



Headingley Community Centre

5353 Portage Avenue

Headingley, MB R4H 1J9

204.889.3132 ext. 3

www.headingleyseniorservices.ca

November 2016

Issue 41

Seniors' Scene

Enrich your life with us!

IN THIS ISSUE...

Page 1 10th Annual Christmas Arts & Craft Sale **THANK YOU!**

Remembrance Day Service
Friday, November 11th, 10:45 am

Page 2 Thank You! Craft Sale Volunteers

You Can Help End Diabetes!
Join the 21 Day Challenge

MHRD Pedometer Loan Program

Headingley Historical Society
Wednesday, Nov 16th, 1:30 pm

Did You Know. . .

Page 3 November is Diabetes
Awareness Month

Page 4 Tuesday, Nov 1st, noon
Lunch & Games
Tuesday, Nov 15th, noon
Canadian Red Cross

Foot Clinic, Thurs, Dec 1st

Headingley Pickleball

ENCORE Fitness Studio Hours

Fitness Programs

Office Hours

Page 5 November 2016 Calendar



**Christmas Arts
and Craft Sale**
October 14th & 15th
THANK YOU!



Remembrance Day Service

Friday, November 11th

Headingley Community Centre

5353 Portage Avenue

Doors Open 10:30 am

Service 10:45 am

Everyone Welcome.





Thank You – To the Volunteers who supported the Headingley 10th Annual Christmas Arts & Craft Sale

As the Chair of the Headingley 10th Annual Christmas Arts & Craft Sale Committee and on behalf of Headingley Seniors' Services, and our favourite Snowman – **THANK YOU !!**

Thanks to **ALL** the **Volunteers** Who ensured we had a spectacular and successful event for the 10th year – you are AMAZING! Everyone was helpful and encouraging. Thanks for your willingness to volunteer during the Craft Sale and for your smiles that welcomed those who attended. Thanks to those who carefully planned for a variety of arts and craft vendors and the popular Rainbow Auction and for preparing the delicious canteen offerings and all the tasks that made for another successful and well attended Arts & Craft Sale.

Everyone's willingness to participate, and to have a good time while there, shows that Headingley is blessed with a large group of community minded folks that care about one another and enjoy spending time together. Each of you deserves a hug, a high five, a pat on the back and a huge THANK YOU !

With much appreciation,
Louise Hutton, Chair, Headingley Seniors' Services Inc.

You Can Help End Diabetes! Join the 21 Day Challenge to End Diabetes!

Have you heard the saying it takes 21 days to form a new habit? Join thousands of like-minded Canadians for the [21 Day Challenge to End Diabetes](#) by starting a new healthy habit to raise vital funds for the Canadian Diabetes Association.

Starting your healthy habit is easy:

1. Decide to make a change.
2. Pick the healthy habit you'll do for 21 days in a row such as walking, taking the stairs or eating healthier.
3. Sign-up at 21DaysforDiabetes.ca.
4. Challenge family and friends to register for the challenge and create their own healthy habit to help end diabetes.

Start your 21 Day Challenge to End Diabetes today!

Thanks for ALL your help at the HSSI Christmas Arts & Craft Sale !
Looking forward to seeing you again next year!



ARE YOU GETTING 10,000 STEPS IN EACH DAY?

The Macdonald-Headingley Recreation residents who want to get a Move on can measure their progress with the help of the **Pedometer Loan Program.**



Pedometers count the wearer's steps during physical activity and have been successfully used to motivate and increase walking and physical activity patterns.

So come give it a try! No cost to renting and it will help you take a step in the healthy direction!

Contact us for more information

PH: 204-885-2444 Email: info@mhrd.ca

www.mhrd.ca

MOVE a LITTLE MORE... MORE OFTEN

Sharing Stories & Exploring our Community

The next Sharing of Stories will be Wednesday, Nov. 16th, 1:30 pm at the Headingley Community Centre.

Come join us for coffee. All are welcome!

Sponsored by the Headingley Historical Society

Did You Know....

- ★ Every time you lick a stamp, you are consuming 1/10 of a calorie.
- ★ Celery has negative calories! It takes more calories to eat a piece of celery than the celery has in it to begin with.
- ★ Singing in the shower can burn an extra 10-20 calories per song, depending on the volume and pitch of your voice.
- ★ Laughing for 10 minutes can make you burn between 20 and 40 calories.
- ★ On average, brushing your teeth for three minutes will burn 10 calories.



November is Diabetes Awareness Month

There are three main types of diabetes:

Type 1 diabetes, usually diagnosed in children and adolescents, occurs when the pancreas is unable to produce insulin. Insulin is a hormone that controls the amount of glucose in the blood. Approximately 10 per cent of people with diabetes have type 1 diabetes.

The remaining 90 per cent have **type 2 diabetes**, which occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced. Type 2 diabetes usually develops in adulthood, although increasing numbers of children in high-risk populations are being diagnosed.

A third type of diabetes, **gestational diabetes**, is a temporary condition that occurs during pregnancy. It affects approximately 2 to 4 per cent of all pregnancies (in the non-Aboriginal population) and involves an increased risk of developing diabetes for both mother and child.

Is diabetes serious?

If left untreated or improperly managed, diabetes can result in a variety of complications, including:

- Heart disease
- Kidney disease
- Eye disease
- Problems with erection (impotence)
- Nerve damage

The first step in preventing or delaying the onset of these complications is recognizing the signs and symptoms, as well as risk factors of diabetes.

What are the symptoms?

Signs and symptoms of diabetes include the following:

- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet

What are the risk factors for diabetes?

If you are aged 40 or older, you are at risk for type 2 diabetes and should be tested at least every three years. If any of the following risk factors apply, you should be tested earlier and/or more often.

Being:

- A member of a high-risk group (Aboriginal, Hispanic, Asian, South Asian or African descent)
- Overweight (esp. if you carry most of your weight around your middle)

Having:

- A parent, brother or sister with diabetes
- Health complications that are associated with diabetes
- Given birth to a baby that weighed more than 4 kg (9 lb)
- Had gestational diabetes (diabetes during pregnancy)
- Impaired glucose tolerance or impaired fasting glucose
- High blood pressure
- High cholesterol or other fats in the blood

Can you prevent diabetes?

Research shows that lifestyle changes can help prevent or delay the onset of type 2 diabetes. A healthy meal plan, weight control and physical activity are important prevention steps.





Our Lunches for November are:

Tuesday, Nov 1st, at noon
Lunch & Games

Tuesday, Nov 15th, at noon
Lunch & Learn
Canadian Red Cross

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

Next Foot Clinic

Thursday, December 1st

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



Headingley Pickleball

Have you ever played a racquet sport of any sort – even ping pong? If so, you may enjoy this sport.

Pickleball is a fun, inexpensive racquet sport that is designed for all age groups and abilities. There are on-going drop-in sessions with the opportunity for beginners to learn at any time. First time is free...or just come to watch. Racquets provided. Please wear clean non-marking soles.

Registration information located to the right. ➡



Fitness Programs

Location: Headingley Community Centre

- **Fit & Flex**
22 Mondays & Wednesdays, Sept 26th-Dec 14th
10:30 am-11:30 am
- **Gentle Yoga for 55+**
12 Tuesdays, Sept 27th-Dec 13th
10:00 am-11:00 am
- **Yoga Flow**
10 Thursdays, Sept 29th-Dec 15th
10:00 am-11:00 am
- **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

Location: Headingley Community Centre

*Registration Fee: \$5.00/month or \$2.00/drop-in

Please note: Day and times may vary without notice.
Please submit your name to our email address list to get informatin for cancellations, time changes, as well as impromptu games on weekends.

Register with Kim Bartlett KBarlett10@shaw.ca, Ellen Cairns ecairns@mymts.net, or Marilyn Dutchuk mdutchuk1@gmail.com.

ENCORE

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



Hours

Days: 9 am - Noon Mon - Thurs
1:30 - 4 pm
Evenings: 7 pm - 9 pm Mon, Tues, Thurs

Fees



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

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



November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
Black-fitness Blue-social Red-health Green-education Orange-municipal	9-10 am Hall Walking 10:30-11:30 Fit & Flex 	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 1:30-3:30 pm Cribbage		
6	7	8	9	10	11	12
	9-10 am Hall Walking 10:30-11:30 Fit & Flex	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 1:30-3:30 pm Cribbage	10:30 am Hdly CC Remembrance Day Service 	
13	14	15	16	17	18	19
Encore Fitness Hours: 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs 7-9:00 pm Mon, Tues, Thurs	9-10 am Hall Walking 10:30-11:30 Fit & Flex	10-11 am Gentle Yoga Noon-2:00 pm Lunch & Learn – Canadian Red Cross	9-10 am Hall Walking 10:30-11:30 am Fit & Flex 1:30 pm Historical Society Sharing Stories	10-11 am Yoga Flow 1:30-3:30 pm Cribbage		
20	21	22	23	24	25	26
	9-10 am Hall Walking 10:30-11:30 Fit & Flex	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 1:30-3:30 pm Cribbage		
27	28	29	30	Dec 1	2	3
	9-10 am Hall Walking 10:30-11:30 Fit & Flex	10-11 am Gentle Yoga	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	9 am-1:00 pm Foot Clinic		