



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

## IN THIS ISSUE...

Page 1 February Lunch & Learn  
'Sodium Sense'

Page 2 How Does the Brain Work?

P.D.Q. Brain Puzzle

Page 3 March is Nutrition Month

Recipe for Blueberry Vinaigrette

CPR/AED Training  
Tuesday, March 28<sup>th</sup>, 6-10 pm

Page 4 Next Lunch & Learn  
Tuesday, March 21<sup>st</sup>, noon  
Gizmos, Gadgets &  
Thingamajigs

Next Foot Clinic, Thurs, Apr 6<sup>th</sup>

Charleswood Historical Society  
Heritage Lecture Series  
Tuesday, March 14<sup>th</sup>, 7 pm

Answers for P.D.Q. Brain Puzzle

Encore Fitness Hours

Fitness Programs

Office Hours

Page 5 March 2017 Calendar

March 2017  
Issue 45

# Seniors' Scene

Enrich your life with us!

## Sodium Sense

### SODIUM FACTS FOR YOUR HEALTH



#### Sodium Sense at the Market

Buy lower sodium foods to prepare healthier meals at home

REMEMBER THE 4 FOOD GROUPS :  
Eating Well with Canada's Food Guide

#### 1 Vegetables and Fruit

Buy fresh or frozen vegetables whenever possible. Buy canned vegetables and tomato and vegetable juices that are low in sodium.

#### 2 Grain Products

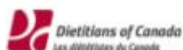
Choose breads, breakfast cereals and bakery products that are lowest in sodium. Enjoy a variety of naturally sodium-free grains such as barley, quinoa and rice.

#### 3 Milk and Alternatives

Enjoy milk, fortified soy beverage and yogurt because they are low in sodium.

#### 4 Meat and Alternatives

Buy unseasoned meat, poultry, fish, seafood and tofu. Choose unsalted nuts. Buy low sodium canned beans or try dried beans, peas and lentils.



To help you reduce your sodium intake, visit:  
Dietitians of Canada [www.dietitians.ca](http://www.dietitians.ca)  
HealthyFamilies BC [www.healthyfamiliesbc.ca](http://www.healthyfamiliesbc.ca)  
Health Canada [www.hc-sc.gc.ca/fn-an/index-eng.php](http://www.hc-sc.gc.ca/fn-an/index-eng.php)

Funding support provided by the British Columbia Ministry of Health.

## A Matter of Taste

In February we had Registered Dietician Kerby Sylvester come and speak to us about the use of sodium in our diet. See Sodium Sense above and check out [Dietitians of Canada](http://Dietitians of Canada) website for more info.



## How does the Brain Work?

The brain is a multilayered web of cells: nerve cells (neurons) and vastly more numerous glial cells that stabilize the chemical environment and regulate and protect neurons.

The outermost layer, the *cerebral cortex*, is a fraction of an inch thick but contains 70 percent of all neurons. This most evolved part of the brain is divided into lobes specialized to regulate sensory experience, language and memory, and our sense of space. The *frontal lobe* is the most distinctively human region, responsible for judgment, planning and decision making.

Beneath the cortex are areas such as the *basal ganglia*, which

*How Does the Brain Work?* continued

controls movement; the *limbic system*, central to emotion; and the *hippocampus*, a keystone of memory.

The *primitive brainstem* regulates balance, coordination and life-sustaining processes such as breathing and heartbeat.

Throughout the brain, *neurons* communicate with one another through interlocking circuits. When a neuron is stimulated, it generates a tiny electrical current, which passes down a fiber, or axon. The end of the axon releases neurotransmitters —chemicals that cross a microscopic gap, or synapse — to stimulate other neurons nearby.

The process may be repeated thousands of times to create a circuit of electrical signals that produces movement, emotion, a sensory experience or thought.

Actually, a neuron typically communicates with many others simultaneously, and will or won't fire depending on the sum of signals it receives. Neuron-to-neuron activity extends widely, linking lobes and levels of the brain. Bundles of axons, "white matter," efficiently carry signals from region to region, like long-distance cables.

In recent years, this connectivity has become a focus of research as scientists explicate how the brain is wired and piece together the intricate orchestration of inner activity that ebbs and flows as we go about our lives — how reading, for example, integrates vision, language, emotion and reasoning centers.

At a projected cost of \$4.5 billion, the BRAIN initiative is pushing this effort to its ultimate goal: Map the whole brain, neuron by neuron, and determine how these connections work in health and disease.

Learn more about the brain as we celebrate Brain Awareness Week, March 13-19. Check out

[The Dana Foundation.](#)

## P.D.Q. Brain Puzzle



Have you ever done word search puzzles? You might think your eyes are doing all the work, but it's your brain that finds the words in what looks like a bunch of mixed up letters.

In fact, your brain does a lot – and all the words in this puzzle are things you couldn't do without it! See how many brain activities you can find and circle. The words can read across, up, down, or diagonally. If you find more than 12 words, you are P.D.Q.: "Pretty Darn Quick"!

B	C	L	H	E	A	R	T	W	I
E	A	Q	O	R	P	R	E	A	D
T	T	Z	S	S	B	U	D	L	R
S	C	S	W	I	T	A	L	K	E
A	H	M	X	R	N	A	C	K	A
T	V	E	A	E	R	G	N	Y	M
N	M	L	V	F	A	A	Z	D	F
G	I	L	S	L	E	E	P	D	T
E	O	F	E	E	L	W	P	A	T
S	H	L	E	O	V	F	E	L	O

Reprinted with permission of the Dana Alliance for Brain Initiatives

## March is Nutrition Month

I checked out [Dietitians of Canada](#) website for information on nutrition and found articles, recipes and even an app you can download onto your device that gives ideas for recipes to eat depending on the time and day! Check out all the helps on this page.

### A Little History on Nutrition Month

Nutrition Month has been planned and delivered by dietitians of Canada for more than 30 years in March. It began in the late 1970's as a "Nutrition Week" with a small group of community nutritionists. Local dietitians across several provinces then began planning events and activities in their workplaces, shopping malls, libraries and with the media.

In 1981, The Canadian Dietetic Association (now Dietitians of Canada) and all the provincial dietetic associations jointly sponsored the first [National Nutrition Week](#). The primary purpose of the Campaign was to increase public awareness about the importance of healthy eating by identifying dietitians as the most credible source of food and nutrition information. By the end of the decade, the campaign was expanded to a month.

Each year Nutrition Month has a new theme. This year it is: **Take the Fight out of Food! Spot the problem. Get the facts. Seek support.**

Check out these topics at [Dietitians of Canada](#):

**Food Fads:** Ugh! How do I know which information to trust?

**Digestive Woes:** Eek! What's causing all this gas?

**Picky Eating:** Grr! Why is family mealtime such mayhem?

**Eating and Stress:**

Help! I eat when I'm stressed!

**Managing a Condition:** Sigh! How can I manage my diabetes?

### Cookspiration App



Be inspired to cook any time, day or night with Cookspiration, created by Dietitians of Canada. Recipe ideas are served up to suit your mood and what you're doing based on the time and day. Free download!



## THE FLAVOR STAR

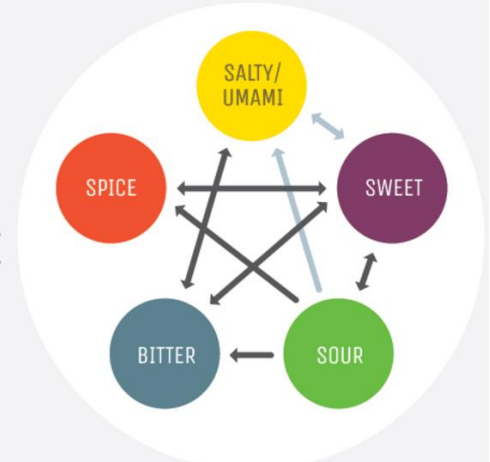
### ENHANCES

*Brings out the other flavor*

### BALANCES

*Counteracts the other flavor. If your dish is experiencing too much of one flavor, use a balancing flavor to level it out.*

COOKSMARTS



## Recipe for Blueberry Vinaigrette

**Preparation time:** 15 minutes  
**Servings:** 10

### Ingredients:

- 1/2 cup (125 mL) fresh or thawed frozen blueberries
- 1/3 cup (75 mL) liquid honey
- 1/4 cup (50 mL) balsamic vinegar
- 2 Tbsp (25 mL) vegetable oil
- 2 Tbsp (25 mL) water

### Preparation:

1. In a small bowl, mash blueberries with a fork. Whisk in honey, vinegar, oil and water.

### Tip:

If you prefer, you can prepare the vinaigrette in a blender. Simply add all the ingredients and puree until smooth. **Keeps in the refrigerator for up to 5 days.**

Recipe from Dietitians of Canada, Simply Great Food, by Patricia Chuey, Eileen Campbell and Mary Sue Waisman

## CPR/AED Training

This course will cover adult, infant and child CPR and how to use an AED (defibrillator) using the current protocols of the Heart and Stroke Foundation.

**Date:** Tuesday, March 28<sup>h</sup>

**Time:** 6:00 pm -10:00 pm

**Place:** Headingley Fire Hall

**Registration Fee:** \$25.00

Register by March 21<sup>st</sup> with MHRD 204-885-2444.



### Our Next Lunch & Learn is:

Tuesday, Mar 21<sup>st</sup>, at noon  
Gizmos, Gadgets & Thingamajigs

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

### Next Foot Clinic

Thursday, April 6<sup>th</sup>

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



### Charleswood Historical Society presents:

"The Historic River Lots of Charleswood, How the  
Land was Divided" with Dan Furlan and Len Van  
Roon Jr.

**Date:** Tuesday, March 14<sup>th</sup>

**Time:** 7 pm

**Place:** 5014 Roblin Blvd (old Charleswood Library)

All Welcome. Refreshments. Silver Collection.

### Answers for

## P.D.Q. Brain Puzzle

### Brain activity words

- |         |         |         |
|---------|---------|---------|
| - ADD   | - LEARN | - SMELL |
| - CATCH | - READ  | - SOLVE |
| - DREAM | - SEE   | - TALK  |
| - FEEL  | - SING  | - TASTE |
| - HEART | - SLEEP | - WALK  |

## Fitness Programs

Location: Headingley Community Centre

- **Fit & Flex**  
21 Mondays & Wednesdays, Jan 9<sup>th</sup>-Mar 22<sup>nd</sup>  
10:30 am-11:30 am
- **Gentle Yoga for 55+**  
11 Tuesdays, Jan 10<sup>th</sup>-Mar 21<sup>st</sup>  
10:00 am-11:00 am
- **Yoga Flow**  
11 Thursdays, Jan 12<sup>th</sup>-Mar 23<sup>rd</sup>  
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 19<sup>th</sup>-Mar 23<sup>rd</sup>  
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](mailto:KBarlett10@shaw.ca).

# 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](mailto:hdlyseniorservices@mts.net)

**Website:** [www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)



March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
<p>Black-fitness Blue-social Red-health Green-education Orange-municipal</p>			<p>9-10 am Hall Walking 10:30-11:30 Fit &amp; Flex</p>	<p>10-11 am Yoga Flow 1:30-3:30 pm Cribbage 7:15-8:15 pm Zumba Gold!</p>		
5	6	7	8	9	10	11
	<p>9-10 am Hall Walking 10:00-11:00 Fit &amp; Flex</p>	<p>10-11 am Gentle Yoga Noon-2:00 pm Lunch &amp; Games</p>	<p>9-10 am Hall Walking 10:30-11:30 Fit &amp; Flex</p>	<p>10-11 am Yoga Flow 1:30-3:30 pm Cribbage 7:15-8:15 pm Zumba Gold!</p>		
12	13	14	15	16	17	18
<p><b>Encore Fitness Hours:</b> 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs 7-9:00 pm M, T &amp; Th</p>	<p>9-10 am Hall Walking 10:00-11:00 Fit &amp; Flex</p>	<p>10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club</p>	<p>9-10 am Hall Walking 10:30-11:30 am Fit &amp; Flex</p>	<p>10-11 am Yoga Flow 1:30-3:30 pm Cribbage 7:15-8:15 pm Zumba Gold!</p>		
	*****	<b>**BRAIN AWARENESS WEEK**</b>	<b>**BRAIN AWARENESS WEEK**</b>	<b>***Office Closed***</b>	*****	*****
19	20	21	22	23	24	25
	<p>9-10 am Hall Walking 10:00-11:00 Fit &amp; Flex</p>	<p>10-11 am Gentle Yoga Noon-2:00 pm Lunch &amp; Learn 'Gizmos, Gadgets &amp; Thingamajigs'</p>	<p>9-10 am Hall Walking 10:30-11:30 Fit &amp; Flex</p>	<p>10-11 am Yoga Flow 1:30-3:30 pm Cribbage 7:15-8:15 pm Zumba Gold!</p>		
26	27	28	29	30	31	1
	<p>9-10 am Hall Walking 10:00-11:00 Fit &amp; Flex</p>	<p>10-11 am Gentle Yoga 1:30-3:30 pm 55+ Club 6-10 pm CPR/AED Training at Hdly Fire Hall</p>	<p>9-10 am Hall Walking 10:30-11:30 Fit &amp; Flex</p>		