



**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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February 2022

Issue 101

# Seniors Scene

*Enrich your life with us!*

February 1-28

## WELLNESS CHALLENGE

These are difficult times, why not do something to promote your physical and mental health?!



See next page for more details

Back for it's second year, the Headingley Seniors' Services Wellness Challenge is a great opportunity to stay engaged and have some fun!

### Wellness Challenge Continued

The Wellness Challenge will be a series of different activities which you can participate as much or as little as you like. Each completed activity earns a ballot towards the prize draw at the end of the Challenge. Activities include; stretches, reading, Wellness checklist and much more! Activities will be added throughout the course of the Challenge and participants will be notified.

As part of the Wellness Challenge, HSS will be offering 2 workshops relating to Back Health and Foot Exercises. These workshops will be open to the public, however preference will be given to Challenge participants. Please contact the office for more information.

Registration is throughout the month of February.

You can register for the Challenge by contacting the office either through phone (204) 889-3132 ext. 3 or email [seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)

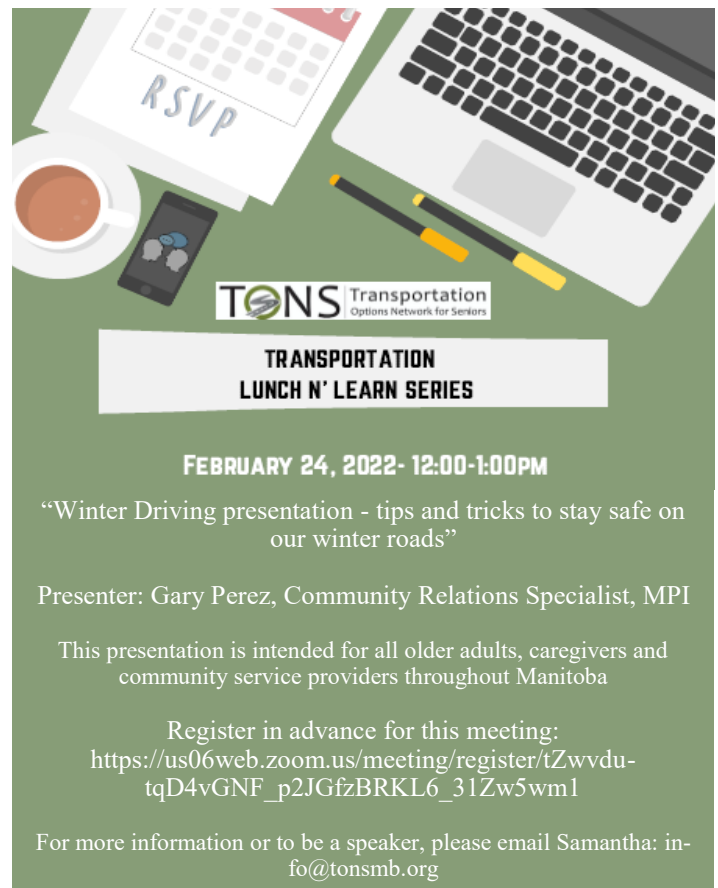



  
**Macdonald-Headingley**  
 RECREATION DISTRICT  
**MIXED MEDIA**  
 FOR ADULTS



6 Tuesdays, February 1 - March 8  
 1:30 pm - 3:30 pm  
 Online - Zoom!  
 Supplies included, all levels welcome  
 Fee: \$60.00

[www.mhrd.ca](http://www.mhrd.ca) | 204.885.2444 | [info@mhrd.ca](mailto:info@mhrd.ca)



 **Transportation**  
 Options Network for Seniors

**TRANSPORTATION  
 LUNCH N' LEARN SERIES**

**FEBRUARY 24, 2022 - 12:00-1:00PM**

"Winter Driving presentation - tips and tricks to stay safe on our winter roads"

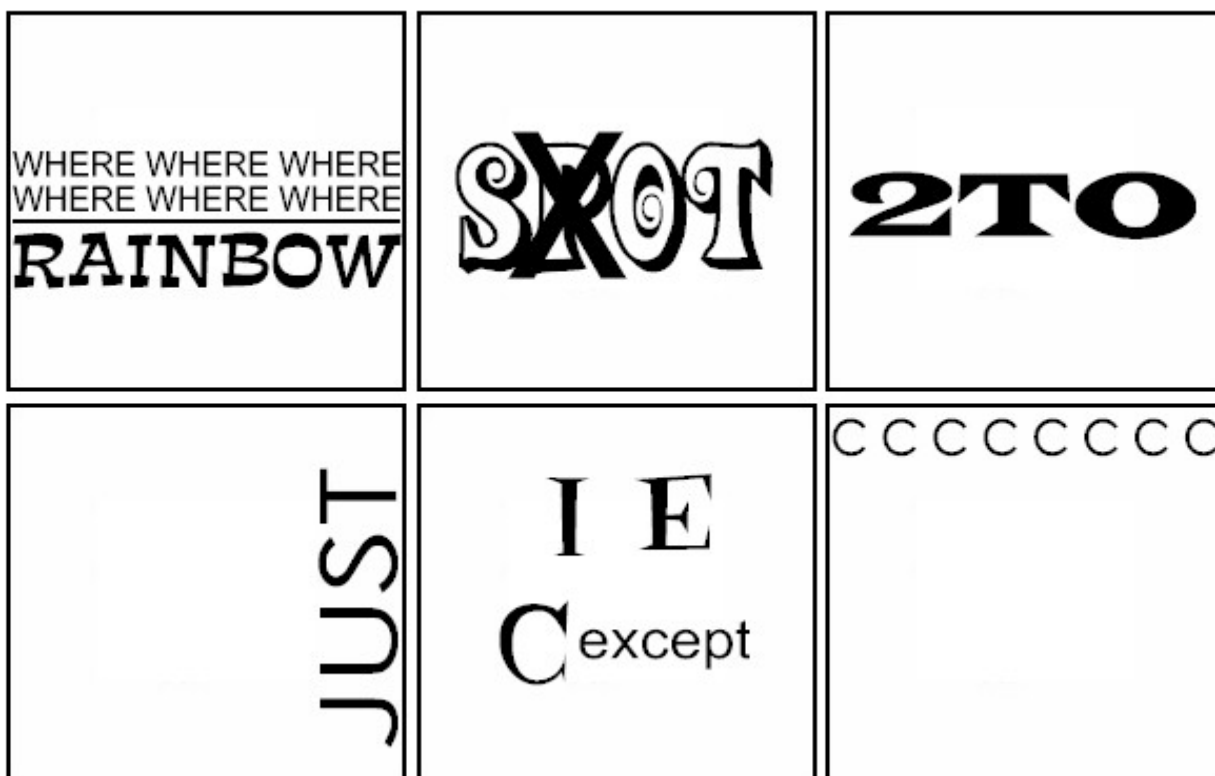
Presenter: Gary Perez, Community Relations Specialist, MPI

This presentation is intended for all older adults, caregivers and community service providers throughout Manitoba

Register in advance for this meeting:  
[https://us06web.zoom.us/join/tZwvdu-tqD4vGNF\\_p2JGfzBRKL6\\_31Zw5wm1](https://us06web.zoom.us/join/tZwvdu-tqD4vGNF_p2JGfzBRKL6_31Zw5wm1)

For more information or to be a speaker, please email Samantha: [info@tonsmb.org](mailto:info@tonsmb.org)

## BAMBOOZABLE


<https://www.thinkablepuzzles.com/bamboozables/>

What is it?

Always runs, but never walks  
 Always murmurs, never talks  
 Has a mouth but never eats  
 Has a bed but never sleeps  
 What is it?

<https://www.playbuzz.com>

*Joke . . .*



*What did the shark say when he  
 ate the clownfish?*

*Answer on page 4*

### Headingley Historical Corner

The picture below is from the plaque  
 unveiling of what building in  
 Headingley?



**Hint: Who is Mr. Taylor  
 surrounded by?**

*Picture supplied from the Jean Ammeter Collection*



**Foot Clinic**  
**Thursday, March 10**  
*To book an appointment,  
 please contact Kristie*

## PUZZLE SOLUTIONS

**Bamboozable:** Somewhere over the  
 Rainbow, X Marks the Spot, Put two and  
 two together, Just Right, I Before E except  
 after C, High Seas

**Brainteaser:** A River

**Historical Corner:** The plaque was unveiled  
 at the location of the first Phoenix School

## Café BREAK— Menu

February 2 - Mini Meatloaf

February 9 - Delicious Chicken

February 15 - Tortellini

February 23 - Baked Chicken Parm

In-person dining currently  
 suspended, delivery only.

Menu subject to change without  
 notice.

\*Remember to place your order the  
 Friday before by contacting Kristie;  
 (204) 889-3132 ext. 3 or  
[seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)

~~Emergency Preparedness  
 Lunch and Learn  
 February 2nd~~



## CRIBBAGE



**Thursdays**  
**1:30-3:30pm**  
**Headingley CC**

**Register at;**  
**(204) 889-3132 ext. 3**



## Jigsaw Puzzle Lending

A number of different themes and  
 piece sizes to choose from, for  
 more information contact  
 Kristie at;  
 (204) 889-3132 ext. 3 or  
[seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)

## Joke . . .

*Answer from Page 3*

*This tastes a little  
 funny!*



## Office Hours

**Monday to Thursday**  
**9 AM – 3 PM**

# February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 F&F 10-11 CSF 11:15-12:15	1 Gentle Yoga 10-11	2 F&F 10-11 Café BREAK	3 Yoga Flow 10-11 Cribbage 1:30-3:30	4	5
6	7 F&F 10-11 CSF 11:15-12:15	8 Gentle Yoga 10-11	9 F&F 10-11 Café BREAK	10 Yoga Flow 10-11 Cribbage 1:30-3:30	11	12
13	14 F&F 10-11 CSF 11:15-12:15	15 Gentle Yoga 10-11	16 F&F 10-11 Café BREAK	17 Yoga Flow 10-11 Cribbage 1:30-3:30	18	19
20	21 Louis Riel Day CC Closed	22 Gentle Yoga 10-11	23 F&F 10-11 Café BREAK	24 Yoga Flow 10-11 Cribbage 1:30-3:30	25	26
27	28 F&F 10-11 CSF 11:15-12:15	1	2	3	4	5

Fitness = Blue

Programs = Green

Online = Red

Café BREAK= Magenta

\*All programs are subject to change, please contact the office if you're unsure about the status of a program