

April 2021

Issue 91

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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Headingley Seniors' Services

CONGREGATE MEAL PROGRAM

Meals prepared/delivered every Wednesday
\$9 per meal, registration required

Please call Kristie for more
information at
(204) 889-3132 ext. 3



COVID-19 VACCINE

As of March 31, 2021 the following is the age eligibility criteria for COVID-19 vaccine in Manitoba*;

-Individuals 64 years of age and older -44 years of age and older for First Nation people

*This information is being regularly revised, for Vaccine Eligibility which is updated on a daily basis visit <https://www.gov.mb.ca/covid19/vaccine/eligibility-criteria.html>

First dose appointments can be made online by visiting the previous link. You may also book by phone; 1-844-626-8222 (7-844-MAN-VACC). Daily hours of operation are from 6:00 am to 8:00 pm. Only individuals who are eligible can call or book an appointment online for immunization. You will be screened to ensure you meet current eligibility. Once you have booked an appointment, don't forget to print and complete your consent form.

If you require a ride to your vaccination appointment please contact Kristie (204) 889-3132 ext. 3 or hdlyseniorservices@mymts.net. Headingley Seniors' Services also has wheelchairs and walkers available for short term loan.

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 martymorantz.ca/services to request assistance.

Pole Walking Program

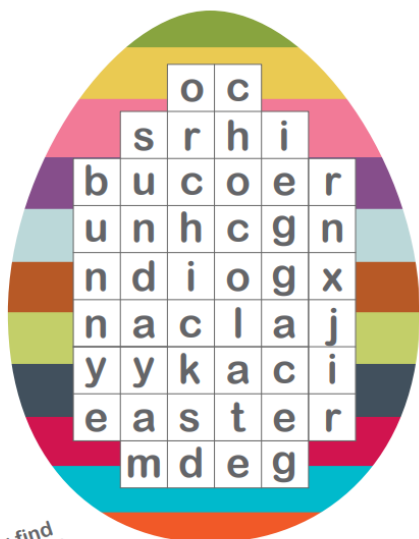
Looking to start an outdoor pole walking program in the coming months. Poles are available for rent through Headingley Seniors' Services. Contact Kristie for more information.



Easter Word Scramble

- 1)TSABEK _____
- 2)TRARCO _____
- 3)SEPP _____
- 4)GPNIRS _____
- 5)PLUTIS _____
- 6)CLAOECTOH _____
- 7)BBYA SHCKIS _____
- 8)GEG THNU _____
- 9)LYJEL EABNS _____
- 10)NYUNB _____

HAPPY EASTER



Can you find these words?

- Easter egg
- bunny
- chocolate
- hen
- Sunday
- chicks

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Riddle . . .



What do you get when you cross a rabbit with shellfish?

Answer on page 4

BRAIN TEASERS

new leaf	stky
bridge water	school
orseman	DUCK

Headingley Historical Corner

This month's picture is of the old Headingley General Store which was located at the corner of Portage Avenue and Dodds Road and was destroyed by a fire on May 25, 1965.

Is there a landmark or place from your childhood that you have fond memories of? Please share by contacting Kristie at (204) 889-3132 ext. 3 or hdlyseniorservices@mymts.net



This photo is from the Jean Ammeter collection.

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) BASKET 2) CARROT 3) PEEPS 4) SPRING
- 5) TULIPS 6) CHOCOLATE 7) BABY CHICKS
- 8) EGG HUNT 9) JELLY BEANS 10) BUNNY

BRAIN TEASERS

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

Feedback request:
 On March 26th, Phoenix Recreation Association hosted a virtual Bingo night. If you participated in this event, please email Kristie at; hdlyseniorservices@mymts.net with your comments. Thanks!

Riddle . . .

Answer from Page 3

The Oyster Bunny!




LUNCH & LEARN
DEMENTIA CARE



It's time to change how we empower those living with dementia and their care partners. Challenge what you know about this disease through a mix of brain science and creative thinking. Learn a number of practical tips to support a care partner in your life when you might not be sure what to do or say.

Tuesday, April 27 | 1:00 pm - 2:00 pm | Free!

 **Macdonald-Headingley** www.mhrd.ca 204.885.2444 info@mhrd.ca

The St. Charles-Headingley United Church continues to accept donations of non-perishable food and sandwich items. They are located at 110 Bridge Road

LUNCH & LEARN
SENIOR CENTRES WITHOUT WALLS



Senior Centre Without Walls (SCWW) provides educational and recreational programming in a fun and interactive atmosphere. Learn how all programming is provided over the phone!

Thursday, April 15 | 1:00 pm - 2:00 pm | Free!

 **Macdonald-Headingley** www.mhrd.ca 204.885.2444 info@mhrd.ca



Office Hours

Monday & Thursday
 9 am – 12 pm
 AND
Tuesday & Wednesday
 9 am – 4pm

April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2 GOOD FRIDAY	3 
4 EASTER SUNDAY	5	6 <i>Functional Fitness (10-11)</i> <i>Gentle Yoga (10-11)</i>	7 <i>Cardio (11-12)</i> <i>Fit & Flex (9:30-10:30)</i>	8 <i>Functional Fitness</i> <i>Yoga Flow (10-11)</i>	9	10
11	12 <i>Cardio</i> <i>Fit & Flex</i>	13 <i>Functional Fitness</i> <i>Gentle Yoga</i>	14 <i>Cardio</i> <i>Fit & Flex</i>	15 <i>Functional Fitness</i> <i>Yoga Flow</i> <i>Senior Centre W/out Walls</i>	16	17
18	19 <i>Cardio</i> <i>Fit & Flex</i>	20 <i>Functional Fitness</i> <i>Gentle Yoga</i>	21 <i>Cardio</i> <i>Fit & Flex</i>	22 <i>Functional Fitness</i> <i>Yoga Flow</i>	23	24
25	26 <i>Cardio</i> <i>Fit & Flex</i>	27 <i>Functional Fitness</i> <i>Gentle Yoga</i> <i>Dementia Care (1-2)</i>	28 <i>Cardio</i> <i>Fit & Flex</i>	29 <i>Functional Fitness</i> <i>Yoga Flow</i>	30	1

On-line Fitness = **Blue**

Virtual Learns = **Green**

Health = **Orange**

Municipal = **Magenta**

This issue proudly sponsored by; Headingley Community Foundation

