



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

It's officially spring... now we just need the weather to catch up! We wrapped up our third *Ukulele Together* session in March, and what a wonderful program it has been. It's been a joy to see everyone learning and connecting through music. We're looking forward to the fourth and final session this month, hosted at Phoenix School. This special session will bring together past participants and a dozen Grade 5 students for a meaningful intergenerational learning experience. Spring jam sessions will begin May 19th; read on for more info.

To the surprise of no one, Steve Britton's Lunch & Learn was completely sold out! He delivered an engaging and thought-provoking talk on the history of relationships between men and women from 1690 to 1870. Thank you again, Steve, for sharing your time and knowledge with us.



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This month, we're also excited to host our Volunteer Appreciation Tea on April 30th. Invitations have been sent via email. If you volunteered with us during the 2025-26 season and did not receive one, please reach out, as we may have missed you on our list. The RSVP deadline is April 13. Speaking of volunteers, a special thank you to Susan and Benoit for stepping in to make coffee during programming while HSS staff were away for spring break—your help was greatly appreciated!

As always, our mission is to support older adults in living independently and enjoying 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

Body Image and Aging



A recent article from McMaster University reminds us that body image is not just a concern for younger people, it continues to matter throughout adulthood and into later life. As we age, natural physical changes, health conditions, and mobility challenges can influence how we see ourselves. At the same time, many older adults grow to appreciate their bodies more for their strength, resilience, and independence rather than appearance alone. However, difficulties can arise when self-worth becomes too closely tied to appearance. This may show up as frequent mirror-checks, comparing ourselves to others, or avoiding social events or certain clothing because of body concerns. Importantly, research suggests that lasting improvements in body image are less about weight loss and more about developing healthier thinking patterns and behaviors.

Practical tips for a more neutral body image:

- Focus on function and what your body can DO: hug loved ones, garden, walk with friends, volunteer, or travel. Your body is an instrument, not an ornament.
- Practice neutral self-talk: Instead of harsh criticism, try balanced statements such as, “These legs help me move through my day.”
- Reduce comparison and checking: Limit mirror-checking or comparing yourself to others.
- Value your many roles: Reflect on the qualities that define you; helpful friend, loving partner, involved grandparent, willing mentor, active community member, generous volunteer.
- Stay engaged: Participating in social and physical activities can strengthen confidence and overall mental well-being.

A healthy body image in later life doesn't mean loving every change. It means developing a balanced, compassionate relationship with your body and recognizing that appearance, function, and self-worth are connected, but not the same thing. Small shifts in perspective can make a meaningful difference at any age.

(article adapted from mcmasteroptimalaging.org)

Ramen Noodle Coleslaw

Ingredients:

- 1 package of coleslaw mix or thinly sliced green and purple cabbage
- 2 or 3 green onions, sliced
- Diced mushrooms (optional)
- 1 cup bean sprouts (optional)
- 1 pkg Mr. Noodles instant ramen noodles (crushed up, raw)
- 1/4 cup sunflower seeds
- 1/4-1/2 cup toasted slivered almonds

Mix vegetables in a large bowl.

Combine dressing ingredients:

- 1/4cup canola oil
- 2 tbsp soy sauce
- 2 tbsp vinegar
- 2 tbsp granulated sugar
- 1 seasoning pkg from ramen noodles

Just before serving mix dressing well, again. Add dressing, noodles, seeds and nuts to bowl with vegetables and toss together.

Serve, and enjoy!

Recipe submitted by Café BREAK cook Liza Rasmussen and enjoyed at lunch on March 11th!

(Photo from theseasonedmom.com)





Join us for lunch at:
Café BREAK



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

Register by the Friday prior to your desired meal:
seniors@rmofheadingley.ca (204) 889- 3132 ext 3

April Menu:

April 1: Pickerel (**SOLD OUT**)

April 8: Shepherd's Pie

*April 15: Ham Casserole

*April 22: Chicken Burritos

April 29: Lasagna

**= Event / Lunch & Learn scheduled*



**Lunch
& Learn**



Presentation by:

**Hans Arnold
Photography**

Wednesday April 22nd
Lunch at 12 pm (\$10)
Presentation at 1 pm (free)

Register before Friday April 17th
seniors@rmofheadingley.ca / (204) 889-3132

With more than four decades as a professional photographer and two Canadian best-selling books to his name, Winnipeg photographer Hans Arnold brings the natural beauty of Canada and beyond to life! This slideshow presentation features both inspiring imagery and practical tips for using smartphones to take great photos. This event is generously funded by the Headingley Community Foundation Nourish & Flourish Grant.



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.**

NOTICE REGARDING FREE WEEKLY PROGRAMS:

We love seeing everyone enjoying our programs!

To help staff have time to take down, clean & prepare the space for other bookings, please try to wrap up & leave afternoon programs as close to 3 PM as possible.

Thank you for helping us keep the community centre clean and welcoming for all!

Dementia Caregiver Support Group

meets next on

Thursday April 9th at 1pm
at 110 Bridge Rd.
All are welcome.

Ukulele Spring Jam Sessions will be held at the Headingley Community Centre for past *Ukulele Together* program participants. Free drop-in, but must have own equipment to attend.

Tuesdays 10-11:30
March 24 & 31 and May 19- June 23



UPCOMING FOOT CLINICS:

Thursday April 9

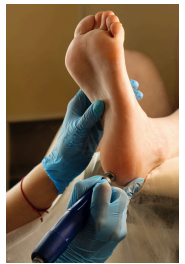
Tuesday April 21

Thurs May 7

Tues May 26

Thurs June 11

Tues June 16



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 w/ HSS)
\$70 for in-home appointment (book w/ nurse)*



Lunch & BINGO



WEDNESDAY APRIL 15TH
12PM - 2PM
COST: \$10

PRIZES TO BE WON!

Register by April 10th
seniors@rmofheadingley.ca
 (204) 889-3132



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
 (204) 889-3132

Light Lunch provided




May 3-9, 2026

In Honor of Let No One Be Alone Week, we are inviting you to join us for coffee and conversation on
Thurs May 7th 10:00-11:30 am.



Bring a friend or neighbor living alone to the community centre and enjoy some time and refreshments together.

All attendees will be entered to win a free meal at our Wednesday meal program.



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

Contact us for more info:
seniors@rmofheadingley.ca
 (204) 889-3132



SAVE THE DATE...

Lunch & Learn



Ask The Mayor
 with RM of Headingley's Mayor Jim Robson

Wednesday May 6th
 Lunch at 12 pm (\$10)
 Presentation at 1 pm (free)

Register before Friday May 1st
seniors@rmofheadingley.ca / (204) 889-3132

Did You Know? Headingley Seniors' Services will be putting on 2 Folkorama bus tours again this summer?! Mark your calendars for Aug 6th & Aug 12th!

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

IN SUPPORT OF HEADINGLEY SENIORS' SERVICES

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

HEADINGLEY COMMUNITY CENTRE 5353 PORTAGE AVE

\$2 CASH ADMISSION
FREE PARKING
AUCTION PRIZES
CANTEEN - CASH ONLY
NO ATM ONSITE

headingleyseniorservices.ca/headingley-holiday-market
@headingleyholidaymarket

Joke of the Month:

Whats the difference between a poorly dressed person on a tricycle and a well-dressed person on a bicycle?

Attire.

What is Senior Centre Without Walls (SCWW)?

SCWW provides educational and recreational programming in a fun and interactive atmosphere. All programming is free and provided over the phone, for 55+ Manitobans.

Winter guide available in our office or online! Visit:

<https://www.aosupportservices.ca/our-three-pillars/social-engagement/senior-centre-without-walls/>

SENIORS' SERVICES CALENDAR OF EVENTS



APRIL 2026

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

SUN	MON	TUES	WED	THURS	FRI	SAT
	30 HELPING HANDS 1-3 HSS OFFICE CLOSED	31 UKULELE JAM 10-11:30 GOLDEN GAMES 1-3	1 CAFE BREAK 12PM	2 CRIB & COFFEE 1-3	3 STAT- GOOD FRIDAY CLOSED- NO PROGRAMS	4
5	6 HELPING HANDS 1-3	7 GOLDEN GAMES 1-3	8 CAFE BREAK 12PM	9 CRIB & COFFEE 1-3 CAREGIVER SUPPORT GROUP 1PM	10 POLE WALKING 10-11	11
12	13 HELPING HANDS 1-3	14 GOLDEN GAMES 1-3	15 CAFE BREAK 12PM BINGO 1PM	16 CRIB & COFFEE 1-3	17 POLE WALKING 10-11	18
19	20 HELPING HANDS 1-3	21 GOLDEN GAMES 1-3	22 CAFE BREAK 12PM HANS ARNOLD PHOTOGRAPHY L&L 1PM	23 CRIB & COFFEE 1-3	24 POLE WALKING 10-11	25
26	27 HELPING HANDS 1-3	28 GOLDEN GAMES 1-3	29 CAFE BREAK 12PM	30 VOLUNTEER APPRECIATION TEA 11-1 CRIB & COFFEE 1-3	MAY 1 POLE WALKING 10-11	

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 is NOW OUT!
For more info, visit 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!