



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

January 2016 Issue 32

Seniors' Scene

Enrich your life with us!

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Wednesday, January 6th

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Lose Weight & Get Fit!

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Tuesday, January 19th
12 noon

Encore Fitness Studio New Years
Special

ENCORE Health & Fitness Studio
Hours

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"THERE ARE TWO
MISTAKES ONE CAN
MAKE ALONG THE
ROAD TO TRUTH ...
NOT GOING ALL THE
WAY, AND NOT
STARTING." -BUDDHA



"Do what you can, with what you
have, where you are." -Theodore
Roosevelt

Tomorrow
is the first blank page
of a 365 page book.
Write a good one.

— Brad Paisley



Foot Nurse

We were without a Foot Nurse for a couple of months but have just arranged for a new one. Her name is Brenda Grom and her business is called A Step in Time. She even lives here in Headingley!

Nursing Foot Care Includes:

- Health assessment of foot and lower leg
- Cutting, filing and reducing thick nails
- Care of corns, calluses and ingrown nails
- Lotion application to foot and lower leg

Next Foot Clinic

Wednesday, January 6th

Be sure to register with Patti
by phoning 204-889-3132 ext 3.



New Year's Resolution: Lose Weight & Get Fit!

It's that time of year again when we make resolutions, especial in regards to our bodies. At holiday times, visiting with family and friends is usually accompanied by an abundance of delicious food. If some of you are like me, I am looking to reduce some weight and get in shape.

A healthy diet and daily activity are both important for sustainable weight loss. *"There's nothing more valuable to a person's health than regular exercise. Unfortunately, though, it's not the ticket to the weight-loss express. Weight is lost in the kitchen, while health is gained through physical activity. If you're hoping to improve health and lose weight, you'll need to make friends with both,"* says Dr. Yoni Freedhoff, a family doctor, and founder and medical director of Ottawa's Bariatric Medical Institute for non-surgical weight management.

A study widely cited by Canadian and international obesity experts as reference for evidence-based weight-loss is the National Weight Control Registry (NWCR). NWCR is an ongoing study of more than 10,000 people who have lost large amounts of weight and kept it off.

Research shows that using a food diary to keep track of daily food intake can double weight-loss results. *"Studies have repeatedly shown that self-monitoring dietary intake is one of the most powerful tools in long-term weight management, whether you keep track of calories, points or food. In the NWCR, counting calories was one of the top strategies and was employed by over 40 per cent of registrants,"* says Freedhoff.

"Slow and steady is not the only way to go," says H el ene Charlebois, a registered dietician and nutrition consultant in Ottawa, and a member of the Canadian Obesity Network. *"People in the NWCR have lost weight all kinds of ways. What matters most is maintenance and sticking to habits that work."*

Charlebois advises clients not to give up when weight loss slows down or plateaus. *"When you lose weight, you disrupt many hormones that control hunger and satiety. You need to give your body a chance to catch up."*

What are our options for exercise in Headingley? Check out the Macdonald-Headingley Recreation Program Resource Guide for exercise classes, take a walk on the Headingley Grand Trunk Trail, cross country ski at Beaudry Park, play pickleball or come work-out at our own Encore Health & Fitness Studio. See you around!

Look for the Good

By Joanna Fuchs

In the New Year, let's resolve to get less stressed, upset, anxious about things over which we have no control.

Let's have a narrower focus on our lives, loving and helping our family and friends, making our community a better place to live, to create peace and contentment.

In the New Year, let's resolve to pay less attention to depressing stories on TV, in magazines and newspapers, and to stop focusing on what we want that we haven't got, instead of appreciating the many blessings we do have.

In the New Year, let's look for the good.

We may have to search through a mass of negative media, but the good is there, all around us.

I wish for you a New Year filled with good, engulfed in serenity and happiness!

Riddle

I am a cold man without a soul. If there is warmth in me, it slowly will kill me. What am I?

How to keep it off

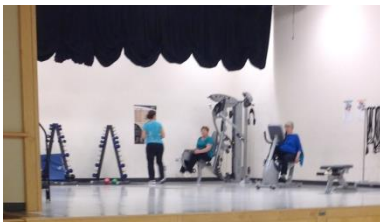
NWCR Participants report that they continue to consume a low-calorie, low-fat diet and perform higher levels of physical activity. Here are some of their success habits:

- ★ 90% exercise daily for about an hour.
- ★ Most choose walking as their preferred way to get moving.
- ★ 78% eat breakfast every day.
- ★ 75% weigh themselves at least once a week.
- ★ 62% watch less than 10 hours of television weekly.



Our next Lunch & Learn is
Germany Travel Stories
 with presenter *Oriole Veldhius*
 Tuesday, January 19th, at noon.
 Be sure to register by phoning
 204-889-3132 ext 3 to save a spot.

Encore Fitness Studio New Years Special



New Year's Resolution: Get Fit!
 For the month of January save \$20.
 Purchase:
**2 yearly memberships
 for \$100.**

Fitness Programs

Location: Headingley Community Centre

- **Hall Walking**
 Mondays & Wednesdays
 9:00 am-10:00 am
- **Fit & Flex**
 Mondays & Wednesdays, Jan 11th-Mar 23rd
 10:30 am-11:30 am
 *Registration Fee: \$158.00
- **Gentle Yoga for 55+**
 11 Tuesdays, Jan 12th-Mar 22nd
 10:00 am-11:00 am
 *Registration Fee: \$83.00
- **Yoga Flow**
 11 Thursdays, Jan 14th-Mar 24th
 10:00 am-11:00 am
 *Registration Fee: \$83.00
- **Strength & Endurance w/ Weight Training**
 10 Mondays, Jan 11th-Mar 21st
 7:00 pm-8:00 pm
 *Registration Fee: \$100.00

 11 Thursdays, Jan 14th-Mar 24th
 11:00 am - Noon
 *Registration Fee: \$110.00

*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 KBartlett10@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




ENCORE

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

Fees		Hours	
\$ 2.00	Drop In	Days:	Mon - Thurs
\$ 10.00	Monthly		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
hssi@mymts.net
 204-889-3132 ext. 3




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Riddle a snowman!





January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 31	28	29	30	31	1	2
Black-fitness Blue-social Red-health Green-education Orange-municipal						
3	4	5	6	7	8	9
	9-10 am Hall Walking		9-10 am Hall Walking Foot Clinic 9 am-1:30 pm	1:30-3:30 pm Cribbage		
10	11	12	13	14	15	16
<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	10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage		
17	18	19	20	21	22	23
<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 7:00-8:00 pm Strength & Endurance	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Learn Germany Travel Stories	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage		
24	25	26	27	28	29	30
	9-10 am Hall Walking 10:30-11:30 Fit & Flex 7:00-8:00 pm Strength & Endurance	10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage		