



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

March 2015
Issue 23

Seniors' Scene

Enrich your life with us!

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7:00-8:30 pm



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Armchair Travel

Come join us as Ken and Patti Cutts take us on a whirlwind trip through Egypt, Jordan and Israel to one of the oldest cities in the world – Jerusalem.

Where: Headingley Community Centre
When: Wednesday, March 25th
Time: 7:00 – 8:30 pm

Lunch & Learn

On Tuesday, February 3rd, Janelle Botterill, Clinical Dietitian from Southern Health-Santé Sud, and dietetic intern, Michele Stevens, spoke about Meal Planning and Balanced Eating. Janelle said that people eat for three reasons: to satisfy stomach, mouth & heart hunger.

She recommends we follow an 80/20 rule where 80% of our eating is for stomach hunger, with healthy foods, and 20% to satisfy mouth & heart hunger, with whatever food you like.

Check out the recipe on page 2 from dietitians of Canada app Cookspiration.





Creamy Clam Chowder

From Cookspiration App

Makes 4 servings

Preparation Time: 15 min ** Cooking Time: 15 min

Ingredients

- 2 tsp canola oil
- 1 pkg (227 g/8 oz) mushrooms, chopped
- 1 small onion, diced
- 3 cloves garlic, minced
- 2 stalks celery, diced
- 2 tbsp chopped fresh parsley or 1 tbsp dried parsley
- 1 tbsp chopped fresh tarragon or 1 tsp dried tarragon
- 3 tbsp all purpose flour
- 2 cups skim milk
- 1 cup sodium reduced vegetable or fish broth
- 1 can (142 g) baby clams, drained and rinsed
- 1 cup corn kernels

Instructions

Step 1

In a soup pot, heat oil over medium heat and cook mushrooms, onion, garlic, celery, parsley and tarragon for about 8 min or until liquid starts to evaporate. Stir in flour until well coated.

Step 2

Pour in milk and broth; bring to a gentle boil. Stir in clams and corn and simmer gently for about 5 min or until thickened and bubbling slightly.

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Cookspiration App created by Dietitians of Canada now on iPhone, iPad and Android.



Are you sick and tired of being sick and tired? Let's Get Better Together!

This is a **free** 6-week workshop for people living with chronic diseases, such as diabetes, arthritis, or high blood pressure. People with different chronic health problems attend together to deal with the common issues they face and to motivate each other with solutions and techniques for:

- Dealing with frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Maintaining appropriate nutrition
- Engaging with other community resources

Friends and family members welcome.

Headingley-Community Centre

6 Tuesdays, April 7th-May 12th

6:30 pm – 9:00 pm

Register by: Tuesday, March 31st

Riddle What am I?

I come more softly than a bird, and lovely as a flower; I sometimes last from year to year, and sometimes but an hour.

I stop the swiftest railroad train or break the stoutest tree.

And yet I am afraid of fire and children play with me.

Our next Lunch & Learn is Tuesday, March 17th, at noon
Presenter: Irene Gordon,
Local Author & Historian



Nutrition Month: Eating 9 to 5!



Visit nutritionmonth2015.ca for tips on eating well at work from registered dietitians:

- Get inspiring meal and snack ideas using the free smartphone app **Cookspiration** or daily tips with **eaTipster**.
- Download **eaTracker** to review your food and activity choices, analyze your recipes, plan your meals, and more.
- Watch **videos** with advice from registered dietitians.

[f /dietitiansCAN](https://www.facebook.com/dietitiansCAN)

www.nutritionmonth2015.ca

[@dietitiansCAN](https://twitter.com/dietitiansCAN)



Brain Awareness Week March 16-22, 2015

Brain Awareness Week (BAW) is the global campaign to increase public awareness of the progress and benefits of brain research. Every March, BAW unites the efforts of partner organizations worldwide in a celebration of the brain for people of all ages.

The Three-Pound Marvel

The inner workings of the brain have fascinated people throughout history, and the quest to reveal its secrets is stronger than ever. This is no simple feat, given the brain's incredible complexity. Within its three-pound mass are roughly a billion nerve cells, billions more "support" cells, and a hundred trillion or more synaptic connections linking them all together.

The brain accounts for a mere two percent of our body weight, but consumes 20 percent of the oxygen we breathe and 20 percent of the energy we take in. Our brains are what set us apart from every other species on Earth.

Disorders of the brain are a major cause of death and disability worldwide. As the world population ages, the problem will grow because many brain disorders disproportionately affect older people. Finding ways to prevent, treat, and cure the disorders of the nervous system is a primary goal of neuroscience research. **For more information & brain games:** <http://www.dana.org/baw/>



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, April 6th-May 27th
10:00 am-11:00 am

*Registration Fee: \$112.00

Register by: Thursday, April 2nd

- **Gentle Yoga for 55+**

Tuesdays & Thursdays, April 7th-May 28th
10:00 am-11:00 am

*Registration Fee: \$120.00

Register by: Thursday, April 2nd

- **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

Location: Headingley Community Centre

7:00-9:00 pm Tuesdays & Thursdays

1:30-4:00 pm Wednesdays

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

Register with Kim Bartlett KBarlett10@shaw.ca or
Ellen Cairns 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

Website: www.headingleyseniorservices.ca



March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	9-10 am Hall Walking 10-11 am Fit & Flex 7:30-8:30 pm Zumba – Not Quite Gold!	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Games	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 1:30-3:30 pm Minds in Motion		
8	9	10	11	12	13	14
Black-fitness Blue-social Red-health Green-education Orange-municipal	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	10-11 am Gentle Yoga 1:30-3:30 pm Cribbage 1:30-3:30 pm Minds in Motion		
15	16	17	18	19	20	21
Encore Fitness Hours 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 7:30-8:30 pm Zumba – Not Quite Gold!	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Learn, Local Author, Irene Gordon, Early MB	9-10 am Hall Walking 10-11 am Fit & Flex	10-11 am Gentle Yoga 1:30-3:30 pm Cribbage 1:30-3:30 pm Minds in Motion		
22	23	24	25	26	27	28
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29	30	31	1	2	3	4
	*****	***** SPRING *****	***** BREAK *****	***** 1:30-3:30 pm Cribbage		