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Vol. 23 No. 4 | Oct 10 - Nov 9/24

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HOUSING & RELATED SERVICES FEATURE
See pages 11-16

"Team Manitoba" Goes for Gold at 2024 Canada 55+ Games in Quebec City, QC

- Lois Dudgeon, Team Manager



Team MB 2024 waving their flags with long time Games participant /golfer John Erickson from The Pas as flag bearer.

"Team Manitoba 2024" returned September 1 from the 2024 Canada 55+ Games in Quebec City, QC. The team of 94 participants ranging in age from 55 – 83 experienced the fun and friendly competition of the national Games in Quebec City August 27 – 30. Golfer John Erickson (74) was chosen to lead Team Manitoba as flag bearer in the Athletes Parade into the Opening Ceremonies. Approx. 2290 athletes from all across Canada participated in this year's parade and Games.

Team Manitoba brought home a total of 22 medals: Gold – 10, Silver – 4 & Bronze – 8.

- the majority of medal winners were 1st-timers to the Games.

See the "Team Manitoba 2024" – Medalists list on page 3.

Manitoba athletes participated in 7 / 19 events including Cribbage, Curling, Golf, Pickleball, Slo-Pitch, Swimming and Track.

Special events included the Opening Ceremonies / Athletes Parade on Tuesday, a ghost tour of Quebec and Closing dinner and dance on Friday. The eldest male (91) and female (91) were also recognized at the Opening Ceremonies.

The Canada 55+ Games president also announced the Host Community for the 2026 Canada 55+ Games would be Winnipeg, Manitoba!

All Team Manitoba participants need to be congratulated for qualifying and participating at the 2024 Canada 55+ Games.

They're all WINNERS for proving you're never too old for "FUN & Games"!!

For more information, please contact:

Lois Dudgeon,
Team Manager at
204-822-6207 or
Your local "Team MB"
participant – for a photo
with their medal(s)

SEE LIST OF
MEDALISTS
ON PAGE 3

For details see Page 18



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Send your Letters or Community Story Submissions to: kelly_goodman@shaw.ca

The FOUR TUNED COOKIES – A Unique Band in Many Ways

By Bud Ulrich



A MANITOBA MOMENT

Bud Ulrich

On a lovely Manitoba summer evening back in July at the Millennium Gardens in North Kildonan, my partner and I enjoyed an outdoor performance by the Four Tuned Cookies. Four talented women played their instruments and vocalized to the delight of an appreciative audience. Afterwards, I spoke with the organizer of the band, Teresa, and asked if I could interview them at their convenience for an article in the Senior Scope. Teresa was familiar with this newspaper. Arrangements were made to meet the women at the Legion in Winnipeg Beach.

A few weeks later I was on my way to Winnipeg Beach. I expected to see several people at the Legion during the lunch hour, and was a bit concerned about the possibility of noise during our chat. To my surprise, the only people there were the band members rehearsing for their next gig. Fortunately, there were no other events taking place that day.

I was very curious to find out more about the “Cookies”. They were happy to share their stories and passion for music. Sheila Tagesen, Lucille McGillivray, Beverley Tomko Self, and Teresa Tomko Beauregard got their start with a band called the Campfire Junkies. This is a volunteer group that runs out of Mar-Schell’s Music on Henderson Hwy. Funds raised by the Campfire Junkies’ performances are returned to the community to selected groups and charities. All members of the Junkies are volunteers who devote their time and effort through music.

Lucille came up with the rather catchy name for their band while this group of women were at the Beachcomber Restaurant in Winnipeg in 2006. They were sitting around the table enjoying Chinese food and refreshments, and “presto” they came up with this unique name – **Four Tuned Cookies**. What a great moniker!

I am always interested in the background of people who have special interests or talents, and the women of the Four Tuned Cookies are no exception. Each “Cookie”



The FOUR TUNED COOKIES - (L-R) Lucille McGillivray, Beverley Tomko Self, Sheila Tagesen, and Teresa Tomko Beauregard.

has a compelling story to tell. There’s a common thread amongst these women – a passion for music!

Teresa (Head Cookie) was born in Gimli, Manitoba. She has two brothers and two sisters. She was four years old when her dad was killed in a car accident. Suddenly, her older brother, Jim, was thrown into father mode. Her family, including her mom and five kids ranging from six months to fourteen years, were faced with a much different lifestyle. Jim, being a musician, was an inspiration to both Teresa and her sister Beverley. At one of Jim’s campfires, Teresa saw a nine-year old kid playing the violin and guitar. “I thought, why can’t I do that, and soon after I began guitar lessons,” Teresa said. Over 20 years later, Teresa is still playing and singing.

Teresa was in her early twenties when she married Alain Beauregard, and shortly after, she joined the Canadian Armed Forces. After ten years of service, she left the military to raise their son. Both of her parents played musical instruments, and as Teresa says, “Thanks for the gift, Mom and Dad.”

Sheila was a frontline nurse for 37 years, retiring in 2022. Her new journey with her partner in Anola led her back to work as a nurse manager in long-term care in Steinbach. She always had an interest in music and decided to take guitar lessons in 2003. She joined the Campfire Junkies and met the most amazing, talented folks. In 2006, she joined the Four Tuned Cookies, and the band has been going strong ever since. She enjoys the country life, often going to Bird River where she grew up. Music, travel, family, and friends are important to Sheila. Retirement is planned for 2025 where she can do more of the things she loves.

Lucille, has been married to her husband Brad for seventeen years. They adore their 1½ year old fur baby, a Bichon Shih Tzu puppy. Lucille was an educator working with children, staff, and the community. She was a teacher, vice-principal, and principal, eventually retiring after 33 years of service. “I met the girls through the Campfire Junkies,” said Lucille. She learned how to play various in-

Continued on page 5

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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Maureen Bonar & Jeanette Clark	Brandon	Pickleball (55+ 3.5)	Bronze
Suzanne Davidson & Jackie Jacobson	Portage/ Brandon	Pickleball (55+ 4.0)	Bronze
Coleen DuFresne & Patti St. Godard	Winnipeg	Pickleball (65+ 3.5)	Bronze
Gail Emms	Gimli	Track	Gold, Silver & Bronze (60+, 100, 400 & 800m)
Fossilized	Winnipeg	Slo-Pitch 55+	Gold
Ken Friesen	Winnipeg	Track (65+, 400, 800, 1500 & 3000m)	Gold - 2 Silver, Bronze
Neal Hastings & Randy Mandelik	Winnipeg	Pickleball (55+ 4.0)	Bronze
David Holder & Greg Little	Winnipeg	Pickleball (65+ 3.5)	Silver
Helen Nantais & Nancy Payne	Brandon	Pickleball (65+ 3.5)	Silver
Randy Mandelik & Patti St. Godard	Winnipeg	Pickleball (65+ 4.0)	Gold
Paul Scinocca, Norma Purdy, Paul Armstrong & Marla Boyd	Winnipeg	Curling (55+ Mixed)	Gold
Rob Selman	Winnipeg	Track (55+, 1500 & 3000m)	Bronze – 2
Ian Trembath	Brandon	Swimming (55+, 50 & 100m free)	Gold – 2

TOTAL: 22: Gold – 10 Silver – 4 Bronze – 8

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Canada 55+ Games - Team Manitoba Pickleball participants

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PAUL BENNETT – A CFL Outstanding Canadian

By Bud Ulrich



A MANITOBA MOMENT

Bud Ulrich

I was sitting in Smitty's Restaurant on Pembina Highway waiting for Paul to arrive. As he entered the restaurant, he was walking gingerly – he had an accident at work while attempting to move a 95-pound box. Like many seniors, Paul's thinking is stronger than his body, and his knee took the brunt of his overly confident efforts. However, it didn't seem to faze our football chat, or perhaps he was just covering up some acute pain rather nicely.

Although Paul is classified as a senior at the age of 70, it doesn't appear he is slowing down, aside from his recent mishap with a heavy box. He resides in Winnipeg and fills his time with a job at Home Depot where he meets many people and occasionally, customers recall Paul's days in football. Paul is a very outgoing kind of guy, and he clearly loves to chat and talk football, and eventually helps his customers.

At an early age, Paul's dad took him to a Canadian Football League (CFL) game. It was cold, and he didn't dress properly, but he didn't dare show he was freezing (normal behaviour for a teenager).

Playing football was not on Paul's mind until Grade 10, as he wanted to hang out with his friends and play basketball. His history teacher, Frank Hawkins, was a big man who played football at Queen's University. In front of the class, Mr. Hawkins said, "Hey Paul, I understand you're coming out for the football team, but if I were you, I wouldn't even bother, because you're not going to make it!" Even though Paul was only 16 years old, he caught on to Mr. Hawkins' challenge. Paul's cockiness came out and he said, "Mr. Hawkins, I could make your team - or any team!"

Paul made the team and Mr. Hawkins continued to challenge him to become the best player he could be. In Paul's first year of high school football, he was a running back, a defensive back, a cornerback, a quarterback, as well as a punter, and he did all the returns. As Paul said, "I really didn't come off the field." There wasn't much he couldn't do at this game.

Even though Paul made the team, at this stage of his life, football was not his major focus. He preferred hockey. During his high

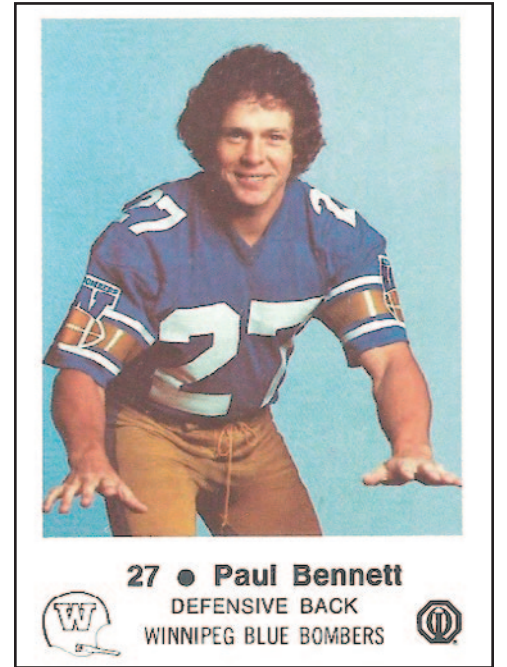


Paul Bennett

school football practices, he would leave early to go to a hockey practice, or leave early to go to a baseball game with his dad. Obviously, sports were big on Paul's agenda.

Mr. Hawkins, teacher/coach, got Paul a scholarship at the University of Missouri, USA. They became good friends, and I truly believe his teacher was responsible in a large way for Paul's success in football. Paul recognized Mr. Hawkins' impact, by stating, "He is the second most dominant male figure in my life, other than my dad."

While on his scholarship at the University of Missouri, he encountered a situation during his second year that was unresolvable, and he found it in his best interest to return to Canada. He attended the University of Waterloo for a year. Paul was in the stadium parking lot talking with Ray Honey (future CFL player) who influenced him to attend Wilfrid Laurier University. Ray said, "Come to Laurier. It's great, you'll have a good time." Paul wasn't paying much attention and suddenly got a call from the coach, asking, "Where are you? Training camp has started." His dad quickly drove him to the camp. Paul hadn't prepared for the rigorous training and by the third day, he was so stiff he had to roll out of bed onto the floor just to get up. He made a lot of great friends and had a great season on the gridiron. Many of his teammates focused on making it to the next level and worked their "keesters" off.



Paul Bennett - sports trading card



Paul Bennett

Paul was a punt returner at the university level, and as he says, "Catching that ball with ten guys coming at you can be one of the most exciting things of the game." In 1976, he returned five punt returns for touchdowns in a single season, and that record still stands today! His success at Laurier gave him the

Continued on page 5

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Are Senior Communities being ignored?

Jeanette Edwards, President / Connie Newman, Executive Director - Manitoba Association of Senior Communities (MASC)

A recent rally at City Hall (Winnipeg) was a resounding success, serving as a testament to the growing momentum and support for senior communities. The event, hosted by Good Neighbours Active Living, brought together MASC communities. Good Neighbours and Archwood 55 Plus provided a clearly stated message: our communities are under attack.

Our communities, formed as self-help groups, are a beacon of hope for seniors, countering the many adverse aspects of isolation. The values they bring are profound. Living longer, happier, and healthier lives is a testament to the power of community involvement and peer support.

Manitoba seniors formed these communities to promote the benefits of socialization with their peers. A few were organized as early as the 1970s, but most were not formalized until the early 1990s when they registered as charities for tax purposes.

Their efforts have allowed seniors to live longer in their homes and communities which they love, and to engage in programs and services that help them maintain fitness and a healthy lifestyle. This significantly benefits Winnipeg and Manitoba, which are hard-pressed to deal with rapidly increasing demands for health care services and personal care home beds.

Seniors who join our communities are less likely to burden our healthcare systems. We need to work with the province, municipalities, and homecare providers to enhance services that allow seniors to stay in their

apartments and homes. Our communities benefit their members, families, cities, towns, and the Province of Manitoba. Healthy and connected seniors are less likely to burden our health care system and require personal care homes. Our members share their lives and support one another. Many form lasting friendships with other members and gather away from the association before and after programs and events. With community support, many older adults remain in community more many more years.

The Province of Manitoba recently announced a program to provide equipment for qualifying seniors to assist them in remaining in their homes. This is consistent with the aims and objectives of senior communities. Our communities must continue to partner with the Province and civic administrations. Their support and partnerships are integral to enhancing the positive aspects of our services to society.

Without our associations, senior isolation is inevitable. The rapid deterioration of isolated seniors is preventable and unacceptable, and the social and economic costs of isolation, including increased healthcare expenses, loss of productivity, and decreased quality of life, are prohibitive. Worldwide evidence is clear (for example, social prescribing connecting people with community services) that social connectedness decreases loneliness, improves mental health and wellbeing and overall wellbeing.

Civic politicians, often without realizing it,

engage in age discrimination. They are frustrated by seniors' growing demands for services and refuse to accept that Manitoba has a rapidly growing senior population that they cannot ignore.

“Community centres, recreation centres, active living centres provide places for older adults to gather, to learn, to be active, to connect. There is a Social Return on Investment Analysis.”

Senior communities contribute to efficient and cost-effective services to their communities, towns, cities, and the province.

Seniors have paid property taxes to their towns and cities for decades and have pre-paid the costs of the spaces their communities occupy today.

There are 229,050 Manitobans aged 65 or older living in the province, representing 17.1 percent of the total population. Of that group, 29,255 are aged 85 or older. The proportion of women outnumbers males in the population as age increases.

Over half (51.2 percent) of Manitobans over 65 self-rated their health as “excellent or very good”. However, 54-62 percent of Manitobans over 55 are inactive (i.e., walking less than half an hour daily).

Approximately one quarter (24.4 percent)

of Manitobans over 65 feel isolated from others “often,” which is a higher proportion than in any other province in Canada.

Indigenous seniors are considered at high risk of experiencing social isolation due to factors such as racism, marginalized language, culture, poverty, and historic negative experiences.

Recently, *A Healthier Canada Report* was released (July 2024) by the Canadian Institute for Social Prescribing anchored by Red Cross. The full report may be found at <https://www.socialprescribing.ca/a-healthier-canada>

Community centres, recreation centres, active living centres provide places for older adults to gather, to learn, to be active, to connect. There is a Social Return on Investment Analysis.

The overall return on investment for social prescribing, social connections: **Every dollar invested into social programs may return \$4.43 to society through improved wellbeing and reduced costs incurred on the health system and government.**

Senior communities have enjoyed over thirty years of positive partnership with civic administration in many parts of Manitoba, and its support has been deeply appreciated.

In Winnipeg, we cannot be financially bullied into extinction. Our commitment is unwavering, and we will continue to fight for the preservation and support of our communities.

We cannot allow a return to senior isolation and ignore agism, as the social and economic costs are prohibitive. ■

Congratulations to Linda Brown (3rd from left), Executive Director of Active Aging in Manitoba (AAIM) on receiving the Red Foster Development Award from Special Olympics Manitoba.

"Thank you to everyone who attended the awards luncheon on Oct 5th. Most of all thank you to the athletes for the nomination and for being at the awards luncheon."

- Linda Brown,
Exec. Director - AAIM



The FOUR TUNED COOKIES, *cont'd from page 2*

struments through lessons on YouTube. The guitar, mandolin, ukulele, and cajón are some of the instruments she plays, and in her spare time she's trying her hand at the fiddle. She loves travelling, gardening, walking, playing card games, and spending time with family and friends. Lucille comes from a huge family of 12 siblings who enjoy each other's company every time they are lucky enough to get together.

Beverley's story is much the same as the other Cookies. They all started off joining the Campfire Junkies. Upon leaving the Junkies, they called themselves the Capo 4, then Lucille surprised them with the current name, and they loved it. Bev was with both

the Junkies and the Four Tuned Cookies for some twenty years. She decided this fall to leave the Junkies because travel from Winnipeg Beach to the city in the winter was just too difficult.

Recently, I was talking with a long-time friend, Lynda Kanaski (maiden name Rudyk), from my old neighbourhood in the North End of Winnipeg. I mentioned the Four Tuned Cookies. Small world - Lynda knows these women! She related a rather comical incident. For reasons unknown, Lynda called Bev - Wendy, and now Bev calls Lynda - Suzy. So Wendy and Suzy are friends! Lynda is involved in some of the Winnipeg Beach Legion events where Bev

also helps, and they see each other at floor curling as well.

Music was a big part of Bev's family. Her sister, Teresa, and both brothers play the guitar and the boys played in bands in their younger years.

The Four Tuned Cookies concert at the Millennium Gardens covered a wide range of music from the 50s to the 70s, and some before those years. It was plain to see the band members were enjoying themselves. During this performance, there were a few glitches, but that didn't matter as the audience was very understanding and it didn't detract from the show. In fact, it created some good-humoured laughter! Setting up

the equipment and dealing with the weather can be challenging at various venues.

Teresa does the arranging for the band. She secures performance events, selects the songs, conducts rehearsals and deals with many of the details. She has a very good ear and if the group is out-of-tune, Teresa is quick to let them know. Her joke-telling is very much appreciated by her bandmates, not to mention the audience.

The Four Tuned Cookies are a perfect way for many folks, young and not-so-young, to enjoy an evening of music and fun by a group of women who are gifted musicians and vocalists. ■

PAUL BENNETT, *cont'd from page 4*

protective choice to play for the Toronto Argonauts.

Leo Cahill with the Argos was Paul's first CFL coach. He was larger than life. He was dynamic, he was fun. He called Paul - Pully. Jim Rowntree played for the Argos and went on to become the secondary coach. When he gave Paul jersey #20, Paul pretty well knew he made the team. This was a defining moment for Paul. In his second year at one of the practices, Paul became involved in a brawl with several players. All of them were gone, traded to other teams, and he was the last guy standing. Other events occurred, and suffice it to say, Paul got traded shortly after to Winnipeg Blue Bombers.

During 11 seasons in the CFL, Paul was recognized in 1983 and 1985 as the most outstanding Canadian player in the league. He was on the CFL All-Star team three times, East All-Star team two times and West All-

Star team two times. Holding the Grey Cup in 1986 when Paul played for the Hamilton Tiger-Cats was the most dynamic achievement of his career in professional football. In 2002, Paul was inducted into the CFL Hall of Fame as a player. He didn't forget to mention his teacher, Mr. Hawkins, who attended Paul's induction. It doesn't stop there. In 2023, Paul was inducted into the Football Manitoba Hall of Fame as a player/coach, and this fall he will be inducted into the Hamilton Tiger-Cats Hall of Fame as a player.

An interesting concept was provided by Paul on his journey in life. He compared his life to climbing a pyramid, where the higher levels you reach, there becomes less room for lack of talent, lack of desire, or lack of focus. As he started to climb up that pyramid, baseball was the first go, and hockey was next. Paul could skate, fight (unfortunately, this seems to be a requirement), and score goals,

but he was never as confident on his skates as he was in running. He ran track and had some decent timings. Paul claims he never really had his feet on the football path until later, but that's when he reached his pyramid plateau - in the game of football!

While chatting with Paul, some familiar names on the Toronto Argonauts team back in the late 1950s came to Paul's mind, Dave Mann, Mel Profit, and Dick Shatto. He remembers meeting Joe Thiesman, a famous quarterback. He admired several coaches from Ray Jauch, and Al Bruneau, to Richard Subler. Their respectful treatment of players and knowledge of the game shone through.

Paul enjoys participating in Winnipeg Blue Bomber Alumni events, rubbing shoulders with his former teammates. He regularly keeps in touch with Joe Poplawski and Dan Huclack. At Paul's age, he says, "It doesn't matter how much time has gone by. It's like a

time warp, everything comes together like it was yesterday, and of course, the old adage - the older you get the better you were." Paul thanks his coaches and his teammates. Without them, none of this would have happened!

Paul has been married to his wife Patti for 22 years. As it turned out, a red-headed girl sitting at her desk ahead of Paul in high school, is now his wife - small world. Paul has three children - Renee, Melissa, and MacKenzie from his previous marriage to Barb. His wife Patti has a son Dylan and a daughter Kendall. Paul has three sisters, Donna, Brenda, and Patty. Paul is a grampa to eight children. He wouldn't change a thing if he had to do it over again - almost!

There is much more to be said about Paul's career in football. We talked "football" for a couple of hours. A rather unique friendship between a retired CFL player and a retired CFL referee - a sports family! ■



ATTENTION SENIORS!

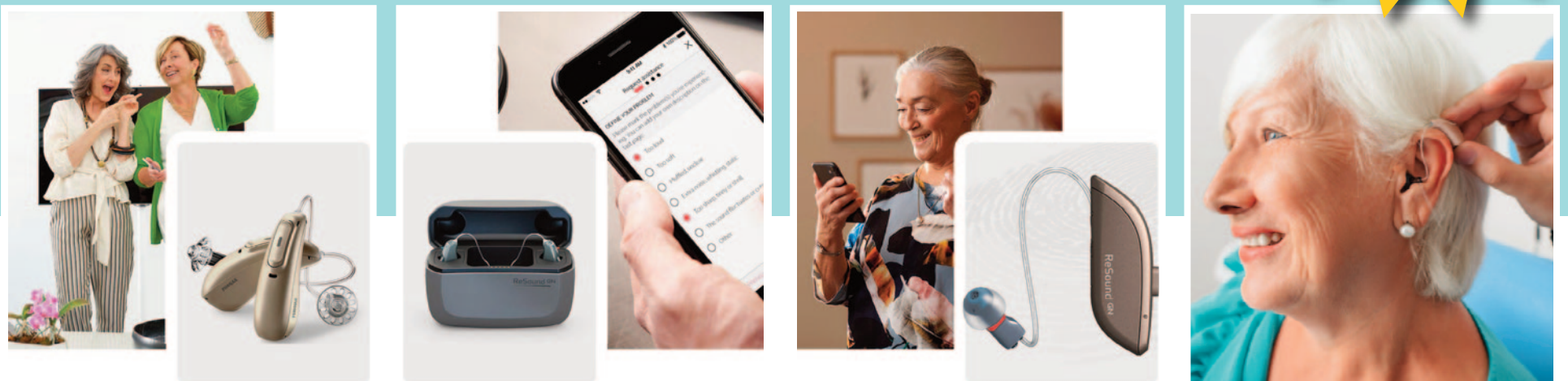
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Message from Canada's Minister of Seniors Steven MacKinnon - October 4, 2024

October is National Seniors Day, Women's History Month, and Cyber Security Awareness Month



Steven MacKinnon,
Canada's Minister
of Seniors

I hope that everyone enjoyed a meaningful **National Seniors Day** on October 1st. Each of you continue to make a profound impact on our lives and society. Whether as mentors, teachers, grandparents or cherished friends, we are deeply grateful for your daily involvement in our

lives; you are a source of inspiration for us all. Your generous contributions have helped build our families, our communities, our workplaces, and our country.

Although these are busy times, we're moving forward with determination! Last month, the call for proposals for the community-based stream of the New Horizons for Seniors Program closed. I am pleased to share that this year we received over 5,000 proposals from across Canada! In the coming

months, there will be more information on next steps, so stay tuned!

I also wanted to take a moment to commemorate **Women's History Month**, a time to celebrate the incredible achievements and contributions of all Canadian women through history who have paved the way for future generations. Visit <https://www.canada.ca/en/women-gender-equality/commemorations-celebrations/womens-history-month.html> (or Google search Women's History Month).

October is also **Cyber Security Awareness Month**.

Celebrating National Seniors Day!

Older adults offer a wealth of experience, knowledge and memories that ground and inspire Canadians every day in our families, workplaces and communities!

On October 1, Canada celebrated National Seniors Day, a special occasion to

honour and appreciate the contributions of older adults to our communities and society. This day serves as a reminder of the invaluable wisdom, experience and resilience that seniors bring to our lives.

As we come out of our celebrations, it's crucial we continue to recognize the diverse roles older adults play, from guiding younger generations to remaining active and engaged in various aspects of community life. Whether through volunteering, mentoring or simply sharing their stories, older Canadians enrich our lives in countless ways.

Cyber Security Awareness Month

Canada's online security is more crucial now than it ever has been before. We are constantly reading and seeing on the news how Canadians are being victimized by cyber-related crime.

Cyber Security Awareness Month is an opportunity to learn how we can best protect ourselves and our loved ones and discuss our

safety while navigating the online world.

This month, get informed on the simple steps to take to protect ourselves and our devices. Some of these steps include:

- securing your accounts with such things as strong passphrases and enabling multi-factor authentication;
- securing your devices, like computers, laptops, smartphones and smart TVs—if it connects to the Internet, it needs to be secure; and
- securing your connections, especially while using public Wi-Fi.

Your online accounts can contain a lot of valuable personal and sensitive information. By making sure your accounts are secure, you are ensuring that your personal information doesn't fall into the wrong hands.

As our technology is ever evolving, remaining vigilant and aware of new cyber threats is one way to be cyber safe. Bookmark **GetCyberSafe.ca** and check it often for tips so you and your loved ones can stay safe online. ■

Advertising Feature

2024 Care4u Family Conference: A Day of Education and Connection for Care Partners

- Alzheimer Society of Manitoba

Cathy Watson can't wait to attend the Alzheimer Society's annual Care4u Family Conference taking place on October 19th.

The day-long conference at the Victoria Inn Hotel and Convention Centre has a variety of breakout sessions covering things like home safety, communication and responsive behaviours, meaningful activities and legal and financial matters – so many helpful topics that Cathy said she had a hard time choosing which ones to attend.

And for that matter, she's just excited to be able to attend in person, knowing her husband Gray will be safely cared for at home. That's because the Society's First Link® Client Support staff suggested Cathy apply for self and family-managed care through the Provincial Home Care program, which is now in place. Cathy can benefit from respite care and she's happy to spend some of those hours at the upcoming Care4u conference.

Gray is 76 and lives with Lewy body dementia. Cathy began noticing the signs five years ago.

"I started noticing something was off in 2019 and we got a formal diagnosis in 2020," she says. "We are still managing but Gray is progressing. I feel like I'm living in an unreal world all the time. A current challenge we face is him constantly seeing things that aren't there and talking about things that aren't really happening."

She and her husband, who had a career as a warehouse manager, have attended Minds in Motion and Tales Along the Trail, two of



Cathy Watson and her husband, Gray

several community programs the Society offers, which have given the couple opportunities to do things together. But Cathy is looking forward to the conference.

"It will be nice to have a day of respite, for one thing, and to meet other caregivers face-to-face, connecting with them and sharing with them. I may recognize people I've connected with online, too. It will be the first time coming together with others through the Society without Gray, without worrying about him," she says.

The theme of this year's conference, "Building Confidence for Day-to-Day Care," is apt, says Cathy. One of the keynote presentations is titled Go with the Flow – Step into Their World. She's looking forward to hearing what speakers, Karen Stobbe and Mondy Carter have to say.

"This conference is all about handling the day-to-day things you go through while caring for someone living with dementia, which becomes more and more important as time goes on and more challenges come your way. You really do have to go with the flow. You play along, and I'll learn new strategies for that."

You can learn more about the many speakers and presentation topics featured at this year's Care4u conference by visiting alzheimer.mb.ca/care4u. Sessions are filling up fast – register today to get your top picks!

•••••

Care4u Family Conference 2024

Building Confidence for Day-to-Day Care
Saturday, October 19, 2024 | 9 am-3:30 pm
See more info below.

THINGS TO DO - OCTOBER 2024

- Free Education Sessions:

Mealtimes and Nutrition

Tuesday, Oct. 15, 10 – 11 am, Virtual via ZOOM

Food and mealtimes are important aspects of a person's life, but food intake and meal enjoyment can change as dementia progresses. Understanding the eating habits of someone with dementia can help you understand changes in preferences and behaviour. Learn from Catherine and Tori as they discuss these changes, and how mealtimes can be adapted safely. Register today at alzheimer.mb.ca.

Community Partner Programs

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

Locations available 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

Care4u Family Conference

Saturday, October 19, 9 am - 3:30 pm, Victoria Inn Hotel & Convention Centre, 1808 Wellington Ave, Winnipeg (Cost: \$50)

Are you feeling at a loss in navigating the changes dementia brings? Join us for a day of education and support where you will learn strategies that will help you work through the day-to-day challenges. Visit alzheimer.mb.ca/care4u to learn more and register. ■

WCSA Hosts Community Gathering for Orange Shirt Day to Promote Truth and Reconciliation

- Reported by Jay

September 30 – Over 250 community members came together to participate in a powerful Orange Shirt Day event organized by the Winnipeg Chinese Senior Association (WCSA). The event aimed to honour Indigenous children who were taken to residential schools, stripped of their cultural identity and separated from their families, while promoting truth and reconciliation within the broader community.

The highlight of the event was a keynote speech by Elder Barbara Nepinak, who shared her deeply personal and emotional experiences with the residential school system. Her moving account shed light on the lasting trauma that these institutions inflicted

on Indigenous communities, providing the audience with a genuine perspective on this painful chapter of history.

To further educate attendees, a bilingual video was shown, detailing the significance of Orange Shirt Day and the legacy of residential schools. The event also featured informational panels with Chinese and English descriptions, offering a deeper understanding of the history and long-term effects of these schools.

Federal, provincial, and municipal Government representatives were in attendance, signaling strong political support for Truth and Reconciliation efforts. Their presence underscored the importance of acknowledging the past and fostering healing for Indigenous peoples.

In addition to the educational components, the event also featured a cultural experience, with participants enjoying traditional Indigenous Bannock bread. This offering allowed attendees to engage with Indigenous culture and heritage, enhancing the sense of connection between diverse communities.

The event concluded in a respectful and reflective atmosphere, with participants gaining a deeper understanding of the residential school legacy and the importance of truth, reconciliation, and cultural exchange. Through education and dialogue, the event successfully fostered empathy and strengthened community ties in the pursuit of justice for Indigenous peoples. ■



The keynote speaker Elder Barbara Nepinak and the interpreter Rose Ju



Participants listened to Elder Barbara Nepinak's presentation.



Active Aging in Manitoba (AAIM) Inspiring active lifestyles



Active Aging Week might be over but activities for October shouldn't be!

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



Linda Brown,
Executive
Director, AAIM

The Canadian 24-Hour Movement Guidelines for Adults 65+ years suggest we need 150 minutes of physical activity per week to start to see some health benefits. Included in that 150 minutes per week is a recommendation that at least twice per week we engage in muscle strengthening activities that involve our large muscle groups.

These Guidelines help us understand the type of physical activity recommended to lower the risk of mortality, cardiovascular disease, type 2 diabetes, several cancers and reduce the risk of falls and related injuries. Increasing strength and endurance will help one remain independent longer and make those daily tasks and chores that much

easier to do. Many of our daily activities require muscle strength and endurance. But what is the difference between muscle strength and muscle endurance? Muscle endurance helps us carry the groceries, carrying laundry, shovel the snow, rake the leaves, and work in the garden. Participating in specific physical activities like golfing, curling, playing pickleball, bowling, enjoying yoga and Tai Chi all require muscle endurance. So, muscle endurance is really the ability of our muscles to perform a movement for a sustained length of time. The time might be the 10-minute walk to the store, the 30-minute walk in the park, or the time it takes to clear your sidewalk of snow. Muscle strength on the other hand is the ability of the muscles to repeat a movement one time. Our bodies adapt to the level of activity that we do regularly. To maintain and improve our muscle and bone strength we need to challenge the muscles by working them at a higher level.

Improving your muscle strength and endurance can be done at home by using your own body weight. The resistance or working against gravity, is provided by our own body weight. For example, when we rise from a chair, we are working against the gravitational pull to come to an upright standing position.

An added benefit is that many of the body weight exercises you can do will also improve your balance. The "Sit to Stand" exercise – which is repeated standing up fully and then sitting down is a great way to strengthen lower body muscles, build up muscle endurance and improve one's balance. Other movements like squats, and wall push-ups are also examples of good muscle endurance activities. Remember endurance is the ability to repeat a movement over and over. One way to improve your muscle endurance is to slowly increase the repetitions over time. That might mean adding one or two more repetitions of

the exercise. Remember our muscles adapt to the amount of activity that we perform, and we can improve that ability by increasing repetitions or the length of time we spend doing the activity. Going for a walk is very good for our cardiovascular endurance and walking also requires muscle endurance to continuously walk for 30 minutes for example. Our heart is also a muscle that benefits from increased time and improved endurance.

The key to any successful health improvement through physical activity is to find an activity that you enjoy! With winter around the corner consider some activities that you can do indoors to ensure that you maintain your muscle endurance. Consider dancing, joining a mall walking group, or an exercise class. The possibilities are endless - just find something you enjoy and invite a friend along to join you.

Remember Move More; Sit Less!

Beware of bill payment fraud scheme

By the Winnipeg Police Service Crime Prevention Team

Are you being asked to pay a bill using cryptocurrency or a gift card? Something doesn't add up, and it could be your bank account balance.

Our Financial Crimes team continues to manage numerous reports of bill payment fraud. The fraudsters are persistent, convincing and dare we suggest ... clever.

If you take anything away from this article, we hope that it is that no reputable business or utility will demand that you pay an outstanding bill through gift cards or cryptocurrency – or even a combination of the two.

Should someone call you to make such a demand:

Just hang up, and if you are concerned, call the customer service number on your most recent bill or on your credit card to inquire about the status of your account.

They will almost certainly tell you that you can pay any amount owing online through the organization's secure website, in person or by cheque.

In one recent incident, an unsuspecting senior was approached for \$8,000. S/he was then asked to go to a big box retailer to purchase gift cards in that amount. Further complicating things and making the transaction almost untraceable, the fraudster asked the victim to convert the gift cards using an online cryptocurrency website.



Thankfully, the quick-thinking and alert management team from the big box store recognized the danger of the transaction, alerted authorities, and refunded the gift cards before the cryptocurrency transaction could be completed.

Investigators have seen an increase in fraudsters using cryptocurrency to steal and hide their illicit funds. The decentralized system allows money to move around the world with limited oversight.

Unlike other payment methods, which can offer some forms of fraud protection, when cryptocurrency is sent, there's no way to reverse the transaction, and the paper trail lacks any identifying information.

Never deposit cryptocurrency into accounts you do not control.

Stay vigilant and protect yourself from falling victim to these frauds. ■

CELEBRATING SENIORS' AND ELDERS' MONTH

				
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BILLIE CROSS MLA for Seine River 431-323-6026	RENÉE CABLE MLA for Southdale 204-222-9038	ROBERT LOISELLE MLA for St. Boniface 204-505-2800	ADRIEN SALA MLA for St. James 204-792-8779	NELLO ALTOMARE MLA for Transcona 204-594-2025

Making Every Day Special

- Heart to Home Meals

It is heartening to see news stories that do more than talk about seniors as a “growing aging population”, that look beyond some of the frailties and remind us how amazing life can be.

Not everyone can perform cartwheels at 86, like Germany’s Johanna Quaas, but remember there are lots of teens who would struggle to do any form of gymnastics. Often, they’re more interested in sedentary pleasures than being active and taking chances.

With Canada’s population getting greyer, don’t be surprised to hear more about individuals who are involved in activities that would test those 40 or 50 years their junior.

Refusing to see boundaries

While researchers are still trying to discover the key to long life, we know that a better health system has made a huge difference. This is not just about reactive care including better medicines and smarter surgeries but also proactive steps that have improved a person’s quality of life.

Lifestyle, particularly diet, has had a profound effect on how people have been able to retire but not slow down. Some have compared diet to having a personal bank account – when you eat good food it is similar to making good financial investments.

For some seniors in Canada, the problem is not overeating but the risk of malnutrition. They either skip meals or resort to eating food that offers few dietary benefits.

Eat good, feel good

Fortunately, many seniors are taking a more thoughtful approach towards their diet and acknowledging it is not enough to simply reduce the portion sizes of their meals. That general perception was based on the view, as you got older you are not as active, so you need less calories therefore reduce your food intake. Because it appears to make sense it

has grown into an accepted option – nothing could be further from the truth.

As you get older, the body requires a different kind of diet, usually with more nutrients.

A senior’s daily food list should include:

1. Colourful fruits and vegetables
2. More Dairy
3. Omega-3s
4. Protein
5. Whole Grains

Heart to Home Meals offers meals specially designed for seniors that also cater to a few dietary conditions. Information from a doctor or dietitian allows customers to make informed choices when looking through the Heart to Home Meals menu.

Seniors are keen to maintain their independence, even if living on their own. At times, cooking can become a chore, and it is easy to skip meals. Having meals easily available can be a great comfort to seniors and family members.

Better Food, More Activity

Staying active helps to maintain a healthy lifestyle, even if everyone’s goals and desires are different.

Ottawa’s Bettye Whiting liked to zip around in sports cars until arthritis in her hip meant getting into a Ford Mustang was too difficult. For her new car, she decided she needed to select a ‘sensible’ vehicle. Cooking can also be a problem because she cannot stand for long periods, Heart to Home Meals is an ideal option for her after a busy day.

Everyone involved in Heart to Home Meals, from cooks to customers, are part of community that shares the view: good food improves the quality of life.

As a final thought, we may want to follow the advice of Albert Einstein: Life is like riding a bicycle. To keep your balance, you must keep moving. ■

Sri Lankan Seniors Manitoba (SLSM)

Concert - Trivarna: [Autumn Harmonies/Three Colors]

By Senaka Samarasinghe



Singing members of Trivarna singing group - (L-R): Nuwandhika Senarathne, Sunil Edirisinghe, Sanka Edirisinghe



Trivarna [Autumn Harmonies/Three Colors]



Taste of Sri Lanka restaurant.



Left: Dining at At Taste of Sri Lanka (Sri Lankan Restaurant).



Right: Saying Goodbye to Sunil and friends at the Winnipeg airport.

Name of the show: Trivarna [Autumn Harmonies/Three Colors] Performed at Franco Manitoban Hall on Sept. 15th (SUN) 2024 evening. Theme of the show: Diversity through Inclusion

Three artists sang more than 30 songs. Sunil and Nuwandhika sang two Tamil songs and Nuwandhika sang a Hindi song. Sunil sang few songs with the participation of the audience.

As invitees there were four participants: (1) Shylajah Ramprasath, Director, India School of Dance and Music / Graduation Training (2) Mr. & Ms. Sockalingam: Founding Member of Tamil Cultural Society of Manitoba (3) Dorothy Dobbie, Editor, *Lifestyle*, provincial monthly seniors newspaper (As Dorothy Dobbie was away from the

country Caroline Fu nominated) (4) Kelly Goodman, Publisher, *Senior Scope*, provincial monthly seniors newspaper.

People’s Representatives were attended, namely: (1) Hon. Terry Duguid, Member of Parliament, Winnipeg South, Manitoba (National Level) (2) Hon. David Pankratz, Member of the Legislative Assembly, Waverley (Provincial Level) (3) Hon. Janice Lukes, City Councillor, Waverley West Ward / Deputy Mayor (City Level) paid for their tickets and offered sponsorships for the proposed three fundraising projects. Further, Terry and David brought tickets for their Constituency Assistances.

Susan Fletcher, Executive Director, Pembina Active Living (seniors’ organization) too attended. ■

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*Some conditions may apply.



The Firefighters’ Burn Fund Inc.

is a Registered Charity (BN 89310 5445 RR0001), Incorporated in 1978.

The Fund is managed by a volunteer Board consisting of active and retired full time and volunteer firefighters, and the Provincial Director of Burns. No one is paid salaries or honorariums.

Patients with severe burn injuries from throughout Manitoba, NW Ontario and Nunavut are transported to the Burn Units at either the Health Sciences Centre or the Children’s Hospital for treatment.

Our support for the Burns Programs consists of providing ongoing educational opportunities for Burn Unit Staff including Nurses, Occupational Therapists, Physiotherapists, and Dietician. We also fund the purchase of specialized equipment, burns research, and a Children’s Burn Camp.

Because it is better to prevent a fire or burn injury rather than deal with the aftermath, the Burn Fund also invests in fire and burn prevention initiatives throughout Manitoba. This includes 20 fire Safety Trailers which gives firefighters a format to teach children about the hazards in the home and how to conduct themselves in the event of an emergency. We also fund the SAFE (Smoke Alarm for Every) Family smoke alarm project in which Firefighters install smoke alarms in owner occupied homes that do not have any.

Your support helps us to fund these initiatives. You may send your donations to:

The Firefighters’ Burn Fund Inc.

PO Box 45001 RPO Kildonan Place, Winnipeg, MB., R2C 5C7

Or online through our website: www.burnfundmb.ca



Home Sweet Home

Whether you are aging in place or planning to downsize and move to an independent living apartment, condo, lifelease, 55 plus/senior housing complex, supportive housing, or assisted living residence, you can find some options and services on pages 11-16 to help you with some decisions you may have to face that may help you live as comfortably as possible.

Executive Suites by Roseman - Your comfort is our goal! - Submitted

Executives Suites by Roseman - located on a quiet street - 243 Queen Street near Polo Park in Winnipeg - is only 7 minutes from the airport and 12 minutes from downtown.

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- Gym
- Board Room
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- Smoke free policy

Additional information is available online at www.rosemancorp.com

or see the advertisement below



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- Building is wheelchair accessible
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SAFETY ALERT Carbon monoxide alarms save lives

That bad headache, dizziness, vomiting and nausea may not be the flu. It could be the first stages of carbon monoxide poisoning.

With the heating season right around the corner, the risk of carbon monoxide poisoning in your home may rise. Carbon monoxide (CO) is a colourless, odourless gas that is produced when wood and fossil fuels burn without enough oxygen. Carbon monoxide can build up due to a faulty appliance, a clogged chimney, inadequate venting, or the buildup of engine exhaust in a garage. It can also happen when fireplaces, wood stoves, clothes dryers, and heating equipment all compete for air in your home. To prevent CO from forming; never use a barbecue, camp stove, fuel burning heater, generator, or any gas-powered engine inside your home, garage, or enclosed space.

To protect your family, install a certified CO alarm near bedrooms and on each level of your home. CO alarms will not prevent CO, only alert you to its presence. A warning sounds when levels of carbon monoxide are detected. If the alarm goes off evacuate your home immediately and leave the door open as you exit. Call Manitoba Hydro at **1-888-MBHYDRO** for an emergency inspection. Test your alarms regularly, change the batteries annually, and replace the alarms on or before the manufacturer's recommended date.

Know the warning signs: persistent, stuffy, or stale air, water condensation on windows, the smell of exhaust fumes, a back draft from the fireplace, or a pilot light that keeps going out. If you are experiencing health problems from suspected carbon monoxide poisoning, seek medical attention – let the physician know you suspect carbon monoxide poisoning.

Keep carbon monoxide out of your home by having your heating system annually inspected and maintained by a licensed heating contractor. Ensure external vents are secure and free of snow, insulation, leaves, lint and debris. If you have a fireplace, make sure it has a fresh air intake duct.

Most of all, ensure you have a working CO alarm installed near your bedrooms and on all levels of your home. Never unplug or remove its batteries because the alarm annoys you. You could save lives, including your own.

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

Safety. It's in your hands.



Two minor injury and illness clinics now open in Winnipeg - Grace Hospital and Misericordia Health Centre - making better use of emergency room resources

The Manitoba government expanded access to primary care and reduced emergency room wait times by opening a new minor injury and illness clinic at the Grace Hospital in Winnipeg.


The Grace Hospital clinic opened in September and will operate similarly to the minor injury and illness clinics on Corydon Avenue in Winnipeg and in Brandon.

The Manitoba government also reopened the former Misericordia

Urgent Care Centre as a minor injury and illness clinic.

Patients will have the option to access services by walk-in appointment or by booking same-or next-day appointments at both clinics. They will operate seven days a week and offer extended hours to fit families' schedules.

The province is delivering on a promise made to Manitobans to invest in primary care and provide more options for non-urgent health care. ■



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Discover Independent Living at Misericordia Terrace



Misericordia Terrace - view from inside main floor sitting and gathering area.

Nestled in the heart of Wolseley, Winnipeg, Misericordia Terrace is as safe as it is convenient. Steps away from bustling local shops, cozy restaurants, and access to Misericordia Health Centre services — the 97-unit building is more than just a place to live. With walking paths throughout The Gates and access to the Assiniboine River, residents can seamlessly switch between the serenity of nature and the vibrant energy of the city.

Misericordia is not a care home or a nursing home, as the non-profit's executive director Cliff Olson says, "it's really an apartment building with extras."

Since opening in August 2023, one extra that's stood out to Misericordia Terrace residents is the food. Lunch and dinner are included in the rent with two entrée options per meal. The menu strikes a balance between healthy and delicious and changes frequently, offering an enticing dining experience for every palate. Lunch and dinner are also available to visitors, providing a great opportunity for friends and family to bond over a warm meal in a spacious and bright licensed dining room.

"The food is amazing ... I'd rather eat here than in a restaurant, and that's

saying a lot," says one of the residents shortly after moving into the building.

Monthly rent ranges between \$2,680 and \$3,300 with reduced rent units between \$2,297 and \$2,445. Aside from two meals per day, rent also includes electricity, water, heating, air conditioning, a personal medical alert system, on-site activities, weekly housekeeping, in suite washer/dryer, on-site management, and building maintenance.

"We are not-for-profit, so we're not here having to balance the needs of our residents against the needs of profit," says Olson. While separate from Misericordia Health Centre, Misericordia Terrace remains guided by the tradition of the Misericordia sisters and carries on their legacy of compassionate care.

To qualify for one of our units, residents must be at least 55 years old and independent. Misericordia Terrace is fully accessible for tenants requiring a walker or wheelchair. Leases are month-to-month, providing the utmost flexibility to our residents. Please visit us online at misericordiaterrace.ca or give us a call at 204-788-8020 for all inquiries. ■

See advertisement on front page.

Fred Douglas Chateau - Affordable, Safe, Downtown Living at its best - Submitted

Fred Douglas Chateau (FDC), formerly Kiwanis Chateau, was developed by the Kiwanis Club of Winnipeg to offer comfortable and affordable living for the 55+ community. Owned and operated by The Fred Douglas Society, a local non-profit housing leader for seniors, and managed by Fred Douglas Management Inc. (FDMI), it embodies a commitment to quality living. Established in 1987 as Manitoba's first Life Lease community, Fred Douglas Chateau boasts 122 suites in downtown Winnipeg.

On Saturday, Nov. 9, Fred Douglas Chateau will have an Open House from 10:00 AM to 3:00 PM.

Building Features:

- 5 appliances (washer, dryer, dishwasher, stove, refrigerator)
- 2 elevators
- Fire-resistant concrete construction
- Sound barriers in walls and windows
- Continuous exhaust fr. kitchen & bathrooms
- Garbage chute/recycling bins each floor
- Wide, well-lit corridors
- Underground parking available
- On-site management office

Amenities on Main Floor:

Multi-purpose room, dining area, library, and games & craft area. Special events and activities such as dinners, coffee

breaks, dance classes, movie nights, horseracing, and bingo, along with Resident's Council office, Canada Post mailbox, parcel locker, & more.

Indoor Walkway:

Indoor walkway to Portage and Main to access various amenities such as theaters, art exhibitions, festivals, sports events, concerts, dining, shopping, Canada Life Centre and the YMCA.

The Courtyard:

Experience FDC's beautiful open courtyard equipped with patio furniture and gardens maintained by residents and the garden committee.

Security/Safety:

Security includes an enterphone system, electronic keyed entrances, security cameras, and on-site security guards during scheduled hours.

Guest Suites:

Two fully furnished guest suites are available for residents' visitors at \$50.00 per night.

FDMI employs a proactive management style, offering objective support to ensure practical and budget-friendly solutions. Currently, FDMI oversees the day-to-day operations of all rental entities within the Fred Douglas Society. ■

See advertisement below.

OPEN HOUSE

November 9, 2024 from 10:00 AM to 3:00 PM

Contact us now to secure your reservation:

204-306-4617

or: sisaac@freddouglas.ca



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

Look no further than

Fred Douglas Chateau (formerly Kiwanis Chateau)!

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



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Kendra L. d'Eon

Barrister - Solicitor - Notary Public

Estate Planning Tidbits: Your Residue

Kendra L. d'Eon - KLD Law

Wills can be as unique as the people making them. The residue of your estate is the pool of money left over after expenses and specific gifts. If your residue is done incorrectly you could end up with a partial intestacy.

Simple residues leave everything to one person, or a small handful of people, and include back up plans if someone dies first. Some are not so simple; things can get complicated when there are no kids and there are large extended families. If this applies to you, keep the following in mind:

Charities

Charitable donations need to be made properly. Specific clauses need to be added to the will, you need to have the registration number and the exact registered name of the charity. If you are looking to benefit many charities, there are organizations out there where you can leave a lump sum to them, and they will distribute it according to your wishes. This gives you the flexibility of changing your chosen charities without having to change your will.

Executor Compensation

Being an executor can be a tough job. There are many ways to compensate your executor and one of them is to leave them a small percentage of your residue. This can be helpful if the estate is complicated, because compensation is proportional to the size of the estate.

Choosing Residual Beneficiaries

Think carefully about who you want to list and why.

The more beneficiaries you have the smaller the shares get. If beneficiaries are not each getting the same amount you could end up with complicated fractions resulting in a higher chance of an error or inadvertent partial intestacy.

While considering what should happen if a beneficiary predeceases you, you want to avoid complicated "if this than that" rules for every beneficiary. You do not want your residue looking like it belongs in a brain puzzle book. Simply saying their share is to be divided amongst the remaining beneficiaries, or to go to that person's children are

two relatively simple ways to solve this problem. If complicated rules are needed, remember this can increase the cost of your will.

Do not Sacrifice Clarity for Simplicity

You would be surprised how many people initially think it is best to leave everything to one person and trust them to divide the money accordingly. If you do this, that person has no legal responsibility to share that money. While you may trust your family, it is my job to remind you that deaths in the family can, and often do, bring out the worst out in families.

There is a lot to consider when planning the residue in your will. This is why it is important to have your will done by a lawyer who is knowledgeable on estate planning. If you have questions about anything in this article or would like a free initial consult about your estate plan, visit our website at www.kldlaw.ca or call 204-989-9850. ■

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- The Wellington Retirement Living

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Welcome to The Wellington, an independent living community designed with your comfort and well-being in mind. Established in 1988, The Wellington is nestled in the quiet neighborhood of Charleswood, offering residents a peaceful retreat while remaining close to the vibrant amenities of the city. With the stunning Assiniboine Forest just a stone's throw away, nature lovers will appreciate easy access to serene walking trails and beautiful green spaces.

At The Wellington, we pride ourselves on fostering a welcoming and supportive community. Our residents enjoy a rich array of daily activities and outings, ensuring there's always something exciting to look forward to. From fitness classes and arts and crafts to group outings to local attractions, our diverse programming encourages social engagement and helps cultivate lasting friendships among residents. We also host special events throughout the year, celebrating holidays and milestones together, which enhances our sense of community and connection.

Our newly remodeled suites are thoughtfully designed for seniors seeking independence. Each suite features a full kitchen, allowing you to prepare your favorite meals or entertain guests in your

own space. Our building is equipped with fantastic facilities, including common areas for relaxation and socializing, ensuring you feel right at home.

One of the highlights of living at The Wellington is our commitment to exceptional dining. Enjoy delicious and nutritious meals prepared by our Culinary Manager, Reuben Matthew and his skilled culinary team, catering to various dietary needs and preferences. Whether you're sharing a meal with friends in our dining room or enjoying a quiet evening in your suite, you'll always find satisfying and flavorful options.

Join a thriving community where independence and companionship come together. At The Wellington, you'll find more than just a place to live; you'll discover a vibrant lifestyle filled with opportunities for growth, connection, and enjoyment. Come and see why so many seniors are proud to call The Wellington their home. Experience independent living at its finest!

For more information, contact **Cindy Hall** at **The Wellington** 3161 Grant Avenue, Winnipeg 204-831-0788 Cindy.Hall@cogirseniorliving.ca www.venviliving.com ■



Find your sense of community
Enjoy your independence with life lease living

Read more below.



Visit mlloa.ca
 for more information!

WHO NEEDS TENANT INSURANCE? – I live in a life lease rental. Maybe? Maybe Not?

Lori Blande - Life lease tenant in Winnipeg - MLLOA member at large

At the best of times, insurance is complicated, misunderstood and poorly explained. "Just sign here and you will be covered". Sound familiar?

For tenants in life lease buildings getting proper insurance coverage is even crazier.

Tenant insurance coverage in life lease buildings is fraught with pitfalls and is highly misunderstood by all parties. As a result, tenants are sold insurance coverage ranging from basic tenant insurance to full blown condominium coverage or something else again.

Few insurance agents understand the distinctions between life leases and condos or basic rental apartments. They do not always realize that life lease coverage is different; that in addition to the basic tenant insurance policy, residents may also need extra insurance to cover other 'things' pertaining to their particular building policies and especially what is outlined in the lease agreement.

Building owners and management companies are not always conversant in the vagaries of life leases compared to other types of residential complexes under their umbrella.

Furthermore, many tenants don't really understand the nuances of life lease living. I thought I had it down pretty well. I discovered that when it comes to insurance you almost need a legal degree to read the lease and even then it's dicey because the lawyers don't always 'get' life leases either.

When tenants move into a life lease complex they are handed a huge stack of

papers, including a lease agreement and Government Schedules pertaining to their lease and to the Life Lease Act, and are asked to 'sign here'. If you are like most people in this situation, you 'sign here' as requested. You do not take an hour or so to actually read the documents, line by line. That is, until you get settled into your new home and then you wonder what all that legalese really means.

I learned, as a tenant in a life lease building, even though I don't own the suite or anything in the suite (besides my furniture, clothes and 'stuff'), and I have little say in building management, I have to have 'special riders' on my insurance to cover more than what is on a typical tenant policy. All because I paid an entrance fee that gives me "the right to occupy the residential unit for as long as I live" I 'need special' insurance and some paragraphs in my lease agreement say so.

If you don't know what you don't know then how will you be able to ask the right questions? If you don't know what questions to ask, how are you going to know if you have the proper insurance for yourself and for the building you live in.

After attending an MLLOA sponsored presentation on 'Life Lease Insurance' I found out I had a number of questions that needed answering by my building management company.

The added insurance is 'recommended' but not mandatory. The following are the riders or endorsements. NOTE: the

names of the 'riders' will differ depending on the insurance underwriter and broker firm.

1. *Life lease deductible coverage* - in case of an assessment for your 'share' of the building's insurance deductible in the case of a claim.

2. *Life lease unit coverage* - in case the building insurance is inadequate, is not effective or there is no insurance; it excludes any improvements made to the unit.

3. *Unit 'owner' improvements* - insures improvements made by you or previous tenants, above the original building specifications. Yes, even if you didn't do any improvements you are expected to insure the improvements. However, if there is a claim and you are ok with the original make up of the suite then you probably wouldn't bother with coverage.

4. *Collectively 'owned' property coverage* - insures your proportionate share of collectively owned property in the case of a claim.

5. *Sewer back-up coverage* - in case the sewer backs up into your suite. It can happen even on the third or fourth floor if there is a blockage on the floor(s) below you.

To add to the mess of insurance, did you know your landlord and/or management company cannot require you to have tenant insurance! And, there are areas of the city where you can't purchase insurance even if you wanted to. Yup, they are called 'blackout areas'.

So you thought you were clear of 'ownership' when you sold your house and decided against 'condo living'.

We can sit back and watch the grass grow or the snow fall and enjoy the contractors cutting and shoveling. But we can't get out of some responsibility even as residents in a life lease building.

This article is only scratching the surface of the complex and thorny issue of insurance for life lease tenants. It is meant only to make you aware of what is out there and strongly suggest you do your own investigating; ask questions of your insurance provider. If you don't get answers that make sense, maybe do more research. ■

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We are grateful for your time in exploring the information and options in this *Housing and Related Services* feature.

We hope you found these resources useful.



11th Annual Pledge Drive • October 24-26

Put a Little Love
in Our Heart




CJNU is located at the **heart** of our community, and we put **love** into everything we do. We are *In Tune with Our Community*—and exist to support that community. It's our privilege to share the love we have for Winnipeg through working with incredible like-minded organizations and highlighting the good things that are happening in our city, and beyond.

We accentuate the positive through playing *Timeless Classics from Legendary Artists*—with an ever-growing collection of some of the greatest music ever recorded (from across the past century) in sound. Out of 8,760 hours in a year, we dedicate 8,000 hours to music. That's 480,000 minutes, or over 150,000 songs!

We are powered, with passion and care, by a team of over 130 volunteers who both produce the programming you hear, and work behind the scenes. They are supported by a small and dedicated staff of just four—and for every 1 hour of paid staff time, over 2 hours of volunteer time are donated to CJNU. At a conservative estimate,

that works out to a value of over \$450,000 in donated time—a figure which is growing with each passing year.

Our heart drives and motivates us... but our head reminds us of the reality that there are hard costs associated with running a volunteer-powered, non-profit community radio station. We've done the math, and it's a pretty straightforward equation. When you add everything up, and get to the bottom line, it becomes incredibly clear that what we do is simply not sustainable without the lifeblood of your contributions—without your support, we would cease to exist.

Our **Pledge Drive** is the one time each year when we pause, and say it to you straight: if you see value in any part of what we do here at CJNU, then we need your help. But this isn't a one-sided ask—if you **Put a Little Love in Our Heart**, we want to show YOU, and our community, OUR love in return!

We are so proud to be continuing our partnership with Peak of the Market and Harvest Manitoba – where the first 300 pledges of \$30 or more leads to a donation of 30 lbs of fresh veggies to Harvest—showing love to some of those who need it most.

We're offering special incentives for those who donate \$60, \$125, \$250 or \$500—plus a truly unique gift for a donation of exactly \$93.70 ('CJNU Dollars')! Visit our website at CJNU.ca for all the latest information.

Plus, we'll have prizes on hand before, during, and after the Pledge Drive, for those who choose to make a contribution of any amount – through our Early Bird, Daily and Grand Prize draws.

Ultimately, our Pledge Drive is a celebration – a three-day showcase of everything CJNU is and does. Every volunteer involved in CJNU will be lending a hand in some capacity – either in the run up to, during, or after, the Drive. We sincerely hope you'll be able to lend a hand—and **Put a Little Love in Our Heart.**



Pledge \$93.70 to get a mini boombox Bluetooth speaker!

Visit CJNU.ca or call 204-410-2700 to make your pledge! THANK YOU for your support!

A Guardian Crystal

By Myles Shane


WORLD OF WINNIPEG

Myles Shane

London, April 1938.

Just a few years before Germany ignited the inferno that would engulf the world in World War II, Crystal Lillian Waters emerged into the unforgiving streets of Walthamstow, London, in 1938. Her father laboured in the chaotic markets, while her mother held their fragile world together at home. By the time Crystal turned two, London had been shattered into a nightmarish war zone. The city pulsed with fear, as Nazi bombs tore through the skies like thunder, leaving nothing but devastation in their wake. Crystal and her family huddled in suffocating bomb shelters, trembling beneath the ceaseless roar of explosions, as fire and smoke turned daylight into a grim twilight. Not long after, her father and uncle were drafted into the war machine, leaving her mother to face the brutal, shattered streets of wartime London alone, navigating a world where survival was the only constant.

Despite the omnipresent dread of air raids, with the ground shaking and buildings crumbling around them, young Crystal's early years were a testament to the resilience and gritty determination of her family. Amid the cacophony of sirens and explosions, they fought to survive, their spirits unyielding even as the Blitz tore the city apart. The shadow of war loomed large, but within the ruins, the Waters family clung to their resolve, embodying the stoic endurance that defined Londoners during those dark, harrowing days.

The Hospice

She was 86 years old, and time had etched every year into her weary frame. She could have been the protagonist of a somber novel, a testament to a life lived through decades of hardship and perseverance. My wife, Naomi Hiltz, who viewed Crystal as a second mother, held her hand throughout the ordeal.

Post World War II, London

When the war finally ended in 1945, Crystal's father returned home, but he was a shadow of the man he once was. London, battered and broken, was a grim backdrop to his return. The city's wounds mirrored his own, with bombed-out buildings and scarred streets serving as constant reminders of the conflict. Crystal remembers the profound sadness in his eyes, a haunting emptiness that replaced his former zest for life. The horrors of war had left him irreparably scarred, and he never spoke of the nightmares he had endured.

As the post-war years trudged on, London struggled to rebuild, and so did Crystal's family. She began working in the bustling, chaotic markets with her father. The once energetic atmosphere was now tinged with a pervasive sense of loss. The smell of fresh produce mixed with the lingering scent of destruction, and the lively chatter was often interrupted by hushed conversations about those who had not returned.

This fragile routine was abruptly shattered when her father died suddenly of a massive heart attack. The heartache of losing him was compounded by the harsh reality of survival. At a tender age, Crystal was thrust into the role of the family's breadwinner, her childhood stolen by the relentless march of time and the cruel aftermath of war. The heavy burden of responsibility fell squarely on her shoulders, as the ghosts of the past lingered in every shadowed corner of their lives.

The Markets

As London attempted to resurrect itself, Crystal spent her days buying and selling in the London markets, trying to support her family. These markets were centres of commerce and community life. Amidst the backdrop of a city still reeling from the war's devastation, they provided an essential lifeline for many Londoners, offering affordable goods and a semblance of normalcy.

Crystal spent much of her time dealing in antiques, a world apart from the spirited, transient nature of fresh produce and everyday necessities. After World War II, London's antique markets flourished as hubs for buying, selling, and trading a wide variety of goods. The economic hardships brought on by shortages and austerity measures

prompted many families to sell heirlooms and valuable possessions, creating an abundant supply of antiques. As a result, markets like Portobello Road, Bermondsey, and Camden Passage became essential destinations for collectors and everyday shoppers alike. People could find furniture, jewelry, books, art, and household items from various periods, with Victorian, Edwardian, and Georgian pieces being especially common. Some items were in excellent condition, while others required restoration, reflecting the war's impact on many homes.

The Melbourne Olympics

Amidst the backdrop of a recovering London, Crystal not only shouldered the family responsibilities but also honed her skills as a photographer, a passion that would eventually bring her great success. She found solace and strength in swimming at a local club, her powerful strokes cutting through the water as a temporary escape from the grim realities of post-war life. Her talent in the pool did not go unnoticed, and she caught the attention of the British Olympic Team. They were assembling a women's swim team for the 1956 Melbourne games and extended an invitation to Crystal. Despite being underage for the Olympics, she managed to compete under a different name.

The 1956 Melbourne Olympics atmosphere was electric, filled with a sense of optimism and international camaraderie. Athletes from all over the globe converged on Melbourne, bringing with them stories of perseverance and the universal language of sport. The city itself was vibrant and alive, with spectators and athletes mingling in a celebration of human potential and resilience.

Crystal swam the breaststroke for London. She was driven by a fierce determination, a burning desire to prove herself not just to her country but to herself. The pool was her arena, the water a familiar adversary she had battled countless times before. Her strokes were powerful and deliberate, each one a testament to the hours of gruelling training she had endured.

That summer, Crystal proudly swam the butterfly for England, her name etched in the annals of Olympic history. Her journey from the bomb-scarred streets of London to the glittering pools of Melbourne was a story of triumph over adversity, a beacon of hope for a world in need of inspiration. Crystal's legacy as an athlete and a survivor would endure, a shining example of what can be achieved through perseverance and unwavering determination.

Life Magazine

As London struggled to regenerate, Crystal found herself drawn to photography, capturing the resilient spirit of the people around her. She began by shooting weddings and various religious ceremonies, her keen eye for detail and emotion making her a natural talent. Her work soon caught the eye of *Life Magazine*, and FOX which approached her to freelance for them. This marked a turning point in her career.

Shooting for *Life Magazine* was a dark, exhilarating journey into the depths of the human experience. Her assignments took her from the manicured fields of Manchester United soccer games to the hellish landscapes of war-torn countries. Once, while capturing the intensity of a Manchester United match, a misfired ball destroyed her camera, a reminder of the unpredictability of life behind the lens.

Crystal's career took her all over the world, her photographs capturing the stark reality of human existence. In war zones, she saw humanity at its most vulnerable and brutal. The air was thick with the smell of gunpowder and death, the cries of the wounded and the silence of the dead creating a haunting symphony. Her lens captured the raw, unfiltered truth of war—the agony, the despair, the fleeting moments of hope. These images not only changed her but also had the power to change the world, bringing the stark reality of conflict into the living rooms of people far removed from the front lines.

Her work for *Life Magazine* wasn't just about capturing moments; it was about telling stories that needed to be told. Whether it was the passion of a soccer game, the quiet dignity of a religious ceremony, or the heartbreaking reality of war, Crystal's photographs spoke volumes. Each shot was a testament to her ability to find beauty and meaning in the darkest of times.

Through her lens, Crystal chronicled the human condition in all its complexity. She became a witness to history, her photographs a



Crystal Waters in London, England

lasting record of the resilience, strength, and fragility of the human spirit. Her legacy as a photographer is one of profound impact, her images a reminder of the power of storytelling to illuminate the darkest corners of our world.

The Hospice

The nurses couldn't predict when she would depart, but they assured us it would be a matter of hours or days, not weeks. The room in the hospice felt suffocating, a sterile chamber filled with the acrid scent of disinfectant mingling with the faint, unsettling stench of sickness and decay. The air hung heavy with the weight of impending loss, thick and oppressive.

It had only been on Friday when her friend found her unconscious in her apartment. A massive stroke had ravaged Crystal's once vibrant spirit, rendering her helpless and at mercy to the cruel whims of fate. The doctors discovered a massive bleed in her brain, a catastrophic event they deemed impossible to recover from. With heavy hearts, they made the agonizing decision to cease all food and water, ensuring she would slip away peacefully, spared from prolonged suffering.

My wife squeezed Crystal's frail hand, her voice trembling as she whispered soothing words. "It's okay to go, Crystal," she murmured. "It's okay to leave us. You're loved. You've had a great life. It's time to be with your family again. Your mom and dad are waiting for you." Tears blurred her vision as she spoke, her words a fragile plea for peace amidst the turmoil.

Toronto, Canada

Years later, Crystal was living by herself in Toronto, Canada. After a marriage that didn't work out, she continued to work in the markets in Ontario, her resilience and determination unwavering.

Life took an unexpected turn when a friend told her about a family in desperate need of a nanny after their mother had passed away. Moved by their plight, Crystal felt compelled to help. Marty, the father, owned a dry-cleaning store and played in the famous wedding band, The Stan Hiltz Orchestra, on the weekends. Just a month earlier, his wife Lauren had died suddenly from an aneurysm, leaving him and their young children, Jonathan and Naomi, emotionally shattered. Marty had recently purchased a new house that Lauren would never see, adding another layer of sorrow to their grief.

When Crystal arrived, she intended to stay only for a short period, but her stay extended until just a few weeks ago. At first, the children were standoffish, wary of this new presence in their lives. They were still mourning their mother, a soft, caring, and fun-loving woman who had taken them on Blue Jays Road trips and to concerts featuring Michael Jackson, Gowan, and Barry Manilow. They had been regulars every weekend at the movies and their days were filled with unexpected toys and constant fun created by their warm loving mother. Naomi recalled, "I still remember seeing E.T. with my mom for the first time. It was her favourite movie." Naomi continued, "On a sunny but cold day in December 1986, when I was ten years old, I stepped into the kitchen of a home my family just moved into. As I walked in, there was this British lady I had never laid eyes on, learning how to use the appliances while my father sat on his favourite chair under the phone."

Crystal came from the hard edges of life, a stark contrast to their late mother. She was strict, demanding, and tough on the kids—a regular Mary Poppins she was not. Her stern demeanour reflected the trials she had faced. She insisted on things being done her way, yet she took care of them, fed them, and played the part of a caregiver to perfection. However, she would never be the soft, spontaneous, and hilarious mother they had lost.

As time passed, the children slowly began to accept her. Crystal's hard exterior masked a deep well of compassion and strength, qualities



Naomi Hiltz with Crystal

that helped the family navigate their grief. She may not have been the mother they lost, but she became a pillar of stability and resilience in their lives. She guided them through their darkest days with a firm hand and a caring heart, ensuring they found a way to move forward amidst the backdrop of a city and era defined by change and survival. Naomi elaborated on growing up with Crystal, "I would quickly find out that this lady had officially moved in, her name was Crystal and would be taking care of us for a few months while we tried to pick up the shattered pieces of our lives after our family had suffered the loss of our mother. Well, those three months turned into almost 38 years!" Naomi rehashes what an important person Crystal became in her life, "She was a huge part of our immediate and extended family for as long as I can remember. She had incredible talent as a professional photographer, and when I told her I was interested in learning the trade, she built a darkroom in the basement of our house. Crystal could also build and repair anything. She built a giant deck over one summer, which our family enjoyed for many years to follow."

Crystal even took Naomi and her teenage friends across Europe, "The summer I turned 19, she took three of my best friends and I across Europe for six weeks in a motorhome that she drove completely on her own! Close to the end of our trip, we stayed in England to visit her family and friends and see where she grew up."

The End

I think it was around six at night. Naomi was squeezing Crystal's hand, and her breathing had become even shallower, a faint whisper of life ebbing away. There were moments when she stopped breathing altogether, the silence stretching into an eternity before another fragile breath emerged. This unsettling rhythm continued for some time, casting an eerie pall over the room. We could almost feel other presences around us, as if the veil between worlds had thinned in those final moments.

Crystal's eyes fluttered open one last time, and she squeezed Naomi's hand with a surprising strength, almost like a final act of defiance against the inevitable. It felt like a silent wink, a final acknowledgment of her love and connection. Naomi sobbed quietly, kissing her forehead and whispering that it was time to let go, time to move on.

Celebration of Life

A month later, we held a vibrant celebration of life for Crystal at her old apartment building, a place that held so many of her memories. The room was filled with her favourite people—Crystal's best friend Audrey, along with many of the ladies who had shared countless moments with her over the years. Naomi's family and friends joined us too, all gathered to honour her remarkable life.

Three large cardboard cutouts stood proudly, each capturing a different chapter of Crystal's journey: one of her at age 3, another at 40, and the last at 80. These life-size images watched over us, accompanied by a display of cherished photos featuring Crystal with family and friends. Every table was a nod to her memory, adorned with her favourite treats—Tim Horton's donuts and cookies, a sweet tribute to her love of life's simple pleasures.

The day was steeped in stories, laughter, and nostalgia, as everyone shared their favourite Crystal moments. Tales of her humour, her kindness, and the special role she played in all of our lives filled the air. It was a day where every detail, every word, was dedicated to Crystal, celebrating the incredible person she had been for all of us.

Naomi summed up Crystal's life, "All I can say is that she was my friend, my teacher and my second mother. She was a wonderful and caring Nana to my kids. She was part of our family, and I will miss her with all my heart. RIP Chris. ♥"



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Things To Do - WINNIPEG

Luncheons / Bake Sales / Fall Dinners

The Women's Canadian Club of Winnipeg - Luncheon, Oct. 16, 12 noon, RBC Convention Centre. Speaker: MommaBat (aka Kari Friesen) astrologer, tarot reader, witch, mother, wife. Cost \$35. Reservations, Info: **204-488-8750** or rochelpin@shaw.ca

Mary, Mother of the Church - Fall Supper on Sun. Oct. 20, 4-7 pm, 85 Kirkbridge Drive. Adults \$20, 6-12 \$10, 5 & under Free.

Riverbend Seniors' Group - Fall Bake & Craft Sale and Luncheon, Sun. Oct. 27, 11-3 pm, 400 Osborne St. Lunch 11-2 pm. Coffee, tea & dessert 2-3 pm while quantities last. Bake table, Treasure table, Handmade crafters & vendors. All welcome. Free admission. Info: Madeline Nield, **204-255-8021**.

RCL Polish Legion Br 246 - Fall/Halloween Luncheon, Sun. Oct. 27, 1:30 pm, doors open 12:30, Cocktails 1 pm, 1335 Main St. Advance Tickets \$30 avail at branch or **204-589-5493** Wed-Sat after 2 pm. Hall rentals available.

St. Charles Headingley United Church - Fall 'Take Out' (homemade) Lasagna Supper, Sun. Nov. 3, pickup at Headingley C.C., 5353 Portage Ave. \$20/serving. Pre-order and pay by Oct. 27. Only 200 meals avail. Call Ramona at rambo4546@shaw.ca or **204-782-1123**. Visit stcharlesheadingley.ca for more info.

Pembina Active Living (PAL) 55+ - NEW LOCATION: 933 Summerside Ave. SAVE THE DATE: Christmas Tea, Tue. Dec. 10. Winter programs registration will be available. Register: programs@pal55plus.ca or **204-946-0839**

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.)

Music / Dancing

St. Charles Headingley United Church and St. Charles Big Band - Holiday Concert, Sat. Nov. 23, 7-9 pm (doors open 6:30), Headingley Community Centre, 5353 Portage Ave. Adm. by donation, 50/50 draw. All proceeds to support 1JustCity Community Ministry projects and programs including Just A Warm Sleep.

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.

Forever Young Club - Halloween Dance Party, Sat. Oct. 26, 7:30-11:30 pm, at Anavets #283 Hall, 3584 Portage Ave. Upcoming dances: 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). **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

The Happy Gang - Afternoon Fun, Thur. Oct. 17, 1:30-3:30, Prairie Spirit United Church, 207 Thompson Dr. Conversation, cards, table games, bridge, complimentary light refreshments. Info: **204-832-1000** or **204-895-7410**.

Archwood 55 Plus Inc. (a non profit organization for seniors) - Monthly Bingo, Oct. 23, Nov. 27, at Archwood Community Center, 565 Guilbault St. Doors open 11 am, games start 12 noon. Light refreshments avail for purchase.

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 Hoddinnott 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.esptrancurling.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 Bonsel 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 aclaim@shaw.ca or visit www.charleswoodcurlingclub.com

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

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**.

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: Norbglenn@yahoo.com or call the Club: **204-256-6654** for info.

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

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

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**

Workshops / Clinics / Support Groups

FREE Flu, Pneumonia, Covid Sots (WRHA) - Oct. 25, 10 am-5:30 pm & Nov. 8, 9 am-1 pm at Unit 3-1050 Leila Ave. (behind Shoppers). Walk-ins welcome. You can also get your free flu shot at Dr.'s offices, Walk-ins, pharmacies or Walk-in Connected Care clinic. More info at your local Public Health team: **204-938-5600**.

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. Jennifer Lovell: **431-275-3591**, manitobadystonia@gmail.com

Caring for the Caregiver - Free workshop, Sat. Oct 26, 10 am-2:30 pm, at The United Church in Meadowood, 1111 Dakota St. Lunch provided (Donations welcome). Please register at ucim.org or **204-256-7002** by Oct 21st.

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**

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

St. Vital T.O.P.S. Weight Loss Support Group - T.O.P.S. (Taking Off Pounds Sensibly) is a 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 - congregated 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 avail- able with 3 hr commitments/week. Contact Samantha Silvester: vcabrini@mymts.net for info or to volunteer.

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

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.

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 siss@aosupportservices.ca or in person at 200-207 Donald St., Mon-Thur, 9-4.

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: lkehler84@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.

Reh-Fit Centre Hosts Community Health Fair: Connecting Winnipeggers with Tools for Healthier, Longer Lives

On October 1, 2024, the Reh-Fit Centre hosted its 18th Annual Community Health Fair. The free event brought together more than 45 exhibitors, including local health clinics, well-being organizations, and active clubs. Attendees had the opportunity to explore a wide range of resources, with many leaving the event better informed about services available in their community. Several visitors shared how they felt inspired to take action toward leading healthier, more active lives.

"This annual event is focused on providing the community with the knowledge and support they need to live better, for longer," said Sue Boreskie, CEO of the Reh-Fit Centre.

The Health Fair was part of Active Aging Week (October 1-6), an international event celebrating healthy aging. The fair provided a valuable space for individuals to connect with experts and learn about the tools and resources that can support their health. With

a strong turnout and positive feedback from the community, the Health Fair reinforced

the vital role it plays in encouraging people to prioritize their health. ■



This aerial shot captures the atmosphere of the 18th Annual Community Health Fair at the Reh-Fit Centre, taken from the second floor above the track. The image showcases local health and well-being exhibitors. Community members are actively engaging with the exhibitors, gathering valuable information and resources.



Two Reh-Fit Centre staff members welcoming community members into the fair. Josh (left), our Membership Services Supervisor, who helped coordinate and facilitated the event. And Blake (right), a dedicated nurse at Reh-Fit who was conducting a free blood pressure clinic at the Her Heart Her Way program booth.

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.

Newfoundland Labrador TOUR

Save the Date!
June 29 - July 11th (2025)

Stroll the streets of Jelly Bean row, admire the untouched coastlines dotted with lighthouses and stand where the Vikings landed! Join us for 12 nights to Newfoundland Labrador. You won't be disappointed!

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

Temple Gardens Mineral Spa MOTORCOACH TOUR

November 24-27th
\$540.00
per person based on double occupancy

Tour includes:
3 nights lodging at Temple Gardens, Motorcoach transportation plus unlimited access to mineral pools.

Immerse for a soak in the geothermal therapeutic Mineral waters in Moose Jaw, Sk!

Red - White & Blue Get-A-Ways
1-866-846-3795
Text only 204-803-6677
www.rwbgetaways.com

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

Seine River Services for Seniors Inc. / Services Rivière Seine inc.

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

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

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

Senior Scope
Finding its way to thousands of those who want it in print and online. www.seniorscope.com

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

Stay Active, Stay Connected!

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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
933 Summerside Avenue, Wpg
204-946-0839
www.pal55plus.ca

HOURS: Mon. 9 am - 12 pm
Tue. & Wed. 9 am - 3 pm
Thur. 9 am - 12 pm

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The Waverley & Rosewood RETIREMENT LIVING

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Fortune Bay Casino
November 4-7
\$100 FREE slot play plus up to \$400 at Par \$325 per person double

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

East Coast Tour
May 25 - June 19
Includes: P.E.I.-Boston-Niagara Falls-Bay of Fundi-Halifax-Peggy's Cove, more!
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204-415-4500
office@anytymetravel.com
www.anytymetravel.com

The Women's Canadian Club of Winnipeg Starts a New Season

- Iris Maurstad



To start the 2024/25 season the Women's Canadian Club of Winnipeg held a luncheon at the Winnipeg RBC Convention Centre to celebrate Winnipeg's 150th anniversary.

To begin, a quiz was offered to test the members' knowledge of Winnipeg events, past and present. There was lots of participation and some obscure facts were included in the questions. It was challenging but fun and prizes were awarded.

Dr. Gordon Goldsborough from the Manitoba Historical Society gave an interesting



Dr. Gordon Goldsborough
"Hey Winnipeg, hope you are still going strong in another 150!"

and informative presentation on "*Winnipeg, Then and Now*" after a delicious lunch. His presentation added to our celebration of Winnipeg 150!

Our next lunch will take place on Oct. 16 at the RBC Convention Centre. Please join us to hear Kari of Momma Bat Witchery speak on Astrology 101 including information about her tarot readings and the founding of the witch's market.

For information or to register email rochelpin@shaw.ca or call 204-488-8750.

'Get out your Bobby socks, Baby!'

By Trish Bennett

It was like being at RYDELL HIGH all over again...when Good Neighbours Active Living Centre hosted a SOCK HOP on September 27th. It was a chance for all to

dust off their bobby socks, adorn their favourite poodle skirt, or rock a pair of rolled-hem jeans.

Ricky, or should I say "Kenickie", (second in command of the T-Birds) agreed to spin the tunes that day. He had everyone excited to do the stroll, jive, or even get all caught up in a 'twist' on the floor. Many dancers hit the floor for the 'SPOT' dances. Remember those!

During the event, a light lunch was provided. It was a chance to sit, chat, and refuel before heading back on the dance floor. The Sock Hop wouldn't be complete if the Leader of the Pink Ladies, Trish, I mean "Rizzo" hadn't been there! Afterall, Ricky "Kenickie" is her steady.

From bobby socks, a poodle skirt, to the bandana in her hair, to the slick flame-themed shirt, jeans and penny loafers on his feet, a dancing couple embraced the theme and were declared "Best Dressed". So many asked for more events like this that unleash the memories of music, dance and fun. Why not? It's never too late to get out your bobby socks, baby! ■



Trish 'Rizzo' Bennett and Ricky 'Kenickie' Roschuk

Things To Do - WINNIPEG *Continued*

FREE for non-profits and current advertisers. Submit PSAs by Nov. 1st for the Nov. 10 issue. Events must be after Nov. 15th. Email wording for your PSAs to: kelly_goodman@shaw.ca.

Dufferin Senior Centre - 377 Dufferin Ave. Dinner & Dance, Sat. Oct. 26, 12-3 :30 pm. Members \$15, Non members \$20. Wed. Oct. 30, Soup & Perogie lunch, 12-1. 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. Book Club, meets 2nd Fri. 1-3:30. This month's book: *The Midnight Library* by Matt Lang; Conversation Café, 1st & 3rd Fri. 1-3:30. Info and other programs, Marsha: 204-306-1114 or goldenrule@swwsrc.ca. No membership fee 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+ NEW LOCATION: 933 Summerside Ave. programs@pal55plus.ca or 204-946-0839

Probus Club of Winnipeg - Social group for retired and semi-retired, meets 3rd Tue. ea. month, 9:30 am, at 603 Wellington Cres. Interesting speakers and topics. <https://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 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

Happy Seniors' and Elders' Month - October!

To share your groups' or clubs' stories with *Senior Scope* readers, email up to 400 words and a photo or two to kelly_goodman@shaw.ca.

Give your events some much deserved publicity for free!

Things To Do - RURAL MB

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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.

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

Niverville Recreation - Indoor walking track, public skating, pickleball! Pickleball Tournament, Oct. 4-6: 18+ all skills welcome! Register online: niverville.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://seineriverservicesforseniors.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, selkirkseniors.com

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

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

Steinbach - The South East Artists - Show and Sale, Sat. Nov. 9, 10 am-4 pm at the Clearspring Mall in Steinbach. See artists at work and displaying their art.

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. Nov. 14, 1-3 pm, Teulon Hall, Main St. Doors open at noon. Dance to the Mosaica. Lunch 3 pm. Silent Auction, 50/50. Tickets \$10.

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

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

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

It's Been a Pleasure to do these Shows!

It has been a pleasure indeed!

Good day everyone! It's truly hard to believe that these last two fall Pros Know Expos will be our 24th and 25th shows in just 36 months. Wow!

Coming out of Covid on October 1st, 2021 and finishing this November 1st, 2024, the PKE community will have put on 25 shows! Wow, again!

We'd like to take this time on this page to thank some of the many organizations and businesses who have so unselfishly stepped up to the plate over this time frame to be there for all of us.

Without them, there are no shows, there

no opportunities to get help, find ways to live better lives, maybe even heal old wounds. But they did it! We've said many times, they are our Hero's and of course our 'Angels'!

First off, our hats are tipped to Kelly at this paper, Senior Scope, for allowing us to exist here for over 4-1/2 years. Senior Scope has been our biggest supporter, our community voice and our home.

Each month, we are reminded of her outstanding commitment for over 21 years to our City, Province and hundreds of thousands of older adults who have relied on this amazing paper monthly.

Thank you Kelly! To Connie Newman, Executive Director at MASC - Manitoba Association of Senior Communitées. If there has ever been a better Senior's Advocate, we know not of. In the very beginning, Connie helped us to realize that these shows needed to come to the people in their neighbourhoods. She was so instrumental in guiding us, setting us in the right direction, and helping us network this, thank you Connie!

Last, but not least by any means, our Sponsors. Oh my! Most of you have been with us throughout all 25 shows! Wow! In the November and December

editions of this column, we will be giving the love deserved to this group of folks, who have shown us time after time, what it takes to be leaders and what real 'Give a Damn!' looks like. We will need that space to do them justice.

In the meantime, two more shows as seen below. Come say 'Hi!'

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!

Just a little teaser for you...New things for 2025! Trish & Rick! Part 1 of 3

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

Venue Hosts



Fall Shows 2024



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



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

Show Times: 9:30am - 2:00pm 'FREE' Admission! Yup! 'FREE!'

Many thanks to our Amazing Sponsors:



**No Way!!!
Yes Way!!!**
**Service
Canada**

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

Old Age Security Passports

Social Insurance Numbers

Guaranteed Income Supplement

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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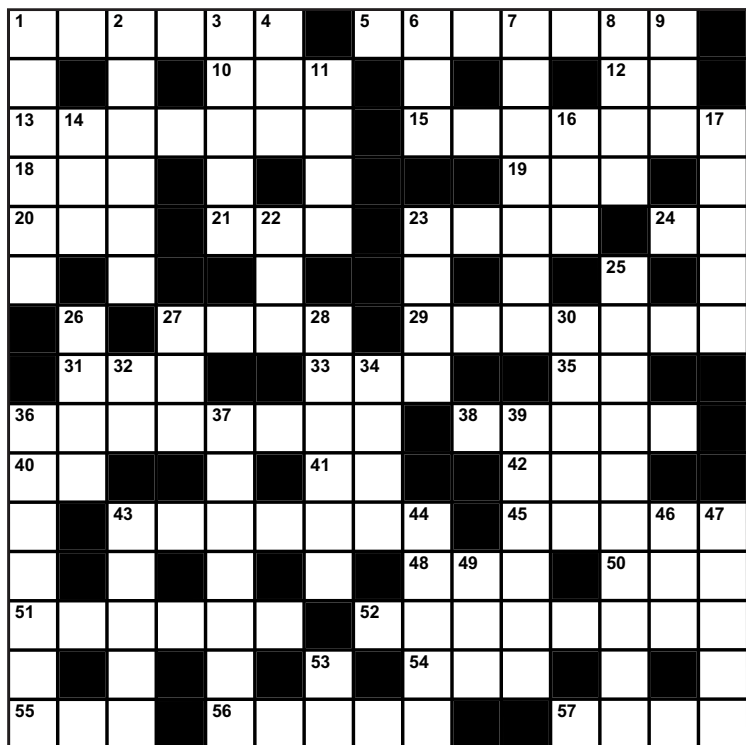
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204-416-7455
www.eahearing.com

Kristy Stefanson-Tarasoff
 B.A., BC-HIS, RHAP

CROSSWORD - By Myles Mellor

ACROSS

- Scary
- Halloween game (goes with 56 across)
- Kind of trap
- Apple pie cooker
- Picture
- Harvest carriers, traditionally
- Place to watch football, perhaps
- Oz man
- Bird in the making
- Nightmare street
- Kind of pudding
- Kilogram, for short
- Thanksgiving potatoes
- Look into the future
- Shelter
- High card
- Audi-visual, for short
- Bite of apple pie perhaps
- "Psycho" bad guy
- Football position
- Chargers' state
- Came across
- Thanksgiving fare
- Last word of a Poe title
- 2001 computer
- Turkish title of rank



- DOWN**
- Halloween insect
 - Halloween color
 - Turkey slicer
 - Passion
 - Turkey seasoning
 - Halloween wear
 - Horror classic, "The ___"
 - Fall features
 - Conduct
 - Wolf down
 - Batman foe
 - See 5 across
 - Ivan the Terrible, for one
 - Sewer mammal
 - School session
 - "When Harry met Sally" star, first name
 - Actress, Basinger
 - View
 - Hasty escape
 - Peace item
 - Harvest time action (2 words)
 - Buckets (2 words)
 - "Is it soup ___?"
 - Relishes
 - Takes out
 - Land of the euro, for short
 - Pot material
 - Illuminated, at night
 - Crop yield
 - It works like a charm
 - Breakfast food
 - Ghost wear, perhaps
 - Swelled head
 - Not so common
 - Medical org.
 - Augusta state

SOLUTION ON PAGE 23

WORDSEARCH - OCTOBER - Feasts & Frights By Roni Alward & Senior Scope

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

- | | | | | |
|---------|-------------|---------|-----------|--------------|
| Apples | Costume | Harvest | Ogre | Stuffing |
| Autumn | Cranberries | Haunt | Pie | Thanksgiving |
| Bat | Crops | Hex | Pocus | Treat |
| Bones | Eerie | Hocus | Potions | Trick |
| Boo | Fall | Jinx | Pumpkin | Turkey |
| Broom | Farmer | Lantern | Rake | Vampire |
| Buttery | Feast | Leaves | Roasted | Wicked |
| Candied | Football | Maize | Scarecrow | Wind |
| Candy | Fright | Mask | Scream | Witch |
| Chilly | Ghost | Maze | Sleet | Zombies |
| Cider | Goblin | Monster | Spell | |
| Cobweb | Gourds | Nuts | Spooky | |
| Corn | Gusty | October | Squash | |

SOLUTION ON PAGE 23

LAUGH A LITTLE

Teacher: Jimmy, what is the chemical formula for water?
Jimmy: H-I-J-K-L-M-N-O.
Teacher: Wrong. Where did you derive this from?
Jimmy: Last week you said it was H to O.

Asked an Engineer friend what type of things he is working on at the moment. I was told he was applying aqua-thermal treatment to ceramics, glass, steel and aluminum under a constrained environment. It sounded impressive. Turns out he was just washing dishes under his wife's supervision.

Reminiscing has consumed my thoughts lately. I think of all the people I've lost along the way and I think to myself... Maybe I shouldn't have chosen a career as a tour guide.

Oh no! I forgot to go to the gym today! That's five years in a row, now!


Advice from a friend about marriage: "Treat your wife like you treated her on your first date." So tonight, I dropped her off at her parents' house.

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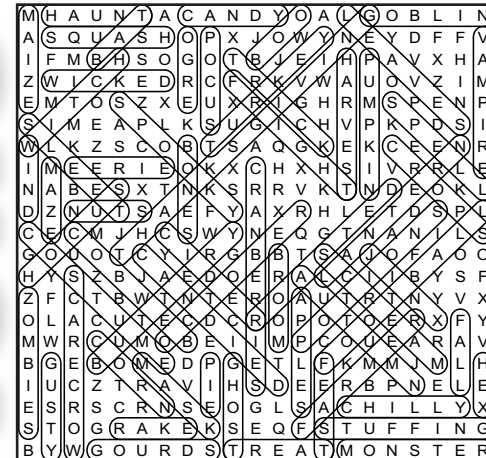
SUDOKU - Hard By Senior Scope

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

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

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

CROSSWORD - Solution

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



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

Road Safety Reminder: Let's Keep Our Kids Safe Around Schools

September 18, 2024

With school back in session, our School Resource Officers have been working hard to ensure the safety of students inside and around Winnipeg schools. A frequent concern we hear from schools and parents is the issue of traffic safety in school zones. We're asking all drivers to take extra care and help keep our communities safe.

Motorists:

- Slow down in residential areas, school zones, and playgrounds.
- Stop for school buses. All traffic must stop when red lights flash, and the stop arm is extended.
- Respect crossing guards & school patrols. Follow their signals to ensure everyone's safety.
- No passing in school zones. Never overtake vehicles near crosswalks or in school zones.
- Avoid U-turns. Steer clear of U-turns in school zones.

- Give cyclists space. Maintain at least one meter of clearance when passing a cyclist, and always shoulder-check before opening your vehicle door.

Parents Driving Kids:

- Please find an appropriate drop-off location. Some schools may have recommended areas for drop-offs. Avoid using the bus loading zones. It congests traffic and causes possible safety concerns.
- Drop off your child on the passenger side, away from traffic. If possible, park a short distance away and enjoy a walk with your kids to school — it's a great way to start the day!

Let's work together to make our school zones safer for everyone.

Thank you for doing your part! ■

If you see something, say something!

- Emergency or crime in progress, call: **9-1-1**
- Non-emergency calls: **204-986-6222**

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FOR SALE: Fortress S425 heavy duty scooter. Easy to drive. Excellent condition. Bought in 2020. Last driven Spring 2022 after buying new batteries. \$2000 OBO. Call **204-887-2999** to view or test drive.

PET ADOPTION



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

WANTED ITEMS

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

WANTED ITEMS

WANTED: Smith Corona correctable typewriter ribbon cassette, Series H (1/2 dozen or more). **204-284-2660** Wpg.

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

JOBS

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

LESSONS

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

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