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Senior Scope

Vol. 24 No. 7 | Jan 15 - Feb 9/26

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Newspaper

UPDATE: Two Years Missing: Why Canada Needs a Silver Alert System

Brenda Moberg and daughter Britt started the Silver Alert petition when husband and father Earl Moberg went missing over 2 years ago.

See Page 4

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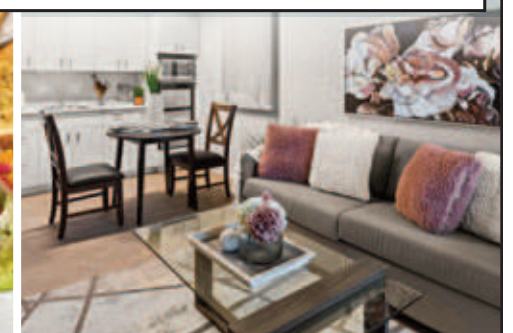
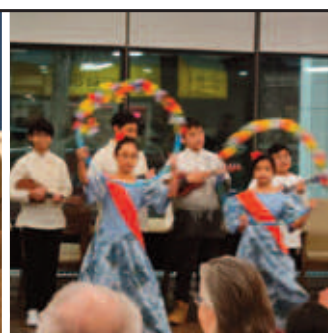


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Send your Letters or Community Story Submissions to: kelly_goodman@shaw.ca



Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

- Submitted by Linda Brown



Linda Brown, Executive Director, AAIM

Happy New Year! Did you make any resolutions this year? Since we are already a few days into January – have you managed to keep that promise you made to yourself? The most popular resolution made each year is to get more active; to get more fit and improve our health. Probably the best resolution one can have, and it seems the hardest resolution to keep! Physical activity programs and gyms see a surge in attendance at the beginning of January. By mid-January many people have abandoned their well-meaning plans and “life” often gets in the way. But sometimes that resolution is hard to keep because we don’t know what to do or we are searching for an activity that really piques our interest. We know that the key to being successful is to find an activity that you really enjoy.

Over the next few months, I am going to introduce you to some the events that are part of our annual Manitoba 55+ Games. I am hoping that by providing some information you might find an activity of interest!

This time of year, curling rinks everywhere are humming with activity! Whether it is league play or a drop – in “learn to curl” program curling clubs are the hub of activity in our cold winter months. Manitoba has always been a hotbed of curling with many people learning the game at a very young age through school or club curling programs. We also know that some older adults give up curling due to physical changes and the fear of slipping on the icy playing surface. Or maybe someone played in a fun curling league affiliated with work and now that they are retired, they have lost that connection to curling. But you will find that many curling clubs are busy at various times of day with a unique version of the traditional curling game – 2 - Person Stick Curling.

The 2-person Stick Curling game is a great way for previous curlers or those brand new to curling, to be active. This format of curling allows rock delivery with a curling stick that fits onto the handle of a curling rock and players walk to deliver their rock. Since there are only 2 players on each team, each person remains at their end of the ice for the whole game. Sweeping is limited as players are not moving up and down the which helps to reduce the risk of falling. This 6 -end game is played with 6 rocks and can be completed in about one hour. The Canadian Curling Association rules are followed with some slight modifications.

The 2-person Stick Curling game is growing very quickly across the country. The introduction of this new way of curling has allowed curlers to extend the years they are able to play and allowed people to challenge their brains by learning something new. For non-curlers this format has introduced them to curling in a safer fashion and allows one to gain the confidence of being able to play on pebbled ice.

Curling’s reputation of being highly social has not changed! The introduction of the

2 - Person Stick Curling game has helped to foster this atmosphere of socialization and the importance of social connections.

If you are interested in learning more about the 2 Person Stick Curling game you can go to the Manitoba 2 - Person Stick Curling Association website or check out your nearest curling rink. As many new 2 - person leagues are springing up all over the province there is a good chance you can see the game in action at a curling club new you! The Manitoba 2-Person Association often holds instructional clinics for people new to the game. The curling community is always welcoming participants and happy to introduce people to the 2 - Person Stick curling game.

The Manitoba 55+ Games will be hosting a Curling event March 17 – 19, 2026 at the Morden and Winkler Curling Clubs. This event includes both 2 - person stick curling and the traditional 4 person curling teams. Both styles of curling will be happening during the day at both curling clubs – so if you are interested in learning more why not come out and watch? If you are a curler and want to enter the Manitoba 55+ Games please go the Active Aging in Manitoba website: www.activeagingmb.ca as registration is now open.

To learn more about the Manitoba 55+ Games:

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Remember – move more and sit less!

CALLING ALL MANITOBA CURLERS!

Registration is officially open! Join us for our Winter 55+ Games Curling Event, March 17th-19th, 2026 at the Morden & Winkler Curling Clubs.

4 Person Curling 55+ - Men’s, Women’s & Mixed 65+ - Men’s, Women’s & Mixed 75+ - 4 Person Open	2 Person Stick Curling Under 70 - Men’s, Women’s & Mixed 70+ - Men’s, Women’s & Mixed
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Registration fees:
2 Person Stick Curling: \$80/Team
4 Person Curling: \$160/Team

Register: www.activeagingmb.ca
Closes February 10, 2026
Must be at least 55 by Dec. 31, 2026.

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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Winnipeg Crime Stoppers is offering enhanced cash rewards of up to \$2,000 for information leading to the resolution of retail crime incidents during Crime Stoppers Month, now through February 6, 2026.

As part of its Retail Crime Awareness Campaign, Crime Stoppers—working in partnership with the Winnipeg Police Service—is encouraging the public to anonymously report tips related to repeat offenders, organized retail theft, and ongoing investigations. Eligible tips may help identify suspects, locate persons of interest, or advance investigations.

Retail crime poses serious financial and safety risks, often linked to organized crime and more violent offences. Crime Stoppers emphasizes that anonymous community tips are vital to reducing crime and improving public safety.

Images of suspects, where applicable, will be made available online.

Tips can be submitted anonymously by phone at **204-786-TIPS** (8477), online at winnipegcrimestoppers.org, or through the **P3 Tips** app. All tips are anonymous, and tipsters may be eligible for a cash reward. ■

December, 2025

Historical Award nominations

Anita R. Neville is inviting the public to nominate Manitobans for the annual Lieutenant Governor's Awards for Historical Preservation and Promotion, which honour volunteers who have made long-standing contributions to preserving and promoting Manitoba's history.

Presented in consultation with the Manitoba Historical Society, the awards recognize achievements such as historical writing, museum and archive stewardship, heritage advocacy, preservation of historic

sites, community service, and contributions through art and media.

Up to five individuals will be selected, including two emerging historians (mid-30s and younger). Paid professionals are not eligible. Nominations close February 27, 2026, with awards presented at Government House in the spring.

Nomination forms and details are available at www.manitobalg.ca (Lieutenant Governor of Manitoba), and www.mhs.ca (Manitoba Historical Society). ■

January 13, 2026

Province addresses poverty

The Manitoba government introduced a renewed five-year poverty reduction strategy shaped by the lived experiences of more than 3,000 Manitobans.

Pathways Forward: Manitoba's Poverty Reduction Strategy focuses on coordinated action to reduce poverty, with priority on three key groups at vulnerable transition points: children ages 0–5 (including prenatal), youth leaving the child welfare system, and seniors. The strategy emphasizes partnerships with community organizations, service providers, businesses, and Indigenous-led initiatives.

Subtitled *Heart Medicine for Communities*, the strategy recognizes the unique chal-

lenges faced by Indigenous Peoples and prioritizes culturally grounded, community-led solutions in the spirit of reconciliation.

Recent actions by the government to reduce poverty, include increased EIA earning exemptions, a universal school nutrition program, enhanced prenatal benefits, indexed housing and disability supports, investments in affordable housing, free birth control, protections for disability benefits, expanded adult education options for young EIA recipients, and the creation of an independent seniors advocate.

You can view the full strategy online at gov.mb.ca/povertyreduction. ■

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Two Years Missing: Why Canada Needs a Silver Alert System

By Britt Moberg, daughter of Earl Moberg

December 12, 2025 marked two years since my father, Earl Moberg, went missing in the River East area of Winnipeg. Earl was living with dementia. He has not been found and is now presumed deceased. For my family, time has stood still in many ways.

Many readers have followed my father's story and the advocacy that grew from it. This article is meant to inform the public about where things stand today, why this issue affects far more families than mine, and what still needs to happen.

Why This Matters

Nearly one million people are expected to be living with dementia in Canada by 2030. Research shows that up to 60 percent of people living with dementia will go missing at some point. When someone with Alzheimer's disease is not found within the first 12 hours of being lost, the risk becomes grave—there is approximately a 50 percent chance that they will be found injured or deceased due to hypothermia, dehydration, or drowning.

My father's disappearance is not an isolated tragedy. It reflects a growing public safety gap as the number of Canadians living with dementia increases. Minutes and hours can mean the difference between life and death.

Prevention is equally critical. Families need timely access to appropriate supports, safety planning, and coordinated care as dementia progresses. Without clear clinical pathways and adequate resources through the health system, families are often placed in impossible situations—expected to manage escalating risk without the tools or support required to do so safely.

The National Silver Alert Petition: An Important Step Forward

In response to my father's disappearance, I initiated a petition calling for the creation of a National Silver Alert system. The petition was sponsored by Kildonan-St. Paul MP Raquel Dancho, and I am deeply grateful for her support and for the opportunity to be present when the petition was formally presented in the House of Commons on October 28, 2025.

In total, 7,318 Canadians signed the petition through a combination of online and paper signatures. Each name represents a shared belief that older adults living with dementia deserve timely, coordinated, and effective responses when they go missing.

On December 11, 2025, the Government of Canada issued its official response to Petition e-6491. In that response, the Minister of Public Safety acknowledged that a Silver Alert initiative could be inte-



Britt Moberg (left) and Kildonan-St. Paul MP Raquel Dancho formally presented the Silver Alert petition in the House of Commons on October 28, 2025.

grated into Canada's existing emergency alert system, Alert Ready. The response noted that such an alert could be issued when a missing person is uncontactable, potentially in danger, living with a major neurocognitive disorder (or showing symptoms in those aged 60 and older), and when sufficient identifying details are available for public dissemination.

The response also drew a clear parallel to Amber Alerts, describing Silver Alerts as a voluntary partnership that could allow law enforcement to disseminate key details—such as name, photograph, physical description, and vehicle information—directly to mobile devices within a geographically targeted area.

This acknowledgement matters. It confirms what families and advocates have been saying for years: the tools already exist to save lives.

What Remains Unclear - and Why Advocacy Must Continue

While the government's response represents progress, it does not outline a timeline or a clear plan for implementation. Public acknowledgment without concrete action leaves families in the same vulnerable position they were in before.

At the same time, my family continues to pursue accountability and learning at the provincial level. I advocated for a Critical Incident Review with the Winnipeg Regional Health Authority and my father's disappearance was found to meet the criteria. The review was completed, with findings and recommendations released in December 2024. In October, my mother and I met with the Winnipeg Regional Health Authority to receive an update on their progress.

Continued on page 5

Why Canada Needs a Silver Alert System..., *cont'd from page 4*

These steps are important—not only to understand what happened to my father, but to reduce the risk of this happening to others.

I have also requested a provincial review through Manitoba Justice, the Law Enforcement Review Agency, and the Premier’s Office. When Premier Wab Kinew stated publicly, “When someone goes missing in Manitoba, we go looking,” my

family took those words seriously. My father is still missing.

A Call to Action

This work cannot move forward without public engagement. I encourage readers to:

- Contact their Member of Parliament to ask what concrete steps are being taken to advance a National Silver


Alert program following the government’s response to Petition e-6491.

- Raise this issue with provincial representatives, as any Silver Alert system will require cooperation between federal, provincial, and local authorities.
- Raise concerns about dementia safety planning and supports with provincial representatives, Seniors’ Advocate, or regional health authorities, and ask

what clinical pathways and resources are in place to support families as dementia progresses.

My father was a teacher, a lifelong learner, and someone who believed deeply in community. Continuing this advocacy is one way I honour him.

With appropriate supports and timely alerts, lives can be protected. We can—and must—do better. ■



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SPORTS

KERRY BURTNYK – Curling is his Game



A MANITOBA MOMENT

By Bud Ulrich

I recently attended a Manitoba Hockey Hall of Fame Veterans Induction luncheon at the Hockey For All Centre off Portage Avenue just west of the perimeter highway. This occasion included several people I hadn't seen in many years. Two 94-year-old former well-known hockey players were sitting at our table. Ross Parke played with the Winnipeg Maroons and Canada's National Team in the 1965 World Championships in Tampere, Finland. Murray Wilkie played with the St. Boniface Mohawks Seniors and professional with the Winnipeg Warriors and several other teams across Canada and a few in the USA. I was surrounded by hockey old-timers, media, and friends of hockey including legendary curler, Kerry Burtnyk. I approached Kerry, introduced myself, and after providing background on the Senior Scope Newspaper and my role as a columnist, he agreed to meet for a chat.

In 1981 at the young age of 22, Kerry Burtnyk succeeded as skip of his curling team to win the Manitoba Provincial Curling Championship, the Canadian Brier, and a bronze medal at the World Curling Championship. For the past 45 years, Kerry's record of being the youngest skip to win a Canadian Brier still stands. With the changes in today's game, it is quite likely the record will remain in-



Kerry Burtnyk

tact for many years to come. Another Winnipegger from a different sport, Billy Mosienko, a legendary hockey player with the Chicago Blackhawks (NHL) scored three goals in twenty-one seconds in 1952 and that record of 74 years is still intact, and it will never be broken. That's my "Manitoba take", and I'm sticking to it!

Back to Kerry's life and career. He was born in November 1958 at Reston, Manitoba, a small town located close to the Saskatchewan border. However, his family lived in Tilston, Manitoba, some 38 kms (23 miles) southwest of Reston and 64 kms (40 miles) from the USA border. During the 1960s Kerry's family moved to Thompson (both parents were teachers). His family has a history of curling. In 1968 his mother made it to the mixed provincial playdowns and his dad to the men's provincials. This caught Kerry's attention and he credits his parents for much of his success in the game.



Kerry Burtnyk. Photo courtesy - Matt Goerzen (The Brandon Sun)

After a few years, his family moved to Winnipeg. Fortunately, the Assiniboine Curling Club was close by and it seemed the natural thing was to get involved. "It wasn't magic. It was just the way I got introduced to curling," Kerry said. Unfortunately, half-way through his first year of curling, the Assiniboine Curling Club experienced a severe fire destroying part of the clubrooms and curling area. However, the following year it was rebuilt and went from four sheets of ice to eight.

Kerry tried his skills in hockey but considered himself to be quite small. Playing hockey outdoors against bigger kids lessened his activity in that sport, while at the same time his interest in curling took over. The curling club was a "go-to-place" for kids, and anytime there was a sheet of ice available they could throw rocks. "There was a group of twenty or so kids taking advantage of this arrange-

ment," said Kerry. Obviously, the club was very supportive of young kids wanting to learn the game.

While in school, for the most part Kerry was a good student attaining good grades, but attention to his homework not so much. Mathematics and chemistry were some of his favourite subjects. At the end of high school, he was wrapped up in curling. In 1976, he entered Red River College taking computer programming, but dropped out because he was busy curling. He entered three other "faculties" at the same college but dropped out of each one because of curling, even though after one semester he was on the honour list in one of his courses. It seems that Kerry majored in curling. Apart from that, he was always interested in the financial end of things, and several years later completed a correspondence course in securities.

Continued on next page

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Kerry Burtnyk, *cont'd from page 6*

Kerry's early success in curling opened many doors in providing financial services to many clients with Wellington West. He believes he wouldn't have acquired his job in the financial industry if it wasn't for his name in curling, as he was competing with university grads and other professional sports people in the same business. From my short visit with Kerry, I'm quite sure he would have succeeded in whatever he chose. It became clear that his dedication and determination played a significant role in succeeding in both curling and business.

It's important to note that Kerry surrounded himself with skilled good people on his 1981 curling team – Mark Olson, Jim Spence and Ron Kammerlock. In 1995, he once again formed a highly skilled team consisting of Jeff Ryan, Rob Meaking, and Keith Fenton who bonded and became hugely successful. Kerry's leadership skills were obvious, but he credits the large success of his teams to good friends and good people. The success

of this team had its challenges at the start of this season, but eventually they managed to get the last spot in the provincial playdowns. From that point the team played like they were capable of playing and got on a roll, winning the provincial title and the Brier. During round-robin play at the Worlds, they went 11-0, and with his last rock in an extra end he made a sensational shot against Scotland to win the championship.

Over the years, the Burtynyk rinks captured several championship titles. The team was inducted into the Manitoba Curling Hall of Fame, and Kerry was inducted into the Manitoba Sports Hall of Fame. He is very humbled when speaking about the number of fans who congratulated him on his inductions and his success in curling. Kerry spoke about the Olympic trials in 2001 where Alberta's Kevin Martin's final shot beat his rink. That was a heartbreaker for the team. In these trials, the Burtynyk team lost their first three games but fighting back to get in the final

spoke volumes of the character of this team. “Ironically, during Kevin’s final game in the 2002 Olympics, he missed the same shot to lose out on the gold medal,” said Kerry. Go figure!

The Burtynyk family includes wife Patti (curler as well) and their two daughters, Rachel and Laura who curled together in Juniors and did extremely well and continue to play in this sport. "Curling demands an incredible amount of time, practicing, playing, and travelling. It sure helps to have an understanding of this commitment, and being a curling family helps," Kerry said.

The game of curling has changed dramatically since the time Kerry began. He feels the changes (five-rock free guard zone and no-tick rule to name a few) are good for the game and the fans. Kerry began curling with a corn broom and its thwacks and cracks that echoed through the building. Now, competitive curlers use the “quiet” certified synthetic brush brooms.

Being retired from curling, Kerry feels very fortunate to have had such a long

career in this enjoyable and competitive sport. The highlights of his team in 1981 stand out. "We were all young kids and didn't know what we were getting into, then fourteen years later winning the world title was right up there," said Kerry.

During the early part of Kerry's career, he experienced a huge health challenge being diagnosed with scalp cancer. In 2001 he underwent an eight-hour surgical procedure that saved his life. Kerry has participated in several Canadian Cancer Relay for Life events in Winnipeg and Brandon. He believes a positive approach and understanding of this dreaded disease will help those who are afflicted.

Kerry is a staunch fan of the Winnipeg Jets and Toronto Blue Jays. During the summer he plays golf, although he admits his game is suspect at times, much like many of us "fair-weather golfers". In the meantime, Kerry and Patti enjoy traveling and spending time south of our border where they can enjoy some warm weather and golf. ■

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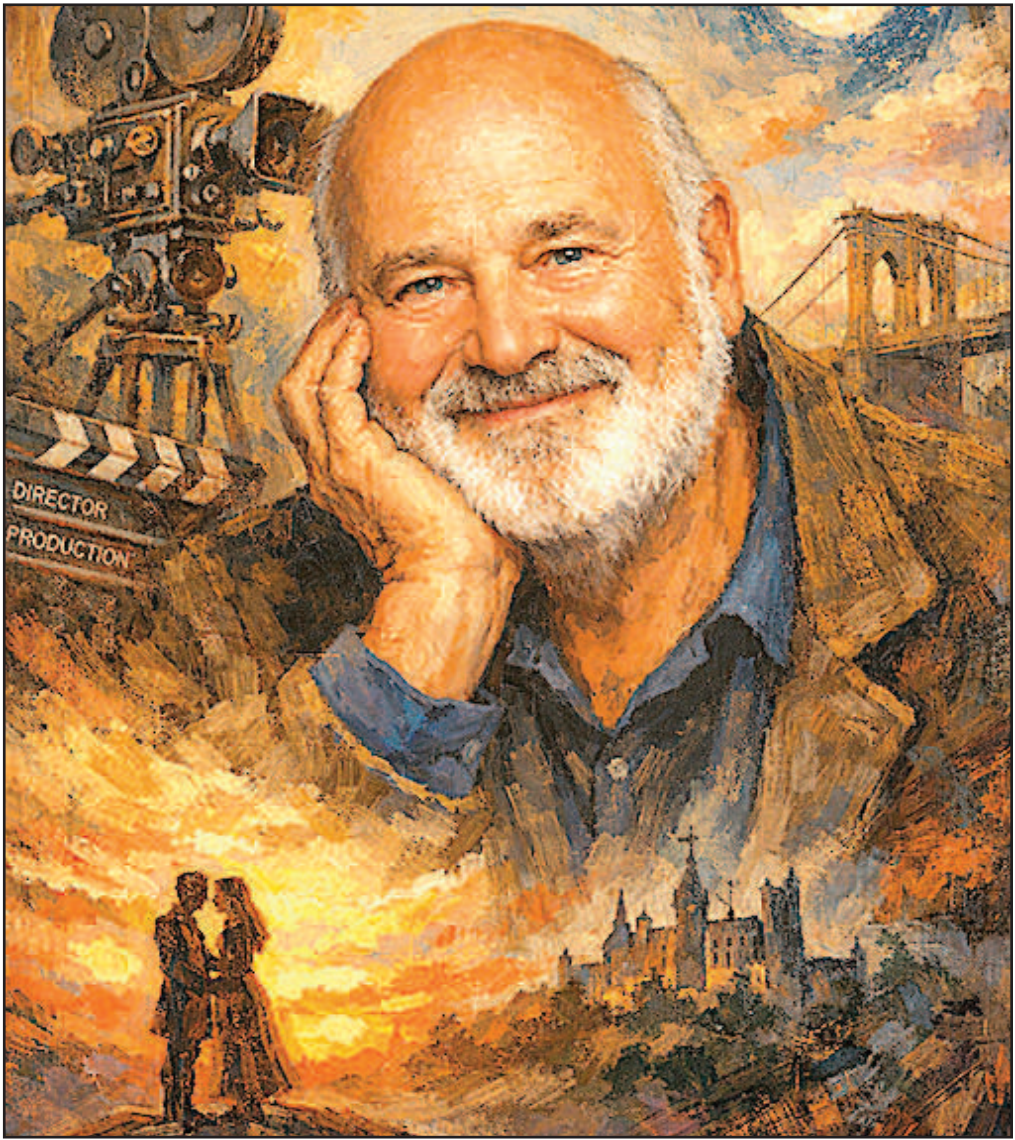
IN THE
MOVIES

Myles Shane

The great storyteller Rob Reiner has left us, moving on to the big movie theatre in the sky. The circumstances of his death, a heartbreaking tragedy involving his son, who struggled with mental illness, are devastating, but this is not an article about that moment. This is a tribute. It is about the laughter, imagination, and emotional honesty Reiner brought to the world, and the lasting impression his work left across generations.

Meathead

Reiner first captured audiences as Michael Stivic—better known as “Meathead”—on *All in the Family*. He was the idealistic young man who constantly challenged Archie Bunker’s rigid, black-and-white worldview. Meathead stood up for fairness, defended the underdog, and questioned assumptions, turning weekly arguments into cultural conversations that millions watched unfold. The show didn’t shy away from social tension, exploring race, class, and political ideology with a sharp wit that still resonates today.



When Harry Met Sally

In *When Harry Met Sally*, Reiner shifted his lens to the quiet complexities of love and human connection. Billy Crystal and Meg Ryan brought the humor and romance to life, but it was Reiner’s direction that gave the story its emotional resonance. The film examined how friendships evolve into love, how timing can alter lives, and how emotional growth often arrives later than expected. Its enduring charm comes from the subtle gestures, awkward conversations, and unexpected moments that define relationships.

This Is Spinal Tap

Reiner’s first directorial effort, *This Is Spinal Tap*, turned a fictional rock band into a comedic icon. The film’s absurdity was anchored by Reiner himself as the earnest, increasingly exasperated Marty DiBergi. Its brilliance lay in the combination of satire and sincerity, skewering ego and pretension without cruelty, and creating a blueprint for modern mockumentary storytelling.

The Princess Bride

The Princess Bride demonstrated Reiner’s skill at blending fantasy, comedy, romance,

and adventure into a timeless tale. Westley’s loyalty, Buttercup’s courage, and Inigo Montoya’s relentless pursuit of justice became enduring symbols of bravery, honor, and perseverance. Reiner’s direction balanced humour and heart, producing a film that continues to enchant and inspire audiences across generations.

Being Charlie

In 2015, Reiner released *Being Charlie*, a semi-autobiographical story inspired by his son Nick’s struggle with addiction. The film explored the strain addiction places on families and the quiet persistence of love. Reiner’s deep involvement and commitment to his son brought a rare honesty to the story, emphasizing that support is rarely dramatic but always essential. The film offered a poignant reflection on human fragility, resilience, and the limits of even the most devoted parental care.

Versatility

Reiner’s versatility as a director was a hallmark of his career. He moved effortlessly across genres, comedy, romance, drama, thriller, and fantasy, never confin-

ing himself to a single type of story. From *Misery* to *A Few Good Men*, *Stand by Me* to *The American President*, his films entertained while exploring morality, courage, and empathy. Reiner proved that storytelling could illuminate the full spectrum of human experience, capturing both its absurdity and its profundity.

Reiner & Politics

Off-screen, Reiner lived his values through activism and public engagement. He championed civil rights, LGBTQ+ equality, environmental protection, and early childhood education. He co-founded the American Foundation for Equal Rights, worked to overturn California’s ban on same-sex marriage, and supported initiatives aimed at giving children a stronger start. His political engagement often intersected with his art, from *The American President*, which blended romance with civic responsibility, to *LBJ* and *Shock and Awe*, which explored media, power, and political influence.

Returning to *Spinal Tap* decades after his debut was more than nostalgia; it was a full-circle moment connecting the start of his career to its later achievements. Throughout his life, Reiner combined humor, insight, and emotional truth, leaving an indelible mark on filmmakers and audiences alike. His films, from the absurd to the heartfelt, his commitment to social justice, and his deep attention to the human experience ensured that his stories, and the courage to tell them, will resonate long after the credits roll.

Final Thoughts

In the end, Rob Reiner was more than a filmmaker I admired; he was a quiet guidepost in my own decision to tell stories. His work made filmmaking feel human and attainable, not distant or elitist. He showed that comedy could carry truth, that genre didn’t limit meaning, and that empathy was a creative tool as powerful as any camera or script. Watching his films, I learned that stories didn’t need to shout to matter; they needed to listen. Somewhere between *Spinal Tap*’s absurdity, *The Princess Bride*’s sincerity, and the moral courage embedded in so much of his work, I understood that filmmaking could be both entertaining and purposeful. That understanding stayed with me, nudging me toward making films of my own. If stories shape who we become, then Rob Reiner helped shape the storyteller I grew into—and for that, his influence will always roll on, long after the final reel. ■



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Sri Lankan Association of Manitoba: Christmas Ceremony

By Senaka Samarasinghe

Sri Lankan Association of Manitoba (SLAM) traditionally conducted the Christmas Ceremony. It was held at the Dakota Community Centre on Dec. 20th (SAT) 2025 from 7.00 pm to 10.00 pm.

In Sri Lanka, at the end of November, the tropical cyclone named Ditwah caused severe flooding and landslides, affecting individuals representing approximately 8 percent of the total population. There were 640 deaths, and 211 were missing. US\$ 1.6 billion (dollars) of damage in the country. All donations collected during this occasion were scheduled to be directed to the relief efforts in Sri Lanka.

Lanka Abeyweera, President of SLAM, discussed with her Board of Directors, rescheduled the entire event due to the dev-

astation in Mother Lanka. Some changes were made, specifically stopping loud music and dancing to the beat, changing the venue, and reducing the ticket cost. Before starting the Christmas Ceremony, a two-minute silence was observed to honour people who died due to the above damage.

Program Highlights were as follows:

(1) Christmas Carols: Kids: number of events & Sri Lankan Seniors Manitoba sang three songs in Sinhala, Tamil & English languages

(2) Santa's Arrival & Gift Distribution Children's Stations: Face painting, ornament-making, Christmas card crafting. For this event, young girls were assigned as volunteers.



Lanka Abeyweera hands over presents.



(3) Dinner: Sri Lankan Rice & Curry catering was done by Kottu Talk. Indunil and Malini were there to help

(4) Raffle Tickets & Door Prizes

The Importance of a Social Network

- Heart to Home Meals

Humans are social beings. Even those of us who enjoy alone time benefit from socializing now and then, and there is mounting evidence to suggest it has positive effects on mood and memory. Finding ways to consistently socialize is not only a good idea for some entertainment but can be a healthy choice as well.

This is especially important for us as we get older, when preserving our memory and enjoying life becomes a top priority. But especially for people with mobility issues, looking to avoid illness, or simply uninterested in getting out and about in the colder weather might have to get creative with the ways they socialize.

And it's not just about pleasant chit-chat. Maintaining connections with friends and family is a great way to ensure you have a support system around you, who not only boost your mood and mental well-being, but can be there for more practical concerns as well, like helping move furniture, deal with yard work, or help with pet care.

Here's what you need to know about keeping connections:

Why Having a Network of Support is a Good Idea for your Health

There's a universal understanding that it's a good idea to surround yourself with good people. Be it family, friends or neighbours, it's much more common for people to gravitate towards a social network than to isolation. And there's been research to back up why this is.

In the paper social support network structure in older people: Underlying dimensions and association with psychological and physical health, by Jeannette Golden, Ronán M. Conroy & Brian A. Lawlor, they say:

"Higher levels of social engagement were significantly associated with a broad spectrum of health and wellbeing: reduced prevalence's of depression, generalised anxiety disorder, physical impairment and cognitive impairment, and higher levels of all three quality of life measures."

Put more simply, engaging socially is just plain good for you. The findings in this study also point to less obvious benefits too -- seniors who were active socially actually experienced better physical health in addition to the mental and emotional benefits.

Even when life becomes busy, or making time to connect with folks can be a bit challenging, it's important to remember it's an essential part of good health. Framing it like this might be the extra boost of motivation you need.

Using Your Family and Friends for Support

There's another benefit to maintaining a social network -- practical support when you need it. Of course, you've probably got a family member or neighbour who's there in a pinch if you need some help. But staying in touch with them regularly and incorporating them into your network makes help less of an obligation and more of a pleasure.

A big part of growing old is finding when to be independent, and when to ask for some help. In fact, a major component of overall life independence will be the support network you've built, who can give you a hand when you need it.

There's the physical aspect of course -- whether it's shovelling a snowy driveway or mowing the backyard lawn, there are some tasks it's not worth risking your health on. Having people, you've kept friendly can be valuable in these circumstances, as they may actually want to jump in and help a friend, rather than feel an obligation. Plus, it's never a bad idea to have a few dollars handy for a young entrepreneur you've met in your neighbourhood!

And while physical support is great, there's even more benefit in having a network of support for you emotionally and mentally. This is where family and close friends come in. You can really develop deep trust with people you maintain relationships with over the years, and it can be a real boon to your wellbeing to connect with them, find out how they're feeling and doing, and share the same about yourself. Having a network to care for and care about you is a key component of overall wellness as we get older.

How to Build and Maintain a Network

Especially these days, it can seem daunting to develop and maintain anything resembling a social network. However, there are a few ways you can give yourself the opportunity to meet people and stay connected to your family and friends.

Take advantage of technology: While there can be a bit of a learning curve to technology, investing some time into learning the platforms can make connecting with people easy and quick. There's a number of free programs that will let you video chat with friends and family, swap photos, and share interesting news and articles. Technology can be a great way to keep up relationships, even ones separated by distance. There's also an opportunity to ask for the help of a friend, family or younger relative to show you the ropes of the new tech you're using.

Consider adopting a pet: One of the more common ways people connect in their neighbourhood is by walking their dogs. It's also a great excuse to get some exercise, while you meet and chat with the neighbours. Pet ownership isn't for everyone, so make sure you do your research and talk to other seniors who have owned a similar pet to get a sense for what it's like.

Connect with fellow hobbyists: Whether you enjoy cooking, playing an instrument, gardening, or crochet, you'd probably be surprised how many people around you share similar interests. With the internet, it's easier than ever to find groups that participate in your hobby of choice, which will

help introduce you to like-minded folks. Even if you can't meet in person these days, video chats are still a great way to chat with people face to face.

Part of a healthy lifestyle in your senior years is finding ways to socialize and maintain relationships with friends and family. It's good for your memory, mood and even your physical health.

Finding creative ways to keep connected has never been easier than with the technology we now have access to. And for a connection you can count on, look out for your Heart to Home Meals delivery person -- they absolutely love to stop for a chat. ■

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Seniors Assisted Living Housing Plan

By Co-Chairs of the Manitoba Seniors Equity Action Coalition, Lucille Bruce and Sandra Sukhan

Statistics Canada reports that between 2021 and 2041 the number of adults over 55 years of age in Manitoba will grow from 400,000 to 520,000 persons, an increase of 30%. Our provincial government needs to expand housing options for seniors in our province to address this aging demographic.

The **Manitoba Seniors Equity Action Coalition**, a newly formed policy and legal advocacy non-profit organization, along with other seniors' groups and community organizations, have identified important actions that the provincial government can take to better address the assisted living housing needs of low- and fixed-income seniors.

Presently, the provincial government's policy for seniors assisted living housing, which includes a meal program along with cleaning and laundry services in addition to rent, is based on being solely provided by the private market.

This current policy approach does not address the needs of low- and fixed-income seniors. Monthly private market rent for seniors assisted living housing ranges from \$3,000 to \$6,000 per month. The total income for an individual older adult receiving Old Age Security (OAS) and Guaranteed Income Supplement (GIS) pensions is less than \$2,000 per month.

More rent-geared-to-income non-profit assisted living housing units and rent/ser-

vice package subsidy programs are required to prevent the premature entry of low- and fixed-income seniors into long-term care homes.

Without this type of housing support to age-in-place, these seniors wind-up in the emergency wards with many finding themselves waiting in hospitals for long-term care beds. Some seniors living in long-term care homes do not require this level of care but live in these facilities because of the shortage of assisted living housing options in the community.

Expanding assisted living housing opportunities for low- and fixed-income seniors would not only improve the quality of their lives, but it would also address structural health care system issues involving hospital and long-term care bed shortages.

Low- and fixed-income seniors are also experiencing a food affordability crisis which is negatively impacting their health and well-being. Assisted living housing could play a key role in addressing this growing problem because the congregate meal programs at these facilities not only provide nutritious food but also address social isolation. The World Health Organization identifies loneliness as a growing epidemic affecting the mental health of older adults.

A seniors assisted living housing plan has been developed by a group of seniors and community organizations for the provincial

government which includes the following recommendations:

1. Discontinue the present policy of seniors assisted living housing being solely provided by the private market and make a public commitment that acknowledges the critical role for the provincial government to address the assisted living housing needs of low- and fixed-income seniors.
2. Negotiate with the federal government to ensure that housing for seniors, including assisted living housing for low- and fixed-income seniors, be funded by the federal government's Build Canada Homes program.
3. Provide enhanced project development funding for non-profit assisted living housing proponents, especially groups with a focus on older adults from Indigenous, racialized, 2SLGBTQI+, persons with disabilities, and unhoused communities, to build rent-geared-to-income/services-geared-to-income units to better address the needs of low- and fixed-income seniors.
4. Set annual and multi-year targets to expand the provincial government's Social Housing Assisted Living (SHAL) program that provides a rent-geared-to-income subsidy and a \$700/month service subsidy, which includes a food program, laundry and cleaning serv-

ices, for low- and fixed-income seniors. Presently, there are only 65 SHAL units in the entire province, most are located in a building which the government has acknowledged is under-utilized because of safety concerns associated with the building.

5. Establish a new Assisted Living Assist program for seniors, similar to the Rent Assist program, that would provide an integrated subsidy program, including rent-geared-to-income (RGI) subsidies, and services-geared-to-income (SGI) – food program, laundry and cleaning services subsidies, to enable more low and fixed income seniors to live in existing assisted living housing facilities, especially in the interim period while non-profit assisted living housing units are being built.

Given Manitoba's aging demographics, the private housing sector fully understands that there are lucrative investment opportunities for building assisted living housing for middle- and upper-class seniors in our province. It is imperative that the provincial and federal governments ensure that low- and fixed-income older adults in Manitoba are also afforded this same type of care to meet their evolving housing needs that clearly are not being addressed by the private market. ■

January 13, 2026

Holiday Checkstop Program

- December 21-31, 2025:
- 442 vehicles stopped
 - 29 drivers were found to be under the influence of alcohol
 - 11 drivers who registered a WARN
 - 6 immediate Roadside Prohibitions (ASD FAIL)
 - 11 criminal charge for impaired/80mg% or over
 - 1 refusal to comply with demand
- During the 2025 Holiday Checkstop Program, the Winnipeg Police Service checked 2785 vehicles and identified 102 drivers operating under the influence of alcohol or cannabis.
- 15 people were charged with Criminal

- Impaired Driving (alcohol related)
- 77 people were issued Immediate Roadside Prohibitions
 - 9 people failed drug screening tests (positive for cannabis)
 - 146 Traffic Offence Tickets were issued
- The drivers ages ranged from 22-53. The highest BAC was 280mg% - more than 3 times the statutory limit.
- The holidays may be over, but the responsibility to drive sober and keep our roads safe is imperative. If you drink or use drugs, DO NOT DRIVE.
- The 2025 Holiday Checkstop Program was supported in partnership with Manitoba Liquor and Lotteries. ■

January 8, 2026

Lac du Bonnet Personal Care Home Project

The Manitoba government says the new Lac du Bonnet Personal Care Home is on track and on budget, with completion expected in fall 2027 and opening by year-end. The 95-bed facility will replace the current 30-bed home, adding 65 new long-term care beds for seniors in the Interlake-Eastern region.

The project helps seniors and patients move from hospitals or the community

into PCHs that better match their needs or appropriate level of care, and keeps them closer to home.

Construction began in fall 2025 and features a small-house, home-like design with shared kitchens and living spaces. The project is part of the province's broader plan to expand seniors' care, re-open closed beds, and reduce pressure on hospitals. ■

December 3, 2025

Manitoba government recognizing sign languages

On December 3, 2025, the Manitoba government introduced legislation to formally recognize sign languages used by Deaf, Hard-of-Hearing and Deaf-Blind Manitobans. The proposed Sign Language Recognition Act would recognize American Sign Language, Quebec sign language, Indigenous sign languages and tactile sign languages as distinct languages with their own grammar and cultural heritage.

Manitoba is the first province to introduce standalone sign language recognition legislation, reinforcing that sign languages are primary languages and central to identity and culture. The announcement coincides with the International Day of Persons with Disabilities, observed on Dec. 3rd, and is part of broader efforts to strengthen accessibility and inclusion across the province. ■



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January is National Alzheimer’s Awareness Month

- Alzheimer Society of Manitoba



Gary and Barb Garbutt

January is National Alzheimer’s Awareness Month, and the Alzheimer Society is helping Manitobans increase their understanding of dementia and discover their path forward to community and connection.

More than 20,300 people currently live with dementia in Manitoba — a number expected to reach 39,100 by 2050. For individuals and families navigating this reality, the Alzheimer Society of Manitoba is a place to turn for resources and guidance. Whether you are worried about dementia, adjusting to a diagnosis, facing the later progression of the disease or caring for someone living with dementia, the Society is there to meet you where you’re at with the right support.

When Gary Garbutt received his dementia diagnosis, he and his wife, Barb, turned to the Alzheimer Society of Manitoba for information and reassurance.

“It’s scary to make that first appointment to talk about your concerns with your doctor, but the Alzheimer Society’s staff can even help guide you with the right questions to ask,” Gary says.

Through its programs and services, the Society opens the door to a welcoming community of people who truly understand dementia — helping individuals and families build meaningful connections and feel supported every step of the way.

After Gary joined the Society’s support group for people living with dementia, he

quickly realized just how important that sense of community was.

“My weekly support group meetings have become my happy place,” he says. “This group helps me feel less isolated and alone. We talk about things like childhood memories, summer adventures and experiences that bring back good feelings and create lots of laughs.”

For Gary, connecting with others navigating dementia also helped him become more accepting of his diagnosis and the changes it brings.

“My support group has helped me to be honest and open about my diagnosis and ask for help when I need it,” Gary says. “My advice to others living with dementia is to make those connections with others who understand — whether it’s the Society’s staff, volunteers, or other individuals like yourself who come to the Society for support — it really helps you feel like you’re not alone.”

Read more stories from Manitobans living with dementia this Alzheimer’s Awareness Month at alzheimer.mb.ca.

To learn more or access support, connect with your local Alzheimer Society at **204-943-6622** (Winnipeg), **1-800-378-6699** (Provincial) or alzmb@alzheimer.mb.ca.

Risk factors are aspects of your lifestyle, environment and genetic background that may increase the likelihood of getting diseases. In this session, learn which factors may increase your risk of dementia, which of those you do or do not have control over and steps you can take to reduce such risks. Register today at alzheimer.mb.ca.

Minds in Motion

Locations available across the province

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

Community Partner Programs

Enjoy a variety of activities in dementia-friendly spaces with our community programs. Geared to those living with dementia and their care partners, you can discover history at the Dalnavert Museum, explore nature at The Leaf, grow your table tennis skills with the Manitoba Table Tennis Association and more.

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

JANUARY

is Alzheimer's Awareness Month

#AlzheimersAwarenessMonth

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SPORTS

The Legend Carries On. Barry Bonni's 44th Season with the Royal Knights Around the Corner



MANITOBA SPORTS HISTORY

By Scott Taylor

Photos by Bruce Fedych and
James Carey Lauder

There is nothing Barry Bonni can't tell you about the Manitoba Major Junior Hockey League.

After all, the 73-year-old patriarch of the River East Royal Knights, founded his hockey team 44 seasons ago, when he was just 28-years-old.

This is a man who has been GM or head coach or both since the 1981-82 MMJHL season. He's won 700 games and six league championships.

This season, with first-year head coach Manny Minuk behind the bench, the Royal Knights are a solid 13-9-1 through the first half of the season and appear to be a lock to reach the 2026 post-season.

"Our new coach this season, Manny Minuk, played for me on our 2001 championship team," said Bonni. "His son, Manny Jr. played goal for us the past three seasons and now he's aged out of junior so that cuts out any conflict of interest. Manny was a forward who could fly (88 points in 80 games over two seasons with the Royal Knights from 2000-2002), and I think he'll make a great coach."

That's high praise. After all, Bonni, a legend in junior hockey in Manitoba and a man who was inducted into the Manitoba Hockey Hall of Fame in 2017, got to where he is today because of coaching.

"In 1970, I started coaching baseball at Bronx Park," he recalled. "Then in 1974, I started coaching hockey at Bronx Park. A couple years later, it got to be too much. I was coaching both baseball and hockey and even though they're in different seasons, it took up a lot of time and effort. I was also a much better hockey coach than I was a baseball coach, so I dropped baseball but continued to coach hockey at Bronx Park."

Bonni won three championships there and then moved to River East Minor Hockey and started coaching in the tier system. In three years at River East, he



Barry Bonni, River East Royal Knights.

won a couple of championships, including during his time with the River East Marauders Tier 2 Juvenile team.

"In 1980, I was coaching the Marauders juvenile team and also helping the East Kildonan Knights of the MMJHL run their training camps in September," he explained. "Then, at the end of the 1980-81 season, the Knights folded, and I looked at that and thought, 'That's awful, an area like River East and we're not going to have a junior hockey team?' And so, I ended up getting on my white horse, started a new team and I chose the name Royal Knights. I took the name Royals from River East Minor Hockey. Then I took the name Knights in respect of the East Kildonan Knights that had operated for eight years. So, I started the Royal Knights in 1981 and haven't stopped."

In 1981, he coached the brand-new Royal Knights to the MMJHL championship and was named Coach of the Year. Between 1986 and 1990 he led the Royal Knights to four consecutive MMJHL championships. He won his sixth title with



Bonni working the officials in 2006.



Bonni, top right, coaching Bronx Park in 1974.

the Knights in 2000-01 and won his fourth Coach of the Year award that same season.

He has won more than 700 of the 1000-plus games he's coached in the MMJHL. He's also been owner of the only team in the league today that has never changed ownership.

"I'm now the senior guy in our league," Bonni said. "Every team calls me at one point or another for advice, including Kerry Lines, our president. I appreciate that they have that respect for me that they still want to call me."

"Sometimes Kerry or somebody will say something in a meeting and then I'll be called on to clarify stuff. Because I've been around so long, I was there when a lot of the league by-laws were written. And with a lot of the rules in any league, you can read the rule and misinterpret it. But I know what it was meant to be."

Bonni has been around so long, he's seen three teams leave the league (the Midland Flyers, the Seven Oaks Raiders and Transcona Rainers) and welcomed four new teams into the league (the Transcona Railer-Express, the Stonewall Jets, the Pembina Valley Twisters and the Raiders Junior Hockey Club).

He also spent a couple of years in the mid-1990s operating a Senior club on top of the Royal Knights.

"Yeah, for two years, 1993-94 and 1994-95, I ran the River East Rogues Sr. A team in the Winnipeg Senior A Hockey League, which got started a few years the old CASH League folded," he recalled. "We only operated for two seasons, but I won the championship in the first season and lost in the finals to Charleswood in the second season. Then, one of the teams bailed and a new team came in."

"And we were going to start the league with four teams, but that new team was on very shaky ground financially, and we didn't think they'd last past Christmas. So, I said, 'Boys, I'm not going with a three-team league. I'm out,' and the league folded. It was fun. I will say that it was fun. But it just got to the point that, financially and competitively, something had to give. Honestly, I would have kept it going if we'd had four strong teams."

This season, the Royal Knight have enjoyed another resurgence. Last season, the team went 9-34-2, finished ninth and missed the playoffs. This year, with Minuk as head coach and assistants, Anthony Jacob and Manny Minuk Jr., -- both former Royal Knights players themselves -- the 44th year of the River East Royal Knights has, so far, been both successful and entertaining.

Continued on next page



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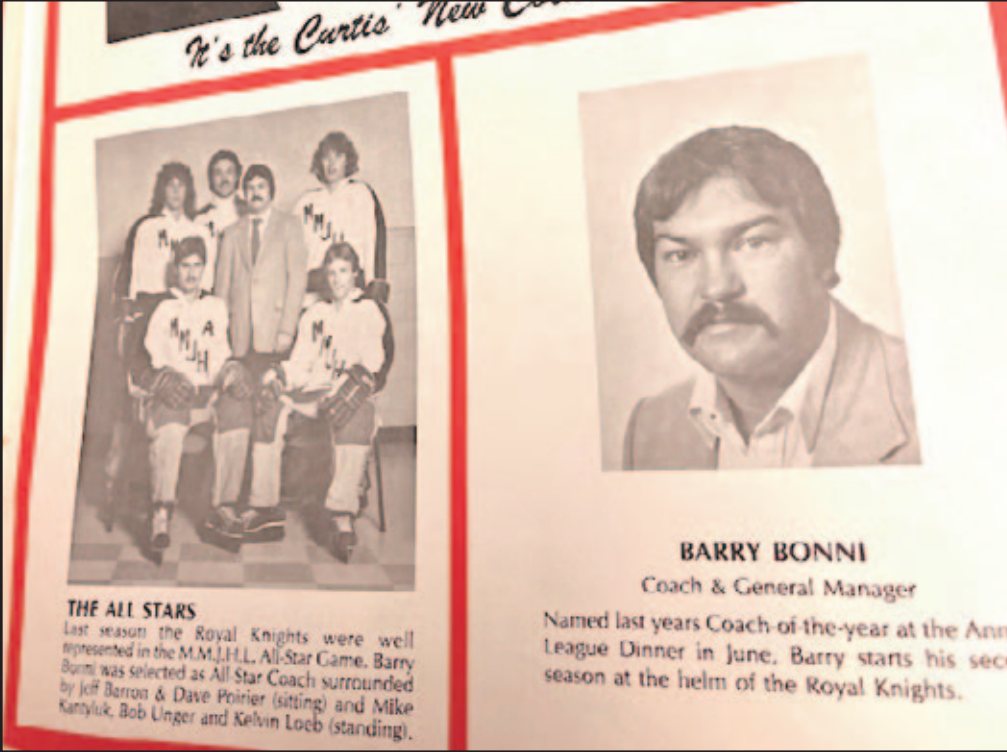
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Barry Bonni, cont'd from page 12



The Royal Knights program in 1982-83.

“Barry and I always had a good relationship over the years and I'm just super honoured that he called last summer and asked me to coach his team,” said Minuk Sr. “With Manny Jr. and Anthony, we just want to be a part of the growth of this team and help Barry out, and I feel very fortunate to be given the opportunity.”

Meanwhile, as Barry proceeds through his 44th campaign as the owner and president of the Royal Knights, he will admit, the jobs he undertakes are getting tougher. “It's been a fun ride,” Bonni said. “But it's getting to a point where I'd like to not

have the responsibility. When we started this team, we were paying \$20 an hour for ice. Now we're paying, I think it's \$265 an hour. It's become a rich man's sport, and I hate that.

“But I'll admit, I count my pennies. We try to do everything we can for our players, but I watch our budget. I've done everything there is to do in hockey, but I more than anything else, I want this team to go on forever and I want it to always maintain the name Royal Knights.” ■

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- Answering personal tax questions (no trusts, business or farming)
- Updating information (address, direct deposit, contact information)
- Printing letters or Proof of Income Statements (Option C)

Registration opens 2 weeks prior to event date at 10 a.m. You can register for one CRA clinic only at a time. On the day of the CRA Clinic, the order of when you are seen will depend on when you check in at the branch. Check in starts 30 minutes prior to the clinic start time. Limited walk-ins will be taken if time allows, or if spots are not yet filled.

St. Boniface Library 204-986-4331 Thursday, Jan. 15 from 1-4 p.m.	Pembina Trail Library 204-986-4369 Tuesday, Jan. 20 from 1-4 p.m. Wednesday, Feb. 25 from 1-4 p.m.
Charleswood Library 204-986-3072 Friday, Jan. 23 from 1-4 p.m.	St. James-Assiniboia Library 204-986-3424 Friday, Jan. 9 from 1-4 p.m. Friday, Feb. 13 from 1-4 p.m.
Henderson Library 204-986-4314 Friday, Jan. 30 from 1-4 p.m. Tuesday, Feb. 24 from 1-4 p.m.	St. John's Library 204-986-4689 Wednesday, Jan. 7 from 1-4 p.m. Wednesday, Feb. 4 from 1-4p.m.
Louis Riel Library 204-986-4573 Wednesday, Jan. 21 from 1-4 p.m.	Sir William Stephenson Library 204-986-7070 Monday, Feb. 9 from 1-4 p.m.
Millennium Library 204-986-6489 Wednesday, Jan. 7 from 11 a.m.-2 p.m. Wednesday, Feb. 4 from 11 a.m.-2 p.m. *Drop-in only. No registration.	Transcona Library 204-986-3950 Thursday, Jan. 8 from 1-4 p.m. Friday, Feb. 20 from 1-4 p.m.
Osborne Library 204-986-4775 Monday, Feb. 2 from 1-4 p.m.	

Unable to register or have an urgent need? CRA offers services by phone.

- General Enquiries: 1-800-959-8281 (for general questions)
- Benefits Enquiries: 1-800-387-1193 (for questions related to GST and CCB)
- Business Enquiries: 1-800-959-5525 (for questions related to businesses)
- canada.ca/taxes-help (to find someone to get your taxes done for free)

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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.)

OUTINGS / DANCE / MUSIC

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

Westworth United Church - Seniors Supporting Seniors, Presentation for Seniors' Mental Health: A Practical Guide, with Doug Lockhart & Patrick Stewart from Independent Resource Living Centre, Jan. 21, 1:30-3:30 pm, 1750 Grosvenor Ave.

The Forever Young Club - "Let's Rock the Winter Blues Away" dance Jan. 31, 7-11 pm, at Anavets #283, 3584 Portage Ave. DJ's Ray and Sheila Wheeler. Non-members \$15. Call/text 204-261-4442 or fycwpg@gmail.com by Jan. 27 to reserve. Cash bar, light lunch, 50/50 draw.

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 / FITNESS / GAMES

Archwood 55 Plus Inc. - Bingo: Jan. 28, Feb. 25, Mar. 5 at 820 Cottonwood Rd. Doors open noon, games begin 1 pm. Concession Available. The Progressive keeps building. Contact us about Sandhills Casino Trip in February. Lottery Lisc # 5635-BI-47768.

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

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.

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

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

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

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

Canadian Mental Health Association - Bell Let's Talk Day Coffee and Connection, Jan. 21, 10:30 am-1:30 pm, 930 Portage Ave. Drop in, grab a coffee and share a conversation. Icebreakers, fun activities, and loads of laughter. Understand what a mental health moment looks like. 204-982-6100, office@cmhawpg.mb.ca, cmhaacrossmb.ca

Canadian Hard of Hearing Assoc. (Mb) - Support Group, monthly meetings, Feb. 20, Mar. 20, 1-2:30 pm, St. James 55+ Centre, 3-203 Duffield St. (Next to Deer Lodge Hospital). Free, no membership required. Info: chhamanitoba@outlook.com

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

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. 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

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

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

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

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

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

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

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

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

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

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

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. 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: 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 - 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. 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.

Friendship Force Winnipeg - an international club, promotes world peace through cultural exchanges and home-stays. We travel, have dinner meetings, book clubs, walking groups and play bridge. www.friendshipforcewinnipeg.org

Golden Rule Senior Centre - 625 Osborne, inside Fort Rouge Leisure Centre. Programs: Painting, Floor Curling, Carpet Bowling, Lunch & Presentations, Games Club, Steppin' Up With Confidence Fitness, Qigong, Pickleball (free play), etc. 204-306-1114, goldenrule@swsrc.ca.

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

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

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

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

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

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

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

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

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 - January Pop-ups: Jan. 19, 1-3 - 400 Stradbrook Jan. 20, 10-12 - Golden Rule Seniors Centre, 625 Osborne Jan. 22, 10-1 - Charleswood Library, 6-4910 Roblin Blvd. Jan. 26, 10-1 - Rady Centre, 123 Doncaster St. To join a seniors' program to stay connected: 204-478-6169, resources@swsrc.ca

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

The Pros Know 55+ 2026 Show Dates & Locations

Active Living & Resource Expos

Four more Pros Know Expos in 2026. | Details On-Line at: prosknowexpos.ca

Step 1: Introducing the Dates, Times & Locations!

Happy New Year Everyone!

Well that went quickly, 2025 that is. Still can't believe it's January. The good news, everything resets for the shows, back to four events this year after those two amazing mini-conferences in 2025. This issue we'll chat up the four dates, two Spring and two Fall around the city. Wednesday, May 20th will find us at the awesome Sgt. Tommy Prince Place at 90 Sinclair Street.

The theme for *Show No.1* is 'Active Aging in Place' that will cover the many topics available for anyone to live healthier more active lives. This will include soup to nuts including exercising, social activities, volunteering and so much more.

Wednesday, May 27th, will see us at the beautiful, Charleswood United Church at 4820 Roblin Blvd. *Show No.2* theme will be 'Community Services Access' for seniors. 211 Manitoba, A&O Support Services for Older Adults, The WRHA Sponsored Senior Resource Finders and more information services

will be in attendance to help you better navigate the myriad of help available to you and your family.

In the Fall we start with *Show No.3* on Wednesday, September 23rd at the amazing Fort Garry Mennonite Brethren Church, 1771 Pembina Hwy. 'Wills, Estates & Power of Attorney' will be the main theme with presentations provided by KLD Law. Critical info indeed. Last, but not least, *Show No.4* will be on Thursday, October 1st at the Mega-Plex, known as Dakota Community Centre, 1188 Dakota Street. 'Fraud & Scams' prevention will be the presentations on this date. Always a fan favorite and like the other themes, info that can help us live better and safer.

Four shows, four great themes that we can not say enough about. Guest bags for the first 150 people in attendance with Senior Scope newspapers and tons of great literature / resources in each. 2026 promises to be the best year yet and we haven't told you everything!

Stay tuned...More next month!



Daily Show Times
10:00am - 3:00pm

North End | Sgt. Tommy Prince Place

90 Sinclair Street

Wednesday, May 20th, 2026

Theme: Active Aging in Place

Charleswood | Charleswood United Church
4820 Roblin Blvd.

Wednesday, May 27th, 2026

Theme: Community Services Access

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



Local Organization and Business

Resources

to help you take the steps for a better quality of life, now and in the future!

Stay informed all the time on our website;
Updates available at: prosknowexpos.ca

Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by Jan. 31 for the Feb. 10 issue.
Email wording for your PSAs to: kelly.goodman@shaw.ca. Prints Feb. 10.

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 gimlinewhorizons.org

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 Council 204-378-2460; **St. Laurent** Senior Resource Council 204-646-2504; **Selkirk** & District Senior Resource Council 204-785-2737; **Stonewall** - South Interlake Seniors Resource Council 204-467-2719; **Springfield** Services to Seniors 204-444-3139; **Teulon** and District Seniors Resource Council 204-886-2570; **Lac du Bonnet** - Two Rivers Senior Resource Council 204-345-1227, **Pinawa** 204-753-2962 or **Whitemouth/Reynolds** 204-348-4610 or **Winnipeg River** Resource Council 204-367-9128

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

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

Niverville Recreation - Indoor walking track, public skating, drop-in sports and fitness classes. Leisure Guide - visit nivervillerec.ca. Info: 204-388-4600 ext 3

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

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

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

RM of Tache - Services to Seniors - 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 CVC Council and RM of Tache Services to Seniors. Info: cwillorette@gmail.com

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

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

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

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

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

Steinbach - South East Artists - Paint together Tuesdays, Sep. 2-end of May, 9:30-11:30 am, Studio A or B at Steinbach Arts Council. \$3 drop in fee or \$60 for season plus cost of a membership at SAC. 1st visit free. Oils, watercolour, acrylic, pastels, etc.

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

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

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

Teulon - The New Horizons Sterling Lounge Senior Centre - Watch for upcoming events and craft classes. Follow us on FB for Bingo updates. Our handle is TBFR Seniors. Info: afritz54@gmail.com

Thompson Seniors - 204-677-0987, thompsonsensiors55@gmail.com



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CJNU Welcomes January Host Sponsor, The Saul and Claribel Simkin Centre

Looking Ahead: Building Tomorrow Together

For more than a century, The Saul and Claribel Simkin Centre has been a cornerstone of care for older adults in Winnipeg's Jewish community. Since opening its doors in 1915, the Centre has grown from a small residence into a dynamic home where 200 Residents of all faiths and backgrounds can thrive.

Rooted in a long-standing commitment to dignity, respect, and compassionate care, the Simkin Centre remains steadfast in nurturing the whole person. As expectations around senior care continue to evolve, so too does our approach, into one that supports the mind, body, and soul of every Resident, while honouring the lived experience, wisdom, and individuality each person brings with them.



Shaping Care Through Innovation and Connection

At the Simkin Centre, we continue to advance new programs and partnerships designed to enrich daily life and support overall well-being. From expanded music and art therapy to concerts, special outings, and engaging activities, we aim to create moments of joy, purpose, and connection for every Resident.



One of our most anticipated projects is the proposed new addition and child care centre adjacent to our building. This space is envisioned as a place where the wisdom of our Residents and the wonder of children can meet, where stories are shared, relationships are built, and generations learn from one another.

These connections bring energy, warmth, and meaning into daily life, reminding us that care is at its best when it is experienced across generations.

Together, Building a Sustainable Future

The Simkin Centre thrives because of the people who bring it to life, Residents and families, dedicated staff, compassionate volunteers, and generous donors. Their commitment transforms the Centre into more than a place to live; it makes it a true community.

As health care continues to change, we remain committed to strengthening wellness, supporting staff development, and building a sustainable future. Through every challenge and opportunity, our mission endures: to provide a home defined by compassion, dignity, and belonging.

Join us in building tomorrow together.

Visit simkincentre.ca to learn more, donate at simkincentre.ca/giving, or call 204-589-9052 for ways to give.

Live on Location - The Simkin Centre

CJNU is broadcasting LIVE from The Saul and Claribel Simkin Centre in January! Come stop by our remote studio and say "hello"!

The Saul and Claribel Simkin Centre- a cornerstone of compassionate care for Winnipeg's Jewish community and others who need the care and expertise this facility provides.



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

Sri Lankan Seniors Manitoba

Two-minute silence period: To honour those who died due to bad weather conditions in Sri Lanka

By Senaka Samarasinghe



Lileena Mendis, Acting President of Sri Lankan Seniors Manitoba (SLSM) stressed the grave condition of the day, Nov. 28th (FRI) 2025 in Mother Lanka. She declared that in Sri Lanka, due to floods and landslides across the country, the death toll has risen to more than 60, and above 40 people are missing, according to the daily news. Further, she said that the deaths and missing persons are increasing daily. She further indicated that people displaced due to bad weather conditions are forced to live in temporary

shelters arranged by the State and Non-Governmental Organizations.

Based on the above conditions, Lileena requested SLSM members for a two-minute silence period to honour those who have died specifically due to bad weather conditions in Sri Lanka.

As scheduled, the Tai Chi session is conducted by Suni Matthews. In 2012, I met Suni when I attended the South Side Seniors at Trinity United Church on Summerside Avenue, Winnipeg. ■

Sri Lankan Seniors Manitoba

Dinner: Hosted by Hon. Anita R. Neville, 26th Lieutenant Governor

By Senaka Samarasinghe



Mohamed Ismath, Honorary Consul of Sri Lanka in Manitoba, invited me to the dinner. Hosted by Her Honour, the Hon. Anita R. Neville, P.C., O.M., 26th Lieutenant Governor (Representative of His Majesty, The King of Canada in the Province of Manitoba), Consular Corps of Winnipeg on Dec. 4th (THU) 2025, 6 pm at the Government House, Manitoba Ceremonial Home.

Most attendees were aware of island-wide floods and landslides in Sri Lanka. Ismath and I explained the existing short and long-term resettlement and reconstruction plans to be implemented with the help of national and international agencies.

The sit-down dinner followed by a singing session conducted by Jannifer Hansont (Winnipeg Jass Vocalist) and Mury Pulver (Juno award winner & Jannifer's musical Co-conspirator). ■



Top left: L-R: Mohamed Ismath, Honorary Consul of Sri Lanka in Manitoba, Lt. Governor Hon. Anita R. Neville and Senaka Samarasinghe.

Left: L-R: Mohamed Ismath, Mury Pulver, Jennifer Hansont, Senaka Samarasinghe

Sri Lankan Seniors Manitoba

Indra Ariyaratne receives the Older Adult of the Year Award from the province of Manitoba

By Senaka Samarasinghe



Indra Ariyaratne, Immediate Past President of SLSM.

Indra Ariyaratne, Immediate Past President (from 2022 to 2024) of the Sri Lankan Seniors Manitoba (SLSM), was identified to receive the Older Adult of the Year Award. The Manitoba Healthy Aging Award ceremony was held on Nov. 24th (MON) 2025 at The Legislative Building in Winnipeg.

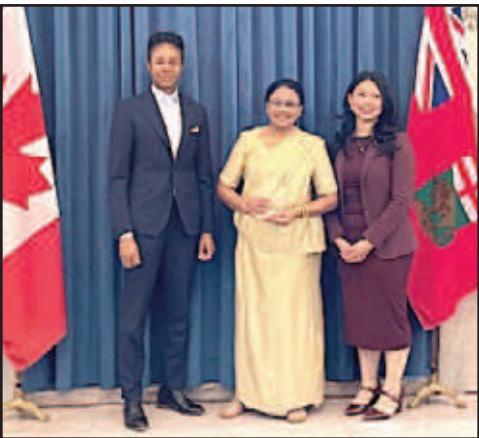
These awards were presented to recipients by Hon. Uzoma Asagwara, Minister of Health, Seniors and Long-Term Care and Deputy Premier, and Jennifer Chen, Member of the Legislative Assembly of Manitoba. She represents Fort Richmond.

Indra was the fourth President of SLSM who obtained a reward from the Provincial Government. She is the first Past President who acquired such recognition.



Right: Hon. Uzoma Asagwara, Minister of Health, Seniors and Long-Term Care and Deputy Premier, and Jennifer Chen, MLA for Fort Richmond presented the awards.

Two resource persons, namely Smita Gupta and Suni Matthews, also obtained awards based on the Health and Active Living Ambassador program.



The award ceremony was followed by a reception to allow all participants to mix with all attendees. ■

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- Jasper National Park—Athabasca Falls
- Banff National Park—Lake Moraine, Icefields, and Skywalk

More details to follow in the coming weeks, we are taking an interest list now.
Please visit our website.

South Beach - 2-nights March 23-25
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**WHO WE ARE:**
Seine River Services for Seniors is a non-profit organization that offers supports and resources to older adults living in the RM of La Broquerie and RM/Town of Ste-Anne.

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Presenters: Doug Lockhart & Patrick Stewart
Independent Resource Living Centre
January 21, 2026 at 1:30 p.m.

Embracing Filipino Culture
Presenters: to be confirmed
February 25, 2026 at 1:30 p.m.

Nutrient Dense & Scaled Down Portions
Presenters: to be confirmed
March 25, 2026 at 1:30 p.m.
Location: Westworth United Church 1750 Grosvenor Ave

Free of charge
Contact: programcoordinator@westworth.ca



Funded in part by the Government of Canada's New Horizons for Seniors Program

Tour presentations
January 27th, 2026
at Canalta Hotel
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Newfoundland Labrador Tour - June 24th - July 7th, 2026

Churchill Beluga Tour - July 21st-27th, August 16th -22nd, November 15th -22nd, 2026

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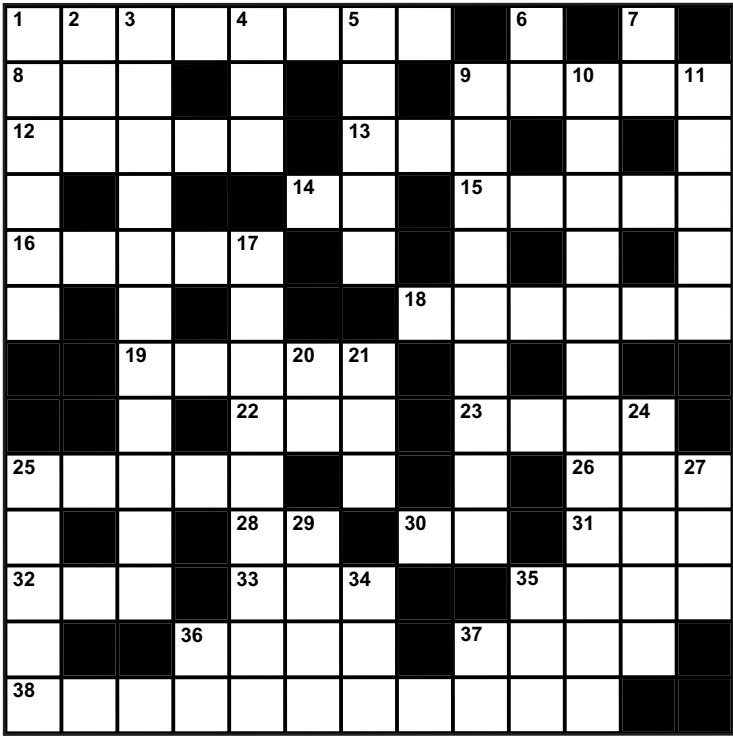
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CROSSWORD - By Myles Mellor

- ACROSS**
- 1. Headgear for a New Year's Eve celebration, 2 words
 - 8. Get on in years
 - 9. Enjoy a good meal
 - 12. Romantic flowers
 - 13. Yes in French
 - 14. Medical expert, abbr.
 - 15. Recovery
 - 16. Barbie and Ken, e.g.
 - 18. The midnight hour
 - 19. Raise glasses to
 - 22. Sunset color, often
 - 23. ____ in the New Year
 - 25. Timekeeper
 - 26. Joke
 - 28. West coast city, for short
 - 30. Letter afterthought
 - 31. ____ Jeanne d'Arc
 - 32. Good times
 - 33. New Year's ____
 - 35. Watched
 - 36. Annoys
 - 37. Cooking equipment
 - 38. Huge TV celebration venue on New Year's Eve, 2 words



- DOWN**
- 1. Noted Pasadena event for the New Year, Rose ____
 - 2. A while ago
 - 3. New decisions for 2025
 - 4. "O.K."
 - 5. Love a lot
 - 6. Exercise training, for short
 - 7. Good grades in exams
 - 9. Celebratory pyrotechnics
 - 10. New Year's Eve song, 3 words
 - 11. Culinary herb
 - 17. Small fireworks
 - 20. Compass point, abbr.
 - 21. Chicago Bears' scores, abbr.
 - 24. Entrances
 - 25. ____ down before midnight Dec 31
 - 27. High school exam, abbr.
 - 29. Michigan and Prairie in Chicago, abbr.
 - 34. Lawyer's abbreviation
 - 35. Corn section
 - 36. That is, for short
 - 37. Sound system, abbr.

SOLUTION ON PAGE 19

WORDSEARCH - HAPPY NEW YEAR - Senior Scope

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

- | | | | | |
|-------------|--------------|------------|-------------|-----------|
| Baby | Dinner | Goblet | Laugh | Smile |
| Ball | Eve | Gowns | Merrymaking | Snacks |
| Bubbles | Extravaganza | Happy | Midnight | Sparklers |
| Bubbly | Family | Hats | Music | Streamers |
| Calendar | Festivities | Horns | New | Time |
| Celebration | Fireworks | Hourglass | Old | Toast |
| Champagne | First | Hug | Parade | Tradition |
| Clink | Flute | Invitation | Party | Vow |
| Clock | Friends | Invite | Resolutions | Year |
| Countdown | Games | January | Sing | |
| Dance | Gathering | Kiss | | |
| Day | Glasses | Last | | |

SOLUTION ON PAGE 19

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SUDOKU - Easy Senior Scope

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

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

WORDSEARCH - Solution

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

SUDOKU - Solution

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

LAUGH A LITTLE

Some people really should use a Glue Stick instead of Chapstick.

Koala: What do you mean I am not a bear?
I have all of the koalifications!

While at a restaurant with a friend, I pointed at two elderly woman across the room and said, "That will be us in about 10 years." She exclaimed, "That's a mirror!"

Name the difference between a comma and a cat.
One is a pause at the end of a clause, the other has claws at the end of its paws.

Remember those candy necklaces we had as kids?
I need one with Tums and Tylenol.

I paid for a limousine but the driver never arrived.
I paid a lot of money and have nothing to chauffeur it.

I decided to try the Japanese method of decluttering my home where you hold each object and if it does not bring you joy, you throw it away. So far I've thrown out my vegetables, my brassiere, phone bill, the weigh scale, mirror, my pots, and my dish towels.

I accidentally swallowed some Scrabble tiles.
Now I'm experiencing constant vowel movements.
The next trip to the washroom could spell D-I-S-A-S-T-E-R.

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