



January 2020

Issue 76

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

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***Find out how you can help celebrate Manitoba 150!
See next page for details***



MANITOBA 150

United in celebration • Unis dans la fête

May 12, 2020 will mark 150 years since the Manitoba Act received royal assent, paving the way for Manitoba to become Canada's fifth province. The Manitoba 150 Host Committee is engaging Manitobans in the yearlong celebration of this momentous milestone.

The Manitoba 150 Host Committee aims to support initiatives and events that cultivate pride in our province, foster a profound connection with our diverse cultures and, above all, unite us in celebration.

Manitoba 150 United in Celebration – Unis dans la fête highlights the fact that our province is in the heart of the country, uniting the east and the west. The unbroken line of the logo represents our unity and the strong connection we feel to our home that is part of our identity, uniting us as Manitobans. The brand personality is welcoming and inclusive, proud and celebratory, exciting and creative. We are proud of our province's beauty, our culture, our people, our history!



Programs are already being planned to celebrate Manitoba 150. For more information check out their website at; <https://manitoba150.com/>

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

Healthy Aging through the Arts!

8 Thursdays
January 23 - March 12
1:00 pm - 3:00 pm
Headingley Community Centre
Fee: \$48.00

Register by: January 16
info@mhrd.ca
mhrd.ca
204.885.2444



Yoga Flow

Instructor: Rebecca Watson
Headingley Community Centre
12 Thursdays
January 9—March 26
9:30—10:30 am
Register by: January 6
With MHRD

Riddle . . .



When you say this word, it disappears. What is it?

Answer on page 4



The InClines
Sweet Dreams of Patsy Cline

PERFORMING AT
club Regent
EVENT CENTRE

SUNDAY, JANUARY 26, 2020
2:00 P.M. MATINEE

\$30/person

SHUTTLE BUS AVAILABLE
TO AND FROM THE CASINO!

Call Kristie for more details;
(204) 889-3132 ext. 3



Come in for a complimentary hearing health check & information session

Connect Hearing will be on location:
Monday, February 3, 2020
10:00 AM - 1:45 PM

#1 PHYSICIAN REFERRED





Next Foot Clinic Thursday, January 9th

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

Upcoming Lunches

Tuesday January 7: Noon—2:00pm
Lunch & Learn—Ask the Pharmacist

Tuesday January 21: Noon-1:30
Lunch & Games

Please be advised that in 2020 the meal price will increase from \$8.00 to \$10.00 as a result of rising food costs.

Riddle . . .

Answer from Page 3

1. Silence

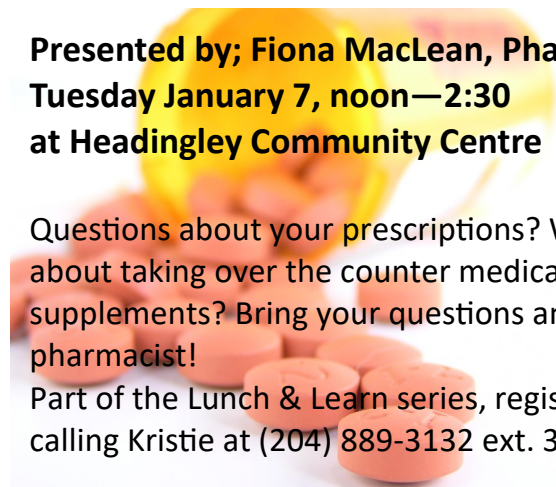


Ask the Pharmacist

Presented by; Fiona MacLean, Pharmacist
Tuesday January 7, noon—2:30
at Headingley Community Centre

Questions about your prescriptions? Wondering about taking over the counter medications or supplements? Bring your questions and ask the pharmacist!

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



Breast Cancer Screening Clinic

CancerCare Manitoba's mobile mammography clinic is coming soon!

Headingley, Manitoba

Headingley Community Centre
5353 Portage Avenue

January 13 - 17, 2020
Women age 50 and over.

Call 1-855-95-CHECK to book your screening mammogram.

LIMITED APPOINTMENTS. DATES ARE SUBJECT TO CHANGE.




Get checked Manitoba.
Cancer screening saves lives.
BreastCheck ✓ CervixCheck ✓ ColonCheck ✓

cancercare.mb.ca/screening
1-855-95-CHECK

© POST-MOBILE

Office Hours:

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



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

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 New Year's Day 	2	3	4
5 Fit & Flex 10-11 am	6 Pole Walking 9-10 am Fit & Flex 10-11 am	7 Gentle Yoga 9:30-10:30 am <i>Lunch & Learn Ask the Pharmacist</i>	8 Fit & Flex 10-11 am Cardio SF 11:10-12 noon	9 Yoga Flow 9:30-10:30 Foot Clinic  Cribbage 1:30-3:30 pm	10	11
12 Fit & Flex 10-11 am	13 Pole Walking 9-10 am Fit & Flex 10-11 am	14 Gentle Yoga 9:30-10:30 am <i>55+ 1:30-3:30pm</i>	15 Fit & Flex 10-11 am Cardio SF 11:10-12 noon	16 Yoga Flow 9:30-10:30 Cribbage 1:30-3:30 pm	17	18
19 Fit & Flex 10-11 am	20 Pole Walking 9-10 am Fit & Flex 10-11 am	21 Gentle Yoga 9:30-10:30 am <i>Lunch & Games</i>	22 Fit & Flex 10-11 am Cardio SF 11:10-12 noon	23 Yoga Flow 9:30-10:30 <i>Healthy Aging Through Arts 1-3pm</i> Cribbage	24	25
26 Fit & Flex 10-11 am	27 Pole Walking 9-10 am Fit & Flex 10-11 am	28 Gentle Yoga 9:30-10:30 am <i>55+ 1:30-3:30pm</i>	29 Fit & Flex 10-11 am Cardio SF 11:10-12 noon	30 Yoga Flow 9:30-10:30 <i>Healthy Aging Through Arts 1-3pm</i> Cribbage	31	1