



**HEADINGLEY  
COMMUNITY  
CENTRE**

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

[www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)

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Office Hours:

**Monday- Thursday  
9AM— 3PM**

*Hours Subject to change*

*Joke of the  
month:*



*Why don't skeletons  
fight each other?*

**October 2024**

Issue 133

# Seniors Scene

*Enrich your life with us!*

Greetings!

September went by in a flash! We had a successful welcome back BBQ at the beginning of the month with lots of fun, delicious eats, musical entertainment, and prizes! We had such a great turnout and it was so nice to hear how everyone enjoyed their summers. Thanks again to councilor Glenn Reimer, Headingley United Church Group, Jim's Vintage Garages, Harold & The Hatfield Brothers, Shelmerdine Garden Centre, and all the countless volunteers who made the afternoon a success!



We also had a wonderful turnout for both Lunch & Learns this month. Thank you to our MLA Kathleen Cook for coming to provide an update and answer our questions, and to RCMP Sergeant Chris for educating us on how to protect ourselves from Frauds & Scams. Active Aging Day was also loads of fun—thank you to Active Aging in Manitoba for coming out to put on this event!



We still have spots remaining for our Flower Arranging Workshop put on by Charleswood Florists on Tuesday Oct 8th at 1 pm. Register now! Read on for more info on all of our October events and activities!

The Headingley Holiday Market will take place in just a couple of weeks on Oct 18 & 19th. We are so excited for this year's event! This is our biggest fundraiser and funds raised help to support the services and programs we provide to the older adults of Headingley. Thank you to our committee and all of our volunteers for all your hard work in putting together this year's event— we hope to see you there!

As always, HSS is here to provide resources, education, and programming to help you maintain your independence. Contact us for more info!

Take care, Kristie & Margo



### **October is Breast Cancer Awareness Month:**

Breast cancer is the most common cancer among Canadian women (excluding non-melanoma skin cancers). It is estimated that about 1 in 8 Canadian women will develop breast cancer during their lifetime and 1 in 36 will die from it. Breast cancer mostly occurs in women between 50 and 69 years of age. Most breast cancers occur in women. The main reason women develop breast cancer is because their breast cells are exposed to the female hormones estrogen and progesterone. Breast cancer in men is rare, making up less than 1% of all breast cancers.

#### **Screening:**

If you are 40 to 74 years old, have a mammogram every 2 years. If you are 75 or older, talk to your healthcare provider about whether having a mammogram is right for you.

#### **Signs:**

Breast cancer may not cause any signs or symptoms in its early stages. Signs and symptoms often appear when the tumor grows large enough to be felt as a lump in the breast or when the cancer spreads to surrounding tissues and organs. Other early warning signs include:

- A lump in the armpit (called the axilla)
- changes in the shape or size or color of the breast tissue
- changes to the nipple (such as an inverted nipple), discharge that comes out of the nipple without squeezing it or that has blood in it
- puckering of the breast tissue
- thickened hard skin that feels different than the rest of your breast tissue

#### **Prognosis:**

The stage is the main prognostic factor for breast cancer. It describes how much cancer is in the body, where it is and how far it has spread. Early-stage breast cancer is less likely to come back (recur), so it has a more favorable prognosis. This is why **early detection and screening is so important. You know your body best, if you notice any changes in your breasts, contact your physician.** Breast cancer that is diagnosed at a later stage has a greater risk of recurrence, so it has a less favorable prognosis.

#### **Resources:**

##### ***For more information, please visit:***

<https://cancer.ca/en/cancer-information/cancer-types/breast>

<https://sharedhealthmb.ca/services/breast-health-centre/>

<https://www.cancercare.mb.ca/screening/info/breast>

<https://www.cancercare.mb.ca/export/sites/default/screening/.galleries/files/breastcheck/b-bkmk-knowyourbreasts-e.pdf>

##### ***For support with coping with a breast cancer diagnosis, please visit:***

<https://sharedhealthmb.ca/files/coping-with-breast-cancer.pdf>

<https://www.copingwithcancer.ca/#intro>

<https://www.cancercare.mb.ca/Patient-Family/support-services>

<https://www.southernhealth.ca/en/finding-care/find-a-service/cancer-care/>

## Pistachio Shortbread Dessert:

### Ingredients:

- 1 (13 oz.) pkg. Keebler shortbread cookies
- 3 Tbsp. butter melted
- 2 small pkgs. (3.4 oz. each) instant pistachio pudding
- 2¾ cup milk
- 1 (8 oz.) pkg. cream cheese
- 1 cup powdered sugar
- 1 carton cool whip (1½ cup to use with cream cheese, the rest to spread on top)



### Instructions:

- Preheat oven to 350 degrees.
- Crush the cookies in a sealed ziploc bag, until finely crushed.
- Mix the melted butter with the crumbs and press into a 9x13 pan. Cook until light brown; about 10 minutes. Let cool.
- Mix cream cheese, sugar and 1½ cups cool whip together until smooth.
- Layer over the top of the crushed cookies crust.
- Mix the milk and pudding mix together until it thickens.
- Pour over the top of the cream cheese layer.
- Spread the rest of the cool whip over the top and refrigerate.
- *Optional:* save a few of the cookie crumbs to sprinkle on top of cool whip.

**Recipe submitted by Café Break cook Darlene Borowski**  
*(Adapted from Sugar n' Spice gals recipe)*

Are you able to walk 100 meters, but you need to stop for pain, breath or fatigue because of your condition?

Have you ever had a hip or knee replacement?

Do you use any devices to assist you with your mobility such as a cane, walker or scooter?

Do you have a parking permit?

If you answered YES to any of the above questions, try not to miss this info session!



## LUNCH & LEARN: UNDERSTANDING TAX CREDITS



Come to our next Lunch & Learn on **Wednesday October 9th** for a presentation and Q & A session by Tax Credit Specialist Cheryl Kehler about the following:

-  Disability Tax Credit
-  Canada Caregiver Credit
-  Primary Caregiver Tax Credit

### RESERVE YOUR SPOT:

 (204) 889-3132 ext. 3

 seniors@rmofheadingley.ca

Lunch at 12pm: \$10

Presentation at 1pm: Free

## Café BREAK—MENU



**Oct 2: Shepherds Pie**

**\*Oct 9: Chili**

**Oct 16: Sweet & Sour Meatballs**

**Oct 23: Chicken Souvlaki**

**Oct 30: Rolled Chicken with Mushrooms & Cheese**

Please contact the HSS office the **Friday prior** to register:

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

\*Event / Lunch & Learn booked



### Upcoming Foot Clinics

\*Thurs Oct 10th  
Thurs Nov 7th  
Thurs Dec 12th

Clinics are run monthly by RN Karen Dingman.

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

\* Clinic currently full – contact us to be added the cancellation waitlist.

### Fall Programs to Enjoy:

**Helping Hands Social Club**  
Mondays 1-3 pm



**Café Break Lunches**  
Wednesdays 12pm



**Crib & Coffee**  
Thursdays 1-3 pm



**Pole Walking & Coffee**  
Fridays 10-12



# ENCORE

HEALTH & FITNESS STUDIO  
Your *STAGE* to Active living  
Headingley Community Centre



### Hours of Operation:

Mon– Thurs  
9-3

\*Hours are subject to change\*  
\*Must sign-in & out before and after every use\*

### More Information

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

### Fees

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



**Save the Date !**  
**Flu Shot Clinic**  
**November 15th**  
Headingley  
Community Centre

# HEADINGLEY *Holiday Market*

FRIDAY, OCTOBER 18 11 AM - 7 PM

SATURDAY, OCTOBER 19 10 AM - 4 PM

HEADINGLEY COMMUNITY CENTRE 5353 PORTAGE AVENUE

*Over 25 Crafters and Artists*  
WWW.HEADINGLEYSENIORSERVICES.CA

ADMISSION \$2.00

CANTEEN

RAINBOW AUCTION

NO ATM ONSITE



Headingley Seniors' Services

&

Charleswood Florists present:

## FLOWER ARRANGEMENT *Workshop*



ONLY  
**20**  
SEATS

Tuesday October 8th, 2024 @ 1pm

Headingley Community Centre

Cost: \$35

Contact us to register:

seniors@rmofheadingley.ca

(204) 889-3132 ext 3



### Halloween Fun for All Ages :

Come out on **Thursday Oct 31st at 9:30** to the Headingley Community Centre to hand out candy and enjoy a costume parade, arts & crafts, and intergenerational fun with the kids from Bright Beginnings Daycare! This event is free to attend. Registration required.

Contact us in the office to register or for more information:

(204) 889-3132 ext 3

or

seniors@rmofheadingley.ca



**Did You Know?**  
**Headingley Seniors' Services is available to help fill out forms ?**  
**Come and see us—we'd love to help!**

Please note:

Pole Walking on Oct 4th will be at 2pm (instead of 10 am)  
 &  
 Crib & Coffee will be CANCELLED on Thursday Oct 17th  
 Pole walking will be CANCELLED on Friday Oct 18th  
 for the Headingley Holiday Market.

**FRIENDLY CALLS**

*Connecting* with  
 others gives us  
 a sense of  
*belonging*  
 and *purpose.*



**Build your community, one call at a time.**

Friendly Calls is **safe, accessible, free, and available nationwide.**  
 Call 1-833-979-9779 or connect with us at [redcross.ca/friendlycalls](http://redcross.ca/friendlycalls).

The Friendly Calls program matches **people over the age of 18** with trained Red Cross personnel who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.



Have you or someone you know been diagnosed with Dementia? Are you looking for more information and understanding?

Did you know that St. Charles Headingley United Church has a dementia resource library available to members of our community.

Please contact Cathy Maxwell at (204) 885- 6021 for the hours of operation and the best time to come borrow materials. All are welcome.



One Small Seed

They also have a free educational web series on becoming "Dementia Enabled". Visit [OneSmallSeed.ca](http://OneSmallSeed.ca) for more info

*Joke of the month answer:*  
*Because they don't have the guts...*

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

<https://lp.constantcontactpages.com/su/euEPtPz/hssnewsletter>

# October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30  CLOSED For National Truth & Reconciliation Day	1  Gentle Yoga 10am	2  Cardio 9:30am Café Break 12pm	3  Gentle Yoga 10am Crib & Coffee 1-3	4  Pole Walking 2pm	5
6  Come From Away Musical Outing	7  Cardio 9:30am Fit & Flex 10:45am Helping Hands 1-3	8  Gentle Yoga 10am Flower Arranging Workshop 1pm	9  Cardio 9:30am Café Break 12pm / L&L Tax Credits	10  Foot Clinic 9-4 Gentle Yoga 10 am Crib & Coffee 1-3	11  Pole Walking 10am	12
13	14  CLOSED- For Thanksgiving	15  Gentle Yoga 10am	16  Cardio 9:30am Café Break 12pm	17  Gentle Yoga 10am	18  Headingley Holiday Market	19  Headingley Holiday Market
20	21  Cardio 9:30am Fit & Flex 10:45am Helping Hands 1-3	22  Gentle Yoga 10am	23  Cardio 9:30am Café Break 12pm	24  Gentle Yoga 10am Crib & Coffee 1-3	25  Pole Walking 10am	26
27	28  Cardio 9:30am Fit & Flex 10:45am Helping Hands 1-3	29  Gentle Yoga 10am	30  Cardio 9:30am Café Break 12pm	31  Halloween with Bright Beginnings 930 am Gentle Yoga 10am Crib & Coffee 1-3		

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 us if you're unsure about the status of a program