



February 2021
Issue 89

Seniors Scene

Enrich your life with us!

HEADINGLEY COMMUNITY CENTRE

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February 1-28

WELLNESS CHALLENGE

These are difficult times, why not do something to promote your physical and mental health?!



FIRST 5 REGISTRATIONS WIN A PRIZE

See next page for more details

Wellness Challenge

Continued from previous page

For the month of February HSSI will be hosting a Wellness Challenge. The goal of this challenge is to aid in improving overall wellness and help combat boredom. This will be accomplished through various tasks and activities which will earn you ballots for prizes. You will receive one ballot for each week you submit an Activity Log. The requirement is to do 5-30 minutes of activity and/or reading each day. There will also be opportunities to earn bonus ballots throughout the challenge. At the end of the month names will be drawn for some great prizes!

To participate and receive your registration package with more details please contact Kristie at: hdlyseniorservices@mymts.net or (204) 889-3132 ext. 3
As mentioned in the poster the first 5 registrations will earn a prize!

Top Tips for Winter Walking:

- ✦ Be prepared with reflective gear, warm clothing, and non-slip footwear.
- ✦ Have your eyes checked yearly.
- ✦ Give your eyes time to adjust to the change in light going from outdoors to indoors.



COVID-19 VACCINE

Manitoba's first COVID-19 immunization clinic launched on December 16, 2020 and immunized 900 health care workers. Since then, we've given more than 30,000 doses of vaccine. Over the coming months, this will be the largest immunization campaign in the province's history and the next step in protecting Manitobans from the pandemic.

Manitoba has been preparing and planning for the COVID-19 vaccine to arrive for months. This includes making decisions about priority groups, the logistics of receiving, storing and distributing vaccines, and monitoring and reporting on the immunization campaign.

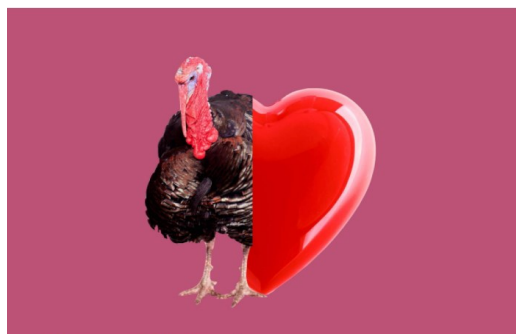
This information is constantly changing, visit <https://manitoba.ca/covid19/vaccine/>



Valentine's Day Word Scramble

- | | |
|---------------|----------------|
| 1) LACCOHTEO | 10) WFRLOE |
| 2) NELEAVTIN | 11) RRBFAUEY |
| 3) HTEESWTAER | 12) NADCY |
| 4) DRE | 13) WROAR |
| 5) PCUDI | 14) KIPN |
| 6) RHATE | 15) ELVO SRDBI |
| 7) SERO | 16) ECSRET |
| 8) DIMEAR | 17) RINEFD |
| 9) VELO | |

Answers on next page



TATIANA AVAZO/RD.COM, SHUTTERSTOCK

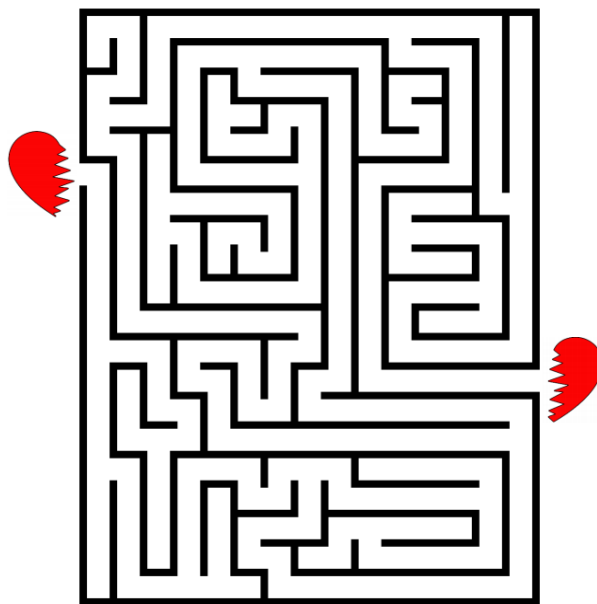
Fun Fact: Turkeys can blush

When turkeys are scared or excited—like when the males see a female they're interested in—the pale skin on their head and neck turns bright red, blue, or white. The flap of skin over their beaks, called a "snood," also reddens.

BRAIN TEASERS

new leaf	stky
bridge water	school
orseman	D UC K

Reunite the Broken Heart



Riddle . . .



What kind of coat is best put on wet?

Answer on page 4

How did the doorbell propose to his sweetheart?

He gave her a ring.

Foot Clinics are presently paused, however if you need to get in touch with a Foot Care Nurse, please contact Kristie



PUZZLE SOLUTIONS

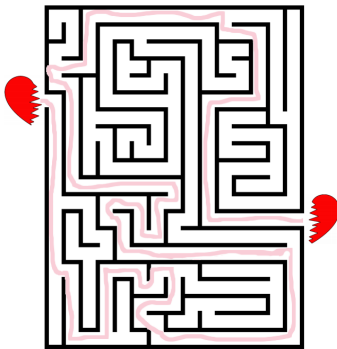
Scramble:

- 1) CHOCOLATE 2) VALENTINE 3) SWEETHEART
- 4) RED 5) CUPID 6) HEART 7) ROSE
- 8) ADMIRE 9) LOVE 10) FLOWER 11) FEBRUARY
- 12) CANDY 13) ARROW 14) PINK 15) LOVE BIRDS
- 16) SECRET 17) FRIEND

BRAIN TEASERS

*Turn over a new leaf Pie in the sky
 Bridge over troubled water High School
 Headless Horseman Sitting Duck*

Reunite the Broken Heart



Riddle . . .

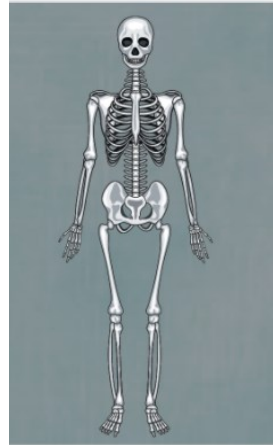
Answer from Page 3

A coat of paint!



Speaking of Bones—February 10 @ 1pm

Osteoporosis is a potentially crippling disease characterized by low bone mass and deterioration of bone tissue, leading to increased bone fragility and risk of fracture. It affects 1 in 4 women and at least 1 in 8 men over 50. A speaker with Osteoporosis Canada will share information on the impact of osteoporosis, how it is diagnosed and managed and what you can do to keep yourself healthy!



Register with MHRD through their website or call (204) 885-2444



Making Community Dreams Come True



"Giving for Good" 50/50 Online Raffle

Please help us to help our community.

www.headingleyfoundation.ca

Tickets are priced 1 for \$10, 5 for \$35, 10 for \$50. Your support goes towards growing HCF's Endowment Funds. These Funds provide dollars for HCF grants to deserving not-for-profit initiatives that serve our community.

YOU COULD WIN BIG WHILE HELPING OTHERS!

Email: HCFinfo@headingleyfoundation.ca

Phone: 204-889-3132 Ext 2

www.headingleyfoundation.ca



February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 <i>Cardio (11-12)</i> <i>Fit & Flex (9:30-10:30)</i>	2 <i>Functional Fitness (9-10)</i> <i>Gentle Yoga (10-11)</i>	3 <i>Cardio (11-12)</i> <i>Fit & Flex (9:30-10:30)</i>	4 <i>Functional Fitness (9-10)</i> <i>Yoga Flow (10-11)</i>	5	6
7	8 <i>Cardio</i> <i>Fit & Flex</i>	9 <i>Functional Fitness</i> <i>Gentle Yoga</i>	10 <i>Cardio</i> <i>Fit & Flex</i> <i>Speaking of Bones (1-2)</i>	11 <i>Functional Fitness</i> <i>Yoga Flow</i>	12	13
14 <i>Valentines Day</i> 	15 <i>Louis Riel Day</i> <i>Stat Holiday</i>	16 <i>Functional Fitness</i> <i>Gentle Yoga</i>	17 <i>Cardio</i> <i>Fit & Flex</i>	18 <i>Functional Fitness</i> <i>Yoga Flow</i>	19	20
21	22 <i>Cardio</i> <i>Fit & Flex</i>	23 <i>Functional Fitness</i> <i>Gentle Yoga</i>	24 <i>Cardio</i> <i>Fit & Flex</i>	25 <i>Functional Fitness</i> <i>Yoga Flow</i> <i>Back Health</i>	26 <i>Core Strength (1-2)</i>	27
28	1 <i>Cardio</i> <i>Fit & Flex</i>	2 <i>Functional Fitness</i> <i>Gentle Yoga</i>	3 <i>Cardio</i> <i>Fit & Flex</i>	4 <i>Functional Fitness</i> <i>Yoga Flow</i>	5	6

On-line Fitness = Blue

Virtual Learns = Green

Health = Orange

Municipal = Magenta

This issue proudly sponsored by; Headingley Community Foundation

