



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.



## Mother's Day Tea

**Thursday, May 9th at 1:30 p.m. (Doors open at 1:00 p.m.)**

Join us for a tea to celebrate all the mother's and women in the world. A variety of teas, fancy sandwiches and dainties will be served and a prize will be given out for the best fascinator or hat.

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

*Registration Deadline: Tuesday, May 7th*

## The Ole' Farmhouse Cafe

**Tuesday, May 28th, 31 Rose Lane, Rosenort, MB**  
**Leaving Centre at 10:30 a.m.**

Due to popular demand we will be returning to Rosenort and the Ole' Farmhouse Café! The Ole' Farmhouse Café embraces the amenities of a restaurant with all the warm comforts of home creating the most unique atmosphere. The Café has its own on site bakery to bake their own breads, buns, and desserts to complement each of their unique meals. Participants are responsible for paying for their own lunch.

\*This trip is dependent on drivers so please indicate at registration if you are able to drive\*.

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

*Registration Deadline: Tuesday, May 21st*



## Canada Day BBQ and Bingo

**Thursday, June 27 at 12:00 p.m.**

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

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

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

*Registration deadline: Tuesday, June 25*



## KEY DATES

- May 7** One Great City
- May 7** Crafting Tuesdays
- May 9** Mothers Day Tea
- May 15** Bankers Row
- May 16** Lunch and a Movie
- May 14** Overcoming Fatigue
- May 8, June 12** Men's Breakfast
- May 21** Aging vs Ageism
- May 23** Brunch with Historian
- May 28** Ole Farmhouse Cafe
- May 30** Fun with Flowers
- May 30** Lunch and a Movie
- June 5** Travelogue: Greece
- June 6** Music of our Lives
- June 11** Online Banking 101
- June 11** New Way to Exercise
- June 14** AGM
- June 20** Lunch and a Movie
- June 27** Canada Day BBQ

## ST. JAMES ASSINIBOIA 55+ CENTRE - Hours

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

No financial transactions  
after 3:30 p.m.

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## MEMBERSHIP \$40/YEAR

### REGISTRATION PROCEDURE

Registration for new programs starting in **May/June** will be accepted starting **April 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 **July/Aug**) will be **Thursday, June, 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](mailto:info@stjamescentre.com)

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



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## STAFF DIRECTORY

<b>Meaghan Wilford</b>	Executive Director
<b>TBD</b>	Seniors Resource Coordinator
<b>Paul Brown</b>	Program Coordinator
<b>Kelly Howell</b>	Congregate Meal Program Coordinator & Program Assistant
<b>Carol Sandilands</b>	Administrative Assistant

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

#### Healthy Aging Resource Team Facilitators:

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

## BOARD OF DIRECTORS

<b>Gerald Knutson</b> <i>President</i>	<b>Marilyn Robinson</b> <i>Past President</i>	<b>Ian McCausland</b> <i>1st Vice President</i>
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<b>Yvonne Hardy</b> <i>Director at Large</i>	<b>Sharon Walters</b> <i>Ex-Officio</i>	

*Thank you* to our funders and sponsors whose generous support of the Centre allows us to continue to offer quality programs and services for our members and the community at large. If you would like to make a donation to support the Centre, please contact 204-987-8850 ext. 102.

### Funders

Winnipeg Regional Health Authority  
Winnipeg Foundation  
Manitoba Association of Senior Centres

### Sponsors

Chapel Lawn Memorial Gardens  
Desjardins Financial Security Investments  
Home Instead Senior Care  
Assiniboine Credit Union  
Patrick Realty Ltd.  
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# Special Events and Outings

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

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

## One Great City

Tuesday, May 7th

1596 Ness Ave.

Leaving the Centre at 11:30am



One Great City is the collaboration of two Winnipeg natives who have travelled the world and brought their experiences back to Winnipeg in a creative and unique restaurant and brewery experience. One Great City offers a fusion of high end dining with traditional comfort food everyone can appreciate. Customers will find the menu familiar but with twists that make an old favorite even better. Join us as we enjoy a local restaurant and inviting atmosphere and after lunch we will check out the brewery. Participants are responsible for paying for their own lunch. *We will be carpooling so please indicate when registering if you are able to drive.*

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

*Registration Deadline: April 30th*



## Men's Breakfast

May 8th and June 12th

Assiniboine Gordon Inn on the Park

1975 Portage Ave.

**Meet at restaurant at 10:30 a.m.**

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**

*Registration Deadline: May 6th for breakfast on May 8th and June 10th for breakfast on June 12th*

## ST. JAMES ASSINIBOIA 55+ CENTRE - ANNUAL GENERAL MEETING (AGM)

The Annual General Meeting (AGM) of the St. James Assiniboia 55+ Centre will be held at 10:30 a.m. on Friday, June 14th, 2019 at the Centre, 3rd floor, 203 Duffield St.

### Items of Business:

- Approve the annual report of the Centre
- Elect directors to the Board for a term of two years
- Approve the appointment of accountant for annual financial review engagement
- Consider such other business as may properly come before the Annual General Meeting



**The Board of Directors & staff invite you to join us for a light lunch following the AGM.**

# Special Events and Outings

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

## Celebrations - Buddy Holly Happy Days

Tuesday, June 18th, 1824 Pembina Hwy

Leaving the Centre at 10:30 a.m.

Join the Centre at the Celebrations Matinee Buddy Holly Happy Days.

Come back with us to the Happiest of Days... the 1950's! The gang is all here, Richie Cunningham, the Fonz, and of course their best pal Buddy Holly. What? You didn't know that the legendary Rock and Roll pioneer was friends with Ritchie Cunningham and the gang?!? He was their best Buddy!!

Celebrations Dinner Theatre presents Buddy Holly's Happy Days. All of Buddy holly's greatest hits and some more fantastic oldies too!!

*We will be carpooling so please indicate when registering if you are able to drive.*

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

*Registration Deadline: June 4th*



## Fundraiser

We will be conducting a Bothwell Cheese fundraiser from **April 1st to April 18th**. There will be 19 varieties of Bothwell cheese available for purchase. Order forms will be available at the Centre or on our website.

The money raised will be used to help reach our yearly **Fundraising goal of \$35,000**. Please encourage friends, family and neighbours to purchase them.

**Fundraiser Pickup will be on Thursday, May 2nd** in the afternoon.



## Winnipeg Trolley Tour

**Wednesday, June 26th from 1:30 - 4:00 p.m.**


**The Trolley will be leaving from the Centre**

Hop aboard The Winnipeg Trolley and we guarantee you will never see Winnipeg in the same way again! Visit St. Boniface, the Exchange District, Osborne Village, the stately mansions on Wellington Crescent, and enjoy the grandeur of the 400-acre Assiniboine Park. Marvel at the world's only human rights museum; a 16th-century Venetian merchant's palace; and one of Canada's most mysterious architectural wonders, the Manitoba Legislative Building. This tour is humorous, engaging, and will help you discover what makes the city so special!

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

*Registration Deadline: Wednesday, June 12th*

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# Special Events & Outings

## Oral Health Education & Screening Event

Thursday, May 2nd



Attend the Oral Health presentation to be eligible for a free (15 minute) one-on-one Oral Health Screening with a registered Dental Hygienist.

**EDUCATION SESSION AND ORAL HEALTH PRESENTATION: 9:00 - 10:00 A.M.**

**FOLLOWED BY 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). \*\*No exceptions please bring ID\*\***



### PRE-BOOK SCREENING APPOINTMENTS

with the St. James Assiniboia 55+ Centre at 204-987-8850



For additional information please contact HART- Healthy Aging Resource team at 204-940-3261

### BIOGRAPHY — KELLY HOWELL

## HELLO EVERYONE,



I am very excited to be your new Congregate Meal Program Coordinator and Programming Assistant. I strive to balance holistic recipes with the sweeter aspects of cuisine for a nostalgic food experience. I have food service experience from working in summer camp kitchens as well as local restaurants and other non-profit meal programs. When I am not at work, I enjoy trying new recipes, walking in the forest, and writing. Please feel free to drop by my office to offer ideas on what you would like to see in the meal program going forward, or even just to say hello.



### Cookbook



We are planning on putting together a Centre cookbook as a fundraiser to launch in September. It will contain some of your favourite soups and other recipes from events at the Centre but we are looking for favourite recipes from our members as well! **Please drop off your recipes by May 31st, 2019.** If you are able to help edit the cookbook, please let Meaghan know.

# Straight from the H.A.R.T.

## Do you need Home Care?

The Home Care program is designed to provide effective, reliable and responsive community health-care services to support independent living, develop appropriate care options with clients and/or family, and facilitate admission into long-term care facilities when living in the community is no longer possible.

### Who is eligible for Home Care?

Individuals must be a Manitoba resident, registered with Manitoba Health, require health services or assistance with activities of daily living, require service to remain safely in their homes and require more assistance than available from existing supports and community resources.

Anyone who is a Manitoba resident is able to refer themselves, a relative or a neighbour for home-care services. A referral from a physician is not required.

### Home care services include:

- Personal care
- Nursing
- Counselling/Problem-solving
- Household assistance
- Respite/Family relief
- Occupational therapy assessment
- Physiotherapy assessment
- Referral to other agencies



- Co-ordination of internal and external services in the community
- Assessment for long-term care and specialty services such as the Adult Day program, Companion Care program and Supportive Housing program.

### For more information:

Call the Home Care Intake Line at 204-788-8330.  
Or, fax your request for information to 204-940-2227.

You can also visit the Winnipeg Health Region's website at [www.wrha.mb.ca](http://www.wrha.mb.ca) and search: home care.

*Article from: Winnipeg Health Region, Wave, September / October 2014*

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

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

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

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



**Elizabeth St Godard RD**  
Dietitian



**Lorna Shaw-Hoepfner RD**  
Dietitian



**Lisa Newman, BSW, RSW**  
Social Worker

# Drop-In Programs

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

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



## LUNCH & A MOVIE

Thursdays at 12:00 noon

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



**Come join us on the dates below for a great afternoon at the movies! A fantastic lunch, dessert, popcorn and a drink will be provided. Registration deadline noon day before each movie however movies fill up fast so register early.**



### Instant Family - May 16

When Pete (Mark Wahlberg) and Ellie (Rose Byrne) decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child but when they meet three siblings, including a rebellious 15 year old girl (Isabela Moner), they find themselves speeding from zero to three kids overnight. Now, Pete and Ellie must hilariously try to learn the ropes of instant parenthood in the hopes of becoming a family. INSTANT FAMILY is inspired by the real events from the life of writer/director Sean Anders and also stars Octavia Spencer, Tig Notaro and Margo Martindale.

### The Last Laugh - May 30th

When retired talent manager Al Hart (Chevy Chase) is reunited with his first client, Buddy Green, a comic who quit show business 50 years ago, he convinces Buddy to escape their retirement community and hit the road for a cross-country comedy tour.

### Green Book - June 20th

A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South.





# Drop-In Programs

We have many drop in style programs at the Centre that are little to no cost for members and a nominal fee for non-members. Please contact the front desk at 204-987-8850 if you have any questions about membership, or our drop in programs.

## 55+ Men's Group

Come and check out the Men's group in their new space located at 90 Ferry Rd. The men meet Wednesdays and Thursdays from 1-4pm. Coffee will be hot and all are welcome. Stop by say hi and chime in on current events or just sit and enjoy a good cup of coffee.

## 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!



## 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.



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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 us at: 204-987-8850 ext. 103 or [kelly@stjamescentre.com](mailto:kelly@stjamescentre.com). **\*Please note that we are unable to make meal adjustments the day of an event.\***

## Brunch with a Historian

Thursday, May 23rd from 9:30 - 11:00 a.m.

**"Nice Women Don't Want the Vote"**



Photo Source: Archives of Manitoba, McClung, Nellie 1.

This was a retort of Manitoba Premier Sir Rodmond Roblin to Nellie McClung during a heated exchange at the Legislature in 1914. Two years later, most Manitoban women were able to vote, nice or not, making our province the first in Canada to extend voting rights to adult females. The suffrage movement in Manitoba is normally seen as quick and effective, lasting less than ten years, and ending in a win for equality. The reality is messier. The movement began in the early 1890s among settler women who were being excluded from the promises of the Canadian West and wanted to change the laws. And not ALL women got to vote, or kept the right. This presentation will show the artifacts, arguments and people behind one of the most important moments in the history of Canadian democracy.

Join us as we experience this excellent presentation from the Manitoba Museum. You're not going to want to miss this.

*Presenter: Dr. Roland Sawatzky, Curator of History, Manitoba Museum*

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

*Registration Deadline: May 16th*

## Music of our Lives

Thursday, June 6th

**Doors open at 11:30 a.m., Meal at 12:00 p.m.**

So often our most vivid memories are tied to music, the songs we sang with family and friends. Join us as Brian McMillan takes us on a trip down memory lane with songs from the 20's to the 60's. Come enjoy a delicious meal at the Centre and some great music.

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

*Registration Deadline: June 4th*

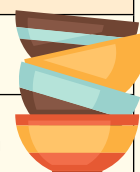


## Soup *AND* More

**\$3/bowl**

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

May 14th	Baked Potato
	Cabbage Roll
May 28th	Butternut Bisque
	Hungarian Mushroom



Drop by the Centre to see what's available or pre-order for pickup by calling 204-987-8850 or email at: [kelly@stjamescentre.com](mailto:kelly@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., May 2nd at 11:30 a.m.**

*NOTE: You should anticipate to stay for 2-2.5 hours each session)*



**Open to all. Pre-registration is required.** Register online or contact the front desk.

Please direct any questions to Liz St. Godard RD at 204-940-3261 **Cost: \$10 Each Session**

# Educational Programs

**Have an idea for a workshop, event or technology class?** Feedback from our members is very important to us. If you have a comment, question, suggestion or concern, please contact the Centre at 204-987-8850.

## Singsationals

**Mondays until May 13th**

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



Thank you to our singsationals choir for all their hard work this season. They are great ambassadors for our Centre and help brighten the spirits of so many in the community! The last rehearsal for this group is on May 14th so if you are interested in joining the Choir in the future, come check out one of their last rehearsals!

## Crafting Tuesdays

**Tuesdays, May 7th - 28th from 1:00 - 3:00 p.m.**

Come out for crafting Tuesday's and enjoy making engraved, stamped or embossed greeting cards as well as boxes from old greeting cards. Add-ons to the cards and boxes will also be made from clay or aluminum. Other projects would include learning counted cross stitch, painting on glass and various forms of stenciling. Materials will be provided.

*Instructor: Sharon Ferrill*

**Cost: \$10 members/ \$15 non-members**

*Registration Deadline: April 30th*

## Fun with Flowers

**Thursday, May 30th from 10:00 - 11:00 a.m.**

**Thursday, June 27th from 10:00 - 11:00 a.m.**

Kat will guide participants step by step in order to create a stunning spring floral centerpiece arrangement (real flowers are used). These will be perfect for your home to brighten the space or as gifts for your friends and family. All supplies will be provided and no experience necessary.

*Instructor: Kat Degner*

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

*Registration Deadline: May 23rd for May 30th class and June 20th for June 27th class*



## Bankers Row

**Wednesday, May 15th from 11:00 a.m.**

You've seen the beautiful buildings downtown with their ornate exteriors. Maybe you've wondered about them as they provided services in the hustle and bustle of a growing city. Let's explore those days and join Greg on a journey and learn about Bankers Row and the impact (good or bad) that it had on Winnipeg as it sought to define itself.

*Presenter: Greg Agnew, Heritage Winnipeg*

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

*Registration Deadline: May 8th*



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# Educational Programs

## All About Orchids

**Tuesday, May 21st from 1:30 p.m. to 2:30 p.m.**

Joan Porteous is the president of the Manitoba Orchid Society. Growing orchids has been her passion for more than 20 years. Joan's talk will be on the topic of orchid propagation. It will include discussion about dividing your orchid plant, taking cuttings, and using back-bulbs to start a new plant. Information about re-potting orchids will also be offered. Open discussion and questions is always most welcome!

*Presenter: Joan Porteous, Manitoba Orchid Society*

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

*Registration Deadline: Tuesday May 14th*



## Travelogue - Glorious Greece

**Wednesday, June 5th at 11:00 a.m.**

Join us for an uplifting trip to 'Glorious Greece', where we will visit the Birthplace of Democracy, Western Philosophy, the Olympic Games.

We will explore the captivating city of Athens and it's landmark Acropolis, also the fascinating area of the Plaka for great shopping and tavernas.

Then take a relaxing ferry to several classic sun drenched Greek Isles and view the delightful whitewashed sugar cube houses, the mysterious back alleys, the golden beaches and blue domed churches.

The presentation concludes with a 15 minute slide show and music.

*Warning! We encourage dancing but not the traditional Greek custom of plate throwing!*

*Presenter: Brian McCann*

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

*Registration Deadline: May 29th*



## A New Way to Exercise

**Tuesday, June 11th from 2:00 p.m. to 3:00 p.m.**

Training in different styles allows you to be better equipped for the physical activities that you love to do, like pickle ball or other activities! Adding in different movements and varying intensities will help your body adapt to your sports and activities in a fun and efficient way. We will talk about the benefits of constantly varying your movements, and review some of the top exercises that you can do to get your game to the next level.

*Presenter: Cody Bernard*

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

*Registration Deadline: June 4th*

## A History of Hospitals in Winnipeg

**Wednesday, June 12th from 11:00 a.m. -12:00 p.m.**

There has been a lot of talk lately about healthcare and hospitals here in the city. Join us as we listen to a fantastic presentation from Greg Agnew from Heritage Winnipeg as he shares with us the history of the hospitals here in Winnipeg. Chances are you've been in one at some point and maybe even wondered about their storied past. As always Greg's presentations are full of interesting facts and wonderful stories. You won't want to miss out.

*Presenter: Greg Agnew, Heritage Winnipeg*

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

*Registration Deadline: June 5th*



# Fitness Programs



Please remember to wear active clothing, appropriate foot wear, and bring a water bottle. Please sign up early as classes will be cancelled if there is not enough interest. Drop-In spaces are only guaranteed if the class runs or there is room. Drop-in fees are \$15 for yoga, \$10 for all other fitness classes. If you plan to drop-in, call us at 204-987-8850 in advance to confirm space availability. You may also refer to our website at [www.stjamescentre.com](http://www.stjamescentre.com) for more information on programs.

## Fitness Safety Orientations

**Fridays: May 3rd and June 7th**

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

Cost: \$5 (members only)



## Lite n' Lively

**Mondays: until June 24 (no class May 20)**

**(Class in Progress)**

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

Cost: \$10 Drop In Fee

*Instructor: Sue Keyton*

## Zumba Gold

**Mondays: until June 24 (no class May 20)**

**(Class in Progress)**

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

Cost: \$10 Drop In Fee

*Instructor: Sue Keyton*



## Monday Yoga

**Mondays: until June 24 (no class May 20)**

**(Class in Progress)**

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

Cost: \$15 Drop In Fee

*Instructor: Sue Keyton*

## Wednesday Evening Yoga

**Wednesdays: until June 26th (no class May 22)**

**(Class in Progress)**

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

Cost: \$15 Drop In Fee

*Instructor: Sue Keyton*



## Growing Young

**Tuesdays: until June 25th (no class May 21)**

**(Class in Progress)**

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

Cost: \$10 Drop In Fee

*Instructor: Sue Keyton*

## Growing Young

**Fridays: until June 28th**

**(no class May 24) (Class in Progress)**

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

Cost: \$10 Drop In Fee

*Instructor: Sue Keyton*



## Health & Wellbeing Workshops

**9:30 a.m. - 11:00 a.m.**

**Fridays May 31st to June 28th (5 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: \$62.50 members/\$75 non members

*Instructor: Sue Keyton*

## Line Dancing

**Wednesdays until June 5th (Class in Progress)**

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

Cost: \$10 Drop In Fee

*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](http://www.stjamescentre.com) for more information on programs.

## 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: \$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**



## DON'T FORGET ABOUT OUR 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 not been 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

**Westwood Community Church**

**401 Westwood Dr.**

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

**Sturgeon Heights Community Centre**

**210 Rita Street**

### Monday

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

## Managing Hip and Knee Arthritis and Preparing for your Joint Replacement

**Tuesday, May 7th at 1:30 p.m.**

This presentation is instructed by two physiotherapist who work at the Reh-Fit Centre. They will review self-management strategies to assist in treating hip and knee arthritis and will review the importance of staying active with arthritis! The focus of the presentation will discuss how to best prepare for your upcoming hip or knee replacement and what to expect post-operatively.

*Presenters: Kelly Small and Jasmine Thorsteinson*

**Cost: \$4**



## Overcoming Fatigue

**Tuesday, May 14th at 1:30 p.m.**

Being tired, low in energy or fatigued is a common problem with arthritis and other chronic conditions. It can make it difficult to concentrate or deal with pain and sometimes it can make you feel helpless. Taking action to increase your energy and minimize your fatigue will help you feel better and get back to active living.

*Presenter: Arthritis Society*

**Cost: \$4**



## Aging vs Ageism

**Tuesday, May 21st at 1:30 p.m.**

Ageism is the stereotyping, prejudice, and discrimination against people based on their age. It is an insidious practice which has harmful effects on the health of older adults. For older people, ageism is an everyday challenge. Overlooked for employment, and stereotyped in the media, ageism marginalises and excludes older people in their communities.

This presentation will focus on commonly held views of ageing and older persons and how these attitudes lead to the marginalization of older people in our communities and the negative effect on their health and wellbeing.

*Presenter: Jeannette Brigit, Home Instead Senior Care*

**Cost: \$4**



## Living well in Retirement

**Tuesday, May 28th at 10:30 a.m.**

Join us as we learn about living well in retirement. We will cover topics such as tax planning strategies, how to manage your living, and life style expenses and leaving a legacy.

*Presenter: Amanda Jordan, RBC*

**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 204-987-8850 ext 108 or email: [info@stjamescentre.com](mailto:info@stjamescentre.com)



# Support Services

## The gardening tools are ready, is your body physically ready?

**Tuesday, June 4th at 10:30 a.m.**

Gardening is a pleasure that is hard to explain. You might gladly use up precious sunny weekend days to make the yard look nice – and beat up your body in the process. You might end up with lower back pain from bending over more times in one day than in the last four months, or shoulder pain from picking all those weeds, not to mention how exhausted your legs feel.

The great thing is that it doesn't have to be that way. Join us as Elite Sports Injury physiotherapists share injury prevention tips and a few key exercises you can do on a consistent basis to help strengthen your body, so you can enjoy the weekend of sun and gardening, without the aches and pains.

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

**Cost: \$4**



## Online Banking 101

**Tuesday, June 11th at 10:30 a.m.**

Gone are the days when your banking could only be done in person, did you know you now have the option to do lots of your banking online? Join us as we learn how to safely bank online. Following the presentation you will have the opportunity to ask Amanda specific question about any bank's online banking so bring your own device if you like.

*Presenter: Amanda Jordan, RBC*

**Cost: \$4**



## Putting a face to the World's largest minority group

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

Nancy Hansen, Ph.D. is an Associate Professor and Director of the Interdisciplinary Master's Program in Disability Studies at the University of Manitoba. Nancy obtained a PhD from the University of Glasgow. Disability Studies looks at disability and disability issues from a social citizenship, social justice and human rights perspective. The goal is to gain a better understanding of the world's largest minority disabled people which now comprise 22% of Canada's population or 1.3 billion people world-wide.

*Presenter: Nancy E Hansen, PhD*

**Cost: \$4**



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# Volunteering

**Rides for Seniors - Monday to Friday 9:00 a.m. - 4:00 p.m. 204-987-8850 ext. 106**

The Rides for Seniors program take seniors living in the St James Assiniboia area to medical appointments, grocery shopping, banking, visiting friends and to events at the centre. A **suggested donation of \$8 for a ride in St. James Assiniboia area or \$15 outside of the area (plus parking costs) is given to the driver to help cover the cost of gas and wear on their car.** Rides are always dependent on availability.

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## 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.

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## 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.

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## Volunteer Spotlight

As we approach the summer months some of our programs are preparing to take a break, and we want to thank all our volunteers who run our drop-in programs. If not for these volunteers the wide variety of drop-in programs would not be possible. These programs provide great socialization opportunities and bring so many friends together each week!



We also want to thank our Soup Ladies! This dedicated group has been getting together twice a month from September to May to make the delicious soups that have been flying off the shelves. Thank you for all that you do, we have all enjoyed the delicious soup!

**Thank you to all our volunteers!**

**For information on Support Services, volunteering, or E.R.I.K. kits call  
204-987-8850 ext. 108 or [info@stjamescentre.com](mailto:info@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.



### 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

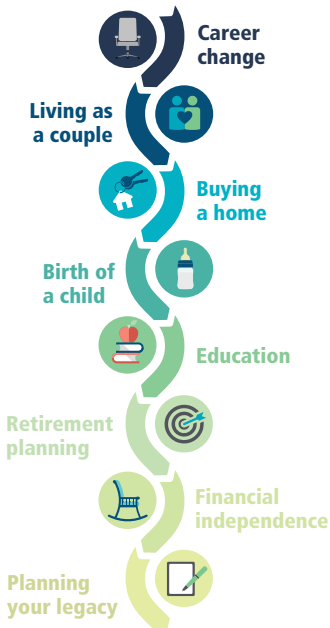
Referrals to some great in-home service providers such as:

- 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 **July/Aug newsletter** will be available on **Tuesday, June 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 us 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 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.  
May 6th – June 24th  
(Centre closed  
May 20th)  
\$2 non-members



### 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.  
May 7th and 21st

### Coffee Talk

2:00 – 3:30 p.m.  
May 7th – June 25th



### Lunch with Friends

Meet at the restaurant at 11:30 a.m.

**May 28th - Captains Table**

(1823 Portage Ave)

**June 25th - Taverna Rodos**

(5113 Roblin Blvd)

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

## Wednesday

### Cribbage

1:00 – 3:00 p.m.  
May 8th – June 26th

### Company of Friends

11:00 a.m.  
May 8th & 22nd  
June 5th and 19th

### 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.  
May 1st – June 26th  
90 Ferry Rd.

**Book Club** 1:30 p.m.  
May 29th, June 26th



## Thursday

### 55+ Men's Group

1:00 – 3:30 p.m.  
May 2nd – June 27th  
90 Ferry Rd.



### Lunch and a Movie

12:00 p.m.  
May 16th – Instant Family  
May 30th – The Last Laugh  
June 20th – Green Book

Cost: \$10 members \$12 non-members  
(Must register in advance)



## Friday

### Vegas & Canasta

1:00 – 3:30 p.m. May 3rd – June 28th  
\$2 non-members



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