



## 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 approach the end of fall and get ready for the Christmas season, we often find ourselves thinking back over the past year on how our lives have been effected by the different things that we have participated in, the friendships we have shared and the significant events that have shaped us. At the Centre, it is also an opportunity for us to reflect on the past year of events and activities, the people we have served and the difference that we made in the lives others at the Centre. It is also a time for us to review the financial health of the Centre and continue to highlight our fundraising efforts to meet our fiscal year end budget. In this newsletter you will discover different opportunities to support the work of the Centre by purchasing perogies, a personalized wooden toy, participate in our Annual Appeal or Giving Tuesday taking place on November 29<sup>th</sup>. Thank you so much for your ongoing support of the Centre, the work we do and the people we serve.



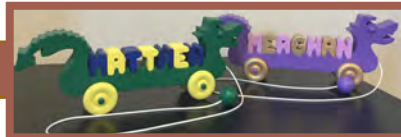
### Perogy & Farmer Sausage Fundraiser Oct. 4<sup>th</sup> - Nov. 16<sup>th</sup>

**What a great opportunity to stock up on perogies and sausage for the upcoming Christmas Season!** Perogies will be ready for pickup at the Center on Dec. 1<sup>st</sup> in the afternoon. Perogies are from the Country Perogy Shop in Kleefeld, Manitoba. The farmers sausage is from Earls Meat Market. Order forms will be available at the Centre or on our website. The money raised will be used for helping with our yearly Fundraising goal of \$34,000. Please encourage friends, family and neighbours to purchase them.



### Custom Wooden Pull Toy

**Looking for a unique gift for a special child for a birthday or for Christmas?** Order a custom name wooden pull toy built by our Men's Group for only \$30! Proceeds from the sale of these Wooden Pull Toy's will go directly to support the work of the St. James Assiniboia 55+ Centre. Order forms available at the Centre or email us at [info@stjamescentre.com](mailto:info@stjamescentre.com).



### KEY DATES



<b>Nov 2</b>	Coping with Hearing Loss
<b>Nov 3</b>	Lunch and a Movie
<b>Nov 8</b>	Frolic to the Forks
<b>Nov 9</b>	Coping with Hearing Loss
<b>Nov 10</b>	Soup, Salads & Breadsticks
<b>Nov 15</b>	Too Fit to Fracture
<b>Nov 17</b>	Cook and Eat
<b>Nov 22</b>	Intergenerational Event
<b>Nov 22</b>	Act on it
<b>Nov 24</b>	Lunch and Learn
<b>Nov 29</b>	How Sweet it is
<b>Nov 30</b>	Christmas Brooch Workshop
<b>Dec 1</b>	Perogy Pick up
<b>Dec 1</b>	Lunch and a Movie
<b>Dec 7</b>	Christmas Dinner
<b>Dec 8</b>	Your Eyes
<b>Dec 13</b>	Cocktails and Canapes
<b>Dec 22</b>	Cook and Eat

### 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 November 11**

**Will close for Christmas break  
starting Friday, December 23<sup>rd</sup>  
and will reopen on  
Tuesday, January 3<sup>rd</sup>**

## TABLE OF CONTENTS

Message from the Executive Director .....	1
Staff Listing .....	2
Registration Procedure .....	2
Special Events and Outings .....	3
Straight from the H.A.R.T. ....	4
Drop In Programs .....	5
Lunch and a Movie .....	5
Fitness Programs .....	6
Wellness Services .....	8
Volunteer Vibes .....	9
Volunteer Spotlight .....	9
Support Services .....	10
Registration Information .....	12
Educational Programs .....	13
Food and Friendship .....	14
Calendar of Events .....	15
Thank You Funders and Sponsors .....	16

### 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)



Follow us on Twitter  
@stjamescentre



Look for us on Facebook!



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

**Sean Sagert**

Executive Director

**Carol Sandilands**

Administrative Assistant

**Adele Spence**

Seniors Resource Coordinator

**Meaghan Wilford**

Program Coordinator and  
Capital Campaign Project  
Coordinator

**Rachel Wonnek**

Congregate Meal Program  
Coordinator

**Lisa Twomey**

Administrative Assistant

### 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 **November/December** will be accepted starting **Thursday October 13<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 **January/February**) will be **Thursday, December 15<sup>th</sup>**.



Winnipeg will host the Canada Summer Games  
July 28 – August 13<sup>th</sup>, 2017. Become a volunteer,  
visit [www.2017canadagames.ca](http://www.2017canadagames.ca)

## 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\***

### Christmas Dinner

**Wednesday, December 7<sup>th</sup>**

**Doors open at noon. Lunch at 12:30 p.m.**

Join us for our annual Christmas Dinner! We will be having a delicious full turkey dinner catered by Deer Lodge Catering. There will also be a silent auction, 50/50 and live baking auction! If you are able to donate baking (a pie, dainties, chocolates, tarts, etc.) for our auction please contact Meaghan at 204-987-8850 ext. 105 or sign up at the Centre. Register early as we have limited seating for this popular event and you don't want to miss out on this fantastic meal and socialization!

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

**Registration deadline:** December 2<sup>nd</sup>

### Frollic to the Forks

**Tuesday, November 8<sup>th</sup>**

**Leaving the Centre at 10:30 a.m.**

Join the Centre for lunch at the Old Spaghetti Factory followed by shopping at the Forks Market and Johnston Terminal. This is a great opportunity for you to check out all the new upgrades that have been made at the Forks Market and get a head start on your Christmas shopping!

**Participants are responsible for paying for their own lunch.**

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

**Registration deadline:** November 4<sup>th</sup>





**Cheryl J. Reid CPA, CGA**

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## Intergenerational Event

Try out  
Floor Curling  
and More!

**Family FUN  
for Everyone**

Free Exercise  
Bands!

November 22

**Hop, Skip and Jump to Fun!**  
**Activities For All Ages facilitated**  
**by: Fit Kids Healthy Kids**



**St. James Assiniboia 55+ Centre & St. James Parent and Child Coalition**  
invite you to a **Free community event** with activities for all ages.

**Date:** Tuesday, November 22<sup>nd</sup>

**Time:** 5:30 p.m. - 7:30 p.m.

**Location:** Civic Centre Gymnasium (2055 Ness Ave)

**FREE:** Pizza Dinner

**To Register:**

**Families of the Parent Child Coalition** please RSVP to  
[familysource@sjscd.net](mailto:familysource@sjscd.net)

**Members of the 55+ Centre** please RSVP to  
[meaghan@stjamescentre.com](mailto:meaghan@stjamescentre.com)

**\*\*Let us know how many will be attending\*\***





## 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 – Zucchini Squash and Sweet Potato!

#### Zucchini

Containing more potassium than a banana, zucchinis have long been touted as a healthy addition to any meal!

Zucchini makes an excellent substitute for pasta. You can use a spiral vegetable slicer to make zucchini noodles and top with tomato sauce and turkey meatballs or pesto and chicken.

Zucchini can also be hollowed out and stuffed with different fillers like hummus or meat sauce to make “zucchini boats”. Bake in the oven for a very fun spin on stuffed pasta.



#### Sweet Potato

Known for their high dose of Vitamin A, sweet potatoes also contain a compound known as “resistant starch” which has been shown to promote the growth of healthy gut microbes in the large intestine. This low-glycemic food also provides potassium, vitamin C, calcium and iron and is easy to batch cook on the weekends and eat throughout the week.

Slice sweet potato roughly 1 inch thick and bake in a 425 degree oven for roughly 10 minutes per side. Once done use two slices as slider “buns” for 1-2 oz turkey or lean beef burgers

**Believe it or not, sweet potato makes a great addition to smoothies!** Add 1 cup of sweet potato (cooked) with 1 T almond butter, ½ cup of almond milk with ginger, cinnamon and nutmeg for a perfect afternoon pick me up.



*Please Join Us For Great Entertainment*

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

**November 9**  
**1:30pm**  
Hearing Presentation

**November 11**  
**3:00pm**  
Remembrance Day Service

**December 14**  
**7:00pm**  
Murray Riddell Big  
Band Holiday Swing Concert

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

**November 2**  
**1:30pm**  
Hearing Presentation

**November 11**  
**2:00pm**  
Remembrance Day Service

**December 13**  
**7:00pm**  
Silver Notes Choir  
Holiday Concert

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



PROUDLY CANADIAN



#### 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 the front desk at the Centre or call us at 204-987-8850. Make sure to refer to the calendar of weekly programs on page 15 or visit our website at [www.stjamescentre.com](http://www.stjamescentre.com) for more information.

Also don't hesitate to contact our Program Coordinator Meaghan Wilford for any questions you may have about how to connect with any of our Drop In programming. Call 204-987-8850 ext. 105 or email [meaghan@stjamescentre.com](mailto:meaghan@stjamescentre.com).

### EUCHRE

Euchre is a trick-taking card game most commonly played with four people in two partnerships. Join this group on a Tuesday afternoon to learn all about it and try your hand at this fun and addicting card game!

**Tuesdays @ 1:30 p.m.**



### Bowling:

**Did you know** the Centre has a drop in Bowling group? Head to Polo Park Lanes on November 14<sup>th</sup> or December 12<sup>th</sup> and look for Gail where she will introduce you to the group and help you get bowling.

For just \$7 you will have a great afternoon of socializing and bowling.



### 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 does a variety of different things such as hand wood carving and model plane building. Stop by one afternoon for a coffee to see what they are up to! For more information call 204-987-8850 or drop in!



**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\*

**November 3<sup>rd</sup> - Me Before You (2016)** Young and quirky Louisa "Lou" Clark moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for Will Traynor, a wealthy young banker left paralyzed from an accident two years earlier. Will's cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither one could have imagined.

**December 1<sup>st</sup> - Florence Foster Jenkins (2016)** This film tells the inspirational true story of a New York heiress, Florence (Meryl Streep), who obsessively pursued her dream of becoming a great singer. The voice she heard in her head was divine, but to the rest of the world it was hilariously awful. At private recitals, her devoted husband and manager, St Clair Bayfield, managed to protect her. But when Florence decided to give her first public concert at New York's Carnegie Hall, St Clair realised he had perhaps bitten off more than he could chew.



## FITNESS ORIENTATIONS AND WORKSHOPS

Only members may participate in fitness 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 November 4<sup>th</sup> & December 2<sup>nd</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)



### Total Body Workout

**Tuesdays November 8<sup>th</sup> - December 13<sup>th</sup>**  
**9:15 a.m. - 10:15 a.m. (6 weeks)**

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:** \$36 members / \$48 non-members

### Growing Young

**Fridays until December 9<sup>th</sup>**  
**(No Class November 11<sup>th</sup>)**  
**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:** Drop in \$8/class

### Line Dancing

**Wednesdays until December 7<sup>th</sup>**  
**10:00 a.m. – 11:00 a.m.**

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

**Instructor:** Karen Hodgins

**Cost:** Drop in \$8/class



*On behalf of the Board of Directors and Staff of the St. James-Assiniboia 55+ Centre, we wish everyone a wonderful holiday season and many blessings as we move forward to 2017.*

**Have a safe and fun  
Christmas & New Year's!**



**SCOTT  
GILLINGHAM**

**City Councillor**

*St. James-Brooklands-Weston*

*Chair of Winnipeg Police Board*

204-986-5848

scottgillingham@winnipeg.ca

scottgillingham.ca





## FITNESS PROGRAMS CONTINUED

Please remember to wear active clothing, appropriate foot wear, and bring a water bottle. Please sign up early as classes will be cancelled if there is not enough interest. Drop-In spaces are only guaranteed if the class runs or there is room. Drop-in fees are \$10 for yoga 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. You may also refer to 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 well being in a relaxing and calm atmosphere.

**Fridays until December 9<sup>th</sup>**

**(No Class on Nov. 11<sup>th</sup>)**

**9:30 a.m. – 11:00 a.m.**

**Instructor:** Sue Keyton

**Cost:** Drop in \$10/class

#### Intermediate Yoga

**Mondays until December 12<sup>th</sup>**

**1:15 p.m. – 2:45 p.m.**

**(No class on October 10<sup>th</sup>)**

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

**Instructor:** Sue Keyton

**Cost:** Drop in \$10/class



### 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 until December 12<sup>th</sup>**

**10:30 a.m. – 11:30 a.m.**

**(No class on October 10<sup>th</sup>)**

**Instructor:** Sue Keyton

**Cost:** Drop in \$8/class

#### Lite n' Lively with Sue

**Mondays until December 12<sup>th</sup>**

**9:15 a.m. – 10:15 a.m.**

**(No class on October 10<sup>th</sup>)**

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

**Instructor:** Sue Keyton

**Cost:** Drop in \$8/class

## What is Giving Tuesday?

**Most people know about Black Friday and Cyber Monday... now we have Giving Tuesday!** It is a new global movement for giving and volunteering, taking place each year after Black Friday on November 29<sup>th</sup>. In the same way that retailers take part in Black Friday, the giving community has come together for Giving Tuesday. This year we have a donor who will match each dollar that is donated on Giving Tuesday up to \$500. We need your help in order to maximize this opportunity. So on Tuesday, November 29<sup>th</sup> please visit our Centre or go to our website and click on the **Donate Button** at the top of the page.

## GivingTuesday



**November 29, 2016**

## WELLNESS SERVICES

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

**Please Note: Starting Nov. 1<sup>st</sup> the following rates apply.**

**Footcare** (Tuesdays & Wednesdays)  
30 minutes: \$35 members/\$43 non-members

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

**Massage** (Thursdays)  
30 minutes: \$43 members/\$50 non-members  
45 minutes: \$52 members/\$60 non-members  
60 minutes: \$65 members/\$70 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.**

## Pickleball

**Westwood Community Church  
401 Westwood Drive**

Tuesdays: 1:00 - 3:00 p.m.  
Until Dec. 13<sup>th</sup>  
(No session October 18<sup>th</sup>)

**Sturgeon Heights Community  
Centre 310 Rita Street**

Monday  
Gold - 8:30 - 10:30 a.m.  
Silver - 10:30 a.m. - 1:30 p.m.  
Bronze - 1:30 p.m. - 3:30 p.m.

Wednesday  
Gold - 8:30 - 10:30 a.m.  
Silver - 10:30 a.m. - 1:30 p.m.  
Bronze - 1:30 p.m. - 3:30 p.m.

Friday  
Gold - 8:30 - 10:30 a.m.  
Silver - 10:30 a.m. - 1:30 p.m.  
Bronze - 1:30 p.m. - 3:30 p.m.

### 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.

**\$48 Members  
\$80 Non-Members  
\$5 Drop in**



## SUGAR COOKIES

These are the best soft cut-out sugar cookies you will ever make! These sugar cookies are not only easy to make, but an ideal holiday treat!

### Ingredients

1 cup	Softened Butter
1 cup	Sugar
1	Egg
1 tsp	Vanilla extract
½ tsp	Almond Extract
2 ¾ cups	Flour
1 tsp	Baking Powder
¼ tsp	Salt
2 Tblsp	Milk

### Method

1. Heat oven to 400C.
2. Combine first 5 ingredients together with a mixer until thoroughly mixed.
3. Add in remaining ingredients. Mix until blended.
4. Roll out dough on a floured surface to approx. ¼ inch thick and use a cookie cutter for different shapes.
5. Bake for 6-8 mins





## VOLUNTEER VIBES

*"When you give of yourself,  
the rewards are many"*



## VOLUNTEER SPOTLIGHT

Every two months when the newsletter is released ten volunteers get a call to pick up the newsletters for members who live in apartment blocks. This helps us keep the cost down for mailing which now costs a member \$15 a year and also accommodates those members who find it difficult to get out. In all kinds of weather the volunteers make it to the Centre with a smile on their faces for pickup of the latest newsletter. Two volunteers also deliver to the libraries and a few other businesses in the area.

Thank you to the following volunteers who make many members happy:

- |                   |                  |
|-------------------|------------------|
| • Pat Dinson      | • Linda Hamilton |
| • Anne Fleming    | • Anna Dyck      |
| • Olive Proctor   | • Judy MacIver   |
| • Joan Green      | • Helen Morrow   |
| • Elizabeth Boote | • Sarah Loeppky  |

## VOLUNTEER OPPORTUNITIES

Some of the positions available include:

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

**Please contact Adele Spence**

204-987-8850 ext. 108

adele@stjamescentre.com

or check the volunteer board at the Centre

## Celebrate Life Today. Be Remembered Tomorrow.

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



We are here to assist you with:

- Burial & cremation options
- Serving all faiths & cultures
- Pre-planning & payment options;  
saving you money, time & stress

Call for your FREE info kit: 204-885-9715



CHAPEL LAWN MEMORIAL GARDENS & FUNERAL HOME  
4000 Portage Avenue, Winnipeg • 204-982-8100 • [www.chapellawn.mb.ca](http://www.chapellawn.mb.ca)

## Christmas Fundraising

Drop by the Centre to see the goodies we have for Christmas Fundraising this year and get your tickets for our Christmas Silent Auction! Fundraising items will be available for purchase starting on Monday, November 28<sup>th</sup>. Items include: Friendship Soup, Grinch Popcorn, Christmas Oreos and more!



## 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.

### Coping with Hearing Loss

**Wednesday November 2<sup>nd</sup> @ 1:30 pm**

**Location: Sturgeon Creek I**

**Wednesday November 9<sup>th</sup> @ 1:30 pm**

**Location: Sturgeon Creek 2**

Frustrated with your hearing loss? Hearing aids sitting in a drawer? People mumbling... whispering...background noise impossible? Join us for an enlightening session.

**Cost: \$2**

**Presenter: Rosalyn Sutley, CHHA**



### How Sweet It Is!

**Tuesday, November 29<sup>th</sup> 10:30 am**

**Location: 455 Westwood Dr.**

**Thursday, December 1<sup>st</sup> @ 1:30 pm**

**Location: 90 Sinawik**

A sweet and enlightening presentation on the types of sugar in our food supply along with current recommendations for limits.

**Cost: \$2**

**Presenter: Liz St Godard RD**

### Act on It!

**Tuesday, November 22<sup>nd</sup> @ 1:30 pm**

It is never too late to make changes to help improve or maintain your brain health. Learn about wellness approaches that may reduce your risk of developing Alzheimer's or dementia.

**Cost: \$2**

**Presenter: Kaitlin Mansky, Alzheimer Society**

### Too Fit to Fracture

**Tuesday, November 15<sup>th</sup> 1:30 pm**

Learn what the experts think you should include in your exercise program to prevent bone loss and falls and increase muscle strength. Understand how to practice "spine sparing" and avoid or modify the movements that might not be safe for someone with osteoporosis.

**Cost: \$2**

**Presenter: Osteoporosis Canada, Manitoba Chapter**

### Your Eyes

**Thursday, December 8<sup>th</sup> 1:30 p.m.**

**Location: 455 Westwood Dr.**

Join us for an informative presentation on ageing eye conditions such as cataracts, glaucoma and macular degeneration.

**Cost: \$2**

**Presenter: Linda Gittins, Laurie Mathews, Misericordia Eye Centre**



**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 TEASER



1. Which word in the dictionary is spelled incorrectly?
2. Tear one off and scratch my head what was red is black instead.
3. What is at the end of a rainbow?

Answers:  
1. Incorrectly 2. A Matchstick 3. The letter W.

## 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](mailto: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 can 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 2<sup>nd</sup> Wednesday of the month at 1:00 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.



### 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.



## 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 2017 passes are available for \$5.00 and in effect Jan. 3<sup>rd</sup> - Dec. 31<sup>st</sup> 2017. Details at 204-987-8850. Passes can be purchased starting Dec. 15<sup>th</sup>.

### Newsletter Release Date

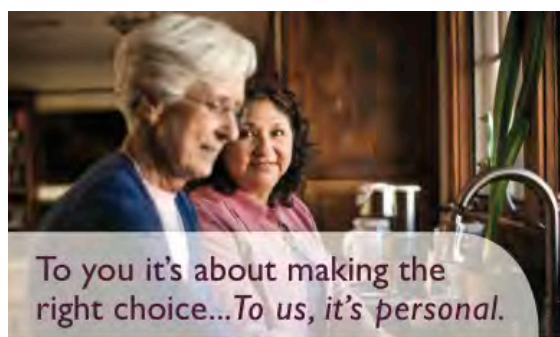
The **January/February** newsletter will be available on **Tuesday, December 6<sup>th</sup>** after 12:00 p.m. If you prefer to receive the newsletter by email, phone reception at 204-987-8850. For those interested in volunteering to deliver newsletters, please call Adele at 204-987-8850 ext. 108.

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



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.

- Companionship
- Personal Care
- 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.**

## 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 November 2<sup>nd</sup>**

**Appointment Times: 8:40 a.m., 9:15 a.m. & 9:50 a.m.**

Just can't figure out that 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 – November 9 - 30<sup>th</sup> (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)

### Christmas Brooch Workshop

**Wednesday, November 30<sup>th</sup>**

**1:30 p.m. – 3:00 p.m.**

Are you looking for a little something extra to complete your Christmas outfit? Or for a gift for a friend? Come learn how to make cute felt pins that will be the perfect accessory for your holiday get togethers.

**Instructor:** Meaghan Wilford

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

### Singsationals

**Mondays, November 7<sup>th</sup> - December 12<sup>th</sup>  
(depending on performance schedule)**

**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.

### 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.

Cook as a group and sample some recipes to try at home. Facilitated by a WRHA volunteer.

**Next sessions:**

**Thursday November 17<sup>th</sup> at 11:30 p.m.**

Registration and payment deadline Nov. 15

**Thursday December 22<sup>nd</sup> at 11:30**

Registration and payment deadline Dec. 20

**Open to all.**

Pre-registration is required. Contact the front desk to Register.

Please direct any questions to  
Liz St. Godard RD at 204-940-3261.



## 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.

### Soup, Salad and Breadsticks

**Thursday, November 10<sup>th</sup> 11:30 a.m.**

Join us at the Centre for a warm bowl of soup as we head into winter! Two varieties of soup, two salads, warm breadsticks and of course a delicious dessert! This is a great opportunity to catch up with friends, enjoy a warm meal and try some of our very popular soups that we sell throughout the year!

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

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



### Soup n' More!

Our soup crew will be making delicious soups on the following days in November. 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](mailto:rachel@stjamescentre.com).



**Gourmet Soups** \$3.00/bowl

<b>Nov. 1<sup>st</sup></b>	Broccoli Cheddar Soup
	Tortellini Tomato Soup
<b>Nov. 15<sup>th</sup></b>	Zuppa Toscana
	Hungarian Mushroom Soup
<b>Nov. 29<sup>th</sup></b>	Chicken Pot Pie Soup
	Unstuffed Cabbage Roll Soup





**The Seniors Moving Company**

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

**(204) 415 4444**

Downsizing, relocation and estate services

### Christmas Cocktails and Canapes

**Tuesday, December 13<sup>th</sup> 1:30 p.m.**

Come join us as we kick off the Christmas season with our signature Christmas cocktails and delicious appetizers! Great take away recipes to wow your friends and family with delicious appetizers at your holiday get-together! Be sure to sign up early for this popular event!

**Cost:** \$18 members /\$22 non-members

**Registration deadline:** December 6<sup>th</sup>



### Assiniboine Park Lunch and Learn

**Thursday, November 24<sup>th</sup> 11:30 a.m.**

Join us for a lunch and learn to hear about Assiniboine Park's final phase of their redevelopment campaign-Canada's Diversity Gardens. Imagine a place where nature, culture and community unite. Imagine a place that inspires us all to live in harmony with nature and each other. Canada's Diversity Gardens will include both indoor and outdoor visitor amenities, inviting year-round exploration, inspiration and enjoyment. Assiniboine Park's Project Director Gerald Dieleman will give a presentation and answer your questions following lunch.

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

**Registration deadline:** November 22<sup>nd</sup>



## St. James Assiniboia 55+ Centre Drop-In Calendar

### Monday

#### Scrabble

1:00 - 3:00 p.m.  
Nov 7 - Dec 19

#### Singsationals Choir

10:15 a.m. - 11:30 a.m.  
Nov 7 - Dec 12  
Cost: \$70 full year/\$40 half year

#### Bowling

1:00 p.m.  
Nov 14, Dec 12  
Polo Park Lanes  
Cost: \$7

### Tuesday

#### Knitting & Crocheting Club

9:30 - 11:00 a.m.  
Nov 1 - Dec 20

#### Euchre

1:30 - 3:30 p.m.  
Nov 1 - Dec 20

#### Stamp Club

1:00 - 3:00 p.m.  
Nov 1, 15 & Dec 6

#### Coffee Talk

2:00 - 3:30 p.m.  
Nov 1 - Dec 20

#### Lunch with Friends

Meet at restaurant at 11:30 a.m.  
Nov 29 - Olive Garden  
(1644 Portage Ave)  
Dec 13 - Viscount Gort  
(1670 Portage Ave)  
**\*Must pay for own lunch, registration  
deadline 1 week prior/Max 20 people**

### Wednesday

#### 55+ Men's Group

1:00 - 4:00 p.m.  
Nov 2 - Dec 21  
3172 Portage Ave.

#### Company of Friends

11:00 a.m.  
Nov 9 & 23  
Dec 7 & 21

#### Floor Curling

1:00 - 3:00 p.m.  
Until Dec 7  
Cost: \$25  
(for Sept-Dec Session)

#### Book Club

1:30 p.m.  
Nov 30  
Book: "The Illegal"  
Author Lawrence Hill

### Thursday

#### 55+ Men's Group

1:00 - 4:00 p.m.  
Nov 3 - Dec 22  
3172 Portage Ave

#### Lunch and a Movie

12:00 p.m.  
Nov 3 - Me Before You  
Dec 1 - Florence Foster Jenkins  
Cost: \$10 members /\$12 non-members



### Friday

#### Vegas & Canasta

1:00 - 3:30 p.m.  
Nov 4 - Dec 16



### Saturday

#### Floor Curling Competitive

9:00 a.m. - 12:00 p.m.  
Nov 5 - Dec 17  
Cost: \$2 member/\$3 non-members a week



Hon. Steven  
**FLETCHER**

MLA ASSINIBOIA

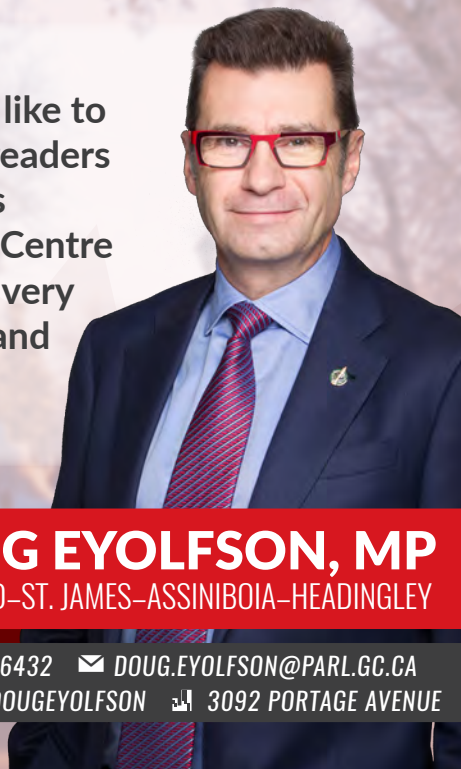
3723 Portage Avenue  
Winnipeg, MB  
R3K 2A8

**204-944-1049**



## SEASON'S GREETINGS

As December approaches, I'd like to wish all of the readers of the St. James Assiniboia 55+ Centre Newsletter the very best for a safe and happy holiday season!



**Dr. DOUG EYOLFSON, MP**  
CHARLESWOOD-ST. JAMES-ASSINIBOIA-HEADINGLEY

📞 204-984-6432 ✉ DOUG.EYOLFSON@PARL.GC.CA  
📱 DOUGEYOLFSON 📍 3092 PORTAGE AVENUE



Proud to be part of the community



*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  
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**Dr Teresa Tierney**

New Patients Welcome (No referral needed)

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