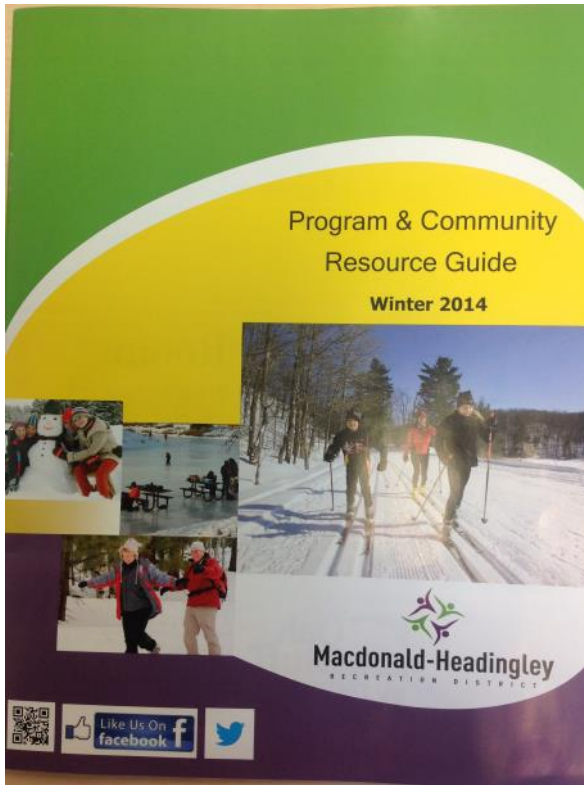




Seniors Scene

January 2014 Newsletter

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



Be sure to check out the

Macdonald-Headingley Resource Guide

We have a couple new programs this winter:

- ◆ **Get It Finished!**
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!
Thursdays 1:30-4:00 pm
- ◆ **Armchair Travel**
Winter can seem long. Help break the monotony as we whisk away to foreign destinations with local travel enthusiasts and adventurers.
Our first scheduled travel is 1:30 pm-3:30 pm
Wednesday, Jan 29th
We will visit **PERU—Inca Trail & Machu Picchu**.
No registration necessary.

The section on Headingley starts on page 30. (Also can be found at <http://www.mhrd.ca/program--community-resource-guide/fb34135849fe111e3651081b11cff278>)

To register for any of the programs, please phone Macdonald-Headingley Recreation District at 204-885-2444

CPR/AED

Want to tune up on your skills?

This course will cover adult, infant and child CRP and how to use an AED (defibrillator) using the current protocols of the Heart and Stroke Foundation. Participants may choose to buy the manual for an extra \$20.

When: Monday, January 20th

Time: 6:00-10:00 pm

Place: Headingley Fire Hall

Instructor: Glenn Reimer

Registration Fee: \$20., plus manual \$20. (optional)

Register by: Tuesday, January 14th





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Tuesday, October 29, 2013 at our Lunch & Learn Ray Hutton gave a picture presentation of the Headingley Grand Trunk Trail.



LUNCH & LEARN

Come for lunch and stay for a brief, informative presentation on various topics.

Call to reserve your space and order lunch. (\$7.00 per person)

Phone Patti at 889-3132 ext. 3

**Our next Lunch & Learn is:
Tuesday, January 21st**

**Topic: Falls Prevention
Presenter: Louise Hutton,
Manitoba Falls Prevention Coordinator**



FALL PREVENTION

Maintain your independence

A study reported in *The New England Journal of Medicine* found that preventing falls and the resulting injuries can reduce or delay the need to move to a long-term care facility.

Causes of falls in and around the home

Health and age-related changes:

- ◆ Problems with balance
- ◆ Slow reflexes
- ◆ Poor eyesight
- ◆ Use of certain medications

Dangerous situations in the home:

- ◆ Slippery floors
- ◆ Poor lighting
- ◆ Electrical cords in pathways
- ◆ Loose rugs
- ◆ Raised thresholds
- ◆ Clutter

Eileen's Story

When Eileen Shannon was taking care of her ailing mother-in-law, she decided to get grab bars installed in the bathroom. She also got a bath seat. She was pretty familiar with safety devices and she knew her mother-in-law needed the support in the bathroom. Now, several years later, Eileen is surprised to find herself using those same grab bars.

Although Eileen is fairly healthy, she did have two unexpected bouts of illness. "I thought, I'm 69 I won't need those things. But when you get ill, and you come back from the hospital and you're weak, you're mighty glad to have that bar on the bathtub wall."

Eileen's house has other safety features that she installed and finds handy, such as improved lighting, night lights, and lever taps that are easy to turn. When she looks ahead to the future, she sees herself remaining in this house safely for a long time to come.

Reserve your spot at our next Lunch & Learn on January 21st to learn more about how to remain in your home a long time through falls prevention.



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Wednesday, February 5th

6:30 pm-8:00 pm

Headingley Community Centre

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

• **Walk Safe & Stay Strong**

Mondays & Wednesdays, Jan 13-Mar 26

10:00 am-11:00 am

*Registration Fee: \$155.00

• **Every Body Fit!**

6 Tuesdays, Feb 18-Mar 25

10:00 am-11:00 am

*Registration Fee: \$45.00

• **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

Check out the Winter 2014 Macdonald-Headingley Resource Guide for more.

No registration required for New Courses:

Location: Headingley Community Centre

♦ **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!**

10 Thursdays, Jan 23-Mar 27

1:30 pm-4:00 pm

♦ **Armchair Travel**

PERU—Inca Trail & Machu Picchu

Wednesday, Jan 29, 1:30 pm-3:30 pm

Social Programs

• **55+ Club**

Coffee, cards, and games

Second & Fourth Tuesdays

1:30 pm

Attendance Fee: \$2.00

• **Cribbage**

Thursdays

1:30 pm-3:30 pm



January 2014

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Office Closed	2 Office Closed	3	4
5	6 Hall Walking 9-10 am	7	8 Hall Walking 9-10 am	9 Cribbage 1:30-3:30	10	11
12	13 Hall Walking 9-10 am Walk Safe & SS 10-11	14 55 + Club 1:30-3:30	15 Hall Walking 9-10 am Walk Safe & SS 10-11	16 Yoga 10-11 am Cribbage 1:30-3:30	17	18
19	20 Hall Walking 9-10 am Walk Safe & SS 10-11	21 Lunch & Learn 12-2:30 Falls Prevention	22 Hall Walking 9-10 am Walk Safe & SS 10-11	23 Yoga 10-11 am Cribbage 1:30-3:30 Get It Finished 1:30	24	25
26	27 Hall Walking 9-10 am Walk Safe & SS 10-11	28 55 + Club 1:30-3:30	29 Hall Walking 9-10 am Walk Safe & SS 10-11 Computer Drop in 10 Armchair Travel 1:30	30 Yoga 10-11 am Cribbage 1:30-3:30 Get It Finished 1:30	31	