



**Headingley Community Centre**  
5353 Portage Avenue  
Headingley, MB R4H 1J9  
204.889.3132 ext. 3  
[www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)

April 2016  
Issue 35

# Seniors' Scene

Enrich your life with us!

## IN THIS ISSUE...

Page 1 **Alive & Kicking Health Fair**  
Tuesday, May 3<sup>rd</sup>, 10 am-2 pm

Page 2 **South Beach Casino**  
Thursday, April 28<sup>th</sup>

**Charleswood Art Show & Sale**  
April 29<sup>th</sup>-May 1<sup>st</sup>

**10 Simple Habits to Grow a  
Positive Attitude**

Riddle -



Page 3 **Elections Manitoba**

**Let No One Be Alone Week**  
May 1-7, 2016

**Power in Positivity**

Page 4 **Tuesday, April 5<sup>th</sup>, noon  
Lunch & Games**  
**Tuesday, April 19<sup>th</sup>, noon  
Lunch & Learn -  
Alzheimer Memory Quilts**

**Foot Clinic, Wed, May 11<sup>th</sup>**

**Answer to Riddle on page 2**

**ENCORE Health & Fitness Studio  
Hours**

**Fitness Programs**

**Office Hours**

Page 5 **April 2016 Calendar**



# Alive & Kicking

**Maintaining Health &  
Fitness After Fifty**

Headingley Senior Services has invited  
community health organizations to provide  
information on maintaining a healthy lifestyle

Come early, stay for lunch and learn about  
health and fitness  
from knowledgeable presenters!



**Tuesday May 3<sup>rd</sup>**  
**10:00 am - 2:00 pm**

**\$5 for lunch**  
Registration required

**Headingley Community Centre**  
**5353 Portage Avenue, Headingley**

Register with Patti by April 23<sup>rd</sup>  
PH: 204-889-3132, ext.3  
[hdlyseniorservices@mts.net](mailto:hdlyseniorservices@mts.net)



**Bring a friend or neighbour along to this informative day!**



Thursday, April 28<sup>th</sup>, 2016

Cartier Senior Citizens Support Committee and Headingley Seniors' Services

Welcome you to join us on a day trip to South Beach Casino!



Bus will stop for a pick-up at 10:20 am at Headingley Community Centre. We will depart from the Casino at 4:00 pm

Tickets are \$20.00 per person

Free lunch buffet included at the Casino. \*Seating is limited\* To book your seat, Contact Patti at 889-3132 ext 3 Register early to avoid disappointment.



# SPRINGTIDE

Art Show & Sale 2016

Friday, April 29, 5 - 9 pm  
Saturday, April 30, 10 - 4 pm  
Sunday, May 1, 10 - 4 pm

Featuring: Original framed art, Ready-to-frame art, Art cards, Photography, Saturday Art Demos and more.

Charleswood United Church  
4820 Roblin Blvd at Dieppe Road

Refreshments

Free Parking

## 10 Simple Habits to Grow a Positive Attitude



A positive attitude leads to success and happiness. A positive attitude helps you cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worries and negative thinking.

**The Challenge:** having a negative attitude keeps us from being happy and impacts the people we interact with.

**The Solution:** Make positivity a habit by making these small adjustments to your daily life and mindset!

Here is a list of 10 habits that can turn a gloomy outlook into an effortlessly optimistic attitude.

### 1. Keep a gratitude journal.

Try writing down 5 things that you feel grateful for every day and see how your attitude changes.

### 2. Reframe your challenges.

Have fun with challenges, embrace them as adventures instead of attempting to resist an experience for growth.

### 3. Get good at being rejected.

Don't let it harden you and don't expect the worse.

### 4. Use positive words to describe your life.

How you talk about your life is how your life will be.

### 5. Replace have with get.

How often do you say you *have* to do something? Your attitude quickly changes from needing to fulfill obligations to being grateful for the things that we become accustomed to having.

### 6. Don't let yourself get dragged into other people's complaints.

Complaining leads to lower moods and negative emotions, decreased optimism . . .

### 7. Breathe.

Our breath changes depending on how we feel. The great news is that the connection goes the other way too. We can also change how we feel using our breath!

### 8. Notice the righteous in times of tragedy.

Hold onto the stories of modern day heroes and selflessness in the times of fear and devastation.

### 9. Have solutions when pointing out problems.

Instead of pointing out all of the things that are wrong, offer ways to make it better.

### 10. Make someone else smile.



To read more, check out:

<http://www.fulfillmentdaily.com/10-habits-to-grow-a-positive-attitude/>

## Riddle . . .

★ *What asks no question but demands an answer?*

# Elections Manitoba X

## WHEN DO I VOTE?

You can vote on Election Day or in advance.

## ADVANCE VOTING

You can vote at any advance voting location. Advance voting runs for eight days, beginning the 2nd Saturday before the election. Advance voting locations are open from 8:00 am to 8:00 pm Monday to Saturday, noon to 6:00 pm Sunday. Some advance voting locations have limited hours; check the website during an election to confirm. You don't need a reason to vote in advance.

## ELECTION DAY

April 19<sup>th</sup>, 2016 - Voting places are open from 7:00 am to 8:00 pm on Election Day.

## If you need a ride on Election Day

Before Election Day, Phone HSSI at (204)889-3132 ext 3 to arrange for a volunteer to drive you to the Headingley Community Centre to vote.



## Everyone Knows Someone Living Alone

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

Offer to Run an Errand  
Pay Attention  
**MAKE TIME**  
Attend an Event  
Bake a Goodie Basket  
Create a Hand-Made Card  
Invite Someone Over for Meal  
A PHONE CALL

Go Out for Coffee or a Drive  
**SHOW**  
*you Care!*  
A PHONE CALL

Be Spontaneous  
**Be Supportive**  
Clean their Yard  
**LISTEN**  
Positive Conversations  
Take them to a Movie

Kindness  
Friendly Visit

"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!



## Power in Positivity

**No child is born** with a negative attitude. Joseph Sherren, management effectiveness specialist in producing positive change, writes that we have four basic emotions when we begin life: happiness, sadness, fear and anger. These are neither positive nor negative. Additional emotions that can be learned in a positive environment are: joy, patience, forgiveness, empathy and gratitude. Guilt, jealousy, distrust and shame can be learned in a negative environment.

There is good news. As adults, we can choose to express our emotions more constructively. The following suggestions can help us maintain a positive mental attitude.

- Truly believe that a positive outlook is a choice you can make.
- As soon as you wake up, identify two things that you are grateful for.
- Make your bed. Completing that one task will improve your attitude and set the tone for your day. Even if you have a bad day, you will appreciate it when you get home.
- Assume positive intent. If someone cuts you off on the road, consider that there may be a good reason, such as a family emergency.
- Hang out with positive people. Studies have determined that just being around negative people will cause the neurons in your brain to fire in regions that emotionally bring you down.
- Get your required sleep. People who are sleep-deprived tend to react to outside stimuli in a more negative way.

For more information, check out:

<http://www.costcoconnection.ca/connectioncaeng>

A positive attitude gives you power over your circumstances instead of your circumstances having power over you.

Quotes & Thoughts

~ Joyce Meyer ~



**Our Lunches for April** are  
Tuesday, April 5<sup>th</sup>, at noon  
Lunch & Games

Tuesday, April 19<sup>th</sup>, at noon  
Lunch & Learn  
Alzheimers Memory Quilts

Be sure to register by phoning  
204-889-3132 ext 3 to save a spot



## Next Foot Clinic

Wednesday, May 11<sup>th</sup>

Be sure to register with Patti  
by phoning 204-889-3132 ext 3.

*The positive thinker*

sees the invisible, feels the  
intangible, and achieves  
the impossible.

Riddle.....

Page 2

..... Door Bell or Ringing Phone!

## ENCORE

HEALTH & FITNESS STUDIO  
Your *STAGE* to Active living  
Headingley Community Centre



### Fees

\$ 2.00 Drop In  
\$ 10.00 Monthly  
\$ 60.00 Yearly

### Hours

**Days:**  
Mon - Thurs 9 am - Noon  
1:30 - 4 pm

**Evenings:**  
Mon 8 pm - 9 pm  
Tues & Thurs 7 pm - 9 pm

### More Information

www.headingleyseniorservices.ca  
hssi@mymts.net  
204-889-3132 ext. 3



## Fitness Programs

Location: Headingley Community Centre

- **Hall Walking**  
Mondays & Wednesdays  
9:00 am-10:00 am
- **Fit & Flex**  
Mondays & Wednesdays, Apr 4<sup>th</sup>-Jun 15<sup>th</sup>  
10:30 am-11:30 am  
\*Registration Fee: \$158.00
- **Gentle Yoga for 55+**  
10 Tuesdays, Apr 5<sup>th</sup>-Jun 14<sup>th</sup>  
10:00 am-11:00 am  
\*Registration Fee: \$75.00
- **Yoga Flow**  
10 Thursdays, Apr 7<sup>th</sup>-Jun 16<sup>th</sup>  
10:00 am-11:00 am  
\*Registration Fee: \$75.00
- **Strength & Endurance w/ Weight Training**  
10 Mondays, Apr 4<sup>th</sup>-Jun 13<sup>th</sup>  
7:00 pm-8:00 pm  
\*Registration Fee: \$100.00  
  
10 Thursdays, Apr 7<sup>th</sup>-Jun 9<sup>th</sup>  
11:00 am - Noon  
\*Registration Fee: \$100.00

\*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 [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)



# April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 27	28	29	30	31	1	2
	*****	*****		*****	*****	
Black-fitness Blue-social Red-health Green-education Orange-municipal				1:30-3:30 pm Cribbage		
3	4	5	6	7	8	9
	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 & Games	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	11-noon Strength & Endurance 1:30-3:30 pm Cribbage		
10	11	12	13	14	15	16
<u>Encore Fitness Hours:</u> 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs	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	11-noon Strength & Endurance 1:30-3:30 pm Cribbage		
17	18	19	20	21	22	23
<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  7:00-8:00 pm Strength & Endurance	10-11 am Gentle Yoga  Noon-2:00 pm Lunch & Learn Alzheimer's Memory Quilts	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	11-noon Strength & Endurance 1:30-3:30 pm Cribbage		
24	25	26	27	28	29	30
	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	11-noon Strength & Endurance 1:30-3:30 pm Cribbage		