



**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.



### **Fall Feast & Entertainment Presented by Assiniboine Credit Union**

**Friday October 12th at 5:30 p.m. (doors open at 5:00 p.m.)**

**Westwood Community Church 401 Westwood Drive**

Join us for a delicious dinner and entertainment. Bring your friends and family for this fantastic dinner of ham, sides and pies followed by entertainment from Do Know Harmony.

**Cost: \$15 for members and non-members**

*Registration Deadline: Wednesday, October 10th*



### **Fun with Flowers Fundraiser**

Join us **Tuesday, September 18th at 7pm** for a great event where we put the fun in fundraiser. If you've attended one of our daytime Fun with Flowers events you will know how great they are. We are taking it up a notch and adding more fun with wine.

Skill level doesn't matter. All you need to bring is a willingness to try and a positive attitude! Join together to create live flower arrangements and have some laughs in support of our centre.

*Register early as spaces are sure to fill up fast.*

**Cost: \$30 per person**

*Registration Deadline: September 10th*



### **Milltown Colony**

**Thursday, September 20th at 10:00 a.m.**

Join us as we are introduced to another fantastic colony in Milltown. We will be having lunch and a tour of this rural colony where we can learn more about life on the colony. *\*Carpooling volunteers needed*

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

*Registration Deadline: Thursday, September 13th*

### **KEY DATES**

- Sept 6** Lunch and a Movie
- Sept 7** Snacks & Sangria
- Sept 10** Fall Open House
- Sept 11** Brazen Hall Brewery
- Sept 12** Hearing Clinic
- Sept 13** Mealtime & Magic
- Sept 18** Intro to iPad
- Sept 20** How to Avoid Back Pain during Fall Clean up
- Sept 25** Celebrations
- Sept 27** Country Cookout
- Oct 4** Lunch and a Movie
- Oct 9** Pharmacists 101 & Medical Review
- Oct 9** Wpg Police Museum
- Oct 12** Fall Feast
- Oct 18** Lunch and a Movie
- Oct 25** Halloween Lunch
- Oct 30** Manitoba Museum

### **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 **Sept/Oct** will be accepted starting **August 16th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **Nov/Dec** will be **Thursday, October 11th**.

### 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](mailto:info@stjamescentre.com)

Website: [www.stjamescentre.com](http://www.stjamescentre.com)



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## STAFF DIRECTORY

<b>Meaghan Wilford</b>	Executive Director
<b>Rachel Wonnek</b>	Seniors Resource Coordinator
<b>Paul Brown</b>	Program Coordinator
<b>Amanda Gravelle</b>	Congregate Meal Program Coordinator & Program Assistant
<b>Carol Sandilands</b>	Administrative Assistant

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

### Healthy Aging Resource Team Facilitators:

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



## BOARD OF DIRECTORS

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<b>Yvonne Hardy</b> <i>Director at Large</i>	<b>Sharon Walters</b> <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](http://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!\*\***

## Brazen Hall Brewery Tour

**Tuesday September 11th at 1:30 p.m.**

Brazen Hall is the winner of 2017 Burger Week competition. Join us as we experience this amazing restaurant and see behind the scenes how the beer is made. We will be ordering off the menu so participants are responsible for paying for their own lunch.

**Cost: \$5 (We will be carpooling)**

*Registration Deadline: Tuesday September 4th*



## Winnipeg Police Service Museum

**Tuesday October 9th**

**Leaving the Centre at 10:30 a.m.**

Join us for a tour of the museum and see the origins of the Winnipeg Police Service. The exhibits span the early history of the WPD and the other local PDs (which were eventually amalgamated into one), through to the turn of the century. If you are at all interested in Winnipeg History, especially law enforcement history, the Winnipeg Police Museum is a must see. Artifacts date back to the 1800's are on display. Originally divided into 13 smaller cities, each having its own police department and they amalgamated in 1974, into metro Winnipeg. Uniforms, equipment, firearms, vehicles and documents tell the history of the department.

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

*Registration Deadline: September 28th*



## Celebrations: Mamma Mio - Here We Go Again

**Tuesday, September 25th**

**Leaving Centre at 10:30 a.m.**

Join us at Celebrations Dinner theatre for a celebration of the wonderful music of ABBA, and other classic bands of the era, as we tell another tale of love lost, love found and love rediscovered. Let's take a step back to the crazy 70's when our characters first met and see how lifelong friendships began. (*Carpooling Available*)

**Cost: \$45 members/\$50 non-members**

*Registration Deadline: Tuesday, September 11th*

## Manitoba Museum

**Tuesday, October 30th at 9:45a.m. (Tour is scheduled for 10:30a.m.)**

Come join us as we are guided on a tour of the new exhibit dedicated to our favorite winter sport - Hockey. The Manitoba museum has curated a fantastic collection of hockey items dating back to the early days of the sport. Our admission to the tour also gains us entrance to the museum itself where we can see the new and updated non-such boat.

Travel back in time with us won't you and experience days gone by at the Manitoba Museum. **\*\*Carpooling Volunteers needed**

**Cost: \$25 members / \$27 non-members**

*Registration Deadline: October 19th*



# Special Events and Outings

Please refer to the website [www.stjamescentre.com](http://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.



## FUNDRAISING



### Snacks & Sangria

**Friday, September 7th from 1:30 - 3:00 p.m.**

Join us for some summer Sangria and snacks made with popular Epicure products. This is a great opportunity for you to try out Epicure and see what you would love to order as part of our September Epicure Fundraiser.

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

### Epicure

Epicure is dedicated to sharing delicious meal solutions that use only real, whole ingredients you can trust, while never ever compromising on taste. Throughout September we will be selling Epicure items as a Centre Fundraiser. Check out a catalogue at the Centre or online and drop off your order at the front desk. With every purchase made during September, The Centre will receive 20% back. Don't miss out as Epicure products can transform the way you cook.

## FALL OPEN HOUSE

**Monday, September 10th**

*Come see what the Centre has to offer!*

**Tours every Hour**

Everyone who drops by will be entered into a draw for a free 1 year membership!

9:00-9:30	Lite N' Lively
9:30-10:00	Zumba
10:15-10:45	Growing Young
11:00-11:30	Yoga
1:00-3:00	Scrabble
1:30-2:30	Meet the Staff & Learn about the Centre with Refreshments

## Older Adults Health Fair

**Thursday, October 18th**

**St. James Civic Centre**

**12:30 p.m. to 3:00 p.m.**

### FREE BBQ LUNCH & DOOR PRIZES

Flu Shots, Information Booths, Health Demonstrations including one from the Healthy Aging Resource Team.

*Hosted by MLA Fielding, MLA Johnston and St. James Assiniboia 55+ Centre*

**RSVP to [info@stjamescentre.com](mailto:info@stjamescentre.com)**





# 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.

## FOOD AND MOOD: BEATING THE 'HANGRYS'

**(Hangry (han-gree) adj.: a state of anger caused by lack of food)**

It is well known that including healthy foods in your diet can reduce the risk of chronic diseases such as heart disease and diabetes. But did you know that feeding your body well can also promote good mental health and wellbeing? Research suggests the brain like all organs in your body is impacted in the short and long term by the food choices we make. Nourish your body, mind and soul. *Check out the tips below;*

**Eat regular meals to keep blood sugar levels stable.** Missing meals can cause blood sugar levels to dip. When blood sugars get low it can lead to irritability, fatigue and issues with concentration and memory.

**Healthy carbohydrates such as whole grains, vegetables and fruits, digest slowly and cause a slow steady rise in blood sugars.** This will help you feel full and satisfied for longer. Refined carbohydrates like white bread and high sugar foods like pop digest quickly and can cause spikes in blood sugar followed by a quick drop which can leave you feeling hungry and irritable.



**Include healthy proteins such as lean meats, fish, poultry, legumes, nuts and seeds at all meals.** Proteins help stabilise blood sugars and keep you feeling full longer. Tryptophan (a protein building block) is important for balanced mood, improved memory and mental well-being.

**Eat fish at least twice per week.** Fatty fish like salmon, trout and mackerel are rich in omega 3 fatty acids. A large percentage of our brain tissue is fat, including omega 3 fats. Omega 3 fats may have many brain health benefits such as decreasing the risk of dementia, Alzheimer's and depression

**Keep your body and brain hydrated.** Our brains are about 75% water so it is no surprise that slight dehydration, can cause a decrease in cognitive functioning and irritability. The healthiest fluid choices are water and milk. Limit intake of coffee and other caffeine containing beverages to 400mg per day, which is about 3 cups of coffee. A little caffeine can be a 'wake-up' for the brain but too much caffeine can make you anxious, nervous and interfere with sleep.

Include a variety of foods from the Canada Food Guide to provide all the nutrients and energy your body and brain need to function optimally and avoid the "Hangrys"!

# Caring for Health

The following classes are at Access Winnipeg West located at 280 Booth Drive. If you are interested, please call the appropriate number listed to register. These programs are free and open to the community. The fall guide is available at: <http://www.wrha.mb.ca/community/primarycare/guide.php>

## Craving Change

A How-to-Workshop for changing your relationship with food!

Fridays, Sept. 21st, 28th, and

Oct. 5th from 9:30 - 11:30 a.m.

Craving Change is a practical, skill-based approach that will help you understand WHY you eat the way you do and become more aware of your problematic eating triggers. Use skill-power, not will-power to reach your healthy eating goals.

**Cost: 10\$ per participant** (includes workbook)



To register - call Access Winnipeg West at 204-940-8724.

## Get Better Together

A free six-week program to help you to take control of your health. It is for anyone living with an ongoing condition, health concern or disability.

**Starts on September 22nd and runs once a week until Oct 27th from 10:00 am - 12:30 pm. To register call 204-632-3927.**



## Commit to Quit

A program for people who are planning to quit using tobacco.

**In this program you will:** Learn about support techniques and aids to quit smoking, including smoking cessation medications. Develop a plan to quit and work through your plan; Learn and practice strategies to deal with recovery symptoms and stay tobacco free for the long term.

**Dates:** Once a week from 2:00-4:00 p.m. on the following days -Sept 6, 13, 20, 27, Oct 4, 11.

To register - call 204-940-8724.

## Diabetes Basics

People living with Type 2 Diabetes or Pre-Diabetes and their partners or caregivers will learn about: What Type 2 diabetes is; Tests and procedures used to monitor health in diabetes; Nutrition, physical activity, medication and lifestyle choices recommended for best health in diabetes.

**This is a FREE 3- class series open to all members of the community.**

**Session 1:** Sept. 11, 13, 18..... 6:00-8:00 pm

**Session 2:** Oct. 16, 18, 23 ..... 9:30-11:30 am

## 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](http://www.stjamescentre.com).

Questions or ideas for our Drop-In programming? Contact our Program Coordinator Paul Brown at 204-987-8850 ext. 105 or email [paul@stjamescentre.com](mailto:paul@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.*



### A Wrinkle in Time - September 6

Meg Murry and her little brother, Charles Wallace, have been without their scientist father, Mr. Murry, for five years, ever since he discovered a new planet and used the concept known as a tesseract to travel there. Joined by Meg's classmate Calvin O'Keefe and guided by the three mysterious astral travelers known as Mrs. Whatsit (Reese Witherspoon), Mrs. Who (Mindy Kaling) and Mrs. Which (Oprah Winfrey), the children brave a dangerous journey to a planet that possesses all of the evil in the universe.

### The Miracle Season - October 4th

Based on the inspiring true story of the West High School girls' volleyball team. After the tragic loss of star player Caroline "Line" Found in an accident, the remaining team players must band together under the guidance of their tough-love coach, Kathy Bresnahan, in hopes of winning the state championship.

### The Greatest Showman - October 18th

Inspired by the imagination of P. T. Barnum, The Greatest Showman is an original musical that celebrates the birth of show business & tells of a visionary (Hugh Jackman) who rose from nothing to create a spectacle that became a worldwide sensation.

## 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 are always looking to increase our drop in programs and some of the ideas we have are Cribbage and Darts. If you are interested in volunteering to run either of these drop in programs please talk to Paul in the program office or by phone 204-987-8850 ext.105



**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!

## NRG Fitness Physiotherapy



Offered at the 55+ Centre on Mondays  
from 9:00 a.m. to 3:00 p.m.

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.



from  
the Board of Directors & Staff  
of the St. James Assiniboia  
55+ Centre



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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](http://www.stjamescentre.com) or contact the Amanda Gravelle at [amanda@stjamescentre.com](mailto:amanda@stjamescentre.com). If you have any food allergies please let us know when you register for an event. We will do our best to find a replacement meal if possible, however we may not be equipped to handle all dietary concerns.

## Mealtime & Magic

**Thursday, Sept 13th at 12:00 p.m.**  
(Doors open at 11:30 a.m.)



Enjoy a magic themed lunch with entertainment by local magician Iverson Guan. Iverson began practicing magic four years ago while recovering from a tennis injury. He loves watching the crowd be shocked and entertained by his magic acts.

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

*Registration Deadline: Sept 11th*

## Country Cookout

**Thursday, Sept 27th at 12:00 p.m.**  
(Doors open at 11:30 a.m.)



Join us for a country cookout. We will have a country style lunch followed by some live country music. Featuring the musical stylings of Tressa (vocals) and Dale (acoustic guitar), two local musicians who love performing at local events.

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

*Registration Deadline: Sept 25th*

## Halloween Lunch and Trivia

**Thursday, Oct 25th at 12:00 p.m. (Doors open at 11:30 a.m.)**



Come celebrate Halloween at the Centre. We will enjoy a Halloween themed lunch followed by a costume parade and trivia. Don't forget to dress up to be entered into our costume contest with prizes to be won!

**Cost: \$10 members/ \$12 non-members**    *Registration Deadline: Oct 23rd*

## Soup AND More \$3/bowl

Our soup crew will be making soups on the following days in September & October.

Sept. 4th	Borscht
	Italian Wedding
Sept. 18th	Creamy Tomato & Rice
	Creamy Chicken Pasta
Oct. 2nd	Butternut Bisque
	Black bean Chorizo
Oct. 16th	Carrot
	Cabbage Roll



Drop by the Centre to see what's available or pre-order for pickup by calling 204-987-8850 or email Amanda at: [amanda@stjamescentre.com](mailto:amanda@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., Sept. 20th 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.

## Intro to iPad

**Tuesdays September 18th - October 23rd**

**11:00 a.m. - 12:30 p.m.**

Do you have an iPad and don't seem to know how to fully use it? Are wondering if getting an iPad would be valuable to have? Do you have questions? Join us as we explore and learn. This course will give you a basic hands-on overview of ways to use the iPad. Topics will include: basic navigation, note taking, creating videos, installing free apps, Settings, bookmarking and many more. A user guide will be provided for each registration.

**Cost: \$70 members/ \$80 non-members**

*Instructor: Tina Strong*

*Registration Deadline: September 4th*

## Fun with Flowers

**Thursday, October 4th from 10:00 to 11:00 a.m.**

Kat will guide participants step by step in order to create a stunning Fall floral centerpiece arrangement (real flowers are used). These will be perfect for your Thanksgiving 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*



## Heritage Winnipeg

### Education in our Early History

**Wednesday October 24th at 11:00 a.m.**

"Education. In the early history of our City, education was done at home by the parents. If your father was a farmer, that was what was taught to you. A blacksmith would teach his son the trade, the mother teaching the daughter how to be a housewife. Soon the Hudson's Bay Company employees would want their sons to learn more to get a job with the company. This meant learning new and more fundamentals that they could not learn at home. Thus a classroom education was required. Let's look at the early beginnings of our educational system, and maybe you will be reminded of your youthful years of learning!"

**Cost: \$5 members/\$7 non-members**

*Registration Deadline: October 17th*



## Singsationals

**Mondays beginning  
September 17th from  
10:15 a.m. - 11:30 a.m.**

Thank you to our singsationals choir for all their hard work this past season. They are great ambassadors for our Centre and help brighten the spirits of so many in the community! The first rehearsal for this group this season is on September 17th so if you are interested in joining the Choir in the future, come check them out!

**Cost: \$70 Full year/ \$40 Half year**



# Educational Programs

## Facebook 101



Wednesday, September 5th

11:00 a.m. to 12:30 p.m.

What is Facebook and how do I use it to interact with my friends, family and the people I am interested in? All this and more can be answered at this Facebook 101 session where you will learn all about Facebook, how to post photos, update your status and the security you should use to keep your posts private from the general public.

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

*Instructor: Paul Brown*

*Registration Deadline: August 29th*

## Twitter 101



Wednesday September 11th

11:00 a.m. to 12:30 p.m.

What is Twitter? Is it something of benefit to me? Should I know how to use it? Why should I know about Twitter? These are good questions to ask and if you want to know the answers to them then sign up for this learning session. You will learn all about Twitter and how to use it.

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

*Instructor: Paul Brown*

*Registration Deadline: September 14th*

## Pinterest 101



Wednesday, September 19th

11:00 a.m. to 12:30 p.m.

Pinterest is a free website where you can search for, and store your favorite recipes, outfits, ideas, quotes, and much more in online boards for future use. This allows you to save paper and not lose any ideas. Join this class to learn how to set up a Pinterest account and tips and tricks for maximizing its use.

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

*Instructor: Paul Brown*

*Registration Deadline: September 12th*

**Branson Missouri**

**Country Christmas Bus Tour**

November 17 - 25, 2018

- Daniel O'Donnell
- Yakov Smirnoff
- Andy Williams Christmas Show
- The Dutton Family
- Preseley's Country Jubilee
- Silver Dollar City Christmas Show
- Johnny Lee and Mickey Gilley

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# Fitness Programs

Please remember to wear active clothing, appropriate foot wear, and bring a water bottle. Please sign up early as classes will be cancelled if there is not enough interest. Drop-In spaces are only guaranteed if the class runs or there is room. Drop-in fees are \$15 for yoga, \$10 for all other fitness classes. 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](http://www.stjamescentre.com) for more information on programs.

## Fitness Safety Orientations

**Fridays: September 7th & October 5th**

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

**Cost: \$5 (members only)**

## Lite n' Lively

**Mondays: September 17th - December 10th**

(No classes Oct. 8th, 22nd & Nov. 12th)

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

**Cost: \$72 members/ \$96 non-members**

*Instructor: Sue Keyton*

## Zumba Gold

**Mondays: September 17th - December 10th**

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

(No classes Oct. 8th, 22nd & Nov. 12th)

**Cost: \$72 members/ \$96 non-members**

*Instructor: Sue Keyton*

## Monday Yoga

**Mondays: September 17th - December 10th**

**1:15p.m. -2:45p.m.**

(No classes Oct. 8th, 22nd & Nov. 12th)

**Cost: \$96 members/ \$120 non-members**

*Instructor: Sue Keyton*

## Wednesday Evening Yoga

**Wednesdays: September 19th - December 12th**

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

(No class Oct. 24th)

**Cost: \$120 members/ \$144 non-members**

*Instructor: Sue Keyton*

## Growing Young

**Tuesdays: September 11th - December 11th**

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

(No class Oct. 23rd)

**Cost: \$72 members/ \$96 non-members**

*Instructor: Sue Keyton*

## Growing Young

**Fridays: September 21st - December 14th**

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

(No class Oct. 26th)

**Cost: \$72 members/ \$96 non-members**

*Instructor: Sue Keyton*

## Series of 6 Health & Wellbeing Workshops

**Fridays Sept. 14th - October 19th (6 Weeks)**

**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 taken intro to meditation to attend this workshop series.*

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

*Instructor: Sue Keyton*

## Line Dancing

**Wednesdays Sept. 12th - Dec. 12th**

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

**Cost: \$72 members/ \$96 non-members**

*Instructor: Karen Hodgins*





# Fitness & Wellness Programs

## Dizziness/Vestibular Dysfunction

**Thursday, September 6th at 10:00 a.m.**

Are you dizzy or have vertigo and you don't know why? Is your dizziness affecting your balance and confidence in your day to day activities?

NRG is giving a presentation on this topic delving in to possible causes and solutions to your dizzy problems. If you or someone you know is dealing with these symptoms, come to our presentation to find out what you can do to get back to being symptom free.

**Cost: Free**

*Presenter: Heather Unrau, Physiotherapist, NRG*

## "How to avoid Back Pain during Fall Clean-up"

**Thursday, September 20th at 10:00 a.m.**

The top question Scott gets during Fall season is "How do I manage to get all my Fall Clean-up done without sacrificing my back?"

*If you answer "yes" to either of the 2 questions below, that means you are susceptible to an injury.*

- 1- Do you have troubles getting out of the bed in the mornings?
- 2- Do you have an existing injury and is does your pain get worse with a specific position, movement, posture or activity?

Please attend to find out how to get your place winter ready in a pain free way.

**Cost: Free**

*Presenter: Scott Miller, NRG*



## Pickleball Fall session Sept - Dec TBD

**Westwood Community Church**

**401 Westwood Dr.**

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

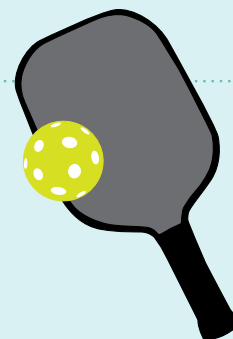
**Sturgeon Heights Community Centre**

**210 Rita Street**

\$60 Members  
\$100 Non-members  
\$5 Drop-In

## GROUP TIMES TBA

**Please note:** You are welcome to play at any time but keep in mind the majority of people will be at similar skill levels.



## 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.

**\*\*If an alternate location is not listed the presentation will be at the Centre.**

## Keeping Cottages in the Family

**Tuesday, September 11th at 2:00 p.m.**

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.

**Cost: \$4**

*Presenter: Cynthia Duncan, Certified Financial Planner, Desjardins Financial Security Investments*

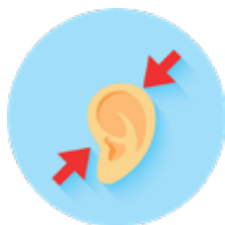
## Hearing Clinic

**Wednesday, September 12th  
11:00 a.m. - 2:00 p.m.**

Be sure not to miss this great opportunity for a free hearing test with Gwendy McFee, Hearing Instrument Practitioner. Appointments are approximately 15 mins long and must be booked by phoning the front desk at 204-987-8850. **\*APPOINTMENTS ARE NECESSARY\***

**Cost: Free**

*Presenter: Gwendy McFee, Hearing Instrument Practitioner, Connect Hearing*



## Safety Aid

**Wednesday, September 12th at 1:30 p.m.**

**Location: 455 Westwood Drive**

Did you know that falls are the most preventable risk to health among older adults in Canada? Joins us as we discuss strategies to prevent falls, risk factors for falls and what safety devices can help out.

**Cost: \$4**

*Presenter: Dene Guillas, A&O*



## Being a Family Caregiver: What it Means and Roadblocks to Caring

**Tuesday, September 18th at 1:30 p.m.**

Are you a family caregiver? As a caregiver in an ideal world every situation you encounter care for your spouse, parents, sibling or friend will be seamless. A joy to care for someone you love. But we know the world is not always so tidy and supportive. This presentation will focus on what it means to be a family caregiver and some of the roadblocks you may encounter.

**Cost: \$4**

*Presenter: Jeannette Brigit, Home Instead Senior Care*

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](mailto:rachel@stjamescentre.com)

# Support Services

## MB 211

**Wednesday, October 3rd at 1:30 p.m.**

**Location: 455 Westwood Drive**

211 Manitoba is a new searchable online database of government, health, and social services that are available across the province. Join us as we learn about how to navigate the database to find what you are looking for in addition to the information that you didn't know you needed!

**Cost: \$4**

*Presenter: Samantha Procyshyn, United Way Winnipeg*



## Processing the Mixed Emotions of Caregiving: Stress and Distress

**Tuesday, October 16th at 1:30 p.m.**

Repressing the emotions of caregiving has its consequences. Caregivers who bury their feelings say that other areas of their lives have suffered including personal time, time with family and friends, hobbies, marriage and relationships, and career. This presentation will focus on naming the mixed emotions of caregiving, recognizing your limitations and suggestions on how to release your emotions.

**Cost: \$4**

*Presenter: Jeannette Brigit, Home Instead Senior Care*

## Pharmacists 101 & Medical Reviews

**Tuesday, October 9th Presentation 11:00 a.m. - 12:00 p.m. / Medical Review 12:30-3:00 p.m.**

Did you know that a pharmacist can answer most of your basic health related questions, prescribe certain medications, and provide assessments and vaccinations and that the pharmacist is your own personal advocate?

We are "medication" experts, and we are trained to provide the best medication for you, which would be the most cost effective and the most therapeutic with the least side effects and the least drug interactions. A medication review goes through your current medication list to find ways to optimize your current medication regimen.

Following the presentation there will be an opportunity to have a 1 on 1 medical review with a pharmacist. Please book your appointment ahead of time.

**Cost: Presentation \$4   Medical Review: FREE**   *Presenter: Exchange District Pharmacy*



## Let's Talk Teeth

**Tuesday, October 23rd at 2:00 p.m.   Location: The Westhaven 3033 Portage Ave**

Did you know a healthy mouth can improve your overall health? Research is linking unhealthy mouths to diabetes, cardiovascular diseases, pneumonia and more. Find out what steps you can take to improve your oral health.

**Cost: \$4**

*Presenter: Shauna McGregor, BSc(DH), Centre for Community Oral Health (CCOH)*



# 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.



## **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

In the Centre there are many different types of volunteering positions, some are very visible and we are able to thank them at each event, other groups of volunteers, although as important are not seen as often and therefore might not receive as many thanks from other members. One group of volunteers in this type of position are the volunteers who assemble E.R.I.K. kits. This is a group of dedicated, enthusiastic and extremely efficient volunteers. When there are kits to assemble these volunteers jump to action and make quick work of a large job. Thank you to every volunteer who has helped us assemble thousands of E.R.I.K. kits!



**For information on Support Services, volunteering, or E.R.I.K. kits contact Rachel at 204-987-8850 ext. 108 or [rachel@stjamescentre.com](mailto: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 **Nov/Dec newsletter** will be available on **Tuesday, October 2nd** 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.  
Sept. 17th - Oct. 29th  
(Centre closed  
Oct. 8th)  
\$2 for non-members

**Singsationals Choir**  
10:15 – 11:30 a.m.  
Sept. 17th – Oct. 29th  
(Closed Oct. 8th)

## Tuesday

**Knitting &  
Crocheting Club**  
9:30 – 11:00 a.m.  
Mar. 6th – Apr. 24th

**Euchre**  
12:30 – 3:00 p.m.  
Sept. 4th – Oct. 30th

**Lunch with Friends**  
Meet at the restaurant at 11:30 a.m.  
*Sept. 25th – Captain's Table*  
(8 – 1823 Portage Ave)

**Stamp Club**  
1:00 – 3:00 p.m.  
Sept. 18th  
Oct. 2nd & 16th

**Coffee Talk**  
2:00 – 3:30 p.m.  
Sept. 18th – Oct. 30th

*Oct. 30th – Assiniboine Hotel*  
(1975 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. Sept. 4th – Oct. 30th  
3172 Portage Ave

## Wednesday

**55+ Men's Group**  
1:00 – 4:00 p.m.  
Sept. 5th – Oct. 31st  
3172 Portage Ave

**Company of Friends**  
11:00 a.m.  
Sept. 12th, 26th  
Oct. 10th, 24th

**Floor Curling**  
1:00 – 3:00 p.m.  
Cost: \$25  
Sept. 19th –  
Dec. 5th

**Book Club** 1:30 p.m.  
Sept. 26th  
Oct. 31st  
\$2 non-members

## Thursday

**55+ Men's Group**  
1:00 – 4:00 p.m.  
Sept. 6th – Oct. 25th  
3172 Portage Ave

**Lunch and a Movie**  
12:00 p.m.  
Sept. 6th – A Wrinkle in Time  
Oct. 4th – The Miracle Season  
Oct. 18th – Greatest Showman  
Cost: \$10 members  
\$12 non-members  
(Must register in advance)

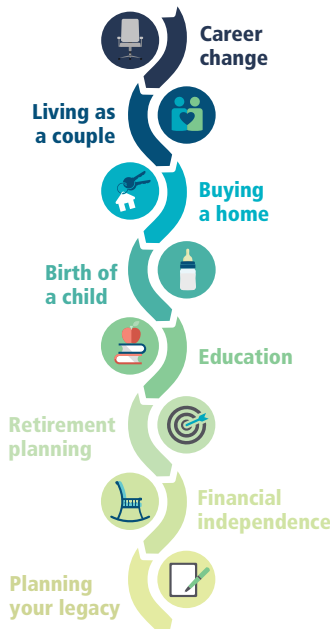


## Friday

**Vegas & Canasta**  
1:00 – 3:30 p.m. Sept. 14th – Oct. 26th  
\$2 non-members







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We can help you make informed choices, based completely on your needs, for every stage of your life. Whether you're making a career change or looking out for the next generation, experienced financial advice can help you balance the many different financial priorities in your life.

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

### Coffee with Doug

Saturday, September 22  
10 a.m. to Noon  
San Vito Coffee House  
2293 Portage Avenue

*Join me for casual coffee and conversation!*



204.984.6432 DOUG.EYOLFSON@PARL.GC.CA  
@DOUGEYOLFSON 3092 PORTAGE AVENUE

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