

April 2020

Issue 79

Seniors Scene

Enrich your life with us!



HEADINGLEY COMMUNITY CENTRE

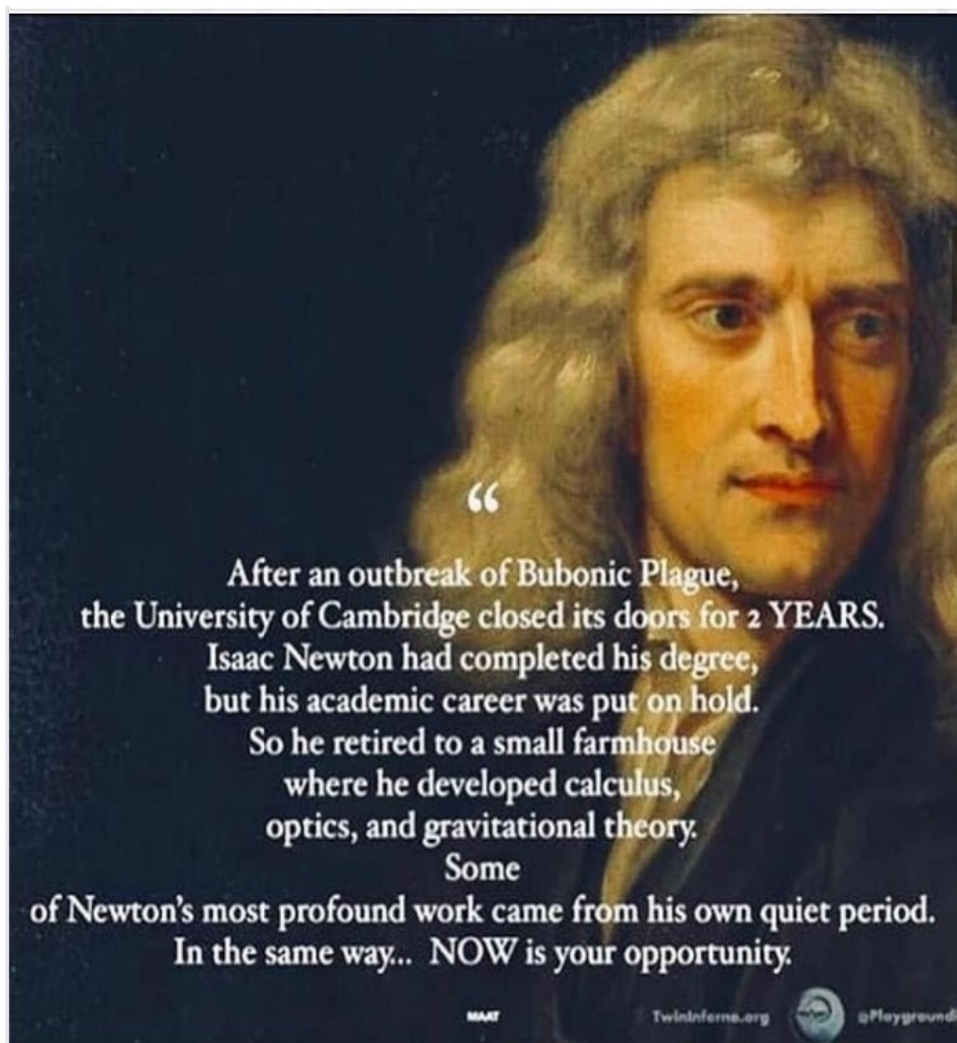
5353 Portage Avenue
Headingley, Manitoba
R4H 1J9
204-889-3132 ext 3

www.headingleyseniorservices.ca

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Some Food for Thought...



Staying active during a difficult time

The COVID-19 pandemic is turning our lives upside down. This is especially the case since public-health authorities are promoting social distancing to stop or slow the spread of the disease. Many are thus worried about staying holed up in their homes, being physically inactive and socially isolated. We've compiled a few ideas to help you stay active and engage during this difficult period.

Walk outside and enjoy all that nature has to offer

Walking can lower the risk of heart disease, benefit those with chronic conditions, improve physical ability/function, and reduce pain. But make sure to keep a safe distance from others you may encounter during your walk as part of precautionary measures against the pandemic.

Try a new recipe and share them via social media with your friends and family

Showcase your culinary skills and knowledge via social media with friends and family. Food not only nourishes the body, but the soul too!

It's time to prepare the garden

Although some regions may still have snow, gardeners around the country are starting to get busy. Gardening is sometimes considered as a simple hobby but think again! It is an amazing activity that can have positive effects on health and well-being.

Do something creative

Spring is the perfect time to wake the artist inside you. Dust off the camera, piano or pick up your paint brush.

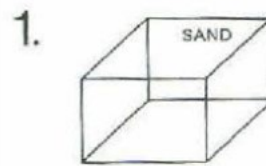
Use this time as an opportunity to learn something new

Engaging with others in online courses appears to foster a sense of belonging to a group (albeit virtual), improve self-esteem, and help address isolation among older adults.

For the full article check out; www.mcmasteroptimalaging.org/

BRAIN TEASERS

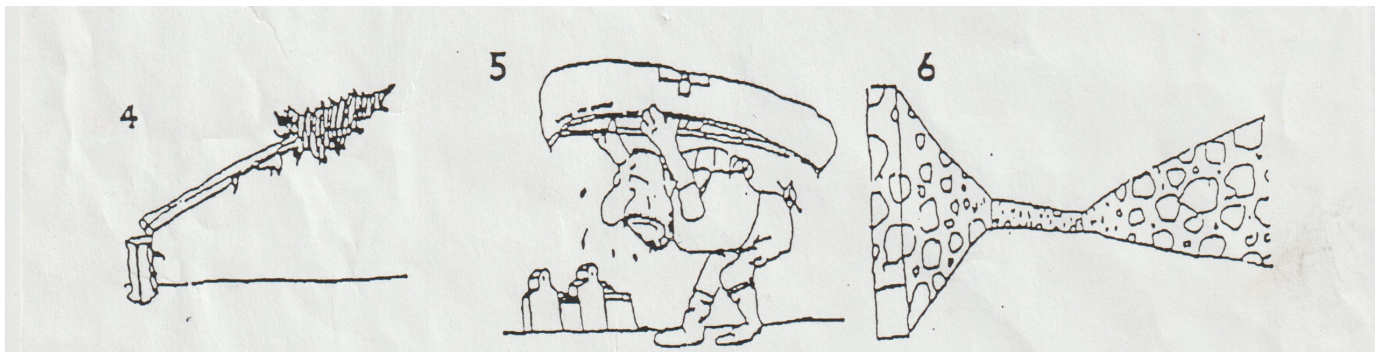
			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			



2. MAN BOARD

3. STAND
|

Can you name these Manitoba Towns? (Answers on next page)



Riddle . . .



What has teeth but cannot eat?

Answer on page 4

WHAT DO YOU CALL
A PIG THAT DOES
KARATE?

A pork chop.

Parade

Next Foot Clinic
Thursday, April 2nd

Cancelled until further notice

3132 ext 3

DAILY CHALLENGE

On page 5 you will find the calendar for April. On each day you will find the letters DC. This stands for “Daily Challenge” and to complete it you must perform the task given. Some are a bit silly but it’s a way to do something different everyday.

On April 26th, you are asked to “make a playlist”, please create a list of your 5 favorite songs and send it to Kristie.

These songs will be used for an upcoming Lunch & Games!

Virtual Presentation

We’re going to try something different! Dani Nowosad was going to presenting at a Lunch and Learn this month about her research in the Arctic. Since we can’t get together but still think this is good information, there will be a link sent out for the live presentation which will happen mid-April. Dani will be available for questions following the presentation. If you would like to join please send Kristie an email requesting the link.

Riddle . . .

Answer from Page 3

1. *A Comb*



4	3	5	2	6	9	7	8	1
6	8	2	5	7	1	4	9	3
1	9	7	8	3	4	5	6	2
8	2	6	1	9	5	3	4	7
3	7	4	6	8	2	9	1	5
9	5	1	7	4	3	6	2	8
5	1	9	3	2	6	8	7	4
2	4	8	9	5	7	1	3	6
7	6	3	4	1	8	2	5	9

POLE WALKING



To rent poles or other gym equipment please contact Kristie ;

hdlyseniorservices@mymts.net or
 (204) 803-2795

Brainteasers: Sandbox, Man overboard, I understand

Manitoba Towns: Pine Falls, Portage La Prairie, Stonewall

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
*DC=Daily Challenge—see page 4			<i>DC: Phone a friend</i>	<i>DC: Make a meal plan for one week</i>	<i>DC: Read something</i>	<i>DC: Complete one exercise from the attached booklet</i>
5	6	7	8	9	10	11
<i>DC: Write a letter</i>	<i>DC: Organize your pantry</i>	<i>DC: Go for a walk</i>	<i>DC: Phone a neighbor</i>	<i>DC: Drink 5 glasses of water</i>	<i>DC: Try something new!</i>	<i>DC: Complete one exercise from the attached booklet</i>
12	13	14	15	16	17	18
<i>DC: Complete one of the puzzles on page 3</i>	<i>DC: Clean your junk drawer</i>	<i>DC: Climb a flight of stairs</i>	<i>DC: Phone someone you haven't spoken to this month</i>	<i>DC: Eat a dark green leafy vegetable</i>	<i>DC: Dance to your favorite song</i>	<i>DC: Complete one exercise from the attached booklet</i>
19	20	21	22	23	24	25
<i>DC: Make a list</i>	<i>DC: Clean the bathroom</i>	<i>DC: Walk to the mailbox</i>	<i>DC: Phone a friend</i>	<i>DC: Try a new recipe</i>	<i>DC: Put on an outfit that makes you feel good</i>	<i>DC: Complete one exercise from the attached booklet</i>
26	27	28	29	30	1	2
<i>DC: Make a playlist (refer to page 4)</i>	<i>DC: Do some spring cleaning</i>	<i>DC: March on the spot for 5 minutes</i>	<i>DC: Phone a neighbor</i>	<i>DC: Eat 5 servings of fruit</i>		