



Headingley Community Centre

5353 Portage Avenue

Headingley, MB R4H 1J9

204.889.3132 ext. 3

[www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)

August 2018

Issue 60

# Seniors' Scene

Enrich your life with us!

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## Manitoba Festivals in August

If you are looking for something to do in the month of August check out what is going on in our wonderful province.

1. Fire & Water Music Festival  
Lac du Bonnet August 3-5
2. Canada's National Ukrainian Festival  
Dauphin August 3-5
3. Metis Day  
St. Laurent August 3-5
4. Icelandic Festival  
Gimli August 3-6
5. Folklorama  
August 5-18
6. Kleefeld Honey Festival August 10-12
7. Portage Potato Festival August 10-12
8. Western Days  
Sandy Lake August 10-12
9. Winkler Harvest Festival & Exhibition  
August 10-12
10. Harvest Sun Festival  
Kelwood August 17-19
11. Whoop & Hollar Folk Festival  
Portage la Prairie August 25
12. Morden Apple & Corn Festival  
August 24-26

*continued on page 5*



## Heat Exhaustion and Sun Stroke Prevention

Do you know the difference between heat exhaustion and sun stroke? Heat exhaustion is the result of spending too much time in the heat. It's most commonly caused by extremely hot weather conditions, or hot working conditions – think of an electrician working on a roof on a 30+ degrees day, or a chef in a commercial kitchen. You don't have to be in the sun to suffer heat exhaustion; it can be caused by not replacing lost fluids over a period of days, but spending significant time in the sun without drinking enough water can also be a factor.

Sun stroke on the other hand is caused from direct sunlight and is actually considered a medical emergency. It occurs when your body's heat-regulating system fails due to exposure to high temperatures; the reason you need to take it seriously is because it can lead to damage to major organs.

In order to prevent sun stroke and heat exhaustion, follow these six basic guidelines:

1. **Drink water!** This is particularly crucial during the summer months. You should be aiming for 12 cups of water at a minimum per day in order to maintain regular body temperatures!
2. **Dress appropriately** – You may have planned to wear your favourite dress or pants for the day, but before you lock it in, make sure that it's appropriate for the weather on any given day. If it's hot, try and wear loose fitting, lightweight and light-coloured clothing – it will help keep your body cool.
3. **Being shady isn't always a bad thing!** Take it easy during the hottest times of the day – usually between 11am and 2pm. When you can, seek out some shade especially during these times. Try and avoid high energy activities like hiking, running and cycling.
4. **Don't forget the SPF!** Don't be deceived by cloud cover; UV will still find you even if the weather is overcast, so apply sunscreen to the major areas like your nose, ears and neck. Our friends at the Canadian Dermatology Association recommend SPF 30. And don't forget to reapply if you're planning on being outside for more than a couple of hours.
5. **Keep a cool head.** Alcohol can affect your ability to judge temperature and it also leads to dehydration – two factors which can increase the risk of heat exhaustion and sun stroke. Instead, try and drink non-alcoholic beverages in little sips, and often.
6. **Time out.** The heat is an energy-sapper, especially among children and the elderly. Allow more rest time on hot days and consider taking that time out in a cool bath or shower.

If you've missed any of the tips above, look out for these signs:

- No sweat – people often notice that they stop sweating when suffering heat exhaustion or sun stroke
- Confusion and lethargy – your body is trying to pool the little energy it has, so you may start to feel disoriented and tired.

If you start to notice any of these signs, seek help and get in touch with a medical professional. The earlier you can start to treat the symptoms, the sooner you can start recovery and the better you'll feel.



## Manitoba Festivals in August, continued from page 1

13. Carrick Days, August 11 & 12
14. Augustfest Homecoming Concerts, Brandon, August 16-19
15. Hanover Agricultural fair, Grunthal, August 16-19
16. Virden Indoor Rodeo & Wild West Days, August 16-19
17. Rainbow Trout Music Festival, St. Malo August 17-19
18. Winnipeg BBQ & Blues Festival, August 17-18
19. Rosburn Dukefest, August 17-18
20. Plum Fest, Plum Coulee, August 17-19
21. Stonewall Quarry Days, August 17-19
22. Oddblock Comedy Festival, Kelwood, August 17-19
23. Winnipeg Classic Rock Festival, August 23
24. FallJam 6 Music Festival, St. Andrews August 24-26
25. Rosenort Summer Festival August 24-26
26. Ribfest, The Forks, August 24-26



### *Riddles* .....

*When is a door not a door?*

*~and~*

*Flat as a leaf, round as a ring, has two eyes and can't see a thing. What is it?*



## Volunteer Appreciation Dinner

On June 7<sup>th</sup>, 64 very much appreciated volunteers from the Headingley Seniors' Services gathered for a delicious Volunteer Appreciation Dinner from Luigi's. Dinner was at the Headingley Community Centre and was served to our volunteers from the wonderful volunteer staff at RBC.



Do you like music? Do you like to sing? Musical Grandfriends is an intergenerational music program that will engage children and older adults. This program will provide opportunities for interaction & connection through songs, games & various musical activities. Come & see what Musical Grandfriends is all about & after enjoy a delicious lunch made by our Volunteers. For more information call Shelley @ 204-889-3132 ext.3



Fall Session Dates: September 25  
October 2, 9, 16, 23, 30



November 6 & 13

Location: Headingley Community Centre



*Thank You*

My children & I would like to thank every one of you for your thoughts, prayers & support during one of our most difficult times. There are not enough words to say how thankful we are.

Your kindness will not be forgotten.

With much love,  
Shelley, Ashley, Rylan & Tyson Jensen



## VOLUNTEERS NEEDED

Headingley Senior Services is in need of someone just like you to volunteer their time every now and then when someone requires help with transportation or small jobs around the house and yard. If you are interested in putting your name forward please contact Shelley at 204-889-3132 ext. 3

### Next Foot Clinic

Thursday, August 16<sup>th</sup>  
Be sure to register with Shelley by phone at 204-889-3132 ext 3



## Summer Fitness Programs

### Pickleball

Location: Phoenix Community Centre (outdoors)

Register with Brodie Blair email : brodiecblair@gmail .com & Sarah Fetterly email: sfetterly@shaw.ca

### Encore Health & Fitness Studio

Location: Headingley Community Centre

See hours below. Membership required.

### Our summer lunches are:

#### BBQ & Games

Tuesday August 21<sup>st</sup>,

Noon-2:00pm



### Riddles.....

page 3

..... *When it's ajar*

..... *A button*

## 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

### Summer Office Hours:

Monday 9am - noon  
Tuesdays: 9am - noon 1pm - 4pm  
Wednesdays: 9am - noon  
Thursdays: 9am - noon 1pm - 4pm


Phone: (204) 889-3132 ext 3

Email: [hdllyseniorservices@mts.net](mailto:hdllyseniorservices@mts.net)

Website: [www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)



# August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Black-fitness Blue-social Red-health Green-education Orange-municipal				1:30-3:30 pm Cribbage	 Gimli Icelandic Festival	Gimli Icelandic Festival
5	6	7	8	9	10	11
Folklorama-Week 1  Gimli Icelandic Festival	Folklorama-Week 1  	Folklorama - Week 1	Folklorama - Week 1  Hall Walking 9:00am-10:00	Folklorama - Week 1  1:30-3:30 pm Cribbage	Folklorama - Week 1	Folklorama - Week 1
12	13	14	15	16	17	18
Folklorama - Week 2	Folklorama - Week 2  Hall Walking 9:00am-10:00am	Folklorama - Week 2  1:30-3:30pm 55+ Club	Folklorama - Week 2  Hall Walking 9:00am-10:00am	Folklorama - Week 2  Foot Clinic  1:30-3:30 pm Cribbage	Folklorama - Week 2	Folklorama - Week 2
19	20	21	22	23	24	25
<u>Summer Encore Fitness Hours:</u> 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs	Hall Walking 9:00am-10:00am	Noon-2:00pm  BBQ & games	Hall Walking 9:00am-10:00am	1:30-3:30 pm Cribbage	 Corn & Apple Festival Morden, MB	Corn & Apple Festival Morden, MB
26	27	28	29	30	31	1
Corn & Apple Festival Morden, MB	Hall Walking 9:00am-10:00am	1:30-3:30pm 55+ Club	Hall Walking 9:00am-10:00am	1:30-3:30 pm Cribbage		