



## Executive Committee Report - December 2024

The Executive Committee has updates on some of the events and functions they supported last month. We are also happy to share seasons greetings with all members.

[Read More](#)



## Manitoba 55+ Games

“It’s worth the trip” to Steinbach for the 2025 Manitoba 55+ Games!

Participate, volunteer or be a spectator! Once again in 2025 we will have more than 20 different events including “brain games” and an art/craft exhibit. With so many venues right in Steinbach getting around to participate or view events will be easy!

[Read More](#)

RTAM welcomes, Active Aging in Manitoba (AAiM), on Wednesday, February 12, 2025, to present to members more information about their organization and what events are on the horizon for older adults in Manitoba.



## RTAM Events

Here are some of the great seminars and workshops RTAM is presenting in December and to start the new year in January and February. Please log in to the RTAM website through the new member portal to sign up for these programs for free!

- December 11th - Seasonal Affective Disorders meets Holiday Expectations
- January 8th - Dementia Friendly Communities
- January 15th - Hearing Health with HearingLife
- January 15th - Chair Yoga "For Us By Us"
- January 22nd - Cancer Care Manitoba: Screening and Prevention

- February 5th - Red Cross Canada: Friendly Calls Program

A minimum of 10 participants is required for these events to proceed.

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## RTAM Choir: Holiday Concerts

Our RTAM Choir will be taking part in two concerts this December and our members and their guests are welcome to attend and support our talented local singers and some worthwhile charities!

- The RTAM Choir will be guest performers on Sunday, December 8<sup>th</sup>, 2024, at 1:00 pm at Westworth United Church located at 1750 Grosvenor Ave. This is a free event, however donations are being taken for Cancer Care at the door.
- The RTAM choir will be holding their Holiday Concert on Wednesday, December 11<sup>th</sup>, 2024 at 7:00 pm at the same location, Westworth United Church. This is a free event.

Winnipeg Free Press Article on the RTAM Choir

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## Our Health

*Monthly Health News Curated by the RTAM Board*

As we age, we naturally experience changes in our social lives. Retirement, the loss of loved ones, or physical limitations can often lead to feelings of loneliness or social isolation. While these feelings are common, it's important to recognize that they don't have to be permanent. Understanding the difference between loneliness and social isolation and taking steps to address both can improve your well-being and help you build meaningful connections.



Thank you to the McMaster Online Aging Portal for this article. Members can sign up to get similar articles from McMaster for free.

[Understanding loneliness and social isolation: A guide for older](#)

## MONEY AND YOU SENIORS EDITION

### CFEE - Money and You Newsletter

This month, our partners and friends with Money and You:

- \* What you need to know about cold and flu season
- \* Senior and older adult scams are on the rise, what you can do to prevent fraud
- \* AND MORE

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### RTAM Website: Your New User Profile

RTAM has launched a new website and through it a new member profile unique to each of our members. This will be the hub where you register for events and programs, get updates and access member benefits moving forward. To learn about creating your profile, please visit the RTAM website through the link below!

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### What's on the Horizon!



**Festival du Voyageur**



**Folklorama**

The RTAM office is working with new partners Festival du Voyageur and Folklorama to secure group pricing for the 2025 editions of the festivals. More detailed information will be shared and registration will launch in January 2025.



**trip**  
MERCHANT

### RTAM Group Trip: Wonders of Türkiye

- September 3-17, 2025
- 18 Days/17 Nights
- Member Rate: Only \$4,999 CAD

Join this unforgettable adventure through Turkey, where East meets West! Experience the vibrant culture and stunning heritage shaped by the Ottoman Empire. Explore Istanbul's bustling bazaars, marvel at the Hagia Sophia, and sail the Bosphorus, separating Europe and Asia. Wander through the ancient ruins of Ephesus, relax in Pamukkale's thermal pools, and indulge in delectable Turkish cuisine.

For more information, please visit the trip information page [by clicking here](#).



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