



**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.



Christmas Dinner

Thursday, December 6th at 12:00 p.m. (Doors open at 11:30 a.m.)

Join us for our annual Christmas Dinner! We will be having a delicious Ukrainian dinner this year with perogies, sausage, cabbage rolls, and more! There will also be entertainment, a silent auction, 50/50 and live baking auction. Register early as we have limited seating for this popular event and you don't want to miss out!

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

Registration Deadline: Friday, November 30th

Manitoba Chamber Orchestra

Wednesday, December 5th

Leaving the Centre at 12:00 p.m.



There are few instruments as warm and otherworldly as the harp and flute, and few composers who have written music as lovely for these instruments as Debussy and Mozart. Come join the Centre as we experience the Manitoba Chamber Orchestra and hear Susan Hoepfner, a gifted musical communicator whose dancing fingers stir up out of this world sounds that amaze audiences as she joins Emmanuel Ceysson the principal harpist with The Met. We will be carpooling

**Cost :\$30 members/
\$35 non-members**

Registration Deadline: November 30th



Photo: Manitoba Chamber Orchestra

KEY DATES

- Nov 1** Winnipeg Jets Lunch
- Nov 6** Celebrations
- Nov 6** Wills and Estates
- Nov 8** Cook and Eat
- Nov 13** Hearing Loss: Now What
- Nov 14** Healthy Eating with Diabetes
- Nov 14** Heritage Winnipeg
- Nov. 20** Seniors Tea at Children's Museum
- Nov 22** Lunch and a Movie
- Nov 27** Ride Hailing
- Nov 29** Musical Mealtime
- Dec 5** Manitoba Chamber Orchestra
- Dec 6** Christmas Dinner
- Dec 13** Lunch and a Movie
- Dec 14** Fun with Flowers
- Dec 19** Cook and Eat

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.

The Centre will be closed for Christmas break starting on Friday, December



21st and will reopen on Wednesday, January 2nd.



TABLE OF CONTENTS

Special Events & Outings.....	3
Straight from the H.A.R.T.....	5
Drop-In Programs	7
Food & Friendship	9
Education	11
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 **Nov/Dec** will be accepted starting **October 11th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **Jan/Feb**) will be **Thursday, Dec. 13th**.

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	Executive Director
Rachel Wonnek	Seniors Resource Coordinator
Paul Brown	Program Coordinator
Amanda Gravelle	Congregate Meal Program Coordinator & Program Assistant
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

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Yvonne Hardy <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
Manitoba Association of Senior
Centres



Sponsors

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



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!****

Celebrations: More Dirty Dancing

Tuesday, November 6th
Leaving Centre at 10:30 am

It's great to be alive, in the summer of '65... unless you're Chris "Babe" Gardiner that is. You see Chris (Babe to those who know him) has to spend the best weeks of the summer with his parents at some boring resort. To add to Babe's lament, his mother has even signed him up for dance lessons. Babe's fortunes start to turn however, when he meets his beautiful dance instructor. Can the boy from a stuffy, upper crust family learn to let go and dance like no one is watching? We will be carpooling

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

Registration Deadline: October 23rd

Seniors Tea at the Children's Museum

Tuesday, November 20th at 2:00 p.m.
(Leaving the Centre at 1:00 p.m.)

Do you remember the Christmas Vignettes from the old Eaton's building? Join us as we head to the Children's Museum for a Holiday Tea that includes tea and dainties, musical entertainment, and an opportunity to explore the Eaton's Fairytale Vignettes display. We will be carpooling

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

Registration Deadline: Friday, November 9th



BAKING DONATIONS NEEDED!

If you are able to donate a pie, cake, etc. for this year's Christmas Dinner Baking Auction please call the Front Desk at 204-987-8850 or sign up at the Centre. Please bring your baking in on December 5th so we can get it ready for the auction!



Scott FIELDING
MLA for Kirkfield Park

Constituency Office
3129 Portage Avenue
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t. 204.889.0540
scott@scottfielding.ca
www.scottfielding.ca

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Fundraising

GivingTuesday



November 27th 2018

Tuesday, November 27th marks the opening of Giving Season with Giving Tuesday. Giving Tuesday is a day where charities, companies and individuals join together to share commitments, rally for favourite causes and think about others. The St. James Assiniboia 55+ Centre has an anonymous donor who will match all donations received on November 27th up to a maximum of \$1000. Go online, call 204-987-8850 or visit the Centre on Giving Tuesday to make a donation and help support the Centre.

PEROGY FUNDRAISER

The Centre will once again be conducting a Perogy and Farmer's Sausage Fundraiser from October 2nd to November 16th. Perogies will be ready for pickup at the Centre on Thursday, November 29th in the afternoon. Perogies are from the Country Perogy Shop out of Kleeferd, Manitoba. The farmers Sausage is from Earls Meat Market. Order forms will be available at the Centre or on our website. The money raised will be used for helping with our yearly Fundraising goal of \$24,500. Please sell to friends, family and neighbours. This is a great opportunity to stock up on perogies and sausage for the upcoming Christmas Season!



CHRISTMAS FUNDRAISING

We will have our Christmas Fundraising items available for Purchase starting Monday, November 26th! Drop by the Centre to see what we have available this year and also purchase tickets to enter our Christmas Silent Auction!



ELECT

**KURT
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FOR CITY COUNCIL - ST. JAMES

204.557.9755 KURTMORTON.CA

VISION - ACCOUNTABILITY - CHANGE

Straight from the H.A.R.T.

HARTs play key role in helping seniors maintain their health and well-being

CANADA'S POPULATION IS AGING

According to Statistics Canada, 16.9 percent of the population are 65-years of age or older. By 2031, when all the baby boomers will have hit age 65, that percentage will jump to 25 percent.

Many Canadians enjoy the freedom and relaxation that hopefully comes with the golden years. But for some older adults, reduced income, poor access to transportation, limited mobility, loneliness and challenges with chronic disease can make them vulnerable to poor physical and mental health which can impact their quality of life and independence.

This is where the Winnipeg Regional Health Authority's (WRHA) Healthy Aging Resource Teams (HARTs) can come into play.

Established in 1999, HARTs are designed to enable and support older adults to achieve and maintain health and wellness so they can live independently in the community.

There are currently three HARTs located in the city: St. James-Assiniboia/Assiniboine South, River East/Transcona, and Downtown/Point Douglas. Each multidisciplinary team provides a wide range of expertise and knowledge to provide comprehensive support to adults 55 years old and older.

These teams take an integrated approach to health and wellness. HART members recognise that a person's health is more than just absence of disease. Research shows that social isolation can damage a person's physical health, mental health and increase their risk of mortality. So

while we work with our clients to maintain their physical health, we also help support their emotional, social and intellectual well-being.

HART members work hard to link older adults and their families to relevant community organisations, and health and social services. In doing so, we collaborate within our own primary care network and our WRHA MyHealth Teams and Home Care as well as Manitoba Housing, senior centres and non-profit senior serving organisations such as A&O: Supports for Older Adults and Meals on Wheels of Winnipeg to ensure service and support.

Throughout the years we have offered community cooking programs such as Cook and Eat and a men-only cooking program called Back to Basics. Cooking programs can help to improve cooking skills and teach about nutrition, but most importantly the programs connect people with each other and to their broader community.

We frequently collaborate with Manitoba Housing complexes to offer interactive education such as health bingos, blood pressure clinics and information about financial services and benefits. This fall we hope to offer a community based oral-health clinic to assist low-income seniors to receive dental care right in their own homes.



Straight from the H.A.R.T.

Our teams also work with neighbourhoods, communities and groups of seniors to help them build their own capacity to address some of their health and social needs. This community development work is seen in the community gardens, walking groups, cooking clubs and friendship groups that have been developed over the years by seniors, for seniors.

If you or someone you know would like to connect with a HART team, you can find our contact information online at www.wrha.mb.ca/community/seniors/services-hart.php. No referrals are needed. Check out **MyRightCare.ca**, for more information on accessing healthcare.

Article originally published in the Winnipeg Free Press (August 2018).

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

CHRISTMAS MORNING BREAKFAST SAVER

1 lb pork breakfast
sausages
6 eggs
2 cups milk

1 teaspoon salt
1 teaspoon pepper
1 teaspoon ground
mustard

6 slices of your favourite
slice bread, cut into cubes
1 cup shredded cheese

DIRECTIONS:

- 1) Brown sausage, drain and cut into bite sized pieces. Set aside
- 2) In a large bowl, beat eggs, milk, salt, pepper and ground mustard together.

- 3) Stir in bread, shredded cheese and cooked sausage.
- 4) Cover and refrigerate overnight.
- 5) Bake at 350° for 40 minutes or until knife comes out clean.

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 Paul Brown at 204-987-8850 ext. 105 or email 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.*



The Book Club- November 22nd

Four lifelong friends' (Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen) lives are turned upside down to hilarious ends when their book club attempts to shake things up by tackling the infamous Fifty Shades of Grey. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter. Book Club delivers laugh-out-loud, feel good fun!

Oceans 8 - December 13

Five years, eight months, 12 days and counting -- that's how long Debbie Ocean has been devising the biggest heist of her life. She knows what it's going to take -- a team of the best people in the field, starting with her partner-in-crime Lou Miller. Together, they recruit a crew of specialists, including jeweler Amita, street con Constance, suburban mom Tammy, hacker Nine Ball, and fashion designer Rose. Their target -- a necklace that's worth more than \$150 million.

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, a cup of coffee and socialization. No registration is necessary for this event, but you must be a member of the Centre to attend!

55+ Men's Group

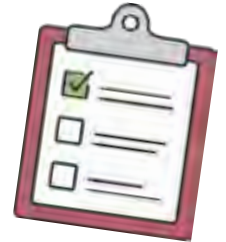
Our Men's Group meets every **Tuesday, Wednesday and Thursday afternoons** from **1:00 p.m. to 4:00 p.m. at 3172 Portage Avenue** right across from Superstore. This group does a variety of different things such as hand wood carving and model plane building. Stop by one afternoon for coffee to see what 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.*

Thank you to everyone who participated in our 2018 membership survey

The winner of the **1 year free membership** was **April Krohn**. We will be working on implementing the suggestions over the following months and appreciate all of the feedback we received! To view the report on the outcomes of the survey please visit our members lounge where copies are available, or on our website at www.stjamescentre.com.



CONGRATS TO STEPHEN SCHULTZ!

He was the lucky winner of a 1 year membership at our Open House Day.



It's a Boy!

Congrats to our Program Coordinator, Paul and his wife Debbie on their new addition Noah. Noah was born on Saturday, September 8th.

Take advantage of your insurance benefits before the end of the year! Our massage services could be covered on your plan! Call 204-987-8850 to book an appointment.

Members Lounge

Did you know we have a lounge for our members at the Centre?

This is a great place to grab a coffee before or after class with your friends, read some magazines, or even work on the current puzzle we have going. There is also free wifi and books!



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.

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- Incidental Transportation
- Shopping and Errands
- Alzheimer's/Dementia Care

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Food and Friendship

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. **Please note that we are unable to make meal adjustments the day of an event**

Winnipeg Jets Lunch

Thursday, November 1st
at 12:00 p.m.

(Doors open at 11:30 a.m.)

Come watch the hockey game streamed live at the Centre. The Winnipeg Jets will be taking on the Florida Panthers. Enjoy a Jets themed lunch and snack during the game. Don't forget to wear Jets colours to show your support. GO JETS GO!

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

Registration Deadline: Oct 30th



Lunch with the Manitoba Follow-up Study

Thursday, Nov 15th at 12:00 p.m.
(Doors open at 11:30 a.m.)

Join us for another delicious lunch and to hear from Dr. Robert Tate, a professor and researcher with the University of Manitoba who will be discussing his work with the Manitoba Follow-up Study. The Manitoba Follow-up Study, is Canada's largest and longest running study of heart disease and aging, which began on July 1, 1948. The study began with 3,983 healthy young men from the Canadian Air force and continues to collect information from members to this day.

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

Registration Deadline: Nov 13th



Soup *AND* More \$3/bowl

Our soup crew will be making soups on the following days in November and December.

Nov. 6th	Creamy Parmesan Tomato
	Greek Lemon Chicken
Nov. 20th	Creamy Zucchini & Carrot
	Sausage, Potato & Spinach
Dec. 4th	Roasted Tomato & Couscous
	Harvest Chili



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

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., Nov. 8th at 11:30 a.m.

Wed., Dec. 19th 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**

Food and Friendship

We are looking for volunteers to help prepare meals for centre events. If you enjoy working with food this could be a great way to learn some new recipes and meet other members.

If you are interested in volunteering in the kitchen please contact Amanda at: 204-987-8850 ext. 103 or amanda@stjamescentre.com

Musical Mealttime

Thursday, Nov. 29th at 12:00 p.m.

(Doors open at 11:30 a.m.)

After 40 years in the business of music, vaudeville and theatre, Grant Simpson comes fully equipped to bring the joys of a bygone era to life. Grant plays ragtime piano, banjo, guitar and musical saw and intertwines them with songs, stories, jokes and audience interaction. Using ragtime, swing, jazz, sing-a-long and comic songs from the vaudeville era, Grant is sure to entertain an audience.

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

Registration Deadline: Nov 27th

Holiday Games and Snacks

Tuesday, Dec. 11th at 1:00 p.m.

Take a break from the hustle and bustle of the holiday season by joining us for an afternoon of games. Enjoy some delicious snacks while you play. Pictionary, Boggle, Scrabble, Monopoly and more!

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

Registration Deadline: Nov 9th



This year the Centre will be taking part in Home Instead Winnipeg's Be a Santa to a Senior.

We have 'adopted' Calvary Place Personal Care Home and will be responsible for giving over 30 Christmas Gifts to the Residents. Gift tags that list the residents Christmas Wish List will be available for pickup at the Centre starting November 12th. Please drop in to pick up a tag and help a senior in need have a great Christmas.



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 December 10th (Centre closed November 12th)

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: \$70 full year/\$40 half year



Heritage Winnipeg

Wednesday, November 14th at 11:00 a.m.

"The main road in our early community was the King's Road that led to Upper Fort Garry. It was changed to Main St. and became the main thorough-way of the Settlement. Business started and grew on this street until 1903 when Timothy Eaton decided to build his large retail store on Portage Ave, which was just a side street, so to speak. That store changed the whole landscape of the area and the city. Let's examine that."

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

Presenter: Greg Agnew

Registration Deadline: November 7th



Fun with Flowers

Friday, December 14th from 10:00 -11:00 a.m.

Kat will guide participants step by step in order to create a stunning Christmas floral centerpiece arrangement (real flowers are used). These will be perfect for your Christmas 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: December 7th



Merry Christmas and All the Best in 2019!

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

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: November 2nd or December 7th

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

Cost: \$5 (members only)

Lite n' Lively

Mondays until Dec 17th (No Classes Nov 12)

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

Cost: Class in progress- drop in fee \$10

Instructor: Sue Keyton

***Please note the change in date class finishes.**

There was an error in previous newsletter.

Zumba Gold

Mondays until Dec 17 (No Classes Nov 12)

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

Cost: Class in progress- drop in fee \$10

Instructor: Sue Keyton

***Please note the change in date class finishes.**

There was an error in previous newsletter.

Monday Yoga

Mondays until Dec 17 (No Classes Nov 12)

1:15 - 2:45 p.m.

Cost: Class is Full- No

Drop Ins.

Instructor: Sue Keyton

***Please note the change in date class finishes.**

There was an error in previous newsletter.



Growing Young

Tuesdays until December 4th (No Class Oct 23rd)

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

Fridays until December 7th (No Class Oct 26th)

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

Cost: Class in progress- drop in fee \$10

Instructor: Sue Keyton

***Please note the change in date class finishes.**

There was an error in previous newsletter.

Line Dancing

Wednesdays until December 12th

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

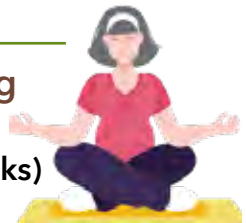
Cost: Class in progress- drop in fee \$10

Instructor: Karen Hodgins

Series of 6 Health & Wellbeing Workshops

Fridays Nov. 2nd - Dec. 7th (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

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.

DO NOT FORGET ABOUT OUR FITNESS ROOM!

All Members have access to the equipment from 8:30-3:30 if they have taken a fitness orientation. Please make sure to bring shoes that have been not worn outside as dirt and debris can ruin the equipment.

If you need a fitness orientation or refresher check out our workshops for scheduled dates.



Pickleball

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

Monday

Advanced	8:00 - 10:15 a.m.
Intermediate A	10:15 a.m. - 12:10 p.m.
Intermediate B	12:10 p.m. - 2:05 p.m.
Novice	2:05 p.m. - 4:00 p.m.

Wednesday

Advanced	8:00 - 10:15 a.m.
Intermediate A	10:15 a.m. - 12:10 p.m.
Intermediate B	12:10 p.m. - 2:05 p.m.
Novice	2:05 p.m. - 4:00 p.m.

Friday

Advanced	8:00 - 10:15 a.m.
Intermediate A	10:15 a.m. - 12:10 p.m.
Intermediate B	12:10 p.m. - 2:05 p.m.
Novice	2:05 p.m. - 4:00 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 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**

Wills & Estates

Tuesday, November 6th at 1:30 p.m.

We all know that we should have wills, but if you aren't sure exactly what this document is, what it achieves, and what to include this is the session for you. We will also be covering estates and the many things to take care of regarding that person's estate.

Presenter: Tim Brown, Wolseley Law

Cost: \$4

I Think I Have a Hearing Loss. Now What?

Tuesday, November 13th at 1:30 p.m.

Everyone is mumbling! I can hear you but I can't understand you! That background noise!! If this is your world please join us to learn some tips on how to manage and cope with your hearing loss more effectively and bring your loved one as we will also be covering tips on how to communicate with people who have hearing loss.

Presenter: Rosalyn Sutley, Canadian Hard of Hearing Association-MB, President

Cost: \$4



Healthy Eating with Diabetes

Wednesday, November 14th at 1:30 p.m.

Location: 455 Westwood Drive

Good nutrition is important for everyone, but becomes even more crucial when facing medical challenges such as diabetes. Learn about some of the most common concerns and the most important nutrients that have an impact on health for people living with diabetes.

Presenter: Elizabeth St. Godard, Community Dietitian WRHA Healthy Aging Resource Team

Cost: \$4

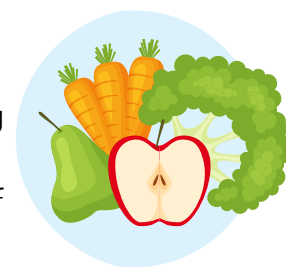
Don't Forget Yourself: How to Avoid or Manage Caregiver Stress

Tuesday, November 20th at 1:30 p.m.

Being a family caregiver is a tremendous responsibility. Not only do you need to consider the health and well-being of your loved one, you also need to consider your own well being. This presentation will explore practical ways to protect yourself from the stress associated with juggling caregiving, family, friends and a career.

Presenter: Jeannette Brigit, Home Instead Senior Care

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

Ride Hailing: A New Way to Get Around

Tuesday, November 27th at 1:30 p.m.

"Ride Hailing Services" in Winnipeg has been a major topic of interest for the past couple of months, so come join us as we discuss what exactly are Ride Hailing services, how you can use this mode of transportation to stay active & independent and also a brief tutorial on how to safely use some of the companies that are currently available in Winnipeg.

Presenter: Samantha Rodeck, Transportation Options Network for Seniors (TONS)

Cost: \$4



The St. James Assiniboia 55+ Centre is recruiting Board Members for the 2019-2021 term.

The Centre is an independently operated, charitable, non-profit organization whose mission is to help older community members improve their lives.

The Board of Directors meets six times annually. The annual general meeting is held in June at which time elections to the Board of Directors takes place.

If you are interested in helping develop your community, have expertise and experience in finances, community planning/development, legal, engineering, health care, or other skills relevant to creating a vibrant community for older adults, please submit your letter of interest with resume by December 7th, 2018 to:

Chair, Board Development Committee
St. James Assiniboia 55+ Centre
3 - 203 Duffield Street
Winnipeg, MB R3J 0H6



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 Opportunity

As most of you know volunteers are a crucial part of the centre and without out them we would not be able to run all the programs that we do! We are currently looking for a few volunteers that would be willing to help out on our front desk as registration assistants. In this role we are looking for individuals who are comfortable using a computer and handling cash and who are outgoing, friendly and organised. If you are looking for a way to become more involved in the centre, this is a great opportunity to help out for one half day a week! If you are interested in learning more about this position please contact Rachel at rachel@stjamescentre.com.



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, 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 **Jan/Feb newsletter** will be available on **Tuesday, Dec. 4th** 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

204-888-0101

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scott@votescott.ca
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Parking Passes

PASSES FOR 2019 WILL BE AVAILABLE ON DEC. 1ST.



Working together with the Winnipeg Parking Authority (WPA), the Centre has implemented a "Virtual Parking Pass". The 2019 passes will be available for \$5.00 starting on December 1st and will be in effect Jan 2nd – Dec 31st 2019. Details at 204-987-8850.

St. James Assiniboia 55+ Centre Drop-In Calendar

Monday

Scrabble
1:00 – 3:00 p.m.
Nov. 5th – Dec. 17th
(Centre closed
Nov. 12th)

Singsationals Choir
10:15 – 11:30 a.m.
Nov. 5th to Dec. 10th
(Centre Closed on Nov. 12th)
Cost: \$70 Full Year/\$40 Half Year



Tuesday

Stamp Club
1:00 – 3:00 p.m.
Nov. 6th & 20th
Dec. 4th



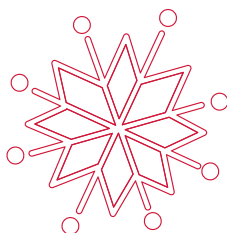
Coffee Talk
2:00 – 3:30 p.m.
Nov. 6th – Dec. 18th



Lunch with Friends
Meet at the restaurant at 11:30 a.m.
November 27th – Good Earth
(1849 Portage Ave)

December 18th – Viscount Gort
(1670 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. November 6th – December 18th
3172 Portage Ave



Wednesday

55+ Men's Group
1:00 – 4:00 p.m.
Nov. 7th – Dec. 19th
3172 Portage Ave

Company of Friends
11:00 a.m.
Nov. 7th & 21st
Dec. 5th & 19th

Floor Curling
1:00 – 3:00 p.m.
Cost: \$25
Until Dec. 5th
(session in progress)

Book Club
1:30 p.m.
Nov. 28th

Thursday

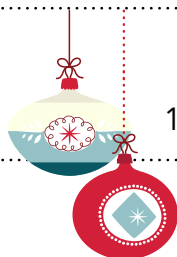
55+ Men's Group
1:00 – 4:00 p.m.
Nov. 1st – Dec. 20th
3172 Portage Ave

Lunch and a Movie
12:00 p.m.
Nov. 22nd – The Book Cup
Dec. 13th – Oceans 8
Cost: \$10 members
\$12 non-members
(Must register in advance)



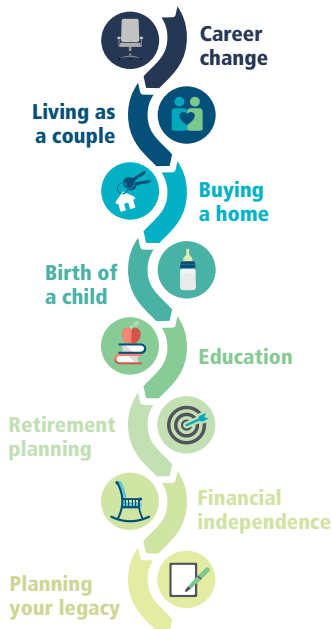
Friday

Vegas & Canasta
1:00 – 3:30 p.m. Nov. 2nd – Dec. 14th



Saturday

Floor Curling (Competitive)
9:00 a.m. – 12:00 p.m.
Nov. 3rd – Dec. 15th
Cost: \$2 members/\$3 non-members/week



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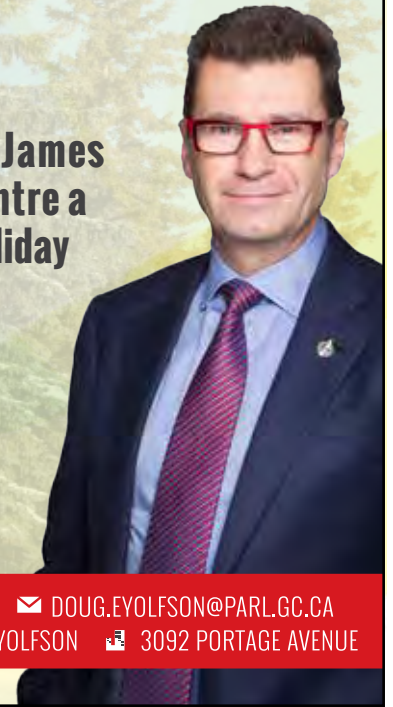
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Dr. DOUG EYOLFSON MEMBER OF PARLIAMENT CHARLESWOOD-ST.JAMES-ASSINIBOIA-HEADINGLEY

I'd like to wish all members of the St. James Assiniboia 55+ Centre a warm and happy holiday season!



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