



September 2020

Issue 84

Seniors Scene

Enrich your life with us!

HEADINGLEY COMMUNITY CENTRE

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Virtual Learns



Starting this September, MHRD has a number of exciting visual learns via Zoom for your viewing pleasure. If you are unsure about navigating the virtual waters, HSSI is offering a brief tutorial before each session at the Headingley Community Centre. After which we will stream the live session such as the one below. Please ensure that you register for this as space is limited, you can do so by contacting Kristie at; (204) 889-3132 ext. 3 or hdlyseniorservices@mymts.net.

Wills & Estates

Presenter: Levi Taylor

Make sure you have an estate in place to protect your assets and other personal considerations when you pass. An effective estate plan gives you peace of mind, knowing that your assets will be distributed to your beneficiaries according to your wishes. Learn the many elements of estate planning - your executors may want to attend too!

Wednesday, September 23 @ 1:00 pm

More virtual learns for September can be found on Pg. 4



To be active at home, take your Daily Dose!

By John Griffin, MSc

Many of us struggle to be physically active on a regular basis. Exercise—particularly starting an activity program—challenges people to change their behavior, and that's hard. More than half the attempts to begin exercise programs lapse within a few months.

One approach to this problem is to structure exercise right into our lifestyle. When we think about exercise as an integrated part of daily life, it stops being an add-on. Instead, it complements what we do every day.

Most days, people complete a series of routine tasks. Some of these we may enjoy, like reading the paper. Others are routine jobs, like sweeping a floor or brushing our teeth.

Daily active living simply enhances simple activities in a daily routine. It can complement a daily exercise program or replace it from time to time.

It's about making active choices that become a way of life. Here are some examples:

- walking to the store instead of taking the car
- climbing stairs instead of riding the elevator
- active playing with grandkids
- taking on a more vigorous chore for the day

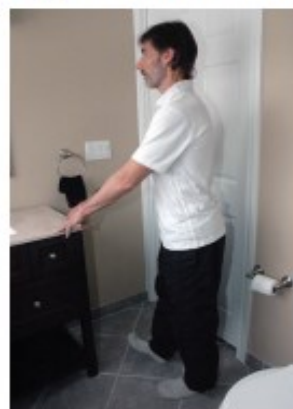
In addition to incorporating active living into your life, you can also consider adding in a little 'daily dose routine'. Daily dose routines are mini movement routines that you can do at the same time as certain activities you do every day.

Be sure to consult with a physician, physical therapist, or other trained health or exercise professional before doing a new exercise routine, in case you have medical and physical conditions that affect the exercises and how they are applied.



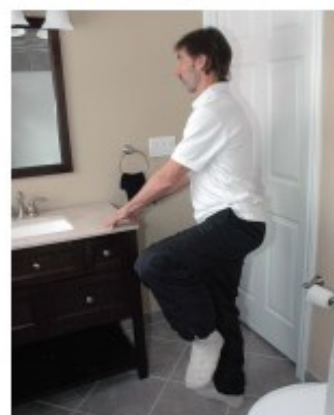
Lower Body Daily Dose

You can do these 5 routines whenever you brush your teeth. Eventually, just going into the bathroom will cue you to do the exercises. Use the edge of the sink for balance and support.



Toe or foot lifts

1. Stand with your legs apart and knees slightly bent.
2. Keeping your heel on the floor, slowly lift your right foot up.
3. Return your foot to the floor.
4. Repeat the exercise, alternating feet.



Knee-up hip roll

1. Stand with your legs together.
2. Lift your right knee up in front of you.
3. Slowly swing your leg out to the side, moving from the hip. Keep your knee bent and pointing out to the side.
4. With your knee still bent, slowly return your leg to the front.
5. Lower your leg to the starting position.
6. Repeat the exercise, alternating legs.

For more of your daily dose visit; activeagingcanada.ca

What did the left eye say to the right eye?

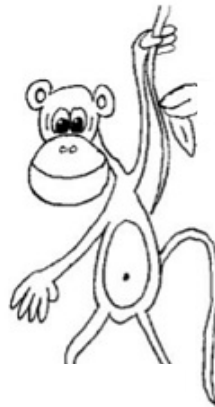
Between you and me, something smells.

Rd.com

Monkey Message

Marvin the Monkey is trying to ask you something. Decode his message to you!

Z M O L
 Q M C A M
 K M J M J M
 R M J B U L F Q ?



How to decode the message:

- Change all of the Ms to As
- Change all of the Js to Ns
- Change the R to S
- Change the A to E
- Change the K to B
- Change the Z to M
- Change the Q to H
- Change all of the Ls to Is
- Change all of the Fs to Cs
- Change the U to W
- Change the B to D
- Change the C to V
- Change the O to Y

What is Marvin the Monkey trying to ask you?

From; www.superteacherworksheets.com

Riddle . . .



What is brown, hairy and wears sunglasses?

Answer on page 4

BRAIN TEASERS

III III
 O O

CLOSE
 CLOSE
 CLOSE
 CLOSE

GROUND


Random Fact

Grapes light on fire in the microwave. Back in 2011, a physicist at the University of Sydney went viral after he placed a grape in the microwave and filmed the fiery aftermath. And oddly enough, scientists couldn't explain the phenomenon until quite recently. A March 2019 study published in *Proceedings of the National Academy of Sciences* reported that the fruity fireball occurs as a result of the loose electrons and ions that cluster to form plasma when grapes get hot.



<https://bestlifeonline.com/did-you-know-facts/>

- Yoga ▪ FlowFit & Flex ▪ Gentle Yoga ▪
- Cardio Strength Fusion ▪

These are some of the Fitness Programs you will see in the calendar on Page 5. For more inf or to register please visit mhrd.ca or call (204) 885-2444

Next Foot Clinic

Thursday, October 1st



Be sure to register with Kristie @ 889-3132 ext. 3

Check out our Headingley Library at: 49 Alboro Street Phone: (204) 888-5410 For COVID hours visit; www.headingleylibrary.ca



Wellness Kits

Through the Emergency Community Support Fund and the Headingley Community Foundation, HSSI was able to secure a grant to create and distribute Wellness kits.

To enter your name into the draw, please contact Kristie at;

(204) 889-3132 ext. 3 or

hdlyseniorservices@mymts.net

*Please note; those that are on the newsletter email list are automatically entered into the draw

Riddle . . .

Answer from Page 3

1. A coconut on vacation!



Virtual Learns

Continued from Page 1

Facts vs. Myths of immune Boosting Nutrition

Instructor: Johnson Hoang, Southern Health RHA

During the flu season and living in the COVID pandemic, people may seek special foods or vitamin supplements that are believed to boost immunity. Vitamin C, Zinc, and Echinacea are popular examples. However, our immune system is very complex and influenced by many factors, not just diet alone. We will debunk some of these myths and give you the information to make informed choices on your health.

Thursday, September 17th 1-3pm

Journey to Antarctica

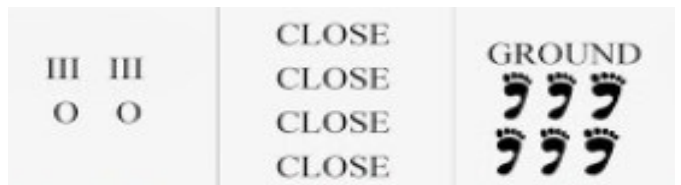
Presenter: Dawna Atamanchuk

This presentation will walk viewers through local hot spots, attractions, and individual experiences that Antarctica has to offer. Be ready to learn about a new area and culture as you listen to information and view stunning pictures of the area.

Wednesday, September 30 1-2pm

Puzzle Answers

Monkey Message: Can I have a banana sandwich?



Circles under the eyes

Foreclose

6 feet under

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7 <i>Labor Day Community Centre Closed</i>	8	9	10	11	12
13	14	15	16	17 <i>Immune Boosting Nutrition via Zoom</i>	18	19
20	21 <i>Fit & Flex Cardio Strength Fusion (CSF)</i>	22 <i>Gentle Yoga</i>	23 <i>Fit & Flex CSF Wills & Estates via Zoom</i>	24 <i>Yoga Flow</i>	25	26
27	28 <i>Fit & Flex CSF Functional Fitness via Zoom</i>	29 <i>Gentle Yoga</i>	30 <i>Fit & Flex CSF Journey to Antarctica via Zoom</i>	1	2	3

Fitness = Blue

Virtual Learns = Green

Municipal = Magenta