



September 2021

Issue 96

# Seniors Scene

*Enrich your life with us!*

## **HEADINGLEY COMMUNITY CENTRE**

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

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

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## **WELCOME BACK!**



Headingley Seniors' Services is pleased to welcome you back to attend a meal with Café BREAK at the Community Centre. As per provincial restrictions, masks are required and all attendees must be fully vaccinated. Meals are every Wednesday at a cost of \$9.00/meal and registration is required. Once a month there will be Lunch and Learn featuring a speaker like the one on September 8th (see page 2 for more information). September's menu can be found on Page 4

## How Peers Can Help You Age Well

Our peers are an important part of our daily lives. They can be classmates, colleagues, teammates, or other friends who share similar interests. We experience many of our best moments with our peers and lean on them during times of hardship. But did you know that when it comes to our health and well-being, leaning on our peers for support may help to improve health and social outcomes? By sharing advice and encouragements based on their own lived experiences, research has shown that our peer-support system can help us stay physically active, quit smoking and drinking alcohol, and lowering blood sugar to manage diabetes (among other things).

### Adapting peer support in times of pandemic

Considering the current COVID-19 pandemic and measures put in place to control it, in-person peer-support programs or services may not be possible or recommended at this time. On the bright side, these types of programs and services can be delivered and accessed virtually through telephones, smartphones, computers, tablets, videoconferencing tools, and mobile applications.

Taken from [www.mcmasteroptimalaging.org](http://www.mcmasteroptimalaging.org)

NEW TO THE AREA? CONTACT KRISTIE FOR MORE INFORMATION ON THE WEALTH OF PROGRAMS AND SOCIAL OPPORTUNITIES FOR OLDER ADULTS IN HEADINGLEY -> (204) 889-3132 EXT. 3 OR SENIORS@RMOFHEADINGLEY.CA

## FLU CLINIC

Tuesday, November 9th  
 Headingley Community  
 Centre  
 2:00 - 7:00pm

## HEADINGLEY SENIOR SERVICES LUNCH & LEARN HEALTHY BRAIN



Active Aging in Manitoba in collaboration with the Alzheimer Society of Manitoba has developed a 1-hour presentation/discussion on healthy habits that can contribute to a healthy brain and a positive outlook. This topic will look at Mental Well-being ...a state in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

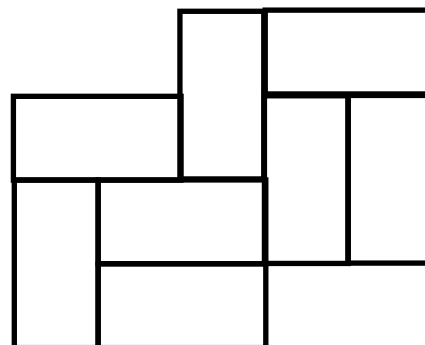
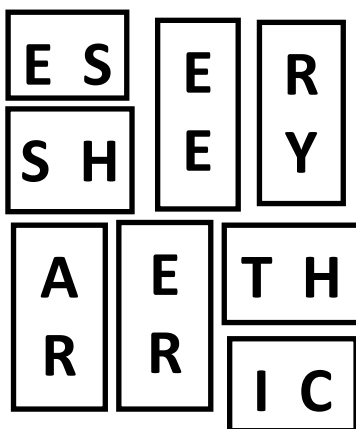
September 8 | 1:00 pm - 2:00 pm | Free!



To register for this presentation, please call Kristie Todd, Senior Services Coordinator with Headingley Senior Services at 204-889-3132.

**LETTER TILES**

Form four words reading across and five words reading down by placing the eight Letter Tiles into the diagram. Horizontal tiles go into horizontal spaces, vertical tiles into vertical spaces.



Taken from the Giant Book of Word Games 74

**Back to School  
Word Scramble**

- 1) EARPP
- 2) HAKLC
- 3) RLEUR
- 4) NENRLPA
- 5) PCNELI
- 6) SKED
- 7) SOSCSIRS
- 8) CKBKPACA
- 9) EATERCH
- 10) LBLE



**Headingley Historical Corner**

The picture below is of the iconic Riverview Motel which was located at the corner of Roblin and Alboro Street. Unfortunately the structure is no more, can you guess what happened to it?

Submit your guesses by sending an email to;  
[seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)

This is the last chance to be entered into the prize draw, name will be picked at the end of the month



This photo is from the Jean Ammeter collection.

*Riddle . . .*



*What kind of ship has two mates but no captain?*

*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**

**LETTER TILES**

**Across:** ASH, THREE, RICER, YES  
**Down:** TRY, HIE, ACRES, SEE, HER

**SCRAMBLE:** PAPER, CHALK, RULER, PLANNER, PENCIL, DESK, SCISSORS, BACKPACK, TEACHER, BELL

**CRIBBAGE**



Every Thursday, beginning September 9th from 1-3pm. Masks and fully vaccinated are required. Please call Kristie to register (204) 889-3132 ext. 3

**Café BREAK— Menu**

- Sept 1 - Spaghetti & Meatballs
- Sept 8 - Creamy Sundried Tomato Chicken
- Sept 15 - Burritos
- Sept 22 - Saucy Asian Ribs
- Sept 29 - Meatloaf



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

IN ASSOCIATION WITH PRESENTED BY YOUTH SCHOLARSHIPS ADMINISTERED BY

**BREEZY BEND COUNTRY CLUB**  
**MONDAY SEPT 13TH**

REGISTRATION **11AM** SHOTGUN START **12:30PM**

**HEADINGLEY COMMUNITY GOLF TOURNAMENT**

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

*Riddle . . .*

*Answer from Page 3*

*A Relationship!*



**Office Hours**

**Monday to Thursday**  
**9 AM – 3 PM**

# September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 <i>Café BREAK</i>	2	3	4
5	6 <i>Labour Day</i> <i>CC Closed</i>	7	8 <i>L&amp;L: Brain Health</i>	9 <i>Cribbage 1-3</i>	10	11
12	13	14	15 <i>Café BREAK 12-1</i>	16 <i>Cribbage 1-3</i>	17	18
19	20 <i>Fit &amp; Flex 10-11</i>	21	22 <i>F&amp;F 10-11</i> <i>Lunch &amp; Games</i>	23 <i>Cribbage 1-3</i>	24	25
26	27 <i>F&amp;F 10-11</i> <i>Cardio Strength Fusion 11-12</i>	28 <i>Gentle Yoga 10-11</i>	29 <i>F&amp;F 10-11</i> <i>Café BREAK 12-1</i>	30 <i>Yoga Flow 10-11</i> <i>Cribbage 1-3</i>	1	2

Fitness = Blue

Programs = Green

Health = Orange

Café BREAK= Magenta

This issue proudly sponsored by; Headingley Community Foundation

