



January 2025

Issue 136

Seniors Scene

Enrich your life with us!

HEADINGLEY COMMUNITY CENTRE

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

www.headingleyseniorservices.ca

IN THIS ISSUE

- 2 2024 Year in Review
- 3 Recipe of the Month
- 4 January meals
- 5 HSS Health & Programs
- 6 Upcoming events
- 7 Good to know
- 8 January Calendar

Happy New Year!

WOW! 2024 was a jam-packed year for us at Headingley Seniors' Services. Adding a second resource coordinator to our team allowed us to plan for more events and programs and we were so thrilled at the engagement and participation of our community members. For those who are new to us, some of the things offered this year included 2 intergenerational collaborations with Bright Beginnings Educare, 2 Folklorama bus tours, monthly Lunch & Learns, movie afternoons, craft & flower workshops, high tea, multiple group outings, free weekly programming, musical entertainment, an end-of-summer BBQ, a successful Holiday Market fundraiser, weekly meal program, a marvelous Holiday Luncheon, and more! We cannot wait to have more fun with you in 2025, and hope to meet some new faces in the coming year!

January is Alzheimer's Awareness Month. Our goal this month is to provide opportunities for increased support and learning. This month we will be joined by Alzheimer's Society of Manitoba for our monthly lunch and learn. We are also pleased to announce that we will be holding our first Dementia Caregiver Support Group on Tuesday Jan 14th. This will be an opportunity for folks who are caring for those living with Dementia to come together and share ideas and discuss their support needs in an effort to plan for future support group sessions. All are welcome and encouraged to attend.

Office Hours:

Monday- Thursday
9AM— 3PM

Hours Subject to change

January can be a tough month for our mental health after the excitement of the holidays wears off. Read on for more tips on beating the Winter Blues, or take a peak at our January calendar to see what we offer this month. Come for a warm healthy meal on Wednesdays, join a class through MHRD to engage in more physical activity, or stop by for a visit with one of our coordinators to discover what we have to offer here at HSS. Newcomers are always welcome!

*Joke of the
month:*



*How do you stick to
your New Year
resolution to read
more ?*

If you are new to receiving this newsletter, we hope you find the information useful, and if you have any specific questions related to what we offer, please contact us.

Take care, Kristie & Margo



Homemade Chicken & Dill Soup

Ingredients:

- Shredded/Diced Chicken (precooked or leftover)
- 3 large carrots (finely diced)
- 4 celery stalks (finely chopped)
- 1 small onion (finely chopped)
- 1 cup corn
- 12 cups of soup stock (better than bouillon works great)
- 1 big handful of freshly chopped dill
- 1 cup uncooked rice
- 1 cup whipping cream
- *Herbamere* sea salt (to taste)
- Pepper (to taste)
- Olive Oil



Instructions:

Add olive oil to soup pot on med-high heat, sauté onions until translucent. Add carrots and celery and sauté until softening. Add soup stock and bring to boil. Add salt, pepper, & rice and boil for 25 minutes. Next add cream, corn, dill, and cooked chicken and let simmer while stirring for a few more minutes. Serve, and Enjoy!

Recipe submitted by Margo Price, Resource Coordinator

(adapted from Jillian Harris website: 'Peggy's Chicken Soup')



Join us for our next
Lunch & Learn on:

Understanding Dementia

Presented by Alzheimer's Society of Manitoba

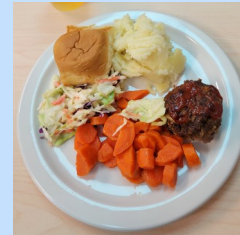
Wednesday January 15th

Lunch at 12-1 pm (\$10)
Presentation 1-2 pm (free)
Headingley Community Centre
5353 Portage Ave

Deadline to register: Jan 10th
seniors@rmofheadingley.ca
(204) 889-3132 ext 3



Café BREAK MENU



Jan 8: Sweet & Sour
Meatballs

* Jan 15: Perogies &
Farmer's Sausage

Jan 22: Chicken Pot Pie

* Jan 29: Soup & Sandwich

Please contact the HSS office
the **Friday prior** to register:
(204) 889-3132 ext. 3
seniors@rmofheadingley.ca

*Event / Lunch & Learn booked

Please note:

**No meal on Jan 1st.
Meals will resume on Jan 8th,
2025.**

**To sign up for Jan 8th lunch,
please email us or leave us a
voicemail message by Friday
Jan 3rd and we will be sure to
add you to the list.**



Beat the Winter Blues:



Winter be hard on our **mental health** as the days are darker, shorter, and colder. In Canada, as many as 15% of people experience the “**winter blues**” also known as a milder form of Seasonal Affective Disorder (SAD).

While winter in Manitoba is unavoidable, there are some things you can do to help with the winter blues, including:

- ◆ *Getting lots of daylight (bundle up and head outside)*
- ◆ *Exercise regularly and manage stress*
- ◆ *Eat a well-balanced diet*
- ◆ *Maintain a good sleep routine*
- ◆ *Don't set unrealistic New Year resolutions*

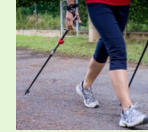
For more information, please visit:

<https://sharedhealthmb.ca/news/2023-02-01-seasonal-affective-disorder-sad-tips/>

<https://sharedhealthmb.ca/services/mental-health/mental-health-and-wellness-resource-finder/>

<https://www.cygnetgroup.com/blog/how-to-beat-the-january-blues-as-we-approach-blue-monday/>

Current Programs to Enjoy:



Helping Hands Social Club Mondays 1-3 pm

*Knit, crochet & play scrabble.
All items made are donated to organizations in need.*

Café Break Lunches Wednesdays 12pm

Join us every week to for a delicious meal with friends & neighbors. \$10

Crib & Coffee Thursdays 1-3 pm

*Drop in to play crib with other folks and enjoy a coffee & cookies.
(Please note: NO CRIB on Jan 23rd)*

Pole Walking & Coffee Fridays 10-12

Poles available for those that want, or walk without. Stay after for coffee & socialization.

**All programs held at the
Headingley Community Centre
5353 Portage Ave**




Upcoming Foot Clinics

***Thurs Jan 9th
Thurs Feb 13th
Thurs Mar 13th**

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.**



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

Fees

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

More Information

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

Back by popular Demand:
 Soup, Sandwich & a Movie!
 Stop by the office and vote for which
 movie you'd like to watch!
 Popcorn and drinks provided.

HEADINGLEY SENIORS' SERVICES

**WEDNESDAY
 JAN 29TH**

**LUNCH
 &
 MOVIE**

\$10

**Headingley
 Community Centre
 5353 Portage
 Avenue**

Deadline to sign up is Jan 24th :
 seniors@rmofheadingley.ca (204) 889-3132 ext 3



DEMENTIA CAREGIVER SUPPORT GROUP

- Come join us for our first support group for caregivers
- Connect with others
- Share your support needs
- Plan for future sessions
- No sign-up required
- All are welcome



TUESDAY JANUARY 14TH
 11:30 - 12:30
 HEADINGLEY COMMUNITY CENTRE
 5353 PORTAGE AVE

Led by Rev. Cathy Maxwell
 (from St. Charles Headingley United Church)

PHOENIX FLAMES WINTER CARNIVAL

FEBRUARY 3rd-9th, 2025

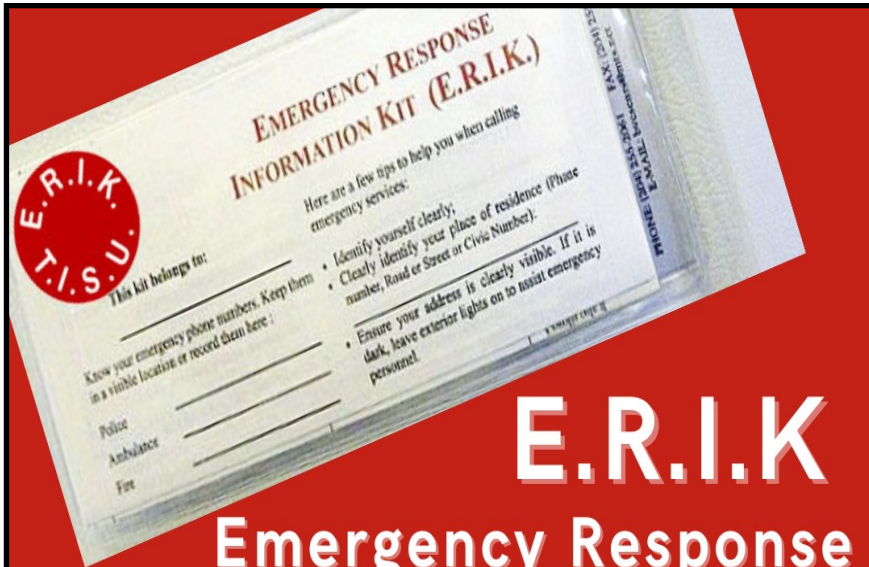
PHOENIX COMMUNITY CENTRE – 153 Seeking St, Headingley MB

**VOLUNTEERS
 APPRECIATED!**



SAVE THE DATE!

Did You Know? Headingley Seniors' Services loans out puzzles for free!
Looking for a way to stay busy during the colder months?
Stop by our office and borrow a few puzzles today!



E.R.I.K

Emergency Response Information Kit

ERIK (Emergency Response Information Kit) is a tool designed to provide critical personal and health information in emergency situations, particularly for seniors who live alone. The kit includes a health information form that covers personal details, medical history, allergies, medications, contact information, and health card numbers. It also contains a health care directive form and guidance on how to register for organ and tissue donation. The kit is magnetized and once completed should be placed on the fridge door, where emergency responders are trained to check in case of an emergency.

Available for FREE in Headingley Seniors' Services office located in the Headingley Community Centre
5353 Portage Ave

MHRD Winter Registration NOW OPEN!

In the MHRD Guide, you will find their program offerings, local community groups, events, and recreational activities for all ages!

www.mhrd.ca

Headingley Seniors' Services office will be closed for the Holidays until Jan 6th.



To sign up for Jan 8th lunch, please email us or leave us a voicemail message by Friday Jan 3rd and we will be sure to add you to the list.

*Joke of the month answer:
Turn on the subtitles!*

SAVE THE DATE: FEB 12th Lunch & Learn 12-2PM

Back by popular demand, our most loved presenter of 2024 is returning.....

For programming updates, brainteasers and puzzle fun be sure to subscribe to our monthly newsletter by emailing seniors@rmofheadingley.ca or visit: <https://lp.constantcontactpages.com/su/euEPtPz/hssnewsletter>

January 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	CLOSED No Programs		1 Happy New Year!	2	3	4
5	6 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	7 Gentle Yoga 10 am	8 Cardio Strength Fusion 9:30 am Café BREAK 12pm	9 Foot Clinic 9-4 Crib & Coffee 1-3	10 Pole Walking 10am	11
12	13 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	14 Gentle Yoga 10 am Dementia Caregiver Support Group 11:30-12:30	15 Cardio Strength Fusion 9:30 am *Café BREAK: Understanding Dementia L&L 12pm	16 Crib & Coffee 1-3 Zumba 6:45	17 Pole Walking 10am (Auditorium only)	18
19	20 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	21 Gentle Yoga 10 am	22 Cardio Strength Fusion 9:30 am Café BREAK 12pm	23 NO CRIB TODAY (Outside Event at CC) Zumba 6:45	24 Pole Walking 10am	25
26	27 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	28 Gentle Yoga 10 am	29 Cardio Strength Fusion 9:30 am *Café BREAK: Lunch & Movie 12pm	30 Gentle Flow Yoga 10 am Crib & Coffee 1-3 Zumba 6:45	31 Pole Walking 10am	

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