



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

November 2015
Issue 30

Seniors' Scene

Enrich your life with us!

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Thank You Volunteers!



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Exercise for Healthy Bones

Request for Fee-For-Service Providers in Headingley

Riddle –



Did You Know

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Tuesday, December 1st
12 noon
Headingley Community Centre

Community Remembrance Day Service 10:45 am
Wednesday, November 11th

ENCORE Health & Fitness Studio Hours

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Christmas in October

THANK YOU to all who came to support our annual fundraiser, the Christmas Arts and Craft Sale this past October.

There were a variety of talented vendors, delicious food from the canteen, and great Rainbow Auction prizes.

The volunteers were amazing! All the baking, cooking and hours given so freely are much appreciated. We had another very successful year
Thanks to you!



November is Osteoporosis Month

Exercise for Healthy Bones

The importance of exercise for people with osteoporosis

Exercise is very important for all of us, but especially for those with osteoporosis who are at risk of a broken bone (fracture).

Here are a few key reasons why exercise is important for individuals with osteoporosis:

To build muscle strength

Strength training improves muscle mass and strength.

To prevent falls

Performing challenging balance exercises can improve balance and coordination, which helps prevent falls, and this in turn may prevent fractures.

To protect the spine

Spine fractures are often caused by forces, or "loads", on the vertebrae that are greater than they can withstand. Exercises that target the muscles that extend your back can help improve posture, reducing the risk of spine fractures.

To slow the rate of bone loss

Exercises aimed at increasing muscle strength (i.e., strength or resistance training), combined with weight-bearing aerobic physical activity, help to prevent bone loss as we age.

Other benefits

People who exercise regularly have lower rates of depression, heart disease, dementia, cancer, diabetes and many other chronic diseases. Exercise can improve your physical fitness, strength, energy levels, stamina and mental health.

What types of exercise do you need?

If you have osteoporosis, different forms of exercise are needed. Your exercise routine should include exercises in each of the following areas:

Strength Training

Strength training refers to exercise where free weights, weight machines or exercise bands are used to make the bones and muscles work by lifting, pushing or pulling a "load".

Posture Training

Posture training involves paying attention to how the parts of our body are aligned with each other.

Balance Training

Balance training exercises are those that challenge your balance.

Weight Bearing Aerobic Physical Activity

An activity can be considered aerobic physical activity if it is a rhythmic activity that you do for at least 10 min at a time continuously, and it increases your heart rate and makes you breathe harder than you usually do during your daily activities.

Attention: Fee-For-Service Providers

Part of the **Mission** for Headingley Seniors' Services Inc (HSSI) is "To encourage seniors to maintain independent living..."

As such, we are looking for fee-for-service providers to help seniors maintain independence in our community.

Types of Services we have requests for are:

- Yard Work, and
- Housekeeping.

If you are interested, or know of someone who would be interested, in fee-for-service for seniors, please contact Patti @ 204.889.3132 ext 3 or hdlyseniorservices@mts.net.



Riddle

What can you catch, but not throw?



Did you know. . .

- ★ Water is the only substance on earth that is lighter as a solid than a liquid.
- ★ You may have heard someone say, "It's raining cats and dogs." There have been actual documented cases from all over the world of fish, frogs, dead birds, snakes, snails, beetles, worms and jellyfish raining down from the sky in great numbers, but no reports of showers of cats or dogs.
- ★ Almost two-thirds of the earth's surface is covered by water. If the earth were flat, water would cover everything in a layer two miles deep!
- ★ One inch of rain is equal to 10 inches of snow.
- ★ The place with the most number of rainy days per year is Mount Wai'ale'ale on Kauai, Hawaii – up to 350 days. The longest time that a place remained without rain was Arica, Chile – from October 1903 to January 1918 – 14 years!



55+ Christmas Luncheon

When: Tuesday, Dec 1st
 Time: 12 noon
 Where: Headingley
 Com Centre
 5353 Portage Ave
 Tickets: \$15.00
 Available from
 Rose Leclair or Gail Coady



Community Remembrance Day Service



Wednesday, November 11th, 10:45 am
 Headingley Community Centre
 5353 Portage Avenue

ENCORE
 Health & Fitness Studio
 Your Stage to Active Living
 Headingley Community Centre
 www.headingleyseniorservices.ca

HEADINGLEY SENIORS SERVICES
 THE RURAL MUNICIPALITY OF HEADINGLEY
 Macdonald-Headingley

Funded in part by the Government of Canada's New Horizons for Seniors Program.

ENCORE Fitness Studio Hours:

(Orientation required)
 9:00 - Noon
 and
 1:30 - 4:00 pm Monday thru Thursday
 8:00 - 9:00 pm Mondays
 7:00 - 9:00 pm Tuesdays & Thursdays

Page 2

Riddle a cold!



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
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

Pickleball

Location: Headingley Community Centre

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



November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>Black-fitness Blue-social Red-health Green-education Orange-municipal</p>	<p>9-10 am Hall Walking 10:30-11:30 Fit & Flex</p> <p>7:00-8:00 pm Strength & Endurance</p>	<p>10-11 am Gentle Yoga</p> <p>Noon-2:00 pm Lunch & Learn "CSI – Part 2"</p>	<p>9-10 am Hall Walking 10:30-11:30 am Fit & Flex</p>	<p>10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage</p>		<p>Headingley Foundation Barn Dance @ Hdly CC 8 pm</p>
8	9	10	11	12	13	14
	<p>9-10 am Hall Walking 10:30-11:30 Fit & Flex</p> <p>7:00-8:00 pm Strength & Endurance</p>	<p>10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club</p>		<p>10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage</p>		
15	16	17	18	19	20	21
<p><u>Encore Fitness Hours:</u> 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs</p>	<p>9-10 am Hall Walking 10:30-11:30 Fit & Flex</p> <p>7:00-8:00 pm Strength & Endurance</p>	<p>10-11 am Gentle Yoga Noon-2:00 pm Lunch & Games</p>	<p>9-10 am Hall Walking 10:30-11:30 am Fit & Flex</p>	<p>10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage</p>		
22	23	24	25	26	27	28
<p><u>Encore Fitness Hours:</u> 8-9:00 pm Mon 7-9:00 pm Tues & Thurs</p>	<p>9-10 am Hall Walking 10:30-11:30 Fit & Flex</p> <p>7:00-8:00 pm Strength & Endurance</p>	<p>10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club</p>	<p>9-10 am Hall Walking 10:30-11:30 am Fit & Flex</p>	<p>10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage</p>		
29	30	1	2	3	4	5
	<p>9-10 am Hall Walking 10:30-11:30 Fit & Flex</p> <p>7:00-8:00 pm Strength & Endurance</p>	<p>55+ Christmas Luncheon 12 noon Hdly Community Centre</p>				