

# Headway Headlines



## Celebrating Winter

*Wild, Wet Wonderful Winter Time*

*Fall Was Fabulous*

*Winter Games*

*Hello From Headway Staff*

*Poets Corner*

## Headway Closures

**Dec. 23-27**  
**Christmas Closure**

**Wednesday Jan. 1**  
**New Year's Day**

**Mon. Feb. 17<sup>th</sup>**

**Family Day**

## Special Event

**Spring Party - March 18<sup>th</sup>**

## Wild, Wet, Wonderful Winter!

Let's start the year off right and look on the bright side! Why do we always have to dread winter? Winter can be great, emphasis on *can be*, and that's because it's up to all of us to *make it be*. So, I'll do my part if you do yours and let's think of all the wonderful things we can (and will!) do to make this winter great.

1. Go Outside! (activity club is year round)
2. Stay Inside (and play at Headway 😊)
3. Embrace snow days
4. Learn to love the rain (tolerate at least)
5. Wear bright clothing
6. Take up a winter sport
7. Play indoor games (again, at Headway)
8. Other: \_\_\_\_\_



## Fall was Fabulous

When I think about all the fun places we went and awesome things we did, it makes me want to do more and so we will in the new year!

But for now, let's look back...



We really enjoyed being out in the community this past fall; from salmon watching, bird feeding and trail walking in our local parks to some great indoor venues like the Richmond Oval, Rev's and Burnaby Village Museum.



## Brain Games



As we age, we might misplace our keys or forget the names of people we know. These forms of memory loss might lead to worries about cognitive

decline and even the onset of diseases such as Alzheimer's and dementia. Enter the industry of brain teasers and brain games, which promise to strengthen our minds and stave off cognitive decline. January is International Brain Teaser Month, but can these brain games actually fulfill the promises of mental acuity they so readily advertise?

Computerized brain-training programs are a \$1.3 billion-a-year industry. Some of the world's best neuroscientists have even designed brain games they tout as the best on the market. If you have bought into the notion that playing daily brain games can help keep your mind sharp, you are by no means alone. Sure, there is abundant evidence to suggest that living in an enriched environment with lots of stimulation can create positive changes in the brain. However, can a computer screen replicate such enriched environments? The general consensus of the scientific community is "no." There is no conclusive evidence that routinely playing brain games will improve cognitive performance in everyday life. Nor does evidence exist that brain teasers will ward off any form of cognitive slowing or brain disease associated with aging.

This does not mean that people should avoid brain teasers, especially if they enjoy them. However, other studies do show how exercise and socialization have positive effects on cognition. So perhaps the best solution is to play your brain games with a friend, rather than sitting alone in front of a computer. Better yet, take that friend and join a juggling club or play bridge, and then enjoy a lunch of brain-friendly foods such as vegetables. It seems that the healthiest modes of living for both the body and the brain are the ones we have been practicing for centuries: eating healthfully, exercising, and spending time with friends and family.

## Hello from Breann!

Thank you for a wonderful and exciting fall season! It has been SO fun getting to know everyone at Headway. From yoga classes to indoor bocce ball... It's never a dull moment! I am so thankful for all the fun memories and can't wait to create more during the winter season! Get excited for delicious baking and cooking recipes, wacky word puzzles, and brain-bending magic tricks!

On our Tuesday cooking classes we will be making delicious blueberry scones, festive Valentine's day sugar cookies, Caprese Flatbreads and more! On Wednesday afternoon's you'll use science and creativity to make you look like a magician during the Brain Magic program! Plus the (even more) puzzling Wacky Words program on Friday will require you to put your thinking caps on!

Here's to a happy holiday season and more adventures to come!

## Hello From Jobelle



2019 has been such a fruitful year for everyone at Headway. The programs were great platforms for the members to utilize their skills and talents through arts, music and cooking class etc. Through these programs, the members were able to build friendships and increase social interaction with one another. As the year 2020 enters, there will be more fun and exciting activities to happen, so stay tune for more updates!

## Poets Corner

### Run 4 the BUS

I ran as fast as I could  
All the way from your house  
to the bus stand,  
Thinking will three minutes  
really screw me, or  
Can I stay in between two hands?  
As I jumped on the bus,  
I smelled that the bus driver  
had the thought,  
“this guy who hopped on the bus looks like  
THE MAN”, and I literally jumped on it as  
soon as it arrived, making me feel as if,  
I can never be deprived  
of living a good life,  
With girls out of vision,  
Can I really say I’ll find a good wife,  
To hold her above my head and say,  
This is my pride and life!  
Go ahead and say that I don’t have wings  
to fly, this life isn’t Super Mario, but,  
I want all the metal shelled Kompas  
to say BYE.  
Why can’t I get by?  
Smoking myself to euphoria, I will and  
have to stop it because in this one life,  
I haven’t met many girls  
with the name Gloria  
How far I’ll Strive,  
Telling the bus driver,  
“This is nothing buddy,  
U should see my pride”  
I want to spread my wings to soar,  
But watch me featherlessly glide  
Show myself I have the pride to be alive.

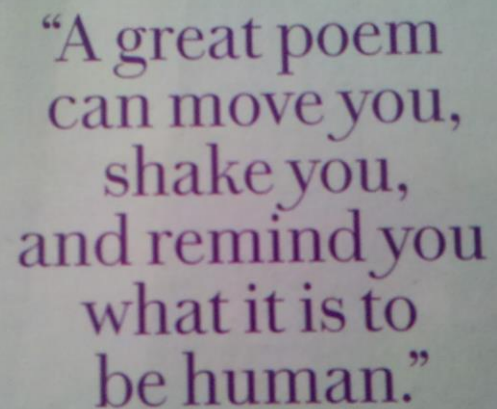
Gagan C.

### Close the Page – by Mark N

Come memory think of ages past  
Before the words in my mind are lost  
Until a cool wind blows the fallen leaves  
Into drifts ‘round the aged trees

In a new day passed recalling sounds  
As the twilight slips away  
Crying loud to the one who reads the  
book  
Then folds its pages closed

Sweetly felt the coming fall  
While time did bear us on  
Until our autumn leaves too quickly  
move  
Into drifts ‘round the ages trees.



“A great poem  
can move you,  
shake you,  
and remind you  
what it is to  
be human.”