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Senior Scope

Newspaper

Vol. 24 No. 12 | June 10 - July 9/26

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LEONARD DACZKO -

Guiding the 'Gimli Glider'



AC 143 landed in Gimli

Senior Scope's Annual Contest!

Great Prizes!

SEE INSIDE FOR DETAILS.



A MANITOBA MOMENT

By Bud Ulrich

My good friend Don Kuryk invited me over to his home where he got in touch with his childhood buddy, Leonard "Len" Daczko, who was the air traffic controller who provided vectors (directions) to Captain Bob Pearson of Air Canada Flight 143 for a safe landing in Gimli. Len lives in Qualicum Beach on Vancouver Island, and Don's phone was put on speaker mode. We listened to Len's riveting account of his communication with Captain Pearson and other controllers. The aircraft ran out of fuel due to incorrect calculations as well as fuel gauges not operating correctly, and the conversion of fuel measurement to the metric system.

For the next 30 minutes Len had our full attention. The following is Len's detailed account of Air Canada's Flight 143 scheduled historic route from Montreal to Edmonton with a stopover in Ottawa. I shall attempt to rephrase some of Len's message to clarify "controller" jargon without losing the importance and validity of his experience.

"On July 23, 1983, I was working the evening shift around 8:00 p.m. at the Winnipeg International Airport terminal where I was controlling two combined positions which was quite common," Len said. He overheard a conversation from an adjacent sector (an area which is distinct from the others). He had a glimpse of their radar display as he listened to their communication with Air Canada 143. The captain requested a route change from their final flight plan. They wanted to land in Winnipeg. Originally, the aircraft was going to Edmonton. AC 143

was near Red Lake, Ontario, 120 miles northeast of Winnipeg at Flight level 410, which translates to about 41,000 feet. The captain was given clearance to go from his present position direct to Winnipeg to descend at his discretion.

Shortly after, Len heard AC 143 reporting the loss of an engine. "The engine had stopped for some unknown reason and a couple of minutes later the second engine quit. Air Canada declared an emergency. Essentially Flight 143 became the world's largest glider. I overheard this communication from my position, which was a short distance from the east controller (eastern Canada coverage). My area of responsibility for aircraft was an air space which ran out to 35 miles from Winnipeg, capped at an altitude of 20,000 feet. The radar equipment I was using allowed me to change to a different scale so that I could look out beyond 35 miles. I switched to

Continued on page 4



STORY INSIDE!

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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.





Linda Brown,
Executive
Director, AAIM

Summer in Manitoba has arrived! Nothing like a summer in Manitoba that turns up the heat and overnight trees go from bare to full on leaves!

So why not get outdoors! It is the perfect time to take you physical activity outdoors and to reap the benefits of being active and being in nature. Research shows us that physical activity can improve our memory and our thinking skills. Because physical activity helps us sleep better that also leads to stress and anxiety reduction.

When you feel sluggish and sleepy in the middle of the afternoon - get up and walk around. The small amount of movement will help with the oxygen supply to your brain, and you will feel more alert. Even short bursts of physical activity can boost brain power.

Any amount of physical activity can help boost your brain power. Key to all of this is finding a type of physical activity you enjoy. Going for a walk, bike ride or a swim are great ways to be active in a Manitoba summer day! Making your physical activity a social outing can also improve your brain health because you are engaging with others and carrying on a conversation.

Physical activity does increase our feel-good endorphins so that helps to improve our mood and makes us feel good about being active.

Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

- Submitted by Linda Brown



What about being active outdoors? If you find you feel calmer after a walk in the park or surveying your garden in the summer – you are not imaging it – there really is biology that can explain that calmness. Being outdoors can lower blood pressure and reduce stress hormones.

But how does that work?

1. You relax without realizing it – seeing all the green trees, hearing the birds sing, and smelling fresh cut grass for example triggers the part of our nervous system that controls an unconscious process to relax. This leads to slowing of heart rate and blood pressure reduction. A UK study of 20,000 people reported that those who spent at least 120 minutes per week in greenery were more likely to report good health and well-being.
2. Your hormonal system also relaxes in the great outdoors. Hormones that are associated with stress are reduced when people engage in activity outdoors.
3. Our sense of smell is heightened outdoors and there is science behind that finding that indicates compounds released by plants and soil cause us to relax. Even having greenery indoors can help us relax.

So how can we stay committed to being active when we have deadlines to meet and other commitments?

1. Plan the physical activity into your day. Schedule it – just like you would a doctor’s appointment only this time the appointment is with yourself! Make a commitment to a walking buddy that you will meet them to walk three times next week.

2. Be realistic about your schedule. If you know you have a busy week ahead that will take you away from your regular schedule, don’t be too hard on yourself for missing a regular morning walk. Instead plan it for later in the day or break up the walking time into 10-minute segments.
3. Turn your physical activity time in a social activity. Walking with a group, join an activity program at your local Senior Centre, or plan a date to get a group together to play Bocce or Corn Hole Toss for example. Summer vacations are around the corner and having family come to stay might mean a change to your daily routine. Find the time to fit in a walk with your family, spend time playing with grandchildren in the back yard - there are many ways you can achieve that 30 minute of physical activity each day.

I hope this gives you some ideas to help you get moving in our Manitoba summer!

The Manitoba 55+ Games are June 9 -11, 2026 in Morden/St Stanley/Winkler. Please join us to celebrate the 43rd year of the largest multi-sport event for Manitobans 55+ in the province.

Come out and cheer on the many participants who enjoying the friendly competition.

For more information about the 55+ Games please visit our website at www.activeagingmb.ca or call 204-632-3947.

Remember – move more and sit less!

10% of Canadians Over 65 are Abused!



IN OUR COUNTRY
CANADA
Myles Shane

Canada is facing a growing crisis that too often remains hidden behind closed doors. Elder abuse is happening in cities, suburbs, retirement homes, and even within family households across the country. The statistics are staggering, but they are real. Imagine if this were happening to your parents or grandparents, or even to you someday, and nobody recognized the warning signs. As Canada’s population continues to age, more senior citizens are at risk of enduring the same psychological, emotional, financial, and physical abuse that already affects thousands every year. Something has to change. This issue may not always dominate headlines or appear at the top of society’s “must stop” list, but it is a serious and deeply troubling problem that deserves far more attention.

Elder abuse affects approximately 10 percent of Canadians aged 65 and older

every year. Despite the alarming numbers, experts believe the vast majority of cases are never officially reported. In fact, an estimated 80 percent of incidents go unnoticed by support services, health professionals, or law enforcement authorities. Many seniors are afraid to speak out because they fear retaliation, embarrassment, abandonment, or losing contact with family members. Others may suffer from isolation, cognitive decline, or physical limitations that make it difficult to ask for help.

A major study using data from the Canadian Longitudinal Study on Aging found that one in every ten older adults experiences some form of abuse annually. The abuse can take many forms, including physical violence, emotional manipulation, neglect, financial exploitation, and verbal intimidation. While seniors are statistically less likely to experience violent crime compared to younger Canadians, the abuse they do endure is often repeated, deeply personal, and committed by someone they know and trust.

Police-reported violence against seniors has also been rising. In 2019, there were

approximately 128,000 senior victims of violence reported across Canada. Between 2010 and 2020, police-reported violence involving seniors increased by 22 percent. These numbers suggest that while awareness may be improving, the problem itself is also growing. Men report slightly higher rates of police-reported violence than women, although women are often more vulnerable to emotional and financial abuse, particularly from intimate partners or caregivers.

Physical assault represents a large portion of the violent abuse cases reported to police, accounting for roughly three-quarters of incidents. However, some of the most common and devastating forms of elder abuse are not always visible. Financial exploitation and psychological abuse are widespread and can destroy a senior’s independence, dignity, and sense of security. According to the Department of Justice Canada, emotional and financial abuse account for more than 70 percent of spousal abuse cases involving seniors. This can include threats, humiliation, controlling behaviour, theft of sav-

Continued on next page



Best wishes to all athletes participating in the Manitoba 55+ Games, and a thank you to the many organizers and volunteers who make this event possible.

Obby Khan, MLA for Fort Whyte

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Over 65 are Abused!..., *cont'd from page 2*

ings, misuse of power of attorney, or pressuring elderly individuals into financial decisions they do not fully understand.

One of the most heartbreaking realities is that the perpetrators are often family members or close acquaintances. For older women, the abuser is frequently an intimate partner or adult child. For older men, a grown child is often the most common family perpetrator. This makes reporting abuse especially difficult because victims may still love the person harming them or depend on them for daily care and companionship.

Institutional abuse is another growing concern. Approximately 11 percent of violent incidents involving seniors occur in nursing homes or retirement residences. In these settings, victims are most commonly physically assaulted, and in many cases the perpetrator is another resident. Overcrowding, understaffing, burnout among workers, and inadequate oversight can all contribute to unsafe environments for vulnerable seniors.

Canada's aging population means the issue will likely intensify in the years ahead unless governments, communities, and families take stronger action. More public education is needed to help Canadians recognize the warning signs of elder abuse, which may include sudden withdrawal from social activities, unexplained injuries, poor hygiene, fearfulness around certain individuals, missing money, or unusual banking activity. Healthcare workers, financial institutions, caregivers, and neighbors all have a role to play in identifying and reporting suspicious situations.

There are resources available for seniors experiencing abuse and for concerned family members seeking guidance. The Government of Canada provides national elder abuse information, prevention tools, and reporting guidance through Government of Canada Elder Abuse Guidelines.

Elder abuse is not simply a private family matter. It is a national social issue that affects the health, safety, and dignity of some of the most vulnerable members of Canadian society. Seniors built the communities and families we benefit from today. Allowing them to suffer in silence is unacceptable. The first step toward change is awareness, and the next is action. ■

Historical Preservation Awards

Lt.-Gov. Anita R. Neville presented the Lieutenant Governor's Historical Preservation and Promotion awards May 26th at Government House to four Manitobans for their meritorious service in the preservation and promotion of the province's history and heritage.

This year's award recipients are:

- Gilles Messier (Winnipeg);
- Charlie Baldock (Killarney);
- Christian Cassidy (Winnipeg); and
- Eleanor Proctor (Woodlands);

These individuals take great care in preserving and promoting this province's rich and vibrant history.

"Ongoing advancements in technology continues to open new means – such as blogs, videos and podcasts – to allow these forward-thinking historians to share our past in exciting and engaging ways well beyond Manitoba's borders. It is a pleasure to recognize their efforts and achievements," said Lt.-Gov. Neville.

The Manitoba Historical Society (MHS) receives award nominations from the public and recommends up to five people to receive awards each year, two of which are reserved for emerging historians (mid-30s and younger). Nominations are welcome at any time.

Details about the award program, along with a nomination form, are available at www.mhs.ca/awards/lieutenant-governors-award-for-historical-preservation-and-promotion/ and through the lieutenant-governor's website at www.manitobalg.ca. ■

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Guiding the ‘Gimli Glider’..., *cont’d from front page*



Don Kuryk (left) with Leonard Daczko.



Carole Kuryk (left) with Leonard Daczko.



Leonard in his sailboat.

100 nautical miles. Essentially the aircraft would be landing in Winnipeg under my control, so I wanted to monitor its progress. The first thing I noticed was that all the digital information from the aircraft disappeared from my radar display. The only remaining info I had was just a raw radar return, which is a reflected echo off the outer skin surface of the aircraft. It showed up as a tiny blip of white on my radar display.” However, shortly afterwards, AC 143 reappeared on Len’s radar display.

After three sweeps of Len’s antenna, which means the aircraft has appeared on radar for three consecutive scans, AC 143 disappeared again. However, during those three sweeps, the information he received was very important – it gave him the rate of descent which was 200 feet per sweep. “If you work it out, his rate of descent was 1,800 feet per minute. It also gave me a ground speed of 230 miles per hour. AC143 was now passing through 18,500 feet. I changed all the aircraft in my sector to our departure control frequency, so that I could focus entirely on the emergency at hand. Then I dialed in to the frequency that AC 143 was on. We didn’t want to lose any communication with that aircraft. Under my responsibility, I coordinated getting rid of all the aircraft from other sectors. I continued to calculate the estimated distance to touch down.”



Leonard’s sailboat.

Len took an early handoff from Ron Hewitt, who was the east enroute controller monitoring AC 143. When the aircraft was about 50 miles from Winnipeg, it was on top of a cloud layer, or undercast, with only a limited amount of analog equipment. The aircraft was descending through 14,500 feet with a ground speed of only 230 miles per hour. “He was about 50 miles northeast of Winnipeg. With that info, I continued to calculate the estimated distance to touch down. They would run out of altitude before reaching Winnipeg. At this time, several controllers and supervisors gathered around my position to help with any information that I may need and coordination with other sectors.”

“When I changed to AC 143’s frequency, I started communication with Captain Pearson, noting the limited number of instruments he had, because he was flying an aircraft Boeing 767, which was a new generation aircraft, and it had what was called a glass cockpit, which featured flat panel display screens, rather than the traditional round analog gauges and dials. When the aircraft lost power, one of the engines drove the electrical system and all the digital information was gone. Captain Pearson came over to my frequency and he was offered a no-compass vector approach to landing. Pearson declined and decided to rely on their magnetic compass. During this time, I kept calculating the aircraft descent and realized that Flight 143 would run out of altitude about 8 - 12 miles short of the Winnipeg runway. At the same time on the flight deck (cockpit of the aircraft) the flight crew were doing the same thing. They were calculating their own descent profile based on the information they had and arrived at the same conclusion as mine – Winnipeg was not reachable.”

“I immediately gave AC 143 an instruction for a 90 degree turn to the right and put the aircraft on a new heading (a block of airspace at 6,500 feet) which was the most direct path to Gimli. In doing so, it would take them through the flight training area (vertical distance of the aircraft to the ground). I observed on my radar display that there were several targets (aircraft) in that air space. This was an emergency and I wanted to know if there was any equipment available on standby at Gimli. Other controllers and supervisors were coordinating with the town firehall, ambulances, and local RCMP to proceed

as soon as possible to the Gimli Airport. Gimli Airport had two parallel runways – 32 Left and 32 Right. 32 Right was an old runway used by the airport itself; from the air, runway 32 Left looked like a freshly paved 6,000 or 8,000 foot runway but was used by a racing club and was mistakenly used by AC 143 for its landing due to its pristine appearance.” Landing information was provided to land on runway 32 Left, with wind, altimeter, and distance from touchdown. Unidentified objects were noticed but were of no concern to Captain Pearson at this time.

“After gliding from 41,000 feet over Red Lake, Ontario, AC 143 was about 200 feet above his intended glide slope for landing and flying faster than normal approach speed. To correct this situation, he performed an amazing side slip maneuver (aircraft moving sideways as well as forward thus reducing speed) at low altitude for a successful landing. I lost radar due to low altitude and wished Captain Pearson good luck on his landing. For the next few minutes, I didn’t know the outcome. Did AC 143 make it to the airport? Did it crash? What had happened? The nose gear (wheel) was showing red and collapsed upon landing, eventually skidding to a stop. Other Air Canada overflying aircraft were in the vicinity and listening in on the emergency, reporting that the aircraft was intact. There was a huge sigh of relief from all the controllers and supervisors.” And very likely the crew and passengers as well!”

Bob Pearson had experience as a glider pilot and First Officer Maurice Quintal had training with the Airforce at the Gimli Airport when it was a military base. “Maurice was computing their descent profile. Rick Dion, an Air Canada mechanic from Montreal, was in the cockpit jump seat (extra seat) when Captain Pearson declared the emergency. He suggested to start the APU (auxiliary power unit) to provide electrical power to the instruments which gave me the vital information to calculate their descent profile. Rick conveyed fuel starvation to the pilots and why the instruments failed.”

I’m hoping to meet up with Captain Bob Pearson some day and have a chat with him. Much has been published about the Gimli Glider, and perhaps this will be an opportunity to explore some personal information about this incredible individual who saved the lives of 67 passengers on Air Canada Flight 143. ■

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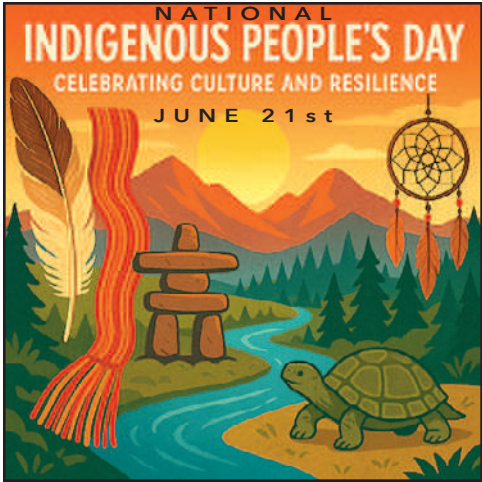
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MARLENE BERTRAND – Making a Difference



A MANITOBA MOMENT

By Bud Ulrich

It was a pleasure to chat with Marlene via Zoom and for the next hour I got a glimpse of a woman whose decorated career made a huge difference to many people in need – worldwide.

Marlene was born on a farm in Acadia Valley, Alberta, spending a few years at this location of some 500 people. Her grandfather was a very strong Liberal, which was “left” in those days, and he got Marlene interested in politics when she was just five years old. Grampa was on his way to vote, and she asked, “What’s voting?” The polling station was located in the neighbour’s kitchen. Soon, many discussions with her grandfather on political topics were the norm. Marlene is now 79 years of age which translates to 74 years of political involvement. She has interacted with many notable politicians



Marlene Bertrand.

and government officials for the benefit of her chosen career in domestic violence prevention.

Calgary, Alberta was the place where Marlene attended school. Surprisingly she stated, “I was not a good student! I had an older brother who was an excellent student – he was considered the smart one in the family.” However, Marlene became interested in education in the ninth grade when her teacher, Mr. Brown, and Marlene would interrupt the class with their ongoing political discussions. She distinctly remembers Mr. Brown telling her, “By the time you’re old enough to vote, you won’t vote Liberal. You’ll have gone on to a different party.” When Marlene was old enough to vote, she was living in Quebec City, and she voted Liberal. “So there!” The premier was Liberal, and the option was the separatist party, so it was no contest.

Obviously, Marlene had the unique ability to accomplish “political maneuvering.” When her husband was transferred to Brandon, Manitoba, she had the opportunity to set up a women’s shelter. “That was 44 years and 5 months ago,” Marlene said. She took advantage of a federal grant for a 20-week program. Soon after, the government asked Marlene to develop a full-time shelter. It was a huge challenge, but it was her “thing” and she was very good at running this much-needed facility. Marlene got the attention of the politicians who drove out to Brandon and asked her to apply for a position

to run a large shelter in Winnipeg. She was accepted and spent the next five years reorganizing the facility. She loved the challenge.

With the desire and vision for social programs, Marlene approached the provincial government and suggested changes for priority housing for women in abusive situations who were transitioning out of the shelter. Finding housing was impossible. Marlene met with the head of Housing in a somewhat tense meeting, “If I put all these people in Manitoba Housing, I’m going to have nothing but broken front doors when their angry husbands come after them.” Marlene responded, “You can fix a front door, but can you fix a woman’s injured back?” Marlene soon realized that with a reasonable effort, changes could be made by the government. It took a couple of years, but in the end a program was in place.

Marlene’s skills and expertise became well known. The Pan American Health Organization asked her to develop a women’s shelter in St. Lucia. An architect accompanied her providing the needed design services.

“Thanks to Gary Filmon (former premier of Manitoba). I’m a big big fan of Gary Filmon. When I looked at Manitoba’s history during the last 44 years, things opened up. They became better. We became a passionate and compassionate province when Gary Filmon was in leadership in terms of dealing with domestic violence,” Marlene said. She liked work-



Marlene Bertrand receiving the Order of Canada from Governor General Adrienne Clarkson.



Marlene with Lieutenant Governor of Manitoba Janice Filmon.

ing with the politicians. I sensed this was her forté.”

An indigenous women’s group contacted Marlene asking her if she noticed an advertisement for a government job. She was told this was a new program with funding and policy in place and urged Marlene to apply. She didn’t think she would be a good civil servant. However, they told Marlene if she would consider this opportunity, the indigenous women’s group would take her to lunch. Well, not to turn down a free lunch, she ended up applying for the job.

After fifteen years in government, Marlene had some significant moments. She approached the Treasury Board and got money for pensions for all the people who worked in the 33 domestic violence response agencies. Marlene thought Manitoba was the first province to receive this benefit.

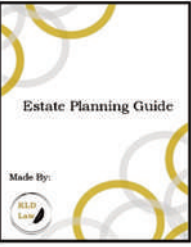
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SRI LANKAN SENIORS:

Seniors Consultation: May 8, 2026 – 134 Plaza Drive

By Senaka Samarasinghe

Janice Lukes and Markus Chambers, in partnership with the Human Rights Committee, hosted a Seniors Consultation. The consultation brought together local seniors, community members, and stakeholders to discuss important issues affecting older adults in the community. The event provided residents with an opportunity to share their experiences, concerns, and ideas directly with elected officials and community representatives.

Key Topics Discussed

Residents raised several important topics during the consultation, including:

- Affordable and accessible housing
 - Community safety and security
 - Access to healthcare and support services
 - Transportation and mobility challenges
 - Social isolation and mental well-being
 - Recreational and community programming for seniors
 - Language and cultural accessibility
 - Maintenance and cleanliness within residential areas
- Participants also highlighted the importance of creating more inclusive spaces where seniors feel heard, respected, and connected to their community.



Community Engagement

The consultation encouraged open dialogue and meaningful conversation. Residents appreciated the opportunity to

speaking directly with Councillors and committee representatives about their day-to-day experiences and the challenges they face. ■

MARLENE BERTRAND – Making a Difference,

cont'd from page 6

Marlene received a call from the federal government asking her to assist the Canadian ambassador in establishing women's training and services in Syria. She asked her husband if he thought it was dangerous. After a few seconds he said, "Syria has a very strong military, and I think they will be able to protect themselves from you!"

Marlene's family consisted of her parents, three brothers, and herself. Interestingly, her parents were not politically inclined. When I asked Marlene about her immediate family, there was a long pause. She said, "I was married for 54 years to Gilles – the best husband in the world."

Sadly, her husband passed away three years ago. "Nothing on earth prepared me for this! I could not have engaged in this demanding work without the support of my husband." Marlene has two children and three grandchildren. Thanks to her grandson, James, for setting up our Zoom call.

Marlene held several high-level positions developing many programs and women's shelters across Canada and abroad. Receiving the Order of Manitoba and the Order of Canada is only fitting for the immense amount of work she has done over the years. Clearly, Marlene has made a difference! ■



Marlene with husband Gilles Bertrand.



Marlene's grandparents.



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SPORTS

Summer Nights and the Goldeyes Experience



MANITOBA
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Photos by Scott Taylor and
courtesy Jason Young and
Dave Mahussier/Winnipeg
Goldeyes

There are baseball fans who come to Winnipeg Goldeyes games to track batting averages, argue over bullpen decisions and debate whether independent baseball gets the respect it deserves.

And then there are the thousands of Winnipeggers who simply come because there may not be a better way to spend a summer evening in the city.

That, more than anything, has become the enduring secret behind the longevity of the Goldeyes — a franchise now entering its 33rd season and still thriving in a sports marketplace where skeptics once predicted failure almost from Day 1.

“We designed a product that appeals to everyone,” said vice-president and chief operating officer Regan Katz. “We put a real emphasis on the all-around entertainment, so we’re probably the one sports organization that’s proud that people don’t care as much about the sport as the experience.”

For longtime general manager Andrew Collier, the formula is straightforward.

“We’re trying to provide two-and-a-half to three hours of entertainment, and baseball is also going on,” Collier said. “There are diehard baseball fans that have been here since 1994 and they continue to come, but for a lot of people, it’s date night, it’s an office outing, it’s a family outing, and we just want them to leave feeling like they got their money’s worth.”

That philosophy has transformed a trip to the ballpark into something much larger than simply nine innings.

On any given night, fans wander the concourse with everything from perogies and pizza to noodles and Indian cuisine. Children chase mascots through the aisles. Corporate groups gather along party decks while families settle into the stands with gloves ready for foul balls. Between innings, music blares, contests unfold and the entire building feels more like a festival than a sporting event.

Collier laughs when reminded of the old



Goldeyes General Manager - Andrew Collier.



Goldeyes fans.

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joke that the Goldeyes have become “Winnipeg’s biggest food court.”

“I don’t think there’s anything you can’t get here,” he said. “Trying to appeal to everyone meant variety was essential, and we’ve done that. Even just looking at the lineup of different drinks you can have, it doesn’t matter what your palate craves, it’s here.”

Katz said affordability has always been central to the organization’s thinking, especially at a time when attending professional sporting events can quickly become cost-prohibitive for many families.

“We wanted affordability at all ends, and trying to stick with that has been a battle,” Katz said. “More importantly, we wanted variety. Everyone says you go to a ballgame, you get a hot dog. Not at a Goldeyes game. You can get just about anything you want.”

Of course, the baseball itself remains a major part of the attraction.

Critics of independent baseball often dismiss the quality of play, but the Goldeyes continue to send players to affiliated organizations and Major League Baseball systems. Earlier this season, the club transferred

a player to the Washington Nationals organization, another example of the talent level that exists within the American Association.

“More than half our roster has played Double-A or higher,” Collier said. “Every year we transfer one or two or three guys, so Major League Baseball thinks this is good baseball. Because if they didn’t, nobody would ever get transferred, and it’s happening all the time.”

Few people understand the growth of the organization better than Collier himself.

This season marks his 33rd year with the franchise, including 25 years as general manager. When the Goldeyes launched in 1994, Collier was hardly envisioning a lifelong career in baseball. At the time, he was working for IBM in data storage and looking for a change.

“I thought, why not? I’ll do this for a couple of years and move on,” he said with a laugh. “And here I am.”

Back then, Collier handled tickets, promotions and virtually anything else the club needed. One memorable task involved running behind the outfield wall carrying a cutout dog on a stick during games.

Today, he oversees one of the city’s most recognizable summer sports brands, though he insists the excitement has never disappeared.

“It’s different now, but I still find it interesting and fun,” Collier said. “It’s baseball. You’re outside watching baseball. How bad could it be?”

The work, however, is relentless.

During the baseball season, home stands often mean long days stretching from early mornings to late nights. Collier credits much of his longevity to his wife for helping balance the demanding schedule while their children were growing up.

“There’s no way I could have done this without her,” he said. “She was everything in the summers, taking the kids to baseball, volleyball, hockey, you name it.”

And while the entertainment side of the operation has evolved dramatically over three decades, some things never change.

Winning still matters. “I tell people that’s why I do this,” Collier said. “I love winning. Championships are something else.”

True, but perhaps the greatest victory for the Goldeyes organization is something less tangible than championships or standings.

In a city where summer is precious and fleeting, the Goldeyes have managed to create a place where generations of Winnipeggers gather for a few carefree hours beneath the lights — whether they arrive for baseball, the food, the atmosphere or simply the company beside them.

More than three decades after many predicted the experiment would fail, the Goldeyes remain one of Winnipeg’s surest signs that summer has officially arrived. ■

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What is National Indigenous Peoples Day?

Written by Dennis Chartrand, Member of Minegoziibi First Nation.

In 1977 Indigenous Leaders proposed Indigenous Peoples' Day at a United Nations gathering in Geneva, Switzerland to replace Columbus Day. This was altered to celebrate Indigenous contributions and to promote reconciliation by dismantling past Colonial related naming.

In 1982 the former National Indian Brotherhood, now called the Assembly of First Nations proposed National Aboriginal Solidarity Day.

In 1995 The Royal Commission on Aboriginal Peoples and The Sacred Assembly called for a national day of recognition.

It wasn't until 1996 that Canada officially established and declared a day of celebration by Governor General Romeo Leblanc. In 1997 the name was renamed to **National Indigenous Peoples Day** honoring Inuit, Metis and First Nations people.

June 21 was the day chosen for it's significance to Indigenous people. This day is the summer solstice which is a time of celebration and honoring all life and having lived through the challenging season of winter. The honoring involves giving thanks to Creator for the Earth, plant life, water, animals, bird creatures, humans as well as spiritual helpers which are all viewed as relatives and provide us with sustenance.



This day also celebrates overcoming many historical colonial impacts but also keeping in mind current systemic challenges still faced by Indigenous People.

The hope is that Non-Indigenous people of all ages would support and attend this day for learning, experiencing the gifts of Indigenous People, gathering awareness, but also as an act of reconciliation and relationship building. National Indigenous Peoples Day celebrations are filled with gathering in Urban to local communities showcasing cultural music, dancing, singing, drumming, languages, theatre, foods, along with art and crafts of Indigenous artists and artisans.

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Dynamic Diets - The Feel-Good Guide to Carbs for Seniors

- Heart to Home Meals - Fred Pennell

A senior's balanced diet is not about restriction. Carbohydrates, often called carbs, are one of the most important parts of that balance.

Over time, carbs have developed a complicated reputation. Some people avoid them, while others rely on them heavily without much thought. The truth sits somewhere in between. Our nutritionist Andrea Olynyk, RD addresses this in a "Are low-carb diets suitable for everyone?" Carbohydrates are essential for energy, brain function, and overall wellness, especially as we age.

This guide is here to make carbs feel simple, approachable, and even comforting again.

What Are Carbohydrates and Why Do They Matter?

Carbohydrates are nutrients found in foods like grains, fruits, vegetables, and dairy. When you eat them, your body breaks them down into glucose, which is your body's main source of energy.

For seniors, this energy plays an important role in:

Staying active throughout the day

Whether it is walking, gardening, or spending time with family, carbs help fuel movement.

Supporting brain function

The brain relies on glucose to think clearly, stay focused, and support memory.

Maintaining overall wellness

Carbohydrates contribute to digestion, mood, and energy levels in ways that are often overlooked.



Rather than being something to avoid, carbs are something to understand and enjoy in the right way.

How Much Do You Need?

For most older adults, carbohydrates should make up about 45 to 65 percent

of daily calories. This can vary depending on your health, activity level, and personal needs.

For example, someone managing diabetes may need a more tailored approach to carbohydrate intake. If that applies to you, it can be helpful to have guidance specific to diabetes management in your diet plan. In our Ask Andrea series, Andrea addresses "What kind of foods should I eat if I have Type 2 Diabetes?", which may be a helpful resource as well. The key is not just how much you eat, but the kinds of carbohydrates you choose.

Understanding the Difference: Complex vs Refined Carbs

Not all carbs affect your body in the same way. Some provide steady, lasting energy, while others can cause quick spikes and drops.

Complex Carbohydrates

These are the kinds of carbs that support long term energy and overall health. Examples include:

- Whole grains like oats, brown rice, and whole wheat bread
- Vegetables such as sweet potatoes, carrots, and leafy greens
- Legumes like lentils and beans

These foods are also rich in fibre, which helps with digestion and keeps you feeling full longer.

Refined Carbohydrates

These are more processed and tend to provide quick energy without lasting benefits.

Examples include:

- White bread and pastries
- Sugary snacks and desserts
- Processed cereals

These can still be enjoyed occasionally, but they are best balanced with more nourishing options.

Practical Ways to Choose the Right Carbs

Eating well does not need to feel com-

plicated. Small, thoughtful choices can make a meaningful difference.

Start with simple swaps

Choose whole grain bread instead of white bread, or brown rice instead of white rice when possible.

Pair carbs with protein or healthy fats

Adding foods like eggs, yogurt, or nuts can help slow digestion and keep energy levels steady.

Include fruits and vegetables regularly

These are natural sources of carbohydrates that also provide vitamins, minerals, and fibre.

Listen to your body

Pay attention to how different foods make you feel. Energy, comfort, and satisfaction are all important signals.

Carbs Can Be Comforting and Healthy

Many of the foods we associate with comfort contain carbohydrates. A warm bowl of oatmeal, a slice of toast in the morning, or a serving of pasta shared with family can all be part of a balanced and nourishing diet.

Enjoying these foods in moderation, and choosing higher quality carbs and ingredients when possible, allows you to keep both comfort and health at the centre of your meals.

Making Balanced Eating Simple

Eating well should feel supportive, not overwhelming. Having access to meals that are thoughtfully prepared and nutritionally balanced can make a big difference in daily life.

Heart to Home Meals offers a wide range of wholesome options designed with seniors in mind, including *CarbControl® diet code meals*. These meals help take the guesswork out of balancing carbohydrates while still delivering flavour, comfort, and satisfaction.

The Bigger Picture

A balanced diet is not about eliminating foods. It is about creating a way of eating that supports your energy, your wellbeing, and your enjoyment of everyday life.

Carbohydrates are part of that picture. When chosen thoughtfully, they can help you stay active, think clearly, and feel nourished. For more nourishing information, check out these 7 Nutrition Facts Seniors Should Know About.

Like any good routine, it is not about perfection. It is about finding what works for you and building from there, because small, intentional choices add up over time. ■

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WILLS & POWERS of ATTORNEY

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

If you are married or in a common law relationship, death is like a divorce. Whether you have a will or not, your surviving partner is entitled to at least half of your estate. If that's not what you want, then you need a cohabitation agreement and wills for both of you. If you are separated, but not divorced you would need a separation agreement in addition to wills. That covers what happens after your death. But what about while you are alive and become mentally or physically incapacitated? An *Enduring Power of Attorney* gives authority to a trusted person (a spouse, adult child, sibling or good friend) to look after your affairs. Once you become mentally incompetent, it is too late for a *Power of Attorney*. You would have to go to court to get a **committeeship**, costing thousands of dollars instead of a few hundred for a *Power of Attorney*. In normal times thinking about these issues can be uncomfortable and making the trip to a lawyer's office is an added hurdle to taking those steps. I travel to people's homes with my laptop and printer to prepare these documents. I have reduced rates for wills and powers of attorney for couples

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



The

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Active Living & Resource Expos

2026

Show Dates & Locations

Four more **Pros Know Expos** in 2026. | Details at: prosknowexpos.ca

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Thank You Winnipeg! Spring a Hit! Part 2 in the Fall!

Thank you, thank you, Winnipeg! May shows so well received! Where to start? Hmm. Venues, thank you to the folks at Sgt. Tommy Prince Place and at Charleswood United Church for hosting our May 20th and 27th Expos. Simply put, great venues to hold any type of event.

To the folks who attended, we hope you received the information you needed to make life better for you and yours. To our Sponsors, Exhibitors and the four 'Tune-Up Clinic' providers. Top shelf people, top shelf.

In reality, we're going to need the next three months to thank all who made the Spring Shows successful. We will try. As we take some time in June to live a bit of a normal life, we're finalizing the two remaining shows, September 23rd and October 1st (See AD to the right). Next month we'll start giving you a list and taste of what's to come, so you can prepare to attend. If you couldn't make the Spring Shows, be sure to attend one of or both Fall Shows. No regrets!

In the meantime, if you're needing help to find quality better-living resources for you and yours, you can find tons of great links to all of our Sponsors, Exhibitors and Tune-Up Clinics on our website at: www.prosknowexpos.ca

Now, some quick 'Fall' notes for you. We are looking forward to being at Fort Garry Mennonite Brethren Church on September 23rd and then over to Dakota Community Centre on October 1st. Please stay tuned here and on-line for your updates and information on who is exhibiting on these dates.

Then please, please, please, share with your family and friends this information so we can help even more of our collective community. A healthier, happier community goes a long way for everyone's quality of life. This is who we are and what we do here in Winnipeg, in our Province and our amazing Country. Have a great summer and we look forward to seeing you all in September! **Thank you to all, and stay well! THANKYOU to SENIOR SCOPE!!!**

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Going to the Fall Shows? Times: 10:00am - 3:00pm

Fort Garry | Fort Garry Mennonite Brethren Church
1771 Pembina Hwy.
Wednesday, September 23rd, 2026 ✓
Theme: Wills, Estates & Power of Attorney

St. Vital | Dakota Community Centre
1188 Dakota Street
Thursday, October 1st, 2026 ✓
Theme: Fraud & Scam Prevention

Show information at: prosknowexpos.ca



SRI LANKAN SENIORS: Sri Lankan Sinhala and Tamil New Year: 2026

By Senaka Samarasinghe

The Sri Lankan Association of Manitoba celebrated its Sinhala and Tamil New Year on May 16 (SAT), 2026, featuring traditional music, more than ten cultural performances, and a community dinner. The venue of this annual ceremony was in the main hall of the Canadian Museum for Human Rights. There were more than 350 attendees. ■

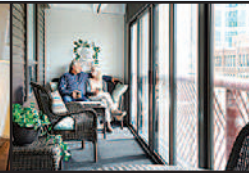


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How reducing stress benefits your brain

- Alzheimer Society of Manitoba

Stress has a way of showing up uninvited. A long week at work, a worry about someone you love, a few restless nights and suddenly you're feeling overwhelmed. Most of the time those feelings pass once life settles, but ongoing stress can have long-term effects on your health, and managing it well is an important step in taking care of your brain.

The effects of stress on the brain

Did you know that when you're under pressure, your brain shifts into survival mode? The amygdala (the part of the brain wired for threat detection) takes over, while the areas responsible for memory and reasoning get less of the brain's energy. That's why short-term stress can leave you forgetful or feeling scattered.

Over the long term, the effects can run deeper. According to the [UK Alzheimer's Society](#), chronic stress raises cortisol, a hormone linked to memory problems, and fuels inflammation in the brain. Both could be why stress can increase the risk of dementia.

A [2023 study in Scientific Reports](#) followed more than 35,000 people in South Korea and found that those with a history of stress-related disorders had a 15% higher risk of developing dementia, with an even higher risk for Alzheimer's specifically.

Finding ways to manage stress over time can help maintain good brain health and reduce your risk of developing dementia.

Five ways to support your mental wellness

- Small, steady habits add up.
1. **Find routines that work for you.**



- Sticking to a routine can help keep your mind calm. Your brain doesn't have to stay on high alert when it knows what to expect.
2. **Protect your sleep.** Stress and poor sleep can often get caught in a loop: stress makes it harder to sleep, and poor sleep makes stress harder to manage.
 3. **Stay socially connected.** Connection is one of the strongest ways to help lower stress levels. Spending time with people who understand you and what you're going through gives your nervous system a chance to settle. **(BONUS TIP:** The Alzheimer Society of Manitoba's support groups are a great way to meet with others who understand what it's like living life with dementia. If you haven't attended a group before, consider joining an upcoming meeting and see what it's like!)
 4. **Move your body.** Regular physical activity lowers stress hormones and supports the brain regions involved in memory.
 5. **Reach out when you need to.** If life feels like too much, a conversation

with someone from your support network — like the Society's First Link® Client Support staff — can help take the weight off.

For more brain-healthy ideas or to learn more about dementia, contact your local Alzheimer Society office at **204-943-6622** (Winnipeg) **1-800-378-6622** (MB), or email alzmb@alzheimer.mb.ca.

THINGS TO DO - JUNE 2026

IG Wealth Management Walk for Alzheimer's

June, across the province

Join us across the province this June as we walk for families living with dementia at the IG Wealth Management Walk for Alzheimer's. To find a walk near you, register or donate, visit alzheimer.mb.ca/wfa.

Free online education sessions:

Safety & Wandering

Tuesday, June 23, 10 - 11 am,
Virtual via ZOOM

Did you know that six in ten people living with dementia are at risk of getting lost, even in familiar places? Join us for a discussion about wandering, safety and strategies for reducing risks. Register today at alzheimer.mb.ca.

Community Partner Programs

Learn more about the following programs and register at alzheimer.mb.ca/community-programs.

Dalnavert Museum Dementia-Friendly Tours

Saturday, June 27, 2026, 10-11:30 am,
Dalnavert Museum, Winnipeg

Cost: \$24 +tax per pair & session (or \$12 +tax/pair & session for Dalnavert Museum Member)

Come to the Dalnavert Museum for their monthly dementia-friendly tours! This program allows people living with early to moderate symptoms of dementia and their care partners to step back in time and explore the historic house and its collection. After your tour of the museum, join them for tea and coffee and a closer look at some artifacts.

Memory Café

Fridays, June 5 – 26, 10 - 11:30 am,
Alzheimer Society of Manitoba Boardroom, 10 – 120 Donald St

No fee to attend, but space is limited

People living with early to moderate signs of dementia are welcome to attend on their own or with a care partner in a comfortable and welcoming environment. Enjoy socializing, coffee and tea and visits from local creative guests!

Support Groups

Various dates, times and locations across the province.

The Society offers groups for people living with dementia and for care partners both in-person across the province and virtually via Zoom. There are a variety of unique groups to choose from, so you can find the right fit for you. Learn more at alzheimer.mb.ca.

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www.dugaldplace.com

Dugald Place Begins Welcoming Future Residents as November Opening Approaches

Submitted by Dugald Place project organizers

With construction progressing steadily toward a fall opening, interest in Dugald Place Assisted Living Residence & Community Pool continues to grow — particularly for the project’s larger two-bedroom suites.

Located in the welcoming community of Dugald, just minutes east of Winnipeg, Dugald Place is designed for seniors seeking the balance of independent living, supportive services and a strong sense of community — all within a peaceful small-town setting.

Project organizers note that suite reservations have accelerated over the spring,

with most two-bedroom suites already spoken for. Prospective residents interested in securing their preferred suite style, floor location or view are encouraged to begin the conversation soon while options remain available.

“To us, this project has always been about more than simply creating suites,” says the Dugald Place team. “It’s about creating a place where people feel connected, supported and at home.”

Beginning in late summer, Dugald Place will begin offering tours for prospective residents and families. These tours will provide an opportunity to walk through

a display suite, view available suite layouts, explore amenity spaces and learn more about the services and lifestyle being offered.

Because of strong early interest, those wishing to participate in the first round of tours are encouraged to register.

The four-storey residence will include a mix of spacious one- and two-bedroom suites, daily meal options, recreational programming, wellness amenities, light housekeeping, laundry services, gathering spaces and direct access to the adjoining indoor community pool facility.

Beyond the building itself, Dugald Place

is also attracting attention for its location. Residents will enjoy the quieter pace and community feel of rural living while remaining only minutes from Winnipeg, shopping, medical services and family connections.

As occupancy draws closer, the Dugald Place team says excitement is building — not only among future residents, but within the broader community itself.

To learn more, reserve a suite, or sign up for August tours, contact Dugald Place at 204-853-2255 or visit our website at www.dugaldplace.com.

Travel/Leisure/Activities

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Key highlights include: Waterton Lake cruise, Lake Minnewanka cruise, Spirit Island boat tour, Athabasca Falls-Emerald Lake, Columbia Icefield Adventure, Glacier Skywalk overlooking the Sunwapta Valley - much more!

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Saturday, July 4th

9am - 4pm

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Fundraising Event

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Tea, Craft & Plant Sale**

Saturday, June 20th
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On tour day at: Norwood C.C.
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Things To Do - WINNIPEG

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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.)

REUNIONS / GARDEN TOURS

St. John's High School - Class of 1976 50th Reunion, June 12 & 13. Contact Rob Humniski: st.7650reunion@gmail.com

Urban Retreats Garden Tour - Sat. June 20, 10 am - 4 pm, rain or shine. Self-guided tour of 12 beautiful Norwood gardens in support of 1JustCity. Tickets \$20. Tea, Craft & Plant Sale, \$5 at the door, 10 - 2:30 at Norwood Community Centre, 87 Walmer Street. Info: 1justcity.ca/garden-tour

LUNCHEONS / DANCE / MUSIC

Norwood Saint Boniface Legion Hall - Old-Time Dance Fridays, 1-3 pm, doors open at noon. 134 Marion St. Live Band (violin, accordion, guitar). \$5 cash adm. (snack at 2 o'clock). Info: 204-233-5892

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

Friendship Force Winnipeg - Join Friendship Force, an international organization which promotes world peace through travel, cultural exchanges and home stays. Members enjoy lunch meetings and more. Info: 204-452-5299 or www.friendshipforcewinnipeg@mymts.net.

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

Winnipeg Art Gallery (WAG) - Wednesday Nights at the Gallery. WAG-Qaumajuq will offer free admission to the galleries every Wed. night (5-9 pm) for the next three years. Visit <https://www.wag.ca>

SPORTS / PICKLEBALL

Court Connections 55+ non-profit Recreational Pickleball - Spring Session - Mon-Wed-Fri. (Except long wknds and stats) Apr. 1-Jun. 29. 1 hr 40 min slots - 10 am, 11:45 am, 1:30 pm, 3:15 pm. At Sturgeon Heights Community Club. Registration open. Fee \$110. Intermediate level. ccpb2026@outlook.com.

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.

SPORTS / FITNESS / GAMES

Crescent Drive Ladies Golf Group - Fridays, starting May 1 to Sept. 25. Start time 8 am, Crescent Drive Golf Course, 781 Crescent Dr. Info, Lorraine: 204-261-8413.

Crescent Drive Golf Course - Senior Men's Wed. am league. We golf 9 holes weekly, tee offs btw 7:15 and 8:15 am. Looking for new members, all skill levels. Info, Chuck Steele: 204 487-2043.

The Greater Winnipeg Senior Golfers - looking for Men, 55 and older, who wish to golf in a fun, weekly league, May-Sep. We have about 75 members, who live in Wpg. You'll play in a different foursome ea mo. at various golf clubs within an hours drive of Wpg. Or play as a SPARE (walker or cart-rider). Info: Bryan Crandell 204-889-6577, bcrandell1969@gmail.com or www.gwsgwpg.com.

Archwood 55 Plus Inc. - Bingo: May 27 at 820 Cottonwood Rd. Doors open noon, games begin 1 pm. Concession Available. The Progressive WILL GO as blackout. Lottery Lisc # 5635-BI-47768. Join our charitable non profit Seniors club and get reduced rates for Monthly lunch-

eons, weekly exercise classes bi-weekly billiards and games with like minded peers.

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

Red River Senior Cards St Vital - Whist: 12:30-3:30, Thursdays at Norberry-Glenlee Community Club, 26 Molgat Ave. Email: Norbglenn@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.

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

A & O: Support Services for Older Adults - Buried in Treasure 15-session support group, aimed at providing education, support, and realistic strategies for older adults 55+ who struggle with clutter in their homes. No cost to participate. Put your name in to be contacted for the next group. For more info, please call: 204-956-6440

Monthly Caregiver Support Group - Meeting (Call or email for dates), 5 pm at Lions Manor (320 Sherbrook St.) 1-hour meeting geared toward those caring for older individuals. Group members share their experiences with burnout, grief, sadness, love, what works and helps. 204-930-9632. gmarsh@lhc.ca

Canadian Hard of Hearing Assoc. (Mb) - Support Group, monthly meetings, Fridays, Apr. 17, May 15, Jun. 19, 1-2:30 pm, St. James 55+ Centre, 3-203 Duffield St. (Next to Deer Lodge Hospital). Free, no membership required. Info: chhamanitoba@outlook.com

Canadian Red Cross - Free Friendly Calls Program to help address loneliness and isolation. Sign up to connect with a Red Cross volunteer. Also training provided to become a volunteer. Info: 1-833-979-9779 or friendlycallingmb@redcross.ca

Canadian Mental Health Association - cmhaacrossmb.ca

Thrive Community Support Circle - Art Program, Thursdays, 10-12 pm, 406 Edmonton St, 3rd flr. FREE New Horizons for Seniors Art and Wellness Program funded by the Gov. of Canada. Everyone 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 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-reg-

ister: 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

The 2026 Manitoba 55+ Games - Volunteers needed, June 9-11, Morden, Stanley & Winkler. Info: info@activeagingmb.ca or 204-632-3947

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). 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 Summer-side 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

St. James-Assiniboia School Division Swim Program - We are looking for volunteer assistants to qualified Lifesaving Society Instructors at Centennial Pool with the Grade 3 students taking lessons that increase their safe enjoyment of aquatic environments. Police Check Required. Mornings only (M-T-W). 204-837-6697

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 Inc. - looking for a bible study teacher. Classes will be every week for 1 hr and can be pretty flexible as to what day. Please contact Samantha Silvester. 204-284-2881, vcabrini@mymts.net for info or volunteer opportunities.

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: lkehlerr84@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 - Floor curling, painting, Tai Chi, seniors speaker series, group fitness, yoga & dance, pickleball, golf swing fundamentals, etc. 1188 Dakota St. 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 \$10 / non-members \$12.

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. Drop-in tea/coffee, Painting, Floor Curling, Carpet Bowling, Lunch, Book & Games Club, Steppin' Up With Confidence Fitness, Qigong, Pickleball, etc. 204-306-1114, goldenrule@swsrca.ca.

The Happy Gang Afternoon - Thur. May 14, 1:30-3:30 pm at Prairie Spirit United Church, 207 Thompson Dr. Fun, conversation, play cards, table games, bridge. Complimentary light refreshments. 204-832-1000

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>

WAVE Interlake Artists' Studio Tour Celebrates 25 Years of Art, Adventure, and Connection

INTERLAKE, MANITOBA — The WAVE Interlake Artists' Studio Tour is celebrating 25 years of connecting artists and art lovers with a special anniversary season in 2026. Visitors are invited to explore Manitoba's original studio tour during two free, family-friendly weekends: June 13–14 and September 5–6, 2026, from 10:00 a.m. to 6:00 p.m. each day.

Featuring 21 artists across Manitoba's scenic Interlake region, the self-guided tour invites visitors to create their own art adventure while travelling the shores of Lake Winnipeg. Studios stretch from St. Andrews near Oak Hammock Marsh through Matlock, Winnipeg Beach, Sandy Hook, Gimli, Camp Morton, Arborg, and Hecla Island.

Since its founding in 2002, WAVE has encouraged visitors to step inside working studios, meet artists in person, and

experience the creative process firsthand. Along the route, guests can discover painting, fused glass, wood carving, illustration, photography, jewelry, sculpture, pottery, paper art, and more.

"This tour has always been about more than viewing artwork," says the WAVE Interlake Artists' Studio Tour organizing committee. "It's about exploring communities, meeting artists where they create, and enjoying a road trip experience that combines art, conversation, and discovery."

The 2026 anniversary season welcomes five new artists to the tour:

- Catherine Bastedo (glass artist)
- Shirley Cummer (painter)
- Alice Smith (illustration)
- Dawn Sul (painter)
- Marissa Willms (painter)

Returning artist Greg Palsson, known for his wood carvings, will also rejoin the tour

at a new studio location on Hecla Island.

Visitors can choose their own route and pace throughout the weekend, stopping at lakeside communities, local restaurants, shops, beaches, and attractions along the way. Whether visiting one studio or all 21, the tour offers an opportunity to experience Manitoba's vibrant arts community while enjoying the beauty of the Interlake region.

To help visitors plan their trip, WAVE offers several free resources, including:

- A downloadable tour map
- A mobile app
- A printed tour guide featuring all participating artists and studio locations

Printed guides are available at all studio locations and key Winnipeg pickup spots, including Travel Manitoba and McNally Robinson Booksellers.

Admission to the WAVE Interlake Artists'

Studio Tour is free, and all ages are welcome. For maps, artist information, studio locations, and tour planning tools, visit: www.watchthewave.ca

About WAVE Interlake Artists' Studio Tour

Founded in 2002, the WAVE Interlake Artists' Studio Tour was Manitoba's first studio tour and continues to connect visitors with artists through immersive, self-guided experiences across the Interlake region. The tour showcases professional artists and makers working in a wide range of mediums while promoting arts, culture, and tourism throughout the communities surrounding Lake Winnipeg.

Media Contact:
Barb Foreman, artist **204-407-8924**
bforeman@mymts.net for
The WAVE Interlake Artists' Studio Tour
Website: www.watchthewave.ca.

Things To Do - WINNIPEG

Cont'd

FREE for non-profits and current advertisers. Submit PSAs by July 3 for the July 10 issue. Email wording for your PSAs (approx. 30 words) to: kelly_goodman@shaw.ca.

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

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

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

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

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

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

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

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

South Winnipeg Seniors Resource Council - June Pop-Ups:

- June 9, 10-1 at the Bill & Helen Norrie Library
- June 18, 10-1 at the Charleswood Library
- June 23, 10-12 at Golden Rule Seniors Centre, 625 Osborne
- June 29, 10-1 at the Rady Centre

204-478-6169, resources@swsrsc.ca

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



Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by July 3 for the July 10 issue. Email wording for your PSAs (approx. 30 words) to: kelly_goodman@shaw.ca.

WORLD ELDER ABUSE AWARENESS

Altona - Rhineland C.A.R.E. Inc. - Handivan Service Fundraiser, BBQ in the Park, sponsored by Sun Valley Co-op. Live music, bounce castle, and giant hamster wheel race June 11, 5-7 pm, at The Altona Park, 290 10th Ave NW.

Altona - Rhineland C.A.R.E. Inc. and Prevent Elder Abuse Manitoba - present World Elder Abuse Awareness Day Presentation, June 15, 2-3 pm, at the Altona Senior Centre, 39 1st St NW.

Portage la Prairie - Portage Service for Seniors - Come on out to our annual World Elder Abuse Awareness Day event on FRIDAY, JUNE 12, 11 am-1:30 pm, 40A Royal Road North. To-Go Style Lunch \$10, Rainbow auction and 50/50 tickets. Info: 204-239-6312. Everyone welcome!

Thompson Seniors Community Resource Council - World Elder Abuse Awareness Day, Wed. June 17, 1:30 pm, in multi-purpose room, Ma-Mow-We-Tak Friendship Centre. Special guests and presentations. Register: **204-677-0987** or thompsonseniors55@gmail.com.

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 - Gimli New Horizons 55+ Activity Centre - Over 500 members participate in almost 30 weekly activities as well as special events. Check out gimlinewhorizons.org or call **204-642-7909**

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 Council **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 **Whittemouth/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. Leisure Guide - 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 - Info: cwillorette@gmail.com.

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>

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.

Teulon - The New Horizons Sterling Lounge Senior Centre - We are returning to the Barefoot Ranch. Come and walk the Story Labyrinth, Sundays, 1-3. We'll be tidying and playing with the ponies. By appointment only. Contact anne@thebarefootranch.com.

Thompson Seniors - **204-677-0987**, thompsonseniors55@gmail.com



IN TUNE WITH OUR COMMUNITY

93.7 FM | WWW.CJNU.CA | @CJNU937 |    | BELL MTS TV CHANNEL 725



Get Ready to Celebrate the Joys of 93.7 Days of Summer in Manitoba!

There is a specific kind of magic that settles over our community when the calendar flips to June. It's a collective exhale—a transition from the brisk prairie winds to the golden, honeyed glow of a Manitoba summer.

This year, the season officially kicks off on June 21 and stretches until September 22. If you do the math, that spans a curiously perfect **93.7 days of summer**—a number that, quite naturally, sounds like music to our ears here at CJNU.

Summer in the City (and Beyond)

Summer in Manitoba isn't just a season; it's an invitation to rediscover the world right outside our front doors. Whether you're staying close to home or heading out on a provincial trek, the opportunities for adventure are endless.

For many of us, the quintessential summer experience begins with the crack of a bat and the smell of fresh popcorn. Heading down to Blue Cross Park to cheer on the Winnipeg Goldeyes is a local rite of passage. There's something timeless about a warm evening at the stadium.

If you're looking for a higher-octane kind of fun, the Red River Ex is ready to deliver. From the bright lights of the midway to the unique fair foods and community exhibits, it's a vibrant celebration of our shared summer spirit. It's the kind of place where memories are made over giant stuffed prizes and dizzying carousel rides.



The Golden Boy absorbing some of the golden rays of sunshine as summer gets underway in the city, and province!

Your Summer Checklist

As we navigate these 93.7 days, we encourage you to take us along on your adventures. Our province truly comes alive during this window, and there is no shortage of ways to soak up the sun:

- In the Backyard: Fire up the BBQ for a neighborhood cookout.
- In the Wild: Pack the tent and find serenity while camping under the stars.
- On the Move: Dust off the bikes for a ride through our winding trails or visit one of the many outdoor markets to support local makers.

- Pure Relaxation: Embrace the "lazy Sunday afternoon attitude" complete with a blanket in the park, a good book, and nowhere else to be.

The Ultimate Road Trip Soundtrack

No summer adventure is complete without the right music. Whether you're driving to the lake, heading to a campsite, or just cruising with the windows down, we've got you covered.

We've put together a specially curated Sounds of Summer Playlist featuring the classic tunes you know and love. It's designed to keep you grooving from the first day of the season to the last. Head over to our website at CJNU.ca to find the playlist and let us provide the soundtrack to your best summer yet.

However you choose to spend your 93.7 days, make sure to savor every moment. We'll be right here with you on the airwaves, celebrating the sun, the stories, and the songs of summer.

PERSPECTIVES

a Podcast on Navigating Retirement
with Jim Feeny



We hope you'll give a listen to Perspectives—our new podcast on navigating retirement. Find it at CJNU.ca, or wherever you get your podcasts.

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

YOUR SUPERSTAR SEASON!

June 25 - July 12*

JESUS CHRIST SUPERSTAR



August 13 - 30

LEGALLY BLONDE

The Musical



RAINBOWSTAGE

KILDONAN PARK



PRAIRIE DOG CENTRAL RAILWAY

FULL 2026 SCHEDULE AT:



pdcrailway.com



Bee 2 Gether



Electric Bike Tours



Tours run daily at 8:00 am and 10:30 am and must be pre-booked. Alternate times can be accommodated. It's a perfect gift idea, date idea, or senior outing. Tours are 90 minutes long, with 22 historic spots featured. Tour itinerary is flexible, with washroom breaks available as needed.

Personal Guided Tours through Assiniboine Park

NO PEDALING REQUIRED!

Bike Options:

- Surrey Deluxe (single bench) - (2 adults & 2 children)
- Surrey Limousine (double bench) - (5 adults & 2 children)
- Surrey Stretch Limousine (triple bench) - (8 adults & 2 children)

Book the entire fleet for a large group tour for 15 adults and 6 children.



Bee2gether Tandem Bike Rentals & Sales
chad@bee2getherbikes.com
<http://bee2getherbikes.com>
Call or Text **204-298-2925**

Senior Scope

Summer Fun

in Manitoba

ANNUAL 2026

Contest



1-866-846-3795 | 204-803-6677 (Text only)
www.rwbgetaways.com



204-989-0888 (Box Office)
www.rainbowstage.ca



Inkster Junction Station -
64099 Prairie Dog Trail, Rosser, MB
tickets@pdcrailway.com



goldeyes.com



chad@bee2getherbikes.com
<http://bee2getherbikes.com>
204-298-2925 (Ph/Text)

Thank you to the above businesses for generously providing these contest draw prizes!



SAY WHAT!?! CONTEST

Tell us something you heard in the news that raised your eyebrows in the past year.

Enter your name, phone number and email if available.

There will be 2 Winners on JULY 31/26

Good Luck!

Name _____

Address (optional) _____

Phone _____

Email (optional) _____

Surprising news you heard in last 12 months (local or internationally):

Age (optional) Under 50 / 50-59 / 60-69 / 70-79 / 80-89 / 90+ (circle one)

Would you like to sign up for the **FREE** E-mail Subscription to **Senior Scope**? Receive every monthly issue in your email inbox. YES or NO (circle one)

MAIL ENTRIES TO: SENIOR SCOPE, BOX 1806, STONEWALL, MB, R0C 2Z0

EMAIL ENTRIES TO: kelly_goodman@shaw.ca

PRIZES TO ACCUMULATE UNTIL DRAW ON JULY 31/26

TOTAL COMBINED PRIZE VALUE, SO FAR...
\$2856.00
Each Winner receives \$1428.00 in prizes

2 Grand Prize Draws!

EACH WINNER RECEIVES:

>>>.....<<<
Trip for Two to Dauphin/Clear Lake, overnight by rail - August 30-31st with **RWB Get-A-Ways** - Value **\$379 each** (Total prize value - **\$1516**) Can be used towards another tour. No Cash Value.

>>>.....<<<
4 TICKETS to Legally Blond (Aug. 13-30), OR
4 TICKETS to Fiddler on the Roof (Sept. 9-13)
at **Rainbow Stage** - Value **\$280 each**
(Total prize value - **\$560**)

>>>.....<<<
2 Train ride tickets on the **Prairie Dog Central**
- Value **\$158 each** (Total prize value - up to **\$316**)

>>>.....<<<
4 HOME PLATE TICKETS to **Winnipeg Goldeyes**
- Value **\$128 each** (Total prize value **\$256**)

>>>.....<<<
ELECTRIC SURREY BIKE TOUR for 4 riders in Assiniboine Park with **Bee-Together Electric Bike Tours**
- Value **\$104 each** (Total prize value **\$208**)

TOTAL VALUE OF PRIZES - \$2856.00

ONE ENTRY PER PERSON.
Senior Scope reserves the right to publish names and photos of winners and their submitted answers on their entry forms.



The new On the Go Smartwatch

Where Style Meets Safety!

A simple, easy to use smartwatch that includes a built-in help button, step & heart rate tracking and fall detection technology!

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CROSSWORD - Wedding Exchange - By Myles Mellor

ACROSS

- 1. Shelter grp.
- 5. Bugs
- 9. Con's explanation
- 14. Mud
- 15. Botch
- 16. Garden terrace
- 17. Sounds of disapproval
- 18. Trattoria order
- 19. Parachute material
- 20. Drivers' essentials which contain a wedding exchange
- 23. Carry- (some luggage)
- 24. Spike in a field
- 25. Strategy
- 29. Sets
- 31. Comedian Bernie
- 34. Tons
- 35. Think
- 36. Theatrical award
- 37. Kitchen essentials which contain a wedding exchange
- 40. Defrost
- 41. Dumbo's jumbo pair
- 42. A black key
- 43. Calendar spans, abbr.
- 44. Brazil's "Black Pearl"
- 45. Familiar things
- 46. Route follower
- 47. Tolkien beast
- 48. Joining tool which contains a wedding exchange
- 56. Asian lute played with bow
- 57. Tennis great, Arthur
- 58. Big furniture retailer
- 59. Epitome of perfection
- 60. Laine of jazz
- 61. Formerly, formerly
- 62. Wren's "Beau ____"
- 63. "Ol' Man River" composer
- 64. Missing a deadline

1	2	3	4	5	6	7	8	9	10	11	12	13		
14				15				16						
17				18				19						
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25	26	27	28				29	30			31	32	33	
34							35				36			
37							38				39			
40							41				42			
43				44				45						
			46					47						
	48	49					50	51			52	53	54	55
56							57				58			
59							60				61			
62							63				64			

DOWN

- 1. Certain NCO's
- 2. Assignment
- 3. Pepsi's rival
- 4. Niche
- 5. California town
- 6. Archaeological site
- 7. Tallest chess piece
- 8. White coat
- 9. Breathing problems
- 10. Kind of cake
- 11. ____ be alright
- 12. Life summaries
- 13. It's tiny and charged
- 21. Broken in Brest
- 22. Directs
- 25. Sosa or Davis
- 26. Rah! Rah! Rah!
- 27. Makes better
- 28. Sunrise point
- 29. Music style
- 30. Hosp. printouts
- 31. Dinero
- 32. Historical account
- 33. Dermatologist's concerns
- 35. Call
- 36. Sukiyaki ingredient
- 38. Brooklyn Dodgers great
- 39. Goodfella
- 44. Place to make a splash
- 45. Goad
- 46. Swell
- 47. "____ Majesty's Secret Service"
- 48. "Smooth Operator" singer
- 49. Bauxites
- 50. Lamb section
- 51. Bermuda for one
- 52. Cambodian cash
- 53. Pod used in gumbo
- 54. Hatchling's home
- 55. Fill up
- 56. Contract need, abbr.

WORDSEARCH - MB 55+ GAMES - Senior Scope

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

Activity	Engaging	Lose	Place	Skills
Athletic	Equestrian	Memories	Play	Slopitch
Baseball	Etiquette	Memory	Points	Smile
Bocce	Facility	Mens	Pool	Sport
Bridge	Freestyle	Mixed	Predict	Stanley
Centre	Fun	Morden	Rules	Summer
City	Games	Moving	Run	Swim
Courts	Golf Course	Municipality	Rural	Times
Curling	Gym	Ninety	Score	Track
Disc Golf	Happy	Outdoors	Senior	Travel
Doubles	Horseshoes	Park	Singles	Walk
Eighty	Host	Physical	Sixty	Win
Engage	June			

SOLUTION ON PAGE 19

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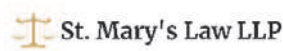
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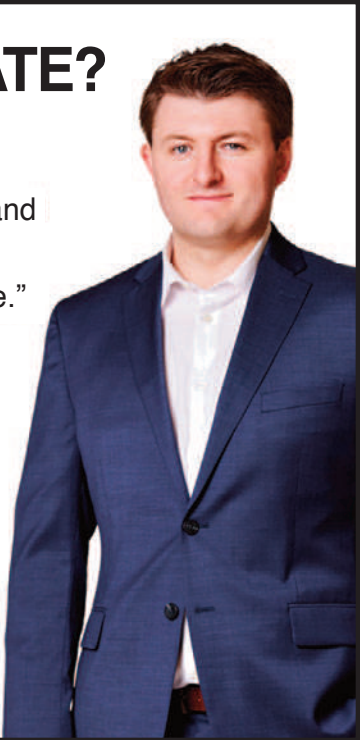
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3		9	6					
2			5	4			9	1
	1			7	9	4	3	
4	9	6			8			5
5			7			1	4	3
	6	3	2	1			8	
1	5			8	4			6
				5	7			9

Each 3x3 cell has the digits 1-9.

Each vertical and horizontal line also has the digits 1-9.

Enter each digit (1-9) only once each in each cell and each line.

SOLUTION TO THE RIGHT



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WORDSEARCH - Solution

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

SUDOKU - Solution

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

CROSSWORD - Solution

1	S	P	C	A	5	I	R	K	S	9	A	L	I	B	I	
14	G	O	O	P	15	R	U	I	N	16	P	A	T	I	O	
17	T	S	K	S	18	V	I	N	O	19	N	Y	L	O	N	
20	S	T	E	E	21	I	N	G	W	22	H	E	E	L	S	
23	O	N	S	24	E	A	R									
25	S	26	C	H	E	M	E	29	G	E	L	S	31	M	A	C
34	A	H	E	A	P	35	D	E	E	M	36	T	O	N	Y	
37	M	E	A	S	38	U	R	I	N	39	S	P	O	O	N	S
40	M	E	L	T	41	E	A	R	S	42	E	F	L	A	T	
43	Y	R	S	44	P	E	L	E	45	U	S	U	A	L	S	
46	B	U	S	47	O	R	C									
48	S	O	L	D	E	R	I	N	50	G	I	R	O	N	S	
56	S	A	R	O	D	57	A	S	H	E	58	I	K	E	A	
59	I	D	E	A	L	60	C	L	E	O	61	E	R	S	T	
62	G	E	S	T	E	63	K	E	R	N	64	L	A	T	E	

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June 21



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