

February 2019



Seniors Scene

ISSUE 66

ENRICH YOUR LIFE

HEADINGLEY COMMUNITY CENTRE

5353 Portage Avenue
Headingley, Manitoba
R4H 1J9
204-889-3132 ext 3

www.headingleyseniorservices.ca

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Are you a local history buff?



Westbound CNR 6050 at West Winnipeg station
Ted Shores photo, courtesy Vintage Locomotive Society Collection.

HEADINGLEY LIBRARY PRESENTS:

AN EVENING WITH LOCAL HISTORIAN AND
AUTHOR FRED HEADON
FRED WILL DISCUSS HIS BOOKS ON THE
RAILWAYS OF WINNIPEG

WWW.HEADINGLEYLIBRARY.CA
HML@HEADINGLEYLIBRARY.CA
204-888-5410

February 27th
6:30 pm at Headingley Library
49 Alboro Street

EVERYONE WELCOME!



Wood Carving

Instructor: Fred Gross

6 Thursdays
February 14 - March 21
6:30 pm - 8:30 pm
St Charles-Headingley United Church
Fee: \$120.00
(Supplies included. No experience necessary!)

Register By: February 7
visit mhrd.ca
call 204.885.2444
email info@mhrd.ca



Dear Self:
A workshop about the practice of self compassion. With slow flow yoga, meditation & open reflection we will discuss our connectedness as human beings, learn how to be more mindful of our negative self talk and learn ways to treat ourselves more kindly.

March 12th
7:00 pm - 9:00 pm
\$30.00
INSTRUCTOR:
AMANDA BURKOWSKI / SHIFT WPG
HEADINGLEY COMMUNITY CENTRE
REGISTER BY MARCH 5
204.885.2444
MHRD.CA
INFO@MHRD.CA

Internet Safety for Seniors
2 Mondays, March 4 & March 11
Headingley Community Centre
1:00 pm - 2:30 pm
Register by: February 25
Fee: \$25.00

Call 204.885.2444
Email info@mhrd.ca
Visit mhrd.ca



Trivia...

- 1) What other gift sometimes accompanies a bouquet of red roses?
 - A. A card
 - B. Chocolates
 - C. Candy Hearts

- 2) If you are quick to show your feelings, where do you wear your heart?
 - A. On your chest
 - B. On your shoulder
 - C. On your sleeve

- 3) Unscramble the following word to reveal a gift often associated with Valentine's day. **RSWOFLE**

Answers on page 4....



Musical GrandFriends

Calling all generations!

We are excited to bring you this intergenerational music program!

This music program promotes learning, understanding, and mutual respect, creating a bridge to connect the generations.

Older adults can enjoy the children's lively energy and share in the fun of playful music. Children will get to explore their music making abilities and gain some new friends along the way.

Headingley Community Centre
 Dates: 8 Tuesdays, January 22 - March 12
 10:45 am - 11:30 am

To Register, contact Shelley:
 204.889.3132 ext. 3
 hdlyseniorservices@mymts.net

Free to register!

Program supported by:



Tuesday February 5th 10:45-11:30am
Tuesday February 12th 10:45-11:30am
Tuesday February 19th 10:45-11:30am
Tuesday February 26th 10:45-11:30am
Tuesday March 5th 10:45-11:30am
Tuesday March 12th 10:45-11:30am



2019 Up and Coming Lunch & Learns

- Tuesday February 5th
Finding Your Balance
- Tuesday March 5th
Medical Marijuana
- Tuesday April 2nd
Do I Still Need This Medication?

**Contact Shelley to reserve your place
 204-889-3132 ext.3**

VOLUNTEERS NEEDED

Headingley Senior Services is in need of someone just like you to volunteer their time every now and then when someone requires help with transportation or small jobs around the house and yard.

If you are interested in putting your name forward please contact

Next Foot Clinic

*Thursday, March 14th
Be sure to register with Shelley
by phone at 204-889-3132 ext 3*



Trivia.....answers

Page 2

- 1) Chocolates*
- 2) On your sleeve*
- 3) Flowers*



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

Hours	
<u>Days:</u> Mon - Thurs	9 am - Noon <i>And</i> 1:30 - 4 pm
<u>Evenings:</u> Mon	8 pm - 9 pm
Tues & Thurs	7 pm - 9 pm

More Information

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

Fees

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

Winter Office Hours:

Monday: 9:00am - noon
Tuesdays: 9:00am – noon 1pm – 4pm
Wednesdays: 9:00am – noon
Thursdays: 9:00am – noon 1pm – 4pm

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

VALENTINE'S Day

It's here again. February 14. The day when your relationship status is not just a matter for Facebook but the subject of public scrutiny from friends, colleagues and well-intentioned relatives.

Yes, Valentine's Day, the supposedly most romantic day of the year when couples feel intense pressure to demonstrate their love for each other and normally carefree singletons are meant to make like Bridget Jones and worry about being alone forever drinking wine in their pyjamas.

Whether the thought of it brings you out in a cold sweat or a warm fuzzy glow, you might wonder why this particular date has become synonymous with romantic love. The roots of the annual celebration, like all good tales, is bound up in a series of lies, myths, embellishments, and a small grain of truth.

By most accounts, Saint Valentine of Rome should be the target of your gratitude/ire as he plays the protagonist in a number of myths believed to have inspired a ritual that has existed since the second century.

A version of Saint Valentine's life reports that in circa AD 280, Emperor Claudius II became convinced that married young men faced too many distractions to make effective soldiers. Claudius decided that outlawing marriage for young men was the only way to maintain a strong military force. Valentine, then a priest, disobeyed the Emperor's decree and arranged secret nuptials for love-struck youngsters. When Claudius discovered Valentine's plot, he sentenced him to death. His execution was carried out on February 14. Another legend claims that Valentine was arrested for providing assistance to prisoners. While incarcerated, he, rather controversially some might say, fell in love with his jailer's daughter. Prior to his execution, he confessed his love in a note rumored to be the first Valentine's Day card.



However, it's possible the origins of Valentine's Day were a way for the Christian church to divert attention from the pagan fertility festival Lupercalia that is known to have taken place between February 13 to 15.

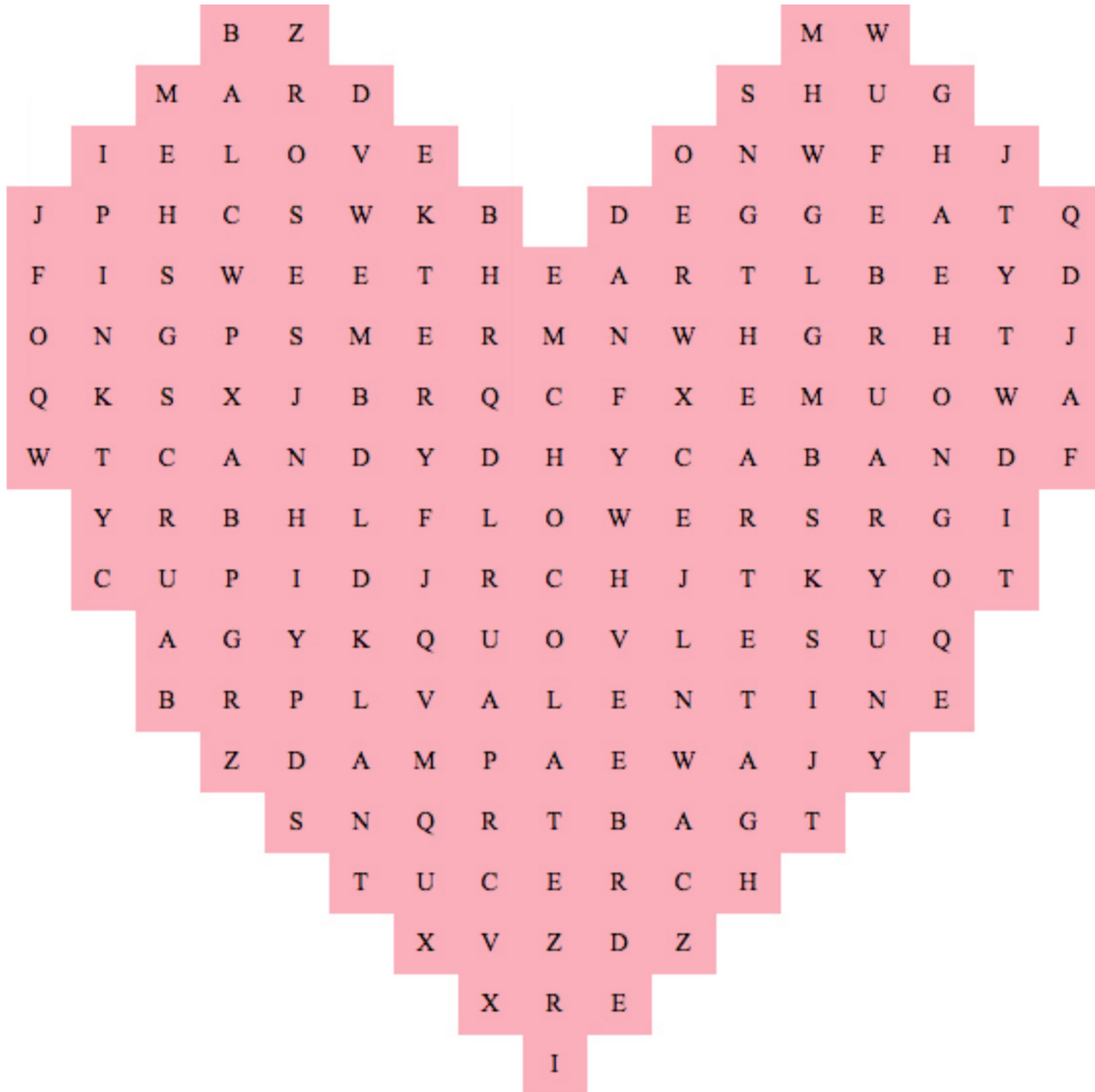
However much you may loathe the idea of spending the evening sitting in an overpriced restaurant surrounded by couples struggling to keep their attention away from their phones, be glad you are not a citizen of ancient Rome. Lupercalia involved the ritual sacrificing of goats, before their skins were stripped and used to whip the women of the city to aid their fertility. If that wasn't enough, the women's names were placed in a giant urn where young men would go to randomly pick their partner for the year.

By the fifth century, Pope Gelasius had officially declared February 14 as St. Valentine's Day. However, scholars believe it was medieval poet Geoffrey Chaucer who first established romance at the center of the Valentine's tradition.

Hallmark produced its first Valentine's card in 1913, adding a dash of convenience to the sacred day of love. Ever since, purchasing gifts for loved ones has been synonymous with Valentine's Day. The Greeting Card Association estimates that 145 million cards are sent around the world every year.



Valentine's Day Word Search




LOVE
 CHOCOLATE
 PINK
 VALENTINE
 ROSES

CUPID
 FEBRUARY
 RED
 HUG
 FLOWERS

CANDY
 HEART
 SWEETHEART
 CARD
 SWEET



February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Hall walking</i> 9:00-10:00am <i>Fit & Flex</i> 10:00am-11:00am	5 <i>Gentle Yoga</i> 9:30-10:30am <i>Musical Grandfriends</i> 10:45am-11:30am <i>Lunch & Learn</i> Noon-2:00pm	6 <i>Hall Walking</i> 9:00-10:00am <i>Fit & Flex</i> 10:00am-11:am	7 <i>Yoga Flow</i> 9:30-10:30am <i>Cribbage</i> 1:30-3:30pm	8	9
10	11 <i>Hall Walking</i> 9:00-10:00am <i>Fit & Flex</i> 10:00-11:00am	12 <i>Gentle Yoga</i> 9:30-10:30am <i>Musical Grandfriends</i> 10:45am-11:30am <i>55+</i> 1:30pm-3:30pm	13 <i>Hall walking</i> 9:00-10:00am <i>Fit & Flex</i> 10:00-11:00am	14 <i>Yoga Flow</i> 9:30-10:30am  <i>Cribbage</i> 1:30-3:30pm	15	16
17	18 <i>Louie Riel Day</i> <i>Headingley Community Centre Closed</i>	19 <i>Gentle Yoga</i> 9:30-10:30am <i>Musical Grandfriends</i> 10:45-11:30 <i>Lunch & Games</i> Noon-2:00pm	20 <i>Hall Walking</i> 9:00-10:00am <i>Fit & Flex</i> 10:00-11:00am	21 <i>Yoga Flow</i> 9:30-10:30am <i>Cribbage</i> 1:30-3:30pm	22	23
24	25 <i>Hall Walking</i> 9:00-10:00am <i>Fit & Flex</i> 10:00-11:00am	26 <i>Gentle Yoga</i> 9:30-10:30am <i>Musical Grandfriends</i> 10:45-11:30 <i>55+</i> 1:30pm-3:30pm	27 <i>Hall Walking</i> 9:00-10:00am <i>Fit & Flex</i> 10:00-11:00am <i>Exercise to Prevent Injuries</i> 1:00pm-2:00pm <i>Facilitator Andrew Schindle</i>	28 <i>Yoga Flow</i> 9:30-10:30am <i>Cribbage</i> 1:30-3:30pm		