

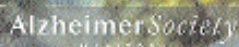
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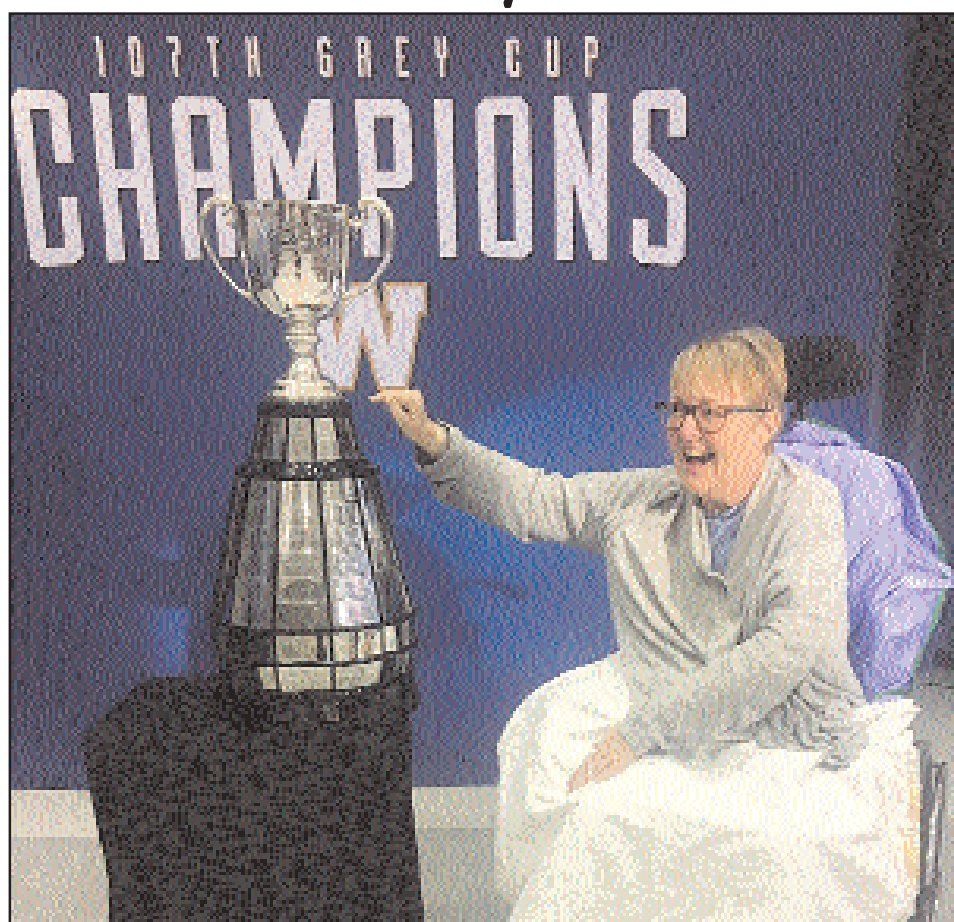
The miraculous story of Janice, the woman I love so very much

By Roger Currie

Christmas 2019 is behind us now and it included a story that can only be described as a genuine 'miracle'. It involves my beloved wife and partner, Janice, and I must now admit to being a believer in such things. That's not easy for a crusty old news guy who previously described himself as an 'agnostic' at best.

Medical science provides no easy explanation for what has happened to Janice in recent months. Going back further, in 1995, she was a widow teaching elementary school and raising two young boys in a lovely home in Riverview. At the age of 47, she was hit with a severe form of breast cancer, and doctors gave her a "20% chance of survival". Janice demonstrated that she was a true 'fighter', entering an experimental treatment program which included massive amounts of chemotherapy plus radiation. Surgery took both breasts as well as lymph nodes, but survive she did when others were not so lucky. After completing treatment Janice joined an aqua size class for breast cancer patients. It was there she met another 'survivor' who had been in palliative care but was not any longer. It was a brief encounter, but it planted a seed of inspiration that stayed with Janice.

The chemo and radiation left Janice with a potentially deadly legacy. Over the next 20 plus years, it seriously damaged the ability of her bone marrow to produce healthy new blood cells. *Myelodysplastic Syndrome (MDS)*, is often a prelude to more serious life-threatening ailments, particularly leukemia. One



Janice Chance, at Riverview Health Centre, admires the Grey Cup won by the Winnipeg Blue Bombers for the first time in 29 years.

possible cure is a stem cell or bone marrow transplant. The success rate varies a great deal and the treatment is generally not offered to anyone over the age of 70. That's the birthday Janice celebrated in February of 2018. In January of 2019 her energy level dipped quickly and dramatically. She was admitted to Health Sciences Centre, undergoing many tests and receiving her first of many blood transfusions. Her energy level quickly improved as did the numbers for her

hemoglobin and white blood cell counts, but it was clear that our happy life might never be quite the same.

In early March a hematologist pronounced the diagnosis as MDS, adding that she might have "eight months to live". I was holding my wife's hand as the words were spoken

Continued on page 2

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The miraculous story of Janice..., cont'd from front page

and we both felt genuinely numb as we left the room and drove home that day. A few months earlier my career as a radio newscaster had ended after more than 40 years. It was a somewhat bitter ending to what had been a very satisfying career. I soon came to realize that it could and should be viewed as a blessing in disguise. Just when I needed it, I suddenly had lots of time to be Janice's principal caregiver. There is a targeted chemotherapy treatment that can sometimes stabilize MDS and perhaps slow the progress of the disease.

Several times a week I was Janice's driver, transporting her to treatments and occasional blood transfusions at Victoria Hospital. We enjoyed a pleasant summer but by September it became more and more obvious that Janice's strength was failing again. The chemo was really not working and the transfusions were not helping much either. As the days went by she was spending more and more time sleeping. Sometimes a couple of hours would go by with hardly a sound coming from the bedroom. I would peak into the room and feel some slight relief when I could see that her chest was rising and falling. She was thankfully indeed still alive. Doctors tried to provide comfort by saying that the end would likely see Janice fall into a deep sleep and not wake up. A greater short term danger would be an infection which could devastate her weakened immune system. On Monday October 7th Janice's temperature rose to 40 degrees Celsius (normal is below 37) and she was



Janice and Roger

obviously delirious. I called 9-1-1 and the paramedics took her to Health Sciences. Had we waited another day my wonderful wife may well have died in our home.

Very quickly it was determined that Janice required palliative care. One doctor made a prediction that neither of us will ever forget .. "There's a good chance Janice that you have no more than 4 weeks to live. I'm so very sorry," he quickly added. It was time to say goodbye. Family members gathered from near and far in her hospital room. Janice's first grandchild is due in mid-March, and in those dark days it looked as though she would never get to hold the baby, or even celebrate one last Christmas. After two weeks at Health Sciences, one of our prayers was answered when she was moved to Palliative Care at *Riverview Health Centre*. It's a remarkable caring place in the neighbourhood where Janice has spent much of her Winnipeg life.

The mandate of palliative care is simply to make the patient as com-

fortable and pain free as possible. But in early December, with her consent, it was decided to try one more transfusion. Janice received two units and within 48 hours the 'miracle' began. On Monday December 9th, four days after the transfusion, Janice got out of bed for the first time in eight weeks. She was hoisted into a wheelchair and had her picture taken with the Grey Cup. The trophy had been won by the Blue Bombers for the first time in 29 years, and it came to Riverview for a visit.

How long might the miracle last? Janice's blood numbers are still far from normal but they have definitely risen and are not falling back. Her energy has greatly improved and she is now getting out of bed almost every day and navigating the halls of Riverview in a wheelchair. She also uses a walker to strengthen her legs. On Christmas Day she actually left the building and enjoyed a splendid feast at the home of her older son.

Janice's loved ones, and all who have been involved in her care in any way have been hugely 'dazzled' to say the least. I'm not sure I have ever heard the word 'amazing' used so often. Because she now barely qualifies as palliative, Janice will soon be moving to hospice care at Grace Hospital, and then most likely ... wait for it .. home would you believe?

If that isn't truly a miracle I'm not sure what might qualify.

Stay tuned. ■

Roger Currie is a Winnipeg writer and broadcaster, and a regular contributor to Senior Scope

Herman Prior Activity Centre – Portage la Prairie

He had heard there was a men's snooker league in town at the Herman Prior Activity Centre. Pool, he hadn't played that since he was a young man, it brought a smile to his face, those memories.

One cold winter morning he decided enough of sitting in his apartment all alone, he was going to check it out. That was a year ago now. He looked forward to every Tuesday and Thursday that the league played. Often the fellows he met would also meet for coffee, or lunch at the Prior. Now he had someone to talk to

besides his cat Sam, and there was even someone there to do his foot care from time to time.

He loved it when he heard they could sure use a handyman, fix a shelf, tighten door knobs. That was right up his alley. He didn't have much for tools anymore since he moved into an apartment but the Herman Prior Centre had a tool library where any one in the community could become a member and borrow tools for a small amount. He liked volunteering with that as well and sharing his knowledge when

needed. Having a place to be appreciated and a place to connect made a world of difference. He felt good donating what he could to keep the place a vibrant place to come to. It was great that membership was only \$25 a year, literally anyone could afford it.

See you at the Prior!

*Chris Dumont
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Advertising Feature

Managing the Ups and Downs

- Alzheimer Society

Brad McIntosh's mom has Alzheimer's disease. He works full-time and is thankful for a supportive boss who understands his current situation.

Brad has agreed to be part of the Alzheimer Society of Manitoba's January Awareness Month Campaign. In this campaign, the Society turns the conversation over to the experts – people like Brad who live with the disease by helping to care for his mother. Their stories serve to challenge misconceptions so the stigma surrounding the disease can be reduced.

Brad's Story – In His Own Words:

My mom has Alzheimer's disease. It hasn't been easy, but she's my mom and I'll do anything to help her.

I work full time and feel very fortunate to have a supportive boss who's aware that I'm a caregiver for a person with dementia. He understands when I have to leave to deal with an emergency. Thank goodness for that, because I often need to duck out to go to the care home



Brad McIntosh

where my mom lives and help calm her if she's upset.

On occasion, she has become verbally abusive or accused people of stealing from her. She's called and left messages and cried because she is so upset. This isn't my mom. Growing up, she never ever yelled at us kids.

I'd be lost if I hadn't reached out to the Alzheimer Society. They helped me understand what was going on with my mom. They taught me about the changes going on in her brain and that it's not her fault. I have learned so much and feel more equipped to handle what lies ahead. Their support has been indispensable from the get-go and continues to be to this day.

They also helped me realize that it's important to take care of myself as a caregiver. I do this by talking with my wife and our grown up children, exercising, cooking and doing home renovations. I will continue to learn and attend events organized by the Alzheimer Society so I can better manage the ups and downs of my mom's progression with the disease.

Here are my tips to help you understand:

- When you make the initial appointment with your doctor, make sure you go with the person who has

dementia. This way you can fill in any gaps that may give them the whole story.

- Get in touch with your Alzheimer Society as soon as possible. The support they provide is invaluable and can help guide you with next steps.
- Look up **Teepa Snow** and watch some of her videos online. She's amazing and has great tips to help caregivers understand how to communicate better with the person with dementia.
- Communication is important. Share what you learn with other members of your family. It isn't always easy, because everyone handles things differently, but it is important to keep trying.
- Don't be afraid to talk about dementia and explain what is happening so that people understand. The more we talk about it, the better chance we have in reducing the stigma. ■

Manitoba Churches – Hecla Island - Lutheran Church - 1928

Tyrrell Mendis, assisted and encouraged by his wife Doreen, has photographed more than 700 places of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage.

His travelling exhibition of 48 pieces, **Testaments of Faith**, Manitoba's Heritage Churches is now available for booking.

If you would like a particular church featured in **Senior Scope**, or would like to make a booking for his exhibition, contact **Tyrrell Mendis** at:

tymendis@shaw.ca
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www.theimpressionists.ca.
ManitobaChurches/
(Testaments of Faith)

Originally known as Big Island, 165 km north of Winnipeg in Lake Winnipeg, Hecla Island became the Icelandic Reserve of New Iceland (Nyja Island) in 1875. The human history of Hecla Island begins with the arrival of land scouts from Ontario that year. The homesteaders, from both Gimli and Iceland, began to arrive the following year.

It is commonly believed the eruptions of Mount Hekla in 1845-46 and 1878 triggered the emigration from Iceland. But land scarcity there was also a factor.

Since religion is an essential component of the Icelandic lifestyle there were ministers available to serve the settlers when they arrived. Rev. Paul H. T. Thorlaksson and Rev. Jon Bjarnason travelled throughout New Iceland to conduct services in peoples' homes. However, there was a religious feud between them. They disagreed on church doctrine and the potential for the settlement. Consequently, in 1878-79, convinced that the colony would eventually fail,

Rev. Thorlaksson led a number of settlers to the area around what is now Icelandic State Park near Cavalier, North Dakota.

The disagreement was just one of the problems facing the newcomers. Smallpox ravaged the community in 1876-1877, while heavy rain and a scourge of mosquitoes hampered farming.

The first church at Hecla was of concrete, built by the congregation in 1886. It was used until 1928 when the present church was built. It is located in what was later designated as historic Hecla Village, at the south of the island.

Hecla Island is part of Hecla-Grindstone Provincial Park. This designation 1969 resulted in conflict with some island residents, but also in development of the area as a tourist destination with the addition of a golf course, resort hotel, and other recreational facilities. In essence, it also assured the preservation of the church which was restored in 1973-1974.



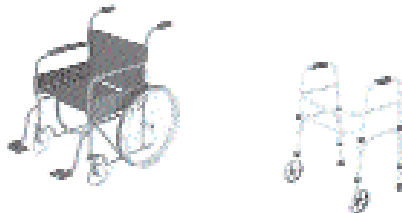
Photographed in 1991.

The old order changeth, yielding place to new; And God fulfils himself in many ways, Lest one good custom should corrupt the world.

- Alfred, Lord Tennyson

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- Treena Nault, CFP, RRC, Executive Financial Consultant

The year 2020 is upon us! And our team at **IG Private Wealth Management** has hit the deck running.

I hope you are refreshed and ready to make the most of (another) new decade.

As you may know, **Shirley Hill** has retired after many years of service with IG Private Wealth Management. You can rest assured I will continue to provide you with great information that you and your family can benefit from in taking care of your financial well being now and in the future.

I've had the pleasure of working as an Executive Financial Consultant with IG Private Wealth Management for many years and was previously in a management role within the organization. Other team members include: Jarilynn Oberg, Associate Financial Consultant – Financial Planning; Sydney Nault, Operations Manager and Anne Fountain, Operational Associate – Client Relationship Manager. I'll feature a short biography of each team member in subsequent articles.

My daughter, Sydney, has inherited my passion for helping people enhance their financial lives. As our operations manager, she helps to keep us responsive to your financial needs.

"Put money ahead and worry behind."

Whether you are retired or soon to retire, the next phase of your life will be very different in the way you look at your money. Your retirement will offer more free time and making the most of that free time will cost money.

I like the saying, "Put money ahead and worry behind." Before contemplating moving from a savings into an investment account, remember that any time is a good time to evaluate your current financial situation.

You probably see the wisdom of setting money aside for an emergency fund. With your emergency fund in place, you may feel more comfortable investing outside a savings account to make your money grow faster.

Your savings account could be costing you money.

Your savings account could actually be costing you money while your funds sit unused.

Canadians largely put their money into high-interest savings accounts (HISAs) and savings accounts. You may have put your money into two additional savings accounts: the Tax-

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“Did you know that at death, if your RRSP goes to a non-spouse beneficiary, it could be subject to over 50% in tax? Finally, is the interest growing in your savings account affecting your eligibility for Old Age Security? Interest is taxed at the highest tax rate.”

beneficiary, it could be subject to over 50% in tax? Finally, is the interest growing in your savings account affecting your eligibility for Old Age Security? Interest is taxed at the highest tax rate. It may be time to talk with an investment professional to learn more about how each can help you reach your financial goals including ensuring that your estate is passed on effectively.

You need to ask yourself some questions.

If you have significant savings that are not working for you, you may be losing out. With inflation running between 1.5-2.5%*, and savings accounts providing interest rates that are less than that – would your money be better off under your mattress? Ask yourself these questions:

1. Do you feel that you have enough money to see you through your retirement?
2. When will you need to access your money currently in a savings account?
3. What is your tolerance for risk?

Review your answers with an investment professional. Your main goal is to preserve and grow your wealth for a worry-free retirement. Turning savings into investments can help you feel better prepared for the retirement deserve.

The growing number of investment options can be dizzying. And the onslaught of home technology advancements we're facing – e-readers, tablets, fitness trackers and senior-oriented smartphones – can further complicate our lives. I'm not a "techie," but I can help to demystify the investing process for you. Although different investments carry different degrees of risk, it can be difficult to protect and grow your wealth without taking on some risk along the way.

Coffee's on!

Throughout 2020 we'll be hosting information seminars on investing and other financial planning topics that matter to you. I also look forward to welcoming you to our offices (with no obligation) and talking about your financial goals over hot coffee. Please feel free to include a family member in our conversations. His or her input is important.

Our first seminar regarding tax and estate planning is on Wednesday, April 8, 2020 at 10:00 a.m. Address: 200-1605 Regent Ave West, Winnipeg, MB R2C 3B3. ■

* (Source: Statistics Canada: 2019-12-18: Consumer Price Index).

Treena Nault is an Executive Financial Consultant with IG Private Wealth Management (Investors Group Financial Services Inc). She works collaboratively with clients to develop synchronized financial plans that help them create and preserve wealth and pass it on to the next generation tax-efficiently.

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Advertising Feature

Afraid of falling??? There's a help for that!

Statistics show that 1 in 3 seniors will fall each year. If that fall results in a broken hip or concussion, the consequences can be deadly. You can employ many strategies to try to prevent falls such as modifying your home, attending fall prevention classes, or hiring people to do tasks which could lead to a fall. Or, you could just change your socks!

Voxxlife is a technology company specializing in wearable neuro-tech. A large number of seniors have already been exposed to wearable neuro-tech. They're called eye glasses. Eye glasses stimulate a result from the optic nerve that improves vision. Voxxlife products stimulate the peripheral nervous system (PNS) via nerve receptors in the feet. This results in improved balance.

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Known as Voxx HPT, this specific pattern is specially woven (or molded) into each of our wellness and performance products. Contact with it triggers

a neural response in the brainstem that helps improve mobility and balance as well as manage pain. When you wear one of our socks, insoles, or patches, contact with the Voxx HPT pattern triggers a neuro response that sends information from the receptors on the bottom of your feet (or the inside of your forearm) to your brainstem.

After processing that information, the Central Nervous System (CNS) distributes commands to your peripheral nervous system, affecting various functions in your body, from motor control and balance to pain regulation. The effect is instant, ranging from improved balance & mobility, effective pain management, better energy levels and recovery process, and ultimately a happier, healthier life.

What HPT does for you...

Wearing this technology on a continuous basis will help you:

- Gain the postural stability needed to maintain proper balance and footing for greater range of motion and reduced risk of injury.

- Feel more energized to take on anything – from a challenging hike to a casual walk around town.
- Manage pain better. Voxxlife commissioned an independent study of 1,000 people and 940 reported a noticeable reduction in foot pain! And for those that suffer from Painful Diabetic Neuropathy in their feet, it offers drug-free relief they can count on to help them feel their best.
- Recover faster. Exercise with the confidence that you can push yourself further and recover more quickly, and fully, after every workout.
- Enjoy better neural health. 100% of the participants in an independent study experienced an average 36% increase in overall brain optimization with the help of Voxx HPT products.

If you would like to learn more about this cutting edge technology, or are interested in purchasing **Voxx HPT products**, contact **Darlene Neufeld (204) 799-2700** for an in-home appointment. Be more secure on your feet!

South Side Community Fitness & Fellowship - Year End - Potluck Lunch

By Senaka Samarasinghe

Dec 16th (MON) 12.30 - 3.00 pm, at the Trinity United Church, 933, Summerside Ave, Winnipeg

South Side Fellowship (SSF) group was functioning during the last three decades at Trinity United Church (TUC), 933, Summerside Avenue with participation of an average of thirty (30) members. As a Group they met weekly (not during Summer Season) at TUC. During these meetings we invited resource personelle to deliver speeches in different fields such as senior health safety. Our members (seniors) made presentations of their experiences of tours/pilgrimages to other countries and their excursions within Canada. Among these I have done a presentation, an introduction about Sri Lanka. We offered invitations to school choir groups and other churches. We also invited them for our sessions in UTC. Weekly, we allocated two hours from 1.00 - 3.00 pm for these activities and then a reception and fellowship. During spring and fall seasons, we arranged field visits to city parks, the zoo and rural communities.

By the end of 2018 there was a demand among members to conduct a weekly exercise session of one hour and balance one hour for reception and fellowship. Suni Matthews took the responsibly to take the leadership for this request and she agreed to conduct such a program,



free-of-charge. The balance one hour was assigned for board games, conversation with refreshments.

There will be presentations on topics of interest at times to improve the knowledge of the members. This new session started on Nov. 5th at 1.00 pm and continues in future in every Monday at the same time with the collaboration Sri Lankan 55+ Group. ■

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THE BUZZ



By Scott Taylor and
Baseball Manitoba
Photos courtesy Softball
Manitoba and Brandon
University

The best softball team in Manitoba's history along with a top official and five sensational players will head into the Manitoba Softball Hall of Fame in 2020.

In fact, the six individuals and two teams will be **inducted into the Hall on May 9, 2020 at Victoria Inn in Brandon.** This will be the 19th induction dinner and tickets (\$75 each) are available from Les Newman at **204-235-1674**, or by email at **lnewman@live.ca**.

The group of inductees includes four athletes (Rick Deggane, Rick Denney, John Kalinowski and Gary Magwood), one All-Around contributor (Jim Lehman), one official (Charlie Kurtz) and two teams including the legendary Winnipeg Colonels. With the help of Softball Manitoba, here's a close look at this year's inductees:

ALL AROUND CATEGORY

JAMES (JIM) LEHMAN

Jim Lehman was involved in Manitoba Softball as a player, coach, administrator and umpire. He started in Pine Falls as a player, moved on to Portage la Prairie and later to Winnipeg. Lehman received several team and league awards for his consistent hitting which led to a high batting average.

He was named the All-Star Third Baseman for the Winnipeg Senior Men's League in 1980 and was a member of teams that represented Manitoba at the Senior A National competition in both 1978 and 1979.

Later, Jim became an outstanding umpire and his talents were recognized in 1999 when he was selected as one of the umpires for the Pan Am Games that were held in Winnipeg.

Lehman also participated in a number of softball clinics and from 2003-05 chaired the "Progress for Portage" softball tournament which he expanded to included girls' fastpitch and then Slo-Pitch, as well.

ATHLETE CATEGORY

RICK DEGAGNE

Rick DeGagne was a threat as hitter but was also a terrific pitcher. He pitched for the successful Minto Mustangs Fastball Club, but also played with other teams in the Kenora/Keewatin Fastball League from 1975-1982 before making his debut in the Southwest Fastball League and then the Brandon Men's Centennial Fastball League.

DeGagne received several All-Star awards and played in six Western Canadian Championships where he represented Manitoba at the Intermediate A level. In 1988 his team won the Intermediate A Western Canadian Gold Medal and in 1992 he was a part of the team that achieved a Bronze Medal finish at the Intermediate A Championships.

Softball Announces its Class of 2020



Rick Degagne



Rick DeGagne officiated a basketball game with his son and daughter in 2018



Rick Denney



The Winnipeg Colonels

RICK DENNEY

Rick Denney was born in Boissevain and raised in the small town of Alsask, Saskatchewan. It was in Alsask as a young boy that Rick found his love for sports, especially baseball and hockey. In 1970 his junior hockey career brought him to Winnipeg where he began to play fastpitch softball in the summers.

Rick was known as a slick fielding infielder and a hitter with exceptional speed. Over the years he was awarded several league and team all-star awards. In 1975 Rick attended his first of 12 Senior A National Championships and later in his career, he added nine Master Men's Provincial Championships to the list.

JOHN KALINOWSKI

John Kalinowski was born in Winnipeg on Oct. 12, 1931, but he began his softball career in Ontario where he played for several city teams before returning to Winnipeg in 1965 to play with the Concord Hotel in the Winnipeg Senior Fastpitch Softball League.

In 1967 John was an integral part of the Molson's Fastball Club that went on to win the Canadian National Senior Men's Championships in Saskatoon. John pitched two wins over Quebec to help his team win the National title.

In 1968 he was part of the Molson's team that represented Canada in the International Softball Federation World Championships in Oklahoma City. The team won the silver medal.

GARY MAGWOOD

Gary Magwood was born in 1952 and spent much of his softball career playing for his hometown of Killarney. He learned to play softball

on the school grounds that were only a mile away from the family farm and it was not long before he began tagging along with his two brothers to play organized ball.

Gary was part of the team that won many South West Manitoba Fastball League Championships, Provincial C and B Championships and was a part of teams that competed in the Intermediate A and Senior B Western Canadian Championships, on four separate occasions. Gary was recognized as an All-Star several times and was awarded the MVP for his team and for his league on a number of occasions.

OFFICIAL'S CATEGORY

CHARLIE KURTZ

Charlie Kurtz grew up in Elmwood and played baseball, softball, basketball and hockey as a youngster. He was drafted by the Detroit Red Wings when he was 16 but decided to forego the temptation of trying to make it in the NHL and decided to go to university instead. He continued to play hockey at the Junior level and completed his university degree.

He played Fastpitch Softball as a young adult but soon turned to officiating softball and basketball and stuck to it for more than 40 years.

TEAM CATEGORY

SLO-PITCH: SPORTSTRADERS SENIORS

In 1998 the Sportstraders' Seniors Slo-Pitch Softball Team was formed to compete in high level senior's slo-pitch competitions and throughout their years as a team, Sportstraders was known across Western Canada as a formidable opponent at the Senior Slo-Pitch tournaments whenever they represented Manitoba.

The team had many successes from 1998 through to 2008, winning the provincial title and then representing Manitoba at many Western Canadian Championships. They also went to two National and five International competitions. They finished as high as fourth-place in the 2005 World Over 55 Tournament held in Phoenix and were able to win the Over 60 Gold Medal at the 2007 Slo-Pitch Nationals held in Surrey, B.C.

FASTBALL: WINNIPEG COLONELS

At a time when fastpitch softball was at the top of the baseball and softball world in Manitoba, the Winnipeg Colonels organization was the pinnacle for ball players to strive for.

They did pre-season training in Arizona in the spring, had a nucleus of the best ball players in the province, competed in cities across Western Canada in the Western Major Fastball League that was heralded as the top fastball league in Canada and perhaps the world and had a world-class group of business people running the organization.

The Winnipeg Colonels organization was not content with simply having the best players from Manitoba, as they scouted the nation and the globe to bring top players from across Canada, the United States and even New Zealand to Winnipeg.

Before the present version of the Winnipeg Goldeyes came to be, the Winnipeg Colonels home games in the 1970s and into the early 1980s were the place to be to watch the best ball that Canada had to offer. Charlie Krupp stadium, which was located across from today's McPhillips Street Station, was home to the best softball that Canada had to offer. ■

Kelly Lewis Artistry

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Baseball is my game

By Metro Hnytko

'Tis the middle of January, winter is in full force -30 and snow. So what would a person in this situation be thinking of? Well, it's 75 days till April 1st and the winter weather should be gone? Time to think of baseball. The **55 Plus Games** are in Selkirk this year and there will be a lot of sports to be played – baseball, pickleball, golf, bowling – just to mention a few.

Baseball is my game and if you're interested in joining a senior baseball team this year get more info from Bob Chapil @ **204-261-3033**, Betty Winterhalt @ **204-997-8043**, Mac Davidson @ **204-475-1900**, or visit **www.swsspcoffeecup.com**.



Metro Hnytko - a member of the Winnipeg South Slo-pitch team at the 55 Plus Games in Morris, MB - 2013



Winnipeg South Slo-pitch team at the 55 Plus Games in Morris.

Advertising Feature



MORE FACTOIDS: WILLS, ESTATES & POWERS of ATTORNEY

Commentary prepared by Rosemary Hnatiuk, barrister, solicitor & notary public

DID YOU KNOW THAT:

if you die without a will you are considered **INTESTATE**. The rules of the *Intestate Successions Act* apply to your estate. Those rules say that your spouse or common law partner gets your entire estate. So the children you have together don't get anything. There is an underlying presumption that the surviving spouse or common law partner will eventually pass the property on to your children. But there is no guarantee that this happen because she/he can change her/his will at any time.

DID YOU KNOW THAT:

if you die **INTESTATE** and have children from a previous relationship, your spouse or common law partner gets half your estate and half of the other half. So your children get a quarter of your estate in equal shares. You may have an understanding that your spouse or common law partner will leave her or his estate to those children. But there is no guarantee of that. If your spouse or common law partner then also dies **INTESTATE**,

your children from the previous relationship won't get anything at all.

DID YOU KNOW THAT:

if you die **INTESTATE** and have no spouse or common law partner or any children then your parents will inherit your entire estate in equal shares. If you have no surviving parents, then your brothers and sisters will inherit your estate in equal shares. If any of your siblings has passed away then his or her share goes to his or her children, in equal shares.

DID YOU KNOW THAT:

Once you become mentally incompetent you can no longer make a valid will. You will then die **INTESTATE** and the rules of the *Intestate Successions Act* apply to your estate.

DID YOU KNOW THAT:

You can no longer make a Power of Attorney once you become mentally incompetent. Anyone wanting to take over managing your affairs must then

apply for Commiteeship through the court which costs thousands of dollars rather than the hundreds of dollars which a Power of Attorney would have cost before mental incompetence set in.

These observations are not intended to be legal advice on any matter discussed. Legal problems are very specific in nature and legal professionals should be consulted for best results.

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204-272-7228

TimeToRememberWinnipeg.ca

Glen Eden Funeral Home & Cemetery
4477 Main Street, West St. Paul, MB
204-272-4691

Glen Lawn Funeral Home & Cemetery
455 Lagimodiere Blvd, Winnipeg, MB
204-272-7905



Things To Do

WINNIPEG

Listings available at www.seniorscope.com (Events page)

MISC EVENTS

The Manitoba Coin Club - meets 4th Wed. each mo. (except Dec, July & Aug), 7 pm (1-1/2 hrs approx.), at the Fort Rouge Leisure Centre, 625 Osborne. Frequently there is a Coin auction. Call Barré W. Hall: **204-296-6498**

Red River Coin & Stamp Shows - 2nd Sunday ea. month except July & Aug., 10 am-4 pm, at the Charterhouse Hotel. Free adm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Come with paper, leave with Gold. Call Andy Zook: **204-482-6366**

Forum Art Centre - Art Classes start Jan. 14, at 120 Eugenie St. For all ages and skill levels. Register now at: <https://www.forumartcentre.com> or email register@forumartcentre.com or call **204-235-1069**

Winnipeg Model Railroad Club - Annual Open House, Sat. Apr. 4, 10 am-5 pm, & Sun. Apr. 5, 10 am-4 pm, at Charleswood Legion Hall, 6003 Roblin Blvd. Proceeds to support St. Amant Center.

Please advocate for Canadian research animals by signing and sharing an e petition through the House of Commons at: <https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-2285> or google e petitions House of Commons and put **# e 2285 in the search bar.**

Shoestring Players - RMTC's master playwright festival (Jan. 20-Feb. 9), 'Upstart Crow' play, an introduction to Shakespeare, Thur. Jan. 23, Fri. Jan. 24, Sat. Jan. 25, 7:30 pm; Sat. & Sun. Jan. Jan. 25 & 26, 2 pm matinees as well. Advance Tickets \$15 - call Linda **204-475-6821** or email linda.meckling@gmail.com. Tickets also at door.

A&O - 13th Annual 55+ Housing & Active Lifestyles Expo, SAVE THE DATE, Fri. May 29, 2020, 10 am-4 pm at Victoria Inn Hotel, 1808 Wellington Ave. aoexpo.ca, **204-956-6440**

HEALTH/WEELLBEING

The Manitoba Prostate Cancer Support Group - Monthly meetings, 3rd Wed. ea. Month, 7-9 pm. Next meeting Wed. Feb. 19, 7 pm, at the First Unitarian Universalist Church at 603 Wellington Cres. Dr. Jeff Saranchuk and a representative from the Health Science Centre Foundation will be talking about "A Vision for a Manitoba Urologic Centre". Free admission. Free parking, refreshments, door prizes. contact Deloris at **204-667-4156**, delank1@gmail.com

Canadian Celiac Assoc. Manitoba Chapter - Gluten Free 101 information class for those newly diagnosed with Celiac Disease, DH, and those attempting to navigate the gluten free lifestyle. Mon. Jan. 20,

7-9 pm, at SMD Building, Room 203-825 Sherbrook St. No charge and free parking in the SMD lot off McDermot at Sherbrook. Info: office **204-772-6979** or office@manitobaceliac.com

Beyond Belief AA (secular) - Wednesdays, 6:30 pm, basement of United Church, 613 St. Marys Rd. 1 hr. OPEN meeting. Blue doors open by 6:10. Cathy: **204-981-5055**

Winnipeg Bladder Cancer Support Group - Meetings - third Tues. ea. month, 7-8:30 pm at Concordia Village, Bldg. #1, Multi Purpose Rm, 1125 Molson St. Free parking. No pre-registration required.

MEALS / LUNCHEONS

The Women's Canadian Club of Winnipeg - Luncheon, Jan. 22, 12 noon, at RBC Convention Centre. Elder Mae Louise Campbell will be speaking on "How the Eradication of Indigenous Matrilineal Knowledge and Governance through Colonization Continues to Affect our Communities and Society as a Whole". Cost \$28. Reservations and info: **204-663-5657** or wccwinnipeg@gmail.com

CRAFT & MISC SALES

St. Andrews Anglican Church - Monthly Rummage Sale, Sat. Jan. 25, 10 am-12 pm in the Church Hall basement, at 2700 Portage Ave. Everyone welcome!

MUSIC & ENTERTAINMENT

Winnipeg Male Chorus - practices Monday evenings, 7 p.m. on a variety of music in Fort Gary United Church. No audition required.

The Friendly Club - Friday night dancing to live bands all year long, 8 pm-12 am, Anavets Assiniboia Unit #283, 3584 Portage Ave. Non-members \$5. **204-837-6708**

Westminster Concert Organ Series - Jean-Willy Kunz (Montreal), Sun. Feb. 9; Denis Bedard (Vancouver), Sun. Apr. 26. Concerts 2:30 pm, Westminster United Church, Westminster at Maryland. **204-784-1330.**

Good Neighbours Choristers - Meet Tuesdays, 9:30-11:30 am, 720 Henderson Hwy. Choral exp. preferred but not essential. Donna: djplatt@shaw.ca, Sandra: sandale6@shaw.ca

Whirlaway Westerners Square Dance Club - Learn Modern Square Dancing Fridays at the Kirkfield-Westwood C.C., 165 Sansome Ave in St. James. 7-9:30 pm. Singles, couples & new dancers welcome. First 3 dances are free. **204-831-8954**

Seniors' Choral Society - Inviting new 55+ members. Practice Mondays, 10 am-12 noon, starting Sept. 9, at McClure Place, 533 Greenwood Place. **204-669-5570**, www.seniorschoralsociety.ca

The Happy Homesteaders - Senior men sing a capella barbershop harmony. Perform in various senior venues, afternoons only. Recruiting for tenors, leads, baritones, & basses. Rehearsals Mon's, 1:30-3:30 pm in Legion (lower level), 426 Osborne, Sept.-May. **204-888-4214**

La chorale des Intrépides - Recruiting French Speaking Choral Singers to share their talent or simply to sing. Practices Thursdays, 7-9:30 pm, at Collège Louis Riel, 585 St-Jean-Baptiste St. If interested: intrepides.manitoba@gmail.com

55+ Dance Club - Mondays, 1-3 pm, in Legion Hall, 134 Marion St. Old-time live band resumes Sept. 10. **204-233-5892**

SPORTS/FITNESS/GAMES

The Pembina 55-PLUS Curling League - is looking for curlers. We curl at the Pembina Curling Club located at 1341 Pembina Hwy (close to McGillivray). Two games are played per week, alternating between Mon., Wed. and Fri. at 1 pm. Teams are established using random selection for each of 4 rounds (10 Games per round). An alternative is to start off by sparing. For registration information please visit our website at "55pluscurling.com" email us at contact@55pluscurling.com or call Ed at **204-261-8049**

Lady Bowlers - Fridays at 12:45 pm at Polo Park. Our group is very friendly and invites Ladies of all ages to come bowl with us. We bowl for fun so if you have never bowled before or haven't bowled for a long time come out and give us a try. If you can't commit to every week come spare with us. Cost is \$10 per week and includes a Christmas luncheon and fun day, as well as a wind-up in April, lunch included and prize money. Time off at Christmas and Easter. Age is no barrier. We have had a lady who was still bowling at 99 years! Call or text **204-770-3903**

Deer Lodge Antlers Men's Curling (50+) - Openings avail. For teams or individuals for 2019-20 season. Curl Mon. and/or Wed. and/or Fri., 10 am. Includes Christmas and windup banquets. Bryan: **204-889-6577**

VOLUNTEER - Winnipeg ICE Hockey Club - Watch a game for free while helping out our Hockey Club! Needed: 1 Head Off-Ice Official (honorarium role) to lead a team of Off-Ice Officials. Volunteer roles: 1 Time Clock Keeper, 1 Score Sheet Keeper, 2 Goal Judges, 2 Penalty Box Attendants, 1 Online Scorer, 1 Goals/Assists, 2 Plus/Minus, 2 Shots on goal, 1 Face-offs. Tricia Neill, 50 Below Sports + Ent. **204-489-7465**

VOLUNTEERING

Holy Family Home - Volunteers needed for evening and Sat. morning programs. 165 Aberdeen Ave. Call Janice: **204-589-7381, ext. 265**

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: Secretary, to attend monthly Board meetings. Must have transportation.; Page Administrators, to monitor, receive and post info pertaining to lost dogs. Minimum commitment 6-8 hours/mo. along with computer and internet access. Email: board@winnipeglostdogalert.com or president@winnipeglostdogalert.com

The North Centennial Seniors Assoc. - Seeking volunteers for Grandma and Grandpa Swim Program with preschoolers. Tue. Mornings, Oct.-June. . Contact: ncsc@shaw.ca or **204-582-0066**

Misericordia Health Centre - Volunteers needed for reg. shifts in Gift Shop - Call **204-788-8134**, and to escort and stay with residents while attending spiritual services inside the same building, Thur. or Fri's, 10-11:30 am. Call **204-788-8132**, or www.misericordia.mb.ca/volunteer or apply in person. Free parking.

Caregiving with Confidence - Volunteer Drivers, Male Respite Volunteers, Telephone Support Volunteers to support caregivers wanted. **204-452-9491** or jnybakken@aosupportservices.ca

Misericordia Volunteer Services - accepting applications for Spiritual Health, Recreation Services and Rehabilitation programs. Training provided. **204-788-8132**

Downtown Winnipeg BIZ - Volunteers needed to help promote the downtown community. 426 Portage Ave. **204-958-4644**. <https://downtownwinnipegbiz.com>

Charleswood Long Term Care - Volunteers needed to assist with garden maintenance, 1 hr, 2-3 times/wk. Exp. in garden maint. Melanie: **204-833-3663**

Deer Lodge Centre, 2109 Portage Ave. - Volunteers needed for recreation programs, gift shop, bartenders & bar servers, PRIME, community programs, friendly visiting. **204-831-2503** or visit www.deer-lodge.mb.ca/volunteers.html

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. Mon-Fri, Sun AM's. Volunteer Services **204-235-2111**; service@actionmarguerite.ca

Actionmarguerite St. Vital, 450 River Road - Volunteers needed to help Recreation staff, outings (shopping), Mass, transport residents in wheelchairs to in-house appointments. Mon-Sat. Volunteer Services **204-235-2111**, service@actionmarguerite.ca

Victoria Lifeline - Home Service Representative - Volunteers needed to explain and set up the Lifeline equipment in people's homes in Wpg. Must have car, mileage reimbursed. Melissa: **204-956-6773** or msitter@vgh.mb.ca

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

Kildonan MCC Thrift Shop - Volunteer in a professional environment and have fun! at 445 Chalmers Ave. **204-668-0967** meaganvarndell.kmts@gmail.com

The Bereavement Care Program of Concordia Hospital - seeking Grief Support Volunteers to provide telephone grief support to family members of people who have died at the Hospital. Flexible 4 hrs/wk. Work from home. Bob Milks: **204-661-7402**, bmilks@concordiahospital.mb.ca

Manitoba Institute for Patient Safety - Volunteer opportunities. Visit mips.ca 'About Us' to learn about our Volunteer Program. admin@mips.ca or **204-927-6477**.

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

Vista Park Lodge Personal Care Home - in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: cliewicki@extendicare.com

HSC Winnipeg - Volunteers welcome in patient and support areas, 7 days a week. Free parking or bus tickets. Call **204-787-3533** or email: volunteer@hsc.mb.ca

Parkview Place, Long Term Care by Southeast Personal Care Home - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call **204-269-7111** ext. 2247

PROGRAMS / SERVICES

Together Time Drop in - 2nd Thur. of mo, 1:30-3:30 pm, 207 Thompson Dr., Prairie Spirit United Church. Next drop-in dates: Jan. 9, Feb. 13, Mar. 12. Free, adult drop-in. Play cards, table games or just conversation. Light refreshments. Info: Chris: **204-895-7410**

Pembina Active Living (PAL) 55+ - Winter activities began Mon. Jan. 6. Still possible to register for some classes: yoga, fitness, Tai chi, yogalates, strength/resistance training, line dance, Zumba for Seniors, writing, pickleball. Drop-in activities (\$2 fee for members): painting, mahjong, bowling, men's breakfast, bridge, moviePALS, LunchPALS, PALStitchers, PAL Bookclub, etc. Special events: Still Bloomin' Garden Club, Thursday, Jan. 30, 1 pm - presenter Jo-Anne Joyce, Friends of the Buller Greenhouse at U of M; Coffee PALs - Fri. Feb. 7, 1 pm at Access Fort Garry. Info: www.pal55plus.com, email office@pal55plus.com or **204-946-0839**

Filipino United Community Church - Seniors Fellowship every other Wed. 6-7:30 pm, 1039 Pritchard Ave. Our Seniors enjoy sharing stories over a light meal, hymn-singing, listening to speakers, collecting goods for donation, and volunteering in the Family Life Center at 240 Pritchard every other Wed. 9 am-12 pm. Info: **431-337-1113**, pastorvictor118@gmail.com

Vital Seniors - Monthly Book Club: **204-257-4014**, Bridge: **204-256-3832**, Carpet Bowling: **204-452-2230**, Line Dancing: **204-334-3559**, Monthly Luncheon: **204-255-7508**, Monthly Men's Breakfast: **204-452-2230**, Scrabble: **204-257-4014**, St. Mary Magdalene Church, 3 St. Vital Rd.

Willow Centre & KINRC - 110-61 Tyndall Ave. Reflexology Treatments, Foot, Hand, Aroma Touch \$20 for 20 mins. 1st Wed. of mo. **204-632-5940**

Keewatin Inkster Neighbourhood Resource Council Inc. - Legal Clinic, last Monday/mo. at Willow Centre Senior Apt's, 110-61 Tyndall Ave. Members can access Wills and Power of Attorney preparation - \$50/doc. Call for app't: **204-774-3085**

Continued on next page

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Below is a list of some of our upcoming motorcoach tours for 2020 from Winnipeg.

- New Orleans, Cajun & Creole Country - March
- Manitou Springs Resort & Mineral Spa - June
- Medora Musical - June
- Minneapolis Baseball - Jays vs Twins - July
- Mackinac Island - August
- Amazing Niagara Falls - September
- Agawa Canyon & Mackinac Island - September
- The Ultimate Nashville Experience - September
- Nashville, Branson, Pigeon Forge - October

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Things To Do

WINNIPEG Cont'd

Listings available at www.seniorscope.com (Events page)

Transcona Council for Seniors - Seniors that Sizzle Lunch and Learn Series, Thursdays, doors open 11:30 am, at 209 Yale Ave. W. \$7 ea. Reservations: **204-222-5947** or tcs@mymts.net. The 55+ Dining Experience, Home cooked meals, served Mondays and Wed's, 4:30 pm and Fri's at noon. Open to 55+. **204-222-5947** to hear menu and make reservations before 8 am of day you wish to attend.

North Centennial Seniors Assoc. - Activities: chair and mat exercises, aqua fitness with ramp access, People with Arthritis exercises, carpet bowling, zumba, weight training, etc. Social: games, bingo, hot dog days, pot lucks, holiday luncheons, presentations, travelogues, day trips, library and painting classes. **90 Sinclair St.** at Dufferin Ave. **204-582-0066** or ncsc@shaw.ca or www.NCSeniors.ca

Dufferin Senior Citizen Inc. - 377 Dufferin Ave. Mon: shuffleboard 9:45 am, Bingo 1 pm; Wed noon: soup and perogy lunch. All welcome. Perogies for sale. Every 2nd Sat: noon-3:30 pm dance with a 4-piece band (full lunch). **204-986-2608**

Wpg Polish Legion Br 246, 1335 Main St. - Happy Hour 3-7 pm daily Mon-Sat, Senior Lunch & Dance - Weds, 12:30-3 pm, \$10; Fri. Meat Draws, 5-9pm; Karaoke, Fri./Sat, 8-midnite; Chase the Ace - Sat, 10 pm. Hall Rental. Info: **204-589-5493**

Bleak House Senior Centre - 1637 Main. Mon. 12:30 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 12:30 pm Cribbage, Friday 9:30 am Quilting. **204-338-4723**

McBeth house (a non-profit organization for seniors and community) - Various activities. Mon. morning drop in rsvp, Yoga, 50+ 2-3 pm, 6-7:30 pm, **204-479-4857**; Tue. Cribbage 6:30-8:30; 1st Wed. of mo. Book Club, **204-654-1109**; Thu., Painting/crafts 10-2, Quilting 6:30-9 pm; Sat. Bridge 1-4 pm. Info: **204-339-0432** or mcbethhousecentre@shaw.ca

Senior Achievers - Meet 3rd Thur. 1-3 pm at 618 Selkirk Ave. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: **204-414-5360**

Brooklands Active Living Centre & KINRC - 1960 William Ave. W. Reflexology Treatments, Foot, Hand, Aroma Touch \$20 for 20 mins. 3rd Wed. of mo. **204-632-8367**

Brooklands Active Living Centre - Floor Curling, Carpet Bowling, Whist - Wed's, 7 pm. 1960 William Ave. **204-632-8367**

St. Matthews Maryland Community Ministry - Seniors Art Workshop Wednesdays, 12:30-2:30 pm, instruction and supplies provided, no experience necessary. Seniors Health and Wellness program Fridays, 11 am-1 pm. Different wellness activities weekly. Healthy snacks provided. 365 McGee St., **204-774-3957**, www.stmatthewsmaryland.ca

MB Christian Writer's Assoc. (MCWA) - Meets 10 Sat. afternoons/yr. Writers of all levels welcome. Annual membership \$25. Drop-in \$3/mtg. Meetings: 1:30-4 pm, at Bleak House Centre, 1637 Main St. Info: **204-256-3642**, **1-204-326-7286**

Meadowood United Church - Handiworks Crafters Group, 2nd and 4th Tuesdays of mo, 2 pm. Started Sept. 11. Quilter's Group, every Thur., noon at Meadowood Church, 1111 Dakota St. \$35 fee/year. **204-256-7002**

South Winnipeg Family Community Drop-In - Seniors meet Wed's, 9:30-11:30 am, at 800 Point Rd. Includes coffee, snacks, activities. **204-284-9311**

Prendergast Seniors Club - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Mon. luncheons 4th Wed., 12-1 pm. All welcome. Call Gerry: **204-257-1475**

Norberry-Glenlee CC - Programs for seniors. Play Pickleball at 26 Molgat Ave., St. Vital. Call **256-6654**

Fibromyalgia Support Group of Winnipeg - For info: **204-975-3037**

Elmwood EK Active Living Centre - Café: Wed. 10:30-noon. Coffee and treats \$1. Come and see what other events and activities the Centre has to offer. ie: Community Woodshop (including a Ladies at 10:30 Fridays), Hand & Foot Canasta, Carpet Bowling, floor curling (Mon. 1-3) and many more. 180 Poplar @ Brazier. Membership \$20. **204-669-0750**

Fraternal Order of Eagles - 3459 Pembina Hwy. Cribbage Tues. 1 pm. \$100 for a 28 or better hand. Free Coffee; Wed. Bingo, doors open 11:30 am, games 12:55 pm; Sun. Bingo, doors open 5:30, games 6:30 pm. **204-269-4332** after 4:30 Mon-Fri.

The Salvation Army Barbara Mitchell Family Resource Centre - Seniors 55+, 51 Morrow Ave, St.Vital. **Monday - Drop-In** 9:30-11:30 am, **Tuesday - S.T.A.R.S.** 9:30-11:30 am, presentations, monthly birthday lunch, outings, games, etc. **Wed. - Steppin' Up FREE Exercise Class** 10-11:30 am, **Thur. - Pickle Ball** 9:30-12 pm. Coffee/Tea/snacks provided. More info, call Sheila: **204-990-2339**

Charleswood Adult Day Program - Social Day Program for seniors Transportation and hot lunch provided. Members \$17.70/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator.

The PROBUS Club of Winnipeg - is a group for the retired or semi-retired. Info: **204-489-2882**, or winnipegprobus85@gmail.com

Lion's Place Adult Day Program - Social day program for seniors. Transportation & hot lunch provided. Members \$17.70/day. Call **784-1229**. Referrals made through WRHA at **788-8330**, or call Case Coord.

Southdale Seniors - in Southdale CC. Activities: travel to Moose Jaw spa and Maritimes, local tours/workshops, birthday lunches, Celebrations matinees, casino trips, ASD bingo, writing, bridge, canasta, cribbage, floral arranging, games, movies, indoor walking, teas, etc. **204-253-4599**, membership \$12.

Golden Rule Seniors - Fort Rouge Leisure Centre, 625 Osborne St. Mon. Bingo 1 pm. Tues. Bridge 2 pm. Thurs. Singalong 10 am. Floor shuffleboard 1 pm. Bridge 1 pm. Fri. China painters 10 am. Carpet bowling 1 pm. Wanted Cribbage players for Wed. 1 pm. Call Terry: **204-453-1085**

Manor Adult Day Club - 320 Sherbrook St. We are a pacesetters adult day program for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. Referrals made through WRHA. **204-784-1378**

Le Conseil des francophones 55+ - ensures the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up living in Wpg. French only: Tai Chi Chih, light Yoga, Line dancing and Pickleball. **204-793-1054**, 107-400 Des Meurons St., St-Boniface, Wpg., conseil55@fafm.mb.ca

Weston Seniors Club - Programs: computer training, cooking, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan. **204-774-3085**

High Steppers Seniors Social Club - Meet Wed. & Thur. for fun and activities. New members / volunteers welcome. Winakwa Community Centre, 980 Winakwa Rd. **204-619-8477**

Archwood 55 - Yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our website for a list of luncheons, social activities, informational sessions and bus trips. 565 Guilbault St. Office hrs: Mon-Fri, 9 am-3 pm. **204-416-1067** or archwood55mail@gmail.com www.archwood55plusinc.weebly.com

Sturgeon Creek United Church - Fellowship gatherings. Games, cards, conversation and light refreshments. 2nd Thur. of the mo., 1:30-3 pm except July and Aug. Free. **204-895-7410**

Ukrainian Cdn Veterans Br # 141 - Live band every Sat., 1-4:30 pm. Adm. Includes lite lunch. Chase the Ace Draw ea. Sat. Tickets on sale 3:30-4:25 pm. Draw 4:30 pm. Info: **204-589-6315** ext 103.

The Friends of Library Book Club - Seeks new members. Meet 3rd Tue. ea mo at 10:15 am on 2nd Floor of Millennium Library. Books chosen are available through the library. Membership is free. Call: **204-452-3369** or **204-254-6697**

Dakota 55+ Lazars Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. 206. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

The St. James-Assiniboia 55+ Centre - 3-203 Dufferin St. Various activities for adults 55+. Visit www.stjasc.com to view programs and services. **204-987-8850**

Fort Garry Legion - 1125 Pembina Hwy., Paper Bingo, Fri., Early Bird 7:15 pm; and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch.

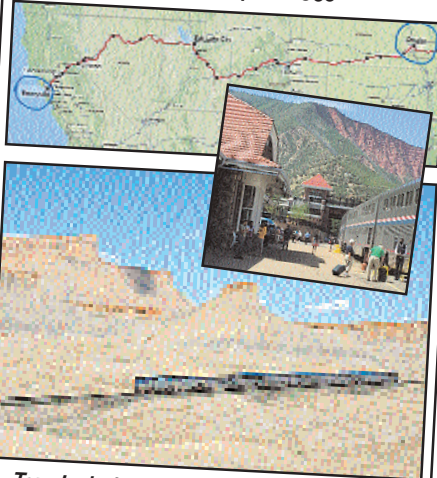
The Friendly Settlers Senior Citizens Club - 400 Day St. (Transcona), **Meet Mondays**, 10 am for cribbage, lunch and bingo. Special events /group trips offered. **204-222-7504** or ganyadel4@mymts.net

Continued on page 11

Join us in 2020 as we celebrate our 20th Year Travelling!

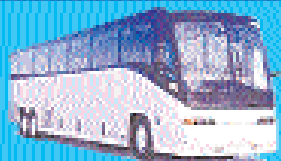
California Zephyr Tour

October 16-25th, 2020
\$3400.00 pp dbl occ



Tour Includes: 9 Nights Lodging (4 Nights Amtrak Train Roomette, 4 Nights Emeryville, 1 Night Flandreau), Motorcoach Transportation Winnipeg to Omaha, Amtrak Transportation Omaha to Emeryville, Bay Cruise, Fisherman's Wharf, San Francisco Cable & Trolley Ride, Alcatraz Tour, San Francisco City Tour, Ferry from Oakland to San Francisco, Meals while on Amtrak Train plus Tour Director Accompanies Tour.

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Chicago

April 18-24th, 2020
\$1599.00 pp dbl occ

Tour Includes: 6 Nights Lodging, Transportation Winnipeg, MB to Red Wing, MN return, Economy Amtrak Train Ticket Red Wing to Chicago return, Admissions to Shedd Aquarium, Field Museum, Art Institute & Science and Industry Museum, 75 Minute Architectural Boat Tour, Transit Passes, 2 Breakfasts plus Professional Tour Director Accompanies Tour.



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Newfoundland Labrador

TOUR:

June 23 - July 5th, 2020
\$3950.00 pp dbl occ - Includes HST



Tour Includes: Westjet Flights, 12 Nights Lodging, Deluxe Motorcoach Transportation, 23 Meals, 2 Boat Tours, Ferry to Labrador, Local Guides in St John's, Bonavista & L'Anse aux Meadows, Excursions to Cape Bonavista, Trinity, Bonavista & Twillingate, Wine Tour / Tasting, Entrances Fees to UNESCO & Provincial Park, Luggage Handling plus Tour Director Accompanies Group from Winnipeg!

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Today's Recipe



www.PeakMarket.com

Nutty Zucchini

Metric	Ingredients:	Imperial
50 ml	walnuts, chopped	1/4 cup
15 ml	olive oil	1 tbsp
15 ml	butter	1 tbsp
1	medium zucchini, thickly sliced	1
-	pinch ground nutmeg	-
-	salt & pepper to taste	-

Place medium skillet over medium-high heat. Add walnuts and toast for 1 to 2 min., shaking pan frequently. Remove walnuts to cool. Add oil and butter to skillet. Add zucchini, season with nutmeg, salt and pepper. Cook until tender, tossing occasionally, for 6 to 7 minutes. Add walnuts to zucchini and serve. **Serves 2**

Crumb Topped Haddock

Metric	Ingredients:	Imperial
1 kg	haddock or cod fillets	2 lb
1	can condensed cream of shrimp soup, undiluted	1
15 ml	onion, grated	1 tbsp
5 ml	worcestershire sauce	1 tsp
250 ml	crackers, crushed	1 cup

In a greased 13 x 9 inch (33 x 23 cm) baking dish; arrange fish.
In a medium bowl; combine soup, onion and worcestershire sauce, pour over fish. Bake, uncovered, in preheated 375 F (190 C) oven for 20 minutes. Sprinkle with cracker crumbs. Bake 15 minutes longer or until fish flakes. **Serves 6**

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Draw date extended: February 20th, 2020. One entry per person.
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CROSSWORD

Winter Activities

By Adrian Powell

ACROSS

1 Despire

6 Mice may sit on them

10 Long yam

14 Tipperary's neighbour

15 Taj Mahal's city

16 Lab dish gel

17 Name of a book

18 Fish from the Arctic

19 "Cheers" beer drinker

20 Something to do at the Susan Auch Oval each Monday in January

23 Top tennis player of 75

24 Indignant anger

26 Something to try at Riding Mountain in early March, maybe

32 Dogie catcher

33 Cheer at the corrida

34 Major flaps

36 The whole shebang

37 Equitably divided

41 Caine's "Blame It On ___"

42 Small globule

44 End of many directions?

46 Tease terribly

47 Something to do at Festival du Voyageur in February

51 Anticipated

52 Scammer, often

53 Oak Hammock Marsh event you could have done on Dec. 14

60 Soccer offence

63 Eve's guy

64 Squalid shack

65 Try to convince

66 Morning brew

DOWN

1 Works at Rainbow Stage

2 Dot on a radar screen

3 Love's antithesis

4 Joan of Arc, the Maid of ___

5 Pipe organ selection

6 Player from Green Bay

7 Philanthropist: ___ Khan IV

8 "Aw, heck!"

9 Common Bangla-deshi wrap

10 Spanish wine concoction

11 In the past.

12 Long-beaked Mississippi fish

13 Pitcher's best asset

21 Yon wench

22 Wee drink.

25 Sneaky football manoeuvre

26 Where Swansea is

27 Baffin, e.g.

28 Horn-shaped object

29 Gulf of Mex state.

30 Gotta together with

31 Cry from an auctioneer

32 Big friendly pooch

35 Booze hound

38 Your abode, briefly

39 Hobbit's foe

40 Stuck on

43 Team tennis?

46 Important site for a seal, maybe

48 5th century Chinese dynasty

49 Guanaco cousins

50 Avocado's middle

54 Bengali bigwig, once

55 June 6, 1944

56 Surfer's hope

57 Director Reitman

58 Trawling equipment

59 Delight

60 Chinchilla, for one

61 Mouths, to zoologists

62 "Yecch!" cousin

SOLUTION ON NEXT PAGE

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Things To Do

RURAL MANITOBA

More listings available at www.seniorscope.com (Events page)

Anola - Women's Sweatlodge - Facilitated by Natasha Turner, Sat. Feb. 1, 1-5 pm, Cedar Lake Ranch, Anola. Bring towel, dry clothes. *Protocol: Long skirts, tobacco offering, feast food, feast plate/cutlery/cup, prints optional. Limited spots avail. Confirm attendance at office 204-334-9395. Directions avail. at www.cedarlakeranch.ca. "Reclaiming Cultural Connections: Re-Igniting Blood Memory".

Carman - South Central Alzheimer Society - 16th Annual Alzheimer Awareness Ukrainian Dinner, Sat. Feb. 22, at Carman Community Hall. Tickets \$30 ea. includes authentic Ukrainian dinner and dance to the music of "Revival", a 50s, 60s and 70s band from Winnipeg. Auction will also take place. Tickets, call Alzheimer Winkler office **204-325-5634**, or Bob in Carman **204-745-2649**. All proceeds to the Alzheimer Society of Manitoba.

Interlake/Eastern Region - Alzheimer Society - Family Support Groups: Gimli, 3rd Tues. of mo, 1 pm, Gimli Community Health Centre; Lac du Bonnet, 2nd Wed., 6:30 pm, Health Centre; Selkirk, 1st Wed., 7 pm, Gordon Howard Centre; Springfield, 3rd Thur., 1 pm, Springfield Library; Stonewall, 4th Tues., 10 am, Stonewall & District Health Centre. Info: **204-268-4752** or alzne@alzheimer.mb.ca

Komarno - Malanka, Ukrainian New Year's Afternoon Dance - Sun. Jan. 26, 1-5 pm, at Komarno Community Hall. Music by the 'Gen Stars'. Hot lunch. Advance tickets \$20/person, call Mona **204-886-2994**

Selkirk - Selkirk Senior Mixed Recreational Curling League - welcomes new curlers. Individual entry. Play positions accommodated where possible. New teams formed by random draw for each of the 6 rounds in the curling season. ALL skill levels. Stick and slide delivery. Join anytime. Mon. & Fri., 1:30 pm, at Selkirk Curling Rink, 381 Jemima St. Ken Bumstead, **204 785-2207**

Stonewall - si55Plus - Oddfellows Hall (O.F. Hall), 374-1st St. W., Stonewall. **204-467-2582**: **Monthly luncheons**; **Pickleball**, Tue's 7 pm - Stonewall Collegiate, Thur's 7:15 pm - Stonewall Centennial School. \$5 Drop in, \$3 si55Plus members.

Teulon - Senior Citizens' Club - Monthly gatherings at Teulon Rockwood Centennial Hall: Feb. 13 - band: The Mosaics; Mar. 12 - band: Prairie Crocus; Apr. 9 - band: Trail Riders; May 14 - band: Southglen Fiddlers; Jun. 11 - band: Gem Stars. Doors open 12 noon, dancing at 1 pm, lunch 3 pm. Cost \$7/person. Joan Trombo, **204-886-2098**

VOLUNTEER

Emerson-Franklin Senior Services - Volunteers needed: Congregate Meal Program, Handi-van drivers, Medical drivers, Friendly visits and safety checks. Call Lorri: **204-427-2869**

Ritchot Senior Services - (serving seniors 50+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Janice: **204-883-2880** or email: RitchotSeniors@mymts.net

Selkirk - Selkirk and District Lions Club - Looking for members. Join Lions and help our community. Allan Hoehn: **431-334-9363**, slionsaaccount@gmail.com

Selkirk - Tudor House Personal Care Home needs volunteers. Various positions. Info: Denise Smith **204-482-6601** Ext: 128, dsmith@mytudor.ca

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcheson for info: **204-482-5469** ext. 20956 or mmutcheson@ierha.ca

PROGRAMS / SERVICES

A&O: Support Services for Older Adults - Senior Centre Without Walls. Telephone Group Activities For Manitobans in a fun and interactive atmosphere. Programming is free. Participants call into a toll-free line. Info: **204-956-6400**

Beausejour AA - Want to stop drinking? Meet Tuesdays and Fridays, 7:30-8:30 pm, year round, at The Brokenhead River Com. Hall, 320 Veterana Lane, south door. www.aamanitoba.org or **1 877 942 0126**

Beausejour - Beau-Head Senior Center - Mon. Chi Gong, Chair Exercise, 10 am. Crib 7 pm; Tues. Crib, 1 pm; Wed. Line Dancing 10 am. (beginners welcome) Bingo 1 pm; Thur. Whist 1 pm. 645 Park St. Beausejour **204-268-2444**, beauhead@mymts.net

Brandon - Prairie Oasis Senior Centre - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery can be arranged. Meals \$9. Volunteers needed. We gratefully accept grants and donations. To sign up or to volunteer: **204-727-6641**

Dauphin Multi-Purpose Senior Centre-Seniors 55+ - members and non-members. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, dinner and a movie night, dances. Congregate meal program at the Centre - Tue, Wed, Fri. Lifeline, cancer society Transportation Program, fee for service contact list, Erik kits, help with paper-work. *Facility available to rent.* www.dauphinseniors.com, **204-638-6485**

East St. Paul 55+ Activity Centre - (262 Hoddinott) - Area residents welcome to play cribbage Tues., whist Fri. Also: pool, quilting and stitchery, art group, table and floor shuffleboard, book club, yoga, potluck suppers and casino trips. **204-654-3082** (msg).

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services:

Luncheons/Dinners, Walking Group, Bingo, etc., friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), congregate meal program (3x/wk), Meals on Wheels for shut-ins. **204-427-2869**

Gimli - New Horizons 55+ Activity Centre - 30+ Activities plus Social Events, Workshops, Tours, Clinics, Volunteer Opportunities, etc. Info: **204-642-7909** or www.gimlinewhorizons.com

Ile des Chenes Seniors/Grande Pointe - Yoga, Mondays, 10 am. Indoor Walking, Mon., Wed. & Fri, 9-10 am. **204-878-3482** or **878-2728**, **253-0856**, **878-9562**.

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors at **268-7300**; East Beaches Resource Center (Victoria Beach) **756-6471**; Eriksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource Council **372-8703**; Gimli Seniors Resource Council **642-7297**; Lundar Community Resource Council **762-5378**; Riverton & District Seniors Resource **378-2460**; St. Laurent Senior Resource Council **646-2504**; Selkirk - Selkirk & District Senior Resource Council Inc. **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **444-3139**; Teulon and District Seniors Resource Council **886-2570**; Two Rivers Senior Resource Council, Lac du Bonnet **345-1227**, Pinawa **753-2962** or Whittemouth/Reynolds **348-4610** or Winnipeg River Resource Council **367-9128**

Montcalm Service to Seniors - Meal program with activities and musical entertainment in/at Letellier-Hall Fridays. Joanne: **204-304-0551** or email: jbarnabe@hotmail.ca

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services: parking permits, congregate meal programs 5x/wk at the manor, internet research, info/health sessions, light housekeeping, Alzheimer's support group, palliative care, transportation, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Coordinator Bev Collet: **204-248-7291** or ensemble@mymts.net. We are **always looking for volunteers** to help with these programs.

Portage la Prairie - Herman Prior Centre - Members and non-members. Mon to Fri meal program (register by 11 am); Mon. Painting, Line Dancing, Scrabble, Resistance

Band, Cribbage, Clogging and Tai Chi.; Tues. Euchre, Bridge and Prairie Wildfire Line Dancing; Wed. Cribbage and Tai Chi; Thurs. Foot Care Clinic, Whist, Weaving, Bridge and Square Dancing; Fri. Foot Care Clinic, Floor Curling/Floor Shuffleboard. Blood Pressure Clinics, and Stroke Survivors, Book Club, Geneology and Natural History meetings. Special events trips. Contact Hope or Chris: **204-857-6951**, hp55plus@mymts.net

Seine River Services for Seniors - Help and support with E.R.I.K. kits and other forms, foot care, transportation services, companionship, homecare services, illness, grief, housing, finances. Melanie Bremaud: **204-424-5285**.

Les services rivière seine pour aînés - aide et appui avec T.I.S.U. et autres formulaires, soins des pieds, transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud : **204-424-5285**.

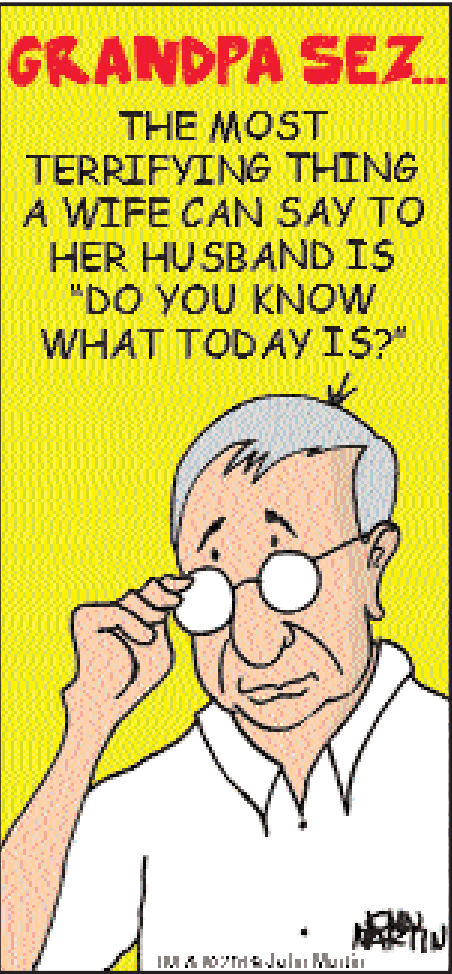
Selkirk - Gordon Howard Centre (384 Eveline St) - Hobby workshops, fitness classes, recreational programs, volunteer opportunities and more. Also, special events, such as outings, seasonal meals and presentations. Please visit www.gordonhoward.ca or call **204-785-2092**

Springfield - Springfield Seniors - **204-444-3139** - Chair excercises, Carpet bowling, Pickleball, Strides Walking Program - **204-853-7582**; Bowling - **204-444-5373**; Drums Alive - **204-612-9255**; Chair Yoga - **204-228-2322**; Zumba Gold - **204-479-5386**; Stick Curling - **204-853-7729**; Aquafit - **204-444-6166**; 55+ Women's Fitness - **204-880-4716** Cooks Creek C.C. - Pickleball, Tue. & Thur. 10-noon; Badminton, Wed. 7-9 pm; Volleyball, Thur. 7 pm; Tai Chi, Wed. 12-2 pm, Fri. 10-noon. Yoga, Tai Chi - TBD. Info: cookscreekcommunitycentre@hotmail.com

Steinbach - Pat Porter Active Living Centre - 10 Chrysler Gate - Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits, etc. Reception **204-320-4600** <https://www.patporteralc.com>

Victoria Beach - East Beaches Senior Scene - #3 Ateah Rd, Victoria Beach. Various programs, activities and special events open to those in the East Beaches community. For membership or volunteer opportunities, contact Tammi Kelly, Program Coordinator: **204-756-6468**, email: ssinc1@mts.net, www.ebseniorscene.ca

West St. Paul Seniors Programs - Yoga/Pilates; Zumba Gold 55+; Stitch 'n B**** - Knitting / Crochet Group. Info: Sunova Centre: **204-336-0294**, or recreation@weststpaul.com



FACEBOOK FINDS



CROSSWORD - Solution

A	B	H	O	R	P	A	D	S	S	A	G	A
C	L	A	R	E	A	G	R	A	A	G	A	R
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January 2020						
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February 2020						
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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