



March 2025

Issue 138

Seniors Scene

Enrich your life with us!

HEADINGLEY COMMUNITY CENTRE

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

www.headingleyseniorservices.ca

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Office Hours:

Monday- Thursday
9AM— 3PM

Hours Subject to change

Joke of the month:



How does the moon cut his hair?

Greetings!

February was a cold one! Hopefully the official first month of Spring brings some warmer weather our way. Thank you to everyone who volunteered their time with us at the Phoenix Carnival– it was a fun weekend and we couldn't have done it without you! If you're looking for volunteer opportunities, HSS always has opportunities available.



The Helping Hands Social Club has been busy! The members of this club worked tirelessly over the last month to make 151 handmade dish cloths to donate to a local organization in need. Thank you for all your

hard work! This group meets every Monday afternoon. Do you knit, crochet, or would you like to learn? Come check it out! All items are supplied and all final products are donated. It's a great way to socialize, learn a new skill, and give back to an organization in need.



Our February Lunch & Learn was a full house! Headingley's own Stephen Britton returned to tell us more stories about some of Headingley's own. Stephen is a wonderful community historian, and we are so grateful that he continues to give his time to the seniors of our community. Thank you Steve! If anyone wasn't able to attend but would like to hear Stephen speak, he will be presenting again with the Charleswood Historical Society on March 3rd at 7pm at 5006 Roblin Blvd.

This month's lunch and learn will be something new and exciting! Prairie Wildlife Rehab Centre will be visiting us on March 5th! Read on for more details. Our next Dementia Caregiver Support Group will be on March 13th at 1 pm at the Headingley United Church. All are welcome.

As always, if you're looking for resources, programs or services in Headingley, please contact us for more information on what we offer.

Take care, Kristie & Margo

Celebrating Women this Month!

March 8th is **International Women's Day**, a day to honor the achievements and strength of women world-wide. It's also a time to celebrate the power of intergenerational connections, where the wisdom of older generations is passed down to younger ones. These connections help build strong communities, offering support, love, and invaluable life lessons from mothers, daughters, grandmothers, and beyond.

Intergenerational connections are at the heart of many families and communities. For seniors, especially, these connections can provide an opportunity to share stories, advice, and valuable experiences with younger generations. These relationships create a supportive foundation where both young and older women can thrive. As we celebrate **International Women's Day**, it's essential to recognize that the bonds between mothers, daughters, grandmothers, and great-grandmothers are foundational to both family and society.

A lot can be learned from these connections—whether it's a grandmother sharing her recipe for a favorite dish or a young person learning about the resilience her mother showed in difficult times. These moments remind us that each woman's journey is unique, yet deeply intertwined with those who came before her.

Did you know?

1. **Kim Campbell** made history as Canada's first female Prime Minister in 1993.
2. **Dr. Roberta Bondar** became the first Canadian woman to travel to space in 1992.
3. **Nellie McClung** was a key figure in granting Canadian women the right to vote in 1918.
4. **Women in Canada** make up the majority of university graduates. In fact, about 60% of university students today are women, reflecting a significant shift toward gender equality in education.

Simple Ways to Celebrate:

1. **Share Stories:** Connect with family members and share stories across generations.
2. **Thank You Notes:** Show appreciation to the women who have made a difference in your life.
3. **Support Women-Owned Businesses:** Shop local and support women entrepreneurs.
4. **Celebrate with Music and Art:** Explore works by Canadian women artists and musicians.
5. **Host a Gathering:** Whether virtual or in-person, gather with women from different generations to reflect and celebrate.

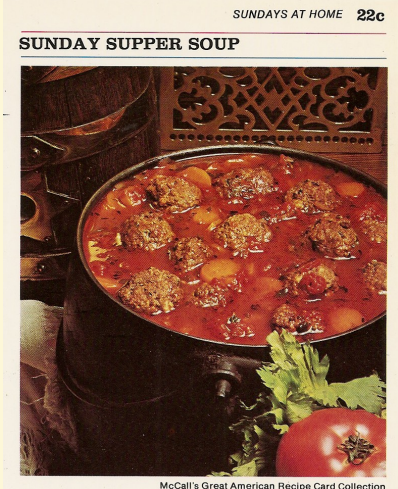
International Women's Day is a time to honor the women who came before us, the ones beside us, and the ones who will lead the way forward. Let's take a moment to appreciate the strength and contributions of all the women in our lives.



International Women's Day

Barb's Sunday Supper Soup

*(Warm up with this delicious soup –
was enjoyed in January at Café BREAK!)*



Ingredients:

1 lb lean ground beef
 2 cups water
 1 can (10.5 ounces) condensed beef broth, *undiluted*
 1 can (1 lb; 12 ounces) tomatoes, *undrained*, chopped
 1 envelope (1-3/8 ounces) dry onion soup mix **OR** 1 onion chopped
 1 cup sliced carrots
 1/4 cup chopped celery tops & stalks
 1/4 cup chopped parsley
 1/4 cup pot barley
 1/4 tsp black pepper
 1/4 tsp dried oregano leaves
 1/4 tsp dried basil leaves
 1 bay leaf

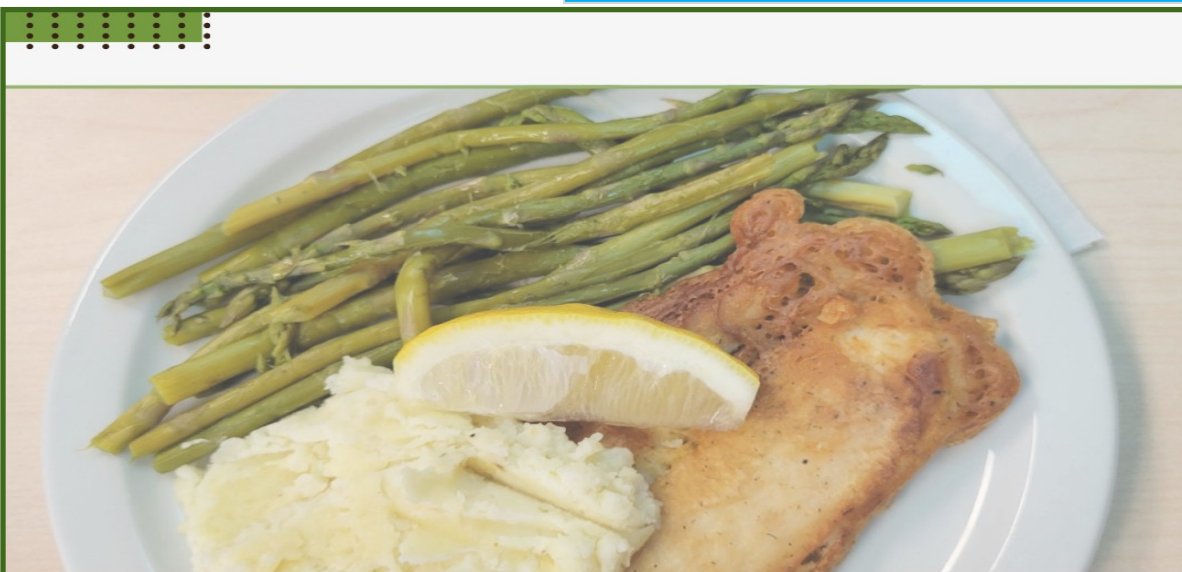
Instructions:

Fry beef and drain. Combine remaining ingredients in same Dutch oven. Bring to boiling. Reduce heat; cover and simmer for 20 minutes. Add meat and simmer 20 minutes longer. Enjoy!

Yield: 6-8 servings, about 2 quarts.

Submitted by Café Break Cook, Barb Larkin

(Adapted from McCall's Great American Recipe Card Collection)



Join us for Lunch at:
Café BREAK



Every Wednesday at 12 pm
Headingley Community Centre
Takeout option available
Cost: \$10 per person

Contact us the Friday prior to desired meal to sign up:
seniors@rmofheadingley.ca (204) 889- 3132 ext 3

Café BREAK MENU

***Mar 5th: Lasagna**

March 12th: Pork Tenderloin

March 19th: Meatballs

March 26th: Ham

*Event / Lunch & Learn booked



Upcoming Foot Clinics

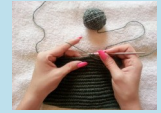
THURS March 13th– 1 spot left!
 THURS April 10th– 1 spot left!
 THURS April 17th (AM only)- 2 spots left!

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)

Free Programs to Enjoy:



Helping Hands Social Club Mondays 1-3 pm

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

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

NEW

COMING THIS SPRING!

A new free weekly program starting in
 the spring on Tuesdays will be
 announced soon.
 Stay tuned for more details!



Join us for our next 'Lunch & Learn':

Prairie Wildlife Animal Ambassador Visit

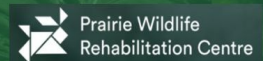
Wednesday March 5th

12pm: Lunch (\$10)

1pm: Visit with Animal Ambassadors (Free)



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



SAVE THE DATE

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



HMM Vendor Applications are now open and will be accepted until
 March 21st.

For more information or to apply as a vendor, please visit:

<https://headingleyseniorservices.ca/headingley-holiday-market/>

Charleswood Historical Society
 www.charleswoodhistoricalsociety.ca



HERITAGE LECTURE SERIES



Presenter: Stephen Britton

Past-President -Headingly Historical Society

Monday, March 3 at 7:00 pm

5006 Roblin Blvd– Silver Collection

Did You Know?

Macdonald-Headingley Recreation District lends out walking poles to Headingley residents! Are you wanting to try them out? Call MHRD at (204) 885-2444 to borrow a pair. Or come join us in our Pole Walking group Friday mornings at 10 am at the Headingley Community Centre. Free!



DEMENTIA CAREGIVER SUPPORT GROUP

- Connect with others
- Share your support needs
- Access Resources
- Plan for future sessions
- No sign-up required
- All are welcome



THURSDAY MARCH 13TH
1:00-2:00 PM
HEADINGLEY UNITED CHURCH
110 BRIDGE ROAD

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

Joke of the month answer:

Eclipse it.

ORGANIZED BY HEADINGLEY SENIORS' SERVICES

Back this Summer: FOLKLORAMA !

Bus tours will be offered between Aug 3-16

2 Tours to choose from!

Packages Include:

- ✓ Luxury coach to and from pavilions
- ✓ Progressive meal through the evening including beverages
- ✓ Reserved seating at each pavilion

Departure

Stay Tuned for Details & Dates!

Pick-up Point

5353 Portage Avenue, Headingley, MB

Interested? Contact us!
204-889-3132 ext. 3 seniors@rmofheadingley.ca

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>

March 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
SAT 1 / SUN 2	3 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	4 Gentle Yoga 10 am	5 Cardio Strength Fusion 9:30 am *Café BREAK L&L 12pm: Prairie Wildlife	6 Gentle Flow Yoga 10am Crib & Coffee 1-3 Zumba 6:45	7 Pole Walking 10am	8
9	10 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	11 Gentle Yoga 10 am	12 Cardio Strength Fusion 9:30 am Café BREAK 12pm	13 Foot Clinic 9-4 Gentle Flow Yoga 10am Crib & Coffee 1-3 Zumba 6:45	14 Pole Walking 10am	15
16	17 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	18 Gentle Yoga 10 am	19 Cardio Strength Fusion 9:30 am Café BREAK 12pm	20 Gentle Flow Yoga 10am Crib & Coffee 1-3 Zumba 6:45	21 Pole Walking 10am	22
23	24 Helping Hands 1-3	25	26 Café BREAK 12pm	27 Crib & Coffee 1-3	28 Pole Walking 10am	29
30	31 Helping Hands 1-3					

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