



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

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Seniors' Scene

Enrich your life with us!

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.



Christmas Arts and Craft Sale

October 14th & 15th

Finish your Christmas Shopping and Baking in October!

Jewellery, Christmas Crafts, Toys, Stained Glass Ornaments, Baking,
Honey & Jams, Wood Crafts, Pottery, smiles and good times.

Bring Your Friends....Visit with your Neighbor....See you there!



Did You Know . . .



Antibiotics are drugs used to kill or slow the growth of bacteria that make you ill. Antibiotics are not useful for treating viral infections, such as the common cold and flu. Unfortunately, the number of harmful bacteria that no longer respond to antibiotics is increasing, partly due to the improper use of these medications.

Bacteria can become resistant to antibiotics in several ways. After you take an antibiotic, it kills the sensitive bacteria, but sometimes resistant bacteria survive. These stronger survivors are left to grow and multiply, and replace all the bacteria that were killed off. Bacteria can also become resistant through mutations. As they multiply, mutations arise and some of these mutations help the bacteria survive exposure to an antibiotic. As well, bacteria may get genes from each other, including genes that make the bacteria resistant to antibiotics.

Although antibiotic resistance can happen naturally, the overuse and misuse of antibiotics can speed up the process. Examples of misuse that can increase antibiotic resistance include:

- Taking antibiotics when they are not needed (e.g. for an infection that is not caused by bacteria)
- Not taking antibiotics as prescribed, such as not finishing the full course of antibiotics
- Self-medicating without first consulting your doctor or pharmacist

Remember, not all infections need antibiotics. Before taking an antibiotic, talk to your doctor or pharmacist about whether your illness is actually caused by bacteria. Antibiotic resistance is one of the biggest threats to our health today and we must all do our part to ensure that antibiotics continue to save lives.

All Canadians have a role in helping to prevent antibiotic-resistant infections. Be sure to use antibiotics responsibly and avoid getting an infection or spreading your germs. Keep your hands away from your eyes, nose and mouth as much as possible. Cough or sneeze into your sleeve or a tissue, and not into your hands. Keep your hands clean by washing them frequently with soap and water for at least 20 seconds.

The Wellness Connection – The Healthy Living Magazine for Costco Members



Thursday, October 27th, 2016

**Cartier Senior Citizens Support Committee
and Headingley Seniors' Services**

Welcome you to join us on a day trip to South Beach Casino!

Bus will stop for a pick-up at 10:20 am at
Headingley Community Centre
We will depart from the Casino at 4:00 pm

Tickets are \$20.00 per person

Free lunch buffet included at the Casino.

Seating is limited

To book your seat, Contact Patti at
889-3132 ext 3

Register early to avoid disappointment.



The Charleswood Historical Society presents

2nd of its 2016-2017 Heritage Lecture Series

The Honourable Myrna Driedger, MLA for Charleswood, speaker of the Manitoba Legislative Assembly will speak on the "**100th Anniversary of Women's Right to Vote**".

The lecture will take place:

Monday, October 17th
7:00 pm

5014 Roblin Blvd (the old Charleswood Library)

All are welcome. Refreshments will be served.

Riddle

★ *I travel all over the world, but always stay in my corner. What am I?*





Explore the Possibilities Out and About

Not only are social activities enjoyable, but they also keep our brains sharp and healthy. Staying socially active and maintaining interpersonal relationships are an integral part of healthy, active aging. Relationships and regular social interactions not only provide older adults with a sense of purpose but can also help protect against illness, help them maintain good physical and emotional health and improve overall cognitive function. Promoting social engagement and activities can also go a long way in helping older adults stay as vibrant, active, and social as they've always been!

Some health benefits of being socially engaged:

- Potentially reduced risk for cardiovascular problems, cancer, osteoporosis, and arthritis.
- Potentially reduced risk for Alzheimer's disease.
- Social activities stimulate and challenge the mind, improving overall cognitive ability.
- Lower blood pressure.
- Reduced stress, anxiety and depression.
- Reduced risk for mental health issues such as depression, anxiety and loneliness.
- Improved self-esteem, confidence and a renewed 'zest for life'.

Here are a few ways to incorporate social activity into your life:

- Connect with local volunteer programs and get involved. (Check out our annual Christmas Arts & Craft Sale!)
- Attend a group such as playing cards, chess, bird watching, a book club, walking club – or anything that is socially engaging!
- Attend a lifelong learning session – language, cooking, photography or hobby classes such as wood carving or drawing are all great ways to inspire people.

Check out the Macdonald-Headingley Program & Community Resource Guide for lots of ideas and programs to become involved with.

For more information on 'Explore the Possibilities', check out ALCOA-MB online:

<http://www.alcoamb.org/assets/active%20aging%20resource%20guide%202016%20for%20website.pdf>



Gate by Phoenix School
Left to Right -
Donald Kilworth, Jean Hutchinson,
Naomi Bloomer, Victor Coates

Join us for coffee and explore our community through stories. Learn about old objects, street names, sports and what school was like back in the day. Find out where the local swimming hole was, and what kind of transportation was used. We encourage questions!



Vists at Nicks: on bike Lloyd Murphy, Doug Gillespie, Lester Keith, Donald Shirtcliff, Gordon McIntosh

Sponsored by the Historical Society



Explore the Possibilities
Open your hearts and your doors to older adults in your community!

ALCOA Active Living Coalition for Older Adults in Manitoba
C.V.A.A. Coalition d'une vie active pour les aînés(e)s au Manitoba

ALCOA-MB encourages everyone to make a special effort and invite an older adult into their program and help them to feel welcome!

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

Check out our website at www.alcoamb.org for more information and download our community resource package!



Our Lunches for October are:

Tuesday, Oct 4th, at noon
Lunch & Games

Tuesday, Oct 18th, at noon
Lunch & Learn

Diabetes – What You Need to Know

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

Next Foot Clinic

Wednesday, October 19th

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



Aromatherapy with Herbs Workshop



Warm-up with living potpourri aimed at increasing health and well-being! Learn about the history and folklore of various herbs, “scratch and sniff” a variety of plants and discover their aromatic properties and make your own lotion to take home.

Tuesday, Oct 25th, 6:30 - 8:30 pm Fee: \$25.00

Instructor – Bonnie Tulloch, Assiniboine Park & Zoo Outreach Programs
Register with MHRD by Oct 18th at 204-885-2444

Riddle.....

..... a stamp!



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ENCORE

HEALTH & FITNESS STUDIO

Your *STAGE* to Active living
Headingley Community Centre



Hours

Days: 9 am - Noon Mon - Thurs
1:30 - 4 pm

Evenings: 7 pm - 9 pm Mon, Tues,
Thurs

Fees

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

Fitness Programs

Location: Headingley Community Centre

- **Fit & Flex**
22 Mondays & Wednesdays, Sept 26th-Dec 14th
10:30 am-11:30 am
- **Gentle Yoga for 55+**
12 Tuesdays, Sept 27th-Dec 13th
10:00 am-11:00 am
- **Yoga Flow**
10 Thursdays, Sept 29th-Dec 15th
10:00 am-11:00 am
- **Seated Zumba**
8 Thursdays, Oct 20th-Dec 15th
6:00 pm-7:00 pm
*Registration Fee: \$96.00
- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am

*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

*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.

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



October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	1/8
Black-fitness Blue-social Red-health Green-education Orange-municipal	9-10 am Hall Walking 10:30-11:30 Fit & Flex	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Games	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	10-11 am Yoga Flow 1:30-3:30 pm Cribbage		
9	10	11	12	13	14	15
		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 1:30-3:30 pm Cribbage	Christmas Arts & Craft Sale @ Headingley CC noon-8 pm 	Christmas Arts & Craft Sale @ Hdly CC 10 am-5 pm
16	17	18	19	20	21	22
<u>Encore Fitness Hours:</u> 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs 7-9:00 pm Mon, Tues, Thurs	9-10 am Hall Walking 10:30-11:30 Fit & Flex	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Diabetes – What You Need to Know	9 am-1:00 pm Foot Clinic 9-10 am Hall Walking 10:30-11:30 am Fit & Flex	10-11 am Yoga Flow 1:30-3:30 pm Cribbage 6-7 pm Seated Zumba		
23	24	25	26	27	28	29
	9-10 am Hall Walking 10:30-11:30 Fit & Flex	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 1:30-3:30 pm Cribbage 6-7 pm Seated Zumba	← Flu Clinic Oct 27, 1-7 pm Headingley CC ← Casino Bus Trip, October 27	
30	31	Nov 1	2	3	4	5
	9-10 am Hall Walking 10:30-11:30 Fit & Flex 