



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

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Enrich your life with us!



25th
Anniversary

JULY 1st
CELEBRATION

Free
Family
Fun

THE RURAL MUNICIPALITY OF
HEADINGLEY

Headingley Community Centre, 5353 Portage Ave.

- 9:00 River Raft Race — Aubrey Robinson Boat Launch
- 11:30 Wheel Parade—Decorate your bikes, scooters, etc.
Jim's Vintage Garages—Open House & Show & Shine
Bar B.Q. Lunch
- 12:30 Laser Tag & Video Theatre
- 1:00 O'Canada and Welcome Ceremony
Splash Pad Opening
Bouncy Castles
Beer Gardens
Slo-Pitch Tournament—Sign up your team
- 2:00 Memory Lane Historical Society Display
Afternoon Tea & Strawberry Short Cake
Photo Booth Dress-Up Fun
Face Painting & Balloon Fun
- 5:00 Danny's Whole Hog Dinner
- 7:00 Band—*Damn Straight*
- 9:45 50/50 Draw
- 10:00 FIREWORKS



For more info, Parade & Slo-Pitch registration: Contact
Macdonald Headingley Recreation District 204 885-2444

This initiative is made possible by the Community Fund for Canada's 150th, a collaboration between the Headingley Community Foundation, the Government of Canada, and extraordinary leaders from coast to coast to coast.



COMMUNITY FOUNDATIONS OF CANADA
FONDATIONS COMMUNAUTAIRES DU CANADA

all for community. assemble pour nous.



CANADA 150

Canada



What are Antibiotics?

What Are Antibiotics?

Antibiotics are medicines that fight infections caused by bacteria but not used for infections caused by viruses (such as colds or flu). Sometimes antibiotics are given to prevent infection but only in special situations such as prior to some surgeries or when a person's immune system has been altered (for example, if receiving chemotherapy).

Antibiotics are prescribed by a doctor, nurse practitioner or dentist, and obtained from a pharmacy. Antibiotics will come with directions for how much to take, at what times of day, along with other directions, such as "take with food" or "keep refrigerated."

Common Uses

Antibiotics do not fight colds. As the body starts fighting a virus, white blood cells attack and kill the virus. The dead virus cells along with a person's white blood cells make the mucus darker and greener. As long as fever and other symptoms are improving, this is the natural course of an infection due to a virus.

Ear infections can be caused by viruses or bacteria. As a result, the doctor will often advise holding off on taking antibiotics. This also helps to prevent antibiotic resistance. Depending on the severity and past history, the doctor might decide an antibiotic is required.

Antibiotics are especially helpful in treating infections such as strep throat, urinary tract infections, and pneumonia.

A sore throat can be caused by either a viral or a bacterial infection. Most sore throats are caused by viruses. A sore throat caused by a virus typically occurs along with a cough, or runny nose.

Strep throat (bacterial infection) typically occurs about 7-10 days after a cold and should no longer be accompanied by a cough or runny nose. If a sore throat occurs without a cough and runny nose, but includes a fever and enlarged lymph nodes, talk with your doctor to see if a throat swab is recommended. If your sore throat is caused by a bacterial infection, the most common cause is Group A Streptococcus (GAS). In this case, antibiotics are recommended.

antibiotic
wise.ca



Antibiotic Wise Checklist

When your doctor suggests an antibiotic, find out the answers to these questions:

- Do I have a bacterial infection or a viral infection?
- Is this antibiotic safe to take with my other medicines, or my health conditions (including pregnancy)?
- What side effects should I expect?
- Are there other things that I can do to help me get better?

For more information on antibiotics, visit antibioticwise.ca

Riddles

*The more you take, the more you leave behind.
What am I?*

~ and ~

What is harder to catch the faster you run?



What Are Antibiotics? con't



When and When Not to Use Antibiotics

If your doctor suggests an antibiotic, ask questions and learn if you have a bacterial infection or a viral infection. Ask if the antibiotic is safe to take with your other medications, or health conditions. Ask what side effects you should expect. Ask if there are other things that you can do to help you get better.

Take all of the medicine as directed. Starting to feel better does not necessarily mean the infection is completely treated. Stopping treatment too soon can lead to recurrence of the infection or lead to antibiotic resistance. If antibiotic resistance develops, antibiotics may not work the next time you have an infection.



Connected Care Mobile App for iPhone Now Available!

Use your phone to find health services in Winnipeg.

Features

Emergency department and urgent care wait times

- Check out the approximate times people are currently waiting before being placed into a treatment area.
- Explore emergency department/urgent care locations on a map; Provides approximate distance from your current location.

Health Services Directory

- Explore services on a map focused on your current location.
- Search for services based on service type or community area.
- Send health service information to a friend or family member.

Get Your Flu Shot

Find locations to obtain your flu shots this Fall – Doctor's office, Pharmacy, Walk-in clinics, Community health centres, etc.

Family Doctor Finder

Helps connect you and your family with a regular primary care provider – who can provide you with a home base for your health care needs.

[Download the app](#)



Connect Care is available for free from the App Store.

HEADINGLEY 25th Anniversary RAFT RACE

July 1st



LAUNCH SITE: Aubrey Robinson Boat Launch (End of Rodney)
MARSHALL TIME: 8:00 AM
LAUNCH TIME: 9:00 AM
FINISH LINE: Caron Farm (6841 Roblin Blvd.)

BYO Lifejackets, No motorized vehicles.

Marshall boat on river, sails and bathtubs allowed. Rafts must have anchors so they can all start at the same time.

Prize awarded at Welcoming Ceremony
1 PM, 5353 Portage Ave.

Find a Physician

The **Family Doctor Finder** helps to connect Manitobans to a family doctor, nurse practitioner or pediatrician.

If you live in Manitoba and need a regular health care provider you can call the line to register with the program. When you call you will be asked for basic information about you, including where you live and your preferences for the type of provider (ex. gender, location, spoken language).

Your health region will then work to find a provider or clinic that is accepting new patients in a location that works for you.

This service is available in both English and French.

For more information, contact:

Family Doctor Finder
 Phone: 204-786-7111
 Toll-free 1-866-690-8260
www.gov.mb.ca/health/familydoctorfinder

Dial-a-Dietitian

1-877-830-2892
Call 204-788-8248 in Winnipeg

Free nutrition information for everyone

Eating well can be a daily challenge and you may have questions.

Call to speak to a Registered Dietitian right here in Manitoba and get answers about food and nutrition.





Our Next Lunches are:

Lunch Away – Denny's

Tuesday, June 6th, at noon

BBQ & Games

Tuesday, June 20th, at noon

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

Next Foot Clinic

Thursday, June 29th

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

Life Is Like A Jigsaw Puzzle



1. Don't force a fit! If something is meant to be, it will come together naturally.
2. When things aren't going so well, take a break. Everything will look different when you return.
3. Be sure to look at the big picture. Getting hung up on the little pieces only leads to frustration.
4. Perseverance pays off! Every important puzzle went together bit by bit, piece by piece.
5. When one spot stops working, move to another. Be sure to come back later (see #4).
6. The creator of the puzzle gave you the picture as a guidebook.
7. Variety is the spice of life. It's the different colors and patterns that make the puzzle interesting.
8. Working together with friends and family makes any task fun!
9. Establish the border first. Boundaries give a sense of security and order.
10. Don't be afraid to try different combinations. Some matches are surprising.
11. Anything worth doing takes time and effort. A great puzzle can't be rushed.
12. Take time often to celebrate your successes. . .even little ones.

Headingley's 25th Anniversary

The work that ultimately resulted in the first Headingley council's election in 1992, and Headingley being declared a rural municipality on Jan. 1, 1993, took about five years. Look how far we have come in twenty-five years!

Happy 25th Birthday Headingley!

Riddles.....

Page 3

..... *Footsteps!*

..... *Your breath!*



ENCORE

HEALTH & FITNESS STUDIO

Your *STAGE* to Active living
Headingley Community Centre



Summer Hours

Days: Monday thru Thursday

9:00 am - Noon

and

1:30 - 4:00 pm

Fees

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

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



June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 28	29	30	31	1	2	3
Black-fitness Blue-social Red-health Green-education Orange-municipal	 CANADA 150 1867-2017			10-11 am Yoga Flow 1:30-3:30 pm Cribbage		 Grand Opening of Grand Trunk Trail Bridge Beaudry Park 1 pm
4	5	6	7	8	9	
	9-10 am Hall Walking 10:00-11:00 Fit & Flex	10-11 am Gentle Yoga Noon-2:00 pm Lunch Away – Denny’s	9-10 am Hall Walking 10:30-11:30 Fit & Flex	10-11 am Yoga Flow 1:30-3:30 pm Cribbage		
11	12	13	14	15	16	17
<u>Summer Encore</u> <u>Fitness Hours:</u> 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs	9-10 am Hall Walking 10:00-11:00 Fit & Flex **Office Closed**	1:30-3:30 pm 55+ Club	9-10 am Hall Walking 10:30-11:30 Fit & Flex	1:30-3:30 pm Cribbage		
18	19	20	21	22	23	24
	9-10 am Hall Walking	Noon-2:00 pm BBQ & Games	9-10 am Hall Walking	1:30-3:30 pm Cribbage		
25	26	27	28	29	30	July 1
	9-10 am Hall Walking	1:30-3:30 pm 55+ Club	9-10 am Hall Walking	9 am-1:00 pm Foot Clinic 1:30-3:30 pm Cribbage		25th Hdly Anniversary/ 150th Canada 