



**HEADINGLEY
COMMUNITY
CENTRE**

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

www.headingleyseniorservices.ca

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October 2019

Issue 73

Seniors Scene

Enrich your life with us!

*Headingley Seniors' Services
invites you to join us at the;*

13th Annual Christmas Arts and Craft Sale

**HEADINGLEY COMMUNITY CENTRE
5353 Portage Avenue**



Friday, October 18th

11:00 am - 7:00 pm

Saturday, October 19th

10:00 am - 4:00 pm

free parking * admission \$2.00 * canteen

Children 12 & under free admission

All proceeds to Headingley Seniors' Services Inc

-NO ATM ON SITE-

*For more information on the sale please visit
our website at;
www.headingleyseniorservices.ca*

FRAUDS & SCAMS

Millions of dollars are lost through frauds and scams. Thousands of people are victimized each year. All segments of the population are impacted, no one is immune from this type of crime and anyone can be a target.

TYPES OF FRAUDS AND SCAMS

▪Telemarketing ▪Online ▪Email/text message ▪Identity theft
▪Business ▪Mail ▪Door to door ▪Romance

COMMON TECHNIQUES USED BY FRAUDSTERS

RUSH DEALS – you are told you have a limited amount of time to take part or you will lose the deal, pressuring you to act now.

SCARE TACTICS – you are told a negative result or penalty will be imposed if you don't act quickly.

SECRECY – you are told the deal is extremely special and you are one of the select few invited to participate but don't tell anyone.

PAYMENT – is requested in the form of gift cards, prepaid credit cards, wire transfers or crypto currency such as Bitcoin.

HOW TO PROTECT YOURSELF

Before entering into any transaction or “deal” read the full contract. Don't hesitate to contact the Consumers Bureau or The Better Business Bureau for more information. Understand any contracts, estimates or other documents before they are signed.

Verify person's reason for attendance and ask for proper identification before allowing anyone into your home. Talk with a trusted family member or friend if you are unsure of legitimacy of an offer. Don't disclose any personal information, including information about bank accounts, personal identifications numbers (PIN), credit cards or personal finances to anyone.

WHAT TO DO IF YOU BECOME A VICTIM

Document all information about the fraud including receipts, copies of emails and/or text messages.

Contact your financial institutions, creditors and service providers that may be affected by Identity Theft or Fraud.

Contact credit reporting agencies to flag your account: Equifax 1-800-465-7166 Trans Union 1-800-663-9980

If the fraud took place online through Facebook, eBay, a classified ad such as Kijiji or a dating website, be sure to report the incident directly to the website. These details can be found under “report abuse” or “report an ad”.

Remember, criminals will say anything to take your hard-earned money. Be cautious!

Even though parts of the scam may change and new scams are invented almost daily, the best way to protect yourself is to be informed.

The Canadian Anti-Fraud Centre and the Competition Bureau provide a wealth of information. 1-888-495-8501 •
www.antifraudcentre-centreantifraude.ca •
www.competitionbureau.gc.ca

<https://www.winnipeg.ca/police/TakeAction/docs/FraudsandScams.pdf>

REMEMBER: IF IT SEEMS TOO GOOD TO BE TRUE, IT USUALLY IS

Manitoba Hydro

We often get reports from our customers of being approached at their home, or by phone, by someone who gives the impression they work for Manitoba Hydro. In most cases, this contact was not asked for and is an aggressive attempt to try to get a customer to buy services or products that they don't need, or to send money for an unverified unpaid bill.

Scammers often target seniors living alone, but anyone can be a target. It's important that you know when you could be misled. Protect yourself and your money. Share this information with friends and family to keep them safe too.

These scams have been reported to us by our customers: text message; door-to-door; phone; email.

How to spot a scam

Scammers are always finding new ways to take your money. Never share your personal information including your birthdate, social insurance number, or bank account information.

What to do if you are contacted

If you ever feel threatened or concerned for your safety in any way, contact your local police. Your safety should always be your priority. Never give your personal information to someone whose identity you cannot be sure of. If you have questions about a pending service disconnection, call our Credit & Recovery services at 204-480-5901.

Mornings at the Library

Tuesday, October 22nd at Headingley Library

Transportation available, for more info

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

Light refreshments provided



Did you know? The library has a selection of large print books as well as audio books



The theme for this session is Murder Mysteries and will feature a number of titles from this genre

October 15 Lunch and Learn "Speaking of Bones"

Speaking of Bones is a program offered by Osteoporosis Canada (OC).

You will learn:

- What osteoporosis is
- Whether you are at risk
- How osteoporosis is diagnosed
- What you can do to maintain healthy bones
- The role of exercise, nutrition and lifestyle choices
- How osteoporosis is treated
- How to live well with osteoporosis



To reserve your seat contact Kristie:
(204) 889-3132 ext. 3

Brainteaser . . .



1. A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

Answer on page 4

St Charles Headingley United Church Information Night

Estate Planning with Jane Van Massenhoven, PFP & Trust Advisor, Daryl Lindsay with RBC

Do you have an estate plan? Do you have a Will & POA in place? Are you an executor of an estate? Are you concerned about tax efficiency with your estate? What about ownership options for property in an estate plan?

Tuesday, October 29th @ 7:00pm

110 Bridge Road, Headingley MB

Evenings are FREE but space is limited.

Please register with Darlene Borowski

Great Adventures with Grandfriends

Thursday from 10 to 11
Headingley Community Centre
For more info contact Kristie:
(204) 889-3132 ext. 3



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



Next Foot Clinic

Thursday, October 10th

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

FLU CLINIC

**THURSDAY, OCTOBER 30TH
HEADINGLEY COMMUNITY
2:00 TO 7:00 PM**

**GET THE FLU SHOT, NOT THE
FLU!**

Upcoming Lunches

Tuesday October 1: Noon - 2:00 pm

Lunch & Games

Tuesday October 15th: Noon - 2:00 pm

Lunch & Learn

“Speaking of Bones”

(see page 3 for more info)

Contact Kristie to reserve your seat

204-889-3132 ext.3



*Please ensure that you register 3-4 days in advance to guarantee a spot. Likewise if you are unable to attend please make sure that your registration is canceled as it effects preparation for lunch. Thanks!

Riddle . . .

Answer from Page 3

1. He's playing monopoly





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 & Thurs 7 pm - 9 pm

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

More Information
www.headingleyseniorservices.ca
hdlyseniorservices@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
Website: headingleyseniorservices.ca

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1 Gentle Yoga 9:30-10:30 am <i>Lunch & Games Info from Elec- tions Canada</i>	2 Fit & Flex 10-11 am Cardio, Strength Fusion (CSF) 11:10-12 noon	3 10—Grandfriends 1:15—Healthy Aging Through the Arts <i>Cribbage</i> 1:30-3:30 pm	4	5
6	7 Hall Walking 9-10 am Fit & Flex 10-11 am	8 Gentle Yoga 9:30-10:30 am <i>55+ 1:30-3:30pm</i>	9 Fit & Flex 10-11 am CSF 11:10-12 noon	10 10—Grandfriends 1:15—Healthy Aging <i>Cribbage</i> 1:30-3:30 pm	11	12
13	14 HAPPY THANKSGIVING  Community Centre Closed	15 Gentle Yoga 9:30-10:30 am <i>Lunch & Learn Osteoporosis Noon-2:00pm</i>	16 Fit & Flex 10-11 am CSF 11:10-12 noon	17 <i>Cribbage</i> 1:30-3:30 pm	18 19 <div style="background-color: green; color: white; padding: 5px; text-align: center;"> 13th Annual Christmas Craft Sale @ HCC </div> <i>11:00—7:00</i> <i>10:00—4:00</i>	
20	21  <i>7am-10pm @ Headingley Community Centre</i>	22 Gentle Yoga 9:30-10:30 am 10 am—AMs at the Library <i>55+ 1:30-3:30pm</i>	23 Fit & Flex 10-11 am CSF 11:10-12 noon	24 10—Grandfriends 1:15—Healthy Aging <i>Cribbage</i> 1:30-3:30 pm	25	26
27	28 Hall Walking 9-10 am Fit & Flex 10-11 am	29 Gentle Yoga 9:30-10:30 am	30 Fit & Flex 10-11 am CSF 11:10-12 noon Flu Clinic 2-7	31 10—Grandfriends 1:15—Healthy Aging <i>Cribbage</i> 1:30-3:30 pm HALLOWEEN	1	2