



St. James
Assiniboia
55+ Centre

St. James Assiniboia 55+ Centre is an independently operated non-profit charitable organization with a mission to encourage seniors to improve their quality of life by providing educational, recreational, health and social opportunities.

Celebrations - Rock and Roll Heaven

Tuesday, April 17th

Leaving Centre at 10:30 a.m.

Where do all the late greats reside now? Join our hapless hero, a wannabe rock god, who after an untimely mistake ends up in heaven. Rock and Roll Heaven! All of your favourite rock stars are there to greet him from Buddy Holly, Janis Joplin, Jimi Hendrix, Prince, Michael Jackson, Jim Morrison, The Beatles (Okay, 2 Beatles), Freddy Mercury, to Amy Winehouse and many more. But does he belong there? Only the King can decide his fate! Join Celebrations Dinner Theatre for our walk through the Rock and Roll Hall of Fame...in heaven.

Cost: \$45 members/

\$50 non-members

Registration Deadline: April 3rd

St. Patrick's Day Party

Thursday, March 15th

@ 11:30 a.m.

Come to the Centre and celebrate St. Patrick's Day! We'll have an Irish themed lunch and entertainment from Tom the Irish Cowboy! Come dressed in your finest St. Patrick's Day attire and be ready to sing along!

Cost: \$12 Members/\$15 Non-members

Reservation deadline: March 12th



KEY DATES

- Mar 1** Lunch and a Movie
- Mar 6** Downsize Your House
- Mar 7** Photography Classes
- Mar 7** Back Pain/Sciatic
- Mar 8** Marco Castillo
- Mar 14** Nutrition for our Brain & Mental Health
- Mar 15** St. Patrick's Lunch
- Mar 15** Income Tax Clinic
- Mar 16** Men's Cooking Class
- Mar 20** Nadia Shpachenko
- Mar 22** Easter Celebration
- Mar 29** Lunch and a Movie
- Apr 5** Travelogue: Danube
- Apr 6** Drawing/Watercolour
- Apr 12** Lunch and a Movie
- Apr 17** Celebrations
- Apr 19** Volunteer Appreciation
- Apr 25** Winnipeg Harvest

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.

TABLE OF CONTENTS

Special Events & Outings.....	3
Straight from the H.A.R.T.....	5
Drop-In Programs	7
Food & Friendship	9
Education	10
Fitness	12
Support Services	14
Volunteering	16
Community Resources	17
Registration Information	18
Calendar	19

MEMBERSHIP \$40/YEAR

REGISTRATION PROCEDURE

Registration for new programs starting in **Mar/Apr** will be accepted starting **February 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 **May/June** will be **Thursday, April 12th**.

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

Meaghan Wilford	Interim Executive Director & Program Coordinator
Rachel Wonnek	Seniors Resource Coordinator
Symone Moodoo	Congregate Meal Program Coordinator
Carol Sandilands	Administrative Assistant

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

Healthy Aging Resource Team Facilitators:

Elizabeth St. Godard	Registered Dietitian
Lorna Shaw-Hoeppner	Registered Dietitian
Lisa Newman BSW, RSW	Social Worker

BOARD OF DIRECTORS

Gerald Knutson <i>President</i>	Marilyn Robinson <i>Past President</i>	Ian McCausland <i>Vice President</i>
Kathy Elias <i>Treasurer</i>	Connie Newman <i>Director at Large</i>	Janet Jackmann <i>Director at Large</i>
Marian Dore <i>Director at Large</i>	Maurice Mazerolle <i>2nd Vice President</i>	Dr. Dawn-Marie Turner <i>Director at Large</i>
Sharon Walters <i>Ex-Officio</i>		

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

Sponsors

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



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!****

Marco Castillo and the Brazilian Beats Concert

Thursday, March 8th

Rady Jewish Community Centre, 123 Doncaster St.

Leaving STJASC at 1:15 p.m. (show from 2-3 p.m.)

Born in Rio de Janeiro, Marco Castillo blends the traditional rhythms and contemporary sounds of Brazil with a Latin Samba Jazz Funk. You'll be dancing in the tropical isles of Brazil. After the concert there will be tea, coffee and refreshments.

Cost: \$15 members/\$20 non-members

Registration Deadline: March 1st



Nadia Shpachenko Piano Concert

Tuesday, March 20th

Rady Jewish Community Centre, 123 Doncaster St.

Leaving STJASC at 1:15 p.m. (show from 2-3 p.m.)

Direct from Los Angeles is multiple Grammy-nominated concert pianist Nadia Shpachenko. This solo piano recital features newly-written homages performed together with the older works by Brahms, Debussy, Prokofiev, Satie and Stravinsky that directly inspired the new compositions. After the concert there will be tea, coffee and refreshments.

Cost: \$15 members/\$20 non-members


Registration Deadline: March 13th



Scott FIELDING
MLA for Kirkfield Park

Constituency Office
3129 Portage Avenue
Winnipeg, MB R3K 0W4
t. 204.889.0540
scott@scottfielding.ca
www.scottfielding.ca

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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!****

Winnipeg Harvest Trip

Wednesday, April 25th

10:00-11:30 a.m. (leaving Centre at 9:30. Carpooling available)



Join the Centre for a tour and for volunteering at Winnipeg Harvest. Please bring some items to be donated the day of. *If you cannot make the tour and want to donate items we will have a box in the programming office for donations that we will deliver on the 25th. Please see below for the requested food items list.*

Cost: \$5 (will be donated to Winnipeg Harvest)

Registration Deadline: April 18th



1. Canned Fish and Poultry – chicken or turkey; tuna or salmon packed in water.



2. Canned Fruit and Vegetables – packed in own juice.

3. Canned Stew, Chili, Brown Beans

4. Peanut Butter

5. Whole Grain Pasta

6. Rice – Plain, brown, converted, or parboiled



7. Baby Formula and Food – iron-enriched formula; baby food jars of vegetables, fruit or meat; infant cereal such as oatmeal, barley or rice.

8. Canned Spaghetti Sauce

9. Cereal – plain, fiber, non-sugar coated

10. Canned Soup – vegetable, tomato, lentil, pea



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.

D Doctor or Clinic

Your Family Doctor or Primary care clinic is your medical home where most of your health issues can, and should be addressed. You should always try to seek care for non-emergency issues with your family doctor or nurse practitioner first.

Don't have a family doctor?
Use Family Doctor Finder
204-786-7111 or Toll-Free 1-866-690-8260

U Urgent Care or E Emergency?

If you are unsure if you should go to urgent care
call Health Links - Info Santé
204-788-8200
Toll free 1-888-315-9257

Patients with potentially
life-threatening conditions
should immediately phone 911.



Go to urgent care for:



illnesses or injuries that
cannot wait for you to see
your family doctor



dehydration



fevers, flu symptoms,
rashes or infections



cuts that won't
stop bleeding



injured limb
that might be
broken or sprained



any other urgent, but
not life-threatening,
conditions

Urgent care centres are able to provide services not
available in many doctors' offices, such as stitches and
casts, but are not equivalent to emergency
departments.

For Serious and life-threatening health concerns always go to
your nearest emergency department or call 911. Emergency
departments are open 24/7 to address serious, life threatening
health emergencies.

Call 911 or go to emergency department for:



stroke/facial weakness/
extremity weakness



major assault
such as stabbings
or shootings



heart attack/chest
pain or tightness



unable to
wake/unconscious



major trauma such
as loss of limb



sudden onset of severe
headache or confusion



seizure and/or
severe head injury



severe difficulty
breathing or
trouble speaking



uncontrolled or
severe bleeding



severe burns



severe allergic reaction

Straight from the H.A.R.T.

MEDITERRANEAN QUINOA SALAD

1 cup quinoa
1 cup water
1 cup low sodium chicken broth
2 tablespoons red wine vinegar
4 tablespoons extra virgin olive oil divided
1 teaspoon dried oregano
2 cups cherry or grape tomatoes chopped
1 cup bell pepper chopped
1 cup seedless cucumber chopped
1/4 cup red onion chopped
1/2 cup feta cheese crumbled
1/2 cup kalamata olives pitted, halved
1 can 15-ounce garbanzo beans
1 lemon juiced
sea salt and fresh ground pepper to taste

Instructions

Rinse and drain quinoa 2-3 times to remove saporin (bitter coating); place drained quinoa in medium saucepan with water and chicken broth. Bring to a boil, then reduce heat to low and cook, covered, for 15 minutes. Turn heat off and let quinoa stand for 5 additional minutes, covered. Transfer to a large mixing bowl and add vinegar, 2 tablespoons extra virgin olive oil and oregano; set aside and let cool to room temperature.

Add tomatoes, bell pepper, cucumber, red onion, feta cheese, olives, garbanzo beans, lemon juice, and remaining olive oil to quinoa. Toss well. Season to taste with salt and pepper.



DO YOU NEED COOKING BOOT-CAMP?
SHAPE UP YOUR COOKING SKILLS WITH:

“Just the Basics” Men’s Cooking Class

This cooking class will be a great opportunity to learn basic cooking skills. Make some connections, learn delicious recipes and have some leftovers to take home.

When: March 16, 2018 and March 23, 2018

Time: 11:30 am-1:30 pm

Cost: \$15

Open to all. ***Pre-registration is required.***

Register online or contact the front desk. ***Registration deadline is March 9th.***

Please direct any questions to Liz and Lorna RD at 204-940-3261



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 or Social Worker phone: 204-940-3261



Elizabeth St Godard RD
Dietitian



Lorna Shaw-Hoeppner RD
Dietitian



Lisa Newman, BSW, RSW
Social Worker

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.*



Our Souls at Night - March 1st

Addie Moore and Louis Waters, a widow and widower, have lived next door to each other for years. When Addie tries to make a connection with her neighbor, the two begin sleeping in bed together platonically, with the innocent goal of alleviating their shared loneliness. As their relationship deepens they each deal with grief and loss, and a real romance begins to blossom.

Victoria and Abdul- March 29th

Abdul Karim arrives from India to participate in Queen Victoria's golden jubilee. The young clerk is surprised to find favor with the queen herself. As their friendship deepens, the queen begins to see a changing world through new eyes, joyfully reclaiming her humanity.

Only the Brave- April 12th

Through hope, determination, sacrifice and the drive to protect families and communities, the Granite Mountain Hotshots become one of the most elite firefighting teams in the country. While most people run from danger, they run toward it -- watching over lives, homes and everything people hold dear, forging a unique brotherhood that comes into focus with one fateful fire in Arizona.

55+ Men's Group

Our Men's Group meets every **Tuesday, 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 coffee to see what they are up to! For more information call 204-987-8850 or drop in!

Drop-In Programs

We have many drop in style programs offered at the Centre that are little to no cost. You have to be a member to attend these programs. Please contact the front desk at 204-987-8850 if you have any questions about membership, or our drop in programs. *Movies are open to non-members at an increased rate.*

Art Drop In:

Are you an artist and looking for a new place to be creative? We will have the multipurpose room available for use for painting, drawing, sketching, etc. on Thursday mornings from 9:30 to 11:00. You must bring your own supplies, but this is a great room with lots of natural light and perfect for socialization!



Book Club:

Did you know the Centre has a monthly book club? Are you an avid reader and looking for a group to discuss your books with? Come join our book club on the last Wednesday afternoon of the month for a great chat on the book of the month and a cup of coffee. No registration is necessary for this event, but you must be a member of the Centre to attend!



Thank You for all your support for the Centre's fundraising efforts in 2017!

Between Giving Tuesday and 250 donations for our 25th and other individual donations, we brought in over

\$6,500



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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.



Easter Celebration

Thursday, March 22nd at 11:30 a.m.

Hop on down to the Centre and help us celebrate Easter! Wear your fancy Easter bonnet or come as you are and enjoy a delicious lunch! Afterwards we will play some bingo for some great prizes!

Cost: \$10 Members/\$12 Non-members

Registration deadline: March 19th



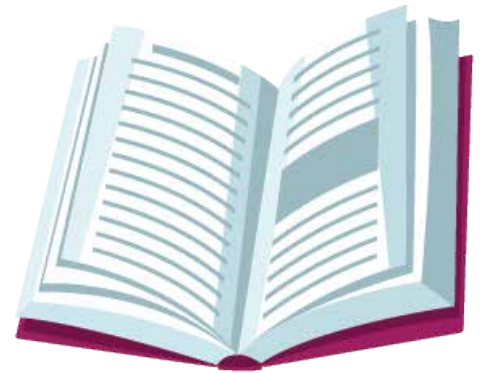
Lunch with an Author

Thursday, April 5th at 11:30 a.m.

Join us for another delicious lunch and to hear local writer, and Centre member, Ricki Segal, talk about her book "My Zayde and Other Memories of Growing up Jewish." The stories will leave you thoroughly entertained and will have you recollecting your own childhood memories.

Cost: \$10 Members/\$12 Non-members

Registration deadline: April 2nd



Soup More \$3/bowl

Our soup crew will be making soups on the following days in March and April.

Mar. 6th	Hungarian Mushroom
	Stuffed Pepper
Mar. 20th	Butternut Bisque
	Baked Potato
Apr. 3rd	Split Pea with Ham
	Broccoli Cheddar
Apr. 17th	Chili
	Beef Barley



Drop by the Centre to see what's available or pre-order for pickup by calling 204-987-8850 or email Symone at: symone@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. 8th at 11:30 a.m.

Thurs., Apr. 26th at 11:30 a.m.

NOTE: You should anticipate to stay for 2-2.5 hours each session)



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.



Singsationals

Mondays until May 14th

(Centre closed Feb 19th and April 2nd)

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

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

Cost: \$40 half year.

Drawing and Watercolour Painting Classes

Fridays, April 6th to May 25th

12:30 to 3:00 p.m.

You will learn Drawing Basics and Watercolor Basics along with several Watercolor Techniques. Easy Step by Step Instruction. You will complete a minimum of 2 paintings ready to frame. No experience necessary. *There is an \$18 course materials fee to be paid to the instructor at the first class as all materials are supplied. (Students "returning" for classes will be taught additional techniques and will work on a more advanced program.)*

Instructor: Brenda Adams

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

Photography Classes

Wednesdays- March 7th to 28th (4 weeks) 1:00 p.m. to 2:30 p.m.

March 7th - Photo 101 - Learning the basic elements of how your camera works. We'll delve into the Exposure Triangle - Aperture, Shutter Speed and ISO. These 3 elements come together to create a well-exposed photograph.

March 14th - The Creative Exposure - You can get a 'correct' exposure, but what will raise your pictures above ordinary is a 'creative' exposure. Learn how to convey ideas or just make more interesting images by learning a few simple ideas such as Focal Length, changing your vantage point and learning to see Lines and Light.

March 21st - Making pictures with an iPhone - It's been said the best camera is the one you have on you. Often times, that's a phone. These can be very effective cameras, but learning some

simple tips will make all the difference in taking better pictures with the iPhone.

March 28th - Tricks

and Tips - You don't always need to spend a lot of money to help solve problems or make better pictures. This class will show you how to re-purpose common or inexpensive items to help you out with your camera. From softening the light from a flash to make it more flattering, to warming up a frozen camera when shooting in winter.

Cost: \$48 members/\$60 non-members

Instructor: Colin Corneau

Registration Deadline: February 28th



Educational Programs

The Canadian Vickers Vedette

Tuesday, March 20th 10:00 - 11:00 a.m.

The Vedette flying boat was the first commercial aircraft designed and built in Canada. It was produced in the late 1920's and saw service through the 1930's. This presentation will touch on the jobs of the people who worked on and flew in the Vedette, the quest to recover long lost examples of this "flying canoe" and the process of making a flyable replica of this historically significant Canadian aircraft.

Cost: \$5

Presenter: Bill Brereton, Volunteer Royal Aviation Museum of Western Canada

Nutrition for our Brain and Mental Health

Wednesday March 14th 11:00 a.m. -12:00 p.m.

How important is nutrition for our brain and mental health? Join us to learn about a healthy diet and lifestyle approach to keeping our brain healthy.

Cost: \$4

Presenter: Healthy Aging Resource Team



Safety and Injury Prevention

Tuesday, April 17th 10:00 a.m.



Do you know what the most common sources of injuries are to seniors? What can you do to help keep your grandchildren safe when they visit? Join us to learn about common consumer product health and safety risks.

Presenter: Consumer Product Safety Officer from Health Canada

Cost: \$4

Heritage Winnipeg - The History of St. James

Wednesday, April 18th 10:00 - 11:00 a.m.

How much do you know about the History of St. James? Before Unicity, there were many Municipalities that made up the City of Winnipeg and St. James was one of them. Come to the Centre for a presentation from Heritage Winnipeg to see how it all started!

Presenter: Greg Agnew, Heritage Winnipeg

Cost: \$5

Back Pain & Sciatic Workshop

Wednesday, March 7th, 2018 at 10:00am

Location: St. James Assiniboia 55+ Centre

You should attend this free workshop if ...

- You have trouble putting your shoes on in the morning.
- You've missed out on family vacation or activities you love because you're afraid of aggravating your sciatica.
- You've TRIED EVERYTHING and want to just get back to normal.

What will you learn at this workshop

- #1 Biggest mistake back pain & sciatica suffers make.

- 3 most common causes of back pain and sciatica
- Top 3 thing you can do to be back pain free

NRGFitness will be starting to offer physiotherapy sessions at the Centre in March. This presentation will give you lots of information on the services they offer and will introduce you to this new wellness service offered at the Centre.

Presenter: Scott Miller, NRGFitness

Cost: FREE - Refreshments Provided

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

Fitness Safety Orientations

Fridays: March 2nd and April 6th
2:00 p.m. - 2:30 p.m.

Cost: \$5 (members only)

Lite n' Lively

Mondays: April 9- June 25 (no class May 21)
(11 weeks)
9:15 a.m. - 10:15 a.m.

Cost: \$66 members/\$88 non-members
Instructor: Sue Keyton

Zumba Gold

Mondays: April 9- June 25 (no class May 21)
(11 weeks)
10:30 a.m. - 11:30 a.m.

Cost: \$66 members/\$88 non-members
Instructor: Sue Keyton

Monday Yoga

Mondays: April 9- June 25 (no class May 21)
(11 weeks)
1:15 - 2:45 p.m.

Cost: \$88 members/\$110 non-members
Instructor: Sue Keyton

Wednesday Evening Yoga

Wednesdays: April 11th to June 27th
(12 Weeks)
6:30 p.m. to 8:00 p.m.

Cost: \$120 members/\$144 non-members
Instructor: Sue Keyton



Chair Yoga

Tuesdays: April 3rd to June 5th (10 Weeks)
3:15 p.m. - 4:15 p.m.

Cost: \$60 members/\$80 non-members
Instructor: Rhonda Desser

Growing Young

Tuesdays: April 10th to June 26th (12 Weeks)
9:30 a.m. - 10:30 a.m.

Cost: \$72 members/\$96 non-members
Instructor: Sue Keyton

Growing Young

Fridays: April 13th to June 29th (12 Weeks)
11:45 a.m. - 12:45 p.m.

Cost: \$72 members/\$96 non-members
Instructor: Sue Keyton

Line Dancing

Wednesdays April 4th to June 6th (10 Weeks)
10:00 a.m. - 11:00 a.m.

Cost: \$60 members/\$80 non-members
Instructor: Karen Hodgins

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.

Series of 6 Health & Wellbeing Workshops

Fridays, April 13th to May 18th (6 weeks) from 9:30 - 11:00 a.m.

This health and wellbeing series will give you the tools needed to live a more mindful, calmer and overall healthier lifestyle. You will learn about meditation, healing physically, emotionally and spiritually and how to remove stress from your lifestyle. Each session includes meditation practice. Must have prior meditation experience or have taken intro to meditation to attend this workshop series.

Cost: \$75 members/\$90 non members

Instructor: Sue Keyton

Pickleball Spring session Apr. 12 - June TBD

Westwood Community Church

401 Westwood Dr.

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

Sturgeon Heights Community Centre

210 Rita Street

Monday

Advanced 8:00 - 10:30 a.m.

Intermediate 10:30 a.m. - 1:30 p.m.

Novice 1:30 p.m. - 4:00 p.m.

Wednesday

Advanced 8:00 - 10:30 a.m.

Intermediate 10:30 a.m. - 1:30 p.m.

Novice 1:30 p.m. - 4:00 p.m.

Friday

Advanced 8:00 - 10:30 a.m.

Intermediate 10:30 a.m. - 1:30 p.m.

Novice 1:30 p.m. - 4:00 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.

**\$42 Members
\$82 Non-members
\$5 Drop-In**

Wellness Services

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

Footcare (Tuesdays & Wednesdays)

30 minutes: \$35 members/ \$43 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 register ahead of time to reserve your spot.

Downsize Your House/ Upsize Your Lifestyle

Tuesday, March 6th

1:00 p.m -2:00 pm -Centre

This presentation will present information so you are well- informed, prepared and equipped to navigate the complexities of a downsizing move. We will discuss senior housing options, downsizing techniques and how to celebrate your new life style.



Presenter: Brian McMillan, My Smaller Nest, Realtor
Cost: \$4

Medical Assistance in Dying

Tuesday, March 13th

1:00 p.m. - 2:00 p.m. - Centre

In certain circumstances, patient may be eligible to access medical services in which a physician or nurse practitioner aid in intentionally causing death. This presentation will explore and explain the recently passed legislation associated with Medical Assistance in Dying.

Presenter: Medical Assistance in Dying, WRHA
Cost:\$4

Income Tax Clinic

Thursday, March 15th

5:30 PM- Centre

The Centre in partnership with A&O and the Chartered Professional Accountants of Manitoba are offering a free tax preparation service to qualifying seniors. Maximum single income is \$30,000 and Couple is \$40,000. **Please call A&O at 204-956-6440 after February 1st to book an appointment.** Doors open at 5:00 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



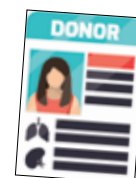
Transplant Manitoba

Wednesday, March 21st

1:30 p.m. - 455 Westwood Dr

Did you know that almost anyone can be an organ and tissue donor? Join us as we'll be sharing information about www.signupforlife.ca and you'll meet Kathy, a recipient who will share her journey with kidney disease and what a new kidney has meant to her and her family.

Presenter: Roberta Koscielny, Transplant Manitoba & Kathy, Transplant Recipient
Cost: \$4



If you have any suggestions for presentations or would like to talk about the possibility of having presentations in your building please call Rachel at 204-987-8850 ext 108 or email: rachel@stjamescentre.com

Support Services

E.R.I.K.

Tuesday, March 27th

2:00 p.m. - The Westhaven 3033 Portage Ave

What is an E.R.I.K. Kit and why should you have one? Join us for a presentation not only about E.R.I.K. kits but also about fall prevention, paramedic services and more.

Presenter: Cory Guest, Winnipeg Fire Paramedic

Cost: \$4

Brightwater Housing Tour

Friday, April 6th @ 1:00 Pm

Location: 741 Sterling Lyon Pkwy

Join us for a tour of Brightwater Seniors Living - they are a multi-care level seniors living complex. Following the tour we will have coffee and dessert.

Cost: \$4

Sort it Out

Tuesday, April 10th @ 1:00 p.m. - Centre

During this presentation we will discuss what steps to take to declutter your home. How to prepare when you are getting ready to move to a smaller home, some tips to make your home safer and more comfortable and lastly, but most asked, "where to start".

Presenter: Roberta Willits- Sort it Out

Cost: \$4



Alzheimer's Signs and Symptoms

Tuesday, March 27th @ 10:00 a.m. - 11:00 a.m.

Location: Centre

Although only a qualified physician can conclude with high certainty that a person has Alzheimer's disease. We will discuss eight symptoms to watch out for that are commonly associated with the disease.

Presenter: Jeannette Brigit, Home Instead Seniors Care

Cost: \$4

Understanding Alzheimer's and Dementia

Tuesday, April 24th @ 1:30 - 2:30 p.m.

Location: Centre

Join us as we learn about Alzheimer's and Dementia. We will discuss the causes and symptoms of both Alzheimer's and Dementia and the interaction between the two of them.

Presenter: Jeannette Brigit, Home Instead Seniors Care

Cost: \$4

Volunteer Appreciation

Thursday, April 19th at 1:00 p.m.

Each and every St. James Assiniboia 55+ Centre volunteer is invited to join us as we say thank you, recognise and celebrate all of your contributions to the Centre! Come and celebrate with a lunch and entertainment by the B Side Apostles!

If you have volunteered at the Centre in the past year please RSVP by April 12th at 204-987-8850 or rachel@stjamescentre.com

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 Assiniboia 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.

Volunteer Spotlight

Front Desk Receptionists

Our front desk receptionists are a group of incredibly dedicated volunteers who are most often the first friendly face that you see when you enter the Centre. Every time that they come to volunteer at the Centre they help out in a magnitude of ways. We have all had a volunteer help us register for programs or renew our memberships but they do so much more than that. They provide tours to new members, upkeep the beloved coffee machine in the members lounge, distribute newsletters, share their knowledge of Centre events and of community services. They also always offer a friendly hello to all that come to the Centre!



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

Community Resources

Community Resources

Stroke Recovery Support Group

The Peer Support Group meets the **4th Wednesday of every month** at the St. James 55+ Centre at **1:00 p.m.** Discuss stroke related issues and chat about day to day challenges. The Group is open to stroke survivors and their caregivers.

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's disease. The group **meets the 2nd Wednesday of each month** (September-June) from **1:30 - 3:00 p.m.** 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
- legal services
- dental hygiene
- laundry
- meals, etc.

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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 the fitness room (8:30 a.m. – 3:30 p.m.)
- First Aid trained staff
- Member lounge with comfortable seating to read magazines and books, do puzzles
- Discount at Chapel Lawn Memorial Gardens
- 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 **May/June newsletter** will be available on **Tuesday, Apr. 3rd** 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



Parking Passes

Working together with the Winnipeg Parking Authority (WPA), the Centre has implemented a "Virtual Parking Pass". The 2018 passes are available for \$5.00 and in effect Jan. 3rd – Dec. 31st, 2018. Details at 204-987-8850.



St. James Assiniboia 55+ Centre Drop-In Calendar

Monday

Scrabble

1:00 – 3:00 p.m.
Mar. 5th – Apr. 30th
(Centre closed
Apr. 2nd)

Singsationals Choir

10:15 – 11:30 a.m.
Until May 14th
Cost: \$40 Half Year

Bowling

1:00 p.m.
Mar. 12th, Apr. 9th
Polo Park Lanes
Cost: \$7

Tuesday

Knitting & Crocheting Club

9:30 – 11:00 a.m.
Mar. 6th – Apr. 24th

Euchre

12:30 – 3:00 p.m.
Mar. 6, 20
Apr. 3, 17

Lunch with Friends

Meet at the restaurant at 11:30 a.m.
March 27th – Boston Pizza
(2577 Portage Ave)

Stamp Club

1:00 – 3:00 p.m.
March 6th & 20th
April 3rd & 17th

Coffee Talk

2:00 – 3:30 p.m.
Mar. 6th – Apr. 24th

April 24th – Silver Heights
(2169 Portage Ave)

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

55+ Men's Group

1:00 – 4:00 p.m. March 6th – April 24th
3172 Portage Ave

Wednesday

55+ Men's Group

1:00 – 4:00 p.m.
Mar. 7th – Apr. 25th
3172 Portage Ave

Company of Friends

11:00 a.m.
Mar. 14th & 28th
Apr. 11th & 25th

Floor Curling

1:00 – 3:00 p.m.
Cost: \$25
Until May 16th
(session in progress)

Book Club 1:30 p.m.

Mar. 28 "Minister Without Portfolio" - Michael Winter
Apr. 25 "Commonwealth" - Ann Patchett

Thursday

55+ Men's Group

1:00 – 4:00 p.m.
Mar. 8th – Apr. 26th
3172 Portage Ave

Lunch and a Movie

12:00 p.m.
Mar. 1st – Our Souls at Night
Mar. 29th – Victoria & Abdul
Apr. 12th – Only the Brave
Cost: \$10 members
\$12 non-members
(Must register in advance)

Art & Painting

9:30 – 11:00 a.m.
Mar. 8th – Apr. 26th



Hon. Steven
FLETCHER

MLA ASSINIBOIA

3723 Portage Avenue
Winnipeg, MB
R3K 2A8

204-944-1049



Friday

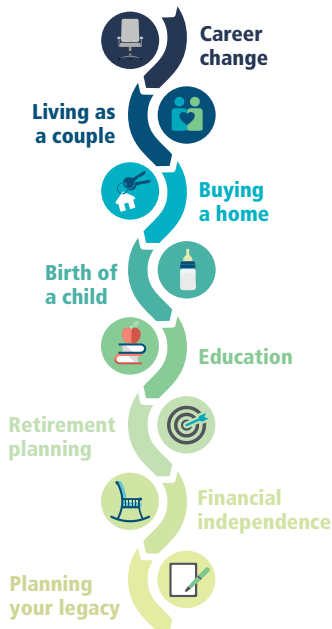
Vegas & Canasta

1:00 – 3:30 p.m. Mar. 2nd – Apr. 27th
(Centre closed on Mar. 30th)

Saturday

Floor Curling (Competitive)

9:00 a.m. – 12:00 p.m. Until April 28th
Cost: \$2 members/\$3 non-members/week



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Dr. DOUG EYOLFSON MEMBER OF PARLIAMENT

CHARLESWOOD-ST.JAMES-ASSINIBOIA-HEADINGLEY

Hello St. James-Assiniboia 55+ Centre members!

I will be hosting free income tax preparation clinics in March and April to assist individuals with a modest family income or simple tax situation.

Please call my office at 204-984-6432 after Feb. 28 to book an appointment.



204.984.6432 DOUG.EYOLFSON@PARL.GC.CA
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