



Mobile Law Office - "We Come To You"

Ph: 204-808-0418

Website: www.mobile.legal

Call us or click
on our website
today

- ✓ Wills & Powers of Attorney
- ✓ Probate & Estates
- ✓ Healthcare Directives (living wills)
- ✓ Notary Public Services



STORY INSIDE!

Alzheimer Society
Manitoba

November is Fall Prevention Month

alzheimer.mb.ca | 204-943-6622

Senior Scope

Vol. 24 No. 5 | Nov 10 - Dec 9/25

READ ONLINE at www.seniorscope.com
Sign up for a **FREE** email subscription. See pg 2.

FREE

NEWSPAPER

BONNIE GABBS – A Life Filled with Sports

**Leaving
a Legacy**
Feature
Pages 11 - 15



A MANITOBA
MOMENT

By Bud Ulrich

I was invited by Bonnie Gabbs to the Sergeant Tommy Prince Place in the North End of Winnipeg to give my hand a try at one of the fastest growing sports, the game of pickleball. This was also an opportunity to have a chat with a woman who has excelled in several sports at a high level. Now that Bonnie is well into her senior years, she continues with her athletic prowess, organizing and playing pickleball as much as she can despite one knee replacement that needed to be redone, and one shoulder replacement.

In 1947, Bonnie was born at the St. Boniface hospital. Her mother was born in Winnipeg and her dad came from Germany. Bonnie has one younger brother, Rick, and an older sister, Donna. Sadly, her other sister and two other brothers have passed away. Bonnie was the stalwart in her family, and her escape was through the love of sports.

At a young age, Bonnie was involved in almost every sport. Clearly, this is part of who she is. Basketball was high on her list of favourites,

although she liked team handball and badminton as well. There wasn't a sport that she didn't participate in.

While at Garden City Collegiate Bonnie dominated the suburban track finals winning 60 yards, 100 yards, 220 yards and open hurdles in the intermediate category. Bonnie's sister Donna won the 100-yard dash as a senior and the ball throw. The Gabb sisters were a force to be reckoned.

Bonnie lived in the Seven Oaks district of Winnipeg on Enniskillen Avenue and attended Victory School, Jefferson, and Garden City High School. She was a student at the University of Manitoba taking the one-year physical education teaching certificate which was being offered at the time. Bonnie applied to the Winnipeg School Division No. 1 and one woman on the selection committee who was a top tennis player knew of Bonnie's skills in badminton. "I got hired right away I was only 18 years old," Bonnie said.

Bonnie's skills were at a high level, and she had the chance to enter the Olympics. However, in those days there weren't any sponsors, and she would have had to quit her job in teaching. She loved her job at Sargent Park School and was quite comfortable in her role of teaching youngsters. Margaret Scott, Principal Sparling, Clifton, David Livingston, and a few other schools provided employment for Bonnie.

Continued on page 3

Life Assure
Medical Alert Systems

MANITOBA'S BEST MEDICAL ALERT

- MONITORING ALL ACROSS CANADA
- WATER RESISTANT AND SHOWER SAFE
- FALL DETECTION CAPABILITIES
- NO FEES AND NO CONTRACTS

ACCREDITED BUSINESS
BBB

PROUDLY CANADIAN

Google
★★★★★ HIGHLY RATED BY THOUSANDS OF CANADIANS

Call Now Toll Free!
1-800-205-7878
f @ X www.lifeassure.com




MIRACLE MAKER
THE CHILDREN'S HOSPITAL
FOUNDATION OF MANITOBA

Help make sure kids like Jack always have the best care possible.



Become a monthly donor at goodbear.ca/monthlydonor.




ENHANCE YOUR LIFESTYLE – CALL TODAY



The Heart
of Independent
Living

204.788.8020
misericordiaterrace.ca



Senior Scope

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

Advertising:
204-467-9000

Feature Columns:
Bud Ulrich
Myles Shane
Scott Taylor

Contributing Submissions:
Alzheimer Society
Linda Brown - AAIM
Greg Marsh
Senaka Samarasinghe
Roni Alward - Trivia and Word Search

Senior Scope is available for **FREE** at many locations in Winnipeg and rural Manitoba, by email subscription, online at www.seniorscope.com, and by mail subscription for a fee.

Mail Subscriptions:
36.00 + 1.80 gst (37.80 total) 12 issues/1yr.
Pay by cheque or e-transfer payable to:
**Senior Scope, Box 1806
Stonewall, MB R0C 2Z0**

FREE Email Subscriptions:
kelly_goodman@shaw.ca to sign up.

Distributed in Winnipeg and 100+ rural Manitoba communities: Altona, Anola, Arborg, Ashern, Baldur, Balmoral, Beausejour, Birds Hill, Birtle, Boissevain, Brandon, Carman, Clam Lake, Cranberry Portage, Dauphin, Dominion City, Dugald, Elie, Emerson, Erickson, Eriksdale, Fisher Branch, Flin Flon, Frasnwood, Garson, Grand Marais, Gimli, Grandview, Hamiota, Headingley, Hodgson, Holland, Ile des Chenes, Killarney, 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.

Copies are concentrated in Winnipeg and in larger rural centres.

Senior Scope is available at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations. Available online at www.seniorscope.com, by mail subscription, or email subscription (FREE). e-Subscribe at: kelly_goodman@shaw.ca.

The content or advertising in this publication does not necessarily reflect the views and/or opinions of Senior Scope. We do not make any warranty as to accuracy of material published. © Copyright 2025 Senior Scope. All rights reserved. NO PORTION OF SENIOR SCOPE MAY BE COPIED OR PUBLISHED WITHOUT PERMISSION FROM THE PUBLISHER. Contact Senior Scope by email at kelly_goodman@shaw.ca.

Send your Letters or Community Story Submissions to: kelly_goodman@shaw.ca



Active Aging in Manitoba



Linda Brown,
Executive Director, AAIM

Changing seasons Don't let the changing season be a reason to spend more time on the couch! Plan for those shorter daylight days, and inclement weather to help maintain your routine of regular physical activity. Replace that summertime outdoor activity with something new or take that outdoor walk into to your local mall. Just like we need to plan daily activity to ensure it happens, we need to plan to modify our outdoor activities based on seasonal changes. All those outdoor activities that you might think of as "chores" - like cutting the grass, work-



KLD Law

Culturally Sensitive
Mindful Advice

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

We offer:

- **Free** initial consultations
- Thoughtful wills and estate plans
- Consideration of unique assets
- 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

Licensed in Manitoba & Ontario

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

Kendra L. d'Eon
Barrister - Solicitor - Notary Public


Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

- Submitted by Linda Brown



Active Aging Day



Active Aging in Manitoba

weight or resistance training can be more effective in body weight management than aerobic type activities. Aerobic activities are those that raise your heart rate – a brisk walk, running, cross country skiing, etc. We still need those aerobic type activities, but we are learning that maintaining muscle mass is just as important and sometimes is a neglected component.

You have many options to improve your muscle strength:

- Light weights - 1 to 3 lbs.
- Water Bottles – adjust the weight with the amount of water
- Resistance Bands – challenges the muscles with added resistance
- Body weight – to add resistance working against gravity
- Tai Chi and yoga

What are some exercises you can do at home without any equipment?

- Sit to Stand – using a sturdy chair – stand up fully and sit back down, repeat
- Squats – feet shoulder width apart; slowly lower your buttocks like you were going to sit down and return to standing.
- Walking lunges – taking longer strides
- Wall push ups – hands on the wall a bit wider than shoulder width; toes about 12 inches from the wall. Bend elbows allowing the body to come closer to the wall and extend arms or push away from the wall.
- Abdominal strengthening – seated chair crunch. Sitting forward in a sturdy chair; arms across chest slowly lean back to touch the back of the chair and return to an upright position. Keep breathing; do not hold your breath

Remember all activity counts, even a few minutes per day will help you maintain independence and improve your outlook on life. Find an activity you enjoy and move more every day! If you are interested in receiving some copies of exercises you can do at home, please contact Active Aging in Manitoba.

Remember to - Move more and sit less!

Website: www.activeagingmb.ca
Phone: **204-632-3947**.
Email: info@activeagingmb.ca

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



SHARK CLUB gaming centre

IT'S \$PAY\$ DAY\$ EVERY FRIDAY!

\$1,000 CASH GIVEAWAY
10 PRIZES OF \$100
12:30 PM TO 5 PM EVERY FRIDAY!

PLAY SLOTS & WIN!



18+ ENJOY RESPONSIBLY

Dalton Denture Clinic

Are you having trouble with your dentures?

- ✓ Free consultant
- ✓ New patients welcome

Canadian Dental Care Plan

Dalton Le
Denturist

Lower Unit L02 - 1555 St. Mary's Road • Winnipeg

204-306-9834

reception@daltondentureclinic.ca

www.daltondentureclinic.ca

Bonnie Gabbs, cont'd from front page

Bonnie started team handball in Manitoba. At the University of Manitoba, she met a guy from Croatia. They sat down and

started to talk. He said, "I'm here and I want to teach team handball." Shortly after, Sargent Park School was introduced to this



Bonnie Gabbs with her cousin Randy Bachman of BTO

sport. Bonnie coached many teams winning several championships. She coached with Larry Marquardson, who just happened to be my neighbour on Selkirk Avenue when I just a young guy of ten years old.

One of Bonnie's biggest thrills in sports as a player was participating in the Halifax Summer Games along with her sister, Donna. They gathered a bunch of successful athletes and put a field hockey team together. Winning didn't happen often, but the local people loved the members of the team for their friendship. The team was treated to a boat ride to experience the beauty of Peggy's Cove. "The opening and closing ceremonies were something I'll never forget," Bonnie said.

Amongst Bonnie's repertoire of skills, she tried her hand at being a stand-up comic at Rumor's Comedy Club. She wants to give it a try again, but claims her memory is not all that good. The West End Cultural Centre held a comedy night for anyone wanting to give it a try. Bonnie decided to impersonate "Old Lady Maude". Other appearances included her being dressed up as a man. Joey Gregorash was the emcee. Being on stage was exciting and rewarding and Bonnie loved it. Music also played a big role in her life, and one of Canada's best musicians, Randy Bachman, is her cousin. Every time he comes to Winnipeg, they get together, and Bonnie gets free tickets. Somehow, she found time to sing

Continued on page 6

ABILITY SOLUTIONS

We repair, rent and sell wheelchairs and walkers

We also install Grab Bars, Railings, and other mobility aids.

Give the Gift of Mobility to your loved ones.

Fall Specials

on Reconditioned Standard and Tilt Wheelchairs

(204) 471-1533

lavallee@mymts.net

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.

Glen Eden Funeral Home & Cemetery
4477 Main Street., West St. Paul, MB
431-631-0232
www.glenedenmemorial.ca

Chapel Lawn Funeral Home & Cemetery
4000 Portage Avenue, Winnipeg, MB
431-631-0236
www.chapellawn.ca

Glen Lawn Funeral Home & Cemetery
455 Lagimodiere Blvd, Winnipeg, MB
431-631-0231
www.glenlawn.ca

Arbor Memorial



Calvin J. Friesen

200-1630 Ness Avenue, Wpg
Madison Square

direct line: 204-944-7967
email: cjf@mlo-llp.com

Will and Power of Attorney and Health Care Directive

- for a couple \$900.00
- for one person \$600.00

Plus gst and \$25.00 file fee



Leapfrog Moving Specialists

FULL SERVICE MOVING for SENIORS

Moving you from PAD to PAD

CALL (204) 417-7570



Community Paramedics Service

"When you need a paramedic, not an ambulance."

Safe & Comfortable Non-Emergent Medical Transport

Trust our off-duty and retired paramedics for reliable, wheelchair-accessible rides to appointments, hospitals, and beyond across Manitoba. Delivering compassionate, personalized approach for seniors and your loved ones—every journey with peace of mind!

Call 1-204-406-6499

www.communityparamedicsservice.com



Adair CompleteCare
Monthly Home Maintenance Made Easy

Stay Warm. Stay Safe

We'll Take Care of the Rest.

Snow removal, home repairs, and year-round maintenance — made easy with Adair CompleteCare.

Shane & Michael Adair | 204-510-9166 | AdairCompleteCare.ca

OVER 6 DECADES OF CARING FOR THE ELDERLY

Thorvaldson Care Center
An Intermediate Care Facility



- Government Approved Facility
- 24 Hour Supervision
- Reg. Nurse • Health Care Aides

495 STRADBROOK AVE • WPG
452-4044
www.thorcare.ca

INQUIRIES WELCOME

WaterDirectPLUS
More than just water!



BOTTLED WATER DELIVERY

HOME/APT. or OFFICE

Water Cooler Filtration systems also available

Call for details
204-284-1704
waterdirectplus.com



LEST WE FORGET

NOVEMBER 11TH

INDIGENOUS VETERANS DAY
NOVEMBER 8TH

Keyboard Ventures Music Centre

Exercise your mind, coordination, concentration and motor skills.

Music Lessons for Seniors, Adults & Children

Piano • Keyboard • Guitar • Ukulele • Banjo • Voice

Serving Winnipeg, Stonewall, Teulon, Selkirk & area

32 Years in Business!

Lessons for Less for Seniors

6 Week Introductory Offer - \$119
Free use of Keyboard

Online, In-Person, In-Home Lessons

GREAT GIFT IDEAS!

SALES & SERVICE:

MUSIC:
Ukuleles, Guitars, guitar restringing, setups, tuning services, etc. USED Keyboards, Recorders, Music Books/Accessories, etc.

COMPUTER:
Toner & Printer cartridges for Less, USB flash drives, SD cards, etc. **Computer virus removal**

HOME:
Batteries (hearing aids, fireplaces, remote car starters, etc.)

Delivery to seniors in Winnipeg and Stonewall available.

Text or call Terry: 204-955-5428
terry@keyboardventures.com
www.keyboardventures.com

310 Weitzel St. • Wpg
307 Main St. • Stonewall




Remembrance Day



IN OUR COUNTRY
CANADA

Myles Shane

It must have been grade three. I remember standing outside **I.L. Peretz School** on Jefferson, the only Hebrew school in the north-end of Winnipeg. The air was sharp and cold, the kind of November wind that made your nose sting and your fingers ache through your mitts. Snow dusted the edges of the playground, and small clouds of breath rose with every exhale. All the students from grades one through seven were gathered along the asphalt, lining the school like a river of tiny, bundled-up figures. We were waiting for the Remembrance Day parade, a moment that would make history feel immediate and alive.

Older men and women, veterans of wars both near and far, marched past us in neat rows. Their coats were heavy; their medals gleamed faintly in the pale winter light. Each step was measured, deliberate, as if carrying the weight of years and memories that could not be spoken. Canadian flags flapped stiffly in the cold wind, and brass bands played solemn, triumphant notes that cut through the chill and echoed down the street, a song of memory and honour. Every now and then, the sound of marching boots striking the pavement created a rhythm that felt like a heartbeat, steady and persistent.

Then came the moment I would never forget. Our teachers cued us, and in unison, all the students recited **John McCrae's poem, "In Flanders Fields."**

*In Flanders fields the poppies grow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie,
In Flanders fields.*

NEWSBITS:

24-7 POLICE PRESENCE AT HSC

Oct. 31/25 - The Manitoba government is enhancing safety at Health Sciences Centre (HSC) Winnipeg with a 24-hour on-site police presence in the adult emergency department starting Nov. 1. Two Winnipeg Police Service officers will patrol the hospital alongside Institutional Safety Officers and Shared Health security staff. Health Minister Uzoma Asagwara said the move fulfills the government's promise to protect health-care workers and patients. The initiative builds on recent safety upgrades, including new cameras, lighting, fewer public entrances, and advanced AI weapons scanners at HSC's adult emergency and children's emergency departments, as well as the Crisis Response Centre. ■



Lest we forget...

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

The poem's words, spoken by hundreds of small voices, hung in the crisp winter air. Each student held a **small red poppy**, its colour startling against the muted white and gray of the snowy playground. I remember pressing the soft petals between my fingers, thinking how delicate and fleeting they felt, yet how much weight they carried, the memory of those who had given everything, and the responsibility of those of us still alive.

Back in our classroom, our teacher asked us to sit quietly. She explained the story behind the poem, and suddenly, the words we had spoken with our classmates took on a new depth. She told us that John McCrae, a Canadian army doctor, wrote it in **May 1915**, during the **Second Battle of Ypres** in Belgium, one of the bloodiest battles of World War I.

She told us about **Lieutenant Alexis Helmer**, McCrae's close friend, who had been killed in the fighting. McCrae had performed the burial himself, shoveling earth over Helmer's coffin with trembling hands, feeling the crushing weight of grief. The night was filled with quiet anguish; the battlefield cold and silent save for the distant echoes of gunfire. Yet, the next morning,

POPPY CAMPAIGN KICKS OFF OCT. 31st

Oct. 28/25 - Lt.-Gov. Anita Neville received the first poppy of the Royal Canadian Legion's annual fundraiser from Provincial Legion President Rob Cutbush and First Vice-President Gail Conrad Davey at Government House. The presentation marks the start of Manitoba's Poppy Campaign, which officially began Friday, Oct. 31. Funds raised can only be used under strict guidelines set up by the Dominion Command Poppy and Remembrance Committee to support veterans and community programs. Since 1921, the poppy continues to symbolize remembrance of more than 117,000 Canadians who gave their lives in service for our freedom. ■

HOSPITAL CAPACITY EXPANDS

Nov. 3/25 - The Manitoba government has added 323 fully staffed hospital beds since October 2023, including 10 new ICU beds, to help reduce emergency wait times and prepare for the upcoming respiratory virus season. Premier Wab Kinew said these improvements were made possible by hiring 3,400 more health-care workers. Health Minister Uzoma Asagwara noted the province has also added 141 personal care home beds to improve patient flow. Manitobans are encouraged to help protect themselves and others by getting vaccinated for flu, COVID-19, and RSV.

Visit manitoba.ca/respiratoryviruses/vaccinefinder.html to find a vaccination location in your area. ■

WCSA Double Ninth Festival Gala

Celebrating seniors with music, dance and community spirit

- WCE reporter



Ribbon dance "Lingbo Xianyun" at WCSA's Double Ninth Gala.
Photo: Xiangshen Meng

WINNIPEG, October 25, 2025 — The Winnipeg Chinese Seniors Association (WCSA) hosted its Double Ninth Festival gala on Saturday, welcoming more than 150 attendees for an afternoon of music, dance and intergenerational celebration.

"It's inspiring to see seniors at the heart of such a vibrant cultural gathering. On behalf of the Government of Manitoba, I extend warm greetings and best wishes to everyone celebrating the Double Ninth Festival." — *MLA Jennifer Chen*

Chen also referenced provincial initiatives that support seniors' health, housing and participation, and noted plans related to the Victoria Hospital ER project and the establishment of a Seniors Advocate office.

"Events like this strengthen our city's cultural fabric and reflect Winnipeg's diversity. Thank you for your ongoing contributions to our community."

— *Deputy Mayor Markus Chambers*

Chambers highlighted Winnipeg's sister-city exchange with Setagaya (Tokyo) earlier in the week and asked attendees to keep Jamaica in their thoughts as it prepared for Hurricane Melissa.

The stage program unfolded across three chapters—Autumn Charm, Heroic Spirit and Ancient Style. Performances included the Winnipeg Chinese Echoes Ensemble playing The Myth and March of the Elephant King, a qipao (cheongsam) fashion show titled Elegance of Pingyao, a Tai Chi piece My Loulan, and a women's ensemble rendition of The Story of Minglan. A guest violinist from Ukraine performed The Butterfly Lovers, blending Eastern and Western traditions to extended applause.

Featuring seniors, adults, youth and children on stage, the gala showcased the living transmission of Chinese culture within Winnipeg's community. ■

Bonnie Gabbs,

cont'd from page 3



Bonnie at Seniors Got Talent at Club Regent. She played one day I am a man, and in the finals - I am a woman.



Bud Ulrich, writer for *Senior Scope*, was introduced to pickleball by Bonnie at Sargent Tommy Prince Centre.

and play the guitar as well. However, when her mom passed away, she lost her voice. She doesn't know why, but now she can't sing a note.



Bonnie (front left) is known to organize fun get-togethers with her pickleball groups.



Bonnie in a Pickleball match at Sargent Tommy Prince Centre.



Repurposing broken pickleballs is a fun craft for Bonnie.

Bonnie has saved many animals, bringing them back to health. "I love animals better than people," said Bonnie. Her interests in saving animals came at a very young age while at a sports camp in Gimli. She found some newly born birds that had fallen out of the nest. She placed the birds in a fellow's cap she had borrowed and fed them every day until they were able to head out on their own. One day she found a cat with hundreds of maggots in its wounds. Bonnie got some peroxide to clean the wounds, and a week later it took off and she never saw it again – a success story! Whether it be an injured crow, muskrat, dog, or cat, she will do what she can to help it survive. This is something that is dear to her heart. Currently she has four cats and two dogs. "That's why I love animals, because they give unconditional love," said Bonnie.

Whether it's volunteering at MTC, Warehouse, Pan Am Games, or events at the concert hall, Bonnie finds time to lend a hand. She enjoys doing arts and crafts, or writing a poem or two. Bonnie's favourite saying is, "I just keep going, going, going."

In 2012, Bonnie started playing pickleball and tennis. However, health challenges required her to give up tennis. She continues to play limited games of pickleball and teach newcomers to the sport, including myself. Clearly, she loves this game and is determined to keep the paddle hitting the ball as often as she can. Many seniors play the game with Bonnie providing direction for who plays who. She does very well in matching players according to their skill level.

Cleaning a large yard on Bonnie's property during the fall season requires a lot of work. She spends many hours raking leaves and cleaning up, despite her arthritis. From watching her play pickleball, she won't back down when it comes to physical activity. The pickleball players at Tommy Prince Place are very fortunate to have Bonnie Gabbs organizing schedules and teaching this exciting sport for all ages. A Hip Hip and a Bango to you Bonnie! ■

LEST WE FORGET



NELLIE KENNEDY
YOUR MLA FOR ASSINIBOIA
Nellie.Kennedy@yourmanitoba.ca
204-888-3188



MATT WIEBE
YOUR MLA FOR CONCORDIA
Matt.Wiebe@yourmanitoba.ca
204-654-1857



LOGAN OXENHAM
YOUR MLA FOR KIRKFIELD PARK
Logan.Oxenham@yourmanitoba.ca
204-831-6689



JD DEVGAN
YOUR MLA FOR McPHILLIPS
JD.Devgan@yourmanitoba.ca
431-323-6014



JELYNN DELA CRUZ
YOUR MLA FOR RADISSON
Jelynn.DelaCruz@yourmanitoba.ca
204-599-2080



MIKE MOYES
YOUR MLA FOR RIEL
Mike.Moyes@yourmanitoba.ca
204-421-4666



ADRIEN SALA
YOUR MLA FOR ST. JAMES
Adrien.Sala@yourmanitoba.ca
204-792-8779



JAMIE MOSES
YOUR MLA FOR ST. VITAL
Jamie.Moses@yourmanitoba.ca
204-219-5407



MINTU SANDHU
YOUR MLA FOR THE MAPLES
Mintu.Sandhu@yourmanitoba.ca
204-417-3486



SHANNON CORBETT
YOUR MLA FOR TRANSCONA
Shannon.Corbett@yourmanitoba.ca
204-219-1189



CARLA COMPTON
YOUR MLA FOR TUXEDO
Carla.Compton@yourmanitoba.ca
204-416-1140

The Rise of Wab Kinew: From the Drum to the Dome



INDIGENOUS
VOICES

By Myles Shane

It was a crisp October morning in Winnipeg, the kind where the prairie light hits the Legislative Building’s golden dome just right, soft, glowing, almost spiritual. Inside, Wab Kinew, dressed in a dark suit accented with beadwork, raised his right hand and took the oath of office. Cameras flashed, the crowd cheered, and for the first time in Canadian history a First Nations man became a provincial premier.

Wabanakwut “Wab” Kinew wasn’t just stepping into the role of Manitoba’s 25th premier that day in 2023; he was stepping into history. The son of a residential school survivor, a onetime rapper, broadcaster, and author, Kinew embodied a kind of full-circle reconciliation story. A man whose family endured the worst of Canada’s past, now tasked with helping to shape its future.

The Making of Wab Kinew

Born in Kenora, Ontario, in 1981, Wab Kinew grew up straddling two worlds. His family belonged to the Ojibways of Onigaming First Nation, but his parents determined that their son would thrive in both Indigenous and Western society moved the family to suburban Winnipeg. There, young Wab learned French at Collège Béliveau and later graduated from the University of Winnipeg Collegiate.

His father, Tobasonakwut, carried a lifetime of pain. As a child, he was taken from his family and sent to St. Mary’s Indian Residential School in Rat Portage, the kind of place where Indigenous languages were beaten out of children, and where, as he once told his son, “I shared a bunk bed with a boy who didn’t survive.”

That story haunted Wab Kinew. He spoke openly about how his father’s trauma shaped him and how the ghosts of that era lingered in their home. “It wasn’t ancient history,” he said once. “It was our family dinner table.”



Premier Wab Kinew

From Stage Lights to Spotlights

Kinew’s early path didn’t lead to politics; it led toward rhythm, words, and storytelling. He performed in hip-hop groups like Slangblossom and the Dead Indians, blending Anishinaabe drumming with urban beats. His 2009 album *Live by the Drum* won an Aboriginal People’s Choice Award, and his lyrics celebrated resilience and survival.

Then came broadcasting. The CBC took notice of his confidence, his charisma, and that rare ability to make complex issues feel human. He hosted the arts show *The 204*, the acclaimed documentary series *8th Fire*, and later *Fault Lines* on Al Jazeera America, but with the rising career, there was turmoil. Kinew has been honest about his early 20s, a period clouded by drinking, arrests, and regret. He was convicted of impaired driving, and in 2004, of assaulting a taxi driver. In his memoir *The Reason You Walk*, he wrote about this dark stretch not to erase it, but to understand it. “When you’ve been lost,” he wrote, “you learn how to help others find their way.”

Through ceremony, sobriety, and forgiveness, Kinew rebuilt his life. He fasted in the sun dance, prayed in sweat lodges, and sought redemption through family and service. In 2011, he became the University of Winnipeg’s first Director of Indigenous Inclusion, helping to create a bridge between institutions and Indigenous communities.



- Part 3 of 3

The Politician Emerges

Politics called in 2016. The Manitoba NDP, then in opposition, needed new energy, someone who could connect with urban voters and speak authentically about reconciliation. Kinew ran in the riding of Fort Rouge and won, defeating Manitoba’s Liberal leader, Rana Bokhari. A year later, he won the NDP leadership, becoming the first First Nations leader of a major political party in Manitoba’s history.

At first, the idea of “Premier Kinew” seemed far-fetched. The governing Progressive Conservatives looked untouchable but Kinew, the onetime rapper, knew how to work a crowd, how to find rhythm in a message. His campaign focused on health care, affordability, and reconciliation. The slogan wasn’t fire and fury; it was calm and confident with purpose: “*We can do better.*”

In October 2023, against the odds, the NDP swept to power. Wab Kinew, the boy from Kenora whose father survived a school built to erase him, walked up the steps of the Manitoba Legislature as Premier.

Leading a Province, Healing a Past

Since taking office, Kinew has governed with a blend of pragmatism and principle. His first year saw the introduction of a provincial fuel tax holiday; a populist move that cost \$340 million but eased the pain at the pump for struggling families. His

five-point crime plan created community monitoring for repeat offenders, while his government expanded health care access, adding coverage for prescription birth control and menopause medications.

His most powerful policies have been symbolic. He made September 30, Orange Shirt Day, a day of remembrance for residential school survivors. He pushed for Louis Riel to be officially recognized as Manitoba’s honorary first Premier, ensuring the Métis leader’s legacy was taught in schools.

“I don’t want to be remembered as the First Nations premier,” he said once. “I want to be remembered as a good one.”

The Meaning of Wab Kinew

What makes Kinew’s story resonate isn’t just that he’s Indigenous or that he overcame hardship. It’s that he represents a generational shift — the idea that Canada’s history of exclusion is slowly disappearing.

His politics are progressive but rooted in responsibility: investment in people, reconciliation in action, and the belief that government should heal as much as it governs.

In one of his speeches, Kinew told a crowd of young Indigenous students, “*Your ancestors survived so you could stand here today. That means you’re already strong.*” ■



MISS THE FLU

NOT THE GAME

Don't let flu and COVID-19 interfere with your plans.

Manitoba.ca/vaccine

Manitoba 



Mention this ad to receive 10% Seniors Discount

CENTRE of CANADA

96° 48' 35"

Riverbend Moving and Storage is the professional choice for reliable, honest service in Manitoba.

At Riverbend Moving and Storage we understand that moving or being in transition between homes can be stressful. We anticipate that our customers may need a little extra care when it comes to moving and storing your most precious items.

We provide helpful packing services and easy to use storage units. Something about us that is well known around the community is we are driven by the satisfaction of a job well done and the pride that comes along with being trusted to move and store your belongings.

Our greatest achievement has always been seeing you relieved and thankful when all your items are delivered in a smooth, polite, and professional manner.

MOVING SERVICES:

Local & Long Distance Moving for Commercial & Residential Storage Units for Short or Long-Term Storage

RIVERBEND MOVING & STORAGE

Moving is our business, service is our promise.

GREAT CANADIAN 

204-291-8221 enquiries@riverbendmovers.com www.riverbendmovers.com

BOB BUDOLOWSKI – All About “Gentleman” Bob



A MANITOBA

MOMENT

By Bud Ulrich

I'll give it my best shot to capture the many stories associated with a most interesting man, Bob Budolowski, and his wide-ranging career. I spent the better part of several hours with Bob who provided an abundance of information from childhood to retirement. He's celebrating 92 years of age and continues to entertain many folks in our block with some of his favourite tales, usually saying, "To make a long story short."

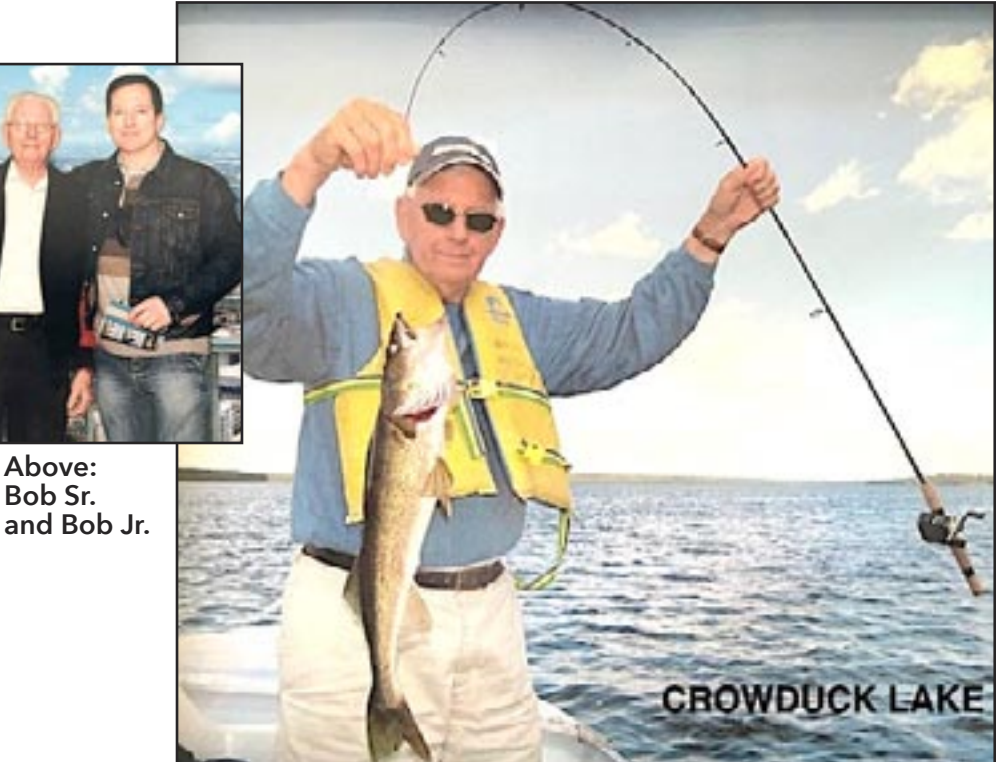
Bowsman, Manitoba was the place where Bob was born. With a chuckle, Bob said, "I was born very young." He had one sister who has since passed away. Bob lived up north where his dad was a railroader, but he really doesn't recall where he lived as a youngster – somewhere between Bowsman and the Hudson Bay junction. Most of the railroad people travelled by jiggers (gas motored) on the tracks. The roadmasters knew this was their only mode of transportation. At the age of five Bob travelled on the jigger with his mom and dad from Bowsman to Barrows, Manitoba, some fifty miles, to visit his aunt and uncle.

Bob lived so far north that the name of the "whistle stop" alongside the railway was attached on the side of one of the two dwellings. There was no schoolhouse there, so Bob was farmed out to his aunt and uncle's place in Amsterdam, a hamlet in Saskatchewan. He travelled the 1½ mile trek with his cousin to school every day. Before moving in with his aunt and uncle, Bob's mom had conducted educational



First Row (L-R) Bob Budolowski, Wife, Tara-Tami. Second Row (L-R) Daughters, Sherry, Shannon. Third Row - Son, Robert

classes with him at a young age. She read many books, even rang the bell and the whole nine yards, tutoring Bob with ample training of grade one subjects. After the first two weeks of schooling in Amsterdam, he convinced the teacher he knew all that stuff, so they placed him in grade two. The following year, Bob was farmed out to his grampa and gramma's home in Sifton, Manitoba which is just a little bit north of Dauphin. They had a little "hobby farm" and by this time he was seven years old and in grade three at school. Gramma and her daughter slept in the same bed while Bob slept with grampa. Grampa was a staunch



Above: Bob Sr. and Bob Jr.

Bob fishing at Crowduck Lake

churchgoer. With a chuckle, Bob said, "Grampa took me to church three times a week and twice on Sundays." Years later they tried to make Bob an altar boy, but he couldn't handle the smell from the burning incense. It made him sick to his stomach. "I weaseled my way out of that," Bob said.

When Bob was in grade five, his dad finally got out of the north to a town complete with a school, post office, church, and store. After several years with the CNR, his dad quit the railroad and purchased a hotel in a small town in Saskatchewan. On February 15, 1947, when Bob's dad and mom were supposed to take possession of the hotel, while still in Usherville, a hamlet in Saskatchewan, they were hit with the biggest snowstorm in that province's history. The snow was piled well over the height of the railroad's steam locomotive. "You could hear the engine, but you couldn't see it," Bob said.

Unfortunately, the hotel didn't have running water or electricity. There was a beer parlor, a dining room, and four guest rooms. Living accommodations were at a premium. The very small guest rooms included bunkbeds on each side to accommodate four men. There was only one washroom, and of course the need to maintain some sort of cleanliness was not the most pleasant

task. A gas-powered washing machine with the muffler placed outside the bedroom window is something unheard of in today's world. Bob's mom, along with one helper, fed the men and attended to the house chores. His dad took care of the beer parlor. To this day, Bob doesn't really know how his mom managed.

The hotel was booming. Breakfast was served to some 40 men before Bob even headed to school. An electrical wire was strung across the street from a garage to the hotel which provided much-needed electricity. Later, his dad bought a small generator to make things a bit more convenient for preparing meals.

Bob had a scribbler to keep track of guest room rentals and meals. Meals at this time were only \$1.00 and room rates not much more. He kept track of confectionary sales and everything else that came his way. Needless to say, he received an education rather quickly in handling many tasks associated with operating a business.

Work was second nature to Bob. It seemed that he was destined to do almost anything and everything. At the young age of 16, Bob and his friend got a job digging a grave. Somehow, they managed to con-

Continued on page 10

Remembrance Day

NOVEMBER 11

Lest we forget



RAQUEL DANCHO

MEMBER OF PARLIAMENT

Kildonan – St. Paul

204-984-6322

Raquel.Dancho@parl.gc.ca





CHEF in the HOUSE

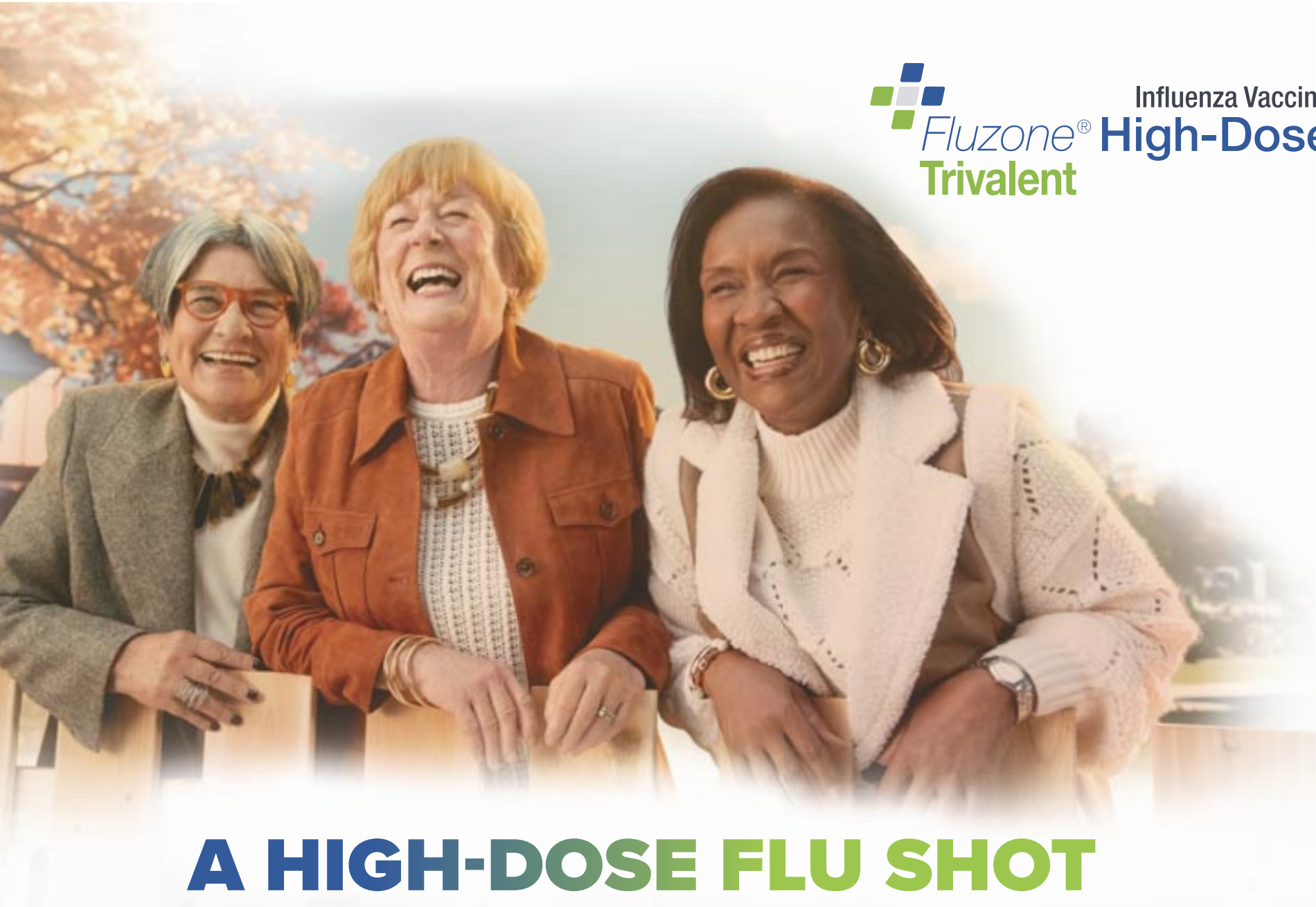
tastes just like home made

Perfect for seniors, veterans, and busy caregivers

- Meals made with real ingredients
- Classic comfort foods
- No hassle, no fuss
- No prep, no cleanup
- Just heat, eat & enjoy
- Convenient delivery or easy pickup
- Direct billing for Medavie VIP clients



Call 204-612-2433 or visit chefinthehousesoups.ca to order.



**Fluzone[®]**

Influenza Vaccine
High-Dose
Trivalent

A HIGH-DOSE FLU SHOT DESIGNED SPECIFICALLY FOR SENIORS AGED 65 AND OLDER

FLUZONE[®] High-Dose helps prevent the flu and is formulated with antigen content specifically designed to provide a better immune response to the vaccine in adults aged 65 and over.

4x

FLUZONE[®] High-Dose contains 4 times the amount of antigens compared to the standard dose FLUZONE[®] vaccine.

24%

FLUZONE[®] High-Dose has been shown to induce higher antibody levels, and has prevented 24% more influenza cases compared to the standard dose FLUZONE[®] vaccine.

FLUZONE[®] High-Dose may be available as part of the public flu program in your province or territory.

Ask your doctor or pharmacist if FLUZONE[®] High-Dose is right for you.



**SCAN THE QR CODE TO LEARN MORE ABOUT HOW
FLUZONE[®] HIGH-DOSE HELPS PREVENT THE FLU**

Vaccines don't provide 100% protection. Side effects and allergic reactions can occur.
Visit www.sanofi.ca for more information.

Bob Budolowski, cont'd from page 8

sume a bottle of wine while performing this task. The hilarious part involved both of them being unable to crawl out of the grave. Perhaps the wine had something to do with it?

Just north of Shipman, Saskatchewan (halfway between Prince Albert and Nipawin) there was an abundance of jobs. Pole-length spruce and tamarack trees were cut for firewood. These were hauled into town where a crew of young men and boys cut them into 15" lengths. Bob was at the end of the line throwing the blocks into a boxcar in a continuous motion, one after another.

Bob's dad passed away at an early age of 49 years. The hotel was sold, and Bob needed to move on. The opportunity to work in the mines at Snow Lake enticed him. Drilling far below the earth's surface came relatively easy. Life in Winnipeg was next, only to return to Snow Lake for another brief stint in the mines. Bob and his family were on their way back to Winnipeg, purchasing a home in the West End, landing a job as a milkman. Forty-five dollars a week didn't go far, and soon after it was back up

north as a crew foreman in the mines. Fast forward, Subterranean and Atlas Copco companies were next. These jobs didn't last too long, and Trojan Security Services, owned by the late Al Dryburgh (one of the best CFL head referees in the 1950s and 1960s), was next on Bob's long list of jobs. At a year-end budget meeting, there was a shortfall of \$20,000. Bob offered his salary in jest, and two weeks later they took him up on his offer and he was terminated. Barnes Security then Pinkerton Security employed Bob for short stints.

Steve Patrick, former Winnipeg Blue Bomber lineman and Bob's brother-in-law, offered him a job in real estate. He took courses and became a licenced real estate agent and a broker. He did very well in this line of business until high interest rates in the 1980s greatly affected sales. The need to look elsewhere for work once again seemed quite natural for Bob.

Setting up a costume jewellery shop in Unicity Mall in Winnipeg provided interesting trips to trade shows down south. Life was good. But after a year or so, high rent

coupled with not enough sales to cover expenses eventually led to a shut down. "For every door that closes, another one opens," was Bob's motto.

Shingling a roof by himself and placing tar between the shingles was just another one of his accomplishments. Suffice it to say, there were several other jobs along the way (manufacturing tires, cutting ice blocks, et cetera).

Bob got into the drywall business specializing in the sanding. The demand for his company came through "word of mouth" as he didn't have a business card. People knew of his services as "Bob the Sander." He had a two-man crew and worked for many clients throughout Winnipeg. Taping and mudding the drywall boards is necessary prior to sanding, and as Bob puts it, "There are tapers and wannabee tapers." He took pride in his work and whenever needed, he put in the extra hours to do a good job sanding (despite shoddy taping) ready for painting.

Bob met his wife, Tara-Tami, on a blind date at the Trapper's Festival in The Pas,

Manitoba. They got married in 1954 and had one son and two daughters. Tara-Tami worked as a licenced practical nurse (LPN) wherever her skills and expertise were needed, including a stint at the old Grace Hospital on Arlington Street in Winnipeg. Sadly, after 69 years of marriage, Bob's wife passed away on November 18, 2023.

Bob doesn't have a degree in education, but a degree in the school of "hard knocks." He stresses the need to be able to get along with people. Bob's advice to the youth of today is, "Don't short-change yourself. Whatever happens in life is a stepping stone to something better." Bob loved his role as real estate agent. "The best thing I achieved in my life was stopping drinking (55 years as of September 2025)," said Bob. He is very proud of his many accomplishments.

Chatting with Bob has provided me with an insight into a person who is willing to work hard and always wants to better himself, while enjoying the journey. The world would be a much better place with more Bob Budolowskis. ■

YOUR NEW WINNIPEG HEALTHCARE PROVIDER



SPIRIT
HEALTHCARE
MOBILITY AND EQUIPMENT

November is Fall Prevention Month

GRAND OPENING SPECIALS CONTINUING UNTIL DEC. 5/25

CONTACT LYNN or WAYNE FOR ALL YOUR MEDICAL/SURGERY NEEDS:

MEDICAL SURGICAL SUPPLIES AND EQUIPMENT NOW AVAILABLE
We stock a full array of supplies to look after your Patients: gloves, syringes/needles, instruments, exam gowns, table paper, folded towels, LTC supplies, ultrasound gel, tattoo supplies and Autoclaves.

All ready to be shipped directly to you or we can ship out deliveries anywhere in Manitoba.
We have two experienced Sales Representatives and Customer Service representatives ready to look after your Facility's needs.



EVOLUTION Trillium Walker
Weight 14lbs, Three seat heights: 18", 21", 24", 300 lb Weight Capacity
Reg. \$445
ONE-TIME SPECIAL \$375



EVOLUTION LC-435 Lift and Recline Chair
3 position recliner
3 sizes - small, medium, large
Built in cup holder and storage
400 lb weight capacity
USB charging port
Reg. \$1800 **SALE PRICE \$1350**



Go-Go Endurance Li Scooter
325 weight capacity
Front and rear CTS suspension
8AH Lithium Battery with up to 7.2 mile range
Max speed up to 4.2 mph
MSRP \$3399 **SALE \$2300**



Victory 10.2 Scooter
400lb weight capacity
Up to 15.5 mile per charge
Max speed up to 5.3 mph
U1 Batteries
MSRP \$4299 **SALE \$2450**



BRUNO Joey Scooter Lift
Fully powered one button simplicity
Compact design
Maintains second row seating
350 lb Lifting Capacity
Installation Included
SALE PRICE \$5250
*Prices may be affected by impending tariffs.



PROBASIC Aluminum Transport Wheelchair
19" width
Lightweight - 20lbs
Brakes and 12" rear wheels
Reg. \$330 **SALE PRICE \$275**



PARSON'S BATH CHAIR
Without Back **\$115**
With Back **\$160**
Red handle not included in price
Limited Time Special



PROBASIC TRANSFER BENCH
300 lb weight capacity
Special \$95



FlatPad Waterproof Beveled Edge Fall Safety Mat
STARTING AT \$215



Three-in-One Steel Commode
Has three versatile functions; it can be used as a toilet safety frame, a commode or as a raised toilet seat
SALE PRICE \$75



Canes - Offset handle, folding, Tri pod, Quad cane
PRICES RANGE FROM **\$22-\$45**



HEALTHCRAFT Standard Super Pole
Floor to Ceiling Transfer Pole #SP-S
SPECIAL \$240



White Bathtub Rail is ideal for use on fiberglass tubs and features a wide contact area to help disperse weight evenly.
Bathtub Rail fits most bathtubs and easily attaches with a mounting clamp.
Sale Price \$40



SPIRIT
HEALTHCARE
MOBILITY AND EQUIPMENT

GRAND OPENING SPECIALS EXPIRE DEC. 5/25

1495 St. James Street • Wpg
www.spirithealthcare.ca
204.788.0009
HOURS: M-F 8:30 am - 5:00pm



Stories of generosity,
inspiration, and hope

Leaving a Legacy

Volunteers with Girl Guides Are Empowering Manitoba's Girls

- Submitted



Imagine a group of girls gathered around a campfire, not just roasting marshmallows, but discussing their plans to tackle a community project they've designed themselves. This is the heart of Girl Guides of Canada – a program where girls learn to lead, collaborate, and build their own confidence in a supportive and fun environment.

Our program is run by incredible volunteers who make a lasting impact on the next generation by inspiring young minds, sharing in their successes and being part of a vibrant community dedicated to empowering girls. From outdoor adventures to skill-building workshops, each moment spent volunteering is a chance to make a difference and create memories that will last a lifetime.

Volunteers share their time, experience and individuality with their unit. In turn, they get a front row seat as girls discover their unique talents and leadership skills while immersed in real experiences.

We're actively seeking volunteers in Manitoba to support our groups of girls at all ages; Sparks (ages 5 and 6), Embers (ages 7 and 8), Guides (ages 9 to 11), Pathfinders (ages 12

to 14), and Rangers (ages 15 to 17). It is only with the dedication of these amazing volunteers who give their time each week to making a difference in the lives of girls and youth that the organization can continue. If you volunteer with Girl Guides, you could have a special role in creating a safe space where girls can just be themselves and where you'll see their strength and confidence grow.

Volunteering with Girl Guides also provides a unique opportunity for you to connect with other women in your community, across the country and around the world as part of the global Guiding movement.

If you're ready to help invest in the power of girls but aren't able to give your time, we invite you to donate today and help our youth members continue to shape their communities and the futures. By donating, you can help them thrive as confident trailblazers, innovators, go-getters and leaders.

With your support, either as a volunteer or a valued donor, girls gain the confidence to speak up, the skills to lead and the resilience to thrive. Learn more about Girl Guides at girlguides.ca. ■

Loving Someone You've Never Met

- Children's Hospital Foundation of Manitoba



Mary Beth Taylor's son Daniel, once a patient at the Children's Hospital.

It has often been said that leaving a gift in your will is an act of loving someone you have never met – a way of wishing a better life for generations to come.

I'm Mary Beth Taylor, and I am honoured to serve as the new Vice President of Philanthropy for the Children's Hospital Foundation of Manitoba. Every time I open a letter from an estate notifying us that a donor has left a gift in their will, or when I meet someone who shares that they've included our Foundation in their estate plans, I'm filled with deep gratitude. These gestures are more than financial contributions – they are legacies of kindness that will change the lives of children and families these donors will never know. It is one of the truest acts of generosity.

Leaving a gift in your Will not only profoundly meaningful, it's also a wise and strategic way to give. Each of us gives in our own way – through our time, our resources, or our talents. But planning a charitable gift in a Will can raise some difficult questions, such as "Will I be taking away from my loved ones?"

The truth is, thoughtful estate planning can allow you to care for both your family and causes close to your

heart. When someone passes, their estate often faces a significant tax bill. A charitable gift in your Will can reduce those taxes – and in some cases even eliminate them – all while leaving the same amount to your loved ones.

The beauty of it lies in how simple it really is. Canada offers some of the most generous tax incentives in the world for charitable giving, especially through estate gifts. Still, so many Canadians don't realize the incredible opportunities available that make their gifts go even further.

Here in Manitoba, we are proud to be known as the most generous province in the country. That generosity doesn't have to end when we do. Each of us has the chance to support future generations – to our own families and to all children who will grow up healthier, stronger, and happier because of our compassion.

That is the true power of loving someone you've never met.

To learn more about leaving a gift in your Will to support the **Children's Hospital Foundation of Manitoba**, visit goodbear.ca/give and speak with your lawyer or estate planner to ensure your legacy reflects your wishes and your heart. ■



MAKE A DIFFERENCE IN YOUR COMMUNITY.



Join our team today at girlguides.ca/volunteer

Girl  Guides

Leaving a Legacy

“When someone passes, their estate often faces a significant tax bill. A charitable gift in your Will can reduce those taxes — and in some cases even eliminate them — all while leaving the same amount to your loved ones.”
~ Children’s Hospital Foundation of Manitoba

Audrey celebrates 50 years of The War Amps CHAMP Program

- Submitted

For seven-year-old Audrey Otis, being a part of The War Amps Child Amputee (CHAMP) Program has meant connecting with a support system that has a longstanding legacy in Canada.

Audrey recently celebrated the 50th anniversary of the CHAMP Program with peers from across the Atlantic provinces at the organization’s CHAMP Seminar in Halifax. The seminar was a special moment for her to meet other kids with amputations and see that she is not alone.

Born without her right arm below the elbow, Audrey was enrolled in the CHAMP Program when she was just nine months old.

“Audrey’s amputation has never slowed her down,” says Mary LeBlanc, Audrey’s mom. “She faces every day with determination, creativity and a bright smile.”

As a “Champ,” Audrey is eligible for financial assistance for artificial limbs and adaptive devices, as well as peer support through the CHAMP Program. CHAMP was established in 1975 by the war amputee veterans who founded The War Amps and continues today thanks to donations from the public to the organization’s Key Tag Service.

“Thanks to donations to The War Amps, Audrey has received prosthetic arms that help her reach new milestones,” LeBlanc says. “She was recently fitted with a prosthetic arm that makes it easier for her to



grab and release objects. She also has a prosthetic arm that supports her in activities like doing the bridge in gymnastics and swinging on the monkey bars at the park. These tools have opened up a world of possibilities for Audrey.”

In addition to providing life-changing funding for these artificial arms, LeBlanc says CHAMP has given Audrey confidence, support, and connection through War Amps events like seminars, which are unique opportunities for families to share experiences and learn about the resources available to them.

“From the bottom of our hearts, thank you to every donor. You’ve truly made a difference in our daughter’s life.”

The War Amps receives no government grants; its programs are made possible through the public’s support of the Key Tag Service. For more information, or to order key tags, visit waramps.ca or call toll-free 1-800-250-3030. ■

Jean Lang’s Legacy Story

- Health Sciences Centre Foundation

Jean Lang was 20 years old and California dreaming when she moved to Orange County to start her career in 1966. Now, 60 years later, the retired nurse and health care technology executive is Manitoba beaming as she reflects with gratitude on the place “where it all started”.

Lang was born in Winnipeg, the sixth of Paul and Anna Lang’s seven children. She lived near the intersection of Inkster Boulevard and Powers Street in the north end and attended St. Joseph’s Parish School on College Avenue. The parish was central to the Lang family as all of the children sang in the church, their father served as choir director, and Lang’s great uncle was the parish priest. Hers was a happy childhood, rich with family and community activities.

For high school, Lang attended St. Mary’s Academy where a basketball injury led to a key career decision: “I injured my knee and had to make frequent medical visits for casting and re-casting,” recalls Lang. “Dr. David McQueen—my orthopedic surgeon—convinced me to go into nursing at Children’s Hospital after high school.”

Lang moved into the residence on the Bannatyne campus and began her three-year program at the hospital. Her rigorous training included three months at Winnipeg General Hospital, three months at the maternity pavilion, and three months in Brandon where she studied psychiatric nursing. “They treated us as if we were part of the nursing staff,” says Lang. “Within our first few months we had clinical assignments.”

After graduation, Lang worked in Winnipeg for six months, but had known all along that she wanted to move to California. Two of her siblings had already settled in Los Angeles, and adventure was calling (as was the beach!).

Lang moved to California with classmates Sandra Young (who is still in California) and Heather Lumsden (who moved back to Winnipeg). The three young nurses shared a car, an



Jean Lang

apartment, and the same shifts at the Orange County Medical Center (later known as UC Irvine Medical Center).

“Heather worked in the emergency department and Sandy worked in the hospital’s first coronary care unit; I worked in intensive care,” says Lang. “The experience reinforced how great our training had been in Manitoba because we were the strongest nurses in our areas. The only thing that held us back from fitting in completely was our Canadian accents!”

Not long after, Lang got married in Santa Barbara, then moved to San Jose where she had three children: Andrea and twin sons Mark and Steven. She also lived in Mendocino County in northern California (“I was actually inching my way back to Canada,” she laughs). Shortly thereafter, the family moved back to the southern part of the state where Lang continues to live today.

After her children were born, Lang returned to part-time intensive care nursing before pursuing a bachelor’s degree in liberal arts at the University of Redlands. Following graduation, she became a maternal child nurse, Lamaze educator, and community college instructor, having earned a lifetime credential for nursing education. She then enrolled at UC Davis, where she earned a master’s degree in health services administration.

With her children grown, Lang made a major career move in 1994 when she accepted a position with Pennsylv-

Continued on next page



You can help amputees
with a charitable estate donation in your will.
Your gift provides amputees, including veterans and children, with essential programs that make a lasting difference in their lives.



The War Amps
estatedonation@waramps.ca
waramps.ca • 1 800 465-2677
Charitable Registration No.: 13196 9628 RR0001

Leave Your Legacy

Here for you when you need:

- Support groups
- Quit programs for smoking & vaping
- Youth vaping prevention education
- Lung health research

Helping Manitobans breathe with ease—today, tomorrow and generations to come.

Manitoba Lung Association
B R E A T H E
mb.lung.ca | 204-774-5501

Leaving a Legacy

Jean Lang's Legacy Story, cont'd

nia-based Shared Medical Systems, a major software company which was later purchased by Siemens Medical Solutions. "I had a strong desire to understand computer technology, as it relates to health care, at a much deeper level," she says. "I was looking for a company that would teach me everything I needed to know about technology, and they were looking for someone who understood health care the way I did. It was a great fit."

As a consultant and later as an account executive based out of the company's Los Angeles office, Lang helped her clients improve their performance, their systems, and their overall delivery of care. The job took her to almost every state in the country and she was especially excited near the end of her career when she was assigned the Hawaii account: "That was pretty sweet," she says with a smile.

By 2012, Lang started to plan her "exit strategy" with an eye to retirement in 2014. Working with a financial advisor, Lang decided to make sure that charitable giving was part of the plan and ultimately decided to support the Health Sciences Centre Foundation, thereby joining the **Bannatyne Legacy Circle**. The gift to the Foundation will come from an insurance policy that Lang's father bought for her when she was young. "It seemed like giving back to where it all started was the right thing to do," she says. "It was full circle."

Her decision was reinforced by her family's many experiences with the

hospital. Her late father received treatment there for his chronic obstructive pulmonary disease, her brother-in-law was recently a patient, and her niece, Sandra Lang Donald—a member of the 100th nursing graduation class at HSC—continues to work at HSC as Manager of Health Services in the Renal Health Program. Lang has also attended a number of class reunions over the years and stays in touch with former classmates. "Whether I'm there or my family is there, HSC is still part of my life, still touching me," she says.

In 2019, Lang moved to a 55+ community in Camarillo, California. Her life is active, fulfilling, and balanced. She enjoys connecting frequently with her children and their spouses (Andrea and Chad; Steven and Jamie; and Mark) and five grandchildren (Hana, Jacob, Noah, Isabella, and Avery). She participates three times a week in a water aerobics class and takes part in a daily meditative practice known as "Centering Prayer". Every week, she leads one group in-person and participates in another on Zoom, while also volunteering at a retreat centre in Encino and another in Santa Barbara.

Through all of her activities and relationships, Jean Lang lives her life with gratitude: "I've had a great life and I'm grateful for all of it—every joy, every bump, every moment. And I'm still learning!"

To start your planned giving journey and join the **Bannatyne Legacy Circle**, contact Irma McKenzie at the HSC Foundation: **204-515-5624** or **1-800-679-8493** (toll-free). ■



Health Sciences Centre
FOUNDATION



Jean Lang is Building a Healthier Tomorrow for All Manitobans

Your planned gift to the Health Sciences Centre Foundation will have an enduring impact on patient care and medical research.

Meet Jean Lang. Sixty years after moving to California, Jean still cherishes the memories of her time training as a nurse in Winnipeg.

She enjoyed a wonderful career and remains grateful for the education she received in Manitoba. As an expression of her gratitude, Jean has made a planned gift to the HSC Foundation.

"It seemed like giving back to where it all started was the right thing to do. It was full circle," she says. "HSC is still part of my life—still touching me."

To start your planned giving journey and join the Bannatyne Legacy Circle, contact Irma McKenzie at the HSC Foundation: 204-515-5624 or 1-800-679-8493 (toll-free).

Scan to read Jean's legacy story.



Bannatyne
LEGACY CIRCLE

Good Samaritan
Winnipeg

LET US HANDLE THE CARE, WHILE YOU CARE FOR YOU

WE ARE IN THIS TOGETHER

Caring for a loved one with dementia is challenging yet meaningful. Placing them in a care home brings relief but also guilt. We support families in keeping their loved ones at home as long as possible.

WHY CHOOSE US?

- Respite Care for Caregivers
- Compassionate Companionship
- Home Assistance & Supportive Visits
- Errand & Shopping Help
- Light Meal Preparation & Enjoyable Walks

CONTACT US: ☎ +1 (204) 291-5922 📧 Goodsamaritanwinnipeg

Leaving a Legacy

“Jean Lang decided to make sure that charitable giving was part of the (exit) plan and ultimately decided to support the Health Sciences Centre Foundation, thereby joining the Bannatyne Legacy Circle. The gift to the Foundation will come from an insurance policy that Lang’s father bought for her when she was young.”

Kathleen - Submitted by Transplant Manitoba



This is Kathleen. She’s a registered organ and tissue donor. “[As an organ donation recipient], I know the gift it truly gives,” she says. donateyourorgans.ca

This is Kathleen. Those who know her would call her the strongest person they know. Resilient and radiant. She would say that she’s a live-every-moment kinda person. Kathleen is an organ transplant recipient who lives life with gratitude unending and a commitment to advocacy and living with intention. She’s currently crossing all the things off her bucket list—adventure, sunrises, skydiving—and eating all the pickled things without apology. If you ask us, Kathleen sure knows how to live well.

She also intends to Leave Well. Kathleen is registered as an organ and tissue donor.

She registered before she needed a transplant because she felt it was the right thing to do. Being the recipient of organ donation, gave her another perspective: “now I know just how life-changing the decision can be and the gift it truly gives.”

Join Kathleen and millions of other Canadians.

Choose to leave well so others can live well.

donateyourorgans.ca





FRED DOUGLAS CHATEAU


Looking for a place to call home that’s affordable, safe, and accessible?

Look no further than **Fred Douglas Chateau** (formerly Kiwanis Chateau)!

- LIFE LEASE independent living for 55+ in a close-knit community.
- Prime location with indoor access to shopping, dining, medical services, Arena, the Y, and Millennium Library.
- Security and emergency response services for added peace of mind.
- Spacious one-bedroom and two-bedroom options available.
- Features include in-suite washer and dryer, and heated parking.
- Suites can be customized according to your preference.
- Cat-friendly.



430 Webb Place, Wpg, R3B 3J7 • 204-306-4617 • Email: sisaac@freddouglas.ca
www.facebook.com/freddouglaschateau • <https://www.freddouglaschateau.ca>



Supporting the RWB for 75 years

- Volunteer Committee for the Royal Winnipeg Ballet

The Volunteer Committee for the Royal Winnipeg Ballet, which owns and operates Things consignment boutique, is a volunteer, non-profit organization that has been serving the community by fundraising to support the RWB for over 75 years. Over that time, it has donated over \$1 million, and today, it is proud to have increased its annual RWB donation to over \$100,000.00.

In addition to supporting the arts, the organization supports the environment by providing a venue for people to re-sell or donate higher quality items of home décor, rather than those items going to the landfill.

Today, the organization has two main sources of revenue. The major source is from the Things boutique at 913 Corydon Ave. The second source is from the operation of the gift boutique at the RWB mainstage performances, where it is located in the main lobby.

Looking back, the organization has a long history, beginning in the late summer of 1949. The RWB (then, about 10 years old) formed a Women’s Committee as part of its board of directors. Its original role included fundraising through events like a bazaar in 1949, the 1952 opening night of the film “The Tales of Hoffman” at the Uptown Theatre, a 1965 art auction, many fashion shows, an annual garage sale, and publishing and selling cookbooks, to name but a few. It also organized activities like a series of ballet lectures and dance demonstrations in schools in 1964, commissioned at

least two ballets and gave public tours of the RWB studios.

The Women’s Committee set up its first consignment boutique on Wolseley Ave in 1967. Just 15 months later, it moved to Grosvenor Ave until 2007, when it moved again to the present location at 913 Corydon Ave. This location became too small to accommodate its increasing inventory selection, so, in 2021, it expanded to add the adjoining premises at 911 Corydon Ave, doubling the size of the shop. This was a courageous move, taken at a time of wide-spread business shut-downs due to the pandemic. In 2018, the Women’s Committee changed its name to the Volunteer Committee, in recognition of the changing times and its changing volunteer base.

Today, the Volunteer Committee and Things are looking ahead. With the expansion have come new categories of consignments, donations, and volunteer opportunities. It has re-branded to reflect its expanding inventory and is refurbishing its website and social media presence. As a result of this success, and its growing donations to the RWB, it is looking to the future with confidence and optimism.

The Volunteer Committee is looking for new volunteers, and it promises an amazing range of interesting opportunities. These include working in the shop and/or at RWB performances, managing social media, helping with finance and with pricing consigned and donated items. It can be contacted at volunteercommittee@fortherwb@gmail.com. ■



Supporting the Royal Winnipeg Ballet

Shopping - we offer unique and storied objects

Moving - we welcome home décor consignments and donations

Volunteering - we are fun with a cause

Come visit us at 913 Corydon Avenue, Winnipeg, Manitoba

For more information contact: thingsconsignment@shaw.ca

“Since March 2020, food bank use across the province has risen by 150 percent. Every month, more than 100,000 Manitobans rely on Harvest Manitoba and our network of food banks and programs for help. Nearly half of those we serve are children.” ~ Harvest Manitoba

Leaving a Legacy

Feed the Future with Your Legacy - Harvest Manitoba



The need for food support in Manitoba has reached levels never seen before. Since March 2020, food bank use across the province has risen by **150 percent**. Every month, **more than 100,000 Manitobans** rely on Harvest Manitoba and our network of food banks and programs for help. Nearly half of those we serve are children.

This growing demand isn't slowing down. Families are having to make impossible choices due to rising food prices. Many people visiting food banks are working full-time or retired Manitobans whose fixed incomes no longer stretch far enough. Hunger is no longer a temporary crisis. It's a permanent reality for far too many.

Harvest Manitoba is working to meet this challenge head-on. Each month, we distribute millions of pounds of nutritious food across the province, including fresh produce, protein, and pantry staples that families depend on. We're also investing in programs that support long-term change by helping people develop skills to gain employment and build pathways out of poverty. But this work is only possible because of Manitobans who care deeply about their neighbours in need.

One of the most meaningful ways to make a lasting difference is through a **legacy gift**. Including Harvest Manitoba in your will ensures that your generosity continues to nourish your community for years to come. A gift in your will costs nothing today, yet it provides food, dignity, and hope for Manitobans in the future. It's a way to extend your compassion beyond a lifetime and to keep helping children, families, and seniors who need it most.

Every dollar Harvest receives stretches further than most people realize. With our buying power, we can turn every \$1 donated into \$10 of food and support. Your legacy can help ensure that a child won't go to bed hungry, or a senior won't have to choose between groceries and medication. If you believe that everyone deserves access to good food and a fair chance, consider leaving a gift to Harvest Manitoba in your will. Together, we can work toward a healthier future for all where no Manitoban goes hungry.

To learn more, please visit harvestmanitoba.ca or call **204-982-3581**. ■

Your planned gift makes exceptional care and wellness possible - Victoria Hospital Foundation

Victoria Hospital has played a significant role in the life of Ben and his family. Ben worked at the hospital for 31 years, starting as a psychiatric social worker and over time becoming the Program Manager for Mental Health.

Ben's mother Sara admired the staff at Victoria Hospital for their compassion and expertise. Following Sara's passing at the age of 91, Ben was inspired to establish an endowment fund with Victoria Hospital Foundation. Endowment funds provide a never-ending source of income as the principal is invested and only the interest is expended each year.



Ben's generosity will continue to support mental health care.

“Establishing an endowment fund was a way for me to honour the memory of my mother and support mental health at The Vic,” said Ben.

Ben's endowment ultimately funded The Sara Berkal Memorial Wall at Victoria Hospital. This electronic wall features the work of artists from Artbeat Studio, a local non-profit organization that empowers mental health recovery through art.

Throughout her life, Sara found creativity to be a source of comfort as well as a way to improve confidence and improve positive mental health. Sara's daughter, Harriet, was instrumental in supporting Sara's creativity all through her life.

Ben's generosity will continue to support mental health care while creating a lasting legacy for Sara.

Like Ben, you can leave a lasting legacy of caring at Victoria Hospital that will positively change lives for years to come.

Whether you establish an endowment fund like Ben or choose to leave a gift in your will or estate, there are so many ways you can share your values and beliefs while enhancing care and the patient experience at Victoria Hospital.

To begin planning your gift, there are just two easy steps to help you get started:

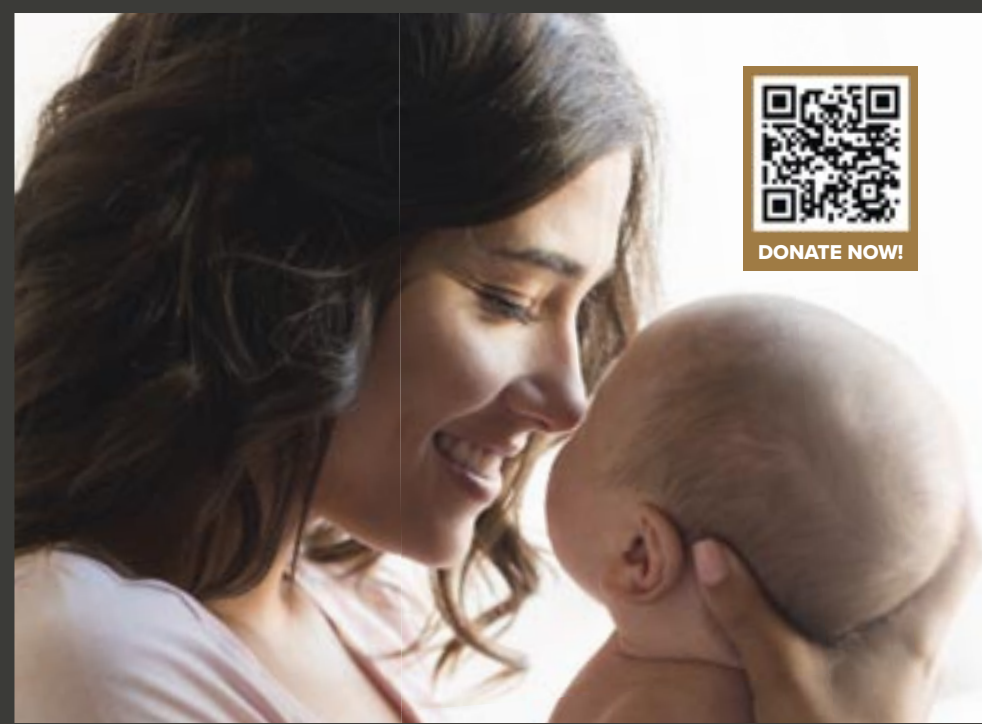
- Discuss your intentions with your trusted advisors to choose a gift that reflects your wishes. You may wish to speak with a lawyer, tax advisor, accountant or financial planner.
- Contact us to find out what opportunities are available at Victoria Hospital Foundation. We can ensure your gift fulfills your wishes to enhance patient care at Victoria Hospital.

Your gift can be directed to an area of your choosing or left unrestricted to support an area of greatest need. You can specify a dollar amount, a percentage of your total estate, or all or part of your estate. Your estate will receive a tax receipt for the amount of your gift, which can significantly reduce the amount of taxes owing.

To find out more about leaving a gift in your will or estate, please contact us at **204-477-3513**. If you have already remembered us in your will, please let us know so we can ensure your gift is recognized in a meaningful way.

The gift you leave today will be your legacy tomorrow. Thank you! ■

Victoria Hospital Foundation and Victoria Lifeline share a collaborative relationship focused on supporting the well-being of our community. Proceeds from Victoria Lifeline are reinvested through Victoria Hospital Foundation to support hospital healthcare initiatives and community projects.



DONATE NOW!

Feed the Future with Your Legacy

When you include Harvest Manitoba in your will, you're giving more than food to our neighbours in need. You're providing dignity and hope to over **100,000 Manitobans** who rely on us every month.

Help ensure no one goes hungry.

Visit: harvestmanitoba.ca
or call: **204-982-3581**



Charitable #: 131792616 RR0001

November is Fall Prevention Month

- Alzheimer Society of Manitoba



Did you know?

Falls are the leading cause of injury among older adults, and one-third of those who fall don't return home after hospitalization.

Fall prevention & dementia

Anyone can fall, but as we age, our risk of falling becomes greater. People living with dementia are at an even higher risk of falling because of changes that occur as the disease progresses.

For people living with dementia, an increased risk of falls may be related to changes with:

- Decreased balance and reaction time
- Perception or visual problems
- Difficulty walking
- Memory impairment
- Decrease in judgment
- Less insight into the environment and situations

This Fall Prevention Month, take an opportunity to learn a few adjustments you can make to your home and lifestyle to stay safe, independent and healthy.

Tips for preventing falls

- At home:
- Remove hazards to keep floors clutter-free

- Install grab bars in the bathroom and non-slip surfaces in the tub or shower
 - Use a raised toilet seat and a bath seat in the shower, if you need them
 - Wipe up moisture or spills immediately
 - Use contrasting coloured tape to highlight steps
 - Have good lighting throughout the house and install night lights
 - Make sure the path is clear between the bedroom and bathroom.
 - Store heavy items in lower cupboards
 - Move slowly out of your bed or chair to avoid dizziness
 - Never rush up or down the stairs — it's a major cause of falls
 - Keep your front steps and walkway in good repair and free of snow, ice and leaves
 - Ask for help with tasks that you feel you can't do safely
- ### Lifestyle & health:
- Eat nutritious meals to keep up strength
 - Move your body to build your balance, strength and flexibility with regular physical activity
 - Have your hearing and vision checked regularly

- Ask your doctor or pharmacist about possible medication side effects
- Keep up your social connections
- Wear glasses or a hearing aid if you need them
- Consider using a walker or a cane (if you use a cane, make sure it's the correct height and that it's rubber-tipped for safety)
- Wear appropriate footwear — comfortable shoes that provide good support can help to prevent falls
- Find & use gadgets that can make your life safer: reachers, anti-skid soles, hip protectors, etc

If you fall:

- Try to land on your buttocks to prevent more serious injuries
- Don't rush to get up — make sure you are not injured before trying to get up or letting others help you up
- Don't let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling

Connect with the Alzheimer Society for more information

Taking a few extra measures around the home and before journeying outside can help reduce the risk of falls for all, especially those living with dementia.

If you have questions about home safety or lifestyle adjustments that can help prevent falls, contact the Alzheimer Society's **First Link®** Client Support team by calling **204-943-6622** (Winnipeg) or **1-800-378-6622** (Provincial), or reach out via email at alzmb@alzheimmer.mb.ca.

THINGS TO DO - NOVEMBER 2025

Free online education sessions:

Living with Dementia: First Steps - Part 2

Saturday, Nov. 8, 10-11:45 am,
Virtual via ZOOM

The second session of a three-part information series for people support-

*ing someone recently diagnosed with dementia. *You do not need to attend sessions in order.*

Dementia is progressive and affects decision-making capacity. Learn about the importance of initiating discussions around future planning, including the importance of having a will, power of attorney and health care directive in place. Be informed about resources that can be useful when addressing your unique legal and financial decisions. Register today at alzheimmer.mb.ca.

Communication Tips: Q&A Series with the Alzheimer Society Client Support Team

Tuesday, Nov. 18, 10-11 am,
Virtual via Zoom

Join our First Link® Client Support Team who will provide a short presentation on some of the common questions they receive about communication changes as dementia progresses, as well as practical tips in approaching those changes. They will also leave time for attendees to ask other questions during an extended Q & A period. Register today at alzheimmer.mb.ca.

Community Partner Programs

Enjoy a variety of activities in dementia-friendly spaces with our community programs. Geared to those living with dementia and their care partners, you can discover history at the Dalnavert Museum, explore the outdoors with FortWhyte Alive, grow your table tennis skills with the Manitoba Table Tennis Association and so much more. To learn more about available programs, and to register, visit alzheimmer.mb.ca/community-programs/community-partner-programs.

Agatha Christie Comes to Court with 7 Ages

Winnipeg's **7 Ages Productions** will be tempting audiences to solve one of her iconic mysteries when they present "**Witness for the Prosecution**" Nov. 28, 29, and 30th.

The scene is an English courtroom in 1953. Leonard Vole has been arrested for murder, though the evidence is purely circumstantial. Barrister Sir Wilfrid Robarts has been engaged to defend him. The play has some unexpected twists and turns, so surprising that when the play was first performed in 1953, audiences were cautioned not to reveal the last ten minutes.



The 2 1/2 hr play will be performed at the Gas Station Arts Centre, 445 River Ave. Fri. Nov. 28, 7:30 pm, Sat. Nov. 29, 2 and 8 pm, and Sun. Nov. 30, 2 pm. Tickets \$25, purchase online: gsac.ca or at the door.



Over 15 Years of Senior Service

QUALITY CARE MOVING

Services include:

- Packing and unpacking service
- Local and limited long distance moving service
- Cleaning service
- Pick-up and delivery service
- Removal or storage service

Phone - 204-990-4341 wpg

Email - qualitycaremoving@mymts.net Website: www.qualitycaremoving.net

• Competitive Rates and Adjustable Prices

• Ongoing Damage Prevention Trained Movers

• Conscientious Cleaning Service using **Shaklee®** Cleaning Products



One Bedroom Suites AVAILABLE

Call today to book a tour

ALL-INCLUSIVE INDEPENDENT LIVING ON THE RED

- Three nutritious meals a day
- Complimentary 24 hour Bistro
- In-suite laundry
- Fitness centre
- Craft and games area
- Complimentary internet access room
- Dry cleaning pickup and delivery
- Building staffed 24/7
- 24 Hour emergency response pendant
- Weekly in-suite light housekeeping services
- Weekly linen and towel services
- Complimentary transportation to medical appointments and outings
- Heat, hydro, and water
- Pet friendly living 🐾



CANOE CLUB

204.231.5777

40 Dunkirk Drive

www.canoecub.ca

Sri Lankan Seniors Manitoba

Doreen: Man of the Match as President/SLSM

By Senaka Samarasinghe

Although I am confined to my walker due to a hip fracture, I thought I would observe the success story of Sri Lankan Seniors Manitoba (SLSM) at its ninth Annual General Meeting (AGM) conducted at Whyte Ridge Community Center (WRCC) on Oct 3rd (FRI) 2025, starting at 11.00 am, followed by lunch at Ye's Buffet.

During my tenure as President of Sri Lankan Association Manitoba (SLAM), (2016/2017), on 23-6-2017, we established SLSM. Peter Bastians was elected for two years its the First General Meeting. At the beginning, based on fundraising and self-support, SLSM conducted activities for the benefit of members. Yathra monthly newspaper, 30 copies shipped free-of-charge from Toronto to Winnipeg with the help of its management of Toronto Gills Supermarket to Pembina Gills. SLSM kept those 30 newspapers at Gills in Pembina and sold each for one Dollar. From this, SLSM raised thirty Dollars, whereas members published Sinhala and English articles in this paper. When SLSM organized Movie Nights,

members arranged a potluck dinner.

When Daya Perera was the second President, SLSM (2018/2020), Daya arranged a Federal Grant Fund from the New Horizons for Seniors Program (NHSP) in 2020. It was a paradigm shift in SLSM. We managed to increase the number of events for members. On 6-6-2022, AGM was held at 10.30 am in the Cricket Pavilion, Assiniboine Park, with the participation of 27 members. This was my last day as President, SLSM.

In the SLSM Governance Regulations, there was no provision for an Office Bearer position as President Elect. I explained to our members how long-term sustainability can be obtained from this new position. SLSM member Dhammika Peiris is an architect and a member of the Sri Lanka Institute of Architects (SLIA). Therefore, I requested Dhammika to explain the benefits of this position to our members. With great difficulty, I convinced Doreen Kuruppu (Jayawardena) to accept this new position. Finally, she agreed to accept and

was elected as the First President Elect position, and Indra Ariyaratne was elected as the Fourth President, SLSM.

When Doreen saw me with Chandani on my walker at the gate of the WRCC hall, she accepted me and Chandani with great pleasure. She successfully completed her one-year tenure as President, SLSM, and she was the Man of the Match! ■



10 Years of Heart to Home Meals - 10 Questions with our Dietitian Andrea

- Heart to Home Meals

This season marks a very special milestone for Heart to Home Meals: 10 years of cooking for you! Thank you for making the past 10 years so rewarding for us... we're excited to keep cooking for you for many more years to come.

To celebrate our 10th anniversary, our dietitian Andrea Olynyk, R.D., has answered your top 10 senior nutrition questions. We hope you enjoy reading below as much as we have enjoyed reflecting on your thoughtful questions over the years.

Please note that we recommend consulting with your doctor or healthcare professional before making any modifications to your regular diet, and to ensure that your meal choices Align with your personal nutritional needs.

1. How much salt can I have per day?

Health Canada generally recommends that Canadian adults consume between 1200-1500 mg of sodium per day and not exceed 2300 mg per day – equivalent to about one teaspoon of salt. Reducing sodium intake below 2300 mg lowers the risk of cardiovascular and other chronic diseases, however it's equally important to consume enough sodium to avoid muscle weakness, cognitive impairment, and nausea. It's important to speak with a healthcare professional to find your personal sweet spot in getting the right amount of sodium for you.

2. Do I need to be avoiding fats in my meals?

"Fats" often get a bad rep for being unhealthy, but not all fats are bad! Monounsaturated fats, such as those found in olive oil, boost heart health to reduce the risk of stroke. Omega-3 fats, found in eggs and fatty fish, like salmon, are essential for proper brain function and anti-inflammation. Saturated and trans fats on the other hand are best avoided. Often used in processed foods, these fats can lower good cholesterol and raise bad cholesterol, increasing the risk for disease.

3. Should I be "counting carbs"?

And how many do I need?

Carbohydrates are the primary energy source for the brain and the fuel that keeps our bodies active. When it comes to "counting carbs", the general recommendation is to aim for about 130-180g daily, although those with dietary restrictions as directed by their doctor may have a different number. It's best to spread carb intake out through the day to maintain blood sugar stability.

4. How much protein do I need per day?

Seniors need adequate protein to help repair and maintain muscle tissue and to aid in skin wound healing. Protein also helps to

keep us fuller longer. The math usually equals out to 1 to 1.2g of protein for each kilogram of bodyweight, or a general guideline of at least 50-60g of protein per day.

5. I always hear I should be increasing my fibre intake. How do I do this?

Fibre helps promote healthy gut bacteria and offers support for heart health, blood sugar levels, bowel regularity and more, making it a game changer for senior health. Generally, women 50+ need 21g of fibre per day while men 50+ need 30g per day. While this may seem like a lot, including a variety of fibre-rich foods in your diet – such as whole grains, legumes, fruits, and vegetables – can make it easier to meet these recommendations.

6. Do I get enough vitamin D from being outdoors alone?

Vitamin D, known as the "sunshine vitamin," is critical for seniors. It aids in calcium absorption and promotes bone mineralization. Exposure to sunlight helps with vitamin D, as do fortified dairy products, eggs, and fatty fish. But the body's ability to produce vitamin D from sun exposure declines with age. While there are foods containing some vitamin D, Canada's dietary guidelines recommend that people over the age of 50 take a daily supplement to ensure they're not deficient.

7. How important is vitamin C for a senior?

Vitamin C plays a vital role in supporting our immune systems and protecting us against illnesses, with some studies suggesting that it helps shorten the duration and severity of the dreaded common cold (yes please)! Our bodies need it to maintain healthy blood vessels, gums, cartilage, and more, especially as we age. Found in citrus fruits, berries, cruciferous and root vegetables, you can help boost immune resilience by incorporating these colourful and nutrient-packed foods into your meals. Heart to Home Meals includes these vitamin C rich veggies in almost every single dish, ensuring each meal is a nutritional superstar.

8. Is Heart to Home Meals suitable for my specific diet type or individual diet restrictions?

Although Heart to Home Meals' diet codes provide a quick and easy way to understand what nutritional benefits a meal offers, it's important that recommendations be customized to specific individual dietary requirements. I recommend consulting with your doctor or dietitian for personalized advice tailored to your unique dietary

needs, and to review which meals may be suitable for your specific diet. Empowering you to make informed decisions, your My Menu features comprehensive nutritional information, and detailed ingredient lists are available on the website.

9. Do I have to be a senior to enjoy meals from Heart to Home Meals?

Absolutely not! Heart to Home Meals are designed to meet the nutritional needs of

seniors, however they create delicious products that everyone of all ages can enjoy.

10. Where can I learn more about senior nutrition?

You can learn more about senior nutrition with our quick-guide videos at the link here on HeartToHomeMeals.ca. You can also browse our other Heart to Home Meals blog articles for more topics on senior wellness, nutrition, and aging in place. ■

Easy days, any day. Delicious is always on hand.



Get your
free
menu!

Every day, open your freezer to
over 200 meals made especially
for seniors, delivered for free*
with no contracts.

Winnipeg owned and operated by
Fred Pennell
204-816-8659
HeartToHomeMeals.ca

*Some conditions may apply.





THE
FUTURE IS
DIGITAL

We accept the
Canadian Dental Care
Plan!

ST.BONIFACE

— DENTURE CLINIC —

2-170 Marion St. Wpg
204.589.3337
www.StBDenture.com

3D Scans,
Digitally Milled
Complete &
Partial Dentures,
Relines &
Repairs.



Things To Do - WINNIPEG

COIN / STAMP COLLECTING

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.)

CRAFT SHOWS / EVENTS / LUNCHEONS

St. Charles Headingley United Church - Christmas Craft & Bake Sale, Sat. Nov. 15, 10-3, 110 Bridge Road (Headingley). Home made baking and craft items.

Charleswood United Church - Craft sale, Nov. 22, 10 am-3 pm, 4820 Roblin Blvd. Light lunch available. Looking for vendors - \$25 a table. Call 204-832 3667 to reserve a table.

Scandinavian Cultural Centre - Christmas Market & Café, Sun. Nov. 23, 11 am -2:30 pm, Scandinavian Cultural Centre 764 Erin St. Imported Scandinavian Foods. Also homemade baking and gift items.

PAL 55+ - Holiday Show & Sale Fundraiser, Tue. Nov. 25, 12-3 pm, 933 Summerside Ave. Vendors invited. Table \$25. Keep 100% of your sales. All table rental proceeds go directly to support PAL 55+. Info: **204-946-0839, programs@pal55plus.ca**

Winnipeg's 7 Ages Productions - presents Agatha Christie's "Witness for the Prosecution", a murder-mystery play, Fri. Nov. 28 - 7:30 pm, Sat. Nov. 29 - 2 pm & 8 pm, Sun. Nov. 30 - 2 pm, at the Gas Station Arts Centre, 445 River Ave. Tickets \$25, at **204-284-9477, GSAC.ca**

St. Andrew's Woodhaven - Craft and Vendor Sale, Nov. 29, 10-2, St. Andrew's Parish Hall, 2700 Portage Ave. \$2 entry, under 10 Free.

Woodhaven Men Shed - Senior Men's Health Fair, Nov. 18, Westwood Community Church, 401 Westwood Dr. 11:30 am-4 pm - Exhibitions, snacks/refreshments, Panel on Men's Health; and Aging in Place & Seniors Housing.

Millennium Library - Programs & Events calendar: **winnipeg.ca/library**

The Women's Canadian Club of Wpg - Luncheon, Nov 18, 12 noon at RBC Convention Centre. Cost \$35. Info, Rochelle: **204-488-8750, rochelpin@shaw.ca**

Friendship Force Winnipeg - an international club, promotes world peace through cultural exchanges and home-stays. We travel, have dinner meetings, book clubs, walking groups and play bridge. **www.friendshipforcewinnipeg.org**

MUSIC / DANCING

Dufferin Senior Centre - 377 Dufferin Ave. Dances every 2nd Sat. Live bands & light lunch; Christmas Dinner & Dance, Dec. 13, Full course meal, live band. Members \$20/non-members \$25.

Elvis "The Memories" By Denny Show - Jan. 10, 7:30 pm, Stillwell Hall, Anavets, 3584 Portage Ave. Dress up 50s, 60s, 70s and Win Prize. Tickets \$20 available at the Anavet Bar or my email: **elvisthememories@gmail.com**, or phone/text **204-470-6993**. Info: **elvisthememoriesbydenny** on Facebook or **www.elvisthememories.com**

The Forever Young Club - "Remember When" Dance Nov. 29, 7:30-11:30 pm at Anavets #283 bingo hall, 3584 Portage Ave. 50's/60's/70's classic rock with DJ's Rick & Trish. Non-members \$15. Reserve by Nov. 25. Txt/ph **204-261-4442** or **fycwpg@gmail.com**

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**

The Senior Choral Society of Winnipeg - 533 Greenwood Place, behind CNIB on Portage Ave. Gerda **204-669-5570**

SPORTS / FITNESS / GAMES

Archwood 55 Plus - a non-profit organization for seniors - LGCA licensed BINGO fundraiser,

Wed. Nov. 26, 1 pm in the auditorium, 820 Cottonwood Road. Public welcome.

Lady Bowlers - Bowl Fridays, 12:45 pm at Polo Park Lanes for fun. For ladies of all ages. Or be a spare. \$13.50 per week, includes 3 games, also a Luncheon and prize money at end of season. Off over Christmas. New bowlers welcome. Call/text for info: **204-770-3903**

Contract Bridge in St. James - Group of Seniors of mixed skill looking for more players! 'Casual' non-competitive line of play, Tuesdays, 12:15-3 pm at Marantha Church on Sturgeon Rd. north of Ness. Info, Sharon: **204-888-9465**.

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

Over 60 Card Club - For Men, Women and Couples. Wednesdays, 1-3 pm, at St. Andrews Church, 2700 Portage Ave. We're currently playing Whist, Euchre and Crib. Contact Carla: **204-297-0811**

Pickleball - Seniors 55 plus are invited to learn to play Mondays and Thursdays, 1-3. No experience required. Coaching provided if needed. Club paddles provided. Intermediates play Tuesdays and Fridays, 1-3 at Sergeant Tommy Prince Place, 90 Sinclair St. Instructor Bonnie Gabbs, 78 yr old past physical education teacher who also plays Pickleball. 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.

Seniors Whist Group - play Wednesdays, 12-3 pm at St. Emile Church Hall, 556 St. Anne's Rd. Info, call or text Sonja: **204-254-1408**.

St. Vital Cribbage Club - Mondays, 12-3 pm, St. Emile Church, 556 St. Anne's Rd. All welcome. Jim: **204-230-4511**.

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

WHSBC contract bridge - at St. Paul's Anglican Church, 830 North Drive, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Social friendly bridge club. For further info: **204-771-6724**

SUPPORT GROUPS & PROGRAMS

Thrive Community Support Circle - Art Program, Thursdays, 10-12 noon, 406 Edmonton St, 3rd floor. FREE New Horizons for Seniors Art and Wellness Program funded by the Government of Canada. For seniors, youth, everyone is welcome. **204-772-9091**.

Joint Effort - A NEW, weekly, VIRTUAL support community for those living with osteoarthritis, Wednesdays, 4-5 pm. This is a FREE group, with donation as an option. More info on Facebook or Instagram **[@jointeffortsupport](https://www.facebook.com/jointeffortsupport)** or register via Eventbrite.

Convalescent Home of Winnipeg - TUNE-Up Café, Tuesdays, 6:15-8 pm, at 276 Hugo St. N. for those living with memory challenges and their family/friend care partner to sing. Free to join. Wheelchair accessible. Must pre-register: Sherry, **tuneupcafe276@gmail.com**.

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

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 Provencher Blvd. **204-942-2880**

St. James T.O.P.S. - Take Off Pounds Sensibly. Non-profit weight loss support group. Meet Wed's, 4:15-6, St. James Legion #4, 1755 Portage., upstairs. Shirley: **204-837-2079**, Ruth: **204-488-3533, www.tops.org**

T.O.P.S., Take Off Pounds Sensibly - Non-profit, friendly, non-judgemental weight loss support group meets Tuesdays, 6-7:45 pm, at Westdale School library, 6720 Betsworth Ave. Info, Susan: **204-896-4807**.

St. Vital T.O.P.S. Weight Loss Support Group - T.O.P.S. is non-profit. Meet Mon. eve's, 6:15-7:45 pm, St. Eugene Church (side door), 1009 St Mary's Rd. in St. Vital. First meeting free. Louise: **204-990-2144, www.tops.org**.

VOLUNTEERING

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. **204-235-2111, service@actionmarguerite.ca**

Actionmarguerite St. Vital, 450 River Road - Volunteers 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/**

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**.

Pembina Active Living (PAL) 55+ - Volunteers needed for enhancing social Connection, Still Bloom'n Organizer, Photographer. 933 Summerside Ave. Info, Marsha: **204-946-0839**.

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 - Home Service Volunteers needed to set up equipment in client homes. Flexible shifts. Call **204-956-6773** or email **info@victorialifeline.ca**

Villa Cabrini - Looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are avail- able 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

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. Share ideas. 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. **204-837-6708**.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off

Wellington Ave. Larry: **Ikehler84@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 more! **crcentre.ca**.

Charleswood Active Living Centre - NEW LOCATION - A 357 Oakdale Drive Closed for summer holidays.

Dakota Community Centre - Programs: Floor curling, painting classes, Tai Chi, seniors speaker series, group fitness, yoga & dance, pickleball, golf swing fundamentals, etc. 1188 Dakota St. Call Andrew: **204-254-1010** ext. 217, **andrew@dakotacc.com <https://dakotacc.com/>**

Dufferin Senior Centre - 377 Dufferin Ave. Chair Exercise, Thursdays 10 am; Dances every 2nd Sat. Live bands & light lunch; Christmas Dinner & Dance, Dec. 13, Full course meal, live band. Members \$20 / non-members \$25.

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 Centre - 625 Osborne - For Nov. calendar: **204-306-1114, goldenrule@swsrc.ca**.

Lions Place Adult Day Club - 1 day/wk of socialization and wellness, snacks, 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**. Find other Manitoba Men's Sheds: **<https://mensshedsmanitoba.ca/find-a-shed/>**

Nature Manitoba - We deliver nature-based educational programs, outdoor activities, group outings and more. For programs and more info: **<https://www.naturemanitoba.ca>**

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

Pembina Active Living (PAL) 55+ NEW LOCATION: 933 Summerside Ave. **programs@pal55plus.ca or 204-946-0839**

Probus Club of Winnipeg - Social group for retired / semi-retired, meets 3rd Tue. ea., 9:30 am, at 603 Wellington Cres. Guests welcome. **<https://winnipegprobus85.wordpress.co>**

Prendergast Seniors Club (Windsor Park) - CRIB players invited to join in Mon's and Wed's, 906 Cottonwood Rd. and for our monthly, luncheons. Call Gerry: **204-257-1475**

Rainbow Resource Centre - Over the Rainbow Peer-to-Peer Phone Line for 2SLGBTQ+ older adults 55+. 514 St. Mary Ave. **otr@rainbowresourcecentre.org www.rainbowresourcecentre.org**

Retired Women Teachers' Association (RWTA) - Join our non-profit group for fun, food and friendship! Low membership fee. Free parking. Contact Membership Convener, Dorothy Young: **dyy@shaw.ca**

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

South Winnipeg Family Information Centre - Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. (Lower Level). Coffee, snacks, fun activities, Wednesdays. **204-284-9311**

Stroke Recovery Assoc. MB - Support group for Stroke Survivors: Register: B-247 Provencher Blvd. **204-942-2880**



CJNU Welcomes Riverview Health Centre as the November Host Sponsor

The Riverview Way

Innovation means rethinking how care is delivered. It means looking beyond traditional models of health and ensuring the voices of residents and patients are at the heart of every decision.

At Riverview Health Centre, this vision comes to life through compassion, purpose, and an unwavering commitment to putting people first. Riverview doesn't just adapt to change – they lead it, guided by the belief that care begins with truly understanding the people they serve.



This is the Riverview way.

A new approach: the future of long-term living and care services

Building on over a century of patient-centred healthcare, Riverview has embarked on a bold cultural transformation to enhance the quality of life and care for its residents

and patients.

At the core of this transformation is Person Directed Living, an approach woven into every program, every room, and every team across the Centre. It's a movement that puts individuals in control of their own lives. Residents now have a greater voice and choice in their daily routines, from how their rooms are decorated to when they eat, wake up, and participate in activities.

Gone are the days of standardized wall colours, institutional bathrooms, and rigid schedules. Instead, there is dignity, comfort, autonomy, and a true sense of home.

Take Riverview's Beverage Cart, a small yet powerful symbol of this shift. Stocked with coffee, tea, soda, and treats, it makes regular rounds, allowing residents to choose what they want, when they want it. It's a powerful reminder that every person deserves choice, even in the smallest of moments of daily life.

By working in close partnership with residents, families, and care partners, Riverview is creating purposeful, meaningful lives – one person at a time.

Together, we can redefine care

This November, tune in and hear directly from the people shaping a new era of care – from staff leading bold, compassionate innovation to the residents and families experiencing the difference every day.

At Riverview, the concept of care goes beyond clinical practice. When you give, you create a space that feels like home, where routines are flexible, voices are valued, and every person is empowered to live with independence and dignity.

When you give, you make that possible. Your gift doesn't just fund care, it fuels transformation. It creates comfort and restores choice. It makes room for compassion. It makes room for a new kind of healthcare.

Donate today and help shape a dignified future for every resident who calls Riverview home.

Call us at 204-478-6271, or visit rhcf.mb.ca to make your donation today.

Pledge Drive Continues Until Nov. 30!


Due to the interruptions in Canada Post services, we will be holding open our grand prize draws and offering this year's incentives, for any donation received before November 30th!

There are plenty of prizes and incentives that could be yours if you choose to make your pledge to CJNU for the 12th Annual Pledge Drive! Visit CJNU.ca/Pledge for more!

Live from Riverview Health Centre!

CJNU is broadcasting LIVE from Riverview Health Centre in November!

Come stop by our remote studio and say "hello"!



Membership Has Its Perks—visit CJNU.ca to learn more and join our co-op!

Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by Nov. 28 for the Dec. 10 issue. Email wording for your PSAs to: kelly.goodman@shaw.ca. Prints Dec. 3rd.

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

Gimli - New Horizons 55+ Centre - for Seniors 55+. Office open Mon-Fri, 9 am-4 pm. Closed on Stat holidays. 204-642-7909 gimlinewhorizons.org

Ile des Chênes/Landmark, Ste-Agathe - Yoga & chair/wall yoga. Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+ in IDC and Landmark. Free yoga in French in Ste-Agathe. No exp. needed. Info, Juliette: yogaforyoumanitoba@outlook.com

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; **Beausejour/Brokenhead Services to Seniors** 204-403-8205; **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

Morden Services for Seniors - 306 North Railway St. Service providers - help with Home & Lawn maint., Snow removal, House clean/laundry, Transportation, Footcare, Computer training. 204-822-5663, mordensfs@gmail.com

Niverville Recreation - Indoor walking track, public skating, drop-in sports and fitness classes. New Leisure Guide Out Now! Visit nivervillerec.ca. Info: 204-388-4600 ext 3

Niverville Services to Seniors - Services: 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, outings, etc. Info: 204-388-2188 or sts@heritagecentre.ca

Norman region - 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

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

RM of Tache - Services to Seniors - Join us for an educational evening about Mental Health for Older Adults, Wed. Apr. 30, 7-9 pm, at Lorette Parish Hall. Presenters: Alzheimer Society of MB, Southern Health/Sante Sud Senior's Consultation Team. Info and resources to help older adults, their families and caregivers. Hosted by Notre Dame de Lorette CWL Council and RM of Tache Services to Seniors. Info: cwllorette@gmail.com.

Seine River Services for Seniors - Volunteers needed for CarFit training sessions, with plans to host a CarFit clinic in spring. CarFit is a program to help older adults ensure their vehicle is the best possible fit for them. Info: 204-424-5285, src@seineriverservicesforseniors.ca.

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 <https://seineriverservicesforseniors.ca>

Selkirk - Gordon Howard Centre - Various activities, outings, seasonal 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 City of Selkirk. Volunteer positions avail: Driver escort, Handi helper, Friendly visitor, Delivering Meals on Wheels. 204-785-2737, selkirkseniors.com

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 - Pat Porter Active Living Ctr - 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 (Carla Walker, Program Volunteer Coordinator). <https://www.patporteralc.com>

Steinbach - South East Artists - Paint together Tuesdays, Sep. 2-end of May, 9:30-11:30 am, Studio A or B at Steinbach Arts Council. \$3 drop in fee or \$60 for season plus cost of a membership at SAC. 1st visit free. Oils, watercolour, acrylic, pastels, etc.

Stonewall - South Interlake 55 Plus (si55Plus) - 374 1st St. West. Membership - \$25/year. Weekly Exercise, Line Dance, Cards, Men's Chat, Ladies' Coffee and Craft, Bowling, Pickleball (Stony Mtn School: Tue. 6-8:30 & Thur. 6:30-8:30 pm, & Stonewall Collegiate: Sat. 10 am-12:30 pm), Quilter's Corner, Book Club, Luncheons, Ukulele Club, Bus trips, and more. 204-467-2582, si55plus@mymts.net, www.si55plus.org

Stonewall - Strummers Ukulele Club - 1st & 3rd Thur., 6:30 pm, at South Interlake 55 Plus, 374 1st St. W, Stonewall. Beginners welcome, no formal instruction.

Teulon Seniors Club - Teulon Town Hall - Main St. Dances, 2nd Thur. of the month. Admission \$10.

Thompson Seniors - 204-677-0987, thompsonsensiors55@gmail.com

SPORTS

Jeff Reinebold: Looking at Life 27 Years Later



MANITOBA

SPORTS

HISTORY

By Scott Taylor
Photos courtesy University of Hawaii Athletics

These days, it's barely a memory for many longtime Canadian Football League fans. It was 28 years ago when Jeff Reinebold rode up to his introductory news conference on the back of his Harley-Davidson and took over the role of head coach and general manager of the Winnipeg Blue Bombers. One year later, boasting a record of 7-29, Reinebold was gone. It cut right into his heart at the time, but in 2001, I ran into him at the Super Bowl in Tampa and he was in great spirits. Coaching the Amsterdam Admirals of NFL Europe at the time, he walked up and said with a wide smile, "T.J. Rubley. What was I thinking?" Reinebold suffered from the same problem that many other Bombers coaches have suffered from – he didn't have a quarterback. Gary Hoffman, Mike Kelly, Paul LaPolice (when Buck Pierce was hurt, which was often) and Tim Burke all tried to win games and maintain their employment without adequate QBs. Still, it's fair to say that the passage of time has been pretty good to Reinebold who now, at 67, doesn't look or sound a lot different than the 39-year-old who took over the Bombers in 1997. Of course, he's also living in his "spiritual home." As the defensive tackles coach for the University of Hawaii Rainbow Warriors, the Indiana-born Reinebold is back in the place he loves more than any other on earth.



Former Bombers Head Coach and GM Jeff Reinebold at U of Hawaii's Spring Camp



Jeff Reinebold at U of Hawaii's Fall Camp

"You know, they say you can never go home, but I beg to differ," said Reinebold, via cellular device from Honolulu. "It's been really fun to come back here and help Timmy (Chang), who was a legendary player here, rebuild the program. "Timmy's done an amazing job of piecing this program back together and getting it off its knees. When you go through a rebuild, success doesn't happen overnight. The reality of it is in today's Division I college football, which is really pro sports now, replenishing the roster is hard. You've got to get the right guys and not just talented guys. We're starting to get the right guys." The 6-2 Rainbow Warriors are coming off a 31-19 win on the road over Colorado State and for a guy like Reinebold, having a winning record – and very likely being bowl eligible already -- while living in Hawaii, is kind of like being in heaven. After all, he's been a football coach for 44 years (he started as a graduate assistant at Western Montana in 1981), but he's 7-29 as a head coach in pro football (his record in Winnipeg) and 5-5 as a head coach in college. He's been an assistant coach at nine universities (including a previous stint in Hawaii in 2006-07) and with five pro teams. He's been to five Grey Cup games as an assistant and never won a ring. And yet, through it all -- and despite the nightmare in Winnipeg -- he has only wonderful memories of his time with the Bombers. "I think about that time often," he said. "Every once in a while, somebody will bring that up to me or one of the players from that time will reach out and say hello. And I think about what an amazing experience that was to go through at the time. "It was painful because Winnipeg is such a unique place. Winnipeg and Hamilton, of all the teams that I've coached in the CFL and all the places I've been around the world coaching this game, those two places, I think are really unique in that the team is such an important part of the fabric of the community. You really get that sense of responsibility when you work at those places and you really want to see the team succeed, not just for the team, not for the general manager and the president and the players, but for the greater community,

the generational fans that have grown up loving the blue and gold or the black and gold. "And then, when you can't deliver that, that's really a gut punch." Fact is, Jeff Reinebold loved Winnipeg. And he'll openly admit that not being able to win here broke his heart. "I'd been in Winnipeg about three weeks, and I went into a Tim's to grab a coffee on my way to the stadium and this sweet, elderly lady looked at me and she kind of recognized who I was," he recalled. "She came over to me and put her finger in my chest and said, 'You better take care of my team.' And I was like, oh wow, this is different. "So, if there's one regret about anything during my 44 years as a football coach it was just that we were never able to give the fans what they wanted. In fact, congratulations to Mike (O'Shea). I don't know him well, but I do know he's done what we had all envisioned when I arrived and we just didn't deliver for those fans. The people of Winnipeg love that team and love football and they deserve a winner." It's playoff time again, and he's right. ■

Plan on Attending the New Caregivers Support Group



The first meeting of the Caregivers Support Group was held in October at Lions Manor. The next meeting is **Tuesday, Nov. 25th at 5:00 pm**, at Lions Manor.

By Greg Marsh

The Focus of the Support Group
The focus of the support group is caregivers who assist older individuals with aging-related challenges including dementia.

The Purpose of the Support Group
Providing an opportunity for caregivers of older individuals to meet with other caregivers

- To discuss challenges faced while caregiving (particularly when the caregivers are older themselves)
 - To have an opportunity to vent with others who likely appreciate what is being experienced
 - To encourage and support caregivers
 - To discuss best practices or new ideas in caregiving.
- Who Should Attend**
- There are two related but distinct populations who would benefit from attending:
- Caregivers who support older individuals who live in the community
 - Caregivers who support older individuals who live in a facility like a PCH or Assisted Living.
- Frequency of Meetings**
- The group meets in person once a month. (We are trying to determine the best day and time of the meetings as we know caregiving can be a 24/7 responsibility. If you can't attend our next meeting, please email me to let me know what day or time will work for you)
 - We will review and consider the possibility of online meetings (e.g. via Teams or Zoom, etc.) but for now, we are holding meetings on site at Lions Manor.

Topics Covered in Typical Meetings

- Most meetings will have formal topics for discussion (e.g. "How to Prevent Caregiver Burnout" or "How to Expand the Caregiving Team") and topics proposed by those who attend
- Every meeting will also feature a Round-Table where those who attend can discuss pressing and important topics, raise questions, discuss new challenges, etc.

For more information, please contact Greg Marsh at gregmarsh317@gmail.com

SENIORS SUPPORTING SENIORS

THROUGH FUN & LEARNING

Living in Two Worlds:
The Ukrainian Experience in Winnipeg

Presenter: Oksana Tymofii
Migrant escaping War in Ukraine
November 12, 2025 at 2 p.m.
Westworth United Church
1750 Grosvenor Ave

Free of charge | Light Refreshments
Contact: programcoordinator@westworth.ca



ELVIS

"THE MEMORIES"
BY DENNY



BOOK YOUR MEMORABLE
ELVIS TRIBUTE SHOW!

GREAT FOR FUNDRAISERS,
BIRTHDAY PARTIES, ANNIVERSARIES,
CORPORATE EVENTS, ETC.

CALL, TEXT OR EMAIL TO SAVE A DATE!

ELVISTHEMEMORIES@GMAIL.COM
PHONE OR TEXT: (204) 470-6993
[WWW.ELVISTHEMEMORIES.COM](https://www.elvisthememories.com)





Celebrate the Season with Pembina Active Living (55+)

- Submitted

Are you an older adult in south Winnipeg? Looking for fun and festive ways to connect this holiday season? Look no further, PAL (55+) invites you to join in these joyful community events.

At PAL (55+) we're dedicated to enriching the lives of older adults through programs that promote social connection, active living, and lifelong learning. This holiday season is the perfect time to get involved, meet new friends, and enjoy the warmth of community spirit.

Holiday Show & Sale Fundraiser:
Tuesday, November 25th | 12:00–3:00 PM. Come browse and shop local hand-made items from our very talented community crafters. It's a great opportunity to find one-of-a-kind holiday gifts while sup-

porting both local creators and PAL (55+).

Tables are available for just \$25, and you keep 100% of your proceeds. Don't miss this chance to showcase your creativity and connect with the community!

Holiday Lunch Celebration:
Thursday, December 11th | 11:00AM–2:00 PM. Celebrate the season with an afternoon of music, food, festive fun, and good company! Enjoy the warmth of friendship while taking part in our Winter Program Registration and connecting with both new and familiar faces.

Holiday Light Tour:
Monday, December 8th | 6:30–8:30 PM. Take in the beauty of Winnipeg's twinkling lights on our Holiday Light Tour, featuring

stops at Canad Inns Winter Wonderland, Downtown, and Linden Woods. It's a wonderful way to get into the holiday spirit and share some laughter and cheer with friends.

This holiday season, step out, get involved, and experience the joy of community. There's something for everyone to enjoy, bring your friends and family together at PAL (55+).

Come for the activities, stay for the friendships.

For more information or to register and purchase tickets, visit the PAL office, call, or email us. Spaces are limited, reserve early!
933 Summerside Ave.
(Trinity United Church) - Office
programs@pal55plus.ca
204-946-0839



PAL (55+) Holiday Celebration 2024



Holiday Lights Tour 2023

Travel/Leisure/Activities

Advertise your travel business, event or activity here at a reduced price. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.

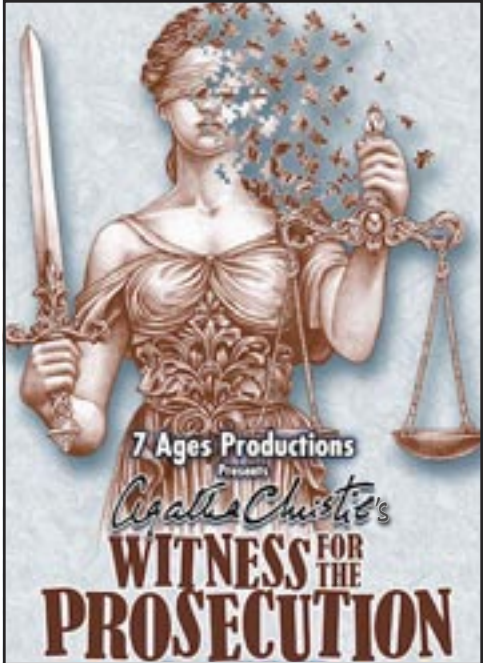
Newfoundland Labrador TOUR

June 24 - July 7th (2026)
\$4400.00 pp dbl occ



Stroll the streets of Jelly Bean row, admire the untouched coastlines dotted with lighthouses and stand where the Vikings landed! Join us for 13 nights to Newfoundland Labrador. You won't be disappointed!

RWB Get-A-Ways
1-866-846-3795
Text only 204-803-6677
www.rwbgetaways.com



7 Ages Productions
Present
Agatha Christie's
WITNESS FOR THE PROSECUTION

November 28 - 7:30 pm
November 29 - 2 pm & 8 pm
November 30 - 2 pm

Gas Station Arts Centre
445 River Avenue • Winnipeg
Tickets - 204-284-9477 or GSAC.ca

"Witness for the Prosecution" is presented with Concord Theatricals on behalf of Samuel French, Inc. www.concordtheatricals.com

TALKING BODY LASER AESTHETICS

We love supporting our community and helping you look and feel your absolute best. Our expert touch, soothing atmosphere, and high-end treatments and products ensure you leave feeling refreshed, radiant, and truly valued.

Ageless Radiance Awaits!

Clients aged 60+ receive an exclusive 50% off our rejuvenating 1-hour facial - just \$60

talkingbodylaseraesthetic.ca
(Industrial Area - Front Doors)
Feeling refreshed, radiant, and truly valued
Call or text 204-461-3148
BOOK ONLINE:
2Dolomite, Stonewall MB



Anytyme Travel and Tours

Where Adventures Begin

South Beach 1-night Stay

November 24-25
Receive \$40 in Free Slot and \$24 in Food Coupons
Rate: \$115 per person double occupancy \$160 solo occupancy

Remaining Day Trips to South Beach Casino

Cost \$30 Receive FREE Buffet Lunch.
December 1, 2, 10
2026:
South Beach Hotel & Casino
2-night stay March 23-25

Vacation trips upcoming for 2026 all will be Canada Only

June - Newfoundland tour
September Fall Tour going west including Banff, Jasper, Yoho, Waterton Lakes (Glacier Park of the North) 4 National Parks, plus so much more.

204-415-4500
office@anytymetravel.com
www.anytymetravel.com

Winter Wonderland Tour

All Aboard!
November 30th
\$159.00 per person plus tax

Tour includes:

- VIA RAIL ticket Winnipeg to Portage la Prairie.
- Return transportation Motorcoach.
- Home cooked Turkey Supper.
- Canad Inn Winter Wonderland Lights Drive Thru.
- Winter Wonderland at Trinity United Church. Explore snowman alley, quilt displays, vendors & live music!




RWB Get-A-Ways
1-866-846-3795
Text only 204-803-6677
www.rwbgetaways.com

Heaven Scent Flowers & Gifts

We also carry a large selection of crystals, books and tarot.

77 1/2 - 2nd Avenue, Gimli, MB
Call 204-642-9334



All 55+ Adults Welcome!



Richer School

Richer, Manitoba
Every Tuesday
6:00 pm to 9:00 pm
(From September 16 until May 26)
FREE EVENT!

- Pickleball • Bean Bag Toss • Ladder Ball Toss

PLUS... Certified YOGA Instructor will also be offering **FREE** Yoga Sessions (6 pm - 6:45 pm) and Strength Classes (7 pm - 8 pm) (Starts November 4th)

Organized by:  Supported by:  


Workshops/Classes for Seniors

Acting for Seniors

Presented by Brain Lint Theatre School

Embroidery 101

Presented by Lizzy B's Needle Art Supplies



iPad/iPhone for Seniors

Presented by Disky Chick's Technology Solutions

We're located in St. Vital or we can come to your 55+ building.

For rates & information:
www.brainlinttheatreschool.ca
or 204-219-3979

Confidence in Every Step

This Fall Prevention Month, protect what matters most. Our Medical Alert Service provides around the clock access to help. *Subsidized rates for those who qualify.*

CONTACT US TODAY AT: (204) 956-6777



VICTORIA LIFELINE
Safe and independent living.

Mention this ad & Receive one month FREE!

*some conditions may apply






VictoriaLifeline.ca

CREMATION SERVICES

Simple, Affordable Cremation Care.

\$1495⁺ GST

★★★★★
Google 5.0



Branch & Pyre

branchandpyre.com



THE BEST HEARING CARE AT THE BEST PRICES

IF YOU CAN FIND A BETTER PRICE, WE'LL MATCH IT!



EAR ARCHITECTS HEARING CARE
3412 Roblin Blvd. Winnipeg
204-416-7455
www.eahearing.com

CROSSWORD - By Myles Mellor

ACROSS

1. European palace

6. Netherlands city famous for cheese

10. Seat of the National Parliament of South Africa

11. German cathedral city

14. Rainbow shape

15. Golfing start

16. Napoleon was one

17. Expression of surprise

18. Compass direction

19. Iconic train ride (2 words)

24. "Lord of the Rings" evil warrior

25. Track down

27. Crete native

29. Capital of the Society Islands

31. Eldest in the family

33. Japanese city

35. Large waterfall

36. Blows away

38. Atlantic island country

39. Fishing equipment

40. Types of dolphin

41. Well-known flower



3. Sun god worshipper

4. Cruise ship berthing option (2 words)

5. Former partner

7. Capital of Qatar

8. UK city famous for its soccer

9. Zimbabwe's capital

12. Greek god of love

13. Safari sight

20. ___ Valley (San Francisco neighbourhood next to The Castro)

21. Willow, for example

22. Any ship, affectionately

23. It links the Med and the Red Sea (2 words)

26. No Trump, for short (bridge)

28. They're caught on beaches

30. Beach protection

31. Not go to bed till very late (2 words)

32. Aircraft seat identifier

34. Fermented milk drink

35. Blue jacks

37. Cash provider, abbr.

38. Life story, in brief

DOWN

1. Time off

2. Lowering oneself down a mountain-side

SOLUTION ON PAGE 23

WORDSEARCH - REMEMBRANCE By Roni Alward & Senior Scope

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

Airforce	Ceremonious	Fortitude	Poppy	Ship
Alliances	Ceremony	Free	PPCLI	Soldier
ANAVETS	Courage	Glory	Pride	Strong
Annual	Cross	Hail	Proud	Thankful
APC	DDay	Heroic	RCR	Tribute
Army	Debt	Honour	Remembrance	Tuesday
Badge	Decorated	Legion	Respectful	Uniform
Battle	Dove	Lest	Sacrifice	Unselfish
Bravery	Duty	March	Salute	Veteran
Bugle	Fallen	Medal	Served	War
Canada	Fearless	Navy	Service	Wreath
Casualty	Field	Noble		
Cenotaph	Flag	Peace		

SOLUTION ON PAGE 23

PLANNING YOUR ESTATE?

GIVE ME A CALL

Working with clients to create a personalized and comprehensive estate plan (Wills, POA, & HCD).

Special *Senior Scope* pricing starting at \$550* per person and \$900* per couple. (*Plus GST)

HAYDEN R. ANNING
204-594-9746 | HRA@TaciumVincent.com
206 St. Mary's Road, Winnipeg, Manitoba

FRIENDLY
PROFESSIONAL
AFFORDABLE





Tillwell

Eco-Friendly Cremation for Manitoba Families

Aquamation: A gentle, water-based alternative using 90% less energy

- Flame-Free
- Zero-Emissions
- Plan Ahead Today

\$1,895⁺ tax

Call/Text 24/7: 204-885-0409



THE NEW

SOUTH BEACH

Concert

+++ SERIES +++

A PAT BENATAR TRIBUTE!

NOV 21 FRIDAY



TICKETS \$30



Simply Irresistible!

DETAILS AT SOUTHBEACHCASINO.CA

TICKETS AVAILABLE ONLINE OR AT OUR HOTEL FRONT DESK.

SUDOKU - Medium Senior Scope

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

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 THE RIGHT

TEST YOUR WITS

- Why is Remembrance Day held on 11th November?
- At what time is a minute’s silence held on Remembrance Day?
- Who wrote the poem ‘In Flanders Fields’?
- What inspired John McCrae to write In Flanders Fields?
- What is the famous line from the poem “In Flanders Fields” that is recited on Remembrance day?
- In what year did World War I end?
- What does ‘cenotaph’ mean?
- What was Remembrance Day known as before being renamed in 1931?
- What does Remembrance Day commemorate?
- Should you wear your poppy after Remembrance Day?
- Where is Flanders Fields?

ANSWERS TO THE RIGHT

LAUGH A LITTLE

If the truth makes you uncomfortable, don't blame the truth. Blame the lie that made you comfortable.

I'm not saying I order a lot of stuff from Amazon, but I just got a wedding invite from one of their drivers.

"The forest was shrinking, but the trees kept voting for the axe, for the axe was clever and convinced the trees that because his handle was made of wood, he was one of them." - Turkish proverb

Wife: I have blisters on my hands from the broom.
Husband: Well then take the car next time!

It's better to be the oldest at the gym than the youngest in a nursing home.

Electric car owners now required to have a *current* licence.

WORDSEARCH - Solution

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

CROSSWORD - Solution

1	V	E	R	S	3	A	I	4	L	5	E	S	6	E	7	D	A	8	M
	A		A		Z		O		X		H		O						
10	C	A	P	E	T	O	W	N		11	A		A	C	H		12	E	N
	A		P		E		E		13	H		R		14	A		R	C	
15	T	E	E		16	C	O	R	S	I	C	A	N		17	O		H	
	I		L				D		P		R			18	S		E		
19	O	R	I	E		20	N		T	E	X	P	R	E	22	S		S	
	N		N		24	O	R	C		O		25	H	U	26	N		T	
		27	G		28	R	E	E	K		P	A	P	E	E	T	E		
31	S		R		A		E			O		A		A		Z		R	
33	T		O		K		Y		O		36	C	A	T	A	R	A	C	T
	35	A		W	E	S				O		A		A		A		37	A
	Y		F		38	B	A	H	A	M	A	S		39	N	E	T		
	U		I		I		O		U		O		A		A		M		
40	P		O		R	P	O	I	S	E	S		41	L	I	L	Y		

- Those who died in military service and those who served in wartime.
- No, you should not wear your poppy after Remembrance Day.
The tradition is to remove it after November 11th respectfully, by either placing it on a cenotaph, laying it on a wreath, storing it, or disposing of it properly, but never just throwing it away.
- Flanders Fields (World War I battlefields) includes parts of southern Belgium and northern France.

Read [Senior Scope](http://www.seniorscope.com) online at:

www.seniorscope.com

Or sign up for the free monthly email subscription.

Never miss an issue of **Senior Scope**.
Email: kelly_goodman@shaw.ca and type "[Sign me up](#)" in the Subject line.

theCLASSIFIEDS

Approx. 30 words for **ONLY \$10.50** (10.00 plus .50 GST). Add 5.00 to include photo. (15.00 + .75 GST = 15.75)
Listings must be pre-paid: cheque or e-transfer. No credit cards.

BUY • SELL • TRADE • RENT • WANT ADS. VIEWED in **PRINT** and **ONLINE** at www.seniorscope.com

MAIL LISTINGS with payment payable to: **Senior Scope**. Box 1806 Stonewall MB R0C 2Z0
or email listing and e-transfer to: kelly_goodman@shaw.ca
(NOTE: *Senior Scope* reserves the right to reject listings not suitable for its readership.)

FOR SALE

FOR SALE: 2 burial plots, Open Bible, Green Acres, 2200.00 ea. or 4000.00 for both.
Text or call **204-918-1211**.

FOR SALE: Hunter Douglas vertical blinds. Vinyl/fabric style. W 72" x L 76". New condition. \$200 OBO. **204-338-5718** (Wpg)

Sell those unused items!
Make some extra cash!

\$\$\$

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**.

WANTED ITEMS

BUYING STAMP COLLECTIONS: Long-time collector looking to purchase large postage stamp collections. Please call **(204) 799-7429** or email winnipegstamps@hotmail.com.



Looking for Entertainment?

Rick Roschuk

Singer | Entertainer | DJ

Specializing in 50's-60's-70's & Crooner Tunes!
1,2 & 3 Hour Shows for your Seniors Residence,
References Available! Senior Centre or Special Event!

Ph: 204.414.9290 redroadmusic@shaw.ca www.redroadmusic.ca



Advancements in Hearing Aids: Insights from Kevin Greig, Co-Owner of Horizon Hearing and Karyne Steele - Head of Resound Canada

Kevin : What are the latest advancements in hearing technology today?

Karyne : Hearing aids have experienced significant advancements in recent years, driven by technological innovations and a deeper understanding of hearing loss. Key developments include the integration of smart technology, which allows wearers to connect their hearing aids to smartphones and other digital platforms. This connectivity enables wearers to control their devices through applications, adjust settings, and stream audio directly to their hearing aids.

Kevin : This is excellent news for our clients, as it allows them to connect with friends and family seamlessly while ensuring clear and understandable conver-



sations. Are there other advancements that would appeal to those considering hearing aids?

Karyne : Absolutely. One of the primary concerns expressed by hearing aid wearers is the ability to hear but not understand, particularly in noisy environments. Advances in digital signal processing like the introduction of AI and DNN have significantly enhanced sound quality. Modern hearing aids now feature sophisticated algorithms that can differentiate between various sounds, effectively reducing background noise and improving speech clarity, thereby enabling individuals with hearing loss to engage effortlessly in conversations.

Kevin : That is indeed encouraging. Any technology that facilitates social connections is a valuable benefit for those with hearing loss.

Karyne : Yes, we are committed to delivering the clearest signals to end users, and we will continue to develop this as technology evolves. Additionally, we have made substantial improvements in personalization, customization, and accessibility. Hearing aids can now be tailored to individual hearing profiles, providing a more personalized listening experience. For instance, we have introduced telehealth capabilities, allowing clinicians to remotely adjust hearing aids and provide support from the comfort of your home. Another exciting



Karyne Steele -
Head of Resound Canada

advancement in hearing aid technology is the introduction of Low Energy Audio transmissions, which enable a new feature called Auracast. Auracast is a next-generation audio broadcasting capability that allows users to connect with public address systems in various settings, such as theaters, airports, museums - anywhere people gather. This feature is built-in and ready to use.

Kevin : What about ease of use? Have there been advancements in that area?

Karyne : Yes, we have made significant strides in this area as well. Many hearing aid styles now come with rechargeable batteries, eliminating the hassle of changing batteries. Wearers simply place their devices in the charger for all-day use.

Kevin : What technology is currently available with all the advancements we have discussed?

Karyne : In addition to the improvements mentioned, **ReSound Canada** has recently launched the **ReSound Vivia**, recognized as the world's best hearing aid for noisy environments and the smallest AI DNN hearing aid available on the market. This device allows us to "spotlight" speech while minimizing distracting background noise, ensuring outstanding sound quality and enabling wearers to focus on what matters most—enhanced speech understanding in all situations.

The Vivia also incorporates AI designed to empower users to choose their focus at any given moment. It enhances the brain's natural strengths, allowing users to experience sounds more vividly and effortlessly. Furthermore, Vivia offers nearly invisible styles, various power levels, and customizable options in color, style, and size—providing wearers with a comprehensive solution.

We invite you to visit **Horizon Hearing** to experience the **ReSound Vivia** for yourself or for a loved one. 🌈

Horizon Hearing Centres uses the latest equipment and technology to properly fit clients with the best hearing aid for them.

- Family owned and operated.
 - Accommodate clients on a budget.
 - No doctor referral necessary.
 - 75 day RISK FREE trial period.
- Newest hearing aid technology available.
 - Offer a free hearing test, followed by a consultation.
 - Walk-in appointments always welcome.
 - Accept WCB, Social Services, First Nations and DVA claims.



Help is on the horizon... Visit

HorizonHearing.com

204-254-2099 or toll free 1-877-300-7507