



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

May 2015
Issue 25

Seniors' Scene

Enrich your life with us!

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Headingley Seniors' Services Annual General Meeting

When: Wednesday, May 20th, 2015
Where: Headingley Community Centre
5353 Portage Avenue
Time: 7 pm

Lunch & Learn

On Tuesday, May 5th, the topic for our Lunch & Learn is **Know Your Knees**. The presenter is long-time Headingley resident and physiotherapist, Lynda Loucks.

Is your activity or lifestyle limited by recent or chronic knee pain? Would you like to know how to manage or overcome your knee problem? She will review common knee afflictions and potential treatment options to regain or maintain your mobility and comfort.

Lynda has recently opened her own physiotherapy clinic in Headingley - Headingley/Cartier Physiotherapy. She was a member of the Headingley Seniors' Services committee for the Encore Health & Fitness Studio that just opened in October 2014 and recently held a free clinic about how best to use the fitness equipment while taking care of your joints and muscles.





Let No One Be Alone
A WEEK OF AWARENESS

MAY 3-9, 2015

Everyone Knows Someone Living Alone

This week let's **take the time** to make sure those that are alone know that we care!

Go Out for Coffee or a Drive
Be Spontaneous
Be Supportive
Clean their Yard

Pay Attention
MAKE TIME
Attend an Event
Bake a
Goodie Basket
Offer to Run an Errand

Kindness

SHOW
you Care!

Friendly Visit
LISTEN
Positive Conversations
Take them to a Movie

Create a Hand-Made Card
Invite Someone Over for Meal
A PHONE CALL

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

- Leo Buscaglia -

Connect with us on Facebook and share your stories, ideas and events @ Let No One Be Alone

A SIMPLE ACT OF KINDNESS
Can Brighten Someone's Day!



Celiac Awareness Month

What is Celiac Disease?

Celiac disease is a genetic autoimmune disease that damages the villi of the small intestine and interferes with absorption of nutrients from food, which can lead to malnourishment.

Celiac disease is triggered by consumption of the protein called gluten, which is found in wheat, barley and rye.

There are no medications or surgeries that can cure it. Eating any amount of gluten, no matter how tiny it is, can cause damage to the villi. The treatment for celiac disease is simple: a lifelong gluten-free diet. (*Gluten is found in all kinds of foods. Licorice has gluten.)

Gluten Sensitivity/Intolerance

This term refers to a person who can get a variety of symptoms when they eat gluten and feel better on a gluten-free diet but do not have celiac disease. It is best to refer to this condition as "non-celiac gluten sensitivity".

Common symptoms of gluten sensitivity include abdominal pain similar to irritable bowel syndrome, fatigue, headaches and tingling of the extremities.

For more information: <http://www.celiac.ca/>



Interesting Facts

Victoria Day, also known as May Two-Four, May Long and May Long Weekend, is a Canadian holiday on the Monday proceeding May 25.

Victoria Day is celebrated in honor of the birthdays of both Queen Victoria and the current monarch of Canada.



For many people, the long Victoria Day weekend marks the end of the winter and the unofficial start of the spring or summer season. After this weekend, gardeners can be reasonably sure that there will be no more frost until the autumn so they can sow or plant delicate crops and plants.



Manitoba basks in more than 2,300 hours of bright sunshine per year with southern Manitoba enjoying up to 16 hours of daylight during peak summer weeks.

West Winnipeg-Headingley Seniors Expo

When: Wednesday, 20th May 2015
Where: Canadian Mennonite University (CMU)
500 Shaftesbury Blvd, Wpg (free parking)
Time: 9 am - Noon
Free Event for 55+ Community

Those who bring
sunshine
to the lives of others
cannot keep it
from themselves.

Riddle

If a blue house is made out of blue bricks, a yellow house is made out of yellow bricks and a pink house is made out of pink bricks, what is a green house made of?

Our next away Lunch is
Tuesday, May 19th, at noon
Assiniboia Downs



Headingley Fire Department

15th Annual Run for Wishes

Saturday, May 23rd, 9:00 am
5 km run & 3 km walk

Entry fee \$25.00 (register by May 3rd for \$20.00)

Entry forms available at:

- RM of Headingley,
- Headingley Foods,
- Headingley Library,
- Headingley Community Centre

For more information call:
Glenn Reimer 204-889-5806



Courtesy of Canstar

A great way to get involved in the community and support a great cause. Proceeds to benefit the Children's Rehabilitation Foundation.

Fitness Programs

Location: Headingley Community Centre

- **Fit & Flex**

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

*Registration Fee: \$112.00

- **Gentle Yoga for 55+**

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

*Registration Fee: \$120.00

- **Strength & Endurance w/ Weight Training**

8 Mondays, April 6th-June 1st
7:00 pm-8:00 pm

*Registration Fee: \$80.00

~and~

10 Thursdays, April 9th-June 11th
11:00 am - Noon

*Registration Fee: \$100.00

- **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

Register with Kim Bartlett KBarlett10@shaw.ca or Ellen Cairns ecairns@mymts.net to receive program information and updates.

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RiddleGlass



ENCORE Fitness Studio Hours:

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

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



May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
Black-fitness Blue-social Red-health Green-education Orange-municipal						
3	4	5	6	7	8	9
	9-10 am Hall Walking 10-11 am Fit & Flex 7:00-8:00 pm Strength & Endurance w/ weight training	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Learn, Know Your Knees 6:30-9 pm Get Better Together	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		
10	11	12	13	14	15	16
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 7:00-8:00 pm Strength & Endurance w/ weight training	10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club 6:30-9 pm Get Better Together	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		
17	18	19	20	21	22	23
		10-11 am Gentle Yoga Noon-2:00 pm Lunch @ Assiniboia Downs	9-10 am Hall Walking 10-11 am Fit & Flex 9-Noon Seniors Expo @ Canadian Mennonite Univ 7 pm Headingley Seniors Annual General Mtg	10-11 am Gentle Yoga 11-noon Strength & Endurance 1:30-3:30 pm Cribbage		Headingley Fire Department 15 th Annual Run for Wishes 9 am
24	25	26	27	28	29	30
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