



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.



## Lake of the Woods Boat Trip

**Wednesday, August 7th**

**Departing St. James Civic Centre (2055 Ness Ave) at 8:00 a.m.**

Let's head down to Kenora for a fantastic day of shopping, sailing and lunch on Lake of the Woods. After we arrive in Kenora, we can check out the local stores and the Matiowski Farmers Market where the Whitecap Pavilion plays host to over 100 Market Vendors. Hop on-board the M.S. Kenora for an afternoon cruise and lunch before heading back to the city. Your registration fee includes lunch and transportation (bus and boat).

*Please note: there is a washroom on the bus.*

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

*Registration Deadline: Thursday, August 1st*



## Bridge Drive-In

**Monday, August 19th (766 Jubilee Ave)**

**Departing Centre at 1:00 p.m.**

We will be heading to The Bridge Drive-In for some tasty ice cream just the way you like it. Participants responsible for their own purchase. *Carpooling Volunteers Needed.*

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

*Registration Deadline: Thursday, August 15th*

## St. Norbert Farmers Market

**Wednesday, July 31st (3514 Pembina Highway)**

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

Let's head to Manitoba's largest farmers market to pick up some fresh fruits, vegetables and other goods from local Manitoban vendors. Along with shopping, try out some of the delicious food vendors and have lunch outdoors. *Carpooling Volunteers Needed.*

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

*Registration Deadline: Friday, July 26th*



## KEY DATES

**July 2** Assiniboine Park Zoo

**July 4** Lunch and a Movie

**July 9** Delta 9

**July 11** Sundae Bar & Board Games

**July 18** Lunch and a Movie

**July 30** Mennonite Heritage Village

**July 31** St. Norbert Farmers Market

**Aug 1** Lunch and a Movie

**Aug 7** Lake of the Woods Boat Trip

**Aug 13** Seven Oaks House Museum

**Aug 15** BBQ & Board Games

**Aug 19** Bridge Drive-In

**Aug 22** Lunch and a Movie

**Aug 27** McLeod House

**Aug 29** Country Music Cookout

## 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 **July/August** will be accepted starting **June 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 **Sept/Oct**) will be **Thursday, August 15th**.

### 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>Sarah Vinck</b>	Seniors Resource Coordinator
<b>Samantha Silvester</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.  
Assiniboine Pharmacy

# 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!\*\***

## Assiniboine Park Zoo

Tuesday, July 2nd (2595 Roblin Blvd)  
Departing Centre at 9:30 a.m.



Join us for a visit at the Assiniboine Park Zoo. Come enjoy the animals and A Journey to Churchill where the polar bears play. Check out the new baby at the Gibbons house and see the Heavy Horse Exhibit. Enjoy the Tundra Grill Café for lunch before heading home. Participants are responsible for their own lunch. Please meet at the front gate off of Roblin Blvd if you are meeting us there. *Carpooling Volunteers Needed.*

**Cost: \$22 members/\$25 non-members**

Registration Deadline: Wednesday, June 26th

## Menonite Heritage Village

Tuesday, July 30th (231 Provincial Trunk Hwy 12, Steinbach, MB)  
Departing Centre at 9:30 a.m.

Explore a turn-of-the century Russian Menonite street village on their 40 acre site. Taste traditional ethnic fare at the museum's Livery Barn Restaurant, and explore a classic Menonite Housebarn and a fully operational Dutch windmill during their summer season. View historic and heirloom treasures from Poland and Russia to Canada, displayed in the Main and Gerhard Ens galleries, and find that perfect souvenir at Village Books & Gifts, all open year-round in the Village Centre. For lunch enjoy some cabbage borscht with a ham and cheese sandwich as well as dessert and coffee. *Carpooling Volunteers Needed.*

**Cost: \$32 members/\$37 non-members**

Registration Deadline: Thursday, July 25th

## Milltown Hutterite Colony

Wednesday, August 21st (Rd 11W, Elie)  
Departing Centre at 10:30 a.m.



Join the centre for a tour of a Hutterite colony in Manitoba. We will be having lunch and a tour of this rural colony where you can learn more about life on a Colony. Bring your spare change to buy delicious honey, bread and fresh vegetables. *Carpooling Volunteers Needed.*

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

Registration Deadline: Thursday, August 15th



## Folkfest - Birds Hill Park

Friday, July 12th  
Departing Centre at 10:00 a.m.

Join us for a day at Manitoba's Folkfest for music, shopping and amazing food. There's something magical about Folkfest that makes everyone who attends feel relaxed. There is music for everyone with 9 different stages to attend. This adventure includes admission and one food voucher. We suggest participants bring their own lawn chairs, blankets, sunscreen and water bottles. We will be leaving the park at 3pm. *Carpooling Volunteers Needed.*

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

Registration Deadline: Friday, July 5th

# Special Events & Outings

## Delta 9

**Tuesday, July 9th (827 Dakota St #1)**

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

Come join us for a tour of a cannabis store. Delta 9 Cannabis has been a medical cannabis producer since 2014, and was chosen as one of four companies to open retail stores in Manitoba. Delta 9 is committed to providing quality cannabis products for medical and adult use, with a focus on socially responsible consumption. We will be heading to the food court at St. Vital Mall, where they have many delicious choices for a bite to eat afterwards. Participants are responsible for own lunch. *Carpooling Volunteers Needed.*

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

*Registration Deadline: Friday, July 5th*



## Seven Oaks House Museum

**Tuesday, August 13th (50 Mac St)**

**Departing Centre at 10:00 a.m.**



Seven Oaks House is the oldest remaining house in Winnipeg. It was built in 1851-53 for John and Mary (Sinclair) Inkster, the heads of an influential Métis family in the Red River Settlement. Their first log farm house (c.1831) still stands nearby and is among one of the oldest buildings in Manitoba. Today their restored homestead and it's stunning examples of Red River architecture invite visitors to step back in time and experience life as it was for a family in the 19th century. Once we have enjoyed the museum and the neighbouring park we will head to Salisbury House for a bite to eat. Participants are responsible for their own lunch. *Carpooling Volunteers Needed.*

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

*Registration Deadline: Thursday, August 8th*

## Dalnavert House Museum

**Wednesday, July 24th (61 Carlton St)**

**Departing Centre at 1:00 p.m.**



Built in 1895 on Treaty 1 land, it is located in the restored home of Sir Hugh John Macdonald, former Premier of Manitoba and son of Sir John A. Macdonald. This house is an example of Queen Anne style architecture and has been furnished for the late Victorian era. We will finish the tour with cookies and tea or coffee on the veranda. *Carpooling Volunteers Needed.*

**Cost: \$15 members/\$17 non-members**

*Registration Deadline: Wednesday, July 17th*

## McLeod House Tea Room

**Tuesday, August 27th (292 Main St, Stonewall, MB)**

**Departing Centre at 10:45 a.m.**

McLeod House serves a variety of homemade desserts, homemade soup, four varieties of delicious sandwiches, salads with freshly made dressings, and a daily feature item. Participants are responsible to pay for their own lunch. Afterwards, we will check out The Grande Bazaar as well as the Global Garage for some shopping. *Carpooling Volunteers Needed.*

**Cost: \$8 members/\$12 non-members**

*Registration Deadline: Thursday, August 20th*





# Greetings & New Staff Bios

## Greetings from Executive Director

MEAGHAN WILFORD

Welcome to the warm weather and I hope you enjoy reading our Summer 2019 newsletter.

As I write this, it is finally starting to warm up outside and the sun is out. After the long winter, we sure deserve to have a warm summer, which will be necessary for all of the great summer programming we have planned for at outings in the community and in the Centre.

I wanted to send a thank you to everyone for your patience over the past few months with all the staff changes at the Centre. Rest assured we have assembled a new team of great staff at the Centre who are all very motivated to continue our great programming and be a friendly face to all of our members.

Please introduce yourselves to Samantha and Sarah and check out their bios in this newsletter!

I hope everyone has a fantastic summer and can't wait to see you out at all our great events.

### INTRODUCING OUR NEW SENIOR RESOURCE COORDINATOR

**Sarah Vinck**

Hello! My name is Sarah and I am the new Senior's Resource Coordinator at the centre. I am a recent University of Manitoba Graduate and have a degree in Human Ecology with a focus on social sciences. My program specialized in aging and developmental health which is very fitting for working at the Centre. Prior to working at the Centre I worked with the Canadian Longitudinal Study on Aging as a research assistant and as a support worker for adults, youth and children. I have a passion for learning new things and meeting new people. Feel free to pop by my office and introduce yourself. Looking forward to being an active part of the Centre and helping connect you with community resources.



### INTRODUCING OUR NEW PROGRAM COORDINATOR

**Samantha Silvester**

I grew up on a farm and have always enjoyed getting to know people. I decided to take culinary arts when I was 16 and went to school to learn American Sign Language. After 10 years of working with food I decided I enjoyed working with seniors more. I was the Executive Director of another senior centre before coming here. On my time off, I am on the board for a cat rescue and I foster cats. I am currently working with a group in the North End to make it a safer place as well as spending time with my Grandson. I like playing board games and working on my coin collection. I am here if you have ideas, concerns, or if you just want to chat. Hope you have a great summer.

## 8 Steps to Stay on Your Feet

Fall prevention is an important part of staying healthy and independent as we get older. The following are 8 steps to help you prevent falls and stay independent.

### 1. Improve Your Balance

- Exercise to improve your balance for 2 hours each week or about 20 minutes every day.
- Do balance exercise in addition to your other physical activities.
- Visit [www.preventfalls.ca](http://www.preventfalls.ca) or ask your physiotherapist for simple exercises you can do. You can also ask the HART team for a sample of some balance exercises.

### 2. Stay Active and Exercise Daily

- Do activities that you enjoy such as walking, swimming, cycling or exercising in a group.
- Start slowly and work your way up to 20-30 minutes every day.
- If you are just starting to exercise, talk to your doctor first.



### 3. Manage Your Medications

- Review your prescriptions, over-the-counter drugs (such as pain relievers), vitamins and herbal supplements with your doctor, pharmacist or nurse yearly or when you start a new medication.
- Keep an up to date list of names and doses of your medications. Keep one copy handy in your purse or wallet. Ask us about ERIK (Emergency Response Information Kit).

### 4. Vitamin D and Healthy Eating

- Take a 1000 IU vitamin D supplement each day.
- Eat nutritious foods. Speak with a Registered Dietitian if you have some questions or concerns about your diet.
- Drink 9 cups of fluid every day, such as water milk or tea.
- Limit your alcohol intake to no more than 1 or 2 drinks a day.

## 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.

## 5. Manage Your Health Conditions

- See your health care provider if you don't feel right or if you feel weak, dizzy or unsteady.
- Have regular checkups with your health care provider to manage any chronic health conditions.
- Learn about your health conditions and follow your health care provider's advice.

## 6. Take Care of Your Eyesight

- Always wear your glasses or contact lenses as prescribed and have them checked by your optometrist yearly.
- Have your eyes checked every 2 years by an eye specialist (optometrist or ophthalmologist) or when you notice any vision changes.



## 7. Foot Care and Safe Footwear

- Choose shoes that fit well, provide good support and have low, wide heels.

- When indoors, wear supportive shoes instead of socks or slippers.
- See a doctor, foot specialist (podiatrist) or foot care nurse about foot problems or pain.



## 8. Identify, Remove and Report Hazards

- Remove things in your home that could cause you to trip such as throw rugs, clutter and electrical cords.
- Have good lighting in all rooms, hallways, outside steps and entrances.
- Report hazards in the community to your municipal office by calling 311 in Winnipeg.
- Use the home safety checklist at **www.preventfalls.ca** (or ask the HART team to provide you with one) to identify home hazards.

Winnipeg Regional Health Authority. (2017). *8 Steps to Stay on Your Feet*. Retrieved from <https://www.preventfalls.ca>

## City of Winnipeg Recreation Passes



### On sale from August 1 - 31

Forms can be found on our website or at the Centre. For more information call 204-987-8850.

Passes effective October 1, 2019

Pass Type	6 Month Facility	1 Year Facility
	\$189	\$347
Pass Type	6 Month Combo	1 Year Combo
	\$250	\$481

# 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 Samantha Silvester at 204-987-8850 ext. 105 or email [samantha@stjamescentre.com](mailto:samantha@stjamescentre.com).



## LUNCH & A MOVIE

Thursdays at 12:00 noon

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



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



### The Cobbler - July 4th

The Cobbler - A frustrated shoemaker (Adam Sandler) finds a magical sewing machine that allows him to see the world in a new way by stepping into the lives of his customers.

### Isn't It Romantic - July 18th

Things go from bad to weird when Natalie gets knocked unconscious during a subway mugging and magically wakes up to find herself in an alternate universe. A cynic about love, she now is the leading lady in a real life romantic comedy.

### 6 Below - August 1st

Former professional hockey player Eric LeMarque finds himself stranded on a mountain during a fierce snowstorm. Coming to terms with his personal demons, he soon rediscovers the power of faith while fighting for survival. Based on a true story.

### The Upside - August 22nd

A comedic look at the relationship between a wealthy quadriplegic and an unemployed man with a criminal record who's hired to help him. Based on a true story.

## MEMBERSHIP SURVEY JUNE 4TH THROUGH JULY 12TH

Available at the Members Lounge and online at [www.stjamescentre.com](http://www.stjamescentre.com)

Please take 15 minutes to provide feedback on our programs and services for your chance to win a **FREE one-year membership to the St. James-Assiniboia 55+ Centre**. Contact information must be provided to be entered into the draw. We appreciate and value your input!





# 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.\***

## Sundae Bar and Board Games

Thursday, July 11th at 1:30 p.m.

(doors open at 1:00 p.m.)

Join your friends and fellow members for desserts and board games! We will have games available for you or can bring your favourite to share!

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



## BBQ and Bingo

Thursday, July 25th at 12:00 p.m.

(doors open at 11:30am)

Join us for hotdogs and hamburgers with all the barbeque fixings. Bingo with prizes to follow!

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



## BBQ and Board Games

Thursday, August 15th

at 1:30 p.m.

(doors open at 1:00 p.m.)

Beat the summer heat by coming indoors to a nice, cool afternoon of games with friends. Lunch, root beer floats, and snacks available to keep you gaming all afternoon!

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



## Cowboy Cookout with Sean Burns

August 29th at 12:00 p.m.

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

Welcome back fall kick-off event. Come on out and enjoy a cowboy cookout complete with a country musician Sean Burns to welcome everyone returning from the summer!

Cost: \$12 members \$15 non members



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[www.stephenpatrick.net](http://www.stephenpatrick.net)

# Fitness Programs

## Summer Fitness with Sue Keyton!

Sue Keyton will be leading the following drop-in fitness classes throughout July.

Yoga Class	Yoga Class
<b>Mondays, July 8, 15, 22, 29</b> 1:15 p.m. – 2:15 p.m. Cost: \$52 (4 weeks) Drop-In \$15/class	<b>Wednesdays, July 10, 17, 24, 31</b> 6:30 p.m. – 8:00 p.m. Cost: \$52 (4 weeks) Drop-In \$15/class
Growing Young	<b>Registration is due by the first class of each Session.</b>  <b>**Please see Sue for registration. Payment can be made by cheque or cash.**</b>
<b>Fridays, July 5, 12, 19, 26</b> 11:45 a.m. – 12:45 p.m. Cost: \$35 (4 weeks) Drop-In \$10/class	

### 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**



## PHARMASAVE®

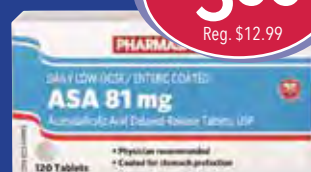
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[info@assiniboinepharmacy.ca](mailto:info@assiniboinepharmacy.ca)

[www.assiniboinepharmacy.ca](http://www.assiniboinepharmacy.ca)

Mon-Fri: 9 am-6 pm  
Sat: 9 am-2 pm



# Support Services



## HEALTHY BREAKFAST SUNDAES

Author: Michelle Miller

Up your breakfast game by making these Healthy Breakfast Sundaes this summer! Made healthy with all the ingredients you want to eat, but in a fun and delicious way. You can also eat these for dessert! (Servings: 3)

### INGREDIENTS

- 4 large bananas quartered, and frozen overnight
- 1 cup fresh berries raspberries, strawberries or blueberries
- 1/2 cup greek yogurt full fat is the best!

### TOPPING

- granola
- berries and banana
- dark chocolate chips
- nut butter I used unsweetened sunflower butter - my fav!

### INSTRUCTIONS

Freeze bananas until very frozen (overnight is best). Make sure to cut them in quarters so they will blend or process easily. Add yogurt, fresh (or thawed from frozen) berries and frozen bananas to a high speed blender or into a food processor bowl. Process until all combined and the consistency is soft and fluffy like soft serve.



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If you want scoopable ice cream, add to a freezer container, and freeze for 1-3 hours. I put it in our deep freeze for a little over an hour and it was a great consistency. Otherwise, just eat it like soft serve!

Top with granola, nut butter, and fresh fruit!

*Customize with whatever toppings you like! You can also use a different berry, peaches, or mango in this recipe. If using peaches or mango, freeze those along with the bananas.*

### NUTRITION

Calories: 207kcal | Carbohydrates: 48g | Protein: 5g | Fat: 1g | Cholesterol: 1mg | Sodium: 14mg | Potassium: 724mg | Fiber: 6g | Sugar: 27g | Vitamin A: 2.8% | Vitamin C: 20.7% | Calcium: 5% | Iron: 3.1%



# 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. 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 Sarah 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



A huge thank you to the volunteers who help in the kitchen with all our food events like soup, the movies and more and to those who made the delicious Mother's Day Tea sandwiches in May. It's through the amazing generosity of the centre volunteers that we are able to run such enjoyable events. Thank you for being involved in the past and hopefully have the pleasure of working with you again in the future.

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



**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

### Home Maintenance Referral Program

We have reputable service providers who can help with yard maintenance, painting, basic plumbing, and housekeeping. 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 **Sept/Oct newsletter** will be available on **Tuesday, August 6th** 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.  
July 8th – Aug 26th  
(Centre closed  
Aug. 5th)  
\$2 non-members



**Tuesday**



**Wednesday**

**55+ Men's Group**  
1:00 – 3:30 p.m.  
July 3rd – Aug. 28th  
90 Ferry Rd.



**Company of Friends**  
11:00 a.m.  
July 3rd, 17th  
Aug. 7th, 21st



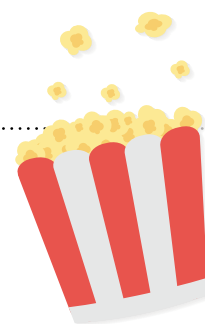
**Thursday**

**55+ Men's Group**  
1:00 – 3:30 p.m.  
July 4th – Aug. 29th  
90 Ferry Rd.

**Lunch and a Movie**  
12:00 p.m.

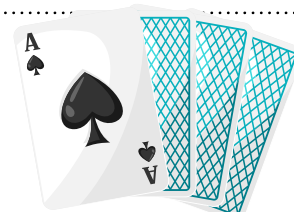
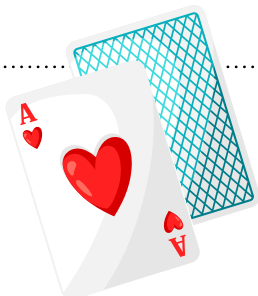
July 4th – The Cobbler  
July 18th – Isn't it Romantic  
Aug 1st – 6 Below  
Aug 22nd – The Upside

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



**Friday**

**Vegas & Canasta**  
1:00 – 3:30 p.m. July 5th – Aug. 30th  
\$2 non-members







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**Please contact my office  
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