



**HEADINGLEY
COMMUNITY
CENTRE**

5353 Portage Avenue
Headingley, Manitoba
R4H 1J9
204-889-3132 ext 3
seniors@rmofheadingley.ca

www.headingleyseniorservices.ca

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Office Hours:

Monday- Thursday
9AM— 3PM

Hours Subject to change

*Joke of the
month:*



*Why shouldn't you
fall in love with a
pasty chef?*

February 2025

Issue 137

Seniors Scene

Enrich your life with us!

Greetings,

January was another busy month! In honor of Alzheimer's Awareness month, we focused on Dementia education and opportunities for support. Our Dementia Caregiver support group had a great turnout and this group plans to meet monthly. If you are caring for someone with Dementia and want to talk to folks who understand what you're going through, we encourage you to attend. Due to space, the sessions will be held at the Headingley United Church going forward. All are welcome to attend! Stay tuned for upcoming meeting dates. We were also joined by Alzheimer's Manitoba for our January Lunch & Learn. If you were unable to attend and want more information on 'Understanding Dementia', please stop by the office handouts.

Last year we were joined by Headingley's own Stephen Britton to present on 'Characters of Headingley'. This presentation has since become our most talked about Lunch & Learn of 2024! We are excited to announce that Stephen will be joining us again this month! Join us on February 12th for his presentation titled "Four Headingley Stories". Sign up soon to avoid missing out!

As always, our role at HSS is to provide resources and programs to older adults in the community of Headingley to support independent living. If you have any questions about what we offer, please stop by our office, check out our website, or contact us!

Do you have any ideas for events, outings, programs, or presentations? Let us know what you'd like to see this year!

Take care,
Kristie & Margo

Friday February 14th is Valentine's Day:

Valentine's day can be challenging for some, especially those who may be missing loved ones or navigating feelings of loneliness. However, it can be used as an opportunity to focus on self-love and finding joy in non-traditional ways. Consider treating yourself to something special, like a favorite meal, a cozy new book, or fresh flowers to brighten your space. Engage in activities that bring you happiness such as a call with a friend or neighbor, crafting, or listening to your favorite music. You can also celebrate the love in your life by reaching out to family and friends, engaging in your favorite hobby, or volunteering to help others; spreading kindness and connection in meaningful ways.

DID YOU KNOW?

The oldest known Valentine was written in 1415 by Charles, Duke of Orleans, to his wife while imprisoned in the Tower of London



FUN FACT



Red roses are the most popular Valentine's flower because they symbolize love and passion, a tradition linked to Venus, the Roman goddess of love.

HEART SHAPED BOXES:



The first box of Valentine's chocolates was created by Richard Cadbury in the 1860's

DID YOU KNOW?



Using "x" to represent a kiss dates back to the Middle Ages when people who couldn't write signed their name with an "x" and kissed it to show sincerity.

Lazy Cabbage Roll Casserole:

Ingredients:

- 4 Bacon slices, diced
- 1 1/2 lbs Lean ground beef
- 1 cup Chopped onion
- 1 1/4 cups Tomato juice
- 10 ounce Can of condensed tomato soup
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 8 cups Coarsely shredded cabbage, light packed
- 1/3 cup Long grain white rice



Did you know? When choosing cabbage always choose a firm head with tightly wrapped leaves! If a cabbage feels light, it's lost too much moisture.

Instructions:

Cook bacon in large frying pan on medium until crisp. Transfer with slotted spoon to paper towels to drain. Set aside.

Heat 2 tsp drippings in same pan. Add beef and onion. Scramble-fry for about 10 minutes until beef is no longer pink. Drain.

Add next 4 ingredients. Stir. Remove from heat.

Spread cabbage in ungreased 9 x 13 inch pan. Press down lightly.

Sprinkle bacon and rice over cabbage. Spread beef mixture on top. Cover with greased foil. Bake in 350F oven for about 1 1/2 hours until rice is tender and liquid is absorbed. Serves 6.

Submitted by Café Break Cook Darlene Borowski

(This recipe was enjoyed in December together at Café BREAK)

Café BREAK MENU

Feb 5: Chicken Parmesan

***Feb 12: Chicken & Bean Burritos**

Feb 19: Tourtiere

Feb 26: Breakfast for Lunch



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

*Event / Lunch & Learn booked



Join us for our next Lunch & Learn

Wednesday February 12th

“Four Headingley Stories”

Presented by Stephen Britton

Lunch: \$10 (12pm)
Presentation: Free (1pm)

Sign up before February 7th
seniors@rmofheadingley.ca
(204) 889-3132 ext 3





Upcoming Foot Clinics

TUES Feb 11th (morning only)
 *THURS Feb 13th (full)
 THURS March 13th
 THURS April 10th

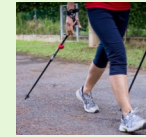
Clinics are run monthly by RN Karen Dingman. Please contact the HSS office for more info or to book your appointment!

Please note spots are limited and booked on a first come first serves basis. We recommend booking in advance to avoid disappointment.

2025 pricing: \$60 for clinic appointment (booked with Seniors' Services)
 \$70 for in-home appointments (booked direct with Karen)

* = Clinic currently full . Contact us to be added the cancellation waitlist.

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.

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

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



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



PHOENIX WINTER CARNIVAL 2025



2025 Phoenix Winter Carnival

February 1st - 9th, 2025

Carnival Schedule of Events:

Sat Feb 1st: 30+ Hockey Tournament

Feb 3rd - 9th: Phoenix Flames Hockey Tournament (U7 & U9)

Fri Feb 7th: Family Fun Night! Free BBQ from 6-8pm/ Games, Bonfire & Fireworks!

Sat Feb 8th: Pancake Breakfast 7:30-11am, Skills Competition, Kitchen & Canteen open

Sun Feb 9th: Silent Auction, Kitchen & canteen open.

Please note: Schedule subject to change. Visit:

www.phoenixrec.org/winter-carnival

for most up to date schedule.

Volunteering: HSS will be setting up a table for volunteers to sell tickets for the kitchen. Contact us in the office to sign up!

Raffle: Tickets for sale in our office!

Save the Date for next month's 'Lunch & Learn':

Prairie Wildlife Animal Ambassador Visit

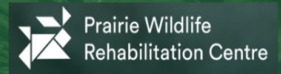
Wednesday March 5th

12pm: Lunch (\$10)

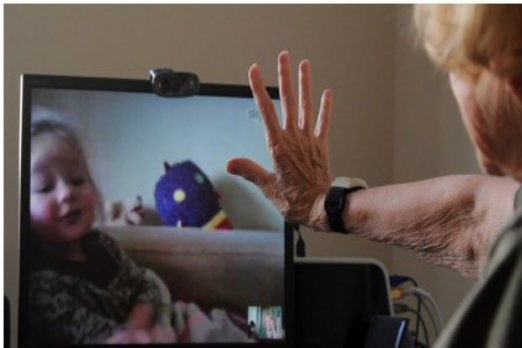
1pm: Visit with Animal Ambassadors (Free)



Register before Feb 28th
seniors@rmofheadingley.ca
 (204)889-3132 ext 3



Did You Know? Headingley Seniors' Services offers monthly foot care clinics? Foot care is provided by a registered nurse and include a foot health assessment, nail/callous work, and any necessary education and care plan recommendations. Contact us for more information!



Do you have technology questions?
We can help!

Cyber-Seniors Technology Mentors are young people who have been trained to teach technology to older adults and are standing by to help with your smart phone, tablet or computer. You can also learn to:

- Set up a video call with friends and family
- Order groceries and medication online
- Watch movies, musicals and news shows
- Schedule appointments with medical professionals over video

Call **1-844-217-3057**,
email info@cyberseniors.org or
go to our website at www.cyberseniors.org
to register for FREE webinars or to schedule FREE 1-on-1
tech-help over the phone or via video conference

www.cyberseniors.org
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*Joke of the month answer:
Because they'll dessert you...*

We're Hiring

FITNESS INSTRUCTOR
WEDNESDAY MORNING
CARDIO-STRENGTH FUSION
9:30 AM - 10:30 AM

APPLY NOW

Submit your Resume & Certifications to:
Krista@mhrd.ca

SAVE THE DATE
COME VISIT US IN HEADINGLEY'S NEWLY EXPANDED COMMUNITY CENTRE!

HEADINGLEY
Holiday Market

Friday October 17 & Saturday October 18
HEADINGLEY COMMUNITY CENTRE

Vendor Applications open on February 15th

***NEW* Did you know?**
The Headingley Municipal Library now has many Dementia resources available for loan? If you're looking to learn more about Dementia, please visit the Library or contact us in the office for available resources.

February 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	Gentle Yoga 10 am	Cardio Strength Fusion 9:30 am Café BREAK 12pm	Crib & Coffee 1-3 Zumba 6:45	Pole Walking 10am	8
9	Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	Foot Clinic 9-12 Gentle Yoga 10 am	Cardio Strength Fusion 9:30 am *Café BREAK 12pm L&L: Four Headingley Stories	Foot Clinic 9-4 Crib & Coffee 1-3 Zumba 6:45	Pole Walking 10am	15
16	CLOSED—LOUIS RIEL DAY (No programs)	Gentle Yoga 10 am	Cardio Strength Fusion 9:30 am Café BREAK 12pm	Crib & Coffee 1-3 Zumba 6:45	Pole Walking 10am	22
23	Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	Gentle Yoga 10 am	Cardio Strength Fusion 9:30 am Café BREAK 12pm	Crib & Coffee 1-3 Zumba 6:45	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