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

May 2018
Issue 58

Seniors' Scene

Enrich your life with us!

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Lunch Time

Last month we had 2 fantastic lunches: Spring Trivia and Estate Planning (pictured below)

This month will be no different with Life Organized on May 1st and Let No One Be Alone on May 15th

For more information or to register contact Kristie at (204) 889-3132 ext. 3

Phishing Season

Phishing scams are traditionally associated with misleading and deceptive emails, falsely claiming to be from a legitimate organization such as a financial institution, business or government agency in an attempt to have the consumer surrender private and personal information.

Scammers are expanding the way they contact consumers. Telemarketing campaigns and text messaging are used increasingly to contact and mislead potential victims into providing their private and financial information. Moreover, some of these unsolicited phishing campaigns are designed to get victims to click on malicious links or attachments that result in the installation of malicious software such as key loggers.

Warning signs - How to protect yourself

- Beware of unsolicited emails, text messages or phone calls from individuals or organizations prompting you to click on an attachment or link.
- Watch for spelling and formatting errors.
- Check the embedded hyperlink in the suspicious email by hovering your mouse over the link to verify the address.
- Do not click on any attachments; they can contain viruses and spyware.

Go with your gut. If an email seems fishy it probably is.

Bank Investigator Scam

The Canadian Anti-Fraud Centre (CAFC) is receiving increased reporting from victims that have been misled by scammers portraying themselves as representatives of financial institutions, law enforcement or other officials. These scammers claim there is a suspicious charge on the victim's credit card. The CAFC is seeing many variations of the scam. The following is a summary highlighting some of the commonalities.

Scammers may call victims on landlines in the early morning and claim a suspicious charge was done in the middle of the night on the victim's credit card. They claim the charge is either from an online purchase, in store transaction or overseas transfer. They then state they require the victims' credit card to cancel the transaction.

In some cases, victims are transferred to an alleged investigator. More commonly, they are requested to immediately call the number on the back of their credit card to verify the validity of the initial call. When victims believe they have hung up, the original caller, not having actually disconnected, redirects the victims to imposters. At this time, the victims are persuaded to transfer funds to an external bank account to safeguard their funds until the 'investigation' is complete.

Continued on Page 3

Phishing Season—cont. from Page 2

In this variation of the scam, the fraudsters are calling victims on landlines.

In other cases, scammers will gain access to the victim's computer to continue the alleged 'investigation.' Victims are then shown a fraudulent transaction on their online banking account. The scammers indicate they want the victims' help in an ongoing 'investigation' against the criminals who stole their money. The alleged bank investigator and/or law enforcement official indicates they will send the victim a deposit of funds, which the complainant will then send overseas as part of the 'investigation'. When the deposit appears in the victim's account the complainant sends the money to help in the ongoing investigation. It is not until the transfers are completed that the victim realizes funds were never deposited into their account.

Warning signs - How to protect yourself

Calls to landlines from scammers in the 'Bank Investigator' scam tend to happen in the early morning, oftentimes when a victim is still sleeping and not yet alert. Be alert when dealing with financial matters.

Financial institutions will never request transferring funds to an external account for security reasons.

Criminals use "Call-Spoofing" to mislead victims. Do not assume that phone numbers appearing on call display are accurate. This call-spoofing technology is easily available.

Never provide remote access to your computer systems to unknown callers.

Taken from: http://www.antifraudcentre-centreantifraude.ca/fraud-escroquerie/types/phishing-hameconnage/index-eng.htm

Fraud: Recognize, report and stop it!

For more information visit;

http://www.antifraudcentre-centreantifraude.ca/

Jokes .....

Why do milking stools only have 3 legs?

~ and ~

What bird can lift the most?

Answers on Page 4

Lunch: Let No One Be Alone

Tuesday, May 15th

Noon to 2:00

To Register:

Contact Kristie at

(204) 889-3132 ext. 3

Everyone knows someone living alone, let's take the time to make sure those that are alone know that we care. Bring a friend or a neighbor who has not previously attended and they will receive a free lunch!

Our Next Lunches are:

Lunch & Learn

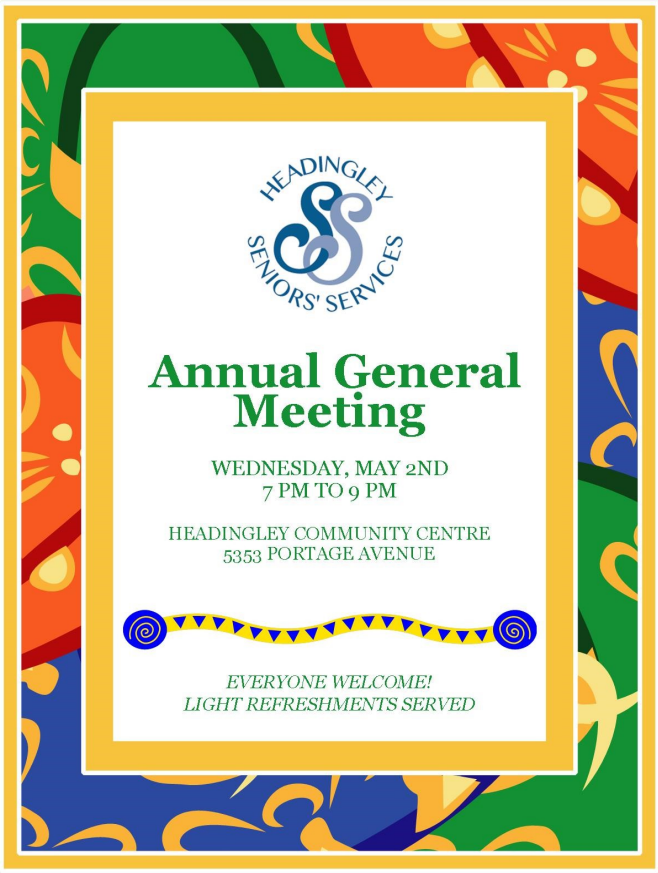
Life Organized

Tuesday, May 1st at noon

Lunch & Games

Tuesday, May 15th at noon

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



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

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
hssi@mymts.net
204-889-3132 ext. 3

Mother's Day Tea

Headingley United Church

2:00—4:00pm

All are welcome

Silver collection will be taken

Next Foot Clinic

Thursday, May 24th

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

***Jokes*.....** *Page 3*

.....Because the cow has the "udder" one

.....A Crane

Activities held at the Headingley Community Centre

5353 Portage Ave., Headingley

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
Black-fitness Blue-social Red-health Green-education Orange-municipal	10:00 Fit & Flex	Noon—2:00 Lunch & Learn: Life Organized	10:00 Fit & Flex 7-9 HSSI AGM	1:30 - 3:30 Cribbage	LET NO ONE BE ALONE WEEK STARTS	
6	7	8	9	10	11	12
	10:00 Fit & Flex	10:00 Gentle Yoga 1:30-3:30 55+ Club	10:00 Fit & Flex	10 :00 Yoga Flow 1:30 - 3:30 Cribbage		
13	14	15	16	17	18	19
	10:00 Fit & Flex	10:00 Gentle Yoga Noon - 2:00 Lunch: Let No One Be Alone	10:00 Fit & Flex 11:30 Foam Roller Workshop	10:00 Yoga Flow 1:30 - 3:30 Cribbage		
20	21	22	23	24	25	26
	 (Community Centre Closed)	10 :00 Gentle Yoga 1:30-3:30 55+ Club	10:00 Fit & Flex	10 :00 Yoga Flow Foot Clinic 1:30 - 3:30 Cribbage		
27	28	29	30	31	1	2
	10:00 Fit & Flex	10 :00 Gentle Yoga	10:00 Fit & Flex	10:00 Yoga Flow 1:30 - 3:30 Cribbage		