



# Seniors Scene

*Enrich your life with us!*

## Office Location:

Headingley Community  
Centre at 5353 Portage Ave

## Office Hours:

Mon-Thurs 9:00am-3:00pm  
*No Public Office Hours on  
Fridays.*

Staff may be working on or  
off-site. Our hours vary to  
meet community needs.

## Contact Info:

Kristie Todd & Margo Price  
seniors@rmofheadingley.ca  
204-889-3132

## Website:

headingleyseniorservices.ca

## Social Media:

@headingleyseniorservices

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What a wonderful month February was! In honor of the winter Olympics, We were so grateful to welcome Active Aging in Manitoba, who brought along some fun indoor games that got us moving, laughing, and staying warm together. Thank you to Headingley Community Foundation for sponsoring a portion of this event via our Nourish & Flourish Grant. We also loved having Headingley Library's own Alison Au join us to share helpful and insightful tips on reading on devices and our library memberships. Handouts are available in the office. Lastly, we would like to extend a heartfelt thank-you to our incredible volunteers who generously gave their time to help make the Phoenix Winter Carnival such a success. Events like this could not happen without the dedication and generosity of our volunteers. If you are one of them, we sincerely hope you'll save the date and mark your calendars to join for our Volunteer Appreciation Tea on April 30<sup>th</sup>! More details to come.

This month, we're delighted to welcome back Headingley resident Steve Britton for another engaging presentation. Steve will explore frontier relationships from the late 17th through the 19th centuries. His presentations are always captivating and remain some of our most anticipated each year. Be sure to sign up early to avoid missing out!

## Important Notes:

- **HSS office will be closed from Thurs March 26 to Tues March 31 for Spring Break, reopening on April 1. All April 1 meal orders must be placed by Wed, March 25.** Programming will continue with the support of community center staff and volunteers; however, volunteer rides will not be scheduled during this time. All inquiries will be responded to once we return. Thank you for your patience and understanding.

As always, our mission is to help older adults live independently and enjoy life by offering opportunities to learn, stay active, and connect with others. Please don't hesitate to reach out if you'd like more information!

Take care, Margo & Kristie

## Is it time to review your medications?



### Important note:

All changes to medication regimes should be done under the guidance of your prescribing physician. Be sure to bring an updated list of your medications when meeting for a review.

### Medication use is a fine balance



Medications can help us in many different ways. But medications can also cause us harm. That's why it's important to weigh the potential benefits and harms of taking a medication over time.



### What is medication overload?



Medication overload means taking more medications than we need. It also means taking too many medications that, together, cause more harm than good.

### What are too many medications?



There is no strict number. When we take even one medication that can cause more harm than good at a particular time in our life, one can be too many.

### Medication overload causes harm

Medication overload can cause drug interactions and harmful side effects. Harms from medication overload can be very serious. Some examples include:



falls & fractures



hospitalizations



premature loss of independence



confusion & memory problems



car crashes



death

### Who is at highest risk?



People who take multiple medications, older adults, and women are at greatest risk of medication harm. The more medications we take, the greater our risk of experiencing harm.

**1 in 10**

hospital admissions in older adults are the result of a medication side effect<sup>1</sup>.

### What can you do? Deprescribing may be an option.



Deprescribing means working with your doctor or another health care professional to stop or reduce the dose of a medication that you feel may cause you harm or is not helping you.

Some Questions to ask your doctor and/or pharmacist when reviewing your medications:

- why am I taking this medication?
- What are the potential benefits and harms of this medication?
- Can it affect my memory or cause me to fall?
- Can I stop or reduce the dose of this medication?
- Who do I follow up with and when?

For more info: please visit  
<https://www.deprescribingnetwork.ca/>

## Easy Beef Stroganoff

### Ingredients:

- 1 lb ground beef
- 1 Medium onion- chopped
- 1 cup fresh sliced mushrooms
- 1 can mushroom soup
- 2 tbsp flour
- ½ cup water
- spices to taste: salt, pepper, thyme, & garlic



### Instructions:

Brown ground beef and onions until almost done then add mushrooms. Add about 2 tbsp flour and ½ cup water.

Simmer approx 20-30 mins. Serve over egg noodles, and enjoy!

## 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

### March Menu:

March 4: Hamburger Soup

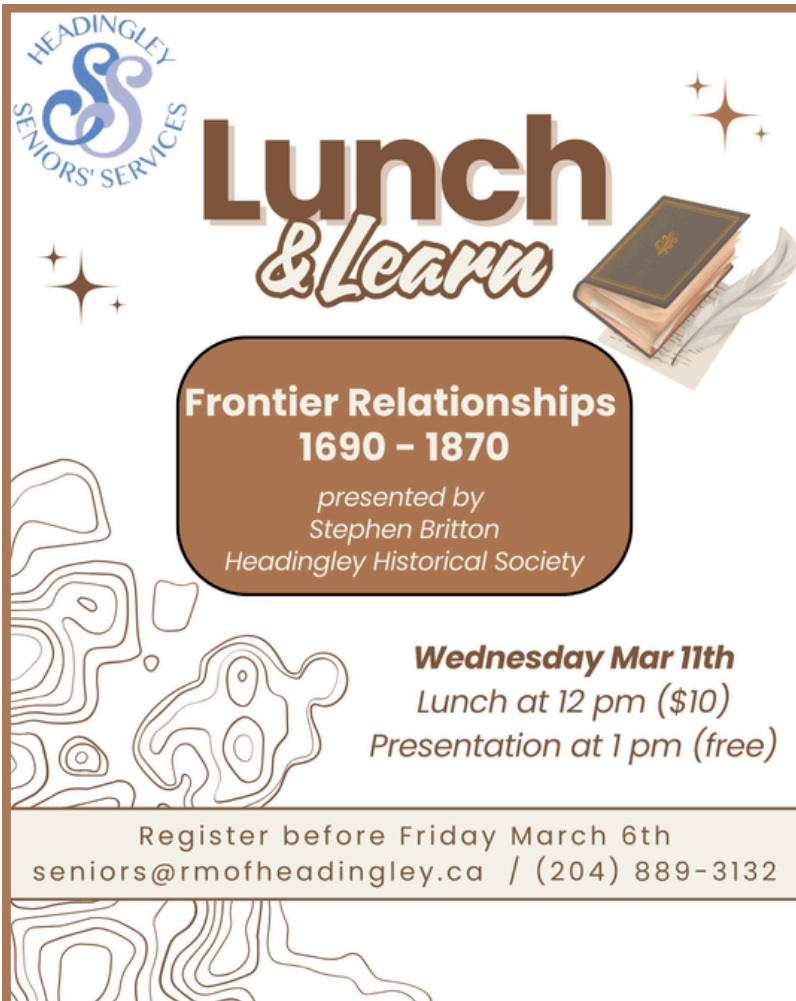
\*March 11: Pork Tenderloin

March 18: Spaghetti

March 25: Chicken Alfredo

April 1: Pickerel (*sign up by  
Wed Mar 25th*)

\*= Event/Lunch & Learn scheduled



HEADINGLEY  
SENIORS' SERVICES

# Lunch & Learn

**Frontier Relationships  
1690 - 1870**

presented by  
Stephen Britton  
Headingley Historical Society

**Wednesday Mar 11th**  
Lunch at 12 pm (\$10)  
Presentation at 1 pm (free)

Register before Friday March 6th  
seniors@rmofheadingley.ca / (204) 889-3132

Join Headingley's own Stephen Britton for another captivating presentation! This will be Stephen's third time joining us at our Lunch & Learn series and is back by popular demand! Sign up early to avoid disappointment!



## Free Weekly Programs for Seniors:

### **Helping Hands Social Club: Mondays 1-3**

Knit, crochet & socialize.

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.

### **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 located 5353 Portage Ave  
Free to attend, no sign-up required.**

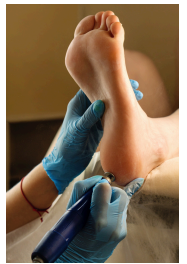
## UPCOMING FOOT CLINICS:

*Thursday March 12*

*Tuesday March 24*

*Thursday April 9*

*Tuesday April 21*



### **What is involved?**

*Foot clinics involve a full foot health assessment, nail trimming, callous work, and any necessary care recommendations- all done by our Registered Foot Care Nurse!*

### **Need an appointment?**

*Please contact the HSS office to book. Spots are limited and booked on a first come first serves basis. Priority given to Headingley residents.*

### **Pricing:**

*\$60 for clinic appointment (book with HSS)*

*\$70 for in-home appointment (book with nurse)*

### **Location:**

*Headingley Community Centre  
Boardroom  
5353 Portage Ave*

## **Dementia Caregiver Support Group**

meets next on

**Thursday March 12th** at  
1pm at 110 Bridge Rd.

All are welcome.

# SAVE THE DATE!



We welcome all HSS  
volunteers to our:

## Volunteer Appreciation Tea



Thursday April 30th at 11:00am  
Headingley Community Centre

RSVP by: April 13th  
[seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)  
(204) 889-3132

Light Lunch provided



**Did You Know? Headingley Seniors' Services** offers foot clinics by a registered nurse? Think you may need more in- depth care than a regular pedicure allows? Contact us to learn more.

### HSS LOANS



**Puzzles:**  
Stop by our office and borrow a puzzle or a few!  
300-2000 piece puzzles available.

#### Short-term Mobility Equipment:

Current inventory includes:

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

Contact us to inquire about availability and to book equipment rentals.



**HEADINGLEY**  
*Holiday Market*  
**APPLICATIONS NOW OPEN!**

**FRIDAY OCTOBER 16TH 11AM-7PM**  
**SATURDAY OCTOBER 17TH 10AM-4PM**



**VENDOR APPLICATIONS ACCEPTED**  
**FEBRUARY 15 - MARCH 15**

Apply Here: [headingleyseniorservices.ca/headingley-holiday-market-table-rental-fees](http://headingleyseniorservices.ca/headingley-holiday-market-table-rental-fees)

**Joke of the Month:**  
What do you call a fake noodle?  
.... An impasta!

**March is Fraud Prevention Month.** The Winnipeg Police Service, in partnership with A&O: Support Services for Older Adults, has launched the Just Hang Up campaign to combat the growing Grandparent Scam, where fraudsters pretend to be a loved one in trouble and ask for money—sometimes using AI voice cloning to sound convincing. If you receive an unexpected call requesting cash or personal information, JUST HANG UP and contact your family member directly using a trusted number. Learn more at [justhangup.ca](http://justhangup.ca) or at <https://antifraudcentre-centreantifraude.ca/>

Please note that **HSS office will be closed March 26-Mar 31** for spring break.

Regular programs will still run with support from community centre staff.

**Meal requests for April 1st meal will need to be submitted by end of day on March 25th.** Service requests can be left via voicemail or email, and messages will be answered upon our return. **Volunteer rides will not be scheduled during closure.** Thank you for understanding.



## MARCH 2026

Programs = Green Events = Red  
Café BREAK = Magenta Lunch & Learn = Orange

SUN	MON	TUES	WED	THURS	FRI	SAT
	2 HELPING HANDS 1-3	3 UKULELE TOGETHER 10-12 GOLDEN GAMES 1-3	4 CAFE BREAK 12-1	5 CRIB & COFFEE 1-3	6 POLE WALKING 10-11	7
8	9 HELPING HANDS 1-3	10 UKULELE TOGETHER 10-12 GOLDEN GAMES 1-3	11 L&L: CAFE BREAK 12-1 PRESENTATION BY STEPHEN BRITTON 1-2	12 FOOT CLINIC 9-4 CRIB & COFFEE 1-3	13 POLE WALKING 10-11	14
15	16 HELPING HANDS 1-3	17 GOLDEN GAMES 1-3	18 CAFE BREAK 12-1	19 CRIB & COFFEE 1-3	20 POLE WALKING 10-11	21
22	23 HELPING HANDS 1-3	24 FOOT CLINIC 9-4 UKULELE JAM 10-11:30 GOLDEN GAMES 1-3	25 CAFE BREAK 12-1	26 CRIB & COFFEE 1-3 SPRING BREAK : NO HSS OFFICE STAFF →	27 POLE WALKING 10-11	28
29	30 HELPING HANDS 1-3 NO HSS STAFF →	31 UKULELE JAM 10-11:30 GOLDEN GAMES 1-3	1 CAFE BREAK 12-1 (SIGN UP BY MAR 25)	PLEASE NOTE: Programs are able to continue during spring break with the help of community centre staff and volunteers. Thank you!		

*HSS partners with Macdonald Headingley Recreation District (MHRD) to bring programs and services to seniors in Headingley!*



**Macdonald-Headingley**  
RECREATION DISTRICT

*The New Spring/Summer guide will be available on March 16th!  
For more info, visit [MHRD.ca](http://MHRD.ca) or call (204) 885-2444*



*Did you know there's now an open "Walk & Talk" available Monday-Friday from 8:30-10:00 a.m. in the new gymnasium?  
Come escape the cold and start your day off right!*

*Questions? Talk to Community Centre reception staff for more info!*