



May • June 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.



KEY DATES

- May 4** Lunch and a Movie
- May 9** Ole' Rosenort Cafe
- May 11** Mother's Day Tea
- May 18** Cook and Eat
- May 18** Senior's & Mental Health
- May 24** Cook Once, Eat Twice
- May 25** Breakfast at Tiffany's
- May 31** Apple TV and Netflix
- June 1** Lunch and a Movie
- June 1** Patient Advocate
- June 6** Celebrations
- June 8** Cook and Eat
- June 8** 25th Anniversary
- June 13** Barbershop Quartet
- June 21** Winnipeg Trolley Tour
- June 22** AGM
- June 27** Gabbing at Gaffers
- June 30** Canada Day BBQ

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).

Donate \$100 over the 2017 year and get an invite to our December Donor Event

Presented by Chapel Lawn Memorial Gardens & Funeral Home

25th Anniversary Fundraising Banquet

Thursday
June 8th

Cocktails
5:00 p.m.

Dinner
6:30 p.m.

Holiday Inn West 2520 Portage Ave.

3-course Dinner ✂ Silent Auction

Tickets \$60

(Ticket includes a \$25 Charitable Receipt)

Tickets available for purchase at the St. James Assiniboia 55+ Centre or online www.stjamescentre.com

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 **May/June** will be accepted starting **April 13th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **July/August** will be **Thursday, June 15th**.

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



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@stjamescentre



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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. Godard	Community Dietitian
Lorna Shaw-Hoeppner	Community Dietitian

BOARD OF DIRECTORS

Gerald Knutson <i>President</i>	Marilyn Robinson <i>Past President</i>	Pat Wachs <i>Secretary</i>
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Notice of Annual General Meeting of St. James Assiniboia 55+ Centre

The Annual General Meeting (AGM) of the St. James Assiniboia 55+ Centre will be held at 10:30 a.m. on Thursday, June 22, 2017 at the Centre, 3rd floor, 203 Duffield Street.

Items of Business:

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



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

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!****

Ole' Rosenort Cafe

Tuesday, May 9th

Leaving Centre at 10:30 a.m.



The Ole' Farmhouse Café embraces the amenities of a restaurant, with all the warm comforts of home, creating the most unique atmosphere. The Café has its own on site bakery to bake their own breads, buns, and desserts to complement each of their unique meals.

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

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

Registration Deadline: Tuesday, May 2nd

Celebrations - Downton Abbey Road

Tuesday, June 6th

Leaving the Centre at 10:30 a.m.

Join the Centre at the Celebrations Matinee Downton Abbey Road. The Crawley family is abuzz with anticipation for Lady Mary's birthday celebration, when a mysterious visitor claims they know a dark secret about someone in the house. The problem with Downton, is that everybody has a dark secret. With more drama than you can shake a 20th century riding stick at, this show is guaranteed to make your family look normal! And it's all set to the music of the most British rock band in history; The Beatles.

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

Registration Deadline: Tuesday, May 23rd

Winnipeg Trolley Tour

Wednesday, June 21st

Leaving Centre at 1:00 p.m.



Hop aboard The Winnipeg Trolley and we guarantee you will never see Winnipeg in the same way again! Visit St. Boniface, the Exchange District, Osborne Village, the stately mansions on Wellington Crescent, and enjoy the grandeur of the 400-acre Assiniboine Park. Marvel at the world's only human rights museum; a 16th-century Venetian merchant's palace; and one of Canada's most mysterious architectural wonders, the Manitoba Legislative Building. This tour is humorous, engaging, and will help you discover what makes the city so special!

Cost: \$35 members/\$38 non-members

Registration Deadline: Wednesday, June 7th

Gabbing at Gaffers

Tuesday, June 27th

Leaving Centre at 10:30 a.m.

Join us as we head to Gaffers in Lockport for a delicious lunch and socialization!

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

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

Registration Deadline: Tuesday, June 20th



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.

Medication Safety

Medications are taken to help us in various ways. However, if they are not taken properly, they can be harmful. Follow these tips to keep yourself and others safe.

Avoid Sharing Prescription Medications!

- Doctors prescribe medication based on individual symptoms and history. What works for you can be dangerous to someone else.
- When antibiotics are shared or not completely finished, we are at risk for antibiotic resistance. When a full course is not taken, the bugs causing the infection that are left, can become stronger than the medication and cannot be killed. This can put us at greater risk for even worse infection and illness.
- Many people have allergies to some antibiotics. When they are shared, this can put others at risk for a severe allergic reaction.

Ran out of Medication, no Refills and Can't See your Doctor Right Away?

- Go see your pharmacist. If you have been on that

medication for a long time, your pharmacist can often provide you with enough medication to tide you over until you can see your doctor.

Every Medication Counts, Including Herbals

- Make sure you let your doctor and pharmacist know everything you are taking. Sometimes herbal and Over-the-Counter medications can interact with prescription medication or even with each other.

Medication Cabinet Cleanout

- Clean out your medication cabinet every 6 months.
- Take unused or expired medication to your pharmacy for proper disposal
- Do not pour medication down the drain or flush down the toilet. This can harm our water system and the environment.
- Do not throw medication into the garbage.



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

Straight from the H.A.R.T.

Children or even adults could find and ingest them which could put them in danger.

How to: Medication Cabinet Cleanout

- Look for prescription medication you are no longer taking or expired over the counter medication. Don't forget puffers, lotions, liquids or even your nitroglycerine bottle.
- Black out your personal information on the bottle.
- Empty all medication together into a sealable bag and bring to your pharmacy for proper disposal.

Proper Medication Storage

- Do not store medication in the bathroom or in a cupboard above the stove. Heat and moisture can damage the medication and make them less effective
- Store in a cool and dry place.
- Remove the cotton ball from new medication bottles. If it is left, it can pull moisture into the bottle, damaging your medication and making them less effective.

Submitted by Paige Huberdeau and Jiwon Park, 4th year nursing students

Cook Once. Eat Twice

Wednesday, May 24th

Join the WRHA volunteer in the kitchen to cook a simple, healthy budget friendly recipe that can be used in two ways. Specifically designed for those who cook for one!

"Hearty Italian Pasta and Bean Soup" & "Tuscan White Bean Pasta" will be the two recipes in this session.

Time: 11:30 am in the kitchen (bring apron and a container to take any leftovers home). Session should take 1 ½ to 2 hours.

If you have questions please contact Liz at 204-940-3261. Register at the front desk.

Cost: \$5 per person

Registration deadline: May 17th



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Good Luck to all our members who are heading to the 2017 Alcoa 55 Plus games in Killarney-Turtle Mountain from June 13th to 15th.

The St. James area always has a large contingent of competitors and we know you will have a great time and represent us well. If you are interested in registering, visit www.alcoamb.org for more information. The deadline to Register for the 2017 Games is May 12, 2017

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.

Questions or ideas for our Drop-In programming? Contact our Program Coordinator Meaghan Wilford at 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.*



May 4th LION

Five year old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

June 1st LA LA LAND

La La Land is a 2016 American romantic musical comedy-drama film written and directed by Damien Chazelle and starring Ryan Gosling and Emma Stone as a musician and an aspiring actress who meet and fall in love in Los Angeles.

Join us for a Come and Go
Celebration in honour of the
retirement of

Laurie Green, RN
(H.A.R.T. Team)

Friday, May 5th from 1:30 - 3:00 pm
at the Centre

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!

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.

Mother's Day Tea

Thursday, May 11th at 1:30 pm

Join us at the Centre for fancy sandwiches and dainties to celebrate Mom's everywhere! You also don't want to miss the beautiful music of Leo Gosselin on the Grand Chapman Stick.

Registration deadline: May 9th

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



Breakfast at Tiffany's

**Thursday, May 25th
at 9:30 am**

Wear your pearls and join us for a breakfast Audrey Hepburn style! The coffee

and tea will be hot and there will be lots of delicious food to start off your day!

Registration deadline: May 23rd

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

Canada Day BBQ

Friday, June 30th at 11:30 am

Come celebrate Canada's 150th birthday with a delicious BBQ! Be festive and wear red and white to show your Canadian pride!

Registration deadline: June 28th

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



Thank you to all of our Soup Ladies for all their help making delicious soups this year! Thank you to Eiko

Katayoma, Fay Boyes, Glenda MacDonald, Linda Grant and Sylvia Danyleko! *Have a great summer!*

Barber Shop Quartet Lunch

Tuesday, June 13th at 11:30 am

The Barber Shop quartet "Hats Off!" is back for this not to miss luncheon!

Registration deadline: June 11th

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

Soup *AND* More \$3/bowl

May 16th	Hungarian Mushroom
	Cheddar Chicken
May 30th	Butternut Bisque
	Chicken Pot Pie



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., May 18th at 11:30 a.m.

(Theme: Nutritious Salads)

Thurs., June 8th at 11:30 a.m.

(Theme: Learn about Sugar)



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 May 3 - June 28

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

Cost: \$25 for one 30 minute class or 3-30 minute classes for \$60

Instructor: Sean Sagert

Photography Wellness Walks

Mondays in May, 1:30 - 3:00 p.m.

Learn all about photographing nature in this introductory class while getting fresh air and exercise in some of the best parks in the St. James area. *Please bring your own camera and be sure to attend the intro session.*

May 1st - Intro at the Centre

May 8th - Leo Mol Sculpture Gardens (Assiniboine Park)

May 15th - Living Prairie Museum (2795 Ness Avenue)

May 29th - English Gardens (Assiniboine Park)

Cost: Free (Healthy Together Now Grant - Limited Spaces)

Instructor: Colin Corneau (WFP Photographer)



Apple Tv and Netflix

Wednesday, May 31st from 10:30 - 11:30 a.m.

Netflix is a subscription based film and TV program rental service that offers media to subscribers via internet streaming. This can be done through your television with Apple TV.

Cost: \$5 members/ \$10 non-members

Instructor: Sean Sagert



iPhones

Wednesday, June 7th and 14th (2 classes)
10:30 - 11:30 a.m.

Want to learn all the things your iPhone can do? Learn how to text, set up email, and much more!

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

Instructor: Sean Sagert

Thank you to our Singsationals choir for all their hard work this season.

They are great ambassadors for our Centre and help brighten the spirits of so many in the community! The last rehearsal for this group is on May 15th



Sunny Portugal Tour with Collette Travel

Monday, May 8th at 1:00 pm
Register by: May 1st



Come hear about this opportunity for travel to Sunny Portugal in the Spring of 2018. This 10 day tour features the Algarve, a winery tour, the historic city of Cascais, and an optional extension to Madeira Island for those who wish to extend their journey. With air from Winnipeg, all transfers included, 14 meals, 4 star + accommodations and touring, the total per person price based on double occupancy is just \$3879.00.

Presentation cost: Free

Presenters: Nick Roberti, Collette Travel & Michelle Rowan, Charleswood Travel

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

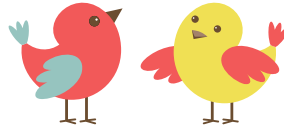
Registration is currently open for fitness classes. No need to wait until April 13th!

Fitness Safety Orientations

Fridays, May 5th and June 2nd

2:00 p.m. – 2:30 p.m.

Cost: FREE (members only)



Fitness Classes

Drop in costs: \$8 for 1 hour classes, \$10 for Yoga's. If you are considering dropping in for Fitness Classes, please register ahead of time as we need a certain number of people for fitness classes to run.

Lite n' Lively

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

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

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



Shawn Dobson

City Councillor • St. Charles Ward

204-986-5920

sdobson@winnipeg.ca



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

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.

Total Body Workout

Tuesdays April 18th to June 20th

9:15 a.m. – 10:15 a.m. (10 classes)

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

Instructor: Sue Keyton

Friday Yoga

Fridays April 21 to June 23

9:30 a.m. – 11:00 a.m. (10 classes)

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

Instructor: Sue Keyton



Pickleball

Westwood Community Church

401 Westwood Dr.

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

Summer session is April 3 – 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

Line Dancing

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

Growing Young

Fridays April 21 to June 23

11:30 – 12:30 p.m. (10 classes)

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

Instructor: Sue Keyton

Soul Steppers Walking Group

Fridays May 12th to June 23rd

10:00 a.m. – 11:00 a.m.

Improve your mental, physical and social wellbeing on these outdoor walks near the centre. Walkers leave right at 10:00 so please bring a waterbottle and be ready to go!



Cheryl J. Reid CPA, CGA

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cheryl@reidaccountants.com



SCOTT GILLINGHAM

City Councillor
St. James-Brooklands-Weston
Chair of Winnipeg Police Board

204-986-5848
scottgillingham@winnipeg.ca
scottgillingham.ca

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 register ahead of time to reserve your spot.

No Place like Home

Tuesday, May 9th at 1:30 p.m.

Location: 455 Westwood Dr.

Come learn about a variety of different tips and tricks such as falls prevention, healthy living tips and resources available to you in your community that will enable you to live in the comforts of your home, whether it be a home or an apartment as long as you can.

Presenter: Vicki Russenholt - Victoria Lifeline

Cost: \$2



Senior's and Mental Health

Thursday, May 18th at 1:30 p.m.

Location: Centre

This presentation takes a look at topics specific to Seniors including: Depression, Anxiety, Retirement, Dementia, and how to make the most out of your situation.

Presenter: Mood Disorders of Manitoba

Cost: \$2

Understanding Arthritis

Tuesday, May 23rd at 1:30 p.m.

Location: 455 Westwood Dr.

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



Patient Advocate

**Thursday, June 1st
at 1:30 p.m.**

Location: Centre

What is a patient advocate and why do I need one? Come learn the answer to these questions and learn about tools from Manitoba Institute for Patient Safety that you can utilize in the health care system.

Presenter: Manitoba Institute for Patient Safety

Cost: \$2



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scott@scottfielding.ca
www.scottfielding.ca

Volunteering

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 **donation of \$8 for a ride in St. James Assiniboia area or \$15 outside of the area (plus parking costs) is paid to the driver to help cover the cost of gas and wear on their car.** 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, 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.



MANITOBA INSTITUTE
FOR PATIENT SAFETY

A Patient Advocate

It is a good idea for individuals to choose a trusted friend or relative as a patient advocate.

Your patient advocate will support you through your healthcare journey and help act on your behalf. My Patient Advocate Agreement is a document that will provide clarity as to how your advocate can provide support to you. The agreement will help you cover all of the issues and ask the right questions. This will free you from the worry of missing something important.

The agreement has an option to allow the advocate to have access to personal health information and

personal information that meets the requirements in sections 60(1) Personal Health Information Act and 79 (a) Freedom of Information and Protection of Privacy Act.

Also available is a Tips Sheet which will offer suggestions on how to find a patient advocate in Manitoba.

*Find out more by visiting our website and download your own Patient Advocate Agreement and tips sheet at **mips.ca** or by calling the **Manitoba Institute for Patient Safety at 204-927-6477** or by email **admin@mips.ca***

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 at 204-987-8850 ext. 108.

Tobacco Cessation Support Group

Positive, supportive, and safe space to share

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. Guest speakers will be joining us on select dates to share their knowledge. **Fridays 1:30 -2:30** at the St. James 55+ Centre. *No cost to attend.*

Stroke Recovery Support Group

The peer support groups meets the **4th Wednesday of every month** at the St. James 55+ Centre **at 1:00 p.m.** We discuss stroke related issues and chat about day to day challenges. The group is open to stroke survivors and their care givers.

Parkinson's Support Group

This is a Support Group 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
- lawyer services
- dental hygiene
- laundry
- meals, etc.

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:

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- Serving all faiths & cultures
- Pre-planning & payment options;
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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 **July/August newsletter** will be available on **Tuesday, June 6th** 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

Tuesday, May 2

2:00pm

Silver Notes Choir

Saturday, May 6

2:00pm

Afternoon Hymn Sing
with Marie Enns

Saturday, May 13

12:00pm

Mother's Day Tulip Brunch

Saturday, June 17

12:00pm

Father's Day Hockey Event
featuring Ron Paley

Sturgeon Creek II
707 Setter St
204.885.0303

Wednesday, May 3

2:00pm

"Speaking of Bones"
Osteo Presentation

Tuesday, May 9

2:00pm

Silvernotes Choir Spring Concert

Wednesday, June 7

2:00pm

Just Friends Musical Interlude

Thursday, June 22

3:00pm

Dance/Sing-a-Long with Kirk
Leavesly at Happy Hour

www.allsenior scare.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.
May 1 – June 26
(Centre closed
May 22nd)

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
May 15
Polo Park Lanes

Tuesday

**Knitting &
Crocheting Club**
9:30 – 11:00 a.m.
May 2 – June 27

Euchre
1:30 – 3:30 p.m.
May 2, 16, 30 &
June 13, 27

Lunch with Friends
Meet at the restaurant at 11:30 a.m.
May 30 – Captains Table
(1823 Portage Ave.)

Stamp Club
1:00 – 3:00 p.m.
May 2 & 16

Coffee Talk
2:00 – 3:30 p.m.
May 2 – 30

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

Wednesday

55+ Men's Group
1:00 – 4:00 p.m.
May 3 – June 28
3172 Portage Ave

**Company of
Friends**
11:00 a.m.
May 10 & 24
June 7 & 21

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

Book Club 1:30 p.m.
May 31 & June 28
May: "A Spool Of Blue Thread"
by Anne Tyler
June: "Do Not Say We Have
Nothing" by Madeleine Thien

Thursday

55+ Men's Group
1:00 – 4:00 p.m.
May 4 – June 29
3172 Portage Ave

Lunch and a Movie
12:00 p.m.
May 4 – Lion
June 1 – La La Land
Cost: \$10 members
\$12 non-members
(Must register in advance)

Friday

Vegas & Canasta
1:00 – 3:30 p.m.
May 5 – June 30



Saturday

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



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



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

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

Join me Saturday, June 17
from 10 am - 2 pm at
Equal Opportunities West
(851 Cavalier Drive) for a
community BBQ and
e-waste recycling drive!

Visit deyolfson.liberal.ca
for more information.



☎ 204-984-6432 ✉ DOUG.EYOLFSON@PARL.GC.CA
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**Scott
JOHNSTON**
MLA for St. James
scott.johnston@leg.gov.mb.ca

Proud to be part of the community