



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

September 2015 Issue 28

Seniors' Scene

Enrich your life with us!

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Headingley Historical Society Cooks Creek/Pineridge Hollow Bus Tour

On July 15th, 51 people climbed onto the Historical Society's bus tour to the Ukrainian Catholic Church of the Immaculate Conception & Grotto in Cooks Creek. One of the largest Ukrainian Catholic churches in Western Canada, the structure was almost entirely hand-built by volunteers (including Father Ruh, priest-architect). Local artisans painted the elaborate interior.

After the tour we went to Pineridge Hollow, just outside scenic Bird's Hill Park, for a lovely lunch. Depending on our interests, we finished off our visit with either a stroll through the lovely gardens or the General Store with its shelves full of tempting curios to purchase.

Thank you Historical Society for a wonderful afternoon of fun!



Headingley Historical Society Annual General Meeting

EVERYONE WELCOME!

When: Monday, September 21st
Where: Headingley Community Centre
5353 Portage Avenue
Board Room
Time: 10 am

Refreshments!

SAVE THE DATE!

Seniors' & Elders' Day 2015

Join us as we kick-off:

Seniors' & Elders' Month – October

Date: Friday, October 2, 2015

Time: 10:00 a.m. – 2:00 p.m.

(Doors Open: 9:00 a.m.)

**Location: RBC Convention Centre Winnipeg,
375 York Avenue**

Free Admission

No RSVP Required

Live Entertainment, Interactive Activities, Information
Booths, Giveaways, Refreshments

Call for Information:

204-945-6565

Toll free: 1-800-665-6565

Email: seniors@gov.mb.ca

SEE YOU THERE!

Riddle

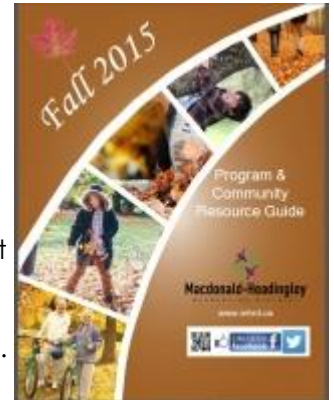
*What is so delicate that saying its
name breaks it?*



Don't forget to check out all the great classes available through our own Macdonald-Headingley Recreation District.

If you haven't received your Program & Community Resource Guide, you can pick one up at their office at 81 Alboro Street or the Headingley Community Centre at 5353 Portage Ave.

See you in class!



Strange Facts

- ★ There are 18 different animal shapes in the Animal Crackers cookie zoo!
- ★ Tablecloths were originally meant to be served as towels with which dinner guests could wipe their hands and faces after eating!
- ★ During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants!
- ★ Chewing gum while peeling onions will keep you from crying!

9th Annual Christmas Arts and Craft Sale

**Headingley Community Centre
5353 Portage Avenue**

Friday, October 16th

12:00 pm - 8:00 pm

Saturday, October 17th

10:00 am - 5:00 pm

*Admission \$2.00
Children 12 & Under Free
Canteen * Free Parking*

(No ATM on site.)

**All Proceeds to:
Headingley Senior Services**

ENCORE Fitness Studio Hours:

(Orientation required)

9:00 - Noon

Monday thru Thursday

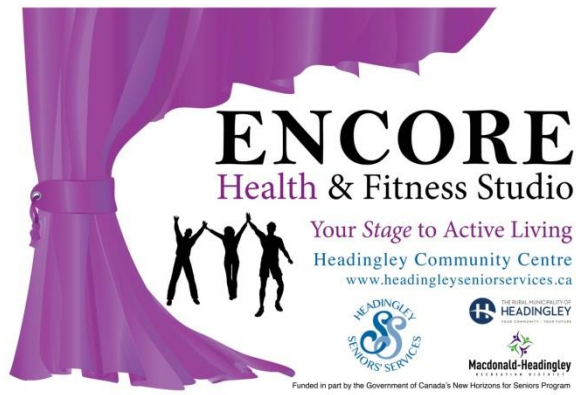
1:30 - 4:00 pm

Monday thru Thursday

After Labour Day also:

7:00 - 9:00 pm

Thursdays



Summer is Almost Over – time to get back into routine!

With autumn just around the corner, it's time to start thinking about how to get back into the swing of things and maintain your fitness goals and healthy habits.

Below are some tips for how to get you back on track.

1. Start the day with fitness:

Getting your workout done right in the morning is one of the best times of the day to work out (if your schedule permits) you are more likely to have the energy, and in turn will start your day feeling great and ready to take on the rest of your day.

2. Aim for a shorter workout:

Since you are getting back into your workout routine, don't expect your body to be ready to give it your all right off the bat. Take 30 minutes out of your morning to focus on yourself and your goals, a short workout is better than no workout. Don't push yourself; allow your body to regroup after taking this time off.

3. Break up your routine:

You don't have to think of your workout as a 60-minute chunk out of your day. If you can't make it into Encore one day, don't sweat it. Start with a morning workout in your living room or take a walk at lunch, whatever you are comfortable with, and your body will let you know what it is ready for.

4. Reward yourself:

Always remember to reward yourself and give yourself a pat on the back for a job well done. The first couple weeks is always the hardest when you are trying to get back into a routine, **YOU CAN DO IT!**

Fitness Programs

Location: Headingley Community Centre

- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am
- **Fit & Flex**
Mondays & Wednesdays, Oct 5th-Dec 16th
10:30 am-11:30 am
*Registration Fee: \$150.00
- **Gentle Yoga for 55+**
10 Tuesdays, Oct 6th-Dec 8th
10:00 am-11:00 am
*Registration Fee: \$75.00
- **Yoga Flow**
8 Thursdays, Oct 1st-Dec 3rd
10:00 am-11:00 am
*Registration Fee: \$60.00
- **Strength & Endurance w/ Weight Training**
10 Mondays, Sept 28th-Dec 7th
7:00 pm-8:00 pm
*Registration Fee: \$100.00
8 Thursdays, Oct 1st-Dec 3rd
7:00 am-8:00 pm
*Registration Fee: \$80.00
8 Thursdays, Oct 1st-Dec 3rd
11:00 am - Noon
*Registration Fee: \$80.00

*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 Silence!





September 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
Black-fitness Blue-social Red-health Green-education Orange-municipal	9-10 am Hall Walking	Noon-2:00 pm Lunch & Games	9-10 am Hall Walking	1:30-3:30 pm Cribbage		
6	7	8	9	10	11	12
	 LABOUR DAY		9-10 am Hall Walking	1:30-3:30 pm Cribbage		
13	14	15	16	17	18	19
<u>Encore Fitness Hours:</u> 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs	9-10 am Hall Walking	Noon-2:00 pm Lunch & Learn 'What Can Massage Do for You?'	9-10 am Hall Walking	Foot Clinic 1:30-3:30 pm Cribbage		Community Garage Sale @ Phoenix CC 9 am - 3 pm
20	21	22	23	24	25	26
	9-10 am Hall Walking 10 am Historical Society AGM		9-10 am Hall Walking **Office Closed**	1:30-3:30 pm Cribbage **Office Closed**		
27	28	29	30	1	2	3
	9-10 am Hall Walking 7:00-8:00 pm Strength & Endurance w/ weight training		9-10 am Hall Walking			
*****	*****	***** ACTIVE *****	***** AGING *****	***** WEEK *****	*****	*****