



October 2021

Issue 97

# Seniors Scene

*Enrich your life with us!*

## HEADINGLEY COMMUNITY CENTRE

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

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

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## Capturing your Family History through Creative Writing

*Presenter: Mary Lou Driedger, Writer's Guild of MB*

Join us for a lively discussion with local writer MaryLou Driedger! MaryLou is a member of the Manitoba Writer's Guild and focuses on creative writing and historical fiction.

## Wednesday, November 3rd at Headingley Community Centre

To register for Lunch and the presentation, please contact Kristie at 204-889-3132 or [seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca).

Registration deadline: October 29

**Please note: Lunch is \$9.00 and starts at 12:00pm. The presentation taking place after the lunch is FREE to participate! (If you would only like to attend the presentation, please contact Kristie as space is limited).**

For the October menu please see page 4

*October is Seniors and Elders month with October 1st being recognized by the UN as International Day of Older Persons.*

# 2021 Theme: Digital Equity for All Ages

The 2021 theme “Digital Equity for All Ages” affirms the need for access and meaningful participation in the digital world by older persons.

The fourth industrial revolution characterized by rapid digital innovation and by exponential growth has transformed all sectors of society, including how we live, work and relate to one another. Technological advances offer great hope for accelerating progress towards the Sustainable Development Goals (SDGs). Yet, one-half of the global population is off-line, with the starkest contrast between the most developed countries (87%) and the least developed countries (19%) (ITU Facts and Figures 2020). Recent reports by the International Telecommunications Union (ITU) indicate that women and older persons experience digital inequity to a greater extent than other groups in society; they either lack access to technologies, or are often not benefitting fully from the opportunities provided by technological progress.

Meanwhile, as efforts to connect more people are currently under way, new risks have become apparent. For example, cybercrimes and misinformation threaten the human rights, privacy, and security of older people. The rapid speed of adoption of digital technology has outpaced policy and governance at the national, regional, and global levels. The Secretary-General’s Roadmap seeks to address these challenges by recommending concrete action to harness the best of these technologies and mitigate their risks.

## Objectives of #UNIDOP2021:

- To bring awareness of the importance of digital inclusion of older persons, while tackling stereotypes, prejudice and discrimination associated with digitalization, taking into account sociocultural norms and the right to autonomy.
- To highlight policies to leverage digital technologies for full achievement of the sustainable development goals (SDGs).
- To address public and private interests, in the areas of availability, connectivity, design, affordability, capacity building, infrastructure, and innovation.
- To explore the role of policies and legal frameworks to ensure privacy and safety of older persons in the digital world.
- To highlight the need for a legally binding instrument on the rights of older persons and an intersectional person-centered human rights approach for a society for all ages.



Photo by [Cookie the Pom](#) on [Unsplash](#)

<https://www.un.org/en/observances/older-persons-day>

NEW TO ZOOM? VISIT OUR WEBSITE FOR TUTORIALS AND INFORMATION AT;  
**[WWW.HEADINGLEYSENIORSERVICES.CA](http://WWW.HEADINGLEYSENIORSERVICES.CA)**



## WELCOME BACK!

On September 23rd HSS hosted a Welcome Back BBQ thanks to a generous grant from the Headingley Community Foundation.

It was a great opportunity to see familiar faces and some new ones too!

### BODY ENGLISH

Place the names of body parts into the blanks, one letter per blank, to complete words which answer the definitions.

- |               |        |               |
|---------------|--------|---------------|
| 1) _ _ _ _    | STRONG | Willful       |
| 2) CONV _ _ _ | D      | Transported   |
| 3) _ _ _ _    | NING   | English Poet  |
| 4) EC _ _ _   | SE     | Overshadow    |
| 5) _ _ _ _    | T      | Aspect        |
| 6) C _ _ _ _  |        | Professorship |
| 7) C _ _ _ _  | ELIER  | Light fixture |
| 8) _ _ _      | ADILLO | Animal        |
| 9) T _ _ _    | UTARY  | Subordinate   |
| 10) _ _ _ _   | T      | Small piano   |

Taken from the Giant Book of Word Games 74

### Riddle . . .



*What has to be broken before you can use it?*

*Answer on page 4*

### What's a turkey's favorite food?

**Nothing - it's already stuffed**

### Headingley Historical Corner

The picture below is from the sod turning in 1967 of what building on Bridge Road?

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



This photo is from the Jean Ammeter collection.



**Foot Clinic**  
**Thursday, October 7**  
**To book an appointment,**  
**please contact Kristie**

**PUZZLE SOLUTIONS**

Body English 1) HEADSTRONG  
2) CONVEYED 3) BROWNING 4) ECLIPSE  
5) FACET 6) CHAIR 7) CHANDELIER  
8) ARMADILLO 9) TRIBUTARY 10) SPINET

**Café BREAK— Menu**

Oct 6 - Baked Chicken Parmesan  
Oct 13 - Pork Tenderloin  
Oct 20 - Honey Mustard Chicken  
Oct 27 - Chili



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

**CRIBBAGE**



**Thursday 1-3pm**  
**Masks and fully vaccinated are required.**  
**Please call Kristie to register**  
**(204) 889-3132 ext. 3**

**LEARN TO PLAY BRIDGE**

7 THURSDAYS  
OCTOBER 7 - NOVEMBER 25  
1:30 PM - 3:30 PM  
HEADINGLEY COMMUNITY CENTRE  
REGISTER BY: OCTOBER 4

www.mhrd.ca | 204.885.2444 | info@mhrd.ca

**FLU CLINIC**

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

**Riddle . . .**

Answer from Page 3

An Egg!



**Office Hours**

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

# October 2021

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

Fitness = **Blue**

Programs = **Green**

Health = **Red**

Café BREAK = **Magenta**

This issue proudly sponsored by; Headingley Community Foundation

