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MB 55+ Games RESULTS
See pages 6, 10 & 11
Senior Scope Contest
Page 8

SCOTT TAYLOR – Sports is His Thing

By Bud Ulrich / Photos by James Carey Lauder



A MANITOBA MOMENT

Bud Ulrich

As Scott Taylor approached me at the Sport Manitoba coffee shop, he said, "I feel I should be writing about you." Indeed, that was a compliment I did not expect from a seasoned sports journalist. The list of Scott's accomplishments is long, and he doesn't appear to be slowing down. Well, maybe a bit.

Taylor was born in Toronto, Ontario and lived there long enough to get in his car and go to Sarnia, where he got a job in an auto plant. He went to St. Clair County Community College in Port Huron, Michigan for one year of general studies. He then enrolled in journalism at the University of Guelph. Like many others, Taylor claimed he was not particularly a good student. C's were his standing most of the time. Scott's son followed the same path. His daughter was an A+ student.

Although Taylor was an average student, he was pretty good at English in high school, and he liked radio and TV. His ambition was to be an announcer on Hockey Night in Canada, play on the PGA Tour, play for the Detroit Tigers, Montreal Canadiens, and Ottawa Rough Riders and write a column in the New York Times. I'm surprised he didn't mention being an astronaut and landing on the moon.

There was a small newspaper in Sarnia, and at the age of seventeen, this newspaper hired Taylor to write a column on the Triple A Midget hockey team that was going to the provincials. This became the start of a highly successful career in journalism. Taylor's outgoing personality is infectious and clearly shows his love of sports.

Taylor's journalistic highlights include a story he broke about sprinter Ben Johnson being stripped of his medal and record in the 100-meter final at the 1988 Seoul Olympics. At 2 o'clock in the morning, he received a call from a local guy who was with the team, advising him that a press conference would be held in five hours. Taylor phoned the



Scott Taylor with Blue Bombers' series co-author Roy Rosmus.



Scott doing hockey play-by-play with Curt Kielback.

CBC stating, "They're going to kick Johnson out of the Olympics." He was invited to come down to the station at 3 a.m. to discuss it further. This was Taylor's journalistic big one! "The loss of the Jets in 1996 was another huge story," Scott said. And he was in the middle of it all.

Announcing on TV with CBC and TSN, and several shows in Winnipeg for about 20

years was rewarding in many ways for Taylor. Scott Oake did a fabulous show on CBC and Taylor had a segment called Fat Guy Sports where he beat all the "hotshot" athletes in one-on-one basketball games. The only one he lost was against Gail Winston from the national team – she was good!

Continued on page 4



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Active Aging in Manitoba (AAIM) Inspiring active lifestyles



Thank-you for the Mb. 55+ Games



Linda Brown, Executive Director, AAIM

As I catch my breath after a successful 2024 Manitoba 55+ Games – I must say THANK-YOU!

First, thank you to the Brandon Host Committee and their 200+ volunteers who worked tirelessly to make the Games a success. At the Opening Ceremonies on June 18th the Honourable Glen Simard, Minister of Sport, Culture, Heritage and Tourism brought greetings from the province and spoke about the importance of being active. Brandon's Mayor Jeff Fawcett, enthusiastically welcomed everyone and invited us all to enjoy the many fantastic facilities and venues involved in the Games. As the largest multiple-sport event in Manitoba, volunteer commitment is so crucial to the success of the event. So, thank you to everyone who took time to volunteer at all the different events and venues.

Rising costs seem to be a way of life these days, and at Active Aging in Manitoba we are committed to keep the Mb. 55+ Games accessible by keeping the registration costs affordable. We are grateful to our sponsors who enable us to deliver a safe environment, a positive experience, and many opportunities for socialization.

Presenting sponsor **Manitoba Liquor and Lotteries - Play Now**, and Platinum Sponsor **Credit Union Central of Manitoba** continue to provide support that allows us to seek out the best facilities, support the host community, and improve the experiences for Games participants. We also thank **Sport Manitoba, Manitoba Blue Cross, Winnipeg Free Press, Manitoba Association of Senior Communities, Senior Scope, The Seniors Moving Company, Asham Curling Supplies**, and **Brightwater Senior Communities** for their support of the 2024 Games.

Most importantly thank you to the 1170 + participants in the Brandon Mb. 55+ Games! It is always so heartwarming to see so many returning participants and of course

to welcome first timers to the Games. The Games are all about friendly competition but everyone wins through the connections made and renewed each year. Traditionally at the Games, the Wednesday Celebration Banquet is a chance to socialize, enjoy a meal together and announce the location of the next Manitoba 55+ Games.

We are excited to announce the 2025 Manitoba 55+ Games will be held in Steinbach. The Games will kick off with a curling event for four person teams and 2 person stick teams on March 4, 5, & 6 and the summer events are scheduled for June 3, 4 & 5, 2025! Steinbach last hosted the Games in 2011, and we are looking forward to working with a very experienced host committee and all their volunteers. In addition to their many facilities and venues, later this year they will be opening a new multi-plex facility.

The 2024 Mb. 55+ Games results can be found at www.activeagingmb.ca look for the Manitoba 55+ Games tab.

A huge thank you to the **Senior Scope** for including the Games results in this issue. See pages 6, 10 & 11.

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



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PETER GRANT – Yes I Can!

(Part 1 of 2) By Bud Ulrich



A MANITOBA MOMENT

Bud Ulrich

Peter Grant was born and raised in Winnipeg. He lived in Transcona and attended school at Transcona Collegiate. Like many people in Transcona, he worked for CNR as a car checker, crew clerk caller in the roundhouse. At one time he aspired to be an engineer, but he wouldn't be accepted because he wore glasses.

When Peter was five years old his mother started him on accordion lessons, which was unheard of, because the accordion was bigger than he was. Kent Accordion College took Peter on for a two-week trial basis to determine if he could play the instrument. Peter's mother "drilled" him to play and read music, and the accordion college kept him on. A five-year old kid playing the accordion back then (1946) was a unique novelty. CBC had a radio show called the Good Deed Club on Saturday mornings, and Peter was invited to play. He was asked to play several times over a three-year period. At the music festival in Winnipeg, he won a scholarship for his performance on the accordion. Peter became a regular on the radio station, meeting some of the announcers which influenced his eventual pursuit of becoming an announcer. He felt this is a "piece of cake" I could go through life just talking.

Peter's problem was he developed a stutter, and as he said, "I was really a bad stutterer."

The kids used to make fun of him at school. He stuttered all the time. This is something he grew up with, but he remembered he wanted to be an announcer. While in school when he needed to go to the bath-



Peter Grant

room, and the teacher would say, "Yes Peter." He responded by saying, "C-c-c-c I c-c-can, I...his teacher said just go, go! During Peter's time in school, he was a voracious reader. He was questioned by a classmate if he read 120 books so far? His classmate was up to 9 books. Peter read everything and anything, and from that point on he became a speed reader. Reading came very easy to Peter. He could sit down, pick up a book and whiz through it. This helped him greatly in his career as an announcer.

While working part-time on the weekends at CNR in the roundhouse, (about 17 years old). Peter recalls he was a real flop at school, he tried to be the centre of attention rather than focus on his books. Then he met Carol and suddenly "love was in the air", and Peter's grades rose to C student and soon after an A student because he didn't want to embarrass her or perhaps himself. In the meantime, he was supposed to go to work at the CNR. He got up and read his horoscope in the *Winnipeg Tribune* – "go after that job you always wanted" Peter phoned the CNR and said, "I can't make it in today." He took his dad's car



Peter (age 6) playing the Accordion on CBC

and drove to Kenora, walked in the door of the local radio station, and was greeted by the station manager, Bill Wiley. Bill said, "Can I help you." Peter reply was – I w-w-w-wanna a-a-a-pply for a j-j-j-job as an a-a-a-announcer.. Bill was amused but eventually invited Peter in for an interview. Peter stumbled through the interview but did the best he could and surprisingly Bill offered him the job. Two employees had quit the station that morning, and Bill was desperate. Upon his return home, his mother was thunderstruck that her son was hired as an announcer.

Two weeks later Peter's dad and Carol drove him to Kenora and arrived at the station to meet with Bill Wiley. Arrangements were made for Peter to join Garry Robertson at 6:00 a.m. on Monday morning. Peter would operate the machines and sit with Robertson. Garry would teach Peter the controls on Monday and Tuesday, but Wednesday Peter would be on his own. Monday arrives with Peter sitting in with Robertson and he throws the switch, and the power comes on and Garry says, "Good morning everybody, Garry Robertson, CJRL Kenora." Peter is

playing the records and asks G-g-g-g-arry, w-w-w-when do I, (almost like Elmer Fudd) and Robertson looks at him, and Peter senses Robertson thinking, is this guy joking or what! They stumbled through the morning, and by 10:00 a.m. Peter sort of had the controls working okay. The following day

Continued on page 9



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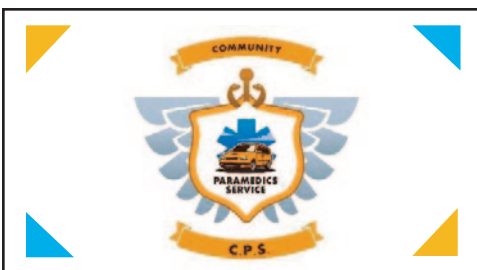
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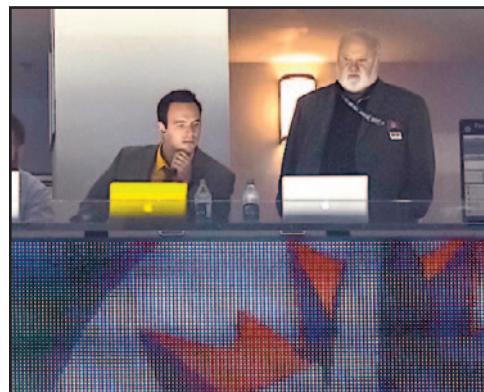
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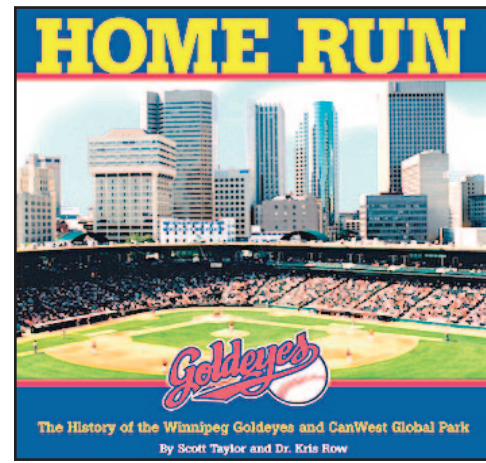
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SCOTT TAYLOR – Sports is His Thing, *cont'd from front page*

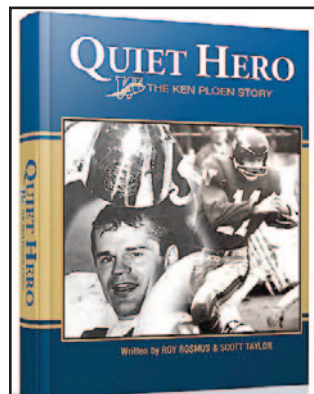
By Bud Ulrich / Photos by James Carey Lauder



Scott (right) in the Jets press box with his *Game On* editor Carter Brooks.



The History of the Winnipeg Goldeneyes and CanWest Global Park
By Scott Taylor and Dr. Kris Row



One of the Blue Bombers' series co-authored by Scott and Roy Rosmus.



Scott co-author, stories of MB's Indigenous Sport.

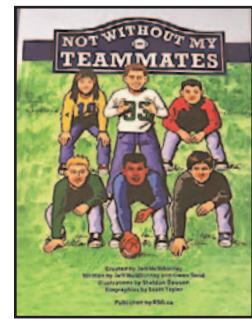


Scott co-author, Manitoba Indigenous Sports - NAHC and NAIG, summer 2023.

Scott co-author, with Dr. Kris Row - Goldeneyes history.



Above: Scott, founder of *Game On* Magazine.



Left: Biographies were written by Scott Taylor in this book.

Starting in 1994, Taylor spent ten years on TV announcing the play-by-play for the Winnipeg Goldeneyes. "It was stunningly great, it was a remarkable place to work," Scott said. Unfortunately, the fan base is eroding at Goldeneyes games, and I suspect it's due to a change in demographics in Winnipeg.

The Heritage Classic is famously known for its outdoor National Hockey League (NHL) spectacle during the winter months. Taylor loved that game and everything about it. It's played outside regardless of how cold it may be. That's Canadian hockey. But Taylor admits, "I like the old-timers game watching players like Jimmy Mann, Jim Kyte, and others." I sensed Taylor's coverage of this classic game was high on his list of favourites. Taylor has received several announcing awards and expressed his delight in being recognized. "I don't care what anyone says, they're damn nice, and it's great to win," he said.

Amongst several other stints, Taylor enjoyed working for twelve years with Kelly Goodman, editor of the *Senior Scope* newspaper. In one of Taylor's last columns of this newspaper, he wrote about the passing of Bobby Hull, perhaps the most famous hockey player with the Winnipeg Jets organization. The signing of Hull to a million-dollar contract at the Portage and Main intersection on

June 27, 1972, was instrumental in bringing professional hockey to Winnipeg.

There are two hockey magazines left in Canada, one of them is *Game On – Manitoba's Hockey Community*. Taylor is the founder and editor emeritus. I thoroughly enjoyed reading a few articles in the Year 12 Edition 4. In-depth stories of players from all levels of hockey (male and female) from youngsters to professionals are included in this impressive 146-page magazine.

A typical day for Taylor involves writing, but most of his time involves administration – everything from sending emails to arranging for photographers. Taylor and Carter Brooks are the movers and shakers along with their staff of writers in publishing the *Game On* magazine six times a year. Taylor's coverage of the Manitoba Aboriginal Sports & Recreation Council where Connor Hellebuyck, goaltender with the Winnipeg Jets, presented new equipment to young players from the North End Hockey Program, is most exciting for these young hockey players.

I was greatly surprised to hear Taylor's advice for anyone wanting to pursue a journalistic career, "If you take a television course, you have a future. The only real money in ten years will be in television. Newspaper work is dying more quickly than we'd like to

admit, and the old days of radio news are long gone." Taylor feels we should educate people about the availability of careers in hockey. "There are jobs for Canadians all over the world. The University of Athabasca in Alberta offers a Certified Hockey Professional course. There should be more courses at every level from president to the guy who cleans the ice," Scott said.

Taylor and his wife Sally celebrate forty-eight years of marriage this August. She is an American and has retained her US citizenship. She made sure their two children obtained dual citizenship. Their daughter, Betsy, attended University of North Dakota. She followed her dream and applied for a job at Walt Disney World and was accepted. She is working there to this day. Betsy, her husband Kane, and their son Kenny reside in Orlando, Florida. Taylor's son Jesse is a Gamer and a stay-at-home dad. He and his wife Kyla and their son Devlin live in Winnipeg.

For relaxation, Scott and Sally head to Florida once every five weeks for eight to ten days. He temporarily turns the "magazine" off and they spend quality time with their family. Then it's back to the Peg for one of Canada's best-known sports pundits, and it's "Game On". ■

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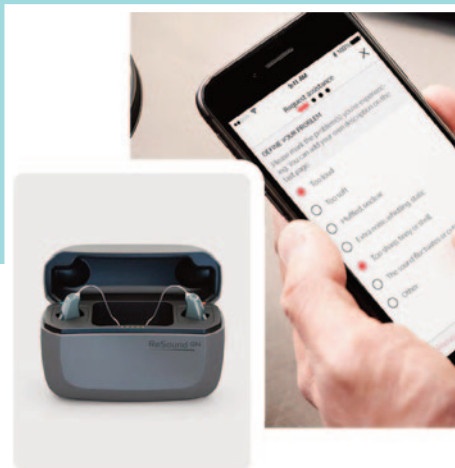
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75+ GOLD	50M Backstroke MENS n/a	50m Backstroke WOMENS Linda Buchanan
80+ GOLD	50M Backstroke MENS n/a	50m Backstroke WOMENS Carol Dunicoff
55+ GOLD	50M Butterfly MENS Marc Fournier	50m Butterfly WOMENS n/a
65+ GOLD	50M Butterfly MENS Ruben Alvaro	50m Butterfly WOMENS n/a
55+ GOLD	50M Breaststroke MENS n/a	50m Breatstroke WOMENS Jennifer Bartel
65+ GOLD SILVER	50M Breaststroke MENS Dale Kristoff Darek Mikita	50m Breaststroke WOMENS Esther Hershfield Ngair Abernathy
80+ GOLD	50M Breaststroke MENS n/a	50m Breatstroke WOMENS Carol Dubnicoff
85+ GOLD	50M Breaststroke MENS Jack Dubnicoff	50m Breatstroke WOMENS n/a
55+ GOLD	100M Breaststroke MENS n/a	100m Breatstroke WOMENS Jennifer Bartel
55+ GOLD SILVER	100M Breaststroke MENS Darek Mikita n/a	100m Breatstroke WOMENS Esther Hershfield Ngair Abernathy
80+ GOLD	100M Breaststroke MENS n/a	100m Breatstroke WOMENS Carol Dubnicoff
85+ GOLD	100M Breaststroke MENS Jack Dubnicoff	100m Breatstroke WOMENS n/a
65+ GOLD	100M Backstroke MENS Ruben Alvaro	100M Backstroke WOMENS Tanis Carter
75+ GOLD	100M Backstroke MENS n/a	100M Backstroke WOMENS Linda Buchanan
55+ GOLD SILVER BRONZE	100M IM MENS Marc Fournier David Cochrane Dale Kristof	100M IM WOMENS n/a n/a n/a
65+ GOLD SILVER BRONZE	100M FREESTYLE MENS n/a n/a n/a	100M FREESTYLE WOMENS Esther Hershfield Tanis Carter Ngair Abernathy
75+ GOLD	100M FREESTYLE MENS n/a	100M FREESTYLE WOMENS Linda Buchanan
85+ GOLD	100M FREESTYLE MENS Jack Dubnicoff	100M FREESTYLE WOMENS n/a

TRACK RESULTS			
60+ GOLD SILVER BRONZE	100M Mens Howie Gilmore Raymond Base Barry Hallman	TIME 15.50 16.31 17.66	100M Womens Gail Emms n/a n/a
65+ GOLD SILVER	100M Mens Peter Bogi n/a	TIME 16.81	100 M Womens Ether Hershfield Clemus Laurila
70+ GOLD	100M Mens James Forsyth	TIME 17.28	100M Womens n/a
75+ GOLD SILVER BRONZE	100M Mens Gary Moir Larry Gompf Raymond Hutton	TIME 17.28 20.09 34.13	100M Womens n/a n/a n/a
80+ GOLD	100M Mens n/a	TIME	100 M Womens Carol Dubnicoff
85+ GOLD	100M Mens Jack Dubnicoff	TIME 34.25	100M Womens n/a
60+ GOLD SILVER BRONZE	200M Mens Greg Athayde Howie Gilmore Raymond Bose	TIME 28.85 33.81 36.19	200M Womens Gail Emms n/a n/a
65+ GOLD SILVER	200M Mens Peter Bogi n/a	TIME 36.71	200M Womens Clemus Laurila Esther Hershfield
70+ GOLD	200M Mens James Forsyth	TIME 37.68	200M Womens n/a
75+ GOLD SILVER	200M Mens Larry Gompf Raymond Hutton	TIME 48.58 1.01.56	200M Womens n/a n/a
80+ GOLD	200M Mens n/a	TIME	200 M Womens Carol Dubnicoff
85+ GOLD	200M Mens Jack Dubnicoff	TIME 1.19.50	200 M Womens n/a
60+ GOLD SILVER BRONZE	400M Mens Greg Athayde Raymond Bose Gordon Flett	TIME 1.00.25 1.24.16 1.24.44	400 M Womens Gail Emms n/a n/a
65+ GOLD	400 M Mens Ken Friesen	TIME 1.19.88	400 M Womens Clemus Laurilla
70+ GOLD	400 M Mens James Fosryth	TIME 1.52.47	400 M Womens Muriel Gamey
75+ GOLD SILVER BRONZE	400 M Mens Gary Moir Larry Gompf Raymond Hutton	TIME 1.36.91 2.37.00 3.12.41	400 M Womens n/a n/a n/a
80+ GOLD	400 M Mens n/a	TIME	400 M Womens Carol Dubnicoff
85+ GOLD	400 M Mens Jack Dubnicoff	TIME 3.12.56	400 M Womens n/a
55+ GOLD	800 M Mens n/a	TIME	800 M Womens Lisa McLaughlin
60+ GOLD SILVER	800 M Mens Greg Athayde Gordon Flett	TIME 2.32.75 3.23.27	800 M Womens Gail Emms Esther Hershfield
65+ GOLD	800 M Mens Ken Friesen	TIME 3.15.22	800 M Womens Clemus Laurila
70+ GOLD	800 M Mens n/a	TIME	800 M Womens Muriel Gamey
75+ GOLD	800 M Mens Ray Hutton	TIME 7.10.68	800 M Womens n/a
85+ GOLD	800 M MENS Jack Dubnicoff	TIME 7.10.28	800 M WOMENS n/a
55+ GOLD	1500 M MENS Robert Selman	TIME 6.37.82	1500 M WOMENS n/a
60+ GOLD	1500 M MENS Gordon Flett	TIME 6.32.02	1500 M WOMENS n/a
65+ GOLD	1500 M MENS Ken Friesen	TIME 6.32.25	1500 M WOMENS n/a
70+ GOLD	1500 M MENS Alphonese Bernard	TIME 6.38.31	1500 M WOMENS Muriel Gamey
55+ GOLD	3000M MENS Robert Selman	TIME 14.43.00	3000M WOMENS n/a
60+ GOLD	3000M MENS Gordon Flett	TIME 14.22.81	3000M WOMENS n/a
65+ GOLD	3000M MENS Ken Friesen	TIME 14.17.13	3000M WOMENS n/a
70+ GOLD	3000M MENS Alphonese Bernard	TIME 14.26.78	3000M WOMENS n/a

Canada 55+ Games - 2024 INTRODUCING TEAM MANITOBA Quebec City, QC Aug 27 - 30, 2024	
Lois Dudgeon	Morden Team Manager
Dave Adamson & Warren Nelson	Brandon Pickleball
Bev Atkins, Deb McCreanor, Lynn Sandercock, Anne Mushumanski	La Riviere Ice Curling
Deborah Beltrame & Eleanore Schlamb	Winnipeg Pickleball
Alphonse Bernard	Winnipeg Track
Maureen Bonar & Claude Pellerin	Brandon Pickleball
Loren Buss & Christina McDonald	Winnipeg Pickleball
Cam Chan & Doug Lockhart	Winnipeg Pickleball
Jeanette Clark & David Holder	Winnipeg Pickleball
Paul Davidson & Ron Rogowsky	Wpg / Arborg Pickleball
Suzanne Davidson & Jackie Jacobsen	Portage / Brandon Pickleball
Coleen Dufresne & Patti St. Godard	Wpg / E. St. Paul Pickleball
Bonnie Eliuk & Phil Wiwchar	Winnipeg Pickleball
Gail Emms	Gimli Track
John Erickson	The Pas 18-Hole Golf
Don Flatt & Ted Fardoe	Winnipeg Pickleball
Ken Friesen	Winnipeg Track
Sonia Gamache & Helen Sweeting	Laurier / Makinac Cribbage
Janice Gould & Karen Leggat	Winnipeg Pickleball
Amber Griffiths & Grace Janine	Winnipeg Pickleball
Michelle Hastings	St Adolphe Pickleball
Neal Hastings & Randy Mandelik	St Adolphe/Wpg Pickleball
Marnie Heath & Denny Quigley	Souris Pickleball
James Howarth & Pam Mason	Winnipeg Pickleball
Greg Little	Decker Pickleball
Leanne Lotecki	Winnipeg Pickleball
Hugh Malcolmson & Paul Phangureh	Winnipeg Pickleball
Leona Moore	Opaskwaya 18-Hole Golf
Helen Nantais & Nancy Payne	Brandon Pickleball
Jack Reeb	Lockport Pickleball
Edwin Reichert & Noel Rogowsky	Gimli / Arborg Pickleball
Tony Scavarelli & Karen Schellenberg	Winnipeg Pickleball
Paul Scinocca, Norma Purdy, Marla Boyd & Paul Armstrong	Winnipeg Ice Curling
Robert Selman	Winnipeg Track
Britta Spiring	Winnipeg Predicted Walk
Fred Spiring, Stu Marshall, Larry Schroeder, Dan Beaudoin & Bill Mamchuk	Winnipeg Ice Curling
Ken Strand (82)	Winnipeg 18-Hole Golf
Isabelle Tache & Ute Vann	Gimli Pickleball
Eldon & Geraldine Thiessen	Winnipeg Pickleball
Ian Trembath	Brandon Swimming
Patti Ulrich, Brenda Michel, Tammy Selman & Jill Proctor	Winnipeg Ice Curling
Clayton & Carol Anne Wood	Brandon Pickleball
Fossilized Anarchy: Ken Blue Winnipeg & area Slo-Pitch Tim Asmundson, Thomas Beaudry, Stephanie Blackbird, Gary & Roberta Dear, Shawn Delaney, Pierre Doerksen, Gary Ellis, Doug Hermiston, Craig Hewitt, Nancy Laliberty, Paul Lee, Bob Munz, Ross Penwarden, Dennis Tucker	
Total: 94	

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Canadian Dental Care Plan Misconceptions

The Government of Canada started implementing a \$13 billion Canadian Dental Care Plan (CDCP) last month. This plan represents a significant opportunity to improve oral healthcare access for Canadians without dental access to dental benefits.

Today, over two million Canadian seniors have been approved to receive dental care coverage. By next year, an estimated nine million uninsured Canadians will be eligible for the plan. This is excellent news. Yet only a small percentage of Canada's 25,000 dentists have registered to participate in the program so far.

Despite our continued advocacy for changes to **reduce** program complexity, **protecting** patient privacy, and **securing** clarity on terms and conditions, the program remains flawed. Further, issues and misconceptions about the program by the public persist.

In fact, in a survey conducted this month by the Canadian Dental Association (CDA) and the Provincial and Territorial Dental Associations (PTDAs), we learned that while many seniors require extensive dental work, 40% seniors would struggle to afford \$100 copay and 60% are not aware they will face additional costs under the CDCP.

This is a problem. Our primary concern with these troubling findings is that patients will not receive the care they need under this program. Additionally, this misunderstanding about the program is likely to add extra pressure on dentist visits.

Unless things change and the government makes a concerted effort to clearly communicate the parameters and limitations of their plan, many people in Canada will experience difficulty in accessing a dentist.

Dentists are deciding how and when they may participate. They care about their patients and their oral health and are looking for a program that can integrate efficiently with their staff and practices.

Although we acknowledge Health Minister Mark Holland's responsiveness and the progress that has been made to date to address dentists' concerns with the program, there are still some fundamental issues that directly impact patients that have been left unresolved.

Dental offices across Manitoba and Canada are faced with having difficult conversations with patients about CDCP misconceptions. In fact, recent surveys with dentists show that dental office staff spend on average 50 minutes per day explaining the federal program to patients. This creates a huge administrative burden to dental offices.

Canada has a severe shortage of skilled dental office staff, particularly dental hygienists & dental assistants. There is concern these shortages may affect dental offices' ability to participate with the CDCP.

The Manitoba Dental Association, PTDAs, and the CDA are undertaking an education initiative encouraging people who are eligible for the CDCP to **Know Before you Go**.

Based on what we're hearing from our patients and know about our profession/practice, this is what Manitobans and Canadians need to know before they go to their dentist and seek treatment under the CDCP:

"For many patients, treatments under the CDCP will not be free."

Many people are under the impression the CDCP will cover all the costs for their care. This is not the case. Patients with an adjusted net family income between \$70,000 and \$90,000 are responsible for a federal government required "co-payment" of between 40-60% of fees set out by the government. In addition, the coverage provided by the federal government for all eligible CDCP patients (regardless of family net income) is less than full cost of the dental service. The difference will be on you.

"Patients can receive CDCP covered treatments from any dentist."

Until July, patients can only see a dentist registered to participate in the program.

After July, patients can also see a dentist that will participate through the government claim-by-claim pathway. However, this non-registration pathway still requires dentists to accept the same unclear terms and conditions with patient privacy concerns and not all dentists are willing to do so. This lack of clarity will leave patients confused and, in some cases, they may be unable to find a dentist to treat them under the CDCP.

"The CDCP will cover all oral treatments today."

Currently, the CDCP offers limited coverage and treatment options. Care options like sedation, crowns, partial dentures and additional units of scaling, as needed by youth, seniors, and persons with disabilities, will need government pre-approval which does not start until November of 2024. We still don't know how long you, our patients, will need to wait for the government to approve the treatment we know you may need.

Canada's new national dental plan still has the promise of being a true game-changer for oral health, enabling expanded access to care for many Canadians, but only if done correctly. Troublesome aspects that are holding dentists back from participating have not been fully addressed. While there's still time to fix what's wrong with CDCP, the clock is ticking.

Manitoba
Dental
Association



Manitoba
Dental
Association



The Canadian Dental Care Plan (CDCP) Information for Patients

The Manitoba Dental Association is deeply committed to assisting the Government of Canada in designing, implementing and sustaining a successful and effective Canadian Dental Care Plan (CDCP) for the benefit of all Manitobans.

1. The Manitoba Dental Association has advocated for the right of patients to see their provider of choice.
 - a. Starting after July 8, 2024, patients will no longer be restricted to Sun Life Canada-registered dentists.
 - b. Please contact your dentist to see if they are accepting the Canadian Dental Care Plan in their office.
2. The CDCP is not a free dental program. It is a dental benefit program administered by Health Canada.
 - a. Health Canada is not paying for the full cost of your dental care.
 - b. Patients may be required to make a payment up to 75% depending on their adjusted net family income.
3. Not all services are covered.
 - a. It is not a comprehensive plan, so please talk to your dentist about your oral health needs.
4. The Manitoba Dental Association will continue to advocate for positive changes for CDCP-eligible patients.

Know before you go.

Visit the Health Canada website at

www.canada.ca/en/services/benefits/dental.html

Talk to your Dentist
Good for you. Good for life.



Manitoba
Dentist.ca



Senior Scope

ANNUAL

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2024

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

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Enter your name, phone number and email if available.

There will be 2 Winners on July 25/24.

Good Luck!

Name _____

Address (optional) _____

Phone _____

Email (optional) _____

Your Favourite Quote: _____

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

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PETER GRANT – Yes I Can! (Part 1 of 2) *cont'd from page 3*

By Bud Ulrich,

Robertson informs Peter that he is on his own tomorrow, and if there are any questions Peter might have, now is the time to ask. Peter was overjoyed and said, "I think I g-g-got it, I g-g-got it, no problem."

The next morning Peter arrived at the station, and he picked out his music. He's getting ready to go on the air at 10:05 a.m. after the 10:00 o'clock news. He sits down, puts his first record on, and as he sits there and thinks, "Holy s... this is it!" Peter received the on-air signal and said, "Good morning everybody, here's Ray Conniff and his orchestra – Love is a many splendor thing..." From that moment on Peter has not stuttered since. Talk about pressure. Peter feels that people had faith in him, and they said, "you can do it, and he did it!" I couldn't help but feel the wonderment of Peter's delight in overcoming his speech disorder. Everyone who knows Peter, recognizes his outgoing character and he's a very likeable guy. He was very well suited to his chosen career.

Peter got a few tips on announcing on the radio from a well know announcer, Garry



Grant's wife Carol and him at their Gimli cabin 1980.

Robertson. One of them having an outgoing personality, "You cannot sit back and be a wallflower, and the tenor of your voice must be upbeat, as the audience cannot see your face. When you talk on the radio with a smile on your face – HI EVERYBODY IT'S GREAT TO BE WITH YOU TODAY, the happiness will show through." During commercials we often hear the "over accent" to get the message across to the listeners. Peter was a master at that. Every time Peter turned the microphone on, he was not just an announcer, but a performer as well.

One of a few memorable moments when Peter was on air promoting snow mobiles along with the owner of the company. Peter said, "Get on your Skidoos and come on down here." The owner, somewhat meekly said, "we sell Yamaha." Rather brazenly, Peter said, "I didn't know that" – oops! Some of these "live" moments on air can be devastating!

An in-depth account of Peter's amazing career will appear next month. ■



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Pursuant to The Real Estate Services Act the name of the brokerage providing real estate services is Appleton Holdings Ltd. The names of the individuals depicted in this advertisement are Wendy Minnie and Debbie Thomas



Active Aging in Manitoba (AAIM) presents the 2024 Manitoba 55+ Games - June 18-20th - RESULTS



PICKLEBALL RESULTS

WOMENS

AGE GOLD

Skill Level 3

55-59 Cheryl Lewis/Kori Gordon
60-64 Shelley Hartel/Heather Forsyth
65-69 Isabelle Tache/Ute Vann
70-74 Jan McNarry/Nancy DeRo

SILVER

Jayann Majewski/Teresa Wall
Janine Grace/Ambler Griffiths
Karen Templeton/Sherry Legault
Brenda Linski/Jan Sullivan

BRONZE

Janice Gould/Karen Leggat
Bridgette Heppner/Lynn Love
Anne Blanchard/Judy Bowes
Sharon Brandow/Dory Walker

Skill Level 3.5

55-59 Angie/Suzanne
60-64 Christina McDonald/Loreen Buss
65-69 Helen Nantais/Nancy Payne
70-74 Mary Beth Shields/Coleen Dufresne
75+ Nina Constable/Linda Roberts

Mariam Mort/Barbara Lobo
Katherin Lotz-Dorsch/Gloria Kropla
Sue Armstrong/Allison Manning
Lynda Benett/Viola Labun
n/a

Diane Dalkie/Carol Falkenberg
Maureen Bonar/Jeanette Clark
Susie Eyoifson/Marilyn Jacobs
n/a

Skill Level 4

55-59 Sue Davidson/Jackie Jacobsen
60-64 Patti St Godard/Lisa Bergson
65-69 Deborah Beltrame/Eleanor Schlamb

Lisa Walsh/Sandra Webber
n/a

Cindy Mitterdorfer/Chantal Emond
n/a

MIXED

AGE GOLD

Skill Level 3

55-59 Cheryl & Randy Lewis
60-64 Wanda Nicol/Scott Lancaster
65-69 Clayton & Carol Anne Wood
70-74 Debbie & Garry White
75+ Sylvia Taggart/Alan Felewich

SILVER

Randy Slater/Delsie Wiebe
Kathy Friesen & Peter Hildebrand
Tony Nicholson/Raymond Au
Valerie & Gary Schellenberg
n/a

BRONZE

Carol Hodgson/Robert Nickel
Wendy Love/Jim Leslie
Marnie Heath/Denny Quigley
Geraldine & Eldon Thiessen
n/a

Skill Level 3.5

55-59 Troy Thomson/Jackie Jacobsen
60-64 Karen Schellenberg/Tony Scavarelli
65-69 Helen Nantais/Dave Adamson
70-74 MaryBeth Shields/Don Flatt

Randy Stutsky/Shannon Dennehy
Jeanette Clark/Wayne Foster
Allison Manning/Bev Workman
Jan McNarry/Frank Hyndman

Dave Vasconcelos/Charlene Wiseman
Sue & Al Armstrong
Laurie Duffield/Greg Little
Pat & Chris Bothe

Skill Level 4

60-64 Lisa Bergson/Ken Bradford
65-69 Patti St. Godard/Randy Mandelik

Maureen Bonar/Claude Pellerin
n/a

Michelle Hastings/Ted Fardoe
n/a

MENS

AGE GOLD

Skill Level 3

55-59 Paul Vanden Ham/Curtis Sali
60-64 Scott Lancaster/Ward Rathwell
65-69 John Stott/Raymond Au
70-74 Hugh Malcolmson/Paul Phangureh
75+ Edwin Reichert/Jack Reeb

SILVER

n/a
Roger Samuel/Stan Wong
Keith Smith/Gerry Rocan
Rick Slater/Don Armitage
Gary Schellenberg/Perry Marquis

BRONZE

n/a
Randy Slater/Dave Chyzyk
n/a
Frank Hyndman/Murray Ferguson
n/a

Skill Level 3.5

55-59 Kent Wieb/Boyd White
60-64 Al Armstrong/Wayne Skibo
65-69 Dale Brooks/Greg Little
70-74 James Nein/Bill Johnstone

Randy Lewis/Myles Hubbard
Neil Graham/Bev Workman
Dave Adamson/Warren Nelson
Peter Hildebrand/Len Victor

Mark Verwey/Darcy McKean
Cam Chang/Doug Lockhart
Claude Fortier/Dan Hotel
Larry Kouistra/Fred Fuchs

Skill Level 4

55-59 Dave Vasconcelos/Daniel Yeo
60-64 Randy Mandelik/Neil Hastings
65-69 Ted Fardoe/Don Flatt
70-74 Dave Goertzen/Elgin Zelinski

Randy Stutsky/Eduardo Fridson
Claude Pellerin/Darren Maginel
n/a
Hank Lodewyks/Brent Peterson

n/a
Jim Howarth/Ken Bradford
n/a
n/a

ARTS & CRAFTS RESULTS

GOLD Lloyd McCabe chess board 1st, carving 2nd
SILVER Barbara Walker quilt 1st, wall hanging 2nd
BRONZE Sylvia Barr needlework 1st

LAWN BOWLING RESULTS

Women's Winners:

GOLD Betty Van Wallegem & Gillian McMurphy
SILVER Brenda Frank & Barb Heinrich
BRONZE Chris Moore & Sandi McTavish

Men's Winners

GOLD Tim Lane & Brian Kullman
SILVER Jerome Kirby & Gerry Chudrick
BRONZE John Bjornson & Bob Van Wellegem

Mixed Winners

GOLD Kevin & Kathy Foley
SILVER John Bjornson & Brenda Frank
BRONZE Jerome Kirby & Gillian Mc Murchy

CARD/BRAIN GAME RESULTS

CONTRACT BRIDGE

GOLD Pat Nordrick & Winnie Pauch
SILVER Julie Schmidt & Great Schmidt
BRONZE Lori McBeth & Heather Martin

DUPLICATE BRIDGE

GOLD Maurice Kochinsky & Julie Nestibo
SILVER Harvey Bridgemand & Robin Carter
BRONZE Kathy Clark & Marion Lacquement

CRIBBAGE DOUBLES

GOLD Joy Barnett & Rick Barnett
SILVER Tony Gillias & Marie Ange Guillas
BRONZE Lorraine McTavish & Carat Caumartin

CRIBBAGE SINGLES

GOLD Paul Hildebrand
SILVER Edison Broome
BRONZE Rober Legall

WHIST

GOLD Lorraine McTavish & Carat Caumartin
SILVER Sonia Gamache & Helen Sweetman
BRONZE Robert Law & Marilyn Prince

SCRABBLE

GOLD Blair Rutter
SILVER Murray Goldenberg
BRONZE David Smith

FLOOR SHUFFLEBOARD RESULTS

GOLD Phyllis & Bill Downing
SILVER Will Klatt & Art Godfrey
BRONZE Claude Laferriere & Barb Gadd

SLO-PITCH RESULTS

Competitive division

GOLD Fossilized
SILVER Southwest Maulers

Recreational division

GOLD Manitoba Coyotes
SILVER Rock Lakers
BRONZE Swan Valley

1 KM PREDICTED POLE WALK RESULTS

GOLD Choudry Siddique
SILVER Maxine Zabenskie
BRONZE Jack Dubnicoff

3 KM PREDICTED WALK RESULTS

GOLD Maxine Zabenskie
SILVER Britta Spiring
BRONZE Esther Hershfield

HORSESHOES RESULTS

WOMENS
GOLD Shirley Dudzinski
SILVER Agnes Thiessen
BRONZE Susan Spring

MEN

GOLD Ronald Hall
SILVER Barry Nelson
BRONZE Deland Okell

BOCCE RESULTS

GOLD Al Armstong & Richard Kolochuk
SILVER Lori Gullivan & Barista Fodearo
BRONZE Carol Gregorie & Julie Morris

SNOOKER RESULTS

55+ SNOOKER DOUBLES

GOLD Stuart Ganske & Dieter Bonas
SILVER Colin Mctavish & Doug Carson

70+ SNOOKER DOUBLES

GOLD Leon Martens & Denis Pantel
SILVER Doug Carson & Moe Terrick
BRONZE Kim Kemp & Edwin Berry

55+ SNOOKER SINGLES

GOLD Colin McTavish
SILVER Stuart Ganske
BRONZE Deland Okell

70+ SNOOKER SINGLES

GOLD Denis Pantel
SILVER Edwin Berry
BRONZE Len Cann

8-BALL RESULTS

55+ 8-BALL

GOLD Dieter Bonas
SILVER Stuart Ganske
BRONZE Deland Okell

70+ 8-BALL

GOLD Edwin Berry
SILVER Leon Martens
BRONZE Dennis Pantel



Ribbon Cutting for the 2024 55+ Games in Brandon, MB.



Opening Ceremonies

Life Leases Act – How do you make legislation ‘sexy’? – Lori Blande

I wish I knew. If you have a tip or two please let me know.

I have been struggling with how to ‘spice it up’. So far, I have not been able to inject funny quotes or stories or even make the information remotely fascinating. Bear with me as I try to explain why you should be interested, especially if you are living in a life lease or are thinking of one.

As I explained in the first two articles, the Manitoba Life Lease Occupants’ Association (MLLOA) has been working for many years trying to have *The Life Leases Act* amended to ensure more consumer protection for life

lease occupants. Last year, 2023, saw the first three suggestions accepted and we are now just waiting for the changes to be incorporated into the Regulations.

Our next priority has to do with ‘Change of Landlord’ to ensure that tenants have the opportunity to take over responsibility for the life lease if the landlord/sponsor group withdraws its involvement and role – think Lions Manor. Although it was not a life lease, the same thing could conceivably happen with a life lease complex.

Currently, if the life lease building landlord/sponsor decides on a ‘change of use,

renovation or demolition’ plan there is no protection for the occupants or requirement to inform them or Residential Tenancy Branch (RTB) before taking action. MLLOA changes would require a landlord, who wishes to terminate a life lease under these circumstances, to apply under *The Residential Tenancies Act* to the director for an order authorizing the termination.

Because life lease occupants have a ‘vested’ interest, by way of our entrance fee, another amendment suggests a requirement of 30 days’ notification to residents informing them of the application for termination and

their right to object to it. This could facilitate interested residents in forming a ‘co-op’ or even a condominium complex.

Currently, the Residential Tenancy Branch (RTB) is hesitant to impose financial penalties or enforce existing penalties for contravention of *The Residential Tenancies Act* or *The Life Leases Act*. If penalties were imposed, the landlord is able to off load the expense onto the tenants of the building. In essence, we pay for the landlord’s transgressions. If there were lawyers involved the tenants would be on the hook for their lawyer as well as the lawyer for the landlord. Does

Congratulations to everyone who helped make Manitoba's largest 55+ multi-sport event a huge success!



GOLF - 18 HOLE GROSS RESULTS

MENS 55+

GOLD Ron Cornell
SILVER Myles Hubbard
BRONZE Partick DeWarle

WOMENS 55+

GOLD Sharon Chapment
SILVER Rhonda Williams
BRONZE Brenda Ryan

MENS 65+

GOLD Mike Berney
SILVER Dennis Mitchell
BRONZE Robert Blain

WOMENS 65+

GOLD Nancy Shumsky
SILVER Cathy McMurrich
BRONZE Mary-Lou Hunter

MENS 75+

GOLD Roy Seidler
SILVER Dan Deonarine
BRONZE Brian Cotton

WOMENS 75+

GOLD Lana Martin
SILVER Jeannine Vandall

MENS 80+

GOLD Grant Buchanan
SILVER Arthur Gautron
BRONZE Ken Strand

WOMENS 80+

GOLD Leona Mackendenski

GOLF - 9 HOLE GROSS RESULTS

MENS 55+

GOLD Guy Lambert

WOMENS 55+

GOLD Lynn Lambert
SILVER Margie Reis
BRONZE Cindy Nicholis

MENS 65+

GOLD Robert Blain
SILVER Dennie Mitchell
BRONZE John Erickson

WOMENS 65+

GOLD Joanne Stimpson
SILVER Anie Perron
BRONZE Ngaire Abernethy

MENS 75+

GOLD Brian Cotton
SILVER Roy Seidler
BRONZE Dan Deonarine

WOMENS 75+

GOLD Jeanine Vandall
SILVER Linda Buchanan

MENS 80+

GOLD Grant Buchanan
SILVER Ken Strand
BRONZE Roland Vandall

GOLF - 18 HOLE NET RESULTS

MENS 55+

GOLD Trevor Peters
SILVER Guy Lambert

WOMENS 55+

GOLD Sharon Chapman
SILVER Sandra Williams
BRONZE Lynn Lambert

MENS 65+

GOLD Robert Blain
SILVER John Erickson
BRONZE Bob Chapman

WOMENS 65+

GOLD Marianne Zorzos
SILVER Ellen Blain
BRONZE Angie Perron

MENS 75+

GOLD Roy Seidler
SILVER Brian Cotton
BRONZE Dan Deonarine

WOMENS 75+

GOLD Lana Martin
SILVER Jeannine Vandall

MENS 80+

GOLD Grant Buchanan
SILVER Arthurs Gautron
BRONZE Roland Vandall

WOMENS 80+

GOLD Carol Dubnicoff

MENS 85+

GOLD Jack Dubnicoff

5 PIN BOWLING RESULTS

55+ Teams

GOLD The Pretenders
SILVER Split Ends
BRONZE Killarney Strikers

65+ Teams

GOLD The Rockets
SILVER Minnedosa Head Pins
BRONZE Gutter Dusters

75+ Teams

GOLD Badge
SILVER Misfitz
BRONZE Golden Oldies

55+ LADIES - SINGLES

GOLD Jacquie Russell
SILVER Bev Warkentin
BRONZE Liz Chapman

55+ MENS - SINGLES

GOLD Barry Nelson
SILVER Alan Tam
BRONZE Bob Komosky

65+ LADIES - SINGLES

GOLD Lucy Choquette
SILVER Helena Unrau
BRONZE Jeanny Carriere

65+ MENS - SINGLES

GOLD Randy Hodge
SILVER Don Esau
BRONZE Randy McFarlane

75+ LADIES - SINGLES

GOLD Florence Brown
SILVER Joanne Bos
BRONZE Lynn Gray

75+ MENS - SINGLES

GOLD Abe Penner
SILVER Richard Choquette
BRONZE Joseph (Andy) Nick

85+ LADIES - SINGLES

GOLD GRACE JONES

85+ MENS SINGLES

GOLD John Arrell
SILVER Joe Dzik
BRONZE Louis Swiderski



ANNOUNCEMENT

The 2025 Manitoba 55+ Games will be held in Steinbach, MB. The Games will kick off with a curling event for four person teams and 2 person stick teams on March 4, 5, & 6 and the summer events are scheduled for June 3, 4 & 5, 2025!



Special Thanks to Jennifer Watson of Brandon First for the beautiful photos of the 2024 Manitoba 55+ Games.

not seem to be a very 'consumer friendly' application of legislation. The Act needs to be amended to ensure that the management company and/or the landlord pays (out of their pocket) any penalties and related costs and that these costs cannot be transferred down to tenants.

The good news is, we did get a reserve fund study requirement included in the amendments and are now working to clarify use of the funds and replenishment requirements. What has been happening is that some landlords have been 'borrowing' from the reserve fund to cover budget shortfalls instead of increasing rents a bit or doing a special assessment to tenants. They have not been replacing

the money which results in a very inadequate reserve fund should the building require emergency repairs or renovations. The suggested amendment would allow for a temporary period, not to exceed two years, after which the reserve fund must be replenished immediately. Hopefully, these requirements will encourage landlords to be more forward thinking in their budgeting and financial planning.

We continue advocating strongly for tenant representatives to have full board directorship rights and responsibilities, including voting rights, on the life lease corporate boards. Experience has shown that tenant representation as full board members is both constructive and viable, and brings a unique

perspective of life lease needs. Tenant board members add another level of lived experience and assessment of how the complex is being run. Tenant representation is not intended to be a majority of the Board, however, their presence would be valuable in cases where the landlord/sponsor cannot maintain quorum.

I hope these articles have given you better understanding of some aspects of *The Life Leases Act* of Manitoba. There is so much more to The Act that I am sure you will want to know. You can search '*The Life Leases Act*' and get all the legislation required. And it is not 'sexy' no matter how you look at it. The sense of community and advantages

you find in life lease living cannot be overshadowed by the few 'issues' stemming from the legislation (which is fixable). The first two articles covered the 'good stuff' related to life leases; check them out on the MLLOA website or go to www.seniorscope.com on the Archives page. (Oct. 10/23, Feb. 10/24 & Apr. 10/24 issues).

If you live in a life lease and want more information please contact the Manitoba Life Lease Occupants Association (MLLOA) at www.mlloa.ca.

Lori Blande,
Member at Large, MLLOA
and Resident of a life lease in Winnipeg, MB



Celebrating the Joys of Summer with our Summer Partners!

Here at CJNU, we love to celebrate the very best of every season—and encourage you to join us in celebrating the Joys of Summer with our Summer Partners: **Travel Manitoba, CancerCare Manitoba Foundation, and the Royal Aviation Museum of Western Canada!**

MANITOBA CANADA'S HEART IS CALLING

Manitoba offers a tapestry of flavours to tantalize your taste buds. Add in a dash of adventure and you're sure to work up an appetite! Whether you prefer food cooked over the campfire, hot and fresh out of a wood-fired oven or served in style poolside, there's something for your heart (and stomach) in Manitoba.

Embark on an extraordinary culinary journey through Winnipeg's West End neighbourhood with "Around the World in a Few Blocks," a captivating restaurant walking tour. Experience four local restaurants while immersing yourself in the neighbourhood's cultural tapestry. Keep an eye on the West End Biz's tour page at westendbiz.ca for upcoming dates and to book!

Or why not enjoy sophistication and comfort when you stay at Inn at the Forks. This premier hotel brings you closer to the vibrant atmosphere of The Forks, one of Winnipeg's top destinations and a traditional meeting place for thou-



SMITH is known for its exotic dishes

sands of years. Immerse yourself in a plethora of activities, including shopping, boat and walking tours, and a delightful food market.

Also located onsite at Inn at the Forks is SMITH, a contemporary restaurant with a patio.

For more tasty trip ideas and heart-stirring itineraries, visit travelmanitoba.com.



Help Manitobans affected by cancer by celebrating a family tradition this summer – host your own Lemonade Stand for Hope. We provide the

lemonade crystals, banners, stand signage, promotional pieces, and even sun-bead bracelets. All we ask is that you supply the ice, big smiles and plenty of enthusiasm.

Lemonade Stands for Hope weekend is July 19 to 21. But if those dates don't work for you, no worries! Register at LemonadeForHope.ca, receive your free starter kit, choose a day and start pouring the lemonade anytime during the summer.



A number of special aircraft will be making visits to the Royal Aviation Museum of Western Canada this summer, including the Avro Lancaster.

The Mynarski Memorial Lancaster, also nicknamed VeRA, is owned and operated by the Canadian Warplane Heritage Museum – a non-profit charitable museum located in Hamilton, Ontario. The museum's restoration crew, consisting mostly of World War II veterans, painstakingly restored the aircraft over 11 years. This 'Lanc' is the only airworthy one in North America, and one of only two in the world.

The Lancaster will be at the museum on July 16 and 17th—and advance tickets are required. Visit royalaviationmuseum.com to get yours now!

There's always lots to see and do in Winnipeg and across Manitoba during the summer months. Stay tuned to CJNU to learn more!

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

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The Senior Skincare Guide - How to glow in your golden years

- Heart to Home Meals

The lines on our faces depict the lives we have lived - all our laughter, smiles, and memories leave physical reminders on our skin. There is such beauty in embracing our skin as a map to our lives, however as we age, our skin does begin to require extra care and attention to maintain its health.

Exposure to the sun and environmental factors, hormonal changes, and natural aging processes can result in various skin concerns such as dryness, rosacea, fine lines, wrinkles, and age spots. However, with the right skincare routine and health considerations, we can keep our skin glowing and looking radiant in our golden years.

Understanding Senior Skin

It's first essential to understand how aging affects the skin. As we age, the production of collagen and elastin - the proteins responsible for maintaining skin's firmness and elasticity - decreases. This can lead to skin laxity, wrinkles, and fine lines. Additionally, the skin becomes thinner and more fragile, making it more prone to damage and irritation. This is why creating habits and choosing products that protect our skin is so important.

Skincare Essentials

Gentle Cleansing

Start your skincare routine with a gentle cleanser formulated for mature skin. Avoid harsh soaps or cleansers that strip away natural oils, as this can further dry out the skin. Opt for creamy or hydrating cleansers that effectively remove dirt and impurities while nourishing and moisturizing the skin. Look for ingredients like hyaluronic acid, glycerin, and ceramides, which help maintain the skin's moisture barrier.

Hydration is Key

Hydration is crucial for senior skin as it tends to become naturally drier. Incorporate a rich, nourishing moisturizer into your daily routine that provides long-lasting hydration, replenishes lost moisture, and helps strengthen the skin's barrier function. Look for ingredients like hyaluronic acid, glycerin, niacinamide, and shea butter, which help lock in moisture, soothe dry skin, and improve skin texture. Don't forget to moisturize your body as well with a rich, hydrating lotion!

Sun Protection

Protecting your skin from the sun's harmful UV rays is vital at any age, but it becomes even more critical as we get older, as exposure to UV radiation accelerates skin aging and increases the risk of skin cancer. Protect your skin from the sun by investing in a broad-spectrum sunscreen with a minimum of SPF 30 or higher, and apply it generously every day, even on cloudy days.

Broad-spectrum sunscreens are vital, as they protect against both UVA and UVB rays. UVA rays from the sun have a longer wavelength and penetrate deeper into the skin, making them responsible for aging and inflammation. On the other hand, UVB rays have a shorter wavelength and mostly affect the skin's surface, making them responsible for sun burning and blistering.

Both rays are associated with skin cancer, as unprotected exposure to the sun may contribute to skin cell mutation. This is why it is so important to be diligent in sunscreen use and opt for sunscreens with broad-spectrum protection and higher SPF so that you can still enjoy the outdoors.

Look for lightweight, non-comedogenic sunscreen formulas that are suitable for daily use and won't clog pores. Ingredients like zinc oxide and titanium dioxide provide physical sun protection, while antioxidants like vitamin C and E help to neutralize free radicals and protect skin against environmental damage.

Restorative Treatments

Incorporating protective and anti-aging treatments into your skincare routine can help to target specific concerns such as wrinkles, fine lines, skin laxity, and age spots. Look

for products containing retinoids, vitamin C, peptides, and antioxidants, which help stimulate collagen production, improve skin texture, and renew skin to promote a smoother, more youthful appearance.

Retinoids are often dubbed the ultimate treatment in anti-aging, as they are stronger formulas designed to stimulate new blood vessels and produce collagen, softening fine lines and wrinkles, fading age spots, and smoothing skin texture. However, due to their strength, retinoids are only recommended for evening use and are not meant to be applied every day. Instead, opt for a retinoid once a week to every other day, depending on your skin.

Eye Care

The delicate skin around the eyes is the thinnest on our body and more prone to wrinkles and puffiness, making it essential to choose a targeted eye cream or serum specifically formulated for the area. Look for products created with ingredients like caffeine, peptides, and hyaluronic acid, which help hydrate the skin, reduce puffiness and dark circles, and minimize the appearance of fine lines while providing added moisture and nourishment.

Senior Morning Routine

1. Cleanse: Start your day by cleansing your skin with a gentle, hydrating cleanser not formulated with harsh ingredients that may irritate the skin.

2. Treat: Apply a lightweight, antioxidant-rich serum or treatment to protect your skin from environmental damage and provide additional hydration and nourishment. Great morning serums include vitamin C, hyaluronic acid, and peptides. Avoid stronger treatments such as retinoids during the day, as they may increase skin sensitivity to the sun if applied in the morning.

3. Moisturize: Follow up with a gentle moisturizer that suits your skin type and provides long-lasting hydration. Some moisturizers even include some SPF protection! However, if your moisturizer does include SPF, it is still important to follow up with an additional broad-spectrum sunscreen, as moisturizers often have lower SPF than traditional sunscreens.

4. Protect: Apply a broad-spectrum sunscreen with SPF 30 or higher to all exposed areas of your skin, including your face, neck, body, and hands to protect yourself from UV damage. Reapply sunscreen every two hours, especially if you're spending extended periods of time outdoors.

Senior Evening Routine

1. Cleanse: Remove any makeup and cleanse your skin thoroughly with a gentle, hydrating cleanser to remove potential dirt, oil, and impurities accumulated throughout the day.

2. Treat: Apply any targeted treatments or serums to address specific concerns such as wrinkles, fine lines, or hyperpigmentation. Retinoids work best when applied gently at night, however you can also use other treatments in the evening as well, such as vitamin C, peptides, and other specific ingredients.

3. Moisturize: Follow up with a richer, more nourishing moisturizer to replenish lost moisture and help repair and soothe skin overnight. A richer evening moisturizer is essential if using stronger treatments such as retinoids, as they may dry skin if there is not a protective barrier applied over top.

4. Eye Care: Gently pat a small amount of eye cream or serum around the delicate eye area to hydrate, brighten, and reduce the appearance of puffiness and dark circles.

Additional Tips for Healthy Skin

Stay hydrated by drinking plenty of water throughout the day. Hydration from both the inside and outside leads to softer, more supple skin. A minimum of 2 litres of water per day is recommended for seniors.

Eat a balanced diet rich in fruits, vegetables, and omega-3 fatty acids to nourish your skin from the inside out.

Get enough sleep to allow your body and skin time to repair overnight, and alleviate dark, puffy under eyes caused by tiredness.

Avoid smoking and limit alcohol consumption, as both can accelerate skin aging and cause noticeable skin damage.

Wear a hat if you are outside for long periods of time, as wide-brim hats protect your head, face, and neck from the sun's harmful rays that damage skin.

By following a skincare routine and incorporating products with beneficial ingredients, you can maintain healthy, glowing skin in your golden years. Remember to listen to your skin's needs and adjust your routine accordingly, and don't forget the importance of consistency for optimal results and skin health.

The Beauty of Aging

The beauty of aging is that our lives are written on our faces. Our creases and lines depict the vibrant lives we have lived - all of the laughter and smiles, the days in the sun, and the years we have loved. Each laugh is etched into us like a beautiful memory, a physical reminder of the joy we have experienced.

The easiest way to glow in your golden years is from the inside out, as happiness will always shine on our faces. Embrace your natural beauty and age gracefully with confidence. ■



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The Pros Know 55 Plus Active Living & Resource EXPOS 2024

Visit prosknowexpos.ca for 2024 dates, locations & On-Line resources for Seniors!

Our Fall Seniors Supports Shows!



Rick Roschuk
Trish Bennett

SWEET! Our Fall Expo dates and details are now confirmed, showcased to the right and on-line. Posters and brochures are available on-line for downloading and printing. If you need some preprinted for your Seniors Residence or Senior Centre, please contact us at redroadmusic@shaw.ca with your request. It's funny, but as of our November 1st show this year, the group will have held 25 shows in 36 months. Covid and all!

We can't stress this enough, the collective group of Seniors Resources at these neighborhood shows is truly second to none. For the fall we are blessed to have 211MB, Cancer Care Manitoba, A&O Support Services for Older Adults, the WRHA Senior Resource Finders, Active Aging in Manitoba, Victoria Life Line, Long Term & Continuing Care MB, PEAM (Prevent Elder Abuse MB.). These are just some of the community powerhouse organizations. Our senior friendly businesses include; Comforts of Home Care, Brightwater Senior Living, Josh from Royal LePage Top Producers Real Estate, The Seniors Moving Company, KLD Law (Wills & Estates), the fine folks from Diamond Athletic, Wow! Those are some of our Sponsors. Tons of help to make our lives better and more enjoyable. Did I mention, better health too. Hope to see you at one of the shows, come say 'Hi!' to us. Enjoy your summer and stay well!
Trish & Rick | Pros Know Expos 2024.

Venue Hosts:



Venues & Event Dates | Fall 2024



Thursday, September 19th | Garden City
Garden City Community Centre
725 Kingsbury Avenue.
Senior's Hosts: Garden City 55+ Program



Wednesday, September 25th | E.K.
Good Neighbours Active Living Centre
720 Henderson Hwy.
MASC Host: Good Neighbours Active Living



Wednesday, October 23rd | St. Vital
Dakota Community Centre
1188 Dakota Street
MASC Host: Dakota Seniors 55+



Friday, November 1st | Fort Garry
Fort Garry Mennonite Brethren Church
1771 Pembina Hwy.
MASC Host: PAL 55+

Event Details / Exhibitor Listings / On-Line Resources:
www.prosknowexpos.ca

211 expands support for older adults

- Stacey Miller, A & O: Support Services for Older Adults

The **211 Manitoba** helpline has made it easier for older Manitobans to connect to social services with just one call. 211 is a 24/7 free, confidential service that connects all Manitobans to real-life help finding govern-

ment health and community information and resources in your area.

With 211 service proving valuable for older people since its launch in 2020, A & O: Support Services for Older Adults wanted to

strengthen the relationship between the phone line and their clients even further with a direct and dedicated link from one support to another.

The partnership – the first of its kind in Winnipeg – enables older adults and those who care about them to seek advice and support in navigating current information on available resources, services and programs in an easy, accessible way.

With A & O providing innovative services for older adults since 1957 and supporting thousands of older Manitobans it was the ideal fit for this service expansion.

Why System Navigation?

- This pivotal service offers our community a beacon of hope in navigating the complex web of social services.
- It will provide access to information, programs and services through a central hub. Why is it a game changer for older adults?

• Firstly, it saves precious time. Older adults and those who care for them can reach out anytime of day or night, confident in the knowledge that they will be guided towards appropriate, local services (i.e. A & O, Senior Resource Finders, Regional Health Authorities). This direct connection bypasses the often-time-consuming task of researching and contacting multiple agencies to get the support that's needed.

• Secondly, 211 Manitoba can translate their service in more than 240 languages, ensuring the right support is there when needed.

• Lastly, connecting to necessary social services not only addresses immediate needs but also promotes long-term well-being. With 211 Manitoba and A & O, we can make sure older adults are only three easy numbers away from reaching out, starting a conversation, and finding the support they are looking for. ■

Looking for Supports for Older Adults?

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Can e-transfer payment to author Rick Goodman at rickgoodmansk@gmail.com.

Advertising Feature

There are many ways to reduce your overall risk of Dementia at any time

- Alzheimer Society of Manitoba

The number of people diagnosed and living with dementia in our province is rising. By the year 2050, over 39,100 Manitobans are expected to be living with dementia. But there is hope! Together, we can take action to reduce our own risk of dementia.

While some risk factors for dementia can't be changed – like genetics and age – there are many ways you can take action to reduce your overall risk at any time of life.

The more actions you take, the better! And if you can't improve on one factor, work on improving others – there's always a chance to take action and reduce your risk in one way or another.

The Alzheimer Society recommends these 10 evidence-based ways to reduce your risk of developing dementia:

- **Be physically active each day**

Get moving! Walk, roll, jog, dance, swim, bike, garden or do chores or yard work. Any physical movement is better than none at all.

- **Protect, check and support your hearing**

Hearing loss in midlife can increase dementia risk by an average of 90%. Use hearing aids if needed – they help reduce that risk. Protect your hearing from loud noises. Get your hearing tested.

- **Stay socially active**

Stay connected and engaged with your family, friends and community. Virtual visits and activities count too! Social isolation in later life can increase dementia risk by an average of 60%.

- **Manage your medical conditions and learn more about them**

Work with your health-care provider to try and manage complex conditions such as diabetes and obesity as best you can. These two conditions in particular can increase dementia risk, among others.



- **Quit smoking**

Quitting or reducing smoking, even later in life, can improve your brain health and reduce your dementia risk. Ask your health-care team for support!

- **Seek support for depression**

Depression is more than just feeling sad. Seeking depression treatment and support will help improve your mood and brain functioning, as well as allow you to take action on other risk factors.

- **Drink less alcohol**

Research shows that drinking more than 12 standard drinks a week in midlife increases dementia risk by an average of 20%. Try out the growing number of mocktail and alcohol-free drink options instead! And if you need help with limiting alcohol, speak with your health-care provider.

- **Protect your heart**

Working with your health-care provider, monitor and manage your blood pressure and heart health. What's good for the heart is also good for the brain!

- **Avoid concussion and traumatic brain injury**

Steer clear of activities where you might put your brain at risk of harm. Follow traffic rules and pedestrian signals. Be aware of your surroundings. Play, travel and work safe!

- **Aim to get quality sleep**

Work toward sleeping well for six to eight hours each night. If you experience sleep apnea or other sleep issues, talk to your health-care provider for treatment options.

Call the Alzheimer Society of Manitoba if you have questions about dementia risk factors, are concerned about signs of dementia, or have any other dementia-related questions: 204-943-6622 or 1-800-378-6699.

You can find more information about dementia risk factors at alzheimer.mb.ca.

THINGS TO DO - JULY 2024

Financial Confidence Workshop, presented by IG Wealth Management July 16, 2 - 3 pm, Virtual via ZOOM

Feeling confident about your finances can positively impact many areas of your life and overall health. This presentation will cover benefits you may qualify for and how you can access them (like government and tax benefits and credits) and fundamental planning all Canadians should have in place to protect themselves. Register for free at alzheimer.mb.ca. **Minds in Motion®**

June 11 - July 30, 6 - 8 pm, Rady JCC Fitness Centre, 123 Doncaster St. \$65/pair

Join us this summer 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 at alzheimer.mb.ca/mindsinmotion

Dalnavert Museum Dementia-Friendly Tours - July 27, 10 - 11:30 am, Dalnavert Museum, 61 Carlton St. \$24 +tax/pair & session (or \$12 +tax/pair & session for Dalnavert Museum Member)

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

Learn more at alzheimer.mb.ca/communityprograms

Sri Lankan Seniors Manitoba (SLSM)

Trivarna (Three Colors): Fundraising Singing Concert

By Senaka Samarasinghe

David Pankratz: Member of Legislative Assembly (MLA), Waverley invited us to his Constituency Office, 204-2265, Pembina on June 25th (MON) 2024 at 10.00 am. Upali Nilmalgoda, Secretary, Sri Lankan Seniors Manitoba (SLSM) my wife Chandani (member SLSM) and I attended the meeting. Other than David his Envoy Assistant Fahad Riaz and Constituency Assistant Shamailah, Assistant joined for the discussion.

We explained that Trivarna (Three Colors): Fundraising Singing Concert scheduled is to be held on Sept 15th (SUN) 2024. By now all our tickets were sold out and our breakeven is fulfilled. Parent organization of SLSM is Sri Lankan Association of Manitoba (SLAM). Therefore, SLSM and SLAM are working hard to collect funds for three as noted below:

- (1) Siloam Mission Winnipeg: A Local Charitable Organization. Donate fund for their regular activities
- (2) Lady Ridgeway Hospital in Sri Lanka: For their new initiative on developing a Treatment Centre for Early Intervention and Management for Autism and Neuro development Disorders



David Pankratz: MLA Waverley (2nd from left)

(3) Sri Lankan Dance School: Organized by SLAM to promote Sri Lankan cultural heritage among Manitobans.

When we mentioned about the Autism Centre in Sri Lanka David stated that he needs to check whether he can obtain any help from the Autism Learning Centre in Winnipeg. Further, David indicated that he could help on our fundraising event.

Ven. Dhammajiva Maha Thera: Winnipeg Retreat

By Senaka Samarasinghe

Most Venerable Uda Eriyagama Dhammajiva Maha Thera is a revered present-day teacher and is the fourth Abbott and Chief Monk of Mitirigala Nissarana Vanaya in Gampaha District, Western Province in Sri Lanka.

In the late 1988, he ordained as a Buddhist monk, adopting the spiritual name, 'Dhammajiva'. During the early stages of Theravada Buddhist Monk his mentor was Most Ven. Katukurunde Nanananda Maha Thero. In the early 1990s Ven. Dhammajiva Thera was in Burma (now Myanmar) for few years to study meditation techniques. He thought of child education and established Sathi Pasala (Mindful School) in 2016. In 2018 conducted Global Mindfulness Summit with 700 delegates. In 2012, I attended Ven. Dhammajiva Thera five-day first retreat in Winnipeg.

Sati Pasala Winnipeg hosted half-day mindfulness session conducted by Ven. Dhammajiva in English Medium at Whyte Ridge Community Centre in Winnipeg on June 22nd (SAT) 2024 from 1.00-3.00 pm. Our



First retreat held in Winnipeg.

family members attended this gathering. He divided this short program into few segments such as walking, sitting and well-guided three mindfulness games. Subsequently, he went to 5-day retreat centre in Winnipeg.

At the end of the session, I got an opportunity to talk to Ven. Dhammajiva Thera. I reminded him about Mahinda Padmasiri in Montreal. Thera explained how Mahinda successfully managed the session.

Sri Lankan Seniors Manitoba (SLSM)

Achievement of Nisansala

By Senaka Samarasinghe



Nisansala Karuanratne (centre) with Senaka & Chandani Samarasinghe.

Nisansala Karuanratne attended the ceremony named as "Call to the Bar and Admission as Solicitors" on June 20th (THU) 2024 at a special sitting of the Court of King's Bench, RBC Convention Center, Winnipeg. Nisansala was an Articling Student of Ratnamalala Law Office. She was trained under eminent lawyer Hasaka Ratnamalala, Barrister, Solicitor and Notary Public at this office.

Nisansala is an old girl Visakha Girl's School in Colombo. She is an active member of Winnipeg Visakhians and a student of my wife Chandani at Visakha. The parents of Nisansala had come all the way from Sri Lanka to attend this ceremony.

We celebrated with lunch at Pony Corral restaurant Riverside Patio at the end of the formalities.

Buddhist Monastery Offers Milk Rice for Buddha Pooja

By Senaka Samarasinghe



Mahamevanawa Buddhist Monastery in Winnipeg.

On June 23rd (SUN) 2024 before 6.00 am our family members went to Mahamevanawa Buddhist Monastery in Winnipeg. Resident Sawameenwanase guided us to start with Stupa to offer Milk Rice for Buddha Pooja (offering of light) to keep four-lanterns to represent four-main directions and offered Buddha Pooja. Subsequently, Sawameenwanase conducted Buddha Vandana (worship) nearly one-hour inside the Preaching Hall.



Milk Rice for Buddha Pooja.



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Things To Do - WINNIPEG

CHECK FOR SUMMER CLOSURES

Misc.

Royal Canadian Numismatic Association (RCNA) - Book: *Dominion Decimals, Canadian Decimal Coinage from 1867 to 1907*. Author Rob Turner, 2020 recipient of the J. Douglas Ferguson Award, highest award in Canadian numismatics, spent decades researching Canada's large cent series. This book is not just a reference book on coins, it's to preserve and present information not accessible to most numismatists. Cost \$60 CAD. All proceeds go to RCNA. Order online through RCNA.ca.

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.)

Music / Dancing

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

Sports / Fitness / Games

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**.

Learn to Lawn Bowl - Mon's & Wed's 7 pm, Tue's, Thur's & Sat's 10 am, at Tuxedo Lawn Bowling Club, Corydon & Southport. Equipment supplied. Free for first 3 tries. For more info on this lifetime sport: tuxedolbc@gmail.com

Greater Winnipeg Senior Golfers (formerly Garden City Senior Golfers) - looking for Men 55 and older to golf weekly in a fun league with about 75 Wpg. members, May-Sept. Play in a different foursome ea. month, at various golf clubs within 1 hr of city. Walk or ride cart. Special green fees offered. Info, Brian Ridley: **204-669-4795**, pritchardfarm@shaw.ca, or www.gcsgwpg.com.

Crescent Drive Friday Ladies Golf League - Golf Fridays, 8 am, beginning of May to end of Sept., Crescent Drive Golf Course, 781 Crescent Dr. Info, Lorraine: **204-261-8413**

Ladies Golf League - Looking for women to join a fun 9 hole Thurs. golf league at Crescent Drive Golf Course. Tee times 7:15-8:15 am starting May 2. Info, Bonnie: **204-223-6655** or bonniefrsmith@shaw.ca Diane: **204-255-1137** or dkkastest71@shaw.ca

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**

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

St. Vital Cards for Seniors - Cribbage - noon Mon's: Mario **204-955-8387**. Whist - noon Wed's: Sonja **204-254-1408** or Mario **204-955-8387**. St. Emile Parrish hall, 556 St. Anne's Rd.

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

Agape Table - Golf Tournament - 18 Holes Texas Scramble, Aug. 15, St. Boniface Golf Course. Register online www.agapetable.ca

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

WHSBC contract bridge - at St. Paul's Anglican Church, 830 North Drive, Winnipeg, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Five rounds, changing tables after 4 hands. This is a social friendly bridge club. For further info, contact Ron Wood, President: **204-771-6724**

Support Groups

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 Provanche Blvd. **204-942-2880**

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

South Winnipeg Family Information Centre - Tech for Seniors Mondays from 1:30-3. Need help with your tablet? Phone? computer? We can support and help you learn just what you want to learn. Call **204-284-9311** for more info.

Volunteering

Actionmarguerite St. Boniface, 185 Despina Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. **204-235-2111**, service@actionmarguerite.ca

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

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

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

Golden Rule Senior Resource Centre, 625 Osborne Street (Fort Rouge Leisure Centre) - is recruiting volunteer for Office Reception and Recreational Activities and Programs, Mon-Fri, 10-3. **204-306-1114** or goldenrule@swwsrc.ca

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

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

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

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

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

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

Victoria Lifeline - Melissa: **204-956-6773** or msitter@victorialifeline.ca

Villa Cabrini - Looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are available 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

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: Facebook Page Administrator: recruit@winnipeglostdogalert.com Volunteers needed for: Treasurer. Resume to president@winnipeglostdogalert.com. Visit www.winnipeglostdogalert.com

Programs / Services

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

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

Archwood 55 Plus Inc. (a non profit organization for seniors) - at Archwood Community Center, 565 Guilbault St.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: lkeehler84@gmail.com or Mel: **204-291-4592**.

Continued on page

Things To Do - RURAL MB

Email wording for your PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by Aug. 1st for the Aug. 10 issue. Please advise us of any closures for summer or holidays.

CHECK FOR SUMMER CLOSURES

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**

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**; **Brokenhead/Beausejour** Outreach for Seniors 268-7300; **Victoria Beach** - East Beaches Resource Center **204-756-6471**; **Eriksdale** Community Resource Council **204-739-2697**; **Fisher Branch Seniors Resource** **204-372-6861**; **Gimli** Seniors Resource Council **204-642-7297**; **Lundar** Community Resource Council **204-762-5378**; **Riverton** & District Seniors Resource **204-378-2460**; **St. Laurent** Senior Resource Council **204-646-2504**; **Selkirk** & District Senior Resource Council **204-785-2737**; **Stonewall** - South Interlake Seniors Resource Council **204-467-2719**; **Springfield** Services to Seniors **204-444-3139**; **Teulon** and District Seniors Resource Council **204-886-2570**; **Lac du Bonnet** - Two Rivers Senior Resource Council **204-345-1227**, **Pinawa** **204-753-2962** or **Whitemouth/Reynolds** **204-348-4610** or **Winnipeg River** Resource Council **204-367-9128**

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

Mood Disorders Assoc. of Manitoba - "Steppin' Up With Confidence!" 40 min. virtual program of mindfully moving our bodies fol-

lowed by breathing exercises. Tuesdays, 10 am, for those in Northern Manitoba. (Norman region). Madi: norman@moodmb.ca.

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

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.

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

Seine River Services for Seniors is happy to announce the launch of our new, bilingual website! Explore resources and stay up to date on the latest news within the community. <https://seineriverservicesforseniors.ca>

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

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

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

Steinbach - Pat Porter Active Living Ctr - 10 Chrysler Gate. Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, ERIK Kits to name only a few. Reception 204-320-4600 (Sonja, Program + Volunteer Coordinator) **204-320-4603**, <https://www.patportercalc.com>

Stonewall - South Interlake 55 Plus (si55Plus) - 374 1st. St. West. Become a member - \$25/year. Luncheons, Ukulele Club, Pickleball, Line Dancing, Active Wellness Club, Virtual Chat, Cards & Games, Bus trips, and more. **204-467-2582**, si55plus@mymts.net, www.si55plus.org.

Teulon Seniors Club - CLOSED July & Aug.

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

Things To Do - WINNIPEG *Continued*

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, Estate Planning, DNA for Genealogists, Cdn. Railways and more! Visit creativeretirementmanitoba.ca.

Dakota 55+ Lazars Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. 217. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

Dufferin Senior Centre, 377 Dufferin Ave. - Call Al **204-771-3325** for info.

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

Golden Rule Senior Resource Centre - NOTE that programming has changed as of July 2nd: Full programs resume Sept. 9. Wed's, Bridge Club, 1 pm. Thur's, Qigong (outside) 10 am; Cribbage, Mexican Train, Scrabble, Chess & other games, 1 pm (except for Jul 25). Conversation Cafe Fri. Jul. 5, 19, 1 pm. Fort

Rouge Leisure Centre, 625 Osborne. **204-306-1114**, goldenrule@swsrc.ca. No membership or fee to participate.

Funders: *Community Recovery Fund, New Horizons Senior Programs & Winnipeg Foundation.*

The Happy Gang - CLOSED July & Aug. Info: **204-832-1000** or **204-895-7410**.

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

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

Mensheds Manitoba Inc. - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. **204-832-0629**.

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, hot dog days, bingo, lunches, games, painting, aquacise, lending library, presentations. **204-582-0066**, ncsc@shaw.ca, ncseniors.ca

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

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - **Still Bloomin' Gardening Club** - Thur. Jun 20, 1-3 pm, presentation by Terry Neufeld from Sweet Petals Farm on bouquet workshops and his farm. Register at office@pal55plus.ca or **204-946-0839**, <https://pal55plus.ca>

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - **Lunch PAL's Morden, MB outing** - Fri. Jun 28, meeting at 10:15 am at 170 Fleetwood, Lunch 11:30 am (your cost), Visit Canadian Fossil Discover Centre 1 pm. Transportation \$5 (if passenger). Ticket to Discover Ctr \$12. 28. Register at programs@pal55plus.ca or **204-946-0839**

Probus Club of Winnipeg - Group for retirement or semi-retirement, meets 10 am, 3rd Tue. ea. month at Unitarian Universalist Church, 30 Wellington Cres. New members & guests welcome. winnipegprobus85.wordpress.com

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

Royal Canadian Legion, St. James Branch #4 - Over 55 Club, 1755 Portage Ave. Peter and Ruth Henry: **204-488-3533**.

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

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

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

Windsor Community Centre - \$2 drop in. Call for schedule. 99 Springside Drive (St. Vital). **204-233-0648**, office@windsorcc.ca

The Y. A. H. Club - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital) - Ask about our programming: may include: book club, ukulele, Men's Coffee Club, Dinner Club, painting classes, exercises, pickleball, scrapbooking, card making, drawing club and more. Contact Gerry: **204-233-0648**, or office@windsorcc.ca or Rosie: rosieschau@gmail.com

Email the exact wording for your PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by Aug. 1st for the Aug. 10 issue. Please advise us of any closures for holidays.

Can you have too much art? Sometimes YES and Grands 'n' More Winnipeg is back to collect it for a good cause

Grands 'n' More Winnipeg is looking for all that art Winnipeggers have stashed in closets, attics, or under beds for the 2024 Art From the Attic Sale.

All summer, as art is collected or dropped off, a team of volunteers will be busy cleaning, sorting and pricing all the wonderful, diverse, hangable art we hope for from people who are downsizing, moving, working through estates or just changing their minds about.

Donators can rest assured that their art will find new homes and that the proceeds of the sale go to support a good cause. Proceeds of this sale go to the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign.

Donators can get more information and/or request pickup by calling **431-294-5784** or emailing gnmafta@gmail.com.

Art can be dropped off at two locations:

- End of the Roll during business hours at 5-801 Century St. Wpg (this location only);
- The Grands 'n' More Winnipeg working site located in St. Vital Centre next to Dynacare;

Thursdays, 1:00 - 3:00 pm, and Saturdays, 11:00 am - 2:00 pm.

The 2024 Art From the Attic sale is Sunday October 6, 2024, at St. Vital Centre. Based on previous years' donations, there will be approximately 1,800 to 2,000 pieces of art for sale at very affordable prices.

This is the eighth Art From the Attic event in Winnipeg. The 2023 sale raised more than \$30,000. Over 2100 pieces of art were donated, ranging in value from very collectible original works by well-known artists to charming reproductions. Included in the past have been works by indigenous artists, art from cultures around the world, and many different media. Serious art collectors have found huge bargains, and everyone gets an unbeatable price.

The Grandmothers to Grandmothers Campaign supports grandmothers in 15 sub-Saharan African countries, all of whom have been affected by the AIDS pandemic in Africa. Grandmothers ("unsung heroes") dis-

proportionately absorbed the impact of AIDS as it swept through the continent, taking up parenting roles again for grandchildren whose parents had died of AIDS, finding ways to earn income to feed, clothe and educate them, battling discrimination and stigma, and advocating for human rights and property rights, all in the context of their own grief and need for support. The COVID pandemic set back many advances.

Grandmothers and grand-thers from coast-to-coast have raised over \$40 million since 2006.

For more information about the AIDS impact: <https://grandmotherscampaign.org> For information about Grands 'n' More Winnipeg: <https://grandsnmore.com>

Contact: Jean Altemeyer **204-284-3434**, jeanaltmeyer@shaw.ca, Sharon Twilley **204-257-4886**, twilleys@gmail.com



Here are two examples interesting pieces that have already come in: Left: A colourful original by indigenous artist Francis Kagige (circa 1960s) Right: Originals by Marilyn Settle (two panels 3'x4')

Travel / Leisure / Activities

Advertise your travel business, event or activity here at a reduced price. Call **204-467-9000** or email kelly_goodman@shaw.ca for details.

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Visit our website for complete details!
www.rwbgetaways.com

Red-White & Blue Get-A-Ways
1-866-846-3795
Text only **204-803-6677**

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www.brainlinttheatreschool.ca
or **204-219-3979**

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Kristy Stefanson-Tarasoff
 B.A., BC-HIS, RHAP

WORDSEARCH - 55+ GAMES & ACTIVE LIVING By Roni Alward & Senior Scope

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

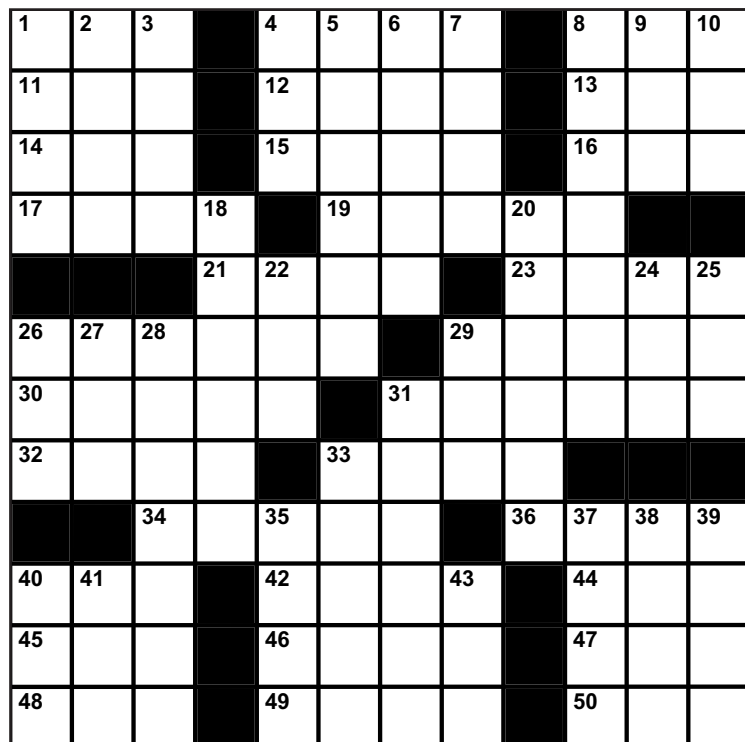
- | | | | | |
|---------|-------------|-------------|-----------|------------|
| Active | Cards | Ice | Photos | Snooker |
| Aging | Ceremony | Jog | Pins | Speeches |
| Arts | Champion | Kneepads | Pitch | Stick |
| Award | Competition | Lawn | Playoffs | Swimming |
| Ball | Crafts | Lose | Predicted | Table |
| Base | Cribbage | Medal | Race | Tag |
| Bat | Curling | Mitt | Referee | Teams |
| Bocce | Field | Net | Rules | Tee |
| Brandon | Fitness | Offence | Run | Tie |
| Bridge | Floor | Opening | Score | Tournament |
| Bronze | Gold | Paddle | Scrabble | Track |
| Broom | Golf | Parade | Silver | Walk |
| Bunt | Host | Participate | Singles | Win |

SOLUTION ON PAGE 19

CROSSWORD - By Myles Mellor

ACROSS

1. Had a position as
4. Key, for example
8. Phone download
11. Amazed state
12. Anonymous references
13. By way of
14. Completely untrained
15. Herb in stuffing
16. ...and in the _____
17. Harmonize
19. Speed checker
21. Last slice of bread
23. Testimonial dinner, perhaps
26. Overseas
29. Temptations
30. Top of a hill
31. Puts the pedal to the metal
32. Story
33. Medicine amount
34. Dear
36. Fix a sock
40. Paycheck deduction
42. Like some fans
44. Hatfield to a McCoy
45. Application info
46. Neat as a pin



- | | | |
|-------------------------|----------------------------------|---------------------------------|
| 47. Show no originality | 6. Corporate department | 27. Car-grille accessory |
| 48. Agree | 7. Word with green or googly | 28. Laid-back |
| 49. If all ___ fails | 8. Typical | 29. Pkg. deliverer and the like |
| 50. Common yule color | 9. Tailor's equipment | 31. Cubes, spheres |
| | 10. Shoulder protection | 33. Man with horns |
| | 18. Elected | 35. Ticket info |
| | 20. "I'm with you!" | 37. Long way off |
| | 22. "Mangia!" | 38. Use a lasso on |
| | 24. High-tech display, for short | 39. High demand for |
| | 25. Balaam's carrier | 41. Past |
| | 26. Make a decision | 43. Hue changer |

SOLUTION ON PAGE 19



I finally realized why I look so awful in pictures. It's my face.

I choked on an apple this morning. I bet a doughnut wouldn't have done that to me.

At my age, I am very fortunate to have someone call and check on me every day. He is from another country and is very concerned about my computer.

I relabeled the jars in my wife's spice rack. She hasn't noticed yet, but the thyme is cumin.

E-Watch: A safety and crime prevention education and awareness initiative of the Winnipeg Police Service.

DISTRACTION SCAMS

June 19, 2024

Distraction scams often involve people who travel in small groups across the country perpetrating crimes of petty theft, burglary, and fraud. Anyone can be a victim but seniors are often targeted. Over the past several summers, residents of local area communities have been victims of these scams. Distraction scams are incidents that occur in daylight hours in the following way:

The suspects wait outside the bank or near an ATM and wait on victims to complete their banking. They will attempt to look over the victim's shoulder to see what the victim punched in for the card PIN. The suspect(s) will then approach the victim with a bogus story like pointing to the floor and telling the victim they dropped something at which time they will switch the victim's bank card.

Or the suspect(s) will wait in the parking lot outside the bank where they will approach victims with a bogus story either claiming an emergency and/or begging for change. Once the victim opens their wallet they will distract them with something on the ground before they switch or steal the victim's bank cards from the wallet.

Tips to help you prevent Distraction theft/fraud:

1. Be aware of people lingering and entering the ATM vestibule with you.
2. Be aware of your surroundings while at the ATM and ensure no one is looking over your shoulder trying to see what your PIN is.
3. After using the ATM, immediately place your bank card back in the wallet.
4. Don't open your wallet in front of strangers.
5. Don't count money you withdraw at the ATM.

Visit Canadian Anti-Fraud Centre for more information on scams.

<https://antifraudcentre-centreantifraude.ca/index-eng.htm>

Take Action

- If you see something, say something!
- Emergency or crime in progress, call: **9-1-1**
 - Non-emergency calls: **204-986-6222**
 - Report a crime online

GREEN

With

ENVY

GOLF PACKAGES

STARTING AT \$260!

ENJOY AN OVERNIGHT PACKAGE FOR TWO AT SOUTH BEACH, WITH AN EXCITING ROUND OF GOLF AT YOUR CHOICE OF TWO GOLF COURSES.



Simply Irresistible!

Some conditions apply. Visit Southbeachcasino.ca for details

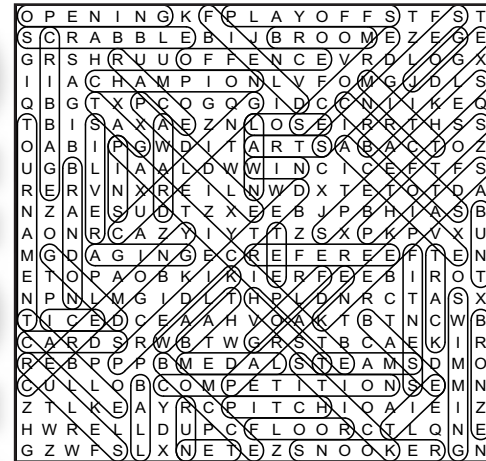
SUDOKU - Medium By Senior Scope

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

Each 3x3 cell has the digits 1-9.
 Each vertical and horizontal line also has the digits 1-9.
 Enter each digit (1-9) only once each in each cell and each line.

SOLUTION TO RIGHT

WORDSEARCH - Solution



SUDOKU - Solution

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

CROSSWORD - Solution

1	W	A	S		4	I	S	L	E		8	A	P	P
11	A	W	E		12	T	H	E	Y		13	V	I	A
14	R	A	W		15	S	A	G	E		16	E	N	D
17	S	Y	N	C		18	R	A	D		20	A	R	
					21	H	E	E	L		23	G	A	L
26	A	B	R	O	A	D		29	U	R	G	E	S	
30	C	R	E	S	T		31	S	P	E	E	D	S	
32	T	A	L	E		33	D	O	S	E				
					34	A	N	G	E	L		36	D	A
40	T	A	X		42	A	V	I	D		44	F	O	E
45	A	G	E		46	T	I	D	Y		47	A	P	E
48	N	O	D		49	E	L	S	E		50	R	E	D



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www.seniorscope.com

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SERVICES AVAILABLE

TRANSPORTATION: Attend appointments or shop locally (RM of La Broquerie/RM/Town of Ste-Anne), or in Winnipeg. Max. charge \$0.45/KM.

FRIENDLY VISITING: Volunteers regularly visit or call you one or two hours per week.

MOBILITY EQUIPMENT: Wheelchairs, walkers and canes are available for a small rental fee.

FELLOWSHIP BINS: Bins containing fun activities to do at home. Free of charge.

ELECTROSTATIC FOGGER: Ideal to disinfect venues and available for minimal fee.

Our coordinator can also help you connect to services such as:

- Help with completing forms
- Home and yard maintenance
- Group recreational activities
- Support for family members
- Personal alarm system
- Referrals to other services

SRS Inc. is looking for volunteer assistance in order to support older adults with activities such as transportation, friendly visits, home and yard maintenance, and assistance with events.



204-424-5285

src@seineriverservicesforseniors.ca or

Keyboard Ventures

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COMPUTER:

- Toner & Printer cartridges for Less, USB flash drives, SD cards, etc. **Computer virus removal**

HOME:

- Batteries (hearing aids, fireplaces, remote car starters, etc.)

Delivery to seniors in Wpg and Stonewall available.

Text or call Terry:
204-955-5428
terry@keyboardventures.com
www.keyboardventures.com
310 Weitzel St. • Wpg
324 Main St. • Stonewall

the CLASSIFIEDS

Approx. 30 words for **ONLY \$10.50** (10.00 plus .50 GST). Add 5.00 to include photo. (15.00 + .75 GST = 15.75)
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BUY • SELL • TRADE • RENT • WANT ADS. VIEWED in **PRINT** and **ONLINE** at www.seniorscope.com

MAIL LISTINGS with payment payable to: *Senior Scope*, Box 1806 Stonewall MB R0C 2Z0 or email listing and e-transfer to: kelly_goodman@shaw.ca
(NOTE: *Senior Scope* reserves the right to reject listings not suitable for its readership.)

FOR SALE

FOR SALE: Queen Elizabeth II's Birthday Imperial Crown collection set and Crowning Moments set, and cases for both. Victrola Gramophone, plus lots of numerous items. **204-758-3342.**

FOR SALE: Rival Electric 12 Qt Roaster. \$50. **204-792-8361.**

FOR ADOPTION: ELLEN - We are fostering this lovely lady for a small rescue called Manitoba Great Pyrenees Rescue. Her ideal retirement home would be quiet with no other cats. She would make a wonderful companion for a senior as she is quiet and well-mannered. To meet Ellen, call **204-770-8302**

WANTED ITEMS

BUYING COIN COLLECTIONS: 40 years experience & free housecalls. Please call **431-388-2734** (Wpg). Email 1954toutant@gmail.com

BUYING STAMP COLLECTIONS: Long-time collector looking to purchase large postage stamp collections. Please call **(204) 799-7429** or email winnipegstamps@hotmail.com.

WANTED ITEMS

WANTED: 8mm cassette movie camera that works; Smaller piano accordion with many bass buttons; Adapter for a VCR to play 8mm cassettes. **204-880-4926.**

WANTED: 1997 Ford F350, 1 ton, 4x4, w/dual wheels, for parts. Running or not. Can pick up. Call Dave **1-204-746-4318** (Morris, MB).

FREE

FREE FOR REMOVAL: Older Hydraulic Electric Wheelchair Lift. Still in good working order. Call **204-452-6588.**

JOBS

JOB OFFER: Seven Oaks Transmissions needs parttime general help in automotive shop: general shop maint, assist technicians, shuttle customers, pick up parts. Valid MB driver's license required. 7 am-12 pm. **204-338-7067.**

LESSONS

SPANISH LESSONS: Retired Spanish teacher (40+ years) will do lessons in your home in Interlake Region. You'll be ready for any vacation in Latin America with the REAL Spanish. **204-390-8101.**

Sell those unused items! Make some extra cash!



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- Hair Salon
- Gateway Movie Theatre
- Pet Friendly with On-Site Dog Park
- Free Transportation to Medical Appointments
- Robust Activity Schedule & Regular Outings



To learn more about our community, scan our QR Code!

204.560.3850

75 Falcon Ridge Dr. Winnipeg, Manitoba

CourtyardsSeniorLife.com



ReImagine Senior Living