



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.

The Ole' Farmhouse Cafe

Tuesday, June 5th

31 Rose Lane, Rosenort, MB

Leaving Centre at 10:30 a.m.

Due to popular demand we will be returning to Rosenort and the Ole' Farmhouse Café! 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. Participants are responsible for paying for their own lunch. **This trip is dependent on drivers so please indicate at registration if you are able to drive**

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

Registration Deadline: Tuesday, May 29th



Winnipeg Trolley Tour

Tuesday, June 19th from 1:00-3:00 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/\$40 non-members

Registration Deadline: Wednesday, June 5th



KEY DATES

- May 2** Hip & Knee Pres.
- May 3** Lunch and a Movie
- May 8** Intro to Knitting
- May 10** Mother's Day Celebration
- May 10** Fun with Flowers
- May 15** Keeping Cottages in Family
- May 18** Royal Wedding Tea
- May 22** Travelogue: Danube
- May 23** Food Labels
- May 24** Lunch and a Movie
- May 30** The Forks
- June 7** Pep Rally: ALCOA
- June 8** AGM
- June 14** Lunch and a Movie
- June 19** Trolley Tour
- June 20** Safety Aid
- June 28** Canada Day BBQ/ Bingo

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 12th**. 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 14th**.

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
TBD	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!****

Royal Wedding High Tea

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

Join us for a High Tea to celebrate the upcoming wedding of His Royal Highness, Prince Harry and Ms. Meghan Markle. A variety of teas, fancy sandwiches and dainties will be served and a prize will be given out for the best fascinator or hat. *Registration Deadline: Thurs. May 10th*

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



Fundraiser

We will be conducting a **Bothwell Cheese fundraiser** from **April 3rd to April 20th**. There will be 19 varieties of Bothwell cheese available for purchase. Order forms will be available at the Centre or on our website. The money raised will be used to help reach our yearly **Fundraising goal of \$33,000**. Please encourage friends, family and neighbours to purchase them. *Pickup will be on Thursday, May 3rd in the afternoon.*

The Annual General Meeting (AGM) of the St. James Assiniboia 55+ Centre will be held at 10:30 a.m. on June 8th, 2018 at the Centre, 3rd floor, 203 Duffield Street.

Items of Business:

- Approve the annual report of the Centre
- Announce the winner of the Volunteer of the Year Award and the following:
 - The Board submits the following slate for the 2018-2020 term:
 - Second Vice President – no recommendation, vacant
 - Director at Large: Six positions to be filled:
 - Connie Newman – second term
 - Maurice Mazerolle – first term
 - Laurie Green – first term
 - Lloyd Gwilliam – first term
- The Board submits the following amendment to the Centre's Bylaws: **CURRENT:** Bylaw 5.03 b) A quorum at the Annual General Meeting shall be at least 30 voting members in attendance.
- **PROPOSED AMENDMENT:** Bylaw 5.03 b) be amended by deleting the words "at least 30 voting" and inserting the words

"the number of"

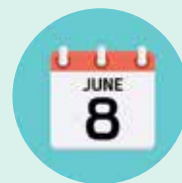
If adopted, bylaw 5.03 b) would read:

A quorum at the Annual General Meeting shall be the number of members in attendance.

Rationale: Often, there is difficulty achieving the quorum of 30 members. Many other organizations face this challenge and have amended their bylaws to change the quorum to the number of members in attendance. The Board recommends adoption of this amendment.

- 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 provided by Chapel Lawn Memorial Gardens following the AGM.



Special Events and Outings

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****Reminder: Outings and Food Events may be full before the registration deadline so please sign up early to avoid disappointment!****

The Forks

Wednesday, May 30th at 11:00 a.m.

Did you know the Forks has undergone over \$4 million in renovations over the past few years? Join the Centre for some shopping and lunch at this updated tourist hub. We will be eating in the food hall so the menu is up to you. Participants are responsible for paying for their own lunch.

Cost: \$5 (we will be carpooling!)

Registration Deadline: Wednesday, May 23rd

Senior's Day at the Red River Ex

Wednesday, June 20th 3:00 p.m. - 8:00 p.m.

Don't miss out on Senior Day at the Red River Exhibition. **Seniors get \$5 off admission, a free ride on the Ferris Wheel and Merry Go Round, 1 Free Game** and the opportunity to see all the great things the Exhibition has to offer such as the Senior Idol competition! The Centre will have an information booth set up so please stop by and say hello.



Good Luck to all of our members and community members competing at the ALCOA 55+ Games in Glenboro on June 12-14.

The games attract over a thousand participants, volunteers and spectators from across the province each year and provides a great way to meet new people in the community and reacquaint old friendships, year after year.



DO YOU WANT TO IMPROVE YOUR ABILITY TO WALK OUTDOORS?

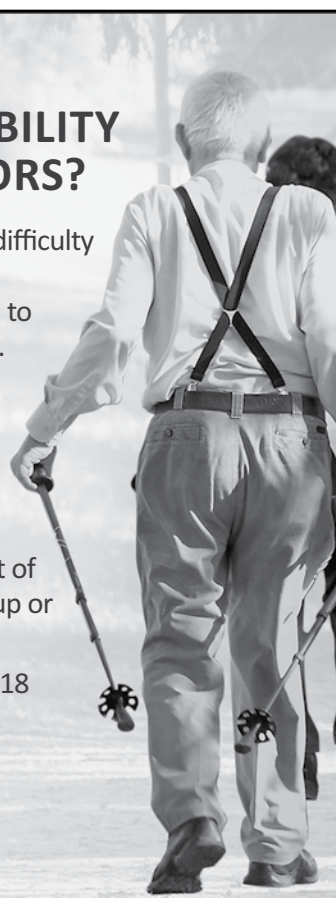
If you are 65 or older, and have difficulty walking outdoors, University of Manitoba researchers invite you to participate in the GO-OUT study.

At a one-day workshop to learn safe outdoor walking strategies, you'll use step-counters, Nordic-walking poles, learn about fall prevention and other topics. Afterwards, participants are part of a 3-month outdoor-walking group or receive weekly reminders.

Please contact us by April 16, 2018 at (204) 787-8015 or email: go.out@umanitoba.ca for more information.



UNIVERSITY
OF MANITOBA



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.

Seasons and weather have a large impact on our way of life in Manitoba

By Julie-Anne McCarthy

Summertime is packed with music festivals, carnivals, cultural celebrations, sporting events and activities for people of all ages and of all interests. This increase in social opportunities and renewed energy creates the perfect stage to foster a sense of community, connectedness and belonging.

So this Spring, why not think of ways to stay connected with your communities, or create new ones?

Community is defined as “a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.” It can be associated with neighborhoods or geographical regions, or culture, spirituality, common interests (e.g., sports, arts, technology), shared objectives (e.g., working together toward an important cause). Communities can be intangible, or cybernetic, such as those that exist online, or over the phone (e.g., Senior Centre Without Walls).

Throughout history, communities have been necessary for survival, as they offered protection and increased the likelihoods of having food and shelter. Today, communities also offer chances to socialize, reduce isolation, and create a sense of belonging. They provide opportunities to learn new things, feed curiosity and meet new people. Communities can also be an important

source of emotional and physical support for many people. All of these aspects are necessary for good health and well-being, and contribute to our resilience and ability to bounce back from life's challenges.

Of course, joining a community is sometimes easier said than done. Many of us may be unsure of how to create new connections and become a part of a new group. Creating a sense of belonging and a sense of community can start with small and simple steps. *Here are a few examples:*

- Smile and say hello to a stranger as you pass them by.
- Look for similarities with others, rather than focusing on differences.
- Open your mind to differences; you might learn something new about yourself.
- Learn the name of someone new; tell them your name.
- Take part in the action: attend one of the many free events that take place all year round, or go for a walk in one of our city parks.
- Get involved: volunteer for an event or with a community organization, such as at a fall harvest,



Straight from the H.A.R.T.

or at an animal shelter.

- Celebrate culture: take part in local cultural events.
- Explore your interests: joining a group of people who share your passions may make it easier to bond and have fun. Take a course or try an activity from the Leisure Guide.
- Instead of saying "no," try saying "yes!" to one new thing.

Finding opportunities to get involved is half the battle. There are a lot of options on the web; a Google search with keywords may be a source for new ideas and opportunities. Calling for

information can be the first step towards becoming engaged.

The key is to stop and reflect on the existing communities in our lives. Are these communities a positive source of support? Are there ways to make more time and space for community involvement in your life? Are there other interests or groups that would be worth exploring?

There are many ways to get together and promote a sense of community all year round, through rain, shine and even snow. Why not get started today?

Julie-Anne McCarthy is a mental health promotion program specialist with the Winnipeg Regional Health Authority. A version of this article was originally published in the Winnipeg Free Press on Friday, September 22, 2017.

Biography of Lisa Newman

Lisa comes to the HART Program with 15 years' experience in progressively responsible social service positions, 11 years with the Winnipeg Regional Health Authority Home Care Program; including 10 years in afterhours/intake environments for social service program calls such as EIA, Community Mental Health and Central Intake. Lisa obtained a Health Care Management and Leadership Certificate with WRHA/RRC and a Degree in Social Work from the University Of Manitoba. Lisa is a registered (RSW) BSW with the Manitoba Institute of Registered Social Workers and currently a BSW Field Instructor for the University Of Manitoba. Lisa has valuable experience within programs of Winnipeg Regional Health Authority (WRHA), the Provincial Health Contact Centre, Health Sciences Centre and working with a multidisciplinary team at Metis Child, Family and Community Services.

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-Hoepfner 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.*



The Post - May 3

Katharine Graham (Meryl Streep) is the first female publisher of a major American newspaper -- The Washington Post. With help from Editor Ben Bradlee (Tom Hanks), Graham races to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Together, they must overcome their differences as they risk everything to help bring long-buried truths to light.

Phantom Thread- May 24th

Reynolds Woodstock and his sister Cyril are living in 1950's post-war London. As a dressmaker, Woodstock is constantly winning over the hearts of women who just want a taste of the wealthy bachelor. Until one day Woodstock meets Alma. Fixated on her charm and beauty, Alma quickly becomes the muse of Woodstock's life, transforming his crass perception of love into an honorable way of life.

Forever My Girl- June 14th

When he was a young man, Liam Page walked out on the love of his life. Ten years later, Liam is a country music star and a celebrity who's known around the world. When an opportunity to return home comes up, Liam follows the overwhelming urge to apologize and win back Josie's heart but can he ever regain her trust?

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!



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

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204.953.3720

Serving Winnipeg

**Home
Instead**
SENIOR CARE®

To us, it's personal.

HomeInstead.com/3021

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 Celebration

Thursday, May 10, 2018 at 11:30 am

Leo Gosselin will be back performing some beautiful music on his Grand Chapman stick. Don't miss out on hearing this great music and having a delicious lunch!

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

Registration deadline: Tuesday, May 8, 2018

Travelogue: "The Legendary Danube" A River Cruise

**Tuesday, May 22, 2018
at 11:30 am**

Brian McCann will be here to talk about the amazing cities of Munich, Prague, Vienna and Budapest. Join us for a spring themed lunch and to learn about these beautiful travel destinations.

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

Registration deadline: Thursday, May 17, 2018



Pep Rally Kick off for ALOCA 55+ Games

Thursday, June 7, 2018 at 11:30 a.m.

Let's kick off the summer games right! Join us for a BBQ, learn about the sports in the 55+ Games and send off our members who are competing in the games with a bang.

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

Registration deadline: Tuesday, June 5, 2018

Canada Day BBQ and Bingo

Thursday, June 28, 2018 at 11:30 am

Join us as we celebrate our great country Canada! We will have a Canadian themed BBQ and afterwards there will be bingo with some great prizes! Wear your red and white and be eligible for best costume prize!

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

Registration deadline: Tuesday, June 26, 2018



Soup AND More \$3/bowl

Our soup crew will be making soups on the following days in May.

May 1st	Cheddar Chicken
	Creamy Tomato Parm
May 15th	Chicken Pot Pie
	Moroccan Carrot
May 29th	Cabbage Roll Soup
	Wild Rice & Mushroom



Drop by the Centre to see what's available or pre-order for pickup by calling 204-987-8850 or email: info@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 31st 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**



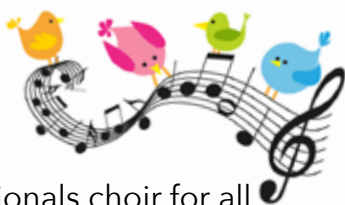
Educational Programs

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

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 14th so if you are interested in joining the Choir in the future, come check out one of their last rehearsals!



Fun with Flowers

Thursday, May 10th from 10:00 to 11:00 a.m.

Kat will guide participants step by step in order to create a stunning spring floral centerpiece arrangement (real flowers are used). These will be perfect for your Mother's Day table centerpieces or gifts for your friends and family. All supplies will be provided and no experience necessary.

Cost: \$15 members/\$18 non-members

Instructor: Kat Degner

Registration Deadline: May 3rd

Intro to Knitting

Tuesdays May 8th to 29th (4 Weeks)
9:30 to 10:30 a.m.

This introduction to knitting walks through the knitting basics: cast-on and the knit and purl stitches and finishing your knitting. Along the way you'll pick up many knitting tips and guidance on how to identify and fix common knitting mistakes. Needles and yarn will be supplied.

Instructor: Kathy Jones

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

Registration Deadline: May 3rd

Knitting Circle

Tuesdays May 8th to 29th
10:30 a.m. to 12:00 p.m.

Bring your existing knitting and get the advice of a knitting instructor or join the group for socialization.

Instructor: Kathy Jones

Cost: Drop in fee \$2 a week



Beginning of a City- Early Winnipeg

Wed., May 9th from 10:00 a.m. to 11:00 a.m.

Winnipeg was once just a small settlement, but has blossomed into a larger city. Let's explore that journey and learn how Winnipeg first became the city we know today.

Presenter: Greg Agnew, Heritage Winnipeg

Cost: \$5

Registration Deadline: May 2nd

Dating and Identifying Old Family Photos

Friday, May 4 from 1:30 p.m. - 3:30 p.m.

Many family photos feature unidentified people. In this workshop, learn simple tricks and techniques to identify when a photo was taken. Bring one or two photos to the workshop or you can use the samples provided for practice!

Presenter: Kelly Southworth, Manitoba Genealogical Society

Cost: \$5

Registration Deadline: May 1st

Educational Programs

City Parks

Wednesday, May 16th 10:00 -11:00 a.m.

Parks were introduced to appease the people that were beginning to have more time on their hands. This presentation will address where, why and when did they start in Winnipeg.

Cost: \$5

Presenter: Greg Agnew, Heritage Winnipeg

Registration Deadline: May 9th

All About Orchids

Tuesday, June 12th from 1:30 -2:30 p.m.

This presentation includes information about types of orchids, understanding how orchids grow, environmental and cultural considerations for orchid culture in the home, pests and diseases and more.

Cost: \$5

Presenter: Joan Porteous, Manitoba Orchid Society

Registration Deadline: June 8th

Hip & Knee Pain Presentation

Wednesday, May 2nd

10:00 -11:00 a.m.

Do you experience discomfort when sitting down for a meal?

Are you experiencing low back pain right now while reading this newsletter? Do you have trouble bending over picking-up objects from the ground? If you answered yes to any of these questions then attend this workshop where NRG Physiotherapy will discuss how to manage these problems naturally.

Cost: FREE

Presenter: Scott Miller, NRG Fitness

Registration Deadline: May 1



Back & Neck Pain Presentation

Wednesday, June 13th

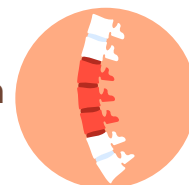
10:00 -11:00 a.m.

Did you wake up with a 'KINK' in your neck 3 days ago and it hasn't gone away. This is a common question physiotherapists here. If you or anyone you know has complained about neck pain then come to this presentation to hear how working with a physiotherapist can help.

Cost: FREE

Presenter: Scott Miller, NRG Fitness

Registration Deadline: June 12th



Making and Keeping Important Connections

Friday May 18th to June 29th

1:30 to 3:30 p.m.

Meet new people, enrich social skills, heighten positive self-esteem and generate affirmative relations at this A&O program. Each week there will be refreshments, and many new opportunities for socialization and making connections. To register for this group or for more information please contact Pamela Roth at 204-956-6440.

FREE Program



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: May 4th and June 1st

2:00 p.m. - 2:30 p.m.

Cost: \$5 (members only)



Lite n' Lively

**Mondays: until June 25 (no class May 21)
(Class in Progress)**

9:15 a.m. - 10:15 a.m.

Cost: \$8 Drop In Fee

Instructor: Sue Keyton

Zumba Gold

**Mondays: until June 25 (no class May 21)
(Class in Progress)**

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

Cost: \$8 Drop In Fee

Instructor: Sue Keyton

Monday Yoga

**Mondays: until June 25 (no class May 21)
(Class in Progress)**

1:15 - 2:45 p.m.

Cost: FULL no Drop-Ins

Instructor: Sue Keyton

Wednesday Evening Yoga

**Wednesdays: until
June 27th**

(Class in Progress)

6:30 p.m. to 8:00 p.m.

Cost: \$15 Drop In Fee

Instructor: Sue Keyton



Growing Young

Tuesdays: until June 26th (Class in Progress)

9:30 a.m. - 10:30 a.m.

Cost: \$8 Drop In Fee

Instructor: Sue Keyton



Growing Young

Fridays: until June 29th (Class in Progress)

11:45 a.m. - 12:45 p.m.

Cost: \$8 Drop In Fee

Instructor: Sue Keyton

Line Dancing

Wednesdays until June 6th (Class in Progress)

10:00 a.m. - 11:00 a.m.

Cost: \$8 Drop In Fee

Instructor: Karen Hodgins

NRG Fitness Physiotherapy



services will now be offered out of the 55+ Centre on Monday and Friday from 9:00 a.m. to 3:00 p.m. starting on April 6th.

Initial Assessment: 45 mins \$75

Follow up Appointments: 30 mins \$65

**To book an appointment please call
204-987-8850**

There is a \$15 cancellation charge for appointments not cancelled with 1 business day notice.

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, May 25th to June 29th (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. 2 - June TBD

Westwood Community Church

401 Westwood Dr.

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

Sturgeon Heights Community

Centre 210 Rita Street

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

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.

Are you new to pickleball?

Lessons are the first Wednesday and Friday of each month from 1:00 to 2:00 p.m.

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 1 business days notice 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.

Disaster Preparedness

Tuesday, May 8th from 1:30 - 2:30 p.m.

Location: Centre

Come learn about how the Canadian Red Cross responds to disasters small and large in Manitoba, and how you can get involved if you are looking for a fun, rewarding, and exciting volunteering opportunity. We'll also discuss how your family can plan for emergencies and how to create emergency kits!

Presenter: Michelle Ford, Canadian Red Cross

Cost: \$4

Keeping Cottages in the Family

Tuesday, May 15th from 2:30 - 3:30 p.m.

Location: Centre

The cottage has provided the family with many wonderful memories so frequently we think that the cottage should stay in the family once we pass on. But there are lots of things to consider including when you should make the transfer, how to handle the tax bill, how to have several family members share the cottage, or if it is even practical to keep the cottage in the family. This seminar will help to provide clarification and guidance regarding many of the issues when considering keeping the cottage in the family.

Presenter: Cynthia Duncan, Certified Financial Planner, Desjardins Financial Security Investments Inc. **Cost: \$4**

Stages of Dementia

Tuesday, May 22nd from 1:30 - 2:30 p.m.

Location: Centre

Dementia is a progressive disease, meaning symptoms will gradually change and become more severe. While these changes affect everyone in different ways and at different paces, it does follow patterns. We will learn about how to understand the affected person's level of cognitive impairment and plan accordingly for the additional care that will be needed along the way.

Presenter: Jeannette Brigit, Home Instead Senior Care

Cost: \$4

Understanding Food Labels

Wednesday, May 23rd from 1:30 - 2:30 p.m.

Location: 455 Westwood Dr

Most packaged foods come with a Nutrition Facts label. These labels have a lot of important information but they can be hard to understand if you don't know what you are looking for.

Learn about the current nutrition facts label and how to use the %DV column to help you understand the amount of nutrients in those foods.

Presenter: Liz St. Godard, HART Team

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

Safety Aid

Wednesday, June 20th 1:30 p.m. - 2:30 p.m.

Location: 455 Westwood Dr

Did you know that falls are the most preventable risk to health among senior Canadians? Join us as we discuss strategies to prevent falls, risk factors for falls and what safety devices can help out.

Presenter: Sheldene Guillas, A&O Support Services

Cost: \$4

Let No One Be Alone Bingo

Join us for an afternoon of free Bingo and Refreshments on **Wednesday, May 9th from 1:30 - 2:30 p.m.** at the Centre in honor of Let No One Be Alone Week which is from May 6th-12th. This is a great chance to reconnect with an old friend, invite a neighbor out or meet some new people at the Centre.



Elder Abuse Awareness Day

Friday, June 15th is World Elder Abuse

Awareness Day, in order to bring awareness to this topic we will be at the **St. James Civic Centre between 1:00 - 5:00 p.m.** presenting the topic to members of the community who are participating in the Public Swim and for the Canadian Blood Services Blood Clinic. In addition to the education and awareness we will also be giving out cookies. We would love to see you so please stop by!

11th Annual 55+ Housing & Active Lifestyles Expo

Presenting Media Sponsor: wellnessnews

Tuesday, May 8, 2018 from 10 a.m. - 5 p.m.

**Location: Victoria Inn Hotel & Convention Centre
1808 Wellington Avenue** (entrance on east side off Berry St.)

Full day of live, interactive presentations

JOIN US FOR FREE!

A & O: Support Services for Older Adults' 55+ Housing & Active Lifestyles Expo provides older Manitobans and their families with a variety of housing options, active lifestyle opportunities and support services necessary for successful aging.

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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 **suggested 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.

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

Throughout the winter many of us enjoyed delicious homemade soup from the Centre, which we have the Soup Ladies to thank for! Every two weeks from September till May Fay Boyes, Linda Grant, Glenda MacDonald, Bev Nagamori and Shirley Banks come to the centre to cook up the delicious soups that we have all enjoyed!



Thank you to all of the Soup Ladies for all your hard work and enjoy your well-deserved summer holiday!

Volunteer of the Year Award

The Volunteer of the Year award recognizes and salutes a person for an outstanding contribution to the health and wellbeing of older adults at the St. James Assiniboia 55+ Centre. The award will be presented at our AGM on Friday, June 8th 2018. Tell us who is making a difference for older adults at our Centre. Please take time to recognize their efforts - nominate them today! Pick up a nomination package at the front desk or online at www.stjamescentre.com. Contact Meaghan Wilford at meaghan@stjamescentre.com or 204-987-8850 ext. 105 for more information.

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 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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Shawn Dobson
City Councillor • St. Charles Ward

204-986-5920
sdobson@winnipeg.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 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 **July/August newsletter** will be available on **Tuesday, June 5th** 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



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scottgillingham@winnipeg.ca
scottgillingham.ca



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.
May 7th – June 25th
(Centre closed
May 21st)
Cost: \$2 non-members



Singsationals Choir

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



Bowling

On Break
until Fall

Tuesday

Knitting Circle

10:30 a.m. – noon
May 8th – June 26th

Euchre

On break
until Fall

Lunch with Friends

Meet at the restaurant at 11:30 a.m.
May 29th – Red Lobster
(1540 Portage Ave)

June 26th – Taverna Rodos
(5113 Roblin Blvd)

Stamp Club

1:00 – 3:00 p.m.
May 1st & 15th

Coffee Talk

2:00 – 3:30 p.m.
May 1st – June 26th

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



55+ Men's Group

1:00 – 4:00 p.m. May 1st – June 26th
3172 Portage Ave



Wednesday

55+ Men's Group

1:00 – 4:00 p.m.
May 2 – June 27
3172 Portage Ave

Company of Friends

11:00 a.m.
May 9th & 23rd
June 6th & 20th

Floor Curling

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

Book Club 1:30 p.m.

May 30 "Indian Horse" - Richard Wagamese
June 27 "Do Not Say We Have
Nothing" - Madaleine Thien
Cost: \$2 non-members

Thursday

55+ Men's Group

1:00 – 4:00 p.m.
May 3rd – June 28th
3172 Portage Ave

Lunch and a Movie

12:00 p.m.
May 3rd – The Post
May 24th – Phantom Thread
June 14th – Forever My Girl
Cost: \$10 members
\$12 non-members
(Must register in advance)

Art & Painting

9:30 – 11:00 a.m.
May 3rd – June 28th
Cost: \$2 non-members



Hon. Steven
FLETCHER

MLA ASSINIBOIA

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R3K 2A8

204-944-1049



Friday

Vegas & Canasta

1:00 – 3:30 p.m. May 4th – June 29th
Cost: \$2 non-members

Saturday

Korean Group 9:30 a.m. to 12:00 p.m.
May 5th to June 23rd (no class May 19th)



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change

Living as
a couple



Buying
a home

Birth of
a child



Education



Retirement
planning



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independence



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your legacy



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