

HEADINGLEY COMMUNITY CENTRE

5353 Portage Avenue Headingley, Manitoba **R4H 1J9** 204-889-3132 ext 3

www.headingleyseniorservices.ca

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Run

2

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Pay Attention

MAKE TIME

Bake a

Goodie Basket

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C

of which have the potential to turn a life around."

Connect with us on Facebook and

share your stories, ideas and events

A SIMPLE ACT OF KINDNESS

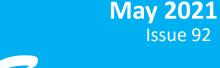
Can Brighten Someone's Day!

@ Let No One Be Alone

Create a Hand-Made Card

4 **Foot Care Puzzle Solutions** Feedback Request **Riddle Answer Garden Volunteer Backyard** Composting **Office Hours**







Enrich your life with us!

Be Spontaneous

Be Supportive



Everyone Knows Someone Living Alone

This week let's take the time to make sure those that are alone know that we care!

A PHONE CALL

"Too often we underestimate the power of a touch, a smile a kind word,

a listening ear, an honest compliment, or the smallest act of caring, all

SHOW you Care! Be Supportive LISTEN Positive Conversations

- Leo Buscaglia -

MASC

Deliver a meal

Manitoba

Association of Senior

Centres



CAFÉ BREAK - WEEKLY MEAL PROGRAM

- Meal will consist of protein, 1-2 sides and a dessert
 - Every Wednesday, delivery around 12:30pm
- Must register for meal at least 48 hours in advance
 - Monthly menu posted on our website; https://www.headingleyseniorservices.ca/
- Cost is \$9 per meal, cancellations must be made in advance to avoid charges
- Invoiced at the end of the month; payment can be made by cheque or cash



Headingley Seniors' Services Inc.

Notice of Annual General Meeting

When:	Thursday, May 13, 2021
Time:	1:30 pm
Where:	Due to current restrictions, this
	meeting will be conducted through
	Zoom

To register please contact Kristie: (204) 889-3132 ext. 3 or hdlyseniorservices@mymts.net

All Welcome



COVID-19 VACCINE

As of April 28, 2021 the following is the age eligibility criteria for COVID-19 vaccine in Manitoba*;

- 50 years of age and older
- 30 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. There is no update on when second shots will be available.

Currently there is very limited information about the availability of second doses. Please feel free to contact Kristie for updated vaccine bulletins or subscribe at https://www.gov.mb.ca/newsinfo/subscribe.html

Headingley Seniors' Services

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BRAIN TEASERS

1. tpmerhao	what must	3. way yield
4. PAINS	5. everything pizza	6. L Y I N G JOB

Spring Word Scramble

1.	FDLIAFDO	
2.	SARGS	
3.	DBSU	
4.	NLAIRFLA	_
5.	NHNSIEUS	
6.	HRTOWG	
7.	BALUMRLE	
8.	AGDNER	
9.	DESES	_
10.	ARBINWO	_



Many of our online fitness programs currently running are still accepting registrations! Contact our office to inquire! info@mhrd.ca | 204.885.2444 | www,mhrd.ca

Ríddle . . .



What is always in front of you but can't be seen?

Answer on page 4

<u>Headingley Historical Corner</u> Something a little different this month; what is the following picture of and where in Headingley was it taken? Submit your guesses by sending an email to; hdlyseniorservices@mymts.net.

All guesses will be entered to win a prize!



This photo is from the Jean Ammeter collection.

Headingley Seniors' Services

Upcoming Events & Answers

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

PUZZLE SOLUTIONS

Spring Scramble:

1) DAFFODIL 2) GRASS 3) BUDS 4) RAINFALL
5) SUNSHINE 6) GROWTH 7) UMBRELLA
8) GARDEN 9) SEEDS 10) RAINBOW

BRAIN TEASERS

- 1. Mixed Metaphor
- 4. Growing Pains
- 2. What Goes Up,
- 5. Pizza w/ everything on it
- Must Come Down
- 3. Yield Right of Way 6. Lying down on the job

CALLING ALL GARDENERS!

Headingley Library is looking for volunteers to maintain our shrub and perennial garden!

The garden needs a spring and fall cleanup and weeding and tidying throughout the year.

If you can spare a few hours a month to help out, contact us at hml@headingleylibrary.ca with your availability. (Groups are welcome, provided covid protocol is followed!)

Maniloba Museum - Virtual Tour Save the Lake!

Online - Zoom Tuesday, May 18 1:00 pm - 2:00 pm FREE! Register by: May 11 www.mhrd.ca info@mhrd.ca 204.885.2444



Ríddle...

Answer from Page 3

The Future!





Thankyou

Monday & Thursday 9 am – 12 pm ^{Arro} Tuesday & Wednesday 9 am – 4pm

Headingley Seniors' Services

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FADING

Seniors' Scene

May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Fit & Flex (9:30-10:30)	4 Functional Fitness (9-10) Gentle Yoga (10-11) Backyard Composting	5 Fit & Flex (9:30-10:30) Cardio (11-12)	6 Functional Fitness (9-10) Yoga Flow (10-11)	7	1 8
9	10 Fit & Flex	11 Functional Fitness Gentle Yoga Vegetable Gardening	12 Fit & Flex Cardio	13 Functional Fitness Yoga Flow HSSI AGM	14	15
16	17 Fit & Flex	18 Functional Fitness Gentle Yoga Save the Lake	19	20 Functional Fitness Yoga Flow	21	22
23	24 Victoria Day	25 Functional Fitness Gentle Yoga	26 Fit & Flex Cardio	27 Functional Fitness Yoga Flow	28	29
30	31 Fit & Flex	1 Functional Fitness Gentle Yoga	2 Fit & Flex Cardio	3 Functional Fitness Yoga Flow	4	5
On-line Fit	tness = <mark>Blue</mark>	Virtual Learns	= Green H	ealth = <mark>Orange</mark>	Municipal =	Magenta

This issue proudly sponsored by; Headingley Community Foundation

