



**HEADINGLEY  
COMMUNITY  
CENTRE**

5353 Portage Avenue  
Headingley, Manitoba  
R4H 1J9  
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 oysters  
donate to charity?***

**June 2025**

Issue 141

# Seniors Scene

*Enrich your life with us!*

Greetings!

Where did the month of May go? We were excited to welcome Margaret Mills as our lunch & learn presenter. Margaret is a long time Headingley resident and volunteer with the Costume Museum of Canada. She delivered a captivating presentation titled "The Way We Wore", exploring the significant role that everyday clothing has played in shaping Canadian culture and lifestyle throughout the years. She brought along a selection of artifacts and replicas, allowing the audience to connect with the history she recounted. This presentation was thoroughly enjoyed by all who attended. Thank you Margaret, and the museum for your time and expertise! We also kicked off two new regular grant funded programs— Ukulele Together and Golden Games! If you're looking to meet new folks and play some games, drop in on Tuesday afternoon to see what it's all about! June 4th lunch & learn will be our last before the summer— don't miss out , it's going to be a fun one!

We still have a few spots remaining on our bus tour to the Canadian Museum of Human Rights coming up on June 19th. Come beat the heat and explore the museum with us. June is a great time to visit the museum as it is also Pride Month; a time to honor the LGBTQ+ community, and the ongoing fight for equal rights. Headingley Seniors' Services supports a community of inclusion and respect for all.

Phoenix Rec will be hosting their annual summer Family Fun Day on June 21st beginning at 1pm. This event will take place at the Phoenix Community Centre. It is open to all ages— come and enjoy some outdoor fun!

Are you looking to take a trip but don't feel like planning a getaway? Come tour the world with us at one of our Folklorama bus tours this summer! Skip the lineups and enjoy reserved seating on this VIP bus tour! Seats are filling up fast. Read on for tour and pricing details and don't forget to register and pay before June 23rd for discounted pricing!

Our regular programming will slow down over the summer months. Read on for our program schedule. Pole walking will continue weekly on Friday mornings, but will be moved outdoors to the MHRD office on Seekings street. Seated exercises will still be offered at the new location. Talk to us for more details!

This coming weekend is expected to be another hot one! Remember to stay hydrated and seek shade during peak hours to prevent heat related illness. As always, if you want more information about what we offer, contact us!

Take care, Kristie & Margo



SENIORS  
ABUSE  
SUPPORT  
LINE:  
1-888-896-  
7183

*Elder abuse is any action or inaction that threatens the health or wellbeing of an older adult.*

*Remember ...*

*You have a right to be treated with respect.*

*You have a right to be safe.*

*You have a right to make your own choices.*

*For more information, or resources, visit:*

<https://peam.ca>

# Rainbow Love Cake



## Ingredients:

- Boxed Angel Food Cake
- Tub of Cool Whip
- Variety of colorful Sorbets

## Directions:

Prepare cake per box directions and let cool. Using a long serrated knife, cut cake horizontally into 3 layers. Place bottom layer on a freezer-safe serving plate; spread with 1 cup sorbet. Repeat layers with different sorbet flavors! Freeze, covered, until sorbet is firm, about 1 hour. Frost top and side of cake with cool whip. Freeze until firm. Serve and enjoy!



This dessert was enjoyed recently at Café BREAK!  
Recipe credit: **Café BREAK volunteer Donna Dunford**



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 :**  
**June Menu**



**\*June 4th: Sweet & Sour Pork**

**June 11th: Taco Salad**

**June 18th: Paprika Chicken**

**June 25th: Beef Burritos**

*\*Event / Lunch & Learn booked*

**Please note: there will be  
 NO Café BREAK meals served on  
 July 2nd or August 20th**



**Join us for  
 Lunch and  
 Brain Games !**

*Join Macdonald Headingley Recreation District staff,  
 for some fun-filled brain games.  
 Challenge your mind and have some fun!*

**Wednesday June 4th**  
 12pm: Lunch- \$10  
 1 pm: Games- Free!  
 Headingley Community Centre



Contact us before May 30<sup>th</sup> to reserve your seat!  
 seniors@rmofheadingley.ca  
 (204) 889-3132 ext 3



**Wed July 2nd**

**Lunch**  
 OUTING

**12 pm**



**Sorrentos**

Charleswood Centre  
 3900 Grant Ave

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

Please let us know if  
 you need a ride

**HSS Programs to Enjoy:**

**Helping Hands Social Club: Mondays 1-3**  
*Knit, crochet & play scrabble. All items made are donated to organizations in need.*

**Golden Games: Tuesdays 1-3**  
*A variety of table games will be available to play together. Coffee & Tea will be served. No sign-up required.*

**Crib & Coffee: Thursdays 1-3**  
*Drop in to play crib with other folks and enjoy a coffee & cookies.*

**Pole Walking: Fridays 10-11**  
*Poles available for those that want, or walk without. Stay after for coffee & socialization.*

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

**UPCOMING FOOT CLINICS:**

**Thursday June 12th \*FULL\***  
**Thursday June 26th (AM only) \*FULL\***  
**Thursday July 17th**  
**Thursday August 26th**  
**Thursday September 18th**

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

**Pricing:**

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

**Location:**

Headingley Community Centre,  
 5353 Portage Ave  
*\*Contact us to be added to waitlist*

*Please note: Programming is not held every week during the summer months. See below schedule for the months of July & August:*

**SUMMER PROGRAM SCHEDULE**

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

Monday Monday July 14th  
 Monday July 21st  
 Monday August 11th  
 Monday August 18th

**Golden Games 1-3 pm**

Tuesday July 8th  
 Tuesday July 15th  
 Tuesday August 5th  
 Tuesday August 12th  
 Tuesday Aug 26th

**Crib & Coffee 1-3 pm**

Thursday July 3rd  
 Thursday July 17th  
 Thursday July 31st  
 Thursday August 14th  
 Thursday August 28th

**Friday Pole Walking 10 am**

Will be held outdoors at Phoenix CC / MHRD office on Seekings street all summer

**Next Dementia Caregiver Support Group** will be held on **Thursday June 12th** at **1:00pm** at the St Charles Headingley United Church at **110 Bridge Road.**

No sign-up required. All are welcome.

*Ukulele Friends of Headingley*  
**SOUNDS of Spring!**



**Friday, June 13th**  
**7 pm**  
 Headingley Community Centre  
 5353 Portage Avenue

**Special Guests**  
 Harold Eide  
 Charles & John Hatfield  
 John Mauseth

Silver Collection  
 Proceeds to the Headingley Grand Trunk Trail

Refreshments



**HEADINGLEY SENIORS SERVICES**

Join us for a group outing to:  
**The Canadian Museum of Human Rights**

**When: Thursday June 19th**  
**Pick up & Drop off location: 5353 Portage Ave**  
**Departure time: 9:30am**  
**Cost: \$15**

**Please note:** This is a self-guided visit (no tour guide). Mobility assist rentals are available with advanced notice.

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



**Saturday, June 7th from 1:00 – 4:00**

A BioBlitz is an activity to learn about the plants and animals along the Headingley Grand Trunk trail. Check out the prairie, wetlands and forest. We have fun activities planned and will also be creating a community art project you can be a part of. Free for all ages!

**Contact MHRD to register.**



**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

**Did You Know? Headingley Seniors' Services** is a non-profit organization? All proceeds made at our annual Holiday Market in October go directly towards programs & services provided to Headingley seniors. Save the dates below for this year's event! Interested in volunteering at our market? Contact us!

**Short-term Mobility Equipment Loans available:**

- Canes
- 2 Wheeled Walkers
- 4 Wheeled Walkers
- Transport Wheelchairs



Do you have a surgery coming up? Do you need to attend an appointment? We've got you covered! Contact us today for more information.

# HEADINGLEY

## Holiday Market



### SAVE THE DATES!

FRIDAY OCTOBER 17TH

11AM-7PM

SATURDAY OCTOBER 18TH

10AM-4PM

HEADINGLEY COMMUNITY CENTRE

5353 PORTAGE AVE

Would you be interested in seeing "Menopause The Musical 2"

on **September 18th** at Club Regent?

If there is enough interest, we may consider organizing group transportation. Let us know!



### Puzzle Loans

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

*Joke of the month answer:  
Because they are shellfish!*

## 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



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

# June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands	3 Gentle Yoga 10 am Ukulele Together 11-1 Golden Games 1-3	4 Strength & Stability 9:30 *Café BREAK 12pm: Brain Games with MHRD	5 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	6 Pole Walking 10am	7 HGGT BioBlitz 1-4pm St Charles Big Band Concert 7pm
8	9 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	10 Gentle Yoga 10 am Ukulele Together 11-1 Golden Games 1-3	11 Strength & Stability 9:30 Café BREAK 12pm	12 Foot Clinic 9-4 Balance & Bones 1-2 (PCC) Dementia Care-giver Support Group 1pm Crib & Coffee 1-3 Zumba 6:45	13 Pole Walking 10am UFOH Concert 7pm	14
15 World Elder Abuse Awareness Day	16 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	17 Gentle Yoga 10 am Ukulele Together 11-1 Golden Games 1-3	18 Strength & Stability 9:30 Café BREAK 12pm	19 Human Rights Museum Bus Outing 9:30-1:30 Crib & Coffee 1-3	20 Pole Walking 10am	21 PRA Family Fun Day 1 pm
22	23 Helping Hands 1-3	24 Ukulele Together 11-1 Golden Games 1-3	25 Café BREAK 12pm	26 Foot Clinic 9-12 Crib & Coffee 1-3	27 Pole Walking 10am	28
29	30 Helping Hands 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