DECEMBER 2026 ISSUE 157

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:
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204-889-3132

Website:
headingleyseniorservices.ca

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@headingleyseniorservices

IN THIS ISSUE:

2. GRIEF & THE HOLIDAYS
3. RECIPE OF THE MONTH
4. CAFÉ BREAK
5. HEALTH & PROGRAMS
6. UPCOMING EVENTS
7. GOOD TO KNOW
8. DECEMBER CALENDAR

November was another busy month at Headingley Seniors' Services! We gathered together for two lunch and learns- one fun and one informative! We watched the holiday classic National Lampoon's Christmas Vacation, enjoying plenty of laughs together. Later in the month, we welcomed Reliable Mobility for an informative session about the Safe and Healthy Homes for Seniors Grant through the March of Dimes. If you are looking for information on this grant, please visit our office.

As we head into December, we're looking forward to a very special month! Our Holiday Luncheon on December 2 is right around the corner and we can't wait to welcome nearly 100 community members for a delicious meal, plenty of conversation, and some festive fun. A special thank you goes to the RM of Headingley for supporting this event and helping make this celebration possible.

We're also excited for our CanadInns Winter Wonderland Holiday Light Tour at the Red River Exhibition grounds on December 14! If you haven't signed up yet, this is your last chance to join us for an evening of holiday lights and seasonal fun. We have had lots of interest and space is limited, so don't wait to register. We're especially grateful to share that we were recently awarded a Transportation Grant from the Headingley Community Foundation. This funding will help cover transportation costs for special events and outings such as these, allowing us to provide more opportunities to get out and enjoy time together.

We will be having another Holiday Spirit week from Dec 14-18 this month! Everyone who participates will be entered in a special prize draw! Read on for the daily themes!

As a reminder, there will be no crib on Dec 17 for a facility wide event, and our office will be closed for the holidays from Dec 23-Jan 3, reopening on Monday Jan 4! We wish everyone a wonderful Holiday season and look forward to welcoming new faces and bringing even more opportunities for connection, fun, and friendship to our community throughout 2027!

Take care, Margo & Kristie

Grief in Times of Celebration: The Empty Spot

- **Holidays and special occasions can bring grief to the surface**, and make the absence of a loved one especially noticeable, even years after a loss.
- **There is no "right" way to experience the holidays while grieving**. You may feel sadness, joy, anger, loneliness; or several emotions at once. These feelings are a normal part of grief.
- **Talk about the "empty spot."** Families may avoid mentioning the person who has died because they worry it will make everyone sad. Acknowledging the loss can actually help family members feel less alone.
- **Create new traditions.** It may be helpful to keep some familiar traditions while changing others to reflect how your family has changed.
- **Find meaningful ways to remember your loved one:**
  - Light a candle in their memory.
  - Display a photograph or special keepsake.
  - Visit their gravesite and leave a holiday symbol or personal note.
  - Create a memory tree, bowl or basket.
  - Share favourite stories, photos and memories.
  - Write a letter or poem to your loved one.



- **Give yourself permission to simplify.** You don't have to do everything you have always done. Adjust plans, change responsibilities and choose what feels most manageable.
- **Take care of yourself.** Try to maintain healthy routines, including eating well, getting some exercise, resting and taking quiet time for yourself.
- **Stay connected—but know your limits.** Spending time with friends and family can ease loneliness, but it's okay to decline an invitation, leave early or change your plans if you need to.
- **Consider helping others.** A small act of kindness, volunteering or making a donation in memory of your loved one can provide a sense of connection and meaning.
- **Don't be afraid to ask for support.** Grief can feel isolating. Community groups, grief programs, faith communities, friends and family can all provide support.
- **Take charge of what you can.** You may not be able to change the loss, but you can decide how you want to approach traditions, celebrations and special days going forward.
- **Be gentle with yourself and each other.** Grief changes families. Finding new ways to honour the past while creating new traditions can bring hope and meaning.

A comforting reminder: Even when there are empty spots, holidays and special occasions can still hold moments of connection, meaning and joy.

Source: Canadian Virtual Hospice. "Grief in Times of Celebration: The Empty Spot," Read the full article: https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Topics/Topics/Emotional+Health/Grief+in+Times+of+Celebration_+The+Empty+Spot.aspx

Headingley Holiday Market Gingerbread Cookie Recipe:



Ingredients:

2/3 cup vegetable shortening (Crisco)
1/2 cup brown sugar packed
2 tsp ground ginger
1 tsp cinnamon
1/2 tsp salt
1/2 tsp ground cloves
1 egg
2/3 cup molasses
3 cups all purpose flour
1 tsp baking soda
1/2 tsp baking powder



Instructions:

Preheat oven 375 degrees. In a large bowl, cream shortening until soft and smooth. Add brown sugar, egg and molasses. Mix well. In a separate bowl, mix flour, ginger, cinnamon, salt, cloves, baking soda and baking powder. Add dry ingredients to the wet ingredients and mix well. Wrap in a plastic wrap and chill for a half hour. Roll out dough cut out cookie shapes and place on a lightly greased cookie sheet. Bake 7.5-8 minutes.

Cool. Decorate. Enjoy!

Submitted by Holiday Market committee member Joan Spice



Join us for lunch at:

Café BREAK

HEADINGLEY SENIORS' SERVICES

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

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

December Menu:

**Dec 2: Holiday Luncheon*

Dec 9: Hot Ham & Swiss Croissants

Dec 16: Hot Chicken Sandwiches

Dec 23: NO LUNCH- Holiday Break

Dec 30: NO LUNCH- Holiday Break

**= Lunch & Learn/ Event Scheduled*



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 **December 10 at 1pm**
at 110 Bridge Rd.
All are welcome.

UPCOMING FOOT CLINICS



Tues Dec 8 & Tues Dec 15
Thurs Jan 7 & Thurs Jan 14
Thurs Feb 11 & Tues Feb 23

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 Christmas Breakfast

SATURDAY, DECEMBER 5, 2026
Headingley Community Centre
7:30am-10:30am
No Entry fee

Organized and hosted by Bright Beginnings Educare





PHOENIX RECREATION ASSOCIATION

The **Phoenix Winter Carnival** will be here before we know it! We will be looking for folks to sell kitchen tickets on **Feb 6 & 7** at the carnival! If you are interested in volunteering, please contact us to put your name forward!

Did You Know? Headingley Seniors' Services has a transportation program? We have volunteer drivers who help drive clients to medical appointments. Volunteers reimbursed for mileage by client. Contact us for more info.

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:
What bites but doesn't have teeth?
Frost.







Safety Tip of the month:

To stay safe while walking on ice, walk like a penguin! Take short, shuffling steps with feet pointed slightly outward and knees slightly bent. Keep hands free and use mobility aids as needed.

SENIORS' SERVICES
CALENDAR OF EVENTTS

DEC 2026

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

SUN	MON	TUES	WED	THURS	FRI	SAT
	NOV 30 HELPING HANDS 1-3	1 GOLDEN GAMES 1-3	2 HOLIDAY LUNCHEON 12PM	3 CRIB & COFFEE 1-3	4 POLE WALKING 11AM	5
6	7 HELPING HANDS 1-3	8 FOOT CLINIC ALL DAY GOLDEN GAMES 1-3	9 CAFE BREAK LUNCH 12 PM	10 CRIB & COFFEE 1-3	11 POLE WALKING 11AM	12
13	14 SPIRIT WEEK: WINTER WONDERLAND DAY! HELPING HANDS 1-3 HOLIDAY LIGHT TOUR 6:30	15 SPIRIT WEEK: COZY HOLIDAY PJ DAY! FOOT CLINIC ALL DAY GOLDEN GAMES 1-3	16 SPIRIT WEEK: CHRISTMAS ON THE ISLANDS DAY! CAFE BREAK LUNCH 12 PM	17 NO CRIB & COFFEE	18 SPIRIT WEEK: HOLIDAY SWEATER DAY! POLE WALKING 11AM	19
20	21 HELPING HANDS 1-3	22 GOLDEN GAMES 1-3	23 NO LUNCH CLOSED FOR HOLIDAY BREAK- NO PROGRAMS →	24	25 →	26
27	28 CLOSED FOR HOLIDAY BREAK- NO PROGRAMS →	29	30	31	JAN 1 →	

Important Dates & Closures:

Please note HSS Office will be **CLOSED from Wednesday December 23- Sunday January 3rd** for Holiday Break.

No programs will take place during closure.

Office will reopen on Monday January 5, 2027.

Wishing you a safe and restful holiday season and we look forward to seeing you in the New Year!