

The Canadian Association of Occupational Therapists (CAOT) held its free CarFit program at Vickar Community Chevrolet on Regent Avenue in Winnipeg on Saturday, May 24, in partnership with the Canadian Automobile Association (CAA).

CarFit is a free vehicle safety check for

Across the city at Extendicare Maples, energy was high as residents, families, and team members also participated in various events and set out on their community walk with each step supporting Alzheimer's awareness. The accomplishments across the Manitoba long-term care homes reflect the dedication and generosity of

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Winnipeg senior drivers. Trained occupational therapists from the Canadian Association of Occupational Therapists and volunteers helped guide seniors through a 12-point checklist in their vehicles, providing recommendations for adjustments that

Continued on page 17

port of the Alzheimer Society of Canada. Extendicare homes have been holding local events throughout the month of May.

esidents, families, and team members

from Extendicare Vista Park Lodge

and Extendicare Maples in Winnipeg laced

up their shoes to walk for Alzheimer's

awareness, joining other Extendicare long-

term care homes across the country in sup-

At Extendicare Vista Park Lodge, it was a day full of excitement and fun. The day kicked off with a basketball challenge between Executive Directors of Winnipegarea Extendicare homes, residents and team members enjoyed a barbeque, and live music echoed throughout the grounds.

Cont'd on page 7

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1

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Active Aging in Manitoba (AAIM) Inspiring active lifestyles



# Can dancing really help me remember where I left my keys?

Doing some physical activity like dancing can be a great way to problem solve and help you remember where you left those keys!

Some recent research shows us that by increas-Linda Brown, ing our heart rates, or Director, AAIM doing aerobic type activ-

Executive

ities, such as a brisk walk, cycling, dancing, or swimming can really impact a very important set of cognitive skills. These cognitive skills, our Executive Function, include our ability to plan, multi-task, and to be flexible if things don't go as planned! It is that ability to navigate the world and problem solve that keeps us vibrant and engaged. The Executive Function is a set of cognitive skills and processes that control our ability to perform activities of daily living. Such tasks organizing, regulating emotions, and impulses are all cognitive skills that we use daily and help us to remain independent as we age. Exercise improves these functions by enhancing brain connectivity and efficiency.

Factors that can negatively affect those specific cognitive skills are age, being sedentary, and lack of physical activity. Two of those factors we can control! In Canada less than 50% of older adults attain the recommended 150 minutes of physical activity per week. Only 1 in 5 report spending less than 8 hours being sedentary each day.

These cognitive functions are necessary to navigate every day it is important to preserve them. Brain challenging activities can include puzzles, word searches, and learning something new. So trying some new physical activity such as learning a new dance is a great fun way to improve cognitive function, have some fun, and maintain social connections.

By Linda Brown, Executive Director, AAIM



This latest research is exciting! Regular moderate intensity exercise can help to reduce the risk of developing Alzheimer's and other forms of dementia. Being active regularly may help to delay cognitive decline by several years. We know that regular physical activity can provide many health benefits such as blood pressure control, Type 2 diabetes management, weight management and improved mobility. But a huge benefit of being active is improving and maintaining our cognitive function as we age.

Regular physical activity can reduce inflammation and increase endorphin release which contribute improved mood and reduce depression.

#### The Canadian Guidelines for physical activity for adults 65+:

Frequency-150 minutes/ week of moderate aerobic activity, plus two times per week of muscle - strengthening exercises.

Variety - Combine aerobic, strength, and balance focused activities

Consistency – Benefits are gained with regular participation such as 30 minutes 5 days per week.

Physical activity is a low -cost, accessible, and powerful tool we have to help maintain, and improve our cognitive function. If you are looking to increase your activity the key is start out slowly and gradually increase the amount of activity you are doing.

Join a walking group or reach out to some friends, neighbours, or family members and set a regular time to go for a walk during our Manitoba summer weather! Look to your local community centre for some physical activity that can also help you to maintain social connections within your local community.

We really do have a powerful tool - physical activity - that keep us living independently improve our cognitive function and maintain social connections.

#### Sit Less; Move More!

Can't attend the Manitoba 55+ Games? Watch our website and this column for more information about our Virtual Games that start on June 30th, 2025.

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# Province Passes Groundbreaking Interprovincial Trade Bill with All-Party Support to open doors for Manitoba business

We Canadians are determined to make Canada more independent and working at keeping our business closer to home to support our own provincial economies.

The Manitoba government is strengthening the economy and protecting Manitobans from tariffs with the passage of Bill 47, the Fair Trade in Canada (Internal Trade Mutual Recognition) Act, and amendments to the Commemoration of Days, Weeks and Months Act (Buy Manitoba, Buy Canadian Day), Business, Mining, Trade and Job Creation Minister Jamie Moses announced.

"Everyone listened to the business community and worked across party lines because we know how important this bill is," said Moses. "We all agree that this is a win for Manitoba and Canada. This bill puts Manitoba businesses and workers first by making it easier to sell products and services across Canada."

The bill passed today with the support of both government and opposition members – a rare, but welcome, show of unity for Manitoba's economic future, noted Moses. Bill 47 removes trade barriers for goods

Bill 47 removes trade barriers for goods

and services between Manitoba and other jurisdictions in Canada. The elimination of interprovincial trade barriers has been called for by a number of prominent Manitoba business organizations, including the Manitoba Chambers of Commerce, Winnipeg Chamber of Commerce and the Business Council of Manitoba, added the minister.

"This is another step for Manitoba and Canada to freer internal trade. While more work needs to be done, we were pleased to work co-operatively to ensure the benefits to Manitoba families and businesses are realized quickly," said Lauren Stone, opposition finance critic. "Our Progressive Conservative team fully supports removing any remaining barriers to interprovincial trade and labour mobility and certification within Canada. We have ensured the expedited passing of Bill 47, the Fair Trade in Canada Act, as another step towards achieving free trade within Canada."

The passing of Bill 47 aligns more broadly with the federal government's goal of free trade across the country by Canada Day, July 1. Additionally, internal trade is



expected to be a key point of discussion for the first ministers (FMM) meeting today.

"That we are able to pass this bill in time for the FMM positions us as a leader among provinces in terms of internal trade," said government house leader Nahanni Fontaine. "This signals that we can get great things done for Manitobans by working together."

Bill 47 has received royal assent today after being introduced earlier in May. ■



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## May 26, 2025 More Quality-of-life supports for Manitobans with Demential

The Manitoba government is providing an additional \$200,000 in funding to the Alzheimer's Society of Manitoba (ASM) for two initiatives that support Manitobans with dementia, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

"We want to build communities where older Manitobans can receive quality care no matter where they choose to live," said Asagwara. "More resources within the community for those individuals with dementia support a better quality of life for Manitobans without the need to compromise or leave support networks behind in search of assistance." This one-time funding adds to the existing \$563,000 provided to ASM, bringing its total funding to \$888,000. This new fund will enhance two dementia supports through ASM:

- Professional education to support staff who work with persons with dementia in the community.
- Additional community co-ordinator roles to support links between communities and the Age-Friendly Manitoba Initiative and promote Dementia-Friendly Communities.

"The more we can talk about dementia, the more we can create an understanding about the needs of people living with dementia and their care partners – so they feel welcomed and included to live their highest quality life," said Erin Crawford, CEO, Alzheimer Society of Manitoba. "This funding will increase the society's capacity to create dementia-friendly communities where everyone feels empowered, respected, safe and supported."

To learn more about the Alzheimer's Society of Manitoba, visit https://alzheimer.mb.ca.

## May 16, 2025 Manitoba Government Supporting Museums Across the Province

The Manitoba government is providing \$315,000 in funding to support 34 museums across the province, Sport, Culture, Heritage and Tourism Minister Nellie Kennedy announced today, in advance of International Museum Day on Sunday, May 18.

"Museums are more than buildings and things – they're living bridges connecting us to our roots and to each other," said Kennedy. "This program empowers Manitoba's heritage institutions to preserve our diverse stories and transform them into powerful tools for community building and shared understanding. When we honour all voices from our past, we pave the way for a more inclusive and united future."

The Manitoba government has selected

profit community museums can receive up to 100 per cent of project costs, with a maximum of \$25,000 per applicant.

"We sincerely thank the Manitoba government for the generous grant to the National Indigenous Residential School Museum of Canada Inc.," said Lorraine Daniels, executive director, National Indigenous Residential School Museum of Canada Inc. "This vital support will enable us to set up the management of our collections through cataloguing, the development of a comprehensive collections database, updated formal collections policy and staff training. These initiatives are essential to preserving the stories and artifacts of the Museum, reinforce our ongoing commitment to education, reconciliation, and cultural preservation." The Manitoba government is also providing funding to a pair of signature museums, the minister noted. Le Musée de Saint-Boniface Museum's empowering self-determination project and the Canadian Fossil Discovery Centre's robotic total station.

The minister also noted applications are currently being accepted to the Community Museum Grant Program. The Manitoba government has increased its funding to community museums and will provide up to \$524,200 for its operations through increased maximum levels for each museum. This means more than 100 museums across the province will see an increase in provincial operating support ranging between 48 per cent and 58 per cent, noted the minister.

Applications are being accepted until June 16. For more information, visit: www.gov.mb.ca/chc//grants/ heritage/cmgp.html.

For the complete list of project recip-



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32 initiatives to receive grants through the Community Museum Project Support Program. This program aims to foster Manitoba's diverse heritage, culture and identity through activities that advance reconciliation, equity, diversity, accessibility and inclusion or that improve collections management, noted the minister. Nonients, visit https://grants/cmpsgrant-recipients.pdf.

For more information about the Community Museum Project Support Program, visit: https://gov.mb.ca/chc/ grants/heritage/cmps.html.









# Enjoying the Splendor of New Growth



# NEWS

#### By Trish Bennett

Just like this year's theme, April Showers Bring May Flowers, Good Neighbours Active Living Centre was in full bloom on May 30th as the community gathered to celebrate their 32nd anniversary. Events, such as this luncheon, provide opportunities for adults 55+ to stay active and connected with the community. For GNALC, it's the biggest fundraising event of each year. All funds raised through this, and other events, help to keep the doors open to many programs, seminars, events and outings coordinated by Good Neighbours Active Living Centre From the entrance and onward, guests entered into what might have felt like wandering into a beautiful floral garden to enjoy the splendor of new growth.

The annual fundraising luncheon was again emceed by Colleen Bready of CTV

News, who provided a sense of warmth and charm to the event. The program kicked off with greetings from the newly appointed Executive Director, Samantha Loxton, and invited guests from all levels of government. The event saw 240 "neighbours" gather to enjoy the ambiance, entertainment, a beautiful meal, time with familiar faces and the potential to meet new friends.

Many would say that is not just the organizations, companies, and individuals who donate funds to these events that make it a success, but the large group of volunteers who step forward to plan, organize, and bring the events to fruition. There are many tasks involved and the students from Elmwood High School, along with their teacher, who helped with set up/tear down of tables and chairs, as well as the serving of meals at this event could attest to that! There is no doubt that all the details, big or small are what made this event a success.

If you missed out on this event, Good

Neighbours Active Living Centre would love for you to be part of the next event. Either as a guest, or maybe a volunteer! You can check their website **gnalc.ca**, visit the centre at 720 Henderson Hwy throughout the week, or reach out to Rosie Guillen, Volunteers Coordinator by emailing her at **volunteer@gnalc.ca**. Fill out a Volunteer Application form, and start your volunteer journey today!



L-R: Colleen Bready of CTV News, Samantha Loxton - GNALC Executive Director, Jennifer Gosselin - GNALC Program Coordinator

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# Hudson Bay and Canada: A Love Story We Grew Out Of



IN OUR COUNTRY CANADA By Myles Shane

There was a time when everything felt big. The rivers, the forests, the winters that never ended. And at the center of it all was Hudson Bay—that massive, icy heart beating at the top of the world. We didn't always know what it meant, but somehow... we were drawn to it.

Back then, in the 1600s, Canada wasn't even Canada yet. It was just this sprawling, wild place where anything felt possible. People were still figuring it out—traders, explorers, dreamers. Guys like Pierre-Esprit Radisson and his brother-in-law Médard des Groseilliers. French fur traders who heard from the Cree about the richest lands and a "frozen sea" up north. A sea that turned out to be Hudson Bay.

Now, Radisson and Groseilliers weren't exactly rule followers. They asked the French governor for permission to head north, and he shut them down cold. Said the trade needed to stay close to the St. Lawrence River. But some things... you



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can't turn off. The call of the Bay, the mystery, the adventure—it was too strong. So, they went anyway.

They came back with furs so fine you'd think they raided a royal palace. But instead of being welcomed home as heroes, they got slapped with fines and had their goods taken away. That's when they did something unexpected. They packed up and went to England.

And that's where the real love story began.

In 1670, the Hudson's Bay Company was born—this strange, powerful mix of business and empire. It got control of Rupert's Land, an area so big it made Europe look like a backyard. Suddenly, Hudson Bay wasn't just a body of water. It was the center of everything. Trading posts popped up like tiny stars across the North—places where furs were traded, friendships were made, and futures were written. Indigenous communities, Métis families, European settlers—they all came together around this shared rhythm, this pulse that came from the Bay. It wasn't perfect. Far from it. But in that moment, it was how we began to become... us.

As Canada slowly stitched itself together—from the Maritimes to the Prairies—Hudson Bay was always there. Not in the spotlight, but in the background, steady and familiar. The company evolved too. When the fur trade faded, it morphed into something new: department stores. Suddenly, the Bay was where you bought your first winter jacket, your mom's best dishes, your dad's Father's Day tie. It was where families walked under soft lights and escalators hummed quietly in the background.

For a while, it felt like the Bay would always be with us.

But the world kept moving.

By the late 1900s, things started to change. Canada was growing—fast, mod-

ern, complicated. Our economy wasn't built on beaver pelts anymore. Cities got bigger. Kids stopped writing letters to Santa at the Bay. Online shopping, new stores, new ideas... they all came flooding in.

One by one, the old flagship stores started closing. The buildings stayed, but the heart... it wasn't beating the same way. In 2020, the company split. Layoffs came. Real estate was sold off. It wasn't sudden. It was like watching an old friend slowly pack up and leave.

Looking back, I guess Hudson Bay was our first great love. It showed us who we were. It gave us our map, our trade, our rhythm. It taught us how to survive winters and believe in something bigger than ourselves.

But like all first loves... we outgrew it.

Still, sometimes when the wind shifts just right and the snow falls a certain way, you can almost hear it—the echo of fur traders paddling toward a trading post, the bustle of a store on a Saturday afternoon, the quiet pride of a nation just figuring itself out.

That's the thing about love stories. Even when they end, they never really go away. ■

# Have a great Manitoba 55+ Games

# Five Reasons to visit Henteleff Park By Terri Ashcroft



Henteleff Park is 50 acres of natural beauty often referred to as "a hidden gem in south St. Vital". Located at 1964 St. Mary's Road, the park is owned by the City of Winnipeg and managed by the Henteleff Park Foundation, a charitable non-profit organization of local volunteers. This unique partnership has resulted in a park that has many special features making it well worth seeking out. Here are five reasons to visit Henteleff Park.



The flowering forest is beautiful in spring and provides food for pollinators and wildlife. Winding pathways represent the Red River and the Metis sash. The Food Forest demonstrates the wide variety of fruit and nut bearing trees and shrubs that can be successfully grown in Winnipeg.

4. Arboretum

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#### 1. Tall Grass Prairie Restoration

Work on the 1.5 acre Tall Grass Prairie Restoration began in 2007 and was completed in 2010. Featuring big bluestem and other native grasses and flowers this area is especially beautiful in Aug. and Sept. **2. Wildlife** 

Henteleff Park was a City of Winnipeg tree nursery for 20 years. The rows of different tree varieties interspersed with open spaces provide a range of habitats for bird species ranging from warblers to eagles. Come sit on one of our benches and listen to the morning chorus. Nestled in a curve of the Red River, the park forms part of the wildlife highway through Winnipeg. Deer, foxes, groundhogs, coyotes and other animals are often seen at the park.

#### 3. Food Forest

Planted during our 2024 Community Tree Planting event, the Food Forest holds 120 fruit and nutbearing trees and shrubs.

The Henteleff Park Foundation's major project for 2025 is establishing our arboretum, a place where trees, shrubs, and herbaceous plants are grown for scientific and educational purposes. This year our existing coniferous species and all 16 deciduous species native to Manitoba will be labelled with tags bearing the tree's English and scientific name. Scanning your phone over the QR code links to the Plantsoon website for more detailed information. Specimen trees will be GPS located and linked to an online map.

#### 5. Volunteer

Henteleff Park is a special place because it is cared for by local volunteers who plan and manage special projects like the Food Forest and Arboretum, as well as removing invasive species and other maintenance. We have a variety of volunteer opportunities perfect for someone who wants to dig into the dirt and spend time in a beautiful setting. For more information contact: **terri.ashcroft@henteleffpark.org** for more information. ■

#### Steps with purpose, cont'd from front page



Extendicare Vista Park Lodge and Extendicare Maples in Winnipeg laced up their shoes to walk for Alzheimer's awareness.

esidents, families, and team members from Extendicare Vista Park Lodge and Extendicare Maples in Winnipeg laced up their shoes to walk for Alzheimer's awareness, joining other Extendicare longterm care homes across the country in support of the Alzheimer Society of Canada. Extendicare homes have been holding local events throughout the month of May.

At Extendicare Vista Park Lodge, it was a day full of excitement and fun. The day kicked off with a basketball challenge between Executive Directors of Winnipegarea Extendicare homes, residents and team members enjoyed a barbeque, and live music echoed throughout the grounds. Across the city at Extendicare Maples, energy was high as residents, families, and team members also participated in various events and set out on their community walk with each step supporting Alzheimer's awareness. The accomplishments across the Manitoba long-term care h 0 m e











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# Canada's Top Entertainment Lawyer, a North End Boy



I first got to know David Zitzerman through my late dad, Dr. Fred Shane. My dad had known the entire family for years, and when he heard I wanted to become a producer and writer in entertainment, he said, "You should talk to David-he's one of the best entertainment lawyers in Canada." So, there I was, a wide-eyed firstyear student at Ryerson, walking into David's office for the first time. We started off talking about the many Winnipeggers we both knew-how Toronto felt a little like the new Winnipeg, with so many of our friends and family having moved east for school and work.

But then, David started telling stories. Real insider tales about the entertainment world. He gave me names, numbers, advice, and encouragement. He even connected me to other Winnipeg producers I later worked with—guys like Gary Blye and Arnie Zipursky. That day wasn't just a meeting; it was a door opening. Years later, after my stint with ABC News in New York, I met David again, this time with a script in hand. I had written a feature film called Famous Dead People, about two people stuck in an elevator over Thanksgiving weekend, watched through a black-andwhite surveillance camera. I had the cast, the director, a solid script, and even some funds invested by my late friend Rex. But I still needed help to finish the project. David, along with his intern Arthur Reinstein, helped us craft a plan to raise the rest of the money, and he even invested a bit himself.

A year later, we were shooting the movie. It went on to play on networks worldwide, had a theatrical release in Canada, and essentially launched my career in entertainment. Without David's guidance and support, who knows if that film would have ever seen the light of day? Over the years, I got to know him better, even featuring him on a podcast I produce called Six Degrees of Portage and Main. His story is one of those rare Winnipeg legends-someone who climbed from humble roots to become the go-to guy for the film, TV, and online



**David Zitzerman** 



David Zitzerman with Henry Winkler.

David Zitzerman is a partner and head of the Entertainment Law Group at the prestigious Goodmans LLP in Toronto, where he's been shaping entertainment law for over 30 years. His client list reads like a who's who of the industry: from independent producers and Canadian networks to Hollywood studios, streaming

giants like Netflix and Amazon, and even European broadcasters. If there's someone involved in entertainment law, David's probably worked with them.

But how did a kid from Winnipeg's north end rise to such heights? David's story is rooted in family, talent, and hard work. He's the son of Saul ("Shelly") and Zelma Zitzerman. His mom wrote charming, illustrated children's books like *Trumpet the Elephant*, and his dad was a partner at one of Western Canada's most respected Jewish law firms. David went to



David Zitzerman (left) with podcast host Fred Rutman.



Actor Zac Efron, David Zitzerman.

local schools like Talmud Torah and Joseph Wolinsky Collegiate, then to the University of Winnipeg and University of Manitoba, where he earned top academic honours. He later attended law school at the University of Toronto, excelling there and sharing a home with Winnipeg historian Allan Levine.

After articling at a major law firm and practicing corporate law for a few years, David joined Goodmans LLP in 1986, where he has stayed ever since. One of his first big breaks was working on Moonstruck, a feature film starring Cher and Nicolas Cage and directed by Norman Jewison, one of Canada's great filmmakers. Since then, David's career has skyrocketed. He's been named Toronto's Entertainment Lawyer of the Year, recognized as one of the world's top media lawyers, and received the highest professional ratings.



Canadian filmmaker Norman Jewison, David Zitzerman.

David is the kind of guy you call when you need help with copyright, defamation, or media law. He lectures, appears on Bloomberg BNN, teaches at the University of Toronto, and writes the go-to Canadian entertainment law text. He's even a director at the Canadian Film Centre. And despite all his global connections and bigcity success, David has never forgotten Winnipeg. He still keeps close ties to fellow former Winnipeggers living in Toronto, like Irwin Isenstein and Joy Kaufman.

That's David Zitzerman, my mentor, my connection to the entertainment world, and a shining example of how a kid from the north end of Winnipeg can make it big without losing his roots. In many ways, he's proof that sometimes, all it takes is one meeting, one helping hand, and a bit of hometown grit to change the course of your life forever.

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**20 Fort Street Seniors Club** 2200-20 Fort Street / FortStSeniors@Shaw.ca

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

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

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

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

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

**Charleswood Active Living Centre** A 357 Oakdale Drive / 204-897-5263 info@charleswoodseniorcentre.org www.charleswoodseniorcentre.org

**Crescent Fort Rouge 55 Plus** 525 Wardlaw Ave. / 204-299-9919 cfruc55Plus@gmail.com www.crescentfortrouge.ca

**Delmar Seniors** 110 Adamar Road / 204-421-2592

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

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

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

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

Garden City Community Centre Seniors/55+ 725 Kingsbury Ave / 204-940-6111 facilities@gardencitycc.com https://www.gardencitycc.com/seniors

**Golden Rule Seniors Resource Centre** 625 Osborne Street / 204-306-1114 goldenrule@swsrc.ca facebook.com/goldenruleseniors

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

Gwen Secter Creative Living Centre

**Old Grace Housing Co-op** 100 - 200 Arlington Street wellness.oghc@gmail.com

Pembina Active Living (55+) 933 Summerside Avenue / 204-946-0839 office@pal55plus.ca / www.pal55plus.ca

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

**Rainbow Resource Centre** 545 Broadway Ave. / 204-474-0212 ext 255 OTR@rainbowresourcecentre.org www.rainbowresourcecentre.org

The Salvation Army Barbara Mitchell Family **Resource Centre** 51 Morrow Avenue

204-946-9153 / sheila.keys@salvationarmy.ca Somali Help Age Association 519 Beverley Street / 204-881-6364 somalihelpage@gmail.com

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

**Southdale Seniors** 254 Lakewood Boulevard / 204-257-6171 gm@southdale.ca / www.southdale.ca

Sri Lankan Seniors Manitoba 113 Stan Bailie Drive 204-261-9647 / www.srilankanseniorsmb.ca

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

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

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

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

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

Y.A.H. Seniors Club, Windsor Community Centre 99 Springside Dr. 204-233-0648 / yah@windsorcc.ca

#### **BEYOND WINNIPEG**

**BEAUSEJOUR Beau-Head Senior Centre** 645 Park Avenue 204-268-2444 / beauhead@mymts.net

**BINSCARTH/RUSSELL Seniors Services of Banner County** seniorservicesofbannercounty@gmail.com 204-532-2391

BOISSEVAIN Seniors' Services of the Turtle Mountain Area 204-534-6816 / seniorservicetm@gmail.com

#### DELORAINE

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

Seniors' Outreach Services of BrenWin Inc. 204-747-3283 / sosbrenwin@gmail.com sosbrenwin.com

ELIE **Cartier Senior Citizens Support Committee Inc.** 11 Magloire Street, Suite #1 / 204-353-2470

cartierseniors55@outlook.com **ERICKSON** 

**Comfort Drop In Centre** 31 Main Street / 204-636-2047 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 www.gpseniors.ca

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

#### **GIMLI**

**Gimli New Horizons 55+ Centre** 17 Loni Beach Road 204-642-7909 / gimli55@mts.net 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 www.gmdseniors.ca

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

ΗΑΜΙΟΤΑ 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

**Killarney Service for Seniors** 415 Broadway Ave. / 204-523-7115 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 src@seineriverservicesforseniors.ca seineriverservicesforseniors.ca

#### LUNDAR

Lundar Community Resources 35 Main Street 204-762-5378 / lcrc@mymts.net

MANITOU **Pembina Community Resource Council** Main Street

#### PORTAGE LA PRAIRIE

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

#### **Portage Service for Seniors**

40A Royal Road N. 204-239-6312 / psfsmeals@shaw.ca https://portageservicefors.wixsite.com/psfs

#### **RIVERTON**

**Riverton Seniors Activity Centre** 12 Main Street / 204-378-5155 rdfc@mymts.net / www.rivertonfc.com

#### ROSSBURN

**Rossburn Community Resource Council** 71 Main Street / 204-859-3386 rosscomm@outlook.com

#### SANDY LAKE

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

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

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

#### **SNOW LAKE**

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

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

**SOUTH JUNCTION Piney Regional Senior Services** 204-437-2604 / Igdseniors@gmail.com

STARBUCK **Macdonald Services to Seniors** 204-735-3052 / info@macdonaldseniors.ca www.macdonaldseniors.ca

#### **STEINBACH**

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

#### **STONEWALL** South Interlake 55 Plus

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

#### **SWAN RIVER**

**Swan River & District Community Resource Council** 126 6th Ave N / 204-734-5707

resourcecouncil@srseniorservices.com

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

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#### THOMPSON

**Thompson Seniors Community Resource** Council Inc.

1588 Main Street / 204-339-1701 becky@gwensecter.com www.gwensecter.com

#### Headingley Seniors' Services

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

#### Indigenous Senior Resource Centre Inc.

A1 - 100 Robinson Avenue / 204-586-4595 executivedirector@isrcwpg.ca www.asrcwpg.ca

#### La Fédération des aînés de la francophonie manitobaine inc.

123 - 400, rue Des Meurons 204-235-0670 / direction@fafm.mb.ca

#### Manitoba Korean 55+ Centre 900-150 River Avenue 204-996-7003 / www.ksam.ca

#### **North Centennial Seniors Association** of Winnipeg Inc.

86 Sinclair Street / 204-582-0066 ncsc@shaw.ca / www.ncseniors.ca

#### **North Point Douglas Senior Centre**

117 Euclid Avenue dzedzora107@gmail.com bkuluk751@gmail.com

#### BRANDON

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

Health Checks - 204-728-1842 brandonmbhealthchecks.ca healthchecksbrandon@gmail.com

#### **CARMAN**

**Carman Active Living Centre** 47 Ed Belfour Drive 7 204-745-2356 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

#### DAUPHIN Dauphin Active Living Centre Inc. 55 1st Avenue SE 204-638-6485 www.dauphinseniors.com

204-242-2241 / pembinacrc@gmail.com

#### **MINNEDOSA**

#### Minnedosa Senior Citizens Assoc.

31 Main Street S 204-867-1956 / mdsasca@gmail.com

#### MORDEN

#### Morden Activity Centre

306 N Railway Štreet / 204-822-3555 mordenactivitycentre@gmail.com www.mordenseniors.ca

#### **NEEPAWA**

#### Neepawa Drop In Centre

310 Davidson Street / 204-476-5103 Neepawa-dropin@outlook.com www.neepawa.ca/district-drop-in-center

#### **NOTRE DAME DE LOURDES** Club D'age Dor Notre Dame 204-248-7291

ndslchezsoi@gmail.com

#### **PILOT MOUND**

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

#### **PLUMAS**

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

4 Nelson Rd. / 204-677-0987 thompsonseniors55@gmail.com thompsonseniors.ca

#### TREHERNE

#### **Treherne Friendship Centre**

190 Broadway Street 204-723-2559 / jstate1066@gmail.com

#### **VICTORIA BEACH**

**East Beaches Social Scene** 3 Ateah Road / 204-756-6468 ebssinc1@gmail.com https://www.ebseniorscene.ca

#### **East Beaches Resource Centre**

3 Ateah Road / 204-756-6471 ebresourcec@gmail.com https://ebresourcec.weebly.com

#### VIRDEN

**Seniors Access to Independent Living** 204-851-2761 sail.cao.2023@gmail.com

#### WINKLER

Winkler & District MP Senior Centre 102-650 South Railway Avenue 204-325-8964 director@winklerseniorcentre.com www.winklerseniorcentre.com

# Elmwood-East Kildonan Active Living Centre "Keeping Everyone Young at Heart"



Once again, I am so thankful to the folks in my apartment block, and in particular Lynne Stoesz for suggesting I contact Leilani Esteban Villarba, who is the Executive Director of Elmwood-East Kildonan Active Living Centre located on 180 Poplar Street. Arrangements were made for me to drop by on a Friday morning for a chat with her and Joy Matsubara, President of the centre. This centre has a full kitchen, large hall, games room, woodworking area, and an art room.

As I entered the building, a young lady approached me, and I immediately felt – THIS IS A HAPPY PLACE! Two women were busy working in the kitchen preparing lunch. I commented on the interesting display of food and asked them what was being prepared. It was spinach lasagna. With a chuckle, one of them said, "It's our first time, so you're the guinea pig." The main hall was a large bright room with rows of tables and chairs occupied by several people enjoying each other's company over a cup of coffee.

I was quickly introduced to Leilani and Joy and several other people. I mentioned how quickly I was greeted when I entered the building, and the young lady who approached me said, "I saw you were carrying a binder, so I thought you were important." Both of us smiled. Leilani, Joy and I found a quiet place in their large games room to have a chat. The games room accommodates two pool tables, a shuffleboard, floor bowling, and tables and chairs for puzzles, cards, et cetera. It was mid-morning, so it was not being used at this time.

I was interested in Leilani's and Joy's backgrounds and how they became involved with the Active Living Centre. In 2012, after 34 years with the Canadian Wheat Board, Joy retired because the government closed the company. Joy has a background in painting and was urged by her aunt to join an art group. She became a member at this centre and soon after – President of the art group. After a few years she resigned, only to be asked by Leilani to serve as the President of the Active Living Centre. Joy has a hard time saying no and is now into her third term.



Early in Leilani's career she was a hair stylist and owner of her salon. She is a Human Resource Specialist and Counsellor. After securing her counselling degree, she commenced work at this centre in 2007. "It's been a good 18 years," said Leilani. From the short time I spent at the centre, it was clear she loved her job and everyone around her. Developing partnerships and relationships and bringing them all together is high on Leilani's agenda. I recently learned from Lynne Stoesz that Leilani is an accomplished vocalist, although Leilani didn't mention this gifted talent during our chat. When asked about her family, she very quickly stated she is a princess amidst three big brothers and confesses to being a bit spoiled. Joy is the only girl in her family as well. Perhaps that's a good reason for their compatibility.

This centre is a place for seniors to gather in friendship. Whether it be over a cup of coffee, art, games, or just some food, it promotes a healthy lifestyle. A "Unity Walk" involving many seniors is held weekly (Thursdays from 6-9 p.m. and Sundays from 1-4 p.m.) regardless of weather conditions. This is a great opportunity for seniors to give something back to the community. The centre is always looking for volunteers.

The centre provides a weekly program for low-cost foods to anyone in or out of the community. For \$10 one can receive a huge bag of fresh fruit and produce with a value exceeding \$20. Prices are low because they purchase in bulk quantities. They have over 300 participants providing food at much lower costs. The centre is a non-profit organization, and although the cost of food has substantially increased, they have retained their \$10 price.

The Chalmers Neighbourhood Renewal Corporation (CNRC) is the umbrella organization of which the Elmwood EK



L-R: Matt Wiebe, Joy, Leilani and volunteers.



Elmwood Active Living Centre Woodworking shop - Instructor Gerry Protosavage

Active Living Centre operates including intergenerational support and programming to meet the needs of all seniors. The Tots in Elmwood program is also under the umbrella of CNRC. It's another successful program that has served 918 families and 1,174 kids. All programs create a collaborative centre which provides cross-generational programming.

Councillor Jason Schreyer came up during our conversation as he represented this area of the city. He dropped by the centre on a regular basis to mix with the people and hear their concerns. His passing was fresh on their minds, and I noticed some emotional moments amongst the staff. Matt Wiebe, Minister of Justice, appeared and consoling hugs followed. At times like this, regardless of stature, people come together to provide love and support. Over lunch, I had the pleasure to chat with Matt and his staff as well as some of the locals.

Indeed, this centre is the epitome of "active living". The importance of this facility cannot be overlooked, and it's people like Joy and Leilani and their volunteers who provide meaning and happiness to the community and all those who visit the centre. ■

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SCAN TO

# Giving back by volunteering

"One day you will tell your story of how you've overcome what you're going through now, and it will become part of someone else's survival guide."

- Brené Brown

Support groups are a way for care partners to learn and grow together through their personal experiences.

Sharyn Gusdal is an example of a care partner who uses her personal experiences to give back and help others overcome challenges.

Sharyn was a care partner to her mom, Lavina, who passed away from Alzheimer's disease in 2019. The pair lived in Brandon, and Sharyn routinely brought her mom to the Alzheimer Society of Manitoba's Westman office to participate in programming.

It didn't take long for Sharyn to lend a hand around the office and help facilitate programming to support the staff. She became a regular volunteer, passionate about spreading awareness and supporting an organization that meant a lot to her and her mom.

"The Westman regional office was a lifeline for me and my mom in many ways," Sharyn says. "I wanted to be involved in any way I could."

After her mom passed, Sharyn moved back to Winnipeg, hoping to find volunteer opportunities through the Society's Winnipeg office. She wanted to share what she



Sharyn Gusdal

learned while caring for her mom to help other families navigate dementia.

In 2022, she saw that the Society was looking for a volunteer facilitator for care partner support groups and knew it was right up her alley.

"I really enjoy interacting with care partners," Sharyn says. "I enjoy seeing people leave meetings feeling better than they did when they came in. It's fulfilling — to lighten their hearts and minds - knowing they leave feeling more empowered," she says.

As a support group facilitator, Sharyn opens up about her experiences with her mom, passing on tools, strategies and advice she gained as a care partner. She knows how impactful sharing with others can be, having attended care partner support groups herself back in Brandon.

"I feel like my story is something I can give back," Sharyn says. "I come from a profession of helping people and now I can continue to help others through my own experiences.

If you're interested in joining a support group, you can find a list of all of the Society's current offerings at

alzheimer.mb.ca.

If you're facing challenges or need support, call the Alzheimer Society anytime at 204-943-6622 (Winnipeg) 1-800-378-6622 (Manitoba) or email alzmb@alzheimer.mb.ca.

#### THINGS TO DO - JUNE 2025

#### IG Wealth Management Walk for Alzheimer's

June, across the province

Join us across the province this June as we walk for families living with dementia at the IG Wealth Management Walk for Alzheimer's. To find a walk near you and register, visit alzheimer.mb.ca/wfa.

#### Living with Dementia: First Steps – Part 3

June 7, 10 - 11:15 am, Virtual via ZOOM Learn from health and industry profesAlzheimer Society of Manitoba

sionals as they discuss the disease progression and provide information on services and resources available. This webinar includes an overview of the Winnipeg Regional Health Authority (WRHA) Home Care Services. Register for free at alzheimer.mb.ca.

#### **Financial Confidence Workshop**, presented by IG Wealth Management

June 17, 10 - 11 am, Virtual via ZOOM

Feeling confident about your finances can positively impact many areas of your life and overall health. This presentation will cover benefits you may qualify for and how you can access them (like government and tax benefits and credits) and fundamental planning all Canadians should have in place to protect themselves. Register for free at alzheimer.mb.ca.

#### **Community Partner Programs**

June 2025. Dalnavert Museum & Convalescent Home of Winnipeg

Explore a snapshot of 1800s Manitoba at the Dalnavert Museum or enjoy laughter and conversation over a cup of coffee at Tune Up Café, with the Alzheimer Society's community partner programs. To learn more about available programs, dates, times and more, visit alzheimer.mb.ca/ communityprograms.

# Primary Care Clinic at Victoria Hospital now open with new extended hours

Families living in the south end of Winnipeg will soon benefit from a new clinic open evenings and weekends at Victoria General Hospital for convenient and timely access to primary care, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

"This is the third extended hours clinic we've opened in Winnipeg, because we know everyone deserves to access primary care, often outside of regular hours," said Asagwara. "These later hours will mean you can get care even when you can't step away from work or school during the day. For folks who may not have a primary care physician, this clinic can be a place to go for checkups, prescriptions and all of your routine health-care services." The Extended Hours Primary Care Clinic is staffed by a multi-disciplinary health-care team, including physicians, registered nurses and primary care assistants, and will have access to diagnostic imaging and medical laboratory services so patients can often be treated in a single

visit, noted the minister, adding the clinic is an excellent way to supplement the care patients receive from their regular providers, offering options when their primary physician is unavailable.

The clinic officially opened its doors May 15. It will be open from 5:30 p.m. to 11:30 p.m. on weekdays and 1:30 p.m. to 11:30 p.m. on weekends including statutory holidays to accommodate families' busy schedules.

Patients can book same-day appointments at the clinic online at https://medinav.ca/. Walk-in services will also be available on a limited basis.

Celebrating Manitoba's 55+ Athletes







Since September, the government has opened two other extended hours primary care clinics at Grace Hospital and Concordia Hospital that have received 8,380 total visits to date.

To learn more about the new primary care clinics, visit:

https://gov.mb.ca/newclinics/ index.html.



# A Short Visit with Buddhist Chief Monk -Mahanayaka Thera



During my post-retirement journey with the *Senior Scope* newspaper, I've been most fortunate to interview some very interesting and notable people. Arrangements were made to drop by the residence of Senaka Samarasinghe in the southwest corner of Winnipeg on May 25 at 9:30 a.m. for a visit with the Buddhist Chief Monk, Mahanayaka Thera (*Chief Incumbent of Vajirarama Temple in Bambalapitiya, Colombo 4, Sri Lanka*), who planned to be in Winnipeg for two nights.

I arrived early and was greeted by Senaka and his wife Chandani. Senaka provided the protocol for greeting the Chief Monk. No shaking hands or hugging, call him sir, place your palms together in front of your chest and bow your head. Other people arrived, some of whom were born in Sri Lanka, and a handful of Canadian folks. I was fortunate to visit with Senaka and ask Mahanayaka Thera a few questions. Everyone got an audience with the Chief Monk. I also had the opportunity to chat with Janice Lukes, City Councillor for Waverley West, who attended this meet and greet session.

At the early age of 11 years, the Chief Monk left home and became ordained. His grandfather greatly influenced him to



Buddhist Chief Monk, Mahanayaka Thera

become a monk. He is now 67 years of age and his dedication to his faith takes him to many places in the world: Germany, and other European countries, Australia, Canada, and USA.

The Chief Monk is a very pleasant man, and although at times he struggled with the English language, we managed to have a nice visit. I had previously started to read a book by the Dalai Lama – *Little Book of Wisdom*. I wanted to know more about the Buddhist religion. The Chief Monk offered his agreement on many comments I put forward. For instance, "Buddhism combines both philosophical reasoning



Mahamevnawa Buddhist Monastery Winnipeg: Mahanayaka Thera's Visit.

and the practice of meditation." He agreed. I mentioned the "Four Noble Truths" from the Dalai Lama's book – there is suffering, suffering has a cause, there is cessation of suffering, and there is a path to freedom from suffering. The Chief Monk provided positive agreement as well. I started to understand the nature of this interview. It was pleasant and just a nice way to spend a short time in a very respectful manner with a person of calmness and intelligence.

Chief Monk Mahanayaka Thera is a highly educated man and has received many accolades for his work. He was honoured by the Government of Myanmar in 2022 with the honorific Buddhist title of Aggamahāpaṇḍita, which means "foremost great and wise one". Myanmar (formerly Burma) is a Southeast Asian nation of more than 100 ethnic groups. There is no doubt that he enhances the Mahā



Mahanayaka Thera visiting the Leaf at Assiniboine Park with Senaka and Chandani Samarasinghe

Sangha as a 21st century bhikkhu luminary (which is a term of respect).

Indeed, the morning visit was very special – meeting Senaka and his wife Chandani and the Chief Monk, along with other folks who attended the session. I learned a few important basic principles about one of the major worldwide religions – Buddhism.





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### The Pros Know Expo - May 28 / 2025 at the Good Neighbours Active Living Centre



# **Pros Know** 55 Active & Resource Living **EXPOS**

Sept. 24th Mini-Resource Conferences for Seniors, On-Line Registration 'Coming Soon'! Thank You! New Show Format has Rave Reviews!

Seniors

Resource Finder

Good Day Eh! Well, that didn't take long at all. Thank you to all who attended, all who held their mini-seminars and of course our amazing exhibitors. Job well done.

We are so grateful to all who joined in this show last week striving to bring more resources to more of our older adults in the city and province. With all that is going on around us these days, we are once again shown the desire to be just a little bit better than the day before.

To those who spoke up and well, your insights have confirmed to us the most obvious; 'The New Format' is a winner. We also gleaned a few great observations on how we can improve some things and some of those suggestions are in the works to becoming changes for the fall.

To our great family at Good Neighbours Active Living on Henderson Hwy, we love you! The Volunteers and Staff went way, way beyond needs and the very expectations set out. Wonderful!

One of our 45 Wonderful Exhibitors was GNALC Senior Resource Finder Julia Lim! More Information at:

p: 204.669.1710 w: www.gnalc.ca

September Show, a near carbon copy of the Spring Show. Why? From many folks, there was so much to see, learn, do and participate, 'We couldn't cover it all.'. There are eight seminars in total each day, the most one can hope to attend is two and then go visit all the resource exhibitors. Thankful that the a wonderful June, stay tuned! Hobnobs Cafe was open for refreshments. All in all, a great day indeed!

As noted, we now prepare for the On June 10th, our website and Facebook page will have most if not all of the updates we're working on. Fine-tuning so to speak. So, please feel free to go to www.prosknowexpos.ca for any of the updates. Also, the July and August articles here in Senior Scope will have them as well to keep you current. Have

Williams

Always our pleasure to help our Good Neighbours! *R&T*, *Take Care!* 



720 Henderson Hwy. 204.669.1710 | gnalc.ca

Wednesday, Sept. 24th 10:00am - 3:00pm

Updated website and Show Details coming June 10th! prosknowexpos.ca

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#### **Celebrating the Joys of Summer With: The EX!**

The EX is set to wow the crowd once again from June 13 to 22! But just in case the action-packed excitement of the midway rides and games isn't your thing, there are literally hundreds of other reasons Manitobans should head to The EX this year.



Discover the most thrilling rides, delicious food, incredible performers and attractions, and the best local music! The EX offers fun for absolutely everyone! Plus, the juried art, photography, and quilt competitions showcasing Manitobans' talent and creativity were unbelievable and will be returning in 2025!

Everyone should plan to spend several hours at the Park when they come, because a different atmosphere and attraction can be found in every corner of the exhibition. There is a long list of talented, local artists and hobbyists who can't wait to show you their passions! You can find demonstrations and displays, as well as shopping opportunities in the Shopper's Market, so you can find your favourite treasures while you visit!

This year's two music stages will once again be graced by a variety of incredible, local bands. Instead of featuring one giant headliner, we're shining the spotlight on an exciting lineup of talented, hard-working local musical artists who've given Winnipeg a reputation for performance excellence. For all the foodies who revere those delicious food trucks, get ready to try hundreds of mouth-watering new creations, and "feature foods", available for every type of craving!

And if all that isn't enough to entertain, be sure to catch our "special days" – chosen to celebrate the wonderful people who call Winnipeg home. Caribbean Day (June 14), Indigenous Peoples Day (June 21), and Filipino Day (June 22) will all include colourful and entertaining cultural celebrations. Also, watch for Date Night, Country Day, **CJNU's Baby Boomer Day**, Family Day, Kids' Day, and Heroes' Day!



Tickets are now on sale online or at our valued retail partners. Several days of The EX include opportunities for free or discount gate admission, so check out all the details and plan your visit at redriverex. com.

#### Support CJNU and the Winnipeg Goldeyes!

CJNU is proud to team up with your Winnipeg Goldeyes to promote several game-day, 50/50 draws this season – and now it's even easier to get your chance to win big and support your favourite radio station!

We encourage you to buy your tickets on several specific dates on **June 6, July 10, August 8 and September 1**, as 25% of the proceeds on those days only will go directly to CJNU, to help support non-profit radio and the music you love - with the other 25% going to the Field of Dreams Foundation, and, of course, 50% going to the lucky winner - which could be you!

So circle your calendars for June 6, July 10, August 8 and September 1- and either come on down to Blue Cross Park to take in the game and buy a ticket while you're there, or head to goldeyes5050.com on those dates to support CJNU!



#### Live on Location - Royal Aviation Museum

For the Month of June, CJNU will be broadcasting remotely from the Royal Aviation Museum of Western Canada!

Please stop by our remote studio in the North West corner of the Museum – we'd love to see you!



Membership Has Its Perks-visit CJNU.ca to learn more and join our co-op!

# Elderly-Caregiver Burnout By Greg Marsh



My position as Spiritual Care Coordinator at a Personal Care Home in Winnipeg allows me to frequently meet with the family of Residents. At times I encounter adult

children of Residents who are experiencing caregiver burnout – particularly when the Resident has been physically and cognitively declining for years.

#### Understanding Elderly-Caregiver Burnout

Caregiver burnout occurs when a person experiences physical and / or mental exhaustion from caring for another person. In this article, I am focusing on burnout which arises when caring for an elderly loved one. One factor that impacts this form of burnout is the potential duration of the caregiving; a caregiver might be assisting or visiting an elderly loved one for years, possibly decades, without a break. mourning a person experiences for someone who is still alive. Family frequently begins to mourn the "loss" of an elderly loved one when their physical and / or mental decline and memory loss results in them becoming almost unrecognizable. At times this sadly results in family not wanting to visit their loved one because they'd rather "remember them as they were."

#### Common Causes of Burnout When Caring for an Elderly Loved One

- The caregiver is also old and facing their own fatigue, declining strength, etc.
- The frequent signs of the loved one's decline are painful to witness
  The need for care seems endless and the effort feels thankless

#### Needed Steps You Can Make

- Discuss the situation with your loved one well ahead of their time of decline. Discuss their and your wants, needs, preferences, etc.
- Avoid making promises about caring for or visiting the loved one. (e.g. avoid saying, "I promise I will never put you in a senior's home" or "I promise to visit every day" etc.) Instead say, "I will always do what seems best for you, me, and my family" or "I will try to visit often."
- Honestly assess why you are visiting or caring for Mom / Dad, etc. The primary reason should be because it is important to their wellbeing and to yours. It should
- Remember the lesson of the airline oxygen mask demonstration: *Care for yourself first*. If you don't, you won't be able to adequately care for others.
- Give yourself permission to take a break from caregiving. (If your loved one is in a senior's home, inform staff you are taking time off; have them phone you only in the case of emergency.)
- *Pace Yourself.* Remind yourself this could last for years. Find time to do some things you enjoy . . . without feeling guilty.
- Don't feel the need to pick up other people's "shifts". If you do, resentments will likely arise.
- Caring for a loved one can be rewarding.

A second characteristic is the nature of the "pre-grieving". This term refers to the

- Struggling with resentment (either towards the elderly person or to siblings or others who don't do their share to help)
- You no longer have a life of your own as the role of caregiver consumes your time, energy, finances, and plans for the future
- God feels absent from the situation

not be because:

- I will feel guilty if I don't visit
- I was a lousy daughter / son, and I want to make up for it
- She / he was a great parent; I owe them
- No one else in my family is visiting or helping

Even sacred. Find ways to experience the joy and blessings that come from caregiving without surrendering your health, your happiness, your dreams or those of your family.

Greg Marsh lives in Winnipeg. He can be reached for comment or booked for speaking opportunities at gregmarsh317@gmail.com



## Women's Canadian Club of Winnipeg Ends Season

Submitted

The Women's Canadian Club of Winnipeg held its final lunch of the 2024-2025 season on April 13 at the Winnipeg Convention Centre. Prior to lunch a challenging quiz was provided which was enjoyed by all who participated. Prizes were awarded.

Mr. Sel Burrows was our guest speaker. He spoke about the many challenges over the years that the folks living in the Point Douglas area of Winnipeg have faced, and how those challenges have been met and overcome by the people living there. It was a very interesting presentation and it was obvious that Mr. Burrows is very passionate about the cause. He has spent many years helping to make Winnipeg a better city. We were honoured to have him as our guest.

Our club is always on the look out for new members. The object of the Women's Canadian Club of Winnipeg for the past 117 years, is to foster and encourage an active interest in the history, arts, literature, institutions and resources of Canada, and our place in world affairs, thereby endeavoring to unite Canadians in the welfare and progress of the nation. Never has this been needed more than it is today!

Our membership is open to both men and women. We meet at the RBC Convention Centre monthly, from September to June, to enjoy lunch, a speaker and of course, the fellowship of our fellow members.

For more information, please contact Karen: 204-479-2920, karenmccreary@gmail.com, Iris: 204-906-8370, imaur@shaw.ca



Mr. Sel Burrows

# Food for the Mind

Sometimes, eating can seem a little mechanical. You know you need food, like a car needs gas or electricity, to run, and so mealtime might seem like little more than a stop to refuel. But for humans, and especially Older Adults, what we eat can have a much greater impact on our dayto-day quality of life than simply keeping the tank full.

We've written before about the health benefits of eating foods rich in protein, and how they can maintain your muscle and mobility later in life. Certain foods can be great for building your body, but did you know eating can also impact your mood, memory, and mental wellness?

Our brains are filled with a variety of chemicals, hormones, and receptors that all react to the food we eat. In fact, Serotonin (sometimes called the "Feel Good Chemical") is produced in our guts and is directly impacted by what we eat. That means making smart choices about our meals can really affect how we feel and give us an opportunity to improve our mental wellbeing.

#### How Food Affects How You Feel

What we eat has a major impact on how we feel. There's a simple example of this -- are you familiar with the term "Hangry"? This portmanteau of hungry and angry describes the grumpiness many people experience when they are inadequately fed. It's a direct connection between the discomfort of hunger and our mood. Eating food high in protein and fibre can help you stay full and avoid feeling "hangry" throughout the day.

There are also nutritional impacts on how you feel as well. Certain chemicals like Omega-3s have been shown to combat depression and improve mental wellness when eaten in substantial enough quantities. Omega-3s and other brain-boosting amino acids can have long term positive impacts on your emotional wellbeing and should be part of any diet.

In the shorter term, vitamins and minerals that provide energy and help regulate it are shown to help you maintain a good mood. One of these is B-12, which is most commonly found in meats and dairy products but is available for plant-based eaters in legumes. Even if you do eat a lot of animal products, taking a complex B vitamin supplement is a good way to take full advantage of its energizing benefits.

#### 4 Foods to Consider for Your Mood

When you're reaching for your next snack or meal, consider the contents and how they impact your emotional state. Here are a few mood-boosting foods that will help you not only feel full, but good too.

#### 1 - The Trail Mix Usual Suspects:

Reach into a bag of trail mix, and you're more than likely to pull out a handful of some of the best moods foods. Nuts, seeds, and berries are all exceptionally good at helping you feel good, and the combination maximizes the impact. Not only are nuts and seeds high in protein and fibre which will help you stay full and avoid "hanger", they are also rich in the chemical tryptophan, which is an amino acid responsible for producing serotonin, which is one of the hormones associated with a positive emotional state. As for berries, there are some studies that suggest diets high in them may stave off depression. As for the short term, along with the proteins and fibre of nuts and seeds, a delicious bite of a sugary berry is a wellearned treat!

#### 2 - Feeling Fine with Fatty Fish:

As we noted above, Omega-3s are an essential nutrient for maintaining long-term mental wellbeing. And nowhere are they found in higher quantities than in fat-rich fishlike salmon and albacore tuna. Because your body cannot produce Omega-3s on its own, your diet needs to be adjusted to ensure you're receiving an adequate amount. Even if you're not a fish fan, other foods (like eggs) are sometimes fortified with them, so make sure to keep your eyes out for Omega-3s on labels and descriptions.

Try our Maple-Flavoured Glazed Salmon - Fillet of salmon dressed in a delicious maple-flavoured glaze, served with a side of vegetable rice pilaf, brussels sprouts and carrots.

#### **3 - Consider Fermented Foods:**

It can sometimes be surprising to think of just how much of our food is in some way fermented. From wine and beer to

#### Heart to Home Meals

sauerkraut and kimchi, and even most breads, many of our foods rely on microorganisms to achieve its final flavour and form. However, not all fermented foods pack the same probiotic punch. Cooked and processed foods like bread and booze lack the live active cultures like kosher dill pickles and probiotic yogurt. It's these foods with the live microorganisms that have been shown to stimulate serotonin production in the gut, helping to boost your mood.

#### 4 - Treat Yourself with Dark Chocolate:

Like all treats, chocolate is best consumed in moderation -- even in its dark form. That said, dark chocolate has many advantages over its milkier kin, including being lower in sugar, and containing more flavonoids which have been linked to increased brain health. Mostly, though, the taste and texture of dark chocolate are enormously pleasurable and can be a healthier alternative to a mood-boosting treat.

There are plenty of foods available that can help improve your mood. Having access to them and seeing what their nutritional makeup is will help you make informed choices about what to eat to help your emotional wellness. That's why our meals are labeled and categorized to help you easily make food choices that are right for you, then conveniently delivered right to your door -- just one more reason for food to put you in a good mood.



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Scan below to donate or call 204.589.9052 for details! See you at The Stroll!





# Province delivers on ambitious agenda -Significant number of Bills passed

The Manitoba government passed 39 bills into law that help to improve health care, make life more affordable and enhance public safety, among other matters. The session also included the passage of measures that would strengthen renters' rights (Bill 10), protect the environment (Bill 22) and ensure food in every school for students through Nello's Law (Bill 17).

"Our government put forth a strong, ambitious legislative agenda that focused on the priorities of Manitobans," said government house leader Nahanni Fontaine. "I'm very proud of the work our team has done in making life more affordable, making our communities safer and fixing health care, which is what Manitobans sent us here to do."

During this legislative session, Fontaine noted that bills passed by the Manitoba government include:

- Bill 47, the Fair Trade in Canada Act which helps protect Manitoba against tariffs and removes interprovincial trade barriers for goods and services between Manitoba and other jurisdictions in Canada.
- Bill 31, the Property Controls for Grocery Stores and Supermarkets Act (Various

Acts Amendment) increases competition to make groceries more affordable.

- Bill 32, the Residential Tenancies Amendment Act which makes it easier to evict drug dealers.
- Bill 42, the Buy Canadian Act, prioritizes Canadian businesses and workers.
- Bill 21, the Protecting Youth in Sports Act would require provincial sports organizations to adopt safe sport policies.
- Bill 11, the Oil and Gas Amendment Act, protect Manitoba's supply of essential fuels by ensuring notification of pipeline shutdowns while strengthening environmental protections.

#### Other bills include:

- Bill 2, the Provincial Court Amendment Act
- Bill 3, the City of Winnipeg Charter Amendment and Planning Amendment Act
- Bill 4, the Planning Amendment Act
- Bill 5, the Highway Traffic Amendment Act (Impaired Driving Measures)
- Bill 6, the Public Schools Amendment Act
- Bill 7, the Human Tissue Gift Amendment Act

- Bill 9, the Liquor, Gaming and Cannabis Control Amendment Act
- Bill 13, the Minor Amendments and Corrections Act, 2025
- Bill 14, the Insurance Amendment Act
- Bill 15, the Real Estate Services Amendment Act
- Bill 16, the Municipal Councils and School Boards Elections Amendments and Public Schools Amendment Act
- Bill 18, the Public Schools Amendment Act (Indigenous Languages of Instruction)
- Bill 19, the Public Schools Amendment Act (Safe Schools)
- Bill 20, the Community Child Care Standards Amendment and Education Administration Amendment Act
- Bill 24, the Workers Compensation Amendment Act
- Bill 25, the Public-Private Partnerships Transparency and Accountability Act
- Bill 26, the Vital Statistics Amendment Act
- Bill 27, the Income Tax Amendment Act
- Bill 28, the Manitoba Hydro Amendment Act
  Bill 20, the Workplace Seferty and Health
- Bill 29, the Workplace Safety and Health Amendment
- Bill 33, the Public Health Amendment Act

• Bill 34, the Highway Traffic Amendment Act (Motor Carrier Enforcement)

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- Bill 35, the Manitoba Public Insurance Corporation Amendment Act
- Bill 36, the Drivers and Vehicles Amendment and Highway Traffic Amendment Act
- Bill 37, the Manitoba Financial Services Authority Act and Amendment to Various Other Acts
- Bill 38, the Highway Traffic Amendment Act (Traffic Safety Measures)
- Bill 39, the Public Schools Amendment Act (Campaign Financing for School Trustees)
- Bill 41, the Reporting of Supports for Child Survivors of Sexual Assault (Trained Health Professionals and Evidence Collection Kits) Amendment Act
- Bill 43, the Human Rights Code Amendment Act
- Bill 44, the Matriarch Circle Act and Amendments to the Commemoration of Days, Weeks and Months Act (Ribbon Skirt Day)

The legislative assembly is set to return on Oct. 1.

### Free CarFit event..., cont'd from front page



Free CarFit event at Vickar's on Regent. Occupational Therapists conduct the safety checks. *Photo by Lisa Mendez* 

can significantly improve safety and comfort. These simple changes can reduce injury risk by up to 16% for drivers over 65. organizations that are involved include **TONS** (Transportation Options Network for Seniors), and MASC (Manitoba Association of Senior Communities). We are training occupational therapy students from the University of Manitoba to learn how to run the CarFit program. Reliable Mobility was also set up as a vendor," says Brenda. This group was able to come together to bring back CarFit to Manitoba after being dormant during the pandemic. Those who want to sign up will be scheduled for a 20-30 minute time slot. A trained technician will come to the vehicle and go through a 12-point checklist. Each of the items is designed to make them safer in an accident, make sure that they're more comfortable, and have a better line of sight. "Seatbelts is one of the items on the checklist. We observed about 93% of older drivers that came to a CarFit event were wearing their seatbelt already," Brenda was happy to report. "However, about 1 in 10 weren't wearing it properly." Other observations are that the older adults often have a lot of safety behaviours. They don't drink and drive, and they're not performing risky behaviours when behind



Mélanie Brémaud, Community Resource Coordinator for Seine River Services for Seniors in La Broquerie, MB successfully completed the CarFit checklist.

the wheel. Brenda stresses that the issue is that the car is no longer set up for them correctly, such as the seatbelt.

"We want the shoulder strap to be about



**CarFit event in progress.** *Photo by Lisa Mendez* 

Signal lights and emergency brakes are other things covered at a CarFit event.

Reliable Mobility also had some mobility devices to help make your drive safer and

This event provided excellent visual content and compelling human interest stories about senior safety and independence in our community.

Brenda Grant, O.T. - CarFit Program Coordinator, stated that several different community organizations got together and organized a CarFit event.

"CarFit is a program that was created in the United States by the American Association of Occupational Therapists and then AARP and AAA. They got together after seeing some driving statistics. It was that after an accident, older adults were more at risk, and they were more fragile, so there were more accidents, and more fatalities after an accident. So they created the Car-Fit program really to teach drivers and empower them to be kind of experts of their own cars and to be able to adjust the vehicle so that they are as safe and as comfortable as possible while driving. About a decade ago, it was brought to Canada, and it's funded by the Canadian Association of Occupational Therapists and CAA. Other

mid shoulder, like mid collar bone and not across the neck. And the lap belt should be across the pelvis and the strong bones, not across the abdomen. If it's not properly in place, it can actually injure you and not protect you," says Brenda.

These are just one of the many things you'll see at a CarFit event.

Serena Bittner from TONS is the Event Coordinator for the CarFit program.

She tells us some of the things that you learn is where your mirrors are supposed to be and where your blind spots are, and how to adjust your mirrors properly.

Blinds spots on your vehicle can change as you age or if you had an injury, or even simply if you're driving a rental car or courtesy vehicle. Adjusting your mirrors correctly is vital. Adjusting your seat is also important. Newer cars often allow you to set your seat electronically so if it gets moved you can automatically set it back to your proper position. It's important to know your vehicle and all of it's safety and accessibility features. more comfortable.

Serena stated that the ultimate goal is to work with OTs and partners across the province, not just in Winnipeg.

TONS is working with the Senior Resource Finders to help with the expansion of the CarFit program.

Stay tuned for the next CarFit event. For more information call **Transcona Council for Seniors** at **204-222-9879**.

#### SOME STATS:

By 2026, 1 out of every 5 drivers in Canada will be aged 65 and older. Like many Canadian cities, Winnipeg has an aging population with seniors making up an increasing proportion of residents. According to CAOT, 53% of senior drivers report difficulty with shoulder checking and neck mobility while driving, yet only 19% have had a professional assessment of their vehicle fit and positioning.

# Nay 12, 2025 Outstanding Manitobans chosen to receive The Order of Manitoba

Manitoba's highest honour recognizes individuals who have demonstrated excellence and achievement in any field, thereby enriching the social, cultural or economic well being of Manitoba and its residents. Established by the Honourable Peter M. Liba in 1999.

Twelve Manitobans whose contributions encompass a broad range of endeavours and accomplishments will soon receive the Order of Manitoba, the province's highest honour. The formal investiture ceremony is scheduled to be held on Thursday, July 17, 2025, at the Manitoba Legislative Building.

The Order of Manitoba was established in 1999 to honour Manitobans who have demonstrated excellence and achievement, thereby enriching the social, cultural or economic well-being of the province and its residents.

"The 12 outstanding Manitobans to be invested into the 2025 Order of Manitoba serve to inspire us and reinforce that we all have the power to make a difference," said Lt.-Gov. Anita Neville, chancellor of the order, who will preside over ceremony. "The vast and varied contributions made by these individuals, whether their impact is felt on the local, national or international level, are most worthy of acknowledgement and acclaim."

Appointments to the order are made by the chancellor based on the recommendations of an advisory council. Order of Manitoba members are entitled to use the initials O.M. after their names for life. The list of all members of the Order of Manitoba is on permanent display in the Legislative Building.

### The following Manitobans will be invested at the 2025 ceremony:

#### The Hon. Maria E. Chaput, CM

The first franco-Manitoban woman in the Canadian Senate, Maria Chaput has dedicated her community work and professional career to the growth of the Manitoba francophone community. She led many fundraising campaigns in support of important organizations such as Cercle Molière and the Maison Gabrielle-Roy, and played a key role in the modernization of the Official Languages Act.

#### Rebecca Gibson

Partner and co-owner of Eagle Vision, Rebecca Gibson is an award-winning actor, writer, director, producer, playwright, best-selling author, devoted mentor and advocate for equity, diversity and accessibility. She is a recent winner of a 2023 International Emmy Award (only the second-ever Manitoba win) and the Banff World Media Festival's 2022 Innovative Producer of the Year Award.

#### Dr. Gordon Giesbrecht

A dedicated teacher and renowned scientist, Dr. Gordon Giesbrecht is a world leader in the study and treatment of hypothermia and drowning prevention. Under his leadership, the University of Manitoba has become a globally renowned centre of expertise in cold stress physiology and prehospital care for human hyperthermia. His findings have saved countless lives, with his recommendations forming protocols that are now used by emergency responders across Canada.

#### Dr. Digvir S. Jayas

An engineer and agrologist, Dr. Digvir Jayas is vice-president (research and international) and a distinguished professor, Department of Biosystems Engineering, at the University of Manitoba . A world-renowned grain scientist, Dr. Jayas has received multiple awards for his 30-year research and teaching career that has enhanced grain preservation in Canada and around the world.

#### **Glen Kruck**

Throughout his 35-year career with Community Health and Housing in Brandon, Glen Kruck has been dedicated to helping people in need. His work has centred on creating long-term, sustainable solutions to homelessness in Brandon, particularly for those struggling with mental health and addiction issues. His housing programs have benefited thousands of Brandon residents and he was instrumental in the development of Brandon's first

#### **Trudy L. Lavallee**

The former Child and Family Advocate for the Assembly of Manitoba Chiefs, Trudy Lavallee's compassion and advocacy for First Nations children led to her developing the concept for Jordan's Principle. In November 2005, she wrote an article published in the Paediatrics and Child Health Journal entitled Honouring Jordan: Putting First Nations Children First and Funding Fights Second, which led to the federal introduction of the Jordan's Principle bill.

#### J. Kenneth Paupanekis

A proud Elder of the Kinosao Sipi Cree Nation (Norway House), Ken Paupanekis has dedicated himself to the well-being of Indigenous communities in Manitoba. He has tirelessly worked toward Indigenous language revitalization, with his fluency in Cree, Anishinaabe, English and French assisting with the development of key language programs. His contribution to Manitoba universities has ensured that future generations can access culturally relevant learning materials.

#### **Kristie Pearson**

A dedicated fundraiser and volunteer, Kristie Pearson supports community organizations who provide services to Manitobans. Her fundraising efforts have helped raise over \$30 million for charities and projects including the Clan Mothers Healing Village, Rainbow Resource Centre, United Way Winnipeg and the YMCA/YWCA. During the pandemic, she developed Linking Hope, in response to the many small agencies struggling to raise funds and recruit volunteers.

#### Walter John Schroeder

A successful business executive and philanthropist, Walter Schroeder has pledged over \$500 million to support educational causes through the Schroeder Foundation. This includes a recent \$15-million donation to create the Schroeder Institute of Entertainment and Media Arts at RRC Polytech and \$1.25 million to support the Ozhitoon Onji Peenjiiee - Build from Within program to support Indigenous teachers. He also provides over 700 post-secondary scholarships annually.

#### **Charlie Spiring**

A successful investment advisor, Charlie Spiring's philanthropy strengthens the social fabric of Manitoba. His foundation has provided millions of dollars to local programs including Siloam Mission, Adoption Options Manitoba, Health Sciences Centre Foundation and the CancerCare Manitoba Foundation. He led the 'InSpiring Match' for United Way Winnipeg, matching \$1 million for The Forever Family initiative, providing immediate support to family centres across Winnipeg.

#### Felix C. Walker

A proud member of Nisichawayasihk Cree Nation (NCN), Felix Walker provides innovative programming for the well-being of his community. A band councillor at 25, he led programs based on traditional Cree values including reducing trauma to children in care. He also established group home care for youth and continues to work with Elders through the Rediscovery of Families program, where families reunite and heal in traditional land settings.

#### Marion F. Willis, MSM

Marion Willis has contributed to safer and healthier communities in Manitoba by creating and operating St. Boniface Street Links, a program that delivers a holistic approach to help homeless people in Winnipeg. She is also the founder of Morberg House, an addiction recovery residence in Winnipeg. She works tirelessly to break the cycle of homelessness and to set new standards of caring for vulnerable people by helping to restore hope and dignity in their lives.

More information about the Order of Manitoba can be found at: https://manitobalg.ca/awards/order-of-manitoba/.

homeless shelters.



### Rangana (Dancing): Organized by Sri Lankan Association of Manitoba

By Senaka Samarasinghe

Held on March 16th (SUN), 2025, 4.30 to 8.30 pm at Desautels Convert Hall, University of Manitoba Opening event was to light the Sri Lankan Traditional Oil Lamp. I take this opportunity convey my sincere gratitude to the President and Board of Directors for inviting me for this honourary occasion. The choreographers of Sri Lankan Association of Manitoba (SLAM) observed that the culture is not static but evolving with time. Based on this common phenomenon they selected 19 events to display in three main periods namely old culture of Sri Lanka, colonial influence and existing tradition. As a subsidiary organization of SLAM, Sri Lankan Seniors Manitoba demonstrated ten existing professions and three main nationalities as the 15th event of the main schedule.





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# INGS TO DO - W

#### **COIN / STAMP COLLECTING**

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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.)

#### **EVENTS / SUMMER ACTIVITIES**

2nd Provincial Support Services to Seniors Education Session - Topic: Men's Sheds Manitoba - 2nd Provincial Support Services to Seniors Education Session, June 25, 1:30-2:30 pm. Presenter: Fred Bobrowski, Men's Shed Manitoba, covering: What are Men's Sheds?, The history, The benefits, What do you do at, How to start a Men's Shed, and where they currently are in Manitoba. Dial in by phone +1 204-813-0789, 108932017# Canada, Winnipeg. Phone conference ID: 108 932 017#

Pinawa Lions Club - \$20,000 Bingo Extravaganza on Saturday June 14th. Pinawa Community Center, 20 Vanier Ave. Doors open 10:30 am, Early Bird starts 12:30 pm, Regular Bingo 1:00 pm. Advance tix \$100, door tix \$125. For advanced tix or more info text 204 213 2278

**Retired Women Teachers' Association** (RWTA) - Come join our non-profit group for fun, food and friendship! Our yearly membership includes: low membership fee, 4 catered lunches by WOW caterers, lunches include guest speakers/musical entertainment, tea/coffee various charitable initiatives, gratuity. Lots of free parking. Contact Membership Convener, Dorothy Young: dyy@shaw.ca

St. James Village Biz - Sidewalk Chalk Art Competition in August. Registration deadline June 15. 1st prize \$500, 2nd \$300, 3rd \$200 Register at info@stjamesbiz.ca, 431-317-3494 or visit www.stjamesbiz.ca for info

2025 Gardens of Distinction - Self-guided Garden Tour, Sat. July 5, 9 am-4 pm. 14 gardens in the South Winnipeg. Tickets \$20 avail online at naturemanitoba.ca or at several garden centres. Major fundraiser for Nature Manitoba. More info: https://www.naturemanitoba.ca/ gardens-distinction-garden-tour.

Urban Retreats - Self-Guided Garden Tours in Deer Lodge, Sat. Jun. 21, 10 am-4 pm. Tour tickets \$20 - online at 1JustCity.ca or at several garden centres. Manitoba Tea, Craft & Plant Sale, 10 am-2 pm, at Prairie Spirit Church, 207 Thompson Dr. In support of 1 Just City, gardentour@1JustCity.ca, 204-779-8957.

Winnipeg Public Library - For programs and events visit our What's On newsletter (https:// wpl.winnipeg.ca/library/pdfs/whatson/ LibraryNews.pdf) or our Programs and Events calendar (https://wpl.libcal.com/

Crescent Drive Senior Men's Golf League -Looking for new members, Wed's, 7:30-8:30 am, Crescent Drive Golf Course, May-Sept. Barry: 204-256-8496 or John 204-667-6362.

Greater Winnipeg Senior Golfers Club looking for Men, 55+ who wish to golf in a fun league, once a week, May-Sept. Play in a different foursome each month, at various clubs within 1 hr of Wpg. Cart avail. Special green fees at certain clubs around city. 204-669-4795 or pritchardfarm@shaw.ca, www.gcsgwpg.com.

Contract Bridge in St. James - Group of Seniors of mixed skill looking for more players! 'Casual' non-competitive line of play, Tuesdays, 12:15-3 pm at Marantha Church on Sturgeon Rd. north of Ness. Info, Sharon: 204-888-9465.

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

Over 60 Card Club - For Men, Women and Couples. Wednesdays, 1-3 pm, at St. Andrews Church, 2700 Portage Ave. We're currently playing Whist, Euchre and Crib. Contact Carla: 204-297-0811

**Pickleball -** Learn to play in the North End. Bonnie Gabbs, 76 yrs old, plays and teaches Pickleball at Sargeant Tommy Prince Place, 90 Sinclair St. Seniors invited to come and try it out. Coaching clinic - Wednesdays, 1-3:15 pm. Info: 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 or call the Club: 204-256-6654 for info

Seniors Whist Group - play Wednesdays, 12-3 pm at St. Emile Church Hall, 556 St. Anne's Rd. Info, call or text Sonja: 204-254-1408.

St. Vital Cribbage Club - Mondays, 12-3 pm, St. Emile Church, 556 St. Anne's Rd. All welcome. Jim: 204-230-4511.

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

WHSBC contract bridge - at St. Paul's

Anglican Church, 830 North Drive, Thursdavs. 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Social friendly bridge club. For further info: 204-771-6724

#### **SUPPORT GROUPS & PROGRAMS**

Joint Effort - A NEW, weekly, VIRTUAL support community for those living with osteoarthritis, Wednesdays, 4-5 pm. This is a FREE group, with donation as an option. More info on Facebook or Instagram @jointeffortsupport

St. Vital T.O.P.S. Weight Loss Support Group -T.O.P.S. (Taking Off Pounds Sensibly) is a nonprofit weight loss support group. Meet Mon. eve's, 6:15-7:45 pm, St. Eugene Church (side door), 1009 St Mary's Rd. in St. Vital. First meeting free. Louise: 204-990-2144, www.tops.org.

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.

Canadian Red Cross - Free Friendly Calls Program to help address loneliness and isolation. Sign up to connect with a Red Cross volunteer. Also training provided to become a volunteer. Info: 1-833-979-9779 or

friendlycallingmb@redcross.ca

#### **VOLUNTEERING**

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

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

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

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

Henteleff Park - Multiple volunteer opportunities avail. 50 acres of natural beauty at 1964 St. Mary's Road, Volunteers care for flower beds, remove invasive weeds, and plant trees. Groups work together on Wed. and Thur. mornings, or volunteer on your own. What could be better than spending a couple of hours outside in a beautiful setting? Contact terri.ashcroft@henteleffpark.org for info.

Manitoba Genealogical Society - Volunteer Opportunities: Social media poster, Online newsletter editor, Publicity person, IT database wizard. volunteer@mbgenealogy.com, 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

**Misericordia Health Centre and** Misericordia Place - Volunteers being accepted to support patient care. Training pro-

#### **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. Share ideas. Info: 204-956-6440, Toll Free: 1-888-333-3121, info@aosupportservices.ca, 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.

Assiniboia Wood Carvers Association -Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehler84@gmail.com or Mel: 204-291-4592.

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 more! crcentre.ca.

**Charleswood Active Living Centre -**NEW LOCATION - A 357 Oakdale Drive Various Programs & Activities for 55+ Mon-Thur 9-4, Fri 9-3. Membership \$35/yr. Info: 204-897-5263 or email info@charleswoodseniorcentre.org

Dakota Community Centre - Programs: Floor curling, painting classes, Tai Chi, seniors speaker series, group fitness, yoga & dance, pickleball, golf swing fundamentals, etc. 1188 Dakota St. Call Andrew: 204-254-1010 ext. 217, andrew@dakotacc.com https://dakotacc.com/

Dufferin Senior Centre - 377 Dufferin Ave. Saturday Dinner & Dances. 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 Centre - 625 Osborne -Full weekday schedule as usual. July & Aug., hours fr Mon.-Thur. 9 am-4 pm. Games Club, Walking Grp, Conversation Café, Movie Afternoons and QiGong.

June Presentations: 1–3 pm: - Wed, June 4: Frauds & Scams with WPS

- Wed, June 11: Warm-Weather Illness & Injuries - Wed, June 18: Memory & Aging
- Info on free activities: 204-306-1114,
- goldenrule@swsrc.ca

Lions Place Adult Day Club - 1 day/wk of socialization and wellness, morning coffee/muffin, chair exercises games recreation 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.

#### **MUSIC / DANCING**

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

The Senior Choral Society of Winnipeg -533 Greenwood Place, behind CNIB on Portage Ave. Gerda 204-669-5570

#### **SPORTS / FITNESS / GAMES**

Manitoba Seniors Golf Association - Openings for new 55 plus members. Great recreational league. We play Tuesdays at 18 different courses ie: Larters, Southwood, Carman, Oakwood, Grand Pines, etc. Contact Geoff Walker: 204-799-6229 or geoffcw@shaw.ca.

Ladies Golf Thursday mornings - tee times 7:15-8:15, at Crescent Drive Golf Course. We are looking for ladies to join us each week for 9 holes! Our 60th year! Info: at the meeting or email: Allison: allisonpauls61@gmail.com, Cheryl: crafter188@hotmail.com.

Crescent Drive Friday Ladies Golf League looking for new members. We play Fridays (weather permitting), 8 am, Crescent Drive Golf Course, 781 Cres. Dr. Lorraine: 204 261 8413.

or register via Eventorite.

Convalescent Home of Winnipeg - TUNE-Up Café, Tuesdays, 6:15-8 pm, at 276 Hugo St. N. Meeting place for those living with memory challenges and their family/friend care partner to gather together and sing. Free to join. Wheelchair accessible. Must pre-register: Sherry, tuneupcafe276@gmail.com.

GriefShare support group - is a safe, welcoming place to help with the difficult emotions of grief if you have lost a loved one. Contact Kilcona Park Alliance Church at info@kilcona.org or go to Griefshare.com to find a group in your area.

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 Provencher Blvd. 204-942-2880

St. James T.O.P.S. - Take Off Pounds Sensibly. A non-profit weight loss support group. Meet Wed's, St. James Legion #4, 1755 Portage Ave., upstairs, 4:15-6 pm. All Welcome. Info, Shirley: 204-837-2079 or Ruth: 204-488-3533, www.tops.org

T.O.P.S., Take Off Pounds Sensibly - Nonprofit, friendly, non-judgemental weight loss support group meets Tuesdays, 6:00-7:45 pm, at Westdale School library, 6720 Betsworth Ave. Info, Susan: **204-896-4807**.

vided. Giftshop, open 10 am-4 pm. (3-hr shifts), Rehab/Physio programs shifts, 8:30-12 noon and some afternoons. 204-788-8134, www.misericordia.mb.ca. volunteer@misericordia.mb.ca

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

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

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

Victoria Lifeline - Home Service Volunteers needed to set up equipment in client homes. Flexible shifts. Call 204-956-6773 or email info@victorialifeline.ca

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

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

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

Mensheds Manitoba Inc. - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. 204-832-0629. Find other Manitoba Men's Sheds https://mensshedsmanitoba.ca/find-a-shed/

Nature Manitoba - We deliver nature-based educational programs, outdoor activities, group outings and more. For programs and more info: https://www.naturemanitoba.ca

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

Pembina Active Living (PAL) 55+ NEW LOCATION: 933 Summerside Ave. programs@pal55plus.ca or 204-946-0839

Continued on page 21

# WCSA Marks 8 Years with Mother's Day Celebration ByLu Gao

Winnipeg, May 10, 2025 — More than 200 community members and guests gathered at the Southlands Community Church Saturday afternoon for a vibrant celebration hosted by the Winnipeg Chinese Seniors Association (WCSA), marking both Mother's Day and the organization's 8th anniversary.

The bilingual event, emceed by Yan Cong and her daughter Evely Wang, was filled with warmth, gratitude, and festivity. In his opening remarks, Dr. Songyan Liu, WCSA's Executive Vice President, expressed appreciation for the enduring support from the broader community and shared news of the association's recent honour: the 2025 Manitoba Premier's Volunteer Service Award in the Group Category.

Special guests in attendance included Terry Duguid, Canada's Minister of Environment and Climate Change, and Winnipeg Deputy Mayor Janice Lukes. Both commended WCSA's longstanding service to seniors, newcomers, and the promotion of multiculturalism. In a surprise announcement, Minister Duguid revealed that Dr. Liu will be awarded the King Charles III Coronation Medal, recognizing his outstanding contributions to community building.

The celebration featured a rich array of performances, including lion and dragon dances, Tai Chi, qipao showcases, group choral pieces, Chinese drumming, and folk instrument ensembles. Members from WCSA's various cultural and interest classes took to the stage, with standout moments such as the children's dragon dance "Dance of the Dragon and Rabbit", and a poetic fusion of music and movement in "Dual Faces of Yan Xun" performed by the orchestra and dance team. The choir's rendition of "What the World Gave Me" offered a heartfelt tribute to love, friendship, and motherhood.

Adding to the emotional resonance of the event, several audience members were invited on stage to share personal stories about their mothers. The unscripted testimonials, filled with affection and memory, brought touching moments to the celebration.



WCSA choir delivers a heartfelt tribute to mothers.

"This is more than a celebration," said one of the hosts. "It's an expression of gratitude and a passing on of values."

WCSA also officially launched its 2025 New Horizons for Seniors Program during the event. The initiative aims to expand course offerings and engagement opportunities for older adults, and to foster active aging and greater community inclusion in the coming year.

From heartfelt tributes to energetic dances, the afternoon offered a joyful and meaningful gathering, highlighting WCSA's growing impact and the strength of intergenerational connections in Winnipeg's diverse cultural landscape. ■

# Things To Do - WINNPEG Continued

**Probus Club of Winnipeg -** Social group for retired / semi-retired, meets 3rd Tue. ea., 9:30 am, at 603 Wellington Cres. Guests welcome. https://winnipegprobus85.wordpress.co

**Prendergast Seniors Club** (Windsor Park) -CRIB players invited to join in Mon's and Wed's, 906 Cottonwood Rd. and for our monthly, luncheons. Call Gerry: **204-257-1475** 

**PROBUS Club of Winnipeg -** is a social club for retired and semi-retired persons. Guests are welcome. Interesting speakers and topics; 3rd Tues ea. month at 9:30 am; 603 Wellington Cr. https://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.

#### Royal Canadian Legion, St. James Branch #4 - Over 55 Club, 1755 Portage Ave. Peter

and Ruth Henry: 204-488-3533. St. James Assiniboia 55+ Centre - Various

programs and activities. 3-203 Duffield St. **204-987-8850**, **www.stjamescentre.com** 

**South Winnipeg Family Information Centre** - Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. Lower Level). Join us for

FREE for non-profits and current advertisers. Submit PSAs by July 4 for the July 10 issue. Email wording for your PSAs to: kelly\_goodman@shaw.ca.

FREE for non-profits and current advertisers. Submit PSAs by July 4 for the July 10 issue.

coffee snacks, great conversation, fun activities, and more, every Wednesday morning. Call **204-284-9311** for more info.

**Stroke Recovery Assoc. MB -** Support group for Stroke Survivors: Register: B-247 Provencher Blvd. **204-942-2880** 

The Happy Gang - Afternoon Fun every 3rd Thur. 1:30-3:30, Prairie Spirit U.C., 207 Thompson Drive. Conversation, cards, table games, bridge, complimentary light refreshments. June 19 is last get-together til Thur. Sept. 18. Info: 204-832-1000 or 204-895-7410. The Y. A. H. Club - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital). Programming: Book Club, Tai Chi, painting classes, canasta, card making, yoga, puzzle afternoon, Dinner Club, flower arranging, The R.O.M.E.O's Group and more. Rosie **yah@windsorcc.ca** or Judy **204-233-0648** or office@windsorcc.ca

Manitoba Highland Gathering - Sat. Jun. 21, 9 am-4 pm, Sun. Jun. 22, 9 am-3 pm. Legacy Park, Recreation Centre, East Selkirk, MB, Hwy 59 at PR 212 (Kittson Rd). Day pass - adult \$20, Child/senior \$12. Cash only at the gate. www.manitobahighlandgathering.org

# Things To Do - RURAL MB

#### **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, 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** 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** 

errands, etc. Volunteer opportunities avail. Arborg and District Seniors Resource Council 204-376-3494; Ashern Living Independence for Elders 204-768-2187; Beausejour/Brokenhead Services to Seniors 204-403-8205; 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

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** 

Email wording for your PSAs to: kelly\_goodman@shaw.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

**<u>RM of Tache</u> - Services to Seniors -** Join us for an educational evening about Mental Health for Older Adults, Wed. Apr. 30, 7-9 pm, at Lorette Parish Hall. Presenters: Alzheimer Society of MB, Southern Health/Sante Sud Senior's Consultation Team. Info and resources to help older adults, their families and caregivers.

#### 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

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

#### Stonewall - Free Gardening Workshop -

June 15, 1 pm at Heritage Arts Centre, Access Auditorium, 166 Main St, Stonewall Quarry Park. Food recyclers avail for purchase. Info: Community & Recreation Services, **204-467-7920**. Sign up at **recreation@stonewall.ca**.

<u>Clandeboye</u> United Church - Plant Sale, Sat. Jun 7, noon-4 pm, 8456 Hwy 9, Clandeboye MB. Cash only. Free parking.

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

#### East St. Paul 55+ Activity Centre -

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

#### Emerson-Franklin Senior Services -

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

<u>Gimli</u> - New Horizons 55+ Centre - for Seniors 55+. Office open Mon-Fri, 9 am-4 pm. Closed on Stat holidays. **204-642-7909.** 

<u>Ile des Chênes/Lorette</u> - Yoga - Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+. Contact Juliette: yogaforyoumanitoba@outlook.com

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, 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

<u>Montcalm</u> 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** 

Morden Services for Seniors - 306 North Railway St. Service providers - help with Home & Lawn maint., Snow removal, House clean/laundry, Transportation, Footcare, Computer training. 204-822-5663, mordensfs@gmail.com

Niverville Recreation - Indoor walking track, public skating, drop-in sports and fitness classes. New Leisure Guide Out Now! Visit nivervillerec.ca. Info: 204-388-4600 ext 3

<u>Niverville</u> Services to Seniors - Services: 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, outings, etc. Info: 204-388-2188 or sts@heritagecentre.ca

Norman region - Mood Disorders Assoc. of Manitoba - "Steppin' Up With Confidence!" Hosted by Notre Dame de Lorette CWL Council and RM of Tache Services to Seniors. Info: cwllorette@gmail.com.

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 <u>rivière seine</u> pour aînés - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud: 204-424-5285 https://seineriverservicesforseniors.ca

#### Selkirk and District Horticultural Society -

Plant Sale, Fri. May 30, 6-8 pm, Selkirk Memorial Hall, 368 Jemima St. All plants donated by our members. Cash only. Free adm, Free parking, Silent Auction, 50/50. Wheelchair Accessible.

<u>Selkirk</u> - Gordon Howard Centre - Various activities, outings, seasonal meals and presentations. 384 Eveline St. Info: www.gordon howard.ca or call **204-785-2092** 

<u>Selkirk</u> 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 City of Selkirk. Volunteer positions avail: Driver escort, Handi helper, Friendly visitor, Delivering Meals on Wheels. 204-785-2737, selkirkseniors.com

#### Stonewall - South Interlake 55 Plus

(si55Plus) - 374 1st St. West. Membership -\$25/year. Weekly Exercise, Line Dance, Cards, Men's Chat, Ladies' Coffee and Craft, Pickleball, Quilter's Corner, Book Club, Luncheons, Ukulele Club, Bus trips, and more. 204-467-2582, si55plus@mymts.net, www.si55plus.org

Stonewall - Strummers Ukulele Club -

1st & 3rd Thur., 6:30 pm, at Something Beautiful restaurant, 307 Main St. Stonewall. Beginners welcome, no formal instruction.

Tache Senior Services - An evening with 'Johnny Cash and Elvis Presley' starring Corny Rempel, June 21, 6 pm, doors open 5:30, at Landmark Kinsmen C.C., 191 Robert Koop Road. Tickets \$20, avail. at RM office or email: Iaurie@rmtache.ca. Rush seating. Door prizes, snacks provided, pop for purchase. Proceeds to free bbq event in July for the senior community.

Teulon Seniors Club - Teulon Town Hall -Main St. Dances, 2nd Thur. of the month. Next dance, Thu. June 12, 1-3 pm, doors open noon, lunch 3 pm, dance to the Gem Stars Band. Silent Auction, 50/50, door prizes, coffee/tea/juice. Admission \$10.

<u>Thompson</u> Seniors - 204-677-0987, thompsonseniors55@gmail.com



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# July 1st a chance to win \$1000!



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## TEST YOUR WITS

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- 1. What is the main ingredient in a traditional BBQ sauce?
- 2. What type of wood is commonly used for smoking meats in BBQ?
- 3. What is a "rub" in BBQ terms?
- 4. What is the difference between grilling and barbecuing?
- 5. What is the primary flavouring agent in a Carolina-style BBQ sauce?



### Ever wonder if they call mobile phones 'cell phones' because they are prisoners of them?

Sometimes I surprise myself with my sharp wit, and other times I look all over for my pen that is in my hand.

Why do golfers take an extra pair of socks when they go golfing? In case they get a Hole-in-One.



CROSSWORD - Solution

CROSSWORD - Solution											
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<sup>28</sup> G	Α	Ν	G		<sup>29</sup> S	Е	<sup>30</sup> V	Ε	R	Α	L
<sup>31</sup> <b>O</b>	Ν	Е		<sup>32</sup> W	Α	Ν	I	Ν	G		
			<sup>33</sup> F	Α	Ν		<sup>34</sup> <b>D</b>	Ε	Е	<sup>35</sup> D	<sup>36</sup> S
<sup>37</sup> O	<sup>38</sup> P	<sup>39</sup> P	0	s	I	<sup>40</sup> T	Е		<sup>41</sup> <b>T</b>	Е	Α
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8	7	9	5	3	2	4	1	6
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7	9	6	4	1	3	8	2	5
3	5	8	2	7	9	1	6	4
4	1	2	8	6	5	7	9	3
9	8	5	3	2	1	6	4	7
2	6	7	9	8	4	3	5	1
1	4	3	7	5	6	2	8	9

#### IEST YOUK WITS

#### - Solutions

- 1. The main ingredient is usually tomato or vinegar.
- 2. Hickory and mesquite are commonly used.
- 3. A rub is a mixture of spices applied to meat before cooking.
- 4. Grilling is cooking over direct heat, while barbecuing is cooking slowly with indirect heat and smoke.
- 5. Vinegar.



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