

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.

Communities  
Committed to  
Healthy Active Aging

CELEBRATING

40  
YEARS

**Manitoba  
55+ Games**  
PRESENTED BY **PLAYNOW**

## The Manitoba 55+ Games are celebrating 40 years!

Join us in Portage la Prairie June 20 – 23, 2023 for the Manitoba 55+ Games. Whether you are a participant, volunteer, or a spectator there is something for everyone!

In addition to activities during the day, Portage will also be hosting two social events - a Variety night, and the Athlete's banquet.

**Registration closes May 19th.** There are two ways to register:

- Visit [www.activeagingmb.ca](http://www.activeagingmb.ca) and click on "events" and then select Mb 55+ Games to complete the registration page.
- Contact us at 204-632-3947 to have a registration package sent to you.

\*Variety night and athlete banquet tickets are also available to order in the Registration page.

June 20-22, 2023  
Portage la Prairie, MB

**Active  
Aging**  
in Manitoba

[Click here for more information!](#)



## Something for everyone!

- 1 km Nordic Pole walk (Predicted time)
- 3 km walk/run (Predicted time)
- 5 pin Bowling – singles & team
- 9 & 18 Hole Golf
- Arts & Crafts
- Bocce Ball
- Contract & Duplicate Bridge
- Cribbage - individual & pairs
- Floor Curling
- Horseshoes
- Pickleball
- Slo-Pitch
- Snooker
- Swimming
- Track
- Wall Darts
- Whist
- Demo Events:  
Disc Golf & Pickleball Singles

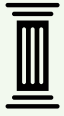




# The Pillars of an Age Friendly Community



The sharing of stories often ignites interest and assists other communities in continuing on their path of becoming more age-friendly! Your experiences are valuable! If you have stories that you'd like to share we'd love to hear from you. As we continue to recap the information on the eight pillars of an AF community, we would like to thank all of MB's AF communities for forging the pathway - recognizing that a community is cohesive and integrated when its residents feel safe, thus encouraging them to go about their daily lives independently and promoting social integration between generations.

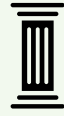


## Outdoor Spaces & Buildings

People need public places to gather — indoors and out. Green spaces, seating and accessible buildings (elevators, zero-step entrances, staircases with railings) can be used and enjoyed by people of all ages.

The external environment has a major impact on the mobility, independence and quality of life of older people as they go about their daily lives beyond the comfort of their homes. A clean, well-maintained recreational areas, ample rest areas, well-developed and safe pedestrian and building infrastructure, and a secure environment provides an ideal living environment for seniors to age-in-place in.

Narrow, uneven, cracked and congested pavements are potential hazards for older people, compounded by the weather when it rains or snows. Cars parked on pavements and cyclists also pose safety risks as pedestrians are forced to walk on the roads. Pedestrian crossing lights that change too quickly are another danger for older pedestrians, who may rather not go out in extreme cases. A lack of rest areas makes it even more difficult for seniors to get around when they tire. Public facilities and shops located far away from where seniors live would deter seniors from using these facilities.



## Transportation

Accessible and affordable public transport is key to ensuring community's elderly population is able to age actively and remain engaged with their community, with access to health and social facilities. Driving conditions and parking facilities in a community should also keep older drivers in mind.

Driving shouldn't be the only way to get around. Pedestrians need sidewalks and safe, crossable streets. Dedicated bicycle lanes benefit nondrivers and drivers alike. Public transit options can range from the large-scale (trains, buses, light rail) to the small (taxis, shuttles or ride share services).

Driving can be an essential transportation option for older people, particularly in suburban and more remote residential areas. Heavy traffic, poor road conditions, inadequate street lighting and poorly positioned signage are some barriers to driving, particularly as older people may face vision difficulties. Maintaining confidence as drivers age is also important in ensuring a safe driving experience for all.

Parking bays close to buildings and drop-off and pick-up bays are welcomed by older adults, too.



### CONTACT OUR CONSULTANTS

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