



HEADINGLEY COMMUNITY CENTRE

5353 Portage Avenue
Headingley, Manitoba
R4H 1J9
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:**



*What do you call it
when it rains ducks
and geese?*

April 2025

Issue 139

Seniors Scene

Enrich your life with us!

Greetings!



Another busy month is coming to an end! We were joined by Prairie Wildlife Rehabilitation Centre and 3 of their amazing animal ambassadors. We learned so many fascinating facts about the animals we met, and the work that the Centre does. Did you know that Ravens have the cognitive ability of a 7 year old child? For more info, please visit: <https://pwildlife.ca/>

The members of The Helping Hands Social Club are at it again! Last month, several colorful handmade blankets were dropped off at the Linus Project. This organization provides blankets to children going through a crisis in their lives. We feel so honored to be able to support such a worthy cause. The Helping Hand Social Club meets every Monday to make items for organizations in need. Beginners welcome! Is knitting & crocheting not your thing? Read on for more info on the introduction of our newest weekly program: Golden Games! Starting May 6th.



We are so excited for another exciting month ahead! We will be doing an Easter themed craft after lunch on April 16th. Spots are limited, sign up required. Also, back by popular demand, Headingley's own, mayor Jim Robson will be joining us for another edition of "Ask the Mayor". This event will book up fast— sign up now & don't miss your chance to get your questions answered. Lastly, we will be hosting a Volunteer Appreciation Tea to finish off the month for everyone who has dedicated their time to making our programs a success! Some of the ways our volunteers help include: helping in our meal program, working at our holiday market, sitting on our advisory committee, driving to & from appointments, taking programming attendance, delivering meals, making decorations for events, and more! If you're interested in joining our group of amazing volunteers, contact us today.

And as always, our goal is to assist older adults in maintaining their independence by offering programs and services. Need assistance? Contact us today to discuss how we can help.

Take care, Kristie & Margo



UKULELE TOGETHER (55+) - FREE

Coming this spring!

Have you always wanted to play a musical instrument? Learn the world's most played instrument . . . the Ukulele! It is simple to learn, versatile, light, portable and it's smaller than a piano. An experienced instructor (with support from the Ukulele Friends of Headingley) will lead you through each lesson at a relaxed, comfortable pace with emphasis on fun. You will learn the basics of the ukulele, tuning, chords, strumming and before you know it you will be playing a song. All equipment will be provided for the duration of the classes. No prior musical experience required.

Details on this program will be available soon. If you have questions, please contact Margo or Kristie in the Headingley Seniors' Services office at (204) 889-3132 ext. 3 or seniors@rmofheadingley.ca. Funding for this program provided by The 'New Horizons for Seniors Program' Federal Grant.



The Benefits of Learning a New Instrument:

Learning a new instrument offers numerous benefits for older adults, ranging from cognitive enhancement to emotional well-being. Engaging with music is a powerful tool for keeping your brain active and sharp. Playing an instrument challenges the mind; improving memory, attention, and problem-solving skills. It stimulates multiple areas of the brain, which can help delay cognitive decline.

Beyond mental benefits, learning a musical instrument can significantly improve emotional health. It provides a sense of achievement and fulfillment; boosting self-esteem and confidence. Music is also known to have therapeutic effects, reducing stress and promoting relaxation, which is particularly important for older adults dealing with anxiety or depression.

Social interaction is another key advantage. Group lessons foster connections, reduce feelings of isolation, and promote a sense of community. The shared experience of making music creates bonds, encouraging older adults to stay socially engaged.

Overall, picking up a new instrument later in life is not only a fun hobby but also a great way to enhance cognitive function, emotional health, and social connection. It's never too late to begin, and the benefits are invaluable for older adults looking to stay active, engaged, and healthy.

(multiple sources)

O'Flaherty's Caesar Salad

Ingredients:

2-3 fresh Garlic cloves
 1-2 forkfuls of Capers
 2 pinches of Lemon Pepper
 1-2 TBSP of Worchester Sauce
 1 TBSP of French's Dijon Mustard
 2-3 Egg Yolks
 1/2 cup of extra light tasting Olive Oil (Bertoli is best)
 1/2 cup parmesan cheese (powder *not* shredded)
 1 squirt of fresh lemon juice
 3 heads romaine lettuce
 Crispy bacon (if desired)
 Croutons (if desired)

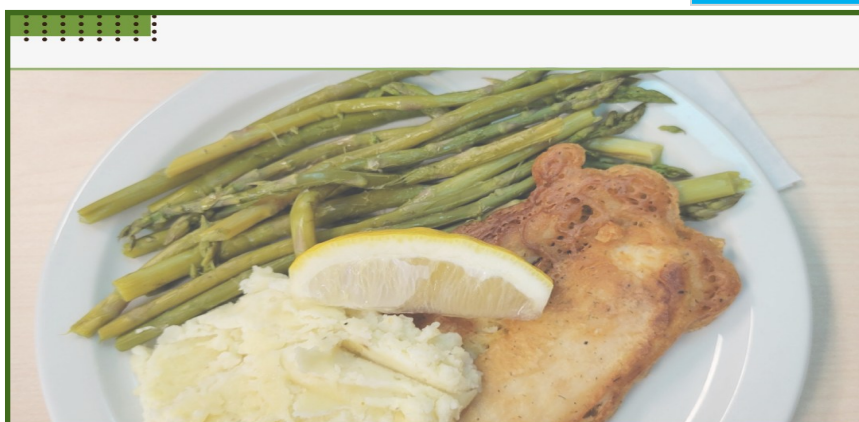


Instructions:

Crush garlic cloves, rub inside bowl. Combine garlic, lemon pepper, capers, and crush together until it makes a paste. Add the Worchester sauce and Dijon mustard, egg yolks, and mix together. Very slowly stir dressing while adding olive oil until all oil is added and mixed properly. After mixing, the last 2 items added are the parmesan cheese and 1 squirt of lemon juice. Parm cheese thickens the dressing, and the lemon juice adds the extra little bite! Toss with 3 heads of chopped romaine lettuce. Serve with freshly crisped bacon, and/or croutons if desired.

Enjoy!

*This recipe was submitted by Headingley Community Centre caretaker
 Shawn O'Flaherty*



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 : April Menu

April 2nd:
Chicken Alfredo

April 9th:
Chili

***April 16th:**
Zesty Chicken & Potato Bake

***April 23rd:**
Delicious Chicken

April 30th:
Shepherd's Pie

**Event / Lunch & Learn booked*



Coming up next month:

Bring a friend or neighbor living alone to lunch on **May 7th** in honor of **'Let No One Be Alone Week'**.

Stay after for a presentation titled **"The Way We Wore"** by Headingley's own Margaret Mills of the **Costume Museum of Canada**.

*Newcomers dine for free.
Sign-up required.*



Headingley Seniors' Services is pleased to bring you another edition of:

"Ask The Mayor"

Join us for our next Lunch & Learn for a Q&A with Jim Robson

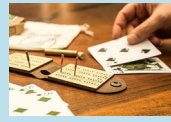


Wednesday April 23rd
Lunch: 12 pm (\$10)
Presentation: 1 pm (Free)

Contact us to sign up:
seniors@rmofheadingley.ca
(204) 889- 3132 ext 3

We are excited to announce our newest weekly program:
GOLDEN GAMES.
 A variety of table games will be available to play together.
 Coffee & Tea will be served.
 All are welcome.

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.

(No HHSC on April 28th)

Crib & Coffee

Thursdays 1-3 pm

Drop in to play crib with other folks and enjoy a coffee & cookies.

(NO CRIB on APRIL 3rd)

Pole Walking & Coffee

Fridays 10-12

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

(NO POLE WALKING on APRIL 5th or 18th)

All programs are held at the Headingley Community Centre, 5353 Portage Ave

GOLDEN GAMES

TUESDAYS | 1-3 PM

Starting May 6th

Headingley Community Centre
 5353 Portage Ave

This free weekly program has been made possible by
 Southern Health-Santé Sud's *Healthy Together Now* Grant

Upcoming Foot Clinics

THURS April 10th - 1 spot left!
THURS April 17th (AM only) - FULL
THURS May 8th
TUES May 20th (AM only)

Clinics are run monthly by RN Karen Dingman. Please contact the HSS office to book an appointment. Spots are limited and booked on a first come first serves basis.

\$60 for clinic appointment (booked with HSS)
\$70 for in-home appointment (booked with Karen)

***Contact us to be added to waitlist**



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 APRIL 10TH
1:00-2:30 PM
HEADINGLEY UNITED CHURCH
110 BRIDGE ROAD

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

We are thrilled to be holding a **Volunteer Appreciation Tea** for all Headingley Seniors' Services volunteers. All invites have been sent via email. If you have volunteered with us in 2024/25 and have not received an invitation, please let us know!



We welcome all HSS volunteers to our:

Volunteer Appreciation Tea

Tuesday April 29th at 1:00
Headingley Community Centre

RSVP by: April 11th
seniors@rmofheadingley.ca
(204) 889-3132 ext 3

Light Lunch provided



SAVE THE DATE!

We are currently in the process of planning a group outing to the **Canadian Museum for Human Rights**

Proposed date:
Thursday June 19th.

Please contact us if you'd be interested in joining!

\$15/pp transportation cost will apply



CANADIAN MUSEUM FOR
HUMAN RIGHTS



COME JOIN US TO CREATE A

Spring craft

WEDNESDAY APRIL 16TH AT 1 PM

\$10

Contact HSS office to sign up before April 9th
(204) 889-3132 ext 3
seniors@rmofheadingley.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

Did You Know? Headingley Seniors' Services partners with Macdonald Headingley Recreation District to bring programs and services to seniors in Headingley? Check out their online program guide at MHRD.ca for upcoming spring & summer classes!



DO YOU NEED A RIDE?

Headingley Seniors' Services has a transportation program offering rides to seniors living in Headingley. All of our drivers have their criminal record checks done.
Cost: \$.51/km.

Book a ride with us today!

Contact us:
204-889-3132 ext 3
seniors@rmofheadingley.ca

Walking Pole Loan Program:

Contact **MHRD** to borrow a set!

www.mhrd.ca
(204) 885 - 2444



Puzzle Loans

Available in the HSS office free of charge! Come by during office hours and choose a puzzle that interests you!



FOLKLORAMA BUS TOURS

Thursday, August 7th - 3 Pavilion Tour: \$85/pp
Métis Pavilion
Mabuhay Philippines Pavilion
Africa Pavilion

Thursday, August 14th - 2 Pavilion Tour: \$75/pp
Israel Pavilion
Budapest-Hungarian Pavilion

EARLY BIRD DISCOUNT:
Sign-up before June 23rd for \$5 OFF !!

Packages Include:

- ✓ Luxury coach to and from pavilions
- ✓ Progressive meal & beverages
- ✓ Reserved seating at each pavilion

Departure Time:
Stay Tuned for Details !

Pick-up Point:
Headingley Community Centre
5353 Portage Avenue

Signup deadline July 21st
204-889-3132 ext. 3 seniors@rmofheadingley.ca

*Joke of the month
answer:
Fowl weather*

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

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Café BREAK 12pm	3 CRIB CANCELLED	4 POLE WALKING CANCELLED	5
6	7 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	8 Gentle Yoga 10 am	9 Strength & Stability 9:30 Café BREAK 12pm	10 Foot Clinic 9-4 Balance & Bones 1-2 (PCC) Dementia Care- giver Support Group 1-2:30 Crib & Coffee 1-3 Zumba 6:45	11 Pole Walking 10am	12
13	14 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	15 Gentle Yoga 10 am	16 Strength & Stability 9:30 *Café BREAK 12pm L&L: Spring Craft	17 Foot Clinic 9-12 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	18 GOOD FRIDAY- CLOSED	19
20 Happy Easter! 	21 NO MHRD Programs Helping Hands 1-3	22 Gentle Yoga 10 am	23 Strength & Stability 9:30 *Café BREAK 12pm L&L: Ask The Mayor	24 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	25 Pole Walking 10am	26
27	28 FEDERAL ELECTION: MHRD Programs to PCC Helping Hands CANCELLED	29 Gentle Yoga 10 am Volunteer Appreciation Tea 1pm	30 Strength & Stability 9:30 Café BREAK 12pm			

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