OCTOBER 2026 ISSUE 155

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

We had a wonderful September! Over 80 people came out to our annual HSS BBQ, making it a fantastic opportunity to reconnect after the summer, enjoy some delicious food, and share information about the fall. Evan Morgan delighted us with some up-close magic, while Yolande Franzmann and Glenn Reimer prepared a lunch to be remembered! Read on for the recipe of the dish everyone was raving about! A heartfelt thank-you to everyone who joined us, as well as to all those who generously gave their time to make the event a success, including our councillors, MHRD, and community members.

October is busy! Starting October 2nd, pole walking will now take place Fridays at 11:00 am to accommodate our busy facility schedule. Plus, don't miss our 2 lunch & learns this month! Contact us to reserve your spot—spaces are filling quickly! We will also be hosting the kids from bright beginnings daycare for another Halloween event and are in need of volunteers to hand out treats- read on for more info!

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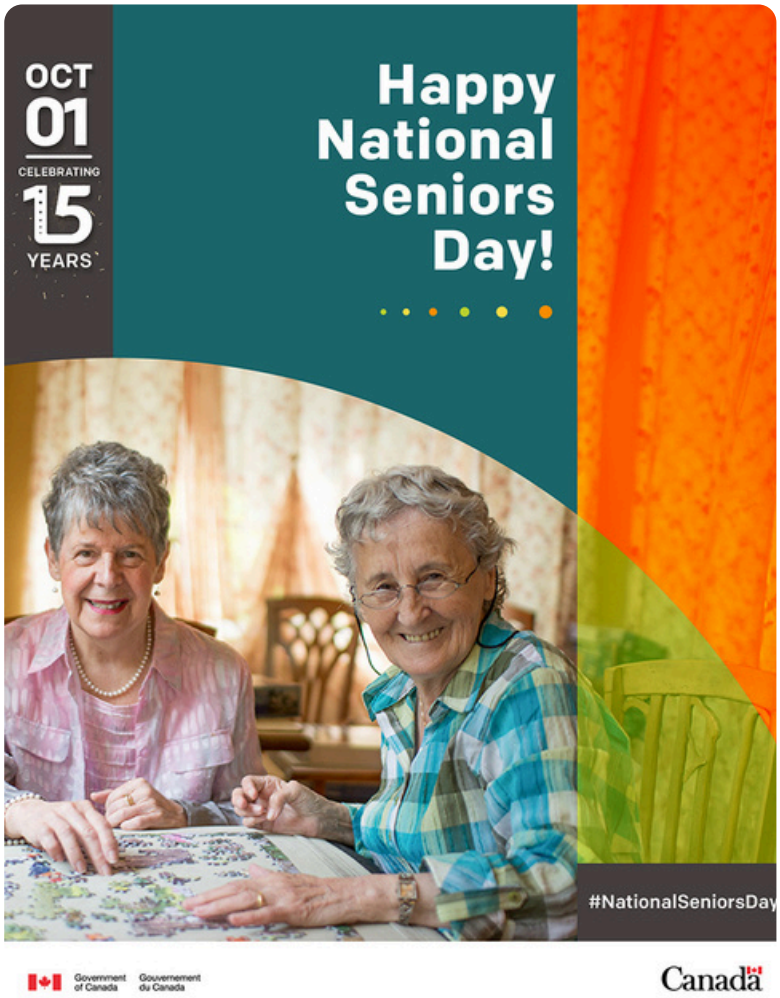
Our annual Holiday Market is just a couple of weeks away on Oct 16 & 17! This important event helps us fund the many programs, services, and events we provide throughout the year. Speaking of funds- we were so honored to receieve a donation out of the funds raised at this year's charity golf tounament put on by the Stonewall-Teulon Headingley Golf Committee. Thank you for you generosity and support. Donations such as these help to continue providing programs and services for our community! 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



October 1 is National Seniors Day, a wonderful opportunity to recognize and celebrate the older adults in our communities.

At Headingley Seniors' Services, we are grateful for the many ways that older adults enrich our community through their experience, knowledge, kindness, and contributions. Every day, through the programs that we offer, we see the importance of connection, friendship, and a strong sense of belonging.

National Seniors Day is also a reminder to take a moment to connect with the special older adults in our lives. A phone call, a visit, a shared cup of coffee, or simply asking, "How are you doing?" can make a meaningful difference. In honor of this day, we will be having a special prize draw at our lunch & learn on October 7th!

To all the older adults in Headingley: thank you for all that you have given, all that you continue to contribute, and for being an important part of our community.

Happy National Seniors Day !

Texas Potatoes

An easy to make comforting fall side dish

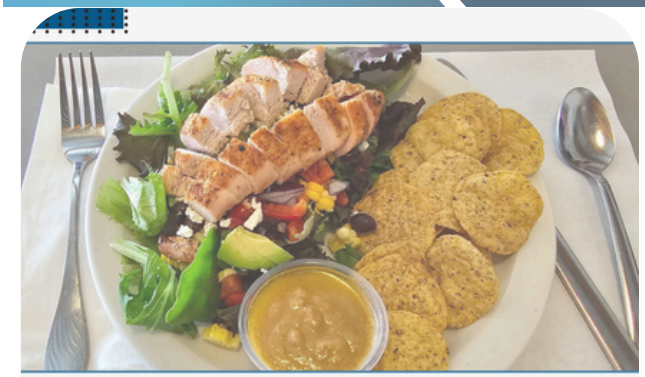
Ingredients:

2 lb bag frozen hash browns
½ cup diced onion
½ cup melted margarine
½ tsp pepper
1 can cream of chicken or celery soup
1- 500ml carton sour cream
1 cup grated cheddar cheese
1 tsp salt

Directions:

Mix all ingredients together. Place in a greased 9 x 13 inch pan. Bake at 350 for 50-55 minutes.

Submitted by RM of Headingley Councilor Yolande Franzmann
Enjoyed by many at our annual September BBQ!



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

OCTOBER Menu:

*Oct 7: Sloppy Joes

*Oct 14: Farmer's Sausage

Oct 21: Mexican Taco Mix

Oct 28: NO LUNCH *due to Municipal Election*

Nov 4: Seven Layer Lunch

**= Lunch & Learn/ Event Scheduled*

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

Lunch & Learn

Home Care & Housing Overview

Presented by:
Home Care Case Specialists
***Laurel Mitchell** BSW, RSW &*
***Brenda Roy** RNBN*

Wednesday October 14
Lunch at 12 pm ($10)
Presentation at 1 pm (free)

Register before Friday October 9th
seniors@rmofheadingley.ca / (204) 889-3132

PROGRAM TIME CHANGE:
Friday Pole Walking will now begin at 11:00 am
Please note: Seated cardio drumming will be offered the last Friday of every month, next on Oct 30th

HEADINGLEY SENIORS' SERVICES

Free Weekly Drop-in Programs for Seniors:

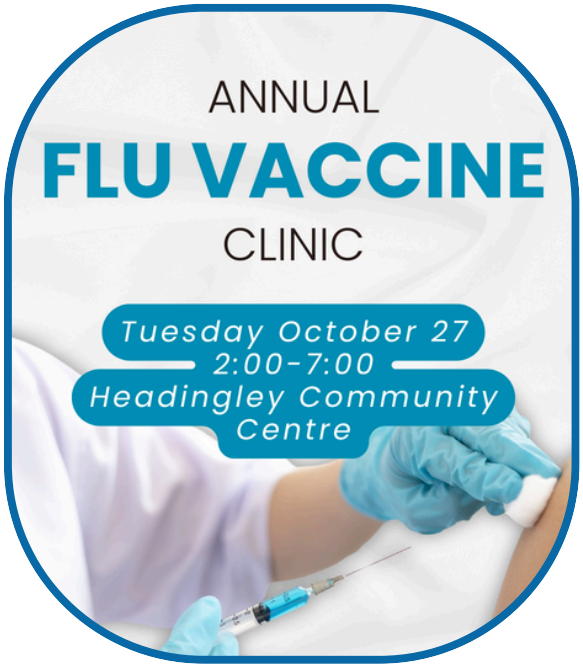
Helping Hands Social Club: Mondays 1-3pm
Knit, crotchet & socialize.
All items made are donated to organizations in need.

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 11am-12pm *NEW TIME*
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.



UPCOMING FOOT CLINICS

Thurs Oct 8 & Tues Oct 20
Thurs Nov 12 & Tues Nov 24
Thurs Dec 10 & Tues Dec 15

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)

Please note:
Dementia Caregiver Support Group will be on **October 8 at 1pm** at 110 Bridge Rd with special presentation by **Alzheimer's MB**

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!

Local Vendor Spotlight: Beate Forster

For Beate Forster, Headingley has become what she affectionately calls her "happy place." Beate moved to Headingley just one year ago and soon became involved with Headingley Seniors' Services. She now spends Monday afternoons knitting and crocheting with the ladies at the Helping Hands program, combining her love of crafting with the opportunity to connect with others. Originally from Germany, Beate says her childhood exposure to crafts didn't immediately turn her into a fan. "Coming from Germany, we grew up with crafts," she says. "This does not mean I liked it ... I did not!" It wasn't until retirement that Beate picked up her knitting needles and discovered a creative outlet she truly enjoyed. Today, she can often be found surrounded by yarn and fabric in her sewing room, bringing handmade projects to life. Her business, Happy Scrappy World, grew from that rediscovered passion. The Headingley Holiday Market will be Beate's first holiday Market. For her, participating is an opportunity to share what she has created, support Headingley Seniors' Services and meet talented people in her new community.

Did You Know? Funds raised at the Headingley Holday Market go directly into supporting the programs, events and services for seniors all year long!
Mark your calendars for Oct 16 & 17 and come support local!

HEADINGLEY SENIORS' SERVICES

Halloween Volunteers Needed!

We are looking for seniors to come out and join us to hand out treats to our young friends from Bright Beginnings Educare! Come have some fun, share some smiles, and help make Halloween special for our little trick-or-treaters! Costumes encouraged!

THURSDAY OCT 29 AT 9:30
HEADINGLEY COMMUNITY CENTRE

Contact us to sign up!
seniors@rmofheadingley.ca (204) 889-3132

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 didn't the skeleton go to the Halloween party?
... He had no *body* to go with!

SENIORS' SERVICES
CALENDAR OF EVENTTS

OCT 2026

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

SUN	MON	TUES	WED	THURS	FRI	SAT
			SEPT 30 NATIONAL DAY OF TRUTH & RECONCILIATION- CLOSED- NO LUNCH	1 HAPPY NATIONAL SENIORS DAY! CRIB & COFFEE 1-3	2 *NEW START TIME* POLE WALKING 11AM	3
4	5 HELPING HANDS 1-3	6 GOLDEN GAMES 1-3	7 CAFE BREAK LUNCH 12PM MUSEUM IN A SUITCASE PRESENTATION 1PM	8 FOOT CLINIC 9-4 CRIB & COFFEE 1-3	9 POLE WALKING 11AM	10
11	12 HAPPY THANKSGIVING! (NO HELPING HANDS)	13 GOLDEN GAMES 1-3	14 CAFE BREAK LUNCH 12PM HOME CARE & HOUSING INFO SESSION 1PM	15 HEADINGLEY HOLIDAY MARKET FACILITY SET UP (NO CRIB & COFFEE)	16 HEADINGLEY HOLIDAY MARKET 11-7 (NO POLE WALKING)	17 HHM 10-4
18	19 HELPING HANDS 1-3	20 FOOT CLINIC 9-4 GOLDEN GAMES 1-3	21 CAFE BREAK LUNCH 12PM	22 CRIB & COFFEE 1-3	23 POLE WALKING 11AM	24
25	26 HELPING HANDS 1-3	27 FLU VACCINE CLINC 2-7 (NO GOLDEN GAMES)	28 MUNICIPAL ELECTION (NO CAFE BREAK LUNCH)	29 HALLOWEEN WITH BBE 9:30 CRIB & COFFEE 1-3	30 POLE WALKING & CARDIO DRUMMING 11AM	31

Important Dates & Closures:

Oct 7: Lunch & Learn: Museum in a Suitcase

Oct 12: Happy Thanksgiving! - **NO HELPING HANDS**

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

Oct 15: Holiday Market Facility Setup- **NO CRIB & COFFEE**

Oct 16 & 17: Headingley Holiday Market- **NO POLE WALKING**

Oct 27: Annual Flu Vaccine Clinic- **NO GOLDEN GAMES**

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

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**