

By Scott Taylor, Photos courtesy Winnipeg Jets: A Celebration of Professional Hockey in Winnipeg and Hockey Hall of Fame Images



He was big, strong, muscular, boyish and accessible. He was a superstar in every sense of the word. And when he signed that contract with Ben Hatskin and the Winnipeg Jets on June 27, 1972, Robert Marvin Hull changed hockey forever.

On Monday, Jan. 30, 2022, the leg-endary Hall of Famer **Bobby Hull**, one of the two men who brought big league professional hockey to Winnipeg, passed away at the age of 84.

Hull was charismatic, idiosyncratic, outgoing, popular, oft-criticized and by some, fiercely disliked, but during his time there was no one, not one person in our province, more important to the development of the professional game both on and off the ice.

In 1961, Hull helped lead the Chicago Blackhawks to their first Stanley Cup in 23 years; he was the second player (after Rocket Richard) to score more than 50 goals in a single NHL season; he set the record of 54 in 1966 and broke it by four goals a couple of seasons later and along with Chicago teammate Stan Mikita he helped popularize the curved hockey stick blade in the NHL.

But it's what he did in 1972 that changed the face of professional hockey at every level and brought Hatskin's hockey dream to life.

Nicknamed the Golden Jet by a Chicago sportswriter because of his long strides, blazing speed and flowing blonde hair, Hull was a magnificent leftwinger who professed to be a farmer at heart. He had been the greatest player in the history of the Blackhawks for the past 15 years when Hatskin decided that he was the one man who could give the Jets and the new, outlaw World Hockey Association, the credibility it needed.



Ben Hatskin with Bobby Hull at Portage and Main.

owned Hull's rights until the day they wanted to forfeit them. It was a form a slavery on the rich and talented. Hatskin believed that if he offered the right amount of money, the 32-year-old Hull might consider leaving the NHL.

"I felt, overall, we'd get a good percentage of NHL players," Hatskin told the Winnipeg Tribune back in 1973. "But getting a superstar like Hull would mean instant-league in the minds of the public and the news media. Also it would cause other players to take the WHA seriously. There were only three or four superstars in hockey. All but Hull were tied up. He was our trump card. We went after him and we got him."

Hatskin went after him by telling Weinberg, "We'll pay him a million bucks." At first Hull and his agent thought it was nothing but talk, but as Hull became more frustrated with the Blackhawks, the offer started to have some serious merit.

In the meantime, no one in the Blackhawks organization believed for a minute that the Golden Jet would leave the NHL. For somewhere in the neighborhood of \$250,000, paid over three seasons, Hull would sign with the Hawks. "Winnipeg didn't have a million bucks and the rest of the league wasn't really going to put up the money to give one team a superstar," so why worry. The Hawks believed all So, in December of 1971, Hatskin the talk was nothing more than a publicity gimmick. Finally, on a beautiful afternoon in ager/agent. At the time, Hull was in the early June, Hatskin returned to Winnipeg from a meeting in Denver with Hull and Weinberg. At the end of the session, Hull shook hands with the Winnipeg owner on a deal that would



WHA Chairman Gary Davidson with Bobby Hull.

make the WHA a legitimate big-time hockey league and would give Winnipeg the brightest star in its sporting history.

After the meeting, Hull told the Chicago

Tribune, "If Winnipeg pays, I'm gone." Back in Winnipeg, Hatskin called a news conference and with a battery of microphones under his nose, he told the world: "I'm 99.99 per cent sure that he'll sign. It looks good."

A few days later, Weinberg called Hatskin and hockey changed forever. Hull said Winnipeg accorded him the best of two worlds after he signed contracts worth \$2.75 million that would cover the next 10 years of his life. Late that afternoon at Portage and Main, Hull signed a very public contract with the Jets. The size of the turn-out surprised Hull as traffic backed up for blocks on three sides of one of Canada's busiest intersections-Portage and Main-at the peak of the 5 o'clock rush hour. People stood on their parked cars to catch a glimpse of the Golden Jet.

"I was a little pessimistic how people would react toward me," Hull told the Free Press. "People getting a lot of money sometime bring out the envy in others, but these people were great. The thrill is certainly one of my two greatest. It was a lot like scoring the 51st goal."

No. 51 in the 1965-66 season snapped Rocket Richard's 21-year-old record of 50 goals. Hull, ultimately, scored 54 goals that season, then scored 58 goals in 1968-69. The terms of what was considered to be the largest contract ever given to a North American professional athlete (at the time), were as follows:



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called an accountant named Harvey Weinberg. He was Hull's business manprocess of negotiating a new contract with the Hawks because he had no other choice. Due to the NHL's Draconian reserve clause, the Hawks

1. He received an annual salary of

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On a sunny winter day, I had the pleasure to visit Ed Schreyer at his quaint home just outside the perimeter of Winnipeg where he has resided for over 50 years with his wife Lily and home to their four children. Indeed, it was an honour to chat with the former Governor

General of Canada (1979-1984) and Premier of Manitoba (1969-1977).

Bud Ulrich

Immediately after serving as Governor General of Canada, almost anything that Ed would do, in some ways, would be a bit of a let-down, but in his case, he was appointed as the Canadian High Commissioner to Australia up until 1988 when he returned to Winnipeg.

Ed grew up on a farm six miles north of Beausejour, Manitoba during the mid to late 1930s, just climbing out of the depression. His family was probably amongst the most well-off. but that was relative. All families were living on the edge of poverty. He was the youngest of five boys and one sister living on the family farm. It was a three-generation home, and he was under the instruction from his parents to keep his grandparents company, and if they wanted to talk, reminisce, or whatever, he had better listen or they would find something "else" for him to do. However, they never told him what the "else" would be. Ed felt it would be herding cows, which he hated. His grandpa spoke English quite a bit, but it wasn't his preferred language and his grandma never spoke a word of English. The conversation was in German and occasionally Ed would have to be not the translator, but a "relayor" as his grandma had a larynx issue and she could only whisper, although she could whisper loudly enough so everyone could make out what she was saying. Ironically, Ed's grandpa was hard of hearing. If Ed wasn't around, his grandpa pretended not to understand what grandma was saying. He believes it might have been "selective" hearing.



Ed Schreyer today.

Through Ed's grandpa, Ed learned the "Cryillic" alphabet (used by many Slavic peoples; Ukrainian, Russian, Bulgarian, Serbian, and some other Slavic languages). He doesn't recall how he learned it, but he did. He doesn't speak it fluently, but can read and write Ukrainian to this day.

While it was common for youngsters on farms to drop out of school at the end of grade 8, Ed was determined to gain further education and asked his dad if he could attend high school in the town of Beauseiour. His dad had a rental home in town, and as the tenants had moved out, it was available to Ed. At the tender age of 13, Ed was living on his own and attending the local high school. He claims people would gasp at this arrangement today. Obviously, times have changed and it's not that his parents were carefree and without solicitude for Ed, they were strict and, in those days, when you were 13 or 14 not only were you expected to work, but you were put to work. His dad didn't believe in "pocket money", but Ed could purchase groceries from one of the general stores and his dad would take care of the cost. He purchased several bottles of soft drinks along with groceries and invited school friends to come over to his home with instructions that they could drink as many bottles of pop they wanted, provided they left him the bottles. He then cashed the empty bottles in for his spending money. Ed claims his dad should have known better.

Attending high school had presented



Ed Schreyer during his political career.

several challenges for Ed. He was doing very well for the first few months. He had a French teacher who was "very French" and a very good teacher. Ed was good at language, but then realized one day, and although this may be considered in a negative way, he was getting a reputation of being a bit of a teacher's pet. Ed couldn't have that, so he did what was necessary and didn't volunteer any more answers. It didn't please his teachers, but he was accepted and became more popular amongst his peers. He wanted to be part of the teen culture. Ed was living the charmed life, not spoiled though.

Ed graduated from high school at the age of sixteen as he started school a year younger. He was amongst only 8 or 9 students in grade 12. The attrition rate was high which seemed to be the pattern back then. He already had a job with the local mortician driving a hearse. He received \$20 for each funeral which took approximately 2 hours. This salary worked out to be \$10 per hour, which is far beyond minimum wage of \$2.50 or \$3.00 per hour. As Ed states, "I was in seventh heaven." He had serious thoughts about studying mortuary science and made a trip to Minneapolis to consider that possibility. He and his dad made the trip, and he "cased" out the University of Minnesota and concluded it wasn't practical. In retrospect, Ed bemoans such a big event in his life and yet it was taken so casually.

Continued on next page

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







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February, 2023 - Message from Minister Scott Johnston - Seniors and Long-Term Care Developing a Seniors Strategy - ageism and ableism exist and should be reduced



Dear friends,

For several months the Manitoba government has been connecting with 10,000 seniors, family members, and people who work with seniors to gain their perspectives towards the development of a seniors strat-

Johnston

egy that we will deliver to Manitobans this winter.

There are 229,050 Manitobans aged 65 or older living in the province, representing 17.1 per cent of the total population. Of that group, 29,255 are aged 85 or older. The proportion of women outnumbers the population as age increases.

Manitoba has a rapidly aging population and in the coming years, there will be a much greater need and demand for specialized services and supports for older Manitobans, in the community, within healthcare facilities, and in long-term care.

Sadly, research tells us that approximately one quarter (24.4 per cent) of Manitobans over 65 often feel isolated from others. Indigenous seniors are considered at high risk of experiencing social isolation due to factors such as racism, marginalized language, culture, poverty and historic negative experiences.

Our government is looking to create a seniors strategy where older Manitobans are valued and empowered to live healthy and productive lives in their homes and communities as long as it is safely possible. As the *Minister of Seniors and Long*-

As the Minister of Seniors and Long-Term Care I have engaged in extensive dialogue with Manitobans to inform the development of the Seniors Strategy. The following is some of the input we have heard from Manitobans through the consultation process:

- As Manitobans age, we may experience increasingly complex care and support needs related to dementia, mental health and other chronic conditions.
- Manitobans want to live independent, vibrant, and fulfilling lives in their own homes and communities, for as long as possible. Each individual and family's needs are specific; some want to stay in their home, others with family, and for some it's about staying connected to a larger community.
- Life is getting more expensive for seniors who are dealing with issues of inflation, fixed incomes and afford-ability of services and supports.
- There are gaps in the continuum of services and supports for Manitobans as we age, especially in rural, northern and Indigenous communities.

- Despite the commitment and best efforts of seniors serving organizations, services and supports are challenging to access and navigate and can operate in silos.
- While many seniors talk about how they are valued, ageism and ableism exist and should be reduced.

The *Seniors Strategy* is a highly, anticipated, sophisticated and living document that plans to address the difficulties that effect all seniors in Manitoba.

Thank you for your interest in the *Seniors Strategy*. I am looking forward to announcing the strategy in the near future.

After all, we are all aging, and every Manitoban deserves to age with dignity, with wellbeing, and with purpose.

~ Scott Johnston Minister for Seniors and Long-Term Care

A Conversation with Ed Schreyer, cont'd from page 2

For the next three years, Ed was a student and resident at St. John's College in the old Ashdown residence on Broadway and Hargrave. St. John's was Anglican, but Ed's background was not. He ended up there out of necessity and got attached to his contemporaries, most of whom were sons of Anglican ministers who were following in their father's footsteps. Years later Ed would have known the Dean of Calgary Cathedral, the Archbishop of Keewatin, the Bishop of Rupertsland, and others.

It was a most enjoyable afternoon over a cup of tea with a gentleman whose memory of events while growing up is remarkable. More of Ed's interesting life will appear in the March issue of the *Senior Scope* newspaper. ■

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L-R: Ed's mother, father, and sister. Front: Ed (age 5)

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Top row: Ed's brothers. Bottom, L-R: Ed (age 4-1/2), Ed's Grandfather, and Father.



Ed's grandparents.





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February 10 - March 9, 2023 • V21N8

2022 has been a hit and miss kind of year for movies. I'm not necessarily referring to the box office or blockbuster films like the latest Jurassic Park sequel or Star Wars prequel. I'm talking about good old fashioned drama. Back in the sixties and seventies when filmmakers were writing and directing movies that were affecting the social fabric of the society we live in, films like Annie Hall, The Godfather, Easy Rider and One Flew Over The Cuckoo's Nest, altered the way we looked at the world. It was a special time in history when story and characters were the reason audiences kept flooding the cinema. There's no arguing there were movie stars like Humphrey Bogart, James Dean, Marilyn Monroe and many other iconic actors but usually each time out they played different characters. Their acting was ubiquitous and eclectic. It wasn't about computer generated images or comic book heroes. The aesthetic criteria for a good film was based on quality screen writing, characters that leaped off the page and dialogue that seemed natural and wasn't as they say, "on the nose". Many of the films were based on epic books but the directors were

AWARDS SEASON

more stylistic. The end product was a film that felt unique and distinct. There were no prerequisite screenings. You didn't need to see sixteen other films or five Disney shows to understand the story. When the theatre lights dimmed it was magic time. The sixties and seventies had some of the most

wonderfully talented directors of all time, Hitchcock, Spielberg, Lucas, Kubrick, Bergman, Woody Allen, Billy

Wilder, Polanski, Altman, Kazan and other greats. Today, movies no longer seem like a director's medium or even an actor's medium. In the age of Covid movies have become franchise tent poles, cinematic universes where t.v shows and podcasts help connect the dots to the bigger story being told. Most audience members have no clue who directed the latest Marvel, DC or Star Wars content. They all look and sound the same and follow a similar cookie cutter plot.

Today, I've tried to narrow down the best Canadian films of 2022 that are original, director and actor driven and have something unique to say instead of spitting out_slightly different versions of the original product.

Women Talking Director: Sara Polley

Rooney Mara, Jessie Buckley and Claire Foy star in Women Talking, a tale of a remote religious community in which men cruelly call the shots.

"Perhaps forgiveness can, in some instances, be confused with permission."

The profundity of that simple statement lies at the heart of the horrors found at the center of Sarah Polley's brilliant Women Talking. Based on the novel of the same name, the film's almost dismissive title obscures the darkness of the realities the women at the centre of its story must face.

After confirmation through capture that the men in their community have been drugging and raping them in their sleep over the course of many years, the women in a small Mennonite community use the rare occasion of the men's departure (to post bail for the perpetrators) to convene and discuss their options for survival. As the story unfolds, they lay out their choices: do nothing, stay and fight, or leave. A communal vote eliminates the first, then ties the second and third. And so, together, eight women congregate to lay out the pros and cons of each. What hangs in the balance is forgiveness.

Continued on next page

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Manitobans are gearing up towards income tax time. For all of us this is an annual obligation and commitment as citizens of Canada. The 2022 tax return has a few changes but there is one area that did not change, it is the **Disability Tax Credit**

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AWARDS SEASON, cont'd from page 4

They have been instructed to wipe the slate clean by the time of the men's return in two days. If they refuse, they relinquish their right to enter the kingdom of heaven, as dictated by the very men who have violated them.

Polley's script deftly conveys the enormous weight of the impossible choice these women have been tasked with making. The extent of the harm that has been done to them is terrifying to behold - knocked out with cow tranquilizers sprayed through the slats in their wooden homes and brutalized as they lay helpless and unconscious. And the rapes themselves are so vicious that they leave irrefutable lasting evidence: broken teeth, and bloody fetuses expelled in the dark of night. And yet, the men have spent years telling them their pain is the work of ghosts, or the devil, or worst of all, their own narcissistic pleas for attention. "They made us disbelieve ourselves," says one young woman over the course of the day. To her, it is almost worse than the assault itself to be made to doubt her own reality. After all, how can harm be remedied if it cannot even be acknowledged?

Doug and the Slugs and Me Director: Teresa Alferd

Director Teresa Alfeld's very personal film, "Doug and the Slugs and Me," chronicles the rise, fall and legacv of the 1980s band led by singer Doug Bennett, who happened to be her East Van neighbour when she was a kid. For years, Bennett's raspy voice was heard over the party music of The Slugs, whose mix of New Wave, R&B, reggae and ska nearly broke the band into the U.S. market but remained a uniquely Canadian success story with hits including "Too Bad," "Day By Day," "Makin' It Work," "Chinatown Calculation" and more.

Teresa practically was raised at her best friend and next- door-neighbour Shea Bennett's home in East Vancouver during the 1990s. She was aware Shea's father Doug Bennett was the lead singer of **Doug and the Slugs**, but had no idea how well known they were. When Teresa and Shea's friendship came to an abrupt end in high school, the former BFF's completely lost touch with each other. In 2004 Teresa was beyond surprised to hear Doug had passed away at age 52.

Throughout the film Teresa gains impressive access to surviving bandmates and to Bennett's family. Inturn, the director becomes a central figure in her own film and has no problem when the lense magnifies her past. Her camera captures her reuniting with Shea as the bond they shared is reinginited and she reflects on how Doug affected her early years. As Teresa learns more about the band and the Bennett family, she realizes there was more going on next door than she could understand as a child, "What was (in my mind) going to be a quick and dirty rock-doc soon blossomed into a four-year journey," says Teresa in a director's note on the documentary's website. "What started as a simple profile of this unique band became very personal, very fast, and despite my reluctance, I had to stop fighting the fact

that I needed to become a character and enter the story."

The End of Sex

Directed by Winnipeger Sean Garrity and penned by former Winnipeg Jonas Chernick, who also happens to star in the feature.

Josh (Jonas Chernick) and Emma (Emily Hampshire) are ready to jump all over each other when they finally have a week alone together while their daughters attend a sleepover camp, but they quickly find that things aren't like they used to be. Their attempts to revive things, which include a threesome with Emma's colleague Wendy (Melanie Scrofano), only serve to dredge up more potential issues that make them question whether they're truly compatible. The End of Sex reunites My Awkward Sexual Adventure director Sean Garrity with his stars Hampshire and Chernick, who take on writing duties for this film. This is a comedy that's meant to showcase perfectly normal people who have adjusted to the state of being parents, putting different things first and being ignorant of how their own relationship to each other has changed in the process. This is a story that could happen to any couple.

The Kids in the Hall: Comedy Punks Director: Reg Hakema

In Reg Harkema's latest documentary, he takes a deep dive into the history of Dave Foley, Bruce McCulloch, Kevin McDonald, Mark McKinney and Scott Thompson - otherwise known as the Kids in the Hall. Recounting the history of the famed sketch comedy troupe, investigating some behindthe- scenes drama and paying tribute to their legacy, The Kids in the Hall: Comedy Punks is a passionate and thoughtful film about five Canadian kids who left an indelible mark on comedy and pop culture. Comedy Punks interweaves the creation of their hit TV show and archival videos from their personal collections with talking heads, creating an entire new perspective on the journey The Kids endured to reach the top of their profession. Harkema interviews the group as a whole and one on one, providing each Kid the opportunity to share his own memories. It's clear from their

group interview that their chemistry hasn't grown stale. They swap stories like army buddies, and any past resentments appear to have subsided a long time ago. For those unfamiliar with the Kids' story the documentary retells their journey: Thompson's fight with leukemia, McKinney and McCulloch departing for Saturday Night Live and Foley and McDonald's falling out. Harkema isn't afraid to ask the tough questions but at the same time the film doesn't turn into a gossip rag by treating the documentary almost as if he were protecting his own children.

Black Ice

Director: Hubert David

Black Ice celebrity producers included, LeBron James, Maverick Carter, and rappers Drake and Future. Billy Hunter, the former head of the NBA players association, who claims he holds the exclusive rights to produce a film about the Coloured Hockey League (CHL) has sued the producers for approximately ten million dollars. Current and former NHL players are interviewed throughout the documentary like P.K. Subban, Make Dumba, Wavne Simmonds, and Akim Ali. Many of them talk about the racism and abuse they've faced while playing the game they love. The film also chronicles the story of Herb Carnegie, an amazingly talented Black player who probably could've led the NHL in scoring during the 1940s and '50s but never conquered the big leagues because of his skin color. Only long after his death was he inducted into the Hockey Hall of Fame. The NHL finally broke its color barrier in 1958, a decade after Jackie Robinson was hitting homers in the majors. That year Willie O'Ree became the first Black hockey player to play in the National Hockey League (NHL). He played professional hockey for more than 20 years, including 45 games with the Boston Bruins.

752 Is Not a Number

Director: Babak Payami

On January 8, 2020, Ukraine Airlines Flight 752 crashed as it was leaving air space over Tehran, Iran. All 176 souls on board perished, many of them Iranian Canadians . The incident occured five days after a US dronestrike assassinated Iranian Major General Qasem Soleimani, and only hours after the Iranian military had launched retaliatory ballistic missile strikes on an American airbase in Iraq.

Immediately after the plane went down, video footage was leaked showing Flight 752 being shot down by what looked to be an object fired from the ground. For days, Iranian authorities denied responsibility. They claimed the plane crashed because of an engine fire. The government agencies quickly bulldozed the crash site, destroying crucial evidence, and additionally refused to grant international safety and oversight bodies access to any of the aircraft's wreckage or its black box voice recorders.

Inevitably foreign governments reported the truth. In fact, Flight 752 had been shot down by the Iranian military. Eventually, Iran's government story shifted, from malfunction to pilot error, before they ultimately came clean admitting the plane was destroyed by a military missile which was only launched because of a falsely identified threat.

Ontario, Newmarket, dentist Hamed Esmaeilion does not want an apology, nor compensation. He only wanted to discover the truth about the tragedy which took the lives of his wife Parisa and their nine-year-old daughter Reera. Determined not to buy into Iran's propaganda, Hamed travels to Iran to claim his family's remains. Afterward he embarks on a journey littered with bureaucratic red tape in an unprecedented effort to bring justice to all the victims of this atrocity.

752 Is Not a Number is directed by veteran Iranian-Canadian filmmaker Babak Payami, whose 2001 movie Secret Ballot won Best Director at the Venice Film Festival. The film most connects emotionally in small flashes of detail, and moments of reflection. It's heartbreaking when Hamed notes that his wife and daughter weren't on the list of the first 50 victims initially released after the crash, and speculates that this must have been because their bodies were more difficult to identify. Later, Payami and cinematographer Amir Ghorbani Nia let the camera linger on Hamed sorting through dead flowers and rain-stained offerings of condolence outside the door of his office. Finally, as the film moves toward its conclusion and progress seemingly arrives in the form of a Ukrainian legal action as Hamed copes with the effect of Russia's invasion of Ukraine. ■







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GOOD-BYE GOLDEN JET, cont'd from front page

\$250,000 from the Jets for the next five seasons.

- For the next five seasons he would receive \$100,000 per year as a club executive.
- He received \$1 million in cash from the World Hockey Properties Ltd., a branch of WHA owners who will find new, major endorsements for Hull whose share of all contracts will be 25 per cent.

It was a remarkable deal for the Jets and the WHA. The most well-known and probably, the best player at the time, had given the brand-new league some much needed authenticity.

At the time, very few NHL players could hope to match Hull's physical gifts. He had speed, a monster slapshot and a powerful physique and he rode that combination to the top of the game in the 1960s.

Born and raised on a farm in Pointe Anne, Ont., Hull's amazing talent catapulted him through the minor hockey system and by age 16, he had signed what the NHL called, a "C-card" that made him property of the Chicago Blackhawks.

He made his NHL debut in 1957-58 and finished his rookie season with 47 points and was runner-up to Frank Mahovlich as rookie of the year. Then, with the help of teammate Stan Mikita, he developed the curved hockey stick, led the Hawks to the 1961 Stanley Cup and in 1964-65, despite missing nine

games due to injury, the Golden Jet scored 39 goals and helped Chicago reach the Stanley Cup finals, where they lost out to Montreal. At season's end he was awarded the Hart and Lady Byng trophies. The following season he set an NHL record with 54 goals and repeated as the Hart Trophy winner.

He was the best player in the game. In 1971-72, Hull hit the 50-goal mark for the fifth time and experts believed he was the playing the best hockey of his career, but amazingly, that would be the last time the NHL would see him for eight years.

The next summer, Hull signed with the Jets and played so brilliantly, he almost single-handedly made the WHA a legitimate contender to the NHL's throne as the best hockey league in the world. When Ulf Nilsson and Anders Hedberg came over from Europe, the Jets' "Hot Line" became the most exciting thing in the game. In 1974-75, Hull not only faced the Soviets in the second Canada-USSR series, he also went on to score 77 goals in the regular season to establish a new record for a major professional league.

How good was Hull? Well, in 1973 and 1975 he was chosen the WHA's MVP and in 1976 and 1978, he was an integral part of the Jets' three Avco Cup victories.

Following the NHL/WHA merger in 1979, Hull remained with the Jets for 18 games in the 1979-80 season before



Bobby and the Stanley Cup.



Bobby Hull Winnipeg Jets.

a trade sent him to the Hartford Whalers to play alongside Gordie Howe. He retired after that season with 610 goals in 1,063 regular-season games.



Bobby with the Hawks.

"a superstar in every sense c the word. And when he signe a contract with Ben Hatskin a the Winnipeg Jets on June 27, 1972, Robert Marvin Hull changed hockey forever."
- Sportswriter Scott Taylor on MSHF Honoured member Bobby Hull. In 1971, a founding franchise of the World Hockey Association was granted to local Winnipeg businessmar Ben Hatskin. Named the Winnipeg Jets, the team would become noteworthy as the first North American club to find success with a combination of European and Canadian talent. During the 1970s, the Winnipeg Jets would win the Avco Cup WHA Championship three times and by 1979 were absorbed into the National Hockey League. Several Manitoba athletes participated in the 1976 Montreal Summer Olympic Games, the first Olympiad to be held in Canada. Manitoba would win three men's World Curling Championships in a row.

Hull finally took his place in the Hockey Hall of Fame in 1983 along with old teammate Stan Mikita. It was a well-deserved honour if only for one reason: Without Bobby Hull the National Hockey League's Winnipeg Jets would not exist today. ■

An Easy Way to Make Your Life Better

Advertising Feature

We are well into the New Year we usually find ourselves taking stock of life and, perhaps, making a few resolutions. Most likely, the promises we made to ourselves are ignored and we tell ourselves we will do better 'next year'.

Too often, when making our resolutions, we fail to take into consideration the actual realities of our lifestyle and commitments. We tend towards 'goals' rather than 'needs'.

With a fresher outlook here are three ways to try a different re-approach in 2023.

Do something you've never done before.

It could be as simple as learning a party trick that will impress all generations at a family gathering. The focus should be on something that gives you pleasure and a degree of personal satisfaction. It does not have to be as radical as Jenny Murphy who began an undergraduate degree at Carleton University at 72 years of age, but her choice does illustrate that anything is possible. She was one of the seniors featured in Heart to Home Meals Show a Little Heart video competition that examined interactions between different generations and challenged some of the stereotypes associated with getting old.

Look for a new hobby.

Often hobbies are regarded as a solitary task but there are lots of activities that are much more fun when they become shared activities. For example, in Ennismore, Ontario every Monday afternoon, seniors meet to take part in the town's knitting and crochet club. It



was grown from a few friends into a year-round event that has two significant outcomes. Firstly, it is an important social gathering for the local seniors. Organizer Marylyn affectionately describes the group as a family. Secondly, the clothes, toys and blankets



Eat better.

According to author Michael Pollan: High-quality food is better for your health. This simple message is universally understood but it's not always easy to follow, particularly for seniors.

All of us benefit when our daily routine includes a good diet. For breakfast, that should involve protein and fibre. According to the Heart to Home Meals consultant dietitian, Andrea Olynyk, a boiled egg, a piece of wholegrain toast and a half cup of raspberries is a combination that will satisfy your hunger and keep your digestion moving.

Between meals it is easy to snack on junk, if it is readily available, therefore adopt the mantra: *see no evil, eat no evil*.

Instead, stock up with healthy snacks that can satisfy your cravings and make you feel better about doing it.

And as with eating, it is a similar story with drinking. Water covers 71% percent of the earth's surface, and the human body is 55-75% water. It is something we need every day. Try to drink between 1.5-2 litres a day. It may be tasteless, but it matters. Improving your diet is not an easy or quick fix and Andrea concedes there will be setbacks, but she stresses the goal is a healthy lifestyle where you feel good about yourself. So, while there's no magic solution, success is possible through a lot of minor alterations over a long period. A lot of people will be re-starting 2023 thinking about losing weight and it is easy to latch on to the latest diet fad. Maybe the one being suggested by a celebrity, or a friend or someone at the grocery store who mentioned it in passing as you were waiting at the checkout. But remember: Fads don't work and there is no quick fix. Instead, look at simple ways to improve your health by making some small alterations to your lifestyle. This could include decreasing consumption of certain foods and perhaps increasing your exercise routine. Both can make a difference and assist you towards a memorable 2023 with family and friends. ■



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Call today for your FREE menu!

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*Some conditions may apply.

<image>



Manitoba Associationof Senior Communities

GET CONNECTED - JOIN A CENTRE

WINNIPEG

20 Fort Street Seniors Club

2200-20 Fort Street / FortStSeniors@Shaw.ca A&O Support Services for Older Adults Inc. 200 -207 Donald Street 204-956-6440 / Toll Free: 1-888-333-3121 info@aosupportservices.ca www.aosupportservices.ca

Archwood 55 Plus 565 Guilbault Avenue / 204-416-1067 archwood55@shaw.ca https://archwood55plus.wildapricot.org/

Bleak House Centre 1637 Main Street / 204-338-4723 bleakhousecentre@gmail.com www.bleakhousecentre.com

Broadway Seniors Resource Council 204-772-3533 broadwayseniors@gmail.com / www.bsrc.ca

Brooklands Active Living Centre 1960 William Avenue W 204-632-8367 / bpscc@mymts.net

Centro Caboto Centre 1055 Wilkes Avenue / 204-487-4597 ext. 1 executivedirector@cabotocentre.com www.cabotocentre.com

Charleswood Active Living Centre 5006 Roblin Blvd / 204-897-5263 info@charleswoodseniorcentre.org www.charleswoodseniorcentre.org

Creative Retirement Manitoba 204-481-5030 / info@creativeretirement.ca www.creativeretirementmanitoba.ca

Crescent Fort Rouge 55 Plus 525 Wardlaw Ave. / 204-299-9919 www.crescentfortrouge.ca

Dakota Community Centre 1188 Dakota Street / 204-254-1010 ext. 217 melissal@dakotacc.com / www.dakotacc.com

Dufferin Senior Citizens Inc. 377 Dufferin Avenue / 204-986-2608

Elmwood East Kildonan Active Living Centre 180 Poplar Avenue / 204-669-0750 healthrelations@chalmersrenewal.org https://chalmersrenewal.org/

Fort Garry Seniors Resource Council 200 - 270 Donald Street / 204-792-1913 fortgarry@aosupportservices.ca www.aosupportservices.ca/resources/ seniors-resource-finders

Golden Rule Seniors Club 615 Osborne Street / 431-866-6776 goldenrule@swsrc.ca

Good Neighbours Active Living Centre 720 Henderson Hwy / 204-669-1710 admin@gnalc.ca / www.gnalc.ca

Gwen Secter Creative Living Centre 1588 Main Street / 204-339-1701 becky@gwensecter.com / www.gwensecter.com

Headingley Seniors' Services 5353 Portage Avenue / 204-889-3132 ext. 3 seniors@rmofheadingley.ca www.headingleyseniorsservices.ca

Indigenous Senior Resource Centre Inc. A1 - 100 Robinson Avenue / 204-586-4595 executivedirector@isrcwpg.ca / www.asrcwpg.ca Manitoba Korean 55+ Centre 900-150 River Avenue 204-996-7003 / www.ksam.ca

North Centennial Seniors Association of Winnipeg Inc. 86 Sinclair Street / 204-582-0066

ncsc@shaw.ca / www.ncseniors.ca North Point Douglas Senior Centre 244 Jarvis Avenue

Pembina Active Living (55+) 170 Fleetwood Rd. / 204-946-0839 office@pal55plus.com / www.pal55plus.ca

Rady Jewish Community Centre 123 Doncaster Street / 204-477-7539 Imarjovsky@radyjcc.com / www.radyjcc.com

Rainbow Resource Centre 170 Scott Street / 204-474-0212 ext 255 OTR@rainbowresourcecentre.org www.rainbowresourcecentre.org

The Salvation Army Barbara Mitchell Family Resource Centre 51 Morrow Avenue 204-946-9153 / sheila.keys@salvationarmy.ca

South Winnipeg Seniors Resource Council 117-1 Morley Ave / 204-478-6169 resources@swsrc.ca / www.swsrc.ca

Southdale Seniors 254 Lakewood Boulevard 204-253-4599 / www.southdale.ca

Sri Lankan Seniors Manitoba 113 Stan Bailie Drive 204-888-8253 / www.srilankanseniorsmb.ca

St. James-Assiniboia 55+ Centre 3-203 Duffield Street 204-987-8850 / info@stjamescentre.com www.stjamescentre.com

St. Mary's Rd. Seniors 613 St. Mary's Rd., Winnipeg 204-257-0678 / www.stmarysroad.ca

Transcona Council for Seniors 845 Regent Ave / 204- 222-9879 tcs@mymts.net / www.transconaseniors.ca

Transcona Retired Citizens Org. 328 Whittier Ave. West 204-222-8473 / trco328@shaw.ca

Vital Seniors 3 St Vital Road / 204-253-0555 stmary@mymts.net / www.stmarymagdelenewpg.org

Winnipeg Chinese Senior Association 204-291-7798 / wcsa.wpg@hotmail.com www.winnipegchineseseniors.ca

BEYOND WINNIPEG

BEAUSEJOUR Beau-head Senior Centre

645 Park Avenue 204-268-2444 / beauhead@mymts.net BRANDON

Brandon Seniors for Seniors Co-op Inc. 311 Park Avenue E / 204-571-2050 reception@brandons4s.ca www.brandons4s.ca

CARMAN Carman Active Living Centre 47 Kings Park Road / 204-745-2356 www.activelivingcentrecarman.ca

CRANBERRY PORTAGE

Jubilee Recreation of Cranberry Portage Legion Hall 217 2nd Ave. SE / 204-472-3031

CRYSTAL CITY Crystal City & District Friendship Club Inc. 117 Broadway St. / 431-867-0122

DAUPHIN Dauphin Active Living Centre Inc.

55 1st Avenue SE 204-638-6485 / www.dauphinseniors.com ERICKSON

Comfort Drop In Centre 31 Main Street 204-636-7895 / areas@mymts.net

FLIN FLON Flin Flon Seniors

2 North Avenue / 204-687-7301 GILBERT PLAINS

Gilbert Plains and District Community Resource Council Inc. PO Box 567 / 204-548 4131 / gpdcrc@mymts.net www.gpdcrc-newhorizons.wix.com/gpdcrc

GIMLI

Gimli New Horizons 55+ Centre 17 North Colonization Road 204-642-7909 / gimli55@mts.net www.gimlinewhorizons.com

GRAND MARAIS

Grand Marais & District Seniors 36058 PTH 12 gmdseniors@gmail.com / www.gmdseniors.ca

GRANDVIEW Grandview Seniors Drop In 432 Main Street / 204-546-2272

HAMIOTA

Hamiota 55+ Centre & Restore Community Co-op Inc. 44 Maple Avenue / 204-764-2658

KILLARNEY

Killarney Service for Seniors 203 South Railway / 204-523-7115 seniorservice@killarney.ca

LA BROQUERIE

Seine River Services for Seniors Inc./ Services Rivière Seine pour aînés Inc. 93 Principale Street labseinerss@gmail.com / 204-424-5285

MANITOU

Pembina Community Resource Council 315 Main Street 204-242-2241 / pembinacrc@gmail.com

MINNEDOSA

Minnedosa Senior Citizens Assoc. 31 Main Street S 204-867-1956 / mdsasca@gmail.com

MORDEN

Morden Activity Centre 306 N Railway Street / 204-822-3555 mordenactivitycentre@gmail.com www.mordenseniors.ca

NEEPAWA

Neepawa Drop In Centre 310 Davidson Street / 204-476-5103 www.neepawa.ca/district-drop-in-center

PILOT MOUND

Pilot Mound Fellowship Centre 203 Broadway Avenue / 204-825-2436

PLUMAS Plumas Seniors Citizens Club Inc. 102 White Street / 204-386-2029

PORTAGE LA PRAIRIE

Herman Prior Senior Services Centre 40 Royal Road N / 204-857-6951 hermanpriorcentre@gmail.com www.hermanprior.com

Portage Service for Seniors 40A Royal Road N. / 204-239-6312 https://portageservicefors.wixsite.com/psfs

RIVERTON Riverton Seniors Activity Centre 12 Main Street / 204-378-2800 rdfc@mymts.net / www.rivertonfc.com

SANDY LAKE Sandy Lake Drop In Centre 100 Main St. / 204-585-2411

Municipality of Harrison Park -Age Friendly Initiative Committee 204-585-5310

SELKIRK

Gordon Howard Centre 384 Eveline Street / 204-785-2092 executivedirector@gordonhoward.ca www.gordonhoward.ca

SNOW LAKE

Snow Lake Senior Centre 71 Balsam Street 204-358-2151 / snowsrs@mymts.net

STEINBACH Pat Porter Active Living Centre 10 Chrysler Gate / 204-320-4600 ed@patporteralc.com / www.patporteralc.com

STONEWALL

South Interlake 55 Plus 374 1st Street West - Oddfellows Hall 204-467-2582 / si55plus@mymts.net www.si55plus.org

SWAN RIVER

Swan River & District Community Resource Council 126 6th Ave N / 204-734-5707 resourcecouncil@srseniorservices.com

THE PAS

The Pas Golden Agers 324 Ross Avenue 204-623-3663 / djdlake@mymts.net

THOMPSON Thompson Seniors Community Resource Council Inc. 4 Nelson Rd. / 204-677-0987

thompsonseniors55@gmail.com TREHERNE

Treherne Friendship Centre 190 Broadway St 204-723-2559 / jstate1066@gmail.com

VICTORIA BEACH

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www.manitobaseniorcommunities.ca

Stay Connected

East Beaches Social Scene 3 Ateah Road / 204-756-6468 ebssinc1@mts.net

https://www.ebseniorscene.ca East Beaches Resource Centre 3 Ateah Road / 204-756-6471

https://ebresourcec.weebly.com

102-650 South Railway Avenue

www.winklerseniorcentre.com

Winkler & District MP Senior Centre

Stay Active -

ebresourcec@gmail.com

THE PRAIRIE CANADA CARVERS' ASSOCIATION -2023 ANNUAL SHOW & COMPETITION

Come visit the Prairie Canada Carvers' Show & Competition on **Sat. April 15th** and **Sun. April 16th** held at the Pembina Curling Club, 1341 Pembina Hwy, Winnipeg. Hours are 9 am -4 pm.

We invite you to come and view the spectacular artwork that has been created by competitors from Manitoba and the surrounding provinces and states. Entries include decoys, birds, animals, walking sticks, bark carvings, relief carvings, woodburnings and more. Come and meet carvers as they work and find out whether an opportunity to join a carving club near you is in your future!

Displays, books, tools, food and merchandise will be available for purchase (Ted's Garage Sale is a favourite stop, and other vendors are available as well).

Whether you are a carver, an aspiring

carver, or an art appreciator, it is an event you will enjoy.

Raffles provide opportunities to support Prairie Canada and to win outstanding carvings and equipment. The COCKTAIL CARVING AUCTION is at 2 pm, Sunday.

ADMISSION is \$5.00 at the door. **Open to the public!** Info: www.prairiecanadacarvers.com





Sri Lankan Seniors Manitoba (SLSM) By Senaka Samarasinghe



Sunil Weeratunga

Sunil Weeratunga celebrated his birthday on Jan. 13th with Sri Lankan Seniors Manitoba (SLSM) members by cutting a Lagrotta birthday cake just after Smita's one hour yoga gathering. Members never forget to sing birthday song as well as to convey their individual wishes to Sunil. Yoga session.

The 75th Independence Day celebration was scheduled to be held on Feb. 3rd.

Jaye used tail-end of the session to record Sri Lankan National Anthem. All participants sang the Anthem for recording purpose. ■

Sri Lankan Independence Day By Senaka Samarasinghe

Sri Lankan Seniors Manitoba (SLSM) commemorated Sri Lankan Diamond Jubilee (75th Anniversary) Independence Day on Feb. 4th 2023. To celebrate this great occasion SLSM arranged a get together on Feb. 3rd 2023. At the beginning of the celebration the first agenda item was to sing Sri Lankan national anthem by all participants holding the national flag.

The second agenda item was to felicitate two Seniors. Firstly, President Indra Ariyaratne congratulated Mohammed Ismath as he was elected as the Vice President of the Pembina Active Living (PAL) at the AGM held on June 14th 2022. PAL is a charitable organization in South Winnipeg and committed to enhance the life of all older adults. Secondly, Indra acknowledged Senaka Samarasinghe as he was selected as a



recipient of a Member of Parliament Terry Duguid Platinum Jubilee Community Leadership Award.

The last agenda item was that Indra introduced youth invitee Buddhika Aberatne. He is working as a facilitator to establish Sri Lankan youth and student organizations.

Among the invitees Kasun Wijayarante, Treasurer, Sri Lankan Association of Manitoba joined with us. Kasun's continuous support to SLSM is commonable. ■

Red Hatters Celebrate 25 Years! CALLING ALL MANITOBA RED HAT ALUMNI! By Rossita Schau

In 2023, the **Red Hat** Society will celebrate 25 years of "red hatting"! Who would have believed that in 1998, giving a red hat to a friend would have such an impact.

And in Manitoba, hatting has also had an impact, with women donning purple outfits wearing a red hat and having fun at the ballpark, restaurants, and even pole dancing to name a few group activities. Over the past 25 years, many chap-

ters were started, with at one time, over 165 chapters in Manitoba amounting to well over 4,000 ladies.

Many of the alumni will remember fond memories of the annual Red Hat HOOT in Stonewall where we gathered sharing a meal and laughing at those skits. We looked forward every year to gathering in the afternoon for comradery. And over those 25 years, two Red Hat Conventions, one Manitoba Red Hat Homecoming, and one Birthday Bash were very successful events full of laughs. Fond memories in 2006 when 500 ladies in their finest purple attire and red hat paraded down to the Casino Bowl at Club Regent for dinner and a variety show. Followed in 2008 with "The Girls Are Back In Town" Convention to celebrate our 10th Anniversary! We got together at The International Inn for an Elvis impersonator, clowns, balloons, and of course birthday cake and gifts. Many of us have these wonderful memories of the Red Hat Society outings with food, fun, frivolity and friends.



Well, we are back to celebrate 25 years of red hatting in Manitoba with a great theme "It's All About The Hat"! We are sending an invitation to all Alumni Red Hatters and friends to join us on Saturday, April 29th, 2023 at the historic Norwood Hotel to participate in this great 25th Celebration Gala in Winnipeg. The afternoon and evening

will be filled with demonstrations, memorial slides shows, vendors alley, photo

opportunities with the red hat fedora and boa, much like the one on display at the Smithsonian in The States. Cocktails followed by a 3 course sit down dinner followed with entertainment and a rock and roll band to dance the night away.

It will be a wonderful opportunity to reconnect with Red Hat ladies from the past and make new friends. Come and join us, bring a friend or two. For more information, please contact Judy at **204-253-1579** or email: **judy.schau01@gmail.com**.

Dust off the red hat, put on your gala outfit, wear some bling, and join us on **Saturday April 29, 2023** in Winnipeg!

Visit: **www.redhatsmanitoba.com** for the registration form. ■



Too many people leave their funeral plans for a grieving spouse or loved one to handle during a difficult time.

By discussing details together today, you can make personal choices and protect each other from uncertainty.



Get started today. Visit us online or call for a **FREE** legal will kit and estate planner.

Glen Eden Funeral Home & Cemetery 4477 Main Street., West St. Paul, MB 204-982-8300

Chapel Lawn Funeral Home & Cemetery 4000 Portage Avenue, Winnipeg, MB 204-982-8100



Glen Lawn Funeral Home & Cemetery 455 Lagimodiere Blvd, Winnipeg, MB 204-982-7557



HEART HEALTH February 2023 February is Heart Health Month!

Strive to be heart smart!

One of the best practices to take care of your heart is to be active daily! Don't let winter be a barrier to being active. Get out and about, there are many tips for staying active year around!

Participating in an activity with others is a great way to stay connected and be more successful at staying active. Social connections have been proven to improve your heart health, longevity, and physical and mental well-being. Taking time for self-care can help you relax, reduce stress and help keep your blood pressure within a healthy range. Improving your physical health includes preventative measures such as falls prevention. Active Aging in Manitoba wants to help you be healthy, more active, and independent!



As aptly stated by Ronald M. Davis, MD, AMA President, 1956-2008: "If we had a pill (or surgery) that contained

all of the benefits of exercise, it would be the most widely prescribed drug (procedure) in the world."

We hope you take to "heart" the following information!

HEART HEALTH *Explore* The Importance of Staying Active During the Winter

Lucky for us, we live in a sunny province. Keeping active outside during the winter can be challenging; however, the sunshine can unconsciously nudge us out, overcoming the doldrums of feeling cooped up inside. The hardest part is often getting on our outerwear. Once dressed and outside, most of us feel good about our decision to enjoy the winter day. Being outdoors is a great mood booster, with the natural sunlight increasing your Vitamin D levels and aiding in your sleep. Now and again, there will be days when getting outside won't be so easy. Don't fret; there are many things that you can do indoors to keep active and healthy too. The key is motivating yourself to move.

We can all think of barriers that halt us from engaging in activity and movement. Planning for barriers in advance can help you overcome them when they face you head-on.

Here's a simple exercise that can help you. Grab a piece of paper, and write down all the roadblocks you foresee stopping you from being active. Some barriers are legitimate (for example, no transportation to the

neighbourhood pool), others not as much (it's too cold out, I'm tired, I have no energy etc.), and come up with a solution for each barrier that you jot down. my walk outside, I can manage. Once you get outside, you may not shorten your walk as you'll find you're enjoying yourself and staying warm.

There are numerous winter activities; here are some ideas to get you moving and feeling great. The key is always to do something you enjoy; it will help you stick to your regime.

Walking

Find a friend or go solo. Take a nature walk. Head to a park or trail that you've never been to before – explore.

If you're in Winnipeg, check out this link highlighting some great winter walks. <u>www.</u> todocanada.ca/15-places-to-go-winterwalking-in-winnipeg

In Manitoba – check out our many provincial parks. <u>www.todocanada.ca/provincial-parks-</u> <u>visit-winter-manitoba/</u>

Snowshoeing

If you don't own snowshoes, you can rent a pair and try them out. Check out <u>www.</u> <u>winterpeg.org</u> for ski and snowshoe rentals.

Cross country skiing

Pop-up X-country ski libraries in Winnipeg have surfaced, making it easy to try if you haven't done so. If you reside outside the city, Being outdoors is a great mood booster, with the natural sunlight increasing your Vitamin D levels and aiding in your sleep.

General tips:

If you are inactive now and have health conditions, you may want to talk to your healthcare provider first.

1) **Start slow:** Start with short times and increase the time gradually. As exercises become more manageable, you can increase the difficulty.

2) Wear Appropriate Footwear:

Supportive shoes/boots with a low wide heel and non-slip soles are important. Be cautious and avoid patches of ice at this time of year. Wear grippers to aid outdoor walking.

3) Walking outdoors: Wear bright clothes or add reflective material to your clothing to help other road users see you better. Dress in layers

4) Listen to Your Body: Do outdoor activities that feel safe and comfortable for you. Pace yourself and rest when needed. Follow prior recommendations of your healthcare provider. Stop if you feel unsteady or have any pain, or difficulty breathing.



Writing down your obstacles and potential solutions prepares you for dealing with them. For example, it's too cold outside; you could tell yourself, if I dress warmly and shorten

see if you can find a ski partner and try it out!

Bird Watching

Grab a field guide bird book from the library and head outside to the neighbouring trail or forest.

Curling

Check out <u>www.curlmanitoba.org</u> – on how to get started or join a group if you're already a curler.

Urban Poling

Offers a great workout and can help with stability and balance when winter walking. Check our AAIM's How to Urban Pole video - www.activeagingmb.ca/active-living/urbanpoling/ Call 911 if symptoms persist. Discuss symptoms you may experience with your healthcare provider.

The bottom line for success is fun and enjoyment. Make it social; participate with a friend or group; this can help with accountability and help you stick to your plan.

Celebrate what you can do every day. Enjoy and appreciate every minute that you can be active!

HEART HEALTH Self-Care Investing in You: Make Self-Care a Priority

What is Self Care?

Self-care is essential for your overall health. While we focus on the world around us, sometimes we forget about our health and happiness.

Engaging in self-care is not a luxury. It can take just a few moments of regular self-care to improve your energy, mood, focus and well-being. It's discovering what works for you to recharge and manage your stress.

Mindful meditation, exercise regularly, practicing kindness, participating in a creative pursuit (dancing, cooking, gardening etc.), watching or reading something funny, calling a friend, the list is endless.

Here are some other great ways you can take care of yourself:

Take a walk

Get out in nature, somewhere quiet and peaceful, and take a long walk. Being in nature soothes your soul and helps you process your thoughts and feelings.

Enjoy a quiet cup of tea

Make yourself your favorite cup of tea and curl up in a comfy chair to enjoy it without any other distractions.

Take a yoga class

Yoga is a form of meditation in action. It also increases your muscle tone, flexibility, and strength while calming your mind and giving you more clarity and focus.

Regardless of what you do, remember to enjoy yourself and the process. Life's simple pleasures are some of the greatest moments you can give yourself.

HEART HEALTH Participate!

Celebrating 40 years of the Manitoba 55+ Games

Save the Date & Participate!

June 20 - 22, 2023, in Portage la Prairie

Registration Opens: Monday, March 20, 2023, and Closes: May 12, 2023.

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

This June, 20+ agefriendly events will attract over 1000 athletes, 300 volunteers and many more spectators to 3 days of fun and friendly

Choose from any of these age-friendly events:

- 5 pin Bowling
- Arts & Crafts
- Bocce Ball
- Bridge
- Cribbage
- Golf (9/18 hole)
- Horseshoes
- Pickleball
- Predicted Time Walk
- & Nordic Pole Predicted Walk
- Floor Curling/Floor Shuffleboard
- Snooker
- Swimming
- Track
- Wall darts
- Whist
- Disc Golf demo





competition. The Manitoba 55+ Games event fosters fun and enjoyable competition for participants and spectators alike. If you have never been to a MB 55+ Games, this is one celebration you will not want to miss!

The Games also provide a social and cultural atmosphere through entertainment and social events. A Variety Concert with local flair is held on the Tuesday night and an Athletes' Banquet allows the participants a chance to mingle (and dance the night away!) on Wednesday night.

We look forward to seeing you there!

Looking to get involved?

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

If you are interested in becoming a volunteer at the 55+ Games in Portage la Prarie, (June 20/21/22) please contact the volunteer coordinator at: **dmoxie11@hotmail.com**

For more information, contact us:

Phone: 204-261-9257 | Toll free: 1-866-202-6663 Email: manitoba55plusgames@gmail.com Website: www.activeagingmb.ca

HEART HEALTH Connect Staying Connected - Key to Active Aging

Staying healthy isn't only about physical health. It's also about your social and emotional wellbeing too.

In fact, being socially active and engaged in a community can give you a sense of purpose and help you to live a fuller, more meaningful life.

Unfortunately, it can be challenging to connect with others for many reasons, such as friends and family moving away, the loss of a partner/spouse or mobility challenges which can make it hard to get out and about. This can lead to isolation and loneliness, which can be detrimental to your physical, mental and emotional health.

People without strong social networks may become isolated. Social isolation can lead to both reduced mental and physical health.

By staying connected with others as you age, you will experience a variety of benefits, including:

A boost to your mental health

Consistent contact with friends can help maintain good emotional health, which means reducing stress and lowering the risk of depression. It can also

> reduce the risk of dementia. Social activities can even improve cognitive function of the brain.

Better cooking and eating habits

Cooking meals with others is a great way to connect, bringing more enjoyment to food and eating, also

leading to better overall nutrition. It is easy to let nutrition slide, especially as you age, but it can be easier to eat more and choose healthier options when dining with others.

Active

in Manitoba

Provides a sense of belonging

Social activities not only help you stay connected to those you care about most, but they can give you a feeling of belonging. Finding engaging ways to spend time with others allows you to build a support system.

> Being socially active and engaged in a community can give you a sense of purpose and help you to live a fuller, more meaningful life.

However, connecting with people can be overwhelming when you don't know where to start.

Here are some tips to keep you active, engaged, and connected in your community:

Get out and about in your community

One good way to stay connected in your community is to look at what activities are available for you to participate in. Community activities can be a great way to meet new people, learn a new skill and keep your mind active. Join a group that focuses on activities that interest you, such as yoga, dancing, reading, crafting, cooking etc. Contact your local library, community or cultural center to see if there's anything that interests you!

Volunteer

As you age and after retirement, it may be difficult to feel purposeful and connected to the community. However, volunteering can lead to a sense of accomplishment and belonging.



Above all, volunteering is about making connections with people. When you volunteer your time, you can feel more socially connected and less lonely.

Being a volunteer also allows you to meet likeminded people. For example, if you volunteer at an animal shelter, you get to spend time with other people who love animals too. When you volunteer your time at a performing arts center, you get to meet fellow volunteers who share your passion for the arts.

> Community groups and organizations are always looking for volunteers. Find something that suits your interests by contacting any local organizations, centres, libraries, museums etc. that you would be interested in!

Regardless of how you choose to connect, ultimately the more you do, the more new people you'll meet! Staying connected and engaged is also a great way to boost confidence feel good about yourself.

Joining a club, taking a class, and volunteering your time are all great ways to stay socially connected. You just have to find the right fit for you. The opportunties are endless!

VOLUNTEER

Volunteer Opportunities

Get involved with Active Aging in Manitoba

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

PEER LEADER VOLUNTEER OPPORTUNITY

Are you interested in becoming a Peer Leader for Active Aging in Manitoba and leading a functional exercise class? If so, contact our Peer Leader Master Trainer, Linda Brown by email: lpstoesz@shaw.ca

For more information please contact us by email: info@activeagingmb.ca or call: 204-632-3912 or visit our website: www.activeagingmb.ca

HEART HEALTH *February 2023* Inspiring Active Aging & Healthy Lifestyles

It's February, and many of your good intentions to get moving in January have not happened. However, it is never too late to get moving; here are some great reasons!

Benefits of being active:

Since we were children, we worked towards gaining independence. As adults, we realize that independence comes with the responsibility for our health and wellness. So, as we age, we fiercely hold onto that independence! Our level of physical activity contributes to our ability to remain independent, age in place and look after ourselves.

Have you thought about it in the context of your day-to-day activities? For example, is it more difficult to get off the couch, carry the grocery bags, or stand to make a meal? We all want to live independently and stay mentally sharp and healthy. So, what are the key factors in our control that can contribute to remaining independent?

Activity helps us to stay independent

Our level of physical activity is a significant factor in remaining independent. Going for a walk, dancing, attending a fitness class, working in the yard, swimming, doing yoga, bike riding..... the list is endless!



The 24-hour movement Guidelines recommend 150 minutes of moderate to vigorous activity per week or about 30 minutes for 5 out of 7 days per week. Research has found that this is the amount of activity needed to start to see some health benefits.

Those benefits include improved cardiovascular fitness, muscle strength & endurance and balance. Moderate activity is best defined as any activity that slightly raises your heart and breathing rates. In addition, you should be able to carry on a conversation comfortably.

Prevent chronic disease

Physical activity can improve the cardiovascular system by strengthening the heart muscle. The 24 hr. movement guidelines suggest moderate to vigorous aerobic physical activity can help to reduce high blood pressure, improve one's cholesterol profile, manage weight, reduce the risk of heart disease and stroke, and improve circulation. The risk of developing type 2 diabetes and your mortality risk can also be reduced by improving cardiovascular fitness. Physical activity can also help protect against the onset of dementia and can slow its progression. Being active can help manage chronic diseases so often associated with aging. Active people are less likely to develop chronic health conditions. If physical activity is new for you, discuss what you want to do with your healthcare provider.

Reduce sedentary time

Sitting for long periods at a time is detrimental to our overall health – like smoking a pack of cigarettes every day! The 24-hour Guidelines also tell us that standing is considered light physical activity. If you must sit for an extended period – remind yourself to get up every 30 minutes and move for a few minutes. A sedentary lifestyle increases the risk of developing heart disease, diabetes, stroke, and depression. The 24-Hr Movement Guidelines recommend limiting sedentary time to 8 hours or less and limiting recreational screen time to 3 hours in 24 hours. Reducing your sedentary time will contribute to improving your overall health. Think of sitting less, not just exercising more.

Improved mobility

Living independently can be jeopardized by

reduced mobility because of reduced muscle strength as we age. Strength training helps our muscle strength and mobility and supports bone health.

As we age, our stability and mobility can change, increasing the risk of falling. A fall can lead to a loss of independence, a change in lifestyle, and possibly social isolation. Exercise is crucial for fall prevention. The World Health Organization guidelines for physical activity suggest that older adults focus on functional exercises emphasizing balance and strength training at least three times per week. Functional exercises are movements that mimic movements that we do every day. For example, an exercise called "sit to stand" is what we do every time we get up off a chair and sit back down. Doing this exercise can help improve lower body strength and balance.

Improved sleep quality

Most Canadians do not get enough sleep! The 24-hour Movement Guidelines regularly recommend 7-8 hours of sleep with consistent bed and wake-up times. In addition, being active can improve sleep, improving our ability to be active.

Staying connected to your community: Physical Activity is a perfect way to stay connected to your friends, family, and the local community. Being active improves your physical health and benefits your mental health through the human connections maintained and made. In addition, maintaining social connections has been shown to prevent cognitive decline. Make plans with friends or family to do something active and connect regularly.

Being physically active is vital to remaining independent and living the life you want to do as you remain in your community. So let's get moving!

Functional Exercises to do at Home



Squat

Stand behind a chair, feet flat on the floor, and slightly wider than your shoulder width. Slowly lower towards the ground as if you were going to sit in a chair, keeping your chest and head up. Staying balanced on both feet allow our weight to shift back to your heels. Slowly stand up. Be careful that our knees do not go over your toes.



Walk the Line

Find a line on the floor and try to walk along that path as closely as possible. Keep arms out to the side and take larger steps to make balancing easier. Look straight ahead and use good posture. You can also walk within arm's length of the wall so you can always reach out and touch it if needed.



Shift Weight Foot – to – Foot

Standing behind a chair slowly shift your weight onto one foot going as far as you are comfortable and return to the starting position. Shift weight to the other foot. This can also be done seated by shifting your weight to one side and leaning as far as possible to that side. Shift to other side.

93.7 IN TUNE WITH CJNU OUR COMMUNITY ~ February 2023 ~

Will you be mine, Valentine?

Through the years, the meaning of Valentine's Day, and my feelings associated with this love-filled holiday, have changed.

When I was growing up, I couldn't wait to get to the store to have my pick of the cartoonish cards with the cutesy sayings that all reiterated the same "I love you" message. Whether it was coming out of the mouth of a cat ("You're purr-fect") or a train ("I choo-choo choose you"), the colourful people, objects and animals seemed to leap off the store shelves as children like me chose their favourites (and parents opened up their purses and wallets with a collective sigh).

Of course, there were the pop culture cards like the Peanuts gang, Mickey/Minnie Mouse and Batman, even in our day, but the real crass commercialism came later. When Star Wars hit the movie theatres in the late 1970s, it started a whole wave of franchisebased Valentine's Day cards and suddenly kids had to have the latest action figures or there was just no living with them. The message was still the same – just camouflaged in a Luke Skywalker body, or later, in beautiful but cold-blooded Anna from Frozen.

By now, you might be thinking, we're talking about Valentine's Day - what about romance? I'm getting to that. Most adults still approach Valentine's Day as an opportunity to tell their partners how much they mean to them. But commercialism stubbornly clouds the picture of true love. Flowers and chocolate are the top two ways to say "I love you" so, of course, February 14 is the most lucrative day for flower shops and chocolate vendors. I'd venture to say chocolate hearts are



"Say it with Flowers" - lots of folks still celebrate Valentine's with a bouquet!

a particular big seller.

I've probably worked in retail far too long, or this article would be less focused on commercialism and more on true love. As for Valentine's Day origins, it is named after a priest called St. Valentine who was preaching the good word in third-century Rome. He was martyred on February 14, 269, thus giving us the date for this eponymous day.

My feelings for Valentine's Day changed dramatically, however, when my husband proposed to me. We had gone to Gimli in February for a romantic weekend, and he was planning to pop the question when we arrived on Friday. It then dawned on him that it was Friday the 13th. Now Kevin isn't overly superstitious but who wants to get engaged on Friday, the 13th? I mean, really. So he opted for the next day, Saturday, February the 14th, which also happened to be Valentine's Day.

So now February 14 is the anniversary of my engagement and how can that not be romantic? All commercialism aside, Valentine's Day has come to have a very special place in my heart. And after 35 years of marriage, on February 14, Kevin still buys me flowers.

Robbi Goltsman-Ferris is a CJNU volunteer

Our February Host Sponsor-The Reh-Fit Centre

The Reh-Fit Centre is a not-for-profit organization with a mission to enhance the health and well-being of its members and the community by providing innovative health and fitness services through assessment, education and exercise in a supportive environment. The centre is pleased to be CJNU's host sponsor for the month of February, 2023.

the future of the health and fitness industry. The study shows that attending a medical fitness facility can impact your quality of life and time spent with family and friends. The Reh-Fit Centre was proud to take part in this groundbreaking study. Use the QR code on this page to learn more!

As a member of the Reh-Fit Centre, you can



In June 2022, the Reh-Fit marked its 10th anniversary as Canada's first certified medical fitness facility. And in 2020, the Reh-Fit Centre received the international Medical Fitness Facility of the Year Award for the second time. These proud distinctions are a direct testament to its professional staff and program excellence. The Reh-Fit continues to strive to meet the highest standards of a medical fitness facility daily. Attending a medical fitness facility improves your health!

In 2021, a ten-year study conducted by Manitoba researchers on the impact of attending a medical fitness facility was published in the American Journal of Preventative Medicine and has gained international recognition as expect active and regular medical oversight, certified and licensed staff, and disease management and prevention programs following prescribed standards and guidelines. Its health and fitness team can help guide you through your health and fitness journey with coaching sessions, health and fitness assessments, and nutrition consultations. Reh-Fit offers a variety of fitness and recreational services, rehabilitation and health programs, personalized services, and community education and workshops.

The centre relies on funding from the Reh-Fit Foundation to offer the community unique, varied, and meaningful fitness and health programs. To learn more about how you can make a difference in building community health, visit reh-fit.com.

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

Health & Wellnes

Advertising Feature Caring for a Parent: Christine's Story ~ Alzheimer Society of Manitoba

Christine Williams was in disbelief when her mom was diagnosed with dementia in the summer of 2013. It was less than a year after her dad passed away.

"I felt like within a year, I went from having two active, healthy parents to my dad being gone and almost immediately needing to be a caregiver for my mom," Christine says.

Christine began noticing changes in her mom's behaviour - things that seemed to be more than grief, like her mom frequently phoning her for unusual or strange reasons. After visiting a doctor in Flin Flon, her mom was sent to Winnipeg to see a neurologist and was diagnosed with dementia.

Her mom's doctor referred them to the Alzheimer Society, but Christine couldn't bring herself to make the call. "I was in complete denial at the time," Christine says. "But then - they called me. I could not be more grateful that

I was in complete denial at the time. But then - they called me. I could not be more grateful that someone from the Alzheimer Society reached out to me because I wasn't going to do it.

~ Christine Williams

someone from the Alzheimer Society reached out to me because I wasn't going to do it.'

The Society helped Christine understand the importance of planning for the future, including the significance of legal documents like a power of attorney. "A will, a health care directive and a power of attorney are key documents we recommend clients put in place to ensure they have the ability to act on someone else's behalf when the person they are supporting can no longer do it for themselves," says Erin Crawford, Program Director at the Alzheimer Society.

Christine says the early planning suggested by the Society came in handier than she could have ever expected. "I can't tell you the number of times I got out those legal papers," says Christine. "My biggest takeaway is to get your parents' affairs in order - those papers are everything. They're your voice."

After a car accident in 2014, Christine's mom was temporarily unable to walk, and her dementia symptoms began progressing quickly. She moved into long-term care in 2015 but adjusting to this change was not easy. Watching her mom struggle to get used to the new environment took an enormous emotional toll on Christine, who was also raising two young children at the time. "It felt like I was never doing enough. I was parenting and working full-time, so I had a lot going on. But now I know that my visits – they were enough. My mom would have wanted me to be okay with that." It took Christine's mom about a year and a half to settle into the care home, and Christine says she even began doing more activities - she loved music, singing and dancing most of all. Her mom passed away in February 2021. Looking back, Christine wishes she could have accepted her mom's diagnosis and dementia symptoms sooner than she had. But, through local seminars in Flin Flon, help from friends and information from the Society, Christine found the support she needed to move forward.

"I felt alone in the beginning, but with the support of friends, family and the Alzheimer Society, I learned I wasn't alone," she says. "As hard as it was then, I look back and realize it was all okay to accept things and appreciate the help around me.

Visit us online at Alzheimer.mb.ca or call us at 204-943-6622 (Winnipeg) or 1-800-378-6699 (Manitoba).

Christine Williams with her mom who was diagnosed with dementia less than a year

after her

passed.

father had



Collaborative Impact with Social Prescribing

What is Social Prescribing?

Social prescribing is a means for health care providers to connect clients/patients to a range of non-clinical services in the community in order to improve their social connections, health, and well being.

Healthcare provider

The healthcare provider sees a need and refers the client/patient to a Connector.



Connector

The Connector identifies the person's specific needs and interests, and connects the person with appropriate community resources.



Community resources

Community resources include a wide range of activities and services, such as social groups, art activities, exercise classes, and lifelong learning activities.



Why is Social Prescribing Needed?



Being social connected: brings enjoyment and a sense of purpose in life; adds to quality of life; reduces the risk of mental health problems like depression; and reduces the risk of physical health problems.¹



The lack of social connection (social isolation) has a negative effect on mental and physical health.² The impact of social isolation on mortality is comparable to that of smoking or a lack of physical activity.3

Before COVID-19

20% of Manitobans aged 65 or older were socially isolated

> said they were lonely sometimes or more often



During COVID-19

36% of Manitobans aged 65 or older said they were lonely sometimes or more often⁴

Social isolation is defined as having a small or no social network, limited communication or contact with social network, and little or no social participation. Loneliness refers to how people FEEL about their social connections. It is possible to feel lonely even when there are people around. People can also be satisfied and not lonely with a small network.⁵

SOCIAL FEBRUARY - FEBR







Kristy Tarasoff - Ear Architect. (see advertisement on page 18)

The New Year always entices us to turn the page, and live healthier, eat better and treat ourselves with care and kindness. This is a mantra that should be in place all year long, as we only have one body, complete with the ability to listen and be heard.

Our Ears are what connect us to our network of support. We do this on the phone, in person, one on one and in groups.

Our Ears keep our brain active, through listening and learning - sounds that happen around us all day everyday, and speech or communication.

What Impact Does Social Prescribing Have?

Research shows that social prescribing has positive impacts on older adults who are connected to community resources,⁶ and the healthcare system.^{7,8}



Social Prescribing in Manitoba

Led by the Manitoba Association of Senior Communities, Social Prescribing Manitoba will strengthen alliances amongst key intersectoral players (Senior Resource Coordinators, Senior Centres, Age Friendly Communities, Primary Health Services which would include My Health Teams, and Home Care resources) reducing siloed, independent activities and building greater collaborative impact to facilitate healthy aging. This enhanced working relationship will ultimately impact all communities and older people served by the key players. As we age, most of us will experience a decline in hearing. No, this isn't because it's hereditary, but as a simple result of changes in our body. When your knees start to feel like they can no longer move you, or your eyes start to blur, and your hands tire from daily tasks, we can't deny the aging process but we can be preventative about our health.

Most of us want to be connected to others. It's part of being human because isolation and loneliness leads to depression. Stay connected, invest in yourself and be proactive about a hearing check. Trust your head and your heart, that the greatest gift we have is the ability to hear, listen to conversation, music, our parents, siblings and grandchildren.

The greatest joy I experience, in my practice is the soulful smile of giving back the gift of hearing. I listen to others tell their stories of challenges and happiness. It's rewarding to be inspired by the subtle changes that are experienced through simple sounds, like our shoes on the snow, the rustle of our coat. Or the signal light in your vehicle.

Do you hear those sounds?

Over time, if we do not hear sound, or speech our brain will start to forget that we ever heard it at all. There are treatments for almost all medical conditions, which is why we consult with professionals to talk and discuss what the process looks like. Trust and talk to your hearing healthcare professional, as often as possible to keep your brain engaged in the here and now.

Be happy, be trusting and invest in your health, for the future. My experience with patients over the last decade has been positive, and I'm happy to be here to help, and listen. ■

G Be happy, be trusting and invest in your health, for the future.**JJ** ~ Kristy Tarasoff



How Can I Learn More?

Contact Connie Newman, Executive Director, MASC, at ccnewman@shaw.ca

References

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⁸Dayson, C., & Bashir, N. (2014). The social and economic impact of the Rotherham Social Prescribing Pilot: Main evaluation report.



Together

Face the Challenges of Caregiving with the Right Tools



Call to sign-up
204-632-3927

the wellness

Things To Do

Luncheons / Fundraisers

Archwood 55 Plus (a non-profit organization for seniors) - LGCA licensed BINGO Fundraiser, Wed. Feb. 22, 1 pm, in the Archwood Community Center, 565 Guilbault St. \$10 for 20 games (6 cards).

The Women's Canadian Club of Wpg -Luncheon, Feb. 28, 12 noon, RBC Convention Centre. Speaker: Pamela Hardman, Director of Marketing at Downtown Winnipeg BIZ. Cost \$35. Info: 204-488-8750, rochelpin@mymts.net

Friendship Force Winnipeg - (an international club that promotes world peace through cultural exchanges and home-stays). We travel, have dinner meetings, book clubs, walking groups and play bridge. www.friendshipforcewinnipeg@mymts.net

Misc.

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

HSC Foundaton - Savour Ireland: Wine & Food Experience - Feb. 25th, RBC Convention Ctr. Money raised helps improve patient care at HSC. Tickets at hscfevents@hscfoundation.mb.ca, 204-515-5612, or http://bit.ly/3Xcjum9

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.

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

Chamber Orchestra Music (under the auspices of Chamber Orchestra without Borders) - presents Shall We Gather, Sun. Feb. 26, 3 pm, at Bethel Mennonite Church, 465 Stafford St. Tickets: 204-487-0302 or chamorchwb@gmail.com

Dead of Winter (formerly Camerata Nova) - Concert featuring 2023 Juno Nominee, Andrew Balfour and his concert Notinikew: Going to War (part of Truth & Reconciliation concert series), Feb. 20, 7 pm, Ukrainian Labour Temple, 591 Pritchard Ave. 204-918-4547 or roland@deadofwinter.ca

Forever Young Club - classic rock 50's/60's/70's all evening - February 25 7:30-11:30 - 3584 Portage Ave - DJ Specialty Music. \$15, includes late lunch. Registration required fycwpg@gmail.com or 204-261-4442

Manitoba Music Lover's Festival -

Apr. 24, 25, 28, 29 & May 1, 7 pm, at Westwood Community Church, 401

RURAL MANITOBA

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

Brandon - Prairie Oasis Senior Centre -Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery available. Meals \$9. Volunteers needed. Grants and donations gratefully accepted. Info: 204-727-6641

WINNIPEG

Westwood Drive. 5 concerts, 15 Ensembles. Tickets \$8 at door. www.facebook.com/ manitobamusicloversfestival

Vital Seniors - Line dancers needed for Mon. 12-1 pm and 1:15-2:45 pm, & Fri. 10-11:30 am, to June 2023. Classes \$7 with a yearly membership of \$7. 204-334-3559.

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

Sports / Fitness / Games

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.

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The Pembina 55-PLUS Curling League looking for curlers at the Pembina Curling Club at 1341 Pembina Hwy. Two games/wk, alternating btw Mon. Wed. and Fri. 1 pm. Alternative is sparing. Register: **55pluscurl** ing.com, contact@55pluscurling.com.

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Senior

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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 how to Lawn Bowl and Play, Tue & Thur 10 am-noon; Wed 7-9 pm; Sun 2-4 pm. No equip. required. Introductory free play. Contact Virginia: 204-255-8828

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

Actionmarquerite 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 needed 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 to assist in the kitchen and dining room. Lunch time and supper

time shifts 3 hours once/wk Must show proof of Covid 19 Vaccination. Info, Melanie Camara: mcamara@bethelplace.ca

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

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

Misericordia Health Centre and Misericordia Place - Volunteers being accepted to support patient care. Training provided. Giftshop, open 10 am-4 pm (3-hr shifts), Rehab/Physio programs shifts, 8:30-12 noon and some afternoons. www.misericordia.mb.ca, 204-788-8134, 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 School Div. seeking volunteer morning swim instructors for grade 3 students. Will assist qualified instructor 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 Winnipeg Lost Dog Alert (WLDA) -Volunteers needed for:

Facebook Page Administrator: recruit@winnipeglostdogalert.com Volunteers needed for: <u>Treasurer</u>. Resume to president@winnipeglostdogalert.com. Visit www.winnipeglostdogalert.com

Programs / Services

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

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. Call 204-632-8367 for more info.

Creative Retirement Manitoba -Affordable Lifelong Learning. Classes a mixture of online and in-person. Art History, Bridge, India Travelogue, Estate Planning, DNA for Genealogists, Winnipeg Music History, Canadian Railways and much more! Visit creativeretirementmanitoba.ca.

Dakota 55+ Lazers Senior Centre -

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Programs: Cribbage, line dancing, floor curling, 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 with light lunch and a 4-piece band. Bingo, Yoga, and 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 - 207 Thompson Drive. Conversation, Cards, Table Games, Bridge. Complimentary light refreshments. Please bring an edible or usable wrapped item for an exchange between the guests just for fun. Chris: 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 discussion, 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.

Continued on next page

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

756-6471; Eriksdale Community Resource Council 739-2697; Fisher Branch Seniors Resource 372-6861; Gimli Seniors Resource Council 642-7297; Lundar Community Resource Council 762-5378; Riverton & District Seniors Resource 378-2460; St. Laurent Senior Resource Council 646-2504; Selkirk & District Senior Resource Council 785-2737; Stonewall South Interlake Seniors Resource Council Ino 467-2719; Springfield Services to Seniors 444-3139; Teulon and District Seniors ng Resource Council 886-2570; Lac du contacti Bonnet - Two Rivers Senior Resource Council 345-1227, Pinawa 753-2962 or Whitemouth/Reynolds 348-4610 or Winnipeg River Resource Council 367-9128

chairs, walkers, etc.); Low-cost rides program; Seniors frozen meal program; and much more. Info: sts@heritagecentre.ca or 204-388-9945

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) ng Help and support with transportation services, companionship, homecare services. Melanie Bremaud: 204-424-5285. 20 Les services rivière seine pour aînés hen aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud : 204-424-5285.

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

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

East St. Paul 55+ Activity Centre -(262 Hoddinott) - Programs for area residents. Call for programming: 204-654-3082 (msg).

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

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 376-3494; Ashern Living Independence for Elders 768-2187; Brokenhead/Beausejour Outreach for Seniors 268-7300; Victoria Beach - East Beaches Resource Center

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

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

Niverville 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

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 or Seining, volume needed for office help, transportation drivers, of (house cleaning, vard work). 204-785-2737, Selkirkrc@mymts.net

Springfield - Springfield Seniors - 204-444-3139, springfieldseniors@mymts.net. Stick curling, Pickleball, Women's 55+ Fitness, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. Masks and Proof of double vaccination required for programs.

(si55Plus) - 374 1st. St. West. Become a member - \$25/year. Luncheons, Ukulele Club, Pickleball, Line Dancing, Falls Prevention program, 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 p.m.; Food security initiative; Free iPad training; Exercise classes and more! Contact: 204-677-0987, thompsonseniors55@gmail.com

Teulon Seniors Club - Afternoon dance. lunch, fellowship, live band every 2nd Thur. of mo. at Town Hall, Main St. Thur. Mar. 9 - Prairie Crocus. Doors open noon, Lunch, dainties coffee/tea or juice served 3 pm. Also 50/50 and silent auction. \$10 at door.

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

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Pros Know 55 Active **Resource** 2

Visit prosknowexpos.ca for 2023 dates, locations & <u>On-Line Resources for Seniors</u>

Hmmm...Why Does All of this Matter?



Good Question!... This month this amazing paper is presenting 'Health & Wellness'. Well quite frankly, this paper and these Expos pretty much always present, promote and expound the virtues of just that. Why you ask? Because YOU matter, we matter, it all matters.

If we've learned anything, I do mean on our front porches sipping iced-teas anything these past two years, you would think it's that we as a community, a society need to get our collective acts ing all those places we saw on TV and in

apathy, anger and total indifference has permeated our life fabric and the stain has not been easy to remove. Now it has really caught up with us and most older adults are lost and confused.

How did this happen? Why me? How do I get out of these traps and malaise? All good questions indeed, but in reality we're all responsible for being at the bottom of the well together.

Nowhere in my 66 years can I recall there ever being a leader, a government, a societal push to hard focus and make it a way of being that those of us after 60 would be empowered, respected and needed after our 'Careers' were over.

Oh we'd have 'Freedom 55' if we were smart with our money. We'd have our private and government pensions with old age securities top ups while sitting and reading our newspapers. Some of us would travel around the world visit-

together. For far too long ageism, magazines. For some yes, for the vast There are tons of organizations and majority no. Far too many people are left with not enough of pretty much everything we need to survive let alone keep us active, thoughtful, healthy and thrive. Our mental and physical healths purposeful. Real experts always say on the fast track to decline or out right that one of the major keys for long life stalling and each day has become for and health is frame of mind. We need to some, a fight for basic dignity, purpose and survival.

Okay, enough of the doom and gloom. We have said this here in this column, this wonderful publication, that we can live better, can be purposeful and live (United Way Sponsored help-line), talk more meaningful lives than ever imagined. But the trick is 'WE' need to take charge of our lives and source the resources needed and wanted to facilitate an amazing life after 60.

you don't need to have a university degree or doctorate. We need to look Again, please visit our website www.around, pay attention and we can find many resources and opportunities to make our latter years fun, exciting and purposeful. It's right in front of us.

'Senior Friendly' businesses and groups who are charged and empowered to stop pointing at others, stop blaming everyone else for our situations and change our lot by taking charge of our lives starting with our attitudes.

If you need help it's there, call 211 with your local Senior Community folks at MASC (Manitoba Association of Senior Communities) and when available visit one of our Expos in your neighbourhood. Most of these people No, not everything involves money. No will be there. The help is at the tip of your fingers and YOU matter.

prosknowexpos.ca and watch for the continuous stream of updates and news. Thanks everyone for your continued love & support! Rick & Trish!

ZDa. 10

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

WINNIPEG, Cont'd

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Programs include: Exercise: variety fitness, yoga, zumba, seniors' fitness, line dancing, and older adult weight training. <u>Social</u>: 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 South Winnipeg Seniors Resource

Council - Pop-up Office Schedule - to end of May, 2023: Outlet Mall - 1st Thur. of mo, 10 am-2 pm; Charleswood Library - 1st Fri. of mo, 10 am-2 pm; Bill & Helen Norrie

Library - 2nd Tue. of mo, 10 am-2 pm; Rady Centre - 3rd Thur. of mo, 10 am-2 pm; Osborne Library - 4th Tue. of mo, 1 pm-4 pm. Schedule subject to change. Info: resources@swsrc.ca or 204-478-6169

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

Winnipeg Chinese Senior Assoc. -Diabetes Awareness & Prevention Program, up until Mar. 30/23. Walk-in Blood Glucose Testing, Tues. 10 am-12 pm, Thurs. 1 pm-3 pm, at Whyte Ridge Community Centre, 170 Fleetwood Rd. Open to public.

Travel / Leisure / Activities

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



C (155225) Acting for Seniors

board Venture **Music Centre** Exercise your mind, coordination, concentration and motor skills. ars in B **ONLINE or MOBILE**



TRANSPORTATION: Attend appointments or shop locally (RM of La Broquerie/RM/Town of Ste-Anne), or in Winnipeg. Max. charge \$0.45/KM.

FRIENDLY VISITING: Volunteers regularly visit or call you one or two hours per we



or 204-219-3979

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Ukuleles, Guitars, guitar restringing, setups, tuning services, etc. USED Keyboards, Recorders, Music Books/Accessories, etc. **COMPUTER:**

 Toner & Printer cartridges for Less, USB flash drives, SD cards, etc. Computer virus removal HOME:

• Batteries (hearing aids, fireplaces remote car starters, etc.) Delivery to seniors in W and Stonewall ava Text or call Terry: 204-955-5428

terry@keyboardventures.com www.keyboardventures.com 310 Weitzel St. • Wpg 324 Main St. • Stonewall

MOBILITY EQUIPMENT: Wheelchairs, walkers and canes are available for a small rental fee.

FELLOWSHIP BINS: Bins containing fun activities to do at home. Free of charge.

ELECTROSTATIC FOGGER: Ideal to disinfect venues and available for minimal fee.

Our coordinator can also help you connect to services such as:

Help with completing forms - Home and yard maintenance - Group recreational activities - Support for family members - Personal alarm system - Referrals to other services

SRS Inc. is looking for volunteer assistance in order to support older adults with activities such as transportation, friendly visits, home and vard maintenance, and assistance with events.





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CROSSWORD - It's all or nothing (MEDIUM) By Myles Mellor

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Meal starter

23. Anchors

26.

1. Org. for Annika Sorenstam 5. There's nothing 10. Voucher

- 14. Pitching stats
- 15. Gen. Rommel
- 16. Wine, prefix 17. No similarities
- 20. Olympic swimwear
- 21. Bowl material
- 22. Early craft
- 24. Stun gun
- 25 Superpower until 1991 29. Pin holder
- 33. Energy source 35. Reed or Summer
- 37. Mythical monster 40. Zero, for sure
- 43. Suitable
- 44. Italian province
- 45. Combat zone
- 46. Pro sports gp.
- 47. Pretentious one 48. Inaccurate
- 53. Track
- 56. Sale benefit
- 60. Mournful compositions
- 65. The best kind of trip? 67. Builder's need
- "Same here" 68
- 69. Hess who was a
- dame 70. the time in the
- world
- Showbiz twin 71. Mary-Kate or Ashley
- 72. Make an effort to find

DOWN:

- 1. Zooming device 2. Play thing 3. Frontline home defense 25. Annapolis sch.
- 4. Tennis great, Arthur
- 5. Andrea Bocelli, for one 27. Paving stone
- 18 19 23 29 3Z 26 30 31 35 46 54 50 53 55 52 58 62 63 57 61 66 6. Grp. 28. Word of support 49. Pop music's 7. Go for a dip 8. Article for Mozart Vanilli 30. Dots on a map 31 . Let go, for Shakespeare 50. Eastern belief 51. Great view 9. Abbr. on a business 32. One ____ million 34. Prefix indication letter 10. Pause 11. Chrysler engines wrong action 36. Words between 55. Grunts 12. All 57. Beehive, e.g "one day" and "time" 13. Copier need 37. Chef's need 18. Crete's highest

 - 38. Marriage destination 39. Grouchy crustacean?

42. Hosp. units

48. Modify to new

conditions

- 41. Actress, Long
 - - 64. Neb. neighbor
 - 66. Genevieve, e.g.

WORDSEARCH - Valentine's By Roni Alward & Senior Scope

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- 59. Explosives

62. Marvin of Motown

63. Dublin country

SOLUTION ON PAGE

52. White or Red follower 54. Small theater in ancient Greece

- 58. Diamond of note
- 61. Tach readings



Metric	Ingredients:	Imperial
225 g	small cooked shrimp	1/2 lb
250 ml	prepared salsa	1 cup
30 ml	ketchup	2 tbsp
15 ml	lime juice	1 tbsp
1	avacado, peeled & cut into bite size pieces	1
3	green onions, sliced	3
1	small tomato, chopped & drained	1
15 ml	fresh cilantro, chopped	1 tbsp

In a large bowl; combine shrimp, salsa, ketchup, lime juice, avocado, onions, tomato and cilantro. Blend together. Cover and refrigerate for several hours before serving. Serve with pita bread or crackers.

Serves 4



Senior Scope • READ ONLINE at www.seniorscope.com

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Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

All answers begin with the letter "I"

- 1. When you wakeup with a fresh new idea you are: 2. Canada has 9 towns or cities whose name
- starts with this word: 3. This country has 1.3 billion people. During the pandemic, one person was dying every 5 minutes from Covid:
- 4. These movies starred Harrison Ford:
- 5. This is a large peninsula created by the meandering Thames River in London:
- 6. This is a movie about 2nd and 3rd level dreams starring Leonardo DiCaprio:
- 7. Piano keys are also known as:
- 8. She was the first female Prime Minister of India:
- 9. This is the capital city of Pakistan:
- 10. Springfield is the capital of this American state:
- 11. This is the theme song for TV's "Friends":
- 12. This is the meaning of the "I" in the American C.I.A.:
- 13. The name of the Russian: "_ The Terrible"
- 14. Greek Myth, they say he flew too close to the sun and perished:
- 15. This American state is recognized for farming:
- 16. It was suggested we will need one of these each year to avoid Covid:
- 17. Ingvar Kamprad, a Swede, built this huge retail store chain:
- 18. This is a famous city in Turkey:
- 19. Morgan Freeman played Mandela in this movie:
- 20. Claude Monet was the founder of this artistic movement:
- 21. This a Peninsula bordering Spain and Portugal:
- 22. She was a 1940's Swedish actress, whom they say had natural charm, freshness, intelligence and vitality:
- 23. This is an action packed war movie about America's independence starring Will Smith:
- 24. Sir Walter Scott wrote this classic in 1819:
- 25. This is a photo sharing service created by Kevin Systrom and Mike Kreiger:
- 26. During the Covid pandemic, a major fire destroyed a Covid hospital in this country:
- 27. This was a major hit song for Helen Reddy (a song for the ladies):
- 28. When you are suffering from lack of sleep, you have:
- 29. The Titanic was built here:
- 30. This has been the Rolling Stones #1 hit song:

10. Illinois

A to Z Trivia 'I' SOLUTIONS

1.	Inspire
2.	Indian
3	India

ed

16. Injection 9. Islamabad 17. lkea 11. I'll Be There 18. Instanbul

Memory Shows for Seniors

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

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24. Ivanhoe

26. Iraq

25. Instagram

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5. Isle of Dogs	12. Intelligence	20. Impressionism	28. Insomnia
6. Inception	13. Ivan	21. Iberian	29. Ireland (Belfast)
7. Ivories	14. Icarus	22. Ingrid Bergman	30. (I Can't Get No)
8. Indhira Gandhi	15. lowa	23. Independence Day	Satisfaction

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