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Vol. 22 No. 1 | July 10 - Aug 9/23

# Senior Scope

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ANNUAL CONTEST TO BE ANNOUNCED IN AUGUST ISSUE!

**"Go for the fun rather than the win!"**

Jack Widdecombe played in all eight Canada 55+ Games in 14 years!

By Penny Menzies (Jack Widdecombe's daughter) and Lois Dudgeon (Manitoba Director for the Canada 55 Plus Games)

**The 55+  
Games Results  
Are In!**  
See the winners  
on pages 9-12



Jack Widdecombe - 102nd birthday.



Jack - 100th birthday.



Lois Dudgeon, Canada 55+ Games Manager for Manitoba, with Jack at the 2016 Games in Brampton, ON.

Jack Widdicombe is testament that athleticism can be achieved at any age. Jack started golfing around the age of 75, and at age 81 went on to participate in the Manitoba 55+ Games which was a qualifier for the Canada 55 Plus Games. From there he went on to participate in every biennial Canada 55+ from 2002 to 2016 until he was 95.

Jack's motto: **"Go for the fun rather than the win!"**

Lois Dudgeon, Manitoba Director of the Canada 55 Plus Games, provided these tidbits of information from her records on Jack from the Canada Games.

"Jack is on every list from 2002 (PEI) when he was 81 to his last in 2016 (ON) when he was 95 = 8 Canada 55+ Games in 14 years!!

**Here's the list of Canada Games Jack went to over the years:**

2002 (81) - Summerside, PEI; 2004 - Whitehorse, YK; 2006 - Portage, MB (? unclear); 2008 - Dieppe, NB; 2010 - Brockville, ON; 2012 - Sydney, NS; 2014 - Strathcona County, AB; 2016 (95) - Brampton, ON

He missed 2018 in St. John, NB, then the games were postponed in 2020 to 2022.

It's quite the record for his age!"

**Lois interviewed Jack with the help of his daughter, Penny Menzies.**

When & where were the 1st MB 55+ Games you went to?

**"2002." (Maybe Portage and/or sent scores in from Russell. Unsure.)**

How old were you when you started going to the MB 55+ Games?

**"81."**

Did you always participate in the golf events? 9 &/or 18 holes?

**"Often, both."**

How long have you been golfing? What age were you when you started golfing?

**"75ish maybe So 25-30 years."**

When & where were the last Canada 55+ Games?

**"Brampton. (2016)"**

What's your favorite memory of the MB and/or Canada 55+ Games?

**"Brampton and Edmonton were the best courses and Brampton was the hardest."**

What do you enjoy the most about the Games?

**"Meeting all the golfers and visiting new places and new experiences. Waiting in PEI for the course to get cleaned after the gulls left. In Whitehorse the bears got under the winter cover and dug holes and scraped the sod on the course. Crossing the bridge to PEI. 100 foot violin in Sydney, NS."**

How old were you at your last MB & Canada 55+ Games?

**"95 in 2016. (Brampton, ON)"**

What advice do you have for anyone thinking about participating in the MB and/or Canada 55+ Games?

**"Go for the fun rather than the win!" ■**

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# Senior Scope

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Send your Letters or Story Submissions to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

July 7, 2023

# MANITOBA GOVERNMENT CONSULTING TO BUILD PERSONAL CARE AND COMMUNITY SUPPORTIVE LIVING BEDS

*Strategy Identifying New Models to Help Seniors Age in Place that Feels Like Home: Minister*

NIVERVILLE—More Manitoban seniors can look forward to accessible housing options in their communities as the Manitoba government advances to the planning stages for new personal care homes, Seniors and Long-term Care Minister Scott Johnston announced.

“As we age, our needs change, and it’s critical that we have a plan to provide housing options that appropriately meet these needs,” said Johnston. “With the recently released seniors strategy, our government is working towards making Manitoba an ideal place to age. We have learned many lessons in recent years and are building on that to create housing options for Manitoba seniors that are among the best in Canada.”

In recent years, the Manitoba government has opened new personal care homes in Carman, Niverville and Steinbach. The minister noted these locations have been recognized for their design and innovation, and are studied by other jurisdictions for the way they are successfully redefining personal care home beds by making them feel more like home, with access to a continuum of care.

Six more personal care homes will be built with four located in the Interlake-Eastern Regional Health Authority (IERHA) in Arborg, Lac du Bonnet, Oakbank and Stonewall. The other two facilities will be in Winnipeg, including one in the Bridgwater neighbourhood and one on Portage Avenue. The sites were selected to build capacity in areas with the highest needs, and will include approximately the following number of beds per project:

- Arborg: 60
- Lac du Bonnet: 95
- Oakbank: 96
- Stonewall: 144
- Winnipeg (Bridgwater): 143
- Winnipeg (Portage Avenue): 140

“We are pleased that the Manitoba government is making concrete investments to support the seniors strategy,” said Sue Vovchuk, executive director, Long Term & Continuing Care Association of Manitoba. “As our population continues to age more creative and

accessible options are more necessary than ever and the announced communities of care are innovative and progressive in service delivery to our valued seniors, which will help them age in their respective communities.”

The initiative will encourage a ‘physical village model’ that purposefully incorporates social interaction, functionality and intergenerational contact, while taking affordability and safety into consideration. The concept relates to the strategic initiatives as part of the seniors strategy, which promote the development of virtual and physical village models that include a range of progressive supports and services, available to Manitobans as they age, Johnston added.

“The World Health Organization (WHO) and United Nations launched the Decade of Healthy Aging in 2021 and Manitoba is on the right track,” said Connie Newman, executive director, Manitoba Association of Senior Communities. “With the development and launch of the seniors strategy in February, we’re following the outline of WHO, which stated we need to change how we think, feel and act towards age and aging.”

Approximately 670 beds are tied to the six projects, with an exact number to be determined as planning and design work progresses said Johnston. The Manitoba government has authorized \$15 million to advance the planning and design phase, the minister added.

The planned personal care homes are not the only projects moving forward to support seniors. Two other projects—in Brandon and Winkler—will construct 42 behavioural beds that can provide highly specialized care for seniors with complex mental health or behavioural needs in a safe, supportive environment, the minister said.

The Manitoba government will also pilot a Community Supportive Living program in select communities that will create approximately 105 spaces in the first phase, and 288 overall. In IERHA, the pilot will be located in Ashern/Eriksdale, and Selkirk. In Prairie Mountain Health it will be in Swan River

and in Southern Health Sante Sud, Emerson-Franklin.

“Seniors with complex health-care needs who do not require a personal care home deserve affordable and innovative community-based housing with on-site care supports to be available closer to them so they can continue to live active, independent lives as long as they can in the communities they call home,” said Vikas Sethi, provincial clinical integration lead, Shared Health. “This pilot project is a response to that sentiment and is supported by *Manitoba’s Clinical and Preventive Services Plan*.”

The Canadian Institute for Health Information indicates that Manitoba has the highest percentage of new long-term care residents that potentially could have been cared for in community with appropriate supports. The plan identified the need for affordable housing with supports model for seniors with varying degrees of complex care needs closer to home to prevent premature placement in personal care homes.

“This new housing-with-supports program will provide safe, supportive care to seniors with chronic and complex needs in a home-like environment, preventing premature placement in a personal care home,” said Johnston. “The program features provincially standardized accommodation and service package rates, as well as subsidy assistance for those who are eligible, to ensure affordability.”

The program will have three tiers of support and will include 24-7 onsite staff for personal care supports for all clients in the program, said Johnston. Clients with more complex needs will have 24-7 nursing supports. The service package will include meals, laundry, and light housekeeping for all clients. There will also be onsite therapy aides and recreational supports as well as access to other health-care professionals as needed.

A request for proposals will be issued to identify service providers who may wish to develop and deliver Community Supportive Living services.

*See ‘MB Gov’t, Supportive Living’ on next page*

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



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



Hon. Scott Johnston

Dear friends,

In these letters, I like to highlight the work that my department and I have accomplished in the past month. But this month I'd like to start on a more sombre note by extending my deepest sympathies to the individuals and families affected by the tragic accident near the Town of Carberry.

Like all Manitobans, I was shocked and saddened by this devastating incident. I know

it will have a lasting impact, especially our seniors' community.

I believe that through the strength of our community, that we will get through this together.

I was able to see our wonderful community by visiting events throughout the province recently:

- 35th anniversary of the Manitoba Hindu Seniors Association;
- 66th anniversary and annual general meeting for A&O: Support Services for Older Adults; and
- Fathers Day festivities at the Sturgeon Creek Retirement Residences.

Events like these remind us of the importance of how important our community is, and that it will be there for us.

I wish to acknowledge the continued efforts by all of our Seniors Support Service organizations. Our Government recognizes all they do and was proud to contribute \$4.2 million to help them do the great work that they do.

Lastly, I'd like to remind everyone that the Manitoba government is now accepting applications for the new \$12.6 million Manitoba Seniors Hearing Aid Program. This program was created to provide assistance to eligible Manitoba seniors who are in need of hearing aids.

For more information about the program, including eligibility criteria and frequently asked questions, I encourage you to visit our website at [https://www.gov.mb.ca/seniors/hearing\\_aid\\_program.html](https://www.gov.mb.ca/seniors/hearing_aid_program.html).

As the Minister of Seniors and Long-Term Care, I am committed to enhancing the quality of life for seniors in our province, and this program is a significant step in that direction.

I hope the summer months allow you to connect and enjoy our beautiful province.

Sincerely,  
Scott Johnston

STATEMENT FROM FINANCE MINISTER CLIFF CULLEN ON NEW MEASURES TO HELP MANITOBANS MAKE ENDS MEET

June 29, 2023 - Starting July 1, the average two-income family will have an extra \$150 a month, thanks to tax changes in Budget 2023.

Budget 2023 changed the Basic Personal Amount to \$15,000 from \$10,855. The government is prorating the basic personal amount for the remainder of the 2023 tax year.

Starting the first pay period in July, Manitoba workers will take home up to \$75 more

per month on their paycheques.

Compared to the forecast Basic Personal Amount and thresholds based on indexing, taxpayers will save up to an additional \$1,399 in 2024 with these threshold improvements. These increases will provide even greater savings to Manitobans going forward. As indexing continues in future years, the Basic Personal Amount and income tax bracket

thresholds will increase by a greater amount each year than they would have without these large increases in Budget 2023.

Our government remains focused on maintaining a strong, sustainable fiscal foundation that will provide better services to all Manitobans. This includes investing in front-line services and lowering taxes to make life

more affordable for Manitobans and more competitive for Manitoba businesses.

The Fraser Institute named Manitoba as the number one province for Tax Freedom Day—the day of the year when the average individual has earned enough money to pay their taxes. This year, Manitoba reached that day on June 6. ■

MB Gov't, Supportive Living..., cont'd from page 2.

The minister noted that since the release of *Manitoba, A Great Place to Age: Provincial Seniors Strategy* in February, the Manitoba government has committed over \$34 million in multiple key initiatives, many of which focus on creating safe, inclusive, accessible communities.

"Our government continues investing in initiatives that will provide Manitoba seniors with enhanced access to comprehensive services and supports that meet their needs, support their independence, and enhance their quality of life," said Johnston.

Following planning and design work, construction of the six new facilities will exceed the Manitoba government's commitment to open 1,200 new personal care home beds by 2025, Johnston noted.

To read *Manitoba, A Great Place to Age: Provincial Seniors Strategy*, visit [https://gov.mb.ca/seniors/docs/seniors\\_strategy\\_2023.pdf](https://gov.mb.ca/seniors/docs/seniors_strategy_2023.pdf).

To read Manitoba's Clinical and Preventive Services Plan, visit [https://sharedhealth.mb.ca/wp-content/uploads/Final\\_PCPSP\\_Final-Report\\_2019Nov-28.pdf](https://sharedhealth.mb.ca/wp-content/uploads/Final_PCPSP_Final-Report_2019Nov-28.pdf). ■



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## Memory Loss - is it normal aging or dementia?

- Alzheimer Society of Manitoba

Memory loss is a scary thing. There's a stigma attached to forgetfulness and we tend to feel embarrassed and ashamed when it happens, especially as we age. It's time we break the stigma so everyone can feel more comfortable talking about dementia.

If you've been noticing changes in your memory that are causing you concern, there are many reasons to take that first step to find out if it's normal aging or dementia. There are benefits to getting an early diagnosis and a visit to your doctor can help start that process.

"We encourage you to talk to your doctor about the signs or symptoms you're experiencing," says Jessica Harper, First Link® Client Support Manager at the Alzheimer Society. "No matter what you are feeling, before or after the news, the staff at the Alzheimer Society are here to listen and help guide you."

Getting an early diagnosis can help you prepare for the future and the changes that come with the progression of the disease.



It can also help you:

- Understand the symptoms you are experiencing
- Take advantage of information, resources and supports
- Explore treatment options to help manage symptoms

"Support changes everything. We can connect you with resources and information every step of the way. Call us and we'll give

you details about our dementia-friendly programming, support groups, family education and so much more," says Jessica.

A formal diagnosis can help you move forward and gain control over your life by taking the necessary steps to live better with the disease.

"It's so important to have some conversations early on about personal, medical, financial and legal decisions," Jessica says. "We can help empower you to make some difficult decisions that will put your mind at ease for the future."

You are not alone. The Alzheimer Society staff is here to listen and help guide you forward.

Call us if you have questions about talking to your doctor or about the signs of dementia and more at **204-943-6622** or **1-800-378-6699**.

You can also find more information about warning signs of dementia, visiting your doctor, getting a diagnosis and more at **Alzheimer.mb.ca**. ■

*See advertisement on front page*

## Dauphin Strong - Support and Compassion prevails among Manitobans

All of us at *Senior Scope* share in the sorrow expressed by all Manitobans for the devastating accident near Carberry, MB on June 15th that claimed lives of many seniors from Dauphin, MB and the surrounding area. Our thoughts are with all those affected—family, friends and the survivors, many whom are still in hospital.

The loss of 17 community members is a huge blow to the town with a population of over 8,300.

We first contacted Kim Armstrong, Administrator of the Dauphin Multi-Purpose Senior Centre, to see if there was any way that *Senior Scope* could help. Various fundraising efforts are underway and support is pouring in. What the funds will be used for exactly is not known except that they will be used in honour of the victims and families to assist any organizations in the area that work with seniors. The community is struggling with grief and trying to deal with such a huge loss of family and community members. Kim's thoughts are with everyone affected by the tragedy and her community appreciates

the tremendous support from all those who offer condolences and make donations.

We also spoke with Kit Daley, the Executive Director of the Dauphin & District Community Foundation. The Foundation started a new "**Support Our Seniors Fund**" that will raise money to go to programming, equipment, and activities for seniors in memory of the victims that were injured and lost their lives on that fateful day. You can make tax-deductible donations at **www.DDCF.ca** (click on the "Make a Donation" button and mention the "Support Our Seniors Fund."). Or call toll free: **1-877-974-3631** or DDCF at **204-638-4598**. Many people are also donating to favourite charities of lost loved ones conveyed by their families in obituaries, as well.

Another fundraising effort for the Dauphin Multi-Purpose Senior Centre was initiated by Webber Printing of Brandon, MB. We spoke to Tom Wenham, Sales and Operations Manager who says that decals saying **'#dauphinsstrong'** were printed to also help raise funds for the Dauphin Senior Cen-



Decals printed by Webber Printing.

tre. People can choose to make a donation when they take a decal. They are available at Webber Printing, 352 Park Ave. E., Brandon, MB. You can also get them at the Dauphin Multi-Purpose Senior Centre, and the Brandon Seniors for Seniors club. Decals were even available recently at Dauphin's Countryfest.

"With the resources we had, we wanted to know how we could help the community," says Wenham.

Dauphin is known as the "City of Sunshine" and the sun will shine again and those lost will be remembered and those memories will always be cherished. And the survivors will be counting on your compassion and support—with great appreciation—for their ongoing healing journey. ■

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# Don Brennan - Going strong at 80 at the Manitoba 55+ Games!

*Senior Scope* attended the Manitoba 55+ Games in Portage la Prairie recently and while taking in some of the sports competitions, we came across a fellow named Don Brennan. We were told ahead of time that he is 80 and competing in the Men's Singles Pickleball demonstration matches against players that are in the 55+ category. And if that isn't impressive enough, he won the silver medal in the singles event.

Don has been involved in sports since he was 10 years old. His father was in the military so a sports facility on base was always accessible while growing up. He played volleyball and badminton mostly then. He later played baseball, softball, and even tackle football, along with squash, basketball, floor hockey and finally pickleball.

Interestingly, Don says that badminton at an elite level was the most physically demanding sport, and basketball caused the most injuries. He doesn't deny that pickleball singles is very challenging as well. His most gratifying moment in sports happened in Greenwood, Nova Scotia in July 1977 when he played the King & his Court and hit a home run off of Eddie Feigner, considered the greatest softball pitcher of all times.

Before joining the Air Force, Don graduated from Concordia University in Montreal. He achieved the rank of Lieutenant Colonel in the military. His first posting was to Trenton, Ontario, where he served as Squadron Administration Officer at 437 Squadron. This gave him the opportunity to take two operational flights around the world. The flights provided the opportunity to resupply various Canadian Embassies and



L-R: Bronze - Don Krueger; Gold - Ingvar Fife; Silver - Don Brennan.  
Photo courtesy: Portage Pickleball Club

provide pilots and crew the experience and training in landing at various foreign airfields. He retired from the military in 1993 after 28 years and for the next 23 years was the Director of the Military Family Resource Centre in Winnipeg. His total working career spanned 52 years.

Don started playing pickleball in 2014 at the age of 71 in Phoenix, Arizona. Having a gym and sports facility next door to his work over the years was a big advantage as he could get in a few games of floor hockey and other sports during his lunch hour. Keeping fit this way combined with his squash skills eventually helped him tremendously with his pickleball game.

Don is no stranger to winning medals for his athletic abilities. While in the military he

won three national badminton and three fastball championships. Locally, Don won the Winnipeg Senior Fastball Championships with the Headingley Helmets in 1982. He is a member of the Manitoba Softball Hall of Fame.

Don is a member of the Canadian and U.S. Pickleball Association as well as the U.S. Seniors Pickleball Association. Don recently won the gold medal at the southwest regionals in Phoenix, Arizona which qualified him to play in the US Nationals in Dallas, Texas in November and the US Amateurs in Holly Hills, Florida in December. The tournament in Dallas will be the largest pickleball tournament ever played with over 4000 attendees with both pro and amateur divisions.

The secret for Don's long, successful life of athletics is maintaining a healthy holistic lifestyle, always staying fit and controlling weight and diet, but above all maintaining a positive outlook.

Congratulations Don on your Silver medal at the Manitoba 55+ Games! ■

## What is Community Paramedics Service?

Community Paramedics Service Inc. is a wheelchair based medical transport service which serves the Interlake/Eastman, Winnipeg, and neighbouring regions. The service began in 2019 after the owner of the company, John Mackay, retired from nearly 35 years working in emergency medical services (EMS). John served in the Interlake for 15 years and with the Winnipeg Fire Paramedic Service for 20 years. During his time working as a paramedic, he saw many patients unable to get to basic medical appointments either due to mobility issues, isolation or the expense of stretcher service. Since many patients do not actually require a stretcher, a more contemporary solution was necessary.

### How long have you been in business?

Community Paramedics Service Inc. began in 2019 by transporting ambulatory patients in a PT cruiser. Very quickly, the service moved to using wheelchair vans to assist patients with ongoing mobility issues. Today, we have seven vans and two cars available for taking patients to their medical appointments.

### Who are your staff?

Our drivers are all off duty or retired paramedics familiar with rural and city clinics

and hospitals like HSC and St. Boniface Hospital. Our medics are also very experienced in driving in a variety of road conditions.


### Do you just serve private patients or have you worked with hospitals as well?

For the past two years, Community Paramedics Service has worked with the Interlake/Eastman Region transporting very stable and ambulatory patients from one hospital to another to tests such as CTs, ultrasounds, speech language pathology, swallow studies, MRI and the like. Shared Health also used us during COVID to transport patients to further afield facilities and regions to free up beds. Additionally, we were approached by Shared Health/the IERHA region to conduct with them a pilot program using paramedics and wheelchairs for low acuity patient transport in May 2022. The trial program was, by all accounts, an amazing success. Subsequent to this trial, however, Shared Health issued an RFP for a stretcher service that excluded wheelchair transport.

### Which areas do you serve?

We have served Ashern, Eriksdale, Arborg, Gimli, Stonewall, Selkirk, Beausejour, Oak-

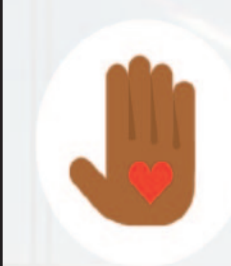
*Continued on next page*



## INVITATION TO A RESEARCH STUDY!


WHEN HELPING OLDER ADULTS MAY INVOLVE RELUCTANT OR AMBIVALENT FEELINGS

This interview research aims to hear from people who are supporting older adults but have conflicted or uncertain feelings about this role. The goal is to broaden the range of voices in research on helping older adults and learn how they provide help and what advice they have for policymakers about caring for older adults at home or in the community.




### Who can participate?

- Are you a **Winnipeg-area resident aged 18 or older**?
- Do you provide **support** to **older** family members or friends, or are you listed as someone's home care program **'backup'**?
- Do you sometimes have **conflicted, reluctant or ambivalent** feelings about this role, about your relationship with the person you support or about your ability to help?
- Are you interested in sharing your thoughts about this experience?




### What is involved?

You are **invited** to participate in a **voluntary** individual interview to discuss your thoughts on helping older family members or friends in your community. The interview can be conducted online or in-person, and will take about 1-2 hours. The interview will be audio recorded and transcribed, but your name and identifying information will be **removed**. We can provide a bus ticket or a parking pass for the interview as well. You will be one of about 10 participants in Winnipeg.



### Connect with us!

This study is being conducted by researchers across Canada, led by **Dr. Laura Funk** (University of Manitoba). Professor Funk and research assistants (PhD student **Rachel Dunsmore** and undergraduate **Maryem Zahra**) are collecting data in **Winnipeg**. If you choose to **participate** or have more questions, please contact Laura Funk at [Laura.Funk@umanitoba.ca](mailto:Laura.Funk@umanitoba.ca) or 204-474-6678.



University of Manitoba

This research has been approved by the Research Ethics Board of the University of Manitoba (Fort Garry Campus)



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“A Manitoba Moment”

Norm Roberts and the Crash Test Dummies

By Bud Ulrich



Bud Ulrich

I met Norm Roberts a few years back while enjoying a summer evening on the back deck of the Marriott's home in Clandeboy, MB. We shared many stories well into the sunset about his sons and their band, some golf stories, and just about everything else. It was now time to reconnect with Norm who is 88 years of age and enjoying his life despite some health challenges, which seems to be the way for many seniors.

Over lunch, my friend Sonny Solmundson and I had the pleasure of speaking with Norm, the proud father of two famous Canadian rock band members from Winnipeg in The Crash Test Dummies. The band was formed in 1985 and became an international success with their “folksy” melodies which appealed to music lovers of all age groups. Brad Roberts, with his distinctive bass-baritone voice, is the lead singer, along with brother Dan on the bass guitar. Other members of the band include Ellen Reid (co-vocal, keyboard), Benjamin Darvill

(harmonica, mandolin) and Mitch Dorge (drums, percussion). The band just returned from a tour in the States and continue to perform to this day.

Norm and his wife Eunice were a musical family. Eunice had a beautiful voice, and she also played the piano. Norm still belts out the tunes on a daily basis. Perhaps his sons were influenced by him and their mother to pursue musical careers. There were a few memorable times. He joined his sons while travelling to London, England, where they performed to a sold-out house at the famous Royal Albert Hall. Norm also joined them on a trip to Los Angeles, USA for the Grammy Awards where he sat beside Wayne Gretzky and his wife - an experience he will always remember. The skimpy fashions at this event seemed to be the “norm”, no pun intended. Norm said, “It was really something!”

At age 50, Norm took up golf and wanted to join a private golf course. He approached the golf pro to set him up with three members to play a round. Norm didn't know a soul, but he wanted to play, even with strangers. He recalls the men being big and powerful. Norm says, “The minute a golfer



Norm Roberts

takes a back swing, you know whether he is a good golfer, or not.” They got to the first tee and Norm got ready to tee-off, but he didn't know what golf club to use. He noticed the somewhat confused look on the faces of his group. They walked down the first fairway, and it was a rather cold and “drizzling” day. Norm's nose was running. He reached in his pocket for a piece of Kleenex and blew his nose. Unfortunately, a long piece of Kleenex was left hanging from his nose. When he realized what happened, he was hoping that no-one was watching, but it was too late. The three members were looking at Norm with grins on their faces and Norm quickly said, “I always carry my Kleenex in my nose!” He wanted to make light of it, and he thought they might laugh, but they just frowned. The foursome proceeded to the second tee box, but the three members quickly decided to call it a day. Norm's not sure if it was due to the bad weather, his golf skills, or the Kleenex incident which caused the cancellation of the round.

Norm recently moved into assisted living accommodations and says it's perfect. Sadly, his wife, Eunice, has been living in a personal care home for many years suffering from Alzheimer's. Fortunately, Norm has a lovely friendship with Faye, for which he is very grateful.

As we age and reflect on life's path, regardless of circumstances, Norm manages to maintain a good sense of humour and fulfills his days with friends and family. He has only 10% vision, but that won't stop this man from enjoying the good life. ■

Community Paramedics..., cont'd from page 6.

bank, Pinawa, Pine Falls etc. However, on May 8th, the regulators of the act overseeing ambulance and stretcher services decided we could no longer transport patients between facilities. Wheelchair and ambulatory patients are not mentioned in the stretcher licensing legislation, but we have been forced to stop providing that service. Handivan services, meanwhile, are still conducting these wheelchair transports between facilities. Hundreds of stable patients are now missing their necessary appointments for such things as cancer care, dialysis, diagnostic tests, and scans.

Why did you have to stop?

The regulators say transporting patients between facilities falls under the Emergency Response and Stretcher Transportation Act. However, a close reading of the act shows it does not pertain to wheelchairs. Only stretcher services and ambulances are mentioned because it pertains to the licensing of a service which uses stretchers. And, in fact,

handivans are still being allowed to do these transports.

Did they ask your service to stop after the stretcher service began operating?

Yes, a stretcher service was awarded the RFP after the trial we piloted and from which we were excluded. That service began operation on February 8, 2023 in the Interlake/Eastman region. Though we continued to help many patients even after they started, we were told to stop on May 8, 2023.

So what can you do?

We have been forced to comply with the directive of the regulators, despite it not being applied to other wheelchair transportation services. Ultimately, it is the government which is responsible for apparent regulatory change. It should be noted, however, that regulators must uphold regulations, but not change them.

We need the public to contact their MLAs and the media to let them know they want

Community Paramedics Service to continue doing these vital wheelchair transports. If we have transported you or your family member and you like our service, you can also talk to your local hospital and area clinics about this matter. Your friends and relatives are missing their medical appointments when they don't

have to. We are ready to get back to helping as soon as we can. It has been hard to be sidelined when we know so many people are again failing to get to their appointments.

- Community Paramedics Service

"When you need a paramedic, not an ambulance."

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2023 MANITOBA 55+ GAMES - PORTAGE LA PRAIRIE - JUNE 20-22



Snooker. Photo: AAIM



Pickleball. Photo: Senior Scope



Jack and Carol Dubnicoff. Jack won 5 gold and 2 silver medals. Carol won 3 gold medals. Photo: AAIM



L-R Games Coordinator Karyn Heidrick, AAIM Ex. Director Linda Brown Photo: Senior Scope

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# Results from the Manitoba 55+ Games - June 20-22nd

Continued from page 9



New medal design for 2023. Photo: AAIM

<b>Men 55+</b> Gold <b>Men 65+</b> Gold Silver Bronze <b>Men 75+</b> Gold Silver Bronze <b>Men 80+</b> Gold Silver	Guy Lambert  Robert Blain John Erickson Claude Labossiere  Brian Cotton Bruno Stimpson George McQuade  Roland Vandall Jim Ticknor			Eastman  Westman Norman West Assin Park / Fort Garry  Parkland Eastman E Kildonan/Transcona  St. Boniface / St. Vital Eastman		
<b>18 Hole Golf Net (Calloway)</b> <b>Women 55+</b> Gold Silver Bronze <b>Women 65+</b> Gold Silver Bronze <b>Women 80+</b> Gold <b>Men 75+</b> Gold Silver Bronze <b>Men 80+</b> Gold Silver Bronze	<b>Name</b>  Della Markham Heather Grant Rhonda Williams  Wendy Minnie Ellen Blain Angie Perron  Leona Mackedenski  Bruno Stimpson Brian Cotton Lawrence Dyck  Roland Vandall Jack Dubnicoff Andre Dacquay			<b>Region</b>  Eastman Westman Westman  City Centre / Ft Rouge Westman Eastman  Westman  Eastman Parkland Pembina Valley  St. Boniface / St. Vital Lord Selkirk/W Kildonan Pembina Valley		
<b>Bocce Ball</b> Gold   Silver   Bronze	<b>Team</b> Carol Gregoire / Kathy Lotz-Dorsch Livio Radicchi / Fernanda Augellone Jack Heidrick / Wendy Heidrick			<b>Region</b> St. Boniface/ St. Vital Assiniboine Park/ Fort Garry Assiniboine Park/ Fort Garry		
<b>Cribbage</b> <b>Cribbage Singles</b> Gold Silver Bronze  <b>Cribbage Pairs</b> Gold   Silver  Bronze	<b>Name</b> Sonia Gamache Helen Sweetman Kathleen Joy Barnett Paul Hildebrand <b>Team</b> Patricia Baker / David Bergen Albert Janzen / Jerry Kelner Anne Martin / Lori Hartle			<b>Region</b> Parkland Parkland E Kildonan / Transcona St. Boniface / St. Vital <b>Region</b> City Centre / Fort Rouge Pembina Valley Pembina Valley E Kildonan / Transcona		
<b>Contract Bridge</b> Gold   Silver   Bronze	<b>Team</b> Tammy MacIntosh / Gail Vrooman Harvey Bridgeman / Robin Carter Julie Schmidt / Greg Schmidt			<b>Region</b> Assiniboine Park / Fort Garry  Central Plains St. James / Assiniboia		
<b>Duplicate Bridge</b> Gold   Silver   Bronze	<b>Team</b> Harvey Bridgeman / Robin Carter Cathy Tough / Greg Tough Julie Schmidt / Greg Schmidt			<b>Region</b> Central Plains  Westman St. James / Assiniboia		
<b>Horseshoes</b> <b>Men</b> Gold Silver Bronze <b>Women</b> Gold Silver Bronze	<b>Name</b>  Ronald Hall Rob Webb Barry Nelson  Mary Anne Plett Shirley Dudzinski Agnes Thiessen			<b>Region</b>  St. Boniface/St. Vital Central Plains Westman  Pembina Valley Interlake Pembina Valley		
<b>Pickleball</b> <b>Women's Doubles - 3.0</b> <b>55+</b> Gold  Silver  Bronze  <b>60+</b> Gold  Silver  Bronze  <b>65+</b> Gold  Silver  Bronze  <b>75+</b> Gold  Silver	<b>Team</b> Cindy Mitterndorfer / Chantal Emond Diane Dalkie / Carol Falkenberg Patti Phillips / Martha Laverock  Evelyne Gauvin / Charlene Lee Janice Anderson / Charlotte Welk Heather Grant / Marnie Heath  Sharon Brandow / Kathy Miller Debbie Rempel / Donna Borkowski Mary Chalmers / Jan Weedon  Marilyn Redekop / Margaret Boumford Marion Alexander / Val Schellenberg			<b>Region</b>  Eastman Assin Park / Fort Garry  Eastman  St. Boniface / St. Vital  Interlake  Westman  City Centre / Fort Rouge  Eastman St. James / Assiniboia  St. Boniface / St. Vital City Centre / Fort Rouge		
<b>Women's Doubles - 3.5</b> <b>55+</b> Gold  Silver  Bronze  <b>60+</b> Gold  Silver  Bronze  <b>65+</b> Gold  Silver  Bronze  <b>70+</b> Gold  Silver  Bronze  <b>75+</b> Gold  Silver  Bronze	Pamela Sellers / Brenda Weatwood Susan Nemec / Brenda Winter Shannon Dennehy / Kathy Isaac  Maureen Bonar / Allison Manning Maja Kathan / Jeanette Clark Linda Brant / Loreen Buss  Jan McNarry / Helen Nantais Susan Eyolfson / Donna Gislasen Sue Armstrong / Nancy Payne  Lynda Bennett / Viola Labun Lynda Marshall / JoAnn Whalen  Nina Constable / Linda Roberts			<b>Region</b>  Interlake E Kildonan / Transcona Assin Park / Fort Garry  Westman E Kildonan / Transcona St. James / Assiniboia  Westman  Interlake St. James / Assiniboia  St. James / Assiniboia  <b>Region</b> St. Boniface / St. Vital St. James / Assiniboia  Central Plains  St. Boniface / St. Vital  Interlake St. James / Assiniboia  Interlake  <b>Region</b> Central Plains Assin Park / Fort Garry  Eastman  Central Plains  Westman  Westman  Assin Park / Fort Garry St. Boniface / St. Vital  Parkland Assin Park / Fort Garry Assin Park / Fort Garry  Eastman St. Boniface / St. Vital St. Boniface / St. Vital  <b>Region</b> Central Plains Pembina Valley  Central Plains  St. Boniface / St. Vital  Parkland  Westman  St. Boniface / St. Vital  Westman  Westman  Pembina Valley		
<b>Women's Doubles - 4.0</b> <b>55+</b> Gold  Silver  Bronze  <b>60+</b> Gold  Silver  Bronze  <b>70+</b> Gold  Silver  Bronze	Lisa Walsh / Sandra Webber Robin Chase / Pam Mason Louise Vermette / Susan Davidson  Michelle Hastings / Karen Schellenberg Patti St Godard / Lisa Bergson Gloria Kropla / Denise Lemoine  Judi Reid / Mary Beth Shields			<b>Region</b> St. Boniface / St. Vital St. James / Assiniboia  Central Plains  St. Boniface / St. Vital  Interlake St. James / Assiniboia  Interlake  <b>Region</b> St. Boniface / St. Vital St. James / Assiniboia  Central Plains  Westman  Westman  Assin Park / Fort Garry St. Boniface / St. Vital  Parkland Assin Park / Fort Garry Assin Park / Fort Garry  Eastman St. Boniface / St. Vital St. Boniface / St. Vital  <b>Region</b> Central Plains Pembina Valley  Central Plains  St. Boniface / St. Vital  Parkland  Westman  St. Boniface / St. Vital  Westman  Westman  Pembina Valley		
<b>Men's Doubles - 3.0</b> <b>55+</b> Gold  Silver  Bronze  <b>60+</b> Gold  Silver  Bronze  <b>65+</b> Gold  Silver  Bronze  <b>70+</b> Gold  Silver  Bronze  <b>75+</b> Gold  Silver  Bronze	Paul Davidson / Jim Leslie John Williams / Mike Wall Ronald Poirier / Lionel Cure  Allan Clarkson / Bruce Brown Allan Felewich / Desmond Murray Neil Graham / Brian Livingstone  Gregory Chan / Richard Spack Glen Williams / Roger Samuel  Larry Kooistra / Fred Fuchs Morley Walker / Ian Walkty Paul Phangureh / Hugh Malcolmson  George Stolarskyj / David Ezzard Arthur Bilodeau / Jim Michaluk Clare De Blonde / Garry De Blonde			<b>Team</b> Troy Thompson / John Haulihan Lorne Warkentine / Tim Wiebe Terry Tomalin / Robert Mcvannel  Rob Fiola / Ed Gawiak Tim Jersak / Kent Wieb Alan Armstrong / Denny Quigley  Randy Clear / Harold Horst Dale Brooks / Greg Little Bob Chapman / David Jones  Peter Hildebrand / Len Victor		

Continued on next page





Congratulations to the organizers, the host community of Portage la Prairie, MB, athletes/participants and volunteers for another successful and fun-filled event.



Celebrating 40 years with cake! Photo: AAIM

Silver	Blair Heaps / Greg Prokopchuk	Eastman
Bronze	Phil Froese / Gunther Kolb	E Kildonan / Transcona
<b>Men's Doubles - 4.0</b>		
<b>55+</b>		
Gold	Lyle Brennan / Brad Chase	E Kildonan / Transcona
Silver	David Vasconcelos / Daniel Yeo	Westman
Bronze	Eduardo Barreto / Aime Bazin	St. Boniface / St. Vital
<b>60+</b>		
Gold	Paul Aquin / Claude Pellerin	E Kildonan / Transcona
Silver	Ken Bradford / Neal Hastings	Eastman
Bronze	Darren Maginel / Darren Sinclair	Westman
<b>65+</b>		
Gold	Ted Fardoe / Don Flatt	City Centre / Fort Rouge
Silver	Dave Goertzen / Dave Henry	Pembina Valley
<b>70+</b>		
Gold	Brent Peterson / Tom Richmond	E Kildonan / Transcona
Silver	Miles Kereliuk / Hank Lodewyks	Assin Park / Fort Garry
Bronze	Andy Neale / Robert Schlamp	Interlake
<b>Mixed Doubles - 3.0</b>		
<b>55+</b>		
Gold	Teresa Wall / Mike Wall	St. James / Assiniboia
Silver	Darek Mikita / Alicja Mikita	Westman
Bronze	Kathleen Friesen / Peter Hildebrand	Pembina Valley
<b>60+</b>		
Gold	Tim Frost / Joanne Frost	Central Plains
Silver	Larry Kooistra / Julie Kooistra	Parkland
Bronze	Jim Leslie / Wendy Love	Central Plains
<b>65+</b>		
Gold	Marnie Heath / Denny Quigley	Westman
Silver	Kathleen Taylor / Stan Lipnowski	Assin Park / Fort Garry
Bronze	Allan Clarkson / Beverly Clarkson	Central Plains
<b>70+</b>		
Gold	Sandra Armitage / Rick Slater	Westman
Silver	Larry Mudge / Wendy Peever	St. James / Assiniboia
Bronze	Fran Myles / Murray Stephen	Central Plains
<b>75+</b>		
Gold	Ron Munro / Marilyn Redekop	St. Boniface / St. Vital
Silver	Cherlyn Cain / Grant Buchanan	Norman West
<b>Mixed Doubles - 3.5</b>		
<b>55+</b>		
Gold	Gordon Walker / Tracy Walker	St. Boniface / St. Vital
Silver	Shannon Dennehy / Steve Majocha	Assin Park / Fort Garry
Bronze	Rob Mcvannel / Cheryl Lewis	Central Plains
<b>60+</b>		
Gold	Helen Nantais / Darren Sinclair	Westman
Silver	Battista Foderaro / Lori Gullivan	E Kildonan / Transcona
Bronze	Sue Armstrong / Alan Armstrong	Westman
<b>65+</b>		
Gold	Laurie Guderyan / Isobel Kemp	E Kildonan / Transcona
Silver	Lois Dudgeon / Len Victor	Pembina Valley
<b>70+</b>		
Gold	Pat Bothe / Chris Bothe	St. Boniface / St. Vital
Silver	Elaine Graham / Brian Graham	Central Plains
<b>75+</b>		
Gold	Terry Gabrielle / Carol Gabrielle	Eastman
<b>Mixed Doubles - 4.0</b>		
<b>55+</b>		
Gold	Kenneth Bradford / Susan Davidson	Interlake
Silver	Paul Aquin / Lisa Walsh	E Kildonan / Transcona
Bronze	Brad Lutz / Susan Nemec	E Kildonan / Transcona
<b>60+</b>		
Gold	Maureen Bonar / Claude Pellerin	Westman
Silver	Coleen Dufresne / Ted Fardoe	Assin Park / Fort Garry
Bronze	Jim Howarth / Pam Mason	St. James / Assiniboia

<b>70+</b>	Hank Lodewyks / Mary Beth Shields	St. James / Assiniboia
Gold		
<b>Slo-Pitch Competitive Division</b>		
Gold	Fossilized	Winnipeg
Silver	SW Maulers	Westman
Bronze	Barton's Bunch	Winnipeg
<b>Rec A Division</b>		
Gold	Swan Valley	Parkland
Silver	Silver Fox	Westman
Bronze	MB Coyotes	Winnipeg
<b>Rec B Division</b>		
Gold	Legends	Winnipeg
Silver	Flashback Stealers	Winnipeg
Bronze	Wpg South Bees	Winnipeg
<b>Snooker - singles</b>		
<b>55+</b>		
Gold	Dieter Bonas	Assin Park / Fort Garry
Silver	Colin McTavish	Westman
Bronze	Bernie Kroeker	Westman
<b>70+</b>		
Gold	Leon Martens	Westman
Silver	Rick Thain	St. James / Assiniboia
Bronze	Denis Pantel	St. Boniface / St. Vital
<b>Snooker (doubles)</b>		
<b>55+</b>		
Gold	Stuart Ganske / Dieter Bonas	Assin Park / Fort Garry
Silver	Kim Kemp / Rheal Simon	Westman
Bronze	Mark Buchan / Ed Buchan	St. James / Assiniboia
<b>70+</b>		
Gold	Leon Martens / Denis Pantel	Westman
Silver	Rick Thain / Paul Maier	St. James / Assiniboia
Bronze	Norman Koe / John Adam	E Kildonan / Transcona

Continued on page 12

School Tax Rebate

Cheques on the Way

School tax rebates are in the mail, providing most property owners in Manitoba with a cheque equal to 50 per cent of the education portion of their property taxes.

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

THREE YEARS OF REBATES ON THE EDUCATION PORTION OF PROPERTY TAXES

\$246.5 Million

25% REBATE

2021

\$350.4 Million

37.5% REBATE

2022

\$453.2 Million

50% REBATE

2023

Manitoba.ca/schooltaxrebate

Manitoba



<b>Swimming</b> <b>50m Freestyle</b> <b>60+ Women</b> Gold <b>75+ Women</b> Gold Silver <b>65+ Men</b> Gold Silver <b>80+Men</b> Gold	<b>Name</b>  Tanis Carter  Cherlyn Cain Linda Buchanan  Dale Kristof Raymond Steen  Malcolm MacKinney	<b>Region</b>  Westman  Norman West Norman West  Central Plains Assin Park / Fort Garry  Westman
<b>50m Breaststroke</b> <b>75+ Women</b> Gold Silver <b>65+ Men</b> Gold Silver Bronze <b>80+Men</b> Gold Silver	<b>Name</b>  Cherlyn Cain Linda Buchanan  Dale Kristof Darek Mikita Raymond Steen  Malcolm MacKinney Jack Dubnicoff	<b>Region</b>  Norman West Norman West  Central Plains Westman Assin Park / Fort Garry  Westman Lord Selkirk/W.Kildonan
<b>50m Backstroke</b> <b>60+ Women</b> Gold <b>75+ Women</b> Gold Silver <b>65+ Men</b> Gold Silver <b>80+Men</b> Gold	<b>Name</b>  Tanis Carter  Cherlyn Cain Linda Buchanan  Dale Kristof Raymond Steen  Malcolm MacKinney	<b>Region</b>  Westman  Norman West Norman West  Central Plains Assin Park / Fort Garry  Westman
<b>100m Freestyle</b> <b>60+ Women</b> Gold <b>75+ Women</b> Gold <b>65+ Men</b> Gold <b>80+Men</b> Gold	<b>Name</b>  Tanis Carter  Linda Buchanan  Raymond Steen  Malcolm MacKinney	<b>Region</b>  Westman  Norman West  Assin Park / Fort Garry  Westman
<b>100m Breaststroke</b> <b>75+ Women</b> Gold <b>65+ Men</b> Gold <b>80+Men</b> Gold	<b>Name</b>  Cherlyn Cain  Darek Mikita  Jack Dubnicoff	<b>Region</b>  Norman West  Westman  Lord Selkirk/W.Kildonan
<b>100m Backstroke</b> <b>60+ Women</b> Gold <b>65+ Men</b> Gold	<b>Name</b>  Tanis Carter  Dale Kristof	<b>Region</b>  Westman  Central Plains
<b>Predicted Swim 200m</b> Gold - Women 75+ Silver - Women 75+ Gold - Men 65+	<b>Name</b> Linda Buchanan Cherlyn Cain Dale Kristof	<b>Region</b> Norman West Norman West Central Plains
<b>Distance Swim 400m</b> Mens 65+ Gold	<b>Name</b> Raymond Steen	<b>Region</b> Assin Park / Fort Garry

# Results from the Manitoba 55+ Games - June 20-22nd

Continued from page 11

<b>Track - Men</b> 100m - 55+ - Gold 100m - 60+ Gold Silver Bronze 100m - 70+ - Gold 100m - 75+ Gold Silver Bronze 100m - 80+ - Gold 200m - 55+ - Gold 200m - 60+ Gold Silver Bronze 200m - 70+ - Gold 200m - 75+ Gold Silver 200m - 80+ - Gold 400m - 55+ - Gold 400m - 60+ Gold Silver Bronze 400m - 65+ - Gold 400m - 70+ - Gold 400m - 75+ - Gold 400m - 80+ - Gold 800m - 60+ Gold Silver 800m - 65+ - Gold 800m - 80+ - Gold 1500m - 60+ Gold Silver 1500m - 65+ - Gold 1500m - 75+ - Gold 3000m - 60+ - Gold 3000m - 65+ - Gold 3000m - 75+ - Gold	<b>Name</b>  Ajay Gupta  Howie Gilmore Peter Bogi Barry Hallman Kenn Forsyth  Mel Johnston Larry Gompf Mo McLeod Jack Dubnicoff Ajay Gupta  Greg Athayde Peter Bogi Barry Hallman Kenn Forsyth  Mel Johnston Larry Gompf Jack Dubnicoff Ajay Gupta  Greg Athayde Gordon Flett Barry Hallman Ken Friesen Kenn Forsyth Mo McLeod Jack Dubnicoff  Greg Athayde Gordon Flett Ken Friesen Jack Dubnicoff  Greg Athayde Gordon Flett Ken Friesen Desmond Walton Gordon Flett Ken Friesen Desmond Walton	<b>Region</b>  St. Boniface / St. Vital  Lord Selkirk/W.Kildonan St. Boniface / St. Vital Assin Park / Fort Garry Westman  Pembina Valley Assin Park / Fort Garry Central Plains Lord Selkirk/W.Kildonan St. Boniface / St. Vital  Assin Park / Fort Garry St. Boniface / St. Vital Assin Park / Fort Garry Westman  Pembina Valley Assin Park / Fort Garry Lord Selkirk/W.Kildonan St. Boniface / St. Vital  Assin Park / Fort Garry St. Boniface / St. Vital Assin Park / Fort Garry Lord Selkirk/W.Kildonan  Assin Park / Fort Garry St. Boniface / St. Vital Assin Park / Fort Garry Assin Park / Fort Garry St. Boniface / St. Vital Assin Park / Fort Garry Assin Park / Fort Garry
<b>Track - Women</b> 100m - 80+ - Gold 200m - 65+ - Gold 200m - 80+ - Gold 400m - 65+ Gold Silver Bronze 400m - 80+ - Gold 800m - 65+ Gold Silver Bronze 1500m - 65+ Gold Silver 3000m - 65+ Gold Silver	<b>Name</b>  Carol Dubnicoff Clemus Laurila Carol Dubnicoff  Bev Chliboyko Norma Jones Clemus Laurila Carol Dubnicoff  Bev Chliboyko Norma Jones Clemus Laurila  Bev Chliboyko Norma Jones  Bev Chliboyko Norma Jones	<b>Region</b>  Lord Selkirk/W.Kildonan Assin Park / Fort Garry Lord Selkirk/W.Kildonan  Interlake City Centre / Fort Rouge Assin Park / Fort Garry Lord Selkirk/W.Kildonan  Interlake City Centre / Fort Rouge Assin Park / Fort Garry  Interlake City Centre / Fort Rouge  Interlake City Centre / Fort Rouge
<b>Whist</b> Gold Silver Bronze	<b>Team</b> Agnes Hargest / Langdon Snow Robert Law / Roseanne Lamy Helen Sweetman / Sonia Gamache	<b>Region</b> Central Plains Parkland Parkland



Above: Nicole Vielfaure  
Central Plains - Portage la Prairie  
Acrylic Painting

Below: Mary Smith  
Central Plains - Portage la Prairie  
'Summer Rose Wreath'



Bowling medal winners. Photo: AAIM



Ray Steen won 5 swim medals.  
Photo: Judy Steen



Bridge match. Photo: Senior Scope

## Winnipeg Grandmothers looking now for art from attics, closets, or any other stashing places, to support a good cause

**Grands 'n' More Winnipeg** wants Winnipeggers to donate art that has no future in their own homes or offices for the seventh annual fall Art From the Attic sale. From now into September volunteers are collecting, cleaning and sorting all kinds of hangable art. Past donors were downsizing, moving, sorting through another's effects or just deciding that they were no longer in love with a piece. Donors can rest assured that their art will find new homes and that their gifts support a good cause. Proceeds go to the Stephen Lewis Foundation's *Grandmothers to Grandmothers Campaign*. For drop-off times and locations, or to request pickup, call **431-276-9973** or email "[gnmafta@gmail.com](mailto:gnmafta@gmail.com)".

The **Art From the Attic** sale is **Oct. 15, 2023**, at the St. Vital Centre. Based on previous years donations, there will be approximately 1,800 to 2,000 pieces of art for sale at very affordable prices. The sixth sale in 2022 raised more than \$30,000. Over 2000 pieces of art were donated, ranging in value from very collectible original works by well-known artists to charming reproductions. Included in the past have been works by indigenous artists, art from cultures around the world, and examples of many different media. Serious art collectors have found huge bargains, and everyone gets an unbeatable price.

The Grandmothers to Grandmothers Campaign supports grandmothers in 15 sub-Saharan African countries, all of whom have been affected by the AIDS pandemic in Africa. Grandmothers ("unsung heroes") disproportionately absorbed the impact of AIDS as it swept through the continent, taking up parenting roles again for grandchildren whose parents had died of AIDS, finding ways to earn income to feed clothe and support education for them, battling discrimination and stigma, and advocating for human rights and property rights, all in the context of their own grief and need for support. The COVID pandemic set back many advances. Grand

mothers and grand-others from coast to coast here in Canada raise funds (over \$42 million since 2006) and raise awareness. For more information about the cause: <https://grandmotherscampaign.org> For more information about the Stephen Lewis Foundation: <https://stephenlewisfoundation.org> For information about Grands 'n' More Winnipeg: <https://grandsnmore.com> Contact: Jean Altemeyer **204-284-3434** [jeanaltemeyer@shaw.ca](mailto:jeanaltemeyer@shaw.ca) or Sharon Twilley **204-257-4886** [twilleys@gmail.com](mailto:twilleys@gmail.com)



# The Pros Know 55 Plus

## Active Living & Resource EXPOS 2023

Visit [prosknowexpos.ca](http://prosknowexpos.ca) for 2023 dates, locations & On-Line Resources for Seniors!

### Get Senior's Resources in Person!



**Trish and Rick**

All Ages Welcome!

**First things first!** Thank you to everyone who participated in our Spring Shows this year. Friends, Family & our Neighbours are number one! Thanks to our amazing group of Resource Exhibitors, you are the stars that come out to shine. We appreciate you all so. Congrats to 'Steven A.' our BBQ kit package winner. Steven and his family were visitors to our Fort Rouge Show in April. Enjoy and have a great summer folks. To all who entered we say thanks again for attending and making these shows a success. Trish is working on the Fall Shows prize and we'll have an announcement soon!

This fall promises to be even better. We are so pumped to be returning to St.Vital at Dakota Community Centre (Sept. 21st) and to finish at Good Neighbours Active Living (Oct. 25th) in EK. The two new Fall Shows have us in St.Boniface at Archwood Community Centre (Sept. 27th) and at All Saints Ukrainian Orthodox Church (Oct. 19th) in Transcona. All groups are working hard to accommodate you and well, we are pretty excited for these locals as well. The feedback from all has been very proactive and productive. With the additions of the United Way's 211MB, A&O Support Services, Long Term & Continuing Care Association of Manitoba and many more great services, your Expos are at their best to close out the year. Lastly, we can't stress enough to you, how important you are in this equation. All of us are gathering to get you and yours the assistance needed to live better lives after 55. Many of our younger family members are charged with our care and having them at the shows will help them, help you, moving forward. Thanks again everyone for your continued love & support and see you in the Fall! **Rick & Trish!**

**NO-CHARGE**  
**FREE ADMISSION**  
**NO-CHARGE**  
**TO THE PUBLIC**

Fall Show No.1:  
9:30am - 2:00pm



**Thursday, September 21st | St. Vital**  
Dakota Community Centre | 1188 Dakota Street  
MASC Host: Dakota Community Centre Seniors

Visit [prosknowexpos.ca](http://prosknowexpos.ca) for updates, aging in place info & more!

## Newcomers: In SLSM

By Senaka Samarasinghe



Parents of Ishan namely Pathma and Gnanapala Samaranayake attended today's event as two newcomers of Sri Lankan Seniors Manitoba (SLSM). I told Ishan when he as well as Nuwan Perera were as Board Members of Sri Lankan Association of Manitoba (2016/2017) they mooted an idea to form a Sri Lankan seniors' organization. Now their parents are reaping the benefit of their long-term thoughts.

Loving father of Sajeewa named as Nandapala Welendagoda were the three newcomers joined with us on June 16th (FRI) 2023 at The Leaf, Assiniboine Park. Walking and fellowship were main proceedings for the day and followed by light meal. ■

## Some fun at the Manitoba Highland Gathering - June 24-25

Photos courtesy of MHG committee



## Travel / Leisure / Activities

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

### Becoming Dementia-Enabling

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

#### A Free Online Series

Watch & learn at your own pace, or join us to watch & discuss as a group!

A 7 part video series thinking creatively about living with dementia. Featuring 15 experts from 5 countries



Contact us to learn more about our new Dementia Resource Library, located at St Charles Headingley United Church, on Bridge Road in Headingley!

Contact Darlene:  
[darlmae@shaw.ca](mailto:darlmae@shaw.ca)  
204-793-2044  
St. Charles Headingley United Church



### Great Summer Reading!



**GREAT GIFT IDEA!**

**FREE DELIVERY** in WPG & many rural communities

#### Humour from Cover-to-Cover

Adventures & Misadventures

- Covid-19 Pandemic -
- Travel Abroad -
- Hunting / Fishing -
- Growing Up on an Interlake Farm - & more!

**\$20.00 - Call Senior Scope to order, for payment options and FREE DELIVERY - 204-467-9000**

Can e-transfer to author Rick Goodman at [rickgoodmansk@gmail.com](mailto:rickgoodmansk@gmail.com).

Also available at Heaven Scent Flowers & Gifts (77 1/2 - 2nd Ave. Gimli, MB)

## SERVICES AVAILABLE

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

**FRIENDLY VISITING:** Volunteers regularly visit or call you one or two hours per week.

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

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

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

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

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

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



Seine River Services **for seniors** Services Rivi re Seigne **pour a n es**

**204-424-5285**  
[labseinerss@gmail.com](mailto:labseinerss@gmail.com) or 

## Heaven Scent Flowers & Gifts

We also carry a large selection of crystals, books and tarot.

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Call 204-642-9334





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Call for your *FREE* Consultation

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Things To Do - WINNIPEG

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

*Luncheons / Art Shows*

**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)

**Manitoba Rural & Northern Juried Art Show** - Over 60 artists from across the province featured at an exhibit at the Buhler Gallery (St. Boniface Hospital (409 Tache Ave.). Reception Sun. Aug. 13, 1-4 pm. Exhibit Aug. 1-27. Free to the public. Info: Manitoba Arts Network: **204-943-0036**, Nicole Shimonek, Visual Arts Coordinator, [visualarts@mbartsnet.ca](mailto:visualarts@mbartsnet.ca); or Sarah Brereton, Program Coordinator - [admin@mbartsnet.ca](mailto:admin@mbartsnet.ca).

*Misc.*

**The Barefoot Ranch - Horse Rescue & Sanctuary** - Open House, Sun. July 16, 2-5 pm, and Sun. Aug. 13, 2-5 pm. Come and see why we do what we do! Address: 9108E Rd. N, Teulon, MB. Info: [sherri@thebarefootranch.com](mailto:sherri@thebarefootranch.com)

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

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

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

*Music / Dancing*

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

**The Senior Choral Society of Winnipeg** - is excited to announce that our first practice for the upcoming season is Mon. Sept. 11, 10 am, at McClure United Church (basement), 533 Greenwood Place behind the CNIB on Portages Avenue. We are a four part choir. All voices welcome. Info, Gerda: **204-669-5570**

**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).

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

*Sports / Fitness / Games*

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

**South Winnipeg Senior Slo-Pitch (SWSSP) house league** - teams formed on the spot, no scoring or criticizing allowed. Come play Tues. and Thur. 1 pm, weather permitting, at 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 Community Centre / Seven Oaks SportsPlex** - 725 Kingsbury Ave. 55+ Programs: Zumba, Bocce Ball, Pickleball, Line Dancing. Program schedule: [www.gardencitycc.com/seniors](http://www.gardencitycc.com/seniors).

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

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

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

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

**Winnipeg Minor Basketball Association (WMBA)** with the **Manitoba Association of Basketball Officials (MABO)** (non-profit organizations) - looking for older adults to referee youth basketball games in fall and spring, usually on weekends. The WMBA is a youth basketball league which serves youth in Winnipeg and surrounding areas. Great opportunity for exercise and helping our youth understand the game of basketball. Training is provided and referees receive fees for refereeing. Phone/text Mike: **204-396-5751** for info.

**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 & trans- porting residents to / from worship services held in the Centre. **204-831-2503** or visit [deerlodge.mb.ca/volunteers/](http://deerlodge.mb.ca/volunteers/)

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

**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**

**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.

Continued on next page

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. Renee: **1-204-758-3357** or [montcalmserviceprogram@gmail.com](mailto:montcalmserviceprogram@gmail.com)

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

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

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

**Seine River Services for Seniors** (RM of La Broquerie and RM/Town of Ste-Anne) - Help and support with transportation services,

companionship, homecare services. Melanie Bremaud: **204-424-5285**.

**Les services rivière seine pour aînés** - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud: **204-424-5285**.

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

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

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

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

**St. Andrews Rectory & Heritage Centre** - Growing the Secret Garden, A Master Gardener presentation by the Rectory Garden Committee, June 24, 1:30-2:30, 374 River Road, St. Andrews, MB. Come hear about the garden's thriving process and the lessons learned along the way. Topics include planting heritage varie-

ties, native flowering plants, and gardening in shady, dry conditions. Info: **204-339-6396**, [standrewsmuseum@shaw.ca](http://standrewsmuseum@shaw.ca). Cost: \$5/person. Register online by June 22: <https://www.standrewsrectory.ca/events/>

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

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

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

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

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



# Things To Do - WINNIPEG

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

*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: **lkehl84@gmail.com** or Wayne: **204-792-3932**

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

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

**Dakota 55+ 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. 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**.

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

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

**Pembina Active Living (PAL) 55+** (Whyte Ridge Community Centre, 170 Fleetwood Rd.)- **Summer Hours:** Summer programs will take place outside the facility for July and Aug. while staff will be working from home. (See July & Aug. programs below in advertisement.) 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**, **www.pal55plus.ca**.

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

**Royal Canadian Legion, St. James Branch #4** - Over 55 Club, 1755 Portage Ave. Peter and Ruth Henry: **204-486-3533**.

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

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

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

# Travel / Leisure / Activities

Advertise your travel business, event or activity here at a reduced price. Call **204-467-9000** or email **kelly\_goodman@shaw.ca** for details.

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

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

## Moose Jaw & Watrous

**Saskatchewan Mineral Spa Tour**

Join us to float and soak in the curative mineral waters to relieve sore muscles & stiff joints this fall! The unique buoyancy allows people with aches & pains to move in ways they haven't experienced in ages. Come try effortlessly floating in Canada's Dead Sea!

**\$649.00**  
pp dbl occ  
**Sept. 24-28th**

**Tour includes:** Motor-coach transportation, 2 nights at Temple Gardens Mineral Spa, 2 nights at Manitou Springs Mineral Spa, plus unlimited access to mineral pools.

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## Ride The Rails to the Parkland

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

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

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

**Summer programs will be running outside the facility for July and August while staff will be working from home.**

**Summer Hours:**

**Lunch PALS**  
**Tuesday, July 11** - South Beach Casino & Brokenhead Walking Trail  
**Thursday, August 3** - PineRidge Hollow. Come join us for a lovely summer drive and enjoy unique places in Manitoba and lunch.

**PAL's Picnic**  
**Tuesday, August 22**, 11 am - 2 pm  
St. Norbert Farmers' Market - 3514 Pembina Hwy.  
Don't miss this fun event and opportunity to see what wonderful programs, events and classes PAL will be offering this year. We'll have vendors, food, Flea Market Table, live music, entertainment, raffles and door prizes.

**Summer Fun!**  
We offer Hiking, Biking, Walking, Golfing, and Urban Pole Walking, as well as Movie PAL's, Lunch PAL's Summer Trips, and our Annual PAL Picnic & Membership Drive.

**Call us for more information.**  
**PAL (55+) PEMBINA ACTIVE LIVING**  
**170 Fleetwood Rd. Wpg.**  
(in the Whyte Ridge Community Centre)  
**204-946-0839**  
**www.pal55plus.ca**  
**HOURS: Mon. to Thur. 8:30 - 3:30**







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# Life lease living has many advantages By Lori Blande

When the 'chicks have fledged' and your house develops echoes, the yard work is just not fun anymore, or the winter snows are coming early and staying too long, many Manitobans are faced with the dilemma - "Where do we go from here?"

Going south for twelve months a year isn't a viable option for most. Fortunately, there are quite a few life lease buildings in Manitoba and they have been the answer to this quandary for many people.

The Manitoba Life Lease Occupants Association (MLLOA) conducted an informal survey of its member buildings to get an idea of why people chose to downsize and why they decided on a life lease over a condominium or a regular rental property.

The number one reason given by people who chose to downsize was that the house-keeping and/or yard maintenance was too much work. Stairs were another issue for many respondents. For others, the death of a spouse was also a factor in moving out of their home.

As I explained in my first article, a life lease is just that - 'a lease for your life'. These apartments are not condominiums and they are not ordinary rental properties. While some life lease buildings are 'market value', the majority operate as non-profit corporations. Tenants are required to pay an entrance fee (refundable) and a monthly rental fee which

covers the operating and capital expenses. The entrance fee is secure and protected by law, so you will get it back when you leave.

Entrance fees vary from project to project, depending on the age of the building, size and amenities offered. To my knowledge, fees can range from as low as (or lower) \$15,000 to over \$180,000 on newer builds; others can be anywhere in between. The same goes for monthly rent prices, a wide price range depending on suite size, amenities, age of the building and maybe even the location.

Many people mentioned the huge investment of buying a condominium and the added monthly condo fees as a deterrent to purchasing one. A few cited the hassle and politics of an in-house condominium board. Monthly condo fees can range from less than \$300 to more than \$1400 depending on the building. In addition, as owners, they are responsible for the day-to-day management and decisions regarding major projects should there be issues with the building. Furthermore, market variability is a risk for condominiums that doesn't affect life leases, unless it is a market value life lease. (more on this topic in a later article).

Madeleine and Ray L. recently sold their condo of 12 years and moved into Colorado Estates, a life lease on Ferry Road. They are ecstatic about the 'no responsibility, worry-

free living'. Madeleine is delighted that they no longer have to concern themselves about appliances breaking down, plumbing or electrical issues or washing exterior windows. Laughing, she said, "They even change the furnace filter for us."

Often, the monthly rental fees for life leases, with all their added features and amenities are lower than regular rental properties. "I tried to find rentals with comparable amenities and suite size to my life lease and I found that I would be paying more for a much smaller apartment with less amenities and no social activities or sense of community" reported Ann B.

When asked why they chose life lease living over a regular rental, the majority of respondents indicated the sense of community and social activities offered in life leases as a big factor. Suite size and location of the building were also high on the list of reasons for their choice. Amenities such as in-suite laundry, underground parking and the fact that most life leases are restricted to a 55+ population were also a priority.

The survey also asked respondents if they thought they fully understood what a life lease was before committing to one. A number of people, including Dave Kennedy from Glen-dale Courts, said "definitely not" or "not really". Many residents confess they still don't fully understand the nuances of life leases or

the legalities and legislation involved. Government officials, insurance companies and some property management companies struggle with the life lease concept and related rules and regulations.

Education is one of the tenets of the MLLOA and we are working to do just that. The Association holds 'round tables' / information sessions for residents of member buildings on topics related to life lease living. Also, the MLLOA has been working collaboratively with the Manitoba Government to have the Life Lease Act changed to be more consumer friendly.

Stay tuned for future articles which we hope will help you better understand the legislation and related regulations.

If you are interested in the life lease option, feel free to contact us at the Manitoba Life Lease Occupants Association (MLLOA). We are a non-profit organization that represents more than twenty-eight life lease member complexes in Manitoba. We also provide education, and monitor legislation, governance and resources. For more information, visit our website at [www.mlloa.ca](http://www.mlloa.ca)

*Lori Blande  
Member at Large, MLLOA and  
Resident of Colorado Estates, life lease  
Winnipeg, MB*





With summer comes warmer temperatures, outdoor activities, and a family classic...hosting lemonade stands!

Gather your kids, grandkids, and other family and friends to join you in support of cancer patients in Manitoba. Groups from families and day-cares to schools, businesses, and community groups are hosting stands across the province this summer. Join them in making a difference!

When you host a Lemonade Stand for Hope from July 14-16 – or anytime this summer – you are helping change the path for so many Manitobans touched by a cancer diagnosis. Imagine the lives you will help change, thanks to the donations collected at your very own lemonade stand. Every cent you collect stays right here in Manitoba to help cancer patients and their families.

Register your stand today and pick up your free starter kit at CancerCare Manitoba Foundation. Visit [LemonadeForHope.ca](http://LemonadeForHope.ca) or call 204-784-2777 to learn more and get started today!

## CJNU music curator recognized with award

David Hargrave – a long-time volunteer for CJNU – was presented with a certificate naming our Legacy Library Archive “The David Hargrave Collection”, on June 1, 2023 (Dave’s 81st birthday) at the Riverview Health Centre where he currently resides. He received this special honour for his invaluable contribution to the library in his role as curator and source of much of CJNU’s music.



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- A walk by Lake Metigoshe, with dinner at The Velvet Antler Café at Turtle Mountain Resort?
- The Gimli Glider museum, followed by pickerel dinner at the Beach Boy Restaurant?
- Seeing the polar bears, then chowing down on a Borealis Burger at the Tundra Pub in Churchill?
- A rooftop pool-party at the Delta Hotel in Winnipeg—with food from the Blaze Restaurant?

There's so much to see and do right here in Manitoba! For more tasty trip ideas and heart-stirring itineraries, visit [travelmanitoba.com](http://travelmanitoba.com).

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





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CROSSWORD (EASY) By Myles Mellor

**ACROSS**

1. Apartment, in slang  
4. Profit bringer, cash \_\_\_\_  
7. Proverb  
10. \_\_\_\_ Man Flint  
11. Notable times  
13. Fall behind  
14. Greek letter  
15. Fast time  
16. Permit  
17. Big shot  
19. \_\_\_\_ insult to injury  
21. Beginning  
23. Busts  
26. Hat-tipper's word  
29. Breakfast staple  
31. Nuts  
33. \_\_\_\_ brat  
34. All wound up  
35. Embrace  
37. Abbr. used for brevity  
38. Show of joy, sometimes  
42. Goes with hers  
44. Granny \_\_\_\_  
47. Started a fire  
48. Picnic crasher  
49. Rational  
50. Monkey  
51. Outer space  
52. Part of HRH  
53. Make a blouse



**DOWN**

1. Rhythmical lines  
2. Mercury, for one  
3. Use a trawl  
4. String quartet member  
5. Lode load  
6. Blended  
7. Army person  
8. Reverence  
9. Slick  
12. Initiation  
18. Maximum  
20. Kind of control  
22. Detachable spacecraft unit  
24. Beaver home  
25. Astute  
26. Tangle  
27. Draft choice  
28. Forgiveness  
30. \_\_\_\_ Wednesday  
32. Guitar parts  
36. Verbalize  
39. Worrywort's word  
40. Prime  
41. Mother's cooking preference  
42. Gives birth  
43. Sign, the contract  
45. Slangy negative  
46. Genderless pronoun

SOLUTION ON PAGE 19

**WORDSEARCH - Summertime** - By Roni Alward & Senior Scope

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

AUGUST	COOKOUT	HIKING	OCEAN	TENT
BARBEQUE	COOLER	HOT	OUTSIDE	TOURISTS
BAREFEET	CRICKETS	HUMID	PATIO	TRAILS
BASEBALL	DRINKS	JULY	PICNIC	UMBRELLA
BEACH	FAN	JUNE	POOL	VOLLEYBALL
BEEES	FISHING	KAYAKING	RAFTING	WASPS
BERRIES	FLOWERS	LAKE	SANDALS	WATERPARK
BIKE	FRISBEE	LAWN	SHADE	WAVES
BIKINI	GOLF	LAZY	SHELLS	WEEDS
BOAT	GRASS	LEMONADE	SPRINKLER	ZOO
BOOKS	GRILL	MELTING	SUNGLASSES	
CABIN	HAZY	MOSQUITOS	SUNNY	
CANOE	HEAT	MUGGY	TAN	

SOLUTION ON PAGE 19

# MR. ODDS & ENDS

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In 3,027 years from now, life will either be really good, or it will be really bad! It's 5050!

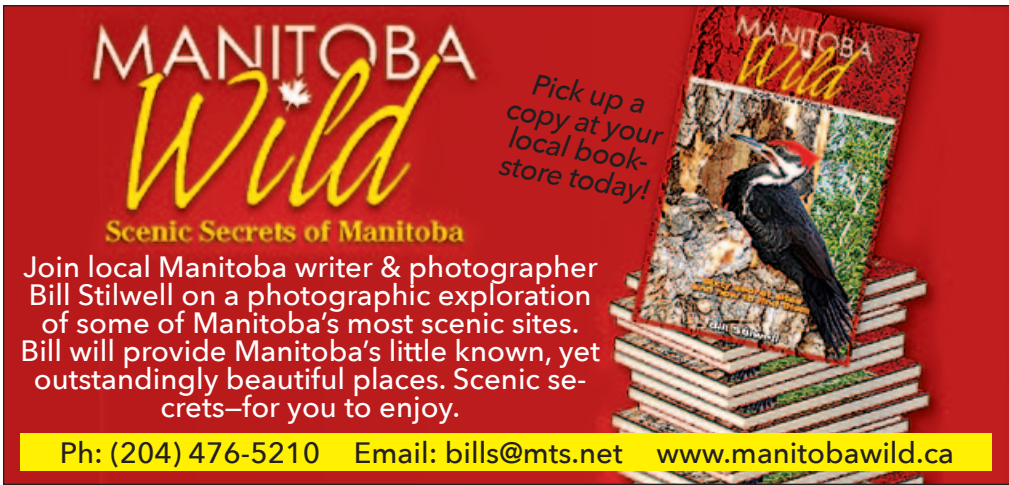
Beauty is in the eye of the beer holder.

Ever stop to think, and forget to start again?

**THESE THINGS HAVE NAMES?**

Messy illegible handwriting is referred to as griffonage.

Your pinky toe is referred to as minimus. (Digitus minimus pedis)



## MANITOBA Wild

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

Helping to Keep Brains Young. **All answers begin with the letter 'P'** 'N' and 'O' not available

1. He will be the King someday (likely about 2040):

2. These new Pepsi bottles were designed to be recycled:

3. This is the national dog of France:

4. This central American country and capital city have the same name:

5. This building product has tripled in price in 2021:

6. This food product is #1 food as an inexpensive family dinner:

7. Harrisburg is the capital of this American State :

8. This is Billy Joel's nickname:

9. In 1992 Disneyland opened in this European city:

10. These mountains form a border between France and Spain:

11. These tables are commonly made from slate: 12. Six cylinder cars have 6 of these:

13. This English Royal is keen on architecture:

14. This character first appeared in 1929 smoking a corncob pipe:

15. This snack product is healthy and has few calories:

16. She first appeared in 1937 as Porky's romantic interest:

17. This water product got a big promotional boost at the French tennis games:

18. Frito-Lay is a subsidiary of this company:

19. He was Jane's brother:

20. He was often credited with being the funniest comedian of all time:

21. These tables have pockets:

22. American's who favor Republicans are considered red, Democrats are blue, those who are undecided are tagged with this color:

23. This car is manufactured in France:

24. His father won an Oscar for "On Golden Pond":

25. This Royal has signed on with "Netflix" to produce films and documentaries:

26. The Boxter is a two seater German sports car made by this company:

27. This German created this now famous "Natural Movements" exercise program:

28. She has made millions with her amusement park:

29. This folk hero was a giant lumberjack:

30. He wrote and sang "50 Ways To Leave Your Lover", his partner was Garfunkel:

& Mind & Memory

Shows for Seniors

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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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MISSING WORD SEARCH

2000 Words

Word Search

MEGA MISSING WORD SEARCH

24 MEGA PUZZLES

Each 50 to 80 Words

OVER 1,500 WORDS

WORD SEARCH

2000 Words

Word Search

Keep Your Brain Young

500 Exercises

To Wake Up Your Brain

Helping to keep brains "Sharp" and "Exercised"

CROSSWORD - Solution

1	P	A	D		C	O	W		7	S	A	W
10	O	U	R		E	R	A	S	13	O	W	E
14	E	T	A		L	E	N	T	16	L	E	T
17	M	O	G		U	L			19	A	D	D
				21	T	O	P		23	R	A	I
26	M	A	A		M		O	A	32	T	M	E
31	A	L	M		O	N	D	S	33	A	R	M
34	T	E	N		S	E			35	H	U	G
				37	E	T	C		38	T	E	
42	H	I	S						47	L	I	T
48	A	N	T						50	A	P	E
51	S	K	Y						52	H	E	R
									53	S	E	W

WORDSEARCH - Solution

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

A-Z TRIVIA "P" SOLUTIONS

1. Prince William

2. Plastic

3. Poodle

4. Panama

5. Plywood

6. Pizza

7. Pennsylvania

8. Piano Man

9. Paris

10. Pyrenees

11. Pool Tables

12. Plugs

13. Prince

14. Popeye

15. Popcorn

16. Petunia

17. Perrier

18. Pepsi Co

19. Peter Fonda

20. Peter Sellers

21. Pool Tables

22. Purple

23. Peugeot

24. Peter Fonda

25. Prince Harry

26. Porsche

27. Pilates

28. Parton (Dolly)

29. Paul Bunyan

30. Paul Simon

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204-899-2071 or email [ronlepla@gmail.com](mailto:ronlepla@gmail.com)

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