



HEADINGLEY SENIORS' SERVICES INC.

December 2013 Newsletter

Headingley Community Centre
5353 Portage Avenue, Headingley, MB
Phone: 889-3132 ext 3



Headingley 55+ Club

Annual Christmas Luncheon

Was held this year on Tuesday, December 3rd, at the Headingley Community Centre.

The attendance was great as ninety tickets were sold.

The food was plentiful and delicious. The entertainment was great. This year the Singtastics from St. James-Assiniboia 55+ Centre in Winnipeg were invited. They sang a variety of Christmas carols and gave us the opportunity to join in on some.

Thank you to those who contributed prizes for the silent auction, helped in the kitchen or decorated. Your service is seen and felt.

Thanks to all for your support of the 55+ Club and the activities we have throughout the year. Merry Christmas to all!



Enjoying the entertainment after lunch.



From Headingley Seniors Services Inc.





Tuesday, November 19, Lunch & Learn:
Alzheimer Society of Manitoba gave an excellent
presentation on how to keep a healthy brain.

A Christmas Story—Author Unknown



On Santa's Team

My grandma taught me everything about Christmas. I was just a kid. I remember tearing across town on my bike to visit her on the day my big sister dropped the bomb: "There is no Santa Claus", jeered my sister. "Even dummies know that!"

My grandma was not the gushy kind, never had been. I fled to her that day because I knew she would be straight with me. I knew Grandma always told the truth, and I knew that the truth always went down a whole lot easier when swallowed with one of her world-famous cinnamon buns.

Grandma was home, and the buns were still warm. Between bites, I told her everything. She was ready for me.

"No Santa Claus!" she snorted. "Ridiculous! Don't believe it. That rumor has been going around for years, and it makes me mad, plain mad. Now, put on your coat, and let's go."

"Go? Go where, Grandma?" I asked. I hadn't even finished my second cinnamon bun.

"Where" turned out to be Kerby's General Store, the one store in town that had a little bit of just about everything. As we walked through its doors, Grandma handed me ten dollars. That was a bundle in those days.

"Take this money," she said, "and buy something for someone who needs it. I'll wait for you in the car." Then she turned and walked out of Kerby's.

I was only eight years old. I'd often gone shopping with my mother, but never had I shopped for anything all by myself. The store seemed big and crowded, full of people scrambling to finish their Christmas shopping. For a few moments I just stood there, confused, clutching that ten-dollar bill, wondering what to buy, and who on earth to buy it for. I thought of everybody I knew: my family, my friends, my neighbors, the kids at school, the people who went to my church.

I was just about thought out, when I suddenly thought of Bobbie Decker. He was a kid with bad breath and messy hair, and he sat right behind me in Mrs. Pollock's grade-two class. Bobbie Decker didn't have a coat. I knew that because he never went out for recess during the winter. His mother always wrote a note, telling the teacher that he had a cough, but all we kids knew that Bobbie Decker didn't have a cough, and he didn't have a coat.

I fingered the ten-dollar bill with growing excitement. I would buy Bobbie Decker a coat. I settled on a red corduroy one that had a hood to it. It looked real warm, and he would like that. I didn't see a price tag, but ten dollars ought to buy anything. I put the coat and my ten-dollar bill on the counter and pushed them toward the lady behind it.

She looked at the coat, the money, and me. "Is this a Christmas present for someone?" she asked kindly. "Yes," I replied shyly. "It's . . . for Bobbie. He's in my class, and he doesn't have a coat." The nice lady smiled at me. I didn't get any change, but she put the coat in a bag and wished me a Merry Christmas.

That evening, Grandma helped me wrap the coat in Christmas paper and ribbons, and write, "To Bobbie, From Santa Claus" on it . . . Grandma said that Santa always insisted on secrecy.

Then she drove me over to Bobbie Decker's house, explaining as we went that I was now and forever officially one of Santa's helpers. Grandma parked down the street from Bobbie's house, and she and I crept noiselessly and hid in the bushes by his front walk.

Suddenly, Grandma gave me a nudge. "All right, Santa Claus," she whispered, "get going."

I took a deep breath, dashed for his front door, threw the present down on his step, pounded his doorbell twice and flew back to the safety of the bushes and Grandma. Together we waited breathlessly in the darkness for the front door to open. Finally it did, and there stood Bobbie. He looked down, looked around, picked up his present, took it inside and closed the door.

Forty years haven't dimmed the thrill of those moments spent shivering beside my grandma, in Bobbie Decker's bushes. That night, I realized that those awful rumors about Santa Claus were just what Grandma said they were: Ridiculous!

Santa was alive and well....AND WE WERE ON HIS TEAM!



Wednesday, February 5th

6:30 pm—8:00 pm

Functional Fitness

Getting and staying fit is important at every age. Gain a greater understanding of the importance of maintaining muscle strength as we age and the many benefits of adding resistance exercise to your daily routine. Please bring indoor shoes.

Instructor: Lynda Loucks

FREE

To Register, phone 204-885-2444

Macdonald-Headingley Recreation
District



Fitness Programs

Location: Headingley Community Centre

- **Hall Walking**
Mondays & Wednesdays
9:00 am – 10:00 am
- **Walk Safe & Stay Strong**
Mondays & Wednesdays, Jan 13-Mar 26
10:00 am – 11:00 am
*Registration Fee: \$155.00
- **Every Body Fit!**
8 Tuesdays, Feb 4-Mar 25
10:00 am – 11:00 am
*Registration Fee: \$60.00
- **Gentle Yoga for 55+**
10 Thursdays, Jan 16-Mar 20
10:00 am – 11:00 am
*Registration Fee: \$65.00
- **Pickleball**
Beginning the week of Jan 7th
Tuesdays, 7:00 pm – 9:00 pm
Wednesdays, 1:30 pm – 4:00 pm
Thursdays, 7:00 pm – 9:00 pm
Registration Fee: \$5.00 per month or
\$2.00 per drop-in
*To register phone 204-885-2444

Social Programs


- **55+ Club**
Coffee, cards, and games
Second & Fourth Tuesdays
1:30 pm
Headingley Community Centre
- **Cribbage**
Thursdays
1:30 pm—3:30 pm
Headingley Community Centre

Look for New Courses in the New Year:

- ◆ **Computer Drop-In**
8 Wednesdays, Jan 29-Mar 19
10:00 am – 11:00 am
Bring your own laptop or use one of ours.
- ◆ **Get It Finished!**
8 Thursdays, Jan 23-Mar 27
1:30 pm—4:00 pm
An opportunity for you to complete those projects or crafts that have been left on the shelf. Join us for an informal get-together with our portable projects and encourage each other to get them done! No registration necessary
- ◆ **Armchair Travel**
PERU—Inca Trail & Machu Picchu
Wednesday, Jan 29, 1:30 pm – 3:30 pm
HONG KONG and THE GREAT WALL
Tuesday, Mar 18, 7:00 pm – 9:00 pm.
No registration necessary.



December 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Hall Walking 9-10 Walk Safe, Stay Strong 10-11	3 55+ Christmas Lunch 12-3	4 Hall Walking 9-10 Walk Safe, Stay Strong 10-11	5 Yoga 10-11 Cribbage 1-3:30	6	7
8	9 Hall Walking 9-10 Walk Safe, Stay Strong 10-11	10 Pickleball 1-4 OFFICE CLOSED	11 Hall Walking 9-10 Walk Safe, Stay Strong 10-11 OFFICE CLOSED	12 Cribbage 1-3:30 OFFICE CLOSED	13	14
15	16 Hall Walking 9-10 Walk Safe, Stay Strong 10-11 OFFICE CLOSED	17 Pickleball 1-4 OFFICE CLOSED	18 Hall Walking 9-10 Walk Safe, Stay Strong 10-11 OFFICE CLOSED	19 Cribbage 1-3:30 OFFICE CLOSED	20	21
22	23 OFFICE CLOSED	24 OFFICE CLOSED	25 OFFICE CLOSED 	26 OFFICE CLOSED	27	28
29	30 OFFICE CLOSED	31 OFFICE CLOSED	1 OFFICE CLOSED	2 OFFICE CLOSED		