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Vol. 18 No. 8 | Feb 10 - Mar 9/20

Unsung heroes of 'reconciliation', February, 2020

By Roger Currie

"It was the best of times, it was the worst of times." So said Charles Dickens at the beginning of his classic novel "A Tale of Two Cities". I love that book, but almost 50 years of reporting news has left me wondering if that famous statement may only be half right. For this examination, we will stick to the local scene.

Winnipeg finished 2019 with a record 45 murders, and it appears that 2020 may well be following a similar pattern. I notice that Manitoba Liquor and Lotteries have suddenly undertaken an advertising campaign to make us aware that they do provide home delivery of your favourite alcoholic beverages. Perhaps they are hoping to make life easier for customers who are worried about finding themselves in the midst of a crime scene at their local liquor mart?

Crime, poverty and homelessness get lots of attention in the Winnipeg media. Police have a sizable department that spoon feeds many gruesome details to print and broadcast outlets on a daily basis. Comedian Ellen DeGeneres urges viewers of her daily chat show to "take care of each other". A closer examination of the local scene tells us about some inspiring examples of that. Members of Winnipeg's finest are frequently so overwhelmed by the never-ending flood of calls for service that they don't even have time for a meal break.

Thanks to the efforts of people like James Favel, there are some impressive examples of people who are prepared to do their part to make Manitoba's largest city a safer and better place. Since the shocking murder of young Tina Fontaine



James Favel (Centre), co-founder of the Bear Clan Patrol, with Kirby and Marie Fontaine. Favel has been invited to present the work of the Bear Clan at the World Urban Forum in Abu Dhabi on February 12, 2020.

in 2015, Mr. Favel has been the driving force behind a committed group of volunteers known as the *Bear Clan Patrol*. It was a revival of an effort that actually began 20 years earlier in a number of prairie communities in Canada. In Winnipeg, the purpose has been to provide help and support to the more than 60,000 indigenous people who face a difficult life in the inner-city, often in substandard housing.

Bear Clan teams are drawn from a roster of more than 200 volunteers, ranging in age from 18 to 80. Several evenings each week they regularly walk streets in Winnipeg's north end, west end, as well as the

West Broadway and Point Douglas neighbourhoods. They provide hot beverages and food where it is needed, and help the homeless to find temporary shelter on cold winter nights.

James Favel told me that while the leadership and many of the volunteers are indigenous, they are frequently joined by "many non-indigenous volunteers from as far away as River Heights, Fort Garry and Charleswood".

In addition to the regular patrols, the Bear Clan has also

Continued on page 2

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Note that copies are concentrated in Winnipeg.

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Unsung heroes of 'reconciliation', cont'd from front page



Some members of the Bear Clan Patrol.

aided in search efforts following major crimes in predominantly white neighbourhoods. Such a case was the murder of 17 year old Cooper Nemeth in 2017. Favel says the Bear Clan's involvement demonstrated that 'reconciliation' is a major goal.

They are not interested in getting involved in political name-calling. A new chapter of the Bear Clan was recently established in Portage La Prairie. The organization is supported by many individual donations, including a major gift from Kirby and Marie Fontaine of Sagkeeng First Nation, winners of one of Canada's largest lottery jackpots in 2009.

More news about the Bear Clan

Patrol, including opportunities to volunteer, can be found at:
www.bearclanpatrolinc.com

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Bonus extra: a quick update on the Janice 'miracle' story ..

My beloved wife, Janice Chance, has been in palliative care at Winnipeg's Riverview Heath Centre since October 20th.

Back in March of 2019 she was diagnosed with myelodysplastic syndrome (MDS) a blood cancer which is often a prelude to leukemia. She was told that she might have eight months to live.

In early October she contracted a severe infection and her life

expectancy was revised to "perhaps four weeks". Much has changed since then, almost all of it very positive.

Her red blood count in October was below 70 and she had very little strength.

Blood transfusions that Janice received earlier in 2019 had limited positive benefit, but in late November it was decided to try one more.

The red count rose to 83, then 86, then 103 .. with no further transfusions.

January 27th saw another blood test and the red count rose to 109 ! Shortly before Valentine's Day Janice will be moving back 'Home' !

She has been gaining strength using a wheelchair and a walker, and she regains greater independence each and every day .

It appears that she has experienced a truly dramatic remission, and it looks like she will definitely get to toast the arrival of her first grandchild in mid-March.

It's probably best not to spend too much time worrying about the longterm future, but 'green bananas' are not a bad buy at the grocery store. For now we express our love for each other, and for caregivers everywhere. We cherish each and every day, and we are so very thankful for 'miracles' !

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

Makegooders makes good in the community

Makegooders is a registered Winnipeg nonprofit that collects donations of preloved toys, books, games, and new art supplies from parents, grandparents, and caregivers in the community. Kind and green, how about that? We clean and pack the recycled items in colourful gift bags and provide them to our network of local nonprofits that work directly with children in need. In 2019 we supported:

- Bear Clan Patrol;
- Boys and Girls Club;
- Immigrant Centre Manitoba;
- Macdonald Youth Services;
- Norquay Community Centre;
- North End Women's Centre;
- North Point Douglas Women's Centre;



- Norwest Coop on Alexander;
- VOICES Manitoba Youth in Care;
- You Can't Spoil a Baby;

and we **delivered over 300 bags!**

We will provide our bags free of charge to any local nonprofit that has programming for children in need. We clean the toys before packing them so everything comes ready to

distribute in lovely bags to make children feel special, opening a present just for them.

How can YOU help? We have received requests for over 500 **Makegooders** gift bags for 2020 (in January alone)! Please connect with us online and let us know if you have any toys, books, games, art supplies, or gift bags to donate!

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Advertising Feature

Expressions of Appreciation

- Alzheimer Society

Nancy Scott's husband, Randy has dementia. A little over a year ago, when Randy was only 53, they first noticed the signs. Nancy 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 Nancy who live with the disease by helping to care for her husband. Their stories serve to challenge misconceptions so the stigma surrounding the disease can be reduced.

Nancy's Story – In Her Own Words:

Since Randy was diagnosed last year, his dementia has progressed, but we are managing well. The first six months were really hard. It was tough for me to deal with Randy's anger and frustration. After he lost his driver's license, I had to change my work schedule so I could drive him to his workplace. Then he lost his job. These were huge adjustments, and Randy was not accepting of things. But then came the second six months. This may sound odd, but they were pretty glorious. Once Randy accepted that he had dementia, he started to show his gratefulness to me. We hold hands all the time and he hugs me when I come through the door. I understand that Randy has had to give up a lot of control, so I try to give control back to him whenever I can. I give him the chance to make choices about small things, like choosing a parking spot. I'm the one who makes the credit card payment at the gas pump, but Randy's the one who grabs the nozzle and fills up the tank. I always thank him when he does things for me. I know things will continue to change, and we will have to make further adaptations to the way we do things. Right now I admit to feeling stretched. Randy's dementia is progressing to the point where I can't leave him alone for long. We



Nancy Scott

pay for some help, and we are on a waiting list for Family Managed Care. But through it all, Randy and I still communicate with each other. I keep him informed of all decisions, big and small, and his expressions of appreciation continue to make things easier.

Here are my tips to help you understand:

- Don't give up on getting a diagnosis. Advocate! Keep pushing until you get connected with a doctor who understands. The Alzheimer Society can help to connect you.
- Be flexible. Be prepared to do things differently as the disease progresses.
- Keep family members and friends updated on any changes in the person so they will understand.
- Let the person with dementia take the lead. Know what upsets them or causes stress, and avoid those situations.
- Get your affairs in order. There's a lot of paperwork, and it's a challenge! The disease can progress quickly, and it's best to be prepared.
- Call the Alzheimer Society for help. The Client Support Staff will help you to problem solve – and they are a shoulder to cry on if you need it. ■

A love story... Playing for Thorvaldson's residents... simply for the love of music...



Every residence for older adults wishes they had a tenant like Doris Lewy. Every day around 2 pm, Doris can be heard playing her heart out on the piano upstairs at Thorvaldson Care Center in Winnipeg for all to enjoy. She always draws a crowd of tenants who come to admire her skills on the keyboard. What's even more amazing is that Doris is 100 years old and blind in one eye, with low vision in the other. Doris is from England. She started playing piano at 6 years old and achieved a piano teacher certificate at age 16 or 17. Doris's 101st birthday will be on April 29th.

Advertising Feature



JOINT PROPERTY

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

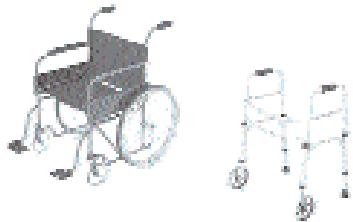
Most of married or common law couples who have their own homes own them as joint property. This means that if one partner dies the other becomes the exclusive owner of the property. Although when both owners are alive they each own a half interest and if they were to divorce/separate then each would be entitled to half the value, when one dies, the other gets full ownership. No part of the value of the estate goes to the estate of the deceased. This is a good way to avoid paying higher probate fees for the deceased's estate. If the couple intends to have the surviving spouse continue living in the house, then this is a good thing. But if the parties are in the process of separating/divorcing, things get much more complicated. Sometimes it can be a good idea to change the form of ownership from joint tenancy to tenancy in common, which means that half the value of the property becomes part of the deceased's estate. Considerations such as these make it a good idea to have a will which says who will get what, including the children. If the couple is separating it is also a good idea to have a separation agreement sooner rather than later. For couples who are starting to live together common-

law it is also a VERY good idea to have a co-habitation agreement. After living together for three years a couple becomes common-law and family property rules apply. If they live together and have a child, those rules apply immediately. *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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TAX and ESTATE PLANNING:

Should you always designate a beneficiary?

- Treena Nault, CFP, RRC, Executive Financial Consultant

Today, I want to address a very important subject that often gets put aside when doing your review meetings with your advisors.

Your current accounts may have issues with how they are currently set up. And, the way they were set up in the past may not be in line with your current wishes or with how your family and your estate has grown over the years.

It seems intuitive to want to name a beneficiary whenever possible, however, this could really impact what you truly want to happen with your estate.

There are circumstances when a named beneficiary is appropriate:

For example, if you are in a first marriage or relationship, and want to leave the entire estate, including the account/policy in question, to the surviving spouse or partner and no other beneficiaries are named in the will. However, if the spouse suffers from a disability or has creditor exposure (e.g. is a business owner), then a direct beneficiary designation may not be recommended.

We strongly discourage direct beneficiaries in other situations, such as:

1. BENEFICIARY IS A MINOR (OR A YOUNG ADULT)

In most provinces, surviving parents do not have the authority to manage a minor child's assets, so unless the parents obtain a court order of financial guardianship, the funds may have to be paid to provincial authorities for them to manage. If the beneficiary is technically an adult but still quite young, then the financial institution can take instructions from him or her, but it may not be suitable for them to control a significant inheritance. It is usually better to have the funds payable to the estate, and then update the will to direct that the funds be held in trust until the beneficiary reaches a certain age.

2. BENEFICIARY IS DISABLED

If a person with a disability inherits its property directly, he or she may be subject to a claw back of provincial or territorial social assistance. If the person with a disability also happens to be mentally impaired or incapable, there will be issues with respect to who is entitled to manage the funds; the funds may eventually become payable to the Public Trustee or an equivalent govern-

ment agency. Again, it is usually better to have the funds payable to the estate, and then the will be updated to direct the funds to be held in a discretionary trust (referred to as a Henson trust) for the benefit of the individual with a disability. There can be additional tax benefits of using a trust which we could review if this applies to your family.

3. BLENDED FAMILIES

Problems can arise if you leave all of your assets to your spouse, there will be no guarantee that any of your children from a prior relationship will receive anything after your spouse passes away. In some blended families, each spouse will write his or her will to ensure spouse and children are taken care of. However, in order for this strategy to be effective, you should not make your new spouse the direct beneficiary (or joint owner) of all of your assets. This may result in no assets being subject to the terms of your will, and effectively nothing going to your children.

4. MULTIPLE BENEFICIARIES

Designating multiple beneficiaries is not typically recommended, because if a beneficiary dies before the account or policy holder, the surviving beneficiaries will receive all of the assets in the account or policy and the family of the deceased beneficiary will receive nothing. If you would like to contemplate future generations in your estate plan, you should designate "estate" as your beneficiary, and have your assets distributed through your will.

What about tax?

- Clients often come to me asking to designate a beneficiary to avoid probate. However, avoiding probate taxes does not avoid any potential income tax liability. When a direct beneficiary is designated on an RRSP or RRIF there will be no withholding tax. As a result, the gross amount in the account or policy is paid to the beneficiary, generally leaving the estate with a larger than anticipated tax liability, with fewer than anticipated assets.
- Even with "insurance" products, which are generally paid out tax-free, it is possible that there could be a tax liability. A Non Registered Guaranteed Investment Fund or Segregated Fund with a capital gain would be an example of this.

There are many other instances in which care should be taken when making a beneficiary designation like potential marriage breakdowns and policies held by corporations.

Given all of the above, you should think twice before designating a direct beneficiary to your accounts or policies. If you would like to have your accounts and beneficiaries reviewed, please call to book an appointment and I can walk you through your current set up and changes you may want to consider. ■

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 **Wed., April 8**, at 10 a.m. at 200-1605 Regent Ave West, Winnipeg, MB R2C 3B3.

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

LOOKING for a TAX CREDIT of \$2000 or MORE?



By Peter J. Manastyrsky

As we all know, it is human nature to look for some form of tax breaks around this time of the year. In doing so, Manitobans can investigate and apply for tax credit relief programs, benefits that are accessible to them.

Many people in our society from the young to the elderly suffer from physical or mental impairment. Most likely we miss out on all or several of the disability credits that might be available, such as the **DISABILITY TAX CREDIT (DTC)**.

What is the Disability Tax Credit?

DTC is a non-refundable tax credit that helps people with disabilities to reduce the amount of income tax they might have to pay, reducing the amount of tax payable and by allowing some relief for disability costs. The Disability Tax Credit helps Canadians who have a qualifying severe and prolonged impairment that impacts the activities of daily living; where the ailments are not likely to get better any time soon and have already been in place for a period of at least 12 months.

Do I qualify for the Disability Tax Credit?

Individuals who have a significant and prolonged physical and or mental impairment may qualify to claim this tax credit. If a person was eligible for 2019, claim on their income tax return would be \$8416.00. This tax credit is extremely powerful. As an applicant you can claim some tax credit going back several years and potentially receive substantial dollars in refunded taxes.

Now is the ideal time to investigate this **Disability Tax Credit** before you start filing your income tax return for 2019. If you did not apply for this tax credit in the past, it is not too late to use the credit and apply it to your tax return. If you have paid taxes in previous years, you can claim the **Disability Tax Credit** by requesting an adjustment of your taxes.

How do I know if I qualify for the Disability Tax Credit?

Simply contact **A Step Beyond & Associates**, no obligation, dialogue with Peter, become familiar with the DTC program. We advocate on your behalf and ensure that your application is interpreted, completed properly, eliminating potential uncertainties. Peter streamlines the infor-

mation so that it is accurate before submission to CRA, guides through the entire process, handles all the correspondence, a decade of experience.

A Step Beyond & Associates is accredited member of the **Better Business Bureau of Manitoba** with an A+ rating. As the representative for A Step Beyond & Associates, Peter provides a free power point presentation about the **Disability Tax Credit** to group members, please call to arrange an important relationship. As a final note, Manitobans are heading into the tax filing season. All of us will be thinking of preparing and even selecting someone who is reputable to do your income tax return for 2019. Search for a competent preparer, someone easy to get in touch with, look for stability, please check all the avenues. Please call at your convenience. Enjoy the new year! ■

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(see advertisement to the right)

Peter J. Manastyrsky
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Sri Lankan 55+ Group: Collaboration with similar groups

By Senaka A. Samarasinghe, Winnipeg, MB

With the arrival of 2020, the Sri Lankan 55+ Group called for a get-together on Saturday, January 25th, 2020 at the Access Building in Fort Garry, Winnipeg. 36 members participated. During winter season, the Group assembles at Access Centre (indoors) whereas during the summer period they select an outdoor location for their monthly gathering. The main event of the January session was to watch a Sinhala movie, The Frozen Fire followed with a potluck lunch.

Suni Matthews was invited for potluck lunch to convey the type of integration of Sri Lankan 55+ Group with other similar organizations. For the last one year more than ten members of our Group were participating in exercise and Yoga classes conducted by South Side Community Fitness and Fellowship (SSCF&F) at the Trinity United



Church (TUC) on Summerside Avenue. Suni is the Chairperson of SSCF&F. She is conducting these sessions on Mondays and Thursdays. On Mondays time was allocated from 1.00-2.00 pm for exercise and 2.00-3.00 pm for fellowship. Thursdays, a one hour (10.30 am - 11.30 am) period is assigned only for exercise.

Sri Lankan 55+ Group thought to expand this service among more

members and tried to search similar sessions during weekends. If it is on weekends children can provide rides for their parents/elders. Based on this objective we discussed with Church authorities of TUC and obtained two free slots on the 2nd and 4th Saturdays (starting at 9.45 am) at TUC. This opportunity will be announced among our members to make use of this outreach. ■

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THE BUZZ



By Scott Taylor
and Larry Michaels
Photos courtesy of
Sport Canada

Perhaps one of the most interesting things about Hall of Fame inductions is that you often look at the inductees and say, "Wasn't that person inducted a long time ago?"

That's certainly how one would look at the latest inductees into Manitoba's Curling Hall of Fame.

Three of Manitoba's champion curlers, two sensational teams from different eras, and two legendary builders of the game will make up the class of 2020 headed into the Manitoba Curling Hall of Fame. Why they weren't inducted long ago is anybody's guess.

Vic Peters, Chris Neufeld and Karen Purdy will be inducted as curlers; Darcy (Robertson) Kirkness's Canadian junior women's champion team from 1984 and Jeff Stoughton's 2011 world champion team will be inducted in the team category; while Ernie Oliver and Resby Coutts will be inducted in the builder category.

Already in the Hall with their 1992 Brier winning team, the late Vic Peters and his long-time second Chris Neufeld, are fittingly being inducted together into the Manitoba Curling Hall of Fame in the Curler category. They had reached the Manitoba men's final twice before winning in 1992 en route to a Brier victory, won Manitoba again in 1993 and 1997, and were the Manitoba Senior champs in 2008. Peters passed away in 2016.

"Our family is proud, but sad that my dad is not here to receive this honour in person," said Peters' daughter Liz Fyfe.

"But he might not have shown up anyway," she added, smiling. "He really didn't like being singled out. He was always more about the team."

Also being inducted in 2020 as a curler is one of only a few curlers who have won Manitoba titles in three different categories. Karen Purdy won Manitoba junior, mixed, and three women's championships along with a Canada Games gold medal between 1989 and 1995.

"I am touched and honoured that people here still remember me," said Purdy, who made the trip to Manitoba from Regina for the announcement.

Peters, Neufeld, Coutts Lead 2020 Curling Hall Inductees



Vic Peters



Resby Coutts



Chris Neufeld, third from left, hoists the Brier championship trophy with the Vic Peters team.



Darcy (Robertson) Kirkness



Jeff Stoughton



The 2020 honoured teams are from two different eras. Darcy (Robertson) Kirkness's Canadian 1984 junior women's championship team was the last Manitoba team to win the Canadian title before there was an opportunity to go on to a world event. The second team did experience success at the world level. Jeff Stoughton's 2011 world championship team was the most recent Manitoba men's team to capture the world men's title.

The skips, Darcy and Jeff, both paid tribute to the teams which had created special memories through their accomplishments. Jeff took an extra moment to pay tribute to Vic Peters.

"Even though we were about the same age, he was a role model in how we played the game," said Stoughton. "His attitude and sportsmanship were unparalleled."

Innovator Ernie Oliver, the driving force behind establishment of two-person stick curling in both Manitoba as well as Canada, will be

inducted as a builder of the game. Oliver said he was completely surprised by the selection which makes him the first person involved in the new two-person version of curling to be honoured.

Also, to be inducted in the builder category is Resby Coutts, whose 50-year career as a curling volunteer and broadcaster led to two terms as President of CurlManitoba and a term as Chair of Curling Canada's Board of Governors.

"I am in awe of the accomplishments of the players and teams with

whom I am included and of Ernie Oliver who not just built our sport, but invented a new way to play it," said Coutts who is also a brilliant curling writer. "I am honoured to think that people feel I did some good for our sport along the way."

Coutts' latest work can be found in the pages of SportsLife Magazine in Winnipeg.

The Manitoba Curling Hall of Fame induction banquet will take place Sunday, May 3 at Canada Inns Polo Park. Tickets are available at the CurlManitoba office. ■

Manitoba Churches –

Golden Stream – Church of the United Station of Golden and Silver Stream – Methodist / Presbyterian - 1889

Golden Stream, first known as Pine Creek, no longer exists. It was a settlement southeast of Neepawa in what is now the Municipality of West Lake-Gladstone.

The name of Golden Stream presumably comes from that of the stream flowing into Dead Creek. It is unusual for Manitoba, though, since the generic term "stream" is more commonly used in eastern Canada.

At one time Golden Creek had a post office, school, stores and blacksmith's shop. It also had a Canadian National Railway station. It was noted as a new settlement in 1874, and was first recorded on a map in 1876. The post office opened in 1879, closed in 1898, reopened in 1899, and closed permanently in 1955.

The Church of the United Station of Golden and Silver Stream was opened in November 1889 by Divine Service conducted by Rev. Peter Wright from Portage la Prairie. Among those who served at the church thereafter were Rev. Stalker, Rev. Munro, George Dickson, Rev. Pogue, and Rev. Arvon Keating.

Both Methodists and Presbyterians had worked together to build the church on



the understanding their religious services would alternate. The arrangement did not last, however, and the church came to be known as Golden Stream Presbyterian Church.

In 1924 Golden Stream Presbyterian Church became Golden Stream United Church. It was closed for a few years in the late 1920s and early 1930s and reopened in 1933. The last service in the church was on May 10th 1970.

After its closure the church was bought by Murray McConnell, a local resident, who left it open for visitors. Inside were a guest book and scale model of the church.

Photographed in 1991

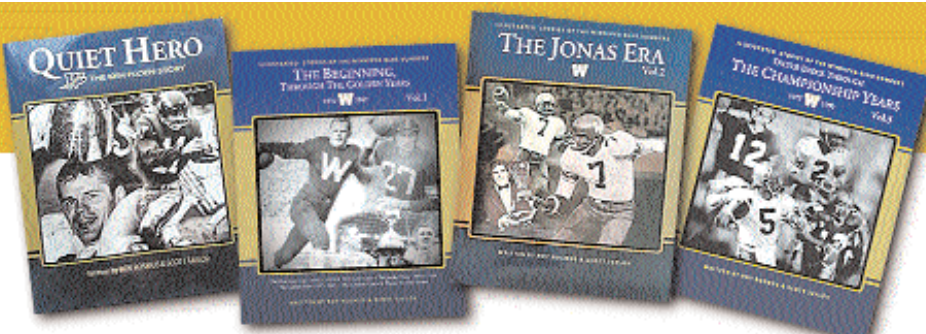
Tyrrell Mendis, assisted and encouraged by his wife Doreen, has photographed more than 700 places of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage.

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 / (204) 774-0677 / (204) 794-1909 / www.theimpressionists.ca/ManitobaChurches/ (Testaments of Faith)

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Things To Do

WINNIPEG

More 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**

Winnipeg Doll Extravaganza - Doll, Teddy, Toy, and Dollhouse Miniature Show and Sale, Sun. Mar. 15, 10 am-4 pm, at the Viscount Gort Hotel, 1670 Portage. Adm. \$5, free parking, door prizes, bring a can of dog food for Cupcakes Pommy & Friends Rescue and Rehabilitation and receive an extra door prize ticket. Info: Hedy **204-837-7722**

Norwood St. Boniface Legion BR. #43, The Ladies Auxiliary - Annual Pancake Breakfast, Sun. Feb. 16, 10 am-1 pm. Adults \$8, 6-10 \$4, 5 and under Free. Live fiddling music. Official Festival du Voyageur Family will make an appearance. 50-50 draw, silent auction. Tickets: Judi @ **204-475-9921** or email jvouriot@shaw.ca

Khartum Ladies Auxiliary - Annual Bridge & Card Party, Thur. Apr. 16, lunch 12 pm, Bridge/Cards 1 pm, Shrine House, 1155 Wilkes Ave. Tickets \$15; Arla @ **204-253-0006**. In support of children living with disabilities.

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.

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/WELLBEING

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, 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. **204-667-4156, delank1@gmail.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, Feb. 26, 12 noon, at RBC Convention Centre. Speaker Art Miki CM OM "Justice in our Time" providing a brief history of the Japanese in Canada. Aurora Dance Group from the Japanese Cultural Center performs. Cost \$28. Reservations before Feb. 20: **204-663-5657** or wccwinnipeg@gmail.com

MUSIC & ENTERTAINMENT

Anavets Assiniboia #283 - Valentine's Dance Party, Fri. Feb. 14, 8 pm-12 am, 3584 Portage Ave. Destiny Band. Non-members \$5. **204-837-6708**

Anavets Assiniboia #283 - The Friendly Club, Fri. Night dancing to live bands. 8 pm-12 am. Non-members \$5. **204-837-6708**

Crestview United Church - True Harmony, a group of women who sing a capella, Fri. Feb. 28, 316 Hamilton Ave. Tickets \$15. available at: **204-888-9170**

Westminster Concert Organ Series - Denis Bedard (Vancouver), Sun. Apr. 26, 2:30 pm, Westminster United Church, Westminster at Maryland. **204-784-1330**

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

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**

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**

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

Lady Bowlers - Fridays at 12:45 pm at Polo Park. For ladies of all ages. We bowl for fun. If you can't commit to every week come spare with us. Cost \$10/wk, includes Christmas luncheon, fun day, and

wind-up in April. Lunch and prize\$ included. Time off at Christmas and Easter. Call or text **204-770-3903**

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**

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 (honorary 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

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@victorialifeline.ca

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: **Events Director**, 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. board@winnipeglostdogalert.com or president@winnipeglostdogalert.com

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

Continued from page 8

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Things To Do

RURAL MANITOBA

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

Carman - South Central Alzheimer Society - 16th Annual Alzheimer Awareness Ukrainian Dinner, Sat. Feb. 22, at Carman Community Hall. Tickets \$30 ea. Dance to the music of "Revival", a 50s, 60s and 70s band and Auction. Tickets, call Alzheimer Winkler office **204-325-5634**, or Bob in Carman **204-745-2649**. Proceeds to the Alzheimer Society of Manitoba.

Cooks Creek - The EastMan Seed Savers & Seeds of Diversity - Seedy Saturday, Feb. 22, Cooks Creek C.C. Starts 9:30 am (Seminar: Master Gardener by Mick Manfield. How to sow, plant...); 11 am (Backyard Composting \$5 ea.); 12:30 (Keynote - Dr. Gordon Goldsborough, Manitoba Historical Society - Horticultural History \$5). Seed swap tables. Bring clean seeds with grow info in packets, pill bottles or env's to swap. Full day \$15 ind/family. Info: treelady@mymts.net

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

Interlake Juried Art Show 2020, Selkirk, MB - May 1 (Art Talk by Jurors and Artists Reception), May 2-3 (Show open to public) at Selkirk Recreational Complex, 180 Easton Drive. Entry deadline Apr. 3. Entry Forms available at www.gwenfoxgallery.com. More Info: gwenfoxg@shaw.ca, or **204-482-4359**

Komarno - Dance, Sun. Mar. 22, 1-5 pm. Music by Mark Morisseau. Advance tickets only, \$20 ea. Lunch included. Call Mona: **204-886-2994**. All proceeds go to the Komarno Community Hall Renovations.

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**

Springfield - Springfield Seniors - **204-444-3139** - Louis Riel Day Celebration, Mon. Feb. 17, Anola CC. Opening Ceremony 10 am. Pancake Breakfast for Heart and Stroke, Feb. 15, Dugald CC.

St. Andrews Heritage Centre - Moccasin Workshop, Feb. 15, 22, Mar. 7, 14. 374 River Rd. St. Andrews. Toddler \$100, Adult \$125. Register: www.standrewsrectory.ca

St. Andrews Heritage Centre - Presentation: *Babies, Bunnies & Beaks*, Feb. 22. 374 River Rd. St. Andrews. Learn about the wildlife babies in your backyards. Prairie Wildlife Ambassadors, and make a craft. \$5 ea / \$15 family (max 4). Register: www.standrewsrectory.ca. Info: **204-339-6396**, standrewsmuseum@hotmail.ca

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: Southglenn 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

Beausejour - Alzheimer Society Interlake/Eastern Office - Volunteers Needed: Evening Telehealth Session Host at Beausejour Hospital, once monthly thru April; Care Partner Support Group Facilitator, dates/times TBD, once monthly ongoing. Personal and/or professional experience with dementia required; professional experience preferred for Facilitator position. Info, Samantha: **204-268-4752**, alzne@alzheimer.mb.ca

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

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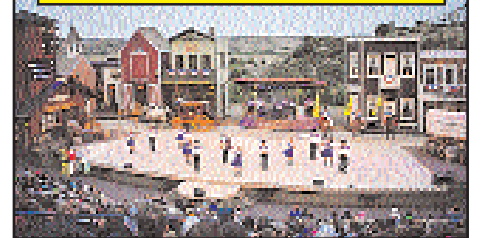
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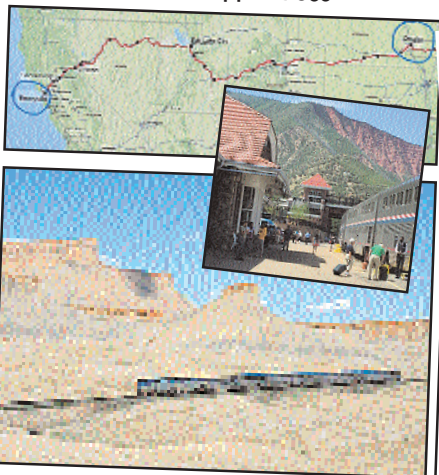
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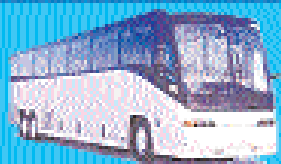
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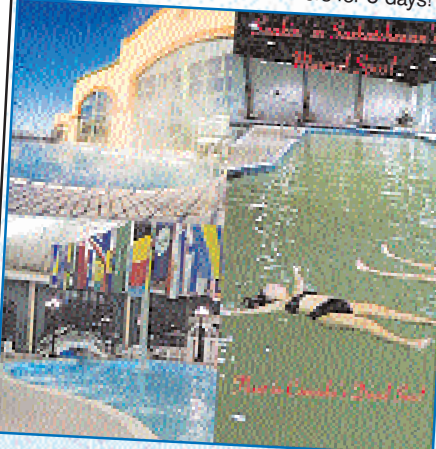


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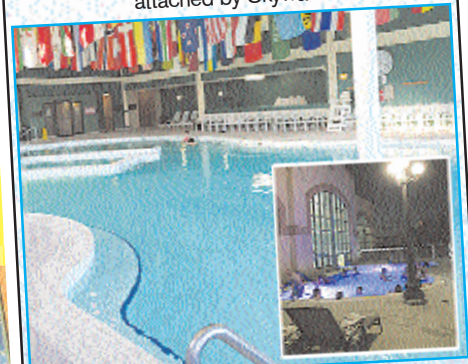
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Today's Recipe



www.PeakMarket.com

Creamy Spinach & Mushroom Pasta

Metric	Ingredients:	Imperial
300 g	dried pasta of your choice	10 1/2 oz
30 ml	olive oil	2 tbsp
227 g	button mushrooms, sliced	8 oz
5 ml	dried oregano	1 tsp
300 ml	vegetable broth	1 1/4 cup
15 ml	lemon juice	1 tbsp
75 ml	cream cheese	6 tbsp
375 ml	spinach leaves	1 1/2 cup

Cook pasta according to package directions. Drain, reserving 3/4 cup (175 ml) cooking liquid.

Meanwhile, in a large skillet, heat oil over medium heat. Add mushrooms and cook, stirring frequently, for 8 minutes. Stir in oregano, broth and lemon juice. Cook for 10 to 12 minutes or until sauce is reduced by half.

Stir in cream cheese and spinach. Cook over medium-low heat for 3 to 5 minutes. Add reserved cooking liquid and then cooked pasta. Stir well. Season with salt and pepper to taste. Heat through before serving.

Serves 4

WORDSEARCH - **It's the Law** By Senior Scope

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CROSSWORD
Beastly Representation By Adrian Powell

ACROSS

1 Shopping aids

5 Fruity-smelling compound

10 Smaller amount

14 Famous building where Princess Di was once photographed

15 Like snakes

16 Anne Murray's vocal range

17 Sask's official provincial animals

20 Bathroom paint type, often

21 Flu virus material

22 Stomach ailment

23 Autumnal attire

25 Works from Wordsworth

26 B.C.'s provincial animals

31 Priest's domain

32 Turn green, maybe

33 "Gone With the Wind" plantation

37 Satellites' most distant orbital points

39 Communicated electronically

41 Makes leather

42 Lease out a suite

44 Obstruct

45 Man's official provincial animals

47 Panda's diet, mostly

51 Guy we celebrate on the 3rd Monday in February

52 Entangled

53 Notice

54 Millions of years, usually

59 Newf's provincial animals

62 Drawn-out

63 Metes (out)

64 Retained for

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oneself

You can cure this by rubbing gold on it, supposedly

Bottomless pit

They could have 40 lashes

Canadian whiskey

Big soup serving spoon, basically

Choose by casting ballots

Man the wheel

Word of apology

Medically remove

Twosomes

Popular Shakespearean tragedy

Assumption

Bit of a quarrel

3 Bears patriarch

Horseshoe material

Oil field sights

Nautical "Yep!"

Home on the range, decades ago

Often bitter pub purchases

Try again

Important Middle Eastern port

Item that comes between Canada and Greenland

Stroller

Without any oomph

Solicit opinions

Your brother's girls

Cries hard

Underway, to Sherlock Holmes

Goo-goo-eyed

Move at all

Arrogant sort

Prairie fisher's prize

Do as one's told

Manage, somehow

Simple abodes

61 Hayward/Martin drama

Horse's small kin

SOLUTION ON NEXT PAGE

Accretion

Actual damages

Alibi

Alterable

Appointment

Bar

Bench

Bequest

Case

Causa

Cause

Caveat

Circuit

Covert

Demur

Devise

Dissent

Enjoinment

Evidentiary

Grant

Heirloom

Jurisdiction

Major

Minor

Nonaged

Panel

Plea

Pretrial

Relief

Residuary

Review

Scienter

Substantive

Suit

Testate

Vouchee

Waste

SUDOKU **VERY EASY** By Senior Scope

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8		1	7	3	5		4	9
9			4		2		3	
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7	1				4			
2	5	3			9	1		4

SOLUTION ON NEXT PAGE

Each 3x3 cell has the digits 1-9.

Each vertical and horizontal line also has the digits 1-9.

Enter each digit (1-9) only once each in each cell and each line.

SOLUTION ON NEXT PAGE

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BIRTHDAY

Beach Bucks

January 28, 2020

ARCHIVES OF MANITOBA LAUNCHES 'YOUR ARCHIVES: THE HISTORIES WE SHARE'

Manitobans are invited to celebrate the 150th anniversary of Manitoba becoming a province by helping shape a unique history exhibit, Sport, Culture and Heritage Minister Cathy Cox announced.

"I encourage everyone to participate in Your Archives: The Histories We Share so a wide range of voices and views are represented, reflecting the diverse cultures, communities and perspectives of our many histories," said Cox. "This is one way we can showcase our stories with a unique history project curated by Manitobans, for Manitobans."

Your Archives: The Histories We Share offers Manitobans the opportunity to choose an archival record held at the Archives of Manitoba and explain why that record matters. Exhibits will be built both online and at the York Avenue archives building to display the records that are chosen by the public. The exhibit will grow throughout 2020 and will be supported by additional public events.

"We are excited to give this opportunity to Manitobans and to see our 2020 exhibit expand over the course of the year," Cox said. "These archives belong to all Manitobans and we hope that throughout the year, people will help us will create an exhibit that highlights the breadth and depth of our archive collection."

The public can participate by **visiting the Archives online at www.manitoba.ca/yourarchives** or at the Archives of Manitoba at **200 Vaughan Street, Winnipeg. (www.gov.mb.ca/chc/archives/visiting/index.html)**. They can also follow the archives on **Twitter @MBGovArchives** or email **yourarchives@gov.mb.ca**.

The holdings of the Archives of Manitoba are a rich resource for the study of the history of Manitoba and its people, as well as the history of the Hudson's Bay Company (HBC), the minister said. The Archives of Manitoba acquires textual records, still images, sound and moving

images, documentary art, cartographic records and architectural records from the government of Manitoba, private individuals and organizations, and from the Hudson's Bay Company. The Hudson's Bay Company Archives records spanning 1670 to 1920 are listed on the UNESCO Memory of the World Register.

Additional Archives of Manitoba events include:

- **an evening of Films from the Archives** at the Metropolitan Entertainment Centre on **Wed., Feb. 19** at 7 p.m.
- **Saturdays at the Archives**, when the research room will be open the last Saturday of each month, and;
- **Indigenous Afternoons** in the Archives, with local academics and researchers available to provide additional assistance two Wednesday afternoons each month.

See more details and dates at **www.manitoba.ca/yourarchives/events.html**.

January 31, 2020

PROVINCE OFFERS FREE PARK ENTRY FOR MONTH OF FEBRUARY


The Manitoba government is offering free park entry for the entire month of February so visitors can take advantage of the many winter activities available in provincial parks at no cost.

Vehicle permits are not required in any provincial park in February, but Snopasses are still required for snowmobiles using groomed trails in the parks, and entrance fees still apply in national parks.

Trail grooming reports and maps of winter trails can be found at **www.manitobaparks.com**.

Information on park events and programs can be found at **www.facebook.com/MBGovParks** and at **www.manitobaparks.com**. (Events tab)

GRANDPA SEZ...
THE OLDER I GET,
THE EARLIER IT
GETS LATE!



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bouwwaxcomic@yahoo.com



BE LIKE A CROW
-COLLECT SHINY THINGS
-HOP HAPPILY DOWN THE STREET
FOR NO APPARENT REASON
-SCREAM LOUDLY WHEN YOU SEE
YOUR FRIENDS

CROSSWORD - Solution

B	A	G	S	E	S	T	E	R	L	E	S			
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S	T	Y	E	A	B	Y	S	S	E	Y	E	S		

FACEBOOK FINDS

COULD YOU NOT!!!!!!



For the record:

A person born in 33 was 45 in 78



WORDSEARCH - Solution

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

5	3	2	9	8	6	4	1	7
6	7	4	3	5	1	9	8	2
1	8	9	2	4	7	3	5	6
8	2	1	7	3	5	6	4	9
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7	1	8	5	6	4	2	9	3
2	5	3	8	7	9	1	6	4

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We can provide some tables for your vendors. Includes set-up and take-down.

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February 2020

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March 2020

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(Morris, MB)

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Photos \$5 extra.

Downsizing? Sell those unused items!!! Call for details.

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All listings must be pre-paid: cash, cheque, money order. No credit cards.
Listings and payment must be received min. 7 days prior to printing.

Garage Sale ITEMS ACCEPTED

For details, call: **204-467-9000** or Email: **kelly_goodman@shaw.ca**

BUY • SELL • TRADE • RENT • NOTICES - IN PRINT and ONLINE

MISCELLANEOUS

NOTICE: 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.

Sell those unused items!!! Make some extra cash!!!

Call for details: 204-467-9000

NOTICE: Military Veteran needs family doctor. Must be knowledgeable, courteous, and speak clear English. Ph: 204-589-3348 in Wpg.

FOR SALE: 2002 Pontiac Montana with Bruno Valet Signature Seating Valet+ passenger seat; 3-wheel Rascal 600 scooter; Merrit power wheelchair. For more information, call George at 1-204-392-6751

WANTED: New Release Movies, 2015 & Up (DVD/BR) and PS3 games. Reasonable price. Call Dave 1-204-746-4318 (Morris, MB)

MAIL LISTINGS with payment payable to: **Senior Scope**. Box 1806 Stonewall MB R0C 2Z0.
NOTE: *Senior Scope* reserves the right to reject listings not suitable for its readership.

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Will & Estate Lawyers of Winnipeg

**TELEPHONE
NUMBER
204-945-9751**

200 - 99 Scurfield Blvd., Winnipeg, MB R3V 1Y1
207 - 2211 McPhillips St., Winnipeg, MB R2V 3M5

IF YOU ARE A SENIOR...

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Will

• The Executor - the person who will administer your Will and Estate; make decisions on your behalf; file appropriate tax returns; protect and preserve your assets and follow your wishes.

• The beneficiaries - this includes protecting your children, and making special provisions for beneficiaries with special needs.

• Handling your funeral and burial arrangements.

Power of Attorney

You may become incapacitated and/or unable to manage your affairs personally, due to either physical or mental conditions which may be temporary or permanent. Without a designated Power of Attorney, the Public Trustee can assume control of your assets and administer your affairs. Alternatively, someone else can apply to the court to obtain control, but this may prove to be a lengthy and costly procedure.

Health Care Directive (Living Will)

Unfortunately, there may come a time when you are not capable of making or communicating a decision as to what medical treatment you would like continued or withdrawn. We can help you remove the burden and the pressure from your loved ones of having to guess your wishes by preparing a document that will enable treatment decisions to be made based on your health care directives.

Standard Fees*		Seniors
WILL	\$175.00	\$150.00
POWER OF ATTORNEY	\$125.00	\$100.00
HEALTH CARE DIRECTIVE	\$75.00	\$50.00
* PLUS TAXES - rates are based per person		

Legal services provided by Tanis B. Jury Law Corporation.

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Phone: (204) 388-5000 EXT 211

www.heritagelife.ca

Things To Do

RURAL MANITOBA

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

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. Info: Matt Mutcheson @ **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.gimlinehorizons.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 Whitemouth/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, Genealogy 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 exercises, 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: cooks creekcommunitycentre@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.patportercalc.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