



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.



KEY DATES

- Mar 5** Yafa Cafe
- Mar 6** Travelogue
- Mar 7** Lunch and a Movie
- Mar 8** Calligraphy
- Mar 12** Celebrations
- Mar 12** Travel Preparedness 101
- Mar 13, Apr 10** Men's Breakfast
- Mar 14** Cook and Eat
- Mar 18** Income Tax Clinic
- Mar 19** MCO
- Mar 19** Returning Home
- Mar 21** Lunch and a Movie
- Mar 28** Musical Mealtimes
- Apr 4** Lunch and a Movie
- Apr 11** Brunch & Bingo
- Apr 18** Volunteer Appreciation
- Apr 18** Fun with Flowers
- Apr 25** Lunch and a Movie
- Apr 30** Coffee & Conversation with Sponsors

Bud, Spud and Chicken

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

TYC Event Centre 1405 St. Matthews

Join us for our 3rd Annual 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! **YOU MUST PURCHASE A TICKET FOR THIS EVENT AHEAD OF TIME.**

Cost: \$20 Ticket Deadline: Friday, March 8th

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. (Cash donations will be eligible for a tax receipt)

Brazen Hall Brewery Tour

Tuesday, April 9th at 1:30 p.m.

800 Pembina Hwy, Leaving the Centre at 1:00 p.m.

Brazen Hall is the winner of 2017 and 2018 Burger Week competitions, receiving the consumer choice awards. 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, April 2nd



Save the Date ANNUAL GENERAL MEETING

Friday, June 14th, 2019 at 10:30 a.m.

More information to come in next newsletter

ST. JAMES ASSINIBOIA 55+ CENTRE - Hours

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

No financial transactions
after 3:30 p.m.

TABLE OF CONTENTS

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

MEMBERSHIP \$40/YEAR

REGISTRATION PROCEDURE

Registration for new programs starting in **Mar/Apr** will be accepted starting **February 14th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **May/June** will be **Thursday, April 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

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 |
| TBD | 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

| | | |
|--|---|--|
| Gerald Knutson <i>President</i> | Marilyn Robinson <i>Past President</i> | Ian McCausland <i>1st Vice President</i> |
| Laurie Green <i>2nd Vice President</i> | Kathy Elias <i>Treasurer</i> | Janet Jackmann <i>Secretary</i> |
| Maurice Mazerolle <i>Director at Large</i> | Connie Newman <i>Director at Large</i> | Sean Sagert <i>Director at Large</i> |
| Mae Denby <i>Director at Large</i> | Lloyd Gwilliam <i>Director at Large</i> | Jessica Ferns <i>Director at Large</i> |
| 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
Patrick Realty Ltd.

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!****

Yafa Café

Tuesday, March 5th from 12:00 p.m. - 2:00 p.m.

1785 Portage Ave.,

Leaving Centre at 11:45 a.m.

Yafa Cafe is an eclectic, casual restaurant and sophisticated coffee shop that satisfies both your hunger and your wanderlust. From Manakeesh to shawarma; hummus to tabbouleh; they serve a great selection of the world's most flavorful Arabic street food-inspired dishes in one lively place. Come and join the Centre as we check out a new local restaurant. *Carpooling is available.*

You are responsible for purchasing your lunch.

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

Registration Deadline: February 26th



Men's Breakfast

March 13th and April 10th

10:30 a.m. 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: March 11th for breakfast on the 13th and April 8th for breakfast on the 10th.

Celebrations - Jail House Rock

Tuesday, March 12th, 1824 Pembina Hwy

Leaving Centre at 10:30 a.m.

You are all invited to one of the hottest concerts staged and all you have to do to get in is ... commit a crime! Welcome to the Moose Jaw Correctional Centre! You are hereby sentenced to an afternoon of laughter, good food, great music and you shall all be released right after you pay your tab! Back in 1967, John Storm was one of the finest guitar craftsmen around; they called him the "Guitar Doctor". When it came to fixing musical instruments he was amazing, but when it came to paying his taxes he was terrible! So, when word got out that the "Doc" was in jail for delinquent taxes, the Man in Black himself... Mr. Johnny Cash called his friend Elvis Presley and the two decided what better way to pay off "Doc's" debt then by throwing a benefit concert right there in the Moose Jaw Jail? Please join the STJAC for a matinee performance of Jail House Rock! Featuring the music of Johnny Cash, Elvis Presley and a few surprise guests, it's the best time you will ever have being thrown in jail!

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

Registration Deadline: March 5th



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!****

Manitoba Chamber Orchestra

Tuesday, March 19th

Westminster United Church, 745 Westminster St.

Leaving Centre at 12:30 p.m.

MCO tour de force concert—an intimate showcase with Karl Stobbe & Rachel Kristenson

The Manitoba Chamber Orchestra is “Canada’s tiny, perfect chamber orchestra” (Toronto Star). We say it often in our communications, and from time to time we can’t resist shining a spotlight directly on the esteemed musicians who work closely with the MCO. In this tour de force concert we do just that, with blistering solos from “master soloist” (London’s Sunday Times) and MCO concertmaster Karl Stobbe, and from Rachel Kristenson, who often sits second principal violin with the MCO. It will be an intimate affair in the marvelous setting of Westminster United Church. *Carpooling is available*

Cost: \$35 members/\$40 non-members

Registration Deadline: March 12th

Winnipeg Police Service Museum

Tuesday, April 16th, 245 Smith St.

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 back to the 1800’s are on display. Originally divided into 13 smaller cities, each having its own police department, 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: April 9th



TIERNEY PODIATRY CLINIC



- Corns • Calluses
- Ingrown Nails • Nail Surgery
- Plantar Warts • Cryosurgery
- Plantar Fasciitis • Heel Pain
- Custom Made Foot Orthotics
- Diabetic Foot Care

Dr. Teresa Tierney

New Patients Welcome (No referral needed)

200-3025 Portage Ave • Winnipeg R3K 2E2 • 889-1112

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.

Eating a Balanced Diet

Good nutrition is important at every age. Eating well will help you feel your best every day and can help prevent heart disease, diabetes, osteoporosis and some types of cancer.

Aging affects nutrition. As you get older, you need to eat less food (fewer calories) but you need the same amount, or even more, of certain vitamins and minerals.

How to Plan Meals

- To get the food and nutrients you need, plan your meals using Canada's Food Guide (for a copy see the HART team or view online at <https://food-guide.canada.ca/static/assets/pdf/CFG-snapshot-EN.pdf>).
- Plan for three meals and one to three small snacks each day. Skipping any meal, but especially skipping breakfast, will make it difficult to get all the nutrients you need each day.
- Plan your meals around vegetables and fruit. These foods should cover about half of your plate. The remaining half of the plate should be:
- $\frac{1}{4}$ whole grain products such as brown rice or whole grain pasta or any other grain.

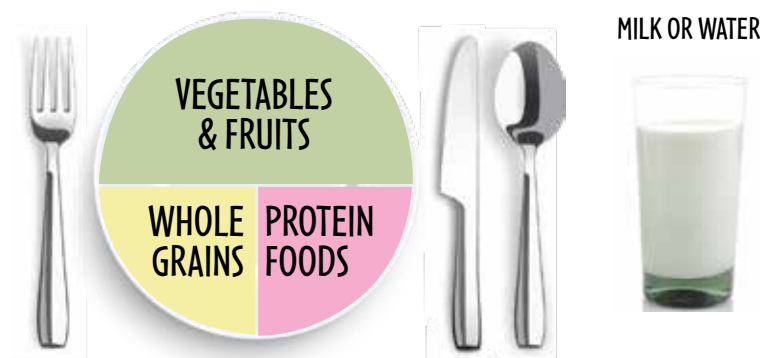
- $\frac{1}{4}$ protein-rich foods – choose protein foods that come from plants more often. This category includes chicken, fish, lean meat, tofu, eggs, beans, nuts, seeds, peas, lentils, dairy products and soy products.

Plate

The plate method lets you “eyeball” your portions without measuring actual amounts. Below is a picture of a healthy plate.

For more information, contact the HART team at 204-940-3261.

Information adapted from <https://www.dietitians.ca/Downloads/Public/Senior-Friendly-collection.aspx>



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

Straight from the H.A.R.T.

In August 2018, The St. James Assiniboia 55+ Centre in partnership with the Healthy Aging Resource Team was awarded \$10,000 from the Canadian Medical Association to conduct oral health care clinics for seniors in the community. The centre is the sole Manitoba organization to receive a CMA Healthy Canadians Grant this year. Since dental care is expensive, and everyone is on fixed incomes, Oral Health is a priority for the HART team this year and we are happy to partner with them to offer Oral Health Clinics in the St. James Assiniboia area. Not only does poor oral health cause issues like dry mouth and periodontal disease, it also has a direct link to heart disease, pneumonia and diabetes. The Clinics consist of a mandatory Oral Health Presentation (1 hour) followed by a 15-20 minute free oral health screening. ****Low income seniors/seniors unable to access regular dental services may be eligible for additional free dental services (up to a maximum of \$160) at a cost to client of only \$20.** *Payment of \$20 is due following oral screening if eligible for further dental treatment*



We will be having two oral Health Clinics at the Centre on March 14th and May 1st.



ORAL HEALTH EDUCATION & SCREENING EVENT

Thursday March 14, 2019 & Thursday May 1, 2019

Attend an Oral Health presentation to be eligible for a free one-on-one Oral Health screening with a Registered Dental Hygienist.

- **Education Session & Oral Health Presentation: 9:00 a.m. to 10:00 a.m.**
- **Free Oral Screenings: 10:00 a.m. - 12:00 p.m. & 1:00 p.m. - 4:00 p.m.**
(MUST attend presentation and pre-book screening appointment)
- **Pre-book screening appointment with St. James-Assiniboia 55+ Centre at (204) 987-8850**

****no exceptions please bring ID ****

***For additional information regarding the oral health clinic's please contact HART-Healthy Aging Resource Team At (204) 940-3261**



Thank you to Pierette Boucher for being a great Foot Care Nurse over the years.

Pierette has officially retired from Community Foot Care as of December 31st.

Donagh Peters, the Foot Care Nurse who is currently at the Centre will be doing community foot care at Sinawik Bay, Colorado Estates and Lions. To make an appointment please call 204-987-8850.



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.



A Star is Born - March 7th

Seasoned musician Jackson Maine discovers -- and falls in love with -- struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons.

The House with a Clock in its Walls - March 21st

In the tradition of Amblin classics where fantastical events occur in the most unexpected places, Jack Black and two-time Academy Award® winner Cate Blanchett star in *The House with a Clock in Its Walls*. The magical adventure tells the spine-tingling tale of 10-year-old Lewis (Owen Vaccaro), who goes to live with his uncle in a creaky old house with a mysterious tick-tocking heart. But his new town's sleepy façade jolts to life with a secret world of warlocks and witches. Based on the beloved children's classic book.

I Feel Pretty - April 4th

A woman who struggles with feelings of insecurity and inadequacy on a daily basis wakes from a fall believing she is suddenly the most beautiful and capable woman on the planet. With this newfound confidence, she is empowered to live her life fearlessly and flawlessly, but what will happen when she realizes her appearance never changed?

Bohemian Rhapsody - April 25th

Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs and revolutionary sound. They reach unparalleled success, but in an unexpected turn Freddie, surrounded by darker influences, shuns Queen in pursuit of his solo career. Having suffered greatly without the collaboration of Queen, Freddie manages to reunite with his bandmates just in time for Live Aid. While bravely facing a recent AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music. Queen cements a legacy that continues to inspire outsiders, dreamers and music lovers to this day.

Drop-In Programs



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.



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!



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 St. James Lawn Bowling Club, 90 Ferry Road**. 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!

Strawberry Vanilla Overnight Oats

Author: Jenna Braddock, RD

INGREDIENTS

½ cup old fashioned oats
2 tablespoons milk of choice
1 tablespoon ground flax seed
½ teaspoon vanilla extract
½ cup vanilla Greek Yogurt
8 whole frozen strawberries, sliced **OR** about
½ cup sliced frozen strawberries
1-2 tablespoons sliced almonds
Wide mouth mason jars with lids or other
pint size contain with lid

INSTRUCTIONS

Layer the ingredients in the mason jar, except for the almonds. Stir together so everything is combined.

Screw the lid on the jar and place in the refrigerator overnight, or at least for 4 hours.



Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead can help.

- Companionship
- Personal Care
- Meal Preparation
- Light Housekeeping
- Medication Reminders
- Incidental Transportation
- Shopping and Errands
- Alzheimer's/Dementia Care

Each Home Instead Senior Care franchise office is independently owned and operated.
© 2014 Home Instead, Inc.

Call for a free,
no-obligation appointment
204.953.3720

Serving Winnipeg

**Home
Instead**
SENIOR CARE

To us, it's personal.

HomeInstead.com/3021

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

Musical Mealtime

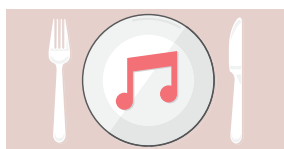
Thursday, March 28th

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

Jake Chenier has been performing music for all ages for over 25 years and is recognized as one of Manitoba's finest family performers. Jake is a Canadian Juno Award nominated artist and has created four albums of original music. Jake's well received repertoire includes classics from the early 1900's all the way through to the 60's and 70's. Sing along favorites invite his audience to participate and share memories from the early years.

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

Registration Deadline: March 26th



Spring Brunch & Bingo

Thursday, April 11th

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

Spring is in the air. Join us for a delicious lunch at Centre and to welcome the spring season. Catch up with friends and enjoy a few games of bingo after lunch with prizes to be won.

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

Registration Deadline: April 9th

Soup *AND* More \$3/bowl

| | |
|-----------|---------------------------|
| Mar. 5th | Leek, Potato & Cheddar |
| | Stuffed Pepper |
| Mar. 19th | Lentil Borscht |
| | Split Pea, Ham & Barley |
| Apr. 2nd | Moroccan Carrot |
| | Creamy Chicken Pot Pie |
| Apr. 16th | Quinoa Vegetable |
| | Zuppa Toscana |
| Apr. 30th | Southwestern Sweet Potato |
| | Italian Hamburger |



Drop by the Centre to see what's available or pre-order for pickup by calling 204-987-8850 or email at: info@stjamescentre.com

COOK *and* EAT

Join us in the kitchen for a fun time preparing simple recipes to share with your kitchen mates, with some leftovers to take home and enjoy. Facilitated by a WRHA volunteer.

NEXT SESSION:

Thurs., March 14th 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.

Calligraphy for Seniors

Fridays, March 8th - 29th from 1:00 p.m. - 3:00 p.m.

Have you ever wanted to learn the interesting and beautiful art of calligraphy writing? Maybe in days gone by you used to be able to write that way but have since gotten rusty. If you would like to learn to write in calligraphy or dust off your skills then this class is for you. The instructor will walk you through the basics and help you hone your skills. Participants are responsible for supplies which instructor on the first day will tell you what you need and provide you with a 30% off coupon to use at Artists Emporium.

Cost: \$65 members / \$70 non-members

Instructor: John Smeulders

Registration Deadline: February 22nd



Singsationals

Mondays until 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.



Travelogue: "A Journey to the Midnight Sun"

Wednesday, March 6th from 11:00 a.m. - 12:00 p.m.

Join us for a voyage to the magical midnight sun, en route we will explore the magnificent Norwegian fjords up to the Arctic Circle. Our ports will include the larger cities of Bergen, Trondheim and Aalesund, together with some smaller picturesque communities dotted at the end of the fjords. Prior to embarking we will spend time in the charming and historic city of Amsterdam, one of the great small cities of the world.

Presenter: Brian McCann

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

Registration Deadline: February 27th

Fun with Flowers

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

Kat will guide participants step by step in order to create a stunning arrangement for your Easter table. Real flowers are used which are perfect for brightening any space in your home. You will be proud to show off your magnificent creation.

Fun and laughter are always a part of this wonderful event. Sign up early and tell your friends to join you as this event sells out quickly.

Instructor: Kat Degner

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



Educational Programs



Heritage Winnipeg - Floods in Our History

Wednesday, March 27th from 11:00 a.m. - 12:00 p.m.

"How many floods has Winnipeg had? How bad were they? Which ones do you remember? Come listen to a great presentation by Greg Agnew from Heritage Winnipeg as he shares what's "floating" around in his head about them. Come one. Come all."

Presenter: Greg Agnew, Heritage Winnipeg

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

Heritage Winnipeg - The 1880's Boom or Bust

Wednesday, April 24th from 11:00 a.m. - 12:00 p.m.

In our early days we were growing fast. Why? What made our City become what it is today? Let's talk about the good times and bad. Join us here at the Centre as we listen to Greg Agnew from Heritage Winnipeg talk about the rapid growth of our area in his presentation: The 1880's and the Wild West!

Presenter: Greg Agnew, Heritage Winnipeg

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



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



Happy
Easter

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

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: March 1st and April 5th

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

Cost: \$5 (members only)

Lite n' Lively

Mondays: April 1st - June 24th

(no classes April 22 and May 20) (11 weeks)

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

Cost: \$66 members/\$88 non-members

Instructor: Sue Keyton

Zumba Gold

Mondays: April 1st - June 24th

(no classes April 22 and May 20) (11 weeks)

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

Cost: \$66 members/\$88 non-members

Instructor: Sue Keyton

Monday Yoga

Mondays: April 1 - June 24th

(no classes April 22 and May 20) (11 weeks)

1:15 - 2:45

Cost: \$99 members/\$121 non-members

Instructor: Sue Keyton



Wednesday Evening Yoga

Wednesdays: April 3rd - June 26th (12 Weeks)

6:30 p.m. to 8:00 p.m. (No class May 22nd)

Cost: \$120 members/\$140 non-members

Instructor: Sue Keyton

Growing Young

Tuesdays: April 2nd - June 25th (12 weeks)

9:30 a.m. - 10:30 a.m. (No class May 21st)

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

Instructor: Sue Keyton

Growing Young

Fridays: April 5th - June 28th

(no class April 19th) 11 weeks

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

Cost: \$66 members/\$88 non-members

Instructor: Sue Keyton



Fitness Programs

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

Series of 6 Health & Wellbeing Workshops

Fridays, April 5th - May 17th (6 Weeks) (Session 1)

Fridays, May 31st - June 28th (5 Weeks) (Session 2)

9:30 a.m. - 11:00 a.m. (No class April 19th)

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 Session 1: \$75 members/\$90 non members

Cost Session 2: \$62.50 members/\$75 non members

Instructor: Sue Keyton

Line Dancing

Wednesdays, April 3rd - June 5th (10 Weeks)

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

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

Instructor: Karen Hodgins

DON'T FORGET ABOUT OUT FITNESS ROOM!

All Members have access to the equipment from 8:30 a.m. - 3:30 p.m. 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

Spring Session begins April 1st - June 28th

**** REGISTRATION OPENS FEBRUARY 12TH ****

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.

Functional exercises: What Are They and Why You Should do Them

Tuesday, March 5th at 10:30 a.m.

Functional exercises are aimed at reducing your risk of injury, slip and falls, and improving your ability to function in real world scenarios. These exercises teach your body to work together to get a task done. There are very few things we do in life that we isolate one muscle to function, so why train your body that way? We will show you exercises that are designed to work most muscles in the body and improve balance, which is key to minimizing slip and fall related injuries.

Presented by Elite Sports Injury St. James location physiotherapists, Rachel Wu (BMR-PT) and Elliott Cooke (B.Sc, MPT)

Cost: \$4

Travel Preparedness 101

Tuesday, March 12th at 1:30 p.m.

The Travelling Guardian who has three decades of airport experience will be giving a PowerPoint presentation on practical airline tips and advice on travel preparedness. Knowing what to expect is key to having a stress free experience.

Presenter: Carla McDonald, The Travelling Guardian

Cost: \$4



Returning Home

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

It can be nerve-racking for families when their senior loved one is admitted to a hospital or health care facility. And likely, the last thing they'll be thinking about is what happens when the doctor discharges their loved one. Jeannette Brigit, from Home Instead Senior Care, will talk about the returning home process. Offering resources, guidelines and tools she will start with the Discharge as a key point in the recovery process. Planning ahead and preparing for a safe return home can mean the difference between readmission and a full recovery.

Presenter: Jeannette Brigit, Home Instead Senior Care

Cost: \$4

Income Tax Clinic

Monday, March 18th starting at 5:30 p.m. at the St. James Assiniboia 55+ Centre

The Centre in partnership A & O: Support Services for Older Adults and the Chartered Professional Accountants of Manitoba is offering a free tax preparation service to qualifying older adults. Maximum single income is \$35,000 and a couple is \$45,000. **Please call A & O at 204-956-6440 after February 1st to book an appointment.** Doors open at 5 p.m. If you have to cancel your appointment please call the above number to allow us to fit another older adult into your time slot. ****This clinic is by appointment only**.**

Cost: Free



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

Patient Advocate Agreement

Tuesday, March 26th at 1:30 p.m.

Do you know how to be an advocate, for yourself and others? Join us as we share with you how you can engage in your healthcare plans, or how to be there for family members in a complex healthcare system. Learn to be safe.

Presenter: Deb, Manitoba Institute for Patient Safety Volunteer

Cost: \$4

Mature Driver

Tuesday, April 9th 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

Coffee and Conversation with our Sponsors

Tuesday, April 30th 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, Home Instead Senior Care and Patrick Realty Ltd.

Cost: Free



A Caregiver's Guide to Spring Cleaning & Spotting the Clutter Creep

Tuesday, April 16th at 1:30 p.m.

Back in the days gone by, spring cleaning meant scrubbing or laundering every surface of the house to remove the dark, sooty grime that built up from using candles, kerosene lamps and woodstoves throughout the winter. It also meant throwing open all the doors and windows of the house to get the stale winter air out and let in the fresh fragrance of spring.

Today, the modern marvel of electricity has spared us the sooty grime, but the refreshing tradition of spring cleaning remains. It's an especially important routine in homes where seniors may no longer be able to keep up with regular housekeeping chores. Our discussion will focus on how to approach your senior about the Clutter Creep in their home, tips for a healthy spring cleaning by ridding your seniors home of common household hazard.

Presenter: Jeannette Brigit, Home Instead Senior Care

Cost: \$4

Volunteer Appreciation

Thursday, April 18th 12:00 p.m.

As a way to say thank you to all of our volunteers we are hosting our annual Volunteer Appreciation on Thursday, April 18th. Whether you are here every week or you've volunteered once last year you are invited to this afternoon that we have planned to show you how grateful we are for you! The afternoon will start with lunch at noon followed by a performance by Grant Simpson. **If you have volunteered in the past year please sign up at the front desk!**

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

As some of you know here at the Centre we are always trying to support older adults within the centre as well as in the community. One program that we offer that meets this mission is our Rides for Seniors program. This program is only possible thanks to our very dedicated volunteer drivers. We are always looking for more drivers, so if you love meeting new people and exploring the city please think about being a driver! The time commitment to be a driver is very flexible but there are some steps that need to be taken prior to joining the program. If you are interested in learning more about this volunteer opportunity please contact Rachel at rachel@stjamescentre.com or 204-987-8850 ext 108.



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.

Your St James Real Estate Specialist

- Free Market Evaluation
- Specializing in residential, condominiums, and seniors housing
- Information on properties for sale as they reach the market
- Family owned and operated for over 60 years

Call today!



PATRICK REALTY LTD.

Residential • Condominium • Commercial

2003 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0K3

Stephen Patrick

204-832-8226 | stephen@patrickrealty.mb.ca

www.stephenpatrick.net

Celebrate Life Today. Be Remembered Tomorrow.

We are here to effortlessly help you and your loved ones honour your wishes, your way.



We are here to assist you with:

- Burial & cremation options
- Serving all faiths & cultures
- Pre-planning & payment options; saving you money, time & stress

Call for your FREE info kit: 204-885-9715



CHAPEL LAWN MEMORIAL GARDENS & FUNERAL HOME
4000 Portage Avenue, Winnipeg • 204-982-8100 • www.chapellawn.mb.ca

Registration Information

Please note that all programs take place at the St. James- Assiniboia 55+ Centre unless otherwise indicated.



Membership \$40/year

Benefits include:

- Discounted programs
- Use of the fitness room (8:30 a.m. – 3:30 p.m.)
- First Aid trained staff
- Member lounge with comfortable seating to read magazines and books, do puzzles
- Discount at Chapel Lawn Memorial Gardens
- Extended parking hours (additional fees apply)
- City of Winnipeg Pass discount



Early Registration

Registration is required for all classes, trips, presentations, and special events prior to the start date. Cancellations can occur if registration is low. Avoid disappointment and support our programs by registering early.



Refund Policy

St. James Assiniboia 55+ Centre reserves the right by sole discretion to change, alter or cancel any trips or activities in the event of lack of participation, weather or unforeseen circumstances. There will be no refunds for trips, programs and special events unless canceled by the Centre.

Newsletter Release Date

The **May/June** will be available on **Tuesday, April 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

City Councillor for St. James



Scott Gillingham

204-986-5848
scottgillingham@winnipeg.ca

Positive Leadership for St. James

Parking Passes

Working together with the Winnipeg Parking Authority (WPA), the Centre has implemented a "Virtual Parking Pass". The 2019 passes are available for \$5.00 and in effect Jan. 3rd – Dec. 31st, 2019. Details at 204-987-8850.



St. James Assiniboia 55+ Centre Drop-In Calendar

Monday

Scrabble
1:00 – 3:00 p.m.
March 4th - April 29th
(Centre closed
April 22nd)



Singsationals Choir
10:15 – 11:30 a.m.
Until May 13th
Cost: \$40 Half Year
\$50 non-members



Tuesday



Stamp Club
1:00 – 3:00 p.m.
March 5th & 19th
April 2nd & 16th

Coffee Talk
2:00 – 3:30 p.m.
March 5th – April 30th



Lunch with Friends
Meet at the restaurant at 11:30 a.m.
March 26th - Red Lobster
(1540 Portage Ave)
April 30th - Smitty's Restaurant
(477 Westwood Dr.)
**Must pay for own lunch. Registration
deadline 1 week prior. Max. 20 people*

Wednesday

Cribbage
1:00 – 3:00 p.m.
March 6th – April 25th

Company of Friends
11:00 a.m.
March 13th & 27th
April 10th & 24th

Floor Curling
1:00 – 3:00 p.m.
Cost: \$25 (session in progress)
Until May 15th

55+ Men's Group
1:00 – 3:30 p.m.
March 6th - April 24th
90 Ferry Rd.

Book Club 1:30 p.m.
March 27th
April 24th

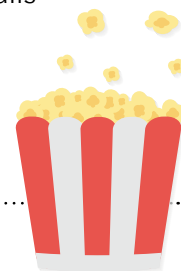


Thursday

55+ Men's Group
1:00 – 3:30 p.m.
March 7th – April 25th
90 Ferry Rd.



Lunch and a Movie
12:00 p.m.
March 7th - A Star is Born
March 21st - The House with a Clock in its Walls
April 4th - I Feel pretty
April 25th - Bohemian Rhapsody
Cost: \$10 members \$12 non-members
(Must register in advance)

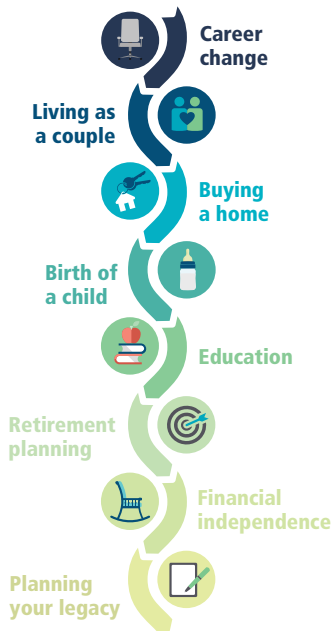


Friday

Vegas & Canasta
1:00 – 3:30 p.m. March 1st - April 26th (Centre closed April 19th)

Saturday

Floor Curling (Competitive)
9:00 a.m. – 12:00 p.m. Until April 27th (Centre closed April 20th)
Cost: \$2 members/\$3 non-members/week



ADVICE FOR LIFE

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.

Every financial decision can make a meaningful contribution towards achieving your financial and lifestyle objectives. No matter your needs, you can count on us for honest and straightforward financial advice and ongoing appraisal of your progress, every step of the way.

WINNIPEG WEST BRANCH

2525 Portage Ave. | Winnipeg, MB | R3J 0P1

(204) 925-7390



Desjardins
Financial Security®
Investments Inc.

Mutual Funds are provided through Desjardins Financial Security Investments Inc. Except for segregated funds in self-directed accounts, which are offered through Desjardins Financial Security Investments Inc., Life and Health Insurance products are provided through Desjardins Independent Network Insurance Agency. Desjardins Independent Network Insurance Agency is a business name of Desjardins Independent Network Insurance Inc. which also operates in BC under the assumed name Desjardins Independent Network Insurance Agency Inc. 0400_10895v6

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

Coffee with Doug

Saturday, April 20
10 a.m. to Noon
Folio Cafe
2299 Grant Avenue

Join me for casual coffee and conversation!



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

All-Inclusive Living for Active, Older Adults with Ongoing Supports in Place

We set the standard for **Age-In-Place living** by delivering support services needed to ensure ongoing quality of life throughout the years at these beautiful retirement communities.

Please Call
to Arrange Your
Personal Tour
Kari
204.792.1532
or, **Barbara**
204.296.0386

*Come for lunch
or dinner, take a
tour and experience
life in our
neighbourhood!*



STURGEON CREEK I
10 Hallonquist Dr.

STURGEON CREEK II
707 Setter St.



ALL SENIORS CARE™
LIVING CENTRES

Where Caring is Our Number One Concern™

www.allseniorscare.com



PROUDLY CANADIAN

