



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

Hello September! Welcome back to our monthly newsletters! What a wonderful summer it has been. We enjoyed a season filled with good food, great company, and plenty of opportunities to get out and enjoy our time together.

We kicked things off in July with a fun lunch outing to Boston Pizza, where everyone had a chance to enjoy a delicious meal and catch up with friends. At the beginning of August, we embarked on a bus for a day trip to The Forks. We enjoyed lunch together while taking in the sights and atmosphere of one of Winnipeg's favourite gathering places. It was a wonderful opportunity to get out, enjoy the summer weather, and explore together.

Culture and community were also a big part of our summer! We had two exciting outings to Folklorama, where participants experienced the sights, sounds, flavours, and traditions of cultures from around the world. From delicious food to lively entertainment, both outings



gave us plenty to enjoy and talk about afterward. We had a record-breaking 85+ attendees between the two tours—the most we've ever had! Thank you to everyone who joined us and helped make these outings such a success.

We're busy planning a packed fall program lineup, and regular programming is now back to its weekly schedule. Pole walking will also be moving back indoors at the community centre this week in preparation for the cooler months ahead. Thanks MHRD for taking over this program this summer!

If you haven't signed up for our annual HSS BBQ on Sept 16, there's still time to join us. We'd love to see you there for good food, great company & exciting entertainment!

As always, our goal is to provide programs and services that support seniors, promote independence, and enhance quality of life. For more information, please contact us or stop by our office—we'd love to see you!

Take care, Margo & Kristie

IN THIS ISSUE:

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Macdonald-Headingley Recreation District Fall Programming



MHRD fall guide is now LIVE! Here are some programs that may interest you:

1) Cardio - Strength Fusion

Mondays at 9:30am | Sept. 21 - Dec. 14

Kickstart your day with a heart-healthy workout! This class features easy-to-follow, low-impact movements and functional whole-body exercises using Thera-Bands and dumbbells, followed by balance and stretching exercises. Stay active and energized while promoting heart health.



2) Fit & Flex

Mondays at 10:45am | Sept. 21 - Dec. 14

Focus on strength, mobility, and fitness to support daily activities. Move at your own pace and gradually increase intensity as you feel comfortable. Perfect for beginners or those who prefer a slower pace. Designed for all levels.



3) Gentle Yoga

Tuesdays at 10:00am | Sept. 29 - Dec. 15

Unwind and release tension through gentle yoga postures, meditation, and breath work. This class promotes relaxation for the body, mind, and emotions while helping you develop self-soothing techniques for greater well-being.

4) Art Club with Diana Juchnowski

4 Thursdays at 6:00am | Sept. 24, Oct. 22, Nov. 26 & Dec. 17

Trust the process and lean into your creativity! Explore artistic techniques and the fundamental elements of art. Designed for all skill levels.



5) Continuing Ukulele with Lorelei Goldau

Tuesdays at 10:00am | Sept. 15 - Nov. 17

Continue building your ukulele skills in this fun and welcoming class! Learn new songs, explore different playing techniques, and gain confidence as you play. Whether you're new to ukulele or building on existing skills, everyone is welcome. Please bring your own ukulele.



FOR COMPLETE PROGRAM GUIDE OR TO REGISTER : VISIT MHRD.CA OR CALL 204-885-2444



Taste of Romania - Folklorama 2026

Baked Mac & Cheese



The Romanian Pavilion at Folklorama was so hospitable!

They gave us some recipes to take home at the end of the evening. We have included one of these recipes here for your enjoyment!

For more, visit:

<https://www.farfuriavesela.ro/>

Baked Mac and Cheese

Ingredients

150 g pasta
60 g butter
40 g all-purpose flour
300 ml milk
Salt and black pepper, to taste
100 g cheddar cheese, grated
100 g shredded cheese blend (mozzarella and Emmental)

Instructions

Cook the pasta in salted boiling water for 8–10 minutes, or until *al dente*. Drain and set aside. In a large skillet or saucepan, melt the butter over medium heat. Add the flour and whisk continuously until a smooth roux forms. Gradually pour in the cold milk, whisking constantly until the sauce is smooth and free of lumps. Season with salt and black pepper, then continue cooking until the sauce thickens.

Add most of the cheddar and the mozzarella-Emmental blend, reserving a little of each to sprinkle on top before baking.

Stir until the cheese has completely melted and the sauce is smooth and creamy.

Add the cooked pasta to the cheese sauce and stir until evenly coated. Transfer the mixture to an oven-safe bak-

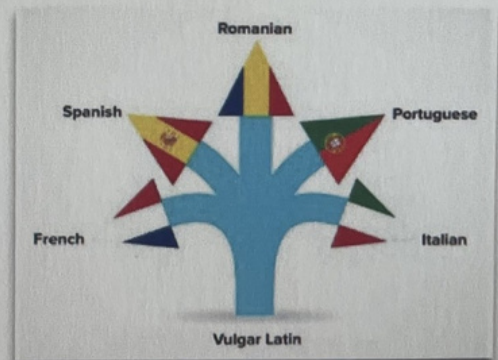
ing dish. Sprinkle the reserved cheese over the top and finish with a little freshly ground black pepper. Bake in a preheated oven at 180°C (350°F) for 20–25 minutes, or until the cheese is melted and the top is golden brown. Serve hot and enjoy!

This recipe comes from **Daniela Roche**
owner and administrator of "The Happy Plate (Ro)"
<https://www.farfuriavesela.ro/>



Farfurii vesela

Romanians and Italians share deep historical, linguistic, and cultural bonds due to their shared Latin ancestry. While they are distinct nations, the Romanian language is the closest major relative to Italian (sharing about 77% of vocabulary).





Join us for lunch at:
Café BREAK



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

Register before the Friday of your desired meal:
seniors@rmofheadingley.ca (204) 889-3132

SEPTEMBER Menu:

Sept 2: Sweet & Sour Meatballs

Sept 9: Chicken Souvlaki

Sept 16: Annual BBQ! (\$5)

Sept 23: Lazy Lasagna

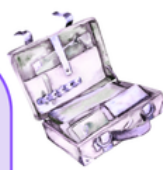
Sept 30: **STAT- NO LUNCH**



Lunch & Learn

Museum in a Suitcase

Presented by:
Margaret Mills
Costume Museum of Canada



Wednesday October 7th
Lunch at 12 pm (\$10)
Presentation at 1 pm (free)

Register before Friday October 2nd
seniors@rmofheadingley.ca / (204) 889-3132

SAVE THE DATE: Headingley's own Margaret Mills is coming back for another visit with the Costume Museum of Canada.

This hands-on program explores how our Canadian ancestors lived and worked at the end of the 19th and beginning of the 20th century, primarily on the Canadian Prairies.

We'll discover how daily chores were divided, how household work was accomplished, and what it was like to be a child at that time.

Using actual artifacts and some replicas, we can handle and see how daily life would have been lived, giving us a better understanding of our own local history.



Free Weekly Drop-in Programs for Seniors:

Helping Hands Social Club: Mondays 1-3pm

Knit, crochet & socialize.

All items made are donated to organizations in need.

Golden Games: Tuesdays 1-3pm

A variety of table games will be available to play together. Coffee & Tea will be served.

Crib & Coffee: Thursdays 1-3pm

Drop in to play crib with other folks and enjoy a coffee & cookies.

Pole Walking: Fridays 10-11am

Poles available to borrow, 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.



Please note:
Dementia Caregiver Support Group will be on
Thursday Sept 10 at 1pm
110 Bridge Rd

UPCOMING FOOT CARE CLINICS

Thurs Sept 10

Tues Sept 24

Thurs Oct 8

Tues Oct 20

Thurs Nov 12

Tues Nov 24

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)*



**Headingley
Seniors' Services
Annual
BBQ**



50/50 Draw & Door Prizes

'Walk-around Magic Show'

performed by special guest: Magician Evan Morgan

Headingley
Community
Centre
Auditorium

**Wednesday
September 16
12:00 pm**

\$5/person

Don't miss out on this fun community event!
Contact us to register by Sept 9:
(204) 889-3132 / seniors@rmofheadingley.ca

Did You Know? Headingley Seniors' Services puts on the Headingley Holiday Market annually in an effort to raise funds for programs and services for seniors year long! **Mark your calendars for Oct 16 & 17 and come support local!**

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](https://twitter.com/headingleyholidaymarket)

What You'll Find at the Market:

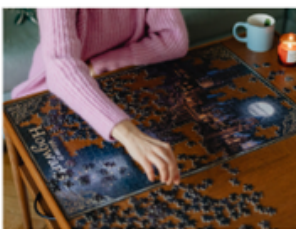
- Unique, locally made gifts
- Handmade home décor
- Cozy, handcrafted goods
- Delicious treats, baking & beverages
- Jewelry, accessories and one-of-a-kind finds
- Art, prints and creative goods
- Self-care and wellness products
- Holiday goodies and festive finds
- Local makers, small businesses and community vendors!

Interested in volunteering? Contact us today!

SAVE THE DATE:
ANNUAL FLU VACCINE CLINIC
OCTOBER 27th



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:**



**What did one leaf say
to the other?**

I'm falling for you.



SEPT 2026

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

SENIORS' SERVICES CALENDAR OF EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 GOLDEN GAMES 1-3	2 CAFÉ BREAK- 12PM	3 CRIB & COFFEE 1-3	4 INDOOR POLE WALKING RESUMES! 10-11	5
6	7 LABOR DAY -STAT- NO PROGRAMS	8 GOLDEN GAMES 1-3	9 CAFÉ BREAK- 12PM	10 FOOT CLINIC BY APPT 9-4 DEMENTIA CAREGIVER SUPPORT GROUP 1PM CRIB & COFFEE 1-3	11 POLE WALKING 10-11	12
13	14 HELPING HANDS 1-3	15 GOLDEN GAMES 1-3	16 ANNUAL HSS BBQ W/ WALK AROUND MAGIC SHOW	17 CRIB & COFFEE 1-3	18 POLE WALKING 10-11	19
20	21 HELPING HANDS 1-3	22 GOLDEN GAMES 1-3	23 CAFÉ BREAK- 12PM	24 FOOT CLINIC BY APPT 9-4 CRIB & COFFEE 1-3	25 POLE WALKING 10-11	26
27	28 HELPING HANDS 1-3	29 GOLDEN GAMES 1-3	30 TRUTH & RECONCILIATION DAY- STAT- NO LUNCH			

Important Dates & Closures:

Sept 7: Labor Day- **NO PROGRAMS**

Sept 30: National Day for Truth & Reconciliation- **NO LUNCH**

Oct 7: Lunch & Learn: Museum in a Suitcase

Oct 14: Lunch & Learn: Housing and Home Care Information Session

Oct 15 & 16: Headingley Holiday Market setup- **NO PROGRAMS**

Oct 16 & 17: Headingley Holiday Market

Oct 27: Annual Flu Vaccine Clinic

Oct 28: Municipal Election- **NO PROGRAMS**

Oct 29: Halloween Trick or Treating with the kids from Bright Beginnings

Nov 11: Remembrance Day- **NO LUNCH**

Nov 18: Lunch & a Movie

Dec 2: Save the Date: Annual Holiday Luncheon

Dec 23: Holiday Break- **NO LUNCH**

Dec 30: Holiday Break- **NO LUNCH**