

St. James Assiniboia 55+ Centre

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

As we come upon another summer season we welcome the opportunity to spend more time in the great outdoors with friends and family as we all enjoy the warmer temperatures together.

At the St. James Assiniboia 55+ Centre we have a number of great summer events and programs to help you connect with the world around you. In these pages you will discover the details about our plans to head up to Clear Lake, a Crazy Trip to Carmen, a special trip to the Iberville Hutterite Colony and much more.

Mark your calendar for the **Intergenerational Block Party!** A great event for the whole family, so make sure to bring your grandchildren with you to this one. It will be taking place at the Deer Lodge Community Club rain or shine. The details of this event can be found on the back page of this newsletter or on our website.

Have you looked at our new website? It now allows you to register and pay for the different events and programs from the comfort of your own computer. We have been very pleased with the new system and the options that it gives to our participants to now register even when the Centre itself is closed. If you are not able or comfortable in registering on the new website you still can come into the Centre during our operating hours and register in person.

Also don't forget about the **"Cash for Now" raffle** that is just getting under way. The "Cash for Now" raffle is one of the main fundraising events of the Centre assisting us in meeting our annual budget each year. Each member will receive a booklet of 10 tickets that you can either sell for \$2 per ticket to family and friends or just purchase the entire booklet for \$20 yourself and possibly win one of the four cash prizes. The draw will take place on Friday, September 30th.

Check out the events and programs the Centre offers throughout the summer and I hope that this summer is a great one for all of us!



KEY DATES

July 6	Splash & Sangria Party
July 8	Barbershop Quartet Brunch
July 12	Clear Lake Trip/Boat Cruise
July 14	Lunch and a Movie
July 20	Intergenerational Block Party
July 22	Iberville Hutterite Colony
July 27	Crazy in Carman
July 29	Christmas in July BBQ
Aug 3	Assiniboine Park Zoo
Aug 4	Lunch and a Movie
Aug 8	Olympic Cafe
Aug 11	International Potluck
Aug 17	We're going to Gimli
Aug 23	Blossoms and Blooms
Aug 19	Breakfast of Champions
Aug 25	Lunch and a Movie

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 July 1st & Aug 1st**

Visit us on the web
www.stjamescentre.com

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We want to hear from you!

St. James Assiniboia 55+ Centre

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Phone: 204-987-8850

Email: info@stjamescentre.com

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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 **July/August** will be accepted starting **Thursday June 9th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **September/October**) will be **Thursday, August 11th**.

**A duck's quack doesn't echo.
No one knows why.**



SPECIAL EVENTS AND OUTINGS

Please refer to the website 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

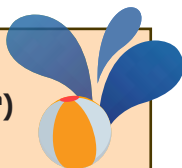
Splash and Sangria Party

**Wednesday, July 6th (Rain Date July 7th)
1:00 p.m.**

Join the Centre on a walk through the gardens, sangria, a dip in the pool and great conversation! Once again, Linda Hamilton and friends will be opening their gardens for a garden party. Pack your bathing suit and a towel! If you would like to walk, we will be departing the Centre at 12:45 p.m. for a 20 minute walk to Linda's home. Carpoolers will be leaving the Centre just before 1:00 p.m.

Don't miss out on this great event!

Cost: \$8 members /\$10 non-members
Registration deadline: June 29th



Iberville Hutterite Colony

**Friday, July 22nd
Departing Centre at 10:30 a.m.**

Join the Centre for a tour of the Iberville Hutterite Colony. We will be having lunch and a tour of this rural colony where you can learn more about life on a Colony. Bring your spare change to buy delicious pies, bread, jam and more from their market! *Carpooling available*

Cost: \$20 members /\$25 non-members
Registration deadline: July 15th



Crazy in Carman!

**Wednesday, July 27th
Departing Centre at 10:30 a.m.**

Join us as we travel to Carman for the day. We will be having lunch at the **Bell Aura Bistro, Bed and Breakfast** (a re-purposed 100 year-old Presbyterian church) which for those who didn't attend last year, has a fabulous lunch. After lunch we will take a drive or a short walk to stretch our legs and check out the Carman Bakery and Pastry Shop. Cost includes your driver's donation, lunch and overhead costs. *This trip is dependent on drivers so please indicate at registration if you are able to drive.*

Cost: \$25 members /\$30 non-members
Registration deadline: July 20th



Clear Lake Trip and Boat Cruise

**Tuesday, July 12th
Depart St. James Civic Centre at 7:30 a.m.
Estimate return 8:00 p.m.**

Board the bus and head to the beautiful Clear Lake in Riding Mountain National Park. Check out the shops of Wasagaming, walk on the beach, have lunch and then board the Martese Boat at 3 p.m. for a 90 minute cruise. A light dinner will be served on the boat. After we depart the boat we will head back to the city.

(Cost includes transportation, boat cruise & dinner, games and snacks on the bus & park entrance fee)

Cost: \$110
Registration deadline: June 21st



SPECIAL EVENTS AND OUTINGS CONTINUED

Olympic Café

August 8th - 19th

Come down to the Centre from Monday to Friday to watch all your favorite Olympic events! The members lounge will be set up so that you can come enjoy the games and purchase a variety of snacks available daily! Make plans with friends to come so that you don't miss any of the Olympic excitement!

Cost: Free to watch!



Assiniboine Park Zoo Trip

Wednesday, August 3rd

Meet at Zoo entrance at 9:45 a.m

Join the Centre as we take a tour of Assiniboine Park Zoo. Let's go visit Hudson and the other polar bears, see the horses at the new Heavy Horse exhibit and all the great changes the Zoo has undergone over the past few years. Optional post tour lunch at the Tundra Grill where we can enjoy our meal while watching the polar bears play. **You must pay for your own lunch.** *Carpooling available*

Cost: \$22 members /\$25 non-members

Registration deadline: July 27th



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We're Going to Gimli!

Wednesday, August 17th

Depart St. James Civic Centre at 10:15 a.m.

Join us as we take the bus to Gimli for some shopping and more Lake Winnipeg views. This is a great day trip for shopping and escaping the hustle and bustle of the big city! (Cost includes transportation and games and snacks on the bus. **Must pay for own lunch.**)

Cost: \$40

Registration deadline: July 27th



Blossoms and Blooms

Tuesday, August 23rd

Departing Centre at 10:30 a.m.

Come with us on the Blossoms and Blooms tour at Fort Whyte Alive! In this tour we will explore all the different types of wildflowers in the forests and prairies of Manitoba. Following the tour there will be a light lunch with soup or salad, a half sandwich, coffee, tea or juice and a delicious homemade sweet! *Carpooling available*

Cost: \$20 members /\$22 non-members

Registration deadline: August 8th

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 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: \$10 members
\$12 non-members

Matinee Lunch and a Movie!

Join us for lunch and a matinee movie at the Centre!

Includes Lunch, Movie, Coffee/Tea, Popcorn and a Drink!

Please register ahead of time as seating is limited

July 14th - Joy (2015) A story of a family across four generations, centered on Joy the woman (Jennifer Lawrence) who founds a business dynasty and becomes a matriarch in her own right. Facing betrayal, treachery, the loss of innocence and the scars of love, Joy becomes a true boss of family and enterprise.

August 4th - Miracles From Heaven (2016) Anna lives with a rare, incurable disorder that leaves her unable to digest food. Despite the dire diagnosis, devoted mom Christy (Jennifer Garner) relentlessly searches for a way to save her beloved daughter. Everything changes in an instant when Anna tells an amazing story of a visit to heaven after surviving a headlong tumble into a tree. Her family and doctors become even more baffled when the young girl begins to show signs of recovering from her fatal condition.

August 25th - Room (2015) Held captive for years in an enclosed space, a woman (Brie Larson) and her young son (Jacob Tremblay) finally gain their freedom, allowing the boy to experience the outside world for the first time.



Crustless Quiche

This delicious quiche was served at our annual volunteer appreciation event in April and received rave reviews. As promised we are sharing it with our members and friends.

Ingredients

5 eggs
1 cup milk
1 cup shredded cheddar cheese
1 cup vegetables (broccoli, green onions, spinach)
1 tsp pepper (Salt optional)
Sliced tomatoes

Directions

- Heat oven to 350° F.
- In a large bowl, beat the eggs, milk and pepper together.
- Stir in shredded cheese and vegetables.
- Lightly grease a 9" pie plate. Transfer mixture to pie plate.
- Layer 3 tomato slices on top.
- Bake at 350° F for 35 minutes. Enjoy!



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.

Sun Safety Basics

(adapted from healthy living and sun safety from www.healthycanadians.gc.ca)

Most of us like to work, play, and relax outside on a sunny day. The warm rays of the sun can feel good on our skin. But too much sun and heat can be harmful, so be careful! The sun's burning rays are also called ultraviolet radiation or UV rays.

UV rays can cause:

- Sunburn
- eye damage
- Skin cancer
- premature skin aging
- weakening of the body's immune system

Sun Safety Tips

- **Cover up.** Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy sunglasses make sure they provide protection against both UVA and UVB rays.
- **Limit your time in the sun.** Keep out of the sun and heat between 11 a.m. and 4 p.m. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.
- **Use the UV Index forecast** for your area on your local weather or news station. When the UV index is 3 or higher, wear protective clothing, sunglasses and sunscreen.
- **Use sunscreen.** Put sunscreen on when the UV index is 3 or more.
- **Drink plenty of cool liquids** (especially water) before you feel thirsty. If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.

Sunscreen safety tips

- **Choose a high SPF.** Protect your health by using a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15. The sunscreen should also say "broad-spectrum" on the label, to screen out most UVA & UVB rays.
- **Look for "water resistant."** Look for claims on the label that the product stays on better in water (water resistant, very water resistant).
- **Read application instructions.** For best results, be sure to follow the instructions on the product label.
- **Use lots of sunscreen.** Use the recommended amount of sunscreen.
- **Apply it early.** Apply sunscreen 20 minutes before you go outside; reapply 20 minutes after going outside and at least every 2 hours after that. Use a generous amount. Cover exposed areas generously, including ears, nose, the tops of feet and backs of knees.
- **Reapply often.** Reapply sunscreen often to get the best possible protection especially if you are swimming or sweating heavily.
- **Protect yourself.** Sunscreen and insect repellents can be used safely together. Apply the sunscreen first, then the insect repellent.



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 RBNB
Primary Health Care Nurse

FITNESS ORIENTATIONS AND WORKSHOPS

There will be no scheduled dates for Fitness Workshops for the summer, but if you are interested in any of the following workshops, please call Meaghan at 204-987-8850 ext. 105 and she can schedule a 1 on 1, 30 minute workshop for \$7.50 a course.

**Stay Active and
Maintain a Healthy
Lifestyle!**

**Don't forget
about our
Fitness Room!**



- Fitness Orientation (Free)
- Hand Weights
- Hoist Machine
- Resistance Bands
- Stretching



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

Drop in Fitness Classes with Sue

Sue Keyton will be running the following classes Drop in Style this summer.

These classes give you a great opportunity to try out some prospective classes for the fall and keep up your fitness over the summer.

Please pay Sue when you come to the class. (Cash only)



Zumba Mondays

10.30 - 11.30 a.m.
July 4, 11, 18 & 25
\$10/Class

Meditation Thursdays

9.30 - 11:00 a.m.
Dates TBD
\$15/Class

Yoga Fridays

9.30 - 11:00 a.m.
July 8, 15, 22 & 29
\$15/Class

Growing Young Fridays

11.30 a.m. - 12:30 p.m.
July 8 15 22 & 29
\$10/Class

CASH FOR NOW RAFFLE

It's that time of the year again for our annual Cash for Now Raffle.

Raffle Books will be mailed out to members in the beginning of June. One book of 10 tickets is only \$20.00! **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 **Friday, September 30th** at the Centre. All that we ask is that you return any tickets and money to the Centre by Thursday, September 29th. Please call 204-987-8850 if you have any questions or would like more books to sell.



City of Winnipeg Passes

City of Winnipeg Passes will be on sale from August 1st - 26th for a start date of October 1st.

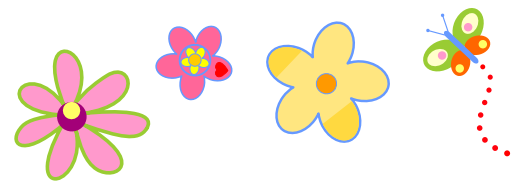
Passes can be purchased in person during this time period or by mail. Visit www.stjamescentre.com/cow to download the mail in form.

You must be a member of the Centre to take advantage of these offers.

The following passes will be available:

- 6 Month Facility Pass
- 6 Month Active Living Pass
- 12 Month Facility Pass
- 12 Month Active Living Pass

Visit www.stjamescentre.com/cow for prices or contact the Centre at 204-987-8850.



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VOLUNTEER VIBES

"The difference between ordinary and extraordinary is just that little extra"

VOLUNTEER SPOTLIGHT

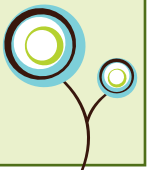
Volunteer Manitoba hosted the 33rd annual Volunteer awards on Thursday April 28th at the RBC Convention Centre. There were 12 awards given in a number of categories. Our dedicated, enthusiastic, caring soup ladies – Sylvia Danylenko, Linda Grant, Glenda MacDonald, Eiko Katarmya, and Fay Boyes were nominated for the Safeway Food for all Award.



The judging criteria for this award included the following:

- Manitoba group
- Inspire others through their hard work, generosity of time and spirit of character on behalf of an organization
- Special consideration to nominations that result in a long term benefit and have significant community impact

Although our group was not successful in winning the award which was \$1,000 donated to the charity of their choice, we are all very proud of Sylvia, Glenda, Eiko, Fay, Linda and their support of the Centre. In our estimation they are WINNERS!



VOLUNTEER OPPORTUNITIES

During the summer there are opportunities to help in the kitchen or clean up at our special events. Drivers are needed for our day trips, but you must register for the program first. There will be more listings for the fall so please check the Volunteer board or call Adele at 204-987-8850 ext. 108 or adele@stjamescentre.com.

We are currently looking for reception desk volunteers for Tuesday and Friday mornings in the fall. Training and ongoing support provided. Use your life long skills and meet new friends at the Centre.



WELLNESS SERVICES

The St. James-Assiniboia 55+ Centre offers the following Wellness Services:

Footcare (Tuesdays & Wednesdays)
30 minutes: \$30 members/\$35 non-members

Massage (Thursdays)
30 minutes: \$40 members/\$45 non-members
45 minutes: \$47.50 members/\$55 non-members
60 minutes: \$60 members/\$65 non-members

Reflexology (Fridays)
45 minutes: \$40 members/\$45 non-members
60 minutes: \$50 members/\$55 non-members

Book an appointment by calling 204-987-8850
A minimum of 24 hours is required to cancel appointments otherwise there will be a \$15 fee.

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.



IN THE COMMUNITY

The Seniors Resource Coordinator will be in the community distributing ERIK kits, educational materials, and talking about resources in the community of St. James Assiniboia. Contact Adele at 204-987-8850 ext. 108 or adele@stjamescentre.com if you would like some information shared at one of your coffee group meetings.



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.

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. Included in this kit is key personal information such as health card numbers, next of kin, family physician, medical history, allergies and medications.

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.

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.

SUPPORT SERVICES

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



Home Maintenance Referral Program



**Adele, the Seniors
Resource Coordinator
can help with that!**

We have reputable service providers who can help with pruning bushes, cleaning eavestroughs, weeding your flower beds, painting, fixing that leaky tap or toilet, mowing your lawn, plane that sticky door, repair your fence or deck and much much 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.

Support Groups

For sessions during July and August, please contact the Centre to ensure the meeting is taking place.



Parkinson Society Manitoba
Soci   Parkinson Manitoba

Parkinsons: Support group meets the 2nd Wednesday of the month at 1:30 p.m.



HEART &
STROKE
FOUNDATION
OF MANITOBA

Stroke: Support group meets the 4th Wednesday of the month at 1:00 p.m.

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

Are you looking to stop or reduce your tobacco use as well as improve your quality of life? Quitting smoking is a journey towards a better version of you. It's not easy, but everyone can do it. Sometimes we just need a little help taking that first step. You will be guided through your own journey.

Just come and try it out! What have you got to lose?



Looking Ahead Fall Presentations

- Savvy Seniors
- Oral Health
- Vertigo
- Addictions
- Aching Feet & Backs



Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead can help.

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- Medication Reminders
- Incidental Transportation
- Shopping and Errands
- Alzheimer's/Dementia Care

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To us, it's personal.

HomeInstead.com/3021

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.

1 on 1 Computer/Tablet/Phone Classes

Wednesday Mornings throughout the summer

Appointment Times: 8:45 a.m., 9:20 a.m., 9:55 a.m. and 10:30 a.m.

Whether you are just striking out in the technology world, or have more detailed questions about your computer or tablet, these classes are for you. Participants can come and learn the basics of computers/tablets/phones, ask their own questions and receive patient and thoughtful support in a one on one setting.

Instructor: Sean Sagert

Cost: \$60 for 3 - 30 minute sessions / \$25 for 1 - 30 minute session



 **Shawn Dobson**
City Councillor • St. Charles Ward
204-986-5920
sdobson@winnipeg.ca
Main Floor, Council Building
510 Main Street
Winnipeg, Manitoba R3B 1B9



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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

Sponsors

Chapel Lawn Memorial Gardens
Desjardins Financial Security Investments
Home Instead Senior Care
Shoppers Drug Mart
Assiniboine Credit Union



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 or contact the Centre 204-987-8850.

Barbershop Quartet Brunch

Friday, July 8th 10:30 a.m.



Come to the Centre for a fun morning with brunch and entertainment! We will have plenty of delicious food such as waffles with toppings of your choice, fruit salad and more! There will also be entertainment by Hats Off!, a quartet from the Winnipeg Golden Chordsmen Chorus!

Cost: \$12 members /\$15 non-members

Registration deadline: July 6th

Christmas in July BBQ

Friday, July 29th 11:30 a.m.



Join us for a Christmas in July themed BBQ! We will be having turkey burgers and other traditional Christmas fixings with a summer BBQ twist! Make sure to wear your favorite Christmas outfit as there will be a prize for the most festive attire!

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

Registration deadline: July 27th

International Potluck

Thursday, August 11th 11:30 a.m.



In celebration of Folklorama we are hosting an International potluck! We will provide Hawaiian sliders as a main dish and everyone attending is asked to bring either a side dish or a dessert!

Cost: \$5 members /\$8 non-members

Registration deadline: August 9th

Soup 'n More!

Thanks to our wonderful soup ladies 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.



Breakfast of Champions

Friday, August 19th 9:30 a.m.



As the Olympics are winding down, come enjoy a delicious breakfast of pancakes, sausages and other sides! Wear the colours of the country that you are supporting!

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

Registration deadline: August 17th



Please Join Us For Great Entertainment

Sturgeon Creek I
10 Hallonquist Drive
204.885.1415

July 1 | 2:00pm
Canada Day Celebration
with *Bellows and Fellows*

August 3 & 4
Olympics
Inspired Games

August 24 | 7:00pm
Patio Entertainment with
Jack Chenier

Sturgeon Creek II
707 Setter Street
204.885.0303

July 1
10:00am - Fun Summer Games
2:00pm - Entertainment
with *Diva Knows Best*

July 28 | 3:00pm
Happy Hour with
Shawna Perron

August 3 & 4
Olympics Inspired Games

August 27 | 2:30pm
Saturday afternoon
Interlude with *Richard Miles*

www.allseniorscare.com



PROUDLY CANADIAN



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.

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.



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. 4th - Dec. 31st 2016. Details at 204-987-8850.

Newsletter Release Date

The **September/October** newsletter will be available on **Tuesday, August 2nd** 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.

Newsletter
Pick Up

Membership \$40/year

Benefits include:

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

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*Vice President, Winnipeg West Branch
& Sr. Financial Advisor*

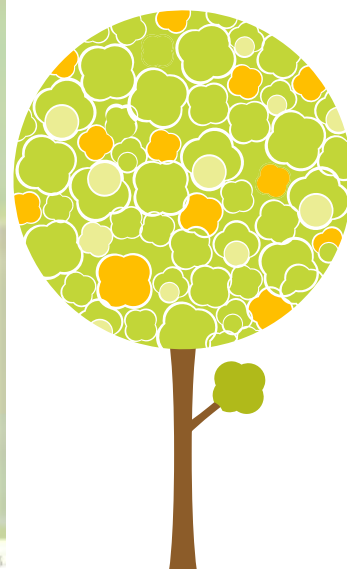
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St. James Assiniboia 55+ Centre Drop-In Calendar

Monday

Scrabble

1:00 - 3:00 p.m.
July 4 - Aug 29

Tuesday

Knitting & Crocheting Club

9:30 - 11:00 a.m.
July 5 - Aug 30

Wednesday

Company of Friends

11:00 a.m.
July 6 & 20
Aug 3, 17 & 31

55+ Men's Group

1:00 - 4:00 p.m.
July 6 - Aug 31
3172 Portage Ave.

Thursday

55+ Men's Group

1:00 - 4:00 p.m.
July 7 - Aug 25
3172 Portage Ave

Lunch and a Movie

12:00 p.m.
July 14: Joy (2015)
Aug 4: Miracles from Heaven (2016)
Aug 25: Room (2015)
Cost: \$8 members / \$10 non-members

Friday

Gamers

1:00 - 3:30 p.m.
July 8 - Aug 26

Saturday



10 Fun Facts

1. You can't wash your eyes with soap.
2. You can't count your hair
3. You can't breathe through your nose, with your tongue out
4. You just tried #3
6. When you did #3 you realized it's possible, only you look like a dog
7. You're smiling right now, because you were fooled.
8. You skipped #5
9. You just checked to see if there is a #5
10. Share this with your friends to have some fun too! :-)

Intergenerational



CRAFTS

Block Party

JULY 20th

GAMES

BOUNCER

FACE PAINTING

St. James Assiniboia 55+ Centre & St. James Parent and Child Coalition invite you to a Free BBQ and Block Party.

Date: Wednesday July 20th
Time: 11:00 a.m. - 1:00 p.m.
Location: Deer Lodge Community Club
323 Bruce Ave
FREE: BBQ Lunch - Manitoba Pork Council

To Register:
Families of the Parent Child Coalition please RSVP to familyresource@sjsd.net
Members of the 55+ Centre please RSVP to rachel@stjamescentre.com

Entertainment
by Musical Guest
Jake Chenier!



Family Fun!
All Ages
Welcome!

DR. DOUG EYOLFSON

MEMBER OF PARLIAMENT
CHARLESWOOD-ST. JAMES-ASSINIBOIA-HEADINGLEY



Summer has arrived, and with it comes great weather for enjoying the outdoors. I'd like to wish all readers of the St. James 55+ Newsletter an enjoyable summer.

Remember to stay safe
and hydrate!

3092 Portage Ave
 204.984.6432
 Doug.Eyolfson@parl.gc.ca
 DougEyolfson



SCOTT GILLINGHAM

City Councillor

*St. James-Brooklands-Weston
Chair of Winnipeg Police Board*

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