



May 2020  
Issue 80

# Seniors Scene

*Enrich your life with us!*

## **HEADINGLEY COMMUNITY CENTRE**

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***I think that when the dust settles, we will realize how very little we need, how very much we actually have and the true value of human connection.***



Copied from the “Let No One Be Alone” Facebook page. More information about this initiative can be found on Page 4 or by visiting; <https://www.facebook.com/LetNoOneBeAlone/>

## RESTORING SAFE SERVICES TOGETHER: A PHASED APPROACH

Restoring Services (Phase One) Beginning May 4  
Critical public health measures and current travel restrictions will remain. This includes mandatory self-isolation upon one's return to Manitoba and limits on travel to the north. Priority elective surgeries have been restarted, diagnostics screening will resume and some non-essential businesses will be reopened:

- schools will remain closed
- non-urgent surgery and diagnostic procedures restored
- therapeutic and health care services restored
- retail businesses reopen
- restaurants – patio/walk-up services restored
- hairstylists and barbers reopen
- museums, galleries and libraries reopen
- outdoor recreation and campgrounds reopen

If results during or at the end of phase one or any future phases are not favourable, the province will not proceed with further easing of secondary public health measures and may reintroduce others. If virus activity remains low, we will give serious consideration in mid-May to easing the restrictions on group size.

Restoring Services (Phase Two) Beginning no earlier than June 1

Critical public health measures and travel restrictions will remain. This includes mandatory self-isolation upon one's return to Manitoba and limits on travel to the north. Any changes made in this phase will depend on the evaluation of the previous phase. This may include:

- expanding public gatherings
- restaurants – dine-in services restored
- film production reopened
- non-contact children's sports restored

Future Phases Public health measures may be further eased based on ongoing public health data and surveillance. Physical distancing measures will remain in place. Travel restrictions may be eased, depending on public health data and surveillance. Specific considerations are included relating to:

- performing arts venues
- other non-essential businesses
- large gatherings / events

For more info refer to; <https://manitoba.ca/covid19/>

Let no o

### A Message from the HSSI Board Chair

Staying away from our loved ones is so incredibly hard! While we all must face this pandemic together, we must do so in isolation. I want to give my daughters a hug or a kiss on the cheek and tell them we will be able to gather as a family again very soon! I am sure you all want the same thing with your own families. But it is important to respect the rules of physical distancing to contain the spread of this horrible virus! With this in mind, the HSSI Board of Directors has been meeting, via teleconference, to continue offering as many services to the community as is safe to do so. It was decided that our Annual General Meeting, which was scheduled to be held on **May 6th**, would be better held at a later date when it is safe to gather and therefore has been postponed until further notice. Our Craft Sale Committee is working on plans for the Headingley Holiday Market to take place in mid-October, however, we cannot confirm it will take place at this time. I wanted to let everyone to know that even in these uncertain times, the HSSI Board is working toward a positive future for all of our seniors! If we all stay strong, stay safe and continue caring for our neighbours we will be able to gather with our loved ones before too long!

# BRAIN TEASERS

Solution on next page

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

4. |R|E|A|D|I|N|G|

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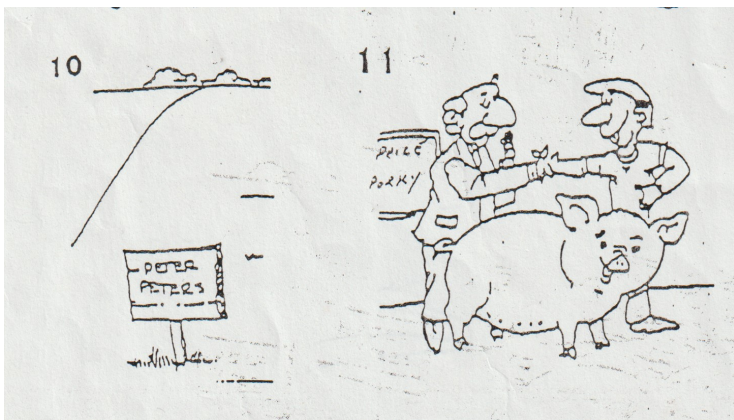
5. WEAR  
LONG

---

6. R  
ROAD  
A  
D

---

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



**Once my dog ate all the Scrabble tiles. For days he kept leaving little messages around the house. → rd.com**

## Fun at the Farm!

Every Thursday check out MHRD's new video to see what's happening on the farm; <https://www.mhrd.ca/pages/van-massenhoven-farm-video-trivia/288>



## Riddle . . .



*What is always in front of you but can not be seen?*

*Answer on page 4*

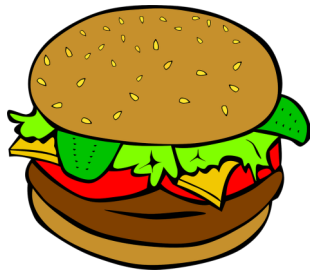


**Days in May**

In the calendar this month, each day is a recognized day for something. So I encourage you to participate in some way on each of these days; even if it is as simple as looking up what it even means! To give you a freebie, here is a recipe for May 28;

**The Perfect Basic Burger**

- 1 egg
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 pound ground beef
- 1/2 cup fine dry bread crumbs



- Step 1—Preheat an outdoor grill for high heat and lightly oil grate**
- Step 2—In a medium bowl, whisk together egg, salt and pepper. Place ground beef and bread crumbs into the mixture. With hands or a fork, mix until well blended. Form into 4 patties approximately 3/4 inch thick.**
- Step 3—Place patties on the prepared grill. Cover and cook 6 to 8 minutes per side, or to desired doneness.**



What this week is about:

I have learned first hand, and through impelling research, loneliness is a leading cause of death. Our “social connectedness”; is a determinate of our health. This initiative started back in 2012 and has always been recognized the first full week in May. This week is about connecting with people, especially those that are alone. Not only during the week of awareness, this week is meant to serve as reminder to all, the importance of real connections & reaching out all year long. We may not have medical degrees to find cures for diseases, but all of us have the capacity to care which is a key element in their prevention.

**Connecting Amidst Covid19**

*If you are reading this, understand the importance of your own social engagement. Selfcare is necessary! Take time to "fill your tank," it will allow you to be your best for others!*

- Pick up the phone and call someone**
- Take part in a video chat**
- Write a letter and send it through "snail mail"**
- Create a "phone chain" check up**
- Invent ways to communicate non-verbally**  
(Signs in a window saying you're ok)
- Get out a family recipe, give it a try, & share results with your family.**
- Start conversations by sharing old photos**
- Share your ideas & help make a change!**



Join the Let No One Be Alone Facebook page at <http://www.facebook.com/LetNoOneBeAlone>

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

*Brainteasers: Reading between the lines, Long Underwear, Cross Roads*

*Manitoba Towns: Petersfield, Winnipeg*

*Riddle . . .*

*Answer from Page 3*

1. *The Future*



**Virtual Presentation**

Dani Nowosad’s Arctic presentation is now live on YouTube. If you would like the link please contact Kristie; [hdlyseniorservices@mts.net](mailto:hdlyseniorservices@mts.net)

# May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	29	30	1 <i>National Chocolate Parfait Day</i>	2 <i>National Fitness Day</i>
3 <i>National Lemonade Day</i>	4 <i>Star Wars Day</i> "May the Fourth be with you"	5 <i>Cinco De Mayo</i>	6 <i>National Beverage Day</i>	7 <i>World Password Day</i>	8 <i>National Coconut Cream Pie Day</i>	9 <i>World Migratory Bird Day</i>
<----- Let No One Be Alone Awareness Week ----->						
10 <i>HAPPY Mother's DAY</i> 	11 <i>National Twilight Zone Day</i>	12 <i>National Limerick Day</i>	13 <i>National Fruit Cocktail Day</i>	14 <i>National Dance Like a Chicken Day</i>	15 <i>National Chocolate Chip Cookie Day</i>	16 <i>National Mimosa Day</i>
17 <i>National Walnut Day</i>	18 <i>Victoria Day</i>	19 <i>National Endangered Species Day</i>	20 <i>National Quiche Lorraine Day</i>	21 <i>National Memo Day</i>	22 <i>International Day for Biological Diversity Day</i>	23 <i>National Taffy Day</i>
24 <i>National Scavenger Hunt Day</i>	25 <i>National Wine Day</i>	26 <i>National Paper Airplane Day</i>	27 <i>National Sunscreen Day</i>	28 <i>National Hamburger Day</i>	29 <i>Learn about Composting Day</i>	30 <i>National Mint Julep Day</i>
31 <i>National Macaroon Day</i>						

Taken from: <https://nationaltoday.com/may-holidays/>  
<https://nationaldaycalendar.com/may/>

