



February 2020
Issue 77

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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Calendar of Events

Phoenix Winter Carnival February 1-9

February 7—Free BBQ
February 8—Pancake
Breakfast

50/50 All Week Long

**Canteen in Hockey Hutch open
all week**

**For more info and an updated
schedule visit; phoenixrec.org**

Primary Caregiver Tax Credit

The Primary Caregiver Tax Credit provides recognition and financial support to individuals who serve as primary caregivers for more than 90 days. This program builds upon regional home care services and is intended to help care recipients remain independent as long as possible. Care recipients may have cognitive, physical or behavioural barriers. Therefore, they require assistance in completing personal care and home making activities and in using community resources, so that they can remain in the community longer. The primary caregiver may be a spouse, other relative, neighbour, or friend who provides care without remuneration. The individual must be assessed as requiring Care Levels 2, 3, or 4 while living at home. Examples include those with a disability, people with life threatening illnesses and others needing care and supervision for periods of more than 90 days.



NEW: As of the 2018 tax year, an individual tax filer may claim a flat tax credit of \$1,400 per year for providing the unpaid care. Manitoba caregivers may substantiate their self-assessed eligibility by completing a Registration Form, sending a copy to the Manitoba Tax Assistance Office, and making a claim on their personal income tax return (MB479). It is recommended that tax filers retain original copies of all relevant documentation in case it is needed by Manitoba Finance or the Canada revenue Agency to verify or substantiate a tax credit claim. This credit is refundable and not income tested. This means you can claim it even if you do not have taxable income.

The credit may defray your caregiver expenses such as shopping, transport, outings and respite

Who is Eligible?

The care recipient must:

- Be a resident of Manitoba; reside in an area under the jurisdiction of a Regional Health Authority
- Reside in a private residence (e.g., not a group home, foster home, hospital, or personal care home, in supportive housing, or on a reserve)
- Assessed as having care level requirements equivalent to level 2 or higher (see Registration Form)
- Designate only one primary caregiver to claim this credit.

The primary caregiver must:

- Be a resident of Manitoba
- Provide caregiving for longer than 90 days
- Personally provide care or supervision to the care recipient without reward or compensation of any kind
- Not be the spouse or common-law partner of a person who receives compensation or reward for providing care to a qualified care recipient.

Primary Caregiver Tax Credit—Additional Information: If caregiving continues from year to year without interruption, the initial 90-day qualification requirement is not repeated. A change in the primary caregiver designated by a care recipient requires a new Registration Form and a 90-day qualification period by the new caregiver. Caregivers do not have to submit new registrations forms for subsequent years. Caregivers who receive Employment and Income Assistance (EIA) are eligible to claim the full credit without reduction.

<https://www.gov.mb.ca/finance/tao/faq.html>

Chase the ACE

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

Headingley Family Fun Day

Sunday February 2nd - 11am-3pm

Phoenix CC, 153 Seekings St

Everyone Welcome! Wear your favorite Jersey!

Join us for a fun day of skating, sliding & snowman building.

Girls (ages 8-14) - 3pm ringette game (sign up info on website listed below)



*** WE NEED AS MANY PEOPLE AS
POSSIBLE TO JOIN US AT 1PM ***

The goal is to surround the South Rink with Headingley Families and have the children make a huge 150 on the ice. We have Manitoba flags and a photographer to take an amazing community picture.

What a great way to kick off our Manitoba 150 celebration!

Most up to date info will be posted @ www.phoenixrec.org

Riddle . . .



What is the largest ant in the world?

Answer on page 4

You're invited to attend our
Khartum Ladies Auxiliary
Annual Bridge & Card Party
In support of children living with
disabilities.

Thursday, April 16th, 2020

Lunch: 12:00 noon
Bridge or Cards: 1:00 pm
Shrine House – 1155 Wilkes Ave
Tickets \$15.00


For tickets contact:
Arla @ 204-253-0006



**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

Connect
Hearing 



Next Foot Clinic
Thursday, February 20th



Be sure to register with Kristie

Upcoming Lunches

Tuesday February 4: Noon—2:00pm
 Lunch & Games

Tuesday February 18: Noon-2:30
 Lunch & Learn—Finding Your Balance

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

Riddle . . .

Answer from Page 3

1. Elephant



FINDING YOUR BALANCE

Presented by; Lydia Baydack, Physiotherapist
 Tuesday February 18, noon—2:30
 at Headingley Community Centre

Good balance is often taken for granted. Dizziness, vertigo, unsteadiness and falls are common symptoms of a vestibular dysfunction (sense of balance). Learn about common conditions that could affect the vestibular system and how Vestibular Rehabilitation Therapy could help improve these symptoms and quality of life.

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

Canasta

Wednesday February 12th
Headingley Community Centre
1:30-3:30 pm



All skill levels welcome!

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

More Information

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

Fees

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

Office Hours:

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

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1  Phoenix Winter Carnival Begins!
2	3 Pole Walking 9-10 am Fit & Flex 10-11 am	4 Gentle Yoga 9:30-10:30 am <i>Lunch & Games Noon-2pm</i>	5 Fit & Flex 10-11 am Cardio SF 11:10-12	6 Yoga Flow 9:30-10:30 <i>Cribbage 1:30-3:30 pm</i>	7	8
9 Phoenix Winter Carnival Ends 	10 Pole Walking 9-10 am Fit & Flex 10-11 am	11 Gentle Yoga 9:30-10:30 am <i>55+ 1:30-3:30pm</i>	12 Fit & Flex 10-11 am Cardio SF 11:10-12 <i>Canasta 1:30-3:30</i>	13 Yoga Flow 9:30-10:30 <i>Cribbage 1:30-3:30 pm</i>	14 	15
16	17 Louis Riel Day Community Centre Closed	18 Gentle Yoga 9:30-10:30 am <i>Lunch & Learn Finding Your Balance</i>	19 Fit & Flex 10-11 am Cardio SF 11:10-12	20 Yoga Flow 9:30-10:30 Foot Clinic  <i>Cribbage 1:30-3:30 pm</i>	21	22
23	24 Pole Walking 9-10 am Fit & Flex 10-11 am	25 Gentle Yoga 9:30-10:30 am <i>55+ 1:30-3:30pm</i>	26 Fit & Flex 10-11 am Cardio SF 11:10-12	27 Yoga Flow 9:30-10:30 <i>Cribbage 1:30-3:30 pm</i>	28	29