



Inspiring Wellness

**Your Guide to Active
Aging in Manitoba**



A Message from the Minister

On behalf of the Manitoba government, I am pleased to invite all older Manitobans to participate in active aging opportunities held throughout the province. I thank Active Aging in Manitoba for developing the Active Aging Resource Guide – a guide that outlines ideas and activities offered by dedicated volunteers, staff and organizations throughout the province.

I also invite you to participate in **Active Aging Week, held September 23 through September 29, 2018**. The activities and events held during Active Aging Week provide a great opportunity to be active, to engage in a new activity, and have fun connecting with others in your community, regardless of your age or any challenges you may have. More importantly, let this week inspire you to be active and engaged throughout the year.

In addition to Active Aging Week, I am also pleased to join Manitobans in celebrating **Seniors' and Elders' Month in our province during the month of October**. This is a great opportunity to acknowledge the many accomplishments of older adults and the valuable contributions they make every day in our families, communities and workplaces.

I thank Active Aging in Manitoba, for promoting Active Aging Week and Seniors' and Elders' Month. On behalf of all Manitobans, I commend the many volunteers, organizations and communities involved in providing active living opportunities throughout the province.

**Honourable Cameron Friesen, Minister
Manitoba Health, Seniors and Active Living**





Inspiring Wellness 2018

your guide to healthy, active aging in Manitoba

Active Aging in Manitoba (AAIM) is once again joining the International Council on Active Aging (ICAA) in promoting Active Aging Week Sunday, September 23rd–Saturday, September 29th, 2018.

Active Aging Week is also a lead up to Seniors' and Elders' Month held throughout the entire month of October starting with Seniors' and Elders' Day, which is celebrated annually across Canada on October 1st.

The 2018 theme is, '**Inspiring Wellness**', which truly embodies the spirit of active aging and living life to the fullest and with great purpose. With this theme in mind, we are encouraging people to reflect and reconnect with activities that they may not usually make the time for. Stop and smell the roses, try your hand at gardening, birdwatching or photography, take a walk with friends, try yoga, tai chi or take up a new hobby like crafting or try a new sport. The possibilities are endless and AAIM truly believes you are never too old to try something new!

The goal of this resource package is to connect people 55 years and older to age-friendly programs, events and services in their own communities that encourage them to live healthy, active lifestyles and to help guide and inspire older adults in your community to participate in activities with people of their own age, ability and interests, as well as others in their community.

The guidelines are simple; events should be planned with older adult participants as the focus. Organizers at each host site will explore creative ways to invite, introduce and involve older adults in age friendly events and activities. Take this opportunity to encourage older adults to join in on the fun and experience what your group has to offer!

This Active Aging Resource Guide is dedicated to all older Manitobans with our deepest respect and with the sincere hope for the best that life has to offer.



"Never Put an age limit on your dreams." — Unknown

What is Active Aging?

“Active aging: the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age”

(World Health Organization: Active Aging-A Policy Framework 2002).

Active aging can vary from individual to individual; however, taking a life-course approach, the common element includes older people continuing to be active throughout their life. Within a re-framed context of aging, “active” refers to older people continuing in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active or to participate in the labour force. “Active” also means older people remaining to be active contributors and resources to their families, peers, communities and country throughout their entire lifetime.

Who we are:

Active Aging in Manitoba (AAIM) is a non-profit organization, dedicated to the promotion of active aging opportunities for all older Manitobans to enhance their health, mobility and continuing participation in their community. AAIM strives for the ageless engagement of older Manitobans in healthy choices that contribute to physical, social and mental wellness, independence and quality of life. AAIM promotes programs that enable older Manitobans to stay socially connected, participate in regular physical activity, eat healthy foods and reduce risk for falls and injury

Who we were:

Active Aging in Manitoba (AAIM), formerly known as the Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) was incorporated in 2007.

What we do:

Active Aging in Manitoba encourages all older Manitobans to move more and sit less; to continue to connect with and contribute their time, knowledge and skills to their community; and, to strive toward optimal health for life. AAIM promotes and provides programs and services that encourage older Manitoban participation through peer volunteer leadership development, awareness and education on healthy active aging topics, and management of the annual Manitoba 55 Plus Games sport for life program.

For more information contact:

Jim Evanchuk, Executive Director
1075 Leila Avenue
Winnipeg, MB R2P 2W7

Phone: (204) 632-3947
E-mail: info@activeagingmb.ca
Website: www.activeagingmb.ca



Toward optimal health for life.

Older adults who engage regularly in activities with friends or family, or who have someone to talk to often have a more positive outlook. Participating in hobbies and activities with others can also help them find pleasure in life during difficult times.

**Did
YOU
know ?**



How to Promote Your Event

Whether you are a motivated individual or part of a group or organization looking to inspire older adults to get active, special events and activities are a great way to inspire older adults to get connected with their peers and stay involved within their local communities. The event or activity doesn't have to be huge or complicated either. It could be something as simple as offering a craft workshop at a local community hall, arranging a community card tournament, facilitating age friendly cooking classes, technology sessions at the local library, organizing walking or birdwatching outings - the possibilities are endless!

However you decide to organize your event, promotion is a key factor in the overall success, no matter how large or small the event or activity may be.

The main purpose that promotion serves is to attract participants, spectators or both to the event. However, promotion is also important to the organisation for reasons other than attracting a crowd on the day. A well promoted event increases public awareness of the organisation. Besides the main goal of engaging older adults, this is one of main reasons special events are important. It really is a win-win situation.

Before you start promoting your event, it's important to make sure you are organized, be sure you know what your goals are and that you know who you are targeting in your promotion efforts. Older adults might be a bit more of a challenge to reach, if for example, they don't have access to a computer or the internet. However, there are many ways to reach them. Here are some other fun and friendly promotional tips if you are planning an event or activity for your organization:

There are many ways to get people interested!

- Local newspaper ads or radio announcements
- Local community newsletters, TV channel or local news networks
- Website promotion, through your own organization and/or local business sites
- Create and share a Youtube video or share a video on Facebook
- Create a Facebook page for your event for free
- Create or utilize a Twitter, Instagram or Youtube account
- Engage people on social media by asking them to vote on an event aspect
- Personal invitation, whether it be digital or sent in the mail
- The good old fashioned way - word of mouth around your community
- Recruit friendly volunteers to go door-to-door
- Circulate a promotional poster - digitally as well as utilizing community bulletin boards



“The essence of social media is knowing your audience and engaging them in something they will love” — Unknown



Manitoba Spotlight!

Senior Scope Newspaper



Senior Scope has been publishing for over 16 years - since 2002 - in Winnipeg and rural Manitoba.

It continues to provide useful and entertaining information with a focus on inspiring individuals, 55 and over, and the programs and services available to them and everyone who is aging.

Who doesn't know someone who is advancing in age. We all do! **WE ARE ALL AGING!**

Senior Scope especially focuses on 'active living' and offers listings in the 'Things To Do' section. It also has a section highlighting Travel, Leisure and Activities... plus housing resources, financial information for those who are retired or getting ready to retire, puzzles to keep your mind active, and recipes to please your palate. Local writers (Roger Currie and Scott Taylor) cover current events and sports.

Plus the public is welcome to submit stories and photos on their non-profit 55 plus group activities or other story of interest to the older population. Also, Senior Scope accepts humour-related stories or stories of living in the 'old days.'

Readers are rewarded with great prizes worth hundreds of dollars for entering the annual summer Survey/Contest to see how Senior Scope can improve.

The print version is available at over 700 locations in Winnipeg and rural Manitoba including 55+/senior housing complexes, apartments and condos, 55 plus centres, public libraries, various grocers, hospitals, clinics, restaurants, the legislature, The Forks, etc.

You can also read it online or download it at www.seniorscope.com. Past issues are available as well. You can also subscribe by email to receive each issue automatically.

If you have any questions or suggestions, call **204-467-9000**.

Finding its way into HOUSEHOLDS of those who want it... in PRINT and ONLINE - www.seniorscope.com

Senior Scope

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CALL FOR INFORMATION

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Even with the rise in popularity of modern social media, newspapers continue to be an important part of people's lives. They are considered the most credible and comprehensive media source available.



Walk for Health

Adding at least 30 minutes of walking to your daily routine not only helps you avoid a sedentary lifestyle, but improves your health in more ways than one! Experts have said that walking is one of the best exercises for older adults. It has been shown to be an effective way to reduce the risk for chronic conditions and improve your overall health.

Some of the great benefits of walking include:

Improved heart health.

Walking offers a number heart health benefits. Getting your heart rate up daily leads to a reduction in the risk for high blood pressure and high cholesterol, and even heart disease.

Lowered blood sugar.

After eating, taking a 15-minute walk has been shown to reduce the after-eating spike in blood sugar some older adults can experience. Your body is using blood sugar more effectively to strengthen muscles, and insulin works better, too.

Reduced pain.

Studies have shown that walking can help reduce pain due to chronic conditions like arthritis. Walking even just three times a week for around 20 minutes can help strengthen abdominal and back muscles to decrease chronic back pain.

Low participation cost.

After you've invested in a good, sturdy pair of shoes, you can walk basically anywhere, for free! When the weather permits, head to the park for a stroll or simply walk around your neighborhood. If it's too cold or rainy to go outside, head to the mall or local community centre instead.

Promotes social engagement.

Walking offers an easy way for people to meet up with others, whether you join a walking group or simply engage with others while you're out. What a great way to meet new people!

Boosts mental health.

A daily walk can help you feel more positive about life. The endorphins released during physical activity create a sense of well-being, reduce anxiety and boost your mood.



“Walking is the best medicine” — Hippocrates



Manitoba Spotlight!

The Benefits of Urban Poling

A simple, effective form of exercise that originated in Finland to help cross country skiers train in the off season, Urban Pole Walking (also known as Nordic Pole Walking) is a workout that, when done properly, exercises more muscle groups than many other low impact exercises.

Pole walking uses both the lower and upper body muscles. The lower body gets the benefits of traditional walking or speed walking, and the poles work the upper body. Because of this combination, pole walkers benefit from fitness-building stimulation that's not present in normal walking, as the chest, triceps, biceps, shoulders, and abdominals get a workout along with the leg muscles. The core is also engaged as the walker thrusts forward with the poles. It's a total body workout that's fun and helps encourage a sense of adventure since it can be done everywhere from parks and roads to hiking trails.

Additional Benefits of Urban Pole Walking:

Urban Poling provides many core strengthening benefits.

In addition to improving, assisting and A strong core creates a foundation for proper gait and improved overall posture, which ultimately makes doing regular day-to-day activities easier and safer.

Urban Poling can provide a boost in cardiovascular activity.

Since you are using more muscles as you walk, your body must work harder to pump blood and oxygen throughout your body. As a result, your heart and lungs get stronger and more efficient which makes doing every day activities easier. As an added benefit, you will also burn more calories!

Urban Poling is a low impact that takes stress off of hips, knees and ankles and other joints.

Many cardiovascular exercises, such as running can be tough on the lower body and joints. Poling allows you to get moving and save your lower body in an easy, relaxing and fun way that still gets you outside.

Urban Poling improves stability, balance and confidence while walking

Those with balance issues or who have low confidence in walking longer distances feel supported by the poles and can maintain their physical health longer. Those without balance issues gain an increase in stability from the added core strengthening, and all walkers gain confidence during and after their walks.

It improves mood and reduces fatigue

Doing something great for your body makes you feel great about yourself. As your fitness level and even overall posture improves so does your confidence in yourself.

You can adjust the intensity based on your own individual needs

Urban poling is a great activity that can be enjoyed by people of any age and athletic ability. You can easily modify the workout by adjusting the force with which you push off of the ground with the poles and/or modifying your pace as you feel comfortable.

For more information on how you can try Urban Poling or to request an Urban Poling presentation and/or demonstration, contact Active Aging in Manitoba at **204-632-3947**, email: info@activeagingmb.ca or visit our website at: www.activeagingmb.ca

**Did
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know •**

Recent studies have shown that older adults who walked regularly were less likely to develop memory loss and other declines in mental function than those who were less active.



Out and About

In today's world where we are surrounded by technology, many people feel the urge to simplify and get back to nature. To experience the benefits of outdoor recreation, it's necessary to slow down and unplug. Getting outdoors is great for both physical and mental health. Other benefits of getting outside include:

Stress Relief

Getting outside can help you escape the stress of day to day life. Stress can cause many problems with a healthy mind and immune system. High levels of stress are associated with depression, obesity, and high blood pressure. Luckily, there is a natural stress reliever right in your backyard!

Strengthened Immune System

Staying indoors can have a negative impact on your immune health. The immune system works best when challenged regularly. That doesn't happen when we spend time indoors. Increased immunity is a valuable asset in a healthy lifestyle, especially as you get older.

Outdoor Hobbies - Gardening Can Help Develop a Healthier Diet

Gardening is a great hobby and way to increase your time outdoors. Not only does gardening keep you active, it provides you with access to healthy fruits and vegetables on a regular basis.

Peace of Mind

Spending time outside improves mood and reduces feelings of anxiety. Even simply sitting outside can reduce blood pressure, lower heart rate, and decrease cortisol levels. When we are outside our body slows down, helping us feel peaceful and calm.

Potential Increased Longevity

Recent studies have shown that there is longer life expectancy associated with spending time outdoors. Better air quality, found in areas with more vegetation, is known to increase longevity. Being close to parks and nature trails can also encourage exercise, which helps maintain heart health. Time spent outside also increases social engagement and can improve mental health.

Daily Dose of Vitamin D

Vitamin D is essential for our health. It helps us absorb calcium, prevents osteoporosis, reduces inflammation, among other things. Vitamin D is present in some foods, however we get more than 90 percent of our vitamin D from exposure to sunlight. This being said, always practice sun safety and be aware of the risk of skin cancer.



“You are never too old to play outside” — Unknown

Great ways to get outdoors:

Birdwatching

Birdwatching is a fantastic way to get out and enjoy nature. People can also enjoy birding no matter what their level of mobility may be. Birdwatching can also promote mental stimulation, for example when identifying different types of birds or different calls. Bird feeders are also an excellent way to bring nature a bit closer to home. In addition to being easy to maintain, they are also perfect for most living situations – even those with limited outdoor space

Take up photography

Photography is a great way to explore the outdoors! You don't even have to venture too far from home to capture As well as reaping the rewards of inhaling fresh air — such as decreasing stress and becoming energized naturally — you could also begin a new creative project which could help you to be more active.

Community Gardens

Gardening is a great way to promote physical activity and overall just a good excuse to get outside and enjoy some fresh air. Gardening can also reduce stress and improve overall mental clarity. Community gardens in particular can also help to promote social interaction and allow people to work together and have some fun doing it.

Going for a walk

For those who are physically able, going for a walk is one of the best ways to get out and enjoy nature. Because walking is a low-impact activity that boosts the heart rate slightly, it's a wonderful and fairly easy way to get exercise and enjoy the outdoors at the same time.



Manitoba Spotlight! Prairie Pathfinders Walking Club

Prairie Pathfinders love to walk – whether it's weekly walks in Winnipeg or hikes that take us far afield. We love the fresh air, we love exploring, and we treasure the new and old friends who share our journeys. The club organizes dozens of urban walks from April through October. (Usually held on Monday mornings and Wednesday evenings) Our walks are in different parts of the city, many are routes from our book, Winnipeg Walks.

As well, we have about ten special 'out-of-town' day hikes planned on the weekends. They range from 6 km to 10 km in length and take us well off the beaten path in southern MB. While a couple of our hikes are in provincial parks, most explore some truly secret scenic treasures.

For more information, a event calendar of events or to get involved check out the website at: www.prairiepathfinders.mb.ca



**Did
YOU
know •**

Being outside in nature is naturally calming - it literally changes the way your brain is operating so you can't help but relax. This is a great reason to get out there, enjoy the scenery and get some exercise at the same time!



Ageless Engagement

More than combating the negative effects of isolation, an active social life allows older adults to experience an array of benefits that help to enhance their overall well-being. Some of the main benefits include:

Enhanced Mental Health

Isolation is one of the leading causes of depression in older adults. Loneliness can easily turn to feelings of worthlessness and despair. On the other hand, socializing can help older adults feel loved and needed as their lives are affirmed by the activities they do and by those with whom they interact. Being around other people, especially if you're doing something fun or rewarding, helps us keep a positive outlook on life.

Sense of Belonging

Enjoying the company of others who have similar personalities or interests helps us feel like we belong somewhere. For those who may have lost a spouse, family member or friend, the need to belong may be more intense. Engaging with others can cultivate new friendships and can create lasting bonds.

Better Self-Esteem

Self-esteem can plummet for those who have trouble doing as much as they used to or are alone too often. The more people socialize or participate in activities with others, the more they benefit by feeling like they contribute to their community. Any kind of positive interaction with friends, family or neighbors can help us feel confident in ourselves and our abilities.

Improved Physical Health

When we have good conversations or do things we love with others, our bodies release health-promoting chemicals that boost the immune system to ward off illness and make us feel physically well. Also, socializing promotes an active lifestyle and better nutritional intake. Older adults who are isolated are more likely to skip meals, whereas those who are socially active often share meals with friends and family.

Increased Cognitive Functioning

Socializing is also key to keeping the brain sharp as we age. Having an active social life encourages us to continue learning, observing and responding to the world around us. Conversation and activity are great for exercising the mind and can potentially lower the risk of dementia and Alzheimer's disease.

Purposeful Living

Having somewhere to go, something meaningful to do or people to see helps us get excited for the day. When we build strong relationships with others, we gain a sense of fulfillment, and spending quality time with those we love reminds us that life is worthwhile.



“Social engagement was as strong as anything we found in determining longevity” — Thomas Glass



Manitoba Spotlight!

Manitoba Association of Senior Centres



What are Senior Centres or Active Living Centres?

Senior Centres are health promoting, capacity building, community focused centres where older persons come together for activities that enhance their independence and encourage involvement and socialization.

Active Living Centres throughout Manitoba are all striving to:

- Provide opportunities for companionship and friendship
- Provide opportunities for older adults to use the skills and resources honed by life experiences
- Create a welcoming atmosphere of warmth, comfort and encouragement
- Provide training and education in new technology
- Help prevent social isolation by connecting older adults with programs, people, services and opportunities in their communities
- Provide a forum for the identification of issues concerning older adults today

Good mental health leads to good physical health.

Each one of us can take protective measures to prevent the negative impact of social isolation. Research evidence in recent years is telling us the path to healthy aging is to stay connected. As we age, we must find our own comfort zones - how and where we connect with people. For some of us, social connections may be our church, it may be a local women's group, a men's group, bridge club, book club, walking club or golf club. For others, meaningful social connections may not exist – so efforts need to be made to socially connect with others by exploring local programs that will bring you in contact with other people who are in your age/life stage bracket and who share similar interests. The key ingredient in whatever choices you make is to stay connected. Healthy aging is getting connected and staying connected. Stay healthy, both physically and mentally by getting connected to a group close to home – meet other people, have fun, stay active – live longer and enjoy your life.

For more information contact:

Connie Newman, Executive Director

Phone: (204) 792-5838

E-mail: info@manitobasenorcentres.com

Website: www.manitobasenorcentres.com

Aging 2.0 in Manitoba

Winnipeg has its own chapter for Aging 2.0, an international, interdisciplinary and intergenerational network which supports innovators taking on the biggest challenges and opportunities in aging.

Aging 2.0 was founded in 2012 and over the past 6 years has hosted more than 550 events around the world and relies on 65+ volunteer Chapters to build and connect our 25,000 person community in 20+ countries. Aging2.0 has 150 corporate Alliance members and works with 'CEOs' - Chief Elder Officers, who help us design with, not for, older people.

We are recruiting volunteers to join our Aging2.0 Winnipeg Chapter Team!

Do you have a passion for Aging Innovation? Supporting entrepreneurs in the aging space? Interest in marketing, publicity, and communications? Event planning, mentoring, liaising with startups and industry leaders? Then email us at Winnipeg@aging2.com to learn more about volunteering opportunities or check out the International website www.aging2.com.

**Did
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know •**

When we have good conversations or do things we love with others, our bodies take note and release health-promoting chemicals that boost the immune system to ward off illness and make us feel physically well.



Safe Transit

Public transportation is an easy, inexpensive, and environmentally friendly way to travel. If you are an older adult and simply do not like driving your own car, or do not own a car, then public transportation can help you maintain your independence and get you where you need to go. If you have never ridden public transportation, it might be a little daunting, however, public transportation is simple, generally safe, and should not be feared. Here are some simple tips to keep yourself safe and healthy while using public transportation.

Watch for Uneven Pavement

If you are not completely mobile or are at risk for falls, then be very cautious when getting on and off of a bus. Make sure that you hold onto the railing at all times, and watch your feet. When getting off of a bus, it is especially important to watch your step as you step onto the pavement. In bad weather conditions, the pavement could be slippery or wet. Hold the bus doors or railings if possible until your feet are flat on the pavement and you have gathered your bearings.

Have Bus Fare Ready

It is always a good idea to have your bus fare or your bus pass ready whenever you are boarding the bus. This way you will not hold up the line of passengers to get onto the bus, and you will avoid losing your balance as you search through your bags or pockets while ascending the stairs of the bus. Keep your bus fare or bus pass in an easy to locate part of your purse or jacket, or simply hold the items in your hands while waiting for the bus.

Remain Alert

Staying alert and aware of the people around you and where you are will help you feel more at ease about riding public transportation. If you have never ridden any form of public transportation before, then being in close spaces with strangers may make you a little anxious, however public transportation is incredibly safe, especially if you are alert. Buses and taxis are notorious for being rough rides, and during quick turns or stops you may jerk forward in your seat. If you are not paying attention, then you could fall out of your seat and injure yourself. Always hold onto the bottom of your seat or onto a railing in the bus or taxi to keep yourself secured.

Avoid Traveling at Night if Possible

Riding any form of public transportation can be more risky at night, but if you must, then taxis are the best option. If your town does not offer a taxi service and you need to ride the bus at night, then do not stand in isolated or dark bus stops. Stand in a group of people in well-lit bus stops that are near businesses if possible. It is a good idea to keep a flashlight with you so you can be visually alert as you walk to your destination.



“It is hard to understand the true essence of a city without using it’s public transportation system” — Erol Ozan



Manitoba Spotlight!

Transportation Options Network for Seniors

Transportation Options Network for Seniors (TONS) works to inform and educate Manitobans on transportation options that enhance quality of life and promote age friendly communities. As an organization, we believe that by connecting older people to transportation options that are affordable, reliable and accessible we are supporting them in their everyday lives, including accessing the abundance of employment, volunteer, recreation, health and social opportunities that are available throughout the province of Manitoba. Although a large number of older people continue to drive, it's always beneficial to have a few alternative options that can be used to remain independent at any point throughout your life.

Public Transportation & Rural Handi-Van's:

Public transportation is an accessible, inexpensive and environmentally friendly way to travel with its many drop off locations, DART buses and the Free Spirit bus that operates downtown Winnipeg. For those who may need a more accessible option, Handi-Transit is a great resource that you may be able to access which could provide you with door to door service in addition to using the regular City of Winnipeg Transit buses. For those who live in Rural Manitoba, accessible vans are often available to help you access everything you need to also remain independent in your community.

Volunteer Driving Programs:

Do you know that many communities throughout the City of Winnipeg may have door through door Volunteer Driving Programs? This service can be great if you need assistance right from your front door to the front door of your destination. We are fortunate enough to have dedicated Volunteers in our Province that are committed to helping older people in getting to and from appointments, shopping and recreation programs. Volunteer Driving Programs are truly the hidden gems of our city and in various locations throughout our Province!

Share a Ride, Make a Difference:

Often times asking friends, family or your neighbors is one of the easiest ways to get help with your transportation needs. Carpooling is also a great way to ensure everyone is getting access to programs and resources, and it's also a great way to make new friends. Over 25% of older people will need some assistance with their transportation needs so why not share a ride and make a difference.

If you are interested in receiving more information about the options listed above, or if you are interested in having TONS deliver transportation presentations to your community group,

please feel free to contact us by phone: **204-799-1788** or visit our website at: **www.tonsmb.org**.

**Did
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know •**

Share a Ride
• MAKE A DIFFERENCE •

25% OF OLDER PEOPLE
Over the age of 65 could benefit from assistance with transportation.

SHARING AND OFFERING A RIDE
Allows older people to access services and be actively engaged in their communities.

MENTAL WELLNESS
A social network can positively influence health and reduce social isolation.

TONS Transportation Options Network for Seniors
For more information on transportation options:
PHONE: 204.799.1788
EMAIL: info@tonsmb.org
WEB: www.tonsmb.org

Almost 12% of Manitoba's total population uses alternative methods of transportation. This includes, public transportation such as city/town buses, walking, cycling or taking a taxi (2012).

Read and Relax

Reading is a great pastime, it can be relaxing and an exciting adventure all at the same time! There are so many worlds to discover. Most importantly however, reading can expand your knowledge on so many different subjects. There are so many options when it comes to the types of genres available today, that everyone can find something that interests them! Not to mention, there are millions of books that can be found in libraries, and you can even access library collections online!

More than just a fun and interesting hobby, reading also involves many different mental exercises that are incredibly helpful for the aging brain. Reading can help individuals continue to live happy, fulfilling, and healthy lives as they age. As older adults read, they can build upon and grow new areas and depth of knowledge while also promoting wellness, tending to their mental health, bettering their critical thinking skills, and working to fight memory-loss, all through the simple and enjoyable act of reading.



Manitoba Spotlight!

The Millennium Library - *Winnipeg Public Libraries*

The Millennium Library is the main branch of the Winnipeg Public Library located in Winnipeg. It was known as the Centennial Library from 1977 until 2005, when it underwent major renovations. The library is located at 251 Donald St, and serves approximately 5,000 visitors each day.

The four storey, 189,000 sq ft library boasts a Local History Room, public art, information displays, a grand staircase, as well as access to the Winnipeg Walkway system. Looking to socialize or gather with friends? There is also a cafe and gift shop situated within the building.

The library offers many different services including French and Indigenous services, guided tours, access to meeting rooms, an on-site social worker, adult literacy programs, access to computer and technology training workshops, inter-library loans, library book clubs, special presentations and so much more!

For more information on the Millennium Library or how to connect with a library near you, visit **www.wpl.winnipeg.ca** or call **204-986-6462**. Dedicated and knowledgeable library staff will be happy to help you!



“The more that you read, the more things you will know. The more that you learn, the more places you will go”— Dr. Seuss



The Benefits of Reading - and a Trip to Your Local Library!

Mental Stimulation

Your brain requires exercise to keep it strong and healthy, just like all muscles in your body. Reading improves and enhances connectivity in the brain. A decline in memory and brain function is normal as we age, but the good news is that regular reading may help to slow down the process.

Stress Relief

Reading can act as a type of distraction that allows you to distance yourself from the stress of everyday life, putting your mind and body at ease. Losing yourself in a great story can be a perfect remedy for stress and very therapeutic after a long day or trying time.

Better Overall Sleep

Sometimes it is hard to fall asleep when your mind is racing and busy worrying about a variety of things. Reading, even if just for ten minutes, can help you push whatever was keeping you awake out of your mind.

Education

Education is not cheap. Classes, seminars and educational software are just a few of the ways that you can pay to learn things. However, reading books from the library is free!

Improved Memory

Reading requires you to use your memory muscle, helping with long term ability. Exercising your brain in mentally challenging ways can lead to a slower rate of decline in memory.

Improved Concentration

With reading however, you are concentrating on one thing. By doing so, you are training your body to avoid distractions. This ability can help when performing other tasks that require concentration.

Entertainment

Reading is much cheaper than going to the movies or many other forms of entertainment. In fact, reading is free at the library! Books can transport you to different worlds, all without having to pay airfare.

Vocabulary Expansion

The more you read, the more words you are exposed to. Being well-spoken can help increase overall confidence and self-esteem. Reading can also have a positive impact on your own writing skills.

Improved analytical thinking skills


Especially if you read mystery novels as the pieces of the plot are slowly revealed and your brain must try to piece them together to arrive at the solution. This exercise carries over into everyday living to help you solve other problems!

**Did
YOU
know ?**

34% of older adults in Manitoba ages 65+ reported cognitive difficulties thinking and remembering (2012). Reading is a great way to combat the onset of these issues and greatly improves memory and mental clarity.



Helping Hands for Life



Volunteering is about choosing to give your time, energy and skills to something that matters to you. Whether you're supporting a cause you believe in or helping out your community, when you volunteer you make the choice to make a difference. Even better, by donating your time, energy, and skills you not only improve the lives of others and contribute to your community, you also improve yourself. There are so many great reasons to volunteer, here are just a few:

Learn or develop a new skill

Volunteering is the perfect way to discover something you are good at or develop new skills in an area you already enjoy. It's never too late to gain new skills and there is no reason why you should stop learning no matter what age you are. There is no limit to the extraordinary ways you can contribute as a volunteer!

Be part of your community

Communities are a wonderful mix of different values, experiences, beliefs, cultures, and identities. Volunteering helps us to connect with individuals and groups in our communities and enrich our day-to-day lives.

Motivation and sense of achievement

While much of your time may be spent doing things you have to do, volunteering is something you choose to do! There is something very satisfying about making a difference in your community in a way that suits you and your interests, lending to an overall sense of achievement.

Diversify your life and develop new interests

Volunteering is a great way to escape the ordinary and add more balance to your life. Finding new interests and hobbies through volunteering can be fun, relaxing and energizing. The sense of fulfillment you receive from your volunteer work can carry over to other areas of your life as well. If you are doing something you enjoy on a regular basis you may find yourself less stressed, more inspired, more motivated.

Meet new people and make lasting friendships

Volunteering is a great way to develop your interpersonal skills and also offers an incredible networking opportunity. Not only will you develop lasting personal and professional relationships but it is also a great way to learn about people from all walks of life.

Inspire others

Volunteering showcases your commitment, dedication and interests. Show people what you are passionate about and maybe you will inspire them too!



“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.” — Helen Keller



Manitoba Spotlight!

Volunteer Manitoba

the Value of Volunteerism

Every day, thousands of Manitobans give their time and talents to building resilient communities throughout the province. Consider the people in your community who see a need, take initiative and find a way to fill that need. They, and others like them, define what it means to be a volunteer.

Through volunteering, you can give your time and skills to the causes and issues that matter to you. At the same time, organizations are benefiting from the time you give to them and the experience and talents that you bring with you. Whether you volunteer every week or once a year, as part of an ongoing program, on a short-term project, or for a special event, your time will make a difference.

According to data from Statistics Canada, 59% of Canadians aged 15 and older have volunteered. That's 6 in 10 Canadians who contribute their time, energy and skills to groups and organizations, charities and non-profits. They provide leadership on boards and committees; canvass their neighbourhoods for funds; provide advice, counsel or mentoring; visit seniors; prepare and deliver food; advocate for social causes; coach children and youth...the list goes on and on.

Additionally, 82% of Canadians volunteer informally, meaning helping people directly, without the involvement of an organization or group. This is almost double the formal volunteer rate! The most common types of informal help are housework, home maintenance, health-related or personal care, shopping and driving someone to a store or appointment. The informal volunteer rate is highest (91%) among young Canadians aged 15-19 and decreases with age, with just over half of Canadians aged 75 and older volunteering informally.

The volunteer landscape in Canada is constantly changing, but one thing that remains constant is that volunteers help to improve the quality of life for others. They strengthen many areas of community life including health and social services, sports and recreation, arts and culture, literacy, the environment, human rights and international development.

Volunteers themselves also benefit from volunteer activities. Many of our fellow citizens are volunteering as a way to connect with their communities, learn new skills for employment, or help a cause or organization that is important to them. They also enjoy an improved overall health. In short, volunteers shape our communities and enable non-profits and charities to deliver programs and services to millions of Canadians. Volunteer Manitoba is proud to promote and encourage volunteerism to all Manitobans. We provide information, training and resources for volunteers, non-profit organizations and charities. Our vital contributions to the community include connecting people with volunteer opportunities, promoting volunteerism, and providing leadership and counsel in the voluntary sector. We are committed to supporting individuals and groups as they develop and enhance their capacity to meet community needs in the province.

For more information about Volunteer Manitoba, and to access the database of online volunteer opportunities, please visit **www.volunteermanitoba.ca**

**Did
YOU
know •**

Volunteering is a great way to create stronger connections between friends and family. In a single year, older Manitobans (ages 65+) spent over 17 million hours volunteering in across the province (2013).

Brain Health



Cognitive health, the ability to think clearly, learn, and remember, is a crucial component of your overall health, especially as you age. Your brain is responsible for directing the operations of the entire human body. Every beat of your heart, every blink of your eye, every breath you take and every thought that runs through your mind all originate from the brain. The brain is literally the command central of your body. This alone should be reason enough to start focusing on ensuring the health of your brain, a subject that is just starting to be talked about. Lifestyle has a profound impact on your brain health. What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all critically important to your brain health. The good news is there are lots of activities can keep your mind active!



Manitoba Spotlight! Minds *in* Motion®



a program of the Alzheimer's Society of MB

The Minds in Motion® program combines physical activity, socialization and mental stimulation for people living with early to mid-stage Alzheimer's disease, or other dementias, to enjoy with a family or community care partner.

The Minds in Motion® program is designed for people with early to mid-stage symptoms of Alzheimer's disease or another dementia. Early symptoms of dementia may include memory loss, confusion, communication difficulties and changes in mood and behaviour.

Minds in Motion® is intended to be enjoyed with a family member or community care partner. Under certain circumstances, some people with dementia may attend the program on their own. This requires consultation with the Minds in Motion® coordinator.

For further information about the Minds in Motion® program, or to discuss if this program is right or you, please contact Maria Mathews, Minds in Motion® Program Coordinator at the Alzheimer Society of Manitoba by phone at: 204-943-6622 Ext. 203

Visit the Minds in Motion® website: www.alzheimer.mb.ca/mindsinmotion for further details about sites and upcoming sessions.



“When it comes to staying young, a mind-lift beats a face-lift any day.” — Marty Bucella

Here are some ways to help improve or maintain brain health:

Play Brain Games

Brain fitness programs and games are a wonderful way to tease and challenge your brain. Sudoku, cross-words and electronic games can all improve your brain's speed and memory. These games rely on logic, word skills, math and more. These games are also fun. You'll get benefit more by doing these games a little bit every day—spend 15 minutes or so, not hours.

Meditate

Daily meditation is perhaps the single greatest thing you can do for your mind/body health. Meditation not only relaxes you, it gives your brain a workout. By creating a different mental state, you engage your brain in new and interesting ways while increasing your brain fitness.

Eat for your brain

Your brain needs you to eat healthy fats. Focus on fish oils from wild salmon, nuts such as walnuts, seeds such as flax seed and olive oil. Eat more of these foods and less saturated fats. Eliminate transfats completely from your diet.

Turn off the television

The average person watches more than 4 hours of television every day. Television can stand in the way of relationships, life and more. Turn off your TV and spend more time living and exercising your mind and body.

Get out there!

Social interaction provides opportunity for stimulation, mutual support and meaningful relationships. This in turn reduces stress and the negative effects that stress has on our bodies.

Exercise your body to exercise your brain

Physical exercise is great brain exercise too. By moving your body, your brain has to learn new muscle skills, estimate distance and practice balance. Choose a variety of exercises to challenge your brain.

Read something different

Books are portable, free from libraries and filled with infinite interesting characters, information, and facts. Branch out from familiar reading topics. If you usually read history books, try a contemporary novel. Read foreign authors, the classics, and random books. Not only will your brain get a workout by imagining different time periods, cultures and peoples, you will also have interesting stories to tell about your reading, what it makes you think of and the connections you draw between modern life and the words.

Make simple changes

We love our routines. We have hobbies and pastimes that we could do for hours on end. But the more something is 'second nature,' the less our brains have to work to do it. To really help your brain stay young, challenge it. Change routes to the grocery store, use your opposite hand to open doors and eat dessert first. All this will force your brain to wake up from habits and pay attention again.

Learn a new skill

Learning a new skill works multiple areas of the brain. Your memory comes into play, you learn new movements and you associate things differently. These new skills will all challenge your brain and give you something to think about.

**Did
YOU
know •**

When awake, the human brain generates enough electricity to power a small light bulb!

Get into the Games



All about the Manitoba 55+ Games!

The 55+ Games are the largest annual multi-sport event in Manitoba, breaking the common stereotype that older adults don't stay active into their 60s, 70s and 80s. In fact, the oldest male and female athletes are both well over 90 years old! The Games have been held annually since 1983 and each year over 25 events attract over 1000 athletes, 300 volunteers and many more spectators for 3 days of fun! The Games strive to offer something for everyone and events range from card games to scrabble, snooker, floor curling/shuffleboard, track, swimming and slo-pitch. If you have never been, this is one celebration you will not want to miss!

While emphasizing active, recreational activities, the 55+ Games also focus on providing a social and cultural atmosphere through entertainment and social events. Participants often come back year after year and many long lasting (and not to mention long distance) friendships have been formed over the history of the Manitoba 55+ Games!

The 55+ Games are heading North next Summer - come to stay and play!

The Swan River Host Committee for the 2019 Manitoba 55+ Games is pleased to announce the dates selected for the 2019 event: June 11 – 13, 2019. The Manitoba 55+ Games offer a wide variety of events, including various card games, five-pin bowling, floor shuffleboard, pickleball, horseshoes, golf, track, cycling, slo-pitch and many more. There will also be an ice curling component, including stick curling and team curling. Due to early ice removal in Swan River, the curling dates will be March 19 & 20, 2019, held at the Swan River Curling Club.

Swan River and the surrounding Valley are looking forward to hosting upwards of 800 athletes during the 3-day event. There will also be a variety concert and athlete's celebration banquet and dance. Approximately 300 volunteers will be required to help the events run smoothly.

If you would like more information or have any questions about the Games please feel free to contact the Games office at **204-261-9257**, email **manitoba55plusgames@gmail.com** or visit our website at **www.activeagingmb.ca**.



We hope to see you in Swan River, Manitoba June 11th-13th, 2019!

“You miss 100% of the shots you don't take” — Wayne Gretzky

Advice from past 55+ Games participants

“Stay engaged, keep smiling and don’t take yourself too seriously”

“Get out there and do something you enjoy. Don’t be afraid to try something new!”

“Keeping active in daily activities, interests and social interactions are critical to quality of life as you age”



Manitoba Spotlight! Bridge Manitoba

Some fun facts about the game of Bridge

- Bridge is one of the most popular card games in the entire world!
- According to the Oxford English Dictionary, the word bridge is the English pronunciation of the game called “biritch”, which is of Russian origin.
- The game is thought to have originated early in the 16th century, but didn’t gain worldwide popularity until the early to mid 1900’s.
- Bridge is a great way to keep the mind sharp! Strategic game play has been proven to keep the memory active, the brain alert, and the body healthier overall.
- It is a great way to meet people. You can play the Bridge card game in a party atmosphere or a competitive environment against numerous others. Either way, it’s an exciting pastime that provides an opportunity to build positive relationships.
- There are many ways to play Bridge. You can play it online, with a few friends at home, or at a club or tournament - it is a very accessible and age friendly activity!



**Did
YOU
know •**

For more information or if you are interested in getting involved in your area, visit the Bridge Manitoba website: www.bridgemanitoba.org or email: info@bridgemanitoba.org

2018 was a qualifying year for the Canada 55+ Games which were held in Saint John, New Brunswick August 21 to 24, 2018. A total of 88 Manitoba Athletes participated, winning Team Manitoba 13 Gold, 10 Silver and 11 Bronze Medals – a total of 34 medals!



Active Aging in MB Programs

Steppin' Up With Confidence

Are you passionate about healthy, active aging?

Do you want to help others become or stay active?

Become a Steppin' Up with Confidence Leader!

What is Steppin' Up with Confidence?

It is a peer led exercise program that trains volunteers at no charge and supports them in offering free classes for older adults within their communities. Steppin' Up with Confidence is a program of Active Aging in Manitoba (AAIM) and was developed in partnership with the WHRA, University of Manitoba and the Manitoba Fitness Council.

Who should get involved?

All Manitobans 55 years of age or older with an interest in healthy, active aging and a desire to lead an exercise class for their peers.

What will you learn in the two day workshop?

- The importance of regular physical activity on healthy aging and functional ability.
- The proper way to do a variety of exercises that help older adults stay healthy and active.
- How to prepare and lead an exercise class for older adults.
- How Active Aging in Manitoba can continue to support your peer volunteer efforts.

You will receive a Peer Leader Training Manual with all of the exercises and resources to help you begin an exercise class in your community. All SUWC peer leaders will receive ongoing support from AAIM through mentorship that follows the training.

For more information or to get involved, please contact Active Aging in Manitoba:

Phone: 204-632-3947
Toll free: 1-866-202-6663

Email: info@activeagingmb.ca
Website: www.activeagingmb.ca



“The secret of getting ahead, is
getting started” — Mark Twain



Active Aging for Optimal Health Presentation Topics

Active Aging in Manitoba provides peer-led presentations to older adult groups on a variety of active aging for optimal health topics. This is a great way to engage older adults, as each presentation provides practical and evidence-informed tips on healthy active aging in plain language along with an opportunity to ask questions. Each session including Q&A is approximately one hour and can be easily coordinated into regular programming schedules.

Ten Habits for a Healthy Lifestyle

An informative presentation to encourage older adults on ways to keep healthy, strong and flexible. The presentation covers the four determinants that play key roles in healthy aging: healthy eating, falls prevention, physical activity and smoking cessation.

Active Living

An interactive presentation to engage older adults in a discussion about the health benefits of active living. Active Aging in Manitoba speakers are older adults who themselves have embraced an active living lifestyle. The topics include:

- Why active living is so important
- Assessment of the participant's current lifestyle
- Motivational tips and how to make a commitment to be more active.

Staying on Your Feet – Falls Prevention

The goal of this presentation is to reduce the risk of falls among older Manitobans. Group discussion will help participants to understand some of their risks of falling at home and in the community. They will receive information to help them determine their risk of falling and take action to lower their risk of falling. Each participant will take home their own personal safety plan for falls prevention.

Healthy Mouth: Key to a Healthy Body

Active Aging in Manitoba in collaboration with the Manitoba Dental Hygienists Association (MDHA) has developed a 1-hour presentation/discussion on the importance of maintaining a healthy mouth for healthy aging. This presentation will inform you about:

- The mouth-body-health connection & why oral health is important
- Warning signs & how to maintain a healthy mouth
- Challenges in maintaining oral health & ways to overcome those challenges
- How to talk to your dental care team

Healthy Habits for a Healthy Brain

Active Aging in Manitoba in collaboration with the Alzheimer Society of Manitoba has developed a 1-hour presentation on healthy habits that can contribute to a healthy brain and a positive outlook. This topic will look at mental well-being, a state in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to their community.

For more information, or to book a presentation please contact Jim Evanchuk by phone: **204-632-3947** or toll free: **1-866-202-6663**, email: **info@activeagingmb.ca** or visit our website: **www.activeagingmb.ca**

**Did
YOU
know •**

According to Statistics Canada in the 45-64 age group, 62% of men & 44% of women met the Canadian Physical Activity Guidelines of 150 minutes of moderate to vigorous activity per week.



Stay Healthy and Active Through Prevention!

As we age we need to pay more attention to healthy choices that can prevent life-changing illnesses, for example getting the vaccination for influenza that is appropriate for us. To protect yourself this flu season, which begins in the fall and lasts into the spring, make the healthy choice and make the effort to get immunized.

- Immunization is the best way to protect yourself against the flu, which can often be serious and sometimes fatal. Immunization has saved more lives in Canada in the last 50 years than any other medical intervention¹
- Annual vaccination is required because the body's immune response from vaccination diminishes within a year. Also, because influenza viruses change often, the specific strains in the vaccine are reviewed each year by WHO (World Health Organization) and updated as necessary so that there is the greatest probability of matching circulating viruses.²

What is influenza?

Influenza is a respiratory infection caused primarily by influenza A and B viruses and can cause mild to severe illness (resulting in hospitalization or death). Symptoms typically include the sudden onset of high fever, cough and muscle aches. Other common symptoms include headache, chills, loss of appetite, fatigue and sore throat. Nausea, vomiting and diarrhea may also occur (especially in children). Most people recover within a week or ten days, but some are at greater risk of more severe complications, such as pneumonia. People with chronic diseases, (like heart disease, diabetes, COPD and renal disease) may have worsening of their underlying disease.²

How is flu transmitted?

The flu can spread easily from person to person through coughing, sneezing or sharing food or drinks. You can also get the flu by touching objects contaminated with flu virus and then touching your mouth, eyes, or nose. For that reason, it's important to cover your nose and mouth with your forearm when you cough or sneeze and wash your hands often with soap and water (or hand sanitizer if soap and water are unavailable).³ The incubation period of seasonal influenza is usually two days but can range from one to four days. Adults may be able to spread influenza to others from one day before symptom onset to approximately five days after symptoms start. Children and people with weakened immune systems may be infectious longer.²

The under-appreciated burden of Influenza

Influenza remains a serious infectious disease and is estimated to be responsible for approximately 12,200 hospitalizations and 3,500 deaths across Canada annually.

- Older adults represent 15% of Canada's population; but, in the 2017-18 flu season 65% of flu related hospitalizations and 86% of flu related deaths were in the 65+ age group.

How at risk are you?

- As we age, there is a natural weakening of the immune system, which increases the risk of influenza related complications and reduces our ability to respond to regular influenza vaccines by approximately 50% in the older population.
- Approximately 74% of older adults have at least one chronic condition and many are living with cancer, heart disease, pulmonary disorders or diabetes for example, which can put increased stress on the immune system, making individuals much more susceptible. Not only that; but, flu can also worsen existing chronic conditions and has been shown to significantly reduce the ability to perform normal daily activities and impact quality of life, robbing older people of their independence.

Prevention options:

- Protect yourself against the burden of influenza and serious related complications by getting the flu shot that is right for you, such as the high dose vaccine for influenza now available in Manitoba. The high dose vaccine for influenza has proven superior protection and can help you stay healthy throughout the flu season.²
- A new flu vaccine was offered to people 65 years of age or older, who were living in long-term care facilities in Manitoba during the 2017-18 flu season and will be offered again this flu season. This vaccine, known as Fluzone® High Dose, is safe, effective and will not cause the flu because it does not contain any live viruses. Fluzone® High Dose is given by injection (needle) and is expected to provide better protection against seasonal influenza, compared to standard activated influenza vaccine.³
- At an individual level, NACI recommends that high-dose TIV (trivalent inactivated vaccine) should be offered over standard-dose TIV to persons 65 years of age and older. NACI concludes that, given the burden of disease associated with influenza A(H3N2) and the good evidence of better efficacy compared to standard-dose TIV in this age group, high-dose TIV should be offered over standard-dose TIV to persons 65 years of age and older (Grade A).²
- Get the flu shot - not the flu. If you are 65 years of age or older consider the superior protection of the high dose vaccine for influenza and make the choice that helps you stay healthy and active throughout the entire year.
- ***Always consult healthcare provider about what choice is best for you.***

¹ Public Health Agency of Canada

² NACI (National Advisory Committee on Immunization)

³ Seasonal Influenza Vaccine for Residents of Long-Term Care Facilities – Fact Sheet (MB Health, Seniors and Active Living)





Online Resources

- Active Aging in Manitoba (AAIM) www.activeagingmb.ca
- Active Aging Canada www.activeagingcanada.ca
- Centre on Aging, University of Manitoba www.umanitoba.ca/centres/aging
- eLibraries Manitoba – downloadable ebooks & e-audiobooks (rural MB) www.manitoba.libraryreserve.com
- Ebscohost – a suite of online databases & reference centres for automotive repair, small engine, home improvements; Novelist Plus - titles of interest, popular magazines, academic journals, Canadian newspapers (articles indexed from Winnipeg Free Press daily). Login and password information available from your public library. <http://search.ebscohost.com/login.aspx?authtype=uid>
- Experience Manitoba – Women's Outdoor Adventure Group www.meetup.com/Experience-Manitoba-Group
- High Dose Influenza Vaccine Website www.fluhd.ca
- Interlibrary Loan Catalogue for Manitoba Public Libraries (by region) www.fill.mb.libraries.coop
- International Council on Active Aging (ICAA) www.icaa.cc or www.activeagingweek.com
- Manitoba Association of Senior Centres (MASC) www.manitobaseniorcentres.com
- Manitoba 55 Plus Games www.activeagingmb.ca
- National Network for Equitable Library Service (NNELS) – for persons with perceptual disabilities who are members of public libraries www.nnels.ca
- Prairie Pathfinders Walking Club www.prairiepathfinders.mb.ca
- Seniors and Healthy Aging in Manitoba www.gov.mb.ca/seniors/
- Senior Scope www.seniorscope.com
- Volunteer Manitoba www.volunteermanitoba.ca
- The Wellness Institute at Seven Oaks www.wellnessinstitute.ca
- TONS Transportation Options Network for Seniors www.tonsmb.org
- Winnipeg Public Library www.winnipeg.ca/library

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Phone: 204-632-3947
Toll Free: 1-866-202-6663
Email: info@activeagingmb.ca

For a printable or digital version of this resource package, please visit our website at **www.activeagingmb.ca**