

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

Despite the amount of rain that we have received this season, the summer weather is here, so be sure to get outside and enjoy the sunny days. As I write this, I have just returned from the Intergenerational BBQ held at the Deer Lodge Community Centre. This event was a result of the great partnership the St. James Assiniboia 55+ Centre has with the St. James Assiniboia Parent Child Coalition and we are very happy to work together with them to be able to serve the different generations of our community. It was so wonderful to see so many of our members with their grandchildren at the BBQ sharing together in the food, the entertainment and the event itself. A very special thank you to the New Horizons for Seniors Program of the Employment and Social Development Department of the Federal Government for their financial support that helped fund this event.



In the middle of summer, it's hard to imagine that fall is right around the corner. Here at the St. James Assiniboia 55+ Centre we are already making plans for great activities and events in which to make the most of the new fall season. Make sure to read about all the different opportunities from within these pages of the newsletter.

One of those opportunities I would like to highlight is the upcoming "Cash for Now" raffle with the draw for the raffle taking place on September 30th. Each member will have received 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. Don't miss out on the opportunity to win the grand prize of \$1000.00 and make sure that your tickets are turned into the Centre before the draw. If you would like to witness the draw in person you can do so by attending the Raffle Lunch. Details of the Raffle Lunch can be found in this newsletter.

With the end of our summer season soon upon us, I encourage you to get out and enjoy as much of the warmer weather as you can and make sure to spend some of that time with good friends and family.

Have a great rest of your summer!

KEY DATES

Sept 8	Lunch and a Movie
Sept 13	Winnipeg Fire & Paramedic
Sept 15	Lunch with an Author
Sept 20	Life Leases & Condo's
Sept 20	Celebrations Matinee
Sept 22	Let's Talk Teeth
Sept 28	Financial Workshop
Sept 29	Let's Talk Teeth
Sept 29	Chapel Lawn Info Update
Sept 30	Cash for Now Raffle Lunch
Oct 4	Savvy Seniors
Oct 11	Vertigo
Oct 13	The Waverley Tour
Oct 14	Fall Feast & Entertainment
Oct 18	Aging and Addictions
Oct 20	Winnipeg Fire & Paramedic
Oct 27	Rosewood Tour
Oct 27	Halloween Lunch

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 Sept. 15 & Oct. 10**

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

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Website: www.stjamescentre.com



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@stjamescentre



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Executive Director

Carol Sandilands

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Adele Spence

Seniors Resource Coordinator

Meaghan Wilford

Program Coordinator and
Capital Campaign Project
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 **September/October** will be accepted starting **Thursday August 11th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **November/December**) will be **Thursday, October 13th**.



**SCOTT
GILLINGHAM**

City Councillor

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

204-986-5848

scottgillingham@winnipeg.ca
scottgillingham.ca



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

Celebrations- Night at the Museum of Country Music

Tuesday, September 20th

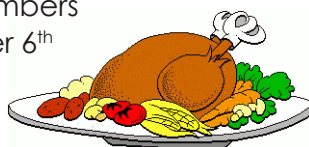
Leaving the Centre at 10:30 a.m.

Join the Centre at the Celebrations Matinee for a three course meal and great entertainment. Nashville, Tennessee, home of the Country Music Museum and Hall of Fame. The locals claim that if you happen to be passing the museum in the wee hours, you can hear the faint sounds of country stars past and present coming to life!

Featuring hit songs from legends like Garth Brooks and Shania Twain, and modern country stars like Keith Urban, and Carrie Underwood. You don't want to miss out on this great outing!

Cost: \$45 members /\$50 non-members

Registration deadline: September 6th



Fall Feast, Entertainment & Bake Sale

Friday, October 14th

5:30 p.m. Doors Open at 5:00

Westwood Community Church, 401 Westwood Dr.

Entertainment by Tom the Irish Cowboy

Join us for a delicious dinner and entertainment. Bring your friends and family for this fantastic dinner of ham, sides and pies followed with entertainment by Tom the Irish Cowboy who will get you tapping your feet and out of your seats to dance up a storm. There will also be a bake sale for you to purchase some Fall Baking. If you are able to donate baking for the bake sale please sign up at the Center and drop it off to the by October 13th.

Cost: \$15

Registration deadline: October 7th



2016 Cash for Now Raffle Luncheon

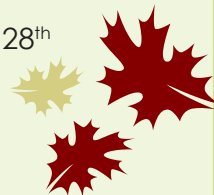
Friday, September 30th

11:30 a.m. Draw at Noon.

Join the Centre for a light lunch before we draw our Cash for Now Raffle Winners. Lunch and Dessert are on the menu and if you are lucky you will walk away with the first prize of \$1000! If you just want to watch the Raffle Draw without the lunch, the draw will take place at noon.

Cost: \$5

Registration deadline: September 28th



Cheryl J. Reid CPA, CGA

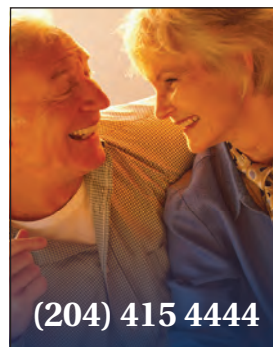
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(204) 415 4444

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www.seniorsmovingco.com

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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.

Re-invent Vegetables – Cauliflower!

According to Canada's Food Guide to Healthy Eating, adults over the age of 50 should be consuming 7 servings from the "Vegetables and Fruit" group per day (generally broken down into about 4 servings of vegetables and 3 servings of fruit, with some variability). Unfortunately, most people only eat vegetables at dinner time, which makes it very difficult to reach the suggested 4 servings per day.

Vegetables provide us with many essential vitamins and minerals and help us stay fuller longer because of their high fiber content.

Over the next few newsletters, we will present some new ideas to "reinvent" your vegetables to help you include them more often.

Cauliflower:

High in vitamin C, fiber and folate and very low in total carbohydrates, cauliflower is a versatile vegetable that can be used in a multitude of ways. Cauliflower is a cruciferous vegetable and is being studied for its possible role in reducing cancer risk.

New Ideas: Try adding it as filler in meatballs or steam it and use a fork to mash it into rice. You can also add it to a food processor with milk and a little cheese to make cauliflower "mashed potatoes". Try out the cauliflower pizza crust here. This recipe is a way to make a normally decadent food very healthy.



Cauliflower Pizza Crust

Recipe adapted from: <http://ifoodreal.com/cauliflower>



Ingredients

- 1 head of cauliflower: Roughly 7-8" wide
- 1 large egg
- ½ cup of parmesan or mozzarella cheese, grated or shredded & not packed
- 1 tsp. Italian herb seasoning
- ¼ tsp. salt
- ½ tsp. finely ground black pepper

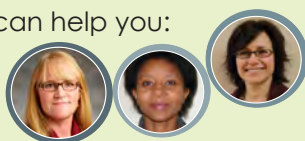
Instructions

1. Preheat the oven to 375 degrees and line round pizza baking sheet with parchment paper.
2. Rinse cauliflower and remove outer leaves and separate into florets with a paring knife. Place the cauliflower florets in a food processor and process until "rice" texture. Some coarse chunks are fine.
3. Place on prepared baking sheet, bake for 15 mins.
4. Remove the cooked cauliflower from the oven and transfer to a bowl lined with a double/ triple layered cheesecloth.
5. Squeeze the liquid out of the ball, cauliflower inside the cheesecloth, as hard as you can. Be patient and do this a few times.
6. Increase the oven temperature to 450 degrees. Transfer cauliflower into a mixing bowl along with egg, cheese, herb seasoning, salt and black pepper and mix to combine. Transfer cauliflower mixture onto the same baking sheet you used to roast the florets (swap out the parchment paper if it got soggy) and flatten with your hands.
7. Bake for 15-20 minutes and remove from the oven.
8. Top with your favorite toppings and bake again until the cheese on top turns golden brown.

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



Elizabeth St Godard RD
Community Dietitian

Lorna Shaw-Hoeppner RD
Community Dietitian

Laurie Green RNB
Primary Health Care Nurse

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

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 is a drop in style program with no registration required. Drop in to check out what activities they are up to this week. For more information call 204-987-8850 or drop in!

Stamp Club

The Stamp Club meets at **1:00 pm** every first and third Tuesday of the month. The club discusses a variety of stamps and why they were released relating them to various areas and events that took place in the past all across the globe. This group is open to all members of the Centre or Creative Retirement so stop by on a Tuesday starting September 20th to check it out.



Scrabble

Mondays at 1:00 p.m.

Did you know we have scrabble group that meets every Monday afternoon? This group faithfully comes all year on Mondays to practice their spelling, socialize and keep their brains sharp. There is also dessert and coffee served each week. Check out the group on Mondays to see what they are all about!



Thursdays at 12:00 noon

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

Matinee Lunch and a Movie!

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

Please register ahead of time due to limited seating available



September 8th - Spotlight (2015) In 2001, editor Marty Baron of The Boston Globe assigns a team of journalists to investigate allegations against John Geoghan, an unfrocked priest accused of molesting more than 80 boys. The reporters make it their mission to provide proof of a cover-up of sexual abuse within the Roman Catholic Church.

October 6th - The Choice (2016) Based on a Nicholas Sparks novel, fate brings together two opposites as Gabby moves next door to Travis, sparking an irresistible attraction that upends both of their lives. As their bond grows, the unlikely couple must decide how far they're willing to go to keep the hope of love alive.

Soul Steppers Walking Group Thursdays 9:15 a.m. – 10:15 a.m. September 8th - October 27th

Our FREE outdoor walking group is a great way to get active and meet new friends. Walking is good for your mind and body! Come with suitable walking shoes and go at your own pace as we explore the great walking paths around the Centre. **The group leaves at 9:15 a.m. sharp.** Don't forget your water!

FITNESS ORIENTATIONS AND WORKSHOPS

Only members may participate in fitness workshops and orientations.
Please wear active clothing, appropriate footwear, and bring a water bottle.
Please phone 204-987-8850 in advance to register for these programs.

Registration Deadline: 1 week before each session

Fitness Safety Orientation

Friday September 2nd & October 21st
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)

Hand Weights Workshop

Friday September 9th
2:00 p.m. – 2:30 p.m.

You will learn strength training principles, correct exercise technique, reps, sets, what weight to use and how to get started.

Cost: \$5

S-T-R-E-T-C-H Workshop

Friday September 16th
2:00 p.m. – 2:30 p.m.

Regular stretching helps lengthen your muscles to perform daily activities easier. You'll learn how to perform an active warm up as well as the do's and don'ts.

Cost: \$5

Resistance Band/Tubing Workshop

Friday September 30th
2:00 p.m. – 2:30 p.m.

This session covers benefits, proper technique, safety, exercises for major muscle groups so you can get an effective workout.

Cost: \$5

Hoist V6 Machine

Friday October 7th
2:00 p.m. – 2:30 p.m.

You'll learn the principles of strength training and how to operate the machine to use proper techniques for maximum benefits.

Cost: \$5



Growing Young

Fridays, September 16th - December 9th
(12 Classes) (No Class November 11th)
11:30 a.m. – 12:30 p.m.

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

Instructor: Sue Keyton

Cost: \$72 members / \$96 non-members

Intro to Meditation

Thursday September 15th (1 Class)
9:30 a.m. – 11:00 a.m.

Come and try out Meditation and learn the basics before our Mind Body and Spirit course begins September 22nd. This intro class is a great chance to see what meditation is all about before committing to the course.

Instructor: Sue Keyton

Cost: \$10

Line Dancing

Wednesdays, September 21st - December 7th
10:00 a.m. – 11:00 a.m. (12 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: \$72 members / \$96 non-members



FITNESS PROGRAMS CONTINUED

Drop-in fees are \$15 for Mind Body & Spirit, \$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.

You may also refer to our website at www.stjamescentre.com for more information on programs.

Mind Body and Spirit

Thursdays, September 22nd - December 8th

9:30 a.m. – 11:00 a.m. (12 Classes)

Join us for a series of informative & uplifting sessions designed to improve your understanding of mind body & spirit. Sue will be sharing the knowledge & wisdom of many great authors, spiritual teachers & new scientists of our time. Sessions will also include our usual practice of meditation. All levels welcome however it is strongly recommended if you are new to meditation you need to take the "Introduction to Meditation" session scheduled for September 15th.

Instructor: Sue Keyton

Cost: \$144 members / \$168 non-members

Total Body Workout

Tuesdays, September 20th – December 6th

9:15 a.m. - 10:15 a.m. (12 Classes)

Join us for a fun session of chair based 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: \$72 members / \$96 non-members

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, September 16th - December 9th

9:30 a.m. – 11:00 a.m. (12 Classes)

Instructor: Sue Keyton

Cost: \$96 members / \$120 non-members

Intermediate Yoga

Mondays, September 19th - December 12th

1:15 p.m. – 2:45 p.m. (12 Classes)

(No class on October 10th)

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

Instructor: Sue Keyton

Cost: \$96 members / \$120 non-members

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, September 19th - December 12th

10:30 a.m. – 11:30 a.m. (12 Classes)

(No class on October 10th)

Instructor: Sue Keyton

Cost: \$72 members / \$96 non-members

Lite n' Lively with Sue

Mondays, September 19th - December 12th

9:15 a.m. – 10:15 a.m. (12 classes)

(No class on October 10th)

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

Instructor: Sue Keyton

Cost: \$72 members / \$96 non-members



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HOUSING TOURS



The Waverley (assisted living)

Thursday October 13th @ 12:30 pm

The Rosewood (supportive housing)

Thursday October 27th @ 12:30 pm

Join Sharon Lowen and Adele Spence for lunch/
tour/presentation of these residences. We will car
pool or you can meet the group at 857 Wilkes
Avenue.

Cost: \$2.00

Financial Workshop

Wednesday, September 28th 2:00 pm

Are you interested in getting some of your
financial questions answered? We would love to
answer your questions and teach you what you
need to know but would like your input on what
topics you would like us to focus on. This workshop
will give you an idea of topics we could discuss
in the future and will help us nail down which
financial experts we should bring to the Centre
next.

Cost: \$2

Presenter: Ken Liwski and team, Desjardins
Financial Security

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KEN LIWSKI, CPCA

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

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VOLUNTEER VIBES

*"Life is like riding a bike, To keep your balance
You must keep moving & volunteering"*



VOLUNTEER SPOTLIGHT

The St. James Assiniboia 55+ Centre Board of Directors sets the direction for the organization and provides monitoring and oversight of accomplishment of goals. The Executive Director together with staff and volunteers, carries out the Board's direction. The Board meets every two months and is comprised of a President, 1st Vice president, 2nd Vice President, Past President, Treasurer, Secretary and seven Directors-at-Large. There are also several Board Committees that meet regularly. They are very committed to carrying out the mission statement of the Centre. The pictures of past presidents can be viewed on the south side of the Centre. These volunteers are honored for serving a 2 or 4 year term as president. Thank you members of the Board for all your time and efforts serving the members of the Centre. Your work is greatly appreciated by everyone.

VOLUNTEER OPPORTUNITIES

Some of the positions available for the fall include:

- Reception Desk Tuesday morning
- Drivers for Rides for Seniors Program
- Gathering Places Isolation Program
- Special Events- set up, clean up, kitchen prep
- One-Time volunteers

Please contact Adele at 204-987-8850 ext. 108 or adele@stjamescentre.com or check the volunteer board 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 PRESENTATIONS

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

Registrations for all presentations are completed at the Centre, by phone or online. These presentations are open to members of the Centre and the community. Please note the location as several presentations are offered off site and carpooling is available if required. Registrations are open until the day of the presentation but please check beforehand to see if there are available spots.

Let's Talk Teeth

Thursday September 22nd @ 1:30 pm

Location: 90 Sinawik

Thursday September 29 @ 1:30 pm

Location: Sturgeon Creek 1 (10 Hallonquist Drive)

Did you know a healthy mouth can improve your overall health. Research is linking unhealthy mouths to diabetes, cardiovascular disease, pneumonia and more. Find out what steps you can take to improve your oral health for your overall health. Free tooth brushes for those in attendance. There will be an opportunity for individual screening following the presentation.

Cost: \$2

Presenter: Shauna McGregor, University of Manitoba Dental Program

Vertigo

Tuesday, October 11th 1:30 pm

Location: 455 Westwood Drive

Do you feel like the room is spinning as you lie down, sit up or bend over? Do you feel dizzy or off balance? You may have a dysfunction of your inner ear. While vertigo and dizziness can affect us through life, some conditions occur more often in our senior years. There are treatment options!

Cost: \$2

Presenter: Shayla Moore, Creekside Physiotherapy

Winnipeg Fire Paramedic Services

An enlightening presentation on what you can do to lessen your risk of falls, ERIK, the role of the fire paramedic services, and emergency procedures.

Tuesday September 13th @ 1:30 pm

Location: 455 Westwood Drive

Thursday October 20th @ 1:30 pm

Location: 90 Sinawik

Cost: \$2

Presenter: Cory Guest



Life Leases & Condominiums

Tuesday, September 20th 10:00 a.m.

An opportunity for you to find out all you need to know about life leases and condominiums. Questions encouraged.

Cost: \$2

Presenter: Residential Tenancy Branch

Aching Feet & Backs

Tuesday, September 27th 1:30 pm

This presentation will cover common causes and how to help relieve them, footwear options and stretches/exercises appropriate for seniors.

Cost: \$2

Presenter: Lisa Kapitany, Creekside Physiotherapy

Aging & Addictions

Tuesday, October 18th 10:30 a.m.

What are the issues? This informational session will talk about what is addiction, the effects of alcohol and other drugs (including prescription drugs), and the use of the internet on older adults.

Cost: \$2

Presenter: Esther Tran, Addictions Foundation

TRANSPORTATION TIPS

Are you looking for help in discovering what transportation options there are for seniors in Manitoba?

Visit www.tonsmb.org

Winnipeg Transit Schedule Information
www.winnipegtransit.com

Handi Transit – call 204-986-5722

Gift taxi vouchers to a friend or family member!



SUPPORT SERVICES PRESENTATIONS

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

SAVVY SENIORS

Cost: \$10 (includes lunch)

Tuesday October 4th, 10:00 am – 3:00 pm

Join us for this fun and informative workshop that offers a variety of topics chosen especially for Savvy Seniors, those who want to be knowledgeable, well informed and have practical know how.

10:00 - 11:00 am Family Dynamics in Estate Planning – Sharon Tod, St. Mary's Law

11:00 - 12 noon Fraud Awareness – Constable Sparrow, Wpg Police Services

12:00 - 12:45 pm Lunch

12:45 - 1:45 pm Winnipeg Fire Paramedic Services – Cory Guest

1:45 - 2:30 pm CAA Talks Travel – Karen Wiggett, CAA MB

Before we wrap up at 3:00 pm we will be working on our "savvy list" and "mucho gusto" with Adele and Laurie.



HAVE YOU SEEN THIS SIGN?

Over the years that I have been involved with the St. James Assiniboia 55+ Centre I have come to realize that there are a lot of members that have some connection to Chapel Lawn Funeral Home and Memorial Gardens. They may have family or close friends that have used our services or they may have relatives and friends that they visit in our Cemetery or Niche Columbarium.

As we all know our personal situation and information changes over time as we move or experience life changing events that require us to change addresses. Chapel Lawn Funeral Home and Memorial Gardens is coming to the 55+ Centre on Thursday, Sept. 29th from 12:30 – 3:30 p.m. and the purpose of our visit is to assist the Members of the 55+ Centre to update their information on our computer system and provide an opportunity for questions about any products or services that you have pre-arranged with us.

Everyone is Welcome! Refreshments will be

provided, so even if you have already updated your information, but would like to find out more about the services we offer, we invite you to stop by and visit with our Arbor Memorial Representative.

Gerald Knutson, President



Attention
Property
Owners

Please stop by the office
to ensure your records
are up to date



SUPPORT SERVICES

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

Gathering Places (Isolation/Visitation Program)

An isolation/visitation program for seniors in St. James who would like to meet for coffee/tea in a coffee shop or in the lounge area of their residence. Volunteers or clients requiring more information should contact Adele at 204-987-8850 ext 108 or adele@stjamescentre.com.

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 appointments, banks, hair salons, groceries and activities at the Centre. All rides are dependent on availability of drivers. Donation of \$8.00 to the driver in the area of St. James-Assiniboia includes drop off and \$15 outside the area plus parking costs. This includes drop off and pick up. Drivers take seniors with canes and collapsible walkers. Call 204-987-8850 ext. 106 for a registration form.

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

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

E.R.I.K. is an emergency response information kit designed to assist the emergency personnel in times of crisis. Included in this kit is key personal information. Please keep yours updated and on the front of your fridge. 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. Drop by the centre to pick up your kit.

Support Groups

Parkinsons: Support group meets the 2nd Wednesday of the month at 1:00 p.m.



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.



Have an idea for a presentation?

Contact Adele Spence
at 204-987-8850 ext. 108
or by email: Adele@stjamescentre.com

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.

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 Technology Classes

Wednesday Mornings starting September 7th

Appointment Times: 8:40 a.m., 9:15 a.m. and 9:50 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/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: \$60 for 3 - 30 minute sessions / \$25 for 1 - 30 minute session



iPad Classes

Wednesdays

Beginners – September 9th to 28th (4 Classes)

Next Steps – October 5th to 26th (4 Classes)

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

Did you get an iPad over the summer? Or are you looking to brush up your skills and learn more about the iPad in a group setting? If either of these apply to you then these classes fit the bill! Sign up early as spots are limited in our group classes where you will learn all about the Apple operating system and what you can do with your iPad.

Instructor: Sean Sagert

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

Singsationals

Mondays, September 19th - December 5th

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

Join our Singsationals Choir Group! This choir performs throughout the community to brighten the spirits of many and are great ambassadors for our Centre. Rehearsals are always fun and the repertoire of songs changes based on the seasons.

Cost: \$70 full year/\$40 half year.



TIERNEY PODIATRY CLINIC



- Corns • Calluses
- Ingrown Nails • Nail Surgery
- Plantar Warts • Cryosurgery
- Plantar Fasciitis • Heel Pain
- Custom Made Foot Orthotics
- Diabetic Foot Care

Dr Teresa Tierney

New Patients Welcome (No referral needed)

200 - 3025 Portage Ave • Winnipeg R3K 2E2 • 204-889-1112



Shawn Dobson
City Councillor • St. Charles Ward

204-986-5920
sdobson@winnipeg.ca

Main Floor, Council Building
510 Main Street
Winnipeg, Manitoba R3B 1B9



Brain Fitness



He who builds me doesn't want me,
he who buys me doesn't use me,
he that uses me doesn't know he's got me.
What am I?

Answer: A Coffin

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.

Lunch with an Author

Thursday, September 15th 11:30 a.m.

Come to the Centre and enjoy a delicious lunch with author Marlene Plett. After the lunch she will discuss her new book entitled '**An Unhurried Journey**', a memoir describing her experiences living on a farm in Southern Manitoba in the 1930s. You will have a chance to win a copy of her book!

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

Registration deadline: September 13th



Please Join Us For Great Entertainment

Sturgeon Creek I

10 Hallonquist Drive
204.885.1415

September 28 | 7:00pm

*Diva Knows Best
Entertainment*

October 18 | 1:30pm

*Celebrating The
Elusive Marc Chagall*

October 26 | 7:00pm

*Vocal Ascent Choir
Concert*

Sturgeon Creek II

707 Setter Street
204.885.0303

September 10 | 2:30pm

*Grandparent's Day Celebration
with Daylan James*

October 18 | 1:30pm

*Celebrating The
Elusive Marc Chagall*

October 28 | 2:00pm

*Halloween
Magic Show*

www.allseniorscare.com



PROUDLY CANADIAN



Soup n' More!

Our soup crew will be making delicious soups on the following days in September and October. There could also be some tasty biscuits accompanying the soups so drop by the Centre to see what's available! Soup can be pre-ordered for pickup by calling 204-987-8850 or emailing rachel@stjamescentre.com.



Gourmet Soups \$3.00/bowl

Sept. 6th	Minestrone
	Chili
Sept. 20th	Creamy Chicken Pasta
	Moroccan Carrot
Oct. 4th	Stuffed Pepper
	Butternut Bisque
Oct. 18th	Wild Rice and Mushroom
	Baked Potato



Halloween Lunch



Thursday, October 27th 11:30 a.m.

Come celebrate Halloween at the Centre with a fun lunch and costumes! We will be having a pasta lunch and there will be a costume contest with prizes to be won!

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

Registration deadline: October 25th



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

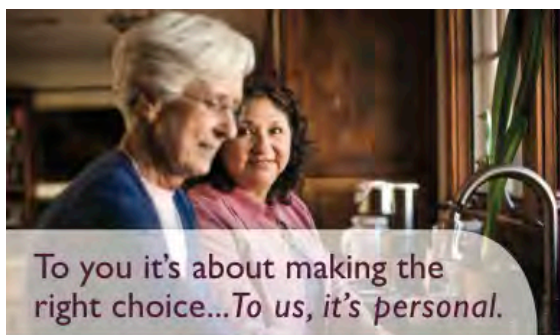
The **November/December** newsletter will be available on **Tuesday, October 4th** after 12:00 p.m. If you prefer to receive the newsletter by email, phone reception at 204-987-8850. For those interested in volunteering to deliver newsletters, please call Adele at 204-987-8850 ext. 108.

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
- Discount at Chapel Lawn
- Extended parking hours (additional fee applies)
- City of Winnipeg Pass discount



To you it's about making the right choice...To us, it's personal.

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- Meal Preparation
- Light Housekeeping
- Medication Reminders
- Incidental Transportation
- Shopping and Errands
- Alzheimer's/Dementia Care

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

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



**Open to Members from
8:30 a.m. - 3:30 p.m.
A fitness orientation is
required prior to
using the gym. Please wear
indoor shoes while
using the equipment.**



DR. DOUG EYOLFSON

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

Please join me at my next Town Hall meeting to discuss electoral reform, the environment, and other important topics.

Wednesday, September 14th from 7:00 to 8:30 PM
Headingley Community Centre 5353 Portage Ave.



3092 Portage Avenue



204.984.6432



Doug.Eyolfson@parl.gc.ca



DougEyolfson

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



Pickleball

The schedule
starting Sept. 1st
is as follows:



Westwood Community Church

401 Westwood Drive

Tuesdays: 1:00 - 3:00 p.m.
Sept. 13th - Dec. 13th
(No session October 18th)

Sturgeon Heights Community Centre 310 Rita Street

Monday

Gold - 8:00 - 11:00 a.m.
Silver - 11:00 a.m. - 1:00 p.m.

Wednesday

Silver - 8:00 - 11:00 a.m.
Bronze - 11:00 a.m. - 1:00 p.m.

Thursday

Gold - 8:00 - 11:00 a.m.
Bronze - 11:00 a.m. - 1:00 p.m.

Friday

Silver - 8:00 - 11:00 a.m.
Bronze - 11:00 a.m. - 1:00 p.m.

\$48 Members

\$80 Non-Members

\$5 drop in

Please note:

You are welcome to play at any time but keep in mind the majority of people there will be at similar skill levels.