



June 2019

Issue 70

# Seniors Scene

*Enrich your life with us!*

## HEADINGLEY COMMUNITY CENTRE

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

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

## IN THIS ISSUE

- 2 Article—Decluttering
  
- 3 ParticipACTION  
Community Better  
Challenge  
Next Foot Clinic  
July 18th  
Riddle  
Library Hours
  
- 4 Come Try Tai Chi!  
Riddle Answer  
Encore Hours  
HSSI Executive  
Upcoming Lunches  
June 4 - Lunch & Games  
June 18—Lunch Away
  
- 5 June 2019  
Calendar of Events



**Did you know that  
Everything gets  
better when you  
get active?  
Even communities!**

Are you ready to get active with the ParticipACTION  
Community Better Challenge?

Connect with friends and neighbours and build social bonds  
while also having a lot of fun participating in physical activity  
right in your own neighbourhood.

Your community could win the prize of **\$150,000** and be  
crowned **Canada's Most Active Community**.

The challenge will run between May 31st and June 16th.

*See more details on Page 3*

## DECLUTTERING

Do you feel suffocated by stuff? When you open a drawer or cabinet, do you experience an anxious feeling you can't quite explain? Do you ever come across a chipped glass or a sweater with a hole in it and wonder "Why do I still have this?" If so, you're not alone.

As you age, clutter can become even more of a problem, causing tripping hazards, stress and exacerbating memory loss issues. Whether you're planning to move to an assisted living community and want to downsize, or are thinking of the future and don't want to put your family through the added grief of pouring through your possessions after your death, now is the time to declutter. What's more, you may find yourself feeling free and cleansed.



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### How to Start Decluttering

Sarah Getzkin, President of Hands On! Organizing, has some tips from her ten years of experience as a Professional Organizer:

1. Don't try to tackle too much at once. Getzkin tells her clients, "Let's carve out three hours and see what we get done. Then you are going to rest and not even think about this." Very few people can sustain focus for more than three hours and stopping before you get stuck means you can start again tomorrow feeling positive.
2. To start, Getzkin, recommends preparing three bags or boxes and labeling them Keep, Toss, and Sell/Donate. You might add a fourth box for things that need repairing, mending or dry cleaning, but don't add more options than that. Put away what's in your Keep pile at the end of the day and throw out what's in your Toss pile.
3. Decide what you really use and consider what storage space is available. Be relentless in your decision-making and follow through.
4. Find local consignment stores to sell stuff that's in great condition.

<https://seniorplanet.org/too-much-old-stuff-how-to-bust-the-clutter/>

*Look for the next issue of Seniors' Scene  
for some Decluttering Challenges!!!*

## PARTICIPACTION Community Better Challenge

Cont. from Page 1

At the conclusion of the challenge, one community will earn the top prize of \$150,000 and title of being Canada's most active. In addition to the national winner, there will also be finalists recognized from all regions of Canada who will be awarded \$20,000.

The ParticipACTION Community Better Challenge is a brand-new annual physical activity challenge that is **bringing communities together with physical activity and sport participation.**

The challenge Starts May 31, and now is the time to start rallying the Headingley Community in an effort to be crowned Canada's Most Active Community.

If you're interested in participating in the challenge as an individual, download the **ParticipACTION App**. Every minute of physical activity tracked by every user in our community from May 31st – June 16th will go towards Headingley's total score. To track minutes as a family or group, setting up an account is quick and easy **online**. All of your active minutes count towards

Headingley's total. Even light or incidental activity counts. Here are some ideas of minutes you can log: walking, bike riding, gardening and yard work, golf, exercise, yoga, kids playing outside, jogging, baseball, soccer, pickleball, swimming, etc. Every minute counts, so make sure to log all of yours!



Make sure you log your activity minutes using your RM of Headingley Postal Code. All individuals and community organizations within Headingley, using their Headingley Postal Code, will be contributing their minutes toward Headingley's total.

There is a sign up sheet available in the HSSI office for anyone who would like to record their active minutes as part of the Headingley Seniors group. You can also phone in your minutes to Kristie at; (204) 889-3132 ext. 3

More info can be found here: <https://community.participaction.com>

Get together. Get active. Get winning.

### Riddle . . .



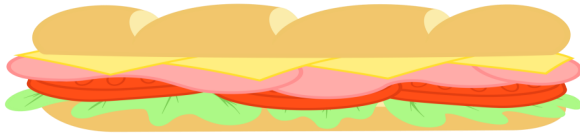
1. *I am white when I am dirty and black when I am clean. What am I?*

*Answer on page 4*

Check out our Headingley Library at:  
49 Alboro Street  
Phone: (204) 888-5410  
[www.headingleylibrary.ca](http://www.headingleylibrary.ca)



Upcoming Lunches



Tuesday June 4th - Noon - 2:00 pm  
**Lunch & Games**

Tuesday June 18th - Noon - 2:00 pm  
**Lunch Away**

New Board Executive  
As of May 15, 2019 HSSI has a new executive;

**Chair**—Debbie Henry  
**Vice Chair**—Cynthia Selley  
**Secretary**—Bonnie Borgford  
**Treasurer**—Karen Saunders  
**Past Chair**—Louise Hutton



We would also like to welcome our new board members:  
Lorraine Legault and Betty Ann Orr



**Next Foot Clinic**  
**Thursday, July 18th**

Be sure to register with Kristie  
by phone at 204-889-3132 ext 3

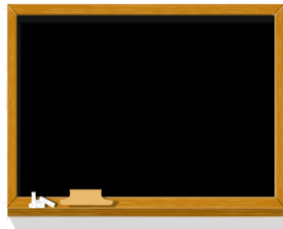
**TAI CHI FOR BEGINNERS!**  
COME TRY TAI CHI! THIS FREE WORKSHOP WILL TAKE PLACE IN JUNE. NO EXPERIENCE NECESSARY. IT IS A FUN SERIES OF MOVEMENTS PERFORMED IN A SLOW, FOCUSED MANNER AND ACCOMPANIED BY DEEP BREATHING.  
STAY TUNED FOR DATES AND MORE INFORMATION!

Macdonald-Headingley  
RECREATION DISTRICT

*Riddle . . .*

*Answer from Page 3*

1. *A Blackboard*



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

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

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

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

Office Hours:

**Monday:** 9:00am - noon  
**Tuesday:** 9:00 am-noon & 1pm -4pm  
**Wednesday:** 9:00am – noon  
**Thursday:** 9:00 am–noon & 1pm–4pm

**Phone:** (204) 889-3132 ext 3  
**Email:** [hdlyseniorservices@mts.net](mailto:hdlyseniorservices@mts.net)  
**Website:** headingleyseniorservices.ca

# June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>27</b> Hall Walking 9-10 am Fit & Flex 10-11 am	<b>28</b> <i>Gentle Yoga</i> 9:30-10:30 am <i>55+ Club</i>	<b>29</b> Fit & Flex 10-11 am Cardio, Strength, 11:10-12 noon	<b>30</b> Yoga Flow 9:30-10:30 am Intro to iPad 10-12 pm <i>Cribbage</i> 1:30-3:30 pm	<b>31</b>	<b>1</b>
<b>2</b>	<b>3</b> Hall Walking 9-10 am Fit & Flex 10-11 am	<b>4</b> Gentle Yoga 9:30-10:30 am <i>Lunch &amp; Games</i> Noon-2:00 pm	<b>5</b> Fit & Flex 10-11 am Cardio, Strength, 11:10-12 noon	<b>6</b> Yoga Flow 9:30-10:30 am <i>Cribbage</i> 1:30-3:30 pm	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> Hall Walking 9-10 am Fit & Flex 10-11 am	<b>11</b> Gentle Yoga 9:30-10:30 am <i>55+</i> 1:30-3:30pm	<b>12</b> Fit & Flex 10-11 am Cardio, Strength, 11:10-12 noon	<b>13</b> Yoga Flow 9:30-10:30 am <i>Cribbage</i> 1:30-3:30 pm	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> Hall Walking 9-10 am Fit & Flex 10-11 am	<b>18</b> <i>Lunch Away</i> Noon-2:00 pm	<b>19</b> Fit & Flex 10-11 am	<b>20</b> <i>Cribbage</i> 1:30-3:30 pm	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b> Hall Walking 9-10 am Fit & Flex 10-11 am	<b>25</b> <i>55+</i> 1:30-3:30pm	<b>26</b> Fit & Flex 10-11 am	<b>27</b> <i>Cribbage</i> 1:30-3:30 pm	<b>28</b>	<b>29</b>