



Vitamin D: An Important Nutrient that Protects You Against Falls and Fractures

Vitamin D is very important for bone health. It helps build stronger bones, partly by increasing the absorption of calcium. Vitamin D also improves the function of muscles, which in turn improves your balance and decreases the likelihood of falling. Vitamin D is therefore doubly essential in helping protect you against fractures.

Vitamin D comes from the sun. The sun's rays interact with our skin to produce vitamin D that can be used for bone and muscle health. In Canada, because we live in a northern climate, we don't get as much sun as we need; and when we apply sunscreen in the summer, that disables the skin's ability to produce vitamin D from sun exposure. Additionally, as we age, the skin's ability to make vitamin D decreases and for all of these reasons, many Canadians are low on vitamin D.

There are very few food sources of vitamin D. In fact, it is impossible for adults to get sufficient vitamin D from diet alone, no matter how good their nutrition. Therefore, **Osteoporosis Canada recommends routine vitamin D supplementation for all Canadian adults year round.** Adults over 50 or those younger adults at high risk (with osteoporosis, multiple fractures, or conditions affecting vitamin D absorption) should receive 800—2,000 IU daily. These amounts are safe. Taking more than 2,000 IU of vitamin D daily should be done only under medical supervision. The best way to ensure that you are getting sufficient vitamin D is by taking a supplement. The type of vitamin D you should purchase is vitamin D₃ (also called cholecalciferol). This is the most common type of vitamin D found in supplements in Canada.



Read the complete article at: <http://www.osteoporosis.ca/osteoporosis-and-you/nutrition/vitamin-d/>



At our January Lunch & Learn, Louise Hutton, Manitoba Falls Prevention Coordinator, spoke about what we need to do to prevent falls.

Her husband, Ray, was good enough to demonstrate how we should get up after a fall.





Thursday, March 13th
11:30 am-12:30 pm
Headingley Community Centre

Spring Forest Qi Gong

Bring a bag lunch, enjoy the company of your peers, and learn about an ancient Eastern practice which promotes holistic healing. With easy, gentle movements you can learn to balance your energy, reduce stress, enjoy better mental focus, strength and vitality!

Instructor—Kathy Hookham

FREE

To Register, phone 204-885-2444
Macdonald-Headingley Recreation District



*If you keep doing what you are doing,
you will keep getting what you are getting.*

New Courses:

Location: Headingley Community Centre

- ◆ **Computer Drop-In**
8 Wednesdays, Jan 29-Mar 19
10:00 am-11:00 am
Bring your own laptop or use one of ours.
- ◆ **Get It Finished!**
10 Thursdays, Jan 23-Mar 27
1:30 pm-4:00 pm
- ◆ **Armchair Travel**
Hong Kong and The Great Wall
Tuesday, Mar 18, 7:00-9:00 pm
Phone Patti if you require a ride at
(204) 889-3132 ext. 3

Fitness Programs

Location: Headingley Community Centre

- **Fit & Flex Fitness**
Mondays & Wednesdays, Jan 13-Mar 26
10:00 am-11:00 am
*Registration Fee: \$155.00

Spring Session-Fit & Flex Fitness
Mondays & Wednesdays, Apr 7-May 28
10:00 am-11:00 am
*Registration Fee: \$113.00
Register by Monday, March 31

- **Gentle Yoga for 55+**
10 Thursdays, Jan 16-Mar 20
10:00 am-11:00 am
*Registration Fee: \$65.00

Spring Session-Gentle Yoga for 55+
10 Thursdays, April 10-June 12
10:00 am-11:00 am
*Registration Fee: \$65.00
Register by Thursday, April 3

- **Pickleball**
Tuesdays, 7:00 pm-9:00 pm
Wednesdays, 1:30 pm-4:00 pm
Thursdays, 7:00 pm-9:00 pm

Registration Fee: \$5.00 per month or
\$2.00 per drop-in

***To register phone 204-885-2444**

Social Programs

- **55+ Club**
Coffee, cards, and games
Second & Fourth Tuesdays
1:30 pm
Attendance Fee: \$2.00
- **Cribbage**
Thursdays
1:30 pm-3:30 pm



Wednesday, March 26th

6:30 pm-8:00 pm

Headingley Community Centre

Top of the Hill: Retirement is Not the End!

Would you like your retirement years to be filled with adventure and meaning? Have you put off doing what you loved or just never had time to explore new activities and interests? Now is your time!

Instructor—Patti Phillips, Explore Life Coaching

FREE

To Register, phone 204-885-2444
Macdonald-Headingley Recreation District



Save the Date

Senior's Expo for Charleswood, St James, Headingley

Tuesday, April 22, 2014

Anavets Assiniboia Unit #283

3584 Portage Ave, Winnipeg

Gardening Saturday Tradeshow and Symposium

The seventh annual Gardening Saturday and Symposium takes place March 29th at the Canadian Mennonite University, 500 Shaftesbury Blvd., from 9 am-4pm. Hosted by the Friends of Gardens Manitoba, it features exhibits, displays, workshops, guest speakers and a food market.

For more information, go to
www.gardensmanitoba.com



Lunches

Lunch & Learn

Tuesday, March 4th
12 noon-2:30 pm
\$7.00 per person



Come for lunch and stay for brief, informative presentation: Speaking of Bones, Don Ferguson, Osteoporosis Canada

Lunch & Games

Tuesday, March 18th
12 noon-2:30 pm
\$7.00 per person

Come dressed in green for St. Patrick's Day

Call Patti to reserve your space and order lunch at (204) 889-3132 ext. 3

Did You Know?

- * The technique for measuring wind chill was developed by scientists in Antarctica during the Second World War. They measured how long it took to freeze vials of water exposed to different wind conditions in temperatures below 0C. Then they developed formulas for relating heat loss to wind speed and air temperature.
- * The lowest temperature recorded in Canada was -63C at Snag, Yukon Territory, on February 3, 1947.

Doesn't feel so cold anymore does it!



March 2014

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30	31 Hall Walking 9-10 am					1
2	Hall Walking 9-10 am Walk S & S 10-11	4 Lunch & Learn 12-2:30 Speaking of Bones Osteoporosis Canada	5 Hall Walking 9-10 am Walk S & S 10-11 Computer Drop in 10	6 Yoga 10-11 am Cribbage 1:30-3:30 Get It Finished 1:30	7	8
9	Hall Walking 9-10 am Walk S & S 10-11	11 55 + Club 1:30-3:30	12 Hall Walking 9-10 am Walk S & S 10-11 Computer Drop in 10	13 Yoga 10-11 am Spring Forest Qigong 11:30-12:30pm Cribbage 1:30-3:30 Get It Finished 1:30	14	15
16	Hall Walking 9-10 am Walk S & S 10-11 Happy St Patrick's Day!	18 Lunch & Games Armchair Travel to Hong Kong & Great Wall of China 7-9 pm	19 Hall Walking 9-10 am Walk S & S 10-11 Computer Drop in 10	20 Yoga 10-11 am Cribbage 1:30-3:30 Get It Finished 1:30	21	22
23	Hall Walking 9-10 am Walk S & S 10-11	25 55 + Club 1:30-3:30	26 Hall Walking 9-10 am Walk S & S 10-11 Top of the Hill: Re- retirement is Not the End! 6:30-8:00 pm	27 Cribbage 1:30-3:30 Get It Finished 1:30	28	29