



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

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October 2014
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Seniors' Scene

Enrich your life with us!



Armchair Travel - Australia

Come join us on **Wednesday, October 29th from 1:30 – 3:30 pm** in the multipurpose room at the Headingley Community Centre as we cross the oceans to visit Australia!

Ray and Louise Hutton will feed our appetite for travel as they share with us the wonders of the country through word and pictures.

Live & Learn Series

Want to make some lifestyle changes and don't know where to start? A series of **FREE** healthy living classes are available to help people make changes towards a healthy lifestyle and to help prevent chronic disease. Location: Headingley-Community Centre.

Fit & Healthy 55+ Beyond

When: Tuesday, October 14th, 4-5:30 pm

Herbal Health Products - Weeding Help From Harm

When: Thursday, October 16th, 11:30am-1:00 pm

Check the **Fall 2014 Program & Community Resource Guide** for more information.



Three Rights Are the Same as a Left

Anonymous

After he retired, my father almost always accompanied my mother whenever she drove anywhere, even if he had no reason to go along. If she were going to the beauty parlor, he'd sit in the car and read, or go take a stroll or, if it was summer, have her keep the engine running so he could listen to the Cubs game on the radio. (In the evening when I'd stop by, he'd explain: "The Cubs lost again. The millionaire on second base made a bad throw to the millionaire on first base, so the multimillionaire on third base scored." If she were going to the grocery store, he would go along to carry the bags out-and to make sure she loaded up on ice cream.

As I said, he was always the navigator, and once when he was 95 and she was 88 and driving, he said to me, "Do you want to know the secret of a long life?" "I guess so," I said knowing it probably would be something bizarre.

"No left turns," he said.

"What?" I asked.

"No left turns," he repeated. "Several years ago, your mother and I read an article that said most accidents that old people are in happen when they turn left in front of oncoming traffic. As you get older, your eyesight worsens, and you can lose your depth perception, it said. So your mother and I decided never again to make a left turn."

"What?" I said again. "No left turns," he said. "Think about it. Three rights are the same as a left, and that's a lot safer. So we always make three rights."

"You're kidding!" I said, and I turned to my mother for support. "No," she said, "your father is right. We make three rights. It works." But then she added: "Except when your father loses count."

I was driving at the time, and I almost drove off the road as I started laughing. "Loses count?" I asked.

"Yes," my father admitted, "that sometimes happens. But it's not a problem. You just make seven rights, and you're okay again."

I couldn't resist. "Do you ever go for 11?" I asked.

"No," he said. "If we miss it at seven, we just come home and call it a bad day. Besides, nothing in life is so important it can't be put off another day or another week."

Our next Lunch & Games is
Tuesday, October 7th, at noon.



the art of aging *gracefully* wellness fair at the rady jcc

Monday, October 27 | 9:30 AM - 3:00 PM

- Exercise Demonstrations
- Short Reflexology Sessions
- Speakers
- Community Resources
- Door Prizes
- Resource Information Tables

There is no admission charge. Everyone is welcome.



For more information please contact Claudia Chernitsky,
(204) 477-7459 or cchernitsky@radyjcc.com
123 Doncaster Street | 204-477-7510 | www.radyjcc.com

Feature Presentations:

The Pain Game
Chiropractor
Dr. Dan Timmerman

Hanky Panky After 60
Lois Greenhill, RN,
Mature Women's Clinic

Stress Management in the Golden Age
Kristin Reynolds and
Maia Kredentser, Psychologists,
Centre of Aging, University of MB.

**Mirror, Mirror on the Wall:
Who's Lost Height or
Standing Tall?**
Osteoporosis Canada

**Laughter is the Best
Medicine**
Jon Ljungberg and
Renee Billauer

**Featuring displays,
information tables and
representatives from:**
WRHA, Arthritis Society of Manitoba,
Institute of Patient Safety, Jewish Child &
Family Service, Re-New Mobility, The
Seniors Moving Company (Downsizing-
Decluttering), Nutrition for Graceful
Aging, St. Vital Hearing Aids Centre,
Adaptive Clothing, Rupert's Land
Caregivers Services, Tourism for Seniors
and more!

8th Annual Christmas Arts and Craft Sale

HEADINGLEY COMMUNITY CENTRE
5353 Portage Avenue

Unique blend of
Christmas Crafts * Jewellery
Woodwork * Pottery * Toys
Stained Glass ... and much more

Friday, October 17th
Noon - 8:00 pm
Saturday, October 18th
10:00 am - 5:00 pm

free parking * admission \$2.00 * canteen
children 12 & under free admission
(No ATM on site.)
All proceeds to Headingley Senior Services.





Lunch & Carpet Bowling



September 16th, we enjoyed a delicious pulled pork lunch and then tried our hand at carpet bowling. There was interest shown in playing, so we will play again on Tuesday, October 14th, at 1:30 pm at Headingley Community Centre.



Pickleball for Adults

Have you ever played a racquet sport of any sort – even ping pong? If so, you may enjoy this sport. Pickleball is a fun, inexpensive racquet sport that is designed for all age groups and abilities. First time is free...or just come to watch. Racquets provided.

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

Headingley Community Centre (beginning Oct 6)

Mondays: 7-9 pm

Wednesdays: 1:30-4 pm

Thursdays: 7-9 pm

*Registration Fee: \$5/month or \$2/drop-in

Fitness Programs

Location: Headingley-Community Centre

- **Fit & Flex**
Mondays & Wednesdays, Oct 1st-Dec 17th
10:00 am-11:00 am
*Registration Fee: \$150.00
- **Gentle Yoga for 55+**
10 Thursdays, Oct 9th-Dec 18th
10:00 am-11:00 am
*Registration Fee: \$65.00
- **Hula for Health**
Wednesday, Sept 24th
7:00 pm-8:30 pm
*Registration Fee: **FREE**
- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am

Location: Headingley-Phoenix Community Centre

- **Zumba – Not Quite Gold!**
8 Mondays, Oct 20th-Dec 8th
7:30 pm-8:30 pm
*Registration Fee: \$88.00
- **Rock Solid to the Core..Men Only (Yoga Core)**
8 Tuesdays, Oct 7th-Dec 2nd
7:30 pm-8:30 pm
*Registration Fee: \$80.00

*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

Office Hours:

Mondays: 9am – noon

Tuesdays: 9am – noon 1pm – 4pm

Wednesdays: 9am – noon

Thursdays: 9am – noon 1pm – 4pm

Phone: (204) 889-3132 ext 3

Email: hdlyseniorservices@mts.net



October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
<p>Black-fitness Blue-social Red-health Green-education Orange-municipal</p>		<p>Noon-2:00 pm Lunch & Learn "Fall is For Gardening"</p>	<p>9-10 am Hall Walking 10-11 am Fit & Flex GRAND OPENING Older Adult Fitness Studio Date: Wednesday, October 1st Time: 7:00 - 9:00 pm Place: Headingley Community Centre</p>	<p>1:30-3:30 pm Cribbage</p>		
5	6	7	8	9	10	11
	<p>9-10 am Hall Walking 10-11 am Fit & Flex</p>	<p>Noon-2:00 pm Lunch & Games</p>	<p>9-10 am Hall Walking 10-11 am Fit & Flex</p>	<p>8:30-3:30 Foot Clinic 10-11 am Gentle Yoga 1:30-3:30 pm Cribbage</p>		
12	13	14	15	16	17	18
		<p>1:30-3:30 pm 55+ Club 4-5:30 pm Live & Learn Fit & Healthy 55+ Beyond</p>	<p>9-10 am Hall Walking 10-11 am Fit & Flex Municipal Election Forum 7pm Headingley CC 5353 Portage Ave</p>	<p>10-11 am Gentle Yoga 11:30-1 pm Live & Learn Herbal Health Products- Weeding Help from Harm 1:30-3:30 pm Cribbage</p>		
19	20	21	22	23	24	25
	<p>9-10 am Hall Walking 10-11 am Fit & Flex</p>	<p>Noon-2:00 pm Lunch & Learn "Disability & Other Tax Credits"</p>	 <p>Municipal Elections 8am-8pm Headingley CC 5353 Portage Ave</p>	<p>10-11 am Gentle Yoga Flu Clinic Noon-8pm Headingley CC 1:30-3:30 pm Cribbage</p>		
26	27	28	29	30	31	1
	<p>9-10 am Hall Walking 10-11 am Fit & Flex 7-8 pm Strength & Endurance Weight Training</p>	<p>1:30-3:30 pm 55+ Club</p>	<p>9-10 am Hall Walking 10-11 am Fit & Flex 1:30-3:30 pm Armchair Travel to Australia</p>	<p>10-11 am Gentle Yoga 1:30-3:30 pm Cribbage</p>		