



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

February 2017 Issue 44

Seniors' Scene

Enrich your life with us!

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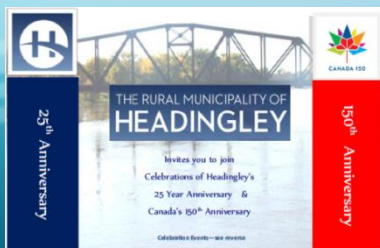
Monthly Lunch & Learns

We have Lunch & Learns about once per month. After a delicious meal, a variety of speakers present an array of topics for us to learn about.

We have had annual updates of Assiniboine Park with the development of Heart of the Park ([Nature Playground](#), [Duck Pond](#), [Qualico Family Centre](#) & [Park Café](#)), Zoo Renewal ([Journey to Churchill](#) and [McFeetors Heavy Horse Centre](#)) and [Canada's Diversity Gardens \(the Leaf\)](#).

We have learned about the Canadian Red Cross and what they did for the fires in Fort McMurray. (see Canadian Red Cross app for emergencies on pg 4.) We've learned about the [Alzheimer's Touch Quilt Project](#), the [Manitoba 55+ Games](#) held in June every year, Frauds and Scams to be aware of, Grands 'n' More, AND MORE.

Come learn with us. Check out the Program & Community Resource Guide from Macdonald-Headingley Recreation District for upcoming Lunch & Learns.





Headingley Winter Carnival Feb 5th-12th

Sun, Feb 5th

2 pm - **Festival Parade**
Phoenix school to Phoenix CC.

3 pm - **Old Timers Hockey Game**
Phoenix CC - North vs South.

Tues, Feb 7th

Noon - **Lunch and Bingo**- Hdly CC
Lunch at noon. Bingo 1-4 pm.
Prizes & lots of fun! Limited space.
Reserve a spot with Patti @
204-889-3132 ext. 3.

6:30 pm **Pickleball** - Hdly CC
Demos, lessons, and mini
tournament. For more info
contact Brodie @ 204-955-5882.

Wed, Feb 8th

1:30 pm **Pickleball** - Hdly CC
Demos, lessons, and mini
tournament.

Fri, Feb 10th

5 pm **Silent Auction** - Phoenix CC
Tickets on sale Fri thru Sun.

6 pm **Family BBQ** - Phoenix CC
FREE BBQ open to all residents.

8 pm **Fireworks & Bonfire** - Phoenix
CC. **FREE** Fireworks & Bonfire!

Sat, Feb 11th

10 am -7:30 pm & Sun 10 am -5:00 pm
Phoenix Flames Kitchen - Phoenix
CC. Come for lunch or dinner!

7 pm - **Alumni Hockey Game**
Phoenix CC. Alumni of 80s & 90s.

7-9 pm **Family Fun Night** - Hdly United
Church. Come enjoy an evening
with family and friends!

Sun, Feb 12th

7:30-11:30 am **Pancake Breakfast**
Hdly CC. Tickets \$5. /person.

5:00 pm **Silent Auction and
Ultimate Family Fun Draws.**
Do not have to be there to win.

..... And so much more!

The RM of Headingley
Invites you to
join in on the
celebrations!

25th Anniversary Celebration

150th Anniversary Celebration

150th / 25th Anniversary Events

February 5 - 12	Phoenix Recreation Association Headingley Winter Carnival Phoenix Community Centre
February 7 - 8	Pickleball Tournament Headingley Community Centre
April 27	Headingley Regional Chamber of Commerce Gala Dinner The Gates
May 25	Headingley Regional Chamber of Commerce Golf Tournament Breezy Bend Country Club
May 27	Headingley Fire Department 'Run For Wishes' Headingley Fire Hall 9:00 am
May 28	Euro Car Show and Shine Headingley Community Centre 11:00 am - 3:00 pm
June 3	Grand Trunk Trail Ride and Bridge Opening Wescana and Trail 1:00 pm
July 1	25 th ANNIVERSARY CELEBRATION Headingley Community Centre Enjoy food, family activities and evening fireworks for FREE!

HEADINGLEY
Community Foundation

For information contact Macdonald-Headingley Recreation District:
204-885-2444 info@mhrd.ca
Check the RM of Headingley Website for updates, www.rmofheadingley.ca

Tidbits About Canada

Did You Know

Tim Hortons is a multinational fast food restaurant based in Canada known for its coffee and doughnuts.



The chain's first store opened on May 17, 1964, in Hamilton, Ontario, under the name "Tim Horton Donuts". The name was later abbreviated to "Tim Horton's" and then changed to "Tim Hortons" without the possessive apostrophe.

It was founded by Canadian ice hockey player Tim Horton and Jim Charade, after an initial venture in hamburger restaurants. In 1967, Horton partnered with investor Ron Joyce, who assumed control over operations after Horton died in 1974. As of September 30, 2016, it had a total of 4,492 restaurants in nine countries.

February is Heart Month

Your heart is a muscle that gets energy from blood carrying oxygen and nutrients. Having a constant supply of blood keeps your heart working properly.

Most people think of heart disease as one condition. But in fact, heart disease is a group of conditions affecting the structure and functions of the heart and has many root causes.

SOME HEART DISEASE CONDITIONS

Angina – is another word for chest pain. People with angina describe the pain as a squeezing, suffocating or burning feeling. It's almost always a sign that you have blocked arteries and heart disease. It's a warning that without treatment, you are at risk for heart attack.

Atherosclerosis – your blood flows through your arteries like water through a hose. As it travels through your body, it delivers oxygen and nutrients. Atherosclerosis occurs when plaque builds up on the inside wall of an artery, making them thick and hard. This restricts the flow of blood and can lead to a blockage. The first symptom of coronary artery disease is often chest pain (angina).

Congenital heart disease – is a heart condition you are born with. The word congenital means "present at birth." There are many types of congenital heart conditions and defects.

Heart attack – happens when the blood supply to the heart slows or stops because of a blockage. How badly the heart is damaged after a heart attack depends on how long its blood supply was cut off.

Heart block – is a type of arrhythmia (called bradycardia). It happens when the heart's electrical signals are too slow or interrupted. Heart block can be a complication of other heart diseases, or it can be a side effect from medication, heart attack, surgery, or infection.

Heart failure – is when your heart isn't strong enough to pump your blood effectively. This can cause fluid to pool in your lungs or your ankles and legs. Too much fluid in your lungs could cause a life-threatening condition called acute pulmonary edema. Heart failure can develop after the heart becomes damaged or weakened.

For more info check out:

<http://www.heartandstroke.ca/heart>



HEART DISEASE IS PREVENTABLE AND MANAGEABLE

Your best defense is controlling the risk factors that could lead to coronary artery disease, such as high blood pressure, high cholesterol, diabetes, smoking, stress, excessive alcohol consumption, physical inactivity and being overweight.

If you've been diagnosed with a heart condition, there are treatments to help you manage your illness. You can further reduce your risk by considering these heart-healthy steps:

- Be smoke-free.
- Be physically active.
- Know and control your blood pressure.
- Eat a healthy diet that is lower in fat, especially saturated and trans fat.
- Achieve and maintain a healthy weight.
- Manage your diabetes.
- Limit alcohol use.
- Reduce stress.
- Visit your doctor regularly and follow your doctor's advice.

SIGNS OF A HEART ATTACK

Signs can vary from person to person and may be different for men and women. If you experience any of these signs, call 911 immediately.

Classic Heart Attack Symptoms





Our Next Lunch & Learn is:

Tuesday, Feb 21st, at noon
A Matter of Taste

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

Next Foot Clinic

Thursday, February 23rd

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



Canadian Red Cross Be Ready App

House fires, floods, power outages, and even catastrophic earthquakes – whatever the disaster, the official Canadian Red Cross Be Ready app gives users instant access to the information needed in order to prepare for different emergency situations and to take action when a disaster strikes.

Working closely with the Weather Network, the app features an alert system and the ability to monitor and track weather developments, allowing users to prepare their homes and families for disasters. (currently available for iOS and Android devices only).



▶ Free to download ▶ Easy to use ▶ Essential to have

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**
21 Mondays & Wednesdays, Jan 9th-Mar 22nd
10:30 am-11:30 am
- **Gentle Yoga for 55+**
11 Tuesdays, Jan 10th-Mar 21st
10:00 am-11:00 am
- **Yoga Flow**
11 Thursdays, Jan 12th-Mar 23rd
10:00 am-11:00 am
- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am

Location: Phoenix Community Centre

- **Zumba - Not Quite Gold!**
9 Thursdays, Jan 19th-Mar 23rd
7:15 pm-8:15 pm

*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

Please note: Day and times may vary without notice.
Please submit your name to our email address list to get informatin for cancellations, time changes, as well as impromptu games on weekends.

Register with Kim Bartlett KBarlett10@shaw.ca.

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



February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
<p>Black-fitness Blue-social Red-health Green-education Orange-municipal</p>			<p>9-10 am Hall Walking 10:30-11:30 Fit & Flex</p>	<p>10-11 am Yoga Flow 1:30-3:30 pm Cribbage 7:15-8:15 pm Zumba Gold!</p>		
5	6	7	8	9	10	11
	<p>9-10 am Hall Walking 10:30-11:30 Fit & Flex</p> <p>**Office Closed**</p> <p>*****</p>	<p>10-11 am Gentle Yoga</p> <p>Noon-4:00 pm Lunch & Bingo!</p> <p>*****PHOENIX*****</p>	<p>9-10 am Hall Walking 10:30-11:30 Fit & Flex</p> <p>*****WINTER*****</p>	<p>10-11 am Yoga Flow 1:30-3:30 pm Cribbage 7:15-8:15 pm Zumba Gold!</p> <p>*****CARNIVAL*****</p>		
12	13	14	15	16	17	18
<p>Encore Fitness Hours: 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs 7-9:00 pm M, T & Th</p> <p>*****</p>	<p>9-10 am Hall Walking 10:30-11:30 Fit & Flex</p> <p>**Office Closed**</p>	<p>10-11 am Gentle Yoga</p> <p>1:30-3:30 pm 55+ Club</p> 	<p>9-10 am Hall Walking 10:30-11:30 am Fit & Flex</p>	<p>10-11 am Yoga Flow 1:30-3:30 pm Cribbage 7:15-8:15 pm Zumba Gold!</p>		
19	20	21	22	23	24	25
	<p>9-10 am Hall Walking 10:30-11:30 Fit & Flex</p>	<p>10-11 am Gentle Yoga</p> <p>1:30-3:30 pm Lunch & Learn 'A Matter of Taste'</p>	<p>9-10 am Hall Walking 10:30-11:30 Fit & Flex</p>	<p>9 am-1:00 pm Foot Clinic 10-11 am Yoga Flow 1:30-3:30 pm Cribbage 7:15-8:15 pm Zumba Gold!</p>		
26	27	28	Mar 1	2	3	4
	<p>9-10 am Hall Walking 10:30-11:30 Fit & Flex</p>	<p>10-11 am Gentle Yoga</p> <p>1:30-3:30 pm 55+ Club</p>				