



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

December 2017  
Issue 53

# Seniors' Scene

Enrich your life with us!

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Lunch & Learn

Tuesday, January 16<sup>th</sup> noon

~ and ~

Lunch & Games

Tuesday, February 6<sup>th</sup> noon

Volunteer Thank You

Next Foot Clinic, Thurs Dec 7<sup>th</sup>

Office Hours

Holiday and Regular Encore  
Hours

Old Fashioned Christmas

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## *Headingley 55+ Christmas Luncheon*

Tuesday, December 5<sup>th</sup> at noon

Headingley Community Centre

\*Limited tickets still available, please see  
Gail or Kristie to purchase\*





### Holiday Safety Tips

The holidays are a time for gathering with friends and family while enjoying the season. But this time of year can also be a dangerous time for seniors with icy, cold conditions and increased isolation. Something as harmless as holiday decorations may also pose a hazard. Health can also be strained by seasonal bugs or falls on slippery ice. There are several ways to help avoid injury and illness during the holiday season.

#### Staying Safe

During the holidays, some may try to push themselves harder. Whether it's shoveling snow or putting up those holiday lights and decorations, not being careful can lead to accidents – especially falls. If someone has had a knee or hip replacement recently, it is even more important to be mindful when doing holiday activities to avoid re-injuring the joint.



*Headingley Senior Services,  
wishes you and yours a safe  
and happy Holiday Season*

Here are some easy ways to ensure to stay safe:

- Hire someone to shovel snow from walkways and driveways. If you plan to do it yourself, tackle cleanup in small chunks rather than all at once. Take plenty of breaks and stay hydrated by drinking water.
- Make sure all outdoor walk ways around the home are free of ice by using plenty of sand or salt to prevent falls.
- Keep a good supply of candles, dry matches, food, extra blankets and medications.
- During bad weather, enlist the help of a family member or friend to take you for groceries or trips to the doctor.
- Use flame-resistant decorations and keep power cords away from heavily travelled areas. Try not to leave open flames unattended.
- Get help putting up holiday decorations.

Taken from  
<https://www.homehero.org/blog/health/the-holidays-safety-tips-for-seniors>

### Riddles ..... ?

*What turns things around but never moves?*

*What belongs to you but others use it more than you do?*



Looking for the right gift for that hard  
to buy person on your list?

What about an MHRD gift card?!  
They can be used for any courses  
offered through the MacDonald  
Headingley Recreation Guide.

Here's our suggestion:

Wood Carving for Beginners

Starting January 30<sup>th</sup>

Call MHRD to register at (204) 885-2444

*Riddles.....*

?

Page 2

..... *A Mirror!*  
..... *Your Name!*

**Grief Seminar – Holidays Can be  
Difficult**

Tuesday, December 5 from noon to 1pm

Chapel Lawn Memorial Gardens & Funeral  
Home 4000 Portage Ave, Winnipeg

To register call (204) 885-9715

Headingley Christmas Breakfast  
Saturday, December 2<sup>nd</sup>  
Headingley Community Center  
7:00 am – 11:00 am

# SNOWBALL

~ SHEL SILVERSTEIN

I MADE MYSELF A SNOWBALL,  
AS PERFECT AS COULD BE,  
I THOUGHT I'D KEEP IT AS A PET,  
AND LET IT SLEEP WITH ME.

I MADE IT SOME PAJAMAS,  
AND A PILLOW FOR ITS HEAD,  
THEN LAST NIGHT IT RAN AWAY,  
BUT FIRST - IT WET THE BED!

## FUNNY CHRISTMAS

*Homemade*  
GIFTS MADE EASY

*poems*

What's Happening in  
Headingley?

Presenter: R.M. of Headingley  
Council Members

After celebrating 25 years,  
what's changed? Have we  
made any progress? What does  
the next 25 years have in store?

Tuesday, January 16<sup>th</sup>

Headingley Community Centre

12:00pm – 2:30pm

Please register with Kristie by  
January 9<sup>th</sup> at (204) 889-3132 ext 3



**Our Next Lunches are:**  
**Lunch & Learn – What's Happening in  
Headingley?**

Tuesday, January 16<sup>th</sup> at noon

**Lunch & Games**

Tuesday, February 6<sup>th</sup> at noon

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

As 2017 draws to a close, I just wanted to take a moment to thank all of our wonderful and dedicated volunteers. From the ladies in the kitchen, to the drivers to the many other countless volunteers; without you there would be no HSSI.  
Many, Many Thanks,  
Kristie, Resource Coordinator



Thursday, December 7<sup>th</sup>

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

## Holiday Hours for Encore Health & Fitness Studio



**Encore will be CLOSED:**

*December 13th and 14th*

Phoenix School Christmas Concerts

*December 21st noon through January 1st, 2018*

Headingley Community Centre building will be closed

**Encore will reopen: Tuesday, January 2nd 2018**



# Merry Christmas



Please join us for an  
Old Fashioned Christmas, set in 1885.  
The service, music and refreshments will be  
reminiscent of 19<sup>th</sup> century traditions.

Holy Trinity Anglican Church  
5335 Portage Avenue, Headingley  
Sunday evening, December 10  
Evensong Service at 7:00



## ENCORE

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

**Hours**

**Days:**  
Mon - Thurs 9 am - Noon  
*and*  
1:30 - 4 pm

**Evenings:**  
Mon, Tues & Thurs 7 pm - 9 pm



**Fees**

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

**More Information**

[www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)  
hssi@mymts.net  
204-889-3132 ext. 3





# December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 26	27	28	29	30	1	2
Black-fitness Blue-social Red-health Green-education Orange-municipal	9-10 am Hall Walking 10 am Fit & Flex	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		
3	4	5	6	7	8	9
	9-10 am Hall Walking 10 am Fit & Flex	10 am Gentle Yoga  12:00 – 2:00pm 55+ Christmas Lunch	9-10 am Hall Walking 9 am Cardio – Strength Fusion 10 am Fit & Flex	10 am Yoga Flow  1:30-3:30 pm Cribbage		
10	11	12	13	14	15	16
	9-10 am Hall Walking 10 am Fit & Flex	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		
17	18	19	20	21	22	23
				*Community Centre Closed @ NOON and will re-open January 2*	×	×
24/31	25	26	27	28	29	30
Christmas Eve <hr/> New Year's Eve	×	×	×	×	×	