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Vol. 24 No. 4 | Oct 10 - Nov 9/25

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See pages 10-16



Throughout the month of October, and everyday, let's honour our Seniors and Elders whose wisdom and sacrifices paved the way for us in Canada. May we continue to learn from their experiences, carry forward their legacy, and show them the respect and gratitude they so deeply deserve.

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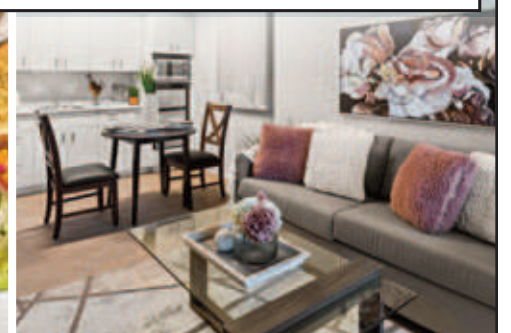
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Brandon Health Checks Wellness Expo

Many gathered at the Keystone Center in Brandon, MB on September 16th for the Brandon Health Checks - There's a Whole Lot of Living Left to Do - 7th Annual Community Health and Wellness Expo also referred to as a Fair.

Their focus: **Working closely with community partners to provide important information and resources further supporting adults in making decisions beneficial as they age in their own homes and communities.**

We spoke with Linda Brown of Active Aging in Manitoba (AAIM) who also sits on the Steering Committee for the Fair. She notes, "This event was well-attended, the large variety of vendors were amazing, including Prairie Mountain Health, plus there also were three presenters. The Keystone Centre was a new location for this event this year due to its accessibility and vast parking. The opening ceremony included local dignitaries of Brandon - Mayor Jeff Fawcett, MLA Minister Glen Simard, Glenda Short from Prairie Mountain Health, Knowledge Keeper/Elder Susie MacPherson who gave the Land Acknowledgment and Indigenous blessing."

Linda served as the emcee. She is happy that this event for all ages was available in the western part of Manitoba as most events like this are held in Winnipeg.

Meryl Orth, founder and co-chair of Health Checks, comments, "It was a wonderful, successful event with about 60 vendors and 250 attendees. It was a one-stop-shop for health and wellbeing. We are so excited that we have so many provincial and local service agencies, organizations, businesses, the Health Authorities, and government that really buy into this. Without the sponsors of the Regional Health Foundation and City of Brandon, this event couldn't run. They have bought into our vision, which is to help make sure everyone has the opportunity to get that info, intervention and prevention to keep them in their homes longer."

The first Health Fair was held in 2019 and then Covid started. They had very successful Virtual Health Fairs that went into over 50 communities with the support, in part, of local television - Westman Communications Group. Although the Fairs were back in person in 2022, the virtual fairs will continue to be available and they will also be recorded and posted on their website.

Meryl is grateful for the support of all levels of government and all that contribute. We are a large coalition of 14 non-profits, 2 universities, Prairie Mountain Health, and citizens at large that meet regularly to plan and organize events such as the Health Checks Fair and others.



Brandon's Health Checks Fair was chosen by the United Nations for the Decade of Healthy Aging to be acknowledged in their progress report as a case study. It was a huge and pleasant surprise to Meryl and the community of Brandon.

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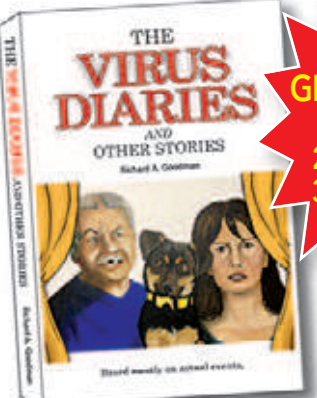
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LORETTA HUMENIUK—Modestly Amazing



A MANITOBA MOMENT

By Bud Ulrich

During our trip to Churchill in July of this year, we were most fortunate to meet up with Loretta Humeniuk, a retired teacher. There were several opportunities to chat with her about this and that, only to find out that many people in our lives are mutual friends or colleagues. Being a former teacher too, we had several interesting discussions. Loretta's first teaching position was at Shaftesbury High School, and as it happened, I knew a few teachers there — Ray Chernecki, being one, who has been a good friend of mine for many years. Loretta immediately dug into her files and produced a staff picture which includes Ray. She transferred to Charleswood High School working under the guidance of principal Ed Green. "He was such a nice guy. He appreciated hard work, and he was a hard worker himself," said Loretta. It doesn't stop there. Ed and I played golf together for many years in a senior's golf club appropriately named the *Rusty Zippers*. I mentioned my wife Diane was a secretary to Ed and she remembered her as well. Indeed, if one meets a stranger in Winnipeg or our province, surely they will know of a mutual acquaintance or friend, or even a relative.

It's not difficult to identify Loretta's unique qualities. She was a physical education teacher who was very well suited to her chosen vocation. Small in stature, but large in adventure, she was determined to succeed in whatever challenge she chose — be it riding a motorcycle, walking 547 miles (880 km) while carrying a backpack for 43 days or paddling a kayak in the Churchill waters. These are a just a few examples of Loretta's gritty personality.

Loretta's career was filled with adventure. Following three years of teaching, she went on her first teacher exchange to the Lake District in England. Her assignment at the Cartmel Priory School (Church of England), under a wonderful headmaster, provided numerous field trip opportunities. Loretta was up to the task of taking on new areas of teaching including cricket, rock climbing and kayaking, to mention a few.

The second exchange was to Melbourne, Australia which included travels to Tasmania, Cairns, Darwin, the Red Centre, Perth and beyond for Loretta. And oh yes, her teaching seemed secondary, as she lived for the weekends.

A third exchange was to the northern part of England and included Berwick-Upon-Tweed (castle country) or simply Berwick, which is a town and civil parish in Northumberland. A bit of research revealed Berwick is famous for Elizabethan Walls, iconic bridges, thriving culture, wildlife, and beaches. Berwick has two sets of walls two miles long, the first set of which



Loretta Humeniuk. (Above - golfing at Shooters.)

only fragments now remain. The latter are still standing at 1¼ miles (2.01 km) in length. The ramparts surrounded the town with four gates providing entry.

Life was filled with many journeys for Loretta. With every exchange, she experienced new challenges. She hiked the Himalayan Mountains including five mountain peaks, scuba dove the Great Barrier Reef of Australia and in the Red Sea. She took a deferred leave year and backpacked around the world including Machu Pichu, West Coast Trail on Vancouver Island, East Coast Trail in Newfoundland, and the Chilcoot Trail in Yukon. It doesn't stop there. She hiked three Caminos (French Camino — 800 km, Portuguese Camino — 600 km, and with her niece a 300 Camino) all of which ended in Santiago, Spain.

Hiking is second nature to Loretta as she continues with Nature Manitoba. Other activities include biking, golfing badly (her words), and her go-to lake at Steep Rock, Manitoba. Her continued travels through the Friendship Force Winnipeg Club provide yet more adventures for this active woman. She was with this group for many years, and finally decided to take a trip to Iceland in 2024. A message came on Loretta's computer about airfare to Iceland stating less than half-price. Immediately, a few emails were sent out to her friends seeking a travelling partner at a great price of \$700 return. Three people jumped at the opportunity and four of them were on their way. However, just before they booked their travel, Loretta received word from one of the gals that Iceland experienced a volcano, and everything was closed. Regardless, they were going, and although the Blue Lagoon was closed when they arrived, it reopened five or six days later. The last day before their return, they managed to visit this amazing place which is one of the National Geographic's 25 wonders of the world. This is where the powers of geothermal seawater create

transformational spa journeys. The next morning at 4:00 a.m. while on the bus heading to the airport, they found out the volcano erupted again, and the Blue Lagoon was closed. Seems like timing is everything. "We were lucky, we were blessed," Loretta said.

Loretta's experience on an e-bike created some excitement during off-time on her Churchill visit. Her niece's husband, Ken, urged her to give it a try. Her nieces weren't so inclined. "That leaves you know who — the old lady who never e-biked before," Loretta said. The e-bike is heavier than an ordinary bike, and secondly, it's a bit like a motorcycle with a throttle and gears. Loretta was given a few instructions — "Be careful with the throttle, don't open it up fully or you'll fly off the bike." Now Loretta was somewhat worried, but that didn't stop her. She hopped on the bike only to fall over with the bike on top of her. Sure enough, she got back up, nothing broken, and away she went. Success this time! Zipping along in #2 gear, she gained confidence dashing through the middle of most potholes on the backroads and over rail tracks. I'm sure if a picture was taken, a huge smile would appear on her face. "Would I do it again? In a heartbeat I would," Loretta said.

Loretta was born in Ethelbert, Manitoba, and lived there until five years of age. Her siblings include two sisters, one ten years older and the other five years older. Her parents moved to Winnipegosis where she grew up until grade 11. She completed her grade 12 in Portage la Prairie and then attended the University of Manitoba where she completed her degrees — Bachelor of Physical Education, Bachelor of Education, as well as Masters in Physical Education.

It has been said that dynamite comes in small packages. Loretta's physique and personality exemplify this saying. And if walking promotes a healthy lifestyle, then she is the poster "woman" for this activity. ■





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CJNU Looks to “Keep It Real” for 12th Annual Pledge Drive on October 23, 24, and 25

Here at CJNU, we want to Keep it Real.

We find ourselves living through a time where it’s getting progressively harder to tell what’s real and what’s not. Between ‘fake’ news and ‘artificial’ intelligence, it can be difficult to connect with something genuine. But in this world - a world where trust is often so hard to find and even harder to earn - you have made the choice to place your trust in us, by listening to CJNU. This is something we don’t take lightly.

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Our Pledge Drive is the one time each year when we pause and say it to you straight: if you see value in any part of what we do here at CJNU, then we need your help. The math is quite simple - and without your support, things just don’t add up. Our incredible sponsors, partners and co-op members do their part throughout the year, but without the direct support of listeners during our annual Pledge Drive we cannot fully cover our ongoing operating costs, nor invest in the future of CJNU.

But we promise this isn’t a one-way ask. If you make a donation to our 12th Annual Pledge Drive, we have some very real benefits we want to offer you to express our gratitude!

We will have a number of prize packages on offer - before, during, and after our Pledge -

Drive - with prize draws open to those who make a contribution of any amount! And we are once again delighted to offer special incentives for those who donate \$60, \$125, \$250 or \$500—plus a truly unique gift for a donation of exactly ‘CJNU Dollars’ - \$93.70!

So, if you can, we ask you to please lend your support to CJNU’s 12th Annual Pledge Drive.

And remember: we want to **Keep it Real...** but only YOU make that possible.

Join us...and Stay Tuned!

Join us October 23, 24 and 25 for CJNU’s 12th Annual Pledge Drive!

And, don’t forget to stay tuned to CJNU for a special Pledge Drive Preview on Tuesday October 21st at noon, as we reveal more about this years’ exciting prizes, incentives, and matching donors!

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October 5, 2025

Fire Prevention Week is October 5-11

As part of Fire Prevention Week 2025, which runs Oct. 5 to 11, Manitoba Municipal and Northern Relations is urging Manitoba residents to know the risks of lithium-ion batteries.

This year’s Fire Prevention Week theme ‘Charge into Fire Safety: Lithium-Ion Batteries in Your Home’, highlights the importance of buying, charging and recycling lithium-ion batteries safely.

Most electronics including smartphones, tablets, power and lawn tools, laptops, e-cigarettes, headphones and toys are powered by lithium-ion batteries. If not used correctly or if damaged, lithium-ion batteries can overheat, start a fire or even explode. Lithium-ion batteries should always be stored safely away from babies, children and pets.

Best practices for lithium-ion batteries include:

- Buy only listed products: When buying a product that uses a lithium-ion battery, look for ‘CSA approved’ stamp or mark

that indicates a product has been tested and certified by CSA Group (formerly the Canadian Standards Association) to meet applicable safety standards for Canada and North America.

- Charge devices safely: Always use the charger the device came with, charge the device on a hard (non-fabric) surface and discard chargers properly when frayed or damaged.
- Recycle batteries responsibly: Do not dispose of lithium-ion batteries in the trash or regular recycling bins because they could catch fire. Recycling devices or batteries at a safe battery recycling location is the best way to dispose of them.

Visit <https://recycleyourbatteries.ca/> to find a local recycling location.

Fire Prevention Week is held during the week surrounding Oct. 6 in Canada and the United States to commemorate the Great Chicago Fire in October 1871.



Happy
Thanksgiving
- October 13, 2025

The Man Who Refused to Stay Dead: The Story of Fred Rutman



What can I say about my good friend and podcast partner, Fred Rutman? His story is one of grit, heartbreak, humour, and survival—a story stitched together by endless hospital stays, the quiet prayers of friends and family, and Fred’s sheer refusal to stay down.

Fred grew up in Garden City, just fifteen minutes from my own childhood home. Had we been closer in age, I suspect we would have been inseparable—two neighborhood kids running through Winnipeg summers, chasing pails of sunshine before the streetlights came on. Instead, we met much later in life, bonded by words, by storytelling, and by Fred’s remarkable resilience.

Recently, Fred’s body once again tested the limits of what a person can endure. A seizure struck without warning. He collapsed in his apartment, the carpet pressing into his cheek as hours passed in silence, the faint scent of dust and detergent filling his lungs. When a friend finally opened the door and found him crumpled on the floor, Fred was barely clinging on.

The ambulance came quickly, its sirens cutting through the suburban hum. He was rushed to Mackenzie Health in North York, where the fluorescent lights hummed above him, where antiseptic smells mingled with the metallic tang of fear. Doctors crowded around, trying to solve the ever-deepening riddle of “what’s wrong with Fred?” This is the same man who wrote the bestseller *The Summer I Died Twenty Times Because Lightning Does Strike the Same Spot Twice*.

In truth, his body has pulled him under more than fifty times, each death demanding he fight his way back to the surface. It is trauma layered on trauma: countless heart surgeries, a stroke at birth, the slow horror of blindness in his left eye—and then, the almost miraculous reversal of that blindness after years of intermittent fasting. He has defied diabetes. He has outlived diagnoses that would have broken lesser spirits.

When I arrived at the hospital a few days later, Fred was resting peacefully, his chest rising and falling in a slow, stubborn rhythm. Machines clicked and hissed around him, their screens glowing green and amber, like little lanterns watching over him. His sister, who had flown in from Nova Scotia, stood at his bedside. She told me his arm had broken when he fell, and worse, that the swelling in his brain left him struggling to speak, to work his phone, even to string together conversation. The Fred we all know—the master of dry wit, the sarcastic commentator on life’s absurdities—seemed locked away behind a wall of swelling tissue.

Doctors soon discovered a lump in his brain. An MRI was ordered, but because of Fred’s specialized pacemaker, only two MRI machines in all of Ontario can safely scan him. The family was warned it might take weeks, even months, before he could get the appointment. Imagine that: your future, your clarity, your very life hanging on a waiting list.

Still, Fred being Fred, his recovery began to flicker through the cracks. His sister emailed me one evening to say he had



Fred Rutman

begun to return—his trademark sarcasm resurfacing, his wit sharp as ever. That was the smell of hope in the hospital corridors, sweeter than any bouquet of flowers. He still faces weeks in a rehab centre, relearning, regaining. But the Fred we know, and love is clawing his way back again.

And this is the thing about Fred. He doesn’t just survive—he inspires. His friend’s range across every corner of his life: his synagogue, Toastmasters, writing groups, and the vast community of listeners who tune in to his podcasts *Documenting Reality*, *Dead Man Walking* & *Six Degrees of Portage & Main*. He is among the top podcasters in Canada, not because of slick marketing campaigns, but because he radiates honesty, humour, and humanity.

Everywhere Fred goes, he gathers people.

He pulls them in like moths to a flame, not out of pity, but because his resilience makes others believe in their own strength. He teaches, without preaching, that you can claw your way out of darkness—even when the darkness comes for you fifty times.

From everyone at the Documentary Channel and from all of us at Six Degrees of Portage & Main, we are sending prayers and strength. Fred, we are waiting to see your face back on our screens, your voice crackling through our headphones, your laughter reminding us that life—however fragile—can still be fiercely lived.

Fred, my friend, you are, and always will be, a survivor. If the world had just a fraction of your fight, your humour, your faith, and your stubborn will to keep going, it would be a far greater place. ■



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Bowel/Bladder Care: Nov 4, 9:00 am to 12:00 pm	
Wound Care: Nov 4, 1:00 pm to 3:00 pm	
Respiratory Care: Nov 5, 9:00 am to 12:00 pm	
Communication: Nov 5, 1:00 pm to 4:00 pm	

Registration required, please contact:
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“Reconciliation Is Not a Word, it’s a Promise We Haven’t Kept”

- Part 2 of 3



INDIGENOUS VOICES

By Myles Shane

Grace was born in Norway House, a remote northern Manitoba community ringed by forests and icy waters and raised in God’s Lake Narrows, a Cree settlement nearly 600 miles from Winnipeg. For her first eleven years, she lived surrounded by her family, her language, and her land. Then, her parents made a painful decision, they would move south so that their children could attend school together, instead of being separated one by one into residential schools.

Two of her brothers had already been taken.

In the small southern town where they resettled, Grace encountered something new and devastating. “I was shocked that people didn’t like us for who we were,” she remembered. “They called me a dirty squaw, a filthy Indian, told me to go back to where I came from.” When her mother brought her baby sister to a church for baptism, the family was turned away. “We didn’t belong,” Grace recalled. “They told us that straight to our faces.”

Four years later, the family moved again, this time closer to Winnipeg. The racism, Grace recollected, only grew more blatant. “We would just ignore the nasty comments and try to live a good life.”

Decades later, that ugliness has not vanished. If anything, she says, it’s grown louder. “Look what’s happening to Ministers Fontaine and Smith, their offices vandalized and set on fire for speaking out against racism,” she stated. “When I go shopping, I get followed around. People still look at me like I don’t belong.”

Grace’s experiences echo those of thousands of First Nations, Inuit, and Métis people in Canada who live with the daily weight of discrimination, a burden that reconciliation, in theory, is supposed to lift. But reconciliation in Canada, she admits, “is a word too often used and too rarely lived.”

The Promise and the Distance

In 2015, the *Truth and Reconciliation Commission of Canada* (TRC) released 94 Calls to Action, a roadmap to healing after more than a century of forced assimilation through residential schools, institutions that aimed to “kill the Indian in the child.” The TRC urged governments, schools, churches, and citizens to face that history, not as a gesture, but as an obligation.

Out of those efforts emerged the **National Centre for Truth and Reconciliation** (NCTR), housed at the University of Manitoba. The Centre preserves testimonies, documents, and records from survivors, including stories like Grace’s families. It offers Canadians a chance to confront their own complicity in the suffering of Indigenous peoples.

Schools often dedicate only a single day or a brief workshop to Indigenous history, treating it as a topic rather than a trauma. Workplaces offer “half-day cultural sensitivity training,” Grace remarked, “then check it off the list.” Real learning, she believes, must be continuous, not ceremonial.

“Every Canadian has to do their part,” she insisted. “Until people really know what happened to the First Nations, Inuit,



and Métis people of these lands, there’s no chance at reconciliation.”

The Medicine of Understanding

Grace’s career has placed her at the intersection of Indigenous life and Canadian institutions, two worlds that still struggle to speak to each other.

In her early years working as a doctor’s assistant in Winnipeg, she witnessed how Indigenous patients were often dismissed or misunderstood. Some came with interpreters to help translate medical terms into Cree or Ojibwe, only to be met with suspicion, “these women needed to understand what was happening to their bodies. They were scared. Medical words don’t always translate, not even for people who speak English well.”

What struck Grace most was the hypocrisy. “In the same office, a Polish doctor and nurse could speak Polish to their patients. No one questioned that.”

Later, working in the **Aboriginal Court Work Program** from 1999 to 2020, Grace saw the same pattern unfold inside the justice system. Her role was to help Indigenous people understand their legal rights, and to help judges, lawyers, and clerks understand their clients’ cultural contexts. “Racism still exists in the courts,” she pointed out. “It’s just dressed up in procedure.”

Circles of Change

In 2020, Grace joined **Circles for Reconciliation**, a Manitoba-based initiative that brings together small groups, five Indigenous and five non-Indigenous participants, to meet weekly and talk openly about Canada’s colonial history. Each circle is co-facilitated by one Indigenous



Top left: Grace Anderson-Schedler, Mid-left: Grace (right) and her family ready for the Healing Walk on the National Day for Truth & Reconciliation, also known as Orange Shirt Day, from the Forks to downtown Winnipeg, Bot-left: Pipe Ceremony at Oodena Circle at The Forks before the Walk, Above: Orange Shirt Day Healing Walk to the RBC Convention Centre which was followed with a Powwow.

and one non-Indigenous leader, and every voice is given equal time to share and listen.

“It’s about building trust,” Grace said. “It’s slow, but it’s a start.”

The organization’s approach is grounded in the TRC’s first principle, reconciliation is not a single act but “an ongoing process of establishing and maintaining respectful relationships.”

Grace’s brother once told her that reconciliation begins within. “You have to reconcile with yourself, your family, your community, and with the land.”

Those words, she said, stay with her.

The Government’s Half Measures

Canada’s governments, federal, provincial, and municipal have all pledged to act “in the spirit of reconciliation.” Manitoba’s Premier has even named himself the province’s minister Responsible for Indigenous Reconciliation, promising “stronger relationships and respectful partnerships.”

Grace calls the gesture hopeful, but not yet meaningful.

“When First Nations issues are finally prioritized,” she said, “something better always comes up. We’re put on the back burner.”

What would meaningful action look like? Grace offered a list:

1. Education that lasts — not token workshops, but ongoing, immersive learning for all public servants and professionals about residential schools, child welfare, justice, and Missing and Murdered Indigenous Women, Girls and Two-Spirit (MMIWG2S+) cases.

2. Justice reform — ensure Indigenous people are represented in courtrooms not just as defendants, but as lawyers, judges, and advocates.

3. Economic inclusion — equitable funding for Indigenous-led businesses, schools, and housing.

4. Cultural preservation — long-term government support for Indigenous language revitalization. “If we lose our languages,” Grace said, “we lose our voice.”

5. Accountability — annual reporting, independent oversight, and measurable progress, not just promises.

The Unfinished Journey

Nearly a decade after the TRC’s report, only a fraction of its **94 Calls to Action** have been fully implemented. The *National Centre for Truth and Reconciliation* continue its work, archiving stories, training teachers, and inviting Canadians to confront truths that have long been buried. Reconciliation, as Grace sees it, cannot be institutionalized. It must be personal.

“I am only at the beginning stages of reconciliation,” she said. “I’m willing to have these conversations with non-Indigenous people so that they can assist in the healing journey. We must live together in this country.”

Forgiveness, she believes, will come only when understanding does.

“Until everyone makes an effort to learn the history of the First Nations, Inuit, and Métis people,” she said quietly, “then maybe I can look at forgiving Canada for what they did.”

In a country that celebrates its multiculturalism, Grace’s story is a reminder that reconciliation isn’t a celebration, it’s a reckoning. It is the promise to see, to listen, and to change.

For now, that promise remains only half kept. ■

Congratulations to North Eastman Services to Seniors on 40 Years of Service



October 2nd was a day to recognize and celebrate that the North Eastman Services to Seniors has been offering services to seniors in the East Beaches, Lac du Bonnet, Pinawa, Powerview/Pine Falls, Springfield and Whitemouth/Reynolds communities for 40 years! What a milestone!

A regional workshop at the Social Scene centre in Victoria Beach attracted guests and other senior-serving organizations from near and far to enjoy a day of entertainment and food catered by the East Beaches Resource Council.



98 year old Dorothy Walker expresses her appreciation of the senior services she receives right in her own community.

L-R: Marlene Lowery, Louise Trudel, Tina Polischuk - Community Resource Coordinator for Winnipeg River Seniors Service, Les Barclay - Mayor of Powerview-Pine Falls.



Right: Keiran Meeches - 17 year old fiddle player extraordinaire.



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HOUSING OPTIONS & RELATED SERVICES

Pages 10 - 16

In this section, you'll find housing options and helpful services to support aging in place, including home care and meal programs. If you're planning to sell your home and move, there are also great options for you to explore.



10	AAIM / PRAIRIE RIVERS CO-LIVING COOPERATIVE
10	CANOE CLUB - ALL INCLUSIVE RETIREMENT COMMUNITY
11	FRED DOUGLAS CHATEAU - 55+ INDEPENDENT LIVING, LIFE LEASE
11	FRED DOUGLAS PLACE - 55+ INDEPENDENT LIVING, LIFE LEASE
12	SETTLEWAY REALTY - BRAD GROSS, REAL ESTATE AGENT
12	CATHERINE PLACE - ALL INCLUSIVE RETIREMENT LIVING
13	LINDEN POINTE - A BRIGHTWATER COMMUNITY
13	GOOD SAMARITAN WINNIPEG
13	HEART TO HOME MEALS
14	THE BOULTON - RIVER HEIGHTS RETIREMENT COMMUNITY
14	DUGALD PLACE
15	VENVI - THE WELLINGTON RETIREMENT LIVING
15	JUST LIKE FAMILY HOME CARE
15	RIVERBEND MOVING & STORAGE
16	MISERICORDIA TERRACE
16	CHEF IN THE HOUSE
16	QUALITY CARE MOVING



Active Aging in Manitoba (AAIM)
Inspiring active lifestyles





Linda Brown,
Executive
Director, AAIM

October - Celebrating Seniors

October is the perfect time to get active outside and enjoy the colours of fall in Manitoba!

October is the month of Seniors and Elders and a time to celebrate all the contributions older adults have made and continue to make to our society and communities throughout Canada. By the time you read this we will be well into **Active Aging Week, Oct 6 - 12**. Active Aging Week encourages lifelong engagement in physical and social activities and helps to promote well-being and independence among older adults. At Active Aging in Manitoba, we encourage older Manitobans to be active because we see the value of community connections that are often made through physical activity. Active Aging week is also designed to foster a positive attitude toward aging.

With the changing seasons comes an opportunity to explore some new activities. Challenge yourself to check out the local Senior Centre, Recreation facility or Community Centre to find a new activity and make some new social connections and friends. Just as there are many benefits for being physically active, making and maintaining social connections are also important to our overall health and wellness.



Prairie Rivers Co-living Cooperative

While exploring the research on the health benefits of social connections and how physical activity can promote making new connections, I got thinking about housing alternatives that really provide opportunities for social connectedness and support independent living. A friend introduced me to the members of the Prairie Rivers Co-living Cooperative. *The Co-living concept means sharing one house where each member has private space and shares the com-*

mon spaces. Co-living provides opportunity for social interactions, sharing the duties of running a house, and a sense of community. Currently the house is home to two couples and two single individuals all with varied backgrounds and interests. The common desire that brought them together was the preference to live in a house, and the understanding of the importance of maintaining social connections. The current members of Prairie Rivers have a variety

of backgrounds and life stories. Residing in a beautiful three storey, 6,000 square foot character home in Crescentwood in Winnipeg, the members enjoy sharing duties of maintaining a household and taking turns cooking the evening meals. This large home affords private space for each individual and very spacious common rooms. The members all agree they joined this co-living experience because to their desire to live well and share their lives. Guided by respect, care, integrity, and trust, Prairie Rivers members have created a positive and inclusive co-living experience. Hospitality is part of their culture, and members enjoy sharing their home with regular visits from family and friends. Curious about co-living? The members of Prairie Rivers Co-living Cooperative are currently looking for more individuals to join their cooperative. If you are interested, they would welcome you to contact them at **204-488-0875** or **prairieriverscoliving@gmail.com**. They invite people to call and set up a time to visit their home to learn more about the benefits of co-living. They'll share a rental and an investment option with you.

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HOUSING OPTIONS & RELATED SERVICES



Fred Douglas Chateau: A Downtown Haven for Active Adults

- Fred Douglas Chateau

For adults aged 55 and over looking for an independent and vibrant life-style, the **Fred Douglas Chateau** at 430 Webb Place offers an appealing "life lease" option. Located in the heart of downtown Winnipeg, this community is part of the larger Fred Douglas Society. **Fred Douglas Society** is a not-for-profit organization with a long history of providing housing and services for Manitoba's seniors. The society was founded in 1952 by Rev. Dr. F.J. "Fred" Douglas to address the growing need for affordable and comfortable senior living. The Chateau itself, formerly known as Kiwanis Chateau, was acquired by the Society, continuing its commitment to quality, not-for-profit accommodations.

A Smarter Way to Live: The Life Lease Model

The Fred Douglas Chateau's life lease model provides a smart alternative to traditional home ownership or renting. In this arrangement, residents pay an entrance fee and a monthly fee, which is often more affordable than market-rate condos. This allows residents to secure a home for life without the financial burdens of a traditional mortgage. They also benefit from a professionally managed, well-maintained building. As a not-for-profit, the focus is squarely on the well-being and security of the residents, not on generating a profit.

Community, Comfort, and Convenience

The Chateau is designed to foster a sense of community and encourage an engaged lifestyle. The building features spacious suites with large balconies that offer panoramic views of downtown Winnipeg. Residents have access to a variety of amenities, including a library, a billiards room, and a courtyard patio perfect for summer lounging. Social events like game nights, catered dinners, and exercise classes are regularly organized to help residents connect with one another.

The central location is a major benefit, providing easy access to downtown Winnipeg's best attractions, including arts venues, dining, and cultural sites. With controlled access, 24-hour emergency call systems, and onsite security guards, the Fred Douglas Chateau ensures a safe and secure environment, providing peace of mind for residents and their families. This unique blend of independence, security, and community makes the Chateau a standout choice for those seeking a fulfilling retirement. ■



Fred Douglas Place: A Community Hub for Downtown Winnipeg 55+

- Fred Douglas Place

Fred Douglas Place, a cornerstone of senior living in downtown Winnipeg, offers a unique and resident-focused lifestyle for individuals aged 55 and better. Part of the Fred Douglas Society, a not-for-profit organization with a long history of providing housing and services to seniors, Fred Douglas Place was a groundbreaking project. When it opened its doors in 1988, it was the first life lease housing option of its kind in Manitoba, a model that has since become a popular and accessible alternative for active adult living.

The Life Lease Advantage

The life lease model at Fred Douglas Place combines the best elements of home ownership and renting. Residents pay an entrance fee, which secures their tenancy for life and is refundable when they leave the community. This fee helps keep monthly occupancy costs low and predictable, as it contributes to the financing and maintenance of the building. This not-for-profit structure means the organization's primary focus is on the well-being and security of its residents, not on generating a profit.

Prime Location and Abundant Amenities

Located at 333 Vaughan Street, Fred Douglas Place is perfectly

situated for those who want to enjoy the vibrancy of downtown Winnipeg. The building features an enclosed skywalk that provides a climate-controlled connection to the shops of Portage Place and beyond, offering residents a convenient way to navigate the city's core year-round. Beyond its prime location, the building boasts a rich array of amenities designed to foster an active and social community. Residents have access to a library, a games room with a pool table and shuffleboard, a fitness area, and a large dining room where meals are served.

In addition to the physical amenities, Fred Douglas Place promotes a lively and engaged community through a resident council and a variety of activities, from card games and movie nights to exercise groups and guest speakers. With onsite security systems, controlled access, and onsite security staff, residents can feel secure in their home. Fred Douglas Place stands as a testament to affordable, secure, and community-oriented senior living in the heart of Winnipeg. ■





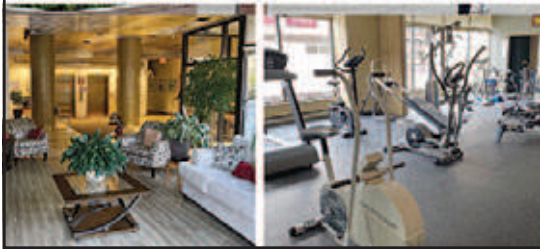
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HOUSING OPTIONS & RELATED SERVICES

Benefits of Living in a Personal Care Home



By Gerry Bisch

Like thousands of other Winnipeg residents, I neglected my physical and mental health during COVID. Because I was isolated in my apartment, I lost the ability to walk and the confidence to speak since there was nowhere to go and no one to speak with. In addition, I regularly visited HSC due to abdominal pain that arose due to stress.

Eventually a doctor at HSC referred me to a transitional care facility where my overall health was assessed. Twenty months ago, my physician recommended I move long-term into a Personal Care Home as I needed regular round-the-clock care. I reviewed the list of PCHs that had available openings and selected Lions PCH (where I still live) because it was close to my two daughters and

to my friends. Shortly after arriving, I knew I had made the right choice.

The 24-hour care been a relief to me and my family as we all saw the improvements in my health as a result of receiving regular meals, getting medication at the prescribed times, and having consistent bed-times. Today, I function well – far better than previously – plus my family no longer worries about me and how I am doing.

The PCH staff has been terrific. They are always there when I need them, providing for my health care needs while offering valuable support and encouragement.

Just as important as the PCH regimen is the opportunity given me to plan and organize events for me and other Residents. This spring, I began a club for Residents and staff who wanted to plant flowers and vegetables in our roof-top garden. We seeded, weeded, and

succeeded in creating garden plots with abundant flowers and numerous vegetables including tomatoes, peppers, peas, cucumbers, and rhubarb. Seeing the flowers bloom and the vegetables ripen has lifted the spirits of many of our Residents. Additionally, I asked and was granted permission to run Bingo on Saturday afternoons – a time when few recreational programs were scheduled for Residents.

Depending on the Resident’s abilities, there are other opportunities for personal growth and freedom including visits to a wonderful in-house library featuring books, CDs, and DVDs, and trips to the main-floor cafeteria and mini-market. Because I have regained most of my pre-COVID abilities, I am also allowed to regularly visit Centennial Library to check out audio books. I of course realize that some of these freedoms are given to me by the staff at Lions

PCH where I live and that not all of these opportunities will exist at every PCH facility.

Therapists not only helped me restore my ability to walk, but other Residents have regained this skill which opens many opportunities for them – both within and outside the PCH.

For me, though, the biggest benefit of living in the PCH is the peace of mind I have knowing my family will no longer worry about me – both now and later in my life.

I realize living in a PCH is not the same as living at home. But for adults whose health is declining, these are wonderful places where Residents can live stress- and effort-free and where visits with family are spent enjoying each other’s company instead of anxiously worrying about what the future holds. ■

New Caregiver Support Group to Meet October 21



By Greg Marsh

Lions Manor, located at 320 Sherbrook St. in Winnipeg, will host the first meeting of a new Caregiver Support Group. The purpose of the meeting is to allow caregivers – particularly those who assist older individuals – to connect with other carers while sharing success stories, challenges, and helpful tips.

The meeting will be held on Tuesday, October 21 at 7:00 p.m. and will last approximately one hour

which includes time at the end for refreshments and socializing.

While there is no charge, it would be appreciated if you let Greg Marsh – the meeting facilitator – know if you plan to attend so sufficient refreshments can be ordered. (You can still attend even if you don’t notify Greg ahead of time.)

If you can’t make the meeting but want to be a part of the group, please also notify Greg so you can receive emails with news and updates.

Contact Greg at gmarsh@lhc.ca

Protecting Seniors and People in Care

Sept. 26, 2025 - The Manitoba government has created a working group to implement recommendations from Justice William Burnett’s report on strengthening protections for people in care, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

The group will consult with stakeholders, staff of the Protection for Persons in Care Office (PPCO), the seniors advocate, and Manitobans in care and their families. Manitoba’s first seniors advocate will be appointed this fall, with the new advocate office officially launching Nov. 1.

Asagwara said Justice Burnett’s review highlighted systemic issues

and the need to ensure abuse and neglect are never ignored again. The PPCO has since cleared its five-year investigation backlog, hired more staff, and improved internal processes.

Following recommendations from the Office of the Auditor General, new regulations have expanded definitions of abuse and neglect. The Adult Abuse Registry is also reviewing its processes to strengthen protection for vulnerable Manitobans.

Read the full report at: <https://manitoba.ca/openmb/infomb/departments/index.html#collapse10>.

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HOUSING OPTIONS & RELATED SERVICES



Linden Pointe, Senior Living at its Finest! - Linden Pointe - A Brightwater Community

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What Sets Us Apart?

- **Never Alone - 24/7 On-Site Nurses:** One of the most important features of our community is the round-the-clock care provided by our professional nursing staff. This care allows residents to live with confidence that should a need arise, we are there!
- **Personalized Care Plans:** We understand that everyone is unique, and so are their healthcare needs. We work closely with residents / families to create their personalized supportive care plan that captures their specific needs. This tailored approach ensures that everyone receives the appropriate care.
- **State-of-the-Art Community:** Our community is designed to offer a comfortable environment with all the amenities needed to



promote health and happiness. Spacious rooms, beautiful common areas, fresh nutritious chef prepared meals 3 times daily, and a Robust Activity Schedule are a few of the features that make our community feel like your home!

- **Engagement:** Our residents have access to a variety of activities, exercise classes, arts and crafts, games, and outings, all designed to enhance their overall quality of life. Staying active and connected

is an essential part of aging well, and we strive to create opportunities for our residents to do just that.

- **Cardio 1 / LifeSmart Pharmacy:** Through our partnership our residents can access a family

physician and pharmacist without leaving the community. A Physician, Physician Assistant, Pharmacist and Nurse can see you during weekly rounds to ensure a holistic approach to care.

- **The Arbours at Linden Pointe:** Dementia / Alzheimer's / Parkinson's can bring enormous challenges to daily life, both for the individual and their families. The staff in our Arbours community are specially trained in caring for those with memory and physical requirements beyond what Assisted Living may provide.

Make the Right Choice for You or Your Loved Ones

Choosing the right senior living and memory care community for yourself or a loved one is an important decision. Linden Pointe provides a safe, supportive, and caring environment that prioritizes the safety, health and well-being of every resident. Come and experience Linden Pointe, a true aging in place community. ■

See advertisement on page 5

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HOUSING OPTIONS & RELATED SERVICES

Country Living for Seniors-Close to the City

No Cooking – No Cleaning – No Worries... - Dugald Place - Springfield Heritage Housing Inc.

The new **Dugald Place Assisted Living Residence & Community Pool** is well on track towards a fall 2026 opening. Located in Dugald, minutes from Winnipeg, it offers country living with a community connection and easy access to medical appointments and amenities.

The 54-unit residence offers an indoor pool and has attracted over 80 seniors to its waitlist from who may need greater supports as they age but prefer a rural lifestyle close to health appointments and medical services. Enjoy freshly-prepared meals, laundry and light-house-keeping, 24/7 staffing, and spa-cious suites where you can enjoy a community connection.

Dugald is an energetic community with a small-town atmosphere. There are nearby local restaurants,



a gas station, a library, and an active community club with bingo, pancake breakfasts, and community events. Canada Day celebrations for the region happen just a block away. The area curling club has shuffleboard in summer.

Just a five-minute drive down the road in Oakbank are many businesses, restaurants, florists, doctors,

pharmacies, a Coop grocery store, and everything else you might need. Explore the natural beauty of nearby Birds Hill Provincial Park as well as the ever-popular destination, Pineridge Hollow & The Village, where you can spend time immersed in nature, take the grandchildren to visit farm animals, and enjoy the very best that Manitoba has to offer through its farm-to-table restaurant with ingredients that grow best locally.

There is no doubt that if you are a senior with a preference for a rural lifestyle - but now need a residence that offers you additional supports - Dugald Place is the next home you are looking for.

Dugald Place is a multi-purpose development designed to bring new residential and recreation opportunities to the region. Featuring modern architecture and environmentally conscious planning, the project aims to enhance the rural lifestyle and support sustainable growth.

Dugald Place is currently in the mid-stage of construction. Framing for upper storeys is underway, and roofing work will commence shortly. The next several months will focus on completing the building envelope, installing windows and doors, and initiating interior work such as electrical, plumbing, and HVAC systems.

The construction of Dugald Place is already generating positive momentum in the community. Local tradespeople and suppliers are involved, supporting the area's economy. Once completed, the project will provide much-needed housing for seniors wanting country living close to the city.

To learn more about Dugald Place, visit our website at: www.dugaldplace.com or call 204-853-2255. ■



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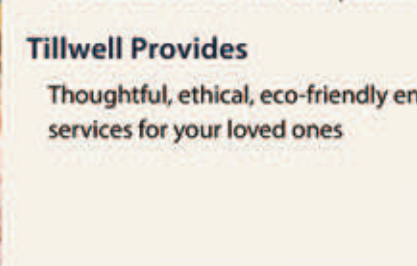
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HOUSING OPTIONS & RELATED SERVICES



Discover The Wellington: Your Independent Living Oasis

- The Wellington

Welcome to The Wellington, an independent living community designed with your comfort and well-being in mind. Established in 1988, The Wellington is nestled in the quiet neighbourhood of Charleswood, offering residents a peaceful retreat while remaining close to the vibrant amenities of the city. With the stunning Assiniboine Forest just a stone's throw away, nature lovers will appreciate easy access to serene walking trails and beautiful green spaces.

At The Wellington, we pride ourselves on fostering a welcoming and supportive community. Our residents enjoy a rich array of daily activities and outings, ensuring there's always something exciting to look forward to. From fitness classes and arts and crafts to group outings to local attractions, our diverse programming encourages social engagement and helps cultivate lasting friendships among residents. We also host special events throughout the year, celebrating holidays and milestones together, which enhances our sense of community and connection.

Our independent living suites are



thoughtfully designed for seniors seeking independence. Each suite features a full kitchen, allowing you to prepare your favorite meals or entertain guests in your own space. Our building is equipped with fantastic facilities, including common areas for relaxation and socializing, ensuring you feel right at home.

One of the highlights of living at The Wellington is our commitment to exceptional dining. Enjoy delicious and nutritious meals prepared by our Culinary Manager, Reuben Matthew and his skilled culinary team, catering to various dietary needs and preferences. Whether you're sharing a meal with friends in our dining room or enjoying a quiet evening

in your suite, you'll always find satisfying and flavorful options.

Join a thriving community where independence and companionship come together. At The Wellington, you'll find more than just a place to live; you'll discover a vibrant lifestyle filled with opportunities for growth, connection, and enjoyment. Come and see why so many seniors are proud to call The Wellington their home. Experience independent living at its finest!

For more information, contact, Alberto Martinatto, Executive Director at The Wellington, 3161 Grant Avenue, 204-831-0788, alberto.martinatto@cogirseniorliving.ca, www.venviliving.com

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HOUSING OPTIONS & RELATED SERVICES

Misericordia Terrace: An Exciting New Chapter

- Submitted

Trish C. never imagined that a simple brochure spotted at the Health Sciences Centre pharmacy would lead her to a new, fulfilling chapter in her life. Today, she is thriving as one of the first residents of Misericordia Terrace, nestled in the vibrant Wolseley neighborhood of Winnipeg. “The moment I moved in, it truly felt like home,” she said, reflecting on her seamless integration into the community.

Feeling a sense of nostalgia, Trish was pleased to find that her new home is just a short walk from her childhood home in Crescentwood. And, what she also cherishes most about living at Misericordia Terrace is the dynamic lifestyle just outside her door. “There’s a wealth of activities available here,” she shared. “During my first week, I attended a fascinating talk about Truth and Reconciliation, and I thought, ‘This is the perfect place for me.’”

What struck Trish even more was the transformation she felt since



A recent night of entertainment by Rick Roschuk



Above: Living room in a one bedroom suite

Left: Residents Art show

moving in. “I used to feel like I was getting older; now, I’m feeling younger each day,” says Trish. With warmer days ahead, she can’t wait to soak up the sun on the outdoor terrace. She appreciates the personalized attention from the compassionate staff, which allows her to maintain her independence while also being part of a supportive community.

Trish is particularly fond of her suite

on the tenth floor, where she can enjoy stunning views of the Winnipeg skyline. And when it comes to dining, Trish prefers the delicious meals prepared by the talented kitchen staff to many restaurants. “That says a lot, right?” she smiled, emphasizing the high quality of food and service available to residents.

With amenities like coffee shops and bakeries just around the corner

and a stone’s throw away from the Assiniboine River, Misericordia Terrace has proven to be an ideal setting. “I haven’t looked back since moving here—no regrets at all,” Trish said. As a part of this eclectic neighbourhood, she is grateful for her life at Misericordia Terrace, knowing that she is exactly where she belongs. ■

See advertisement on front page.

Connection, Comfort and Joy Through Food

- CHEF in the HOUSE

CHEF in the HOUSE began during the challenging times of COVID-19, when CHEF Roger Wilton was laid off from his job at the (then) MTS Centre in Winnipeg. Starting in a small commercial kitchen, we focused on creating homemade-style soups with simple, high-quality ingredients. What began as a modest operation quickly grew into a labour of love, laying the foundation for a trusted source of ready-to-eat meals that customers could enjoy anytime.

From those early days, our offerings expanded beyond soups to a full

Heat & Eat menu, featuring hearty hot meals, pasta dishes, seasonal specials and family-friendly favourites. Every dish is handcrafted with attention to detail, designed to bring comfort and flavour without the stress of cooking.

As our business grew, we moved into a free-standing building with a small take-out restaurant in the front, providing an inviting space for customers to grab meals on the go while keeping our focus on quality and convenience.

This October, we are thrilled to celebrate our 5th Anniversary! Five years of serving our community with love, care and delicious food would not have been possible without the support of our amazing customers, friends and local partners.

Looking forward, our vision is to continue growing CHEF in the HOUSE as a go-to destination for convenient, wholesome and delicious soups & meals. We are passionate about creating food that nourishes both the body and the soul while supporting local communities. Our plans include introducing more innovative menu items, seasonal specials and fundraising opportunities that allow organizations to benefit from our meals while enjoying the same high-quality food our customers love.

At CHEF in the HOUSE, we are more than just a meal provider - we are a team dedicated to connection, comfort and joy through food. From one small commercial kitchen to a thriving local business, our journey

is a testament to our commitment to quality, care and the love of cooking.

Whether you’re a long-time customer or discovering us for the first time, CHEF in the HOUSE is here to make every bite count. From our kitchen to your table, we promise delicious meals, stress-free convenience and a little taste of home in every dish.

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RAY SIGURDSON – A Gimli Statesman



On August 6th, I headed to a well-known beautiful Icelandic community on the west side of Lake Winnipeg – Gimli. The recently built complex, Stefanson Hus Assisted Living, provides a comfortable life-style for Ray and Alma Sigurdson. In addition to Ray and Alma, other folks from the building joined us for our visit, including Ingvar and Connie Karvelson, and Kristin Strachan, the building manager. The uppermost floor where we met includes a large airy room which serves as a dining room and a space for other special events. The breath-taking view of Gimli harbour with many sailboats and the lake stretching as far as the eye can see makes this a very special part of the vibrant Icelandic community complex.

Bergstadir (Minerva District) near Gimli was the place where Ray Sigurdson was born on June 29, 1932. His elementary school, Minerva, was closed in 1957. He graduated from Gimli High School with a diploma in Agriculture in 1952.

Several Manitoba towns held dances which attracted many young people. Ray and Alma met on the dance floor and they began courting. “If you didn’t like the gals in one town, you just moved on to another town.” Obviously, Ray made the right choice at the “right” town.

At an early age Ray became involved in working on the family farm. There were many changes in those early years, with horse driven equipment back then to the modern-day power operated machines now. Eventually Ray took over the farm, and now it’s operated by his son Barrie and daughter-in-law Ardith.

There is a long list of Ray’s community involvement, from sports organizations, businesses, hospital board, and just about every other organization in the Interlake area. Ray’s expertise and skills were in demand. Most noticeably was his role as the



Ray Sigurdson



Alma Sigurdson



Kristin Strachan

Reeve of Gimli from 1975 to 1995. In 1976, one of Ray’s initiatives included the construction of a second outlet and control structure to manage water levels to mitigate flooding in Gimli and the Lake Winnipeg region.

Curling was Ray’s favourite sport, competing in many bonspiels with an abundance of trophies to prove his success in the game. “I never became Manitoba’s curling champion, but I came awfully close one year, playing in the final game,” Ray said. His administrative skills led to his appointment as President of the Gimli Curling Club. Later, he enjoyed the relatively new sport of stick curling for about four years. And now he’s an ardent fan watching curling on television.

Ingvar was born on a farm and later went on to school in Arborg, Manitoba. He graduated from high school and attended the University of Manitoba gaining a degree in business. He proudly stated, “I did all that at night school.” Ingvar was in sales with General Foods travelling across Canada. He then came to Gimli and established an IGA store in 1977. He was an avid curler playing alongside Ray for many years.

Ingvar and Connie are both fairly new residents to Stefanson Hus. Ingvar met Connie through an invitation for dinner and he liked her cooking. I’m sure there



Ingvar and Connie Karvelson

were other reasons for their budding relationship. Connie was a social worker in Winnipeg during her working career. And now, being a resident at Stefanson Hus, not having to bake or do dishes appeals to her.

While we were chatting, I was pleased that the resident manager of Stefanson Hus, Kristin Strachan, dropped by. She previously managed the building next door, the Waterfront Center – for seven years. She enjoyed the challenges of opening a new facility and proudly stated, “As of August 1st of this year, there are no vacancies with 35 on the waiting list.” Kristin’s experience with Waterfront Centre

positioned her very well to deal with the needs of Stefanson Hus Assisted Living.

Ray and Alma are celebrating 71 years of marriage. They have five daughters and one son, along with 15 grandchildren and step-grandchildren as well as four great grandchildren. A typical day for Ray is doing as little as he can and enjoying every minute of it.

Each time I visit Gimli, whether its sailing with a friend, walking on the boardwalk, visiting one of their fine restaurants, visiting friends or relatives, or taking in a play, it’s never a disappointment, and this visit was no exception. ■

Tai Chi Brings Health and Harmony to Meadowood Seniors

- WCE reporter

On the evening of September 12, at the invitation of the Meadowood Senior Club, the Tai Chi Team of the Winnipeg Chinese Senior Association (WCSA), led by Executive Vice President Dr. Songyan Liu, presented a wonderful Tai Chi cultural performance for community seniors. With movements that were both gentle and powerful, seamlessly blending form and spirit, the team not only showcased the unique charm of Tai Chi but also conveyed the traditional Chinese philosophy of “harmonious coexistence.” The atmosphere was warm and lively.

The performance opened with the melodious *Love Song of the Western Sea*, followed by the evocative *My Loulan*, and concluded with the lighthearted and practical *Office Tai Chi*, which demonstrated Tai Chi’s adaptability to modern life and drew knowing smiles from the seniors in attendance.

The most touching part of the evening was the specially designed routine *Eight Simple Tai Chi Movements*, created by



Community members joyfully practice Tai Chi.



Tai Chi instructor guides senior in movement.

Master Jiwei Peng specifically for the elderly. Taking into account that some participants have knee issues, he thoughtfully created a seated version of the routine. Under Master Peng’s patient and detailed guidance, everyone followed along to movements such as *Part the Wild Horse’s Mane*, *White Crane Spreads Its Wings*,

and *Cloud Hands*. Although many were trying Tai Chi for the first time, all were fully focused and deeply engaged. It was more than just instruction—it became a cultural exchange and a moment of warm companionship.

Amid applause and laughter, the event concluded successfully. The WCSA Tai

Chi Team not only delivered a visual feast through their performances but also spread compassion and warmth through their community spirit. They truly brought Tai Chi into the community and integrated culture into daily life, embodying the inclusive and shared essence of traditional Chinese culture. ■



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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.)

FAIRS / LUNCHEONS / SALES/ MISC

Millennium Library - Library Happy Hour, Public Domain, 633 Portage Ave. Wed., Oct. 29, 6:30-8 pm. Listen to spooky stories read aloud by local librarians. 18+ only. Register online at winnipeg.ca/library (Programs & Events calendar).

Timeless Treasures & English Tea Room - Sat. Oct. 25 10 am-1 pm, Westworth United Church, 1750 Grosvenor Ave.

ANAVETS 283 - Christmas Craft & Bake Sale, Oct. 25, 10 am-3 pm, Stillwell Hall, 3584 Portage Ave. Toonie donation appreciated in support of the "Friendly Club". More info, Barb: adamsbarbara566@gmail.com

Riverview Seniors - Fall Bake and Craft Sale, Sun. Oct. 26, 11 am-3 pm, 400 Osborne St.

St. Andrew's Christmas Bazaar - Sat. Nov. 1, 10-2, Church Hall, 2700 Portage Ave. Crafts, book nook, baking, 50/50, quilt raffle 1:30.

Polish Legion Br #246 - Luncheon, Nov. 9, 1335 Main St. Doors open 12 noon, cocktails 12:30 pm, Luncheon 2:30 pm. Tickets \$30 available at bar. Info: **204-589-5493**

Woodhaven Menshed - presents Senior Men's Health Fair, Tue. Nov. 18, 11:30 am-4 pm, Westwood Community Church, 401 Westwood Drive. In honour of International Senior Men's Day. Snacks & Light Refreshments.

The Women's Canadian Club of Wpg - Luncheon, Nov 18, 12 noon at RBC Convention Centre. Speaker: Alan Parkin, president of the Intrepid Society talking about Manitoba hero and spy Sir William Stephenson. Cost \$35. Info, Rochelle: **204-488-8750 / rochelpin@shaw.ca**

Friendship Force Winnipeg - Monthly lunches, entertainment and fellowship. Travel the world, experience different cultures. We are non denominational, non political, international organization. Elizabeth: **204-452 5299** or www.friendshipforcewinnipeg.org

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

MUSIC / DANCING

River City Sound - the Winnipeg chapter of the Barbershop Harmony Society - Four-part acapella harmony. Free "Learn to Sing Better" wkly program, starts Oct. 8 for 6 wks. Learn 2 new songs perform them at a Christmas Show on Nov. 29. We are non-profit. Info, Bruce: **204-794-7871, lstbrcs2025@gmail.com**

The Forever Young Club - Halloween dance Oct. 25, 7:30-11:30 pm at Anavets, 3584 Portage Ave. Rock 'n' Roll with DJ's Ray & Sheila Wheeler. Door & costume prizes, 50/50, cash bar, light lunch. Non-members \$15. Text/call **204-261-4442** or fycwpg@gmail.com to reserve by Oct. 21.

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

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

SPORTS / FITNESS / GAMES

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

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

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

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

The Pembina 55-PLUS Curling League - looking for curlers at the Pembina Curling Club, 1341 Pembina Hwy. Season is 4 rounds of 10 games per round. Two games per week, alternating between Mon., Wed. and Fri. at 12:30 pm, Oct-Mar. Info: 55pluscurling.com, contact@55pluscurling.com

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

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

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

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

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

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

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

SUPPORT GROUPS & PROGRAMS

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

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

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

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

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

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

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

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

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

VOLUNTEERING

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

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

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

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

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.

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

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

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

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

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

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

PROGRAMS / SERVICES

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

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

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: 1kehler84@gmail.com or Mel: **204-291-4592.**

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

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

Charleswood Active Living Centre - **NEW LOCATION - A 357 Oakdale Drive** Closed for summer holidays.

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

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

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

Golden Rule Senior Centre - 625 Osborne - Check for Fall schedule: **204-306-1114**, goldenrule@swsrc.ca.

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

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

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

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

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

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

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

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

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

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

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

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

The Pros Know 55+ Active Living & Resource CONFERENCE EXPOS 2025 October Update

Four more Pros Know Expos in 2026. Dates & Locations here in your November Senior Scope.

Another Year of Expos, Another Year of Resources!

Good Day, Good Day! Wasn't that fun? I know it was only two shows this year, but the results were awesome.

Having the courage to try something that was truly different than the first twenty-five shows, is the way of this group. So proud of them all.

With this and a million smiles in our hip pockets, we need to dispense some real platitudes to all who made this work. No real order, but here goes:

Good Neighbours Active Living Centre on Henderson Hwy to start. **Jennifer** and **Rosie**, you two are amazing. You both made it so easy for the Expos to work side by side with GNALC. True leaders who are completely committed to their membership and the community at large. Thank you for your support.

Our **Master Sponsors**; Active Aging in Manitoba, Comforts of Home Care, Desjardins Financial Security (Kilcona), MaryAnn Kokan-Nyhof of IG Wealth Management, KLD Law and our very own Senior Scope Newspaper. **Bravo to you all, for all, you always do!**

Our **Core Sponsors**; 211MB (United Way), Good Neighbours Active Living Centre, Heart to Home Meals, Joshua Neustaedter Barg (Royal LePage Top Producers), The Seniors Moving Company and Red Road Music Company.

You all provided another round of supports so the shows could be successful. It should be noted that contributions from our two Sponsorship Groups allowed us to provide sponsored tables for various not-for-profits we invited for everyone attending the shows. **Bless you all for your generosity.**

To all of our **Guest Speakers**, eight in the spring and eight in the fall. You have no idea how you've touched many in your rooms with your messaging, wisdom and caring. In the end, the mini-conferences were indeed a success. **Knowledge is your power.**

Now for the meat and potatoes, our fab group of **Exhibitors**. Too many to list here, but none the less, we are blessed to have you year after year. You are the life in the room that we all appreciate.

We still have the Sponsors and Exhibitors listed on our website and will do so until the end of the year. Their links are also included on our site if you wish to contact them for anything. I'm sure they would all love to hear from you.

To YOU, our families, friends, neighbours, first timers, long-timers who have taken the time to come to these shows looking for help, guidance, wisdom and social contact. WE are all doing this for you. It's no secret, if we work together to keep our community healthy, happy and relevant, we live longer, with purpose and our healthcare system will be under less stress.

This is not fools wisdom, it's fact. The proof is everywhere. We need to be better at it, we need to share more and to continue to raise our community give a damn levels. Yup!

The 2026 Shows, all four, will officially be announced here in the November 2025 Scope. Around the city we go... Always our pleasure to help our Good Neighbours! **R&T, Take Care!**

The Pros Know 55+ Active Living & Resource Expos 2026 Show Dates & Locations



Local Organization and Business **Resources** to help you take the steps for a better quality of life, now and in the future!

Details here in the November 2025 Senior Scope

Got Questions? eMail us @ prosknowexpos@gmail.com

Stay informed all the time on our website: prosknowexpos.ca



Happy Thanksgiving



Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by Oct. 31 for the Nov. 10 issue. Email wording for your PSAs to: kelly_goodman@shaw.ca.

PROGRAMS / SERVICES

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

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

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

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

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

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

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

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

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels,

errands, etc. Volunteer opportunities avail.

Arborg and District Seniors Resource Council 204-376-3494; **Ashern** Living Independence for Elders 204-768-2187; **Beausejour/Brokenhead** Services to Seniors 204-403-8205; **Victoria Beach** - East Beaches Resource Center 204-756-6471; **Eriksdale** Community Resource Council 204-739-2697; **Fisher Branch** Seniors Resource 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SPORTS

Hank Lemoine: The senior umpire of North American pro baseball



By Scott Taylor
Photos courtesy
the Winnipeg Goldeyes

On Oct. 17, Hank Lemoine turns 71. It will, officially, make him the oldest working umpire in professional baseball in North America.

Not bad for a Winnipegger who just retired from the railroad.

“I’m lucky, everything still works,” said Lemoine with a laugh. “Like I say, the top half only goes as far as the bottom half will allow you to go. So, I got (Goldeyes physio-therapist) Russ Horbal and (orthopaedic surgeon) Dr. Longstaff taking care of my lower half which means I can still move around. I’ve worn the odd brace here and there, but everything still functions so I’ll keep going until the lower half says, ‘OK, that’s enough.’”

In past summers, Lemoine would call approximately 120 baseball games around the city – 15 at Blue Cross Park for the American Association’s Winnipeg Goldeyes, plus some games at Newman Outdoor Field for the Fargo-Moorhead Redhawks, as well. Nobody working games at any level of pro ball on this continent is older than Lemoine, although Major League umpire Phil Cuzzi is close. He turned 70 on Aug. 25.

To be fair, Lemoine knows he’s not getting to The Show anytime soon, but for a guy who has been inducted at least 10 times into various provincial sports halls of fame, just staying on the field is good enough.

“Yeah, I’ve had three inductions with teams and individually in the Manitoba Sports Hall of Fame,” Lemoine recalled. “Plus, two in the Manitoba Basketball Hall of Fame and two in the Manitoba Baseball Hall of Fame. I’ve had one in the Manitoba Volleyball Hall of Fame, which I wasn’t aware of until someone gave me a plaque one day, and I’m in the St. Vital

Right:
Henri (Hank) Lemoine at home
plate at Blue Cross Park.
Photo by Dave Mahussier



Below:
Hank Lemoine with the out
call at home plate in a game
between Sioux Falls and Fargo at
Newman Outdoor Field in Fargo.
Photo by Dylan Engel



Mustangs Hall of Fame and on the Glenlawn Collegiate Wall of Fame.”

Before he became a professional umpire, young Henry Lemoine was one of the greatest all-around athletes in the province. That in itself is remarkable when you consider he didn’t play university sports. He went to the railroad right after high school and spent the rest of his adult life playing in provincial and national championships for fun.

“My first organized sport was baseball,”

he said. “I guess I was eight years old playing at the St. Boniface Optimist Park. Then, because my dad played pro hockey in Edinburgh and the firemen used to put up an outdoor rink where the Bertrand Arena is now, I played a lot of hockey there in the late fifties and early sixties. That’s where I did all my skating, but I didn’t play organized hockey until we moved to St. Vital and then eventually, I played Junior with the St. Boniface Riels.”

Lemoine was a high school basketball star who played high level men’s senior ball with the St. Andrews Super Saints and Nicolett Inn. He played some club volleyball, football for the St. Vital Mustangs and high school soccer at Glenlawn Collegiate. So, getting into officiating seemed like an obvious next step.

“I was often asked to referee basketball, but never did it,” he said. “I thought about officiating for a long time, but it just didn’t happen until I was umpiring my daughter’s softball game, a long time ago over at Norberry community club. John Hindle, the Goldeyes GM at the time and a former teammate of mine, got me a gig doing a Goldeyes game in 1995 when the old Northern League umpires went on strike. The strike didn’t last long, but I started to do more local games and then in 2012, the league asked Goldeyes general manager Andrew Collier to find some local umpires.

“Andrew called me and said, ‘Hey, can you get some umpires?’ So, I got a couple of guys to work with me, and it all went well. Then we did it again in 2013 and one of the regular umpires from the American Association, asked me, ‘Why don’t you go to umpire camp?’ So, in 2014, Bob Blad and I went to Pro Umpire Camp in Shreveport, La. They threw us to the wolves. They gave us D-3 NCAA games to do, and they liked what we did.

“So, they gave us work in Winnipeg as local umpires. I ended up getting 31 games in 2014 and now, in about a dozen years, I’ve done 150 games, about 50 behind the plate.”

This is all great, of course, but at 71, can he really keep up?

“Well, now that we’re a partner with Major League Baseball, we’re on Trackman, which tracks our calls,” he recalled. “This year, my first plate game I was at 92 per cent and in my second, I was 93 per cent. Pretty good with over 200 pitches per game. They tell me that with my eyes today, I have to work on low-zone improvement.

“So, I’m doing that. I mean I want to get better. I think I have a lot of years left.” ■

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Call **204-467-9000** or email kelly_goodman@shaw.ca for details.

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All 55+ Adults Welcome!

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Richer, Manitoba

Every Tuesday

6:00 pm to 9:00 pm

(From September 16 until May 26)

FREE EVENT!

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- Bean Bag Toss
- Ladder Ball Toss

PLUS... Certified YOGA Instructor will also be offering

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(Starts November 4th)

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Go to <https://mensshedsmanitoba.ca/find-a-shed/>

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- Art - sketching/painting
- Guest speakers
- Community projects
- Diamond willow and wood carving
- Table games

Men's Sheds in Winnipeg:

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- Robert A Steen Men's Shed - 980 Palmerston
- Wildwood Park Men's Shed - 271 North Drive
- Riverview Men's Shed - 90 Ashland Ave
- Woodhaven Men's Shed - 401 Westwood Drive
- Lord Roberts Men's Shed - 725 Kylemore Ave
- Garden City Men's Shed - Seven Oaks Arena 2nd fl.

Men's Sheds throughout Manitoba:

- EastMan Men's Shed - Beausejour
- Minnedosa Men's Shed - Minnedosa
- Parkland Men's Shed - Dauphin
- Valley Parkland Men's Shed - Swan River
- Howden Wood Turners Men's Shed - Howden
- Neepawa Men's Shed - Neepawa
- Gordon's Men's Shed - Selkirk

Email us for resources, support, and start-up funding:

mensshedmanitoba@gmail.com

<https://mensshedsmanitoba.ca>

Want to start a **Men's Shed** in your community?



Pembina Active Living (55+)

“Enhancing the lives of older Adults of South Winnipeg”

Pembina Active Living (55+) a non-profit organization dedicated to supporting seniors in South Winnipeg, continues to make a difference through its wide range of programs and services. From fitness classes and social clubs to volunteer opportunities and community events, PAL (55+) helps older adults stay active, connected, and engaged.

To keep these valuable programs running, PAL (55+) is excited to announce its upcoming **Fall Gala Fundraiser** — an evening filled with fine wine and food pairings, socializing with friends, and plenty of chances to win raffle prizes and a 50/50 draw.

The event will be hosted at The Waverley (857 Wilkes Ave.), and PAL (55+) extends heartfelt thanks to them for their generous support in making this special night possible.

Tickets are available for \$50.00 per person and are available at the PAL office, located at 933 Summerside Ave. (Trinity United Church) Each ticket purchase includes a \$25.00 charitable tax receipt included. While at the office, community members are encouraged to learn more about PAL (55+) membership and explore the many programs and services available.

All proceeds raised from the Fall Gala will go directly toward supporting PAL (55+) in continuing its mission to provide vital programs, services and resources for seniors in our community of South Winnipeg.

Don't miss this opportunity to enjoy a fun-filled evening while supporting a great cause. Gather your friends and join us in celebrating community, connection, and



care for seniors all in support of a great cause.

Contact Information:
204-795-9211
programs@pal55plus.ca
pal55plus.ca



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.....

Embroidery 101
Presented by Lizzy B's Needle Art Supplies

.....

iPad/iPhone for Seniors
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.....

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- Country Christmas Show Ticket at Herman Prior!
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- Home cooked Turkey Supper.
- Winter Wonderland Lights Drive Thru.

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www.rwbgetaways.com

Pembina Active Living 55+ Fundraising Gala

October 16, 2025
7 to 9 pm • The Waverley • 857 Wilkes Ave.

This special evening is to raise funds to enhance the lives of older adults living in South Winnipeg.

A stunning event at a beautiful venue, creative food with tastefully chosen wines. The special touch of beautiful local music make this a wonderful evening to share with friends.

Call or email for tickets:
204-946-0839 | office@pal55plus.ca

\$50 minimum donation
With \$25 tax receipt.

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Presenter: Oksana Tymofii
Migrant escaping War in Ukraine
November 12, 2025 at 2 p.m.

Location:
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Free of charge
Light Refreshments

Contact: programcoordinator@westworth.ca



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

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AT THE BEST PRICES

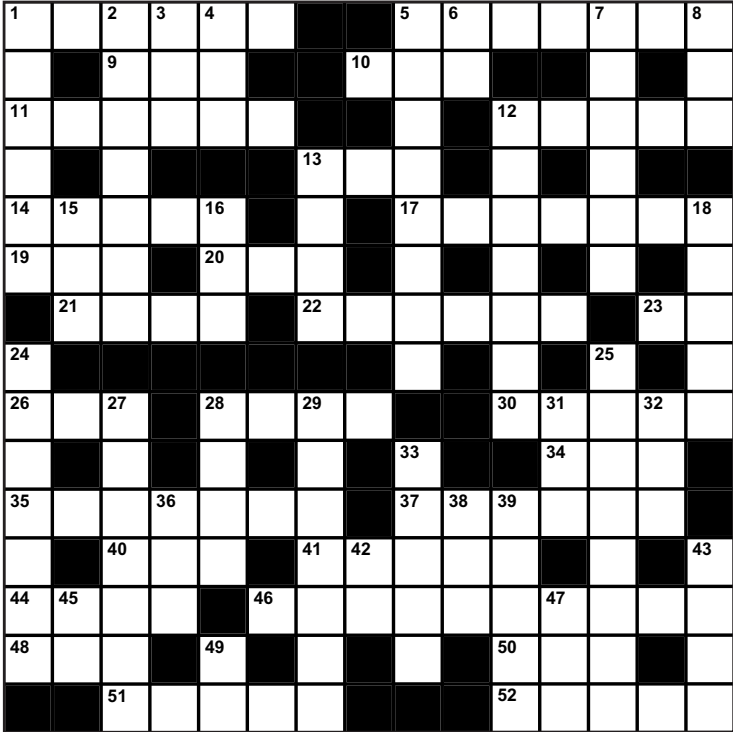
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CROSSWORD - HALLOWEEN By Myles Mellor

- ACROSS**
- Halloween bug-like creature
 5. Illuminated, at night
 9. "When Harry met Sally" star, first name
 10. Auction segment
 11. Halloween color
 12. Breakfast food
 13. "Is it soup ___?"
 14. Turkey slicer
 17. Crop yield
 19. Passion
 20. Hasty escape
 21. School session
 22. Chutney and cranberry, for example
 23. Augusta state
 26. Turkey seasoning
 28. Peace item
 30. Ghost wear, perhaps
 34. Medical org.
 35. Halloween wear
 37. Protecting charm
 40. Actress, Basinger
 41. Takes out
 44. Horror classic, "The ___"
 46. Harvest time action (2 words)
 48. Sewer mammal
 50. Swelled head
 51. View
 52. Not so common



- DOWN**
- Scary
 - Picture
 - Place to watch football, perhaps
 - Bird in the making
 - Bite of apple pie perhaps
 - Football position
 - Fall features
 - Batman foe
 12. Thanksgiving fare
 13. Thanksgiving potatoes
 15. Kind of trap
 16. Nightmare street
 18. See 5 across
 24. Halloween game (goes with 56 across)
 25. Conduct
 27. Harvest carriers, traditionally
 28. Kind of pudding
 29. Look into the future
 31. 2001 computer
 32. Wolf down
 33. "Psycho" bad guy
 36. Oz man
 38. Came across
 39. Last word of a Poe title
 42. Audi-visual, for short
 43. Ivan the Terrible, for one
 45. Apple pie cooker
 47. Turkish title of rank
 49. Kilogram, for short

SOLUTION ON PAGE 23

WORDSEARCH - THANKSGIVING By Roni Alward & Senior Scope

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

- | | | | | |
|-------------|--------------|------------|------------|-------------|
| Ample | Cider | Friends | Meal | Plenty |
| Autumn | Classic | Glazed | Meaningful | Plump |
| Bake | Cook | Gourd | Memories | Prayer |
| Baste | Corn | Grateful | Merry | Privileged |
| Beans | Cranberries | Gravy | Nap | Recipe |
| Biscuits | Creamy | Ham | Native | Roast |
| Bless | Crisp | Happy | Noble | Rolls |
| Bounty | Dessert | Historical | Oven | Savory |
| Brunch | Drowsy | History | Pans | Settlers |
| Buns | Elegant | Holiday | Past | Spiced |
| Buttery | Faith | Home | Pecan | Sweet |
| Cards | Fall | Hostess | Pie | Thanks |
| Celebration | Family-style | Lavish | Plate | Traditional |
| Cheer | Feast | Maize | Platter | |

SOLUTION ON PAGE 23

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8 am - 3:45 pm | Cost: \$50
(includes lunch buffet/resources)

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Support Services for Older Adults



A promotional banner for the South Beach Concert Series. On the left is a large, stylized microphone icon with three lightning bolts striking it, all within an orange circular frame. To the right of this, the text 'THE NEW' is in small orange letters above 'SOUTH BEACH' in dark blue. Below that, 'Concert' is written in a large, blue, bubbly script font. Underneath 'Concert' are three plus signs followed by 'SERIES' in dark blue, and another three plus signs. At the bottom of this section, it says '7 New Shows Coming Soon!' in a dark blue script font. To the right of the text is a QR code with the words 'Tickets Online' in orange script above it. On the far right is the South Beach Casino & Resort logo, which features a dolphin jumping over a sun, with the text 'SOUTH BEACH' in an arch above and 'CASINO & RESORT' in a teal box below. Underneath the logo is the slogan 'Simply Irresistible!' in orange script. At the bottom right, it says 'DETAILS AT SOUTHBEACHCASINO.CA' in dark blue.

SUDOKU - Easy *Senior Scope*

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

Each 3x3 cell has the digits 1-9.

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

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

SOLUTION
TO THE RIGHT

TEST YOUR WITS

1. Why is Canadian Thanksgiving earlier than American Thanksgiving?
2. Canadian Thanksgiving is a statutory holiday except where?
3. When was Thanksgiving declared a national holiday in Canada?
4. Who celebrated the first Thanksgiving in Canada?
5. How much does the average turkey weigh?
6. What do the pumpkins cure according to the old wives' tale?
7. What is the best place in the turkey to put the thermometer?
8. Which is the first country that made Thanksgiving a national holiday?

ANSWERS TO THE RIGHT

Read **Senior Scope** online at:

www.seniorscope.com

Or sign up for the free monthly email subscription.

Never miss an issue of **Senior Scope**.

Email: kelly_goodman@shaw.ca and type **"Sign me up"** in the Subject line.

WORDSEARCH - Solution

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

CROSSWORD - Solution

[illegible]

SUDOKU - Solution

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

TEST YOUR WITS

- Solutions

1. Earlier harvest season
2. Nova Scotia
3. 1879
4. Martin Frobisher (English
Voyageur. Frobisher Bay
is named after him)
5. 15 pounds
6. Freckles
7. Thigh
8. Canada

LAUGH A LITTLE

When I did some financial planning, I realized I can retire at 92 and live a comfortable life for 12 minutes.

I use 'incorrect' as my password, so if I forget, my computer will tell me it is incorrect.

My driving must be bad. My GPS said, "In 300 feet, make a slight right turn, pull over and let me out!"

I decided to please my wife by always putting the cap on the toothpaste after years of not doing so. I thought she'd thank me, but instead she said, "Why aren't you brushing your teeth?"

**What kind of bee can't make up its mind?
A maybee.**

the CLASSIFIEDS

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

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

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Make some extra cash!**

\$\$\$

JOBS

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Clear Sailing

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

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

Size: 20" high x11" long
 Contact Jordan.vansewell@shaw.ca
 Price \$2,300



Advancements in Hearing Aids: Insights from Kevin Greig, Co-Owner of Horizon Hearing and Karyne Steele - Head of Resound Canada

Kevin : What are the latest advancements in hearing technology today?

Karyne : Hearing aids have experienced significant advancements in recent years, driven by technological innovations and a deeper understanding of hearing loss. Key developments include the integration of smart technology, which allows wearers to connect their hearing aids to smartphones and other digital platforms. This connectivity enables wearers to control their devices through applications, adjust settings, and stream audio directly to their hearing aids.

Kevin : This is excellent news for our clients, as it allows them to connect with friends and family seamlessly while ensuring clear and understandable conver-



sations. Are there other advancements that would appeal to those considering hearing aids?

Karyne : Absolutely. One of the primary concerns expressed by hearing aid wearers is the ability to hear but not understand, particularly in noisy environments. Advances in digital signal processing like the introduction of AI and DNN have significantly enhanced sound quality. Modern hearing aids now feature sophisticated algorithms that can differentiate between various sounds, effectively reducing background noise and improving speech clarity, thereby enabling individuals with hearing loss to engage effortlessly in conversations.

Kevin : That is indeed encouraging. Any technology that facilitates social connections is a valuable benefit for those with hearing loss.

Karyne : Yes, we are committed to delivering the clearest signals to end users, and we will continue to develop this as technology evolves. Additionally, we have made substantial improvements in personalization, customization, and accessibility. Hearing aids can now be tailored to individual hearing profiles, providing a more personalized listening experience. For instance, we have introduced telehealth capabilities, allowing clinicians to remotely adjust hearing aids and provide support from the comfort of your home. Another exciting



Karyne Steele -
Head of Resound Canada

advancement in hearing aid technology is the introduction of Low Energy Audio transmissions, which enable a new feature called Auracast. Auracast is a next-generation audio broadcasting capability that allows users to connect with public address systems in various settings, such as theaters, airports, museums - anywhere people gather. This feature is built-in and ready to use.

Kevin : What about ease of use? Have there been advancements in that area?

Karyne : Yes, we have made significant strides in this area as well. Many hearing aid styles now come with rechargeable batteries, eliminating the hassle of changing batteries. Wearers simply place their devices in the charger for all-day use.

Kevin : What technology is currently available with all the advancements we have discussed?

Karyne : In addition to the improvements mentioned, **ReSound Canada** has recently launched the **ReSound Vivia**, recognized as the world's best hearing aid for noisy environments and the smallest AI DNN hearing aid available on the market. This device allows us to "spotlight" speech while minimizing distracting background noise, ensuring outstanding sound quality and enabling wearers to focus on what matters most—enhanced speech understanding in all situations.

The Vivia also incorporates AI designed to empower users to choose their focus at any given moment. It enhances the brain's natural strengths, allowing users to experience sounds more vividly and effortlessly. Furthermore, Vivia offers nearly invisible styles, various power levels, and customizable options in color, style, and size—providing wearers with a comprehensive solution.

We invite you to visit **Horizon Hearing** to experience the **ReSound Vivia** for yourself or for a loved one. 🍪

Horizon Hearing Centres uses the latest equipment and technology to properly fit clients with the best hearing aid for them.

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