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Senior Scope

FREE Vol. 23 No. 8 | Feb 10 - Mar 9/25

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WE'RE READY!

HEALTH & WELLNESS FEATURE
Pages 9-17

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SHOP CANADIAN!



United States President Donald Trump delayed imposing Tariffs on Canada February 1st. For at least one more month.

In response, the Manitoba government is prepared to issue a directive to Manitoba Liquor and Lotteries (MBLL) to stop the sale of American products in the province, Premier Wab Kinew announced.

"Trump's tariff tax is an attack on Canadians," said Kinew. "We support the federal response to these tariffs and here in Manitoba, we're prepared to stop the sale of American products at Manitoba liquor marts. How you choose to spend your money is one of the most important deci-

sions you as a consumer can make. There are plenty of great Manitoba breweries and distilleries to support instead."

Manitoba will hold off on its decision to pull American products off the shelves of liquor marts and stop ordering American alcohol for now, the premier noted.

The premier added the province will roll out more supports for Manitoba businesses and workers in response to the U.S. tariffs.

For more information, Manitoba businesses or workers impacted by tariffs can contact the Manitoba government tariff hotline at **1-877-827-4330** (toll-free) or **204-945-8011**, Manitoba Government

Inquiry at **204-945-3744** or visit: <https://manitoba.ca/tariffresponse/>.

NOTE: Regardless of President Trump's decision, consumers are encouraged to support local businesses more. However, learning which products you purchase that benefits Canada is important.

For details see Page 18



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

Sisler High School Class of 1975 Gathering - Greg Ferguson

Alumni from Sisler High School Class of 1975 will be celebrating their 50th anniversary this coming June.

The Alumni Committee invites all Class of 1975 Alumni to stop in and fill out a profile so they can be reached regarding the upcoming Reunion. Just go to our Class Reunion Website at

<http://classreport.org/can/mb/winnipeg/shs/1975/>

There are no registration fees required to join in the fun. Each class member has full participation privileges. Reunion information will be updated at the website.

We'd love to have Alumni on our contact list to keep you in the loop and if you wish

in get involved organizing/helping out. Class member Greg Ferguson has volunteered to serve as Class contact and can be reached at rawhide55@yahoo.com. ■



Happy Valentine's Day

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Free Park Entry in February!

The Manitoba government is encouraging Manitobans to hit the trails this winter and once again offering free park entry for the entire month of February, Environment and Climate Change Minister Mike Moyes announced last month.

"I am pleased to announce we are waiving the entry fee to all provincial parks for the month of February to make it more affordable for Manitoba families to get outdoors and enjoy all our beautiful provincial parks have to offer," said Moyes.

From groomed paths for cross-country skiing, snowmobiling, fat biking, snowshoeing and hiking, to exciting spaces like outdoor skating rinks, hockey arenas and toboggan hills, there's something for everyone, the minister noted. Hecla/Grindstone Provincial Park provides free ice-fishing shelters on Lake Winnipeg or Manitobans can head to ski slopes in Assessippi or White-shell provincial parks, added the minister.

In addition to free park entry, **Manitoba Winter Trails Day** will be celebrated for the first time on **Saturday, Feb. 8**. The day will occur annually on the second Saturday in February to showcase the province's amazing winter trails and activities, celebrate the dedicated partners who create and maintain trails, and inspire Manitobans to embrace the season by enjoying outdoor adventures with family and friends, said Moyes.

Manitobans can join park interpreters on Feb. 8 for guided trail adventures in these provincial parks:

- **Birds Hill** - embark on a snowshoe trek along the Nimowin Trail to search for animal tracks and signs of wildlife, and learn how creatures thrive during winter.
- **Spruce Woods** - take a guided hike on the Epinette Trail to discover the park's unique landscape and its intriguing connection to the spruce forest.

Programs, registration, trail conditions at: www.manitobaparks.com. Note: Use trails only for designated activities, never walk on groomed ski tracks, keep dogs on leash and practice the principles of Leave No Trace. Vehicle permits not required; but Snopasses are for snowmobiles using designated trails. ■

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Read more on Manitoba Blue Cross in the Health & Wellness section on page 10.

The Adventures of Bea Broda Part Two



SIX DEGREES OF
**PORTAGE
& MAIN**

By Myles Shane

Intro from January issue of *Senior Scope*:

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.

Part 2 - Continued:

A Museum Memory

Recently, Bea attended the 30th anniversary of Global Winnipeg, where a small museum exhibit featured her Manitoba Morning camera. She reflected on her early days fondly, laughing as she recounted how she was often asked to play piano on air whenever a guest didn't show up.

The Scariest Moment Abroad

Travel isn't without its risks, as Bea experienced during a shoot in Argentina not long after the Falklands War. While attempting to get the perfect shot of a cruise ship, Bea and her crew unknowingly wandered onto a submarine base. "Before long,

people with rifles were coming towards us. We didn't know Spanish, and they didn't know English," she recalled. With only gestures and a microphone to indicate their intentions, the team managed to convince the guards they were harmless and were escorted back to safety. "It was nerve-wracking, but we laugh about it now," Bea said.

The Legacy Continues

From Winnipeg to the world stage, Bea Broda has spent decades exploring cultures, sharing stories, and connecting people through her travel shows. Whether in front of a camera or behind the scenes, Bea's passion for storytelling continues to inspire both viewers and aspiring travelers alike.

A Palestinian & An Israeli

Bea Broda's path through life has been shaped by her rich experiences in travel, media, and personal growth. Recently returning from Istanbul, she reflected on an international convention she attended, which featured keynote speakers—a Palestinian and an Israeli—who began their session with a symbolic hug. "They share stories; they don't boycott," Bea explained. "That's one of the things that can truly alleviate tensions."

From Toronto to Vancouver: A New Chapter

Having called Toronto home for 38 years, Bea recently relocated to Vancouver. "Last fall, I decided to move. Part of the reason was I'm in California a lot, and it was difficult to move my cat's cross-country," she shared. However, she admitted to



Bea Broda working for the travel show 'Outta Town Adventures.'

missing Toronto's vibrant cultural tapestry and energy, particularly after only spending one summer in Vancouver.

Cultural Insights and Spiritual Lessons

When Fred asked if she's integrated any beliefs from her travels into her lifestyle, Bea offered profound reflections from her

time in Istanbul's Blue Mosque. "I picked up little booklets—one about dying and one about being sick. It said sickness can extend your life because it makes you value every minute." This perspective left a deep impression, reinforcing her belief in finding gratitude and meaning, even in challenging moments.

Bea's spiritual curiosity extends to various traditions. "I've always loved Hinduism for its sights, smells, and even its food rules. For example, I'm allergic to onions, and in Hare Krishna temples, they avoid onions and garlic because they believe it interferes with the spirit." She also admires the peace of Buddhism and regularly practices Bikram yoga. Despite exploring diverse philosophies, she doesn't subscribe to a singular belief system.

A Spiritual Calling

Surprisingly, Bea revealed she once served as a spiritualist minister for six years.

Continued on page 6

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BRENDA KEYSER – A Judge for all the Right Reasons

A MANITOBA MOMENT
By Bud Ulrich

When I met Brenda Keyser at her home, I received a warm welcome. It was very pleasant spending the next hour chatting about her background, ambitions, career, and just about everything else including sports and the arts.

My good friend Nick Yacheson suggested I contact Brenda. She was one of his students at John Taylor Collegiate. You might remember my column on Ron Edwards which I wrote back in the June/July 2023 issue, and more recently his association with Kelly Ryback in last month's issue. Well, Ron was Brenda's math teacher and her coach for Reach for the Top – a CBC television program originating back in the 1960s. Brenda loved being part of this program. The shops teacher constructed a mock stage setup like the television studio complete with buzzers to push during their practice sessions. This proved most helpful in their preparation for the on-air sessions. Over many years, Brenda kept in touch with Nick and Ron along with another one of her teachers, Dennis Schrofel, who was her all-time favourite history teacher. Sadly, Dennis passed away in 2013. Brenda claimed to be a good student but despite Mr. Edwards' math teaching skills, she struggled in that subject. We enjoyed a good chuckle recalling Nick, Ron and Dennis belonging to our senior's golf group – *The Rusty Zippers*.

Initially Brenda wanted to become a pilot. However, her dad strongly suggested that was not a role for women. We all know that has changed now! She saw women were entering the law profession and decided law would be her second choice. If time is a measuring stick of success, there is little doubt that Brenda made the right choice. University of Manitoba was Brenda's next stop – earning a degree in law in 1978.

During her time at university, she found time to play flag football for her faculty. She was known as "elbows!" I was provided with her description of this nickname and clearly saw the connection. Quite proudly she stated, "We won the championship beating none other than the

Continued on page 6



Brenda Keyser.



Brenda on their boat at Lake of the Woods



Brenda and her family enjoy scuba diving.



Peter Murdock, Brenda's husband - at a gala dinner together.

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Bea Broda, *cont'd from page 3*

“Services were held on Sunday evenings, and usually, it was some sort of trauma that brought people through the door,” she recalled. Her time in this role reinforced the idea that major life shifts often follow moments of upheaval, a sentiment Fred agreed with wholeheartedly.

Out of Town Adventures

“I just finished season 5 of *Out-of-Town Adventures*,” she shared proudly. The show is available on Amazon Prime in English-speaking countries, broadcast in six or seven languages across Europe, and aired on SBS in Australia. “It’s around,” she said with a smile, noting that season six is already in the works. With so many countries still on her list, Bea’s passion for exploration shows no sign of slowing.

The Great Beyond

Bea isn’t stopping with travel television; she’s embarking on an ambitious documentary project, potentially a limited series, titled *The Great Beyond*. “It’s going to be about cultural perspectives of life after death but also individual ones—what it’s like for someone actually facing that end, that curtain,” she explained. Fred jokingly interjected with, “Been there. Done that,” Bea enthusiastically invited him to participate, convinced his experiences would be a perfect fit for the series.

Over 100 Countries and Counting

Having traveled to just over 100 countries, Bea reflected on how travel has evolved over her lifetime. “The first time I

went to China in the ‘80s, you could stand in Shanghai and see across the Bund to rice fields as far as the eye could see. Now, you look across and it’s like New York City on steroids.” She noted similar changes in Paris, where the Mona Lisa, once hung freely on a wall, now sits behind plexiglass and bars, with visitors queuing in long lines.

While Bea enjoys the modern comforts of European travel, she is captivated by the Middle East for its connection to ancient times. “I loved being in the Middle East, feeling like you might have 2,500 years ago,” she mused.

Winnipeg Memories

When asked if she’s found a place that reminds her of Winnipeg, Bea named Milwaukee. “You know why? Milwaukee has the Fonz, and Winnipeg has Winnie the Pooh,” she quipped. Fred added that both cities were once home to thriving breweries. Bea fondly noted, “I’ve got the Winnipeg Jets on my license plate.”

Fred wrapped up with his own confession: “I can’t cheer for the Maple Leafs, only the Winnipeg Jets,” sealing their shared pride for their hometown.

.....

Bea Broda: From CKND to Global Travel Icon

Bea Broda is an internationally recognized name in travel television, but her story is rooted in Winnipeg where she launched her career at CKND. As the host

of *Manitoba Morning*, Bea’s charisma and versatility caught the attention of many, including Fred Rutman, now the host of the podcast *Six Degrees of Portage & Main*. Fred, who fondly recalls appearing on Bea’s show as a young guest, is also an acclaimed author of the memoir *The Summer I Died 20 Times*, chronicling his remarkable recovery from repeated cardiac arrests. Known for his deadpan humor and straightforward style, Fred brings depth and authenticity to his podcast, making him a perfect interviewer for the multifaceted Bea.

The conversation flows effortlessly as Fred expertly steers the discussion. He dives into Bea’s childhood in East Kildonan and her early career in Winnipeg, noting, “It’s wild to think you were hosting TV shows while I was just a kid trying to make sense of Winnipeg winters.” Bea acknowledges Fred’s knack for capturing stories, teasing, “And now you’ve turned your survival story into a bestseller. Maybe you should host a travel show next—you’re already good at dodging death-defying situations!”

When the topic shifts to Bea’s time as a spiritualist minister, Fred can’t resist chiming in, “So, Bea, did you ever foresee me becoming a podcaster? Or did your crystal ball only predict 20 near-death experiences?” Bea plays along, “Fred, I didn’t need a crystal ball to know you’d turn into a storyteller. It was written all over you back then!”

As Bea describes her upcoming documentary *The Great Beyond*, Fred interjects with his signature straight-faced

humor: “So, you’re tackling cultural perspectives on life after death? You know, I have a bit of firsthand experience there. Maybe I can be your test subject.” Bea lights up at the idea and insists he’d be a perfect fit, adding, “Fred, you’re living proof that life can surprise us—on this side of the curtain or the other.”

Fred’s thoughtful questions guide Bea to reflect on her travels to over 100 countries. He draws a connection between her adventurous spirit and her Winnipeg roots, saying, “There’s something about growing up in a place like Winnipeg that makes you resilient, wouldn’t you agree?” Bea agrees wholeheartedly, sharing anecdotes about her travels and the changing landscapes she’s witnessed, from Shanghai’s transformation to the Middle East’s timeless allure.

The episode concludes with Fred asking Bea a question that ties everything back to Winnipeg: “After all these adventures, have you found a place that feels like home?” Bea chuckles, “Milwaukee, Fred. It’s like Winnipeg but with the Fonz. And hey, Winnipeg has Winnie the Pooh—how can you beat that?” Fred, never missing a beat, replies, “Milwaukee may have the Fonz, but Winnipeg has the Jets—and you’ve got them on your license plate, so that’s a win.”

Together, Bea and Fred create a heartfelt, entertaining episode that bridges their shared Winnipeg roots with Bea’s global experiences and Fred’s remarkable resilience. Listeners are left inspired by their banter, depth, and the enduring connections that define life’s journey. ■

Judge Brenda Keyser, *cont'd from page 4*

mighty Phys. Ed Faculty.” Her group of women in the Law Faculty bonded and did a lot of things together. They played hockey and Brenda gave an amusing account of her skills, or lack thereof, in this game. “I was a terrible skater, so they stuck me in goal, and I was a terrible goalkeeper, but we played the game. I don’t recall any victories. We were much better in football,” said Brenda.

Brenda was called to the bar in 1979. For the next eight years she practiced mainly criminal, labour, and civil litigation with Pollock and Company. Brenda was a founding member of Keyser Harris law firm. Criminal law was her specialty along with some involvement in child welfare and Aboriginal law which deals with the unique constitutional rights of Aboriginal peoples and the relationship with the Crown.

Brenda was appointed Judge of the Court of Queen’s Bench of Manitoba on October 5, 1995. The Minister of Justice

and Attorney General of Canada, Mr. Allan Rock, announced her appointment. During the formal ceremony, Brenda’s feelings went out to her dad wishing he was there to see her. Clearly, this was a very proud moment for her. It’s times like these that our parents become close to our hearts!

During Brenda’s career as a judge, it was important to her to get things right. If she had a decision on a criminal matter, she would frequently discuss things with colleagues or her husband Peter, who was a crown attorney. This didn’t necessarily change her mind, but she wanted to ensure that what she was saying made sense, followed in a logical sequence, and was grammatically correct.

Brenda’s travels as a judge of the Court of Queen’s Bench took her as far as Thompson, Manitoba. Further remote communities in northern Manitoba were served by the provincial court. She handled cases in Yukon and Inuvik which was a fan-

tastic experience for her. “All communities are completely different from one another. There are amazing artists, and it was a bonus to get to know a few of them and purchase some of their art,” said Brenda. She is hoping to get re-appointed to Inuvik in March or April of this year to do a circuit, and another one in October as part of her supernumerary assignment. The sleeping accommodations in Cape Dorset, Inuvik, ranged from spectacularly wonderful to very basic, i.e. sleeping in a bunk bed in a dormitory shared by complete strangers. The last time Brenda was in Arctic Bay, she was the last hotel guest prior to it being torn down as it was condemned. Travels include many varied experiences, good or not so good!

Outdoor activities in Inuvik offer most interesting traditions. “You have a lot more opportunities to hunt or fish if you’re a man. There are superstitions that women will spoil the hunt or fish. It’s always been that way. Never would a male ask a female to accompany him,” Brenda said.

Brenda’s first husband was a history professor, and tragically lost his life in a plane crash some forty-seven years ago. Brenda is quite close to his family, and they keep in touch on a regular basis. Brenda has a son and daughter and she is a proud grand-

mother. She also has a stepson. Her husband Peter has a son who is married and has two daughters. I sensed that family is very important to Brenda and her husband.

In Brenda’s retirement years she enjoys the arts venues, from the symphony, ballet, opera, to live theatre, as well as the Fringe Festival and Folklorama. Being bilingual, she takes in the Théâtre Cercle Molière. Brenda and Peter are avid sports enthusiasts of the Winnipeg Jets and the Winnipeg Blue Bombers. We both agreed on the vast number of entertainment options we have in our fine city of Winnipeg – our home!

It was very interesting to discover Brenda and Peter and their kids and son-in-law are all scuba divers. They’ve been diving since 1980 in Mexico, Dominican Republic, Australia, Cayman Islands, Belize, Honduras, and just about everywhere else. Brenda didn’t dive last year as she was waiting for a knee replacement. “It’s heavenly underwater, and I don’t like to snorkel,” Brenda said. Her best dive ever was a shark dive in Roatán, in the Western Caribbean, north of mainland Honduras, about 5 or 6 years ago with reef sharks. Cave and wreck dives were part of their experiences as well.

It is my candid opinion Brenda loves Winnipeg and all that it offers. Our country needs more Brenda Keyser. ■

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KEN PETERS – A Judge, Track Star, and Musician



A MANITOBA MOMENT

By Bud Ulrich

My first visit with Ken Peters a few months ago at his residence in north Winnipeg was most enjoyable, and it prompted me to visit him again to follow up with more questions about his youth and a most interesting career. A few weeks later we had another chat, and this brought an opportunity for readers of the Senior Scope newspaper to hear about some interesting parts of his life. His tidy and bright apartment is filled with beautiful original indigenous art symmetrically arranged on a feature wall.

Ken will be 95 this February and he remains highly active, although he recently strained his leg while doing deep-knee bends and he can't climb numerous stairs in his apartment block like he used to. Lifting weights each day is part of his routine, but he now must come down to five-pound dumbbells. My goodness, I'm still trying to get up to five pounds! There's little doubt his physique supported his running capabilities when he was a young man.

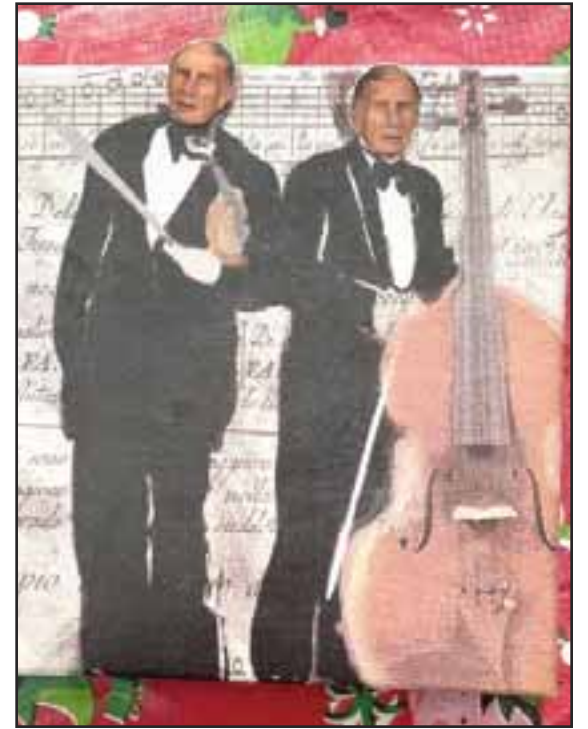
Ken was born in the USA. His parents found work there in 1925. When Ken was one year old, his parents moved to Winnipeg. Since that time, he has been a Winnipeg resident, except for one year while he worked at a mining camp in Ontario, and another year at the University of Kansas in 1954-55. "I can't forget Dauphin, Manitoba. I lived there as well for a short period of time," Ken said. He clearly recalls living on Manitoba Avenue in the



Ken Peters induction into the Manitoba Sports Hall of Fame, Nov. 7, 2015.



Ken - top sprinter from 1947-1958



Ken played violin, guitar and bass instruments.

North End of Winnipeg until he was 16, and to be exact – the house number was 912. Isaac Newton is where Ken went to high school. Since his time at this school, it has become a junior high.

Ken was Manitoba's top sprinter from 1947 until 1958. He seemed to have the natural ability to run fast. Ken dominated sprinting in Manitoba for many years. He joked with his sons that his motivation to run fast when he was a youngster was to avoid the local neighbourhood bullies. Occasionally during his training runs, the police stopped him and asked him what he was doing running in cold weather. They must have felt he was running away from

something. Running outside during the winter in today's world is commonplace for many athletes.

Ken's success in running didn't stop there. He became the Manitoba Junior Champion in the 100-and 220-yard dash. At the peak of his career, under the coaching of Eric Coy, he ran the 60-yard dash in 6.2 seconds, followed by his personal best of 9.8 seconds in the 100. It wasn't until the likes of Harry Jerome in the 1960s to best Ken in the 100-yard dash. Ken was inducted into the Manitoba Sports Hall of Fame on November 7, 2015.

It was important for Ken to keep involved in sports once his track career

wound down. He volunteered his time in a variety of amateur sports such as hockey, baseball, football, and curling. He was proud of his efforts in assisting a future Canadian sprint star, Robert Fisher Smith.

Ken played the violin, guitar, and bass instruments. He started playing the violin at the young age of eight years. His grandfather had a drinking buddy who was a violin player, and he went knocking on doors offering to give lessons at a cost of 25 cents. This was Ken's first violin teacher. If he was playing too sharp or too flat, he got a smack on the fingers from his grandfather's bow. (At a young age, he didn't like this style of teaching.) Ken went on to

Continued on page 8

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Ken Peters, *cont'd from page 7*

become a concert master with the Winnipeg Symphony Orchestra at the Peace Gardens for about three or four years up until the coronavirus pandemic. Prior to that, he played bass with the WSO back in the 1960s, and on March 3, 1979, he travelled to New York's Carnegie Hall with the orchestra, which was their first performance at this venue. Unfortunately, due to arthritis, his playing days are over.

Star Lake is the location of Ken's family cottage. The Whiteshell park was just opening, and they leased Lot 7, Block 1, which housed a log cabin on a rather large piece of property. It was a small cottage of about 700 square feet which was built back in the 1930s. Ken added another 1200 sq. ft. "It was quite nice," Ken said.

Ken graduated with a law degree at the University of Manitoba in 1956. He was called to the bar in 1957. He was employed as a lawyer with City of Winnipeg for about 12 years, working his way up to becoming the chief city solicitor. The amalgamation of 12 municipalities to form a new City of Winnipeg came about in 1972 and everyone was seeking new positions. Ken "knocked around" in private practice for a few years. He did a fair amount of bylaw work at City Hall. The chief judge of the bylaw court met with Ken and soon afterwards he was knee-

deep in bylaw cases and others as a provincial court judge. Some of his cases required travelling to northern remote Manitoba locations, either by car or plane. He filled in for judges in Northwest Territories, up to Inuvik, during their vacation periods or when sickness required a replacement. Ken did this for almost a year, and I sensed he really enjoyed it. Most of the time court was held in school auditoriums or just wherever there was space. He shared accommodations with the pilot or surveyor in an old hotel as there were no other options available. "It was a terrific experience," Ken said.

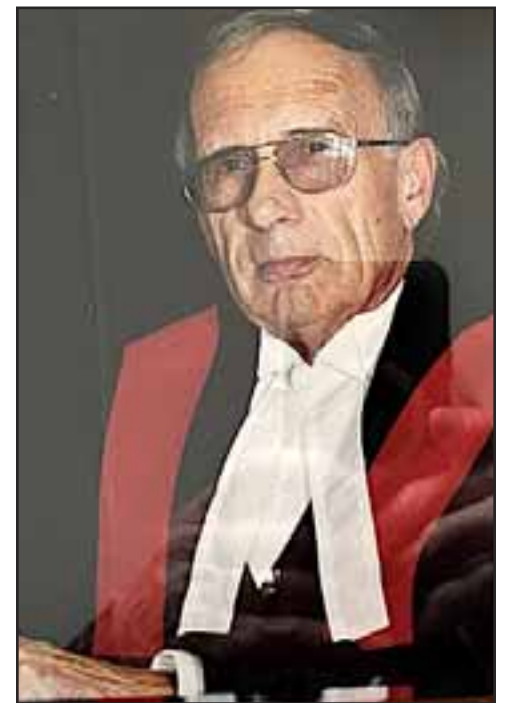
Ken enjoyed taking pictures and he took his camera with him during his travels. He wished he had the cameras of today (even a smart phone).

"I always felt at the provincial court level, if I did anything wrong, or if I allowed my personal feelings to interfere with a decision, it may backfire. If a person didn't like my decision, they could appeal to the Queen's Bench, and so on. I never felt guilty about any of my decisions," said Ken. Some of the lawyers would approach Ken in his chambers before the court opened and they would introduce themselves. One of the lawyers said, "I have a client out there and I don't want him to feel that I don't know the judge." I sensed that

Ken is as honest as the day is long, and his decisions were sound and fair, regardless of who appeared before him. Favours were not part of Ken's character.

On a typical day, Ken may not have breakfast for an hour or two. He had things to do. He was trying to get information from his computer for delivery of an exercise bike which he had ordered online from Canadian Tire. However, the information that was coming up was of no use to him. He discovered the delivery information wasn't complete causing delays. He then spent a lot of time following up on the phone, getting several menu options, being on hold for an hour or so to no avail – I think many of us get the picture! Finally, the bike arrived, and Ken needed to unpack and put it together. He will figure out an exercise routine and start off slow – two or three times a day. Dealing with his insurance company takes up a fair amount of time, which has been going on for about a year. Living to a ripe old age, Ken claims over the years he has paid more than the value of the policy. "They don't answer my questions, they just refer me to my policy," he said. I feel Ken's background in law serves him well.

Ken has a half-brother who lives in Toronto. When his parents returned to Winnipeg from the USA they separated, and Ken



Judge Ken Peters.

doesn't know why. His mother lived on Manitoba Avenue and his father lived on Magnus. His father wasn't supposed to see him, but he managed to contact him on occasion.

Ken sets an example of living an active life, and undoubtedly there are more years ahead for him. It was a real pleasure to spend a few hours with him. ■

“FESTIVAL DU VOYAGEUR: Presentation at Government House

2025 Kickoff for the Lieutenant-Governor's Evenings at Government House Series of Free Public Events

Lt.-Gov. Anita R. Neville invites Manitobans to attend the first presentation in 2025 of a series of free public events designed to welcome Manitobans into Gov-

ernment House and showcase outstanding and inspiring Manitobans who, through words and deeds, continually work to make the province better for all.

The February event features Yannick Fréchette, president of Festival du Voyageur, and Breanne Lavallée-Heckert, executive director of Festival du Voyageur. Festival du Voyageur is a francophone non-profit organization founded in 1969, known for its annual winter festival, which began in 1970. Held over 10 days in February, Festival du Voyageur is Western Canada's largest francophone event, attracting over 75,000 visitors. The festival features music, dance, snow sculpting and visual arts, with a focus on francophone and Indigenous culture. It also includes outdoor activities, historical interpretation and traditional food. Year-round, the organization offers educational programs including at Fort Gibraltar, a historic site that brings the fur trade era to life.

The event will be held Tuesday, Feb. 11 at Government House. Doors open at 6:30 p.m. Program begins at 7 p.m. Parking is available on both sides of the Government House driveway.

Light refreshments to follow.

Those wishing to attend must register in advance with the Office of the Lieutenant Governor by calling **204-945-2753**. Guests may reserve a maximum of two seats per registration.

Please note: large bags and backpacks will not be permitted.

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Your kidneys are among the most important organs in your entire body. That's why treating them well is so important — and why living with renal disease can be so challenging.

Sadly, not everyone could prevent renal disease, and for some, you may already be struggling to keep up with managing your condition. Luckily, there are plenty of lifestyle considerations that you can make to maximize your health as a senior living with kidney troubles.

Here's what you need to know about renal disease as a senior:

What is renal disease?

Your kidneys are your body's filter for impurities. Located towards your back about midway up, these fist-sized organs are what keep our blood clean and healthy. They also create our urine, which is the vehicle they use to dispose of these impurities.

Renal disease refers to illnesses and complications that have negative effects on your kidneys, impacting their ability to keep your blood clean. This can be a life-threatening condition and disproportionately affects seniors.

Renal disease may only impact one of your kidneys, which has its own complications but is much less severe than when both are affected. Our bodies only need one kidney to remove impurities, which is why living kidney donors can lead normal lives (although having two healthy kidneys is obviously ideal).

At its worst, renal disease can lead to kidney failure, which is fatal if left untreated. While early on symptoms may be minor and hard to detect, as renal disease progresses you may feel extremely nauseous, fatigued, itchy, and experience swelling in your ankles, as well as chest, and changes in how you urinate.

Preventing Renal Disease

Like many other illnesses, renal disease is often the result of other health complications. Maintaining your overall health will

greatly reduce your risk of kidney troubles now and in the future. Common precursors to renal disease include high blood pressure, diabetes, heart disease or untreated urinary tract infections (UTIs).

Whether you have a history of diabetes, heart disease or high blood pressure, managing these conditions includes adopting and maintaining a healthy diet. Consider how many calories you're eating, and make sure you are carefully monitoring your sugar and salt intake if your healthcare team has advised that you do so. An excess of either can lead to heart and blood pressure problems, in addition to exacerbating diabetes. By staying on top of your existing conditions, you can prevent renal disease from ever becoming an issue.

Another factor to consider is hydration. Your kidneys require a lot of water to filter out impurities, so ensuring that you drink enough of it is essential for their (and your) health. Keeping hydrated is good for all aspects of your health, but especially for your kidneys. Simply keeping a water bottle handy so you can grab a sip every time you're thirsty is a great first step, especially for seniors with mobility issues. Additionally, if your urine is consistently a pale yellow, that is a clue that you are well hydrated.

Getting ahead of kidney troubles also involves following the advice of medical professionals. Many health conditions can trigger renal disease, which means you have to be diligent about their treatment before your kidneys become an issue. As such, be sure you're taking your prescribed medication, especially as it pertains to heart disease, blood pressure, diabetes and UTIs.

Living With Renal Disease

There are two main stages of renal disease. The first involves reduced kidney function, and the second is complete kidney failure. Each requires its own specific treatment and lifestyle changes to promote the best outcome for your health, comfort, and quality of life.

As renal disease progresses, however, more



drastic measures have to be taken. As kidneys begin to fail, and their ability to filter your blood diminishes, all sorts of impurities in your blood will accumulate with a variety of negative health implications. When this happens, it's time to prepare for dialysis.

Dialysis is required when your kidneys have lost about 85% of their ability to function. There are two different types of dialysis, but both do roughly the same thing — they act as an artificial kidney and clean your blood in ways that your kidneys cannot. Dialysis can be done at a hospital, clinic or even at home under certain conditions. As your renal disease advances, it's important to talk to your doctor and have a plan established for your care.

Regular dialysis, in combination with

medication and lifestyle improvements, can greatly improve your quality of life while living with renal disease. Catching the disease early and maximizing the health of your kidneys may mean dialysis is never required. Either way, it's important to speak with a medical professional who can help build a plan that's right for you.

Conclusion

If it does start, be sure to be mindful of the symptoms so that you can receive early treatment which can prevent the advance of it. In the event of complete kidney failure, speak to a doctor about the right care plan.

Always consider your kidneys — they're working hard to keep your blood clean right now. ■

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Health & Wellness

More of us feel lonely – but volunteering can help

Seniors who volunteer benefit from increased social connection - Manitoba Blue Cross



While Manitoba still has the second-highest volunteering rate in Canada, it's decreased in recent years. At the same time, fewer Manitobans have close friends, and more are lonely. While these changes may appear unrelated, it's clear that volunteering can play a crucial role in helping to maintain the overall health of our communities.

These trends are explored in the *Manitoba Index of Wellbeing*, an evidence-based report commissioned by **Manitoba Blue Cross** through the University of Waterloo. It examines the wellness of Manitobans in eight domains – including community vitality, healthy populations and living standards – from 1994 to 2020.

According to the report, formal volunteering for charitable groups and community

“... formal volunteering for charitable groups and community organizations is crucial to foster community belonging, combat social isolation and loneliness, and maintain physical and mental health.”

~ report for Manitoba Blue Cross

organizations is crucial to foster community belonging, combat social isolation and loneliness, and maintain physical and mental health. But as of 2018, less than half of Manitobans are volunteering – a decline over the previous decade, with 54 per cent of Manitobans volunteering in 2007.

Concerningly, more than twice as many Manitobans (from 3.1 per cent in 1994 to 7.6 per cent in 2020) now say they have no close friends. Meanwhile, the number of Canadians living alone has doubled since

the 1980s, and evidence shows that for Canadians over 65, living alone is associated with feelings of loneliness and that these feelings are often linked to poorer mental health.

If we assess these two relatively independent trends together, can we find a way to curb loneliness?

“By volunteering, older Manitobans can help fight loneliness, forge meaningful friendships, support the community and keep active – all at once,” says Florent Thézard, wellness program leader with Manitoba Blue Cross. “It’s a win-win scenario – both for the person volunteering and the community in which they serve.”

At **Manitoba Blue Cross**, improving the health and wellness of seniors is a crucial part of their mission to enhance the quality of life of all Manitobans.

“Through initiatives like the Manitoba Index of Wellbeing, we continually look at how we can assess and address wellness needs across the province,” says Benjamin Graham, president and CEO of Manitoba Blue Cross. “We continue to encourage community organizations, governments, educational institutions, businesses and citizens to make evidence-based, community-centric decisions that put wellness at the forefront – especially among our most vulnerable populations.”

Organizations throughout the province are always looking for help. To find volunteer opportunities, visit the Volunteer Manitoba website (volunteermanitoba.ca).

To learn more about the *Manitoba Index of Wellbeing* and improving your own wellbeing, visit wellness.mb.bluecross.ca.

See advertisement on page 3

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Support Services for Older Adults

HEART HEALTH February 2025

February is Heart Health Month



Strive to be heart smart!

February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

We can all reduce our risk of heart disease by making healthy lifestyle choices, including quitting smoking, eating a healthy and balanced diet, getting enough sleep, exercising regularly, and monitoring blood pressure and cholesterol levels. Social connections have also been proven to improve your heart health, longevity, and physical and mental well-being. Taking time for self-care can help you relax, reduce stress and help keep your blood pressure within a healthy range.

During Heart Month, we encourage everyone to take the opportunity to learn more about the risk factors for heart disease and what can be done to prevent it. Making one small change towards a healthier lifestyle can make a big difference. We hope you take to “heart” the following information!



HEART HEALTH Be Heart Smart

Tips to maintain heart health as you age

Your heart is a strong muscle that pumps blood to your body. Just like an engine makes a car go, the heart keeps your body running.

Aging causes changes in the heart and blood vessels. Changes that happen with age may increase a person’s risk of heart disease and related health problems. Heart disease is a major cause of disability that can limit activity and quality of life for older people.

Luckily, there are many steps you can take to help keep your heart healthy:

Check your blood pressure and cholesterol

As you get older, it’s important to have your blood pressure and cholesterol levels checked regularly, even if you are healthy.

High blood pressure could lead to stroke and problems with your heart, eyes, brain, and kidneys. High cholesterol can also lead to serious health problems, such as a heart attack or stroke. Talk to a doctor about exercise, dietary changes, and medications that can help manage blood pressure and cholesterol levels.

If you smoke, quit

Smoking is the leading cause of preventable death. Smoking adds to the damage to artery walls that occurs in heart disease. Quitting smoking, even in later life, can improve your health and lower your risk of heart disease, stroke, and cancer.

Follow a heart-healthy diet

Eat plenty of fruits, vegetables, lean proteins, and foods high in fiber and whole grains.

Also choose foods that are low in saturated fats, added sugars, and salt which can cause high blood pressure.

Stay physically active

If possible, aim to get at least 150 minutes of physical activity each week. Strength training and aerobic exercise both benefit heart health. But it’s important just to get moving - any physical activity is better than none! Talk with your doctor about the type of activities would be best for you.

Maintain a healthy weight

Balancing the calories you consume with the calories burned with physical activity helps to maintain a healthy weight. Other ways you can stay at a healthy weight include limiting portion size and following a heart healthy diet.

Keep your diabetes, high blood pressure, and/or high cholesterol under control.

Follow your doctor’s advice to manage these conditions, and take medications as directed.

Don’t drink much or any alcohol

As we age, alcohol consumption can make existing health problems worse and have dangerous interactions with some medications.

Manage stress

Learn how to manage stress, relax, and cope with problems to improve physical and emotional health. Consider activities such as, meditation, physical activity, and talking about concerns with friends or family.

Get enough sleep

Getting enough quality sleep is another way to help reduce the risk of heart disease. As we get older, our sleep patterns change, making it more difficult to fall asleep or stay asleep.



Signs to watch for:

If you experience any of the symptoms listed below suddenly or without exertion, call 911 for emergency assistance. Although other conditions can cause chest discomfort, don’t always assume it’s something minor.

It is critical to have your symptoms checked out quickly in case it is a heart attack. Immediate treatment is essential to prevent permanent damage when the heart is not getting enough oxygen.

Chest pain is not always the main warning sign of a heart attack, so be aware of other possible symptoms:

- **Crushing chest pain or pressure in the center or left side of the chest**
- **Pain, numbness, and/or tingling in the shoulders, arms, neck, jaw, or back**
- **Shortness of breath**
- **Fainting, light-headedness, or sudden dizziness**
- **Rapid or irregular heartbeat**
- **Cold sweats**
- **Nausea, vomiting, or stomach upset**
- **Tiredness or fatigue**
- **Weakness**
- **Anxiety**

The symptoms of a heart attack can be different in men and women. Women are more likely than men to experience shortness of breath; tiredness; weakness; upset stomach; anxiety; and pain in the shoulder, back, or arm.

Although these problems can be signs of heart disease, they can also be associated with other health conditions. Tell your doctor about any concerns you have.



HEART HEALTH Vaccinations

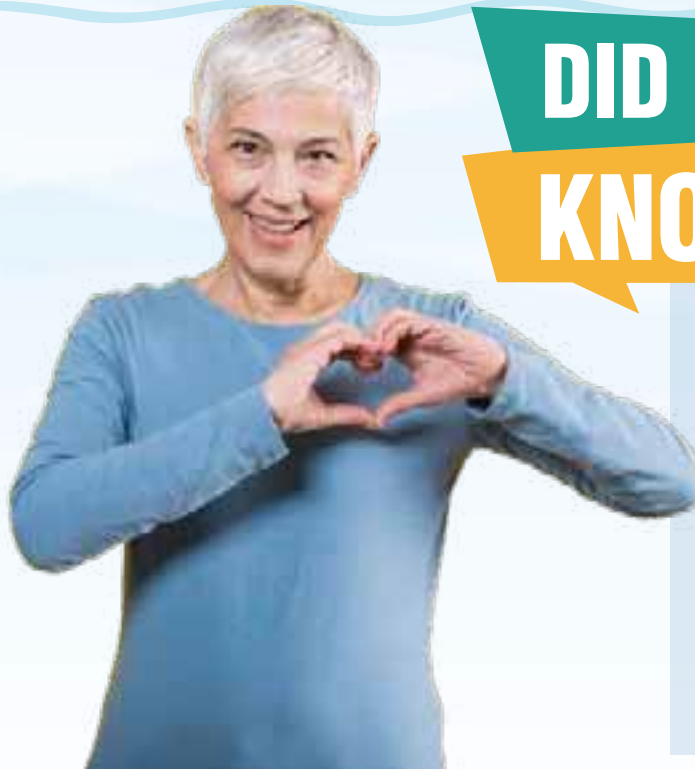
The annual flu shot can be part of the fight against heart disease

Influenza is commonly called the flu. The flu is highly contagious and can cause serious complications in older adults.

Almost 1 in 2 adults 50+ have a chronic condition in Canada, putting them at higher risk of flu complications. Cardiovascular disease in particular can be worsened as a result of getting the flu.

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

***Ask your doctor for more information on the different types of vaccines, and learn which is right for you.**



DID YOU KNOW?

VACCINATION CAN REDUCE THE RISK OF HEART ATTACKS DUE TO FLU BY UP TO 45%

HEART HEALTH Participate!

Join us in Steinbach, MB for the 2025 MB 55+ Games

Save the Date & Participate

Join us in Steinbach!

Curling event: March 4 - 6, 2025
Summer Games: June 3 - 5, 2025

- Curling registration is open now!
- Summer registration opens soon!

What are the 55+ Games and how can I get involved?

This June, 20+ age-friendly events will attract over 1000 athletes, 300 volunteers and many more spectators to 3 days of fun and friendly competition. The Manitoba 55+ Games event fosters fun and enjoyable competition for participants and spectators alike. If you have never been to a MB 55+ Games, this is one celebration you will not want to miss!



The Games also provide a social and cultural atmosphere through entertainment and social events. On Wednesday night a Celebration Banquet is held, complete with great food and local entertainment! This allows the participants a chance to mingle and dance!

Choose from any of these age-friendly events:

- 3 km walk/run (Predicted time)
- 5 Pin Bowling – singles & team
- 8-Ball & 9-Ball
- 9 & 18 Hole Golf
- Arts & Crafts
- Bocce Ball
- Bridge
- Corn Hole
- Cribbage
- Curling - Ice & Stick Curling (March 4-6)
- Floor Curling
- Floor Shuffleboard
- Horseshoes
- Lawn Bowling
- Pickleball
- Slo-Pitch
- Swimming
- Table tennis
- Track
- Wall Darts
- Whist
- *Demo event: beach volleyball*



Manitoba 55+ Games
 PRESENTED BY 



Looking to get involved?

Participants, volunteers, spectators and sponsors are all needed to make the Games a success.

If you are interested in becoming a volunteer at the 55+ Games in Steinbach, please email: 55plusgames@patporteralc.com

We look forward to seeing you there!

For more information, contact us:
Phone: 204-632-3947
Email: info@activeagingmb.ca
Website: www.activeagingmb.ca

HEART HEALTH Movement

Winter walking safety tips



We all know that manitoba winters can be long. However, one of the easiest and most affordable ways to maintain and enjoy physical activity is to go for a walk!

Walking is one the best ways of improving your overall well-being. Not to mention it is a great way to get out and explore your community. Walking is also one of the best ways to keep your body healthy because it improves fitness and mental well-being. Walking also helps us to avoid falls. It improves balance, strength and posture.

And while potential hazards such as icy surfaces and hard-packed snow can pose a fall risk, it's important to remember safe winter movement is possible by being prepared.

This is particularly important during the long months of a Manitoba winter, where shorter days and frigid temperatures can contribute to weight gain, reduced physical fitness and a higher incidence of mental health issues.

When the air is crisp and the ground is covered with snow, there's nothing like spending time outside to enjoy the beauty of the season!

Consider these tips:

- Let others know where you are going and/or go with a friend.
- For warmth and stability, wear lightweight winter boots with that are well-insulated and waterproof. Choose boots with a thick, non-slip, treaded sole made of natural rubber, and with wide, low heels.
- Consider using a nordic pole (similar to a ski pole) with a sharp tip that digs into the ice. If you use a cane, you can buy an ice pick for the cane.
- If you have items to carry, use a backpack. That will keep your hands free in case of a fall.
- Watch for cars as they may have trouble seeing you in the winter. Snowbanks, falling snow or rain can decrease visibility.
- Because the winter days are shorter, wear clothing with reflective strips, a reflective vest, or add ankle and wrist reflector bands to your outdoor gear.
- Keep your hands out of your pockets to help keep your balance.
- Plan ahead to make sure you have enough time to get where you're going.
- Assume that all wet, dark areas on the pavement may be slippery or icy. If you can, walk around them.
- Walk on cleared walkways—avoid shortcuts that haven't been cleared.
- Download a local weather app on your phone (such as Government of Canada Weather Alerts) so you know what the weather is like before you go outside.
- Don't text or talk on your phone and walk at the same time.
- Use handrails on stairs and ramps.
- Spread sand or grit on your steps and walkways.

Facing an icy surface can be a scary experience.

Falls can be serious.

Falling can cause bruises, sprains, or more serious injuries

like broken bones or concussions.

Melting snow can freeze overnight, forming a thin layer of ice that is hard to see. The ground can become very slippery in the morning when the ice starts to melt. In months where the ground is frozen, frost and ice can make it slippery for walking. No matter how well the snow is cleared from areas, there will still be slippery places.

Body movements such as the "penguin walk" can increase your stability on an icy surface. It includes the following movement tips:

- **Bend slightly and walk flat-footed.**
- **Point your feet out slightly, like a penguin.**
- **Keep your centre of gravity over your feet as much as possible.**
- **Watch where you are stepping.**
- **Take shorter, shuffle-like steps.**
- **Keep your arms at your sides — not in your pockets!**
- **Concentrate on keeping your balance.**
- **Go S-L-O-W-L-Y.**

Icy conditions can also prevent effective use of canes and walkers, which are more likely to slip on ice and snow. Persons with disabilities and other mobility challenges may need to pay extra attention when outside during the winter months.

Making the decision to spend time outside helps with improving your overall well-being. So, get out there and be safe. Walking in winter can be enjoyable when you are prepared. Remember to ask for support if needed, and to take the time to plan a safe route before you go!

For more information about preventing falls and staying on your feet, visit www.preventfalls.ca.



For most people, walking is accessible, affordable and enjoyable. With a few simple precautions, it can be a safe and effective way of getting where we need to go, even in winter.

Volunteer Opportunities

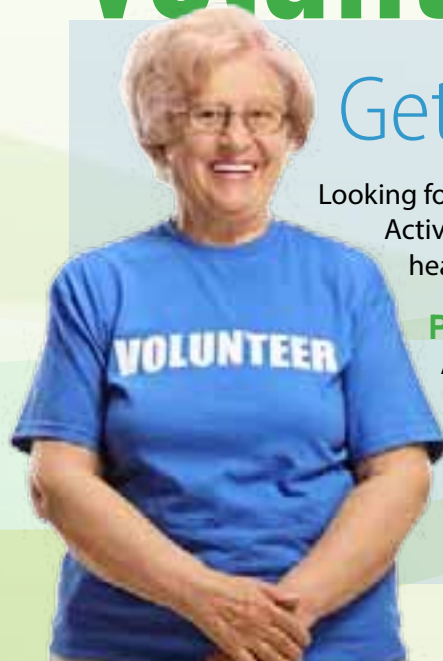
Get involved with Active Aging in Manitoba

Looking for a **VOLUNTEER OPPORTUNITY?** Active Aging in Manitoba is always looking for volunteers and peer leaders for our Active Aging programs: the Manitoba 55+ Games, Steppin' Up with Confidence and Active Aging Presentations (on various healthy aging and wellness topics).

PEER LEADER VOLUNTEER OPPORTUNITY

Are you interested in becoming a Peer Leader for Active Aging in Manitoba and leading a functional exercise class? Give us a call or send us an email!

For more information please contact us by email: info@activeagingmb.ca or call: 204-632-3947 or visit our website: www.activeagingmb.ca



HEART HEALTH Mental Health

Beat those 'winter blues' with physical activity

Warm up to winter weather

We often refer to ourselves as “hardy Manitobans” or we say it’s a “dry cold” and who doesn’t bristle when “Winterpeg” is used instead of Winnipeg in a conversation!

But our defensive nature about winter weather is more deeply rooted than we sometimes realize. Tara Brousseau Snider, MA Counselling Psychology, Chief Executive Officer at Sara Riel Inc. suggests that as people who inhabit colder climates, we need the changing seasons and the colder weather.

Over the years we have adapted to our climate and therefore we are able to survive and thrive in the colder months. Tara says our bodies need the sunshine not only for Vitamin D production but also for our physical and mental well-being. One of the best things we can do is to get sunshine on our face in the winter months. Sara commented on last winter which was milder, and we experienced more grey days and she saw the negative impact on people’s mental health.

Being active during the winter, getting exposure to sunshine, and addressing Seasonal Affective Disorder (SAD) are all important aspects of maintaining physical and mental well-being during the colder months. With reduced daylight hours we sometimes struggle to be able to see enough sunshine and might be diagnosed with Seasonal Affective Disorder (SAD). Some symptoms of SAD include sleep disturbances, low energy, loss of appetite, and difficulty concentrating.

Understanding Seasonal Affective Disorder (SAD) SAD is a form of depression that typically occurs during the winter months, when sunlight exposure is limited. It can affect anyone, though it is more common in people who live in areas with long winters or limited sunlight.

Symptoms of SAD include:

- **Low energy or fatigue**
- **Difficulty concentrating**
- **Changes in appetite (often craving carbs or sweets)**
- **Sleep disturbances (either oversleeping or insomnia)**
- **Irritability**
- **Feelings of hopelessness or sadness**

Sara suggests using light therapy for 20 minutes in the morning helps our cognitive function, improves mood and promotes well-being. Exposure to light therapy can increase Serotonin levels. Serotonin, a chemical in our body, carries messages from our brain to our nerve cells, and plays a key role in our mood.

What can we do to avoid the symptoms of SAD?

Regular physical activity

Physical activity plays a key role in combatting SAD. Exercise boosts our serotonin and endorphins which significantly improves our mood and energy levels.

Get enough vitamin D

Supplementing with vitamin D can help with the negative effects of sunlight deprivation. Also, try to get as much sunlight as you can!

Maintain a healthy diet

Eating a balanced diet with fruits, vegetables, and whole grains helps support overall mental health and energy levels. Avoiding too many sugary or carb-heavy foods can help maintain stable blood sugar and prevent mood swings.



Socialize

Spending time with loved ones, even if it’s virtually, can help fight feelings of isolation that often accompany SAD.

Stay connected to nature

If you can, try to get outside during daylight hours, even if it’s just for a short walk. Being in nature, regardless of the temperature, can improve mood and reduce stress.

Sara commented on reports that the happiest people live in the colder climates such as the Scandinavian countries, and Canada! So, venture outside even for a few minutes on those bitterly cold days, breath in the fresh air, let the sun shine on your face and tell yourself this is all part of being a hardy Manitoban!

Tips for Staying Active and Optimizing Winter Wellness:

Dress appropriately for winter activities

Layer up in moisture-wicking fabrics and wear insulated, breathable clothing to stay warm without overheating.



Good quality boots

Be sure to wear warm boots with good gripping soles. Add winter walking cleats that will give you better traction on ice.

Nordic pole walking

Nordic walking combines cardiovascular exercise with a vigorous muscle workout for your shoulders, arms, core, and legs. Learn more: www.urbanpoling.com

Monitor your body temperature

As we age, we do not feel the cold as readily as we did when we were younger. We often don’t generate as much body heat especially if we are moving more slowly.

Follow the weather forecast

A quick change in wind direction and wind speed can quickly impact your outdoor activity.

Try outdoor winter sports like skiing, snowshoeing, or ice skating, which are great ways to stay active and have fun.

Be active with others

Especially if you are planning to be outside for an extended period in colder weather. Safety in numbers!

Try indoor activities

If you can’t get outside on certain days, try things like yoga, dance, or strength training.

Take advantage of sunny days

Even if it’s cold, to go for a walk or simply sit outside for a bit to get that dose of natural light. By being active, seeking out sunlight when possible, you can help maintain your physical and mental well-being through the winter months. We have beautiful, sunny, cold days that can be enjoyed by dressing appropriately and going for a walk!

Move more; Sit Less!

Making the time to be active with our busy lives can be challenging, but start with 10 minutes and try to build up to at least half an hour of activity a day. Some activity is better than none. And if you spend a lot of time sitting, set reminders to stand up and stretch.

The Benefits of Sunshine during Winter

DID YOU KNOW?

While the sun’s rays are weaker in the winter, exposure to natural light still provides numerous benefits

Vitamin D Synthesis: Sunlight helps your skin produce vitamin D, which is crucial for your immune system, mood regulation, and bone health

Improved Mood: Exposure to natural sunlight increases serotonin levels in the brain. Bright light has been shown to boost overall mood and promote a sense of well-being, even when it’s cold outside.

Regulates Circadian Rhythm: Sunlight helps set your body’s internal clock, making it easier to wake up in the morning and sleep at night.

Increased Alertness: Natural light helps you stay alert and awake during the day.

Mental Health: Sunshine can help reduce symptoms of Seasonal Affective Disorder

FOR THE BEST YOU CAN BE Health & Wellness

Caring for Others Continues by Leaving a Lasting Legacy

- Alzheimer Society of Manitoba

Marion Murphy made a difference in the lives of families experiencing dementia. She had a passion for helping others in her community and chose to leave a gift in her will to the Alzheimer Society of Manitoba.

Leaving a charitable gift in your will allows you to make a significant impact on the causes you care about. No matter how much you can give, your will is powerful and you can make a bigger difference than you realize.

Marion left a lasting legacy by leaving a gift in her will, but she was also an important part of Manitoba's dementia community.

A retired teacher, Marion began volunteering for the Alzheimer Society of Manitoba in 1995 after she saw a request for volunteer fundraisers in the paper.

"Even though I don't meet the people who have Alzheimer's or their families, it makes me feel better, knowing that I am helping others," Marion told the Alzheimer Society back in 2009. "Doing something for others, helping them, it is in me."

Marion also got involved with the IG Wealth Management Walk for Alzheimer's, walking on behalf of family members and friends living with Alzheimer's disease. She was the top fundraiser in the province for many years, working tirelessly to raise funds and awareness for the Society every year during the annual Walk. She would go door-to-door around her neighbourhood from the end of April until late June collecting pledges and educating others about dementia.

"I haven't tested it with a pedometer so I don't know how far I go, but on average I spend an hour and a half out collecting pledges," Marion said during a previous interview. "A good many homes I go to now say, 'Oh hi Marion, it's nice to see you again!'"

In 2004, Marion was the first recipient of the Alzheimer Society of Manitoba's annual Outstanding Volunteer Fundraiser Award.

"Marion left her mark on us at the Society," says Rebecca Krowelski, Marketing &



Marion Murphy leaves a lasting legacy.

Communications Director, Alzheimer Society of Manitoba. "We looked forward to seeing her every week during Walk season. She'd bring in the donations she collected and had us carefully count every penny. She genuinely cared about how this money was being spent. We all fell in love with Marion Murphy."

Marion passed away in 2021, but her passion for helping others didn't end there. By leaving a gift in her will to the Alzheimer Society of Manitoba, her efforts to help individuals and families affected by dementia continued.

"I think that we all need to be advocates for people with Alzheimer's disease," said Marion. "With education, people are more aware of the disease. If it comes to the point where it is known that there is help available, then I am happy."

Marion has truly left a legacy behind, not only in her dedication to the dementia community but to the ongoing work at the Alzheimer Society of Manitoba.

For more information about the power of your will and the financial benefits of leaving a legacy gift, visit willpower.ca. If you or someone you know is interested in leaving a gift to the Alzheimer Society of Manitoba and has questions, please contact the Society at **204-943-6622** (Winnipeg) / **1-800-378-6699** (Manitoba).

THINGS TO DO - FEBRUARY 2025

Education Session:

Life in Long-Term Care

Tuesday, February 18, 2 - 3 pm, Virtual via ZOOM

Transitions are hard and can often be associated with feelings of grief, loss, sadness, anger and shame. For families, the process of moving a person living with dementia to a personal care home can be one of the most difficult transitions throughout the dementia journey. This presentation will provide information about the supports in place within long-term care, tips and tricks when working with care teams, advocating for your family member and how to enhance your visits. Register for free at alzheimer.mb.ca.

Dalnavert Museum Dementia-Friendly Tours

Saturday, February 22, 10 - 11:30 am, Dalnavert Museum, 61 Carlton St, \$24 +tax/pair & session (or \$12 +tax/pair & session for Dalnavert Museum Member)

Come to the Dalnavert Museum for their monthly dementia-friendly tours! This program allows people living with early to moderate symptoms of dementia and their care partners to step back in time and explore the historic house and its collection. After your tour of the museum, join them for tea and coffee and a closer look at some artworks. Learn more at alzheimer.mb.ca/communityprograms

The Living Well Program

Mondays, beginning February 3, 2:15 - 4 pm, The Leaf, 145 The Leaf Way, Winnipeg, \$150 +tax/pair for six-week winter program.

The Living Well Program enables people with early to moderate signs of dementia and their care partners to reap the social and well-being benefits of engaging with plants with the guidance of a practitioner of horticulture therapy.

We cultivate a dementia-friendly community with sensory plant-based activities, fostering social engagement, and guided explorations of The Leaf and outdoor gardens when the weather permits. Every session includes refreshments. Learn more at alzheimer.mb.ca/communityprograms

Tune-Up Café

Tuesdays, 6:15 - 8 pm, Convalescent Home of Winnipeg, 276 Hugo St North, Winnipeg, free to attend but registration is required.

Tune-Up Café is for individuals living with early to moderate signs of dementia and their care partners. It's an inclusive and welcoming meeting place for singing, making social connections and sipping on a cuppa! Learn more at alzheimer.mb.ca/communityprograms

Vivace Voices Choir

Tuesdays, 6:30 - 7:30 pm, Canadian Mennonite University (North Campus), 500 Shaftesbury Blvd, Winnipeg, \$145/pair for 11-week program.

Come and join in making music together! Singing in a choir is a challenging and joyful experience. Learn to sing new and familiar music while making connections with those around you. No prior choral experience is required. This program is intended for people living with early to moderate symptoms of dementia and their care partners. Learn more at alzheimer.mb.ca/communityprograms

Minds in Motion

Various dates, times and locations across the province.

Join us this winter 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

Support Groups

Various dates, times and locations across the province.

The Society offers groups for people living with dementia and for care partners both in-person across the province and virtually via Zoom. There are a variety of unique groups to choose from, so you can find the right fit for you. Learn more at alzheimer.mb.ca



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RETIREMENT COMMUNITY

Health & Wellness FOR THE BEST YOU CAN BE

Friendly Calls Program - Canadian Red Cross

What is the Friendly Calls program?

Across the country, people count on the Canadian Red Cross to help them stay safe and healthy.

The Friendly Calls program aims to enhance social connectedness and well-being, with a focus on reaching older adults, Indigenous peoples, frontline workers, parents, caregivers and anyone who may benefit from increased access to regular emotional support, social interaction, enhanced coping skills and community connections to other existing support.

The program matches people over the age of 18 with trained Red Cross personnel who:

- Check-in with them regularly through phone calls

- Provide emotional support and encourage healthy coping strategies
- Share well-being resources and community connections to other existing services as needed

The Friendly Calls program is safe, accessible and free. It is available nationwide, and anyone can sign up or learn more by calling **1-833-979-9779** toll-free from 9 a.m. to 5 p.m. local time on weekdays.

The frequency and length of phone calls is tailored to suit a participant's individual needs. Generally, phone calls occur on a weekly basis and can last anywhere from 20 to 60 minutes.

Currently, phone calls are being conducted in English and French. There is the potential to offer additional languages in select locations as the program grows.

Who can participate in the Friendly Calls program?

The Friendly Calls program is open to anyone in Canada over the age of 18 who could benefit from greater connection, or may have limited social and family links, and can receive regular support over the phone for encouragement and the power of feeling heard. The Friendly Calls program is free across Canada.

If you feel that a loved one could benefit from the Friendly Calls program, we encourage you to help them sign up, either directly or by referring them yourself online or on the phone.

Volunteer for the Friendly Calls program

For some people, a little conversation can

make a big difference. As a Friendly Calls volunteer, you can have a lasting, positive impact on the life of someone who needs connection with another person.

Friendly Calls volunteers do not need specialized skills or experience— all they need to bring is kindness, compassion and up to a few hours weekly. The Canadian Red Cross will provide training and ongoing support from experts to ensure they feel confident and prepared to make a positive impact in their community - one call at a time.

To sign up to participate in the Friendly Calls program, or to become a Friendly Calls volunteer, visit:

(<https://www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program>) or call **1-833-979-9779** toll-free from 9 a.m. to 5 p.m. local time on weekdays. ■

Sri Lankan Senior Community

Dr. Roshini Mendis: How to Stay Healthy with Aging

By Senaka Samarasinghe

Dr. Roshini Mendis conducted a presentation on “How to Stay Healthy with Aging” for Sri Lankan Seniors Manitoba (SLSM) at Pembina Trail Library on Jan. 24th (FRI) 2025 at 10.30 am to 1.30 pm. She explained to seniors to being healthy by adopting a roadmap with multi-disciplinary basic opinions such as bone health,

diet, exercise, sleep and habits. Roshini shared her medical advice with members of SLSM the way of maintaining bone health to prevent Osteoporosis. This can reduce the risk of fractures among elders. She further explained the necessity of vitamins for senior citizens based on a physician's advice.

Continued on next page



Photo Credit: Upali Nilmalgoda



Christian SLSM Members Organize Christmas Get-together

By Senaka Samarasinghe

Sri Lankan Seniors Manitoba (SLSM) conducted its annual Christmas get-together on Jan 11th (SAT) 2025 with participation of 30 members at Access Fort Garry, Plaza Drive, Education Room No. 166.

As an annual formality Christian members of SLSM organized this ceremony. They scheduled starting with the Theme Song of Seniors. All participants sung together with

high spirit. The organizing committee had included a few games to obtain the participation of all attendees. The game called blind man's bluff was one of the interesting recreations among our members.

It is commendable to note that the organizers purchased sarees, bed sheets, towels and shawls with branded names. They have carefully selected miscellaneous

Continued on next page

New Plastic Health Cards available

Manitobans can now apply for a modernized plastic health card online, Health, Seniors and Long-term Care Minister Uzoma Asagwara and Innovation and New Technology Minister Mike Moroz announced last month.

“Our government has been working hard to move our health-card system into the modern era and we're thankful to Manitobans' patience as we take time to get this process right,” said Asagwara. “Over the next few months, we expect the popularity of this initiative to mean it may take some time for every Manitoban to receive an updated card but we're focused on finally getting this done.”

Manitobans applying for a plastic health card should expect it to be delivered in the coming months, the minister noted. Paper health cards continue to be valid and accepted at health-care facilities. A digital health card option will also be available soon.

“I'm sure Manitobans are just as excited as we are to say goodbye to a fading paper card and replace it with a more durable option,” said Moroz. “This is just one step our government is taking to both modernize government services and make sure Manitobans can easily access services they need.”

Manitoba is also enhancing health-care access for children and youth by transitioning to individual health cards for all

Manitobans, including children who were previously listed on a family card, said Asagwara, noting the change aligns with jurisdictions across Canada and updates outdated record-keeping, ensuring every child and youth in Manitoba has their own health card.

The bilingual card now includes a field which allows residents to indicate their official language preference, English or French, making Manitoba the second jurisdiction in Canada to offer this feature.

To apply for or request a new Manitoba health card, visit:

<https://manitoba.ca/health/mhsip/>.



FOR THE BEST YOU CAN BE Health & Wellness

Charleswood Adult Day Club 30th anniversary By Laurie Young

Charleswood Adult Day Club, part of Lions Housing Centres is celebrating its 30th anniversary in 2025. Since opening in 1995, we have been dedicated to supporting seniors in our community by providing a safe and welcoming space. The Day Club is located at 3619 Roblin Blvd and features several home-like rooms including a library, living room, and large outdoor fenced patio. Our large catchment area includes St. James, Charleswood, Linden Woods, River Heights, Fort Garry, Waverley West, and Westwood.

We operate Mondays from 11:00 am to 3:00 pm, and Tuesdays to Fridays from 10:00 am to 3:30 pm. We offer a variety of engaging programs tailored to meet the needs of our members.

On Mondays and Fridays, we focus specifically on seniors with cognitive impairments, creating an environment that promotes both safety and enjoyment while

providing respite to their loved ones. Tuesdays to Thursdays we provide activities to strengthen various skills and abilities to help maintain independence in the community.

Throughout the week, members participate in a blend of physical and mental activities designed to enhance their overall well-being. From seated exercises to stimulating mental and recreational games as well as creative projects, we offer something for everyone. Along with these activities, we also host guest speakers, entertainment, and exciting outings. Each day we provide a morning snack and nutritious lunch, ensuring our members stay energized and nourished.

The cost of the Day Clubs is \$18.88 per week which includes your transportation and meals. There is a subsidized rate of \$9.81 for people who qualify. Clients interested in attending an Adult Day Club should contact their Home Care Case Coordinator for a referral. If not registered



with Home Care, call WRHA Central Intake at **204-788-8330**.

As we celebrate this milestone anniversary, we are incredibly proud of the positive impact we've had on the lives of seniors over the past three decades. Here's to many more years of serving our community!

If you are interested in volunteering, we are always looking for passionate and dedicated individuals to help us with activities. Whether you're able to contribute a few hours or lend a helping hand regularly, your support will have a meaningful impact.

Please contact us at **204-889-4608**.

Dr. Roshini Mendis:

cont'd from page 16

Roshini completed her presentation within one hour and allocated half an hour for the benefit of the audience for a Q&A session which allowed the audience to know more about gray areas of the topic. Gathered written questions from the audience and handed them to Roshini. She responded one by one based on her lecture.

As a routine before starting the session of the day the Seniors Theme Song was sung by all participants with high feelings. The main event was followed by a light meal with tea and coffee as the last agenda item of the day. ■

Christmas Get-together:

cont'd from page 16



gifts for seniors from different varieties such as perfumes, soaps, makeups and chocolates. They planned to offer one present for each attendee.

SLSM sung four Carol songs at the Christmas Event conducted by SLSM mother organization Sri Lankan Association of Manitoba (SLAM) on Dec 21 (SAT) 2024. Out of the same set of songs only two were sung at this event.

On the well-designed schedule the last event was to serve lunch with veg and non-veg option followed with dessert including sweets and fruits. My wife Chandani did not attend as she was not well. Therefore, they packed and gave me a veg meal for her. Similarly, a lunch pack was shared with such absentees. Tea and coffee arranged just after lunch. The mingle period was allocated during the lunch time. ■

Seniors Resource Finders

Who are the Seniors Resource Finders?

Seniors Resource Finders (SRF) help link and refer adults 55+ to community supports, programs and services. Whether it's recreational, volunteer opportunities, exercise programs, or supports to help meet the needs of daily life. Seniors Resource Finders help connect a person's specific needs and interests with resources in the community.

What resources are available?

- E.R.I.K. (Emergency Response Information Kit)
- Escorted transportation and other transportation options
- Yard and home maintenance referral program
- Networking and community outreach
- Congregate meal programs
- Educational materials and community presentations
- Health Services

Area	Website	Email	Phone
St. James Assiniboia	stjamescentre.com	resource@stjamescentre.com	204-560-5184
Assiniboine South	swsrc.ca	resources@swsrc.ca	204-478-6169
Fort Garry	aosupportservices.ca	fortgarry@aosupportservices.ca	204-792-1913
St. Vital/St. Boniface	dakotacc.com	seniorsresources@dakotacc.com	204-254-1010
Transcona	transconaseniors.ca	tcs@mymts.net	204-222-9879
River East	gnalc.ca	resrf@gnalc.ca	204-667-6812
Seven Oaks & East & West St. Paul	gwensecter.com	sevenoaksseniors@gwensecter.com	204-339-1701
Keewatin/Inkster	kinrc.ca	kinrc@mts.net	204-774-3085
Point Douglas	aosupportservices.ca	pdsc@aosupportservices.ca	204-792-2920
East Downtown	aosupportservices.ca	dsrc@aosupportservices.ca	204-803-8329
West Downtown/Broadway	stjamescentre.com	WDBresource@stjamescentre.ca	431-388-7903
River Heights	swsrc.ca	resources@swsrc.ca	204-478-6169
Conseil des francophones 55+	fafm.mb.ca	conseil55@fafm.mb.ca	204 235-0670



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Things To Do - WINNIPEG

COIN / STAMP COLLECTING

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

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

St. Ignatius Church, 255 Stafford - Please note that the potential creation of a Senior's Group is open to this parish community only. Sorry for the inconvenience. ~ *Senior Scope*.

LUNCHEONS / SHOWS / EVENTS

U-Turn Parkinson's - presents Empowering Seniors: free speaker series on senior life management. Thursdays, Feb-Mar 2025, 10:30-11:30 am at Churchill United Church, 525 Beresford Ave. Topics: wills, taxes, health, investments. For more information: <https://uturnparkinsons.org/events/>

Dalnavert Museum and Visitors' Centre - Dementia-Friendly Museum Tours for people living with early to moderate symptoms of dementia and their care partners. Last Sat. of every month at 10 am. 61 Carlton St. Register: friendsofdalnavertmuseum.ca, 204-943-2835.

Friendship Force Winnipeg - an international organization which promotes peace through travel and homestays - Enjoy lunch, fellowship and interesting monthly presentations. Info: 204-452-5299, friendshipforcewinnipeg.org

The Retired Women Teachers' Association (RWTA) - group for retired women teachers. Become a member for \$10/yr. Enjoy the 1st of 4 luncheons, Feb. 27, 11:45 am at the Masonic Centre. Cost \$25 includes meal by "WOW" caterers and presentation by Sandra Bender, Education Coordinator for the Truth and Reconciliation Centre, speaking on residential school history and experiences. Contact: Cecile Alarie-Skene, at caskene@mymts.net

Prairie Canada Carvers Association (PCCA) Annual Show & Competition - Fri.-Sun: Apr. 11, 12, 13, Pembina Curling Club, 1341 Pembina Hwy. Apr. 11, drop off and register your carving. Apr. 12 & 13 open to the public. Theme: Out of this World. Workshops Sat. & Sun, Garage Sale, Raffles, Cocktail Carving Auction (Sun. 2 pm). Register by Apr. 4: www.prairiecanadacarvers.com or contact Doug Fyfe for more info: 204-396-6409 or dougfyfe@shaw.ca.

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

The Women's Canadian Club of Winnipeg - Luncheon, Feb. 20, 12 noon at RBC Convention Car. Speaker Angie Cormier, Ex. Dir. Prairie Fruit Growers Assoc. and owner of Cormier's Berry Patch. Cost \$35 incl. tax & gratuity. To register: 204-488-8750, rochelpin@shaw.ca

MUSIC / DANCING

Good Neighbours Active Living Centre 720 Henderson Hwy - "Love is all Around Us" dance, Fri. Feb. 14, 12:30-2:30 pm. Adm. \$15. Rick Roschuk DJing & performing 50's, 60's, 70's hits. Social platter & refreshments provided. Register at www.gnalc.ca. 204-669-1710.

Forever Young Club - 'Heart Month' Dance Feb. 22, 7:30-11:30 pm at Anavets Hall #283, 3584 Portage Ave. Biiwers Band. \$20. Txt/call 204-261-4442 / fycwpg@gmail.com to reserve.

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

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

SPORTS / FITNESS / GAMES

The Happy Gang - Afternoon Fun every 3rd Thur. Next gathering is Thur. Feb. 20, 1:30-3:30, Prairie Spirit U.C., 207 Thompson Drive. Conversation, cards, table games, bridge, complimentary light refreshments. Info: 204-832-1000 or 204-895-7410.

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. 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 to continue to enjoy the friendships and camaraderie of curling. Info, Anne: arussell@mts.net or 204-226-1893.

The Pembina 55 PLUS Men's Curling League - Pembina Curling Club, 1341 Pembina Hwy. Teams established with random selection before each round. Info: 55pluscurling.com or contact@55pluscurling.com.

Charleswood Senior Curling - Inviting curlers, all abilities, and ages, enter as individuals, we reorganize the teams each quarter. Mon's & Fri's, 9:30 am. Just fun and fellowship. Contact Iris: 204-895-1124, 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.

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

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

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

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

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

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

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. This is a social friendly bridge club. For further info, Ron Wood, President: 204-771-6724

SUPPORT GROUPS & PROGRAMS

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

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

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

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

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 Despines Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. 204-235-2111, service@actionmarguerite.ca

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

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

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

Manitoba Genealogical Society - Volunteer Opportunities: Social media poster, Online newsletter editor, Publicity person, Office cleaning, IT database wizard & more. volunteer@mbgenealogy.com or <https://mbgenealogy.com/how-you-can-help/>

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

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

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

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

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

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

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

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

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: Facebook Page Administrator: recruit@winnipeglostdogalert.com Volunteers needed for: Treasurer. Resume to president@winnipeglostdogalert.com. Visit www.winnipeglostdogalert.com

PROGRAMS / SERVICES

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

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.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehl84@gmail.com or Mel: 204-291-4592.

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

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

Charleswood Active Living Centre - NEW LOCATION - A 357 Oakdale Drive (as of Dec. 18/24). Various Programs & Activities for 55+. Mon-Thur 9-4, Fri 9-3. Membership \$35/yr. Info: 204-897-5263 or email info@charleswoodseniorcentre.org.

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

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

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

Golden Rule Senior Resource Centre (under umbrella of South Winnipeg Senior Resource Centre) - 625 Osborne St. Hours: Mon-Fri 9:45 am-3:30 pm. Drop in for Tea or Coffee during bus hrs. Some programs: Book Club, Pickleball, Games Club, Qigong, Lungtivity, Steppin' Up with Confidence fitness, Tech Talk, floor curling, shuffleboard, carpet bowling, Conversation Café, and presentations three Wednesday afternoons each month.) Info, 204-306-1114, goldenrule@swwsrc.ca. No membership or fee to participate. Funders: Community Recovery Fund, New Horizons Senior Programs & Winnipeg Foundation.

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

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

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

Love is all around us! Everywhere!

Good Neighbours
Active Living Centre

Love is all Around Us Dance!

Friday,
Feb. 14th, 2025
12:30 - 2:30pm
Admission \$15.00

Celebrating the Love of Partners, Family, Friends, Neighbours & more because, 'Love is All Around Us!'

Social Platter & Refreshments Provided.

Registration Required
www.gnalc.ca
720 Henderson Hwy.
P: 204.669.1710



Rick Roschuk
Trish Bennett

It just keeps getting better and better! Happy February, happy Valentines Day! There truly is so much to celebrate at this time of year with Valentines Day just around the corner. Love is all around us, everywhere. Be it a partner, family, friends, pets, neighbours and so on. It is all around daily for us to see and appreciate. One of the things we don't talk enough about is the love of purpose. We all need to matter and there's so many ways

for this to happen. I know for a fact that the amazing humans who participate each year at our Seniors Resources shows, do indeed breathe the love of just that. This is not just jobs for them, oh no, it's so much more than that. Every day, these fine folks relish in the thought that they will have the chance to make someone's life better, maybe even save it, who knows. They go on about their business knowing that by helping others stay healthy, wealthy and wise, they are making the world a better place for all to live in. That's love!!! On Friday, February 14th, from 12:30pm to 2:30pm, Good Neighbours Active Living is having their 'Love is all Around Us Dance!' A mix of 'Live' entertainment and DJ'd classic 50's & 60's fun dance tunes celebrating life in all it's glory. Open to all, please check out the AD to the right for more details or you can call the front desk at 204.669.1710 for registration details! It's going to be one fun lunch time!

Here's more great news, this years two Resource Conference Expos, both at GNALC as well, are coming together at a frenetic pace. 40+ tables of Seniors resources, 8 - 1 hour resource seminars are open to the public with NO admission charge or cost to register for the seminars. In next months issue, we'll have all the details you need to plan your visit. In the mean time, you can get up to date details on the go by visiting our website at: prosknowexpos.ca Our list of Exhibitors is now on-line as well and growing by the day. In the 'What's New Catagory!', please welcome our two new Master Sponsors;

KLD Law Wills & Estates
MaryAnn Kokan-Nyhof
IG WEALTH MANAGEMENT

Both of these folks are huge supporters of GNALC and our community at large. Thank you to both for being good neighbours! **R&T PKE2025**

Things To Do - WINNIPEG Continued

FREE for non-profits and current advertisers. Submit PSAs by Feb.23 for the Mar. 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

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PROGRAMS / SERVICES

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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 niverville.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 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

Stonewall - 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

Stonewall - South Interlake Seniors Resource Council - Disability Tax Credit presented by Peter J. Manastyrsky - A Step Beyond & Associates, Mar. 6, 2-3:30 pm at 144-622 Centre Ave. 204-663-4651

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



Our February Host Sponsor is the St. Boniface Hospital Foundation

CJNU is incredibly excited to be broadcasting from the Everett Atrium at St. Boniface Hospital this February, on behalf of the Foundation—another location we've not had the chance to visit since prior to the pandemic!

When you buy your Mega Million Choices Lottery tickets, you are showing you care about health care in Manitoba – at Western Canada's first hospital, St. Boniface.

For the first time ever, the 50/50 PLUS jackpot is unlimited. The more you buy, the bigger the jackpot gets. Also, the lottery will draw a record-breaking eight Bonus winners in 2025, with over \$172,000 in prizes up for grabs – and the Early Bird draws will feature 27 winners and over \$300,000 in prizes.

Of course, your favourite prizes have gotten better, too! The Mega Grand Prize winner will choose one of five home packages, including homes in Winnipeg and West St. Paul (constructed by trusted Manitoba builders such as Danzante Living, Signature Homes and Hearth Homes) and a custom waterfront cottage in Lac du Bonnet (by Evolution Homes). Or, you could choose a two-home Grand Prize package: an Okanagan retreat in Vernon, British Columbia and a home in St. Adolphe.

Or, take \$1,250,000 tax-free cash and become an instant millionaire!

The Mega Million Choices Lottery is the only hospital lottery in Manitoba with cash options on every single prize draw.

Of course, it's a win-win. Every ticket purchased goes in thousands of prize draws, and every ticket purchased supports St. Boniface Hospital Foundation. You could win big, and Manitobans will win big.

"When Manitobans come together, amazing things happen. Your Mega Million Choices Lottery ticket is so much more than a chance to win – it is a symbol of hope for patients, staff, physicians and volunteers at St. Boniface Hospital," says Karen Fowler, President and CEO of St. Boniface Hospital Foundation.

"Proceeds fund innovative new equipment and technology that save lives and inspire the best medical professionals to work here. And, they help scientists in our world-class research centre make discoveries that will become tomorrow's cures. Thank you for your support!"

Purpose, passion, progress... all possible thanks to you. And it only takes a minute to get your tickets! Order online at stbmegamillionchoices.ca or by phone at 204-256-7203, toll-free at 1-855-256-7203.

Say "Yes" to St. Boniface Hospital

It's easy to show you care. Imagine the amazing things we can do, together.



CJNU will be broadcasting from the Everett Atrium at the front of the Hospital on behalf of the Foundation this month

Love is On The Air!

Young love, everlasting love, or the love that got away... we have a song for you this Valentine's Day, February 14th, on CJNU.

Celebrate the day with us, and the songs that connect with your heart. Add your special request to our playlist by calling the studio at 204-942-CJNU (2568), or at CJNU.ca/requests



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

2nd annual S(NO)W Plow Campaign

- January 21, 2025

Are you stuck at home, or know someone that can't make it down the street or the sidewalk? We want to hear from you. A coalition of different organizations is launching the 2nd annual **S(NO)W Plow Campaign**. This Local Campaign seeks Photos and Stories to support better Snow Clearing.

Every winter in Winnipeg people with disabilities and other accessibility barriers face the challenge of navigating our snowy sidewalks and streets. This can make it difficult for many Winnipeggers to get around their community, spend time with family, go to work or other activities. While we know our snowplow operators work very hard this time of year, sometimes things go wrong.

Disability and senior organizations throughout Winnipeg are hoping that your photos and stories can make a difference with our **S(NO)W Plow Campaign**. Starting today, the coalition is calling on Winnipeggers from across all neighbourhoods to share their photos and stories of improperly cleared sidewalks. This can include things like sidewalks that are caved in, streetlights that

are blocked by snow, and badly cleared curb cuts.

We are a winter city, and no Winnipegger should be stuck at home because of sidewalk snow. Let's work together to make our city more accessible and inclusive for all, even at the snowiest time of the year.

Please share your photos and stories of sidewalk snow obstacles this winter to contact@mlpd.mb.ca. ■

Funding available for accessibility projects for local businesses and organizations to help reduce barriers

Eligible Manitoba organizations can now apply for accessibility project funding of up to \$50,000 through the Manitoba Accessibility Fund grant program, Families Minister Nahanni Fontaine, minister responsible for accessibility, announced in January.

"Our government is committed to making our province more accessible for every Manitoban," said Fontaine. "The Manitoba Accessibility Fund supports organizations who share this commitment by supporting

projects that help reduce barriers and make communities better for everyone."

The minister noted eligible organizations, including registered charities, non-profit organizations, local businesses, on-reserve entities and municipalities based in Manitoba, can apply to receive up to 100 per cent of project costs, with a maximum of \$50,000 per application.

Projects must target accessibility standards under the Accessibility for Manitobans

Act to improve customer service, employment or information and communication, and must also fulfil one of three objectives including:

- raising awareness about the prevention and removal of barriers;
- developing tools, resources and training to support compliance with legislated standards; or
- removing barriers to information and

communications electronically, in print and in person.

To date, the Manitoba Accessibility Fund has awarded more than \$2.4 million in funding to support 109 accessibility projects across Manitoba.

The deadline to apply is Feb. 14. For more information on eligibility and the application process, visit <https://accessibilitymb.ca/grants-and-awards/manitoba-accessibility-fund.html>. ■

E-Watch - January 8, 2025: A safety and crime prevention education and awareness initiative of the Winnipeg Police Service.

DID YOU KNOW... Alarms need permits?

Many are unaware that if you have an alarm for your home or commercial business, you are legally required to have an alarm permit as well. Residential and commercial alarms are governed by a City of Winnipeg by-law. Whether your alarm is monitored or not, it's important that your alarm is registered so first responders know who to contact in case an emergency

occurs when the building is unoccupied.

Here's some additional information about alarm permits that could save you from being subject to fines:

- You can apply, renew, and update permit information online
- Permits cost \$32 for residential and \$43 for commercial. They allow for updates to data to reflect accurate current infor-

mation for all alarm systems in the City of Winnipeg

- If you have an alarm for your home or business, you must have an alarm permit and renew it every four years
- Permits are non-transferrable and are associated with the location and permit holder

It's important to register your alarm so

first responders are able to find up-to-date keyholder information and nullify the alarm. This keeps emergency responses streamlined, limits neighbourhood disruptions, and saves you from financial penalties. If you have an alarm that is not registered, it's easy to apply or renew your permit by visiting us online.

<https://police.winnipeg.ca/alarms/> ■

Sri Lankan Senior Community

Minister Hon. Terry Duguid: Recognized the Services to Sri Lankan Community

By Senaka Samarasinghe

Hon. Terry Duguid is the current Minister of Sport and Minister responsible for Prairies Economic Development Canada. From 1989 to 1995, he served as a councillor in the City of Winnipeg. In 2015, Terry was first elected as MP.

During my tenure as the President (2015/2016), Sri Lankan Association of Manitoba (SLAM), I came to know Terry from Athula Rajapaksa, Immediate Past President of SLAM, Shrima and Peter Bastians the Owner/CEO of Taste of Sri Lanka.

On Nov. 8-11, 2017, Terry was nominated for a visit to Sri Lanka with Canada Sri Lanka Parliamentary Friendship Group. Due to Prime Minister's urgent assignment Terry was unable visit Sri Lanka.

In 2017. Most Ven. Tirikunamale Ananda



Hon. Terry Duguid presenting Senaka with the Platinum Jubilee award.

Thera, the Chief Incumbent of the Siri Vajiraramaya Temple, Bambalapitiya, Sri Lanka visited Winnipeg. Terry came to meet

him on June 23rd (FRI) 2017. Mahanayake Thera greeted as Swagatham. In return Terry answered as Welcome (Swagatham is

the Sanskrit - Indian - word whereas its English meaning is Welcome). Then Mananayake Thera asked how he came to know Sanskrit. Terry said that he was a Sanskrit scholar in the University of Manitoba.

Terry thoroughly accepted my services to the community. In return, he offered two certificates for me. The first acknowledgement was at the Sri Lankan New Year ceremony held on April 21st (SAT) 2018 organized by SLAM at Canad Inns Hotel. Gishali, the President, SLAM took a Board decision to award Terry's certificate as Immediate Past President of SLAM at the above occasion.

Terry selected me as a recipient Platinum Jubilee Community Leadership. The certificate awarding ceremony was held on Dec. 11th, 2022 and that was the second occasion. ■

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 22 days of the best of the Maritime and New England you will see and experience it all.

Tour Includes:
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Double \$5195 / Solo \$7575.
 All funds in Canadian dollars.
 Full details available on the website.

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 March 3-4 • \$40 free slot play

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office@anytymetravel.com
www.anytymetravel.com

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www.brainlinttheatreschool.ca
 or 204-219-3979

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Pembina Active Living (55+)

ZING INTO SPRING

Tuesday • March 25 • 12 - 3 pm
Southlands Community Church • 85 Keslar Rd
 Musical Entertainment, Lunch & Spring Program Registration
 Members: \$10 | Non-Members: \$15
 Please register by phone: 204-946-0839
 or email programs@pal55plus.ca

THE WINNIPEG FOUNDATION
 Sponsors:
 The Waverley & Rosewood Retirement Living, SeniorScope

Moose Jaw & Watrous Saskatchewan Mineral Spa Tour

Join us to float and soak in the curative mineral waters to relieve sore muscles & stiff joints this fall! The unique buoyancy allows people with aches & pains to move in ways they haven't experienced in ages. Come try effortlessly floating in Canada's Dead Sea!

\$669.00
 pp dbl occ
April 27-May 1st

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CROSSWORD - Valentine's By Myles Mellor

1		2		3		4			5	6	7		8
								9					
10				11		12	13		14			15	
						16		17		18			
19			20		21				22		23		
			24				25						
26	27					28						29	30
31					32		33				34		
	35	36	37			38				39			
	40				41		42						
43			44						45				
								46					
47	48				49						50		
					51								
52				53						54			

ACROSS

1. "___ believing in just one mind" Phil Collins (2 words)

5. Rose holders

9. "I ___ you" Bob Dylan

10. Dream for the future (3 words)

14. Main squeeze

16. Pothole-filling stuff, often

18. Girl's name in Hawaii that means "beautiful"

19. "Come Away with Me" singer, first name

21. Aragorn's love in "The Lord of the Rings"

23. Armand Hammer art museum is here

24. Ego's pals

25. Well-kept secret, for some

26. "___ of a Woman" movie

28. Forever Valentine's Day gift

31. Hospital TV show

33. "What was ___ think?" (2 words)

34. Haul

35. "Hearts in Atlantis" actor, Hopkins

39. Long for

40. Date

41. Award

43. Sweet Valentine's day gift

45. MJ's sweetheart, in film

47. Boldly

49. Diamond or heart, e.g.

50. Average name

52. "Casablanca" pianist

53. Actress who plays Spiderman's love

54. Coyle

5. "Batman Forever" actor Kilmer

6. Any day now

7. Time for love messages, 3 words

8. Katie's daughter

11. Cheyenne's state, abbr.

12. Bering, e.g.: abbr.

13. Romantic Pacific island

15. "Bambi" character

17. Boat races

19. What an Inuit kisses with

20. Will Smith romance movie

21. Oakland baseball players, abbr.

22. Lost fish

27. Attend a party without an invitation

29. ___ Juan, a rake

30. Caused to fall in love suddenly, 2 words

32. Nicole Kidman's character's lover in "Cold Mountain"

36. Keanu Reeves role

37. Sherlock Holmes, for short

38. To this day

42. Take off

43. Wine bottle inserts

44. Gazed amorously

46. Keats' creations

48. Bottom line

51. Hot

SOLUTION ON PAGE 23

WORDSEARCH - Family By Roni Alward & Senior Scope

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

- | | | | | |
|----------|---------------|----------|-----------|---------|
| Adult | Clan | Feud | Members | Sibling |
| Advice | Core | Heir | Mom | Sister |
| Aunt | Couple | History | Morals | Spouse |
| Baby | Cousin | Hive | Nephew | Support |
| Blessing | Dad | Home | Niece | Team |
| Blood | Descendant | Husband | Offspring | Ties |
| Bond | Distant | Kin | Origins | Time |
| Bride | Dysfunctional | Lineage | Past | Tree |
| Brood | Enrichment | Love | Pets | Tribe |
| Brother | Estate | Loyalty | Respect | Uncle |
| Bunch | Extended | Maternal | Roots | Warmth |
| Care | Family | | | |

SOLUTION ON PAGE 23

LAUGH A LITTLE

Cable repairman working on my street asked me what time it was. I said between 8 and 2 pm.

They say 60 is the new 40. The officer who pulled me over didn't agree. Just slow down!

Thinking to myself while watching TV... 'I have a lot to do today...' Now I have a lot to do tomorrow.

SUDOKU - Easy Senior Scope

6				7				5
	5	9						7
						2	6	
			3		4	9	2	
9			2		7			6
	1	4	9		8			
	7	6						
	4					6	3	
1				3				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 23

PLANNING YOUR ESTATE?

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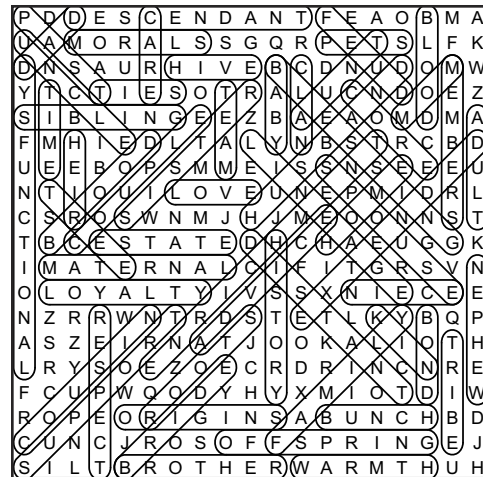
DETAILS AT SOUTHBEACHCASINO.CA

HOW SMART R U?

- Four brothers, Harry, Albert, Sam and Jack started one of the first major Hollywood studios. Their studio produced movies such as Casablanca, My Fair Lady and Bonnie and Clyde. What is this family's last name?
- On the television series, Leave it to Beaver, which city do the Cleaver's call home?
- This musical family was also known as "The First Family of Soul" and was made up of 5 brothers. Some of their most popular songs are "ABC" and "I Want You Back". What was the name of their group?
- These famous brothers began as a song and dance troupe for 2 years, before they started adding circus animals to their show in the late 1800's, becoming direct competition for Barnum and Bailey. What is this family's name?
- Morticia and Gomez are the heads of The Addams Family. They have 2 children, a son named Pugsley and a daughter named...?
- This musically inclined Austrian family became the subject for the well-known play/film The Sound of Music. What is this family's last name?

ANSWERS TO THE RIGHT

WORDSEARCH - Solution



CROSSWORD - Solution



SUDOKU - Solution

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

HOW SMART - Solutions

- Warner
- Mayfield
- Jackson (The Jackson 5)
- Ringling
- Wednesday
- Von Trapp

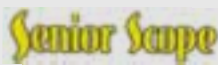
Read *Senior Scope* online at:

www.seniorscope.com

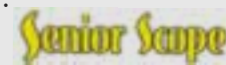
Or sign up for the free monthly email subscription and never miss an issue of *Senior Scope* again. Sign up on our website or email: kelly_goodman@shaw.ca and type "Sign me up" in the Subject line.

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.



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204-889-3770.

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