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**Senior Scope**

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*"A Manitoba Moment"*

# Isaac Newton School - 100th Reunion – June 8, 2023

By Bud Ulrich



Classroom representatives from Isaac Newton High School, circa 1930.  
Source: Archives of Manitoba, W.J. Sisler Collection #250, N17283.

A school reunion offers the rekindling of school spirit and the opportunity to relive those valuable moments of our youth. It reminds us of where we grew up and the many lifelong friendships that emerged from those days. The celebration of going back in time is a wonderful and exciting experience.

Growing up in the North End and staying connected to the community, I had the pleasure of teaching at a high school in this neighbourhood of Winnipeg. This gave me insight into the kids of the North End. With love and understanding I was able to nurture fu-

ture generations who shared the "common ground" - the North End. This was and still is highly evident at Isaac Newton School. "You can take the kid out of the North End, but you can't take the North End pride out of the kid."

Isaac Newton School has a rich history of staff and students where several illustrious careers blossomed. Equally important was the school's contribution to thousands of students who became "upright" citizens who contributed to the framework of our society. Teachers encountered ongoing classes of

children and grandchildren from their former students.

The school had superior sports and music programs. Students excelled and experienced life-long involvement in these areas. The academic program rivaled that of any other school in Winnipeg. Between 1955 and 1957 the Isaac Newton boys' basketball team won the provincial championship, and in 1956 they were a provincial finalist.

In the fall of 1957, Isaac Newton High School (affectionately known as "Ikey") became a Junior High School, and students

Continued on page 3

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**Publisher/Editor:**  
Kelly Goodman  
204-467-9000  
[kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)  
[www.seniorscope.com](http://www.seniorscope.com)

**Advertising:**  
204-467-9000

**Feature Columns:**  
Scott Taylor  
Myles Shane  
Bud Ulrich

**Contributing Submissions:**  
Minister Scott Johnston  
Active Aging in Manitoba (AAIM)  
Alzheimer Society  
Fred Pennell  
Senaka Samarasinghe  
Gary Adams - A-Z Trivia  
Myles Mellor - Crossword  
Roni Alward (w/Senior Scope) - Word Search

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## Active Aging in Manitoba (AAIM)

Inspiring active lifestyles



# Celebrating 40 fun-filled years of the Manitoba 55+ Games!

By Karyn Heidrick - Event Coordinator



**CELEBRATING 40 YEARS**  
**Manitoba 55+ Games**  
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**The BIG 4-0!** The past 40 years of the Manitoba 55+ Games will be brought to life in celebration as **Portage la Prairie MB will host the 2023 Games, June 20-22!**

The 40th year celebration of the Manitoba 55+ Games is a significant milestone for the organization and its participants. This program has provided opportunities for adults over the age of 55 to stay active, socialize and compete in various sporting and recreational events. Celebrating this milestone with participants is an acknowledgment of the program's success and its impact on promoting healthy aging and community engagement. It also recognizes the dedication and commitment of the program's volunteers, supporters and partners who have contributed to its growth and success over the years.

This event is open to Manitobans 55 years of age or older by December 31, 2023. A wide range of events offered with distinct age categories ensures each event is fair and friendly by matching participants with others of their age and experience. Being inclusive and welcoming, and developing relationships with a diverse mix of individuals, have been core to Active Aging in Manitoba and the 55+ Games. Manitobans ranging in age from 55 to 100+ years will be coming from across the province to participate in the annual provincial event.

The Portage community hospitality will be on full display for this friendly competition and provincial sport for life celebration held over three days. Everyone is invited to the always entertaining Games Variety Night on

Tuesday, June 20th and the Banquet night on Wednesday, June 21st, joining with the participants and congratulating the many volunteers who have been working hard to make these games a reality! Banquet guests will be treated to delicious home-cooked meals!

Ticket forms for these are available from:  
[www.activeagingmb.ca/55games](http://www.activeagingmb.ca/55games)  
Or 204-261-9257

The friendly community of Portage, with the help of local partners and volunteers of all ages, will pull together to welcome older adults and provide a positive 55+ Games experience! Portage is known for its strong vol-

unteer force when being called into action to support large and small community events. Active Aging in Manitoba (AAIM) believes that volunteering strengthens ties to one's community and broadens the support network, exposing individuals to others with common interests, local resources, and fun and fulfilling activities.

Manitoba is a wonderfully diverse community of active and engaged people of all ages - and the Portage community is looking forward to welcoming you to this year's Games!

There is still time to register for one or more of 20+ events & activities but hurry – the registration deadline is May 12th, 2023!

Register: at [www.activeagingmb.ca/55games/register](http://www.activeagingmb.ca/55games/register)

On the heels of the in-person Manitoba 55+ Games in Portage, the Virtual Games will take place from June 23 - July 21. The focus will be on inclusivity, reaching out to those who cannot attend the in-person Games in Portage, or want to continue with fun and engagement. Participants can download an activity tracker and keep track of their goals and accomplishments. We encourage everyone to send their trackers to AAIM and have their names entered for prize draws.

For more information or to register:  
[www.activeagingmb.ca/55games/manitoba-55-virtual-games](http://www.activeagingmb.ca/55games/manitoba-55-virtual-games)  
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Isaac Newton 100th, Continued from front page

from this catchment area attended a newly constructed Sisler High School located at 1360 Redwood Avenue.

Cynthia Trylinski, Isaac Newton alumni states, “This reunion will kindle beautiful memories and stories from every student who grew up in the North End. We were encouraged to be the best we could be with love, understanding and support from our teachers who were there when we needed guidance. “We flourished having wonderful teachers who valued and nurtured us as we learned not only what was in a textbook, but also about life itself”.

Several notable students from Isaac Newton have been very fortunate to carve out distinguished and successful careers. Some of these include Lloyd Axworthy, former Canadian Minister of Foreign Affairs and President of University of Winnipeg, Kevin Chief, former Manitoba Minister of Jobs and the Economy, Devon Clunis, former Police Chief for the City of Winnipeg, Lily (Schultz) Schreyer, former Viceregal Consort of Canada, and accomplished artist.

**Mohammed Raizai, Principal** – When I asked Mohammed about his feelings towards the 100th Isaac Newton Reunion, he said it took him back to his experiences 35 years ago when he arrived in Canada and attended Isaac Newton as a student and is now the principal of this school. He will never forget the teachers, students, and the help he received in learning English. It resonated with him because it meant so much and still does to this day. He recently met a Ukrainian family who came to Isaac Newton for the first time. He could see the jitters and the anxiety. He took them on a personal tour of the school because he wanted them to feel they were accepted and that who they are matters. Here at Isaac Newton, he believes no matter what the student’s background is, no matter who they are, “when you’re here – you’re one of us.” And that’s how he wants everybody to be treated. The culinary students will bake some cupcakes and the music students will be performing.

**Roger Morcilla** – I can still remember how I felt as I entered through the doors of Isaac Newton School in September 1976, my first day of Junior High. I had butterflies in my stomach, not knowing how many kids I would recognize aside from my friend Ronald Jackman. I recall one of my teachers, Mr. Irving Labovitch, had a strong resemblance to Albert Einstein, wearing a whistle around

his neck. It was an amazing first day as I met many wonderful teachers, and students who became good friends for the next three years. I fondly recall the sign over the gym door saying, “Beyond These Doors are the Greatest Kids in the World.” The music program was fantastic, with Mr. Flavio Cianflone (brass band) and Mr. Albert Kelsch (guitar). The school band travelled to perform, even taking a trip across the border to Fargo, ND. I started the FaceBook group page “Isaac Newton School (Ikey)” to help students reconnect. A planning committee was formed: Melody Lillies (Walker), Debbie (LaVallee) Rotoff, Rosalie (Trylinski) Rodgers, and me.

**Lloyd Axworthy** – The first thing I recall are the teachers, Joe Browning, JJ Phillips, Miss Macintyre, Jim Downey, Velma Motherall, and Jack Peach. And many more who treated education as a calling and made students believe in its importance. They were tough and fair. My close friends were George and Herb. We played football together for the Nor’ Westers and learned to love the game under the tutelage of Al Kornberg who went on to teach Political Science at Duke University. The Freshie Prom where I was dazzled by a beauty named Helen. Organizing the paper airplane fleet from the second floor on a lovely spring day. Poppies restaurant located on the corner of Mountain and Arlington and their delicious perogies. Growing up in the North End was a lesson in tolerance and diversity; it has served me well.

**Bill Brock** – (Kelowna) I remember walking to Isaac Newton in the morning and back home for lunch – probably close to a mile each way. I participated in track and field events and played on the football team in 1955. We played intramural basketball, and during one game at lunch break, I got elbowed in the mouth and ended up losing four front upper teeth. It took about three weeks to get fixed. However, I attended school during that time without my front teeth which was rather awkward. I graduated in 1956 and in those days, grad was not a big deal, no caps, and gowns. The school didn’t have a very large gym or auditorium, so our grad ceremony was held in a local church.

**Rosalie Rodgers (Trylinski)** – (Brainerd, Minnesota) Looking back at the pictures and remembering my three years at our



Grade 8 class at Isaac Newton Junior High School, November 1925.

junior high school, the memories feel as though it was just yesterday. The laughter we shared never resulted in a dull moment. Although we have changed, the memories never will. The halls built a strong foundation for me, and I would not be who I am today if it wasn’t for my time at Isaac Newton. My fondest memories and experiences include the Friday night school dances, track and field trips, our band trip to the USA, and cooking class 101. This would not have been possible without the guidance of great teachers, coaches, friends, and support of the administration, and my parents and siblings. Although life has put a distance between all of us, Isaac Newton will always hold a special place in my heart.

**Zanewich family** – 5 boys and 2 girls that attended Isaac Newton. Rob and his best bud Gary Gurniak loved playing sports,

but one day in the mid-70’s they decided they wanted to learn how to cook and bake so they enrolled in the Home Economics cooking class. Back then, it was said “Boys don’t cook or bake!” However, they claimed it wasn’t fair nor true. Isaac Newton administration embraced the idea of boys enrolling in that class, and the boys thoroughly enjoyed it. They were able to use their Home Economic skills later in life. For their last class, they were allowed to invite one teacher to partake of the meal they cooked. They invited their beloved and long-time Phys-ed teacher, Mr. Al Kozak. After he finished the meal and dessert, he said to Rob with a smile, “Zany, that was one terrific meal, you boys should be proud of yourselves.” These were boys who broke the mold and proved “Yes, boys can cook and bake.”

Continued on page 4

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Page 4 • May 10 - June 9, 2023

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## Isaac Newton 100th, Continued from page 3

**Melody Lillies (Walker)** – When I finished 6th grade at Faraday School, it was a new chapter in my life. I was scared but also excited. Isaac Newton School had an open gym program during the summer break which I thought would help me get over being nervous about junior high. The first person I met was Debbie Lavallee Rotoff. She showed me around and made me feel comfortable starting my new chapter. There, I met my first and only love, and we have been together ever since. It was an honor to attend Isaac Newton School and have the opportunity to meet great teachers and make long-lasting friendships.

**Debbie Rotoff (LaVallee)** – Isaac Newton School was my home! Growing up in the North End in a low-income family, Isaac Newton School made me feel secure, away from alcohol, drugs, and loneliness. I didn't have to try to fit in with others, all of us were ACCEPTED. I thrived in sports because of our phys-ed teachers. I was at school before classes started and probably one of the last to leave at the end of the day after practice or games. I found myself believing I can be better, and I can do better, changing the course of my life. I am grateful in so many ways for all my memories and often find myself driving by the school and North End with my children telling them my story.

**Devon Clunis** – When we look back, it's clear how certain moments or times have led us on the path to where we are today. For me, Isaac Newton was a pivotal stop on my life's journey. Over the years, I've spoken hundreds of times on the impact Isaac Newton has had on my life. I arrived there in grade eight as a shy, insecure little boy and left as a young man with a clear vision of his worth, determined to make a difference in the world. Today, I'm living in the fulfillment of the seeds planted in me at Isaac Newton.

**Rick Henkewich** – Entering Isaac Newton in the fall of 1967 was both a scary and a life changing event. I now attended a school and culture that embraced me and made me part of their village. We were in great hands with the dynamic teaching staff of Mrs. Paley, Mr. Rosen, Miss Motheral and Mr. Kozak to name just a few. There were young teachers, Mr. Coleman and Mr. Menzies, who related to our youth and made sure we didn't do things that could get us in trouble. Isaac Newton taught me to understand all the people in this village and that I was as much part of them as they were of me. Isaac Newton taught me to compete in academics and sports. They were always there to give us the helping hand we needed. Isaac Newton was where I started my journey, and I will be forever grateful for that opportunity. ■

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## Isaac Newton School - 100th Reunion June 8, 2023

### AGENDA

**Thursday, June 8th, 3:30-8 pm**  
Isaac Newton School  
730 Aberdeen Ave.  
Phone: 204-586-9606

**Thursday, June 8, 8 pm**  
Optional meet and greet after school reunion.  
Food available - cash bar.  
Four Crowns, 1030 McPhillips St.  
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**Friday, June 9, 9-11 am**  
Optional - meet and greet breakfast.  
Full menu available - cash bar.  
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**Friday, June 9, 6 pm till close**  
Optional - evening get together.  
Cash bar - dining will be available at your cost.  
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**Saturday, June 10, 2 pm till?**  
Afternoon get together.  
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377 Dufferin Avenue / 204-986-2608

**Elmwood East Kildonan Active Living Centre**  
180 Poplar Avenue / 204-669-0750  
[healthrelations@chalmersrenewal.org](mailto:healthrelations@chalmersrenewal.org)  
<https://chalmersrenewal.org/>

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

**Golden Rule Seniors Club**  
625 Osborne Street / 431-866-6776  
[goldenrule@swsr.ca](mailto:goldenrule@swsr.ca)

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

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

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

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

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

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

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

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

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

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

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

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

**Southdale Seniors**  
254 Lakewood Boulevard  
204-253-4599 / [www.southdale.ca](http://www.southdale.ca)

**Sri Lankan Seniors Manitoba**  
113 Stan Baile Drive  
204-888-8253 / [www.srilankanseniorsmb.ca](http://www.srilankanseniorsmb.ca)

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

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

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

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

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

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

### BEYOND WINNIPEG

**BEAUSEJOUR**

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

**BRANDON**

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

**CARMAN**

**Carman Active Living Centre**  
47 Kings Park Road / 204-745-2356  
[www.activelivingcentrecarman.ca](http://www.activelivingcentrecarman.ca)

**CRANBERRY PORTAGE**

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

**CRYSTAL CITY**

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

**DAUPHIN**

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

**ERICKSON**

**Comfort Drop In Centre**  
31 Main Street  
204-636-7895 / [areas@mymts.net](mailto:areas@mymts.net)

**FLIN FLON**

**Flin Flon Seniors**  
2 North Avenue / 204-687-7301

**GILBERT PLAINS**

**Gilbert Plains and District Community Resource Council Inc.**  
PO Box 567 / 204-548 4131 / [gpdcr@mymts.net](mailto:gpdcr@mymts.net)  
[www.gpdcr-newhorizons.wix.com/gpdcr](http://www.gpdcr-newhorizons.wix.com/gpdcr)

**GIMLI**

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

**GRAND MARAIS**

**Grand Marais & District Seniors**  
36058 PTH 12  
[gmdseniors@gmail.com](mailto:gmdseniors@gmail.com) / [www.gmdseniors.ca](http://www.gmdseniors.ca)

**GRANDVIEW**

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

**HAMIOTA**

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

**KILLARNEY**

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

**LA BROQUERIE and STE. ANNE**

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

**MANITOU**

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

**MINNEDOSA**

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

**MORDEN**

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

**NEEPAWA**

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

**PILOT MOUND**

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

**PLUMAS**

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

**PORTAGE LA PRAIRIE**

**Herman Prior Senior Services Centre**  
40 Royal Road N / 204-857-6951  
[hermanpriorcentre@gmail.com](mailto:hermanpriorcentre@gmail.com)  
[www.hermanprior.com](http://www.hermanprior.com)

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

**RIVERTON**

**Riverton Seniors Activity Centre**  
12 Main Street / 204-378-5155  
[rdfc@mymts.net](mailto:rdfc@mymts.net) / [www.rivertonfc.com](http://www.rivertonfc.com)

**SANDY LAKE**

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

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

**SELKIRK**

**Gordon Howard Centre**  
384 Eveline Street / 204-785-2092  
[executivedirector@gordonhoward.ca](mailto:executivedirector@gordonhoward.ca)  
[www.gordonhoward.ca](http://www.gordonhoward.ca)

**SNOW LAKE**

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

**STEINBACH**

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

**STONEWALL**

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

**SWAN RIVER**

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

**THE PAS**

**The Pas Golden Agers**  
324 Ross Avenue  
204-623-3663 / [djdlake@mymts.net](mailto:djdlake@mymts.net)

**THOMPSON**

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

**TREHERNE**

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

**VICTORIA BEACH**

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

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

**WINKLER**

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

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

# Manitoba - A Great Place to Age



Min. Scott Johnston

Dear Friends,

Since coming into office, our PC government have continued to support the people of Manitoba with a specific focus on seniors to further commit to them and their caregivers.

Premier Heather Stefanson created the *Department of Seniors and Long-Term Care*, of which I was honoured to be the first Minister. She designated a special mandate for this portfolio, that being the implementation of all 17 recommendations of the Stevenson Review, as well as bringing forth the seniors strategy.

On Feb. 22, I was pleased to announce and release “*Manitoba, A Great Place to Age: Provincial Seniors Strategy*.” The Manitoba government is committed to moving the senior strategy forward to ensure that older adults may remain in their homes as they wish.

In the strategy, we committed to supporting communities to become more accessible, safe, and tailored to the needs of Manitobans as we age, and in less than two months since launching the strategy, we have already invested over \$34 million in multiple key initiatives that will help us to realize this vision.

Most recently, I was at the Brooklands Active Living Centre in Winnipeg, to announce \$3 million in funding for two housing programs that will allow more

Manitoba seniors to safely age in their homes and communities as long as they choose.

\$1.5 million will go towards a new home modification grant program to provide financial assistance to seniors over the age of 65 and/or family members who have seniors over the age of 65 living with them with a household income under \$60,000. The provincewide grant will operate annually and allow for home modifications that enhance safety during daily living activities.

A further \$1.5-million investment will stabilize and strengthen the Manitoba government’s supportive housing program, which has over 750 units including 528 in Winnipeg and 236 in rural areas. This investment will increase the per diem rate to \$50 per resident across all regional health au-

thorities, to ensure residents receive high-quality services. The housing-with-care model provides residents in community-based congregate settings with access to comprehensive support services including meals, laundry, light housekeeping and personal support services.

The senior strategy is a living document with a vision that older Manitobans are valued and empowered to live healthy and productive lives in our communities. It is the actions that our PC Government will create real tangible change, and we are proud to be taking action on behalf of seniors as we continue to make Manitoba a great place to grow old.

Scott Johnston  
Minister of Seniors and Long Term Care

# THE SUMMER I DIED 20 TIMES

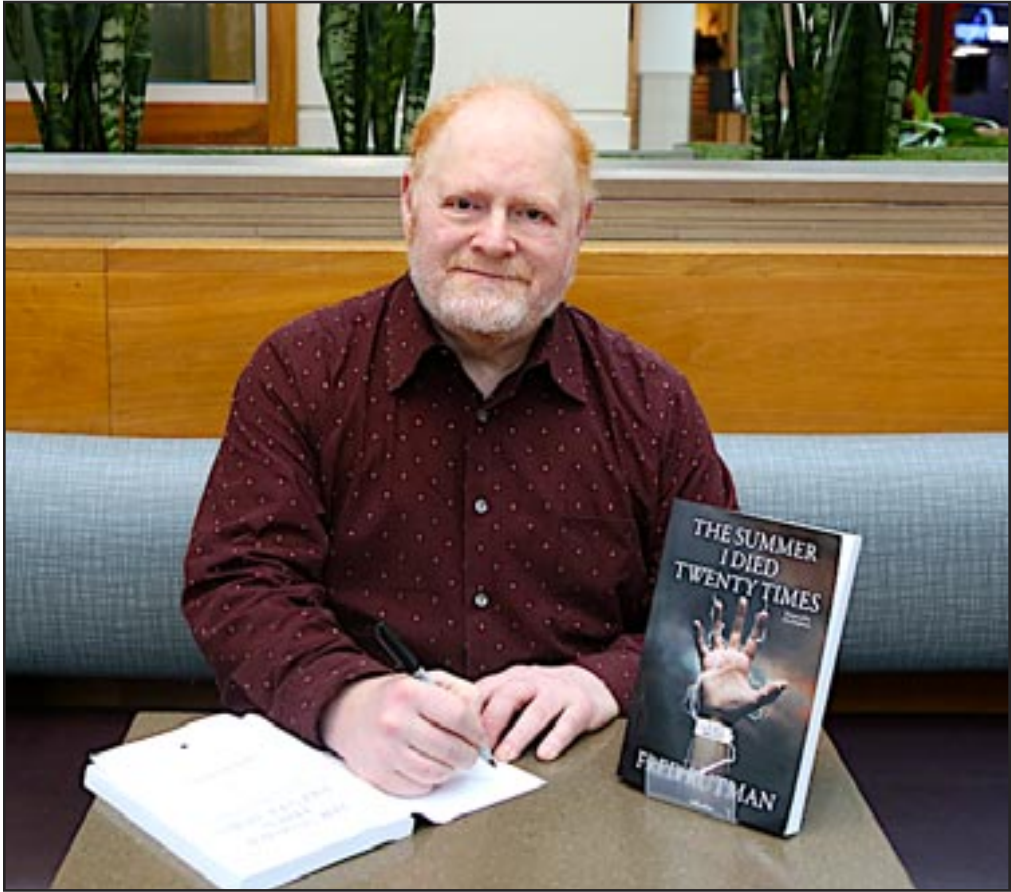
A book by former Winnipegger Fred Rutman about his true story of defying death over and over

Story by Myles Shane / Photo courtesy of Naomi Hiltz Photography.

*The Summer I died 20 Times* written by Winnipeg born author Fred Rutman tells the heroic and heart wrenching journey of a man who's continually stared death in the face and each time triumphed. "In the summer of 2009, I was clinically dead twenty times that we know of – heart stopped, no breathing, ready for the toe tag. And then I wasn't. Most times I died, I also collapsed, hit my head violently, and suffered a concussion. Concussions and oxygen deprivation are a pretty terrible combination for sustaining brain functionality. Or staying alive. I experienced memory loss, balance issues, depth perception problems, as well as PTSD and Post-concussion Syndrome, to name just a few issues."

How do I know Fred Rutman? We have a mutual friend who works at one of Canada's most well known and respected news magazines. My producer friend told me Fred's story and it literally blew my mind, no pun intended. I immediately reached out to Fred and we quickly bonded. Ironically he was born in Winnipeg ten years before me. We both lived in Garden City, a five minute walk from each other.

As a boy, Fred attended Winnipeg's only Hebrew school at the time. "I went to Talmud Torah until grade six. He would later achieve his MBA from the University of Winnipeg and his CACE from the University of Manitoba. Unfortunately his memories of Hebrew school aren't very positive. Many of his teachers insisted all he needed to do was apply himself and he'd be fine. However, back in the 50's and 60's schools knew little about issues like ADHD and



Fred Rutman, former Winnipegger, signing his new book.

other disabilities that without treatment could almost assure failing grades. "It also didn't help that I was an overweight redhead and had way above average verbal skills. My ability to speak and tell stories and give presentations is one of my strengths. Those teachers though - literally screamed at me for wasting paper and not trying hard enough.

Ah, a kid with special needs, parochial school and teachers trained in the military. A formula for soul crushing if I've ever seen one."

His dad worked for London Life and his mother was responsible for the payroll at the Seven Oaks School Division. "My mom suffered from depression all her life and my dad had the worst case of rheumatoid arthritis I've ever seen." Fred has an older brother and sister who have had their own issues but nothing compared to dying many times over. "I think one uncle and my grandmothers had some heart issues."

Fred didn't receive a diagnosis for his challenges until he was in his mid-30s. "I was tested and found to have a severe right brain hemisphere dysfunction. Or in layperson's terms, a good chunk of the right side of my brain wasn't working. So how does someone with a severe brain injury graduate high school and go onto to become a marketing and economics instructor?" "Well, I wasn't a candidate to be valedictorian, that's for sure. Lots of people with brain trauma/learning disabilities grind their way through. It's not something I consciously compensated for, as I didn't know I had these issues until I finally got diagnosed. The body is smart and tries to compensate within its limits."

The book which is available in Canadian and American book stores and online is the true account of the medical traumas of Fred Rutman. From 2009 through 2018, Fred faced continuous life and death situations that rocked every aspect of his life. *The Summer I Died Twenty Times* is a medical trauma memoir unlike any other. In one package, Fred Rutman provides his overcoming adversity, resilience and beating the odds a reader expects. With a side of sarcasm and humour, he may not be the hero you expected but he may just might be the hero you need.

The one question I was hoping Fred could answer was what awaits us on the other side? I've always been fascinated by life after death and I surmised I'd finally found an expert. Fred articulated that he didn't head towards the warm light, he didn't see dead relatives or friends. He certainly didn't have a life review or meet anyone that the bible describes as Jesus, God, Budda or any supernatural omnipresent being responsible for everything and everyone. Instead Fred indicated he'd left his body but still felt attached to it by a cord. As his soul hovered over his lifeless body he describes an unexplainable force

kept pushing his soul back inside his body. It was the most pain he'd ever felt. According to Fred every time he dies he feels the same type of torture. In an excerpt from his book he describes the feeling "I had a stroke at birth, which caused all sorts of brain trauma that no one caught. I have a heart condition called a severe full AV block. Why, they don't know. What they do know is it prevents your heart's electrical signals from telling the atria and ventricle to beat in synch. That is to say, my heart stops. Now I am 100% fully dependent on a pacemaker to keep me alive. Kind of like Iron Man, for you pop culture peeps. I've had four pacemakers in 11 years. Why, so many you ask? Because three of the four pacemakers, which rarely break or malfunction, have failed multiple times. Collectively, my heart has stopped 50 plus times."

Perhaps what's most perplexing about Fred's story is how someone can die at least 50 times and somewhere along the way a doctor wasn't able to stop the recurring deaths from continuing to happen. "They failed me by misdiagnosing me over and over again, which lead to my dying over and over again, plus all the head trauma. They kept trying to prove I was having a heart attack. I want to emphasize that my goal is not to diss anyone. It's just what happened. I don't want to piss off all the doctors who may be needed to save my life."

Another wonderful excerpt from Fred's book is, "My first memory about what I now call Fred's 2009 Summer of Death Tour (I think I might make T-shirts like bands do for concerts) is the first time I died. In reality, I didn't know I had died until many weeks later, after about the 17th of 20 times it happened. At first, I didn't realize how bad it was and didn't take it overly seriously. Later, I clued in and realized something terribly wrong was happening to me. Even when I clued in, there was no "Eureka" moment where all was revealed. As my brain continues to heal, more and more facts are revealed. There I was, marking Economics term papers in my home office. Many people would consider having to take Economics as some sort of a death sentence in itself. Grading some of those term papers often felt like that as well. Next thing I know, I was having the most brilliant fireworks display in my mind, with each explosion throwing multiple competing confusing thoughts and images at me for what seemed like 20 minutes. I actually felt the impacts of each explosion. And when I say felt, I mean felt like some unseen force was battering my body and beating the snot out of me. Upon reflection, fireworks is a much too pretty a description of how awful this was, as I later learned I was truly fighting to come back to life. I had never experienced anything so intense. It wouldn't be the last time, either. I eventually dubbed the beginning of these events as brainquakes."

The book was released in March but it took Fred many years to write. At first he had trouble remembering moments from his life because of the PTSD and Concussion syndrome, but a therapist asked to him consider journaling and initially the book was a mechanism for Fred to remember. Over time, Fred found the process was quite helpful and during Covid he had the opportunity to work on it in a more consistent manner.

Today, Fred lectures about his book and medical history at colleges and Jewish organizations throughout North America. In a month he'll be back in the hospital having another heart surgery.

To buy the book please go to the following link - [https://www.amazon.ca/Fred-Rutman/e/B0BWFD62W1%3Fref=dbs\\_a\\_mng\\_rwt\\_scns\\_share](https://www.amazon.ca/Fred-Rutman/e/B0BWFD62W1%3Fref=dbs_a_mng_rwt_scns_share)



## OPEN HOUSE

*Looking for a place to call home that's affordable, safe, and accessible?*

**Look no further than Fred Douglas Chateau (formerly Kiwanis Chateau)!**

We're excited to announce an upcoming **Open House on June 10, 2023, 10 AM - 4 PM** where you can experience first-hand the comfort and convenience of our life lease building. This is the perfect opportunity for you to see the building's features and amenities and meet our friendly residents and staff.

**Fred Douglas Chateau** offers a unique opportunity for seniors to live independently while enjoying the benefits of a close-knit community. Our suites are thoughtfully designed to accommodate all your needs, including spacious bathrooms, ample storage space, luxury vinyl planking (LVP), hardwood floors or carpeting, and more.

Our community is located in a prime location with easy access to public transportation, shopping, and medical services. Plus, you'll enjoy the added peace of mind that comes with our security and emergency response services.

During the Open House, you'll have the chance to tour our various floor plans, each designed to fit your unique lifestyle. Whether you're looking for a spacious one-bedroom or a roomy two-bedroom, we've got something for everyone.

**Fred Douglas Chateau** boasts a variety of features such as stainless-steel appliances, quartz/granite countertops, in-suite washer and dryer, balcony enclosures, heated parking and more. We also have the **Residents Choice Program** that is a truly low risk, high-return investment. 50% of your investment will be returned to you after 8 years, even if you are still living in the suite!

So why not join us for our Open House in June and get rent discounts when you move in? Tour our beautiful building and see for yourself why so many seniors have chosen to make **Fred Douglas Chateau** their home.

Don't miss out on this opportunity to see what life at our life lease building is all about. We look forward to seeing you there!



**Fred Douglas Chateau**  
430 Webb Place, Wpg, R3B 3J7 • 204-306-4617 • Email: [sisaac@freddouglasmanagement.com](mailto:sisaac@freddouglasmanagement.com)  
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Our Three Remaining Spring Shows for 2023!



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Charleswood United Church | 4820 Roblin Blvd.  
MASC Host: Charleswood 55+



Friday, June 2nd | Fort Garry  
Fort Garry Mennonite Brethren Church | 1771 Pembina Hwy.  
MASC Host: PAL 55+ (Pembina Active Living)



Tuesday, June 13th | North End  
Sgt. Tommy Prince Place | 90 Sinclair Street  
MASC Host: North Centennial Seniors Association



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[www.prosknowexpos.ca](http://www.prosknowexpos.ca) | Ph: 204.414.9290

# 5 Daily Habits and Routines to Improve your Quality of life

- Heart to Home Meals

Looking to turn your Golden Years into Platinum ones? You can! As you age, there are small changes that you can make to improve the quality of your life. From physical to cognitive and mental health improvements, we've identified 5 healthy aging tips that will help you in living your best life. Here's how to keep your body and mind in top form for years to come:

## MOVE MORE

Olivia Newton-John was on to something when she sang, "Let's Get Physical." At every age, exercise is important, but as you get older, exercising regularly becomes even more essential in helping maintain a healthy weight, bone density, agility, and immunity. Now, this isn't about becoming an extreme athlete, but instead doing at least 30 minutes of low-impact exercise (think: walking, yoga, swimming, gardening, cycling) 3-4 times a



week. Not only will this movement boost your mood and reduce stress, but it will also help make your body stronger to fight inflammation, help you sleep better, and can help prevent heart disease, diabetes, and arthritis. As well, incorporating light strength

training is key for maintaining muscle mass, which in turn can help in preventing falls and fractures. As evident from the listed benefits, exercising regularly can help you live better and longer.

## EAT A BALANCED DIET



Making smart food choices as we age directly impacts health, brain function, and energy levels. Nutrient-dense foods – such as fruits, vegetables, whole grains, healthy fats, and lean protein to name a few – can help in strengthening your immune system. Think that all sounds great but aren't keen to get cooking in the kitchen? **Heart To Home Meals** is here to help!

From comforting vitamin-rich **tomato soup** and **omega-rich salmon** to high-fiber **broccoli and barley risotto** and lean, protein-rich **chicken and vegetable casserole**, we've got you covered for breakfast, lunch, and dinner. Bon Appetit!

## SLEEP WELL

As we age, having a restful night is essential in maintaining good health and cognitive function. While getting enough sleep (experts recommend 7-9 hours per night) might feel like a pipedream, quality sleep will help you stay healthy and alert. On the flipside, sleepless nights can impact your memory and mood, resulting in exhaustion, irritability, forgetfulness, and depression. Suggestions for sleeping like a baby include creating a sleep schedule (go to bed and wake at the same time), avoid napping later in the day, practice stress-reduction techniques such as meditation and breathing exercises, and ensure you have the most comfortable mattress and bedding.

## STAY CONNECTED

While social isolation can be toxic, bringing with it higher risks of depression and dementia, the benefits of regular social interaction are countless, including increased joy and mental sharpness. Whether it's by telephone, video chats or a physical face-to-face, spending time with family and friends will stave off loneliness. Other ways to become socially active and boost your mood include taking a class, joining a book club, or volunteering and becoming more active in your community.

## CHALLENGE YOUR MIND



Activities for your brain are as important as physical activities are for your body. How to exercise your brain to keep it sharp? In addition to mentally stimulating activities such as reading, writing, games, puzzles, and learning a new language, instrument or craft, the healthy lifestyle behaviours listed above (exercise, a nutrient-rich diet, quality sleep, and stimulating social interaction) will help improve cognition, self-esteem, and joy.

Healthy habits, when done long enough, will become beneficial routines. Embracing these 5 healthy habits will help you stay young as you age and keep you drinking from the fountain of youth!

To learn more about getting our delicious chef-created, and nutritionist-designed meals delivered right to your door, call **204-816-8659**.

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RETIREMENT COMMUNITY

Leaving  
a Legacy

Stories of hope  
and inspiration

“Scripture taught me it’s better to give than to receive.  
I feel joy from supporting charities and helping my community”

~ Blair Mason

# Retired Farmer Expresses Gratitude to HSC after Receiving Lifesaving Care

“HSC saved my life three times. Becoming a legacy giver is my way of giving back.”

You won’t find the Mason Boote Museum on the Internet. To visit this farmyard collection of old trinkets, antiques, and relics, you have to know Blair Mason, the founder and curator.

Managing the museum keeps Mason busy, and he’s proud to have opened the doors to over 700 visitors.

The museum is also a living tribute to his parents and grandparents.

Inspired by their example, Mason calls himself a giver. “My dad always helped people out with combining and other jobs. Financially, too,” says Mason. “And my grandparents always opened their home to others.”

Mason was born in 1956 and was raised and worked on the family farm. After high school he took on a variety of jobs, including stints with Holiday Mountain, Kimberly-Clark, Manitoba Hydro, at an abattoir, and working on a pipeline. Before retiring and turning his attention to the museum, Mason was an avid golfer and curler.

He remains active in his church, citing his Christian faith as a source of his generosity and values.

**“Scripture taught me it’s better to give than to receive. I feel joy from supporting charities and helping my community,”** says Mason. “People who don’t give of themselves are missing something important in life.”

In 2021, Mason decided to join the **Health Sciences Centre Foundation’s Bannatyne Legacy Circle**—a community committed to supporting HSC Winnipeg by endowing a final gift to the Foundation.

“HSC saved my life three times,” says Mason. “Becoming a legacy giver is my way of giving back.”

His first encounter with HSC was in 2009. He was farming and started feeling unwell. At the hospital in Swan Lake, it was determined that his kidneys were failing due to a bad reaction to his arthritis medication. He was rushed to HSC and put on life support for nine days before recovering.



A grateful Blair Mason is a legacy giver.

Three years later, HSC saved him again following a stent that was inserted at another hospital that ruptured an artery and bled into his lungs. “They performed surgery immediately to stop the bleeding and saved my life,” recalls Mason.

His most recent HSC experience was in 2019.

“It turned out I had a parasite from my stent. I was getting poisoned. I nearly died, but HSC pulled me through,” says Mason.

So, while tending to his Mason Boote Museum honours the past, and his HSC Foundation legacy gift supports the future, Blair Mason is focused on living his best life today: helping others, staying well, and setting an example for the community.

**To learn how you can support the Health Sciences Centre Foundation in transformational and powerful ways, please contact Irma McKenzie, HSC Foundation’s Director of Gift Planning, at 204-515-5624 or 1 800-679-8493 (toll-free).**



# An Impact for All Time

## WHAT LEGACY GIVING IS ALL ABOUT

It’s about demonstrating your values. It’s about expressing your confidence in the future of health care in Manitoba. It’s about inspiring others. And it’s about setting an example for your children and grandchildren.

When you commit to leaving a gift in your will to the Health Sciences Centre Foundation, you are named to the Bannatyne Legacy Circle, a community of passionate Manitobans who care deeply about the future of HSC.

Donors come from all walks of life. There is no minimum gift. All gifts have impact.

For more information about the HSC Foundation Bannatyne Legacy Circle, please contact Irma McKenzie, Director of Gift Planning, at 204-515-5624 or 1-800-679-8493 (toll-free).

[www.hscfoundation.mb.ca/impact/legacy-giving/](http://www.hscfoundation.mb.ca/impact/legacy-giving/)



# Leaving a Legacy

“We enrolled Abel in the CHAMP Program and attended our first seminar when he was only a few weeks old. We knew after that first seminar that everything was going to be OK.”  
~ Cortney and Ryan Walker

## Young Boy is a War Amps “Champ”

Eight-year-old Abel Walker was born missing the lower part of his left arm. Abel, a member of **The War Amps Child Amputee (CHAMP) Program**, receives financial assistance for artificial limbs and devices and also attends regional seminars where Champs and their parents learn about the latest in artificial limbs, dealing with teasing and staring, and parenting an amputee child.

His parents Cortney and Ryan describe how The War Amps has supported their family.

“We enrolled Abel in the CHAMP Program and attended our first seminar when he was only a few weeks old. The support and strength of the CHAMP community was undeniable and truly heartwarming. We knew after that first seminar that everything was going to be OK,” say Cortney and Ryan. “As he has grown up, being a part of CHAMP has helped him feel secure in himself and his abilities. His prosthetic arm and device that The War Amps funded allows him to do everyday tasks as well as play sports. For us, knowing that CHAMP will pay for the artificial limbs that he needs means fewer worries and that Abel can enjoy the same activities as other children.”

The Association encourages Champs to develop a positive attitude towards their amputation and try whatever activity they set their mind to. “Abel’s determination and zest for life is an inspiration to all,” said Danita Chisholm, Executive Director, CHAMP Program. “Thanks to the public’s support of **The War Amps Key Tag Service**, we are able to help young amputees like Abel



Abel Walker is a member of The War Amps Child Amputee (CHAMP) Program.

reach their goals.”  
The War Amps receives no government grants; its programs are made possible through public support of the Key Tag and Address Label Service.  
**For more information, or to order key tags, visit [waramps.ca](http://waramps.ca) or call toll-free 1-800-250-3030.**

May 5, 2023

## MANITOBA GOVERNMENT REMINDS INDIVIDUALS, FAMILIES OF FREE, ACCESSIBLE MENTAL-HEALTH RESOURCES

The Manitoba government reminded individuals and families across the province during **Mental Health Week (May 1-7)** about the availability of free and accessible resources to support mental health and well-being, Mental Health and Community Wellness Minister Janice Morley-Lecomte announced.

“Mental Health Week is a perfect time to raise awareness of the many resources Manitobans can access for support,” said Morley-Lecomte. “I encourage all Manitobans to take proactive steps to promote good mental health and to reach out for help if needed.”

The minister noted online programming is available for adults affected by anxiety and

depression through the **Strongest Families Institute’s** eight-week **ICAN program**, which provides virtual evidence-based, bilingual coaching services to individuals dealing with mild to moderate mental-health issues. Services focus on developing skills to overcome anxiety, depression and stress, as well as strategies to cope with major life stressors. One-on-one or group-based telephone coaching and self-directed web-based programming options are available.

Individuals can self-refer to the program by calling toll-free **1-866-470-7111** or at <https://login.strongestfamilies.com/signup/ican/page/1/>.

See **Mental Health Resources**, Cont’d on page 12

**Are you 65 or older?**  
Help us learn about and address social isolation and loneliness in older adults in Canada. Share your insights with the Canadian Coalition for Seniors' Mental Health by taking our survey.  
Just scan the QR code with your phone's camera:

**[ccsmh.ca](http://ccsmh.ca)**



*Leave a lasting gift*

with a charitable estate donation in your will. Your support provides amputees, including children, with the essential artificial limbs they need to thrive.



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“I’ve looked after my children but also the causes that are important to me. I strongly believe that when people come together to contribute, we can accomplish great things.”  
~ Brian Foreman

# Leaving a Legacy



**HERMAN OLAFUR THORVALDSON**  
June 15, 1934 - April 15, 2023

It is with profound sadness that we announce the passing of our dear father, Herman on April 15/23. Over the last few months, he had been in the hospital with challenging health issues - and true to his strong, Icelandic resilient nature - fought very hard to overcome them. In the end, we believe he was at peace knowing that it was time for him to stand down from the fight. He passed away peacefully in his sleep just before midnight.

Lovingly remembered by daughters, Jocelyn (Greg) Dunstan and Karen Banfield; granddaughters, Alexandra and Mackenzie Banfield; brother Albert (Anne) Thorvaldson; sisters, Evelyn Allen and Margaret Holman; stepson Jared (Brooke) Longstaffe and children, Jessica and Hunter - along with many cherished nieces, nephews, cousins and friends.

Predeceased by his parents, Lilja and Thorvaldur (Valdi); wife Rose Thorvaldson; beloved son Jason Thorvaldson; brothers, Thor, Lawrence and Ross Thorvaldson and ex-wife, business partner and friend Julia Thorvaldson.

Born in Riverton, MB to parents of Icelandic descent, our father and his family eventually moved to Winnipeg where he completed his high school education at Kelvin High School. He started working for Famous Players movie theatres at the age of 17 as an usher at both the Osborne and Capitol theatres. Management soon discovered he had the aptitude to learn the financial books and by doing so, he was transferred to their theatre in Brandon, MB. At the age of 19, Famous Players considered him to be the youngest theatre manager in Western Canada. In his lengthy theatre career (1951 to 1980), he was the manager of the newly opened Polo Park cinema, Gaiety, Colony and Capitol theatres.

His artistic creativity enabled him to learn to manually design the theatre advertisements for the newspapers when the advertising manager was on vacation during the summers. He and our mother, Julia won several awards for designing special displays for movies - the most cherished one being from Walt Disney for the movie ‘Fantasia’. During that time for a few years while on a break from Famous Players, he became a programmer and eventually the office manager at National Cash Register.

His life took on a new direction in 1959, when at the age of 25 years, he and his parents went into partnership together and founded the ‘Thorvaldson Nursing Homes’. A privately owned heavy care nursing home with 30 residents. That same year, he became a founding member of the Nursing Home Association of Manitoba (now called Long Term & Continuing Care Association of Manitoba) holding the position of chairman from 1962 to 1978. In 1977, he was also a founding member of the Canadian Long Term Care Association.

In the late 1970s, the decision was made to sell the nursing home and move the business to Strad-

brook Avenue where we converted to a facility that catered to those elderly who required a lower level of care as compared to a nursing home. In the mid-1990s, the older original homes on the property were torn down and replaced by our existing Thorvaldson Care Centre. Our father was instrumental in the design of our new building and helped to oversee the construction. He, along with our mother Julia as administrator, were deeply devoted and committed to caring for the elderly at a particularly vulnerable stage of their lives.

His dream and vision was to offer a new and unique model of ‘Intermediate’ care for the elderly in a non-institutional, home-like environment to enable them to enjoy a high quality of life in the community for as long as possible. We estimate that over the course of the last 64 years of caring for the elderly - our family has offered a safe haven for thousands of residents, along with peace of mind for their many family members

For many decades, our father had been pro-active in advocating for the elderly in our province by strongly encouraging the government to formally recognize the great necessity and demand for this unique intermediate model of care. While we continue to remain hopeful, it was most unfortunate that after his many years of service, advocacy and devotion, he was not able to see his decades long vision of being formally recognized come to fruition.

Our father was a gentle soul with a kind and generous heart. Forever young at heart, he will fondly be remembered for his charming nature, quick wit and sense of humour. He cared deeply for his family, and so many wonderful times and joyful memories were shared together with him. He was larger than life, and it felt like the room shone brighter when he was there. Over the years, when things became challenging, our father’s strong determination, direction and work ethic, always managed to pull us through. Failure or giving up was just not an option for him. His enduring strength and resilience was instilled in us, his children, from a very young age.

He warmly touched many lives during the course of his life. Not only are we very proud to have had him as our father and our friend, but feel it was an absolute gift and privilege to work alongside him for so many years. We will continue to carry on his wonderful legacy with grace and pride.

A heartfelt thank you to the thoughtful and caring staff at our Care Centre for your love and support to our father and family during this challenging time. As well, to the staff at the Health Sciences Centre (GH4) for your assistance and kindness over these past few months.

Rest easy in gentle peace, dearest dad. After so many years of caring for others, this final peaceful journey is very well deserved. You are so loved and will be very greatly missed.

A Celebration of Life will be held on Wednesday May 10, 2023, at 6:30 p.m. at Neil Bardal Funeral Centre - 3030 Notre Dame Ave. For those wishing to watch the livestream webcast of the service, please see the details on our father’s memorial page at [www.neilbardalfuneralhome.com](http://www.neilbardalfuneralhome.com).

As published in Winnipeg Free Press on Apr 29, 2023

**Condolences to the Thorvaldson Family**  
~ from Senior Scope

## Legacy Gifts Create a Strong Future for Cancer Research and Treatment in Manitoba

Will changing the course of cancer be a part of your legacy? A gift in your Will to **CancerCare Manitoba Foundation (CCMF)** is an investment in a future free of cancer.

Brian Foreman decided to make a legacy gift to honour his wife Marnie’s memory. “Marnie was so appreciative of the excellent care she received at CancerCare Manitoba,” said Brian. “She inspired me to give back.” Brian first raised funds with a **Miles for Marnie** initiative and then became involved with various committees before joining the CancerCare Manitoba Foundation’s board as a Director.

“I arranged a gift in my Will, and I am passionate in encouraging others to do the same,” said Brian. “I’ve looked after my children but also the causes that are important to me. I strongly believe that when people come together to contribute, we can accomplish great things.”

In fact, Brian believes in our collective power for change so strongly that he is now Chairing the Planned Giving Committee for CancerCare Manitoba Foundation.

Legacy gifts help provide services at CancerCare not eligible for government funds. Your gift will ensure Manitobans with cancer live longer and better lives due to the availability of new treatments and technology.

A gift in your Will perpetuates your values and beliefs and brings to life your desire to make a difference for others. There are several ways to make a legacy gift to CancerCare Manitoba Foundation:

- Make a gift in your Will for a specific amount or property, or for a percentage of the residue of your estate
- Designate CancerCare Manitoba Foundation as the beneficiary of a life insurance policy, RRSP, or RRIF



**Brian Foreman honours his wife’s memory with a legacy gift.**

- Donate an existing life insurance policy
  - The very best possible physical and emotional support and care for Manitobans affected by cancer and their families
- Interested in getting started?
- To learn more about planning your gift to CancerCare Manitoba Foundation, please call Monique Gauthier, Development Manager at 204-927-5433, or email [mgauthier8@cancercare.mb.ca](mailto:mgauthier8@cancercare.mb.ca).**
- Together, we can create a world without cancer.*

### Will Changing the Course of Cancer be Part of Your Legacy?

Including CancerCare Manitoba Foundation in your legacy planning is an investment in a future free of cancer while improving treatment and outcomes today.

You can feel good knowing your gifts remain in Manitoba ensuring your family, friends and neighbours are receiving advanced care in their own communities.

Your gift will have a profound impact on families and will support local cancer research, clinical trials, advanced equipment and facilities, prevention and improved patient outcomes.



[cancercarefdn.mb.ca](http://cancercarefdn.mb.ca)  
204-787-4143

**CancerCare Manitoba FOUNDATION**  
*All funds raised stay in Manitoba.*

# Leaving a Legacy

"We saw first-hand an amazing team. People who deeply cared about the sick and injured children in our community. And who also care about the pain that parents like us feel when their children suffer. That's why we both decided to make special gifts in our wills."

~ Sheila and Daryl Reid

## Your legacy can #GiveBetterFutures for sick and injured kids

As we look towards the future, it's the tiny feet of yesterday, today and tomorrow that bring hope. Children will become the leaders we look up to, and trust to build a better world. It's important we make sure they have the support they need through **HSC Children's Hospital** and **Children's Hospital Research Institute of Manitoba (CHRIM)**.

**May is Leave a Legacy month** – a time to plan the legacies we will leave behind for kids as they grow. A planned gift to the **Children's Hospital Foundation of**

**Manitoba** will **#GiveBetterFutures** for sick and injured kids for years to come.

There are so many ways to keep children in mind, like a gift in a will, a gift of insurance, a trust, RRSPs, or other planned gift. When you share your intention to make a planned gift, you join the **Annie A. Bond Legacy Circle**, named to honour the dedicated nurse who opened our children's hospital in 1909.

We're so thankful for members, like Kathryn McBurney, whose daughter, Quinn, needed HSC Children's not once,

but twice. First for life-saving care after a critical collision, and then for gender-affirming care.

"I want every child to have a better future like mine now does," says Kathryn.

Legacy giving is often a family decision, and that rings true for Allan and Kerry Bartlett. They have planned a gift to support CHRIM's future, to share their gratitude for research. When Bryan was two days old, he contracted spinal meningitis. Doctors treated Bryan with a newly developed drug, and it saved his life.

"Because of our experience with Bryan and recognizing the fact that it was research that discovered the drug that saved our son's life, our reason for donating a legacy gift is to keep that research going. We wouldn't have Bryan without it."

Sheila and Daryl Reid generously chose to make a gift in their wills. They experienced the heartbreaking loss of their son, Jordan, shortly after he was born due to a rare condition. Though it was an incredibly difficult time, they felt supported by the team at HSC Children's.

"We saw first-hand an amazing team. People who deeply cared about the sick and injured children in our community. And who also care about the pain that parents like us feel when their children suffer. That's why we both decided to make special gifts in our wills."

**Help make sure all kids have the best care possible. Learn more about making a planned gift to the Foundation by contacting Courtney Nodrick at [cnodrick@goodbear.ca](mailto:cnodrick@goodbear.ca) or 204-594-5337.**



Kathryn and her daughter, Quinn, celebrate Quinn's graduation thanks to life-saving care at HSC Children's Hospital.

### Mental Health Resources, Continued from page 10

Manitobans can also develop skills to improve their mental health through a five-week mindfulness-based cognitive behavioural therapy (CBTm) program. The locally developed program incorporates principles of mindfulness to help participants reduce stress, anger, fatigue, sleep problems and negative health outcomes, while building skills to cope better with stressful situations. Participants can opt for facilitator-led classes led by a trained clinician over Zoom or a web-based self-guided course. For more information on the program or to self-refer, visit <https://cbtm.ca/>.

In addition, virtual support for mental health and substance-use issues is available through **Wellness Together Canada** including immediate crisis support, evidence-based information and tools, peer support and one-on-one sessions with a counsellor via phone, text or live chat. The free service is available 24-7. For more information, visit <https://wellnesstogether.ca/>.

Local mental health and addictions organizations continue to provide services and supports in person, on the phone or through virtual mechanisms. For information on local crisis and non-crisis mental-health services available by region, visit [www.gov.mb.ca/health/mh/crisis.html](http://www.gov.mb.ca/health/mh/crisis.html).

The **Mental Health and Wellness Resource Finder** also provides a number of mental health, wellness and addictions supports and resources at <https://sharedhealthmb.ca/services/mental-health/mental-health-and-wellness-resource-finder/>.

As well, the **Manitoba Addictions Helpline** for individuals dealing with alcohol, drug and gambling issues continues to be available from 8:30 a.m. to 4:30 p.m. toll-free at **1-855-662-6605**. More information is available at <http://mbaddictionhelp.ca/>.

Since 2019, the Manitoba government has announced over 54 initiatives valued at more than \$66 million to improve mental health, substance use and addictions services across the province including:

- an investment in CBTm over the past two years totalling \$1 million including \$300,000 to establish a CBTm hub,
- an investment of \$853,000 for five new clinical psychologists, and
- more than \$5 million invested in **Huddle Manitoba** integrated youth hub services including mental health and addictions supports for six locations provincially.

These investments and services align with the Manitoba government's five-year strategic plan, **A Pathway to Mental Health and Community Wellness: A Roadmap for Manitoba**, which was announced in February 2022 following extensive public and stakeholder engagement.

For details on the strategy, visit <https://gov.mb.ca/mh/docs/roadmap.pdf>.

For more information on Mental Health Week, visit <https://cmha.ca/mental-health-week/>. ■

"I'm proud that my gift will make a difference for sick kids, even after I'm gone."

– MEREDITH

For a confidential discussion on how your legacy can help, contact 204-594-5323 or [info@goodbear.ca](mailto:info@goodbear.ca)

Your present can change their future.

[goodbear.ca](http://goodbear.ca)

“We are thrilled the Manitoba government is supporting the Self and Family-Managed Care program,” says Cooke. “This additional funding will go far to help our Care Possible clients get the care they deserve.”  
~ Lindsey Cooke, Director of Provincial Services at Manitoba Possible

# Leaving a Legacy

## Home care solutions - Connecting you with the care you choose



Connecting with the right care provider can be challenging. Many Manitobans spend a lot of time and money searching for the right person, while others are going without important services like home care or respite. However, there is now a solution for those struggling to access qualified and trusted help.

**Manitoba Possible** (formerly Society for Manitobans with Disabilities) recently launched an innovative online platform called **Care Possible** that connects qualified and verified service providers with the individuals and families who need them. Care Possible is safe and accessible, and can be accessed through a computer, tablet, or phone.

In just over six months, more than 1,000 new users have been onboarded, showing that Manitobans are enthusiastically embracing this new home care solution.

“We held forums and listened to the needs of families and individuals in our community who are struggling to access qualified, trusted, and available help,” said Lindsey Cooke, Director of Provincial Services at Manitoba Possible. “Care Possible is here to help mitigate those issues of safety and security to bring about change in our community.”

Featuring interactive maps, filtering criteria (language, skills, availability), communication tools, scheduling, and a secure online payment system, the platform makes the administration of self-managed or family-managed care simple.

The government’s recent investment of \$12.6-million to increase annual funding

for the **Self and Family Managed Care Program** will better enable Manitobans to have costs subsidized when using home care and respite through Care Possible.

“We are thrilled the Manitoba government is supporting the Self and Family-Managed Care program,” says Cooke. “This additional funding will go far to help our Care Possible clients get the care they deserve.”



Many Manitobans assume self-managed care is cost-prohibitive, not realizing that self-managed care is an insured service for qualifying Manitobans. Based on your assessment by the Regional Health Authority, a care plan is developed, and those services you are eligible for based on your health needs are reimbursed at a preset rate. This reimbursement makes self-managed home care much more affordable. Self-managed care through Care Possible also gives you a choice of who cares for you and when care is received.

People seeking care and support workers can sign up today at **CarePossible.ca** or call **204-975-3080**.

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The logo for Will Power, featuring a stylized graphic of a person's arm and hand in blue and white to the left of the text "WILL POWER" in a bold, sans-serif font, with "Support a charity in your Will" in smaller text below.



# IN TUNE WITH OUR COMMUNITY

~ May 2023 ~

## Memories of Motherhood

Just the other day, I had the opportunity to visit with a woman home on maternity leave with her two-month-old son, Lincoln. Although I didn't stay long, the experience was transformative. She was standing in the living room with her son in her arms, doing that swinging motion that all moms have done at least a zillion times trying to comfort their restless infants. Back and forth... back and forth... oh yes, I remember it well.

After the visit, my mind kept going back in time to when my first-born was that age. We're talking more than three decades. (My "baby" just turned 35.) I remember with such clarity how tiny and vulnerable he was – "mommy" was his whole world. I fed him, changed his diapers, put him down for naps, tended to his cries during the night and was there for whatever discomforts his little body endured.

I realize I'm not being fair to his father. He definitely took turns caring for Nolan. Sometimes, during the baby's colicky periods, Kevin was the only one who could calm him down. I still remember him pacing the floor with my son for what seemed like hours. And the colic always seemed to be at its worst around suppertime, after my husband got home from a long day at the office. But this is my story. So let's put aside Kevin's indis-

pensability for the time being.

Sometimes I think back to that period in my life and remember it as a time of pure joy. Taking care of a little person that you love with your whole being (no, more than your whole being)—how can that not be the height of joy? A mom's selective memory can easily edit out what doesn't fit – like the non-stop crying, the vomiting, the peeing in your face at diaper time – did I mention the non-stop crying?

I remember how excited I was to give Nolan his first taste of real food (yes, I'm putting baby food in this category – well, it beats breast milk!) He would open his mouth expectantly and as soon as the spoon touched his lip, either receive it hungrily, or reject it

with a look that screamed, "How dare you put this crap in my mouth!" I could either take it personally, seeing my son's reaction as a betrayal of trust, or take a big mature breath and try again, thinking, "I know what's good for you. You'll have to trust me."

This inner dialogue had a habit of repeating itself each time a new "task" was attempted (sleeping through the night, walking, going to the potty... you get the picture). Moms don't always get to be the heroes. We do what needs to be done with as much love, understanding and consistency that can be mustered.

But more times than I can count, I remember just watching this baby turn into a little boy before my eyes. And he was such a beautiful little boy, sometimes my heart hurt from all the love I felt for him. He was certainly the best part of me.

He and my "little girl" (about to turn 30), still bring out the best in me. I don't see them as much as I would like, but I'm proud of the people they've become. They are both kind, creative, empathetic humans, and they own their success. The way I see it, that's all, or more, than a mother could hope for.

Happy Mother's Day to all the mothers out there!

*Robbi Goltsman-Ferris is a CJNU Volunteer*



## Our May Host Sponsor – The Royal Aviation Museum of Western Canada

We are thrilled to welcome The Royal Aviation Museum of Western Canada as our May Host Sponsor—and to be broadcasting once again from the incredible new museum!

It's been nearly one year since the new Royal Aviation Museum opened here in Winnipeg – and what a year it's been.

We have had 80,000 visitors since last May, acquired three new aircraft, added five new STEM programs in our education department, and hosted some really fun events like our recent Easter egg hunt and last year's Father's Day event. And we've got a lot more to look forward to!

We've put together something very unique for May 4. During a special tour being offered at 1 pm and 6 pm, we'll be exploring aviation's influence on the world of science fiction by drawing connections between our aircraft and some of the most popular sci-fi movie franchises of all time. Also, in the evening, visitors can have their pictures taken with Darth Vader, Mandalorians, and stormtroopers, courtesy of the 501st Legion, Mando Mercs and Droid Builders, and watch a live light-saber demonstration by the River City Jedis.

Mark your calendars for our one-year birthday bash on May 20! We're planning to celebrate the occasion with free parking, reduced admission, giveaways, and the launch of something that's been brewing with one of our partners for the past few months...



Mezzanine view, overlooking the galleries. David Lipnowski photo. Courtesy of RAMWC.

Looking even further ahead, we're putting together another fun Father's Day party on Sunday, June 18. The British Car Club of Manitoba will be joining us again, along with the Austin Healey Club of Manitoba and the Mid-Canada Mini Club. We'll have more giveaways plus a food truck in Aviation Plaza.

We recently launched RAMWC corporate memberships, which provide great opportuni-

ties for teams to connect and collaborate. Memberships are available at four different levels and include things like annual passes, savings on venue rentals, complimentary admissions and more. Email [brent.phillips@royalaviationmuseum.com](mailto:brent.phillips@royalaviationmuseum.com) for details.

We look forward to seeing you at the museum soon!

**Find us @CJNU937 on Social Media | Visit [CJNU.ca](http://CJNU.ca) to learn more!**



# Now Available!

## The *Virus Diaries* and Other Stories

Author Rick Goodman was born and raised in the Interlake (Manitoba). He shares a collection of **HUMOROUS** stories of adventures and misadventures including the Covid-19 pandemic, travel, childhood memories growing up on the farm, outdoors (hunting and fishing), and so much more.

Books are available at **HEAVEN SCENT FLOWERS & GIFTS** (77 1/2 - 2nd Ave. Gimli, MB - 1-866-299-4979)

Or order by email: [rickgoodmansk@gmail.com](mailto:rickgoodmansk@gmail.com) or call **306-833-7900 (SK)**. Or call **204-467-9000 (Senior Scope)**.

Payable to Rick Goodman by e-transfer (to [rickgoodmansk@gmail.com](mailto:rickgoodmansk@gmail.com)) or cheque.

Paid-for books can be picked up at the **Senior Scope** booth at the **Pros Know Expos** on May 25, June 2 or June 13th. See page 7 for locations. Call **204-467-9000**.

**FREE DELIVERY** In Wpg. and some rural communities. Call for info.

ADVERTISING FEATURE

# Walking to Celebrate Dad: Andy's Crew

- Alzheimer Society of Manitoba

For Lorna Trapp and her family, the IG Wealth Management Walk for Alzheimer's is a day to celebrate her dad, Andy.

They experienced their first Walk last year – the first one back in-person since Covid. Lorna says she could feel the happiness and excitement blooming among Walk participants, volunteers and staff. Everyone was thrilled to connect again for this great event.

When her dad was diagnosed with dementia, Lorna called the Alzheimer Society to get advice on how to spark comfortable conversations and interactions in a way that wouldn't make him feel overwhelmed. Her dad had always been kind, outgoing and chatty, but dementia caused him to lose those social abilities.

Other members in Lorna's family had lived with dementia – both her uncle and grandfather – so she'd seen some of the effects of the disease before. But seeing firsthand how dementia impacted her dad made her realize just how life-changing this was for her whole family.

Her dad passed away in 2021 and Lorna had been looking for a way to remember and honour him. She was aware of the Walk and thought it would be the perfect opportunity.

In preparation for the Walk, Lorna and six of her family members formed the team, Andy's Crew.

"It was an emotional day. It was a time to think about dad, about the challenges he went through, and about the loss my family felt," Lorna says. "It was also a great way to come together as a community of people, all there to support one another."

For Lorna, raising money to support others on a dementia journey meant other families could continue to access the resources that had helped her family. Lorna received support from the Society when her family didn't know where else to turn for information. She's attended workshops and education sessions where she heard others discuss their struggles with dementia, and realized just how many families are affected.

"The Society's programming is just so important, and the education sessions are key to people looking for that helpful information," Lorna says.

Andy's Crew is excited to attend the Walk again this year – with even more family members joining the team. ■

*See advertisement on front page*

# BREAKING NEWS YOUR BAND is back in support of Before The Bridge SENIOR K9 Rescue.

By Yvonne Maxim


ROCK & ROLL ODYSSEY "A Musical Journey", with the BREAKING NEWS YOUR BAND, will transport you thru a nite of classic hits from the '70's and 80's. They will cover some of the best songs of that era and play some of our original work. They replicate the hit songs SO close to the original artists. Sing, dance or sit back and relax and enjoy some music from one of the best eras in music!

Sit in comfort at the Pauline-Boutal Hall at the Centre Culturel Franco-Manitobain at 340 Provencher Blvd. in Winnipeg on Friday, May 19th, at 7 pm, and let the music take you back in time. Tickets are only \$20.

I volunteered to organize this senior dog rescue event as my dog is 17 and I see how

aged dogs need care and loving homes. Many older dogs are being relinquished for various reasons post co-vid.

Tickets available on eventbrite or call: Yvonne at 204-224-2600.



My dog Princess (who now has a wheelchair as her back legs don't work).

# Villa Heidelberg

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# Sri Lankan Seniors Manitoba - Art and Craft Exhibition

- Senaka Samarasinghe

Sri Lankan New Year celebration (2023) was organized by Sri Lankan Association of Manitoba (SLAM) at Victoria Inn Hotel and Convention Centre on April 15th (SAT) 2023.

Sri Lankan Seniors Manitoba (SLSM) arranged an exhibition of Sri Lankan art and crafts with more than 50 items created by two seniors namely Charlotte Gunawardene and Sam Wijewardena. As an artist Charlotte created more than twenty scenery paintings and Sam created wooden wall-clock, two dozen coconut shell spoons in six sizes and there were Sri Lankan ornaments too.

About 300 participants attended the new

year ceremony whereas three distinguished invitees namely Hon. Terry Duguid Member of the House of Commons, Hon. Scott Gillingham Mayor of the City of Winnipeg and Hon. Janice Lukes, Deputy Mayor visited the art and craft exhibition. ■





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Things To Do - WINNIPEG

Check your 55+ Active Living Centre's Summer Schedule or Closures

*Events / Sale Events / Luncheons*

**Lakeside Quilters** - Quilt Show, Fri. Jun. 9, 10 am-8 pm & Sat. Jun. 10, 10 am-4 pm, Gimli Rec Centre, 2 quilt categories: Quilts/quilted items and Donation Quilts. New category: Fabric Art. **Entries close May 18.** Adm. \$8/day (under 12 free). Silent auction, door prize, Fat 1/4 Café. Proceeds to Interlake projects and orgs. Info: [lakesidequilters.ca](http://lakesidequilters.ca)

**Herbfest 2023 'Healthy Living'** - Hosted by The Herb Society of MB, Sat. Jun. 10, 10 am-3 pm, at The Leaf; and Herb Garden (corner of Diversity Drive and The Leaf Way in Assiniboine Park). Guided tours, herb / plant sale, bake sale, herb demos. Info: [www.herbsocietymb.com](http://www.herbsocietymb.com)

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

**The Women's Canadian Club of Winnipeg** - Luncheon, May 16 (entertainment starts 11:30 am. Lunch 12 noon), RBC Convention Centre. Speaker: Rhonda Hinther, on 'Ukrainians in Canada: Histories of Diversities'. Before luncheon, women singing and dancer. \$35 pp. Reservations: **204-488-8750** or [rochelpin@mymts.net](mailto:rochelpin@mymts.net)

**A & O: Support Services for Older Adult** - 2023 Virtual Housing & Active Lifestyles Expo, Tue. May 30, 9:30 am-3:30 pm. Past exhibitors get first chance to be a virtual exhibitor. Info at: [sdvelvecchio@aosupportservices.ca](mailto:sdvelvecchio@aosupportservices.ca)

*Misc.*

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

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

*Music / Dancing*

**Bolero Dance Theatre** - Orpheus, a flamenco and Spanish dance production. Sat. May 27, 7:30 pm, & Sun. May 28, 2 pm, at Centre Culturel Franco Manitobain, 340 Provencher. Tickets avail. in advance: [www.bolerothedancetheatre.ca](http://www.bolerothedancetheatre.ca)

**Forever Young Club** - Volunteer Appreciation Dance, May 27, 3584 Portage Ave. Classic rock 50's/60's/70's with DJ. Steve Gajerski/SFG Music Service. Last dance before summer break. \$15, includes late lunch. Registration required: [fycwpg@gmail.com](mailto:fycwpg@gmail.com) or **204-261-4442**

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

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

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

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

*Sports / Fitness / Games*

**Manitoba 55+ Games** - Calling all card players! Card events have returned at the Games in Portage la Prairie, June 20-22. Contract & Duplicate Bridge, Cribbage (Individual & Pairs), Whist. **Register by Fri. May 19** at: <https://activeagingmb.ca/55games/register/>

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

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

**Garden City Senior Golfers Club** - looking for Men 55 and older to golf in a fun league, Once/wk, May-Sept. 75 members. Play in a different foursome each month within an hours drive of Wpg. Special green fees (golfer is responsible for) at certain clubs in city. Info, Brian Ridley: **204-669-4795**, [www.gcsgwpg.com](http://www.gcsgwpg.com), [pritchardfarm@shaw.ca](mailto:pritchardfarm@shaw.ca)

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

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

**Tuxedo Lawn Bowling Club** - Learn to Lawn Bowl, Tue & Thur 10 am-noon; Wed 7-9 pm; Sun 10 am-noon. No equip. required. Intro. free play. Virginia: **204-255-8828**

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

*Volunteering*

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

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

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

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

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

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

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

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

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

**St. James-Assiniboia School Div.** - seeking volunteer morning swim instructors for grade 3 students. Will assist qualified instructor at St. James Centennial and St. James Civic Centre Pools. Clear Police Record Check with Vulnerable Sector Search and Child Abuse Registry Check. Fully immunized against COVID-19 or valid exemption. **204-837-6697**, [pghb@mymts.net](mailto:pghb@mymts.net)

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

**Victoria Lifeline** - Melissa: **204-956-6773** or [msitter@victorialifeline.ca](mailto:msitter@victorialifeline.ca)

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

**Vista Park Lodge Personal Care Home** - in St. Vital - Volunteers needed. [Catherine.Linnemann@extendicare.com](mailto:Catherine.Linnemann@extendicare.com)

*Programs / Services*

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

RURAL MB

Programs / Services

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

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

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

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

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

**Interlake North Eastman** - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. **Arborg** and District Seniors Resource Council **204-376-3494**; **Ashern** Living Independence for Elders **204-768-2187**; **Brokenhead/Beausejour** Outreach for Seniors 268-7300; **Victoria Beach** - East Beaches Resource Center **204-756-6471**; **Eriksdale** Community Resource Council **204-739-2697**; **Fisher Branch** Seniors Resource **204-372-6861**; **Gimli** Seniors Resource Council **204-642-7297**; **Lundar** Community Resource

Council **204-762-5378**; **Riverton** & District Seniors Resource **204-378-2460**; **St. Laurent** Senior Resource Council **204-646-2504**; **Selkirk** & District Senior Resource Council **204-785-2737**; **Stonewall** - South Interlake Seniors Resource Council **204-467-2719**; **Springfield** Services to Seniors **204-444-3139**; **Teulon** and District Seniors Resource Council **204-886-2570**; **Lac du Bonnet** - Two Rivers Senior Resource Council **204-345-1227**, **Pinawa** **204-753-2962** or **Whitemouth/Reynolds** **204-348-4610** or **Winnipeg River** Resource Council **204-367-9128**

**Montcalm Service to Seniors** - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Chrystal: **204-746-4547** or [montcalmserviceprogram@gmail.com](mailto:montcalmserviceprogram@gmail.com)

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

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

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

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

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

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

**Springfield - Springfield Seniors** - Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. Masks and Proof of double vaxx required for programs. **204-444-3139**, [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net).

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

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

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

**Teulon School Spring Luncheon** - Fri. May 26, Gunton Hall, Gunton, MB. Open to all former students, Teachers, Staff and their spouses. \$20 pp. RSVP by May 15 - Alice: **204-886-0406**, [alicia97@mymts.net](mailto:alicia97@mymts.net) or Joan: **204-886-2098**

**Teulon Seniors Dance** - Thur. Jun. 8, Teulon Town Hall, Main St. Doors open noon. Dancing 1-3 pm with *The Top Secret Band*, Lunch 3-4 pm. Silent auction, 50/50. Adm. \$10. No dances July & Aug. Next dance Sept. 14. Alice: **204-886-0406**.

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

# Things To Do - WINNIPEG

## Programs / Services - Cont'd

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

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

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

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

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

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

**The Happy Gang** - Afternoon of fun - conversation, card games, table games or bridge, complimentary light refreshments. Thur. May 18, 1:30-3:30 pm, at Prairie Spirit U.C., 207 Thompson Dr. Info: 204-832-1000 or 204-895-7410

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

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

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

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

**Pembina Active Living (PAL) 55+** (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Programs include: Exercise: variety fitness, yoga, zumba, seniors' fitness, line dancing, and older adult weight training. Social: Lunch PALs, Movie PAL's, Men's Breakfast. Creative: PAL Painters, Always Write, Book Club, Still Bloomin' Garden Club. Games: Pickleball, Bridge, Bocce, PinPAL's. Community: PAL Cares Group, Alzheimer Support Group, Conversation Circle for Newcomers, Cultural Connections, Ring & Ride, Take 5 Day Club. Education: Tech Tuesday, PAL Presents (info & Music), Tablet Library, PAL Travel Tips. 204-946-0839, [office@pal55plus.ca](mailto:office@pal55plus.ca), [www.pal55plus.ca](http://www.pal55plus.ca).

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

**South Winnipeg Seniors Resource Council** - Pop-up Office Schedule - to end of May, 2023: Outlet Mall - 1st Thur. of mo, 10 am-2 pm; Charleswood Library - 1st Fri. of mo, 10 am-2 pm; Bill & Helen Norrie Library - 2nd Tue. of mo, 10 am-2 pm; Rady Centre - 3rd Thur. of mo, 10 am-2 pm; Osborne Library - 4th Tue. of mo, 1 pm-4 pm. Schedule subject to change. Info: [resources@swsrc.ca](mailto:resources@swsrc.ca) or 204-478-6169

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

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

# Travel / Leisure / Activities

Advertise your travel business, event or activity here at a reduced price. Share the cost of a larger ad. Call 204-467-9000 or email [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) for details.

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## PAL Presents:

Monday Afternoons  
1:00 - 2:00 pm

**FREE CONCERT -**  
with "Harmony" -  
**May 29, 1-2 pm.**  
4 singers and a piano player  
will entertain us with eclectic  
vocals, and skits.

**Speakers afternoon**  
with Carefree Concierge -  
**June 5, 1-2 pm.**  
"Real Estate & Downsizing",  
games, prizes and refreshments.

*Come join the fun!  
Let's be PALS!*

**Multi-Cultural Event -**  
**June 19, 1-2 pm.**  
Learn about other cultures,  
enjoy music, and food.  
Sri-Lankan, Chinese,  
East Indian and Italian seniors  
groups, will be sharing their  
culture with us.

Call us for more information.

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Senior River Services Services Rivière Seigne

## Annual General Meeting

June 15, 2023  
3-4 pm

Place: Club Jovial,  
123 Rue Centrale in Ste Anne

**FEATURING SPECIAL GUEST SPEAKER  
CONNIE NEWMAN**

Connie has been a strong leader in the Manitoba seniors' sector for the past decade, currently as the Executive Director of the Manitoba Association of Senior Communities. She is the Chair of the advisory committee for the 2023 Manitoba Seniors Strategy for the Minister of Seniors & Long-Term Care. Connie has been spearheading a new provincial initiative on "social prescribing" for seniors.

**RSVP: Melanie Bremaud,  
Senior Resource Coordinator  
204-424-5285  
or [labseinerss@gmail.com](mailto:labseinerss@gmail.com)**

Everyone Welcome!



## BEE WELLNESS

presents...

### Seniors Wellness Conference

June 14 • 2023  
9 am-3 pm (Registration 8:00 - 8:45 am)  
Army Navy & Air Force Veterans  
3584 Portage Ave • Winnipeg

**- Wellness Workshops -**  
**- Lectures -**  
**- Trade Show -**

**EDUCATION • INFORMATION • FITNESS**

**9:00-10:00 am** - Zumba Gold; or  
Healthy Aging Resource Team

**10:15-11:15** - Reflexology; or  
RCMP Seniors Guidebook to Safety & Security

**11:30-12:30** - Lunch/Trade Show browsing

**12:45-1:45** - Yen Yoga; or Stroke Rehab

**2:00-3:00** - Chair Yoga; or Functional Fitness

*Wear comfortable clothes and runners, bring a water bottle and a yoga mat for yoga sessions.*


**Cost for the conference is \$80 +GST.**  
Includes a choice of four workshops.  
Registration and payment deadline - June 1, 2023.

Info: [candaceswick@gmail.com](mailto:candaceswick@gmail.com)  
204-832-2077

## Workshops/classes for Seniors

**Acting for Seniors**  
Presented by  
Brain Lint Theatre  
School

**Embroidery 101**  
Presented by  
Lizzy B's Needle Art  
Supplies

 **iPad/iPhone  
for Seniors**  
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Disky Chick's  
Technology Solutions

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

For rates & information:  
[www.brainlinttheatreschool.ca](http://www.brainlinttheatreschool.ca)  
or 204-219-3979

## What is Lawn Bowling?

**Who?** Active Seniors & Retirees  
**Where?** Tuxedo Lawn Bowling Club  
370 Southport Blvd  
Winnipeg, R3P 1V5  
**When?** Tue & Thu - 10 am - 12 noon  
Wed - 7 - 9 pm  
Sun - 10 am - 12 noon  
**Why?** Easy Activity Outdoors  
Social Time (BBQ's)

Come to Learn How to  
Lawn Bowl and Play.  
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Introductory Free Play.

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**204-255-8828**





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CROSSWORD - (EASY) By Myles Mellor

- ACROSS**
- 1 Well-rehearsed  
4 Definite article  
7 Stuff to be crunched  
11 Employ  
12 Point  
13 Inflexible  
14 Quandary  
15 Brought into the country  
17 Disastrous  
19 Popular recording  
20 Reef material  
22 Escort's offering  
25 Turns in  
28 A heavenly body  
29 Spotted  
30 Heeds  
32 Trophy locale  
33 Speed  
34 Unfashionable  
35 Cy Young, e.g.  
39 Modern-day target of theft  
43 Stinging swimmer  
44 Drain  
45 Have chits out  
46 "We Three Kings of Orient"  
47 Global seven  
48 Agree silently  
49 B&B part

1	2	3		4	5	6		7	8	9	10
11				12				13			
14				15				16			
17			18			19					
			20		21				22	23	24
25	26	27						28			
29					30		31				
32				33							
			34				35		36	37	38
39	40	41				42			43		
44					45				46		
47					48				49		

- DOWN**
- 1 The magic dragon in the Peter, Paul and Mary song  
2 Myanmar, Kampuchea, etc.  
3 \_\_\_ message  
4 Make fit  
5 "Last Time I Saw \_\_\_" (Diana Ross song)  
6 Something given importance  
7 Soil  
8 Paintings  
9 Drive a nail aslant  
10 Also  
16 Saudi export  
18 It has a low pH  
21 Family member  
22 Partook of  
23 Headed  
24 "\_\_\_ Doubtfire"  
25 Nicole Kidman's hair color  
26 Pupil's place  
27 Take \_\_\_  
28 Potpourri  
31 Was a good dog, perhaps  
33 QB's cry  
34 Certain column  
36 Kuwaiti or Qatari  
37 Seldom seen  
38 Not naturally coloured  
39 The "I" of T.G.I.F.  
40 It's just to \_\_\_ for!  
41 Golden age, e.g.  
42 Common ticket booth request

SOLUTION ON PAGE 19

WORDSEARCH - Mother's Day - By Roni Alward & Senior Scope

P A M P E R I N G F B E A U T I F U L S H  
O J F R I E N D H P E E J S Y S B G E T P  
Y I U L A B O U R R V M E R L H N S L Z H  
L I N D U L G E R O B B I A C I T A V P S  
R B C D D C L Q L T N O E N Z B E E T D T  
K A O E I S A T I E U M U A I H I Z M A E  
H B N V N R S R R C P R M Q Y N T R A U P  
E I D O N F E D D T B A E D U C E S T G M  
R E I T E A L S W O M A N U E E S P E H O  
I S T E R I F O P R Y A V P T T T O R T T  
T T I D H Q L T W O C V S B A B Y U N E H  
A L O C A P E Q D E N E P V F W F S A R E  
G R N W P E S H Z T R S O A B A I E L B R  
E F A T W R S G N M U S I B R S M S M L Q  
F U L S E K Q U E E N C L B H E M I E A I  
A M A T R I A R C H F C J U L U N G L D O  
D T S E C S C T F H L S O E M E G T S Y L  
L O K O Y S A S P E E G I F T K L S Y P U  
F A R A H E R J G S I S A C R I F I C E N  
C E M T Q S E N O C A R I N G D M O M G C  
H E A R T W A R M I N G P R E S E N T S H

- |           |              |           |               |
|-----------|--------------|-----------|---------------|
| AMAZING   | DAUGHTER     | KISSES    | QUEEN         |
| ANGEL     | DEVOTED      | LABOUR    | RESPECT       |
| AUNT      | DINNER       | LADY      | RESPONSIBLE   |
| BABIES    | FAMILY       | LOVE      | ROSES         |
| BABY      | FEMININE     | LUNCH     | SACRIFICE     |
| BEAUTIFUL | FLOWERS      | MATERNAL  | SELFLESS      |
| BEST      | FOSTER       | MATRIARCH | SPOIL         |
| BIRTH     | FRIEND       | MAY       | SPOUSE        |
| BOUQUET   | GIFT         | MEALS     | STEPMOTHER    |
| BRUNCH    | HEALTH       | MOM       | SWEET         |
| CAKE      | HEARTWARMING | MUM       | TEA           |
| CANDY     | HERITAGE     | NURTURE   | UNCONDITIONAL |
| CARD      | HERO         | PAMPERING | WISE          |
| CARE      | HUGS         | PARENT    | WOMAN         |
| CARING    | INDULGE      | PRESENTS  |               |
| CHILDREN  | KIDS         | PROTECTOR |               |

SOLUTION ON PAGE 19

Facebook FUNNIES Facebook FUNNIES Facebook FUNNIES

Don't tell secrets in the garden. The potatoes have eyes, the corn have ears, and the beanstalk.

These days, 40 is the new 30, 50 is the new 40, 60 is the new 50. All I know is the older I get, 9 pm is the new midnight.

My teacher told me not to worry about spelling because there will be technology in the future that will correct your spelling - called AUTOCORRECT. And I am eternally grapefruit for that.

I used to have a handle on life... but it broke.

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### MIND & MEMORY: A-Z TRIVIA

- By Gary Adams

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

- The early explorers said this (future Canadian) land was inhospitable:
- What is the stage name for Angelina Germanotta:
- This scent of this flower will relieve stress and help you sleep:
- Early Canadians named this Quebec cat "The Sly Cat":
- This lady wrote "The Dividers" while living on the Otonabee, Ontario River:
- This sport originated by Canada's First Nations People is now played in over 50 countries:
- The Raiders now play football for this American city:
- This Canadian city is famous for unsolved murders:
- This fruit has more sugar than strawberries:
- This king sleeps about 20 hours a day while his partner looks for food:
- Some say this is still the world's financial capital:
- This is Ford's luxury automobile, was prominent in this famous movie:
- This is Detroit's football team:
- This was Orphan Annie's catch phrase:
- The name of this B.C. town means "Wild Onion":
- This is the only football team to beat the Kansas City Chiefs this year:
- About 5,000 years ago the Ancient Sumerian men and women wore this facial decoration:
- This is the recognized gift for the 3rd Wedding Anniversary:
- He was Tonto's partner:
- This was Elvis Presley's first movie:
- He became the greatest Jedi The Galaxy has ever known:
- These two cats can roar but cannot purr:
- This the only fantasy film to win an Oscar for best picture:
- This dog named Toots became famous in the 1930's movie "\_\_\_\_\_ Come Home":
- This Beatle's first girlfriend was Thelma Pickles:
- This American President was a trained/educated school teacher:
- This Canadian actor was bitten by an alligator in the film "The Wild Kingdom":
- This is the nickname given to England's Richard the First:
- This is the author of The Bourne Identity:
- A novel about a boy in a boat, in the ocean, with a tiger for 227 days:



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

To request direct e-mail sends to friends or family, forward address to [trivia@shaw.ca](mailto:trivia@shaw.ca)  
~ Author, Gary Adams

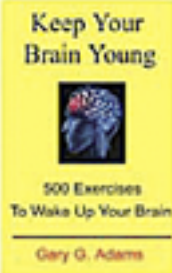



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### A-Z TRIVIA "L" SOLUTIONS

1. Labrador	9. Lemon	16. Las Vegas	23. Lord of the Rings
2. Lady Gaga	10. Lion	17. Lipstick	24. Lassie
3. Lavender	11. London	18. Leather	25. Lennon (John)
4. Lynx	(England)	19. Lone Ranger	26. Lyndon Johnson
5. Lawrence	12. Lincoln Lawyer	20. Love Me Tender	27. Lorne Greene
(Margaret)	13. Lions	21. Lucas Skywalker	28. Lionheart
6. Lacrosse	14. Leapin' Lizards	22. Leopards and	29. Ludlum (Robert)
7. Las Vegas	15. Lillooet	Lions	30. Life of Pi
8. London (Ontario)			

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1	P	A	T			T	H	E			D	A	T	10					
11	U	S	E			12	A	I	M		13	I	R	O	N				
14	F	I	X			15	I	M	P	O	R	T	E	D					
17	F	A	T			18	A	L			19	H	I	T					
						20	C	O	R	A	L		22	A	R	M			
25	R	E	T	I	R	E	S				28	S	T	A	R				
29	E	Y	E	D						30	L	I	S	T	E	N	S		
32	D	E	N							33	H	A	S	T	E				
						34	O	U	T				35	A	W	A	R	D	
39	I	D	E	N	T	I	T	Y					43	R	A	Y			
44	T	I	R	E						45	O	W	E			46	A	R	E
47	S	E	A	S						48	N	O	D			49	B	E	D

### WORDSEARCH - Solution

P	A	M	P	E	R	I	N	G		F	E	A	U	T	I	F	U	L	S	H	
O	J	F	R	I	E	N	D	H		P	E	E	J	S	B	O	E	T	P		
Y	I	U	L	A	B	O	U	R		V	M	E	R	L	N	S	L	Z	H		
L	I	N	D	U	L	G	E	R		O	B	S	A	C	T	A	V	P	S		
R	B	C	D	D	C	L	Q	L		I	N	O	E	M	E	E	T	D	T		
K	A	O	E	I	S	A	T	E		U	O	O	A	I	T	I	Z	M	A	P	
H	B	N	V	N	R	C	R	C		P	E	R	M	O	N	T	A	R			
E	I	D	O	N	E	D	O	T		B	A	D	E	D	E	S	T	G	M		
R	E	I	T	E	A	L	S	W		O	M	A	N	U	E	S	P	E	H		
I	S	T	E	R	I	O	P	R		Y	A	P	T	T	O	R	T				
T	T	I	D	H	Q	L	T	W		O	C	S	B	A	B	Y	U	N	E	H	
A	L	O	C	A	P	E	O	D		E	N	E	P	V	F	W	S	A	R	E	
G	R	N	W	P	E	S	H	Z		N	B	E	A	R	A	N	E	L	B	R	
E	F	A	T	W	R	S	G	N		M	U	S	I	B	R	S	M	S	M	L	Q
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A	M	A	T	R	I	A	R	C		H	F	C	J	U	L	I	N	G	L	D	O
D	T	S	E	C	S	C	T	F		H	S	O	E	M	E	G	T	S	V	L	
L	O	K	E	Y	S	A	S	P	E		E	G	I	F	T	K	L	S	Y	P	U
F	A	R	A	H	E	R	I	C	S		I	S	A	C	R	I	F	I	C	E	N
C	E	M	T	Q	S	E	N	O		C	A	R	I	N	G	D	M	O	M	G	C
H	E	A	R	T	W	A	R	M		I	N	G	P	R	E	S	E	N	T	S	H



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NOTE: Senior Scope reserves the right to reject listings not suitable for its readership.

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### EMPLOYMENT

**JOB OFFER:** Swim instructors required for week-day mornings in St. James, Wpg, area. Salary \$23/hr. Lifesaving Society Swim For Life Instructor or Red Cross Water Safety (WSI) or YMCA Swim (YSI) or equivalent experience. Clear Police Record Check with Vulnerable Sector Search and Child Abuse Registry Check. To email applications or more info: Gail Henderson Brown, Program Coordinator at [pgbb@mymts.net](mailto:pgbb@mymts.net)

### MISCELLANEOUS

**WANTED:** Small Garden in vicinity of St. Vital south Wpg. Must be in private yard, with access to water hose. Call Diane at 204-254-9183

**WANTED:** 1997 Ford F350, 1 ton, 4x4, w/dual wheels, for parts. Running or not. Can pick up. Call Dave 1-204-746-4318 (Morris, MB).

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