



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

June 2016
Issue 37

Seniors' Scene

Enrich your life with us!

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Tuesday, June 7th, noon
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HSSI Volunteer Appreciation BBQ

This year is the 20th Anniversary of the Incorporation of Headingley Seniors' Services Inc. (HSSI).

Over the course of those years, there have been many, many volunteers who have given their time freely for the benefit of HSSI.

As a show of appreciation, HSSI is hosting a Volunteer BBQ for all those volunteers that have helped shape HSSI to what it is today.

When: Wednesday, June 15th, 2016

Time: 5:30 pm

Where: Headingley Community Centre
5353 Portage Avenue, Hdly

We will be serving BBQ hamburgers, chicken, sides & a cake to celebrate!

Please R.S.V.P. by Friday, June 10th, 2016 to Patti at (204)889-3132 ext 3 or hdlyseniorservices@mymts.net.



Petal Power: Why Is Gardening So Good For Our Mental Health?

By Sarah Rayner

Why does cajoling seeds into growth or a savage pruning session refresh the spirits so? Time and again research reveals that gardening has a positive effect on our mental health, so let's explore what it is that seems to make horticulture so healing.

10 ways horticulture helps us heal, overcome anxiety and lift low mood:

1. Looking after plants gives us a sense of responsibility. Having to care for plants is a good way to learn responsibility for other living things and when we are small, it helps develop an appreciation of the magic of nature.

2. Gardening allows us all to be nurturers. Horticulture is a great equalizer: plants...do not care... who is tending them and for those with mental health problems to be able to contribute to such a transformative activity can help boost self-esteem.

3. Gardening keeps us connected to other living things. Gardening can act as a gentle reminder to us that we are not the centre of the universe. Self-absorption can contribute to depression, and focusing on the great outdoors – even in the pared-down form of a patio – can encourage us to be less insular.

4. Gardening helps us relax and let go. For many the peacefulness associated with gardening comes not from its social aspect however, but the opposite. It enables us to escape from other people. 'Flowers are restful to look at. They have no emotions or conflict,' said Freud.

5. Working in nature releases happy hormones. To say that gardening encourages us to exercise and spend time outdoors might seem a statement of the obvious, but it's worth reminding ourselves that what's good for the body is also good for the mind. ...when we exercise levels of serotonin and dopamine (hormones that make us feel good) rise and the level of cortisol (a hormone associated with stress) is lowered.

It's true that a session in the garden can leave you dead on your feet, but it can also get rid of excess energy so you sleep better..."

6. Being amongst plants and flowers reminds us to live in the present moment. Sarah explains, 'when we let go of ruminating on the past or

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Recipe of the Month

Berry Banana Blitz

Makes 1 L (4 cups)

This is the smoothie recipe Southern Health-Santé Sud made at the Alive & Kicking Health Fair.

Ingredients:

- 1 cup pure juice such as orange, apple or raspberry
- 1 ½ cups frozen raspberries
- 1 banana
- 1 cup frozen blueberries
- ¼ cup vanilla yogurt
- 2 Tbsp ground flax seed

Directions:

1. Add all ingredients into a blender.
2. Puree until very smooth.
3. Pour into glasses to serve.

This smoothie is a great way to enjoy some fruit on the go with the nutritious additions of ground flax and yogurt. Choose your favourite fruit and change up the flavours easily.

Tip

Look for a variety of frozen fruit available mixes and blends such as berry blend or tropical fruit. Frozen fruit are just as nutritious as fresh fruit but are more economical when some fruit is not in season.

<http://www.cookspiration.com/recipe.aspx?perma=86Af8C2AB7F&q=2>



Next Foot Clinic

Thursday, June 16th

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

Riddles

- ★ *What kind of garden does a baker have?*
- ★ *Why is the letter A like a flower?*





Petal Power *con't from page 2*

worrying about the future and instead focus on the here and now, anxiety lessens'. So one of the best ways to calm the anxious mind and lift mood is to become more 'present'. Next time you're in a garden, pause for a few moments and allow yourself to be aware of your senses.

7. Gardening reminds us of the cycle of life, and thus come to terms with that most universal of anxieties: death. In the plant world, regeneration is a matter of course, but psychological repair does not necessarily come easily to us. One way of working through difficult emotions is through rituals, and gardening is a form of ritual involving both the giving of life and acknowledgement of its end.

8. Some aspects of gardening allow us to vent anger and aggression... Some of the therapeutic power of gardening is that it allows us to unleash our anger and aggression as well as providing an opportunity to nurture. Sarah says, 'there are times when I enjoy cutting and chopping and yanking and binding as much, if not more, than sowing and feeding and watering, and the great thing about destructiveness in the garden is that it can all be in the service of growth – if you don't cut back the plants, you will be swamped by them.'

9. ...whilst others allow us to feel in control. Gardening can be a good way of gaining a sense of control. You are more likely to succeed in controlling your beds and borders than people, which can make gardening a particularly satisfying experience.

10. Last but not least, gardening is easy. Just one hanging basket or a few pots along a window ledge can lift the spirits whenever you look at them.

Why not grow yourself better by making an appointment with Mother Nature today?

Read more at:

<https://www.psychologytoday.com/blog/worry-and-panic/201505/petal-power-why-is-gardening-so-good-our-mental-health>

Fitness Programs

Location: Headingley Community Centre

- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am
- **Fit & Flex**
Last class Jun 15th
- **Gentle Yoga for 55+**
Last class Jun 14th
- **Yoga Flow**
Last class Jun 16th
- **Strength & Endurance w/ Weight Training**
Last Monday night class Jun 13th
Last Thursday day class Jun 9th

Pickleball

Location: Phoenix Community Centre (outdoors)

Register with Kim Bartlett KBarlett10@shaw.ca or Ellen Cairns ecairns@mymts.net to receive program updates.

Riddles

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..... A 'flour' garden!
..... A bee (B) comes after it!



Our Next Lunches are

Tuesday, June 7th, at noon
Denny's Restaurant
(11:30 am @ Community Centre, if need a ride)

Tuesday, June 21st, at noon
BBQ & Games

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

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

Summer Hours	
Mon - Thurs	9 am - Noon and 1:30 - 4 pm



June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
Black-fitness Blue-social Red-health Green-education Orange-municipal			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		
5	6	7	8	9	10	11
	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 at Denny's	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		
12	13	14	15	16	17	18
<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 *Manitoba 55 + Games*	9-10 am Hall Walking 10:30-11:30 am Fit & Flex 5:30 pm HSSI Volunteer Appreciation BBQ *Manitoba 55 + Games*	10-11 am Yoga Flow 1:30-3:30 pm Cribbage *****Brandon, MB***** *Manitoba 55 + Games*		
19	20	21	22	23	24	25
<u>Encore Fitness Hours:</u> 8-9:00 pm Mon 7-9:00 pm Tues & Thurs	9-10 am Hall Walking	Noon-2:00 pm BBQ Lunch & Games	9-10 am Hall Walking Seniors' Day at Red River Ex *60 yrs + \$7.50 Admission* Check out the FREE events!	1:30-3:30 pm Cribbage		
26	27	28	29	30	July 1	2
	9-10 am Hall Walking	1:30-3:30 pm 55+ Club	9-10 am Hall Walking		