



March • April 2017

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.

250

**\$25 donations
for our 25th year!**



Since it is our 25th anniversary year, we have set a goal of 250 donations of \$25 or more. Help us reach our fundraising goal (\$100 counts as 4 donations).

All donations \$100 and over will get an invite to our special year end donor appreciation event in December.

Mexican Fiesta

Thursday, March 2nd at 11:30 a.m.

Hola! Join us for a Mexican Fiesta! We will have a variety of delicious Mexican cuisine including Tacos, Mexican rice and even Mocktail Margaritas! Be sure to put on your sombrero and come down for a fun afternoon!

Cost: \$8 Members / \$10 Non Members.

Registration Deadline: February 31st



KEY DATES

- Mar 2** Mexican Fiesta
- Mar 7** Bowenwork Therapy
- Mar 8,15** Online Shopping
- Mar 9** Lunch and a Movie
- Mar 15** Income Tax Clinic
- Mar 16** St. Patrick's Day Lunch
- Mar 23** Cook & Eat
- Mar 28** Mature Driver
- Apr 6** Lunch and a Movie
- Apr 11** CHIP Program
- Apr 12** Jane's Restaurant
- Apr 13** Folk Lunch
- Apr 18** Celebrations
- Apr 19** Finding Freedom 55
- Apr 20** 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.

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MEMBERSHIP \$40/YEAR

REGISTRATION PROCEDURE

Registration for new programs starting in **March/April** will be accepted starting **February 16th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **May/June** will be **Thursday, April 13th**.

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

Website: www.stjamescentre.com



Follow us on Twitter
[@stjamescentre](https://twitter.com/stjamescentre)



Look for us on Facebook

STAFF DIRECTORY

Sean Sagert	Executive Director
Meaghan Wilford	Program Coordinator and Capital Campaign Project Coordinator
Rachel Wonnek	Seniors Resource Finder and Congregate Meal Program Coordinator
Carol Sandilands	Administrative Assistant
Lisa Twomey	Program Assistant

Healthy Aging Resource Team (H.A.R.T.)

Laurie Green	Community Nurse
Elizabeth St. Goddard	Community Dietician
Lorna Shaw-Hoeppner	Community Dietician

BOARD OF DIRECTORS

Gerald Knutson <i>President</i>	Marilyn Robinson <i>Past President</i>	Pat Wachs <i>Secretary</i>
David Schellenberg <i>Director at Large</i>	Janet Jackman <i>Director at Large</i>	Connie Newman <i>Director at Large</i>
Sharon Walters <i>Ex-Officio</i>	Joyce Rose <i>Director at Large</i>	Ian McCausland <i>Director at Large</i>
Marian Dore <i>Director at Large</i>	Maurice Mazerolle <i>Director at Large</i>	Pat Wallis <i>Ex-Officio</i>

MEMBERSHIP COMMITTEE

Within the St. James-Assiniboia 55+ Centre there are many different parts that come together to form who we are as an organization but perhaps the most important part of who we are is you, the members. One of the things that you may not be aware of at the centre is the existence of our Membership Committee who works hard to keep track of who our members are, report on the statistics of the centre, as well as communicate with the staff the ideas and suggestions that have been brought to their attention.

Included in the Membership Committee are the following members of the centre:

Linda Hamilton (Chair), Dorothy Jackson, Carole Nicolson, Maurice Mazerolle, June Wall, Maureen Gardner, Marie Friesen, Shirley Canty (Recording Secretary) and Sean Sagert (Executive Director).

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 deadline so please sign up early to avoid disappointment!****

Janes Restaurant

Wednesday, April 12th

Leaving Centre at 11:00 a.m.

Jane's treats diners to a new experience in urban upscale, while providing hands-on training opportunities for students in Hospitality and Culinary Arts. Join the Centre for lunch at this architectural gem and enjoy a delicious menu and experience.

You must pay for your own lunch. This trip is dependent on drivers, please let us know if you are able to drive

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

Registration Deadline: Wednesday, April 5th

Celebrations

Tuesday, April 18th

Leaving the Centre at 10:30 a.m.

Join the Centre at the Celebrations Matinee Greased 2. This show is a celebration of Rock and Roll music, sure to bring back fond memories for some and many smiles to all!

**Cost: \$45 members/\$50 Non-Members
(includes 3 course meal and transportation)**

Registration Deadline: Wednesday, April 11th



Dolley's Irish Soda Bread

Prep time: 20 mins Total time: 1 hour 20 mins Serves: 8 servings

INGREDIENTS

2½ cups flour	1 egg
2 teaspoons baking powder	1½ cups buttermilk
1 teaspoon salt	¼ cup butter, softened
½ teaspoon baking soda	1 cup raisins
½ cup sugar	2 tablespoons melted butter

INSTRUCTIONS

Heat oven to 375 degrees. Spray 1½ quart casserole with cooking spray. Blend together flour, baking powder, salt and baking soda. Cream together egg and sugar. Mix together with buttermilk. Add dry ingredients to wet and mix on low until well combined. Stir in the raisins. Pour into casserole dish and top with 2 tablespoons butter and sprinkle with sugar. Bake for 30 minutes at 375; lower temperature to 325 and bake for 20 to 30 minutes.



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 older to live well.

Spring Into Freshness with Seasonal Savings

With the winter months almost over, there's no better time to boost your energy with all the freshness the spring season has to offer! It seems that we have access to many fruits and vegetables year-round, coming from all corners of the world. Supermarkets today are filled with mangos in February and strawberries all year long but did you know eating seasonally can save you money? Knowing which fruits and vegetables are grown locally and at what time of the year they become available not only ensures that you're getting the best the season has to offer, but also will be less expensive to buy. Savings will vary from product to product. A pint of strawberries can cost up to \$6 mid-winter and drop down to \$2-\$3 when they start to become locally available in June. Here is a handy guide to some local fruits and vegetables grown in Manitoba and the months that you can start to buy them!

May: Asparagus

June: Broccoli, potatoes, greens, lettuce, onions, peas, strawberries; radishes.

July: Apples, beans, cauliflower, corn, cucumbers, eggplant, peppers, tomatoes, zucchini, summer squash, beets, cabbage, carrots, blueberries & rhubarb.

August: Celery, pears, pumpkins, rutabagas, turnips, winter squash.

Early spring months like March and April are a great time to start growing some of your own vegetables, fruits and herbs. Do you enjoy gardening but live in an apartment? You may be surprised on what you accomplish with a small patio space and a little creativity. Window boxes and small containers can be filled with fresh herbs, tomato plants, pepper plants and even small citrus trees. Speak with staff at a local nursery to start your planning and to get some great tips on how to maximize space to choose the right plants for you.



How can the 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

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



Elizabeth St Godard RD
Community Dietitian



Lorna Shaw-Hoeppner RD
Community Dietitian



Laurie Green RNBH
Primary Health Care Nurse

Drop-In Programs

Our Drop-In Programs at the St. James Assiniboia 55+ Centre are a great way to experience the diversity of activities and programs that we have to offer. To register, please visit the front desk at the Centre, call us at 204-987-8850 or visit the website www.stjamescentre.com.

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.



LUNCH & A MOVIE

Thursdays at 12:00 noon

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



Come join us on the dates below for a great afternoon at the movies! A fantastic lunch, dessert, popcorn and a drink will be provided. *Registration deadline noon day before each movie however movies fill up fast so register early.*



March 9th THE DRESSMAKER

After years working as a dressmaker in exclusive Parisian fashion houses, Tilly (Kate Winslet) returns home to a town in the Australian outback. Armed with her sewing machine and haute couture style, Tilly transforms the women of the town, exacting sweet revenge on those who did her wrong.

April 6th SULLY

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after his plane strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.



Coffee Talk

Tuesdays 2:00 PM - 3:30 p.m.

A great group to join if you're new to the Centre. Share current events, jokes and more. Coffee, tea and goodies will be available for \$1.00

Book Club

Our book club meets on the last Wednesday afternoon of the month at 1:30 p.m.

Mar. 29: *All the Light we Cannot See* - Anthony Doerr

Apr. 26: *The Heart Goes Last* - Margaret Atwood

55+ Men's Group

Thank you to our Men's Group for the Wooden Toys they made for our Fundraising!

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!

Food and Friendship

For more information about any of our Meal Programs please call 204-987-8850. Register on our website at www.stjamescentre.com or contact the Centre.



St. Patrick's Day Party

Thursday, March 16th at 11:30 a.m.

Celebrate St. Patrick's Day with us, there will be entertainment from Tom the Irish Cowboy and a delicious Irish themed meal. Come dressed in your green St. Patrick's outfit ready to sing along!

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

Registration Deadline: March 14th



Traditional Folk Lunch

Thursday, April 13th at 11:30 a.m.

Come join us for a great lunch with entertainment by the Village Green Morris Men, a dance group that will bring you back in time with traditional dances and fiddling from English Villages.

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

Registration Deadline: April 5th



Soup AND More \$3/bowl

Our soup crew will be making soups on the following days in January and February.

Mar. 7th	Baked Potato
	Tortellini Soup
Mar. 21st	Wild Rice & Mushroom
	Beef Barley
Apr. 4th	Roasted Garlic Potato Soup
	Stuffed Pepper
Apr. 18th	Moroccan Carrot
	Creamy Chicken Pasta



Drop by the Centre to see what's available or pre-order for pickup by calling 204-987-8850 or email Rachel at: rachel@stjamescentre.com

COOK *and* EAT

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. Facilitated by a WRHA volunteer.

Next sessions:

Thurs., Mar. 23rd at 11:30 a.m.

Thurs., Apr. 20th at 11:30 a.m.



Open to all. Pre-registration is required.

Register online or contact the front desk.

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

Cost: \$10 Each Session

Educational Programs

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 March 1st to April 26th

Appointments available at 8:40 am, 9:15 am and 9:50 am

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

Cost: \$25.00 for one 30 minute class or 3-30 minute classes for \$60

Instructor: Sean Sagert

How to use the Centre Website/Register online

Date: Wed., April 5th

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

We will be providing a special group training session for the website. Learn how to renew your membership, pay for parking passes, register for programs and more!

Cost: Free

Instructors: Meaghan Wilford and Lisa Twomey

Singsationals

Mondays until

May 15th

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

Our Choir has just a few months left for the 2016-17 season. Check out a rehearsal to see what songs are in their current repertoire and see if it's a fit for you.

Cost: \$20 for remainder of season



Educational Programs



Basics of Online Shopping

Wednesday, March 8th and 15th (2 classes) Time: 10:30 - 11:30 a.m.

Are you hesitant to shop online? Take our workshop and boost your confidence to do some online purchasing! You will learn how to use ebay, Kijiji, Amazon, paypal, and safe shopping practices when buying and selling online.

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

Instructor: Sean Sagert



Intro to Social Media

Wednesday, April 12th and 19th (2 classes)

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

Head to the centre to learn all about Facebook, Twitter and Instagram, the social media giants you are hearing your kids, grandkids and the news talk about.

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

Instructor: Sean Sagert

Photography 101

Date: To Be Determined

Time: To Be Determined

Bring your camera to the Centre for an introductory photography class in preparation for an outdoor project we have planned for May and June. Perfect class for those amateur photographers out there.

Cost: Free (limited number of spots available)

Please call the Centre in early March for more info



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St. Patrick's Day Trivia

- 1) What colour was originally associated with St. Patrick?
- 2) Where is the largest St. Patrick's Day parade?
- 3) Which of these things is associated with St. Patrick? A sword, a rock or a bell?

- 1) Blue - This gradually changed to green.
- 2) New York - This parade is also the oldest in North America.
- 3) A bell - The shrine of St. Patrick's Bell is located in the National Museum of Ireland.

Answers

Fitness Programs

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.
For detailed descriptions on classes please visit www.stjamescentre.com

Registration deadline: 1 week before each session



Fitness Safety Orientation

Friday, March 10th & April 7th
2:00 – 2:30 p.m.

Cost: FREE (members only)

Lite n' Lively

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

Mondays until March 27th (class in progress)

9:15 a.m. – 10:15 a.m.

Drop In Cost: \$8

Mondays April 24th to June 26th

(no Class May 22nd)

9:15 a.m. – 10:15 a.m. (9 classes)

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

Instructor: Sue Keyton

Zumba Gold

An aerobic based activity using Latin dance steps and is suitable for all fitness levels.

Mondays until March 27th (class in progress)

10:30 a.m. – 11:30 a.m.

Drop In Cost: \$8

Mondays April 24th to June 26th

(no Class May 22nd)

10:30 a.m. – 11:30 a.m. (9 classes)

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

Instructor: Sue Keyton

Monday 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.

Mondays until March 27th (class in progress)

1:15 – 2:45

Drop In Cost: \$10

Mondays April 24th to June 26th

(no Class May 22nd)

1:15 – 2:45 (9 classes)

Cost: \$72 members / \$92 non-members

Instructor: Sue Keyton

Total Body Workout

Join us for a fun introductory session that includes a series of chair exercises to improve core strength and balance, winding down with 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!

Tuesdays until March 21st (class in progress)

9:30 a.m. – 11:00 a.m.

Drop In Cost: \$8

Tuesdays April 18th to June 20th

9:30 a.m. – 11:00 a.m. (10 classes)

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

Instructor: Sue Keyton

Fitness Programs

Please remember to wear active clothing, appropriate foot wear, and bring a water bottle. If you plan to drop-in, call us at 204-987-8850 in advance to confirm space availability. You may also refer to our website at www.stjamescentre.com for more information on programs.

Pickleball

Westwood Community Church
401 Westwood Dr.

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

Spring session begins April 3 to June 30, 2017

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 will be at similar skill levels.

\$36 Members
\$72 Non-members
\$5 Drop-In

Friday 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 April 21st to June 23rd

9:30 a.m. – 11:00 a.m. (10 classes)

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

Instructor: Sue Keyton

Line Dancing

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

Wednesdays until March 15 (class in progress)

10:00 a.m. – 11:00 a.m.

Drop In Cost: \$10

Wednesdays April 5th to June 7th

10:00 a.m. – 11:00 a.m. (10 classes)

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

Instructor: Karen Hodgins



Shawn Dobson

City Councillor • St. Charles Ward

204-986-5920

sdobson@winnipeg.ca



Fitness Programs

DON'T FORGET ABOUT OUR FITNESS ROOM!

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

If you need a fitness orientation or refresher check out our workshops for scheduled dates



Growing Young

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. Suitable for everyone, no matter their age. Exercises include mostly chair based and some standing.



Fridays until March 24th (class in progress)

11:30 – 12:30 p.m.

Drop In Cost: \$8

Fridays April 21st to June 23rd

11:30 – 12:30 p.m. (10 classes)

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

Instructor: Sue Keyton

Wellness Services

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

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

Support Services

For more information, call Rachel Wonnek at 204-987-8850 ext. 108

Registrations for all presentations can be 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.

Old Wives Tales

Thursday March 2 @ 1:30 pm - The Terrace (90 Sinawik Bay)

While growing up kids got advice from their parents about almost anything. Mothers would give warnings and suggestions about all topics. But, were these gems of advice true? This presentation will review some of the more common Old Wives' Tales and hopefully give you some insight into whether or not they are truth or fiction.

Presenter: Laurie Greene, RN

Cost: \$2.00

Bowenwork Therapy

Tuesday March 7 @ 1:30 pm - Centre

Bowen Therapy is a very gentle, safe and unique form of bodywork. Essentially it resets the body to heal itself. It works through the nervous system to encourage a shift from "fight or flight" to "resting and healing". This therapy can help with all kinds of chronic pain. Come learn more about Bowenwork and learn how it could naturally help you on your own healing journey.

Presenter: Bernadette Kozak BSc, certified Bowenwork Practitioner

Cost: \$2.00

Understanding Arthritis

Tuesday March 14 @ 1:30 pm - 455 Westwood Drive

Learn how to tell the difference between degenerative and inflammatory arthritis. Learn a few tricks of the trade to help you live well and cope with daily activities.

Presenter: Arthritis Society

Cost: \$2.00

Income Tax Clinic

**Wednesday March 15
@ 5:30 pm**

- St. James 55+ Centre

The centre in partnership with A & O: Support Services to Seniors and the Chartered Professional Accountants of Manitoba is offering a free tax preparation service to qualifying seniors. Maximum single income is \$30,000 and a couple is \$40,000.00

Please call A & O at 204-956-6440 after Feb 1 to book an appointment. Doors open at 5 pm. If you have to cancel your appointment please call the above number to allow us to fit another senior in your time slot. **This CLINIC is by appointment only.**

Cost: FREE



Support Services

Mature Driver

**Tuesday March 28, @9 am
- 12 noon - Centre**

Learn defensive driving techniques and strategies to help compensate for changes in hearing, vision, flexibility and reaction time. A refresher on traffic laws and road safety rules will also be provided. This workshop does not affect your license.

Presenter: Susan Everton, Safety Services

Cost: \$5.00



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CHAPEL LAWN MEMORIAL GARDENS & FUNERAL HOME
4000 Portage Avenue, Winnipeg • 204-982-8100 • www.chapellawn.mb.ca

CHIP Program

Tuesday April 11 @ 1:30 pm - Centre

CHIP is a reverse mortgage, a loan secured against the value of your home. It lets you unlock the value of your home without having to sell or move. Join us to find out all the details.

Presenter: James Wood, B.P.E. M.ED

Cost: \$2.00

Bone Health

**Thursday April 13 @ 1:30 pm - The Terrace,
(90 Sinawik)**

Nutrition for our bones- Bones need many nutrients to stay strong. Learn about the importance of calcium, Vitamin D, and protein in keeping your bones healthy.

Presenter: Elizabeth St. Godard RD

Cost: \$2.00

Finding Your Financial Freedom

**Wednesday April 19
@ 1:30 pm - Centre**

The presentation will centre around managing with limited finances, budgeting and options available to deal with debt obligations for you, a family member or a friend.

Presenter: Laura L. Ryback, CA CIRP

Cost: \$2.00



Support Services

Know Your Numbers

Tuesday April 25 @ 1:30 pm - 455 Westwood Drive

Come out for this informative presentation and learn how to manage your blood pressure. A nurse and dietitian will be available to answer all your questions.

Presenters: Laurie Greene, RN and Elizabeth St. Godard RD

Cost: \$2.00



Let's Talk Teeth

April 6th @ 1:30 pm - Sturgeon Creek 2

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.

Presenter: Shauna McGregor, University of Manitoba Dental Program

Cost: \$2.00



Presented by Chapel Lawn Memorial Gardens & Funeral Home

Save the Date

25th Anniversary Banquet

of the incorporation of the St. James Assiniboia 55+ Centre

Thursday, June 8, 2017

Holiday Inn Airport West at 2520 Portage Avenue

Cocktails 5:00 p.m. Dinner 6:30 p.m.

Tickets: \$60

For information or details on tickets please watch our website
www.stjamescentre.com and the newsletter.

Support Services

National Volunteer Week April 23 - 29, 2017

Volunteers are ordinary people with extraordinary hearts
They offer the gift of their time to teach, to listen, to help, to inspire, to grow, to learn
They expect no pay, yet the value of their work knows no limit
They've known the unexpected joy of a simple hug
They've planted tiny seeds of LOVE in countless lives
Volunteers are just ordinary people, who reach out and lend a hand
And together make a difference that lasts a lifetime

St. James-Assiniboia 55+ Centre



VOLUNTEER APPRECIATION 2017

"All You Need Is Love"

Thursday April 27 @ 1:00 pm

Volunteers at the St. James-Assiniboia 55+ centre are invited to the centre for an afternoon of food, friendship, fun and entertainment by MISBEHAVIN'.

If you have volunteered at the Centre in the past year please RSVP by April 21 at 987-8850.

The Seniors Moving Company
lisa@seniorsmovingco.com
www.seniorsmovingco.com
(204) 415 4444
Downsizing, relocation and estate services

Scott
FIELDING
MLA for Kirkfield Park

Constituency Office:
3129 Portage Avenue
t. 204.889.0540

Volunteering

“Volunteering is good for the heart and soul”



Spotlight on Volunteers

We would like to recognize the many people at the Centre who give generously of their time and resources to help support the many services and programs offered both in the community and at the Centre whether it be facilitating the book club, arranging for drivers for Company of Friends outings, working at reception, attending meetings, cleaning the kitchen, or baking cookies. Everything you do is appreciated by the staff, members and other volunteers. No job is too small by working together as a team we all make a difference.

Thank you for a job well done!

Rides for Seniors - Monday to Friday 9:00 a.m. - 4:00 p.m. 204-987-8850 ext. 106

The Rides for Seniors program take seniors living in the St James area to medical appointments, grocery shopping, banking, visiting friends and to events at the centre. A Ride donation of \$8 in St. James-Assiniboia or \$15 outside of the area (plus parking costs) that you pay helps cover the cost of gas. Rides are always dependent on availability. ***There are many accolades for the drivers and all their efforts are appreciated by the staff and clients*** - Tom Tierney, Vincent Kennedy, Shirley Banks, Connie Newman, Tina Neudorf, Ted Harvey and our dedicated driver of 16 years Jack Ingham. *Thanks a million for helping our seniors remain independent!*

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

Make sure to 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 the kit is key personal information. Keep it updated and on the front of your fridge. If you have a hearing impairment please see Rachel for a sticker to put on the outside of your kit. Drop by the Centre to pick up your kit.

Volunteer Opportunities

There is an ongoing need for drivers, reception, assisting with special events, committees, fundraising. We are flexible and appreciate any support from our members to help us provide our excellent programs and services.

For information on Support Services, volunteering, E.R.I.K. kits or Gathering Places contact Rachel at 204-987-8850 ext. 108 or rachel@stjamescentre.com

Community Resources

Community Resources

Gathering Places

An isolation/visitation program for seniors in St. James who would like to meet for coffee/tea in a coffee shop or lounge area of their residence. Volunteers or clients requiring more information should contact Rachel.

Smoking Cessation Support Group

This group is run by 4th year nursing students from the University of Manitoba. Come and share your experiences and learn from others who have or are trying to quit. Fridays 1:30 -2:30 at the St. James 55+ centre. No cost to attend.

Stroke Support Group

The peer support groups meets the 4th Wednesday of every month at the St. James 55+ Centre. We discuss stroke related issues and chat about day to day challenges. The group clientele is for stroke survivors and their care givers.

Parkinson's Support Group

Support Groups are safe places for people living with Parkinson's and their family members to share their experiences. From time to time speakers may make presentations on a variety of issues related to Parkinson disease. The group meets the 2nd Wednesday of each month (September-June) from 1:30 - 3:00 PM at the St. James Assiniboia 55+ Centre, 3rd floor 203 Duffield St.

Home Maintenance Referral Program

We have reputable service providers who can help with pruning bushes, cleaning eavestroughs, painting, plumbing, snow removal, carpentry work and much more. Service providers have been screened and charge reasonable rates. A 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
- meals, etc.
- lawyer services
- laundry

March is Pharmacist Awareness Month Learn to be Safe!

Your pharmacy team is making a difference in Four Key Areas:

- 1 As your medication experts
- 2 As an integral part of your health care team
- 3 By providing patient-centered care
- 4 By providing effective communication and education for patients

Registration Information

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

Membership \$40/year

Benefits include:

- Discounted programs
- Use of fitness room (8:30 a.m. – 3:30 p.m.)
- First Aid trained staff
- Member lounge with comfortable seating to read magazines and books, puzzles
- Discount at Chapel Lawn
- Extended parking hours (additional fees apply)
- City of Winnipeg Pass discount

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.

Newsletter Release Date

The **March/April newsletter** will be available on **Tuesday, February 7th** 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 newsletter, please contact Rachel at 204-987-8850 ext. 108



Please Join Us For Great Entertainment

Sturgeon Creek I
10 Hallonquist Dr
204.885.1415

Wednesday, March 15
7:00pm
St. Patrick's Day Performance
by the *Irish Myst Choir*

Monday, March 27
7:00pm
Lost & Love –
Evening at the Opera

Saturday, April 1
2:00pm
April Fool's Magic Show

Friday, April 28
2:30pm
Rhythm Drumming
Workshop

Sturgeon Creek II
707 Setter St
204.885.0303

Thursday, March 16
Noon
Daffodil Sale in support of
Canadian Cancer Society

Thursday, March 30
3:00pm to 4:00pm
Happy Hour with *Life is Good*

Wednesday, April 5
2:00pm
Seniors Choral Society Choir

Thursday, April 6
1:30pm
Oral Health Presentation
3:00pm to 4:00pm
Happy Hour with *Andre Viallet*

www.allseniorscare.com



PROUDLY  CANADIAN



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. 3rd – Dec. 31st, 2017. Details at 204-987-8850.



St. James Assiniboia 55+ Centre Drop-In Calendar

Monday

Scrabble
1:00 – 3:00 p.m.
Mar. 6 – Apr. 24

Singsationals Choir
10:15 – 11:30 a.m.
Mondays, Jan. 9 – May 15
Cost: \$20 remainder of session

Bowling
1:00 p.m. Cost: \$7
Mar. 13 & Apr. 10
Polo Park Lanes

Tuesday

Knitting & Crocheting Club
9:30 – 11:00 a.m.
Mar. 7 – Apr. 25

Euchre
1:30 – 3:30 p.m.
March 7th, 21st
April 4th, 18th

Lunch with Friends
Meet at the restaurant at 11:30 a.m.
Mar. 28 -Good Earth
(1849 Portage Ave.)
Apr. 25 - Boston Pizza
(2517 Portage Ave.)

Stamp Club
1:00 – 3:00 p.m.
Mar. 7 & 21
Apr. 4 & 18

Coffee Talk
2:00 – 3:30 p.m.
Mar. 7 – Apr. 25

***Must pay for own lunch. Registration deadline 1 week prior. Max. 20 people**

Wednesday

55+ Men's Group
1:00 – 4:00 p.m.
Mar. 1 – Apr. 26
3172 Portage Ave

Company of Friends
11:00 a.m.
Mar. 1st, 15th
& 29th
Apr. 12th & 26th

Floor Curling
1:00 – 3:00 p.m.
Cost: \$25
Until May 17th

Book Club
1:30 p.m.
Mar. 29
Apr. 26

Thursday

55+ Men's Group
1:00 – 4:00 p.m.
Mar. 2 – Apr. 27
3172 Portage Ave

Lunch and a Movie
12:00 p.m.
Mar. 9 – The Dressmaker
Apr. 6 – Sully
Cost: \$10 members
\$12 non-members
(*Must register in advance*)



Hon. Steven
FLETCHER
MLA ASSINIBOIA
3723 Portage Avenue
Winnipeg, MB
R3K 2A8
204-944-1049



Friday

Vegas & Canasta
1:00 – 3:30 p.m.
Mar. 3rd – Apr. 28th

Saturday

Floor Curling Competitive
9:00 a.m. – 12:00 p.m.
Continuing until Apr. 29th
Cost: \$2 members
\$3 non-members per week

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
Assiniboine Credit Union



Dr. DOUG EYOLFSON
MEMBER OF PARLIAMENT
CHARLESWOOD-ST. JAMES-ASSINIBOIA-HEADINGLEY

Honoured
to be of
service to all
constituents.



☎ 204-984-6432 ✉ DOUG.EYOLFSON@PARL.GC.CA
🐦 📺 DOUGEYOLFSON 🏠 3092 PORTAGE AVENUE

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

Scott
JOHNSTON
MLA for St. James
scott.johnston@leg.gov.mb.ca

Proud to be part of the community