



Arlene Sinclair and her husband Christopher

Arlene Sinclair's family, including her father, Vernon Spence, were evacuated to Winnipeg from their home at Peguis First Nation during the 2011 flood in Manitoba. Although Vernon had been showing signs of dementia before this upheaval, it was during the extended stay in Winnipeg – 190 kilometers south of Peguis – that his symptoms became more obvious.

"He would get out of bed at 5 am and go outside in the cold - he thought he was in Peguis," says Arlene. "One time, we were at Polo Park mall, and we lost him. A security guard found him -- it was reallv scary."

When the family returned to Peguis, Vernon went back to his home, where he lived alone. At first, Arlene checked in on him regularly, but eventually her role changed to one of caregiver. "Sometimes it was really tough," says Arlene. "The hard side of his personality would come out, and he'd get mad and swear at me.'

At the time, Arlene admits that she and her family didn't know much about dementia and its effects. Her dad's reactionary behaviour made her frustrated and upset.

Then she made contact with the Alzheimer Society of Manitoba, and

A Calming Effect

After attending Telehealth education sessions offered in the community, Arlene learned new ways to communicate with her father, who now lives in a care home. She talks quietly to him, standing directly in front of him so he can clearly see her and feel her presence. She touches his hand, gently rubbing the skin between his thumb and forefinger.

"It calms him," says Arlene.

Arlene and her husband of two years, Christopher, have twice attended



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all that changed.

Continued on page 2

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Roger Currie Shirley Hill - Financial News Adrian Powell - Crosswords **Creative Journey**

Contributing Submissions: Tyrrell Mendis Alzheimer Society of Manitoba Manitoba Coin Club Metro Hnytka

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Any chance marijuana might help me walk better?

By Roger Currie

Nothing much to report just yet, but I am embarking on a personal journey to see if medicinal cannabis can improve the life of a 71 year old man who is quite seriously disabled. Regular readers will recall that I suffer from spinal stenosis. Luckily there's little in the way of pain, but it has left me seriously weakened to the point that I rely on a walker to navigate most of the time. Traditional medicine has been unable to help very much, so I have decided to explore the possibilities of cannabis which has been legal across Canada for three whole months.

One of the players in Manitoba is a company called Delta 9. They actually started in the field of medicinal cannabis, a few years before recreational pot became legal. My contact at Delta 9 in Winnipeg is Jehna Grobety whose title is Manager of *Learning and Development.* They have a large retail outlet in St. Vital, plus a medical clinic on River Avenue in the heart of Osborne Village.

Their website www.delta9.ca includes a page called "A crash course in cannabis". It briefly details the various ways the drug can be consumed: smoking, vaporizing (the American spelling), oils and extracts, and edibles. That latter form will not be legally available in Canada until later this year. Recent reports and surveys suggest that edible cannabis is likely to quickly become the most popular way to ingest the drug, and Jehna Grobety agrees. "People are coming in for medical reasons, especially those over 60. They're trying to take care of their health, and they're not interested in smoking anything" she says. I can definitely relate as someone who was a package a day cigarette smoker from age 18 to age 46. I celebrated

quitting tobacco as one of my proudest achievements, and I'm very reluctant to do anything that might lead to falling off the wagon.

The medical clinic at Delta 9 has three doctors who visit regularly to discuss the various options with patients and write the necessary

effective in treating people with seizures, and there are also stories of the drug helping to relax pets who suffer from high anxiety. We should note that veterinarians are not authorized to prescribe CBD products "Grobety says.

The whole cannabis field has a



Delta 9 workshop.

prescriptions. Interest is growing rapidly in the oils and extracts. Cannabidoil (CBD) does not include *THC*, the active drug that helps pot smokers get 'high'. Jehna says "CBD is processed quite differently in the body with longer lasting effects than smoking or vaporizing dry cannabis. If people are looking for products that contain just CBD, then the oils are definitely preferred by many. They come in liquid droplets, and we're also starting to see soft gel capsules" she says.

Somewhat surprisingly, the demand for medical consultations continues to grow, despite the higher level of attention now being paid to the recreational pot market. Some of those who will be consuming high CBD oils going forward may have four legs! "The products have proven

'wild, wild west' aura and atmosphere about it. It is dominating the business news as new players are joining the field almost daily. Some fortunes have been made by investors whose timing was good, while others have gambled and lost.

For people like me who live with a serious problem that traditional medicine seems unable to help, the willingness to experiment becomes more real than ever before. But I caution that like everything in life, especially as one passes 70, the key to happiness and peace of mind is low expectations.

I will definitely tell you more as the adventure moves along.

Roger Currie is a Winnipeg writer and broadcaster.

The Alzheimer Society helps family, cont'd from front page

the Society's annual Care4u Family Conference. Christopher also wants to learn as much as he can about dementia so he can assist Arlene in caring for her father.

When I met Vernon, it was the first time I'd ever known a person with dementia, and I just didn't understand," says Christopher. "The sessions helped me figure out how to support Arlene better."

Both say they appreciate being with other families at the conference who know what they are going through. "I want to spread the word about the Alzheimer Society to others in my community whose family members are getting older," says Arlene.

Today, Arlene's dad is at the stage where he sleeps a lot and doesn't talk. Still, Arlene is convinced that









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Manitoba Coin Club members celebrate at year-end windup dinner Courtesy Manitoba Coin Club / Photos by Howard Engel



Our year-end 'Christmas' dinner, December 6/18, was well attended and members had a good time. I would like to thank Aaltos (Club Regent) for their hospitality, the chefs for the great food, and the servers for taking great care of us. May you have a terrific 2019 in Health, Wealth and Prosperity. Thank you Howard Engel for the great photos taken to keep our history alive. - Metro Hnytka, Barrie Hall - your publicity directors - Manitoba Coin Club







Manitoba Churches - Kola - Church of the Advent - Anglican - 1884

Tyrrell Mendis has photographed more than 700 places of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage. His travelling exhibition of 48 pieces, Testaments of Faith, Manitoba's Heritage Churches is now available for booking. If you would like a particular church featured in Senior Scope, or would like to make a booking for his exhibition, email Tyrrell Mendis at tymendis@shaw.ca . (204) 774-0677 / (204) 794-1909 / www.theimpressionists.ca (Seen Things) www.theimpressionists.ca.ManitobaChurches/ (Testaments of Faith) http://ozimages.com.au/portfolio/tmendis.asp / http://www.portfolios.com/TyrrellMendis

This simple wood frame church is in the unincorporated community of Kola, approximately 31 kilometres (19 mi) west of Virden and three kilometres (1.9 mi) east of the Saskatchewan boundary.

It is considered to be one of the oldest churches in southwestern Manitoba

having been built in 1884 by the first British settlers to arrive there from Ontario. The area then known as the Arawana district it is now the Rural Municipality of Wallace.

A stone monument erected near the church in 1977 commemorates those early settlers.

The church is an example of early Gothic-influenced design that is reflected in such features as the small bellcote, the east window tracery, and the natural wood furnishings.

The church's well-preserved condition is due to renovations completed under the Manitoba Prairie Churches Project of the 2000s. The project was jointly funded by the Thomas Sill Foundation and the J.M.Kaplan Fund of New York



"to help identify and preserve outstanding examples of heritage churches in rural Manitoba. Kaplan provided

\$159,430 and (Thomas Sill) contributed \$140,514 for a total of \$299,944. The provincial Historic Resources Branch provided technical expertise and funds from existing programs." The Church of the Advent in Kola was one of 37 historic churches included in the program. It received \$1,000.

The church had already been designated a Municipal Heritage Site in 1993.

Photographed in 1991







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FINANCIAL PLANNING:

Many Parts to Consider When Growing and Protecting Family Wealth PART ONE

- Shirley Hill, CFP - Executive Financial Consultant, Investors Group

At Shirley Hill and Associates **Private Wealth**, we are always increasing our knowledge and skill levels to grow and protect family wealth, while working with second and third generation beneficiaries preparing them for the responsibility of growing and preserving the family wealth for their future heirs.

As I write these articles, I reference the latest research material I have received from different speakers I have heard at educational sessions I have attended. I also reference many of the articles I read to ever increase our knowledge and skill level while keeping track of trends.

I just finished attending a four day seminar in Palm Springs where Keith Sjogren was one of the speakers. He is part of Investor Economics' Senior Management Team working in the field of High Net Worth. He has authored articles in Canada, the US and United Kingdom while lecturing at a number of Canadian Universities. He is a Fellow on the Institute of Canadian Bankers.

So why are his credentials important and why do I keep writing about senior wealth and the very real importance of financial literacy in the senior's community? Why do I keep referencing that how decisions were made in the past does not serve you or your families' (heirs) anymore? The past is the past, it is time to move on. The rules have changed and situations have changed. The stakes are higher for consequences if bad decision making occurs.

In his presentation, Sjogren showed us slides where Canadian Wealth Distribution sits relative to the world in US Dollars. Canadians in the \$100,000 to 1 Million range hold 46.6% of wealth. In the 1 Million plus we hold 4.5%. This amount is financial literacy plus be involved with financial planners and the decision making process. According to Michelle Schriver's in the September 21st article in the Advisors Edge, women still rate themselves less knowledgeable about finances than how men rate themselves.

But is this true? Is this reasoning based on false premises? Studies on risk reveal more nuances among risk takers than what gendered headlines might suggest. The difference in women's and men's self- reporting of financial knowledge could well be a product of overconfidence on the part of men.

However enlightened we think we are as a society, implicit biases held by both women and men remain entrenched. Both women and men don't associate women with finance and investing "especially in the high net worth space" says Sarah Kaplan professor of strategic management and director of the Institute for Gender and the Economy at the University of Toronto's Rothman School of Management.

Can you see the problem we must deal with? We, as Canadians have more wealth especially in the High Net Worth Space. If both Women and Men have entrenched bias on how women in the family unit manage and make decisions, than as a society, family groups, and companies who manage wealth, we collectively have a serious problem which may be bigger than is identified as they will be the ones who will be the future holders of family wealth.

So what is the problem? Maybe it's all in the presentation. Barbara Stewart, a CFÅ (Chartered Financial Analyst), charter holder and researcher on women and finance, says corporate and family culture needs to change to serve women better. For example, the industry's masculine communication style, with its rote listing of figures, isn't engaging. Women engage with stories. So maybe it's not that women don't understand but they can't relate to how the messaging is being delivered. Each sex has a different way of relating to information which will influence the decision making process. By present day processes, women just disengage so don't develop the expertise and wisdom necessary to be full participants. Does gender make a difference in choosing a planner? All the evidence is showing that upon the death of one partner (usually male), there will be a major shift in planners. Who will manage the money? Wives change planners. If there is a desire to find a female advisor, this may pose a problem. Global market data from Mercer show that women's exit rates from financial services at mid career are not only higher than men's but also 20 – 30% higher than other industries.

So all in all there is a huge disconnect between what is perceived as financial competence and when a change needs or wants to be made, an availability of women in advanced planning positions with superior education and credentials with years of experience and wisdom may be in short supply. I am very pleased to say that Shirley Hill and Associates Private Wealth is very well positioned with two women who are licensed with another addition soon to become a reality as part of the practice. All these women have many years of experience with the principle -Shirley Hill for many years having her CFP credentials and the remaining two soon to have achieved theirs.

According to Keith Sjogren in the last ten years the High Net Worth families are have a change of priorities to the following:

- A) Choice in investing remains the same at approx. 50%.
- B) Tax planning or preservation of wealth has increased from 18% to 24%.
- C) Passing on Wealth has increased from 17% to 28%.
- D) Philanthropic Giving has increased from 15% to 22%.
- E) Inheritance Management has increased from 15% to 19%

Through the years the families in my practice have been very successful with investment growth plus the tax planning and preservation of wealth. I am very proud to say that we also have multi generations in the practice. It is not unusual for us to have Grandparents, parents, grandchildren and in some cases great grandchildren in our family groups. We actively practice what I write about. We run family conferences and seminars for Executors and Powers of Attorneys. We actively prepare the next in line heirs so that the transitional wealth is tax effective and smooth. The heirs are well positioned to take on the responsibility of stewardship of the Family Wealth. What else have the High Net Worth Identified as issues they worry about? You will notice the themes repeat themselves. These are the issues I have been writing about for several years. Do they apply to you and your family? If the answer is yes, then what have you, or are you doing, about them?

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Does this create concern? If not, it should. If we as Canadians hold so much wealth relative to Global Wealth Distribution, then it is even more important that we pay attention to what we do with our wealth and now we preserve it. As we are all aging, including myself, there is greater urgency that we have our financial house in order.

He identified many of the client issues I have written about several times in past articles.

Gender Equality is a big issue where there is little attention paid financial decisions may still be male dominated in the High Net Worth Family Groups. However, there is increased evidence that family wealth will be increasingly controlled by women. Women live longer.

It is very important that women increase their comfort level and

- Preservation of Wealth is at the top of the list
- Income security will they have enough month to month
- Market volatility
- Minimizing tax

Continued on next page



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Money in Our History

1858 - 10¢

Issued for the Dominion of Canada before we were Canada as a country. I obtained this coin in 1957 in change and realized it was almost

100 years old. This instantly made me a coin collector. My passion for collecting has not diminished.



This coin was issued when Manitoba first became a province in 1870. It probably came to Manitoba through St. Cloud, Minnesota and then on a flatbottomed steamboat or ox cart.

1874 - 25¢

Winnipeg was incorporated in 1873. The coin was made at the Heaton Mint in England and I would like to think it had a terrific adventure from it being mint-

ed to the time I received it. It might have been brought by trappers or by merchants from Minnesota by boat or ox cart as there were no trains into Winnipeg until 1877.

Page 5

These coins may have gone through some notable people of this time. Such as James H. Ashdown (Ashdown's Hardware), A.G.B. Bannatyne (business man), Louis Riel, Hudson's Bay Company, Andrew McDermot (business man), Fred Cornish (Winnipeg's first mayor), Eaton's Store, General Sam Steele, Vendome Hotel, Woodbine Hotel, Garrick Hotel, Windsor Hotel, Marlborough Hotel, and many immigrants and labourers.

I have to thank all the people who handled my coins and kept them in great shape. I hope I can do this for future generations.

- Metro Hnytka, Manitoba Coin Club

... Growing and Protecting Family Wealth cont'd from page 4

- Education of heirs
- Legacy planningCharitable giving

The High Net Worth seek the following:

- Integrated wealth management not just holding investments but a financial plan. Do you have a plan or do you just have investments? Do other family members know about your plan? When was it updated as your circumstances change? Does your Power of Attorney know what you want to achieve or are they left to guess? Has your POA and Executor met vour advisor? Or will that happen when the family is in a very stressful situation? Have your heirs met your advisor?
- Customized solutions Does the planner know your family history? Does this person know the family

and services will not be presented. Yet, these institutions are the first to measure fees of their competitors. To evaluate value, has someone looked at your tax return, your pension papers, your expenses, your notice of assessment? Have they told or showed you what tax bracket you are in? If you are a senior, review what the implications are for you if your partner dies. Have they reviewed what the implications are if you need to go to a nursing home, what the costs will be? What the tax implications will be if one partner dies and then what the tax will be on the estate upon the last death?

If none of these assessments have been done and yet they lead with Fee comparison – is there really value for money? Maybe you already are with a firm which provides BMW like services but the comparing institution is valuing and comparing a Ford for like quality. Is the comparison equal in quality? Ask the questions!

• Long term advisor relationship -Ask about the tenure of planners in the institution. How many corrections have they weathered? It is not unusual for those in IG Wealth **Management** to have a very long term relationship with the company. I now am in my 31st year and that is not unusual. I still have my very first clients. Can other institutions you may be working with say the same? Can you say that you still have the same advisor who knows you and all the relevant issues about your family?

PART TWO continued in Feb. 10/19 issue

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SHIRLEY HILL CFP, RRC **Executive Financial Consultant Shirley Hill & Associates Private Wealth** Management Investors Group Financial Services Inc. 200-1605 Regent Ave. West, Winnipeg 204-257-9100 Toll Free: 855-459-9744 hill.associates@igprivatewealth.com

dynamics? If there are family issues, has a plan been built to meet all the competing interests or have you just bought investments? Do you know what you own and why? Will what you own meet the family needs?

• Greater Value for fees - what are you receiving for the fees you are paying? Everyone charges fees. We all charge about the same amount but what are you receiving for the cost? There are those in the industry if you walked into their facility the first thing out of their mouths would be comparing the cost. Nothing else but cost. Yes, we know an entry level Ford costs less than a BMW but there is a difference.

The same thing happens in financial institutions. I just heard from a former senior manager that at the prominent institutions if you have 2.5M or less then a robust advisor

- Consistent returns Do you buy the hot new tip? Does the company sell you the newest and latest without a proven track record? Do vou sit in front of the computer reading all the investment bulletins you receive or are you watching CNBC? Are you all over the map without a consistent plan? Do all vour investments go up and down together? Or are your investments strategically purchased per asset class, currency, volatility and tax efficiency?
- Technical Expertise Does the person you are dealing with know tax and family law? Can they translate your personal information onto a computer software program and play what if games with you? Can they anticipate what the outcome may be if there is a change in circumstance? Can they show you?



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Story by Scott Taylor Editor, Game On Magazine

Photos by Rusty Barton and courtesy Assiniboia Downs

n the winter, Assiniboia Downs is a haven for Manitoba seniors. In

fact, more than 2,000 showed up for the pre-Christmas Bingo extravaganza on Dec. 19.

In the summer, seniors flock to Manitoba's exceptional little race track to do everything from bet the horses, play the VLTs or enjoy one of Chef Gerardo's award-winning buffet dinners.

During the past few years, however, there were many things done to the Downs to stunt its growth. At the top of the list was a constant harangue about funding even though the Downs employs thousands of Manitobans (the most during live racing season) and contributes in countless ways to the agricultural industry in the province.

However, times have changed. It appears the provincial government now has a new love for one of Manitoba's most beloved sporting destinations.

Last year, Manitoba's Minister of Agriculture Ralph Eichler commissioned a report on ways to sustain horse racing in Manitoba. BluSlate Inc., the Toronto-based consulting firm headed by former Woodbine Entertainment COO Sean Pinsonneault produced a 125-page report with some reasonable recommendations.

It also praised Winnipeg's little track for doing so many things so well.

"Manitoba is unique in the relative harmony and cooperation between horsepersons, breeders and the Manitoba Jockey Club," the report stated. "Manitoba Jockey Club operating costs are at or below industry

BUZZ y by Scott Taylor y for Game On Magazine tos by Rusty Barton aurteeu



The horses will run for 50 days this summer.



Reasons to be happy at Assiniboia Downs.

norms and revenue enhancement from events at Assiniboia Downs exceeds industry norms and the races we attended attracted larger audiences than we have experienced at similar tracks throughout North America."

All that resulted in the news that Downs CEO Darren Dunn wanted to hear.

"The Manitoba Jockey Club, the Manitoba Horse Racing Commission and the Manitoba Great Western Harness Racing Circuit will have their funding maintained at current levels for the next three racing seasons to provide adequate time to develop a long- term strategy," said Eichler.

With that, the future of horse racing in Manitoba-even for more harness racing (operated by the Red River Ex?) – will be guaranteed.

"This revised agreement means further stability for the industry and an ability to plan," said Dunn. "To be clear, we understand the need for government to be fiscally responsible so it is very important to understand that this deal does not reflect any new funds that were not already committed to the industry in the original agreement. I also believe that it is very important to remind everyone that the vast majority of the funds allocated in the agreement are created right here onsite at Assiniboia Downs. The balance is reflective of an investment in an industry that is overwhelmingly 'net positive' in tax contributions to Manitoba."

The 2019 live racing season has also been announced. The 50-day 2019 Meet will open on Sunday, May 12 at 1:30 p.m. and run to Sunday, Sept. 8. The final race day Continued on next page

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Winnipeg Police Service 2018 Holiday Season Overview

If you ever wonder what police officers do on the job, here is an overview of the holiday season alone in 2018.

The following is a snapshot of the demands on our Service from

Dec. 24/18 to Jan. 1/19:

- 7.559 9-1-1 calls
- 3,412 non-emergency calls (total 10,971 calls for service)
- Dec. 27 had the highest 9-1-1 call volume (995) with 1439 total calls
- Dec. 28 had the busiest hour where between 2200 - 2300, 121 calls for service were received

Overall call type summary totals:

5064 Domestic calls: 424; Wellbeing: 425, Shots: 12, Stab: 16, Gun: 24, Weapon: 48, B&E(total): 168, Homicides: 2

Dec 24-25

- Arrests: 21
- Notable Incidents: Assault w/ Weapon, Arson x 2, Commercial Robbery, Fire x 2 Dec 25-26

• Arrests: 14

• Notable Incidents: Assault with Weapon x 2, Homicide, Attempt Murder, Strong-arm Robbery

Dec 26-27

• Arrests: 29

Dec 27-28

- Arrests: 36
- Notable Incidents: Home Invasion, Assault Cause Bodily Harm, Strong-arm Robbery
- Dec 28-29

• Arrests: 17

• Notable Incidents: Assault with Weapon

Dec 29-30

- Arrests: 26
- Notable Incidents: Aggravated Assault, Sexual Assault

Dec 30-31 • Arrests: 30

- Notable Incidents: Assault Peace Officer, 8 Weapons arrests (82
- rounds of various ammunition) Dec 31- Jan 1
- Arrests: 51
- Notable Incidents: Strong-arm robbery, Commercial robbery x 2, Assault Peace Officer x 6, Assaults x 8, Drug arrests (3 suspects; \$1100 cash, \$2000 methamphetamine), Weapons arrests x 5, Assault Cause Bodily Harm, Transit Driver finds a sawed-off rifle, Home Invasion in the Shaughnessy Park neighbourhood (10:00 a.m.), Intoxicated male at a downtown hotel caused \$10,000 in damage to a suite, threw a table out a 7 story window. Male assaulted police officer during arrest, A series of escalating, violent and concerning calls for service were received at the same downtown hotel bar. Police encountered subjects with weapons, several fights, and an over-intoxicated & unruly crowd. At one point officers were surrounded and assaulted. This raised serious concern for overall public safety. Central District General Patrol Officers decided to issue an Emergency Closure Order of the bar. Over 20 police officers and cadets were involved. Michael Caribou arrested on a 2nd degree murder warrant in above melee. Jan 1-2

- Arrests: 43 • Notable Incidents: Homicide (male shot, 400 block Nairn Ave)
- MCU investigated a string of armed commercial robberies, 15 separate incidents throughout the city

CARE SOONER IN LINE FOR HIP REPLACEMENT **SURGERY?**

61

BETTER

HEALTH

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If you're scheduled for hip replacement surgery, faster services are on the way.

Streamlined processes and new funding will allow for nearly 25 per cent more procedures in 2019 all while ensuring safe and quality care.

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The Downs.

of the season will also go to post at 1:30. The 2019 Manitoba Derby will run on Monday, Aug. 5, and there

will be a special Monday evening live racing card on July 1. There will be nine Wednesday race dates this season – one on May 29, on June 5, 19 and 26, on July 10, 17 and 24 and on Aug. 14 and 21.

Post times, once again, will be 7:30 p.m. on Wednesdays, Fridays and Saturdays and 1:30 p.m. on Sundays and Holidays with the exception of Canada Day which will feature a special 7:30 p.m. start.

In 2019, the Downs will once again be a haven for Manitoba's seniors and finally, with real and committed provincial government support, it should be bigger and better than ever.

THE BUZZ, cont'd from page 6



p 204-632-3927

Skills to Cope. Support to Thrive.

January 16 - February 9, 2019 • V17N7



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 or contact Joanne Klassen at: jklassen@write-away.net

Excerpts from CREATIVE JOURNEY:

DECIDE

(Bertha Fontaine)

Most folks are as happy as they make up their minds to be. (Abraham Lincoln)

Our minds are very powerful if we choose to believe in something or someone. Only recently has research shown that treatment or therapy can be ineffective if an individual does not believe they are going to get well. We only have to look to children to see how a strong belief system works.

This past Christmas my youngest grandchild told her brother, "You have to come home with us to sleep tonight for sure. If Santa doesn't see you sleeping in your bed he may think you no longer live there, and so he won't leave you any gifts."

Although he preferred to stay with his grandparents, my grandson's belief in Santa overpowered his desire to stay with us. After trying to persuade him all evening to go home with his family, he quickly changed his mind and put on his coat.

Sometimes, I think, we as adults need to practice our belief systems like children in order for them to work for us.

By the way, Santa did arrive at my grandchildren's home to deliver some Christmas excitement. The children? They were very happy. (BJF)

I decide to believe in my hopes and dreams, with all my heart.

Bertha Fontaine (BJF)

Bertha Fontaine is currently a manager and counsellor at an addiction treatment centre in Winnipeg, Canada. She attended a Transformative WritingTM program at Canadian Mennonite University (CMU) and other writing classes led by Joanne Klassen. This helped Bertha realize the healing power of writing. Bertha loves being with family, especially her two sons, daughter-in-law, and four grandchildren. She believes and practices the Ojibway and Cree traditional ways of her ancestors.



CREATIVE JOURNEY Five Minute Meditations for Transformation

- 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. 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 son.com Tel. 204-475-0483 or 1-800-561-183

WHISPER

(Margaret Harms)

And when we whisper, then the stars fall down; to be partakers of our honey talk. (Christopher Marlowe)

I hear the whisper of the snow as it swishes through the frigid air. Its whisper at the window pane seems to tell me to stay inside where it's warm and snug.

The partridges whisper their soft "kee-uck" to each other under the snow-laden branches of the evergreen tree on our front lawn, wondering when the man of the house will again spread the oats on the ground for their supper.

The black cat comes from the animals' house to gaze into the garden doors to see what I'm doing. I open the door and welcome him into my arms. I whisper love into his soft, thick, furry coat and his audible purr whispers back, "I love you too."

When our daughter was a baby, she would wiggle and squirm while I tried to change her diaper. If I whispered sweet nothings in her ear she became

very still and the expression of wonder on her face spoke of magic. My husband and I softly whisper comforting thoughts to each other before falling asleep. With the children all gone from the nest, we don't need to be concerned about disturbing anyone with our bedtime discussions but we whisper anyway. I've discovered that speaking softly, as in a whisper, can be comforting and soothing. It often speaks the language of love. (MH)

Today I whisper words of encouragement to someone who needs it.

Margaret Harms (MH)

Margaret Harms is a retired teacher. After retirement she has travelled to Burkina Faso, Africa, completed a Life Writing course at CMU, and has taken up painting. Margaret writes poetry, memories of her childhood, and stories of her family and her teaching experiences. Her passion is reading. Margaret and her husband live on a small acreage near Lowe Farm, Manitoba, Canada, where they enjoy gardening in summer. She lovingly tends her roses. E-mail: mjharms60@gmail.com

LIEUTENANT-GOVERNOR REQUESTS NOMINATIONS FOR ANNUAL HISTORICAL AWARD

Lt.-Gov. Janice Filmon is encouraging the public to nominate a worthy Manitoban who has provided prolonged and meritorious service in the preservation and promotion of Manitoba history for an award, presented in consultation with the Manitoba Historical Society.

"Since 2011, this award has formally recognized Manitobans who have spent countless hours preserving and promoting the history of this great province for the benefit of us all. It is my pleasure to continue to celebrate these caretakers of our past, for the role they play in ensur-

Fly & Stay Vacations:

Beautiful Victoria, B.C. - March 5-19

Palm Springs, California - April 4-11

ing the memory of the community remains intact for future generations." said Lt-Gov. Filmon.

The Lieutenant Governor's Award for Historical Preservation and **Promotion** is presented to those with experience in such endeavours as:

- the writing of historical publications and documents;
- stewardship of museums and archives;
- raising of public education, advocacy, and awareness;
- committee or community service;

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ic Island

• preservation of historic sites /

buildings; and

• art and media.

As the oldest historical organization in western Canada, founded in 1879, the Manitoba Historical Society (MHS) presents awards to businesses, farms, and organizations that have operated for over 100 years, recognizes important historical books with its Margaret McWilliams Awards and encourages school children to learn about Manitoba's past through its Young Historians Awards. It publishes the Manitoba History Journal and operates a comprehensive website with information on all facets of Manitoba history and heritage.

The MHS will receive nominations from the public and will recommend up to five people to receive awards this year. Nominations to be considered for 2019 must be received by Friday, March 1, 2019. The selected award recipients will be presented at Government House in the spring.

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

Travel / Leisure / Activities

Where will you go in 201

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Listings available at www.seniorscope.com (Events page)

MISC EVENTS

The Manitoba Coin Club - meets 4th Wed. each mo. (except Dec, July & Aug), 7 pm (1-1/2 hrs approx.), at the Fort Rouge Leisure Centre, 625 Osborne. Frequently there is a Coin auction 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** 204-482-6366

Alzheimer Awareness Month - January - #ilivewithdementia - Across the country, brave and passionate voices are coming together to chal-lenge attitudes and stop the stigma related to

dementia. This year's campaign, #ilivewithde-mentia continues to help others understand 논 what it's like to live with the disease. Read more about how Manitobans are impacted by dementia. Visitalzheimer.mb.ca/ilivewithdémentia/ to find out more.

The Winnipeg Model Railroad Club - Open House and Train Show, Apr. 6-7, Sat. 10-5, Sun 10-4. Charleswood Legion, 6003 Roblin Blvd. Admission by donation. Proceeds to support St. Amant.

The ALS Society of Manitoba - LITE UP A LIFE CAMPAIGN, Dec. 1-Jan. 31, raises funds to support the Brummitt-Feasby ALS House, the only home with care and support for people living with ALS/MND in North America. Help light the 12 Holiday trees in the front yard. \$35/15 bulbs, \$50/25 bulbs, \$100/75 bulbs, \$150/whole tree. Info and donations: 204-831-1510 Ext. 20 or www.alsmb.ca.

HEALTH/WELLBEING

Centre on Aging - Workshops: Jan. 23, How to communicate effectively about aging-related issues, 9:30 am-3:30 pm, Holiday Inn Scope *issues*, 9:30 am-3:30 pm, Holiday Inn Winnipeg South, Frontier II Ballroom, 1330 Pembina Hwy. Jan. 25, Stereotypes of memory and aging: Dispelling some myths, Malcolm Smith, PhD, Professor, Department of Marketing, I.H. Asper School of Business, 2:30-3:30 pm, Fort Garry Library, 1360 Pembina Hwy. The presentation will also include some implications for businesses who want to target older adult consumers. Seating is first come. Ś older adult consumers. Seating is first come, first serve. Free admission. Pre-registration required by Jan. 17 by calling: **204-474-8754.**

DONATIONS

Saving Audio - Stereo Equipment E-Waste Service. Accepting items such as Amplifiers, Speakers, Tuners, Record Players, Parts, Music Instrument Amps, Test Equip, etc. Call a Saving Audio volunteer at **204-257-7575** to arrange free pickup or drop-off.

MUSIC

Winnipeg Male Chorus - It is not too late to join a new season of singing with the 40 Winnipeg Male Chorus members. Join us Mondays, 7 pm at Fort Garry United Church for a season of mostly new music that we will sing in personal care homes and at our Spring Sing

in May. More info: www.wpgmalechorus.org

St. Amant - Musical items needed for music group supporting two ladies in a Day Program. Community members welcome. Needed are tambourines, shakers, maracas, bells, triangles, drums, xylophones, chimes, rain sticks and hand cymbals and any spare children's CD's or sing-a-long CD's. Please email **kstefanyshyn@sta**mant.ca. We can pick up in Wpg. Your donations are greatly appreciated.

Whirlaway Westerners Square Dance Club Learn Modern Square Dancing Fridays at the Kirkfield-Westwood C.C

165 Sansome Ave in St. James. 7-9:30 pm. Singles, couples & new dancers welcome. First 3 dances are free. 204-831-8954

Seniors' Choral Society - Inviting new mem-bers. Practice Mondays, 10 am-12 noon, at McClure Place, 533 Greenwood Place. No auditions. Concerts held in spring and several weeks before Christmas at local seniors com-plexes and PCH's. Info: **204-669-5570** or **ww.seniorschoralsociety.ca**

The Happy Homesteaders - Senior men sing a capella barbershop harmony. Perform in various senior venues, afternoons only. Recruiting for tenors, leads, baritones, & basses. Rehearsals Mon's, 1:30-3:30 pm in Legion (lower level), 426 Osborne, Sept.-May. **204-888-4214**

La chorale des Intrépides - Recruiting French Speaking Choral Singers to share their talent or simply to sing. Practices Thursdays, 7-9:30 pm, at Collège Louis Riel, 585 St-Jean-Baptiste St. If interested: intrepides.manitoba@gmail.com

55+ Dance Club - Mondays, 1-3 pm, in Legion Hall, 134 Marion St. Old-time live band resumes Sept. 10. 204-233-5892

SPORTS/FITNESS/GAMES

Fort Garry Senior Men's Curling - requires curlers 50 yrs & up. We curl 2 games/wk, Mon & Wed, 1 pm. All levels, individuals, teams, stick cope curlers, beginners - we will teach you. Various includes two banquets. Richard: **204-256-5886** Ń

Deer Lodge Antlers Senior Men's Curling · Mon., Wed. or Fri., 10 am at Deer Lodge. Spare or full time positions available. More info contact Bryan at **204-889-6577** or **bcrandell@mts.net**

Wildewood Senior Men's Curling - New

curlers and spares are invited to join us Mon. and Wed., 1-3 pm at Granite Curling Club. For info and applications: Charlie 204-269-7998.

Ε Deer Lodge Wednesday Ladies Curling Wednesdays, 1 pm, at Deer Lodge.

ease New curlers, intermediate curlers and Skips needed for our League. Full- or part-time or 1/2 year spots avail. and a Spare List too. **204-837-6679** or **pthgehb@yahoo.ca**

The Pembina Oldtimers Curling League (Men's 55 plus-weekday afternoons) is looking for curlers for our 4th round (10 Games Feb 8-Mar 15) at the Pembina Curling Club, 1341 Pembina Hwy. Two games/wk, alternating btw Mon, Wed and Fri, 1 pm. Teams established by random selection per round. Or start by spar-ing lofe; pembinacidtimerscurling com ing. Info: pembinaoldtimerscurling.com, contact@pembinaoldtimerscurling.com or call Herman 204-253-7633 or Murray 204-

269-6259

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

Manitoba Provincial Rifle Assoc. (MPRA) -The MPRA Senior's Air Gun program, Wednesdays, 11 am-1 pm, at the indoor air gun range at 711 Leola St. Olympic style air Rifles and Pistols are supplied. Our range is one of the best in North America with "State of the Art" electronic targets (SIUS). This is a sport that can be enjoyed your whole life. Gord: 204-415-7919 or email ord oliver@shaw.ca or email gord.oliver@shaw.ca

VOLUNTEERING

The Canadian Red Cross Society

seeking Emergency Response Team Site Manager Volunteer. Understanding of the Red Cross' role in disaster response, relief and ۶ ¥ ¥ recovery as well as computer literacy are mandatory. Email VRS@redcross.ca or call 1-844-818-2155 for info. Thai 두

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to trans-port residents in wheelchairs to their in-house appointments, incl. Mass. Mon-Fri, Sun AM's. Volunteer Services 204-235-2111; service@actionmarguerite.ca

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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 for details.

Actionmarguerite St. Vital, 450 River Road - Volunteers needed to help Recreation staff, utings (choopsing) our outings (shopping),

Mass, transport residents in wheelchairs to in-house appointments. Mon-Sat. Volunteer Services 204-235-2111;

Services 204-235-2111; service@actionmarguerite.ca Caregiving with Confidence - Volunteer drivers needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg providneeded to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provid-ed. <u>Male Respite Volunteers</u> needed Tue. after-noons for Caregivers Program in W. Kildonan. **204-452-9491** when

Deer Lodge Centre, 2109 Portage Ave -

Deer Lodge Centre, 2109 Portage Ave -Volunteers needed for daytime recreation pro-grams, physiotherapy dept., cafeteria, coffee pro-gram, PRIME and Get-a-way community pro-grams, daytime medical escorts (no driving grams, daytime medical escorts (no driving required)

nior Joy: 204-831-2912 or email: jtanchuk@deerlodge.mb.ca

Misericordia Health Centre - Volunteers needed ed for reg. shifts in Gift Shop - Call 204-788-8134, and to escort and stay with residents while attending spiritual services inside the same build-ing Thur or Fri's. 10-11:30 am. Call 204-788ing, Thur. or Frils, 10-11:30 am. Call **204-788-8132**, or online at Ε

www.misericordia.mb.ca/volunteer or apply in person. Free parking provided.

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 Meals on Wheels - We are looking for volun-

teers in the following areas: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. 204-956-7711 or www.mealswinnipeg.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

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 counseling background. Flexible 4 hrs/wk. Work from home. Bob Milks: **204-661-7402**, bmilks@concordiahospital.mb.ca

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.

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**

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

McBeth house (a non-profit organization for seniors and community) – Various activities. Mon. morning drop in rsvp, Yoga, 50+ 2-3 pm, 6-7:30 pm, 204-479-4857; Tue. Cribbage 6:30-8:30; 1st Wed. of mo. Book Club, **204-654-1109**; Thu., Painting/crafts 10-2, Quilting 6:30-9 pm; Sat. Bridge 1-4 pm. Info: **204-339-0432** or **mcbethhousecentre@shaw.ca**

Together Time Drop in - Get Together, 2nd Thur. of mo. Next: Dec. 13, 1:30-3 pm, 207 Thompson Dr. (Prairie Spirit United Church). Christmas theme. Cards, table games, conver-sation, light refreshments, door prizes. Free, All welcome. Info: Christine: 204-895-7410

Pembina Active Living (PAL) 55+ - New members welcome for a) 10-week class ses-sions (winter, spring, fall), b) drop-in activities and c) special events. Winter classes began Jan. 7. Drop-in activities: Bowling, men's breakfast, bridge, afternoon movie, LunchPALS. Upcoming special events:Wellness presenta-tion "Successful aging: Victoria Lifeline and fall prevention" – Thur. Jan. 17, 1 pm; Still Bloomin' Gardening Club "Sustainable gardening tips" by Tiffany Grenkow. \$2 members, \$5 non-mem-bars. Thurs. Jan. 21, 1 pm; Coffee PALe. Fri bers - Thurs., Jan. 31, 1 pm; Coffee PALs – Fri. Feb. 1, 1 pm. at Access Fort Garry; Computer class "Photo editing" – Mon. Feb. 11, 1 pm. For info: www.pal55plus.com, office@pal55plus.com or 204-946-0839

Senior Achievers - Meet 3rd Thur. 1-3 pm at 618 Selkirk Ave. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: 204-414-5360 Brooklands Active Living Centre - Floor Curling, Carpet Bowling, Whist - Wed's, 7 pm. 1960 William Ave. 204-632-8367

Continued on page 12

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- Sri Lanka -

Topic No Country Can Live in Isolation: An Example from an Island Nation, Sri Lanka

Content

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Ine king of Graceland65 '65 Beatles movie 66 Small stream11 Upper hand 12 Ideal potting soil.46 Prior to, t 46 Prior to, tThing full of beans Utter an oath66 Small stream 67 Eyesore?13 Sicily's highest point46 Prior to, t 48 Mount Fu 51 Snorer'sSymphony audience69 Yearbook grouping18 Expensive, white fur52 Goes by 53 Classrood furnishinBig-footed veg- etarian beast that wears a different coatin winter1 Tinytantrums 1 Tinytantrums25 Fill inblanks 27 Send into exile54 Be saucy 55 A few tho to mostOld Greek fable teller Wanted4 Bio grath for 4 Bio grath for20 Walk bouncily 20 Walk bouncily56 Sal from	sted B	arle	v	wi	th	Ve	aa	ies	100									
125 ml uncooked barley 1/2 cup 125 ml red onion, chopped 1/2 cup 125 ml red onion, chopped 1/4 cup 100 ml carrot, chopped 1/4 cup 110 ml green pepper, chopped 1/4 cup 111 ml fresh mushrooms, chopped 1/4 cup 111 ml fresh dill weed, chopped 1/4 cup 111 ml fresh mushroom, carrot, green pepper, dill, salt and peppe oboling. 111 ml fresh mushroom, carrot, green pepper, dill, salt and peppe oboling. 111 ml fresh mushroom, carrot, green pepper, dill, salt and peppe com 111 ml fresh mushroom, carrot, green pepper, dill, salt and peppe com 111 ml fresh mushroom, carrot, green pepper, dill, salt and peppe com 111 ml fresh mushroom, carrot, green pepper, dill, salt and peppe com 111 ml fresh mushroom, carrot, green pepper, dill, salt and peppe com 111 ml fresh mushroom fresh mu			_				33	.03					Im	ner	ial			
can (14 oz / 398 mi) chicken broth 1 25 ml red onion, chopped 1/4 cup 00 ml fresh mushrooms, chopped 1/4 cup 00 ml green pepper, chopped 1/4 cup 5 ml fresh dill weed, chopped 1 tbsp 5 ml fresh dill weed, chopped 1 tbsp a large lightly greased skillet over medium heat; cook barley, stirring cr atarty, for approximately 8 minutes or until lightly brown. Stir in broth, onion, mushroom, carrot, green pepper, dill, salt and peppe poon mixture into lightly greased 2 quart (2 L) casserole dish. Cover ar ake in preheated 350 F (180 C) oven for 50 minutes or until vegetable ander Systems www.PeakMarket.com ROSSWORD Coust bigger one kind 0 of 1 10 10 10 10 10 10 10 10 10 10 10 10 1	-											-						
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Today's Recipe

WORDSEARCH - FOOTBALL By Senior Scope

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Burnley	Gulls	Oldham	Stoke
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FACEBOOK FINDS

The oldest computer was owned by Adam and Eve. It was an Apple. Just

This too shall pass. Maybe like

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SUDOKU VERY EASY By Senior Scope

	VERT LAST By Senior Sco								
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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

Introducing... 'Snowbird Sketches' by Jerry Maryniuk of Arborg, MB



This book is inspired by Jerry and Sharon's youngest son, Steven.

Along with his great sense of humour and his positive outlook on life, Steve inspired and helped many. Those who knew him are better because of it. And they miss him dearly.

Steve's spirit continues to inspire many to do and be better. And to never waste a day.



CROSSWORD - Solution

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SUDOKU - Solution

WORDSEARCH - Solution



This book is dedicated to him. Steven was diagnosed with terminal brain cancer in 2009. Like a warrior, he lived a very full 4 and a half years. He NEVER let that cancer define him. He dealt with it with honesty and always on his own terms. He continued with a positive attitude and a tremendous zest for life.

Sadly, he died in December of 2013 at the age of 31.

Jerry and Sharon powered on to honour their Son. His strength inspiring them to keep going through health issues of their own. Sharon, already a 30 year cancer survivor, needed a third joint replacement surgery. And a scare for Jerry when he had a stroke.

It would be easy to complain about life being unfair. Or, if you take the cup is half full approach, as Steve did,

you could find some humour in it all. Jerry says, "It just gave me more material for the book and it evolved from there." A good example was his neurologist, who just happened to have "Jesus" as a first name. This inspired the cartoon of Emil outside the doctor's office. "With a doctor named Jesus, I think my chances just improved."

There is no doubt that Steven is watching with great pride from up above.

When it came to giving a name to this new cartoon character, Jerry looked to his ancestry for inspiration. His maternal grandfather came to Minnesota from Sweden, and eventually settled in Saskatchewan, Canada. His name was Emil.

It is no coincidence that Emil, and his creator, Jerry, are much the same. Many of the cartoons are a reflection of Jerry's life.

This cannot be said for the character of Gladys and Jerry's wife, Sharon. Gladys is a composite of a lot of people. And Sharon is much nicer than Gladys !!

Jerry says jokingly, "That should keep the peace at home."

Besides cartooning, Jerry also enjoys both creating and teaching a variety of art mediums including clay sculptures (theme trolls), painting and carving gourds (especially thunder gourds), live edge wood and rock acrylic paintings, ceramics, chalk pastels, and caricatures. He has also done some wood and stone carving, water colors, scrimshaw, oils and pencil/charcoal drawings. Samples of this art can be seen on Jerry's Facebook account "Jerry Maryniuk Art".

Jerry did some freelance forensic art after retirement, as well as lectured on the topic. Jerry says most people find the forensic/police art field fascinating. He adds they are often amazed at how close you can get to the likeness of a suspect just from a description. There are some interSeniors have new found energy that really Is contagious. One of his favorite pastime's is hiking. Working with his wife Sharon on this book also turned into an exciting and very enjoyable time. Jerry says, Sharon is really a much nicer person than Emil's wife Gladys. Emil however is very much like Jerry.

The books are \$20.00 and can be purchased directly from Jerry & Sharon. They can be contacted at snowbirdsketches@gmail.com or by phone/text, cell **204-981-9797**.

Signed copies can be mailed out for an additional \$5.00 (shipping). They can also be purchased in Winnipeg at Artists Emporium on St. James and McNally Robinson Booksellers (Grant Ave), online at mcnallyrobinson.com or in the Interlake at Arborg Pharmacy, Hnausa General Store, and Tergesen's in Gimli.

Jerry and Sharon are also available for a visit to your community (re: book signing).

Book #2 is currently underway and promises to be a hit. If you are a snowbird, retired or are just having some health issues and need a laugh this will fit the bill." We all get old, we can cry about it, or do as we did, laugh about it."

Most important of all, Jerry says is that the book and for that matter how Sharon and Jerry live their lives (The cup is half full approach) is inspired by their son Steven.

Steve was an inspiration to all that knew him. All his life he strived to be the best he could be. This he asked of his friends and family too. Those that knew him are better for the experience. Steve was diagnosed with terminal brain cancer in 2009. He never let the cancer define him. He dealt with it with honesty and always on his own terms. He continued with a positive attitude and a zest for life. He died in Dec. of 2013, he was 31.

No doubt Steve has helped Jerry and Sharon along their journey and is proud of what they have accomplished.

Jerry likes to sign off by saying, "Never waste a day."

Facebook finds





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Sign in Steinbach, MB

esting stories that go with that job.

He says, "I am proud of what I did, but am glad that my attention is now cartoons, trolls and wildlife."

Jerry says being retired and travelling as a "Snowbird" is really a great life for both him and Sharon.



Things To Do

St. Matthews Maryland Community Ministry - <u>Seniors Art Workshop</u> Wednesdays, 12:30-2:30 pm, instruction and supplies provided, no experience necessary. Seniors <u>Health</u> and <u>Wellness program</u> Fridays, 11 am-1 pm. Different wellness activities ea. week. Healthy snacks provided. All welcome. **365 McGee St.**, www.stmatthewsmaryland.ca, 204-774-3957

Beyond Belief AA - 1 hr. closed meeting, Wed. nights, 6:30 pm. Blue doors open by 6:10, basement of United Church, 613 St. Mary's Rd. We welcome agnostics, free-thinkers, atheists and others for anonymous

alcoholism/recovery support. Call Cathy M. for info: 204-981-5055 MB Christian Writer's Assoc. (MCWA) Meets 10 Sat. afternoons/yr. Writers of all levels welcome. Annual membeship \$25. Drop-in

\$3/mtg. Meetings: 1:30-4 pm, Feb. 9, Mar. 2, Apr. 5, May 4, June 1, at Bleak House Centre, 1637 Main St. Info: **204-256-3642**, **1-204-326-7286** Meadowood United Church - Handiworks

<u>Crafters Group</u>, 2nd and 4th Tuesdays of mo, 2 pm. Started Sept. 11. <u>Quilter's Group</u>, every Thur., noon at Meadowood Church, 1111 Dakota St. \$35 fee/year. **204-256-7002**

South Winnipeg Family Community Drop-In – Seniors meet Wed's, 9:30-11:30 am, at 800 Point Rd. Includes coffee, snacks, activities. 204-284-9311

Bleak House Senior Centre - 1637 Main St. -Mon. 1 pm whist, Tue. 10 am coffee and conver-sation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 1 pm Cribbage, Friday 12:30 pm Quilting. 204-232,4723 204-338-4723

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

Prendergast Seniors Club - 906 Cottonwood lease 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 Gerry: **204-257-1475**

Elmwood EK active Living Centre - Café: Wed. 10:30-noon. Coffee and treats \$1. Come and see what other events and activities the Centre has to offer. ie: Community Woodshop (including a Ladies at 10:30 Fridays), Hand & Foot Canasta, Carpet Bowling, floor curling (Mon. 1-3) and many more. 180 Poplar @ Brazier. Membership \$20. **204-669-0750**

Sturgeon Creek United Church - Fellowship gatherings. Games, cards, conversation and light refreshments. 2nd Thur. of the mo., 1:30-3 pm

Carman, MB - Garden Club of Carman -

hosts 121st Manitoba Horticultural Assoc. Convention, Thu, Fri & Sat, Jan. 31, Feb. 1 & 2, 9

am-4 pm at Carman Community Hall. Various pre-

and more! Info and to pre-register for all days, one day or half day (includes lunch): FB page

meals). Friday banquet included with some pkgs.

Steinbach - Pat Porter Active Living Centre (10 Chrysler Gate) - We offer Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits, etc. Reception 204-320-4600, Lynda (Program + Volunteer Coordinator) 204-320-4603.

Stonewall - si55Plus - Oddfellows Hall (O.F. Hall), 374-1st St. W., Stonewall. <u>204-467-2582</u>: Active Wellness Club Classes Call for info;

IPad Club Tue's, 1-3 pm. Call to register.; Pickleball, Tue's 7 pm Stonewall Collegiate, Thur's 7:15 pm, Stonewall Centennial School.

@MHAoffice, or 204-256-2745 or m.h.a@shaw.ca. Walk-ins welcome (without

Komarnio - Malanka Social, Sun. Jan. 20,

1-5 pm, at Komarno Community Hall. Music: Country Pride, \$20/person. Lunch included.

Tickets: Mona 204-886-2994

senters, vendors, contests, auctions, door prizes

WINNIPEG Cont'd from page 15 Listings available at www.seniorscope.com (Events page) except July and Aug. Free. 204-895-7410

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The Salvation Army Barbara Mitchell Family Resource Centre - Seniors 55+, 51 Morrow Ave, St.Vital. Monday - Drop-In 9:30-11:30 am, Tuesday - S.T.A.R.S. 9:30-11:30 am, presentations, monthly birthday lunch, outing, games, etc. <u>Wed.</u> - <u>Steppin' Up</u> FREE Exercise Class 10-11:30 am, <u>Thur.</u> - <u>Pickle Ball</u> 9:30-12 pm. Coffee/Tea/snacks provided. More info, call Sheila: 204-990-2339

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, 204-410-4 3 St. Vital Rd.

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Charleswood Adult Day Program - Social Day Program for seniors Transportation and hot lunch provided. Members \$17.70/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator

The PROBUS Club of Winnipeg is a group for the retired or semi-retired. Info: **204-489-2882**, or winnipegprobus85@gmail.com

Lion's Place Adult Day Program - Social day

program for seniors. Transportation & hot lunch provided. Members \$17.70/day. Call **784-1229**. Referrals made through WRHA at **788-8330**, or call Case Coord.

Wpg Polish Legion Br 246, 1335 Main St. -Happy Hour: Mon-Thurs 3-6 pm, Fri/Sat, 3-7 pm. Senior Lunch & Dance: Weds, 12:30-3 pm, \$10. Fri. <u>Meat Draws</u>: 4-8 pm. <u>Kareoke</u>: Fri/Sat, 8-mid-nite. <u>Chase the Ace</u>: Sat, 10 pm. Call Branch: **204-589-5493** for more info.

Winnipeg Bladder Cancer Support Group Bladder Cancer Support Group. Meetings - third Tues. ea. month, 7-8:30 pm at Concordia Village, Bldg. #1, Multi Purpose Rm, 1125 Molson St. Free parking. No pre-registration required.

Southdale Seniors - in Southdale CC. Activities include travel to Moose Jaw spa and Maritimes, local tours and workshops, monthly birthday lunches, Celebrations matinees, casino trips, ASD bingo, cre-ative writing, bridge, canasta, cribbage, floral arrang-ing, games, movies, indoor walking, teas, etc. To reg-ister, call 204-253-4599, membership \$12

A&O: Support Services for Older Adults -Senior Centre Without Walls (SCWW). Phone Group Activities providing fun, free, educational and recreational programming by calling into toll-free line. Info: **204-956-6400** **Golden Rule Seniors -** Fort Rouge Leisure Centre, 625 Osborne St. Mon. Bingo 1 pm. Tues. Bridge 2 pm. Thurs. Singalong 10 am. Floor shuf-fleboard 1 pm. Bridge 1 pm. Fri. China painters 10 am. Carpet bowling 1 pm. Wanted Cribbage players for Wed. 1 pm. Call Terry: **204-453-1085**

Manor Adult Day Cub - 320 Sherbrook St. We are a pacesetters adult day program for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. Referrals made through WRHA. 204-784-1378

Main St.) Shuttle Bus runs Wed. mornings for \$15 from the north end and \$15 from the South End (members). Transportation from Seven Octo (members). Transportation from Seven Oaks, Garden City, West Kildonan, Maples & South End. Get lunch, bingo, entertainment, refreshments & transportation home. 204-339-1701

Archwood 55 - Yoga, fitness classes, line danc-ing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our web-site 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

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. Info: **204-589-6315** ext 103.

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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 choment sen are available through the library. Membership ase is free. Call: 204-452-3369 or 204-254-6697

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

The St. James-Assiniboia 55+ Centre - 3-203 Duffield St. Various 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 Bourkevale Lawn Bowling, 900 Ferry Road. Various activities: art and

hobby classes or just enjoy a cup of coffee. 204-987-8850

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

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

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.

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

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

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

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. after-noons, 1-4 pm. Call Doug: 204-832-0629 or 804-5165

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

High Steppers Seniors Social Club - Meet Wed. & Thur. for fun and activities. New mem-bers / volunteers welcome. Winakwa Community Centre, 980 Winakwa Rd. **204-619-8477**

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**

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Include duration for listing to run. Submit by Feb. 3rd for Feb. 10th issue.

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Things To Do RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

Listings available at www.seniorscope.com (Events page)

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcheson for info: 204-482-5469 ext. 20956 or mmutcheson@ierha.ca

PROGRAMS / SERVICES

A&O: Support Services for Older Adults -Senior Centre Without Walls. Telephone Group Activities For Manitobans in a fun and interactive atmosphere. Programming is free. Participants call into a toll-free line. Info: **204-956-6400**

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

Brandon - Prairie Oasis Senior Centre Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery can be arranged. Meals \$9. Volunteers needed. We gratefully accept grants and donations. To sign up or to volunteer: 204-727-6641

Dauphin Multi-Purpose Senior Centrevertise Seniors 55+ - members and non-members.

Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, dinner and a movie night, dances. Congregate meal program at the Centre -

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, house-keeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: <u>Arborg</u> and Dictute Service December Quereil **276**, 2104 Article, Columeer opportunities avail. Call for info: <u>Arborg</u> and District Seniors Resource Council **376-3494**;
<u>Ashem Living</u> Independence for Elders **768-2187**;
<u>Brokenhead/Beausejour</u> Outreach for Seniors at **268-7300**; East Beaches Resource Center (<u>Victoria Beach</u>) **756-6471**; <u>Eriksdale</u> Community Resource Council **739-2697**; <u>Eisher Branch</u> Seniors Resource Council **642-7297**; <u>Lundar</u> Community Resource Council **642-7297**; <u>Lundar</u> Community Resource Council **762-5378**; <u>Riverton</u> & District Seniors Resource Council Inc. **785-2737**; <u>Stonewall</u> - South Interlake Seniors Resource Council **467-2719**; <u>Springfield</u> Services to Seniors **853-7582**; <u>Teulon</u> and District Senior Resource Seniors Resource Council **866-2570**; <u>Two Rivers</u> Senior Resource Council <u>A25-1227</u>, Pinawa **753-2962** or Whitemouth/Reynolds **348-4610** or <u>Winnipeg River</u> Resource Council **367-9128** vertisers Winnipeg River Resource Council 367-9128

Montcalm Service to Seniors - Meal

events (trips to RMTC, Celebrations Dinner Theatre, etc.). Contact Hope or Chris: 204-857-6951, hp55plus@mymts.net

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

Les services riviére 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 donne 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 aines de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau special. Pour plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au 204-424-5285.

Selkirk - Gordon Howard Centre (384 ad connected. We offer hobby workshops, fitness classes, recreational programs, volunteer opportunities and more. Also, our special events, such as outings, seasonal meals bu and presentations. Please visit www. gordonhoward.ca or call 204-785-2092 Steinbach - Pat Porter Active Living Centre -Programs, activities, services and volunteer opportunities, striving to promote healthy and con active living for mature adults of the southeast region. Programs/Activities \$2 fee, non-members when S4. Some free programs avail. Memberships
 S30. Hrs: Mon-Fri, 8:30-4 pm. 204-320-4603 or
 320-4600. More info: www.patporteralc.com 00

erate level exercise program women. Call for info; **Casino Bus Trips**, Call for info; **Quilter's Corner**, Fri., Jan. 25, 10:15-3:30, at O.F. Hall. Call for info; **Monthly Luncheon**, Call for info; **WSO Guys & Dolls**, Bus trip, Sun. Mar. 24, 2 pm, departing O.F. Hall 12:30 pm. Deadline extended. Call for info.

Drop in welcome. Call for info; Steppin' Up Free

Stonewall Kinettes Club - A great way for women to 'Grow, Learn, Make Friends, and Have Fun' Kinettes meet 3rd Thur. of mo., except July & Aug. Help plan fun events, such as Ladies len Night Out, and other activities to help raise funds to serve the community's greatest needs in ≥ Stonewall and surrounding communities in the Interlake. Call Marilyn Kenney at **204-467-2728** be

VOLUNTEER

Emerson-Franklin Senior Services - Volunteers needed: Congregate Meal Program, Handi-van driv-ers, Medical drivers, Friendly visits and safety checks. Call Lorri: 204-427-2869

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

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

ad Tue, Wed, Fri, Lifeline, cancer society Transportation our Program, fee for service contact list, Erik kits, help with paperwork. Facility available to rent. www.dauphinseniors.com, 204-638-6485 bu East St. Paul 55+ Activity Centre act (262 Hoddinott) - Area residents welcome to play cribbage Tues., whist Fri. Also: pool, quilting and stitchery, art group, table and floor shuffleboard, Son

book club, yoga, potluck suppers and casino trips. 204-654-3082 (msg).

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Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services: Luncheons/Dinners, Walking Group, Bingo, etc., friendly visiting and checks, transportaing housekeeping, foot care clinics, home maint. includ-ing 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**

<u>Gimli</u> - New Horizons 55+ Activity Centre -We provide a pleasant place for recreation, relax-ation and companionship and encourage all members to remain active and socially connected while maintaining their physical and mental health. 30+ Activities plus Social Events, Workshops, Tours, Clinics, Volunteer Opportunities, etc. Visit www.gimlinewhorizons.com for monthly newsletter. Info: 204-642-7909

program with activities and musical entertainment in/at Letellier-Hall Fridays. Joanne: 204-304-0551 ad or email: jbarnabe@hotmail.ca

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services: parking per-mits, congregate meal programs 5x/wk at the manor, internet research, info/health sessions, light housekeeping, Alzheimer's support group, pallia-tive care, transportation, help with documents, friendly.ucits/calle spiritul expires aquipment friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Coordinator Bev Collet: **204-248-7291** or ensemble@mymts.net. Our goal is to assist seniors and the disabled to maintain their independence. We are always looking for volunteers to help with these programs.

Sco Portage la Prairie - Herman Prior Centre -Members and non-members. Mon to Fri meal pro-gram (register by 11 am); Mon. Painting, Line Dancing, Scrabble, Resistance Band, Cribbage, Senior Clogging and Tai Chi.; Tues. Euchre, Bridge and Prairie Wildfire Line Dancing; Wed. Cribbage and Tai Chi; Thurs. Foot Care Clinic, Whist, Weaving, Bridge and Square Dancing; Fri. Foot Care Clinic, Floor Curling and Floor Shuffleboard. Low income menti tax return filing assistance, regular Blood Pressure Clinics, and Stroke Survivors, Book Club, ase Geneology and Natural History meetings. Special

<u>Victoria Beach</u> - East Beaches Senior Scene - #3 Ateah Rd, Victoria Beach. Various programs, activities and special events open to those in the East Beaches community. For mem-bership or volunteer opportunities, contact Tammi Kelly, Program Coordinator: **204-756-6468**, email: ssinc1@mts.net, ww.ebseniorscene.ca

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

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Include duration for listing to run. Submit by Feb. 3rd for Feb. 10th issue.