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Senior Scope

FREE Vol. 23 No. 7 | Jan 15 - Feb 9/25

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CUAC - Sinclair Park Community Centre - 1925-2025

Time to Applaud 100 Years



Breaking ground - politicians and neighbours at CUAC.



A MANITOBA MOMENT

By Bud Ulrich

Co-Chairmen Kirk Koppers and Don Kuryk along with Bob Ashuk and a committee of enthusiastic people will be staging a celebration on Friday, September 19, 2025, at the Sinclair Park Community Centre to commemorate 100 years of community involvement with the Canadian Ukrainian Athletic Club (CUAC) and Sinclair Park Community Centre (SPCC).

The committee is appealing to participants and friends who frequented the old clubhouse and the fields of years gone by. The one-day celebration will be filled with nostalgia and memories. Several activities are planned to reconnect with familiar faces from all eras. Seeing old acquaintances and teammates will surely generate many stories, laughs, and an opportunity to just enjoy the moment. We are most fortunate to have Lucas Andrich, Web Developer & SEO Specialist of Andrich Media, create our website. Please go to <https://cuac.andrichmedia.ca/> for details. Lucas has offered a link to his website,

<https://andrichmedia.ca/>, to further extend our search for anyone interested in attending this very special event.

In 1925, a group of sports-minded people in the North End of Winnipeg decided to form an athletic club with the name Canadian Ukrainian Athletic Club (CUAC). Initially, the club operated from executive members' homes. Local business support, donations, and memberships were the source of funds to operate teams. The Ukrainian Reading Association Hall at Flora and McKenzie provided headquarters for the newly established club and a playing field at the Old Exhibition Grounds. The club was very successful in several team sports, i.e. hockey, baseball, basketball, lacrosse, soccer, and football. Many championships were achieved over the span of several decades. In 1970, Sinclair Park became the namesake for the next 55 years and continues to serve the citizens in this area in many ways.

Although the club's emphasis was the promotion of sports for Ukrainian youth, the opportunity for all people existed to develop their athletic skills. CUAC nurtured

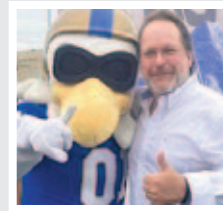
all aspects of sport with the club's motto – "Sound of body, sound of mind." Through many years, the boys' and girls' teams struggled in the early stages, but with training and experience they reached several championship finals. Baseball and hockey were the main attractions, with almost every other activity from chess to volleyball achieving varying degrees of success.

The depression years during 1935 and 1936 saw CUAC having trouble fielding teams. Money was hard to come by. Fund-raising activities from dances to membership drives and carnivals were held to cover team operations. Occasionally, there weren't enough funds to pay the umpire and members made up the difference.

Slaw Rebchuk, president of CUAC, and widely known as the "Mayor of the North End", was the driving force in securing land from the City of Winnipeg to accommodate a baseball diamond, bleachers, hockey rink, and a clubhouse. CPR donated a railway boxcar that served as the clubhouse for several years. On May 28, 1937, the official opening of the grounds

Cont'd on page 6

ALSO INSIDE:



Kelly Ryback was proud to suit up in the Bomber mascot Buzz costume for 16 years alongside Boomer. Read story inside.



Manitoba's own Free Ride band's 45th Anniversary Show is Feb. 1st. Read story inside.

YOUR PATH FORWARD

STORY INSIDE

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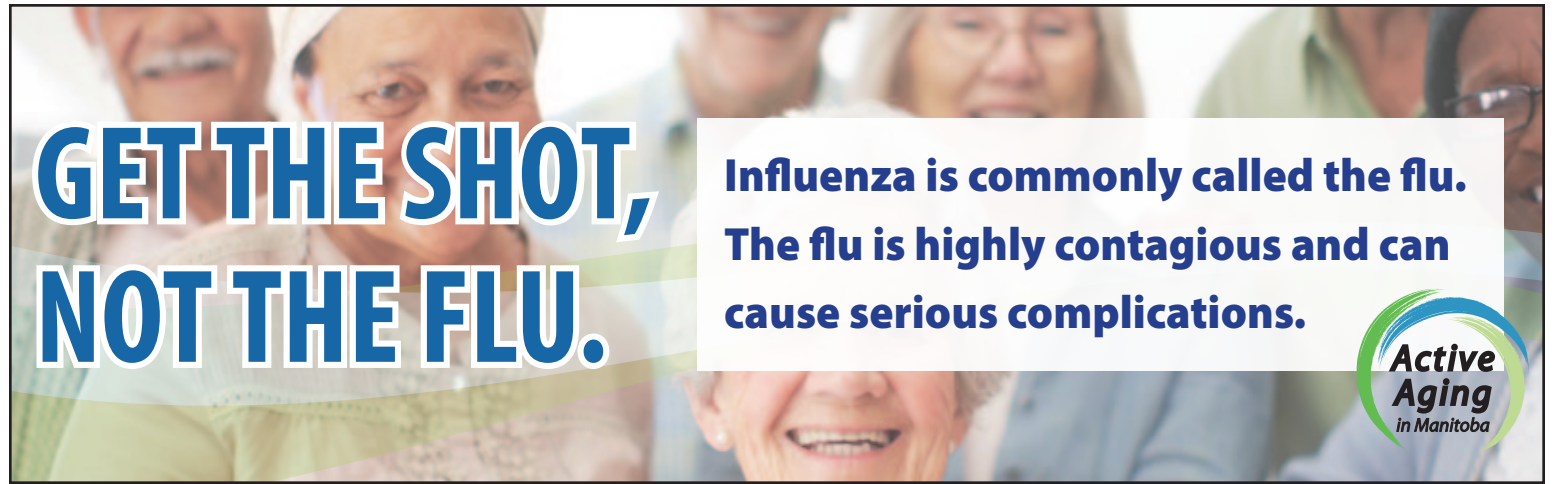
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– January, 2025 –

Welcome to 2025!

By Linda Brown, Executive Director, AAIM



Linda Brown,
Executive
Director, AAIM

Welcome to 2025!

Typically, with a New Year we often think of a fresh approach, starting off the new year right by planning to get more active! Sometimes, later in January we see that motivation to get moving has been lost and now we are just feeling bad about plans that didn't happen!

First, don't feel guilty – there is always a chance to start again maybe with a modified approach – which will ensure you move more throughout the day! Often our best intentions don't happen because we plan to do too much. Saying you are going to start walking every day is way too much if you have been sedentary for months or even years!

So here are some recommendations to help you move more in 2025:

1. First check with your health care provider before increasing your activity level. Don't let health concerns be a barrier to activity once your health care provider gives you the go ahead to start moving

more. Starting off with low intensity activities like walking and listening to your body will ensure you don't overdo it. Staying active as we age helps reduce the risk of heart disease and stroke, helps manage diabetes, reduce stress levels and improve cognition.

2. Start off slowly – the Canadian movement guidelines recommend being active for 150 minutes per week. These activities can include mowing the lawn, vacuuming, biking, walking, dancing or skating. If you are just starting out – walking for 10 minutes at a time can help you ease into the routine and slowly build up your ability to increase the length of time or distance walked. Starting out at 10 minutes twice a week for the first couple of weeks will ensure you will not overdo it, reduce the risk of having sore muscles, and help you add activity to your regular weekly routines.

3. Include some flexibility exercises. One of the excuses we often tell ourselves is that we don't move like we used to! Getting more active will improve our mobility, flexibility and balance. The best time to improve your flexibility is after you have completed your physical activity as that is when your muscles are the warmest. Yoga

and Tai Chi are good examples of activities that can improve for flexibility and balance.

4. Stay hydrated. Even in the winter. During the colder days we don't think as much about hydration because we don't feel we will be sweating and needing to replace lost fluid. But often during outdoor activities we are heavily dressed and moving will build up heat regardless of the ambient temperature. Hydrating before, during and after an activity session is part of being active. Also, as we age, we don't recognize that we are thirsty as readily as we used to and may become dehydrated without realizing it.

5. Increase your time in nature. Recent research on Forest Therapy demonstrates the benefits of walking in the woods to reduce blood pressure, reduce anxiety and depression (McMaster Optimal Aging, 2024). Although we can have some bitterly cold days if you plan your outdoor time, dress for the weather, and modify your activity or route, we can spend time in nature on most days during a Manitoba winter!

6. Make activity part of your daily/

Continued on next page

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







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The Adventures of Bea Broda Part One



SIX DEGREES OF PORTAGE & MAIN

By Myles Shane

Bea Broda is a name that resonates with audiences who love travel, culture, and stories that inspire connection. Known for her international television career, Bea's journey began in Winnipeg, where she first made her mark at CKND, hosting the local Manitoba Morning show in the 1980s. It was during this time that Fred Rutman, host of the podcast Six Degrees of Portage & Main, appeared on her show as a guest in his youth. Years later, Fred reached out to Bea to join him on his podcast, and now living in Vancouver, Bea was thrilled to reconnect and share her extraordinary journey.

Bea's trajectory from Winnipeg's East Kildonan neighborhood to a globe-trotting TV presenter on platforms like Amazon Prime and SBS Australia is a testament to her entrepreneurial spirit and artistic passion. From her early days playing piano in Winnipeg's lounges to hosting and producing travel shows in over 100 countries, Bea has continued to inspire audiences with her adventurous spirit and deep cultural insights. Her current projects, including Out

of Town Adventures and an upcoming documentary, The Great Beyond, promise to bring even more meaningful stories to the screen.

Growing Up in East Kildonan

During the podcast Bea revealed growing up along Kildonan Drive. She described her childhood as vibrant and dynamic, filled with hobbies her mother encouraged, like tap dancing, ballet, choir, and piano lessons. "Becoming a singer or entertainer wasn't something you aspired to in our family," she reflected. "Getting a TV show was really out of left field."

Her family later moved to what is now Sage Creek, then a rural area on the city's outskirts. Bea attended Windsor Park Collegiate and went on to the University of Manitoba, initially pursuing fine arts before earning a degree in psychology. In her youth, she played piano in local dining rooms and lounges, with stints at the Holiday Inn, North Star Inn, and Assiniboine Garden Inn, performing six nights a week for years.

CKND

Her break into television came through a series of unexpected connections. While running dress shops in Winnipeg, Bea crossed paths with comedian Pat Righter and his friend Terry Morris. This led to a



Bea Broda - Travel Show host and producer.



Bea Broda - thoroughly enjoying her job involving TV plus travel.

piano gig at the North Star Inn. Inspired by her then-boyfriend Pat's suggestion, she auditioned for CKND's Manitoba Morning. Though initially rejected, Bea's charisma landed her an unexpected call back, and she soon found herself hosting the morning show, doing weather reports, and contributing to CKND Magazine for five years. At CKND Bea did everything from hosting to producing, "Sometimes I'd clip the microphone on a guest. It was nice because we could do everything—we were a small team," she recalled. For five years, she juggled roles as host, producer, and even guest-booker for Manitoba Morning.

Finding Her Passion for Travel

After moving to Toronto, Bea's first audition landed her a role as the studio host of Discovery World, a travel show. While initially confined to the studio, her career took a pivotal turn when the main travel host couldn't make a shoot. Bea was sent to the Bahamas for her first on-location

assignment, and as she sat on the edge of a boat, her legs dangling into the Caribbean Sea, she had a revelation: "Eureka, this is what I want—TV plus travel."

Her love for travel was likely inherited from her mother, who in the 1970s ventured to destinations like Russia and the Philippines. Bea's mother even appeared as a guest on her daughter's show after a trip to the Arctic, sharing stories and photos that captivated the audience.

The Challenges of Early Travel Television

Travel production in those days wasn't as streamlined as it is today. "Getting into countries with all of our gear was one of the hardest parts," Bea explained. Equipment was bulky, batteries were cumbersome, and an entire team was needed just for the tripod. Yet, the effort paid off in unforgettable stories.

Part Two continued in February issue of Senior Scope

Welcome to 2025, *cont'd from page 2*

weekly plan. Being active is a good habit to form just like brushing your teeth and getting 7–8 hours of sleep. Although there are varying opinions - some research suggests it can take 3 weeks to form a new habit. Building regular activity into your daily plans will ensure that you make the time to be active. Don't let a change in routine side track you! If you must miss a regular walk, a yoga class or time in the outdoors one day try to find an alternative. Remember you can accumulate 30 minutes of activity in 10 minute "bites". If you have appointments scheduled on a day you would normally be active, try to fit in your activity or plan to be active on another day. Considering the benefits of regular physical activity should help you to stay motivated to find a way to be active when time is a factor.

Move more sit less – remember to break up your sitting time at least once an hour and planning to get up and move every 30 minutes will ensure you are not sitting too long. Research is showing that sitting for long periods is very detrimental to our health, but we can control this by simply getting up and walking around the room. If you are watching a TV program, consider getting up during commercials to move – do some balance exercises or stretch for example.

The Manitoba 55+ Games are coming to Steinbach in **March and June 2025. Registration is now open** for the Steinbach 55+ Games **curling event on March 4 – 6, 2025.** This event includes four person teams and 2 person stick curling. Check it out on our website at www.activeagingmb.ca. ■

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KELLY RYBACK – A Significant “BUZZ”



A MANITOBA MOMENT

By Bud Ulrich

“Sunny” St. James happens to be the birthplace of Kelly Ryback, and he still resides there. During his youth he participated in several sports such as baseball, lacrosse, and hockey. Later he coached some of these sports and served on the executive of the St. James-Assiniboia Minor Hockey Association.

During our chat at Sals, I enjoyed a few “small world” stories with Kelly. He attended John Taylor High School. I happened to know a few teachers at that school and asked him if he knew my cousin, Nick Laping. “He was my Grade 10 business teacher, and I adored him,” Kelly said.

Kelly enjoyed school where his classmates were entertained by him being the class clown. When he was in junior high school, whenever there was too much commotion in class, he let out a very sharp whistle and everyone would shut up. His band teacher appreciated it. Some of the students were acting up in Mr. Laping’s class, and Kelly did his sharp whistle but got kicked out of the room. Kelly was confused and concerned and paced the hallway. He didn’t want to disappoint his teacher. He knocked on the classroom door and apologized to Mr. Laping and explained that he only wanted to help, and that his other teachers in junior high appreciated it. “Okay, come on back in, just don’t do it again,” Laping said. Kelly thinks he was the only student in the history of high school to be kicked out of class and then ask his teacher if he could come back in. Of the many people I have interviewed, upon asking if they were good students, not many replied positively. However, Kelly said, “I was a very good student.”

Following Kelly’s time in high school, he enrolled in a computer course at Red River College. I asked what prompted him to take that course. “I had an incredible math teacher, Ron Edwards, who noticed my mathematical skills and urged me to further my studies in computer science,” Kelly said. Following his completion of the IT program at Red River Community College in 1984, he delivered IT solutions to government departments, and small to medium businesses in Manitoba and Saskatchewan.

I was a bit dumbstruck, as Ron Edwards and his wife CR are very good friends of mine. While Ron lived in Winnipeg, we played golf together on a regular basis and my partner and I frequently visited with Ron and his wife. Yup – another “small world” story! The Edwards’ cottage and Ryback’s cottage at West Hawk Lake are only two doors away. OF COURSE!

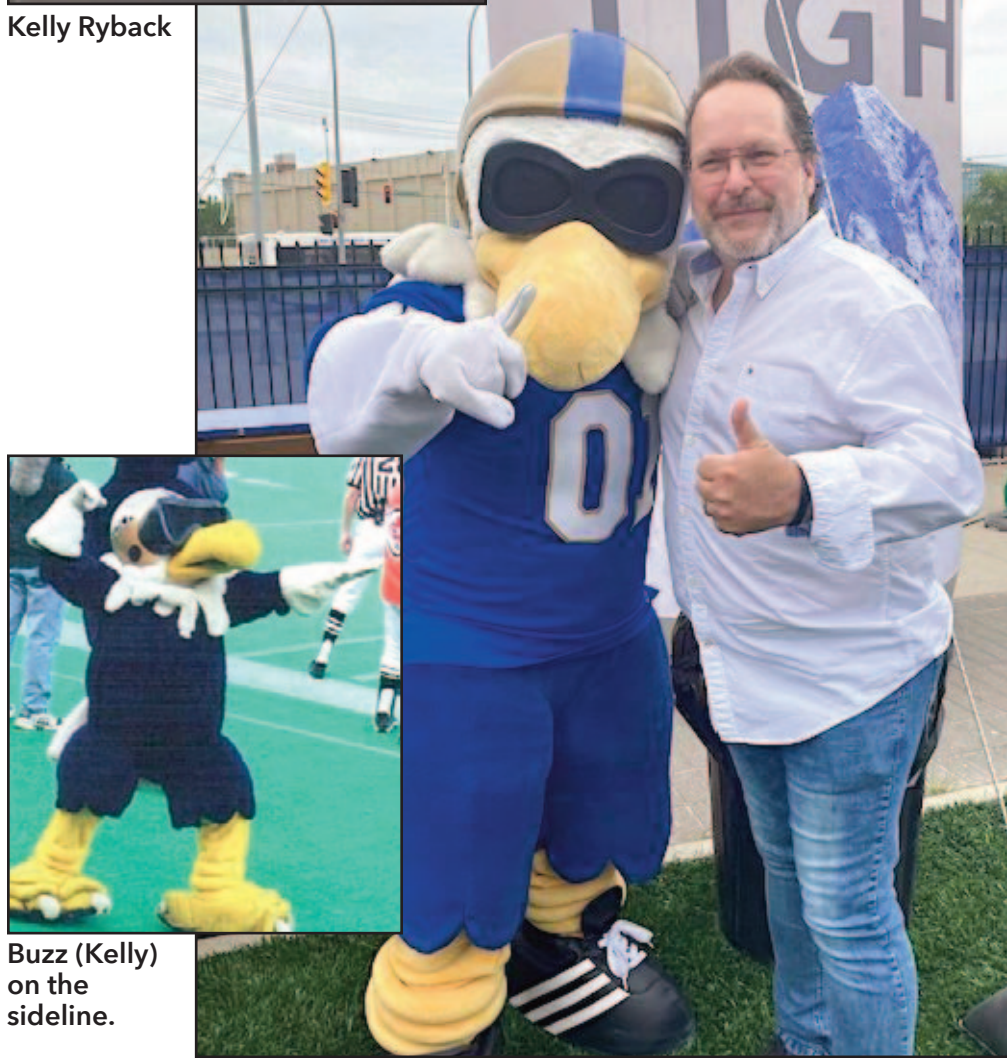
At Westwood Community Church, Kelly participates in a band. He is a back-up vocalist and plays the ukulele and percussion instruments. It was only in the last ten years



Kelly Ryback



Kelly Ryback - caricature



Buzz (Kelly) on the sideline.

Kelly Ryback brought Bombers mascot Buzz to life along with Boomer.

that Kelly took up playing a musical instrument and some singing lessons. The band performs at 55+ apartment blocks. They are actively playing at the church Christmas party, and the Charleswood Day Camp.

There was an advertisement on the radio for a new mascot with the Winnipeg Blue Bombers football team. There were no details – just apply. Kelly did some character work in the past at Red River College and felt he could do a good job. Kelly applied for the “Buzz” position which is half of the “Buzz and Boomer” mascot team. I asked him what motivated him to apply for the job? “I would regret it if I didn’t, because I loved entertaining” Kelly said. Following his interview, he was hired. Kelly’s experience inside the mascot costume is like doing aerobics in a fur coat in a sauna. On a mod-

erate summer day, 24C (75F for us of timers), he lost seven pounds. During his years as Buzz there were a few anxious moments during a commotion when he fell injuring his leg resulting in torn knee ligaments. He was out of service for several months. Buzz and Boomer made an impact at Bomber games, and they became well known not only at the stadium, but other events as well. They were amusing, full of life, and excited the crowd – they were good! And Kelly was very proud of the work he did. There’s a lot of work that goes into the Buzz and Boomer show. Skits had to be planned and rehearsed. A former Blue Bomber player and general manager, Paul Robson, was the mover and shaker in creating this form of entertainment. After

Continued on page 6

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Kelly Ryback, *cont'd from page 4*

16 years as Buzz, he felt he accomplished his role and it was time to retire.

In 1999, Kelly left the IT industry and joined the 1999 Pan Am Games in sponsorship sales working with Jerry Maslowsky and Richard Muller. The Pan Am Games were very rewarding, and following the games, Kelly became the official asset liquidator.

Videon Cablesystems was next for Kelly in business development. When Shaw purchased Videon, he was in management and there wasn't a position for him in Winnipeg.

An opportunity with MTS in retail business development afforded Kelly his next job. He was in a leadership position

with call centres that supported fulfillment of store orders for phone service, internet, digital TV, cell phone activations, and residential installations.

Kelly frequently made recommendations to City Council with solutions. He wanted to make a difference at City Hall. On the advice from a few councillors, they urged him to run for office. In October 2022, he decided to throw his hat in the ring and run for council representing St. James. He went through four pairs of shoes on his campaign trail and made lots of new friends along the way. Although he came in second, "It was an incredible experience," Kelly said. An

amusing thought came into my head – had he run under the name "Buzz" maybe the results would have been different?!

Retirement didn't slow Kelly down, he now wanted to dedicate his time to service. He joined the Rotary Club, and as he says, "We do a heck of a lot of good things." He helps at Winnipeg Pet Rescue, he's on the board of Winnipeg Grant's Old Mill, and he champions for Agape table and Bruce Oake Recovery Centre.

Kelly is married and they have two adult children. Their daughter, employed with the Louis Riel School Division as a physical education teacher, has one child. Kelly,

proudly states, "I'm a grampa!" Their son is a professional hockey player with the Blue Ridge Bobcats in the Federal Prospects Hockey League in Southwest Virginia, USA. He was a player and later became head coach for a hockey team in Sweden. During the summer, his son is the golf pro at Breezy Bend Golf and Country Club.

Much like many others, Kelly's day involves checking emails and Facebook, reading the newspaper, and devoting his time to many volunteer organizations, plus anything else that comes along. He enjoys his day – it gives a sense of purpose. ■

CUAC - 100 Years, *cont'd from front page*

took place at the corner of Arlington Street and Church Avenue.

World War II was another challenge for CUAC members. More than sixty members saw service in the Canadian Armed Forces and Merchant Marines. Sadly, Bill Manson, a top-notch hockey player and captain of the first Junior Hockey team, perished during an air reconnaissance over Europe.

For many years CUAC produced athletes who were among the best in our country. The senior men's baseball team, coached and managed by Stan and Nick Shaley in 1940, enjoyed success spanning four straight years winning the city championship. The women's baseball team, named CUAC Blues, won 17 championships in a row! Jack Raleigh, Harry Barchuk, Peter Thompson, and Barry Swanton were some of the players inducted into the Manitoba Baseball Hall of Fame. Nick Mickoski, a familiar name to Winnipeggers, played for CUAC before starting a lengthy career in the NHL playing for the New York Rangers, Chicago Blackhawks, Boston Bruins, and Detroit

Red Wings. He was the first coach of the Winnipeg Jets when they were in the World Hockey Association.

One of the committee members recalled several activities offered at CUAC. These included figure skating lessons, drama club, teen dances, and would you believe... charm school.

In today's world I doubt that would fly. However, back then it was perfectly okay! Christmas parties and pictures were taken of kids sitting on Santa's lap along with a present (probably provided by the parents). A canteen was operated by the lady's auxiliary. And a carnival was held in February or March every year. A figure skating routine was practiced throughout the winter only to be disappointed by warm weather melting the ice and the event having to be cancelled.

Indeed, CUAC has a rich history of sports and activities. Sinclair Park Community Centre is carrying the torch with its sparkling new clubhouse which accommodates many sports for the citizens of this neighbourhood.

Our committee of Kirk Kuppers, Don Kuryk, Bob Ashuk, Joan Atamanchuk (Solohub), Bev Harbour (McMillan), Don Bryk, Chuck Michalski, and Bud Ulrich, are meeting regularly to make September 19th, 2025, a day to remember.

We are rebuilding the history of CUAC with articles, photos, and memorabilia for our celebration. Anything that reflects on CUAC/SPCC will be greatly appreciated. Please contact any of the following people, and we will make arrangements for pick up.

- Kirk Kuppers – Phone: **204-391-9564** or Email: **kkuppers@shaw.ca**
- Don Kuryk – Phone: **204-803-3144** or Email: **donaldk@mymts.net**
- Bob Ashuk – Phone: **204-979-5555** or Email: **bashuk@mymts.net**

We are working together with Tracy Ball, Director of Sinclair Park C.C., in hosting this celebration. Tracy's email address is **sinclairparkcc@outlook.com**. Our committee is grateful for this partnership. This is an event that no one wants to miss!

It's "Time to Applaud 100 Years". ■



A Holiday Transformation: Spreading Cheer through Giving By Lu Gao

"Give it a try," the father encouraged, handing the jingling bell to his 8-year-old son. The boy hesitated, clutching the bell tightly as he glanced nervously at the bustling shoppers streaming past. The mother, Caili, knelt beside him, steadying him with her gentle smile. In unison, they shook the bell, and the cheerful chime cut through the frosty air. Nearby, his father began whistling

"Jingle Bells," with the melody merrily weaved through the chatter of the Costco crowd.

At first, it was just the sound of bells, a tentative effort to catch the attention of passersby. Then, more and more shoppers responded in kind—smiling, donating, and occasionally stopping to chat. By the end of their shift, the boy was confidently shaking the bell and thanking donors with a

bright grin. As they packed up, their kettle brimmed with donations. For them, it was a moment of both experience and holiday joy.

The story of Caili's family is just one of many from this year's Christmas Kettle fundraiser, organized by the Winnipeg Chinese Senior Association (WCSA) in collaboration with the Salvation Army. This is the second year of the co-hosted event and for the first time, WCSA took charge of managing the busy Costco location in Winnipeg South. From December 2 to December 24, the event saw an inspiring turnout of 86 volunteers, with 188 accumulated working hours. Everyday from 10 am to 8 pm, volunteers set up the iconic donation kettles, greeted passersby with cheerful smiles, and braved the biting cold with high enthusiasm. The jingling bells and warm interactions created a festive atmosphere, drawing in countless donors and making the fundraiser a resounding success.

Each shift at the donation site brought stories of hope and dedication. Volunteers of all ages and backgrounds joined forces, with their collective spirit brightening the holiday season. Whether it was through in-

ventive ideas like whistling "Jingle Bells" or a simple, heartfelt "thank you," they reminded everyone that small acts of kindness can ripple outwards, and such a cheerful circle fosters a stronger and more compassionate community.

The impact of this year's event is profound. The funds raised will provide vital support to vulnerable families and individuals, offering warm meals, shelter, and even opportunities for children to attend summer camps. Beyond the tangible outcomes, the Christmas Kettle fundraiser strengthened community bonds and instilled a renewed sense of purpose in everyone involved. The event also highlighted the growing presence and contributions of Winnipeg's Chinese community. With leadership and enthusiastic participation, WCSA and its volunteers demonstrated the power of collective action and showcased their commitment to making a positive difference in their city. Together, we showed that the spirit of Christmas shines brighter than ever, as we were fueled by the generosity, warmth, and joy of a community coming together! ■



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Caili's family fundraising on site.



Volunteers, Qibao and Lianyu, fundraising.



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Sri Lankan Senior Community

Sri Lankan Association of Manitoba Celebrates Christmas

By Senaka Samarasinghe

Sri Lankan Association of Manitoba (SLAM) magnificently completed its 40th annual Christmas Event which was held at Victoria Inn Hotel and Convention Centre, 1808, Wellington Ave, on Dec 21 (SAT) 2024 started at 5.30 pm.



- Main items of the itinerary:
- (1) Welcome Speech: Nanadika Bandara, President, SLAM;
 - (2) Christmas Carol Songs: Sri Lankan Seniors Manitoba sung four songs (two Sinhala, one Tamil and one English);
 - (3) Santa Claus: Mainly with children, elders and seniors too;
 - (4) Raffle Draw for participants;
 - (5) Sit-down Dinner: Three Course Meal;
 - (6) Dance Floor: Opened for dancers while others mingled with each other. ■



Sri Lankan Senior Community

Christmas Carol Song Practice

By Senaka Samarasinghe

Reeni and Abhaya offered their home to conduct Christmas Carol song practice for Sri Lankan Seniors Manitoba (SLSM) on Dec 8th (SUN) 2024 from 10.30 pm to 1.30 pm. Three songs Sinhala, Tamil and English songs were selected for practices.

Although Abhaya is This is not the first instant that they volunteered to accommodate SLSM event. There were more than fifteen SLSM members who participated for practices.

After discussing with all the participants Doreen, President, SLSM arranged a pot-luck lunch for all the attendees. ■



Pembina Active Living: Holiday Lunch

By Senaka Samarasinghe

Pembina Active Living (PAL) organized Holiday Lunch at Southlands Community Church on Dec 10th (TUE) 2024 from 11.00 am to 2.00 pm. There were more than 220 participants. Just after lunch Diva of Soul group launched their singing concert. Among the vocalists Charlotte Martin and Glen Matthews (Suni's loving husband) took the lead role on the stage.

Among people's representatives Uzoma Asagwara, Deputy Premier, Province of Manitoba and Janice Lukes, Deputy Mayor, City of Winnipeg attended to grace the ceremony. As a courtesy both walked to table No. 4 to talk with the members of Sri Lankan Seniors Manitoba (SLSM). Doreen, President, SLSM introduced her members to these two people's representatives. ■



Whirlaway Westerners Hosts Annual Charity Night

By Carole Grier

Friday evenings is always a special night of laughter and dancing at Kirkfield-Westwood Community Centre.

Friday, Nov 15 was no exception! Whirlaways Square Dance Club hosted a Charity Dance in support of Bruce Oake Recovery Center, 255 Hamilton Ave. Five

squares of dancers annually recognize a Winnipeg organization that supports those experiencing life challenges. This year, dancers brought bags of gifts for the men living at Bruce Oake who are recovering from addiction. These included socks, underwear, shampoo, body wash, toques,



scarves, mitts, gloves, items for holiday gift bags, craft supplies, notebooks, as well as monetary donations. Attending on behalf of the Centre was Kris Alcartado, Manager of Executive Operations at the Bruce Oake Recovery Centre. Kris addressed the dancers and gave a brief introduction of her background and her work at Bruce Oake. Dancers were impressed with the

recovery programme and its success in helping addicts live a drug free, productive life. Since 2015, Whirlaways has sponsored many other groups such as Ukrainian refugees, Knickers and Kickers Night for a Women's Shelter, Infant clothing to Villa Rosa, and the Children's Wish Foundation to name a few. Whirlaway Westerners dance every Friday night. Anyone interested in more information, please call Carole at 204-831-8954. ■

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From its humble beginnings with just five residents, the Centre has flourished into a vibrant facility, serving 200 residents in south Winnipeg. Residents live in a home of joy, warmth and dignity, surrounded by our core values of respect for all people (Derech erez), honour due to each person (Kavod), caring (Chesed), trust (Emunah) and communal responsibility (Kol Yisrael Areivim Zeh La-Zeh).

Care at the Simkin Centre transcends physical needs, embracing the holistic well-being of every resident. Our talented team is devoted to nurturing the body, mind, and soul, ensuring each person receives the best possible care. We are always exploring new opportunities that will enrich our residents’ daily lives, whether through expanded activity programs, music therapy, spir-

itual care, better dining experiences or the introduction of more intergenerational connections. By building on initiatives such as our annual Simkin Stroll, Shabbat (Sabbath) dinners and popular excursions, we provide an environment where residents can thrive.

The Simkin Centre’s success is powered by its extraordinary community—residents and their families, exceptional staff, selfless volunteers and kind-hearted donors. We are also strengthening our partnerships with the public sector and business/community organizations to create a more connected, inclusive Centre. This means exploring exciting projects like the potential child-care centre (adjacent to our building), which will offer opportunities for residents and children to interact and share meaningful experiences. It could also mean participating in landmark, brain research projects that could lead to cutting-edge advances in dementia treatment and prevention.

The Simkin Centre is committed to evolving and adapting to meet the needs of our residents, families and community. We recognize that the landscape of personal healthcare is ever-changing, and we are dedicated to embracing innovation and excellence in all we do.

Join us in continuing our legacy of care. Visit simkincentre.ca to learn more, or donate at simkincentre.ca/giving, or call 204-589-9014.



The Simkin Centre, (formerly The Sharon Home) has been a cornerstone of compassionate care for 110 years.

Catch The Inside Pitch!

Tune in Wednesday, January 29th at 7pm for the first 2025 episode of The Inside Pitch - the Winnipeg Goldeyes’ off-season show!

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episodes throughout the winter and spring are:

February 12 and 26, March 12 and 26 April 9, 23 and 30—all Wednesday evenings at 7pm.

Even in the depths of winter, we can yearn for the joys of summer!



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NOMINATIONS FOR ANNUAL HISTORICAL AWARD OPEN

Lt.-Gov. Anita R. Neville is encouraging the public to nominate worthy Manitobans who have provided prolonged and meritorious service in the preservation and promotion of Manitoba history for an award, presented in consultation with the Manitoba Historical Society (MHS).

“I am both pleased and proud to formally recognize Manitobans who take such pride in preserving and promoting the history of this great province for the benefit of us all,” said Lt-Gov. Neville. “We should all extend our sincere gratitude to these caretakers of our past, for the important role they play in

ensuring the memory of the community remains intact for future generations. I encourage all Manitobans to recognize outstanding volunteers in your communities by nominating them for this award.”

The Lieutenant Governor’s Awards for Historical Preservation and Promotion are presented to those with experience in such endeavours as:

- writing of historical publications and documents;
- stewardship of museums and archives;
- raising of public education, advocacy and awareness;

- committee or community service;
- preservation of historic sites/buildings;
- art and media.

As the oldest historical organization in Western Canada, founded in 1879, the MHS presents awards to businesses, and organizations that have operated for over 100 years, and recognizes important historical books with its annual Margaret McWilliams Awards. It publishes the journal *Prairie History* and operates a comprehensive website of historical information.

The MHS will receive nominations from the public and will recommend up to five

individuals to receive awards this year. Two awards will be reserved for emerging historians (mid-30s and younger). Paid professionals in the field of history and heritage will not be considered. Nominations must be received by Friday, Feb. 28, 2025. The awards will be presented at Government House later in the spring.

Nomination forms and further details of the award program are available on the websites of the Lieutenant Governor of Manitoba (www.manitobalg.ca) and the Manitoba Historical Society - www.mhs.ca.



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RETIREMENT COMMUNITY

January is Alzheimer's Awareness Month

- Alzheimer Society of Manitoba

January is Alzheimer's Awareness Month, and the Alzheimer Society of Manitoba is helping Manitobans increase their understanding of dementia and the resources available through its First Link® Client Support program that can help you on your path forward while navigating cognitive changes or a dementia diagnosis.

More than 20,300 Manitobans currently live with dementia – a number expected to reach 39,100 by 2050. The Society is a place for individuals and families to turn to for support whether you're worried that you or someone you know has dementia, experiencing the first signs, adjusting to a diagnosis, facing later progression of the disease or caring for someone living with the disease. The staff at the Society are

there to listen, provide reassurance and help you figure out your next steps.

The Society's First Link Client Support program connects you with resources that fit your needs, including support groups, education sessions, dementia-friendly programs and more. These resources helped care partner, Gary Elbers, who felt lost after his wife Brenda was diagnosed with dementia.

"I was so overwhelmed – I didn't know anything about dementia," says Gary. "Connecting with the Alzheimer Society was our lifesaver. I felt like I was drowning in a sea of uncertainty and they threw me a lifeline, giving me hope when I felt utterly lost."

The staff at the Society told Gary about care partner support groups and he says



joining this group was one of the best decisions he made.

"The other care partners and I have a connection. We share, we talk freely and whatever we say stays there, Gary says. "I would encourage anyone who is navigating dementia to find a support group, even if you get there and think it's not for you, stick with it and you'll see how listening to others' experiences with dementia will help you."

Read more stories from Manitobans living with dementia at alzheimer.mb.ca. Contact your local Alzheimer Society to learn more or get connected to support at **204-943-6622** (Winnipeg), **1-800-378-6699** (MB) or alzmb@alzheimer.mb.ca

Follow the Alzheimer Society on Facebook, Instagram, X and LinkedIn to learn more about dementia and up-to-date news on dementia programming and resources. ■

Making Your Diet Special in 2025

- Heart to Home Meals

Usually by this time of year, many Canadians feel they've had their fill of turkey until next Thanksgiving. Traditionally, this is one food people are happy to consume on consecutive days at least a couple of times a year.

But as we hunker down for winter, it is worth remembering the weather can make it difficult for some to do regular food shopping. This inconvenience is likely to affect seniors and people with mobility issues and can have an impact on their efforts to maintain a healthy diet.

While there is little medical evidence to suggest you should consume more calories

during the coldest months of the year, subconsciously we are inclined towards rich, hearty foods.

While fuelling up is not necessary, eating properly should be. Dietitians urge people trying to make changes to their diet to adopt a gradual, rather than radical, approach as it offers the best chance of long-term success.

A good diet can make a big difference to your well-being, and to help, this spring the new menu from Heart to Home Meals will contain more dietary information. This is in direct response to customers wanting to be better informed so they can make smarter choices about food.

Eat Smart

According to Heart to Home Meals consultant dietitian, Andrea Olynyk, eating right plays a major part in a senior's quality of life and there are some dietary suggestions that need to be considered:

Sodium – in general, the recommendation is to lower your sodium intake but often dietitians relax those restrictions for seniors who don't like salt-reduced food. It is better for a senior to eat quality food products that have a little more salt, and also the necessary nutrients, than not eating.

Fats – while they offer an energy boost to seniors who may be eating smaller portions, we have to remember not all fats are created equal and some are better for you than others. It is necessary to monitor saturated and trans fatty acids and at the same time lean more towards monounsaturated and polyunsaturated fatty acids. The latter includes Omega-3 that is good for your heart. Salmon is one of the best foods for Omega-3.

Carbohydrates – are a key energy source but have to be carefully managed to maintain healthy blood sugar levels. When possible, spread your carbohydrates throughout the day.

Protein – as you age your muscle mass begins to decline. Seniors need to increase their protein levels in comparison to a younger person with a similar body type and weight to help repair and maintain muscle tissue.

Fibre – staying on the move is not just something you do in the form of exercise; it is also something your body has to do internally. Fibre is the catalyst that needs to be upped

as you get older. You also need to make sure you are drinking plenty of water.

Sugar – it is hard to ignore a sweet tooth but try to keep in check foods and drinks with added sugars, many times there are usually better options somewhere else in the aisles.

Vitamin D – the best sources are sunshine and drinking milk. The former is difficult at this time of year and traditionally the latter is not popular with seniors. Therefore, consider taking a daily Vitamin D3 supplement.

Mindful Eating

When it comes to the process of eating, many of us regard food the same way as a car driver looks at gas, the fuel needs to get into the vehicle as quickly as possible. But to be a smart eater you need to take a more considered approach to what is on your plate. Some health advisors suggest Mindful Eating.

This involves eating slowly without distraction and learning how to distinguish between actual hunger and non-hunger triggers. Since it takes roughly 20 minutes for the brain to get the message from your stomach you are full, eating quickly means there is more chance of unnecessary food being consumed. Slow but sure could be an important ingredient towards improving your health.

Mindful eating is based on appreciating your food and understanding the link between how you consume it and how it contributes to your well-being.

It could be just the approach some of us need in 2025. ■

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Free Ride band kicks off with 45th Anniversary Show - a journey with the past meeting the present

Mark your calendar to see **Free Ride** at the Club Regent Event Centre on February 1st. Don't miss the exciting 45th Anniversary kick-off performance by this Manitoba-made tribute band as they bring their incredible talent to the stage.

Wayne Hlady tells *Senior Scope* that **Free Ride** first performed in the Tyndall Hotel basement banquet room in 1979 where band members rehearsed endlessly day and night. Original members were Hlady (as Ringo of the Beatles), Rick Kosheluk (as Paul), Brent Degryse (as George) and Tom Pshednovak (as John). They were teenagers then. Their first official gig was at the Osborne Village Motor Inn, aka The Zoo in 1980. And the rest is history until today as **Free Ride** continues to go strong.

Hlady, drummer and manager, is also the founder and only original member of **Free Ride**. After several band member changes and losses, he now is joined by Craig Wallace, Doug Blampy, Alan Montsion all whom bring their unique skills to the table making each show varied and unforgettable.

They often played tributes of The Beatles, Rolling Stones, Elvis, etc., along with several 50's groups and they sound just as good to this day. Over the years, they honed their musical skills to perfect these and other bands' voices, stage presence and even wardrobes making their performances as authentic as possible. Kosheluk even learned to play his bass guitar left-handed just the way Paul McCartney did.

From humble beginnings in bars and nightclubs, **Free Ride** has evolved to performing for multigenerational crowds offering a timeless and nostalgic musical experience. They deliver a diverse show for a diverse audience, ensuring no two performances are ever the same.

Their creativity and energy have earned them a loyal fan base that has supported them from the very beginning. And their original fan base has generated new generations of fans with their children and grandchildren. They are always making new fans along the way as well whenever they perform for new audiences.

Today they are one of the top tribute bands welcomed by fans locally, nationally, and around the world. They book gigs in

private settings, corporate events, casino shows and anywhere the wind may blow them. One memorable show, Wayne recalls was an event they performed at for Playboy magazine founder, Hugh Hefner back in 1981. It was an experience of a lifetime. Attendees included famous guests such as singer Diana Ross and comedian Gabe Kaplan. **Free Ride** also performed in New Jersey, Las Vegas, Atlanta City, Japan, and they aren't slowing down or ruling out other distant venues.

Next time you attend a show where **Free Ride** is performing, don't forget your dancing shoes, and have the time of your life. Start with their Club Regent show on February 1st at 7 pm! See details in their ad below. ■

Travel / Leisure / Activities

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February 1st - 7 pm • Club Regent Casino Event Centre

Tickets at [ticketmaster](http://ticketmaster.com)® and at Club Regent
www.freerideband.ca



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Double \$5195 / Solo \$7575.
All funds in Canadian dollars.
No additional taxes or charges.

Note: For Insurance the first 5 days you are in Canada, you need not start US insurance until May 30th.

Full details available on the website.

204-415-4500
office@anytymetravel.com
www.anytymetravel.com

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NEW LOCATION!

The Pros Know **55 Plus** Active Living & Resource CONFERENCE & EXPOS 2025

Visit prosknowexpos.ca On-Line resources for Seniors! 2025 Expos Info Now Available!

2025 Shows promise to be the best yet!



Rick Roschuk
Trish Bennett

Happy New Year! Here's hoping your holidays were great and that 2025 will be a great one for all.

The holidays were badly needed for recharging the batteries indeed and the Christmas Shows we went to were the Frosty, er frosting on the cake. Hehe!

That said, it's my pleasure to let everyone know that things are moving very, very quickly in regards to our Speakers and Exhibitors for this years shows at Good Neighbours Active Living.

As noted last month, both shows are on Wednesdays, May 28th and September 24th. These shows are setting up as Mini-Conferences, with 8 - 1 hour, 4 in the morning and 4 in the afternoon, that will have some amazing hosts and topics that are dear to all of our seniors and their families.

We will have the list of hosts and topics available no later than February 1st, and registration for each one will be on-line and in person through the Pros Know & Good Neighbours Active Living websites then as well. Our next article in February will have details for the May 28th show for your convenience.

We are all excited for the new formats. If you can't make some of the speaking events, no problem, we'll have them back in the fall for round two.

Knowledge is your power. The Expos have always been intended to inform our older adult population of the many seniors resources there are out there to improve our lives and well-being.

Having the amazing folks from AAIM, Active Aging in Manitoba and Senior Scope involved as Master Sponsors adds more fuel to the cause. Their ever present commitment to improving our quality of life is a long and lasting legacy of caring.

Starting next month we will be profiling some of the outstanding folks, their organizations and senior friendly businesses that have made the Pros Know a success over these first four years. Stay tuned... You won't want to miss it!

Our **2025** Expos two **2025** Dates
Good Neighbours
Active Living Centre



720 Henderson Hwy.

Wednesdays,
May 28th and
September 24th
10:00am - 3:00pm
Each Day



So much more to come for 2025. See you next month for more exciting details. **R&T PKE2025**

2025 Event Details / Exhibitor Listings / On-Line Resources:
at: www.prosknowexpos.ca

Things To Do - WINNIPEG *Continued*

FREE for non-profits and current advertisers. Submit PSAs by Jan. 31st for the Feb. 10 issue. Email wording for your PSAs to: kelly_goodman@shaw.ca.

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., 9:30 am, at 603 Wellington Cres. Guests welcome. <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 Provencher Blvd. **204-942-2880**

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



Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by Jan. 31st for the Feb. 10 issue. Email wording for your PSAs to: kelly_goodman@shaw.ca.

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

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

Morden Services for Seniors - 306 North Railway St. Service providers - help with Home &

Lawn maint., Snow removal, House clean/laundry, Transportation, Footcare, Computer training. **204-822-5663**, mordensfs@gmail.com.

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

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

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

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

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 presen-

tations. 384 Eveline St. Info: www.gordonhoward.ca or call **204-785-2092**

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

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

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

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 - Teulon Hall, Main St. Dances, 2nd Thur. of the month. Doors open at noon, lunch 3 pm. Silent Auction, 50/50, door prizes, coffee/tea/juice. Admission \$10.

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



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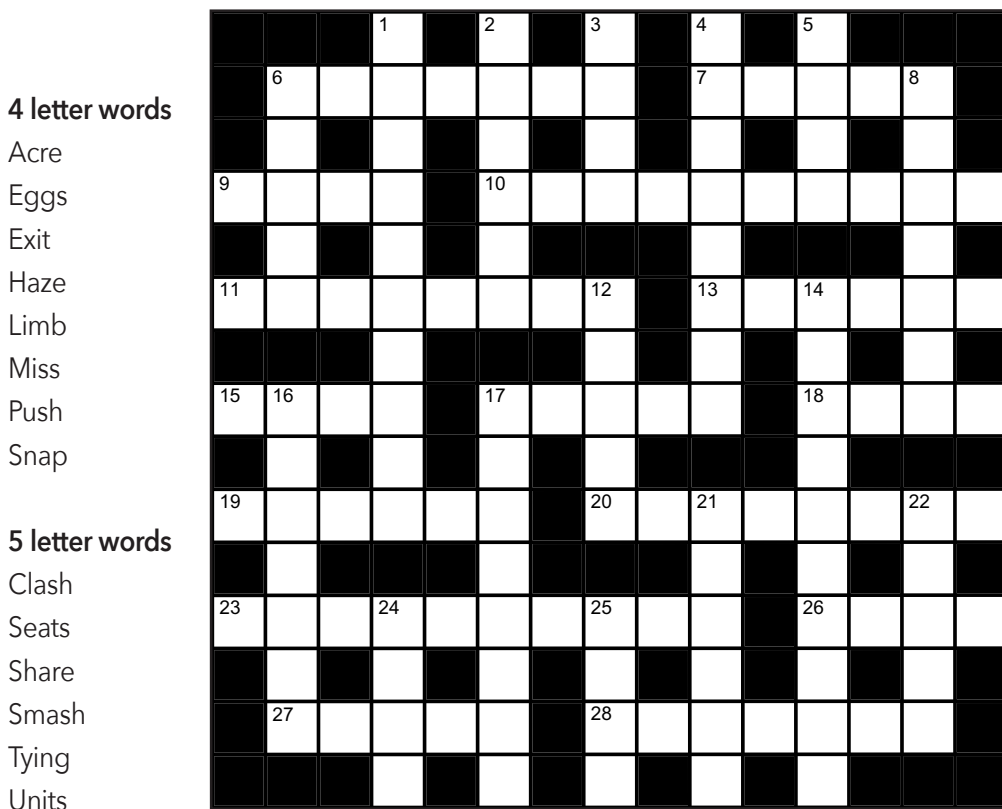
WORDSEARCH - New Year By Roni Alward & Senior Scope

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Y O C S E D I N N E R O C H A M P A G N E
O U O I S J I K T H R I M Y A R I A X O P
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|------------|-----------|-------------|-------------|----------|
| Babysitter | Enjoyable | Happy | Outgoing | Start |
| Best | Evening | Healthy | Party | Success |
| Better | Feast | Holiday | Past | Sweet |
| Blast | Fete | Hope | Peace | Time |
| Bless | Food | Horn | Predictions | Toast |
| Bright | Forget | Inspiring | Promise | Today |
| Champagne | Fresh | Joyful | Rejoice | Unique |
| Cheers | Fun | Kiss | Resolutions | Upcoming |
| Countdown | Future | Luck | Revel | Vices |
| Dance | Gala | Mirth | Ringing | Vow |
| Delightful | Games | Moment | Safe | Wait |
| Diet | Grand | Music | Sing | Wish |
| Dinner | Great | New | Smiles | Year |
| Dream | Greet | One | Special | |
| Drink | Happiest | Opportunity | Spend | |

SOLUTION ON PAGE 15

NEW!!!! WORD GRID (Fit all words in the puzzle below) By Senior Scope



4 letter words

- Acre
- Eggs
- Exit
- Haze
- Limb
- Miss
- Push
- Snap

5 letter words

- Clash
- Seats
- Share
- Smash
- Tying
- Units

- | | | | |
|-----------------------|-----------------------|-----------------------|------------------------|
| 6 letter words | 7 letter words | 8 letter words | 10 letter words |
| Battle | Choking | Business | Dismissing |
| Echoed | Crashes | Channels | Government |
| Riddle | Mending | Hesitate | Hypothesis |
| Saying | Singers | Sketches | Physically |

SOLUTION ON PAGE 15

SUDOKU - Very Easy Senior Scope

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

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 ON PAGE 15



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YEAR OF THE SNAKE

WEDNESDAY, JANUARY 29

HAPPY LUNAR NEW YEAR

FIVE CASH DRAWS OF \$888!



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LAUGH A LITTLE

Washroom Sign: MEN: to the left because
WOMEN: are always right!

Father's advice to son: Question everything!
Son: Why?

I am sometimes called 'the computer'.
Only because I go to sleep if left unattended for
10 minutes.

Grandfather: The Philosopher Plato once said,
"I am the wisest man alive, for I know one thing, and
that is that I know nothing."
Grandson: How did he know that?
Grandfather: His wife told him so.

Things used to find water: divining rod, pendulum,
thermal imaging, golf ball.

- Authors unknown

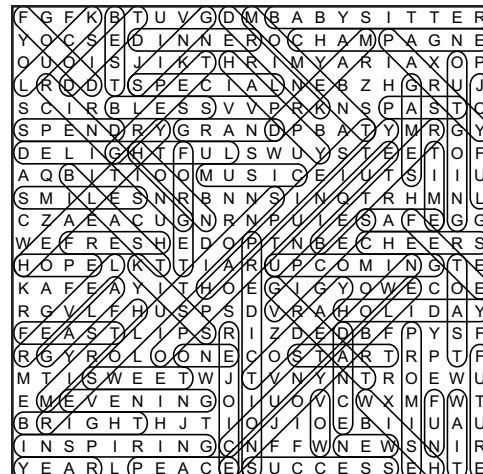
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SOLUTIONS

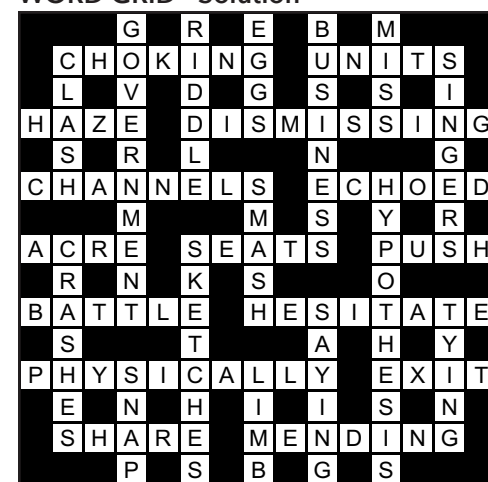
WORDSEARCH - Solution



SUDOKU - Solution

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

WORD GRID - Solution



To advertise on the **Six Degrees of Portage & Main** podcast email myles@hiltz2.com



Have a story to tell?

Send in your community stories and if suitable for our readership, we'll be happy to showcase them. Whether it's an inspiring moment, a fun event, a person or accomplishment, your story can inspire others. Add a photo or two to bring it to life.



Email to kelly_goodman@shaw.ca or kelly@seniorscope.com by the first of each month.



Job Opportunity



Do you love Winnipeg and want to show people from around the world what makes our city so special this summer?




The **Winnipeg Trolley Company** is hiring city tour, ghost tour, and walking tour guides for the 2025 season, and we'd love for you to join us!

- Part-time positions run May-October.
- All training provided and no driving required.

For more information and to apply, please contact info@winnipegrolley.ca, or give us a call at 204-226-8687.

the CLASSIFIEDS

Approx. 30 words for **ONLY \$10.50** (10.00 plus .50 GST). Add 5.00 to include photo. (15.00 + .75 GST = 15.75)
Listings must be pre-paid: cheque or e-transfer. No credit cards.

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MAIL LISTINGS with payment payable to: **Senior Scope**, Box 1806 Stonewall MB R0C 2Z0
or email listing and e-transfer to: kelly_goodman@shaw.ca
(NOTE: *Senior Scope* reserves the right to reject listings not suitable for its readership.)

FOR SALE



FOR SALE: Dementia clock / calendar. Pre-install reminders (medications, appointments, etc) or post personalized video message. \$60.
204-612-3242.

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.**

WANTED ITEMS

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

FOR SALE: Delonghi Nespresso machine, given as gift. Reg. 279.99, asking 200 O.B.O.; 2 pr Clarks shoes, sz 8, sale price \$49, asking \$35/pr; Plate glass mirror, \$100 O.B.O., 36"x30"; Collection of porcelain dolls, ass't sizes and prices; 3 table lamps, \$20-\$50 (new); Ful fur coat, leopard pattern, sz med, \$150.
204-889-3770.

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

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

Sell those unused items! Make some extra cash!

LINDEN POINTE

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