



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

The sun has finally arrived! Despite the mostly gloomy weather in May, we've been keeping busy and active! MHRD joined us once again for another fun-filled afternoon of "Games with MHRD." The room was full of laughter, friendly competition, and great energy! We were also pleased to welcome Mayor Jim Robson, who stopped by for lunch to provide a municipal update and answer some thoughtful and engaging questions from attendees.



As we wrap up our final month of Lunch & Learns before the fall, we're especially excited about two upcoming creative events! In our pressed flower workshop on June 3rd, funded by The Headingley Community Foundation, participants will learn the art of pressed flowers and create three beautiful specialty bookmarks to take home. Few spots remain! Then, on June 17th Headingley's own Diana Juchnowski, will lead us in a community art project to paint birdhouses that will later be displayed along the Headingley Grand Trunk Trail. This event is FREE to attend, but spots are limited, register now! You do not need any prior painting experience to attend, all are welcome!

IN THIS ISSUE:

- 2. SUMMER PROGRAMS
- 3. RECIPE OF THE MONTH
- 4. JUNE CAFÉ BREAK
- 5. HEALTH & PROGRAMS
- 6. UPCOMING EVENTS
- 7. GOOD TO KNOW
- 8. JUNE CALENDAR

Ukulele jams are officially back! It's been wonderful to hear music filling the community centre again and to watch newly learned skills being put into practice. Last jam session will be on June 23rd.

Read on for our summer schedule. We are planning 2 group lunch outings for the summer months- do you have restaurant suggestions? Let us know!

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

As always, programming will be reduced for the summer. We are thrilled that MHRD will be taking over Friday pole walking again for us this summer- This program will continue weekly and participants will have the chance to enjoy the weather and exercise outdoors!



HEADINGLEY SENIORS' SERVICES

HSS SUMMER PROGRAM SCHEDULE

MONDAYS
Helping Hands Social Club 1-3 pm
July 6 & 20
August 17 & 31

TUESDAYS
Golden Games 1-3 pm
July 14 & 28
August 11 & 25

THURSDAYS
Crib & Coffee 1-3 pm
July 2, 16, & 30
August 13 & 27

FRIDAYS
Outdoor Pole Walking 10 am
July 3 - Aug 28
Walk weekly outdoors starting at
MHRD office at 179 Seekings St



Big Mac Tacos

Summer burgers reimagined!

SPECIAL BURGER SAUCE

(Mix all sauce ingredients together)

- 1 cup whole-egg mayonnaise
- 2 tbsp finely chopped gherkins (dill pickles)
- 1 tsp dijon mustard
- 1 tbsp ketchup
- ½ tsp sweet paprika
- 1 tsp onion powder
- 1 tsp garlic powder
- Sea salt flakes, to taste
- Freshly cracked black pepper, to taste

TACOS

- 1 lb minced (ground) beef (lean is best)
- 8 small soft flour tortillas
- 1 tsp sea salt flakes
- ½ tsp freshly cracked black pepper
- Olive oil spray
- 8 slices American burger cheese
- 2 cups shredded lettuce (iceberg, cos/romaine or gem lettuce)
- ½ cup sliced gherkins (dill pickles)
- ½ onion, finely diced

Directions:

- To make the tacos, divide the minced (ground) beef into 8 equal portions. Working with one portion at a time, spread the beef over 1 tortilla, leaving just a ¼ inch border around the edge. The beef will shrink as it cooks, so try and get the beef as close to the edge as possible. Repeat with the remaining beef and tortillas.
- Cook the tortillas - Heat a large, heavy-based frying pan over medium-high heat.
- Sprinkle each beef-topped tortilla with salt and pepper right before cooking.
- Spray the frying pan lightly with olive oil, then carefully place a tortilla in the frying pan, meat-side down. Cook for 2-3 minutes, then flip and cook for a further 15-20 seconds. If there is still residual liquid around the beef, flip it again and cook it for a further 30-60 seconds. Once the beef is cooked, flip the tortilla beef-side up and place a slice of cheese on top. Remove the tortilla from the heat - the heat from the beef will melt the cheese. Repeat with the remaining tortillas. Keep cooked ones warm in a 120°C (250°F) (100°C/200°F fan-forced) oven if needed, or top them and serve immediately.
- Top each taco with lettuce, pickles, onion and the special burger sauce, serve & enjoy!

recipe credit: simplehomeedit.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

June Menu:

*June 3: Shepherd's Pie

June 10: Lasagna

*June 17: Chicken Parmesan

June 24: Delicious Chicken

July 1: **NO MEAL- Stat**

July 8: Mediterranean Chicken Burgers

*= Event/Lunch & Learn scheduled

PRESSED FLOWER BOOKMARK *Lunch & Learn*



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

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

You'll leave with 3 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

Spots are limited- Reserve yours today!
seniors@rmofheadingley.ca / (204) 889-3132

This event is generously supported by The Headingley Community Foundation's Nourish & Flourish Grant



BIRDHOUSE PAINTING *Lunch & Learn*



Wednesday June 17
Lunch at 12pm: \$10
Painting at 1 pm: FREE!

Come out and be part of our **community art project**, led by local artist Diana Juchnowski!

We will be painting small birdhouses that will be hung in the trees on the Headingley Grand Trunk Trail Nature path.

Contact us to reserve your seat!
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 June 11

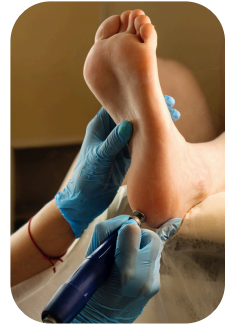
Tues June 16

Thurs July 9

Tues July 28

Thurs Aug 13

Tues Aug 25



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 June 11 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

Last session June 23



2026 FOLKLORAMA BUS TOURS

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

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

Pay before June 15 for \$5 off!

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

Buses are filling up fast! Don't miss out on these amazing tours around the world!

Reminder: Pay before June 15, for \$5 off your ticket price!



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 many adventures, our 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 Fortinerra Health Centre's Healthy Together by Grandfriends



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



PROGRAM UPDATE:

Unfortunately, Grandfriends has been cancelled for this month.

We hope to offer this program or something similar again in the near future. Please keep an eye out for updates.

We apologize to any interested participants for the inconvenience.

Did You Know? Headingley Seniors' Services will be doing 2 group lunch outings again this summer? Save the dates- **July 22 & Aug 5!**

Contact us with your restaurant suggestions!

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 did the tomato blush?
...Because it saw the salad dressing.

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



VOLUME 29
MAY - AUG
2026

**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>



JUNE 2026

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

SENIORS' SERVICES CALENDAR OF EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 HELPING HANDS 1-3	2 UKULELE JAM 10-11:30 GOLDEN GAMES 1-3	3 CAFÉ BREAK 12PM PRESSED FLOWER WORKSHOP 1PM	4 CRIB & COFFEE 1-3	5 POLE WALKING 10-11	6
7	8 HELPING HANDS 1-3	9 UKULELE JAM 10-11:30 GOLDEN GAMES 1-3	10 CAFÉ BREAK 12PM	11 FOOT CLINIC 9-4 CAREGIVER SUPPORT 1PM CRIB & COFFEE 1-3	12 POLE WALKING 10-11	13
14	15 HELPING HANDS 1-3 FOLKLORAMA-EARLY BIRD DEADLINE	16 FOOT CLINIC 9-4 UKULELE JAM 10-11:30 GOLDEN GAMES 1-3	17 CAFÉ BREAK 12PM BIRDHOUSE PAINTING 1PM	18 CRIB & COFFEE 1-3	19 POLE WALKING 10-11	20
21	22 HELPING HANDS 1-3	23 UKULELE JAM 10-11:30 GOLDEN GAMES 1-3	24 CAFÉ BREAK 12PM	25 CRIB & COFFEE 1-3	26 POLE WALKING 10-11	27
28	29 HELPING HANDS 1-3	30 GOLDEN GAMES 1-3	JULY 1 STAT- CLOSED- NO MEAL	JULY 2 CRIB & COFFEE 1-3	JULY 3 POLE WALKING AT MHRD BEGINS 10-11	



Everyone Welcome

Refreshments
Silver Collection
Proceeds to Headingley Grand Trunk Trail

Guest Performers
Harold Eide & John and Charlie Hatfield
Ivan Horvey

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

Spring programs are underway!

For more info, visit MHRD.ca

or call (204) 885-2444

