



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

September 2016 Issue 39

Seniors' Scene

Enrich your life with us!

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Our Next Lunches:

Tuesday, Sept 6th, noon
Whitehorse Emporium
and

Tuesday, Sept 20th, noon
Lunch & Learn Thrive Over 55

ENCORE Health & Fitness Studio

Fall Fitness Programs

Answer to Riddle on page 2

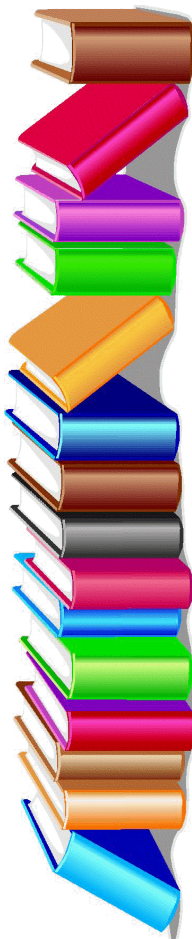
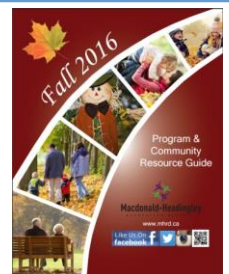
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Macdonald-Headingley Recreation District Fall Resource Guide

Check out all the great classes offered this fall through Macdonald-Headingley Recreation District (MHRD). Be sure to register for classes by their deadlines so classes are not cancelled.

There is something for everybody!



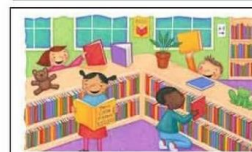
Please Join us for the Official Grand Opening of Headingley Library's Children's Department!

Saturday, September 24, 2016

1:00 to 3:00 p.m.

Bring your family, meet our staff
and discover what your library has
to offer!

*Storytime with Kathie at 2:00
p.m.*



Ribbon-Cutting
Ceremony at 1:30 p.m.



Light refreshments for
the whole family!





Keeping Our Body Healthy From the Inside Out

Keeping your bones healthy

Bones play multiple roles in your body, including providing structure, protecting organs, anchoring muscles and storing calcium. Women at approximately 16 to 20 years and men age 20 to 25 years have reached a high point in bone mass that begins to decline in our mid-thirties. In addition, as women reach menopause, bone loss can speed up because of falling levels of estrogen. While it is important to build strong and healthy bones during childhood and adolescence, you can also take steps during adulthood to protect your bones.

1. Get enough calcium and vitamin D

Adults aged 19 to 50 years need 1,000 mg of calcium a day, and those over the age of 50 need 1,200 mg of calcium a day. Calcium needs vitamin D to be absorbed from the stomach. Vitamin D is made in our bodies when our skin is exposed to sunlight. Since in Canada we don't get as much sun as we need, and because there are very few food sources of vitamin D, Osteoporosis Canada recommends that all Canadians take vitamin D supplements year-round. Healthy adults between 19 and 50 years of age need 400 to 1,000 IU daily and those over 50 years or at high risk of osteoporosis should receive 800 to 2,000 IU daily.

2. Be active every day

Physical activity makes your bones stronger. Exercise that increases muscle strength (i.e., strength or resistance training), combined with weight-bearing exercises, such as dancing, walking, or climbing stairs, helps prevent bone loss as we age.

3. Eat healthy

Your bones are not just made up of calcium. They contain other minerals and proteins that also give bones strength and flexibility.

4. Stop smoking

Tobacco use contributes to weak bones. People who smoke lose bone mass faster and have a higher risk of fractures than non-smokers.

5. Limit alcohol

Drinking excessive amounts of alcohol can increase the risk for brittle bones and fractures. Limit how much alcohol you drink.

Bone loss can quietly creep up on you without any signs. Protecting your bone health is easier than you think.

—the Wellness Connection,
The Healthy Living Magazine for Costco Members

Walk Strong

Maintaining fitness and strength will help to ensure we stay independent and able to do all the activities of daily living. This program provides gentle exercises for all fitness levels, gradually progressing at your own pace.

Headingley Community Centre
12 Mondays, September 19th - December 12th
(No class October 10th)

1:00 pm - 2:00 pm Registration Fee: \$90.00
Register by: Monday, September 12th



204-885-2444

www.mhrd.ca

info@mhrd.ca

10th Annual Christmas Arts and Craft Sale



HEADINGLEY COMMUNITY CENTRE
5353 Portage Avenue

Unique blend of
Christmas Crafts * Jewellery
Woodwork * Pottery * Toys
Stained Glass ... and much more

Friday, October 14th
Noon - 8:00 pm
Saturday, October 15th
10:00 am - 5:00 pm

free parking * admission \$2.00 * canteen
Children 12 & under free admission
(No ATM on site.)

All proceeds to Headingley Senior Services.

Save the Dates

Active Aging Week

Sunday, September 25th -
Saturday, October 1st 2016



Seniors and Elders Day

Saturday, October 1st 2016

Seniors and Elders Month

the entire month of October 2016

More information to come - keep checking
our website www.alcoamb.org for updates!



Riddle

★ Why are frogs so happy?





Next Foot Clinic

Thursday, September 8th

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

National Grandparents' Day in Canada



Sunday, September 11th, is **National Grandparents' Day** in Canada.

This holiday was officially recognized in Canada in 1995, after it had been submitted in the House of Commons by Mr. Sarkis Assadourian. The government designated the second Sunday in September to be Grandparents' Day.

This day recognizes the importance of grandparents to the structure of every family and in the nurturing upbringing and education of children, when both parents have to work hard for economic reasons.

Our Next Lunches are

Tuesday, Sept 6th, at noon
Whitehorse Emporium

(11:30 am @ Community Centre, if need a ride)

Tuesday, Sept 20th, at noon

Lunch & Learn
Thrive Over 55

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

Location: Headingley Community Centre

Fitness Programs

- **Walk Strong**
12 Mondays, Sept 19th-Dec 12th
1:00 pm-2:00 pm
*Registration Fee: \$90.00
- **Fit & Flex**
22 Mondays & Wednesdays, Sept 26th-Dec 14th
10:30 am-11:30 am
*Registration Fee: \$165.00
- **Gentle Yoga for 55+**
12 Tuesdays, Sept 27th-Dec 13th
10:00 am-11:00 am
*Registration Fee: \$90.00
- **Yoga Flow**
10 Thursdays, Sept 29th-Dec 15th
10:00 am-11:00 am
*Registration Fee: \$75.00
- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am

Pickleball

Location: Phoenix Community Centre (outdoors), moving indoors to Headingley Community Centre October 3rd.

*Registration Fee: \$5.00/month or \$2.00/drop-in

To receive program updates: Register with Kim Bartlett KBarlett10@shaw.ca, Ellen Cairns ecairns@mymts.net or Marilyn Dutchuk mdutchuk1@gmail.com.

Riddles

..... They eat whatever bugs them!

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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



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



September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 28	29	30	31	1	2	3
Black-fitness Blue-social Red-health Green-education Orange-municipal				1:30-3:30 pm Cribbage		
4	5	6	7	8	9	10
		Noon-2:00 pm Lunch at Whitehorse Emporium	9-10 am Hall Walking	9 am-1:00 pm Foot Clinic 1:30-3:30 pm Cribbage	7 pm Family Movie Night @ Headingley CC	
11	12	13	14	15	16	17
 HAPPY GRANDPARENTS DAY!	9-10 am Hall Walking		9-10 am Hall Walking	1:30-3:30 pm Cribbage		
18	19	20	21	22	23	24
Encore Fitness Hours: 9:00-noon - and - 1:30-4:00 pm Mon thru Thurs 7-9:00 pm Mon, Tues, Thurs	9-10 am Hall Walking 1-2 pm Walk Strong	Noon-2:00 pm Lunch & Learn Thrive Over 55	9-10 am Hall Walking	1:30-3:30 pm Cribbage		1 pm Headingley Library's Children's Department Grand Opening
25	26	27	28	29	30	Oct 1
	9-10 am Hall Walking 10:30-11:30 Fit & Flex 1-2 pm Walk Strong	10-11 am Gentle Yoga	9-10 am Hall Walking 10:30-11:30 Fit & Flex	10-11 am Yoga Flow 1:30-3:30 pm Cribbage		