



July • August 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.



\$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. **UPDATE: As of May 31st we have received 78 - \$25 donations.** Please help us get to 250 by the end of the year!

All donations received during 2017 that add up to or exceed \$100 will receive an invitation to our special year end donor appreciation event in December

Kenora Bus & Boat Trip

Wednesday, July 26th

Departing from St. James Civic Centre at 8:00 a.m.

Let's head down to Kenora for a fantastic day of shopping, sailing and lunch on the Lake of the Woods. After we arrive in Kenora, check out the local stores and the Matiowski Farmers Market where the Whitecap Pavilion plays host to just over 100 Market Vendors. We will then board the M.S. Kenora for an afternoon cruise and lunch before heading back to the city. *Your registration fee includes lunch, transportation (bus and boat).* *Please note: there is a washroom on the bus.

Cost: \$100 Members & Non Members

Registration Deadline: July 12th



KEY DATES

- July 6** Lunch and a Movie
- July 11** Sip, Sip Sangria
- July 14** Iberville Hutterite Colony
- July 18** West End Biz - Mural Tour
- July 21** Carnival BBQ
- July 26** Kenora Bus & Boat Trip
- Aug 1** Lower Fort Garry
- Aug 3** Lunch and a Movie
- Aug 9** St. Norbert Farmer's Market
- Aug 11** Sweet Treat BBQ
- Aug 15** Oak Hammock Marsh
- Aug 17** Morden's Chocolates
- Aug 24** Lunch and a Movie
- Aug 30** McLeod Tea House
- Sept 1** End of Summer BBQ

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 **July/August** will be accepted starting **June 15th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **Sept./October** will be **Thursday, August 10th**.

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
Sophia Gerbrandt	Summer Student

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

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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Marian Dore <i>Director at Large</i>	Maurice Mazerolle <i>Director at Large</i>	Pat Wallis <i>Ex-Officio</i>

So You Think You Know Canada, eh?

Test your knowledge with a few questions about our great nation as we celebrate Canada's 150th Birthday!

1. Confederation was officially proclaimed on July 1 of what year?
2. Which province was not one of the first four to join Confederation?
3. Which prime minister has served the longest unbroken term to date?
4. What was the name of Canada's flag before the Maple Leaf?



Answers on Page 11. Quiz: <http://www.everythingzoomer.com/quiz-canada-150/>

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!****

Iberville Hutterite Colony

Friday, July 14th

Departing Centre at 10:30 a.m.



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

Carpooling available

Cost: \$22 members/\$27 non-members

Registration Deadline: July 7th

McLeod House Tea Room

Wednesday, August 30th

292 Main Street, Stonewall

Departing Centre at 10:45 a.m.



McLeod House serves a variety of homemade desserts, homemade soup, four varieties of delicious sandwiches, and salads with freshly made dressings and a daily feature item. Participants are responsible for paying for their own lunch. Afterwards, we will do a bit of shopping in Stonewall.

Carpooling available

Cost: \$8 members/\$12 non-members

Registration Deadline: August 23rd

West End Biz - Mural Tour

Tuesday, July 18th

Leaving Centre at 9:30 a.m.

Join the Centre on a Mural Tour with the West End Biz. There are over 90 works of art in the West End, many of which are showcased on this tour. The engaging narrative includes interesting history, fun trivia and an introduction to the unique restaurants and business of the area. Tours are 2 hours in length (walking) and include a stop for a snack/refreshment. **Carpooling available**

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

Registration Deadline: Tuesday, July 11th

Lower Fort Garry

Tuesday, August 1st

Leaving Centre at 10:00 a.m.

Did you know that Lower Fort Garry was once used as a penitentiary? An asylum? We will be taking a guided tour that explores the unique and varied history and uses of Lower Fort Garry. Explore the buildings and learn about how the site has evolved to meet changing economic needs and demands. The tour will be two hours (1 hour, then lunch break, then another hour). Please bring a packed lunch for this outing!

Carpooling available

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

Registration Deadline: Tuesday, July 25th



Special Events and Outings

St. Norbert Farmers Market

Wednesday, August 9th

Departing Center at 10:30 a.m.

Let's head to Manitoba's largest farmers market to pick up some fresh fruits, vegetables and other goods from local Manitoban vendors. Along with shopping, try out some of the delicious food vendors and have lunch outdoors. **Carpooling available**

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

Registration Deadline: Friday, August 4th



Morden's Chocolates

Thursday, August 17th

Departing Centre at 10:00

Class from 10:30-11:30

Do you have a sweet tooth?

Even if you don't, join the Centre at this iconic Winnipeg chocolate store and make some delicious chocolates. **Please note:** Bathrooms are located on the second floor of this building with no elevator* **Carpooling available**

Cost: \$20 members/\$25 non-members

Registration Deadline: Thursday, August 10th



Oak Hammock Marsh

Tuesday, August 15th

Departing Center at 10:15 a.m.

Join the Centre on a guided exploration of the Interpretive Centre and exhibit halls at Oak Hammock Marsh. You will take part in demonstrations and activities related to their many fascinating exhibits. Get a birds-eye view of the marsh from the observation deck and tour the boardwalk over the water. After the tour, we will be having a lunch from the Oak Hammock Marsh Café. *(Must purchase own lunch) *Carpooling available**

Cost: \$20 members/\$25 non-members

Registration Deadline: Tuesday, August 8th

Raspberry Peach Smoothie

Serves: 2

Ingredients

- 1 cup frozen raspberries
- $\frac{3}{4}$ cup chopped fresh peaches
- $\frac{1}{4}$ cup vanilla greek yogurt
- $\frac{1}{3}$ cup vanilla almond milk

Instructions

Place all ingredients in blender and blend until smooth, adding a bit more almond milk as needed if the smoothie is too thick. Serve and enjoy!



Straight from the H.A.R.T.

HART is a group of confidential community health care professionals who are dedicated to helping those 55 years of age and older to live well.

Tips to Keep your Memory Sharp



1. Stay Active Mentally

Keep your brain 'in shape' by doing stimulating activities. Try crossword puzzles, sudoku, or read sections of the newspaper that you would normally skip over.

2. Socialize on a Regular Basis

Look for opportunities to get together with friends or family. Being socially active can help to ward off depression and stress, both of which can contribute to memory issues.

3. Be Organized

Write down tasks, appointments and other events on the calendar or even in a special notebook. Say what you are writing down out loud, this may help to cement it into your memory. Have one special place where you put your car keys, glasses or wallet. Keep a to-do list and mark it off once you have finished the task.

4. Get a Good Night Sleep

Sleep plays a role in storing your memories so make getting enough sleep a priority.

5. Eat a Well Balanced Diet

Eat fruit, vegetables and whole grains. Choose low fat protein sources such as fish, lean meats, poultry or beans and lentils. Limit alcohol and make sure you get enough water.

6. Be Physically Active

Being active increases your blood flow to your body as well as your brain. Aim for 150 min./week of moderate physical activity.

7. Manage Chronic Illnesses

Follow the treatment plan that you and your doctor have discussed. The better you take care of yourself, the better your memory is likely to be. Don't forget to have regular medication reviews with your doctor.

If you notice a problem with your memory, talk to your doctor. There are many reasons for memory issues, some of which are easily fixed.

Adapted from Mayo Clinic Memory loss: 7 tips to improve your memory

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 Dietitian phone: 204-940-3261



Elizabeth St Godard RD
Community Dietitian



Lorna Shaw-Hoeppner RD
Community Dietitian

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.*



July 6th – Hidden Figures

Three brilliant African-American women at NASA serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

August 3rd - A Dog's Purpose

A devoted dog discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Filmed in the Winnipeg area, don't miss checking out this movie to see if you can recognize any local landmarks!

August 24th - The Last Word

Harriet (Shirley MacLaine) a retired businesswoman who tries to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth resulting in a life-altering friendship.

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!

Do you have any ideas for Drop In Programs to start up in the fall?

If you do please email meaghan@stjamescentre.com or drop in and share your ideas with her.

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.

Sip, Sip Sangria

**Tuesday, July 11th
at 1:30 p.m.**

Join us for a mid-summer party! We will be having sangria and appetizers while we talk about what we have all been up to so far this summer.

Cost: \$18 members/\$22 Non-members

Registration Deadline: July 6th



Sweet Treat BBQ

**Friday, August 11th
at 12:00 p.m.**

Come beat the summer heat with a delicious BBQ including a hot dog, chips, potato salad and an ice cream sundae bar for dessert!

Cost: \$6

Registration Deadline: August 9th



Carnival BBQ

**Friday, July 21st
at 12:00 p.m.**

Come enjoy a delicious BBQ meal including a hot dog, chips, potato salad and carnival themed snacks!

Cost: \$6

Registration Deadline: July 19th



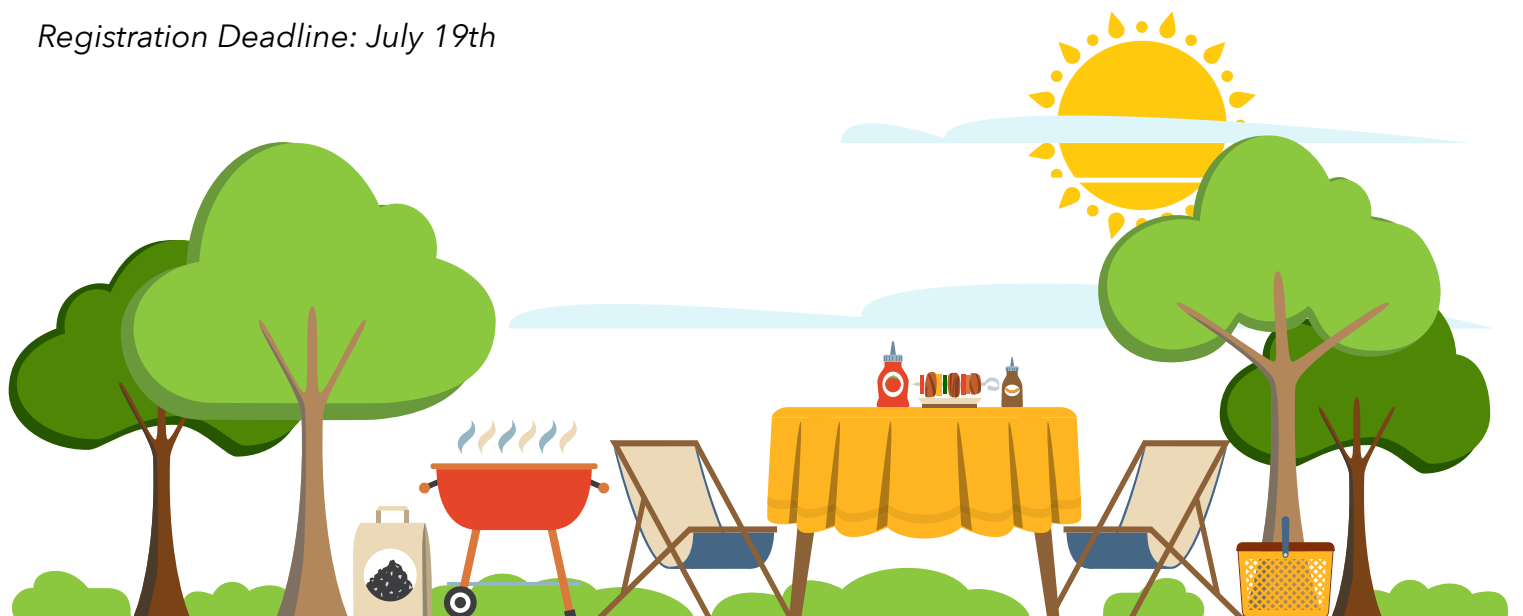
End of Summer BBQ

Friday, September 1st at 12:00 p.m.

Join us as we say farewell to summer with one last BBQ, as usual we will be have hot dogs, chips, potato salad and even Ice Cream floats!

Cost: \$6

Registration Deadline: August 30th



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 throughout the summer (Call front desk for availability)

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

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

Instructor: Sean Sagert

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



MEAGHAN'S BAKED BEANS

Brown 1/3 pound of bacon and 2 medium onions. Drain.

Add:

1/2 cup Ketchup	2 tbsp. vinegar
3/4 cup Brown Sugar	1 tsp dry mustard
1/2 cup sugar	

Let simmer awhile. Then add:

1 small can lima beans	1 large can pork and beans
1 can kidney beans, drained	

Bake for 2 hours at 350 degrees. Enjoy!



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



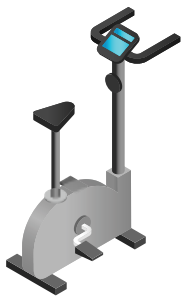
Drop In Fitness Classes with Sue!

Sue Keyton will be running the following classes Drop-In style this summer. These classes give you a great opportunity to try out some prospective classes for the fall and keep up your fitness over the summer.

ZUMBA	YOGA	GROWING YOUNG
Mondays July 10, 17, 24 10:30 - 11:30 a.m. Cost: \$10/class*	Mondays July 10, 17, 24 1:15 - 2:45 p.m. Cost: \$15/class*	Fridays July 7, 14, 21, 28 11:30 a.m. - 12:30 p.m. Cost: \$10/class*

****Please pay Sue when you come to the class. (CASH OR CHEQUE ONLY)****

Fitness Orientations and Workshops



Fitness Safety Orientation

Fridays, July 7th and August 4th

2:00 - 2:30 p.m.

Cost: FREE (Members Only)



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



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.



Intro to Meditation

Thursday, July 13th at 2:00 p.m.

An introduction to the different types and techniques of Meditation. Through guided meditation you will learn to relieve stress, slow the aging process, learn about your inner self and improve your well-being.

Cost: \$15 (90 minute session)**

**** Please pay Sue! CASH or CHEQUE ONLY!**

City of Winnipeg Passes

will be on sale from August 1 – 31 for a start date of September 1, 2017:

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

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

The following passes will be available:

6 month facility pass	\$182.00
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6 month active living pass	\$242.00
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12 month facility pass	\$336.00
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12 month active living pass	\$466.00
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Visit www.stjamescentre.com/cow for prices or contact the Centre at 204-987-8850

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

Volunteer Spotlight

As some of our programs are starting to wind down for the summer, we want to thank all of our volunteers for all that they do. If not for our volunteers the drop-in programs that continually bring people together every week would not happen.

These programs are a great opportunity for friends to get together and socialize. Thank you to everyone who makes these programs what they are!



Another group of volunteers that deserve a huge thank you are our Soup Ladies, Eiko Katayoma, Fay Boyes, Glenda MacDonald, Linda Grant and Sylvia Danyleko. This group of dedicated ladies get together twice a month from September till May to make the delicious soup that have been flying off the shelves that we all have enjoyed so much.

Some of our volunteers that are still hard at work in the summer are our volunteer who help with food and friendship events, our front desk receptionists, our volunteers who drive on outings and many more!

A big thank you to all of our volunteers for everything that you do!



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

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

Each Home Instead Senior Care Franchise office is independently owned and operated.
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Call for a free, no-obligation appointment
204.953.3720

Serving Winnipeg

Home Instead
SENIOR CARE
To us, it's personal.
HomeInstead.com/3021

ANSWERS - Canada 150 Trivia

- 1: July 1st is Canada Day for a reason! After years of negotiations, Confederation was achieved in 1867 with the passing of the British North America Act.
- 2: Ontario, Québec, Nova Scotia and New Brunswick were the first four provinces to join Confederation. Manitoba was the fifth, joining in 1870.
- 3: Laurier served as prime minister for 15 years from July 11, 1896 to Oct. 6, 1911.
- 4: The Red Ensign was the official flag of Canada until it was replaced by the Maple Leaf in 1965. It was based on the flag flown by British merchant ships, with the Union Jack in the upper corner next to the staff and the Canadian coat of arms in the fly.

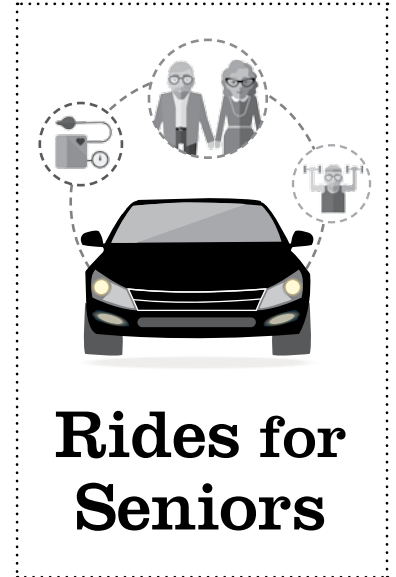
Volunteering

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

The **Rides for Seniors** program takes 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, Tina Neudorf, and our dedicated driver of 16 years Jack Ingham. *Thanks a million for helping our seniors remain independent!*

DRIVERS NEEDED! for Rides for Seniors

We are very flexible and would be happy if you could do one or two rides a week or as needed. Please contact Rachel Wonnek at 204-987-8850 ext. 108 for more details.



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, front desk receptionists, assisting with special events, committees, and 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 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:

- 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

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 **September/October newsletter** will be available on **Tuesday, August 1** 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 contact Rachel at 204-987-8850 ext. 108



Please Join Us For Great Entertainment

Sturgeon Creek I
10 Hallonquist Dr
204.885.1415

Tuesday, July 4
7:00pm
"A Summer in Central Park"
Outdoor Opera Concert

Friday, July 28
2:30pm
Rhythm Drumming
Workshop

Thursday, August 17
1:00pm
Taste of Japan
Travelogue and Dinner

Sturgeon Creek II
707 Setter St
204.885.0303

Wednesday, July 12
7:00pm
Travelogue on Canada

Tuesday, July 18
1:00pm
Flower arranging

Thursday, August 17
4:30pm
Taste of Japan Dinner
7:00pm
Travelogue-Japan

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.

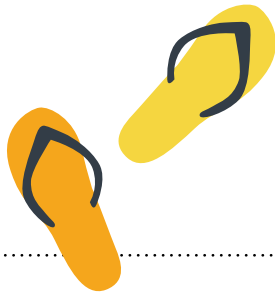


St. James Assiniboia 55+ Centre Drop-In Calendar

Monday

Scrabble
1:00 – 3:00 p.m.
July 10th to Aug. 28th
(Centre closed
July 3rd)

Tuesday



Wednesday

55+ Men's Group
1:00 – 4:00 p.m.
July 5 – Aug. 30
3172 Portage Ave

Company of Friends
11:00 a.m.
July 5 & 19
Aug. 2, 16 & 30

Thursday

55+ Men's Group
1:00 – 4:00 p.m.
July 6 – Aug. 31
3172 Portage Ave

Lunch and a Movie
12:00 p.m.
July 6 – Hidden Figures
Aug. 3 – A Dog's Purpose
Aug. 24 – The Last Word
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.
July 7 – Aug. 25



Shawn Dobson
City Councillor • St. Charles Ward

204-986-5920
sdobson@winnipeg.ca



Thank you to our funders and sponsors whose generous support of the Centre allows us to continue to offer quality programs and services for our members and the community at large. If you would like to make a donation to support the centre, please contact 204-987-8850 ext. 102.

Funders

Winnipeg Regional Health Authority
Winnipeg Foundation
New Horizons for Seniors Program
Manitoba Association of Senior Centres
Manitoba Community Services Council
Healthy Together Now

Sponsors

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



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

Honoured to be of
service to all
constituents as we
celebrate 150 years
of Confederation.



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