



**HEADINGLEY
COMMUNITY
CENTRE**

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

www.headingleyseniorservices.ca

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December 2023

Issue 123

Seniors Scene

Enrich your life with us!

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.

**LISTEN TO YOUR
VOICE OF REASON
BEFORE YOU ACT.**

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

**SOUNDS OF
CHRISTMAS**
A Holiday Concert

DEC 15TH 7:00 PM
HEADINGLEY COMMUNITY CENTRE

Featuring
Ukulele Friends of Headingley
Harold Eide
John & Charlie Hatfield
John Mauseth



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



Foot Clinic

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!*

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**



Junior Joke...

Answer from Page 1

A Cursor!



Office Hours

Monday & Wednesday
9AM— 3PM



December 2023

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

MHRD Fitness* = Blue

Programs = Green

Events = Red

Café BREAK= Magenta

*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

