



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

October 2017 Issue 51

Seniors' Scene

Enrich your life with us!

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11th Annual Christmas Arts and Craft Sale

Unique blend of
Christmas Crafts * Jewellery
Woodwork * Pottery * Toys
Stained Glass ... and much more

**HEADINGLEY COMMUNITY
CENTRE**
5353 Portage Avenue

Friday, October 13th
11:00 am - 7:00 pm
Saturday, October 14th
10:00 am - 4:00 pm

free parking * admission \$2.00 * canteen
Children 12 & under free admission
All proceeds to Headingley Senior Services.



Christmas Arts and Craft Sale **October 13th and 14th**

Finish your Christmas Shopping in October!

*Handmade products including; Jewellery,
Christmas Crafts, Stained Glass Ornaments, Baking,
Honey & Jams, Toys, Wood Crafts, Soaps, Pottery
and so much more.*

*Bring Your Friends....Visit with your Neighbor....We
look forward to seeing you there!*



Phishing Scam Emails

Phishing email messages, websites, and phone calls are designed to steal money. Cybercriminals can do this by installing malicious software on your computer or stealing personal information off of your computer.

Here are some things to look out for;

1. The "From" field email address listed at the top of the message is not associated with that company (ie. enquiry@redzebra.com.my)
2. Companies such as MTS or RBC will never request confidential information from a customer via email
3. Spelling and bad grammar
4. Links in the email to unsecure sites (DO NOT OPEN)
5. Threats such as "your account will be closed if you do not take action"

If you receive one of these emails please follow these steps;

- Do not respond to the email or share any personal information with the sender.
- Do not click on any links contained in the email.
- Delete the message from your Inbox.

Riddles ?

*I'm tall when I'm young and I'm short when I'm old. What am I? ~ and ~
What kind of tree can you carry in your hand?*

Halloween Safety Tips

- Keep all floors, entry ways and porches free of decorations.
- Add night lights to hallways, walkways and rooms, keep well lit.
- Avoid window decorations that block light or view of front entry.
- Use only safe pumpkin carving tools, light pumpkin with flameless votive.
- Place carved pumpkins outside to keep decaying smell and bugs outside.

If you do not wish to hand out treats (or have run out); find attached a poster which can be printed and placed on your front door.

Have a safe and Happy Halloween!

Did you know?

Headingley Library can help you load books onto your device. Whether it be a Kobo, Tablet or iPad unlock the variety of eBooks and Audio Books for free!

Visit Headingley Library located at 49 Alboro Street to get more info



THE PAGE TURNERS BOOK CLUB

WHEN: The first Monday of every month at 11:00 a.m.

WHERE: Headingley Library

WHY: To meet new people & discuss ideas over coffee and snacks!



For more information, contact Kristie at HSSI
204.889.3132, ext. 3
or Alison at Headingley Library
204.888.5410

A 55+ BOOK CLUB WHERE YOU CAN SHARE YOUR
LOVE OF READING
WITH OTHERS - OR JUST COME FOR THE COOKIES!





Headingley Library
49 Alboro Street

transportation is available through Headingley Seniors' Services

Mindful Mondays

Looking for more meaning and balance in your life? Struggle with stress from work, illness, anxiety, depression or chronic pain? Join us to explore mindfulness practices and how they can help. Experience the benefits of meditating in a group along with dialogue, questions and answers. First time and longtime meditators welcome!

First Monday of the month, please register with MHRD at (204) 885-2444

 **Get your flu shot (not the flu)** 
on October 26th at the
Headingley Community Centre
from 2:00 – 8:00pm

Make the Most of the Encore Gym!

The following classes are being offered out of the Encore Health and Fitness Studio located in the Headingley Community Centre at no cost:

Ask the Trainer

Tuesday, October 10th @ 9:00 am

Ball, Bosu & Free Weights

Thursday, October 19th @ 1:00 pm

Functional Exercises for the Activities of Daily Living

Thursday, November 23rd @ 1:00 pm

Call MHRD (204-885-2444) to register



Hours	
Days:	
Mon - Thurs	9 am - Noon And 1:30 - 4 pm
Evenings:	
Mon	8 pm - 9 pm
Tues & Thurs	7 pm - 9 pm



More Information

www.headingleyseniorservices.ca
hssi@mymts.net
204-889-3132 ext. 3

Fees

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



Our Next Lunches are:

Lunch & Learn – All About Arthritis

Tuesday, October 3rd at noon

Lunch & Games

Tuesday, October 17th at noon

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

ZUMBA – Not Quite Gold

Instructor: Diana Juchnowski

This program uses the Zumba formula and modifies the moves and pacing for a lower impact workout, featuring zesty Latin and International rhythms with easy to follow steps. Beginners welcome!

For more details and to register
Call MHRD (204-885-2444)

Next Foot Clinic

Thursday, November 2nd

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

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

Seniors and Elders Month

- Each October, many communities in Manitoba participate in Seniors and Elders Month by hosting an event to celebrate seniors. Events highlight intergenerational relationships, recognition of volunteers and promotion of active living.

HALLOWEEN PARADE: 9:30 TO 11:30

ON OCTOBER 31ST THE CHILDREN FROM BRIGHT BEGINNINGS WILL BE AT THE COMMUNITY CENTRE TO SHOW OFF THEIR COSTUMES AND ENJOY A SNACK WITH THE SENIORS.

COSTUMES ARE ENCOURAGED!



Riddles..... ?
..... A Candle!
..... A Palm!

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October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Black-fitness Blue-social Red-health Green-education Orange-municipal	9-10 am Hall Walking 10 am Fit & Flex	9 am Total Body Fitness 10 am Gentle Yoga Noon-2:00pm Lunch All About Arthritis	9-10 am Hall Walking 9 am Cardio – Strength Fusion 10 am Fit & Flex	10 am Yoga Flow 1:30-3:30 pm Cribbage		
8	9	10	11	12	13	14
		9 am Ask the Trainer 10 am Gentle Yoga 1:30-3:30pm 55+ Club	9-10 am Hall Walking 9 am Cardio – Strength Fusion 10 am Fit & Flex	10 am Yoga Flow 1:30-3:30 pm Cribbage	Headingley Christmas Craft Sale 11:00 – 7:00pm @ Headingley CC	Headingley Christmas Craft Sale 10:00 – 4:00pm @ Hdly CC
15	16	17	18	19	20	21
	9-10 am Hall Walking 10 am Fit & Flex	10 am Gentle Yoga Noon-2:00pm Lunch & Games	9-10 am Hall Walking 9 am Cardio – Strength Fusion 10 am Fit & Flex	10 am Yoga Flow 1:30-3:30 pm Cribbage		
22	23	24	25	26	27	28
	9-10 am Hall Walking 10 am Fit & Flex	10 am Gentle Yoga 1:30-3:30pm 55+ Club	9-10 am Hall Walking 9 am Cardio – Strength Fusion 10 am Fit & Flex	10 am Yoga Flow 1:30-3:30 pm Cribbage 2-8pm Flu Clinic in Multi-Purpose Room	 Bus Trip to Carberry	
29	30	• Halloween • 31	November 1	2	3	4
	9-10 am Hall Walking 10 am Fit & Flex	10 am Gentle Yoga 9:30-11:30 Halloween Parade	9-10 am Hall Walking 9 am Cardio – Strength Fusion 10 am Fit & Flex	10 am Yoga Flow 1:30-3:30 pm Cribbage		