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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

Celebrating 43 years! The Manitoba 55+ Games started in 1983 and have become a summer tradition for many Manitobans. The Games have grown from a few hundred participants in the early years to now well over a thousand annually. Many communities in Manitoba have hosted the Games more than once over the 43 years. Several communities have hosted twice, and three communities have hosted the Games three times since 1983! To me that speaks to the spirit of the 55+ Games! The 55+ Games are a celebration of active living that are designed so that individuals are participating within their own age category. First time participants are welcomed and celebrated! Each year we see returning participants who have been part of the Games, for many years. They renew old acquaintances and make some new friends along the way. The Games are all about friendly competition and making social connections.

A regular participant, Jack Dubnicoff, says that it was through the 55+ Games that he decided to make major changes to his lifestyle, changes which he continues to this day. "For sixteen years my participation in the 55+ Games has provided me with the opportunity to meet many wonderful supportive people, make new

friends and satisfy my love of competition. Winning medals has helped as well!

Three days of Manitoba 55+ Games could not happen without the hundreds of volunteers who give of their time, proudly show off their community, and make every participant feel welcome. So over 43 years thousands of volunteers have supported the Games and made it possible for the event to run smoothly and result in a success for their communities.

Whether you participate in the Games or are a spectator, you will see volunteers at every venue. Behind the scenes are the many Host Committee volunteers who have been working with Active Aging in Manitoba for approximately a year in advance to plan the 55+ Games for their community. This year Morden, Stanley and Winkler are hosting the 55+ Games and their dedicated Host Committee is working hard to ensure a memorable experience for every participant and spectator. The **2026 Mb 55+ Games kicked off on March 18 and 19 with a Curling event** featuring 2 Person Stick curling and 4-person traditional curling teams. Both Winkler and Morden Curling Clubs were excellent hosts and thanks to many volunteers the curling ice was always ready and thanks to the curlers the competition was strong! With more than 20 different events - the June Games have something for everyone. From pickleball to slo-pitch, golf to cribbage, you are sure to find an event to participate in! Exercise

your creative abilities and enter the Arts and Crafts section where there are many categories to choose from. All entries will be displayed at the Winkler Arts and Cultural centre from Tuesday to Thursday, June 9-11.

About 20 minutes north on Highway 3, **Carman Bowling Lanes will be hosting the individual and team 5-pin bowling event** as part of the 55+ Games.

While hundreds of participants will be busy in **Morden/St Stanley/Winkler June 9-11**, others will be participating in Equestrian events at the **Birds Hill Park Equestrian Centre**. A new addition to the Games this year, we are excited to welcome the Equestrian participants to the 55+ Games event.

This year the **Games are being extended to include - June 16-18 at the Dakota Lawn Bowling facility** in Winnipeg. We will be welcoming lawn bowlers from around the province to participate in this popular event as part of the Mb. 55+ Games.

There really is something for everyone! If you are interested in learning more about the Games and registering to be a participant or a volunteer you can find information on the Active Aging in Manitoba website - www.activeagingmb.ca. Registration forms are also available on our website or by calling **204-632-3947**. I hope that you will join us in **Morden/St Stanley/Winkler on June 9, 10, 11, 2026**.

Remember – move more and sit less!

Renew your Canadian Dental Care Plan Coverage between April 15 and June 1, 2026

All CDCP members, including those who recently applied for this benefit year, need to renew for the next benefit year to avoid a gap in their coverage.

Before renewing, you and your spouse or common-law partner (if applicable) must have:

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You can renew for yourself and any dependents under 18 years old.

More info: Canada.ca/dental

If you don't renew, your coverage will end on June 30/26

You will have to pay for the services you receive after your coverage ends. You will not be reimbursed for these services even if your coverage is renewed at a later date.

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

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MANITOBA ANGLERS' GUIDE 2026 NOW AVAILABLE

The Manitoba Anglers' Guide 2026 is now available and anglers are encouraged to access the guide online for information on the upcoming fishing season, Natural Resources and Indigenous Futures Minister Ian Bushie announced.

"The release of the Manitoba Anglers' Guide 2026 marks the start of another exciting fishing season," said Bushie. "During these free fishing days, I encourage Manitobans and visitors to enjoy their time outdoors safely and responsibly."

Anglers could fish without an angling licence until April 5. Federal angling licences are still required in national parks. New regulations, including updated

angling licence fees and changes to some possession limits and size restrictions, take effect April 1. For more information on fishing regulations refer to the Manitoba Anglers' Guide 2026, available online at www.manitobafisheries.com. Printed copies will be available later in April in stores where angling licences are sold.

Anglers fishing for walleye and sauger are reminded of the following fishing season dates:

- April 6 – walleye and sauger season closes in the southern division;
- May 1 – walleye and sauger season closes in the northwest and north central divisions;

- May 9 – walleye and sauger season opens in the southern division (except Lake Winnipeg); and
- May 16 – walleye and sauger season opens on Lake Winnipeg and in the northwest and north central divisions.

Anglers must not target these species during closed times. The fishing division map is available in the anglers' guide.

Dauphin Lake and all its tributaries, excluding the Vermilion Reservoir, will be closed to fishing on April 1. Some areas are closed to all fishing from April 6 to May 8, including the Red River between Lockport Dam and Lake Winnipeg and its

tributaries upstream to Provincial Trunk Highway (PTH) 9 and PTH 59, and the Assiniboine River downstream of the Portage Diversion to Provincial Road 240.

Manitobans are encouraged to help protect the province's water bodies from aquatic invasive species by ensuring all watercraft and water-related equipment are clean, drained, dried and, if necessary, decontaminated after use in any Manitoba water body.

To learn more about updated fees for the 2026 season, visit <https://www.gov.mb.ca/nrnd/fish-wildlife/fish/index.html>.



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Honouring Excellence, Celebrating Heritage Cont'd from front page



MANITOBA SPORTS

By Scott Taylor / Photos courtesy the Manitoba Indigenous Sports Hall of Fame

On what one hopes will be a bright, seasonal spring evening in Winnipeg, beneath the lush canopy of The Leaf at Assiniboine Park, history won't just be remembered—it will be celebrated.

The Manitoba Indigenous Sports Hall of Fame's Class of 2026 is more than a list of decorated athletes and builders. It's a living, breathing testament to perseverance, cultural pride and the enduring power of sport as a force for healing, identity and change.

Five individuals. Five journeys. One shared legacy. And on April 15, that legacy will take its rightful place in the spotlight.

The Hall's fifth annual induction ceremony is rooted in something far deeper than accolades. It answers a national call—literally. The Manitoba Aboriginal Sports & Recreation Council's Hall of Fame initiative emerged as a response to the Truth and Reconciliation Commission of Canada's Call to Action No. 87, urging the country to recognize and share the stories of Indigenous athletes.

This year's class embodies that mission in every sense: elite performance, community leadership and an unwavering commitment to uplifting Indigenous voices in sport.

Let's meet the Class of 2026:

Kerri Einarson: A Champion Still Chasing Greatness

Kerri Einarson's resume already reads like a career retrospective. Multiple Scotties Tournament of Hearts titles. World championship podium finishes. More than a decade of elite-level dominance.

But at 38, the pride of Petersfield, Manitoba, insists she's not done yet.

A proud Métis athlete, Einarson has built one of the most consistent runs in Canadian curling history, skipping her own team since 2008 and redefining what sustained excellence looks like in the sport. Through the unique pressures of pandemic-era competition and the relentless grind of international play, she has remained both steady and spectacular.

Yet what sets Einarson apart isn't just what she's won—it's how she carries it.

Now raising twin daughters in Gimli, she balances elite sport with motherhood, all while passing down both her love of curling and her cultural identity. Her drive remains undiminished, her goals unfinished.

"We put in so much work," she said. "That's what it takes."

For Einarson, the Hall of Fame isn't a finish line. It's another milestone on a journey that still points forward.

Chief Kevin Hart: From Humble Beginnings to National Leadership

Kevin Hart's story begins in adversity. Raised on Opaskwayak Cree Nation and Nisichawayasihk Cree Nation, Hart's early years were shaped by hardship—poverty, racism and, at times, homelessness after moving to Winnipeg as a teenager. But through football, he found both escape and purpose.

That game carried him to a national senior championship and into the Manitoba Football Hall of Fame. But his greatest impact came long after the final whistle.

Hart emerged as a powerful political voice, serving two terms as Manitoba Regional Chief of the Assembly of First Nations. His work has touched some of the most pressing issues facing Indigenous communities—housing, water, child welfare and the ongoing crisis of missing and murdered Indigenous women and girls.

Still, his foundation remains rooted in those early days.

"I grew up without a bathroom. We had a honey bucket... but we played football... It was rough... but it was fun," Hart recalled.

That resilience—learned on dusty fields with no equipment—became the backbone of a life dedicated to advocacy and change.

Mike Sutherland: Building Opportunity, One Athlete at a Time

For more than three decades, Mike Sutherland has worked largely behind the scenes. But his impact is impossible to miss.

A member of Peguis First Nation, Sutherland has spent 35-plus years coaching, managing and mentoring athletes in hockey and softball. From the Peguis Senior A Redmen to Team Manitoba squads, his fingerprints are on countless championships at the provincial, national and international levels.

But for Sutherland, the wins are secondary. His true mission has always been about opportunity—making sure Indigenous youth have a place to play, to grow and to believe in themselves.

"I wanted to make sure the kids... always had a team to play for," he said.

Recognized as MASRC's Volunteer of the Year in 2019, Sutherland continues to serve as a director with the organization, helping shape the future of Indigenous sport across Manitoba.

His legacy isn't measured in banners—it's measured in lives changed.

Chief Tréchelle Bunn: Running Toward Healing

Tréchelle Bunn's journey bridges sport, leadership and reconciliation in a way few others can.

A standout hockey player with the University of Manitoba Bisons and Aboriginal Team Manitoba, Bunn excelled on the ice while pursuing academic success. But her path soon led her beyond sport and into law, and ultimately into leadership as Chief of Birdtail Sioux Dakota Nation—at just 25 years old.

Her most profound contribution may be the Truth and Reconciliation Half-Marathon, an event that retraces the path from the former Birtle Residential School back to her home community. It's a symbolic act of healing, allowing participants to complete a journey that was once forced upon survivors.

What began with a small group has quickly grown into something much larger.

"It was the first time my coach and most of my teammates had been to a First Nation," Bunn said. "It was super cool that they made the journey."

Through sport, ceremony and advocacy, Bunn is helping transform painful history into collective strength—and ensuring the next generation moves forward with understanding and pride.

Trevor Kidd: Finding Identity Beyond the Game

Trevor Kidd's name is familiar to hockey fans across Canada.

A 12-year NHL veteran, Kidd's career included a Memorial Cup title, three World Junior appearances and an Olympic silver medal in 1992. His athletic achievements alone would warrant recognition.

But his induction tells a deeper story. In recent years, Kidd has embraced his Métis heritage, reconnecting with his roots through his family and the Manitoba Métis Federation. What began as an educational opportunity for his children became a personal journey of identity and belonging.

"The amount of help... has been awesome," Kidd said, noting the importance of learning family history and cultural roots.

Since retiring from hockey, Kidd has built a second career as a soccer coach, entrepreneur and custom home builder in Winnipeg. Yet his most meaningful work may be the quiet, ongoing process of understanding who he is—and where he comes from. ■

Happy Birthday to a Special Mum

By Stellamaris Newlands (daughter of Jelena Walton)

Mum **Jelena Walton** who has lived in Winnipeg for more than 30 years turned 100 years old on 16th December 2025. My husband John and I were travelling from Australia for to celebrate with her.

On Saturday 13th December we had a small gathering at a local Winnipeg restaurant for Mum and her family and friends, expertly organized by my niece Nicole from Ontario. It was delightful.

As well as Nicole, John and myself, my brother Desmond who has also lived in Winnipeg for many years was there with his daughter Rachel from Ontario. His other daughter Nerissa from Vancouver was unable to come, as were our children Robert, Georgia and Francesca from Australia. Many of Mum's special friends also came. Some of them remembered playing lawn bowls with Mum and our late dad years ago, before Dad passed away in April 2003.



Jelena Walton - 100 Years Young

During our celebration we lit a candle at our table to honour Dad and our youngest brother Alroy who died in Ontario in April 2024. Doing this was bitter-sweet but comforting.

We left South Africa many years ago. My parents and two brothers came to live in Manitoba and Ontario. I made my life in Australia, having met my husband John on board our ship in the middle of the Indian Ocean on our way as immigrants to Australia in October 1972. He had boarded in Southampton UK a couple of weeks before I boarded in Cape Town. We had our 50th wedding anniversary in October 2023.

Mum has 6 grandchildren: my brothers' 3 daughters in Canada, and our son and two daughters in Australia.

Mum also has 10 great grandchildren, all in Australia. They are our grandchildren, the youngest of whom recently turned 6 years old.

Mum was honoured for her 100th Birthday by letters and certificates of congratulation from a number of dignitaries:

- Mark Carney, Prime Minister of Canada
- Wab Kinew, Premier of Manitoba
- Mary Simon, Governor General of Canada
- Honourable Uzoma Asagwara, Minister of Health, Seniors and Long-Term Care
- Honourable Anita Neville, Lieutenant Governor of Manitoba
- Doug Eyolfson, Member of Parliament for Winnipeg West
- King Charles and Queen Camilla

Mum was particularly happy when Carla Compton, MLA for Tuxedo, was able to call in to our celebrations at the restaurant on 13th December.

Mum is special. She has been the grounding force for all our family, through all the years. We revere her. ■



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645 Park Avenue
204-268-2444 / beauhead@mymts.net

BINSCARTH/RUSSELL

Seniors Services of Banner County
seniorservicesofbannercounty@gmail.com
204-532-2391

BIRTLE

Valley Senior Services
663 Main Street / 204-842-3296
valleyserviceforseniors@gmail.com

BOISSEVAIN

Seniors' Services of the Turtle Mountain Area
204-534-6816 / seniorservicetm@gmail.com

BRANDON

Brandon Seniors for Seniors Co-op Inc.
311 Park Avenue E / 204-571-2050
reception@brandons4s.ca / www.brandons4s.ca

Health Checks
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healthchecksbrandon@gmail.com

CARMAN

Carman Active Living Centre
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www.activelivingcentrecarman.ca

CRANBERRY PORTAGE

Jubilee Recreation of Cranberry Portage Legion Hall
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CRYSTAL CITY

Crystal City & District Friendship Club Inc.
117 Broadway St. / 431-867-0122
crystalcityfriendship@gmail.com

DAUPHIN

Dauphin Active Living Centre Inc.
55 1st Avenue SE / 204-638-6485
www.dauphinseniors.com

DELORAIN

Deloraine Community Club Inc.
111 South Railway Ave E / 204-747-2846

DELORAIN

Seniors' Outreach Services of BrenWin Inc.
204-747-3283 / sosbrenwin@gmail.com
sosbrenwin.com

ELIE

Cartier Senior Citizens Support Committee Inc.
11 Magloire Street, Suite #1 / 204-353-2470
cartierseniors55@outlook.com

ERICKSON

Comfort Drop In Centre
31 Main Street / 204-636-2047
areas@mymts.net

FLIN FLON

Flin Flon Seniors
2 North Avenue / 204-687-7308

GILBERT PLAINS

Gilbert Plains and District Community Resource Council Inc.
204-548 4131 / gpdrc@mymts.net
www.gpseniors.ca

Gilbert Plains Drop In Centre
22 Main Street North / 204-548-2210

GIMLI

Gimli New Horizons 55+ Centre
17 Loni Beach Road
204-642-7909 / gimli55@mts.net
www.gimlinewhorizons.org

GRAND MARAIS

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

GRANDVIEW

Grandview Seniors Drop In
432 Main Street / 204-546-2272

HAMIOTA

Hamiota 55+ Centre & Restore Community Co-op Inc.
44 Maple Avenue / 204-764-2658

KILLARNEY

Killarney New Horizons Centre
520 Mountain Ave. / www.killarneymbnseniors.ca

Killarney Service for Seniors
415 Broadway Ave. / 204-523-7115
seniorservice@killarney.ca

LA BROQUIERIE and STE. ANNE

Seine River Services for Seniors Inc. / Services Rivière Seine pour aînés Inc.
93 Principale Street / 204-424-5285
src@seineriverservicesforseniors.ca
seineriverservicesforseniors.ca

LUNDAR

Lundar Community Resources
35 Main Street
204-762-5378 / lrcr@mymts.net

MANITOU

Pembina Community Resource Council
315 Main Street
204-242-2241 / pembinaacc@gmail.com

MINNEDOSA

Minnedosa Senior Citizens Assoc.
31 Main Street S
204-867-1956 / mdsasca@gmail.com

MORDEN

Morden Activity Centre
306 N Railway Street / 204-822-3555
mordenactivitycentre@gmail.com
www.mordenseniors.ca

NEEPAWA

Neepawa Drop In Centre
310 Davidson Street / 204-476-5103
Neepawa-dropin@outlook.com
www.neepawa.ca/district-drop-in-center

NOTRE DAME DE LOURDES

Club D'age Dor Notre Dame
204-248-7291 / ndslichezsoi@gmail.com

PILOT MOUND

Pilot Mound Fellowship Centre
203 Broadway Avenue / 204-825-2873

PLUMAS

Plumas Seniors Citizens Club Inc.
102 White Street / 204-386-2029

PORTAGE LA PRAIRIE

Herman Prior Senior Services Centre
40 Royal Road N / 204-857-6951
hermanpriorcentre@gmail.com
www.hermanprior.com

Portage Service for Seniors
40A Royal Road N.
204-239-6312 / psfsmails@shaw.ca
<https://portageserviceforseniors.wixsite.com/psfs>

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204-585-5310

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www.gordonhoward.ca

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204-358-2151 / snowsrs@mymts.net

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Age Friendly Committee of St. Laurent
204-906-9607

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Piney Regional Senior Services
204-437-2604 / lgseniors@gmail.com

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info@macdonaldseniors.ca
www.macdonaldseniors.ca

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Pat Porter Active Living Centre
10 Chrysler Gate / 204-320-4600
ed@patporteralc.com / www.patporteralc.com

STONEWALL

South Interlake 55 Plus
374 1st Street West - Oddfellows Hall
204-467-2582 / si55plus@mymts.net
www.si55plus.org

SWAN RIVER

Swan River & District Community Resource Council
126 6th Ave N / 204-734-5707
resourcecouncil@srseiniorservices.com

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

THE PAS

The Pas Golden Agers
324 Ross Avenue / 204-623-3663
seniorsthepas@gmail.com

THOMPSON

Thompson Seniors Community Resource Council Inc.
4 Nelson Rd. / 204-677-0987
thompsonseniors55@gmail.com
thompsonseniors.ca

TREHERNE

Treherne Friendship Centre
190 Broadway Street
204-723-2559 / jstate1066@gmail.com

VICTORIA BEACH

East Beaches Social Scene
3 Ateah Road / 204-756-6468
ebssinc1@gmail.com
<https://www.ebseniorscene.ca>

East Beaches Resource Centre
3 Ateah Road / 204-756-6471
ebresourcec@gmail.com
<https://ebresourcec.weebly.com>

VIRDEN

Seniors Access to Independent Living
204-851-2761
sail.cao.2023@gmail.com

WINKLER

Winkler & District MP Senior Centre
102-650 South Railway Avenue
204-325-8964
director@winklerseniorcentre.com
www.winklerseniorcentre.com

University of Manitoba's administration building

Photo credit: Michelle Porter



Aging expectations: What to expect at the Spring Research Symposium

By Rachel Ines, Centre on Aging University of Manitoba

On May 7, the University of Manitoba (UM)'s Centre on Aging will host their 43rd Annual Spring Research Symposium [<https://umanitoba.ca/centre-on-aging/research/spring-symposium>] on the Fort Garry Campus. At this event, we will also be celebrating the 10th Anniversary of UM endorsing the principles of an Age-friendly University.

"As the first university in Canada and

one of the first universities in the world to join the Global Network of Age-friendly Universities, the UM has a lot to celebrate" says Dr. Michelle Porter, Director of the Centre on Aging.

At the event, speakers will present their latest research on a variety of aging topics, and community organizations and university departments will share resources in the exhibitor hall. The Symposium is free

to attend, but registration is required and will be open until April 26. Join us in person or stream sessions virtually:

May 7, 9 a.m.–4 p.m.

University of Manitoba

2nd floor Multi-Purpose Room, UMSU University Centre, 65 Chancellor Circle

Register using the online form at <https://forms.cloud.microsoft/r/CSFxRKELYW>.

Now in the Centre's 43rd year, the Spring Research Symposium offers attendees a variety of opportunities to learn about aging, connect with others, and share your own aging experiences. So, what should you expect when you attend the Symposium?

1. Learn about current aging research directly from the researchers. This year's presentation's [<https://umanitoba.ca/centre-on-aging/research/spring-symposium/presentation-schedule>] will focus on Care poverty in Canada; Implementing a dementia screening program for adults with intellectual and developmental disabilities; Strengthening a palliative approach in long-term care; Autonomic and cardiovascular responses in older adults; Age-friendly studios in Manitoba communities; and, Indigenous aging, housing and supports.
2. Connect with exhibitors to find out what supports are available for older adults in the community. Whether you're looking for programs or resources for yourself or a loved one, or you just want to connect with a friendly face, exhibitors will be on hand to speak with you.
3. Engage with students and researchers during the poster session to have one-on-one discussions about their research or possibly get involved in upcoming or current research studies.
4. Connect with like-minded individuals. The Symposium attracts a wide variety of attendees, interested in aging topics. It's a great opportunity to meet others with a shared interest, engage in conversations, and make new connections.
5. Find out about Age-Friendly University initiatives. This year marks 10 years since UM first endorsed the Age-Friendly University principles—the first in Canada! Learn about existing programs, events, and learning opportunities open to older adults who want to get involved in the UM community. There's something for everyone!

For more information about the Symposium, visit the Centre's website: umanitoba.ca/centre-on-aging or call 204-474-8754.

HAPPY EASTER!



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LAURIE SUTHERLAND – The Incredible Patsy Cline



A MANITOBA MOMENT

By Bud Ulrich

A few months back, the residents of Ruth Gardens (my apartment block) were treated to a concert by Laurie Sutherland, a singer and entertainer from Selkirk, Manitoba, providing a beautiful tribute to Patsy Cline. The large crowd was riveted from the start of the concert to the last song. As Laurie entered the packed multi-purpose room singing one of Patsy Cline's tunes, my thoughts went back to our teenage years and the dances with our sweethearts. Those slow tunes were magic and snuggling up to your girlfriend was even better. Okay, I'm getting carried away, but I'm sure you know what I'm talking about!

Laurie was born in 1960 in Selkirk, Manitoba and raised near Oak Hammock Marsh. Her father was a grain and cattle farmer. Laurie went to school in the community of Cloverdale, and when the school closed, Mapleton (south of Selkirk) was her next stop, and then Selkirk to complete her schooling. Laurie was a good student, much like many female students. Research indicates boys aren't as studious as girls for a variety of reasons. Several friends of Laurie's described her personality as being rather quiet. "I saved my voice for when I needed it," said Laurie.

Music was part of Laurie's family. Her mother was quite talented playing the piano – she was receiving coaching and mentoring towards becoming a concert pianist. However, she decided just to play the piano in church and also some old-time music. Continuing the family music tradition, Laurie's first singing performance was in a local talent contest close to her twentieth birthday.

Laurie has three brothers and two sisters. She and her husband Rick have three daughters, Katie is the oldest at 42, and their youngest is Kelsey at 32. Tragically, Rick and Laurie lost their middle daughter, Kristin, in a car accident eleven years ago at the age of 27. Laurie continued to perform one year later as she knew that's what her daughter would want, and to spread her love for music to audiences just as Kirstin had done in her lifetime.

For 22 years Laurie was a school bus driver. I sensed she really enjoyed this job, interacting with the kids to and from school. To this day, several kids still remember her and greet Laurie whenever their paths cross.

Rick was turning 50 years old and Laurie was planning a birthday party for him at the Selkirk Legion. This was an opportunity for Laurie to sing some songs for his birthday. She hadn't been singing for quite some time, as bringing up a family occupied her time. A band was not available for Rick's party, but a friend urged her to try singing with karaoke tracks for backup. Although this was unknown to her, she decided to give it a try. Laurie located the music tracks and informed the store clerk of her desire to sing at her husband's birthday. Three CDs were placed on a table for her to view. One of them was Reba McEntire, next was Patty Loveless, and third was Patsy Cline. "So, of course I chose Patsy Cline," said Laurie. On the evening of Rick's birthday, she sang three Patsy Cline songs. Fast forward



Laurie Sutherland



Laurie with a little help from Kirk Koppers, a resident at Ruth Gardens.



Laurie singing at Ruth Gardens.



Laurie performing at Ruth Gardens to a captivated crowd.

a few weeks when her neighbour bumped into her and said, "You know Laurie, you sound like Patsy Cline, and you look like her, and I think you should do some shows." Her neighbour got the ball rolling by booking a location and selling all the tickets. And it happened! For close to 20 years Laurie became one of the most recognizable Patsy Clines at several Manitoba locations, Winnipeg, Selkirk, Gimli, Brandon, Winkler, Morden, Portage la Prairie, and she was a regular performer at the South Beach Casino. Being semi-retired, Laurie is slowing down a bit – she is more selective in choosing her gigs. She prefers smaller venues with more intimate settings.

Tributes to Patsy Cline are a good fit for Laurie. "All performances are 'hitch free', but some are better than others. There's really no explanation for that, that's just the way it is," she said. Laurie oozes confidence and interacts with the audience during the songs. Clearly, she enjoys singing Patsy Cline tunes and people "warm-up" to her quickly. Over the years she has worked at engaging the crowd with rewarding results as we noticed at Ruth Gardens. Laurie's entrance at the start of the show is effective. She starts singing as she enters the room, moving towards her spot up front. Making an entrance has become her trademark. "I became a showgirl, and I took that seriously," she said.

Laurie adores Patsy Cline and cherishes all her songs. Learning how to sing the way Patsy sang was her biggest challenge. "I learned so much from Patsy's style of singing. She definitely made me a much better singer and performer," Laurie said. Determination played a big part in Laurie's climb to success, and now she sparkles at keeping the wonderful voice of Patsy Cline alive. ■

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ST. JOHN'S ALUMNI ASSOCIATION - Making Things Happen



A MANITOBA MOMENT

By Bud Ulrich

The “Movers & Shakers” of the St. John’s Alumni Association, Brian Burdy and Sue Gibb, were teachers at this school. It has been many years since my teaching days at St. John’s High School, and to walk the halls and think back of my sixteen years brought a deluge of beautiful memories. As much as things change, they stay the same – slightly altered but nevertheless the same.

I recall the 75th reunion celebration back in 1985. It was a huge success both in terms of attendance and fundraising. Somewhere around \$35,000 was raised. The current principal at that time approached the city of Winnipeg seeking a grant to change the lecture theatre on the third floor into a drama theatre. Amazingly, the city matched the \$35,000 allowing the changes to take place. Alumnus, Monty Hall - radio and television show host, had plans prepared including lighting, sound booth, and a make-up room, and presented this to the school.

One afternoon, Brian, Sue and I spent a chunk of time reminiscing about the good ol’ times at St. John’s and sadly the number of staff who have passed away. Somewhat alarming in a way, but the life cycle is what it is, and we hold on and cherish the memories as best we can. The alumni of 18 people along with Sue and Brian keep this candle burning at St. John’s High School honouring the school heritage with regular meetings and installations of memorabilia in the hallways. Staging reunions is an important event requiring many hours of planning and organizing. It is clear the alumni are up to the task. Brian and Carole Kurdydyk, a former student and educator, were co-convenors of a highly successful 100th Reunion in 2010.

The alumni participate in “Meet the Teacher Night” displaying memorabilia in the halls. “Sue is the archivist, and the number of hours she puts in preserving original materials and helping people



Above: Alumni Association Committee 2025-2026. Front (L-R): Brittany Smotrycki, Grace Smotrycki, Lorraine McLean, Debbie Marantz, Sue Gibb, Carolyn Rickey. Back (L_R): Melissa Caron, Greg Woloszyn, Brian Burdy, Dave Krestanowich, Corinne Forsman, Trish Rosolowich, Brad Freund, Linda Romsa, Rick Romsa, Frank Unger



Above: First Graduating Class - 1910.



Left: Alumni Pin.



Military Information Display. Susan Gibb (St John's Staff 1975-2009), Dave Krestanowich (St. John's student 1968-72) and Lorraine McLean (St. John's student 1962-69).



St. John's Technical School 1910-1967.

obtain it, is incredible,” said Brian. The archives include yearbooks from every year since 1910, plus many other documents from when the school opened. Showcases for some of the memorabilia are in the hallway on the main floor. The challenge to display the huge inventory of years gone by is an ongoing task for the alumni. There are 22 alumni who have received the Order of Canada. Plaques are being made and will be placed in the hallway showcase. It is important to recognize their achievements and for the current student population to feel a sense of pride of being enrolled at the same school.

St. John’s High School has a long history of notable people graduating from this school: Monty Hall – radio and television host, Burton Cummings – musician and song writer, Lou Bernstein – all-star football player and hall of famer in Football Manitoba Hall of Fame, Norman Mittelmann – elite opera singer, Ed Evanko – actor and singer, John Hirsch – theatre director, Bert Pearl – radio and super star from the Happy Gang (now that’s going back some), Chris Walby – player inducted into the Canadian Football League Hall of Fame, Arnold Spohr - ballet dancer, choreographer, and artistic director, and Abe Yanofsky – chess player, writer, lawyer, and politician. Other notable alumni are Alan Blye – best known for his work as a writer for The Smothers Brothers Comedy Hour and The Sonny & Cher Comedy Hour, and Ted Milian – lineman with Edmonton Eskimos winning 5 Grey Cups, Arnold Naimark – former President University of Manitoba, Chris Lorenc – lawyer and President & CEO of Manitoba Heavy Construction Association. Indeed, there were many graduates from this school who made their mark in society, thanks to a school which provided a basis for their success.

Chris Dewar, a former student of St. John’s and staff librarian from 1979-2000, was

instrumental in starting the extensive collection of library books by former alumni and was the initial archivist who wrote the history section of the 100th Anniversary Memory Book. Sadly, Chris passed away last fall, but her legacy lives on.

Perhaps the alumni could conduct a history course for the students covering a multitude of topics related to the old school, and the years gone by. There was a small gymnasium in the basement of the old school. It had a low ceiling creating difficulties in playing basketball or volleyball. There is little comparison to the new school’s huge gymnasium complete with a stage and bleachers.

Following Brian’s graduation at the University of Manitoba, as part of the course requirements to complete his teaching certificate, he performed his student teaching at St. John’s High School. He was then hired as a full-time bona fide teacher. This was his dream job. He was a student (1961-1965), a student teacher, and now the real thing, all at St. John’s High School. It doesn’t get much better than that. There must be a St. John’s magnet in Brian’s back pocket – being retired, he’s back as president of the Alumni Association.

An Alumni Newsletter has taken on a completely new format, including their official logo. It’s designed to be easily recognized and will be included on all pertinent information. Communication is key to keeping the alumni informed as well as serving as a source of information for the current students. Thanks to Melissa (nee Dear) Caron, a student from 1993-1999, who is now part of the Alumni Association as secretary/newsletter coordinator. She designed the new logo. The Alumni branding is important recognition – everything from stationery, mugs and clothing.

A recent Remembrance Day session recognized the significant military history

of St. John’s students. A table was set up by the memorial plaque in the hallway displaying information collected over the years for students to view. “A number of kids stopped by and asked questions about the display and the history,” said Sue. The work of the Alumni cannot be overlooked in exposing important events both past and present to the student body. Although every kid will not gain from the efforts of the alumni, some will benefit and hopefully pass it on to others. The large number of St. John’s alumni spearheading the efforts of bringing the history of this school to the forefront is commendable. The influence of the alumni, whereby the names of fallen war veterans from St. John’s were read over the PA system each morning, is another example of informing the student body and honouring the past.

Once spring arrives, and I believe it will – when people are cleaning out St. John’s “stuff”, give the Alumni a call, go online to the website, or call the school 204-589-4374. They would love to see their collection grow.

Sue manages the alumni website - <https://www.stjohnshighalumni.com> which is very informative of upcoming events, especially the reunion below:

Attention Class of 1976 and Other 70's Alumni!

**June 2026 Reunion Update
Only 4 months until the party - please register**

As soon as possible!

The St. John’s Alumni Association is in good hands, and they’re making things happen for the betterment of the school and the enjoyment of the alumni. Congratulations to Brian Burdy and Sue Gibb for leading the way. ■



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Walking for Mom, walking for community

- Alzheimer Society of Manitoba

When Chelsea Bernhard shows up for the IG Wealth Management Walk for Alzheimer's every year, she brings her family's story with her.

Chelsea began walking in her mother's memory more than 10 years ago.

"My mom was diagnosed with Alzheimer's disease at just 48 years old. I was in my early 30s and unsure what to expect," says Chelsea. "It was a shock to our family when my mom was diagnosed, but the support from the Society helped us figure out how to keep moving forward."

Chelsea's mother passed away in 2022, just before turning 60. Since then, the Walk has become a meaningful way for Chelsea and her family to honour her mother's memory and stay connected to a cause that shaped their lives. Her daughter, now 15, has been walking alongside her since she was a child.

"My daughter has grown up doing this," Chelsea says. "She looks forward to it every year. Decorating the sign, bringing Grandma's picture and seeing all the other families. It's helped her understand that there's so much support out there."

Today, Chelsea attends the Walk alongside her coworkers from Comforts of Home - Care, which adds another layer of meaning to her Walk experience.

At Comforts of Home Care, Chelsea supports people living with dementia and their families every day. Participating in the Walk as a workplace team has become a purposeful way for her coworkers to step outside their daily routines and support the dementia community in a fun way.

"Being together at the Walk, on such a fun day filled with music, laughter and such compassionate people, also helps us bond and connect on another level," Chelsea says. "Over the years, the Walk has become an annual tradition for our team. It's something we all really look forward to doing - we enjoy making a difference together."

Chelsea encourages others facing dementia to reach out to the Alzheimer Society of Manitoba as early as possible, so they can start growing a support system. She knows how isolating the disease can feel, and how much easier it becomes when you're not carrying it alone.

She also encourages others to get their workplaces involved in the Walk. Forming a Walk team with coworkers is a powerful



way to build camaraderie while making a real difference.

The Walk continues to remind her every year that there is a whole community of support walking beside her — families, coworkers, care partners, daughters, sons, friends, grandchildren — all showing up for the same reason.

For Chelsea, that shared sense of support is what keeps her coming back.

Join Chelsea and the Comforts of Home - Care team at the Winnipeg Walk on Saturday, May 30! Visit alzheimer.mb.ca/wfa to learn more and register.

THINGS TO DO - APRIL 2026

Free online education sessions:

Living with Dementia:

First Steps - Part 1

Saturday, April 11, 10 - 11:45 am,
Virtual via ZOOM

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.

Please note that you don't need to attend/watch the Living with Dementia sessions in order. Register today at alzheimer.mb.ca.

Medical Assistance in Dying (MAiD)

Tuesday, April 21, 10 - 11 am,
Virtual via ZOOM

This session will provide an overview of MAiD and the federal legislation and its implementation in Manitoba for people living with dementia. Register today at alzheimer.mb.ca.

Minds in Motion

Locations available across the province

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

Community Partner Programs

Learn more about the following programs and register at alzheimer.mb.ca/community-programs.

Dalnavert Museum Dementia-Friendly Tours

Saturday, April 25, 2026, 10-11:30 am,
Dalnavert Museum, Winnipeg

Cost: \$24 +tax per pair & session
(or \$12 +tax/pair & session for Dalnavert Museum Member)

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

Tune-Up Café

Bi-weekly on Tuesdays, April 7 - June 16,
6:15-8 pm,
Convalescent Home of Winnipeg

No fee to attend, but registration required
A program where people living with early to moderate signs of dementia and their care partners can meet, sing and sip. Tune-Up Café is an inclusive and welcoming meeting place for singing, making social connections and sipping on a cuppa! No prior music or singing skills are needed to join in on the fun.

Vivace Voices Choir

Tuesdays, Feb 3 - Apr 21, 6:30-7:30 pm,
Canadian Mennonite University, Winnipeg

Cost: \$175 per pair

Enjoy revisiting familiar tunes and learning new ones! This program is designed for people living with early to moderate signs of dementia and their care partners.

Singing in a choir is a challenging and joyful experience. Join us and learn to sing new and familiar music while making connections with those around you. No prior choral experience is required.

Support Groups

Various dates, times and locations across the province.

The Society offers groups for people living with dementia and for care partners both in-person across the province and virtually via Zoom. 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.

SRI LANKAN SENIORS:

Sri Lankan Association of Manitoba: Conducted Paduru Party

By Senaka Samarasinghe

Paduru Party is a traditional, rich, and oriental singing and music evening party. Singers sit on straw mats stretched on the floor. They used two main musical instruments, such as the dolack and serpina. All of them enjoy an authentic area-based dinner.

As an annual feature, the Sri Lankan Association of Manitoba (SLAM) annually

conducts this event with the participation of the Sri Lankan community living in Manitoba. This was held on Feb 14th (SAT) 2026 from 6.00 pm to 11.00 pm at Fort Garry Evangelical Church, 602, Pasadena Avenue.

They scheduled it for the three musical seasons: (1) Karaoke Session, (2) Live Music, and Non-Stop Music and Open Dance Floor.

I requested three songs, and they included them as well: (1) Me Sawumay Rathiya - Dharmadasa Walpola, (2) Lo Ada Ninde - C. T. Fernando, (3) Oba Dan Keewah - Milton Mallawaarachchi. Among other songs, I also sang these three songs.

SLAM conducted another successful event. I wish to extend my congratulations to Lanka Abeyweera and her Board of Directors for allowing all of us to enjoy a Sri Lankan social event this fantastic evening. ■



PST off all groceries.

From roast chickens to salads, Budget 2026 will take the tax off all groceries in Manitoba starting **July 1**, to help save you money.

Manitoba.ca/Budget2026



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

How fraudsters are using artificial intelligence

Artificial intelligence is making scams harder to spot, and fraudsters are using new tools to make their messages, calls, and impersonations feel alarmingly real. Staying alert to a few key warning signs can make a big difference in protecting yourself and your family.

Red Flags to Watch Out For

- **Increased personalization:** Scammers can now use AI to pull your name, address, or other public details to make emails or texts look legitimate. A message that feels “tailored” isn’t necessarily trustworthy.
- **Phone number spoofing:** Fraudsters can disguise their caller ID to appear as a bank, government office, or even a family member. A familiar number doesn’t guarantee a safe call.
- **Voice cloning:** With only a few seconds of audio, AI can mimic a loved one’s voice. Scammers may pose as a grandchild or relative in distress, urgently

asking for money. You could ask to speak to your loved one and if they refuse to let you, threaten to call the police. They will likely hang up.

Technology may be evolving, but simple habits still offer strong protection.

When in doubt: Hang up. Verify with family. Make a report.

Visit www.JustHangUp.ca to learn how to spot and stop scams.

From website: www.JustHangUp.ca :

When in doubt, just hang up.

Scammers create panic to keep you on the line. Ending the call stops the pressure – and the scam.

Verify before you pay.

A quick call to a trusted family member can save you thousands. No rush is worth the risk.

Police will never ask for bail money.

No police service will request cash, gift cards, or couriers to collect money. If they do – it’s a scam.

Different Scams include:

- Romance Scams
- Obituary Scams
- Lottery Scams
- Cryptocurrency Scams
- Investment Scams
- Collection Agency Scams

Five Tips to Prevent Identity Theft

Identity theft can happen to anyone – and it doesn’t just affect big cities or large corporations. Right here in Manitoba, individuals and families are targeted every day by email scams, phone calls, stolen mail, and online data breaches. The good news? A few simple habits can dramatically reduce your risk:

- **Shred sensitive documents:** Use a paper shredder for anything that includes your name, address, account numbers, or date of birth
 - **Protect your mail:** If you’re expecting important documents, retrieve your mail promptly
 - **Strengthen your passwords:** Weak passwords are one of the easiest ways for criminals to access your accounts
 - **Be cautious with phone calls and emails:** Scammers often pose as government agencies, financial institutions, or even delivery services
 - **Check your statements regularly:** Report suspicious transactions immediately
- Identity theft prevention doesn’t require technical expertise – just a little awareness and consistent habits. By taking these simple steps, households can protect their personal information and reduce the risk of becoming victims. Staying informed and cautious is one of the best defences we have.

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Reg. \$1800 **SALE \$1350**



PRIDE Go-Go LX
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8.6 miles per charge.
18AH batteries included.
SALE \$2175



Go Chair
Allows light weight travel and independence
Weight capacity - 300 lbs
25.5" turning radius
Travel speed - 3.7 mph
20AH Batteries included
SALE \$2825



Non-Tilt Overbed Table
The Non-Tilt Overbed Table overbed table with wheels offers a solid surface for working, eating, reading, and more. Supports up to 50 lbs. Raises and lowers with minimal effort. Doubles as a standup desk. Features four smooth-rolling, lockable wheels.
SALE \$98



Transport Chair
Enhance comfort with padded armrests and swing-away footrests. Large 12" rear wheels for smooth movement on uneven surfaces. Folding design adds convenience without sacrificing comfort.
SALE \$315



Blood Pressure Monitor
Advanced Multi User with enhanced features that provide trusted accuracy and reliable measurements. AC Adaptor.
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HOUSING OPTIONS & RELATED SERVICES



Pages 11-18

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



11	CANOE CLUB - ALL INCLUSIVE RETIREMENT COMMUNITY
12	RIVERBEND MOVING & STORAGE
12	ST. MARY'S LAW LLP
13	LIFESTYLES REAL ESTATE
13	COGIR SENIOR LIVING
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15	FRED DOUGLAS CHATEAU - 55+ INDEPENDENT LIVING, LIFE LEASE
15	FRED DOUGLAS PLACE - 55+ INDEPENDENT LIVING, LIFE LEASE
16	HEART TO HOME MEALS
17	ESCAPE REALTY
17	STEFANSON HÚS - ASSISTED LIVING FOR SENIORS
18	DUGALD PLACE
18	CHEF IN THE HOUSE

Letter to: The Honourable Wab Kinew, Premier of Manitoba, and the Honourable Uzoma Asagwara, Minister of Health, Seniors and Long-Term Care

Jan. 23, 2026

Dear Sirs,

It was this past summer that my brother-in-law passed away at age 88 in Selkirk Hospital. He and my sister had been happily married for 67 years. They lived first in Grosse Isle, then on an acreage outside of Stonewall and finally about 10 years ago, moved to Inwood to live near their daughter.

While he was still alive, nobody really noticed the mild symptoms of my sister's dementia and mostly because, probably, my brother-in-law covered it up. However, when he died, together with the stress of that event, the rest of us began to see it quite well.

My niece and her husband had built their own house in Inwood with a granny suite in it. The idea was that when the day came, her mom and dad would move in and live with them. So, when my brother-in-law passed away, my niece made the granny suite ready for my sister to

move in, which then happened. But after only a couple of weeks, it became quite evident to all that she was completely unprepared to care for her mother, unless she became the full time caregiver; an impossibility as she still was working herself.

The hospital in Selkirk then sent my sister to Arborg, 35 minutes north of Teulon, to the hospital there to be panelled. My niece and I were hoping she would be able to move into Stonewall or Teulon, at a minimum. However, due to my sister's condition, we were told that the nearest facilities that existed for her was either in St. Laurent, Oak Bank, Riverton or Arborg. As of now, we have settled on it being Arborg (a very nice facility.) However, that means, for me, a trip of over an hour each week, to go and see her. My niece, living in Inwood, has about 50 minute trip herself.

When I learned there was NOTHING in Stonewall, I was stunned. Living in Stonewall since I was 22 (I am now 77), I had simply assumed we would have these kind of facilities in a rather large community like this.

When instead I was told the Inter-lake-Eastern Regional Health Authority has the lowest number of per capita beds in the province and that right now there is a shortfall of 400 beds with that number surely to double in the next decade (by the time my wife and I will be needing it...)

The other day, I was in contact with a member of the local fund-raising committee who informed me that plans were in place for a new Personal Care Home in Stonewall (across from the Co-op service station. That person told me that \$2.8 million of the needed \$10 has already been raised.

However, I was informed that the provincial government has been very slow in approving this project to even begin.

My sister has been a productive member of our society and province. Surely, her generation (often referred to by some as the "Builder Generation" - I am in the "Boomer Generation") deserves the decency of a dignified final years of life where she can be cared for by her family and

visited regularly. My sister calls me almost weekly from Arborg, begging me to come and see her - and we do accommodate her as much as possible - but it is the better part of a day to do so. How much nicer to be able to pop in for 15 minutes once every second day or so...

After working hard and paying taxes all her life (and her husband's life though he is gone now), some of that money should return to her in the manner of a nice facility in her home community.

I would appreciate our government paying attention to these needs, recognizing as I do, that there are a million other hands outstretched for government help. But this one should be quite high on its priority list.

Thank you for listening to me.

Sincerely,

Dr. Henry A. Ozirney,
Stonewall MB.

Pastor, New Life Church, Teulon MB

Response from: The Honourable Wab Kinew, Premier of Manitoba, and the Honourable Uzoma Asagwara, Minister of Health, Seniors and Long-Term Care

"... Thank you for your heartfelt letter and sharing your family's story. We understand how important it is for individuals to receive care close to home, surrounded by their loved ones and community.

Access to long-term care is a priority for our government, and we recognize the need for additional capacity in communities like Stonewall and the surrounding area.

Manitoba Health, Seniors and Long-Term Care, in collaboration with Shared Health, is actively reviewing and assessing proposals for new personal care home development.

These assessments are guided by regional needs, service gaps, and community readiness."



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HOUSING OPTIONS & RELATED SERVICES

March 25, 2026

Province makes groceries more affordable

The Manitoba government will save Manitobans \$24 million by removing provincial sales tax (PST) from all grocery food items, Premier Wab Kinew announced.

“Manitobans are feeling the cost of groceries every week,” said Kinew. “Budget 2026 offers real relief for Manitoba families on the items you pick up when you are in a rush to feed the family before hockey practice and swimming lessons.”

Starting July 1, the Manitoba government will remove PST from all

grocery food items, including previously taxed items like rotisserie chicken, sandwiches and samosas. Other items exempt from tax include:

- self-serve, ready-to-eat prepared foods such as sandwiches, soups, rotisserie chickens, prepared fruits and vegetables and platters;
- beverages such as carbonated drinks, fruit juices, dealcoholized beer and wine;
- baked goods, including single-serving items previously subject to tax; and

- snack foods such as candy, chips, salted nuts and granola.

“Any savings at the checkout can make a real difference for families living on the margins,” said Vince Barletta, president and CEO of Harvest Manitoba. “For someone already stretching every dollar, saving \$100 a year on groceries can mean a few more meals on the table or one less impossible choice between food and other essentials. We’re currently seeing record levels of need, with up to 60,000 Manitobans accessing food

banks each month. Any measure that helps ease the cost of food is a step in the right direction.”

Budget 2026 builds on the Manitoba government’s recent actions including freezing the price of one litre of milk, introducing legislation to address predatory pricing and bringing in legislation that requires stores to clearly show how property controls contribute to the public interest.

More information on Budget 2026 can be found at <https://gov.mb.ca/budget2026>.

Aging at Home and the steps you can take

- Hayden R. Anning - St. Mary’s Law LLP

Choosing to age at home is a decision rooted in comfort, independence, and familiarity. As a lawyer, I often see how thoughtful planning can make this choice not only possible, but sustainable.

Aging at home begins with practical considerations. Is your home safe

and accessible? Upgrades such as secure grab bars, non-slip flooring & mats, and improved lighting can reduce risk. Community supports such as home care services, meal delivery, and transportation programs can also help maintain independence longer.

But beyond the physical environment lies a critical piece many overlook: legal preparedness.

As we age, the possibility of losing capacity, whether gradually or suddenly, becomes more real. Illness, injury, or cognitive decline can leave a person unable to manage finances or make decisions about their property. Without proper legal documents in place, families may face costly and time-consuming court processes to gain authority to act.

One of the most important legal tools as we age is an Enduring Power of Attorney. This legal document allows you to appoint someone you trust to manage your financial affairs if you become incapable. This can include paying bills, arranging care, and selling your home if it becomes necessary.

Why does this matter? Imagine a situation where you can no longer safely live at home and need to move into assisted living or a care facility. If your home must be sold to fund that transition, but no one has legal authority to act on your behalf, your family could be left in limbo. Delays in accessing funds can complicate care decisions and add stress during an already difficult time.

A properly drafted Power of Attorney can prevent this. It ensures that someone you trust can step in seamlessly, without court involvement, to act in your best interests. It also allows you to set clear instructions and limitations, giving you control over how decisions are made, even if you’re no longer able to voice them.

Deciding to prepare a Power of Attorney is the first step, but ensuring the document is valid under Manitoba law is critical. Requirements around signing, witnessing, and capacity must be met, and “do-it-yourself” forms can sometimes fall short. Working with a legal professional, while not strictly required, can provide clarity and peace of mind.

Aging at home is a deeply personal choice, and with the right planning, it can be a safe and empowering one. Taking steps now, both practical and legal, helps protect your independence and eases the burden on those who may one day need to step in.

Planning ahead isn’t just about preparing for the unexpected. It’s about ensuring your wishes are respected, your affairs are protected, and your future remains in trusted hands. ■

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Condo Ownership: What you need to know

- Charlene Urbanski, Lifestyles Real Estate

Thinking about condo living? It can be an ideal option for those looking to downsize, simplify, or enjoy a more maintenance-free lifestyle. But before making the leap, it's important to understand what condo ownership really involves. Here are five key things to consider:

1. What Is a Condominium?

A condominium is a unique form of property ownership. When you buy a condo, you own your individual unit while also sharing ownership of common areas with other residents. These shared spaces might include hallways, elevators, parking areas, landscaping, or recreational facilities. Condos come in many forms—high-rise apartments, townhouses, detached homes, or even commercial spaces—but what they all have in common is this shared ownership structure.

2. Community Living

Owning a condo means becoming part of a community. You'll share amenities like fitness rooms, lounges, or outdoor spaces, and you'll regularly encounter neighbours. For many, this creates a strong sense of connection and belonging. However, it also means adjusting to shared spaces and closer proximity to others. Before buying, it's a good idea to get a feel for the building's atmosphere—if possible, visit and observe how residents interact.

3. Condo Fees and Taxes

Beyond your mortgage, condo ownership includes monthly condo fees. These cover building maintenance, insurance, landscaping, and contributions to a reserve fund for future repairs. Fees vary depending on the building and amenities offered, so it's important to review exactly what's

included. Property taxes are also part of the equation. To avoid surprises, take time to review the condo corporation's financial statements and ensure the fees align with your budget.

4. Ownership Benefits

One of the biggest advantages of owning a condo is building equity. Instead of paying rent, you're investing in a property that may increase in value over time. In addition, many of the responsibilities that come with homeownership—such as snow removal, exterior repairs, and landscaping—are handled for you. This can significantly reduce stress and free up your time.

5. Security and Convenience

Condos often offer enhanced security features like controlled access, surveillance systems, or concierge services. This can provide peace of mind, especially for those who travel frequently or spend time away from home. The ability to lock your door and leave without worrying about maintenance or security is a major benefit for many owners.

A Helpful Resource

If you're considering condo living, the Canadian Condominium Institute (CCI) offers valuable resources. Their guidebooks cover everything from governance and legal considerations to practical advice for owners.

Final Thoughts

Buying a condo is a significant decision, but with the right information, it can be a rewarding one. By understanding how condos work, evaluating costs, and considering your lifestyle, you'll be better prepared to find a space that truly feels like home. ■



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Active retirement living in a serene, park-like setting, where you're welcomed like family and free to focus on what brings you happiness.



The Wellington | Charleswood

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HOUSING OPTIONS & RELATED SERVICES

The Parkway Retirement Community - Submitted

The Parkway Retirement Community is a vibrant seniors' living community designed to provide comfort, independence and a strong sense of connection. Located between the established Winnipeg neighbourhoods of River Heights and Linden Woods, the community sits on over four acres of beautifully maintained grounds, offering a welcoming and engaging place to call home.

The Parkway is proudly managed by Marwest Management, a locally based company celebrating 20 years of providing quality retirement living, bringing experience, stability, and a strong connection to the community.

The Parkway features two modern buildings; Parkway 1 and Parkway 2 located at 85 and 95 Paget Street—designed to support a comfortable and active lifestyle. Residents can choose between Independent Living with Services or 55 Plus Seniors

Apartments, allowing them to select an option that meets their current needs while maintaining the flexibility to add services over time. Available services include a daily breakfast buffet and dinner, weekly housekeeping, a variety of recreation activities, and scheduled transportation. Shared spaces throughout the community provide opportunities for socializing and relaxation.

Dining and amenities play an important role in everyday life. Residents enjoy high-quality meals prepared by a Red Seal Chef and culinary team, served in an elegant dining room or the use of our café, or private dining space for lunch or special occasions. A variety of amenities—including a movie theatre, fitness rooms, arts and crafts room, library, games room, and landscaped gardens—ensures there are opportunities for both activity and fun.



Exercise class at The Parkway.

With convenient access to nearby shopping, healthcare, and recreational services, The Parkway offers a balanced lifestyle that combines independence with support, and comfort with connection—creating a community that residents are proud to call home.

There is no better time to make The Parkway your new home! To learn more about The Parkway Retirement Community, you can contact the team at **204-487-8500**, email leasing@theparkway.ca, or visit www.theparkway.ca ■

See advertisement on back page

Adapting your home for every stage of life - Accessible Contracting

The home you've spent years filling with memories shouldn't have a shelf life. As physical needs change, many face the heartbreaking thought of

moving into assisted living or down-scaling to a clinical environment, but we believe you shouldn't have to leave the home you love just

because it wasn't originally built for accessibility. Moving is more than just a logistical headache; it's leaving behind your neighbours, your garden, and your history. Our mission at **Accessible Contracting** is to eliminate the barriers—literally and figuratively—that make staying at home feel difficult. We specialize in "Aging in Place" renovations that turn your current house into a forever home, modifying your existing space so it evolves with you and ensures every room remains safe, navigable, and comfortable for years to come.

To help you stay where you belong, a custom accessibility renovation may include:

- Zero-Entry Showers: Eliminating curbs to prevent trips and allow for easy wheelchair or walker access.
- Widened Doorways & Hallways: Expanding structural openings to 32–36 inches for effortless navigation.
- Smart Lighting & Voice Control: Installing motion-activated or voice-command systems to eliminate fumbling for switches in the dark.
- Anti-Slip Flooring: Replacing slick surfaces with high-traction, stylish materials that provide stability.

- Lowered Countertops & Pull-Down Shelving: Bringing the kitchen to you, ensuring everything is reachable without overextending.
- Reinforced Grab Bars: Strategically placed, designer-grade supports in bathrooms that look like high-end hardware.
- Ramps & Lift Systems: Seamlessly integrated transitions from the driveway to the front door and between floor levels.

By addressing these needs today, you are protecting your independence for tomorrow. You've spent a lifetime building a world within these walls; don't let a staircase or a narrow hallway dictate your future. Reclaim your peace of mind and protect your legacy. You've built a life in this home—let us help you stay in it.

For more information:
431-688-7158
www.accessiblecontracting.ca





Stay in the Home You Love

Your home is more than a place—it's your memories, your comfort, your life. Why leave it behind?

Our mission at **Accessible Contracting** is to eliminate the barriers—literally and figuratively—that make staying at home feel difficult.

We specialize in **Aging in Place** renovations—transforming your current home into a safe, comfortable space that grows with you.

We can help with:

- Zero-entry showers
- Widened doorways & hallways
- Smart motion-activated lighting & voice-command controls
- Anti-slip flooring
- Lowered countertops & pull-down shelving
- Reinforced grab bars
- Exterior and Interior ramps & lift systems






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You've built a life in this home—let us help you stay in it.*



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HOUSING OPTIONS & RELATED SERVICES



Fred Douglas Chateau (FDC) - Submitted

Formerly known as Kiwanis Chateau, Fred Douglas Chateau was developed by the Kiwanis Club of Winnipeg to provide comfortable and affordable living for the 55+ community. Now owned and operated by The Fred Douglas Society—a local not-for-profit leader in senior housing—and managed by Fred Douglas Management Inc., FDC remains committed to quality living. Established in 1987 as Manitoba's first Life Lease community, FDC features 122 suites in the heart of downtown Winnipeg.

Suite Highlights

- In-Suite Laundry & Modern Appliances (5-piece set included)
- Spacious Open Balconies
- Soundproof Concrete Construction for privacy and safety

Premier Building Features

- Accessibility Focused: Dual elevators and wide, bright corridors
- Heated Underground Parking available
- Convenient Waste Management:

Chutes on every floor; recycling bins available on P1 (Parkade)

- On-Site Security & Management for resident peace of mind
- Secure Bicycle Storage
- Cat-Friendly

Main Floor Amenities

Our vibrant community hub features a welcoming lobby, dining room, kitchen, library, pool room, and a multi-purpose space. Enjoy various activities, including concerts, meetings, dinners, coffee breaks, dance classes, movie nights, horse racing, and bingo. Additional conveniences include a Residents' Council office, a Canada Post mailbox, and a parcel locker.

Indoor Walkway Access

Stay connected without braving the elements! A network of indoor walkways and skywalks links FDC to Portage and Main. Stroll through Portage Place, Cityplace, and Winnipeg Square to access restaurants, shopping, banking, medical offices, and more. Nearby destinations include PTE, YMCA,

the Convention Centre, Canada Life Centre, and the Millennium Library.

The Courtyard

Relax and enjoy FDC's beautifully landscaped open courtyard, complete with patio furniture and gardens maintained by our dedicated garden committee and volunteers.

Security & Safety

Your safety is our priority, with features such as an enterphone system, electronic keyed entrances, security cameras, and on-site security guards during scheduled hours.

Guest Suites

Hosting visitors? Two fully furnished guest suites are available for residents' guests at the current rate \$50 per night.

Living at Fred Douglas Chateau

Residents at FDC are vibrant and independent, ranging in age from their mid-fifties and beyond. Free from the burdens of home and yard maintenance, many continue to work, run businesses, or pursue



Suites have spacious living spaces.

personal passions. More than just a residence, it's a dynamic "vertical community" where neighbors connect, learn, and thrive together.

Come experience what makes Fred Douglas Chateau a wonderful place to call home!

SAVE THE DATE: Open House - Saturday, April 25, 2026 10:00 AM - 3:00 PM

Discover the peace of mind that comes with not-for-profit ownership and the financial advantages of our refundable entrance fee model. ■

OPEN HOUSE

April 25, 2026 from 10:00 AM to 3:00 PM

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Contact us now to secure your reservation:

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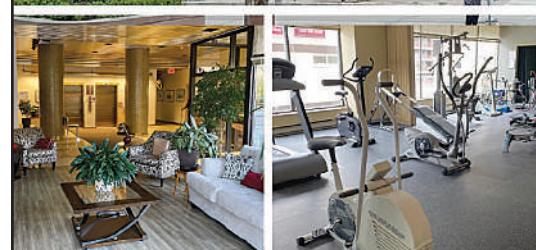
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HOUSING OPTIONS & RELATED SERVICES

March 26, 2027

Province to improve food quality in PCH's

The Manitoba government is investing \$5 million to improve the quality of food in personal care homes (PCHs), ensuring seniors have access to fresher, more nutritious meals that support their health, dignity and quality of life, Premier Wab Kinew and Health, Seniors and Long-Term

Care Minister Uzoma Asagwara announced.

"Manitobans expect their loved ones to be treated with respect, and that includes the food they're served every day," said Kinew. "They built this province, and it's our responsibility to take care of them with dignity

and give them the quality of life they deserve."

The \$5-million investment will support food quality improvements at PCHs provincially, with a focus on enhancing nutrition, expanding meal options and improving the dining experience for residents.

"Seniors in personal care homes deserve access to fresh, nutritious meals that support their health and overall quality of life," said Asagwara. "Food is not just about nutrition, it's also about comfort, culture and connection and improving food quality is

Continued on next page

Aging in Place - How home can be where the health is

- Heart to Home Meals - Fred Pennell

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

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

in place, including how nutritious, easily accessible meals play an important role.

1. Receiving Nutritious Meals Delivered Right to your Door

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

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

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

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

2. Creating a Safe Home Environment

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

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

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

3. Staying Connected to Community and Care

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

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

4. Embracing Helpful Technologies

From medication reminders to smart

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

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

For a digital game that provides both brain teasing and fun, check out **Heart to Home Meals** monthly crosswords here, available for you to try online or download and print to complete!

5. Planning for the Future

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

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

Home is More Than a Place

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

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

Because when home is where the health is, there's no place better to be.

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

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*Some conditions may apply.




HOUSING OPTIONS & RELATED SERVICES



Province to improve food quality in PCH's, cont'd

an important part of delivering more person-centred care in our long-term care homes.”

Funding will flow through service delivery organizations, with further details on implementation to be developed in collaboration with operators, care teams and stakeholders once the budget passes.

“I see it every day, residents light up when they're served a meal they recognize or something that reminds them of home,” said Laurie Cerqueti, CEO, Simkin Centre. “Food is one of

the most meaningful parts of their day. When it's fresh, nutritious and thoughtfully prepared, it supports not just their health, but their sense of comfort and dignity.”

“We are particularly pleased with the addition of \$5 million toward providing fresher and healthier food for Manitoba seniors living in care homes,” said Gladys Hrabi, CEO, Manitoba Association of Residential and Community Care Homes (MARCHE). “It represents a vital way to support the operations of non-

profit PCHs in our province and is something MARCHE has been strongly advocating for. We are pleased that government listened to us on this.”

The investment builds on Manitoba's broader work to strengthen care for seniors. As part of Budget 2026, the Manitoba government is investing \$71.8 million to build new PCHs provincewide. Construction is underway on a 95-bed PCH in Lac du Bonnet and work on the 59-bed expansion in Arborg will begin this

summer. An 83-bed expansion at Park Manor Care Home in the Winnipeg neighborhood of Transcona is also in development, with construction expected to start this winter, along with a new personal care home in the Winnipeg neighbourhood of Bridgwater. Together, these projects will add 237 beds for seniors.

For more information on Budget 2026, visit <https://gov.mb.ca/budget2026/index.html>.

Downsizing: A Practical and Positive Approach

By Stephanie Jeffrey, Broker Escape Realty

Downsizing is more than just moving to a smaller space it's a meaningful life transition. For many older adults, it involves letting go of a well-loved home, many years of belongings, and a familiar routine. While the process can feel overwhelming, with the right strategy it can also be freeing, empowering, and even happy.

As needs change, a large home can become more difficult to maintain. Downsizing can offer: Less physical upkeep, Lower expenses, Improved safety and accessibility, More time and energy for hobbies, family, and social life

Rather than focusing on what's being left behind, you can help to frame downsizing as moving toward a simpler, more manageable lifestyle. This will allow more time, money and energy for other things that are more important.

Here is a Step-by-Step Process to Make Downsizing Easier

Start Early and Go Slowly. One of the biggest mistakes is waiting too long. Downsizing is much easier when it's done gradually over time. As we age, we tend to accumulate stuff. So, starting small with one drawer, or one closet and choosing things to give away or donate can create short, manageable tasks, reduce stress and



Stephanie Jeffrey

decision fatigue. **Determine why you are considering a move.** This is important so that when you get to a crossroads decision that needs to be made that you

know why. It could be to be closer to family, to reduce maintenance, increase social opportunities or to have mobility options. This can be determined early in the process.

Sort with Simple Categories. This will make it easier to decide between the following options for things as you pick them up. Decide to: keep, donate, give to family or get rid of it.

Focus on Function First. When deciding what to keep, prioritize: using this easy system: what do I use daily; what is essential, and what do I need for safety and accessibility. Sentimental items are important but should be sorted after the essentials are determined.

Manage Sentimental Belongings Thoughtfully. Emotional attachment is often the hardest part. Keep a few meaningful things. Take photos of things before letting go of them. Give heirlooms to family now so that you can see them being used! Remember you might give away the

“things” but you are not giving away the memories.

Know your family and involve them but make sure you set some boundaries. Family can be a huge help, and many times their help is needed. Ask for their input but maintain control over the decisions.

Choose the Right Living Space for you and your future. It should have fewer stairs an accessible bathroom and layout, or one that can be easily altered. Maybe it means moving closer to people who can help and be available. Downsizing isn't just about smaller it's about smarter living. Everyone has heard the saying, “Chipping away at it”. This will not happen overnight.

Plan the Move in Stages. The first phase: declutter, move some things out and get ready to sell/move. This is a big step give yourself time to adjust emotionally. Feelings of anxiety are normal. You will have time to build new routines in your new space. With a thoughtful, step-by-step approach, you move into this next chapter feeling more comfortable, supported, and in control.

Downsizing can lead to a lifestyle that is simpler, safer, and more aligned with current needs, while still honouring a lifetime of memories.

Do you need help figuring out where to start, call me and I can come by and give you some pointers. ■



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Our state-of-the-art dining and activity area, located on the 7th floor, provides stunning views of beautiful Lake Winnipeg. Whether enjoying a delicious meal or participating in social activities, residents can appreciate the scenic beauty that surrounds them.

The all-inclusive living package offers:

- Daily Wellness Checks
- Three meals per day in our stunning dining room, overlooking Lake Winnipeg
- Weekly Housekeeping
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HOUSING OPTIONS & RELATED SERVICES

Country Living for Seniors- Close to the City

No Cooking – No Cleaning – No Worries...

- Dugald Place Assisted Living Residence & Community Pool



The new **Dugald Place Assisted Living Residence & Community Pool** is well on track towards a fall 2026 opening. Located in Dugald, it's proximity to Winnipeg and Selkirk makes it close to health appointments and medical services while offering a country living lifestyle.

A major benefit is the new indoor swimming pool connected to the residence. Seniors will have free swim times and enjoy aquatic exercises. You can even bring the grandkids for a swim; they'll want to visit you more often!

Dugald Place recently started accepting paperwork confirming the first residents. To date, 35 of the 54 suites are spoken for, with the remaining 19 suites available for occupancy October 1. Enjoy freshly-prepared meals, laundry and light-housekeeping, 24/7 staffing, a hair salon, and spacious suites where you can enjoy a community connection.

Dugald Place is a great option for seniors who may need greater supports as they age but prefer a rural lifestyle. It is an energetic community with a small-town atmosphere. There are nearby local restaurants, a gas station, a library, and an active community club with bingo, pancake breakfasts, and community events. Canada Day celebrations for the region happen just a block away. The area curling club has shuffleboard in summer.

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

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

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

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

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

Manitoba leads Canada in Primary Care Access

Manitoba is now leading Canada in access to primary care, with 88.8% of residents reporting they have a regular provider, according to the 2025 OurCare National Survey.

On March 5th, Health Minister Uzoma Asagwara said the province has made major progress since 2023, when access rates were among the lowest. Improvements are linked to hiring 285 new doctors, expanding training, and opening extended-hours clinics.

Manitoba is also retaining more new physicians, with 89% of recent family medicine graduates staying in the province. In Winnipeg, 99% of residents are now matched with a family doctor within the national benchmark, up from 79%.

While challenges remain across Canada, officials say Manitoba's approach is improving access and reducing pressure on emergency departments, with a goal of reaching 100% coverage. ■

From Humble Beginnings to a Community Favourite

- CHEF in the HOUSE

CHEF in the HOUSE was born during the challenges of COVID-19, when Chef Roger Wilton was laid off from his role as Executive Chef at Winnipeg's former MTS Centre. What started in a small commercial kitchen as a simple idea - creating home-made-style soups using high-quality ingredients - quickly grew into something much more.

Those early batches of soup became a labour of love and the foundation for what is now a trusted local source for convenient, ready-to-enjoy meals. As demand grew, so did the menu. Today, CHEF in the HOUSE offers a wide variety of Heat & Eat meals, including hearty hot dishes, pastas, seasonal features, and family favourites, all crafted with care to deliver comfort and flavour without the stress of cooking.

Growth led to a new chapter: a move into a free-standing building with a takeout restaurant and retail storefront. This welcoming space allows customers to easily pick up their favourite soups and meals while enjoying the same quality and convenience the business was built on.

In October 2025, CHEF in the HOUSE proudly celebrated five years in

business, and April 18th, will mark the second anniversary of its storefront location. These milestones reflect not only growth, but the incredible support of loyal customers, friends, and local partners who have been part of the journey.

Looking ahead, the vision remains clear: continue to grow as a go-to destination for wholesome, delicious, and convenient meals. With a passion for nourishing both body and soul, the team is excited to introduce new menu innovations - including four recently added Heat & Eat meals, featuring a new breakfast option.

At its heart, CHEF in the HOUSE is about more than food. It's about connection, comfort, and bringing people together through thoughtfully prepared meals. From its humble beginnings to a thriving local business, the journey reflects a deep commitment to quality, care, and the joy of cooking.

Whether you've been with us from the start or are discovering us for the first time, CHEF in the HOUSE is here to make every bite count by bringing a little taste of home to your table. ■

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Assisted Living Residence & Indoor Pool

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Call **204-612-2433** or visit chefinthehousesoups.ca to order.

Congratulations to Bud Ulrich on being recognized for his lifelong service

Bud Ulrich's willingness to go above and beyond has made a lasting impact, inspiring others and strengthening the community he so generously serves. His actions do not go unnoticed or appreciated.

Below is a message on a certificate of recognition presented to Bud at the legislative building by Tracy Schmidt, MLA for Rossmere. **Congratulations Bud!**

**MANITOBA LEGISLATIVE ASSEMBLY
MEMBER'S STATEMENT**

Bud Ulrich
Tracy Schmidt, MLA for Rossmere
March 25, 2026

I rise today to recognize Bud Ulrich, whose lifelong dedication to sport, service and community continues to make lasting impacts in Rossmere, and our great province. Bud's legacy in Manitoba began with sport. After a notable athletic career in his youth, including his involvement with the Canadian Ukrainian Athletic Club in the north end of Winnipeg, he went on to become an officiant, refereeing at the highest levels, for CFL's Winnipeg Blue Bombers and Western Canada Hockey League Winnipeg Jr. Jets. Bud has dutifully officiated not one, but three Grey Cup games, as well as the World Junior Hockey Championships. Known for his integrity, character, and deep knowledge of sport, Bud earned the respect of athletes and fans alike and was inducted into both the Manitoba Hockey Hall of Fame and the Football Manitoba Hall of Fame, where he later



Bud Ulrich receives a certificate for his lifelong service. Tracy Schmidt, MLA for Rossmere presented the award (centre). Bud's partner Donna Eastoe (right) joins Bud for the special presentation.

served as chair, helping preserve and celebrate Manitoba's rich sporting legacy.

Bud has also remained active with the Canadian Ukrainian Athletic Club, including with the planning of their 100th anniversary celebrations last year, where they raised thousands for local charities. Now retired from both his careers - as an officiant, and as a dedicated teacher at St Johns High School - Bud now serves our community as a columnist with the *Senior Scope*, where he shares stories that celebrate the contributions of seniors across Manitoba. Bud's years of work for Senior Scope led to his latest project: a gala fundraising event he's planning for this fall to honour the many prominent Manitobans he has interviewed, such as Ed Schreyer, in support of myeloma cancer research, one of the many causes that is close to Bud's heart.

Closer to home in Rossmere, Bud's volunteer leadership with the Ruth Gardens Residents Association, some of whom have joined him here today in the gallery, reflects a deep and ongoing commitment to building community. Bud leads with generosity and purpose, kindness, he is always supporting his neighbours, organizing local initiatives, and sharing stories to bring folks together. Bud's life is a powerful example of service, and generosity. His dedication reflects the very best of Rossmere and Manitoba. Please join me in honouring Bud Ulrich. ■

CJNU Welcomes Host Sponsor, CancerCare Manitoba Foundation

Your Participation in Challenge for Life Can Change Lives

Debbie Lewis and her family have been participating in CancerCare Manitoba Foundation's Challenge for Life for 18 years. The cause is personal to them. Like so many Manitobans her family has been deeply affected by cancer.

"My father passed away eight years ago from liver cancer, and my mother has also been diagnosed with cancer," says Debbie. "Both of my sisters have also experienced cancer."

This is why Debbie and her sisters who make up Team Schvesters keep fundraising and showing up to walk or do a 200-minute workout in Assiniboine Park every June. Year after year, they come together to raise funds and awareness for Manitobans facing cancer and to share and celebrate stories of hope.

"Having my sisters on stage with me as survivors, makes me so grateful for the continuous care and access to research based treatments that CancerCare Manitoba has provided and continues to provide to Manitobans," explains Debbie.

This year, Challenge for Life takes place on June 13 with three in-person ways to participate. Participants can choose to walk 5 km, 20 km or move for 200 minutes of non-continuous workouts.

This encourages them to improve their own health, while joining an inspiring community determined to create a future free from the fear of cancer. Those interested in creating their own challenge can register to participate virtually by choosing to do any type of physical activity between June 6 and 13.

Challenge for Life is CancerCare Manitoba Foundation's largest annual event and every



dollar stays in Manitoba. Your participation or donation in support of a participant helps ensure those facing cancer in our province have access to leading-edge treatments, clinical trials and vital emotional and physical support programs as they navigate the difficulty of a cancer diagnosis.

Every step taken is a step towards a brighter future for and more tomorrows for those we

know and love who are impacted by cancer. Join us at Assiniboine Park on June 13th and take the Challenge...because you can!



To register or learn more, visit ChallengeForLife.ca or call 204-927-5433.

Who will you be taking your Challenge for?

Catch the Inside Pitch!

Join the voice of the Goldeyes, Trevor Curl, at 7PM - 8PM every second Wednesday for The Inside Pitch! He'll get you ready for the 2026 season.

This month's episodes are on April 8, 22, and 29, so be sure to mark them down on your calendar!



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Things To Do - WINNIPEG

COIN / STAMP COLLECTING

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.)

CREATIVE ARTS / SALES SHOWS

The Herb Society of Manitoba - Celebration of all things herbal! Including: herbal baking and herbal plants for sale, workshops, vendor tables for herbal products. Sat. May 16, 10 am-3 pm, at the indoor and outdoor classrooms at The Leaf, 145 The Leaf Way, Assiniboine Park.

Charleswood United Church - Craft sale May 9th, 4820 Roblin Blvd. Lunch \$10. Vendors wanted \$25 a table. Call **204-832-3667**.

The Winnipeg Model Railroad Club - Annual Open House, Apr. 18 & 19, Sat. 10-5, Sun. 10-4, at Charleswood Legion Hall, 6003 Roblin Blvd. Wheelchair accessible on west of Legion only. Admission by donation (cash only) - part of the proceeds goes to support St. Amant Center. Info, Paul Ulrich:
winnipegmodelrailroadclub.blogspot.com

Prairie Canada Carver's Assoc. (PCCA) - Annual Show and Competition, Sat. May 9 & Sun. May 10, 9-4 pm, Pembina Curling Club, 1341 Pembina. \$7 per day at door. Under 12 free. Info: www.prairiecanadacarvers.ca, or contact Doug Fyfe dougmfyfe@shaw.ca, **204-396-6409** or Lynda Baxter lyndabaxter0@gmail.com, **204-255-6216**.

LUNCHEONS / DANCE / MUSIC

RAISE the WOOF! - Sat. May 2, Transcona Memorial United Church. Tix \$20, includes dinner from Sevala's (perogies, meatballs, coleslaw, macaroni salad, beverages). Info: Yvonne Maxim, wk **204-224-2600**

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**

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

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: www.friendshipforcewinnipeg@mymts.net or **204-452-5299**.

The Forever Young Club - Fundraiser dance, Apr. 25, 7:30-11:30 pm at ANAF #283, 3584 Portage Ave. Featuring Rewind Band, silent auction, 50/50 & light lunch. Cash bar. Members \$20. Non-members \$25. Advance tickets only by e-transfer or contact **204-261-4442** or fycwpg@gmail.com by April 21.

A&O Support Services fo 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

Charleswood Active Living Centre/Charleswood Senior Centre - 50/50 Raffle - Buy tickets to support the Centre and maybe take home half the pot! Tickets: www.charleswoodseniorcentre.org or **204-897-5263** or in-person at 357 Oakdale Dr. Wpg (hours on website). LGCA 7911-RF-49516.

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

Winnipeg Art Gallery (WAG) - Wednesday Nights at the Gallery. WAG-Qaumajuq will offer free admission to the galleries every Wed. night (5-9 pm) for the next three years. Visit <https://www.wag.ca>

SPORTS / PICKLEBALL

Court Connections 55+ non-profit Recreational Pickleball - Spring Session - Mon-Wed-Fri. (Except long wknds and stats) Apr. 1-Jun. 29. 1 hr 40 min slots - 10 am, 11:45 am, 1:30 pm, 3:15 pm. At Sturgeon Heights Community Club. Registration open. Fee \$110. Intermediate level. ccpb2026@outlook.com.

Pickleball - Seniors 55 plus are invited to learn to play Mondays and Thursdays, 1-3. No experience required. Coaching provided if needed. Club paddles provided. Intermediates play Tuesdays and Fridays, 1-3 at Sergeant Tommy Prince Place, 90 Sinclair St. Instructor Bonnie Gabbs, 78 yr old past physical education teacher who also plays Pickleball. Info: gabbs1947@gmail.com.

SPORTS / FITNESS / GAMES

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

Bowls/Lawn Bowling - Free Open House, Sat. June 6, 1212 Dakota Street, 10 am-3 pm. Fun for all ages. Flat soled shoes required. Info: Marilyn **204-256-6744**.

The Greater Winnipeg Senior Golfers - looking for Men, 55 and older, who wish to golf in a fun, weekly league, May-Sep. We have about 75 members, who live in Wpg. You'll play in a different foursome ea mo. at various golf clubs within an hours drive of Wpg. Or play as a SPARE (walker or cart-rider). Info: Bryan Crandell **204-889-6577**, bcrandell1969@gmail.com or www.gwsgwpg.com.

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

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

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

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

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

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

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

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

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

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

SUPPORT GROUPS & PROGRAMS

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**

Monthly Caregiver Support Group - Meeting (Call or email for dates), 5 pm at Lions Manor (320 Sherbrook St.) 1-hour meeting geared toward those caring for older individuals. Group members share their experiences with burnout, grief, sadness, love, what works and helps. **204-930-9632**. gmarsh@lhc.ca

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. Also training provided to become a volunteer. Info: **1-833-979-9779** or friendlycallingmb@redcross.ca

Canadian Mental Health Association - cmhaacrossmb.ca

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

Joint Effort - A NEW, weekly, VIRTUAL support community for those living with osteoarthritis, Wednesdays, 4-5 pm. This is a FREE group, with donation as an option. More info on Facebook or Instagram [@jointeffortsupport](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 - We are 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 only (M-T-W). **204-837-6697**

Things To Do - WINNIPEG Cont'd

FREE for non-profits and current advertisers. Submit PSAs by May 1 for the May 10 issue. Email wording for your PSAs (approx. 30 words) to: kelly_goodman@shaw.ca.

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

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

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

Archwood 55 Plus Inc. - Bingo Apr. 22 & May 27 at 820 Cottonwood Rd. Doors open noon, games begin 1 pm. Concession Available. The Progressive keeps building. Lottery Lisc # 5635-BI-47768. Join our Seniors club and get reduced rates for Monthly luncheons, weekly exercise classes bi-weekly billiards and games with like minded peers.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: lkehler84@gmail.com or Mel: **204-291-4592**.

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

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

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

Dakota Community Centre - 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. Programs: Painting, Floor Curling, Carpet Bowling, Lunch & Presentations, Games Club, Steppin' Up With Confidence Fitness, Qigong, Pickleball (free play), etc. **204-306-1114**, goldenrule@swsrc.ca.

The Happy Gang Afternoon - Thurs. Apr. 16, 1:30-3:30 pm. Prairie Spirit United Church, 207 Thompson Drive. Fun and conversation, play card and table games, bridge. Complimentary light 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) - CRIIB players invited to join in Mon's and Wed's, 906 Cottonwood Rd. and for our monthly, luncheons. Call Gerry: **204-257-1475**

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

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

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

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

South Winnipeg Seniors Resource Council - **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

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A&O Support Services fo 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 - New Horizons 55+ Centre - for Seniors 55+. Office open Mon-Fri, 9 am-4 pm. Closed on Stat holidays. **204-642-7909** gimlinewhorizons.org

Ile des Chênes/Landmark, Ste-Agathe - Yoga & chair/wall yoga. Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+ in IDC and Landmark. Free yoga in French in Ste-Agathe. No exp. needed. Info, Juliette: yogaforyoumanitoba@outlook.com

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. **Arborg** and District Seniors Resource Council **204-376-3494**; **Ashern** Living Independence for Elders **204-768-2187**; **Beausejour/Brokenhead** Services to Seniors **204-403-8205**; **Victoria Beach** - East Beaches Resource Center **204-756-6471**; **Eriksdale** Community Resource Council **204-739-2697**; **Fisher Branch** Seniors Resource **204-372-6861**; **Gimli** Seniors Resource Council **204-642-7297**; **Lundar** Community Resource Council **204-762-5378**; **Riverton** and District Seniors Resource **204-378-2460**; **St. Laurent** Senior Resource Council **204-646-2504**; **Selkirk** and 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: cwillorette@gmail.com.

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

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 and District Horticultural Society - 28th Annual Plant Sale, Fri. May 29, 6-8 pm, at Selkirk Memorial Hall, 368 Jemima St. Wheelchair accessible. Veggie plants, succulents, perennials, annuals, shrubs, trees and more. Cash only. Free adm. Silent auction, 50/50

Selkirk Community Church - Grief Share **Grief Support Group**, Thursdays, Mar. 5-May 28, 6:30-8:30 pm; **Christian Faith Group**, Tuesdays, Mar. 10-May 19, 6:30-8:30 pm, at 6569 Provincial Trunk Hwy 9. Help and encouragement after the death of a loved one. Info: josiah@yourscc.ca, **204-818-4429**, or griefshare.org

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

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

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

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

Steinbach - The South East Artists - Show and Sale, Sat. May 9, 10 am-4 pm, at the Clearspring Mall. Come and see artists at work and have the opportunity to purchase original art pieces.

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

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

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

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

Teulon - The New Horizons Sterling Lounge Senior Centre - We are shutting down the Bingo - Opening up the Ranch. Apr. 26 is the last Bingo. We need to get the ranch up and running for upcoming festivities. Questions as to new activities? anne@thebarefootranch.com.

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

SPORTS



Stretching - Highly Recommended before playing Pickleball

I will share about finding your pickleball space in the next issue as I am afraid to keep putting off an important practice which is stretching.

Stretching around 10 minutes prepares your body and mind for the game and contributes to moving in a way where you don't stress your parts. Experiencing and witnessing playing without stretching is a setup for pain and discomfort. I have seen too many new players come to play, really enjoy the game, but were too sore to come back as pickleball really invites you to make challenging movements.

So here are some stretching tips that will help you prepare for the game but more importantly, keep your

body in the best condition before and after play. There are two types of stretching. One is called Static, where you focus on stretching specific muscles, usually the larger ones.

The other is called Dynamic stretches, where you are warming up using movements that you would use in the game while at the same time increasing your heart rate. Here are a few you can use.

Shoulders – with feet shoulder-width apart, holding arms straight outwards from your sides, make small circles increasing to larger circles then back to smaller circles. Then reverse. Feel the stretch on your shoulders. You can end each direction with wrist circles. While you're in this position you can pull one arm at the elbow across the body with the other. Then do the other. Feel a stretch on your shoulder blade muscles to release any stiffness.

Body turns - keeping feet in position, turn your torso one way then the other gently. Do this a few times as where you can feel your torso loosening and moving more fluidly as you progress. You can add bending slightly at the waist then repeat the turns. Be sure to feel the hips being stretched being careful not to overdo it.

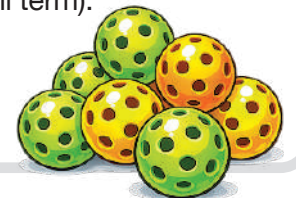
Leg Movements – be sure to spend a good amount of time with leg movements. You can do knee ups, swings, and/or kicks to get them circulating.

Shuffles and lunges – shuffles/side-steps are my favourite as they include both legs and core muscles to be activated. This will be an important movement for the game. Be sure to start gently and lunge one way then the next. You can combine 2 shuffles with a lunge to the right, then 2 shuffles back and lunge to the left.

This should be good to get you started before you play. After play it is helpful for the body to do the Static stretches where you hold a stretch for around 20 seconds. Be sure to avoid overstretching where you might begin to feel pain. Create your favourite stretches where you include as many muscles as you can. I usually write down stretches I like, then the more I use them the more I remember them. Eventually you will have your favourite routine to ensure your body will be ready to enjoy the Pickleball action.

Trust me! Do this and your body will thank you and you won't have to say, "Sorry, I can't make it because my body is too sore!"

Next issue, I'll be sharing finding places to play. May you have happy dinks (pickle ball term).



Pickle Juice Issue 2 Apr/2026

SRI LANKAN SENIORS:

Black Older Adults in Winnipeg

By Senaka Samarasinghe

Blessing Ojembe (Ph.D.)

- (1) Assistant Professor, Faculty of Social Work (Fort Garry), U of M
- (2) Director: Black and Racialized Seniors Neighborhood Lab
- (3) Research Affiliate: Centre on Aging, Vice Scientific Director (Scholarship), Emerging
- (4) Researchers and Professionals in Ageing - African Network

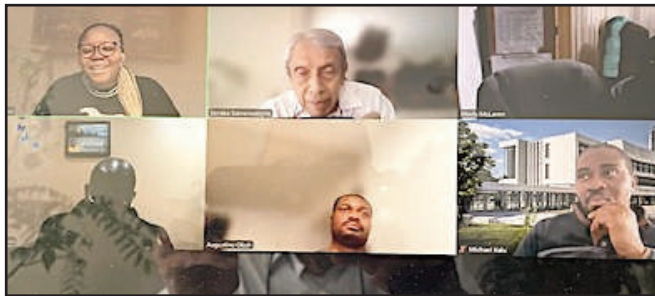
Blessing formulated a Focus Group Discussion (FGD) to design Culturally Appropriate support and care for Black Older Adults in Winnipeg.

Predominant objectives of our team (FGD): (1) To understand the cultural appropriateness in the context of Black communities and Black

older adults, (2) To identify the crucial elements of culturally appropriate interventions and their relevance for Black older adults.

Zoom meeting conducted on Feb. 14th, 2026, from 12.00 noon to 2.00 pm

The above Zoom conversation helped to develop more effective programs and services that truly meet the needs of Black older adults. ■



SRI LANKAN SENIORS:

Health and Nutrition for Seniors

By Senaka Samarasinghe

Dr. Meera Kaur, PhD, Associate Prof. University of Manitoba, gave a presentation on Health and Nutrition for Senior Citizens. Meera defined health as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (WHO, 1948). As her lecture was quite interesting, our members spent a lot of time on the Q&A session. Meera spent a long time with the attendees. This was held on Feb 27th (FRI) 2026 from 11.00 am to 2.00 pm at the Whyte Ridge Community Centre.

At the end of the event, Marie's birthday was celebrated by cutting a cake. The birthday song was sung by all attendees. ■



WCSA leads first International Taijiquan Day celebration of Winnipeg

By Bryan Ma

The Canadian city of Winnipeg has hosted its first International Taijiquan Day, drawing nearly 100 participants from diverse cultural backgrounds in a celebration of health, heritage and community.

The event, held on Saturday, March 21, 2026, in the city's south, was organized by the Winnipeg Chinese Senior Association (WCSA) in partnership with the municipal government. It coincided with a new global observance established by UNESCO in November 2025, aimed at promoting Tai Chi as both a cultural tradition and a form of physical exercise.

Tai Chi, which originated in China and is rooted in the philosophical concept of yin and yang, combines slow, flowing movements with breathing techniques and principles drawn from traditional Chinese medicine. While historically linked to martial arts, it is now widely practiced for its health benefits, including stress reduction, improved balance and overall wellbeing.

Saturday's program featured demonstrations from multiple Tai Chi groups and instructors, reflecting the diversity of styles that have evolved over centuries. Participants included classes led by instructor



First-time participants taking the floor.

Peng Jiwei, a Tai Chi soft-ball group led by Qiu Chan, as well as performances from the Canadian Tai Chi Academy under Cliff Yerex. Other contributors included the Red Dragon Martial Arts Tai Chi Club under instructor Yu Yanzhe, Wudang-style practitioner Yang Jun, and Li Zuzhi, who presented a Tai Chi fan routine originating from Jining in Shandong Province.

Observers said the variety of performances offered a rare opportunity to experience different interpretations of the practice, from traditional martial forms to more contemporary adaptations.

For many attendees, the appeal of Tai Chi went beyond exercise. One participant, writing in a community diary titled Tai Chi Affinity, described turning to the practice after experiencing the effects of prolonged workplace stress. "In a fast-paced life, the body begins to send warning signals," they wrote, adding that Tai Chi had become their preferred way to restore balance.

Others highlighted its philosophical depth, noting that continued practice revealed Tai Chi as "not just a sport, but a form of cultivation" that integrates physical movement with mental focus.

The event concluded with an open practice session, during which spectators were invited to join instructors on site. The interactive segment proved popular, with many first-time participants taking part and later expressing interest in enrolling in regular classes.

Organizers said the initiative was made possible with support from Acting Deputy Mayor Janice Lukes and various community partners. Liu, vice president of the Winnipeg Chinese Senior Association, said the event aimed to meet local demand for accessible, low-impact exercise while also promoting Chinese culture.

He added that such initiatives play an important role in fostering intercultural dialogue. "Through Tai Chi as a bridge, people from different backgrounds can connect, understand one another and share in a common experience," he said.

With positive feedback from attendees, organizers expressed hope that International Taijiquan Day will become a recurring fixture in Winnipeg's community calendar, marking the spring equinox as a moment for shared wellbeing, cultural exchange and social connection. ■

The Prairie Canada Carvers' Association (PCCA) 2026 Annual Show and Competition

PCCA is inviting the public to this year's carving show. With carving from traditional to decoys, birds, fish and others, we are sure that a walk through our show's displays will be an adventure that will both amaze you with the artistic abilities of our participants and also stimulate your imagination.

Pembina Curling Club
1341 Pembina Hwy, Winnipeg
Saturday, May 9th and
Sunday, May 10th.

Open to the public: 9 am - 4 pm each day.

Cost is \$7.00 per person per day at the door with children under 12 free.

IF YOU WOULD LIKE TO PARTICIPATE: Information, registration forms; competition rules and costs can be found on PCCA's website: 2026 Spring show &

competition – Prairie Canada Carvers Association's Blog

THEME ACTIVITY "THE ENCHANTED FOREST": Carvers of all expertise levels are invited to participate in this display and submit a carving that reflects something one might encounter in an enchanted forest. Carvings should be roughly 4 inches tall and can be of any style. We hope this activity will give all participants a fun way to participate in a collective project!

WORKSHOPS: Saturday and Sunday, some carving clubs will provide opportunities for the public to get hands-on experience with carving. There will be activities for children and adults. Full details will appear on our website in February.

MERCHANDISE: Due to popular demand, the Garage Sale is back. Items for

sale will include: books; magazines; wood; tools and more. In addition to the Garage Sale, books, tools, food and clothing will be available to be purchased. Vendors such as Artist Emporium and Canadian Woodworkers will be featured.

COCKTAIL CARVING AUCTION IS A SHOW HIGHLIGHT AT 2:00PM Sunday. This is an opportunity for the public to support PCCA & take home a unique carving that fits in a cocktail glass. The auction is a huge support to our show and a popular opportunity for people to take home a treasured carving. We would appreciate as many contributions as possible, and encourage all to participate in the auction!

RAFFLES: Robert Heath's "Hummingbird" carving (see above) will be the Prairie Canada Major Award raffle. Tickets for this raffle will only be sold at the show. There

will be many other silent auction raffles of carving related items such as equipment merchandise and carvings that will be of interest to many as well as opportunities to purchase Prairie Canada souvenir merchandise. Your purchases support our show and provide opportunity to go home with some spectacular artwork or supplies.

Whether you are an experienced carver, an aspiring carver, art appreciator, or a lover of nature, you will enjoy this event. For information on any of the above, as well as new show details as they are confirmed, be sure to check out www.prairiecanadacarvers.ca, or contact Doug Fyfe dougmyfe@shaw.ca 204-396-6409 or Lynda Baxter lyndabaxter0@gmail.com 204-255-6216 with questions.

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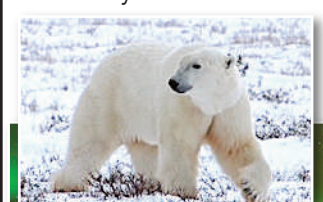

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We Have to Start Now



IN THE WORLD OF
HEALTH

By Myles Shane

Lisa Brodsky doesn't write to comfort; she writes to confront. Her work lives in the uneasy space between observation and outrage, where her personal voice collides with public chaos. Unfiltered and unafraid, she captures the dissonance of modern life with a clarity that resists easy answers or polite restraint. In a time when the world felt fractured, loud, and often incomprehensible, Brodsky turned to poetry not as escape, but as reckoning, documenting the noise, the contradictions, and the emotional toll of living through it. The following excerpts from a poem, published during that period, reflects her willingness to say what others might hesitate to put into words.

Proud to be Canadian – An Abecedarian

A pandemic cry was heard throughout
the world,
but the US was busy watching the
Kardashians.

Conspiracy geeks say climate change
and COVID aren't real,
but polar bears are hungry and
decaying corpses in the morgues disagree.

Enshroud your ugly face with a g@#
%@!n mask while
Facebook is full of idiots speaking their
empty minds,

and I now have a lot fewer friends.
George Floyd begs Chauvin for some-
thing to drink.

Hit the body with a tremendous light.

Quarantined people run out of meat
to eat and
racism is called a public health crisis.
Summer heat will smack the Wuhan flu
down.

Tell me again why I can't go back
to Canada.

Underprivileged people are not seen and
not heard.
Vaccines hurt both in the arm and in the
social order.

While I sit back and spend my day
refuting
xeroxed myths mass produced, and by
the way you won't grow a third boob.

Yet microchips flash at the airport as
zombies with altered DNA complain
about their rights.

Linger: A Convergence of Family, Memory, and Superstition

Her writing process, much like her understanding of people, is exploratory, and deeply empathetic. *Linger: A Convergence of Family, Memory, and Superstition* is the culmination of this approach. The manuscript which she recently finished and is looking for agent representation and a publisher, is a speculative memoir that examines memory, grief, inherited belief, and the uncanny ways trauma lingers. Many stories emerge from lived experiences, her mother's death, her own cancer diagnosis, her time as a prison guard with incarcerated youth and women, and the ongoing threads of superstition passed through generations. Writing these stories is both expression and understanding, a way of navigating the past while tracing its presence in the present.



Lisa Brodsky

Her creative nonfiction and short prose have appeared in *Otherwise Engaged*, *Pictura Journal*, *Memoirist*, *Bright Flash Literary Review*, *Circle of Salt*, and others. She has won awards for poetry and serves as a reader for Trio House Press, cultivating new voices while refining her own.

Through it all, Lisa's writing became both lens and witness. Her essays, *French Toast and a Cup of Ghost*, *Where the Drum Lingers*, *Ldor V'dor*, *Spit to Blind the Evil Eye*, and *The Seat Beside Me*, blend folklore, trauma, and observation. *The Seat Beside Me* was nominated for a Pushcart Prize.

Arrival in the North End

When Lisa Brodsky was nine, her family moved from the quieter streets of Winnipeg's South End to the pulsing density of the North End. The neighborhood smelled of fresh bread from corner bakeries, exhaust from the streetcars, and the faint tang of the Red River in the summer air. It was a place of vivid contradictions, immigrant histories overlapping, languages, Yiddish, Ukrainian, Polish, and English, mixing in the streets, and a sense that identity was something lived, negotiated, and defended.

Lisa Is the Best Writer In The Class

She didn't set out to become a writer, not in any formal, mapped out way. It wasn't a decision so much as a reflex, something that showed up before she had the language to explain it.

Lisa discovered early that writing was the place she went when things didn't make sense. When the world shifted, even slightly, she wrote, not because she thought it was good, but because it was the only way to quiet the noise.

It started in sixth grade, the year everything in the house changed.

Separation

Her parents separated during grade six, but the emotional tremors had started earlier. She felt it in the silences, in the way rooms held tension, in the way voices carried just a little differently down the hallway. That particular night, the one she would later write about, her father had just moved out. The house suddenly felt wrong, not empty exactly, just unprotected.

She lay in bed staring at the ceiling, listening.

No footsteps.

No late-night television humming in the background.

No sound at all.

The quiet wasn't peaceful. It was loud in a way that pressed against her chest.

She didn't sleep.

By morning, she dragged herself to school, the fluorescent lights of the classroom too bright, the smell of chalk dust and winter coats damp with melted snow hanging in the air. Homeroom. English.

Ms. Mayne at the front of the class with her clipboard and her soft concern.

"Write a poem about how you feel this morning."

Lisa wrote,
*In the middle of the night,
I lay in my bed full of fright. No sound at
all not even a peep, Oh I wish I could go
back to sleep.*

It wasn't polished. It wasn't intentional. It was just... true.

At least, true enough.

What happened next felt like something out of someone else's life.

Without telling her, Ms. Mayne submitted the poem to a contest at the Winnipeg Free Press. Weeks later, it won. It was printed. Her poem suddenly belonged to the public.

"You are the best writer in the class," Ms. Mayne whispered to her one day.

Just like that, as if it had always been obvious.

Lisa didn't quite believe it but something stuck.

Not praise, not the contest, not even the idea that she was "good."

It was the realization that writing had done something.

It had taken a feeling she couldn't explain, a kind of low, humming fear, and given it shape. A Poem. A beginning, a middle, an end. Contained. Manageable. Almost understandable.

And that was enough.

Talmud Torah and Joseph Wolinsky Collegiate

At Talmud Torah, Jewish identity was immersive. Hebrew wasn't just studied, it was spoken and rituals punctuated the rhythm of the day.

For Lisa school was a crucible. It was as if there was a target on her back. She was continuously bullied and isolated. Quickly she learned to navigate social spaces where she was seen but not always protected or held with care. "At that age, I didn't have the language to name it as trauma, but looking back, I can see how profoundly it affected my sense of safety, belonging, and self-worth. School is supposed to be a place where identity is nurtured," she wrote later, "but for me, it often felt like a place where identity was something to be managed or defended."

Joseph Wolinsky Collegiate amplified the pressures. Lisa found herself on the edge, observing, cataloguing, and learning the subtle shifts of tone, power, and exclusion. Many years later, a girl she barely remembered approached her at a wedding to apologize for being cruel to her when she was younger. "I thanked her politely," Lisa recalls, "but I don't think she realized how much that apology meant to me."

The 1970's & Winnipeg's Northend

When Lisa's parents transferred her to Garden City Collegiate, the world opened. About half the student body was Jewish, half Ukrainian. The cultural overlap offered a tentative sense of belonging. That year, she shot up three or four inches physically, a metaphor, perhaps, for the emotional expansion she'd longed for.

Outside school, the world felt equally expansive. "As a youth, I spent many hours at the Garden City mall. It seemed HUGE at the time—practically its own universe. Now when I visit, I can't believe how tiny it is, especially compared to the Mall of America, which I now live about ten minutes away from. What once felt endless now feels like I could cross it in a single exhale."

Another place that stands out in her memory is Kildonan Park, a space that

seemed to grow alongside her. On weekends, she and her brother Michael would take the bus there to go swimming, "an adventure that felt far bigger than the distance." The park, she recalls, was "safe and clean," filled with families stretched across the grass like picnic blankets. It held the kind of quiet magic that defines childhood. As they got older, the park evolved with them. It became their gathering place, endless loops in the car, dropping in on friends, sitting high in the branches of a massive oak tree, or lingering near the Witch's Hut "like it might reveal something if we stayed long enough."

Kelekis wasn't just a place to eat, it was a Main Street institution, the kind of restaurant that felt stitched into the identity of Winnipeg itself. For decades, Kelekis Restaurant drew everyone from the neighbourhood regulars to visiting celebrities, its walls lined with signed photos like a quiet roll call of the famous and the familiar. The orange counter, the hum of conversation, the smell of oil and salt, it all blended into something bigger than a meal. It was history you could sit down in. "Kelekis was the best restaurant," Lisa would say without hesitation. "Their hot-dogs and fries, with gravy, of course, could not be beat."

And she meant it with the kind of conviction that only comes from years of comparison. "Trust me," she'd insist, "I tried, extensively and with great personal commitment, to find fries that came close." None ever did. The shoestring fries, perfectly crisp and impossibly consistent, remained unmatched, fixed in memory as the standard everything else failed to reach. When the restaurant finally closed, it didn't feel like just another business shutting its doors. "I went into a brief period of mourning," she admitted. Because Kelekis wasn't just where she ate, it was where moments accumulated, where the ordinary became unforgettable, and where, for a while, everything tasted exactly the way it was supposed to.

The Writing Process

"My writing process leans much more toward 'pantser' than 'plotter,' she says. "I don't begin with a detailed outline or a fully mapped structure. I get an idea and then discover the story as I go." She taps her pen against the pad. In fiction, her characters lead. She listens to their instincts, their contradictions, "Sometimes I write something and I can hear their voices saying, 'Are you kidding me? I would never do that!' It's less about control and more about attention."

Nonfiction is no less intuitive, though it is rooted in observation and reflection. Her pieces about public health, trauma, and incarceration often emerge from her years inside Minnesota jails as a guard for juveniles and at a women's prison, "Writing becomes a way of thinking," she says. "I rarely know exactly what I believe about an experience until I've written my way through it."

Minnesota's Native Community

"What started as a quiet awareness became something real when I stopped studying and started listening," Lisa says. Through social work courses and volunteer work at Child and Family Services, she moved beyond theory into relationship. "These weren't distant histories—they were lived experiences." What she encountered was not just hardship, but "strength, continuity, and a kind of resilience that doesn't get talked about enough." She felt an unexpected connection. "There were echoes—inter-

Continued on next page

The Pros Know 55+ 2026 Show Dates & Locations

Active Living & Resource Expos

Four more **Pros Know Expos** in 2026. | Details at: prosknowexpos.ca **FREE ADMISSION FREE** Yup! Free!

Step 4: The Planning and Preparing to Attend a Show!

Shows Start Next Month!

Happy Spring... Seriously, it's going to be a 'Happy Spring'! The fresh smells of rebirth, warmth, spring rains, Oh My! And...our Spring Expos coming in May!

I can't wait for them myself. We are so excited about all the new things we've been talking about that are coming in 2026 for everyone. The shows have never been this good actually.

This month, we'd like to give you a little help in planning and preparing to come to the shows. These little tips will go a long way to making your visit(s) that much more meaningful and practical. If you're not computer savvy, ask a family member or friend who is, to help you with this. It might even *help them*.

So, let's go to prosknowexpos.ca. Here you'll immediately see the listing of all shows, dates, times and locations. This is just the tip of the iceberg. You have downloadable and printable posters, brochures, Sponsor & Exhibitor listings and tons, *I mean tons*, of seniors resources, just waiting for you.

I say this with all sincerity, once you've been to the site, you will mark it and will keep coming back. There is so much there for you and yours to improve your quality of life. Now back to point, sorry. Simply pick a show, four different dates and locations around the city. Download a brochure and even the (Soon to be available) room guides to see who is at that show. After you've reviewed those details, you can check off which tables you'd like to visit on each date.

May 1st and September 1st, we'll also have printed copies of the show guides you can pick up in person, in advance. There you go, some simple tips and planning options for you to attend.

Please remember; we'll have our four specialty clinics: Walker Tune-Ups, Eye Glass Tune Ups, Foot Sizing and Blood Pressure Clinics there for you. So easy for you to plan and prepare to attend. More details next month in our 1/2 page advertisement for the shows...

Hope to see you there! *Thank you to all, and stay well! Trish & Rick!*

The Pros Know 55+ Show Times: 10:00am - 3:00pm
Active Living & Resource Expos

North End | Sgt. Tommy Prince Place
90 Sinclair Street
Wednesday, May 20th, 2026 ✓

Theme: Active Aging in Place

Charleswood | Charleswood United Church
4820 Roblin Blvd.
Wednesday, May 27th, 2026 ✓

Theme: Community Services Access

Fort Garry | Fort Garry Mennonite Brethren Church 1771 Pembina Hwy.
Wednesday, September 23rd, 2026 ✓

Theme: Wills, Estates & Power of Attorney

St. Vital | Dakota Community Centre
1188 Dakota Street
Thursday, October 1st, 2026 ✓

Theme: Fraud & Scam Prevention



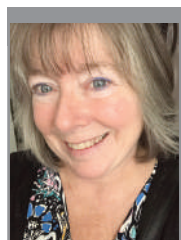
Visit our website to get the up to date listings of Exhibitors and show posters for printing!

Show information at: prosknowexpos.ca

Don't Knock It 'til You've Tried It

You might use this phrase when you try to get someone to eat a peanut butter and pickle sandwich, but how about when it comes to testing our health care system? Dealing with a health issue can be scary, but knowing where to go for help is the most important detail.

As prime care giver for my mom, I was recently faced with this very scenario. Mom developed a spontaneous rash with hives and I had to make a deci-



By Trish Bennett

sion on the best course of action. Knowing that we couldn't wait to see her doctor, I searched on-line for a walk-in clinic. We had a successful visit and received a treatment plan.

Oh, but the story continues as new symptoms developed. Although it was not life-threatening, but still urgent, I went back to the internet for a new search.

Finding the urgent care website: <https://wrha.mb.ca/wait-times/urgent-care/>

displaying the current waiting times was instrumental in my decision.

I found the Misericordia Urgent Care Centre that had available appointment times for early next morning. Booked and done. With mom now on the road to recovery, I can take a moment to reflect on the time span. The search and the booking online took just a few minutes, but the early admission to the consult room and the prompt review with the doctor, was just as quick. It took less than 25 minutes total.

Wow, I'd say "we tried the system and it worked...nothing to knock!" Knowing where to go for this urgent, non-life threatening matter made all the difference and we didn't fill up an emergency room unnecessarily.

Please remember, for life-threatening situations, you should dial 9-1-1 for immediate assistance. ■

We Have to Start Now (Lisa Brodsky), cont'd from page 24

generational trauma, identity, survival. Not the same stories, but something in them resonated."

That connection deepened over time. "I wasn't just observing anymore—I was being invited in," she says of her experiences with Native communities in Minnesota, including participating in sweat lodge ceremonies. "Those spaces taught me about healing in a way nothing else had." Looking back, she sees how it shaped her path. "It helped me understand that trauma isn't just something that happens—it's something that can be carried." That realization stayed with her, influencing both her work with youth and her writing. "I've always been drawn to the tension between belonging and not belonging," she says. "That's where the truth usually is."

"There's something incredibly powerful about sitting in that space—about ceremony, reflection, and collective healing." She noticed parallels with her own Jewish upbringing. "In Judaism, we have ritual as a way of remembering, of protecting, of making sense of what we carry. The sweat lodge felt different, but also familiar in that way—it was another language for healing."

Tales From A Prison

After graduating, Lisa worked as a prison guard in the juvenile detention center and later in the women's workhouse, where she encountered lives that seemed impossibly far from her own, yet she saw threads connecting them to her north end childhood.

Lisa's time as a prison guard exposed her to a world defined less by crime than by a profound absence of hope. Working with incarcerated youth, she was struck by how little they imagined for their futures. When asked where they saw themselves in two years, one boy quietly answered, "alive." Moments like that revealed to her that many of these kids weren't planning lives; they were simply trying to survive. Inside the system, she also encountered a culture where trauma had reshaped values, where stories that once felt shocking or morally clear to her were met with indifference or hard pragmatism by those who had lived very different lives.

At the same time, the job showed her how deeply broken and complicated the system could be. Acts that appeared compassionate, like a guard spending extra time talking with inmates, could mask darker realities, while even the most inno-

cent spaces, like family visits, were entangled with addiction and desperation. These experiences stripped away any simplistic understanding of right and wrong, replacing it with a clearer view of how environment, trauma, and survival shape behavior.

Ultimately, her time in corrections didn't just change her perspective, it redirected her life. Instead of asking why people end up incarcerated, she began asking how to prevent it altogether. That shift led her into public health and early intervention work, focusing on supporting vulnerable children and families before they reach crisis. For Lisa, the jail became not just a place of observation, but a turning point, one that cemented her belief that the most meaningful impact happens long before someone ever enters a cell.

Final Thoughts

Lisa now lives in Bloomington, MN with her husband David and their four boys. She is completing a Master in Creative Writing at Hamline University.

In the end, everything traces back to the North End of Winnipeg, a place where Lisa moved between structure and reality almost without thinking. Her days were shaped by Hebrew school, with its lessons

in history, justice, responsibility, and tikun olam, while just outside those walls, the streets, parks, and malls of the city revealed a more complicated world. She learned early how to observe, how to listen, and how to hold two truths at once, the ideals she was taught and the lives she witnessed.

That duality lives in her writing. There is a moral backbone rooted in tradition, but also an unflinching honesty shaped by experience. She writes about people the way she came to understand them growing up without judgment, with attention to their struggles and resilience. The voices and stories from those early years in the North End are not distant memories; they are the foundation of how she sees and tells the world.

It's what ultimately led her into prison work and a commitment to early intervention through Public Health. For Lisa, the goal was never just to respond to what had already happened, but to understand how it began and how it might be changed. The same awareness she developed as a child now drives her work: a belief that environment shapes lives, and that paying attention, early and honestly, can make all the difference. ■

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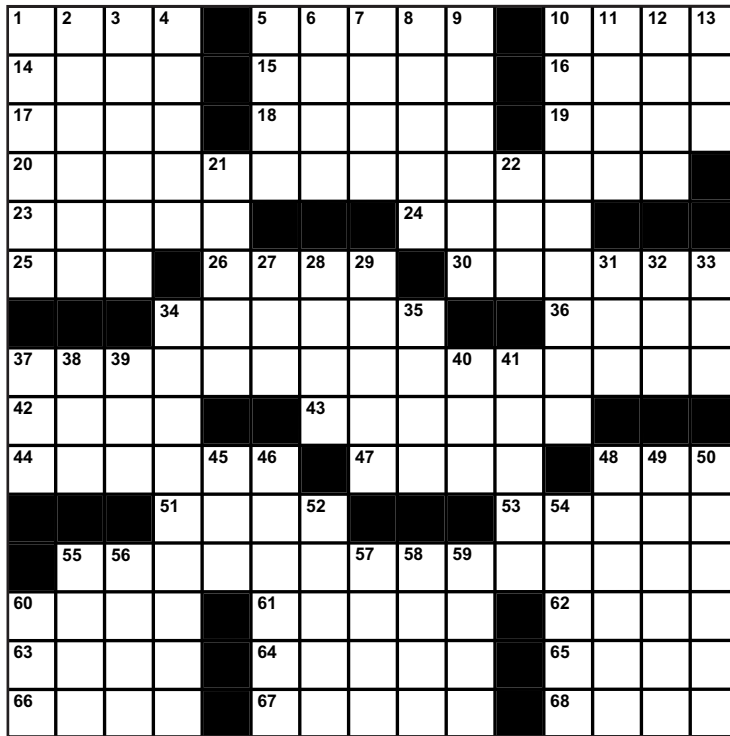
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CROSSWORD - Attention-getting - By Myles Mellor

ACROSS

1. Some computer keys
5. Cliff
10. Tom and Katie's kid
14. Yemen coastal city
15. Prefix before -pathic
16. Gem
17. Not doable
18. Flawed
19. Unassisted
20. Like nothing before it
23. Slow
24. Adjust
25. Heretofore, for a poet
26. X-mas story beginning
30. Military helicopter
34. Roof hanger
36. "Help ___ the way!"
37. Momentous
42. Tahari of fashion
43. Concert crowd's shout
44. Early October babies
47. Popular Asian fare
48. Roe
51. Good fellers
53. Monkeyshine
55. Stunning
60. At no cost, in Germany
61. Connect
62. A law ___ itself
63. A Norwegian king
64. At full throttle
65. Roger of "Cheers"
66. Cruise ship stop
67. Simmons competitor
68. Whirl



DOWN

1. Snarl
2. Lover
3. Off with you!
4. Muzzle
5. Fish species
6. Untangle your hair
7. Eastern V.I.P.
8. Take in again
9. Spanish inn
10. Ring insert
11. Atop
12. Dialed
13. Corsica, par exemple
21. Score
22. Gymnast's feat
27. Neighbor of Ill. and Mich.
28. Post-exercise feeling
29. Bias
31. Evidence collectors
32. Dearie
33. School subj.
34. Repetitious
35. Sear
37. Migratory fish
38. Oscar-nominated role for Smith
39. Can be prime....
40. Start of many an ode's title
41. Evergreen shrub
45. Cut
46. Some mattresses
48. Expressed an opinion
49. Let off
50. Merchant ship
52. Slug liquid
54. Blue shade
55. WWW addresses
56. Duck
57. Time between birthdays
58. Going strong
59. Memorable Lisa
60. Data Act, abbr.

SOLUTION ON PAGE 27

WORDSEARCH - HOUSING & RELATED SERVICES - Senior Scope

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

- | | | | | |
|------------|-----------|-------------|-------------|-------------|
| Apartment | Inspector | Move | Waste | Shelter |
| Architect | Internet | Options | Property | Space |
| Assistance | Key | Parking | Quality | Stair Lifts |
| Build | Lease | PCH | Real Estate | Storage |
| Bus Stop | Legal | Pool | Realtor | Subsidy |
| City | Library | Shelter | Realty | Suites |
| Cleaning | Living | Space | Rent | Support |
| Condo | Loan | Stair Lifts | Repairs | Tenant |
| Door | Lobby | Storage | Roof | Urban |
| Duplex | Lot | Subsidy | Room | Visits |
| Elevator | Manager | Suites | Rural | Waste |
| Enterphone | Meal | Support | Safe | |
| Guests | Service | Tenant | Sale | |
| Home | Mobility | Urban | Security | |
| House | Mortgage | Visits | Sentimental | |

SOLUTION ON PAGE 27

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and type **"Sign me up"** in the Subject line.

Manitoba Music Lovers Festival

We have something for everyone!

Hey music lovers, the first week of May will see the Manitoba Music Lovers Festival in Winnipeg. This brings 5 nights with 15 musical ensembles to the stage.

Like big band and swing? We've got it. Barbershop music more your taste? We have that, too. And much more.

"We are so lucky, in this province, to have such diversity of musical groups all with such talent" said Festival lead planner, Rick Sellwood. "Our aim was to showcase these local musicians and offer our community one place to take it all in."

Each night will feature three musical ensembles. There is a range from instru-

mental groups, choral ensembles and musical style ranges from jazz to classical to old classics and folk.

Sellwood also commented "Another goal was to keep the price low, so that cost wasn't a barrier to the festival." With nightly tickets at \$10 and a full- 5-day pass at \$25, it is very affordable.

The festival runs from May 3 - 7, at the United Church in Meadowood, 1111 Dakota Street. Start time is 7:00 each night. Tickets can be purchased at the door or online at <https://www.showpass.com/o/manitoba-music-lovers-festival/> ■



FORWARD TO SUMMER

SATURDAY, APRIL 25
WIN YOUR DREAM GOLF PACKAGE!

Enter daily for a chance to win a golf cart, golf club sets, & more!
OC members can claim a daily ballot for 1 hour of active play.



DETAILS AT SOUTHBEACHCASINO.CA

SUDOKU - Easy *Senior Scope*

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

Each 3x3 cell has the digits 1-9.

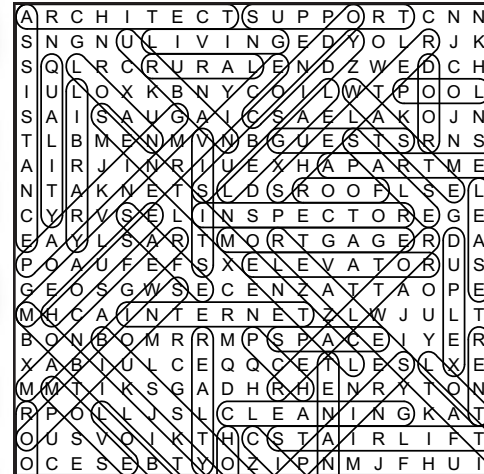
Each vertical and horizontal line also has the digits 1-9.

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

SOLUTION TO THE RIGHT

SENIORS

WORDSEARCH - Solution



CROSSWORD - Solution

1	T	A	B	S	5	S	C	A	R	P	10	S	U	R	I	
14	A	D	E	N	15	H	O	M	E	O	16	O	P	A	L	
17	N	O	G	O	18	A	M	I	S	S	19	L	O	N	E	
20	G	R	O	U	N	D	B	R	E	A	K	I	N	G		
23	L	E	N	T	O	24	E	D	I	T						
25	E	R	E	26	T	W	A	S	30	A	P	A	31	C	H	E
34	I	C	I	C	L	E	35									
37	A	R	T	H	S	H	A	T	40	T	E	R	I	N	G	
42	E	L	I	E	43	E	N	C	O	R	E					
44	L	I	B	R	45	A	S	47	T	H	A	I	48	O	V	A
51	A	X	E	S	52											
55	U	T	T	E	R	L	Y	A	M	A	Z	I	N	G		
60	F	R	E	I	61	T	I	E	T	O	62	U	N	T	O	
63	O	L	A	V	64	A	M	A	I	N	65	R	E	E	S	
66	I	S	L	E	67	S	E	R	T	A	68	E	D	D	Y	

SUDOKU - Solution

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

LAUGH A LITTLE

I'd rather look back and say "I can't believe I did that" instead of saying, "I wish I had done that."

Today's generation has allergies to everything, future wars will be fought by throwing bags of peanuts and cat hair at each other.

Two bees on a Saturday night:

Bee 1: What music would you like to listen to? I have Bee-yonce, Bee-tles, Cros-Bee, Stills and Nash, Justin Bee-ber or Bee-thoven.
Bee 2: Do you have any Sting music?

Wouldn't life be great if sweatpants were attractive, Mondays were fun, junk food was healthy, girls didn't have so much drama, boys weren't so confusing, and goodbyes only meant until tomorrow?

If a woman says "Do whatever you want," **DO NOT DO WHATEVER YOU WANT.** Stand still. Do not blink... don't even breathe. Just play dead.

I now know how it will all end for me... one of my grandkids will unplug my life support to charge their phone.

I met my wife at a single's event. I was surprised because I thought she was at home with the kids.



Statistics Canada is hiring for the 2026 Census!

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the CLASSIFIEDS

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Presented by Leroy
Carefree Concierge

12:00 PM - 1:00 PM

Selling Your Home

Presented by Team Tyrell

1:00 PM - 2:00 PM

Compassionate Care at Home

Presented by Chelsea
Comforts of Home-Care

2:00 PM - 3:00 PM

Disability Tax Credit Advisor

Presented by Coral

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