

HEADINGLEY Community Centre

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

www.headingleyseniorservices.ca

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Seniors Scene

Enrich your life with us!

December 2023

Greetings!

November was fun with lots of good meals and opportunities to learn new things! This month as we prepare for the holidays, programs start to wrap up but it's also an opportunity to come for a Café BREAK meal and have some fun! Head to page 4 for this month's offerings including a pizza party.

It's that time of year again and one group that is ready for the upcoming holiday season is scammers. Flip to the next page for some tips on avoiding scams. You can also visit their website and do the "Cyber Safe Checkup" quiz. I would like to take this opportunity to thank you for another amazing year with Headingley Seniors Services. I hope you all have a magical holiday season and can't wait to see you in 2024!

Take care, ~Kristie~

Jokes . . .

What do you call a mouse that swears?

Response on page 4

For brainteasers and puzzle fun subscribe to our e-newsletter by emailing seniors@rmofheadingley.ca

The easiest ways to avoid a scam?

Secrecy is your secret weapon!

- Use a unique password for each account.
- Be suspicious if someone asks you for personal information.
- Don't share your security codes, user IDs, passwords, or social insurance number.
- Be cautious before you click on a link.

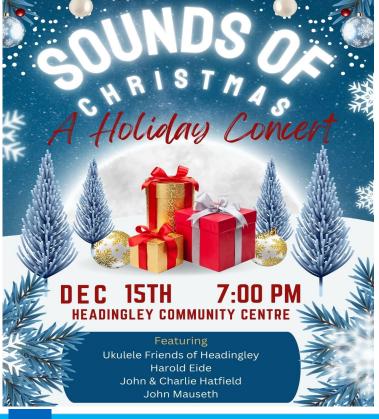
Visit Canada.ca/be-scam-smart to learn more.

Urban Pole Walking Club

Keep active in the snow this Winter by using Urban Poles, or take a break from the cold while still getting in those steps! This group will meet once per week this Winter and have the option of walking outdoors or indoors.

Every Friday at 10:00 starting January 19th

For more info or to register go to mhrd.ca



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RE YOU ACT.

Headingley Seniors' Services

Seniors' Scene

Local Events





Holiday Open House

Wednesday, December 27th, 2023

Noon to 4:00 pm Free admission and hot chocolate 5353 Portage Avenue, Headingley MB www.jimsvintagegarages.ca

Come Spend the Afternoon with Us



Did You Know? Headingley Seniors' Services can help you with completion of forms? Whether it be an ERIK Kit, an application for a health card or assistance with a medical document, HSS is here to help! For more information contact the office at; (204) 889-3132 ext. 3 or seniors@rmofheadingley.ca

Headingley Seniors' Services

Programs & Community Events

<u>Foot Clinic</u> Thursday, January 11 For more information about the clinic, please contact the HSS Office

Headingley Community Centre will be closed for the holidays from December 23 - January 2

Most programs will resume the week of January 8th

Wishing you and yours a safe and joyous holiday season!

Juníor Joke...

Answer from Page 1

A Cursor!

Headingley Seniors' Services

Café BREAK— Menu

December 6—Soup & Sandwich

December 13—Pork Tenderloin

November 20—Pizza Party

November 27—No meal

January 3—No meal

Please contact the office to register for a meal the Friday prior by contacting; (204) 889-3132 ext. 3 seniors@rmofheadingley.ca



CRIBBAGE

Thursdays 1:00-3:00pm Headingley CC

*No crib December 28th





<u>Office Hours</u> Mon day & Wednesday 9AM— 3PM



Seniors' Scene

December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	2
	Fit & Flex Cardio	Gentle Yoga 10-11	Fit & Flex Cardio	Flow Yoga 10-11		Santa Breakfast
	Helping Hands 1-3		Café BREAK	Cribbage 1-3		9
10	11 Fit & Flex Cardio	12	13 Fit & Flex Cardio	14	15	16
	Helping Hands 1-3		Café BREAK	Cribbage 1-3		
17	18 Helping Hands 1-3	19	20	21	22	23
			Café BREAK	Cribbage 1-3		
24	25 Christmas	26	27	28	29	30
	Day		No meal			
31	1 New Year's	2	3	4	5	6
	Day		No meal	Cribbage 1-3		

*You can register for MHRD programs by visiting mhrd.ca or calling (204) 885-2444 **All programs and events are subject to change, please contact the office (204) 889-3132 ext. 3 if you're unsure about the status of a program