



Headingley Community Centre
5353 Portage Avenue
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www.headingleyseniorservices.ca

July/August 2016

Issue 38

Seniors' Scene

Enrich your life with us!

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Our Next Lunches:
Tuesday, July 5th, noon
Tuesday, July 19th, 11:30 am
Tuesday, August 9th, noon

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HSSI Volunteer Appreciation BBQ

This year marked the 20th Anniversary of Headingley Seniors' Services Inc. (HSSI). On June 15th, anyone who has ever volunteered for HSSI was invited to a Volunteer Appreciation BBQ. The event was very well attended and all enjoyed a delicious dinner including cake and ice cream and many door prizes.

An added bonus to the evening was the cleverly crafted HSSI volunteered-themed centerpieces for each table. Marian Templeton, you outdid yourself on these! They were the talk of the evening!

A very heartfelt thank you to RBC, Roblin & Harstone branch, for providing HSSI with the opportunity to access a grant that provided funding for this event. Along with this, five RBC employees came out and volunteered of their time, as well as, five of HSSI's own volunteers to make this evening the success that it was. Thank You!



10 Facts About 2016 Rio de Janeiro Olympic Games

1. The 2014 Olympics run Aug. 5-21 in Rio de Janeiro, Brazil.
2. It's the first time the Olympics have been held in South America.
3. The Paralympic Games will run from Sept. 7-18.
4. Up until today, the Summer Olympics have been held 27 times (6 in North America, 16 in Europe, 3 in Asia and 2 in Oceania).
5. The motto is "Live your passion", or "Viva sua paixao" in Portuguese.
6. There are two new events at the 2016 Olympics: golf (returning after 112 years) and rugby (returning after 92 years).
7. The first Olympic Games were held in 776 BC in Olympia, Greece, and the first Olympic Games of the modern era were held in 1896 in Athens, Greece.
8. There will be 306 competitions in 42 different sports will be held in 17 days.
9. 10,500 athletes from 205 different countries will take part in the Summer Olympics 2016.
10. Approximately 7.5 million tickets are available for Olympic events, starting at a cost of just 20 Brazilian Real (about \$7.36 Cdn).

Olympic Creed

"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."

Recipe of the Month

Tomato Pie

Makes 1 9-inch pie

Looking for a delicious way to use your tomatoes this summer? Try this!

Ingredients:

- 4 tomatoes, peeled and sliced
- 10 fresh basil leaves, chopped
- 1/2 cup green onion, chopped
- 1 (9-inch) prebaked deep dish pie shell
- 1 cup mozzarella, grated
- 1 cup cheddar, grated
- 3/4 cup mayonnaise (or half mayo, half Greek yogurt)
- salt and pepper

Directions:

1. Preheat oven to 350 degrees F.
2. Place the tomatoes in a colander in the sink in 1 layer. Sprinkle with salt and allow tomatoes to drain for 10 minutes. Use paper towel to pay-dry.
3. Layer the tomato slices, basil and onion in pie shell. Season with salt and pepper. Combine the grated cheeses and mayonnaise together. Spread mixture on top of the tomatoes and bake for 30 minutes or until lightly browned.

To serve, cut into slices and serve warm.

Adapted from Paula Deen

<http://www.foodnetwork.com/recipes/paula-deen/tomato-pie-recipe.html>



Next Foot Clinic

Thursday, July 28th

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

Riddles

- ★ *What bow can't be tied?*
- ★ *Why did the summer say to the spring?*





Headingley Historical Society Pembina Threshermen's Museum - Winkler

Bus Tour Wednesday, July 13th

When was the last time you got to "step back in time" and feel like a pioneer, as you made your way through a historical prairie village? Join the Headingley Historical Society on July 13th for a bus trip to the Pembina Threshermen's Museum to explore what life was like for a prairie pioneer.



Itinerary	
10:00 am	Departure from Headingley Community Centre
11:30 am-12:30 pm	Arrive at and tour Pembina Threshermen's Museum
12:30-1:30 pm	Lunch
1:30-3:00 pm	Continue Tour
3:00-4:30 pm	Departure from Pembina Threshermen's Museum and travel back to Headingley

Cost: \$45.00 per person includes bus transportation, tour and lunch

Registration deadline:
July 5th

For more information or to register contact:
Gail Coody at 889-3132 ext.1

Summer Fitness Programs

Pickleball

Location: Phoenix Community Centre (outdoors)

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

Encore Health & Fitness Studio

Location: Headingley Community Centre

See hours below. Membership required.

Riddles

..... *A rainbow!*
..... *Help! I'm going to fall!*



Hydration



Fluid imbalance and modifications in how our bodies' process water with aging are important factors to consider in the prevention of dehydration. Particularly in the elderly, a decrease in the fat free mass, which is hydrated and contains 73% water, is observed due to losses in muscular mass, total body water, and bone mass.

Since water intake is mainly stimulated by thirst, and since the thirst sensation decreases with aging, there is a greater risk for dehydration.

Some ways to keep hydrated are frequent encouragement to drink, having a wide variety of beverages, drinking often rather than large amounts, and hydrating more during the hot summer months.

Our Summer Lunches are

Tuesday, July 5th, at noon
BBQ & Games

Tuesday, July 19th, at 11:30 am
The Park Café
(11:00 am @ Community Centre, if need a ride)

Tuesday, August 9th, at noon
BBQ & Games

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

Summer Office Hours:

Tuesdays: 9am – noon 1pm – 4pm
Wednesdays: 9am – noon

Phone: (204) 889-3132 ext 3
Email: hdlyseniorservices@mts.net
Website: www.headingleyseniorservices.ca

ENCORE

HEALTH & FITNESS STUDIO

Your *STAGE* to Active living
Headingley Community Centre

Fees		Summer Hours	
\$ 2.00	Drop In	Mon - Thurs	9 am - Noon <i>and</i> 1:30 - 4 pm
\$ 10.00	Monthly		
\$ 60.00	Yearly		



July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 31					1	2
Black-fitness Blue-social Red-health Green-education Orange-municipal						
3	4	5	6	7	8	9
		Noon-2:00 pm BBQ Lunch & Games	Hdly Community ***Centre Closed*** In honour of Wilf Taillieu	1:30-3:30 pm Cribbage		
10	11	12	13	14	15	16
Encore Fitness Hours: 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs		1:30-3:30 pm 55+ Club	10-4:30 pm Pembina Threshermen's Museum Winkler Bus Tour	1:30-3:30 pm Cribbage		
17	18	19	20	21	22	23
Encore Fitness Hours: 8-9:00 pm Mon 7-9:00 pm Tues & Thurs		Noon-2:00 pm Lunch @ The Park Café and English Gardens		1:30-3:30 pm Cribbage		
24	25	26	27	28	29	30
		1:30-3:30 pm 55+ Club		9 am-1:30 pm Foot Clinic 1:30-3:30 pm Cribbage		



August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 31	1	2	3	4	5	6
Folklorama Week 1	Folklorama - Week 1 AUGUST CIVIC HOLIDAY	Folklorama - Week 1 **Office Closed**	Folklorama - Week 1 **Office Closed**	Folklorama - Week 1 1:30-3:30 pm Cribbage	Folklorama - Week 1 2016 Summer	Folklorama Week 1 Olympics
7	8	9	10	11	12	13
Folklorama Week 2 **** 2016 Summer	Folklorama - Week 2 Olympics *****	Folklorama - Week 2 ***** 2016 Summer	Folklorama - Week 2 Olympics *****	Folklorama - Week 2 1:30-3:30 pm Cribbage ***** 2016 Summer	Folklorama - Week 2 Olympics *****	Folklorama Week 2 *****
14	15	16	17	18	19	20
**** 2016 Summer	Olympics *****	***** 2016 Summer **Office Closed**	Olympics ***** **Office Closed**	1:30-3:30 pm Cribbage ***** 2016 Summer	Olympics *****	*****
21	22	23	24	25	26	27
Black-fitness Blue-social Red-health Green-education Orange-municipal * 2016 Summer Olympics	*****Community	Centre Closed*****	***** (for maintenance)	*****Community	Centre Closed***** 50 th Anniversary Corn & Apple Morden, MB	50 th Anniversary Corn & Apple Morden, MB
28	29	30	31	1	2	3
50 th Anniversary Corn & Apple Morden, MB					Encore Fitness Hours: 9:00-noon Mon/ Tues/Wed/Thurs 1:30-4 pm Mon/ Tues/Wed/Thurs	