NOVEMBER 2026 ISSUE 156

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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October was another busy month filled with community spirit, learning opportunities and plenty of reasons to smile! We held our annual Headingley Holiday Market, which was a wonderful success! Funds raised support programs, services and events for older adults throughout the year. A heartfelt thank you to all our volunteers, from the committee members who work behind the scenes year-round to those who lend a hand during the two-day event. We couldn't do it without you!

We also hosted a Lunch & Learn with the Costume Museum of Canada. Participants explored a discovery suitcase of historical artifacts and replicas from the late 1800s and early 20th century. The collection sparked memories and conversations as attendees recognized things they or their parents and grandparents once used. Thank you to Margaret, Helen and Therese for sharing their time and expertise to make this hands-on experience so engaging! Laurel and Brenda from the Southern Health Home Care Program also joined us for an information session on home care and housing. For those who were unable to attend, brochures will be made available in our office to help you learn more about the services and supports offered.

Kristie and Margo were also out of the office this month attending the ASSC Conference in Brandon. The conference provided an opportunity to connect with other senior resource coordinators from across Manitoba, share ideas and learn new ways to support older adults in our communities. Building these connections helps us continue to grow and strengthen the programs and services we offer.

Lastly, we welcomed the children from BBE Daycare for a special Halloween visit. The children showcased their costumes, decorated trick-or-treat bags and spent time with our seniors. These intergenerational visits bring smiles and laughter while building understanding, empathy and meaningful connections across generations. Our intergenerational programming is funded through our Healthy Together Now Growing Together Grant- Thank you Southern Health for this!

Reminder: Tickets for our Holiday Luncheon on Dec 2 are on sale now! We are also looking at organizing a holiday lights bus tour for mid-December- please advise the office if this would be something you'd be interested in attending.

Take care, Margo & Kristie

Fall Prevention Starts at Home

Simple steps to stay safe and independent



November is Fall Prevention Month! A great reminder to visit with your health practitioner for a checkup and take a look around your home and identify potential hazards. A few simple changes can help reduce the risk of falls and keep you safe, confident and independent.

Stairs & Steps: Keep stairs clear of clutter, repair loose or uneven steps, ensure good lighting and check that handrails are secure. Avoid standing on chairs to reach high shelves. Ask for help or use step stool with secure hand rails.

Floors & Walkways: Remove loose rugs, keep pathways clear of clutter and electrical cords, and store frequently used items within easy reach.

Bedroom: Keep a lamp close to your bed and use a nightlight to illuminate the path to the bathroom.

Bathroom: Use non-slip mats or strips in the tub or shower, and consider grab bars near the toilet and bathing area for extra support.

Everyday Health & Safety: Have your overall health including your eyes, teeth, & ears checked regularly. Review medications regularly with your care provider.

Join Us November 25 for our Lunch & Learn!

Reliable Mobility will be visiting on November 25 to discuss the Manitoba Safe and Healthy Home for Seniors Grant and provide walker tune-ups for those who use walkers- free of charge! This visit is a great opportunity to learn about funds that may be available to you to make your home safer and more accessible and ensure your walker is in good working condition. Remember, walkers, canes and other mobility aids are tools that help you stay mobile, safe and independent. Using them when needed is a positive step toward maintaining your confidence and enjoying everyday activities.

A few small changes can make a big difference! Take time to check your health & home, address potential hazards and make safety a priority this fall.

Tater Tot Casserole



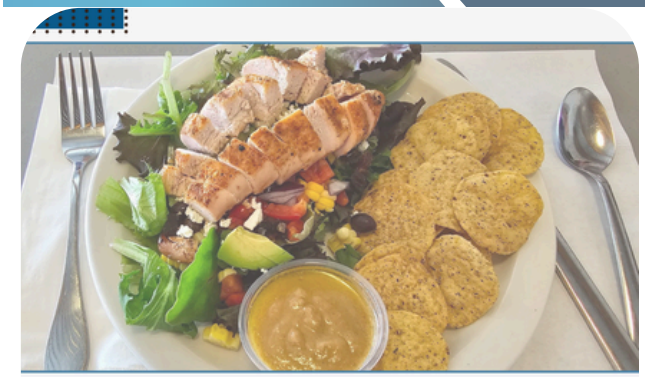
Ingredients:

- 1 to 2 lb ground beef
- ¼ cup chopped onion
- 1 pkg taco seasoning
- ⅔ cup water
- 1- 11 oz can whole kernel corn (drained)
- 1 can cheddar cheese soup
- 1 pkg or less of Tater Tots

Directions:

- In a skillet, cook beef and onion over medium heat and drain. Stir in taco seasoning and water. Simmer uncovered for approx 5 mins. Add corn and soup; mix well.
- Transfer to a 13x9x2 inch baking dish. If using 1 pound of beef use 9x9 inch pan. Arrange Tater Tots in single layer over the top. Bake uncovered at 350F for 30-35 mins or until potatoes are crispy and golden brown.

Recipe submitted by Cafe BREAK cook Helen Whetter
Enjoyed in the past at Wednesday's lunch!



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

November Menu:

Nov 4: Seven Layer Lunch

Nov 11: NO LUNCH

(Rememberance Day)

**Nov 18: Pork Tenderloin*

**Nov 25: Delicious Chicken*

Dec 2: Holiday Luncheon

(catered by The Headingley Grill)

**= Lunch & Learn/ Event Scheduled*

HEADINGLEY SENIORS' SERVICES

Lunch & Learn

Lunch & Movie!

Wednesday November 18
Lunch at 12 pm ($10)
Movie at 1 pm (free)

Register before Friday Nov 13
seniors@rmofheadingley.ca / (204) 889-3132

HEADINGLEY SENIORS' SERVICES

Lunch & Learn

Safe & Healthy Home for Seniors Grant Information Session

Presented by:
Reliable Mobility
(Bring your walker for a tune-up!)

Wednesday November 25
Lunch at 12 pm ($10)
Presentation at 1 pm (free)

Register before Friday November 20
seniors@rmofheadingley.ca / (204) 889-3132

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.

Please note:
Dementia Caregiver Support Group
will be on **November 12 at 1pm**
at 110 Bridge Rd.
All are welcome.

UPCOMING FOOT CLINICS



Thurs Nov 12 & Tues Nov 24
Thurs Dec 10 & Tues Dec 15
Thurs Jan 7 & Tues Jan 19

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)


LEST WE FORGET
REMEMBRANCE DAY SERVICE
11 NOVEMBER
HEADINGLEY COMMUNITY CENTRE
5353 PORTAGE AVENUE
DOORS OPEN 10:00 AM
SERVICE 10:45 AM
EVERYONE IS WELCOME
SPONSORED BY
THE HEADINGLEY HISTORICAL SOCIETY
ST. CHARLES HEADINGLEY UNITED CHURCH
THE RM OF HEADINGLEY


Please Join us for a
HOLIDAY LUNCHEON
HEADINGLEY SENIORS' SERVICES
Wed Dec 2 at 12 pm
Headingley CC at 5353 Portage Ave
$25 per person
Catered by The Headingley Grill
Tickets on Sale now until Nov 25
seniors@rmofheadingley.ca
(204) 889-3132


Ukulele Friends of Headingley
SUNDAY
NOVEMBER 29
2:00 pm
(Doors Open at 1:30 pm)
Headingley Community Centre
Songs of the Season
A Winter ukulele showcase of timeless hits, cozy classics and a dash of holiday cheer.
Featured guests & Refreshments. Everyone welcome!
Silver Collection – Proceeds to the Headingley Community Foundation


Headingley Christmas Breakfast
SATURDAY, DECEMBER 5, 2026
Headingley Community Centre
7:30am-10:30am
No Entry fee
Organized and hosted by Bright Beginnings Educare
Fundraising for Bright Beginnings Educare programming with gifts to other community organizations
Thanks for our amazing sponsors, breakfast is free!
Pancakes, sausages, bacon, beverages and gluten-free options
Children's activities, gift bags, pictures with Santa, prize raffle, 50/50 raffle and more!

Did You Know? Headingley Seniors' Services was recently awarded a generous grant from the **Headingley Community Foundation** that will allow us to do more fun things this year?! Stay tuned for more exciting info to come....

St Charles Headingley United Church - UCW Home Made Pie Raffle

What is your Favorite?
Apple / Raisin
Chocolate Cream
Cherry / Pecan
Key Lime Chiffon
Lemon Chiffon
??????????





Tickets:
$2.00 each OR
3 for $5.00

Win
One Home Baked Pie
Per Month
For
12 Months
Starting January 2027

Contact Darlene 204-255-1123 or Carol 204-895-9179

Proceeds for The Children's Rehabilitation Center – Early Essentials Equipment Program for Infants.

Draw: Sunday, December 6th 2026 – 11:00 am at Church
110 Bridge Road, Headingley - Licence #RMH-14/26

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:

I was going to tell you a joke about time travel, but you didn't like it.



Safety Tip of the month:

Did you know that only 5-10% of fraud is actually reported?!

If you have been a victim of fraud:

1) Report to your financial institution

2) Report to local police

3) Report to anti-fraud centre

1-888-495-8501 antifraudcentre.ca

NOV 2026

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

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 HELPING HANDS 1-3	3 GOLDEN GAMES 1-3	4 CAFÉ BREAK 12PM	5 CRIB & COFFEE 1-3	6 POLE WALKING 11-12	7
8	9 HELPING HANDS 1-3	10 GOLDEN GAMES 1-3	11 CLOSED FOR REMEMBRANCE DAY NO LUNCH	12 FOOT CLINIC CRIB & COFFEE 1-3	13 POLE WALKING 11-12	14
15	16 HELPING HANDS 1-3	17 GOLDEN GAMES 1-3	18 CAFÉ BREAK 12PM MOVIE 1PM	19 CRIB & COFFEE 1-3	20 POLE WALKING 11-12	21
22	23 HELPING HANDS 1-3	24 FOOT CLINIC GOLDEN GAMES 1-3	25 CAFÉ BREAK 12PM SAFE & HEALTHY HOMES L&L 1PM	26 CRIB & COFFEE 1-3	27 POLE WALKING 11-12	28
29	30 HELPING HANDS 1-3	DEC 1 GOLDEN GAMES 1-3	DEC 2 HOLIDAY LUNCHEON 12PM			

Important Dates & Closures:

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

Nov 18: Lunch & Movie

Nov 25: Safe & Healthy Homes Presentation

Dec 2: Annual Holiday Luncheon- Tickets on sale now!

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

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