



**Headingley Community Centre**  
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[www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)

# January 2015 Issue 21

# Seniors' Scene

Enrich your life with us!

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Minds in Motion

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## 55+ Christmas Luncheon

Fun was had by all at the 55+ Christmas Luncheon held on December 2<sup>nd</sup>, 2014.

Lots of good food, a silent auction, a 'hat' fashion show, and even some old-time caroling got everyone in the spirit for Christmas. Thanks for a grand time!

### Interesting Facts About Snow

**Earth's Fresh Water is Frozen:** 80% of all the freshwater on earth is frozen as ice or snow. This accounts for 12% of the earth's surface.

**What is a Blizzard?:** A blizzard occurs when you can't see for 1/4 mile. The winds are always 35 miles an hour or more. The storm must last at least 3 hours to be classed as a blizzard. If any of these conditions are less, it is only a snowstorm.

**Snow is Not White:** Snow is actually clear and colorless. "The complex structure of snow crystals results in countless tiny surfaces from which visible light is efficiently reflected. What little sunlight is absorbed by snow is absorbed uniformly over the wavelengths of visible light thus giving snow its white appearance." – [National Snow and Ice Data Center](#)



# Walking in a Winter Wonderland

## Safety Tips for Walking on Icy Surfaces

- ☼ In cold temperatures, approach with caution and assume that all wet, dark areas on pavements are slippery and icy.
- ☼ During bad weather, avoid boots or shoes with smooth soles and heels. Instead, wear shoes or boots that provide traction on snow and ice; boots made of nonslip rubber or neoprene with grooved soles are best.
- ☼ Use special care when entering and exiting vehicles; use the vehicle for support.
- ☼ Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous. Look ahead when you walk; a snow or ice covered sidewalk or driveway, especially if on a hill, may require travel along its grassy edge for traction.
- ☼ Point your feet out slightly like a *penguin!* Spreading your feet out slightly while walking on ice increases your center of gravity.
- ☼ Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.
- ☼ Extend your arms out to your sides to maintain balance.
- ☼ Keep your hands out of your pockets. Hands in your pockets while walking decreases your center of gravity and balance. You can help break your fall with your hands free if you do start to slip.
- ☼ Watch where you are stepping and . . . . .GO S-L-O-W-L-Y!!
- ☼ Take short steps or shuffle for stability.
- ☼ Wear a heavy, bulky coat that will cushion you if you should fall.
- ☼ Try to avoid landing on your knees, wrists, or spine. If you do fall, try to land on a 'fleshy' part of your body, such as your side.
- ☼ Try to relax your muscles if you fall. You'll injure yourself less if you are relaxed.

Source: <http://ccd.fnal.gov/fire/walking-safely-on-ice.pdf>



# Minds *in* Motion

Minds in Motion is a program that combines physical activity, socialization and mental stimulation for people living with early to mid-stage Alzheimer's disease, or other dementias, to enjoy with a family member or community care partner.

The program is two-hours weekly for eight weeks and includes:

- 45 to 60 min of physical activity
- 45 to 60 min of mentally stimulating activities
- Healthy refreshments while socializing with other participants
- Emotional and educational support about dementia services, as needed.

Where: Headingley Community Centre, Multi-Purpose Room

When: 8 Thursdays, February 5<sup>th</sup>-March 26<sup>th</sup>

Time: 2:00 pm -4:00 pm

Fee: \$56.00 per couple (spouse or care partner)

Register by Thursday, January 29<sup>th</sup>, through Macdonald-Headingley Recreation District at 204-885-2444

### *Did you know ...*

*Penguins are primarily found only in the Southern Hemisphere. Most people associate penguins with Antarctica. Penguin populations can be found in South America, South Africa, Australia and New Zealand, as well as many small islands in the southern Pacific Ocean.*



**Our next Lunch & Learn** is

*Minds in Motion*

Tuesday, January 20<sup>th</sup>, at noon.



## The Benefits of Strength Training

**Over the years, adults lose muscle mass and therefore strength.** Power-the ability to contract muscles quickly-also is reduced. These changes in the brain, nerves, and muscles can cause problems in living safely and independently. Older adults may become less able, or even unable, to take part in their favourite activities. . .

**But there is good news.** No matter what your age or ability, you can get stronger and more powerful, by doing resistance or strength training. Starting in the 1990s, researchers showed that strength training is helpful for older adults. You can do strength training if you are healthy, active and in your sixties. You can also do it if you are less active or frail and in your nineties.

**Physical activity guidelines for older adults recommend resistance training.** The Canadian Society for Exercise Physiology (CSEP) has published Canadian Physical Activity Guidelines for Older Adults. The guidelines suggest that you do strength training at least two days a week, using the major muscle groups, such as those in your legs, trunk, and shoulders. Whatever training you do, it must be challenging enough to improve your strength.

For equipment, you can use:

- weight training machines
- free weights
- tubing, or
- resistance bands

Read more about this at:

<http://www.alcoa.ca/active-living-sheets/2011-10-issue-4-English.pdf>

**Check out the programs offered through Macdonald-Headingley Rec District at our own Encore Fitness Studio**



### ENCORE Fitness Studio Hours:

9:00 - Noon	Mon, Tues, Wed, Thurs
1:30 - 4:00 pm	Wed, Thursdays
7:00 - 9:00 pm	Thursdays

## Fitness Programs

Location: Headingley-Community Centre

- **Fit & Flex**  
Mondays & Wednesdays, Jan 12<sup>th</sup>-Mar 25<sup>th</sup>  
10:00 am-11:00 am  
\*Registration Fee: \$158.00
- **Gentle Yoga for 55+**  
Tuesdays & Thursdays, Jan 13<sup>th</sup>-Mar 26<sup>th</sup>  
10:00 am-11:00 am  
\*Registration Fee: \$165.00
- **Strength & Endurance w/ Weight Training**  
8 Thursdays, Jan 15<sup>th</sup>-Mar 5<sup>th</sup>  
11:00 am-Noon  
\*Registration Fee: \$80.00  
8 Tuesdays, Feb 3<sup>rd</sup>-Mar 24<sup>th</sup>  
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

7:00-9:00 pm Tuesdays & Thursdays

1:30-4:00 pm Wednesdays

Register with Kim Bartlett [KBarlett10@shaw.ca](mailto:KBarlett10@shaw.ca) or Ellen Cairns [ecairns@mymts.net](mailto:ecairns@mymts.net) to receive program updates.

### 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](mailto:hdlyseniorservices@mts.net)

**Website:** [www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)



# January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
						
4	5	6	7	8	9	10
Black-fitness Blue-social Red-health Green-education Orange-municipal	9-10 am Hall Walking		9-10 am Hall Walking	1:30-3:30 pm Cribbage		
11	12	13	14	15	16	17
<b>Encore Fitness</b> <b>Studio Hours</b> 9:00-noon Mon/ Tues/Wed/Thur 1:30-4:00 pm Wed/Thurs 7-8 pm Thursday	9-10 am Hall Walking 10-11 am Fit & Flex	10-11 am Gentle Yoga  1:30-3:30 pm 55+ Club  **Office Closed**	9-10 am Hall Walking 10-11 am Fit & Flex  **Office Closed**	10-11 am Gentle Yoga 11-noon Strength & Endurance  1:30-3:30 pm Cribbage **Office Closed**		
18	19	20	21	22	23	24
	9-10 am Hall Walking 10-11 am Fit & Flex  7:30-8:30 pm Zumba – Not Quite Gold! **Office Closed**	10-11 am Gentle Yoga  Noon-2:00 pm Lunch & Learn “Minds in Motion”	9-10 am Hall Walking 10-11 am Fit & Flex	10-11 am Gentle Yoga 11-noon Strength & Endurance  1:30-3:30 pm Cribbage		
25	26	27	28	29	30	31
	9-10 am Hall Walking 10-11 am Fit & Flex  7:30-8:30 pm Zumba – Not Quite Gold!	10-11 am Gentle Yoga  1:30-3:30 pm 55+ Club	9-10 am Hall Walking 10-11 am Fit & Flex	8:30-3:30 Foot Clinic 10-11 am Gentle Yoga 11-noon Strength & Endurance  1:30-3:30 pm Cribbage		