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Vol. 25 No. 1 | July 10 - Aug 9/26

ENTER Senior Scope's Annual Contest! SEE INSIDE FOR DETAILS.

A Winnipeg School Division Graduation "Powwow"



A MANITOBA MOMENT
By Bud Ulrich

I made a phone call to Bev Laping (wife of the late Nick Laping) to catch up on "things" and was invited to attend a Winnipeg School Division (WSD) Graduation Powwow at Canada Life Centre on June 3rd. My partner, Donna, and I left our place at 8:45 a.m. heading to the arena in my car, hoping to arrive at 9:30 a.m. I had to make a few lane changes to avoid potholes and construction barricades en route through rush hour traffic. It reminded me of going to work in my younger days. Fortunately, we arrived intact and on time to meet Bev at the front door. While walking down the street, an employee of Canada Life Centre yelled and pointed at me, "I know that guy, I know that guy." Indeed, he did. An ol' colleague from St. John's High School, Jay Werner, who I hadn't seen for 36 years, provided an opportunity to reminisce about our teaching days, including alumni who have sadly passed away.

While standing outside at the corner of Portage Avenue and Donald Street, there were many people waiting to enter the Canada Life Centre. Young Indigenous people, dressed in their traditional clothing,

INSIDE:

See Page 12 for Pickleball *'Kitchen Talk'*



One of the PICKLR clinics with everyone having fun!

Jingle dress dancers at the 2026 WSD Graduation Powwow

were enjoying each other's company or just waiting for someone. Two young women wore the most stunning attire, and after much consideration, I decided to approach them for a picture. I provided my *Senior Scope* business card and introduced myself, asking if I could take their picture. Well, the biggest smiles happened, followed by "Yes". I don't know who was happier – me wondering if my approach for a picture was proper, or the gals who were pleasantly surprised that a picture of them would appear in this newspaper.

Inside the arena, Bev, Donna, and I wound our way through the crowd towards our seats. Another Canada Life staff member (usher) smiled at me. It was Marilyn, a retired support staff from St. John's High School. Another nice chat followed. It was somewhat uncanny within an hour to bump into two former colleagues whom I hadn't seen in many years, but equally nice to recall some of the most memorable times of my teaching career.

We took to our seats in the lower section amongst Daniel McIntyre High School students. This spot provided a great view of what was about to happen. I had a bit of time before the entrance of dignitaries and graduates, so I was off to get some water, coffee, and a box of Timbits. I offered some tasty bits to Donna and Bev, but they declined. After enjoying three of the most scrumptious, mouth-watering bits, I decided to offer the rest to the students in the row behind me. I think I made their day. The "thankyous" were heard frequently! I was impressed by the politeness of these young students!

Continued on page 4

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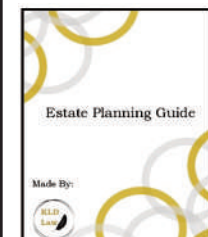
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Send your Letters or Community Story Submissions to: kelly_goodman@shaw.ca



Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

- Submitted by Linda Brown



Linda Brown,
Executive
Director, AAIM

The Manitoba 55+ Games – Summer Challenge – Your Adventure – Your Way!

Active Aging in Manitoba is challenging you to get active this summer – try something new or something you have not done for a while. The focus is to move more!

Walk, roll, cycle, kayak, canoe, golf, swim - there are countless ways to be active this summer! Organize a walking poker derby, a rousing game of Bocce Ball, or a group bike ride to a local coffee shop. Get outdoors – take the time to smell the roses at your local park, visit a flower farm or participate in an afternoon of garden tours. Our summers are short, so we need to embrace every opportunity to get outside and be active. Remember cutting the grass and weeding the garden counts as physical activity.

Join our **Summer Challenge** – it is very easy and all we ask is that you register, track your activity and tell us your story! We want to hear what older Manitobans are doing during our precious days of summer. For registering and sharing your activity tracker you will be eligible to win some great prizes! The Summer Challenge runs from June 30 to August 31st and you can enter at any time.

There are two ways to enter – go to our website: www.activeagingmb.ca and register online and download an activity tracker. Or you can leave a message at **204-632-3947** saying you want to register for the Summer Challenge, your name and address and we will mail the information to you.

Register today – don't let another minute of our summer disappear!

MANITOBA 55+ GAMES

The 2026 Manitoba 55+ Games were a huge success thanks to all the 55+ Manitobans who participated in 20 + different activities. **Morden, Winkler** and the **R.M. of Stanley** were the perfect hosts, and the 150 volunteers ensured everyone had a good time and all events ran smoothly! One week later we followed up with three days of Lawn Bowling in Winnipeg at the Dakota Lawn Bowls facility. It is heartwarming to see so many participants return year after year and each year we are thrilled to welcome first time participants. Although every activity is a friendly competition there is something about winning a medal (and bragging rights!) that lights that competitive spirit no matter the age! It was exciting to add some new events this year - shot put and standing long jump, disc golf and multiple Equestrian events.

In 2027 the **44th year of the Mb. 55+ Games** will be held in **MINNEDOSA**! Planning is already underway - as we look at how we provide the ultimate Games experience.

2028 will be a special year to celebrate 45 years of Manitoba 55+ Games! It is also a qualifying year for the **2028 Canada Senior Games** being held in **Regina**.

There are three important components to the Mb. 55+ Games – the participants, the volunteers and our sponsors. The volunteer spirit is alive and well in southern Manitoba! 150 residents put up their hand to volunteer, lend their expertise, and promote their community – we could not have executed the Games without you!

The Manitoba 55+ Games could not happen without our many sponsors and I want to thank them all and our Presenting Sponsor Play Now, Manitoba Liquor and Lotteries. Their support for so many events throughout this province is outstanding and we feel very privileged to be part of that support.

Thanks to the host committee, the volunteers and our sponsors – your contribution has impacted the lives of many older Manitobans – so thank you for helping to keep older Manitobans moving! For more information, please go to our website at www.activeagingmb.ca

Questions? - Contact us at **204-632-3947**.

Remember – move more and sit less!



Grands 'n' More Winnipeg

Art From the Attic



The tenth Art From the Attic is underway as of May 27. Grands 'n' More Winnipeg is again organizing this giant treasure hunt. Save the date of October 4 at the St. Vital Centre to attend the sale of art donated by residents of Winnipeg and area. Proceeds of sales go to *The Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign*.

Between **May 27 and September 16/26**, art donations are gratefully accepted. During regular business hours at each location, Storageville (830 Waverley Street or 123 Reenders Drive) and End of the Roll (801 Century Street) accept dropped-off art. Grands 'n' More will also have a kiosk at the St. Vital Centre (inside entrance #1) where art may be dropped off Wednesdays and Saturdays between 11 am and 1 pm. There is also an option to have art picked up.

The only requirements are that the art be in good condition and meant to hang on a wall.

For information: gnmafta@gmail.com or **431-275-1183**.

The art for sale on October 4, if other years are a guide, will be of every medium, all sizes and shapes, and priced from \$5 and up. On display will be fine art, appealing decor pieces, photography, textile art, local works and pieces from faraway lands, and a wide range of subject matter. In 2025 over 4000 pieces of art were donated over the summer and early fall, and they sold for net proceeds just under \$46,000.

Those dollars went to support programs in 14 sub-Saharan African countries aimed at the needs of grandmothers who bore the brunt of the AIDS pandemic in their communities, being left to raise grandchildren whose parents died of AIDS. The African grandmothers have learned new income-generating skills in order to feed and educate the children, made much-needed connections for personal support in their daily lives, and helped each other manage their many challenges. They have worked tirelessly to improve human rights, health care, income security programs for the elderly, and to end discrimination and gender-based violence. ■

Senior Scope is proudly Indigenous-owned and operated.

We respectfully acknowledge that **Senior Scope** operates on Treaty Territory, the traditional lands of the Ininiw (Cree), Anishinabé (Ojibwé), Anishiniw (Ojibwé-Cree), Anisininew, Dakota, and Dene Peoples, and the Homeland of the Red River Métis, whose histories, cultures, and contributions continue to enrich our communities.



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Seniors for Climate -

Changing views on global warming

By Ingeborg Boyens

About a month ago, Seniors for Climate launched the beginning of an initiative to alter climate change. No, sadly, it was not an edict to end all fossil fuel burning. But rather a change in how people thought about the warming of our planet.

Most Canadians think climate change is a huge concern. This summer, here in Manitoba, we've already seen crazy storms, overland flooding, and renewed wildfires in the North. The effects of climate change seem evident. However, the response is oddly quiet. There are no Greta Thunberg demonstrations. No fire drill Fridays in Washington DC, even with the current president.

People may be concerned, but they often feel they are on their own and tend to remain quiet. Silence is the new barrier to climate action.

Seniors for Silence called on groups across the country to hold events in June that would 'Break the Silence on Climate Change'. In Winnipeg, we hosted an action picnic/bbq at Vimy Ridge Park – delayed a day of course due to weird weather.

Our volunteers directed conversations by asking individuals to talk to someone they didn't know about how climate change affected them. Then they talked to someone

else about what ideas were most important for an effective city hall. The big ideas were put up on chalkboards, whether they be buying electric buses, rebuilding all civic buildings, or guaranteeing green spaces in every neighbourhood.

Pat Wally, the coordinator of Seniors for Climate (MB), said the picnic showed people how easy it is to talk to strangers about climate change.

"We learned we can assure others they are not alone in their concerns about what is happening around them."

The Seniors for Climate picnic may seem like a small step, yet it is the fundamental beginning of climate action. The organization plans to use this summer to get ready to face a civic election in October. Candidates for election will no longer be able to use silence as a shield. They will have to explain what they would do to prepare the city for the effects of climate change.

"In the fall, we will take our new conversational skills to candidates and ask them to explain their positions on our issues," says Wally.

Anyone who wants to join the Seniors for Climate effort can email pwally@seniorsforclimate.org . ■



Seniors for Climate (MB) hosted an action picnic/bbq at Vimy Ridge Park in Winnipeg.

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... Graduation Powwow..., *cont'd from front page*



The graduation procession began with a most impressive Grand Entrance led by Eagle Staff carriers, along with several dignitaries, followed by 2,500 graduates from all schools within the WSD, and musically accompanied by six drum groups. The graduates wore red and yellow stoles. Red indicated Indigenous graduates and yellow indicated non-Indigenous. The floor of the arena was a sea of young people, including several with their young children. Clearly, they were happy, proud, and enjoyed this recognition. It was a celebration unlike anything else I've seen before. The Indigenous Powwow dancers in their traditional costumes and headdresses provided a beautiful atmosphere of emotion on a grand scale.

The Master of Ceremonies, Michael Esquash Sr., an Anishinaabe Elder and traditional singer, kept the program moving along nicely, much to the delight of those in attendance. We enjoyed being part of this celebration.

The 2026 WSD Graduation Powwow was a first with all schools within the Division held at the Canada Life Centre. The WSD website clearly identifies their position – “The students, staff, and communities of Winnipeg School Division are committed to truth and reconciliation through building relationships with Mother Earth, the original peoples of this land, and the stories that bring us together.”

There are many reasons to hold this type of event on a yearly basis. The benefits are far-reaching for the graduates, as well as providing incentive to future grads in the stands to continue their education and be part of a Graduation Powwow. Winnipeg, Manitoba is very fortunate to stage this unique event which not only encourages and celebrates students but contributes towards reconciliation. We can be very proud of our youth! ■



You're never too old to save a life

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“I'm too old to be a donor.”

It's one of the most common and most persistent myths about organ and tissue donation.

The truth is age alone rarely determines whether someone can become a donor.

When it comes to organ and tissue donation, there is no upper age limit. Every potential donor is evaluated individually at the time of their death, and medical specialists – not age – determine whether organs or tissues are suitable for transplantation.

In fact, some of the oldest donors have gone on to make an extraordinary difference in the lives of others.

While certain medical conditions may affect what can be donated, many older adults are still able to donate tissue such as corneas, skin, bone, tendons, and heart valves. These gifts may not receive the same attention as organ transplants, but they can be just as life changing.

Cornea donation can restore sight to someone living with vision loss. Bone and tendon donation can help people regain mobility after illness or injury. Skin donation can help treat patients with severe burns. Heart valves can save the lives of children born with life-threatening heart conditions.

One person's decision can improve, or even save, the lives of many others.

For many seniors, the desire to give back only grows stronger with age. After a lifetime of raising families, building careers, volunteering, and supporting their com-

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munities, they often begin thinking about the legacy they will leave behind.

We tend to think of legacy as the memories we create, the traditions we pass on, or the values we instill in our children and grandchildren. Those are all important. But there is another kind of legacy. One that can offer hope during someone's darkest moment.

Organ and tissue donation is one final act of generosity. It's an opportunity to help others long after we're gone.

Share Your Wishes with Your Loved Ones

Equally as important as registering your decision is talking with your family about it.

In Canada, families are often involved in conversations about organ and tissue donation after a loved one dies. Knowing your wishes ahead of time can provide comfort during an incredibly difficult period. Instead of wondering what you would have wanted, your family can feel confident they are honouring your decision.

Summer offers the perfect opportunity to have that conversation.

Family gatherings, backyard barbecues,



reunions and cottage weekends bring loved ones together. While discussions about future healthcare wishes may not seem like typical picnic conversation, they are among the most important conversations families can have.

You don't have to make it complicated.

Simply saying, “I've decided to register as an organ and tissue donor because helping others is simply important to me,” can open the door. It gives your family clarity and helps ensure your wishes are known.

Your decision can also inspire the next generation. Children and grandchildren often look to parents and grandparents as they

form their values and make important life decisions. By sharing why you've chosen to register, you may encourage someone else to think about organ and tissue donation for the very first time. Your decision could inspire another registered donor tomorrow.

Remember, age does not define your ability to make a difference.

Whether you're 55, 75, or 95, your generosity, compassion, and desire to help others remain just as meaningful. Medical professionals will determine what may be possible when the time comes. Your role is simply to make your wishes known.

Every registered donor represents hope.

Hope for someone waiting for a life-saving transplant.

Hope for someone hoping to see again.

Hope for someone who wants to walk without pain, recover from devastating burns, or watch their children grow up.

It's never too late to leave a remarkable legacy.

So, if you've ever thought, “I'm probably too old to make a difference,” think again.

Register your decision at SignUpForLife.ca. Share it with your family. Encourage your children and grandchildren to register, too.

Because generosity doesn't have an age limit. Neither does the power to save a life. ■



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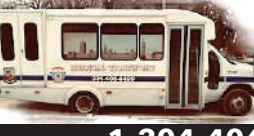
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www.riverwood.cc/elmwood

The Salvation Army Barbara Mitchell Family Resource Centre
51 Morrow Avenue
204-946-9153 / sheila.keys@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
113 Stan Bailie Drive
204-261-9647 / www.srilankanseniorsmb.ca

St. James-Assiniboia 55+ Centre
3-203 Duffield Street
204-987-8850 / info@stjamescentre.com
www.stjamescentre.com

Transcona Council for Seniors
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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

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204-324-1528 / <https://carealtona.com>

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204-768-2187 / lifeashern@gmail.com

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Beau-Head Senior Centre
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seniorservicesofbannercounty@gmail.com
204-532-2391

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Valley Services for Seniors
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valleyserviceforseniors@gmail.com

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seniorservicetm@gmail.com

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reception@brandons4s.ca / www.brandons4s.ca

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brandonmbhealthchecks.ca
healthchecksbrandon@gmail.com

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www.activelivingcentrecarman.ca

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crystalcityfriendship@gmail.com

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Dauphin Active Living Centre Inc.
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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
www.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

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31 Main Street / 204-636-2047
areas@mymts.net

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

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www.gpseniors.ca

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204-548-2210

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

GLADSTONE
Gladstone Senior Support
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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 Community Co-op Inc.
44 Maple Avenue

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

Killarney Service for Seniors
415 Broadway Ave. / 204-523-7115
seniorservice@killarney.ca

LA BROQUERIE and STE. ANNE
Club De L'Amitie de La Broquerie Inc.
97 Rue Principale
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
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35 Main Street
204-762-5378 / lcrc@mymts.net

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

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

PILOT MOUND
Pilot Mound Fellowship Centre
203 Broadway Avenue / 204-825-2873

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

PORTAGE LA PRAIRIE
Herman Prior Senior Services Centre
40 Royal Road N / 204-857-6951
hermanpriorcentre@gmail.com
www.hermanprior.com

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

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

ROSSBURN
Rosscburn Community Resource Council
71 Main Street / 204-859-3386
rosscomm@outlook.com

SANDY LAKE
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100 Main St.
204-585-2411

Municipality of Harrison Park - Age Friendly Initiative Committee
204-585-5310

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384 Eveline Street / 204-785-2092
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SWAN RIVER
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Swan River Senior Citizens Centre
702 1st Street North
204-734-2212

THE PAS
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seniorsthepas@gmail.com

THOMPSON
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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
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sail.cao.2023@gmail.com

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

A Half Century of Coaching Football



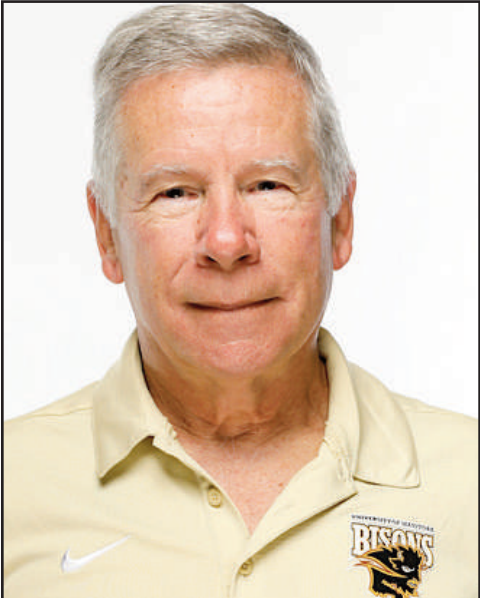
Some people are a natural fit at what they do, and Brian Dobie more than qualifies for this distinction. Coaching football at Churchill High School for 21 years, Brian built several powerhouse Churchill Bulldogs teams winning three Winnipeg High School Football League championships in 1981, 1982 and 1992.

In 1996, Brian found his dream job and became the head coach of the University of Manitoba Bisons football team. He applied three times and on the third go, he was hired. For the next 29 years, his coaching record of 127 wins, ranking fourth in Canada West history, is an amazing accomplishment. In his second attempt at the Canadian University Championship, the U of M Bisons captured the Vanier Cup in 2007. The team finished the season with a perfect 12-0 record, becoming the first university sports team to go through a season undefeated to win the Canadian championship game.

I attended a St. Vital Mustangs team (1984) brunch at St. Norbert Hotel and Brian was their guest speaker. A most interesting question was presented to the team – “What is a moment in your life that stays with you forever? Understandably it would be when you got married or when your children were born, but what is some other experience that will always be with you?” Brian offered – “When I walked down the street in Toronto alongside my co-coach Stu Heaton, holding the Vanier Cup.”

During our recent visit at Mountain Bean Coffee Shop, I presented the same question to Brian, “What is a moment in your life that is very special, aside from getting married or the birth of your child – a moment that will always be with you?” The following account of Brian’s “moment” is the most astonishing story which brought tears to my eyes.

Brian was born in Manotick, a small village located near the Rideau River, south of Ottawa. At the very young age of four, he almost drowned. Nearing the spring season, Brian and his friends were playing in the



Brian Dobie

back yard with his mother. The land sloped towards the river. She heard the phone ringing and told the kids to stay put until she got back. Kids being kids, they hopped on the toboggan and slid down the hill. Everyone jumped off just before going into the river, except Brian. And suddenly he was in the water. The current was fast, sweeping him around a point in the river. “I remember trying to grab onto chunks of ice and going under the water, and that’s all I remember,” said Brian. Had he gone much further, being only four years old and dressed in a snowsuit, he would not have survived. Two teenage boys noticed Brian in the water, dove in and saved his life. The real emotional part of the story is when he took his daughter Caleigh to one of her friend’s cottage in Lake of the Woods. They were invited to head down to the dock to meet her friend’s great uncle and aunt. Brian greeted them and asked where they lived. They mentioned Ottawa but told him they were really from a small village called Manotick. Brian said, “Are you kidding? I’m from Manotick!” He told them he remembered a plane crash, a guy playing the bagpipes, and rattled off four or five things that were key memories. Brian kinda laughed and said, “I almost drowned in the Rideau River.” The great aunt gasped, grabbed her husband’s arm, and said, “Oh my goodness. What year was that?” When Brian said



Brian Dobie

1957, she yelled HONEY! Brian knew immediately what was coming. She went on to say her husband still has a plaque from the mayor of Ottawa given for heroic efforts to save a young boy from drowning in 1957. “On this planet earth, what are the odds that 50 years later, this chance meeting could happen?” Brian said. The great uncle and aunt were crying, Brian was crying, his daughter was sobbing, and they were all hugging each other. Serendipity!

In Brian’s early years he played hockey. He loved this sport and was good at it, but he said he was not as good as he thought he was. Brian loved his experience playing this sport with the University of Manitoba Bisons under coach Andy Bakogeorge. He spoke very highly of him, and knew how driven, passionate and dynamic “Bako” was in his role. It was obvious that Brian was consumed by hockey. Brian had a premonition at the end of his university education that one day he would be back – coaching the Bisons, not in hockey but football.

Here is an interesting story of how Brian’s understanding of sport led to his success and provided opportunities to anyone. “For example, we had a kid named Kris Walker who I saw every year at the Churchill Hall of Fame dinner. He was from St. Theresa Point up north and he came to Churchill High School in Grade 9. He wouldn’t speak English but spoke Cree fluently. Kris’s teacher approached me to see if I would consider playing him on the football team.

The beauty of high school football is there’s a place for any kid, the smartest kid, the less smart kid, the heaviest kid, the slowest kid – there’s a place for everybody. Kris became a very good football player and contributed to the success of the team,” said Brian.

The age-old question about winning (in amateur sports) came up. Brian’s grasp of this part of the game unquestionably provided solid results in several ways. “Winning is important in any program for obvious reasons, but it validates the process and culture that has been created and developed. But always keep in mind that winning is a byproduct of what has been established in the program. An absolute priority for any coach should be the creation of a great experience for their athletes. The real rewards that come with coaching are seeing your athletes grow and thrive both on and off the field, becoming better and more complete people,” Brian said.

Brian provided advice to young (and old) persons beginning as a volunteer coach. “They should never lose sight of why they are there and remember their priorities. They are responsible for the quality of the experience of their athletes. Create a culture of personal and team growth and winning will be so much more appreciated, enhanced, and attainable. And above all, always be genuine when dealing with athletes and colleagues. Remember, you are there for the athletes who are counting on you, and your attitudes and actions will affect and change lives.”

A football coach who has dedicated 50 years of his life to the game he loves cannot do it alone. Brian recognizes the huge contribution from his support staff, and most importantly the understanding of this commitment by his family, wife Jackie, and daughter Caleigh.

In 2024, Brian was inducted into the Manitoba Football Hall of Fame – Coaching category. Truly, a most deserving recognition for one of the best coaches in the game of football! ■

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Reduce your risk of dementia with physical activity

- Alzheimer Society of Manitoba

Staying physically active is beneficial to our overall health, but did you know it can help reduce our risk of dementia too? And for those living with signs and symptoms of dementia, staying active can contribute to your brain health and help prolong progression.

Now that summer is officially here, there's no better time to start thinking about ways you can fit physical activity into your regular routine!

Here are five simple tips to help you stay active for a healthy brain:

1. Set reasonable goals to start

While physical activity is key to reducing dementia risk, settling into a routine can be difficult. You may find it difficult to find the right time and opportunities to be active, so it can be helpful to start small by adding just a bit of physical activity into your daily routine.

This small action could be a brisk walk to the store or taking the stairs instead of the elevator.

2. Turn your physical activities into social activities

Is there a physical activity you would like to try out, but worry that it may be too challenging? Plan this activity with people you



know and feel comfortable around. Some of the more demanding physical activities, like hiking or kayaking, are more fun (and safer) with friends. That way, you are more likely to keep active while also gaining the brain-health benefits of social interaction and teamwork.

3. Keep it simple

When it comes to physical activity, there's no need to make things too difficult for yourself. When looking for things to do, try activities that work with you, not against you. That way, physical activity won't feel like a chore or task.

For example, if you have limited mobility, try to engage in activities that will help you maintain your balance and prevent falls, like gentle yoga or tai chi.

4. Try out aerobic activities

What type of physical activity is best for reducing the risk of dementia? Aerobic activities that increase the heart rate temporarily, like swimming, jogging, cycling or using a stationary bicycle, are enough to benefit your brain.

Even walking the dog can be enough. Many experts recommend walking as one of the safest and most effective forms of aerobic exercise!

5. Do what you want to do

It can be a fun challenge to try something new, but don't feel pressured to pursue activities that you don't care for. Focus on what makes you happy by choosing physical and social activities that you enjoy and love.

If you find that you don't enjoy something, don't force yourself to continue. Remember, activities should feel fun!

BONUS TIP: Get in touch with your local Alzheimer Society office

Looking for more suggestions for physical

and social activities? Give the Alzheimer Society of Manitoba a call at 204-943-6622 (Winnipeg) / 1-800-378-6622 (Manitoba), email alzmb@alzheimer.mb.ca or stop by your local Alzheimer Society office and staff can suggest other brain-healthy activities that are right for you and your needs.

THINGS TO DO - JULY 2026

Dalnavert Museum Dementia-Friendly Tours

Last Saturday of every month, 10-11:30 am, Dalnavert Museum, 61 Carlton St

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

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

Learn more at alzheimer.mb.ca/community-programs

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Heart to Home Meals Food Survey

- Heart to Home Meals - Fred Pennell

New national data from Heart to Home Meals reveals a widening support gap in Canadian senior care, and what families say they actually need to feel at ease

Heart to Home Meals, a Canadian meal delivery service designed specifically for older adults, released new national survey data showing that most Canadians believe there's more to be done when it comes to supporting seniors who want to stay home as they age. Only 24 per cent of Canadians agree that Canada is providing adequate support for seniors living independently at home, while 61 per cent disagree, pointing to a widening support gap that families are quietly closing on their own.

From adult children logging hours of unpaid caregiving each week to seniors skipping meals because cooking has become increasingly difficult, the findings paint a picture of a support system that isn't keeping pace with how Canadians are actually aging. The data is being released in line with Seniors Month, recognized in Ontario each June, and at a time when conversations about home care capacity, healthcare wait times, and aging at home are top of mind for families across the country.

The Invisible Labour Holding Canada's Senior Care System Together

Behind the experience of every senior aging at home is, very often, an adult child putting in real hours of support each week. Canadians with aging loved ones are spending an average of four hours a week helping them with meals, errands, and household tasks, and a meaningful number are spending far more than that. Roughly one-in-three caregivers spends one to three hours a week on this kind of support, another 20 per cent spend four to seven hours, 8 per cent spend 8 to 14 hours, and 6 per cent are putting in 15 hours or more every single week.



The findings make it clear that conversations about aging at home need to include the people doing the helping, not just the people being helped.

A Confidence Divide Between Seniors and Their Families

The survey also reveals a striking gap between how seniors see themselves and how their families see them. While 94 per cent of Canadians aged 65 and older say they are confident they can continue living independently at home for the next five years, with 64 per cent saying they are very confident, that optimism is not fully shared by the people closest to them. Only 71 per cent of Canadians with an aging loved one feel the same level of confidence about that family member, and a quarter of them have real doubts about whether their loved one can keep aging at home.

The Real Threats to Senior Independence

When Canadians were asked what stands

in the way of seniors living independently at home, the answers pointed to a set of interconnected challenges rather than a single issue. Not having someone nearby to help came in at the top, with 88 per cent of Canadians agreeing it is a key difficulty, followed closely by mobility and getting around safely (87%), loneliness and social isolation (85%), managing health conditions and medications (79%), affording the cost of staying at home (75%), and meal preparation and nutrition (74%).

When someone lacks the regular support of a person nearby, meal preparation tends to suffer too, isolation deepens, and small health concerns become harder to stay on top of.

One-in-Five Seniors are Skipping Meals Because Cooking Has Become Too Hard

One of the most concrete findings in the survey is also one of the most difficult to read. More than one-in-five Canadian seniors (22%) report that in the past year they have sometimes or often skipped meals, eaten less, or turned to less nutritious food because preparing meals had become too difficult. Among Canadians with aging loved ones, the picture is even sharper, with 30 per cent saying their family member has struggled with meal preparation at least sometimes in the past year.

"What this data tells us is that Canadians are already stepping up for the seniors in their lives, often invisibly and without recognition," said Matt Diestl, Director of Heart to Home Meals. "Our role is to make that easier, and to ensure no senior ever skips a meal because cooking has become difficult. That's not just a service, that's why we exist."

"These findings reflect what our delivery teams hear every day at the door. Seniors want to stay home, and their families want that for them too, but the support isn't always there to make it possible," said Matt Diestl, Director of Heart to Home Meals. "Behind every senior aging at home is usually a family member doing more than most people realize – the grocery runs, the meal prep, the check-ins – and Heart to Home Meals is here to share that load, so families can spend their time on the relationship instead of the errands, and so no senior has to worry about what's for dinner."

What Heart to Home Meals is Doing for Canadian Seniors and Their Families

Heart to Home Meals is built specifically for older Canadians who want to keep living at home with dignity, independence,

and good food on the table. The service delivers a wide variety of chef-crafted frozen meals, soups, and desserts developed with the guidance of dietitians, with options for different appetites and dietary needs including low sodium, high protein and fibre, and pureed and minced diet options. Meals are dropped off by familiar, locally based delivery teams who know their customers by name, and there are no subscriptions or contracts, so customers can order what they want when they want it.

Powered by the same global food expertise trusted by healthcare systems around the world, and delivered through locally owned franchises across most of Ontario, Alberta, British Columbia, Nova Scotia, New Brunswick, and Manitoba, Heart to Home Meals is designed to make daily life simpler as people age. For seniors, that means knowing the next meal is taken care of. For families, it means a regular knock at the door from a familiar face, a check-in they can count on, and fewer hours spent on errands and meal prep so they can spend that time on the relationship instead.

What Canadians Say Would Give Them the Most Peace of Mind

When asked what would give them the most peace of mind about an aging loved one at home, Canadians pointed first to knowing their loved one could quickly get help in an emergency (26%), followed by living closer to family or support networks (25%), and access to affordable in-home support services (21%). Heart to Home Meals already provides these services every week, with regular knocks at the door from a familiar driver, reliable nutrition, and a model of care that puts real human connection back into how seniors are supported at home.

To learn more about Heart to Home Meals or to place an order for yourself or a loved one, visit hearttohomemeals.ca.

About the Survey

The survey was completed by Heart to Home Meals and conducted between April 21st and April 23rd, 2026. For this study, a representative sample of 1,502 online Canadian adults who are members of the Angus Reid Forum were surveyed in English and French. For comparison purposes only, a probability sample of this size would carry a margin of error of +/-2.53 percentage points, 19 times out of 20.

About Heart to Home Meals

Heart to Home Meals, part of the global apetito group with over \$1 billion in annual sales and a legacy of nutrition-focused care since 1958, delivers chef-crafted, nutritious meals directly to the homes of older Canadians. With a wide variety of menu options developed with the input of dietitians and tailored to a range of dietary needs, including low sodium, high protein and fibre, and pureed and minced diet options, Heart to Home Meals helps seniors age in place with dignity and ease. Operated through locally owned franchises across most of Ontario, Alberta, British Columbia, Nova Scotia, New Brunswick, and Manitoba, Heart to Home Meals serves thousands of Canadian seniors each year. Learn more at hearttohomemeals.ca. ■

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Active Aging in Manitoba (AAIM) presents the

Results for the 2026 Manitoba 55+ Games

June 9-11th

Morden, Stanley & Winkler • Manitoba

CONGRATULATIONS TO THE WINNERS AND ALL WHO PARTICIPATED!

PHOTOS COURTESY OF MERLIN HEPPNER



SWIMMING									
50M FREESTYLE - WOMEN					50M BREASTSTROKE - WOMEN				
55+	Jennifer Bartel	00:59.7	GOLD	Sinclair	65+	Esther Hershfield	0:59	GOLD	St. Andrews
65+	Esther Hershfield	00:43.1	GOLD	St. Andrews		Carol Frisch	1:03	SILVER	Manitou
	Kathy Foley	00:46.8	SILVER	Brandon		Kathy Foley	1:04	BRONZE	Brandon
	Carol Frisch	00:54.3	BRONZE	Manitou	75+	Pat Blakey	1:13	GOLD	Brandon
80+	Linda Buchanan	01:36.0	GOLD	The Pas	100M BREASTSTROKE - WOMEN				
50M FREESTYLE - MEN					65+	Carol Frisch	2:17	GOLD	Manitou
65+	Darek Mikita	01:06.0	GOLD	Headingley		Esther Hershfield	02:17.2	SILVER	St. Andrews
	Irwin Corobow	01:33.2	SILVER	Wpg		Kathy Foley	2:25	BRONZE	Brandon
85+	Malcom Mackinney	1:08	GOLD	Brandon	75+	Pat Blakey	2:41	GOLD	Brandon
50M BACKSTROKE - MEN					100M BACKSTROKE - WOMEN				
65+	Darek Mikita	00:58.3	GOLD	Headingley	65+	Rosalie Lazar	3:22	GOLD	Wpg
	Irwin Corobow	01:33.2	SILVER	Wpg	75+	Pat Blakey	2:31	GOLD	Brandon
85+	Malcom Mackinney	1:08	GOLD	Brandon	80+	Linda Buchanan	5:02	GOLD	The Pas
100M BREASTSTROKE - MEN					TRACK & FIELD				
65+	Darek Mikita	02:37.0	GOLD	Headingley	3000M - MEN				
	Irwin Corobow	03:18.0	SILVER	Wpg	55+	Choudry M.	20:46	GOLD	Wpg
75+	Malcom Mackinney	2:39	GOLD	Brandon		Arshad Siddique			
100M BACKSTROKE - MEN					65+	Bob Cox	13:24	GOLD	Wpg
75+	Doug Blakely	02:37.0	GOLD	Brandon	3000M - WOMEN				
400M DISTANCE - WOMEN					60+	Leslie Carter	15:34	GOLD	Wpg
55+	Jennifer Bartel	9:56	GOLD	Sinclair	75+	Muriel Gamey	18:48	GOLD	Neepawa
65+	Holly Rafertyy	11:18	GOLD	Niverville	1500M - MEN				
	Rosalie Lazar	12:59	SILVER	Wpg	55+	Choudry M.	9:22	GOLD	Wpg
200M PREDICTED - MEN						Arshad Siddique			
65+	Darek Mikita	5:46	GOLD	Headingley	65+	Bob Cox	6:24	GOLD	Wpg
400M DISTANCE - MEN						Wolfgang Tiegs	8:15	SILVER	Wpg
75+	Doug Blakely	9:15	GOLD	Brandon	1500M - WOMEN				
100M FREESTYLE - WOMEN					55+	Denise Wirth	9:11	GOLD	Morden
55+	Jennifer Bartel	2:13	GOLD	Sinclair	60+	Leslie Carter	7:26	GOLD	Wpg
65+	Esther Hershfield	1:49	GOLD	St. Andrews	65+	Shelley Borschawa	8:54	GOLD	Wpg
	Rosalie Lazar	2:58	SILVER	Wpg	75+	Muriel Gamey	9:06	GOLD	Neepawa
80+	Linda Buchanan	3:45	GOLD	The Pas	800M - MEN				
50M BACKSTROKE - WOMEN					55+	Choudry M.	4:39	GOLD	Wpg
55+	Jennifer Bartel	1:31	GOLD	Sinclair		Arshad Siddique			
65+	Carol Frisch	1:03	GOLD	Manitou	65+	Bob Cox	3:20	GOLD	Wpg
	Kathy Foley	1:04	SILVER	Brandon		Wolfgang Tiegs	3:47	SILVER	Wpg
	Rosalie Lazar	1:33	BRONZE	Wpg		Gordon Flett	3:52	BRONZE	Wpg
75+	Pat Blakely	1:14	GOLD	Brandon	70+	Clemus Laurila	5:00	GOLD	Wpg
80+	Linda Buchanan	1:50	GOLD	The Pas	80+	Ray Hutton	7:42	GOLD	Headingley
					800M - WOMEN				
					60+	Leslie Carter	3:57	GOLD	Wpg
					65+	Shelley Borschawa	4:44	GOLD	Wpg
					75+	Muriel Gamey	4:34	GOLD	Neepawa
					400M - MEN				
					55+	Choudry M.	1:55	GOLD	Wpg
						Arshad Siddique			
					65+	Bob Cox	1:29	GOLD	Wpg
						Gordon Flett	1:37	SILVER	Wpg
					70+	Clemus Laurila	2:01	GOLD	Wpg
					75+	Garry Moir	1:43	GOLD	Wpg
						Larry Gompf	2:25	SILVER	Wpg
					80+	Ray Hutton	3:21	GOLD	Headingley
					85+	Jack Dubnicoff	6:04	GOLD	Wpg
					400M - WOMEN				
					60+	Leslie Carter	1:42	GOLD	Wpg
						Lisa McLaughlin	2:08	SILVER	Onanole
					65+	Shelley Borschawa	2:07	GOLD	Wpg
						Esther Hershfield	2:16	SILVER	St. Andrews
					75+	Muriel Gamey	1:54	GOLD	Neepawa
					85+	Carol Dubnicoff	3:11	GOLD	Wpg
					200M - MEN				
					55+	Choudry M.	00:48.8	GOLD	Wpg
						Arshad Siddique			
					65+	Howie Gilmore	00:34.4	GOLD	Wpg
						Bob Cox	00:38.8	SILVER	Wpg
						Gordon Flett	0:39	BRONZE	Wpg
					70+	Clemus Laurila	00:50.6	GOLD	Wpg
					75+	Garry Moir	00:45.9	GOLD	Wpg
						Larry Gompf	00:50.9	SILVER	Wpg
					80+	Ray Hutton	01:13.0	GOLD	Headingley
					85+	Jack Dubnicoff	2:13	GOLD	Wpg
					200M - WOMEN				
					60+	Lisa McLaughlin	0:55	GOLD	Onanole
					65+	Esther Hershfield	0:49	GOLD	St. Andrews
						Shelley Borschawa	0:55	SILVER	Wpg
					85+	Carol Dubnicoff	1:19	GOLD	Wpg
					100M - MEN				
					55+	Choudry M.	00:18.4	GOLD	Wpg
						Arshad Siddique			
					65+	Howie Gilmore	00:15.6	GOLD	Wpg
						Bob Cox	00:18.3	SILVER	Wpg
					70+	Clemus Laurila	00:21.4	GOLD	Wpg
					75+	Larry Gompf	00:19.2	GOLD	Wpg
					80+	Ray Hutton	00:27.6	GOLD	Headingley
					85+	Jack Dubnicoff	1:27	GOLD	Wpg
					100M - WOMEN				
					55+	Darlene Wirth	00:20.1	GOLD	Morden
					60+	Lisa McLaughlin	00:25.7	GOLD	Onanole

Continued on page 10

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Centre Longitudinal du Canada

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June 9-11th



PHOTOS COURTESY OF MERLIN HEPPNER

65+	Esther Hershfield	00:21.9	GOLD	St. Andrews
	Shelley Borschawa	00:27.1	SILVER	Wpg
85+	Carol Dubnicoff	00:30.6	GOLD	Wpg

SHOTPUT - MEN

55+	Neil Campbell	9.02 Meters	GOLD	Wpg
	Choudry M.	4.61 Meters	SILVER	Wpg
	Arshad Siddique			

65+	Gordon Flett	7.10 Meters	GOLD	Wpg
	Wolfgang Tiegs	6.14 Meters	SILVER	Wpg
	Bob Cox	5.95 Meters	BRONZE	Wpg
70+	Allan Wirth	7.34 Meters	GOLD	Morden
	Clemus Laurila	4.44 Meters	SILVER	Wpg
80+	Jack Dubnicoff	2.02 Meters	GOLD	Wpg

SHOTPUT - WOMEN

55+	Darlene Wirth	6.73 Meters	GOLD	Morden
60+	Lisa McLaughlin	4.88 Meters	GOLD	Onanole
75+	Muriel Gamey	6.73 Meters	GOLD	Neepawa

STANDING LONG JUMP - MEN

55+	Neil Campbell	156 cm	GOLD	Wpg
	Choudry M.	237 cm	SILVER	Wpg
	Arshad Siddique			

65+	Wayne Gajadhar	220 cm	GOLD	Wpg
	Wolfgang Tiegs	199 cm	SILVER	Wpg
	Bob Cox	178 cm	BRONZE	Wpg
70+	Clemus Laurila	131 cm	GOLD	Wpg
75+	Garry Moir	168 cm	GOLD	Wpg
80+	Ray Hutton	121 cm	GOLD	Headingley

STANDING LONG JUMP - WOMEN

55+	Darlene Wirth	158 cm	GOLD	Morden
60+	Lisa McLaughlin	137 cm	GOLD	Onanole
65+	Esther Hershfield	149 cm	GOLD	St. Andrews

1 KM PREDICTED WALK/RUN

55+	Choudry M.		GOLD	Wpg
	Arshad Siddique			

70+	Maxine Zebenskie		GOLD	Wpg
	Agnes Thiessen		SILVER	Winkler

3 KM PREDICTED WALK/RUN

55+	Dwight Suderman		GOLD	Winkler
	Esther Hersefield		SILVER	St. Andrews
	Dwane Schott		BRONZE	Winkler
70+	Cheryl Dann		GOLD	Wpg
	Elspeth Sangster		SILVER	Wpg
	Agnes Thiessen		BRONZE	Winkler

8-BALL POOL / SNOOKER

8-BALL

55+	Dieter Bonas	GOLD	Wpg
	Duy Tran	SILVER	Ste. Anne
	Gilles Chartier	BRONZE	Ste. Anne
70+	Richard Gooch	GOLD	Wpg
	Raymond Timpson	BRONZE	Wpg

SNOOKER

55+	Dieter Bonas	GOLD	Wpg
	Colin McTavish	SILVER	Minnedosa
	Ed Petkau	BRONZE	Stanley
70+	Leo Martens	GOLD	Baldur
	(Leon Martens)		
	Richard Gooch	SILVER	Wpg
	Edwin Berry	BRONZE	Cypress River

BRIDGE / CRIBBAGE

DUPLICATE BRIDGE

Patricia Nordick	GOLD	Portage la Prairie
Winnie Pauch		Portage la Prairie
Harvey Bridgeman	SILVER	Portage la Prairie
Robin Carter		Portage la Prairie
Mark Dlboll	BRONZE	Portage la Prairie
Eric Patzack		Portage la Prairie

CONTRACT BRIDGE

Patricia Nordick	GOLD	Portage la Prairie
Winnie Pauch		Portage la Prairie
Harvey Bridgeman	SILVER	Portage la Prairie
Robin Carter		Portage la Prairie
Mark Dlboll	BRONZE	Portage la Prairie
Eric Patzack		Portage la Prairie

CRIBBAGE SINGLES

Paul Hildebrand	GOLD	Wpg
Patricia Baker	SILVER	Wpg
Joy Barnett	BRONZE	East St. Paul

CRIBBAGE DOUBLES

Evelyn Sanders	GOLD	Manitou
Bernice Morin		Manitou
Joanne Thompson	SILVER	Morden
Lorraine Helenski		Morden
Roger Chenier	BRONZE	La Broquerie
Ida Chenier		La Broquerie

GOLF

GOLF - 18 HOLE GROSS: MORDEN

MEN'S 55+	Brad Beghetto	GOLD	Wpg
	Patrick DeWarle	SILVER	Wpg
	Guy Lambert	BRONZE	Mitchell
MEN'S 65+	MikeBerney	GOLD	Wpg
	Bob Chapman	SILVER	Killarney
	Mark Jordan	BRONZE	Morden

MEN'S 75+	Ray McDougall	GOLD	Wpg
	Al Kehler	SILVER	Ile des Chenes
	John Erickson	BRONZE	The Pas

MEN'S 80+

	Terry Dann	GOLD	Wpg
	Rolly Vandal	SILVER	Wpg
	Grant Buchanan	BRONZE	The Pas

WOMEN'S 55+

	Jennifer Finch	GOLD	Wpg
	Lynn Lambert	SILVER	Mitchell
	Sharon Chapman	BRONZE	Killarney

WOMEN'S 65+

	Cathy McMurrich	GOLD	Killarney
	Nancy Shumsky	SILVER	Sunnyside
	Heather Grant	BRONZE	Brandon

WOMEN'S 75+

	Sharon Leckie	GOLD	MacGregor
	Mildred Cotton	SILVER	Kenville
	Anne Penner	GOLD	Steinbach

WOMEN'S 80+

	Helen Funk	SILVER	Steinbach
	Trevor Peters	GOLD	Brandon
	Richard Shadlock	SILVER	Brandon

MEN'S 65+

	Lionel Cure	BRONZE	St. Pierre
	Rick Barnett	GOLD	East St. Paul
	Chris Judd	SILVER	Brandon

MEN'S 75+

	John Thorpe	BRONZE	Wpg
	Brian Cotton	GOLD	Kenville
	Roy Seidler	SILVER	Giroux

MEN'S 80+

	John Erickson	BRONZE	The Pas
	Bruno Stimpson	GOLD	Ste. Anne
	Grant Buchanan	SILVER	The Pas

WOMEN'S 55+

	John Murphy	BRONZE	Headingley
	Tammy Thiessen	GOLD	Morden
	Marge Enns	SILVER	Morden

WOMEN'S 65+

	Alice Cure	BRONZE	St. Pierre
	Cathy McMurrich	GOLD	Killarney
	Angie Perron	SILVER	Ile des Chenes

WOMEN'S 75+

	Joanne Stimpson	BRONZE	Ste. Anne
	Ellen Blaine	GOLD	Glenboro
	Mildred Cotton	SILVER	Kenville

WOMEN'S 80+

	Helen Funk	GOLD	Steinbach
	Anne Penner	SILVER	Steinbach
	Leo Kosokosky	GOLD	Wpg

GOLF - 9 HOLE GROSS: WINKLER

MEN'S 55+	Guy Lambert	SILVER	Mitchell
	Lionel Cure	BRONZE	St. Pierre
	Rodney Fallis	GOLD	Winkler

MEN'S 65+

	Tom Henderson	SILVER	Ile des Chenes
	Roger Perron	BRONZE	Kenville
	Brian Cotton	GOLD	Wpg

MEN'S 75+

	Ted Knight	SILVER	The Pas
	John Erickson	BRONZE	Ste. Anne
	Bruno Stimpson	GOLD	Wpg

MEN'S 80+

	Ken Strand	SILVER	Wpg
	Rolly Vandal	BRONZE	Wpg
	Lynn Lambert	GOLD	Mitchell

WOMEN'S 55+

	Alice Cure	SILVER	St. Pierre
	Joanne Stimpson	GOLD	Ste. Anne
	Edith Lovatt	SILVER	Morden

WOMEN'S 65+

	Esther Hershfield	BRONZE	St. Andrews
	Mildred Cotton	GOLD	Kenville
	Elspeth Sangster	SILVER	Wpg

WOMEN'S 75+

	Cheryl Dann	BRONZE	Wpg
	Linda Buchanan	GOLD	The Pas
	Leo Kosokosky	GOLD	Wpg

MEN'S 55+

	Guy Lambert	SILVER	Mitchell
	Lionel Cure	BRONZE	St. Pierre
	Rodney Fallis	GOLD	Winkler

MEN'S 65+

	Tom Henderson	SILVER	Ile des Chenes
	Roger Perron	BRONZE	Kenville
	Brian Cotton	GOLD	Wpg

MEN'S 75+

	Ted Knight	SILVER	The Pas
	John Erickson	BRONZE	Ste. Anne
	Bruno Stimpson	GOLD	Wpg

MEN'S 80+

	Ken Strand	SILVER	Wpg
	Rolly Vandal	BRONZE	Wpg
	Lynn Lambert	GOLD	Mitchell

WOMEN'S 55+

	Alice Cure	SILVER	St. Pierre
	Joanne Stimpson	GOLD	Ste. Anne
	Edith Lovatt	SILVER	Morden

WOMEN'S 65+

	Esther Hershfield	BRONZE	St. Andrews
	Mildred Cotton	GOLD	Kenville
	Elspeth Sangster	SILVER	Wpg

WOMEN'S 75+

	Cheryl Dann	BRONZE	Wpg
	Linda Buchanan	GOLD	The Pas
	Leo Kosokosky	GOLD	Wpg

MEN'S 55+

	Guy Lambert	SILVER	Mitchell
	Lionel Cure	BRONZE	St. Pierre
	Rodney Fallis	GOLD	Winkler

MEN'S 65+

	Tom Henderson	SILVER	Ile des Chenes
	Roger Perron	BRONZE	Kenville
	Brian Cotton	GOLD	Wpg

MEN'S 75+

	Ted Knight	SILVER	The Pas
	John Erickson	BRONZE	Ste. Anne
	Bruno Stimpson	GOLD	Wpg

BOCCE - PAIRS

Lorraine Hagborg	GOLD	Wpg
Len Van Roon		Wpg
Sonja Lundstrom	SILVER	Wpg
Joe Lebine		Wpg
Milan Savic	BRONZE	Wpg
Bobby Walder		Wpg

DISC GOLF - MEN

Tim Barkley	GOLD	Wpg
Dave Giesbrecht	SILVER	Winkler
Jerry Kondi	BRONZE	Wpg

DISC GOLF - WOMEN

Marie Gledhill	GOLD	Wpg
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ARTS & CRAFTS

ARTS & CRAFTS - MEDALS

Elfrieda Tiessen	GOLD - Overall Best	Crystal City
Marion McDonald	SILVER - People's Choice	Ste. Anne
Geraldine Nelson	BRONZE - Hon. Mention	Neepawa

ARTS & CRAFTS - RIBBONS

Diamond Art & Mosaic Crafts

1st, 2nd & 3rd	Joanne Thompson	Morden
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Fibre Arts - Knitting & Crochet

1st, 2nd & 3rd	Holly Rafferty	Niverville
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Fine Art

1st	Geraldine Nelson	Neepawa
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Jewelry & Wearable Art

1st	Geraldine Nelson	Neepawa
2nd	Joanne Thompson	Morden

Needlework & Embroidery

1st, 2nd & 3rd	Elfrieda Tiessen	Crystal City
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Photography

1st, 2nd & 3rd	Holly Rafferty	Niverville
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Pottery & Ceramics

1st	Marion McDonald	Ste. Anne
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Quilting & Textile Arts

1st, 2nd & 3rd	Elfrieda Tiessen	Crystal City
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Recycled & Upcycled Creations

1st	Geraldine Nelson	Neepawa
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FLOOR SHUFFLEBOARD

Dale Couch	GOLD	Winkler
Donna Couch		Winkler
Marion MacDonald	SILVER	Ste. Anne
Clancy MacDonald		Ste. Anne
Elizabeth Dyck	BRONZE	Winkler
Chris Boschman		Winkler

PICKLEBALL

PICKLEBALL WOMEN'S DOUBLES 3.0

55+	Jocelyn Legault-Clark	GOLD	Erickson
	Kerrie Butler		Erickson
	Neta Friesen	SILVER	Wpg
	Krista Girard		Wpg
	Julie Kooistra	BRONZE	Swan River
	Kim Knowles		Swan River

60+	Leah Caper	GOLD	Wpg
	Denise McKendry		Wpg
	Delsie Wiebe	SILVER	Virden
	Kerri Main		Virden
	Barb Parobec	BRONZE	Souris
	Tracy Hodgson		Souris

65+	Kathy Miller	GOLD	Wpg
	Toni Nicholson		Wpg
	Debbie Scott	SILVER	Killarney
	Brenda Stagg		Killarney
	Karen Templeton	BRONZE	Portage la Prairie
	Sherry Legeaux		Portage la Prairie

70+	Ute Vann	GOLD	Gimli
	Isabelle Tache		Gimli
	Lily Green	SILVER	Wpg
	Kathy Isaac		Wpg

75+	Marilyn Redekop	GOLD	
	Margaret Boumford		

PICKLEBALL WOMEN'S DOUBLES 3.5



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PICKLEBALL WOMEN'S DOUBLES 4.0

55+	Penny Yakubowski	GOLD	Wpg
	Lise Simonsen		Wpg
	Cheryl Lewis	SILVER	Brandon
	Maureen Bonar		Brandon
	Suzanne Simard	BRONZE	St. Eustache
	Angie Wark		St. Eustache
60+	Susan Nemec	GOLD	Wpg
	Pam Mason		Wpg
65+	Janice Siemens	GOLD	Wpg
	Eleanore Schlamb		Wpg
70+	Brenda Granger	GOLD	Stonewall
	Coleen Dufresne		Stonewall

PICKLEBALL MEN'S DOUBLES 3.0

55+	Gordon Fitzell	GOLD	Wpg
	Miguel Uehara		Wpg
	Keith Boyd	SILVER	Wpg
	Andre Kriening		Wpg
60+	Dave Posaluko	GOLD	Wpg
	Barrie Taylor		Wpg
	Jeff Oleary	SILVER	Wpg
	Glen Chatel		Wpg
	Gerald Verbong	BRONZE	Wpg
	Perry Thibodeau		Wpg
65+	Neal Remple	GOLD	Morden
	Paul Patterson		Morden
	Roger Samuel	SILVER	Wpg
	Andy Porter		Wpg
	Jim Lickley	BRONZE	Headingley
	Darek Mikita		Headingley
70+	Murray Farguson	GOLD	Brandon
	Frank Hyndman		Brandon
	Jack (John D) Reeb	SILVER	Lockport
	Terry Kirkham		Lockport
	Gareth Mills	BRONZE	Wpg
	Brent Horill		Wpg
75+	Dennis Bowles	GOLD	Swan River
	Elmer Friesen		Swan River
	Art Bilodeau	SILVER	Wpg
	Marcel Vermette		Wpg
	Gary Schellenberg	BRONZE	Wpg
	Perry Marquis		Wpg

PICKLEBALL MEN'S DOUBLES 3.5

55+	Mark Verwey	GOLD	Portage la Prairie
	Darcy McKean		Portage la Prairie
	Troy Thomson	SILVER	Sandy Lake
	Terry Browett		Sandy Lake
	Darryl Wylie	BRONZE	Wpg
	Jon Goossen		Wpg
60+	Bev Workman	GOLD	Brandon
	Neil Graham		Brandon
	Jeff Wooster	SILVER	Morden
	Don Friesen		Morden
	Scott Lancaster	BRONZE	Brandon
	Ward Rathwell		Brandon
65+	Kelly Taylor	GOLD	Starbuck
	Scott Lockhart		Starbuck
	Peter Ewert	SILVER	St. Andrews
	Randy Fender		St. Andrews
	Alan Armstrong	BRONZE	Rapid City
	Alex Parobec		Souris
70+	Larry Kooistra	GOLD	Swan River
	Fred Fuchs		Swan River
	Robert Schlamp	SILVER	Teulon
	Andy Neale		Teulon
	Brad Schnell	BRONZE	Portage la Prairie
	Jim Leslie		Portage la Prairie
75+	Ron Chekosky	GOLD	Wpg
	Dennis McCaffrey		Wpg
	Tim Jersak	SILVER	Wpg
	Earl Ray		Wpg

PICKLEBALL MEN'S DOUBLES 4.0

55+	Larry Falk	GOLD	Morden
	Darren Crane		Morden
	Rob Fiola	SILVER	Wpg
	Denis Marcon		Wpg
60+	Darren Maginel	GOLD	Brandon
	Claude Pellerin		Brandon
	Eduardo Barreto	SILVER	Wpg
	Rob Lanyon		Wpg
	Brian Wurch	BRONZE	Wpg
	Alexandre Nikouline		Wpg

PICKLEBALL MIXED DOUBLES 3.0

55+	Doug Wright	GOLD	Virten
	Michele Wright		Virten
60+	Barrie Taylor	GOLD	Wpg
	Kathy Taylor		Wpg
	Kathleen Friesen	SILVER	Morden
	Peter Hildebrand		Morden
	Wendy Love	BRONZE	Portage la Prairie
	Vince Gillis		Portage la Prairie
65+	Debbie Scott	GOLD	Killarney
	Tony Scott		Killarney
	Kym Terry	SILVER	Selkirk
	Margaret Speer		Selkirk
	John Stott	BRONZE	Sanford
	Toni Nicholson		Sanford

70+	Virginia Fridd	GOLD	Virten
	Randy Slater		Virten
	Paul Phangureh	SILVER	Wpg
	Kathy Isaac		Wpg
	Garry Whyte	BRONZE	Wpg
	Debbie Whyte		Wpg
75+	Gary Schellenberg	GOLD	Wpg
	Valerie Schellenberg		Wpg

PICKLEBALL MIXED DOUBLES 3.5

55+	Curtis Sanjenko	GOLD	Winkler
	Loreen Buss		Winkler
	Leanne Lotecki	SILVER	Wpg
	Doug Lockhart		Wpg
	Sheldon Hill	BRONZE	Grunthal
	Connie Gauthier		Grunthal
60+	Nancy Payne	GOLD	Brandon
	Neil Graham		Brandon
	Larry Kooistra	SILVER	Swan River
	Julie Kooistra		Swan River
	Vern Reimer	BRONZE	Winkler
	Cheryl Reimer		Winkler
65+	Mark Verwey	GOLD	Portage la Prairie
	Tracy Waldvogel		Portage la Prairie
	John Klassen	SILVER	Winkler
	Sharon Klassen		Winkler
	Bev Workman	BRONZE	Brandon
	Allison Manning		Brandon
70+	Len Victor	GOLD	Morden
	Lois Dudgeon		Morden
	Coleen Dufresne	SILVER	Wpg
	David Goertzen		Wpg
	Sherry Legault	BRONZE	Elie
	Jim Leslie		Elie

PICKLEBALL MIXED DOUBLES 4.0

55+	Lise Simonsen	GOLD	Wpg
	Sean Black		Wpg
65+	Wayne Jones	GOLD	Kenora
	Catherine Jones		Kenora
	Ron Chekosky	SILVER	Wpg
	Ellenor Schlamb		Wpg
70+	Laurie Guderyan	GOLD	Wpg
	Brenda Granger		Wpg
65+	Nina Constable	GOLD	Wpg
	Bill Johnstone		Wpg

EQUESTRIAN: BIRDSHILL

2nd Level Dressage Test 2	Wanda Hicks	GOLD	Stony Mtn
2nd Level Dressage Test 3	Lisa Paterson	GOLD	Wpg
	Wanda Hicks	SILVER	Stony Mtn
	Christine Chudy	SILVER	Oak Bluff
3rd Level Dressage Test 1	Leslie Crombi	BRONZE	Wpg
1st Level Dressage Test 1	Ruth Asper	GOLD	Wpg
	Janan Fileccia	SILVER	Headingley
	Ruth Asper	GOLD	Wpg
1st Level Dressage Test 2	Hazel Croome	GOLD	Wpg
Training Level Dressage Test 1	Linda Casson	SILVER	Sanford
	Janet McEntee	BRONZE	Carberry
Training Level Dressage Test 2	Hazel Croome	GOLD	Wpg
	Janan Fileccia	SILVER	Headingley
Introductory Dressage Test B	Catherine Farrell	GOLD	Morris
	Haley Gillis 2nd test	SILVER	Wpg
	Jennifer LaBella	BRONZE	Wpg
Introductory Dressage Test C	Catherine Farrell	GOLD	Morris
	Linda Casson	SILVER	Sanford
	Sheila MacLeod	BRONZE	St. Pierre
Competitive Trail - 25 miles	Dianne Borger	GOLD	Wpg
	Brenda Tolpa	SILVER	Oakbank
Competitive Trail - 15 miles	Kristine Erb	BRONZE	Headingley
	Janan Fileccia	GOLD	Headingley
	Brenda McQueen	SILVER	Cooks Creek
	Natascha Klan	BRONZE	Selkirk
Cross Country EV 65	Linda Casson	GOLD	Sanford
	Sheila MacLeod	SILVER	St. Pierre
	Haley Gillis	BRONZE	Wpg
Working Equitation Ease of Handling	Linda Casson	GOLD	Sanford
	Jennifer LaBella	SILVER	Wpg
Deirdre McGarry W/T	BRONZE	Springstein	
Working Equitation Speed	Linda Casson	GOLD	Sanford
	Jennifer LaBella	SILVER	Wpg
	Deirdre McGarry W/T	BRONZE	Springstein
Overall W/E	Linda Casson	GOLD	Sanford
	Jennifer LaBella	SILVER	Wpg
	Deirdre McGarry	BRONZE	Springstein
Show jumping Cross Rails Leave jumps	Linda Casson	GOLD	Sanford
	Haley Gillis	SILVER	Wpg
	Sheila MacLeod	BRONZE	St. Pierre
Show Jumping -2'3	Linda Casson	GOLD	Sanford
Barrel Racing	Wanda Hicks	GOLD	Stony Mtn
	Tracey Muir	GOLD	Stony Mtn
	Janan Fileccia	GOLD	Headingley
	Sheila MacLeod	GOLD	St. Pierre
	Natascha Klan	GOLD	St. Pierre
Ranch Trail	Mark Grootelaar	SILVER	Cooks Creek
	Tracey Muir	BRONZE	Stony Mtn
Ranch Riding	Natascha Klan	GOLD	Selkirk
	Heather Hein	SILVER	Lac Du Bonnet
	Tracey Muir	BRONZE	Stony Mtn
Eventing Overall	Linda Casson	GOLD	Sanford
	Haley Gillis	SILVER	Wpg
	Sheila MacLeod	BRONZE	St. Pierre

SLO-PITCH

REC POOL A

Rock Lakers	GOLD	Pembina Valley
Coyotes	SILVER	Westman Region
Morden	BRONZE	Morden

REC POOL B

Stingers	GOLD	Wpg
Portage	SILVER	Central Region
Flashback Stealers	BRONZE	Wpg

LAWN BOWLING: WPG - JUNE 16-18

WOMEN

Betty Van Walleghe	GOLD	Wpg
Gillian McMurphy		Wpg
Elaine Hunnie	SILVER	Wpg
Adeline Richardson		Wpg
Joanne Kullman	BRONZE	Wpg
Cheryl Chudrick		Wpg

MEN

Jerome Kirby	GOLD	Wpg
John Bjornson		Wpg
Gerald Chudrick	SILVER	Wpg
Brian Kullman		Wpg
Ray Saurette	BRONZE	Wpg
Bob Cowie		Wpg

MIXED

Elaine Hunnie	GOLD	Wpg
Rick Nobess		Wpg
Jerome Kirby	SILVER	Wpg
Gillian McMurphy		Wpg
Adeline Richardson	BRONZE	Wpg
Gerald Chudrick		Wpg

CURLING

WOMEN'S 55+

Team Messner	Kathleen Messner	skip	Gold	Lorette
	Nancy Brommell	third		
	Julie Labossière	second		
	Gloria De Spiegelaere	lead		

Team Fraser	Candace Fraser	skip	Silver	Morden
	Laura Hildebrand	third		
	Becky Williams	second		
	Nancy Rach	lead		

WOMEN'S 65+

Gardiner	Angela Gardiner	skip	Silver	Wpg
	Lynnette Froese	third		
	Anne Marie Roloff	second		
	Alison Logan	lead		
	Joanne Rex	5th		

Colwell	Judith Colwell	skip	Gold	Wpg /
	Donna Smiley	third		East St. Paul /
	Wendy Nykoluk	second		Garson
	Brenda Michel	lead		

MEN'S 55+

Doctors Manitoba	Andrew Swan	skip	Gold	Wpg
	Mark Venton	third		
	Roger Jamieson	second		
	Barry Hallman	lead		

MEN'S 65+

Team Hildebrand	Ken Hildebrand	skip	Gold	Morden
	Ted Klassen	Third		
	Morley Wilson	second		
	Bob Sagert	lead		

Team Falk

	Jim Falk	skip	Silver	Altona
	Dennis Friesen	third		
	Henry Sawatzky	Second		
	Al Friesen	lead		

2-PERSON STICK

MEN'S U 70

Brandt Meyers	Curt Brandt	Gold	Steinbach /
	Allan Meyers		Blumenort
The button seekers	Jim Partaker	Silver	St. Claude
	Dennis Leduc		

Margolis/Samagalski	Ron Margolis	Bronze	Winnipeg
	Perry Samagalski		

70+ - MEN

Coggan/Santos	Blair Coggan	Gold	Warren /
	Lino Santos		Winnipeg
Magnusson/Coutts	Resby Coutts	Silver	Winnipeg
	Norm Magnusson		

Hamilton/Byggdin	Harold Hamilton	Bronze	Winnipeg /
	Brent Byggdin		Niverville

MEN'S 80+

McCullough/Johnston	Charlie McCullough	Gold	Carman
	Wayne Johnston		

UNDER 70 - MIXED

Sanders/Sanders	Evelyn Sanders	Gold	Manitou
	Andre Sanders		

Deprez/Maywood	Arlene Deprez	Silver	Winnipeg
	Darlene Maywood		

Gitzel/Gitzel	Allen Gitzel	Bronze	Roland
	Marilyn Gitzel		





PICKLEBALL FUN-RAISER
for MAKE-A-WISH CANADA

Paddle Peels presents "Pickleball for Wishes" a fun afternoon of playing pickleball in support of **Make-A-Wish Canada** Sunday August 9, 2026 at the Jonathan Toews Sportsplex/Dakota Community Club, 1-4 pm

Registration for this fun event - **Pickleball for Wishes** - is \$25 per person. Doubles teams.

For questions or to donate a silent auction prize: 1-431-277-0757.

To register and to pay by e-transfer: info@paddle-peels.com. Registration deadline - August 3rd.

So many people of every age group enjoy and are getting into Pickleball. It's such a fun social event where different generations can play with each other. What other sport can you do that in at the same level and a high fun factor? Answer: none.

Make-A-Wish Canada grants wishes to critically sick children. These kids are not able to participate in sport of many forms.

Our mantra: If you can enjoy playing then "play" it forward and help the kids.

Registration for this event includes an event-day Paddle Peel as shown.

It's a peel/sticker that is placed on the paddle face to heighten your enjoyment and shows cohesiveness of everyone working towards one goal - Full teamwork in a fun setting.

Paddle Peels will also be selling a variety of peels at this event and will be donating \$3 from each sale to **Make-A-Wish Canada**.

You can see many examples of "gut-busting" peels to show a player's personality at paddle-peels.com.

Net proceeds from this event are being raised for **Make-A-Wish Canada!**

~ Yvonne
Hilary C Maxim Law Office
204-224-2600



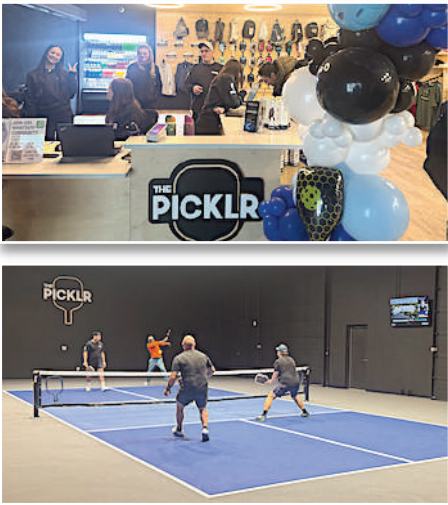
PICKLEBALL IS FOR ALL AGES!

Joe Hershfield
80 yrs young

Joe was a tennis player but gave up the sport 20 years ago due to a rotator cuff injury. This prompted him to check out the sport of pickleball and now is a member at The PICKLR.



GRAND OPENING AT THE PICKLR - JAN. 31/26



THE PICKLR

The Picklr Winnipeg South: More Than a Place to Play



The Picklr's Provincial medalists at a celebration for them.

Pickleball is one of the fastest-growing sports in the world, and Winnipeg is no exception. But if you're looking for somewhere to play, you're not just looking for courts — you're looking for a community. That's exactly what **The Picklr Winnipeg South** is built around.

Located in the south end of the city, **The Picklr** is Winnipeg's premier indoor pickleball facility, and it's setting a new standard for what a pickleball club can be. With 10 premium indoor courts, there's always a game to be had — rain, snow, or whatever Manitoba decides to throw at you. Two of those courts are championship-sized, designed for competitive play and larger events, while three courts are equipped with Wingfield AI coaching technology — giving players real-time feedback and performance insights that were once only available to elite athletes. Whether you're working on your third shot drop or dialing in your serve, the tech is there to help you level up.

But courts and cameras are only part of the story.

World-Class Instruction, Local Talent

The Picklr Winnipeg South is home to seven dedicated pickleball instructors — including the top three ranked players in the

province. That's not something you'll find just anywhere. From absolute beginners picking up a paddle for the first time to competitive players chasing their next podium finish, the coaching staff here meets you exactly where you are and helps you get where you want to go.

A Membership That Actually Delivers

Membership at the Picklr Winnipeg South is built for players who want to get the most out of the game. Members enjoy unlimited court play, access to leagues and tournaments, four clinics per month, and four guest passes per month — so you can always bring a friend, a coworker, or that neighbour you've been trying to convince to try pickleball. It's an all-in membership designed to remove every barrier between you and the court.

Built for Every Skill Level

One of the things that makes the Picklr Winnipeg South truly special is its commitment to inclusive, social play. This isn't a facility where beginners feel out of place or advanced players feel unchallenged. Through a range of fun and creative social play opportunities, unique tournament formats, and community events, players of every skill level share the court, compete together, and cheer each other on. The result is something rare in competitive sport — a space where everyone genuinely belongs.

A Family, Not Just a Facility

What sets the Picklr Winnipeg South apart isn't just the courts, the coaching, or the technology — it's the culture. From the moment you walk in, you're not a customer. You're part of a growing family of players who show up for the game and stay for each other. There's a sense of energy and belonging here that's hard to put into words and impossible to ignore once you've felt it. Members celebrate each other's wins, push each other to improve, and — above all — have an incredible time doing it.

Pickleball is better when it's played with people you love being around. At The Picklr Winnipeg South, that's not just the goal — it's the standard.



Pam Sellers, one of The Picklr's instructors.

THE PICKLR

The Picklr Winnipeg South



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Giving Back, One Yard at a Time

The St. Vital Mustangs Alumni is now turning memories into meaningful impact on our community.



MANITOBA SPORTS

By Scott Taylor /
Photos by Scott Taylor
and courtesy Jim Ringer

The stories still flow like it's 1984, only today, the scoreboard looks a little different. Back then, the St. Vital Mustangs were chasing championships, building brotherhood, and, in at least one unforgettable season, coming within a single point of national glory. Today, that same group of players—and the extended fraternity they helped build—are chasing something far more enduring: community impact.

What started as a nostalgic reunion has quietly become one of grassroots football's most meaningful giving-back stories.

It began in 2023, when the 1984 Junior Mustangs were inducted into the Football Manitoba Hall of Fame. With players flying in from across Canada and the United States, the reunion carried all the familiar ingredients—stories, laughs, and a healthy dose of “what might have been.” But amid the celebration, something shifted.

“We got together the day before,” said Alumni board member Jim Ringer, “and we all kind of said, ‘You know, we should really do something to give back to the organization.’”

That conversation led to an impromptu golf tournament at Windsor Park—hardly polished, far from perfect, but driven by purpose. Players emptied their pockets, paid their way, and raised between \$6,000 and \$7,000 in a single day.

The money went straight back to the Mustangs program, which had recently completed field upgrades but still needed funds for landscaping and finishing touches.

It wasn't a grand plan. It didn't need to be. It just worked. And with it, a new tradition was born.

The Mustangs alumni group now operates with a core of five organizers—former players who have traded playbooks for planning sheets: Ringer, Stew Heaton, Paul Nellis, John Milani and Grant McMannes. What began as a one-off gesture has evolved into



Jim Ringer

an annual fundraising effort that continues to grow—carefully, deliberately, and without losing its grassroots feel.

Rather than chasing size and scale, the group chose sustainability.

“We don't want 144 golfers on a golf course,” said Ringer, 68. “That's a lot of work for not enough return.”

Instead, they found their niche at a nine-hole course in Lorette, where the event now hosts about 80 golfers annually. At \$150 per player, combined with local hole sponsorships from St. Vital-area businesses, the tournament has become a reliable engine for giving.

Last year, the results spoke volumes: \$10,000 donated back to the Mustangs program alone. But the alumni wasn't finished.

As the group's efforts grew, so did its vision. Two deeply personal tragedies within the Mustangs community—alumni who lost sons to suicide—shifted the focus beyond football. The result was a partnership with Project 11, a Manitoba-based initiative dedicated to youth mental health education.

The connection hit hard.

“When (Winnipeg Jets owner and president) Mark Chipman came and spoke to us, there were guys crying,” Ringer recalled. “It just made it clear—this is something we have to do.”

Since then, Project 11 has become a cornerstone of the alumni's charitable efforts. The group has also partnered with KidSport, an



Organizer Stew Heaton (17) back in his playing days with the Mustangs

organization that helps cover registration and equipment costs for young athletes—many of whom play for the Mustangs themselves.

The numbers, while impressive, tell only part of the story.

Over the past couple of years, the alumni association has raised and distributed an estimated \$40,000 to \$50,000—all of it given away.

“We take it in, and we give it away,” Ringer said.

No overhead. No excess. Just impact.

If the golf tournament provides the foundation, the alumni's newer events have added both energy and accessibility. Earlier this year, the group hosted a bowling night at Uptown Lanes on St. Matthews—an event designed less around competition and more around connection.

With 100 participants paying \$50 each, the evening raised \$5,000 in a single night. The proceeds were split evenly between Project 11 and KidSport.

There were no champions crowned, no high-pressure stakes—just laughter, community, and a couple of oversized novelty trophies for good measure.

“It was just for fun,” the organizer said. “A night to get together.”

That philosophy—community over competition—has become a defining trait of the alumni group's approach. And as a feather in their cap the Mustang Alumni have been asked to become associate members of the

Winnipeg Blue Bombers Alumni and were officially welcomed into the fold at the Bomber Alumni AGM on May 7.

Of course, for all the fundraising success, the Mustangs alumni haven't lost sight of what brought them together in the first place. They still gather. Still tell stories. Still celebrate the game.

One of their most popular traditions is a non-fundraising breakfast series at the St. Norbert Hotel—known affectionately as “The Nob.” For \$25, attendees get a buffet meal, a guest speaker, and a chance to reconnect.

Past speakers have included Chipman, former Ottawa Redblacks head coach Bobby Dyce, and former Blue Bombers head coach Mike Kelly. The next event will feature long-time University of Manitoba head coach Brian Dobie.

It's informal. It's honour-system. And it's exactly how they want it.

“This one's just for the football fraternity,” Ringer explained. “No fundraising pressure. Just connection.”

And that's what's fitting about the way the Mustangs Alumni operate—quietly effective, deeply rooted, and built on teamwork.

Much like those dominant teams of the 1980s, the group thrives on chemistry. Players who once lined up side-by-side now work together in a different kind of game—one where the wins are measured not in points, but in the people they've helped. ■

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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 / DANCE / MUSIC

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

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

The Forever Young Club - Dance, Sep. 26, 7-11 pm at ANAF #283, 3584 Portage Ave. Band - Vinyl Revival & DJ's Ray & Sheila. Door prizes, 50/50, cash bar, light lunch. Non-members \$15. Reserve by May 26. Text/call **204-261-4442, fycwpg@gmail.com**.

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

Pembina Active Living (55+) - Annual Picnic & Membership Drive, Wed. Aug. 26, 11 am-2 pm, 134 Plaza Drive. Membership & Program Registration. Complimentary BBQ Picnic, 50/50, Prizes, Info tables. Bring chair and sunscreen. Silver collection. Bring a Tim for the Bin. Info: <https://pal55plus.ca>, **204-946-0839, office@pal55plus.ca, programs@pal55plus.ca**.

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

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

SPORTS / PICKLEBALL

Pickleball - Seniors 55 plus are invited to learn to play Mondays and Thursdays, 1-3. No experience required. Coaching provided if needed. Club paddles provided. Intermediates play Tuesdays and Fridays, 1-3 at Sergeant Tommy Prince Place, 90 Sinclair St. Instructor Bonnie Gabbs, 78 yr old past physical education teacher who also plays Pickleball. Info: gabbs1947@gmail.com.

SPORTS / FITNESS / GAMES

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

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

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

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. Also training provided to become a volunteer. Info: **1-833-979-9779** or friendlycallingmb@redcross.ca

Canadian Mental Health Association - cmhaacrossmb.ca

Thrive Community Support Circle - Art Program, Thursdays, 10-12 pm, 406 Edmonton St, 3rd flr. FREE New Horizons for Seniors Art and Wellness Program funded by the Gov. of Canada. Everyone welcome. **204-772-9091**.

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

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

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

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

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

T.O.P.S., Take Off Pounds Sensibly - Non-profit, friendly, non-judgemental weight loss support group meets Tuesdays, 6-7:45 pm, at

Westdale School library, 6720 Betsworth Ave. Info, Susan: **204-896-4807**.

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

VOLUNTEERING

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

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

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

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

PROGRAMS / SERVICES

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

333-3121, info@aosupportservices.ca, www.aosupportservices.ca.

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

Archwood 55 Plus Inc. - 820 Cottonwood Rd. Join our charitable non profit Seniors club and get reduced rates for Monthly luncheons, weekly exercise classes bi-weekly billiards and games.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehler84@gmail.com or Mel: **204-291-4592**.

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

Creative Retirement Manitoba - Affordable Lifelong Learning. Online and in-person classes. Art & Music History, Bridge more! crcentre.ca.

Charleswood Active Living Centre - NEW LOCATION - A 357 Oakdale Drive.

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

Dufferin Senior Centre - 377 Dufferin Ave. Chair Exercise, Thursdays 10 am; Dances every 2nd Sat. Live bands & light lunch. Members \$10 / non-members \$12.

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

Golden Rule Senior Centre - 625 Osborne, inside Fort Rouge Leisure Centre. Drop-in tea/coffee, Painting, Floor Curling, Carpet Bowling, Lunch, Book & Games Club, Steppin' Up With Confidence Fitness, Qigong, Pickleball, etc. **204-306-1114, goldenrule@swsrc.ca**.

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

Lions Place Adult Day Club - 1 day/wk of socialization and wellness, snacks, lunch. Transportation provided. \$18.88 (or \$9.81, dependent on income) per wk. Participants referred by Homecare Case Coordinator through WRHA at **204-788-8330**. Or the Club: **204-784-1229**.

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

Mensheds Manitoba Inc. - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. **204-832-0629**. Find other Manitoba Men's Sheds: <https://mensshedsmanitoba.ca/find-a-shed/>

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

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

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

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

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



The Pros Know 55+

Active Living & Resource Expos

2026



Pros Know Expos Fall 2026 Shows. | More details at: prosknowexpos.ca

Home Grown Independent Living at the Fall Expos!

In case you haven't noticed...
These past five months Senior Scope has been pleased to have the fine folks from the Marwest Group of Companies, grace the back page of this paper as they celebrate 20 Years of Independent Living here in our city. It's no coincidence either that Marwest has been one of our major sponsors for the 2026 Pros Know Expos.
The Marwest Group of companies has been specializing in Development, Construction and Property Management across North America for decades. It's no secret that they are 'Home Grown' and based out of our fair city.
This year marks their 20th Anniversary in the Independent Living market when they opened The Boulton at 45 Boulton Bay. Since then, the growth of their portfolio is indeed impressive, and we get to showcase four of their gems at all four Expos this year. The Boulton, Catherine Place, The Melody and The Parkway I & II. With properties in B.C. and Saskatchewan, there are many great

options to consider. This falls Housing edition in Senior Scope, there will be a great write-up on all of this for your viewing and consideration.
In the mean time, we are so grateful to have these four residences actively participate at our shows, highlighting their vast array of options and amenities they each have for you to consider.
When you come to either or both of our fall events, please be sure to visit their tables to get the up to date information you might need to make a touring appointment. As we can attest, their tables were incredibly busy at this Springs shows and undoubtedly, the same will be on tap for September and October.
For those thinking this is just another paid advertorial, guess again. Marwest has shown great leadership and pride in being 'Made in Canada' and their spirit for community is unquestioned and very evident in the way they have presented at the Expos. You'll be impressed.
Thank you and have a great Summer!

Celebrating 20 Years

MARWEST
RETIREMENT LIVING

The Boulton
45 Boulton Bay
p: 204.819.3947
w: theboulton.ca

Catherine Place
190 Raymond Place
p: 204.400.5604
w: catherineplace.ca

The Melody
920 Chancellor Drive
p: 204.808.1840
w: themelody.ca

The Parkway I & II
85 & 95 Paget Street
p: 204.818.4419
w: theparkway.ca

Expos Fall Show Times: 10:00am - 3:00pm

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

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



Things To Do - WINNIPEG

Cont'd

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

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

St. James Assiniboia 55+ Centre - Various programs and activities. 3-203 Duffield St. **204-987-8850**, www.stjamescentre.com
South Winnipeg Family Information Centre - Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. Lower Level). Coffee, snacks, fun activities, Wednesdays. **204-284-9311**

South Winnipeg Seniors Resource Council - 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 July 31 for the Aug. 10 issue. Email wording for your PSAs (approx. 30 words) to: kelly_goodman@shaw.ca.

Morden - Katie Cares - Fashion Show, Aug. 13, Matinee 12:30 pm, Evening 7 pm, 111 Gilmour St., Access Event Centre, Morden. Tickets \$75. Call **204-312-8445**, email ruth@katiecares.ca for more info.

PROGRAMS / SERVICES

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**

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

A&O Support Services fo Older Adults - Powerful Tools for Caregivers, 6-wk Course via ZOOM, Wednesdays, 6-7:30 pm, Apr. 15, 22, 29, May 6, 13 & 20. Register: **204-956-6440**, intake@aosupportservices.ca

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

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

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

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

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

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

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

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. **Arborg** and District Seniors Resource Council **204-376-3494**; **Ashern** Living Independence for Elders **204-768-2187**; **Beausejour/Brokenhead** Services to Seniors **204-403-8205**; **Victoria Beach** - East Beaches Resource Center **204-756-6471**; **Eriksdale** Community Resource Council **204-739-2697**; **Fisher Branch** Seniors Resource **204-372-6861**; **Gimli** Seniors Resource Council **204-642-7297**; **Lundar** Community Resource Council **204-762-5378**; **Riverton** and District Seniors Resource **204-378-2460**; **St. Laurent** Senior Resource Council **204-646-2504**; **Selkirk** and 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: cwillorette@gmail.com.

Seine River Services for Seniors (RM of La Broquerie and RM/Town of Ste-Anne) - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: **204-424-5285**

Les services rivière seine pour aînés - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud: **204-424-5285** <https://seineriverservicesforseniors.ca>

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

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

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

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

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

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

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

Teulon - The New Horizons Sterling Lounge Senior Centre - Open for the season, Sundays 1-3 pm. Book an appt. to meet the ponies including new addition, Sage. Looking for volunteers Sundays 10 am-3 pm. Info: anne@thebarefootranch.com.

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



CJNU Recognized as Non-Profit of the Year by the Assiniboia Chamber!

Loyal listeners know 93.7 FM holds a unique place on the dial, with a blend Timeless Classics from Legendary Artists from across the past century, and staying In Tune with Our Community through live and local programming.

But many people don't know CJNU is different in other ways, too. We're incorporated as a non-profit community service cooperative, and we're Winnipeg's English-language community licensed radio station. Our mission is to use the powerful medium of radio to build our community. It's at the heart of everything we do.

That's why the CJNU team was thrilled to recently be recognized as Non-Profit of the Year by the Assiniboia Chamber of Commerce. We were picked because of our focus on connection, positivity and local storytelling.

Here's what the Assiniboia Chamber posted about CJNU on Instagram: "As a volunteer-driven, not-for profit radio station, they celebrate Winnipeg's history, culture and people while supporting the many organizations that strengthen our community every day. Their dedication to service, collaboration and meaningful community impact makes them a standout example of a what a non-profit can achieve."

Ah shucks, we are blushing!

Station Manager Adam Glynn said it is especially gratifying to be recognized by the Assiniboia



CJNU's Station Manager Adam Glynn (L) stepped up to the podium at the Assiniboia Chamber of Commerce's AGM, joined on stage by the MC for the event, fellow broadcaster and radio host Greg Mackling of CJOB (R)

Chamber, a fellow non-profit that shares so many of CJNU's community-focused values and goals.

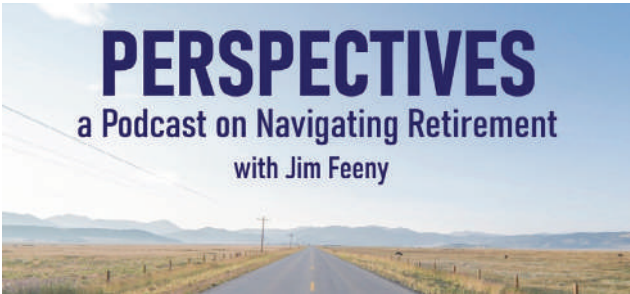
"At our station, we try to do two key things: We play great music and we accentuate the positive in our city and province," said Adam, accepting the award on behalf of the CJNU team. "We highlight the good things while acknowledging the challenges of the day to day. Because at its best, radio can help set the tone of discussion and debate, reflect the realities of the world around us and provide a lifeline to the listener."

"We believe in getting through the tough times by working with one another and supporting one another. The rising tide lifts all boats."

"That attitude of partnership, of lifting one another up, is also at the heart of the Assiniboia Chamber. We have been so very proud to be a member and feel that support, for the best part of the last two decades. Thank you so very much for this recognition."

On Location - Aviation Museum!

The CJNU Remote Studio has 'landed' at the Royal Aviation Museum of Western Canada this summer — so if you pay a visit to the Museum during July or August, be sure to find us on the main floor, nestled amongst some of the incredible exhibits on display. Come and say 'hello' to our amazing volunteer broadcast teams while you're enjoy the museum— we'd love to see you!



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

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

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SRI LANKAN SENIORS:

Visit to Halifax in the Province of Nova Scotia

(May 17th (SUN) to 20th (WED) 2026)
By Senaka Samarasinghe

We have done a Family Trip to Halifax. Disembark from Winnipeg airport on May 17th afternoon on a WestJet flight to Halifax. It was a three-hour flight. Chandani's student, Visakha Girls' School in Colombo, Himathni, and her husband, Ruvin, were at the airport to drive to our hotel, Courtyard by Marriott, Halifax Downtown. Both are serving as medical doctors in Halifax Hospital. They invited us for dinner on May 18th at their home. Ruvin drove us both ways. My good friend Wimal Rankaduwa in Halifax called for dinner with him on May 19th. He is serving as a Professor at the University of Prince Edward Island. We missed Renu (Wimal's wife). During these days, she is with her daughter in Toronto.

The hotel is in the centre of all the important locations. Some of the locations that we visited in Halifax, such as Downtown Halifax, Citadel National Historic Site, Halifax Seaport Farmers' Market, Vibrant Waterfront, Halifax, Nova Scotia, the capital, Maritime Museum of the Atlantic, which displays the city's link to the Titanic disaster, Halifax shipyard, Public Gardens, and other Historic Properties.

Had a 15-minute ferry ride across the harbour from Halifax to downtown Dartmouth. The bus ride was from Halifax to Peggy's Cove (Distance: 44 km / 50 min). It is a seaside fishing village with a lighthouse constructed in 1915. ■

Karaoke Singing

By Senaka Samarasinghe

Sri Lankan Seniors Manitoba hosted an unusual event named Karaoke Singing. I sang four songs with our members. Followed by a potluck lunch at Whiteridge Community Centre on May 28th (THU) 2026. Mother's Day commemoration was conducted. Sumana Akka was honoured as the Oldest Mother among active seniors. As the last event, the Vesak Faith Song practices were conducted. ■



Above: Karaoke

Left: Peggy's Cove Lighthouse

Right: Sri Lankan Sinhala and Tamil New Year

Sri Lankan Sinhala and Tamil New Year

By Senaka Samarasinghe

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



Senior Scope

Summer Fun

in Manitoba

Contest

ANNUAL 2026

Good Luck!



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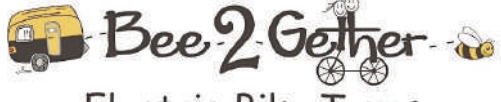
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CENTRAL
RAILWAY**

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



**WINNIPEG
GOLDEYES**

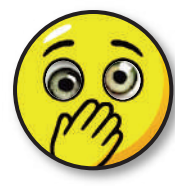
goldeyes.com



Bee 2 Gether
Electric Bike Tours

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

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



SAY WHAT!? CONTEST

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

There will be **TWO WINNERS!** on **JULY 31/26**

Enter your name, phone number and email if available.

Name _____

Address (optional) _____

Phone _____

Email (optional) _____

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

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

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

MAIL ENTRIES TO: SENIOR SCOPE, BOX 1806, STONEWALL, MB, R0C 2Z0
EMAIL ENTRIES TO: kelly_goodman@shaw.ca

EACH WINNER RECEIVES
\$1428.00
IN PRIZES!

TOTAL COMBINED PRIZE VALUE:
\$2856.00

2 Grand Prize Draws!

EACH WINNER RECEIVES:

>>>.....<<<
Trip for Two to Dauphin/Clear Lake, overnight by rail - August 30-31st with **RWB Get-A-Ways** - Value **\$758 each** (Total prize value - **\$1516**) Can be used towards another tour. No Cash Value.
>>>.....<<<
4 TICKETS to Legally Blond (Aug. 13-30), OR
4 TICKETS to Fiddler on the Roof (Sept. 9-13) at **Rainbow Stage** - Value **\$280 each** (Total prize value - **\$560**)
>>>.....<<<
2 Train ride tickets on the **Prairie Dog Central** - Value **\$158 each** (Total prize value - up to **\$316**)
>>>.....<<<
4 HOME PLATE TICKETS to **Winnipeg Goldeyes** - Value **\$128 each** (Total prize value **\$256**)
>>>.....<<<
ELECTRIC SURREY BIKE TOUR for 4 riders in Assiniboine Park with **Bee-Together Electric Bike Tours** - Value **\$104 each** (Total prize value **\$208**)
TOTAL VALUE OF PRIZES - \$2856.00

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



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CROSSWORD - Paintings - By Myles Mellor

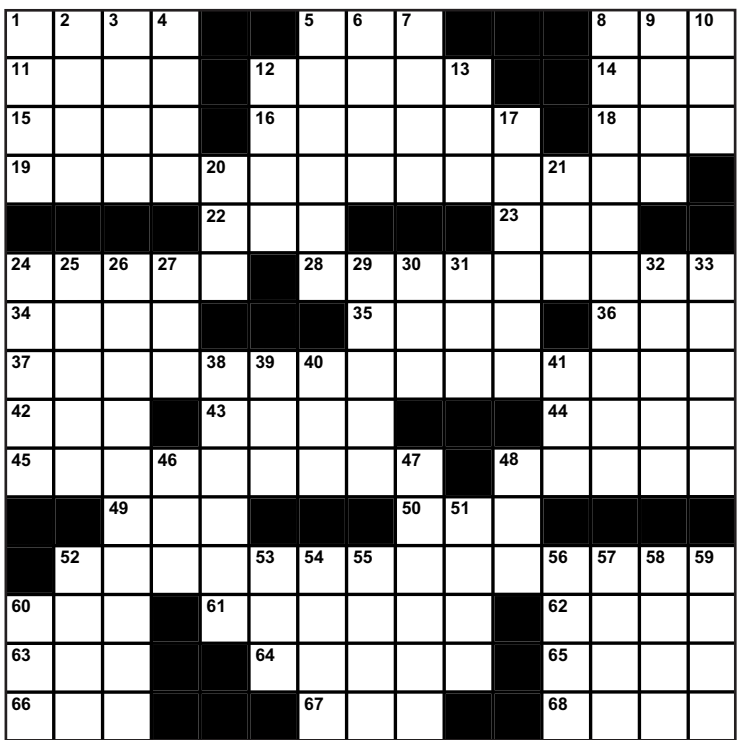
ACROSS

1. Sacred Egyptian bird
5. Car in a Beach Boys tune
8. Wordsworth creation
11. Classic art subject
12. Expert eye-rollers
14. Opposite of all
15. Perplexed
16. Hello and goodbye
18. Prefix with chloride
19. Great painting
22. Hosp. procedure
23. One may pass the buck
24. Pointed ends
37. Produces
34. Hip
35. Jamaican fruit
36. Sight from St. Moritz
37. Great painting
42. Start to fall
43. Not ready
44. Arm bone
45. Hardy riding horse
48. Permission granted by a bishop
49. Days past
50. Loan figure, abbr.
52. Great painting "The ____"
60. Pumpkin dessert
61. Between-meal nibbler
62. Urban carrier
63. Golf's Woosnam
64. Shrinking
65. Egyptian deity
66. Light bedstead
67. Big Apple inits.
68. Place to work

DOWN

1. Take ____ the waist (alter)
2. Shrub
3. ____ fixe
4. Limitless quantities
5. Baseball's "Iron Horse"
6. Remove a coupon the quick way
7. Unique
8. Offered
9. Filth
10. New Haven collegiate
12. Bygone title
13. Simba, to Mufasa
17. Center chest protection bone
20. Trademarks, abbr.
21. "The Bourne Supremacy" opening locale
24. Terra ____ (brownish red)
25. Square
26. Mom's newly married husband
27. Money that is battled for
29. French notes
30. Independent charitable gp.
31. Toymaker for Santa
32. "The Vampire Diaries" girl
33. Slapping sound
38. Borrowed
39. Pursue a young lady
40. Vanity
41. "La Cage ____ Folles"
46. Go through life
47. Relating to breathing problems
48. Spider is one
51. Old telephone part
52. "Later!"
53. Disney Park lover
54. "Beauty ____ the eye "
55. "Heavens!"
56. Minimal amount
57. Rendezvous
58. Cancels
59. Fine fur
60. Photo

SOLUTION ON PAGE 19



WORDSEARCH - HEALTH & WELLNESS - Senior Scope

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

APPLE	DANCING	HEALTH	STRENGTH	ORANGE
BALANCE	DATES	HYGIENE	SUNSHINE	PEAS
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BEANS	EGGS	LAUGHTER	VACCINE	POTATO
BERRY	EXERCISE	LEMON	VITALITY	PREVENTION
BREATHING	FAMILY	LIME	VOLUNTEERING	PROTEIN
CARROT	FIBRE	MILK	WALKING	PUZZLES
CELERY	FIG	MOBILITY	WATER	READING
CHECKUP	FISH	MUSIC	YOGURT	RELAXATION
COMMUNITY	FRUITS	NUTRITION	NUTS	REST
CONFIDENCE	GARLIC	SLEEP	OATS	SALAD
CYCLING	GRATITUDE	SMILE	ONION	

SOLUTION ON PAGE 19

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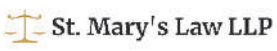
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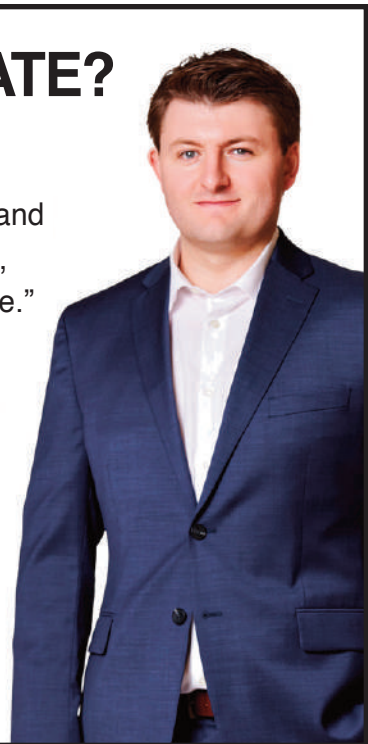
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SUDOKU - Medium

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

Senior Scope SOLUTIONS

WORDSEARCH - Solution

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

SUDOKU - Solution

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

CROSSWORD - Solution

1	2	3	4	5	6	7	8	9	10		
I	B	I	S		G	T	O		O	D	E
11	N	U	D	E		T	E	E	N	S	
15	A	S	E	A		S	H	A	L	O	M
19	T	H	E	S	T	A	R	R	Y	N	I
23											
24	C	U	S	P	S						
34	O	N	T	O							
37	T	H	E	T	O	W	E	R	O	F	B
42	T	I	P								
45	A	P	P	A	L	O	O	S			
49											
52	C	R	E	A	T	I	O	N	O	F	A
60	P	I	E								
63	I	A	N								
66	C	O	T								



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LAUGH A LITTLE

You can't plant any flowers if you haven't botany.

When they say, "It's always the last place you look," why would you keep looking if you've found it?

Pollen - it's when flowers can't keep it in their plants.

Words of wisdom: The richest wealth - **Wisdom**; strongest weapon - **Patience**; best security - **Faith**; greatest tonic - **Laughter**.
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Songs Sung Better Together

By David Sanders, President, Winnipeg Male Chorus

There are some songs that simply sound better when they're shared.

Think about the music that became the soundtrack of our lives—the songs that filled concert halls, arenas and car radios. The tunes that accompanied family celebrations and road trips, and that still bring back memories with only a few familiar notes. Music has always had the power to connect people, and when voices join together, something remarkable happens.

That spirit is at the heart of the **Winnipeg Male Chorus**.

For more than six decades, the chorus has brought men together through a shared love of singing. Under the direction of renowned musical director Jeremy Vallance, members enjoy a diverse repertoire that blends traditional favourites with music inspired by classic rock and popular hits. In recent seasons, audiences have enjoyed everything from timeless choral standards and folk songs to selections made famous by The Beach Boys, Billy Joel, The Beatles, and other artists whose music has become part of our collective memories. The result is a

sound that is rich, energetic, and uplifting—because songs are sung better together.

But the Winnipeg Male Chorus is about more than music. It is about friendship, camaraderie, and the satisfaction that comes from creating something larger than ourselves. Weekly rehearsals are filled with laughter, learning, and the joy that comes from singing alongside others who share a passion for music. The Winnipeg Male Chorus also shares the joy of music in the community and through performances in personal care homes, bringing familiar songs and cherished memories to those who are no longer able to attend live concerts.

As they prepare to begin another season this September, the Winnipeg Male Chorus invites new singers to come and try out a rehearsal at no cost. No formal training is required—only enthusiasm, curiosity, and a willingness to join others in making music. They meet Tuesday evenings at 800 Point Road in Winnipeg starting September 1st. Check out WinnipegMaleChorus.ca or email wpg.male.chorus.info@gmail.com for more information.



Winnipeg Male Chorus - Devonshire

Because some songs deserve more than a single voice. They deserve harmonies. They deserve the energy that comes from a full group of men singing together. They deserve the fellowship and joy that have made the Winnipeg Male Chorus a musical tradition for generations.

Most of all, they remind us of a simple truth: songs are sung better together. If you love music, enjoy singing, and would like to be part of something special, consider the Winnipeg Male Chorus. Bring your voice. Bring your enthusiasm. We'll provide the harmonies.



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