



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

January 2017
Issue 43

Seniors' Scene

Enrich your life with us!

IN THIS ISSUE...

Page 1 Explore Winnipeg!

Page 2 Socializing is Good for Your Health

Riddle –



Page 3 22 Things to Do in Winnipeg

Chocolate's Sweet History



Page 4 Next Lunch & Learn
Tuesday, Jan 17th, noon
Heritage Winnipeg

Foot Clinic, Thurs, Jan 12th

Intro to Zentangle

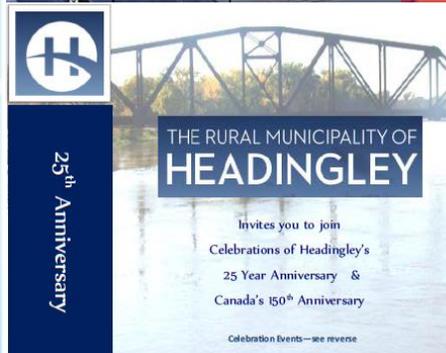
Answer to Riddle on page 2

Encore Fitness Hours

Fitness Programs

Office Hours

Page 5 January 2017 Calendar



Explore Winnipeg!

Check out this month's newsletter for some of the things to see and do in Winnipeg!



Socializing is Good for Your Health

Once the early, cold, dark nights of winter sets in, you might feel like cuddling up with a good book and hibernate inside until spring comes calling in April or May.

In her article, **“The 6 Health Benefits of Being Social” (May 16, 2016), Carina Wolff** wrote that having a solid social network has been shown to have an impact both physically and mentally.

Here are six reasons why spending time socializing is good for your health (in summer or winter).

1. YOU'RE LESS LIKELY TO CATCH A COLD

Highly social people are less likely to catch a cold, according to [a study from the journal Psychoneuroendocrinology](#). Their research found that extroverts have the highest level of immune-system functioning.



2. YOU'LL FIGHT OFF DEPRESSION

Sometimes when you're feeling down, the last thing you want to do is to go out and socialize, but [research from the journal Mind, Mood & Memory](#) shows that connecting with others helps improve your mood and fight off depression.

And when it comes to socializing, [face-to-face interactions have more of an impact](#) than emails or phone calls when it comes to mental wellbeing.



3. YOU GET BETTER SLEEP

Having trouble sleeping at night? Your loneliness may be to blame. [Research from the University of Chicago](#) found that people

who are more socially isolated experience more nighttime restlessness and disruptions, even if they aren't aware of their feelings of loneliness. The more fulfilling connections people had with others, the better they slept.



4. YOU'RE MORE PRODUCTIVE

Here's a reason to go to lunch with your coworkers or to meet a friend for coffee during your break: [A study from the Massachusetts Institute of Technology](#) found that workers were more happy and productive when they went on breaks at the same time.

5. YOUR BRAIN STAYS SHARPER

Active socializing delays memory loss as we age, according to research from [The American Journal of Public Health](#). Strong social ties can preserve our brain health, as social interaction can help keep us mentally engaged.



6. YOU'LL LIVE LONGER

If you're looking to live a long and healthy life, start surrounding yourself with good friends. A study from [Brigham Young University](#) found that people with social relationships live 50 percent longer than people who are more socially isolated. Friends can not only help you deal with stress and act as a buffer to its effects, but they can also encourage you to take better care of yourself.

Riddle

Wednesday, Tom and Joe went to a restaurant and ate dinner. When they were done they paid for the food and left. But Tom and Joe didn't pay for the food. Who did?





22 Things To Do in Winnipeg

Watch your step as you take in some of the fun that Winnipeg has to offer:

1. Experience how powerful personal stories and awesome architecture combine in unexpected ways to underscore the importance of rights for all at the iconic **Canadian Museum for Human Rights**.
2. Surf's up at the WAG. Check out two exhibits at the **Winnipeg Art Gallery** that reveal skateboarding, snowboarding, and surfing as vehicles that challenge conformity and status quo.
3. Take a journey through Manitoba's past, present and future at the **Manitoba Museum**.
4. Get nose-to-nose with polar bears, seals, and other Arctic species at **Journey to Churchill** at **Assiniboine Park Zoo**.
5. Embrace winter at Western Canada's largest winter festival, **Le Festival du Voyageur** and enjoy the "joie de vivre" of St. Boniface with its snow sculptures, entertainment, historical interpretation and great food (February 17–26).
6. Glide along groomed skating trails, try tricks on rails and jumps in the snowboard fun park, zoom down the toboggan run and play pick-up games of hockey on the outdoor rinks at **Arctic Glacier Winter Park** at The Forks.
7. See the city's sites on a bus tour with **Ö Tours** every Monday and Wednesday morning year round, and Saturdays until November.
8. Take a selfie by the Countess of Dufferin — the first steam locomotive on the prairies at the **Winnipeg Railway Museum**.
9. Push buttons on a giant talking robot and climb inside a streetcar at the **Manitoba Electrical Museum**.
10. Experience hilarious live theatre while a delicious four-course dinner is served by characters from the show at **Celebrations Dinner Theatre**.
11. Decode the hidden mysteries and secrets hidden within the Manitoba Legislative Building's grand architecture on a guided **Hermetic Code Tour**.

12. Expand your musical horizons during the **Winnipeg Symphony Orchestra's New Music Festival** (January 28–February 3).
13. Become an astronomical explorer while taking in a show at the **Planetarium**.
14. Find out how coins from around the world are made during a tour of the **Royal Canadian Mint**.
15. Snowshoe through a pristine winter wonderland or whizz down the super Richardson Run Toboggan slide at **FortWhyte Alive**.
16. Chuckle at comedic circus acts, magicians and entertainers performing at The Forks Market as part of **Festival of Fools** (March 25–31).
17. Develop a true appreciation for the adventuring spirit of Canada's aviation legends at the **Royal Aviation Museum of Western Canada**.
18. Work on your swing or play a round of mini-golf all year round at the **Golf Dome**.
19. Lace up your skates and go for a spin on the frozen duck pond at **Assiniboine Park**.
20. Admire the many facets of winter while walking hand-in-hand down the **Riverwalk** at **The Forks**.
21. Pick up neat decorating tips and home renovation ideas at the **Winnipeg Renovation Show** (January 13–15).
22. Enhance your mind, body & soul by connecting with health and wellness vendors at the **Winnipeg Wellness Expo** (February 17–19).

Chocolate's Sweet History

Instructor: Assiniboine Park & Zoo Outreach Program

Chocolate has a long and sweet history – dating back to ancient civilizations like the Mayans and Aztecs. Discover its history and the many different ways it has been used through the ages! Best of all, chocolate treats will be provided to participants to sample!

Where: Headingley-Community Centre, MPR

Date: Tuesday, January 31st

Time: 6:30 pm – 8:30 pm

Registration Fee: \$30.00

Register through Macdonald-Headingley District at
204-885-2444



Our Next Lunch & Learn is:

Tuesday, Jan 17th, at noon
Heritage Winnipeg

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

Next Foot Clinic

Thursday, January 12th

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



Intro to Zentangle

Instructor - Carol Graham

Date: Thursday, January 12th, 6:30-9:00 pm
Registration Fee: \$40.00 (Supplies included)

Zentangle is a fun and easy-to-learn method of creating abstract images using simple repetitive patterns. If you can print your own name you have all the skills required for this fascinating art form! Like yoga for your soul, it can help increase focus and relaxation and decrease stress.

Register through Macdonald-Headingley Rec District at (204) 885-2444

Riddle

Page 2

..... *Wednesday (the name of the third person in the group, not the day)!*

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

Fitness Programs

Location: Headingley Community Centre

- **Fit & Flex**
21 Mondays & Wednesdays, Jan 9th-Mar 22nd
10:30 am-11:30 am
- **Gentle Yoga for 55+**
11 Tuesdays, Jan 10th-Mar 21st
10:00 am-11:00 am
- **Yoga Flow**
11 Thursdays, Jan 12th-Mar 23rd
10:00 am-11:00 am
- **Hall Walking**
Mondays & Wednesdays
9:00 am-10:00 am

Location: Phoenix Community Centre

- **Zumba - Not Quite Gold!**
9 Thursdays, Jan 19th-Mar 23rd
7:15 pm-8:15 pm

*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.

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



January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Black-fitness Blue-social Red-health Green-education Orange-municipal	**Office Closed**		9-10 am Hall Walking	1:30-3:30 pm Cribbage		
8	9	10	11	12	13	14
	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 Fit & Flex	9 am-1:00 pm Foot Clinic 10-11 am Yoga Flow 1:30-3:30 pm Cribbage 6:30-9:00 pm Zentangle		
15	16	17	18	19	20	21
<u>Encore Fitness Hours:</u> 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 'Fact or Fiction' Wpg's History	9-10 am Hall Walking 10:30-11:30 am Fit & Flex	10-11 am Yoga Flow 1:30-3:30 pm Cribbage 7:15-8:15 pm Zumba Gold!		
22	23	24	25	26	27	28
	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 Fit & Flex	10-11 am Yoga Flow 1:30-3:30 pm Cribbage 7:15-8:15 pm Zumba Gold!		
29	30	31	Feb 1	2	3	4
	9-10 am Hall Walking 10:30-11:30 Fit & Flex	10-11 am Gentle Yoga 6:30-8:80 pm Chocolate's Sweet History 				