



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 a
pig that does
karate?*

May 2025

Issue 140

Seniors Scene

Enrich your life with us!

Greetings!

We had another wonderfully full month and would like to extend our thanks to Mayor Jim Robson for joining us for lunch. It was a pleasure to receive a municipal update and have the opportunity to ask questions. We also enjoyed a delightful Easter-themed craft afternoon, led by Lynn Mowat. The room was filled with creativity, laughter, and community spirit. A big thank you to both Lynn and Susan for organizing such a fun event! Our young friends from Bright Beginnings



Educare added even more joy to the season by creating an array of cheerful spring crafts for us to display at the community centre. Their thoughtful creations were the perfect touch during our Easter lunch and craft afternoon. We're so grateful for our ongoing connection with this wonderful centre—they truly know how to brighten our day!

We wrapped up the month with our Volunteer Appreciation Tea, welcoming nearly 50 volunteers for an afternoon of celebration and gratitude. It was a special time to recognize the incredible dedication and contributions of our volunteers throughout the year. Thank you to each and every one of you—we simply couldn't do what we do without you! A big thank you to the RM of Headingley & MHRD staff for supporting us in facilitating this event. In March, we lost Karen Saunders, one of HSS' most beloved volunteers. Over the course of her time with HSS, Karen was involved in many different areas, from the craft sale to the kitchen to serving as treasurer on the board. Karen always pitched in and helped



wherever she could- On more than one occasion, Kristie went into the kitchen only to find her on the floor trying to get something that had fallen to the back of the cupboard! She was even part of the naming for our meal program **Café BREAK** (Bev, Rose, Elizabeth And Karen.) Karen was pivotal to the success of Headingley Seniors' Services and the development of what it is today. She will be missed dearly.

As always, our mission is to help older adults remain independent and improve their quality of life by providing programs and services. Read on for what's coming up this month and beyond. We are so excited to have 2 brand new programs starting! Contact us for more information.

Take care, Kristie & Margo



In Honor of Let No One Be Alone Week,
We invite you to bring a friend or neighbor
living alone to Lunch on Wednesday May 7th
at the Headingley Community Centre.

Spending time together is the best gift you can
give someone.

*Sign-up for lunch is required before May 2nd.
Newcomers dine for free.*



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

Addressing social isolation is crucial to supporting healthy aging and enhancing the overall well-being of older adults. Loneliness can impact mental and physical health. **Let No One Be Alone Week** is a reminder to reach out and connect. During this week, small acts of kindness can make a big difference—like checking in with a neighbor, sharing a cup of coffee, making a phone call, or inviting someone to join you for a walk or community event. Even just being present and listening can help someone feel seen, valued, and less alone.

Marry Me Chicken Pasta



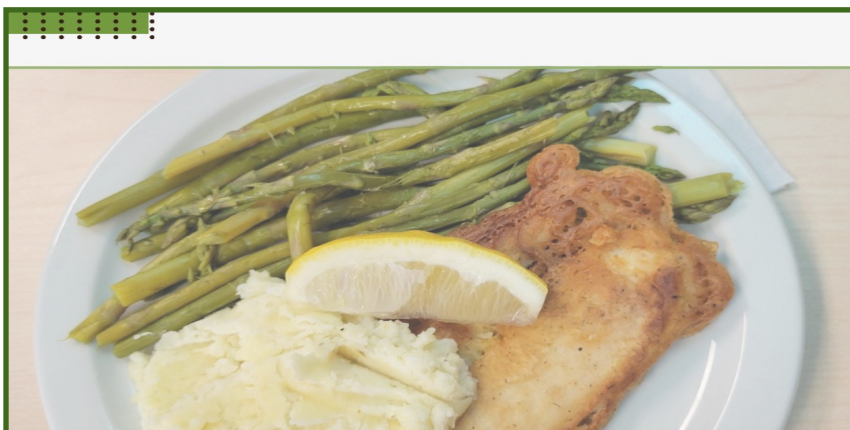
Ingredients:

- **3** boneless, skinless chicken breasts, cut into bite-size pieces (about 1½ pounds)
- **1 1/2 teaspoons** kosher salt
- **2 tablespoons** extra-virgin olive oil
- **3** garlic cloves, minced
- **1 cup** heavy cream
- **1/2 cup** chicken stock
- **1 teaspoon** chicken flavor "Better Than Bouillon", (or 1 chicken bouillon cube)
- **1/2 cup** freshly grated Parmesan cheese
- **1 (7-ounce) jar** sun-dried tomatoes, drained and roughly chopped
- **1 teaspoon** Italian seasoning
- **1/2 teaspoon** freshly cracked black pepper
- **1/2 teaspoon** red pepper flakes, (optional)
- **1/4 cup** thinly sliced fresh basil leaves
- **3/4 pound** penne pasta

Directions:

Pat the chicken dry with paper towels. Season all over with 1 tsp of the salt. Heat the oil in a large skillet over medium heat, add the chicken and cook until browned, about 10 minutes. Transfer to a plate. To the same skillet, add the garlic and cook until fragrant, about 30 seconds. Stir in the heavy cream, chicken stock, bouillon, 1/4 cup of the parmesan cheese, sun-dried tomatoes, Italian seasoning, pepper, 1/4 teaspoon of the red pepper flakes, if using, and remaining 1/2 teaspoon of salt until combined. Return the chicken to the skillet. Bring the sauce to a simmer, then reduce the heat to medium low. Cook until the internal temperature of the chicken reaches 165°F , ~ 5 to 8 more minutes. Meanwhile, bring a large pot of salted water to a boil over high heat. Cook the pasta until al dente according to the package instructions. Reserve 1/4 cup of the liquid and drain. Add the pasta to the sauce along with the reserved pasta water and toss to combine. Serve topped with the basil, remaining 1/4 cup of Parmesan cheese, and remaining 1/4 teaspoon of red pepper flakes, if using..... ENJOY!

Submitted by **Café BREAK cook Liza Rasmussen**
(From *themodernproper.com*)



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 : May Menu

***May 7th:**
Hamburger Stroganoff

May 14th:
Farmer Sausage

May 21st:
Sesame Chicken

May 28th:
Chicken Souvlaki

**Event / Lunch & Learn booked*



“The Way We Wore”

Come to our Lunch & Learn to discover, through the use of some artifacts and replicas, how ordinary clothing worn by Canadians over a period of 100 years has affected our culture and how we live.

presented by Margaret Mills
(Costume Museum of Canada)

Wednesday May 7th
Lunch: 12 pm - \$10 Presentation: 1pm - Free
5353 Portage Ave

Register before Friday May 2nd
seniors@rmofheadingley.ca (204) 889-3132 ext 3



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 30th to reserve your seat!
seniors@rmofheadingley.ca
(204) 889-3132 ext 3



FREE Weekly Programs to Enjoy:

Helping Hands Social Club: Mondays 1-3

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

NEW Golden Games: Tuesdays 1-3 (Begins May 6th)

A variety of table games will be available to play together. Coffee & Tea will be served. No sign-up required.

NEW Ukulele Together: Tuesdays 11-1 (First session begins MAY 13th)

Registration required. To register, visit: www.mhrd.ca/programs/details/ukulele-together-55/3689

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



HEADINGLEY SENIORS' SERVICES

UKULELE TOGETHER (55+) - FREE

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.

**Made possible by the
New Horizons for Seniors
Program Federal Grant**

May 13th - June 24th

Tuesdays, 11:00 am - 1:00 pm



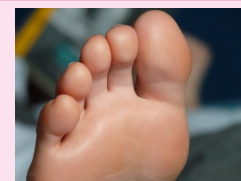
Next Dementia Caregiver Support Group

will be held on
Thursday May 15th
from **1:00pm**
at the St Charles
Headingley United
Church at **110 Bridge
Road.**

No sign-up required.
All are welcome.

UPCOMING FOOT CLINICS:

May: Thursday May 8th & Tuesday May 20th (AM only)
June: Thursday June 12th & Thursday June 26th (AM only)



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



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

A big thank you to The Canadian Museum of Human Rights for working with us to make this outing accessible and affordable.

If you require mobility assistance, please notify us when you sign-up.

**Sign-up deadline:
June 5th**

HEADINGLEY



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!



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

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

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

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

Did You Know? Headingley Seniors' Services has Emergency Response Information Kits (ERIK) available for **FREE** in our office! They are kept on your fridge and provide first responders with quick access to critical medical and personal health information during emergencies. Especially important when living alone. Get yours today!

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.

EXCITING NEWS!

Friday Pole Walking with be moving **outdoors** for the months of **July & August**! Stay tuned for more program & location details.....



Puzzle Loans

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

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

Want to do some pole walking but can't join us on Fridays?

MHRD has a Walking Pole Loan Program:

Contact **MHRD** to borrow a set!

www.mhrd.ca
(204) 885 - 2444

Joke of the month answer:

A pork chop

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>

May 2025

	Mon	Tue	Wed	Thu	Fri	Sat
				1 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	2 Pole Walking 10am	3
4	5 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	6 Gentle Yoga 10 am *NEW* Golden Games 1-3	7 Strength & Stability 9:30 *Café BREAK 12pm: LNOBA Week/ The Way We Wore L&L	8 Foot Clinic 9-4 Balance & Bones 1-2 (PCC) Dementia Care- giver Support Group 1-2:30 Crib & Coffee 1-3 Zumba 6:45	9 Pole Walking 10am	10
11	12 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	13 Gentle Yoga 10 am *NEW* Ukulele Together 11-1 Golden Games 1-3	14 Strength & Stability 9:30 Café BREAK 12pm	15 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	16 Pole Walking 10am	17
18	19 CLOSED— VICTORIA DAY (No Programs)	20 Foot Clinic 9-12 Gentle Yoga 10 am Ukulele Together 11-1 Golden Games 1-3	21 Strength & Stability 9:30 Café BREAK 12pm	22 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	23 Pole Walking 10am	24
25	26 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	27 Gentle Yoga 10 am Ukulele Together 11-1 Golden Games 1-3	28 Strength & Stability 9:30 Café BREAK 12pm	29 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	30 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