



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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April was a very busy month at HSS! It marked the conclusion of Ukulele Together, a one-year, federally grant-funded program that gave participants the opportunity to learn a new instrument while building confidence and connection through the joy of music. What began as a chance to explore the ukulele grew into something even more meaningful: an intergenerational experience that brought our community together. In the final session, six program participants were paired with twelve Grade 5 students from Phoenix School. Stepping into the role of teachers, participants shared music, encouragement, and the joy of learning. Together, they built meaningful connections that culminated in a joint performance at a school assembly. It was a wonderful way to celebrate the impact of this program and the community it helped create. For those who wish to continue using their skills, spring ukulele jam sessions will begin May 19; read on for more information!

We also had a great time this month at both of our Lunch & Learn events, generously supported by the Headingley Community Foundation's Nourish & Flourish Grant. We shared laughter and celebrated wins during Bingo, and enjoyed exploring the beautiful photography of Hans Arnold. We also hosted our Volunteer Appreciation Tea on April 30. What a turnout! We are truly grateful for all that our volunteers do year-round to ensure our programs are a success. Thank you to the RM, Headingley Grill, & MHRD for making this event possible. If you're interested in volunteering with us, please reach out!

Looking ahead, this month we will host 2 more Lunch & Learns! We will welcome MHRD for some fun, heart-pumping after-lunch games, along with our Mayor Jim Robson for another edition of "Ask the Mayor" at the end of the month. Be sure to sign up early for both events to avoid missing out. May also recognizes the Manitoba-wide initiative *Let No One Be Alone Week*, focused on reducing social isolation. This year, we will be hosting a "Coffee & Conversation" on Thursday, May 7, read on for more details. **Please note, Lunch on May 6th has unfortunately been cancelled.**

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

Let No One Be Alone Week

Let No One Be Alone Week is May 3-9 this year. This annual initiative is focused on reducing loneliness and social isolation by encouraging people to reach out and connect with anyone living alone or who may be feeling isolated. Small acts of kindness and connection can make a big difference!

How you can get involved:

- Ask a neighbor to go for a walk
- Call a friend to catch up
- Bring a friend or neighbor to the community centre for coffee on May 7th!
- Mail someone a card to let them know you're thinking of them
- Invite a friend over for a card game



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



April Fools Pie

(No Apple, Apple Pie)

Ingredients:

- 2 cups water
- 1 cup white sugar
- 2 tsp cream of tartar
- 30 whole RITZ crackers
- ½ tsp cinnamon
- 1 tbsp lemon juice
- 1 9" pie crust (bake 10 mins @ 375 prior to filling)
- 1 cup crushed RITZ crackers

- ½ cup brown sugar
- ½ tsp cinnamon
- ⅓ cup butter (melted)

Directions:

- Over med-high heat, combine water, sugar & cream of tartar; bring to a boil
- Drop in WHOLE crackers & boil 5 minutes. Pour into pie shell; sprinkle with cinnamon & lemon juice
- Mix cup of crushed crackers, brown sugar, cinnamon & melted butter; sprinkle over pie filling.
- Bake 15 mins at 425, then reduce heat to 375 & continue baking 15-20 mins longer. Serve warm, and enjoy!



*Recipe submitted by Café BREAK volunteer Betty Walker
and served at lunch on April 1st!*



May Menu:

May 6: **NO MEAL**

*May 13: Breakfast for Lunch

May 20: Tater Tot Hot Dish

*May 27: Hot Ham & Swiss Croissants

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

*= Event /Lunch & Learn scheduled

HEADINGLEY SENIORS' SERVICES

Lunch & Learn

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

Wednesday May 27th
Lunch at 12 pm (\$10)
Presentation at 1 pm (free)

Register before Friday May 22nd
seniors@rmofheadingley.ca / (204) 889-3132

HEADINGLEY SENIORS' SERVICES

Lunch & GAMES WITH MHRD

WEDNESDAY MAY 13TH
12PM - 2PM
COST: \$10

Register by May 7th
seniors@rmofheadingley.ca
(204) 889-3132



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:

Thurs May 7

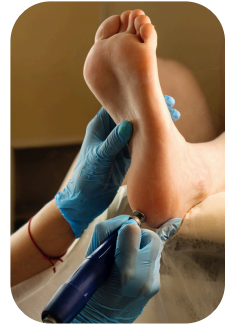
Tues May 26

Thurs June 11

Tues June 16

Thurs July 9

Tues July 28



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)

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! Please note: HHSC is welcome to stay until 4 pm the first Monday of the Month!

Dementia Caregiver Support Group

meets next on

Thursday May 14th 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

May 19- June 23



Grandfriends Outdoors: Growing Together

Grandfriends Outdoors is a four-week intergenerational program created in partnership with Bright Beginnings Educare (BBE), Headingley Seniors' Services (HSS), and Canadian Parks & Wilderness Society (CPAWS) of Manitoba. Through hands-on activities, and play, children and their Grandfriends build meaningful connections while exploring and learning outdoors together. Each session offers an hour of shared, nature-based experiences.

This is generously funded by Southern Health Santé Sud's Healthy Together Now Grant.



Thursdays
June 4, 11, 18 & 25
9:30 - 10:30 am



If you would like to be a grandfriend,
please contact HSS to sign up:
seniors@rmofheadingley.ca
(204) 889-3132

SAVE THE DATE! Pressed Flower Bookmark Lunch & Learn



Wednesday June 3rd
Lunch 12pm: \$10
Workshop 1 pm: \$15

Join a cozy, creative workshop with Geri Schreyer of @seed.grow.love to learn how to make pressed flower bookmarks using beautiful dried blooms.

You'll leave with unique handmade bookmarks, new skills, and tips for pressing flowers at home so you can continue the craft on your own!

***Bundle and Save!**
Attend both Lunch & Workshop for only \$20*

2026 FOLKLORAMA BUS TOURS

3 Pavillion Tour \$85/pp: Thurs August 6th
Romanium, Chilean, & Scandinavian pavilions

2 Pavillion Tour \$75/pp: Wed August 12th
Celtic Ireland & Slovenija pavilions

Tour includes:

- ✓ Transportation to & from Headingley Community Centre in luxury coach with tour guide
- ✓ Progressive meal through the evening, including beverages
- ✓ Reserved group seating at each pavilion

Contact seniors services' to book your seat today!
Phone: 204-889-3132 Email: seniors@rmofheadingley.ca

Sign up
before
June 15
for \$5
off!

Did You Know? Headingley Seniors' Services partners with Bright Beginnings Educare to provide fun intergenerational programs? 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.



Joke of the Month:
Why is Yoda such a good gardener?
He has a green thumb.

Canadian Red Cross Friendly Calls Program

is a free & accessible nationwide service that helps reduce loneliness and improve well-being through regular phone conversations. If you are in need of more connection, or want to volunteer as a caller, sign-up today!

Make a connection,
one *call* at a *time*



redcross.ca/friendlycalls 1-833-979-9779

FRIENDLY CALLS  Canadian Red Cross



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SENIOR CENTRE WITHOUT WALLS

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.

SPRING GUIDE NOW OUT! Visit:
<https://www.aosupportservices.ca/wp-content/uploads/2026/04/AO-SCWW-Volume-29-Summer-2026-Guide.pdf>



MAY 2026

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

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 POLE WALKING 10-11	2
3	4 HELPING HANDS 1-3	5 GOLDEN GAMES 1-3	6 CAFE BREAK LUNCH CANCELLED- NO MEAL TODAY	7 FOOT CLINIC 9-4 LNOBA COFFEE & CONVERSATION 10-11:30 CRIB & COFFEE 1-3	8 POLE WALKING 10-11	9
10	11 HELPING HANDS 1-3	12 GOLDEN GAMES 1-3	13 CAFE BREAK 12PM GAMES WITH MHRD L&L 1PM	14 CRIB & COFFEE 1-3 CAREGIVER SUPPORT GROUP 1PM	15 POLE WALKING 10-11	16
17	18 CLOSED FOR STAT- NO PROGRAMS	19 UKULELE JAM 10-11:30 GOLDEN GAMES 1-3	20 CAFE BREAK 12PM	21 CRIB & COFFEE 1-3	22 POLE WALKING 10-11	23
24	25 HELPING HANDS 1-3	26 FOOT CLINIC 9-4 UKULELE JAM 10-11:30 GOLDEN GAMES 1-3	27 CAFE BREAK 12PM ASK THE MAYOR L&L WITH JIM ROBSON 1PM	28 CRIB & COFFEE 1-3	29 POLE WALKING 10-11	30

SENIORS' SERVICES
CALENDAR OF EVENTS

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



Macdonald-Headingley
RECREATION DISTRICT

Spring programs are underway:

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 start your day off right!

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