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Vol. 22 No. 9 | Mar 10 - Apr 9/24

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MICHEL LeBLANC – The Cardboard Artist

By Bud Ulrich



A MANITOBA MOMENT

Bud Ulrich

There are many reasons to tell Michel's story. His talents speak for themselves, but equally interesting is his self-discipline and perseverance in keeping his creative "juices" flowing. He's an early riser and maintains an active lifestyle. Each day he looks forward to his daily routine of playing his guitar, composing, reading, meditating, drawing, cardboard art creations, taking a walk, and keeping in touch with family and friends. At 3:30 p.m. he closes shop to enjoy the balance of the day.

The LeBlanc family includes five boys and two girls. They grew up in a small town outside of Moncton, New Brunswick. Michel's brothers were in the military. They were always gone somewhere in Europe or western Canada. When they came home for a visit, his mother took a picture of them and placed it in the living room. He has a sister who was a nurse in Winnipeg, and his other sister worked at various clerical jobs in eastern Canada.

As a young child, Michel recalls his dad wanting to show him something at the kitchen table. He had a piece of paper and pencil and drew a profile of a person's face. Michel looked at this drawing and was in awe. He felt it was magic. "Would you like to be an artist? I'll bring you some paper and pencils," said his dad. He was a big influence on Michel's start of becoming an artist.

At the age of thirteen, Michel's cousin and his father, who were both musicians, introduced Michel to the guitar. Once again, he thought this was magical and he wanted to do the same. After a few lessons, he started practicing on his own and then played with a rock band when he was older. Organizing practice times and events appealed to Michel.

Michel went to school like everyone else, but claims he wasn't a very good student



Michel LeBlanc's cardboard guitar.

because he needed a lot of attention. He was struggling, so a concerned friend urged Michel to put his art portfolio together and he would introduce Michel to the dean of the Art Department at L'Université de Moncton. Michel applied as a mature student to that university with the proviso that certain courses had to be passed. This was an opportunity to obtain his Bachelor of Fine Arts, majoring in sculpture. He designed his own curriculum in video production. He graduated in 1978. Shortly after, he moved to Winnipeg as there weren't many jobs available in New Brunswick in his line of work. Some family members



Michel's first cardboard creation - a miniature replica of a guitar store.

lived in Winnipeg, so it was convenient for Michel to make the move. He applied for work at Boeing because he had some experience working with plastics. He was hired and spent eight years with this company as an inspector of parts.

Michel's desire remained with multimedia, and he applied to the Manitoba Department of Education in Winnipeg. He was hired as a learning materials producer for immersion schools - "video production slide producer", and other recorded learning materials. He was an art teacher for two years at the Collège Jeanne-Sauvé - Grades 9 to 12. He also was a video production instructor for 17 years with Le Festival des Vidéaste, a French high school video festival in Manitoba. Michel's creative skills were being used and he loved going to work each day.

Michel noticed a lot of cardboard in the recycle bins located at his apartment complex.

He thought, "I could do something with this." His first cardboard art creation was

Continued on page 2

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Publisher/Editor:
Kelly Goodman
204-467-9000
kelly_goodman@shaw.ca
www.seniorscope.com

Advertising:
204-467-9000

Feature Columns:
Bud Ulrich
Myles Shane
Rick Roschuk / Trish Bennett

Contributing Submissions:

Alzheimer Society
Linda Brown - Active Aging in Manitoba
Winnipeg Police Service
Senaka Samarasinghe
Myles Mellor - Crossword
Roni Alward - Word Search (w/Senior Scope)

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Distributed in Winnipeg and 100+ rural Manitoba communities: Altona, Anola, Arborg, Ashern, Baldur, Balmoral, Beausejour, Birds Hill, Birtle, Boissevain, Brandon, Carman, Clandeboye, Cranberry Portage, Dauphin, Dominion City, Dugald, Elie, Emerson, Erickson, Eriksdale, Fisher Branch, Flin Flon, Fraserwood, Garson, Grand Marais, Gimli, Grandview, Hamiota, Headingley, Hodgson, Holland, Ile des Chenes, Killamey, Komarno, La Broquerie, La Salle, Lac du Bonnet, Leaf Rapids, Letellier, Lockport, Lorette, Lundar, Lynn Lake, Mariapolis, Marchand, Marquette, Melita, Middlechurch, Minnedosa, Montcalm, Morden, Morris, Neepawa, Niverville, Notre Dame de Lourdes, Oak Bank, Pilot Mound, Pinawa, Pine Falls, Poplarfield, Portage la Prairie, Plumus, Richer, Ritchot, Riverton, Roblin, Roseau River, Russell, St. Norbert, St. Adolphe, St. Agathe, St. Anne, St. Eustache, Ste-Genevieve, St-Jean Baptiste, St. Laurent, St. Malo, Selkirk, Snow Lake, Starbuck, Steinbach, Stonewall, Stony Mountain, Swan Lake, Teulon, Inwood, The Pas, Thompson, Tolstoi, Treherne, Victoria Beach, Virden, Warren, Winkler, Winnipeg Beach, Woodlands, Shoal Lake, Oakburn, Strathclair, Elphinstone.

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Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

By Linda Brown, Executive Director, AAIM



Linda Brown, Executive Director, AAIM

We have all heard the term “aging well” and what exactly does that mean? The answer is that it is very individual. In a recent literature review done by McMaster University of 9,000 adults 60 years and older, participants were asked to identify what factors contribute to successful aging. The results indicated that there were six domains considered by the participants to be the most important.

The top two domains, psychological and physical, were felt to contribute the most to successful aging. Success might mean living independently, being able to make decisions for ourselves and being able to maintain a positive attitude when challenges present themselves. Being socially connected and interacting with others is an important part of maintaining a positive attitude and improved mental well-being.

The second domain contributing to aging well in the McMaster review included being physically active. Being active can help prevent and manage age-related health concerns. While striving to maintain

our independence we need a level of physical activity that will help us be strong, and mobile which will help reduce the risk of falling. *The Canadian Physical Activity Guidelines indicate that 150 minutes per week is optimal to gain some health benefits for most people.* Some of those health benefits can include managing high blood pressure, type 2 diabetes, and heart disease. The Canadian Guidelines also indicate that doing some strength training at least twice per week is also important to our overall health. Working on our balance contributes to our independence and aging well. Activities such as walking, dancing, yoga and Tai Chi are excellent examples of improving mobility and balance at the same time.

Do you see the connection? Engaging in some physical activity provides opportunities for engaging with others which is important to our psychological well-being. Joining a local walking group is a great example of being socially engaged, accumulating physical activity minutes, strengthening leg muscles, and improving your balance. Learning something new can really contribute to our mental well-being and it could also contribute to our physical activity

level. Finding ways to be active in your community could also include seeking out opportunities to volunteer. Volunteering has so many benefits. It provides that sense of contributing to your community, a sense of belonging, and it may provide the opportunity to learn something new. Volunteering often provides a way to be physically active as well.

In the review from McMaster University, most people self-described aging well as being able to accept and adapt to changes as they aged. Enjoying life despite changes was achieved through adopting a healthy lifestyle which included activities to maintain both mental and physical fitness.

What is important to you as you age? Is there a new activity you would like to try? Is there a new group you would like to join? Make your own health and wellness a priority to age well. ■

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Michel LeBlanc - Cardboard Artist, *cont'd from front page*

a miniature replica of a guitar store. This newfound art became highly successful. It's obvious he loves working with this medium. He's in touch with two cardboard artists on Facebook, and aware of many other cardboard artists worldwide. Michel mentioned Picasso created a famous cardboard guitar. It was cobbled together from cardboard, paper, string, and wire, and materials that he cut, folded, threaded, and glued, much like what Michel creates.

A cardboard art showing is scheduled for 2025, followed by a pencil art show. I had a sneak preview of both mediums. The pencil art drawing had a religious theme, but I won't divulge the exact nature of the

drawing other than saying it is unique and incredibly well done. In addition to his role as an artist he has published fifteen children's books which include his artistic illustrations. Two publishers in Winnipeg and one in Montreal have distributed his books.

Michel conveyed a tragic story of his ancestors. The LeBlanc family were amongst the first European settlers to North America in 1604. They are called Acadians. Farms were established in Nova Scotia and a fort built to protect themselves from the invading English south of what is now the Canadian border. There were wars between the French and English. In 1755, all Acadians who wouldn't declare allegiance

to Britain were ordered to leave Nova Scotia. Farmhouses were burnt and the Acadians were placed on boats and set adrift in the Atlantic Ocean. Thousands died from starvation or disease. Some survived and ended up in Louisiana. They became known as Cajuns. While history was never my strong subject in school, it interfered with football. However, stories like this are fascinating to me now and make me realize the importance of history.

When asked what the future holds for Michel, he quickly responded by saying, “A happy and healthy life.” His spirituality is important to him. Michel says, “The future is now!” ■

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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Three Events Commemorated Followed by Lunch

By Senaka Samarasinghe



Three flags namely Canada, Sri Lanka and Winnipeg City positioned in three appropriate locations. The venue was at Chilli Chutney, Indian Food Restaurant and the date was on Feb. 2nd (FRI) 2024. The three events were as follows:

(A) City of Winnipeg – Established (19-1-1874) 150-Years Ago

To acknowledge this, Sri Lankan Seniors Manitoba is planning to conduct a seminar to expose outcomes of the aviation history of two capital-cities specifically Colombo-Winnipeg. This historical event created mutual benefits not only for the two cities but for the two countries. Inhabitants

of both cities will be the partners of the proposed session.

(B) Sri Lankan Association of Manitoba - Established (4-2-1984) 40-Years Ago

In 1984, there were about 50 households known as Sri Lankan origin. Out of which only 39 individuals were identified and 19 were unable to locate. Out of the total number only 30 members were willing to establish Sri Lankan Association of Manitoba. The inaugural meeting was held on Feb. 4th 1984 in Room No. 2C01, Centennial Hall, University of Manitoba. The nominated office bearers were: (1) Castus



Peiris (President) (2) Aloysious Perera (Vice-President) (3) Patrick Gomes (Treasurer) (4) Pauline Silva (Secretary) (5) Padmini Hapuarachchi (Assistant Secretary/Treasurer) (6) Tilak Abeysinghe (Director) (7) Herbert Embuldeniya


(C) Sri Lankan Independences Day - Obtained (4-2-1948) 76-Years Ago

All attendees stood up and narrated Sri Lankan national song. Although a dress code was not specified few of them were dressed up in national dress such as women in saree and men in sarong and white-shirt.

Read more on Sri Lankan events on page 17

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204-242-2241 / pembinacrc@gmail.com

MINNEDOSA

Minnedosa Senior Citizens Assoc.
31 Main Street S
204-867-1956 / mdsasca@gmail.com

MORDEN

Morden Activity Centre
306 N Railway Street / 204-822-3555
mordenactivitycentre@gmail.com
www.mordenseniors.ca

NEEPAWA

Neepawa Drop In Centre
310 Davidson Street / 204-476-5103
Neepawa-dropin@outlook.com
www.neepawa.ca/district-drop-in-center

PILOT MOUND

Pilot Mound Fellowship Centre
203 Broadway Avenue
204-825-2873

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
www.hermanprior.com

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

RIVERTON

Riverton Seniors Activity Centre
12 Main Street / 204-378-5155
rdfc@mymts.net / 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
www.gordonhoward.ca

SNOW LAKE

Snow Lake Senior Centre
71 Balsam Street
204-358-2151 / snowsrs@mymts.net

ST. LAURENT

Age Friendly Committee of St. Laurent
204-906-9607

STARBUCK

Macdonald Services to Seniors
204-735-3052 / info@macdonaldseniors.ca
www.macdonaldseniors.ca

STEINBACH

Pat Porter Active Living Centre
10 Chrysler Gate
204-320-4600 / ed@patporteralc.com
www.patporteralc.com

STONEWALL

South Interlake 55 Plus
374 1st Street West - Oddfellows Hall
204-467-2582 / si55plus@mymts.net
www.si55plus.org

SWAN RIVER

Swan River & District Community Resource Council
126 6th Ave N / 204-734-5707
resourcecouncil@srseniorservices.com

Swan River Senior Citizens Centre
702 1st Street North / 204-734-2212

THE PAS

The Pas Golden Agers
324 Ross Avenue / 204-623-3663
seniorsthepas@gmail.com

THOMPSON

Thompson Seniors Community Resource Council Inc.
4 Nelson Rd. / 204-677-0987
thompsonsensiors55@gmail.com
thompsonsensiors.ca

TREHERNE

Treherne Friendship Centre
190 Broadway Street
204-723-2559 / jstate1066@gmail.com

VICTORIA BEACH

East Beaches Social Scene
3 Ateah Road / 204-756-6468
ebssinc1@gmail.com
<https://www.ebseniorscene.ca>

East Beaches Resource Centre
3 Ateah Road / 204-756-6471
ebresourcec@gmail.com
<https://ebresourcec.weebly.com>

WINKLER

Winkler & District MP Senior Centre
102-650 South Railway Avenue
204-325-8964 / director@winklerseniorcentre.com
www.winklerseniorcentre.com

The Women's Canadian Club of Winnipeg - Having a Hawaiian Good Time!

The Women's Canadian Club of Winnipeg held a lunch on February 22 at the Winnipeg Convention Centre. The theme "Hawaii" was intended to combat a normally gloomy month and it lived up to all expectations. Guests were greeted with music from the islands while lovely tropical scenery got everyone in a happy mood. On arrival leis were available along with tropical flowers for the hair. Many guests wore muumuus or other summery attire. Tiki masks, grass skirts and shells were some of the decorations which gave the

event a real authentic feeling. A photo booth was available with appropriate scenery and effects. We were truly transported to the tropics for a few magical hours.

To conclude the lunch Janet Stewart from CBC television spoke on changes in the newsroom. Her presentation was informative but at the same time humorous and relative to the Hawaiian theme.

The next luncheon is March 19 with a guest speaker from The Little Red Barn. For information contact **204-488-8750** or rochelpin@myts.net. All are welcome.



Grandparent Scam

Submitted by the Winnipeg Police Service

Many of us have done it at least once. Carry on a phone conversation when we were unsure to whom we spoke.

Sadly, scammers are all too aware of this and, with increasing regularity, have been using this to talk unsuspecting seniors out of their hard-earned cash.

It's known as the **emergency scam** but is more commonly known as the **grandparent scam**. Fraudsters pretend to be a distressed family member, the police or a justice official, claiming that a loved one or grandchild is in trouble and needs money immediately. They'll tell you there's a gag order, and you can't speak to anyone. They are forceful and demand immediate payment for bail or fines to avoid going to jail.

They are convincing, but don't fall for it. Be suspicious of calls that require immediate action. Hang Up! Call your local police service and contact the family member directly on a number you have to find out what is happening.

Please also know that the Courts or police will never call you to ask for cash to bail out someone in custody.

Before you get that call, take steps to protect your personal information. You know those nice posts you make on Facebook celebrating your granddaughter's big win in hockey or grandson's great performance? Scammers are mining social media feeds for names and information to execute their plans. They're watching the internet for information, and as incredible as it sounds – even obituaries to build their most convincing con.

In 2022, across Canada:

- There were 2,488 emergency scams reported.
- The total funds lost were \$9,420,334.22

Here in Manitoba:

- There were 92 emergency scams reported.
- The total funds lost were \$ \$322,177.50

Over the span of 10 days in July 2022, two Ontario residents were able to scam 14 Manitobans, stealing a total of \$145,400 through this scam. Winnipeg Police Service Financial Crimes Unit officers were able to recover \$75,200, and the two scammers were arrested.

Warning signs – How to protect yourself:

Knowledge is critical when it comes to preventing these frauds.

- The police and courts will never send someone to your house to collect money.
- The police and courts, including lawyers, will never tell you to lie to the bank about the purpose of obtaining money.
- These scammers will pressure people to act quickly before they have time to consider what they are doing or agreeing to. Always talk to a trusted person before providing personal information or funds, especially if it is an unsolicited call.

- We urge people to converse with their elderly relatives regarding this fraud.
- If you receive a call like this, please contact the police immediately.

If you have been victimized by the "grandparent scam":

If you have been a victim of fraud, document all the information you can recall about your fraudulent transaction, e.g. receipts, copies of emails, text messages and courier companies.

It is also crucial that you report the fraud – doing so can help you possibly recover any loss, and it helps protect the community from future frauds and scams.

https://www.winnipeg.ca/police/TakeAction/frauds_scams.stm
#report

Advertising Feature

Dementia and Long-Term Care

- Alzheimer Society of Manitoba

When someone living with dementia needs full-time care and can no longer safely or effectively manage at home with the help of family and other in-home support, it may be time to consider a move to a personal care home.

Moving into a personal care home is often one of the most challenging transitions throughout the dementia experience, both for people living with dementia and their families.

Many feelings and emotions can come up for care partners during this transition – like guilt, sadness, relief or doubt. The shift in caregiving responsibilities can also be a challenge as you navigate new routines and step away from the day-to-day care needs of those living with dementia. You may find that you have a different focus, like staying connected to the person or even advocating for quality dementia care.

“Something that often comes up for care partners navigating a housing transition are feelings of fear and anxiety over making the right choice and making sure someone living with dementia gets the care they need,” says Meagan, Client Support Coordinator at the Alzheimer Society of Manitoba.

With any transition you experience as a care partner, it's common to feel emotions related to grief and loss. Transitions can mean someone living with dementia requires more care or that new challenges arise.

“Many aspects of being a caregiver are very difficult, long and exhausting. It's also ok to feel relief or hope when considering the move to long-term care,” says Meagan. “We want to see quality of life for everyone and find the right balance of support.”

When thinking about which personal care home may be the best fit for someone living with dementia, going on tours of facilities that interest you can help. This also gives you an opportunity to ask questions about dementia care strategies and whether the staff uses dementia-friendly approaches when providing care.

Additionally, care partners should consider the needs and values of those living with dementia. Some things to think about are:

- Is it important to live close to friends and family?
- Do they prefer a faith-based facility?



- Do they want access to an outdoor space?
- What is the timeline to move in?

“Choosing a personal care home can be overwhelming. It's helpful to think about how a place makes you feel when you visit or tour. Does the environment feel warm and welcoming? Are the staff engaging with the residents? Do residents seem happy?” Meagan says.

“Above all, remember that these decisions are not easy, so be really compassionate to yourself during these times.”

The **Alzheimer Society's First Link®** Client Support team can help support you throughout the process of making a move to long-term care, whether it's helping to identify when a move may be necessary, preparing for moving day or adjusting after a move. Connect with them anytime at **204-943-6622** (Winnipeg) / **1-800-378-6622** (MB) or alzmb@alzheimer.mb.ca.

If you're looking for more information, the Society is hosting a **free** education session called “**Life in Long-Term Care**,” taking place via **Zoom** on March 27th from 2-3 pm. This presentation will provide information about the supports available within long-term care, tips and tricks when working with care teams, advocating for your family member and how to enhance your visits.

To register for this session or to learn more about housing options, including an overview of the types of housing in Manitoba including personal care homes, housing eligibility, costs and even more resources, visit alzheimer.mb.ca. ■

See advertisement on front page.

Centre on Aging - University of Manitoba

Centre on Aging's 41st Annual Spring Research Symposium

May 8, 9 am-4 pm

204 Marshall McLuhan Hall, UMSU University Centre
65 Chancellors Circle, Fort Garry Campus
University of Manitoba, Winnipeg

Join the Centre on Aging at their 41st Annual Spring Research Symposium. This year's Symposium will take place in a hybrid format. Presentation sessions will take place in person and will simultaneously be streamed live online. There is no cost to attend the Symposium, but registration is required.

This year's sessions will focus on smart technologies in at-home rehabilitation, improving age inclusivity at the University of Manitoba, older adults' roles in Taiwanese Indigenous communities, preventing violence in long-term care, a framework for adult community rehabilitation, and in home companion robots to support wellness.

Registration open

Join the Centre on Aging in person as they host their 41st Spring Research Symposium on the University of Manitoba Fort Garry campus.

The Symposium is free to attend, but registration is required.

Take part in a *Dialogue on aging* as we hear about the current topics in aging from Centre Research Affiliates.

Scheduled presenters:

Sessions will take place in person and will simultaneously be streamed live online.

View the *Presentation schedule* web page (<https://umanitoba.ca/centre-on-aging/research/spring-symposium/presentation-schedule>) for full session details. This year's presenters will include

• Dr. Amine Choukou

Associate professor, College of Rehabilitation Sciences, Occupational Therapy, University of Manitoba

• Dr. Rachel Herron

Canada Research Chair; Director, Centre for the Critical Studies of Rural Mental Health; Department of Geography and Environment, Brandon University

• Dr. Hai Luo

Associate Professor, Faculty of Social Work, University of Manitoba

• Dr. Michelle Porter

Director, Centre on Aging; Professor, Faculty of Kinesiology and Recreation Management, University of Manitoba

• Dr. Kathryn Sibley

Associate professor, Max Rady College of

Medicine, Community Health Sciences, University of Manitoba

• Dr. James E. Young

Professor, Faculty of Science, Computer Science, University of Manitoba

Register for the Symposium

The Spring Research Symposium is free to attend, and all are welcome.

To register your attendance, complete the online registration form or if you require assistance with registration, call the **Centre on Aging's office: 204-474-8754**.

- In person attendees can pick up their name tag and program-at-a-glance from the Registration Desk on May 8, which will be located in 204 Marshall McLuhan Hall, UMSU University Centre.
- Virtual attendees will receive the online streaming link closer to the Symposium date.

Register online by May 3

The online registration form will close on May 5, 2024. After this date, interested individuals can

- **register in person** at the Registration desk on May 8,
- call **204-474-8754** by May 6, to register by phone, or
- virtual attendees can check the Centre's X (formerly twitter) page or Symposium webpage for the online session links.
 - Unable to join us in person? Join us virtually!
 - Poster sessions, exhibitors, and Age-Friendly University showcase
 - Bring your own lunch
 - More information
 - Upcoming Speaker series presentations

AL SIMMONS – One of Canada’s Best Entertainers *Part 1 of 2*

By Bud Ulrich



A MANITOBA MOMENT

Bud Ulrich

On a typical cold Winnipeg winter afternoon, (perhaps not typical this year) I hopped into my car and headed to Anola, Manitoba to visit Al Simmons. Some fifty minutes later I arrived at his quaint home located on a well-treed 15-acre lot. An old school bus almost buried in snow occupied space near the driveway. Several cross-country skis and snowshoes were hung on the outside wall of the entrance to his home. I imagine there are many stories to be told about the surroundings on the Simmons property.

Al was born and raised in Winnipeg, and as an adult moved to Starbuck, Manitoba with his partner Barb in 1976. It appeared country life appealed to them, and shortly afterwards, they moved to their present spot in Anola. Al has an older sister in Winnipeg and a younger brother in Kelowna. They have charismatic personalities and love to tell stories. Barb and Al have three boys, and with a grin he quickly said, “Boy, oh boy, oh boy.” Al and his sister and brother were blessed with loving, supportive, hard-working, and fun-loving parents. “They set a good example for us. Mom lived her life by the golden rule – do unto others as you would have them do unto to you.”

Nothing happens until you sell something was a phrase used by Al’s dad. His dad grew up in Vegreville, Alberta and on the family farm near Hamilton, Ontario. At the age of 17, he left to seek his fortune in Detroit. On a return visit home, he sported a new suit, and was smoking a big fat cigar. Al affectionately stated, “He enjoyed being a big shot.”

Al went on describing his dad walking down the street. Suddenly one leg became shorter than the other, and he yelled, “Somebody help me.” Al and his sister or brother had to push him from the street up onto the sidewalk. He had been walking with one foot on the street and one foot on the sidewalk. His dad showed one arm being shorter than the other, and when he pulled on the other arm, one leg became shorter. Another instance – his dad walked into a door and smashed his face, but



Al Simmons

actually his knee knocked against the door. One more cute story of Al’s dad goes like this – on his dad’s first day working at a restaurant, he pretended he knew the lingo and called in an order of soup, “One chicken!” However, the customer changed his mind and asked for pea soup. His dad yelled, “Hold that chicken, make it pea!” Al thought it was second nature to learn all these stunts. I suspect his dad had something to do with Al’s career as an entertainer.

The antics of Al’s Grade 8 history teacher got his attention. His teacher leaped into the garbage can in the classroom and imitated paddling down the St. Lawrence River, or stood on his desk pretending to be Napoleon, or took the crown from the Pope and crowned himself as emperor. Al felt it was more like show business in his classroom. These high jinks seemed to rub off on Al. This triggered his imagination, and it was YES – do it! Some of the other students felt the teacher was too eccentric, but that didn’t matter. Another one of Al’s Grade 8 teachers asked the students in his class to write letters indicating what they thought they would be doing in ten years. The teacher obtained their addresses and



said he would mail the letters back. However, just a few years later, Al received his letter in which he stated he wanted to be an entertainer, but he didn’t know in what capacity.

Many of Al’s friends went to Kelvin High School, but Al attended Grant Park High School. He was disappointed he couldn’t go with his friends. At that time, the address of one’s home dictated the boundary and district where a student went to school. Al stated he was “lazy” while attending high school. He said, “I should have applied myself. I wish I paid more attention because there’s so much to learn. I was too anxious to get home. I didn’t enjoy the school process. I felt like an outsider.” Despite this, he absorbed everything from the teachers he liked, regardless of the subject being taught. When a teacher relates to a student, significant learning takes place. As we chatted more, I think Al was more “into” the school scene than he realized.

At the young age of fifty-nine, Al’s dad died – Al was only twenty years old. He knew in his heart he wanted to be an entertainer of some kind, but he didn’t have his dad’s opinion. A few months later when he visited the family doctor, the doc said to Al, “I know your dad passed away, but how are you doing?” Al was pleased – “good for him to ask.” The doctor also said, “I knew your dad was an intelligent man, and he would say finish your schooling, get a real job, and then consider being an entertainer.” Suddenly, the doctor’s comments awakened Al to what his dad might have said. When he left the doctor’s office, he said to himself, “That doctor doesn’t have a clue what my dad would say. My dad would say, ‘Go for it.’ Forget about getting an education, just follow your heart.” Al felt it would have been nice for his dad to be with him, to give him advice. “The thought of my dad sitting in the audience, laughing, and giving me ideas would be so nice.” Al’s love for his dad came through with strong feelings. Unfortunately, his dad never experienced any of Al’s performances.

When pondering how things happen in one’s life, Al offered, “If you go through your life just following the natural flow, sometimes you end up where you want to be anyway.” Al’s insight offers good advice to those who may be struggling to identify their direction in life or what they want to be. Every now and then, there’s a time to “push”. Stuff doesn’t come easy for everybody. There’s a familiar saying, “One door closes and another one opens.” ■

There’s something very special happening in Al Simmons’ life – Read Part Two next month.

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Get Started Today

March is Nutrition Month - Heart to Home Meals

March is the month where things begin to change (finally). The snow (starts) to melt and the air (finally) begin to shed its chill. With this seasonal turning of the page, it gives us another opportunity to check in with ourselves, end the winter hibernation and begin to look for new events and activities.

March is Nutrition Month, which is hosted by Dietitians of Canada, and has been held for over 30 years. The aim of Nutrition Month is to, “increase public awareness about the importance of healthy eating by identifying dietitians as the most credible source of food and nutrition information.” Getting professional advice from dietitians is extra important as we get older, because our diet and nutrition needs can change dramatically as we age.

Planning for Nutrition Month

Every year, there’s a different theme for Nutrition Month. But this year, the theme is more relevant to seniors than ever, “Beyond the Table”, taking care of your mind and body, all need to contribute to what healthy looks like for you.” In other words, everyone is different both in their personal tastes and their nutritional needs. Finding



a diet plan that works for you can require a little help.

Sometimes it’s about more than just what you like and don’t like. Many different cul-

tures have cuisines and dietary requirements that go along with them. Maybe you’re a vegetarian, or don’t eat pork. Whatever your background, and how it impacts what you eat, a professional dietitian can help you make healthy choices that suit your cultural background.

This month is a great excuse to think about what you’re eating, and how it impacts your life. Food is more than simply

“Food is more than simply fuel for your proverbial car, it’s a means to a healthy, independent, and enjoyable life.”

fuel for your proverbial car, it’s a means to a healthy, independent, and enjoyable life. We’ve written about the importance of macro and micronutrients before, and why complete meals (as opposed to supplements and shakes) can be better for you. But eating delicious meals can also improve your happiness and quality of life, so finding ways to eat healthy and happy is extra important for seniors.

One of the main tenets of Nutrition Month is promoting the value of professional advice from registered dietitians. This is something we value at Heart to Home Meals, as all the meals we offer are designed with consultation from our dietitian Andrea Olynyk. We label them based on unique dietary needs too, so you can customize a meal plan that’s right for your nutritional needs. Haven’t checked out Heart to Home Meals yet? There’s no better time than Nutrition Month! Call Heart to Home Meals and request your free Menu **204-816-8659** or online at www.hearttohomemeals.ca.

Spring is almost here, and it’s the perfect time to celebrate new activities and opportunities available to us. March is Nutrition Month and lets us look at our diets and check in with what we’re eating and how it affects our physical and mental health. It also prompts us to seek advice from professionals who can help us make food choices that make us feel better.

However, you choose to recognize March moments, there’s no bad way to celebrate the end of our long winter. ■

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*Some conditions may apply.






Eco-Friendly Funeral Option Growing in Popularity By Todd Lewys

These days, the world is going green in a big way. Not surprisingly, that trend has spread to funerals. Just as many people have concern and respect for the environment during their life, they want to show that same concern and respect after they pass. Over the past five to seven years, eco-friendly funerals have become increasingly popular for a singular reason: they are kinder to the environment.

What is an eco-friendly funeral?

Simply put, it's a funeral that's been designed to make the event easier on the environment. That entails using materials that are less wasteful or harmful in preparing the body in preparation for and during the burial process itself.

Perhaps the biggest plus of staging an eco-friendly funeral – besides having a lesser impact on the environment – is that it is specifically tailored to be held in an outdoor setting. With that concept in mind, it provides several options.

First – along more traditional lines – the funeral can be held in a cemetery or memorial ground, incorporating green burial principles throughout the entire service.

Second, a loved one could be buried in a woodland, or out at the lake. And finally, a natural burial could be conducted at a home or on a private parcel of land.

Exactly what goes into a natural burial?

Well, apart from the natural setting, a loved one can be buried in a simple natural wood coffin, or simply be wrapped in a cloth shroud and placed in the ground. And unlike traditional funerals, the body wouldn't be embalmed so as not to involve unnatural chemicals in the burial process.

Question: Is Cremation Eco-Friendly?

This is a bit of a complex question. On the one hand, if no embalming is involved and with less waste due to

no casket being used – ashes can also be spread in a person's favourite place to spend time at – it could be said that cremation could be quite eco-friendly.

Ashes can also be interred in natural, biodegradable containers such as wood and cardboard.

That said, the cremation process still leaves a significant carbon footprint due to all the energy (from fossil fuels) used to cremate a body. However, that may become a lesser issue as newer generation cremators – which use electricity – come into play on a broader scale.

At the end of the day, it's your family's choice. If you have the body cremated and then scatter your loved one's ashes out at the lake, on their favourite golf course, or in a park they enjoyed taking walks in, then the process would be relatively eco-friendly.

In Winnipeg, there are regulations if you want to spread your loved one's ashes within city limits. For starters, if you would like to spread them on private property, you need to get permission from the owner. If you want to spread ashes in a public park, you will require a scattering permit. As for spreading ashes on uncontrolled public lands, there are no regulations; just exercise sound judgment as to where and how you do it. Lastly, you shouldn't scatter ashes within 100 yards of public roads or trails.

Question: How Expensive are Eco-Friendly Funerals?

That really depends on the area that you choose and how elaborate you want it to be.

If you choose a green burial ground run by a funeral home, there will be a cost associated with purchasing a plot.

Then, if you prefer to bury your loved one in a simple wood coffin, there's that expense, though it will be less than an elaborate, carved casket made of an expensive, highly finished wood.

Continued on page 10

A Time to Remember: Custom Funeral Planning

The need to say goodbye is a universal human experience.

Through every era and across all cultures, our families, friends and communities commemorate the death of someone special with ceremonies to mark their passing.

Over the years in Canada, this ritual has become a standardized service recognized as the "classic funeral." This beautiful, traditional format is still the right choice for many families, but today, you can choose a different approach – a personalized event.

There are many elements that make someone an individual: history, accomplishments, beliefs, interests – and the diverse facets of personality. It makes sense that a quiet, reflective person wouldn't want the same style of event as someone who is adventurous and wild.

Arrangements can be designed to celebrate any or all aspects of your loved one's nature by customizing the components of the services, from flowers and food, to music, remembrances and more.

You can even add audio visual presentations, directly involve guests in hands-on activities, and offer



personal mementos to keep precious memories alive.

With so many options available, choosing details can feel overwhelming, especially for families making arrangements at their time of sadness. That's why Arbor Memorial developed A Time to Remember.

This concept provides a new method to help families quickly determine how to celebrate a life in the most meaningful way possible – all while answering to their practical needs of time and budget.

Many families even find a greater sense of connection and comfort through the very act of designing a customized ceremony to honour their loved one. Take a look at the infographic below for an overview of how A Time to Remember works to inspire ideas, with Signature Sentiments or Personalized Packages that will make your event as unique as the individual. ■

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I would be honoured to serve you.

Too many people leave their funeral plans for a grieving spouse or loved one to handle during a difficult time.

By discussing details together today, you can make personal choices and protect each other from uncertainty.

Get started today. Visit us online or call for a FREE legal will kit and estate planner.

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Glen Lawn Funeral Home & Cemetery
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www.glenlawn.ca





Eco-Friendly Funeral Option: *cont'd from page 9*

At the end of the day, it's up to the family as to how simple - or involved - they want the burial to be.

Keep it Simple to be As Green as Possible

The best way to ensure a green funeral is to keep it as simple as possible.

First, choose natural burial over cremation; that's a good start. **Second**, don't have the body embalmed. At the very least, have lower index embalming fluid used to embalm the body. **Third**, use a cloth shroud; that is the simplest way to commit the body of a loved one to the ground. If a casket

is preferred, use a simple, unfinished wood casket such as pine. **Fourth**, have the body buried in a green cemetery or at a natural burial site. **Fifth**, try to plan a smaller service that involves as little travel as possible. And, perhaps plant a tree in the memory of a loved one instead of

going with a fancy headstone or memorial monument.

Finally, ask your funeral provider if they have an electric or hybrid hearse to transport your loved one to the ceremony – that would be a nice, eco-friendly touch. ■

Celebrate Life, Simply.

Celebrate your loved one's life in a way that feels right for you and your family, *without* having to go through a traditional funeral home.



At Branch & Pyre Cremation Care, we understand that many cremation families are opting out of using a traditional funeral home for their memorial service or Celebration of Life, and instead look to family and friends to help them create something unique and more meaningful for their loved one.

When it comes to planning a Celebration of Life or memorial service, families are doing things a little differently now, a little more

casual, a little less of the formal "one size fits all" experience.

For some, it might mean planning a tribute at a favourite local restaurant or hotel, or hosting a simple, intimate gathering in the backyard with the help of family and friends, while for others it might be a private moment shared over a glass of wine or a cup of tea, quietly remembering the good times right at home while looking through photographs and sharing memories.

At the time of death, it is important to honour your loved one's memory, but let it be personal and be sure that it reflects the beliefs and values of the way they lived their life.

A Message from the owner:

"As a funeral director, for me it wasn't always about the big funeral, the elaborate *public* tribute. Or how much families could *spend* to show how much they care."

Throughout my career, some of the stories that I remember most were the simple ones. The private ones shared over a glass of wine, or during the ritual of lighting a candle at home. My clients taught me that even the posting of a memory on social media could be a profoundly meaningful act. And that didn't cost a thing. I wanted to start a service for those families. The ones who wanted to say goodbye, simply.

Lee Barringer
Owner of Branch & Pyre

Branch & Pyre is a cremation service based in Winnipeg, Manitoba.

(See advertisement below)

Securing Your Legacy: Why Having a Will Matters

As an estate planning lawyer, I often say that ensuring your affairs are in order is one of the most selfless things you will do. This is because your Will only takes effect when you are no longer with us. A properly planned Will can remove some of the burden on your loved ones, provide gifts or support for them, and perhaps leave a final legacy behind.

There are so many things to consider: Who do you want to receive your assets? Are there sentimental items that your family may fight over? Do you have any minor, disabled, or spendthrift beneficiaries that require additional planning? Who should be your executor? What is to be done with online accounts like Facebook? The list goes on and on.

With so many decisions to make, it is important to select the right professional to support you (be it lawyers, accountants, financial advisors, etc.). I strive to walk my clients through the process one

Continued on next page

No funeral home appointment required.

\$1,395 +GST

Includes cremation, transfer, and hand-delivery of ashes to your residence and more.

CALL FOR DETAILS

Plan ahead for peace of mind.

We provide simple, affordable cremation care for Winnipeg and surrounding communities.

(204) 952-7741

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Culturally Sensitive
Mindful Advice

A tailored estate plan can help protect your loved ones in the future.

We offer:

- **Free** initial consultations
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- Transparent fee structures
- Emergency estate planning services
- **Free** community presentations on wills and estates for your 55+ group

We travel to meet clients in their homes

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Phone: 204-989-9850
Email: Kendra@KLDLaw.ca
www.KLDLaw.ca

Kendra L. d'Eon

Barrister - Solicitor - Notary Public



Funeral Preplanning Reduces Stress

Securing Your Legacy:

cont'd from page 10

step at a time. Estate planning can be very emotional, and you need to be comfortable with your chosen advisors.

My process is tailored to ensure your estate plan fits you. I provide my clients with a free initial consultation, transparent fees, and flexible meeting options. In Winnipeg, the majority of meetings are held from the comfort of the client's home. In my experience, the process is far easier when you are in a familiar environment and have access to supporting documents.

Regardless of your circumstances, it is important to have a plan in place. Whether you have very little to leave behind or have amassed significant wealth, having an estate plan in place will aid your loved ones through that difficult time. My goal is to ensure that you protect your wishes and protect your estate with a comprehensive estate plan.

Kendra L d'Eon,
KLD Law
204-989-9850

(See advertisement on previous page)



"Funerals are not a pleasant subject to contemplate, and they are often very stressful and expensive events. Planning a funeral in advance can alleviate some stress on remaining family and friends."

The death of a loved one is always stressful. Fortunately, preplanning is something you can do now to help your family. Preplanning helps to answer questions like: Did she want a traditional funeral with burial? Didn't he say he wanted to be cremated? Should we have the service at the funeral home or our church? What music should be played?

Often, family members and friends are unsure of the answers and worry about making poor choices. Preplanning can help your family make better choices and significantly reduces the difficult decisions that traditionally confront loved ones at a time of loss. "Thinking ahead can help you make informed and thoughtful decisions about funeral arrangements. It allows you to choose the specific items you want and need and compare the prices offered by several funeral providers," advises the Federal Trade Commission.

Preplanning can also be done at your convenience, allowing you to make informed decisions. Preplanning can help to protect you from inflation by securing today's prices for goods and services. For your family, preplanning allows them to spend their time supporting one another, sharing memories and celebrating the life that you lived. It lifts the burden of decision-making from their shoulders.

One of the best ways to pre-plan may be to sit down and put your thoughts in writing. The **Personal Planning Guide** offered by **Dignity Memorial**® providers is clear, concise, easy to complete and offered **free of charge**. This guide is a "fill-in-the-blank" final arrangement planner that takes you, step by step, through the recording of your wishes.

Prearranging your funeral or cremation service is a decision only you can make, but it is a decision that affects the people you love most.

Thomson "In The Park" Funeral Home and Cemetery
Tel: 204-925-1120

Every Detail Remembered | **Dignity**

(See advertisement below)



Plan a beautiful, personal remembrance

The way you choose to be remembered should be a reflection of your personality and passions. These days, more than ever before, our funeral planners are helping customize final arrangements...your way.

Contact one of Preplanning Specialists today and receive a **FREE** Personal Planning Guide

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204.222.3241

KLASSEN FUNERAL HOME
204.338.0331

THOMSON FUNERAL HOME
204.783.7211



Every Detail Remembered | **Dignity**



Saving lives can be as easy as having a chat at the kitchen table

Talking about dying while you're still living can be difficult. However, leaving family members to make decisions about organ and tissue donation during a time of crisis is even more difficult.

Having important conversations with loved ones about giving a gift of life and registering your intent to be a donor are the best ways to let families know how to honour final decisions. Within the organ and tissue donation world, family members are part of the journey to donation – they share health information about the person becoming a donor and give the final consent. If you have already talked with them, it's easier for them to do the right thing. Think of this conversation as a gift for your family because it gives them valuable infor-

mation about you and your end-of-life decisions, and it is a gift of hope and healing for someone you will never meet.

Thanks to the generosity of donors and their families, the gift of donated organs and tissue saves lives and improves the quality of life of thousands of Canadians every year. It is important to know that not everyone who registers actually become organ donors at the end of their lives. In fact, very few do. Less than 3% of all deaths in hospital can be considered for donation because death must happen in a specific way for organ donation to be possible. It is a small window of opportunity, which is why it is so important to share your decisions with loved ones and to register.



Registering intent to be a donor in Manitoba takes just two minutes online at www.signupforlife.ca and three pieces of information – name, birthdate and nine-digit Manitoba Health card number. Nearly everyone has the potential to be an organ and tissue donor, regardless of age or medical conditions you may be living with. By registering online, your decision is always available to the medical team and can be shared with your family. Should the situation arise, and donation becomes a possibility, the medical team will assess whether the person could indeed be a donor.

If you have questions or would like more information, please call **204-787-1897** or email info@signupforlife.ca.



Brunet Monuments - Perpetuating the memory of Manitobans since 1910

Brunet Monuments continues to develop beautifully unique and memorable monuments. Founded by Joseph Brunet in 1910, Brunet Monuments has been perpetuating the memory of Manitobans since its inception. Throughout Brunet Monuments' history, three generations of Brunet craftsmen have created customized monuments of the highest quality to commemorate and memorialize.

This family's legacy was preserved by Charles Brunet when he purchased the family-run business from his father, Pierre, in 1990. Charles and his wife Gisèle were proud to serve the community with integrity and heart. A tradition that was passed on from one generation to another and continued until their retirement in December of 2023.

Working alongside Charles Brunet and his wife Gisèle, longtime employee,



André Vrignon-Tessier, his partner Rochelle Werry, and their son Xavier of Brunet Monuments.

André Vrignon-Tessier, developed a similar passion to serve those looking to commemorate their loved ones. What began as a summer job has now turned into a business for his own young family. André Vrignon-Tessier, his partner Rochelle Werry, and their son Xavier, are carrying on the tradition of excellence, knowledge and craftsmanship of Brunet Monuments. They are committed to honouring the past while using old and new techniques to develop artistic, unique and memorable monuments.

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(See advertisement below)



Beauty by Brunet

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Perpetuating the memory of Manitobans since 1910



204-233-7864 | toll free 1-888-733-3323 | 405 Bertrand St. WPG | www.Brunetmonuments.com



The Pros Know **55 Plus** Active Living & Resource **EXPOS 2024**

Visit prosknowexpos.ca for 2024 dates, locations & On-Line resources for Seniors!

Supports for Seniors at the 2024 Expos!!!



Rick Roschuk
Trish Bennett



Wow! What a line-up! We said that last month and now it's even better! When we mentioned that A&O Support Services for Seniors, 211 Manitoba and the WRHA Senior Resources Finders would be at all of the shows, well how about adding two more important seniors resources; Service Canada and Canada Revenue Agency are joining all of the shows to help you with your needs on a direct basis. Just pure gold it is. PLEASE spread the word in your buildings and neighbourhoods, these are going to be the best Expos to hit the city...PERIOD! The nice thing about this, you get to take your time, go from exhibitor to exhibitor and get so many of your questions answered. So start making those lists of questions and we'll be seeing you starting in April and on. www.prosknowexpos.ca has the list of exhibitors for each show on-line now. We are here for you. Take care and see you soon, *Rick & Trish!*

Spring Shows 2024 Show Times: 9:30am to 2:00pm Daily!



Thursday, April 25th | North End
Sgt. Tommy Prince Place
90 Sinclair Street
Venue Host: A&O Support Services



Thursday, May 23rd | Charleswood
Charleswood United Church
4820 Roblin Blvd.
Venue Host: Active Aging in Manitoba



Thursday, May 30th | Fort Rouge
Fort Rouge Leisure Centre
625 Osborne Street.
Venue Host: Seniors Moving Co.

More information at: prosknowexpos.ca

Healthy Community Partnership Grant - Submitted

Victoria Lifeline and its partner, the **Victoria Hospital Foundation**, are excited to announce the call out for our Healthy Community Partnership Grant. Through this grant, we are committed to supporting viable projects, programs, and initiatives that enrich the health and well-being of Manitobans. Recognizing the correlation between healthy living and aging safely in place, the Healthy Community Partnership Grant was established to support the creation or enhancement of opportunities for health promotion among older adults.

Grant funds are awarded to non-profit organizations serving primarily older adults to purchase equipment and to support activities or programs that promote health and independence.

Grant details for the 2024 intake:
Applications accepted beginning:
February 29, 2024
Deadline to submit an application:
May 31, 2024
Applicants informed by:
July 15, 2024


A total of \$10,000 is available and funds will be dispersed and awarded based on the evaluation criteria established for this grant.

The World Health Organization defines health promotion as, "the process of enabling people to increase control over their own health. It covers a wide range of social and environmental interventions that are designed to benefit and protect people's health." Victoria Hospital Foundation and Victoria Lifeline strive to create an inclusive grant program and encourages applications from a diverse group of organizations.


Please be sure to read through the guidelines before applying. More information, the application link and criteria guidelines can be found on the Victoria Lifeline website (<https://www.victorialifeline.ca/about-us/health-promotion-grant>).

To apply for the grant, you will need to create an account.

If you have any questions about this grant or the application process, please contact Lancy McGregor at lmcgregor@vgh.mb.ca or 204-477-3415.



Manitoba Association of Senior Communities



WHAT IS SOCIAL PRESCRIBING?


Many things that affect our health cannot be treated by doctors or medicine alone, like loneliness, isolation or stress due to problems with debt or housing. Social prescribing connects people to non-medical support to address these issues and other unmet needs.

This could involve a Senior Resource Coordinator/Finder or an equivalent role:

- Helping someone who is isolated to join a befriending group, an art class or a community gardening project, based on what matters to them.
- Connecting someone struggling with financial stress to a service that helps with managing debt or claiming benefits.
- Working with someone with high blood pressure to take up a form of exercise that they're comfortable with.

Social prescribing involves understanding the complexities of people's lives and the inequalities they may face. It can help change the circumstances that make people unwell, and empower people to manage existing health problems. It can help people to connect and to grow in confidence.

For more information:
Social Prescribing - MASC
(manitobaseniorkommunities.ca)





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Things To Do - WINNIPEG

Luncheons / Shows / Sales

Archwood 55 Plus, 565 Guilbault St. - Bingo, March 13, at Archwood Community Center. Doors open at noon. **Sisters of the Holy Rock** concert, Sun. Apr. 7, 7 pm. Tickets \$25. Call **204-416-1067**

Fundraising Concert - Two shows: May 24 & 25, at the Park Theatre in Winnipeg. All proceeds go to the Ukrainian Canadian Congress Manitoba Humanitarian Aid For Displaced Persons. Taras Luchak & entourage present their rendition of Joe Cocker, Zeppelin, Stones and Ukrainians in "Mad Dogs & Ukrainians". Tickets \$20, available at the Park Theatre Ticket Web Site. Support donations also accepted.

St James-Assiniboia Norman Art Group - Art Show & Sale, Fri. May 3, 4-8 pm, and Sat. May 4, 10 am-3 pm, St. Andrews Woodhaven Anglican Church, 2700 Portage Ave. Free admission! Gift basket raffle! Lunch available for purchase Saturday!

Prairie Canada Carving Expo - Apr. 19, 20, 21, at Pembina Curling Club, 1341 Pembina Hwy. Info: www.prairiecanadacarvers.com.

RCL Wpg Polish Legion Br# 246 - Community Charity Meat Bingo, Sun. Apr. 7, 1-5 pm. Doors open 12:30 pm. Advance tickets & Door sales \$10 (3 entrance cards, extra cards \$2 each). Info, call Br: **204-589-5493** or **204-586-7060**.

The Winnipeg Model Railroad Club - Open House and Train Show, Sat. Apr. 20 (10-5 pm) & Sun. Apr. 21 (10-4 pm), at the Charleswood Legion, 6003 Roblin Blvd. Demonstrations, model displays, etc. Wheelchair accessible. Admission by donation - part of the proceeds go to support St. Amant Center.

Friendship Force Winnipeg - Join us for dinner, meet new friends and enjoy an evening of fun and fellowship. A Friendship Force membership provides opportunities to explore new countries and cultures by bringing people together at the personal level. Dinner reservations, Elizabeth: **204-452-5299** or www.friendshipforcewinnipeg.org

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

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

Misc.

Income Security Super Clinic - Tues. Mar. 19, 1-4 pm, Access Fort Garry, 135 Plaza Dr., Rm. 166. No app't needed. [Eagle Urban Transition Centre](http://EagleUrbanTransitionCentre.com) - support with Status card applications, renewals and info. [SEED Winnipeg Inc](http://SEEDWinnipegInc.com) - Manitoba birth certificate applications, credit union referrals. [Community Financial Counselling Services/WRHA](http://CommunityFinancialCounsellingServices.com) - free income tax filing through Verified Partner program. [Service Canada](http://ServiceCanada.com) - SIN, EI, CPP, OAS, GIS application support + inquiries. [Canada Revenue Agency](http://CanadaRevenueAgency.com) - account inquiries, updates + info, Disability Tax Credit + Child Tax Benefit. [Employment and Income Assistance](http://EmploymentandIncomeAssistance.com) - benefit information, file updates + inquiries. [Manitoba Income Supplement Programs](http://ManitobaIncomeSupplementPrograms.com) - benefit info + applications; Rent Assist, Healthy Baby, 55+. More info: eiacomcommunity@gov.mb.ca

St. Vital T.O.P.S. Weight Loss Support Group - Worried about future health problems from extra weight? T.O.P.S. (Taking Off Pounds Sensibly) is a non profit weight loss support group. It's about lifestyle change. Meet Mon. eve's, 6:15-7:45 pm, St. Eugene Church (side door), 1009 St Mary's Rd. In St. Vital. Info, Louise: **204-990-2144** or www.tops.org.

McNally Robinson Booksellers - Community Classroom courses on writing, storytelling, and more with a fantastic lineup of educators. mcnallyrobinson.com/classes.

Music / Dancing

Forever Young Club - St. Patrick's theme Dance, Mar. 23, 3584 Portage Ave. Dress in green. Classic rock music 50's/60's/70's doors open 7, dancing 7:30-11:30 pm DJ. Rockin' Ernie \$15, late lunch. Registration required by Mar. 21. fycwpg@gmail.com, **204-261-4442**.

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) **St. Patrick's Day Bash**, Mon. Mar. 18, 1-2 pm. Free Events. **204-946-0839**, office@pal55plus.ca, <https://pal55plus.ca>.

The Senior Choral Society of Winnipeg - Practices at McClure United Church (basement), 533 Greenwood Place behind the CNIB on Portage Ave. We are a four part choir. All voices welcome. Info, Gerda: **204-669-5570**

The Happy Homesteaders - sing with our A Capella group of retired males. No experience required, training provided in barbershop style singing. Daytime concerts and practices. Perform mostly at seniors' residences. Info, Vern: vnelson@nelsonfinancial.ca, **204-256-5562**, (retired), or Harvey: **204-888-6306**, hschmidt7@mts.net.

Norwood 55+ Dance Club - Dance or listen to old-time music. Musical ensemble (violin, accordion, guitar) performs Fridays, 1-3 pm, in the Norwood-St. Boniface Legion Hall, 134 Marion St. Adm. \$5 (cash). Light snack. Doors open 12 noon. Free pkg across lane. Info, Rachelle: **204-233-5892**

Sports / Fitness / Games

Garden City Senior Golfers Club - looking for Men 55 and older to golf weekly in a fun league with about 75 members, May-Sept. Play in a different foursome ea. month, at various golf clubs within an hour's drive of the city. Play as a walker or cart-rider. 4 out-of-town tournaments once a month. Monthly breakfast meetings Apr.-Sept. Wind-up in Oct. Info, Brian Ridley: **204-669-4795**, pritchardfarm@shaw.ca, or www.gcsgwpg.com.

Prendergast Seniors Club (Windsor Park) - Are you a CRIB player? If so, come join us Mondays and Wednesdays, 906 Cottonwood Rd. Your are also welcome to join us for our monthly, in-house luncheons. Call Gerry: **204-257-1475**

Learn to play Pickleball in the North End - Bonnie Gabbs, 76 yrs old, plays and teaches Pickleball at Sergeant Tommy Prince Place, 90 Sinclair St. Seniors are invited to come and try it out. Coaching clinic - Wednesdays, 1-3:15 pm. Info: gabbs1947@gmail.com.

Red River Senior Cards St Vital - Whist: 12:30-3:30, Thursdays at Norberry-Glenlee Community Club, 26 Molgat Ave. Email: Norbglen@yahoo.com or call the Club: **204-256-6654** for info.

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

Vital Seniors - Scrabble, Mon. noon-4; Carpet Bowling, Tues. 1:30-3:30, 3 St. Vital Rd. Yrly Membership \$10, activity \$4.50 pp, call **204-253-0555** or stmary@mymts.net

Active Aging in Manitoba - 2024 Manitoba 55+ Game, Winter Curling Event, Mar. 5-7/24 at the Brandon Curling Club. Registration Deadline: Feb. 2/24. Categories: 4 Person Curling (Qualifier for the Canada 55+ Games) 160/team, 2 Person Stick Curling - Under 70, 70+, \$80/team. Info: www.activeagingmb.ca, **204-632-3947** or **204-261-9257**, manitoba55plusgames@gmail.com.

The Pembina 55-PLUS Curling League - Looking for curlers at the Pembina Curling Club, 1341 Pembina Hwy (close to McGillivray). 2 games/wk, alternating btw Mon., Wed. and Fri., 1 pm. Teams established using random selection for each of 4 rounds (10 Games). Individual registration is available for 1, 2, 3, or 4 rounds. Alternatively, start by sparing. Registration info: 55pluscurling.com, email contact@55pluscurling.com

The West Kildonan Seniors Recreation Club - Looking for people to curl on Tue. and/or Thur. mornings. Novice curlers are welcome. Equipment and qualified instruction can be provided. Try a game for free. Curling starts Oct. 10, but you can join for the season at very affordable rates. John: **204-582-1904** or visit wksr.com.

Garden City Community Centre / Seven Oaks SportsPlex - 725 Kingsbury Ave. 55+ Programs: Zumba, Bocce Ball, Pickleball, Line Dancing. Program schedule: www.gardencitycc.com/seniors.

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

Continued on page 15

Things To Do - RURAL MB

Email wording for your PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by April 1st for the April 10 issue. Please advise us of any closures for summer or holidays.

Programs / Services

A & O: Support Services for Older Adults - Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere. Info: **204-956-6440**, Toll Free: **1-888-333-3121**, info@aosupportservices.ca, www.aosupportservices.ca

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

Brandon - Seniors For Seniors - Dinner is served meal program, Fri. 12 noon delivery. Meals \$12. Grants and donations gratefully accepted. Info: **204-571-2053**.

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

East St. Paul 55+ Activity Centre - (262 Hoddinott) - Programs for area residents. Call for programming: **204-654-3082** (msg).

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

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. **Arborg** and District Seniors Resource Council **204-376-3494**; **Ashern** Living Independence for

Elders **204-768-2187**; **Brokenhead/Beausejour** Outreach for Seniors 268-7300; **Victoria Beach** - East Beaches Resource Center **204-756-6471**; **Eriksdale** Community Resource Council **204-739-2697**; **Fisher Branch** Seniors Resource **204-372-6861**; **Gimli** Seniors Resource Council **204-642-7297**; **Lundar** Community Resource Council **204-762-5378**; **Riverton & District** Seniors Resource **204-378-2460**; **St. Laurent** Senior Resource Council **204-646-2504**; **Selkirk & District** Senior Resource Council **204-785-2737**; **Stonewall** - South Interlake Seniors Resource Council **204-467-2719**; **Springfield** Services to Seniors **204-444-3139**; **Teulon** and District Seniors Resource Council **204-886-2570**; **Lac du Bonnet** - Two Rivers Senior Resource Council **204-345-1227**, **Pinawa** **204-753-2962** or **Whitemouth/Reynolds** **204-348-4610** or **Winnipeg River** Resource Council **204-367-9128**

Montcalm Service to Seniors - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Renee: **1-204-758-3357** or montcalmserviceprogram@gmail.com

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

Niverville Services to Seniors - Some services include: Low cost fitness, Wed. 9:30-10:30 at Friendship Centre, Mobility equipment rental, low cost transportation services to appts., one on one visiting, volunteer opportunities, special outings, and much more. Info: **204-388-2188** or email sts@heritagecentre.ca

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

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

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

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

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

Springfield - Springfield Seniors - Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. **204-444-3139**, springfieldseniors@mymts.net.

Steinbach - South East Artists - Art Show and Sale, Sat. Apr. 20, 10 am-4 pm, at Clear-spring Mall. The South East Artists will be painting on site. You'll be able to buy local art.

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

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

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

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

Things To Do - WINNIPEG

Continued

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

Winnipeg Minor Basketball Association (WMBA) with the **Manitoba Association of**

Support Groups

GriefShare support group - If you have lost a loved one, a GriefShare support group is a safe, welcoming place to help with the difficult emotions of grief. Contact Kilcona Park Alliance Church at info@kilcona.org or go to Griefshare.com to find a group in your area.

Volunteering

Actionmarguerite St. Boniface, 185 Despina 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 to help Recreation staff, transport residents in wheelchairs to in-house appt's. **204-235-2111**, service@actionmarguerite.ca

Bethel Place - Congregate meal program needs volunteers in kitchen and dining room. Lunch time and supper time shifts. 3 hrs once/wk. Proof of Covid Vaccination. Melanie: mcamara@bethelplace.ca

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed in the gift shop 12-4, assisting with recreation programs & transporting residents to / from worship services held in the Centre. **204-831-2503** or visit deerlodge.mb.ca/volunteers/

Golden Rule Senior Resource Centre, 625 Osborne Street (Fort Rouge Leisure Centre) - is recruiting volunteer for Office Reception and Recreational Activities and Programs, Mon-Fri, 10-3. **204-306-1114** or goldenrule@swsrcc.ca

Manitoba Genealogical Society - Volunteer Opportunities: Social media poster, Online newsletter editor, Publicity person, Office cleaning, IT database wizard & more. volunteer@mbgenealogy.com or <https://mbgenealogy.com/how-you-can-help/>

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

Misericordia Health Centre and Misericordia Place - Volunteers being accepted to support patient care. Training provided. Giftshop, open 10 am-4 pm. (3-hr shifts), Rehab/Physio programs shifts, 8:30-12 noon and some afternoons. **204-788-8134**, www.misericordia.mb.ca, volunteer@misericordia.mb.ca

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. Volunteers for "Grandma & Grandpa Swim Program" for pool play time with preschoolers from daycares. 1 hr/wk. Police check required. **204-582-0066**, M-W-F, or ncsc@shaw.ca.

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

St. James-Assiniboia 55+ Centre - Kitchen Volunteers needed to help in the kitchen, and meal planning. Call Paula: **204-560-5181**

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

Villa Cabrini - Is currently looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are available with 3 hr commitments/week. Contact Samantha Silvester: vcabrini@mymts.net for info or to volunteer.

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

Catherine.Linnemann@extendicare.com

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

Programs / Services

A & O: Support Services for Older Adults -

Programs to help you stay connected and active. Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere. Info: **204-956-6440**, Toll Free: **1-888-333-3121**, info@aosupportservices.ca, www.aosupportservices.ca

Anavets Assiniboia Unit 283 - Meat Draws, Bingo & Cribbage 3 x/wk. Dancing to live Bands Fri. nights and special events on Saturdays. 3584 Portage Ave. Hall rentals. **204-837-6708**.

Archwood 55 Plus Inc. (a non profit organization for seniors) - at Archwood Community Center, 565 Guilbault St.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: lkeehler84@gmail.com or Mel: **204-291-4592**.

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

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

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

Dufferin Senior Centre, 377 Dufferin Ave. - Pancake breakfast - Feb. 13, 9 am-12 noon, \$5 per person. Dance - Sat. Feb. 24. Bingo - Mondays, 1 pm. Chair exercises - Thursdays, 10 am. Call Al **204-771-3325** for info.

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

Golden Rule Senior Resource Centre - Programs - **Tech Talk Mondays**, 1-3 pm, bring your phone or iPad. **Floor Curling Tuesdays**, 12:30-2 pm. **Pickleball Thursdays**, 1-3 pm. Fri. Feb. 23, movie 'Grease' starting 1 pm. Popcorn, coffee, tea provided. Fort Rouge Leisure Centre, 625 Osborne. Hours 9:45-3:30. **204-306-1114** to register or email goldenrule@swsrcc.ca.

The Happy Gang - Monthly Get-togethers, 3rd Thurs. ea. month except July & Aug. Next Get-together, Thur. Feb. 15, 1:30-3 pm, Prairie Spirit U. C., 207 Thompson Dr. Play games, bridge and complimentary refreshments. Prairie Spirit United Church, 207 Thompson Drive. Info: **204-832-1000** or **204-895-7410**.

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

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

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

Nature Manitoba - is people sharing a passion for nature. We deliver nature-based educational programs, outdoor activities, group outings and more. <https://www.naturemanitoba.ca/> for all our programs and activities or for more info.

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

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Take 5 Monday, 9:30-2:30, Until June 19/24.

Exercise, entertainment, crafts, current events, speakers, lunch, volunteer opportunities. Cost \$30 includes food and transportation. Ask about our winter programs. **204-946-0839**, office@pal55plus.ca, <https://pal55plus.ca>

Probus Club of Winnipeg - Meets 10 am third Tuesday ea. month at Unitarian Universalist Church, 30 Wellington Cres. Probus is for those who like the social aspects of retirement or semi-retirement. New members and guests welcome. winnipegprobus85.wordpress.com

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

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

South Winnipeg Family Information Centre - Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. Lower Level. Join us for coffee snacks, great conversation, fun activities, and more, every Wednesday morning. Call **204-284-9311** for more info.

South Winnipeg Family Information Centre - Tech for Seniors Mondays from 1:30-3. Need help with your tablet? Phone? computer? We can support and help you learn just what you want to learn. Call **204-284-9311** for more info.

South Winnipeg Seniors Resource Council - Pop-Up Offices are back. Visit us at [The Rady Centre](http://TheRadyCentre), Mar. 11, Apr. 8, May 13, 10 am-1 pm; the [Bill & Helen Norrie Library](http://Bill&HelenNorrieLibrary), Mar. 12, Apr. 9, May 14, 10 am-1 pm; [Charleswood Library](http://CharleswoodLibrary), Mar. 19, Apr. 16, May 21, 10 am-1 pm; [Golden Rule Seniors](http://GoldenRuleSeniors), Mar. 21, Apr. 18, May 16, 11 am-2 pm, Fort Rouge Leisure Centre, 625 Osborne. Schedule is subject to change. Schedule subject to change. For more info: **204 478-6169**.

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

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

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

The Y. A. H. Club - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital) - Ask about our winter programming: may include: book club, ukulele, Men's Coffee Club, Dinner Club, painting classes, exercises, pickleball, scrapbooking, card making, drawing club and more. Contact Gerry: **204-233-0648**, or office@windsorcc.ca or Rosie: rosieschau@gmail.com

Email the exact wording for your PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by April 1st for the April 10 issue. Please advise us of any closures for holidays.

February 28, 2024

MANITOBA GOVERNMENT MAKING IT EASIER FOR FORMER NURSES TO COME BACK TO WORK

The Manitoba government is working with three nursing regulatory colleges to create a streamlined path for former nurses to return to work, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced today.

"We need every trained nurse in Manitoba to be working in health care to deliver the quality of care that Manitobans deserve," said Asagwara. "After seven years of the former government's mismanagement and cuts, we want nurses to know that it is a new day in Manitoba and that we're working to make the culture of health care better. This announcement, which is the result of collaboration with the nursing colleges, will help nurses who have left the profession to return with the knowledge, experience and mentorship our health system needs."

The interim changes will ensure former licensed practical nurses, registered nurses and registered psychiatric nurses who worked in Manitoba's health-care system in the last five years and were in good standing with their regulatory college have a faster, more flexible pathway to return to

their profession. Effective immediately, all three colleges will reduce the number of recent practice hours required for reinstatement and will have more options to meet requirements for currency of practice including conditional registration or a supervised return to practice. Provisions remain in place to protect the quality of care and responsibility for patient safety that Manitobans expect, noted the minister.

In collaboration with nursing colleges, regulatory amendments making these changes permanent are expected to be in place this spring, noted the minister. Individuals who return to the workforce under the interim approach will continue to be eligible to practise at that time.

"We are actively working with the Manitoba government and our partners across the health system to create additional opportunities for former registered nurses to return to the health workforce in an expedient and safe manner," said Deb Elias, chief executive officer and registrar, College of Registered Nurses of Manitoba. "We are pleased to see the government commit to timely regulatory updates that

help us meet our mandate to serve and protect the public interest."

"This is a wonderful step forward in trying to return experienced nurses back into the public system," said Darlene Jackson, president of the Manitoba Nurses Union. "We're excited to work with the government on this and other steps to support nurses and help address the shortage of nurses across Manitoba."

"We welcome the collaborative problem-solving approach that has enabled regulators and government to work together on these registration and regulatory changes," said Jennifer Breton, executive director, College of Licensed Practical Nurses of Manitoba. "These changes will ensure that we have the flexibility we need to welcome nurses back into the profession, without compromising competency standards."

"Today's announcement showcases collaboration and we welcome the opportunity to work with government and our partners in the health system to ensure a safe return to psychiatric nursing practice," said Laura Panteluk, registrar and chief executive officer, College of Psychiatric

Nurses of Manitoba. "We appreciate the Manitoba government's initiative to work with us towards a longer-term solution through these regulatory updates."

Former nurses who are interested in returning to the public health-care system should contact the regulatory college associated with their profession for more information on the new reinstatement criteria.

Retired nurses may also be eligible for financial supports through Manitoba Economic Development, Investment, Trade and Natural Resources, which would help to cover the cost of registration, reinstatement application, licensing and professional liability fees. For more information about financial supports and eligibility, retired nurses interested in returning to the public health-care system can connect with an employment navigator at

nurseemploymentnavigator@sharedhealthmb.ca

For more information about nursing colleges in Manitoba, visit <https://crnm.mb.ca/>, <https://clpnm.ca/> and <https://crpnm.mb.ca/>.

Misericordia Terrace - Grand Opening

February 27, 2024 - Cliff Olson, Executive Director of the Misericordia Terrace, greeted media and invited guests to witness their Grand Opening and to take a tour of the impressive suites and building.

Tenants enjoy being active and living a

healthy, independent life in the heart of Winnipeg in the West Broadway neighbourhood.

They are conveniently located across the street from the Misericordia hospital, accessible by a skywalk. Although the meals served are delicious and nutritious, there are several

restaurants close by. A pharmacy, library, bus route, bike paths and parks/green spaces are also a stone's throw away.

You can enjoy the fresh air without leaving the premises on the 2nd floor seasonal outdoor terrace.

You can also take in the breathtaking panoramic view from the higher floors.

For information, call 204-788-8020 or visit misericordiaterrace.ca.

(See advertisement on front page)



Misericordia Terrace.



Cliff Olson, Ex. Dir. toasts with his colleagues.



View from the 10th floor.



Invited guests include (L-R): Wanda, JoAnne, Carol, Susanne and Lesley. Many are Nursing graduates of the Misericordia and volunteers in the hospital's Heritage Room. Wanda's husband is playing piano in the bkgd.

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An E.R.I.K. contains all your medical information that first responders need to know in case of an emergency. For more information about these kits, please contact Melanie at 204-424-5285 or labseinerss@gmail.com.

Pembina Active Living (55+)

Zing into Spring

Spring program registration, exhibitors, refreshments, & entertainment.

FREE EVENT!
See what PAL has to offer!

Tuesday, March 19th 2024, from 11 a.m. - 2 p.m.
170 Fleetwood Rd. (Whyte Ridge Community Centre)

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Please register to attend by email at programs@pal55plus.ca or by phone at (204)946-0839

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MARCH 2024

Easter Egg Hunts hold Bittersweet Memories

Seeing it's March, my thoughts naturally drift to Easter and I find myself reflecting on how different my kids' childhood memories are from my own.

Growing up in a Jewish household, Easter held no real meaning for me. Although the store shelves were stocked with colourful, weaved baskets and every kind of chocolate egg and bunny imaginable, and the seasonal greeting cards screamed Happy Easter from halfway down the aisle, I was immune to the holiday's prevailing power. After all, I was not the target audience – people who celebrated Easter were.

At 30 years old, I married outside the faith and had two children who my husband and I raised much differently than my parents raised me. Tradition trumped religion in our little family, so getting together with relatives on both sides for all the holidays was a priority. My children have some memories that are similar to mine – like asking “the four questions” at the Passover seder – but their memories also include decorating the Christmas tree and hunting for Easter eggs.



The annual Easter egg hunt also became a new adult memory for me – and a sweet one, at that (pardon the pun). I still remember Kevin and I trying to convince the kids to go to bed at a de-

cent hour the night before Easter morning, so they'd be wide awake for the hunt. But it rarely worked out that way, and it was usually close to midnight when we found ourselves frantically looking for the best places to hide our collection of egg-shaped goodies (places where they'd never think to look).

Of course, the sun had barely risen the next morning when the kids invaded our bedroom with their plaintive pleas to start the hunt they'd been dreaming about all night. In a fog, we stumbled down the stairs in our pyjamas and listened to the coffeemaker gurgle while the kids tore the house apart looking for the eggs.

Of course, the next best part, for my son and daughter, was eating the chocolate delicacies. The next best part, for Kevin and me, was drinking the coffee!

We still look forward to inhaling the java every morning, but Easter egg hunts... they are now just one of the wonderful memories of young parenthood.

Robbi Goltsman-Ferris is a CJNU Volunteer

CJNU takes flight this March!

CJNU's remote studio will be located at the beautiful Royal Aviation Museum of Western Canada, right by the airport, throughout the month of March.

There's so much rich aviation history in our province, so it's a perfect match for the month. We'd love to see you at the museum - so please come and say hello if you get a chance!



Our March Host Sponsor—the Manitoba Historical Society



The Manitoba Historical Society (MHS), founded in 1879, is the oldest organization in Western Canada, and the second-oldest in all of Canada, dedicated to preserving our past for future generations.

The MHS holds fast to the mandate of our founders, continuing their legacy of preservation, promotion, research and education. Our award programs recognize the works of Manitoba youth, and the many farms, businesses and organizations that have operated continuously for 100 years or more.

We are advocates for preserving our province's built heritage. We present field trips throughout our province, host films and lectures, and organize multicultural events where Manitobans can share their rich past.

Over time, the MHS has amassed impressive collections of books and artefacts, which have become the basis of today's Archives of Manitoba, Winnipeg Public Library and Manitoba Museum.

The Manitoba Historical Society produces the highly acclaimed *Prairie History* magazine three times a year. In it, people discover the rich tapestry of Manitoba's past – its fascinating stories, untold secrets and hidden gems.

Through captivating videos, our acclaimed magazine, enlightening field trips and an array of invaluable resources, we offer a journey through time like no other.

For those interested in financially supporting the MHS, and to continue our mission – keeping Manitoba and Prairie history alive – donations may be made online at www.mhs.ca or by mailing a cheque to the Manitoba Historical Society, 710A One Lombard Place, Winnipeg, Manitoba R3B 0X3. Your charitable donation today will help present and future generations understand our history.

Call us today at 204-947-0559 or visit our website at MHS.ca and start your adventure!

March is Fraud Prevention Month
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If you think you may be the victim of investment fraud, please contact the Manitoba Financial Services Agency at 1-855-FRAUD-MB (1-855-372-8362).

Batter up!

CJNU presents *The Inside Pitch* – the Winnipeg Goldeyes' off-season show – Wednesday March 20th from 7 to 8 pm.

Join voice of the Goldeyes, Trevor Curl, for an hour of information and conversation about the Fish, and news and developments in Independent and Professional Baseball!

Seasons Tickets and 10-Game Mini Packs for the 2024 Goldeyes Season are available now—head to goldeyes.com for more information.



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WORDSEARCH - WOMEN (International Women's Day) By Roni Alward & Senior Scope

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CROSSWORD - By Myles Mellor

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1. Detachable container
 4. Generous slice of the pie
 8. Do sums
 11. Verb for you
 12. Water sport
 13. Charlie Sheen, to Martin
 14. One to hang out with
 15. Piece of merchandise
 16. Word with horse or bass
 17. Put in order
 19. Bikini top
 21. So-and-sos
 24. Relative
 27. Mature
 30. Hint in "Sherlock"
 31. Neck of the woods
 32. Artist's paint board
 34. Physics calculation
 35. Head the cast
 36. Workout unit
 38. Bar order, with "the"
 42. "Little piggie"
 44. Sounded, as a phone
 47. Whodunit writer Grafton
 48. Mice predator
49. "Oops!"
 50. Time of arrival (Abbreviation)
 51. "You bet!"
 52. Dumbo's likeable trait
 53. King of boxing
6. Pub quaff
 7. Fiasco
 8. Onslaught
 9. Bambi, for example
 10. Crick and Watson's discovery
 18. Olivia Newton John and John Travolta starred in it
 20. Daytona Beach competitors
 22. Spinners
 23. Clash
 25. Cashew, e.g.
26. Piece of pipe
 27. Obstruct
 28. Hurler's stat.
 29. Ships
 33. Comedy offering
 37. Unwavering
 39. Not mint
 40. Car
 41. Like Jack Sprat's diet
 42. Poodle, maybe
 43. Be indebted to
 45. "Gotcha!" exclamation
 46. Fjord country (Abbr.)

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| Active | Fiery | Lovely | Social |
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| Blessed | Fun | Mature | Special |
| Brave | Gentle | Nice | Spunky |
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| Bubbly | Giddy | Poetic | Sweet |
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SOLUTION ON PAGE 19

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			2	8			9	

Each 3x3 cell has the digits 1-9.
Each vertical and horizontal line also has the digits 1-9.
Enter each digit (1-9) only once each in each cell and each line.

SOLUTION TO RIGHT

WORDSEARCH - Solution

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

CROSSWORD - Solution

1	P	O	D		4	S	L	A	B		8	A	D	D				
11	A	R	E		12	P	O	L	O		13	S	O	N				
14	P	A	L		15	I	T	E	M		16	S	E	A				
17	A	L	I	G	N		19	B	R	A								
					21	R	A	T	T	S		24	A	U	N	26	T	
27	D	E	V	E	L	O	P				30	C	L	U	E			
31	A	R	E	A		32	P	A	L	E	T	T	E					
34	M	A	S	S		35	S	T	A	R								
					36	S	E	T			38	U	S		39	U	A	L
42	T	O	E			44	R	A	N	G		47	S	U	E			
48	O	W	L			49	U	H	O	H		50	E	T	A			
51	Y	E	S			52	E	A	R	S		53	D	O	N			

SUDOKU - Solution

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



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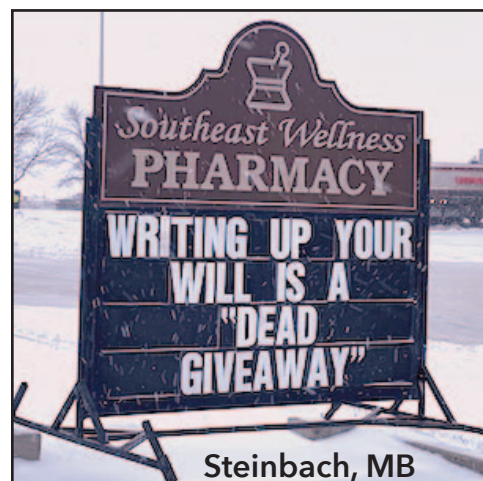
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FUNNIES FUNNIES FUNNIES

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Relationships are like algebra. Did you ever look at your X and wonder Y?

Five ants rented a suite with five other ants. Now they're tenants.

Why did the chicken cross the road to go to the gym?
To work on his pecks.

I was hired as to sketch suspects at police headquarters. Now I'm a con artist.

REARRANGED LETTERS:

ELECTION RESULTS LIES LET'S RECOUNT

SLOT MACHINES CASH LOST IN ME

THE MORSE CODE HERE COME DOTS

My therapist says I have an obsession with vengeance. We'll see about that.

the CLASSIFIEDS

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FOR SALE: Kenmore Special Edition upright vacuum cleaner - \$100. Four fur coat, full length, leopard pattern, sz med, new cond. - \$150. C.D. Player, like new - \$50. 204-889-3770.

LOST & FOUND

FOUND: Cell phone found in January, 2024 at a bus stop on a major bus route near U of M campus in Winnipeg. Call 204-467-9000. Leave msg.

WANTED ITEMS

WANTED: 8mm cassette movie camera that works; Smaller piano accordion with many bass buttons; Adapter for a VCR to play 8mm cassettes. 204-880-4926.

WANTED: Electric Metallic Tubing 1/2 inch Off-Set Press Tool. 204-284-2660 Wpg.

WANTED: 1997 Ford F350, 1 ton, 4x4, w/dual wheels, for parts. Running or not. Can pick up. Call Dave 1-204-746-4318 (Morris, MB).

JOBS

JOB OFFER: Seven Oaks Transmissions needs parttime general help in automotive shop: general shop maint., assist technicians, shuttle customers, pick up parts. Valid MB driver's license required. 7 am-12 pm. 204-338-7067.

Sell those unused items! Make some extra cash!

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