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# Senior Scope

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A bit of Nostalgia for the Pop Rock Music Fans...

## The Second Most Important Event in Rock History

TORONTO • CANADA

- Written by Myles Shane, published in *Hollywood North Magazine* / (Photos supplied by Hollywood North)

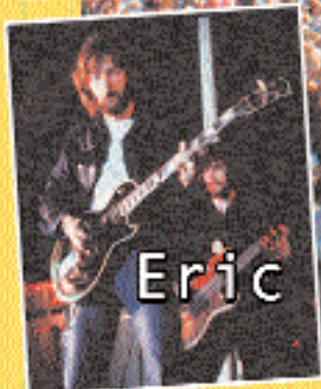
### REVIVAL 69

THE CONCERT THAT ROCKED THE WORLD

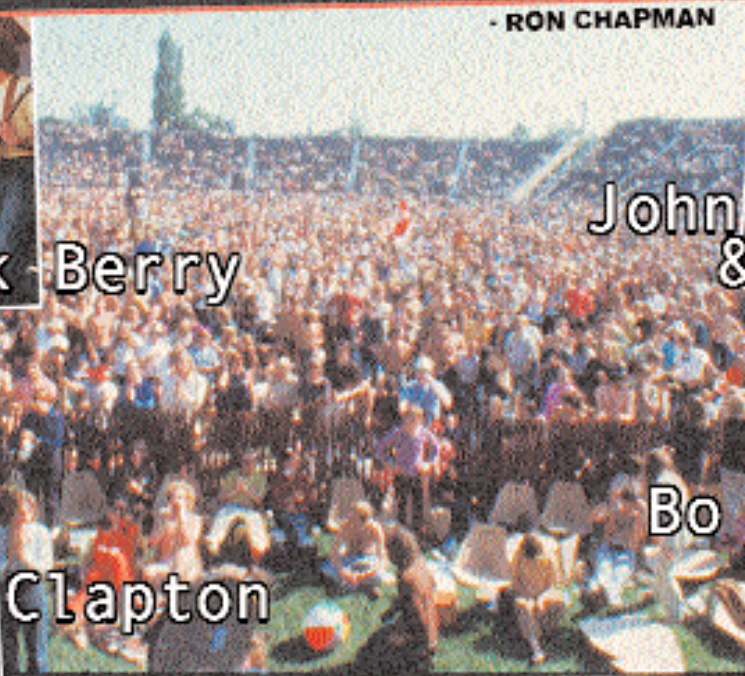
- RON CHAPMAN



Chuck Berry



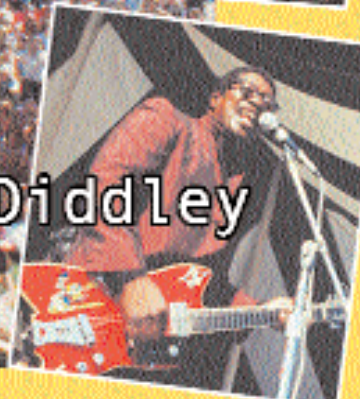
Eric Clapton



John Lennon  
& Yoko Ono



Bo Diddley



FRED SHANE'S  
**WORLD OF  
WINNIPEG**

Myles Shane

**“A Beatle in crisis. A promoter with a crazy idea. A filmmaker fighting for access. Their stories all collided at one of the greatest rock concerts in history and it changed music forever. “The second most important event in rock & roll history...”**

~ Rolling Stone Magazine

**RON CHAPMAN**

Recently, director Ron Chapman completed the documentary, *“Revival69: The Concert That Rocked the World”* which is a

Vincent and headlining the event was the Doors, who's lead singer Jim Morrison only a few weeks prior spent a night in a Florida jail cell for exposing himself on stage.

remarkable behind-the-scenes look at how this virtually unknown event changed the trajectory of music history forever. Somehow with odds heavily stacked against him, a young concert promoter named John Brower assembled one of the most insane rock events ever to be witnessed. The one-day event was later coined in rock mythology the second most

Continued on page 2

### Community Changes Everything

STORY INSIDE

Alzheimer Society

PHOTO: JAMES G. HARRIS

Alzheimer Society of Manitoba



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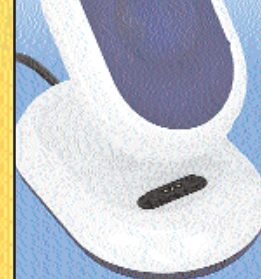


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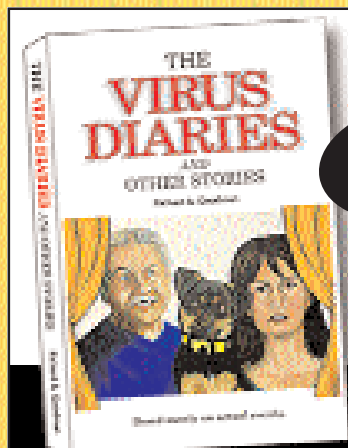
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# Rock History, cont'd from front page



Jerry Lee Lewis

important event in the history of rock music, which almost didn't happen.

Through exclusive conversations with iconic musicians like Alice Cooper, Robbie Kreiger (The Doors), Alan White (Yes), Geddy Lee (Rush), Danny Seraphine (Chicago) and Klaus Voorman (Manfred Mann, The Beatles), and over 60 minutes of incredible archival footage and audio tapes, the documentary immerses the viewer in the craziness leading up to the festival which included a biker gang, numerous threats of cancellation, a mid-flight band rehearsal and the unparalleled luck that culminated in John Lennon shedding the mantle of the Beatles and nervously taking the stage with Yoko Ono, Eric Clapton, Klaus Voormann and Alan White creating an unforgettable happening that triggered Lennon's decision to leave the Beatles forever.

**WEEKS BEFORE THE CONCERT**

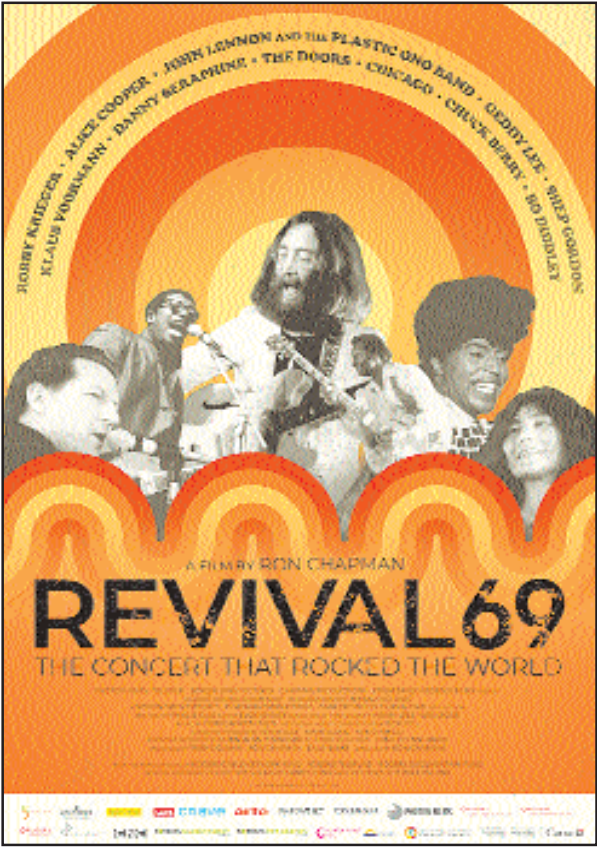
Rewind. It's a few weeks before the concert....With almost non-existent ticket sales for the Revival, the show was almost cancelled until

Brower had an apohnia. He decided to reach out to John Lennon. It was a long shot but Brower had no other choice if he wanted tickets to sell. In a last-minute plea, he reached out to Lennon's people. The Beatle accepted the offer.

**LONDON, ENGLAND**

Anthony Fawcett, who worked for Lennon and Ono's Bag Productions, recounted being the middle man between Lennon and Brower. As luck would have it, Ritchie Yorke, a critic for The Globe & Mail, was in the Apple office in London for an interview with George Harrison when Brower called and asked Fawcett if Lennon was available to perform. While Brower waited with bated breath for an answer Yorke encouraged Lennon to perform in Toronto. Lennon would ultimately agree.

Lennon reportedly was nervous about performing at the Toronto concert. Apparently the day of the event he tried to back out. Fans in Toronto didn't believe he would appear, and it wasn't until Lennon and Yoko Ono boarded a flight and



Movie poster

were escorted to the stadium by the Vagabonds Motorcycle Club that all the tickets sold out. Eric Clampton, coming on board for the concert, sealed the deal for Lennon who'd started getting cold feet.

**JET 707 & THE PLASTIC ONO BAND**

When the Plastic Ono Band finally boarded the 707 jet for Toronto, Fawcett and Voormann remember how the group used their time to draw up the playlist and rehearse songs they'd never played together before as a group.

**THE SHOW**

One of the most electric performances caught on film was Little Richard. Making a dramatic entrance under a single spotlight wearing a shirt covered in tiny mirrors, Richard commanded the attention of his audience with his over-the-top stage show as he barrelled through his classics. Beautifully filmed by Academy Award®-nominated director D.A. Pennebaker (*Don't Look Back*, *Monterey*)

*Continued on next page*

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

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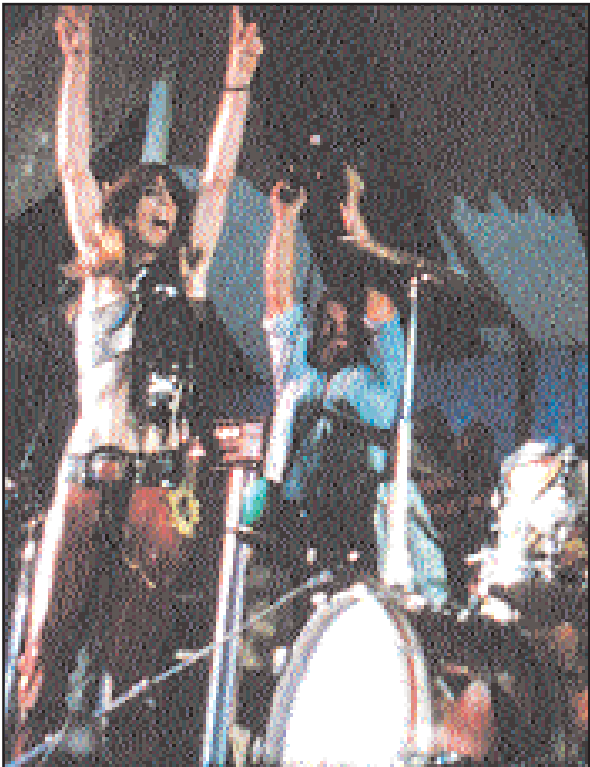
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Rock History, cont'd from page 2



Little Richard



Alice Cooper



Fans of the music

Pop), this concert film not only captured the raw energy of Richard’s explosive performance but the adoration of a young crowd looking to cut loose with one of rock ‘n’ roll’s greats still in his prime.

Alice Cooper delivered an insane career-making performance which was completely unhinged. Claudja Barry, famous for her “Boogie Woogie Dancin’ Shoes” hit, shares with the viewers that she found Cooper “scary, like watching an axe murderer in a movie.” She recalls his gig like it were yesterday. After sending feathers from a pillow aloft from the stage, Cooper was handed a live chicken which he proceeded to throw into the audience. The next day a newspaper reported Cooper had bitten off the chicken’s head, cementing his reputation as a devil-worshipping rocker. Cooper has been laughing all the way to the bank ever since.

Some of the documentary’s funniest moments come with Chuck Berry’s duckwalking appearance and his backing by guitarist Hughie Leggat and drummer Danny Taylor, of the local band Nucleus. As the Toronto musicians explain, they were recruited to back Berry at the last minute and had zero rehearsal time. Taylor

reminisces: “We had absolutely no clue what was going to happen from one song to the next—it was crazy.” Afterwards, Berry took his erstwhile backing musicians for burgers, across the street at a local Harvey’s.

REVIVAL69 climaxes with Lennon and the Plastic Ono Band taking to the stage. Something remarkable happens at that moment, in keeping

and White opened with “Blue Suede Shoes” and debuted new songs like “Cold Turkey” and “Give Peace a Chance.” Geddy Lee (Rush) recalls his reaction, “It was a kind of awe,” says Lee, “the light shining from John Lennon left you with your jaw-dropping. He was a Beatle and that had an aura about it.”

Peter Goddard and Ritchie Yorke

time version of a time capsule.” Yorke saw the Revival as a watershed moment for the world’s most famous musician. A week after the festival, Lennon told the Beatles he was done. The biggest band in the world was breaking up.

Forged with rare, recently discovered behind-the-scenes Super 8 verité footage, and including never-before-seen 16mm film of the concert shot by D.A. Pennebaker and his crew, REVIVAL69: The Concert That Rocked the World, is an exhilarating VIP ride into a pivotal moment in music history, told through the eyes of those who were there: the musicians, the mavericks behind the scenes, and all who witnessed history in the making.

Miraculously, Brower had pulled it off—much to his own disbelief. “Did the Rock ‘n’ Roll Revival really happen?” he asks at one point in the documentary, sounding as if the whole thing was a dream. “Was John Lennon really here last night?” It was so under the radar, almost a non-event, until all of a sudden it was the biggest thing in the world.”

The documentary will be playing on Crave in February 2023.

“Did the Rock ‘n’ Roll Revival really happen? Was John Lennon really here last night? It was so under the radar, almost a non-event, until all of a sudden it was the biggest thing in the world.” ~ John Brower

with the historic nature of the group’s first public performance, Sunset Strip Svengali and certified madman Kim Fowley, one of the concert’s MCs, asks the audience to flash their lighters, creating a sea of flickering stars in the dark and launching a concert-going phenomenon that continues today with cell phones.

As Lennon, Ono, Clapton, Voormann

(mentioned above), two Canadian rock critics who both attended the Revival, each reflected on its significance years later. Goddard wrote that the Revival was “one of those remarkable moments in the history of a particular art form when many of the major players were together, met, talked and, in some cases, collaborated.” He added: “It was a real-

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Advertising Feature

# January - Alzheimer's Awareness Month

~ Alzheimer Society of Manitoba

This January, during **Alzheimer's Awareness Month**, the Alzheimer Society is creating awareness about the many resources available to help support families as they face the challenges of living with dementia.

Currently, there are more than 18,400 Manitobans living with dementia today, a number expected to reach 39,100 by 2050. With the Alzheimer Society's **First Link**® program, people living with dementia and their families can connect with The Society continues to enhance support for families impacted by dementia and meet their needs early in, and throughout, their journey.

"After getting a diagnosis, the doctor referred me to the Alzheimer Society through their **First Link**® program. I received a call from one of their staff members who had great information to help guide me through my next steps, she was so gentle and understanding," says Jabbar Savmari, a client of the **Alzheimer Society**.

He notes that his journey through getting diagnosed and living with the disease was initially tough but wanted to remind people that he was still Jabbar at his core.

"I had many fears and emotions after hearing I had dementia. I was

scared to tell people about it because I was nervous about what they might think. I want people to understand that I'm still Jabbar, this disease doesn't change who I am."

On our website at [Alzheimer.mb.ca](http://Alzheimer.mb.ca), you'll find easy access to a variety of dementia to be more informed about

**"I had many fears and emotions after hearing I had dementia. I was scared to tell people about it because I was nervous about what they might think. I want people to understand that I'm still Jabbar, this disease doesn't change who I am."**

~ Jabbar Savmari

the disease, such as educational materials and a variety programs and support groups, both offered virtually and in-person, to find community with those who are walking down a similar path as you and more.

"I carry a **card** [that I got from the Alzheimer Society website] that says, **"I have dementia. Your help and understanding is appreciated. Thank you."** It helps when I'm lost and need directions. I always have the address of where I'm going, along with my home address. The bus drivers are always willing to help," says Savmari.

Jabbar want to remind everyone this January that you are not alone in your dementia journey. "So many people have dementia around the whole world. My church community and the **Alzheimer Society** have become my family. I'm not alone because they support me and the Society can help support and guide you too."

Take the first step and reach out today. We have caring and knowledgeable staff who are ready to listen and help you navigate this new season in your life.

Here are some ways to connect:

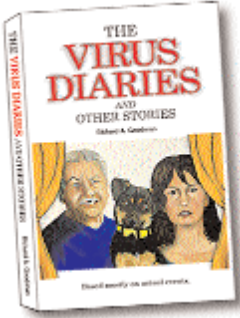
- Call us at **204-943-6622** or **1-800-378-669**
- Visit **Alzheimer.mb.ca**
- Follow the **Alzheimer Society** throughout January on Facebook, Instagram, Twitter and LinkedIn to hear stories of Manitobans impacted by dementia as well as up-to-date news on our programming. ■

Some excerpts of *The Virus Diaries and Other Stories...* (See ad on front page)

## THE SCOOTER

Have you ever noticed that there's sometimes a difference between reality and perceived reality? We're rippin' down the road passing everything on two legs. I've got wind in my hair and "Born to be Wild" playing in my head. There's 75 cubic centimetres of raw power snarling under me and a big load of Momma hanging on behind.

There's a brand new tattoo on my arm that was supposed to say 'Bad Grandpa,' but the guy couldn't spell so it sort of says 'Sad Grumper,' but what the heck, who cares, because we are CRUISING! ■



## KOH LANTA, THAILAND

And that's how we arrived at the resort. On foot. With a backpack, a front pack, a belly pack, a camera pack, a beach mat, snorkel, diving mask, flippers, a laptop, eight notebooks and a left sandal soggy with vomit, a parting gift from party boy.

We saddled up with all that stuff and headed down that long dusty trail in the hottest part of the day, past a steaming heap of garbage, fourteen cats, a dog with mange and a monkey abusing himself in a tree. I stumbled and weaved along panting and surrounded by flies, Bea moved grimly ahead of me cursing that driver with diligent and grim enthusiasm. By the time we made it to reception, we looked like a couple of the last survivors of the Bataan Death March. Except not as frisky. ■

## TRAVELLING IN CUBA ON THE HERSHEY TRAIN

The engineer pulled the power selector back to dead slow and got out of his seat to look at the rails creeping by under the locomotive. One rail actually, the one on the right was under water and the car was taking on a definite list to port.

"Ain't gonna ride this train no more, no more. Ain't going to ride this train no more," started playing through my head.

And then the rail reappeared and our man at the controls sat back down, lit another smoke and looked back to make sure the rest of the train was still attached, then powered us back up and piloted us through the last of Havana and out into the open Cuban countryside. By the rest of the train I mean the other car. I'm pretty sure we'd have noticed if we'd lost 50% of our rolling stock. ■



## Being a Manitoba Senior Today - We can do it!

By Rennie Bodi

I'm a young senior and, most likely I am like you, I'm totally immersed in finding the best path to a safe, healthy, happy life.

### We can do it.

Staying healthy is vital to enjoying our senior years, and despite the government's total mishandling of our special health needs, before, during and probably after the pandemic, we need to stay on top of things.

### We can do it.

If need be, get in touch with your member of the legislature, city council or municipal leader and voice your opinion. Ask questions, follow-up with them and seek help when you need it.

### We can do it.

Let's not delay in requesting help, whether emotional, spiritual, physical or whatever you need. Talk to friends and family about your life, and let them be your voice and support. We all want to help each other in whatever way we can.

### We can do it.

We can be the 'lost' segment in today's society, because some feel we are 'on our way out', past our 'sell by date', 'too far gone' to be helped.

Well fudge! No way! We were there to fight the war, build the bridges, grow the agricultural community, advance medical technologies and raise the future through our children.

### We can do it.

## Pharmacists Support Manitobans to Quit Smoking

**Pharmacists Manitoba** launched a Social Impact Bond with the *Government of Manitoba* in April 2022 referred to as **"Quit Smoking With Your Manitoba Pharmacist."** This initiative is also supported by *Canada Life and ClaimSecure*. The goal of the social impact bond is to help 4500 Manitobans become smoke free by March 31, 2025.

"With 2023 around the corner, we are encouraging those who have set 'quitting smoking' as their new years' resolution to take advantage of this initiative" says Tanjit Nagra, CEO, Pharmacists Manitoba.

Individuals eligible for this program must be 18 years of age or older, be a Manitoba resident with a valid Manitoba Health card, and consent to participate in the program. Through the program, individuals will receive up to a \$100 subsidy towards smoking cessation products. The service will be delivered through an initial one-hour

assessment, up to nine follow up counselling sessions, and prescribed first-line smoking cessation pharmacotherapy.

"Quitting smoking is not an easy task, but we hope that with the help of a pharmacist and resources made available through this initiative, interested participants will feel motivated and supported every step of the way" says Nagra.

There are 200 participating pharmacies across Manitoba, throughout all health regions.

Interested individuals can visit [www.quitsmokingmb.ca](http://www.quitsmokingmb.ca) and find a participating pharmacy near them to book an initial appointment.

Smoking cessation services are also available in additional languages at various pharmacies across the province. A full of available languages and where these additional language services are being offered can be found at

[www.quitsmokingmb.ca/languages](http://www.quitsmokingmb.ca/languages).



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# Connie Newman receives the Queen Elizabeth II Platinum Jubilee Medal (Manitoba)

Queen Elizabeth II Platinum Jubilee award ceremonies were being held throughout the Platinum Jubilee year (2022) starting on February 6th to honour individuals for their contributions for the betterment of their communities and the province.

The Queen Elizabeth II Platinum Jubilee Medal is Manitoba's tribute to Her Majesty for 70 years of service to Canada.

Last December, Connie Newman was one of the recipients of this medal for her work with, and her compassion for, the senior community in Manitoba.

As she received her medal, she was introduced as, "Connie Newman – A fierce and dedicated seniors' advocate who has worked for many years to improve the lives of elderly people in Manitoba."

Connie's modest response to receiving this high honour is, "As a consultant for the Manitoba Association of Senior Communities, the award acknowledges their support to our consultant team of 7 as we connect with older adult communities across the Province. We are a team!"



Caption: L-R: Cliff Cullen - Deputy Premier, Connie Newman, Anita Neville - Lieutenant Governor, Adrien Sala - MLA St. James



Connie in true Royal fashion.

The medal is suspended from a ribbon using a new arrangement of the blue, red and white colours displayed on previous medals issued in 1953, 1977, 2002 and 2012. Recipients also receive a certificate.

**CONGRATULATIONS CONNIE (and to the MASC team)!**

Connie, you go over and above to help Manitoba senior citizens, whether on the job, or with family members or friends. Well done!



Queen Elizabeth II Platinum Jubilee Medal

Advertising Feature

# Sleep and Aging

~ Heart to Home Meals

As you've aged, chances are you aren't sleeping like you did as a teenager. In fact, you might not be getting even close to the expert-recommended 7 to 9 hours per night. If a "good night's rest" is a distant memory, we've got some tips and tricks that can be helpful in getting you the sleep you need.

A change in sleep patterns is a normal part of aging, including getting tired earlier, waking up earlier, and not experiencing an extremely deep sleep. However, a disturbed sleep-wake schedule, such as taking a long time to fall asleep, waking up frequently in the night, waking up exhausted, and feeling tired during the day, doesn't necessarily have to be a part of your aging journey. Often, these sleep disturbances can be caused by medical conditions, medication side-effects, stress, decreased physical activity, and poor sleep habits.

Why does getting solid shut-eye matter? A good night's sleep can help with concentration, memory, mood, and overall wellness. With that in

mind, here are some healthy bedtime habits that can help improve both the quality of your sleep and the quality of your waking hours:

**Survey Your Environment**

According to sleep researchers, an ideal environment for sleeping better is a cool, dark, and quiet bedroom. If your room leaves you hot and sweaty, try lowering the thermostat by a degree or two, if your room is bathed in light all night, an eye mask or blackout curtains can help, and if you're constantly being woken by startling noises, using a white noise machine or earplugs to dull unexpected sounds. As well, a good sleep can be enhanced by the comfort of your mattress, the softness and breathability of your sheets, and the support of your pillow.

**Be Consistent**

Creating a consistent evening routine that has you going to bed and rising at the same time may help regulate your body rhythms. As well,



incorporating relaxing, soothing bedtime rituals, such as meditative breathing techniques, practicing mindfulness by journaling, listening to calming music, or taking a warm bath, can help quiet your mind and ready you for sleep.

**Weigh Your Diet**

What and when you eat, and drink can affect your sleep patterns. Eating your dinner at least 3 hours before

you plan to go to sleep and limiting your liquid consumption as the night unfolds (read: fewer trips to the bathroom) can help improve your sleep. As well, filling your plate with nutrient-rich foods (check out the nutritionally balanced, senior-designed **Heart to Home Meals** - see ad below), avoiding spicy foods that may cause stomach upset, steering clear of stimulants such as caffeine and sugar, and passing on alcohol in the hours before bedtime can all help in setting you up for sleep time success.

**Get A Move On**

Being active can help by releasing the chemicals in your body that facilitate a restful sleep. Whether you head outdoors for a fresh air walk or choose to do some movement in your home, it's important to remember that you'll want to do that activity at least three hours before going to bed, giving your core temperature time to lower and your body to cool down.

**Keep Your Bed for Sleeping**

Use your bedroom only as a sleep zone, which means no working, eating, watching TV, or using your computer on or in your bed – in your mind, reserving your bedroom as a place of rest can be helpful in making it so. As well, once you've gone to bed, if you find that after 20 minutes of trying you still can't fall asleep, leave the room, do a quiet, non-stimulating activity such as reading, and only return when you are sleepy.

**Consult Your Doctor**

If you have a health condition such as severe arthritis, sleep apnea, or chronic pain, getting treated may help you sleep better. It's also important to remember that certain medications can interfere with your sleep, so be sure to ask your doctor about side-effects of anything you might be taking.

As you can see, with a few small adjustments to your lifestyle and sleep environment, enjoying better quality sleep isn't just a dream...it can be your reality.

Speaking of dreams, click here to discover a wide range of nutritionally beneficial and delicious meals that can be delivered right to your door! ■

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Manitoba Association  
of Senior Communities

GET CONNECTED - JOIN A CENTRE

WINNIPEG

**20 Fort Street Seniors Club**  
2200-20 Fort Street / [FortStSeniors@Shaw.ca](mailto:FortStSeniors@Shaw.ca)

**A&O Support Services for Older Adults Inc.**  
200 -207 Donald Street  
204-956-6440 / Toll Free: 1-888-333-3121  
[info@aosupportservices.ca](mailto:info@aosupportservices.ca)  
[www.aosupportservices.ca](http://www.aosupportservices.ca)

**Archwood 55 Plus**  
565 Guilbault Avenue / 204-416-1067  
[archwood55@shaw.ca](mailto:archwood55@shaw.ca)  
<https://archwood55plus.wildapricot.org/>

**Bleak House Centre**  
1637 Main Street / 204-338-4723  
[bleakhousecentre@gmail.com](mailto:bleakhousecentre@gmail.com)  
[www.bleakhousecentre.com](http://www.bleakhousecentre.com)

**Broadway Seniors Resource Council**  
204-772-3533  
[broadwayseniors@gmail.com](mailto:broadwayseniors@gmail.com) / [www.bsrc.ca](http://www.bsrc.ca)

**Brooklands Active Living Centre**  
1960 William Avenue W  
204-632-8367 / [bpscc@mymts.net](mailto:bpscc@mymts.net)

**Centro Caboto Centre**  
1055 Wilkes Avenue / 204-487-4597 ext. 1  
[executivedirector@cabotocentre.com](mailto:executivedirector@cabotocentre.com)  
[www.cabotocentre.com](http://www.cabotocentre.com)

**Charleswood Active Living Centre**  
5006 Roblin Blvd / 204-897-5263  
[info@charleswoodseniorcentre.org](mailto:info@charleswoodseniorcentre.org)  
[www.charleswoodseniorcentre.org](http://www.charleswoodseniorcentre.org)

**Creative Retirement Manitoba**  
204-481-5030  
[info@creativeretirement.ca](mailto:info@creativeretirement.ca)  
[www.createretirementmanitoba.ca](http://www.createretirementmanitoba.ca)

**Crescent Fort Rouge 55 Plus**  
525 Wardlaw Ave. / 204-299-9919  
[www.crescentfortrouge.ca](http://www.crescentfortrouge.ca)

**Dakota Community Centre**  
1188 Dakota Street / 204-254-1010 ext. 217  
[melissal@dakotacc.com](mailto:melissal@dakotacc.com) / [www.dakotacc.com](http://www.dakotacc.com)

**Dufferin Senior Citizens Inc.**  
377 Dufferin Avenue / 204-986-2608

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

BEYOND WINNIPEG

**BEAUSEJOUR**

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

**BRANDON**

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

**CARMAN**

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

**CRANBERRY PORTAGE**

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

**CRYSTAL CITY**

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

**DAUPHIN**

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

**ERICKSON**

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

**FLIN FLON**

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

**GILBERT PLAINS**

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

**GIMLI**

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

**GRAND MARAIS**

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

**GRANDVIEW**

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

**HAMIOTA**

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

**KILLARNEY**

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

**LA BROQUERIE**

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

**MANITOU**

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

**MINNEDOSA**

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

**MORDEN**

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

**NEEPAWA**

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

**PILOT MOUND**

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

**PLUMAS**

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

**PORTAGE LA PRAIRIE**

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

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

**RIVERTON**

**Riverton Seniors Activity Centre**  
12 Main Street / 204-378-2800  
[rdfc@mymts.net](mailto:rdfc@mymts.net) / [www.rivertonfc.com](http://www.rivertonfc.com)

**SANDY LAKE**

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

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

**SELKIRK**

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

**SNOW LAKE**

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

**STEINBACH**

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

**STONEWALL**

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

**SWAN RIVER**

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

**THE PAS**

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

**THOMPSON**

**Thompson Seniors Community Resource Council Inc.**  
4 Nelson Rd. / 204-677-0987  
[thompsonsensiors55@gmail.com](mailto:thompsonsensiors55@gmail.com)

**TREHERNE**

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

**VICTORIA BEACH**

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

**East Beaches Resource Centre**  
Traverse Bay / 204-756-6471  
[ebresourcec@mymts.net](mailto:ebresourcec@mymts.net)  
[www.ebresourcec.weebly.com](http://www.ebresourcec.weebly.com)

**WINKLER**

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

Stay Active - Stay Connected

[www.manitobaseniorcommunities.ca](http://www.manitobaseniorcommunities.ca)

## Were you aware... (WPS / MASC)

Older Adults from all walks of life are vulnerable to elder abuse and it is happening in communities across Canada. Today, many older Canadians are enduring physical, emotional, financial, elder abuse and neglect.

Elder abuse is any action by someone in a relationship of trust that results in harm or distress to an older person. Neglect is a lack of action by that person in a relationship of trust with the same result. Abuse can be a single incident or a repeated pattern of behaviour.

Older adults may feel ashamed or embarrassed to tell anyone they are being abused by someone they trust. They may fear retaliation or punishment.

The following information outlines how seniors and Canadians can spot elder abuse as well as information on how to help stop it.

Abuse can happen to anyone in any family or relationship. It can happen to people of all backgrounds, ages, religions, races, cultures, ethnic origins and diverse groups.

Financial abuse is the most common form of elder abuse in Canada. Financial abuse can happen at any time, but it will often start after a health crisis or after the death of a spouse, partner or close friend. People who are alone, lonely or in poor health are more vulnerable.

Make an effort to keep in touch with a variety of friends and family so you don't become isolated.

**Forms of abuse:**

- Physical (ie: striking, hitting, pushing, shaking)
- Psychological (ie: insults, threats, intimidation, humiliation)
- Financial (ie: misusing or stealing money, property/assets, forging)
- Neglect (ie: not providing appropriate water/food, shelter, clothing, medication)

**Older adults affected by abuse often know and trust the person mistreating them:**

- family member/friend
- someone who provides assistance with basic needs or services
- health care providers in institutional settings

In many situations of elder abuse, the abuser is dependent on the older adult for money, food or shelter.

**Signs and symptoms of abuse may include:**

- Fear, anxiety, depression or passiveness to family member, friend or care provider
- Unexplained physical injuries
- Dehydration, poor nutrition or poor hygiene
- Improper use of medication
- Confusion about new legal documents (ie: a new will or new mortgage)
- Sudden drop in cash flow
- Reluctance to speak about the situation

Seniors most vulnerable to neglect include those who are socially isolated and those with serious health conditions

Let's recognize and continue raising public awareness of elder abuse. Seniors are entitled to respect, safety and security.

If you suspect something, say something. If you detect signs of abuse, document them and keep a log of any suspicious behaviour or circumstances.

Address your concerns with the director of the long-term care facility, home care provider, Police or elder abuse attorney.

We must look after and look out for our fellow humans. Exercising compassion on a daily basis no matter how young or old.

*For more information and resources available on this topic:*

**Home - Manitoba 211**  
**Help for Elders | Family Violence Prevention Program | Manitoba Status of Women ([gov.mb.ca](http://gov.mb.ca))**  
**Strategies | Seniors and Long-Term Care ([manitoba.ca](http://manitoba.ca))**

Everyone should be on the lookout for potentially bad situations.

We all have a role to play in Safety and Crime Prevention.

*If you see something– say something!*

**Report a Crime Online:**  
**RCMP:** ([rcmp-grc.gc.ca](http://rcmp-grc.gc.ca))  
**Winnipeg Police:**  
<https://legacy.winnipeg.ca/police/>



The Pros Know

55 Plus

Active Living & Resource EXPOS 2023

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

# The Planning for 2023 Continues...



*Trish and Rick*

**Happy New Year!...** We hope your holidays were safe and joyous and that your 2023 is filled with love, purpose and abundance. A great way to start our column for the year. Further to our December column, there is a few interesting updates to fill you in on. First, we've seen the need to review show locations for the Spring and Fall. This is due in sort, to the need in many other parts of our community for the shows and the resources to be presented.

This is also in no small part due to the tremendous response to the Pros Know Expos since our first show in October 2021. For this we are sincerely grateful. Our final dates and locations will be in the February issue of *Senior Scope* with the On-Line updates set for February 1st on our website: [prosknowexpos.ca](http://prosknowexpos.ca)

For now we can tell you we are opening April 20th with the North Centennial Seniors Association at the amazing SGT. Tommy Prince Place, 90 Sinclair Street. A true hidden gem in our city providing so many great services for our North End citizens. More to come in the next few months about them both.

Other locations that we are finalizing are also crucial areas with outstanding folks in both Fort Rouge and St. Boniface. Can't wait to tell you more.

It is important to remind everyone that our group mandate is to grow our resources and to ensure that we cover as many areas as we can over time. Our aging population is everywhere and we

need to be making every effort we can as a group to fill in the blanks and get our neighbours these resources.

We are looking forward at having the Shared Health MB. Covid Vaccination Pop-Up and the RRC Polytech 2nd year Nursing Students (Blood Pressure) Clinics at as many shows as we can. Updates will be provided as we go.

We are also extremely excited to announce the inclusion of numerous MASC Centres tables from around each neighbourhood as well. More to see.

On another note, we are pleased to announce that the first 150 guests who visit each show in 2023 will receive guest bags with many wonderful things in each. Our 'Coupon Corner' campaign is off to a crazy-good start and we're looking at having 12-15 product and services coupons in each bag.

Senior Scope Newspapers will be inserted in each bag as well with City & Provincial lupel pins, pens, leisure guides, tour guides and so much more.

Lastly, our resource website ([prosknowexpos.ca](http://prosknowexpos.ca)) is going through a major make-over. We apologize, but the need to be better for you, our families and our neighbours has reached a very high level. We are responding to many of your great ideas so that we can and will be your 24/7 Older Adult and Senior Resource on-line hub. You are making us better and we thank those who have so wonderfully stepped up and engaged in positive feedback.

We will be visiting many of the MASC Centres and various Seniors Residences this year with our 50's, 60's, 70's & Crooner shows. At these shows we will have the current brochures and information handy on events coming soon to your area.

Again, please visit our website [www.prosknowexpos.ca](http://www.prosknowexpos.ca) and watch for the continuous stream of updates and news. Thanks everyone for your continued love & support! *Rick & Trish!*

Advertising Feature

## Active Aging Wellness Retirement Relieves Heavy Load for Manitoba Medical Services

- Inglis, Manitoba -

**Prairie Pride Retiring Wellness Centre** is motivated to keep seniors active, mentally and physically for life long health with features built in to make senior retirement enjoyable with a long life of happiness under the careful watch of a resident nurse.

Social activities that are volunteered not demanded, eases the mind, encourages better activities to stay healthy, along with a suggested healthy diet to stay physically fit to continue life long wellness.

The Municipality of Riding Mountain West and G & G Western Development are working together to bring a much needed senior housing, with better

conditions for country living. This would meet the demand for quality retirement offer accommodation, to meet the same type of accommodations offered in the city at half the price.

The peaceful hamlet of Inglis, Manitoba in the Riding Mountain West Municipality offers peaceful clean country fresh air. Situated just above the beautiful scenic hills of Aseissippi, 20 minute drive to Manitoba's largest ski hill, with many recreations while watching the skiers. In the summer it is just a 15 minute drive to some of the best fresh berry picking.

The Municipality officers of Riding Mountain are attempting to meet the


importance of an active senior quality retirement so much needed in the country, peaceful village of Inglis, Manitoba relates well with senior housing and surrounding beauty. Seniors can relax and enjoy their golden years that the beautiful country offers, together with Prairie Pride Services added care for active living, bringing forth comfort inspiration to help improve health and fitness for better health, through social therapeutic routine, proper nutrition, active adventures, that are enjoyable, makes for good mental fitness. Nursing homes and hospitals should never be a seniors last stop, after

years of labour, sacrificing all enjoyment. Prairie Pride has made extreme efforts to show the respect and dignity that seniors require.


Prairie Pride, being a not for profit Senior Housing, has been able to keep rents affordable even during this time of high inflation. Seniors can have comfortable accommodations with many extra services they can enjoy and continue being active, but not necessarily with hard work and daily demands. Each day of retirement should amount to a holiday active enjoyment.

Seniors, while still active, should not be put in a condition where they cannot do anything more than fend for themselves. Most seniors would prefer to extend their life so that they can enjoy the golden years and not be a burden to their family members and most of all waiting in our over loaded medical system.


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Contact in Inglis: Jocelyn Whaley • 1-204-564-2589 OR Ronda Rozwadowski • [west2nowhere@gmail.com](mailto:west2nowhere@gmail.com)



# Ray Dirks Retrospective Exhibition

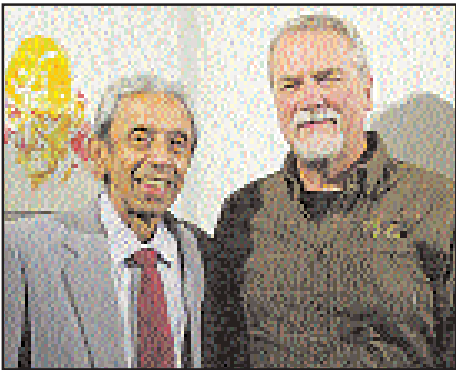
- Opened Nov. 18th (FRI) 2022

By Senaka & Chandani Samarasinghe

An exhibition was organized at the Mennonite Heritage Centre (MHC) Gallery with emphasis primarily on people from many countries, cultures and faiths who have allowed Ray Dirks (Director, retired, MHC Gallery) into their lives since 1978. I attended the grand opening ceremony with my daughter Rowanthi and son-in-law, Suranga, to share our heartfelt felicitations to our sincere friend Ray.

Ray invited those who participated in the book project completed along with Manju Lodha. The name of the book is: *A World of Faith & Spirituality: Yours, Mine, Theirs - Diversity Manitoba*.

The book is only a milestone of Ray. Other than this book, his 45-year career has been as a writer, curator, photographer, gallery director and artist. He had work experience in 30 countries and conducted exhibitions of his art. For example, the US (including Yale University where Ray was a research fellow in



Senaka Samarasinghe (L) with Ray Dirks.

2002), Cuba, India, Trinidad, Mexico and Ethiopia. His career as a painter has concentrated on respectfully documenting the lives, cultures and faiths of ordinary people.

For this book, I got an opportunity to introduce two Therawada Buddhist Temples in Winnipeg namely Mahamevanawa Buddhist Monastery and Manitoba Buddhist Vihara and Cultural Association, resident Monks and few laymen volunteers. ■



Senaka and Chandani Samarasinghe participated in the book project: *A World of Faith & Spirituality: Yours, Mine, Theirs - Diversity Manitoba*

# Senaka Samarasinghe Honoured to Receive Platinum Jubilee Community Leadership Award



MP Terry Duguid presents Senaka Samarasinghe the Queen's Platinum Jubilee Award.

Member of Parliament (Canada) Terry Duguid presented Senaka Samarasinghe the Platinum Jubilee Community Leadership Award in celebration of the Queen's Platinum Jubilee on the throne. The ceremony took place at the Canad Inns Hotel on Dec. 11 (SUN) 2022, from 1.00-3.00 pm. The organizers allowed Senaka to accompany his wife Chandani and his daughter Rowanthi for this grand event.

MP Duguid obliged to introduce each and every Award Holder and he introduced Senaka as, "*Senaka is a longtime leader in Sri Lankan Canadian community in Winnipeg South. He is the former President of the Sri Lankan Association of Manitoba, which organizes events that celebrate Sri Lankan culture and keep young people in touch with their roots. He is*

*a tireless advocate for the seniors in his community and has been successful in applying for the New Horizons grants from the Canadian Government.*"

(Refer Link) [https://www.facebook.com/messenger\\_media/](https://www.facebook.com/messenger_media/)...

Log in or sign up to view. See posts, photos and more on Facebook.

With the Award Certificate there was a congratulatory letter dated on Dec. 11, 2022 signed by MP Terry Duguid. The third item was an Emblem of the Platinum Jubilee, created for this occasion by the Canadian Heraldic Authority, features the Royal crown and the Royal Cypher (EIIR) as personal symbols representing the Queen. With its seven-sided shape, seven maple leaves and seven pearls, it marks seven decades of service to Canada and embodies the idea of celebration. ■

## Active Aging Wellness Retirement, cont'd from page 8



fin, Sunday Brunch and dinner. Amenities built in for your daily activities to choose, games room, exercise room, multi purpose room, craft and men's workshop, greenhouse tea room for preparing plants, library with 2 internet connections, a private chapel for private devotions, heated parking. The only extra costs are personal insurance, phone and internet.

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Photo from Inglis Grain Elevators National Historic Site - [ingliselevators.com](http://ingliselevators.com)

stay healthy. Shopping and hospitals are 20 minutes away, or 1-1/2 hours to Brandon or Yorkton. We offer drivers if you wish. Living in a Prairie Pride Senior Wellness Centre with clean country fresh air will make your retirement years "Golden", less trips to doctors or hospitals.

Escape the city rush. Enjoy retirement in a safe clean environment, with added care for peace of mind, surrounded by friendly country neighbours, especially the caregiving staff at Prairie Pride Wellness Retirement Centre offering services for health and longevity. ■

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## Things To Do

## WINNIPEG, Cont'd

**Creative Retirement Manitoba -** Affordable Lifelong Learning. Classes a mixture of online and in-person. Art History, Bridge, India Travelogue, Estate Planning, DNA for Genealogists, Winnipeg Music History, Canadian Railways and much more! Visit [creativetirementmanitoba.ca](http://creativetirementmanitoba.ca).

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

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

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

**The Happy Gang -** 207 Thompson Drive. Conversation, Cards, Table Games, Bridge. Complimentary light refreshments. Please bring an edible or usable wrapped item for

an exchange between the guests just for fun. Chris: **204-895-7410**.

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

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

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

**North Centennial Seniors Assoc. -** Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, hot dog days, bingo, lunches, games, painting, aquacise, lending library,

presentations. **204-582-0066**, [ncsc@shaw.ca](mailto:ncsc@shaw.ca), [ncseniors.ca](http://ncseniors.ca)

**Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) -** Winter schedule starts Jan. 9, 2023. Includes Exercise: variety fitness, yoga, zumba, seniors' fitness, line dancing, and older adult weight training. Social: Lunch PALs, Movie PAL's, Men's Breakfast. Creative: PAL Painters, Always Write, Book Club, Still Bloomin' Garden Club. Games: Pickleball, Bridge, Bocce, PinPAL's. Community: PAL Cares Group, Alzheimer Support Group, Conversation Circle for Newcomers, Cultural Connections, Ring & Ride, Take 5 Day Club. Education: Tech Tuesday, PAL Presents (info & Music), Tablet Library, PAL Travel Tips. [office@pal55plus.ca](mailto:office@pal55plus.ca), [www.pal55plus.ca](http://www.pal55plus.ca), **204-946-0839**.

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

**Royal Canadian Legion, St. James Branch #4 -** Over 55 Club, 1755 Portage Ave. Peter and Ruth Henry: **204-488-3533**.

**St. James Assiniboia 55+ Centre -** Various programs and activities. 3-203 Duffield St. **204-987-8850**, [www.stjamescentre.com](http://www.stjamescentre.com)

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

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

**Winnipeg Chinese Senior Assoc. -** Diabetes Awareness & Prevention Program, up until Mar. 30/23. Walk-in Blood Glucose Testing, Tues. 10 am-12 pm, Thurs. 1 pm-3 pm, at Whyte Ridge Community Centre, 170 Fleetwood Rd. Open to public.

## Travel / Leisure / Activities

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



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- Group recreational activities
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- Personal alarm system
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# IN TUNE WITH OUR COMMUNITY

~ January 2023 ~

## Wonderful Winterpeg!

It's January in Winnipeg and the Sno-birds have already flown the coop for warmer temps in Mexico, Florida, the Caribbean or some other hot spot. Yes, they have their sandy beaches, pool-side cocktails and tanned cabana boys, but look a little deeper and you'll see what they're missing. A fun-filled winter in Winterpeg, a city coined for its extreme weather but often overlooked as a wonderland where fun and adventure await.

### These boots are made for walking...

For those who aren't averse to bundling up and braving the seasonal temps, walking is an invigorating, heart-smart sport that most of us can do. At the heart of the many picturesque walking trails in Winnipeg is the newly named Nestaweya River Trail (presented by the Winnipeg Foundation), one of Canada's longest winter trails, typically ranging from 7 to 10 kilometres on the Red and Assiniboine Rivers. Along the trail, you'll find a collection of warming huts with unique new designs from year to year. The Forks marks the river trail's official opening, which is usually in January, and typically closes in March.

Other popular trails wind through Assiniboine, Kildonan and St. Vital parks, along with the lesser-known Henteleff Park, featuring 30 acres of walking trails (1964 St. Mary's Road); the Bois des Esprits urban forest, which spans 117 acres (650 Shorehill Drive); centrally located Whittier Park, home to the historic Fort Gibraltar; Kings Park in Winnipeg's south end, featuring a Chinese pagoda and off-leash dog area (198 Kings Drive); Lagimodiere-Gaboury Park, where you can explore Winnipeg's Francophone history (363 Notre Dame St.); Transcona Bioserve, a 2.3-kilometre looping trail (38 Whiteshell Ave.); and the Niakwa Trail, where you'll have the chance to check out stops along the way like Papoose Park and the Royal Canadian Mint.

Many of these trails also accommodate skating, cross-country skiing and snowshoeing. But before you begin your trek, be sure to check out [trailsmanitoba.ca](http://trailsmanitoba.ca) for conditions.



Whether walking or skating, there are trails to explore all over the city!

### Lace up those skates

Ice skating continues to be a popular winter activity, with many rinks across the city eager to accommodate skaters of all ages and skills. The Nestaweya River Trail, of course, offers miles of ice skating fun, and in Arctic Glacier Park, at The Forks, you'll encounter land trails across the rail bridge, the rink under the canopy and the CN Stage Rink. The scene is particularly magical at night when skating under a galaxy of lights strung from overhead trees. The Riley Family Duck Pond at Assiniboine Park is also an ideal place for ice skating, with plenty of benches and picnic tables to rest at between laps.

In other parts of the city, the huge duck pond in St. Vital offers more experienced skaters the opportunity to skate fluid figure eights. In La Barriere Park, a large, volunteer-made skating trail surrounds the footbridge, and Kildonan Park offers a colourful, illuminated duck pond. Roblin Park Community Centre has a large outdoor skating loop that can be enjoyed by all, and Bunn's Creek Centennial Park, a hidden gem in North Kildonan, provides a spacious, well-lit rectangular rink for your skating pleasure.

### Fort Whyte has all the 'white' stuff

There's no better place for an outdoor winter adventure than Fort Whyte, which is all about connecting people to nature. Activities include horse-drawn sleigh rides, igloo building, cross-country skiing, snowshoeing and ice fishing. The guided tours last about 45 minutes and participants are rewarded with hot chocolate, s'mores, and a roaring bonfire. And thrill-seekers will love tobogganing down the famous Richardson Rrun (no, it's not a typo!) right onto the frozen lake.

### Croki curl can be addictive...

Croki curl combines the popular game of crokinole with the sport of curling. Swap the board for a sheet of ice and use curling rocks for shooting discs, and you've got Croki curl. The game debuted in 2017 and has a home at The Forks—quickly becoming one of the top fun (and addictive) activities in Winnipeg!

The places I've mentioned above are just a drop in the ice bucket of what Winnipeg offers in terms of winter fun and adventure. So stop envying those sno-birds on their beaches, and give Winnipeg a chance to show you what winter is really about!

## Our January Host Sponsor—Travel Manitoba

Here are a few destinations outside of the city you might want to explore this winter...

### Birds Hill Provincial Park

The Cedar Bog Trail is a 3.5-kilometre loop suitable for beginners. Keep your eyes and ears peeled for the sights and sounds of winter birds such as the black-capped chickadees and the ruffed grouse. Walk carefully and quietly and you just might also catch a glimpse of other critters like white-tailed deer and snowshoe hares.

### Whiteshell Provincial Park

At Pine Point Rapids you'll be treated with beautiful winter scenery as the powerful, rushing water of the falls continues to flow through ice and snow.

### Pinawa Dam Provincial Park

The Pinawa Dam was Manitoba's first hydroelectric generating station, powering Winnipeg homes and businesses from 1906 until 1951.

A winter trip to the site includes a walk along the Old Pinawa self-guiding trail to learn about the history of the dam via interpretive signage and to take in breathtaking views of the structure and the rapids surrounding it.

### Riding Mountain National Park

If there's anywhere to soak in the beauty of the season, it's Riding Mountain National Park. Watch the snow sparkle on branches of the forest as you hike through the picturesque Brûlé Trail. Continue along the trail

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until you reach a photogenic boardwalk, which leads to Lake Kinosao. With a total distance of 4.2 kilometre (round trip), the trail takes just under 1.5 hours for most hikers to complete.

### Hecla/Grindstone Provincial Park

A visit to Hecla just wouldn't be complete without a hike or snowshoe to the iconic lighthouse. This short trail will lead you through a forested area until you emerge onto the lighthouse peninsula. Built in 1898, the heritage lighthouse was once vital to those navigating the narrows of Lake Winnipeg.

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



UPDATE from January 14 - February 9, 2021 issue of Senior Scope

# The Rifle Receives Order of Canada

By Scott Taylor, Photos courtesy Photos courtesy Philadelphia Flyers and Shoot-to-Score Hockey



Like a fine wine, The Rifle is mellowing as he ages. Reggie Leach, long known as The Riverton Rifle, is 71 now. He and his wife Dawn Mahdabee 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.”

Back on Oct. 28, Leach was one of 42 people to receive the honour of member of the Order of Canada in a ceremony at Ottawa’s Rideau Hall. Leach’s announcement as a member was first formally announced in 2019, but the COVID pandemic prevented a formal, in-person ceremony until October of 2022.

“It took a while, but I was finally able to go to Ottawa to meet everybody,” the Rifle said. “My daughter was able to join me, my niece as well, and of course my wife, Dawn.”

“COVID was tough all around – we lost four friends to the virus – but in some ways it’s been good,” Reggie said. “We were able to re-connect with family and friends. And I’m really healthy. I didn’t look this good when I played. I certainly didn’t feel this good.”

“Life right now is a real pleasure for me. I’m more relaxed than I ever have been. I’m 71, 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 also 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.

Selected by the Boston Bruins third overall in the 1970 NHL draft, 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.



Reggie Leach



Reggie Leach (right) with Johnny Bower and the Conn Smythe Trophy



Reggie Leach and Governor General Mary Simon



Reggie - Oldtimers

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 play-offs. His 19-goal performance was a record (he scored five in one game, fittingly, 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.

However, by the time he turned 35, he was out of hockey, drinking heavily and just about at rock bottom. He had always been known as a skilled and committed party animal, but it wasn’t until his career was over that he concluded that it was time to get clean and sober. That decision resulted in a life that has been more significant and rewarding than winning that Conn Smythe Trophy back in 1975.

Now sober for more than 35 years, Leach has spent much of his life after hockey talking to indigenous youth about the perils of drugs and alcohol.

“I tell them about the mistakes I made and I think it’s important for me to get that message across to young kids so they understand that part of it,” Reggie said. “Most of the kids I talk to don’t know who I am, but their grandfathers do, and when the kids go on the Internet to find out about me, they find out I was a pretty decent player.”

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.

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 frankly. “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 games, 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.

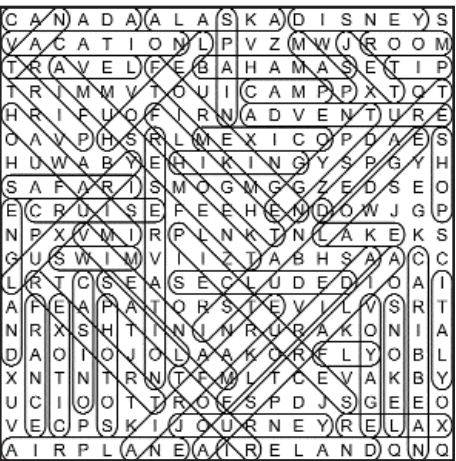
“That’s why I don’t pay attention to it anymore. I’m happy. I’m just happy that there are a few people like yourself, from across Canada and the United States who want me in there. That’s very nice. But I’m prouder of what I did after hockey.

“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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## CROSSWORD - Solution



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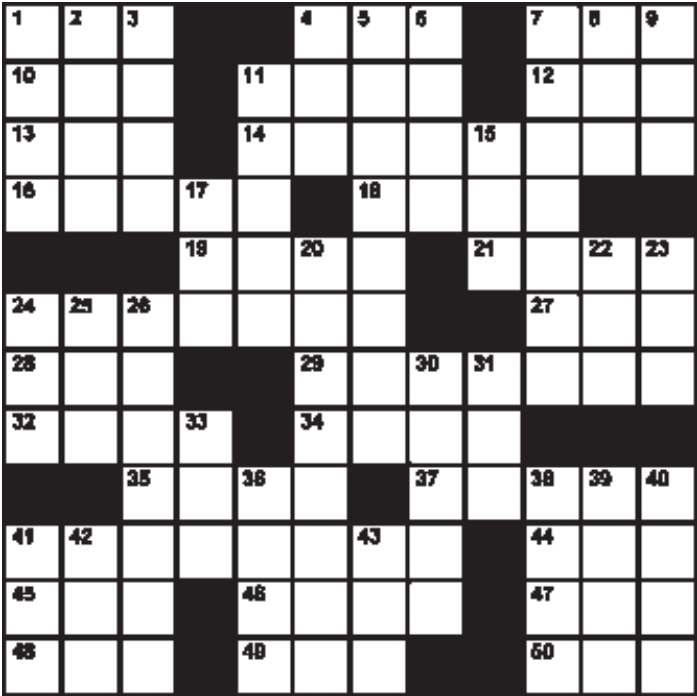
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CROSSWORD - (EASY) By Myles Mellor

ACROSS:

- 1 Yukon Premier  
Duncan  
4 Animal Farm critter  
7 Another word for taxi  
10 Bit of volcanic fallout  
11 Yearn  
12 It's found in a lode  
13 Falsehood  
14 Example  
16 Time will tell  
18 First word of "Send  
in the Clowns"  
19 Tops off  
21 Cafeteria carrier  
24 Least quiet  
27 Be behind  
28 A place to spend  
the night  
29 Places of worship  
32 Orchard item  
34 Suggestion  
35 Garden crawler  
37 Uses a computer  
41 Diploma receiver  
44 Shakespeare division  
45 Sculler's need  
46 Headline  
47 "\_\_\_'s the one  
for me"  
48 Hair colouring  
49 "\_\_\_ lords a-leaping"  
50 AAA assistance



DOWN:

- 1 Date tree  
2 Mt. Everest's land  
3 Unnamed ones  
4 Access code for ATM's  
5 Demanded strongly  
6 Obtains  
7 Assure  
8 Compass-aided  
curve  
9 Striped insect  
11 Chessman  
15 Pantry pest  
17 Offer  
20 Ballpark figure  
22 Leave dumbstruck  
23 Okay!  
24 Freshness  
25 Pick \_\_\_ or the other!  
26 Napping, so to speak  
30 Rhythm  
31 Hand over  
33 Reel's companion  
36 Oxidation result  
38 Gone  
39 Sound  
boomerang  
40 Mother's cooking  
preference  
41 Pan, for one  
42 Beam of light  
43 Shoe colour,  
often

SOLUTION ON PAGE 13

WORDSEARCH - By Roni Alward & Senior Scope

CANADAAALASKADISNEY  
VACATIONLPVZMWJROOM  
TRAVELFEBAHAMASETIP  
TRIMMVTOUICAMPPTQT  
HRIFUOFIRNADVENTURE  
OAVPHSRLMEXICOPDAES  
HUWABYEHIKINGYSPGYH  
SAFARISMOGMGGZEDSEO  
ECRUISEFEHENDOWJGP  
NPXVMIRPLNKTNLAKEKS  
GUSWIMVIIZTABHSAACC  
LRTCSEASECLUDEDIOAI  
AFEAPATORSTEVLVSRT  
NRXSHTININRURAKONIA  
DAOIOJOLAAKORFLYOBL  
XNTNTRNTFMLTCEVAKBY  
UCIOOTTROFSPDJSGEEO  
VECPSKIJOURNEYRELAX  
AIRPLANEAIRELANDQNQ

ADVENTURE	EGYPT	JET	SAIL
AIRFARE	ENGLAND	JOURNEY	SECLUDED
AIRPLANE	EXOTIC	LAKE	SHOP
ALASKA	FLIGHT	LODGE	SNOKE
AMUSEMENT	FLORIDA	LUXURY	SPAIN
AUSTRALIA	FLY	MAP	SWIM
BAHAMAS	FOREIGN	MEXICO	TAN
CAMP	FRANCE	PHOTOS	TIP
CANADA	HAWAII	PICTURES	TOUR
CARIBBEAN	HIKING	RELAX	TRAVEL
CASINO	HOTEL	RESERVATION	TRIP
CRUISE	IRELAND	RESORT	VACATION
DEPART	ISLAND	ROOM	VIETNAM
DISNEY	ITALY	SAFARI	VOYAGE

SOLUTION ON PAGE 13

LAUGH A LITTLE

Prison is just one word to you. but for many, it's a whole sentence.

Scientists did a study on the effects of alcohol on a person's walk.  
The results were staggering.

I finally got over my addiction to chocolate, marshmallows, and nuts.  
I must say, it was a rocky road.

What do you say to comfort someone who is struggling with grammar?  
There, their, they're.

Why shouldn't you share your secrets with a clock? Time will tell.

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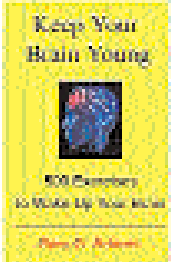


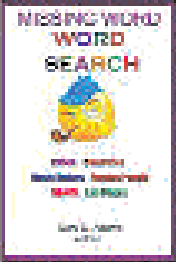
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## Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

All answers begin with the letter “H”

- Brad Pitt has just been recognized as Hollywood’s most \_\_\_\_\_ man:
- The Dominican Republic shares their island with this country:
- This is one of this comedian’s many quotes: *“You know you are getting older when the candles cost more than the cake”*:
- These are currently the three most popular ladies’ names starting with “H”:
- He is William’s brother:
- This political lady said *“Do what you can, for all the people you can, in all the ways you can, as long as you can”*:
- This is the capital of Vietnam:
- This sauce was named after England’s Parliament:
- This lovely lady is Goldie’s daughter:
- This historic Winnipeg store in downtown Winnipeg is now closed:
- This is the name given to a ball on a wire thrown at the Olympics:
- They named a huge bay in Canada and a river in New York after this explorer:
- Oprah’s vacation home is located here:
- This company has pushed Ford out of the car manufacturing business:
- His quotes *“Middle Age is when you age starts to show around the Middle”*:
- This is something you do unconsciously:
- He is the funny host of Family Feud:
- In what part of your body would you find your ventricles:
- Casinos love these guys:
- He is Groucho’s brother:
- This President was often blamed for the stock market crash & great depression:
- She sang *“I Am Woman”*:
- They named the Hudson Bay after him, what was his first name:
- This was a luxury car back then, merged with Nash in 1954:
- In 1871 he wrote a book about the Red River Settlement. They named this Winnipeg downtown street after him:
- Trump Quote *“I will create the best ever, the most beautiful”*. This never happened:
- Presidential Election. This city has created drive through voting:
- One of his quotes *“People who throw a kiss to their lover are hopelessly lazy”*:
- In the movie his FEDEX plane crashed into the ocean, he then spent 5 years on an island:
- This popular Canadian is a judge on America’s Got Talent:



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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](mailto:trivia@shaw.ca)


~ Author, Gary Adams

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## A to Z Trivia ‘H’ SOLUTIONS

- |                       |                  |                    |                                    |
|-----------------------|------------------|--------------------|------------------------------------|
| 1. Handsome man       | 8. HP Sauce      | 16. Habit          | 24. Hudson                         |
| 2. Haiti              | 9. Hudson (Kate) | 17. Harvey (Steve) | 25. Hargrave                       |
| 3. Hope (Bob)         | 10. Hudson’s Bay | 18. Head or Heart  | 26. Health Care for Every American |
| 4. Hanna, Hope, Heidi | 11. Hammer       | 19. High Rollers   | 27. Houston                        |
| 5. Harry              | 12. Hudson       | 20. Harpo          | 28. Hope (Bob)                     |
| 6. Hilary Clinton     | 13. Hawaii       | 21. Herbert Hoover | 29. Hanks (Tom)                    |
| 7. Hanoi              | 14. Hyundai      | 22. Helen Reddy    | 30. Howie Mandel                   |
|                       | 15. Hope (Bob)   | 23. Henry          |                                    |

Distributed free to our seniors and friends during this COVID-19 troubling period. Play more A to Z Trivia at [www.mindandmemory.ca](http://www.mindandmemory.ca)



Today’s Recipe

[www.PeakMarket.com](http://www.PeakMarket.com)

### Ohio Pudding

Metric	Ingredients:	Imperial
250 ml	sugar	1 cup
250 ml	flour	1 cup
10 ml	baking powder	2 tsp
5 ml	salt	1 tsp
5 ml	baking soda	1 tsp
250 ml	raw potato, finely grated	1 cup
250 ml	raw carrot, finely grated	1 cup
250 ml	raisins	1 cup
250 ml	mixed glazed fruit	1 cup
3 ml	cinnamon	3/4 tsp
2 ml	nutmeg	1/2 tsp
.5 ml	ground cloves	1/8 tsp

In a large bowl; sift together sugar, flour, baking powder, salt and baking soda. Add remaining ingredients and mix thoroughly. Spoon into buttered heat proof molds or bowls of your choice, until the mold is two thirds full. Cover tightly with aluminum foil. Steam small puddings for 2 hours or large puddings for 3 hours. Serve with a vanilla, lemon or orange sauce.

Serves 8

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