



Mission: To facilitate healthy aging by providing leadership and encouraging collaboration in creating age-friendly places (communities) that optimize the ability of all older Manitobans to do the things they feel are important.

## **BUILDING CONNECTIONS** Inspiring Intergenerational Connections

Understanding that healthy human connection produces the positive energy that allows people of all ages to feel seen, heard and valued, MASC is dedicated to promoting intergenerational activities. Research has proven that the feelings associated with being connected impact our overall health.

We are excited to announce that with the assistance of the Federal (New Horizons) and Provincial governments we have awarded **grants to communities across Manitoba!**

Grants were awarded to MASC Member Centres. Perhaps the centre in your area was one of them?

### **Rural Grant Recipients:**

Beausejour	Minnedosa
Carman	Portage
Grandview	Sandy Lake
Gilbert Plains	Steinbach
Hamiota	Swan River
Killarney	Victoria Beach
Manitou	Winkler

### **In Winnipeg, grants were given to the following centres:**

Archwood 55 Plus Inc.  
Brooklands Active Living Centre  
Centro Caboto  
Macdonald Headingley Recreation District  
Manitoba Korean Seniors Centre Inc.  
North Centennial Seniors Assoc. of Winnipeg  
North Point Douglas Seniors Association  
South West Seniors Resource Council  
Sri Lankan Seniors Manitoba  
St. James Assiniboia 55+ Centre Inc.  
Transcona Council for Seniors Inc.  
Winnipeg Chinese Senior Association

Intergenerational old time dances, story telling, craft classes and more, we are excited to learn about new relationships developed and the feelings of connection experienced.

Anyone reading this is encouraged to consider the enormous value of intergenerational connections and make them a priority when planning events.



*For inspiration and ideas, you can also check out this website: [www.intergenerationalmanitoba.ca](http://www.intergenerationalmanitoba.ca)*

In keeping with the intergenerational theme, have you heard of...



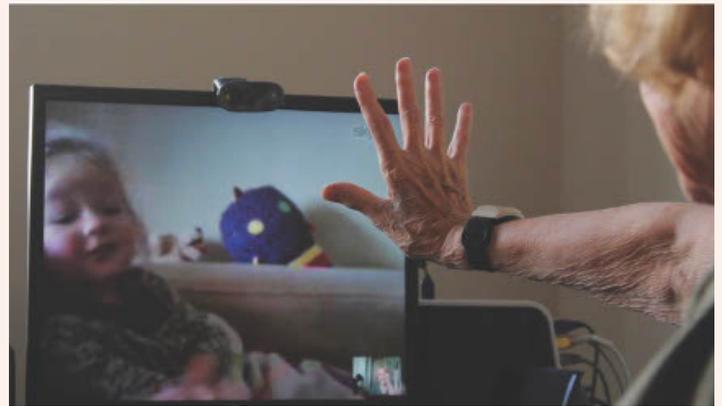
Cyber-Seniors is a non-profit organization whose mission is to bridge the digital divide and connect generations through technology. Cyber-Seniors' envisions a world with digital equality, where everyone has access to technology and the skills to use it.

Using an intergenerational volunteer model, we connect tech-savvy student volunteers with Older Adults to provide practical tech training. Cyber-Seniors' services run 5-days-a-week and are available for FREE through our website, [www.cyberseniors.org](http://www.cyberseniors.org)

**Cyber-Seniors provides FREE webinars and one-on-one phone tech support to seniors.**

**TO CONNECT YOUR SENIORS TO OUR SERVICES:**

- **Option 1:** Download the FREE flyers available on our website and hand them out to seniors in your community.
- **Option 2:** Sign up for our weekly newsletter at [www.cyberseniors.org/newsletter](http://www.cyberseniors.org/newsletter). Each Friday you will receive a list of the following week's webinars that you can share with seniors in your community.
- **Option 3:** Post information about Cyber-Seniors' FREE services on your website and create a direct link from your website to ours.
- **Option 4:** Post our toll-free tech support telephone number, 1-844-217-3057, on your website and create direct links to their webinar registrations and their one-on-one mentoring sessions to make it easy for seniors to access these services without ever having to leave your website.



*Note: if you are linking to our website please notify us and include our Logo and acknowledge Cyber-Seniors as a partner. Refer to Terms and Conditions, available on our website.*

**Together we will bridge the digital divide and help seniors be more connected.**



**CONTACT OUR CONSULTANTS**

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