

March 2021

Issue 90

# Seniors Scene

*Enrich your life with us!*



## **HEADINGLEY COMMUNITY CENTRE**

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

[www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)

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## Mental Health is important

Let's face it the last year has been a rough ride and although the vaccine is coming it is unclear when it will be received. It's ok to be struggling with everything that's going on and now more than ever it's important to check on our friends and neighbors. Please feel free to contact me if you want to chat however if you are in need of more in-depth supports refer to the information below which can be found on <https://www.southernhealth.ca/en/finding-care/find-a-service/mental-health/>

Your mental health and emotional well-being is an ever-changing part of who you are. By being self-aware, you are able to take positive steps towards mental health and wellness when the balance between health and illness is disrupted. Positive mental health, feeling well, functioning well and being resilient in the face of life's challenges improves quality of life and is an important part of your overall health and well-being. Even when there are ongoing limitations caused by mental health problems and illnesses.

If you are living with mental illness, know that you can experience recovery and hope. Among many supports, Community Mental Health services will assess, provide counselling, education and referral services to adults, children, seniors and adolescents. Following an assessment, psychiatry and psychology consultations are available when necessary, with services provided in many communities in Southern Health-Santé Sud. To access Community Mental Health services, call 888-310-4593.

## Falls are a significant health problem for older adults.

20-30% of Canadian seniors fall each year. Individuals who fall once are twice as likely to fall again. In Canada, falls are the leading cause of injury-related hospitalizations for older adults in Canada, accounting for 85% of injury-related hospitalizations in this age group.

Falls lead to falls. The most likely predictor of a fall is a previous fall. The most common cause of falling in older adults is slipping or stumbling from ground level, and most falls occur in the home. Falls can cause minor injuries, such as bruises or sprains, or major injuries, such as fractures, head injury, dislocations and even death. 95% of all hip fractures in Canadians 65 years of age and older are due to falls.

Falls are also leading causes for shoulder or upper arm injuries, knee or lower leg injuries, fractures and broken bones, sprains or strains, as well as head injuries for older adults which reflects the importance of bone health.



In fact, falls are the leading cause of permanent partial and total injury-related disability for Manitobans of any age.

As we grow older our bodies change in ways that can increase our risk of falling. The good news is that we do have control over some of these changes. We can make improvements to ourselves and our surroundings so that we can decrease our chance of falling.

Visit [Preventfalls.ca](http://Preventfalls.ca) for more information and resources like a Home Safety Checklist.



### Free Tax Clinic



Throughout March and April, the office of Marty Morantz (MP) will be hosting a free tax clinic with qualified volunteers to help those making under \$35,000 file their taxes. For more information call Kristie or visit [martydorantz.ca/services](http://martydorantz.ca/services) to request assistance.

**A bit too soon to decide if March coming in like a lion or a lamb but in the meantime here are some “scrambled” animals:**

- |            |            |
|------------|------------|
| 1) BAREZ   | 7) LOW     |
| 2) NDAAP   | 8) THEHACE |
| 3) EGSOO   | 9) LACEM   |
| 4) OWLF    | 10) GTERI  |
| 5) NEKOYM  | 11) LIRAZD |
| 6) FEARFIG | 12) KRHSA  |

*Answers on next page*



# BRAIN TEASERS

told told tales	e t t r i p k c i t
swear bible bible bible	league
century	ERC T NU O

## Headingley Historical Corner

Each month, the newsletter will feature a different picture from Headingley’s past. The idea is to stimulate conversation and introduce those new to the area of Headingley’s rich history. The following photo is of people swimming in the Assiniboine River which was a common occurrence for that time.



This photo is from the Jean Ammeter collection.

## Riddle . . .



*I have branches, but no fruit, trunk or leaves. What am I?*

*Answer on page 4*



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



PUZZLE SOLUTIONS

Scramble:

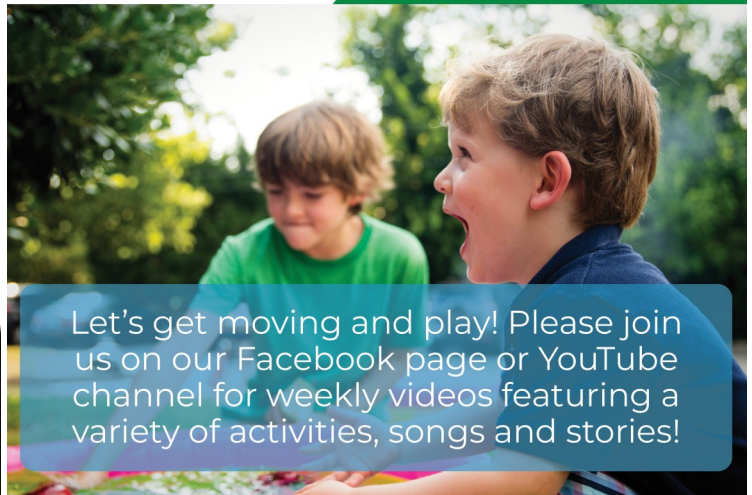
- 1) ZEBRA 2) PANDA 3) GOOSE 4) WOLF
- 5) MONKEY 6) GIRAFFE 7) OWL 8) CHEETAH
- 9) CAMEL 10) TIGER 11) LIZARD 12) SHARK

BRAIN TEASERS

Twice told tales                      Round-trip ticket  
 Swear on stack of bibles   Little League  
 Turn of the century                  Counterclockwise

**BUSY LITTLES**  
(AGES 2+)

FREE! ONLINE  
 6 WEDNESDAYS,  
 JANUARY 20 - FEBRUARY 24  
 9:45 AM (PRE-RECORDED VIDEOS)



Let's get moving and play! Please join us on our Facebook page or YouTube channel for weekly videos featuring a variety of activities, songs and stories!

WWW.MHRD.CA  
 204-885-2444  
 INFO@MHRD.CA



This program is included in the MHRD Spring 2021 guide. Like the previous guide it will only be available electronically and will be available in the coming weeks. If you need any assistance accessing the guide please feel free to contact Kristie (hdlyseniorservices@mymts.net) or MHRD directly.



Making Community Dreams Come True



"Giving for Good" 50/50 Online Raffle  
 Please help us to help our community.

www.headingleyfoundation.ca

Riddle . . .

Answer from Page 3

A bank!



**Planning Pots with Panache**  
 ONLINE through ZOOM!

We are all looking forward to seeing the beautiful and vibrant colors of spring and summer. It can be overwhelming just trying to decide on plants and color combinations. Join us to learn some sure-fire techniques to creating planters with style!

Tuesday, March 23 / 10:00 am - 11:00 am

Online - Zoom / Cost: Free!

Register by: Tuesday, March 16

Program support provided through the Emergency Community Support Fund



Macdonald-Headingley  
 RECREATION DISTRICT

www.mhrd.ca    204.885.2444    info@mhrd.ca

# March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	1 <i>Cardio (11-12)</i> <i>Fit &amp; 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 &amp; 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 &amp; Flex</i>	9 <i>Functional Fitness</i> <i>Gentle Yoga</i>	10 <i>Cardio</i> <i>Fit &amp; Flex</i>	11 <i>Functional Fitness</i> <i>Yoga Flow</i>	12	13
14 <i>Time Change!</i>	15 <i>Cardio</i> <i>Fit &amp; Flex</i>	16 <i>Functional Fitness</i> <i>Gentle Yoga</i>	17 <i>Cardio</i> <i>Fit &amp; Flex</i> <i>St. Patrick's Day</i> 🍀	18 <i>Functional Fitness</i> <i>Yoga Flow</i>	19	20
21	22 <i>Cardio</i> <i>Fit &amp; Flex</i>	23 <i>Functional Fitness</i> <i>Gentle Yoga</i>	24 <i>Cardio</i> <i>Fit &amp; Flex</i>	25 <i>Functional Fitness</i> <i>Yoga Flow</i>	26	27
28	29	30	31	1	2	3

On-line Fitness = **Blue**

Virtual Learns = **Green**

Health = **Orange**

Municipal = **Magenta**

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