



September 2019

Issue 72

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

IN THIS ISSUE

- 2 Election Information
- 3 Mornings at the Library
Healthy Aging Through
the Arts
Riddle
PT Cook
Intro to Reflexology
Highland Hoppers
- 4 Foot Clinic—Oct 10th
Upcoming Lunches
September 3 & 17
Riddle Answer
Encore & Office Hours
Upcoming Programs
- 5 September 2019
Calendar of Events

GREAT ADVENTURES
WITH
GRANDFRIENDS!

You don't have to be a grandparent or have grandchildren to enjoy spending time with youngsters in the community. This program creates opportunities for adults and children to spend time together exploring different activities and adventures that will create memorable experiences for everyone. Every week there will be a new theme—baking, nature walks, music are just some of the options. You are welcome to bring your own grandchild or enjoy the company of children from BBE.

Where: Headingley Community Centre

When: Thursdays from September 26—November 21

10:00 am to 11:00 am

Register with MHRD by calling 204-885-2444

Find this and many other great programs in the MHRD Fall Guide



Extra copies available at
Headingley Community Centre





WHO CAN VOTE?

YOU CAN VOTE IF YOU ARE:

- ⇒ A Canadian citizen
- ⇒ 18 years of age on or before election day;
- ⇒ A resident of Manitoba for at least 6 months before election day;

FOUR EASY STEPS TO VOTING

- 1) Welcome
- 2) Show your ID. The Voting Officer will give you a ballot
- 3) Mark your ballot behind the screen
- 4) Go back to your Voting Officer with your folded ballot. Your ballot is put in the box.

IDENTIFICATION REQUIREMENTS

Option 1:

One piece of government-issued photo ID.

Examples include:

- Driver's license - Passport
- Enhanced Manitoba identification card
- Treaty card

Option 2:

Two documents that include your name.

Examples include:

- Manitoba Health card -Utility bill
- Social Insurance card

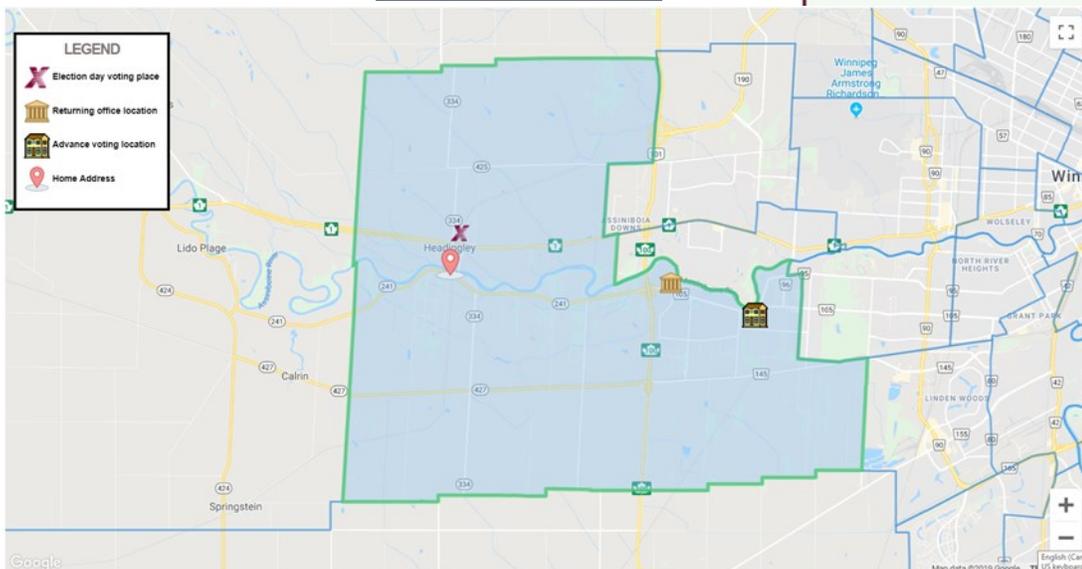
Your electoral division under new (2018) boundaries is **ROBLIN**

Your election day voting place:
HEADINGLEY COMMUNITY CENTRE
5353 PORTAGE AVENUE , HEADINGLEY, MB
 Election day: **SEPTEMBER 10**

Returning Office:
6650 ROBLIN BOULEVARD , WINNIPEG, MB
Phone: (204) 948-0608
Email: RORoblin@elections.mb.ca
Office hours: 8:00 am to 8:00 pm Monday-Saturday
Noon to 6:00 pm Sunday

Candidates:
Michael Bazak - Lib. (Status: Official)
Sophie Brandt Murenzi - NDP (Status: Official)
Myrna Driedger - PC (Status: Official)
Kevin Nichols - GPM (Status: Official)

Roblin Electoral Division



NEED A RIDE TO VOTE?

Political parties provide rides to polling stations for voters. Transportation is also available through HSSI by contacting Kristie at (204) 889-3132 ext. 3
 *Please call ahead to book at pick-up time

For more information and to find out if you're registered to vote visit; www.electionsmanitoba.ca



**Mornings
at the
Library**

Peruse the stacks or ask the knowledgeable Librarians for a suggestion

Starts Tuesday, September 24th

Transportation available,
call Kristie @ (204) 889-3132 ext. 3

Light refreshments provided



Part-Time Cook



Required for Meal Program in Headingley

*Previous cooking experience required

*Paid position, 10 hours per month

If interested, please contact Kristie at
(204) 889-3132 ext. 3 or
hdlyseniorservices@mymts.net

Introduction to Reflexology

Presented by; Sherri Wilkins from Heal & Toes Reflexology

**Tuesday September 17th, noon—2:30
at Headingley Community Centre**

Reflexology is more than just working pressure points or reflexes on the feet—but also the hands and ears! Join us to learn the history of reflexology and who can benefit!

Part of the Lunch & Learn series, register by calling Kristie at (204) 889-3132 ext. 3



On August 27th some of the dancers from the Highland Hoppers School of Highland Dancing performed for the seniors and children of BBE. It was a very lively performance that had the children up dancing!

**Healthy Aging through
the Arts!**

7 Thursdays

October 3 - November 28
(No class October 17 or November 14)

1:15 pm - 3:00 pm

Headingley Community Centre

Fee: Free!

Register by: September 26
info@mhrd.ca
mhrd.ca
204.885.2444



Riddle . . .



1. *What can travel around the world while staying a corner?*

Answer on page 4



Next Foot Clinic

Thursday, October 10th

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

Upcoming Lunches

Tuesday Sept 3: Noon - 2:00 pm

Lunch Away @Taverna Rodos

Tuesday Sept 17th: Noon - 2:00 pm

Lunch & Learn

Introduction to Reflexology

Contact Kristie to reserve your seat

204-889-3132 ext.3

Riddle . . .

Answer from Page 3

1. A Postage Stamp



ENCORE

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



Hours

Days:
Mon - Thurs 9 am - Noon
and
1:30 - 4 pm

Evenings:
Mon, Tues & Thurs 7 pm - 9 pm

Fees

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

More Information

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



TAI CHI FOR BEGINNERS

WITH ANDY LOCKERY

Come to class and explore the medically proven health benefits of Taoist Tai Chi! The practice of Tai Chi involves sequences of slow, controlled and low impact movements that will gently tone and strengthen your body and focus your mind. Regular practice can help to improve concentration, coordination, circulation and balance. Tai Chi can be practiced by all ages and abilities and may even be done seated. *Please wear loose, comfortable clothing and flat shoes.*

10 Wednesdays
October 16 - December 18
2:00 pm - 3:00 pm
Fee: \$44.00
Register by: October 9

Register by:
mhrd.ca
204.885.2444
info@mhrd.ca

Macdonald-Headingley
RECREATION DISTRICT

Cardio Strength Fusion

Instructor: Andrew Schindle

14 Wednesdays

September 18 - December 18

11:10 am - 12:00 pm

Headingley Community Centre

Fee: \$126.00

Register By: September 11

visit mhrd.ca

call 204.885.2444

email info@mhrd.ca



Macdonald-Headingley
RECREATION DISTRICT

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

Website: headingleyseniorservices.ca

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labour Day Community Centre Closed	3 <i>Lunch Away @ Taverna Rodos Noon-2:00 pm</i>	4	5 <i>Cribbage 1:30-3:30 pm</i>	6	7
8	9 Hall Walking 9-10 am	10 <i>Elections Manitoba X 8am-8pm Headingley Community Centre</i>	11	12 <i>Cribbage 1:30-3:30 pm</i>	13	14
15	16 Hall Walking 9-10 am Fit & Flex 10-11 am	17 Gentle Yoga 9:30-10:30 am <i>Lunch & Learn Intro Reflexology Noon-2:00pm</i>	18 Fit & Flex 10-11 am Cardio, Strength Fusion (CSF) 11:10-12 noon	19 <i>Cribbage 1:30-3:30 pm</i>	20	21
22	23 Hall Walking 9-10 am Fit & Flex 10-11 am	24 Gentle Yoga 9:30-10:30 am 10 am—AMs at the Library 55+ 1:30-3:30pm	25 Fit & Flex 10-11 am CSF 11:10-12 noon	26 10—Great Adventures with my Grandfriend <i>Cribbage 1:30-3:30 pm</i>	27	28
29	30 Hall Walking 9-10 am Fit & Flex 10-11 am	1 <i>Lunch & Games Noon-2:00 pm</i>	2 Fit & Flex 10-11 am CSF 11:10-12 noon	3 10—Grandfriends <i>Cribbage 1:30-3:30 pm</i>	4	5