

November 2021

Issue 98

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

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St Charles Headingley

United Church

Fall "Take Out" Lasagna Supper

Homemade Lasagna with salad, bun & Dessert

Gluten Free available



Sunday, November 7th, 2021

Headingley Community Centre (pickup)

5353 Portage Avenue, Headingley

All for \$15.00 per serving

Suppers must be pre-ordered & pre-paid by Nov 2nd

Contact Ramona at rambo4546@shaw.ca or 204-782-1123

See Church website for more detailed ordering info:

headingleyuc.wordpress.com

Remembrance Day 2021

To: Headingley Residents

From: Headingley Historical Society – Remembrance Day Committee

After reviewing the Public Health orders issued on October 5, we have decided, for the second year, to cancel the traditional Remembrance Day ceremony usually held at the Headingley Community Center.

We would like to suggest the following alternatives for Headingley families who wish to recognize Remembrance Day.

1. Two wreaths will be available at the Riverside Park cenotaph between sunrise and sundown on November 11. One wreath will honor Headingley individuals who were killed during World War I and II. The other will be available to people who wish to pin a poppy, or other mementos, to the wreath, as was the tradition at past Community Center ceremonies. If you do attend the cenotaph at Riverside Park, please practice social distancing and wear masks.
2. The 13-minute video prepared last year, titled “Headingley Remembrance Day Service 2020” is available on You Tube. If you would like to revisit the video, just go to You Tube and key in “Headingley Remembrance Day Service 2020”.
3. CBC and CTV have live coverage of Canada’s National Remembrance Day Ceremony, held in Ottawa at the National Cenotaph Wednesday, November 11, 2021, starting at 10:00 am.

I regret that we are limiting this community event again this year, but I feel it is better to be safe than sorry.

Best Wishes,

Headingley Historical Society

AS A FOLLOW UP TO LAST MONTH’S ARTICLE REGARDING TECHNOLOGY ACCESS FOR EVERYONE PLEASE VISIT; [HTTPS://GETCYBERSAFE.GC.CA/EN](https://getcybersafe.gc.ca/en) FOR TIPS AND INFORMATION ABOUT STAYING SAFE ONLINE

CRIBBAGE



Thursday 1:30-3pm
Masks and fully vaccinated are required.
Please call Kristie to register
(204) 889-3132 ext. 3

Fall Word Scramble

- 1) EAVELS _____
- 2) NWDI _____
- 3) KRAE _____
- 4) TUNAUM _____
- 5) AHQUSS _____
- 6) RFOBINE _____
- 7) STEARWE _____
- 8) KMUPPNI _____
- 9) OOLFTLAB _____
- 10) RNACO _____

Solution on page 4

Animal Equation

$$\text{Elephant} + \text{Lion} = 30$$

$$\text{Lion} + \text{Lion} = 20$$

$$\text{Elephant} + \text{Rabbit} = 25$$

$$\text{Rabbit} + \text{Lion} = ?$$

What numerical values are the Elephant, Lion and Rabbit?

Taken from Eventsmindgame.com

Headingley Historical Corner

The picture below is from one of the Murder Mysteries events that happened in Headingley. What is your favorite Headingley memory? Tell me the story by sending an email to; seniors@rmoTfheadingley.ca



This photo is from the Jean Ammeter collection.

Riddle . . .



What do you call a pig with laryngitis?

Answer on page 4



Foot Clinic

Thursday, November 25
To book an appointment,
please contact Kristie

PUZZLE SOLUTIONS

Animal Equation:

Elephant = 20, Lion = 10, Rabbit = 5

Scramble 1) LEAVES 2) WIND 3) RAKE
4) AUTUMN 5) SQUASH 6) BONFIRE
7) SWEATER 8) PUMPKIN 9) FOOTBALL

FLU CLINIC

Tuesday, November 9th
Headingley Community
Centre, 5353 Portage Ave.

2:00 - 7:00pm

**Walk-ins only*

Riddle . . .

Answer from Page 3

Disgruntled!



Café BREAK— Menu

Nov 3 - Shepherd's Pie

Nov 10 - Butter Chicken

Nov 17 - Baked Pork Chops

Nov 24 - Rigatoni



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

Holiday Lights Tour
Poll: In 2020 a short video
was created compiling
Holiday Lights from around
the town of Headingley. Would
you be interested in something
similar this year? Please send
your responses, or if you
would be interested in partici-
pating, to
seniors@rmofheadingley.ca

Sunday,
November
7th



Image from castlegarnews.com



Office Hours

Monday to Thursday
9 AM - 3 PM

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 <i>Fit & Flex 10-11</i> <i>Cardio Strength Fusion 11-12</i>	2 <i>Gentle Yoga 10-11</i>	3 <i>F&F 10-11</i> <i>L&L: Writers Guild MB</i>	4 <i>Yoga Flow 10-11</i> <i>Cribbage 1:30-3:30</i>	5	6
7 <i>Daylight Savings Time Ends</i>	8 <i>F&F 10-11</i> <i>CSF 11-12</i>	9 <i>Gentle Yoga 10-11</i>	10 <i>F&F 10-11</i> <i>Café BREAK 12-1</i>	11 REMEMBRANCE DAY CC CLOSED	12	13
14	15 <i>F&F 10-11</i> <i>CSF 11-12</i>	16 <i>Gentle Yoga 10-11</i>	17 <i>F&F 10-11</i> <i>Lunch & Games</i>	18 <i>Yoga Flow 10-11</i> <i>Cribbage 1:30-3:30</i>	19	20
21	22 <i>F&F 10-11</i> <i>CSF 11-12</i>	23 <i>Gentle Yoga 10-11</i>	24 <i>F&F 10-11</i> <i>Café BREAK 12-1</i>	25 <i>Yoga Flow 10-11</i> <i>Cribbage 1:30-3:30</i>	26	27
28	29 <i>F&F 10-11</i> <i>CSF 11-12</i>	30 <i>Gentle Yoga 10-11</i>	1	2	3	4

Fitness = Blue

Programs = Green

Health = Red

Café BREAK= Magenta

This issue proudly sponsored by; Headingley Community Foundation

