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CHURCHILL, Manitoba –

A Whale of a Time

By Bud Ulrich

CONTEST WINNERS ANNOUNCED

See Page 12

- Part 1 of 2





Photo by JP Parenty



A MANITOBA MOMENT

Bud Ulrich

My thanks to the *Senior Scope* Newspaper, RWB Get-A-Ways, VIA Rail, and North Star Tours for sponsoring my trip to Churchill. I jumped at this opportunity to experience Manitoba's north and all the beauty it brings. The

chance to participate in tour activities and meet new people including the mayor of Churchill made for an exciting and rewarding venture.

Departing Winnipeg on VIA Rail brought back a flood of memories dating back to my early twenties when I was employed with Manitoba Hydro. In 1961, I was assigned to a three-month stint at Thompson,

Manitoba. I also travelled to the Kelsey Generating Station approximately 90 miles northeast of

Continued on page 6



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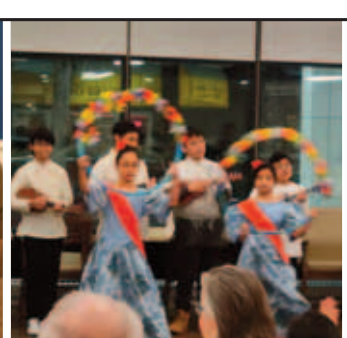


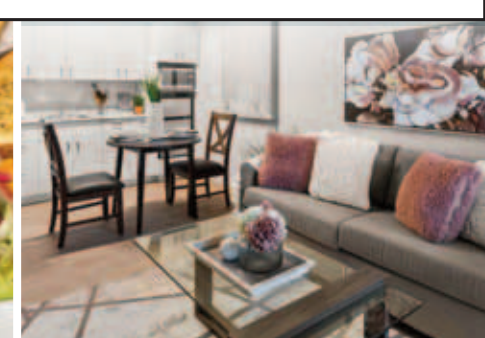
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Publisher/Editor:
Kelly Goodman
204-467-9000
kelly_goodman@shaw.ca
www.seniorscope.com

Advertising:
204-467-9000

Feature Columns:
Bud Ulrich
Myles Shane
Rick Roschuk

Contributing Submissions:
Alzheimer Society
Linda Brown - AAIM
Heart to Home Meals
Senaka Samarasinghe
Roni Alward - Trivia and Word Search

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Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

Summer Challenge



Linda Brown,
Executive
Director, AAIM

Age should not be a barrier to movement! I am always thrilled to meet older adults who are eager to tell me how active they are and the impact that activity has had on their lives. Whether it is how they have improved their mobility, or how they have less aches and pains, the message is always the same “it is important to keep moving”.

So, what about playing Slow-Pitch baseball in your 90th year? Recently, I had an invitation from the “Flashbacks” “slow-pitch house league team to come out to one of their games as they were celebrating a milestone for 5 of their team members. There was reason to recognize and celebrate – the 5 team members were all 90 years plus! I had the chance to chat with Doug – who informed me he was youngest of the 5 players – he was 89 and would not be 90 for 3 more days!

As I sat on the bench with Doug chatting about his many years of playing sports and being active, I realized he embodied the true spirit of active living! Doug has played

several sports over his lifetime and really values his ability to still play ball in the summer and volleyball in the winter. I also recognized the respect he was given by all the players in his role as a leader on the team and the milestone of playing at 90 years of age. Over the years Doug has held many positions on the executive of this team and dedicated many volunteer hours to keep the team going and attracting new members.

It became very clear to me that it wasn’t just about playing ball and being active on a beautiful summer afternoon. It was much deeper than that. It was the friendships and camaraderie, and that feeling of being part of a team that keeps them all coming back.

Listening to the banter back and forth between the players I learned there are many long-term connections on this team. It was obvious to me that the team members really value those connections and really that is what it is all about!

Healthy aging isn’t just about eating healthy, and getting enough exercise, it is also about social connections. Years of research shows us that social connections help improve our cognitive abilities, lower the risk of developing chronic disease, and reduces

the risk of depression and anxiety. Social connections have been shown to improve longevity. Older adults are one group in our society who are at risk to become socially isolated, and there are many reasons that can happen. Lifestyle changes such as retirement, reduced mobility, and reduced daily interactions with others can result in social isolation. In Manitoba winter weather can also contribute to social isolation. Doug and the Flashbacks are helping to combat social isolation by providing a way for members to stay connected through baseball, volleyball in the winter, and several social get togethers throughout the year.

The Flashbacks are exemplifying the benefits of continuing to move as we age. How much are you moving each day?

Enter the **Active Aging in Manitoba’s Summer Challenge** and let us know what you are doing for activity this summer. Please register by emailing – info@activeagingmb.ca or leave a message on **204-632-3947**.

Enter for a chance to win some prizes. *The Summer Challenge closes on August 31, 2025.*

A little history on the Flash Backs



Doug De Graff - batting on his 90th Birthday



Flashbacks celebrating their 90th Birthdays: Left to Right - Doug De Graff, Harry Malnenki, Arnie Jepsen, Pat Cain, and Gord Steels.



3 Flashbacks members showing off new team jackets Left to Right - Gord, Doug, and Brian

The Flash Backs started in 1992 they currently have 78 registered players. There are two divisions – “Flashback Stealers” is the competitive team who won the gold medal at the Canada Senior Games in 2024. The house league has 60 members who play twice a week at Morse Place Community Centre. ■

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



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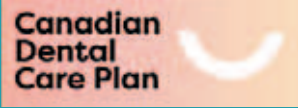
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Canada's Recognition of Palestine Sparks Trade Tensions with U.S.



IN OUR COUNTRY

CANADA

By Myles Shane

In a significant shift in foreign policy, Canada announced plans to recognize a Palestinian state at the upcoming 80th United Nations General Assembly in September 2025. The move, led by Prime Minister Mark Carney, aligns Canada with France and Britain, both of which have recently expressed support for Palestinian statehood in the face of the ongoing humanitarian crisis in Gaza.

"Canada has long supported a two-state solution," Carney said. "We believe in a future where a demilitarized, democratic Palestine can live peacefully alongside Israel."

Canada's recognition is conditional, however. Carney outlined four key requirements: governance reform by the Palestinian Authority, general elections in 2026 that exclude Hamas, the complete demilitarization of the future Palestinian state, and the full exclusion of Hamas from any role in governance. According to Carney, these steps are necessary to ensure regional security and build lasting peace.

While the announcement was welcomed by European allies, it also triggered tensions with the United States. President Donald Trump responded swiftly, increased tariffs on Canadian imports to 35%. The tariffs, which took effect on August 1, target a wide range of Canadian goods not protected under the 2020 USMCA trade agreement.

Trump cited national security concerns and cross-border fentanyl trafficking as the justification for the tariff hike, though Canadian officials dispute the accuracy of those claims. "The data shows Canada is not a major source of fentanyl entering the United States," Carney said, calling the rationale for the tariffs "inflammatory and misleading."

Despite the economic implications, Carney emphasized that Canada's decision on Palestine is rooted in longstanding diplomatic principles. "This is about advancing peace," he said. "We remain committed to Israel's right to exist in security and peace, but we also believe that Palestinians deserve self-determination within clear democratic and security frameworks."

The tariff increase has already begun affecting key sectors like steel, aluminum,

autos, and lumber, with Canadian exporters warning of potential layoffs and production slowdowns. Industry groups in both countries have urged leaders to resolve the dispute quickly to avoid further economic fallout.

In Washington, the legality of Trump's tariff authority is being tested in court. On August 1, a federal appeals panel questioned the administration's use of the International Emergency Economic Powers Act (IEEPA) to justify unilateral trade measures. Judges expressed skepticism over whether the law, originally intended for

asset freezes during emergencies, grants the president power to impose broad tariffs.

The case, brought by a coalition of U.S. states and companies, argues that the tariff hike constitutes a significant tax increase enacted without congressional approval. Legal experts expect the issue to eventually reach the U.S. Supreme Court.

Meanwhile, Canada's announcement comes amid growing international concern over the humanitarian situation in Gaza. Reports of civilian casualties, including re-

Continued on page 4

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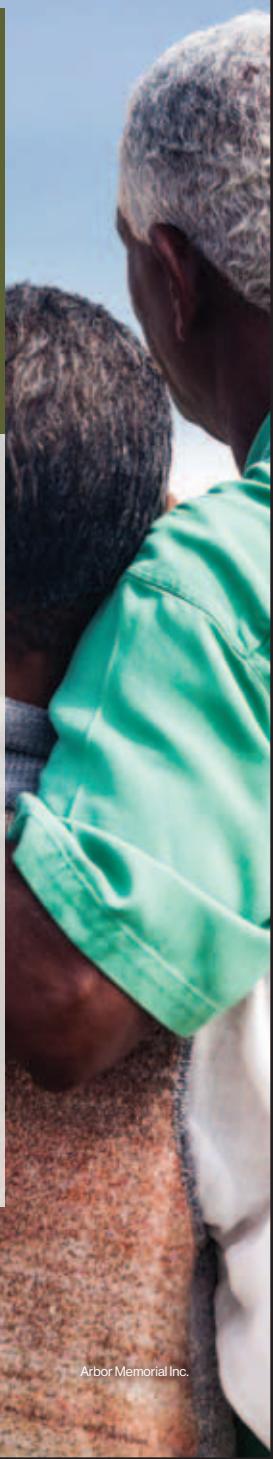
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New Funding Offers Older Manitobans a Path to Connection and Independence

Launching "The Healthy Living Hub" – A Trauma-informed Space and Wellness Initiative

July 21/25 – With the number of older adults experiencing housing insecurity in Manitoba on the rise, Victoria Hospital Foundation and Victoria Lifeline are proud to announce Siloam Mission as the recipient of their 2025 Healthy Community Partnership Grant. The \$10,000 grant will help launch the Healthy Living Hub for Older Adults. This space is a trauma-informed wellness initiative that aims to tackle isolation, declining health, and disconnection amongst seniors who have experienced housing insecurity.

"Investing in the health of older adults and those experiencing housing insecurity is important to Victoria Hospital Foundation. Our goal in this case is to help ensure people can stay in place and out of hospital by utilizing external resources like the 'Healthy Living Hub.' This space helps older adults build connections and reduces isolation, laying the foundation for wellness and long-term housing stability," said Jessica Miller, CEO Victoria Hospital Foundation.

At a time when the national conversation is focused on the housing affordability crisis, Siloam Mission has also seen a rise in the number of older adults accessing their services, with some people experiencing housing insecurity for the first time. To better meet this growing need, the new Healthy Living Hub will provide a safe, supportive space designed specifically for this vulnerable population.

With funding from the grant, the Healthy Living Hub for Older Adults will be created at Gidinawendimin Mādwag ("Our Relatives' Safe Place" in Ojibwe), a 32-unit permanent supportive housing facility for older adults transitioning out of homelessness. Gidinawendimin Mādwag is more than just a building. It's a trauma-informed,

culturally rooted environment built for healing. The facility will introduce a year-round wellness hub offering accessible, low-impact activities designed specifically for older adults who've lived through the challenges of homelessness.

"We are so thankful and excited for the opportunity to receive this grant! Residents of the building were the guiding factor in where we chose to invest. They were loud about their needs to stay active and keep their bodies healthy as well as maintain an active mind through creativity, music and movement. Thanks to this grant, we will be able to support this community for years to come!" Jessica Smith, Manager of Supportive Housing Siloam Mission.

Funding Helps Support Long-Term Independence for Older Adults

What makes this initiative unique is that it was shaped by the residents themselves, drawing directly from their lived experiences. The Healthy Living Hub will offer a fitness space with senior-friendly equipment to improve mobility and reduce fall risks. Creative therapy tools like guitars, paints, and a karaoke machine help to support emotional healing. Outdoor communal areas, such as a fire pit and picnic tables, also help older adults build connections and reduce isolation. Every element is rooted in trauma-informed care, providing safe, low-pressure ways for residents to express themselves and engage with others, laying the foundation for both wellness and long-term housing stability. Initiatives like this one go beyond crisis response to address the deeper issues - like untreated trauma, social disconnection, and declining health - that can lead to housing instability in the first place.

"Supporting older adults to live with independ-

ence and dignity has always been central to our mission. What makes this initiative special is that it was inspired by the residents themselves. We're so proud to be part of something shaped by their strength and vision, and we can't wait to see the Hub come to life," said Krystal Stokes, Acting Executive Director, Victoria Lifeline.

The Healthy Community Partnership Grant, funded by Victoria Lifeline and Victoria Hospital Foundation, supports local non-profits working to improve the well-being of older adults in Manitoba. Past grants have funded food pantries, fitness programs, portable wheelchairs, technology access for rural seniors, and educational farm trips. Each project addresses real challenges, such as isolation, mobility, and financial insecurity, helping older adults stay active, connected, and independent as they age.

Victoria Lifeline and Victoria Hospital Foundation share a collaborative relationship focused on supporting the well-being of the community. While Victoria Lifeline specializes in providing personal emergency response systems and other safety products to Manitobans, Victoria Hospital Foundation is dedicated to raising funds and investing in initiatives that enhance healthcare services. Through their partnership, Victoria Lifeline proceeds go directly to the Foundation to support their mission.

For More Information, Please Contact:

Krystal Stokes
 Director of Marketing & Development
 Victoria Lifeline

(204) 956-6779
kstokes@victorialifeline.ca

Jessica Smith
 Manager of Supportive Housing Siloam Mission
(204) 956-4344 Ext. 2441
Jessica.smith@siloom.ca

...Trade Tensions with U.S., cont'd from page 3

cent incidents involving aid distribution sites, have prompted calls for de-escalation and stronger humanitarian access. Countries like Norway, Australia, and New Zealand have joined Canada in increasing diplomatic pressure on Israel, including sanctions targeting hardline members of Prime Minister Benjamin Netanyahu's cabinet.

Though the recognition of Palestine may complicate Canada-U.S. relations in the short term, many analysts view it as part of a broader global reassessment of Middle East policy.

As the fallout from the tariff decision continues, Carney reiterated that Canada remains open to dialogue. "We are ready to work with all partners, including the

United States, to find constructive paths forward—on trade, security, and peace."

Whether that dialogue resumes soon remains to be seen. For now, the intersection of trade, diplomacy, and humanitarian concerns has placed one of the world's closest bilateral relationships under renewed strain. ■

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areas@mymts.net

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www.gpseniors.ca

Gilbert Plains Drop In Centre
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204-642-7909 / gimli55@mts.net
www.gimlinewhorizons.com

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

Killarney Service for Seniors
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seniorservice@killarney.ca

LA BROQUERIE and STE. ANNE

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src@seineriverservicesforseniors.ca
seineriverservicesforseniors.ca

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Lundar Community Resources
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MANITOU

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Minnedosa Senior Citizens Assoc.
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MORDEN

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mordenactivitycentre@gmail.com
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rosscomm@outlook.com

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resourcecouncil@rseniorservices.com

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

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seniorsthepas@gmail.com

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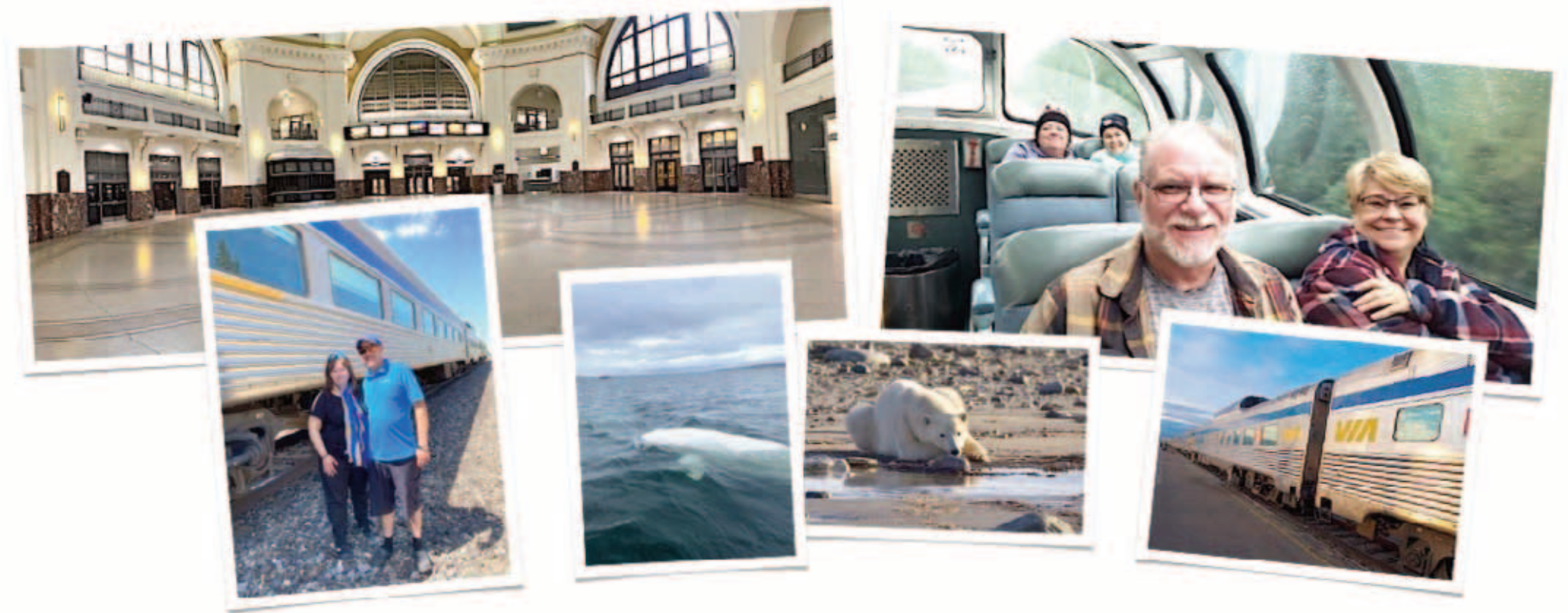
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CHURCHILL - A Whale of a Time,

cont'd from front page

By Bud Ulrich, Photos submitted by various tour members



Thompson. Some 64 years later, here I am – travelling on the same line but this time I'm heading to Churchill with my partner, Donna Eastoe. As our train passed Thompson, I managed to get a picture of a stop-ping point – Pit Siding. All those years ago, this was the station stop that provided shelter until a modified school bus on rails (called a PM3 for some reason) arrived to transport passengers fourteen miles on a spur line to Kelsey Generating Station.

En route to Churchill, we occupied a compact cabin on the train. I immediately felt the comfort of the train moving at varying speeds along the rails. As we headed north, the vast bright yellow canola fields extended as far as the eye could see. Further on, we experienced the splendor of the boreal forest, and then the tundra as

we neared the town of Churchill. At times the train reminded me of a young child being rocked to sleep. Indeed, the beauty of our province shone brightly for us to see.

Our tour guides, Alison McDonald (owner of the tour company – **RWB Get-A-Ways**) and her husband Kris provided us with a first-class, organized itinerary from the time we departed Winnipeg to our return. The entire experience including travel, lodging at the Polar Inn & Suites, a variety of eateries, and of course the interesting tour activities, speaks volumes for the tour company.

Upon arrival at the Polar Inn & Suites in Churchill, we were most fortunate to check into our room at 9:00 a.m. This hotel offered a warm welcome. They provided us with “old fashion” room keys.

The décor included several paintings of polar bears, belugas, and far-north wild-life. A continental breakfast was available with a wide assortment of food and beverages. We felt very comfortable in this clean and friendly atmosphere.

The beluga whale kayak excursion provided plenty of activity with several whales appearing on the surface, then diving under the water. The excitement of seeing these large friendly mammals close to the kayaks for those who participated was a great way to kick off the tour. The wind was quite high causing challenging waves. Our enthusiastic co-tour guide (Kris) made an “interesting” maneuver resulting in a grand entrance into the water. There was some comfort knowing he could stand on the sea bottom, but I'm sure he wasn't happy entering the cold water. This can happen to anyone – and it did! Kris was easily rescued.

We were shuttled by bus to the dock on the Churchill River where we boarded Zodiacs which transported us to the Prince of Wales Fort – a 250-year-old edifice. Despite the weakened state of the walls which

are supported by braces, we could imagine what occurred inside and outside these walls way back when. The guide provided a highly animated and delightful historical account of the fort – and clear directions to follow in case of a bear appearance along the way. I learned more from this tour guide than spending a year taking a history course in Western Civilization.

We returned to the Zodiac encountering some challenging waves in search of belugas – and there they were! It was an exciting moment for all. Our guide noticed a polar bear resting on the rocks of a peninsula in the distance. It was not easy to locate the bear, but the anticipation of our first sighting was evident. We rode the waves on our return to the dock, watching several pods of belugas along the way.

The next day, **North Star Tours** provided an exciting three-hour tour on a small bus with a delightful driver, Rhonda, whose knowledge of the town of Churchill and its surrounding areas was most impressive. The coastal and inland roads offered a landscape like no other. We received a history lesson of the vegetation where the

Continued on next page

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- ⚠ Stimulants for attention disorders

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CHURCHILL, cont'd from page 6



Miss Piggy - Curtiss C-46 Commando cargo aircraft

Stopping point - Pit Siding

blossoms on certain flowers indicated the best time for indigenous hunters to hunt animals. The tundra was covered in a variety of moss and plants – this felt like walking on a sponge. Some of the highlights of this tour included Churchill Northern Studies Centre, the Polar Bear Jail, rocket launching sites, and the remains of a Curtiss C-46 Commando cargo aircraft named Miss Piggy because of the large amounts of cargo it transported. On

November 13, 1979, the aircraft lost power in the left engine shortly after take-off and the pilot tried to return to the Churchill airport, but unfortunately crashed on top of the rocks on the outskirts of town. As the story goes, the aircraft was close to crash landing with the tail landing gear clipping trees and a power line causing it to plow down on the snow-covered rock. The crew of three survived despite serious injuries to the pilot and one crew member.

The evening Zodiac activity included beluga whale watching again, only this time almost one hundred belugas appeared. The people who participated in this excursion were elated when pods of belugas rose to the surface. The friendly nature of the belugas is unique to Churchill as they feel safe there, and likewise humans feel the same. One evening we headed to the Lazy Bear Café – a log style construction including a polar bear fur hanging on the

wall. A scrumptious meal of Arctic char made a wonderful day complete. The Sub-Arctic Tours venture, sighting of more polar bears, the appearance of northern lights, behind the scenes information on **Alison McDonald**, the owner of **RWB Get-A-Ways**, and the scenic route heading home on **VIA Rail**, are featured in Part 2. This is only part of a wonderful journey to Manitoba's Polar Bear and Beluga capital of the world. ■

Churchill RAIL TOURS

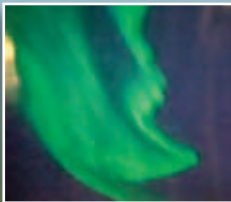
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Aging In Place

How Home Can Be Where The Health Is

- Heart to Home Meals

As we age, our needs evolve — but our desire for comfort, independence, and familiarity remains. More and more, seniors are choosing to age in place, remaining in their own homes safely, independently, and comfortably rather than moving to assisted living or retirement homes. And it's not hard to see why. Home is where we feel most ourselves, where our routines and habits are familiar, and where our life has been lived and our memories have been made.

But aging in place successfully doesn't happen by chance. It takes planning, support, and the right resources. At Heart to Home Meals, we believe that with the right tools in place, home can truly be where the health is. Here are a few ways that seniors and their families can support aging in place, including how nutritious, easily accessible meals play an important role.

1. Receiving Nutritious Meals Delivered Right to your Door

One of the greatest challenges many seniors face is maintaining a healthy, balanced diet. Grocery shopping, meal preparation, and even standing for long periods of time in the kitchen can become difficult over time. Yet nutrition is a cornerstone of good health, especially for older adults.

That's where Heart to Home Meals comes in. We provide over 200 delicious, chef-crafted frozen meals that are specifically designed to meet the different nutritional needs, tastes, and diets of seniors. With options tailored to different needs



such as Low Sodium, Carb Control, and High Fibre, our menu supports both taste and well-being. Best of all, our meals are delivered right to your door, and we'll even place them in your freezer if you'd like — meaning no shopping, no chopping, and no pots and pans needed for mealtimes.

For many this service is more than a convenience, it's a means for maintaining quality of life — supporting seniors to continue thriving independently while ensuring that their nutritional and dietary needs are met. It's just one of the many ways that we can ensure aging in place is not only possible, but sustainable.

2. Creating a Safe Home Environment

Falls are one of the leading causes of injury among seniors, and many accidents can happen in the home. Aging in place begins with making sure the home is a safe space.

Simple modifications can make a big difference. Installing grab bars in bathrooms,

removing loose or slippery rugs, ensuring strong stair railings, and making frequently used items within easy reach are just a few helpful tips to optimize home safety. In some cases, larger renovations like installing walk-in tubs or stair lifts may be necessary. These changes help maintain mobility, reduce the risk of injury, and support independent living.

Occupational therapists, doctors, and aging-in-place specialists may also be able to assess your home and recommend specific adjustments tailored to individual needs.

3. Staying Connected to Community and Care

Aging in place doesn't mean aging alone. In fact, staying socially connected is incredibly important for both mental and physical health. Whether it's regular check-ins with family and friends, participating in local senior groups and events, or using technology to call, video chat, or message with loved ones, having social roots plays a key role in feeling connected to home and aging in place.

Access to healthcare at home is also crucial. Telehealth services are making it easier than ever to stay in touch with doctors and healthcare providers without having to leave home, and many communities also offer mobile health services or home visits for those with mobility concerns. In prioritizing connected care at home, it's important to reach out to your local healthcare services so that you have a contact on hand to call if needed.

4. Embracing Helpful Technologies

From medication reminders to smart home devices to social connection tools, technology is making aging in place more manageable every year. Digital tools like voice-activated assistants can help with daily tasks, such as setting reminders or calling loved ones. Smart home automation can allow you to control lights, appliances, and other home devices with a simple tap from the comfort of sitting down. Wearable devices can monitor health metrics and even alert emergency services in case of a fall or health concern.

Technology can also be a great means of supporting mental stimulation and providing entertainment, with digital games, virtual museum tours, video calls, and so many other options enriching life at home.

For a digital game that provides both brain teasing and fun, check out Heart to Home Meals monthly crosswords on our Website www.hearttohome.meals.ca, available for you to try online or download and print to complete!

5. Planning for the Future

Aging in place is most successful when it's proactive, not reactive. That means talking with loved ones early about goals, preferences, and potential challenges. It may also involve working with professionals — such as healthcare providers or other advisors — to make sure that the right supports are in place before they're needed.

For example, having a plan in place for meal delivery, transportation, or emergency care can greatly reduce stress and ensure that when the time comes, there's a reliable system that you and your loved ones have created to lean on.

Home is More Than a Place

At Heart to Home Meals, we believe in the importance for seniors to age in place, surrounded by the memories and people they love in the homes they love. Our mission is to support that journey by taking the stress out of mealtime and putting the focus back on well-being, independence, and comfort.

By combining senior-focused nutritious meal delivery with a safe living environment, strong social connections, and smart planning, aging in place can be more than just a possibility, but a way to thrive in your golden years.

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Interested in learning more about how Heart to Home Meals supports seniors at home? Request your own copy of our *My Menu*. Contact us today to speak with one of our friendly team members **204-816-8659**. We're here to help you or your loved one make home the healthiest place to be. ■

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GARY and JANICE FILMON – Rewards and Challenges

Part 2 of 2



The North End of Winnipeg has produced another interesting and successful person – Gary Filmon. He was born at St. Boniface Hospital in Winnipeg on August 24, 1942. He lived in the North End until he was 21 years of age, first on College Avenue near Sinclair Street and then on Redwood Avenue near Arlington Street. He had one older sister, Diane, who passed away about fifteen years ago. Gary played several unorganized sports – soccer, baseball, and pickup hockey games at the schoolground and community centre.

When Gary was in his early teens, he bought a transistor radio with the money he earned setting pins at the CPAC bowling alley. During the evening he'd be in his bedroom listening to American radio stations such as WGN Chicago and KFYZ Bismarck. These were the early years of rock and roll, and Gary became a big fan which resulted in going to dances with Janice in their early days together.

Gary played on the Spartans basketball team at Sisler High School, winning the provincial championship in 1960. Later, he played for the IPAC basketball team where they won the Manitoba Junior Championship. The team spent a lot of time together



The Filmsons

over the next few years and they developed close friendships. It was time to decide what course of studies to take at university. Several of his friends chose the Engineering Faculty at the University of Manitoba. Gary was undecided where he wanted to

go with further education. He was a Junior Counsellor at Eaton's Department Store where he participated in an aptitude test as part of the program. The result of this test indicated he should pursue a commerce degree. However, he didn't know anyone

who was entering that faculty, and that seemed to be a good enough reason to go elsewhere. Gary was influenced by his friends to take engineering which provided a comfort zone for him as well as the skills for a good career opportunity. His decision was made! I sensed if Gary had entered commerce, he would have done equally well. As things turned out, he achieved his degree in engineering and a masters in hydraulic engineering.

On a personal note, Gary shared his recollection of meeting Janice on a train trip to Saskatoon for a University of Manitoba Bison football team weekend. Although both of them were on the train with different groups of people, Gary did catch Janice's eye. He said, "I thought she was very attractive and a very interesting person." When he returned from the trip, a week or so later, he met Janice at her sorority event. Once again, Gary found her to be very interesting. A friend of Gary's urged him to get in touch with her – "You gotta call her, you gotta call her". So he did! And the rest is history. Sixty-one years later both Gary and Janice enjoy their wonderful family, with many successes and challenges along the way.

Continued on page 11



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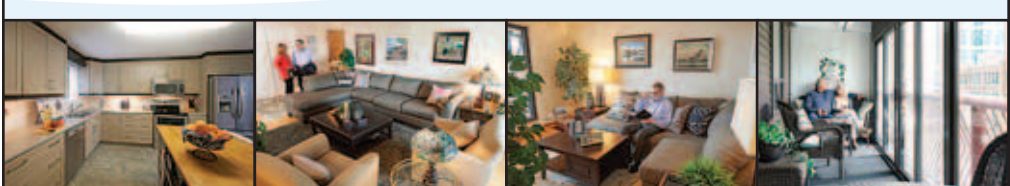


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- Alzheimer Society of Manitoba

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Here's what previous *Minds in Motion*[®] participants have to say about the program:

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• *"The social time is fun, the chair yoga is invigorating and the games are great. We have lots of laughs which creates good memories and makes us want to go back again."*

• *"This program became an absolute lifeline for us, and a great way to meet other people in similar situations."*

To stay up to date on current dates & times, pricing, registration and other information, visit the *Minds in Motion*[®] page at alzheimer.mb.ca.

Sri Lankan Community: Yathra Newspaper Publisher: Visited Bennette's home, Brampton in Toronto

By Senaka Samarasinghe

As Chandani and me unable to visit all our friends we asked some of them to visit us on June 29th (SUN) 2025.

I invited Chandrarathne Bandara (Chandra) to visit in Bennette's home. Chandra is an author, news reporter. Further, he is the editor and publisher Yathra newspaper in Toronto. Chandra was one of my co-workers in Mahaweli

Authority of Sri Lanka.

Sri Lankan Seniors Manitoba (SLSM) paying postal charges to Chandra to send 30 copies of Yathra monthly. It is a Sinhala language newspaper publish in Toronto. Chandra allocates space monthly in his paper for SLSM proceedings.

Chandani's student in Visakha Vidyalaya, Rasangala Weerasekara left Vishaka



when she was thirteen years. Now she is married and settled in Scarborough. We must appreciate her thought to visit Chandani to pay gratitude for her Math teacher.

Chandra does not know Rasanjala, but he knows her younger brother. I invited Chandra to visit Winnipeg to meet and discuss with SLSM members. ■

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Gary entered public life in 1975 as a councillor with the City of Winnipeg. In 1979, he won a by-election to the Legislative Assembly of Manitoba. In 1981 he was appointed Minister of Consumer and Corporate Affairs and Minister of the Environment. He was the leader of the Progressive Conservative Party of Manitoba from 1983 to 2000. He became the Premier of Manitoba from 1988 to 1999. Following his retirement from office, he worked as a business consultant for several years.

under the critical eye of the public. Gary hopes to be remembered for the good things he did, amidst the challenges and stresses as Premier of Manitoba in his 12 years of service. He feels he was a good public servant and was there for the right reasons. The challenges he faced while in office are well documented. Suffice it to say, the well-being of citizens was foremost in Gary's mind.

ground and career are important for them. Five pages of anecdotes were the beginning of his writings – increasing to 30 or 40 pages rather quickly. Five years ago, around the beginning of COVID, he felt maybe there was a book there. Gary didn't want his story to be told by someone who didn't know his story very well. He sought advice about this idea and received positive feedback. The commitment was made and eventually he turned his manuscript over to an editor. His book, *Yes We Did: Leading in Turbulent Times*, was published in 2021.

After an illustrious career, Gary decided to fully retire. The time he spends at his summer home in Gimli is filled with gardening, solving the game of Wordle on his phone, reading, and walking along the beach. Regular visits to the golf course keep him occupied. Keeping in touch with their children, grandchildren and great grandchildren is very important to both Janice and him. Socializing with a wide circle of friends and travelling down south in the winter seem to be the right mix for Gary and Janice. ■

By Senaka Samarasinghe

the Province of Ontario for her newly offered appointment.

All of them visited us on June 17th (TUS) 2025.

Chandani was a carrier banker in Sri Lanka. She came to spend her retirement life with her only child daughter Randima and her family. ■



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Thank you for reading *Senior Scope*
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1st Prize:
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TOTAL
COMBINED
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OR Gift Card - Value **\$100**.
- 2 TICKETS for **Winnipeg Trolley Company**
- Value **\$80**;
- 1 FREE PLAY credit at the **Shark Club Gaming Centre**
- Value **\$75**;
- 2 HOME PLATE tickets to any 2025 **Goldeyes** game
- Value **\$65**;

TOTAL VALUE OF PRIZES - OVER \$1330.00

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

- Submitted

The Manitoba Broadcasting Museum may be accessed at **radiohistory.ca**.

You can also watch a video on how to use the transitway at <https://www.youtube.com/watch?v=MGJmxDccEE8>.

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The Pros Know 55 Plus Active Living & Resource CONFERENCE EXPOS 2025

Sept. 24th Mini-Resource Conferences for Seniors, On-Line Registration 'NOW OPEN'!

Our September 24th Show, Guest Speakers Line-Up!

Happy Summer Everyone! Well, well, well! Here we are into August already and just over a month away from our Fall Expo at Good Neighbours Active Living! Exciting indeed, can hardly wait.

This month, we want to stress how important this show is for everyone. The new format with our Guest Speakers was a huge hit in May and for those who didn't get a chance to attend, this is your chance. As with the main Expo, there is 'No-charge' to register and attend these great info sessions. Just go to our website as noted, and on our Home page you'll see all of the 'One-Touch' links that will take you to the Good Neighbours Registration page of your choice. Easy as all get out!

When you're done your seminar, you can join the rest of us in 'Resource Road' and the 'Main Exhibition Hall', again at no-charge. Here you'll continue your journey to collect the best information out there for Senior's Resources for you, your family, friends and neighbours. Yes, that simple.

In closing, we'd like to thank our 'Good Neighbours' family for their love, support and hard work this year as we've transitioned into 'Mini-Conferences' mode. No way we could have done this without you. Hugs all around. 2026 will be the best ever because of your leadership! Looking forward to seeing everyone on the 24th, be well! **Trish & Rick! August 2025!**



720 Henderson Hwy.
Wednesday, Sept. 24th
10:00am - 3:00pm

No Charge Seminar Registrations On-Line at: prosknowexpos.ca One-Click Links on Home Page!

On-Line Registration NOW OPEN! FREE!

11:00am - 12:00pm

Active Aging in Manitoba
At home exercises for better mobility and fall prevention.

Desjardins Financial Security Investments
Investment Health and Estate Wishes

NEW! Comforts of Home Care
'Dementia Care' A Daughters Journey

NEW! Preventing Frauds & Scams
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1:00pm - 2:00pm

Service Canada | CRA Outreach
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CancerCare Manitoba
Cancer Screening You Need to Know

NEW! 211MB | United Way
The Tools for getting all kinds of help and services.

'FREE' No Cost to Attend!



Active Aging in Manitoba (AAIM) MORE Results for the 2025 Manitoba 55+ Games - June 3-5th, Steinbach, MB



Codgers - Slopitch: Recreation A DiviGold medal recipients



Pickleball matches at the Southeast Event Centre in Steinbach, MB

LAWN BOWLING RESULTS					
MEN			WOMEN		
Don Pattie	GOLD		Gillian McMurchy	GOLD	
Brian Kullman			Betty VanWallegham		
Gerry Chudrick	SILVER		Phyllis Desjardins	SILVER	
Jerome Kirby			Donna Gobeil		
Bob VanWallegham	BRONZE		Brenda Frank	BRONZE	
John Bjornson			Barb Heinrichs		
MIXED					
Jerome Kirby	GOLD				
Elaine Jones					
Betty VanWallegham	SILVER				
Bob VanWallegham					
Donna Gobeil	BRONZE				
John Bjornson					

CONGRATULATIONS TO ALL OF THE WINNERS & PARTICIPANTS OF THIS YEAR'S MANITOBA 55+ GAMES!

Please sign the petition in support of the National Silver Alert Program, now known as e-6491, in honour of husband, father, Grandfather Earl Moberg who had advanced dementia and went missing in the North Kildonan area of Winnipeg on December 12, 2023. He is presumed dead and has not been found.

A Silver Alert Program can alert the public as quickly as possible when a person living with dementia goes missing in the area.

IMPORTANT

Please sign and share this petition. It can be signed by Canadian Citizens or residents and there is no minimum age to sign.

If you signed this petition before, please sign again, because with the election of a new parliament all 4,673 signatures that were collected were lost. The petition closes **October 2, 2025.**

The petition can be found on the ourcommons.ca/petitions website and search for **6491**. Brenda Moberg will also have paper versions of the petition available at Garden City Shopping Centre on August 15th and September 20th, plus at the Gateway Superstore on September 27th in Winnipeg. Stop by and get yours.



Earl Moberg and his wife Brenda with their grandbaby.

2025 National Silver Alert petition e-6491:
<http://ourcommons.ca/petitions>

RM of Springfield Co-op Community Pool receives \$150,000 from Co-op's Community Spaces

June 16, 2025 - The RM of Springfield Co-op Community Pool in Dugald is one of 14 projects selected to receive a portion of the \$1 million Co-op Community Spaces funding in 2025. This year, Beausejour, Pembina & Red River Co-op are proud to announce Springfield Heritage Housing Inc. (SHHI) is receiving \$150,000 in support of their indoor community pool project that will be included in the new \$29M Assisted Living Residence which is currently under construction in Dugald.

"We're incredibly proud to team up with Pembina & Red River Co-op to support this initiative," said Kevin Van Den Bussche, General Manager (Beausejour Co-op). "This project is a shining example of what we can achieve when we work together for the good of our community."

"An indoor pool is the most requested amenity in the RM of Springfield" said Mayor Patrick Therrien. "The Co-op Com-

munity Pool, approximately 30 ft x 60 ft in size, can handle up to 50 swimmers at a time and will bring seniors and youngsters from the community together," added Therrien. Swimming lessons will be run by the RM of Springfield Recreation Department, and seniors will have free access to the pool at dedicated times.

Co-op Community Spaces is designed to help protect, beautify and improve spaces across Western Canada. Since 2015, Community Spaces has invested a total of \$14.5 million in 203 projects in three categories: recreation, environmental conservation and urban agriculture. FCL administers Community Spaces on behalf of more than 150 local Co-ops operating in 650 communities.

"We are grateful for the support of the Co-op organization," said Lesley Thomson, Chair of the Board of Springfield Heritage Housing. "Not only is it an important component of our new Dugald Place Assisted



Back L to R: SHHI board member Randy Williams, Beausejour Co-op marketing coordinator Harrison Jordan, Beausejour Co-op GM Kevin Van Den Bussche and Deputy Mayor Glen Fuhl. Front L to R: SHHI board member Bev Zarazun, Red River Co-op CEO Craig Gilpin, Pembina Co-op marketing coordinator Chelsea Hallson, Coun. Mark Miller, Mayor Patrick Therrien and SHHI chair Lesley Thomson.

Living Residence," she added, "the pool responds to the aquatic needs of over 2000 school-aged children in the municipality."

With the United Nations declaring 2025 the International Year of the Co-operative, this year's program carries greater purpose and significance than ever before. Through initiatives like Community Spaces, Co-op is proud to celebrate the meaningful contributions co-operatives – such as these three Co-ops – make to communities at home and around the world.

Learn more about the program and its recipients at communityspaces.ca. ■

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Things To Do - WINNIPEG

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

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

EVENTS / SUMMER ACTIVITIES

Retired Women Teachers' Association (RWTA) - Join our non-profit group for fun, food and friendship! Low membership fee, 4 catered lunches per year by WOW caterers, include guest speakers/musical entertainment, tea/coffee, various charitable initiatives, gratuity. Lots of free parking. Contact Membership Convener, Dorothy Young: **dyy@shaw.ca**

Winnipeg Public Library - For programs and events visit our What's On newsletter (**<https://wpl.winnipeg.ca/library/pdfs/whatson/LibraryNews.pdf>**) or our Programs and Events calendar (**<https://wpl.libcal.com/>**).

MUSIC / DANCING

Learn Modern Square Dancing! - Open House, Fri. Sept. 19, 7-9:30 pm, at Kirkfield-Westwood Community Club, 165 Sansome Ave. Dancing continues after. Singles, couples and new dancers welcome. Dress casual. Fitness and Friendship! Carole: **204-831-8954**.

Modern Square dancing - is a fun, healthy, friendship-building activity. Accepting new dancers (partner not required) Sept 8, 15, 22 & 29, starting at 7 pm, at St. Mary Magdalene Church (West entrance), 3 St. Vital Rd. Wpg. Info, Patty or Bob: **204-295-2278**

The Forever Young Club is looking forward to the return of our dances at Anavets #283 in the fall. Here are the dates to mark on your calendar: Sept. 27, Oct. 25, Nov. 29, Dec. 27

Norwood 55+ Dance Club - Dance or listen to old-time music. Musical ensemble (violin, accordion, guitar) performs Fridays, 1-3 pm, in the Norwood-St. Boniface Legion Hall, 134 Marion St. Adm. \$5 (cash). Light snack. Doors open 12 noon. Free pkg across lane. Info, Rachelle: **204-233-5892**

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

SPORTS / FITNESS / GAMES

Charleswood Seniors Curling Club - Inviting curlers, all abilities, ages (50+) as individuals (not teams). We operate out of the Charleswood Curling Club, 4000 Grant Ave. Curl in a league, 36 game season (Oct-Mar) into four quarters. Members reorganized into different teams each quarter to encourage social interaction. Games played Mon. & Fri., 9:30 am. No prizes, trophies, or play-offs - just fun and camaraderie. For registration and fees: membership chair, Ted **204-688-9168**, **ted.leblond@icloud.com** or **www.charleswoodcurlingclub.com**.

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**

The Pembina 55-PLUS Curling League - looking for curlers at the Pembina Curling Club, 1341 Pembina Hwy (close to McGillivray). Season is 4 rounds of 10 games per round. Two games per week, alternating between Mon., Wed. and Fri. at 12:30 pm, Oct-Mar. Teams are random selection before start of each round. Positions (lead, 2nd, 3rd and skip) based on members preference and seniority. Various options: play in one, two, three, or four Rounds. Or to register as a spare, The 55 Plus

registration information (including costs) at: **55pluscurling.com**. More info: **contact@55pluscurling.com**

Pickleball - Learn to play in the North End. Bonnie Gabbs, 76 yrs old, plays and teaches Pickleball at Sergeant Tommy Prince Place, 90 Sinclair St. Seniors invited to come and try it out. Coaching clinic - Wednesdays, 1-3:15 pm. Info: **gabbs1947@gmail.com**.

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

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

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

St. Vital Retired Mixed Curling Club - is looking for individual players (full time or spare) for Tuesday & Thursday, 10:00AM league. Contact Ernie Nuytten: **enuytten@gmail.com** or **204-803-6230**

Vital Seniors - Scrabble, Mon. noon-4; Carpet Bowling, Tues. 1:30-3:30, 3 St. Vital Rd. Yearly Membership \$10, activity \$4.50 pp, call **204-253-0555** or **stmary@mymts.net**

WHSBC contract bridge - at St. Paul's Anglican Church, 830 North Drive, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Social friendly bridge club. For further info: **204-771-6724**

SUPPORT GROUPS & PROGRAMS

Thrive Community Support Circle - Art Program, Thursdays, 10-12 noon, 406 Edmonton St, 3rd floor. FREE New Horizons for Seniors Art and Wellness Program funded by the Government of Canada. For seniors, youth, everyone is welcome. **204-772-9091**.

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

Convalescent Home of Winnipeg - TUNE-Up Café, Tuesdays, 6:15-8 pm, at 276 Hugo St. N. Meeting place for those living with memory challenges and their family/friend care partner to gather together and 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. A non-profit weight loss support group. Meet Wed's, St. James Legion #4, 1755 Portage Ave., upstairs, 4:15-6 pm. All Welcome. Info, Shirley: **204-837-2079** or 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. (Taking Off Pounds Sensibly) is a non-profit weight loss support group. 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**.

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**

VOLUNTEERING

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, 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/**

Hentleff Park - Multiple volunteer opportunities avail. 50 acres of natural beauty at 1964 St. Mary's Road, Volunteers care for flower beds, remove invasive weeds, and plant trees. Groups work together on Wed. and Thur. mornings, or volunteer on your own. What could be better than spending a couple of hours outside in a beautiful setting? Contact **terri.ashcroft@hentleffpark.org** for info.

Manitoba Genealogical Society - Volunteer Opportunities: Social media poster, Online newsletter editor, Publicity person, IT database wizard. **volunteer@mbgenealogy.com**, **<https://mbgenealogy.com/how-you-can-help/>**

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

Misericordia Health Centre and Misericordia Place - Volunteers being accepted to support patient care. Training provided. Giftshop, open 10 am-4 pm. (3-hr shifts), Rehab/Physio programs shifts, 8:30-12 noon and some afternoons. **204-788-8134**, **www.misericordia.mb.ca**, **volunteer@misericordia.mb.ca**

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

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

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

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

Villa Cabrini - Looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are avail- able with 3 hr commitments/week. Contact Samantha Silvester: **vcabrini@mymts.net** for info or to volunteer.

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

PROGRAMS / SERVICES

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

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

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

Wellington Ave. Larry: **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 Closed for summer holidays.

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

Dufferin Senior Centre - 377 Dufferin Ave. Closed during the summer months.

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 - Summer schedule - open Mon. to Thur., 9:00 am-3:30 pm. Fridays will be a day off during July and August. Although, all sports activities are paused, we will continue with the Games Club, Walking Group, and other social activities. **204-306-1114**, **goldenrule@swwsrc.ca** for schedule.

Lions Place Adult Day Club - 1 day/wk of socialization and wellness, morning coffee/muffin, chair exercises, games, recreation, hot 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.co>**

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

Rainbow Resource Centre - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email **otr@rainbowresourcecentre.org**.

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

South Winnipeg Family Information Centre - Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. Lower Level). Join us for coffee snacks, great conversation, fun activities, and more, every Wednesday morning. Call **204-284-9311** for more info.

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



Support CJNU with Upcoming “Sound of Silence” 50/50

The Sound of Silence can be... uncomfortable. It can make you feel lost or confused. It's disconcerting. For some, the Sound of Silence can leave you feeling like something is missing.

When you turn on your radio and tune to CJNU, you're anticipating a certain sound. Whether you're looking for Timeless Classics from Legendary Artists, or to stay In Tune with Our Community, you know what you're expecting to hear.

But, without your support, there may come a time when you tune in to 93.7FM,

and all you'll hear is... Silence.

No nostalgic music. No community involvement. No good news or information. No familiar voices. No Radio Classics. Just... nothing.

The silence would be deafening.

This August, you can make sure that never happens - and you could win, too!

Support CJNU 93.7FM by purchasing a ticket for our Sound of Silence 50/50! Just scan the QR code or head to CJNU.ca.



The Next CJNU 50/50 Game is August 8!

CJNU is proud to team up with your Winnipeg Goldeyes three more times this season for their 50/50 draws – and now it's even easier to get your chance to win big and support your favourite radio station!

We encourage you to buy your tickets on several specific dates - on **August 8 and September 1**, as 25% of the proceeds on those days only will go directly to CJNU, to help support non-profit radio and the music you love - with the other 25% going to the Field of Dreams Foundation, and, of course, 50% going to the lucky winner - which could be you!

So circle your calendars for **August 8 and September 1** - and either come on down to Blue Cross Park to take in the game and buy a ticket while you're there, or head to goldeyes5050.com on those dates to support CJNU!



Scan the QR Code for Tickets! Sound of Silence 50/50 Terms & Conditions



- Tickets are on sale via Rafflebox from August 5th to September 2nd, 2025.
- You can get one ticket for \$10.00; 5 for \$20.00; 25 for \$50.00; or 100 for \$100.00.
- Tickets can only be purchased online, with either a major credit card, Visa Debit or Mastercard Debit.
- You must be 18 or older, and reside in or be in Manitoba at the time of purchase.
- By purchasing a ticket, you consent to having your name and winning numbers published.
- The winner will be drawn on September 3, 2025, and will receive 50% of the total ticket sales.
- Should you be selected as the winner, you will be contacted by phone and email.
- There are no refunds on tickets purchased.
- If the prize is unclaimed after 30 days, there will be a redraw.
- Full terms and conditions are available online at CJNU.ca/raffle.

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

Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by Sept. 5 for the Sept. 10 issue. Email wording for your PSAs to: kelly_goodman@shaw.ca.

PROGRAMS / SERVICES

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

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

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

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

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

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

Gimli - New Horizons 55+ Centre - for Seniors 55+. Office open Mon-Fri, 9 am-4 pm. Closed on Stat holidays. **204-642-7909**.

Ile des Chênes/Lorette - Yoga - Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+. Contact Juliette: yogaforyoumanitoba@outlook.com

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

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

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

Nierville Recreation - Indoor walking track, public skating, drop-in sports and fitness classes. New Leisure Guide Out Now! Visit niervillerec.ca. Info: **204-388-4600** ext 3

Nierville Services to Seniors - Services:

Low cost fitness, Wed. 9:30-10:30 at Friendship Centre, Mobility equipment rental, low cost transportation services to appts., one on one visiting, volunteer opportunities, outings, etc. Info: **204-388-2188** or sts@heritagecentre.ca

Norman region - Mood Disorders Assoc. of Manitoba - "Steppin' Up With Confidence!" 40 min. virtual program of mindfully moving our bodies followed by breathing exercises. Tuesdays, 10 am, for those in Northern Manitoba. (Norman region). Madi: norman@moodmb.ca

Notre Dame de Lourdes/Saint-Léon / Ensemble Chez Soi - Volunteers needed. Services: transportation, friendly visits/calls. Coordinator Bev Collet: **204-248-7291** or ensemble@mymts.net

RM of Tache - Services to Seniors - Join us for an educational evening about Mental Health for Older Adults, Wed. Apr. 30, 7-9 pm, at Lorette Parish Hall. Presenters: Alzheimer Society of MB, Southern Health/Sante Sud Senior's Consultation Team. Info and resources to help older adults, their families and caregivers. Hosted by Notre Dame de Lorette CWL Council and RM of Tache Services to Seniors. Info: cwllorette@gmail.com.

Seine River Services for Seniors (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** (Sonja, Program Volunteer Coordinator) **204-320-4603**, <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, Pickleball (Tue. & Thur. 6-8:30 pm, & Sat. 10 am-12:30 pm, at Curling Rink), 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 Stonewall Legion (summer schedule), 307 Main St. Stonewall. Beginners welcome, no formal instruction.

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

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



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CROSSWORD - By Myles Mellor

ACROSS

1. Lord of the Rings creature

4. Website chatter

8. Pork product

11. Drink from a bag

12. Come-on

13. Gibbon, for one

14. Freeway distractions

15. Heat and electricity, e.g.

17. Warmonger

19. Wetland

20. Horse urger

22. "The Eagle ____ Landed"

23. Band

24. Paintball player's need

25. Compartment

28. Possess

29. Massage

30. Soybean curd

31. 24 hours

32. What a bride becomes at her wedding

33. Upper-story room

36. Apollo 11's destination

38. Ascribed an achievement to

40. Ask for money

43. Metal container

44. House sign

45. Look at

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		

DOWN

1. Travellers' info

2. Was in front

3. Shape

4. Burst

5. Sausage portion

6. ____-man show

7. Like Audi, BMW, e.g.

8. Mane, essentially

9. Copies

10. Net fabric

16. Methane, e.g.

18. Software program, briefly

20. "____ knew?"

21. "____ do you do?"

22. Heart

24. Stag attendee

25. Indicated, in a way

26. Unplugged

27. Expected

29. Dr. King fought it

30. Solid blue pool ball

31. Executed

33. "Hamlet" has five

34. Stooges, e.g.

35. Watch

36. Soften, as butter

37. Probability

39. It may be painted

41. MP vote

42. Church seat

SOLUTION ON PAGE 19

WORDSEARCH - SPACE ODYSSEY By Roni Alward & Senior Scope

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

Aliens	Dwarf	Meteor	Superplanet	Plasma
Andromeda	Earth	Moon	Superstar	Pluto
Apollo	Extraterrestrial	Nasa	System	Proton
Astral	Galaxy	Nebula	Time	Quasar
Astronauts	Galileo	Neptune	Uranus	Rocket
Atmosphere	Gravity	Neutron	Vacuum	Saturn
Atom	Halo	Nova	Venus	Shuttles
Beings	Hubble	Nuclei	Void	Sky
Big Bang	Ion	Space	Orbiter	Soyuz
Comet	Jupiter	Starcraft	Orbits	
Cosmic	Lunar	Stars	Photon	
Cosmos	Mars	Sun	Planet X	
Dust	Matter	Superior	Planets	

SOLUTION ON PAGE 19

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

Each 3x3 cell has the digits 1-9.

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

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

SOLUTION TO THE RIGHT

TEST YOUR WITS

1. Approximately how old is the Universe?
2. What is the most common type of galaxy in the universe?
3. What is the most common type of star found in the Milky Way?
4. What is at the center of the Milky Way galaxy?
5. Outside of the sun, what is the closest star to Earth?
6. Where is the Oort Cloud located?
7. Approximately how many miles is a lightyear?
8. What accounts for approximately 85% of matter in the universe?

ANSWERS TO THE RIGHT

Read *Senior Scope* online at:

www.seniorscope.com

Or sign up for the free monthly email subscription. Never miss an issue of *Senior Scope*. Email: kelly_goodman@shaw.ca and type "Sign me up" in the Subject line.



Clear Sailing

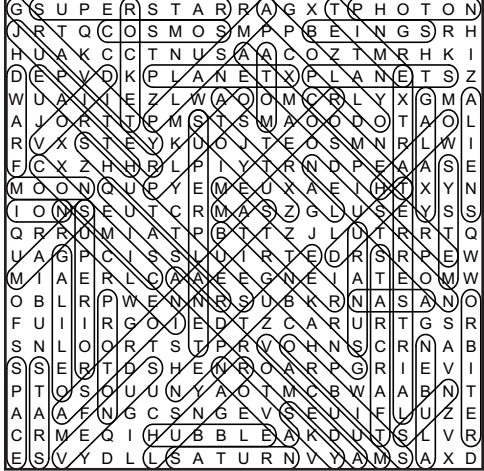
Oh, there's a story here! Pinocchio was watching look-out from the gaping whale's mouth. If we look inside the piece, we see a car being driven by a dog!

My goodness! The grinning mammal is smiling because he just ate Pinocchio's conscience - Jiminy Cricket.

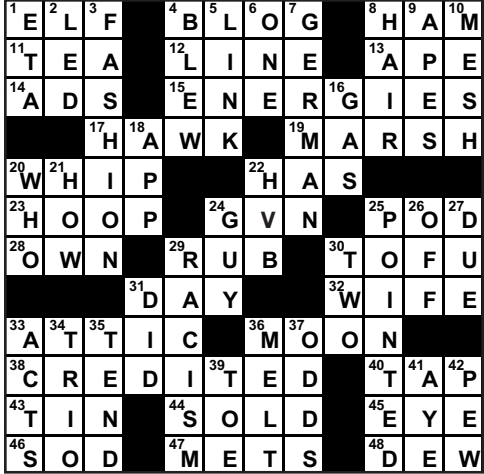
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9	2	7	6	5	3	4	1	8
3	6	4	8	7	1	2	5	9
5	8	1	4	9	2	3	6	7
1	3	8	9	6	5	7	2	4
2	9	5	7	1	4	6	8	3
4	7	6	3	2	8	5	9	1
7	4	9	5	8	6	1	3	2
6	1	3	2	4	9	8	7	5
8	5	2	1	3	7	9	4	6

TEST YOUR WITS

- Solutions

1. 13.7 Billion years old
2. Elliptical
3. Red Dwarf Stars
4. A black hole
5. Alpha Centauri
6. Past Pluto
7. 5.9 trillion miles
8. Dark Matter

LAUGH A LITTLE

I had my patience tested. Looks like I'm negative.

I run like the winded.

When someone asks what I did over the weekend, I hesitantly say, 'Why, what did you hear?'

Don't walk a mile in my shoes. That's boring. Spend 10 minutes in my head. That'll blow your mind.

The inventor of Autocorrect died. The funnel will be held tomato.

Well, to be Frank... I'd have to change my name.

the CLASSIFIEDS

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or email listing and e-transfer to: kelly_goodman@shaw.ca
(NOTE: *Senior Scope* reserves the right to reject listings not suitable for its readership.)

PET ADOPTION



FOR ADOPTION: This sweet senior is 14-year old KitKat. She is looking for a retirement home. We are sorry to announce that KitKat has passed away.

Rescue: 204-771-8045.

FOR SALE

FOR SALE: 2 burial plots, Open Bible, Green Acres, 2200.00 ea. or 4000.00 for both. Text or call 204-918-1211.

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