

June 2021

Issue 93

# Seniors Scene

*Enrich your life with us!*



## HEADINGLEY COMMUNITY CENTRE

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

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## Starting a New Chapter

After months of careful deliberation and discussion, at HSSI's AGM a decision was made to dissolve the Board of Directors. With this decision, the governance of Headingley Seniors' Services will move to the RM of Headingley Office. Although the changes to the public will be minimal it will mean that the board moves into an Advisory capacity. This transition provides a sustainable solution for the future and helps further connect the organization to the community. I would like to say a huge thank you to all board members both past and present who have dedicated their time and passions in leading this organization. It is because of your efforts that HSSI is celebrating 25 years of serving the Headingley community.

As previously mentioned, this will have little to no effect on the programs and services provided by Headingley Seniors' Services. If you have any questions please feel free to contact me via phone (204-889-3132 ext. 3) or email

## World Elder Abuse Awareness Day (WEAAD):

The United Nations designated June 15 each year as World Elder Abuse Awareness Day - a day in which people across the globe use their collective voice to raise awareness about abuse against older persons. Elder abuse is an issue that affects millions of older adults and has detrimental effects on their health and well-being. It is estimated that 16% of older adults over the age of 60 have been affected by some form of abuse, and that number has likely increased during the global pandemic due to an increase of older adults seeking help during the pandemic. Abuse and neglect can take many forms and is not just limited to physical abuse. Psychological and financial abuse is also common. Knowing how to recognize potential signs of abuse is a critical first step in combatting the issue. Unfortunately, we often fail to recognize early warning signs and these harmful actions go unnoticed. The added complexities that the COVID-19 global pandemic has presented have made it even more challenging to identify signs of abuse and neglect.

Taken from <https://www.mcmasteroptimalaging.org/>

Here are local WEAAD resources within Manitoba:

[Seniors abuse support line](#) - The toll-free Seniors Abuse Support Line is a confidential service that provides seniors and others with information and counseling about elder abuse issues. Toll-free: 1-888-896-7183

[Protection for persons in care office](#) - Protect adults from abuse while in personal care homes, hospitals or any other designated health facility. Toll-free: 1-866-440-6366 or 204-788-6366.



## COVID-19 VACCINE

As of May 26, 2021 the following is the age eligibility criteria for COVID-19 vaccine in Manitoba\*;  
First doses;

- 18 years of age and older
- Youth 12 to 17 years of age



Second doses;

- All Indigenous people age 12 and up (with time adequate time interval from first dose)
- Those with priority conditions, visit the website for full list
- Those who received their first dose March 29 or earlier

\*For more information on eligibility visit <https://www.gov.mb.ca/covid19/vaccine/eligibility-criteria.html> or to book an appointment call 1 844-MAN-VACC (1-844-626-8222).



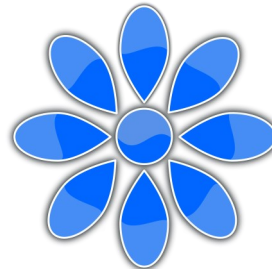
### Keep On Moving

Your goal is to find the shortest route from the outlined square to the asterisk. The outlined square has the number 3; therefore, you must move 3 squares up, down, left, or right, but not diagonally, to another square. In the new square is a number; move that number of squares up, down, left, or right. Continue moving in this way to reach the asterisk.

### Solution on Page 4

1	3	2	1	5	3
2	1	4	2	2	2
3	3	3	4	4	1
5	3	*	1	4	4
4	3	2	2	1	3
2	4	4	1	4	5

How many of these flowers can be found throughout the newsletter not including this one?



Answer can be found on next page

### Headingley Historical Corner

The following picture is from the infamous Headingley Raft Race; what vehicle was used to build this raft?

Submit your guesses by sending an email to; [hdlyseniorservices@mymts.net](mailto:hdlyseniorservices@mymts.net).



All guesses will be entered to win a prize!

This photo is from the Jean Ammeter collection.

### Riddle . . .



What tastes better than it smells?

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**

*Number of Flowers: 14*

**Keep On Moving**

*Move 3 squares down, 4 right, 5 up, 3 left, 2 down, 3 right, 1 up, 2 left, 2 down and 1 left.*

*From Giant Book of Word Games 74*



Plan 20-50

On May 17 an email was sent out regarding Bill 37 and Plan 20-50 and their implications as they pertain to Headingley.

Please visit <https://20to50.ca/> to give your feedback or contact Kristie for more info.

*Riddle . . .*

*Answer from Page 3*

*The Tongue!*

Café BREAK—June Menu

June 2 - Butter Chicken

June 9 - Baked Ziti with Sausage

June 16 - Burritos

June 23 - Mac & Cheese with Ham

June 30 - Shepherds Pie



\*Please remember to place your order the Friday before by contacting Kristie @ (204) 889-3132 ext. 3 or



A & O: Support Services for Older Adults is excited to offer the 2021 Housing & Active Lifestyles Expo online! This interactive zoom event will be a 3-day mini series to be held on **June 1, 2 and 3**, and sessions will start at 11:30 a.m. and 12:15 p.m. each day. This mini series will highlight various topics which will include: an overview of Wills and Power of Attorney's, A & O: SafetyAid Falls Prevention program, programs and services of Rainbow Resource Centre, and more! For more information and to register for these sessions, please visit [www.aosupportservices.ca](http://www.aosupportservices.ca)

Office Hours

**Monday & Thursday**

**9 am – 12 pm**

AND

**Tuesday & Wednesday**

**9 am – 4pm**



# ❁❁ June 2021 ❁❁

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 <i>Functional Fitness (9-10)</i> <i>Gentle Yoga (10-11)</i>	2 <i>Fit &amp; Flex (9:30-10:30)</i>	3 <i>Functional Fitness (9-10)</i> <i>Yoga Flow (10-11)</i>	4	5
6	7 <i>Fit &amp; Flex</i>	8 <i>Functional Fitness</i> <i>Gentle Yoga</i>	9 <i>Fit &amp; Flex</i>	10 <i>Functional Fitness</i> <i>Yoga Flow</i>	11	12
13	14 <i>Fit &amp; Flex</i>	15 <i>Functional Fitness</i> <i>Gentle Yoga</i> <b>WEAAD</b>	16 <i>Fit &amp; Flex</i>	17 <i>Functional Fitness</i> <i>Yoga Flow</i>	18	19
20	21 <i>Fit &amp; Flex</i>	22 <i>Functional Fitness</i> <i>Gentle Yoga</i>	23 <i>Fit &amp; Flex</i>	24 <i>Functional Fitness</i> <i>Yoga Flow</i>	25	26
27	28 <i>Fit &amp; Flex</i>	29 <i>Functional Fitness</i>	30 <i>Fit &amp; Flex</i>	1	2	3

On-line Fitness = **Blue**

Virtual Learns = **Green**

Health = **Orange**

Municipal = **Magenta**



This issue proudly sponsored by; Headingley Community Foundation

