gift shop 12-4, assisting with recreation programs & transporting residents to / from worship services

held in the Centre. [204-831-2503](tel:204-831-2503) or visit deerlodge.mb.ca/volunteers/

Manitoba Genealogical Society - Volunteer Opportunities: Social media poster, Online newsletter editor, Publicity person, Office cleaning, IT database wizard & more. volunteer@mbgenealogy.com or <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](tel: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](tel: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](tel: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](tel: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](tel:204-560-5181)

Victoria Lifeline - Melissa: [204-956-6773](tel:204-956-6773) or msitter@victorialifeline.ca

Villa Cabrini - Looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are available 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

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: Facebook Page Administrator: recruit@winnipeglostdogalert.com Volunteers needed for: Treasurer. Resume to president@winnipeglostdogalert.com. Visit www.winnipeglostdogalert.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](tel:204-956-6440), Toll Free: [1-888-333-3121](tel: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](tel:204-837-6708).

Archwood 55 Plus Inc. (a non profit organization for seniors) - at Archwood Community Center, 565 Guilbault St.

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](tel:204-291-4592).

Brooklands Active Living Centre - 1960 William Ave. West. Bingo 1 pm Mondays; Fitness Classes. [204-632-8367](tel:204-632-8367).

Creative Retirement Manitoba - Affordable Lifelong Learning. Online and in-person classes. Art & Music History, Bridge, Estate Planning, DNA for Genealogists, Cdn.Railways and more! Visit creativeretirementmanitoba.ca.

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

Dufferin Senior Centre, 377 Dufferin Ave. Thur. Sept. 12, 10 am - Exercise, Sat. Sep. 14 - Dance, Mon. Sep. 16, 1 pm - Bingo. Call Al [204-771-3325](tel: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](tel:204-669-0750).

Golden Rule Senior Resource Centre - See Sept. calendar Aug. 20 on website. Wed's, Bridge Club, 1 pm. Thur's, Cribbage, Mexican Train, Scrabble & other games, 1 pm. Conversation Cafe Fri. Aug. 16, 1 pm. Fort Rouge Leisure Centre, 625 Osborne. [204-306-1114](tel:204-306-1114), goldenrule@swsrc.ca. No membership or fee to participate.

Funders: *Community Recovery Fund, New Horizons Senior Programs & Winnipeg Foundation.*

The Happy Gang - CLOSED July & Aug. Info: [204-832-1000](tel:204-832-1000) or [204-895-7410](tel:204-895-7410).

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](tel:204-788-8330). Or the Club: [204-784-1229](tel: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](tel: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>

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, hot dog days, bingo, lunches, games, painting, aquacise, lending library, presentations. [204-582-0066](tel:204-582-0066), ncsc@shaw.ca, ncseniors.ca

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

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - **Still Bloomin' Gardening Club** - Thur. Jun 20, 1-3 pm, presentation by Terry Neufeld from Sweet Petals Farm on bouquet workshops and his farm. Register at office@pal55plus.ca or [204-946-0839](tel:204-946-0839), <https://pal55plus.ca>

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) programs@pal55plus.ca or [204-946-0839](tel:204-946-0839)

Probus Club of Winnipeg - Group for retirement or semi-retirement, meets 10 am, 3rd Tue. ea. month at Unitarian Universalist Church, 30 Wellington Cres. New members & guests welcome. winnipegprobus85.wordpress.com

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](tel:204-488-3533).

St. James Assiniboia 55+ Centre - Various programs and activities. 3-203 Duffield St. [204-987-8850](tel:204-987-8850), www.stjamescentre.com

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](tel:204-284-9311) for more info.

Stroke Recovery Assoc. MB - Support group for Stroke Survivors: Register: B-247 Provanche Blvd. [204-942-2880](tel:204-942-2880)

Windsor Community Centre - \$2 drop in. Call for schedule. 99 Springside Drive (St.Vital). [204-233-0648](tel:204-233-0648), office@windsorcc.ca

The Y. A. H. Club - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital). [204-233-0648](tel:204-233-0648), office@windsorcc.ca, rosieschau@gmail.com

See Rural listings on page 16

June 17, 2024

2024 Healthy Community Partnership Grants Awarded To Improve Access To Care For Manitobans

Winnipeg, MB — As the population ages, older Manitobans struggle with unique challenges that significantly impact their well-being. Issues such as social isolation, limited mobility, and financial insecurity are becoming increasingly common, making it difficult for seniors to maintain a healthy and active lifestyle. Despite Manitobans having worked hard and been responsible throughout their lives, many seniors find that their retirement savings, pensions, and government funding are no longer sufficient to ensure a good quality of life. According to a report from [Statistics Canada](https://www150.com), “Between 1999 and 2016, the median debt-to-income ratio for senior families with debt more than doubled from 0.24 to 0.52. The proportion of senior families with debt was 42%, up from 27% in 1999.”

Non-profit organizations have become crucial pillars in the community, providing essential services and innovative programs to support vulnerable seniors. These organizations rely heavily on grants and donations to fund their critical initiatives. **Victoria Lifeline** and **Victoria Hospital Foundation**, have chosen the recipients for this year's funding of their collaborative Healthy Community Partnership Grant.

Following the success of last year's grant, which funded projects like a much-needed food pantry and senior-focused equipment, we are excited to continue this initiative for a second year. This year, Victoria Lifeline and Victoria Hospital Foundation are awarding \$10,405 to six outstanding organizations across Manitoba. These grants will fund essential equipment and develop programs that directly impact the physical, mental, and social well-being of older adults.

The Six Recipients of the 2024 Healthy Community Partnership Grant:

Gladstone Senior Support: Funding will be used to purchase equipment and introduce a weekly Cardio Drumming Program to promote physical activity and social interaction.

West Broadway Community Organization: Will offer educational and recreational farm trips for low-income seniors. “Thanks to the generous support from Victoria Lifeline/Victoria Hospital Foundation we, at the Good Food Club, are so excited to be able to revive our Farm Trip program this summer. Good Food Club

Farm Trips provide fun, social and educational day-outings for inner-city seniors, many who have not been outside city limits for years, or even decades.”

– Ailene Deller, Director, Good Food Club

The Gardens on Tenth: Introduce a Chair Exercise Program aimed at providing an accessible exercise option for seniors, supporting their physical health and balance.

Bethel Place: Replace and diversify its worn-down exercise equipment and invest in a shelf storage cart to help transport the equipment.

Woodworth Senior Services: Will purchase an iPad that will help its clients (who currently face accessibility challenges) access the internet to obtain information, communicate, or print off forms or receipts. “Hopefully will be a tool for them to use to obtain information for their personal needs and to add to their daily activities, it can be used to obtain information on services and can help them be in contact with other groups or family.”

– Karen Anderson, Resource Coordinator, Woodworth Senior Services

Prairie Rose Apartments: Pay for a wheelchair that their tenants can use when they or their partners need to be escorted to important appointments.

Victoria Lifeline and Victoria Hospital Foundation share a collaborative relationship focused on supporting the well-being and safety of the community. While Victoria Lifeline specializes in providing personal emergency response systems and other safety products to Manitobans, Victoria Hospital Foundation is dedicated to raising funds and investing in initiatives that enhance healthcare services. Through their partnership, Victoria Lifeline proceeds go directly to the Foundation to support their mission to enrich the community's health and well-being and enhance patient care. Victoria Hospital Foundation and Victoria Lifeline are committed to supporting, enhancing, and transforming mental healthcare and the care of older adults across the continuum of care. ■

July 22, 2024

Celebrating older adults: Nominations open for the 2024 Manitoba Healthy Aging Awards

Nominations are now open for the Manitoba Healthy Aging Awards (MHAA), celebrating Manitobans aged 65 and older who have made an outstanding voluntary contribution to improve the health and well-being of older adults as they age in their homes and communities, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced today.

“Our seniors are the pillars of the strong and prosperous Manitoba we know today. Their wisdom, resilience, and dedication continue to inspire us and shape the future of our province,” said Asagwara. “These awards are for Manitobans dedicated to supporting safe and healthy aging in their communities.”

Awards will be presented in three categories, noted the minister. The Older Adult of the Year Award recognizes older adults who have demonstrated outstanding leadership in advocating for seniors in their communities. The Healthy and Active Living Ambassador Award will recognize older adults helping their peers stay physically active and healthy.

Lastly, the Intergenerational Impact Award will recognize the voluntary contributions of Manitobans that have created innovative solutions to improve the health of older adults in the community through meaningful intergenerational activities.

In Manitoba, October is Seniors and Elders Month. It is an opportunity to celebrate the accomplishments of Manitoba's older adults and recognize the valuable contributions they make in Manitoba. The 2024 MHAA ceremony will be held in October to coincide with Seniors and Elders Month, said Asagwara. All award recipients will be featured on the Health, Seniors and Long-Term Care web page.

Nominations will be available on the government website and can be submitted by email or printed and submitted by mail. Any individual or organization may nominate themselves or another person.

Nominations will be available on July 23 and will close on Aug. 19. For more information about the 2024 MHAA, visit www.gov.mb.ca/seniors/index.html.

July 17, 2024

New Horizons for Seniors Program (NHSP) Launches

On August 1, 2024, the Government of Canada launched the annual New Horizons for Seniors Program (NHSP) Community-based stream 2024–2025 Call for proposals (CFP) to invest in projects across Canada.

This program is offered through Employment and Social Development Canada (ESDC).

Organizations will have a total of six weeks to submit their application, from August 1 to September 12, 2024 at 3 p.m. Eastern Daylight Time (EDT).

Organizations will be invited to apply for funding that supports the 2024–2025 program's national priorities:

- Priority 1: Supporting healthy aging
- Priority 2: Preventing senior abuse
- Priority 3: Celebrating diversity and promoting inclusion
- Priority 4: Supporting financial security

Please visit <https://www.canada.ca/en/> for further information.

Search ‘New Horizons grant’ within the site.

July 25, 2024

Volunteer Manitoba Subsidy

Volunteer Manitoba is thrilled to announce the launch of a new subsidy program designed to remove barriers and enhance access to professional development opportunities available to non-profits across the province! This initiative aims to support individuals and organizations in the non-profit sector by providing financial assistance for training programs that will boost their skills and enhance their impact in the community. With the generous support from the Winnipeg Foundation, this new subsidy program aligns with our mission to strengthen the capacity of non-profits by providing much-needed financial assistance for those eager to further their knowledge and skills. Whether you are a non-profit professional

seeking to enhance your leadership skills, learn about social media, email marketing or fundraising, or you're a small organization wanting to provide custom training for your team, this program offers financial support to make it possible.

Those who qualify:

- Non-profits and charitable organizations.
- Organizations with an annual operating budget under \$1,000,000.
- Organizations operating within Manitoba.

For more information visit:

<https://www.volunteermanitoba.ca/professional-development-subsidy> or contact: Ashley Seymour, Ex. Dir. ashley.seymour@volunteermanitoba.ca (204) 477-5180 ext. 1.

Sri Lankan Seniors Manitoba (SLSM)

PAL Fundraising Breakfast

By Senaka Samarasinghe



Obby Khan (left), Susan Fletcher (2nd from left) and friends.



Senaka Samarasinghe (left) and Obby Khan, MLA Fort Whyte.

Susan Fletcher, Executive Director, Pembina Active Living (PAL) invited to join with them for the PAL first fundraising breakfast on June 11th (WED) 2024 at Smitty's Restaurant (on Pembina) from 8.30 am to 10.30 am. I went with my wife Chandani for the

event. Both of us met our good old friends. I managed to canvass Sri Lankan Association of Manitoba fundraising "singing concert" scheduled to be held on Sept. 15th (SUN) 2024. Among them were Susan and Obby Khan (MLA) Fort Whyte. ■

Things To Do - RURAL MB

Email wording for your PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by Aug. 1st for the Aug. 10 issue. Please advise us of any closures for summer or holidays.

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

Beausejour - 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**

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

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

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**

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 **Whittemouth/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

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.

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., one on one visiting, volunteer opportunities, outings, etc. Info: **204-388-2188** or sts@heritagecentre.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.

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

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

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

Springfield - 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 - 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>

Steinbach - South East Artist group - Tuesdays, 9:30-11:30, Sep. 3-end of May '25, at Steinbach Arts Council. \$60 plus membership to the Arts Council. Sketch, acrylic, oils watercolours, pastels, etc. All welcome. Info, Ginette: gperroncreations@gmail.com

Stonewall - South Interlake 55 Plus (si55Plus) - 374 1st. St. West. Membership - \$25/year. Luncheons, Ukulele Club, Pickleball, Line Dancing, Active Wellness Club, Virtual Chat, Cards & Games, Bus trips, and more. **204-467-2582**, si55plus@mymts.net, www.si55plus.org.

Teulon Seniors Club - Dance, Thur. Sept. 12, 1-3 pm, Doors open at noon. Band Country Pride. Lunch 3 pm, coffee all afternoon. Silent Auction, 50/50. Tickets \$10.

Thompson Seniors - **204-677-0987**, thompsonseniors55@gmail.com

Seniors for Climate Manitoba

- Submitted

October First is National Seniors Day in Canada. **Seniors for Climate** is planning a **Day of Climate Action** across Canada, so seniors can demonstrate concern for the environment and what we are doing about it. Here in Winnipeg, Seniors for Climate MB is partnered with the Climate Action Team, and we are planning a **Climate Expo** for seniors who want to learn more about how to preserve the planet for future generations. **Our goals are:**

- To provide information on actions to prevent and reduce greenhouse gas emissions
- To offer an opportunity to connect with organizations that are working on climate change
- To show that seniors care about climate change

The program for the event at The Forks in Winnipeg will include:

- displays of the many ways we can address climate issues,

- speakers from the political realm
- music and entertainment

Seniors for Climate Manitoba Climate Action EXPO
Tuesday, October 1st • 11am
The Forks, Winnipeg

Consider Climate Manitoba
<https://www.considerclimatemb.ca/>
Seniors for Climate
<http://www.seniorsforclimate.org/>
Contact: Seniors for Climate Mb.
patw@seniorsclimate.org/



The Y.A.H. Seniors Club hosts their annual Open House

- Submitted

Summer is going by quickly and soon everyone will be excited to get involved in Fall activities. For those seniors looking for something new and different, why not join the Y.A.H. Seniors Club at Windsor Community Centre. Y.A.H. stands for "Young At Heart" which is what the seniors club is all about.

The community centre located at 99 Springside Drive is the club's meeting place and where the hub of activities takes place.

From Book Club, to canasta to monthly road trips, there is a wide range of activities to explore. For the creative mind, why not try creative writing, a painting class, greeting card making, knitting, flower arranging or photography. A variety of exercise programs, Tai Chi, chair Yoga, pickleball and a walking group are available for those who want to stay fit.

As well, each month the Club offers "Lunch and Learn" where a delicious meal is enjoyed followed by a guest speaker discus-

sing a topic of interest. Monthly cooking classes, a breakfast and dinner club, or joining us for coffee and conversation are some of the great opportunities to get together.

And we have not forgotten the men out there. We have started the R.O.M.E.O.'s Club (which stands for "Retired Old Men Eating Out"). Twice a month we offer lunch and a poker/crib afternoon and such activities as Men's coffee get together and a Breake Group, geocaching, birding to name a few. Come out and enjoy the commardiere.

Our Open House will be on Thursday, August 22nd from 1-4 p.m. at Windsor Community Centre. It will showcase the upcoming Fall programs, a cooking demo, Tai Chi demonstration and the chance to try out yoga. Enjoy refreshments and mingle with others. It should prove an interesting afternoon.

For more information, contact Rosie, Program Chair at: yah@windsorcc.ca ■

Travel / Leisure / Activities

Advertise your travel business, event or activity here at a reduced price. Call **204-467-9000** or email kelly_goodman@shaw.ca for details.

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HOME: • Batteries (hearing aids, fireplaces, remote car starters, etc.)

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Delivery to seniors in Wpg and Stonewall available.
Text or call Terry:
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terry@keyboardventures.com
www.keyboardventures.com
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324 Main St. • Stonewall

Pembina Active Living (55+)
"Enhancing the lives of older adults of South Winnipeg"

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Ring & Ride provides **FREE** taxi vouchers to access our wide range of programs and services.

Whether you're interested in fitness classes, arts and crafts, educational workshops or simply socializing with friends...

Ring & Ride will make sure you get to PAL (55+) hassle free.

Once you have registered for the program, you simply contact PAL a week ahead to let us know what program or class you are registering for, and we will send you the vouchers.

To register please call the office @ 204-946-0839

Ring & Ride is made possible by the generous support of:

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(in the Whyte Ridge Community Centre)
204-946-0839
www.pal55plus.ca

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www.anytymetravel.com

The Pros Know 55 Plus Active Living & Resource EXPOS 2024

Visit prosknowexpos.ca for 2024 dates, locations & On-Line resources for Seniors!

Seniors Supports Expos Just Weeks Away!



Rick Roschuk
Trish Bennett

Getting Exciting! Our Fall Expos are just weeks away! If you haven't already done so, please go to our website and you can download Fall Show Brochures and Posters for your fridge, building or association. Please spread the word. We are so grateful to all of you who help spread the word about these events. The people who have received much needed help over the past three years and 20+ shows is indeed in the thousands. Quality of life is not a fairy tale. It is a

very real and achievable goal for all of us after 55 and the exhibitors at the shows are the *magic* behind this.

WE have listed the people behind the shows many, many times. **THEY** are the hidden gems to improving our post working years by providing the wisdoms and means to live longer, healthier, meaningful lives. This wisdom can then be passed on to our families, friends and community so that we all benefit from this. It's right here within our reach. Yes sir!

If you are a member of a Senior's group or association and would like us to drop off Fall Brochures and Posters to you, please call us at 204.414.9290 and ask for Rick. There is NO charge for these pieces and we'll gladly deliver around the city to you.

It's August already, my how time flies, but the Fall is going to be fun, informative and very rewarding. Please put these shows on your To-Do list, there's no charge...My kind of pricing! :)

Venue Hosts:



Venues & Event Dates | Fall 2024



Thursday, September 19th | Garden City
Garden City Community Centre
725 Kingsbury Avenue.
Senior's Hosts: Garden City 55+ Program



Wednesday, September 25th | E.K.
Good Neighbours Active Living Centre
720 Henderson Hwy.
MASC Host: Good Neighbours Active Living



Wednesday, October 23rd | St. Vital
Dakota Community Centre
1188 Dakota Street
MASC Host: Dakota Seniors 55+



Friday, November 1st | Fort Garry
Fort Garry Mennonite Brethren Church
1771 Pembina Hwy.
MASC Host: PAL 55+

Event Details / Exhibitor Listings / On-Line Resources:
www.prosknowexpos.ca

Third Annual Food Festival Celebrates Culinary Diversity

Reported by Feng Xiangdong

Winnipeg, MB – The Winnipeg Chinese Senior Association (WCSA) successfully organized its third annual Food Festival at Southlands Community Church, bringing together over 100 guests for a delightful culinary experience.

The festival's theme, "Sharing Signature Dishes, Exchanging Culinary Skills, and Making New Friends," resonated with attendees of all ages. Families gathered to celebrate the rich fusion of Chinese and Western flavours, showcased through an impressive array of dishes.

From healthy quinoa salad to indulgent sugar-free nutty chocolate brownies, the menu featured over 70 mouthwatering

options. Attendees savoured crispy fried pork chunks, traditional steamed buns, spicy mouthwatering chicken, and fragrant beef stir-fry. The artistic presentation of each dish added to the visual feast.

In addition to the delectable food, the event included live demonstrations by talented chefs. They shared insights into healthy cooking techniques and engaged in inter-active discussions with eager participants.

The success of the Food Festival was a testament to the hard work of volunteers and the enthusiastic participation of guests. WCSA expressed its commitment to future events that promote community harmony and celebrate the diverse culinary heritage. ■



Chef Mr. Fei Xiong and Assistant Chef Ms. Li Zhao, cooking a famous dish of Crispy Fried Meat.



Event Volunteers distributing dishes

Travel / Leisure / Activities

Advertise your travel business, event or activity here at a reduced price. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.

SERVICES AVAILABLE

TRANSPORTATION: Attend appointments or shop locally (RM of La Broquerie/RM/Town of Ste-Anne), or in Winnipeg. Max. charge \$0.45/KM.

FRIENDLY VISITING: Volunteers regularly visit or call you one or two hours per week.

MOBILITY EQUIPMENT: Wheelchairs, walkers and canes are available for a small rental fee.

FELLOWSHIP BINS: Bins containing fun activities to do at home. Free of charge.

ELECTROSTATIC FOGGER: Ideal to disinfect venues and available for minimal fee.

Our coordinator can also help you connect to services such as:

- Help with completing forms
- Home and yard maintenance
- Group recreational activities
- Support for family members
- Personal alarm system
- Referrals to other services

SRS Inc. is looking for volunteer assistance in order to support older adults with activities such as transportation, friendly visits, home and yard maintenance, and assistance with events.

Senior Home Services for seniors pour aînés



204-424-5285
src@senierverservicesforseniors.ca



Workshops/Classes for Seniors

Acting for Seniors

Presented by
Brain Lint Theatre School



Embroidery 101

Presented by
Lizzy B's Needle Art Supplies



iPad/iPhone for Seniors

Presented by
Disky Chick's Technology Solutions

We're located in St. Vital or we can come to your 55+ building.

For rates & information:

www.brainlinttheatreschool.ca
or 204-219-3979



MANITOBA COIN CLUB 2024 FALL COIN, STAMP & COLLECTIBLES SHOW

Saturday, Sept. 28 10 am - 5 pm
Sunday, Sept. 29 10 am - 4 pm

THE ACCESS CENTRE
48 Holland Rd.

West St. Paul, Manitoba
(West of Main St. off Kapelus Dr., left just after N. Main & Perimeter)

Admission: \$5.00 per person

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Coin TBA

No cost to attend coin exchange

For more information:

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treasurer@manitobacoinclub.org



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WORDSEARCH - VEGETABLES & HERBS By Roni Alward & Senior Scope

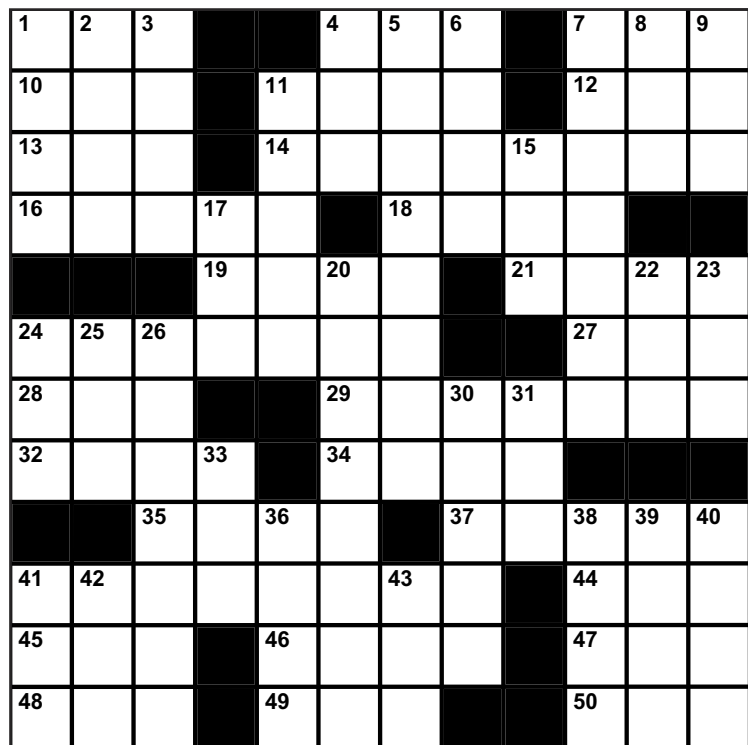
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- | | | | | |
|-------------|------------|-------------|---------|----------|
| Ancho | Cherry | Fresh | Okra | Shallot |
| Artichoke | Chicory | Garlic | Olives | Sorrel |
| Arugula | Chives | Ginger | Onion | Spinach |
| Basil | Cilantro | Gourd | Oregano | Sprout |
| Beet | Collard | Grapes | Peas | Squash |
| Bell | Corn | Greens | Pepper | Thyme |
| Blossoms | Crop | Horseradish | Plant | Tomatoes |
| Bounty | Cucumber | Leek | Potato | Turnip |
| Brussel | Daikon | Lemongrass | Rabe | Vine |
| Carrot | Dill | Lettuce | Rhubarb | Weeds |
| Catnip | Endive | Mint | Romaine | Yam |
| Cauliflower | Fennel | Napa | Sage | Yarrow |
| Celery | Fiddlehead | Ochre | Savory | |
| Chard | Flavor | | | |
- SOLUTION ON PAGE 19

CROSSWORD - By Myles Mellor

ACROSS

- Pork product
- Pomposity personified
- Quite a ways off
- In-flight info, for short
- Sketched
- Be in debt to
- An axle is one
- Recollected
- Last in a series
- Place for essays in newspapers
- Hymn ending
- Pacific phenomenon
- Praise
- Sister
- Thicken
- Fell down steeply
- Had outstanding debts
- Build up
- Manual alternative
- Pricy
- Asset
- Do damage to
- Mineral bearer
- Funny one
- Rocks from a bucket
- "___ dog!"



- | | | |
|-----------------------------------|--------------------------------------|-------------------------------|
| 49. Dieters no-no | 7. Arranging clothes after the drier | 30. Favourite's defeat |
| 50. Lord's Prayer pronoun | 8. Amaze | 31. Word with weight or worth |
| DOWN | 9. Garnet or vermilion | 33. Pair on stage |
| 1. Comic book character, often | 11. Broadway show | 36. Street gang's territory |
| 2. Science class topic | 15. Rent | 38. Throw off |
| 3. Caused | 17. Filly | 39. All, individually |
| 4. "We Three Kings of Orient ___" | 20. Happiness, plus | 40. Hare, to a hound, e.g. |
| 5. "For another thing..." | 22. Up for payment | 41. Clean out |
| 6. Cashless deal | 23. Place to stop | 42. Years of note |
| | 24. "Long, long ___" | 43. Camp bed |
| | 25. Nave bench | |
| | 26. Satisfied | |
- SOLUTION ON PAGE 19

LAUGH A LITTLE

I wonder what became of those who asked me for directions.

There is a new Amazon scam. My boyfriend ordered an expensive necklace for me but motorcycle accessories came instead. Luckily they fit his bike.

Most of my exercise these days comes from shaking my head in disbelief and disgust.

If I am ever on life support, try unplugging me and plugging me back in and see if that works.

July 26, 2024

E-Watch: A safety and crime prevention education and awareness initiative of the Winnipeg Police Service.

Vacationing Home Safety

Some tips on how to keep your home safe while away on vacation:

- Make sure all the locks on the windows and doors function properly, and make sure to use them.
- Do not announce your trip/vacation plans on social media. By doing so you are notifying would be thieves you are not home.
- Your vacation should be an enjoyable, relaxing experience and you should return home to a safe and secure residence.
- Visit Canadian Anti-Fraud Centre for more information on scams. <https://antifraudcentre-centreantifraude.ca/index-eng.htm>
- **Take Action**
If you see something, say something!
- Emergency or crime in progress, call: **9-1-1**
- Non-emergency calls: **204-986-6222**
- Report a crime online
- Arrange for someone to maintain your home so it appears occupied - this includes picking up mail, flyers and newspapers and placing garbage and recycling containers at the curb for normal pickup.
- Ask trusted neighbors to keep an eye on your residence while you are away and leave your vacation address and phone numbers with them so you can be reached in an emergency.
- Arrange for lawn care.
- Use timers for lights both in and outside your residence.
- Unplug all unnecessary non-timed appliances (example coffee makers and lamps).
- Shut off water main to reduce the risk of flooding in the basement.
- Leave the shades and blinds on doors and windows in a position that you normally would have them.
- Make sure smoke detectors and alarms are functioning properly and armed.



ESCAPE TO SOUTH BEACH
 Congratulations to our South Beach millionaire!
 southbeachcasino.ca

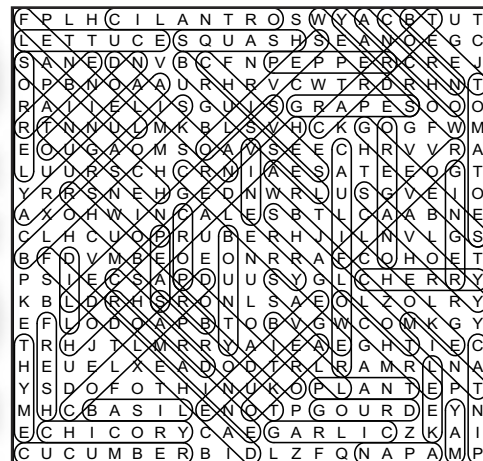
SUDOKU - Easy By Senior Scope

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

Each 3x3 cell has the digits 1-9.
 Each vertical and horizontal line also has the digits 1-9.
 Enter each digit (1-9) only once each in each cell and each line.

SOLUTION TO RIGHT

WORDSEARCH - Solution



CROSSWORD - Solution

1	H	A	M			4	A	S	S		7	F	A	R		
10	E	T	A			11	D	R	E	W		12	O	W	E	
13	R	O	D			14	R	E	C	A		15	L	L	E	D
16	O	M	E			17	G	A			18	O	P	E	D	
						19	A	M			20	E	N			
24	A	P	P			25	L	A			26	A	U	D		
28	G	E	L			29	P	L			30	U	N			
32	O	W	E			33	D				34	H	Y			
						35	A	U			36	T	O			
41	R	E	S			42	O				43	U	R			
45	O	R	E			46	R	I			47	I	C			
48	B	A	D			49	F	A			50	T	H			

SUDOKU - Solution

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



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Sri Lankan Seniors Manitoba (SLSM)

Fundraiser Hopper Sale:

By Senaka Samarasinghe



Conducted by Sri Lankan Seniors Manitoba Sri Lankan Seniors Manitoba (SLSM) conducted its annual Hopper Sale Outlet on July 27th (SAT) 2024 from 8.00 am to 1.00 pm at Chancellor School Playground for the benefit of the annual six-a-side softball tournament organized by Bloomfield Cricket and Cultural Club.

In 2011, started this event and conducted annually. SLSM continued the same as a fundraising project with the leadership of Indra and Upali. Not only the large number of spectators but also players rushed for hoppers continuously. To meet the demand more than ten volunteers prepared hoppers using ten hopper pans. ■



the CLASSIFIEDS

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 (NOTE: *Senior Scope* reserves the right to reject listings not suitable for its readership.)

FOR SALE

FOR SALE: Rival Electric 12 Qrt Roaster. \$50.
 204-792-8361.



FOR SALE: Hunter Douglas vertical blinds. Vinyl/fabric. New condition. W 72" x L 76". Colour off-white. \$300.
 204-338-5718 (Wpg)

PET ADOPTION



FOR ADOPTION: ELLEN - We are fostering this lovely lady for a small rescue called Manitoba Great Pyrenees Rescue. Her ideal retirement home would be quiet with no other cats. She would make a wonderful companion for a senior as she is quiet and well-mannered. To meet Ellen, call 204-770-8302

WANTED ITEMS

BUYING COIN COLLECTIONS: 40 years experience & free housecalls. Please call 431-388-2734 (Wpg). Email 1954toutant@gmail.com

WANTED ITEMS

BUYING STAMP COLLECTIONS: Long-time collector looking to purchase large postage stamp collections. Please call (204) 799-7429 or email winnipegstamps@hotmail.com.

WANTED: 8mm cassette movie camera that works; Smaller piano accordion with many bass buttons; Adapter for a VCR to play 8mm cassettes. 204-880-4926.

WANTED: 1997 Ford F350, 1 ton, 4x4, w/dual wheels, for parts. Running or not. Can pick up. Call Dave 1-204-746-4318 (Morris, MB).

JOBS

JOB OFFER: Seven Oaks Transmissions needs parttime general help in automotive shop: general shop maint, assist technicians, shuttle customers, pick up parts. Valid MB driver's license required. 7 am-12 pm. 204-338-7067.

LESSONS

SPANISH LESSONS: Retired Spanish teacher (40+ years) will do lessons in your home in Interlake Region. You'll be ready for any vacation in Latin America with the REAL Spanish. 204-390-8101

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- Robust Activity Schedule & Regular Outings



To learn more about our community, scan our QR Code!

204.560.3850

75 Falcon Ridge Dr. Winnipeg, Manitoba

CourtyardsSeniorLife.com



ReImagine Senior Living