

December 2019

Issue 75

Seniors Scene

Enrich your life with us!



**HEADINGLEY
COMMUNITY
CENTRE**

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Happy Holidays!



*Headingley Seniors' Services wishes you
and yours a very happy holiday season
and all the best in 2020!*

WINTER WALKING

During the winter months, many factors can cause a slip, fall, or injury such as a fracture. Physical activity is an important part of healthy aging. Walking is just one winter activity to get you moving! Regular physical activity during the winter months could include walking, snow shoeing, or shoveling. Get creative and have fun this winter! It is important to be prepared for winter walking conditions. Many things can impact your safety while you walk including footwear, balance, medication, distractions, and environmental factors such as temperature and snowfall. Be safe this winter with these tips and tricks:

Benefits of walking:

- Improves mental, social, and physical health; balance, posture, muscle strength.
- Reduces the risk of heart disease, developing high blood pressure, diabetes, and improves bone health to reduce the risk of fractures from falls.
- A good way to spend time with others

Before walking:

- Monitor the forecast and plan ahead. Dress in layers so you are prepared for changing winter weather. Stay warm by wearing a hat, scarf, and gloves.
- Wear bright or reflective gear so you can be seen by drivers, cyclists, and other walkers.
- Choose warm, stable footwear -- look for well-insulated and lightweight footwear with a non-slip tread sole.
- Consider a cane or walking poles, use ice grippers on footwear and assistive devices when outside.



During your walk:

- Be aware of your surroundings and scan for hazards. Black ice is often not visible to the eye.
- Watch for ice, cracks, and uneven or changing surfaces. Be safe! Walk on designated, and clear paths. Try walking with a friend. Take your time and ask for help if needed.
- Keep your hands out of your pockets to help stay balanced.
- Give time to let your eyes adjust when going from outdoors to indoors or vice versa.

After you walk:

- Assess how you feel. If you are sore, switch to shorter walks and gradually increase your walking time.
- Enjoy a glass of water. Dehydration can make you dizzy, which increases the risk of falling. Drink 6-8 glasses of water each day to stay hydrated.

Helpful Tips:

- Keep your doctor informed of your physical activity level. Medication could increase your risk of falling!
- If you find yourself walking on ice, move slowly and think about your next move. Keep knees loose, shorten your strides, and shuffle your feet. Wet leaves, rain, and snow drifts can be as risky as ice.
- Once it gets dark outside, you may not be able to see dangers as easily - and dangers such as cars may not be able to see you. Be aware and wear reflective clothing if out at night.
- Take extra care when stepping off the last step of stairs. This is a common place for a fall. Use the hand rail when available for extra support.

Taken from SOUTHERN HEALTH-SANTÉ SUD

Chase the ACE

Every Thursday
from 5 to 7:30 pm (Draw Time)
Last \$2 tickets sold at 7:15pm
At the Headingley Motor Inn

Family Bingo Night



FRIDAY DEC 13TH

@ HEADINGLEY CC, 5353 PORTAGE AVE

TICKET INCLUDES 1 BINGO CARD PER TICKET FOR EACH GAME

Doors Open: 6PM Bingo: 6:30PM

Tickets must be purchased in advance, no tickets available at the door.

\$2 - ADULTS \$2 - KIDS FREE - 2 YRS AND UNDER

TO RESERVE YOUR TABLE OF 10 PLEASE E-MAIL HEADINGLEY.EVENTS@GMAIL.COM

TICKETS AVAILABLE FOR PURCHASE AT

BRIGHT BEGINNINGS EDUCARE

HEADINGLEY FOODS

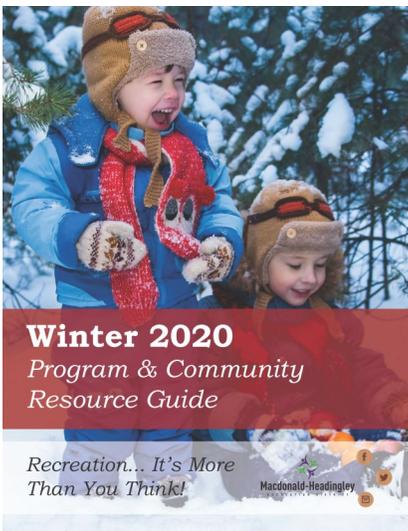
HEADINGLEY LIBRARY

Christmas Luncheon

Friday, December 3rd at Noon

ONLY A FEW TICKETS LEFT!

Tickets are \$20 and can be purchased from [redacted] at the Community Centre or by calling (204) 889-3132 ext. 3



Keep an eye on your mailboxes for the MHRD Winter guide!

Holiday Closure
Headingley Community Centre will be closed starting at noon on December 23rd and will re-open on Thursday, January 2nd

Brainteaser . . . 
What wears a cap but has no head?
Answer on page 4

Merry Christmas

Please join us for an Old Fashioned Christmas, set in 1885. The service, music and refreshments will be reminiscent of 19th century traditions.

Holy Trinity Anglican Church
5335 Portage Avenue, Headingley
Sunday evening, December 8
Evensong Service at 7:00



December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Pole Walking 9-10 am Fit & Flex 10-11 am	3 Gentle Yoga 9:30-10:30 am 55+ Club Christmas Luncheon	4 Fit & Flex 10-11 am CSF 11:10-12 noon	5	6	7 Headingley Christmas Breakfast 7:30-10:30
8	9 Fit & Flex 10-11 am	10 Gentle Yoga 9:30-10:30 am 55+ 1:30-3:30pm	11 Fit & Flex 10-11 am CSF 11:10-12 noon	12 Cribbage 1:30-3:30 pm	13	14
15	16 Pole Walking 9-10 am Fit & Flex 10-11 am	17	18 Fit & Flex 10-11 am CSF 11:10-12 noon	19 Cribbage 1:30-3:30 pm	20	21
22	23 <i>Community Centre closed @ 12 pm</i>	24	25	26	27	28
29	30	31	1	2	3	4

