

November 2019

Issue 74

Seniors Scene

Enrich your life with us!



HEADINGLEY COMMUNITY CENTRE

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

www.headingleyseniorservices.ca

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To everyone who participated in our 2019
Christmas Arts & Craft Sale, thank you!

November is Diabetes Awareness Month

There are three main types of diabetes:

Type 1 diabetes, usually diagnosed in children and adolescents, occurs when the pancreas is unable to produce insulin. Insulin is a hormone that controls the amount of glucose in the blood. Approximately 10 per cent of people with diabetes have type 1 diabetes.

The remaining 90 per cent have **Type 2** diabetes, which occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced. Type 2 diabetes usually develops in adulthood, although increasing numbers of children in high risk populations are being diagnosed.

A third type of diabetes, **gestational diabetes**, is a temporary condition that occurs during pregnancy. It affects approximately 2 to 4 per cent of all pregnancies (in the non-Aboriginal population) and involves an increased risk of developing diabetes for both mother and child.

Is diabetes serious?

If left untreated or improperly managed, diabetes can result in a variety of complications, including:

- * Heart disease
- * Kidney disease
- * Eye disease
- * Nerve damage

The first step in preventing or delaying the onset of these complications is recognizing the signs and symptoms, as well as risk factors of diabetes.

What are the symptoms?

Signs and symptoms of diabetes include the following:

- * Unusual thirst
- * Frequent urination
- * Weight change (gain or loss)
- * Extreme fatigue or lack of energy
- * Blurred vision

- * Frequent or recurring infections
- * Cuts and bruises that are slow to heal
- * Tingling or numbness in the hands or feet

What are the risk factors for diabetes?

If you are aged 40 or older, you are at risk for type 2 diabetes and should be tested at least every three years. If any of the following risk factors apply, you should be tested earlier and/or more often:

- * A member of a high-risk group (Aboriginal, Hispanic, Asian, South Asian or African descent)
- * Overweight (esp. if you carry most of your weight around your middle)
- * A parent, brother or sister with diabetes
- * Health complications that are associated with diabetes
- * Given birth to a baby that weighed more than 4 kg (9 lb)
- * Had gestational diabetes (diabetes during pregnancy)
- * Impaired glucose tolerance or impaired fasting glucose
- * High blood pressure
- * High cholesterol or other fats in the blood

Can you prevent diabetes? Research shows that lifestyle changes can help prevent or delay the onset of type 2 diabetes. A healthy meal plan, weight control and physical activity are important prevention steps.



The logo for Diabetes Canada features the word "DIABETES" in a large, bold, blue sans-serif font. A thick, light blue horizontal bar passes behind the letters of "DIABETES". Below "DIABETES", the word "CANADA" is written in a slightly smaller, bold, blue sans-serif font.

<https://www.diabetes.ca/>

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**



Christmas Luncheon

Tuesday, December 3rd at Noon
Headingley Community Centre

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

POLE WALKING



Monday from 9-10 am
For more info or to rent poles please contact Kristie at (204) 889-3132 ext. 3

Brainteaser . . .



1. Which travels faster? Hot or cold?

Answer on page 4

ANNUAL Remembrance Day SERVICE

MONDAY NOVEMBER 11, 2019

HEADINGLEY COMMUNITY CENTRE
5353 PORTAGE AVENUE

DOORS OPEN 10:00 AM
SERVICE 10:45 AM

EVERYONE WELCOME
SPONSORED BY
THE HEADINGLEY HISTORICAL SOCIETY
THE RM OF HEADINGLEY

lest we forget

Great Adventures with Grandfriends



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



Next Foot Clinic

Thursday, November 21st

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

Upcoming Lunches

Tuesday November 5: Noon - 2:00 pm

Lunch & Games

Tuesday November 19th: Noon - 2:00 pm

Lunch & Learn

"Birds of Headingley"



*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.

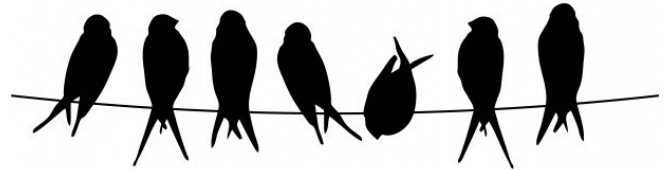
Riddle . . .

Answer from Page 3

1. Hot is faster, because you can catch a cold



BIRDS OF HEADINGLEY



Presenter: Bob Shettler

Headingley is going to the birds! Birds are not only beautiful to watch, they are important to our environment. And you might be surprised by some of the species that could be nesting in your backyard!

*Seats are limited, please register

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



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

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31 HALLOWEEN	1	2
3	4 Pole Walking 9-10 am Fit & Flex 10-11 am	5 Gentle Yoga 9:30-10:30 am <i>Lunch & Games Noon-2:00pm</i>	6 Fit & Flex 10-11 am CSF 11:10-12 noon	7 10—Grandfriends 1:15—Healthy Aging <i>Cribbage 1:30-3:30 pm</i>	8	9
10	11 REMEMBRANCE DAY COMMUNITY CENTRE CLOSED 	12 Gentle Yoga 9:30-10:30 am <i>55+ 1:30-3:30pm</i>	13 Fit & Flex 10-11 am CSF 11:10-12 noon	14 10—Grandfriends 1:15—Healthy Aging <i>Cribbage 1:30-3:30 pm</i>	15	16
17	18 Pole Walking 9-10 am Fit & Flex 10-11 am	19 Gentle Yoga 9:30-10:30 am <i>Lunch & Learn Birds of Hdly Noon-2:00pm</i>	20 Fit & Flex 10-11 am CSF 11:10-12 noon	21 10—Grandfriends 1:15—Healthy Aging <i>Cribbage 1:30-3:30 pm</i>	22	23
24	25 Pole Walking 9-10 am Fit & Flex 10-11 am	26 Gentle Yoga 9:30-10:30 am <i>55+ 1:30-3:30pm</i>	27 Fit & Flex 10-11 am CSF 11:10-12 noon	28 10—Grandfriends 1:15—Healthy Aging <i>Cribbage 1:30-3:30 pm</i>	29	30