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Vol. 25 No. 2 | Aug 10 - Sep 9/26

See WINNERS of Senior Scope's Annual Contest INSIDE!

West Nile Virus Alert: Mosquito Spraying Initiated in Southern Manitoba

July 30, 2026 -

Manitoba Health, Seniors and Long-Term Care has issued a ministerial order under the Environment Act to spray for adult mosquitoes with *DeltaGard 20EW* in affected communities due to risk of exposure to West Nile virus.

High temperatures across southern Manitoba have shortened the time required for West Nile virus to develop within infected *Culex tarsalis* mosquitoes and be transmitted to humans. The province is currently in the highest-risk period for human exposure, which historically occurs between July 15 and Aug. 15 each year.

Surveillance data from last week showed high numbers of adult *Culex tarsalis* mosquitoes and evidence of infection with West Nile virus. Mosquito counts exceeded the threshold for the province to begin adult mosquito control in the following communities:



- Carman, plus an approximate three-kilometre (km) radius extension into the Rural Municipality (RM) of Dufferin.
- Stonewall, plus an approximate three-km radius extension into the RM of Rockwood.
- RM of West St. Paul.
- Winkler, plus an approximate three-km radius extension into the RM of Stanley including Reinfeld, Chortitz and Schanzenfeld.
- Winnipeg neighbourhoods within an approximate three-km radius of: the intersection of Kenaston Boulevard and

North Town Road, the intersection of King Edward Street and Old Commonwealth Path, and the intersection of the north Perimeter Highway and Provincial Trunk Highway 8. Spraying was scheduled to begin as early as Friday, July 31, weather permitting.

Confirmed dates will be communicated through municipalities and posted on the 2026 schedule of adult mosquito control across southern Manitoba under ministerial order at www.gov.mb.ca/health/wnv/control.html.

Approved by Health Canada for use in 2017, DeltaGard 20EW is classified as a reduced-risk pesticide. When applied using ultra-low volume methods and according to label directions, DeltaGard 20EW is unlikely to affect human health. For more information, visit: www.gov.mb.ca/health/publichealth/factsheets/deltagard.pdf.

To date, there have been no human cases of West Nile virus confirmed in Manitoba in 2026. A single bite from an infected mosquito can transmit West Nile virus to humans. Infection may cause severe illness resulting in encephalitis (swelling of the brain), long-term complications and death.

For more information on West Nile virus in Manitoba, including surveillance data, prevention tips and symptoms of infection, visit www.gov.mb.ca/health/wnv/index.html. ■

Manitoba Launches Flood Recovery Program to Aid Affected Communities

July 10, 2026 -

In response to severe flooding caused by heavy rainfall in June 2026, the province has launched the Manitoba Flood Recovery Program (MFRP) alongside existing Disaster Financial Assistance (DFA) programs to support affected municipalities, residents, businesses, and farmers. The storms brought over 200 millimeters of rain to western Manitoba and the Parkland area, causing extensive flooding and damage to homes, infrastructure, and public buildings. Damage assessments are ongoing.

The province is partnering with the Canadian Red Cross, which will provide on-site support in the hardest-hit areas, including Swan River and Swan Valley West, to help residents navigate recovery and financial aid applications. The Red Cross will also launch a donation campaign

matched by the province up to \$15 million. Additional healthcare support is being sought after the closure of the Dauphin Regional Health Centre.

Emergency Social Services have assisted over 100 households under evacuation orders, distributing nearly \$15,000 so far. Volunteer groups, including Team Rubicon Canada, veterans, first responders, and emergency personnel, are assisting with cleanup efforts.

The MFRP offers a one-time grant to homeowners and tenants in the most affected communities, including those without or with insufficient insurance. Eligible areas are divided between Parklands and Western regions (June 6-8 and June 28-July 1 storms) and Interlake and Eastern regions (June 9-10 and June 28-July 1 storms). Mitigation funding is also available to re-

duce future flood risks, with specific support offered to Winnipeg homeowners for installing backwater valves.

Mitigation funding is available under both the DFA programs and the Manitoba Flood Recovery Program to support measures that reduce the risk of future flood damage. Homeowners in the City of Winnipeg will also be offered supports through the DFA as well as a rebate program to install backwater valves.

Further information on program eligibility and to apply for the Manitoba Flood Recovery Program, visit <https://manitoba.ca/mfrp/>.

Further information on program eligibility and to apply for the Disaster Financial Assistance program, visit <https://gov.mb.ca/emo/funding/dfa/programs.html>.



STORY INSIDE!

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July 23, 2026

Manitoba Government Announces New Name for Winnipeg Personal Care Home

Residents and Families Chose Name, as Manitoba Government Protects 78 Publicly Funded Long-Term Care Beds

The Manitoba government announces Prairie Crocus Manor as the new name for Golden Door Geriatric Centre after stepping in to prevent its closure, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced today.

“Our government stepped in to keep this home open because seniors should not be forced from the place they call home, especially when Manitoba needs more, not less, long-term care beds,” said Asagwara. “Prairie Crocus Manor marks a new chapter for residents, families and staff. We are protecting 78 publicly funded beds, keeping dedicated workers on the job and giving this home the stability it needs to care for seniors for years to come. More long-term care beds also improve patient flow by helping seniors leave hospital when they no longer need acute care, easing pressure on emergency departments over time.”

The new name recognizes Manitoba’s floral emblem, the prairie crocus, known for its purple flowers with bright yellow centres. The Winnipeg Regional Health

Authority (WRHA) surveyed residents and family members as part of the process to select the new name.

In February 2026, the Manitoba government worked with the WRHA to begin the expropriation process of the Golden Door Geriatric Centre to prevent residents from being displaced and staff from losing their jobs. The owners of the 78-bed publicly funded personal care home (PCH) had announced their intention to cease operations and stopped accepting new admissions, despite significant demand for long-term care placements. An interim management team has been working to stabilize the facility, support staff and restore the home to full operating capacity by filling the 25 vacant beds.

“I am proud to work alongside a dedicated team that highlights the importance of kindness, compassion and respect every day,” said Mirjana Djokic, director of care, Prairie Crocus Manor. “A change in name will not change the level of care provided to our residents. Our home will continue to be a place where residents and their

families feel supported, valued and part of a caring community. I am truly grateful and privileged to be part of this team and to serve our residents and families.”

Through Budget 2026, the Manitoba government is investing \$71.8 million to build new PCHs across the province. New facilities in Lac du Bonnet and Arborg, along with the expansion of Park Manor

Care Home in Transcona, will add 237 beds. Community consultations will also be held on a new PCH in the Bridgwater neighbourhood of Waverley West.

The Manitoba government has exceeded its target for restoring beds closed under the previous government due to staffing cuts, with 82 per cent of those beds now reopened, the minister noted. ■

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Planning for travel

Consider these dementia-friendly reminders before your next trip

- Alzheimer Society of Manitoba

There are many ways to plan for your next trip so you can feel prepared, confident and safe while traveling away from home. Feeling prepared can help minimize discomfort, confusion, distress or disorientation, and help care partners, family or friends better support someone living with dementia while travelling.

Planning a trip or going on vacation can bring up a lot of emotions for anyone, from excitement and anticipation to worry or uncertainty. For people living with dementia and those caring for someone living with dementia, those worries can feel more significant.

Dementia can affect someone's ability to understand their environment, follow maps or street signs, dress appropriately for the weather or remember familiar faces.

Although people living with dementia often do best in well-structured and familiar settings, travelling can be successful given the right conditions and some careful planning.

Dementia-friendly reminders:

1. Less is more – keep your daily plans simple, and don't pack in too many activities in one day.



2. Schedule in breaks – make rest and time away from busy or crowded environments a priority.
3. Plan ahead and use your resources – let flight, hotel or restaurant staff know you're navigating dementia, so they can help if needed.

What to consider in your packing checklist:

- Carrying an "I have dementia" or "The person with me has dementia" card with you (available for print on the Alzheimer Society of Manitoba website).
- Bringing enough medication, plus at least one extra day, just in case travel is delayed.

- Keeping a recent photo of the person living with dementia in your wallet and on your mobile device.
- Packing familiar items, such as favourite music, photographs or clothing.

Through careful planning and prepared packing, those living with dementia and their care partners can get the most out of vacation time spent away from home.

Learn more travel tips and find other dementia-friendly resources at alzheimer.mb.ca.

THINGS TO DO - AUGUST 2026

Free online education sessions: Considering Long-Term Care

Tuesday, August 11, 2 – 3 pm, Virtual via ZOOM

How do you know when it's time to think about long-term care options? Who do you talk to? How can you prepare for that life transition? In this session, you will learn about decision-making and planning for long-term care. Register today at alzheimer.mb.ca.

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.

Support Groups

Various dates, times and locations across the province.

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

Summer Challenge – Your Adventure – Your Way! cont'd from page 2

will take you away from your regular schedule, don't be too hard on yourself for missing a regular morning walk. Instead plan it for later in the day or break up the walking time into 10-minute segments.

3. Turn your physical activity time in a social

activity. Walking with a group, join an activity program at your local Senior Centre, or plan a date to get a group together to play Bocce or Corn Hole Toss for example. Summer vacations are around the corner and having family come to stay might

mean a change to your daily routine. Find the time to fit in a walk with your family, spend time playing with grandchildren in the back yard - there are many ways you can achieve that 30 minute of physical activity each day.

I hope this gives you some ideas to help you get moving in our Manitoba summer! For more information, please go to our website at www.activeagingmb.ca Questions? Contact us at 204-632-3947.

SRI LANKAN SENIORS:

Invitation: Community Update

By Senaka Samarasinghe

This was held on July 6th (MON), 2026, at the Community Office, 134 Plaza Drive, 6.30 pm to 8.30 pm

Janice Lukes, Acting Deputy Mayor, City of Winnipeg, sent an invitation to update on (a) activities among the community groups, (b) Waverley West Ward, and (c) Users of the Community Office

There were Mayor Scott Gillingham and his Secretary, Janice Lukes, and Nafiya Naso, Senior Advisor, Community and Public Relations, to Janice.

Janice served 12 years in South Winnipeg and Waverley West. She decided not to seek re-election in the 2026 civic election. Further, she declared that Nafiya Naso will run for City Councillor, Waverley West, and asked for support for her in October 2026 during the City Election.

I met quite a few community group leaders. Among them, I communicated with Songyan Liu, Executive Vice President, Winnipeg Chinese Senior Association. Harvn Rashid, President, Canada

Bangladesh Association of Manitoba, and two long-standing friends, namely Suni Matthews and Sandra Sukan.

Mayor and Janice requested to arrange a meeting in "Colombo-Winnipeg, on Aviation History" during the second week of September 2026. Furthermore, both of them requested me to prepare an agenda with Nafiya in July 2026. ■



Janice Lukes, Mayor Scott Gillingham.



L-R: Winnipeg Mayor Scott Gillingham, Senaka Samarasinghe, Janice Lukes, Acting Deputy Mayor, City of Winnipeg

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Nine-year-old Leo may be decades younger than his friends at Extendicare Tuxedo Villa, but the intergenerational connection they share is powerful and deeply meaningful. Leo and his Grade 4 class at École Tuxedo Park, are building important friendships with seniors living with dementia in long-term care - creating bonds that benefit both generations in their local community in Winnipeg, Manitoba.

"Volunteering made me feel proud that I could do a good deed for these special people at Tuxedo Villa," says Leo. "I realized that every time I went there it was a highlight of the day. It makes me happy to see how happy the residents are."

"It brings back lots of memories," says Michelle, a resident at Extendicare Tuxedo Villa. "Kids ask us questions about what we did for a living in the past and ask for advice about getting a job. I look forward to their next visit."

Moments of joy across generations

The "Senior Buddies" program has continued for more than a decade. Each month residents and students get together and play different games such as Bocce ball. The visits make residents smile.

"I feel very happy," says Annoula, a Tuxedo Villa resident. "There was a child sitting next to me—he was happy, and I was happy. We were buddies during the game."

"I get to play fun games, and I get to play with the seniors," says grade 4 student, Laine.

The variety of activities, interaction, and engagement make an impactful difference in the lives of both the young and young at heart.

"The intergenerational program plays a vital role in the home. Having children visit helps residents feel connected to the community and reinforces a sense of purpose," explains Simran Simran, Recreation Manager at Extendicare Tuxedo Villa. "These meaningful interactions allow residents to feel that they are still contributing to the community."

"One of our school's goals with the *Senior Buddies* program has been to give the students an opportunity to develop respect and empathy for a segment of the population that they rarely, if ever, interact with," says Diana Stahl, a teacher at École Tuxedo Park. "Because the staff and residents at Extendicare Tuxedo Villa have been so welcoming and co-operative, I truly believe we are succeeding in this goal. The students are growing more and more comfortable interacting with the residents after each visit. It is wonderful to see."

Children learning about dementia

According to the Alzheimer's Society of Canada (ASC), the number of people living with dementia in Canada is expected to increase by 187 per cent between now and 2050. Dementia is one of the most common reasons a person enters long-term care. Extendicare raises awareness and funds for the ASC each year.

Before the in-person visits, students learn about dementia from an expert at Tuxedo Villa who provides basic education, what to expect and how to connect with individuals living with dementia.

"The students are very engaged and often have some understanding of dementia. They ask thoughtful questions," says Simran. "It helps build awareness and foster meaningful connections between students and the seniors."

"Simran's talk really helped," says Diana. "She emphasized respect and explained how the students should speak with the seniors, for example, the level of volume, and how sometimes the seniors' reactions might seem different than they are used to, but that it is okay."

What students say: Voices from the Senior Buddies

École Tuxedo Park students shared how they feel about spending time with the residents of Tuxedo Villa, and their answers say it all:

- On connection: "I am really happy that of all the people in the world, they chose us. Because of that I've had so many experiences that I will never forget."
- On seeing the world differently: "Tuxedo Villa is a beautiful place full of beautiful seniors," says one grade 4 student. "...the more I socialize, the more I realize that there are many people in the world, some old, some young...but we're all just people."
- On making a difference: "I enjoy volunteering because every time I come, I see their kind smiles. Volunteering impacts me because now I feel I want to spend more time with the seniors. I hope it makes their day."
- On joy: "One day we did karaoke and everyone danced to the song YMCA. It was really fun." Another child shares, "I enjoy playing shuffleboard and singing songs!"
- On gratitude: "I meet unforgettable people that make me happy. I realize that the residents are very meaningful and nice to me. Thank you, Tuxedo Villa!" ■

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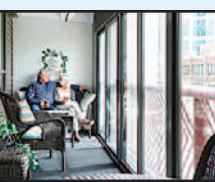
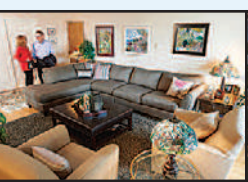
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SRI LANKAN SENIORS:

Seniors Consultation

By Senaka Samarasinghe

Janice Lukes and Markus Chambers, in partnership with the Human Rights Committee, hosted a Seniors Consultation on May 8, 2026 at 134 Plaza Drive, Winnipeg.

The consultation brought together local seniors, community members, and stakeholders to discuss important issues affecting older adults in the community. The event provided residents with an opportunity to share their experiences, concerns, and ideas directly with elected officials and community representatives.

Key Topics Discussed

- Residents raised several important topics during the consultation, including:
- Affordable and accessible housing
- Community safety and security
- Access to healthcare and support services
- Transportation and mobility challenges
- Social isolation and mental well-being
- Recreational and community programming for seniors
- Language and cultural accessibility
- Maintenance and cleanliness within residential areas

Participants also highlighted the importance of creating more inclusive spaces where seniors feel heard, respected, and connected to their community.

Community Engagement

The consultation encouraged open dialogue and meaningful conversation.

Residents appreciated the opportunity to speak directly with Councillors and committee representatives about their day-to-day experiences and the challenges they face. ■



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GORD BACHINSKY - Brilliance, Innovation, and Working Together



Over the past few months I've had the pleasure of meeting Gord Bachinsky, once at Peter Grant's home for dinner, and more recently at the Gimli Glider 43rd Anniversary Dinner at the Lakeview Hotel in Gimli. Our chat at his home in St. Vital was filled with Gord's account of his 50 years in the railroad industry going back to 1974. Clearly he is passionate about this mode of transportation, designing a state-of-the-art rail grinding strategy, and enhancing the implementation of an optimized wheel/rail interface.

Gord is a Winnipeg product growing up in the Norwood Flats on Lyndale Drive. He attended elementary school at Nordale and high school at Nelson McIntyre Collegiate. Gord's dad worked with the railway, and perhaps that is where the "seed" was planted. His brother and two sisters didn't have any notions towards railway jobs. "So, I was the one who followed my father's path," said Gord, who is the youngest of four children.

Gord was the "last one standing" at home. He was 16 years old in high school. He could see it was really tough on his single mom trying to make ends meet and staying in their home. Gord tried to provide some funds by working full-time at the CN station working from 4 p.m. to 12 midnight five days a week. Occasionally,



Gord Bachinsky with his wife Toni.

due to severe weather conditions, he worked until 2:00 or 3:00 a.m. Attending school the next day was really tough and falling asleep happened often. The CN allowed him some flexibility in coming to work a bit late, which often required him to wear his work uniform at school. He somehow managed to graduate from grade 12 and wanted to enter engineering at the University of Manitoba.

After two years at university, he was in bad shape trying to work full time (4 to midnight) while attending university. He thought he was going to give up. He persevered but had to leave the engineering faculty for a year and return to science. At the same time, he was serving an apprentice-

ship with the CN as an electrician. From the ages of 19 to 25 he worked at Transcona Shops and Symington Yards as an electrician apprentice, often working outside in freezing temperatures. During the cold weather, Gord checked many locomotives that were idling ensuring they would not stall out. There were many times when equipment would not work, and when refueling the locomotives the fuel dispenser would malfunction and he got doused with diesel fuel.

There was a time for Gord around 1979 when things looked pretty bleak. He spoke to a person at the railway that his father knew with CN senior management in Winnipeg – Ralph Hansen, who was a profes-



Template used in rail grinding which provides the specified shape the rail should be ground to. It represents what the final profile should look like.

sional engineer, and knew Gord's circumstance. "He inspired me very much. He wrote a letter to the University indicating I would be a good candidate to be considered for an engineering degree," Gord said. That letter helped Gord back into the engineering faculty. To make his work/school combination more feasible, the railway allowed Gord to work part-time. He will never forget the kindness and support from Ralph Hansen. In 1982 he graduated from electrical engineering and completed his full apprenticeship with the railway.

The benefit of having a journeyman's certificate and an engineering degree provided Gord the benefit of having the practical side of working on projects. This allowed him to integrate practical expertise with a high level engineering application within his company's services.

When Gord was nearing graduation at

Continued on page 11

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CJNU's Frank Stecky has some novel ways of looking at life. These lazy summer days have him musing about the passage of time, and how the seasons echo the joys and woes of a working week.

Our internal clocks can have a strange effect on how we look at time. While the calendar may spread 12 months across four very different seasons (some may debate that in these parts), I like to organize the months into a collective work week.

September, for instance, kicks off the long “Monday” months we call Autumn. Winter drags us through the grueling “Tuesday” and “Wednesday” of the week – the days that never seem to end. Then Spring arrives – or as I think of it, “Thursday afternoon” – when we begin to see light at the end of the tunnel. But then comes the payoff. The reward for a hard week of labor: Summer. The three-month “Weekend!” And like any great weekend, the three months of Summer each carry their own special vibe.

June arrives with its euphoric buzzing of anticipation, like any good Friday afternoon. The final school bell rings, the days stretch to their max and the whole season lies ahead, filled with infinite possibilities. In June we kick off our shoes, pull out lawn chairs and begin to BBQ in earnest. Plans are made, supplies are sought, and in the back of our minds we think maybe, just maybe, time will finally stand still.



July is the absolute middle of “the weekend.”
The glorious, unbothered peak of a Saturday.

Saturday is the heart of our respite. The anticipation of Friday gives way to pure fun and enjoyment. No looming dread about tomorrow, only the pure luxury of living in the present. July demands you immerse yourself in the spirit of the weekend. Late night bonfires, road trips, melting ice cream cones and falling asleep to the sound of a distant loon calling to the moon.

Of course, the perfect Saturday rarely guarantees perfect weather – but a true Saturday state of mind is always resilient. If the sun is blazing, you dive off the dock. If it rains, you lose yourself in a great book, board games in a screened porch, movie marathons or the simple pleasure of just listening – as the sound of thunder seems to echo forever.

Now we're into August. The weather remains

pleasant, and there is still plenty of time for leisure, but there is also a bittersweet undercurrent of the “Sunday Scaries.” As the weeks roll by this month, shadows grow longer, days get shorter and crisper, and back to school displays are everywhere. Make no mistake, we’ll still be enjoying our time poolside, but we are ever aware that the clock is ticking away.

It won't be long till the Monday months return. September will demand we set our alarms, be productive and live according to schedules. But that is a worry for tomorrow.

For now, the sun is shining, our calendars are clear and fun awaits. Don't spend the rest of your Summer mourning its eventual end. Take a deep breath, lean into the sun and maximize every hour. Happy "Sunday"!

PERSPECTIVES

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with Jim Feeny



If you haven't yet had a chance to listen to Perspectives—our podcast on navigating retirement—you can find it at CJNU.ca, or wherever you get your podcasts.

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Gord Bachinsky, *cont'd from page 8*

the U of M, it became clear to him that there was a significant issue in the isolation of different departments – more specifically, people responsible for the tracks or the vehicles or the efficiency of operating the trains. Gord realized that the issue which was causing the problem was a lack of relationships in railway and transit systems. “It has to do with understanding each other roles, issues, respect, and a willingness to meet each other and be cooperative,” said Gord.

In 1990 Gord formed Advanced Rail Management (ARM) which provides consulting and contract services in the United States and Canada. The company gathers and evaluates data on rail and wheel conditions, and designed strategies for enhancing the wheel/rail interface, including oversight of implementing customized strategies. In 2022 his company was sold to the Global Rail Group in Austria.

In 1994 he and his wife Toni formed a second company - Wheel Rail Seminars (WRS), which produces the Wheel/Rail Interaction (WRI) conferences with high quality, practical presentations. Their mission includes creating meaningful connections for people in the railroad industry where people come together for a “meeting of the minds.”

For over 30 years, Gord and his wife Toni continue to produce Wheel/Rail Seminars, which attracts people worldwide. An example of these seminars includes their upcoming Rail Transit Conference in Boston which is devoted to examining wheel/rail and vehicle/track interaction on light rail, subway, and passenger train operations.

Gord believes there’s a huge need to educate people and understand the overall

picture. “You can’t just look at the two sides of the street with a wall down the middle and just look after your side of the street, because you don’t know what the other side is doing. Hey guys, we have to get together, and we must have both sides in the room together. We have to hear your opinions and comments and not be afraid to ask questions.”

It became obvious that Gord is a high energy person with the skills to make people comfortable when delivering the WRI seminars. The benefits are far-reaching for attendees gaining knowledge and solutions to problems. Gord provides instruction on the need for interaction without fear of reprisal.

Gord’s seminars on wheel-rail interaction probably stand out because he can take something really technical and make it feel practical. He mixes the deep theory with real world examples from rail systems, so folks actually understand its relevance. He builds his sessions around visuals and case studies, so people walk away feeling like they learned something useful, not theory for theory’s sake. Gord is very appreciative of Toni’s role in their company. She provides expertise in handling the enormous amount of administration duties.

Gord, it has been a real pleasure getting to know you, both professionally and personally. I have tremendous respect for your engineering skills, your depth of knowledge, and important contributions you have made to my limited understanding of wheel-rail-interaction. Beyond your professional accomplishments, I have especially appreciated the opportunity to know the person behind the expertise and your genuine character. ■

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Maples Community Centre – M.R.A.I (Maples Recreation Association Inc.) introduce new pickleball or badminton courts inside its Arena. The concrete is in fantastic condition. This new addition currently has 5 courts available with potential expansion next year to 9. Maples Community Centre welcome residents and Winnipeggers to come and give them a try. The Community Centre recently introduced them to residents who frequent the outdoor court. The space has recently booked court rentals and birthday parties.

Testimonial

"I was very glad to experience the pickleball courts inside the Arena because it's a great cool place to play in the Summer months. The sport is fun to play that's rapidly growing. It's close so I don't need to go far, there's many other sports to play too, booking and price is very reasonable. My friends and I will be telling other people about this opportunity!"

Chris, Maples resident and school custodian

The courts will be available this year until August 15th when the ice goes back in. Next year the intentions will be to have them available starting in May and running until Mid-August. The Maples Community Centre are exploring several different options for events, tournaments, programs, as well as student, family and senior summer passes. The Community Center would also like to reestablish a user-group during the non-summer months in our 3-Court gymnasium on Weekdays from 12-3 pm.

If residents wish to explore this new space, Winnipeggers are more than welcome to come play a few hours for **free**.

Please feel free to stop by, call **204-953-1190**, or visit Catchcorner.com and search Maples Multi-plex (Arena- Complex) to book a \$10 per hour court rental.

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Announcement from Ted Fardoe, President

INTRODUCING TEAM MANITOBA!

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2026 Team Manitoba – Open Division

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Sean Lacap
Mixed Doubles
CJ Jawanda
Emalia Sinclair
Women's Doubles
Carmen Lee-Chochinov
Erin Yang
Men's Singles
Jordan Farber
Women's Singles
Roberta Gray
Alternates
Men's Alternate - TBD
Women's Alternate
Panni Dentongtang

2026 Team Manitoba – Senior Division

Men's Doubles
Randy Mandelik
Tony Scaravelli

Mixed Doubles
Jun Laffin
Kem Wong
Women's Doubles
Christine Soubry
Suzanne Davidson
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Jim Howarth
Women's Singles - TBD
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Ken Bradford
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Maureen Bonner

Over the coming weeks, Team Manitoba will participate in a series of team training sessions, strategy development, and team-building activities as they prepare to compete on the national stage.

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What is a DUPR Scale?

~ Brent Bernas - GM of The PICKLR Winnipeg South

If you've spent any time around pickleball courts, you've probably heard players talk about their "DUPR" rating. But what does that actually mean — and more importantly, what does it mean for your game?

What is DUPR?

DUPR stands for Dynamic Universal Pickleball Rating. It's the sport's global standard for measuring player skill, using an algorithm that factors in match results, opponent strength, and score margins. Unlike a subjective "self-rating," DUPR updates dynamically every time you play a verified match — meaning your rating is always a true reflection of how you're performing right now, not how you played last year.

Ratings range from 2.0 to 8.0, and while the number might seem small, the gap between levels is significant. Here's a breakdown of what each range typically looks like on the court.

The DUPR Scale, Explained

2.0 – 2.5: Beginner You're new to the game and still learning the basics — how to keep score, where to stand, and the fundamentals of the serve and return. Rallies are short, and consistency is the main goal.

2.5 – 3.0: Advanced Beginner You understand the rules and can sustain a short rally. You're starting to develop shot selection and a basic dink game, but placement and consistency are still developing.

3.0 – 3.5: Intermediate This is where most recreational players land. You have a reliable serve and return, understand court positioning, and can execute basic strategy like the third-shot drop. Rallies are longer and more consistent.

3.5 – 4.0: Advanced Intermediate Your game has real strategy behind it now. You're comfortable at the kitchen line, can handle faster exchanges, and are starting to mix up spin, pace, and placement to create opportunities.

4.0 – 4.5: Advanced You're a strong, consistent competitor. Your shot selection is sharp, your footwork is efficient, and you can adapt your strategy based on your opponent. Many league and tournament players fall in this range.

4.5 – 5.0: Elite This is high-level, highly competitive play. Players at this level have excellent control, anticipate shots before they happen, and rarely make unforced errors.

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Rick Henkewich: Still Coaching, Still Teaching, Still Loving the Game



MANITOBA SPORTS

By Scott Taylor /
Photos by James Carey
Lauder, Rebecca Horan
and Phil Cholosky

At 72 years old, most Hall of Fame inductees are content to relive the glory days.

Rick Henkewich would rather be drawing up plays.

Later this month, while many people his age are enjoying retirement, Henkewich will be standing on the sidelines in Regina, coaching Manitoba's Under-18 girls six-man tackle football team at the national championship. The drills have changed. The game has evolved. The players are different. But the passion that first pulled him onto a football field more than six decades ago burns as brightly as ever.

That enduring love of football is precisely why Henkewich, as a Builder, is being inducted into the Football Manitoba Hall of Fame on Sept. 23, at the Pinnacle Room at Princess Auto Field.

For him, however, the honour is less about reaching a destination than reflecting on a remarkable journey.

"I knew it was coming," he said of the phone call informing him of his induction. "But when Mike Garlinsky called, it was still an amazing feeling."

The Hall of Fame recognizes more than 60 years of service to football as a player, coach, administrator, mentor and visionary. Henkewich has touched virtually every level of the game in Manitoba, from high school to junior football, university football, the CFL, Football Manitoba, Football Canada and, now, the rapidly growing girls game.

Yet he never imagined any of it.

"When I first stepped onto a football field, this was never the thought," he said. "Even when I came back to coach at Sisler, it was never about the Hall of Fame. It was just about getting back to the game I loved."

That journey officially began on the coaching side in 1983 at Sisler High School before taking him to the Winnipeg Hawkeys, East Side Eagles, St. John's High School, the University of Manitoba Bisons, guest coaching assignments with the Winnipeg Blue Bombers and Edmonton Eskimos, Garden City Collegiate, Sturgeon Heights Collegiate and, eventually, the commissioner's office of the Winnipeg High School Football League.

Every stop added another chapter.

Every coach became another teacher.

Every player became another reason to keep coming back.

Today, perhaps surprisingly, one of his greatest coaching experiences is unfolding with teenage girls learning six-man football.

"It's an absolute blast," Henkewich said with a laugh. "They're sponges. They want to learn. They work hard. They're an amazing group of individuals."



Rick Henkewich
Photo by Phil Cholosky



Rick Henkewich with Scott Taylor on The Huddle. Photo by Rebecca Horan

The longtime coach admits he wasn't sure what to expect when he accepted the assignment as a favour. Instead, he discovered a team that reminded him why he fell in love with coaching in the first place.

"They just do it," he said. "They don't argue. They don't make excuses. They just want to get better."

That desire to improve has always mirrored Henkewich's own philosophy.

Whether coaching elite athletes or newcomers, he has always believed football is about building people as much as building players.

His influence expanded dramatically when he became the first commissioner of the Winnipeg High School Football League who wasn't a teacher.

Rather than simply maintaining the league, Henkewich helped transform it.

He oversaw expansion, embraced the explosive growth of flag football and worked tirelessly to improve the profile of Manitoba high school football across Canada.

One of his proudest achievements wasn't measured in championships.

It was measured in opportunity.

Years ago, university and professional scouts rarely visited Manitoba. Henkewich and his coaching colleagues set out to change that by promoting the quality of football being played in the province and creating a culture built around competition and player development.

The results spoke for themselves.

"There was a point where we had 18 Manitoba high school players in the CFL," he recalled proudly. "The coaches bought



Defensive Player of the Year Mason Bennett receives the Kas Vidruk award from WHSFL Commissioner Rick Henkewich. Bennett starred at the University of North Dakota and played three years in the CFL.



Andreas Dueck with Rick Henkewich, 2015 ANAVETS Cup MVP who went on to star at McMaster University.

into what we were doing. It didn't matter whether they came from a big school or a small school. Everybody pulled together."

That collaborative approach helped reshape the reputation of Manitoba football and opened doors for countless young athletes.

Along the way, Henkewich found himself working beside some of the biggest names in Canadian football, including Cal Murphy, Ron Lancaster, Frank Spaziani, Mike Kelly and numerous others.

He also collected enough stories to fill a book.

One of his favourites happened almost by accident during an Edmonton Eskimos training camp.

While eating breakfast, an older gentleman asked if he could share the table. They spent nearly an hour discussing football before the man stood up to leave.

"He said, 'My name is Jackie Parker.'"

Henkewich still laughs remembering the moment.

"I almost fell over," he said. "Jackie Parker was my all-time favourite player. As a kid, you never think you'll someday sit down and have breakfast with the guy you idolized."

Then there are the lighter moments — like the legendary practical joke involving coach Mike Kelly's truck that became football folklore and somehow spread all the way to NFL coaching circles.

Those memories, Henkewich insists, matter just as much as the victories.

"People always ask about the championships," he said. "But it's the stories. Those stories were our memories. Maybe we

embellish them a little now that we're older, but those were the times we had together."

Those relationships have defined his football life far more than wins and losses ever could.

As commissioner, coach, board member and mentor, Henkewich helped shape generations of players and coaches while serving on the boards of both Football Manitoba and Football Canada.

Now, fittingly, he takes his place among the people he once admired from afar.

"When I look at the Hall of Fame, I think about all the people already in there," he said. "They set the bar pretty high. Now I'm there too."

The Football Manitoba Hall of Fame's Class of 2026 is one of its strongest in recent memory. Joining Henkewich are fellow builders Kevin Campbell, Dale Driedger, Dan Huclack, Matt Rollason and Bob Sokalski, along with player Tim Shea. The 1964 Kelvin Clippers and the 1987 St. Vital Mustangs will also be honoured as championship teams whose accomplishments left lasting marks on Manitoba football.

For Henkewich, though, September's induction ceremony will simply be another memorable stop on a football journey that is far from over.

After all, once the applause fades and the Hall of Fame plaque finds its place on the wall, there will still be another practice to run, another player to encourage and another lesson to teach.

For Rick Henkewich, that's exactly where he'd rather be. ■

SCHOOLS OUT FOR SUMMER

- Debbie Stewart, President, Retired Womens Teachers' Association (RWTA)

As the students from the graduating class of 2026 walk the halls one last time to clean out their lockers, pick up their report cards and say good bye to their friends, they realize school is not only out for summer but forever. This chapter of their lives is closing and they are about to embark on the next chapter. For some, it will be finding a job, for others registering at University or College and travelling will be on the minds of some.

Much like the graduates, many teachers will realize that school is not only out for summer but forever as well. They will

have handed in their locker lists, completed their report cards and said farewell to their colleagues. The retirees are closing this chapter of their lives and embarking on their next chapter. For some, it will be spending more time with grandchildren, volunteering and taking up a new hobby. For others, it will be opportunities to travel.

This transition is a big adjustment. The daily routine of lesson plans, marking tests, etc. will be missed. Most of all, they will miss their colleagues and the camaraderie over the years.

Lucky for female retirees, there is the

Retired Womens Teachers' Association (RWTA). Established on January 19, 1951, the RWTA was formed when 27 recently retired women teachers met in the Georgian Room of the Hudson Bay to discuss forming the association. The objectives - to continue the social relationships formed during their teaching years, assist and coordinate a number of public services and deal with any issues concerning the welfare of the group.

The RWTA meets four times a year (September, December, February and April) at a luncheon. Retirees enjoy a delicious

meal followed by entertainment or a guest speaker on a topic of interest. It's a wonderful way to reconnect with old colleagues and meet new ones surely to become new friends.

Being the 75th Anniversary of the RWTA, exciting things are being planned for the luncheons starting with the September luncheon which will include a fashion show.

If you would like further information on becoming a member, please contact Debbie, President of the RWTA at

debbiestewart110@outlook.com
or 204-792-6102.

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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.)

LUNCH / DANCE / MUSIC / ART

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

Pembina Active Living (PAL) 55+ - Annual Picnic & Membership Drive, Wed. Aug. 26, 11-2 pm, 134 Plaza Drive. Membership & Program Registration. Complimentary BBQ Picnic food, 50/50, Info tables. Bring a lawn chair. Silver Collection. Visit <https://pal55plus.ca>, email programs@pal55plus.ca.

Steinbach Arts Council - Calling all artists, join us Tuesdays, 9:30-11:30, Sept. 8 - May, 2027 to practice your skills. We paint as a group on our projects in oil, acrylic, watercolour, etc. For more info: gperroncreations@gmail.com

Manitoba Hobby Expo - Sat. Oct. 3, 9-5 & Sun. Oct. 4, 9-4, Red River Exhibition Park, 3977 Portage Ave. Come see Trains, Planes, RC Cars, Hot Wheels, Lego, Dolls, Pokémon and many more hobbies. Commercial and Private vendors. General \$12, Youth 4-12 \$6, 3 & under free! We take Cash, Debit & CC. FREE Parking. Handicap and stroller access. Email: Megatrainmb@gmail.com.

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

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. Text/call 204-261-4442, fcwpg@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@mymts.net.

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

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

SPORTS / PICKLEBALL

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

Pickleball - Seniors 55 plus are invited to learn to play 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

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

Granite Curling Club - Daytime Curling: Wildewood Seniors - Mon & Wed, 1-3 pm (kerryfraser@icloud.com), Granite Masters - Thursdays, 10-noon (jppeloquin@gmail.com). Men & Women, all seniors and skill levels. Spares

welcome. Autumn Curling Clinic at no cost. One Granite Way, www.granitecurlingclub.ca curl@granitecurlingclub.ca

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

Charleswood Seniors Curling Club - Inviting curlers of all abilities and ages (50+) to enter as individuals (not teams). The Charleswood Seniors Curling Club is separate from; but operates out of, the Charleswood Curling Club at 4000 Grant Avenue. Curl in a league that divides a 36 game season (Oct. to March) into four quarters. All members are reorganized into different teams each quarter to encourage social interaction. Games are played Mon's & Fri's at 9:30 am. No prizes, trophies, or play-offs - just fun and camaraderie. Info: Membership chair Ted: ted.leblond@icloud.com or www.charleswoodcurlingclub.com.

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

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

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

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

Red River Senior Cards St Vital - Whist: 12:30-3:30, Thursdays at Norberry-Glenlee Community Club, 26 Molgat Ave. Email: Norbglen@yahoo.com or call the Club: 204-256-6654 for info.

Seniors Whist Group - play Wednesdays, 12:30 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 franticallycallingmb@redcross.ca

Canadian Mental Health Association - cmhaacrossmb.ca

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

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

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

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

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

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

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

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

VOLUNTEERING

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

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

Actionmarguerite St. Vital, 450 River Road - Volunteers to help Recreation staff, transport residents in wheelchairs to in-house appt's. 204-235-2111, service@actionmarguerite.ca

Bethel Place - congregate meal program needs volunteers in kitchen and dining room. Lunch time and supper time shifts. 3 hrs once/wk. Proof of Covid Vaccination. Melanie: mcamara@bethelplace.ca

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed in the gift shop 12-4, assisting with recreation programs & transporting residents to / from worship services held in the Centre. 204-831-2503 or visit deerlodge.mb.ca/volunteers/

Meals on Wheels - Volunteers needed in: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. 204-956-7711, www.mealswinnipeg.com

Misericordia Health Centre and Misericordia Place - Volunteers being accepted to support patient care. Training provided. Giftshop, open 10 am-4 pm. (3-hr shifts). 204-788-8134, www.misericordia.mb.ca, volunteer@misericordia.mb.ca

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. Volunteers for "Grandma & Grandpa Swim Program" for pool play time with preschoolers from daycares. 1 hr/wk. Police check required. 204-582-0066, M-W-F, or ncsc@shaw.ca.

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

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

St. James-Assiniboia 55+ Centre - Kitchen

Volunteers needed to help in the kitchen, and meal planning. Call Paula: 204-560-5181

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

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

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

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

PROGRAMS / SERVICES

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

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

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. Closed July & August.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: lkehl84@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.



The
Pros Know 55+
Active Living & Resource Expos

2026



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

Independent Living Options & Help at the Fall Expos!

Right to the chase, shall we...

First off, hope your summer has been good to say the least. The weather has been most unstable. What used to be somewhat predictable, is out the door and my BBQ is going to file for divorce because of neglect. Ouch!

That all said, as we age, we start thinking about the challenges ahead in trying to keep our independence. It's scary. What was once counted on, no longer can be and we sometimes feel like we're constantly living in the 'What's Next' universe.

If this will help, even a little, there are a multitude of organizations and senior friendly businesses out there who are really good at helping us age in place and even transition to next stage living scenarios. They help us to find legitimate options and give us the truths to navigate through the fogs of getting older. Let's list a few.

In the organizations side of things, in no particular order, because they're all awesome in their own right, are folks

like Active Aging in Manitoba, A&O Support Services for Older Adults, 211 Manitoba, United Way, Care Possible - MB Possible, Family Doctor Finder, Long Term and Continuing Care Association of Manitoba, PEAM - Prevent Elder Abuse Manitoba. A rather solid, proven group of professionals with decades of experience in assisting us to age healthy and well.

On the senior friendly businesses side, well let me tell you, the list is also large and well established. I can't fit them all in here, but here's a couple of names; Comforts of Home Care, Prime Home Health, Desjardins FSI, Northway Pharmacy, The NB Team, KLD Law (Wills & Estates), Dignity Memorial, Heart to Home Meals, Specsavers and the fine people of Marwest Retirement Living. September 23rd and October 1st are our last two shows for the year. Admission is FREE. We hope we've given you plenty of reasons to attend and get the help you need to live a better life!

Thank you and have a great Summer!



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

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

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

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

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

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

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

Prendergast Seniors Club (Windsor Park) -

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.

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

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

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

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

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

South Winnipeg Seniors Resource Council - 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

PROGRAMS / SERVICES

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

A&O Support Services for 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: cwllorette@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**, selkirkseiors.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.patportercalc.com>

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

Stonewall - Strummers Ukulele Club - 1st & 3rd Thur., 6:30 pm, at South Interlake 55 Plus, 374 1st St. W, Stonewall. 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

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Jim Malloway - MLA Elmwood | Colin Reynolds - MP Elmwood Transcona

“Wow! You're just a spring chicken!”



Melanie Bremaud
Seine River Services for Seniors Inc.

It's something I hear quite often when I'm visiting with older adults, usually followed by a smile and a laugh.

The truth is, growing older is something we all have in common, even though each of our journeys looks a little different. Whether you've lived in your community your entire life or

have chosen to make rural Manitoba your home, one thing remains true: home is more than a place. It's where we find comfort, purpose, and connection.

My name is **Melanie Bremaud**, and I am the **Senior Resource Coordinator (SRC)** with **Seine River Services for Seniors Inc. (SRS)**, serving the communities of **La Broquerie** and **Ste. Anne**. Every day, I have the priv-

ilege of meeting older adults and their families, listening to their stories, celebrating their successes, and helping them navigate life's challenges.

Over the past seven years, I've come to realize that my greatest education hasn't happened in a classroom—it has happened around kitchen tables, on front steps, over cups of coffee, and in conversations with people who have lived remarkable lives. Every story has taught me something about resilience, kindness, humour, community, and what truly matters.

Rural living certainly has its challenges, but it is also where neighbours quietly look out for one another, volunteers make an incredible difference, and communities come together when someone needs a helping hand. These are the stories that often go untold, yet they are the heartbeat of rural Manitoba.

I'm excited to begin this journey with you through *Senior Scope*. Each month, I'll share reflections inspired by the people I meet, the conversations that stay with me, and the lessons hidden in everyday moments. My hope is that these stories make you smile, spark a memory, inspire a conversation, or simply remind you that we all have something valuable to learn from one another.

I may still be considered a "spring chicken" when speaking in numbers, but thanks to the stories I've collected over the years, I've gained wisdom far beyond my age. I look forward to sharing a little of that wisdom—and the remarkable stories behind it—with you each month.

Before we meet again, I'd love to leave you with a question to think about:

Who is someone in your life who quietly shaped the person you've become? ■

Manitoba -

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Thank you to the above businesses for participating in the **Senior Scope** contest for these contest draw prizes!



SAY WHAT!?! CONTEST

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

AND THE WINNERS ARE:

WINNER #1

Susan
Smid

Winnipeg, MB

WINNER #2

Larry
Poelvoorde

Winnipeg, MB

Congratulations!

Thank you for reading *Senior Scope* and for entering our contest!

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**)

>>>.....<<<
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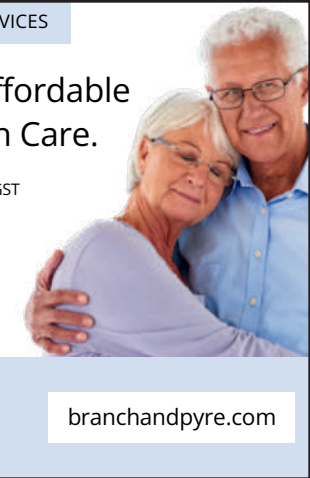
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CROSSWORD - By Myles Mellor

ACROSS

1. Play a part
5. Ride
8. Hose down
13. Reason for a tarp
14. The ___ of the land
15. It's fit for a king
16. Loch Ness monster, e.g.
18. Goings-on
19. Went slowly
20. ___ set
21. Stallone's famous part
24. Time-tested
26. Performed
30. Body part with a canal
31. Genuine
33. It can be gray
34. Out of the wet
35. Bumped into
37. Attractive items
39. Jovial
40. Pet doc
41. More acute
45. Swallow
46. Dance genre
49. Toy with strings attached
50. Comfy spot to sit on
52. Be beholden to
53. What comes to mind
54. Request to Fido
55. Conduct
57. Overly
60. More recent
62. Stick up for
65. All-important
69. Cleaned, as a disk
70. Claus helper
71. Alert electronically
72. List in a wish list
73. Impart colour
74. Dalmatian's marking

DOWN

1. Trajectory path
2. Diner, for one

1	2	3	4		5	6	7		8	9	10	11	12
13					14				15				
16					17				18				
			19						20				
21	22	23				24	25			26	27	28	29
30						31			32	33			
34				35	36			37		38			
			39					40					
41	42	43				44	45			46	47	48	
49					50		51				52		
53						54				55	56		
			57	58	59		60		61				
62	63	64					65				66	67	68
69							70			71			
72							73			74			

3. ___ the knot
4. Nosh
5. Detective's discovery
6. JFK, for one
7. Type of Volkswagen
8. Goalie's feat
9. Amiable
10. Did a marathon
11. Behave in a certain manner
12. "Most assuredly!"
15. Family pooch, for example
17. Taste
21. Like a lobster
22. Galley crewman
23. Blubber
25. Home for a beaver
27. Queen's "We ___ the Champions"
28. It divides the court
29. Interstate sign
32. Kind of lamp
35. Chart
36. Views
38. "___ Shorty" movie
39. Word in Ali's boast
41. Do slaloms
42. Shrouded
43. Bothered (with "at")
44. Take illegally
45. With relish
46. Part of a foot
47. Miracle response
48. Word with hour or cent
51. Displayed some swordsmanship
55. Scenery
56. Almost falls
58. Change from a cashier
59. Unmatching
61. Not a single woman
62. Dawn's droplets
63. The Renaissance, e.g.
64. One of the faithful
66. Part of some uniforms
67. "... and seven years ___"
68. Allow

SOLUTION ON PAGE 19

WORDSEARCH - BUTTERFLIES - Senior Scope

C	G	N	V	M	S	I	G	H	T	I	N	G	S	M	O	N	A	R	C	H
Y	C	E	L	A	V	X	N	H	R	G	P	S	G	R	O	U	P	S	D	L
C	M	Z	K	J	J	O	A	A	C	H	T	X	C	I	I	F	O	L	Y	J
L	A	R	V	A	M	P	T	N	O	O	H	I	M	C	L	O	W	A	M	G
E	H	H	W	M	U	C	A	G	O	M	M	I	Y	A	S	O	E	R	S	E
C	A	X	O	P	E	O	S	F	R	E	G	V	T	V	R	D	S	G	M	B
A	B	C	Q	N	V	Q	H	I	D	O	S	S	W	I	P	K	H	E	A	X
B	I	G	R	A	S	S	E	N	L	L	W	H	K	I	N	S	I	F	L	Y
B	T	H	M	X	U	G	E	M	L	V	N	T	N	N	N	Y	E	N	L	M
A	A	W	C	R	N	K	O	S	I	E	E	E	H	E	K	G	K	G	G	U
G	T	U	B	A	J	U	Y	S	M	L	D	R	R	X	S	B	S	S	O	S
E	R	L	R	Z	B	T	I	I	U	R	K	U	Y	E	Y	V	K	V	H	E
W	R	O	O	N	T	L	C	X	A	L	S	W	I	B	G	F	I	Z	W	U
H	N	Y	W	E	A	E	H	G	Z	A	P	L	E	T	L	G	P	V	E	M
I	J	T	R	S	P	E	C	I	E	S	F	H	Y	E	N	U	P	I	L	R
T	T	P	Y	S	C	G	M	R	P	R	B	P	U	Q	D	T	E	E	M	E
E	F	R	L	Q	A	N	T	N	E	E	G	Y	U	R	T	R	R	W	A	G
P	H	A	S	E	T	P	A	T	T	E	R	N	S	K	S	A	L	I	L	I
C	A	N	A	D	A	N	T	D	I	S	T	I	N	C	T	C	I	N	E	O
E	W	W	N	M	O	U	R	N	I	N	G	C	L	O	A	K	N	G	E	N
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- | | | | | |
|-------------|----------|----------|-------------|--------------|
| Adult | Distinct | Hang | Nectar | Silvery Blue |
| Beautiful | Egg | Home | Net | Small |
| Brushfoots | Endemic | Large | Orange | Species |
| Butterflies | Fly | Larva | Patterns | Specimen |
| Cabbage | Food | Male | Phase | Sulphurs |
| White | Garden | Markings | Poweshiek | Tiny |
| Canada | Grass | Milkweed | Skipperling | Track |
| Cat | Groups | Monarch | Pretty | Treasure |
| Chrysalis | Grows | Mourning | Pupa | Viewing |
| Common | Growth | Cloak | Region | Wings |
| Cycle | Habitat | Museum | Sightings | |

SOLUTION ON PAGE 19

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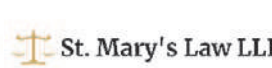
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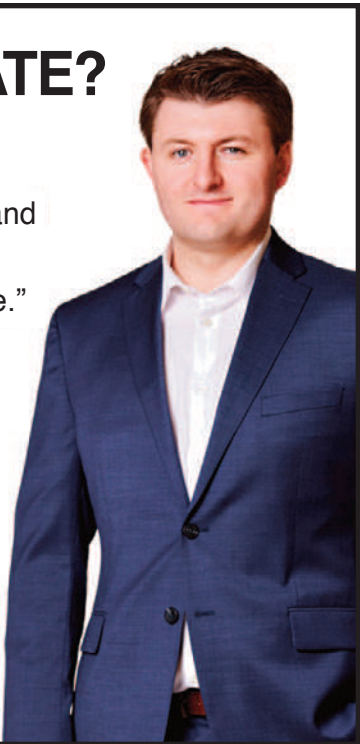
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Senior Scope

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

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

WORDSEARCH - Solution

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

SUDOKU - Solution

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

CROSSWORD - Solution

1	A	C	T	S		5	C	A	B		8	S	P	R	A	Y					
13	R	A	I	N		14	L	I	E		15	P	A	L	A	C	E				
16	C	R	E	A	T	U	R	E		18	E	V	E	N	T	S					
19							C	R	E	P	T		20	T	E	A					
21	R	O	C	K	Y		24	O	L	D		26	S	A	N	G					
30	E	A	R				31	R	E	A		32	A	R	E	A					
34	D	R	Y				35	M	E	T		37	M	A	G	N	E	T	S		
39							G	A	Y			40	V	E	T						
41	S	H	A	R	P	E	R				45	E	A	T		46	T	A	P		
48	K	I	T	E			S	O	F	A		51				52	O	W	E		
53	I	D	E	A							54	B	E	G		55	S	T	E	E	R
57							T	O	O		59					60	N	E	W	E	R
62	D	E	F	E	N	D					65	C	R	I	T	I	C	A	L		
68	E	R	A	S	E	D					70	E	L	F		71	P	A	G	E	
72	W	A	N	T	S						73	D	Y	E		74	S	P	O	T	

To Notable Manitobans

September 17 • 2026
Viscount Gort Hotel

- 329 guests registered
- 5 Table Sponsorships available.
- Join the list of 11 sponsors

Contact **Bud Ulrich** -
bulrich50@mymts.net
Phone: 204-792-7740

theCLASSIFIEDS

Approx. 30 words for **ONLY \$10.50** (10.00 plus .50 GST). Add 5.00 to include photo. (15.00 + .75 GST = 15.75)
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WANTED

COINS & CURRENCY: Over 40 years' experience as a coin and bullion dealer, I can help seniors and families organize and downsize coins, currency, and bullion. Consultations for a fee; fair buy prices.
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JOBS

LAUGH A LITTLE

Wife to hard-of-hearing husband: "I think you need a hearing test. Husband: "Why do I need a hairy chest?"

The word 'homeowner' has the word 'meow' in it. Try pronouncing it normal ever again.

At a wedding celebration, someone hollered: "All married people, please stand next to the one person that has made your life worth living." The crowd almost trampled the bartender...

Nurse tells the doctor that a man in the waiting room thinks he's invisible. She asks the doc, "What should I tell him?" The doc said, "Tell him I can't see him today."

Sweetgrass Available

sourced from Ile à la Crosse, SK

Only 19 braids left
(24-30" length) available immediately in or near Winnipeg. Taking orders for summer/fall 2026 or summer of 2027.

Contact Rick Goodman for info.
(306) 833-7900
rickgoodmansk@gmail.com

To Notable Manitobans

A Manitoba First

Thursday, September the 17th, 2026
Viscount Gort Hotel
7 to 9:30 p.m.

KEYNOTE SPEAKERS

Ed Schreyer

Susan Thompson

Al Simmons

EVENT HIGHLIGHTS

PowerPoint Presentation

Tribute to *Patsy Cline* by Laurie Sutherland

Must register to bulrich50@mymts.net

Limited Seating

Attire: Business Casual

Net proceeds to **Myeloma Canada (CANCER)**

SPONSORED BY **Friends of Senior Scope**



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August 13th

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with pricing from the low \$2000s.
Catherine Place is a warm, inclusive
community designed to help you
enjoy every day on your terms.



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with Amazing Amenities

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- » 24-hour snacks
- » Weekly house keeping & bed linen laundry
- » Personal pendant + full emergency response system
- » 24-hour on-site staff
- » Twice daily safety check-ins
- » Daily activity programs and weekly mall outings
- » Cable TV
- » All utilities included



Join Us for a Taste of Catherine Place!

OPEN HOUSE: Thursday, August 13th, 1:00 – 3:00pm

Call 204-400-0145 to book your spot with us.

Can't make that day? No problem, just give us a call and we'll set up a time that suits you.

Catherine Place Retirement Community 190 Place Raymond Place, Winnipeg MB.