



Headingley Community Centre
5353 Portage Avenue
Headingley, MB R4H 1J9
204.889.3132 ext. 3
www.headingleyseniorservices.ca

Senior's Scene

April 2014
Issue 13

Enrich your life with us!

IN THIS ISSUE...

Page 1 Armchair Travel
Hong Kong and The Great Wall

Page 2 Lunch & Learn
Don Ferguson from
Osteoporosis Canada

Good nutrition is important
for strong bones

Exercise to keep your
bones and muscles strong

St Patrick's Day Lunch and
Pickleball!

All I need to know I learned
from the Easter Bunny!

Page 3 Fitness Programs

Upcoming Events

Page 4 April 2014 Calendar



Armchair Travel

Destination: Hong Kong and The Great Wall

Cam and Barb Evans took us on another journey, this time to visit Hong Kong and the Great Wall of China.

- In Hong Kong, we saw beautiful buildings. They were numerous, tall and unique with a mixture of contemporary and traditional found side-by-side. With a land mass of 1,104 km² and over 7 million people in Hong Kong, it is one of the most densely populated areas in the world.
- We saw parts of The Great Wall that is just like a gigantic dragon, winding up and down across deserts, grasslands, mountains and plateaus, stretching approximately 8,850 kilometers across China. With a history spanning more than 2000 years, it is not surprising that some of the sections are now in ruins or have disappeared.





Lunch & Learn

Good Nutrition is Important for Strong Bones

-Eat a balanced diet from all four food groups to help keep bones strong and prevent fractures.

-Vitamin D is important to keep your bones strong and also to prevent falls. All adults in Canada should take a vitamin D supplement all year round. Ask your doctor for the right dose for you.

-Calcium is important for bone health. It is best to get your calcium from food sources, such as milk, cheese, yogurt, calcium-fortified soy/almond/rice beverage and calcium-fortified orange juice. If you don't eat many dairy products or other calcium-fortified foods, you may need a calcium supplement. Do not take a calcium supplement on your own. Check with your doctor first.

-Limit the amount of alcohol in your diet to two or fewer drinks per day.

-Stop smoking.

How much calcium and vitamin D do you need each day?

Age	Calcium	Vitamin D
19-50	1000 mg	400-1000 IU
50+	1200 mg	800-2000 IU



March 18th, after our St Patrick's Day Lunch, we learned to play a simplified pickleball.

On March 4th, Don Ferguson from Osteoporosis Canada MB Chapter reviewed with us the importance of taking care of our bones. He told us osteoporosis is a childhood condition that becomes apparent in senior years. Osteoporosis is not the problem; broken bones are the problem.

The following are from "Your Guide to Strong Bones":

Exercise to Keep Your Bones and Muscles Strong

-Perform aerobic exercise for at least 30 minutes per day. To maintain or improve your bone strength, exercises where your bones have to carry your weight (e.g. brisk walking, aerobics, hiking) are better than exercises where your weight is supported (e.g. swimming, biking). Include exercises that involve unaccustomed movements (e.g. agility training, dancing) – movements that are different from your everyday activities.

-Strong muscles help to maintain strong bones. Perform resistance training exercises using resistance bands or weights at least 3 times per week, and target all major muscle groups.

-Falls can lead to broken bones. Improve your balance and coordination with tai chi or balance exercises.

-do exercises to maintain or improve posture, such as back extensions and core strengthening.

Calcium Content of Some Common Foods

Food Source	Portion	Calcium
Milk-2%, 1%, skim, chocolate	1 cup/250 mL	300 mg
Cheese-Cheddar, Edam, Gouda	1 ¼"/3 cm cube	245 mg
Yogurt-plain	¾ cup/185 mL	295 mg
Instant oatmeal-calcium enriched	1 pouch/32g	150 mg

All I need to know I learned from the Easter Bunny!

- Don't put all your eggs in one basket.
- Everyone needs a friend who is all ears.
- There's no such thing as too much candy.
- All work and no play can make you a basket case.
- A cute tail attracts a lot of attention.
- Everyone is entitled to a bad hare day.
- Let happy thoughts multiply like rabbits.
- Some body parts should be floppy.
- Keep your paws off of other people's jelly beans.
- Good things come in small, sugar coated packages.
- The grass is always greener in someone else's basket.

To show your true colors, you have to come out of the shell. The best things in life are still sweet and gooey. May the joy of the season fill your heart.

HAPPY EASTER!



Our next Lunch & Learn is Tuesday,
April 15th, at noon.
Come meet Shaun from our own
Assiniboine Zoo!

West Winnipeg-Headingley Expo

Click With Care Stay Protected while Connected

Where: Sturgeon Heights Community Centre –
210 Rita Street

When: Tuesday, April 22, 2014 - 9am to Noon

Time: 9:00 am to Noon

This is a free event for our vibrant 55+ community. A light healthy snack will be provided.

Program

9:00 am	Doors open
9:30 am	Opening Ceremonies
10:00 am	Drums Alive Demonstration
10:30 am	Speaker – Click with Care: Stay Protected while Connected
11:30 am	Browse the information tables
11:45 am	Door Prize draw

Let No One Be Alone Week

*A time to reach out to isolated seniors
May 4-10, 2014*

No matter how little or how much you do,
every bit will make a difference. Here are
some simple ideas of things that you can do
during Let No One Be Alone Week:

- Call a friend or family member; and encourage others to call an important older person in their lives.
- Take someone out for lunch, coffee or a drive.
- Offer to run an errand for someone.
- Bake a goodie basket for a neighbor.

Fitness Programs

Location: Headingley-Community Centre

- **Fit & Flex** (formerly Walk Safe, Stay Strong)
Mondays & Wednesdays, Apr 7th-May 28th
10:00 am-11:00 am
*Registration Fee: \$113.00
- **Gentle Yoga for 55+**
10 Thursdays, Apr 10th-Jun 12th
10:00 am-11:00 am
*Registration Fee: \$65.00
- **Fluid Isometrics with Block Therapy**
3 Tuesdays, May 6th-20th
7:00 pm-8:30 pm
*Registration Fee: \$180.00
- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am

Location: Headingley-Phoenix Community Centre

- **Zumba – Not Quite Gold!**
8 Mondays, April 7th-June 2nd
7:00 pm-8:00 pm
*Registration Fee: \$84.00
- **Beginner's Hula Hooping – Grown Up Style!**
3 Saturdays, May 10th, 24th & 31st
2:00 pm-3:30 pm
*Registration Fee: \$25.00

*Register with Macdonald-Headingley Rec District

By Phone: (204) 885-2444

In Person: Monday – Friday 8:30 am-4:30 pm
Macdonald-Headingley Rec Office
81 Alboro Street, Headingley


- **Pickleball**

Location: Headingley-Community Centre or
Headingley-Phoenix Pickleball Courts

Register with Kim Bartlett KBarlett10@shaw.ca or
Janet Fritsch jfritsch4@shaw.ca to receive program
updates.



April 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	9-10 am Hall Walking **Office Closed**	**Office Closed**	9-10 am Hall Walking **Office Closed**	1:30-3:30 pm Cribbage **Office Closed**		
6	7	8	9	10	11	12
	9-10 am Hall Walking 10-11 am Fit & Flex 7-8 pm Zumba-Not Quite Gold **Office Closed**	1:30-3:30 pm 55+ Club **Office Closed**	9-10 am Hall Walking 10-11 am Fit & Flex	10-11 am Gentle Yoga 1:30-3:30 pm Cribbage		
13	14	15	16	17	18	19
	9-10 am Hall Walking 10-11 am Fit & Flex 7-8 pm Zumba-Not Quite Gold	Noon-2:30 pm Lunch & Learn	9-10 am Hall Walking 10-11 am Fit & Flex	10-11 am Gentle Yoga 1:30-3:30 pm Cribbage	GOOD FRIDAY	
20	21	22	23	24	25	26
EASTER 	9-10 am Hall Walking 10-11 am Fit & Flex 7-8 pm Zumba-Not Quite Gold	9am-Noon Seniors Expo 1:30-3:30 pm 55+ Club	9-10 am Hall Walking 10-11 am Fit & Flex	10-11 am Gentle Yoga 1:30-3:30 pm Cribbage		
27	28	29	30	1	2	3
	9-10 am Hall Walking 10-11 am Fit & Flex 7-8 pm Zumba-Not Quite Gold	Noon-2:30 pm Lunch & Games	9-10 am Hall Walking 10-11 am Fit & Flex	10-11 am Gentle Yoga 1:30-3:30 pm Cribbage		