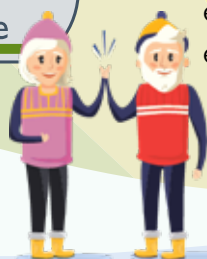




St. James
Assiniboia
55+ Centre



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.

Bud, Spud and Chicken

Thursday, March 14th from 6:00 p.m. – 9:00 p.m.

TYC Event Centre, 1405 St Matthews Ave.

Join us for our Bud, Spud and Chicken Fundraiser. Your ticket gets you a delicious chicken, baked potato, garlic toast, and caesar salad. Plus you will also get a beer or 1 oz. Liquor, Pop or Juice. There will also be a silent auction with many fantastic prizes and a 50/50! Get your ticket today to help us make our Spring Fundraiser a huge success! **If you are able to donate prizes or wish to make a cash contribution to purchase prizes please contact Meaghan at 204-987-8850 ext. 102. (Donations will be eligible for a tax receipt)**

Cost: \$20

Registration Deadline: March 8th

Capital K Distillery Tour

Tuesday, February 12th from 1:00 p.m. – 3:00 p.m.

Capital K Distillery tours feature a guided walk through by Master Distiller, Jason Kang, as he leads guests through Manitoba's first grain-to-bottle craft distillery. Guests experience an intimate and interactive tour of the distillery, taking in details on the complete distilling process and observing their custom-engineered equipment first hand.

Capital K Distillery tours are about 30 minutes and conclude in their custom tasting room. Here, you have the opportunity to taste and purchase their spirits.

There is a \$5 Capital K Distillery credit included for each attendee. This credit can be used on the day of your tour for purchases made in the distillery

We will be carpooling so volunteers needed.

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

Registration Deadline: February 5th



KEY DATES

- Jan 4 Welcome Back Lunch
- Jan 9, Feb 13 Men's Breakfast
- Jan 17 Hawaiian Luau
- Jan 22 Chaeban Ice Cream
- Jan 22 Disability Tax Credit
- Jan 24 Lunch and a Movie
- Jan 29 Mature Driver
- Feb 1 Watercolour Painting
- Feb 5 Intro to iPad
- Feb 7 Lunch and a Movie
- Feb 8 WSO
- Feb 12 Preventing Frauds & Scams
- Feb 12 Capital K Distillery
- Feb 14 Lovely Lunch
- Feb 14 Fun with Flowers
- Feb 21 Lunch and a Movie
- Feb 28 Lunch with an Author
- Mar 14 Bud, Spud & Chicken

ST. JAMES ASSINIBOIA 55+ CENTRE - Hours

Monday through Friday
8:30 a.m. – 4:00 p.m.

No financial transactions
after 3:30 p.m.

TABLE OF CONTENTS

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

MEMBERSHIP \$40/YEAR

REGISTRATION PROCEDURE

Registration for new programs starting in **Jan/Feb** will be accepted starting **December 13th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **Mar/Apr**) will be **Thursday, February 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



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@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

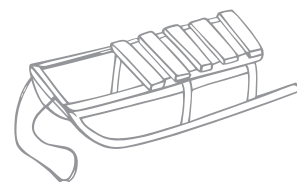
Healthy Aging Resource Team (H.A.R.T.)

Healthy Aging Resource Team Facilitators:

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

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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!****

Men's Breakfast

January 9th and February 13th

10:30am at Assiniboine Gordon Inn on the Park
1975 Portage Ave.

Please join us the second Wednesday of the month as the men of the Centre get together for breakfast. Meet new friends and catch up with old ones as we have breakfast together. Meet at the restaurant and enjoy good coffee and great conversation.

Cost: Men are responsible for their own breakfast

Register by: January 7th for breakfast on the 9th and February 11th for breakfast on the 13th

Chaeban Ice Cream Tour

Tuesday, January 22nd, 1:00 - 3:00 p.m.

Leaving the Centre at 12:30 p.m.

Join us for a behind the scenes look at one of the newest and most popular ice cream shops. See how the ice cream is made and then after the tour stay for an ice cream that is sure to have you coming back for more. Participants are responsible for buying their own ice-cream.

We will be carpooling so volunteers are needed.

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

Registration deadline: January 15th



Winnipeg Symphony Orchestra

Friday February 8th, 10:30 a.m. - 11:30a.m.

Leaving the Centre at 9:45 a.m.

Travel behind the scenes at a Friday morning matinee with an open rehearsal and concert performance. Hear the conductor's instruction to the music, a complete performance of the work, and participate in a Q+A - All in one hour!
We will be carpooling so volunteers are needed.

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

Registration Deadline: January 25th

Scott FIELDING
MLA for Kirkfield Park

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

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Special Events and Outings

Please refer to the website www.stjamescentre.com or the front desk (204-987-8850) for information on special outings and events. Carpooling will be arranged for all outings and trips (unless indicated otherwise). If you are willing to drive for one of these trips, please indicate so when you register.

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



DON'T FORGET TO GET A 2019 PARKING PASS!

Passes run in the calendar year so new ones must be purchased before you park in 2019. It takes 24 hours for the passes to be entered in the system.



Valentine's Day Bake Sale

We will be having a bake sale at **Deer Lodge Centre on Thursday, February 14th from 10:30 a.m. to 1:00 p.m.** If you are able to donate baking please sign up at the centre and deliver the baking on February 13th. We will package and price all the baking but we need donations in order for this to be a success!

GIVINGTUESDAY™ UPDATE

Thank you for your support of this year's Giving Tuesday Campaign.
This year we raised:

\$2000

City of Winnipeg Passes

City of Winnipeg Passes will be on sale from Feb. 1 - 15th for a start date of April 1st. Passes can be purchased in person during this time period or by mail. You must be a member of the Centre to take advantage of these offers.

THE FOLLOWING PASSES WILL BE AVAILABLE:

- 6 Month Facility Pass
- 6 Month Active Living Pass

Visit www.stjamescentre.com/cow for prices or contact the Centre at 204-987-8850



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.

Seasonal Affective Disorder- SAD

Overview

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons – SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

Treatment for SAD may include light therapy (phototherapy), medications and psychotherapy. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Symptoms

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Signs and symptoms of SAD may include:

Feeling depressed most of the day,
nearly every day

- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide

Fall and winter SAD

Symptoms specific to winter-onset SAD, sometimes called winter depression, may include:

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

Spring and summer SAD

Symptoms specific to summer-onset seasonal affective disorder, sometimes called summer depression, may include:



- Trouble sleeping (insomnia)
- Poor appetite
- Weight loss
- Agitation or anxiety

Seasonal changes in bipolar disorder

In some people with bipolar disorder, spring and summer can bring on symptoms of mania or a less intense form of mania (hypomania), and fall and winter can be a time of depression.

When to see a doctor

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.

Mayo Clinic, Rochester, Minn. July 30, 2017.

Straight from the H.A.R.T.

Fall Prevention Information

With the arrival of snow comes colder weather, snow and ice which increases the risk of falls. Although all falls cannot be eliminated, the number and consequences of falls may be decreased by taking some precautions. Older adults tend to have decreased vision, decreased reflexes, weaker muscles, poor balance and increased confusion. Because of these factors, older adults are at higher risk.

WHAT IS A FALL?

Unintentionally coming to rest on the ground, floor or other lower level with or without injury

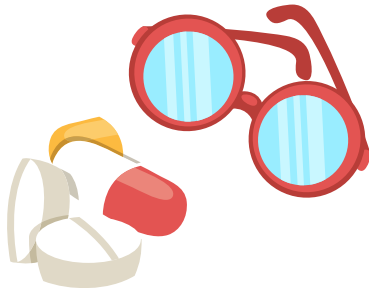


Myths

- All Falls can be prevented
- Restraints prevent falls
- Aging causes falls

Factors that may contribute to falls:

- Medications
- Previous fall
- Illness
- Restraints
- Mobility
- Confusion



Falls may result in:

- Skin tears/ bruises
- Loss of independence
- Loss of dignity
- Hip fractures, other fractures
- Brain injury
- Death

Steps to take to avoid falls

- Wear well-fitting clothes, non-slip footwear and equipment as recommended
- Eliminate clutter
- Keep eyeglasses clean and ensure that hearing aids work
- Ask for help with tasks if required
- Stand or sit up slowly especially if feeling dizzy or lightheaded
- Be aware of your limitations
- Remain active as able
- Use mobility aids as necessary

If you have any questions or concerns and would like to discuss ways to reduce your risk of falls, please contact the HART team and we would be happy to arrange an appointment with you.



For more information, please check out <https://preventfalls.ca> (a Winnipeg Regional Health Authority Website)

How can the Healthy Aging Resource Team (HART) help you?

If you are an older adult residing in the St. James Assiniboia area, the HART team can help you:

- maintain or improve health
- receive information about health services
- maintain independence
- address your concerns

Contact a Dietitian or Social Worker phone: 204-940-3261



Elizabeth St Godard RD
Dietitian



Lorna Shaw-Hoeppner RD
Dietitian



Lisa Newman, BSW, RSW
Social Worker

Drop-In Programs

Our Drop-In Programs at the St. James Assiniboia 55+ Centre are a great way to experience the diversity of activities and programs that we have to offer. To register, please visit the front desk at the Centre, call us at 204-987-8850 or visit the website www.stjamescentre.com.

Questions or ideas for our Drop-In programming? Contact our Program Coordinator 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.*



Mama Mia! Here We Go Again - January 24th

In 1979 young Donna, Tanya and Rosie graduate from Oxford University -- leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill and Sam -- the latter whom she falls in love with, but he's also the man who breaks her heart. In the present day, Donna's pregnant daughter, Sophie, dreams of renovating a taverna while reuniting with her mother's old friends and boyfriends on the Greek island of Kalokairi.

Crazy Rich Asians - February 7th

Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse -- Nick's disapproving mother.

First Man - February 21st

Damien Chazelle and star Ryan Gosling reteam for Universal Pictures' First Man, the riveting story of NASA's mission to land a man on the moon, focusing on Neil Armstrong and the years 1961-1969. A visceral, first-person account, based on the book by James R. Hansen, the movie will explore the sacrifices and the cost--on Armstrong and on the nation--of one of the most dangerous missions in history.

55+ Men's Group

Our Men's Group meets every **Wednesday and Thursday afternoons** from **1:00 p.m. to 3:30 p.m. at the Centre**. 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.*

Cribbage:

Do you like to play cribbage? Has it been a long time since you last played and maybe you're a little rusty? Join us every Wednesday from 1-3pm. The cribbage boards will be set up and all they need is you. All skill levels welcome. Enjoy the challenge of competition or relax with friends and chat over a friendly game of cribbage.



Stamp Club:

You can now find pretty near anything on a stamp from birds, paper clips, animals, flowers and Santa Claus. The Centre's Stamp Club meets on the first and third Tuesday of the month. If you are a collector or have an interest in stamps, check out a meeting as you are sure to learn something interesting, and get your stamp questions answered. Meetings start at 1pm and usually last a couple of hours. The first meeting for 2018 will be on 16 January



Coffee Talk:

A great group to join if you're new to the Centre. Share current events, jokes and more. Coffee, tea and goodies will be available for \$1.00.





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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. Contact Amanda at: 204-987-8850 ext. 103 or amanda@stjamescentre.com. ***Please note that we are unable to make meal adjustments the day of an event.***

Welcome Back Lunch

Friday, January 4th

Doors open at 11:30 a.m., lunch served at 12:00 p.m.

Come re-connect after the winter break over a nice warm bowl of soup. Lunch will feature two delicious soups along with salad, breadsticks and dessert. We hope to see you there!

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

Registration Deadline: Jan 2nd

Hawaiian Luau

Thursday, January 17th

Doors open at 11:30 a.m., lunch served at 12:00 p.m.

Come chase some warm weather vibes with a Hawaiian themed afternoon. Enjoy the musical stylings of the Winnipeg Ukulele club. Lunch will feature tropical flavours that are sure to make you forget about the cold weather, even for just a few hours.

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

Registration Deadline: January 15th

"Love"ly Luncheon

Thursday, February 14th

Doors open at 11:30 a.m., lunch served at 12:00 p.m.

Come celebrate St. Valentine's Day at the Centre! We will have a Love-ly lunch followed by some holiday trivia. Bonus points to anyone dressed in festive red, white and pink colours.

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

Registration Deadline: Feb 12th

Lunch with an Author

Thursday, February 28th

Doors open at 11:30 a.m., lunch served at 12:00 p.m.

Born in Winnipeg, Carolyn Margaret has traveled the world. She has been involved in helping the poor and needy around the world for over 20 years, traveling to over 40 nations. Most recently, Carolyn has been involved in helping in refugee camps in Lebanon, Greece and Iraq. Come enjoy lunch at the centre and listen to some of Carolyn's inspiring stories.

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

Registration Deadline: Feb 26th

Soup More \$3/bowl

Jan. 8th	Chicken Mexicana
	Wild Rice
Jan. 22nd	Cream of Celery
	Cheddar Chicken
Feb. 5th	Taco
	Sweet Potato
Feb. 19th	Cheeseburger
	Minestrone

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 SESSION:

Thurs., Jan. 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, January 14th to May 13th
(Centre closed Feb 18th and April 22nd)

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

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

Cost: \$40 half year members/\$50 non-members



Coffee with an Author

Tuesday January 29th 1:00 - 2:00p.m.

What was it like when kids could see movies for fifteen cents, the Model-T Ford needed to be cranked up to get it started, and the whole family sat around the radio to listen to their favorite sitcoms?

These are just a few of the questions that local author Pat Pattan will answer when she visits to talk about the stories in her book, *When We Were Growing Up*.

It's about life from the 1920's to the 1960's described in a series of interviews of people who grew up in several different states and countries. They were all asked the question, "What was it like when you were growing up?" Their personal accounts make history come alive! Illustrations by David Byrne capture the humour in the stories.

Presenter: Pat Pattan

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

Registration Deadline: January 22nd

Intro to iPad 2.0

Tuesdays February 5th to March 12th 2019
11:00am - 12:30pm

Do you have an iPad and you have a little bit of knowledge about it but would like more? Did you take the first iPad class and want to build off what you learned in that class and develop your confidence on the iPad? Join us for the next set of iPad classes and increase your knowledge and confidence.

Sign up early space is limited.

Instructor: Tina Strong

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

*Registration Deadline:
January 29th*



Watercolour Painting Classes

Fridays, February 1st to March 1st
1:00pm to 3:00 p.m.

You will learn Watercolor Basics along with several Watercolor Techniques. Easy Step by Step Instruction. You will complete a painting ready to frame. No experience necessary. Students are responsible for bringing their own supplies and tools. At the first class, they will receive a supplies list and a coupon for 30% off all supplies at the Artist Emporium

Instructor: John Smeulders

Cost: \$70 members/\$90 non-members

Registration Deadline: January 18th



Educational Programs



Heritage Winnipeg: The Fire Department in its Early Years

Wednesday, Jan. 16th from 11:00 a.m. - 12:00 p.m.

The early fire department was volunteers. As the town grew it had a need for a real fire department. Follow along as we look into the beginnings of it. Join us as we explore the early days and the challenges that this volunteer brigade faced. Explore the roots of our great fire service.

Presenter: Greg Agnew

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

Registration Deadline: January 9th



Photos: heritagewinnipeg.blogspot.com

Fun with Flowers

Thursday, Feb. 14th from 10:00 a.m. - 11:00 a.m.

Kat will guide participants step by step in order to create a stunning arrangement for Valentines Day. Real flowers are used which are perfect for brightening any space in your home with a beautiful arrangement that you made. Fun and laughter are always a part of this wonderful experience. Sign up early and tell your friends as this program fills up quickly.

Instructor: Kat Degner

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

Registration Deadline: Thursday February 7th

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) *NEW PRICES* as of January 1st, 2019

30 minutes: \$45 members/ \$50 non-members

45 minutes: \$55 members/ \$65 non-members

60 minutes: \$68 members/ \$75 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



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.

Fitness Safety Orientations

Fridays: January 4th, 18th, February 1st or 15th

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

Cost: \$5 (members only)

Lite n' Lively

Mondays: January 14 - March 25th

(no class Feb 18th)

9:15 a.m. - 10:15 a.m. (10 classes)

Cost: \$60 members/\$80 non-members

Instructor: Sue Keyton

Zumba Gold

Mondays: January 14 - March 25th

(no class Feb 18th)

10:30 a.m. - 11:30 a.m. (10 classes)

Cost: \$60 members/\$80 non-members

Instructor: Sue Keyton

Monday Yoga

Mondays: January 14 - March 25th

(no class Feb 18th)

1:15 - 2:45 p.m. (10 classes)

Cost: \$90 members/\$110 non-members

Instructor: Sue Keyton

Wednesday Evening Yoga

Wednesdays: January 16th - March 27th

(no class February 20th)

6:30 p.m. - 8:00 p.m. (10 weeks)

Cost: \$100 members/\$120 non-members
/\$15 drop in fee

Instructor: Sue Keyton

Growing Young

Tuesdays: January 15th - March 26th

(no class February 19th)

9:30 a.m. - 10:30 a.m. (10 classes)

Cost: \$60 members/\$80 non-members

Instructor: Sue Keyton

Growing Young

Fridays: January 18th - March 29th

(no class February 22nd)

11:45 a.m. - 12:45 p.m. (10 classes)

Cost: \$60 members/\$80 non-members

Instructor: Sue Keyton

Line Dancing

Wednesdays: January 16th - March 20th

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

Cost: \$60 members/\$80 non-members

Instructor: Karen Hodgins



Fitness Programs

Please remember to wear active clothing, appropriate foot wear, and bring a water bottle. If you plan to drop-in, call us at 204-987-8850 in advance to confirm space availability. You may also refer to our website at www.stjamescentre.com for more information on programs.

Intro to Meditation

Friday, January 18th from 9:30 a.m. - 11:00 a.m.

If you are considering taking the Series of 6 Health & Wellbeing Workshops, this class is a great opportunity to learn the basics of meditation and give you the tools needed for the Wellbeing series.

Cost: \$15

Series of 6 Health & Wellbeing Workshops

**Fridays: January 25th - March 8th
(no class February 22nd)**

9:30-11:00 a.m. (6 Weeks)

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

DON'T FORGET ABOUT OUT FITNESS ROOM!

All Members have access to the equipment from 8:30am-3:30pm 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

Winter Session begins January 2nd - March 29th, 2019

**** REGISTRATION OPENS DECEMBER 11TH ****

Westwood Community Church

401 Westwood Dr.

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

Sturgeon Heights Community Centre

210 Rita Street

Monday

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

Wednesday

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

Friday

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

**\$45 Members
\$85 Non-members
\$3 Drop-In Members
\$5 Drop-In Non-Members**

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.

Coffee and Conversation with our Sponsors

Tuesday, January 15th at 10:00 a.m.

Join us for a fun and informative morning with our sponsors where we will get the chance to hearing from our sponsors directly and learn about how they are connected to the Centre and what role they play in our community. Following a quick presentation from each sponsor members will have the opportunity to sit down with our sponsors and get to know them a bit better over a cup of coffee.

Presenter: Chapel Lawn Memorial Gardens, Desjardins Financial Security Investments and Home Instead Senior Care

Cost: Free



Know where to go for the Right Care

Friday, January 25th from 1:00-3:00 p.m.

Gain a general understanding about the types of health concerns or issues that should be addressed at your family doctor or primary care clinic, urgent care centre or emergency department and what to do if you are unsure where to go.

Presenters: Healthy Aging Resource Team and BSW student Kathy Perrault

Cost:\$4



Disability Tax Credit

Tuesday, January 22nd at 10:00 a.m.

Does it take you longer to walk 100 meters than someone your own age without your conditions? Are you able to walk 100 meters, but you need to stop for pain, breathe or fatigue because of your condition? Have you ever had a hip or knee replacement? Do you use any devices to assist you with your mobility such as a cane, walker or scooter? Do you have a parking permit? If you answered YES to any of the above questions this is the presentation to attend, we will learn about the disability tax credit and primary caregiver credit and Canada caregiver credit.

Presenter: Cheryl Kehler, Disability Tax Credit Specialists

Cost: \$4



Mature Driver

Tuesday, January 29th from 9:00 a.m.-12:00 p.m.

Do you want to increase your confidence and driving ability? In this presentation we will cover defensive driving techniques, provide an update on traffic laws and road safety rules as well as how you how to compensate for any changes that you might have experienced to your hearing, vision, flexibility and reaction time.

Presenter: Safety Services

Cost: \$5



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

Preventing Frauds and Scams

**Tuesday, February 12th
at 10:00 a.m.**

A common concern as we age is staying safe and remaining independent for as long as we can. One way to stay informed on safety and security is to reach out to the experts and seek their advice. This is why we have asked the Consumer Protection Office to come out and speak to us about recognising and preventing frauds and scams.

Presenter: Elyse Cook, Consumer Protection

Cost: \$4



The Hidden cost of Untreated Hearing Loss

Tuesday, February 26th at 10:00 a.m.

Hearing loss can be confusing, overwhelming and expensive. In any case it is important to still do all that you can as there are even more costs and risks associated with untreated hearing loss. If you have recently discovered your hearing loss, or if you have had hearing loss for a while that has been untreated, this is a great opportunity to learn about reconnection to your world and treating your hearing loss.

*Presenter: Valerica Dubois, Audiologist,
Hearing Life Canada*

Cost: \$4



Downsizing and Decluttering

Wednesday, February 13th 2:00 pm

Location: 455 Westwood Drive

Everyone has a little “junk” lying around. OK, some of us may have more than a little. Regardless of how much stuff we have, we can all benefit from decluttering our lives and homes. Join Brian McMillan from My Smaller Nest to get some great ideas on how and where to start.

Presenter: Brian McMillan, My Smaller Nest

Cost: \$4

Winter Memories

Tuesday, February 19th at 1:30 p.m.

Join us for a warm and cozy afternoon trip down memory lane as we reminisce about the beauty and joys of winter in Winnipeg over a warm cup of coffee.

Presenter: Jeannette Brigit, Home Instead Senior Care

Cost: \$4



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 given 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, registration assistants and assisting with special events, committees, and fundraising. We are flexible and appreciate any support from our members to help us provide our excellent programs and services.

Volunteer Spotlight

Throughout the year our volunteers are very dedicated and giving of their time and that continues to be true through the holiday season. Our volunteers fully embrace the holiday spirit and are very giving of themselves. We want to thank our Christmas fundraising volunteers who are crucial in helping preparing all of our delicious items we have for sale. We also want to thank all of the people who donate all the delicious homemade treats that always make our Christmas baking auction a huge success! Thank you for helping us spread holiday cheer!



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



City Councillor for St. James



Scott Gillingham

204-986-5848
scottgillingham@winnipeg.ca

Positive Leadership for St. James

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 **Mar./Apr. newsletter** will be available on **Tuesday, Feb. 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

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.
Jan. 7th - Feb. 25th
(Centre closed
February 19th)



Singsationals Choir

10:15 – 11:30 a.m.
January 14th to May 13th
Cost: \$40 Half Year
\$50 non-members



Tuesday



Stamp Club

1:00 – 3:00 p.m.
January 15th
February 5th & 19th

Coffee Talk

2:00 – 3:30 p.m.
Jan. 8th - Feb. 26th



Lunch with Friends

Meet at the restaurant at 11:30 a.m.
January 29th - Red Lobster
(1540 Portage Ave)
February 26th - Assiniboine Hotel
(1975 Portage Ave)
**Must pay for own lunch. Registration
deadline 1 week prior. Max. 20 people*

Wednesday

Cribbage

1:00 – 3:00 p.m.
Jan. 9th - Feb. 27th

Company of Friends

11:00 a.m.
Jan. 2nd, 16th & 30th
Feb. 13th & 27th

Floor Curling

1:00 – 3:00 p.m.
Cost: \$25
January 9th - May 15th

55+ Men's Group

1:00 – 3:30 p.m.
Jan. 2nd - Feb. 27th

Book Club

1:30 p.m.
January 30th
February 27th - Book of Choice



Thursday

55+ Men's Group

1:00 – 3:30 p.m.
Jan. 3rd - Feb. 28th



Lunch and a Movie

12:00 p.m.
January 24th - Mama Mia! Here we Go Again
February 7th - Crazy Rich Asians
February 21st - The Last Man
Cost: \$10 members \$12 non-members
(Must register in advance)



Friday

Vegas & Canasta

1:00 – 3:30 p.m. January 4th - February 22nd

Shuffleboard

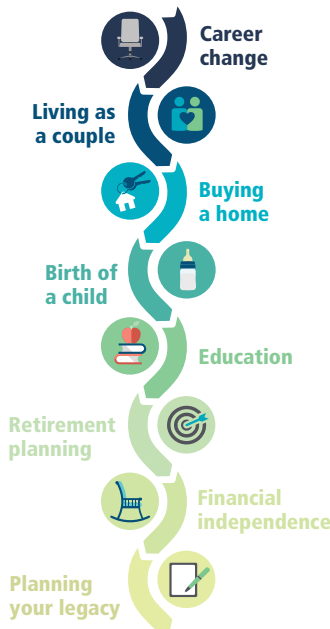
9:30 – 11:00 a.m.
Jan. 4th - Feb. 22nd

Saturday

Floor Curling (Competitive)

9:00 a.m. – 12:00 p.m. January 5th - April 27th
Cost: \$2 members/\$3 non-members/week





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

I'd like to wish all readers of the St. James Assiniboia 55+ Centre Newsletter a Happy New Year and warm wishes for a great year ahead!



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