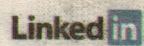


Happy Holidays!

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Sri Lankan 55+ Group - Fall Season -

By Senaka A. Samarasinghe

The Committee of the Sri Lankan 55+ Group conducted a meeting a few months ago to finalize indoor and outdoor full-day fellowship programs. It was decided to identify a venue closer to Sri Lankan community living in Winnipeg. For this the Committee checked with the Winnipeg Regional Health Authority (WRHA) and they informed the availability of a few Access Centres.

Out of which, the Access Centre on Pembina Highway, 135, Plaza Drive, is the closest to us. Bookings were made until the end of 2019 for a room that can accommodate forty with a screen and projector, and a fully equipped kitchen adjacent to this room. Out of these bookings our first event was conducted on Thursday, Nov. 15th, 2018, 10.00 am to 4.00 pm. Because it was a weekday, some were unable to come as their children were at work. Rides were arranged for some members to send their elderly parents for this event. Thirty-five members participated.

A group (Sunimal, Sumana, Indra & Shrima) agreed to take over the kitchen to prepare tea/coffee, snacks and lunch (vegetable-fried rice, lentil & chicken curry with coconut sambol).

As the 55+ Group is affiliated with Sri Lankan Association of Manitoba (SLAM), we invited the

President of SLAM. They nominated a Board Member, Tharanga, and he helped us to handle all audio visual

presentation to provide information on referral and community outreach opportunities for older adults



activities during the whole day.

Invited was Patty Berube (Senior Resource Coordinator) to conduct a

such as social and recreation programs, transportation options, home maintenance referrals, housing options