



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

Summer has officially arrived! This month, we hosted two creative workshops. Participants learned the art of pressed flowers with Geri and created beautiful bookmarks, then painted colorful birdhouses for Headingley's Grand Trunk Trail. Thank you to Diana Juchnowski and the Headingley Community Foundation for making these events possible! Ukulele Jams are now complete for the summer- keep your eyes on our newsletter for any info pertaining to Fall programs!

In this newsletter, we explore Alcohol & Aging and how alcohol can affect us differently as we get older. We're also sharing refreshing mocktail recipes, perfect for summer!

We'll be hosting two lunch outings this summer. Read on for July's date and location. Carpooling is available, so please let us know if you need a ride and we'll try to coordinate transportation. We're also looking for suggestions for our August lunch outing... where would you like to go? We'd love to hear your ideas!

A reminder that programming will be reduced over the summer. Please consult the Summer Program Schedule to see when your programs of interest will be running.

There are still a few seats available on our August 6th three pavilion Folklorama tour. Skip the lines, avoid parking hassles, and enjoy front-row seats to amazing cultural entertainment and food. Registration deadline is July 7th.

Recently, we attended the Community-Based Seniors Services Sector Summit and were reminded of the importance of social connection and healthy aging. At Headingley Seniors' Services, we remain committed to supporting older adults through programs, services, and opportunities to connect. We always welcome your ideas and feedback in future planning, please stop by, call, or email us anytime.

Be sure to save the date for our Annual BBQ on September 16th—we hope to see you there!

Take care, Margo & Kristie

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Aging and Alcohol

As you age, your body accumulates more fat and less muscle mass and water, which means your body processes alcohol more slowly and you become more sensitive to its effects. The amount of alcohol in your blood after one drink is higher now than it was when you were younger.

Have you noticed that alcohol affects you differently than it used to?

It could be time to rethink how you drink.



Alcohol and your Health

Alcohol is a depressant. This means it can slow down your brain and body and affect your thinking and behavior. This can feel relaxing, but drinking too much or too often can affect you differently as you get older.

Alcohol can:

- Affect your balance, coordination, and reaction time which can increase your risk of falls and other injuries
- Interact badly with medications you may be taking
- Increase your risk of developing health conditions or mental health problems or make existing health conditions worse



You may need to make changes to your drinking habits to reduce your health risks as you get older.

For more information, Visit: <https://ccsmh.ca/areas-of-focus/alcohol-use/older-adults-care-partners/>

Zero Proof Sips for the Summer

Cutting back on alcohol doesn't have to mean cutting back on fun!

Try one of these mocktail recipes at your next social gathering.



© Canadian Coalition for Seniors' Mental Health (2023)

Ruby Red Sunset



Ingredients

1/2 cup grapefruit juice
1 tbsp lime juice
1 tbsp simple syrup or sweetener of your choice
1/2 cup sparkling water
2 sprigs of rosemary

Method

- Muddle a sprig of rosemary with simple syrup in a glass.
- Fill the glass with ice.
- Add grapefruit juice and lime juice and stir to combine.
- Top with sparkling water.
- Garnish with rosemary and a grapefruit slice and enjoy!

Summer

Cucumber Ginger Spritz

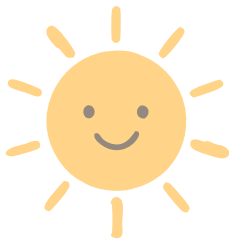


Ingredients

1 tbsp grated ginger
1 tbsp grated cucumber
1 tbsp lime juice
5-6 mint leaves
1/2 cup sparkling water
1/2 cup ginger beer

Method

- Muddle ginger, cucumber, mint, and lime juice in a bowl.
- Strain the mixture in a glass.
- Fill glass with ice and top with ginger beer and sparkling water.
- Stir gently with a spoon.
- Garnish with mint leaves and lime wheels and enjoy!



For more summer mocktails, visit:

<https://ccsmh.ca/wp-content/uploads/2023/11/WEB-CCSMH-Mocktail-Recipe-Cards-English-4.pdf>

Café BREAK: Summer Lunches



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

JULY Menu:

July 1: **NO Café BREAK- Stat**

July 8: Mediterranean Chicken
Burgers

July 15: Pasta Salad Cold Plate

July 22: **NO Café BREAK- Lunch out**

July 29: Pizza Buns

AUGUST Menu:

Aug 5: **NO Café BREAK- Lunch out**

Aug 12: Taco Salad

Aug 19: Ham & Summer Salads

Aug 26: Pizza sliders



Wed July 22nd

Lunch
OUTING
12 pm

Contact us to join reservation:
seniors@rmofheadingley.ca
(204) 889-3132

Please let us know if
you need a ride !



Boston Pizza

Charleswood Centre
3894 Grant Ave

We would love to hear
suggestions on where you
would like to go for lunch
together on August 5th!



Programming will be reduced for the summer.
Please consult below schedule for desired program:



The graphic features a light beige background with a large yellow sun in the top left corner, a pink bucket hat with a smiley face in the top right, a pair of pink and yellow flip-flops on the left, and a yellow hibiscus flower on the right. A red wavy line at the bottom represents a path. The text is organized into four red rounded rectangular boxes, each representing a day of the week and its corresponding activity.

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

UPCOMING FOOT CARE CLINICS

Thurs July 9
Tues July 28
Thurs Aug 13
Tues Aug 25
Thurs Sept 10
Tues Sept 22

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)*



Dementia Caregiver Support Group
will not meet over the summer.
Next group meeting will be on
Thursday Sept 10 at 1pm
at 110 Bridge Rd

Visit our social media pages @headingleyseniorservices to enter our contest to win 2 tickets to Folklorama! Draw will take place on July 2nd.

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

FULLY BOOKED!

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

Loewen Farms Produce Pop-Up



Sundays from 12-4 pm
July 12-September 27
Shelmerdine Garden Centre
Shop for fresh locally grown vegetables

SAVE THE DATE!

6th Annual WINNIPEG VOLKSFEST

Saturday, July 18th, 2026
Rain Date Sunday, July 19th

Registration Starts
at 9 a.m.
\$10. per vehicle

Show runs from
10 a.m. to 3 p.m.

Free admission
for spectators



*NEW LOCATION

Jim's Vintage Garages Heritage Museum
5353 Portage Ave. West, Headingley, MB

Free admission to the museum during the show!

SPONSORS



Follow our page, Manitoba VW Club, for updated information.

Headingley Seniors' Services Annual BBQ



Headingley
Community
Centre
Auditorium

**Wednesday
September 16
12:00 pm**

\$5/person

Contact us to register by Sept 9:
(204) 889-3132 / seniors@rmofheadingley.ca

Did You Know? Headingley Seniors' Services can help fill out forms! Whether it be an online application, or Emergency Response Information Kit; we are here to help. Come see us!

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.



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.

SUMMER GUIDE NOW OUT! Visit:

<https://www.aosupportservices.ca/wp-content/uploads/2026/04/AO-SCWW-Volume-29-Summer-2026-Guide.pdf>

 JULY 2026 Programs = Green Events = Red Café BREAK = Magenta Lunch & Learn = Orange						
SUN	MON	TUES	WED	THURS	FRI	SAT
			1 STAT- OFFICE CLOSED NO CAFÉ BREAK MEAL	2 CRIB & COFFEE 1-3	3 OUTDOOR POLE WALKING AT MHRD BEGINS! 10-11	4
5	6 HELPING HANDS 1-3	7	8 CAFÉ BREAK LUNCH 12PM	9 FOOT CLINIC 9-4	10 POLE WALKING AT MHRD 10-11	11
12	13	14 GOLDEN GAMES 1-3	15 CAFÉ BREAK LUNCH 12PM	16 CRIB & COFFEE 1-3	17 POLE WALKING AT MHRD 10-11	18
19	20 HELPING HANDS 1-3	21	22 NO CAFÉ BREAK- LUNCH OUTING	23	24 POLE WALKING AT MHRD 10-11	25
26	27	28 FOOT CLINIC 9-4 GOLDEN GAMES 1-3	29 CAFÉ BREAK LUNCH 12PM	30 CRIB & COFFEE 1-3	31 POLE WALKING AT MHRD 10-11	

 AUG 2026 Programs = Green Events = Red Café BREAK = Magenta Lunch & Learn = Orange						
SUN	MON	TUES	WED	THURS	FRI	SAT
1/2	3 STAT- OFFICE CLOSED- NO PROGRAMS	4	5 NO CAFÉ BREAK- LUNCH OUTING	6 FOLKLORAMA 3 PAVILION BUS TOUR	7 POLE WALKING AT MHRD 10-11	8
9	10	11 GOLDEN GAMES 1-3	12 CAFÉ BREAK LUNCH 12PM FOLKLORAMA 2 PAVILION BUS TOUR	13 FOOT CLINIC 9-4 CRIB & COFFEE 1-3	14 POLE WALKING AT MHRD 10-11	15
16	17 HELPING HANDS 1-3	18	19 CAFÉ BREAK LUNCH 12PM	20	21 POLE WALKING AT MHRD 10-11	22
23	24	25 FOOT CLINIC 9-4 GOLDEN GAMES 1-3	26 CAFÉ BREAK LUNCH 12PM	27 CRIB & COFFEE 1-3	28 LAST OUTDOOR POLE WALKING AT MHRD 10-11	29
30	31 HELPING HANDS 1-3	SEPT 1 GOLDEN GAMES 1-3	SEPT 2 CAFÉ BREAK LUNCH 12PM	SEPT 3 CRIB & COFFEE 1-3	SEPT 4 INDOOR POLE WALKING RESUMES AT CC 10-11	