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Senior Scope

Vol. 24 No. 6 | Dec 10/25 - Jan 14/26

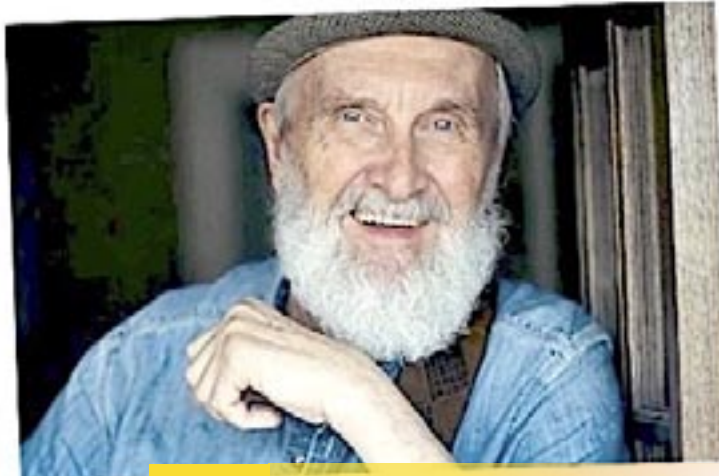
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Sign up for a **FREE** email subscription. See pg 2.

Newspaper

A peek in this issue...



PG16 Shelly Paton -
International Federation of Bodybuilding
& Fitness Professional (IFBB) Pro.



PG6 Fred Penner -
One of Canada's best entertainers.



PG14 Bob Irving -
The Voice of the Winnipeg Blue Bombers.
Photo taken at Princess Auto Field.

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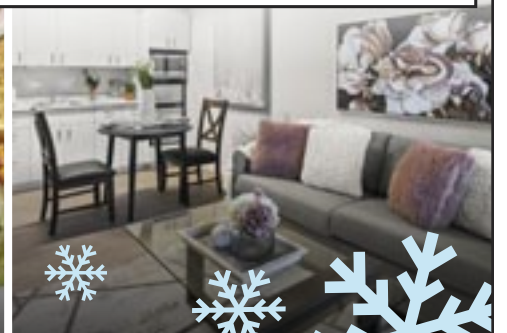
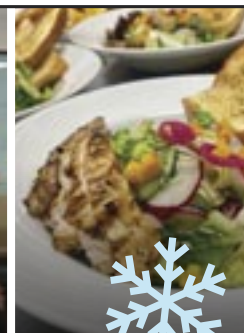
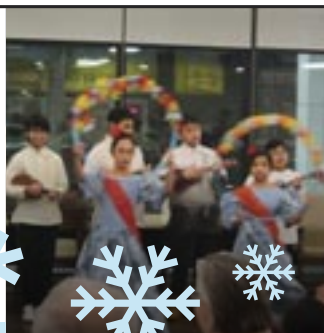


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Send your Letters or Community Story Submissions to: kelly_goodman@shaw.ca



Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

- Submitted by Linda Brown



Linda Brown,
Executive
Director, AAIM

It's report card day! For some of us that memory of taking home a report card could have been either a pleasant one or a terrifying one! It's report card time again – except this time we as Canadians are being evaluated on our level of physical activity.

ParticipACTION partnered with national researchers, leaders in the sport, recreation, and physical activity sector and governmental representatives to review 17 key indicators. They also looked at trends over time and made recommendations based on their findings.

The key indicators were:

- Moderate to vigorous physical activity
- Total daily steps
- Facilities
- Policies and leadership.

Before we delve into the report card results let me remind you of the **24-Hour Movement Guidelines for 65+ years** which is the standard used to determine the survey results:

MOVE MORE – at least 150 minutes of moderate to vigorous physical activity per week

- Muscle Strengthening activities at least twice per week
- Several hours of light physical activity which includes standing

REDUCE SEDENTARY TIME – limit sedentary time to 8 hours or less

- No more than 3 hours of recreational screen time per day
- Break up long periods of sitting as often as possible

SLEEP – strive for 7 – 8 hours of good-quality sleep on a regular basis.

- Maintain consistent bed and wake – up times.

BALANCE – static and dynamic balance exercises can help one remain independent, maintain balance while walking on uneven surfaces, climbing stairs and opening heavy doors. Specific balance exercises can be done daily and could include balancing on one foot, shifting weight side to side, Tai Chi and Yoga.

So how did Canadians score on the ParticipACTION report card?

- Only 46% of the general Canadian population meet the physical activity guidelines.

In the 65 years and older category:

- 31% reported that they performed balance challenging exercises regularly
- 28% reported that they met the muscle-strengthening activities recommendation
- 30% of adults 65-79 years of age met the moderate-to-vigorous physical activity recommendations
- 13% of adults 65 years and older had participated in a sport within the last 12 months.

This is the third edition of the Report Card on Physical Activity for Adults which summarizes information from many sources including peer-reviewed research which provides a clear picture of how Canada is performing. This report demonstrates that physical activity levels have remained the same over the years – in other words we are not increasing the level of activity amongst adult Canadians. This report is designed to reveal the negative impact of physical inactivity on health status, social connections, and economics. The report makes recommendations for government, employers, and individuals on ways to make physical activity a priority in Canada.

At Active Aging in Manitoba our emphasis is on “individuals” we must take respon-



sibility for our own “report cards” – so Move More; Sit Less! 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!

For more information on the *ParticipACTION* report please go to www.participaction.com.

If you are interested in receiving some copies of exercises you can do at home, please contact us at:
www.activeagingmb.ca
204-632-3947
Email: info@activeagingmb.ca



Our staff and Board of Directors at **Active Aging in Manitoba** wishes you all the best for a healthy and happy holiday season!



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



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(Specific event details to come.)

Categories:

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- 65+ - Men's, Women's & Mixed
- 75+ - 4 Person Open

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- Under 70 - Men's, Women's & Mixed
- 70+ - Men's, Women's & Mixed

Registration fees:

- 2 Person Stick Curling: \$80/Team
- 4 Person Curling: \$160/Team

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Closes February 10, 2026

Early entry encouraged as entry limits may have to be implemented for equity in all divisions. All participants must be at least 55 years old by Dec. 31, 2026.

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Winnipeg Police Service Launches New E-Ticketing System

Winnipeg Police Service began the phased rollout of a new electronic ticketing (e-ticket) system for offences issued under The Highway Traffic Act on Nov. 26th.

With the introduction of the Connected Officer Program in 2024, the WPS was positioned to leverage the Smart Squad platform to introduce e-ticketing to increase efficiencies through the use of technology. The new system has been tested internally, and will now be deployed in select traffic enforcement vehicles. A full service-wide rollout is planned for next year. Under the new system, motorists who are issued an offence notice for a traffic infraction will receive a printed ticket directly at roadside. The

e-tickets are clear, legible, and easy to read.

This modernized process allows officers to enter offence information into a secure digital platform, enhancing accuracy and accountability. As the information is inputted and tracked electronically, the system reduces the potential for administrative errors and provides accurate record-keeping. As a result, officers will spend less time on paperwork and more time on the road promoting safety within our community.

The Winnipeg Police Service appreciates the public's cooperation as we transition to the new e-ticketing system.

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Happy Holidays!



All the Best throughout Christmas and the Holiday Season.

May 2026 bring you a Year of Happiness, Love, Peace, & Good Health!

Manitoba Healthy Aging Awards 2025 Award Winners

The Manitoba Healthy Aging Awards, hosted by the Province of Manitoba government, were held on November 24, 2025, at the Manitoba legislature. The awards, organized by the Department of Health, Seniors and Long-Term Care, recognize outstanding voluntary contributions from older Manitobans and organizations that improve the health and well-being of seniors.

Older Adult of the Year Award

The Older Adult of the Year Award recognizes Manitoba individuals aged 65 and older who demonstrate outstanding leadership in advocating for health care services. The award celebrates older Manitobans who advocate for and developed community initiatives to ensure older adults have access to comprehensive health care services, including preventative care. Award winners embody the spirit of healthy aging, resilience and community engagement.

Germaine Dechant

Germaine moved to Manitoba in 2016 following retirement from a 50-year career in health care that included bedside nursing, teaching, research, consulting, senior leadership, and governance. She has served on the board of Riverview Health Centre for the past seven years. After joining, she soon began championing for a board-level committee that would focus on resident and staff quality of life. She has led this Quality of Life Committee since it was formed by the board in 2021. Riverview provides long-term care, palliative care, and neurological rehabilitation services to residents from across Manitoba. Most residents are older adults, many of whom transition to Riverview as their last home. Quality of life can be challenging in long-term care facilities, which can apply a one-size-fits-all approach to care. Germaine's advocacy has led to the establishment of Riverview's Quality of Life Committee, which in turn has implemented person directed living at Riverview. "Person directed living" is an approach where individuals' values and preferences are elicited and guide all aspects of their care, supporting their health and life goals. Under her leadership, the Quality of Life Committee developed a conceptual model and education curriculum to guide Riverview's culture change toward fully embracing person-directed living. This shift has been further supported by initiatives like the creation of welcome baskets for newly admitted residents, meal-time enhancements so that residents can eat how they are used to, and wheelchair-accessible picnic tables so that everyone is included in the community. The committee also played a key role in overseeing quality improvement projects, including those addressing the appropriate use of medications and mental health support for residents. Through her leadership, she has championed a holistic approach to health, emphasizing both preventative care and staff well-being. Her dedication has inspired others on the board and Riverview staff to embrace this philosophy of continuous improvements in resident and staff quality of life.

Heather Dean

Heather Dean is a grain farmer in Southern Manitoba working alongside her family. She is close to the land and the people of her community. She volunteers as Chair of Seine River Services for Seniors (SRS), is a board member of Villa Youville in Ste Anne and the provincial organization Transportation Options Network for Seniors (TONS). She delivers meals to

seniors and is a volunteer driver. Heather has encouraged SRS- led initiatives to provide affordable transportation for older adults to medical appointments in Ste-Anne, Steinbach and Winnipeg and is working with SRS to update their seniors strategy and develop a plan to identify clients and client needs in her community. She has been instrumental in securing vital funding and strengthening the connection between service providers in local communities and the seniors they support. She is involved in multiple transportation initiatives across multiple municipalities in the area. With Heather's leadership, SRS has been able to recruit new members and has gained visibility at regional and provincial levels. She writes a monthly column for the SRS Newsletter and the Dawson Trail Dispatch. She encourages people to get out to community lunches for seniors in Richer, LaBroquerie and Ste-Anne and is constantly raising awareness of what older adults need to live independently. She brings a variety of tools, not the least her skills as a physician, educational leader and internationally recognized medical researcher to her tasks as a volunteer for the seniors in her community. Over the years, Heather has built strong relationships with multiple municipal governments and the provincial government, as well as with numerous service organizations. She plays a vital role in steering attention and resources toward programs that either serve older adults directly or ensure inclusivity in broader community initiatives. Her involvement is always purposeful-she listens, contributes meaningfully, and shares her expertise for the benefit of others.

Indra Ariyaratne

Indra was the president of Sri Lanka Seniors Manitoba (SLSM) from 2022 to 2024 and led and coordinated many preventative health programs for the senior community including weekly yoga sessions, mindfulness meditation sessions, Arthritis pain management informative sessions and others. She has been an organizer of meditation residential retreats, volunteer mindfulness session coordinator, meditation advocate and involved in mental health empowerment of seniors for about 10 years. She has been a volunteer community caretaker for many seniors in the Sri Lankan community providing food, hospital rides, and a listening ear during difficult times. Indra has engaged the community through organizing regular social gatherings like holiday celebrations and Sri Lankan cultural events and helped address social isolation by involving community members in cultural stage drama, dancing, musical performances and providing transportation assistance to appointments when needed. She has led efforts with local organizations like Si-loam Mission to organize volunteers, fund raising food sales and has expanded opportunities for mental health and wellness supports tailored for older adults. She has promoted art exhibitions to showcase SLSM members' artwork and has helped support multigenerational events organized by SLSM. Indra, along with older adults and their families, have organized mental health workshop, free health screenings and educational seminars to raise awareness about the importance of early detection and healthy lifestyle choices. By collaborating with local businesses and other community organizations, she has fostered a culture of health-conscious living across diverse age groups. She is passionate and approachable, building trust with community members and encouraging individuals who were previously hesitant to seek care or make lifestyle changes. Her efforts in organizing social activities have empowered many to take proactive steps in managing their mental health, leading to a noticeable increase in participation in preventative care. Her proactive approach to promoting preventative care has made a lasting impact, especially among underserved populations. By dedicating her time and resources to empowering others, she has become a trusted leader and role model in the community. Her efforts have not only improved

individual health outcomes but have also inspired a broader cultural shift toward wellness and prevention in Sri Lankan community.

Lilian Tankard

Lilian Tankard is a dedicated community volunteer who contributes her time and expertise to a range of initiatives that enhance the lives of others. Drawing on her experience from the World Police and Fire Games, Lilian consulted with Active Aging in Manitoba (AAIM) by providing guidance and information to help AAIM in the event delivery and improvement of participant engagement for the Canada Senior Games. Her passion lies in supporting older adults through her skills in fundraising, leadership and strategic planning. Lilian currently serves as Chair of the Board of Directors at A & O: Support Services for Older Adults (A & O), an organization that provides specialized social services focused on three key pillars: Safety & Security, Social Engagement and Counselling. In her role, she contributes to the agency's success through strong leadership, governance oversight and fundraising support. Leveraging her extensive community connections, Lilian has helped promote the vital work of A & O and attract new volunteer board members with expertise in fields such as law, home care and housing. Her efforts ensure the agency remains responsive to community needs and continues to be a trusted resource for other not-for-profit organizations working with older Manitobans. In addition to her work with A & O and AAIM, Lilian has lent her fundraising talents to numerous organizations, including the Children's Rehabilitation Foundation, the Dalnavert Museum and the CIBC Run for the Cure.

Marilee Smeltz

Marilee has volunteered with Seniors Helping Hands in Reston, Manitoba as Treasurer for the past 11 years. She provides the Board with statements and annual budgets and provides Prairie Mountain Health with annual and other as assigned reports. Her contributions have kept Seniors Helping Hands running smoothly and successfully over the years. Marilee has worked on behalf of the Board, assisting with the preparation of the community's weekly Music in the Park event and enabled Seniors Helping Hands to offer a variety of community activities. Over the years, Marilee has volunteered with the community's Spring Fling and other music and speaker events organized by Seniors Helping Hands. For many years, she was a handi-van driver and assisted older adults getting to medical appointments and social events. Marilee is very approachable, connecting with employees, board members and community. She is a valuable board member and has encouraged community participation. She also belongs to a group of women who have organized a board to run the local thrift store and serves on numerous community committees.

Zinovia Solomon

Zinovia has lived in a 55+ independent living building for the past 16 years. Here, she has built trusting relationships with the residents and advocates for their health and wellbeing. Her door is always open to them to share their struggles and successes. She advocates with them to management, the board, and health care services so they can continue to live independently as long as possible. She has advocated for many of the tenants to receive homecare so they don't have to move into higher levels of care until absolutely necessary. She has helped many people get the supports they need to continue to live independently and has helped them optimize not only their physical healthy, but also their mental health by being a supportive, listening ear. Zinovia is also an active volunteer at a seniors program with Winnipeg's north end community centre, helping to organize monthly



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seniorservicesofbannercounty@gmail.com
204-532-2391

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valleyserviceforseniors@gmail.com

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seniorservicetm@gmail.com

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Killarney Service for Seniors
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seniorservice@killarney.ca

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Minnedosa Senior Citizens Assoc.
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FRED PENNER – “The Cat Came Back”



A MANITOBA MOMENT

By Bud Ulrich

For several reasons I was lucky to get in touch with one of Canada's best entertainers – Fred Penner. Several months ago, I attended a street naming event honouring another well-known entertainer, Ray St. Germain. Al Simmons and Fred were there standing side by side. I approached these Canadian icons and after a brief chat I asked Fred if I could interview him and write an article in this newspaper. He agreed and wrote his email address on the back of one of my cards and I placed it in my pocket for future reference.

I wanted to contact Fred much earlier, but I misplaced his email address. On a recent early morning, I woke up at 3:00 a.m. and couldn't go back to sleep. For reasons unknown, I decided to clean out my night table drawer beside my bed. It was a mess, full of everything, mostly of what I don't need, and lo and behold, there it was – Fred Penner's email address. Sleep came easy after that!

Fred and his wife, Rae Ellen Bodie, reside on beautiful Vancouver Island and for the past six years he has been entertaining many folks in that “neck of the woods”. As time goes by, he's finding his way around and feeling more comfortable with the surroundings enabling him to do what he loves in his own backyard. Fred is the father of four children, and grandfather of five.

Winnipeg, Manitoba is the city where Fred was born in 1946. Music came to him at an early age, teaching himself how to play the guitar. He learned how to play the piano from his older sister. Fast forward to the age of 15. His older brother was getting married and he asked Fred to be the best man. The wedding took place in a village in Saskatchewan west of Yorkton. A “prairie meal” was served at his brother-in-law's farm and a guitar was hanging on the back of one of the doors. He never saw this instrument up close and asked if he could look at it. To his surprise, the guitar was gifted to Fred. It was a “Stella”. However, the guitar was in terrible shape, the strings were unwound, and it was almost impossible to play, but it was Fred's first guitar. He replaced the strings and looked at the basic chord books – where to place his fingers to make a sound.

Practicing the guitar along with his



Fred Penner, one of Canada's best entertainers, received four Junos and one Gemini award during his musical career.



Fred Penner

friends increased Fred's playing skills. He was learning to understand the instrument. Music came natural to him. He was very excited to play the guitar every day. His parents had lots of chord music, opera, swing, and classical for Fred to play. He loved all these sounds as they appeared through his practice sessions. Both parents played the piano. His father played several instruments including the ukulele which Fred proudly displays on his living room wall.

Fred graduated from Kelvin High School in Winnipeg. Even though he was proud of this accomplishment, he stated he was not a great student. Perhaps his love for music had something to do with this. Fred entered the University of Winnipeg gaining a BA degree in economics and psychology. He was the first of his generation to complete a university degree.

We spoke about some familiar names that came up during Fred's time at Kelvin High School. Kelly Moss – “Yes, I know the name. He was ahead of me.” Ken Lazaruk – “Ya, Kenny Lazaruk, the CFL guy. He was a pal. We knew each other.” Mike Kachmar (teacher) – “Dear Mike. He ran the Kelvin Clippers football team.” Fred was not a sports guy. He tried out for the Clippers thinking that it was the thing to do, but it wasn't.

During Fred's teen years he met Al Simmons, and then went off to university, but music was still part of his schedule. At the same time, his father

passed away, and a year prior to that his sister passed away, which caused Fred to determine his direction in life. He knew he didn't want to be an economist so he started playing in lounges and bars, or wherever he could find a gig. This led to reconnecting with Al and starting the Kornstock group with Al, Bob King, and Mike Klym in the early 70s. “Al is one of the most unique performers on the planet,” Fred said. He brought many props to their performances. Fred was concerned about the way the band was going. He was a folk singer, and he enjoyed playing Cat Stevens, Joni Michell, and Gordon Lightfoot type of music. “Al was all about props, in a very comical way.” For the Kornstock finale, Al created an exploding toilet. “Al was always looking for off-the-wall things, and I wanted to smooth things out – a bit folksy,” said Fred. Around 1977 Fred was ready for a change. But what he did learn from Al was how to work with the audience, spontaneity, and stage presence.

Over the years it's never been Fred's desire to perform his craft to gain awards. It's all about a labour of love. He is committed to making songs to connect with children, parents, and grandparents, et cetera. Fred is very proud of the four Junos and one Gemini award, but it's separate from his love of music. “The old adage, if you find the job you love, you don't have to work a day in your life,” said Fred.

Several performances at Rainbow Stage and Manitoba Theatre Centre were just

a few venues where Fred was building up his skills and talent. He claimed to be insecure about where his talent might lead. Others would look at him and say, “Have you tried doing this, have you tried auditioning for Rainbow Stage?” This provided the impetus for Fred to explore things at a level that he never imagined. He quickly discovered he could perform at a higher level and felt good about it.

Fred's signature song is *The Cat Came Back*. Some people may think he wrote the song. He added some verses in a folk music version adapting it to children. The song itself was written by Tin Pan Alley composer Harry S. Miller in 1893.

One of Fred's first shows, after he released *The Cat Came Back* record, was at the University of Manitoba in one of their halls. His signature song had been well received with many album sales. At the conclusion of the concert, a woman was standing at the back of the hall waiting for the audience to leave. She approached Fred and they chatted for a bit. She told him her story. They had five kids and one of the children had died. While her child was in Victoria Hospital, they took a portable record player into his room with the *The Cat Came Back* album. The family bonded through this song as the child peacefully passed away. Even though Fred didn't know this child, his heart is still heavy from telling this story. And so is mine. “I'm not here just to get up on stage and jump

Continued on next page



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Fred Penner, *cont'd from page 6*

around and sing some silly songs. This whole trip is much deeper than that. It's all about making 'that' kind of connection. It's about creating songs, communication, feelings, honesty, and the values in the growth of the family," said Fred.

Another memorable moment occurred during Fred's tour of Newfoundland and Labrador. He was performing at the Arts & Cultural Centre in Corner Brook. After his performance, a family approached him (mom, dad, and son), and they told him their younger son had died. The death had obviously affected their other son. The parents felt bringing him to Fred's show might help with his grieving. At first the boy was very quiet during the performance, but gradually he started to pay attention, and finally, about half-way through, something "caught him." He was up and singing and smiling and enjoying Fred's music. That incident will always be remembered by Fred.

On December 14th Fred is performing

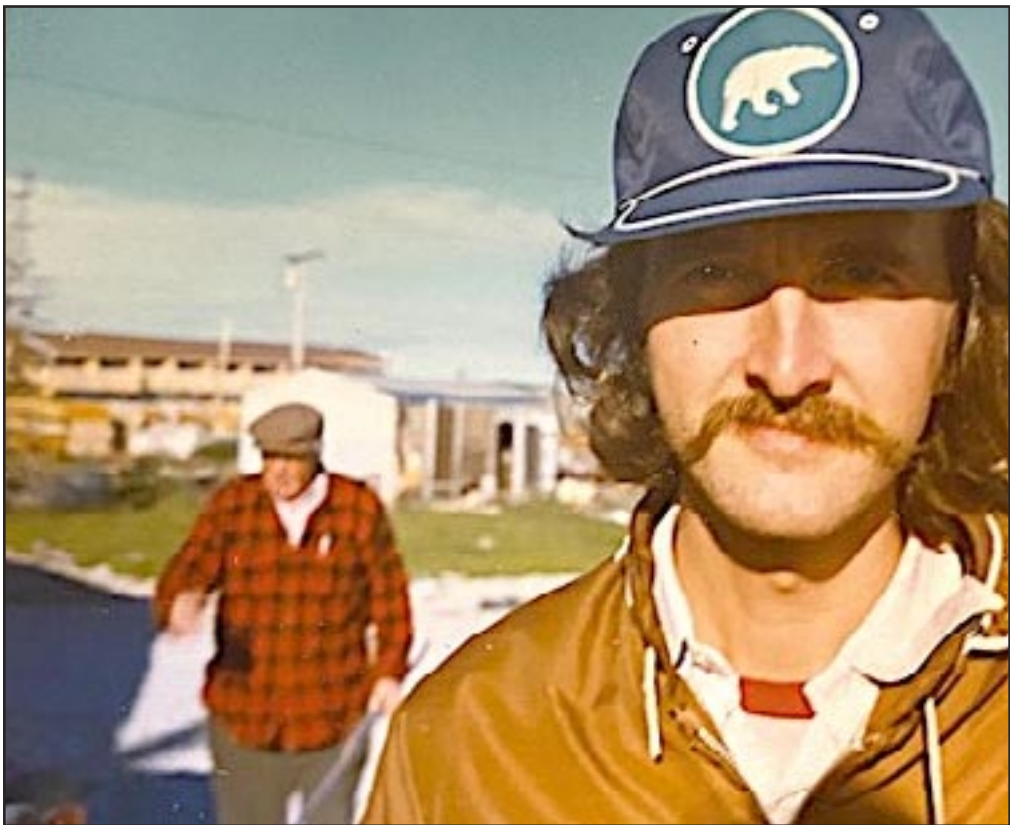
at the Burton Cummings Theatre. He arrives on the 8th. He will be rehearsing that week with a five-piece band, along with his children who will be singing with him. This is another one of Fred's quality family concerts that shouldn't be missed.

Fred has been known as the gentle giant with the ability to make people feel good about themselves. Although he is a Canadian icon, he's a down-to-earth kinda guy. Thanks, Fred, for sharing some parts of your career and memorable stories – I know the readers of *Senior Scope* will get to know you a bit better. ■

.....

Fred Penner is performing at the Burton Cummings Theatre December 14th.

.....



Fred Penner (foreground)

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2025 Manitoba Healthy Aging Award Winners, cont'd from page 4

events for a large group of local seniors. She supports and advocates on their behalf using her skills whenever she can to help others achieve their goals. She believes that connection is essential to optimal health and has helped form a social committee at the 55+ building to encourage active living and community connection. She organizes social events such as weekly bingo, pizza parties, beach days, baseball game outings, holiday parties and Valentine's day parties. She is a natural leader and her endless energy, participation and kindness inspires everyone in the community.

Healthy and Active Living Ambassador Award

The Healthy and Active Living Ambassador Award honours Manitoba individuals aged 65 and older who actively contribute to helping older adults stay physically active in their communities. The award winner's efforts have a significant impact on the health and well-being of older adults through promoting physical activity and fitness.

Katy Anderson

Katy has been a tireless advocate for all seniors living in the North and has been actively engaged with the Manitoba Association of Senior Communities (MASC). She tirelessly volunteers her time, skills and knowledge in northern communities and with the Board of MASC. She also volunteers as a Flin Flon Station Museum board member, a Flin Flon Archive board member and Flin Flon/Creighton Seniors Inc. president. In the past, there has been little older adult representation from the north, not only in local activities but also in provincial initiatives. Geographic distances, lack of transportation and limited opportunities often lead to isolation. Katy led and organized community engagement in preparing numerous presentations and proposals regarding the shortage of personal care home supports in the north. Katy is a leader in developing the Flin Flon/Creighton Seniors Resource Council which provides excellent opportunities to ensure access to numerous provincial resources, like social prescribing. Leveraging provincial initiatives and working with numerous partners has brought remarkable improvements to supporting equity and accessibility to older adults in the north. Katy recently initiated and arranged a trip to Churchill for seniors living in the north. The community uptake of this event was hugely successful with a sold-out event. Katy also volunteered at an event welcoming older adults home following the recent wildfire

evacuation highlighting healthy aging and social connection. Katy and her team at the Seniors Council gather support and resources from local businesses, the Northern Regional Health Authority and other community groups. The expanded engagement of seniors residing in the north has been evidenced by ever increasing participation in numerous community events at Flin Flon/Creighton Senior Centre. Katy was instrumental in advocating for a Senior Resource Coordinator in the north. After retiring from the Flin Flon School Division, she connected with new Canadians and refugees through teaching English as a second language (ESL) and through supporting a Syrian family coming to Canada and Flin Flon. She was also the stage manager for the Flin Flon Community Choir for numerous productions and a committee member for Habitat for Humanity. Katy respects all people, is a mentor to many, is positive and sees the bright side of many opportunities. She is constantly looking for opportunities to support healthy and active aging in her community and the north.

Norina Mahadeo

Norina has been a pillar of enthusiasm at the front desk of the South YMCA in Winnipeg for the past 8 years. She greets members with a smile everyday. Her greatest strength is cheering on others and convincing them daily to come back again tomorrow, to keep moving

and feel great. Norina changes perspectives and makes peoples' excuses the good reasons to keep going. With funding at the YMCA, they were able to subsidize memberships to those who need assistance. Norina finds those who need it most and removes the barriers to fitness and community for all. Members look forward to seeing her and she connects with folks who come to the hub to create a real sense of community. Norina has been working to get more people to see fitness as a fun and necessary daily commitment. She creates connections with those who come often and remembers those who come rarely, which makes them feel valued and appreciated. When people come for their workout, they come to see a friend, one who encourages them to come again, and who is happy they moved their body for another day. She gets to know everyone's names, asks personal questions to invoke conversations and makes members feel special. If someone wants to make a change to their habits, you can be sure Norina will be playing an important role to help make that achievement happen. She'll book their fitness appointments, follow up to remind them, and keep the YMCA fresh in their mind. It keeps people coming back for more. Norina has a way getting people involved, encouraging people to fill out surveys or make donations. Norina takes her break from the front desk a few times per week to get in her own workout by joining one of the instructor led

Continued on next page

Manage the Season of Overeating

- Heart to Home Meals

The holidays are a great time for connecting with family, sharing joy, and enjoying some of the beauty of winter. What we need to be mindful of, is the plentiful, heavy food we eat around this time of year. It's not just the family feasts either -- between advent calendars and Christmas cookies, snacking on sweets can contribute to overeating as well.

Especially as we get older, overeating

can take its toll on our bodies, even if it's just around the holidays. Unwanted weight gain, spikes in blood sugar, and improper nutrition are all possibilities. While the occasional indulgence around the holidays is just fine (go ahead and enjoy that eggnog), being mindful about what we eat can make us happier and healthier.

Here's three tips on how to watch what you eat:



Eat more slowly

When the table is packed with festive food, and conversation can distract you, it's easy to eat quickly and without being mindful of what's going into your mouth. When this happens, we can easily devour our meal, knowing second helpings are coming right behind them.

When we eat quickly, however, sometimes our bodies don't get a chance to let us know they feel "full." There's generally a delay between when you feel satiated, and overfull. During that time, it's easy to continue eating, even if that will lead to discomfort later. By taking time to eat slowly, we give our bodies a chance to catch up.

Be mindful about alcohol

It's easy to indulge in a few drinks over the holidays. And in moderation, alcohol is often a fine accompaniment to food. That said, being mindful of what we drink is a key part in not overeating. While scientists aren't precisely sure why, alcohol consumption is frequently associated with overeating. Making sure you don't over-indulge with alcohol will prevent over-indulgence with food, too.

And, while a bottle of beer doesn't seem like much, alcohol is full of empty calories that can contribute to weight gain. When you consider your consumption, think about a drink the same way you would a snack, and make sure your portions reflect that.

Drink plenty of water

Water is truly the greatest beverage -- it keeps us hydrated and healthy without adding a single calorie to our diets. Water has the added benefit of filling up our stomachs so that we're less inclined to fill up on food. Keeping a glass of water handy throughout your holiday activities is a good idea.

Another reason to consider drinking water regularly is that often our bodies misinterpret thirst for hunger. The sensors in our body can send very similar signals for both hunger and thirst, and when we're surrounded by holiday goodies, it can be all too easy to reach for a treat before a sip of water. But try having a drink instead and see how you feel!

While overeating can be all too common this time of year, there are steps you can take to manage it properly. Try eating more slowly, minding your alcohol consumption, and drinking lots of water, and you'll be able to enjoy the season.

And don't forget, with Heart to Home Meals, you can enjoy food that has been selected not only because it's delicious, but also because it has been properly portioned and selected for its nutritional value. Get in touch today and find out how we can help with your meals this holiday season.

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2025 Manitoba Healthy Aging Award Winners, cont'd from page 8

fitness classes. She brings her energy and passion, singing along to songs, dancing to the next station and adapting the exercises as needed while she goes. Her energy is contagious and all participants appreciate the classes she joins. Norina retired from her job and decided she wasn't done giving back to community. She works full time at the YMCA and does it because she loves it, loves the community, the service they provide, and the healthy living they promote and encourage - mind, body, and soul.

Smita Gupta

Smita has been involved in promoting healthy and active living within the Indian community and the larger Winnipeg community for over 45 years. She has been a Yoga instructor since 2011 and currently holds two classes per week for anyone interested in participating. These classes are free and accessible to seniors and other community members as they have been held online since 2019. Some older adults face mobility issues and are unable to go outdoors for exercise. Having virtual yoga classes in their homes has been critical in connecting these individuals to activity and community. Smita also educates people about the importance of physical activity. She encourages people to lead healthy lifestyles and maintain a balanced diet. Online, participants often stay behind to chat for mental well being and exchange ideas and concerns. Smita also conducts chair Yoga class with Sri Lankan Group twice a month in person. For the past 5 years, Smita has organized an event for International Yoga Day. This event has seen many participants come together to learn the importance and benefits of Yoga. Smita has also choreographed folk-dances, various events for Gujarati School, Manitoba Hindu Seniors, India Pavillion at Folklorama, India School of Dance and Carman Kinettes, to name a few. Community members and specifically from the East Indian community have welcomed Smita's efforts to teach Yoga. Many members participate in her weekly classes. The India Association of Manitoba is very grateful to Smita for leading the International Yoga day event, and her participation in shows at Folklorama since 1982. Smita also practices what she preaches and is an inspiration to many. She maintains a very healthy lifestyle and balanced eating habits. Many community members go to her for advice on physical activity and other related

matters. Smita designs classes for participants who have health concerns and encourages people to routinely participate in classes to help support their health. Smita has selflessly given her time, resources and energy to many community activities related to healthy living. She never hesitates to come forward when there is a community event. Her dedication to organizing International Yoga Day event for the last 5 years is commendable. Taking part in folk dances and being on stage develops self confidence and fulfillment which is beneficial for well being and happiness to promote mind, body and spirit.

Suni Matthews

Suni has dedicated over 30 years to support the physical and emotional well-being of older adults. At 65 and beyond, Suni continues to lead by example, offering free fitness and wellness classes, creating inclusive spaces for seniors to gather and personally reaching out to isolated, racialized, and newcomer older adults to ensure they are part of a thriving community of active older adults. Many older adults, especially those who are racialized, newcomers, and immigrants, face barriers to physical activity due to social isolation, language challenges, and limited access to transportation. These obstacles often prevent them from engaging in community programs that support health and wellness. Suni has actively addressed these challenges by personally providing transportation and encouraging participation in inclusive fitness and educational sessions. She also creates meaningful social opportunities by hosting post-class refreshment gatherings, helping seniors build friendships, reduce loneliness and feel a stronger sense of connection and belonging. She has been instrumental in promoting active living within both Pembina Active Living 55+ and Sri Lankan 55+ groups, demonstrating her commitment to supporting seniors across diverse ethnocultural communities as well as the broader community. Suni's dedication to promoting physical activity and healthy living has been met with overwhelming respect and gratitude from community members and organisations. Her 15 years of active involvement with Pembina Active Living 55+, currently serving as Director and Secretary, highlight her unwavering commitment and the high regard in which she is held. Beyond fitness instruction, Suni's leadership as a director of the Manitoba

Seniors Equity Action Coalition (MSEAC) has been instrumental in advancing the rights and well-being of diverse seniors across the province. Under her guidance, MSEAC played a pivotal role in a landmark provincial election campaign that secured commitments from political leaders to establish an independent Seniors Advocate Office underscoring the profound influence of her advocacy and the trust the community places in her vision for healthy aging. Suni's personal journey of active living and wellness has been a powerful source of inspiration for many in her community. Through her consistent commitment to fitness and wellness, leading by example with energy, compassion, and inclusivity, she has shown that age is no barrier to living a vibrant, healthy life. By fostering welcoming spaces where seniors can connect physically, socially, and culturally, Suni encourages others to embrace active lifestyles and prioritise their well-being, inspiring countless individuals to take positive steps towards healthier, more engaged lives.

Intergenerational Impact Award

The Intergenerational Impact Award recognizes the voluntary contribution of Manitobans (of any age) or organization (whose intergenerational activities are led by volunteers) that have created innovative solutions to improve the health of older adults in the community through meaningful intergenerational activities and connections. Recipients exhibit devotions to improving older Manitobans' lives and preventative health care through bridging generational barriers and cultivating meaningful connections.

Bethania Mennonite Personal Care Home

Bethania Mennonite Personal Care Home is a nonprofit organization of the Bethania Group. Through their Therapeutic Recreation Program, they cultivate opportunity for meaningful intergenerational activities and connections devoted to improving the lives of older adults by bridging generational barriers. They participate in the

VolunTeen program run by River East Transcona School Division with the Mennonite Brethren Collegiate Institute's (MBCI) grade 5 and 12 students, Westgate High School, John De Graff Elementary School, and regular visits with Concordia Day Care, providing youth opportunities to engage with older adults. Bethania's Therapeutic Recreation Programs provides a trained Therapeutic Recreation Facilitator to guide and facilitate connections between volunteers and older adults in the personal care home. They provide cues to facilitate conversation and involvement in programs that offer a positive outlook to volunteers and meaningful activities for the older adult. Intergenerational programs offered are built around creating a positive experience and include adapted bowling, balloon volleyball, arts and crafts, bingo, sing-alongs, and creating visitation kits as part of the grade 12 biology class at MBCI. These students study the effects of dementia and cognitive impairment on functionality in the brain and as a final project, they build "visitation kits" that encourage sensory stimulation and reminiscence opportunities. This project creates awareness for people who have a form of cognitive impairment and builds understanding of the importance of personal care homes. Participants of these programs express joy and excitement in making these connections and look forward to their time together. Over the years, these intergenerational programs have expanded, often collaborating with new grade classes and organizations to foster community and connection.

Brandon Seniors for Seniors Co-op Inc

Brandon Seniors for Seniors Co-op Inc. is a community-based organization committed to enhancing the well-being and quality of life of older adults in the Brandon and surrounding area. Their mission is to foster active aging, independence and a strong sense of belonging by providing social connections, resources and support services. Through a variety of programs, including recreational activities, social events, health and wellness services and meal programs, they strive to help seniors remain active, engaged and empowered within the community. Additionally, they offer volunteer opportunities to further enrich their lives and strengthen community ties. Brandon Seniors for Seniors is deeply committed to building meaningful community connections and

Continued on page10



HAPPY HOLIDAYS!



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Holiday Concert Celebration with the NUOVOCE Chamber Choir

Lt.-Gov. Anita R. Neville invites Manitobans to attend the next presentation in a series of free public events designed to welcome Manitobans into Government House. In



NUOVOCE Chamber Choir
Photo: www.nuovoce.com

celebration of the season, we hope you will join us as we close out 2025 with a festive holiday choir concert featuring Manitoba's own NUOVOCE Chamber Choir.

Founded in 2019 by husband-and-wife duo Justin Odwak and Sarah Sommer, NUOVOCE is known for delivering creative, high-calibre choral programming and providing opportunities for young singers to continue their musical journey beyond high school. Fresh off celebrating their fifth anniversary, NUOVOCE will bring their "new voice" to the season with a selection of popular holiday tunes that promise to make this a memorable

and joyful event.

The event will be held on Tuesday, Dec. 16, at Government House. Doors open at 6:30 p.m., program begins at 7 p.m. Parking is available on both

sides of the Government House driveway; light refreshments to follow.

To attend, register in advance with the Office of the Lieutenant-Governor by calling 204-945-2753. Guests may reserve up to two seats. Large bags and backpacks are not permitted. Registration is now open; seating is limited.

Admission is free.

Please consider bringing a non-perishable food item or a new unwrapped toy. All donations will be given to the Christmas Cheer Board through the Lieutenant Governor's Sharing Hope Initiative.

NUOVOCE is a fusion of the Italian words: *nuovo*, meaning 'new', and *voce*, meaning 'voice'.

City of Winnipeg -

2025 Housing Needs Assessment

The 2025 Housing Needs Assessment gives a snapshot of housing in Winnipeg today. The report fulfills one of Winnipeg's key action items under the Housing Accelerator Fund.

Visit www.winnipeg.ca/housingneeds to access the two reports:

- **City of Winnipeg 2025 Housing Needs Assessment**
- **At a Glance Report - 2025 Housing Needs Assessment**

Some of the topics covered are:

- Accessible housing
- Indigenous housing
- Housing for older adults
- Housing for youth
- Newcomer housing needs
- Gender-based housing considerations
- Projecting future housing needs

The Housing Needs Assessment was written by the Housing Accelerator Fund team. The report was guided by input from:

- Groups with specific expertise and lived experience related to housing.
- Advisory committee made up of internal and external subject matter experts.

Winnipeg's first Housing Needs Assessment was completed in 2020. The 2025 Housing Needs Assessment updates information in the first version and broadens the scope of the report.

The voluntary advisory committee included representation from:

- City of Winnipeg - Community Development
- City of Winnipeg - Indigenous Relations Division
- City of Winnipeg - Information Technology
- End Homelessness Winnipeg
- Inuka Community Development
- Institute of Urban Studies, University of Winnipeg
- Manitoba Non-Profit Housing Association
- PCL Construction
- Province of Manitoba - Manitoba Housing
- Right to Housing Coalition
- Shawenim Abinoojii
- Spence Neighbourhood Association
- West Central Women's Resource Centre

2025 Manitoba Healthy Aging Award Winners, cont'd from page 9

strengthening intergenerational relationships. Their partnerships with the Brandon School Division, senior housing complexes and personal care homes have been invaluable, bringing joy, purpose and enrichment to everyone involved. Through initiatives such as pen pal programs, pumpkin activities, holiday card-making and TAPS (Technology Access Program for Seniors) with local classrooms and community organizations, Brandon Seniors for Seniors creates opportunities for seniors and youth to learn from one another, build empathy and form lasting bonds. These intergenerational experiences help reduce loneliness among older adults, foster confidence and compassion in young people and strengthen the overall fabric of the community. Brandon Seniors for Seniors' intergenerational programs show that even small, thoughtful activities can create powerful ripple effects, encouraging other groups to explore new ways of connecting generations and building a more caring, connected community for all.

Chrissy Werestiuk

Chrissy has demonstrated outstanding leadership in fostering intergenerational engagement that promotes the health and well-being of older adults. As a former member of the Bomber Alumni Board representing Cheer Alumni, she actively involves past cheerleaders in community volunteer work at charity events and Bomber games, encouraging continued participation and connection. Building on this passion, Chrissy founded Cheer Legacy Association, a non-profit dedicated to creating meaningful intergenerational opportunities that promote physical activity, mentorship and community involvement for individuals of all ages. Through her vision, older adults remain engaged, socially connected and empowered to contribute, directly supporting preventative health and overall well-being. Through Cheer Legacy Association, Chrissy has intentionally bridged generational gaps by creating inclusive, intergenerational programs that celebrate shared experiences and mutual support. By involving alumni in mentorship, volunteer work and special events alongside younger athletes, she has fostered a sense of belonging and purpose for participants of all ages. Through organized reunions, mentorship opportunities, collaborative performances, and community outreach events, she has created ongoing opportunities for older adults to remain actively engaged and contribute their experience, wisdom and support. Cheer Legacy's mentorship and volunteer programs provide meaningful roles for older members, allowing them to inspire and guide younger participants while remaining physically, socially and emotionally involved. Chrissy's vision continues to create a vibrant, supportive environment where intergenerational connections thrive, directly contributing to the well-being of older adults and strengthening the fabric of the community as a whole. Her work has inspired countless others to recognize the value and importance of intergenerational connections within the community. By demonstrating how older adults can continue to play active, meaningful

roles, she has shifted perceptions about aging and community involvement. Former cheerleaders who once assumed their time in the sport had passed now find renewed purpose through mentorship, volunteering, and leadership roles. Younger participants witness firsthand the positive influence and wisdom that older members bring, fostering mutual respect and admiration across generations. Chrissy's approach has not only strengthened individual relationships but has also served as a powerful example of how bringing generations together can build stronger, healthier, and more connected communities. Her leadership continues to motivate others to explore new ways of bridging generational gaps in their own circles.

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Megan Wallace

Megan has spent her entire professional career dedicated to supporting older adults in the North Kildonan community. She was part of the original team that created the Support To Seniors program model that has been adopted by many non-profit organizations throughout Manitoba and abroad. She partners with community agencies and university programs to connect youth and students with older adults to offer a buffet of health services, educational opportunities and social engagement activities that support mental health and well-being. She mentors our future nurses, social workers and more. Megan offers a gamut of programs, services and community connections on a weekly basis via community partnerships, creative arts programs and co-op placements and has

encouraged older adults to feel comfortable in a safe and supportive environment to share their struggles and seek support. Megan is an out of the box thinker and is always searching for new and innovative ways to connect older adults to community. She organizes co-op placements 6-8 times per year with the Brandon University Psychiatric Nursing students, a variety of University of Manitoba students (dental, kinesiology, etc.) and Booth College social work, to provide on-site mental health supports and services to the older adult population. These students organize various health fairs, educational sessions, group counselling and community connections. She has also partnered with schools where youth come and socialize with older adults making crafts, reading books, playing games and putting on performances. Megan's work is inspirational and she is often asked to consult and share contacts with other agencies and organizations so they too can implement similar intergenerational opportunities. Her work has inspired Good Neighbours Active Living Centre's River-East Seniors Resource Finder to partner with a local high school to offer monthly shuttle and grocery shopping chaperoned services to older adults, which was so successful, the program is expanding this fall. Megan is passionate about what she does to support older adults in the community. She goes above and beyond to ensure her clients receive the support and services they deserve to live a robust healthy life. She is community driven and as a leader, encourages others to appreciate the strength of partnerships and networking. ■

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Navigating dementia during the holidays

- Alzheimer Society of Manitoba



The holiday season is often filled with gatherings of family and friends, festive decorations and the hustle and bustle of seasonal traditions. While many enjoy celebrating, this time of year may also bring about feelings of stress, sadness and disappointment. For individuals and families living with dementia, the holidays can be an especially challenging time.

Unfamiliar places, large groups of people, noise and a hectic pace can bring feelings of anxiety, fatigue, frustration and depression for both someone living with dementia and care partners. Feelings of grief or loss can also arise, including a sense of sadness when you've decided to let go of certain traditions, especially if it means less time with family or friends.

It's important to stay connected by seeking support from the people around you. While it may be difficult to ask for help, reaching out to family, friends or neighbours keeps you involved, helping to reduce stress and prevent burnout.

Another way to avoid feeling overwhelmed by the holidays is to consider where you put your time and energy. You may think about simplifying celebrations, like having smaller or more casual social gatherings or cutting down on a few holiday tasks, like baking, shopping or decorating.

Here are a few more tips and ideas to help you safely enjoy the holidays while navigating dementia:

- Make a simple wish list ahead of time of straightforward goals that will help you set realistic expectations for yourself
 - Communicate with family and friends about your needs and boundaries for holiday activities and gatherings
 - Plan a video call to connect with family as an alternative to meeting in person
 - Take care of your mental and physical health – be aware of doctor or clinic closures and have a list of phone numbers to contact in case of emergency
- When you're unsure where to go for help and support, or how to approach the holiday season, the Alzheimer Society is a welcoming place to turn. Their First Link® Client Support team can help you figure out how to handle holiday gatherings and traditions in a way that's safe, comfortable and enjoyable.
- You are not alone this holiday season.** Connect with the Society by calling **204-943-6622** or emailing alzmb@alzheimer.mb.ca.

Winnipeg Regional Health Authority, including eligibility, access, types of services, community partners and other community resources. Register today at alzheimer.mb.ca.

Maintaining your Well-being as Care Partners
Tuesday, Dec. 9, 2-3 pm, Virtual via Zoom

A care partner's physical and emotional health may be impacted by the stresses that come with caregiving. When considering how to best meet the needs of a person living with dementia, it is also important to recognize your own needs. Join Nancy as she shares both personal and professional experiences, addressing some practical strategies you may use to help maintain your well-being. Register today at alzheimer.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 alzheimer.mb.ca/community-programs/community-partner-programs.

THINGS TO DO - DECEMBER 2025

Free online education sessions:
Living with Dementia: First Steps - Part 3
Saturday, Dec. 6, 10-11:45 am, Virtual via ZOOM
*The third session of a three-part information series for people supporting someone recently diagnosed with dementia. *You do not need to attend sessions in order.*
In this session, learn more about the Home Care Program within the



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Winnipeg's Winter Holidays for Everyone



IN OUR COUNTRY
CANADA

Myles Shane

The North End of Winnipeg in the winter of 1983 is a city I still feel under my skin, decades later. It's not the cold I remember first, though it bit. The kind that glued your Beaver Canoe parka to your cheeks, stiffened your Ralph Lauren scarf into a cardboard sheet, made your Roots mittens wet and frozen inside. The kind that stole your breath for seconds, then laughed at you. But somehow, despite everything, it was warm.

Our House — JewISH on Tanoak

We weren't kosher. We didn't attend synagogue every Saturday. We didn't argue over Torah passages or keep kosher tables. But the holidays mattered. And Chanukah mattered the most.

Eight nights of candlelight, the Jewish Festival of Lights, celebrating the miracle of the oil that lasted eight days. I remember our menorah, perched on the windowsill against frost. Flames reflecting in aluminum foil we taped behind it like a cheap magnifier, multiplying the light. The smell of latkes frying, potatoes, onions, oil, clinging to my Roots sweat-shirt. Chocolate gelt melted in my mittened hands, leaving tiny, dark fingerprints across the linoleum floor...

Paul Kohut — Ukrainian — Sinclair Street

Paul's house smelled like frying onions, beet borscht, coal furnaces, and old pine. His parents, babcia in her kerchief, uncles in flannel, all shouted greetings across the living room, colliding with tinsel and ornaments that teetered like tiny athletes.

Paul celebrated **Christmas** — the Christian holiday, December 25th — and **Sviat Vechir**, the Ukrainian Christmas Eve feast, December 24th, with twelve meatless dishes representing the apostles. For me, it was Perogy Mountain — grocery bags full from the Ukrainian Market on Main Street. His Atari blazed on the coffee table: *Ms. Pac-Man*, *Donkey Kong*,



Pitfall, screens reflecting in the tinsel like neon snow. Michael Jackson's *Beat It* ripped from the boombox, and we danced, hair and scarves whipping, boots slipping, hearts too loud for the cold outside.

The tree leaned dangerously, lights blinking in rhythm with Paul's heartbeat. Straw ornaments swung from the ceiling. Every surface sparkled in chaotic perfection.

Troy Mensah — Ghanaian — Hillhouse Road

Troy celebrated **Christmas**, Ghanaian-style: family, feasts, music, and laughter. His mother cooked **jollof rice**, **groundnut stew**, and roasted chicken so spicy it fogged the windows. Afrobeats thumped beneath CHIQ 103.1, while his father rapped along to Lionel Richie and Irene Cara.

Their decorations were subtle — a plastic tree from Zellers, gold tinsel draped with measured care, and hand-cut paper stars taped to the walls. But when the uncles arrived, the house became a storm of

warmth: laughter, shouting, cousins running, feet clattering against the linoleum floors. You could taste the spices in the air, hear them on the walls, and feel them in your chest.

Kevin Wong — Chinese — Quiet Tanoak Corner

Kevin's house, near Tanoak, was a temple of order. Lunar New Year dominated the holiday calendar: red banners symbolizing luck and wealth, oranges in bowls, dumplings shaped like purses, noodles curled for longevity, spring rolls sizzling on the stove, ginger scent curling into every corner. *Teresa Teng* hummed softly on the cassette deck.

Christmas? A small plastic tree, blinking almost meditatively in the corner. No chaos, no shouting, only careful, deliberate placement of everything. Kevin's parents slipped me a **red envelope** with crisp bills tucked inside; a little pulse of magic I carried home like contraband.

Jenny Bautista — Filipino — McPhillips Avenue

Jenny celebrated **Christmas** and **Noche Buena**, the Filipino Christmas Eve feast. Her house glowed with a *paról* in the front window, brighter than the streetlights. A star whose waxed paper glimmered in pink, yellow, and silver.

Inside, the air was hot, heavy with the smell of **lechon**, **pancit**, **lumpia**, and cocoa-thick hot chocolate. Her mother worked like a conductor, coordinating cousins, trays, and pans, while her father laughed so loud it bounced off the walls. Jenny wore a pink puffy coat, neon scrum-

chie, and the kind of smile that made the snow outside look irrelevant.

Christmas Eve in that house was magical. Midnight feasts, laughter, and food disappearing faster than could be served. I tried to look cool. I failed.

Derek Favel — Métis — Near Scotia Street

Derek's house smelled of **bannock**, **molasses cookies**, and woodsmoke. Métis holiday gatherings weren't about lights; they were about music, movement, and chaos. Fiddle music bounced off walls. His siblings ran like small, wild animals. VHS tapes of *The Goonies* or *Back to the Future* played while we pretended to be Marty McFly, Alex P. Keaton, or Bruce Lee.

The holidays Derek celebrated were **Métis community winter gatherings**, times for music, food, visiting relatives, and storytelling. Red lights strung across windows flickered stubbornly. A backdrop to laughter that made every snowflake outside seem softer.

The Streets, The Rinks, The Arcades

We skated at **Sinclair Park Community Centre**, **West Kildonan Memorial**, and the frozen riverside rinks. Ice squeaked like chalkboards. Skates bit into snow as boots slipped. Breath steamed.

Northgate Mall was our cathedral: arcade machines glowing, Orange Julius hissing, malls full of Eaton's and Zellers merchandise, gloves too big, scarves unraveling. We rented VHS tapes from **Captain Video** on Main, **Jumbo Video** on McPhillips, and sometimes **Videon** when we felt sophisticated.

Our soundtrack was universal: Much Music on the living room TV, cassettes blasting *Thriller*, *Like a Virgin*, *Beat It*, *Power of Love*. Atari ruled basements; high scores traded like currency. Arcade pizza fueled us.

Every street, every home, every corner of Tanoak, Sinclair, Hillhouse, McPhillips, and Scotia was a universe. Every smell, sound, decoration, and dish taught me something about warmth. About kindness. About belonging.

What We Didn't Realize

We were just kids trying to survive the Winnipeg winter. Trying to eat enough perogies, dumplings, latkes, lechon, bannock, and spring rolls to make it through recess. Trying to understand friendship, family, and the spark of first love.

Now I understand: the real miracle wasn't the holidays themselves. It was the homes. The families. The streets. The smells, the sounds, the chaos. The warmth that could melt any frost on a child's cheek.

Winnipeg in winter wasn't cold. It was alive. It was home. ■

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Senior Scope

*Wishing you a joyful Christmas
filled with peace, love, and laughter.
May the New Year bring you good health,
renewed hope, and wonderful moments
with the people who matter most.*

Thank you!

To EVERYONE who has helped make *Senior Scope* possible for more than 23 years—your support means everything.

To all who contributed to the production and distribution of this paper—our sales team, columnists, contributing writers, printers, and dedicated delivery team—thank you for your hard work and commitment.

To all who have volunteered, and to every organization and partner who has supported *Senior Scope* in so many meaningful ways—Rick & Trish of The Pros Know Expos, Active Aging in Manitoba, CJNU 93.7 FM, Heart to Home Meals, Seine River Seniors in La Broquerie, Seniors Resource – RM of Yellowhead, Whitemouth Two Rivers Seniors—your partnership has helped strengthen communities across Manitoba.

To ALL of our advertisers, thank you for believing in our mission and making it possible for us to continue publishing.

To everyone who has shared their stories with us, and to every reader who has welcomed *Senior Scope* into their home—Thank You.

A heartfelt thank-you to **Diane Dumas**, formerly of Springfield Seniors, for years of dedicated delivery to the Northeastman region.

*You are all so very special, and we
are grateful for each and
every one of you.*

SPORTS

BOB IRVING – The Voice of the Winnipeg Blue Bombers



A MANITOBA
MERRY CHRISTMAS
MOMENT

By Bud Ulrich

Having a cup of coffee and a chat with my “ol” friend Bob Irving at the Viscount Gort Hotel restaurant was a great way to start off the day. We go back many years when Bob was in his early years with CJOB radio, and I likewise in my early years as a referee in the Canadian Football League (CFL). We crossed paths many times and developed a mutual admiration for our respective jobs, although his was full-time and mine part-time.

Lestock, Saskatchewan, a small town some 80 miles (129 kms) out of Regina is where Bob was born. He grew up in Regina and attended school there. Bob was a good student getting straight “A” in his courses. He was very proud of his marks – it was important to him.

Bob was enrolled in business administration at the University of Regina. Starting his second year, he was sitting in a classroom and suddenly he questioned his involvement. “What am I doing here? I don’t even want to do this sort of thing. I’ve always been a sports fanatic. So, I got up and left the class. I wanted to be a sportswriter or a sports broadcaster. I started on that journey by going to CKCK radio in Regina and asked them how I

could get into the business,” Bob said. At that time there weren’t any special courses being offered in broadcasting. Doug Alexander at CKCK took Bob under his wing and offered to help him develop his broadcasting skills. Every night, Bob spent his time speaking into a tape recorder. He did this for three or four months. The decision was made to send out some tapes to potential employers, and sure enough CJSJ radio in Estevan, Saskatchewan, hired him at a young age of 19.

Six months later, Bob got a chance to work at CKX radio in Brandon. His salary went from \$200 a month to a whopping \$300 a month. Bob was ecstatic! However, he still wasn’t doing sports. He was a disc jockey, and he was hosting some TV shows. But all along he wanted to get into sportscasting – that was his ultimate goal. At a young age he was enjoying the broadcasting business. After three years in Brandon, he met Ken Nicolson (Sports Director at CJOB in Winnipeg) who was in Brandon broadcasting a Junior Jets - Wheat Kings game. Bob provided the colour commentary for him.

In the summer of June 1973, Bob bumped into Ken Nicolson in the parking lot of the Clear Lake Golf Course, Manitoba. Pleasantries were exchanged and Nicolson told Bob that CJOB had an



The Winnipeg Blue Bombers established the Bob Irving Media Centre at their football field.

opening in the sports department because Ken Rogers had just quit. He suggested Bob send a tape. Bob did and was hired at \$600 a month. The rest is history. He strongly feels this was a chance encounter and again fate intervened in his life.

On a flight to Flin Flon, Manitoba, Bob was covering a provincial curling bonspiel back in the 1970s. He experienced a

rather abrupt landing descending quickly over rocks towards a single directional runway. “Of course, everyone on the plane was teasing me. I’ll never forget it. People think it’s funny, but it’s not. It’s a legitimate fear,” Bob said.

Bob got the nickname “Knuckles” from the late “Cactus” Jack Wells, a very well-

Continued on next page

ADVERTISING FEATURE

The Ins and Outs of a Power of Attorney

Kendra L. d’Eon - KLD Law

A Power of Attorney (POA) is an important part of an estate plan; it is a legal document that appoints someone (your “Attorney”), the power to handle your legal and financial affairs. There are many types of POAs, but this article will focus on answering questions about an enduring POA (one that continues if you are incapacitated).

Does a POA deal with my health care?



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A POA has nothing to do with your medical decisions. To legally handle your medical wishes, in the event of incapacity, you need a Health Care Directive.

What goes into a POA?

A POA can be very lengthy because it must include all of the powers your Attorney needs to be able to do their job. This could include the power to access your banking, manage your debt, deal with the CRA, handle insurance or legal matters, access your personal information, or contract on your behalf, to name a few.

When does an enduring POA take effect?

A POA is valid the date it is signed and witnessed, but sometimes it does not come into effect right away. If you are creating a POA for planning purposes, a common trigger or “spring” is that two doctors certify you lack the capacity to manage your finances; this means your Attorney needs to get a letter from two doctors stating you cannot manage your finances. For those in hospital, assisted living, or who are not mobile, you can make your POA effective immediately so your Attorney can start helping you right away.

Due to the rise in fraud and elder abuse, many financial institutions are imposing more hurdles for Attorneys to navigate before they are granted access to someone’s accounts. It is important to speak with your financial institution(s) during the planning process so that you know what your Attorney must do to take over your affairs. If you are still mobile and you want immediate assistance with your banking it is wise to bring the POA into the bank yourself with your Attorney.

I need a POA for my loved one, what do I do?

It is common for family members to help their loved ones contact a lawyer, but it is important to remember that in this situation the lawyer represents your loved one, not you. This means that your loved one needs to be able to instruct the lawyer and needs to understand the power they are granting. If the client cannot understand the nature of the document they are signing or does not fully trust the person they are appointing, the POA cannot be granted. This can be frustrating for loved ones who mean well and want to help; however, if your loved one has already lost capacity, a different process must be followed. More information on this process can be found at: https://www.gov.mb.ca/publictrustee/pdf/committeeship_guidebook.pdf.

Do I need a lawyer to make a POA?

There are many legal and practical reasons why a POA should be done by a lawyer:

- Section 11(1) of *The Powers of Attorney Act*, has very specific requirements for the witnessing of a POA, it cannot be witnessed by just anyone.
- In order for your Attorney to do their job, they need very specific powers, an incomplete POA may prevent your Attorney from acting fully on your behalf.
- With an increase in fraud prevention measures at financial institutions and varied rules on accepting POAs, lawyers can provide current and accurate advice on the legal requirements of a valid POA and assist your Attorney if there are issues.

- Templates may be out of date or may not be designed for your jurisdiction. The rules for POAs are not the same in every province. A template designed for Ontario may not be valid here in Manitoba and the instructions may not be accurate.

How do I choose my Attorney?

While there are rules your Attorney must follow, often times there is not a lot of oversight, so you must trust the person you are appointing. A client once asked, “If I have money under my mattress what would my Attorney have to do with it?” A prudent Attorney should record it, track its use, and likely deposit it in the bank so it is safe, but will anyone know if they didn’t? This is where that trust comes into play.

Does my Attorney need to be from Manitoba?

You can appoint someone from another province; however, you need to consider if that is practical. Your Attorney may need to be there in person to sign documents, check your mail, run errands on your behalf, etc. This is very challenging to do from afar. It is also important not to appoint someone who is a resident or citizen of another country without proper legal advice. Other countries may have laws that could affect your estate.

POAs can be complicated, and it is important to seek out proper legal advice before granting one.

If you have any questions or would like more information about POAs visit our website at www.kldlaw.ca or call us at **204-989-9850** and we would be happy to assist you. ■

Bob Irving, *cont'd from page 14*



Bob Irving receiving the Order of Manitoba at the legislature.

one of their travels together heading to a Blue Bomber football game they were seated next to each other on a plane. Bob was very nervous about flying, and on take-off he grabbed the arm rests so tightly that his knuckles were turning

gives you a nickname – it sticks,” said Bob. Although Bob was the “voice” of the Winnipeg Blue Bombers for many years, some of his fondest memories of his career are back with the World Hockey Association games, where he worked on all the

home broadcasts. He did the between period and post-game interviews, and got to know some of those players, particularly the Swedes – Ulf Nilsson, Lars-Erik Sjöberg, Anders Hedberg, and the great Bobby Hull. “When I grew up, Hull was my idol. Here I was 22 years old, and I was seeing these great players every day,” Bob said. Those are special memories for him. Having broadcast a vast number of football games, it was difficult for Bob to recall one special experience. There are many. But a fond memory from 1984 occurred when the Winnipeg Blue Bombers were on a 22-year Grey Cup drought, and they beat the Hamilton Tiger-Cats 47-14. Another memory is Bob’s first game in Montreal surrounded by the likes of star quarterback, Kenny Ploen doing the colour commentary with Jack Wells and another well-known Winnipeg sports journalist, Jack Matheson. Being the rookie on the scene, Bob was somewhat in awe of this group of sportscasters. “These are awesome memories for me – to be associated with these men, to work with them, and to become great friends,” Bob said. In 1997, Bob was inducted into the CFL

Hall of Fame, and in 2013 the Winnipeg Blue Bombers established the Bob Irving Media Centre at their football field. In 2014 he received the Order of Manitoba, and in 2023 he was inducted into the Football Manitoba Hall of Fame for his outstanding media contribution to football in Manitoba. I had the pleasure of attending his induction. He received a highly deserved standing ovation. In the past 12 years that I have been associated with the Football Manitoba Hall of Fame, Bob was the first to receive this type of applause. Clearly, he was “moved!” Bob and his wife, Daye, have three children, seven grandchildren, and one great grandchild who came along just a few months ago. I sense that Bob is a very proud dad, grampa, and great grampa. He has an older brother who resides in Edmonton. Bob loved his job as a sports broadcaster and he felt it was a wonderful way to make a living. There are many Manitobans and people across Canada (me included) who enjoyed his descriptive and accurate play-by-play coverage of football games. He is humbled by this recognition. ■

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2026



December
2025
Holiday
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Four more Pros Know Expos in 2026. Info Release Date: 010126

Thank You Everyone for 2025! 2026 is WOW!

Happy Holidays, Merry Christmas! What ever you’re celebrating this time of year, may your season be filled with love, joy, and with those you love. Over here, that and so very much gratitude. Once again, we’ve found so much to be in wonder of. Two great ‘Mini-Conferences at Good Neighbours Active Living’, amazing Sponsorships, Exhibitors and of course you, our community for coming out in most excellent numbers. It’s truly hard to believe that in 48+ months we’ve hosted 27 Expos around our fair city which has helped thousands of folks get much needed resources for them and their families. So this Christmas, I’m going to eggnog a little more than usual, if you know what I mean. **In January**, we’re going to finally release the agenda for 2026. Oh we have our dates and locations in place, but just when you think things can’t get any better, well, we’ve got some wonderful surprises coming up for 2026, thanks to our PKE family of Exhibitors.

We’re looking at a number of awesome grassroots programs at each show to help you get a little more value when you attend. More resource information in the expos ‘Guest Bags’ than you can take home and share. There’s so much to see and do, you might want to bring a lunch. :) The bottom line, your Pros Know Expos have gotten better, because of the stellar commitment from our Older Adult Resources Community and you, who all show up to engage. This is a natural and needed growth path we’re all walking together. So thanks for your patience. There’s a ton of great stuff being released here in January, and there’s much to see now if you like on our updated website at: www.prosknowexpos.ca. The dates and locations are up and the programs and agendas uploading January 1st, 2026. Again, thank you to all, have a wonderful holiday season and help where you can. Our community needs us more than ever. **Take Care! Rick & Trish.**



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2026 Show Dates & Locations



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SPORTS

Shelly Paton: Missing the intensity and competition at 60



MANITOBA
SPORTS
HISTORY

By Scott Taylor

Photos courtesy IFBB

Shelly Paton missed the intensity. She missed the reasons for training. She missed the competition.

So, this past summer, just before her 60th birthday -- complete with a brand-new hip -- the manager of Winnipeg's Assiniboine Athletic Club, decided to compete again.

It was nerve-racking, emotional and exhilarating. And although she didn't win the over-55 bikini masters division at the International Federation of Bodybuilding & Fitness Professional League's competition in St. Petersburg, Fla., she did put herself out there and get back into the game.

And she enjoyed it so much, she's thinking about doing another show in 2026.

"I finished seventh, but because I hadn't yet reached my 60th birthday, I had to compete at the high end of over-55," she said with a laugh. "I was closer to the bottom than the top, but I had a total hip replacement two years ago, and this was my comeback, of sorts.

"I earned my pro card in fitness years ago so maybe jumping around for all those years contributed to the problem. Before I had the hip replacement I was limping around and in pain. It wasn't good and it was a bit of a wake-up call.

"Then, when I had the hip replacement, I was like, 'Oh, I'm back to doing all the things that I could do before. Why can't I train with the same intensity as before?' And I think for me, competing is that one area where it's OK to be selfish. It's OK to take time for myself to be healthy and to train for something that's just for me."

Back, in 1999, at the age of 35, Paton decided to try something new. It turned out to be bigger and more important in her life than she could ever have imagined.

"I started competing in Fitness in 1999 with no gymnastics experience, just a dance background," she recalled. "I wanted to get in better shape. I was teaching fitness classes and doing personal training part-time back then and I heard that they were adding a new category called Fitness to the Manitoba Amateur Bodybuilding Association's shows. Until then there was only body building for women.

"I was approached by a woman named Kary Odiatu. We shared the same goal of being an IFBB Pro in Fitness. Kary reached her goal in the 90s and I looked up to her. She was such an inspiration. I joined her gymnastics class, which was quite the humbling experience. I was the oldest one there and had no past history with gymnastics. I learned to do my first handspring at 35."

These days, Paton is a CESP certified personal trainer who is also certified through the Manitoba Fitness Council, with more than 35 years of experience in Fitness. For the past two years, she's been the manager at the downtown Assiniboine Athletic Club and teaches daily group fitness classes while maintaining her personal training schedule.

However, after doing an IFBB Fitness show in Pittsburgh in 2019 (at age 53) and



Shelly Paton, CESP certified personal trainer, and manager at the downtown Assiniboine Athletic Club.

getting set to do more shows in 2020, she, like so many other athletes -- young and old -- got derailed by the COVID pandemic.

"So, just around the middle of the COVID shutdown, my hip started to get really bad," she recalled. "But I was lucky enough to get in fairly quickly for joint replacement here in Winnipeg. That's sort of why I took this job because there was more management to it than bouncing around the gym.

"But eventually I thought, 'I wonder if between working full-time and still carrying on some of my clients, would I be able

to throw a contest on top of that?' And so, I did. The IFBB Pro League had a bunch of new categories, so my husband Bruce and I decided I should enter over-55 bikini in Florida because we'd never been to Florida.

"Back when I competed in fitness, you did a two-minute fitness routine -- combination of gymnastics, strength and performance and the physique round, but bikini is just physique based. You are judged only on your aesthetics. But it's still IFBB PRO. Everyone looks amazing and are from all over the world.

She may not have won her comeback event in Florida, but she got back on stage, and she reinvigorated that love for the show.

"For me at this time in my life, it was just kind of to prove that 60 doesn't have to be the end of doing what you love," she said. "That sounds kind of dramatic, but it's true. I just want to be healthy for the next 20.

"And after all those years of training, I just missed that intensity. And I love being on stage. When I'm on stage, I'm not Shelly Paton. I'm somebody else, somebody bigger and stronger and fitter." ■



CJNU Welcomes Harvest Manitoba as the December Host Sponsor

You Can Make a Difference by Supporting Harvest Manitoba

As holiday celebrations begin, many of us are planning meals, gathering with family, and settling into familiar traditions. At the same time, more Manitobans than ever are finding themselves struggling to keep food on the table. As of today, Harvest Manitoba provides food to over 50,000 people every month, and that number has been climbing steadily.

The reasons aren't surprising. Groceries cost more than they used to. Rent increases are hitting families hard. Winter brings higher heating bills, and essentials continue to creep up in price. For many households, especially those with children, the budget simply doesn't stretch as far as it used to. Choices that were once unthinkable, like cutting back on meals, postponing bills, and carving down the grocery list, are

becoming common. More than half of the families visiting food banks today have kids at home, and one in five children in Manitoba is considered food insecure. We hear from working parents

who have never needed help before and from seniors on fixed incomes who are watching their costs rise faster than they can manage. The pressures of winter only make it harder.

Harvest Manitoba is working to meet the growing need by moving as much fresh, nutritious food through the system as possible. Partnerships across the province help us reach rural and northern communities, as well as neighbourhoods right here in Winnipeg. But the scale of food moving through Harvest today shows how much things have changed. In 1985, our first year of operation, we distributed 200,000 pounds of food.

Now, that amount doesn't even get us through the week.

The holidays have a way of highlighting both the joy and the strain in our communi-

ties. While many tables will be full, others sit quiet and sparse. That's why community support remains so essential. Whether it's donating food, making a financial gift, or giving a few hours of time, it all helps families get through a season that can be especially tough.

Hunger doesn't take a holiday, and Harvest Manitoba is committed to making sure families have what they need to make it through the season with a bit more stability and a bit less worry. With our community's support, we can bring relief to parents and adults who are struggling and comfort to children who should never have to wonder where they'll eat next.

12th Annual Pledge Drive - Thank You!

At the time of writing, over 500 donors have helped us raise more than \$97,000 – the second highest amount we've ever raised - and we cannot thank each and every one of you enough!

Without the direct support of our listeners and members, we simply wouldn't be able to continue to operate - and this volunteer-powered non-profit radio station would cease to be real, and fade into memory... but YOU have helped us to **Keep it Real** for another year!

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Could I be experiencing any side effects or drug interactions?

Could lifestyle changes also improve my well-being?

Are all my medications needed?

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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.)

LUNCH / DINNER / DANCE / MUSIC

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

The Women's Canadian Club of Wpg - Holiday luncheon, Dec. 16, 12 noon, at the RBC Convention Centre. The Shoestring Players presents "Suppressed Desires," a play by Susan Glaspell, directed by Katherine McLennan with performers Laura Monk, Joe Stratton, Tracy Jensen. \$35 (tax and gratuity incl). To reserve, Rochelle: 204-488-8750, rochelpin@shaw.ca

The Forever Young Club - "Festive Winter" dance Dec. 27, 7:30-11:30 pm, at Anavets #283, 3584 Portage Ave. 50's/60's/70's music by Derailed Band & DJ Steve Gajerski. Advance tickets only \$25 for non-members by Dec. 23rd. E-transfer to fywpg@gmail.com or text/call 204-261-4442 to pay cash. Small silent auction, 50/50 draw, lunch, cash bar.

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.

Dufferin Senior Centre - Malanka, Sat. Jan. 10, 12 noon-3:30 pm at 377 Dufferin Ave. Catered by Budget Catering, music by the Gemstars. Advance ticket only. Call 204-986-2608, leave message or Al at 204-771-3325.

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

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

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 St. - Volunteers needed to transport residents in wheelchairs to their in-house appt's, 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 available with 3 hr commitments/week. Contact Samantha Silverster: 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: lkehler84@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.

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. 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, inside Fort Rouge Leisure Centre. Programs: Paint Buddies, Floor Curling, Carpet Bowling, Intergenerational Tech Support, Lunch & Presentations, Games Club, Steppin' Up With Confidence Fitness, Qigong, Pickleball (free play), & more. Holiday Party before Winter Break, Dec. 17, 1-3 pm. Register in advance: 204-306-1114, goldenrule@swsrc.ca. Centre is closed Dec. 22 - Jan. 6.

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.com>

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

Sri Lankan Seniors Manitoba

Infectious Diseases Primer for Seniors:

Dr. Amila Heendeniya

By Senaka Samarasinghe



Left: Dr. Amila Heendeniya.

Above: Whynn Ferguson conducting a Yoga session.

Right: SLSM, Immediate Past President, Indra Ariyaratne, 2025 Older Adult of the Year Award recipient.



Dr. Amila Heendeniya is a clinical infectious diseases physician at the Winnipeg Regional Health Authority. Further, he is an assistant professor at the University of Manitoba. He conducted a presentation divided into three main sections, namely,

topic, objective, and agenda. He utilized more than one hour and shared a valuable set of descriptive instructions with Sri Lankan Seniors Manitoba (SLSM) on how to prevent common infectious diseases. He allocated a short time to main-

tain the domestic kitchen in a healthy condition. When using the fridge, milk and eggs must not be kept closer to the door; and a healthy way of using the common kitchen counter is provided, whereas in Sri Lankan food preparation, it is done in dif-

ferent locations within the kitchen. During the long winter season in Winnipeg not advisable to confine oneself to the home. All headings of his presentation are named in three languages (English, Sinhala, and Tamil). As a result, the audience raised questions freely. Further, each section he allocated time for Q and A session for the benefit of the audience. Amila has a good ear for music. He is a good Madeline player and able to play a few musical instruments. He is a good singer too. Just after the above medical advice, Whynn Ferguson conducted her Yoga session. SLSM, Immediate Past President, Indra Ariyaratne, has been honoured with the 2025 Manitoba Healthy Aging Award in the category of Older Adult of the Year (see page 4). For this, a cake-cutting ceremony was organized.■

Things To Do - **RURAL MB**

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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**, thompsonseniors55@gmail.com

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It's a Wonderful Life . . . When You Let Others Help



By Greg Marsh

It's a Wonderful Life is one of cinema's most beloved movies – if you haven't seen it, make it a holiday-viewing priority.

Its story focuses on George Bailey – a selfless, loyal, and endlessly virtuous soul whose father and uncle founded the Building and Loan Company in Bedford Falls, New York. Upon the passing of George's father, he is talked by friends of his father into abandoning his dreams of seeing the world and moving away from the small parochial town that is Bedford Falls. Instead, he stays put to guarantee the independence of the family business whose existence is threatened by the unscrupulous Scrooge-like Mr. Potter who owns the local bank and had made a hostile takeover bid for the Bailey family business. Later in the film, proving no good deed goes unpunished, an absent-minded misstep by George's uncle Billy threatens George's reputation and freedom as embezzlement charges and jail time seem inevitable.

The ensuing heartwarming climax is often attributed to a loveable second-class angel who allows George to have one of cinema's greatest epiphanies – that his life greatly mattered in ways both significant and far-reaching.

While it is easy to celebrate the ending as the victory of good over evil, the actual reason for the gratifying finale is the decision by George's wife Mary to tell everyone she knew about George's desperate situation. The ensuing outpouring of love and assistance not only rescues George but also unites the town in a spirit of goodwill that warms our hearts and makes the film endlessly rewatchable.

Like George Bailey during the depths of his despair, those of you who are sole or primary caregivers for older family members or friends likely feel overwhelmed by your current situation and the bleak future that seems laid out for you. The result of this is depression, discouragement, burnout, and an assortment of health challenges.

The good news is that help is likely as available to you as it was to Mary in *It's a Wonderful Life*. All you need to do is accept help from others which means sharing your situation with those who can provide assistance.



In my work as the Spiritual / Holistic Care Coordinator at Lions Personal Care Home, and my capacity as founder and co-facilitator of the new Winnipeg Caregiver Support Group, caregivers have shared (often amid tears) their despair and burnout as they face a future of caregiving that seems endless in duration and barely sustainable in terms of effort and emotional cost. When I ask if they have sought help, I am invariably told they haven't. The primary reason being not wanting to be a burden.

While this is understandable, the mental and physical exhaustion that comes from caring for an older individual likely won't change without help.

As a churchgoer and someone who dearly loves God, my initial suggestion is to seek help from your or your loved one's church or other house of worship. Not only are these places where your loved one is known, all major faith groups embrace the call to help those in need.

I was recently told by a burned-out caregiver that the reason she hadn't asked church friends for help is because everyone there is quite elderly. Despite one's age, people who are older will often gladly provide the occasional meal, agree to wait with your loved one at a doctor's appointment, provide some respite care, or simply (yet significantly) come by to visit, chat, play cards, or just hang out with your loved one. Letting others help isn't only a gift to the caregiver or the one needing care, it is also a blessing to those allowed to help.

Let's make life and society better by letting others know of our needs. When we do, we will likely experience a more wonderful life.

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

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Appreciation Saratha Joseph



20-9-1944 - 14-11-2025

Saratha Joseph (née Iyakutty) was born on September 20, 1944, in Batticaloa, Sri Lanka. There were ten siblings in the Kutty family, and Saratha was the youngest of the older three girls. When Saratha was ten years old (in 1954), the Kutty family moved to Trincomalee.

Two elder sisters, Kamala and Thayalam, were silently investigating Catholicism without involving Saratha. Subsequently, Saratha also followed the same path as her teenage sisters. In this regard, Saratha's Amma (mother) did not show her willingness. Her main change was that whenever anyone was hurt, Saratha stepped forward.

She became well known not only for her lively presence but also for her singing, stage acting, playwriting, and open-door policy while studying Botany and Zoology at the University of Peradeniya in Sri Lanka. Saratha managed to continue her countless services in Sri Lanka as well as in

Sierra Leone, Nigeria, England, and Winnipeg. For education, she created and led the extensive Science Fair program at St. Mary's Academy in Winnipeg, shaping generations of young women.

Her service to the community and culture was dedicated to the Tamil Cultural Society of Manitoba (TCSM) and its Folklorama Pavilion for many years, and she took her responsibilities very seriously. When I was the President (2015-2017), Sri Lankan Association of Manitoba (SLAM), Saratha encouraged and educated me to obtain Grant Funds from the Provincial Government. Nandi Shockalingam selected my daughter Rownathi to dance for Folklorama (2007), and Saratha helped her a lot.

During Saratha's stay in Winnipeg, her faith and service were centered around St. Ignatius Church, where she served in many ministries, most notably the Refugee Committee, through which she changed

the life paths of countless newcomers of all faiths.

Out of the above noted activities, we must admire Saratha's personal acts of love. Besides her common day-to-day services to the community, such as serving food and providing clothes, Saratha helped for more than a decade those who were not even known to her. A few decades of service ended due to her illness, as she regrettably lost the ability of cooking for others around the year 2024.

In 2018, Saratha was diagnosed with Idiopathic Pulmonary Fibrosis (IPF), and she passed away peacefully on Nov. 14 (FRI) 2025, at 7:25 am. Saratha spent 52 years of married life with Elien Joseph. Elien was a classmate of Chandani's (my wife) elder brother Nalin Wijetillake at St. Aloysius College, Galle.

- Senaka Samarasinghe
Winnipeg, Canada 19-11-2025

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References available upon request!



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CROSSWORD - By Myles Mellor

- ACROSS**
- 1. Getaway
 - 4. Nowadays it's GPS based
 - 7. Big story
 - 11. Black gunk
 - 12. Hotel amenity
 - 13. Middle-East inhabitant
 - 14. Kind of chair
 - 15. Consistent and coherent
 - 17. Southern swamp
 - 19. Jaguar for one
 - 20. "Confessions" singer
 - 22. Figure out
 - 25. Of that
 - 28. Ceremonial act
 - 29. Sports column
 - 30. Chicago, e.g.
 - 32. Eccentric
 - 33. Wallops
 - 34. Square dance partner
 - 35. Riot
 - 39. Broad view
 - 43. An ____ for colour...
 - 44. Like much wine and cheese
 - 45. Meshed fabric
 - 46. Word that has ended many fights
 - 47. Dow extremes
 - 48. Kind of test
 - 49. Infomercials

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- DOWN**
- 1. Poke holes in
 - 2. Prefix with graph
 - 3. Major employer
 - 4. Treat badly
 - 5. Phenom
 - 6. Tranquil
 - 7. Seasoned sailor
 - 8. "You ____ the apple of my eye" Stevie Wonder
 - 9. Propane or neon
 - 10. Workout target
 - 16. Disfigure
 - 18. Pronoun
 - 21. Birthplace
 - 22. Order to a dog
 - 23. L.A.X arr. letters
 - 24. Reef dweller
 - 25. Tandem bike's capacity
 - 26. Went underground
 - 27. Denouement
 - 28. Slope
 - 31. Layers
 - 33. Block
 - 34. Supernatural beings
 - 36. Alpha follower
 - 37. Spotted
 - 38. Camera feature
 - 39. Chum
 - 40. Back then
 - 41. Never-before-seen
 - 42. Tom, Dick and Harry

SOLUTION ON PAGE 23

WORDSEARCH - CHRISTMAS By Roni Alward & Senior Scope

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

- | | | | | |
|-----------|-------------|-----------|----------|-----------|
| Angel | Decorations | Green | Party | Spirit |
| Bells | Delight | Greetings | Peace | Splendid |
| Box | Dinner | Grinch | Plays | Star |
| Cake | Elves | Holidays | Pleasant | Stories |
| Candy | Enjoyable | Hymn | Pray | Story |
| Cards | Eve | Jolly | Present | Sweater |
| Carols | Feast | Joyful | Reindeer | Time |
| Cash | Festival | Lights | Scarf | Tinsel |
| Cheer | Festive | Memories | Season | Toys |
| Chimes | Festivities | Merrier | Sleigh | Tradition |
| Christmas | Games | Merry | Snowy | Tree |
| Cold | Gifts | Morning | Songs | White |
| Cookies | Gingerbread | Music | | |
| Customs | Gloves | Parade | | |

SOLUTION ON PAGE 23

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

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

- Which popular Christmas beverage is also called "milk punch?"
- How many ghosts show up in A Christmas Carol?
- What are the two other most popular names for Santa Claus?
- In the movie, It's A Wonderful Life, what happened every time a bell rang?
- Which real-life person is Santa Claus based on?
- What did Frosty the Snowman do when a magic hat was placed on his head?
- The first artificial Christmas tree was made from what?
- Which Christmas song contains the lyric "Everyone dancing merrily in the new old-fashioned way?"

ANSWERS TO THE RIGHT

LAUGH A LITTLE

Frog Parking Only. All others will be Toad.

They say you should grow your own food.
But I can't find hot dog seeds.

My wife says I never pay attention to her, or something like that.

What do you call a duck who gets straight A's?
A wise quacker.

If you're sitting in public and a stranger takes the seat next to you,
just stare straight ahead and say, "Did you bring the money?"

Sometimes, someone unexpected comes into your life out of nowhere,
makes your heart race, and changes you forever.
We call those people police officers.

I've talked the talk, and walked the walk.
At my age I'm just going to sit the sit.

Today, my husband thought he saw a cockroach in the kitchen.
He cleaned everything spotless. Tomorrow I'm putting the cockroach in the bathroom.

The idea is to die young...
as late as possible.

WORDSEARCH - Solution

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

CROSSWORD - Solution

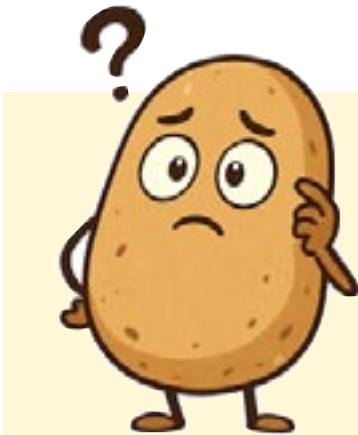
1	S	P	A			4	M	A	P		7	S	A	G	A				
11	T	A	R			12	I	C	E		13	A	R	A	B				
14	A	R	M			15	S	E	A	M		L	E	S	S				
17	B	A	Y		18	O	U		19	C	A	T							
					20	U	S		21	H	E	R		22	S	23	24	E	E
25	T	H	E	R	E	O	F			28	R	I	T	E					
29	W	I	N	S				30	M	U	S	I	C	A	L				
32	O	D	D			33	B	E	L	T	S								
						34	G	A	L										
39	P	A	N	O	R	A	M	A		42				43	E	Y	E		
44	A	G	E	D				45	N	E	T			46	T	E	N		
47	L	O	W	S				48	D	N	A			49	A	D	S		

SUDOKU - Solution

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

TEST YOUR WITS

- Solutions
- Eggnog
 - Four - Jacob Marley (Scrooge's former business partner), Ghosts of Christmas Past, Present, and Yet to Come.
 - Kris Kringle and Saint Nick
 - An angel got his wings
 - The Christian bishop St. Nicholas
 - He began to dance around
 - Goose feathers
 - Rockin' Around the Christmas Tree



If GH can stand for P as in Hiccough,
if OUGH stands for O as in Dough,
if PHTH stands for T as in Phthisis,
if EIGH stands for A as in Neighbour,
if TTE stands for T as in Gazette
if EAU stands for O as in Plateau,
Then POTATO could be spelled as
GHOUGHPTHTEIGHTTEEAU

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