



Headingley Community Centre
5353 Portage Avenue
Headingley, MB R4H 1J9
204.889.3132 ext. 3
www.headingleyseniorservices.ca

February 2015
Issue 22

Seniors' Scene

Enrich your life with us!

IN THIS ISSUE...

Page 1 Armchair Travel
Wednesday, Feb 4th, 2015
1:30-3:30 pm

Did you know?

Page 2 South Beach Casino Trip
Wednesday, March 4th, 2015

Winnipeg Wellness Expo
February 20-22nd, 2015

Interesting Stuff

Winter Carnival

Lunch at Roadhouse Eatery
Tuesday, February 17th, 2015

Page 3 Getting Active with Age

Encore Fitness Studio Hours

Fitness Programs

Office Hours

Page 4 February 2015 Calendar



Armchair Travel Arches National Park

Our next Armchair Travel is Wednesday, February 4th, 2015 from 1:30 - 3:30 pm in the Multi-Purpose Room at the Headingley Community Centre, 5353 Portage Avenue.

Come whisk the winter blues away through the photography of Cam & Barb Evans as they take us on a journey of one of the wonders of nature through Arches National Park in southeast Utah.

The park has over 2,000 natural stone arches, in addition to hundreds of soaring pinnacles, massive fins and giant balanced rocks. This red rock wonderland will amaze us with its formations, refresh you with its trails, and inspire you with its sunsets.

Did you know . . .



- Landscape Arch is the longest arch in Arches National Park, measuring 306 feet from base to base. In 1991, a massive slab of rock fell from its underside, resulting in an even thinner ribbon of rock.
- Even though graffiti is prohibited by law, rangers and volunteer groups spend hundreds of hours every year removing it in Arches.



Wednesday, March 4th, 2015

**Headingley Seniors' Services and
Cartier Senior Citizens Support Committee**

Welcome you to join us on a day trip to South Beach Casino!



Bus will stop for a pick-up at 10:20 am at
Headingley Community Centre
We will depart from the Casino at 3:45 pm

Tickets are \$20.00 per person

Free lunch buffet included at the Casino.
Seating is limited
To book your seat, Contact Patti at
889-3132 ext 3
Register early to avoid disappointment.

Winnipeg Wellness Expo 2015

2015 marks the 21st anniversary of the Winnipeg Wellness Expo. Check out our new location on the main floor of the RBC Convention Centre.

Check out the seminars, displays and demonstrations at this years event for a great full weekend experience.

Location: RBC Convention Centre
Main Floor
375 York St.
Winnipeg, Manitoba



Conference Times
Friday, February 20, 5 pm – 9 pm
Saturday, February 21, 10 am – 6 pm
Sunday, February 22, Noon – 5 pm

TICKETS Available at your local Senior Centre or online at:
<https://www.microspec.com/etic/winwlexp15/WW15106>

Note: you are NOT required to enter any credit card information to obtain a complementary ticket.



Winnipeg Wellness Expo
February 20 - 22, 2015
RBC Convention Centre
375 York St. Winnipeg

Interesting Stuff



Passing the Buck / The Buck Stops Here

Most men in the early west carried a jack knife made by the buck knife company. When playing poker it was common to place one of these Buck knives in front of the dealer so that everyone knew who he was.

When it was time for a new dealer, the deck of cards and the knife were given to the new dealer. If this person didn't want to deal, he would "pass the buck" to the next player. If that player accepted, then "the buck stopped there".

Winter Carnival

*February 9 - 15th Hockey Tournament at
Phoenix Community Centre*

Friday Night -

- *Skating & Tobogganing*
- *Bonfire*
- *FREE BBQ & Hot Chocolate*
- *Fireworks at 8:30 pm*



Saturday -

- *Children's Activities 10 am-2 pm*
- *Face Painting & Glitter Tattoos*
- *Balloon Artist*
- *Silent Auction*



Sunday -

- *Finals for the Hockey Tournament*
- *Draws for Silent Auction & 51" Samsung Plasma TV*

Our next Lunch is at the Roadhouse
Tuesday, February 17th, at noon.



Getting Active with Age

These days, there is a lot of talk about how our population is aging in Canada. And, it's true—we are experiencing a growth in the proportion of Canadians aged 65 or older.

Right now, seniors make up about 15% of our population, but it's estimated that will rise to one quarter of the population by 2036.

As we age, concerns about maintaining health and avoiding disease become more pronounced. And this is where physical activity can be a great ally! Regular physical activity is effective at warding off the onset of a variety of chronic diseases, such as high blood pressure and heart disease, and improves overall health and well-being at all ages. And, for seniors in particular, moving more on a regular basis offers specific benefits.

For older adults, the Canadian Physical Activity Guidelines recommend 150 minutes of moderate-to-vigorous intensity aerobic activities each week, accumulated in bouts as short as 10 minutes at a time. Older adults should include muscle and bone strengthening exercises twice a week.

Moving your body as an older adult will help you:

- Maintain functional independence,
- Maintain mobility,
- Improve balance,
- Improve or maintain body weight,
- Maintain bone health,
- Maintain mental health and feel better.

For older adults who are not currently active, adding any amount of physical activity can provide some health benefits. For these adults, it is appropriate to start with smaller amounts of physical activity and gradually increase duration, frequency and intensity as a stepping stone to meeting the guidelines. To view the Canadian physical Activity Guidelines for Adults 65 years and older, please visit:

<http://www.participaction.com/get-informed/physical-activity-guidelines/guidelines-for-adults/guidelines-for-adults-65-years-and-older/>

ENCORE Fitness Studio Hours:

9:00 - Noon	Mon, Tues, Wed, Thurs
1:30 - 4:00 pm	Wed, Thursdays
7:00 - 9:00 pm	Thursdays

Fitness Programs

Location: Headingley-Community Centre

- **Fit & Flex**
Mondays & Wednesdays, Jan 12th-Mar 25th
10:00 am-11:00 am
*Registration Fee: \$158.00
- **Gentle Yoga for 55+**
Tuesdays & Thursdays, Jan 13th-Mar 26th
10:00 am-11:00 am
*Registration Fee: \$165.00
- **Strength & Endurance w/ Weight Training**
8 Thursdays, Jan 15th-Mar 5th
11:00 am-Noon
*Registration Fee: \$80.00
8 Tuesdays, Feb 3rd-Mar 24th
7:00 pm-8:00 pm
*Registration Fee: \$80.00
- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am

*Register with Macdonald-Headingley Rec District

By Phone: (204) 885-2444

In Person: Monday – Friday 8:30 am-4:30 pm
Macdonald-Headingley Rec Office
81 Alboro Street, Headingley

Pickleball

7:00-9:00 pm Tuesdays & Thursdays

1:30-4:00 pm Wednesdays

Register with Kim Bartlett KBarlett10@shaw.ca or Ellen Cairns ecairns@mymts.net to receive program updates.

Office Hours:

Mondays:	9am – noon	
Tuesdays:	9am – noon	1pm – 4pm
Wednesdays:	9am – noon	
Thursdays:	9am – noon	1pm – 4pm

Phone: (204) 889-3132 ext 3

Email: hdlyseniorservices@mts.net

Website: www.headingleyseniorservices.ca



February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	9-10 am Hall Walking 10-11 am Fit & Flex 	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Learn "Meal Planning /Balance Eating"	9-10 am Hall Walking 10-11 am Fit & Flex 1:30-3:30 pm Armchair Travel – Arches National Park	10-11 am Gentle Yoga 11-noon Strength & Endurance 1:30-3:30 pm Cribbage 1:30-3:30 pm Minds in Motion		
8	9	10	11	12	13	14
Black-fitness Blue-social Red-health Green-education Orange-municipal	9-10 am Hall Walking 10-11 am Fit & Flex WINTER CARNIVAL	10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club WINTER CARNIVAL	9-10 am Hall Walking 10-11 am Fit & Flex WINTER CARNIVAL	10-11 am Gentle Yoga 11-noon Strength & Endurance 1:30-3:30 pm Cribbage 1:30-3:30 pm Minds in Motion WINTER CARNIVAL	WINTER CARNIVAL	 WINTER CARNIVAL
15	16	17	18	19	20	21
WINTER CARNIVAL	 WINTER CARNIVAL	10-11 am Gentle Yoga Noon-2:00 pm Lunch at Roadhouse Eatery	9-10 am Hall Walking 10-11 am Fit & Flex	10-11 am Gentle Yoga 11-noon Strength & Endurance 1:30-3:30 pm Cribbage 1:30-3:30 pm Minds in Motion		
22	23	24	25	26	27	28
Encore Fitness Studio Hours 9:00-noon Mon/ Tues/Wed/Thur 1:30-4:00 pm Wed/Thurs 7-8 pm Thursday	9-10 am Hall Walking 10-11 am Fit & Flex	10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club	9-10 am Hall Walking 10-11 am Fit & Flex	10-11 am Gentle Yoga 11-noon Strength & Endurance 1:30-3:30 pm Cribbage 1:30-3:30 pm Minds in Motion		