



HEADINGLEY SENIORS' SERVICES INC.

November 2013 Newsletter

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



Pottery vendor, Anne Feeleus,

Headingley Seniors' Services

7th Annual

Christmas Arts and Craft Sale

Was held this year on Friday, October 18th and Saturday, October 19th at the Headingley Community Centre.

We had another successful year and would like to take this opportunity to thank all the volunteers and vendors that took part in this annual event.

Another special thank you goes out to the Macdonald-Headingley Recreation District staff whose unwavering support is greatly appreciated. Thanks!

Two of our wonderful volunteers,



Stained glass vendor, Agnes Weidman.



LUNCH & LEARN



The male and female Mountain blue bird.

“If you have blue birds in your neighbourhood, they have such a voracious appetite for insects, they apparently do make a difference in the insect pests that affect your garden.”

Tuesday, October 29th, we hosted a LUNCH & LEARN with guest speakers Les McCann and Ray Hutton of the Headingly Grand Trunk Trail Association.

Les McCann is also a recent president of the Manitoba Naturalists Society, a volunteer organization with a membership of 820 which includes perhaps the largest contingent of birders in any organization in Manitoba. He spoke to us about a Blue Bird Project the Headingly Grand Trunk Trail took on this past year.

Ray Hutton presented a photo slideshow of the different seasons on the Grand Trunk Trail. We were reminded of the beauty of nature that is right in our own backyard! (The wizard of Headingly Grand Trunk Trail also made an appearance.)

**Next LUNCH & LEARN is Tuesday, November 19th
Heads Up for Healthier Brains-Alzheimers Manitoba**

Falls Prevention Week for Older Adults

November 4-10, 2013

Find out what you can do to prevent falls by taking the Prevent Falls Check-up quiz online at the falls prevention resource website:

www.preventfalls.ca/older-adults/prevent-fall-check-up/

It will help you learn what is putting you at risk of falling. After each question, you will learn about your personal risk factors and what you can do to prevent falls.

At the end of the Check-up, you will get a summary of your falls prevention recommendations.

Sample questions are:

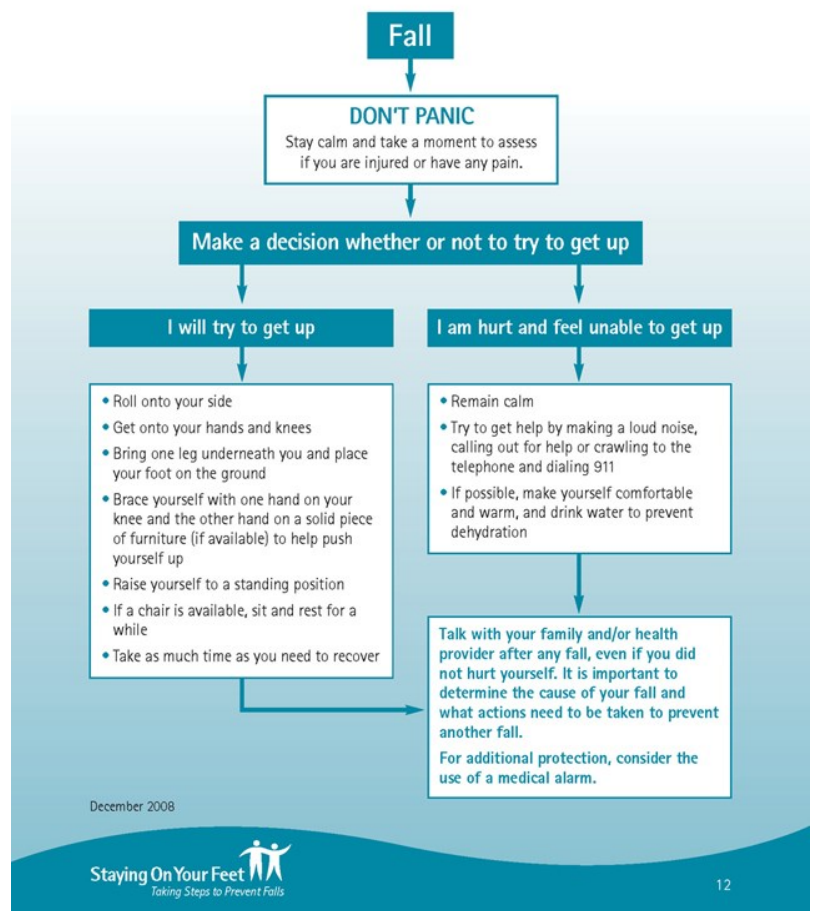
Are you physically active for at least 30 minutes a day?

Do you have difficulty keeping your balance, walking on your own or getting up from a chair?

Are you taking three or more medications a day?

Do you eat less than three nutritious meals every day?

What to do if you fall when you are alone



Phone Macdonald-Headingley Recreation District

To Register: 204-885-2444



Wednesday, November 13th

7:00 pm—8:30 pm

Brain Fitness

Can we slow down or reverse some of the normal cognitive decline with aging? Yes, we can! Learn how you can build your cognitive reserve—kind of like an RRSP for the brain!

FREE

Headingley Community Centre, 5353 Portage Ave

You Live in Manitoba if:

- ◆ You know several people who have hit a deer more than once.
- ◆ You consider it a sport to gather your food by drilling through 36" of ice and sitting there all day hoping that the food will swim by.
- ◆ Our local Dairy Queen is closed from September through May.
- ◆ Your 1st of July BBQ was moved indoors due to frost.
- ◆ You have worn shorts and a parka at the same time.
- ◆ You measure distance in hours.
- ◆ You find -20 degrees C "a little chilly".
- ◆ You often switch from "heat" to "A.C" in the same day and then back again.

Fitness Programs

- **Hall Walking**
Mondays & Wednesdays
9:00 am – 10:00 am
Headingley Community Centre
- **Walk Safe & Stay Strong**
Mondays & Wednesdays, Oct 7th - Dec 8th
10:00 am – 11:00 am
Headingley Community Centre
*Registration Fee: \$150.00
- **Gentle Yoga for 55+**
12 Thursdays, Sept 19th-Dec 5th
10:00 am – 11:00 am
Headingley Community Centre
*Registration Fee: \$78.00
- **Yoga All Levels**
14 Wednesdays, Sept 18th - Dec 18th
7:00 pm – 8:30 pm
Hdly-Phoenix Community Centre
*Registration Fee: \$140.00
- **Pickleball**
Tuesdays, Starting Sept 3rd
1:00 pm – 4:00 pm
Headingley Community Centre
Registration Fee: \$2.00 per drop-in

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

November 2013

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

Library Book Sale



Headingley
Library Basement
49 Alboro Street

Friday, November 8th,
12 to 8 pm
Saturday, November 9th,
9:30—12:30 pm