



Headingley Community Centre
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www.headingleyseniorservices.ca

Seniors' Scene

June 2015
Issue 26

Enrich your life with us!

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Headingley Seniors' Services Annual General Meeting

Headingley Seniors' Services Inc (HSSI) held its Annual General Meeting (AGM) on Wednesday, May 20, 2015. Louise Hutton, HSSI Chairperson, noted many accomplishments over this past year:

- ~ Our new Headingley Seniors' Services **website** launched at our last AGM - www.headingleyseniorservices.ca
- ~ Last October 1st we held the Grand Opening of the **Encore Health & Fitness Studio**. The equipment is new and ready and *The Price is Right!*
- ~ We also had our **Annual Christmas Arts and Craft Sale** in October. Thank you to our many volunteers who help make it a success. We welcome any new volunteers for the coming year.
- ~ Please note our **new sign** – we plan to use it at our events. This sign was made possible due to a grant from Manitoba Association of Senior Centres.





Healthy Diets Make Brighter Brains

A study published in the journal *Neurology* analyzed the impact of the quality of diet on the risk of cognitive decline among individuals at high risk of cardiovascular disease.

The research included 27,860 participants aged 55 years and older from 40 countries.

For this study, **high risks for cardiovascular disease** included a history of one or more of coronary, cerebral artery or peripheral artery disease, or high risk diabetes mellitus. **Cognitive decline** was defined as a decrease of three or more points in cognitive scores (Mini Mental State Examination) at any time during follow up. **Diet quality** was measured using an index that looked at consumption of vegetables, fruits, nuts and soy proteins, whole grain, deep-fried foods, ratio of fish to meat and eggs, and alcohol. A higher score indicated more frequent intake of healthy food choices (e.g., fruits, vegetables, nuts and soy proteins).

It was observed that cognitive decline was lowest among those who reported the healthiest diets (highest scores in diet quality index). Results showed a 24% lower likelihood of cognitive decline among people with a high quality diet.

The new study ends by stating:

"In conclusion, we report that higher diet quality is associated with a reduced risk of cognitive decline. Improved diet quality represents an important potential target for reducing the global burden of cognitive decline."

To read an article about the study, [click here](#).



Measuring cognitive health

This new study linking brain power and diet involved a test of cognitive health that is used during dementia diagnosis. The mini mental state examination (MMSE) measures:

- Orientation to time & place
- Word recall
- Language abilities
- Attention and calculation
- Visuospatial skills.

Riddle

What comes up but never comes down?



lazy days
SPLISH SPLASH SPIOOSH
rays of sunshine
ice cream & POPISTLES
giggles & smiles
BURGERS *HOT DOGS *CORN ON THE COB
TWINKLING STARS
CAMP FIRES & S'MORES
SUMMER



Recipe of the Month

Pumpkin Pie Squares (Serves 12)

This is a recipe requested from the Lunch & Learn in May with Lynda Loucks:

1 cup	flour
½ cup	quick-cooking rolled oats
½ cup	firmly packed brown sugar
½ cup	butter OR margarine, softened
2 cups	pumpkin, canned OR cooked
1 ½ oz	can evaporated milk
2	eggs
¾ cup	white sugar
½ tsp	salt
1 tsp	cinnamon
½ tsp	ginger
¼ tsp	cloves
½ cup	chopped pecans
½ cup	firmly packed brown sugar
2 Tbsp	butter OR margarine
	whipped cream

1. Combine flour, oats, ½ cup (125 mL) brown sugar and ½ cup butter. Mix until crumbly. Press into an ungreased 9 x 13" (23 x 33 cm) pan. Bake at 350° F (180°C) for 15 minutes.
2. Combine pumpkin, evaporated milk, eggs, sugar, salt and spices in a bowl and blend well. Pour over baked crust. Bake at 350° F (180° C) for 20 minutes.
3. Combine pecans, ½ cup (125 mL) brown sugar and 2 Tbsp (30 mL) butter. Sprinkle over pumpkin. Return to oven and bake 15-20 minutes more, or until filling is set. Cool in pan on a rack. Serve chilled or at room temperature, with a dollop of whipped cream.



WANTED!
BICYCLE RIDERS FOR THE WILD RIDE WEST

A FAMILY FUN BICYCLE RIDE
SUNDAY, JUNE 7, 2015

Put on your hat and boots.
Decorate your steed.

Join the Headingley Grand Trunk Trail Association for the Wild Ride West in celebration of National Trails Day.

WHERE: West on the Grand Trunk Trail from the Perimeter Highway to Wescana in Headingley - 6 kms. Start at any intersection of the trail. For shorter walk or ride consider starting at Alboro or Rodney Streets.

WHEN: 2 pm at the trail Kiosk at the Perimeter Highway.

AFTER THE RIDE: Wet your whistle with hot dogs and drinks at the Wescana Trail Kiosk. Bring a cup or water bottle. Lawn chairs can be dropped off prior to the ride at the Wescana Trail Kiosk.

Women Roast
Shuttles provided to pick up your vehicles.

Everyone Welcome

For additional details including options for shorter rides, email us at headingleygrandtrunktrail@gmail.com or check out the event on our Facebook page. Please note there is no rain date scheduled.

Headingley Grand Trunk Trail
Like Us On

Fitness Programs

Location: Headingley Community Centre

- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am
- **Encore Health & Fitness Centre**
(Orientation required) **SUMMER HOURS**
Mon – Thurs 9:00 am-noon ~and~
1:30 pm-4:00 pm
Thurs - June 4th & June 18th
7:00 pm-9:00 pm

Location: Headingley-Phoenix Community Centre
153 Seekings Street

- **Pickleball** (June 1, 2015 start date) 3 Courts
Mondays 6:30-9:30 pm
Wednesdays 8:30 am to noon
Thursdays 6:30-9:30 pm
Fridays 8:30 am to noon

All levels will start at the same time. If the hall is rented, they have priority over the parking lot.

- Label your paddles
- Bring a lawn chair
- Bring water
- Bring bug spray and sunscreen
- Bring your best game 😊

If you want weather notices, contact Kim to get on email list: Kim Bartlett kbartlett10@shaw.ca



Next HSSI Lunches

Location: Headingley Community Centre

What: BBQ & Games

When: Tuesday, Jun 16th Noon
Tuesday, July 14th Noon

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Riddle

Your Age!





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



June 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Black-fitness Blue-social Red-health Green-education Orange-municipal	9-10 am Hall Walking 7:00-8:00 pm Strength & Endurance w/ weight training	Noon-2:00 pm Lunch & Games	9-10 am Hall Walking	11-noon Strength & Endurance 1:30-3:30 pm Cribbage		
7	8	9	10	11	12	13
2:00 pm Wild Ride West - Family Fun Bicycle Ride Grand Trunk Trail	9-10 am Hall Walking	1:30-3:30 pm 55+ Club	9-10 am Hall Walking	11-noon Strength & Endurance 1:30-3:30 pm Cribbage		
14	15	16	17	18	19	20
<u>Encore Fitness</u> <u>SUMMER Hours:</u> 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs	9-10 am Hall Walking 	Noon-2:00 pm BBQ Lunch & Games 33rd annual *Manitoba 55 + Games*	9-10 am Hall Walking *****Beausejour MB*****	1:30-3:30 pm Cribbage *June 16th-18th, 2015*		
21	22	23	24	25	26	27
	9-10 am Hall Walking	1:30-3:30 pm 55+ Club	9-10 am Hall Walking	1:30-3:30 pm Cribbage		
28	29	30	1	2	3	4
	9-10 am Hall Walking	1:30-3:30 pm Cribbage				