

Scott Taylor

The great thing about Joe Daley is that he's always ready to have a conversation. Especially if that conversation is about his beloved Winnipeg Jets.

For most young sports memorabilia collectors in Winnipeg, Joe Daley is the nice, elderly man who sits behind the counter at Joe Daley's Sports & Framing on St. Mary's Road.

But for their grandads — and even some of their fathers -- Joe Daley was the "Holy Goalie," the man who helped the Jets win three Avco Cups and the man who was the All-Time WHA leader in games played (308) by a goaltender, in wins (167), and play-off wins (30). Daley, who celebrated his 80th birthday on Feb. 20, 2023, was a three-time all-star and one of only a handful of players to win the AVCO Cup three times in the seven years of the league's existence. course, he was already a member of the Manitoba Hockey Hall of Fame (1995) and the WHA Wall of Fame (2010). The nice man who sits behind the counter of the card shop was indeed one of the best goaltenders ever to wear a Jets jersey.

Interestingly, the greatest moment in Joe Daley's hockey career didn't take place on the ice. It didn't arrive in front of a huge crowd of adoring fans. It didn't happen while stopping the shots of some of the greatest players in the game's history.

It happened in his kitchen.

"I think the biggest moment of my career was the day that I was at home listening to the radio in 1966, at the time of the first expansion," Daley recalled with a quiet smile. "I heard that the Pittsburgh Penguins had selected Joe Daley in the NHL expansion draft while I was hearing names like Glenn Hall, Terry Sawchuk and Jacques Plante. I think then, something registered with me. 'Maybe now there are some people who feel I might have a chance to be a player,' I thought. That day was pretty special for me." Joe Daley had plenty of wonderful moments in a 16-year professional hockey career that ended with a World Hockey Association championship in front of his family and friends at the old Winnipeg Arena.

Born and raised in Winnipeg, Daley played more than 100 NHL games with Pittsburgh, Buffalo and Detroit before coming back home to play for the World Hockey Association's Winnipeg Jets in the new outlaw World Hockey Association in 1972.

Coming home to play in Winnipeg turned out to be another one of the highlights of his career.

"Coming home to play in Winnipeg also turned out to be a special moment for me," he recalled. "I never regretted that decision to leave the NHL and jump to Winnipeg in the WHA. I played with some wonderful players. "I look back on it now and I appreciate the quality of the guys we had playing in Winnipeg over the seven years of the WHA. We had Bobby (Hull) and obviously, for me, Bobby coming to Winnipeg meant the survival of the league for seven years. He was

On Nov. 3, 2018, Daley was inducted into the Manitoba Sports Hall of Fame. Of

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Active Aging in Manitoba (AAIM) Inspiring active lifestyles



Portage la Prairie Welcomes the 40th Manitoba 55+ Games!



The 40th edition of the Manitoba 55+ Games are just days away and Portage la Prairie is ready to welcome participants, and spectators. The Games, June 20 – 22, with 20+ events is the largest multisport event in Manitoba.

Why not take a drive to Portage during the Games

and be a spectator? The Games headquartered at Stride Place (245 Royal Rd S) will be the hub for the various venues around town that are hosting different events. Whether it's watching pickleball at Stride Place, enjoying the beauty of the Portage Golf Course or watching Slo-Pitch at Rotary Republic Park - there is something for everyone!

The Portage la Prairie host committee is co-chaired by two experienced individuals. Tara Pettinger, executive director of the Portage District General Hospital FoundaBy Karyn Heidrick - Event Coordinator



tion, and Angie Shindle, general manager of the Portage Regional Recreation Authority, are excited to showcase the many venues in Portage la Prairie, and to help promote a healthy, active lifestyle throughout the community.

The Portage co-chairs shared a few remarks about the upcoming Games experience:

"Participants will be looking forward to taking in all the beautiful sites in Portage, shopping our great local businesses, eating at some great restaurants and being spectators to other events when they aren't participating in their own. The 300 + volunteers are so excited to have so many visitors to the community and to showcase Portage la Prairie."

They also suggested some local areas of interest: "Visit Island Park and take time to enjoy the walking paths, the picnic shelters, and the scenery. Be sure to check out all the venues where Games events are being held. (See the list below.) The Legion is hosting several events and has some great food and drink options. Check out Rotary Park for some softball action and beer gardens. Stride Place will be the hub where you can find different activities, results, and the Games Office."

Continued on next page Yellowquill

Portage la Prairie is the host community of the 40th Manitoba 55+ Games: June 20 - 22, 2023 (in-person). Virtual Games are: June 23 - July 21, 2023. For more information visit:

https://activeagingmb.ca/55games/manitoba-55-virtual-games/

Active Aging in Manitoba hosts the largest multi-sport event in Manitoba for those 55+. This multi-sport event combines social activity, entertainment, and exercise. The Games are a fun and enriching experience for spectators, volunteers, and participants. Come support the athletes and participants by cheering them on! Visit https://activeagingmb.ca/55games/ for info.

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













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Message from Scott Johnston - Minister of Seniors and Long-Term Care



Hon. Scott

Johnston

Dear friends.

Throughout the month of May, I had the privilege of engaging with seniors in our community, and it has been an enriching experience that reaffirms the importance of their well-being and quality of life. As the

Minister of Seniors and Long-Term Care, it is my utmost priority to ensure that the needs and aspirations of our seniors are heard and addressed.

One memorable event that stands out in my mind is the Doctors Manitoba Gala Dinner. It was a joyous occasion, where I had the opportunity to express my gratitude to our dedicated medical professionals who provide exceptional care to seniors across the province. The Gala Dinner brought together passionate individuals who share the common goal of enhancing healthcare services for our seniors, and I was truly inspired by their commitment.

Another highlight was attending the announcement at Portage Place alongside our Premier and colleagues. It was an exciting

moment as we shared our government's commitment to healing healthcare in our province. We are proud to support the transformation of Portage Place into a dynamic Health Centre that will offer a range of vital services, including housing, grocery stores, and community amenities.

During Grace Hospital Day, I witnessed firsthand the tremendous impact the Grace Hospital Foundation has on our community. Their unwavering dedication and hard work contribute significantly to the well-being of seniors. Notably, the Grace Foundation raised an impressive sum of money, a testament to the generosity and compassion of our community members.

One event that holds special significance for me is the 17th annual Long Term & Continuing Care Association of Manitoba Provincial Conference and Exhibition. It was an honour to bring greetings and acknowledge the remarkable efforts of LTCAM over the past 60 years. They have been a valuable partner in promoting safe and quality care and living options for seniors in Manitoba. Their commitment is truly commendable, and I am grateful for their contributions.

Celebrating milestones is essential, and I was delighted to attend the 30th anniversary of the Good Neighbours Active Living Centre. This organization has been instrumental in serving the older adults of our community, providing support, companionship, and activities that enhance their overall well-being. Their dedication and commitment to seniors' welfare are deserving of recognition and applause.

I also had the privilege of attending the Association of Regulated Nurses of Manitoba's 2023 AGM & Celebration of Excellence. It was an opportunity to express my gratitude to our nursing community for their tireless efforts in caring for seniors. Their expertise, compassion, and dedication are essential components of the healthcare system, and I commend them for their exceptional service.

Lastly, I am delighted to say that nominations are now open for Manitoba's Seniors of the Year Awards, which celebrate senior Manitobans who have made a significant contribution to their families, communities and the province.

Awards will be presented in two categories. The senior of the year award recognizes Manitoba seniors for enriching the social, cultural or civic life of communities. The active and healthy living award recognizes role models for their work creating active, healthy communities. Nominations for the awards are open until 4 p.m. on June 23.

I also invite Manitoba residents who are 100 or older to sign up for Manitoba's Centenarian Club, which celebrates their experiences, wisdom and contributions.

To nominate someone for a senior of the year award or to sign up for Manitoba's Centenarian Club, visit https:// manitoba.ca/seniors/seniors-of-theyear-awards.html.

As I reflect on the past month, I am filled with gratitude for the connections made, the stories shared, and the inspiring individuals I met. It is through these interactions that I gain a deeper understanding of the challenges and aspirations of our seniors. I remain committed to advocating for their needs and working towards a future where all seniors in Manitoba can live with dignity, respect, and the support they deserve.

Sincerely, Honourable Scott Johnston, Minister of Seniors and Long-Term Care

Manitoba 55+ Games, Continued from page 2

Here are the events and locations:

School - Track events Portage Golf Course - Golf Stride Place - Swimming & Pickleball, Games Headquarters Portage Legion - Cribbage, Snooker, Bridge, Whist, and Arts & Crafts

Herman Prior Centre - Snooker Island Park - 3 KM Walk/Run, Bocce **Ball & Horseshoes** Rotary Republic Park - Slo-Pitch Southport Rec Plex - 5 Pin Bowling

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I am an older adult who is embracing the joys and challenges of aging. "I moved into the next chapter of my life when COVID hit in early 2020, and said farewell to my job with the Federal Government. I had an interest in issues involving older adults. "At the time, I heard about ageism and I wanted to learn more and educate myself about this important topic. "A definition of ageism is discrimination based on age.

I read about ageism in the workplace and in health care. "I wanted to look at advertising, both print and TV. "There are many commercials for products and services used by people of all ages – for example, coffee, going to restaurants, pet products and clothing to name a few. "What I found was the majority of these ads only had younger people. "I wanted to know why. I started writing to these companies, mentioning that people of all ages use their products and older people also have purchasing power, yet no representation of them in their ads.

"Most of these businesses thanked me for writing and didn't mention specific reasons why older adults were not included in their ads. I got a lot of "we want to be more inclusive and diverse in our advertising". Some of the non-responders have lost my business. I think bringing awareness is a good first step, a work-in-progress.

Learning about ageism makes me aware of the language I use – for example, saying to someone "you look amazing" instead of "you look great FOR YOUR AGE". "I want to read about the story behind someone's accomplishment, not that the person featured was 80 years old. "Please don't address me as "dear" "sweetie" or "ma'am". I have had people speak more slowly and loudly to me assuming as I get older, I can't follow what they are saving and that my hearing diminishes. I will speak up if I need something repeated. "There needs to be more representation of older people on retail business websites - specifically stores where they

shop at. I wrote to one clothing retail chain, and I started to see more pictures on their website of older women modelling their outfits a few weeks afterwards. "There are you tube channels that talk about "fashion mistakes women make over the age of 50". My motto is doing what makes you feel amazing (and the same applies to men as well).

A suggestion for a book that addresses ageism is "THIS CHAIR ROCKS, A MANIFESTO AGAINST AGEISM" by Ashton Applewhite. "Also, check out organizations like CARP (Canadian Association of Retired Persons) and NAFR (National Association of Federal Retirees) for suggestions on combatting ageism.

It's important that seniors/older adults need to be visible. "They have a lot to offer - skills, experience, and wisdom. I will continue to respectfully speak out as needed. I appreciated the opportunity to share my personal story about ageism.



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Support Groups help caregivers cope when loved ones suffer with dementia

Dave Curti is a true believer that talking with others in a support group environment helps care partners navigate the challenges of dementia by offering support, encouragement and comfort from others experiencing similar situations.

"It's nice to meet with others who understand what it's like to care for someone living with dementia. We help each other by sharing advice and talking about what we're going through," says Dave.

Dave reached out to the Alzheimer Society for information and support at the beginning of 2021, when his wife's Alzheimer's symptoms were progressing. He signed up for the monthly newsletter, where he learned about the Society's support group offerings and decided to join the Care Partner Support Group in Transcona. Soon after, he also began attending the Men's Coffee Talk Group and the Support Group for Spouses of Persons with Dementia Living in Longterm Care.

- Alzheimer Society of Manitoba

Dave says the group for spouses of persons living with dementia in long-term care has helped him a lot since his wife moved into a personal care home. "Moving my wife into personal care was a difficult and emotional time. It was a big change to suddenly cope with. But listening to the other group members – I realized this is something we're all struggling with, that I'm not alone.'

Caring for a spouse who moves into longterm care brings unique challenges and it can be difficult to adjust. Support groups like the one Dave attends create space for conversations around complicated issues care partners may be struggling with, like self-identity, the loneliness that comes from living separately from your spouse and feelings of guilt. "It's hard because, unlike caring for a parent, you've lived with your spouse for a long time. And then one day, you just don't anymore," Dave says.

with dementia. He says these groups are a great way for care partners to take the time to care for themselves. Talking with others who understand what you're going through can really make a difference.

If you're interested in finding a support group that's right for you, you can learn more about the Society's offerings by going to Alzheimer.mb.ca/supportgroups. With a range of topics, their support groups aim to meet the different challenges care partners may face.

Dave would like to give special thanks to his support group leaders for all the work they do. He is grateful for having a space

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Dave encourages others to try out a support group if they're caring for someone living

where he and other care partners can comfortably talk and share their experiences.

All of the Alzheimer Society support groups are inclusive environments for people of different ethnicities, cultures or persons who identify as part of the 2SLGBTQ+ community.

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Wear Purple on June 15!

Wear Purple on June 15!

Manitoba Association of Senior Communities (MASC) extends an invitiation to all to recognize *World Elder Abuse Awareness Day (WEAAD)* on June 15th by wearing purple and planning an event.

You can also visit the WEAAD website at **www.weaadmanitoba.ca** if you'd like your program to plan an event and promote WEAAD in the month of June. Some of the key features of the site include:

• Resources & Ideas to assist you in planning an event

- Promote your event and order resources all in one easy step at Register Your Event
- Keep up to date with What's

Happening in your community or region

• Access Presentations about elder abuse & toolkits full of ideas

We encourage your program/site to wear purple, plan an event, take a photo and send it to **www.weaddmanitoba.ca** to highlight your event!

ADDITIONAL RESOURCES:

- https://www.un.org/en/observances/ elder-abuse-awareness-day
- https://www.aosupportservices.ca/ our-three-pillars/safety-security/ elder-abuse-prevention-services/

If you are planning an event, whether it is a display table, presentations, walk, etc., please post it by going to **https://weaad manitoba.ca/register-event.asp** Did you know that we're likely to live 7.5 years longer if we think positively about ageing?

Will you join us this **World Elder Abuse Awareness Day** (June 15th) to pledge to **#RefuseToAbuse** and stand up for the rights of older people?

Let's flood social media with pledges from around the world that make it very clear that there is no excuse for elder abuse.



Cultivating your mental health bears fruit in later life

National organization promotes mental wellbeing during seniors' week and throughout the year

TORONTO, May 29, 2023 – Your mental health is like a garden. Sometimes conditions are nearly perfect for steady growth and flowering. And other times conditions can be challenging, with little water, too much shade, or scorching heat. But there's always something you can do to tend to your mental health and help your garden grow in all seasons of life.

That's the message the Canadian Coalition for Seniors' Mental Health (CCSMH) shared during Seniors' Week (June 5-11).

"This week is a wonderful opportunity to celebrate the resilience of older adults, and also shed light on ways we can better support their mental wellbeing," says CCSMH director of projects and public policy Brenda Martinussen. "We're sharing practical tools for older adults, their families, and health care providers to dig into."

CCSMH is a national, interdisciplinary organization dedicated to promoting better mental health outcomes for older adults. They've received major grants from several funders, including the Public Health Agency of Canada, to do just that.

"The COVID-19 pandemic was really difficult for older Canadians, especially those living in long-term care," says CCSMH executive director Claire Checkland. "It shone a spotlight on some underlying challenges that we are eager to address. And there's great reason for hope."

Recent findings from Mental Health Research Canada suggest that 80 per cent of older adults across Canada feel hopeful about the future.

"Mental illness is not a natural part of aging; we have the right to mental wellness

no matter our age," says Checkland. "Our organization is committed to ensuring that older adults can get help if they need it so that they can flourish in all seasons of life."

CCSMH has recently released a new pamphlet helping older adults make sense of depression, drawing on the best available evidence reviewed by a committee of experts.

Since 2002, the organization has brought together health professionals including physicians, nurses, and social workers as well as older adults to create clinical and public-facing resources on topics like depression, delirium, and substance use. CCSMH is currently working on new clinical guidelines for anxiety, social isolation and loneliness, and the behavioural and psychological symptoms of dementia.

"CCSMH is truly a pan-Canadian effort," according to founding co-chair Dr. David Conn. "We have a remarkably dedicated team coming together with renewed energy to lead with evidence and empathy in support of the mental health of older adults right across the country."

How can you support an older adult you know to flourish?

To learn more, access CCSMH mental health resources, or lend your voice to their efforts, visit their website at **ccsmh.ca** or follow them on *Twitter, Facebook*, and *LinkedIn*. If you need emergency help, please call **911**,

or visit your local emergency department. To reach a local crisis line call **1-833-456-**

4566, toll free anywhere in Canada.

The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

May 18, 2023

LIEUTENANT-GOVERNOR ANITA R. NEVILLE PRESENTS HISTORICAL PRESERVATION AWARD TO FOUR MANITOBANS

Lt.-Gov. Anita R. Neville presented the Lieutenant Governor's Historical Preservation and Promotion awards on May 18/2023 at Government House to four Manitobans for their meritorious service in the preservation and promotion of the province's history and heritage.

This year's award recipients are:

Douglas (Doug) Evans (Winnipeg);

> Nelson Gerrard (Arborg);

Richard (Dick) Remus (Emerson); and

Mackenzie Stewart (Clandeboye). "It is such a pleasure to celebrate the contributions of today's honourees and their tireless dedication in preserving and promoting the history of this great province," said Neville. "Through the creation of events and programs to engage with communities large and small, the writing of books for the benefit of future generations, and so much more, these outstanding individuals ensure Manitoba's rich history is kept alive."

The **Manitoba Historical Society** (MHS) receives award nominations from the public and recommends up to five people to receive awards each year, two of which will be reserved for emerging historians (mid-30s and younger). Nominations are welcome at any time.

Further details about the award program, along with a nomination form, are available on the MHS website at **www.mhs.mb.ca** and can additionally be accessed through the lieutenant-governor's website at **www.manitobalg.ca**.

Congratulations!



Manitoba POSSIble Formerly Society for Manitobans with Disabilities

Your support can create an inclusive & accessible society for all.



Thomson "In The Park" Cemetery 1291 McGillivray Blvd. Winnipeg, MB www.dignitymemorial.com

Every Detail Remembered" Dignity[•]

Donate or plan your gift today

Get in touch at (204) 975-3025 or foundation@manitobapossible.ca

manitobapossible.ca

The Holy Goalie, Continued from front page



Making a big save for the Sabres in 1971

the most important factor for me and for hockey and for all of us who certainly got a pay raise by jumping from the NHL to the WHA. I think there are a lot of players who owe a debt of gratitude to Bobby."

Joe Daley started his hockey career at Bronx Park Community Centre.

"I had a lot of fun playing minor hockey in Winnipeg," he said. "I was eight-years-old when I first walked down the highway to Bronx Park from Leighton Ave., in East Kildonan. I went to the community club because I'd heard there was a sign up for Tom Thumb Hockey. I looked at the sheet and there were no names down for a goalie so I put my name down to be a goalie.

"I went home and told mum and dad that I'd signed up for community club hockey, and they asked me, 'What position did you sign up for?' and I said, 'Goalie,' and they said, 'Why?' and I said, 'Because nobody else put their name down and I think I'm going to have a pretty good chance to play.""

He played a lot. In fact, he got so good, so quickly, that on any Saturday in the Bronx house league, he'd play for his own team while other teams prayed their goalie wouldn't show up so they could ask Joe to play for them, too.

"I might get in a couple or three games on a Saturday when I was only supposed to play



Joe (centre in the big coat) and his teammates at Bronx Park Community Centre in 1951.

one," he said. "And before you knew it, there was a fellow coming around the community club, standing in the snow bank and watching me play on weekends and he called me over one day and said, 'We want you to come over to East End Barons and play in our playground hockey team. We think you're going to be pretty good.' So, I left Bronx and went to East End Barons to play playground hockey and we had a pretty good team.

"But by the time I reached Bantam, I went back to Bronx and played out my minor hockey at Bronx, winning the provincial juvenile championship in my last year and that was special because no team had won a championship out of Bronx since Terry Sawchuk did it."

In 1961, the Detroit Red Wings, who had signed Daley, sent him to Weyburn to play for the first-year Red Wings of the Saskatchewan Junior League. In Weyburn's inaugural season, the Red Wings finished seventh, but Daley was so good, he won the SJHL's Rookie of the Year and Most Valuable Player Awards.

After a great year in Weyburn, he went to the Red Wings' training camp and had to beat out 10 other goaltenders for a job. That wasn't going to happen, but he didn't quit. He accepted an assignment to play for the Johnstown Jets in the Eastern Hockey League. After spending nine seasons as a pro, bouncing from the NHL to the minors, Daley wasn't certain about his future until the rumour surfaced that there might be a new professional league forming.

"That's about the time I got a call from Billy Robinson of the new Winnipeg Jets," Daley recalled with a wide smile. "He said, 'What do you think of the opportunity to come home and play in Winnipeg?' And I'm thinking, 'This has to be something coming from heaven because I wanted no part of the Red Wings anymore,' so I said to Billy, 'Yeah, I'm interested,' and we worked out a deal on the phone."

"The rest, as they say, is history."

Daley had a wonderful seven years in Winnipeg and while he played on three Avco Cup championship teams, he also beat the greatest team in the world.

On Jan. 5, 1978, after the Soviet National Team had won three straight games from the Jets in Tokyo, the Russians took a quick 2-0 lead, but with Daley in goal, the Jets battled back and beat the best team on the planet in front of a full house at Winnipeg Arena, 5-3.

"When Anders (Hedberg) stood up in the locker room after the game and said, 'Boys, I hope you know what we accomplished tonight,' it really set in for all of us," Joe recalled.



With Soviet goaltending legend Vladislav Tretiak after the Jets beat the Soviet national team in 1978.

"Anders, a guy who played against the Russian National Team many times and probably never beat them (with Team Sweden) and yet here we were, a club team, that took them to task that night. It's a memory that many fans in Winnipeg will cherish forever."

After he retired, he coached the Penticton Knights for a while, but returned to Winnipeg and opened up Joe Daley's Sports Cards which is now, Joe Daley's Sports and Framing. You can find him in the store pretty much every day.

"I played the game because I wanted to play the game," he said with a smile." At the end of the day, somebody paid me for doing something I loved to do. I think the game was very good to me. I hope that I gave enough back to the game that I don't feel I cheated anybody. We had a lot of fun. Maybe more than we should have."





School tax rebates are in the mail, providing most property



For the third year in four, Manitoba is holding the line of Pharmacare rates.

This will help make life more affordable for seniors on fixed incomes, lower income Manitobans and families.

Learn more about Pharmacare and how it helps cover the cost of prescription drugs at **Manitoba.ca/pharmacare**



owners in Manitoba with a cheque equal to 50 per cent of the education portion of their property taxes.

At the same time, schools are benefiting from historic increases - \$100 million more this year alone. That's among the highest per student funding level in Canada.



"A Manitoba Moment" The RUSTY ZIPPERS



The Rusty Zippers is a group of senior golfers who spend a few hours every Tuesday golfing at various courses within the province. I had the opportunity to spend some time over lunch with the founder of the Rusty Zippers, Ron Edwards. For twenty-five

years Ron spearheaded the direction and organization of every golf season including an out-of-town (overnight) two-day golf getaway. He appointed himself as the DFL, or more aptly stated, the Director For Life. Our golf group quickly learned not to take any of Ron's comments too seriously. It is his wit and laughter that are endearing qualities of this man for the group of "Zippers" to enjoy. Fortunately, I am part of this illustrious group of golfers, and for reasons unknown, Ron assigned me the position of DDFL, which is the Deputy Director for Life. However, with a glint of humour in his eyes, Ron quickly pointed out it is a much lesser job than his. How could I turn this down!

The Rusty Zippers is a unique group of seniors who love the game of golf and all that it offers. As Fred Wonnick mentioned, "It is hoped that older retired fellows (or close to retirement), will see that they too can enjoy companionship and golf by emulating the 'Zipper' concept where different levels of skill and physical ability are not that important. Scores are recorded, but the focus is to get out and get a bit of exercise, companionship, and enjoyment."

Ron recalled, many years ago couples got together, played two rounds of golf and had a fun time. Unfortunately, that golf group dissolved. Nick Yacheson, Harvey Marriott, Barry Dunlop, George Brown, Phil Vermeulen, George Dyker, Linc Lautermilch, Harry Sirett, Chris O'Grady, Jack Carnegie, Ed Green, Ron, and few others wanted to start up another group. George Dyker suggested this group of golfers should have a name. He had visited a bar in Florida where a blues band was called the Rusty Zippers. Back in Winnipeg, during an early morning gathering at McDonald's, the coffee group adopted the Rusty Zippers name.

In 2010, Ron organized an over-night golf



Ron Edwards - DFLE

trip to Souris, MB which was truly memorable. Phil Vermeulen approached the front desk clerk at the Souris Motor Inn and offered his credit card. The clerk quickly asked him "What is this for?" Phil said a deposit on the room or something like that, and she replied, "What do you think this place is - the Taj Mahal!" Indeed, we were in for a few surprises. The next day, during breakfast in the motel restaurant (which seemed to be a good place to eat), a group of Hydro workers asked some of the "Zippers" where they were staying. "Right here" was their response. The Hydro fellow said, "You gotta be kidding!" I imagine when the motel was first built it was a decent place to stay.

Another humorous story involved Ernie Hasiuk and Ron when they went to Hecla Island with the Rusty Zippers for an overnight golf trip. Ron made arrangements



Larry Matsko - DFL

with a person by the name of Benson, who later was referred to as a shady character. He offered Ron a lakeview house that accommodated six people. Ernie, and Nick and a few others were selected for this special treatment. Ron requested six single beds and was assured of this arrangement. Ron states that he felt really important to receive such wonderful treatment. Upon reaching the house, they opened the door and immediately noticed a terrible odour mold. When they opened the fridge, they almost collapsed because the inside was black, and it wasn't working. Heading downstairs to the basement they found water all over the floor. It was flooded. When turning the water taps on, nothing came out. On the second floor, there were no sheets or blankets on the beds. They returned to the main lodge and confronted Benson. Ernie took command of the situation speaking in rather strong language stating the deplorable conditions of the house. Benson quickly gave them another lodging, but said they only had one double bed per room. This meant two "Zippers"

By Bud Ulrich

had to sleep in the same bed! Ernie and Ron shared a room and bed. They had a few drinks and then decided to "hit the hay". At two a.m. Ron needed to use the washroom. Upon his return, it was pitchblack in the room, so he had to feel his way around the bed, and then he felt something lumpy. Ernie screamed, "You're on the wrong side of the bed!" Ron sat down at the end of the bed and started to laugh. Ernie didn't think it was funny at first, but Ron's laugh became infectious, and Ernie started to laugh as well. They howled for quite some time. The next morning at breakfast, they relayed their experience to the rest of the "Zippers", and once again everyone had a good laugh.

Usually, golf is a fairly safe game. However, at the conclusion of a game in Teulon, Garry Cribbs attempted to board Jonas Sammons' vehicle. Stepping up into the truck was quite a distance from the ground, and Garry fell backwards onto the gravel parking lot severely injuring his shoulder. This injury didn't stop Garry from golfing the following season. Most "Zippers" are a tough lot!

Ron recognizes the diverse make-up of the Rusty Zippers: Norm Blaine, Larry Matsko, Merv Stebeleski, Bob Grozdic, Ralph Milton, and Jonas Sammons for their booming drives; Ed Green, Les Harley, and Fred Wonnick for their consistent "down-the-centre shots", and Sonny Solmundson for excellence in chipping and putting. There are several new members whose skills are yet to be known.

We acknowledge the "Zippers" who have passed on: George Brown, John Proudfoot, Chris O'Grady, Dennis Schrofel, Harvey Mariott, Ernie Hasiuk, Paul Havixbeck, Dave Frye, Jack Carnegie, and Marcel Mollot. These gentlemen were our friends and proud members of a very special group of senior golfers.

For the past two years, Larry Matsko, has taken over the role as the DFL, and our membership has grown. We are very fortunate to have Larry leading our group with his efficient and well-organized golfing schedule and year-end windups. The Rusty Zippers is in good hands for years to come. Ron Edwards, once again, gave himself the designation DFLE (Director for Life Emeritus). He laughingly claims he can veto any decision. ■

Independent Living: A Growing Option

~ Seine River Services for Seniors (RMs of La Broquerie and Ste. Anne, and the Town of Ste-Anne, MB)

How can we assist older adults to live inde-

local seniors up to date on local activities, resources from Federal, Provincial, and local services, including a synopsis into our volunteer program."

press our concerns and needs." She explained how SRS brought to the table concerns about affordable and accessible transportation, food insecurity, affordable and accessible housing and creating a funding model to help seniors and their families with mobility upgrades in the home. "It was time to take the statistics and make them into meaningful, valuable stories from our clients - many of which shared similar concerns and needs," added Bremaud. It should also be noted that SRS wrote a detailed letter to Provincial Cabinet Ministers about operating costs and how community and municipal Seniors Resource groups lacked the funding to ensure they not only attracted but retained their Senior Resource Coordinator. "The Senior Resource Coordinator is literally our general manager and CEO. They are the ones who develop the trust and respect of our seniors. They spend countless hours learning who their clients are and that relationship is priceless," said SRS board member Dan Guetre. "The board recog nized that, while our SRC and her peers across the Province had a passion for seniors, stagnated compensation left us vulnerable." "Our entire board lobbied the Province to create a fair compensation level within the Seniors' Strategy," he added. When the Seniors' Strategy was released, a more equitable compensation level was included. "We are very proud at SRS. We know that we contributed to the positive outcomes from the Seniors' Strategy," noted Bremaud. "There is still much work to be done to better care for the pioneers of our society." Bremaud says seniors should be confident that their voices are being heard. "With the many volunteer individuals, such as the board members of SRS who work behind the scenes, we are building a stronger platform for services to seniors," she said. "Hard work does pay off." ■

pendently? The answers are available from Senior Resource Coordinators (SRC) across the province as they build up and develop services focused on offering that extra support seniors need to continue thriving at home and living in their communities.

Seine River Services for Seniors (SRS) is a non-profit organization that offers resources and supports to older adults who want to continue living at home independently and their public face is their SRC, who along with her peers, strive to share resources seniors and their families require to ensure a good quality of life.

SRS looks after seniors in the RMs of La Broquerie and Ste. Anne, and the Town of Ste-Anne.

"We are overseen by the Southern Health RHA, but managed by a volunteer board of directors," explained Senior Resource Coordinator Melanie Bremaud.

Bremaud is always looking at ways to reach out to seniors and share resources.

"After months of planning and hard work with a local web designer, we are excited to announce our new **bilingual website**," she noted. "It is dedicated on keeping the The new website can be accessed at **seineriverservicesforseniors.ca** and will serve as a portal for existing services and resources and updated as new programs are introduced.

"This website is a big milestone," added Bremaud. "The board at SRS has been working diligently to support the older adults in our region and we believed this was a good fit to add to our social media presence."

Bremaud says the volunteer board shares her passion when it comes to seniors and proved themselves by sharing their ideas when the Province committed to developing a Senior's Strategy.

"Armed with two years of stories and data collected, we were very much prepared to advocate for our seniors when the time came to consult with the Province, the Seniors' Strategy," explained Bremaud. "With our facts in hand, and the passion of supporting seniors in our hearts, we joined many other organizations and individuals, ready to ex-



People come and go -The revolving door relationships of adults with intellectual disabilities

By Larry Updike

Individuals with intellectual disabilities who grow into adulthood have a lot of people who enter and exit their lives. And it doesn't stop once they get older.

Some of those individuals are verbal and can actually talk about what this is like. Others aren't verbal so we can only guess. Change can be very

challenging for them. For people with autism in particular, the predictability of routine helps them navigate a perplexing world.

Amidst the confusion associated with just trying to make sense of things, there is a constant stream of humans coming and going as they age.

They might be peers, teachers, educational assistants, respite workers, or direct support professionals. (Relatively few adults with intellectual disabilities have life-long friends.)

For people with a developmental delay on top of things, it can be particularly difficult. As they age chronologically, a big part of them stays the same.

They transition into adulthood and face the expectation of easily embracing age-appropriate behaviours. Problem is, they aren't adults in the typical sense of the word.

My autistic, non-verbal, developmentallydelayed son Gordon is 31. He certainly has some interests that are consistent with his age. But as one support worker described him: "In many ways, Gordon is just like an innocent little boy". And she's absolutely right.

I have run across several accounts of developmentally delayed adults who are able to talk about people who have come and gone from their lives. One man in his forties described the dilemma.

He said many of those folks who had to leave for one reason or another said their



Larry Updike and his son Gordon.

goodbyes, but promised they would catch him later..that they would see him again.

The months and years passed.

No one ever did.

He wondered why no one came back to see him. They had said they were his friends. A few even cried when they departed.

He wondered: What did I do wrong? I guess I am just not worth anything.

These accounts are very difficult to read or to hear about.

And on top of this feeling of abandonment, people like this man also live with the unrelenting expectation of being "normal" even though his brain is wired differently.

It's a burden to face every single day.

I am not an expert. I am just a parent who has spent the last several decades trying to sort this stuff out. But I know this: outside of professionals, no one whom Gordon has ever known from his past ever asks to see him.

The hard truth is, life is about change. People come and go in the lives of everyday people too. I get that. Life is a series of transitions. But it is especially taxing on people with intellectual disabilities.

The only thing I might say is this: don't make promises to others you don't intend to keep. If you really care, make the effort to sustain a relationship with the vulnerable people who have entered your life.

It's tough enough for them as it is... ■

SAFETY ALERT

Working around power lines? Look up and live!

Manitoba Hydro's power line system includes over one million poles and 90,000 kilometres of wire to distribute electricity to where it's needed. Power lines are everywhere, so be careful when working around them. Contacting an overhead power line can result in serious injury or death. **Follow these tips when working near power lines:**

LOOK UP.

Before starting any outdoor project at home or at the worksite, check the area to identify where power lines might pose a hazard. Be especially aware of power lines that may be hidden by trees or buildings.

STAY BACK 3 METRES.

You don't have to touch a power line to be shocked - even killed. If you get too close, electricity can jump, or "arc," to equipment, vehicles, tools, and you. Maintain a distance of **at least 3 metres** from all power lines.

USE A SPOTTER.

No equipment operator working alone can safely judge the distance from the equipment to overhead power lines. A spotter on the ground has a much better view to help you stay clear.

CARRY LADDERS SIDEWAYS.

Never carry ladders upright, as they may contact a power line. Look for overhead power lines before standing up a ladder.

PLANT TREES AWAY FROM OVERHEAD POWER LINES.

Prevent a problem in the future by planting trees where they won't grow into power lines. Do not prune trees around power lines yourself. Contact a qualified arborist to do the job. See the **Right Tree, Right Place** document on our website for ideal vegetation options under power lines.

CLICK OR CALL BEFORE YOU DIG.

Power lines and natural gas lines may be buried underground. Before you dig, drill, or excavate, contact **ClickBeforeYouDigMB.com** to have underground lines marked so you can dig safely.

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







ARE YOU AGED 65 YEARS OR OLDER AND HAVE 20 MINUTES TO SHARE YOUR VIEWS?

Adults 65+ Online Survey on Health, Wellness and Services

Spring/Summer 2023

1

WHO WE ARE LOOKING FOR Any person aged 65 years

or older living in Manitoba to respond to the survey.

2 WHAT YOU WILL DO

Log onto online: https://bit.ly/Adults65Survey Fill out the consent form. Fill out the confidential survey.



HOW TO WIN \$100

Enter a draw after completing the survey for a chance to win 1 of 3 \$100 e-gift cards for Amazon.ca.

For more information, email: Dudoks3@myumanitoba.ca

Nominate a Manitoban age 65-plus

SENIOR OF THE YEAR

For those who make outstanding contributions, enriching the social, cultural or civic life of their community

AWARD FOR ACTIVE & HEALTHY LIVING

For those helping to create active and healthy communities

AGE 100-PLUS?

Join the Centenarian Club!

Nominate & sign-up at Manitoba.ca/SeniorsAwards

Nominations close

JUNE 23, 2023





Things To Do - WINNIPEG

Check your 55+ Active Living Centre for Summer Schedule or Closures

Events / Sale Events / Luncheons

Friendship Force Winnipeg - Dinner and fellowship. Friendship Force is an international organization which provides opportunities to explore new counties and cultures. Dinner reservations/info, Elizabeth: **204-452-5299** or **www.friendshipforcewinnipeg.org**

Misc.

Israel tour - Nov. 8-18, 2023. 2 days in Petra Jordan included. Contact Ken: 204- 942-5433, k4mcghie@gmail.com or www.toisraelwithlove.com

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

McNally Robinson Booksellers - Community Classroom courses on writing, storytelling, and more with a fantastic lineup of educators. mcnallyrobinson.com/classes

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

Music / Dancing

Forever Young Club - We are currently on summer break. If you have a question, please let us know and a volunteer will get back to you soon-ish. Monthly Saturday dances will resume Sept. 30th and will continue on Oct. 28, Nov. 25, Dec. 30/23, Jan. 27, Feb. 24, Mar. 30, Apr. 27 and May 25/24. fycwpg@gmail.com or 204-261-4442

Norwood 55+ Dance Club - Dance or listen to old-time music. Musical ensemble (violin, accordion, guitar) performs Fridays, 1- 3 pm, in the Norwood-St. Boniface Legion Hall, 134 Marion St. Adm. \$5 (cash). Light snack. Doors open 12 noon. Free pkg across lane. Info: Rachelle: **204-233-5892** The Happy Homesteaders - sing with our A Capella group of retired males. No experience required, training provided in barbershop style singing. Daytime concerts and practices. Perform mostly at seniors' residences. Info, Vern: vnelson@nelsonfinancial.ca, 204-256-5562, (retired), or Harvey: 204-888-6306, hschmidt7@mts.net.

Whirlaway Westerners - Learn Modern Square Dancing! Kirkfield-Westwood C.C., 165 Sansome Ave. Carole **204-831-8954**.

Sports / Fitness / Games

Crescent Drive Friday Ladies Golf League -Summer fun! Golf Fridays (weather permitting), 7:30 am at Crescent Drive Golf Course, 781 Crescent Dr. Lorraine: **204-261-8413.**

South Winnipeg Senior Slo-Pitch (SWSSP) house league - teams formed on the spot, no scoring or criticizing allowed. Come play Tues. and Thur. 1 pm, weather permitting, at topnotch diamonds at 1377 Clarence at Hamelin just East of Waverley in Fort Garry. Gil: **204-918-5308** or Doug: **204-488-8835**.

Garden City Community Centre / Seven Oaks SportsPlex - 725 Kingsbury Ave. 55+ Programs: Zumba, Bocce Ball, Pickleball, Line Dancing. Program schedule: www.gardencitycc.com/seniors.

Lady Bowlers - Wanted Fridays, 3 gms/wk, 12:45 pm at Polo Park Lanes. All ages/skill levels. \$10.75/wk. End of season meal and Xmas luncheon. 2 wk break Xmas/Easter Fri. off. Call/text **204-770-3903**.

St. Vital Cards for Seniors - Cribbage: noon Mondays: Vera 204-894-9494. Whist: noon Wednesdays: Sonja 204-254-1408 or Mario 204-955-8387. St. Emile Parrish hall, 556 St. Anne's Rd.

Tuxedo Lawn Bowling Club - Learn to Lawn Bowl, Tue & Thur 10 am-noon; Wed 7-9 pm; Sun 10 am-noon. No equip. required. Intro. free play. Virginia: **204-255-8828** WHSBC contract bridge - at St. Paul's Anglican Church, 830 North Drive, Winnipeg, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Five rounds, changing tables after 4 hands. This is a social friendly bridge club. For further info, contact Ron Wood, President: **204-771-6724**

Women's 18 Hole golf league - May 2023 at Windsor Park golf course. All abilities welcome. Tee time 3:45 Wednesdays. Contact Louise Flood: 204-257-4588 or winsrputters@mymts.net.

Volunteering

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. 204-235-2111, service@actionmarguerite.ca

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

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

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

Winnipeg Lost Dog Alert (WLDA) -

Volunteers needed for: Facebook Page Administrator: **recruit@winnipeglostdogalert.com** Volunteers needed for: Treasurer. Resume to **president@winnipeglostdogalert.com**. Visit **www.winnipeglostdogalert.com**

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

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

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

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

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

St. James-Assiniboia School Div. - seeking volunteer morning swim instructors for grade 3 students. Will assist qualified instruc- tor at St. James Centennial and St. James Civic Centre Pools. Clear Police Record Check with Vulnerable Sector Search and Child Abuse Registry Check. Fully immunized against COVID-19 or valid exemption. 204-837-6697,

pghb@mymts.net

Ukrainian Cultural and Educational Centre Oseredok - Volunteer teachers of English needed to teach a class of adults from war-torn Ukraine at beginner level. Wait list of 320 students. Contact nsametz@mymts.net.

Victoria Lifeline - Melissa: 204-956-6773 or msitter@victorialifeline.ca

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

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



Programs / Services

Beausejour - AA - Want to stop drinking? Meet Tuesdays and Fridays, 7:30-8:30 pm, at The Brokenhead River Com. Hall, 320 Veterans Lane, south door. **www.aamanitoba.org** or **1-877-942-0126**

<u>Brandon</u> - Seniors For Seniors - Dinner is Served meal program, Fri. 12 noon delivery. Meals \$12. Grants and donations gratefully accepted. Info: **204-571-2053**.

Dauphin Multi-Purpose Senior Centre -

A & O: Support Services for Older Adults - Programs to help you stay connected and active. Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere.

Info: 204-956-6440 | Toll Free: 1-888-333-3121 | info@aosupportservices.ca | www.aosupportservices.ca

785-2737; <u>Stonewall</u> - South Interlake Seniors Resource Council **204-467-2719**; <u>Springfield</u> Services to Seniors **204-444-3139**; <u>Teulon</u> and District Seniors Resource Council **204-886-2570**; <u>Lac du Bonnet</u> - Two Rivers Senior Resource Council **204-345-1227**, <u>Pinawa</u> **204-753-2962** or <u>Whitemouth/Reynolds</u> **204-348-4610** or

Winnipeg River Resource Council **204-367-9128** Montcalm Service to Seniors - Some

services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Chrystal: **204-746-4547** or **montcalmserviceprogram@gmail.com** Les services <u>rivière seine</u> pour aînés - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud: **204-424-5285**.

<u>Seine River</u> Services for Seniors is happy to announce the launch of our new, bilingual website! Explore resources and stay up to date on the latest news within the community. https://seineriverservicesforseniors.ca

Selkirk - Gordon Howard Centre - Hobby

Cost: \$5/person. Register online by June 22: https://www.standrewsrectory.ca/events/

<u>St. Andrews</u> Rectory & Heritage Centre -People of the Red River, July 1, 11 am-2 pm, 374 River Road, St. Andrews, MB. A FREE family day to explore life in the Red River Settlement. Featuring the Manitoba Living History Society, Bannock station, Maker Market (book your table), Kids Games and Crafts. Info: 204-339-6396, standrewsmuseum@shaw.ca

Seniors 55+ - Cancer society Transportation Program, fee for service contact list, Erik kits. Facility available to rent. **204-638-6485**, **www.dauphinseniors.com**

East St. Paul 55+ Activity Centre -

(262 Hoddinott) - Programs for area residents. Call for programming: **204-654-3082** (msg).

Emerson-Franklin Senior Services -

Transportation, shopping, Meals on Wheels for shut-ins. For seniors with disabilities for independent living. **204-427-2869**

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. Arborg and District Seniors Resource Council 204-376-3494; Ashern Living Independence for Elders 204-768-2187; Brokenhead/Beausejour Outreach for Seniors 268-7300; Victoria Beach East Beaches Resource Center 204-756-6471; Eriksdale Community Resource Council 204-739-2697; Fisher Branch Seniors Resource 204-372-6861; <u>Gimli</u> Seniors Resource Council 204-642-7297; <u>Lundar</u> Community Resource Council 204-762-5378; Riverton & District Seniors Resource 204-378-2460; St. Laurent Senior Resource Council 204-646-2504; Selkirk & District Senior Resource Council 204**Mood Disorders Assoc. of Manitoba -**"Steppin' Up With Confidence!" 40 min. virtual program of mindfully moving our bodies followed by breathing exercises. Tuesdays, 10 am, for those in Northern Manitoba. (Norman region). Madi: **norman@moodmb.ca**.

<u>Niverville</u> Services to Seniors - Some of our Services include: Low-cost senior's fitness, Mon. 9:30-10:30 am; Pickleball, Wed. 10-12 at Niverville Rec Complex; Free Mobility Equipment Rental (wheel chairs, walkers, etc.); Low-cost rides pro- gram; Seniors frozen meal program; and much more. Info: 204-388-9945 or sts@heritagecentre.ca

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

Seine River Services for Seniors (RM of La Broquerie and RM/Town of Ste-Anne) -Help and support with transportation services, companionship, homecare services. Melanie Bremaud: **204-424-5285**. workshops, fitness classes, recreational programs, volunteer opportunities, special events (outings, sea- sonal meals and presentations). 384 Eveline St. Info: **www.gordonhoward.ca** or call **204-785-2092**

Selkirk Services to Seniors - For 65+. Programs available to residents who pay taxes to the R.M. of St. Andrews, R.M. of St. Clements or to the City of Selkirk. Volunteers needed for office help, transportation drivers, handi helpers (house cleaning, yard work). 204-785-2737, Selkirkrc@mymts.net

Springfield - Springfield Seniors -

Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. Masks and Proof of double vaxx required for programs. 204-444-3139, springfieldseniors@mymts.net.

St. Andrews Rectory & Heritage Centre -

Growing the Secret Garden, A Master Gardener presentation by the Rectory Garden Committee, June 24, 1:30-2:30, 374 River Road, St. Andrews, MB. Come hear about the garden's thriving process and the lessons learned along the way. Topics include planting heritage varieties, native flowering plants, and gardening in shady, dry conditions. Info: **204-339-6396**, **standrewsmuseum@shaw.ca**.

Steinbach - Pat Porter Active Living Centre

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

Stonewall - South Interlake 55 Plus

(si55Plus) - 374 1st. St. West. Become a member - \$25/year. Luncheons, Ukulele Club, Pickleball, Line Dancing, Active Wellness Club, Virtual Chat, Cards & Games, Bus trips, and much more. 204-467-2582, si55plus@mymts.net, www.si55plus.org.

Teulon Seniors Club - Cribbage, crafts and more, Tuesdays, 1:30-3:30 pm; Food security initiative; Free iPad training; Exercise classes and more! Info, Alice: **204-886-0406**.

Thompson Seniors - Cribbage, crafts and more, Tuesdays, 1:30-3:30 p.m.; Food security initiative; Free iPad training; Exercise classes and more! Contact: **204-677-0987**, **thompsonseniors55@gmail.com**

Email the exact wording for your PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by July 2nd for the July 10 issue. Please advise us of any closures for holidays.

Things To Do - WINNIPEG

Programs / Services

Anavets Assiniboia Unit 283 - Meat Draws, Bingo & Cribbage 3 x/wk. Dancing to live Bands Fri. nights and special events on Saturdays. 3584 Portage Ave. Hall rentals. 204-837-6708.

Programs / Services - Cont'd

Assiniboia Wood Carvers Association -Woodcarving Fridays, 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehler84@gmail.com or Wayne: 204-792-3932

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

Creative Retirement Manitoba - Affordable Lifelong Learning. Online and in-person classes. Art & Music History, Bridge, Estate Planning, DNA for Genealogists, Cdn.Railways and more! Visit creativeretirementmanitoba.ca.

Dakota 55+ Lazers Senior Centre - Pro-

grams: Cribbage, line dancing, floor curl- ing, quilting, fitness, etc. Call: 204-254-1010 ext. 217. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: 204-257-3172. Jonathan Toews Centre, 1188 Dakota St.

Dufferin Senior Centre - Mon. Bingo 1 pm; Thur. Yoga 10 am; Dances every Sat. 12- 3:30 w/light lunch & 4-pc band. Perogies for sale, Call Al: 204-771-3325.

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

The Happy Gang - Afternoon of fun - conversation, card games, table games or bridge, complimentary light refreshments. Thur. June 15, 1:30-3:30 pm, at Prairie Spirit U.C., 207 Thompson Dr. Info: 204-832-1000 or 204-895-7410

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

Meadowood Seniors Club - 1111 Dakota St. A 55+ seniors club meets Tues. 1-3 pm. Various activities, chair yoga, wood carving, quilting, For more info contact meadowoodseniorsclub@gmail.com.

Mensheds Manitoba Inc. - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. 204-832-0629.

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, hot dog days, bingo, lunches, games, painting, aquacise, lending library, presentations. 204-582-0066, ncsc@shaw.ca, ncseniors.ca

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.)-Programs include: Exercise: variety fitness, voga, zumba, seniors' fitness, line dancing, and older adult weight training. Social: Lunch PALs, Movie PAL's, Men's Breakfast. Creative: PAL Painters, Always Write, Book Club, Still Bloomin' Garden Club. Games: Pickleball Bridge, Bocce, PinPAL's. Community: PAL Cares Group, Alzheimer Support Group, Conversation Circle for Newcomers, Cultural

Connections, Ring & Ride, Take 5 Day Club. Education: Tech Tuesday, PAL Presents (info & Music), Tablet Library, PAL Travel Tips. 204-946-0839, office@pal55plus.ca, www.pal55plus.ca.

Rainbow Resource Centre - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email otr@rainbowresourcecentre.org.

Royal Canadian Legion, St. James Branch #4 - Over 55 Club, 1755 Portage Ave. Peter and Ruth Henry: 204-488-3533.

St. James Assiniboia 55+ Centre - Various programs and activities, 3-203 Duffield St. 204-987-8850, www.stjamescentre.com

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

Windsor Community Centre - \$2 drop in. Call for schedule. 99 Springside Drive (St.Vital). 204-233-0648, office@windsorcc.ca

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Travel / Leisure / Activities

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Rain or Shine (rain venue on site) Bring a Chair!

> Live Entertainment!

Wee Folk

Activities

HIGHLAND MAN KOBA GATHERING

Adult \$15 Child/Senior \$10 Weekend Pass Adult \$25 Child/Senior \$15

Day Pass

Pancake Breakfast Sun. 9-11 am

Saturday, June 24 ~ 9 am-6 pm | Sunday, June 25 ~ 9 am - 4 pm

Legacy Park, Recreation Centre, East Selkirk, MB Hwy 59 & PR 212 (Kittson Rd.)

1st Annual Longsword Championship (Sat) 1st Annual Broadsword Championship (Sun) Heavy Games Competitions • Hands of Lugh Jacobite Encampment • Scottish Market Red Lion Scottish Food Booth Clan Booths • Highland Coo (Sat. AM) Highland Dance • Scottish Auctions Medieval Live Enactment

Pipe and Drums Competition (Sun) (Solos, Mini & Full Band) 30th Paddling Championship (Sat) Barony of Castel Rouge (Dress up and get your photo taken on the throne)

Manitoba Living History (1812-1850) Queen's Own Cameron Highlanders of Canada "D" Division RCMP Pipes & Drums of Manitoba

www.manitobahighlandgathering.org

Facebook: @MBHighlandGathering | Twitter: @MBGathering Instagram: eventmanitobahighlandgathering | Youtube: Manitoba Highland Gathering



August 27-28th - \$359.00 pp dbl occ



Tour Includes: Via Rail Ticket Winnipeg to Dauphin, Motorcoach Transportation, Hotel Stay, Fort Dauphin Museum Tour, Boat Tour of Clear Lake, Breakfast, Bag Lunch, Shuttle from Train Station to Hotel, Wasagaming Park Fee, Island Park Tour plus opportunity to purchase fresh produce from Mayfair farms.

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

waters to relieve sore muscles & stiff joints this fall! The unique buoyancy allows people with aches & pains to move in ways they haven't experienced in ages. Come try effortlessly floating in Canada's Dead Seal

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MANITOBA GOVERNMENT REMINDS DRIVERS TO WATCH FOR MOTORCYCLES

Share Roads Responsibly, Watch for Motorcycles: Piwniuk

The Manitoba government had proclaimed May as Motorcycle Safety Awareness Month to promote motorcycle safety and remind all motorists to share the roads responsibly and exercise caution around motorcycles, Transportation and Infrastructure Minister Doyle Piwniuk announced. "Spring is the start of riding season as more motorcycles return to our streets, highways and roads," said Piwniuk. "We remind all motorists that safe driving and riding practices should be exercised and to always be on alert and to share the roads with motorcyclists. All road users have the right to

travel safely on our roadways."

"It is not only important that motorists watch for motorcycles, but as well that motorcyclists be reminded of their responsibility to maintain that 'safety bubble' around them by being visible, maintaining safe traffic separations and riding at speeds appropriate for the unpredictable road conditions," said Carolyn Peters, president, Coalition of Manitoba Motorcycle Groups (CMMG).

The Manitoba government will continue to work in partnership with organizations such as the CMMG to promote road safety across the province, noted the minister. ■



Celebrate Canada Day in South Winnipeg

Come and Celebrate Canada Day at Bridgwater Lakes Park at 133 Bridge Lake Drive, 11 am - 4 pm.

Hosted By Winnipeg Chinese Senior Association, Councillor Janice Lukes, MLA Jon Reyes, and MP Terry Duguid.

This FREE event has fun and activities for the entire family!

- Cake & Refreshments
- Bouncy Castles, Face Painting
- Petting Zoo & Games
- Bazaar & Dragon Dance Cultural Entertainment

Don't miss an All Canadian world Record Drumming Celebration @ 12:00 Noon.

There is something for everyone!

Below are some photos from last year's Canada Day event.

You can register online at: http://www.canadadaywcsa.ca



- July 1st

Travel / Leisure / Activities





Advertise your travel business, event or activity here at a reduced price. Share the cost of a larger ad. Call **204-467-9000** or email **kelly_goodman@shaw.ca** for details.





Make a Day of it!

After the Market, tour the town, walk on the boardwalk, go for a swim, dine at a restaurant, have an icecream cone.

Only 45 minutes north of Winnipeg

Garden Tour Tea, Craft & Plant Sale

of Gardens in South St. Vital

Saturday, June 24th 10 am - 4 pm Tour Day at 1111 Dakota St. (United Church in Meadowood) Manitoba Tea, Craft & Plant Sale

(10:30 - 2 pm)

Garden Tour - \$20 Tea, Craft & Plant Sale - \$5 Advance Tickets available at **1 JustCity.ca** 204.779-8957 gardentour@1JustCity.ca

In support of **UST** West End



We're located in St. Vital or we can come to your 55+ building.

For rates & information: www.brainlinttheatreschool.ca or 204-219-3979

Harry Kaplan: The King of Winnipeg's North End



During my teenage years, I formed a lasting friendship with a guy named Shawn Kaplan, who remains one of my closest buddies even as I approach the age of 50. The Kaplans lived on Embassy, just a block away from my house on Tanoak Park Drive in Winnipeg. Beyond our shared Jewish heritage, Shawn and I had many common interests, such as sports, girls, and a shared belief in making the impossible possible. But this story isn't about our mischievous adventures growing up. It's about his father, Harry.

Upon first meeting Harry, he came across as a larger-than-life figure, yet simultaneously stern, rigid, and no-nonsense. I remember a particular Shabbat dinner at the Kaplan's house when Shawn, against Harry's repeated requests, refused to take off his baseball cap at the table. Eventually, Shawn was asked to leave the dinner table. Over the years, as I spent more time at their house, I gradually witnessed the emergence of Harry's light-hearted, funny, charismatic, and impulsive side. He has always been kind to me, but it was through writing this article that I began to understand the reasons behind Harry's demeanor.

One of my earliest and most vivid memories of Harry was when Shawn badly injured his back while playing basketball, resulting in the arrival of paramedics. As the paramedics rushed into the house carrying a gurney, Harry took a towel to their muddy shoes and screamed at them, "Take off your shoes before you come in. This is a house." This incident left a lasting impression on me.

Recently, I underwent a medical procedure to have polyps biopsied in my bladder. The doctor initially suspected cancer, and I immediately called Shawn to share the news. He managed to make me laugh and feel a little better in that difficult moment. We reminisced about the good old days, and for a brief period, I didn't feel as though life had cheated me out of its remaining chapters. A week later, Harry reached out to express his concern. By that time, I had learned that the doctor's initial diagnosis was incorrect, and Harry seemed genuinely relieved to hear that I was okay. Harry not only proved to be a great father but also an amazing friend.

POLAND 1939

Harry Kaplan's life story is deeply intertwined with his Jewish heritage and the experiences of his family during World War II. His family resided in Rovno, Poland, where Jews lived with uncertainty, fear, and the rising tide of anti-Semitism. Rovno, a vibrant city with a significant Jewish population, saw Jews playing a vital role in its cultural, economic, and social fabric. Harry's parents, fortunate enough to leave the country before the war erupted, narrowly escaped tragedy when their home was targeted by the Nazis, who smashed a log through one of their windows, nearly killing their youngest son. Leaving behind their possessions and wealth, the family immigrated to Canada in 1939, settling in Winnipeg with meager funds after the Polish government seized their assets. The hardships and challenges Harry's family faced leaving Poland and their subsequent settlement in Winnipeg shaped his appreciation for resilience and determination. He witnessed first hand how his parents built a new life in a new country, and this experience instilled in him a deep sense of gratitude and determination.

leave and fortunately their family was picked. The farm area where they resided was also home to ten other Jewish families, and Harry's house served as a synagogue for the High Holidays.

Harry's parents were adamant for him to have a Bar Mitzvah. In order to accomplish this he had to move into the Jewish orphanage on Matheson Street where he was taught his Bar Mitzvah. At that time other kids who were truly orphans were also living at the orphanage. During this time Harry attended Luxton Elementary school.

Harry's parents eventually moved to Winnipeg after the war and opened a small general store at 235 Dufferin Avenue. Harry can still envision the store as if it were yesterday, "My mother was a smart business woman.



I remember they sold linoleum, materials, pots and pans." Winnipeg in the 1930s was a bustling city with a strong sense of community. The north end, a working-class neighborhood, was known for its diversity and close-knit atmosphere. The neighborhood was characterized by row houses and small shops while families often lived in close quarters with extended family members or boarders. Harry vividly recollects the various homes he lived in, "We lived on Flora. We rented there for a month, then bought a house in Manitoba. In 1961 my parents built a house on Mathesison. I had graduated from pharmacy at that point and helped pay for it."

Harry attended St. Joseph's for high school. "We belonged to the YMHA on Albert Street. After workouts we'd have a scoop of ice cream with the girls at Dairy Dell. On Friday nights everyone would show up at the College Theatre. That's where you were seen."

THE SODA JERK

Directly out of school Harry started working at *Economy Drugs* owned by David Stern. "In Winnipeg you needed to apprentice for two years before you went to university. So there I was Mr. Big Shot in high school working menial jobs behind the fountain serving customers sandwiches." While working as a soda jerk at Economy Dave became in many ways a mentor or almost like a second father to Harry. Dave was always helping Harry, providing him advice and in many ways took care of him. Dave saw him as a bright young man, a hard worker but more importantly someone who had business savvy and had





Barbara and Harry's wedding.



Harry (left) with his daughter Carrie, wife Barbara and son Shawn.

1969. Harry happened to be at Sun and Swim on Pembina that day due to a broken air conditioner at his store. Introduced by Barbara's friend, Harry was initially hesitant but eventually impressed by the vision of loveliness standing before him. They dated for only three months but have been deeply in love for the past 53 years, showcasing how chance encounters and connections can shape our lives. The fact that their families already had a connection through their neighbouring stores adds an extra layer of love to their magical story. As an adult, Harry became a highly successful businessman, being a part-owner of Economy Drugs on Redwood and Main. In 1973, Shoppers Drug Mart negotiated a deal with Harry and David to continue running the business, but it would become part of the Shoppers empire. Harry's son, Shawn, an accomplished chef who has prepared meals for Obama and other well known politicians, acknowledges his father's innovative and community-oriented approach to running the store. Harry organized events for seniors, invited celebrities and famous hockey players, and even arranged for Filipino dancers to perform in the store's parking lot during summer barbecues. He built a strong reputation for his dedication to the community, both as a respected businessman and as a valued member of the Jewish community in the north end.

Harry's impact on the north end is fondly remembered by his daughter, Carrie, an artist living and working in Los Angeles. She recalls his efforts to organize events, welcome notable visitors, and create a vibrant atmosphere at the drugstore. The store served as a gathering place for the local community, and Harry even hosted special events for doctors, offering them discounted shopping opportunities. His commitment to his customers and the community left a lasting impression. At 92 years young. Harry Kaplan's life story exemplifies the strength of the human spirit, the power of community, and the resilience of individuals who have triumphed over adversity. After writing and researching this profile I'm beginning to understand Harry. It would seem that Harry not only belongs to the north end of Winnipeg, but the north end has become an integral part of who Harry is. His upbringing in the north end instilled values of hard work, dedication, and the pursuit of education as a means to create a better life for himself, his parents, and his children after the Nazis took everything away from his family in 1939. The horrors inflicted by the Nazis painted a brutal and unforgiving picture of the world for a young Harry. Perhaps in response, he used his innate charisma and strong work ethic to defy the Nazis and live a great life, proving that he would never surrender despite their unspeakable crimes.

WINNIPEG

Initially, Harry's family lived in a farmhouse between Stonewall and Stony Mountain, where they had to learn farming skills to survive. Only 1,500 Jews had been allowed to great charımsa.

After completing his apprenticeship Harry attended the University of Manitoba and completed a degree in Pharmacy. After graduation Harry and a fellow classmate were looking to buy a drug store when the deal went south. Subsequently Harry's mentor Dave Stern heard Harry was looking to buy a drugstore and offered him to become a partner in 1963, just as the store began its transformation into Economy Discount Drug Store.

Harry and Dave became not only partners but best of friends, "Dave saw that I was young and had the makings that he liked. Honestly though I still to this day don't know why he picked me. After I became a partner we'd be at the store by eight a.m and come home at one a.m everyday.

HARRY & BARBARA

Harry's future wife, Barbara, had a serendipitous connection to him through their families' neighboring stores. Despite Barbara's family, moving away to Vancouver, fate brought them together again when Barbara visited Winnipeg in the summer of

June 7, 2023

Message from Kamal Khera - Minister of Seniors Canada

Minister of Seniors Investments in the New Horizons for Seniors Program (NHSP)



Minister

Dear Friends,

Recently, I had the pleasure of announcing over \$61 million dollars in funding for the New Horizons for Seniors Program (NHSP). This year we funded over

Kamal Khera

3000 projects across the country. I want to take this opportunity to congratulate all of the suc-

cessful organizations and give my sincere thanks for all the amazing work they do in their communities.

The month of June is special for many Canadians. To start, each year on June 1, we recognize Intergenerational Day, a day on which we celebrate the mutual benefits of building relationships across generations. I am proud that this year many of the NHSP projects we have funded are aimed at creating connections between seniors and young people.

On June 15, the Government of Canada is joining countries around the world to collectively speak out against elder abuse and mark World Elder Abuse Awareness Day. This day is important as it raises awareness about protecting the rights of older persons.

June is Seniors Month in Ontario, New Brunswick, Newfoundland and Labrador, Prince Edward Island and Nunavut. This month, and all year-round, we recognize seniors and the countless contributions they've made to their communities and to Canadian society.

This month, we also celebrate Canada's diversity and recognize the importance of Indigenous heritage. During National Indigenous History Month, I invite you to celebrate the rich history, heritage, resilience and diversity of First Nations, Inuit and Métis people across Canada. This is an opportunity to learn more about the, languages, cultures and experiences of all Indigenous people in Canada.

I would also like to commemorate the launch of Pride Season, Italian Heritage Month, Filipino Heritage Month and Portuguese Heritage Month, which are all celebrated in the month of June.

And last, but certainly not least, I would like to wish everyone a Happy Father's Day on June 18. Let's take this day to celebrate all fathers and father-figures across Canada and around the world.

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Every year, the NHSP plays a crucial role in enhancing seniors' quality of life by providing funding for thousands of projects across Canada. On May 23, I proudly announced that our government is investing over \$61 million to fund over 3,000 community-based projects to support seniors across the country this year. These funds are helping seniors across the country to continue being vibrant contributors to their communities. Promoting healthy aging and empowering seniors are essential for building inclusive, age-friendly communities.

seniors who are making a difference in their communities and in the lives of those around them.

As part of the 2022-23 NHSP call for proposals for community-based projects, organizations were invited to apply for funding for projects that would create opportunities for seniors to be more connected, supported and active members of their communities. I'm am proud of the more than 3000 seniorsserving organizations, who with the NHSP funding they have received are working on:

- supporting healthy aging through engaging social, physical and artistic activities;
- preventing senior abuse through financial literacy training, fraud prevention training, and digital literacy sessions;
- celebrating diversity and promoting inclusion by promoting intergenerational mentoring, serving vulnerable groups and holding peer support sessions; and
- helping the majority of seniors who want to age in their own homes to do so by providing practical supports.

World Elder Abuse Awareness Day

On June 15, we mark World Elder Abuse Awareness Day. We recognize that elder abuse is an important issue for many seniors in Canada.

Elder abuse can take many forms, such as physical and sexual abuse, neglect, and psychological or financial abuse. It includes the mistreatment, neglect and exploitation of older adults, whether a single or repeated act. More specifically, it is any deliberate behaviour, attitude and speech often perpetrated by a person in a relationship of trust—such as a family member, friend or caregiverthat causes or is likely to cause harm or distress to an older person. It is also ageism and the violation of seniors' rights. Raising awareness and recognizing the signs of elder abuse are the first steps to help prevent and end it.

Here are some common signs of elder abuse to recognize and act on:

- sudden changes in appearance;
- sudden changes in behaviour (fear, anxiety or depression) in the presence of someone an older adult has trusted;
- unexplained physical injuries; - unexplained changes in financial status or sudden changes in legal documents;
- conflicts between the senior and the caregiver; and
- lack of basic care, such as misuse of medications, poor nutrition or poor hygiene.

Our government is proud to invest funding in over 600 projects across Canada that focus on elder abuse awareness and prevention, through the most recent New Horizons for Seniors Program Community-based projects call for proposal. This includes projects that put together sessions on elder abuse, elder abuse prevention and weekly senior activities in a safe environment. The South Winnipeg Seniors Resource **Council in Manitoba** is a great example of this. Through their recent NHSP project titled Golden Rule Seniors, educational sessions on various topics, including elder abuse, are available to seniors in the community. Also through NHSP, The Calgary Rural Primary Care Network provides seniors with resources on elder abuse to promote awareness on the issue through their Elder Abuse Awareness Program.

I am committed to continue working to strengthen Canada's approach to elder abuse. Last April, I co-chaired the Federal/Provincial/Territorial Ministers Responsible for Seniors Forum with Ontario's Minister for Seniors and Accessibility, the Honourable Raymond Cho. There, ministers approved the report from the working group on senior abuse and the What We Heard report from the working group on ageism. Both of these reports will be available on the Forum's website in the coming months.

We're also committed to strengthening the criminal code by finalizing the definition of elder abuse, investing in better data collection and establishing new offense penalties under the law that are related to elder abuse. As a government, we will continue to work to ensure that those who knowingly abuse and neglect seniors are held accountable.

Wild Fire

Across the country, Canadians, including seniors, are being forced from their communities and losing homes to wildfires, or spending days under a blanket of smoke. We know that climate change is making extreme weather, like the wildfires across the country, more frequent and intense.

I want to thank the many brave firefighters who have been working around the clock to contain the fires. As a government, we are prepared to help in any way possible. To date we have taken measures that include:

- Approving Requests for Federal Assistance in Alberta, Nova Scotia, and Quebec including the deployment of Canadian Armed Forces members to airlift resources and aid in firefighting roles;
- Investing to train more community-based firefighters across the country this season, including 300 Indigenous firefighters and 125 Indigenous fire guardians;
- Receiving hundreds of firefighters from other countries to support our efforts over the coming days and weeks;
- Deploying mobile outreach Service Canada units to help provide quicker access to benefits and services such as EI.
- Partnering with provincial and territorial governments and not-for-profit organizations to match funds donated by Canadians and organizations. For example, this includes a donation matching program

The National Research Council is recruiting Experts by Experience

In recent years, numerous challenges have come to light, affecting the aging community. The National Research Council of Canada's Aging in Place Challenge program aims to tackle these challenges through innovative technologies. These technologies will help improve quality of life for older adults, providing them with the tools they need to age in place within their own homes and communities.

The perspective of older adults' lived experience is essential to the success of the projects this program supports. The Aging in Place team is looking for adults over 65 and caregivers who support them to provide their input on these technologies to ensure they match the lifestyle, needs and expectations of the people they are designed for. This is an exciting opportunity to participate in research that will support aging in place today, and in the future.

You can visit the National Research Council's Experts by Experience page to learn more.

Affordability for Seniors

Making life more affordable remains a top priority for our government, even though global inflation is going down, many Canadians are experiencing challenges when it comes to affordability. That is why Budget 2023 lays out our plan to support seniors, which includes providing older Canadians with a grocery rebate, dental care and information on the Canada Health Transfer Top-Up.

Budget 2023 delivers new targeted inflation relief to the Canadians hardest hit by the rising cost of living. On July 5th seniors can expect to see an additional \$225 dollars in their bank account on average.

Budget 2023 also delivers the next steps in the government's transformative plan to ensure Canadians have access to dental care. Our government will introduce legislation to support the implementation of the new Canadian Dental Care Plan, which will provide dental coverage for uninsured Canadians with annual family income of less than \$90,000, with no co-pays for those with family incomes under \$70,000. This year eligibility will open to people who are under the age of 18, seniors, and people with disabilities who meet the income criteria and do not have insurance. The plan would begin providing coverage by the end of 2023 and will provide 9 million Canadians with dental insurance.

To ensure that Canadians have access to family doctors, mental healthcare and their healthcare records, Budget 2023 also proposes an urgent and needed investment of close to \$200 Billion to strengthen our public health care system. To learn more about this year's Budget, check out Budget 2023: A Made-in-Canada Plan: Strong Middle Class, Affordable Economy, Healthy Future (webpage)

NHSP supports projects led or inspired by

with Alberta through the Canadian Ked Cross 2023 Alberta Fires Appeal, where every dollar donated becomes \$3 in support towards those affected by wildfires. We are setting up similar donation matching programs in the Northwest Territories and Nova Scotia.

The most up to date information on Government of Canada donation matching programs can be found on the Red Cross Website.

Mother's Day - Health Education: High Blood Pressure in Adults - Senaka Samarasinghe

Sri Lankan Seniors Manitoba (SLSM) decided to conduct health education session on the above heading. Which was executed by Dr. Rivi Warnakulasooriya MD, MSc, CCFP works currently as a Physician in Province of Manitoba. His wife Dr. (Ms.) Renuka

Warnakulasooriya helped Rivi's demonstration. As the topic is much applicable among Seniors as well as both of them are not strangers for SLSM members the Question and Answer period was extended more than the schedule time allocated.

At the beginning Indra Arivaratne, President SLSM introduced two invitees to the members. As Mother's Day falls on May 14th (SUN) 2023 mothers were offered a gift parcel as a mark of respect. \blacksquare



Members of SLSM enjoying a meal after the presentation.

Prof. Hiran D. Dias: A Scion of a Pioneering and Patriotic family of Mother Lanka - Senaka Samarasinghe

Prof. Hiran D. Dias passed away at the age of 89 on Feb. 28, 2023. He was born on Feb. 25, 1934 in his parental ancestral home in Panadura. His father was Charlie Dias and mother was Freda Dias. After completing his high school education at St. Thomas College, Mount Lavinia, he went to University of Cambridge, UK for Graduate Studies. In the same University in 1962 he completed his PhD in Geography and the topic of this thesis was Cottage Industries of Ceylon (now Sri Lanka).

The elder brother of Prof. Dias's father (Mahappa) was Mr. Arthur V. Dias (1886-1960) more popularly known as Kos Mama (Uncle Jack). He was a planter by profession, a philanthropist, member of the temperance movement, independence activist, jackfruit campaign pioneer within the island, a national hero and helped educational establishments.

Paternal grandfather of Prof. Dias was Jeremias Dias from Panadura. Ms. Jeremias Dias, nee Selestina Rodrigo (1858-1933) founded a Buddhist Girls' School in 1916, Colombo 3. In 1927, Visakha Vidyalaya was established in a 3-acre plot of land on 11th Lane (now Vajira Road). This was an era when girls' education was not a priority even among effluent families.

After completing his studies abroad, he returned to Sri Lanka and joined University of Ceylon, Peradeniya. There he met his lifetime partner Erika a student of the same university. She was the eldest in the family of three sisters. Her loving father was Junian Jayawardena from Pàlàna, Weligama. University students called her 'swan' because she walks as a swan. Their wedding was held on 8th July 1959 in Colombo.

I came to know Prof. Hiran Dias when I was at the University of Ceylon, Colombo Campus as my geography lecturer. He was the Proctor of the Campus and promoted as the President in the late 1960s. He paddled his push bicycle with students wearing cor-



Feb. 25, 1934 - Feb. 28, 2023 Age 89

duroy slim-fit trousers and bush shirt through the busy roads in Colombo. In 1972, when the Agrarian Research and Trancing Institute (ARTI) was established, Prof. Dias joined ARTI as a Senior Researcher.

In 1978, Prof. Dias joined the Asian Institute of Technology (AIT) in Bangkok, Thailand as a Professor of Rural Development Planning and later he was promoted as the Head of the Human Settlements Division. At the AIT, few planning service officers after completing the MSc followed short-term courses in the field of IRDP. For the graduation ceremony all faculty members of AIT used to wear a full suit along with different academic outfits; whereas Prof. Dias being very patriotic and proud of his country wore the Sri Lankan white national dress on such occasions.

In 1985, when I went to the AIT for my MSc in Human Settlements, I met him for the second time. Besides being a lecturer, he was a relation of mine as his wife Erika was a relation of my wife Chandani. When Chandani and my daughter Rowanthi joined me at the AIT (Aug. 1985), the three of us visited Prof.

Dias's home in the city of Bangkok. During that time, we used to meet Prof. Dias, Erika Akka and their two sons Neshan and Agashan very often. I can still remember when Rowanthi was sick, Prof. Dias and Erika Akka took Chandani and Rowanthi to their home in Bangkok for treatment. After nearly one week when Rowanthi was fully recovered Chandani and Rowanthi were dropped at our home in the AIT student village.

After retirement from AIT (1995), Prof. Dias and his wife Erika came back to Sri Lanka and were leading a busy life engaged in various activities. He established a consultancy firm named Vikasitha (Blossom-up) offering consultancy services. In 2009, he was the Chairperson of the Centre for Poverty Analysis (CEPA). He initiated the Non-Governmental Development Organization (NGDO) and the CHAKRA consortium to design and conduct training programmes for Managers of NGDO in Asian Region. During Prof. Dias's retirement period he closely associated with these activities and his loving wife Erika walked along with him as a shadow.

During the era of pre-independent Sri Lanka, the paternal ancestors of Professor Hiran Dias made enormous contributions for the upliftment of society at large. Prof. Dias fully understood the post-independent situation and in his own way, as noted above, made his own contribution for the betterment of the Motherland.

Prof. Dias and Erika Akka were maintaining their sweet home as an Ashram not only to practice Dhamma daily but also to conduct dhamma discussions with their friends and relations. My dear Sir, your relentless practice of the Dhamma will certainly be of help to shorten your sojourn in Sansara.

Senaka A. Samarasingh Winnipeg, Canada, April 6th 2023



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93.7 *IN TUNE WITH OUR COMMUNITY Summer Starts at the Red River Ex!*

Join us at The Red River Ex, Manitoba's largest summer fair, for an unforgettable experience from June 16 to 25. With an abundance of family -friendly activities to explore right here in Winnipeg, this year's event promises to be the best Ex yet—and we'll be hosting Seniors Day at the Ex once again—but more on that later...!

Discover some of Manitoba's favorite attractions, rides, exhibits, music and treats, along with exciting new additions that will create lasting memories.

This year's Red River Ex features an incredible

Animal Encounters is a must-visit for animal lovers. Learn about farm animals like bunnies, horses and the world's cutest goats.

Those who admire horses can also witness exciting equestrian competitions each weekend at the Main Show Ring, from barrel racing to the Red River Ride of Rides.

Red River Exhibition Park's new Harness Racing track, The Loop, will feature its own stage during the Ex, along with entertainment like a tractor pull, corn maze, and a fireworks show. Stay tuned for more exciting news about the future



slate of family friendly attractions, including some new ones like high-flying aerial acrobatics by Iflip, X-Pogo, and Extreme Dogs, and captivating performances by Winnipeg fire dancer and stilt walker Tiauni Starr.

All attractions at The Ex are free with gate admission, making it accessible and affordable for all. There is much more to do than rides (though there are lots of those too)!

With just the cost of gate admission, those on a budget can take advantage of a ton of free attractions and things to see. Immerse yourself in entertaining free performances and shows, explore the shopper's market, and catch live music on three stages.

Take a leisurely stroll around Red River Exhibition Park and discover various food options to satisfy your cravings. You can also bring your own supplies and have a picnic in the new Central Park area. Outside food and drink are always welcome at The Ex! home of Manitoba Harness Racing!

The Red River Ex is all about celebrating our community. Engage with creative competitions such as the amateur art show, photo salon, quilt show and the Hobby Showcase and Boathouse. Here, you can discover Manitoba's treasures and the people who make it special.

The Ex also features several special community days. Seniors are welcome every day at The Ex, though the excitement is ramped up another level on Seniors' Day, brought to you by CJNU. On June 20, seniors save \$5 on gate admission and get a free ride on the Giant Wheel and Merry-Go-Round. There's also some great bands to sing and dance along with, and free donuts and coffee at the Red Barn Stage from 4 to 6 PM.

What's your thrill? Find it this summer at The Ex from June 16 to 25 at Red River Exhibition Park. For more information and to buy tickets, visit redriverex.com. By day or by night—there's always action at the Ex!

Visit our Remote Studio!

We're delighted to have our Remote Studio set up once again at St. Vital Centre throughout June, July and August! Pop in to say hello, grab a free sweet treat, become a member of our coop, and enter for a chance to win Goldeyes tickets throughout the season!



Find us @CJNU937 on Social Media | Visit CJNU.ca to learn more!



How to Boost Older Adults Immune System -Heatto Home Meals

As you get older, it's natural to start feeling more tired and run-down than you did when you were younger. And, as we age, our immune systems tend to weaken, making us more vulnerable to different infections and illnesses. But if we've learned one thing about aging, it's that there are proactive ways to protect yourself and your loved ones around you. You can achieve this by taking the right measures to boost your immune system, and here are some key steps to help you do just that:

1. MAINTAIN A HEALTHY DIET

A healthy diet is the cornerstone of good health, and it's especially important for Older Adults. Older Adults should include plenty of fresh fruits and vegetables, lean proteins, healthy fats, and whole grains in their diet for well-balanced nutrition. Not only will these foods provide more energy and strength, but they also help fight inflammation, prevent chronic diseases, and build up your immune system with the necessary vitamins to combat viruses.



Heart To Home Meals provides freshly prepared, nutritionally balanced meals that are perfect for Older Adults looking for convenient, reliable, and healthy meal options. Take the guesswork out of your diet.

2. THE MORE YOU MOVE, THE BETTER

Another essential component of a healthy lifestyle is exercise. Older Adults should aim





to get regular exercise, such as brisk walking, yoga, or swimming. Wondering how exercise helps boost our immune system? Here's how:

- Stimulates cellular immunity exercise helps increase the circulation of the immune system's best defensive cells, in turn allowing the body to become more resistant to infection.
- Helps you sleep better.
- Decreases the risk of heart disease, diabetes, and other diseases.
- Decreases stress by slowing down the release of stress hormones.
- Reduces inflammation moderate exercise with needed rest periods helps improve the effectiveness of your body's inflammatory immune response.

3. STAY HYDRATED

Drinking enough water is crucial to maintaining good health while keeping your immune system functioning well. Staying hydrated naturally helps your body eliminate the toxins and bacteria that cause infection, while also aiding in digestion and kidney function. Older Adults should aim to drink plenty of water, herbal teas, and other healthy beverages daily. Avoiding sugary drinks (such as soda) and alcohol is important as they can weaken the immune system and cause dehydration.

TIP: We suggest always keeping a reusable water bottle with you to hit your goal of consuming 6-8 glasses of water per day, measuring approximately 2 liters.

4. GET QUALITY SLEEP

Getting enough sleep is another important step toward boosting your immune system. While you sleep and other parts of the body are resting, your immune system gets a chance to fight off different invaders including bacteria and viruses. If you struggle to get a good night's rest, we recommend implementing the following:

- Getting into a regular routine going to bed at the same time each night and waking up at the same time each morning
- Make your bedroom as dark as possible you can achieve this by installing blackout curtains or blinds.
- Aim to get 7-8 hours of sleep each night prioritize sleep by building your daily schedule around bedtime.

is always on hand.

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*Some conditions may apply.



5. REDUCE STRESS

Although life can get stressful, chronic stress is sure to weaken your immune system. When we are stressed, the body's cortisol levels increase, which suppress your immune system's effectiveness and make you that much more susceptible to dangerous infections and diseases. It's critical to find ways that work best for you to manage stress.

These may include the following:

- Meditation
- Yoga
- Deep breathing exercises
- Swimming
- Reading
- · Socializing with friends and family

If you're looking to improve your health and boost your immune system, these tips are a great place to start. They can help keep you strong and healthy as you age, which will make it much easier for you to fight off illness when/if it does strike. ■



The Winnipeg Police Service

2022 Annual Statistical Report

May 30, 2023

The Winnipeg Police Service 2022 Statistical Report is, by its nature, a collection of crimes reported to police that occurred in Winnipeg. While the statistics are accurate, what's missing is the context and stories behind the crime reports.

As we came out of the pandemic in 2022, we returned to some sense of normalcy as we returned to work, schools reopened, mask mandates were scaled back, organized sports returned, and businesses started to thrive again. However, crime rates, which had dropped during the pandemic, also returned to higher-than-normal levels. In the coming years, the challenge will be to determine and make sense of how this environment impacted people, crime trends, and police-related calls for service.

There were several dynamics observed in

particular order, here's some of what we experienced:

- Calls to our Communications Centre increased by 6% over 2021 and the five-year average (13.6%), with nearly 2000 calls being received daily on average.
- Total crime increased over 2021 (+25.6%) and the five-year average (+17.0%), returning to the upward trend observed pre-pandemic.
- Violent crime severity reached its highest level since 2009, including a record number of Homicides (53). Crimes committed with a knife increased by 12% over 2021, and the use of bear spray in violent crimes has doubled since 2019. Offenders on bail accounted for 1 in 5 cleared violent crimes.
- Property crime increased over 2021 (32%), and the five-year average (20.3%) returned

cent historic low influenced the significant year-over-year percent change in 2021.

- Youth crime increased over 2021 (+43.4%) but fell below the five-year average (-13.7%). Youth crime in Winnipeg had been declining steadily for many years, reaching a recent historic low in 2021.
- The total number of dispatched events remained relatively unchanged from 2021; however, emergency dispatched events increased over 2021 (11.9%) and the five-year average (17.9%).

I would like to acknowledge all members of the Winnipeg Police Service for their care and commitment to those who live, work, and play in Winnipeg. Thank you for watching out for our community and each other.

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Danny G. Smyth

GIFF 2023: Call for Volunteers for the Gimli Film Festival!

Come be part of the largest rural film festival in Canada and rub shoulders with film industry people from July 26 to 30th inclusive.

In exchange for a minimum of 12 hours of volunteering in this wonderful lakeside community you will receive a festival pass, a free t-shirt, a volunteer appreciation pancake breakfast, new friends and more giggles than you can imagine.

As a GIFF volunteer, you will have the opportunity to immerse yourself in the world of film, meet industry professionals, and support the smooth operation of various festival activities. Whatever you are passionate about, we have a role for you.

Don't miss this exciting opportunity to be part of one of Manitoba's most unique summer events. Join us as a volunteer and help create a memorable experience for filmmakers, guests, and fellow attendees. To sign up, visit https://gimlifilm.com/.

to its pre-pandemic upward trend. The re-



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| vented Champagne" | 17 | | | | | | 18 | | | | | 19 | | | |
| 9. Derringer of the | | | | | | | | | | | | | | | |
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| 13. Subject of cooking | | | | | | | | | | | | | | | |
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| 16. McGregor of | | | | | | | | | | | | | | | |
| "Moulin Rouge" | 31 | | | | | 32 | 33 | | | | 34 | 35 | 36 | 37 | 38 |
| 17. Detection device | | | | | | - | | | | | | | | | |
| 18. Gawk | 39 | | | | 40 | | | | | 41 | | | | 1 | |
| 19. Flintstones pet | | | | | | | | | | · · · | | | | | |
| 20. Viking Cruises | 42 | | | | | | 43 | | | | | 44 | | | |
| helmsman perhaps | 172 | | | | | | 43 | | | | | | | | |
| 23. Originally named | | | | | 45 | 46 | | | | 47 | 48 | | | | |
| 24. Fine golf hole | | | | | 43 | 40 | | | | 41 | 40 | | | | |
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| 29. Cygnet | 55 | | | | | | 54 | 55 | | | | 50 | 57 | 50 | |
| 31. Earth Day subj. | 50 | | | | | <u> </u> | | | | | 64 | | | | 60 |
| 32. Per | 59 | | | | | 60 | | | | | 61 | | | | 62 |
| 34. Eyewitness's | - | | | | | 64 | | | | | 65 | | <u> </u> | | |
| activity at a lineup | 63 | | | | | 64 | | | | | 65 | | | | |
| 39. Educational top dog | | | | | | | | | | | | | ┢── | | |
| 42. Köln or Nürnberg | 66 | | | | | 67 | | | | | | 68 | | | |
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| 61. Lomond and Ness | theater | | | | Revolution | | | | 54 | 54. Spanish appetizer | | | | | |
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| WORDSEARCH - Father's Day - By Roni Alward & Senior Scope |
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65. New money on the 10. "The White Album" 37. Pin down ballad Continent 38. Delighted 66. Boleyn or Hathaway 11. Birchbark

62. Mach 1 breaker SOLUTION ON PAGE 19



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Sometimes I read a text and I think, what a weirdo. Then I hit send. I bought a toilet brush recently. I'm going back to toilet paper.

THESE THINGS HAVE NAMES?

The sick feeling you get after over-indulging in food or drink is called **crapulence**.

Wamble is the rumbling sound of an upset stomach.

The day after tomorrow (2 days from now) is called **overmorrow**.





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MIND & MEMORY: A - Z TRIVIA - By Gary Adams

Helping to Keep Brains Young. All answers begin with the letter 'M'

- 1. This is the world's largest producer of French Fries with over 150 plants in 50 countries, the founder recently passed at age 81:
- 2. He was known to sting like a bee:
- 3. Nat King Cole sang this popular song in 1950:
- 4. He got his revenge:
- 5. This skirt was introduced in 1964:
- 6. A war hero, his wife and daughter now fight to defend his legacy:
- 7. This is called the Keystone Province because it is in the centre of North America:
- 8. This is 26 miles, 385 yards long:
- 9. The Taj Mahal is made mostly of this:
- 10. This is a bitter jam made from citrus:
- 11. This is the interior of large bones, where new red blood cells are produced:
- 12. This is the name for mammals, such as kangaroos, koalas and possums who all have pouches:
- 13. These are Mexico's original street musicians:
- 14. This is a puppet controlled by strings:
- 15. This is Gin, Vermouth and an Olive:
- 16. This is a swordfish's cousin which is rarely eaten:
- 17. This Clint Eastwood movie starred Hillary Swank as a boxer:
- 18. At age 50 he has become the oldest golfer to ever win a PGA championship:
- 19. This is one of North America's favorite breakfast fruits:
- 20. His all time favorite song is "Billie Jean":
- 21. In 2006 Romneycare provide guaranteed health care to everyone living in this state. The first state to introduce health care similar to Canada:
- 22. Complete the title of this 1987 movie "Three _____ and a Baby":
- 23. Name this 1970's TV show "We Are _____ On Up":
- 24. This fun TV show starring Robin Williams was introduced in 1978:
- 25. This is a decorative initial on jewelry or towels:
- 26. This is a stately edifice that houses a tomb or tombs:
- 27. This is the most common North American surname starting with "M":
- 28. These two words suggest he or she is a person who gets things done:
- 29. This is the new common word to suggest extra large:
- 30. Name the movie from these song lyrics "Clang, Clang, Clang, Went the Trolley":

A-Z TRIVIA "M" SOLUTIONS



This is a copyright publication, you have our permission to PRINT or FORWARD this Quiz Challenge to Tenants, Retirement Residents, Members, Friends, Staff, Retirement Homes, Hospitals, Clubs, Families and Associations.

It was free created specifically to improve the lives of those in self-isolation during the COVID19 period.

To request direct e-mail sends to friends or family, forward address to trivia@shaw.ca

~ Author, Gary Adams

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Helping to keep brains "Sharp" and "Exercised"

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