



**HEADINGLEY  
COMMUNITY  
CENTRE**

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

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# Seniors Scene

*Enrich your life with us!*



Learned a lot at our monthly Lunch & Learn last Tuesday, March 5th - Medicinal Marijuana. Come join us for our next Lunch & Learn Tuesday, April 2nd - Do I Still Need This Medication? Phone Patti to reserve your seat today 204-889-3132. ext 3.



**55+ South Beach**

**Casino Trip**

**Thursday April 4,  
2019**

**Cost: 20.00/person**

Includes bus trip to and  
from South Beach Casino  
and buffet lunch.

Please call Patti Cutts,  
at 204-889-3132 ext 3 to  
reserve your spot.

# Understanding the New Canadian Food Guide

McMaster University

## March is Nutrition Month

The government of Canada recently published a revised food guide, the first update in 12 years, that provides Canadians with new guidance on healthy eating. The four main food groups, with suggested servicing sizes, have been eliminated. They have been replaced with suggestions on types of foods to eat, how to stay hydrated, and considerations for where, when, how, and why to eat. A much stronger emphasis on consuming plant-based foods instead of dairy and meat is also stressed.

In honour of Nutrition Month, McMaster University has compiled the latest evidence-informed resources to help you better understand the new food guide recommendations using the latest trustworthy information from their McMaster Optimal Aging Portal.

New principals from the 2019 food guide include:

1. Eating plenty of vegetables and fruits, whole grain foods and protein foods that come from plants.
2. Limiting highly processed foods and choosing healthier options when dining out by using labeling to make more informed decisions.
3. Making water your drink of choice.

One of their Blogs discusses the feeling of being overwhelmed by all the diet and nutrition advice.

“Television, newspapers, magazines, radio, the internet... everywhere you turn there are ads and articles telling you what you should and shouldn't eat. Unfortunately the information is often unproven, contradictory and just downright sketchy. It's tempting to give up and give in to your sugar/salt/saturated fat cravings and let the chip crumbs fall where they may (usually between the seat cushions).”

Please do not ignore. “A nutritious, well-balanced diet is important to health and well-being throughout the lifespan and helps us maintain strength, mobility and a good quality of life as we age. It's never too late to make better food choices but *some people try to do too much at once*, which can lead to frustration and failure.”

## Take Five for Better Health

Instead they just suggest to start with only a few changes. They have given five simple, sensible and proven suggestions to help promote healthy aging based on research evidence from recent reviews.

Below are the five suggestions for better health from their website:

<https://www.mcmasteroptimalaging.org/blog/detail/blog/2016/08/05/five-diet-changes-supported-by-research-evidence>

*Con't on page 3*

## 1. Please pass (up) the salt

You've always heard that too much salt is bad for you. Now research confirms the benefits of cutting back: reducing your sodium intake will help lower your blood pressure, which in turn decreases your risk of heart disease. The main culprit is processed foods.

## 2. Nothing fishy about this advice

Another good way to promote heart health is to eat more salmon, mackerel, tuna and other fish high in omega-3 fatty acids. Don't like fish? Try fish oil supplements. Research shows that people with high blood pressure who took fish oil supplements saw a small drop in their blood pressure readings.

## 3. Cut the (saturated) fat

When it comes to our diet, not all fat is created equal. Saturated fat – common in meat and dairy – is the one we need to be most concerned about. According to research, reducing the saturated fat in our daily diets and replacing some with healthier unsaturated fats – found in plant oils – can lower our risk of heart disease.

## 4. Go Mediterranean

Need the structure of a diet plan to stay on track? There are so many to choose from, ranging from the sensible to the bizarre. The Mediterranean diet is one of the former. It supports the other recommendations by encouraging people to eat more vegetables, fruit, fish, whole grains and unsaturated fats such as olive oil. A vegetarian diet is another option that emphasizes similar

foods and plant-based fats and protein.

Diabetic? There is evidence that a Mediterranean diet can also improve your blood sugar, insulin and blood pressure levels as well as help you lose weight.

## 5. Take care with your choice of tableware

For people who are overweight or at risk of obesity, reducing portion sizes can help cut down on un-needed calories. Did you know that the size of the plate, package or portion you are offered can influence how much food you eat and drink? Use a smaller plate and say no to 'super-sized' portions to help avoid the health risks associated with weight gain.

### Small, Steady Improvements for Long-Term Success

The suggestions above are a good place to begin and can help get you on the right track without biting off more than you can chew. Then start incorporating additional nutrition and lifestyle changes as needed in helping you achieve your own personal health goals.

Discuss your diet plan with your doctor, particularly if you have a chronic disease or other medical condition that can be affected by your diet.

Check out the McMasters website for more info:

<https://www.mcmasteroptimalaging.org/hitting-the-headlines/detail/hitting-the-headlines/2019/03/05/understanding-the-new-canadian-food-guide>



**Dear Self:**

A workshop about the practice of self compassion. With slow flow yoga, meditation & open reflection we will discuss our connectedness as human beings, learn how to be more mindful of our negative self talk and learn ways to treat ourselves more kindly.

**March 12th**  
 7:00 pm - 9:00 pm  
 \$30.00  
 INSTRUCTOR:  
 AMANDA BURKOWSKI / SHIFT WPG  
 HEADINGLEY COMMUNITY CENTRE  
 REGISTER BY MARCH 5  
 204.885.2444  
 MHRD.CA  
 INFO@MHRD.CA



**Next Foot Clinic**

**Thursday, March 14th**

Be sure to register with Patti by phone at 204-889-3132 ext 3



*Riddles . . .*

1. *What do you get when you cross a four-leaf clover with ivy?*
2. *What did the leprechaun say on March 17?*

*Answers on page 5*

**Up and Coming Lunch & Learns**

Tuesday April 2nd - Noon - 2:00 pm  
**Do I Still Need This Medication?**

Tuesday May 7th - Noon - 2:00 pm  
**Headingley Foundation**

**Contact Patti to reserve your seat  
 204-889-3132 ext.3**



Watch for the Spring Resource Guide to arrive in your mailbox mid-March or check it out now on their website at [mhrd@ca](mailto:mhrd@ca).



*Riddles . . .*

- 1) *A rash of good luck on St. Patrick's Day!*
- 2) *Irish you a Happy St. Patrick's Day!*

*Answers from Page 4*



**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 to events at the community centre or a doctor's appointment downtown.

If you are interested in giving back in our community, please contact Patti:

204-889-3132 ext. 3  
or  
[hdlyseniorservices@mts.net](mailto:hdlyseniorservices@mts.net)

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

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

  

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

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

**Winter Office Hours:**

- Monday:** 9:00am - noon
- Tuesday:** 9:00 am-noon & 1pm -4pm
- Wednesday:** 9:00am – noon
- Thursday:** 9:00 am-noon & 1pm-4pm
- Phone:** (204) 889-3132 ext 3
- Email:** [hdlyseniorservices@mts.net](mailto:hdlyseniorservices@mts.net)
- Website:** [headingleyseniorservices.ca](http://headingleyseniorservices.ca)



# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Hall Walking 9-10 am Fit & Flex 10-11 am	5 Gentle Yoga 9:30-10:30 am <i>Musical Grandfriends</i> 10:45-11:30 am <i>Lunch &amp; Learn</i> Noon-2:00 pm	6 Hall Walking 9-10 am Fit & Flex 10-11 am <b>Exercise to Prevent Injuries 1-2 pm</b>	7 Yoga Flow 9:30-10:30 am <i>Cribbage</i> 1:30-3:30 pm	8	9
10 <i>Daylight Savings Time</i>	11 Hall Walking 9-10 am Fit & Flex 10-11 am	12 Gentle Yoga 9:30-10:30 am <i>Musical Grandfriends</i> 10:45-11:30 am <i>55+</i> 1:30-3:30pm	13 Hall Walking 9-10 am Fit & Flex 10-11 am	14 Yoga Flow 9:30-10:30 am <b>Foot Care Clinic</b> 9 am-Noon <i>Cribbage</i> 1:30-3:30 pm	15	16
17 <i>Happy St Patrick's Day</i> 	18 Hall Walking 9-10 am Fit & Flex 10-11 am	19 Gentle Yoga 9:30-10:30 am <i>Lunch &amp; Games</i> Noon-2:00 pm	20 Hall Walking 9-10 am Fit & Flex 10-11 am	21 Yoga Flow 9:30-10:30 am <i>Cribbage</i> 1:30-3:30 pm	22	23
24	25 Hall Walking 9-10 am	26 <i>Musical Grandfriends Concert/ Lunch</i> 10:30-12:30 pm <i>55+</i> 1:30-3:30 pm	27 Hall Walking 9-10 am	28 <i>Cribbage</i> 1:30-3:30 pm	29	30
31						