



Headingley Community Centre
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204.889.3132 ext. 3
www.headingleyseniorservices.ca

November 2014
Issue 19

Seniors' Scene

Enrich your life with us!

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Sale!

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Armchair Travel - Vietnam

Come join us on **Wednesday, November 19th from 1:30 – 3:30 pm** in the multipurpose room at the Headingley Community Centre as we travel overseas to the continent of Asia!

Margaret Fast will take us on a journey to Vietnam: tourist areas, as well as, visiting the local people.

Live & Learn Series

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

Exercising Your Brain - Sound Mind in a Sound Body

When: Thursday, November 20th, 11:30 am-1:00 pm

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



Fun facts about AUTUMN

On the first day of autumn, the sun is aligned with the center between the North and the South of the planet. On that day, the light and dark hours are exactly the same length. That's why it is called 'equinox', derived from the Latin word 'aequus' which means 'equal'.

Standing eggs? There are only two days of the year when you can stand an egg on its end, the autumn and spring equinox. To do this you will need an egg. (It does not have to be hard-boiled.) Place the egg on a hard, flat surface on its largest end. Carefully pull your hands away and it should remain upright.

North or South? Not everyone has seasons at the same time! The equinox happens twice a year, and depending on which side of the planet you live, autumn will start in March (for south) or September (for north). Not autumn ever! If you live in a place too close to the Equator, or central area of the planet, then you'll never have autumn...or any season!

What happens to plants? Plants use sunlight to create nutrients and feed themselves, keeping their green color. As the days become shorter and plants get less sunshine, they stop producing those nutrients and display a different color. Yellow and oranges sit below the green all the time and red and brown are made from wastes and nutrients trapped in them.

Americans call autumn 'fall', maybe for obvious reasons? On October 31, many places around the world celebrate Halloween, in which kids dress up in costumes and go trick-or-treating, or guising. The U.S. and Canada have had a significant impact on how the event is observed in other nations and it has extended to places such as South America, Australia, New Zealand, continental Europe, Japan, and other parts of East Asia. The pumpkin, commonly used as lanterns by carving scary faces into them during Halloween, was first named by people in Greece, who called this orange edible a "pepon", which means "large melon".

Our next Lunch & Games is
Tuesday, November 4th, at noon.



Another successful Craft Sale was had on October 17th & 18th, 2014. A big **THANK YOU** to all our volunteers!

Lunch & Learn

Our next Lunch & Learn is **Tuesday, November 18th, at noon.**

In today's world, people want to be healthy, they want to be happy, but instead they are getting stressed out, depressed, getting less sleep, more negative thoughts and feeling isolated. Find out more about benefits of Laughter Yoga on your body & mind.

“**Laughter Yoga combines laughter with yoga breathing exercises. It is a perfect way to laugh and get exercise at the same time. It approaches laughter as a body exercise so it's easy to laugh even if you're depressed or in a bad mood. I've tried it, and it works.**”
- Oprah Winfrey

Join Deb as she leads you through simple exercises that will bring out the laughter in you. Participants will be invited to use their imaginations to pretend and to do some

physical playing. The physical exertion is minimal and a willingness to play is expected!



ENCORE Fitness Studio Opening Night

In its ongoing commitment to supporting healthy people and a healthy community, Headingley Seniors' Services officially opened the Encore Health and Fitness Studio on October 1st, 2014.

Over 50 people were in attendance. The Honorable Stephen Fletcher MP, unable to attend as he was in Ottawa, was represented by his father, Mr. David Fletcher who brought greetings and delivered a certificate to commemorate the opening. A Federal Government New Horizons Grant in the amount of \$21,750 provided funding toward the project.

Fitness Instructors Brenda Manchester and Jane Van Massenhoven performed a hands-on demonstration of the new equipment which has been placed on the back of the stage in the Headingley Community Centre.

The equipment is available to participants over 18 years of age and who have taken the Fitness Studio Safety Orientation. There is a minimal membership fee charged to cover maintenance and cleaning.

To attend a free fitness studio safety orientation or for further information, please call Patti Cutts at 204-889-3132 ext 3.

ENCORE Hours (Oct 1st – Dec 18th)

8:30-11:30 am	Mon, Tues, Wed
1:30- 4:00 pm	Wed, Thursdays
7:00- 9:00 pm	Thursdays

\$2. Drop-in~~\$10. Monthly~~\$60. Yearly

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
- **Strength & Endurance w/ Weight Training**
8 Mondays, Oct 27th-Dec 15th
7:00 pm-8:00 pm
*Registration Fee: \$80.00
- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am

*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

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.

7:00-9 pm Mondays & Thursdays

1:30-4 pm Wednesdays

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

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



November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Manitoba Falls Prevention Week Nov 3-9	9-10 am Hall Walking 10-11 am Fit & Flex 7-8 pm Strength & Endurance Weight Training	Noon-2:00 pm Lunch & Games	9-10 am Hall Walking 10-11 am Fit & Flex	10-11 am Gentle Yoga 1:30-3:30 pm Cribbage	 7 pm Family Movie Night (FREE)	
9	10	11	12	13	14	15
Black-fitness Blue-social Red-health Green-education Orange-municipal	9-10 am Hall Walking 10-11 am Fit & Flex 7-8 pm Strength & Endurance Weight Training	 Remembrance Day Service Headingley Community Centre 10:30 am	9-10 am Hall Walking 10-11 am Fit & Flex	10-11 am Gentle Yoga 1:30-3:30 pm Cribbage		
16	17	18	19	20	21	22
	9-10 am Hall Walking 10-11 am Fit & Flex 7-8 pm Strength & Endurance Weight Training	Noon-2:00 pm Lunch & Learn "Laughter Yoga"	9-10 am Hall Walking 10-11 am Fit & Flex 1:30-3:30 pm Armchair Travel to Vietnam	10-11 am Gentle Yoga 11:30-1 pm Live & Learn Exercising Your Brain – Sound Mind in Sound Body 1:30-3:30 pm Cribbage		
23	24	25	26	27	28	29
Encore Fitness Studio Hours 8:30-11:30 am Mon/Tues/Wed 1:30-4:00 pm Wed/Thurs 7-8 pm Thursday	9-10 am Hall Walking 10-11 am Fit & Flex 7-8 pm Strength & Endurance Weight Training	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		
30	December 1	2	3	4	5	November 1
		Noon 55+ Club Christmas Luncheon		8:30-3:30 Foot Clinic		