



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

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Issue 14

Senior's Scene

Enrich your life with us!

IN THIS ISSUE...



Page 1 Lunch & Learn
A Walk in the Park
Shaun Leonoff

Lunch & Learn
May 6th, 2014
Reflexology

Page 2 Mental Health Week
May 5-11, 2014

Mental Health & Aging
Dealing with Retirement

Dealing with Physical
Changes

Page 3 Mental Health & Aging
Dealing with Loneliness

Let No One Be Alone Week
May 4-10, 2014

Fitness Programs

Page 4 May 2014 Calendar



Lunch & Learn

A Walk in the Park

On Tuesday, April 15th, Shaun Leonoff took us on a walk in the Assiniboine Park through stories and pictures. We learned about the new duck pond, Qualico Center, Children's Nature Playground and plans for the zoo and conservatory. She shared stories of the four little polar bears: Hudson, Kaska, Aurora and Storm and how they came to the zoo. I, for one, am excited for summer and the Nature Playground and `new` zoo!

Our next Lunch & Learn is
Tuesday, May 6th, at noon.
Come and learn with us about
Reflexology!

Grand Trunk Railway **100th Anniversary** **From Titanic to World War I to Headingley**

When: Thursday, May 15th, 2014
Time: 1:30 pm
Where: 5353 Portage - Headingley CC
Speaker: Karl Gompf



Mental Health Week

May 5-11, 2014

Mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process. At times, you may tip the balance too much in one direction and have to find your footing again. Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance.

As we age, we face many changes and many sources of stress—we are not as strong as we used to be, illness is more of a problem, children move away from home, people we love die, we may become lonely, and eventually we must give up our jobs and retire. Coping with all these changes is difficult, but it can be done. The keys to coping include your long-term lifestyle, your ability to expect and plan for change, the strength of your relationships with surviving family and friends, and your willingness to stay interested in and involved with life. (Canadian Mental Health Association, CMHA)

MENTAL HEALTH and AGING see more at <http://www.cmha.ca/news-and-events/events/mental-health-week/>

Dealing with Retirement

Your retirement can be a major source of stress because your job is usually a very important part of your life...You may lose your sense of identity and feel less worthwhile. You will probably miss the daily contact with friends from work.

However, retirement can be one of the best times of your life, and there are things you can do to meet the challenges facing you, such as:

Make a list of your abilities and skills. The skills and experience you have gained from a lifetime of work may help you succeed in a small business or do valuable volunteer work for a favourite charity.

Enrich your life by renewing contacts with neglected family members and old friends. All too often, our work gets in the way of our relationships and those we care about.

Renew your interest in the hobbies and activities you enjoy. You now have time to play – enjoy!

If you can afford it, travel. There are probably places you have wanted to see all your life. The early years of your retirement can be the ideal time to become a nomad for a while.

Dealing with Physical Changes

As you grow older, your body will naturally change. You may tire more easily than you used to. You may become ill more often. You may not see or hear as well as you did when you were younger. Here are some things you can do to cope with these physical changes:

Accept reality. Denying these changes will only make life less enjoyable for you and the people around you. Get the things that will help you – eyeglasses or hearing aids for example.

Keep a positive attitude. Remember that slowing down does not mean you have to come to a complete stop. Chances are you will still be able to do almost all the things you used to; you may just need to take a little more time and learn to pace yourself.

See your family doctor regularly. He/she can then, deal with any changes or symptoms that require medical attention.

Be careful about your medications. As you get older, they may begin to interact differently with other drugs and to affect you differently than before. Make sure your doctor knows about all your medications, even those prescribed by another doctor.

Take responsibility for your own health. Do not hesitate to ask your doctor questions; some do not offer explanations unless asked.

Change your eating habits. Adopt a balanced diet with fewer fatty foods, and try not to over-eat.

Drink less alcohol. Your body will have more difficulty coping with it as you grow older.



MENTAL HEALTH and AGING (CMHA)

Dealing with Loneliness

Everyone needs some time alone, but being alone against your will is very painful. You risk losing your sense of purpose and self-worth, and become depressed. As family members and friends die and children become more involved in their own lives, it is important for you to find ways to cope with loneliness. Consider some of the following suggestions:

Stay active, and look for new social contacts. Most communities have a number of programs which can help replace the support that used to be provided by family and life-long friends. These programs provide older people with the chance to try new activities and make new friends.

Try to make friends with people of different ages. You may be pleasantly surprised to find how much you have in common with someone 15 or 20 years younger than you.

Spend time with grandchildren and great-nieces and nephews. Volunteer to help part-time in a local school or day-care centre. Very young children can brighten up your life with their enthusiasm and energy.

Learn to recognize and deal with signs of depression. Loss of appetite and weight, inability to sleep, loss of energy and motivation, and thoughts of suicide are all signs of depression.

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.