



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

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Enrich your life with us!

No matter
how long the winter,
spring is sure to follow.

- English Proverb



According to folklore, if a groundhog sees his shadow on Feb 2nd, he'll flee to his burrow, heralding six more weeks of winter. If he doesn't, it means spring's around the corner.

Most experts suggest the tradition began when German settlers brought their tradition of Candelmas to North America in the 1700s.

Feb 2nd is supposed to be the mid-point between the Winter Solstice and the Spring Equinox. According to legend, if the weather was good on that day, the rest of the winter would be stormy and cold. If not, the coldest season of the year would be over soon and farmers could start to think about planting their crops.

Eventually a hedgehog – not the more traditional creature used today – was added, and the story of seeing his shadow began.

Next Foot Clinic

Thursday, February 11th

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





Leap Year Why Do We Have It?

Julius Caesar was behind the origin of leap year in 45 BC. The early Romans had a 355-day calendar and to keep festivals occurring around the same season each year a 22 or 23 day month was created every second year. Julius Caesar decided to simplify things and added days to different months of the year to create the 12-month, 365-day per year calendar, (the actual calculations were made by Caesar's astronomer, Sosigenes).

Leap Day

Every fourth year following the 28th day of Februarius (February 29th) one day was to be added, making every fourth year a leap year. But because the length of the solar year is actually 365.242216 days, the Julian year was too long by 11 minutes 14 seconds. This may not seem like a lot, but over the course of 4 centuries, the accumulated error of adding a leap day every 4 years amounts to about 3 extra days. (In the 16th century, the vernal equinox was falling around March 11 instead of March 21.)

In 1582, Pope Gregory XIII adjusted the calendar by moving the date ahead by 11 days and by instituting the exception to the rule for leap years.

Exception to the Rule for Leap Years

Because of Pope Gregory XIII, the Gregorian calendar removes three leap days every 400 years, which is the length of its leap cycle. This is done by removing February 29 in the three century years (multiples of 100) that cannot be exactly divided by 400. The years 2000 and 2400 are leap years, while 1800, 1900, 2100, 2200, 2300 and 2500 are common years. At this rate, it will take more than 3,000 years for the Gregorian calendar to gain one extra day in error.

This new rule is the sole feature that distinguishes the Gregorian calendar (the current standard calendar in most of the world) from the Julian calendar.

I am a SEENAGER (Senior Teenager)

I have everything that I wanted as a teenager, only 50 years later.
I don't have to go to school or work.
I get an allowance every month.
I have my own place.
I don't have a curfew.
I have a driver's license and my own car.
The people I hang around with are not scared of getting pregnant, and they do not use drugs.
And I don't have acne.

LIFE IS GREAT!



Did you know that **Headingley Library** offers a collection of best-selling titles in **large print**?



Or that you can read free e-books (and enlarge the print!) on your **iPad** or other tablet?



Do you have an e-reader collecting dust at home?

WE CAN HELP!

Call, email or visit the **Headingley Library** today. See how you can make the most of your membership!

204.888.5410 or hml@mymts.net



Our Lunches for February are
Tuesday, February 2nd, at noon.
Frauds & Scams
with our local RCMP

Tuesday, February 16th, at noon.
Restaurant to be determined.

Be sure to register by phoning
204-889-3132 ext 3 to save a spot.

Did You Know?

Leap Year Folk Traditions

- There is a popular tradition known as Bachelor's Day in some countries allowing a woman to propose marriage to a man on February 29. If the man refuses, he then is obliged to give the woman money or buy her a dress.
- In upper-class societies in Europe, if the man refuses marriage, he then must purchase 12 pairs of gloves for the woman, suggesting that the gloves are to hide the woman's embarrassment of not having an engagement ring.
- In Ireland, the tradition is supposed to originate from a deal that Saint Bridgetstuck made with Saint Patrick.
- In Greece, it is considered unlucky to marry on leap day.

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 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




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

Fees	
\$ 2.00	Drop In
\$ 10.00	Monthly
\$ 60.00	Yearly

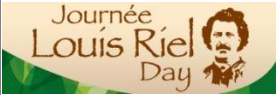
Hours	
Days:	
Mon - Thurs	9 am - Noon 1:30 - 4 pm
Evenings:	
Mon	8 pm - 9 pm
Tues & Thurs	7 pm - 9 pm

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





February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 31	1	2	3	4	5	6
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 Noon-2:00 pm Lunch & Learn Frauds & Scams	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	11-noon Strength & Endurance 1:30-3:30 pm Cribbage		
7	8	9	10	11	12	13
	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	9 am-1:30 pm Foot Clinic 11-noon Strength & Endurance 1:30-3:30 pm Cribbage	Phoenix Winter Carnival (8-14 th) Free family BBQ, bonfire and fireworks	Phoenix Winter Carnival (8-14 th)
14	15	16	17	18	19	20
<u>Encore Fitness Hours:</u> 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs	Journée Louis Riel Day 	10-11 am Gentle Yoga Noon-2:00 pm Lunch (restaurant to be determined)	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	11-noon Strength & Endurance 1:30-3:30 pm Cribbage 1-4:00 pm Mature Driver Workshop		
21	22	23	24	25	26	27
<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 1:30-3:30 pm 55+ Club	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	11-noon Strength & Endurance 1:30-3:30 pm Cribbage		
28	29	1	2	3	4	5
	9-10 am Hall Walking 10:30-11:30 Fit & Flex 7:00-8:00 pm Strength & Endurance					