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# Senior Scope

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**HEALTH & WELLNESS FEATURE**  
See pages 9-16

## FRANK REMPEL IS - "Snappy" the Clown

By Bud Ulrich



A MANITOBA MOMENT

Bud Ulrich

In my short stint as a columnist, I continue to be fascinated by the diversity of careers of those I have had the pleasure of interviewing. Frank Rempel is no exception. Clearly, he is living his dream of being a professional clown, albeit slowing down somewhat during his early senior years.

From the outset of our chat, Frank mentioned clowns don't have any political affiliations, race affiliations, or religious affiliations - they're just clowns. During his performances he noticed ethnic groups tend to sit together, Filipinos, East Indians, and others. As a clown he can blend in with anyone. He can walk up to a complete stranger and say something or do something, but with that comes a lot of responsibility. **Clowning involves a person who is honourable, respectful, and can be trusted to do what is expected or required.**

During a May long weekend four-day event at The Forks, Frank wandered around the fair and came upon a little girl. He got down on one knee to be at the little girl's level. She looked at her mother, and her mother said, "It's okay you can go - he's a clown."

Looking back on Frank's family history, his parents lived in a Mennonite Community in Ukraine. Both parents spoke German. A family anomaly included his father being conscripted into the German army, whereas his

father's brother was conscripted into the Russian army. Frank's father's desire to immigrate required him to go to a neutral country for five years ending up in Paraguay, South America. Eventually his dad and mom came to Canada. Frank was born in Winnipeg in 1955. He has a younger brother, Werner. They see each other as often as their schedules allow.

Frank attended kindergarten at Laura Secord School. He blamed his extreme shyness for crying most of his first school day. His family moved to Downing Street where he went to Sargent Park School until Grade 9, and then on to Tec-Voc High School. Along with his academic subjects, he enrolled in the drafting course. Almost apologetically, Frank stated he was not a very good student. He grew up speaking German and didn't know the English language. He learned English from "the street." There was an ad-

justment in learning to spell and succeed in mathematics, but he managed to get through with average grades. Frank quit school while in Grade 11 as he had no interest in his subjects, but shortly after he returned to complete Grade 12.

At school Frank was always the "practical joker". He spent more time "goofing off" than doing schoolwork and getting into trouble. He never thought of himself as a clown back in his early days.

Frank entered the workforce securing employment with several companies over the years, starting off as a manual labourer. There wasn't much unemployment between jobs, as they were plentiful at that time. Some of these companies included Kimberly Clark, manufacturers of toilet paper and Kleenex, where he made a whopping \$3.50/hour. His friends were

"...clowns don't have any political affiliations, race affiliations, or religious affiliations - they're just clowns."

- Frank Rempel aka Snappy



Continued on page 2

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## “Snappy” the Clown, cont'd from front page

quite impressed as they were only getting \$1.50/hour. Wescott Fashions was his next stop as supervisor of an area in the warehouse. He then applied for a drafting course at Red River College and was able to get financial assistance providing he passed his subjects. Towards the end of the course, he was interviewed by Co-op Implements and was hired. Unfortunately, the company went under. He then got a job at Flyer Industries where he was on a yearly contract. When that ended, he moved on to Arne's Welding, and with a smirk, he gave an interesting but brief description of the owner. Buhler Industries was next where he worked as a draftsman for six years. He got a good job offer from Alphair Ventilating Systems. However, that company didn't last long, and it was back to Buhler for sixteen more years. Buhler Industries was sold to the Russian company Rostselmash Ltd. in 2007, and two weeks before Christmas thirty employees, including Frank, got their “walking papers.” With Frank's estimating and quoting skills experience, he generated many contacts. He received a very generous offer from another good company, but he was torn between full-time clowning or this job. During his vacation time he pursued his clowning routine. Following discussions with his church minister, Frank concluded, “If I don't try full-time clowning, I'll never know.”

At a Beavers meeting at Bernie Wolf School, a clown came to the door inviting Frank and his Beaver group to attend a clown graduation. He jumped at the invitation. He was amused at all the silly tricks and antics by the clowns. This event had a profound impact on Frank influencing him towards clowning. Even though he claimed to be very shy at a young age, laughingly, he said, “I don't know what happened.”

The time arrived, and Frank took a chance, working from home every day, setting up his website, arranging shows for daycares. He contacted every daycare in the province promoting his “clowning.” He secured twenty-four shows, one per month for two years, never to repeat, and by design or good luck, there were a new bunch of kids. Every Chamber of Commerce in



Frank Rempel, aka Snappy the Clown

Manitoba was contacted as well. He set up his computer to fax hundreds of places advertising Snappy the Clown which consumed a major part of his day. He had several agents in Winnipeg and some in Toronto providing work. News of his availability spread via word of mouth. Birthday parties became a good source of income.

Frank met Inch the Clown (aka Kolinda) at a clown course. Shortly after he completed the ten-week intense course, Frank joined Bump-A-Nose Clown Alley – a group of clowns who regularly meet, exchanging ideas and experiences. Bump-A-Nose is a clown greeting that means good luck. Inch the Clown and Snappy the clown formed a long-term friendship performing throughout Manitoba and parts of Ontario, including shows at Club Regent in Winnipeg and New York City.

Earlier in Frank's life he enjoyed watching TV comedy shows such as Red Skelton, Lucille Ball, and Carol Burnett. Back then he never thought about being a clown. It wasn't until he started taking the clown course that he realized all the things he could do.

“Half my props are from the Dollar Store – it's all goofy stuff.” Frank's corny description of cutting out a musical note and tying it to his clown shoe is just one example of his lighthearted goofiness. When someone questioned, “What's that?” Frank replied, “That's my footnote!” He states it's

the audience that makes his show, which involves the clown not knowing what to do, but the kids are very eager to help, whereas adults don't usually say anything.

It became obvious that Frank has a very strong work ethic. He emphasized, “That was my parent's influence.” He spent a lot of time writing down ideas and purchasing props. Frank's concept of kid-clowning is keeping it simple, also known as the KISS system (Keep It Simple Stupid). He did a lot of freebies to see how his business was going to work. From there Snappy the Clown's production took off. At one point Frank said, “I was really, really busy and then COVID hit! Nothing happened.” It's something he still enjoys, although he has slowed down quite a bit.

I detected a sense of delight when Frank mentioned he and his wife Kathy are approaching forty-eight years of marriage. He met Kathy at a young age when he sported long hair, mustache, and long sideburns which were in style at that time. Frank and his buddies used to hang out at the Country Kitchen on Main Street. Kathy was a waitress, and that's how they met. Their family includes two children (twins) Tyler and Jessica (38 years old), their partners, and five grandchildren. Frank and Kathy (a retired teacher) spend a fair amount of quality time with their grandchildren.

Towards the end of our chat, Frank had difficulty when he conveyed a heart-wrenching story about a young boy in the hospital who was befriended by Frank's clown instructor during his hospital visits. When the child passed away, his instructor wanted to attend the funeral. He decided to go in “clown” as this was who the boy knew. He sat in his car outside the chapel for a long time debating whether he should go in or not – in “clown”. He finally decided to attend and sat at the back of the chapel. During the eulogy it was mentioned that his clown persona was the child's best friend. Frank states, “It's a powerful thing being able to bring joy and to impact the lives of others.”

Frank Rempel has a tender heart; he can be funny or goofy – he's Snappy the Clown. ■

**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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# The Life Leases Act - The good, the bad and needs improvement

- Lori Blande

In this article I am going to explain a couple of the main points of *The Life Leases Act of Manitoba*. I will outline the sections the *Manitoba Life Lease Occupants Association (MLLOA)* is advocating to have changed and the ones we have succeeded in having amended (in 2023).

*The Life Leases Act (The Act)* was given royal assent on June 29, 1998, and came into effect on December 1, 1999. It is supported by *Life Lease Regulation 143/99* and *Investment Restrictions Regulation 129/99*.

Prior to June 2023 most people, living in life lease buildings, did not realize that under Section 15 (2) their entrance fee was not protected in a case where the complex was sold due to a mortgage sale, a tax sale or a foreclosure under *The Real Property Act*. Unless the purchaser agreed otherwise, each existing life lease was summarily terminated, and the new owner was under no obligation to repay any or all of the entrance fee.

Fortunately, all that changed. *The Life Leases Act* was amended to remove Section 15 (2) (a) from *The Act*. The new owner is now required to return the entrance fees (without interest) if the tenant(s) move out. This amendment was vigorously championed by the *Manitoba Life Lease Occupants Association (MLLOA)*.



The down side to this change of landlord (owner) scenario is that the existing life lease is voided. You have the right to occupy your suite until the end of the month in which the lease is terminated at which time your new owner is at liberty to increase your rent going forward.

Section 16 of *The Act* says the landlord must maintain a reserve fund to pay for unforeseen major repairs or replacements in the complex. These expenses can include windows, roof, heating and cooling systems, elevators etc. Unfortunately, the dollar amount required for the reserve fund can't be legislated so it's up to the landlord to be fiscally responsible and plan for the eventuality of major repairs. Any shortfall in the funding may be charged back to residents as a special assessment.

The MLLOA was successful in advocating for the critical requirement of compelling a landlord to conduct a reserve fund. Until the fall of 2023 this was not the case. This process involves a property condition assessment and capital replacement reserve study. Results enable the landlord's board of directors and the property management

company to properly budget for a healthy reserve fund. The Act now includes this vital piece in Section 16.1(1) and 16.1(2).

Financial reporting - Section 18 requires the landlord to present the audited financial statements to the tenants (within 6 months of the end of the fiscal year) for the life lease complex. The landlord is obligated to hear and respond to any questions and concerns from the tenants with respect to the financial statements (including audited statements), operation of the complex, investments, the reserve and refund funds, revenues and expenses and the budget details for the current fiscal year.

This article is a small view into *The Life Leases Act of Manitoba*. There is so

much more to *The Act* that can't be covered in one piece of writing; more coming in the April issue of *Senior Scope*.

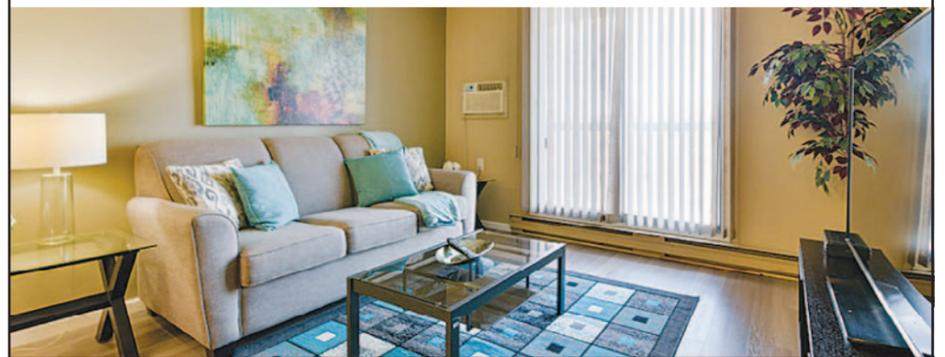
MLLOA and the *Manitoba Non-Profit Housing Association* will be hosting an information session on *The Life Leases Act* in early April. Member buildings will be informed once details are finalized.

For more information please check out our website at [www.mlloa.ca](http://www.mlloa.ca).

Lori Blande  
Member at Large MLLOA  
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# Adi's Video

By Myles Shane

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Myles Shane

As I celebrated the enchanting milestone of turning 50 I found myself compelled to take a nostalgic journey down memory lane. Before turning the page to what lies ahead, I revisited the golden days of my youth spent in the captivating city of Winnipeg, specifically in the neighbourhood of Garden City in the North End.

Let's rewind to the year 1981, a time when I stumbled upon one of the North End's inaugural video stores, the epitome of sophistication—Adi's Video. Picture this, walls adorned with thousands of films, a haven for VCR enthusiasts like myself. On one side, they rented out Beta, and on the other, the oh-so-trendy VHS. The choices were nothing short of mind blowing; I could potentially rent ten videos, a far cry from the previous week when my idea of a cinematic experience involved a trip to Garden City Cinema.

Adi's Video was the saviour of the mundane movie watching experience. Little did I know that this establishment, this pinnacle of cultural refinement, would be the talk of the town in the North End for years to come—until, of course, the Blockbusters of the world descended upon us like the Borg from Star Trek. Resistance was futile.

My initiation into the world of video rentals began with the masterpiece, "The Frisco Kid" starring the legends Harrison Ford and Gene Wilder. The unpar-



Adi's Video one of the 20 locations in Winnipeg.

alleled video selection kept my friends and family flocking to Adi's for decades. I vividly remember moments of agony gripping 20 movies in my hand trying desperately to narrow my choice to two or three for the night.

## Schachar

In a recent trip down nostalgia lane, I had the pleasure of catching up with Schachar Orenstein, the prodigious offspring of Adi Orenstein, the mastermind behind Adi's Video.

Schachar and I reminisced about our early years, recalling the connection forged through our common friend Dave, a Talmud Torah companion of his. Our shared memories included engaging in football and soccer matches at the Garden City field, playing hockey on the outdoor rink during winter, and participating in floor hockey with BBYO and USY.

Schachar informed me last December

his father Adi had passed away in his home country of Israel. He described the last time he had the opportunity to see him, "After Adi's closed its doors, my father managed a limestone factory in Sderot. He and my mother have been living in Ashkelon (in Israel) for the last twenty years. For too many of those years, rockets had been aimed at my parents, including over 1000 launched towards Ashkelon in the first week of this recent war." This type of regular missile bombardment on their home was one of the reasons the Orenstein's originally left Israel.

## A Rabbi

It came as no shock to me that Schachar opted for a career as a Rabbi, a choice reflected by a few of the kids I grew up with. He articulated the reasons behind this decision, citing "a profound journey of spiritual awakenings and exposure to masterful and visionary rabbis, shamans, and

Continued on page 6

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Peter J. Manastyrsky

Manitobans are gearing up towards income tax time. For all of us this is an annual obligation and commitment as citizens of Canada. The 2023 tax return has a few changes but there is one area that doesn't change, it is the **DISABILITY TAX CREDIT**.

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As mentioned, we are heading into the 2023 tax filing season. All of us are preparing and selecting someone who is reputable to do our income tax return. If in doubt, please call A Step Beyond & Associates, we can assist you in this matter. Please be vigilant and attentive during these uncertain times. A Step Beyond & Associates is available and ready to support your 2023 tax return and your tax credit application.

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[lance@dakotacc.com](mailto:lance@dakotacc.com) / [www.dakotacc.com](http://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](mailto:healthrelations@chalmersrenewal.org)  
<https://chalmersrenewal.org/>

**Fort Garry Seniors Resource Council**  
200 - 270 Donald Street / 204-792-1913  
[fortgarry@aosupportservices.ca](mailto:fortgarry@aosupportservices.ca)  
[www.aosupportservices.ca/resources/seniors-resource-finders](http://www.aosupportservices.ca/resources/seniors-resource-finders)

**Golden Rule Seniors**  
625 Osborne Street / 204-306-1114  
[goldenrule@swsrc.ca](mailto:goldenrule@swsrc.ca)  
[www.Faceboook.com/GRSRC](http://www.Faceboook.com/GRSRC)

**Good Neighbours Active Living Centre**  
720 Henderson Hwy / 204-669-1710  
[admin@gnalc.ca](mailto:admin@gnalc.ca) / [www.gnalc.ca](http://www.gnalc.ca)

**Gwen Sectar Creative Living Centre**  
1588 Main Street / 204-339-1701  
[becky@gwensecter.com](mailto:becky@gwensecter.com) /  
[www.gwensecter.com](http://www.gwensecter.com)

**Headingley Seniors' Services**  
5353 Portage Avenue / 204-889-3132 ext. 3  
[seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)  
[www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)

**Indigenous Senior Resource Centre Inc.**  
A1 - 100 Robinson Avenue / 204-586-4595  
[executivedirector@isrcwpg.ca](mailto:executivedirector@isrcwpg.ca)  
[www.asrcwpg.ca](http://www.asrcwpg.ca)

**Manitoba Korean 55+ Centre**  
900-150 River Avenue  
204-996-7003 / [www.ksam.ca](http://www.ksam.ca)

**North Centennial Seniors Association of Winnipeg Inc.**  
86 Sinclair Street / 204-582-0066  
[ncsc@shaw.ca](mailto:ncsc@shaw.ca) / [www.ncseniors.ca](http://www.ncseniors.ca)

**North Point Douglas Senior Centre**  
244 Jarvis Avenue

**Pembina Active Living (55+)**  
170 Fleetwood Rd. / 204-946-0839  
[office@pal55plus.ca](mailto:office@pal55plus.ca) / [www.pal55plus.ca](http://www.pal55plus.ca)

**Rady Jewish Community Centre**  
123 Doncaster Street / 204-477-7539  
[lmajovsky@radyjcc.com](mailto:lmajovsky@radyjcc.com) / [www.radyjcc.com](http://www.radyjcc.com)

**Rainbow Resource Centre**  
545 Broadway Ave. / 204-474-0212 ext 255  
[OTR@rainbowresourcecentre.org](mailto:OTR@rainbowresourcecentre.org)  
[www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)

**The Salvation Army Barbara Mitchell Family Resource Centre**  
51 Morrow Avenue  
204-946-9153 / [sheila.keys@salvationarmy.ca](mailto:sheila.keys@salvationarmy.ca)

**South Winnipeg Seniors Resource Council**  
117-1 Morley Ave / 204-478-6169  
[resources@swwsrc.ca](mailto:resources@swwsrc.ca) / [www.swwsrc.ca](http://www.swwsrc.ca)

**Southdale Seniors**  
254 Lakewood Boulevard / 204-257-6171  
[gm@southdale.ca](mailto:gm@southdale.ca) / [www.southdale.ca](http://www.southdale.ca)

**Sri Lankan Seniors Manitoba**  
113 Stan Bailie Drive  
204-261-9647 / [www.srilankanseniorsmb.ca](http://www.srilankanseniorsmb.ca)

**St. James-Assiniboia 55+ Centre**  
3-203 Duffield Street  
204-987-8850 / [info@stjamescentre.com](mailto:info@stjamescentre.com)  
[www.stjamescentre.com](http://www.stjamescentre.com)

**St. Mary's Rd. Seniors**  
613 St. Mary's Rd., Winnipeg  
204-257-0678 / [www.stmarysroad.ca](http://www.stmarysroad.ca)

**Transcona Council for Seniors**  
845 Regent Ave / 204- 222-9879  
[tcs@mymts.net](mailto:tcs@mymts.net) / [www.transconaseniors.ca](http://www.transconaseniors.ca)

**Transcona Retired Citizens Org.**  
328 Whittier Ave. West  
204-222-8473 / [trco328@shaw.ca](mailto:trco328@shaw.ca)

**Vital Seniors - 3 St Vital Road**  
204-253-0555 / [stmary@mymts.net](mailto:stmary@mymts.net)  
[www.stmarymagdelenevpg.org](http://www.stmarymagdelenevpg.org)

**Winnipeg Chinese Senior Association**  
204-291-7798 / [wcsa.wpg@hotmail.com](mailto:wcsa.wpg@hotmail.com)  
[www.winnipegchineseseniors.ca](http://www.winnipegchineseseniors.ca)

**Winnipeg Condominium Corp #238**  
3281 Pembina Hwy / 204-269-6363

### BEYOND WINNIPEG

#### BEAUSEJOUR

**Beau-Head Senior Centre**  
645 Park Avenue  
204-268-2444 / [beauhead@mymts.net](mailto:beauhead@mymts.net)

#### BRANDON

**Brandon Seniors for Seniors Co-op Inc.**  
311 Park Avenue E / 204-571-2050  
[reception@brandons4s.ca](mailto:reception@brandons4s.ca)  
[www.brandons4s.ca](http://www.brandons4s.ca)

**Health Checks - 204-728-1842**  
[brandonmbhealthchecks.ca](mailto:brandonmbhealthchecks.ca)  
[healthchecksbrandon@gmail.com](mailto:healthchecksbrandon@gmail.com)

#### CARMAN

**Carman Active Living Centre**  
47 Ed Belfour Drive / 204-745-2356  
[www.activelivingcentrecarman.ca](http://www.activelivingcentrecarman.ca)

#### CRANBERRY PORTAGE

**Jubilee Recreation of Cranberry Portage Legion Hall**  
217 2nd Ave. SE / 204-271-3081

#### CRYSTAL CITY

**Crystal City & District Friendship Club Inc.**  
117 Broadway St. / 431-867-0122  
[crystalcityfriendship@gmail.com](mailto:crystalcityfriendship@gmail.com)

#### DAUPHIN

**Dauphin Active Living Centre Inc.**  
55 1st Avenue SE  
204-638-6485  
[www.dauphinseniors.com](http://www.dauphinseniors.com)

#### DELORAIN

**Deloraine Community Club Inc.**  
111 South Railway Ave E  
204-747-2846

**Seniors' Outreach Services of BrenWin Inc.**  
204-747-3283 / [sosbrenwin@gmail.com](mailto:sosbrenwin@gmail.com)  
[sosbrenwin.com](http://sosbrenwin.com)

#### ERICKSON

**Comfort Drop In Centre**  
31 Main Street  
204-636-2047 / [areas@mymts.net](mailto:areas@mymts.net)

#### FLIN FLON

**Flin Flon Seniors**  
2 North Avenue / 204-687-7308

#### GILBERT PLAINS

**Gilbert Plains and District Community Resource Council Inc.**  
204-548 4131 / [gpdcrc@mymts.net](mailto:gpdcrc@mymts.net)  
[www.gpdcrc-newhorizons.wix.com/gpdcrc](http://www.gpdcrc-newhorizons.wix.com/gpdcrc)

**Gilbert Plains Drop In Centre**  
22 Main Street North / 204-548-2210

#### GIMLI

**Gimli New Horizons 55+ Centre**  
17 North Colonization Road  
204-642-7909 / [gimli55@mts.net](mailto:gimli55@mts.net)  
[www.gimlinewhorizons.com](http://www.gimlinewhorizons.com)

#### GLADSTONE

**Gladstone Seniors Inc.**  
32 Morris Ave. North / 204-385-2205

#### GRAND MARAIS

**Grand Marais & District Seniors**  
36058 PTH 12 / [gmdseniors@gmail.com](mailto:gmdseniors@gmail.com)  
[www.gmdseniors.ca](http://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 New Horizons Centre**  
520 Mountain Avenue  
[www.killarneymbseniors.ca](http://www.killarneymbseniors.ca)

**Killarney Service for Seniors**  
203 South Railway / 204-523-7115  
[seniorservice@killarney.ca](mailto:seniorservice@killarney.ca)

#### LA BROQUERIE and STE. ANNE

**Seine River Services for Seniors Inc. / Services Rivière Seine pour aînés Inc.**  
93 Principale Street  
204-424-5285 / [labseinerss@gmail.com](mailto:labseinerss@gmail.com)  
[seineriverservicesforseniors.ca](http://seineriverservicesforseniors.ca)

#### LUNDAR

**Lundar Community Resources**  
35 Main Street / 204-762-5378  
[lrcr@mymts.net](mailto:lrcr@mymts.net)

#### MANITOU

**Pembina Community Resource Council**  
315 Main Street  
204-242-2241 / [pembinacrc@gmail.com](mailto:pembinacrc@gmail.com)

#### MINNEDOSA

**Minnedosa Senior Citizens Assoc.**  
31 Main Street S  
204-867-1956 / [mdsasca@gmail.com](mailto:mdsasca@gmail.com)

#### MORDEN

**Morden Activity Centre**  
306 N Railway Street / 204-822-3555  
[mordenactivitycentre@gmail.com](mailto:mordenactivitycentre@gmail.com)  
[www.mordenseniors.ca](http://www.mordenseniors.ca)

#### NEEPAWA

**Neepawa Drop In Centre**  
310 Davidson Street / 204-476-5103  
[Neepawa-dropin@outlook.com](mailto:Neepawa-dropin@outlook.com)  
[www.neepawa.ca/district-drop-in-center](http://www.neepawa.ca/district-drop-in-center)

#### PILOT MOUND

**Pilot Mound Fellowship Centre**  
203 Broadway Avenue / 204-825-2873

#### 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](mailto:hermanpriorcentre@gmail.com)  
[www.hermanprior.com](http://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 / 204-378-5155  
[rdfc@mymts.net](mailto:rdfc@mymts.net) / [www.rivertonfc.com](http://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](mailto:executivedirector@gordonhoward.ca)  
[www.gordonhoward.ca](http://www.gordonhoward.ca)

#### SNOW LAKE

**Snow Lake Senior Centre**  
71 Balsam Street  
204-358-2151 / [snowsrs@mymts.net](mailto:snowsrs@mymts.net)

#### ST. LAURENT

**Age Friendly Committee of St. Laurent**  
204-906-9607

#### STEINBACH

**Pat Porter Active Living Centre**  
10 Chrysler Gate  
204-320-4600 / [ed@patporteralc.com](mailto:ed@patporteralc.com)  
[www.patporteralc.com](http://www.patporteralc.com)

#### STONEWALL

**South Interlake 55 Plus**  
374 1st Street West - Oddfellows Hall  
204-467-2582 / [si55plus@mymts.net](mailto:si55plus@mymts.net)  
[www.si55plus.org](http://www.si55plus.org)

#### SWAN RIVER

**Swan River & District Community Resource Council**  
126 6th Ave N / 204-734-5707  
[resourcecouncil@srseniorservices.com](mailto:resourcecouncil@srseniorservices.com)

**Swan River Senior Citizens Centre**  
702 1st Street North / 204-734-2212

#### THE PAS

**The Pas Golden Agers**  
324 Ross Avenue / 204-623-3663  
[seniorsthepas@gmail.com](mailto:seniorsthepas@gmail.com)

#### THOMPSON

**Thompson Seniors Community Resource Council Inc.**  
4 Nelson Rd. / 204-677-0987  
[thompsonseniors55@gmail.com](mailto:thompsonseniors55@gmail.com)  
[thompsonseniors.ca](http://thompsonseniors.ca)

#### TREHERNE

**Treherne Friendship Centre**  
190 Broadway Street  
204-723-2559 / [jstate1066@gmail.com](mailto:jstate1066@gmail.com)

#### VICTORIA BEACH

**East Beaches Social Scene**  
3 Ateah Road / 204-756-6468  
[ebssinc1@gmail.com](mailto:ebssinc1@gmail.com)  
<https://www.ebseniorscene.ca>

**East Beaches Resource Centre**  
3 Ateah Road / 204-756-6471  
[ebresourcec@gmail.com](mailto:ebresourcec@gmail.com)  
<https://ebresourcec.weebly.com>

#### WINKLER

**Winkler & District MP Senior Centre**  
102-650 South Railway Avenue  
204-325-8964 / [director@winklerseniormunity.com](mailto:director@winklerseniormunity.com)  
[www.winklerseniormunity.com](http://www.winklerseniormunity.com)

## Leftovers Foundation - Keeping food from being wasted

Given the massive increase in food insecurity, there is support for organizations running food access programming for those facing challenges.

"What started with stuffing 40 bags of bread into my Honda Civic has turned into more than 2 million pounds of food rescued from the landfill," says founder Lourdes Juan. "Whether it be a volunteer filling their car's trunk with fruit or a restaurant signing on to our Leftovers app to donate their food, Leftovers is made possible by community. Together, we can

make a massive difference and keep good food out of the landfill."

The **Leftovers Foundation's** goal is to reduce food waste and prevent the greenhouse gas emissions caused when good food is left to rot. We believe the best way to do that is to get the food to community organizations working with vulnerable populations, so that it can be used where food is most needed. Our Rescue Food program empowers volunteers to redirect good food that vendors can't sell to service agencies running food access program-



ming for people in need. Last year, the program redirected over 500,000 lbs of good food out of landfills in Winnipeg, saving local community organizations over \$1.7 million in food costs. Visit Leftovers' website at [rescuefood.ca](http://rescuefood.ca) to learn more about food waste in Canada and discover ways to help ensure good food gets to people who need it.

For info, visit: [rescuefood.ca](http://rescuefood.ca)

**Reducing food waste.  
Increasing access.**

## FREE PROVINCIAL PARK ENTRY FOR MONTH OF FEBRUARY

The Manitoba government is offering free park entry for the entire month of February to encourage Manitobans and visitors to explore the many winter activities available in provincial parks, Environment and Climate Change Minister Tracy Schmidt announced.

"February is a great time to enjoy Manitoba's provincial parks," said Schmidt. "We know affordability is top of mind for many families, so I am pleased to announce we are waiving the entry fee to all provincial parks for the month of February. We encourage all Manitobans to get outdoors and enjoy everything our beautiful provincial parks have to offer."

Vehicle permits are not required in any provincial park in February but Snopasses are still required for snowmobiles using designated trails. Entrance fees still apply in national parks.

Manitoba's provincial parks have many different trail systems scattered around the province with groomed trails for a variety of activities including cross-country skiing, fat biking, snowshoeing and hiking. Paint Lake, Spruce Woods and Turtle Mountain provincial parks also offer outdoor skating areas, hockey rinks and toboggan hills. Hecla/Grindstone Provincial Park has ice-fishing shelters on Lake Winnipeg that are free to use. People looking for downhill skiing and snowboarding experiences can visit the Assessippi Ski Resort in Assessippi Provincial Park or the Falcon Ridge Ski Slopes in Whiteshell Provincial Park.

Park interpreters in Birds Hill, Spruce Woods and Whiteshell provincial parks are offering numerous guided programs that enrich visitor experiences and promote

stewardship of Manitoba's park resources, noted the minister. Highlights for the month of February include wolf howl hikes, snowshoe treks, ski clinics, quinzhee building and ice fishing. Event details and registration information can be found at [www.gov.mb.ca/sd/parks](http://www.gov.mb.ca/sd/parks). Teachers can also book free guided field trips to Birds Hill, Spruce Woods and Whiteshell provincial parks along with virtual programs to bring park interpreters into classrooms.

Manitobans are encouraged to check trail conditions before visiting parks. Trail information and maps can be found at [www.gov.mb.ca/sd/parks](http://www.gov.mb.ca/sd/parks). Trail users are encouraged to help keep parks clean and beautiful by only using trails for designated activities, keeping dogs on leashes and practising the principles of Leave No

Trace by removing everything that is brought in. For more information, visit [www.gov.mb.ca/sd/parks/recreation-and-activities/trails/index.html#trailregulations](http://www.gov.mb.ca/sd/parks/recreation-and-activities/trails/index.html#trailregulations).

Annual park vehicle permits for 2024-25 will be available for purchase beginning on March 1. To buy a permit, visit [www.manitobaecensing.ca](http://www.manitobaecensing.ca).

Manitoba Parks has also started recruitment of seasonal staff for the upcoming summer. Those looking for summer employment and career opportunities in provincial parks should visit [www.gov.mb.ca/sd/parks](http://www.gov.mb.ca/sd/parks).

For more information on winter activities in provincial parks, visit [www.gov.mb.ca/sd/parks](http://www.gov.mb.ca/sd/parks) and follow Manitoba Parks on Facebook and X. ■

January 25, 2024

## The Public Utilities Board - NOTICE OF DECISION

The Public Utilities Board (Board) approved the application of Centra Gas Manitoba Inc. (Centra) to decrease the Gas Commodity rate from \$0.1021/m<sup>3</sup> to \$0.0857/m<sup>3</sup> effective February 1, 2024. The Board also approved a decrease to the Commodity Cost Balancing Deferral rate rider from \$0.0045/m<sup>3</sup> to \$0.0037/m<sup>3</sup> (owing to Centra) effective February 1,

2024. Gas Commodity is sold on a cost recovery basis, meaning that Centra charges customers only what Centra pays for Gas Commodity and does not make a profit on its sale. The current Gas Commodity rate decrease is the result of decreases in the North American natural gas market prices.

The changes to the Gas Commodity rate and Commodity Cost Balancing Deferral

rate rider are projected to decrease the annual bill for a typical residential customer by approximately 5.7%, or \$38/year. Centra's Gas Commodity rate and Commodity Cost Balancing Deferral rate rider will be reviewed again for May 1, 2024.

Gas Commodity rates for customers that have signed fixed-term fixed-price contracts, with either Centra or a private

broker, are not affected.

The Board is an impartial tribunal and regulator, at arm's length from government that acts in the public interest.

Board Order 16/24, contains additional information on Centra's Application and the Board's decision and is available on the at [www.pubmanitoba.ca](http://www.pubmanitoba.ca), or through the Board's Office.

## Adi's Video, cont'd from page 4



Schachar Orenstein (centre) with his father Adi and mother.

teachers—particularly Rabbi Zalman Schachter-Shalomi, the founder of Jewish Renewal."

### The Funeral

Schachar had the opportunity to speak at his dear father's funeral, "Abba (father in Hebrew) passed away the day after my mother's birthday. Ima (mother in Hebrew), for 50 years you shared a marriage of uncommon devotion. Not every couple could work so successfully side by side for so many years, first in the video business and then in the Israeli silver jewelry business. What tremendous care you showed him for so long, including these last few difficult months." Schachar cleared his throat and continued looking into a sea of life long friends and family, "My dad served in the euphoric 1967 war and the difficult 1973 Yom Kippur war, during which he only narrowly escaped death. He served in shiryon (tank) communications division and had to see and experience things which no one should ever have to see and experience."

Schachar waved his notes in the air as sweat trickled down his face from Israel's awesome heat. "My dad made a name for himself in Winnipeg in a kind of Canadian dream rags to riches story which came about largely due to his incredible determination and resolve. He worked hard, very hard, to provide for his family, for his children. After the Yom Kippur War, my

dad came to Canada for a vacation. We ended up in Winnipeg, Manitoba, or Winnieloch, as we sometimes called it—a place where your exposed skin freezes in under a minute during the long winter months and the mosquitoes drive you crazy in the very short summers. We had distant family there, so the government allowed us to immigrate. My dad justified it by saying, "makom shaket l'gadel yeladim- it's a good and quiet place to raise children."

### Lombard Concourse

Schachar continued as he recalled the beginning of his family's video empire, "After my uncle Yair showed my dad one of the first video recorders (VCRs) which played videocassette movies, my dad decided to open a video store at the Lombard Concourse, a prime location in downtown Winnipeg. There he sold video and audio hardware like hotcakes, and rented out movies with no end. The business grew. He got into the sector early and through his unstoppable efforts, long hours of work, he grew the business to no less than 20 stores. Adi's Video was an established and known brand in Winnipeg, until the technology eventually moved on and switched to streaming."

I asked Schachar if he had his own fond memories of the store while growing up, "I remember helping to sell video and audio equipment at the age of nine during side-



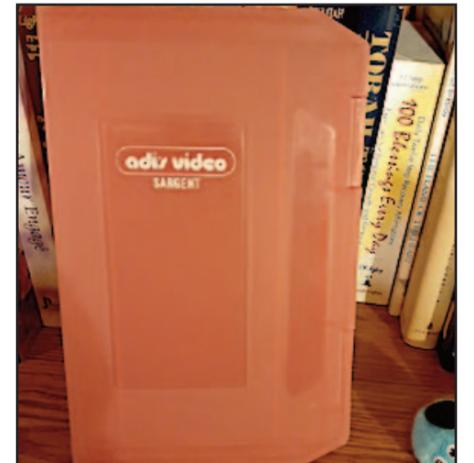
Adi filming with a video camera.

walk sales in the Lombard Concourse, later driving around with my dad from store to store, helping to return movies to the shelves or shrink wrapping video cassettes. As a teen I worked behind the counters renting out movies. My dad was very dedicated to his work and his family."

### The Ocean

During the funeral Schachar continued to enlighten the guests on his father's unparalleled worth ethic, "A strong willed and determined man, he had come to Canada with a suitcase or two and a tiny bit of cash but he managed to see the fruit of his efforts. A man of action, he and we traveled all over the world, Florida, Hawaii, the Rockies, yearly to Israel to see family, cruises and more. Yesh lanu harbeh zichronot tovot bizchuto – we have many good memories thanks to him. We lived in a splendid and posh home in Winnipeg's North End, at 39 Attache Drive, with a pool, jacuzzi, sauna, a finished basement where he would play with us gaga (a game) and ping pong. Like princes, all our material needs and wants were looked after—we all attended private Jewish schools and universities."

Schachar paused for a moment before continuing, "In Winnipeg my father would read whatever Israeli newspapers that he could get his hands on. He forced us to speak Hebrew, which I hated at the time,



Adi's Video cassette case.

but now am grateful for. A couple of decades ago, he returned to Israel, first to manage a limestone factory in Sderot, and then to help my mother with her Israeli silver jewelry business. They traveled regularly to Canada to sell the jewelry at trade shows, and this also gave them an opportunity to see their children and grandchildren regularly, whom he loved so much. My dad loved the sea. He decorated his home with shells that he collected from the beaches of Ashkelon. They filled the small balcony of his office. Like a unique wave flowing back to the ocean, he now returns to the One from which he came."

Having conversed with Schachar, my perspective and appreciation for Adi's videos have undergone a profound transformation compared to my childhood impressions. Adi's was a pivotal influence on my choice of a career in the entertainment industry, and its story stands out as one of the most remarkable experiences of my youth. Today, Adi's Video transcends being merely a store; it symbolizes a journey that transformed into a vast chain through a family's unwavering dedication and hard work. In the 1980s, Adi's meant more to Garden City than just a place to rent videos—it represented a family's immigration from Israel, escaping rocket fire in pursuit of a better life. Adi's success was a testament to hard work, determination, and an enduring dream that he turned into reality. ■

February 8, 2024

# MANITOBA GOVERNMENT INVESTS IN PROGRAM TO KEEP NEW DOCTORS WORKING IN PROVINCE

A new provincially funded program to mentor and support physicians in the first five years of their practice will help Manitoba retain and recruit new doctors, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

“Every Manitoban deserves quality care, close to home. To make sure that happens, we need to attract more doctors and keep doctors already in our system working here in Manitoba,” said Asagwara. “This initiative will make sure all doctors new to practicing in Manitoba get the assistance and encouragement they need to thrive and provide excellent care to Manitobans. It shows the profession that we understand the demands of their job, particularly at the outset, and are here to help.”

The **New to Practice Program** is a new partnership between the province and **Doctors Manitoba**. With provincial funding, Doctors Manitoba will create support networks within the health-care system to mentor and collaborate with physicians in the first five years of their practice in Manitoba. The program’s goal is to reduce physician burnout and isolation, while also improving patient care by creating an environment where new physicians thrive as they grow their practices, noted the minister.

Doctors Manitoba will develop and administer the New to Practice Program with \$300,000 in annual funding from the Manitoba government. The group will establish the program’s content together with stakeholders including established physicians, University of Manitoba staff, clinic managers, health authorities, the College of Physicians and Surgeons of Manitoba and other members of the health-care system. Today, Doctors Manitoba began recruiting an advisor position to lead this work.

“We appreciate this new funding from the government of Manitoba to support doctors as they begin and grow their medical practices in Manitoba, an important step as we work together to address the critical physician shortage,” said Dr. Michael Boroditsky, president, Doctors Manitoba. “For both recent Manitoba graduates or established physicians new to Manitoba, our New to Practice Program will help with establishing and maintaining a strong practice and foundation of support, with the goal of reducing burnout and isolation while improving physician recruitment and retention.”

Under the direction of the program advisor, programming, mentorship opportunities, collaborations and resources will



be developed to create a supportive and welcoming environment for new doctors, noted the minister.

### Practical support for new doctors includes:

- assistance settling into a practice;
- help building connections to the existing physician community;

- information on successfully navigating, escalating and resolving challenges; and
- settlement support for physicians’ families.

The minister noted the program is intended to complement, not replace, other existing physician well-being initiatives including physician peer support, the work of the Manitoba Association for Safety in Healthcare and the new well-being portfolio led by Shared Health.

Work to improve physician retention and recruitment continues to be guided by the profession including responding to concerns about workplace culture and supports for new doctors, the minister noted. This includes the ongoing work of the task force jointly led by Doctors Manitoba and the Manitoba government to reduce the administrative burdens faced by physicians.

Doctors Manitoba is the professional association with the mandate to ensure every physician has the support they need to deliver exceptional care to Manitobans.

For more information about **Doctors Manitoba**, visit <https://doctorsmanitoba.ca>.

## SAFETY ALERT

### If your power goes out this winter, are you prepared?

Weather is unpredictable and can disrupt electrical service without warning. Your power may be off for a few hours or, in extreme cases, a few days. It’s important to be prepared in case your power goes out this winter.

The best way to prepare for a power outage is to assemble an emergency kit with essential items ahead of time and store it where it will be easy to find in the dark. It should include:

- Candles and matches.
- Flashlights and fresh batteries.
- A wind-up or battery-powered radio to keep you informed on the status of a power outage.
- A supply of non-perishable food that doesn’t need cooking like crackers, cereal, trail mix, dried fruit, granola bars, peanut butter, canned fruit and fish – don’t forget a manual can opener or multipurpose tool.
- Potable water – at least four litres of water per person, per day.
- Hand sanitizer.
- Extra blankets or sleeping bags.
- Cellular phone and car charger as well as an extra power bank. Remember, you need dry chargers and batteries, so have plastic zippered bags in your kit to keep them protected.
- First aid kit and extra medication. You can buy a first aid kit at most drugstores or make your own that contains basic items.
- Extra pet food, baby food and diapers, if required.

If your power goes out, check if your neighbours have electricity. If they do, check all fuses or circuit breakers to rule out electricity issues inside your home. Report a power outage to Manitoba Hydro at **1-888-MBHYDRO**. You can follow Manitoba Hydro for power outage updates on Twitter using a mobile device.

Turn off all electrical appliances and electronic equipment when your power goes out. Pay special attention to those you may have been using when the power went out – like the stove or oven. Keep one light turned on so you will know when the electricity is restored.

Never use a barbecue or generator while indoors or an enclosed space. They can create dangerous levels of toxic carbon monoxide very quickly. This also applies to any other fuel burning equipment that is not connected to a chimney or vent.

Know that in the event of a power outage, emergency crews are working as quickly as possible to restore your electrical service.

For more tips on how to prepare for a power outage, visit [hydro.mb.ca](http://hydro.mb.ca).

**Safety. It’s in your hands.**



## Looking for Supports for Older Adults?

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A partnership between



### What is System Navigation?

Enables older adults and those that care about them to seek advice and support in navigating community information on available resources, services, and programs in an easy, accessible way.

### Better Together

- This innovative system navigation service is a partnership between A & O: Support Services for Older Adults, 211 Manitoba, and all of you!
- This program is the first of its kind in Winnipeg and offers a unique opportunity for older adults (55+) and those that care about them to call 211 MB to connect to needed information and access available supports, services, and programs.

### Who are the Partners?

- **A & O: Support Services for Older Adults Inc (A & O)** has been providing innovative, specialized support services for older Winnipeggers since 1957.
- **211 Manitoba** is the front door to community-based government, health and social services designed to meet the needs of diverse populations, across all different aspects of life. It is a free, confidential service available 24 hours a day, seven days a week in more than 150 languages, including 4 Indigenous languages.

### Why System Navigation?

- System Navigation will provide access to information, programs and services through a coordinated central hub in Winnipeg. This is based on the Manitoba Senior Strategy.
- System Navigation requires partnering with older adult serving organizations (i.e., 211 MB, A & O, Senior Resource Finders, WRHA, etc.) to ensure a continuation of up-to-date information on programs and services for all aging needs, taking into consideration ethnocultural perspectives, languages, and geography.

# Portage Terriers – Record 671 Wins for Coach Blake Spiller

By Bud Ulrich



## A MANITOBA MOMENT

Bud Ulrich

Minus 21 degrees C° didn't keep my partner and I from heading to Portage la Prairie on January 17th to witness a very talented hockey team. Portage Terriers of the Manitoba Junior Hockey League (MJHL) chalked up 671 wins for coach Blake Spiller. During the third period against the Winnipeg Blues, it looked like the game was going into overtime with the score tied at 3 apiece. Up to the middle of the last period the Blues got full value for their play. The Terriers waited until just past the mid part of the third period to score five unanswered goals for a convincing 8-3 win. Shots on goal were more than doubled by the Terriers and their slick passing and skating eventually paid off.

Upon arriving at the Stride Place multiplex, we secured tickets from Cody Buhler, the team's Marketing Director. Arena seating was open, so we had a choice where to view the game. The multiplex is located on the Island in Portage la Prairie which includes two arenas, and Manitoba's largest indoor wave pool, a fitness centre and multiple meeting rooms. Stride Place is home to the Portage Terriers, who play out of Stride Credit Union Arena. The arena features seating for 1,675 and 575 standing room, which accommodates easy viewing



Tayem Gislason - Captain

from anywhere in the rink. I sensed the folks in this city are very proud of this facility. By chance I introduced myself to a gentleman prior to the game who happened to be David Koroscil, President of the Board of Directors of the Terriers. We had exchanged emails, and it was nice to meet him in person. He thanked me for attending and provided directions for me to get to the Terrier's dressing room at the conclusion of the game.

I chatted with many people at the game. There are various clever fundraising activities, from tossing numbered sponge pucks on the ice (closest to the centre ice faceoff



Blake Spiller - Coach

circle wins), to 50-50 draw, Chase the Ace, and a wide assortment of merchandise. I chatted with Shawn Roy, a pleasant young man in charge of the sponge puck "throw". I spoke with Darlene Arnott (ticket taker and operator of the 50-50 draw) who has been working at the rink for two years along with John Walsh. I spoke with Frank and Joyce Hay, operators of the refreshment bar. Frank has been involved with Terrier games for the past twenty years. They billet four Terrier team hockey players. It was a real pleasure to chat with these people who clearly enjoy what they are doing. The hockey game and all the associated activities made for a very enjoyable evening, particularly being inside away from the cold weather. I must apologize, but the older I get, the more I dislike the cold, even for a guy who grew up in Winnipeg.

At the conclusion of the game, I hustled down to the Terrier's dressing room and spoke to the captain of the team, Tayem Gislason. When asked what the 671 wins mean to the team and the coach, he proudly said, "It means the world to the team, and a great accomplishment for the coach." Tayem has been with the Terriers for about 1 1/2 years coming from the Western Hockey League (Prince Albert Raiders). This young 20-year-old man is in



Terriers mascot T-Bone

his last year of junior hockey. His sights are set on college next year, but for now he wants to focus on winning the championship this year. I couldn't help but be impressed with Tayem during my short chat with him. He's a very good hockey player with a good sense of direction.

I offered congratulations to head coach and GM Spiller who has been with the Terriers since 2006. He is very proud of his team. Obviously, they play a huge role in Spiller becoming the all-time winningest coach in MJHL history with a record-breaking regular-season 671 wins. There have been many different players over the years, and he hopes that he has helped them in some way to get on with their lives. He mentioned some years have been successful while others have not, but no matter, he's dedicated to helping these young men. Spiller is appreciative of the fans, and particularly the support of the team executive.

The contest was an enjoyable experience for both of us who haven't seen a junior hockey game in quite some time. Fans were entertained by a good game inside the amazing Stride Place arena. ■

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# FOR THE BEST YOU CAN BE Health & Wellness

## Ronald Jackson - last act of kindness

### His gift that helped those affected by dementia

- Alzheimer Society of Manitoba

Sometimes, someone you've never even met can make a huge difference in your life.

Ronald Jackson is one of these people – and his generosity made a difference for thousands of Manitobans affected by dementia.

In late 2019, Ron passed away suddenly at age 74. His will left generous gifts to several charities, including the **Alzheimer Society of Manitoba**.

“Our mother had Alzheimer’s – she and Ron were very close. That’s why we think he left a gift to the Alzheimer Society,” Barbara explains. “It was hard for him to see her facing dementia and the changes it caused. She didn’t recognize most people after a while, including me. But she always knew Ron when he came to visit and ask how his garden was doing.”

Ron was a cattle rancher from Langruth, Manitoba. He loved to fish, hunt, garden and bake – he always brought a freshly baked cake to



Ronald Jackson

a close neighbour on his birthday. Although he and his trusted dog lived on their own, he was very close to his friends, neighbours and family.

“He was also an excellent cook and even canned his own vegetables,” says Barbara, Ron’s sister. “Back

when he used to hold Thanksgiving, he’d cook dinner for about 40 people and would make something different for us each year.”

Feeding his family and friends and working hard for his neighbours and community were important parts of life for Ron. Barbara believes Ron’s love for the people close to him inspired the gifts he left in his will.

A charitable gift in your will, like Ron’s, can go a long way toward reducing the amount of taxes against your estate after you pass – which can further help your family and community.

For more information about the power of your will, visit [willpower.ca](http://willpower.ca).

If you or someone you know is interested in leaving a gift to the **Alzheimer Society of Manitoba** and has questions, please contact us at **204-943-6622** or **1-800-378-6699**. ■

See advertisement on front page.



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**Kendra L. d'Eon**

Barrister - Solicitor - Notary Public

## Reh-Fit Centre helps member regain heart health

- Submitted

There are many important aspects to maintaining a healthy body, but perhaps none greater than keeping a healthy heart. That’s why February’s *Smart for Your Heart* celebrations at the Reh-Fit Centre are a central part of the facility’s calendar.

That lesson hit home for Reh-Fit Centre member David Hayward in May 2022. At the time, Hayward was 41 years old, he weighed nearly 400 pounds, and was admitted to hospital due to heart failure.

“The hospital was the worst experience of my life,” said Hayward. “I had to just lay there thinking about all the things that I’d done in my life that led me to this point.”

Even prior to the hospital visit, Hayward was considered pre-diabetic, had regular headaches, and

was taking blood thinners for lung blood clots. While in hospital, he was diagnosed with sleep apnea. The heart failure was a turning point that opened his eyes to the health changes he needed to make.

With a recommendation from his cardiologist to join the Cardiac Rehab program at the Reh-Fit Centre, Hayward started his journey to better health alongside the direction of the degreed health and fitness staff of the Centre. The staff gave him expert advice, and showed belief in him that he could achieve his fitness goals.

“All the staff are really good at dispelling all those stories that you tell yourself, like ‘only Hollywood stars lose this much weight’. The message is about needing a half



David Hayward

hour of deliberate movement, and I did that.”

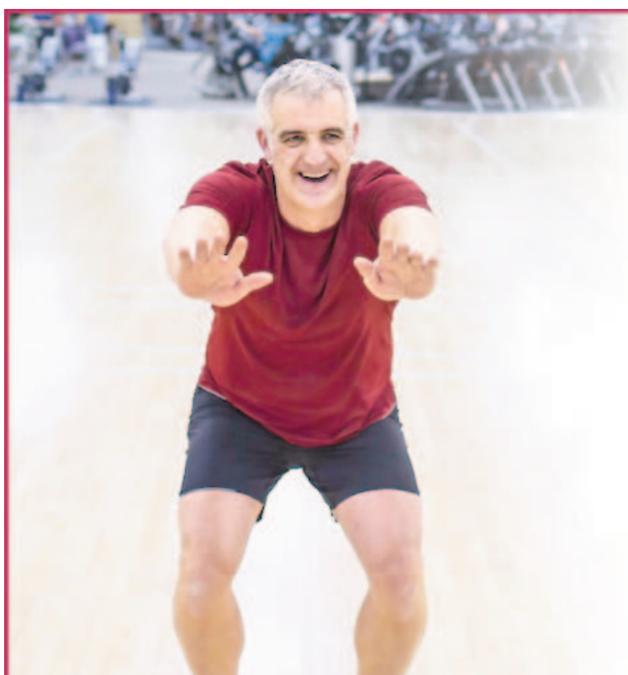
Hayward started attending the Centre six times a week, and his hard work showed. But it wasn’t just health improvements that kept him coming back – it was the community he found there.

“It’s so much different than other gyms. Everyone here is so friendly, the staff are great. You can see the relationship the staff build with everyone here.”

Now over a year into his time as a member, Hayward has lost more than 100 pounds since joining the Reh-Fit. All of his other health concerns have gone away and he’s no longer on any of the medication he was taking.

“The attitude at Reh-Fit is that fitness is for everyone, and that really resonated with me. The staff really start with the basics, and if you’re open to that, you’re going to have success.”

Start your fitness journey today by joining the Reh-Fit Centre, or impact community health by donating to the Reh-Fit Foundation. Learn more at [reh-fit.com](http://reh-fit.com) and [reh-fit.com/donate](http://reh-fit.com/donate). ■



FEBRUARY IS

## Smart For Your Heart Month

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# Health & Wellness FOR THE BEST YOU CAN BE

## Community Paramedic Service, when you need a paramedic, not an ambulance - Submitted

Community Paramedics Service began in 2019 after paramedic John Mackay retired following 36 years of service in EMS. Beginning with a PT Cruiser to transport patients, the company now has a fleet of both wheelchair vans and cars. Retired and off duty paramedics transport and escort people to medical appointments, as well as doing low acuity transfers between facilities

and hospital discharges. The wheelchair vans serve Selkirk, Winnipeg, Interlake Eastman, and other regions.

“So many times I saw people with mobility issues who had no reasonable options available to them to get to medical appointments,” Mackay said. “Most people do not need an expensive stretcher service. Wheelchair transport is more economical

and comfortable and allows the medic and patient to interact better. It’s also less nauseating to be facing forward in the vehicle. Our staff have knowledge of medical conditions and facilities, so that is also a great benefit. With our service, you aren’t just another call. We develop a friendship with patients so everyone enjoys the outing! ■

### Community Paramedics Service

*“When you need a paramedic, not an ambulance.”*

204-406-6499  
[info@communityparamedicsservice.com](mailto:info@communityparamedicsservice.com)  
[www.communityparamedicsservice.com](http://www.communityparamedicsservice.com)

See advertisement on page 4.

## College of Dentistry’s dental clinic - Submitted

Did you know that everyday Winnipeggers play an important role in the education of Manitoba's dentists and dental hygienists?

The University of Manitoba's Dr. Gerald Niznick College of Dentistry runs a general dental clinic

on the UM Bannatyne campus where patients receive comprehensive dental and oral health care from students under the supervision of practicing dentists and dental hygienists. This real-world experience helps prepare students

to enter practice and provide Manitobans with high-quality oral health care.

The clinic's exceptional dental care costs up to 50 per cent less than private practice fees. ■

For more information on how to become a patient, call 204-789-3497

or visit <https://www.umanitoba.ca/dentistry/general-clinic>.

January 19, 2024

## More doctors added to HSC Minor Treatment Clinic to help relieve emergency room congestion

*Investment Responds to Surge in Patient Volumes: Asagwara*

The Manitoba government is adding more physician hours at the minor treatment clinic at Health Sciences Centre (HSC) Winnipeg in a four-week pilot project to help reduce wait times in the hospital's emergency department, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

“Addressing the wait times in our

emergency rooms is the first and most critical step in our plan to fix health care after years of damage,” said Asagwara. “This clinic is located near the emergency department and offers quality care for families and seniors with less acute needs. Now, these services will be more accessible to suit Manitobans’ busy lives. This initiative will add immediate capacity to the health-care system and

help families get care quicker. It will help to relieve the pressure on the emergency department and free up space for Manitobans who need it most.”

Provincial funding will add one more physician to the care teams at the HSC minor treatment clinic for six hours per day, seven days per week for a four-week period. This will help

respond to the surge in patient volumes with the goal of reducing wait times and ensuring all patients who come to the emergency department are seen, noted the minister.

“The minor treatment clinic has been a valuable addition to the services offered at Health Sciences Centre and the surrounding community,” said Dr. Manon Pelletier, chief medical officer, Health Sciences Centre Winnipeg. “This successful model is improving access to appropriate care in a culturally appropriate and more timely way, while also reducing the number of people waiting for care in the emergency department.”

The clinic provides care to patients with non-urgent illnesses or injuries referred from the facility's emergency department as well as walk-in care to those without primary care providers. The clinic is also facilitating earlier discharge from hospital by providing some initial followup care, noted the minister, as well as quick access to some outpatient procedures, preventing admissions.

The expanded physician hours at the clinic represent the Manitoba government's ongoing commitment to reduce wait times in emergency departments and improve access to primary care, noted the minister. Other recent investments have supported adding acute care beds at St. Boniface Hospital and Grace Hospital, establishing a new family medicine program at Grace Hospital and expanding allied health positions to support patient discharges on weekends. ■

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\*Some conditions may apply.





# HEART HEALTH February 2024

## 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

Canada has one of the most severe winter climates of any country in the world, which can make it challenging to stay active over the winter months.

However, being active and enjoying winter activities and sports is a great way to stay healthy.

While below freezing temperatures present unique hazards for older adults, there are still many things that you can safely do during winter months!

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

Walking is something that can be done in any season, even winter! While you should be mindful of snow and icy conditions, you can still enjoy regular walks outside while wearing suitable winter attire and boots. Find a friend or go solo. Take a nature walk. Head to a park or trail that you've never been to before!

If you're in Winnipeg, [check out this link highlighting 15 places to go winter walking in Manitoba](#)

In Manitoba – check out our many provincial parks online [HERE](#).

### Snowshoeing

Snowshoeing offers an excellent and low impact aerobic activity. Plus, it allows you to check out local trails. So, go ahead and do that leisureing hike with your friend or partner. This is one winter activity that is great for your body and a wonderful excuse to get outside, despite the cold. If you don't own snowshoes, you can rent a pair and try them out. Check out [www.winterpeg.org](http://www.winterpeg.org) 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, see if you can find a ski partner and try it out!

### Bird Watching

While walking or snowshoeing, you might want to mix in some birdwatching with these activities. Many birds spend the winter in and around Winnipeg, including grouse, hawks, woodpeckers, pigeons, crows and jays, owls, chickadees, nuthatches, waxwings, shrikes, sparrows, and finches.

So, grab that birdwatching book or guide and get out there. With few leaves on the trees, winter is one of the easiest times to spot these types of birds.

### Curling

Curling is a popular sport, enjoyed by all ages! out [www.curlmanitoba.org](http://www.curlmanitoba.org) – on how to get started or join a group if you're already a curler. If you want to try something different contact the Manitoba Stick Curling association and learn the 2 person stick curling game! Visit: [manitobastickcurling.ca](http://manitobastickcurling.ca)

### 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/urban-poling/](http://www.activeagingmb.ca/active-living/urban-poling/)

Find Excuses to Move and Get Outside!  
The opportunities are endless.



### 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 so clothing can be added or removed as needed.

**3) Stay hydrated:** As you get older, there is a lower perception of thirst. That increases the risk for dehydration. So don't wait until you 'feel thirsty', that is a late indicator that you need to drink fluids.

**5) Be aware of the signs of hypothermia and frostbite** such as feeling cold, shivering, cold hands, face, or feet, skin numbness or pale spots.

**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.

**Call 911 if symptoms persist. Discuss symptoms you may experience with your healthcare provider.**

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

# HEART HEALTH Vaccinations

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

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

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

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

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



**DID YOU KNOW?**

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

# HEART HEALTH Participate!

Join us in Brandon, MB for the 2024 MB 55+ Games

## Save the Date & Participate

Join us in Brandon!

**Curling event: March 5 - 7, 2024**

**Summer Games: June 18 - 20, 2024**

**Curling registration is open now!**

**Summer registration opens:**

**March 18th and closes: May 12th**

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

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

The Games also provide a social and cultural atmosphere through entertainment and social events. On Wednesday night a Celebration Banquet is held, complete with

great food and local entertainment! This allows the participants a chance to mingle and dance!



### Choose from any of these age-friendly events:

- 3 km walk/run (Predicted time)
- 5 Pin Bowling – singles & team
- 8-Ball
- 9 & 18 Hole Golf
- Arts & Crafts
- Bocce Ball
- Bridge
- Cribbage
- Curling - Ice & Stick Curling (March 5-7)
- Floor Curling
- Floor Shuffleboard
- Horseshoes
- Lawn Bowling
- Pickleball
- Scrabble
- Slo-Pitch
- Snooker
- Swimming
- Tennis
- Track
- Wall Darts
- Whist



**Manitoba 55+ Games**  
PRESENTED BY 



### Looking to get involved?

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

If you are interested in becoming a volunteer at the 55+ Games in Brandon, please email: [brandonmb55plusgames@gmail.com](mailto:brandonmb55plusgames@gmail.com)

We look forward to seeing you there!



**For more information, contact us:**  
**Phone:** 204-632-3947  
**Email:** [info@activeagingmb.ca](mailto:info@activeagingmb.ca)  
**Website:** [www.activeagingmb.ca](http://www.activeagingmb.ca)



# HEART HEALTH Movement

## The benefits of Nordic Pole Walking

Walking is one of the most popular forms of physical activity with a wide range of benefits and is easy and accessible for most people.

Are you looking to add some physical activity into your life or want add a bit more zip and intensity to your regular walking routine? Nordic Walking may be just what you are looking for!

Have you even seen people out walking with poles and wondered what it's all about? That's Nordic Walking!

Nordic Walking is a blend of traditional walking and cross country skiing without the the skis. It is a low impact activity which uses a special technique and specially designed poles to work the entire body while walking. It's an all season activity and an excellent opportunity to be active outside which is very beneficial to our mental health and well being.

Nordic Walking originated in Finland when cross country skiers used poles as part of their training and then it became a popular activity for the broader population. Now, more than 10 million people world wide enjoy this outdoor activity, many of whom are older adults. It has gained popularity in Canada, however many people are unaware of this adaptable, fun and effective form of activity.

### Benefits

Research shows that Nordic Walking offers further benefits than regular walking. Walking with specialized Nordic poles can provide the following benefits:

- Engages the upper AND lower body while traditional walking mainly uses the lower body resulting in 90% of muscles being used with poles vs 50% with no poles
- Increases cardiovascular/aerobic capacity
- Feels like less of an effort even though the body works harder - you won't notice a big difference in the intensity despite your body working harder
- Improves shoulder mobility, strength and endurance
- Strengthens walking gait and improves coordination
- Improves posture by engaging upper body and core muscles
- Improves balance and stability- think of two extra legs
- Protects joints by taking pressure off the lower back, hips, knees and ankles - good for people with arthritis
- Reduces stress and tension in shoulders
- Improves functional capacity especially in older adults

### Equipment

It is important to use poles that are specially designed for Nordic Walking. They work by engaging the upper body which helps to increase the intensity. Hiking poles are not appropriate as they are designed to minimize energy and create stability and balance on rocky or hilly terrains. They are often used in front or on the sides of the body in a vertical position. Nordic poles are held behind you like an extension of your arm and are used to propel yourself forward. The poles will have angled rubber boots which are used on hard surfaces like pavement and asphalt. They increase traction and help reduce vibration and are very light weight. The toes of the boots should point

backwards. The boots can be removed to expose a carbide tip which will increase stability on wet or uneven surfaces such as gravel, grass, sand and snow. The length of the poles should be adjusted so that the elbows, when holding the poles with the tip on the ground, are bent at a 90 degree angle. The poles can also add stability to be muscular strength and flexibility exercises. The poles have an ergonomic grip for added comfort.

### Technique

Nordic Walking may take a few sessions before you feel comfortable. It is important to learn the correct way to use the poles to ensure you are getting the maximum benefit.

- Start by looking forward, lifting chest and relaxing shoulders
- Hold the poles close to the body with a gentle grip
- To find your natural walking rhythm, start walking and allow the poles to drag behind you and let the arms swing naturally as if you are strolling. Think left foot plant and right arm moves forward ; right foot plant and left arm moves forward. (Opposite arm and opposite leg)
- Once you are more comfortable start to swing the arm a bit higher - about navel height similar to a handshake position.
- As the arm swings back towards the hip plant the pole and it will propel you forward, then lift the pole off the ground, swinging it forward for the next step.
- Stride a bit longer and keep the arms long like a pendulum

The poles should stay behind you in a diagonal position. You should not see the boot tips in front of you. The pole and foot should strike the ground and propel you forward at the same time. Think plant, push, propel. By pushing against the pole with each stride, you will feel the engagement of your upper body and core muscles as your legs move you forward along the ground.

[Visit our website for an instructional video!](#)



## 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, Jaymi Derrett by email: [jaymiderrett2@gmail.com](mailto:jaymiderrett2@gmail.com)**

For more information please contact us by email: [info@activeagingmb.ca](mailto:info@activeagingmb.ca) or call: 204-632-3947 or visit our website: [www.activeagingmb.ca](http://www.activeagingmb.ca)



# HEART HEALTH February 2024

## Physical Activity for Healthy Aging and Independence

### It's never too late to get moving! Here are some reasons why and ways to get started!

Since we were children, we worked on gaining independence. As adults, we realize that independence comes with the responsibility for our health and wellness. As we age, we fiercely want to hold onto that independence.

Have you thought about it in the context of your day-to-day activities. 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?

Our level of physical activity is a significant factor in remaining independent. Physical activity is any movement of the body. Exercise is a form of physical activity with a specific duration and intensity to improve or maintain health and fitness. Both play an important role in our health and independence.

Being physically active throughout our lifespan, especially as we age, has many benefits. Being physically active can:

- Reduce risk of chronic diseases such as heart disease, type 2 diabetes
- Strengthen heart muscle, improve blood flow and circulation and reduce risk of hypertension
- Manage weight
- Improve sleep patterns
- Improve balance and posture and decrease risk of falling
- Strengthen muscles and bones, reduce risk of bone loss and osteoporosis
- Reduce constipation
- Improve functional ability to do everyday activities
- Lower risk of developing several cancers
- Improve cognition and reduce risk of dementia

- Improve mood and self confidence and reduce depression and anxiety
- Encourage social interaction and connection

There are so many physical, mental and social benefits of moving your body more! Numerous studies show that it is never too late to gain these benefits. Regular physical activity also provides health benefits for people with chronic conditions or disabilities and can help manage symptoms.

### So how much physical activity do you need to achieve these benefits?

According to the Canadian 24-hour Movement Guidelines, adults aged 65 years and older should participate in a variety of types and intensities of physical activity which include:

**Moderate to vigorous aerobic physical activities** which increase your heart rate, breathing rate and body temperature. They keep your heart, lungs and blood vessels healthy. The guidelines recommend 150 minutes per week or about 30 minutes for 5 out of 7 days per week.

**Moderate physical activity** causes a moderate raise in your heart and breathing rates, you are able to talk easily and start to feel warm.

**Vigorous physical activity** causes a heavy increase in your heart and breathing rates, it is more difficult to talk and you become quite warm.

Examples of aerobic physical activities include: walking briskly, dancing, hiking, bike riding (stationary or outside), pickle ball, mowing the lawn, cross country skiing and more. Activities such as jogging, running, fast dancing or fast swimming would be considered vigorous.

#### Muscle Strengthening Activities

These activities help increase muscle strength; maintain and promote bone growth and strength; and improve balance and coordination to support your independence with your day to day activities.

Include activities using the major muscle groups (legs, hips, back, core, chest, shoulders and arms) at least 2 times per week. Aim for 8-12 repetitions, of each exercise which is considered a set. Your muscles should feel comfortably fatigued and you are able to maintain good form. To gain more benefit try to do 2-3 sets of each exercise.

#### Examples of muscle strengthening activities include:

- Using weights or resistance bands
- Doing movements that use your own body weight for resistance such as wall or floor push up, sit to stand from a chair, squats
- Doing heavy gardening work
- Doing yoga
- Carrying groceries

#### Challenging your Balance

Activities that challenge your balance are important for preventing falls which reduces the chance of injuries. They will also help build confidence and reduce the fear of falling. Daily practice is key to improving and maintaining balance. Balance helps you when you do daily activities that involve standing or moving.

#### Examples of balance activities include:

- Stand on one leg (hold onto a chair for support, if needed)
- Shift weight from foot to foot (hold onto a

chair for support, if needed)

- Walk heel to toe on an imaginary line (walk along a wall or counter for support, if needed)
- Stand from a sitting position
- Lift up on tiptoes (hold onto chair for support, if needed)
- Try a Tai chi class
- Strengthening the leg muscles and core (back and abdomen) also help to improve balance

The guidelines also suggest several hours of light physical activity including standing. Light physical activity causes a slight increase in breathing and heart rate.

#### Examples of light physical activity include many activities of daily living:

- Light household chores such as preparing food, washing dishes, dusting, ironing, putting away groceries, light gardening etc
- Stretching
- Slow walking/strolling

For further health benefits, the Canadian 24 hour Movement Guidelines also include targets for sedentary behaviour and sleep.

#### Limit Sedentary Behaviour

Limit sedentary time to 8 hours or less. Break up long periods of sitting as much as you can and limit recreational screen time to less than 3 hours per day. If you must sit for an extended period of time, remind yourself to get up every 30-60 minutes and move around for a few minutes. Try to replace sedentary time with additional physical activity. Replacing sitting time with light activity is shown to provide health benefits. Greater benefits can be seen with more moderate activity. Gradually replace light physical activity for more moderate activity.

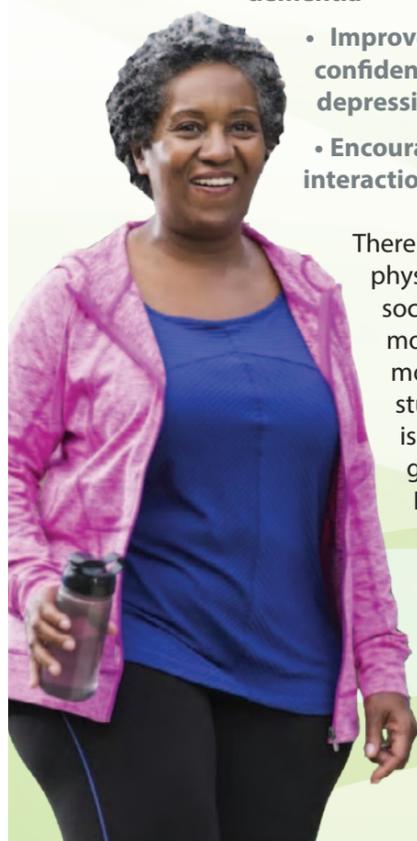
#### Sleep

Aim to get 7-8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times. In addition, being active can improve sleep, improving our ability to be active.

#### Let's Get Moving!

Following the Canadian 24 Hour Movement Guidelines can help you stay strong, mentally fit and independent. If you are experiencing some functional limitations, you will still benefit from regular physical activity. You can customize your activity plan for your specific health status and abilities. Start slowly and gradually build upon what you are doing. Join a class led by a trained leader or consult with a qualified Exercise Professional if you need assistance in getting started.

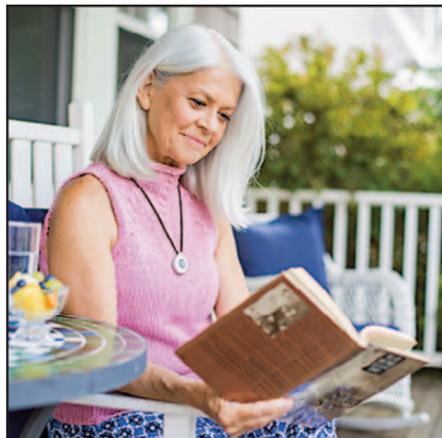
Always connect with your health care provider before starting a new physical activity program.



# FOR THE BEST YOU CAN BE Health & Wellness

## What does wellness mean to you? - Victoria Lifeline

What does the word wellness mean to you? At **Victoria Lifeline**, we've been working with older adults for over 35 years, and for many of our clients, their mental well-being is tied in part to a feeling of safety and security, especially if they live alone. As one in three people aged 65+ will experience a fall each year, Victoria Lifeline can play a pivotal role in supporting the well-being of older adults by providing 24/7 access to help, which can reduce anxiety and give some much-needed peace of mind to both clients and caregivers.



Perceptions around well-being can also be tied to independence. In a recent survey from the National Institute on Aging, over 96% of Canadian seniors said they wanted to live independently for as long as possible. Victoria Lifeline has proudly supported that goal and empowered

independence for over 35 years for clients across the province. Our medical alert service provides a fast and simple way to access help in an emergency by pressing a personal help button, which connects you to a trained response associate. With optional fall detection\* technology,



mobile buttons that work outside the home and monitored medication dispensers, Victoria Lifeline is an important tool for anyone who wants to age in place.

Full-time education facilitators are also trained in fall prevention and available to do free in-home or virtual

consultations to explain the service and find an option that is right for you or a family member/friend. As a local, not-for-profit organization, Victoria Lifeline is so much more than a help button. We care about our community and are committed to helping people live healthier lives through our Community Partnership Grants, caregiver resource guide and Subsidy Program for low-income individuals who cannot afford a Lifeline on their own. Please contact the Victoria Lifeline office at **(204) 956-6777** / toll-free **1-888-722-5222** or visit [victorialifeline.ca](http://victorialifeline.ca) for more information and to check out our healthy living blog!

*Fall detection feature does not detect 100% of falls. If able, the user should always press their button if they need help. Mobile buttons require cellular network availability.*

See advertisement on page 22.

## Auditory Deprivation - What is it? - Kristy Tarasoff, Ear Architects Hearing Care

### Uncorrected hearing loss subjects your brain to 'auditory deprivation'

Most people with hearing loss don't hear sounds of certain frequencies, usually high ones. If you don't hear those sounds—because your hearing loss isn't corrected—your brain adapts.

Imagine a baby who doesn't have the ability to hear. "If hearing and speech and language are the parents' goal, we need to get stimulation to the auditory nerve quickly because neural synapses are developing," explains Catherine Palmer, president of the American Academy of Audiology, "This is an issue for adults as well. We don't want the auditory system deprived of sound because over time that can change auditory processing abilities," she said. Your brain may

forget how to hear certain words and sounds, in other words. This is known as auditory deprivation.

### You can put yourself back in 'hearing-loss land'

Patient example: "When I did put my aids on again, for dinner at a table, everything sounded way too loud—much like when I first got my hearing aids 20 years ago and it was excruciating to wear them. Apparently six weeks of not using them, was long enough to affect how my brain processes sound.

When we first get hearing aids, we need time to adjust. To acclimate during the adjustment period, hearing professionals usually recommend a person wear their aids a few hours each day, working up to full-day wear. This isn't easy: At first people describe

sounds as too loud. We hear too much background sound and some sounds seem sharp and unpleasant—usually high frequencies we used to miss. Most people adjust in two to three weeks, as our brains adapt to the new sounds and block out sounds like humming refrigerators.

When you take out your hearing aids for prolonged periods, you may feel that it's harder to hear than it used to be. The difference is the amount of energy your brain puts into hearing. You've adapted to a hearing-aid world and your brain doesn't work as hard at compensating for your hearing loss as it used to.

If you leave the aids off for any length of time during the day your brain will adjust to the new conditions and you'll either use more effort to hear

or withdraw from communication. Some sounds will disappear.

### How many hours a day should you wear hearing aids?

Although there isn't data to answer that question, audiologists see that people who wear their aids all through their waking hours do better. "The brain isn't good at trying to listen in two ways—through the hearing loss and through the amplification system. The ear is a doorway to the brain, it doesn't make sense to have it partially closed part of the day." ■

**Ear Architects Hearing Care**  
3412 Roblin Blvd., Winnipeg  
204-416-7455  
[www.eahearing.com](http://www.eahearing.com)

See advertisement on page 22.

## U Wellness and Antiaging, helping people achieve their best level of wellness is our focus - Submitted

Our company, **U Wellness and Antiaging**, focuses on helping people achieve their best level of wellness using non-pharmaceutical products. For many people that is a foreign concept, as pharmaceuticals have played a big role in their health (or perhaps illness) journey. There is definitely a place for pharmaceuticals, we however, believe that alternative options should be attempted prior to resorting to pharmaceuticals.

As children we were treated with "home remedies" and having lived what we learned, we treated our children's childhood illnesses with the alternatives our parents taught us. As a child, going to the doctor was reserved for very serious stuff – but today it seems that any minor malady is reason enough to see the doctor. With our current shortage of doctors access to medical advice

can be a challenge. Personally, we have decided to take the best care of ourselves in the hopes of minimizing our need for medical intervention.

Many of us have strayed far from the healthy diets we know we should be eating. Our bodies are amazing at trying to keep things in check, however, there comes a time when it is no longer able to and break down occurs. Pretty soon it becomes a downward spiral and serious chronic illnesses plague us. Unfortunately, that's when the pharmaceuticals are strongly recommended and soon you have a cocktail of meds to take with your meals. That is something we would like to help you avoid.

As a husband and wife team we offer several tests that are not mainstream, as well as consultation and select products not found in pharmacies or health food stores. ■

## Balance your IMMUNE SYSTEM and experience an elevated level of wellness.

Over the past 15 years research by several university studies has shown that when your immune system is balanced the body is able to overcome many disorders including autoimmune diseases, addictions, lyme disease, dementia, etc.





**A balanced immune system allows your innate immune system to function as it was created to.**

To learn more about immune health go to:  
[www.quanthealth.org](http://www.quanthealth.org) | [www.mycolddiscovery.com](http://www.mycolddiscovery.com)  
For more information contact us at: **431-999-3265**  
or [uwellnessandantiaging@gmail.com](mailto:uwellnessandantiaging@gmail.com)

# Health & Wellness FOR THE BEST YOU CAN BE

## New national campaign to end ageism launches in the United Kingdom joining Canada and Australia

We're so excited that the **Centre for Ageing Better** in the United Kingdom recently launched **Age Without Limits** (<https://www.agewithoutlimits.org/>): a new nationwide campaign to change the way people think about ageing.

This new campaign joins nationwide campaigns to end ageism in Australia (**EveryAGE Counts** - <https://everyagecounts2-everyagecounts.nationbuilder.com/>) and **Canada** (**Canadian Coalition Against Ageism** - <https://www.ilccanada.org/ccaa>).

According to the UN Global report on ageism, ageism is everywhere and harmful but can be combatted. The Centre for Ageing Better's research on ageism in the UK reinforces this message, which shows that half of people over 50 in England experienced age-based discrimination in the last year.

Every new campaign or initiative aimed at creating **#AWorld4AllAges**

strengthens the global movement to combat ageism – so we're celebrating!

**Just imagine:** what if every country in the world had a campaign championing a positive change in how we think, feel, and act towards age and ageing?

If you're inspired to begin thinking about a national campaign on ageism in your country, consider using the **Global Campaign to Combat Ageism's** free resources (<https://www.aworld4allages.org/>) to start you off. Or perhaps you already have, or are planning, a national campaign. If so, please let us know at [hello@aworld4allages.org](mailto:hello@aworld4allages.org).

Learn more about the **Age Without Limits** campaign at [AgeWithoutLimits.org](https://www.agewithoutlimits.org) – where you can also access more resources including an open source library of age-positive imagery. ■

## DEMENTIA:

### Prevent - Reverse - Defeat

*It only takes 20 to 30 minutes a day for a brain workout to awaken the brain.*



**Gary G. Adams**  
Author and Publisher of a variety of books of Mind and Memory Puzzles and Games

You may be familiar with the **Mind and Memory: A-Z TRIVIA** we had been publishing over the past several years in Senior Scope. Gary Adams has launched a new puzzle - **Tanozzi Words**. See page 23 for an example.

Dementia is a brain disorder in which the victim's mental ability declines to an extent that interferes with daily life. The symptoms vary greatly, but generally present an impairment in two or more of memory, thinking, orientation, comprehension, calculation, reasoning, learning capacity, language skill and judgment. I have spent over a decade presenting dementia programs and workshops to help seniors maintain brain health and a dementia-free lifestyle. I urge everyone to follow these simple rules:

- Have an active social life.
- Exercise the Brain each day (ie.: using **Tanozzi Word Puzzles**.)
- Practice Memory Challenges.
- Include physical exercise in your daily routine. take a walk each day.
- Avoid stress, encourage laughter and happy friendships.
- Never Give Up - Commit to Re-Charge the Brain.



It only takes 20 to 30 minutes a day for a brain workout, the exercises awaken the brain. Play Tanozzi a puzzle game we have created specifically as a dementia brain exercise.

To order free samples, email: [mindandmemorybooks@shaw.ca](mailto:mindandmemorybooks@shaw.ca) or see page 23 of this issue for a **Tanozzi** puzzle game to try.



## Manitoba Association of Senior Communities



# GLOBAL VISION IGNITES LOCAL ACTION

Age Friendly communities, a global plan driven by the World Health Organization (WHO), has gained significant traction across Manitoba. Ninety-three municipalities officially joined this initiative and are on the pathway to reduce barriers and enhance resources, making their community more age friendly for residents of all ages.

The WHO developed the Age Friendly model and continues to engage and connect communities and countries around the world through its Decade of Healthy Ageing 2021-2030.

**Manitoba Association of Senior Communities (MASC)** recently launched **Age Friendly Manitoba 2.0** to continue its support for healthy aging and social inclusion of older Manitobans. With funding from the Province of Manitoba, MASC offers leadership, support, and resources to communities as they continue their journey to become more age friendly.

Communities on the age friendly pathway were recently eligible to apply for funding through the new **Community Collaboration Grant Program**. It encouraged three or more community organizations and their local municipality to deliver a project that impacts two or more age friendly domains. Jeanette Edwards, MASC President noted that "our organization is

excited to see the collaborative impact of community organizations working together, and we are pleased to announce that ten grants of \$10,000.00 each are being awarded to support a project in the following communities:

- Chalmers Neighbourhood Renewal Corp (Winnipeg)
- City of Brandon - Age Friendly Committee of Council

- Rural Municipality of Prairie Lakes
- Municipality of Harrison Park
- Town of Carberry
- Town of Powerview Pine Falls
- Municipality of Emerson-Franklin
- Norfolk Treherne Development Corporation
- Municipality of Cartwright-Roblin
- Municipality of Russell-Binscarth

In addition to the Community Collaboration Grant, which will be offered again later this year, the Age Friendly 2.0 initiative welcomed six new municipalities to its **Milestone Recognition Program**. Benefits of accomplishing the Milestones include a \$2,500.00 award, and recognition at the national and international levels.



## Decade of Healthy Ageing 2021-2030

Connecting communities and countries around the world

### Age Friendly Manitoba 2.0

Milestone Recognition Program

### Community Collaboration Grant Program

Ten grants of \$10,000.00 awarded

### Milestone Recognition Program

\$2,500.00 award and national/international recognition.



For more information about **Age Friendly Manitoba 2.0** visit: <https://agefriendlymanitoba.com>



## IN TUNE WITH OUR COMMUNITY

93.7 FM | [WWW.CJNU.CA](http://WWW.CJNU.CA) | @CJNU937 | BELL MTS TV CHANNEL 725

### FEBRUARY 2024

## Discover the wonderful world of books during I Love to Read Month

“Our voices are unique.” is the theme for I Love to Read Month 2024 – a month-long celebration held every year in February to encourage reading, writing and literacy.

This year, CJNU decided to ask some of our folks to share what they’ve read recently, and their favourite books and authors. Here are some of their picks, and, as the theme so wisely articulates, every voice is unique.

### Susan Earl – Volunteer Coordinator

I just finished *One Summer* by David Baldacci. It was a sad but good read. I am not a fan of blood and gore but I do enjoy a good mystery. *Winter Garden* by Kristen Hannah is awesome. My favourite authors are Baldacci, Hannah and Susan Wiggs.

I’m currently reading *Blue Moon* by Pam Weaver, an author who is new to me. My favorite book of all time is *All the Light We Cannot See* by Anthony Doerr.

### Chris Stevens – Community Engagement

I really enjoyed *Give and Take* by Adam Grant. The author explores the power of helping others through intentional and creative collaboration, and the positive effects it can have on personal and professional development.

When it comes to favourite authors, it depends on whether I’m reading a business-related book or getting lost in a mystery. Several come to mind, including Daniel Pink, Adam Grant, John Grisham, James Patterson and Ken Follett.

I think my favourite book of all time is *Man’s Search for Meaning* by Viktor Frankl. I was fairly young when I first read it and was moved by the power of the human mind in overcoming harrowing experiences, as the author did during his time in a concentration camp. The key lessons of finding (and pursuing) purpose and meaning are very inspiring.



*Whether cracking open a fresh hardback, or dusting off a favourite paperback, we hope you will take advantage of I Love to Read Month, and let the words take you where you’ve never been. It’s a journey well worth travelling!*

### Dan Mitchell – Admin Assistant

*Bridge of Birds*, by Barry Hughart, is the last book I read that I really enjoyed. It’s a Chinese-themed fantasy novel from 1984. It has a lot of unique themes and characters thanks to its setting and it’s very well-written. There is a poetic element to everything and the Eastern mythology serving as the groundwork for its story makes it a novel unlike anything else you’ve read. It’s also the first in a series.

Some of my other favourite authors include H.P. Lovecraft, F. Scott Fitzgerald, Ernest Hemingway, Stephen King, Franklin W. Dixon and Mordecai Richler.

My favourite book is hard to choose but I’d say it’s probably *By Blood Alone* by William C. Dietz. It’s a sci-fi, military novel, based on the Foreign Legion, written by a man who is heavily involved in both the military and politics and so has a much more genuine and grounded style than a lot of other books in this genre. Even the more futuristic elements seem based on

knowledge. It’s the third book in a series, but those who like intrigue and action will enjoy every book.

### Adam Glynn – Station Manager

The last book I read and really enjoyed was *The 99% Invisible City: A Field Guide to the Hidden World of Everyday Design* by Kurt Kohlstedt and Roman Mars (non-fiction).

This is a book for those interested in the world around them, and why little things in our built environment are the way they are. For instance: what are the weird spray-painted lines and squiggles on sidewalks for? How are municipal flags designed? And how did we end up with the elevators we use today? It looks at design and architecture on a macro and micro scale – celebrating the grand, the mundane and the human aspects of it all. Plus, in addition to being well written with little bite-size stories, it’s also beautifully illustrated!

### Robbi Goltsman-Ferris – Newsletter Editor

I just finished *The Seven Husbands of Evelyn Hugo*, by Taylor Jenkins Reid, which I really enjoyed. It’s a historical fiction about an aging movie star who is finally ready to tell the scandalous story of her life. When she insists on entrusting the tale solely to this young, obscure journalist, no one can understand her reasoning – not the magazine that employs the journalist, nor, least of all, the journalist herself. It’s a thoroughly enjoyable read, with a heck of a twist!

My favourite authors include the late Stieg Larsson (*The Girl with the Dragon Tattoo* trilogy), Emily Giffin, Lisa Genova, and suspense writers Linwood Barclay, Erica Spindler, Joy Fielding and Michael Connelly.

My all-time favourite book is *Prince of Tides* by Pat Conroy. The 1991 film is almost as good as the book. It stars Barbra Streisand and Nick Nolte.

## Our February Host Sponsor—the Reh-Fit Centre—during Smart for Your Heart Month

February’s Heart Month has become a significant occasion for Reh-Fit member David Hayward over the past two years. The centre’s Smart for Your Heart Month celebrations are a reminder of how far he’s come on his health journey.

In May 2022, at the age of 41, Hayward found himself in the hospital for eight days due to heart failure. That was the culmination of a collection of health concerns – he weighed nearly 400 pounds, had headaches all the time, was on blood thinners to deal with lung blood clots, was considered pre-diabetic, and was diagnosed with sleep apnea while in the hospital.

The biggest wake-up call came when Hayward saw the five-year survival rate stats for those with heart failure – they are grim. But those same stats also provided him with hope.

“If you look closer at the data, a lot of those (people who die within five years of heart failure) are people who didn’t follow any recommendations,” noted Hayward.

He recognized the need for change in his life and was determined to take the help of experts. He took his cardiologist’s recommendation to join



the Cardiac Rehab program at the Reh-Fit Centre. With Reh-Fit being much more than just a gym, the guidance of professional health and fitness staff made all the difference for Hayward as he took steps towards a healthier lifestyle.

“I’d been through periods where I had gone to the gym before, but never had significant weight loss. But through the Cardiac Rehab program, health assessments, and nutrition counselling at the Reh-Fit Centre, they helped me understand

the basics of eating healthy food and maintaining exercise.”

Hayward had already been losing weight after his hospital visit but joining the Reh-Fit, and starting to exercise at the facility six times a week, accelerated that. Since joining the Reh-Fit Centre, he’s lost over 100 pounds. As a result, all his health complications have gone away, and, in May 2023, he was taken off all the medication he’d been on. He no longer goes to a cardiologist, and his doctor only wants to see him for his annual physical.

“There are all those myths about exercise that can make it feel like this isn’t something for everyone, but that’s not the case. The Reh-Fit staff really starts with the basics, and if you’re humble and go in with a willingness to listen, you’re going to have success.”

Take your own steps towards a healthier lifestyle by joining the Reh-Fit Centre today, or impact community health by donating to the Reh-Fit Foundation. Learn more at [reh-fit.com](http://reh-fit.com) and [reh-fit.com/donate](http://reh-fit.com/donate). CJNU also invites you to visit our Remote Studio at the Reh-Fit Centre, across from the “Heart Rock Café” this February!

**Membership Has Its Perks—visit [CJNU.ca](http://CJNU.ca) to learn more and join our co-op!**

# Things To Do - WINNIPEG

## Luncheons / Shows / Sales

**Archwood 55 Plus, 55 Guilbault St.** - Monthly Bingo, Feb. 21. Doors open at noon, games at 1 pm. The progressive is over \$200. LGCA 5635-BI-41885.

**Norwood/St. Boniface Legion Branch #43, Ladies Auxiliary** - invite you to their Annual 'Festival du Voyageur' Pancake Breakfast, Sun. Feb. 18, 134 Marion St. Also offering coffee, juice, sausage, beans. Live fiddling, jiggling, appearance by the Official Festival Family. Adults \$10, 10-6 yrs \$5, Under 6 Free. Tickets at Branch or call Judi: **204-475-9921**.

**Prairie Canada Carvers** - Prairie Canada Carving Expo, Apr. 19, 20, 21/24, Pembina Curling Club, 1341 Pembina Hwy. Info: [www.prairiecanadacarvers.com](http://www.prairiecanadacarvers.com)

**Friendship Force Winnipeg** - Join us for dinner, meet new friends and enjoy an evening of fun and fellowship. A Friendship Force membership provides opportunities to explore new countries and cultures by bringing people together at the personal level. Dinner reservations, Elizabeth: **204-452-5299** or [www.friendshipforcewinnipeg.org](http://www.friendshipforcewinnipeg.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.)

**Manitoba Coin Club** - **204-479-9124**, [treasurer@manitobacoinclub.org](mailto:treasurer@manitobacoinclub.org) <http://www.manitobacoinclub.org>

## Misc.

**St. Vital T.O.P.S. Weight Loss Support Group** - Worried about future health problems from extra weight? T.O.P.S. (Taking Off Pounds Sensibly) is a non profit weight loss support group. It's about lifestyle change. Meet Mon. eve's, 6:15-7:45 pm, St. Eugene Church (side door), 1009 St Mary's Rd. In St. Vital. Info, Louise: **204-990-2144** or [www.tops.org](http://www.tops.org).

**Savingaudiorecycling.ca** - Stereo Equipment E-Waste service. Accepting items such as: Amplifiers, Speakers, Radios, Record Players, Parts, Music Instrument Amps, Test Equip, cd's, Ip's etc. Call our volunteers: **204-257-7575** for free pickup or drop-off. (See website for info)

**McNally Robinson Booksellers** - Community Classroom courses on writing, storytelling, and more with a fantastic lineup of educators. [mcnallyrobinson.com/classes](http://mcnallyrobinson.com/classes).

## Music / Dancing

**Dufferin Senior Centre**, 377 Dufferin Ave. - Dance - Sat. Feb. 24. Call Al **204-771-3325**

**Forever Young Club** - Presents: 'Tribute to Buddy Holly' dance, Sat. Feb. 24, 7:30-11:30 pm, Anavets #283 Hall, 3584 Portage Ave. Classic Rock & Roll - 50's, 60's, 70's w/DJs Ray & Sheila Wheeler. Doors closed until 7 pm for set

up. Spot dances, door prizes, 50-50. Members \$10, non-members \$15. Call **204-261-4442** to reserve or email [fycwpg@gmail.com](mailto:fycwpg@gmail.com)

**Pembina Active Living (PAL) 55+** (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - **Valentine's Day Party**, Wed. Feb. 14, 1-3 pm. **St. Patrick's Day Bash**, Mon. Mar. 18, 1-2 pm. Free Events. **204-946-0839**, [office@pal55plus.ca](mailto:office@pal55plus.ca), <https://pal55plus.ca>.

**The Senior Choral Society of Winnipeg** - Practices at McClure United Church (base-ment), 533 Greenwood Place behind the CNIB on Portage Ave. We are a four part choir. All voices welcome. Info, Gerda: **204-669-5570**

**The Happy Homesteaders** - sing with our A Capella group of retired males. No experience required, training provided in barbershop style singing. Daytime concerts and practices. Perform mostly at seniors' residences. Info, Vern: [vnelson@nelsonfinancial.ca](mailto:vnelson@nelsonfinancial.ca), **204-256-5562**, (retired), or Harvey: **204-888-6306**, [hschmidt7@mts.net](mailto:hschmidt7@mts.net).

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

## Sports / Fitness / Games

**Garden City Senior Golfers Club** - looking for Men 55 and older to golf weekly in a fun league with about 75 members, May-Sept. Play in a different foursome ea. month, at various golf clubs within an hour's drive of the city. Play as a walker or cart-rider. 4 out-of-town tournaments once a month. Monthly breakfast meetings Apr.-Sept. Wind-up in Oct. Info, Brian Ridley: **204-669-4795**, [pritchardfarm@shaw.ca](mailto:pritchardfarm@shaw.ca), or [www.gcsgwpg.com](http://www.gcsgwpg.com).

**Prendergast Seniors Club** (Windsor Park) - Are you a CRIB player? If so, come join us Mondays and Wednesdays, 906 Cottonwood Rd. You are also welcome to join us for our monthly, in-house luncheons. Call Gerry: **204-257-1475**

**Learn to play Pickleball in the North End** - Bonnie Gabbs, 76 yrs old and handicapped with severe arthritis, plays and teaches Pickleball at Sergeant Tommy Prince Place, 90 Sinclair St. Seniors are invited to come and try it out. Coaching clinic will be Wednesdays, 1-3:15 pm. Will also try for 10-12 noon instead if mornings work better. If interested, equipment will be provided. Info: [gabbs1947@gmail.com](mailto:gabbs1947@gmail.com).

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

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

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

**Active Aging in Manitoba** - 2024 Manitoba 55+ Game, Winter Curling Event, Mar. 5-7/24 at the Brandon Curling Club. Registration Deadline: Feb. 2/24. Categories: 4 Person Curling (Qualifier for the Canada 55+ Games) 160/team, 2 Person Stick Curling - Under 70, 70+, \$80/team. Info: [www.activeagingmb.ca](http://www.activeagingmb.ca), **204-632-3947** or **204-261-9257**, [manitoba55plusgames@gmail.com](mailto:manitoba55plusgames@gmail.com).

**The Pembina 55-PLUS Curling League** - Looking for curlers at the Pembina Curling Club, 1341 Pembina Hwy (close to McGillivray). 2 games/wk, alternating btw Mon., Wed. and Fri., 1 pm. Teams established using random selection for each of 4 rounds (10 Games). Individual registration is available for 1, 2, 3, or 4 rounds. Alternatively, start by sparing. Registration info: [55pluscurling.com](http://55pluscurling.com), email [contact@55pluscurling.com](mailto:contact@55pluscurling.com)

**The West Kildonan Seniors Recreation Club** - Looking for people to curl on Tue. and/or Thur. mornings. Novice curlers are welcome. Equipment and qualified instruction can be provided. Try a game for free. Curling starts Oct. 10, but you can join for the season at very affordable rates. John: **204-582-1904** or visit [wksr.com](http://wksr.com).

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

**WHSBC contract bridge** - at St. Paul's Anglican Church, 830 North Drive, Winnipeg, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Five rounds, changing tables after 4 hands. This is a social friendly bridge club. For further info, contact Ron Wood, President: **204-771-6724**

**Winnipeg Minor Basketball Association (WMBA)** with the **Manitoba Association of Basketball Officials (MABO)** (non-profit organizations) - looking for older adults to referee youth basketball games in fall and spring, usually on weekends. The WMBA is a youth basketball league which serves youth in Winnipeg and surrounding areas. Great opportunity for exercise and helping our youth understand the game

of basketball. Training is provided and referees receive fees for refereeing. Phone/text Mike: **204-396-5751** for info.

## Support Groups

**GriefShare support group** - If you have lost a loved one, a GriefShare support group is a safe, welcoming place to help with the difficult emotions of grief. Contact Kilcona Park Alliance Church at [info@kilcona.org](mailto:info@kilcona.org) or go to [Griefshare.com](http://Griefshare.com) to find a group in your area.

## Volunteering

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

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

**Bethel Place** - Congregate meal program needs volunteers in kitchen and dining room. Lunch time and supper time shifts. 3 hrs once/wk. Proof of Covid Vaccination. Melanie: [mcamara@bethelplace.ca](mailto: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/](http://deerlodge.mb.ca/volunteers/)

**Golden Rule Senior Resource Centre**, 625 Osborne Street (Fort Rouge Leisure Centre) - is recruiting volunteer for Office Reception and Recreational Activities and Programs, Mon-Fri, 10-3. **204-306-1114** or [goldenrule@swsrc.ca](mailto:goldenrule@swsrc.ca)

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

**Meals on Wheels** - Volunteers needed in: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711**, [www.mealswinnipeg.com](http://www.mealswinnipeg.com)

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

Continued on page 19

# Things To Do - RURAL MB

Email wording for your PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). FREE for non-profits and current advertisers. Submit PSAs by Mar. 1st for the Mar. 10 issue. Please advise us of any closures for summer or holidays.

## Programs / Services

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

**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](http://www.aamanitoba.org) or **1-877-942-0126**

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

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

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

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

**Interlake North Eastman** - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. **Arborg** and District Seniors Resource Council **204-376-3494**; **Ashern** Living Independence for

Elders **204-768-2187**; **Brokenhead/Beausejour** Outreach for Seniors 268-7300; **Victoria Beach** - East Beaches Resource Center **204-756-6471**; **Eriksdale** Community Resource Council **204-739-2697**; **Fisher Branch** Seniors Resource **204-372-6861**; **Gimli** Seniors Resource Council **204-642-7297**; **Lundar** Community Resource Council **204-762-5378**; **Riverton** & District Seniors Resource **204-378-2460**; **St. Laurent** Senior Resource Council **204-646-2504**; **Selkirk** & District Senior Resource Council **204-785-2737**; **Stonewall** - South Interlake Seniors Resource Council **204-467-2719**; **Springfield** Services to Seniors **204-444-3139**; **Teulon** and District Seniors Resource Council **204-886-2570**; **Lac du Bonnet** - Two Rivers Senior Resource Council **204-345-1227**, **Pinawa** **204-753-2962** or **Whitemouth/Reynolds** **204-348-4610** or **Winnipeg River** Resource Council **204-367-9128**

**Montcalm Service to Seniors** - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Renee: **1-204-758-3357** or [montcalmserviceprogram@gmail.com](mailto:montcalmserviceprogram@gmail.com)

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

**Niverville Services to Seniors** - Some services include: Low cost fitness, Wed. 9:30-10:30 at Friendship Centre, Mobility equipment rental, low cost transportation services to appts., one on one visiting, volunteer opportunities, special outings, and much more. Info: **204-388-2188** or email [sts@heritagecentre.ca](mailto:sts@heritagecentre.ca)

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

**Seine River Services for Seniors** (RM of La Broquerie and RM/Town of Ste-Anne) - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: **204-424-5285**. **Les services rivière seine pour aînés** - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud: **204-424-5285**.

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

**Selkirk - Gordon Howard Centre** - Hobby workshops, fitness classes, recreational programs, volunteer opportunities, special events (outings, sea-sonal meals and presentations). 384 Eveline St. Info: [www.gordonhoward.ca](http://www.gordonhoward.ca) or call **204-785-2092**

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

**Springfield - Springfield Seniors** - Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. **204-444-3139**, [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net).

**Steinbach - South East Artists** - For all Visual Artists: come join our group, Tuesdays, 9:30-11:30 am (Sept-May) at the Steinbach Arts Council. Paint own projects in any medium to share ideas. Info, Ginette: [gperroncreations@gmail.com](mailto:gperroncreations@gmail.com)

**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.patportercalc.com>

**Stonewall - South Interlake 55 Plus (si55Plus)** - 374 1st. St. West. Become a member - \$25/year. Luncheons, Ukulele Club, Pickleball, Line Dancing, Active Wellness Club, Virtual Chat, Cards & Games, Bus trips, and much more. **204-467-2582**, [si55plus@mymts.net](mailto:si55plus@mymts.net), [www.si55plus.org](http://www.si55plus.org).

**Teulon Seniors Club** - Cribbage, crafts and more, Tuesdays, 1:30-3:30 pm; Food security initiative; Free iPad training; Exercise classes and more! Info, **204-886-2570**, or [tdsrc@mymts.net](mailto:tdsrc@mymts.net)

**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](mailto:thompsonseniors55@gmail.com)

## Things To Do - WINNIPEG

Continued

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

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

**Victoria Lifeline** - Melissa: **204-956-6773** or [msitter@victorialifeline.ca](mailto: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](mailto:vcabrini@mymts.net) for info or to volunteer.

**Vista Park Lodge Personal Care Home** - in St. Vital - Volunteers needed.

[Catherine.Linnemann@extendicare.com](mailto:Catherine.Linnemann@extendicare.com)

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

### Programs / Services

**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](mailto:info@aosupportservices.ca), [www.aosupportservices.ca](http://www.aosupportservices.ca)

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

**Archwood 55 Plus Inc.** (a non profit organization for seniors) - at Archwood Community Center, 565 Guilbault St.

**Assiniboia Wood Carvers Association** - Woodcarving Fridays, 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: [lkehler84@gmail.com](mailto:lkehler84@gmail.com) or Wayne: **204-792-3932**

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

**Creative Retirement Manitoba** - Affordable Lifelong Learning. Online and in-person classes. Art & Music History, Bridge, Estate Planning, DNA for Genealogists, Cdn.Railways and more! Visit [creativeretirementmanitoba.ca](http://creativeretirementmanitoba.ca).

**Dakota 55+ Lazars Senior Centre** - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: 204-254-1010 ext. 217. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

**Dufferin Senior Centre**, 377 Dufferin Ave. - Pancake breakfast - Feb. 13, 9 am-12 noon, \$5 per person. Dance - Sat. Feb. 24. Bingo - Mondays, 1 pm. Chair exercises - Thursdays, 10 am. Call Al **204-771-3325** for info.

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

**Golden Rule Senior Resource Centre** - Programs - Tech Talk Mondays, 1-3 pm, bring your phone or iPad. Floor Curling Tuesdays, 12:30-2 pm. Pickleball Thursdays, 1-3 pm. Fri. Feb. 23, movie 'Grease' starting 1 pm. Popcorn, coffee, tea provided. Fort Rouge Leisure Centre, 625 Osborne. Hours 9:45-3:30. **204-306-1114** to register or email [goldenrule@swsrc.ca](mailto:goldenrule@swsrc.ca).

**The Happy Gang** - Monthly Get-togethers, 3rd Thurs. ea. month except July & Aug. Next Get-together, Thur. Feb. 15, 1:30-3 pm, Prairie Spirit U. C., 207 Thompson Dr. Play games, bridge and complimentary refreshments. Prairie Spirit United Church, 207 Thompson Drive. Info: **204-832-1000** or **204-895-7410**.

**Lions Place Adult Day Club** - Program: 1 day/week of socialization and wellness, including morning coffee/muffin, chair exercises, mentally stimulating games and 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 the Club: **204-784-1229**.

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

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

**Nature Manitoba** - is people sharing a passion for nature. We deliver nature-based educational programs, outdoor activities, group outings and more. <https://www.naturemanitoba.ca/> for all our programs and activities or for more info.

**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](mailto:ncsc@shaw.ca), [ncseniors.ca](http://ncseniors.ca)

**Pembina Active Living (PAL) 55+** (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Take 5 Monday, 9:30-2:30, Until June 19/24. Exercise, entertainment, crafts, current events, speakers, lunch, volunteer opportunities. Cost \$30 includes food and transportation. Ask about our winter programs. **204-946-0839**, [office@pal55plus.ca](mailto:office@pal55plus.ca), <https://pal55plus.ca>

**Probus Club of Winnipeg** - Meets 10 am third Tuesday ea. month at Unitarian Universalist Church, 30 Wellington Cres. Probus is for those who like the social aspects of retirement or semi-retirement. New members and guests welcome. [winnipegprobus85.wordpress.com](http://winnipegprobus85.wordpress.com)

**Rainbow Resource Centre** - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email [otr@rainbowresourcecentre.org](mailto:otr@rainbowresourcecentre.org).

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

**South Winnipeg Family Information Centre** - Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. Lower Level). Join us for coffee snacks, great conversation, fun activities, and more, every Wednesday morning. Call **204-284-9311** for more info.

**South Winnipeg Family Information Centre** - Tech for Seniors Mondays from 1:30-3. Need help with your tablet? Phone? computer? We can support and help you learn just what you want to learn. Call **204-284-9311** for more info.

**South Winnipeg Seniors Resource Council** - Pop-Up Offices are back. we have added new sites to ensure we can be as accessible as possible. Visit us at The Rady Centre, Feb. 12, Mar. 11, Apr. 8, May 13, 10 am-1 pm; the Bill & Helen Norrie Library, Feb. 13, Mar. 12, Apr. 9, May 14, 10 am-1 pm; Charleswood Library, Feb 20, Mar. 19, Apr. 16, May 21, 10 am-1 pm; Golden Rule Seniors, Feb. 15, Mar. 21, Apr. 18, May 16, 11 am-2 pm, Fort Rouge Leisure Centre, 625 Osborne. Schedule is subject to change. Call the SWSRC: **204 478-6169** for more info

**St. James Assiniboia 55+ Centre** - Various programs and activities. 3-203 Duffield St. **204-987-8850**, [www.stjamescentre.com](http://www.stjamescentre.com)

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

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

**The Y. A. H. Club** - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital) - Ask about our winter programming: may include: book club, ukulele, Men's Coffee Club, Dinner Club, painting classes, exercises, pickleball, scrapbooking, card making, drawing club and more. Contact Gerry: **204-233-0648**, or [office@windsorcc.ca](mailto:office@windsorcc.ca) or Rosie: [rosieschau@gmail.com](mailto:rosieschau@gmail.com)

Email the exact wording for your PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). FREE for non-profits and current advertisers. Submit PSAs by Mar. 1st for the Mar. 10 issue. Please advise us of any closures for holidays.

January 15, 2024

## MANITOBA GOVERNMENT INVESTS IN HERITAGE INITIATIVES

The Manitoba government is continuing to make investments in communities across the province, with more than \$1.6 million in funding available for heritage sector initiatives, Sport, Culture, Heritage and Tourism Minister Glen Simard announced.

"Manitobans know that we should be proud to celebrate our past through heritage initiatives, while our government continues to make investments for a brighter future," said Simard. "By building and recognizing our past, we are able to chart a path for continued growth in our province and make life better for all Manitobans. I'm excited that our government is taking steps to ensure a bright future for our heritage initiatives that tell the stories of this province."

These applications will provide community groups and initiatives with the funds required to continue to preserve and promote the unique heritage sector in and across the province, noted the minister.

There are several heritage grants available in 2024 including:

- \$240,000 available for Community Museum Project Support Program (Application deadline was Feb. 4);
- \$868,000 available for the Heritage Resources Conservation Grant with a deadline extended to March 1;
- \$395,300 available in total for the Heritage Grants Program with a first intake deadline of Jan. 31 and second intake deadline of June 1; and

- \$163,000 available for the Military Memorials Conservation Grant with a deadline of Feb. 15.

"I'm thrilled to work with Minister Simard and the entire team at Sport, Culture, Heritage and Tourism on initiatives such as these, which honour our brave service men and women," said David Pankratz, special envoy for military affairs. "Programs like these align with our government's commitment to support all Manitobans."

The Military Memorials Conservation Grant is available to any individual, organization or business including local governments who can commit to the long-term preservation of a memorial and who have

appropriate authorizations from the memorial's owner or community to carry out the work.

"Our government is proud to continue to support the outstanding work of various heritage organizations across our province," said Simard. "I want to thank all of the current and future applicants who have done such an incredible job telling and sharing the story of our province for generations to come."

For details about the heritage program grants listed above and more information, visit: [https://gov.mb.ca/chc/grants/heritage\\_grants.html#cmps](https://gov.mb.ca/chc/grants/heritage_grants.html#cmps).

February 5, 2024

## A MESSAGE FROM THE LIEUTENANT-GOVERNOR OF MANITOBA

As the King's representative in Manitoba, I wish to express my very best wishes for a quick and full recovery to His Majesty King Charles III as he begins his cancer treatment journey.

The King's sense of duty, grace and good humour have endeared him to Manitobans during his many visits to our province. I know my fellow citizens will join me in offering our most sincere well wishes to His Majesty as he strives to return to full health.

The global quest to eradicate cancer continues, producing many medical advancements along the way that continue to bring healing and hope to patients and their families from all walks of life.

His open and honest disclosure of his recent health challenges are admirable, reflecting his character and world view. His approach may also serve to inspire others to seek needed medical attention, while also offering a sense of comfort and camaraderie to those already in care.

To His Majesty King Charles III, Her Majesty Queen Camilla and all members of the Royal Family, please know that Manitobans are thinking of you today and wishing you well, as we all look forward to His Majesty's recovery and return to the full sphere of his public life.



**HAPPY LOUIS RIEL DAY**  
FEBRUARY 19, 2024



# Sri Lankan Seniors Manitoba

By Senaka Samarasinghe

## Christmas Get together

This was conducted on Jan. 12th (FRI) 2024 from 11.00 am to 1.30 pm at Whyte Ridge Community Centre. The event planning committee scheduled number of proceedings allowing all attendees to participate.

Lileena Mendis inaugurated session by conveying Christmas and New Year blessings to all. Singing two Carol Songs in English and Sinhala was the first event. Few games were lined-up to obtain participants to enjoy. Hama Perera volunteered to recite

few Sinhala poems to bless all seniors. Presented a Christmas gift-bag for each person as a souvenir. Indra Ariyaratne President, SLSM done the vote of thanks.

There was a speciality. Appetizers, main-meal and desserts were home-made. Posed

for a group photo was the last incident. The dance floor was opened for dancing fans. ■



Continued on next page

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## Springing into Action & Getting that help!



Rick Roschuk  
Trish Bennett

**Wow! What a line-up!** Well, what one month can do for a cause! Since we last chatted there has been a wonderful serge in finalizing this years Expos. A&O Support Services, 211MB (United Way), PEAM (Prevent Elder Abuse Manitoba), Northway Pharmacy Group and Canadian Footwear to name a few have joined the fold. We have always stressed that the purpose of these localized mini-expos is to bring the much needed resources directly to you in your neighbourhoods. This year is no different. Please, please, please take the time if you have the means and visit our website often to get updates on locations and the listings of the great organizations and businesses coming to improve our lives and well-being. [www.prosknowexpos.ca](http://www.prosknowexpos.ca) will help you find the missing pieces needed for a good journey moving forward. We are here for you. Take care and see you soon, *Rick & Trish!*



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## Sri Lankan Seniors Manitoba, cont'd from page 20



Yoga Training (above & below)



A Bit About Sri Lanka (above & below)



### Sri Lankan Seniors Manitoba - Yoga Training

Sri Lankan Seniors Manitoba (SLSM) is inviting Wynn Ferguson as yoga instructor. She conducted her yoga session on Jan 19th (FRI) 2024 from 11.00 am to 12.00 noon at Whyte Ridge Community Centre.

As a practice Wynn start her yoga training with a warm-up session not more than five minutes and at the end too, she allocates another five minutes for cooldown exercises. She always reminds to maintain breathing exercise to keep notice of the breath as to maintain not only body move-

ments but to train the mind as well. During peak of winter season to maintain the balance is needed. For this, Wynn trained members to practice such as chair and mountain postures. She always stressed to keep a chair by the side of the yoga trainee to hold it on an emergency.

At present, an average number of participants are around forty and it will increase in future. Therefore, Board of Directors pf SLSM are planning to identify a hall which can accommodate more members. ■

### A Bit About Sri Lanka: To Manitoba Seniors

Pembina Active Living (PAL) is one of the reputed and active Seniors' organization in the Province of Manitoba. Board Member of Sri Lankan Seniors Manitoba and Vice President of PAL, Mohamed Ismath invited me to conduct a presentation about Sri Lanka for PAL 55+Seniors. Ismath invited Chandani (my wife) to participate on this. It was performed on 22-1-2024 at Whyte Ridge Community Centre from 1.00-2.00 pm. I have been conducting this free-of-charge for more than a decade within the City of Winnipeg. Former Sri Lankan High Commissioner to Canada Mr. Ahamed A. Jaward too sent a commendation to me on this endeavour.

During the presentation interesting discussions were built-up such as comparison of

the size of Sri Lanka and Canada as well as free education. Canada is the 2nd largest country of the world with 9.9 million sq. km. whereas Sri Lanka is only 65,610 sq. km. When I stated that Sri Lanka introduced free education policy in 1945 most of the participants asked number of questions. As Chandani was a retired-school teacher in the State Sector she explained other facilities contributed by the Government such as free-school uniform and free-textbooks for all students in Government-schools.

As a practice I shared my presentation with the invitee. Similarly, I sent a copy to Renee Vincent, Program Coordinator, PAL to share with needy PAL members. She sent me a letter of thank. Further, Susan Fletcher, Executive Director, PAL sent me the feedback of the participants and their extended knowledge on Sri Lanka. ■

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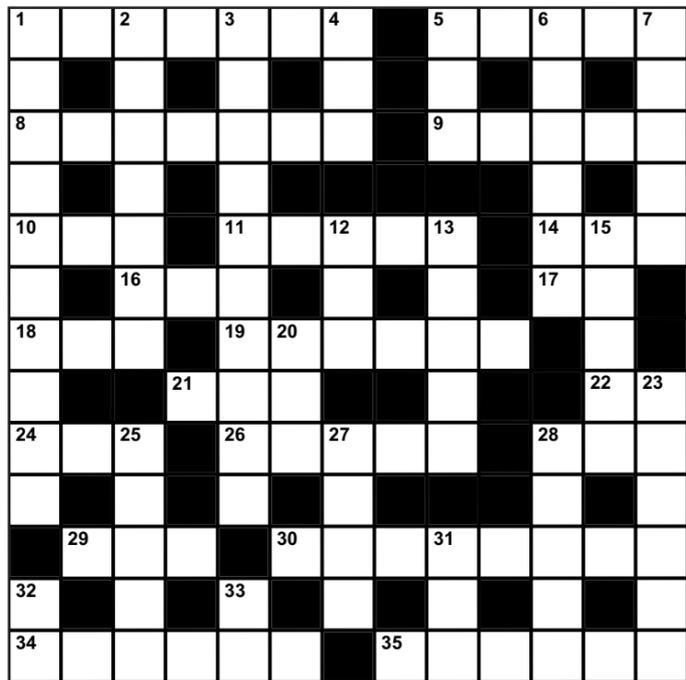
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|---------|-----------|------------|----------|------------|
| Adoring | Caring    | Flowers    | Lovable  | Romance    |
| Always  | Crush     | Fondly     | Love     | Romantic   |
| Ardent  | Cupid     | Forever    | Lovingly | Romeo      |
| Arrow   | Darling   | Gaga       | Lucky    | Roses      |
| Bae     | Date      | Girlfriend | Mate     | Special    |
| Beauty  | Deep      | Giving     | Memories | Spouse     |
| Blessed | Desire    | Happy      | Only     | Sweetheart |
| Bliss   | Devotedly | Heartfelt  | Partner  | Sweetie    |
| Bond    | Dream     | Honey      | Passion  | Swoon      |
| Bouquet | Faithful  | Husband    | Perfect  | Touching   |
| Candy   | Fantasy   | Joy        | Profound | True       |
| Cards   | Feelings  | Kiss       | Proposal | Wife       |
| Care    | Flirt     | Liking     | Red      | Wishes     |

SOLUTION ON PAGE 23

**CROSSWORD - Valentines Day** By Myles Mellor

**ACROSS**

1. "Roses are red, \_\_\_ are blue"
5. Romantic symbol
8. Expressing feeling in a song
9. Chocolates, roses, etc.
10. "Chosen one" in "The Matrix"
11. Idolize
14. Diamonds in slang
16. "Brown Eyed Girl" singer, \_\_\_ Morrison
17. Read only, for short
18. George Gershwin song, "\_\_\_ Got a Crush on You"
19. Elvis song "Love me \_\_\_"
21. "Last Time I Saw \_\_\_" (Diana Ross song)
22. Elevated railway, abbr.
24. Beauty is in the \_\_\_ of the beholder
26. "The \_\_\_ Has a Thousand Eyes" song by Bobby Vee
28. Vineyard in France
29. First lady
30. Secret, 2 words



- |  |  |   |
|--|--|---|
| <ol style="list-style-type: none"> <li>34. Mariah Carey's "___ of Love"</li> <li>35. Cupid, for example</li> </ol> | <ol style="list-style-type: none"> <li>4. Gal of song</li> <li>5. Hold tight in a loving gesture</li> <li>6. Catered event</li> <li>7. The Beatles "A ___ of honey"</li> <li>12. Possess</li> <li>13. Party, for example</li> <li>15. More shy</li> <li>20. Former British record label</li> </ol> | <ol style="list-style-type: none"> <li>23. Love songs crooner, ___ Vandross</li> <li>25. Singer of "Are You Lonesome Tonight"</li> <li>27. Sticky stuff</li> <li>28. Puppy-love</li> <li>31. The Beatles' "And I Love ___"</li> <li>32. Motorhome</li> <li>33. Green light</li> </ol> |
|--|--|---|

SOLUTION ON PAGE 23

## FUNNIES FUNNIES FUNNIES

**My neighbour asked if he could use my snow blower. I said no problem, just don't take it out of the yard.**

Did you know that you have the right to remain silent, even when you're not under arrest?

**I went to the library and asked the librarian if they had any books on Paranoia. She whispered, "They're right behind you."**

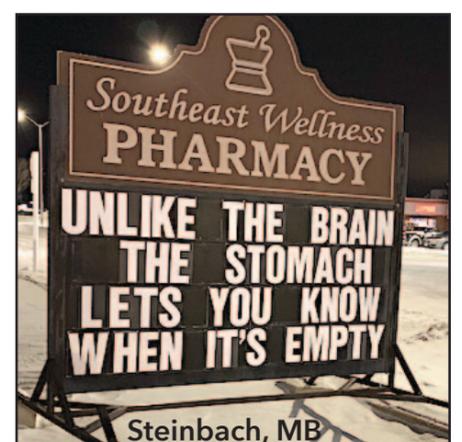
When company comes and sees the cat's litter box, why do they always ask if you have a cat?

From now on, my answer will be, "No its for guests."

**The easiest way to find something lost around the house is to buy a replacement.**

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

- Authors unknown



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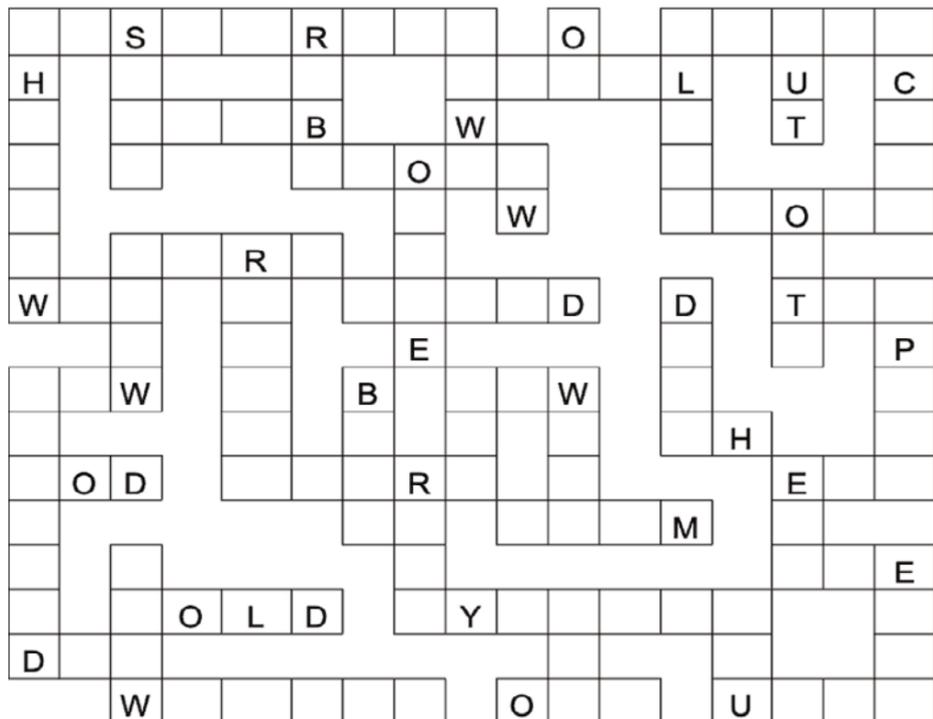
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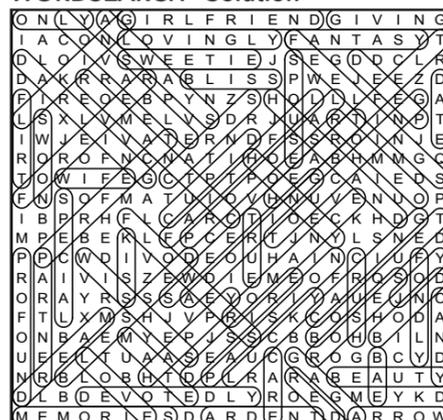
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