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43 Gimli Glider Anniversary Dinner.
L-R: Bud and Donna, Pearl and Bob.

CAPTAIN BOB PEARSON- *A Canadian Hero*

A MANITOBA MOMENT
By Bud Ulrich

On my way to Gimli, my thoughts were all over the place wondering about Bob Pearson – this incredible person who safely landed Air Canada (AC) flight 143, a large Boeing 767 aircraft, at the Gimli Motorsports Park (formerly the Royal Canadian Air Base) on July 23, 1983. This is a man who is known world-wide and has been interviewed many times, and I certainly didn't want to bore him with mundane questions that he's heard many times before.

Continued on page 6



Captain Bob Pearson with the vertical stabilizer of the tail wing section of Flight 143



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



Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

- Submitted by Linda Brown



Linda Brown,
Executive
Director, AAIM

Thank you to everyone who entered our **Summer Challenge!** It is great to see how many people took the time to let us know how active they have been over the summer.

Let's keep it going! Enjoying the fall colors as you walk, cycle or play golf is a way to appreciate our changing seasons and move more!

Participants in our Summer Challenge are great examples of older adults benefiting from moving every day. Several of our participants told us they are in 80's and 90's and their one main message was to keep moving as we age. They all contributed their longevity to moving every day and they all expressed how much they enjoyed their activities and how it was just a part of their lifestyle. I also noted how many participants had a variety of activities that they do each week.

Active Aging Week is around the corner – October 5 – 11, 2026. This annual inter-

national week is designed to celebrate healthy lifestyles and positive aging. The theme this year is “Move Your Way”. Finding an activity that you really enjoy is the key to that consistency that we need to gain the health benefits associated with regular physical activity. But beyond the health benefits both physically and mentally, there are the benefits of improved mobility, and the ability to remain independent.

Research has demonstrated that being active not only can improve our physical health but leading an active lifestyle also contributes to our mental well-being. Physical activity has been shown to help with depression and anxiety. In many cases being active has shown to be as effective as anti-depression medications. Joining a group for regular physical activity – such as a walking group – really supports positive mental health as we feel good about accomplishing the activity and the opportunity to interact with others has a positive impact on our cognition.

Celebrate Active Aging Week by getting a group together to participate in an activity. So why not take the lead with a group

of friends, family or neighbours and invite them to join you at your local park for a walk? If you want more ideas for planning an event or activity, please see our “Active Aging Week “ideas as part of this edition or visit our website to view our Active Aging Week guide.

Want to join Active Aging in Manitoba for an Active Aging Week event? We are partnering with the Wellness Institute at Seven Oaks Hospital on October 7th for an event that includes a keynote address “*Redefining purpose later in life*”, a stretch break, an urban poling outdoor walk, and lunch. Cost is \$35.00 per person – space is limited so please contact the Wellness Institute to register by calling **204-632-3900**.

Questions?

Contact:
Active Aging in Manitoba:
204-632-3947
www.activeagingmb.ca

Remember - Move more and sit less!

AgeTech Discovery Day.

- Rachel Ines - Centre on Aging

Technology has profoundly affected our everyday lives. Almost everything we do involves some aspects of technology, whether that's surfing the internet, watching or streaming TV shows and movies, listening to the radio, using smart devices and appliances in our homes, or using apps on our mobile devices to pay for parking or ordering a product. Technological advancements have also made it possible to help people to age in place. The World Health Organization recognizes **October 1 as International Day of Older Persons (IDOP)**, and Canada recognizes this date as **National Seniors Day**. In recognition of IDOP, the University of Manitoba's Centre on Aging will host an **AgeTech Discovery Day** as part of a series of national events. This public event will be



Photo by Kampus Production on Pexels

open to older adults and their caregivers and will provide a venue for Centre on Aging Research Affiliates to showcase their technology research. The Centre on Aging's event will take place
October 1, 2026 | 1:30-4:00 PM
Holiday Inn Winnipeg-South
1330 Pembina Hwy, Winnipeg
Registration link:
<https://event.fourwaves.com/agetech2026>

The event is free to attend but registration is required by September 23, as space is limited.

The AgeTech Discovery Day was conceived by AGE-WELL, a “network that brings everyone together to develop technologies and services for healthy aging.” Events will be hosted across seven Canadian sites in British Columbia, Alberta, Manitoba, Ontario, Quebec, and Prince Edward Island with partial support from the Canadian Institutes of Health Research. The purpose of the event is to build awareness of how technology can support aging in place and promote healthy aging; as well as engage older adults and caregivers to participate in meaningful research. Funding to support the Centre on Aging event in Winnipeg is being provided by Research Manitoba. ■

Senior Scope is proudly Indigenous-owned and operated. We respectfully acknowledge that **Senior Scope** operates on Treaty Territory, the traditional lands of the Ininiw (Cree), Anishinabé (Ojibwé), Anishiniw (Ojibwé-Cree), Anisininew, Dakota, and Dene Peoples, and the Homeland of the Red River Métis, whose histories, cultures, and contributions continue to enrich our communities.

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Nostalgia concert to mark Radio Station Anniversary



The Nostalgics

Winnipeg's nostalgia radio station is celebrating a birthday. Community radio CJNU turns 20 this year. To kick off celebrations, the station is staging a Night of Nostalgia... a variety concert featuring music, dance, comedy and memories.

"We promise a night where everything old is new again," says Garry Moir, who is helping organize and promote the event. "Winnipeg has some fabulous talent, and we intend to showcase it, because that's what community radio does."

The all-star lineup features a women's quintet known as the **Nostalgics**, **Broadway classics**, the **St. Charles Big Band** and special guest artist... Juno award winner **Joey Gregorash**. Also on hand will be "**George and Gracie**", whose comedy routine was a smash hit at the Winnipeg Fringe Festival.



Joey Gregorash

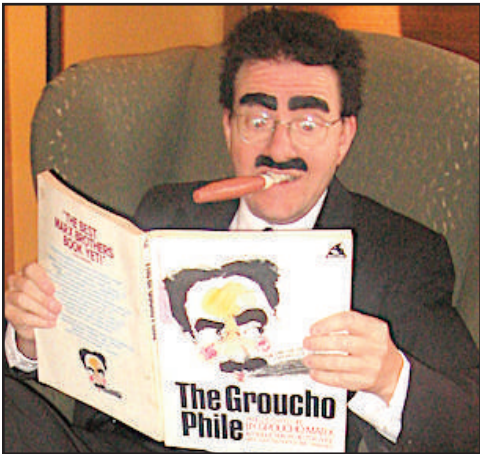
"Who knows, **Groucho Marx** might even put in an appearance," says Moir. "It will be a night of surprises."

CJNU General Manager Adam Glynn says the event will also be a chance to say thank you to the radio station's loyal supporters over the past two decades.

"We want this to be a gift for our listeners and supporters. It will also give us an opportunity to recognize and celebrate our pioneers who launched the radio station 20 years ago."

CJNU is also promising nostalgic pricing for the event. The cost of a ticket is just \$25.

"**The Night of Nostalgia**" concert will be held at the **Gas Station Arts Centre** at River and Osborne, on Saturday, October 17, at 7 pm... rush seating. **Tickets can be obtained by going to the CJNU website**



Groucho

cynu.ca or by calling 204-774-3190. Website tickets may be purchased with credit

- Submitted

card... telephone tickets by cash or e-transfer. If available, tickets may also be purchased at the door; cash only.

CJNU can trace its roots back to 1995 when CKVN radio went on the air for a few days, bringing back memories and music of World War II. The station proved to be so popular that it continued broadcasting on a month-by-month basis. While there were many twists and turns along the road, the station eventually evolved into a fully licensed operation known as **Nostalgia Broadcasting Co-operative**. CJNU was granted a community license in October 2006 and went on the air in December of that year.

Contact: Garry Moir 204-774-3190.

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SRI LANKAN SENIORS: By Senaka Samarasinghe

Daya Perera Memorial: Renaming Annual Softball Tournament

Chitral Dasanayake, President, Bloomfield Cricket and Cultural Club, was invited to the 18th Annual "SoftBall Cricket Tournament" on July 18th (SUN), 2026, at St. Vital Park. They organized a special renaming ceremony at 4.00 pm as "Daya Perera Memorial - SoftBall Tournament". ■

AGM - Sri Lankan Association of Manitoba

Sri Lankan Association of Manitoba (SLAM) conducted its Annual General Meeting (AGM) on July 17th (FRI), 2026, at 7.00 pm, Room No. 130, Agricultural Building, University of Manitoba.

After a decade as President of SLAM, I observed that several improvements had been introduced to benefit the community.

I am happy to note that SLAM has already registered with Folklorama. On 9-4-2017, SLAM called a meeting at the Community Hall of the Pembina Trails Library to discuss the possibility of conducting Folklorama. During that meeting, it was observed that SLAM could not conduct such a venture.

Currently, Sri Lankan Seniors Manitoba (SLSM) is a subsidiary of SLAM. On 6-6-2015, SLAM's 13th AGM was conducted. Its first Board meeting was held on 22-6-2015. During this meeting, several proposals were made. Introducing a Seniors' group for SLAM was one of them. When the Board of SLAM discussed this, Daya Perera called for an informal dinner meeting at his home with about 15 invitees on 13-6-2016 to prepare the framework. On 23-6-2016, a meeting was held at the Community Hall of the Pembina Trails Library (PTL) to establish a seniors' group for SLAM, named Sri Lankan Seniors Manitoba (SLSM).

At the AGM (17-7-2026), it was discussed to connect with the Sri Lankan High Commissioner (SLHC). During my tenure (2015/2017), we invited the SLHC Ahmad A. Javad as the Chief Guest of the Annual Sri Lankan New Year ceremony (23-4-2016). He inaugurated the Trade Fair with 15 stalls, which were operated alongside the above ceremony.

On 23-4-2016, in the morning hours, the SLHC, Mr. Javad, visited the Canadian Museum for Human Rights. He inquired about the progress of accepting two Human Rights Activists proposed by the Sri Lankan community.

Further, on 23-4-2026, Interim Sri Lankan Business Council of Manitoba (I-SLBCM):



Daya Perera Memorial - renaming ceremony for Annual SoftBall Tournament

(1) On 22-4-2016, SLHC Mr. Javad Chaired the Sri Lankan Business Council at the Community Hall of the PTL. (2) On 27-6-2016, conducted a meeting with the Vice President of the Winnipeg Chamber of Commerce. (2) On 3-8-2016, conducted a Board Meeting. (3) Inaugural Business Leaders meeting held on 15-9-2016. SLAM participated as a facilitator for these meetings. However, not possible to register SLBCM.

I am happy to note that SLAM is trying to establish a youth group, whereas during my tenure too we tried but were unable to achieve the target. I wish SLAM all the success in this great endeavor. ■

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Peter J. Manastyrsky

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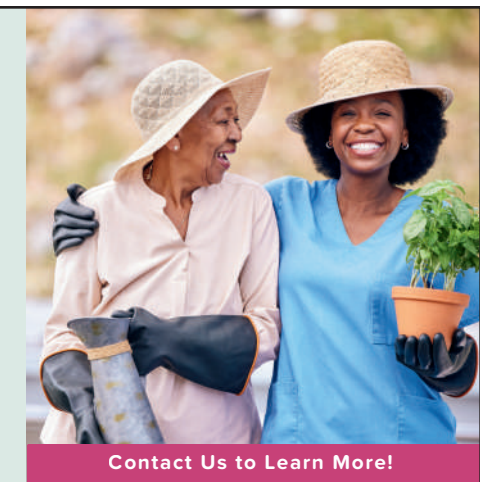


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CAPTAIN BOB PEARSON..., *cont'd from front page*

Barbara Gluck, president of the Gimli Glider Museum, greeted me at the door of the museum. She introduced me to Clint Ward, another Air Canada captain, who asked me where I lived. "Winnipeg," I said. Clint said, "Why?" My response was, "I was born in Winnipeg, and grew up in the North End." Again, Clint said, "Why?" After a few more exchanges of why I live in Winnipeg, I asked Clint where he was born. He said, "Saskatoon." You can now guess what I said to him – "Why?" Both of us had a good laugh.

Shortly after chatting with Clint and Barbara, Bob Pearson arrived and immediately I felt comfortable meeting him and his partner Pearl. We moved to a quiet location in the museum and sat down for the better part of an hour for a very relaxed chat. Life has many ups and downs, and Bob and Pearl are no exception. Pearl, her husband Rick Dion, an Air Canada maintenance supervisor, and their three-year-old son were passengers on Flight 143. Sadly, years after the epic landing, both Bob and Pearl lost their spouses. They met later and shortly thereafter became a couple who are fortunate to have another chance at enjoying life.

Bob was born in Côte Saint-Luc Hospital in Montreal, Quebec. He was five when World War II started and he lived in NDG, Montreal during the war years. "We lived on several streets, but my parents never owned a home in their lifetime. At the end of the war when the troops returned, there was a shortage of accommodations and families had difficulties finding living space. Because of this, I lived for a year with my father's mother in her apartment, and my sisters lived with our mother and her father in Toronto."

When Bob was nine years old, they moved to Sainte-Anne-de-Bellevue, Quebec, where he attended school. He lived one block from the school and during lunch hour, he hustled home, gobbled up a couple of sandwiches and headed back to school to play football. Bob loved sports. He admitted he wasn't a good student, and during class time

he would be daydreaming, looking out the window watching the clouds go by, or reading his favourite pocketbook propped up inside his geography book. After a one-hour history lesson, Bob had no idea what topic was being delivered and didn't seem to care much either. Hockey and football consumed most of Bob's thoughts and time.

At the age of 14, Bob was enrolled in army cadets and participated in basic training during the summer months. Every year after that, he was never home during the summers. He landed a bush camp job north of Baie-Comeau. One student per camp was company policy. Every camp had 35 French Canadian lumberjacks, six Montagnais Indigenous Peoples, and one student. For the next two summers, Bob worked at this camp and doing so this contributed to his physical stature. "We had a bully in high school who would whack you in the stomach and knock the wind out of you, and I wanted to toughen up. I was a scrawny little kid," Bob said.

It seemed there was never a dull moment for Bob during his summer excursions. He was heading up to Rimouski on the train and spent a dollar in the hotel which turned out to be a house of ill repute. The lock on his hotel room door was broken causing further concern, but that was part of the way things were.

Bob applied to the employment manager at a Baie-Comeau logging company and was asked if he had an identification paper. It was folded and somewhat ragged, and the manager said, "It says you're 21." "YES SIR!" was Bob's response. Then a further query, "Are you 21?" "NO SIR!" "Then how old are you?" "Fifteen". "We can't hire you." Bob only had a few bucks in his pocket, not even enough to cross the St. Lawrence River. Bob said, "You are the only person I know here, so I guess I'll just follow you home and sleep on your porch. The manager softened a bit and said, "We'll hire you for two weeks and then we'll buy you a ticket home." For the next two weeks, Bob worked his butt off, 10



Clint Ward - Air Canada Captain

hours a day, and six days a week. The second day he was so stiff he had to roll off the upper level of the bunk bed.

The forest was quite dry that year and a fire erupted. Bob was drafted by the Quebec government to fight fires. The logging operation was shut down. An Indigenous fellow offered Bob a chance to fly in a Beaver aircraft on floats. Next thing, he was in the back of the plane with five other Indigenous fellows. There were no seats or seat belts. Off they went flying over the fire. Bob was ecstatic – he'd never been higher than the top of a spruce tree. The pilot made several sharp maneuvers causing the passengers to slide back and forth hitting each side of the plane – great fun. This was the start of Bob's interest in flying airplanes.

Bob got involved in gliding aircraft. Shortly after, he received his private and commercial pilot's licence. Fast forward, he was hired to fly DC3s for Air Canada. "At my age I've got one bit of unfinished business to attend to,

and that is to thank the offspring the fellow who got me on my first flight," Bob said.

It was time to delve into to the amazing saga of the Gimli Glider. I decided to chat with Pearl first, and discovered that prior to Flight 143, she and her husband Rick Dion and her young son Chris, decided to visit her ill father in Vermillion, Alberta. Their older two children remained in Montreal with her sister-in-law. She and her husband and son booked their travel on AC Flight 143 to Alberta. At this time, Pearl didn't know Bob, but her husband Rick who was a maintenance engineer with Air Canada, knew him through the aviation community.

During Flight 143, Pearl and her son Chris were watching a movie in a different section of the plane as the screen was not working in their area. Pearl provided a detailed account of the final landing, "Rick was in the cockpit with captain Bob and First Officer Maurice Quintal. Suddenly, everything went dark and we were instructed to return to our seats, wondering why? Looking somewhat frightened, the flight attendants made an announcement and proceeded to put the passengers through emergency procedures. I knew there was something very wrong. I'd flown often and this was the first time we had been instructed on emergency procedures. I didn't recognize the atmosphere on the plane as I was focused on my son who was only three. My thoughts were, 'Oh my goodness, if something happens, I brought you into this world, and now you're going to go.' I thought we were going to crash. The flight attendants turned grey, but they were very good and did their jobs. Rick had returned to his seat informing us that we were a little short of gas. He told the folks everything was going to be okay, and they would be landing in Gimli, although the passengers thought the landing would be in Winnipeg. I must brag about Rick; he could take an airplane apart and put it right back together. He knew his stuff."

Continued on next page



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CAPTAIN BOB PEARSON..., *cont'd from page 6*

Bob put the plane into a slide slip maneuver which can best be described as the aircraft moves sideways through the air while its nose points straight ahead along the flight path. 'We were looking out the window and could see people golfing. The plane was shaking hard and we were hanging on. All of a sudden, I couldn't believe we had landed. Surreal! Everyone was in shock. Upon landing in Gimli, Bob's main concern was getting everyone off and away from the plane as he recalled a Cincinnati plane crash one month earlier where the onboard fire took the lives of half the passengers. We needed to get off the plane quickly, so Rick grabbed Chris and slid down the chute. I was more scared to go down the chute than being in the airplane. The flight attendant had to give me a push. Even after we landed, the flight attendants thought they were in Winnipeg. One of the flight attendants asked where's the terminal was located. Bob informed her, 'It's that wooden shack over there.'"

Bob remembers quite accurately what happen when landing Flight 143 at Gimli, because he has given many accounts of that day. I asked Bob what goes through his mind when he's a passenger on an aircraft? "You're so conscious of safety and things that could happen from experiences with other airplanes. What happens if an engine fails? What happens in five seconds or ten seconds? What would I do, especially on take offs, more than landings. I must be

prepared to act accordingly. I think all pilots are alike. For instance, if you're crossing the Atlantic and lose an engine, what do you do? You plan for this, and you plan your fuel. Before every takeoff there's refueling under normal operations, because we don't tanker fuel (large tanker truck carrying fuel). For example, you plan the fuel from Toronto to Winnipeg, using Regina as an alternate depending on the weather in Winnipeg. Air Canada always uses an alternate landing site, although it's not required by Transport Canada. Bob's concern for the people today is relying too much on technology. The hands and feet controls are slowly disappearing even in airlines such as Air Canada, and it's the fault of the airlines. It's cheaper to operate with the automatic controls, more efficient, turn at the exactly right moment, the right amount of power, instead of manual operations. Many pilots are discouraged from hand flying. They figure it's safer to use the automatic controls rather than rely on the old-fashion hand/feet controls, and that's what's going on in the world today."

With Flight 143, he initially thought it was a computer problem that he didn't understand, but there was no time for Bob to dwell on the so-called computer problem. He made the decision to divert the flight to Winnipeg. Then he had a real problem – both engines failed and the engine instruments disappeared. The issue of the changing over

from imperial measurements to metric is well documented and through a series of miscalculations, insufficient fuel supply on Flight 143 caused the failure of both engines. The calculation factor was made for pounds instead of kilograms. The error resulted in less than half the amount of fuel needed for the journey from Montreal to Edmonton.

"In case of an emergency, you must draw on whatever you have to deal with the situation. During the Gimli landing, I felt I had tunnel vision – an atomic bomb could have gone off beside us, and I wouldn't have noticed. It was our aircraft and that piece of cement (runway) – total focus on it. I was calm – I was cold – zero emotion. Until we touched down, I didn't know the nose wheel wasn't locked. It was a fairly gentle landing. I used the foot brakes and we slid along the runway for a few thousand feet. As soon as the nose gear collapsed, I saw the boys on the runway – THAT was emotional. I wasn't going to hit those boys. I was going to take the plane off the runway, but they fled. Then it was rote memory – 'Okay Maurice, let's shut this thing down.' We went over the shut-down procedures, and by now the airplane was filling with smoke. We were told there were over a hundred micro-processors in this plane, not what they did, nor the interaction. How could we be in this situation with all the GD computers – what's gone wrong?"

Bob pulled a small piece of paper from his wallet which he has kept with him

since a decision was made following the landing of Flight AC143 in Gimli, Manitoba on July 23, 1983.

"And finally, after a year of hearings at the Federal Government Public Enquiry Air Canada's lawyer Patrick Saul read into the final session: 'With respect to pilot performance Air Canada has submitted that the performance of the flight crew is beyond reproach in every respect, and I submit that there is nothing in the evidence which would contradict that statement.'"

My partner and I had the pleasure of attending the 43rd Anniversary Dinner of the Gimli Glider and greatly enjoyed not only Bob Pearson's speech, but also the interesting comments and humour from Captain Clint Ward's keynote speech. He flew the Gimli Glider, once it was repaired, from Gimli to Edmonton - its original destination.

Bob and Pearl live on 105 acres half way between Ottawa and Montreal. There's lots to do. He splits his own firewood and takes care of a herd of alpacas. Although Bob is 91 years old, he's still very active and travels on occasion to conferences. Aside from the "worldly" recognition he receives, his pleasant character conveys a natural ability to make others comfortable. I spent a bit of time over two days with Bob and Pearl which was very special to me. And thanks to Peter Grant who made arrangements for a chance to meet up with this amazing couple. ■

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SCOTT OAKE - *Staying Connected*



A MANITOBA
MOMENT

By Bud Ulrich

My recent chat with Scott Oake via Zoom on our computers allowed us to connect and discuss what's happening in his life and his recent retirement after 37 years as a broadcaster with Hockey Night in Canada. His impressive career covered 53 years in broadcasting resulting in several awards, as well as being recognized for his contributions to the province and our country.

This fall season when Hockey Night in Canada starts up and Scott won't have to board a plane, he senses retirement will become a reality. I can only imagine the huge number of miles he has put on travelling across Canada and beyond. He looks forward to not having to go to the airport. Over the years when Scott travelled, flying was certainly far less demanding than it is today. His daily routine includes writing a note of four things to do. With a chuckle, he hopes to achieve one. Weather permitting, he rides his bike with his dog (previously owned by his son Darcy) running alongside, followed by his daily visits to the Bruce Oake Recovery Centre. More on this later.

Scott was borne in Sydney, Nova Scotia, and at 14 years of age, his family moved to the beautiful province of Newfoundland. He has fond memories of this province, and as his mother used to say, "It's all rocks and water!" We chuckled about Newfoundlanders proudly reporting 'In 1949, Canada joined Newfoundland.' "That referendum was close. They almost became a territory of the US," Scott said. He spent his teenage



Scott Oake

years there and came to Winnipeg in the winter of 1975.

Scott's participation in sports was limited. He got involved at the recreational level. "I wasn't a great athlete. I was always better at talking about it rather than participating," Scott said.

As a youngster, he watched the National Hockey League games on television on Saturday night. His folks had one channel – CBC, and watching Hockey Night in Canada was kind of an appointment. From this ritual, Scott developed a fascination for the game and broadcasting. They either watched the Toronto Maple Leafs with Foster Hewitt calling the games or the Montreal Canadiens with Danny Gallivan. "Danny Gallivan was special in our house because he was from Whitney Pier in Sydney, Nova Scotia, exactly the place where my father was from, and we marvelled at his 'isms' like 'cannon-ading drive' and 'spinorama'. I recall reading something from an English professor who wrote a letter to Danny Gallivan stating, "There is no such word as cannonading." Danny replied, "Now there is!"

Scott's early days as a youth did not include his dream of becoming a broadcaster. His entry into the business of broadcasting was a result of following his late brother Bruce who was on the university radio station. He, too, was always fascinated with broadcasting and Scott followed him wherever he went. As Scott likes to say, "I fell in love with the sound of my own voice – that sort of 'ripped the fire' for broadcasting." He fell in love with the business. Scott left university to take up broadcasting, much like his good friend Bob Irving. It's interesting to note that both these gentlemen ended up becoming elite broadcasters.

There are many twists and turns in our lives, some good and some not so good. The loss of Scott's son Bruce several years ago and more recently his wife Anne in 2021, is most difficult.

Fortunately, Scott has a new partner Kathy Pion to share in life's opportunities.

The Bruce Oake Recovery Centre is very special to Scott, and more often than not he visits the centre daily. He wants to know the participants – he knows most of them by name. Scott tries to get a workout there. He emphasizes, "I have nothing to do with running the place, nothing whatsoever. It's way outside my wheelhouse. One of my favourite expressions – Anne and I were good at two things – having lunch and asking for money. Keeping Bruce Oak Recovery Centre running like a world class facility is being done by a lot of other people who know what they're doing," said Scott.

Several significant events happened during Scott's broadcasting career. He covered 14 Olympics – live, starting with Montreal in 1976 at a young age of 22 years. He thought his career had peaked at that point, but then he realized as time went on that there were 26 sports in those Olympics and it was CBC's first entry into marathon broadcasting. In other words, live shows, morning, afternoon and primetime in the evenings. It was all-hands-on-deck. Every commentator across the country who spoke English was assigned to a sport. "My star had risen – I did wrestling in Montreal and I researched the sport enough to make me think that I knew everything about it, which of course I didn't. I always joke and say that one of my greatest conquests in broadcasting was in those early years, 1976, when I was able to keep the guy who actually wrestled in Munich in 1972 who knew the sport inside and out, I was able to keep the guy quiet most of the time and do all the talking." With "tongue in cheek", Scott was able to cash in on his extensive knowledge of the sport. When he thinks back on it now, he feels his approach was all wrong.

One incident that stands out more than others involved Scott's first interview with Ben Johnson in Seoul, Korea in 1988. "That was special in a negative way. The night before the race, Geoff Gowan, legendary track and field commentator (since passed away) and I were having dinner in the hotel the night before the men's 100. I remember the discussion – because there were all sorts of rumours about steroid use in track and field, and at least six of the eight guys after the race tested positive somewhere along the line. I remember saying to Geoff – 'could you imagine if Ben Johnson won the gold and tested dirty. The country couldn't stand it.' It doesn't make me a genius, but it is what happened."

Scott was an extraordinary and gifted commentator. For all his accomplishments over the years and his development of his son's Bruce Oake Recovery Centre, he received the Order of Manitoba. He is a very humble person and was surprised to receive this award. He offered eight reasons why he shouldn't. He also received the Order of Canada. Scott is very proud of his other son, Darcy, who is a world class illusionist. It is not surprising that Scott Oake's illustrious career is an example of how a person can have a personal achievement that becomes greater than his success in broadcasting. ■



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Health & Wellness

Practical tips and ideas for your well-being

Staying healthy and active is an important part of enjoying life at every age. In this section, we share helpful health and wellness information for older adults, with practical tips, resources and ideas to support physical, mental and emotional well-being and help you make informed choices for a healthier lifestyle.

Heart to Home Meals supports Alzheimer's Awareness

- Heart to Home Meals - Fred Pennell

September marks **World Alzheimer's Month** and September 21st being World Alzheimer's day, a global initiative aimed at raising awareness about Alzheimer's disease and other forms of dementia. This annual event serves as a reminder of the impact that these conditions have on individuals, families, and communities worldwide.

We cover this important month annually, because the fight against Alzheimer's continues, and this year presents a fresh opportunity to contribute to this ongoing battle in new and meaningful ways. Here are some you can consider:

A Collective Effort for Awareness and Support

Alzheimer's disease, the most common form of dementia, is a condition that affects millions of people globally. It's a progressive brain disorder that can lead to memory loss, cognitive decline, and changes in behaviour. World Alzheimer's Month is not only a time to show solidarity with those living with dementia but also a chance to learn, advocate, and take action.

In addition to raising awareness, September also serves as a crucial fundraising period for organizations dedicated to finding a cure and providing care and support to those affected by Alzheimer's. Donating, volunteering, or participating in fundraising events during this month can make a significant difference in advancing research and improving the lives of individuals and families grappling with this challenging condition.

Education: The First Step Towards Understanding

One of the most potent weapons in the fight against Alzheimer's is knowledge. Learning more about Alzheimer's and related forms of dementia can break down stigmas, dispel myths, and foster empathy. Education empowers individuals to provide better care and support for those living with dementia.

This month, take the initiative to educate yourself further about Alzheimer's. Explore resources, read articles, or participate in local events and webinars dedicated to raising awareness and providing valuable information. By being better informed, you can contribute to reducing the stigma associated with dementia and create a more compassionate and understanding community.

Compassion and Patience: Key Ingredients in Care

Whether you're interacting with someone living with Alzheimer's or providing support to family members who are primary caregivers, practicing compassion and patience is essential. A diagnosis of Alzheimer's can be emotionally challenging for both the individual and their loved ones. People with Alzheimer's may experience frustra-



tion and confusion, which can sometimes manifest as negative behavior.

During these moments, it's crucial to offer a listening ear, a comforting presence, or a simple conversation to enhance their quality of life. Your support can significantly impact their emotional well-being and help them navigate the challenges of the condition.

Engaging in Meaningful Conversation

As we highlighted in our previous post for Alzheimer's awareness month, there are numerous stigmas associated with Alzheimer's, some of which can dehumanize those living with the condition. It's essential to remember that a diagnosis of Alzheimer's does not diminish a person's worth or personality. Engaging in conversation with friends and loved ones who have Alzheimer's can be profoundly meaningful.

Talking and reminiscing about the past can slow the progression of the illness and create cherished memories. Take the time to converse with individuals living with Alzheimer's; it's a wonderful way to show your support and create lasting connections.

Respecting Communication Preferences

When communicating with someone who has Alzheimer's, it's crucial to respect their preferred communication style. Alzheimer's can make extended conversations draining, so be prepared for shorter interactions if needed. Sharing laughter and reminiscing about shared memories can provide moments of joy and connection. Additionally, as the illness progresses, individuals may forget details, including names and faces. Prepare a brief introduction to help them become acquainted with you once more.

Contributing Financially to Research and Charities

Supporting organizations dedicated to Alzheimer's research and care is another way to make a significant impact. While your contribution may not provide direct care, it plays a crucial role in advancing medicine and improving the quality of life for individuals with Alzheimer's. Charities and research organizations rely

on financial support to fund critical projects and initiatives.

If you're considering where to contribute, organizations like the Alzheimer's Society of Canada offer valuable resources, support services, and contribute to ongoing research efforts. Your financial support can help them continue their essential work.

Joining the World Alzheimer's Month Movement

If you've been waiting for the right moment to get involved and support individuals with Alzheimer's, World Alzheimer's Month is the perfect opportunity. Alzheimer's disproportionately affects Older Adults, and at Heart to Home Meal, we hold senior care close to our hearts. We are proud to raise awareness about this critical month of observance and hope it inspires others to seek ways to support related causes.

World Alzheimer's Month 2026: The Earlier You Know, The More You Can Do. A Diagnosis Matters.

World Alzheimer's Month 2026 is a chance to renew our commitment to understanding, empathy, and support for those affected by Alzheimer's and related forms of dementia. By participating in this global initiative, you can contribute to the ongoing fight against Alzheimer's and make a meaningful difference in the lives of individuals and families living with this condition. Together, we can create a more compassionate and inclusive world for all. ■

Easy days, any day.
Delicious is always on hand.

A photograph showing a person sitting on a couch, holding a small dog. In the foreground, there is a plate of food, including meat, vegetables, and fruit. The scene is set in a cozy living room.

Get your free menu!

Every day, open your freezer to over 200 meals made especially for seniors, delivered for free* with no contracts.

Winnipeg owned and operated by Fred Pennell
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HeartToHomeMeals.ca

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HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™

*Some conditions may apply.

Health & Wellness

BECAUSE YOU MATTER

Sharing views for a healthier you.

September is World Alzheimer's Month

- Alzheimer Society of Manitoba

This September marks the 15th anniversary of World Alzheimer's Month, an international campaign to raise dementia awareness and challenge stigma. Led by Alzheimer's Disease International, this year's campaign focuses on the benefits of early diagnosis.

Nine Manitobans develop dementia every day. An earlier, accurate dementia diagnosis can mean sooner access to support, education, treatment — and greater autonomy for those living with this disease when planning for their future. However, fear and stigma keep many people from seeking help in Manitoba and around the world.

Finding and accessing resources for a dementia diagnosis can also be challenging for many. If you are facing these barriers or are looking for support or guidance on your next steps, reach out to the Alzheimer Society through their Dementia Helpline.

The Alzheimer Society of Manitoba is here to help

Whether you're noticing signs of the disease yourself, caring for someone or supporting a family member or friend, the Society connects you with the resources you need to better understand dementia and what comes next.

Their First Link® Client Support program, online education sessions, recreation programs and support groups offer infor-



mation, guidance and a sense of community — helping people living with dementia and their care partners feel included, valued and heard.

To learn more about dementia or to receive support and resources, call **204-943-6622**, email alzmb@alzheimer.mb.ca or visit alzheimer.mb.ca.

THINGS TO DO - SEPTEMBER 2026

Dementia Research: Back to Basics

Thursday, September 17, 6:30 – 8 pm,
Live via ZOOM

Join Dr. Donald Weaver for this year's Research Forum webinar to clear up common misconceptions about dementia and explore the clinical and research evidence behind them. This is your chance to hear from an expert!

Free online education sessions:

Living with Dementia: First Steps – Part 1

Saturday, September 12, 10 – 11:45 am,
Virtual via ZOOM

The first session of a three-part information series for people supporting someone recently diagnosed with dementia. In this session, learn about the progression of dementia — including an overview of dementia, diagnosis, risks and protective factors, treatment options and changes throughout progression. Register today at alzheimer.mb.ca.

Palliative Care

Tuesday, September 15, 10 – 11 am,
Virtual via Zoom

Dementia is a terminal illness. While the dementia journey is different for everyone, preparing for end of life is an important part of the process. Join us for a discussion about a palliative approach to dementia care, including key considerations, decision-making strategies and what to expect as end of life approaches. Register today at alzheimer.mb.ca.

Community Partner Programs

September 2026 program schedule available now

Enjoy a variety of activities in dementia-friendly spaces with our community programs. Geared to those living with early to

moderate signs of dementia and their care partners, you can discover history at the Dalnavert Museum, sing familiar and new songs with Vivace Voices Choir, grow your table tennis skills with the Manitoba Table Tennis Association and so much more. To learn more about available programs and to register, visit alzheimer.mb.ca/community-programs

Minds in Motion

September 2026, locations across the province

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

Support Groups

Various dates, times and locations across the province.

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

Going WAYBACK to a Time of Kindness!

Written by: Rick Roschuk | Independent

For three days in August, Friday the 21st through to Sunday the 23rd, the Ownership and staff from **Wayback Burgers** at 1-1122 Henderson Hwy, celebrated a belated official 'Grand Opening' for this location. Originally opening late January of this year, they have worked studiously to get entrenched in the local and surrounding neighbourhoods.

Well, as locals in this part of town, we'd fallen in love with the Wayback product when visiting other locations around the city. When they opened in our neighbourhood, WOW, lottery win.

After numerous visits, we were blessed one day to be greeted and introduced to the Location Owner, MJ. What followed, was a wondrous story of coming to Canada with his family, going through the hoops of opening his first location on Pembina Hwy and the subsequent opening this year of Henderson Hwy.

During one of these visits, MJ mentioned his passion and desire to share his good fortunes with those in need in our community, something well practiced back home in India. His love for Canada and our community made it easy for him to decide he wanted to do something here, and to do it to while celebrating Henderson Hwy's grand opening. But what? How? Who?

So, we suggested two different ideas for him to fulfill his wish. The first one, was Friday August 21st, and would be for the amazing folks at the Main Street Project. Lindsay Felstead, Development Specialist at The Main Street Project summed up event No. 1 as such;

"Food is a basic right. It not only nourishes the body, but it can bring people together, show care, respect and kindness, and make someone's day a little easier, brighter. Good food multiplies these effects."



Wayback Burgers owner and staff - Henderson Hwy location.

On Friday, August 21st, Wayback Burgers on Henderson Hwy, set up outside Main Street Project's Food Bank and Essentials Market and distributed some really good food. Handing out over 250 burgers, chips and waters to our community, the Wayback Burgers team was kind, generous and friendly as many gathered to enjoy a real treat! Word spread fast and the food didn't last long.

The appreciation of our team, and those who enjoyed this event, is ongoing! Thank you, Wayback Burgers on Henderson Hwy!"

~ Lindsay Felstead, Development Specialist
The Main Street Project

Outstanding! My interview later that day with MJ and his staff was magical, the smiles, the joy of a job well-done, the sense of community and the success from working in concert with The Main Street Project crew had them glowing. Day 1 of the 'Grand Opening' was a huge hit.

Day 2: had its own charm as word was spread throughout the community in the weeks leading up to the weekend that the 'Grand Opening' was at hand. The com-

munity showed up including City Counselor – Jeff Browaty & guest, as more magic was shared that day as well!

Day 3: Weeks earlier, Samantha Pugh, Executive Director at Good Neighbours Active Living on Henderson Hwy was contacted and Round 2 of 'Burger Philanthropy 101' was hatched. On Sunday, August 23rd, Wayback Burgers on Henderson Hwy, through the GNALC Seniors Meals Program, delivered another 250+ burgers, Chips, Water and more to 1080-1100 Henderson Hwy and 210-220 Oakland Ave Seniors Apartments.

"MJ and his team delivered over 200 burgers to older adults who live at 1080 & 1100 Henderson Highway and 210 & 220 Oakland Ave., during lunch. To our surprise and excitement, MJ and his team provided chips, taters, drinks and dessert in addition to the burgers. It was a full meal deal! GNALC staff and volunteers served the delicious meals to the seniors, while MJ and his staff had an opportunity to meet the tenants who live at these apartment buildings."

MJ and his team at Wayback Burgers not only prepare the best burgers and fries, but

their compassion and commitment to the community are a true testament to what a local business can be. Their kindness, generosity, and community-minded spirit make them truly special. We're lucky to have them in our community!"

~ Samantha Pugh, Executive Director
Good Neighbours Active Living

In closing, there is so much more we could discuss here, but the bottom line, is a good line. In a world that's hurting, there are still angels out there doing great things. Things without an agenda or a return required. This family who now calls Canada their home, held a mirror to many faces, a mirror that reminds us that a single act of random kindness is a beautiful ripple of hope. These ripples, are actually 'Waves', making a difference in hundreds of lives, if for just one day. 500 Burgers, plus chips, waters & desserts! Amazing!

Thank you, MJ and Wayback Burgers on Henderson Hwy for reminding us how it's done, by showing us how to do it! ■

Celebrate - ACTIVE AGING WEEK

October 5th - 11th, 2026

About Active Aging Week

Active Aging Week, which was first launched by the International Council on Active Aging (ICAA), is an annual weeklong campaign aimed at celebrating and highlighting the positive aspects of aging. The event showcases the abilities of older adults and their valuable contributions to society while also emphasizing the role models who lead the way.

The overarching goal of Active Aging Week is to challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, including physical, social, spiritual, emotional, intellectual, vocational, and environmental, regardless of age.

The campaign seeks to provide older adults with opportunities to engage in wellness activities and exercise in a safe, supportive environment, promoting the benefits of healthy, active lifestyles throughout the lifespan.

This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer!

Many people have negative ideas and attitudes about aging. Positive images of aging can help get rid of myths and stereotypes. For example, some people believe that getting older means being inactive, unhealthy, and dependent – but this is rarely the case. In fact, older adults are living longer, healthier, more independent lives than ever before!

Older people make important contributions to society, as friends and companions, neighbours, advisors, family members, caregivers, volunteers, employers and employees, business owners, artists, musicians, and community leaders. Celebrating older adults is an important way to promote positive images of aging!

Let us know how you will be celebrating Active Aging Week this year!



For more information:

Website: www.activeagingmb.ca
Email: info@activeagingmb.ca
Phone: 204-632-3947

How to Celebrate

Host an event

Consider hosting an Active Aging Week event in your community. This is one of the best ways you can help spread the word throughout your area! Make it fun and accessible!

Share a personal story

If you have benefited from becoming active and adopting a healthier lifestyle, consider sharing your story with friends, family co-workers etc. Others are sure to benefit from learning about your wellness journey - you never know who you could inspire to make some positive changes!

Talk about Active Aging Week on social media

Social media is an excellent way to bring awareness to important initiatives. By discussing Active Aging Week on social media, you might just encourage someone to get out and start pursuing a healthier lifestyle.

Why Active Aging Week is so Important?

Active Aging Week encourages older adults to get moving

Staying active and taking care of our minds and bodies is the secret to living, moving, and feeling better with age. For some older adults who reside in assisted living communities, or have mobility issues, just getting out and about can present quite a challenge. Active Aging Week highlights all of the different ways that someone can participate in simple exercise.

Active Aging Week challenges stereotypes

The focus of this week challenges society's expectations of aging by showing that older adults can live full, rewarding lives regardless of age or health. In fact, many adults have rekindled a former hobby or passion or in most cases, started a new one. They are more active. More social. More engaged.

Active Aging Week creates a sense of community

We're much more likely to accomplish our goals if we have other people helping to keep us accountable. Active Aging Week helps bring communities of adults together to work towards a common wellness goal.

National Seniors and Elders Day

This is an occasion for all Canadians to join in celebrating older adults across Canada—whether a parent, a co-worker, a neighbour or a friend. We are proud to acknowledge the contributions that older adults have made and continue to make to our families, communities and society.

This year is especially significant as we celebrate the 15th anniversary of National Seniors and Elders Day!

We invite you—older adults, advocates for older persons, service providers, front-line workers, caregivers, community program coordinators and all others engaged with older persons—to spread the word!

About National Seniors and Elders Day

A time to celebrate and thank older adults, family members, neighbours, and co-workers for their contributions to communities and Canadian society. Context: Canada recognizes older adults as a vital part of the population, which recently reached a milestone with over 20% of residents aged 65 and older.

Resources

The government provides a National Seniors Day Guidebook and a Digital Toolkit to help communities organize local events. Visit the government of Canada website to find out more! www.canada.ca

Simple Ways to Participate

- **Volunteer** within your community
- **Take a walk** with a friend or family member
- **Make a call:** Ring or video-chat with an older relative, neighbor, or elder to catch up and share a laugh.
- **Share a meal:** Drop off a home-cooked meal or take a friend out for coffee or tea.
- **Offer a hand:** Help with a daily chore, yard work, or run an errand for someone nearby.
- **Share a skill:** Share a family recipe, teach someone how to do a craft or hobby you love.
- **Visit a centre:** Stop by a local seniors' residence or community center to chat, play games, or volunteer.
- **Share stories:** Look through old photo albums together or share past memories.
- **Spread the word:** Use the hashtag **#NationalSeniorsDay** online or check resources via the Government of Canada National Seniors Day Hub for digital toolkits and event ideas

How are you going to celebrate National Seniors Day? Do you have an activity lined up or are you looking for inspiration? We'd love to hear about it!



Save the Date • • •

Active Aging Day

Redefining Purpose Later in Life

Wednesday, October 7, 2026
Wellness Institute, 1075 Leila Ave.
9:30 am – 1:00 pm

Celebrate - STRENGTH

The Power of Strength Training for Older Adults



As you age, you lose muscle mass and therefore strength. Power – the ability to contract muscles quickly – is also reduced. These changes in the brain, nerves, and muscles can cause problems in living safely and independently. There may also be an increased risk of falling.

But there is good news! No matter what your age or ability, you can get stronger and more powerful, by doing resistance or strength training.

You can do strength training if you are healthy, active and in your sixties. You can also do it if you are less active and in your nineties!

Strength training guidelines

The Canadian Society for Exercise Physiology (CSEP) has published the 24-Hour Movement Guidelines for Adults (65+ years). The guidelines suggest that you do strength training at least two days a week, using the major muscle groups, such as those in your legs, trunk, and shoulders. Whatever training you do, it must be challenging enough to improve your strength. You can do exercises at home, or at a gym or at your community centre etc.

For equipment, you can use:

- your own body weight
- weight training machines
- free weights
- tubing or resistance bands

What are the benefits of strength training?

We lose muscle mass due to aging and inactivity. When you do strength training, you will regain some of the muscle mass you have lost due to aging. You will be able to go about your day with more ease, balance, and confidence.

Research shows that with strength training, you can:

- Have healthier bones
- Have better posture
- Decrease your body fat
- Reduce your risk of falling
- React quicker
- Climb stairs or rise out of a chair more easily



How do I train safely?

- Join a strength training program. Get help from a qualified trainer or fitness instructor to help you do your exercises properly.
- Start slowly.
- Breathe naturally. Do not hold your breath.
- Increase the number of times you do an exercise before you increase the weight.
- Always use the proper technique. Don't lift so much weight that you can't use the proper technique.

Tips for best results

- Train 2-3 times a week with a day of rest in between.
- Always exercise the main muscle groups: legs, arms, chest, back, and abdomen.
- Do at least one 'set' of each exercise. This means repeating the same exercise 8-15 times before resting.
- You can improve your strength more if you do 2-3 sets of each exercise.
- If you are a beginner, choose a weight that you can move 10-15 times in one set.
- Once you can comfortably do 3 sets of 10 or 15 repetitions you can safely increase the weight or resistance.
- You can then use a heavier weight that you can move 8-10 times in one set. This is called progression. It is necessary if you want to improve your strength.

Celebrate - STRENGTH AT HOME

Easy strength exercises you can do at home

The general benefits of physical activity are well-known. Moving your body regularly improves brain function and mental health, keeps your heart and lungs healthy, improves sleep and is critical for weight management. Strength training, has particular health benefits that are especially important for older adults. According to the National Institute on Aging, about 30% of adults older than 70 have trouble with everyday mobility, including walking, climbing stairs and getting to a standing position. When mobility is limited, your risk for falls and fractures increases. These challenges are often caused by age-related loss of bone density and muscle strength. That's where strength training comes in!



Calf Raise

Benefit: improves lower body strength and balance.

Hold onto a counter or chair for balance. Tighten your tummy/core and rise up onto the balls of your feet. Keep your heels off the ground and count to three. Slowly lower your heels back down. Keep your toes pointing forward and your heels in line with your toes. Repeat 3-5 times. Alternate by raising your toes off the floor with your heels on the ground. This can also be done from a seated position.



Knee Raises

Benefit: helps improve posture, improve balance and prevent lowback pain.

While standing, hold onto a chair or counter for support and bend your knee to lift one foot off the floor. Hold your knee up for a count of three then lower your foot back to the floor. Repeat with the other leg and hold your knee up for a count of 3 – then lower your foot back down. Repeat 3-5 times for each leg. This can also be done in a seated position.



Hamstring Curls

Benefit: helps improve balance and leg strength.

While standing, hold onto a sturdy chair or counter for support and slowly and gently lift your right heel off the floor and raise your foot as high as it is comfortable for you. Hold it up for a count of three then slowly lower your foot back to the floor. Repeat with the other foot. Repeat 3-5 times for each leg.



Mini Squats

Benefit: helps to improve lower body strength and ability to squat to do things at lower level.

Hold onto a support such as a counter or chair. Keeping your toes forward, bring your leg out to the side and pause with your foot off the floor. Stay standing tall and do not lean. Bring your leg back and rest. Switch legs and repeat on the other side. Alternate 3-5 times.

Celebrate - SENIOR RESOURCE FINDERS

Community Supports for Older Adults

Did you know that approximately 93% of older adults live in their own homes? At times, these older adults wonder how to navigate community services when they are seeking support at home. Sometimes finding the right community service can be challenging, especially when you are not sure where to start.

For adults aged 55 and older, Seniors Resource Finders (also called Senior Resource Coordinators or Community Resource Coordinators) are a community-based service area throughout Manitoba that can provide a valuable connection between older adults to various affordable and accessible programs, services and supports available in their communities. These services assist older adults in maintaining and improving health and wellbeing and continuing to live independently in their home of choice.

A Simple First Step

You do not have to figure everything out on your own. Whether you are looking for social activities, transportation options, meal programs, volunteer opportunities, health-related services or practical help around the home, a Seniors Resource Finder can help you explore the options available in your community.

What Can Seniors Resource Finders Help With?

The range of support available through Seniors Resource Finders is broad. Depending on an individual's needs and community they live in, they may help people find:

- **Transportation options**
- **Home and yard maintenance referral programs**
- **Meal programs, nutrition and healthy eating**
- **Recreation, leisure and exercise opportunities**
- **Social engagement outing and events**
- **Volunteer opportunities**
- **Health services connections**
- **Educational materials and community presentations**
- **Social Prescribing through health care providers**

The goal is not simply to provide a list of services. Seniors Resource Finders will have a discussion with an older adult to assist them to understand what options may be available and connect them with resources that are appropriate for their circumstances.

Why This Service Matters

Access to community support can make everyday life easier and help people remain connected to their communities. Something as simple as finding a transportation service, a meal program, an exercise opportunity, finding a volunteer role or assistance with home maintenance can have a meaningful impact on independence and quality of life. Seniors Resource Finders provide an important navigation role. Community services can change rapidly, and there may be many organizations offering different types of assistance. A senior resource coordinator can help point older adults, caregivers and families in the right direction.

Not a Crisis Intervention

Senior Resource Finders do not provide crisis intervention or crisis referrals. If an older adult is in a crisis, they can search the Mental Health and Wellness Resource Finder at <https://sharedhealthmb.ca/services/mental-health/mental-health-and-wellness-resource-finder/> or call the **Klinik Crisis Line at 204-786-8686 or 1-877-435-7170** (toll free). The First Nations and Inuit Hope for Wellness Help Line can also be reached at 1-855-242-3310 (toll free). **If an older adult is in a mental health emergency that is life threatening, they should call 911. They can also call or text 988 for the Suicide Crisis Helpline.**

For regional resources on Mental Health and Wellness, you can visit:

- **WRHA:** <https://wrha.mb.ca/mental-health/>
- **NRH:** <https://northernhealthregion.com/programs-and-services/mental-health/>
- **IERHA:** <https://www.ierha.ca/programs-services/mental-health/>
- **SH-SS:** <https://southernhealth.ca/health-topics/mental-health-addictions/>
- **PMH:** <https://prairiemountainhealth.ca/programs-and-services/mental-health/>

Social Prescribing

Health care providers know the importance of Senior Resource Finders! A health care provider can be a physician, nurse practitioner, allied health professional such as a social worker, a home care coordinator, community paramedic, etc. A formalized Social Prescribing referral form is sent out by the health care provider with an older adult's consent to the Senior Resource Finder for follow up. The Senior Resource Finder will then reach out to the older adult and discuss potential connections to community-based services that will assist the older adult in what they are seeking.

Resource Finders Across Manitoba

Having a community-based Senior Resource Finder can make it easier for older adults 55+ to access services closer to home. Rather than navigating numerous organizations independently, an older adult can start by speaking with a Senior Resource Finder about what they need.

For more information on Senior Resource Finders/Senior Resource Coordinators in your community visit:

- **IERHA:** <https://www.ierha.ca/programs-services/seniors-services/>
- **SH-SS:** <https://southernhealth.ca/health-topics/adults-seniors/services-to-seniors/>
- **PMH:** <https://prairiemountainhealth.ca/programs-and-services/home-care/services-to-seniors/>
- **NHR:** <https://northernhealthregion.com/programs-and-services/home-care/services-to-seniors/>
- **WRHA:** <https://wrha.mb.ca/support-services-to-seniors/>

For information on Social Prescribing visit:

- **IERHA:** <https://www.ierha.ca/programs-services/seniors-services/social-prescribing/>
- **PMH:** <https://prairiemountainhealth.ca/programs-and-services/home-care/social-prescribing/>
- **SH-SS:** <https://southernhealth.ca/health-topics/adults-seniors/services-to-seniors/social-prescribing/>
- **WRHA:** <https://wrha.mb.ca/support-services-to-seniors/social-prescribing/>
- **NHR:** <https://northernhealthregion.com/programs-and-services/home-care/services-to-seniors/>

When in doubt call 211 Manitoba

The Senior Resource Finders work Monday to Friday during business hours. We know that sometimes, an older adult, caregiver, family member and/or service provider may be busy during these times. It is important to note that an individual can either call 211 Manitoba or visit their website at: <https://mb.211.ca/>



Celebrate - PROTECTING YOUR HEALTH

Talk to your local pharmacist about vaccination

Be proactive about your health as we approach another flu and respiratory illness season. Now is the time for Manitoba seniors to take an active role in protecting their health!

Talking to your local pharmacist is a great way to start. They serve as a point of contact for your healthcare needs, providing access to essential health information on vaccination and many other health related topics.

Primary prevention is key

Vaccination can help reduce the risk of serious illness and complications from several vaccine-preventable diseases, helping you stay healthier, independent, and active throughout the year. Being prepared before illness begins is an important part of maintaining your health and well-being.

Are your vaccinations up to date?

Talk to your pharmacist or healthcare provider about which vaccines are appropriate for you. Depending on your age, health conditions, medications, and personal risk factors, you may benefit from vaccines such as the influenza (flu) vaccine, pneumococcal vaccine, shingles vaccine, and RSV vaccine. Your pharmacist can help you understand your options, answer your questions, and determine which vaccines may be recommended for you.

Don't wait until illness is circulating in your community. Get informed. Get vaccinated. Protect yourself and those around you. Talk to your pharmacist today about your vaccination plan for the upcoming season.

Pharmacists can also help you with:

Medication Safety and Effectiveness:

Pharmacists assess your medications to ensure they are appropriate, effective, and safe for you, checking for potential adverse reactions or harmful interactions with other drugs, foods, or health products.

Patient Education and Counseling:

They will explain how to take your medications correctly, the expected benefits of the therapy, and what to watch out for.

Management of Minor Ailments:

You can speak to your pharmacist about minor illnesses and concerns, potentially saving a trip to your doctor and getting quick relief.

Chronic Disease Management:

Pharmacists can assist with managing chronic conditions by providing counselling and strategies, helping you set health goals etc.

A Trusted Healthcare Partner:

Pharmacists are a readily available, trusted, and knowledgeable part of your healthcare team, working alongside other professionals to ensure you receive the best possible care.

**-Sonal Purohit, Pharmacist/Owner,
Shoppers Drug Mart – Sage Creek,
Winnipeg**



Prevention is Key this Flu Season

Make sure to get vaccinated

As we age, we know that eating healthy foods and being physically active will contribute to our overall health and well-being. However, we sometimes tend to pay less attention to other healthy choices that could be life-changing, for example, getting the vaccination for Influenza that is appropriate for us.

Older adults are at greater risk of influenza during the autumn season. What's worse, the flu can aggravate pre-existing health conditions and even require hospitalization.

According to the World Health Organization, influenza vaccination is the 3rd priority intervention to achieve healthy aging after the prevention of falls and the promotion of physical activity.

As we age, there is a natural weakening of the immune system, which increases the risk of Influenza related complications. Many older adults are living with a chronic condition, such as cancer, heart disease, pulmonary disorder or diabetes, which can also put more stress on the immune system.

The flu is highly contagious and can spread up to 6 feet away. People with the flu are contagious one day before developing symptoms and up to 5-7 days after.

The seasonal flu vaccine is the most effective way to reduce the risk of a severe flu infection and prevent hospitalizations and other serious complications.

Get vaccinated to help protect yourself and prevent the spread of flu to others!

Factors that can increase your risk

DIABETES

If an adult has diabetes, the flu can:

- Heighten the risk for severe flu-related complications
- Impair blood glucose levels and increase risk of diabetic ketoacidosis (a serious complication that may occur resultant of abnormal insulin activity)
- Increase the risk of hospitalization by 3x and admittance to the ICU by 4x

CARDIOVASCULAR DISEASE

Cardiovascular disease can include heart attacks, heart failure, inflammation of the heart, stroke & blood clots. In these cases, the flu can:

- Trigger serious cardiovascular complications within a few days following a flu infection
- Increase risk of heart attack 6-10x
- Increase risk of stroke 3-8x and admittance to ICU by 4x

RESPIRATORY DISEASE

If an adult has a respiratory condition, the flu can:

- Trigger asthma attacks, worsen asthma symptoms, which can also lead to pneumonia and other acute respiratory diseases
- Decrease lung function and increase susceptibility to infection
- Result in worsening asthma and COPD



***Always consult your healthcare provider about what choice is best for you.**

BECAUSE YOU MATTER Health & Wellness

About the Seniors' Choral Society of Winnipeg

The **Seniors' Choral Society of Winnipeg** was founded in 1970, as part of Manitoba's Centennial Celebrations. Currently we have over 30 members singing in 4 sections (SATB), with volunteer director Marjorie Hughes and volunteer accompanist Donna Vendramelli. In the past we have performed on tours and won trophies at the Winnipeg Music Festival. Currently we have "sing-outs" several times each term at Retirement Residences and Long Term Care homes. In addition, we hold a Spring Concert for the public in May. Practices are held Mondays from September to May from 10 AM to 12 PM at McClure Place, 533 Greenwood Place. Most importantly, **we are a group of people who LOVE to sing! No audition is required**, although some knowledge of musical notation would be helpful. **New members are always welcome.**

For more information, please contact Marjorie (204-489-5477) or Trish (431-554-8785). ■



Getting Older Doesn't Mean Giving Up Your Freedom - Submitted



Office Staff

Do you always need to know where the nearest bathroom is?

Maybe you're getting up two, three or even four times a night to pee. You leak when you cough or laugh, dribble on the way to the toilet—or after you think you're finished. Perhaps sudden urgency sends you rushing to the bathroom, or you're dealing with bowel leakage or pelvic organ prolapse.

At first, you adjust. You wear a pad. You go "just in case." You plan outings around washrooms. Longer car trips and travel become stressful. You may stop doing things you enjoy, and pelvic floor weakness can even affect sexual functioning and intimacy.

Slowly, these problems can begin to take over your life—robbing you of sleep, confidence, quality of life and, eventually, independence.

It's easy to think, "I'm getting older. This is just part of it."

But thanks to revolutionary new technology, it doesn't have to be this way anymore. **Good Sleep Matters**

Waking repeatedly to pee doesn't just make you tired. It interrupts the deep, restorative sleep your brain and body need to recover. Poor-quality sleep night after night can take a real toll on physical and mental health. And every nighttime bathroom trip means getting out of bed—often in the dark and half asleep—when balance and mobility may already be changing.

Sleeping through the night isn't a luxury. It's part of staying healthy and independent. **Your Pelvic Floor May Be the Problem**

Your pelvic floor is a group of muscles that helps control your bladder and bowels, supports your pelvic organs, and contributes to sexual function, core strength, posture and balance. Like every other muscle, it gets weaker with age. That weakness can contribute to bladder leaks, dribbling, urgency, frequent bathroom trips, night waking,



A Revolutionary New Way to Strengthen Your Pelvic Floor

fecal incontinence, sexual-function changes and pelvic organ prolapse.

Until Now, The Options Haven't Been Great

Bladder medications can have limited benefit and often come with bothersome side effects. Surgery may provide relief, but it is invasive, carries risks and the results don't always last. And while Kegel exercises can help, once your pelvic floor is already weak, it may be difficult to contract those muscles strongly enough on your own to rebuild them. Now there is another option.

A Revolutionary New Way to Strengthen Your Pelvic Floor

At UROSPOT Winnipeg, you simply sit in a specialized chair fully clothed. No surgery. Nothing goes inside your body. No one touching you. No downtime and no medication-related side effects.

Health Canada-approved technology creates more than 11,000 pelvic floor muscle contractions in less than 30 minutes, helping strengthen muscles that can be very difficult to exercise effectively yourself. The technology is combined with personalized education and health coaching to help restore the connection between your brain, bladder and pelvic floor.

The result? Fewer leaks. Fewer bathroom emergencies. Better sleep. Better intimacy. More confidence. More freedom. In clinical studies, 95% of those treated reported a significant improvement in quality of life.

World-Class Pelvic Health Care—Now in Winnipeg

UROSPOT is Canada's largest pelvic health provider, rapidly growing to 26 locations across the country. Its world-class program was developed with expert clinical leadership including Dr. Sinéad Dufour, an internationally recognized pelvic health expert, and Dr. Laura Sovran, OB-GYN and UROSPOT

Medical Director. After decades working in healthcare, Sigrun Watson brought UROSPOT to Winnipeg so Manitobans could access this innovative approach close to home.

It all starts with a consultation with a pelvic health nurse that is completely FREE—and you can try the chair for FREE too. Keep your clothes on. Meet the team. Ask your ques-

tions. Experience the technology for yourself. No cost. No obligation. No pressure.

You may have lived with these symptoms for years. Give yourself 30 minutes to find out whether you still have to.

www.urospot.com
UROSPOT Winnipeg 556 Academy Road, Winnipeg MB Tel: (204) 318-8866. ■

Want to be free of always needing to pee?

You've come to the right spot.

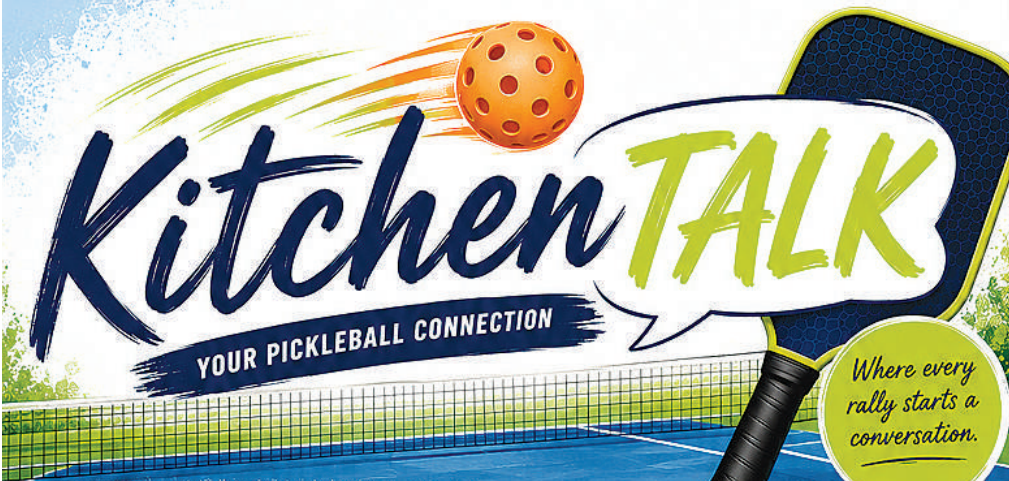
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PICKLEBALL NEWS & INFO

Silver Alert Bill Advances

- Britt Moberg, Daughter of Earl Moberg



MP Raquel Dancho (front left), with Britt Moberg to her right, and her colleagues on Parliament Hill just before the second reading debate.

In May, I travelled to Ottawa to witness an important milestone in the effort to establish a national Silver Alert framework in Canada: the second reading debate of Bill C-263, the Silver Alert National Framework Act.

The bill, introduced by Kildonan-St. Paul MP Raquel Dancho, has now passed second reading in the House of Commons and will proceed to the Standing Committee on Public Safety and National Security. At committee, members will hear from experts, government officials, stakeholders and others as they study the bill.

Bill C-263 was inspired by the disappearance of my father, Earl Moberg, an 81-year-old Winnipeg senior living with dementia who went missing in December 2023. He has never been found and is presumed deceased.

Following my father's disappearance, our family initiated a national petition calling for a Silver Alert system in Canada. Sponsored by MP Raquel Dancho, the petition received more than 7,300 signatures from Canadians across the country. That public support helped demonstrate that this is an issue that matters to many families.

I am incredibly grateful to MP Dancho for turning that call for action into Bill C-263 and for continuing to champion this issue.

could help establish consistent criteria and coordination for using that technology to quickly get information about a missing vulnerable adult into the hands of the public.

A person going for a walk, driving, shopping in a store or looking out a window may be the person who sees something that helps bring a missing loved one home.

That is why public awareness is so important.

What Comes Next

Passing second reading is an important step, but it is not the end of the process.

Bill C-263 will now go to committee for further study. This is an opportunity to hear from those with expertise and lived experience and to examine how a national Silver Alert framework can work effectively across Canada.

I hope to continue advocating for the bill as it moves through this next stage.

When a person living with dementia goes missing, it is an emergency situation. When my father went missing, our family learned how important it is for the public to receive information quickly and in a way that reaches the people who may be in the area.

A Silver Alert would give communities another tool to help find vulnerable people quickly—when minutes and hours can make all the difference.

You Can Help

If you believe Canada needs a coordinated national Silver Alert framework, please consider contacting your Member of Parliament and asking them to support Bill C-263 as it moves through Parliament.

I am deeply grateful to everyone who has signed, shared, contacted elected representatives, followed my father's story and supported this effort.

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

Why Silver Alerts Matter

When a person living with dementia goes missing, every minute matters.

Canada is facing a growing number of people living with dementia, with the Alzheimer Society projecting that nearly one million Canadians will be living with dementia by 2030. As the number of people at risk increases, we need systems that can respond quickly when a vulnerable person goes missing. Canada already has the technology to deliver rapid, geographically targeted emergency alerts to mobile devices through the National Public Alerting System. A national Silver Alert framework

THE PICKLR

The Picklr Winnipeg South:
More Than a Place to Play



The Shots Every Pickleball Player Needs to Know

~ Brent Bernas - GM of The PICKLR Winnipeg South

Pickleball looks simple from the side-line, but the game rewards players who know which shot to pull out at the right moment. Each shot serves a specific purpose, and understanding when to use one instead of another is often what separates a player who's just hitting the ball from one who's actually controlling the point.

The Serve

Every point starts with the serve, and while it must be hit underhand and land in the opponent's service court, players still have options. A deep, flat serve to the backhand can rush an opponent and limit their return options, while a softer, spin-heavy serve can throw off timing. The goal isn't necessarily to win the point outright, but to put the returner in an uncomfortable position from the very first shot.

The Return of Serve

The return is just as important as the serve itself. A deep return that lands near the baseline buys the serving team less time to get to the non-volley zone (the "kitchen") and sets up a more even point. Players who return short often find themselves at a disadvantage, since it allows their opponents to move forward and take control of the net.

The Drive

A drive is a hard, flat, fast-paced shot usually hit from the baseline or mid-court. It's used to apply pressure, catch an opponent off guard, or attack a ball that's sitting up too high. Drives are aggressive and can end points quickly, but they carry risk since a ball hit too hard often sails long or wide. Good players save drives for balls that are clearly attackable rather than forcing them into every shot.

The Third Shot Drop

Widely considered one of the most important shots in the game, the third shot drop is a soft, arcing shot hit from the baseline that lands gently in the kitchen. Its purpose is to neutralize the advantage the returning team has at the net, allowing the serving team to

move forward without getting hit by a fast ball. Mastering this shot is often the difference between a beginner and an intermediate player, since it requires touch and patience rather than power.

The Dink

Once both teams are at the kitchen line, the dink becomes the shot of choice. A dink is a soft, controlled shot hit just over the net that lands in the opponent's kitchen, keeping the ball low and difficult to attack. Dinking rallies can go on for a while, but the goal is to wait for a ball that pops up so you can attack it, rather than to end the point immediately.

The Lob

A lob is a shot hit high and deep over the opponents' heads, typically used when both players are crowding the net. It's a bit of a gamble since a poorly hit lob can be smashed for a winner, but a well-placed one can force opponents to scramble backward and open up the court.

The Overhead Smash

When an opponent lobs the ball or leaves a ball sitting up high, the overhead smash is the shot to capitalize on it. Hit with power from above the head, it's designed to end the point immediately and punish a mistake.

The Block or Reset

Not every shot needs to be offensive. When facing a hard-driven ball, a block or reset shot absorbs the pace and drops the ball softly back into the kitchen, buying time and neutralizing an opponent's attack rather than trying to match their power.

Learning these shots isn't just about technique — it's about recognizing which one the moment calls for. The best players aren't the hardest hitters; they're the ones who know exactly which shot to reach for and why.

The Picklr offers group clinics and private lessons that teach all of these shots as well as the proper time to use them.



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IN TUNE WITH OUR COMMUNITY

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A Night of Nostalgia—Concert to Celebrate 20 Years of Nostalgia Radio

Those of us who are Baby Boomers remember shopping at Eaton’s, 25 cent coffee, watching Ed Sullivan and listening to our favorite music on a transistor radio. At one time or another, we’ve all thought how wonderful it would be to return to those heady days when growing old never entered our minds.

CJNU 93.7FM is hoping to make that dream come true . . .at least for one night. To mark our 20th anniversary, your community radio station is staging **A Night of Nostalgia**, a variety concert featuring music, dance, comedy and fun.

“We promise a night when everything old is new again,” says CJNU’s Garry Moir, who is organizing and promoting the event. “What you hear on our radio station every day will be performed live on stage.”

The all-star lineup features Juno award winner Joey Gregorash, along with the Nostalgics quintet, the St. Charles Big Band and other special guests.

Also on hand will be “George and Gracie,” whose comedy routine has been a smash hit at the Winnipeg Fringe Festival.

“Who knows, Groucho Marx might even put in an appearance,” says Moir. “It will be a night of surprises.”

Station Manager Adam Glynn says the event will be a way to say thank-you to CJNU’s loyal sup-



Joey Gregorash (L) will be performing, joined by “George and Gracie” (R) - and many more!

porters over the past two decades.

“We want this to be a gift for our listeners and supporters. It will also give us a chance to recognize and celebrate our pioneers who launched the radio station 20 years ago.”

Also nostalgic is the pricing – just \$25 a ticket—and they’re on sale **now!**

Join us for **A Night of Nostalgia** on **Saturday October 17th** at the **Gas Station Arts Centre, River and Osborne, 7pm**

Tickets are strictly limited, so act soon to avoid potential disappointment!

Get them at cjunu.ca or by calling 204-774-3190.

Fiesta Con Causa with Concordia!

In November, **Operation Walk Manitoba** will return to Managua, Nicaragua, for its 12th international mission, bringing together a dedicated team of Canadian orthopedic surgeons, nurses, anesthesiologists, physiotherapists, technicians and volunteers – most who are from Concordia Hospital here in Winnipeg.

Together, they will provide life-changing hip and knee replacement surgery to people whose pain and disability have limited their ability to work, care for their families and enjoy everyday life.

This remarkable work is made possible through the generosity of donors, sponsors and volunteers who believe that everyone deserves the opportunity to walk without pain.

On September 17, 2026, the Concordia Foundation is celebrating that spirit of generosity at **Fiesta Con Causa** — an evening of music, friendship, food and fundraising in support of Operation Walk. Guests include performers from Folklorama and members of the mission team, with CJNU’s Adam Glynn serving as Master of Ceremonies for the evening.

Together, we can help change lives — one patient, one step and one story at a time. To learn more, and get your tickets, visit operationwalkmb.ca



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

The 2026 Manitoba Softball Senior Slo-pitch championship - August 31 and September 2 at John Blumberg complex



The Codgers (above) were, once again, Recreational Division “A” Champions. The Winnipeg South Legends were Recreational Division “B” Champions.



The Ichabods placed 2nd in the Recreational Division “B”.



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Over 15 Years of Senior Service

Curt Keilback: The Voice Winnipeg Will Never Forget



Hawerchuk streaking over the blue line, Teemu Selanne flying down the wing or Keith Tkachuk creating havoc in front of the net, he practised his play-by-play with three marbles in front of the family fireplace.

Two marbles were the teams. The smaller one was the puck. And the hero, for reasons even Keilback can no longer explain, was always somebody named “Dunnan.”

He was about five years old.

By seven, after accompanying his father, renowned broadcaster Jim Keilback, into press boxes, Curt had decided broadcasting hockey was the only job he ever wanted.

Now, after calling more than 2,400 National Hockey League games and becoming the unmistakable voice of the original Winnipeg Jets, Keilback is joining another exclusive company. He is one of five members of the largest induction class in the history of the Manitoba Sportswriters and Sports-casters Association’s Media Roll of Honour.

Keilback, 77, will be inducted alongside long-time Global television sports anchor Russ Hobson, veteran radio broadcaster Kelly Moore, award-winning sportswriter Rita Mingo and the late photojournalist Jon Thordarson during a ceremony at the Manitoba Sports Hall of Fame on Sept. 15. The MSSA will also recognize longtime member Ernie Nairn with a Lifetime Membership.

For Keilback, the honour celebrates a broadcasting career that began before he was old enough to shave.

Born in Brandon and raised in a broadcasting family, Keilback did his first hockey play-by-play at 11. As part of a Minor Hockey Week in Canada promotion, his father allowed him to call one period of a Saskatchewan Senior Hockey League game.

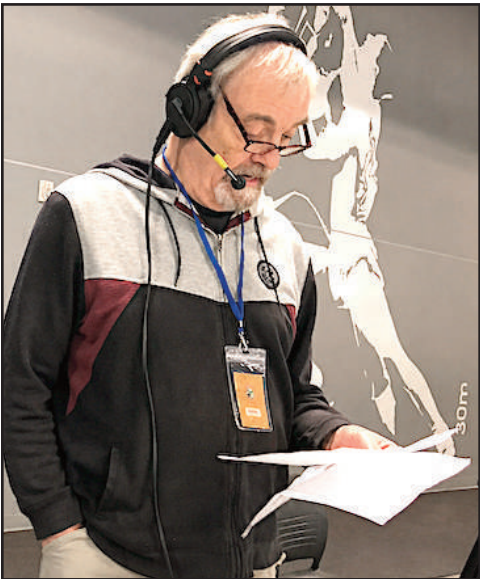
While other youngsters dreamed of playing in the NHL, Keilback wanted to describe it.

“I heard my dad do games, and I was with him a lot of times,” he recalled. “I remember sitting there thinking, ‘Boy, what a great job this is.’”

His mother helped sharpen one of his most important tools. Whenever young Curt mispronounced a word or committed a grammatical offence, she corrected him immediately.

By high school, Keilback had developed the clarity, command of language and unmistakably deep voice that would eventually become familiar to hockey fans across Manitoba.

He began professionally at CJGX Radio in Yorkton, where his father had been sports director before moving to Regina. Curt later worked in radio and television in Regina,



Legendary broadcaster Curt Keilback calls the female championship game of the 2023 National Aboriginal Hockey Championships in Winnipeg.

returned to Yorkton and, for a while, believed his childhood play-by-play dream had quietly slipped away.

Then the telephone rang.

Winnipeg broadcasting legend Friar Nicholson at CJOB, a man Keilback had never met, wanted to know if Curt might be interested in joining the Jets’ broadcast crew as a colour commentator.

Keilback was asked to put an audition tape on a flight from Yorkton to Winnipeg. There was only one problem: that flight no longer existed.

Instead, he played the tape over the telephone for Nicholson and station manager John Cochran. They heard enough to invite Curt to Winnipeg and then take him to Colorado Springs to call a Jets exhibition game.

“The next thing I know, I was here,” Keilback said.

He joined the Jets broadcasts in 1979, became the regular play-by-play voice in the 1982-83 season and worked on CKY Radio and television, CJOB and CKND-TV. Over 17 Winnipeg seasons, his voice became synonymous with the Jets.

When the franchise relocated to Phoenix in 1996, Keilback went with it. He called Coyotes games for another decade, working in both radio and television before finishing his NHL career in 2007.

There were great players, unforgettable games and wonderful characters along the way.

Keilback remembers Brian Hayward, Shane Doan, Mike Modano, Paul MacLean and Morris Lukowich as terrific interviews. So, too, was former St. Louis Blues general manager Ron Caron, who would happily talk about almost anything.

But few players left a greater impression than Teemu Selanne.



Scott Taylor and Curt Keilback talk hockey.

Keilback once shared an autograph booth with the Finnish Flash during the Jets’ annual carnival. Selanne’s line stretched through the convention centre and nearly outside the building. Keilback advised him to limit each visitor to one or two autographs so everyone might get a chance.

When closing time arrived, Selanne refused to leave while people were still waiting. He remained for another couple of hours until everyone had been accommodated.

“He was a happy person,” Keilback said. “There was nobody more approachable.”

Keilback could be critical, but he was never cruel. He judged what happened on the ice, not how players lived away from it. Keith Tkachuk understood that better than anyone, even after a station operator once opened an interview with an unexpectedly lengthy montage of Keilback criticizing him.

“It’s a boneheaded play by Keith Tkachuk,” the recording boomed — followed by another complaint, and then another.

Keilback sat beside Tkachuk wearing headphones and hoped the audio massacre would end.

The following morning, he apologized. Tkachuk laughed.

“No, that’s okay,” he said. “I deserved it.”

That mutual respect helps explain why Keilback remained so trusted for so long.

After leaving Phoenix and returning to Winnipeg, he and I spent two seasons calling Manitoba Junior Hockey League games on NCI. We also did an early streaming program that was, in retrospect, a podcast before almost anybody used the word.

“We were ahead of our time,” Keilback said recently. “I think we had a hell of a show there.”

We did. More importantly, Curt made every broadcast better. The famous voice was still there, but so was the preparation, humour and genuine love of hockey that had been there since he rolled marbles across the fireplace. In 2023, we even called a dozen games together for the National Aboriginal

Hockey Championships in Winnipeg.

Keilback also appeared in films, including the hockey comedy *Goon*, occasionally substituted for legendary Buffalo Sabres broadcaster Rick Jeanneret and wrote a book of hockey memories, *Two Minutes for Talking to Myself*, published in 2022. He is also a member of the Manitoba Hockey Hall of Fame.

This year’s MSSA Roll of Honour class carries tremendous depth.

Hobson has been a fixture at CKND/Global since 1998 and remains the last member of Global Winnipeg’s sports department, hosting the city’s final local television sportscast while also writing for the station’s website.

Moore’s radio career has reached the 50-year mark, including 27 years in Winnipeg at CJOB. He called the Kamloops Blazers, Winnipeg Jets and Manitoba Moose, earned broadcasting honours in the Canadian Hockey League, International Hockey League and American Hockey League, and succeeded Bob Irving as CJOB sports director in 2015.

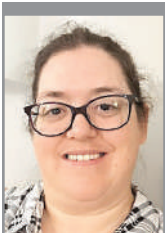
Mingo began at *The Winnipeg Tribune* in 1979, worked for Canadian Press and *The Winnipeg Sun*, and later became a distinguished sportswriter in Calgary. She won the national Fred Sgambati Award for university sports coverage in 2016 and co-authored a 50th-anniversary book about Spruce Meadows in 2025.

Thordarson, who died in 2010 at 59 after an eight-year fight with cancer, was one of Canada’s finest photojournalists. He worked for *The Winnipeg Tribune*, *Hamilton Spectator*, *Winnipeg Sun* and *Winnipeg Free Press*, where he served as photo editor from 1989 to 2010. He becomes only the second photographer inducted into the Roll of Honour.

It is a magnificent class.

And at its centre is the kid from Brandon who dreamed of calling hockey games, rolled three marbles across a fireplace and eventually became a voice Winnipeg never forgot. ■

“You saved my life.”



Melanie Bremaud
Seine River Services
for Seniors Inc.

When a client called me one day, opening the conversation with those words, I was pretty excited, despite the fact that I wasn’t quite sure what they meant. Rather than an update or a question about a service, they explained to me how connecting them to our volunteers had changed their life. The truth is, it’s not about me saving anyone’s life. This story is about how community volunteers save lives.

I was aware that this person was feeling isolated and discouraged, so I had spoken to a couple of my volunteers and asked them if they would like to help someone come out of their shell and become a part of the community again.

What’s remarkable about this story is that not only did both volunteers accept the commitment with great enthusiasm, but they’re both quite involved in community committees, family and enjoying a happy retirement. Not once did they hesitate to add this kind of commitment to their plate. One of them, in particular, had experienced several personal losses over the past months. Many

of us would have understood if they decided to step back from volunteering. Instead, they asked, “When can I start?”

Their generosity wasn’t about having extra time. It wasn’t because life was easy. It came from believing that someone else mattered.

To me, that’s the heart of rural Manitoba. We look out for one another. We shovel a neighbour’s driveway without being asked. We deliver a meal. We stop for a conversation. We share what we have, even when life has been difficult for us.

Sometimes we think helping others requires grand gestures. More often, it begins with something much simpler—a visit, a

phone call, a ride to an appointment, or an hour spent listening.

That single act of kindness gave one person hope. And, if I’m honest, it reminded me how helping someone is good for both parties. For someone who was grieving, it provided purpose. For someone who was feeling lonely, it provided connection and meaning.

It’s a humbling reminder that we all have something to offer someone else.

So this month, take the challenge: reach out. Make the call. Stop for the conversation. Offer the ride. You never know whose life you might change or how it could change yours. ■



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Wednesday, Sept. 23rd, 2026

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FALL SHOW No. 2
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Show Times: 10:00am - 3:00pm

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

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

LUNCHEONS / FUNCTIONS

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

CCS - CIBC Run for the Cure - in support of breast cancer, Sun. Oct. 4, Lyric Theatre, Assiniboine Park. 1 km or 5 km - walk or run. Register/donate/volunteer: www.cibcrunforthe cure

Cropo Funeral Home - Concert fundraiser, Sun. Sep. 27, 2 pm, at 1800 Day St. with Steve Bell and The Winnipeg Youth Chorus. Lunch reception and silent auction to follow. All proceeds to Children's Hospital Foundation of MB. 204-586-8044.

Alzheimer Society's Research Forum - Join Dr. Weaver Thur. Sep. 17, 6:30-8 pm, to clear up common misconceptions about dementia. alzheimer.mb.ca.

Care4u Family Conference - Oct. 17, 8 am-3:30 pm, at Victoria Inn Hotel & Convention Centre. Join the Alzheimer Society for a day of education and support. Register online: alzheimer.mb.ca/care4u.

Sara Riel's 14th Annual Mental Health Resource Expo - Oct. 6, 10 am-3 pm, Fort Rouge Centre, 625 Osborne St.

Friendship Force Winnipeg - Join Friendship Force, an international organization which promotes world peace through travel, cultural exchanges and home stays. Members enjoy lunch meetings and more. Info: 204-452-5299 or www.friendshipforcewinnipeg.com

MUSIC / DANCE / ART

Manitoba Hobby Expo - Sat. Oct. 3, 9-5 & Sun. Oct. 4, 9-4, Red River Exhibition Park, 3977 Portage Ave. Free parking. Accessible.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: ikehler84@gmail.com or Mel: 204-291-4592.

The Forever Young Club - Dance, Sep. 26, 7:30-11:30 pm at ANAF #283, 3584 Portage Ave. Vinyl Revival Band & DJ's Ray & Sheila. Door prizes, 50/50, cash bar, light lunch. Reserve by Sep. 22. Non-members \$20. Text/call 204-261-4442, fycwpg@gmail.com.

Modern Square Dance - Accepting new dancers (partner not required) Sept 14, 21, 28, starting 7 pm, Sterling Mennonite Fellowship (West entrance), 1008 Dakota St. Info, Shayla: 204-228-7829.

Learn Modern Square Dancing - Open House, Fri. Sept. 18, 7-9:30 pm, at Kirkfield-Westwood C.C., 165 Sansome Ave. Dancing continues Friday evenings. Singles, couples and new dancers welcome. Carole: 204-831-8954.

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

Norwood Saint Boniface Legion Hall - Old-Time Dance Fridays, 1-3 pm, doors open at noon. 134 Marion St. Live Band (violin, accordion, guitar). \$5 cash adm. (snack at 2 o'clock). Info: 204-233-5892

SPORTS / PICKLEBALL

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

Pickleball - Seniors 55 plus are invited to learn to play Mon. and some Thur's, 1-3. Coaching provided if needed. Club paddles provided. Intermediates play Tues. and Fri. 1-3, Sergeant Tommy Prince Place, 90 Sinclair St. Info, Instructor Bonnie Gabbs: 204-589-2330.

SPORTS / FITNESS / GAMES

Senior Women's 10-pin bowling league - at Château Lanes. Tuesday afternoons, 1-3 pm.

Start date is Tuesday, October 6th. Contact A Ducharme at: cinita1954@gmail.com.

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

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

Charleswood Seniors Curling Club - Curlers of all abilities and ages (50+) to enter as individuals (not teams). The Charleswood Seniors Curling Club is separate from; but operates out of, the Charleswood Curling Club, 4000 Grant Ave. Info: Membership chair Ted: ted.leblond@icloud.com or www.charleswoodcurlingclub.com.

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

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

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

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

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

Seniors Whist Group - play Wednesdays, 12-3 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.

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

SUPPORT GROUPS & PROGRAMS

A & O: Support Services for Older Adults - Buried in Treasure 15-session support group, aimed at providing education, support, and realistic strategies for older adults 55+ who struggle with clutter in their homes. No cost to participate. Put your name in to be contacted for the next group. For more info, please call: 204-956-6440

Canadian Hard of Hearing Assoc. (Mb) - Support Group, monthly meetings, Fridays, Apr. 17, May 15, Jun. 19, 1-2:30 pm, St. James 55+ Centre, 3-203 Duffield St. (Next to Deer Lodge Hospital). Free, no membership required. Info: chhamanitoba@outlook.com

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

Canadian Mental Health Association - cmhaacrossmb.ca

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

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

VOLUNTEERING

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

PROGRAMS / SERVICES

Support Services to Seniors (SSS) - welcomes the **Black Seniors Support Inc.** providing services as of Tues. Sep. 1. Info - the Black Senior Resource Coordinator: 431-458-6552, srf@blackseniors.ca

Fort Garry Senior Resource Finder will be transitioning from A & O Support Services for Older Adults to **Pembina Active Living 55+ Centre** effective Tuesday, Sep. 1/26

A & O: Support Services for Older Adults - Senior Centre Without Walls offers free telephone programs for Manitobans 55+. Enjoy games, travelogues, interesting speakers and friendly conversation, Mon-Fri. Connect, Learn & Have Fun from Home! 204-956-6440.

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

Archwood 55 Plus Inc. - 820 Cottonwood Rd. Join our charitable non profit Seniors club and get reduced rates for Monthly luncheons, weekly exercise classes bi-weekly billiards and games. **Closed July & August.**

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

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

Charleswood Active Living Centre - **NEW LOCATION - A 357 Oakdale Drive.**

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

Dufferin Senior Centre - 377 Dufferin Ave. Chair Exercise, Thursdays 10 am; Dances every 2nd Sat. Live bands & light lunch. Members \$10 / non-members \$12.

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

Golden Rule Senior Centre - 625 Osborne, inside Fort Rouge Leisure Centre. Drop-in tea/coffee, Painting, Floor Curling, Carpet Bowling, Lunch, Book & Games Club, Steppin' Up With Confidence Fitness, Qigong, Pickleball, etc. 204-306-1114, goldenrule@swsrc.ca.

Travel/Leisure/Activities

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www.anytymetravel.com

Things To Do - WINNIPEG Cont'd

FREE for non-profits and current advertisers. Submit PSAs by Oct. 2 for the Oct. 10 issue. Email wording for your PSAs (approx. 30 words) to: kelly_goodman@shaw.ca.

The Happy Gang Afternoon - Thur. Sep. 17, 1:30-3:30 pm, Prairie Spirit United Church, 207 Thompson Dr. Fun, conversation, games, bridge. Comp. refreshments. **204-832-1000**

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

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

Mensheds Manitoba Inc. - Peer run program

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

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

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

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

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

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

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

Retired Women Teachers' Association (RWTA) - Join our non-profit group for fun, food and friendship! Low membership fee. Free park-

ing. Contact Membership Convener, Dorothy Young: dyy@shaw.ca

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

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

South Winnipeg Seniors Resource Council - Golden Rule Seniors Centre, 625 Osborne **204-478-6169**, resources@swsrc.ca

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

Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by Oct. 2 for the Oct. 10 issue. Email wording for your PSAs (approx. 30 words) to: kelly_goodman@shaw.ca.

PROGRAMS / SERVICES

A & O: Support Services for Older Adults - Senior Centre Without Walls offers free telephone programs for Manitobans 55+. Enjoy games, travelogues, interesting speakers and friendly conversation, Mon-Fri. Connect, Learn & Have Fun from Home! **204-956-6440**.

A&O Support Services for Older Adults - Powerful Tools for Caregivers, 6-wk Course via ZOOM, Wednesdays, 6-7:30 pm, Apr. 15, 22, 29, May 6, 13 & 20. Register: **204-956-6440**, intake@aosupportservices.ca

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

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

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

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

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

Gimli - Gimli New Horizons 55+ Activity Centre - Over 500 members participate in almost 30 weekly activities as well as special events. Check out gimlinewhorizons.org or call **204-642-7909**

Grande Pointe, Ile des Chênes, Landmark, Lorette, St. Adolphe - 55+ morning yoga & chair/wall yoga in Ile des Chênes & Landmark. Evening classes in Grande Pointe. Gentle yet invigorating drop-in yoga for women & men of all shapes & sizes; no experience needed. 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. Leisure Guide - visit nivervillerec.ca. Info: **204-388-4600** ext 3

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

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

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

RM of Tache - Services to Seniors - Info: **204-230-2131**, laurie@rmtache.ca

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

Les services rivière seine pour aînés - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud: **204-424-5285** <https://seineriverservicesforseniors.ca>

Selkirk - Gordon Howard Centre - Various activities, outings, seasonal meals and presen-

tations. 384 Eveline St. Info: www.gordonhoward.ca or call **204-785-2092**

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

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

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

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

Stonewall - Strummers Ukulele Club - 1st & 3rd Thur., 6:30 pm, at South Interlake 55 Plus, 374 1st St. W, Stonewall. No formal instruction. **204-467-2582**

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

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



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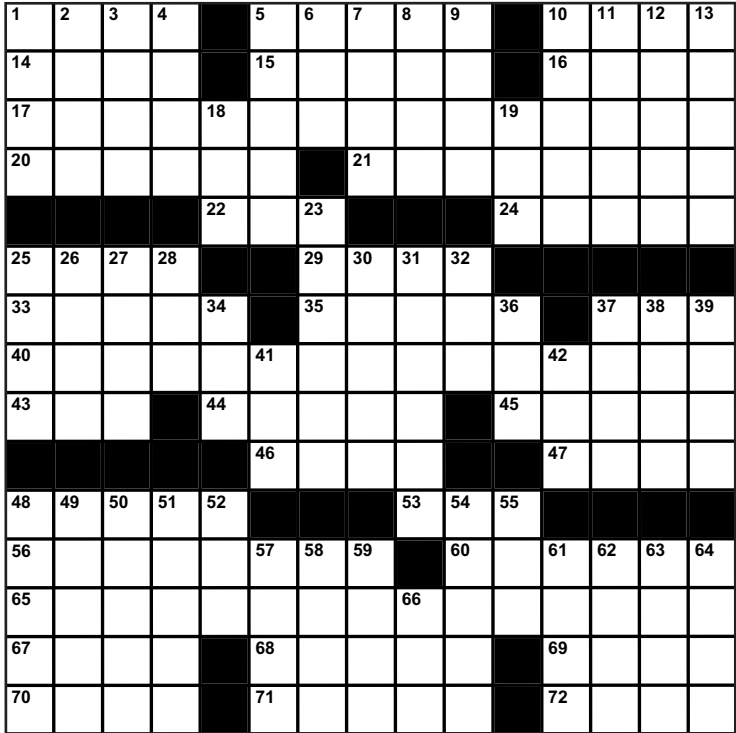
CROSSWORD - By Myles Mellor

ACROSS

1. Org. for Annika Sorenstam
5. There's nothing ____
10. Voucher
14. Pitching stats
15. Gen. Rommel
16. Wine, prefix
17. No similarities
20. Olympic swimwear
21. Bowl material
22. Early craft
24. Stun gun
25. Superpower until 1991
29. Pin holder
33. Energy source
35. Reed or Summer
37. Mythical monster
40. Zero, for sure
43. Suitable
44. Italian province
45. Combat zone
46. Pro sports gp.
47. Pretentious one
48. Inaccurate
53. Track
56. Sale benefit
60. Mournful compositions
65. The best kind of trip?
67. Builder's need
68. "Same here"
69. Hess who was a dame
70. ____ the time in the world
71. Showbiz twin Mary-Kate or Ashley
72. Make an effort to find

DOWN

1. Zooming device
2. Play thing
3. Frontline home defense
4. Tennis great, Arthur
5. Andrea Bocelli, for one



6. Gp.
7. Go for a dip
8. Article for Mozart
9. Abbr. on a business letter
10. Pause
11. Chrysler engines
12. All ____
13. Copier need
18. Crete's highest mountain
19. Meal starter
23. Anchors
25. Annapolis sch.
26. ____ at nothing
27. Paving stone

28. Word of support
30. Dots on a map
31. Let go, for Shakespeare
32. One ____ million
34. Prefix indication wrong action
36. Words between "one day" and "time"
37. Chef's need
38. Marriage destination
39. Grouchy crustacean?
41. Actress, Long
42. Hosp. units
48. Modify to new conditions

49. Pop music's ____ Vanilli
50. Eastern belief
51. Great view
52. White or Red follower
55. Grunts
57. Beehive, e.g.
58. Diamond of note
59. Explosives
61. Tach readings
62. Marvin of Motown
63. Dublin country
64. Neb. neighbor
66. Genevieve, e.g.

SOLUTION ON PAGE 23

WORDSEARCH - HEALTH & WELLNESS - Senior Scope

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

Active	Drink	Help	Memory	Puzzles	Strength
Activity	Eat	Hobby	Mental	Relax	Stretch
Agility	Energy	Hydrate	Mindful	Rest	Support
Assist	Fitness	Hydration	Move	Routine	Swim
Balance	Flexibility	Independent	Nutrition	Senior	Therapy
Calm	Focus	Joy	Pace	Sit	Vitality
Community	Friendship	Laugh	Physical	Sleep	Vitamins
Connect	Fun	Learn	Posture	Smile	Walk
Cope	Games	Lifestyle	Protein	Social	Water
Cycle	Health	Meditate	Purpose	Sports	

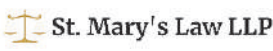
SOLUTION ON PAGE 23

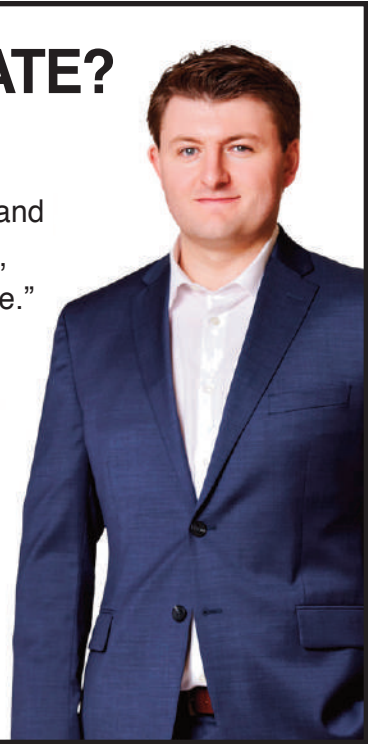
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3	1	7	8	5	4	2	9	6
5	8	2	6	7	9	3	1	4
4	9	6	1	3	2	5	7	8
9	7	5	3	4	6	8	2	1
8	4	1	2	9	7	6	3	5
6	2	3	5	8	1	7	4	9
2	5	8	9	1	3	4	6	7
1	3	4	7	6	5	9	8	2
7	6	9	4	2	8	1	5	3

CROSSWORD - Solution

1	L	P	G	A		5	T	O	S	E	E	9		10	C	H	12	13	
14	E	R	A	S		15	E	R	W	I	N		16	O	E	N	C		
17	N	O	T	H		18	I	N	G	I	N	C		19	O	M	M	O	N
20	S	P	E	E	D	O			21	M	E	L	A	M	I	N	E		
						22	A	R	K					24	T	A	S	E	F
25	U	S	S	R					29	E	T	U	I						
33	S	T	E	A		34			35	D	O	N	N		36		37	O	R
40	N	O	T	H		41	I	N	G	W	H	A	T		42	E	V	E	R
43	A	P	T			44	S	I	E	N	A			45	A	R	E	N	A
						46	A	S	S	N				47	S	N	O	E	
48	A	M	I	S		52						53	D	O	G				
56	D	I	S	C	O		57		58	P	E	N	T		60	D	I	R	
65	A	L	L	E	X	P	E	N	T	S	E	S	E	S	P	A	I		
67	P	L	A	N			68	D	I	T	T	O			69	M	Y	R	A
70	T	I	M	E			71	O	L	S	E	N			72	S	E	E	



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