



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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~ and ~

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Tuesday, October 21st noon

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11th Annual Christmas Arts and Craft Sale

On October 13th and 14th, HSSI hosted its annual craft sale at the Headingley Community Centre.

It was a great event showcasing crafters from all over the province and was enjoyed by all!

Many, many thanks to all of our wonderful volunteers who put in countless hours to make this such a successful event!





REMEMBRANCE DAY *Left We Forget*

A Remembrance Day Service will be held on Saturday November 11th starting at 10:45am in the Headingley Community Centre Auditorium



HSSI was lucky enough to receive a grant from the Headingley Community Foundation which enabled us to purchase a laptop computer for our volunteers.

To read the full story visit;

<https://www.winnipegfreepress.com/ourcommunities/headliner/Community-foundation-keeps-growing-452490393.html>

Profile of Courage, Veterans Week

A native of Winnipeg, Pilot Officer Andrew Mynarski earned the military's highest honour for bravery in the Second World War. While on a mission over France, his aircraft came under fire and the pilot ordered the crew to bail out. In an extraordinary act of heroism, Mynarski remained onboard to try to save his friend, Pat Brophy, who was trapped. Unable to release Brophy after numerous attempts, Mynarski reluctantly bailed out of the plane with his clothes and parachute on fire. While Mynarski would succumb to his injuries, Pat Brophy miraculously survived.

Andrew Mynarski was awarded the Victoria Cross posthumously for his effort to save another's life.

Local Veterans

Born and raised in Headingley, Dave Taylor joined the military during the Second World War as a mechanic in the Air Force.

A life-long Headingley resident, Jack Bell, served in the Royal Canadian Air Force

Dave Taylor and Jack's wife Margaret Bell will both be laying wreaths at the Headingley Remembrance Day Service

For a list of Headingley residents who have served our country please visit the War Heroes Section at; <http://www.rmofheadingley.ca/p/our-heritage>



55+ Club Christmas Luncheon

Tuesday, December 5th @ 11:30am

Tickets will be printed soon and will be available through Kristie or Gail at the Community Centre



HALLOWEEN FESTIVITIES



On October 31st we had a great time with our friends from Bright Beginnings Daycare. The children showed off their costumes, a magician performed, we shared a snack and many memories were made!



The Headingley Seniors were also asked to judge posters created by BBE's staff and children. All in all it was a wonderful morning!



RISE: Reach Out and Brighten a Senior's Day

Throughout the fall months, daylight becomes scarce, and the days grow even shorter once daylight savings ends. For a senior living alone, who has health challenges or is acting as caregiver, less light can increase the risk of becoming withdrawn and isolated.

On RISE Sunday, November 5, the day we turn the clocks back, we invite you to reach out to a senior.

With a simple act of kindness, you can make a difference in a senior's life.

For more information, visit: www.rise-cisa.ca

Riddles ?

*What are two keys can't open any doors?
~ and ~*

What has a head, a tail and is brown but has no body?



ENCORE
HEALTH & FITNESS STUDIO
Your *STAGE* to Active living
Headingley Community Centre

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



More Information
www.headingleyseniorservices.ca
hsi@mymts.net
204-889-3132 ext. 3

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



Our Next Lunches are:
Lunch & Learn – Healthy Eating
Tuesday, November 7th at noon

Chili & Games
Tuesday, November 21st at noon

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

Headingley Senior Services
would like to thank again all of
the amazing volunteers who
helped with the Craft Sale. This
event would not be possible
without you!

HSSI sincerely thanks you all for
your time and support.

Interested in volunteering for next
year's sale? Please contact
Kristie (204) 889-3132 ext. 3

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

Functional Exercises for the Activities of Daily Living with Andrew Schindle

Learn to incorporate exercises that improve your ability to perform daily tasks and improve overall mobility. Come prepared to work out!

This free session will take place at the Encore Health and Fitness Studio located inside the Headingley Community Centre on November 23rd @ 1:00 pm

Please contact MacDonald Headingley Recreation to register at (204) 885-2444



Daylight Savings Time
Ends on
November 5
at 2:00am,
and the
clocks will
“fall” back
one hour

Riddles.....

?

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A Monkey and Donkey!

A Penny!



November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
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	9-10 am Hall Walking 9 am Cardio – Strength Fusion 10 am Fit & Flex	10 am Yoga Flow 1:30-3:30 pm Cribbage		
5	6	7	8	9	10	11
	9-10 am Hall Walking 10 am Fit & Flex	9 am Ask the Trainer 10 am Gentle Yoga Noon-2:30pm Lunch Healthy Eating	9-10 am Hall Walking 9 am Cardio – Strength Fusion 10 am Fit & Flex	10 am Yoga Flow 1:30-3:30 pm Cribbage		Remembrance Day Service 10:45 am 
12	13	14	15	16	17	18
	-Community Centre Closed -	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		
19	20	21	22	23	24	25
	9-10 am Hall Walking 10 am Fit & Flex	10 am Gentle Yoga Noon-2:00pm Chili & Bingo	9-10 am Hall Walking 9 am Cardio – Strength Fusion 10 am Fit & Flex	10 am Yoga Flow 1-2 pm Functional Exercises for Daily Living 1:30-3:30 pm Cribbage		
26	27	28	29	30	December 1	2
	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		