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HEALTH & WELLNESS FEATURE
Pages 8-15

Two Winnipeg Personal Care Homes Playing Together, Winning Together at the Olympics!

- Submitted

The Saul and Claribel Simkin Centre and Misericordia Place joined forces for the inaugural Interfacility Olympics, a lively and spirited event that brought together residents, staff, and families in a celebration of community. Held at the Simkin Centre over two days, on Tuesday, August 6, 2024, and Thursday, August 8, 2024, the Olympics were filled with great enthusiasm, friendly competition, and amazing camaraderie.

Ceremonies

The games commenced with an inspiring Opening Ceremony on August 6th, led by Rabbi Matthew Leibl. The event was officially launched by torchbearer, Simkin Centre resident Ken Galanchuk. Ken, a former top midget hockey player in Winnipeg and one of the province's best basketball players, carried the torch with pride. His illustrious career, which includes playing on the Canadian Olympic Team and serving as the director of the Winnipeg Jets hockey club, made him a fitting choice to ignite the Olympic spirit.

Games and Activities

Participants engaged in a variety of games that showcased their skills and brought out their competitive spirit in going for the gold: Balloon Net Volleyball | Axe Throwing | Shuffleboard | Bean Bag Toss | Bowling | Olympic Trivia

The atmosphere was electric, with staff, residents, and families from both facilities cheering on their teams, creating an environment of support and joy.

Closing Ceremonies

The Olympics concluded on August 8th with the Closing Ceremonies, led by Steven Hyman. The winners were announced, and medals were presented. The Saul and Claribel Simkin Centre took home the Gold, with a total score of 575, narrowly edging out Misericordia Place, which earned Silver and a score of 562. Mazel Tov and Congratulations!

This event was a testament to the strength, unity, and joyous spirit of our community. It also created lasting memories for everyone involved. The success of the Olympics has set the stage for future collaborations between the Simkin Centre, Misericordia Place and other personal care homes! Let the games go on! ■



The Saul and Claribel Simkin Centre and Misericordia Place personal care home residents go head-to-head at this one-of-a kind event showcasing their 'Olympic Games' talent and spirit! Above, Ken Galanchuk, the 'Olympics' torchbearer.



Team Simkin Centre (left), Team Misericordia Place (right).

Misericordia Place Champions

Alphonso Campos, Eaten Cherian, Geoffrey G., Ann Latter, Hugh Mcmeel, Bill Pollon, Simone Vanhelver, Marie Zerbin

Simkin Centre Champions

Kerry Alderson, Gerry Boyce, Bev Braun, Barry Burke, Shirley Burnett, George Green, Doreen Kapitz, Russell McGill, Izzie Minuk

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JEAN-PIERRE “JP” PARENTY – Thrilling Wildlife Interaction

By Bud Ulrich



A MANITOBA MOMENT

Bud Ulrich

Meeting Jean-Pierre (JP) at his home in St. Vital provided an opportunity for a most enjoyable chat over a cup of coffee and a tasty bun while sitting in his screened-in sunroom overlooking the Red River.

JP grew up on a large grain farm outside the town of Otterburne, Manitoba. His parents came from France in 1949. He attended high school in St. Pierre. He thought he was a good student, but as JP said, “I was the only one who thought so.” He was impatient and didn’t finish high school (he didn’t want to), and instead went off to work. He worked for his dad, and then several employers. These didn’t work out, so in 1992 JP started his own translation service business as a one-man show. As of three years ago, his company had 15 full-time employees in Winnipeg, along with well over a hundred contractors around the world.

Prior to selling his company, JP was advised, “When you retire, you need to retire *TO* something – you just can’t retire *FROM* something. Otherwise, you will likely go to MacDonalds every day and talk about the Winnipeg Jets or Justin Trudeau.” This didn’t appeal to JP and fortunately photography caught his eye. In 2021, the sale of his company provided a very comfortable lifestyle which enabled him to pursue his love of photographing wild animals.

JP is always looking for unusual animals to photograph. He’s in touch with other wildlife photographers to discuss places of opportunity. He discovered coastal wolves on the northwest part of Vancouver Island and came to realize



Jean-Pierre “JP” Parenty - Wildlife photographer.

how difficult it is to photograph them. He found a phenomenal guide who located wild animal sites for a group of photographers. They spent eight days, up to ten hours each day, waiting for the wolves to appear. “You can’t go to the wolves, you have to wait for them to come to you,” JP said. For the better part of a week, they saw six or seven wolves, but they were quite a distance away. One evening, he set up his tripod by a small creek waiting for the wolves, and fortunately one wolf appeared. JP had 25 minutes with this wolf approximately 25 meters away from him. “He was gorgeous! He was catching mice in a small patch of grass, and I was clicking, clicking. Throughout a 25-minute span I took fourteen-

hundred shots. I couldn’t hide from the wolf. The wolf knew I was there, but he knew I wasn’t a threat,” JP said. This experience was magical for JP and that’s what he lives for – his thrill to be in contact with wild animals!

The experience of photographing wild animals over many hours comes with the challenging issue of sleeping accommodations – it isn’t a five-star hotel, or a one-star for that matter. Tents are usually set up outside. However, on his trip to the island, the guide had a shed the size of a triple car garage and they had the luxury of setting up tents inside this building. Sleeping on the floor wasn’t too bad, and when it rained, at least they were dry.

Continued on next page

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



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JP Parenty - Thrilling Wildlife Interaction, cont'd from page 2



Photos by Jean-Pierre "JP" Parenty

There was a small wood stove in the corner of the garage to accommodate drying of wet clothes. Considering where they were, it was considered the height of luxury.

The task of setting up for the day's shoot involved walking a couple of kilometers up the estuary where most of the action took place. Carrying equipment and gear on a sand beach wasn't easy. JP works out regularly on his stationary bike to provide some exercise that will increase his fitness level. Obviously, at 70 years of age, he has accepted the physical demands of his hobby.

Sometimes during a photo shoot, JP can spend 80 hours to attain 20 minutes with a wolf. At other times, things can progress quickly. When he was in Churchill, at the end of the day when light was minimal, he noticed a bear in the meadow and decided to set up his tripod. He adjusted the settings on his camera, and just then the polar bear stood up for about three seconds – the result was an amazing shot. "Most of these wildlife moments are 2, 3 or 5 seconds long," JP said. He went to Riding Mountain National Park for seven days to look for lynx. This is one of the best places in Canada to see this wild animal. He put in 12 hours a day over this period of time and never saw a single lynx. Upon his return home, he was sitting on his back porch enjoying a cup of coffee, and wouldn't you know it, there were three gorgeous deer in his back yard. He slid open the back door and click, click, click – some great shots. As they say, "Timing is everything."

One of JP's experiences in the Rockies involved a timber wolf. It wasn't a wild wolf, it was in captivity, but it was still a wolf. The Northern Lights Wild Wolf Centre in Golden, BC offered an incredible connection between JP and a wolf. The wolves were in the forest, running back and forth, and this time the wolf and JP locked eyes! "I know we connected, I know we were talking to each other – that was pretty amazing," JP said. As he conveyed this experience, I could see his remarkable love for animals. It gave me goose bumps.

Every year, the PPOC (Professional Photographers of Canada) holds an Image Competition where photographers who have achieved professional accreditation compete in a wide series of categories. The category of wildlife is one of the many where photographers are not only allowed to edit but encouraged to create the best possible image using their skills with their camera as well as with editing using any software available. Over the past few years JP has won the wildlife award three times.

JP promoted his photos by displaying 37 large prints for sale over a one-month period. He often receives requests from friends and others familiar with his work. Some enquiries have come from other countries through word-of-mouth, and most recently a request came from Germany.

A typical day for JP involves getting up rather late at 7:00 a.m. – now that he doesn't have to go to the office where he was at his desk at 6:00 a.m. It seems JP applies the same disciplined

approach to photography as he did with his business. He slowly works through his breakfast and does a bit of exercise. Occasionally, he'll head to the squash club. Then it's editing time, sometimes taking up to three hours on the computer to get it right. For the past 20 years he has fundraised for the St. Amant Centre, and a women's shelter in St. Boniface. JP is a board member of Polar Bears International which is an organization that protects polar bears in their natural environment worldwide.

JP has two daughters, Christine and Chantal. His wife, Michelle, has two sons, Jule and Jesse, and one daughter, Andrée, who has two children, Paxton 6 and Chloé 3. JP is now a grandfather (Pappy) and he is over-the-moon

just talking about these grandchildren. The future is very exciting for JP – photography, grandkids and travelling with Michelle.

"Years ago, hunters in Africa had the goal to shoot the 'Big Five' – elephant, buffalo, lion, leopard, and rhino," JP said. Unfortunately, the shooting is still happening, but safaris in Africa are becoming photo safaris. JP wants to come up with the 'Big Five' to photograph in Canada – polar bear, grizzly, moose, caribou, and wolverine come to mind. He just may complete that ambition!

Quite emphatically, JP says, "There is nothing, nothing, nothing like being in nature, especially if you have the chance and the luck of having good interactions with wild animals." ■

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AARON KIM JOHNSTON – A Writer, Director, Producer of Film



A MANITOBA MOMENT

Bud Ulrich

When I met Kim Johnston at Starbucks to kick-start our day over a cup of coffee, it didn't take long to feel his passion for writing, directing, and producing movies.

Kim was a country boy, born in Hamiota, Manitoba, and until the age of seven, he grew up on a farm five miles north of Oak Lake. There were several Johnston families in this area and coincidentally, Kim attended Johnston School where he caught the end of an era when kids rode their horses to school. Rather proudly, Kim mentioned his father and grandfather attended the same school. He recalls playing bean bags in Grade one. "I was pretty good at that," said Kim.

Songwriting skills were Kim's first creative outlet during his teenage years. He was up in his room with a guitar playing three chords, putting music and lyrics together. Kim was interested in the magical power of words. He got the bug for expression. Later, he worked as a camera operator in the CKX studio in Brandon for a year. Halfway through his tenure, a job opening came up for producer and writer of commercials. He applied for this job and was hired.

An enjoyable day for Kim in his new role involved writing and directing a commercial for Crest Dry Cleaners. This featured a superhero played by one of the CKX cameramen who was a rather large chap. He needed to wear white long johns emblazoned with a large red "C". He was racing towards a damsel in distress, and when rounding a corner, he encountered a large mud puddle and went down. Crest Dry Cleaners were so quick and efficient to clean his underwear that he still had time to save the lady. "It was a very fun day," said Kim. Operating a camera and shooting one sequence, editing, and continuing with that idea appealed to him. He revelled in the impact of storytelling. Clearly, this excited Kim!

Kim moved on to CKY as a producer/director at the very young age of 20. This became a great training ground for him. He was involved in local news, children's shows, musicals, and variety specials. Kim's pursuit of his career was largely self-motivated. He was introduced to Don Williams (former CKX producer in Brandon) who became a producer/director of drama at CBC in Winnipeg. This interested Kim, and whenever Don was working on drama, Kim was his "shadow", watching and getting a sense of what he was



Kim Johnston

doing. Kim appreciated being allowed to hang out and learn from him. Don went on to become CBC executive producer of the show *Beachcombers* in Vancouver, and later he was an actor in *The X-Files*. It's good to rub



Kim directing a commercial for Crest Dry Cleaners with CKX in Brandon.

By Bud Ulrich

shoulders with people who are skilled, and obviously, this helped Kim in his profession.

Kim became an award-winning filmmaker with 35 years' experience. His work as a writer, director and producer of film and television includes feature films, television dramas, mini-series, children's series, music videos, and documentaries.

The Last Winter is a movie written and directed by Kim and released in 1989. It was filmed in the Oak Lake area in Manitoba. Kim spotted the Johnston school building which had been moved and it was being used as a greenery. He had the school moved again to a more pristine location in the Assiniboine Valley and ended up using the building in his movie. "This was a unique and wonderful experience", Kim said. The family name of the key actors in this movie was Jamieson. The parents assumed the names of Audrey and Ross, which were Kim's parent's names. The grandfather actor played a poignant role. Out of necessity, he shared a bed with his grandson. This was similar to Kim's experience sharing a bed with his grandfather when he lived on the farm. Kim received several awards for this delightful film from Switzerland, Paris, Australia, and Canada. Marc Horton of the *Edmonton Journal* rated the film with four stars, calling it "the best family film on the market right now", and especially praised the performances and the cinematography.

For The Moment was Kim's next film released in 1993. Kim wrote and directed this film which was set during WWII with airmen training in rural Manitoba. This story involved a wartime romance between a leading air craftsman (LAC) and a local girl. Kim was looking for a dashing young Australian to play the lead role. He was in Santa Barbara, USA, at a film festival for his previous film, and there was a movie called *The Crossing* in which Russell Crowe had performed. He was advised to check this fellow out as he was very good. Kim contacted Crowe's agent in Sydney, Australia. He obtained some material about Crowe (a reel as they call it). Kim and Russell met in Los Angeles for a weekend and an agreement was reached for him to perform in Kim's movie. They developed a strong friendship and they keep in touch to this day. When Crowe reached his 40th birthday, he flew Kim, wife Susan, and family to his farm in Australia for the celebration.

Continued on page 7

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reception@brandons4s.ca / www.brandons4s.ca

Health Checks - 204-728-1842
brandonmbhealthchecks.ca
healthchecksbrandon@gmail.com

CARMAN
Carman Active Living Centre
47 Ed Belfour Drive / 204-745-2356
www.activelivingcentrecarman.ca

CRANBERRY PORTAGE
Jubilee Recreation of Cranberry Portage Legion Hall
217 2nd Ave. SE / 204-271-3081

CRYSTAL CITY
Crystal City & District Friendship Club Inc.
117 Broadway St. / 431-867-0122
crystalcityfriendship@gmail.com

DAUPHIN
Dauphin Active Living Centre Inc.
55 1st Avenue SE / 204-638-6485
www.dauphinseniors.com

DELORAIN
Deloraine Community Club Inc.
111 South Railway Ave E / 204-747-2846

Seniors' Outreach Services of BrenWin Inc.
204-747-3283 / sosbrenwin@gmail.com
sosbrenwin.com

ERICKSON
Comfort Drop In Centre
31 Main Street
204-636-2047 / areas@mymts.net

FLIN FLON
Flin Flon Seniors
2 North Avenue / 204-687-7308

GILBERT PLAINS
Gilbert Plains and District Community Resource Council Inc.
204-548 4131 / gpdcrc@mymts.net
www.gpseniors.ca

Gilbert Plains Drop In Centre
22 Main Street North / 204-548-2210

GIMLI
Gimli New Horizons 55+ Centre
17 North Colonization Road
204-642-7909 / gimli55@mymts.net
www.gimlinewhorizons.com

GLADSTONE
Gladstone Seniors Inc.
32 Morris Ave. North
204-385-2205

GRAND MARAIS
Grand Marais & District Seniors
36058 PTH 12 / gmdseniors@gmail.com
www.gmdseniors.ca

GRANDVIEW
Grandview Seniors Drop In
432 Main Street
204-546-2272

HAMIOTA
Hamiota 55+ Centre & Restore Community Co-op Inc.
44 Maple Avenue / 204-764-2658

KILLARNEY
Killarney New Horizons Centre
520 Mountain Avenue
www.killarneymbnseniors.ca

Killarney Service for Seniors
415 Broadway Ave. / 204-523-7115
seniorservice@killarney.ca

LA BROQUERIE and STE. ANNE
Seine River Services for Seniors Inc. / Services Rivière Seine pour aînés Inc.
93 Principale Street / 204-424-5285
src@seineriverservicesforseniors.ca
seineriverservicesforseniors.ca

LUNDAR
Lundar Community Resources
35 Main Street / 204-762-5378
lccr@mymts.net

MANITOU
Pembina Community Resource Council
315 Main Street
204-242-2241 / pembinacrc@gmail.com

MINNEDOSA
Minnedosa Senior Citizens Assoc.
31 Main Street S
204-867-1956 / mdsasca@gmail.com

MORDEN
Morden Activity Centre
306 N Railway Street / 204-822-3555
mordenactivitycentre@gmail.com
www.mordenseniors.ca

NEEPAWA
Neepawa Drop In Centre
310 Davidson Street / 204-476-5103
Neepawa-dropin@outlook.com
www.neepawa.ca/district-drop-in-center

NOTRE DAME DE LOURDES
Club D'age Dor Notre Dame
204-248-7291 / ndslchezsoi@gmail.com

PILOT MOUND
Pilot Mound Fellowship Centre
203 Broadway Avenue / 204-825-2873

PLUMAS
Plumas Seniors Citizens Club Inc.
102 White Street
204-386-2029

PORTAGE LA PRAIRIE
Herman Prior Senior Services Centre
40 Royal Road N / 204-857-6951
hermanpriorcentre@gmail.com
www.hermanprior.com

Portage Service for Seniors
40A Royal Road N.
204-239-6312 / psfsmeals@shaw.ca
<https://portageserviceforseniors.wixsite.com/psfs>

RIVERTON
Riverton Seniors Activity Centre
12 Main Street / 204-378-5155
rdfc@mymts.net / www.rivertonfnc.com

SANDY LAKE
Sandy Lake Drop In Centre
100 Main St. / 204-585-2411

Municipality of Harrison Park - Age Friendly Initiative Committee
204-585-5310

SELKIRK
Gordon Howard Centre
384 Eveline Street / 204-785-2092
executivedirector@gordonhoward.ca
www.gordonhoward.ca

SNOW LAKE
Snow Lake Senior Centre
71 Balsam Street
204-358-2151 / snowsrs@mymts.net

ST. LAURENT
Age Friendly Committee of St. Laurent
204-906-9607

SOUTH JUNCTION
Piney Regional Senior Services
204-437-2604 / lgdseniors@gmail.com

STARBUCK
Macdonald Services to Seniors
204-735-3052 / info@macdonaldseniors.ca
www.macdonaldseniors.ca

STEINBACH
Pat Porter Active Living Centre
10 Chrysler Gate
204-320-4600 / ed@patporteralc.com
www.patporteralc.com

STONEWALL
South Interlake 55 Plus
374 1st Street West - Oddfellows Hall
204-467-2582 / si55plus@mymts.net
www.si55plus.org

SWAN RIVER
Swan River & District Community Resource Council
126 6th Ave N / 204-734-5707
resourcecouncil@srseniorservices.com

Swan River Senior Citizens Centre
702 1st Street North / 204-734-2212

THE PAS
The Pas Golden Agers
324 Ross Avenue / 204-623-3663
seniorsthepas@gmail.com

THOMPSON
Thompson Seniors Community Resource Council Inc.
4 Nelson Rd. / 204-677-0987
thompsonseniors55@gmail.com
thompsonseniors.ca

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

VICTORIA BEACH
East Beaches Social Scene
3 Ateah Road / 204-756-6468
ebssinc1@gmail.com
<https://www.ebseniorscene.ca>

East Beaches Resource Centre
3 Ateah Road / 204-756-6471
ebresourcec@gmail.com
<https://ebresourcec.weebly.com>

WINKLER
Winkler & District MP Senior Centre
102-650 South Railway Avenue
204-325-8964
director@winklerseniorcentre.com
www.winklerseniorcentre.com

September 5, 2024

Manitoba Camera Club Expands Reach: Connecting Rural and Urban Photographers

The Manitoba Camera Club is thrilled to announce that effective immediately, it is expanding its offerings even further to the Rural communities and Urban dwellers across the province. "Exciting times are ahead for the Club! With our new Zoom format, we can now reach even more members, allowing them to participate, grow, and enhance their photography skills from the comfort of their homes. This update opens the door for individuals of all skill levels and interests to join the premier Camera Club in the province and become an integral

part of our vibrant community," said Club President Kayla Gordon. Adding that "what was started as a temporary measure during the pandemic, has now blossomed into a huge opportunity for all photographers."

The Club has already begun seeing the impacts of the change having members join from across Canada as well. "It has been a tremendous experience to take in National and International Speakers on a variety of photography subjects from the comfort of my home," commented Isabel Wolinsky of Car-

berry, MB. She has been a member for approximately one year and loves it. "Every week I am learning something new. That excitement shows up directly in my images!"

In addition to hosting outstanding speakers, the Club offers valuable resources and holds monthly photography competitions. Members also participate in hands-on field trips and

other in-person events designed to inspire exceptional captures. "Our club is a diverse group of photographers, ranging from amateur to professional, who support and encourage each other. Come join us!" said Anita Vermaak, a member from Brandon, MB.

<http://www.manitobacameraclub.com>



The MANITOBA CAMERA CLUB Inc.
Manitoba's Premier Photography Club - Clicking shutters for our 92nd year in 2024/2025!

August 23, 2024

Province Advises Rent Guideline Set at 1.7 per cent for 2025

Manitoba Consumer Protection and Government Services advises the 2025 rent guideline has been set at 1.7 per cent, effective January 1, 2025.

Updated annually, the guideline is calculated using a transparent formula based on the consumer price index (CPI) for Manitoba. The guideline applies to most residential rental properties including apartments, single rooms, houses and duplexes. The 2025 rent guideline

is lower than the 2024 guideline, which was three per cent.

The guideline does not apply to:

- rental units renting for \$1,640 or more per month;
- various types of social housing;
- rental units owned and operated by, or for, provincial, municipal or federal governments;

- rental units in buildings first occupied after March 2005;
- not-for-profit life lease units;
- co-operative units; and
- approved rehabilitated rental units.

Tenants must receive written notice of a rent increase at least three months before the increase takes effect. For example, for a rent increase to take effect Jan. 1, 2025, tenants must

receive notice by Sept. 30, 2024. With few exceptions, rent can only be increased once a year.

Landlords and tenants are encouraged to contact the Residential Tenancies Branch at **204-945-2476** in Winnipeg or **1-800-782-8403** (toll-free in Manitoba) to learn more about rent increases and other rights and responsibilities.

More information is also available at www.manitoba.ca/rtb ■

August 7, 2024

Petitioning for an MRI in Portage la Prairie

- Jeff Bereza, MLA, Portage la Prairie

It is impossible to have a conversation in Portage la Prairie or the surrounding area and not hear of the need for an MRI in the new Portage Regional Health Centre, scheduled to open in 2026.

Following a letter sent to the Minister of Health (and copied to me) by a group of 35 local doctors highlighting this need, my office has received an overwhelming amount of correspondence and feedback on the topic. To date, over 3,000 people have taken the time to sign our petition, and more people are stopping by my office to sign it every day.

We are hearing from patients that had to travel on icy highways or during blizzards. We are hearing from doctors who are hesitant to refer a patient for a needed MRI knowing the burden that transportation can be. We are looking at public data showing wait times of

up to 47 weeks. We are watching the numbers of people waiting on an MRI climb to 24,562.

What we are not hearing is an acceptable reason or informed argument against an MRI being included at the new Portage hospital. In fact, we are not hearing anything at all from the NDP government.

I want to be abundantly clear: NOW is the best time to include an MRI, during the construction phase. We all know it's cheaper to build than to renovate – that is why we are getting a new hospital in the first place, because of the deplorable condition of the existing facility. Then there is the Portage Hospital Foundation's generous offer of \$5 million toward an MRI. Add to that the over three thousand residents who need this diagnostic service every year according to this governments' own math.

The problem cannot be space, because we

are actively building a new facility. The problem cannot be cost, because of the aforementioned \$5 million. The problem then could only be staffing, but if this government was listening, they would know there are individuals ready and willing to take the training to operate this machine.

Yet rather than take this as an opportunity to provide needed diagnostic services and rewarding careers in our community, the government continues to wait, and costs continue to rise.

Residents throughout Headingley and South Central Manitoba already come to Portage la Prairie for surgeries and procedures. In fact, many Manitobans from Headingley and the Oak Bluff area come to Portage la Prairie for a family doctor and if they need an MRI they should be able to get it here instead of joining a waitlist of over 20,000 people in

Winnipeg. I have nothing but faith that given the choice between waiting almost a year to be referred to Winnipeg or over three months elsewhere in the province, many would jump at the chance to come to Portage.

There will be negative health outcomes as this government dithers. And it is Manitobans who will pay the price because this government, who claims to be a "listening government", refuses to listen to our citizens, our doctors, or our community who have clearly outlined the need for this machine in the new hospital.

This government owes an explanation. Why are they so opposed to needed healthcare in Portage? We're listening.

Call or Email Jeff Bereza:
204-857-9267
ptgemla@mymts.net

September 5, 2024 - Office of the Lieutenant Governor

'Reconciliation Through Education'

Lieutenant-Governor of Manitoba and the National Centre for Truth and Reconciliation welcome fall session of seven-part free public speakers' series at Government House

Lt.-Gov. Anita R. Neville is pleased to welcome back the fall session of Reconciliation Through Education. This initiative is in partnership with the National Centre for Truth and Reconciliation (NCTR) and is designed to provide Manitobans the opportunity to learn about the truth of our history from First Nations, Métis and Inuit knowledge keepers. Presenters will share experience and insight on how all we can all play a role in the ongoing

work of truth, reconciliation and healing to build a more respectful and just society for all.

"Residential School Denialism and How to Counteract it" will be the focus of the fifth presentation in the "Reconciliation Through Education" series. The series will be held on Thursday, Sept. 19 and will feature Dr. Sean Carleton, professor of Indigenous studies at the University of Manitoba.

Those wishing to attend MUST register in advance with the Office of the Lieutenant Governor by calling 204-945-2753. Seating is limited. Guests may reserve a maximum of two seats per registration. There is no cost to attend.

Doors will open at 6:30 p.m. Program begins at 7 p.m. at Government House, 10 Kennedy St., Winnipeg. Parking is available on both sides of the driveway. Light refreshments

to follow.

Please consider bringing a non-perishable food item for the Lieutenant Governor's Sharing Hope Initiative.

Presentations will be livestreamed (registration is not necessary to view the livestream) and permanently available through our website: www.manitobalg.ca ■

Arthritis Society Canada - Community Action Grants

Arthritis Society Canada is excited to share with you that the Community Action Grants program will be opening applications for 2025 funding opportunities on September 3, 2024.

Arthritis Society Canada is committed to extinguishing the fire of arthritis in communities across Canada. Our Community Action Grants are aimed at providing more opportunities for people to connect, learn, and thrive with arthritis in their own communities.

Living with pain can be isolating, but together we can fight the fire of arthritis.

Community Action Grants support communities exploring local solutions for people living with arthritis. Groups and individuals addressing arthritis-related needs specific to their communities, including health inequities and disparities that impact access to arthritis information and care are welcome to apply for funding up to \$5,000.

Applications are due on October 18, 2024 at 11:59 pm PST.

There will be two optional information sessions held over zoom on the following dates: **Wednesday September 25, 2024** at 2pm EST (11am PST)

Please register to attend an information session here:

<https://www.surveymonkey.com/r/8GBXKWJ>

For more information about the Community Action Grants program, and how to apply using our online application system, visit our website: <https://arthritis.ca/support-education/support-in-your-community/community-action-grants>

If you have questions about the program, application process or to request a paper application contact: communitygrants@arthritis.ca

Retired Women Teachers' Association Invites New Members

- Submitted

The Retired Women Teachers' Association, RWTA, was formed in 1951 by a group of forward thinking women. We remain 73 years later as a vibrant and active group of retired women teachers. We value our social and altruistic activities and we care and support our membership.

We celebrate our membership by holding four luncheons throughout the year with a delicious meal (provided by WOW catering) and enter-

tainment that is educationally relevant and filled with music, laughter and fun! Membership fees are \$10.00 a year and each luncheon costs \$25.00, which includes tea or coffee, tax and gratuity. All luncheons are held at the Masonic Centre, 429 Corydon Avenue in Winnipeg.

The RWTA has always been generous in supporting womens' shelters in Winnipeg. Contributions are brought to each luncheon, including womens' toiletries, personal hy-

giene items, socks and underwear. We have donated more than 12 bags of items per year. These have gone to such shelters as the Womens' Resource Centre, Siloam Mission, and 1 Just City, just to name a few. In addition, RWTA collect used eyeglasses and the Lions Eye Bank has received more than 100 pairs of eyeglasses per year.

RWTA has a Visiting committee who visit RWTA members who are confined to their

residence. Our Corresponding Secretary sends cards with heartfelt messages to members and their families in their time of need.

We are excited about the future of RWTA and invite you, as a retired woman teacher, to join our group. If you are interested, please contact our Membership Chair, Cecile Alarie-Skene, at caskene@mymts.net We look forward to meeting you! ■

Manitoba Charity Unveils Treeincarnation Project!

- Submitted

The Memorial Woodland of Manitoba Inc. (The Woodland) is a registered charity, which has been created to facilitate an ambitious and creative "green" project. Namely, to develop and maintain a forest where the cremated remains of individuals will be mingled with the root systems of newly planted as well as existing trees. Participants will also be invited to plant memorial trees without the addition of

cremains. The Woodland will facilitate the optional placement of a discreet memorial marker to serve as a lasting legacy.

This first of its kind Canadian project will be situated on a parcel of land near Tyndall, Manitoba, a drive of approximately 30 minutes from the City of Winnipeg.

Professionally designed and maintained, The Woodland will be an interactive gath-

ering place. The fully developed forest will contain picnic sites, water features and pathways. The Woodland is undertaking a marketing period to recruit a sufficient number of potential participants to ensure that the project will be sustainable in perpetuity.

You are invited to watch this one minute video outlining the project: <https://youtu.be/Axv6g4jgq4U>

All Manitobans are welcomed to embrace this treeincarnation initiative.

For more information:

Visit our website: www.MemorialWoodland.ca

Em: info@MemorialWoodland.ca
Chair, Taras Luchak (204) 668-4662 (land line), em: tluchak@mymts.net ■

Kim Johnston, *cont'd from page 4*



For The Moment was released in 1993. *The Last Winter* was released in 1989. Kim Johnston wrote and directed both films.

Kim was part of a steering committee in the mid 1980s initiated by Eugene Kostyra, former Minister of Culture, Heritage, and Tourism. He spent a couple of years researching policy and procedures in other jurisdictions which promoted and advanced the development of film production in communities. Following the recommendations by the steering committee through the National Film Board, Kim was offered a job to help write and implement the film policy in Manitoba and Upper Canada.

"The biggest challenge in filmmaking is the idea. Is it worth telling? It takes a great deal of work and usually a lot of money to put something together. There are many things that can go wrong. And, at the end of the day, what are you passing on? What are you saying to the world? You find that spark that just lights you up – you just gotta do this," said Kim.

Currently, Kim is writing his second draft of a working title called *A World of Its Own*. Kim provided a brief overview of this story. The setting is in an area of St. Norbert, Manitoba. Kim is sort of "diving" into the history of this part of the country and discovering all kinds of things that are new to him – wonderful discoveries. "What I've focused on in this particular story that was of value to share, and

should be known, is that in the mid-eighteen hundreds, Red River Valley had a population of about 6,000 people. One-third of these people had a European background – Irish, Scottish, English, French. The other two-thirds were Indigenous, Metis and a mixture of the aforementioned nationalities. This was a society incredibly isolated, many miles away from anyone else. People depended on each other, and because of the demographic make-up, almost everybody was related to each other, either by blood or marriage. This created a culture in society that was quite harmonious. People spoke two or three languages. This was a unique time which led up to Manitoba joining confederation in 1870. "What I've discovered from journals and memoirs is that they were a happy group of people. There were hardships and duress, but they loved to visit and socialize and enjoyed music," said Kim.

Kim's family includes his wife, Susan, eldest daughter, Alicia, daughter, Kate who has two children, Charlie and Stella, and Kim's son Aaron and wife Casey who have a daughter Frankie.

I have a feeling that film production is firmly entwined in Kim's character. I also

sensed his next movie, *A World of Its Own*, will be another significant achievement. It is not often that Manitoba can boast one of its

own who has written and directed two movies filmed in our province – with another on its way. Remarkable! ■

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Advertising Feature

September is World Alzheimer's Month

- Alzheimer Society of Manitoba

This September, during World Alzheimer's Month, the Alzheimer Society of Manitoba wants to remind families impacted by dementia that they are not alone -- Support Changes Everything. The Alzheimer Society is your **First Link**® to information, resources and a community of support to help you understand and navigate dementia.

The Alzheimer Society encourages all Manitobans to learn the signs of dementia and understand the importance of getting a diagnosis. In Manitoba, there are more than 19,600 people who live with dementia. The more we learn about and understand dementia, the better prepared we can be to care for the growing number of Manitobans impacted by the disease. Creating awareness is the first step to fighting stigma, reinforcing human rights, and pushing for policy change, as well as other actions that can lift up those living with dementia.

Take a moment this month to visit the Alzheimer Society of Manitoba website and learn the 10 warning signs of dementia. Knowing the signs of dementia can help more people receive an early diagnosis. The earlier you seek a diagnosis, the earlier you can connect with the Society to access dementia-friendly programming, support groups, one-to-one counselling and helpful information.

There are many programs available at the Alzheimer Society to explore this fall including free education sessions for families, support groups for both people living with dementia and care partners, a public education research forum called *Spotlight on Local Research*:



Connecting the Dots, the annual Care4u Family Conference, a Minds in Motion program for people living with dementia and their care partners, community programs taking place at Fort Whyte, the Manitoba Museum, Assiniboine Park Zoo, The Leaf, Dalnavert Museum – and so much more. Visit alzheimer.mb.ca/WAM2024 to learn more. Follow the Society on social media and share your story with dementia online using the hashtag #WAM2024.

If you need someone to talk to about dementia or support finding the right resources for you, call the Society's First Link Client Support team at 204-943-6622, or alzmb@alzheimer.mb.ca or visit alzheimer.mb.ca.

THINGS TO DO - SEPTEMBER 2024

Free Education Sessions: Living with Dementia: First Steps – Part 1
Saturday, Sept. 14, 10 – 11:45 am, Virtual via ZOOM

The first session of a three-part information series for people supporting someone recently diagnosed with dementia. In this webinar, learn more about the progression of dementia and the Alzheimer Society of Manitoba's Programs and Services. *Please note that you don't need to attend/watch the Living with Dementia sessions in order.* Register today at alzheimer.mb.ca.

Meaningful Engagement of People Living with Dementia in Physical Activities
Tuesday, Sept. 24, 10 – 11 am, Virtual via ZOOM

Involvement in physical activities is a good way to provide both mental and physical stimulation for people living with dementia. In this session, learn more about adapting physical activity to the varying levels and abilities of people living with dementia, strategies to motivate someone living with dementia and safety measures and considerations. Register today at alzheimer.mb.ca.

Community Partner Programs
September 2024 program schedule available now

Enjoy a variety of activities in dementia-friendly spaces with our community pro-

grams. Geared to those living with dementia and their care partners, you can discover history at the Dalnavert Museum, explore the outdoors with FortWhyte Alive, grow your table tennis skills with the Manitoba Table Tennis Association and so much more. To learn more about available programs, and to register, visit alzheimer.mb.ca/communityprograms

Minds in Motion
September 2024, locations across the province

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

Public Research Forum: Discover some of the latest advancements in dementia research from three local researchers at the Society's *Spotlight on Local Research: Connecting the Dots* event on September 19 from 6 – 7:30 pm at the Centre Culturel Franco-Manitobain. Live-streaming viewing parties are also taking place at participating Alzheimer Society locations throughout the province. Learn more and register at alzheimer.mb.ca ■

Jennifer's journey with dystonia - Submitted

Jennifer Lovell is our Winnipeg Support Group Leader and a courageous member of the dystonia community. Jennifer's journey with dystonia has been filled with challenges, but it is also a testament to her resilience and determination to advocate for better awareness and treatment of this condition. Here, Jennifer candidly shares her story in the hope of inspiring others and driving change in the dystonia community.

"You may not see it but there's a war going on inside my body."

— Jennifer Lovell, Winnipeg, MB

Dear Friend,

I'm sure my story will sound familiar to many of you. Sadly, the loss that I experienced because of dystonia is something that others in the community understand all too well. Only now, in my mid-50s, do I fully understand the impact dystonia has had on my life, what a difference earlier medical interventions could have made, and why I am committed to changing the future for others.

Going Back to the Beginning

Since I was a child, generalized dystonia has been lingering in the background. At age three, my family noticed signs of stiffness, spasms, and cramping in my legs, but it was ignored as they assumed I would grow out of it.

Through my teens and into young adulthood, my symptoms became more pronounced, but doctors weren't sure what was wrong with me. When my jaw became greatly affected, I saw a dentist who insisted it was nothing more than stress. Constant headaches and neck pain soon followed. I sought help from a pain clinic to help alleviate the extreme discomfort I was experiencing. The treatment of nerve ablations (destroying the nerves at the pain point) didn't work because it was dystonia causing the pain. I was forced to self-medicate using Tylenol to get through school, motherhood, and work for more than 20 years.

What Dystonia Took from Me

At age 35, I was working a demanding job at the Faculty of Medicine at the University of Manitoba. I was still able to move fairly well, but it was incredibly difficult to sit still at my



Jennifer Lovell

computer. Ultimately, I could no longer work and had to resign. My social life was also greatly affected. With no formal diagnosis, people close to me suspected that I was just neurotic, so I stopped going out and socializing.

A little over a decade passed, and I was getting progressively worse. I visited a neurologist who recommended a movement disorder specialist for my condition. I was annoyed with the suggestion of seeing yet another specialist and rolled my eyes. At my appointment with the new specialist, he took one look at me and could see I had dystonia. I was mad and bewildered when I left the office. The word "dystonia" echoed in my mind, and I thought, well, 'what is dystonia?' I researched my symptoms as soon as I got home, and based on what I was reading, it finally felt that I knew what had been happening to me. I was happy about putting a name to what I was experiencing.

Finding Hope with a Diagnosis

After receiving my diagnosis of generalized dystonia, I started a treatment plan that has greatly improved several of my symptoms: stiff legs, foot spasms, and neck and jaw pain. While not perfect, it provides quite a bit of

relief and I've reduced my pain medication usage by half. I'm back working again part-time at a music conservatory and returned to university for a graduate degree focusing on health care.

During a follow-up visit with my neurologist, I asked him why I wasn't diagnosed sooner. *Where did I go wrong? I had visited doctor after doctor, specialist after specialist, and I would leave angry because no one seemed to understand my problem. He said that it wasn't my fault and that people just don't know about dystonia.*

From there, I told everyone I could about my journey to a diagnosis. I felt it was my duty to warn others so they didn't have the same outcome. While searching for more people with dystonia, I looked up Dystonia Medical Research Foundation (DMRF) Canada's Winnipeg Dystonia Support Group, joined, and eventually became the Group's Leader.

As a DMRF Canada Support Group Leader, I host regular support meetings and connect one-on-one with other people living with dystonia. Despite the strides we've made in raising awareness of dystonia in the medical community and the public, I still hear very similar stories to my own, and I want to fight to change this.

Fueled by my own history and interest in health care along with others' shared experiences, I am constantly seeking ways to improve patient outcomes and enhance their healthcare experience. So, I was floored to learn that there are only about 80 movement disorder specialists nationwide. This underlines the need to invest not only in research to find a cure but also invest in the training of specialists to improve access and reduce wait times for patients. This is where I know DMRF Canada plays a critical role in shaping the future of healthcare for the 50,000 Canadians living with dystonia.

Together, I know we can transform lives. Let's fight to ensure that people with dystonia aren't waiting 44 years like I did for a correct diagnosis and treatment. By working together to support investments in research, I know that a cure will be found.

Sincerely,
Jennifer Lovell

Dystonia Symposium

October 19

Movement Disorder Clinic in
Deer Lodge Centre
Portage Ave. Winnipeg, MB

The Dystonia Medical Research
Foundation of Canada (DMRF)
contact is Jennifer Lovell.

She leads the support group in
Winnipeg for MB.

Jennifer Lovell:

431-275-3591

manitobadystonia@gmail.com



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Manitoba Government adds more beds across the province to reduce wait times

August 16, 2024 - The Manitoba government is adding 68 transitional care beds to facilities across the province in an effort to reduce wait times in emergency departments and ease access block within hospitals, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

Transitional care beds are designed specifically to help flow patients out of acute care beds and into spaces where they can await long-term health-care services while receiving the right type of care they need. This helps flow patients out of emergency departments

and works to reduce wait times. Most often, these are high-needs seniors who are waiting in acute care wards for admission to a personal care home, noted the minister, but can also be patients who require some level of care, like physiotherapy, before they can be discharged or patients who would otherwise be discharged without housing in place.

The 68 beds announced today will serve all these types of patients and will reduce access block in emergency departments, the minister noted. The province is investing \$1.7 million in capital and \$3.7 million annually to add:

- 15 transitional care beds in Selkirk to support seniors and patients receiving additional care;
- 8 transitional care beds to Misericordia Health Centre to support seniors and patients receiving additional care;
- 25 transitional care beds to Holy Family Personal Care Home to support seniors waiting to be admitted into a personal care home of their choice; and
- 20 transitional care beds to St. Boniface Street Links' 24-7 safe space program for patients discharged from hospital without housing in place.

"Having worked for over 40 years in the Selkirk emergency room, I see the need to improve patient flow to reduce waits and improve care," said Yvonne Oxer, a nurse in Selkirk who works in the transitional care unit. "Our goal in this unit is to provide a safe, welcoming and supportive environment for patients who no longer require acute care services but still need support as they transition out of hospital."

So far, 35 of the announced beds are staffed and operational, with a plan to have them entirely open by the end of the year, the minister noted. ■



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View a display of The Pantleg Horn at Interlake Healthcare Products in Selkirk, Manitoba

Having problems getting dressed into your pants? Well, your struggles may be over!

- Submitted

Breakthrough device provides assistance to people of all ages to slide their feet into their pantlegs without resistance by providing a friction free liner to eliminate any struggles due to medical issues & conditions, fashion choices, work uniforms etc.



When pharmacist Rob Sitarz witnessed his teenagers ruin their expensive distressed jeans (you know—the ones with the “fashionable” tears and holes), he knew he had to come up with an idea of how to prevent this from happening. In their efforts to quickly get dressed in the morning, they would hurriedly thrust their feet, one leg at a time, through each pantleg. Inevitably a foot would exit where it wasn't supposed to. Instead of coming out the bottom cuff, it would tear through one of the strategically placed holes and tears in the jeans. Not only would this ruin the look of the jeans, but it was playing havoc with Rob's wallet as the requests for new jeans came flooding in from impatient kids.

Rob's creativity and inventiveness, which he inherited from his father, kicked into high gear. What was needed was something to prevent the inadvertent exit of a foot from anywhere but the bottom of the pantlegs. Something to “close” off the holes and make it easier to slide a foot alongside. Rob came up with a number of prototypes made out of some Crazy Karpets that were kicking around the garage. After some iterations, a usable form came to be albeit somewhat flimsy. With it being used effectively by the kids, and actually Rob and his wife themselves, he partnered with a plastics company in Winnipeg to create a mold and produce a sturdier, more professional looking product out of medical grade plastic. Even at

this point, changes were still being suggested by a home healthcare business in Selkirk. Their suggestions were implemented and **The Pantleg Horn** was born. Why the name? Well, simply think of it as a shoe horn for your pants—it really fulfills the same function. Instead of easing your foot into your shoe, it eases your foot through your pantleg.

Because Rob works with different disciplines in his pharmacy position, it wasn't long before there was interest among the occupational therapists and physiotherapists for their patients. Patients with medical conditions such as arthritis, bunions, hammer toes, edema etc. could benefit from The Pantleg Horn. Patients with braces, casts and so on could benefit. *The Pantleg Horn* provides a firm, clean, smooth surface to slide your foot alongside—guiding it through to the bottom of the pantleg, then easily sliding out to be put into the next pantleg. The potential benefits of *The Pantleg Horn* are endless. It would also help those who require quick dressing where seconds count, like firefighters into their uniforms.

The author of *The Wealthy Barber*, David Chilton, former dragon on *Dragon's Den*, has provided great feedback on The Pantleg Horn, citing issues his own father has with donning his pants while getting dressed.

You can view a display of *The Pantleg Horn* at Interlake Healthcare Products in Selkirk, Manitoba. ■



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CELEBRATE • Healthy Aging

Festive fall activities

Now that fall is almost here, it's the season for enjoying the beautiful colored leaves and pumpkin spice everything. To make the most of this glorious season, here are a few fun fall activities that can be enjoyed alone, with family and friends, or with a caregiver.



Do some baking

Whether it's baking apple pie or crumble after a day at the orchard, or making a batch of your favorite cookies—baking is a wonderful way to spend a fall day. Have a little baking party with your family or friends, or together with your caregiver who can pick up what you need from the baking aisle and help with cleanup afterward.

Head to a pumpkin patch

No matter where you live, chances are there's a pumpkin patch somewhere close by! Many pumpkin farms offer other activities to help you make a day of it, like hayrides, petting zoos, and refreshments. Make it a family outing or have a friend accompany you to enjoy the crisp autumn air and help you pick out a pumpkin for baking or carving for Halloween. Many feature live bands, wagon rides, animal farms, fresh fruits and vegetables, giant crops, corn mazes etc.

Enjoy a day of yard work

Raking leaves and other yard work can be a pain, but with a little help from others, you can make a fun day of it! You can enlist friends or family to help you make some fall-themed snacks and hot apple cider that you can enjoy outdoors. If fires are permitted in your area, grab some blankets and marshmallows and relax by the fire after the yard work is done!

Get 'Hygge'

Hygge (pronounced hoo-gah) is a huge trend that comes from the Danish word for cozy and a set of principles that go along with it. Hygge involves staying in and setting up your space with warm lighting from candles, lamps or a fire, wearing your comfiest clothes, being present and indulging in simple relaxing activities.

Play some games or read together, or just talk over a relaxing hot drink while the leaves fall and the wind blows. Doesn't that sound amazing?



Attend a fall fair

It's fall fair season so why not venture out and enjoy the sights, sounds, and flavours. You can head to one of the many large agricultural fairs in the province or visit a local community fair or church bazaar.

Check out the stunning foliage

We are blessed to live in a beautiful country that's especially magnificent when the leaves change colours. Take advantage of all the leafy goodness with a walk in a local park or a drive along a scenic road. Ask friends or family to accompany you and make it a group outing. Breathe the fresh air, admire the beautiful colors on display, and hear the crunch of fallen leaves as you walk!

Adapt activities to suit different mobility levels:

- Open a window to let in some fresh air
- Relax in the backyard or on the deck or porch
- Walk to the mailbox and back on a nice day
- Stroll a block or two in the neighborhood
- Walk through a local park

Try a fall craft

You don't need to be crafty to make something beautiful.

The internet is full of free tutorials for fall themed crafts for people of all skill levels and ages! Fallen leaves can be strung together to make a festive fall garland and pinecones and acorns gathered and painted to display in bowls and on mantles. Enlist the help of friends or family to gather or shop for supplies and make it a group activity!

Go for a hike

The arrival of fall presents a perfect opportunity for hiking. If you are able, find a nearby park or nature path for an afternoon hike. The beautiful autumn temperatures will help you enjoy the outdoors so much more. It's refreshing to feel the crisp fall air and watch the leaves change color!

Autumn Gardening

With beautiful weather and mild temperatures, fall is an excellent time to start a garden of perennial plants. There are many flowers and other fall-friendly plants to choose from.

These fun fall activities can help keep you and your loved ones active and healthy. This autumn season, take advantage of the beautiful weather, get outdoors, explore and try something new! The possibilities are endless.



Join us for an Active Aging Day Event

When: October 3rd 10:30 am -1:30 pm

Where: The Wellness Institute, 1075 Leila Avenue, Winnipeg

Admission is FREE and all are welcome!

Inspired by Active Aging Week, this event aims to help anyone 55+ find support to live a healthy lifestyle and extend their years of ability and independence. For more information please call the Wellness Institute front desk: **204-632-3900** or visit: www.wellnessinsitutue.ca

Celebrate Active Aging and doing the things you love!



CELEBRATE • Strength & Balance

Exercises you can do at home

While it's not possible to completely prevent a fall, exercises that focus on balance and strength training can reduce the risk of falling. These exercises can help improve balance and build strength to help prevent future falls. As you age activities such as squatting, standing up from a chair and walking may be difficult or make you feel unsteady, which increases the risk of falling. The following exercises are intended for those who have a low risk of fall and are able to stand without support from others. Always talk to your doctor or physical therapist before starting new exercises, especially if you have weak balance.



Hamstring Curls

Benefit: helps improve balance and leg strength.

While standing, hold onto a sturdy chair or counter for support and slowly and gently lift your right heel off the floor and raise your foot as high as it is comfortable for you. Hold it up for a count of three then slowly lower your foot back to the floor. Repeat with the other foot. Repeat 3-5 times for each leg.



Knee Raises

Benefit: helps improve body alignment and posture, improve balance and prevent low-back pain.

While standing, hold onto a chair for support and bend your knee to lift one foot off the floor. Hold your knee up for a count of three then lower your foot back down. Repeat 3-5 times for each leg. This can also be done in a seated position.



Mini Squats

Benefit: helps improve lower body strength and ability to squat and things at lower level.

Hold onto a support such as a counter or chair. Keeping your toes forward, bring your leg out to the side and pause with your foot off the floor. Stay standing tall and do not lean. Bring your leg back and rest. Switch legs and repeat on the other side. Alternate 3-5 times.



Calf Raises

Benefit: helps improve balance and leg strength.

Hold onto a counter or chair for balance. Tighten your core (tummy) muscles and rise up onto the balls of your feet. Keep your heels off the ground and count to three. Slowly lower your heels back down. Keep your toes pointing forward and your heels in line with your toes. Repeat 3-5 times.

CELEBRATE • Getting Involved

Looking for volunteer opportunities?

Thinking about how you could contribute to the active aging community?

Consider joining our Board of Directors!

Who we are

Active Aging in Manitoba (AAIM) is a not-for-profit organization, dedicated to the promotion of active aging opportunities for all older Manitobans!

What we do

Active Aging in Manitoba encourages all older Manitobans to move more and sit less; to continue to connect with and contribute their time, knowledge and skills to their community; and, to strive toward optimal health for life.

AAIM promotes and provides programs and services that encourage older Manitoban participation through peer volunteer leadership development, awareness and education on healthy active aging topics, and management of the annual Manitoba 55 Plus Games sport for life program.

Or become a Peer Leader Volunteer!

What is Steppin' Up with Confidence?

Steppin' Up with Confidence is an active living peer led exercise program. Steppin' Up with Confidence is designed to work on functional fitness that will support activities of daily living. With an emphasis on strength, mobility, flexibility, and balance the goal of this program is to support falls prevention, and continued independence. This inclusive program can be done seated or standing and supports individuals at various levels of fitness and mobility.

Who should get involved?

All Manitobans 55 years of age or older with an interest in healthy, active aging and a desire to lead an exercise class for their peers.

What will you learn?

- The importance of regular physical activity on healthy aging and functional ability.
- The proper ways to do a variety of exercises that help older adults stay healthy and independent.
- How to prepare and lead an exercise class for older adults.

"Aging is not 'lost youth' but a new stage of opportunity and strength."



For more information:

Website: www.activeagingmb.ca
Email: info@activeagingmb.ca
Phone: 204-632-3947



CELEBRATE • Active Aging Week

September 30 - October 6, 2024

About Active Aging Week

Active Aging Week, which was first launched by the International Council on Active Aging (ICAA) in 2003, is an annual weeklong campaign aimed at celebrating and highlighting the positive aspects of aging. The event showcases the abilities of older adults and their valuable contributions to society while also emphasizing the role models who lead the way.



The overarching goal of Active Aging Week is to challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, including physical, social, spiritual, emotional, intellectual, vocational, and environmental, regardless of age.

The campaign seeks to provide older adults with opportunities to engage in wellness activities and exercise in a safe, supportive environment, promoting the benefits of healthy, active lifestyles throughout the lifespan.

This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer!

Many people have negative ideas and attitudes about aging. Positive images of aging can help get rid of myths and stereotypes. For example, some people believe that getting older means being inactive, unhealthy, and dependent – but this is rarely the case. In fact, older adults are living longer, healthier, more independent lives than ever before!

Older people make important contributions to society, as friends and companions, neighbours, advisors, family members, caregivers, volunteers, employers and employees, business owners, artists, musicians, and community leaders. Celebrating older adults is an important way to promote positive images of aging!

We are encouraging every community in Manitoba to take part and celebrate healthy, active aging!

How to Celebrate

Host an event

Consider hosting an Active Aging Week event in your community. This is one of the best ways you can help spread the word throughout your area! Make it fun and accessible!

Share a personal story

If you have benefited from becoming active and adopting a healthier lifestyle, consider sharing your story with friends, family co-workers etc. Others are sure to benefit from learning about your wellness journey - you never know who you could inspire to make some positive changes!

Talk about Active Aging Week on social media

Social media is an excellent way to bring awareness to important initiatives. By discussing Active Aging Week on social media, you might just encourage someone to get out and start pursuing a healthier lifestyle.

Why Active Aging Week is so Important

Active Aging Week encourages older adults to get moving

Staying active and taking care of our minds and bodies is the secret to living, moving, and feeling better with age.

For some older adults who reside in assisted living communities, or have mobility issues, just getting out and about can present quite a challenge. Active Aging Week highlights all of the different ways that someone can participate in simple exercise. There truly is something for everyone.

Active Aging Week challenges stereotypes

The focus of this week challenges society's expectations of aging by showing that older adults can live full, rewarding lives regardless of age or health. In fact, many adults have rekindled a former hobby or passion or in most cases, started a new one. They are more active. More social. More engaged. According to the ICAA, "Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental."

Active Aging Week creates a sense of community

We're much more likely to accomplish our goals if we have other people helping to keep us accountable. Active Aging Week helps bring communities of adults together to work towards a common wellness goal.

The Benefits of Active Aging

An active social life allows older adults to experience an array of benefits that help to enhance their overall well-being. Some of the main benefits include:

Enhanced Mental Health

Socializing can help older adults feel loved and needed as their lives are affirmed by their activities and those with whom they interact. Being around other people, especially if you're doing something fun or rewarding, helps us keep a positive outlook on life.

Sense of Belonging

Enjoying the company of others with similar personalities or interests helps us feel like we belong. The need to belong may be more intense for those who may have lost a spouse, family member or friend. Engaging with others can cultivate new friendships and lasting bonds.

Better Self Esteem

The more people socialize or participate in activities with others, the more they benefit by feeling like they contribute to their community. Any positive interaction with friends, family or neighbours can help us feel confident in ourselves and our abilities.

Physical Health

When we have good conversations or do things we love with others, our bodies release health-promoting chemicals that boost the immune system and make us feel physically well. Also, socializing promotes an active lifestyle and better nutritional intake.

Increased Cognitive Functioning

Socializing is also key to keeping the brain sharp as we age. An active social life encourages us to continue learning, observing and responding to the world. Conversation and activity are great for exercising the mind and can potentially lower the risk of dementia.

Purposeful Living

Having somewhere to go, something meaningful to do, or people to see helps us get excited for the day. When we build strong relationships with others, we gain a sense of fulfillment, and spending quality time with those we love reminds us that life is worthwhile.

"It's not how old you are. It's how you are old."



CELEBRATE.

Friendly, inclusive competition!



**Manitoba
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The 2024 in-person Games took place June 18th-20th, 2024 in Brandon. We kicked off the Brandon Games with a curling event on March 5th-7th, 2024 hosted by the Brandon Curling Club. Over the three days 85 curlers participated in either the 4 person team curling or the 2 person stick curling competition. Medal winners from this curling event will be competing in the 2024 Canada Senior Games, Aug 27th-30th in Quebec City.

The June in-person games featured over 20 different events all hosted in Brandon. In total we had over 1000 participants in the 2024 in-person Games. Those participants always bring along family and friends which really contributes to the fun and friendly atmosphere. Summer event Medal winners will be competing in the 2024 Canada Senior Games, Aug 27th-30th in Quebec City.

The Virtual Games were also held June 24th to July 22nd and participants all over the province participated in a variety of activities completed, promoting accessible, equal opportunity programming!

Join us next year!

We are excited to announce that the 2025 MB 55+ Games will be held in Steinbach, MB! Stay tuned and visit our website: www.activeagingmb.ca or email: info@activeagingmb.ca for more details.

We hope to see you there!



The 2026 Canada 55+ Games are coming to Winnipeg!

Aug 25th-28th, 2026



Want to get involved?

Do you have experience volunteering with major events or in any of the following areas: transportation, security, finance, accommodations, opening/closing ceremonies, or any of the Canada 55+ Games events?

Consider volunteering for this great event where we will welcome 2500+ participants from across Canada to Friendly Manitoba. More exciting details coming soon!

Prevention is Key this Flu Season

Make sure to get vaccinated

As we age, we know that eating healthy foods and being physically active will contribute to our overall health and well-being. However, we sometimes tend to pay less attention to other healthy choices that could be life-changing, for example, getting the vaccination for Influenza that is appropriate for us.

Older adults are at greater risk of influenza during the autumn season. What's worse, the flu can aggravate pre-existing health conditions and even require hospitalization.

According to the World Health Organization, influenza vaccination is the 3rd priority intervention to achieve healthy aging after the prevention of falls and the promotion of physical activity.

As we age, there is a natural weakening of the immune system, which increases the risk of Influenza related complications.

Many older adults are living with a chronic condition, such as cancer, heart disease, pulmonary disorder or diabetes, which can put increased stress on the immune system, making them much more susceptible. Diabetes, cardiovascular disease and respiratory conditions are just some of the chronic diseases that can be worsened from the flu.

The flu is highly contagious and can spread up to 6 feet away. People with the flu are contagious one day before developing symptoms and up to 5-7 days after.

The seasonal flu vaccine is the most effective way to reduce the risk of a severe flu infection and prevent hospitalizations and other serious complications.

Get vaccinated to help protect yourself and prevent the spread of flu to others!

Factors that can increase your risk

DIABETES

If an adult has diabetes, the flu can:

- Heighten the risk of severe flu-related complications
- Impair blood glucose levels and increase risk of diabetic ketoacidosis (a serious complication that may occur resultant of abnormal insulin activity)
- Increase the risk of hospitalization by 3x and admittance to the ICU by 4x

CARDIOVASCULAR DISEASE

Cardiovascular disease can include heart attacks, heart failure, inflammation of the heart, stroke & blood clots. In these cases, the flu can:

- Trigger serious cardiovascular complications within a few days following a flu infection
- Increase risk of heart attack 6-10x
- Increase risk of stroke 3-8x and admittance to ICU by 4x

RESPIRATORY DISEASE

If an adult has a respiratory condition, the flu can:

- Trigger asthma attacks, worsen asthma symptoms, which can also lead to pneumonia and other acute respiratory diseases
- Decrease lung function and increase susceptibility to infection
- Result in worsening asthma and COPD



Always consult your healthcare provider about what choice is best for you. Supported by an education grant from Sanofi Pasteur.

FOR THE BEST YOU CAN BE Health & Wellness

Heart to Home Meals' Chef Marc - The Mastermind Behind the Meals - Submitted

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 aWith a career spanning over three decades and across multiple continents around the globe, Chef Marc Miron stands as a culinary expert with an impressive resume to back up his knowledge. As the Executive Chef for renowned international establishments such as Four Seasons Hotel and Resorts, he has received top honours for his creativity, technique, and expansive knowledge of the culinary world. His journey through the world's finest kitchens has been marked by a commitment to excellence and innovation.

As part of the Heart to Home Meals team, Chef Marc is now sharing his talents to craft delicious, comforting, and nutritious meals designed for seniors to enjoy with ease and convenience. We had the pleasure of sitting down with Chef Marc to learn more about his culinary philosophy and how he has taken the Heart to Home Meals experience to the next level.

Chef Marc's Culinary Philosophy

Chef Marc Miron's culinary voyage began over 35 years ago, ignited by a passion for exceptional food and an insatiable curiosity about global flavours. His tenure at high-caliber establishments allowed him to refine his culinary techniques and cultivate a unique style that masterfully blends flavour with nutrition.

Today, Chef Marc brings this wealth of experience to Heart to Home Meals. His contribution as a visionary chef is built on a foundation of meticulous ingredient selection, expert cooking techniques, and an unwavering commitment to ensuring that every dish meets the highest standards of quality and taste.

Chef Marc's goal at Heart to Home Meals is straightforward: to establish and maintain a gold standard of excellence. His aim is for each meal to be the best version of itself that it can be. "If it is Braised Beef, I want it to be the best braised beef possible," Chef Marc says. "To then reach that gold standard, I use my culinary knowledge and experience to incorporate quality ingredients and techniques that are traditional for each dish, and craft a flavourful and comforting meal that seniors,

as well as people of all ages, can enjoy and appreciate."

Elevating Flavours and Textures

When looking to create new, delicious meals and revamp and improve existing ones, Chef Marc starts at the foundation. "The majority of our meals use a base, like a stock, to add layered flavours to stews, sauces, soups, and so much more. Because the base is such an integral part in all meals, I examined our bases and ensured we are using the best stocks - remember that gold standard - so that every meal uses deep, concentrated flavours as a foundation that can be built upon."

To enhance the taste of meals, he also focuses on the seasonings used and ensures that what is used is authentic, purposeful, and distinctive for each dish. "Our Beef Stew and Braised Beef are similar in nature, but we use different spices for each, ensuring that they have their own identity and offer a greater variety to our customers."

"Once our bases and seasonings are elevated, our team reassesses the cuts of meat used for different meals," continues Chef Marc. "I want to guarantee we are using the optimal cut that would offer the best texture for that dish. For example, to reference our Beef Stew again, we began using beef chuck for fattier, more tender pieces of meat that would provide greater flavour and texture."

Finally for Chef Marc, an important consideration with Heart To Home Meals - something he calls a significant game changer - is how to plate certain dishes. He explains: "For breaded meals like Breaded Sole with Spinach and Tomato Sauce, we want the coating to stay fresh and crispy. So instead of pouring sauces on top of the meat, we place it under the meat so that the top breading doesn't get soggy and has the ultimate crunch."

Infusing Excitement and Authenticity

Making meals that are exciting and thoughtful is at the heart of Chef Marc's philosophy. His enthusiasm for each dish is vital, as it ensures that the meal is prepared with genuine passion and care. "I need to be excited about the meal to bring the best out of the ingredients and my cooking," he says. "If you're not excited about a dish, you're not cooking from the heart



authentic and trustworthy meals. "Our Beef Goulash, for instance, uses Hungarian paprika and is finished with a hit of caraway seed for a classic take on the Austrian dish. We also keep our meals authentic by incorporating homemade sauces and flavour boosters to craft a more natural meal you can trust."

Addressing Senior Nutrition

Heart to Home Meals is more than just a convenience for seniors in the kitchen, as it provides nutrition and sustenance that is so important for older adults to maintain. Chef Marc explains that his goal is to understand the needs of seniors and address their concerns, but also focus on the flavour and authenticity of these delicious meals.

"As we age, the amount of food we eat in a sitting can change, so we've created various portion sizes that match your appetite. We also respect our audience's taste buds by crafting traditional, comforting, and nutritionally satisfying meals that they can look forward to and feel good about."

A large focus of Heart to Home Meals' recipes lies in their nutritional benefits, as Chef Marc works closely with dietitians to ensure that meals not only meet the highest nutritional standards, but also provide options for specific dietary needs. "Whether it be high in protein or low in saturated fat or sodium, we continually test our recipes and consult with our team of dietitians to ensure the Heart to Home Meals' standards are met," says Chef Marc. ■

and that makes a huge difference!"

Chef Marc's team constantly experiments with flavour combinations to create balanced and intriguing taste experiences that delight the palate. They continue to challenge themselves to build new, unique flavour combinations that perfectly combine sweet, salty, and acidic, exciting the taste buds with every bite.

Authenticity is paramount in Chef Marc's approach, as the roots of each dish are honoured with meticulous attention to detail, true-to-origin ingredients, and traditional techniques. "When it comes to authenticity, I make that my personal goal for every dish so that seniors enjoying our meals can trust that the flavours and ingredients are true to traditional recipes they have adored for decades."

From bases to seasonings to cooking techniques, Chef Marc uses his international experience to honour a dish's origins and build

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Mahjong is not just a game – it’s a family institution!

I was just a tyke of 5 or 6 when I first became familiar with Mahjong. I remember my mom and three of her then-twenty-something friends, sitting around a bridge table playing a game featuring colourful tiles painted with Chinese characters and designs.

I would pull up a chair and watch intently as the players built “walls”, picked 13 tiles each, placed them on their racks, then took turns picking and discarding a tile, simultaneously announcing its value. So, the otherwise silent game would be punctuated by calls of 3 bam, 7 crack, 1 dot, Flower, Green (dragon), East, etc. The object of the game was to complete a “hand”, chosen from the 50-plus selections printed on the official Mahjong card, which changed yearly.

In those days, I was a fast learner (not so much now!) and it wasn’t long before I would sit in as a “fourth” (player), when one of “the girls” couldn’t make the weekly game. I taught my sister, who was two years younger than me, how to play, and “Mahj” very soon became a household institution. In fact, Mahj competitions were particularly popular on rainy summer days, when we were cooped up in a rented cabin at Winnipeg Beach or Gimli.

To give you a little background, the official version of Mahjong originated in China in the 19th century and quickly spread worldwide, with each country developing slightly different methods of



play and sets of rules. We play American Mahjong, which has been standardized by the American Mah Jongg Association and the National Mah Jongg League. In addition to Chinese and American Mahjong, there are also Hong Kong, Japanese and British Mahjong. I will not go into the numerous differences among the various forms – suffice it to say: “Once you’ve learned one form of Mahjong, you’ve learned one form of Mahjong!”

It’s funny how Mahj has come full circle in our family. We still have weekly games -- except now the players are my 90-year-old mother (who still has her original Mahjong set), myself, and my younger sister, who recently retired. Other than that, nothing much has changed. My mother remains a serious Mahj-aholic, my sister plays a quiet, strategic game, and I’m still the loudest and slowest player (oh ya, and I hate to lose!)

Robbi Goltsman-Ferris is a CJNU Volunteer

Visit us at the CAA Travel Expo

We’ll be on-site at the Victoria Inn, 1808 Wellington Ave., for CAA’s Travel Expo on Tuesday, October 1, from 3-7pm! CJNU’s Chris Caslake and Frank Stecky will be bringing you info and insights from vendors at the show.

The expo is free to attend, and CAA Membership is not required. There will be great offers, amazing travel deals, expert advice and free information sessions available to help you research, compare, and book your next holiday.

Meet major cruise lines, tour operators and rail specialists. Explore global destinations, and get your travel and insurance questions answered by industry experts. Consult with experienced CAA Travel Consultants, who will help plan and book your trip, ensuring you receive CAA Member-exclusive benefits. And enter for a chance to win great prizes just by attending!

To learn more, and to register, just head to caamanitoba.com/expo. We hope to see you there!



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

Intergenerational Collaboration Celebrates Tradition: WCSA and Answerer Band Host Unique Double Seventh Festival

Reported by Jennifer Ni

On August 9, 2024, the Winnipeg Chinese Seniors Association (WCSA) and the Answerer Band co-hosted a distinctive celebration of Chinese culture—the Double Seventh Festival. Also known as Chinese Valentine’s Day, the Double Seventh Festival is rooted in the ancient legend of the Cowherd and the Weaver Girl, symbolizing love and reunion that transcends time and space.

This event particularly highlighted the themes of cultural heritage and intergenera-

tional collaboration. The Answerer Band, a rock group with an average age of just 17, performed a series of touching love songs, including “Light Years Away,” “Missed Lover,” “Red High Heels,” and “My Future.” The band’s core member, Summer, also showcased a solo classical dance titled “Glimmer.” The energetic musical performance by the youth provided an unforgettable experience for the audience of over a hundred.

Simultaneously, the WCSA’s performance teams dazzled the audience with their own acts. Highlights included the line dance “Solo Drum Dance,” the Tai Chi performance “West Sea Love Song,” the duet dance “Human Fireworks,” and the group dance “Ring the Bell.” These performances not only showcased the charm of traditional culture but also demonstrated the profound understanding and appreciation of traditional arts by the older generation.

The diverse performances from different age groups during the Double Seventh Festival were not just a display of traditional culture but also a vivid example of intergenerational collaboration and exchange. By coming together to celebrate this traditional festival, the event fostered understanding and connections across generations, allowing the cultural heritage to be both preserved and passed down. ■

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'Zabava Hour' on CKJS is back!

Submitted by Brad Salyn, Host and Producer of the "Zabava Hour" on CKJS 92.7 FM

"All it takes is one song to bring back one thousand memories."

That quote sums up the feeling of hearing songs from ages past that mark the important milestones in our life, whether it be from weddings, birthdays and even funerals, to even somewhat trivial affairs like what food we used to eat, swimming in the lake as a child, or just enjoying time with our old friends around the campfire.

The "Zabava Hour" on CKJS has been an extremely important program for Ukrainian musicians and the entire Ukrainian community on the prairies for over 40 years with a dedicated, loyal, growing, and aging listenership.

Thanks to cultural and business leaders, the show has remained an iconic social staple in keeping not only Ukrainian music and traditions alive, but our precious memories of times passed as well.

It had been three years since the passing of former host, Nestor Shydrowsky and I felt it was time someone volunteered to take on this tradition so we can keep the music alive for our senior generation, and reach out to a broader younger audience.

I personally decided to take this endeavour on and step up and serve the community as the new host and producer of the "Zabava



Brad Salyn, new host and producer of the 'Zabava Hour' radio show featuring the best Ukrainian Canadian music.



Hour" because I strongly believe in the value of this music to build a bridge and provide a strong foundation for generations to come.

Traditional music will always have a place in our hearts as we get older and remember our past, but it is important that we also pass the music on to forge new memories.

There are plenty of talented young musicians who are finding their voice, picking up instruments, and learning the music of their forefathers. It is my hope that this revitalized show gives them a forum and audience to be heard. It is those young people who will build the audience of tomorrow.

Whether you enjoy the music passively while you reminisce about the past, play cards with friends, or if it inspires you to get up and dance – it is literally the soundtrack to our lives.

The "Zabava Hour" will always continue to play the best Ukrainian Canadian music that loyal listeners of the show expect, and will always be a reminder of our past, and our strong future, one memory at a time.

You can tune in to the Zabava Hour with Brad Salyn on CKJS 92.7 FM (Winnipeg's Multilingual Radio Station) on **Fridays at 7pm** and **Saturdays at 5pm**, and listen online at www.ckjs.com ■

Sri Lankan Seniors Manitoba (SLSM)

Folklorama's Tamil Pavilion

By Senaka Samarasinghe



Rowanthi performed on Folklorama stage about seventeen years ago. As a result, she met her good old dancing partners and her friends. Nandi Sokkalingam helped her to get this opportunity, and she trained her as well. Nandi is a Bharatanatyam teacher. Bennita and Anselm were known to us during their stay in Sri Lanka.

Currently, Bennita is the Vice President of the Tamil Cultural Society (TCS). She introduced the President, TCS Thananjeyan. Thanan told me he had contacts with me early. We met Elian Joseph, Board Member of Sri Lankan Seniors Manitoba.

Well before starting the show multi-cultural spectators came with their eastern cultural food-plate for dinner to their allocated table. About 30-40 performers with different age

groups conducted more than eight wonderful traditional Indian dances for one-hour with more than a hundred people in the audience. For a day they conducted three one-hour shows and we participated in the first show for the day on Aug 15th (THU) 2024, 6.45 pm at Burton Cummings Community Centre, 960, Arlington Street. Although it was drizzling, four volunteers were in the car park and more than fifteen volunteers served inside the hall. This is a hard task, and this procedure must be continuously continued for seven days.

Chandani (wife), Rowanthi (daughter), Chathamani (granddaughter) and I participated on the fifth day. All of them served us with smiling faces and we are thankful TCS for their magnificent event. ■

Manitoba Seniors Are Serious about Climate Action

- Submitted

While climate change is creating havoc with our lives and corrective measures seem impossible, seniors are escalating what they can do to create a sustainable future.

Seniors for Climate Mb. is holding a Climate Action EXPO to share information on how to reduce our energy use and impact on the environment. They are encouraging seniors to act now and support local groups.

Tuesday October 1st, 11am – 2pm
The Forks, Winnipeg (on the Patio)

October First is National Seniors Day in Canada. Seniors for Climate, a group of environmental organizations is planning a Day of Action across Canada. Events planned in over 50 communities across the country will focus on personal and political action seniors are taking. Practical solutions to the climate crisis will be provided, so participants can decide how they will help.

The focus of the event in Winnipeg is on seniors meeting with others engaged in climate action. The objectives for the event are to resource seniors to take climate action, encourage and motivate seniors to engage, and to support local environment organizations.

"We know seniors are concerned about the environment and climate impact on the future. So, we're organizing to do something about it," according to Pat Wally, coordinator of Seniors for Climate Mb.

"We can make a difference in what is happening environmentally. We can't be passive. Our collective future depends on what we do. Future generations will benefit from what we do now," adds Pat.

Jim Lapp, one of the organizers commented, "there is so much we can do. Information is a starting point to get us going. We can take action individually and together, to reduce our carbon pollution. We can also help each other adapt to climate change in many ways such as providing air conditioning to low income seniors.

"Obviously we're not going to stop the destruction caused by major carbon pollution by only doing our individual actions. We must do more. We must demand that our society take on more serious climate action. Ultimately we need to collaborate with each other to get our governments to actually act to reduce our carbon pollution and help us prepare for more serious weather events brought on by climate change," he added.

Organizer of the event is Seniors for Climate Manitoba, an informal group concerned about the state of our environment. They are partnering with the Climate Action Team, a local NGO which includes;

- Green Action Centre,
- Canadian Parks & Wilderness Society - Manitoba Branch,
- Climate Change Connection,
- Manitoba Energy Justice Coalition,
- Canadian Centre for Policy Alternatives - Manitoba office.

"We want to encourage more seniors to get involved. Everyone is welcome," says Pat.

For more information:

Consider Climate Manitoba

<https://www.considerclimatemb.ca/events/>

Seniors for Climate Mb,

Jim Lapp 204-226-8726

Pat Wally patw@seniorsforclimate.org/



Folklorama celebrates another successful year as the 53rd Festival concludes

WINNIPEG, MB – August 19 - Folklorama, the world's largest and longest-running multi-cultural festival of its kind*, wrapped up its 53rd edition Saturday, August 17th. Over the 14-day run, Folklorama welcomed guests from across the globe to experience the rich traditions, cultural arts and culinary delights of 38 Pavilions. Throughout the two-week Festival, 296,854 visits took place, including free admission to 23,707 children under 12; an overall

increase of 4% which included strong debuts by two new Pavilions.

Always popular, Folklorama hosted itineraries for 186 group tours and 6,563 guests, a 16% increase from 2023. These tours included local and international guests, offering them an immersive cultural experience, by bus, walking, or cycling.

The success of Folklorama would not be possible without the dedication of its vol-

unteers. This year more than 16,400 volunteers contributed to the success of smooth Festival operations. From helping at Pavilions to assisting with logistics months in advance, these volunteers are the heart and soul of Folklorama.

"We are thrilled to see the strong turnout and the ongoing positive response from Winnipeggers and those visiting alike" said Teresa Cotroneo, Folklorama's Executive Director.

"This Festival continues to be a testament to the strength and vibrancy of our community and an opportunity for us to learn more about our roots or explore a culture we are keen to get to know. We are grateful to everyone who participated and volunteered making Folklorama53 the best two weeks of summer."

Mark your calendars, Folklorama54 takes place from August 3rd to 16th, 2025. ■

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Things To Do - WINNIPEG

Luncheons / Sales / Misc. Gatherings

The Women's Canadian Club of Winnipeg - Luncheon, Sept. 17, 12 noon, RBC Convention Centre. Speaker: Dr. Gordon Goldsborough, researcher for the Manitoba Historical Society, presents 'Winnipeg, Then and Now.' Cost \$35. Reservations and Info: **204-488-8750** or rochelpin@shaw.ca

Things shop ROADSHOW - Supporting the RWB, Sat. Sept. 21, 10:30-3:30, St. Luke's Anglican Church, 130 Nassau St. N. Interested in consigning your treasures at Things shop? Bring them to our new 'Things Valuation' event. Register in advance at 913 Corydon Ave. Hrs: Mon-Sat 10:30-3:30. Reg. fee \$10/app't. Cash only. Info: Al Friesen **204-952-3631**.

The Retired Women Teachers' Association (RWTA) - a strong vibrant group for retired women teachers offering social and altruistic activities and support for our membership. We'd like to invite you to become a member for \$10/yr and to enjoy the 1st of 4 luncheons, Sept. 26, 11:45 at the Masonic Centre. Cost \$25, includes a delicious meal provided by "WOW" caterers, and seniors' entertainer, Neil Keep. Contact: patopal@mymts.net.

Mary, Mother of the Church - Garage and Rummage Sale, Sat. Sept. 21, 8 am-1 pm at 85 Kirkbridge Dr. Toys, books, household items, quality used clothing and furniture etc. Sponsored by the Knights of Columbus and Catholic Women's League with proceeds to charity.

Manitoba Mega Train Show - Red River Exhibition Place, 3977 Portage Ave, Sept. 28-29, Sat. 9-5, Sun. 9-4. Gen Adam \$12, 4-12 \$6, 3 & under free. Free Parking and Accessible. Portion of proceeds donated to St. Amant Ctr.

A&O Support Services for Older Adults - Senior Immigrant Settlement Services. Free In-person and Virtual classes available for newcomers 55+. Register: **204-956-6440** or sis@aosupportservices.ca or in person at 200-207 Donald St., Mon-Thur, 9-4.

Dystonia symposium - Oct. 19, at the Movement Disorder Clinic in Deer Lodge Centre, Portage Ave. The Dystonia Medical Research Foundation of Canada (DMRF) contact is Jennifer Lovell. She leads the support group in Winnipeg for MB. Read Jennifer's story on Pg 8 of this issue of *Senior Scope*. Jennifer Lovell: **431-275-3591**, manitobadystonia@gmail.com

Grands 'n' More Winnipeg - Art from the Attic Sale, Oct. 6, St. Vital Centre. Collection cut-off: Sept. 21. For info about drop-offs or pick-ups: **431-294-5784** or email gnmafta@gmail.com. Proceeds support the

Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign.

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

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

WORLD SUICIDE PREVENTION DAY - SEPT. 10 - to honour and reflect on those we have lost, hope for those that struggle with thoughts of suicide and confidence in the future of a life worth living.

Music / Dancing

RCL Polish Legion Br 246, 1335 Main St - Community Thanksgiving Charity Meat Bingo, Sun. Oct. 6, 1-5 pm, doors open 12 noon. Advance tickets \$10 at Legion or at door. Hall rentals. Elaine **204-589-5493** (leave msg). Open 2 pm Wed-Sat.

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

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

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

Forever Young Club - presents: "Shakin' All Over", Sep. 28, featuring Winnipeg 60's community club rock groups & music legends. Upcoming dances: Oct. 26 (Halloween), Nov. 30, Dec. 28/24 (early New Year's Eve), Jan. 25, Feb. 22 (Valentine's), Mar. 28, Apr. 26 (fundraiser), May 31/25 (volunteer appreciation). Anavets #283 Hall, 3584 Portage Ave. **204-261-4442** or fycwpg@gmail.com to register for dances.

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

Sports / Fitness / Games

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

East St. Paul/Transcona Seniors' Curling Club - looking for Men & Women, 50+, to curl in a fun league, once/twice/wk, Oct-Mar with about 70 members fr. Wpg. Play Wed. & Fri. 10 am, at East St. Paul Curling Club, 260 Hoddinott Rd. Season is 3 rounds of 7 games, and draw new teams each round. Play in 1, 2 or 3 rounds on either/both days. Contact Darryl Chody: **204-224-4016** or dkchody@mymts.net or www.esprtrancurling.com.

Manitoba Ladies Past Presidents' Curling Association - encourages women who have been past presidents of ladies and/or mixed curling leagues anywhere in the world to continue to enjoy the friendships and camaraderie of curling. We host a 1 day Bonspiel in November and a Spring AGM & Luncheon in May. For more information and how to join, please contact Anne at arussell@mts.net or **204-226-1893**.

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** or aclairm@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**

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**.

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**, 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**

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** or bonniefsmith@shaw.ca Diane: **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**

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

St. Vital Cards for Seniors - Cribbage - noon Mon's: Mario **204-955-8387**. Whist - noon Wed's: Sonja **204-254-1408** or Mario **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** 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.

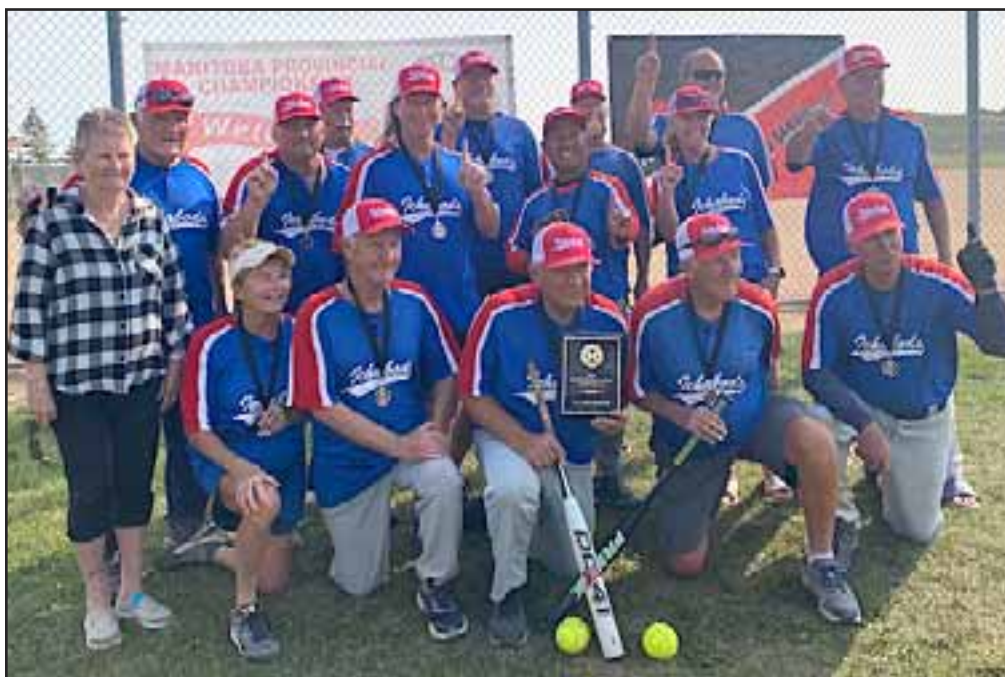
WHSBC contract bridge - at St. Paul's Anglican Church, 830 North Drive, Winnipeg, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Five rounds, changing tables after 4 hands. This is a social friendly bridge club. For further info, contact Ron Wood, President: **204-771-6724**

See more Winnipeg and Rural listings on page 19

St. James Ichabods Slo-Pitch Team 55+ in Manitoba Senior Slo-Pitch Tournament League (MSSTL)

Win Gold in Provincials

Story submitted by Bob Essery, Team Coach / Photo submitted by Terry Lees



The St. James Ichabods 55+ senior slo-pitch team had a very successful year playing in the MSSTL league out of Little Mountain Park. The team was comprised of 20 players (18 men & 2 women). They played double header games every Monday and Wednesday throughout the spring/summer from May to September this year. The team is sponsored by D-Jays-Ichabods restaurant in St. James and has been playing in the MSSTL league for several years.

This year the team participated in the recreational B division playing against teams from Winnipeg and Rural Manitoba.

Teams in the league were Charleswood Hawks, Tri-Clad, Flashback Steelers, Nomads, Winnipeg South B's, Legends, Portage La Prairie, and Ichabods.

The Ichabods competed in 7 league tournaments this year; winning 3 tournaments by winning 4 games straight in each of those tournaments.

Ichabods also came in second in two other tournaments. The Ichabods also played in the 55+ games in Brandon in June, winning 2 games and losing 2.

On September 3rd & 4th, the Ichabods won the gold medal in the provincial championships. Once again going undefeated.

Team members are.... Garry Moir, Dave Boch, Don Feakes, Rick Simister, Marcy Beaucage, Ray Lockhart, Greg Andries, Dean Dickson, Ron Enberg, Corky Hayden, Rene Comeault, Kathy Comeault, Virgil Gil, Steve Pearce, and Terry Lees. The team was coached by Bob Essery.

Things To Do - WINNIPEG *Continued*

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

FREE for non-profits and current advertisers. Submit PSAs by Oct. 1st for the Oct. 10 issue.

Support Groups

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

WRHA - Long Covid Self-Management Group. Sessions: Tuesdays, Oct. 1-Nov. 19, Noon-1:15, Virtual (Zoom). Register: **204-940-1150**, ext 6.

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

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

St. 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**, www.tops.org.

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

Volunteering

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

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

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

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

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**, www.mealswinnipeg.com

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

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

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

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

Victoria Lifeline - Melissa: **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**, Toll Free: **1-888-333-3121**, info@aosupportservices.ca, www.aosupportservices.ca

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

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: lkeehler84@gmail.com or Mel: **204-291-4592**.

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

Central Corydon Community Centre Walking Group - Walk for an hour and then enjoy a sociable cup of coffee or cool drink. Walks are Mon. Sept. 16, Thur. Sept. 19, Mon. Sept. 23, Thur. Sept. 26, Mon. Sept. 30, Thur. Oct. 3, Mon. Oct. 7. Call **204-488-7000** for meeting times and places or visit www.corydoncc.com.

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.

Charleswood Active Living Centre - 5006 Roblin Blvd. Various Programs & Activities for 55+. Mon-Thur 9-4, Fri 9-3. Membership \$35/yr. For info, call **204-897-5263** or email info@charleswoodseniorcentre.org.

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

Dufferin Senior Centre, 377 Dufferin Ave. Thur. Sept. 12, 10 am - Exercise; Sat. Sep. 14 - Dance; Mon. Sep. 16, 1 pm - Bingo; Wed. Sep. 25, 12-1 - Soup and Perogie lunch. Call Al **204-771-3325** for info.

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

Golden Rule Senior Resource Centre - 625 Osborne St. Hours: Mon-Fri 9:45 am-3:30 pm. Fall programming starts Mon. Sept. 19. Call the Centre at **204-306-1114** or email goldenrule@swwrc.ca for info and to register. No membership or fee to participate.

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

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

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

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

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

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**, ncsc@shaw.ca, ncseniors.ca

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

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - **Still Blooming 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**, <https://pal55plus.ca>

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) programs@pal55plus.ca or **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**.

St. James Assiniboia 55+ Centre - Various programs and activities. 3-203 Duffield St. **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** for more info.

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

The Happy Gang - Afternoon Fun, Thur. Sept. 19, Prairie Spirit United Church, 207 Thompson Dr. Conversation, cards, table games, bridge, complimentary light refreshments. Info: **204-832-1000** or **204-895-7410**.

Windsor Community Centre - \$2 drop in. Call for schedule. 99 Springside Drive (St.Vital). **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). 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** or office@windsorcc.ca

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 Oct. 1st for the Oct. 10 issue.

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**

Ile des Chênes/Lorette - Yoga - Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+. For all shapes and sizes; no experience needed. Contact Juliette: yogaforyoumanitoba@outlook.com

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

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

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 Recreation - Indoor walking track, public skating, pickleball! Pickleball Tournament, Oct. 4-6: 18+ all skills welcome! Register online: nivervilleec.ca. Info: **204-388-4600** ext 3, recreation@whereyoubelong.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://seinerservicesforseniors.ca>

Selkirk - Gordon Howard Centre - Various activities, outings, seasonal meals and presentations. 384 Eveline St. Info: www.gordonhoward.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, selkirkseiors.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. Weekly Exercise, Line Dance, Cards, Men's Chat, Ladies' Coffee and Craft, Pickleball, Quilter's Corner, Book Club, Luncheons, Ukulele Club, Bus trips, and more. **204-467-2582**, si55plus@mymts.net, www.si55plus.org.

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

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WEDNESDAY, OCTOBER 2, 2024
 7:00 - 9:00 pm
 Archwood Community Club,
 565 Guilbault Avenue, Winnipeg
 (off Archibald St.), 2nd floor Multi-Purpose Room
 Free Parking - front of building.

For information and to pre-register call/text
Peter J. Manastyrsky
 @ 204-781-7472
 Text or email:
pmanas@mymts.net

LIMITED SEATING, PRE-REGISTER WITH PETER BEFORE EVENT

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.



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
DEALERS, EXHIBITS, FREE GIFTS & PRIZES!

Royal Canadian Mint Coin Exchange - Saturday 10-2
 Coin TBA
 No cost to attend coin exchange

For more information: 
204-479-9124
treasurer@manitobacoinclub.org



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Louisiana Tour
 October 5-19 **SOLD OUT! Thank you!**

East Coast Tour
 May 25 - June 19
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Seine River Services for seniors / Services disponibles pour aînés

SERVICES AVAILABLE



Seine River Services for Seniors Inc. (SRS Inc.) is a non-profit resource organization for older adults that reside in the RM of La Broquerie and the RM and Town of Ste. Anne. We offer many services and resources to support older adults with independent living and healthy ageing.

If you or someone you know have questions, please contact us.

Open Monday to Friday, 9 am to 4:30 pm
Mélanie Brémaud
 Senior Resource Coordinator
204-424-5285
src@seineriverservicesforseniors.ca
 Follow us on Facebook: **SRSENIORS**

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**



Read in Print, Online, by email subscription or mail subscription.

FOR DETAILS:
kelly_goodman@shaw.ca
 204-467-9000
www.seniorscope.com



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:




PAL (55+) PEMBINA ACTIVE LIVING
 170 Fleetwood Rd. Wpg.
 (in the Whyte Ridge Community Centre)
204-946-0839
www.pal55plus.ca

HOURS: Mon. to Thur. 8:30 - 3:30

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www.rwbgetaways.com

The Pros Know **55 Plus** Active Living & Resource EXPOS

Bringing Resources to our Older Adult Population for Better Aging & Happier Living!

Our 2024 Seniors Fall Resource Expos!

Show-Time has arrived...Again!
Good day everyone! Hope you've had a great summer. It's September and we're off to the races with FOUR, yes four shows this fall including a new one added in Garden City.

With the best line-ups to date, these four shows will conclude a run of 25 shows in 36 months around the city. My, my! It has been brought to our attention, that there is no record anywhere to be found

of any other community in Canada doing what this community has done for their older adult populations.

As we have said previously, 'Bravo' to all of the amazing people who have stepped up to the plate these past three years, with the intent to help others deal with all of the stresses we've been through together. Our real Hero's!

September 19th has us at Garden City Community Centre at 720 Kingsbury to

kick off the Fall sessions. This show is hosted by the WRHA funded 'Senior Resource Finders' program that helps bring trained caring individuals to all ends of the city, who are here to help you navigate through the many challenges us older adults face these day.

The awesome 'E.R.I.K' Emergency Response Information Kits, will be available for you to record your emergency info to have handy in the event of

such an event to assist first responders who are present to help you out. It is a lifesaving tool that is worth it's weight in gold.

We have many new resources and the base core group here to help as well as our fine website; prosknowexpos.ca.

Shows run 9:30am - 2:00pm each day with NO charge admission to get in!

Bring a friend, or two, or three. :) **Hope to see you soon! Trish & Rick!**

Welcome to our first two of four 2024 PKE Fall Shows!

Venue Hosts Show Times: 9:30am - 2:00pm



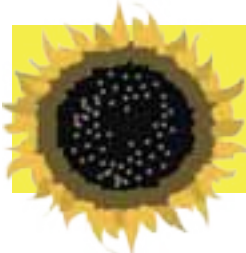
Emergency Response Information Kits & more for Senior well-being!



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



There's two more **Fall Shows 2024**

October 23rd - Dakota Community Centre

November 1st - Fort Garry Mennonite Brethren Church

Many thanks to our Amazing Sponsors:



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Did you Know?



Will be at all our shows to help you with the following and more...

- Canada Dental Care Plan
- Canada Pension Plan
- Canada Pension Plan | Disability
- Canada | Old Age Security
- Canadian Passports
- Social Insurance Numbers
- Guaranteed Income Supplement
- Employment Insurance

CRA will be joining us as well to answer questions!

These 'Outreach' Programs have helped thousands of people navigate the system so much easier!

Here's a list of some of the amazing resources coming to the Fall Expos...

211 MB. | A&O Support Services | Bergen Gardens | Brightwater Senior Living Tuxedo | Canadian Footwear
Canadian Mental Health Assoc. | Indigenous Health | Family Doctor Finder | CancerCare MB.
CHCP Elevator | Community Paramedics Service | Desjardins Financial Group | Heart to Home Meals
Manitoba Possible | Misericordia Terrace | Northway Pharmacy Group | Olson Professional Cleaning
PEAM (Prevent Elder Abuse Manitoba) | Prime Home Health | Quality Senior Services | Victoria Life Line
Winnipeg Police Service - Crime Prevention and more...

Please go to our website to confirm which shows they are available...

24 / 7 Older Adult & Seniors Resources available at:
prosknowexpos.ca & seniorscope.com

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WORDSEARCH - SEPTEMBER - FALL By Roni Alward & Senior Scope

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 G N R U F R C W L S M A Y V P L A T F R B
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Amber	Cough	Fresh	Homecoming	Pie	Soup
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Brisk	Fall	Grain	Nature	Rust	Vibrant
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Cold	Flu	Harvested	Owl	Socks	Wilted
Colors	Fog	Hay	Pecans	Soggy	Wind
Corn	Forage	Heater	Pickling		
	Foraging	Hibernation			

SOLUTION ON PAGE 23

CROSSWORD - By Myles Mellor

ACROSS

- Word after grown or follow
- Certain coffee table shape
- Sprat's no-no
- Held court
- Well done
- Valuable deposit
- Nostalgic period
- Behind schedule
- Dead, for one
- Synagogue official
- Winter sport equipment
- In unison, with as
- Express disdain
- Considering that
- "Guilty," e.g.
- Rear part
- Rejected
- Selected
- Take in
- Important times
- ___ manual
- Road-crew supply
- Money drawer
- Contend for superiority
- Basis for a kind of discrimination
- Improve the copy
- Useful abbreviation

DOWN

- Unscrupulous person
- Legal prefix
- Shot in the dark
- One way to shop
- Way through
- Doesn't dilly-dally
- Vichyssoise ingredients
- Archeologists' finds
- A word with you
- It was once harboured in Boston
- Edge
- Scans, as data
- Pitcher part
- License's cost
- Poodle skirt or parachute pants
- Doctor involved in space exploration
- Groovy
- Went into
- Meet with
- Earth fractures
- Takes out
- Far ___ of the moon
- Flush
- Ceremonial event
- Certain offshoot
- Price sign
- "Give it ___!": "Try!"
- Fictitious account

SOLUTION ON PAGE 23

Looking for Supports for Older Adults?

Call 2.1.1

FREE • CONFIDENTIAL • 24/7

A partnership between **211 Manitoba** and **A&O Support Services for Older Adults**

LAUGH A LITTLE

I saw a guy at Starbucks today. He had no smart phone, no tablet and no laptop computer. Just sat there. Drinking his coffee. Like a Psychopath.

My diet doesn't seem to be working for me. From now on I'll just concentrate on getting taller, not lighter.

I'm not into 'Seizing the Day'. I just like to poke it with a stick.

I was asked what I look for in a relationship. I said, "A way out."

Medical proverb: A patient cured is a customer lost.

I said I was good at making decisions, but I didn't say they were good decisions.

Don't confuse education with intelligence.

Don't ridicule someone who speaks broken English. It just means they speak two languages, one more than most.



THE SOUTH BEACH CONCERT
NEW SERIES

DOORS OPEN AT 7PM
OCT 5TH

The New South Beach Concert Series presents **Damn the Torpedoes'** a tribute to Tom Petty!
Tickets available online or at our Hotel front desk.



TICKETS \$25

DAMN THE TORPEDOES



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DETAILS AT SOUTHBEACHCASINO.CA

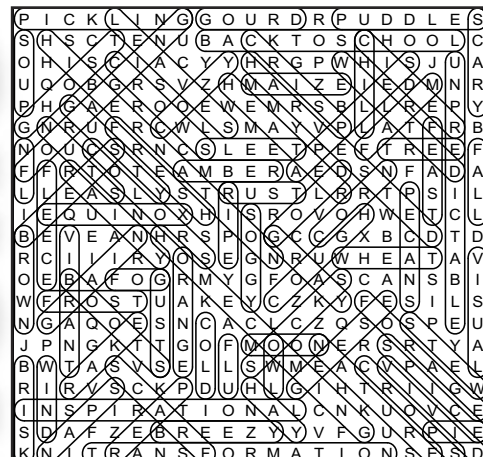
SUDOKU - Very Easy By Senior Scope

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



SUDOKU - Solution

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

CROSSWORD - Solution

1	U	P	S		4	O	V	A	L		8	F	A	T
11	S	A	T		12	N	I	C	E		13	O	R	E
14	E	R	A		15	L	A	T	E		16	S	E	A
17	R	A	B	B	I		19	S	K	I	S			
					21	O	N	E		23	S	N	I	F
26	W	H	E	R	E	A	S		30	P	L	E	A	
31	H	I	N	D		32	R	E	F	U	S	E	D	
34	O	P	T	E		35	D		36	E	A	T		
					37	E	R	A	S		39	U	S	
43	T	A	R		45	T	I	L	L		47	V	I	E
48	A	G	E		49	E	D	I	T		50	E	T	C
51	G	O	D		52	S	E	E	S		53	N	E	T



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Sri Lankan Seniors Manitoba (SLSM)

Deepal: Third Death Anniversary

By Senaka Samarasinghe

Deepal my roommate in University of Colombo and my brother-in-law who paved the way to my daughter and her family to come to Winnipeg, Canada. Subsequently, Chandani and I followed them to Winnipeg.

Deepal's second daughter Yosha (Ranmini) arranged to recite Pirith on Aug 18th (SUN) 2024 and Almsgiving (lunch) on Aug 20th (TUE) 2024. These two Buddhist rituals conducted to offer merits to her loving Father's third death anniversary.

Deepal's son Asitha too attended both. These two commemoration rituals conducted at Ranmini's home inviting Monks from Manitoba Buddhist Vihara (Manitoba Buddhist and Cultural Association).

May Deepal's journey in Samsara be short and may he realize the ultimate truth of Nirvana! ■



the CLASSIFIEDS

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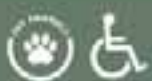


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