

July 2021
Issue 94

Seniors Scene

Enrich your life with us!



HEADINGLEY COMMUNITY CENTRE

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204-889-3132 ext 3

www.headingleyseniorservices.ca

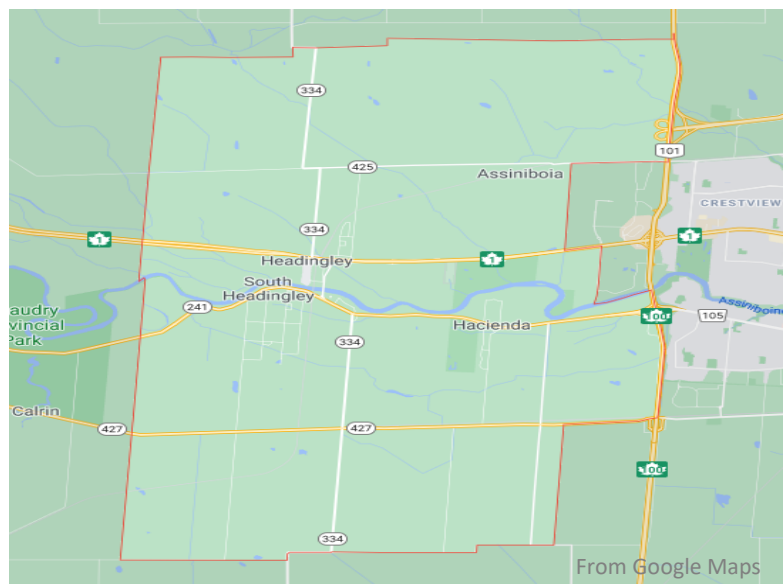
IN THIS ISSUE

- 2 Hot Weather Safety
What's the Difference?
- 3 Picture Pairs
Tiles
Riddle
Headingley Historical
Corner
- 4 Foot Care
Puzzle Solutions
A&O Bereavement Group
Riddle Answer
Café BREAK - July Menu
Immunization Card
Office Hours
- 5 July 2021 Calendar

SCAVENGER

Hunt

During the summer, Headingley Seniors Services will be hosting a Scavenger Hunt in the Community of Headingley. The Hunt will be a self-guided exploration for all ages to participate in with opportunities to walk, cycle and/or drive to the different spots. No equipment necessary, the only requirement is your sense of adventure!



For more details please contact Kristie at (204) 889-3132 ext. 3 or hdlyseniorservices@mymts.net

Hot Weather Safety for Physical Activity

Hotter weather has arrived in most parts of Canada. We look forward to this time of year but too much heat is not good for anyone. It can be riskier as we get older. When we are active, our muscles produce heat. This causes a rise in body temperature.

Our bodies do two things to manage the increase in body heat:

- Our heart rate increases to help deliver blood to the surface of the skin for heat release
- We start to sweat, which helps with cooling

Both of these functions are reduced as we get older. That raises the risk of heat-related illness when we are physically active in the heat, either outdoors or in hot conditions indoors. Heat-related illness includes cramps, dizziness, edema (water retention and swelling) and exhaustion. There is also a more severe condition known as heat stroke.

Should we stop being active when it gets hot?

Older Canadians do tend to be less active when the weather gets hot and humid. But it is important to stay physically active all year round. In fact, older adults who are more physically fit can adapt better during exercise in the heat.

Hot weather tips:

- Older adults should refrain from strenuous physical activities. Take it easier when you exercise. And be active during the cooler times of the day early morning or late evening
- Wear loose fitting, lightweight, moisture-wicking clothing. Cotton clothing can be cooler
- Stay hydrated. As we get older, we do not notice thirst as much. That increases the risk for dehydration. Don't wait until you feel thirsty. Drink lots of fluids, especially during exercise.

Learn more about staying health in the heat from Health Canada:

[extreme-heat-brochure-its-way-too-hot-en.pdf \(canada.ca\)](https://www.canada.ca/content/dam/hc-sc/pdf/active-living/publications/extreme-heat-brochure-its-way-too-hot-en.pdf)

Reprinted from the Active Aging Canada Newsletter



 Health Canada Santé Canada



What's the Difference between cleaning, sanitizing and disinfecting?

- Cleaning removes dust, debris and dirt from a surface by scrubbing, washing and rinsing.
- Sanitizing reduces the bacteria identified on the product's label on surfaces and in laundry.
- Disinfecting destroys or inactivates both the bacteria and viruses identified on the product's label (like influenza and rhinovirus) on hard, nonporous surfaces.

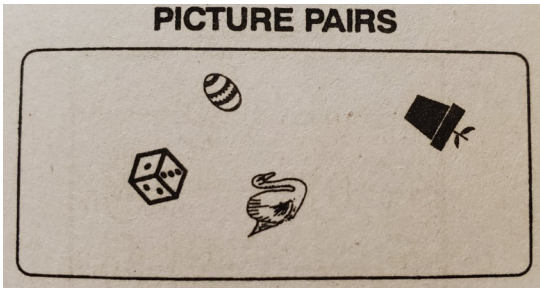
Disinfecting hard, nonporous surfaces is one of the most reliable ways to help lower the risk of spreading germs from surfaces by touch. www.clorox.com/



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

PUZZLE SOLUTIONS

PICTURE PAIRS



Tiles
MO TO RC YC LE

Transitions

**Bereavement Support Group
for Widowed Adults 55+**

September 22, 2021 – October 27, 2021
Via Zoom



Support Services for Older Adults

Phone: 204-956-6440

Fax: 204-946-5667

Café BREAK—July Menu

- July 7 - Pulled Pork
- July 14 - 'Hobo' Dinner
- July 21 - No Peek Chicken
- July 28 - Overnight Roast Beef



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

Immunization Cards

Manitoba is now offering an immunization card for people who are fully immunized. When you request your immunization card, a digital card that you can carry on your mobile device will be created automatically. If you request a physical card, it should arrive in the mail within two weeks. To be eligible to request your immunization card:

- ✓ You must have a Manitoba Health Card
- ✓ You must have received all required doses of a vaccine (that means for Pfizer, Moderna or AstraZeneca, you require two doses.)
- ✓ You must wait 14 days after getting your last dose of vaccine

If you require assistance obtaining your card please contact Kristie at; (204) 889-3132 ext. 3

Office Hours

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



Riddle . . .

Answer from Page 3

Jerry Can!



Photo by Scott Evans on Unsplash

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1 <i>Happy Canada Day</i>	2 <i>Deadline for July 7th meal</i>	3
4	5	6	7 <i>Pulled Pork</i>	8	9 <i>Deadline for July 14th meal</i>	10
11	12	13	14 <i>“Hobo” Dinner</i>	15	16 <i>Deadline for July 21st meal</i>	17
18	19	20	21 <i>No Peek Chicken</i>	22	23 <i>Deadline for July 28th meal</i>	24
25	26	27	28 <i>Overnight Roast Beef</i>	29	30 <i>Deadline for Aug 4th meal</i>	31

On-line Fitness = **Blue**

Virtual Learns = **Green**

Health = **Orange**

Café BREAK= **Magenta**

This issue proudly sponsored by; Headingley Community Foundation

