



**St. James Assiniboia 55+ Centre** is an independently operated non-profit charitable organization with a mission to encourage Seniors to improve their quality of life by providing educational, recreational, health and social opportunities.

## GREETINGS FROM THE EXECUTIVE DIRECTOR

It is hard to believe that winter is now but a distant memory and spring is well under way. Even after the mild winter we had this year it is still exciting to see the snow disappear and new plants and flowers starting to make their way forward.

Speaking of Spring a very special thank you to all those who attended our Spring Bud, Spud and Steak event and helped us to make it the great success that it was. It's events like this one, that not only bring us all together but help the Centre meet its financial commitments for another fiscal year. We are so grateful for your continued generosity helping us raise just over \$5,700.

It's that time of the year again for our annual Cash for Now 2016 Fall Raffle. We are still in the early planning stages for this fundraiser, but once again will give you the opportunity to support the work of the Centre and at the same time try your luck at winning a cash prize.

Also just in time for Spring is our newly revamped website which, despite a few initial set backs, will make its debut within the next few weeks (Watch your email inbox for the official announcement!). Our new website will allow you to register for programs from the comfort of your own home with a credit card. If your preference is to still come into the centre to pay with cash, cheque or debit you will still be able to do that as well. We are excited about this change but recognize that, in the beginning, it may be challenging for some to navigate the new system. If you do require assistance with the new website, please contact the Front Desk at the Centre and someone will be more than happy to assist you.



## LEARN HOW TO USE THE WEBSITE

We will be providing a special group training session for the website.

**Date:** Wednesday, May 4<sup>th</sup> **Time:** 10:30 - 11:30 a.m.

**Cost:** Free

Coffee and dainties will be provided.

Please register at the Front Desk or by calling us 204-987-8850.

## KEY DATES

|               |                                      |
|---------------|--------------------------------------|
| <b>May 10</b> | Volunteering                         |
| <b>May 11</b> | The Mint                             |
| <b>May 12</b> | Cook and Eat                         |
| <b>May 18</b> | The Ole' Farmhouse Cafe              |
| <b>May 18</b> | Natural Medicine from the Garden     |
| <b>May 19</b> | Summer Kickoff BBQ                   |
| <b>May 24</b> | Homecare                             |
| <b>May 26</b> | Lunch and a Movie                    |
| <b>May 30</b> | 55+ Housing & Active Lifestyles Expo |
| <b>Jun 2</b>  | Reading Food Labels                  |
| <b>Jun 7</b>  | Austin Agricultural Museum           |
| <b>Jun 7</b>  | Driving Safety                       |
| <b>Jun 9</b>  | Annual General Meeting               |
| <b>Jun 10</b> | Pep Rally BBQ                        |
| <b>Jun 16</b> | Cook and Eat                         |
| <b>Jun 16</b> | McLeod House Team Room               |
| <b>Jun 22</b> | Grants Old Mill                      |
| <b>Jun 23</b> | Lunch and a Movie                    |
| <b>Jun 30</b> | Canada Day Breakfast                 |

## ST. JAMES ASSINIBOIA 55+ CENTRE HOURS

Monday through Friday  
8:30 a.m. - 4:00 p.m.

No financial transactions  
after 3:30 p.m.

**The Centre will be closed  
on May 23<sup>rd</sup>**

**AGM June 9<sup>th</sup>, 2016**



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### We want to hear from you!

#### St. James Assiniboia 55+ Centre

3 - 203 Duffield Street  
Winnipeg, MB R3J 0H6

Phone: 204-987-8850

Email: [info@stjamescentre.com](mailto:info@stjamescentre.com)

Website: [www.stjamescentre.com](http://www.stjamescentre.com)



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@stjamescentre



Look for us on Facebook!



**Sean Sagert**

Executive Director

**Carol Sandilands**

Administrative Assistant

**Adele Spence**

Seniors Resource Coordinator

**Meaghan Wilford**

Program Coordinator

**Rachel Wonnek**

Congregate Meal Program  
Coordinator

## HEALTHY AGING RESOURCE TEAM (HART)

**Laurie Green**

Community Nurse

**Elizabeth St. Godard**

Community Dietitian

**Lorna Shaw-Hoeppner**

Community Dietitian

## MEMBERSHIP \$40/year

## REGISTRATION PROCEDURE

Registration for new programs starting in **May/June** will be accepted starting **Thursday, April 14<sup>th</sup>**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting July/August) will be Thursday, June 9<sup>th</sup>, 2016.

## Spring Fundraiser

*Thank You*

*Thank you to all of those who supported and/or attended our 3rd Annual Spring Bud, Spud and Steak Fundraiser on March 10<sup>th</sup>.*

*It was a great success and over \$5700 was raised towards the Centre's Fundraising efforts.*

## SPECIAL EVENTS AND OUTINGS

Please refer to the website [www.stjamescentre.com](http://www.stjamescentre.com) or the front desk (204-987-8850) for information on special outings and events. Carpooling will be arranged for all outings and trips (unless indicated otherwise). If you are willing to drive for one of these trips, please indicate so when you register. **\*Reminder: Outings and Food Events may be full before the registration deadlines so please sign up early to avoid disappointment\***

### The Mint

**Wednesday, May 11<sup>th</sup>**

**Departing Centre at 9:45 a.m.**

Join the Centre as we tour the Royal Canadian Mint and see where every Canadian coin is produced. \*This trip is dependent on drivers so please indicate at registration if you are able to drive\*.

**Cost:** \$10 members /\$15 non-members

**Registration deadline:** Thursday, May 5<sup>th</sup>

### The Ole' Farmhouse Cafe

**Wednesday, May 18<sup>th</sup>**

**Departing Centre at 10:30 a.m.**

**31 Rose Lane, Rosenort, MB**

The Ole' Farmhouse Café embraces the amenities of a restaurant, with all the warm comforts of home, creating the most unique atmosphere. The Café has its own on site bakery to bake their own breads, buns, and desserts to complement each of their unique meals. Participants are responsible for paying for their own lunch. \*This trip is dependent on drivers so please indicate at registration if you are able to drive\*.

**Cost:** \$10 members /\$15 non-members

**Registration Deadline:** May 11<sup>th</sup>

### Grants Old Mill

**Wednesday, June 22<sup>nd</sup>**

**1:30 - 3:00 p.m.**

Join the Centre as we visit the site of the first watermill to be built west of the Great Lakes. \*This trip is dependent on drivers so please indicate at registration if you are able to drive\*.

**Cost:** \$8 members /\$12 non-members

**Registration deadline:** Thursday, June 16<sup>th</sup>

### Austin Senior Days- Agricultural Museum

**Tuesday, June 7<sup>th</sup>**

**Departing Centre at 8:30 a.m. and leaving Austin around 3:00 p.m.**

The Austin Agricultural Museum is hosting a Senior's Day with a variety of events and activities. We will be greeted with a donut and coffee on arrival, served a cold plate lunch and have afternoon coffee with a cinnamon bun. There are many hands on displays, an old time threshing demonstration, a dance performance and much more! We will be carpooling so please let the desk know if you are able to drive. (The cost includes transportation, donation to drivers, meals and overhead costs.)

**Cost:** \$25 members /\$30 non-members

**Registration deadline:** May 31<sup>st</sup>

### McLeod House Tea Room

**Thursday, June 16<sup>th</sup> 292 Main Street, Stonewall**

**Departing Centre at 10:45 a.m.**

McLeod House serves a variety of homemade desserts and tea. The daily menu includes a homemade soup, four varieties of delicious sandwiches, and salads with freshly made dressings and a daily feature item. Participants are responsible for paying for their own lunch. Afterwards, we will do a bit of shopping in Stonewall. \*This trip is dependent on drivers so please indicate at registration if you are able to drive\*.

**Cost:** \$8 members /\$12 non-members

**Registration deadline:** Thursday, June 9<sup>th</sup>

**To convert cricket chirps to degrees Celsius, count the number of chirps in 25 seconds, divide by 3, then add 4 to approximate the current air temperature.**

## STRAIGHT FROM THE H.A.R.T

HART is a group of confidential community health care professionals who are dedicated to helping those 55 years of age and over to live well.

### Healthy Eating: One Step at a Time



**Everyone wants to eat healthy.** Eating well helps to improve your energy level, health and overall well-being. At some point in time, everyone has committed to eating less of a food deemed 'bad' and eating more of those foods deemed as 'good'. Generally, when we commit to these changes we overhaul our whole diet and swear off certain foods for life. How many times have you sworn to never eat another chocolate bar, potato chip, cookie etc.?

Lifestyle changes don't happen overnight. Trying to make too many changes at once can be overwhelming, but committing to a small, nourishing change can help you stick with it. Over time, small changes can add up and improve your diet and health for a lifetime.

#### Step One:

**Choose your Change!** Think about your diet and select one positive change that can make a big difference. For example, enjoy fruit instead of a sweet or salty snack in the afternoon or replace your afternoon coffee with a refreshing glass of water.

#### Step Two:

**Pantry Raid!** Make sure you have the right food in the house to support your goal. For example, if you are trying to eat more vegetables and fruit, make sure to stock your house with fresh, frozen and canned vegetables and fruits.

#### Step Three:

**Redesign your Environment!** Set yourself up for success by surrounding yourself with positive cues for healthy eating. Healthy eating cues prompt good choices. Keep nourishing snacks like cut-up vegetables handy in the fridge or replace that candy bowl with a fruit bowl!

**Pledge to make a small, nourishing change and stick with it, one meal at a time.**

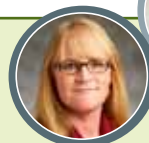
For support, questions or ideas, check in with the WRHA HART team or contact Dial-A-Dietitian at 204-788-8248.

### How can Healthy Aging Resource Team (HART) help you?

If you are an older adult residing in the St. James Assiniboia area, the HART team can help you:

- maintain or improve your health
- receive information about health services
- maintain your independence
- address your concerns

**Contact a Nurse or Dietitian:**  
**Ph: 204-940-3261**



**Elizabeth St Godard RD**  
Community Dietitian



**Lorna Shaw-Hoeppner RD**  
Community Dietitian



**Laurie Green RNB**  
Primary Health Care Nurse



## DROP IN PROGRAMS

Our Drop In programs at the St. James-Assiniboia 55+ Centre are a great way to experience the diversity of activities and programs that we have to offer. To register, please visit our website [www.stjamescentre.com](http://www.stjamescentre.com) or contact the Centre at 204-987-8850.

### 55+ Men's Group

Our Men's Group meets every **Wednesday and Thursday afternoons from 1:00 p.m. to 4:00 p.m.** at 3172 Portage Avenue right across from Superstore. This group partakes in a variety of woodworking activities and is a great place to go for socialization and coffee. This is a drop in style program with no registration required. For more information call 204-987-8850 or drop in to see what it is all about!



**Thursdays at 12:00 noon**

**Cost:** \$8 members  
\$10 non-members

### Lunch and a Movie!

Come join us on the dates below for a great afternoon at the movies! A fantastic lunch, dessert, popcorn and a drink will be provided.

**\*Please register ahead of time as there is limited seating available\***

**May 26<sup>th</sup> - Brooklyn (2015)** An Irish immigrant in 1950s New York falls for a tough Italian plumber, but faces temptation from another man when she returns to her homeland for a visit.

**June 23<sup>rd</sup> - The Martian (2015)** During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must find a way to signal to Earth that he is alive. Millions of miles away, NASA and a team of international scientists work tirelessly to bring "the Martian" home.



## NOTICE OF ANNUAL GENERAL MEETING OF ST. JAMES-ASSINIBOIA 55+ CENTRE

**The Annual General Meeting (AGM) of the St. James-Assiniboia 55+ Centre will be held at 10:30 a.m. on Thursday, June 9<sup>th</sup>, 2016 at the Centre, 3rd floor, 203 Duffield Street.**

### Items of Business:

- Approve the annual report of the Centre
- Elect directors to the Board for a term of two years
- Approve annual financial review engagement report
- Approve the appointment of accountant for annual financial review engagement
- Consider such other business as may properly come before the Annual General Meeting

**The Board of Directors & staff invite you to join us for a light lunch following the AGM.**



*Thank You*

to our singsationals choir! This great group has put in many volunteer hours and done numerous community performances over the year. They are great ambassadors and volunteers for the Centre and we so appreciate all the hard work they do to help brighten the spirits of those in the community.



## FITNESS ORIENTATIONS AND WORKSHOPS

Please remember to wear active clothing, appropriate foot wear, and bring a water bottle. If you plan to drop-in, call us at 204-987-8850 in advance to confirm space availability. You may also refer to our website at [www.stjamescentre.com](http://www.stjamescentre.com) for more information on programs. Drop in fees for fitness classes are \$15 for meditation, \$10 for yoga classes and \$8 for all other classes.

**Fitness Class- Registration is open for Fitness classes,  
No need to wait until April 14<sup>th</sup> registration date.**



### Stay Active and Maintain a Healthy Lifestyle!

Don't forget  
about our  
Fitness Room!



All Members have access to the equipment from 8:30 a.m. - 3:30 p.m if they have taken a fitness orientation. Please make sure to bring shoes that have not been worn outside as dirt and debris can ruin the equipment.

### Fitness Safety Orientation

Friday May 6<sup>th</sup> or June 3<sup>rd</sup>

2:00 p.m. – 2:30 p.m.

Need a refresher? Are you unfamiliar with the exercise equipment in our fitness centre?

**Cost:** Free (members only)

### Life n' Lively with Sue

Mondays April 18<sup>th</sup> – June 27<sup>th</sup>

(No class May 23<sup>rd</sup>)

9:15 a.m. – 10:15 a.m. (10 classes)

Life n' Lively is a light fun workout that includes cardio exercises to improve coordination, strength, flexibility and balance.

**Instructor:** Sue Keyton

**Cost:** \$60 members / \$80 non-members

## Celebrate Life Today. Be Remembered Tomorrow.

We are here to effortlessly help you and your loved ones  
honour your wishes, your way.



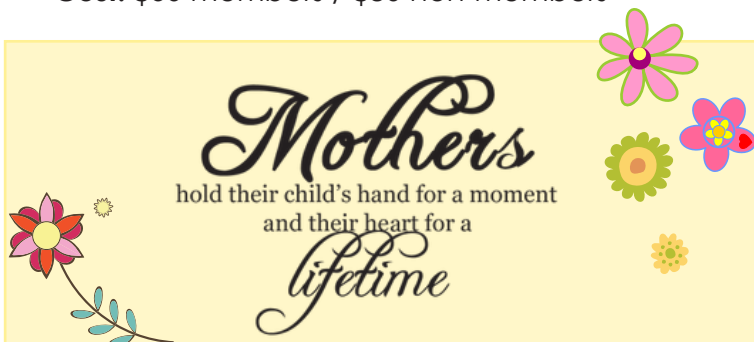
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## FITNESS PROGRAMS CONTINUED

If you plan to drop-in, call us at 204-987-8850 in advance to confirm space availability.

### Drums Alive

**Tuesdays April 12<sup>th</sup> – May 31<sup>st</sup>**

**10:30 a.m. – 11:30 a.m. (8 classes)**

Drums Alive® is a "whole brain, whole body" workout that incorporates aerobic dance with rhythmic drumming. Drums alive® fosters a healthy physical, mental and emotional balance, while providing an element of fun and creative expression.

**Instructor:** Brenda Moberg

**Cost:** \$48 members / \$64 non-members

### Line Dancing

**Wednesdays April 13<sup>th</sup> – June 15<sup>th</sup>**

**10:00 a.m. – 11:00 a.m. (10 classes)**

Join Karen as she teaches you the steps to some great songs while offering lots of laughs and great exercise.

**Instructor:** Karen Hodgins

**Cost:** \$60 members/\$80 non-members

### Soul Steppers Walking Group

Stay tuned as our Walking Group will be starting up again in the Fall of 2016. If you are interested in walking with the Centre please let Meaghan know at meaghan@stjamescentre.com and she will put you on the registration list!

### Meditation (no experience necessary)

**Thursdays 9:30 a.m. – 11:00 a.m.**

**April 21<sup>st</sup> - June 30<sup>th</sup> (10 Classes)**

(No class on May 19<sup>th</sup>)

Join us for a program designed to give you the tools you need to improve your total health and well-being, and find long lasting peace and happiness.

**Instructor:** Sue Keyton

**Cost:** \$150 members/\$170 non-members

### Total Body Workout

**Tuesdays 9:15 a.m. – 10:15 a.m.**

**April 10<sup>th</sup> - June 28<sup>th</sup> (10 Classes)**

(No class on May 24<sup>th</sup>)

Join us for a chair based session of cardio exercise in rhythm with the Latin tunes used in Zumba; followed by strength and resistance training with the use of resistance bands. This session will include a series of chair exercises to improve core strength and balance, winding down with easy yoga stretches for flexibility, and relaxation to soothe the body and calm the mind! This class is great for those with lesser mobility, arthritis or fibromyalgia!

**Instructor:** Sue Keyton

**Cost:** \$60 members/\$70 non-members

### Growing Young

**Fridays April 22<sup>nd</sup> – June 24<sup>th</sup> (No class on May 20<sup>th</sup>)**

**11:30 a.m. – 12:30 p.m. (9 classes)**

Did you know we can choose how we want to age. Growing Young is suitable for everyone, no matter their age. Exercises include mostly chair based and some standing. The gentle techniques target poor posture, chronic pain, back & joint issues, hip & knee replacements, loss of energy & mobility and prevent muscle atrophy.

**Instructor:** Sue Keyton

**Cost:** \$54 members / \$72 non-members



**(204) 415 4444**



[lisa@seniorsmovingco.com](mailto:lisa@seniorsmovingco.com)  
[www.seniorsmovingco.com](http://www.seniorsmovingco.com)

Downsizing, relocation and estate services

## FITNESS PROGRAMS CONTINUED

Drop-in fees are \$15 for meditation classes, \$10 for yoga classes and \$8 for all other fitness classes.

If you plan to drop-in, call us at 204-987-8850 in advance to confirm space availability.

Please remember to bring a water bottle, wear active clothing and appropriate footwear.

Please sign up early as classes will be cancelled if there is not enough interest.

Visit our website at [www.stjamescentre.com](http://www.stjamescentre.com) for more information on programs.

### Yoga

#### Beginner Yoga

**Are you new to Yoga?** This class will give you the tools you need to improve your strength, balance and overall wellbeing in a relaxing and calm atmosphere.

**Fridays April 22<sup>nd</sup> – June 24<sup>th</sup>**

**(No class on May 20<sup>th</sup>)**

**9:30 a.m. – 11:00 a.m. (9 classes)**

**Instructor:** Sue Keyton

**Cost:** \$72 members / \$90 non-members

#### Intermediate Yoga

Now that you have mastered the basics, why not advance your practices.

**Mondays April 18<sup>th</sup> – June 27<sup>th</sup>**

**1:15 p.m. – 2:45 p.m. (10 classes)**

**(No class May 23<sup>rd</sup>)**

**Instructor:** Sue Keyton

**Cost:** \$80 members / \$100 non-members



#### Pickleball

**Mondays, Wednesdays & Fridays**

9:30 - 3:30 p.m. (Group times TBA)

Sturgeon Heights Community Centre

310 Rita Street

**Tuesdays** 1:00 p.m. - 3:00 p.m.

Westwood Community Church

401 Westwood Drive

**Please Note:** You are welcome to play at any time but the majority of people there will be at similar skill levels.

**Session Costs (April-June)**

**\$30 members \$60 non-members \$5 drop in**



### Zumba Gold

#### Zumba Gold

Zumba is an aerobic based activity using Latin dance steps and is suitable for all fitness levels. Ditch the workout and join the Dance Party!

**Mondays April 18<sup>th</sup> – June 27<sup>th</sup>**

**10:30 a.m. – 11:30 a.m. (10 classes)**

**(No class on May 23<sup>rd</sup>)**

**Instructor:** Sue Keyton

**Cost:** \$60 members / \$80 non-members

## WELLNESS SERVICES

Did you know that the Centre has a foot-care nurse, reflexologist and Massage Therapist?

- **Massage Therapy (Thursdays)**
- **Reflexology (One Friday a month)**
- **Foot Care (Tuesdays & Wednesdays)**

#### What is Reflexology?

According to the Reflexology Association of Canada, Reflexology is a natural healing art based on the principle that there are reflexes in the feet, hands, and ears, which correspond to every part, gland, and organ of the body. By applying specific pressure using thumb, finger and hand techniques, reflexology reduces tension, improves circulation and promotes the natural functioning of the related areas of the body.

**Call 204-987-8850 to book your appointment today.**

**A minimum of 24 hours is required to cancel Footcare and Massage appointments otherwise there will be a \$15 cancellation fee.**

## VOLUNTEER VIBES

*"While seeking happiness for others, we unconsciously find it for ourselves"*

### VOLUNTEER SPOTLIGHT

Spring is in the air and the thought of sunshine, warm breezes and plants makes us pause and give thanks to our long-time volunteer Mabel Boehmer who works on the reception desk Friday afternoons and tends to the plants you see in all the rooms at the Centre. Her "greenhouse" is in the supply room where she keeps earth, pots, watering cans, jars, sticks, fertilizer and insecticide spray. She waters these plants each week, fertilizes them when needed and sends an email when on holidays to make sure the plants are being tended to.

When time permits she custom pots for some members and even tends to the wintering over jade plants in Adele's office. On occasion she will add a price sticker on the pot so if you are interested make sure you head to the desk to pay. Our Centre has that welcoming atmosphere thanks to Mabel's dedication and hard work with our plants.

*Mabel  
Boehmer  
Plants*



### VOLUNTEER OPPORTUNITIES

We have a number of ongoing volunteer opportunities at the Centre. You might consider adding your name to our "One-Time" volunteer list. Please check the volunteer board or call Adele at 204-987-8850 ext. 108 or email [adele@stjamescentre.com](mailto:adele@stjamescentre.com).



**Everyone knows someone living alone.**

This week let's **TAKE THE TIME** to make sure those that are alone know that we care!

Why not make a special effort during this week to visit or take that person out for coffee or lunch. The Centre also has the members lounge available for you to sit, chat and have a cup of coffee with your friend.



**9th Annual  
55+ Housing & Active Lifestyles Expo**

May 30<sup>th</sup>, 2016  
10:00 a.m - 8:00 p.m  
Victoria Inn, 1808 Wellington Avenue  
**FREE ADMISSION!**

## SUPPORT SERVICES “Keeping Connected” Presentations

These presentations are open to members as well as the community. Registration cut off is 1 week prior to ensure there are a minimum number of registrants. Call 204-987-8850

### Driving Safety

**Tuesday June 7<sup>th</sup> 9:00 a.m. - 12:00 p.m.**

The Mature Driver Workshop will teach you defensive driving techniques, show you how to enhance your driving skills, update your knowledge of traffic laws and road safety rules, show you how to compensate for any changes that may occur in your hearing, vision, flexibility and reaction time. This does not affect your drivers licence.

**Presenter: Susan Everton, Safety Services**

**Cost: \$5**

### Volunteering

**Tuesday May 10<sup>th</sup> 1:30 p.m.**

There are many opportunities at the Centre and in the community for you to meet new friends, use your skills, and make a difference in the lives of others. Find out how Volunteer Manitoba operates with its many workshops and services.

**Presenter: Dawn Bourbonnais, Volunteer MB**

**Cost: \$2**

### Home Care

**Tuesday May 24<sup>th</sup> 1:30 p.m.**

An information session for you to find out everything about Home Care Services in Manitoba. Questions encouraged.

**Presenter: Barbara Balshaw-Dow, WRHA**

**Cost: \$2**

### Reading Food Labels

**Thursday June 2<sup>nd</sup> 1:30 p.m.**

**Location: 90 Sinawik**

Have you become frustrated trying to figure out exactly what all the different labelling means? Liz takes the guesswork out of this with her up to the date knowledge and experience.

**Presenter: Liz St. Godard, RD**

**Cost: \$2**



### Natural Medicine from the Garden

**Wednesday May 18<sup>th</sup> 1:30 p.m.**

Join us for this enlightening presentation that covers a bit of everything including what your herbs/vegetables/fruits are good for in the way of nutrition, whether they be eaten, used in a tea, made in to an oil to be used as a natural dye or placed on the skin such as in a salve or balm, herbs /plants that build and accelerate your compost. Covered will be questions you may have about herbs or other plants you grow or are considering growing. Earth is a garden. We will be tasting Stevia and a few other items of interest – plus viewing a collection of Dawn's soaps. Information will also be available about the Manitoba Herb Society.

**Presenter: Dawn Kitching, Natural Fragments (Selkirk, MB)**

**Cost: \$5**

### Manitoba Hydro Power Smart Affordable Energy Program

This program makes it easy to save energy, improve the comfort of your home, and save money. Qualifying homeowners or home renters with a lower income may be eligible to receive a number of incentives such as free insulation, free low-flow shower heads and faucet aerators, cost reduction or rebate on a qualifying high efficiency furnace. Phone 1-855-360-3643 or [hydro.mb.ca/affordableenergy](http://hydro.mb.ca/affordableenergy).



**SCOTT GILLINGHAM**

**City Councillor**

*St. James-Brooklands-Weston*

*Chair of Winnipeg Police Board*

204-986-5848

[scottgillingham@winnipeg.ca](mailto:scottgillingham@winnipeg.ca)

[scottgillingham.ca](http://scottgillingham.ca)



## SUPPORT SERVICES

For more information, call Adele Spence at 204-987-8850 ext. 108

### Gathering Places Project

A visitation program to match an isolated senior in the community of St. James with a volunteer to meet in a coffee shop or lounge of their residence for conversation and coffee/tea. We are currently looking for clients who would like a visitation in their residence as we have some volunteers who do not drive. Other volunteers pick up the senior and take them to the coffee shop of their choice. Please contact Adele at 204-987-8850 ext. 108 or [adele@stjamescentre.com](mailto:adele@stjamescentre.com).

### E.R.I.K. (Emergency Response Information Kit)

#### Keep your E.R.I.K. Current!

ERIK is an emergency response kit designed to assist the emergency personnel in times of crisis. Please keep yours updated and on the front of your fridge. We invite you to drop by the Centre and pick up a kit or an extra medical card or health care directive if needed. If you have a hearing impairment please see Adele for a sticker from the Hard of Hearing Association to put on the outside of your kit.

### Community Resources

The Seniors Resource Coordinator will be in the community for the next few months distributing ERIK kits, educational materials and talking about resources in the St. James-Assiniboia. Contact Adele at 204-987-8850 ext. 108 or by email [adele@stjamescentre.com](mailto:adele@stjamescentre.com) for more information or to book a presentation.

### Home Maintenance Referral Program

#### Need a Handy Person?

Referrals to service providers who can help with pruning bushes, clean eavestroughs, weed your flower beds, paint, fix that leaky tap or toilet, mow your lawn, plane that sticky door, repair your fence or deck and more. Service providers have been screened and charge reasonable rates. Follow up is done for all referrals.



### Community Resources

Referrals to some great in home service providers such as:

- hair, nails and feet
- dental hygiene
- lawyer services
- laundry
- meal, etc.

### Rides for Seniors

#### Monday to Friday 9:00 a.m. – 4:00 p.m.

A program with drivers using their own cars to help you get to doctor's appointments, banks, hair salons, groceries and activities at the Centre. These are escorted rides to and from destinations but depending on other rides the drivers will drop off and pick up. All rides are dependent on availability of drivers. Donation of \$8.00 to the driver in the area of St. James and \$15 outside the area plus parking costs. Call 204-987-8850 ext. 106 for an information package which includes a registration form.

### Volunteering with the Centre

Please check the volunteer board for opportunities or call Adele at 204-987-8850 ext. 108. We are currently looking for reception desk volunteers willing to spare in the fall. Training and ongoing support provided. Use your life long skills and meet new friends at the Centre.

### Support Groups



**Parkinsons:** Support group meets the 2<sup>nd</sup> Wednesday of the month at 1:30 p.m.



**Stroke:** Support group meets the 4<sup>th</sup> Wednesday of the month at 1:00 p.m.

**Smoking Cessation:** Support group meets every Friday at 1:30 p.m.

## EDUCATIONAL PROGRAMS AND WORKSHOPS

**Have an idea for a workshop, event or technology class?**

Feedback from our members is very important to us.

If you have a comment, question, suggestion or concern, please contact the Centre at 204-987-8850.

### Beginner iPad Classes

**Wednesdays 10:30 a.m. - 11:30 a.m.**

**May 11<sup>th</sup> to June 1<sup>st</sup>**

Join us to learn all about your iPad and how to use it for your email/communication needs, how to play games, and much more!

**Instructor:** Sean Sagert

**Cost:** \$50 members/\$70 non members  
(manual available for \$20)

### Next Steps iPad Classes

**Wednesdays 10:30 a.m. - 11:30 a.m.**

**June 8<sup>th</sup> to 29<sup>th</sup>**

With all the different things that you can do with the iPad come learn some of the exciting things that lie just beyond the basics. Learn about some of the different "apps" that are available from the outright fun to the practical and useful. Bring your own iPad to class with you.

**Instructor:** Sean Sagert

**Cost:** \$50 members/\$70 non members  
(manual available for \$20)



### 1 on 1 Technology Classes

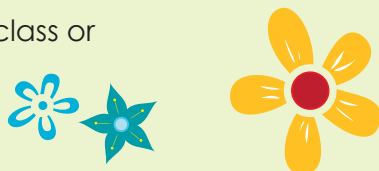
**Wednesday Mornings until June 29<sup>th</sup>**

**Appointments available at 8:45 and 9:35 a.m.**

Whether you are just striking out with a tablet, phone or computer, or have more detailed questions, these classes are for you. Participants can come and learn the basics of computers, tablets and phones, ask their own questions and receive patient and thoughtful support in a one on one setting. These classes are perfect for those with Android Tablets.

**Instructor:** Sean Sagert

**Cost:** \$25 for one 45 minute class or  
3-45 minute classes for \$60



### Singsationals

**Mondays until May 16<sup>th</sup>**

**(unless performance schedule dictates otherwise)**

**10:15 a.m. - 11:30 a.m.**



Our Singsationals Choir Group is enjoying a fantastic year and has had many performances in the community this year that have brightened the spirits of many. Rehearsals are always fun and the repertoire of songs changes based on the season so if you would like to get a taste of what this group has to offer try it out for the rest of the 2015-16 season!

**Cost:** Free for remainder of season



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## FOOD AND FRIENDSHIP

For more information about any of our Meal Programs please call 204-987-8850.  
Register on our new website at [www.stjamescentre.com](http://www.stjamescentre.com) or contact the Centre 204-987-8850.

### Summer Kickoff BBQ

**Thursday, May 19<sup>th</sup> 11:30 a.m.**

Now that summer is right around the corner we want to invite you to join us to start your summer off with a delicious BBQ meal! We will be having hot dogs, potato salad and other sides!



**Cost:** \$8 m/\$10 nm

**Registration deadline:**  
May 17<sup>th</sup>



### Soup 'n More!

**\$3.00/Bowl**

Our soup ladies will be taking the summer off from making the delicious soups. Thanks to them for all their hard work over the year! Soup will start up again in September so stay tuned to see what soups will be available in the fall.



|                            |                             |
|----------------------------|-----------------------------|
| <b>May 10<sup>th</sup></b> | Wild Rice Soup              |
|                            | Taco Soup                   |
| <b>May 24<sup>th</sup></b> | Unstuffed Cabbage Roll Soup |
|                            | Cheddar Chicken             |

### Pep Rally BBQ

**Friday, June 10<sup>th</sup> 11:30 a.m.**

We are so proud of all our members that are participating in the ALCOA 55+ Games in Brandon! Let's send off our participants with a good meal and great company! Come enjoy hamburgers, smokies and sides!

**Cost:** \$10 members /\$12 non-members

**Registration deadline:** June 8<sup>th</sup>

### Canada Day Breakfast

**Thursday, June 30<sup>th</sup> 9:30 a.m.**

Join us for a delicious breakfast meal to celebrate Canada Day! We will be having sausages, pancakes, fruit salad and coffee. Don't forget to wear your red and white to be entered in our contest for the most patriotic outfit!

**Cost:** \$8 members /\$10 non-members

**Registration deadline:** June 28<sup>th</sup>



### Cook and Eat

**Cost: \$10**

Join us in the kitchen for a fun time preparing simple recipes to share with your kitchen mates, with some leftovers to take home and enjoy.

This session will provide you with simple recipes (appropriate for cooking for 1 or 2 people at home) and the basic skills you need to replicate these dishes in your own kitchen. Facilitated by a WRHA volunteer.

Please direct any questions to WRHA Healthy Aging Resource Team at 204-940-3261

#### Next sessions:

**Thursday May 12<sup>th</sup> at 11:30 p.m.**

Registration and payment deadline May 9<sup>th</sup>

**Thursday June 16<sup>th</sup> at 11:30**

Registration and payment deadline June 13<sup>th</sup>

#### Open to all.

Pre-registration is required.  
Contact the front desk.





The City of Brandon has been officially named host community for the 2016 Manitoba Liquor & Lotteries 55 Plus Games! On June 14-16, 2016, over 1000 athletes from all across this province will gather in Brandon to participate in the largest multi-sport event in Manitoba. The annual 55 Plus Games will run for the 34th year offering age-friendly competition in over 25 events ranging from Cribbage and Scrabble to Swimming and Slo-Pitch.

The games are open to anyone 55 years of age or older. Registration Deadline is May 13<sup>th</sup>. Contact the Games office at 204-261-9257 or 855-261-9257 for more information. Good luck to all participating in the games!

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## Cash for Now Raffle

It's that time of the year again for our annual Cash for Now Raffle. The Raffle is our biggest fundraiser of the year so we appreciate all the support we get from our Members and the Community. We will be mailing out a ticket book to all our members in late May/early June. One book of 10 tickets is only \$20.00 and the first prize is \$1,000.

If you would like to help us by selling extra books please stop by the front desk at the Centre as we would really appreciate it. The draw will be held on Wednesday September 30<sup>th</sup> at the Centre. All that we ask is that you return any tickets and money to the Centre by Thursday, September 29<sup>th</sup>. Please call 204-987-8850 if you have any questions or would like more books to sell.

## GOLF



Join us and make some new friends at the John Blumberg Golf course.

You can play the 9 or 18 hole course every Friday morning from May until September when we end our season with a banquet and prizes.

You don't have to be a good golfer and if you need some help our members will be there for you.

For more information contact:  
Dorothy 204-895-8460 or  
Tom 204-633-2689



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## REGISTRATION INFORMATION

Please note that all programs take place at the St. James Assiniboia 55+ Centre unless otherwise stated.

### Early Registration

Registration is required for all classes, trips, presentations, and special events prior to the start date. Cancellations can occur if registration is low. Avoid disappointment and support our programs by registering early.

### Newsletter Release Date

The **July/August** newsletter will be available on Tuesday, May 31<sup>st</sup> after 12:00 p.m. If you prefer to receive the newsletter by email, phone reception at 204-987-8850. For those interested in volunteering to deliver newsletters, please call Adele at 204-987-8850 ext. 108.

### Parking Passes

Working together with the Winnipeg Parking Authority (WPA), the Centre has implemented a "Virtual Parking Pass". The 2016 passes are available for \$5.00 and in effect Jan. 4<sup>th</sup> - Dec. 31<sup>st</sup> 2016. Details at 204-987-8850.

### Refund Policy

St. James Assiniboia 55+ Centre reserves the right by sole discretion to change, alter or cancel any trips or activities in the event of lack of participation, weather or unforeseen circumstances. There will be no refunds for trips, programs and special events unless canceled by the Centre.



**Please Join Us For Great Entertainment**

**Sturgeon Creek I**  
10 Hallonquist Drive  
**204.885.1415**

**May 5 | 7:00pm**  
An Evening with the  
*German Club Band*

**May 28 | 1:00pm**  
Painting on the Prairies Paint  
Party. Cost \$10. *Call to register.*

**June 5 | 7:00pm**  
Sturgeon Creek 1  
Fame at Last Choir Concert

**June 29 | 7:00pm**  
An outdoor evening with  
*Leo Gosslin* on the patio

**Sturgeon Creek II**  
707 Setter Street  
**204.885.0303**

**May 3 | 7:00pm**  
Silvernotes Choir

**May 30 | 7:00pm**  
Daniel Mac  
Alumni Choir

**June 23 | 3:00pm**  
Lads'n Lasses  
Scottish dancers

[www.allseniorscare.com](http://www.allseniorscare.com)



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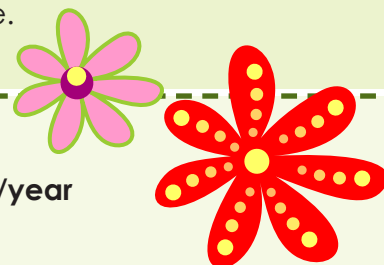


### Membership

**Membership is only \$40/year**

Benefits include:

- Discounted programs
- Use of fitness room
- Member lounge with comfortable seating to read magazines and books, puzzles and free WIFI
- Extended parking hours
- Discount at Chapel Lawn
- First Aid trained Staff
- City of Winnipeg Pass discount



**Shawn Dobson**

*City Councillor • St. Charles Ward*

204-986-5920

[sdobson@winnipeg.ca](mailto:sdobson@winnipeg.ca)



*Thank You* to our funders and sponsors whose generous support of the Centre allows us to continue to offer quality programs and services for our members and the community at large. If you would like to make a donation to support the Centre, please contact 204-987-8850 ext. 102.

## Funders

Winnipeg Regional Health Authority  
Winnipeg Foundation  
New Horizons for Seniors Program  
Manitoba Association of Senior Centres  
Manitoba Community Services Council  
Healthy Together Now

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