



April 2019

Issue 68

# Seniors Scene

*Enrich your life with us!*

## HEADINGLEY COMMUNITY CENTRE

5353 Portage Avenue  
Headingley, Manitoba  
R4H 1J9  
204-889-3132 ext 3

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

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## Musical GrandFriends

After two wonderful Fall and Winter sessions of four-year-olds and 55+ year-olds singing together, we concluded with a Spring Lunch and Concert. Fun was had by all!

Thanks Lori Schroeder for helping us make new friends!

# Do Something Good for Yourself Today Read a Book!



## Blog Article from Victoria Lifeline

*Krystal Stokes*

*I recently attended a workshop with Victoria Lifeline and found they are more than an excellent source for information on Falls and Falls Prevention but also other aspects of aging. With Krystal's permission, I will share Blog excerpts about being good to yourself through reading. (Bold print added)*

“According to BookNet Canada, a non-profit organization that develops technology, standards, and education for the Canadian book industry, Canadians are reading a little bit less each year. In 2014, 88 percent of Canadians said they had read a book in the last year. In 2017, that dropped to 81 percent. This is reflective of a steady but *slow* decline over the last several years. People who do read continue to choose books based on the ever popular ‘word of mouth’ and more recently, online reading groups. Up to 35 percent of those respondents also said they belonged to book clubs. . .”

“The 2015 Canadian census reported that the **participation rate for leisure reading increased with age**. For example, 24 percent of adults between the ages of 55 to 64 reported reading compared to 42 percent of adults aged 75 +. Perhaps if everyone knew just how good reading was for you, people of all ages would be more inclined to pick up a book! Let’s take a closer look at some of the latest research on

reading and brain health.

“A study published in the journal *Neurology* found that **people who read frequently throughout their lifetime experienced cognitive decline at a slower rate than those who didn’t**. Furthermore, according to an article published in *Psychology Today* in April of 2018, “remaining an avid reader into old age reduced memory decline by more than 30 percent compared to engaging other forms of mental activity. . .”

“For fiction lovers, the news is even better. A study by neuroscientists at Emory University in the United States and published in the journal *Brain Connectivity*, found that **reading a book of fiction enhances brain connectivity and can improve brain function**. This is not a new finding per se, however, the study discovered that these neural changes were present in a follow up MRI scan a few days *after* a randomly assigned novel was read. The lead author on the study Dr. Gregory Berns reported that, “even though the participants were not actually reading the novel while they were in the scanner, they retained this heightened connectivity. We call that a ‘shadow activity’, almost like a muscle memory.

“Dr. Berns also said that even though researchers don’t know how long these changes might last, it does bring forth an interesting hypothesis. “The fact that we’re detecting neural changes over a few days for a randomly assigned novel

## Do Something Good for Yourself Today . . . Read a Book! con't

suggests that your favorite novels could certainly have a bigger and longer lasting effect on the biology of your brain. . .”

“Research from *Mindlab International* at the University of Sussex confirms that **reading is better at reducing stress than other forms of relaxation** like listening to music or going for a walk. In fact, after only six minutes of reading, the heart rate of test subjects slowed down and the tension eased in their muscles.

“The research confirmed that reading reduced stress levels by 68 percent, compared to listening to music (61 percent) or having a nice cup of tea (54 percent). The lead author of the study said in a *Telegraph* newspaper interview that, “by losing yourself in a thoroughly engrossing book you can escape the stresses of the everyday world – this is more than merely a dis-

traction but an active engaging of the imagination as the words on the page stimulate your creativity.”

So don't wait to pick up a book until you are going out to the lake this summer or next winter when it's dark so early you just want to cuddle up in a blanket with a good book to read. Any time is a good time to pick up a book to read. Your brain will thank you for it!



**Ukulele**  
Jammin'  
Mondays, April 15 & 29,  
May 13 & 27, June 10 & 24  
6:30 pm - 8:00 pm at Phoenix School  
Register by Friday prior to each session  
visit [mhrd.ca](http://mhrd.ca) | call 204.885.2444 | email [info@mhrd.ca](mailto:info@mhrd.ca)  
Fee: FREE!  
Ukulele for beginners was a success.  
Let's keep practising and learning together!  
Macdonald-Headingley



### Riddles . . .

1. How many Easter eggs can you put in an empty basket?
2. What day does an Easter egg hate the most?

Answers on page 4

# Learn CPR

SAVE A LIFE



## CPR/AED - Adult, Infant & Child

*Instructor: Glenn Reimer*

This course will cover adult, infant and child CPR and how to use an AED (defibrillator) using the current protocols of the Heart & Stroke Foundation.

Participants may choose to buy the manual for an additional \$20. The registration fee includes certification from Heart & Stroke Foundation.

Headingley Fire Hall  
Thursday, April 25  
6:00 pm - 10:00 pm  
\$27.50

Register by: Thursday, April 18  
Phone MHRD: at (204) 885-2444



## Cardio Strength Fusion

Instructor: Andrew Schindle  
10 Wednesdays  
April 10 - June 12  
11:10 am - 12:00 pm  
Headingley Community Centre  
Fee: \$90.00

Register By: April 3  
visit mhrd.ca  
call 204.885.2444  
email info@mhrd.ca



## Riddles . . .

*page 3*

1. *Just one, because then it isn't empty anymore!*
2. *Fry-days!*



## Lunch & Learn

### Do I still Need this Medication?

Tuesday, April 2  
12:00 pm - 2:30 pm  
Headingley Community Centre  
Lunch is \$8.00 per person and presentations are free!



## 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**

## Next Foot Clinic

**Thursday, April 25th**

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



## Encore Health & Fitness Welcomes New Arrivals!

The Encore Health & Fitness Studio has just purchased a Schwinn Air Dyne cycle and an Octane Pro stand-up elliptical. Come over to the Headingley Community Centre on Portage Ave and check them out. These additions are provided through a Manitoba Community Small Grant Program.

Ever thought of joining a gym and working out with friendly people right here in Headingley? Encore Health & Fitness Studio is located on the stage at the Headingley Community Centre. It is open Monday to Thursday.

The gym also boasts a seated elliptical, bike, Hoist weight machine and treadmill, as well as a bench, weights, balance boards and occasionally free classes. This equipment is courtesy of a 2014 New Horizons Grant. These grants allow Headingley Seniors Services to keep the gym user fees very reasonable for Headingley residents.

The fees are \$60 annual, \$10 monthly or \$2 drop-in. An introductory safety orientation precedes use, then you can start right in.

For more info and to join, phone the Headingley Seniors' Services at 204-889-3132, ext. 3.



## Interested in Volunteering on the Board of Directors?

HSSI has a Board of Directors made up of Headingley residents to ensure those 55+ have lots of options to socialize, learn about technology, current news and events, and stay fit and be healthy.

The Board also has an agreement with Southern Health-Santé Sud to provide services for older adults in Headingley; such as, foot care, transportation, referrals, etc.

The Board meets 6 - 8 times per year and holds an annual general meeting (AGM), which this year is **May 15**, when new Board members would be welcomed.

If you, or anyone you know, may be interested, please phone the office at:

**204-889-3132, ext.3**

or email: [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  
hssi@mymts.net  
204-889-3132 ext. 3

### 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



# April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Hall Walking 9-10 am  Fit & Flex 10-11 am	<b>2</b> Gentle Yoga 9:30-10:30 am  <i>Lunch &amp; Learn            Noon-2:00 pm</i>	<b>3</b> Hall Walking 9-10 am  Fit & Flex 10-11 am	<b>4</b> Yoga Flow 9:30-10:30 am  <i>Cribbage            1:30-3:30 pm</i>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Hall Walking 9-10 am  Fit & Flex 10-11 am	<b>9</b> Gentle Yoga 9:30-10:30 am  <i>55+            1:30-3:30pm</i>	<b>10</b> Fit & Flex 10-11 am  Cardio, Strength, 11:10-12 noon	<b>11</b> Yoga Flow 9:30-10:30 am  <i>Cribbage            1:30-3:30 pm</i>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> Hall Walking 9-10 am  Fit & Flex 10-11 am	<b>16</b> Gentle Yoga 9:30-10:30 am  <i>Lunch &amp; Sing-a-long            Noon-2:00 pm</i>	<b>17</b> Fit & Flex 10-11 am  Cardio, Strength, 11:10-12 noon	<b>18</b> Yoga Flow 9:30-10:30 am  <i>Cribbage            1:30-3:30 pm</i>	<b>19</b> <i>Good Friday</i>	<b>20</b>
<b>21</b> <i>Happy Easter</i> 	<b>22</b> Hall Walking 9-10 am  Fit & Flex 10-11 am	<b>23</b> Gentle Yoga 9:30-10:30 am  <i>55+            1:30-3:30pm</i>	<b>24</b> Fit & Flex 10-11 am  Cardio, Strength, 11:10-12 noon	<b>25</b> <b>Foot Care Clinic            9 am-Noon</b>  <i>Cribbage            1:30-3:30 pm</i>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Hall Walking 9-10 am  Fit & Flex 10-11 am	<b>30</b> Gentle Yoga 9:30-10:30 am				