



January 2022  
Issue 100

# Seniors Scene

Enrich your life with us!

## HEADINGLEY COMMUNITY CENTRE

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## The 100th issue of Seniors Scene!



Seniors Scene was started over 8 years ago in hopes of being able to spread the word on all of the programs and services that HSS has to offer. We hope you enjoy it and as always welcome your feedback!

## COVID-19: Take Care of Yourself

When the outside world feels scary or chaotic, many people find that it's harder than usual to take care of their own health and well-being. However, stopping your usual healthy activities or ignoring what you need to feel well can make everything going on in the outside world feel ever worse, which can make your own health and well-being feel worse. This cycle can really take a toll.

When you take care of yourself, you:

- **Take care of your physical safety** by following public health recommendations and orders to reduce the risk of becoming ill with COVID-19 or passing the coronavirus on to others
- **Take care of your physical health** by eating well, exercising, and getting enough sleep, and managing stress as well as you can
- **Take care of your mental health** by learning how to manage the unhelpful thoughts that drive worry and fear, learning how to turn down the volume on distressing or overwhelming thoughts, and learning how to keep moving forward despite uncertainty
- **Take care of your social health** by keeping in touch with family, friends, and other important people

You may not be able to stop the coronavirus or make everything go back to normal tomorrow, but you can take care of yourself and support loved ones. You may need to get a bit creative if your usual spaces like gyms have closed, but this is a great time to try something new!

For the full article on taking care of yourself and your mental health visit; [cmha.ca](http://cmha.ca)



### Falls Prevention

While anyone can have a fall, if you are 65 years of age or older you are at greater risk of falling. A fall can result in serious injuries that affect your mobility, independence and lifestyle.

- One in three Canadians age 65 years and over fall at least once per year
  - Falling is not a normal part of aging
- Most falls can be prevented The following checklist can help you identify the things that put you at risk of falling.

Contact the office for a free Falls Prevention Checklist or visit [www.preventfalls.ca](http://www.preventfalls.ca) for more information

<https://www.thinkablepuzzles.com/bamboozables/>

Think IT Think

WALK  
-----  
H2O

VAD ERS

Mind<sup>ur</sup>  
Mind<sup>ur</sup>  
Mind<sup>ur</sup>

KEEP  
Smiling

IT  
+ IT  
-----  
?

A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

Brain Teaser 1



Rd.com



Joke ...

What sits at the bottom of the sea and twitches?

Answer on page 4

**What am I?**  
GUESS THIS NAME OF A COUNTRY  
8 9 10 MEANS ALSO  
7 8 4 5 MEANS TO NOT DO ANYTHING  
6 AND 1 REFER TO ONE OF THE ARTICLES  
4 5 6 7 MEANS ENTHUSIASM  
3 8 9 10 MAGICIANS USE  
7 6 3 REFERS TO RULES

Hint: The Country name has 10 letters and is 2 words



**Foot Clinic**  
**Thursday, January 20**  
**To book an appointment,**  
**please contact Kristie**

**Café BREAK— Menu**

January 12 - Burritos  
January 19 - Pork Tenderloin  
January 26 - Honey Mustard  
Curry Chicken



Delivery only as in-person dining is currently suspended.  
Menu subject to change without notice.

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

**PUZZLE SOLUTIONS**

**Word Games:** Think Twice About It, Walk on Water, Space Invaders, You are Always on my Mind, Keep on Smiling, It Doesn't Add Up

**Brainteaser:** He's playing monopoly  
**Who Am I?** NEW ZEALAND

8 9 10 means also = AND  
7 8 4 5 means to not do anything = LAZE  
6 and 1 refer to one of the articles = AN  
4 5 6 7 means enthusiasm = ZEAL  
3 8 9 10 magicians use = WAND  
7 6 3 refers to rules = LAW

**CRIBBAGE**



**Cancelled for**  
**Thursday, January 6**  
**but hoping to resume the follow-**  
**ing week. Masks and fully**  
**vaccinated are required.**

**Register at;**  
**(204) 889-3132 ext. 3**



**Jigsaw Puzzle Lending**

**A number of different themes and**  
**piece sizes to choose from, for**  
**more information contact**  
**Kristie at;**  
**(204) 889-3132 ext. 3 or**  
**seniors@rmofheadingley.ca**

Image from castlegarnews.com

**Joke . . .**

*Answer from Page 3*

*A nervous wreck!*



**Office Hours**

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

# January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
9	<i>F&amp;F 10-11</i> <i>CSF 11-12</i>	<i>Gentle Yoga 10-11</i>	<i>F&amp;F 10-11</i>  <i>Café BREAK</i>	<i>Yoga Flow 10-11</i>  <i>Cribbage 1:30-3:30</i>	14	15
16	<i>F&amp;F 10-11</i> <i>CSF 11-12</i>	<i>Gentle Yoga 10-11</i>	<i>F&amp;F 10-11</i>  <i>Café BREAK</i>	<i>Yoga Flow 10-11</i>  <i>Cribbage 1:30-3:30</i>	21	22
23	<i>F&amp;F 10-11</i> <i>CSF 11-12</i>	<i>Gentle Yoga 10-11</i>	<i>F&amp;F 10-11</i>  <i>Café BREAK</i>	<i>Yoga Flow 10-11</i>  <i>Cribbage 1:30-3:30</i>	28	29
30	<i>F&amp;F 10-11</i> <i>CSF 11-12</i>	1	2	3	4	5

Fitness = Blue

Programs = Green

Health = Red

Café BREAK= Magenta

\*All programs are subject to change, please contact the office if you're unsure about the status of a program