



May 2021
Issue 92

Seniors Scene

Enrich your life with us!

HEADINGLEY COMMUNITY CENTRE

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www.headingleyseniorservices.ca

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Everyone Knows Someone Living Alone

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

Offer to Run an Errand

Pay Attention
MAKE TIME
Bake a Goodie Basket
Create a Hand-Made Card

Kindness

SHOW
you Care!

Friendly Visit

Be Spontaneous
Be Supportive
LISTEN
Positive Conversations

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

- Leo Buscaglia -



Connect with us on Facebook and share your stories, ideas and events @ Let No One Be Alone



Manitoba Association of Senior Centres



A SIMPLE ACT OF KINDNESS
Can Brighten Someone's Day!



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>

BRAIN TEASERS

Spring Word Scramble

1. tpmerhao	2. what must	3. way yield
4. PAINS	5. everything pizza	6. L Y I N G J O B

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



Macdonald-Headingley
RECREATION DISTRICT

DID YOU MISS A DEADLINE?

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

Headingley Historical Corner
 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.

Riddle . . .



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

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

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!)

Manitoba Museum - Virtual Tour
Save the Lake!

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

Backyard Composting
ONLINE!

www.mhrd.ca Tuesday, May 4
204.885.2444 1:00 pm - 2:30 pm
info@mhrd.ca Cost: \$10.00

Macdonald-Headingley
RECREATION DISTRICT

Riddle . . .

Answer from Page 3

The Future!



Office Hours

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

May 2021

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

On-line Fitness = **Blue**

Virtual Learns = **Green**

Health = **Orange**

Municipal = **Magenta**

This issue proudly sponsored by; Headingley Community Foundation

