



Headingley Community Centre
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December 2015
Issue 31

Seniors' Scene

Enrich your life with us!

IN THIS ISSUE...

Page 1 Headingley Historical Society
Christmas Lights Bus Tour



Page 2 Short Story by Pearl S. Buck
Christmas Day in the Morning

Page 3 Encore Health & Fitness Studio
Hours & Fees



Encore Health & fitness Studio
Holiday Special
Fees for December & January

Office Hours

Page 4 December 2015 Calendar



Headingley
Historical
Society



COME ALONG AND ENJOY THE
COMMUNITY CHRISTMAS SPIRIT!

Wednesday, December 16th

Join us for a festive evening and explore the best light display the City of Winnipeg has to offer. We will drive slowly down popular streets illuminated with twinkly lights and colorful displays and finish with a tour of the Canad Inn Winter Wonderland. Seasonal refreshments and goodies will be served at the end of the tour that promise to get everyone into the spirit of Christmas.

Bus Leaves the Headingley Community Centre at 6:30 pm and returns 9:00 pm (approximately). \$15.00 per person. Everyone Welcome!

For more information or to reserve your spot, please call Bonnie Leullier at bonnieleullier@gmail.com or 204.831.9000



Christmas Day in the Morning

By Pearl S. Buck

He woke suddenly and completely. It was four o'clock, the hour at which his father had always called him to get up and help with the milking. Strange how the habits of his youth clung to him still! Fifty years ago, and his father had been dead for thirty years, and yet he waked at four o'clock in the morning. He had trained himself to turn over and go to sleep, but this morning it was Christmas, he did not try to sleep.

Why did he feel so awake tonight? He slipped back in time, as he did so easily nowadays. He was fifteen years old and still on his father's farm. He loved his father. He had not known it until one day a few days before Christmas, when he had overheard what his father was saying to his mother.

"Mary, I hate to call Rob in the mornings. He's growing so fast and he needs his sleep. If you could see how he sleeps when I go in to wake him up! I wish I could manage alone."

"Well, you can't, Adam." His mother's voice was brisk. "Besides, he isn't a child anymore. It's time he took his turn."

"Yes," his father said slowly. "But I sure do hate to wake him."

When he heard these words, something in him spoke: his father loved him! He had never thought of that before, taking for granted the tie of their blood. Neither his father nor his mother talked about loving their children--they had no time for such things. There was always so much to do on the farm.

Now that he knew his father loved him, there would be no loitering in the mornings and having to be called again. He got up after that, stumbling blindly in his sleep, and pulled on his clothes, his eyes shut, but he got up.

And then on the night before Christmas, that year when he was fifteen, he lay for a few minutes thinking about the next day. They were poor, and most of the excitement was in the turkey they had raised themselves and mince pies his mother made. His sisters sewed presents and his mother and father always bought him something he needed, not only a warm jacket, maybe, but something more, such as a book. And he saved and bought them each something too.

He wished, that Christmas when he was fifteen, he had a better present for his father. As usual he had gone to the ten-cent store and bought a tie. It had seemed nice enough until he lay thinking the night before Christmas. He looked out of his attic window,

the stars were bright.

"Dad," he had once asked when he was a little boy, "What is a stable?"

"It's just a barn," his father had replied, "like ours."

Then Jesus had been born in a barn, and to a barn the shepherds had come...

The thought struck him like a silver dagger. Why should he not give his father a special gift too, out there in the barn? He could get up early, earlier than four o'clock, and he could creep into the barn and get all the milking done. He'd do it alone, milk and clean up, and then when his father went in to start the milking he'd see it all done. And he would know who had done it. He laughed to himself as he gazed at the stars. It was what he would do, and he mustn't sleep too sound.

He must have waked twenty times, scratching a match to look each time at his old watch -- midnight, and half past one, and then two o'clock.

At a quarter to three he got up and put on his clothes. He crept downstairs, careful of the creaky boards, and let himself out. The cows looked at him, sleepy and surprised. It was early for them, too.

He had never milked all alone before, but it seemed almost easy. He kept thinking about his father's surprise. His father would come in and get him, saying that he would get things started while Rob was getting dressed. He'd go to the barn, open the door, and then he'd go get the two big empty milk cans. But they wouldn't be waiting or empty, they'd be standing in the milk-house, filled.

"What the--," he could hear his father exclaiming.

He smiled and milked steadily, two strong streams rushing into the pail, frothing and fragrant.

The task went more easily than he had ever known it to go before. Milking for once was not a chore. It was something else, a gift to his father who loved him. He finished, the two milk cans were full, and he covered them and closed the milk-house door carefully, making sure of the latch.

Back in his room he had only a minute to pull off his clothes in the darkness and jump into bed, for he heard his father up. He put the covers over his head to silence his quick breathing. The door opened.

"Rob!" His father called. "We have to get up, son, even if it is Christmas."

"Aw-right," he said sleepily.

The door closed and he lay still, laughing to himself. In just a few minutes his father would know. His dancing heart was ready to jump from his body.

The minutes were endless -- ten, fifteen, he did not know
continued on next page



how many – and he heard his father's footsteps again. The door opened and he lay still.

"Rob!"

"Yes, Dad--"

His father was laughing, a queer sobbing sort of laugh.

"Thought you'd fool me, did you?" His father was standing by his bed, feeling for him, pulling away the cover.

"It's for Christmas, Dad!"

He found his father and clutched him in a great hug. He felt his father's arms go around him. It was dark and they could not see each other's faces.

"Son, I thank you. Nobody ever did a nicer thing--"

"Oh, Dad, I want you to know -- I do want to be good!" The words broke from him of their own will. He did not know what to say. His heart was bursting with love.

He got up and pulled on his clothes again and they went down to the Christmas tree. Oh what a Christmas, and how his heart had nearly burst again with shyness and pride as his father told his mother and made the younger children listen about how he, Rob, had got up all by himself.


"The best Christmas gift I ever had, and I'll remember it son, every year on Christmas morning, so long as I live."

They had both remembered it, and now that his father was dead, he remembered it alone: that blessed Christmas dawn when, alone with the cows in the barn, he had made his first gift of true love.

This Christmas he wanted to write a card to his wife and tell her how much he loved her, it had been a long time since he had really told her, although he loved her in a very special way, much more than he ever had when they were young. He had been fortunate that she had loved him. Ah, that was the true joy of life, the ability to love. Love was still alive in him, it still was.

It occurred to him suddenly that it was alive because long ago it had been born in him when he knew his father loved him. That was it: Love alone could awaken love. And he could give the gift again and again. This morning, this blessed Christmas morning, he would give it to his beloved wife. He could write it down in a letter for her to read and keep forever. He went to his desk and began his love letter to his wife: My dearest love...


Such a happy, happy Christmas!



ENCORE
HEALTH & FITNESS STUDIO
Your *STAGE* to Active living
Headingley Community Centre

Fees		Hours	
\$ 2.00	Drop In	<u>Days:</u>	
\$ 10.00	Monthly	Mon - Thurs	9 am - Noon and 1:30 - 4 pm
\$ 60.00	Yearly	<u>Evenings:</u>	
		Mon	8 pm - 9 pm
		Tues & Thurs	7 pm - 9 pm

More Information
www.headingleyseniorservices.ca
hssl@mymts.net
204-889-3132 ext. 3



Encore Fitness Studio Holiday Special



Wrap up a gift for your loved one. For the months of December & January purchase



2 yearly memberships
for \$100.



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: hdllyseniorservices@mts.net
Website: www.headingleyseniorservices.ca



December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
Black-fitness Blue-social Red-health Green-education Orange-municipal	9-10 am Hall Walking 10:30-11:30 Fit & Flex 7:00-8:00 pm Strength & Endurance	10-11 am Gentle Yoga 55+ Christmas Luncheon 12 noon Hdly Community Centre	9-10 am Hall Walking 10:30-11:30 am Fit & Flex **Office Closed**	10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage **Office Closed**		7:30-10:30 am Hdly Christmas Breakfast @ Hdly Community Centre
6	7	8	9	10	11	12
	9-10 am Hall Walking 10:30-11:30 Fit & Flex 7:00-8:00 pm Strength & Endurance **Office Closed**	10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club **Encore Closed** **Office Closed**	9-10 am Hall Walking 10:30-11:30 am Fit & Flex **Encore Closed** **Office Closed**	1:30-3:30 pm Cribbage **Encore Closed** **Office Closed**		
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 10:30-11:30 Fit & Flex 7:00-8:00 pm Strength & Endurance		9-10 am Hall Walking 10:30-11:30 am Fit & Flex Headingley Historical Society Christmas Lights Bus Tour 6:30-9:00 pm	1:30-3:30 pm Cribbage		
20	21	22	23	24	25	26
<u>Encore Fitness Hours:</u> 8-9:00 pm Mon 7-9:00 pm Tues & Thurs	9-10 am Hall Walking 10:30-11:30 Fit & Flex **Office Closed**	**Encore Closed** **Office Closed**	**Encore Closed** **Office Closed**	**Encore Closed** **Office Closed**		 Happy Boxing Day!
27	28	29	30	31	1	2
	Encore Closed **Office Closed**	**Encore Closed** **Office Closed**	**Encore Closed** **Office Closed**	**Encore Closed** **Office Closed**	