



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

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Seniors & Elders Day 2015
RBC Convention Centre
375 York Avenue
October 2nd, 10 am – 2 pm

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& Irish Stud Farm
Wednesday, October 28th, 7 pm



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Seniors' Scene

Enrich your life with us!

9th Annual Christmas Arts and Craft Sale

HEADINGLEY COMMUNITY CENTRE
5353 Portage Avenue

Unique blend of
Christmas Crafts * Jewellery
Woodwork * Pottery * Toys
Stained Glass ... and much more

Friday, October 16th

Noon - 8:00 pm

Saturday, October 17th

10:00 am - 5:00 pm

free parking * admission \$2.00 * canteen
Children 12 & under free admission
(No ATM on site.)

All proceeds to Headingley Senior Services.



Christmas Arts and Craft Sale October 16th & 17th

Finish your Christmas Shopping and Baking in October!

Jewellery, Christmas Crafts, Toys, Stained Glass Ornaments, Baking,
Honey & Jams, Wood Crafts, Pottery, smiles and good times.

Bring Your Friends....Visit with your Neighbor....See you there!



October is Seniors Month

What is National Seniors Day?

National Seniors Day is a way for Canada to celebrate seniors for their many and varied contributions to their families, workplaces and communities.

Celebrating the day annually will help raise awareness about seniors' contributions and the important roles they play in Canadian society.

Canada's first **National Seniors Day** was celebrated on October 1, 2011. (Manitoba also celebrates Seniors Month during October.)

Internationally, The General Assembly of the United Nations has designated October 1 as the **International Day of Older Persons**. The United States celebrates **National Senior Citizens Day** on August 21, and Japan's national holiday, **Respect for the Aged Day**, is celebrated on the third Monday in September.

Why did the Government of Canada create National Seniors Day?

The Government of Canada is working hard to help improve the lives of seniors on many fronts.

Including, among other things:

- Making a strong investment in the New Horizons for Seniors Program (NHSP) through an annual budget of \$50 million. Since 2006, the NHSP has funded more than 13,000 projects in hundreds of communities across Canada;
- Supporting positive and active aging through the collaborative Age-Friendly Communities Initiative, Physical Activity Tips for Older Adults, and initiatives that can prevent accidental falls.

Headingley Seniors' Services, and our community, have benefited directly from the New Horizons for Seniors Program through:

- Headingley Senior's Learning Centre (purchasing laptops and providing classes) in 2008,
- Intergenerational Sharing of Stories Book Project (There's a Baboon in our House!) in 2011,
- Older Adult Fitness Studio (Encore Health & Fitness Studio) in 2014.

Let's take time this October to celebrate life at all stages and ages!



SAVE THE DATE!

Seniors' & Elders' Day 2015

Join us as we kick-off:

Seniors' & Elders' Month – October

Date: Friday, October 2, 2015

Time: 10:00 a.m. – 2:00 p.m.

(Doors Open: 9:00 a.m.)

**Location: RBC Convention Centre Winnipeg,
375 York Avenue**

Free Admission

No RSVP Required

**Live Entertainment, Interactive Activities, Information
Booths, Giveaways, Refreshments**

Call for Information:

204-945-6565

Toll free: 1-800-665-6565

Email: seniors@gov.mb.ca

SEE YOU THERE!

Riddle

What tastes better than it smells?



Strange Facts

- ★ There is no word that rhymes with orange.
- ★ Because the movie *Halloween* (1978) was on such a tight budget, they had to use the cheapest mask they could find for the character Michael Myers, which turned out to be a William Shatner's *Star Trek* mask. Shatner initially didn't know the mask was in his likeness, but when he found out years later, he said he was honored.
- ★ Black and orange are typically associated with Halloween. Orange is a symbol of strength and endurance and, along with brown and gold, stands for the harvest and autumn. Black is typically a symbol of death and darkness and acts as a reminder that Halloween once was a festival that marked the boundaries between life and death.



Armchair Travel

Join in the adventure as Dani Nowosad takes us backpacking in Europe and to work on an Irish Stud Farm for four months.

Where: Headingley Community Centre
When: Wednesday, October 28th
Time: 7:00 pm - 8:30 pm



Foot Clinic

Thursday, October 29th
Headingley Community Centre
Phone Patti for an appointment

ENCORE
Health & Fitness Studio

Your Stage to Active Living
Headingley Community Centre
www.headingleyseniorservices.ca

HEADINGLEY SENIORS SERVICES
THE RURAL MUNICIPALITY OF HEADINGLEY
Macdonald-Headingley RECREATION DISTRICT

Funded in part by the Government of Canada's New Horizons for Seniors Program.

ENCORE Fitness Studio Hours:

(Orientation required)

9:00 - Noon
and
1:30 - 4:00 pm Monday thru Thursday

8:00 - 9:00 pm Mondays

7:00 - 9:00 pm Tuesdays & Thursdays

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Riddle the tongue!



Fitness Programs

Location: Headingley Community Centre

- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am
 - **Fit & Flex**
Mondays & Wednesdays, Oct 5th-Dec 16th
10:30 am-11:30 am
*Registration Fee: \$150.00
 - **Gentle Yoga for 55+**
10 Tuesdays, Oct 6th-Dec 8th
10:00 am-11:00 am
*Registration Fee: \$75.00
 - **Yoga Flow**
8 Thursdays, Oct 1st-Dec 3rd
10:00 am-11:00 am
*Registration Fee: \$60.00
 - **Strength & Endurance w/ Weight Training**
10 Mondays, Sept 28th-Dec 7th
7:00 pm-8:00 pm
*Registration Fee: \$100.00
- 8 Thursdays, Oct 1st-Dec 3rd
11:00 am - Noon
*Registration Fee: \$80.00

*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
Register with Kim Bartlett KBartlett10@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



October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
Black-fitness Blue-social Red-health Green-education Orange-municipal				10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage		
4	5	6	7	8	9	10
	9-10 am Hall Walking 10:30-11:30 Fit & Flex 7:00-8:00 pm Strength & Endurance	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Learn "Grands 'N' More"	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage		
11	12	13	14	15	16	17
<u>Encore Fitness Hours:</u> 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs		10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage	Christmas Arts & Craft Sale @ Headingley CC noon - 8 pm 	Christmas Arts & Craft Sale @ Hdly CC 10 am - 5 pm
18	19	20	21	22	23	24
<u>Encore Fitness Hours:</u> 8-9:00 pm Mon 7-9:00 pm Tues & Thurs	9-10 am Hall Walking 10:30-11:30 Fit & Flex Elections 8am-8pm Headingley Com Centre 7:00-8:00 pm Strength & Endurance	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Games	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage		
25	26	27	28	29	30	31
	9-10 am Hall Walking 10:30-11:30 Fit & Flex 7:00-8:00 pm Strength & Endurance	10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club	9-10 am Hall Walking 10:30-11:30 am Fit & Flex 7:00-8:30 pm Armchair Travel Europe & Irish Stud Farm	Foot Clinic 10-11 am Yoga Flow 11-noon Strength & Endurance 1:30-3:30 pm Cribbage		