



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

Seniors' Scene

April 2015
Issue 24

Enrich your life with us!

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Some of the Happenings at Headingley Community Centre

Clockwise starting from top left: Exercising our bodies at the brand new Encore Health & Fitness Studio, exercising our brain at "Minds in Motion" lunch & learn, volunteering at annual Christmas Arts & Craft Sale.

Lunch & Learn

On Tuesday, April 7th, Karen Timchuk, a 27 year veteran with the Winnipeg Police Service will speak to us about her 14 years as a Forensic Identification Specialist.

She has attended over 1000 crime scenes and has participated in several homicide investigations, police shootings and other major crimes.

Learn how police process crime scenes for physical evidence; how easily evidence can be contaminated or destroyed, and get a better understanding of laboratory and court processes. Sgt Timchuk will tell some interesting anecdotes about forensic evidence and how real life differs from Hollywood's version of CSI.

Register early as seating is limited.





The Miracle of Hydrogen Peroxide

Hydrogen peroxide is one of the most common household disinfectants in the world. In fact, odds are pretty good that you have a bottle in your medicine cabinet right now.

People typically use hydrogen peroxide for sanitizing small cuts and as a whitener for delicate items; however there is much more to this little brown bottle than most of us realize. (Light exposure weakens hydrogen peroxide; thus, the little brown bottle.)

Health & Beauty

Disinfect Toothbrushes – Soak toothbrushes in hydrogen peroxide to kill staph bacteria and other germs common to the bathroom environments.

Whiten Your Nails – soak fingertips and toes in hydrogen peroxide to naturally whiten your nails.

Soften Corns & Calluses – mix equal parts hydrogen peroxide and warm water to make a foot soak that will naturally soften corns and calluses.

Kitchen & Bath

Soak Dishrags & Sponges – drop dirty rags and cleaning sponges into hydrogen peroxide and let them soak for 15-30 minutes to disinfect.

Disinfect Cutting Boards – spray hydrogen peroxide on cutting boards to kill germs and bacteria from raw meat and other foods that may have soaked into the surface of the board.



Laundry & Cleaning

Whiten Laundry – add a cup of hydrogen peroxide to your wash water and soak fabrics for 15-30 minutes to revitalize dingy or yellowed whites.

Refresh Re-useable Bags – spray hydrogen peroxide inside your re-useable cloth shopping bags to clean, disinfect, and remove food odors.

www.communicationsol.com

GO-55 PLUS (Spring/Summer 2015 magazine)

Riddle What am I?

*If you have me, you want to share me.
If you share me, you haven't got me.*



Are you sick and tired of being sick and tired? Let's Get Better Together!

This is a **free** 6-week workshop for people living with chronic diseases, such as diabetes, arthritis, or high blood pressure. People with different chronic health problems attend together to deal with the common issues they face and to motivate each other with solutions and techniques for:

- Dealing with frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Maintaining appropriate nutrition
- Engaging with other community resources

Friends and family members welcome.

Headingley-Community Centre
6 Tuesdays, April 7th-May 12th
6:30 pm – 9:00 pm

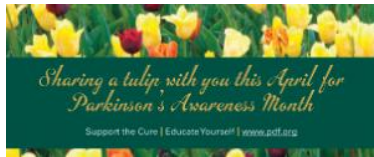
Register by: Tuesday, March 31st



Learn how best to use the fitness equipment while taking care of your joints and muscles.

When: Monday, April 20th, 2015
Time: 9:00 am to 10:00 am
Where: Encore Health & Fitness Studio
Headingley Community Centre
5353 Portage Avenue, Headingley
Presenter: Lynda Loucks, Headingley
Physiotherapy

Sign-up sheet in Encore Health & Fitness Studio



Fitness Programs

What is Parkinson's Disease?

Parkinson's disease (PD) is a chronic and progressive movement disorder, meaning that symptoms continue and worsen over time. The cause is unknown, and although there is presently no cure, there are treatment options such as medication and surgery to manage its symptoms.

Parkinson's involves the malfunction and death of vital nerve cells in the brain, called neurons. Parkinson's primarily affects neurons in the area of the brain called the substantia nigra. Some of these dying neurons produce dopamine, a chemical that sends messages to the part of the brain that controls movement and coordination. As PD progresses, the amount of dopamine produced in the brain decreases, leaving a person unable to control movement normally.

The specific group of symptoms that an individual experiences varies from person to person. Primary motor signs of Parkinson's disease include the following:

- **tremor** of the hands, arms, legs, jaw and face
- **bradykinesia** or slowness of movement
- **rigidity** or stiffness of the limbs and trunk
- **postural instability** or impaired balance and coordination

Exercise and Parkinson's

Why is exercise important for people with Parkinson's?

Being active is one of the most important things you can do to maintain your physical and mental well-being. Exercise is essential for maintaining your quality of life. Studies clearly show that people with Parkinson's who exercise, fare better in the long run than people with Parkinson's who do not exercise.

Parkinson Society Canada's Exercise for People with Parkinson guide. Call Parkinson Society Manitoba for you your free guide at 204-786-2637 or 1-866-999-5558.

Location: Headingley Community Centre

• **Fit & Flex**

Mondays & Wednesdays, April 6th-May 27th
10:00 am-11:00 am

*Registration Fee: \$112.00

Register by: Thursday, April 2nd

• **Gentle Yoga for 55+**

Tuesdays & Thursdays, April 7th-May 28th
10:00 am-11:00 am

*Registration Fee: \$120.00

Register by: Thursday, April 2nd

• **Strength & Endurance with Weight Training Circuit**

8 Mondays, April 6th-June 1st
7:00 pm-8:00 pm

*Registration Fee: \$80.00

Register by: Monday, March 30th

~~and~~

10 Thursdays, April 9th-June 11th
10:00 am-11:00 am

*Registration Fee: \$100.00

Register by: Thursday, April 2nd

• **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

Office Hours:

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

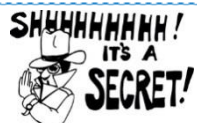
Phone: (204) 889-3132 ext 3

Email: hdlyseniorservices@mts.net

Website: www.headingleyseniorservices.ca

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Riddle What am I?






ENCORE Fitness Studio Hours:

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



April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
Black-fitness Blue-social Red-health Green-education Orange-municipal	*****	***** SPRING *****	***** BREAK *****	*****	***** GOOD FRIDAY 	
5	6	7	8	9	10	11
	9-10 am Hall Walking 10-11 am Fit & Flex 7:00-8:00 pm Strength & Endurance w/ weight training **Office Closed**	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Learn, Winnipeg's CSI 6:30-9 pm Get Better Together **Office Closed**	9-10 am Hall Walking 10-11 am Fit & Flex **Office Closed**	10-11 am Gentle Yoga 11-noon Strength & Endurance 1:30-3:30 pm Cribbage **Office Closed**		
12	13	14	15	16	17	18
<u>Encore Fitness Hours:</u> 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 7:00-8:00 pm Strength & Endurance w/ weight training **Office Closed**	10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club 6:30-9 pm Get Better Together **Office Closed**	9-10 am Hall Walking 10-11 am Fit & Flex **Office Closed**	10-11 am Gentle Yoga 11-noon Strength & Endurance 1:30-3:30 pm Cribbage 7-8 pm Maximizing Your Retirement Paycheque **Office Closed**		
19	20	21	22	23	24	25
	9-10 am Hall Walking 9-10 am Encore Exercises with Lynda Loucks, physiotherapist 10-11 am Fit & Flex 7:00-8:00 pm Strength & Endurance w/	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Games 6:30-9 pm Get Better Together	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		
26	27	28	29	30	1	2
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