



**Headingley Community Centre**  
5353 Portage Avenue  
Headingley, MB R4H 1J9  
204.889.3132 ext. 3  
[www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)

# September 2017 Issue 50

# Seniors' Scene

Enrich your life with us!

## IN THIS ISSUE...

Page 1 August 15<sup>th</sup> Folklorama Fun

Page 2 Seasonal Influenza

Who Should Get the Flu Shot?

Grandparents' Day

Riddles ?

Page 3 Next Lunch @  
Whitehorse Emporium  
Tuesday, Sept 5, noon  
~ and ~  
Backyard Birding  
Tuesday, Sept 19<sup>th</sup>, noon

Next Foot Clinic, Thurs, Sept 21<sup>st</sup>

MHRD Fall Guide

Answer to Riddles on page 2

Encore Fitness Summer Hours

National Seniors Strategy

Office Hours

Page 4 Sept 2017 Calendar



## Folklorama Fun



On August 15 – HSSI was able to join with Bright Beginnings Educare to bring the dancers from the Mexican Pavilion for a morning of great entertainment that was enjoyment for all ages!





**What is seasonal influenza?**

Seasonal influenza (the flu) is a respiratory infection caused by a virus. Not everyone who gets the flu develops symptoms but they can still spread it to others, especially if they cough or sneeze. The flu can seem similar to the common cold, but the signs and symptoms of the flu are usually more severe. Sudden high fever, body aches, extreme tiredness and dry cough are more common with the flu than the common cold. Other common symptoms include headache, chills, loss of appetite and sore throat. Nausea and upset stomach may also occur, especially in young children. The flu can lead to more serious problems like pneumonia and bacterial infections, sometimes resulting in hospitalization. The flu can spread easily from person to person through coughing, sneezing or sharing food or drinks.

You can also get the flu by touching objects contaminated with flu virus and then touching your mouth, eyes or nose. For this reason, it's important to cover your nose and mouth with your forearm when you cough or sneeze and wash your hands often with soap and water (or hand sanitizer if soap and water are unavailable), especially after coughing and sneezing.

The flu season in Manitoba usually begins in the fall and lasts into the spring.

This information was taken from;  
<http://www.gov.mb.ca/health/flu/factsheets.html>

**Grandparents' Day**

Grandparents' Day was founded in the United States by Marian McQuade "who made it her goal to educate the youth in the community about the important contributions seniors have made throughout history. "

The purpose of the holiday, celebrated on the 2<sup>nd</sup> Sunday in September, is to; "honor grandparents, to give grandparents an opportunity to show love for their children, and to help children become aware of strength, information and guidance older people can offer."

The flower associated with this day is a Forget-Me-Not



**Riddles ..... ?**

*What goes around and around the wood but never goes into the wood?*

*~ and ~*

*What never asks questions but is often answered?*

*Who Should Get the Flu Shot?*

An annual flu vaccine is available free-of-charge to all Manitobans six months of age and older as part of Manitoba's routine immunization schedule. An annual flu vaccine is especially important for; Manitobans at increased risk of serious illness from the flu, their caregivers and close contacts. This includes;

- \* People 65 years of age and older
- \* Residents of personal care homes or long-term care facilities
- \* Children 6 to 59 months of age
- \* Individuals with certain chronic health conditions
- \* Pregnant women
- \* Health care workers and first responders
- \* Regular caregivers of children up to 5 years of age
- \* Indigenous people

**Get your flu shot (not the flu) on October 26<sup>th</sup> at the Headingley Community Centre!**



**Our Next Lunches are:**  
**Lunch Away – Whitehorse Emporium**  
Tuesday, September 5<sup>th</sup>, at noon

**Lunch & Learn**  
**Backyard Birding with Preferred Perch**  
Tuesday, September 19<sup>th</sup>, at noon

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



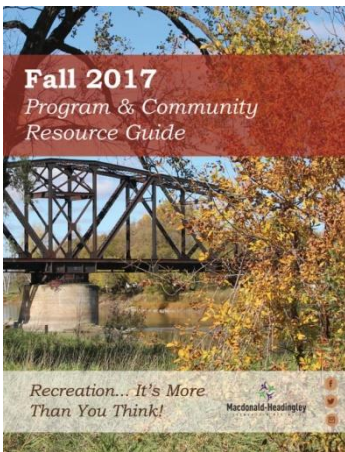
**Next Foot Clinic**

Thursday, September 21<sup>st</sup>

Register with Kristie by phoning 204-889-3132 ext 3.

**National Senior Strategy**

On August 15<sup>th</sup> MP Eyolfson joined our lunch to receive feedback from HSSI seniors regarding the National Senior Strategy that is being developed. For more information visit: <http://nationalseniorsstrategy.ca/>



The New Fall Guide is out! Look for HSSI programming on page 46 and 47.  
Encore Fitness classes can be found on Pg 52

**Have you met the person behind this door?**



Please feel free to stop by the office, send an email or give me a call; I would love to hear from you! My office hours can be found below.

Kristie Todd, HSSI Seniors Resource Coordinator

Encore will return to regular hours starting Monday, October 2nd

**Riddles..... ?** Page 2  
..... *Tree Bark!*  
..... *A Doorbell!*

**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](mailto:hdlyseniorservices@mts.net)  
**Website:** [www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)





# September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 27	28	29	30	31	1	2
Black-fitness Blue-social Red-health Green-education Orange-municipal				COMMUNITY CENTRE CLOSED FOR MAINTENANCE	COMMUNITY CENTRE CLOSED FOR MAINTENANCE	
3	4	5	6	7	8	9
		Noon-2:00 pm Lunch at Whitehorse Emporium		1:30-3:30 pm Cribbage		
10	11	12	13	14	15	16
		1:30-3:30pm 55+ Club	<b>1 Month!</b> until the Headingley Christmas Craft Sale	1:30-3:30 pm Cribbage		
17	18	19	20	21	22	23
	9-10 am Hall Walking	Noon-2:00 pm Lunch and Learn Backyard Birding	9-10 am Hall Walking	1:30-3:30 pm Cribbage		
24	25	26	27	28	29	30
	9-10 am Hall Walking 10 am Fit & Flex	10 am Gentle Yoga 55+  1:30-3:30pm 55+ Club	10 am Fit & Flex	10 am Yoga Flow  1:30-3:30 pm Cribbage		