



**Mobile Law Office - "We Come To You"**

Ph: 204-808-0418

Website: [www.mobile.legal](http://www.mobile.legal)

Call us or click on our website today

- ✓ Wills & Powers of Attorney
- ✓ Probate & Estates
- ✓ Healthcare Directives (living wills)
- ✓ Notary Public Services

**Ivy Trails Apartments**  
25 Ivybridge Gate • Winnipeg

**1, 2 & 3 Bedroom Suites Available**  
Professionally managed by Shoal Developments Ltd.  
Call **204-615-4338** to schedule an appointment

**1 month FREE RENT**  
on all new leases signed in June, 2017.  
Ask about our **Rent Incentives for Baby Boomers!**

SHOAL DEVELOPMENTS LTD.

[www.shoaldevelopments.ca](http://www.shoaldevelopments.ca)

**PROUD TO BE CANADIAN!**  
Celebrate Canada's 150th  
- 1867-2017

**FREE COPY**

Join Senior Scope on:

**Senior Scope**

Available in Winnipeg and rural Manitoba - over 700 locations  
Get your copy at your local public library or read online at: [www.seniorscope.com](http://www.seniorscope.com)  
204-467-9000 | [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

Vol. 15 No. 13  
Jun 7 - Jul 5/17

# Housing Options & Lifestyles showcased at Expo in Winnipeg



Models show off the latest spring and summer fashions at the Age & Opportunity Housing & Active Lifestyles Expo.

This year's Housing & Active Lifestyles Expo put on by A & O: Support Services for Older Adults was full of surprises this year. What a great time it was!

Held on May 17 at the same location as previous years – the Victoria Inn on Wellington Avenue – and featuring some of the same private-room sessions on various topics, and always having a varied selection of exhibitors, there were some new developments. First, the hours were from 10-6, two hours shorter than last year, and there was a stage for various activities in the main hall that included cooking-

for-one demos, a fashion show, and fitness sessions that involved Drums Alive®, Tai Chi and Yoga.

It was a welcome change for the exhibitors and the visitors alike.

There were also about \$9000 worth of Silent Auction prizes!

Most importantly, this expo provided older Manitobans and their families with a variety of housing options, active lifestyle opportunities and support services necessary for successful aging.

A variety of exhibitors were available to answer questions such as:

- How does an Intermediate Care Facility differ from other facilities?

- What can assisted living provide?
  - How do I sell my home?
  - What is a life lease?
  - How do I downsize?
  - What community and government housing services are available to me?
- There was also information on support and lifestyle services that help keep older adults independent for as long as possible, including:
- Caregiver services
  - Financial services
  - Home safety and security
  - Subsidized housing
  - Programs and services, and more!
- Can't wait 'til next year's expo!

See a photo collage on pages 4 & 5

**Adaptive Clothing**  
For Men and Women

204-691-7771  
1320 Portage Avenue  
Winnipeg MB

**HUGE SAVINGS IN STORE**

- ◆ Wheelchair Capes & Shawls
- ◆ Front-opening Brassieres
- ◆ Wrap-around Skirts
- ◆ Open-back Dresses
- ◆ Adaptive Pants, Capris, Shorts
- ◆ Diabetic Socks
- ◆ Slippers & MORE

**SUMMER SALE**

[www.AdaptiveClothingStore.ca](http://www.AdaptiveClothingStore.ca)

**LAMB'S Window Cleaning**  
Residential

Eaves Cleaning  
Vinyl Siding Washing

**Residential & Commercial Window Cleaning Specialists**

**\$20.00 OFF**

**204-226-2046**



## Because family matters.

We offer everything you need for final arrangements in one convenient location, including funeral, cemetery and reception.

**Call 204-982-8300 today to start your pre-arrangement plans.**

 **Glen Eden Funeral Home & Cemetery**  
by Arbor Memorial

4477 Main Street, West St Paul, MB • [www.glenedenmemorial.ca](http://www.glenedenmemorial.ca)

- Cremation Lots for 2 People**  
\$45/month over 48 months\*
- Indoor Cremation Niche for 2 People**  
\$82/month over 48 months\*
- Traditional Burial Lots for 2 Caskets**  
\$112/month over 48 months

\*Everyone is approved. Limited time offer.  
Arbor Memorial Inc.



# Creating Independent Living with Your Safety and Comfort in Mind

Experience independent and safe bathing with an American Standard Walk-In Bath. Free in-home consultation, installation by a licensed professional and financing available.

Call 1-866-458-8208 or visit [www.thewalkintubcompany.ca](http://www.thewalkintubcompany.ca)



Present this ad during our visit  
**AND SAVE \$1500**  
on your WALK-IN TUB

**American Standard** offers a special discount of \$1,500 to provide one of our high quality walk-in tubs at a reduced price. If you or a loved one has trouble bathing, you may qualify for these savings!

**Save \$1,500 per qualified individual.**  
**Other discounts may also apply at time of visit.**

**Act now** and take advantage of this very special limited time offer by calling us to book your no-obligation appointment today.  
**(204) 914-6557 or 1(866) 458-8208**



# Winnipeg Batting Against Breast Cancer Slo-pitch Tournament - July 15, 2017



Batting Against Breast Cancer team

We all know a woman touched by breast cancer. Whether it's your mom, your wife, a friend or a co-worker, it is the most common form of cancer affecting women. This year alone, 25,700 women will face a breast cancer diagnosis. That's 70 women a day.

For many of these women, it will be the most challenging journey they ever face. We can't prevent breast cancer but we're making huge progress so more women live beyond it and live a full life.

We invite you to have some fun and contribute to these efforts. Batting Against Breast Cancer is a great way for friends, families, co-workers or teammates to fight cancer and honour loved ones lost or living with and beyond cancer!

Join us this year - whether you are new to the game or competitive, we'll match you with teams of your level to ensure that you have a great time! Any skill level is welcome.

**Take a swing at breast cancer!** Sign up today for a round robin charity slo-pitch tournament in support of breast cancer, Saturday, July 15th at **Little Mountain Sportsplex** (Rosser, MB, just outside Winnipeg. Take the Oakpoint Hwy north and turn left on Klimpke Rd.)

## Rules & Regulations

1. Each team is asked to fundraise a minimum of \$1,500.00 in order to participate in the tournament. Most exceed this goal by using fun ideas to fundraise as a team, or by having each player collect 3 pledges of \$50.

2. Each team must have a minimum of 10 players (3 must be female.)
3. There are 3 divisions in this tournament: Recreational, Intermediate and Senior.
4. To qualify for top fundraising team and individual prizes, all funds raised must be submitted by 2:00 PM on Saturday, July 15/17.
5. Registration for this tournament is limited to 30 teams.

Teams can fundraise by getting pledges or selling our raffle tickets, which are \$2 each or 3 for \$5. The raffle prizes are below and will be drawn at the event on July 15th.

**First Prize:** 8-Piece KitchenAid Prize Package: Pro 7 Piece Micarta Knife Set, Architect Stand Mixer, 10 Piece Tri-Ply Copper Cookware Set, Pour-over Coffee Maker, 2 Speed 3.5 Cup Food Chopper,

Ultra Power Hand Mixer, 2 Speed Hand Blender, and Toaster.  
**Valued at \$1,970!!**

**Second Prize:** Winnipeg Goldeyes Sky Suite for 15 people.  
**Valued at \$850!**

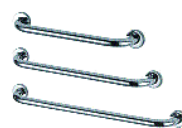
Teams can register online at [cancer.ca/battingagainstbc](http://cancer.ca/battingagainstbc) or they can contact:

**Colette Toews:**  
[ctoews@mb.cancer.ca](mailto:ctoews@mb.cancer.ca)  
or 204-786-0618

## ABILITY SOLUTIONS

"Removing Barriers"

We repair and rent wheelchairs and walkers.



We also install Grab Bars, Railings and other mobility aids.



**SALE**

Reconditioned wheelchairs on sale starting AS LOW AS \$150 & up.

**204-471-1533**

Email: [lavallee@mymts.net](mailto:lavallee@mymts.net)

## SUNDAY MORNING BREAKFAST

Sunday morning is the most glorious time of the week and nothing is as joyful as a Sunday Breakfast in a beautiful, relaxing dining room. You will never be sorry and will be thrilled to discover this Romantic Breakfast Place.

**\$8.95**

- AN HISTORIC 50 YEARS IN BUSINESS
- OVER 1000 PARTIES DONE

- ENJOY OUR SAMOVAR ESPRESSO HOUSE
- ESPRESSO & BAKLAVA -
- CATERING MENU AVAILABLE

**CIPPRIANI'S**

1199 Fife Street • Wpg

204-633-0008

10:30 am to 2:30 pm

## FIFTH AVENUE APTS.



### Beautiful Carman, Manitoba

Situated in a serene setting with tree lined streets, a recreational pathway and the Boyne River running through the town. Close to Downtown. Nearby amenities include a hospital, medical clinics, grocery store, bowling alley, golf course and a beautiful park. Residents of the building can access services such as the local handi-van or the meal program at Parkview Lodge. There is also a Seniors Centre nearby. Cat friendly.

- Security system
- Mail service direct to the building
- Elevator
- Large balconies/patios
- Multi-purpose rooms on 2nd and 3rd floors
- Laundry facilities on each floor
- Parking available

For more information, please call (204) 751-0039  
[5thavenueapartments.ca](http://5thavenueapartments.ca)

LIFE-CHANGING DEBT SOLUTIONS  
Get out of debt once and for all

"I dreamed of a debt-free retirement. MNP made it happen."

**MNP** LTD

FREE CONFIDENTIAL CONSULTATION. FLEXIBLE APPOINTMENTS. IMMEDIATE ASSISTANCE.

Winnipeg\* or Steinbach  
877.231.6167

Brandon\*, Portage, Virden, Souris, Neepawa  
800.774.8377

\* Resident Office

[MNPdebt.ca](http://MNPdebt.ca)

Licensed Insolvency Trustees - Trustees in Bankruptcy



**Living Made Easy Ltd.**  
Home Healthcare Products • New & Used



**Serta Lift Chairs**

- Wall hugger - only 4" from wall
- Medium Size
- 3 Position
- User height range 5'4" - 6'4"
- Weight capacity - 375 lbs

Suggested Retail \$1795  
**SALE \$1495.00**

665 Archibald Street • Wpg  
(204) 231-1746 Mon-Fri 9-5 | Sat 10-2

**HAIRCARE MOBILITY CO.**



Specializing in:

- **Seniors,**
- **Disabled, and**
- **Homebound Individuals.**

- Reasonable Rates
- Professional Products
- Hrs: 7 am - 4 pm Monday - Friday

Call Angie: 471-1948  
Winnipeg

Groups Welcome

**SHELDAR MANOR**  
200 Adsum Drive • Wpg

Fully renovated, spacious 1 BR, 1 BR + den & 2 BR suites available including all utilities.

- ♦ Full appliances
- ♦ Sunken living room
- ♦ Tennis courts
- ♦ Window coverings
- ♦ Parking available
- ♦ Seasonal pool & sauna
- ♦ No pets / No smoking
- ♦ **MOVE-IN BONUS**

Office Hours: Mon-Fri, 9 am-5 pm  
**204-633-0716**

Ask about our **FREE** parking move-in bonus

Professionally managed by **Globe Property Management**

**BE ACTIVE**  
Join a centre in your area

Find a centre near you  
Visit our website  
[www.manitobaseniorecentres.com](http://www.manitobaseniorecentres.com)

Centres are places where older adults come for:

- SERVICES / PROGRAMS
- PERSONAL INDEPENDENCE
- COMMUNITY INVOLVEMENT

Be Active all around. Exercise your body and brain to stay active and alive all year long.

**Manitoba Association of Senior Centres**  
**204-792-5838**  
info@manitobaseniorecentres.com

**MASC**

June 7 - July 5, 2017 • V15N13

Senior Scope • 204-467-9000 • [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

Page 5

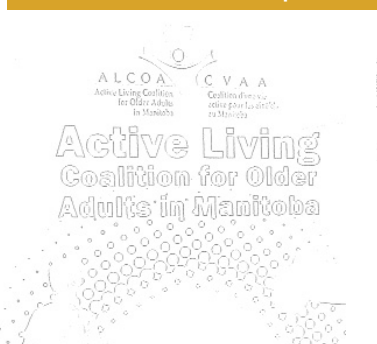
# & ACTIVE LIFESTYLES EXPO 2017

## A & O - Celebrating 60 Years



Maureen Palsson getting lots of information at the Expo.

Above Right: Drums Alive® with Brenda Michiyo Moberg demonstrates drumming and Tai Chi and Yoga. Audience members participated from their seats. Little drummer boys getting in on the action as well.



Above: Balance and Fall Prevention Exercise session on stage.  
Left: A spectator participates from the floor.

**OVER 5 DECADES OF CARING FOR THE ELDERLY**

**Thorvaldson Care Center**  
An Intermediate Care Facility



- Government Approved Facility
- 24 Hour Supervision
- Reg. Nurse • Health Care Aides

495 STRADBROOK AVE • WPG  
**452-4044**  
[www.thorcare.ca](http://www.thorcare.ca)

INQUIRIES WELCOME

**Keyboard Ventures Music Centre**

Exercise your mind, coordination, concentration and motor skills.

**ONSITE or MOBILE Music Lessons for Children, Adults & Seniors**

Piano • Organ • Keyboard • Guitar • Voice

Serving Winnipeg, Stonewall, Selkirk & area

- Ask about **CASUAL LESSONS** at your own pace
- 6 Week Introductory Offer - \$85** Free use of Keyboard
- Karaoke & Instrument Rentals**

**SALES & SERVICE:**

**MUSIC:**

- Keyboards, Guitars, Recorders, Music Books/Accessories, etc.

**COMPUTER:**

- Printer cartridges, USB flash drives, SD cards, CDR's, DVR's, etc. **Computer virus removal**

**HOME:**

- Batteries (hearing aids, fireplaces, remote car starters, etc.)

Great Father's Day Gift Ideas for Dad

Call Terry:  
**204-955-5428**  
[terry@keyboardventures.com](mailto:terry@keyboardventures.com)  
[www.keyboardventures.com](http://www.keyboardventures.com)

**310 Weitzel Street • Winnipeg**  
**324 Main Street • Stonewall**




BBB ACCREDITED

Looking... for more customers?  
Want... better cash flow?

Call or email  
[troy@tcextrade.com](mailto:troy@tcextrade.com)  
**204-295-9473**  
[tcextrade.com](http://tcextrade.com)

**THE COMMERCE EXCHANGE**

**Do the Downs!**

- Live Racing (May - Sept)
- 140 VLTs
- Facility rentals for meetings, socials, weddings & more
- Fabulous dining
- \$10 buy-in poker with cash prizes
- Open year round

**ASDowns.com**  
3975 Portage Ave, Winnipeg, MB  
(204) 885-3330

**ASD Assistants Downs GAMING & EVENT CENTRE**

**QUALITY CARE MOVING**



- Conscientious and Clean Service
- Competitive Rates and Adjustable Prices
- Ongoing Damage Prevention Trained Movers

Services include:

- local and limited long distance moving service
- packing and unpacking service
- certified senior moving service (ask about our other services for seniors)
- pick-up and delivery service
- removal or storage service
- short and easy free in-home estimates

Ask about our **Seniors Moving Service**

**Phone - 990-4341 Wpg**  
Email: [qualitycare@mts.net](mailto:qualitycare@mts.net) Website: [www.qualitycaremoving.net](http://www.qualitycaremoving.net)

# Senior Scope

www.seniorscope.com

**Publisher/Editor:**  
Kelly Goodman  
204-467-9000  
kelly\_goodman@shaw.ca

**Circulation:** 25,000 print  
**Printed at:**  
Derksen Printers, Steinbach, MB

**Advertising:**  
204-467-9000

**Regular columns / Submissions:**  
Scott Taylor - The BUZZ  
Roger Currie - Currie's Corner  
Adrian Powell - Crosswords  
Angela Temple - Prairie Talk  
William Thomas - Humour  
Drive On: Canadian Super Shop  
(Auto News & Tips)

**Contributing Submissions:**  
Lesley Smith  
Hazel Birt  
Mary Harms (photo)  
Colette Toews, Canadian Cancer Society,  
Manitoba

.....

**Senior Scope** is FREE at over 700 locations and by email subscription.  
Mail-out Subscriptions: 29.00 + 1.45 gst (30.45 total) for 14 issues/yr.  
Mail cheque or money order payable to:  
**Senior Scope, Box 1806  
Stonewall, MB R0C 2Z0**

.....

**Available in Winnipeg and the rural Manitoba communities** of Birds Hill, Middlechurch, Lockport, Selkirk, Teulon, Komarno, Fraserwood, Winnipeg Beach, Gimli, Arborg, Fisher Branch, Hodgson, Poplarfield, Clandeboyne, Beausejour, Garson, Oak Bank, Dugald, Anola, Pine Falls, Victoria Beach, Pinawa, Lac du Bonnet, Stony Mountain, Stonewall, Balmoral, Argyle, Marquette, St. Eustache, Warren, Woodlands, St. Laurent, Lundar, Ashern, Roblin, Russell, Dauphin, The Pas, Flin Flon, Lynn Lake, Leaf Rapids, Snow Lake, Steinbach, St. Anne, Ile des Chenes, Lorette, Niverville, Blumenort, St. Adolphe, St-Jean Baptiste, Morris, Morden, Winkler, Carman, Altona, Roseau River, La Salle, Headingley, St. Francois Xavier, Starbuck, Elie, St. Eustache, Portage la Prairie, Brandon, Holland, Hamiota, Notre Dame de Lourdes, Pilot Mound, Killamey, Neepawa, Minnedosa, Brandon, Hamiota, Boissevain, Virden.

.....

**Senior Scope** is available at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations - over 700 locations in all. Available online at **www.seniorscope.com** or by mail (\$30.45/yr - gst included) or email subscription (FREE) - email request to **kelly\_goodman@shaw.ca**.

.....

The content or advertising in this publication does not necessarily reflect the views and/or opinions of **Senior Scope**. We do not make any warranty as to accuracy of material published. © Copyright 2016 **Senior Scope**. All rights reserved. NO PORTION OF **SENIOR SCOPE** MAY BE COPIED OR PUBLISHED WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER. Contact **Senior Scope** by email at **kelly\_goodman@shaw.ca**.

.....

Send your  
**LETTERS...**  
to the editor or story submissions  
to **kelly\_goodman@shaw.ca**  
or mail to: Senior Scope  
Box 1806, Stonewall, MB R0C 2Z0

# Dealing with the whole notion of being 'Disabled'

By Roger Currie

With my 70th birthday just a few short weeks away, I have become more mindful of the words of the 90th Psalm in the good book. “As for the days of our life, they contain 70 years. Or, if due to strength 80 years”.

It's a sombre reminder to us front end Baby Boomers that while the end is not necessarily imminent, it looms as a larger possibility as the months and years go by.

We focus more on the quality of life in the time we have left and the issues that determine that. What will our *mobility* be like? We know that relatively few of us will be completing marathons, and some of us might even be worrying about getting from the house to the garage, or possibly more basic than that. Will we have difficulty getting around inside our home, particularly using the bathroom?

More than 30 years ago, I had a dramatic and very personal sneak preview of this as I cared for my aging parents. My father who had been a tremendous athlete in his youth, suffered a major stroke at age 74 and the final five years of his life were spent mostly in a nursing home. Visiting him there was very difficult indeed.

My mother was able to remain in her home in a seniors residence until she died at 83, despite significant challenges when it came to mobility. Her last years were spent using a walker in her apartment, and when I took her out she was in a wheelchair. Suddenly I had to plan such outings with questions like “What is the access like at that restaurant?” and “Is there convenient parking for people with mobility issues?”.

Now, more than 20 years after mom and dad have both passed on, I myself am dealing with similar issues every single day. My mobility has been affected by several different issues including *spinal stenosis* and *arthritis*. For several years, I have been using a cane to assist me, particularly when it comes to navigating stairs. Needless to say, I avoid situations involving stairs as much as possible.

About a month ago I purchased a very basic walker. It's made of lightweight aluminum and it folds up neatly in the backseat or trunk of my car. I'm pleased to report that making this transition has been tremendously positive. My advice to



Lightweight aluminum walker.



Roger Currie utilizes his walker on a daily basis.

other Boomers, dealing with similar problems - “Get over it ! It's not the end of the road by any means”. Using the cane, I found that crossing a large parking area or a long hallway was often stressful and exhausting.

A glance at the photo will tell you that I have never been a small man, and one of the greatest perils we have as we age is the danger of falling. I personally know of a number of people who were doing quite well dealing with all these issues, until one day they fell and suffered a broken hip or other similar injury. The downhill journey to the end of life seemed to accelerate after that, and I'm here to tell you that it doesn't have to be that way.

**“Get Over It! There are lots of good times still waiting for us.”**

I use my walker to navigate many different situations, including the swimming pool where my wife Janice and I regularly enjoy deep water aqua-sizing, as well as the large open shower at the pool where the danger of falls is perhaps the highest. I can go farther and faster using the walker. My legs are gradually getting stronger, and I feel a lot less stress getting around.

But I'm also fully aware of the biggest hurdle when it comes to making such a transition. Despite

the huge percentage of the population that's now past the age of 60, our society still has a very different view of people who are dealing with mobility issues. I know because I'm sure I was guilty of it when I was younger and had no such issues.

Aside from being in a wheelchair, using a walker clearly identifies us as being *disabled*. The first time I went to a gathering using the walker, I became aware of sombre stares from some of the folks who were there.

We treasure self-reliance and independence at every age, and many of us recoil at the thought of needing such help.

I close by repeating those three simple and hopefully magic words .. “Get Over It!” There are lots of good times still waiting for us.

I will have lots more to say about mobility issues in the future.

I would also love to hear your stories and maybe share some of them.

**Roger Currie is the news director of CJNU, 93.7 FM.**  
He can be reached at ..  
rogerc@mymts.net

# Moving is Our Business

Moving is our business, service is our promise.

**905 Berry Street  
Winnipeg  
204-291-8221**

SERVING WINNIPEG and AREA

riverbendmovers@mymts.net • riverbendmovers.com

**10% Seniors Discount MON-FRI**

# HYDRO-SEED®

## YOUR LAWN or ACREAGE

• ANY TYPE OF TERRAIN •  
**FASTER • CHEAPER • THICKER**

Call for a **FREE** personalized quotation on your property.  
**Warranty on all work.**

Serving Winnipeg and Rural MB  
**204-898-2685**

# GROUND \* UP

## ENTERPRISES

“WE BEGIN AT THE ROOT”

# At the Library

By Lesley Smith

Stephanie, from the St. Vital Branch, came out to let the Vital Seniors in St. Vital know what new programs and services are being offered at our libraries. I had always borrowed books and a few years ago started to borrow DVD/Blu-Ray movies for a minimal fee (children's are free) when the large chain stores like BlockBusters and then the 'Red Box' kiosks folded. And last year I started to use the Internet (eMail / Google) at my branch's public use computers for up to an hour a day for free. I hadn't realized there are so many resources and wanted to share my other 'finds' with you. One of those finds would be taking your grandchild to a program or two just to use a construction set and make paper bag puppets. The free reference guide 'At The Library' is distributed at all libraries and is helpful in selecting what you are interested in, dates and times, and which ones require pre-registration, or visit **eLibrary: winnipeg.ca/library**. This guide is updated every two months and believe me it's worth exploring.

Besides books, movies, and free internet usage, there are eBooks, eAudiobooks, eMagazines, eMedia, Braille, and Daisy books (digital talking books). There is also a large selection of various video games including Wii which may appeal to those who would like to play a sport in the comfort of your home. There are Knitting book clubs, and Cookbook clubs. Last season writers-in-residence hosted song writing seminars. (Currently, a new in-residence is been sought). Last month, there were comedies and musical lunch specials. If you want to get outside now the weather is nicer, you can join a Literary Walk in Westwood or in the West End.

Depending on which library you visit there is usually an exhibit featuring different art groups. Last month, the Charleswood Art Group exhibited a selection of work, and Studio Central showcased art from community members. You never know what guest artist is being featured at the Blankstein Gallery located in the Millennium Library downtown.

I was interested in learning that the library hosts English conversation groups to help improve English speaking and listening skills. This past March, you could learn Ojibwe with Roger Roulette from Indigenous Languages of Manitoba. Then there were 'Seed Swap & Garden Talks', and Tax preparation clinics.

There is always something new at the library and not just in programming and services. There are ongoing branch renovations such as at the St. Vital branch and new libraries being built like Windsor Park and Transcona. Summer hours started May 23. So get your free guide now and start looking for your 'gems' at the library. ■

## An ABBAolutely Spectacular Show!

Show Tickets Starting At \$25

# MAMMA MIA!

RAINBOWSTAGE.CA  
204.989.0888

STARRING  
Ma-Anne Dionisio

Definitely Broadway  
Uniquely Winnipeg

TICKETS NOW ON SALE:  
LITTLE SHOP OF HORRORS  
JUNE 22 - JULY 14  
MAMMA MIA!  
AUGUST 10 - AUGUST 31

Style, comfort, convenience.

# Welcome home.



## Ruth Gardens

Luxury Adult Apartment Living in the Heart of North Kildonan

**Move up to a higher standard of living.**  
**Two bedroom suites currently available in Ruth Gardens, offering quality and convenience in a luxury setting. Featuring:**

Underground Parking • In-Suite Laundry • Breakfast Bars • Stainless Steel Appliances • Walk-in Closets • Ensuite Bathrooms • On-Site Management • Security Entrance • Private Covered Balconies • Fitness Room

## TESTYOURWITS

### WORD LADDER

From top to bottom, change only one letter each step of the way to form a new common word. Some clues are provided.

MADE

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (animal with big ears)

\_\_\_\_\_

\_\_\_\_\_ (not timely)

LAKE

### ANAGRAMS

Unscramble these to make common words related to Canada.

ANCAAD

GLAF

PELAM ELFA

REEBVA

ESOGO

COSURC




ENQUE

Answers on page 15

1167 Rothesay Street  
[www.RuthGardens.ca](http://www.RuthGardens.ca)  
(204) 515-5529

# EDISON

PROPERTIES



Visit [www.EdisonProperties.ca](http://www.EdisonProperties.ca) to see all suites for rent.

## THE BUZZ



Story by Scott Taylor  
Photos by James Carey  
Lauder and Jeff Miller

So what do you have planned for Canada 150?

This is indeed, the 150th Birthday of Canada's Confederation, and our friends at the federal government would love it if we celebrated from June 21 through July 3. At least, that seems to be the schedule for the "major events," in our country this year.

However, most Canadians – especially the ones who are aware that this is our 150th Anniversary – are celebrating summer anyway. After all, no matter where you live in Canada, summer is precious. No one wants to waste any time indoors on a great day.

So here's some food for thought as the official dates for Canada 150 approach and the unofficial celebration of summer is already underway...

The Manitoba Marathon will be held on Father's Day Sunday June 18. This year, the Marathon starts on Chancellor Matheson Blvd. at the U of M and finishes inside Investors Group Field. Besides the 26.2-mile marathon itself, there will also be – as always – the half-marathon, the Super Run, a 10K run, the Relay and the annual Fit Exp. There are plenty of ways to get involved on Marathon Weekend. Run, walk, take in the Expo or just be a spectator along the route. It's a great way to celebrate Canada 150...

Another great way to spend a summer night is at a Winnipeg Goldeyes game at beautiful Shaw Park in downtown Winnipeg. The Goldeyes play at Shaw Park 13 times between now and July 3. Here's the schedule:

June 12 – 15: vs. Texas  
June 16 – 18: vs. St. Paul  
June 27 – 29: vs. Gary  
June 30 – July 2: vs. Sioux Falls

# As Canada Ages Well, So Do Canadians



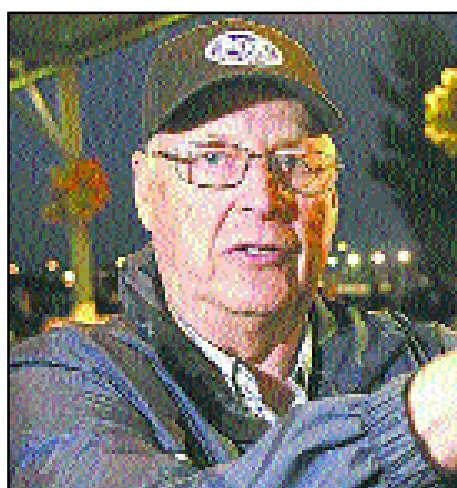
Blue Bombers quarterback Matt Nichols.



Goldeyes star Reggie Abercrombie goes yard at Shaw Park.



At the Manitoba Marathon, age makes no difference.



The Legend, Gary Danelson.

Weekday night games at 7 p.m.,  
Weekday games at 11 a.m.,  
Saturday games at 6 p.m. and  
Sunday games at 1 p.m.

And, of course, no summer in Winnipeg – 150th Anniversary of Canada or not – would be complete without taking in a Winnipeg Blue Bombers CFL football game. Between now and July 3, the Bombers play only once at Investors Group Field on the campus of the University of Manitoba, a pre-season game against Edmonton, but they do play a regular season game

at home on Friday, July 7 against Calgary at 7:30.

Make an effort to get out and support Winnipeg's tremendous professional sports teams and if you get a chance, give Assiniboia Downs a shot as well. It's a great night out when you Do the Downs.

## Danelson Closer to His Goal

The winningest trainer in the history of Assiniboia Downs, 79-

year-old Gary Danelson, is one step closer to his goal.

Danelson, who is a legend at the track, wants to win 1,200 races by his 80th birthday on Aug. 25. He won his 1,193rd last weekend and when you consider the quality of horses he's been running this season, his dream is probably closer than even he would like to think.

Danelson hails from Scobey, Montana, and got his start in racing at age 14. According to Downs historian Bob Gates, "He rode thoroughbreds in the 'bushes' for his father, Henry. Yes, he started off in the business as a not-too-short jockey weighing in at 130 lbs.

"In 1956, he bought his first horse, Coherence, for \$400, and won his first race at the Downs with that horse on Aug. 29, 1959. Coherence went on to win 24 races over the course of his racing career and is a horse that Danelson fondly remembers."

Danelson is a licensed owner/trainer in 19 states and four provinces. Historically, he'll bring a modest-sized stable to the Downs, but as Gates suggests, "He has had a knack for picking up bargain-priced, broken-down horses, nursing them back to health and turning them into winners."

*Continued on next page*

## Bathrooms of Distinction The Walk-in Bath Specialists



We install all types and models of walk-in bathtubs. This will ensure that you get the right one for your needs.

Safety provides peace of mind to you and your family.

Dignity - No need for health care workers to bathe you.

Longevity in your home.

These tubs are made to take the place of your existing bathtub.

In business for 21 years.  
Specializing in walk-in tubs  
for 10 years.

Serving Customers Everywhere

Dion Tetrault  
Bathrooms of Distinction  
677 Dunning Road  
Narol, Manitoba  
bathroomsofdistinction@shaw.ca  
204-292-6676

**Flemington R/C**

Make Dad feel like a kid again this Father's Day!

R/C cars, trucks, planes, boats, helicopters & drones - as well as plastic & wood models, rockets and tools.

**Flemington HOBBY SUPPLY R/C**

120 Higgins Avenue • Wpg  
204-947-2865 | www.e-rc.ca

**"WE SELL FUN!" For All Ages.**

Hobbies that can last a lifetime. **GIFT CERTIFICATES AVAILABLE.**

# The BUZZ... cont'd from page 8



Ian Millar.

## ..... Canada's 70-year-old Olympian

So if you aren't there yet, what do you intend to do to celebrate your 70th birthday? Ian Millar of Perth, Ont., was well past his 70th birthday, but he still gets a chance to churn up those competitive juices from time-to-time.

In fact, back on June 2, Millar and the Canadian Equestrian Association's National Show Jumping Team finished second in the \$100,000 FEI Nations' Cup at Thunderbird Show Park in Langley, B.C. With the outstanding finish, Canada qualified for the 2017 FEI Nations' Cup Final, Sept. 29-Oct. 1, in Barcelona, Spain.

It was a tight race to the end, but when the points were calculated, the United States and Canada earned their starting spots with scores of 280 and 250 respectively.

Team Canada is made up of 32-year-old Tiffany Foster of North Vancouver, B.C., 30-year-old Chris Surbey of Calgary, 34-year-old Kean White of Rockwood, Ont. And the captain, 70-year-old Ian Millar of Perth, Ont. That's right, Millar is now 70 and he's still one of the greatest equestrian athletes in the world.

I first covered Millar at the Seoul Olympics in 1988. Now, nearly 30 years later, Millar is still a major part of Canada's national team.

Earlier this month, Millar, 70, was the hero of the Nations' Cup. In fact, he produced a faultless second round performance riding Dixon. The pair had incurred eight faults the first time out, but the 10-time Canadian Olympian was cool under pressure, producing an age-defying performance riding a 14-year-old Belgian Warmblood gelding.

"We rallied in the second round; we have a great team vibe and that really pulled us through!" said Foster. "Everyone rode great, and

'Captain', Ian Millar, always pulls through for us when we need him to. The Nations' Cup Final in Barcelona is something that we aimed for this year with it being a non-Games year, it's great that we were able to get the job done and qualify."

Although he'll be 73 when the world gets together again in Tokyo, Millar is going to attempt to make Canada's Olympic team once again – it will, if he pulls it off, be his 11th Olympic Games. ■

## FRIENDS OF ST. JAMES CEMETERY LOOKING FOR FUNDING

- Hazel Birt


Located across from Polo Park On Tylehurst Street this park like cemetery has run low on funds. We has been operating on an investment fund set up in 1950. It is now almost deleted. Our only other income is from a family annuity set up for our Cemetery through the Winnipeg Foundation and from personal donations for which we are truly thankful. We welcome suggestions for possible sources of funding. All donations receive tax receipt. Mail to:

**St. James Cemetery,  
195 Collegiate Street  
Winnipeg  
R2J 1T9**

Contact: Friends of Cemetery Chairperson,  
**Hazel Birt**  
**204-888-6743**  
hgbirt@shaw.ca




St. James Cemetery



Bank. Trust. Wealth Management.

# We just got ID'd!




## If you're 57+ receive an additional 0.25%\* bonus on GIC products.

Offer valid June 5 – 17, 2017 during CWB's Seniors' Appreciation Days.

Sit down with a CWB Account Manager to learn more today.  
(We'll be on the lookout for fake IDs!)

[cwbank.com/GoldLeafPLUS](http://cwbank.com/GoldLeafPLUS)

\*0.25% bonus available on any 1-5 year fixed rate GIC, HFSF, IRRI or HSA GIC (investment) made between June 5 – 17, 2017 at participating branches only. Bonus interest rate applies on annualized basis. Bonus cannot be combined with any other offer. Bonus applies to posted branch rates and is available on a minimum deposit of \$1,000. See branch for details.



**CWB**  
CANADIAN  
WESTERN  
BANK

A CWB Financial Group Company

# DRIVE ON!

SENIOR SCOPE AUTO NEWS, TIPS, REVIEWS, LAWS...

## How to break in your new tires

Courtesy Canadian Super Shop – [www.canadiansupershop.ca](http://www.canadiansupershop.ca)

Do you recall the last time you acquired a new pair of shoes? They might have been stiff to start with, but after a slight wear, they became more comfortable, with a remarkably softer ride and better grip. Well, you may not be aware of this, but the similar theory applies to the car tires as well.

Just like a new pair of running shoes, you need to "break in" your new tires for the excellent performance. Therefore, when you buy new tires, it is a brilliant idea to take it easy for some time.

### Why Do You Need To Break In Your Tires?

Auto experts highly advise that motorists should allow their new tires to undergo a certain breaking-in period.

The primary reason is to let all materials and compounds which are used in the construction of the tire to gel together and begin working together.

As the natural wear takes place under the dynamics and load of

your particular car, the compounds and fibres will settle into place, and the tire will then begin to function efficiently.

When you start to drive on new tires for the first time, even if they're similar to the ones you're replacing, you may notice that they respond slowly. It's because the tread is pretty stiff and has not had an opportunity to wear into a surface pattern.

If we think of tires as running shoes for our vehicles, it makes a lot of sense that a shoe needs to mold to our exact foot type and our body weight and even our walking pattern.

### So, here are some tips to break in your new tires:

1. Easy driving for first 500 miles -During manufacturing, the manufacturers coat tires with a release lubricant to stop them from sticking to their molds after curing process.

Some of the lubricant remains on the tires' surface, and until it fully wears away, it can minimize trac-

tion. Nearly 500 miles of smooth driving (cornering, braking, accelerating) will allow a lubricant to wear out safely and entirely.

Also, tires comprise of many layers of materials including fabric, steel, and rubber. Giving your new tire enough time to break in will let these distinct components to begin working together, delivering their usual ride quality and optimum performance.

2. Your new tires may feel different -If you have just replaced your tires, it is probably because the old ones had shallow treads remaining. Tires with shallow treads always tend to respond a bit faster, since there are fewer treads which need to flex during quick turns and cornering.

Tires with deeper treads tend to flex or "squirm" a bit more, so they may feel somewhat less responsive than the old tires, even if you replaced the old set with the exact brand and model.

There's usually a lot of debate

and discussion on this topic, and some may even consider the breaking-in period for tires as a myth of sorts. But, with the facts we've outlined above, it makes sense to adopt a break in period. This is the reason many tire experts will recommend you do it.

After all, what is a few careful kilometres initially when you have the potential to gain much higher performance and wear from your tires in the long run?

Therefore, while we know you are very excited to get out there and put your new tires to the test, it will be wise to take it pretty easy for the first few weeks and allow the tires to break in naturally. ■

For any of your auto concerns, call **Marve at Canadian Super Shop: 204-885-5901** or stop by **1775 Portage Ave.,** [www.canadiansupershop.ca](http://www.canadiansupershop.ca)



## • CAR SHOWS IN JUNE •

**SATURDAY • JUNE 17**  
**9TH ANNUAL SPRINGS CARFEST**  
Springs Church  
725 Lagimodiere Blvd., Wpg, MB  
Reg. 9:30 am / Show 11 am-3 pm  
**204-233-7003**  
[dgreen@springschurch.com](mailto:dgreen@springschurch.com)

**SUN • JUNE 18**  
**FATHERS DAY SHOW N SHINE**  
Killarney, MB - Beach Hut Park  
12 noon-4 pm  
**204-523-4211, 204-483-3238**  
[joankemp@mts.net](mailto:joankemp@mts.net)  
[thh@mymts.net](mailto:thh@mymts.net)

**FRI • JUNE 23**  
**CRUISIN THE PLAP**  
CFRY Radio parking lot  
2390 Sissons Drive  
Portage la Prairie, MB, 6-9 pm  
**204-870-3086, 204-794-1204**  
[cruisintheplap@outlook.com](mailto:cruisintheplap@outlook.com)

**SUN • JUNE 25**  
**'SHOW IN THE PARK' CAR SHOW**  
Carman, MB - King's Park  
Reg. 11 am / Show 1-4 pm  
Rain Date: July 2  
**204-745-7387, 204-745-0289**  
[johnneu@mymts.net](mailto:johnneu@mymts.net)

## • WET WEATHER DRIVING TIPS •

This summer while on a road trip or on your commute to work, exercise caution while driving in wet weather.

1. **Avoid the temptation to use cruise control in wet or wintery conditions.** Cruise control is designed for normal road conditions. Your chance of losing traction and then losing control of your vehicle increases while your cruise control is on while driving on wet roads. You also shouldn't use your cruise control during winter conditions when it is snowing or if there are ice patches. Some cars can go into hydroplane mode where the wheels can actually spin faster when the cruise is on while hitting a slippery spot on the road. When the tires make contact again with a non-slippery spot, the car can skid and you could lose control.

## Travel / Leisure / Activities

Have an event or tourist destination? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) for details.

**Kinsmen Jackpot Bingo** SATURDAYS at 5:30PM on CTV-TV

**Guaranteed JACKPOT of \$2,000**

Cards available at selected stores or by mail through head office

**The Bigger the Jackpot, The Easier it is to WIN!**

\$1 from every card goes to the Jackpot Blackout in 50 Numbers or Less.

**Kinsmen Jackpot Bingo**  
161 Rue Grandin  
Winnipeg MB R2H 0A8  
Ph: 204-233-6365 Fax: 204-233-6415  
Email: [bingo@kinsmenclub.com](mailto:bingo@kinsmenclub.com)  
Web: [www.kinsmenjackpotbingo.com](http://www.kinsmenjackpotbingo.com)

**MANITOBA DRAGON BOAT FESTIVAL**

event operated by FMG

**SEPT 8-10, 2017**  
[fmg@fmgdragonboat.com](mailto:fmg@fmgdragonboat.com)

**SENIOR SCOPE**  
All Senior Team Division

FMG CancerCare Manitoba FOUNDATION Manitoba Stroke Centre

**BRANSON MEMPHIS NASHVILLE**

Departs Brandon, Portage, Winnipeg & Morris

**October 26 to November 8, 2017**  
**\$2500.00 pp dbl occ**

**Tour Includes:** 14 Days Motorcoach Transportation, 13 Nights Lodging, 7 Branson Shows including Daniel O'Donnell, Grand Ole Opry Ticket, Country Music Hall of Fame, Studio B, Graceland Tour Featuring New Exhibits, Casino Packages, 11 Breakfasts, 4 Suppers, Luggage Handling and Tour Director Accompanying Tour.

Daniel O'Donnell and owner of Red-White & Blue Get-A-Ways, Alison McDonald

**Red - White & Blue Get-A-Ways**  
**1-866-846-3795**  
[rwbgetaways@hotmail.com](mailto:rwbgetaways@hotmail.com) [www.rwbgetaways.com](http://www.rwbgetaways.com)

Things To Do

IN WINNIPEG

EVENTS

**63rd Annual Coin, Stamp & Collectibles Show** - Sat/Sun, Sept. 30-Oct. 1 at the Sunova Centre, West St. Paul, MB. Take first left, just north of the North Perimeter Route on Main St. at Kapelus Drive. Come with paper, leave with gold.

**The Manitoba Coin Club** - meets 4th Wed. each mo. (except Dec, July & Aug), 7:00 pm (1-1/2 hrs approx.), at the Fort Rouge Leisure Centre, 625 Osborne. Frequently there is a Coin auction. Call Barré W. Hall: **204-296-6498**

**Red River Coin & Stamp Shows** - 2nd Sunday ea. month except July & Aug., 10 am-4 pm, at the Charterhouse Hotel. Free adm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Come with paper, leave with Gold. Call Andy Zook: **204-482-6366**

**Canadian Breast Cancer Foundation** - Winnipeg Batting Against Breast Cancer - Round-robin charity slow pitch tournament, Sat. July 15, at Little Mountain Sportsplex. Teams can fundraise by getting pledges or selling raffle tickets. Take a swing at breast cancer and have some fun! For info contact Colette Toews: **ctoews@mb.cancer.ca** or **204-786-0618**. Teams can register online at: **www.cancer.ca/battingagainstbc**

**Grands N' More Winnipeg** - Art from the Attic, Sun. Sept. 24, 10:30 am-4 pm, Norwood C.C., 87 Walmer St. (off St. Mary's Rd.) Through the Stephen Lewis Foundation, in support of the African grandmothers caring for their AIDS-orphaned grandchildren. FREE Adm. Donations of art accepted 'til Sept. 1. **www.grandsnmore.com** or **www.stephenlewisfoundation.org**

**Forum Art Centre** – Fresh Art Show, Jun. 22-25, 120 Eugenie St., St. Boniface. Thur. Jun. 22 & Fri. Jun. 23, 5-9 pm; Sat. Jun. 24 & Sun. Jun. 25, 10 am-4 pm. Original art, giclee prints, art cards, foot square painting fundraiser, art demonstrations every day, and choose your favourite piece in our People's Choice Award! Free parking, wheelchair access. **www.forumartcentre.com** or **204-235-1069**. Enjoy our Art Gallery, or see art demonstrations and get a free gift. Free caricatures by Tom Andrich June 24. All art done by adult students over past year.

**Winnipeg Public Library** - Summer hours now in effect: Closed Sundays. Some branches closed Saturdays. Visit **http://wpl.winnipeg.ca** for details. To view the programs, many which are free, view the May/June newsletter by clicking on the 'At The Library Newsletter' link under 'What's Happening' along the left side of the home page. View the calendar under this link as well. The TD Summer Reading Club launches June 17. Sign up at any branch and receive a free reading kit for your child/grand-child. Online registration for other programs starts June 22. Note the St. Vital Library on Fermor will be closed for renovations, opening early 2018.

**Fort Garry Womens Resource Centre** - Fun, interactive Creative Self Care Series - Art Project #15: Art Journaling 101, Thur. Jun. 22, 6-8 pm, at 1150A Waverley Street. In this workshop learn about the process of art journaling. Create your own art journaling pages using different art materials. Space is limited. Pre registration is required by calling **204-477-1123**. This is a women only event. Childcare is not available. All Supplies Provided.

**Fort Garry Womens Resource Centre** - AGM, Wed. Jun. 21, 6 pm, at 1150 A Waverley St. RSVP by Jun. 14 at **204-477-1123** or **info@fgwrc.ca**

**Farmers Hall Old Time Dance Schedule (formerly United Farmers Community Hall)** – HWY 231, 2miles west from HWY turn off. Dances last Wed. afternoon each month, Jun. 28, Jul. 26, Aug. 30, Sep. 27, 1-4. Adm. \$15 includes light lunch, tea and coffee. All dances feature Country Pride live band. **204-296-0540**.

**The Stroke Recovery Association of Manitoba Inc. (SAM)** - Annual Wheel and Walk, Sun. Jun. 25, rain or shine at Provencher Park in the Notre Dame Recreational Centre, 271 Avenue de la Cathédrale. 9 am: Registration and coffee and bagels (free). 10 am: Wheel and Walk starts. 11 am: BBQ – hot dogs, chips, drinks \$5. Silent Auction to follow. Proceeds support SAM's programs and services. Call **204-942-2880** or visit **www.strokerecovery.ca** for more info.

**Westminster United Church** - hosting Land of Lakes Choirboys of Minnesota, Wed. Jun. 14, 7:30 pm, 745 Westminster at Marylalnd. Free-offering will be taken. Call **204-784-1330** or Rita Menzies **204-489-7686**. Learn more about the Choirboys, celebrating its 41st season, at **www.lolcb.org**

**Slo-Pitch players invited** - It's that time of year when great change happens to older men and ladies. SPINGTIME: Men and women become the boys and girls of summer and take up baseball for by fall they will be back to being men and women again. Call Bob: **204-261-3033** or Betty: **204-997-8043** for your yearly renewal.

**Urban Retreats Garden Tour** – Sat. June 17, 10 am-4 pm, rain or shine. Self-guided tour of beautiful Woodhaven gardens in support of St Matthews Maryland Community Ministry, sponsored by Ron Paul Garden Centre. New this year, guided tours of Sturgeon Creek at 11 am and 1 pm with an entomologist. Tickets \$15, available at Ron Paul Garden Centre, McNally Robinson Booksellers, Jensen's Nursery & Garden Centre, Lacoste Garden Centre or by calling the community ministry at **204-774-3957**.

**A Manitoba Tea and Craft Sale** - June 17, 11:30-2:00 pm at St. Andrew's Woodhaven Anglican Church, 2700 Portage Ave. Ask a Master Gardener and Master Composter, plant sale, crafters, door prizes, gift bag to first 150, tea, bannock and jam. Tickets for the tea and craft sale are an additional \$5, available at the door. Garden tour tickets also available on June 17 at St. Andrew's Woodhaven Anglican Church. More info at **www.stmatthewsmaryland.ca**.

**The “KP Ladies Who Golf” club** - is now accepting new members. Mondays starting May 8, 8-9 am at Kildonan Park Golf Course. 18 holes, prizes, banquet. \$40 plus green fees. For info: Anita - **204-654-0209**, **cinita@shaw.ca**; Lynne - **204-231-0279**, **lducharm@live.ca**

**VOLUNTEERING**

**South Winnipeg Seniors Resource** - Seeking Meal Program Volunteer Assistant, Mon., Wed. & Fri. 11 am-1:45 pm, at Delta Manor, 100 Adamar Rd. Call Samantha **204-478-6169**.

**University of Manitoba** - Looking for volunteers over age 60 to participate in the approved study “Age and Spatial Reorientation” at U of M. Study consists of a few questionnaires and a virtual reality based task. Participants receive \$15 as a token of appreciation. Call Megan Siemens: **204-390-1171**, email: **siemen17@myumanitoba.ca** or web: **http://home.cc.umanitoba.ca/~kellyd/agingstudyrecruitmentposter.pdf**

**Victoria Lifeline Home Service Representative** - Volunteers needed to explain and set up the Lifeline equipment in people's homes in Wpg. Must have car, mileage reimbursed. Melissa: **204-956-6773** or email **msitter@vgh.mb.ca**

**Bethania Group** - Volunteer Opportunity for a casual Administrative Assistant to process deposits and receipts for both Bethania Mennonite Memorial Foundation and Mennonite Benevolent Society, plus other administrative duties. 1-2 days/wk. Contact Dianne Nixdorf, Director of Recreation & Volunteer Services at 204-654-5035, Dianne.Nixdorf@bethania.ca

**Deer Lodge Centre, 2109 Portage Ave** - Volunteers needed to assist with daytime recreation programs: manicures (simple), playing piano, visiting, outings, coffee, cards (rummy, crib, bridge), bowling, bingo, etc. Call Joy: **204-831-2912** or email: **jtanchuk@deerlodge.mb.ca**

**Meals on Wheels** - If you got the wheels, we got the meals! We are looking for volunteers in the following areas: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711** or **www.mealswinnipeg.com**

**The Bereavement Care Program of Concordia Hospital** - seeking Grief Support Volunteers to provide telephone grief support to family members of people who have died at the Hospital. Ideal for a person with a health care, ministry or counselling background. Flexible 4 hrs/wk. Work from home. Bob Milks: **204-661-7402**, **bmilks@concordiahospital.mb.ca**

**Misericordia Health Centre** - Volunteers needed to escort and stay with residents while attending spiritual services inside the same building, Thur. or Fri's, 10-11:30 am. Parking provided. Call **204-788-8132**, or apply in person or online at **www.misericordia.mb.ca/volunteer**

**Caregiving with Confidence** (formerly Rupert's Land Caregiver Services) - Volunteer drivers needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provided. Also volunteers needed for “Time-out for Caregivers Program” 2-3 hours. Call **204-452-9491** (non-profit)

**Travel Manitoba Visitor Information Centre** at The Forks - Come volunteer this spring and summer in the Visitor Information

Centre. Provide helpful advice, recommendations and directions to the province's top tourist attractions/destinations. Email: **sbason@travelmanitoba.com**

**Kildonan MCC Thrift Shop** - Volunteer in a professional environment and have fun! Located at 445 Chalmers Ave. Call or email: **meaganvarndell.kmts@gmail.com** and **204-668-0967**

**Manitoba Institute for Patient Safety** - Volunteer opportunities. Visit **mips.ca** 'About Us' to learn about our Volunteer Program. **admin@mips.ca** or **204-927-6477**.

**Gwen Sectar Creative Living Centre** - (1588 Main) Looking for Bridge Players, Tuesdays, 1-3 pm. **204-339-1701**

**Middlechuch Personal Care Home** - Volunteers needed to visit residents, assist in the rehab dept., hair salon and with the pet therapy program. Call: **204-336-4138** or **matt@middlechurchhome.mb.ca**

**Southeast Personal Care Home** - volunteers needed to assist with recreation programs at 1265 Lee Blvd - days, eve's, wknd's. Call **204-269-7111** Ext. 2225

**Vista Park Lodge Personal Care Home in St. Vital** - Volunteers needed. Contact: Caitlin Liewicki: **cliewicki@extendicare.com**

**HSC Winnipeg** - Volunteers welcome in patient and support areas, 7 days a week. Free parking or bus tickets. Call **204-787-3533** or email: **volunteer@hsc.mb.ca**

**South Winnipeg Seniors Resource Council** - Volunteers needed for Meal Program in Osborne Village 2-6 hrs/wk. Call **204-478-6169** or email **swsrc@mymts.net**

**Parkview Place, Long Term Care by Southeast Personal Care Home** - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call **204-269-7111 ext. 2247**

**PROGRAMS /SERVICES**

**Fibromyalgia Support Group of Winnipeg** - For info: **204-975-3037**.

**Good Neighbours Active Living Centre** - Are you a senior 55+ in the Elmwood/East Kildonan area who is feeling bored, isolated? Call the Outreach Worker for various activities and functions that are available to you: Julie **204-996-0750**

**Wpg Polish Legion Br 246** - 1335 Main St. Tues. Senior Luncheon/Dance, noon-3 pm, Kareoke, Fridays, 8-midnite. Happy Hour Mon-Thur, 3-6 pm, Fri-Sat, 3-7 pm. Upstairs Hall Rental avail. Call Br **204-589-5493**

**Pembina Active Living 55+ (PAL)** - Spring classes end June 16. Summer activities (membership required - must register): PALputters (golf), PALpedallers (cycling), Yoga class in the Park, Lunch PALS, movie PALS. Special events: Still Bloomin' gardening club (June 29). **www.pal55plus.com**, **office@pal55plus.com** or **204-946-0839**

**Gwen Sectar Creative Living Centre** - (1588 Main St.) Shuttle Bus runs every Wed. morning for only \$15 from the north end and \$15 from the South End (members). Transportation from Seven Oaks, Garden City, West Kildonan & Maples & South End. Get lunch, bingo, entertainment, refreshments & transportation home. **204-339-1701**

**Archwood 55** - Come and join us for yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our website or pick up a 2017 Spring Program Guide from the office for a list of luncheons, social activities, informational sessions and bus trips. 565 Guilbault St. Office hrs: Mon-Fri, 9 am-3 pm. **204-416-1067** or **archwood55mail@gmail.com** **www.archwood55plusinc.weebly.com**

**Brooklands Active Living Centre** - Zumba Gold, Aqua-fit, Line Dancing, Floor Curling. Drop-in fees avail. Bingo Mondays, 1 pm. #License LGA 1143-B1. FREE Games. **204-632-8367**

**Golden Rule Seniors** - Fort Rouge Leisure Centre, 625 Osborne St. Mon. Bingo 1 pm. Tues. Bridge 2 pm. Thurs. Singalong 10 pm. Floor shuffleboard 1 pm. Bridge 1 pm. Fri. China painters 10 pm. Carpet bowling 1 pm. Wanted Cribbage players for Wed. 1 pm. Call Terry: **204-453-1085**

**Charleswood Adult Day Program** - Social Day Program for seniors Transportation and hot lunch provided. Members \$8.85/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator

**Lions Manor Adult Day Program (Pacesetters)** - 320 Sherbrook Street. A social program Tues-Fri for isolated seniors in the community living with Alzheimer's/

Dementia. Transportation and hot lunch provided for \$8.85/day. Call **204-784-1378**. Referrals for the program made through the WRHA home care case coordinator.

**Prendergast Seniors Club** - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Mon. luncheons 4th Wed., 12-1 pm. All welcome. Call Joe/Mary: **204-254-8390**

**Ukrainian Cdn Veterans Br # 141** - Dance to a live band every Sat., 1-4:30 pm. Adm. Includes lite lunch. Chase the Ace Draw ea. Sat. Tickets on sale 3:30-4:25 pm. Draw 4:30 pm. Also 60/40 draw. Call **204-589-6315** ext 103 for future events and information.

**Seine River Seniors** - at Southdale CC. Bridge, Indoor/Outdoor Walking, Creative Writing, Games, Canasta, Monthly Birthday Lunches and Brunch, Trips to South Beach, Bingo at the Downs, Celebrations Matinees, Floral Arranging, Health Workshops, Stonewall Quarry Choristers, A Trolley City Tour, A Walkabout in the Exchange, and visit to PineRidge Hollow. Call **204-253-4599**

**Fraternal Order of Eagles** - 3459 Pembina Hwy. Cribbage Tues. 1 pm. \$100 for a 28 or better hand. Free Coffee; Wed. Bingo, doors open 11:30 am, games 12:55 pm; Sun. Bingo, doors open 5:30, games 6:30 pm. **204-269-4332** after 4:30 Mon-Fri.

**The Friends of Library Book Club** - Seeks new members. Meet 3rd Tue. ea mo at 10:15 am on 2nd Floor of Millennium Library. Books chosen are available through the library. Membership is free. Call: **204-452-3369** or **204-254-6697** for info.

**Lion's Place Adult Day Program** - Social day program for seniors. Transportation & hot lunch provided. Members \$8.75/day. Call **784-1229**. Referrals made through WRHA at **788-8330**, or call Case Coord.

**The PROBUS Club of Winnipeg** - is a group for the retired or semi-retired. Info: **204-489-2882**, or **winnipegprobuss85@gmail.com**

**Dakota 55+ Lazars Senior Centre** - Various programs: Cribbage, line dancing, floor curling, quilting, fitness programs, etc. Call: **204-254-1010** ext. **206**. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

**Manitoba Christian Writer's Assoc.** - Writers of all levels welcome. Various activities. Membership \$25. Drop-in \$3/mtg. **204-256-1614** or **1-204-326-7286**

**Manor Adult Day Cub** - 320 Sherbrook St. We are a pacesetters adult day program specifically for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. \$8.65/day includes lunch. Email: **keziatoews@hotmail.com** for info.

**The St. James-Assiniboia 55+ Centre** - 3-203 Duffield St. The Centre offers a variety of different programs and services to adults 55+. Visit **www.stjasc.com** to view programs and services. **204-987-8850**

**55+ Men's Club** - meets Wed. & Thur. afternoons, 1-4 pm, at 3172 Portage Ave. Various activities: art and hobby classes or just enjoy a cup of coffee. **204-987-8850**

**Fort Garry Legion** - Hard Card Bingo - Tues. 1:15, Paper Bingo, Fri. eve, Early Bird 7:15 pm, and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch. 1125 Pembina Hwy.

**St. Chad's Anglican Church** - Services at 472 Kirkfield St. Service of Holy Eucharist and Sunday School, Sunday at 9 am. Fellowship with tea and coffee after service.

**McBeth House Centre** - 55+: Tues.: Quilting, 9-2 pm; cribbage; Thur.: porcelain painters, etc., 10-2 pm; Fri.: whist, 7-10 pm; Sat.: bridge, 1-4 pm. Bridge players needed: **204-334-0432**. House avail. for rental.

**The Friendly Settlers Senior Citizens Club** - 400 Day St. (Transcona), Meet Mondays, 10 am for cribbage, lunch and bingo. Special events /group trips offered. **204-222-7504** or **ganyadel4@mymts.net**

**Senior Achievers** - Meet 3rd Thur. 1-3 pm at 406 MacGregor St. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: **204-414-5360** for more info.

**Vital Seniors** - Monthly Book Club: **204-257-4014**, Monthly Board Games: **204-261-8236**, Bridge: **204-256-3832**, Carpet Bowling: **204-452-2230**, Line Dancing: **204-334-3559**, Exercise Class: **204-253-0555** (Judy), Monthly Luncheon: **204-255-7508**, Scrabble: **204-257-4014**, St. Mary Magdalene Church, 3 St. Vital Rd.

**Bleak House Senior Centre** - 1637 Main St. - Mon. 1 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 1 pm Cribbage, Friday 9:30 am Quilting. Info: **204-338-4723**

## HEARTSPACE WRITING SCHOOL

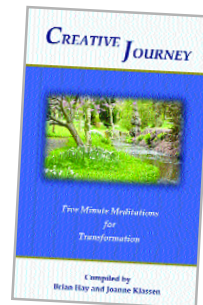


**Joanne Klassen, founder of Heartspace**, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: [www.write-away.net](http://www.write-away.net) or contact Joanne Klassen at: [jklassen@write-away.net](mailto:jklassen@write-away.net)

## CREATIVE JOURNEY

- Compiled by Brian Hay and Joanne Klassen

A collection of personal meditations from thirty-one **CREATIVE JOURNEY** writers from seven countries that will help you see everyday moments from fresh vantage points.



## Five Minute Meditations for Transformation

### CREATIVE JOURNEY

is available as an e-book for \$ 4.99 at Amazon: <https://www.amazon.ca/dp/B011Q0N9AS> and in print for \$ 18.95 at McNally Robinson Booksellers, Winnipeg, MB [www.mcnallyrobinson.com](http://www.mcnallyrobinson.com) Tel. 204-475-0483 or 1-800-561-1833

### Excerpts from CREATIVE JOURNEY:

## BEGIN

By Alison Lock (AML)

*I have to come back to a beginner's mind, the first way I thought and felt about writing. In a sense, the beginner's mind is what we must come back to every time we sit down and write... Each time is a new journey with no maps.*

(Natalie Goldberg, *Writing Down the Bones*)

How to begin?

A new notebook. I open the first page. The smell of the fresh-cut paper and the clean-lined page taunt me, saying, "well, go on, what are you waiting for?" But somehow I cannot put my pen to the paper. For one thing, I know my handwriting is untidy and only vaguely constitutes anything that can be considered legible.

In fact, if I ever want to read aloud what I have written in my writing circle, I will need to look for my most up-to-date spectacles with the highest magnification just to see the words.

And then there's the problem of the page being the very first in the notebook and the feeling that I should begin with something profound—some wise words, a flash of clarity that will light up the world.

But actually I am writing, not on the first page—I turned over a page before I could set down these words, these less than impressive words, on this insignificant second page. (AML)

***I cherish every beginning, allowing new opportunities into my life, wherever they come from, whenever they arrive. I will begin again. No excuses.***

#### BIO: Alison Lock (AML)

Alison Lock is a poet and author from Holmfirth (UK). She finds inspiration in the moorlands and the natural environment of the South Pennines, which is often reflected in her writing. She is currently working towards a Ph.D. in Creative Writing. She believes that Transformative Life Writing™ is a unique and powerful tool that can transform our personal journaling, giving us new insights, and encouraging the development of our writing journeys. <http://www.alisonlock.com/> ■

## TRUST

By Farrukh Akhtar (FA)

*A depressing and difficult passage has prefaced every new page I have turned in life.*  
(Charlotte Brontë)

I am drowning. My body half decayed, half immortalized in globules of stress. All of me increasingly dead as I struggle to get through another day at work. Another day in which I try to find a way to leave my current job, the interminable commute that sucks the dregs of life out of me. I feel sick at heart. I no longer want to be a part of this profession.

So I write. I hope writing will save my life. I write it all out of my system; cleansing, detoxifying. I am these feelings, but I am more than just these feelings. Through writing I re-connect with an essential me, a me at peace with myself.

I hold the vision of where I need to get to: living, working, breathing harmony. My life is a synthesis of all I hold to be true. There is no incongruence. At some point I will

jump, from one cliff over a chasm to another. The writing and running that I do now is building up the momentum for the leap of faith. I trust it will happen. (FA)

***I trust that every step I take leads me where I need to go. That is my leap of faith.***

#### BIO: Farrukh Akhtar (FA)

Farrukh, a senior lecturer at a London university, has been involved in the helping profession for over 25 years. As a Transformative Life Writing™ (TLW) facilitator, she runs workshops at the university and in the community. She is the TLW Facilitators' Co-ordinator for Europe and edited their training manual. Farrukh is founder of an incognito but internationally acclaimed book club. She loves writing, the theatre, communing with vegetables on her allotment, and having friends over for dinner.

E-mail: [farrukh.akhtar786@gmail.com](mailto:farrukh.akhtar786@gmail.com) ■

# DANNY'S BARBEQUE & SMOKEHOUSE

*We'll bring the flavour!*

**Full Menu Catering**  
offering pork, turkey, beef, chicken, ribs or steak

**Pick Up Meals - Whole Hog BBQ**

**Find our Pulled Pork & Turkey in stores now!**

**204-344-5675**     [dannyswholehog.com](http://dannyswholehog.com)

## ATTENTION! All Dragon Boaters

Denyse Walker, widow of Scott Walker, has announced the untimely passing of her beloved husband from FMG Dragon Boat.

Scott had lost his own battle with cancer last month in May after helping to raise millions of dollars for cancer research through the Dragon Boat Festivals he and his family operated in Winnipeg over the years. They also helped raise funds for the Heart & Stroke Foundation in Saskatoon through the Festivals they held there.

A small private celebration of life in honour of Scott has taken place.

However, Denyse has a message for all Dragon Boaters...

"In September at the Manitoba Dragon Boat Festival, FMG Dragon Boat together with CancerCare will look at recognizing Scott and his

legacy of Dragon Boating. Please join us as we celebrate Scott's legacy and join together to raise more funds for CancerCare.

Paddles Up... Take it away!"

**So, please get your teams together and come and celebrate Scott's life and legacy this September and help find a cure for cancer.**

**Senior Scope** had featured a story of Scott Walker, written by Scott Taylor, in October, 2013. If you'd like to read this fascinating story of how Scott became involved in the Dragon Boat business, go to [www.seniorscope.com](http://www.seniorscope.com) and click on the 'Archives' button. then click on the link in the last column (2013-2014): **V12N4 Oct 10/13.**

**NOTE:** If you'd like to participate in the **Dragon Boat Festival** but don't have a team, submit your name, email and phone number to **Senior Scope** by email to [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) and we will try to match you up with a team that may need members. If you have a team that needs more members, check with us by email. We may be able to help you out.

# MANITOBA Wild

Scenic Secrets of Manitoba

Join local Manitoba writer & photographer Bill Stilwell on a photographic exploration of some of Manitoba's most scenic sites. Bill will provide Manitoba's little known, yet outstandingly beautiful places. Scenic secrets—for you to enjoy.

**Ph: (204) 476-5210    Email: [bills@mts.net](mailto:bills@mts.net)    [www.manitobawild.ca](http://www.manitobawild.ca)**

Pick up a copy at your local bookstore today!

## CURRIE'S CORNER



By Roger Currie

### Prime Memories

The first week of June is always filled with lots of personal memories, especially about guys named Andrew. My wonderful Dad, the Boy from

Balgonie, was born on the 5th of June in 1911, in Brandon. Andy Currie was known for football, and isn't it interesting that the city of Winnipeg where he once played the game and later coached, has not brought home a Grey Cup since 1990, the year that Papa died.

The first of June marked my 47th anniversary as a working journalist. My first of three lives at CJOB in Winnipeg began on that day in 1970. My starting salary was \$325 a month, and my first official task was to read the race results from Assiniboia Downs.

Over those 47 years I have had the privilege of meeting many of the people who have served as Canada's Prime Minister. Among them was Lester Pearson who was my very first interview, two years after he had retired from politics.

Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio

In 1979, during my first life in Regina, I was live on the air for a full hour with Joe Clark, shortly before he began his brief time as *The Right Honourable*. Almost exactly 30 years later, I had the good fortune to be seated at a dinner beside a young man who may yet become Prime Minister of Canada.

Andrew Scheer was not yet 30, and we talked a lot about football as I recall. He was born and raised in southern Ontario, but his wife is Jill Ryan of Regina, and her brother Jon Ryan kicks footballs for the Seattle Seahawks. Andrew and I also talked politics that night, but I can't say there was much that stands out in my memory from our conversation. He definitely did NOT say that he intended to be prime minister by the time he reached the age of 40. Hey, wasn't that Joe Clark's age when he got the job, by defeating a guy named Trudeau.

Like many of my fellow journalists have said, the view of the world is never dull from the 'ringside seat' that we are blessed to occupy. ■

### Stepping up

We know that prairie people are very generous, even when they leave the land of their birth far behind and make bushels of money elsewhere. A prime example is 88 year old Jimmy Pattison, Canada's 4th or 5th wealthiest person, depending on how the markets are doing at any given time.

He spent his very early years in the village of Luseland Saskatchewan, in the depths of the great depression. Vancouver has mostly been Jim's home since then, and even today he says what he enjoys most in this world is 'going to work'. His companies employ more than 40,000 people in several countries, and total revenue generated this year is expected to be just over \$10 Billion. A few days ago, Pattison travelled to Saskatoon and wrote a cheque for \$50 million. It will enable the government of Brad Wall to finally finish the province's long-awaited Childrens Hospital.

Saskatchewan is one of only two provinces in Canada that does not

have such a special place to take care of our most precious loved ones. When the doors finally open, it will have Jimmy Pattison's name on it. They broke ground for the hospital in Saskatoon more than 5 years ago, but it's still barely half finished.

Quite frankly this is a major league 'disgrace'. In the capital of Regina, the Roughriders have already moved into their brand new stadium, a facility that was seen as 'desperately needed', by almost nobody.

Yes, Taylor Field was the oldest playpen in the Canadian Football League, but it could easily have sufficed for a couple more seasons, while higher priorities were taken care of.

God bless the Jimmy Pattisons of this world, but Uncle Brad, if you don't realize that a childrens hospital is a higher priority than a football stadium, you just don't have your eye on the ball. ■

## Things To Do

## IN WINNIPEG, cont'd from page 11

**Elmwood-East Kildonan Active Living Centre** - 180 Poplar @ Brazier in Elmwood. Membership \$15/yr. Wood shop, Floor Curling, Scrapbooking, Darts, Carpet Bowling and other activities. Call **204-669-0750** or **204-890-3282**

**Norberry-Glenlee CC** - Programs for seniors. Play Pickleball at 26 Molgat Ave., St. Vital. Call **256-6654**

**Dufferin Senior Citizen Inc.** - 377 Dufferin Ave. Mon: shuffleboard 9:45 am, Bingo 1 pm; Wed noon: soup and perogy lunch. All welcome. Perogies for sale. Every 2nd Sat: noon-3:30 pm dance with a 4-piece band (full lunch). **204-986-2608**

**The Salvation Army Barbara Mitchell Family Resource Centre** - Seniors 55+, 51 Morrow Ave, St.Vital. Tues S.T.A.R.S. 9:30-11:30 am, FREE Tea/Coffee, Snacks, Games, Outings. Wed. 10 am-noon FREE Steppin' Up Exercise Class. Thur. 10 am-noon FREE Pickle Ball. **204-990-2339**

**Weston Seniors Club** - Programs: computer training, cooking, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan. **204-774-3085**

**Assiniboia Wood Carvers Association** - Woodcarving every Fri. 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St. Call Mel: **204-661-2213** or Wayne: **204-783-7340**

**Le Conseil des francophones 55+** - ensures the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up living in Wpg. French only: Tai Chi Chih, light Yoga, Line dancing and Pickleball. **204-793-1054**, 107-400 Des Meurons St., St-Boniface, Wpg., **conseil55@fafm.mb.ca**

**Mensheds Manitoba Inc.** - peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1-4 pm. Call Doug: **204-832-0629** or **804-5165**

**Good Neighbours Active Living Centre** - Lunch and Bingo. Lunch \$6, Bingo 5c per card. Transportation provided within the RiverEast (Elmwood, E.K., N.K. areas) Call Julie at Seniors Outreach: **204-996-0750**.

**Red Hat Society in MB** - Red Hat Whooot in Wpg. June 10, 12-5 pm. \$45 - hot meal, entertainment, 50/50, silent auction and vendors. Email Helen: **hrhicks@mts.net** or call **204-355-4791**

**High Steppers Seniors Social Club** - We meet Wednesdays & Thursdays for fun and activities. New members and volunteers welcome. Winakwa Community Centre, 980 Winakwa Rd. **204-619-8477**

## Things To Do

## IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

**East Selkirk - Manitoba Highland Gathering** - June 24-25, Legacy Park, Hwy #59 & PR 212 (Kittson Rd) behind East Selkirk Arena. **204-794-6587**

**Ile-des-Chênes - Knights of Columbus Council #5979** - 50th anniversary celebration, Sat. Jun. 24, Ile-des-Chênes. Commemorative Mass - 5 pm in the Notre-Dame-de-la-Miséricorde Catholic Church; Reception to follow 6 pm (cocktails, cash bar) at the TransCanada Centre, 1 Rivard; Dinner 7 pm (wine included); Live entertainment: Carmine La Rosa. Tickets 40 \$ ea - Call Armand **204 878-3358**; Gaëtan **204 793-1035**; Philip **204 781-5557**; Roger **204 818-0415**; Roméo **204 791-3151**.

**Springfield - Free Strides Walking Program for Seniors** - Wed. Jun. 21, 12:30-3:30, Dugald Community Club, 544 Holland St., Dugald, MB. Guest speakers. Learn the benefits of walking. Coffee, tea, snacks. To register or for info, call Diane: **204-853-7582** or Taylor: **204-444-6144**

**St. Andrews Church** - Two by Two celtic music group at Old St. Andrews on the Red Sun. July 23, 3 pm. Adm. \$10. Refreshments served. Their repertoire is Celtic and English traditional folk music from long ago. The four musicians play fiddles (similar to flutes and penny whistles), gothic harp, percussions, banjo and ukulele. In addition to their instrumentals, they include favourite songs that invite participation singing.

**Stonewall - South Interlake 55 Plus** - 374-1st Street W. Events: Jun. 14 - Monthly Luncheon, Noon; Jun. 15: Bus Trip - McPhillips Street Casino; Jun. 22: Bus Trip - Assiniboine Park Zoo; Jul. 10: Afternoon Cribbage Tournament, 1 pm. Call Kim at **204-467-2582**

### VOLUNTEER

**Ritchot Senior Services** - (serving seniors 50+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Janice: **204-883-2880** or email: **Ritchotseniors@mymts.net**

**Selkirk - Tudor House Personal Care Home** needs volunteers for various positions. Call **204-482-6601** Ext: 21.

### PROGRAMS / SERVICES

**Beausejour - Beau-Head Senior Center** - Mon. Chi Gong, Chair Exercise, 10 am. Crib 7 pm; Tues. Crib, 1 pm; Wed. Line Dancing 10 am. (beginners welcome) Bingo 1 pm; Thur. Whist 1 pm. 645 Park St. Beausejour **204-268-2444**, **beauhead@mymts.net**

**Dauphin Multi-Purpose Senior Centre-Seniors 55+** - members and non-members welcome. Exercises, floor games, quilting, scramble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, Folklorama trip, dinner and a movie night, dances. The congregate meal program at the Centre is Tue, Wed, Fri. We also offer: Lifeline, cancer society Transportation Program, fee for service contact list, Erik Kits, help filling out paperwork. *Our facility is also available to rent, so remember us for your next function.* **www.dauphin-seniors.com**, **204-638-6485**

**East St. Paul 55+ Activity Centre** (262 Hoddinott) - Area residents welcome to play cribbage Tues., whist Fri. Also: quilting, shuffleboard, book club, yoga, potluck suppers and casino trips. **204-654-3082** (msg).

**Emerson-Franklin Senior Services** - For seniors with disabilities, to assist in maintaining independent living. Services: friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), congregate meal program (3x/wk), Meals on Wheels for shut-ins. **204-427-2869**

**Ile des Chenes Seniors/Grande Pointe** - Yoga, Mondays, 10 am. Indoor Walking, Mon., Wed. & Fri, 9-10 am. **204-878-3482** or **878-2728**, **253-0856**, **878-9562**.

**Interlake North Eastman** - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportuni-

ties avail. Call for info: Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors at **268-7300**; East Beaches Resource Center (Victoria Beach) **756-6471**; Eriksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource Council **372-8703**; Gimli Seniors Resource Council **642-7297**; Lundar Community Resource Council **762-5378**; Riverton & District Seniors Resource **378-2460**; St. Laurent Senior Resource Council **646-2504**; Selkirk - Selkirk & District Senior Resource Council Inc. **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **853-7582**; Teulon and District Seniors Resource Council **886-2570**; Two Rivers Senior Resource Council, Lac du Bonnet **345-1227**, Pinawa **753-2962** or Whitemouth/Reynolds **348-4610** or Winnipeg River Resource Council **367-9128**

**Montcalm - Montcalm Service to Seniors (S.A.A.M)** - Meal program with activities and musical entertainment in/at Letellier-Hall Fridays. Joanne: **204-304-0551** or email: **jbarnabe@hotmail.ca**

**Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi** - Services: parking permits, congregate meal programs 5x a week at the manor, internet research, information/health sessions, light house-keeping, Alzheimer's support group, palliative care, transportation services, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Contact coordinator Bev Collet at: **204-248-7291** or **ensemble@mymts.net**. Our goal is to assist seniors and the disable to maintain their independence. We are **always looking for volunteers** in helping us make these programs a reality for our seniors in Notre Dame de Lourdes and Saint-Léon.

**Seine River Services for Seniors** - The Philips Lifeline Medical Alert Service provides simple, fast access to highly trained, caring Response Associates at the push of a button, 24 hours a day, 365 days a year. E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping trips. Juliette Rowan: **204-424-5285**.

**Les services rivière seine pour aînés** - Lifeline est un service d'alerte médicale simple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'urgence, de l'aide est à votre portée en appuyant sur un bouton. Le bouton d'aide de Lifeline vous met en communication avec un télésurveillant expérimenté qui vous enverra rapidement de l'aide - 24 heures sur 24, 7 jours sur 7. Philips Lifeline ont gracieusement donné une subvention à Les Services Rivière Seine pour aînés. Cette subvention nous permet d'aider les aînés de nos communautés à mener une vie plus indépendante. C'est important pour les aînés de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau spécial. Pour plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au **204-424-5285**.

**Springfield Seniors Community** - Congregate Meals are available to all community seniors. Oakbank: Mon/Tues/Fri - 5 pm. Wed/Thurs, noon. Call **204-444-3132**. Dugald: Mon/Wed/Fri - 5 pm. Cooks Creek: Mon/Wed - 11:30. Call **204-444-6000**. Anola: Mon-Fri, 11:45 Call **204-866-3622**

**Springfield - Support Group for Caregivers**. 3rd Thur. of month 1-3 pm at that Springfield Library. Call Jackie at **204-268-4752** or email **alzne@alzheimer.mb.ca** to register

**Springfield - Service to Seniors** - Additional volunteer drivers needed in all areas of Springfield. Fees avail. to help cover costs. Call **204-853-7582** or email: **springfieldseniors@mymts.net** to arrange to pick up an application package.

**Stonewall - South Interlake 55 Plus** - Line Dance Classes, Tuesdays 6:45-9 pm, and Thursdays 11 am-12:30 pm at Odd Fellows Hall, 374 - 1st St. W. Stonewall. Fee \$2/class plus yearly SI 55 Plus membership. Call SI 55 Plus office: **204-467-2582**

**West St. Paul Seniors Programs** - Yoga/Pilates; Zumba Gold 55+; Stitch 'n B\*\*\* - Knitting / Crochet Group. Info: Sunova Centre: **204-336-0294**, or **recreation@weststpaul.com**

### Victoria Lifeline - Independence on the Go

**NEW! GoSafe Mobile Help Button**



The freedom to go where you want, when you want.

**(204) 956-6777**

**victorialifeline.ca**



## OCD CLEAN

**SATISFACTION GUARANTEED**

DISCOUNTS \$\$ AFFORDABLE  
CHEMICAL FREE AVAILABLE (NORWEX)

BASIC/DEEP/CLEANING & ORGANIZING

Call or Text  
**204-651-1182**





### Today's Recipe

Larry McIntosh



## Burgers with Shallot Sauce

Metric	Ingredient	Imperial
500 g	lean ground beef	1 lb
10 ml	peppercorns	2 tsp
15 ml	vegetable oil	1 tbsp
15 ml	shallots, finely chopped	1 tbsp
15 ml	red wine vinegar	1 tbsp
50 ml	plain yogurt	1/4 cup
15 ml	fresh parsley, minced	1 tbsp

Divide meat into 4 portions and shape into patties. Sprinkle crushed peppercorns onto patties.

In large skillet, heat oil over high heat. Add patties and cook over high heat for 2 to 3 minutes or until browned; turn and cook other side for 1 to 2 minutes or until browned and no longer pink inside. Transfer to serving plate.

Pour off fat in pan; add shallots and wine vinegar, cook over medum heat, scraping up brown bits from bottom of pan. Remove from heat; add yogurt and stir to mix well. Stir in parsley. Pour sauce over patties.

Serves 4 **www.PeakMarket.com**

WORDSEARCH - Big Rivers By Senior Scope

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

CROSSWORD

Here's One for Dear Old Dad

By Adrian Powell

ACROSS

1 Huck Finn's craft

5 Church's 10%

10 Contemptible boulder

13 Witchcraft in the West Indies

15 Perfect in every way

16 Roth of "Inglorious Basterds"

17 US investment co. founded by someone's father?

19 Where you go in England

20 Popular Handel oratorio

21 Like most windows

23 Important Christian liturgical prayer

26 Western "necktie"

27 The Rolling Stones (a collection of old fathers)?

32 Virginia born jazz legend

33 BYOB part

34 Villainous computer of sci-fi

37 Like Switzerland in WWII

41 Liquid thats oozed out

43 Every man, to somebody

44 Famous Dutch cheese

46 In a few ticks of ye clocke

47 Bug that may have dozens of kids?

52 Drover's charge

54 Carpenter, often

56 Anne of "You Needed Me"

57 Percolates, as water

62 Something tied on by geishas

63 G.K. Chesterton character that's

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

55

56

57

58

59

60

61

62

63

64

65

66

67

68

69

70

71

8 Skeptical cries

9 Hamlet's home

10 Transparent wrapping material

11 Plants that will soothe some burns

12 Old radio tube were good at

14 Three-line Japanese creation

18 Con votes

22 Gossett of "Roots"

24 Like winter roads

25 Narcissistic concerns

27 Calligrapher's needs

28 Artificial spread

29 What'vking raiders need

30 Yoga practitioner's need

31 "You'll \_\_\_\_ the day..."

35 Visibly astounded

36 Bifocal, for one

38 Writes a revision

39 Sum up

40 Makes eggs

42 Trusted chum

45 Wab Kinew, e.g.

48 Word on the Republic of Ireland's planes

49 Little hooters

50 Not e'er

51 Gets one's mitts on

52 Have a cigar

53 Yam or taro

56 Sign of boredom

58 Bisque ingredient

59 Kibbutznik's dance

60 Wool sources

61 Shakespearean dagger

64 Tetley product

65 Like Cab Calloway

SUDOKU MEDIUM By Senior Scope

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

SOLUTION ON NEXT PAGE

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 NEXT PAGE

## FAMILY TREE ADAPTIVE CLOTHING

Adaptive & Regular Clothing and Footwear

- Adaptive Sleepwear / Undergarments
- Open Back Pants & Tops / Open Side Pants
- Bed Jackets / Diabetic Socks / Shoes

Phone Orders  
**204-505-2424**  
FREE DELIVERY IN WINNIPEG

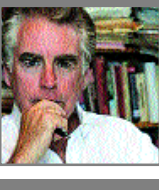
Shop On-line  
**www.familytreeclothing.ca**  
familytreeclothing1@hotmail.com

No TAXES on Adaptive Wear



HUMOUR

By William J. Thomas



Very much unintentionally I have created a small-animal theme park on my kitchen patio. It started when I was late in getting my hummingbird feeders hung up. Boy, were they steamed. They buzzed me while I read. They sat on an overhanging branch and stared at me. They did everything but knock on my kitchen window. Nature's little helicopter, I love to hear their hovering motors.

So with the hummingbirds happy, I toss a handful of sunflower seeds near the fire pit for the chipmunks. Hate squirrels, love chipmunks, love cardinals, hate starlings, so sue me PETA.

The year before it was just one chipmunk and now it's two adults and a small one. I think they must be family because they're constantly fighting with each other.

The house wrens nesting in the hanging flower pot was not my idea. And the female with the bent beak and long tail? Man, has she got a mouth on her! Her shrill screaming could only be considered a song if it was heard at a Celine Dion concert.

I toss more seeds away from the fire pit to keep the chipmunks and wrens from fighting over the initial offering and all is calm ... until a squirrel rushes onto the patio to take a run at one of the chipmunks

NATURE - Biting the Hand That Helps

and gets a haircut from the protective female wren as well as a really loud lecture.

By the time I get back with my slingshot the squirrel is gone but a Baltimore Oriole has descended on the hummingbird feeder. The bird is heavy and awkward so that the feeder is now swinging side to side and spilling sugar water on the patio. I scare the Oriole off by clapping my hands loudly which the mother wren mistakes for applause and she begins an ear-splitting aria that drives me into the house.

As I plod around the patio from crisis to crisis, I can hear the scattering chipmunks and the fluttering wrens screaming: "The giant is coming! The giant is coming." And I must say, as someone who does not have a lot going for him these days, I feel rather powerful.

Before I can clean up the spill, an army of ants has beat me to it and bees are now swarming the feeder which is still dripping with liquid sugar. I sweep away the ants and spritzer the bees with a water bottle until they too send me running through the kitchen door.

This once friendly patio arrangement is now going south faster than a Mideast ceasefire and I'm forced to watch it all behind the safety of my kitchen window thinking, man, would I ever make a lousy game warden like on Africa's Serengeti's

Plain where crocodiles pick their teeth with the antlers of wildebeests.

As I head for the lake for a swim, I notice the bees are gone, the ants are dead, the Oriole has not returned but the hummingbirds have, all the while pooping on the feeder's arm to display their considerable displeasure that their feeder has become a multi-use drinking fountain.

After a swim, I'm about to dip my feet in a bucket of water I keep at the top of the beach steps to rinse off the sand when I notice a large toad in there treading water. Discolored, he's been there for a day or two and I now suspect one of my ungrateful patio dwellers pushed him in but I can't prove it. I dump the bucket onto the lawn and although still alive, it's hours before he actually hops away.

Meanwhile back at "Critter Kingdom" all three chipmunks get into a real knock-down donnybrook over the sunflower seeds and the wrens are dive-bombing them from above because they're getting too close to the flower pot nest. The ants are back, the yellow jackets have returned, angrier than ever, both wrens are screaming blue-blooded murder and the Oriole and two hummingbirds are sitting on an overhanging maple branch waiting for United Nations peacekeeping observers to arrive. The only good thing to come of all this is that the

toad lived and I'm hoping he will go on to eat his weight in ants.

Completely disillusioned by attempts to give nature a helping hand I bring in the hummingbird feeder, hose down the patio, relocate the flower pot to the far side of the house and start throwing sunflower seeds over the fence in order to get the chipmunks to relocate to my neighbour's patio, like refugees fleeing a war zone.

Instead of being heartened by the magical sounds of birds and small animals in my man-made menagerie, I have learned that no good deed goes unpunished and nature per se, really is an ungrateful little world just past my kitchen door. Suddenly I'm a big fan of the food chain. The next time I have an urge to interact with critters, I'm going to do the drive-thru at African Lion Safari and let the monkeys throw poop at my car. At least those evil little primates let you know where you stand ... which by the way, is not with your head out the sun roof.

For comments, ideas and copies of *The True Story of Wainfleet*, go to [www.williamthomas.ca](http://www.williamthomas.ca)

Picture this!



Thank you to Mary Harms of Steinbach, MB for sending in this lovely picture of waxwings taken in Gimli, MB.

Answer to **TEST YOUR WITS** on Pg. 7

WORD LADDER:

MADE  
FADE  
FARE  
HARE  
HATE  
LATE  
LAKE

ANAGRAM:

CANADA  
FLAG  
MAPLE LEAF  
BEAVER  
PROVINCES  
CROCUS  
QUEEN

WORDSEARCH - Solution



CROSSWORD - Solution



SUDOKU - Solution

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

DAVE'S MUSIC

D.J. SERVICE

Music for any occasion

Socials • Weddings • Parties • Bar music

PLAYING TOP 30, plus the Hits of 50s, 60s, 70s, 80s, 90s, 2000 & Up

New Laser Light Show Available - Professional Equipment  
Excellent Sound - 25 Years Experience - Special Rates

**SPECIAL OFFER:**  
Book a Social and get \$100 OFF your wedding.

Bookings and info, call 1-204-746-4318 (Morris, MB)

Book for your Spring and Summer events NOW!  
Seniors Discount on any event.

TRAVELLING GARAGE SALE

Over 5 Years set up in Morris, MB on Main Street

AMAZING SELECTION - 20 TABLES

Collectibles, One-of-a-kind items.

EVERYTHING GUARANTEED IN WORKING ORDER

Call for Details:

MR. ODDS & ENDS

1-204-746-4318

THE CLASSIFIEDS

LISTINGS Only \$10 plus gst

Downsizing? Sell those unused items!!! Call for details.

For personal items / private sales OR for existing paid advertisers of Senior Scope. All listings must be pre-paid: cash, cheque, money order. No credit cards. Listings and payment must be received min. 7 days prior to printing.

Garage Sale Items Accepted

For details, call: 204-467-9000 or Email: kelly\_goodman@shaw.ca

BUY • SELL • TRADE • RENT • NOTICES

MISCELLANEOUS

INSULATED TARP SALE: 12'x20' Heavy Insulated Tarps, gently used, Canadian made. Nearly HALF PRICE! 25 @ \$45 ea. 50+ @ \$40 ea. 100+ @ \$37 ea. 250+ @ \$32 ea. 500+ @ \$27 ea. Call 204-898-2685 or email contactus@groundupwinnipeg.ca. Visa/MC accepted.

FOR SALE: Motorized adjustable twin bed, w/sanitized mattress. 400.00 OBO. Or can sell frame separate - 225.00 OBO. 204-430-5604 or patterson.keri@gmail.com

WANTED: New Release Movies, 2015 & Up (DVD/BR) and PS3 games. Reasonable price. Call Dave 1-204-746-4318 (Morris, MB)

MAIL LISTINGS with payment payable to: Senior Scope. Box 1806 Stonewall MB R0C 2Z0. NOTE: Senior Scope reserves the right to reject listings not suitable for its readership.

Visible in over 700 locations in Winnipeg and in over 65 rural Manitoba communities and online at [www.seniorscope.com](http://www.seniorscope.com).

# Congratulations to the 55 Plus Games and all the athletes and volunteers



**James Allum**  
MLA for Fort Garry-Riverview  
204-475-2270  
JamesAllum.ca



**Rob Altemeyer**  
MLA for Wolsley  
204-775-8575  
RobAltemeyer.ca



**Nahanni Fontaine**  
MLA for St. Johns  
204-582-1550  
NahanniFontaine.ca



**Greg Selinger**  
MLA for St. Boniface  
204-237-5247  
GregSelinger.ca



**Amanda Lathlin**  
MLA for The Pas  
204-623-2034  
AmandaLathlin.ca



**Tom Lindsey**  
MLA for Flin Flon  
204-587-3246  
TomLindsey.ca



**Jim Maloway**  
MLA for Elmwood  
204-415-1122  
JimMaloway.ca



**Flor Marcelino**  
MLA for Logan  
204-788-0800  
FlorMarcelino.ca



**Ted Marcelino**  
MLA for Tyndall Park  
204-421-5453  
TedMarcelino.ca



**Andrew Swan**  
MLA for Minto  
204-783-5850  
AndrewSwan.ca

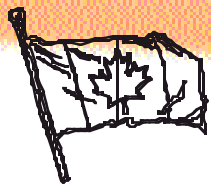


**Matt Wiebe**  
MLA for Concordia  
204-554-1857  
MattWiebe.ca

Senior Scope

ENTER  
TO WIN  
GREAT PRIZES!

ANNUAL CONTEST  
in Celebration of Senior Scope's 15th Birthday  
and Canada's 150th  
both on July 1st.



CELEBRATION 150TH

## Two Draws, Two Prize Packages!

Draw Dates: July 1 & August 1 2017  
ONE ENTRY PER PERSON. OPEN TO MANITOBA RESIDENTS ONLY.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

Senior Scope - June 7/17

Mail entry to Senior Scope  
Box 1806, Stonewall, MB R0C 2Z0  
Or enter online at: [www.seniorscope.com](http://www.seniorscope.com)

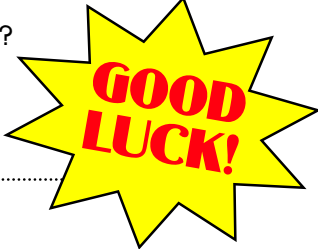
**Prize #1:** (Value approx. \$280)  
**Two tickets to Little Shop of Horrors - Rainbow Stage** (June 22-July 14/17) (approx. value \$180)  
One **\$50 Gift Certificate - Eliminator RC Hobby Supply**  
One **\$50 Gift Certificate - Assiniboia Downs** (Terrace Dining Room or Club West)

**Prize #2:** (Value approx. \$1010)  
**Trip for Two for 2 day trip to Temple Gardens Mineral Spa in Moose Jaw, SK**  
- **Red-White & Blue Get-A-Ways** (Value \$630.00) (transportation included)  
Two **tickets to Mama Mia - Rainbow Stage** (August 10-31/17) (approx. value \$180)  
One **\$100 Gift Certificate - Eliminator RC Hobby Supply**  
One **\$50 Gift Certificate - Assiniboia Downs** (Terrace Dining Room or Club West)

### CANADIAN TRIVIA

For this year's draw, we want to Quiz you on your knowledge of Canada.

1. What Huron-Iroquois word was the name 'Canada' derived from?  
☐ kanasta ☐ kantata ☐ kanata ☐ kanada
2. Who was Canada's first Prime Minister?  
☐ Ronald McDonald ☐ Louis Riel ☐ Sir John Franklin ☐ Sir John A. Macdonald
3. How many ocean's does Canada touch?  
☐ Five ☐ One ☐ Three ☐ Two
4. How many provinces and territories does Canada have?  
☐ 11 + 2 ☐ 10 + 3 ☐ 9 + 3 ☐ 10 + 2
5. How many time zones are there in Canada?  
☐ Six ☐ Three ☐ Two ☐ Four



**Red-White & Blue Get-A-Ways**  
**1-866-846-3795**  
[rwbgetaways@hotmail.com](mailto:rwbgetaways@hotmail.com)  
[www.rwbgetaways.com](http://www.rwbgetaways.com)

**Rainbow Stage**  
Kildonan Park - North Main,  
Wpg.  
**204-989-0888**  
**1-888-989-0888**  
[RAINBOWSTAGE.CA](http://RAINBOWSTAGE.CA)

**Eliminator RC  
Hobby Supply**  
120 Higgins Ave. Wpg.  
**204-947-2865**  
[www.e-rc.ca](http://www.e-rc.ca)

**Assiniboia Downs**  
140 VLTs open year round  
9 am - 2 am  
3975 Portage Ave., Wpg.  
[www.ASDowns.com](http://www.ASDowns.com)



Prizes can  
accumulate  
until draw  
dates

[www.seniorscope.com](http://www.seniorscope.com)