



## 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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### Office Hours:

Monday- Thursday  
9AM— 3PM

### *Joke of the month:*



*...Why did the  
chewing gum  
cross the road?*

March 2024

Issue 126

# Seniors Scene

*Enrich your life with us!*



### Greetings!

February was a busy month at HSS!

We hosted a special Valentine's lunch complete with live music by Tina Filippino. Tina got us all tapping our toes and learning new

tunes together. Thank you Tina and also Bright Beginnings daycare who made beautiful and creative Valentine's decorations for the event. Despite the challenges with the warmer weather, the Phoenix Winter Carnival was a huge success! Thank you to our all HSS volunteers who sat all weekend long selling food tickets to help the kitchen run smoothly.



We also got together for the screening of the heart warming movie *Wonder*. Thank you to Phoenix Rec Association for sponsoring this event, we had a *WONDERful* time!



If you are looking for a way to get involved with us at Headingley Seniors' Services, our Café BREAK lunches are a great place to start! It's a great opportunity to increase socialization and meet new people in your own community. Keep an eye on our newsletters, social media and website for the most up to date menus, programs and events! As always, we are here to support you with the resources you need. Please reach out for more information!

Take care,

Kristie & Margo

## Spring Cleaning Tips: Refresh your Home with Safety in Mind

Once the weather starts to warm up, it's the perfect time to tackle those overdue cleaning tasks to revitalize your living space. Here's how you can tackle spring cleaning with added safety measures in mind:

1. **Start Small:** Don't overwhelm yourself by trying to tackle everything at once. Begin with one area or room of your home and work your way through gradually. This approach will help you stay motivated and avoid burnout. Make a realistic plan and stick to it.
2. **Declutter with Purpose:** Decluttering can create a sense of calm and space in your home. If it no longer brings you joy or serves a purpose, consider donating or discarding it. Decluttering can bring up a lot of emotions & memories, be gentle on yourself and allow yourself time to reminisce.
3. **Safety Check:** As you clean, be mindful of potential hazards such as loose rugs, slippery floors, or cluttered walkways. Conduct a safety check to ensure your home is free from tripping hazards and that smoke detectors and carbon monoxide detectors are in working order. Consider getting rid of area rugs as they pose an additional fall risk. Lastly, check your medicine cabinet for expired medication and dispose of at your local pharmacy.
4. **Get Creative with Storage:** Maximize your space by utilizing storage solutions that are practical. Consider investing in baskets, bins, or shelving to keep belongings organized and safely accessible. You don't need to break the bank, places like Dollar store, Walmart & Canadian tire often offer affordable storage solutions.
5. **Enlist Support:** Don't hesitate to ask for help from family members, friends, or caregivers. Cleaning can be physical demanding, and having someone lend a hand can make the process more efficient and enjoyable. For cleaning services available in the Headingley area, contact the HSS office.
6. **Take Regular Breaks:** Pace yourself and listen to your body. Take regular breaks and stay hydrated. It's important to spread out your spring cleaning over a period of several days or even weeks.
7. **Celebrate your progress:** Take pride in your accomplishments, no matter how small. Celebrate each room you clean and each item you declutter as a step toward creating a more comfortable and inviting living space.

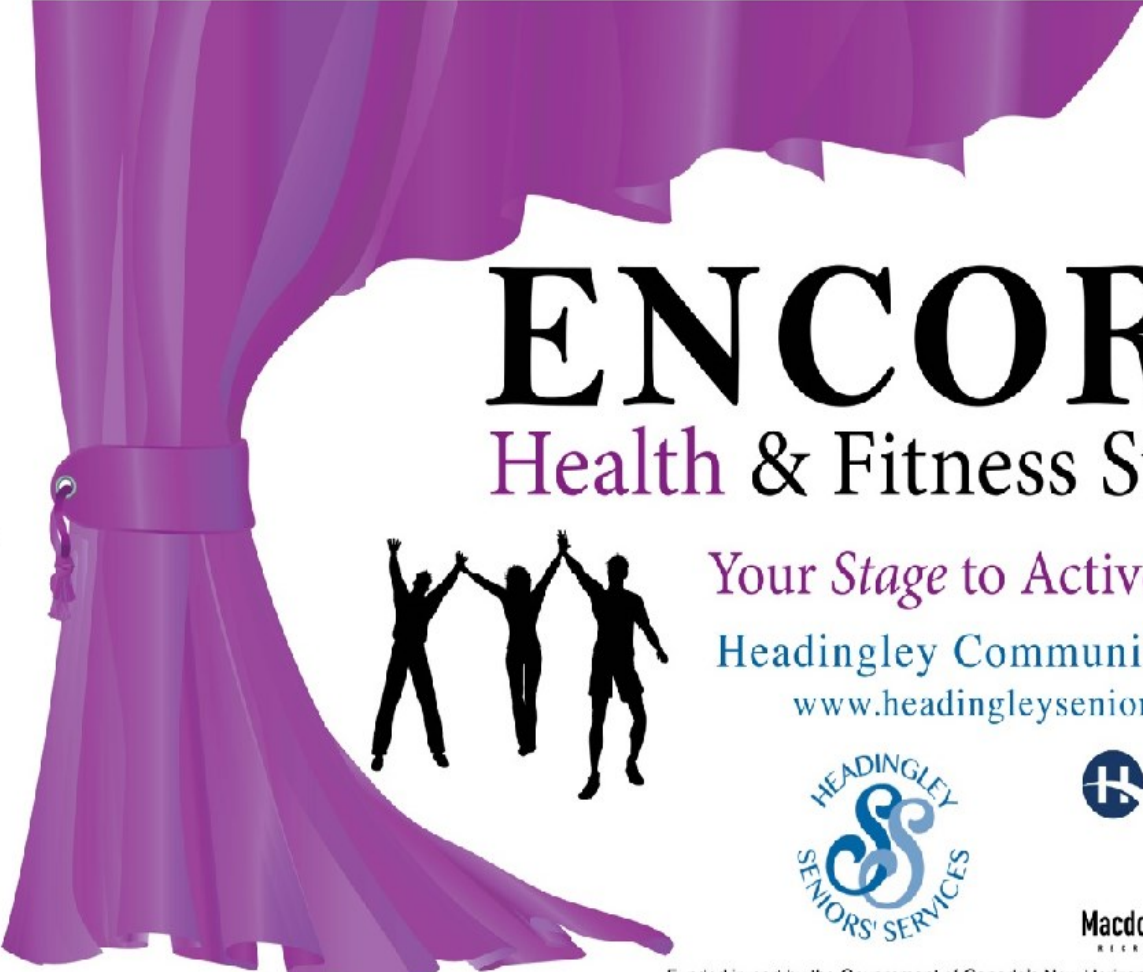
For more information, please visit:

- ⇒ <https://seniorsbulletin.ca/decluttering-for-seniors/#Organizing-Tips>
- ⇒ <https://balancethroughsimplicity.com/decluttering-tips-seniors/>
- ⇒ <https://www.nia.nih.gov/health/aging-place/aging-place-tips-making-home-safe-and-accessible>
- ⇒ <https://www.nfpa.org/education-and-research/home-fire-safety/smoke-alarms>
- ⇒ <https://www.nfpa.org/downloadable-resources/safety-tip-sheets/carbon-monoxide-safety-tip-sheet>



## Did You Know?




Headingley Senior's Services has a fitness studio  
in the Headingley Community Center?  
Come get active with us!



# ENCORE

## Health & Fitness Studio

*Your Stage to Active Living*  
Headingley Community Centre  
[www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)

Funded in part by the Government of Canada's New Horizons for Seniors Program

### Hours of Operation:

**Mon & Wed: 1 - 4**  
**Tues & Thurs: 9 - 3**

*\*Hours subject to change  
based on cc bookings\**

### For more info, please contact:

[seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)  
(204) 889-3132 ext 3

**Must sign-in & out each visit**

### Fees

\$ 2.00 Drop-in  
\$ 10.00 Monthly  
\$ 60.00 Annual



COME JOIN US TO CREATE A

# *Spring craft*

WEDNESDAY MARCH 27TH AT 1 PM

\$15

CONTACT HSS OFFICE TO SIGN UP BY MARCH 15TH  
(204) 889-3132 EXT.3  
SENIORS@RMOFHEADINGLEY.CA



## Café BREAK— Menu



- March 6 – Chili  
 \*March 13 – Butter Chicken  
 March 20 – Farmer Sausage  
 \*March 27 – Parmesan Chicken

Please contact the office to register for a meal the Friday prior:

(204) 889-3132 ext. 3  
 seniors@rmofheadingley.ca

\*Event / Lunch & Learn booked

### **Current programs to enjoy:**

#### **Mondays**

Helping Hands (knit/crochet/scrabble) 1-3pm

#### **Wednesdays**

Café BREAK lunches 12pm

#### **Thursdays**

Crib and Coffee 1-3pm

#### **Fridays**

Urban Pole Walking 10-11am

**Headingley CC**  
**5353 Portage Ave**



### **Upcoming Foot Care Clinics**

**March 14th**  
**April 11th**  
**May 16th**

*Clinics are run monthly by Karen Dingman, RN*

*Please contact the HSS office for more info or to book your appointment!*





JOIN US FOR OUR NEXT  
**LUNCH & LEARN:**

## Healthy Mouth: ✨ Key to a Healthy Body

How important is our mouth to our overall health? Learn about the Mouth – Body – Health connections, review some basic oral care and daily mouth care tips!

Presented by  
Active Aging in Manitoba

**Wednesday  
March 13th**

**Lunch @ noon  
Learn @ 1 pm**



**Contact HSS office to reserve your spot!**



**Join us for an afternoon at  
The Real Escape Canada!**



**What is an escape room?**

An escape room is a real life experience where you and a group are in a mysterious room surrounded by fun skill testing puzzles. You are given 1 hour to work as a team to solve your way through the room and escape!

**4-8 players/room**

**When: Wednesday April 3rd  
2:00 pm**

**Where: The Real Escape at  
3137 Portage Ave**

**Cost: \$28/pp**

Please email  
[seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)  
or call (204) 889-3132 ext 3  
before March 27th  
to reserve your spot!

Please note: transportation  
can be arranged for those  
that need

*Joke answer...*

*...Because it was stuck to  
the chicken's foot!*

For programming updates, brainteasers and puzzle fun be sure to subscribe to our e-newsletter by emailing [seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)



**Manitoba Museum  
Virtual Tour  
Exploring the Night Sky**

**Online  
Thursday  
March 14  
\$10.00**

Macdonald-Headingley  
[WWW.MHRD.CA](http://WWW.MHRD.CA) | 204.885.2444 | [INFO@MHRD.CA](mailto:INFO@MHRD.CA)

# Canadian Dental Care Plan

Accessible. Affordable. Essential.



## Eligibility

To qualify, you must:

- ✓ be a Canadian resident for tax purposes
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

The CDCP will help ease financial barriers to accessing oral health care for up to **9 million** eligible Canadian residents.



## How to Apply

CDCP Application Phases	
Group	Applications open
<b>Invitation to apply by mail</b>	
Seniors aged 87 and above	Starting December 2023
Seniors aged 77 to 86 years	Starting January 2024
Seniors aged 72 to 76 years	Starting February 2024
Seniors aged 70 to 71 years	Starting March 2024
<b>Application online</b>	
Seniors aged 65 to 69 years	Starting May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	Starting June 2024
Children under 18 years old	Starting June 2024
All remaining eligible Canadian residents	Starting 2025



Letters will be sent in phases by age group between December 2023 and March 2024 until all potentially eligible seniors who are 70 years of age or older have been invited to apply for the CDCP.

Oral health is important to your overall health and well-being. Regular visits to an oral health professional reduces the risk of health problems.

In 2022, one in four Canadians reported avoiding visiting an oral health professional due to the cost.

Every Canadian deserves accessible, affordable and essential oral health care.



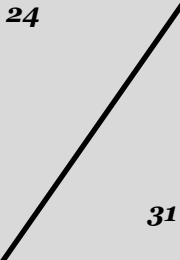
[Canada.ca/dental](https://Canada.ca/dental)



Government of Canada  
Gouvernement du Canada

Canada

# March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<sup>1</sup> <i>Urban Pole Walking</i>	<sup>2</sup>
<sup>3</sup>	<sup>4</sup> <i>Fit &amp; Flex Cardio</i> <i>Helping Hands 1-3</i>	<sup>5</sup> <i>Yoga</i>	<sup>6</sup> <i>Fit &amp; Flex Cardio</i> <i>Café BREAK</i>	<sup>7</sup> <i>Yoga</i> <i>Cribbage 1-3</i>	<sup>8</sup> <i>Urban Pole Walking</i>	<sup>9</sup>
<sup>10</sup>	<sup>11</sup> <i>Fit &amp; Flex Cardio</i> <i>Helping Hands 1-3</i>	<sup>12</sup> <i>Yoga</i> <i>Tai Chi</i>	<sup>13</sup> <i>Fit &amp; Flex Cardio</i> <i>*Café BREAK (L&amp;L)</i>	<sup>14</sup> <i>Yoga</i> <i>Foot Clinic</i> <i>Cribbage 1-3</i>	<sup>15</sup> <i>Urban Pole Walking</i>	<sup>16</sup>
<sup>17</sup>	<sup>18</sup> <i>Fit &amp; Flex Cardio</i> <i>Helping Hands 1-3</i>	<sup>19</sup> <i>Yoga</i> <i>Tai Chi</i>	<sup>20</sup> <i>Fit &amp; Flex Cardio</i> <i>Café BREAK</i>	<sup>21</sup> <i>Yoga</i> <i>Cribbage 1-3</i>	<sup>22</sup> <i>Urban Pole Walking</i>	<sup>23</sup>
<sup>24</sup>  <sup>31</sup>	<sup>25</sup> <i>Helping Hands 1-3</i>	<sup>26</sup> <i>Tai Chi</i>	<sup>27</sup> <i>*Café BREAK (L&amp;L)</i>	<sup>28</sup> <i>Yoga</i> <i>Cribbage 1-3</i>	<sup>29</sup> <i>Closed—Good Friday</i>	<sup>30</sup>

MHRD Fitness\* = **Blue**

Programs = **Green**

Events = **Red**

Café BREAK= **Magenta**

\*You can register for MHRD programs by visiting [mhrd.ca](http://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

