



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

July/August 2015
Issue 27

Seniors' Scene

Enrich your life with us!

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Congratulations Macdonald-Headingley Recreation District!

Manitoba Association of Senior Centres (MASC) has an annual **Award of Commitment** that *"recognizes and salutes a community group or person for an outstanding contribution to the health and wellbeing of the older adults in the community."* Headingley Seniors' Services Inc (HSSI) nominated Macdonald-Headingley Recreation District (MHRD) for this award and they won!

Over 30 people attended a Celebration of Appreciation for them on Thursday, June 25th, at the Phoenix Community Centre. All had a great time!



Recipe of the Month

Rhubarb Matrimonial Cake

Served at the MHRD Celebration of Appreciation

Filling:

- 3 cups rhubarb, cut into 1/2 " pieces
- 1 1/2 cups sugar
- 2 Tbsp cornstarch
- 1 tsp vanilla

Crust:

- 1 1/2 cups rolled oats
- 1 1/2 cups flour
- 1/2 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp salt
- 1 cup brown sugar
- 1 cup butter



Directions:

1. Preheat oven to 350° F. Combine filling ingredients and cook over medium high heat until thick. Cool completely.
2. Combine crust ingredients and pat 2/3 of mixture into a greased 9"x13" pan. Add filling and sprinkle with remaining crumbs.
3. Bake for 30-35 minutes. Chill before cutting.

Riddle

What's bigger than you, but doesn't weigh anything?



Lunches in July

Tuesday, July 14th, at noon

BBQ & Games

and

Tuesday, July 28th, at 11:30 am

The Park Café & English Gardens

This summer come play Wii . . .

at the Headingley Community Centre

Bring your grandkids and have fun indoors playing baseball, tennis, bowling or golf 1:30 – 3:30 pm on three Tuesdays:

- 21 July,
- 11 August, and
- 25 August



Headingley Historical Society

Cooks Creek/Pineridge Hollow Bus Tour - Wednesday, July 15

Ukrainian Catholic Church of the Immaculate Conception and Grotto of Our Lady of Lourdes

Located in Cooks Creek, this church is truly an awe inspiring piece of architecture with a fascinating story worth exploring. The church and grotto were designed and constructed under the leadership of Father Philip Ruh. Built by volunteer church members, construction of the church began in 1930 and continued to be worked on in stages until it was consecrated in 1952. An impressive piece of history known as the "Prairie Cathedral".

Pineridge Hollow

Lunch is included at Pineridge Hollow just outside of scenic Bird's Hill Park. Enjoy a delicious meal followed by free time to explore the shop and stroll through the beautiful grounds. A relaxing end to a perfect day.



Itinerary

- 11:00 am Departure from Headingley Community Centre
- Noon - 1:15 pm Arrive at Cooks Creek and Tour Immaculate Conception Ukrainian Catholic Church, Grotto and Cemetery
- 1:15 pm Departure from Cooks Creek and travel to Pineridge Hollow
- 1:30 - 2:30 pm Lunch at Pineridge Hollow
- 2:30 - 3:30 pm Shopping and Garden Tour
- 3:30 - 4:30 pm Departure from Pineridge Hollow and travel to Headingley

Cost: \$40.00 per person includes bus transportation, tour and lunch

Registration deadline is July 3rd

For more information or to register please contact Gail Coady at 889-3132 ext. 1.



as determined by the International Council of Organizations of Folklore Festivals and Folk Arts.

Folklorama began in 1970 as a celebration of Manitoba's centennial, and has grown into an annual two-week festival of global culture that takes place the first two weeks in August. Over 40 volunteer-run pavilions participate each year, showcasing unique cultures in venues throughout Winnipeg.

Find out more at: <http://www.folklorama.ca/>

Morden Corn & Apple Festival

In 1925 Morden, Manitoba was designated as the Corn and Apple Belt. The long, warm growing season made this area of the prairies unique for the growing of corn and apple crops.

The first Morden Corn and Apple Festival was held in 1967 to commemorate Canada's Centennial celebrations. It is appropriate that the festival is held in the "heart" of the community, an indication of the warmth and hospitality offered to visitors year after year. The Morden Corn and Apple Festival is a family event and has a reputation for catering to all age groups with a variety of events to guarantee the enjoyment of all.

Fund-raising events and grants from the City of Morden, along with other sources, assist in maintaining "FREE" as the key phrase in festival advertising. **Free corn on the cob, and apple cider** have been the chief attractions, along with **free stage entertainment, the children's events, the parade, shuttle bus service and parking.**

The fourth weekend of August is the established date for the Morden Corn and Apple Festival. This year it is being held August 21-23.



For more information, check out: <http://cornandapple.com/>

Fitness Programs

Location: Headingley Community Centre

Headingley Community Centre closed week of June 29th for floor maintenance.

- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am
- **Encore Health & Fitness Centre**
(Orientation required)
Summer Hours:
Mon – Thurs 9:00 am-noon **~and~**
1:30 pm-4:00 pm
Check website for any changes in hours.
www.headingleyseniorservices.ca

Location: Headingley-Phoenix Community Centre 153 Seeking Street

- **Pickleball** (June 1, 2015 start date) 3 Courts
Mondays 6:30-9:30 pm
Wednesdays 9:00 am to noon
Thursdays 6:30-9:30 pm
Fridays 9:00 am to noon

All levels will start at the same time. If the hall is rented, they have priority over the parking lot.

- Label your paddles
- Bring a lawn chair
- Bring water
- Bring bug spray and sunscreen
- Bring your best game ☺

If you want weather notices, contact Kim to get on email list: Kim Bartlett kbartlett10@shaw.ca

Summer Office Hours:

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

Phone: (204) 889-3132 ext 3
Email: hdlyseniorservices@mts.net
Website: www.headingleyseniorservices.ca

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Riddle Your shadow





July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29	30	1	2	3	4
Black-fitness Blue-social Red-health Green-education Orange-municipal	***Community***	***Centre Closed***		***Community***	***Centre Closed***	
5	6	7	8	9	10	11
	9-10 am Hall Walking **Office Closed**	1:30-3:30 pm Cribbage **Office Closed**	9-10 am Hall Walking **Office Closed**	**Office Closed**	**Office Closed**	
12	13	14	15	16	17	18
<u>Encore Fitness Hours:</u> 9:00-noon Mon/ Tues/Wed/Thurs 1:30-4 pm Mon/ Tues/Wed/Thurs	9-10 am Hall Walking	Noon-2:00 pm BBQ & Games 1:30-3:30 pm Cribbage	9-10 am Hall Walking 11-4:30 pm Cooks Creek/Pineridge Hollow Bus Tour			
19	20	21	22	23	24	25
	9-10 am Hall Walking	1:30-3:30 pm Cribbage & Wii	9-10 am Hall Walking			
26	27	28	29	30	31	1
	9-10 am Hall Walking	11:30-2:30 pm The Park Café & English Gardens 1:30-3:30 pm Cribbage	9-10 am Hall Walking			



August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					1
Encore Fitness Hours: 9:00-noon Mon/ Tues/Wed/Thurs 1:30-4 pm Mon/ Tues/Wed/ Thurs						
2	3	4	5	6	7	8
Folklorama Week 1	Folklorama - Week 1 	Folklorama - Week 1 1:30-3:30 pm Cribbage **Office Closed**	Folklorama - Week 1 **Office Closed**	Folklorama - Week 1 **Office Closed**	Folklorama - Week 1 **Office Closed**	Folklorama Week 1 Portage Potato Festival Portage la Prairie
9	10	11	12	13	14	15
Folklorama Week 2	Folklorama - Week 2	Folklorama - Week 2 8:30-3:30 Foot Clinic 1:30-3:30 pm Cribbage & Wii	Folklorama - Week 2	Folklorama - Week 2	Folklorama - Week 2	Folklorama Week 2
16	17	18	19	20	21	22
		Noon to 2 pm BBQ & Games 1:30-3:30 pm Cribbage			Corn & Apple Festival Morden, MB	Corn & Apple Morden, MB
23	24	25	26	27	28	29
Corn & Apple Morden, MB		1:30-3:30 pm Cribbage & Wii				