

November 2020

Issue 86

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

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2020 Seasonal Flu Clinic

Friday, November 6th

1pm—7:30pm

Headingley Community Centre

5353 Portage Avenue

No Appointments Necessary

Remember:

- ✓ Bring your Manitoba Health Card
- ✓ Bring and wear a non-medical mask
- ✓ Wear short or loose-fitting sleeves

Any questions please feel free to contact Kristie at;
(204) 889-3132 ext. 3 or hdlyseniorservices@mymts.net

10 Quick Facts on... Remembrance Day



1. Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called “Armistice Day” to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month.
2. From 1921 to 1930, Armistice Day was held on the Monday of the week in which November 11 fell. In 1931, Alan Neill, Member of Parliament for Comox–Alberni, introduced a bill to observe Armistice Day only on November 11. Passed by the House of Commons, the bill also changed the name to “Remembrance Day”. The first Remembrance Day was observed on November 11, 1931.
3. Every year on November 11, Canadians pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace. We remember the more than 2,300,000 Canadians who have served throughout our nation’s history and the more than 118,000 who made the ultimate sacrifice.
4. The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to provide assistance to Veterans.
5. Remembrance Day is a federal statutory holiday in Canada. It is also a statutory holiday in three territories (Yukon, Northwest Territories and Nunavut) and in six provinces (British Columbia, Alberta, Saskatchewan, New Brunswick, Prince Edward Island and Newfoundland and Labrador).
6. The national ceremony is held at the National War Memorial in Ottawa. The Governor General of Canada presides over the ceremony. It is also attended by the Prime Minister, other government officials, representatives of Veterans’ organizations, diplomatic representatives, other dignitaries, Veterans as well as the general public.
7. In advance of the ceremony, long columns of Veterans, Canadian Armed Forces members, RCMP officers, and cadets march to the memorial lead by a pipe band and a colour guard. At the end of the ceremony, they march away to officially close the ceremony.
8. Some of the 54 Commonwealth member states, such as Canada, the United Kingdom and Australia, observe the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.
9. Many nations that are not members of the Commonwealth also observe Remembrance Day on November 11, including France, Belgium and Poland.
10. The United States used to commemorate Armistice Day on November 11. However, in 1954 they changed the name to Veterans Day.

<https://www.veterans.gc.ca/eng/remembrance/information-for/educators/quick-facts/remembrance-day>



Abstract Acrylics BC Blues

November 19
7:00 pm - 8:30 pm

Online Program

Cost: \$30

*Participants will need to purchase supplies - supply list will be given upon program confirmation

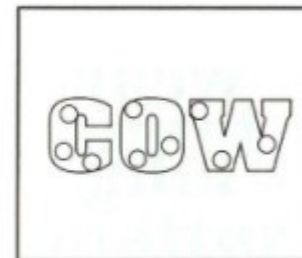
Have you been wanting to explore your artistic side or try your hand at acrylics? BC Blues is a simple, abstract landscape that is suitable for beginners or intermediates!

Please Register by November 12
To Register: (204) 885-2444 or info@mhrd.ca

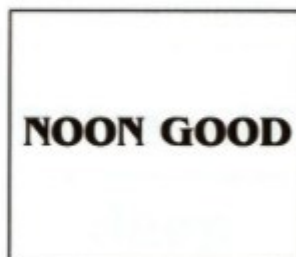
BRAIN TEASERS



2. _____



6. _____



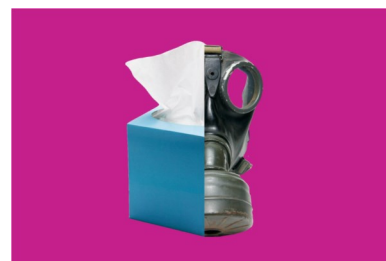
9. _____



10. _____

Random Fact

Kleenex tissues were originally intended for gas masks



When there was a cotton shortage during World War I, Kimberly-Clark developed a thin, flat cotton substitute that the army tried to use as a filter in gas masks. The war ended before scientists perfected the material for gas masks, so the company redeveloped it to be smoother and softer, then marketed Kleenex as facial tissue instead.

<https://www.rd.com/list/interesting-facts//>

Why do melons have weddings?

Because they cantaloupe.

Riddle . . .



What has 13 hearts but no other organs?

Answer on page 4

Next Foot Clinic



CANCELLED

Please note that all in-person fitness classes have been cancelled. This includes; •Yoga Flow Fit & Flex, Gentle Yoga and Cardio Strength Fusion. If you are registered for one of these programs MHRD will be in contact with you once they are able to resume.



Jigsaw Puzzle Lending

A number of different themes to choose from, for more information contact Kristie at; (204) 889-3132 ext. 3 or hdlyseniorservices@mymts.net

BRAIN TEASERS

Answers:

- 2. Under Arrest
- 6. Holy Cow
- 9. Good Afternoon
- 10. Big Mac

Riddle . . .

Answer from Page 3

A Deck of Cards!



Virtual Learns

Italy Travels

Instructor: Sarah Evans-Sgambato

La dolce rita...the sweet life! There isn't a better saying that sums up life in Italy! Images of beautiful places, amazing food and wine, and wonderful people come to mind. You're invited to come along on a virtual tour of some of Sarah's favourite places in Italy. From popular destinations like Rome, Florence and the Amalfi Coast, to hidden gems like the regions of Umbria and Le Marche. Sarah will share her travel tips, why you should try all the food you can and things to consider when planning your trip to Italy.

Tuesday, November 17th @ 1pm

To register contact MHRD at (204) 885-2444

To arrange your private Zoom tutorial please contact Kristie at; hdlyseniorservices@mymts.net or (204) 889-3132 ext. 3



Headingley Seniors' Services

Office Hours

Monday to Thursday

9 am - 12 pm

AND

Wednesday

1 pm - 4pm

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Fit & Flex</i> <i>Cardio Strength Fusion (CSF)</i>	3 <i>Gentle Yoga</i>	4 <i>Fit & Flex</i> <i>CSF</i>	5 <i>Yoga Flow</i>	6 <i>Flu Clinic</i>	7
8	9 <i>Fit & Flex</i> <i>Cardio Strength Fusion (CSF)</i>	10 <i>Gentle Yoga</i>	11 <i>Remembrance Day</i> <i>CC Closed</i>	12 <i>Yoga Flow</i>	13	14
15	16 <i>Fit & Flex</i> <i>CSF</i>	17 <i>Gentle Yoga</i> <i>Italy Travels</i>	18 <i>Fit & Flex</i> <i>CSF</i>	19 <i>Yoga Flow</i>	20	21
22	23 <i>Fit & Flex</i> <i>CSF</i>	24 <i>Gentle Yoga</i>	25 <i>Fit & Flex</i> <i>CSF</i>	26 <i>Yoga Flow</i>	27	28
29	30 <i>Fit & Flex</i> <i>CSF</i>	1	2	3	4	5

Fitness = Blue

Virtual Learns = Green

Health = Orange

Municipal = Magenta