



August 2021
Issue 95

Seniors Scene

Enrich your life with us!

HEADINGLEY COMMUNITY CENTRE

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IN THIS ISSUE

- 2 Wildfire Smoke and
Your Health

- 3 Halftime
Plug-In
Riddle
Headingley Historical
Corner

- 4 Foot Care
Puzzle Solutions
A&O Bereavement Group
Riddle Answer
Café BREAK - Aug. Menu
Equipment Loans
Office Hours

- 5 August 2021 Calendar

SCAVENGER Hunt



Pictured above are just a few of the 30 painted rocks that can be found on your adventure.

The search is now live! To get your map and instructions, contact
Kristie at; (204) 889-3132 ext. 3
or seniors@rmofheadingley.ca

Wildfire Smoke and Your Health

Wildfire season typically runs from early April to late October. As wildfire burns through forests and grasslands, it produces dense smoke that can be a major source of toxic air pollutants. This pollution contains fine particles (that are not visible to the human eye) that penetrate deep into our lungs and bloodstream, sometimes leading to serious health effects. Those at greater risk of these effects are: Small children, pregnant women, elderly, people with lung or heart conditions, people involved in strenuous outdoor work or sports

During heavy smoke conditions, all Canadians are at risk regardless of their age or health.

Protect your health during a wildfire

-Limit outdoor activity and strenuous physical activities as much as possible. If you have difficulty breathing, reduce your activities or stop altogether. During prolonged smoke exposure, it's important to stay active when you can. Pay attention to the Air Quality Health Index (AQHI)* or other indicators of smoke levels in your community and watch for opportunities to get outside and be active if conditions improve.

-Drink lots of water to help your body cope with the smoke.

-At home: reduce sources of indoor air pollution including; smoking, vacuuming (unless your vacuum cleaner is equipped with a HEPA filter), burning incense and candles, using wood stoves, using cleaning products that can emit high levels of volatile organic compounds (VOC's) improperly.

-Prevent infiltration of outside air by; properly sealing windows and doors and keeping them closed or installing a high-quality air filter

-Keep vehicle windows closed and set the ventilation system to recirculate

-Check in on others who are in your care or live nearby who may be more vulnerable to smoke.

-If possible, leave the area: if you are vulnerable to the health effects of wildfire smoke and smoke levels in your community are high, evaluate whether or not it is possible to temporarily relocate to an area with cleaner air.

-It is important to take care of your mental health during a wildfire smoke event. It's not unusual to feel anxious, stressed out, sad or isolated during a smoke event. Eating well, getting enough sleep, exercising indoors and staying in contact with friends can help. Remember: a smoke event may last a long time, but it will eventually end. Sharing positive outlooks and attitudes will help you get through it.

-Consult your physician or local health authority for additional advice.



Courtesy of Unsplash

This article was adapted from the Government of Canada website and can be found at:

<https://www.canada.ca/en/environment-climate-change/services/air-quality-health-index/wildfire-smoke/wildfire-smoke-health.html>

*https://weather.gc.ca/airquality/pages/provincial_summary/mb_e.html

HALFTIME

Pair off the groups of letters to form ten 8-letter time terms.

ALLY	ETER	NITY	RVAL
ANNU	IGHT	ODIC	SEAS
BIEN	INTE	ONAL	SEME
CALE	NDAR	PERI	STER
DAYB	NIAL	REAK	TWIL

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Solutions on next page

Plug-Ins

Form new words by rearranging the letters of each word below and plugging in one of the boxed letters. Each boxed letter will be used once.

C E I I M T U

1. GLUED _____
2. POETRY _____
3. RAZE _____
4. YODEL _____
5. TASTE _____
6. PARER _____
7. VERGE _____

Headingley Historical Corner

The picture below is from the ribbon cutting ceremony of a building in Headingley. It was in 1972 and the building is still in use, can you guess which one?

Submit your guesses by sending an email to;

hdlyseniorservices@mymts.net.

All guesses will be entered to win a prize pack, to be drawn at the end of summer



This photo is from the Jean Ammeter collection.

Riddle . . .



What is 3/7 chicken, 2/3 cat and 2/4 goat?

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

HALFTIME: ANNUALLY, BIENNIAL, CALENDAR, DAYBREAK, ETERNITY, INTERVAL, PERIODIC, SEASONAL, SEMESTER, TWILIGHT.

Plug-In: CUDGEL, POTTERY, AZURE, MELODY, ESTATE, REPAIR, GRIEVE

Taken from Giant Book of Word Games 74

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

Riddle . . .

Answer from Page 3

Chicago!



Courtesy of Unsplash

Café BREAK—August Menu

- August 4 - Baked Chicken with Orzo
- August 11 - Sweet & Sour Beef with Rice
- August 18 - Turkey Lasagna
- August 25 - Gyros with Tzatziki in Pitas



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

HEADINGLEY COMMUNITY GOLF TOURNAMENT

IN ASSOCIATION WITH: PRESENTED BY: YOUTH SCHOLARSHIPS ADMINISTERED BY:

BREEZY BEND COUNTRY CLUB
MONDAY SEPT 13TH

REGISTRATION 11AM SHOTGUN START 12:30PM

Registration Deadline: Sept 6th 2021
Email: headingley.chamber@mymts.net
Online: www.headingleychamber.ca
Phone: (204) 396-4979

Office Hours



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

August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 <i>Baked Chicken with Orzo pasta</i>	5	6 <i>Deadline for August 11th meal</i>	7
8	9	10	11 <i>Sweet and Sour Beef with Rice</i>	12	13 <i>Deadline for August 18th meal</i>	14
15	16	17	18 <i>Turkey Lasagna</i>	19	20 <i>Deadline for August 25th meal</i>	21
22	23	24	25 <i>Gyros with Tzatziki in Pitas</i>	26	27 <i>Deadline for September 1st meal</i>	28
29	30	31	1	2	3	4

On-line Fitness = **Blue**

Virtual Learns = **Green**

Health = **Orange**

Café BREAK= **Magenta**

This issue proudly sponsored by; Headingley Community Foundation

