



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

Seniors' Scene

April 2017
Issue 46

Enrich your life with us!

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Minding our Bodies...and our
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Riddle -



Community Classroom
Wednesday, April 26th, 7-9 pm

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Tuesday, April 4th, noon
Minding our Bodies...and our
Brains

Next Foot Clinic, Thurs, Apr 6th

Charleswood Historical Society
Heritage Lecture Series
Monday, April 10th, 7 pm

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APRIL
23rd - 29th

**NATIONAL
VOLUNTEER
WEEK 2017**

MOBILIZE. BUILD. INSPIRE.



Thank You to Our Many Volunteers

No act of kindness, no matter how small, is ever wasted. ~ Aesop



Volunteering

Volunteering can play a vital role in healthy aging. Remaining active and staying connected to the community can have a tremendous positive impact on a person's social, physical and emotional well-being. Studies have found that older adults who volunteer have reduced stress-related illnesses and higher self-esteem and are less likely to feel isolated. Volunteering can also have a positive impact on lifestyle transitions in older adults as they retire, downsize their housing or deal with health issues.

According to Statistics Canada, Canada's senior adults volunteer an average of 223 hours each year, more than any other age group. They are an extremely important demographic to Canada's voluntary sector.

3 Benefits of Volunteering

Benefit 1: Volunteering connects you to others

Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, and organizations in need.

Make new friends and contacts

Volunteering is a great way to meet new people. It strengthens your ties to the community and broadens your support network.

Increase your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests.

Benefit 2: Volunteering is good for your mind and body

Volunteering helps counteract the effects of stress, anger, and anxiety. Nothing relieves stress better than a meaningful connection to another person.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which

Volunteering continued

provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

Benefit 3: Volunteering brings fun and fulfillment to your life

Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

Tips for getting started

First, ask yourself if there is something specific you want to do.

For example, do I want...

...to make it better around where I live

...to meet people who are different from me

...to try something new

...to do something with my spare time

...to see a different way of life and new places

...to do more with my interests and hobbies

...to do something I'm good at

The best way to volunteer is to match your personality and interests. Having answers to these questions will help you narrow down your search.

Enjoy yourself. The best volunteer experiences benefit both the volunteer and the organization. If you're not enjoying yourself, ask yourself why. Is it the tasks you're performing? The people you're working with? Or are you uncomfortable simply because the situation is new and unfamiliar? Pinpointing what's bothering you can help you decide how to proceed.

I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.

Quaker Saying



Making the Most of the Encore Gym



Hoist Multi-Gym

Instructor – Brenda Manchester

Learn the variety of exercises that can be done with the multi-gym and various attachments as well as fitting the machine to your body and efficient body placement during exercise.

Headingley Community Centre, Encore Fitness Gym
Monday, April 10th
9:00 am – 9:30 am
Registration Fee: **FREE!** Register by: Monday, April 3rd



Free Weights & Bands

Instructor – Brenda Manchester

Presenting an opportunity to learn how to use 'open-chain' exercises to provide resistance work for all the major muscle groups. Open chain work forces us to utilize our body to provide stability thereby recruiting more core and postural muscles during exercise.

Headingley Community Centre, Encore Fitness Gym
Thursday, April 20th
1:00 pm – 1:30 pm
Registration Fee: **FREE!** Register by: Thursday, April 13th

Register for both classes with MHRD at 204-885-2444



Minding our Bodies... And Our Brains

Come and join us for a fun and interactive wellness program designed specifically for 55+. Each week will include stretches, strengthening exercises and brain games to keep your brain healthy & active! Lively and informative discussion and light refreshments will be provided each week.

Headingley - Phoenix Community Centre
6 Fridays, April 21st - May 26th
10:00 am - 12:00 pm
Registration Fee: \$30.00
Register by: Friday, April 14th



To Register or for more information:

www.mhrd.ca 204-885-2444 info@mhrd.ca

Riddle

What can be seen in the middle of the months 'March' and 'April' that cannot be seen in the beginning or end of either month?

Community Classroom Building Bridges of Understanding

This course will explore what a refugee is, some background statistics, knowledge and information. We will explore the history of refugees in Canada, where refugees are currently coming from and where they are going. You will learn what challenges refugees in Manitoba face and how you can support their needs.

Date: Wednesday, April 26th
Time: 7:00 pm -9:00 pm
Place: Headingley Community Centre, Board Room
Registration Fee: \$25.00

Register by April 19th with MHRD at 204-885-2444.



Our Next Lunches are: Lunch & Learn

Tuesday, Apr 4th, at noon
Minding our Bodies...and our Brains

Lunch & Games

Tuesday, Apr 18th, at noon
Be sure to register by phoning Patti at
204-889-3132 ext 3 to save a spot

Next Foot Clinic

Thursday, April 6th
Be sure to register with Patti
by phoning 204-889-3132 ext 3.

Charleswood Historical Society presents:

"A Soldier's Day; life, work, recreation and survival in the Canadian Expeditionary Force"
with Gordon Crossley.

Date: Monday, April 10th

Time: 7 pm

Place: 5014 Roblin Blvd (old Charleswood Library)

All Welcome. Refreshments. Silver Collection.

Riddle

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..... The letter 'r'!



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 Classes, April 3rd-June 14th
10:00 am – 11:00 am Mondays
10:30 am-11:30 am Wednesdays
- **Gentle Yoga for 55+**
10 Tuesdays, Apr 4th-Jun 6th
10:00 am-11:00 am
- **Yoga Flow**
9 Thursdays, Apr 6th-Jun 8th
10:00 am-11:00 am
- **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

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, to receive program updates.

Mondays, Tuesdays 6:30-9:00 pm
Wednesdays 1:30-4:00 pm
Thursdays 7:15-9:30 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



April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	9-10 am Hall Walking 10:00-11:00 Fit & Flex	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Learn 'Minding our Bodies...and our Brains'	9-10 am Hall Walking 10:30-11:30 Fit & Flex **Office Closed**	9 am-1:00 pm Foot Clinic 10-11 am Yoga Flow 1:30-3:30 pm Cribbage **Office Closed**	7 pm Family Movie Night @ Headingley Community Centre	
9	10	11	12	13	14	15
<u>Encore Fitness Hours:</u> 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs 7-9:00 pm M, T & Th	9-10 am Hall Walking 9-9:30 am Encore Hoist Multi-Gym FREE instruction 10:00-11:00 Fit & Flex **Office Closed**	10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club **Office Closed**	9-10 am Hall Walking 10:30-11:30 am Fit & Flex **Office Closed**	10-11 am Yoga Flow 1:30-3:30 pm Cribbage		
16	17	18	19	20	21	22
	9-10 am Hall Walking 10:00-11:00 Fit & Flex	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Games	9-10 am Hall Walking 10:30-11:30 Fit & Flex	10-11 am Yoga Flow 1-1:30 pm Encore Free Weights & Bands FREE instruction 1:30-3:30 pm Cribbage	10-12 noon Minding Our Bodies...and Our Brains	
23/30	24	25	26	27	28	29
	9-10 am Hall Walking 10:00-11:00 Fit & Flex 7 pm Grand Trunk Trail Annual General Meeting	10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club National Volunteer Week	9-10 am Hall Walking 10:30-11:30 Fit & Flex 7-9 pm Community Classroom Building Bridges of Understanding	10-11 am Yoga Flow 1:30-3:30 pm Cribbage Hdly Chamber of Commerce Gala Dinner National Volunteer Week	10-12 noon Minding Our Bodies...and Our Brains *****	*****