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## 55 Plus Summer Picnic - Sri Lankan Association Manitoba

By Senaka Samarasinghe



Participants from 2014 event.

The 55 Plus Group of the Sri Lanka Association of Manitoba (SLAM) organized their annual one day Summer Picnic on Saturday, July 22nd at Assiniboine Park. Although they planned for a trip away from the City finally the Board of 55 Plus decided to have the picnic with short travel and within the City.

The morning session started with games. Game planner Daya selected several games to contribute easily to all participants for few hours. These games facilitated all of members to enjoy as well as to get to know the newcomers of the Group.

The Board of Directors of 55 Plus agreed to bring Sri Lankan traditional rice and curry dishes for lunch. All of them are veterans to prepare appropriate dishes to match tasty picnic healthy meals for elders. They always use homemade

spices to get better taste and to maintain healthy meals. Other members also brought Sri Lankan sweetmeats for dessert, and for tea breaks during morning and evening.

Upali was the music organizer who chose more than ten party songs (old Sinhala hits). As those were so popular, all were to singing and dancing to those oldies. Upali never forgot to arrange a guitar and Dolack (hand-drum) to provide background music.

The Group planned an event for the Fall Season as well. All of them decided to conduct a cookery class to prepare a selected Sri Lankan traditional sweetmeat with nominal charge for the rent of the venue and for the ingredients. The 55 Plus Board assured that they will select the venue, date and time. ■