

April 2022

Issue 103

Seniors Scene

Enrich your life with us!



HEADINGLEY COMMUNITY CENTRE

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Emergency Preparedness

Presented by



Canadian
Red Cross

Part of the Lunch and Learn Series

Wednesday, May 5
Headingley Community Centre
Lunch - Noon
Presentation - 1:00 pm

Register by contacting Kristie at
(204) 889-3132 ext. 3 or
seniors@rmofheadingley.ca

Senior Foot Care: Caring for Feet as You Age

The average person takes 8,000 to 10,000 steps a day for a lifetime walking average of 115,000 miles, or more than 4 trips around the earth.

Many older adults get frequent checkups, exercise regularly, and in general try to take good care of themselves, but one aspect of their health that they (and for that matter, younger people) frequently neglect is good foot care. Foot injury, neglect, and disease are major factors contributing to mobility, or lack thereof, in older adults. In one study, 71% of respondents aged 65 or older reported foot pain and problems, yet only 39% of them had sought medical advice and only 26% of them believe their foot problems were medical conditions.

Senior adults tend to experience more problems with their feet than younger adults simply because they have used them for longer. Women are four times more likely than men to have foot problems, probably because of the preponderance of high heels. Other conditions, such as diabetes and poor circulation can also affect foot health. The danger of neglecting feet can mean reduced quality of life; problems with coordination, balance, and gait, all of which produce an increased risk of falling; and can lead to diseases and infections. Like other parts of the body, however, good care and maintenance can go far in promoting health and ensuring individuals remain mobile and independent.



that senior

Senior Self-Care for Feet

Healthy seniors should monitor foot health by regularly cleaning and examining the feet for any changes or irregularities. Using mild soaps followed with lotion helps keep the skin from drying out, cracking, and itching. Ensuring the feet remain dry helps to fight off fungal infections as well and keeping the feet warm can aid in circulation.

Keeping toenails properly trimmed helps prevent problems such as in-grown nails and toe pain. Toenails should be cut straight across, not curved, using clippers designed for toenails, and should be slightly longer than the tips of the toes. Also regularly stretching the legs, calves, and feet; walking; and wearing appropriate shoes promote foot health and prevent conditions such as plantar fasciitis, which can cause debilitating heel pain.

BAMBOOZABLE

<p>3. BLAME 4. BLAME</p>	<p>I right I</p>	<p>jack</p>
<p>PAYMENT</p>	<p>over over</p>	<p>B E D</p>

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

Brain Teaser

8,549,176,320

What makes this number unique?

RD.COM, GETTY IMAGES (2)

Headingley Historical Corner
The picture below is from the
“Batchelor’s Ball” back in 1913



*Picture supplied from the University of
Winnipeg Archival Collection*

Riddle . . .



*What is always in front of you but
can't be seen?*

Answer on page 4



Foot Clinic
Thursday, May 5
*To book an appointment,
 please contact Kristie*

PUZZLE SOLUTIONS

Bamboozable: No one to Blame,
 Right between the eyes, Jack in the
 Box, Down Payment, Left Overs,
 Bedspread

Brainteaser: It has each number,
 0 through 9, listed in alphabetical
 order

Café BREAK— Menu

- April 6 – Lazy Lasagna
- April 13 – Chicken Souvlaki
- April 20 – Pulled Pork
- April 27 – Sweet and Sour Meatballs

In-person dining availability on a
 week to week basis, as well as
 delivery option.

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



CRIBBAGE & BRIDGE



Thursdays
1:30-3:30pm
Headingley CC

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



Come play bridge! Bridge is a trick-taking
 card game using a standard 52-card deck.
 It is played by four players in two
 competing partnerships.

This is a drop-in style program.

Experience may be required to fully-
 participate.

Riddle . . .

Answer from Page 3

Your Future!



Office Hours

Monday to Thursday
9 AM – 3 PM

April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6 <i>Café BREAK</i>	7 <i>Cribbage 1:30-3:30</i>	8 <i>Good Friday CC Closed</i>	9
10 <i>Easter</i> 	11 <i>F&F 10-11</i> <i>CSF 11:15- 12:15</i>	12 <i>Gentle Yoga 10-11</i>	13 <i>F&F 10-11</i> <i>Café BREAK</i>	14 <i>Cribbage 1:30-3:30</i>	15	16
17	18 <i>F&F 10-11</i> <i>CSF 11:15- 12:15</i>	19 <i>Gentle Yoga 10-11</i>	20 <i>F&F 10-11</i> <i>Café BREAK</i>	21 <i>Cribbage 1:30-3:30</i>	22	23
24	25 <i>F&F 10-11</i> <i>CSF 11:15- 12:15</i>	26 <i>Gentle Yoga 10-11</i>	27 <i>F&F 10-11</i> <i>Café BREAK</i>	28 <i>Cribbage 1:30-3:30</i>	29	30

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