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Inside this issue...

Below: **Be A Santa to A Senior** program: Bringing Holiday joy to local older adults.

Right: Pickleball guide for 50+ players.

Right: Emma suffered a severe illness and spent 146 days at HSC Children's Hospital. Research was vital in her recovery. Read more in the ***Leaving a Legacy*** feature on pages 9-12.

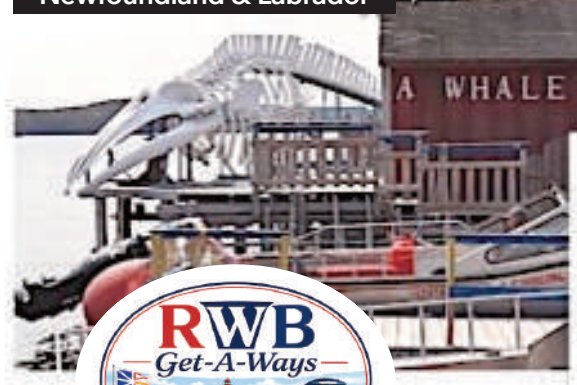
LEAVING a LEGACY FEATURE See pages 9-12


Emma





RWB Getaways group tour to Newfoundland & Labrador







Left: Bud Ulrich and fellow travellers enjoyed a group tour of Newfoundland and Labrador with **RWB Getaways** experiencing spectacular scenery, local culture and entertainment, and warm Maritime hospitality. The trip was filled with unforgettable sights and friendships. Photos courtesty of Roberta Berzenji.
Pictured to left (L-R) is Roberta Berzenji, her mom Kathleen Morris, and sister Belinda Richardson. *SEE MORE on page 4*



Above: Gwen shows 40 pounds of butter representing her weight loss. See story inside to learn how she did it.

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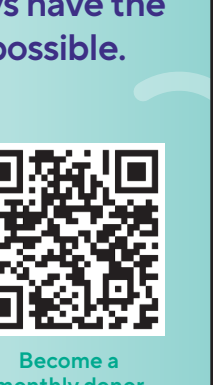

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Adult Day Program in Charleswood reopens

The Manitoba government is reopening an adult day program for seniors in Winnipeg's Charleswood neighbourhood after Lions Housing Centres announced its closure effective October 31.

Deer Lodge Centre will assume operations at the existing location, with support from the Winnipeg Regional Health Authority, to minimize service disruptions.

Health Minister Uzoma Asagwara said the government responded to concerns from families about losing this valuable service.

Deer Lodge Centre will also add 20 participant spaces for seniors living with dementia.

Adult day programs help seniors remain independent and socially connected through recreational activities, nutritious meals, health education and community outings. ■

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Publisher/Editor:
Kelly Goodman
204-467-9000
kelly_goodman@shaw.ca
www.seniorscope.com
Advertising:
204-467-9000
Feature Columns:
Bud Ulrich
Scott Taylor
Myles Shane
Contributing Submissions:
Alzheimer Society
Linda Brown - AAIM
Senaka Samarasinghe

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Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

- Submitted by Linda Brown



Linda Brown, Executive Director, AAIM

It's that time of year again – when we think about preventing falls. Consider that fall prevention should be a day-to-day activity. A fall can happen so easily, and the results can be life changing.

Here some tips to help prevent falls:

Performing some easy balance exercises every day for a few minutes can have a very positive affect on staying on your feet. Remember to use a counter, sturdy chair or the wall for support when you are doing these balance exercises:

Standing on one foot - hold for as long as you can before switching feet.

Shifting weight from one foot to the other - will help train you muscles to help maintain your balance on uneven surfaces.

Walk the line - pretend you are walking on a tight rope, one foot in front of the other with arms out to the side for balance.

Once you have mastered these three movements try them with one eye closed and alternate eyes. You might be a bit wabbly at first, but your muscles will work hard to maintain your balance. We need to constantly challenge our balance to improve.

There are many other factors that can affect your balance:

Eyesight - be sure to get your eyesight tested regularly and ensure you eyeglasses are your most recent prescription. When getting new glasses with a different prescription be sure to allow yourself time to adapt and during that time take extra precautions if your depth perception is affected. For example, going downstairs and looking through a different part of your glasses could affect your depth perception. This could potentially lead to a fall as you misjudge the depth of stairs, etc.

Hearing - Having your hearing checked may detect a problem that could put you at greater risk for falling. If your hearing and inner ear function are disrupted it may affect your balance.

Medications - some medications may have a side effect of dizziness. This may be something that only lasts for a few days when you start a new medication or have a change in dosage for an existing medication. Be sure to ask you Pharmacist about any side effects that may impact your balance. Of course, this reminder also includes taking your medications as prescribed. Some medications may come with recommendations for taking at a certain time, with or without food for example. Deviating from these recommendations can affect how your body reacts and could potentially lead to dizziness or feeling lightheaded which could result in a fall.

This by no means is a complete list of what we can do for ourselves to prevent a fall. To maintain one's independence it is important to start being more aware of potential falling risks at home and out in our communities. Cluttered spaces, poor lighting, flooring surface changes, and lack of handrails are a few of hazards at home and out in the community that could put one a risk for falling. Being aware of your surroundings at all times can help prevent a fall, and this includes taking your time as you navigate a new space. Taking your time as you rise from sitting to standing can also prevent that lightheaded feeling that happens with you get up too quickly.

With colder temperatures and ice and snow on the way - there is an added risk of falling. Of course, good gripping shoes and boots are an essential part of living in Manitoba in the winter! Even wet shoes can lead to a slip and fall - so rainy days present a falling risk of their own.

Preventing a fall is part of taking charge of our own health. If you are interested in some additional balance exercises, please message Active Aging in Manitoba and we will send you our latest balance handout.

• • • •

Thank you to Sonal Purohit, Pharmacist - Shoppers Drug Mart for the following reminder:

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Staying active helps support healthy, active aging, and remaining independent.

Remember - Move more and sit less!

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More than a snapshot: Representing the diversity of older adults' voices

- Submitted by Centre on Aging - University of Manitoba

The knowledge and experiences that older adults accumulate over a lifetime can provide lessons for us all. But how does society benefit from their experiences? One way to gain insight is through research. Researchers are often looking for ways to engage with older adults as part of their research studies. And for some older adults, volunteering for a research study provides a meaningful opportunity to contribute and make a difference in their own lives as well as their peers. So how can older adults find out about studies and other opportunities to engage throughout the entire research process? That's a role the Centre on Aging at the University of Manitoba can help with through the Voice Canada platform.

Originating from the United Kingdom at Newcastle University, **Voice**® was brought to Canada by McMaster Institute for Research on Aging (MIRA) as **Voice Canada**. The **Centre on Aging** was approved as a member institution and is bringing Voice Canada to Manitoba. Voice Canada is a digital platform that provides information on several opportunities for older adults to connect with researchers locally and across the country! As a member, older adults can

- participate in approved research studies,
- learn about events, workshops, and other educational opportunities, and
- become part of a research team.

Have your Voice heard!

"Research on aging is best when a diverse range of older adults participate", says the

Continued on next page

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

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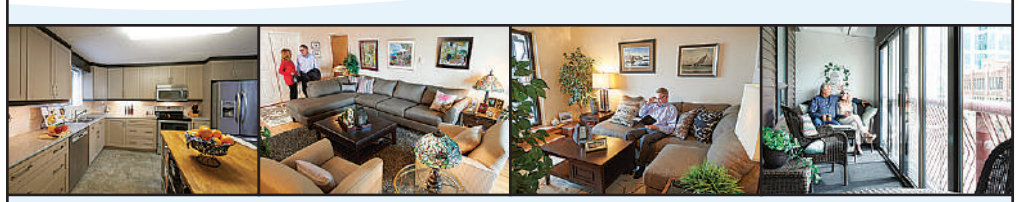

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How I lost 40 lbs (40 blocks of butter!) *(From front page)*



Gwen Band

I turned 65 years old this summer. Last year 2025 I realized I made a list of all my friends that have health issues - heart disease, cancer and mobility issues and I made a decision to lose weight.

I started to walk an hour a day and changed my eating habits and I started mid November 2025 and now mid October 2026 I am down 40 lbs!

This picture is of when I first started and lost 10 lbs - a pound of fat is best represented as a pound of butter and this pic illustrates it! Our local Sobeys on Warde was happy to accommodate me taking a pic with their butter. I put it all back! Ha ha!

During my journey I joined our local TOPS organization and lost 20 lbs with them.

I will continue my path and see how far I can go!

I feel so much better and have a lot of energy and no joint pain. I went from a size 3X to XL clothing which I have not fit in ages!

- Gwen Band

More than a snapshot... *Cont'd from page 2*

Director of the Centre on Aging, Dr. Michelle Porter. "We know that older adults from across the province have a lot to contribute and want to make a difference. But we have also heard that many older adults do not know how to get involved and learn more about what is available. This is how Voice Canada can help to make critical connections between researchers from the Centre on Aging and older adults in Manitoba."

Research opportunities can be quite varied and might involve surveys, interviews, focus groups, going to a lab, or being an integral part of the team shaping a research project. Some projects are done in-person and others might happen online or even over the phone. Researchers often cover any costs (e.g., parking) and might even share tokens of their appreciation (e.g., gift cards).

Sign up for our November 12 workshop!

To learn more about **Voice Canada** and how you can become a member, visit the Centre on Aging's website: **www.umanitoba.ca/centre-on-aging/research/voice-canada**. For even more information you can attend an online workshop (on Zoom). The free workshop is open to older adults 55+, anyone working with older adults, as well as caregivers. Registration is required.



AgeTech Discovery Day-Centre on Aging UM-Latulipe

Join us online **November 12**, 2026, at 10:00 AM. Registration link: **https://tinyurl.com/58npc8xp**.

Senaka: Selected as a Notable Manitoban

By Senaka Samarasinghe

On April 23rd, 2016, as President of the Sri Lankan Association Manitoba, I invited Kelly Goodman, Owner-Publisher of *Senior Scope newspaper*, to the Sri Lankan New Year ceremony and Trade Fair. For the last ten years, I have been with this newspaper.

Bud Ulrich, columnist for *Senior Scope*, provincial seniors' monthly newspaper, arranged a **Salute to Notable Manitobans** gala event on Sept. 17th (THU) 2026 at the Viscount Gort Hotel, from 7:00 p.m. to 9:30 p.m. This event was organized for two reasons: (a) remembrance of notable Manitobans and (b) a fundraiser for Myeloma Canada (Cancer). There were about 360 guests, including Notable Manitobans.

As I was also selected as one of the Notable Manitobans, I attended with my family members. ■



Senaka and Chandani Samarasinghe



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NEWFOUNDLAND & LABRADOR - Canada's Hidden Treasure



A MANITOBA MOMENT

By Bud Ulrich
Photos by Roberta Berzenji



Meeting Alison McDonald at Tim Horton's in Selkirk, Manitoba one evening, we reminisced about our Newfoundland & Labrador trip last June via **RWB Get-A-Ways** tour company. Alison brought a map of Newfoundland that included the route of our tour bus. I was amazed at the magnitude of our trip travelling over 5,000 km.

Back in 2004, my wife and I toured Newfoundland, Nova Scotia, and Prince Edward Island. My memory of that time is a bit foggy, other than recalling a few B&B's and a wonderful live dinner theatre presentation by the local folks.

My partner Donna and I flew from Winnipeg to Montreal, on to Halifax, and then to St. John's to join our tour. It was a bit of a milk run, but flights were on time and it was smooth sailing so to speak. We spent two glorious weeks exploring this amazing island. We enjoyed four days in St. John's, staying at a locally owned waterfront hotel, and experiencing the local culture, restaurants, museums, and historical sites. We spent time on a whale watching boat and managed to see a few spewing water in the air as they surfaced. We visited Signal Hill and Cape Spear which is the easternmost point of land in North America (excluding Greenland). Several restaurants along Water Street provided a variety of dishes to choose from, along with entertainment. A couple of cruise ships arrived in the port and with the weather cooperating, Water street was closed to vehicle traffic and thousands of people lined the street and occupied the sidewalk patios. This city and its people are amazing!

Newfoundlanders are quick to point out that in 1949 Canada joined Newfoundland, much to the delight of anyone willing to listen. Occasionally, it's difficult for us to understand what is being said, but this statement is loud and clear.

To experience the ritual of getting "Screeched In" is something we will always remember in the town of Clarenville. Kissing a dead cod caused many of us to flinch with a feeling of getting this over quickly. The eating of a small salty capelin fish and a cod tongue was just about all we could handle, but what a great experience – we got "SCREECHED IN" and have certificates to prove it!

As the bus entered the town of Bonavista, I happened to see a train with two coaches and a caboose that had been converted into a B&B. I had to swallow hard as it took me back to the time when my wife Diane and I spent the night in the caboose. Unfortunately, it was boarded up ready to be moved to another location. And for some unknown reason the bus made another round about trip past the train – I guess the second time around was for my late wife, Diane.

While in Twillingate we had a delightful experience at the local restaurant, Pier 39, where the owner, who was manager/part waiter, interacted with almost everyone in the restaurant. A musician entertained us with his guitar and songs. Shortly after dessert, it was up on the dance floor, including the bus driver, the restaurant owner, and many tour people. It was an evening to remember!

Labrador is part of the Canadian province of Newfoundland – it is not a province on its own. Several people have mentioned Labrador as being one of the Canadian regions they haven't visited, and being relatively close to the island of Newfoundland, it made good sense to take the one-and-a-half-hour ferry ride (22 miles) across the Strait of Belle Isle. There is a good chance of viewing icebergs en route as well as experiencing different landscapes, the Red Bay Whaling Station, and the tallest lighthouse in the province at l'Anse Amour.

Newfoundland & Labrador offers a plethora of unique experiences including, Elliston puffin viewing site, Twillingate dinner theatre, Auk Island winery, Prime Berth Fishing Museum, Long Point lighthouse, Norstead Viking Village, l'Anse Aux Meadows UNESCO Site (1,000 AD), Iceberg Alley – St. Anthony, Gross Morne National Park, The Arches – a natural wonder.

With the political climate as it is now, more Canadians are travelling within Canada. Newfoundland & Labrador may have been one of the last provinces to visit, but it's now becoming very popular. The laid-back atmosphere on the island allowed the tour people time on their own for a bit to engage with the locals. Since 2015, Alison has booked tours to this province with the exception of a two-year hiatus during Covid. "There seems to be a new appreciation to travel now," she said.

Alison prefers staying in touch with the locals, be it quaint B&B's, local sightseeing companies, or a spokesperson from Gander airport who was the customs officer during 9/11 when some 38 planes landed there. These contacts are unique to RWB Get-A-Ways and serve as a reason for people to book a Newfoundland & Labrador tour through her company. Many tours involve her husband Kris, who has an abundance of historical information that he offers during trips. He also participates in many activities, be it kayaking or climbing a mountain, plus anything else to assist Alison. Beyond the attractions already noted, Newfoundland & Labrador offers a wealth of other experiences worth exploring. It has much to discover at every turn.

"Planning and organizing a year in advance is required to ensure a successful

Continued on page 6

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www.rainbowresourcecentre.org

Riverwood Church Community
325 Talbot Avenue
204-668-3181
www.riverwood.cc/elmwood

The Salvation Army Community Venture
51 Morrow Avenue / 204-930-6535
florence.quan@salvationarmy.ca

Somali Help Age Association
519 Beverley Street
204-881-6364
somalihelpage@gmail.com

South Winnipeg Seniors Resource Council
117-1 Morley Ave
204-478-6169
resources@swsrc.ca / www.swsrc.ca

Sri Lankan Seniors Manitoba
92 Kilroy Street / 204-230-4375
www.srilankanseniorsmb.ca

SJA55+ Centre - Active Living & Resource Centre
3-203 Duffield Street
204-987-8850 / director@stjamescentre.com
www.stjamescentre.com

Transcona Council for Seniors
845 Regent Avenue / 204- 222-9879
tcs@mymts.net
www.transconaseniors.ca

Transcona Retired Citizens Org.
328 Whittier Ave. West
204-222-8473 / trco328@shaw.ca

Winnipeg Chinese Senior Association
204-291-7798
wcsa.wpg@hotmail.com
www.winnipegchineseseniors.ca

BEYOND WINNIPEG

ALTONA

Rhineland C.A.R.E. Inc.
240 5th St NE / 204-324-1528
rhinelandcare@carealtona.com
https://carealtona.com

ASHERN

Living Independence for Elders Inc.
#4-61 Main Street
204-768-2187 / lifeashern@gmail.com

BEAUSEJOUR

Beau-Head Senior Citizens
645 Park Avenue / 204-268-2444
beauheadseniors@gmail.com

BINSCARTH / RUSSELL

Seniors Services of Banner County
seniorservicesofbannercounty@gmail.com
204-532-2134

BIRTLE

Valley Services for Seniors
663 Main Street / 204-842-3296
valleyserviceforseniors@gmail.com

BOISSEVAIN

Seniors' Services of the Turtle Mountain Area
204-534-6816
seniorservicetm@gmail.com

BRANDON

Brandon Seniors for Seniors Co-op Inc.
311 Park Avenue E
204-571-2052 / eklaassen@brandons4s.ca
www.brandons4s.ca

Health Checks - There's a Whole Lot of Living Left To Do!
brandonmbhealthchecks.ca
healthchecksbrandon@gmail.com

CARMAN

Carman & Community Active Living Centre Inc.
47 Kings Road / 204-745-2356
carmanalc@gmail.com
www.activelivingcentrecarman.ca

Carman Seniors Resource
47 Kings Road, Carman / 204-745-6611
carmanseniors@mymts.net

CRANBERRY PORTAGE

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

CRYSTAL CITY

Crystal City & District Friendship Club Inc.
117 Broadway St. / 431-867-0122
crystalcityfriendship@gmail.com

DAUPHIN

Dauphin Active Living Centre Inc.
55 1st Avenue SE
204-638-6485 / dsc_admin@mymts.net
www.dauphinseniors.com

DELORAINE

Deloraine Community Club Inc.
111 South Railway Ave E / 204-747-2846

Seniors' Outreach Services of BrenWin Inc.
204-747-3283 / sosbrenwin@gmail.com
sosbrenwin.com

DUFRESNE

Tache Senior Services
28007 Mun Road 52 N,
204-230-2131

ELIE

Cartier Senior Citizens Support Committee Inc.
11 Magloire Street, Suite #1
204-353-2470
cartierseniors55@outlook.com

ERICKSON

Services to Seniors Erickson, Onanole, Sandy Lake & Area Inc.
31 Main Street / 204-636-7895
areas@mymts.net

FLIN FLON

Flin Flon Seniors
2 North Avenue / 204-687-7308

GILBERT PLAINS

Gilbert Plains and District Community Resource Council Inc.
204-548 4131 / gpdcrc@mymts.net
www.gpseniors.ca

Gilbert Plains Drop In Centre
22 Main Street North
204-548-2210

GIMLI

Gimli New Horizons 55+ Activity Centre
17 Loni Beach Road
204-642-7909 / gimli55@mts.net
www.gimlinewhorizons.org

GLADSTONE

Gladstone Senior Support
36 Morris St N / 204-385-3026
info@gladstoneseniorsupport.com

GRAND MARAIS

Grand Marais & District Seniors
36058 PTH 12 / gmdseniors@gmail.com
www.gmdseniors.ca

GRANDVIEW

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

HAMIOTA

Hamiota 55+ Centre & R Store
44 Maple Avenue
55centrehamiota@gmail.com

KILLARNEY

Municipality of Killarney-Turtle Mountain Service for Seniors
520 Mountain Ave.
www.killarneymbseniors.ca

Killarney New Horizons Centre
415 Broadway Ave. / 204-440-0096
seniorservice@killarney.ca

LA BROQUERIE and STE. ANNE

Club De L'Amitie de La Broquerie Inc.
15 Charrière Road, Town of Ste-Anne
204-424-5522

Seine River Services for Seniors Inc. / Services Rivière Seine pour aînés Inc.
93 Principale Street / 204-424-5285
src@seineriverservicesforseniors.ca
seineriverservicesforseniors.ca

LUNDAR

Lundar Community Resources Council Inc.
35 Main Street
204-762-5378 / mylcrc@outlook.com

MANITOU

Pembina Community Resource Council
315 Main Street
204-242-2241 / pembinacrc@gmail.com

MINNEDOSA

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

MORDEN

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

NEEPAWA

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

NOTRE DAME DE LOURDES

Club D'age Dor Notre Dame
204-248-7291
ndslchezsoi@gmail.com

ONANOLE

Municipality of Harrison Park Age Friendly Committee
43 Gateway Street, Onanole
204-848-7614 / admin@harrisonpark.ca

PINAWA

Two Rivers Senior Resource Council Inc.
40 Burrows Road / 204-753-8397
ldbtworivers@gmail.com

PINE FALLS

Winnipeg River Senior Services
37 Maple Street
204-367-9128

PILOT MOUND

Pilot Mound Fellowship Club Inc.
203 Broadway Avenue
204-825-2873 / pmfclub7@gmail.com

PLUMAS

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

PORTAGE LA PRAIRIE

Herman Prior Activity Centre
40 Royal Road N / 204-857-6951
hermanpriorcentre@gmail.com
www.hermanprior.com

Portage Service for Seniors
40A Royal Road N.
204-239-6312 / psfsmeals@shaw.ca
https://portageservicefors.wixsite.com/psfs

RIVERTON

Riverton Seniors Activity Centre
24 Main Street / 204-378-5155
rdfc@mymts.net
www.rivertonfc.com

ROSSBURN

Rossburn Community Resource Council
71 Main Street
204-859-3386
rosscomm@outlook.com

SANDY LAKE

Sandy Lake Drop In Centre
100 Main Street
204-585-2411
sandylakedropin@gmail.com

SNOW LAKE

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

ST. LAURENT

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

STE. ANNE

Villa Youville
15 Charriere Road
204-422-5624
yannb@villayouville.ca
www.villayouville.ca

SOUTH JUNCTION

Piney Regional Senior Services
15 Prevost Street
204-437-2604
lgdseniors@gmail.com

STARBUCK

Macdonald Services to Seniors
204-736-2255
info@macdonaldseniors.ca
www.macdonaldseniors.ca

STEINBACH

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

STONEWALL

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

SWAN RIVER

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

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

THE PAS

The Pas Golden Agers
324 Ross Avenue
204-623-5557
seniorsthepas@gmail.com

THOMPSON

Thompson Seniors Community Resource Council Inc.
4 Nelson Rd. / 204-677-0987
thompsonseniors55@gmail.com
thompsonseniors.ca

TREHERNE

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

VICTORIA BEACH

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

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

VIRDEN

Seniors Access to Independent Living
204-748-2323
sail.cao.2023@gmail.com

WINKLER

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

NEWFOUNDLAND & LABRADOR, cont'd from page 4










tour. Reservations at restaurants, lighthouses, boat excursions, hotels, and ferries are required well in advance," Alison said. In the summer of 2027 tour, some of the unique lodgings in Twillingate will involve overnight accommodations for seven people in a B&B and five accommodations in boats. Suffice it to say, the boats are large enough to accommodate a bed. One of the accommodations will be in a lighthouse.

Donna and I have toured four times with RWB Get-A-Ways. While all of them were excellent, our favourites were Churchill and Newfoundland & Labrador. These parts of Canada provide an abundance of nature and scenic and historical sites which make time pass far too quickly. The anticipation of experiencing the beauty of our country is exciting. You are guaranteed well-organized and interesting tours with **RWB Get-A-Ways**.

Toll Free **1-866-846-3795** or Text **204-803-6677**.

See upcoming tours on page 4 (right side)

Celebrating Seniors

The Three P's of Aging Well (People, Purpose, and Plate)

- Heart to Home Meals - Fred Pennell

Celebrating the seniors who have shaped families, built communities, and carried forward the traditions that so many of us hold dear.

Here is an invitation to look at what makes the years ahead feel full and vibrant. Researchers and seniors themselves often point to the same three ingredients when asked what helps people thrive later in life: People, Purpose, and Plate. When these three come together, they create a life that feels connected, meaningful, and well nourished.

This November, we are celebrating the many ways seniors across the country continue to embrace these three P's and looking at simple ways to bring more of them into everyday life.



People: The Power of Staying Connected

Human connection is one of the strongest predictors of healthy aging. Studies consistently show that seniors who maintain close relationships tend to experience better mental health, sharper memory, and even improved physical health compared to those who feel isolated. Connection does not need to mean a packed social calendar. Sometimes it is as simple as a weekly phone call or a familiar face at the local coffee shop.

Here are some ideas to stay connected:

- Schedule a standing call or visit with family each week, something to look forward to
- Join a local seniors' centre or community group for cards, crafts, or coffee mornings
- Take a class, whether it is painting, tai chi, or a book club, to meet people who share your interests
- Reach out to a neighbour you have not spoken with in a while
- Volunteer for a cause close to your heart
- Connect remotely

Even small moments of connection, a wave from across the street or a shared laugh over lunch, add up to something meaningful over time.

Purpose: Waking Up with Something to Look Forward To

Purpose is the quiet engine behind so much of healthy aging. Having something to look forward to each day, whether it is tending a garden, mentoring a grandchild, or finishing a project, has been linked to greater life satisfaction and even longevity. Purpose does not need to be grand. It often lives in the small, steady rituals of daily life.

Here are some ideas for finding purpose in the day to day:

- Share a skill or story with a younger generation
- Set a small daily goal, even something as simple as a short walk or a page of writing
- Volunteer your time or talents to a cause you care about
- Keep learning something new, whether it is a language, an instrument, or a recipe
- Care for a pet, plant, or garden that depends on you

Purpose reminds us that growing older does not mean growing smaller. There is still so much room to contribute, create, and grow. Here are some senior friendly activities you can do for your mind, body and mood.

Plate: Nourishing the Body That Carries You Forward

The final piece of the puzzle is the plate. Good nutrition is the foundation that supports everything else: the energy to stay social, the strength to pursue purpose, and the resilience to handle whatever the day brings. As we age, our nutritional needs shift. Protein becomes more important for maintaining muscle. Hydration matters more. Meals rich in fibre and healthy fats support heart and brain health.

For many seniors though, the challenge isn't knowing what to eat but finding the time and energy to prepare it. Shopping, chopping, and standing at the stove can become tiring, especially on days when energy is limited.

This is where **Heart to Home Meals** is proud to play a role. Our menu of over 200 chef-crafted meals is designed with seniors in mind, offering options for low sodium, texture modified, high protein and fibre, and heart conscious diets. Each meal is frozen at peak freshness and delivered directly to the door, meaning good nutrition does not have to come at the cost of time or energy. When the plate is taken care of, there is more room left over for people and purpose.

Celebrating the Whole Picture

People, Purpose, and Plate rarely work alone. A shared meal with family checks all three boxes at once. A volunteer experience feeds a sense of purpose while also creating connection. Even choosing a nourishing dinner delivered to the door frees up energy for the phone call or hobby that matters most.

Every Day, we want to celebrate the seniors who continue to build rich, connected, purposeful lives, and remind them that support is available for the parts of daily life that can feel more difficult. **Heart to Home Meals** is honoured to be part of that support, taking care of the plate so seniors can spend their time and energy on the things that make life meaningful.

Celebrating remarkable seniors across Canada. Your resilience, wisdom, and warmth continue to shape the communities around you, today and every day. ■

Honouring a mother's love

- Alzheimer Society of Manitoba

After Linda van den Broek's mom and mother-in-law both passed away from dementia, Linda chose to honour their legacies by making a charitable gift in her Will to the Alzheimer Society of Manitoba.

Evelyn

Linda's mom, Evelyn Shanley, was born in Allahabad, India. Evelyn came to Canada in 1964, and was beloved among her friends and family. Her family grew up happy, singing and loving life.

"Mom was hard-working and completely happy-go-lucky," says Linda.

A few years ago, Linda and her family started to notice some changes in her mom's behaviour. Evelyn was starting to forget things, and would leave notes for herself around the house.

Evelyn received a dementia diagnosis, and Linda turned to the Alzheimer Society of Manitoba for help and support. Linda says learning how to navigate dementia was a big part her family's life.

"During one of the most difficult times our family faced, the Alzheimer Society provided us with compassion, guidance and support when we needed it most. I will always be grateful for that," she says.

Doreen

Linda's mother-in-law, Doreen Seaford, was an only parent after losing her husband early in life.

Jeff Seaford, Linda's husband, says his mom was one of the strongest people he's ever known.

"If you met Doreen, you'd think she was introverted, but once you broke through that wall, she had this hilarious personality," he says.

A few years after Evelyn's diagnosis, Linda and Jeff slowly started to see Doreen was also showing signs of dementia.

"Things were becoming rearranged and nothing was in order anymore," says Jeff.



Linda knew right away to turn to the Alzheimer Society again for guidance, and she was able to help her family and Doreen receive a diagnosis. Linda says her mom helped pave the way for them to see the signs of Alzheimer's in Doreen.

Cherished memories

"The memories of my mom and mother-in-law regularly appear on my phone, bringing back cherished moments that always make me smile. We miss them every single day, but those memories are a beautiful reminder of how fortunate we were to have them in our lives," says Linda.

After Evelyn and Doreen passed away, Linda decided to name the Alzheimer Society of Manitoba as a beneficiary in her Will.

"By including the Alzheimer Society of Manitoba in my Will, I hope to leave a lasting legacy that honours the women we loved so dearly and helps ensure that other families facing this heartbreaking disease have somewhere to turn for the same kindness, understanding and support that meant so much to us," says Linda.

A lasting gift in your Will

Making a charitable gift in your Will creates a lasting impact in your community while contributing to causes that matter to you. These gifts also offer tax benefits, helping you leave more for the people you care about.

Learn more about Wills and estates at **alzheimer.mb.ca/ways-to-give**.

THINGS TO DO - NOVEMBER 2026

Free online education sessions:

Living with Dementia: First Steps - Part 3
Saturday, November 7, 10-11:15 am, Virtual via ZOOM

Presented by: Winnipeg Regional Health Authority (WRHA) Home Care

The last session of a three-part information series for people supporting someone recently diagnosed with dementia. Learn about the WRHA Home Care Program, including eligibility, access, types of services, community partners and other community resources. Register today at **alzheimer.mb.ca**.

Community Partner Programs
November 2026, various locations

Enjoy a variety of activities in dementia-friendly spaces with our community programs. Geared to those living with early to moderate signs of dementia and their care partners, you can discover history at the Dalnavert Museum, sing familiar and new songs with Vivace Voices Choir, grow your table tennis skills with the Manitoba Table Tennis Association and so much more.

To learn more about available programs and to register, visit **alzheimer.mb.ca/community-programs**

Minds in Motion
November 2026, locations across the province

Join the Alzheimer Society this fall at the *Minds in Motion®* program! Designed for people living with early to moderate signs of dementia to attend with a family member or friend, it includes a gentle chair fitness followed by activities and conversation. Learn more about available locations, dates and times at **alzheimer.mb.ca/community-programs**

Support Groups
Various dates, times and locations across the province.

The Society offers in-person and virtual support groups across the province for people living with dementia and for care partners. 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**.

Remembrance Day



Lest we forget

Honouring 100 Years of The Royal Canadian Legion
1926–2026

RAQUEL DANCHO
MEMBER OF PARLIAMENT
Kildonan – St. Paul

204-984-6322
mpraqueldancho.ca
raquel.dancho@parl.gc.ca

Lest We Forget



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



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



TYLER **BLASHKO**
YOUR MLA FOR LAGIMODIÈRE
Tyler.Blashko@yourmanitoba.ca
204-583-7423



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



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



TRACY **SCHMIDT**
YOUR MLA FOR ROSSMERE
Tracy.Schmidt@yourmanitoba.ca
204-661-1377



BILLIE **CROSS**
YOUR MLA FOR SEINE RIVER
Billie.Cross@yourmanitoba.ca
204-221-7576



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



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



DAVID **PANKRATZ**
YOUR MLA FOR WAVERLEY
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Do not use this piece after August 31, 2027, as some of the information may be outdated.

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MEMBER OF INNOVATIVE MEDICINES CANADA

Stories of generosity, inspiration, and hope

Leaving a Legacy

Kirk Cadman - Submitted by Transplant Manitoba

The Cadman family knew the importance of organ donation long before it became part of their own story. A relative had received a kidney transplant, prompting a family conversation about what they would want if they were ever in a position to help someone else.

Kirk Cadman was a talented young Manitoba athlete with a love for track and field. He held provincial records in the 400-metre hurdles and as part of a relay team. When a serious knee injury threatened his ability to compete, he took up racewalking before eventually returning to running.

In March 2023, Kirk tragically died in a car accident. He was just 20 years old. Following his death, his organs were donated, giving others a second chance at life.

"Kirk's life was a testament to passion, perseverance, and the power of giving. Though his journey ended too soon, seven lives were given a new beginning, and his story became a legacy that will inspire generations."

- Amanda Cadman, Kirk's Mother

His parents, Amanda and Scott, have continued to honour him through the **Kirk Cadman Memorial Classic**, an annual track and field event that includes the Walk of Dreams, where participants complete a symbolic 400-metre walk.

The Kirk Cadman Gift of Life Scholarship also supports young athletes by helping with training and competition expenses, providing opportunities for others to pursue their own athletic ambitions.



Kirk Cadman

"Kirk's legacy lives on in the lives he saved, in the people who carry a piece of him, in the athletes who run at his memorial meet, in the records that still bear his name, and in the scholarship that will help someone else pursue a dream. Let's Go!"

- Scott Cadman, Kirk's Father

Organ donation is a decision families often have to face during an incredibly difficult time. Talking about your wishes beforehand can help make that decision easier for those closest to you.

To register your intent to become an organ and tissue donor, visit **signupforlife.ca** and share your wishes with your family. ■

What Will Your Legacy Make Possible? - Submitted by the Manitoba Lung Association

One Manitoban's story shows how a little help can make a life-changing difference. Sometimes, making a difference starts with something small.

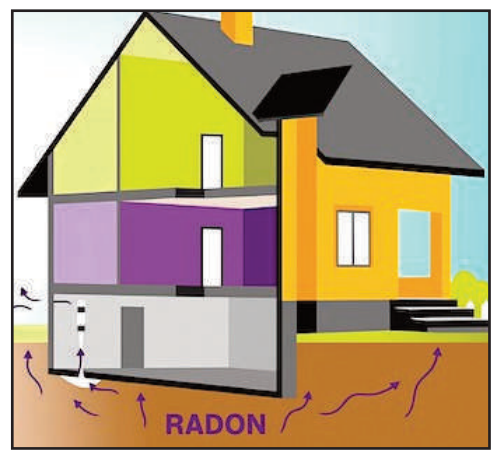
For Lisa, it was a postcard. The homeowner received information about radon, an invisible, odourless gas that can accumulate inside homes and increase the risk of lung cancer. She had never heard of it. Curious, Lisa purchased a digital radon detector and tested her home.

The results were alarming. Her readings sometimes exceeded 400 Bq/m³ — more than twice Health Canada's recommended guideline. Lisa knew she needed to act. But professional radon mitigation quotes reached $3,700 plus tax. It was more than she could afford. Then she discovered the Manitoba Lung Association's ***Lungs Matter program***, which provides financial assistance to eligible Manitobans facing the cost of radon mitigation.

With a $1,500 grant, Lisa was able to move forward. The result? Her radon levels dropped from more than 400 to just 17 Bq/m³. For someone who works from home, that reduction brought tremendous peace of mind. And Lisa wasn't just thinking about herself. Her two beloved dogs share the same indoor air.

What does this have to do with leaving a legacy? EVERYTHING! Lisa's story reminds us that sometimes people know what needs to be done but simply don't have the means to do it.

And that's where generosity changes lives. Imagine helping future Manitoba families overcome those barriers — even long after your lifetime. **A gift in your Will to the Manitoba Lung Association can help make that possible.** Your legacy could help sustain programs like Lungs Matter, while also supporting smoking and vaping cessation, education, support groups, advocacy and research into better ways to prevent, detect and treat lung disease. It's not about how much you leave. It's about the difference you can make.



After providing for your loved ones, even a modest charitable gift can become part of something much bigger. A safer home. Someone finding support through a difficult diagnosis. A young person choosing a healthier future. Research bringing new hope.

These are the possibilities your legacy can help create. Because the most meaningful thing we leave behind isn't always something people can see or hold. Sometimes, it's something as simple — and extraordinary — as the ability to breathe easier.

Leave a legacy that helps Manitoba breathe with ease. To learn more about including the Manitoba Lung Association in your Will, visit **mb.lung.ca** or call **204-774-5501**. ■



Leave a Legacy for Healthier Homes.

Lisa discovered elevated radon levels in her home and, with a Lungs Matter grant, was able to reduce those levels and create a safer home for herself and her two dogs. Stories like Lisa's are possible because of the support of caring people who choose to leave a legacy gift.

A gift in your Will can help ensure future generations of Manitobans have healthier homes, stronger communities and the chance to breathe with ease.

Manitoba Lung Association BREATHE

Support programs like Lungs Matter

Help protect families and communities

Advance lung health research

Leave a lasting impact

Learn more about leaving a legacy gift.
mb.lung.ca | 204-774-5501

From *Experience* to *Impact*: How to Leave a Legacy at MHC










Your legacy gift will make a difference as we strive to support the unique services that only Misericordia offers to Manitobans. From the **Eye Care Centre of Excellence** to **Health Links – Info Santé** to the **Sleep Disorder Centre**, your support today, and in the future, makes a tremendous impact on the lives of residents, patients, and all those who walk through Misericordia's doors.

"I have had the benefit of successful eye surgery at MHC's Eye Care Centre of Excellence. The staff is highly competent and deserve the best equipment in their vital work. It is a pleasure to donate to this worthy establishment and I encourage other to do so!"

– *Grateful Patient*

MISERICORDIA Health Centre FOUNDATION

misericordiafoundation.com/legacygiving
mhcfoundation@misericordia.mb.ca | 204.788.8458

Leaving a Legacy

"I think the natural progression is to want better for the next generation. My advice would be to follow your heart, and if it leads you to Victoria Hospital, then make sure The Vic keeps growing, the staff keeps staying, and the care keeps coming." ~ *Pat*

A Legacy of Confusion and Clutter or Clarity and Confidence?

A guide to organizing your estate

- By Kendra Dockstator

Fulfilling the duties of an Executor can very quickly turn into a game of hide-it-find-it. While attempting to process grief, many Executors are forced to dig through piles or cabinets of paper, unsure if they've found all the relevant papers. When my grandfather passed last year, I discovered his own filing system was highly inefficient and inaccurate. He felt that putting all bills in their original envelopes with notes on them was clear. It was time consuming making sure that all bills were located, paid, and digitized so they could be managed remotely. He even had one pile of envelopes labeled "Important: If I Die" that was from 2013 and was never updated.

There are many ways that one can organize their important documents. Regardless of the system you choose here are some key things to remember.

#1 - Try to keep everything in the same or similar locations and formats.

Whether you prefer paper or digital it is important to keep your filing consistent and try to think of where your Executor may think to look for things. This could be one filing cabinet, a book, cloud storage, a hard drive, etc. KLD Law has a complete Estate Planning Guide, which provides one such method of organizing your important information. Our Guide also includes a place for your Health Care Directive, medical information, and your Power of Attorney, but for this article we will focus on preparing your Executor.

It is also important to ensure that you are not compromising the safety of your information. Any personal information that could be used to steal your identity should be stored somewhere safe. For this reason, we recommend you state the location of this information rather than including your SIN in this Guide (unless you are storing it in a safe or other locked location).

#2 - Make sure relevant documentation is accessible.

You want to be sure that important documents such as your Will can be found by those who need them. It is also important to store other contracts, insurance policies, and supporting documentation where it can be found easily. Our Guide comes with a 3-ring binder and pockets to store copies of important documents. Remember that the original signed Will is needed if your Will requires probate. If you are storing those originals in a guide like this, make sure it is stored in a waterproof and fireproof location.

#3 - Don't assume your Executor can read your mind.

Not only are documents important but if you have a specific way you want something handled it is important to explain this to your Executor. Generally speaking, Wills cover your last wishes

Continued on page 12

A Gift of Gratitude For Future Generations

Victoria Hospital Foundation's Legacy of Care Society

- Submitted

For Pat, her passion for giving to **Victoria Hospital Foundation** is rooted in gratitude. Victoria Hospital has been a constant presence in her life for almost 30 years.

"I just felt so cared for, comforted, understood, respected, and dignified," said Pat of her first visit to the hospital, which she says transformed her as a person and gave her a different view on life.

It is this gratitude that has inspired Pat to remember Victoria Hospital in her will.

"I realized through my own experience that life is very precious and can change quickly. I felt there was no use in having anything if I couldn't leave the world a better place. I want other people to enjoy what I've been lucky to."

Pat recognizes that leaving a legacy gift is a deeply personal decision, but one that has the power to change lives.

"I think the natural progression is to want better for the next generation," said Pat. "My advice would be to follow your heart, and if it leads you to Victoria Hospital, then make sure The Vic keeps growing, the staff keeps staying, and the care keeps coming."

Victoria Hospital Foundation's Legacy of Care Society recognizes individuals like Pat who have chosen to leave a gift to the Foundation through their will, estate plans, or through other forms of planned giving.

A gift in your will is a meaningful way to support the people and causes that matter most to you.

By remembering Victoria Hospital Foundation in your will, you are helping to ensure exceptional healthcare is available for patients and families for generations to come. A future gift can make a significant impact while still ensuring your loved ones are cared for first.



Pat's generosity to the Victoria Hospital Foundation stemmed from her care she received at Victoria Hospital.

Planning a legacy gift is a reflective process that takes time, careful thought, and discussion with your trusted advisors. Victoria Hospital Foundation would be pleased to answer your questions, discuss your goals, and help you explore the giving options that best reflect your wishes.

Legacy donors become valued members of Victoria Hospital Foundation's Legacy of Care Society and are recognized and celebrated for their commitment to patient care.

To learn more about **Victoria Hospital Foundation's Legacy of Care Society**, call **204-477-3513** or visit **TheVicFoundation.ca**. ■



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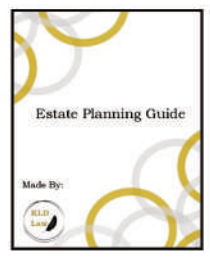
Check out our Estate Planning Guide



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"Our family has seen firsthand what is made possible at the Children's Hospital through donations and through research,"

~ *Kailey*

Leaving a Legacy

Help kids like Emma look forward to more

- Submitted by Children's Hospital Foundation of Manitoba

This November, Emma celebrates her ninth birthday. She loves swimming, gymnastics, sledge hockey and playing with her sisters, Carly and Zoey. She continues to gain strength at physiotherapy all while learning to how live with limb difference.

For her parents, Kailey and Erny, there is so much to celebrate. Less than three years ago, Emma was seriously ill in hospital.

"There was a long time that we couldn't hold her, we could just take her hand," says Erny.

In December 2023, what seemed like the flu quickly became an emergency. At HSC Children's Hospital, doctors discovered that six-year-old Emma had an invasive Group A strep infection and pneumonia. She was going into septic shock and needed life support.

As Emma slowly recovered, her family celebrated each sign of progress. They counted the tubes and lines connected to her, watching the number go down as the weeks passed. Emma loved knowing she was getting better.

But poor circulation had caused permanent damage to her legs. In March 2024, she needed surgery to amputate her right leg below the knee and the toes on her left foot. With support from her health care team and family, she worked hard to learn to sit up, bear weight and take her first steps again.

"We were all so proud of her and she was so proud of herself," says Kailey.

There was time for play, too. In the hospital playroom, Emma checked her doll's vitals, just as her health care team checked hers. Those moments helped bring something familiar and comforting to days filled with treatment and recovery.

After 146 days in hospital, Emma went home in May 2024. That October, she received her first prosthetic leg. Today, she's back to doing many of the things she loves.

As we approach the holidays, we think about families like Emma's and how quickly their lives can change. We're grateful for the teams who care for children through those frightening



Emma suffered complications from a strep infection and pneumonia.

days, and for the research that gives them more ways to help.

At the Children's Hospital Research Institute of Manitoba, researchers are continuously working to improve treatments and care for children. The Excellence in Neurodevelopment and Rehabilitation Research in Child Health (ENRRICH) team, for example, focuses on improving quality of life and care for children like Emma who need developmental or rehabilitation support.

Thanks to the incredible generosity of legacy donors, researchers can continue to pursue ideas that could make a lasting difference for children and their families.

"Our family has seen firsthand what is made possible at the Children's Hospital through donations and through research," says Kailey.

As Emma celebrates another birthday, she excited to try new activities and make more memories with her family. Please help support the science of saving kids like Emma by making your legacy gift to research.

To learn more about leaving a bequest or legacy gift to **Children's Hospital Foundation of Manitoba**, email **info@goodbear.ca** ■

A Legacy that Nourishes Tomorrow

Leave a Gift to Harvest Manitoba

- Submitted

Hunger is changing the lives of far too many Manitobans. Today, more than 60,000 Manitobans rely on food banks every month, and nearly half are children. That's more than double the number of people needing food bank support just five years ago. These are our neighbours, a family member, a senior, or a child who deserves the relief of knowing where their next meal will come from.

And the need continues to grow. Rising food prices and the increasing cost of living are making it harder for families to make ends meet. Even working Manitobans and seniors living on fixed incomes are finding it difficult to stretch their budgets and put food on the table.

At **Harvest Manitoba**, we're working hard every day to fight hunger in our province. We distribute 13 million pounds of food every year across 51 communities throughout Manitoba to those who need it most. We also invest in programs that help individuals find employment and create more secure futures for themselves and their families.

But nourishing our communities takes more than meeting today's needs. It means thinking about tomorrow. That's where your support can make a difference.

One of the most meaningful ways to make a lasting difference is through a legacy gift. Including Harvest Manitoba in your will ensures that your generosity continues to nourish your



community for years to come.

A gift in your will costs nothing today, yet it provides food, dignity, and hope for Manitobans in the future.

It's a way to extend your compassion beyond a lifetime and to keep helping children, families, and seniors who need it most.

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

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



Leaving a Legacy

"Thank you to everyone who donates to The War Amps. You have changed our lives, as well as our son's life by helping him to enjoy being a kid," *~ Jessica and Allan*

Victoria Lifeline Saves Lives!



A MANITOBA **MOMENT**

By Bud Ulrich

From the moment I walked through the door at Victoria Lifeline, I was greeted by a delightful receptionist who ushered me to the boardroom for a meeting with Krystal Stokes, Director of Marketing. Her arrival provided an instant feeling of a company employee with shared goals and mutual accountability amongst the staff. I believe first impressions are valuable and Krystal proved this theory to be true. She has been with Victoria Lifeline for 15 years and clearly loves her job. **Victoria Lifeline** employees and their partners work together to provide valuable lifesaving services to many seniors and others who need their help. Since 1988, Victoria Lifeline, in conjunction with the Victoria Hospital Foundation, has been the choice for many people.

"I have felt so good working here because you can see the ripple effect of what we do. It's about so much more than providing a medical alert service. It's about supporting the things that matter most to people, like maintaining their dignity, independence and the freedom to live life on their own terms. That's where Lifeline can make such an impact," said Krystal.

She also talked about how much the service can mean to family members and caregivers.

"Families often get emotional about the service because it gives them so much peace of mind. They may have been lying awake at night worrying about their loved one, and now they sleep better knowing they can access help 24/7."

Victoria Lifeline has a community partnership manager who does free educational presentations in senior housing buildings throughout the province about the benefits of the service. "Ageism can sometimes be a barrier because people may associate using a medical alert service with growing older and losing their independence, rather than seeing it as a proactive way to maintain it. Whether someone chooses to go ahead with the service is a personal choice. Our role is to educate people about the options available to support their safety and independence so they can make an informed choice. Healthy aging is a commitment that the whole community must support. You need to get everybody on board – government, community-based senior services organizations, families, and the healthcare system as a whole," Krystal said.



Krystal Stokes - Victoria Lifeline

The user-friendly Victoria Lifeline website includes several service plans. ***HomeSafe Standard***, which connects you to a highly trained response professional with a simple press of a button. ***On the Go Wandering***, which is a medical alarm that helps caregivers track the location of a loved one. ***HomeSafe with Fall Detection***, which is designed to automatically call for help even if you are unable to press the button. ***On the Go Smartwatch*** which is designed for peace of mind and active lifestyles. ***Site Safety – Wearable Lone Worker Panic Button***s, which are wearable panic buttons for safer workplaces and lone workers. ***On the Go*** helps people stay safe outdoors with an advanced GPS locator and medical alert button. ***MedReady***, which is an automated way to manage multiple medications with 24/7 monitoring.

Victoria Lifeline is a tool of empowerment that gives people the freedom to keep doing what they love. "When people do get the service, they wonder, 'Why did I wait so long?' They feel more confident now. They're not afraid of what could happen when they're alone or walking their dog outside at night.

Continued on next page

A Legacy of Confusion and Clutter or Clarity and Confidence? *Cont'd from page 10*

at a higher legal level, but there are many things that need to be considered when someone passes. The "On My Passing" tab of our Guide includes things like your life story, detailed funeral planning questions, who to notify of your death (this could include professionals, family and friends), as well as other important information your Executor may need.

But there is much more to consider:

- What must be attended to urgently?
- Are there insurance policies that need attention?
- Which subscriptions and bills must be cancelled?
- Is there real property to handle?
- What should happen to your personal effects?
- Do you have vehicles or pleasure craft?

Our Estate Planning Guide has many sections that help you gather a wide scope of information and explanations for your Executor.

#4 - Discuss your wishes

Regardless of how you organize your information, it is important that your loved ones know your wishes and where to find them.

KLD Law Estate Planning Guide

Unlike many other guides on the market, our guide is created specifically for Manitoba, using Manitoba's terminology, by a Manitoba lawyer (Kendra Dockstator, formerly Kendra d'Eon) and is available for $100 (tax Included). Delivery is available throughout Winnipeg, if shipping is required, it will be priced separately.

If you would like to purchase our KLD Law – Estate Planning Guide or would like to book a free initial consult about estate planning, you can reach us through our ***Contact Us*** page at **www.kldlaw.ca** or by calling **204-989-9850**. ■

See advertisement on page 10.

CHAMP Program helps young amputee stay active - Submitted by The War Amps

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For 12-year-old Maddux Kerr, being a part of The War Amps Child Amputee (CHAMP) Program has meant having the support and resources he needs to live an active, fulfilling life.

Born a double leg amputee, Maddux was enrolled in the CHAMP Program when he was just seven months old. As a "Champ," Maddux is eligible for financial assistance for artificial limbs and adaptive devices, as well as peer support through the program.

"At CHAMP seminars, we've had the chance to see that our family is not alone on this journey," say Jessica and Allan Kerr, Maddux's parents. "We are reassured knowing that Maddux has amputee friends he can go to for advice when he needs someone who can relate to his situation better than us."

In addition to giving Maddux support and connection through War Amps events like CHAMP seminars, which are opportunities for families to share experiences and learn about the resources available to them, his parents say CHAMP has also provided life-changing funding for his artificial limbs.

Maddux's War Amps-funded water legs help him live a full, active life. Unlike standard artificial legs, which can rust when exposed to moisture, these waterproof limbs have drain holes for swimming and bathing. His water legs also have added ankle support, so he wears them when playing hockey too.



Photo 2025-kerr-maddux-av-ps-0025-edited

Maddux is benefiting from his War Amps-funded water legs. These limbs are waterproof and specially designed to make bathing and swimming easier.

"Thank you to everyone who donates to The War Amps. You have changed our lives, as well as our son's life by helping him to enjoy being a kid," say Jessica and Allan. "He knows no limitations because of your support."

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



TALES FROM THE NORTH END

Myles Shane

Leslie Satran, an Unfinished Life - PART TWO

The story of 18-year-old Leslie Satran, a North End Winnipeg teenager who boarded a plane for Israel as part of the Josheph Wolisnky grade 12 trip expecting the kind of vacation that lives in photo albums and inside jokes, and instead found herself fighting for her life... *Continued from October Senior Scope.*

More Memories.

Over the next couple of weeks time stopped behaving the way it was supposed to.

Days and nights inside the ICU lost their edges. Light hovered in that in-between state, never fully bright, never fully dark. The machines created their own rhythm, monitors blinking, pumps clicking, the ventilator breathing for her, inhale, exhale, steady, mechanical, indifferent.

Gwen and Cari lived inside that rhythm. They sat beside it, slept beside it in fragments. Waited inside it.

Somewhere within that suspended space Leslie was not alone. More memories continued to flood her mind.

Tobogganing with her dad, the hill at Kildonan Park packed down hard, boots slipping on the climb back up, breath hanging in the air.

There was the skating path, cutting through the trees.

Summer comes back, just as quickly, outside the 7Eleven on Jefferson, sitting on the curb with friends, Slurpee's too sweet, too cold, tongues turning colours no one cared about. Talking about nothing which somehow felt like everything.

School, Talmud Torah. Her hand already up before she was sure, words forming in Hebrew, careful but confident enough.

Then synagogue, standing beside her family, voices rising and falling together, the Cantor carrying the Torah.

After, the familiar comfort of places like Kelekis Restaurant, the "greasy spoon," where everything tasted better than it should have. At home, Barbies scattered everywhere, her and Cari building whole worlds out of plastic and imagination.

Saturday morning, or something like it, not quite breakfast, not quite lunch. Thick slices of challah, butter melting through. Bottles of Coke, cereals lined up like choices no one needed but everyone wanted. Somehow, a pot



Leslie Satran.

of Kraft Dinner sitting in the middle of it all, like it belonged there. And maybe it did.

Fern

Trying to explain what Leslie was experiencing inside the coma means stepping into something that doesn't follow normal rules. Time didn't move forward, Memories didn't arrive in sequence, The souls who came to her weren't random. They were familiar. Intimate. Gone, but somehow present.

What makes this harder to dismiss is that what Leslie described aligns with something well documented in medicine. In hospice and palliative care, clinicians have long observed what are often called end-of-life dreams and vision, experiences reported by a large percentage of patients nearing death. Researchers like Christopher Kerr, who has studied these phenomena extensively, have found that patients frequently report seeing deceased relatives in the final weeks of life. These aren't chaotic or frightening hallucinations. They are, as Kerr and others describe, structured, meaningful, and often deeply comforting.

Patients commonly describe seeing loved ones as younger, healthier, "more real than real." The encounters often carry a message, sometimes explicit, sometimes simply felt: "we're here, we're waiting, you're not alone." Unlike delirium, which is disorienting and distressing, these experiences tend to be calm, even reassuring.

First her father Norman appeared in a vision then Baba Zeta. Faces and voices that felt close enough to touch as if time had folded in on itself. However, the presence that returned again and again, the one that didn't fade, was her cousin Fern.

Fern had always been just ahead of her. Four, maybe five years older. Close enough to admire, far enough to follow. They both passed through the same halls at Joseph Wolinsky Collegiate, part of the same community, the same orbit of family and school, and shared history. Fern was bright and.capable,. In 1989, at just 17, she went on the Grade 12 trip to Israel with her friends. Like so many before her, she stayed behind afterward, stretching the experience into something more, more time, more freedom, more life.

On July 6, she boarded a bus heading toward Tel Aviv. It should have been routine, another ride, another stretch of road under the same wide sky but it wasn't

A man stood up too quickly. A movement no one fully understood until it was already happening. He reached the wheel, the bus shifted, violently, the driver losing control in a moment that couldn't be reversed.

Suddenly there was no road. Only air.

The bus hung there for a moment that stretched beyond time, long enough for realization to arrive, not long enough for anyone to act on it.

Then impact.

It all came at once. Metal folding inward, glass exploding outward. The structure collapsing into itself with a force that erased its shape in seconds, and then, silence. A silence heavier than the crash, pressing down on what remained.

The bus was no longer a bus. It was fragments, twisted steel, dust suspended in the air. stillness where there should have been motion.

Somehow, from that moment, through time, through memory, through whatever exists between life and something else, Fern found her way back to Leslie.

Fern's message was clear to her cousin, "It's Not Your Time".

Leaving On a Jet Plane

Months after arriving in Jerusalem on what was supposed to be a rite-of-passage school trip, Leslie Satran was finally leaving, but not in the way anyone could have imagined when it began. The hospital had released her, cautiously, conditionally, after a month that had stretched and fractured time itself. There had been machines, surgeries, setbacks that came in waves, and small, stubborn recoveries that no one dared predict out loud. After a final week in a modest apartment with Gwen and Cari, learning again how to exist outside the rhythm of monitors and IV lines, she was cleared to go home.

The plane lifted out of Israel, banking slowly over a landscape that had held both the beginning and near-end of her life in the same breath. Hours later, descending over the Canadian Prairies, the land flattened into something familiar, measured, quiet, known. Then, almost imperceptibly at first, the outline appeared.

The North End of Winnipeg.

Not dramatic. Not cinematic. Just there.

Streets she had walked without thinking. Parks that had once felt endless. Houses pressed close together, holding decades of stories inside their walls. From above, it looked small. Contained. But to Leslie, it was everything, every memory that had pulled her back, every voice that had refused to let her go.

Leslie, who had spent weeks hovering somewhere between presence and absence, returned home.

The ones who endure, really endure, rarely step forward to tell you what they've done. They don't catalogue the pain or measure the distance they've traveled from who they were. They move forward quietly, carrying it with them, letting it shape the way they show up in the world rather than the way the world sees them.

Leslie never needed the story to be about her, but it is.

Survival, in its truest form, isn't loud. It doesn't announce itself with grand declarations or heroic poses. It reveals itself over time, in resilience, in presence, in the simple, stubborn act of continuing.

In that way, without ever asking for it, Leslie became something more than a patient who beat impossible odds.

She became proof. ■

Victoria Lifeline Saves Lives! Cont'd from page 12



Father wearing a Medical Alert device.

This isn't about aging; it's about independence," said Krystal.

A good friend of mine, Jack Slessor (aka Charlie Chaplin) provided contact information for his neighbour – Gord Howe (no relation to the famous hockey player) who recently experienced a stroke and has now secured the services of Victoria Lifeline. I caught Gord having a nap, but he was most willing to share his appreciation for having the Lifeline device. Gord said, "It's important to wear the device all the time and it's waterproof so it can even be worn while in the shower." He emphasized safety and peace of mind as important features of wearing the lifeline. He's very comfortable knowing that the press of a button will get the help he needs immediately.

The Victoria Lifeline team is a dedicated group of professionals determined to educate those in need of lifelines to keep them safe as well as providing comfort to the people close to them. Ageism has many challenges, especially at a time when assistance and direction are needed. There is no doubt in my mind that **Victoria Lifeline** provides quality, state-of-the-art products along with effective and efficient 24/7 services – just ask Gord Howe! ■

See advertisement on page 18.







PICKLEBALL NEWS & INFO

THE PICKLR

The Picklr Winnipeg South: More Than a Place to Play



Keeping Up with the Bangers: A Guide for 50+ Pickleball Players

~ Brent Bernas - GM of The PICKLR Winnipeg South

Experience beats pace

You don't need to hit harder than a 25-year-old banger to beat one. Power players win quick points, but they also make quick mistakes. If you take away their speed, choose your shots well and play as a team, the game moves back toward patience, placement and smart decisions. Those are areas where players over 40 often have the edge.

8 ways to neutralize power players

1. Hit low and keep it unattackable. A banger needs a ball above the net to drive. Dinks that land in the kitchen and drops that drop below net height take their best weapon away. Make them hit up.

2. Get to the kitchen line together. Most bangers hit from the baseline or the transition zone. Once you and your partner are both at the non-volley line, their drives turn into easy blocks for you. Use a well-placed third-shot drop to get there, and move up as a pair.

3. Block, don't swing. When a hard ball comes at you, shorten your stroke. Keep the paddle out in front, face up and loose, and let their pace send the ball back. A soft block into the kitchen resets the rally and makes them start over.

4. Use the lob, but pick your moments. Bangers often crowd the line. A well-disguised offensive lob over the backhand side moves them back and breaks their rhythm. Use it when they lean in, not as a desperation shot.

5. Pull them wide. Angled dinks and cross-court drops push opponents off the court and open the middle. A player stretched to the sideline can't put full power into a drive.

6. Make the middle your friend. Hitting down the middle causes confusion over who takes the ball, and it shrinks the angles your opponents can attack. When in doubt, go middle.

7. Ready position and anticipation. You don't need young legs if you start moving early. Keep your paddle up at chest height, watch your opponent's paddle face and shoulders, and split-step as they make contact. Reading the shot beats chasing it.

8. Take care of your body. A 10-minute warm-up with leg swings, arm circles and short shuttle steps cuts injury risk. Good court shoes, hydration and two or three days a week of strength and balance work help you stay quick through the third game.

Learn it on court: Picklr Winnipeg South 40+ Program

Reading about strategy helps, but practicing it is how it sticks. The Picklr Winnipeg South runs a program for players 40 and over, led by Coach Sean Lacap. It is built for players who want to compete with younger, harder-hitting opponents and enjoy doing it.

In the program, Sean teaches the strategy and game tactics in this guide in real game situations. Expect to work on:

- Resetting and blocking hard drives
- Third-shot drops and moving up to the kitchen as a team
- Shot selection, patience and when to attack
- Positioning and communication with your partner
- Reading opponents so you move early instead of chasing

You'll play alongside other 40+ players who share the same goals. Every session ends with ideas you can use in your next rec game.

Contact **The Picklr Winnipeg South** or ask at the front desk for session times and how to register for **Coach Sean Lacap's 40+ program**.

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JERRY GOURNEAU:
The Business of being a Champion

This summer 64-year-old Jerry Gourneau won his sixth trainers' championship at Assiniboia Downs. Now, after hundreds of victories and one simple philosophy this proud First Nation's horseman is an Assiniboia Downs legend.



MANITOBA SPORTS

By Scott Taylor
Photos by Scott Taylor and Jason Halstead

Jerry Gourneau doesn't gamble.

That's right. One of the most successful horse trainers in the history of Assiniboia Downs, a man who makes his living sending thoroughbreds to the starting gate, doesn't spend a nickel at the betting windows.

Not one.

"Honestly, I don't gamble at all," he said with a laugh. "People ask me all the time whether I bet my own horses. Nope. The only gamble I've got is bringing that horse over from the barn and putting him in the race."

And judging by what happened at Winnipeg's sensational little racetrack this summer, that's a gamble Jerry Gourneau knows how to win.

The 2026 racing season at Assiniboia Downs was another remarkable chapter in the career of the veteran horseman from Belcourt, North Dakota, and the Turtle Mountain Chippewa First Nation.

When the final horses crossed the finish line in late September, Gourneau had captured his sixth Assiniboia Downs trainers' championship with 54 victories, 45 second-place finishes and 43 thirds from 260 starts.

His horses earned $559,191 in purses, and his longtime partner, 68-year-old Texas businessman Henry Witt Jr., captured his eighth consecutive owners' championship.


Jerry Gourneau.

Not bad for a former teacher and school administrator who has built one of the most successful racing operations in Manitoba history.

But here's the interesting thing about Jerry Gourneau.

He doesn't spend much time celebrating championships. He doesn't worry about personal statistics. And he certainly doesn't lose sleep over what people think about his decisions.

For Gourneau, horse racing is a business. A serious business. And that's it. It isn't glamourous. It isn't even the Sport of Kings to Gourneau. It's simply what he does best.

"It's about making money, and that's all," he said matter-of-factly. "This is a business, not a hobby."

It might sound cold to some but spend a little time in Gourneau's barn and you'll discover that behind his no-nonsense ap-

Continued on next page



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JERRY GOURNEAU: cont'd from page 14

proach is a man who loves his horses, respects his employees and understands the importance of treating people properly.

He also knows that sentimentality doesn't pay the bills.

"My team gets upset when one of our horses gets claimed," he explained. "I tell them it's a business first. It's not a hobby. It's something we do to make money, and we're lucky that it just happens to be enjoyable."

It's a philosophy that has served him extraordinarily well.

Gourneau won his first Assiniboia Downs training title in 2018. He followed with four consecutive championships from 2020 through 2023, then returned to the top in 2026.

His latest title was particularly impressive.

After just 16 race dates, his stable had already produced 30 victories and earned more than $292,000. At that point, there was serious speculation that Gourneau might become the first trainer in Assiniboia Downs history to earn $1 million in a single season. Although he didn't reach that lofty figure, his eventual $559,191 in purse earnings represented another outstanding achievement.

And he did it the old-fashioned way. He worked for it.

Every morning, long before most Winnipeggers had poured their first cup of coffee, Gourneau and his hardworking stable staff were already tending to their horses in Barn 5. Training, feeding, grooming, checking, planning. All the little things that produce winners. And cold, hard cash.

"My team is more important than anyone else in this business," Gourneau said. "Every one of them works hard. They all love their horses."

That might be the most revealing statement Gourneau makes.

For all his insistence that racing is a business, he understands that success depends on people. His assistant trainers, grooms and other employees are the backbone of an operation that regularly sends horses into the winner's circle.

Everyone has a responsibility. Everyone is accountable. And everyone contributes.

It's a management philosophy that would work just as well in a manufacturing plant, a retail store or a corporate boardroom.

And Gourneau is equally practical when it comes to evaluating horses.

"If my horse is a $5,000 horse, he's going to run for $5,000," he explained. "If he doesn't belong there, he's going down again. We evaluate them honestly."

There are no egos involved. If a horse belongs in a less prestigious race, that's where Gourneau puts it. He would rather see an animal compete successfully at the proper level than struggle against superior competition simply to satisfy someone's pride.

And his owner understands that philosophy perfectly.

"For me, Henry is the best possible owner," Gourneau said of Witt. "He's the best man for me because of everything we've been through and everything we do together. We both want to be successful in the horse racing business and we trust each other."

That trust has helped produce one of the most formidable owner-trainer combinations in Assiniboia Downs history.

Witt is willing to invest in expensive thoroughbreds – after all, he bought Quarry this summer, a horse that Gourneau prepared, and a horse finished second in the Manitoba Derby, then won the $200,000 Grade III Canadian Derby in Edmonton and then the $250,000 Black Type Louisiana Super Derby at Louisiana Downs in Bossier, La.

But make no mistake, he also understands the value of a bargain. And Gourneau knows how to find one. Consider Bergheim.

The four-year-old Texas-bred gelding arrived in Winnipeg from little Fonner Park in Nebraska and became one of the biggest stars of the 2026 racing season.

In six starts at Assiniboia Downs, Bergheim won three Stakes races — the Beau Blade Stakes, the FP Stakes and the Harvey Warner Manitoba Mile — finished second twice and earned a meet-leading $75,833. He was clearly the best horse on the grounds.

Of course, Gourneau wasn't surprised.

"While many horse people focus on speed figures, I pay close attention to performance ratings and consistency," he explained.



Jerry Gourneau. Photo: Jason Halstead



L-R: Trainer Jerry Gourneau, jockey Damario Bynoe and owner Henry S. Witt Jr. after their horse Quarry won the Canadian Derby.

That attention to detail convinced him Bergheim had more potential than many others realized. It was another example of preparation beating speculation.

Gourneau's approach to people is equally interesting.

When a jockey makes a mistake, the veteran trainer doesn't automatically lose his temper or refuse to use that rider again. As a one-time educator, he prefers a teaching moment.

He recalled one jockey returning after a particularly disappointing ride and asking what he'd done wrong. Gourneau answered with a question of his own.

"Tell me this — what did you do right?"

The rider had no answer.

"He never said another word," Gourneau recalled.

The jockey continued working for him.

"We're a team," Gourneau said. "You don't win every race but if you make a mistake, I'm not going to fire you. Just go out and do it better next time."

It's difficult to argue with the results.

His sixth championship also continued a remarkable tradition at Assiniboia Downs, where a First Nations trainer has now captured the title for 12 consecutive seasons.

In fact, the runner-up in 2026 was Steve Keplin Jr., another member of the Turtle Mountain Band of Chippewa and an off-season neighbour of the Gourneau family.

For Gourneau, however, the accomplishments go beyond championships, earnings and trophies. He has developed a genuine affection for Winnipeg and the racetrack that has become his summer -- all the way to late fall -- home.

"This racetrack here in Winnipeg is very successful," he said. "It's being run by Darren Dunn, who makes sure he does everything he possibly can to make it a good racetrack. In North American racing, this place is a very positive place. It's my second home."

And what a home it has become. Six training championships. A long and successful partnership. A respected stable. A loyal team. And a reputation as one of the finest horsemen ever to compete at Assiniboia Downs.

Not bad for a fellow who refuses to gamble. Then again, Jerry Gourneau doesn't need to bet on horses.

He's already figured out how to win with them. ■



We've Only Just Begun: Celebrating 20 Years of CJNU!

Our Annual Pledge Drive, held October 29-31, helped kick off what will be a full year of celebration as your volunteer-powered, non-profit community radio station turns 20 years young!

As pledges continue to come in, we are overwhelmed by your generosity. And while the three -day birthday party on the radio may have come to an end, it's not too late to donate!

If you haven't yet had a chance to make your pledge – or maybe you'd like to make another? – just head over to cjnu.ca/pledge As long as we receive your pledge before end of day, November 30, you will be eligible for this year's incentives at the $60+, $125+, $250+ and $500+ levels.

Plus, if you make a pledge of exactly 'CJNU Dollars' (that's $93.70 of course!), you'll receive our limited edition Retro Limited Edition AM/FM Transistor Radio!

And that's not all! Pledges of ANY amount received before that November 30 deadline will be entered into our special Pledge Drive 20th Birthday Prize Draws. You could win one of a plethora of individually wrapped "Birthday Presents!"

If you've already made your pledge, THANK YOU again! If your gift was eligible for incentives, they should be on their way to you soon. Please keep an eye on the mail in the coming weeks.



Toward the end of November and throughout December, CJNU will celebrate The Season of Giving... Back. In next month's newsletter, we'll do as much 'giving back' as we can by revealing the winners of our various Pledge Drive 20th Birthday Prizes. We'll also contact all winners directly.

We hope to share the total amount raised during this year's Pledge Drive next month. Meanwhile, we'll be keeping fingers, toes and everything else crossed in hopes of achieving record-breaking pledge levels in our 20th birthday year.

But no matter what the final total is, the truth of our bottom line remains the same: Without the direct support of listeners during our Pledge Drive, we simply wouldn't be able to continue to operate. So, as we turn 20, the only birthday present we truly need, and humbly ask for, is your continued support.

Our thanks to the amazing supporters of this year's CJNU Pledge Drive:

James Richardson and Sons Ltd. and affiliated companies matched donations on the opening day of Pledge Drive.

CJNU member and Winnipeg philanthropist Bob Williams matched donations on the second day of Pledge Drive.

To those who provided incentives

McNally Robinson Booksellers at Grant Park and The Forks

Salisbury House Family Restaurants celebrating 95 years of serving Winnipeg

The Winnipeg Symphony Orchestra

To individuals and organizations who made contributions to our 'birthday present' prize draws this year

And, once again, to YOU! Because as we turn 20 and reflect on how far we've come, we know that with your continued support, **We've Only Just Begun!**

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


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Things To Do - WINNIPEG

COIN / STAMP COLLECTING

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

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

LUNCHEONS / CRAFT & BAKE SALES

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

North Kildonan United Church - Christmas Bazaar, Sat. Nov. 14, 10 am-12 noon, North Kildonan Church, 174 Pentland St. (Btw. Gilmore and McIvor). Crafts, baking, perogies, jam, pickles, candy, Kids Touch n Take ($1), Adult Touch n Take ($2). Coffee, muffins, etc. Free admission. Sponsored by the United Church Women.

St. Michael's Villa - Bake Sale/Basket Raffle Fundraiser, Sat. Nov. 14, 11 am-1 pm at St. Michael's Villa, 114 Yale Ave. E. Perogies, cabbage rolls, baking, and a basket raffle. Proceeds support Social Committee events.

St. Andrew's Parish Hall - Christmas Craft & Vendor Sale, Sat. Dec. 5, 10 am-2 pm, Parish Hall, 2700B Portage Ave. $2 Adm, Under 12 free. Lunch avail. for purchase. 50/50, vendor wares, win a basket of crafts.

The Women's Canadian Club of Winnipeg - Luncheon Nov. 16, 12 noon, at RBC Convention Centre. Speaker Dr. Gordon Goldsborough of the Manitoba Historical Society. Cost $35 (tax and gratuity included). Info, Rochelle: **204-488-8750**, **rochelpin@shaw.ca**.

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 **wwwfriendshipforcewinnipeg@mymts.net**.

MUSIC / DANCE / ART

1100Dance - Come dance to Elvis (by Denny), Sat. Nov. 14, 7:30-10:30 pm, (doors open 7 pm), at Eleven Hundred Dance (1100 Pembina Hwy). Advance tickets $15, $20 at door. Visit 1100dance.com for details. Great Friends - Great Music - Great Floor.

Fort Garry United Church - Elvis Fundraiser, Sat. Oct. 24, 2:30 pm (doors open 1:30), 800 Point Rd. "The Memories" by Denny. Tickets $20. Treats for sale. Come dressed to impress for your chance to win a prize for the best Elvis-inspired costume!

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: **lkehler84@gmail.com** or Mel: **204-291-4592**.

The Forever Young Club - "Remember When" dance, Nov. 28, 7-11 p.m. at ANAF #283, 3584 Portage Ave. Classic rock of the 50's through 80's with DJ Steve. Door prizes, 50/50, light lunch, cash bar. Members $10, Non-members $15. Reserve by Tues. Nov. 24 - text/call **204-261-4442** or **fycwpg@gmail.com**.

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

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**

SPORTS / PICKLEBALL

Richer - Free Pickleball - 6:30-9 pm, Sept. 29/26 - May 25/27, Richer School. Drop in, all 55+ adults welcome, beginners to experienced. No registration Required. Paddles available.

Maples Community Centre / Maples Multiplex - 434 Adsum Drive. 55+ Programs: Badminton, Basketball, Pickleball, program or court availability/ schedule: **Maples.cc.ca**, **204-953-1190.**

Pickleball - Seniors 55 plus are invited to learn to play Mon. and some Thur's, 1-3. Coaching provided if needed. Club paddles provided. Intermediates play Tues. and Fri. 1-3, Sergeant Tommy Prince Place, 90 Sinclair St. Info, Instructor Bonnie Gabbs: **204-589-2330.**

SPORTS / FITNESS / GAMES

Senior Women's 10-pin bowling league - at Château Lanes. Tuesday afternoons, 1-3 pm. Contact A Ducharme: **cinita1954@gmail.com.**

The Fort Rouge Monday Masters League - Looking for teams and individuals and spares for 2026-27 season. Curl alternating draws 9:30 am & Noon. Bring own team or join a team. Bruce **204-694-6176.**

Granite Curling Club - Daytime Curling: Wildewood Seniors - Mon & Wed, 1-3 pm (**kerryfraser@icloud.com**), Granite Masters - Thursdays, 10-noon (**jppeloquin@gmail.com**). Men & Women, all seniors and skill levels. Spares welcome. Autumn Curling Clinic at no cost. One Granite Way, **www.granitecurlingclub.ca**, **curl@granitecurlingclub.ca**, **204-775-8239.**

St. Vital Retired Mixed Curling Club - is looking for individual players (full time or spare) for Tue. & Thur. 10 am league. Contact Ernie Nuytten: **enuytten@gmail.com** or **204-803-6230.**

Charleswood Seniors Curling Club – Curlers of all abilities and ages (50+) to enter as individuals (not teams). The Charleswood Seniors Curling Club is separate from; but operates out of, the Charleswood Curling Club, 4000 Grant Ave. Info: Membership chair Ted: **ted.leblond@icloud.com** or **www.charleswoodcurlingclub.com**.

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: **Norbglen@yahoo.com** or call the Club: **204-256-6654** for info.

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

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

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**

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. Training provided. 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-register: Sherry, **tuneupcafe276@gmail.com**.

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

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

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

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

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

VOLUNTEERING

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 Summerside Ave. Info, Marsha: **204-946-0839.**

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

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

St. James-Assiniboia School Division Swim Program - 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 (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**

Vista Park Lodge Personal Care Home - in St. Vital - Volunteers needed. **Catherine.Linnemann@extendicare.com**

PROGRAMS / SERVICES

Support Services to Seniors (SSS) - welcomes the **Black Seniors Support Inc**. providing services as of Tues. Sep. 1. Info - the Black Senior Resource Coordinator: **431-458-6552**, **srf@blackseniors.ca**

Fort Garry Seniors Resource Finder (FGSRF) - Serving older adults and caregivers in: Fort Garry, Fort Richmond, St. Norbert, Bridgewater, Whyte Ridge, Linden Woods. **204-294-7090** **seniorresources@pal55plus.ca**

A & O: Support Services for Older Adults - Senior Centre Without Walls offers free telephone programs for Manitobans 55+. Enjoy games, travelogues, interesting speakers and friendly conversation, Mon-Fri. Connect, Learn & Have Fun from Home! **204-956-6440**.

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**.

Archwood 55 Plus Inc. - 820 Cottonwood Rd. Pickleball, luncheons, exercise classes, lectures, and outings. Bingos are at 12:30 on: Oct. 27 & Nov. 24. Check us out on Facebook and website.

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. Pancake Breakfast, Wed. Oct. 14, 9-noon, at 377 Dufferin Ave. Includes pancake, sausages, coffee, tea, orange juice. $10 per person.

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@swsrc.ca**.

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Things To Do - WINNIPEG Cont'd

FREE for non-profits and current advertisers. Submit PSAs by Nov. 27 for the Dec. 10 issue. Email wording for your PSAs (approx. 30 words) to: kelly_goodman@shaw.ca.

The Happy Gang Afternoon - Thur. Nov. 12, 1:30-3:30 pm, Prairie Spirit United Church, 207 Thompson Dr. Fun, conversation, games, bridge. Comp. 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**

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**

The Norwood Active Living & Learning group - based out of the Norwood Community Centre, 87 Walmer, **204-986-7056**, **gmnorwoodcc@shaw.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**

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 - Golden Rule Seniors Centre, 625 Osborne **204-478-6169**, **resources@swsrc.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 Nov. 27 for the Dec. 10 issue. Email wording for your PSAs (approx. 30 words) to: kelly_goodman@shaw.ca.

PROGRAMS / SERVICES

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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**

Grande Pointe, Ile des Chênes, Landmark, Lorette, St. Adolphe - 55+ morning yoga & chair/wall yoga in Ile des Chênes & Landmark. Evening classes in Grande Pointe. Gentle yet invigorating drop-in yoga for women & men of all shapes & sizes; no experience needed. **yogaforyoumanitoba@outlook.com**

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. Arborg and District Seniors Resource Council **204-376-3494**; Ashern Living Independence for Elders **204-768-2187**; Beausejour/Brokenhead Services to Seniors **204-403-8205**; Victoria Beach - East Beaches Resource Center **204-756-6471**; Eriksdale Community Resource Council **204-739-2697**; Fisher Branch Seniors Resource **204-372-6861**; Gimli Seniors Resource Council **204-642-7297**; Lundar Community Resource Council **204-762-5378**; Riverton & District Seniors Resource **204-378-2460**; St. Laurent Senior Resource Council **204-646-2504**; Selkirk & District Senior Resource Council **204-785-2737**; Stonewall - South Interlake Seniors Resource Council **204-467-2719**; Springfield Services to Seniors **204-444-3139**; Teulon and District Seniors Resource Council **204-886-2570**; Lac du Bonnet - Two Rivers Senior Resource Council **204-345-1227**, Pinawa **204-753-2962** or Whitemouth/Reynolds **204-348-4610** or Winnipeg River Resource Council **204-367-9128**

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

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

Niverville Recreation - Indoor walking track, public skating, drop-in sports and fitness classes. 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: **204-230-2131, laurie@rmtache.ca**.

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

Selkirk - Gordon Howard Centre - Various activities, outings, seasonal meals and presentations. 384 Eveline St. Info: **www.gordonhoward.ca** or call **204-785-2092**

Selkirk Services to Seniors - For 65+. Programs available to residents who pay taxes to the R.M. of St. Andrews, R.M. of St. Clements or City of Selkirk. Volunteer positions avail: Driver escort, Handi helper, Friendly visitor, Delivering Meals on Wheels. **204-785-2737**, **selkirkseniors.com**

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

Steinbach - Pat Porter Active Living Ctr - 10 Chrysler Gate. Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, ERIK Kits to name only a few. Reception **204-320-4600** **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 (Stonewall Curling Rink: Tue. 6-8:30, Thur. 6-8:30 pm, 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. No formal instruction. **204-467-2582**

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

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

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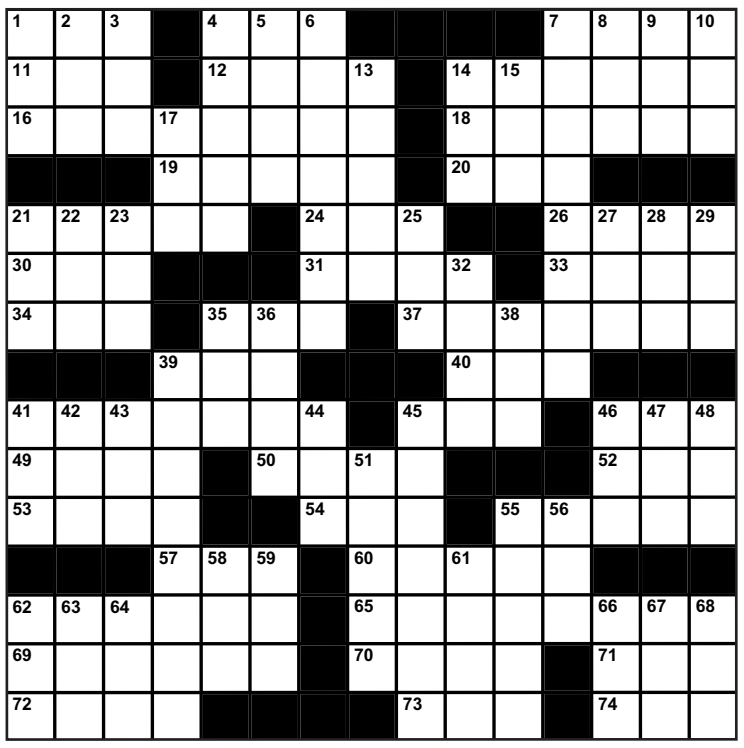
CROSSWORD - Easy - By Myles Mellor



ACROSS
1. Crime organization
4. Finish
7. Boutique
11. Knock one's socks off
12. Gets the picture
14. Fruit with slippery rind
16. Easy to get along with
18. Wiped off
19. Whoop it up
20. Understand
21. Like some goals
24. "____ see you again soon!"
26. Fossil fuel
30. Heed
31. Water areas
33. Colossal
34. Tax, as one's patience
35. Indy 500 service area
37. Changed a wall in renovations
39. Purchase at a home store
40. Youngster
41. Legal
45. Home viewing room
46. Collide with
49. Method of shipping goods
50. XY chromosome
52. Travel medium
53. Kind
54. I'm in!
55. What a bank does
57. Farm female
60. Tax time month
62. Declare earnestly
65. Drops from above
69. Caught
70. Swell
71. Sock section
72. British radial
73. __ blood cell
74. __ salad

DOWN
1. Travel need
2. Wide-faced bird
3. Worker in a hive
4. Paper
5. At hand
6. Flossing recommender
7. Grabbed
8. Tricks
9. Single thing
10. Bachelor's home
13. Method
14. Plead for
15. "We ___ Family"
17. High-rise residence, for short
21. Allow
22. Sculler's need
23. Sear
25. Napkin's place
27. Yours and mine
28. Bronze ___
29. Conducted
32. Purpose
35. Animal foot
36. Any thing
38. Fasten
39. Speck
41. Display at the Getty
42. Stretched out
43. Crater's edge
44. Box on a calendar
45. Lose heart
46. Fled
47. Help out
48. "__ Doubtfire"
51. Get information
55. Like some jackets
56. Santa's collaborator
58. Minable metal
59. Acquired in-laws
61. White, brown or basmati
62. Picnic insect
63. For example
64. Term of address
66. Tucked away
67. Fireplace piece
68. Part of a relay race

SOLUTION ON PAGE 19

WORDSEARCH - FEEL GOOD - Senior Scope

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

Baking
Bannock
Bowling
Brownies
Bubblebath
Caring
Chili
Chocolate
Cocoa
Comfort
Compliment
Cookies
Cozy
Crochet
Cuddles
Curling
Cycling
Dance
Donate
Drawing
Favour
Generosity
Gift
Giving
Hiking
Hope
Hug
Icecream
Joy
Kindness
Love
Massage
Movie
Muffins
Sing
Smiles
Soup
Spa
Stew
Swim
Tea
Walk
Warmth
Wine
Yoga
Music
Nap
Oatmeal
Painting
Party
Peace
Photography
Pickleball
Picnic
Pie
Popcorn
Quilting
Sew
Sharing

SOLUTION ON PAGE 19

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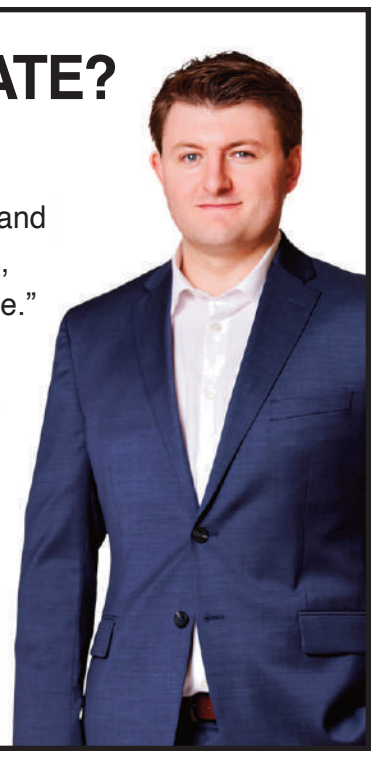

Hayden R. Anning
204-947-6801 | hanning@stmaryslaw.com
619 St. Mary's Road, Winnipeg
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SUDOKU - Very Easy - *Senior Scope*

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

Each 3x3 cell has the digits 1-9.

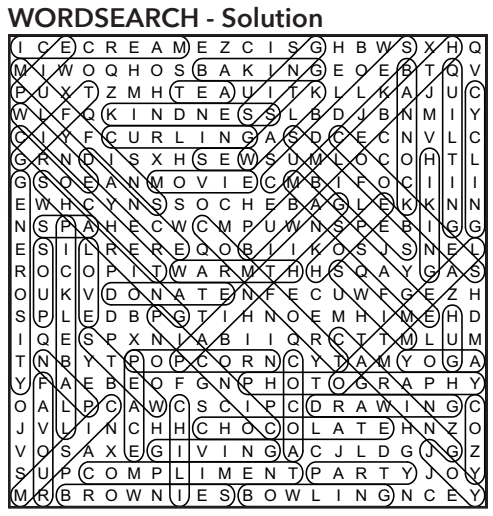
Each vertical and horizontal line also has the digits 1-9.

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

SOLUTION TO THE RIGHT

SOLUTIONS

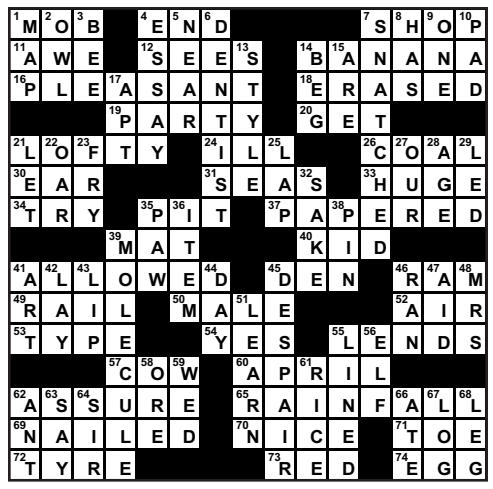
WORDSEARCH - Solution



SUDOKU - Solution

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

CROSSWORD - Solution



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WANTED

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JOBS

DRIVERS WANTED: *Senior Scope* is looking for drivers for the Winnipeg area. 2-3 hours per month. Small car required. Text: **204-467-9000** for details.



LAUGH A LITTLE

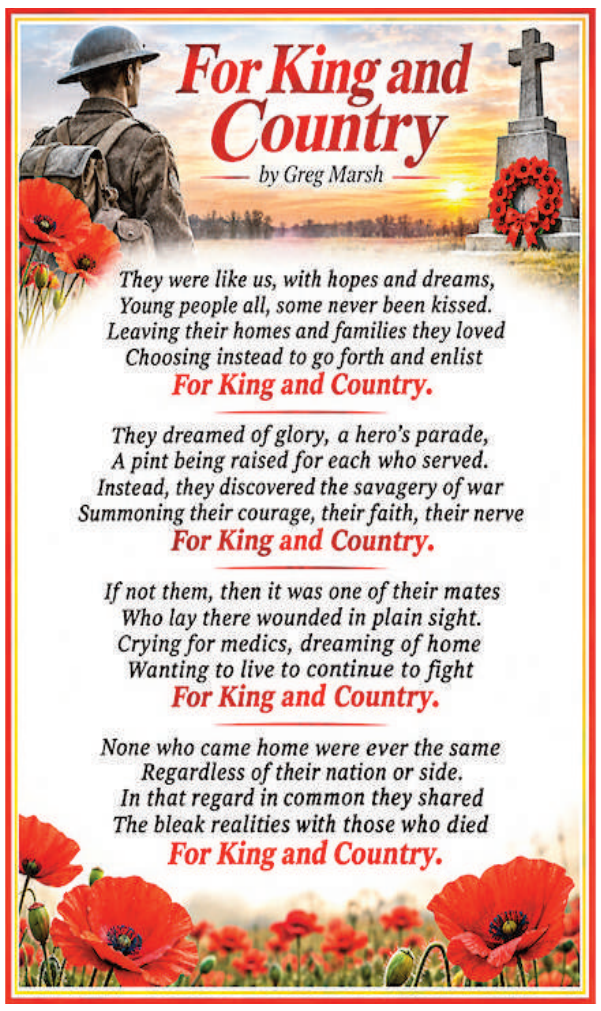
Now I know why we are called grown ups! Because we groan whenever we get up!

I lost my sanity. I hope it's with my patience cause I lost that too.

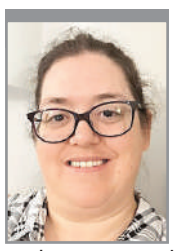
I've been in bed for 30 minutes before I realized I came upstairs only for my glasses.

WANTED: Someone to brush their teeth with me because dentists say brushing alone won't stop tooth decay.

I hate when couples argue in public. And I missed the beginning. And don't know whose side I'm on.



When Loneliness Finds a Way In, We Find Our Way Together



Melanie Bremaud
Seine River Services for Seniors Inc.

One of the many things I enjoy about working in the communities I serve is seeing how we come together to help one another.

This story begins with a Social Prescribing referral, and if anyone knows this Senior Resource Coordinator, you can imagine how excited she was to receive another one!

I called the person referred, and we spoke for a good 45 minutes, discussing their level of loneliness, the factors that led to their isolation, and how it affects their overall well-being. I was very humbled by what this client shared. They said that they had frequently worked and volunteered in caregiving roles. "I was always attentive and compassionate, listening to people who are lonely, acknowledging their loneliness. But I never understood loneliness and knew loneliness until now… Doesn't this sound crazy? I'm comforted by the sounds of my upstairs neighbour when he's walking around."

With this person's story and physical challenges in mind, we discussed how we could help them get back out and socialize. They agreed that their physical challenges had kept them isolated, and then the loneliness set in, causing further pain and trapping them in a vicious cycle of declining health. I asked them what they missed the most – playing cards, sharing a meal, or having time to chat.

I knew of an adult day program, and the client sounded ready to give it a try. I told them I would see what I could do and call them back. With the collaboration of the adult day program and some volunteers, we were successful in getting this client into the program.

Together, we made a connection that reminded me why collaboration matters. Sometimes, the smallest acts of connection remind us that no one should have to find their way alone. ■

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