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Senior Scope

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AAIM for a Bright Future

- Jim Evanchuk, Active Aging in Manitoba



Jim Evanchuk passes the baton to Karin Whalen to fill his shoes as Executive Director of Active Aging in Manitoba (AAIM).

To say the year of 2020 was life changing would be an understatement. The impact of the COVID-19 pandemic has been felt by every human being on the planet. It snatched loved ones indiscriminately, strained health care systems, imposed restrictions on everything from our ability to travel, what and how we purchase anything and even cut off our ability to communicate and reach out and touch someone to express friendship and love.

Along with the abundance of ever-changing new rules and limitations throughout the big pause of 2020, came the opportunity to reflect on what we value and what is important and essential. We

have realized what we can live with less of and what we can actually live without. Many have discovered or re-discovered the satisfaction of working on and completing a task or a project that was set aside.

Something that has remained constant and essential is the need to move our bodies to maintain or improve functional ability for everyday living.

Active Aging in Manitoba (AAIM) is looking ahead to 2021, a year of potential, a year of resilience, recovery, re-engagement and a year of hope. AAIM has made some significant changes (behind the scenes) and has been preparing information resources and

communications that will set the stage for re-engaging events and activities that encourage older Manitobans to live actively and enable them to support others in doing as well.

Most of us have experienced extended periods of more sitting and less moving during the past year. To help you shift back into gear, AAIM will be promoting safe and helpful ideas on how you can re-engage in active aging throughout 2021, starting with a special supplement in the February issue of *Senior Scope*. Make sure you check out the special supplement and try out some of the helpful suggestions for healthy active aging.

Continued on page 3

January is
Alzheimer's Awareness Month



INSIDE:
**Tara's Family
Makes the
Most of a
Pandemic
Situation**

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Historic Manitoba Storms



By Roger Currie

The Covid-19 pandemic continues to dominate the news in most of the world, and have you noticed how little we're talking about the weather this winter?

Temperatures have been well above normal for weeks across the Canadian prairies, and not even that many people have pointed to 'global warming'. Like the historic floods that most of us can identify by the year they occurred, like 1950, 1997, etc , we also remember the details of those huge snowstorms. It's as though surviving these acts of nature has helped to build our character. "Prairie folk are tough, don't you know?" we proudly proclaim to friends and relatives elsewhere. One of the truly memorable dates in our weather history was March 4, 1966. A classic Colorado low dumped more than 35 centimetres of snow on southern Manitoba. It was a Friday and in Winnipeg thousands did their best to take it in stride. Eaton's and the Bay, which no longer exist in the downtown, provided overnight shelter in their bedding departments for dozens of eager shoppers and sales clerks who simply couldn't travel home through streets that were clogged with heavy snow that was piled up into huge drifts. I was an 18 year old college student and I managed to earn some extra pocket money wielding a shovel in my neighbourhood.

In 1991, when I was hosting the morning show at CBC Winnipeg, I got to interview a 25 year old fellow who was born during that 1966 storm, along with the Winnipeg policeman who helped to bring the boy into the world. Theirs was a truly special bond indeed.

Skipping ahead to the 70's, January 10, 1975 was my first opportunity to "shut down normal life because of a blizzard". By then I was almost 5 years into my broadcasting career at CJOB. I was



1966 Blizzard (March 4th) taken by Gerry Cairns of the Free Press

scheduled to do news on Saturday afternoon, and my next scheduled duty would be Sunday morning. By the time darkness fell on Saturday, the heavy snow had shut down the transit system that had brought me to work that morning. I had a feeling that's how things would turn out. That's why I bought a sleeping bag with me. My bed that night was a hard and rather uncomfortable piece of the floor of the radio station, but I somehow managed to sleep for almost 5 hours.

Because of the emergency situation, snowmobiles were allowed to operate on city streets, and two of my CJOB colleagues were busy using their machines to rescue stranded motorists and to make sure that health care professionals were able to show up for their shifts at our hospitals. "What splendid fun !" we all thought to ourselves.

It would be almost 12 years before I would get to spend another

night on the floor of a radio station. November of 1986 saw another of those Colorado blizzards. Once again it happened on a weekend and this time the Canadian military got involved. When I finally got to leave the station on the Sunday, a heavy transport vehicle came rolling by complete with soldiers dressed in camouflage. They also wore masks strictly for warmth, not to protect against a strange virus.

Often the big snow dumps are followed by flooding problems. That was definitely the case in April of 1997. The heaviest storm to ever hit this area was followed by the "Flood of the Century".

So far, the winter 2020/21 has been a mild pussycat. But then it's only January. Don't put away that shovel until June !

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

Advertising Feature



WHY BOTHER WITH A POWER OF ATTORNEY?

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

After you pass away your Will determines what happens with your property. But what if you have a stroke or come down with Alzheimer's and can't take care of our own affairs? I have personal experience with such a situation. My father had the foresight to put the house, farm and bank accounts into joint ownership with my mother and me. But he had one rather large GIC in his name only. My parents had made out wills but did not have Powers of Attorneys. When my father had a massive stroke and became mentally incompetent, we couldn't touch that GIC because there was no

Enduring Power of Attorney. The GIC matured and the proceeds were deposited into a chequing account earning next to no interest. We would have had to go to court and get what is called a "committeeship" to have the legal authority to do anything with that GIC while my father was still alive. That would have cost a couple thousand of dollars. On the other hand, all my father would have had to do to get an *Enduring Power of Attorney* was to sign it in front of a qualified witness for a fraction of the cost. For some reason, that didn't happen. My father lingered for a year and passed

away before we could get a committee-ship. We didn't need a committee-ship or a power of attorney any more at that point, because there was a will which took care of all the property issues in my father's estate. All in all those were not pleasant times and it would have been easier if we had had a power of attorney to take care of everything. That is why lawyers these days advise their clients when they do their wills to also draw up an *Enduring Power of Attorney* which gives authority to a trusted person to take care of their affairs should they become incapacitated.

CONTACT ME IF YOU REQUIRE A WILL, POWER OF ATTORNEY or OTHER MATTERS REQUIRING THE ASSISTANCE OF A LAWYER.

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

I am able to travel to the homes of clients or meet in a convenient location, if requested. Call **(204) 228-7063** or **1(855-933-5454)** for an appointment. (In person availability is dependent on current Public Health Guidelines.)

(see advertisement on page 5)



AAIM for a Bright Future, cont'd from front page

Welcome to AAIM's New Executive Director

After 11+ years as Executive Director and a lifetime of memories, working with so many huge hearted people including staff and thousands of volunteers, I realized it was time to pass the baton to a capable person with inspiring vision and passion for active aging. I am grateful for having had the opportunity to be part of an organization that is truly dedicated to the health and well-being of older adults in this province.

It is with great pleasure; I introduce you to **Karin Whalen, the**

new Executive Director of AAIM. Karin brings a wealth of knowledge and experience in healthy, active aging as former Director of Community Programs with the Wellness Institute at Seven Oaks General Hospital.

Please join me in welcoming Karin and wishing her ongoing success in promoting opportunities for active aging for all older Manitobans. You can reach Karin at **kwhalen@sogh.mb.ca** or phone at **204-632-3912**.

For ideas on how you can re-engage in active aging visit the AAIM website at **www.activeagingmb.ca** ■



Karin Whalen, new Executive Director - AAIM



Jim Evanchuk, former Executive Director - AAIM

Working together with Community Partners in challenging times and food scarcity

Dec. 23, 2020 - The Winnipeg Police Service recognizes that the Covid-19 Pandemic has caused severe challenges across sectors affecting the health and safety of citizens. Food security in Canada has become a bigger concern. Winnipeggers are facing increased isolation. These struggles and their impact are encountered more frequently by our members responding to calls for assistance.

Winnipeg Police Service recently responded to a call involving a senior in their 80's. The officers and their Sgt were concerned for this seniors well being and made additional enquiries that revealed that this senior was in dire straits, fairly isolated and had no money for food. WPS Members resolved the

immediate concern and provided the senior with an emergency food box – filled with basic food staples.

- 40 of these boxes were donated to the Winnipeg Police Service by Rapid Relief Team CA in November 2020 for these emergency type situations. The uniform members and their shift then donated money to purchase over several hundred dollars in grocery store gift certificates for this senior.

The Winnipeg Police Service also connected this senior to:

- The Bear Clan to register for their weekly food hamper program and
- Age and Opportunity Support Services for older Adults Program

The Winnipeg Police Service is proud to partner with organizations who do incredible work in various

neighbourhoods throughout the city.

"COVID has magnified food and income insecurity for marginalized people in our community. The Ma Mawi Wi Chi Itata Centre has prepared and delivered over 100,000 emergency food kits to vulnerable families since April to meet this need. We applaud the actions taken by WPS to support a vulnerable senior in need and connect them to ongoing community supports. This is a perfect example of how policing works collaboratively with community agencies to care for the most vulnerable in our city," said Diane Redsky, CEO of Ma Mawi Wi Chi Itata Centre.

Ms. Amanda Macrae, CEO of A & O: Support Services for Older Adults says: "A & O's programs and services have been responsive to the

needs of older Manitobans since 1957. This includes a range of specialized programs that include Older Victim Services to innovative social engagement programs, which are more important now than ever before. COVID-19 poses an increased risk to older adults and causes increased isolation. With population aging, demand is rising for A & O's services. The agency continues to support older Manitobans in aging well today and post COVID-19."

The Winnipeg Police Service thanks our community partners for their continued work and support of community members who are isolated and/or suffering from food insecurity, including the Bear Clan, and Rapid Relief Team CA – Emergency Food Box program. ■

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TAX and ESTATE PLANNING:

What you need to know about TFSA over-contributions

- Treena Nault, CFP, RRC, Executive Financial Consultant

NOTICE: This column is the last contribution from Treena Nault of Nault Group Private Wealth Management.

Senior Scope would like to thank Treena and former contributor, Shirley Hill & Associates Private Wealth Management - Investors Group Financial Services Inc. for the valuable information they both have provided over the past nearly 9 years.

We hope you have found these articles to be useful in your retirement and estate planning.

To take full advantage of the tax-deferred growth available when contributing to a tax-free savings account (TFSA), many Canadians strive to maximize their TFSA contributions as early in the year as possible. However, while the goal with a TFSA should be to contribute as much as you can within the limits of your available contribution room, you also need to be mindful not to over-contribute. Putting more money in a calendar year than you're allowed by law could result in penalties. The severity of which will depend on the circumstances of the over-contribution.

In this article, I explore the recent comments provided by the Canada Revenue Agency (CRA) on the potential implications of over-contributing to your TFSA – either when the over-contribution was unintentional or when the over-contribution was deliberate.

Over-contributions made by mistake

Perhaps you unintentionally over-contributed, because you believed you had more contribution room available than you actually did.

What happens?

- The CRA confirmed that those over-contributed amounts will result in a 1% penalty tax assessed on the over-contributed amount (technically referred to as the “excess TFSA amount”).
- This penalty tax is calculated monthly, based on your highest excess TFSA amount for that month, and this penalty tax will continue to apply for each month that the excess amount remains in your TFSA.

What can you do?

- In an effort to minimize this penalty, you should plan to withdraw the excess amount as soon as you become aware of the issue.
- Also, new TFSA contribution room that becomes available each year will also serve to reduce an excess TFSA amount.
- So, in situations where you've identified you're in an over-contributed state in your TFSA and it's near the end of the year, waiting until the new year may help eliminate the excess amount and avoid having to withdraw anything.

What can you do?

- In an effort to minimize this penalty, you should plan to withdraw the excess amount as soon as you become aware of the issue.
- Also, new TFSA contribution room that becomes available each year will also serve to reduce an excess TFSA amount.

Deliberate over-contributions

Where you've over-contributed on purpose and it is determined to be a "deliberate over-contribution" based on the requirements of the Income Tax Act, the CRA confirmed that you will be subject to:

- the 1% penalty tax on the excess amount as outlined above, plus
- a 100% “advantage” tax which is calculated on any income or capital gains attributable to the deliberate over-contribution.

Basically, whatever investment earnings or gains you generated on the deliberate over-contribution will need to be paid to the CRA as the advantage tax, along with the 1% penalty tax. This advantage tax

continues to apply until you withdraw the deliberate over-contribution AND any associated income and capital gains from your TFSA.

How would the CRA know whether an over-contribution is a deliberate over-contribution or a mistake?

The reality is they won't necessarily know and would need to review all the facts pertinent to your situation to come to a conclusion. That said, however, the CRA did also indicate that it “will closely examine any unusual TFSA transactions and will challenge aggressive tax planning where appropriate.”

Concluding considerations

Ultimately, understanding the implications of being over-contributed ensures you can act quickly when an issue is identified. This should also provide the foresight to avoid any aggressive planning or schemes with your TFSA that may seem ‘too good to be true.’

Where you are unsure of your contribution limit, the best source to confirm your available room is with the CRA themselves – typically through the My Account portal via their website. A couple of notes to keep in mind:

- The amounts provided by the CRA are based on the prior year's information, so their information won't include any transactions that have occurred in the current year.
- If you're unable to obtain that information from the CRA (perhaps you don't have My Account set up), you can likely calculate what your limit is on your own.
- This year's TFSA contribution limit for 2020 is \$6,000. The life-

time limit for 2020 is \$69,500. So, if you've deposited some money over the years, just subtract that number from your total lifetime limit to arrive at your maximum contribution.

- Also, if you've made any withdrawals from your TFSA you can recontribute them the year after you made the withdrawal.

For more information on TFSAs, including the reporting and filing requirements for over-contributions, reach me at treenal.nault@igpwm.ca or 204-257-9100.

You can also consult **CRA Guide RC4466, Tax-Free Savings Account (TFSA), Guide for Individuals**.

If you have any questions or wish to discuss your specific situation, please call or email me. ■

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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

Making the Best of a Pandemic Situation

- Alzheimer Society



Tara Liske (right) with her sisters and parents (left to right): Kerri Pleskach, Cristy Law, Terry Law and Jan Law.

Terry won't understand what the celebration is all about – he was diagnosed with Alzheimer's disease in 2016, and the disease has aggressively advanced. He doesn't recognize his family, but that won't stop all eleven of them from getting together to be by his side again.

Before the pandemic, the family would use a large multipurpose room at Terry's care home that has lots of space for everyone, including four grandkids. "We'd bring in food and games, and we always had a good time together," says Tara Liske, eldest daughter of Terry and his wife, Jan. "It will definitely be something we'll be doing again when this is over!"

But for now, it isn't easy. No one can visit Terry in his care home in Selkirk. Tara, her mother and her two sisters all live about 30 minutes away. They visit virtually – an arrangement Terry doesn't understand, which makes any sort of

communication or interaction with him difficult to sustain. And everyone, especially Jan, longs for physical touch.

Despite these challenges, Tara knows that her mom appreciates the virtual visits. Jan can see how her husband is doing physically, at a minimum. And she is able to call his care team any time to talk about his health.

Hopefully, when it's safe to do so, Terry will be moved to a care home in Beausejour, where Jan lives.

"Before, when visiting was allowed, mom would go regularly, and she'd make a whole morning or afternoon of it. She could go any

time, unannounced," says Tara. "When Dad moves to Beausejour, she'll probably go every day. She'll pop in for visits on her walks, and she'll be able to help feed him."

In the meantime, the family is grateful Terry is in a safe place. "We're thankful they aren't allowing people to come in and potentially bring the virus into the care home," says Tara.

They are confident that Terry is well cared for. "We've always said that the interactions we've seen with his caregivers go above and beyond anything we could expect," says Tara. "They're truly caring people, and we know he's loved." ■

See advertisement on front page.

January is Alzheimer's Awareness Month

To read more about Tara and her family, along with stories from other spokespeople who live with dementia, go to:

alzheimer.mb.ca/ilivewithdementia

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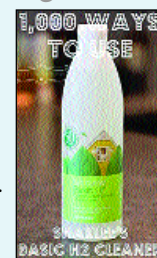
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Philadelphia Flyers
and Shoot-to-Score
Hockey

A MELLOW RIFLE

As the National Hockey League returns to action this month, *Senior Scope* sat down with one of Manitoba's greatest players, former Philadelphia Flyers star Reggie "The Riverton Rifle" Leach, now 70, to catch up on his life in the midst of the COVID pandemic, his snub by the Hockey Hall of Fame and his Order of Canada.

Reggie Leach, long known as The Riverton Rifle, is 70 now. He and his wife Dawn live quietly at Aundeck Omni Kaning First Nation on beautiful Manitoulin Island and he just spent most of the Summer of COVID-19 playing golf.

Sure, he and his son Jamie, still operate Shoot-to-Score Hockey, the top-reviewed hockey camps in North America, and he still has long, heart-to-heart talks with aboriginal youth about the evils of drugs and alcohol, but for the most part, and by his own admission, "I'm pretty mellow these days."

"COVID has been tough – we lost four friends to the virus – but in some ways it's been good," Reggie said. "We were able to re-connect



Reggie and his wife Dawn.

with family and friends this summer. We don't have large gatherings, but we will have Dawn's family over. But we're healthy – knock on wood, we're all very healthy. I didn't look this good when I played. I certainly didn't feel this good.

"It's a real pleasure right now. I'm more relaxed than I ever have been. I'm 70, I run a really nice business with my son, I'm married to a great woman, I play a lot of golf – three or four times a week this summer -- and I get back onto the ice when I need to get back onto the ice. Life is better than it's ever been.

"My life is balanced right now. I still get involved with teaching and coaching aboriginal kids. I'm still getting my message out. I'm moving

forward. I did a lot of stupid things in my life, but I also did a lot of great things. In the end, life will even out. Life is very good right now."

Back in the day, Reggie (The Riverton Rifle) Leach was one of the greatest hockey players who ever came out of Manitoba.

Leach played for 14 seasons in the NHL for four different teams, but his greatest successes came when he was a member of the Philadelphia Flyers. In 1975, he was part of the Flyers Stanley Cup-winning team, but it was the next spring, when the Flyers lost the final to Montreal, that Leach showed his true greatness.

The Rifle scored an unprecedented 19 goals in 16 games and was named the winner of the Conn Smythe Trophy as the most valuable player in the playoffs. His 19-goal performance was a record (he scored five in one game against Boston) that still stands today, but amazingly, his proudest NHL memory came when his son Jamie, who played with the Pittsburgh Penguins during their Stanley Cup wins in 1990 and 1991, won the Cup. As a result, Reggie and Jamie are the first, and so far, only, Aboriginal father and son to be Stanley Cup winners.

Although he lives in Ontario now, Reggie is still a proud member of Berens River First Nation. Before the pandemic hit, Reggie and Jamie not only ran a hockey business together, they were still playing the occasional hockey tournament together.



Jamie Leach and his dad Reggie.

And that's why it's interesting that Reggie is a member of the Manitoba Hockey Hall of Fame, the Manitoba Sports Hall of Fame, the Philadelphia Flyers Hall of Fame, the Order of Manitoba and the Order of Canada. He also has an honorary Doctor of Laws degree from Brock University.

But for reasons known only to the Toronto/Montreal/Soviet/USA-centric knuckleheads who are the gatekeepers of the Hockey Hall of Fame, he is NOT a member.

"I don't care it about it anymore," he said. "I look at other players who had tremendous numbers and they can't get in. I mean how is Theo Fleury not in the Hall of Fame? He played 1,084 NHL, had more than 450 goals and 1,088 points and had more than a point-a-game in the playoffs. He played in two world juniors, two world championships two Olympics, a Canada Cup and a World Cup. He won a Stanley Cup (1989) and had outstanding numbers and yet they don't even consider him. What's the deal?"

"I'm starting to believe that if you aren't from Ontario, specifically Toronto, you have to consider yourself lucky to get into the Hockey Hall of Fame. I just think they're punishing Theo for doing a little drinking and taking a few drugs. But, for goodness sakes, if you're punishing him for that, you'd better remove half the players from 40s, 50s and 60s because they did a lot more drinking than we ever did.

Continued on next page

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THE BUZZ, cont'd from page 6



Reggie scores five against the Bruins.



Son Jamie and Reggie.



Reggie vs. Montreal

“That’s why I don’t pay attention to it anymore. I’m happy. I’m just happy that there are a few people like yourself, from across Canada and the United States who want me in there. That’s very nice. But I’m prouder of what I did after hockey. “And hey, I’m a doctor now,” he said laughing, “so if you never need an operation, give me a call.” Regardless of all his awards,

regardless of his Order of Canada and honorary doctorate, what makes him happiest is his relationship with his children and grandchildren. “I’m so pleased with my relationship with Jamie, who has grown up to become so kind. He’s really learned how important it is to be kind and generous to everybody. He’s a very successful young man and that makes me proud.” ■

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Training is available to help ensure everyone hired can give the vaccine safely. And, anyone administering the vaccine is also eligible to get the vaccine.

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The Pros Know

Active Living & Resource EXPOS

News For and About Boomers & Seniors

clean slate design mktg.

bringing the products & service resources needed by older adults to older adults in our community!

New Expo Dates Coming Soon! (February Edition)

For more information on our expos go to, www.prosknowexpos.ca

On
Line
Now!

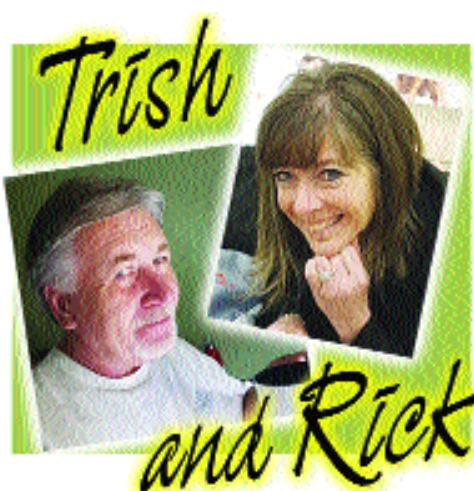
Making change to do more!

Supporting our Community at a higher level...

Hello everyone and belated **Happy New Year.**

Hope you're all safe and looking forward to better things in 2021. If 2020 taught us anything it's that life and the world, as we know it can turn on a dime. Sometimes we automatically roll with the punches and think nothing of it, other times we're faced with adversity and major life decisions. Covid as you know has been unforgiving to so many this past year. Personal lives, family dynamics, businesses forced to shut down and so much more has been constantly on the collective community menu. We can only hope that at some point in 2021 we can all start to breath again.

During Covid, Trish and I have been forced to take the time to reflect on many things, the least of which has been to ask; 'What is our purpose?' 'Are we being our best selves and can we do more to live a better life?' The answers scared us a little. Most of us by far never take the time at any point in our lives to pull back and take that honest assessment. We're products of our upbringings and societal norms that we've naturally just



of The **Pros Know EXPOS**

bought into and quite frankly never think to stop and ask these questions; Am I happy and am I doing what I feel I need to do to make my world and the world around me better? Thank you 2020!

To this end, we're proud to announce our 2021 pledge to do more for our community and its

citizens. Hopefully this April, Covid will be under some sort of control and that it will allow us to open our 'Pros Know Expos' doors to the public. We have said from the beginning that the Expos are designed to bring much needed information, products and services to you, our older adult community members. There is more need than ever after what we've been through in the last year.

In the meantime, Trish and I offer you this wisdom; Take the time to assess your current and future needs. If you need help in doing so, you can get some amazing free assistance through your **Senior Resource Finders**. These folks, sponsored through the **WRHA**, are there to help navigate you through the systems and will make it easier for you to find what you need. We have provided the link at the end of this article.

Secondly, take a moment every month and have a good look at the business ads here in **Senior Scope**

especially. Many of these amazing companies have adapted to Covid and are very much open to do business and support you. They will treat you with respect.

Lastly, in the words of **Connie Newman**, Executive Director of the **Manitoba Association of Senior Centres**; 'KNOWLEDGE IS YOUR POWER'. Please use the resources provided by **Senior Scope** and it's advertisers, the **Manitoba Association of Senior Centres**, the **Senior Resource finders** and our vendors at the **Prosknowexpos.ca** to educate and empower yourself, we never stop learning!

Bringing you and yours all these resources and help is OUR purpose for 2021 and we're proud to serve YOU, our community. There's more to come next month as we have a major announcement to help even more! Take care and be well. ■

Trish & Rick.

Link to **Senior Resource Finders** website :

http://prosknowexpos.ca/Pros_Know_Expos_On-Line_2020/Senior_Resources_1.html

MATURE ADULT LIVING RENTALS

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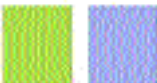
Affordable seniors housing throughout Winnipeg



Richmond Gardens – 2900 Pembina Highway
Non-profit building
Bachelor - \$550
1 Bedroom - \$650
2 Bedroom - \$890
Close to shopping and bus is at the door.
Non smoking and no pet building.
Rent includes hydro and water.
No parking.



Hamilton House – 475 Hamilton Avenue
Bachelor - \$471 - \$595
1 Bedroom - \$579 - \$721
Rent includes heat, hydro and water.



St. James Legion Lodge – 2730 Ness Avenue
As per Manitoba Housing, rent is 30% of your monthly income.
Rent includes all utilities.
Parking \$25/mo.



Riverbend Plaza – 400 Osborne (Life Lease)
1 Bedroom - 1 bath
Refundable Entrance fee: \$26,894. Monthly rent: \$1129
2 Bedroom - 2 bath
Refundable Entrance fee: \$38,500. Monthly rent: \$1284
Both rents include: Heat, hydro and water.
Uncovered Parking \$35/mo.



Haven II – 1 & 21 Boulton Bay
Bachelor - \$469
Bachelor Enhanced - \$499
One-Bedroom - \$632
Rent Includes all utilities.
Parking is \$22 monthly



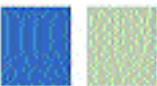
Monash Manor – 865 Sinclair Street
As per Manitoba Housing, rent is 30% of your monthly income.
Rent includes all utilities and laundry.
Parking \$25/mo.



Seine River Haven – 571 St. Anne's Road
1 Bedroom - \$974 | 1 Bedroom (Pet Friendly) - \$974
2 Bedroom - \$1071 | 2 Bedroom (Pet Friendly) - \$1071
Rent includes water.
Tenant pays Hydro, Cable, Parking and Laundry.
Parking \$35/mo

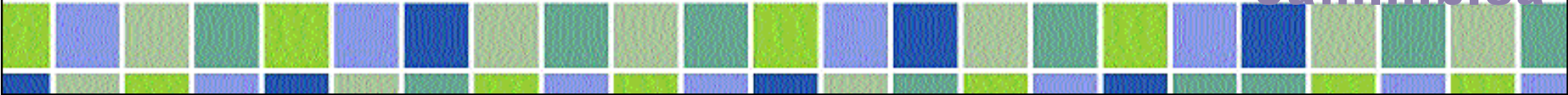


Transcona Place – 110 Victoria (Life Lease)
1 Bedroom
Refundable Entrance fee: \$21,500. Monthly rent: \$733
Parking \$27/mo.
Laundry \$14/mo.
2 Bedroom
Refundable Entrance fee: \$23,500. Monthly rent: \$901
Parking \$27/mo.
Laundry \$14/mo.



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Things To Do

WINNIPEG

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

MISC EVENTS

Wildlife Haven - Virtual fundraising event - "The Talk" - a tongue-in-cheek, comedic take on The Birds, The Bees and Sex in the Wild, Feb. 14, 8 pm. Featuring special guest Grant Furniss, Senior Director of Animal Care & Conservation at the Assiniboine Park Zoo. Guests enjoy a night of hilarious entertainment, pizza from local **Chino's Bistro** and savoury **Nonsuch Beer** delivered to your doorstep in Winnipeg, Steinbach and surrounding areas or pickup at Wildlife Haven in Ile des Chênes. Every dollar raised is matched by a very generous donor up to \$20,000. Limited space. For adults only. For info and tickets (\$125/couple): info@wildlifehaven.ca, 204-878-3740 or visit: www.wildlifehaven.ca/thetalk.

Wildlife Haven Online Art Auction - Feb. 19-28. (More info to come). *All proceeds from events go toward medical care and food/supplies at Wildlife Haven.*

Saving Audio - Stereo Equipment E-Waste service. Accepting items such as; Amplifiers, Speakers, Tuners, Record Players, Parts, Music Instrument Amps, Test Equip, etc. Call

WASH YOUR HANDS.

VOLUNTEERING

a Saving Audio volunteer at 204-257-7575 to arrange free pickup or drop-off.

Candian Celiac Asso. of MB - GF101 general information class including gluten free lifestyle, Sat. Jan. 23, 10:30 am-12:30 pm., Mar. 23, 6:30-8:30 pm. Virtual presentation via Zoom, or if allowed, maybe in-person at MB Possible bldg, 825 Sherbrook St., Rm. 203. Free admin. & parking. Pre-register at 204-772-6979, or office@manitobaceliac.com.

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed. 204-831-2503 or visit www.deerlodge.mb.ca/volunteers.html

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

Victoria Lifeline - Melissa: 204-956-6773 or msitter@victorialifeline.ca

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. 204-

235-2111, service@actionmarguerite.ca

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

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

Southeast Personal Care Home - Volunteers needed 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

SAFELY DISTANCE FROM OTHERS

PROGRAMS / SERVICES

Pembina Active Living (PAL) 55+ - Winter online programs begin January 11 but registrations are still being accepted. All programs are free for members and non-members, due to a **Safe at Home MB** grant. Classes: Mondays - Older adult weight training (9:15 am), Seniors yoga (11 am);

Tuesdays - Tai chi (10 am), Zumba for Seniors (11:30 am); **Thursdays** - Older adult weight training (9:15 am), Writing (10 am). **Special presentations:** Mental health during the pandemic - Thur. Jan. 14, 7 pm; Easy meals with rotisserie chicken - Thur. Jan. 21, 7 pm; Still Bloomin' Gardening Club - Thur. Jan. 28, 1 pm (speaker Julie Myers from Floral Fixx on terrariums). office@pal55plus.com, www.pal55plus.com, 204-946-0839.

Caregiving With Confidence is now a program of A & O: Support Services for Older Adults - We are pleased to announce that Caregiving With Confidence is now an **A & O: Support Services for Older Adults** (A & O) run and operated program. Our primary focus continues to be providing supports for family caregivers of older adults. It is important to note that our programming will remain the same. Contact **Caregiving with Confidence: 204-452-9491** for more info.

Dufferin Senior Centre - Due to the cononavirus, the Centre is closed to all its activities until further notice. Sorry for the inconvenience. Info, Al: 204-771-3325

RURAL MANITOBA

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Submit PSAs by Feb. 3 for Feb. 10/21 issue.

PROGRAMS / SERVICES

Brandon - Prairie Oasis Senior Centre - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery available. Meals \$9. Volunteers needed. Grants and donations gratefully accepted. Info: 204-727-6641

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

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

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. Arborg and District Seniors Resource Council 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 - Joanne: 204-304-0551 or jbarnabe@hotmail.ca

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

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

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

NOTE: If your 55+ non-profit organization has events, or fundraisers, virtual or otherwise, send your information to *Senior Scope* to be published in this section.

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Submit PSAs by Feb. 3 for Feb. 10/21 issue.

A & O: Support Services for Older Adults

- Programs to help you stay connected and active.

Senior Centre Without Walls (SCWW):
Free Telephone Group - Activities for Manitobans 55+
Call/email to inquire or to register:
204-956-6440 | Toll Free: 1-888-333-3121
info@aosupportservices.ca

SCWW provides educational and recreational programming in a fun and interactive atmosphere. All programming is provided over the phone. Download the **SCWW 2021 Winter Program Guide** at: www.aosupportservices.ca

CONNECT Program for Adults 55+
Connecting volunteers with isolated older adults. 6 weeks, Fridays 1:30-3:30 - **Feb 19 - Mar 26.**
204-880-1791 | info@aosupportservices.ca

PRESENTATION SERIES

CELEBRATING MANITOBA'S SPORT HISTORY AND COLLABORATIVE CARE IN THE CLINIC
TUESDAY, JAN 26 - 2-3 pm
Presenter: Richard Harzing, Gallery Coordinator, Manitoba Sports Hall of Fame & Rickie Walkden, Director, Sport Manitoba Clinic.

WINNPEG'S '50s NORTH END KIDS
TUESDAY, FEB 23 - 10-11 am
Presenter: Bud Ulrich, Former CFL Head Referee and Author of *Together at Tobans, Winnipeg's North End Kids in the 1950s*

TRAVELOGUES

SOUTHERN AFRICA
WEDNESDAY, JAN 20 - 10-11 am
Presenter: Laura Isbister, SCWW Participant and Volunteer.

ACROSS THE MILES
WEDNESDAYS, JAN 27 - 2:30-3:30 pm
Join participants from Without Walls programs in Texas, New York, California, Ottawa, Alberta & Moose Jaw for an interactive discussion about a variety of topics.

TASTES, TALES & TRAVELS OF WORLD
THURSDAYS, JAN 21, FEB 18 - 2-3 pm
Presenter: Kathryn Harper, SCWW Participant and Volunteer.

HEALTH & WELLNESS

MEDITATION SERIES
FRIDAYS, JAN 22 & 29 - 1-1:45 pm

.Presenter: Pamela Thrift, 204-898-4513, pamela_thrift@hotmail.com

MUSIC THERAPY
FRIDAY, JAN 29 - 11-11:30 am
Presenter: Cindy Bass, BMT, MTA
Meditative music therapy application.

FEBRUARY IS PSYCHOLOGY MONTH
WEDNESDAY, FEB 10 - 1:30-2:30 pm
Presenter: Dr. Kristin Reynolds, Clinical Psychologist, Assistant Professor, Department
Join the Manitoba Psychological Society for an interactive conversation about emotional health and wellness for older adults.

BOOK JOURNEYS & SHORT STORIES

AFTERNOON BOOK CLUB:
THE LITTLE OLD LADY WHO BROKE ALL THE RULES BY CATHARINA INGELMAN-SUNDBERG
MONDAYS, JAN 25, FEB 1, 8 & 22
Presenter: Madeline Kirc, SCWW Participant and Volunteer Note:
No sessions Feb 15 or April 5

WRITTEN BY MARGE
TUESDAYS, JAN 26 & MAR 30 - 10-11 am
Presenter: Marge Barker, SCWW Participant and Volunteer. Mystery, adventure, serious, humour.

POETRY CORNER WITH MADDE
TUESDAY, FEB 2 - 10-10:30 am
Presenter: Madeline Kirc, SCWW Participant and Volunteer

SHORT STORIES
THURSDAYS, JAN 21, FEB 4 & 18 - 10-10:30 am
Presenter: Kathryn Harper, SCWW Participant and Volunteer.

FEATURES

JOKES, ETC.
WEDNESDAYS, FEB 24 - 1:30-2 pm
Good, clean jokes and stories.

COFFEE TALK
THURSDAYS, JAN 28, FEB 11 & 25 - 10-10:30 am
Join other Walls participants from around Manitoba to discuss anything and everything!

CHAT PACK
WEDNESDAY, MAR 31 - 1:30-2 pm
Join us for this interactive game where we ask fun and thought-provoking questions.

DID YOU KNOW?
WEDNESDAYS, FEB 3 & 17 - 1:30-2 pm
Join us for fun facts and trivia of all kind!

WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING
FRIDAY, FEB 5 - 10-11 am
Share your ideas with us about what programs and activities you would like to take part in for the May-August 2021 guide!

BRAIN TEASERS
MONDAYS, JAN 25, FEB 1, 8 & 22 - 10-10:30 am
Note: No sessions on February 15 & April 5

BIOGRAPHIES:

CARRIE BEST
THURSDAY, FEB 4 - 1:30-2 pm

SPELLING BEE
FRIDAYS, FEB 12 - 10-10:30 am
Presenter: Mary Bana, SCWW Volunteer

IDIOM ADDICTS, PLUS
FRIDAYS, JAN 22, FEB 19 - 10-10:30 am
Presenter: Mary Bana, SCWW Volunteer
Learn about the origins of words and expressions in the English language

CELEBRITY BINGO
Bingo over the phone! Three lucky bingo cards mailed per game. Play along at home.
TUESDAY, FEB 2 - 2-2:30 pm
Renee Rodgers - News Anchor - CTV News
TUESDAY, FEB 16 - 2-2:30 pm
Holly Moore - Producer - APTN

WHAT'S THE VERDICT?
TUESDAYS, FEB 16 - 11-11:30 am
Presenter: D. Andrew Torbiak, Associate, Myers LLP, SCWW Volunteer
Learn about and discuss challenging cases.

GAME SHOW MANIA
THURSDAYS, FEB 11 & 25 - 2-2:30 pm
Get your game show fix and play Family Feud, Jeopardy and more!

CELEBRITY NEWS
TUESDAY, FEB 9 - 1:30-2 pm
Catch up on all the latest news on your favourite celebrities and royalty.

Ready for 2021?

By Brenda Martinussen - Nurse Next Door home care services

As I recently sat thinking about the year we've had and the year to come, I was wondering if more people than usual made resolutions this year? Are more of us hoping to turn a corner, hoping to push parts of 2020 into a distant corner of our minds? Ready to leap into 2021 with energy and verve? This is the time of year where we promise ourselves that we will do better and be better. It's a time that accommodates both dreamers and those of us with a more practical bent. Anywhere from 60%-74% of us make New Year's resolutions. Despite the fact that only 8%-20% of us achieve our resolutions, hope

still appears to spring eternal with our continued efforts in making those pledges. When I looked into it, I learned that the hope and optimism of a resolution is stronger with younger generations. It's like believing in Santa Clause for Generation Z. Over 90% of this younger generation makes resolutions. This steadily declines over time until it falls under 50% with our oldest generation. Is it that younger generations are more hopeful or that they are looking for a sense of tradition – giving us a sense of comfort and constancy in a world that is ever changing? Interestingly, 12% of people who

make resolutions, don't actually believe they will achieve them. That makes me wonder – then why make it in the first place? I know one person who makes it a game to see how long he can go each year before breaking some absurd resolution he made that had no real meaning in his life (e.g. not saying the words "yes" or "no"). To him, it's a fun tradition to engage in. His whole family gets involved and tries to either get him to break his resolution or to help him adhere to it. Others I know take a more serious approach – concentrating on health, family, finances. Self-care has always been a large part of res-

olutions – and I can imagine that after 2020 it will only grow in the number of individuals who focus on it. And that is not a bad thing. I am usually the humbug person who goes to bed at 10 pm on New Year's Eve, while others are excited to ring in the new year with all of its fresh possibilities. This year, I think I will join the Millennials and Gen Zers and usher in 2021 with a sense of excitement and optimism and maybe make a resolution or two of my own.

- Nurse Next Door home care services - 204-800-0251

Making the Best of 2020 in Manitoba

▼ Fun before Covid-19 - Remember what that was like? ▼



February, 2020 - Ladies Night Out fundraiser for Stonewall Kinettes - Mummy outfit competition using toilet paper, before knowing how valuable toilet paper would be soon after! Grace Schedler wins this one!



Pat and Rollie performed at a Fundraiser on March 13th, 2020 at the Red Barn south of Stonewall - one of the last public outings for many in the area.

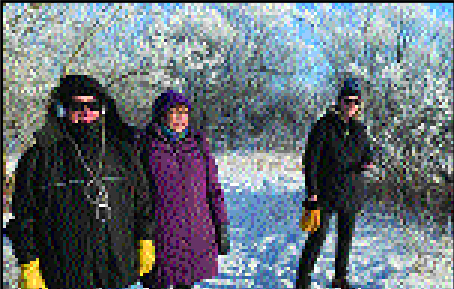


Dave Lavallee (singing and guitar) and Jason Lepine on fiddle perform while some dance at the Stonewall Heritage Centre for Louis Riel Day - Feb. 17, 2020.

▼ Outdoor fun during Covid ►



Before Code Red.



Hiking in the parks is popular this winter.



More outdoor fun - snowshoeing.

▼ Nothing was going to stop Santa from doing his job in 2020! ▼

A Covid Christmas didn't stop Santa



Oak Bank, Manitoba.



Stonewall, Manitoba.



Winnipeg, Manitoba.



Winnipeg, Manitoba.



Photos with Santa in Edmonton, Alberta.



This bike enthusiast could be seen riding around for most of this winter.

Kelly Lewis Artistry

kellylewisartistry@yahoo.com : @KellyLewisArtistry on FB
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Kelly Lewis is a local winnipeg artist who specializes in affordable Pet Portraits.
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A Caring Human Being, Full of Humor

By Senaka Samarasinghe - Sri Lankan Seniors (Winnipeg)

Dr. Mahinda D. Jayasinghe, MD was a pediatric cardiologist in Baton Rouge, Louisiana. He practiced for more than 20 years. His specialty was Pediatric Cardiology treating heart disease in children. His loving wife was Indra. She also practiced Pediatrics in Baton Rouge, Louisiana. Her career lasted for more than 20 years. Their only child son, Saman, too followed in his parent's footsteps and qualified as a Preventive Medicine Specialist practicing nearby.

The name of Mahinda Aiya's father is Maulise De Silva Jayasinghe (Staff Officer, Ceylon Wharfage Co. Ltd.) married to Aggresha Amarawathie Jayasinghe De Silva. His siblings are Indra Irangani Jayasinghe (deceased), Manel De Silva Jayasinghe, Nihal Ranjith Jayasinghe (in Toronto), and Vinitha Manohari Jayasinghe (deceased). Mahinda Aiya was very proud to say that his loving father migrated from a village called Wauwa in Devinuwara (God's Town). Devinuwara is the extreme southernmost tip of Sri Lanka in the Indian Ocean. It is a seaport town as well. His paternal ancestors were from Wauwa whereas his maternal ancestors were from Park Avenue next to Campbell Park, Colombo. His father married and settled in Park Avenue.

Mahinda Aiya captained Ananda College Cricket Team in 1956, he was fortunate to lead the 27th annual Ananda and Nalanda two-day (31st March and 1st April 1956) match known as Battle of the Maroons. Nalanda College's

captain was Nihal Withania. The 27th battle ended in a draw at Oval grounds, Colombo. He played as the skipper and keeper of the side. Known as a hard-hitting right-hand opening batsman who had an eye for quick runs. In 1960 his brother Nihal played for Nalanda.

Although he devoted his time to school cricket as well as holding captaincy of the team, he was qualified in 1963 to enter as a Medical Student to the Colombo Medical College (now Faculty of Medicine, University of Colombo). This was established in 1870 as the Colombo Medical School and the second oldest medical school in South Asia.

With the Buddhist Renaissance Ananda College was established (1886) to produce well-disciplined citizens with national values. Mahinda Aiya was one of them. The school (Ananda College) and family background, he had special qualities such as practicing Buddhist with diverse interest namely music, art, reading various subjects mainly on history and was a caring human being. He sent emails to me to read Dhamma books such as *Thus Have I Heard* (Pali: *Evam me Suttam*) by Maurice Walshe and Discourse of the Buddha by Bhikkhu Bodhi. I can remember conducted Dhamma discussions with him on different topics over the telephone. When I was trying to arrange a visit to Ven. Buddnagala Ananda Thera to Canada in August 2018 Mahinda Aiya actively supported me with his brother Nihal in Toronto. However, the Monk got sick and his visit had to be postponed.



Dr. Mahinda D. Jayasinghe

Chandani and I paid a visit to Mahinda Aiya and Indra Akka. We landed at the Baton Rouge airport on 15th July 2015. Both of them came to pick us. When I got into the car, I heard from the car radio the song of Pandith Amaradewa a song of Sri Lankan heritage (*This is my Mother Land - Me Ape Mathru Bumiyay*). That was the welcome song for both of us. Their well-designed visit started with Jambalaya lunch which is a Louisiana Creole dish of Spanish and French influence. At home, he explained the historical evaluation of Western classical music of Mozart and Beethoven.

He focused on two main activities in the backyard namely a swim before lunch and feed fish in the pond by the side of the pool. He explained the annual maintenance process of the inground swimming pool (12'X24') and garden inground pond. The home library was another interesting area of Mahinda Aiya. From this library, he shared three books with me written by three renowned Ceylon History authors. The names of the authors are R. L. Spittel, George Davison Winius, and R. L. Brohier. He autographed

in these three books as "To Senaka and Chandani, For a Memorable Visit, Mahinda and Indra, Baton Rouge, LA, July 22, 2015". Besides the city tour in Baton Rouge, they drove us to the port of New Orleans located along the river of the Mississippi. From there we drove by the side of Lake Pontchartrain to Bay St. Louis to pay a visit to their family friend, Dr. Leonard J. Cheramie. He too, like Mahinda Aiya, is a special interest in collecting antiques. Dr. Cheramie's home was just like an antique museum.

Mahinda Aiya collected Sri Lankan temple paintings published by the New York Graphic Society, New Jersey, USA. Out of which he shared two-color line-paintings (18" X13") Phala Viharaya, Mukirigala, Hambantota District, and a scene from the Telapatta Jataka - The king of Taxila riding on his elephant with a Yaksini in human form. Both were drawn in the 19th century. As an art lover, he collected black and white pencil painting photos (16" X12") displaying different locations in Sri Lanka. As those were done in the early 19th century each photo carries a historical value of each site such as the port and harbor of Colombo and the town and lake of Kandy.

When I asked for medical advice, he always advised me to start with home remedies. All of us at our home got home remedies from Mahinda Aiya. Not only for our household but my brother-in-law Deepal from Medicine Hat in Alberta Province also called him for medical advice. He was our Telephone Doctor. As a caring human being, he always helped his relations in Sri Lanka. I lost a faithful friend and a good relation.

May Mahinda Aiya attain the supreme bliss of Nibbana!

Introducing...Folklorama At Home: The Virtual Experience!

Winnipeg, MB – In an effort to support the public health orders of the province of Manitoba for the public to stay home and stay safe, Folklorama is pleased to present "Folklorama at Home: The Virtual Experience".

"Folklorama is thrilled to have been approved by the Manitoba Government to participate in this program," states Teresa Cotroneo, Executive Director, Folklorama. "This will not only be a time for Manitobans to get to know some of the ethno-cultural artists in the community more intimately, but it will also provide a source of revenue for them and local community vendors."

Folklorama's cultural arts division will launch a series of programs that deliver favourite aspects of the Folklorama festival into at-home experiences. **Folklorama At Home: The Virtual Experience will launch Friday, January 15th at 7:00 p.m. on YouTube.**

"Every week, Tour Guide, Tanya, takes you on adventures around the world – including those in your very own backyard of Manitoba," states Cotroneo. "From learning how to Pow Wow drum to Métis beading, Q&A's with the performers about the history of the art form, and workshops that have you testing your skills... it's truly a great

way to engage without leaving the comfort and safety of your home."

In honour and celebration of **Manitoba 150**, Folklorama will develop 150 activity packages for some of the workshops that match the theme being featured. All packages would be curated, packaged and delivered by local vendors with all supplies required, at no charge to Manitoba families. Participants will do this while discovering the history of the tradition or craft and gaining an appreciation for the culture itself and those of each other, our fellow Manitobans.

Folklorama At Home: The Virtual Experience line-up for January includes:

January 15th, 7:00 p.m. – "A Voyageur Adventure" with TiBert le Voyageur

January 22nd, 7:00 p.m. – "The Songs of the Pow Wow. Sounding the Drum" with Walking Wolf Ray "Co-Co" Stevenson

January 29th, 7:00 p.m. – "For the Love of the Bead" with Julie Desrochers from Prairie Owl Beads

Sign up today to save your spot at <https://folklorama.ca/events/>.



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Today's Recipe

Larry McIntosh

www.PeakMarket.com

Tuna Loaf

Metric	Ingredients:	Imperial
50 ml	butter	1/4 cup
125 ml	green pepper, chopped	1/2 cup
50 ml	celery, chopped	1/4 cup
50 ml	onion, chopped	1/4 cup
3	can tuna, drained (8 oz / 225 g)	3
375 ml	dry bread crumbs	1 1/2 cup
15 ml	dried parsley flakes	1 tbsp
2 ml	salt	1/2 tsp
3	eggs	3
125 ml	milk	1/2 cup

In a small skillet, melt butter. Add green pepper, celery and onion. Saute over medium heat until soft. Remove from heat.

In a medium bowl, combine tuna, crumbs, parsley, salt, eggs and milk. Mix well. Spread half of mixture into greased loaf pan. Make a depression in centre of loaf. Fill with vegetable mixture. Cover with remaining tuna mixture.

Bake in preheated 375 F (190 C) oven for one hour.

Serves 6

WORDSEARCH -

BATH SAFETY



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

NURSENEXTDOOR	ACCESSIBILITY	REJUVENATE	CUSTOMIZED
EQUIPMENT	SLIPPERY	HANDRAIL	ASSISTANCE
CAREGIVER	BATHTUB	ACCESS	GRABBAR
SHOWER	HYGIENE	SAFETY	TOWEL
FALLS	WIPE		

SOLUTION ON NEXT PAGE

CROSSWORD - Nice Weather We're Having By Adrian Powell

ACROSS

1 Off in the distance
5 Good Jewish boy
10 Speedometer's location
14 Would like a bull
15 Actor Hirsch, star of "Milk"
16 Common lotion additive
17 Weather we've missed so far this winter
20 Solo
21 Stirs up trouble
22 Q-tip, for one
25 Japan's largest airline (abbr.)
26 Old type of monitor
29 Weather event we're unlikely to get this year
35 2020 or 2024, e.g.
37 Counterfeit
38 Large hip bones
39 Rigid
42 Ramesses II's dad
43 Bipolar phase
45 Makes sure something's done
47 Weather we really didn't experience in 2020
50 Utter
51 Farm butter?
52 Guys-only party
54 Like clergymen
59 Where Mrs. Gandhi ruled
63 Monsoon-like event that never really happened last year
66 Muslim cleric
67 Garlic-flavoured mayo
68 P.C. repair pro, for short
69 Fixes a split seam
70 Metal dealer's find

DOWN

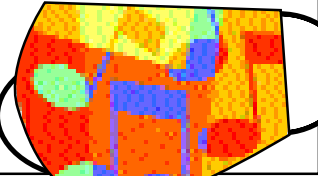
1 Taj Mahal's location
2 Young horse
3 Toronto football player
4 Things jockeys hold
5 Tilly of "Agnes of God"
6 Mmmm...
7 El Nino's counterpart: La ____
8 Catch phrase
9 Doing a hatchet job?
10 Just the facts
11 What Elon Musk is worth
12 Tender

13 Sews along the edge
18 Worthy of reporting
19 The workforce
23 Chimpanzees, e.g.
24 Unruly little stinker
26 Weather of a region
27 Take it easy
28 Make impure
30 Like leprechauns
31 Tenth out of ten
32 Artificial bread spreads
33 Port of ancient Rome
34 Omnipotent one, to many
36 Low poker holding
40 Entrance charges
41 Daring deed
44 Where eagles hatch
46 Foods from heaven?
49 This will make you sick
53 No-see-ums, e.g.
54 Famous name in elevators
55 Italian capital
56 Sketch
57 Weaponry
58 French sack dress designer
60 Try to lose weight
61 Ancient South American people
62 Like recently used fireplaces
64 Pie ____ mode
65 Chap Stick's target

SOLUTION ON NEXT PAGE

FACEBOOK FINDS

I purchased a music notation face mask to add to my collection thinking it would look sharp, buy my expectations fell flat. After wearing it for an interval, I developed a staff infection and a clef chin. I should have known it would lead to treble. It turned out not being a major problem, but simply a minor inconvenience. I now have a diminished opinion of the product, though. I'm not sure if I should dispose of it as I don't know how long it will take to decompose.



FACEBOOK FINDS



Roses are red.
Mornings are rough.
My poetry sucks.
Coffee.



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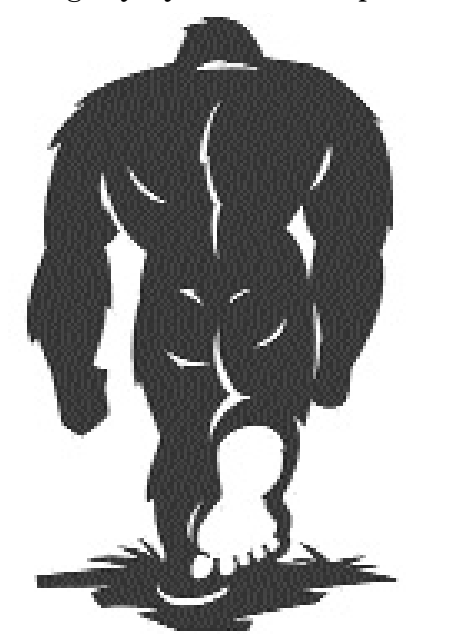
Mark's Remarks - BIGFOOT (Part two)

I know I left you with a bit of a cliff-hanger last issue but there was no helping it. Even the readers digest version of this tale is too long for my column space. Now, where were we? Oh yes, I'm at an angry cougar encounter. This girl was above me on a rocky ledge low growling in the most unnerving way. I could see a pair of cubs flanking her, peeking down at me with cub like curiosity but that was strictly a peripheral observation. My direct focus, naturally, was on momma. Her shoulders were hunched up and she was working them back and forth, preparing to leap down at me from the ledge. Her face was wrinkled menacingly and that low growl seemed to intensify as we stared at each other. I was frankly too terrified

to move and it took more will than I would have thought to begin backing away but I managed to summon that will and began to put some distance between us, hoping she would be satisfied with that and stay by her cubs. In the next moment I experienced something I never would have thought possible. My heart dropped into my stomach and leapt into my throat simultaneously as she jumped down from the ledge, never taking her glaring eyes off me, and slowly advanced. Her every aspect was oozing menace. The stream was behind me and she was less than twenty feet in front of me and closing. I don't know about you but I hate getting my feet wet when I'm out in the wild. It's such an ordeal to dry them out again. I was hoping she hated getting hers wet too as I backed into the stream, my eyes

locked on hers, praying for sure footing. If I slipped and fell I was sure it would trigger a pounce. I managed to negotiate the stream without taking a spill though there were a couple of heart stopping moments as my boot slipped off a rock in the stream bed. To my relief the cougar halted her advance at the edge of the stream and I continued to back away, not taking my eyes off her. I put ten

meters between us, then twenty and she held her position on the opposite bank. Just when I thought I might be okay she suddenly cleared the stream in a single bound startling every hair on the back of my neck to rigid attention. I jumped backwards and stumbled into a deep ravine that I hadn't even noticed because that confounded cougar had been stealing every last bit of my attention. It wasn't a sheer drop but it was a very steep one and I lost consciousness as I bounced my way to the mossy bottom. I guess had the cougar wanted me then I would have been easy pickings. I don't know how long I was out but it couldn't have been that long because that cougar was fresh in my mind when I was roused by something jabbing my shoulder repeatedly while I laid on my side with my back to whatever was poking me. In a panic I rolled away from the source of the jab and found myself looking up at an impossibly massive humanoid. Even though I was never really interested in the topic I immediately recognized it as a Bigfoot. Again, to be continued... ■



Mind & Memory A to Z Trivia

By Gary Adams - Mind and Memory Presentations - Helping to Keep Brains Young

Today all answers begin with the letter "I"

1. They say that Jeff Bezos, founder of Amazon has great:
2. This is North America's favorite treat:
3. Singer Taylor Swift has built a positive:
4. This is the home of the NFL Colts:
5. In 1946 these "Spots" sang "Don't Get Around Much Anymore":
6. This is where they built "The Titanic":
7. This was Margaret Thatcher's nickname:
8. They are famous worldwide, for their potatoes:
9. This is a nickname for piano keys:
10. If you are googly about someone new, some would say you are:
11. A vessel with a reinforced bow that works in the Arctic:
12. This is a legal document to remove an American President:
13. They believe Noah's Arc was built here:
14. This was the first floating soap:
15. This country provides spas for their elephants:
16. Ingvae Kamprad founded this Scandinavian retail home store:
17. A favorite song for a lady with this name "Good Night _____":
18. The Riviera extends along the coast of France and which other country:
19. Possibly John Lennon's most memorable song:
20. This is a small British Hotel:
21. This is the capital of Nunavut in northern Canada:
22. He was the infamous Tsar of Russia:
23. This is the home of "Bollywood":
24. This is a free social network based on sharing photos:
25. Lionel Richie was a judge helping select the winner on this last Sunday's talent show:
26. In this South African movie Morgan Freeman played Mandella:
27. The concern is: can a mosquito bite cause a COVID-19 "_____":
28. This early ad promoting margarine said:
29. This Russian Immigrant wrote the music for "God Bless America":
30. He discovered the Laws of Gravity:



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

To request direct e-mail sends to friends or family, forward address to trivia@shaw.ca

~ Author, Gary Adams

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Visit www.seniorscope.com/fun.html for more A-Z Trivia.

A to Z Trivia 'I' SOLUTIONS

- | | | |
|-----------------|-----------------|-------------------------------------|
| 1. Intuition | 11. Ice Breaker | 21. Iqaluit |
| 2. Ice Cream | 12. Impeachment | 22. Ivan The terrible |
| 3. Image | 13. Iraq | 23. India |
| 4. Indianapolis | 14. Ivory | 24. Instagram |
| 5. Ink Spots | 15. India | 25. Idol |
| 6. Ireland | 16. Ikea | 26. Invictus |
| 7. Iron Lady | 17. Irene | 27. Infection |
| 8. Idaho | 18. Italy | 28. "It almost tastes like butter": |
| 9. Ivories | 19. Imagine | 29. Irving Berlin |
| 10. Infatuated | 20. Inn | 30. Isaac Newton |

Distributed free to our seniors and friends during this COVID-19 troubling period. Play more A to Z Trivia at www.mindandmemory.ca

CROSSWORD - Solution

A	F	A	R		M	E	N	S	H		D	A	S	H
G	O	R	E		E	M	I	L	E		A	L	O	E
R	A	G	I	N	G	S	N	O	W	S	T	O	R	M
A	L	O	N	E			A	G	I	T	A	T	E	S
			S	W	A	B		A	N	A				
C	R	T		S	P	R	I	N	G	F	L	O	O	D
L	E	A	P	Y	E	A	R			F	A	L	S	E
I	L	I	A		S	T	I	F	F	S	E	T	I	
M	A	N	I	A			S	E	E	S	T	O	I	T
E	X	T	R	E	M	E	H	E	A	T		S	A	Y
				R	A	M		S	T	A	G			
O	R	D	A	I	N	E	D				I	N	D	I
T	O	R	R	E	N	T	I	A	L	R	A	I	N	S
I	M	A	M		A	I	O	L	I		T	E	C	H
S	E	W	S		S	C	R	A	P		S	T	A	Y

WORDSEARCH - Solution BATH SAFETY

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

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DECEMBER 2020



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- Barber Shop
- Fitness Centre
- Movie Theatre
- Lovely Courtyard & Landscaping
- Hobby & Activity Centre
- On-Site Laundry Facilities
- Outdoor Entertainment Area
- Complimentary Parking

Services

- Caring & Compassionate Staff
- Health & Wellness Services
- Transportation Bus Services
- Fitness Classes
- Educational Classes
- Trash Service
- Laundry Service
- Short-Stay Program
- 24-Hour Emergency Maintenance

Please visit us at the Community for a personalized tour or for more information on our services and amenities, go to; brightwaterseniorliving.com



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