



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

- Sept 3** Wills & Estates
- Sept 5** Lunch and a Movie
- Sept 10** Scam Alert
- Sept 12** Musical Mealtime
- Sept 16** Royal Canadian Mint
- Sept 18** Heritage Wpg: 1870's
- Sept 19** Lunch and a Movie
- Sept 23** Brush Fire Studio
- Sept 26** Lunch and Bingo
- Sept 30** Men's Cooking Class
- Oct 1** Safety Aid: Fall Prevention
- Oct 3** Lunch with an Author
- Oct 10** Fun with Flowers
- Oct 10** Lunch and a Movie
- Oct 15** Everything ERIK Kits
- Oct. 18** Fall Feast
- Oct. 21** Soap Making
- Oct.31** Murder Mystery Party

Fall Feast

Presented by **Assiniboine Credit Union**

Friday, October 18th

(doors open at 5:00 p.m.) Dinner at 5:30 p.m.

(Westwood Community Church 401 Westwood Drive)

Celebrate and thank the Harvest for its abundance and beauty with a lovely evening of dinner and music. Traditional ham, potatoes, and pies will be served before we welcome back the B-Side Apostles for a wonderful show!

Cost: \$15 members and non-members

Registration deadline: Friday, October 11th

Halloween Murder Mystery Party

Thursday, October 31st at 12:00 p.m.

Conspiracy and intrigue are afoot these dark autumn days. Bring your thinking cap and your friends to this suspenseful live-action murder mystery. Tables will interact with the actors through activities and puzzles to solve a Halloween afternoon murder. Lunch provided and costumes are encouraged.

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

Registration deadline: Friday, October 25th

Lunch and Bingo

Thursday, September 26th at 12:00 p.m.

(Doors open 11:30 a.m.)

Get your markers out for some great bingo fun! Come in autumn colours and there will be autumn themed prizes to welcome the new season.

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



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 **Sept/Oct** will be accepted starting **August 15th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **Nov/Dec** will be **Thursday, October 10th**.

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
Sarah Vinck	Seniors Resource Coordinator
Samantha Silvester	Program Coordinator
Kelly Howell	Congregate Meal Program Coordinator & Program Assistant
Carol Sandilands	Administrative Assistant

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

Healthy Aging Resource Team Facilitators:

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



BOARD OF DIRECTORS

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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
CMA Foundation
New Horizons for Seniors
Shoppers Drug Mart



Sponsors

Chapel Lawn Memorial Gardens
Desjardins Financial Security Investments
Home Instead Senior Care
Assiniboine Credit Union
Patrick Realty Ltd.
Assiniboine Pharmacy
Holiday Inn Airport West

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 when you register.

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



Peak of the Market

Monday, September 9th (1200 King Edward St)

Leaving Centre at 11:00 a.m.

Peak of the Market has grown quality produce for 77 years and supplies over 120 different varieties of vegetables. They are year round suppliers as Manitoba growers have one of the most technologically advanced storage programs anywhere in North America. Come with us for a tour of this fine establishment and see what happens to your vegetables before they end up at the grocery store. Beforehand we will be heading to Laura's Homestyle Dining at 1313 Border St. for lunch. *Participants are responsible for purchasing their own meal. Carpooling volunteers needed.*

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

Registration deadline: Wednesday, September 4th

Royal Canadian Mint

(520 Lagimodiere Boulevard)

Monday, September 16th at 12:45 p.m.

The Royal Canadian Mint is a crown corporation and produces all of Canada's coins as well as manufactures coins on behalf of other nations. Come with us for a tour of this truly unique establishment. *Carpooling volunteers needed.*

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

Registration deadline: Monday, September 9th

Brush Fire Studio (1700 Corydon Avenue) and Applebee's (1150 Grant Ave)

Monday, September 23rd

Leaving Centre at: 9:30 a.m.



If you have never experienced the satisfaction of decorating your own pottery, now is your chance. Join us as we head to Brush Fire Studios to decorate a piece of pottery. Afterwards, we will head to Applebee's for lunch. This outing includes pottery, making, studio time, and instructors. Participants are responsible for their own lunch. *Carpooling volunteers needed.*

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

Registration deadline: Monday, September 16th



Celebrations: Footloose

Tuesday, September 24th (1824 Pembina Highway)

Leaving Centre at 10:30 a.m.

Celebrations Dinner Theatre presents Footloose: New Town, New Dance! Welcome to the town of Elmore where dancing is illegal, all but one day a year! Join us as the townspeople let loose and cut a rug while we enjoy a lovely lunch. *Carpooling volunteers needed.*

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

Registration deadline: Friday, September 13th

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!****

Intergenerational Beats and Eats featuring Al Simmons at Westwood Community Church

**Monday, September 30th from 5:30 - 7:30 p.m.
(401 Westwood Drive)**

Join the St. James Assiniboia 55+ Centre and the St. James-Assiniboia Parent-Child Coalition for our kick-off event before we commence 6 whole weeks of intergenerational programming! This evening will feature a scrumptiously appetizing meal and Al Simmons as the evening entertainment. Al Simmons' original performances of profound wackiness and off-the-wall inventions take the arts of music and comedy to unparalleled heights of hilarity.

Cost: Free

Registration deadline: Tuesday, September 24th

Intergenerational Beats and Eats Presents: Drums Alive

**Tuesdays, October 1st - November 5th
from 11:00 a.m. - 1:00 p.m.**

Join the St. James Assiniboia 55+ Centre and the St. James-Assiniboia Parent-Child Coalition for 6 weeks of music and movement. Drums Alive is welcomed back to our Centre for a drumming workshop providing great workouts and great fun! Using yoga balls as a drum substitute and rhythm as the source of inspiration Drums Alive provides a new group fitness experience combining the benefits of traditional aerobics with great benefits for your brain.

Cost: Free

Registration deadline: Tuesday, September 24th

Manitoba Legislature (450 Broadway Avenue) and Lunch at The Don Restaurant (2-120 Donald Street)

**Monday, October 7th
Leaving Centre 9:30 a.m.**



Join us as we discover the history and admire the architecture of the Manitoba Legislature. Its' expansive dome ceilings and beautiful winding staircases are a pleasure to behold. After you have satisfied your eyes and your mind, you can satisfy your stomach with lunch at The Don: a hidden gem with great Mennonite food! Decide for yourself if they boast the city's best perogies. *Participants are responsible for purchasing their own meal. Car-pooling volunteers needed.*

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

Registration deadline: Tuesday October 1st

Soap Making: Hidden Treasures

**Monday, October 21st (1-150 Goulet Street)
Leaving Centre at 1:00 p.m.**

In this DIY soap making class you will create some luxurious, chemical free soaps: perfect for that relaxing bath or a gift to raise the spirits of a friend. This session includes: 2 full sized bars of soap, 3 layered bars, 1 cupcake soap, and a loofah as well as all of your supplies and valuable instruction on the importance of natural skin care products.

Cost: \$40 members, \$45 non-members

Registration deadline: Monday, October 14th



Special Events & Outings

Winnipeg Harvest

Monday October 28th (1085 Winnipeg Ave)
Leaving Centre at 1:00 p.m.

Did you know that there has been a nearly 60% increase in Manitoban foodbank use in the last 10 years (the highest in Canada)? Did you know that Manitoba has the worst child poverty rate out of all the Canadian provinces? In despair because there is nothing you can do about it? Fortunately, we are here to help! There are opportunities to join us for volunteering at Winnipeg Harvest. *Please bring \$5 and some unperishable food to donate in addition to our time spent there. Car-pooling volunteers needed.*

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

Registration deadline: Wednesday, October 23rd



Winnipeg Art Gallery (300 memorial Blvd)

Tuesday October 22nd, Leaving Centre at 12:30 p.m.

Come with us downtown to meander about the Winnipeg Art Gallery. With new exhibits as well as classic Canadian art, Inuit art, and international pieces. Come and dwell in the richness of expression throughout the ages.

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

Registration deadline: Tuesday, October 15th.



Greetings from Executive Director

MEAGHAN WILFORD

Fall is my favourite time of the year at the Centre. It is great to see everyone back after their summer vacations and have all the programs start up again. The Centre certainly becomes more action-packed and bustling with excitement. We have quite a few new programs happening this Fall. Some of the ones I am most excited for are Weights 101, Intergenerational Beats and Eats, and the Halloween Murder Mystery Party. Do not forget about all the educational and informative presentations we have as well.

One of my favourite events is our annual Fall Feast at Westwood Community Church. We have the B-Side Apostles back for entertainment again. You might recognize the voice of Larry Updike from CJOB as one of the two group members. They are always great to listen to.

As you may be aware, there is a provincial election in September. We will be hosting an all-candidates forum on September 4th at the Civic Centre. More information about this can be found in the newsletter. The forum is a great opportunity to come out and meet the local candidates, hear their views on issues affecting older adults in the area, and meet them at the site of our future home once all the funding comes through!

Thanks for always supporting our Centre. We couldn't do all we do without all of our great members!

2019 Assiniboia, St. James and Kirkfield Park All Candidates Forum

Join us for an all-candidates forum and meet and greet for the upcoming 2019 Provincial election. Refreshments will be served.

Wednesday, September 4th at St. James Civic Centre

Doors Open at 1:30 p.m.

Candidate Meet and Greet from 1:30-2:00 p.m.

Forum 2:00-3:00 p.m.

(Political parties will be responding to 5 questions pre-selected by the St. James Assiniboia 55+ Centre. If time, there will be 10-15 minutes for audience questions).

**Please RSVP to kelly@stjamescentre.com or
call 204-987-8850 ext. 103**

Love Food ... Stop Food Waste

Throwing away food is like throwing away money.

Imagine leaving the grocery store with five bags of groceries, on your way to the car, you stop by the trash can and just drop one of the bags in and continue on to your car. Sounds crazy, but the average Canadian household wastes about 20% of the food they purchase. That's one of every five bags of groceries we buy. That amounts to about 375 pounds of food per year, the equivalent of about \$1,766. Each year, 35.5 million tonnes of food is wasted in Canada, about 49 billion dollars' worth of food!

Food waste doesn't just impact your pocketbook; it costs the environment as well. Wasted, rotting food in landfills produce methane gas which is a potent greenhouse gas. Methane gas is 25 times more damaging to the atmosphere than carbon dioxide. In addition, all the resources that are required to produce and transport the food, such as water and fuel are also wasted.

Although retail stores contribute to a significant amount of food waste, household food waste is actually the



biggest contributor. Cutting household food waste can have a huge impact. **Here are some great ideas to reduce food waste in your home:**

1. Buy only what you need.

Meal planning is an excellent tool to reduce food waste, save money and eat healthier. Plan your meals around food that you already have in the house (fridge, cupboards and freezer) and then add the additional needed items to your grocery list. Buy fresh produce in small amounts to reduce spoilage. Keep frozen produce on hand so you always have produce available.

2. Use it or loose it.

Make plans to eat leftovers or freeze for later use. Keep track of the items that you have in the freezer. Rotate your fridge and cupboards like a grocery store to keep older items in view. Use "Eat Me First" sticky notes to remind yourself and others to eat foods that are running out of time.

3. Store foods properly.

Airtight bags can trap moisture and speed up the decay process. Remove produce from plastic bags. Fruits and vegetables produce ethylene gas, which stimulates the ripening process. Keep high

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.

producers of ethylene gas separate from other produce (i.e. store apples and pears separate from blueberries and bananas). Store perishable foods in the fridge at 4°C or freeze for longer storage.

4. Don't be a food snob.

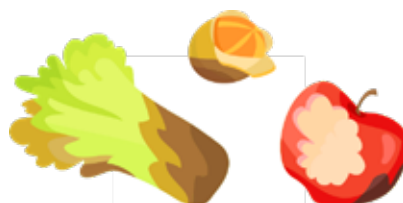
Cut off bruises, use less than perfect vegetables in stews and soups and don't shy away from food close to the 'best before' date. A 'best before' date isn't an expiry date. Food may still be good to eat. Buy 'ugly' produce at the grocery store. Misshapen produce is just as tasty and nutritious as it's perfectly shaped counterpart.

5. When all else fails ... compost.

Give food scraps back to the earth in a healthy way and keep it out of the landfill.

To learn more about reducing food waste and composting, check out <https://davidsuzuki.org/queen-of-green/help-end-food-waste/>, <https://www.lovefoodhatewaste.com/>.

Talk to your HARTs for more tips and information on food storage.



Fundraising

Cookbook Launch Party Friday, September 6th at 1:30 p.m.



Join us at the Centre for our Cookbook launch. Be there to share the excitement as we open the box and reveal it for the first time. We will serve some appetizers and snacks that are featured in the cookbook. **Cookbooks can be purchased at this time for just \$15** or picked up if you have pre-ordered.

Cookbook

Making Memories in the Kitchen, our Centre fundraising cookbook, will be available for sale beginning **September 6th for \$15 each.**

Start your Christmas shopping early and support the Centre at the same time! We have limited quantities available, so start thinking about pre-ordering your copies so you will not be disappointed. Thank you to everyone who participated in our cookbook. From submitting recipes to proofreading, we had great member support!



FALL SILENT AUCTION

Check out the items in our Fall Silent Auction starting October 1st. We will be making the draws at our Fall Feast on October 18th.

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 Samantha at 204-987-8850 ext. 105 or email 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 is noon the day before each movie however movies fill up fast so register early.*



September 5th: Poms

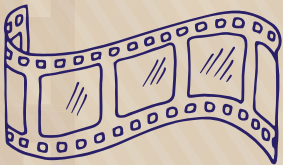
A heart-warming comedy about a group of women who form a cheer leading squad at their retirement community and proving that you're never too old to "Bring it!" Starring: Diane Keaton and Jackie Weaver

September 19th: The Best of Enemies

Civil rights activist Ann Atwater faces off against C.P. Ellis, Exalted Cyclops of the Ku Klux Klan, in 1971 Durham, North Carolina over the issue of school integration. Starring: Taraji P. Henson and Sam Rockwell

October 10th: What Men Want

A woman is boxed out by the male sports agents in her profession, but gains an unexpected edge over them when she develops the ability to hear men's thoughts. Starring: Taraji P. Henson, Kristen Ledlow, and Josh Brener



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.

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

Musical Meal Time with Neil Keep

Thursday, September 12th at 12:00 p.m., Doors open 11:30 a.m.

Come out to the Centre and hear the amazing and talented Neil Keep perform for us. Neil is a seasoned senior's entertainer, has performed over 600 shows, and is very happy to come and perform for us again. Neil uses songs, famous character voices, short stories, gentle humour and a larger-than-life presence to engage and energize his audience.

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

Lunch with an Author

Thursday, October 3rd at 12:00 p.m., Doors open 11:30 a.m.

Author and Doctor Neil Craton shares his experiences working with the underprivileged population of Winnipeg through providing medical care at Siloam Mission. His new book "Wisdom from the Homeless" reflects on this journey. Please join us for lunch and an eye opening presentation.



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

Musical Mealtime with Leo Gosselin

Thursday, October 24th at 12:00 p.m., Doors open 11:30 a.m.

Join us for a lovely lunch and some afternoon entertainment from Leo Gosselin and his Chapman Stick. Leo has studied at the Dick Grove School of Music, Los Angeles, and Capilano College in North Vancouver, completing a Diploma in Commercial Music, as well as further studies in jazz. His appearances include TV, radio, and many live performances. We have welcomed him back by popular demand.

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

Soup *AND* More \$3/bowl

Our soup crew will be making soups on the following days in September & October.

Sept. 10th	Zuppa Toscana
	Hearty Vegetable
Sept. 24th	Chicken Pot Pie
	Butternut Bisque
Oct. 8th	Hungarian Mushroom
	Cabbage Roll
Oct. 22nd	Italian Wedding
	Southwestern Sweet Potato



Drop by the Centre to see what's available or pre-order for pickup by calling 204-987-8850 or email Kelly at: 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 sessions:

Wed., Sept. 25th 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.

Heritage Winnipeg Presents: 1870's

Wednesday, Sept. 18th from 11:00 a.m. - 12:00 p.m.

Come and discover some of Winnipeg's historical intrigue circa 1870-1880. With the city growing like never before, Winnipeg carved out a unique identity for itself as a noteworthy Canadian city.

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

Registration deadline: Wednesday, September 11th

Just the Basics: Men's Cooking Class

Monday, Sept. 30th from 11:00 a.m. - 1:00 p.m.

Join us as the men of the Centre get together in the kitchen to prepare and enjoy some simple meals. Learn your way around the kitchen and brush up on your food prep and knife skills. Engage socially with other men for a fulfilling afternoon and take home leftovers.

Cost: \$10

Registration deadline: Tuesday, September 24th



Heritage Winnipeg Presents: Fact or Fiction

Wednesday, October 23rd from 11:00 a.m. - 12:00 p.m.

Ever wondered about the secrets Winnipeg holds? Let's have a look into some obscure tidbits that you've never heard before. Learn some new and interesting things about this city we call home.

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

Registration deadline: Wednesday October 16th



Winter Mittens Workshops

Wednesdays from 10:00 a.m. - 12:00 p.m.

October 2nd - November 6th

Winter sneaks up early here in Winnipeg; keep your hands hidden from the wind's stinging onslaught with some warm mittens! This is a great opportunity to add to your winter accessories collection or make a gift for someone you love. All materials provided.

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

Registration deadline: Wednesday, September 25th



Fun with Flowers

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

Revel in the joy flowers bring to so many by creating an autumn themed floral arrangement. This is a lovely centerpiece for Thanksgiving dinner or to perch on the window sill. Kat will lead the group in a step-by-step tutorial until completed. Real flowers are used and all supplies are provided.

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

Registration deadline: Thursday, October 3rd



Delta 9 Presentation

Wednesday, October 9th from 11:00 a.m.- 12:00 p.m.

Join us for some education and exploration about the health benefits of cannabis. You will be pleasantly surprised at what cannabis can do for you.

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

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 if 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 for more information on programs.

Fitness Safety Orientations

Fridays: September 13th and October 4th

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

Cost: \$5 (members only)

Lite n' Lively

Mondays: September 9th - December 9th

(no classes October 14th and November 11th)

9:15 a.m. - 10:15 a.m. (12 Weeks)

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

\$10 Drop in Fee

Instructor: Sue Keyton



Zumba Gold

Mondays: September 9th - December 9th

(no classes October 14th and November 11th)

10:30 a.m. - 11:30 a.m. (12 Weeks)

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

\$10 Drop in Fee

Instructor: Sue Keyton

Monday Yoga

Mondays: September 9th - December 9th

(no classes October 14th and November 11th)

1:15 p.m. - 2:45 p.m. (12 Weeks)

Cost: \$108 members/\$132 non-members

\$15 Drop in Fee

Instructor: Sue Keyton



Growing Young Tuesdays

Tuesdays: September 10th -

December 3rd

(no class October 15th)

9:30 a.m. - 10:30 a.m. (12 Weeks)

Cost: \$72 members/

\$96 non-members

\$10 Drop in Fee

Instructor: Sue Keyton



Growing Young Fridays

Fridays: September 13th - December 6th

(no class October 18th)

11:45 a.m. - 12:45 p.m. (12 Weeks)

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

\$10 Drop in Fee

Instructor: Sue Keyton

Line Dancing

Wednesdays: September 11th - November 27th

10:00 a.m. - 11:00 a.m. (12 Weeks)

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

\$10 Drop in Fee

Instructor: Karen Hodgins

Wednesday Evening Yoga

Wednesdays: September 11th - December 4th

(no class October 16th)

6:30 p.m. - 8:00 p.m. (12 Weeks)

Cost: \$120 members/\$144 non-members

\$15 Drop in Fee

Instructor: Sue Keyton

Fitness Programs

Health and Wellbeing Workshops

Fridays: September 13th - October 25th

(no class October 18th)

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

Variety of topics will be covered during this 6 week series. ****MUST** have prior meditation experience or taken Intro to Meditation with Sue to attend this workshop series.

Cost: \$75 members/\$90 non-members

NO DROP INS

Instructor: Sue Keyton

Weights 101

Tuesdays: September 10th - December 3rd

(no class October 29th)

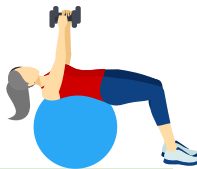
1:30 p.m. - 2:30 p.m. (12 Weeks)

Bring it back to the basics of weight training. Proper form and technique for every body part. This class is as challenging as you make it!

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

\$10 Drop in Fee

Instructor: Kristen Penner



Circuit Training

Thursdays: September 12th - December 5th

(no class October 31st)

9:00 a.m. - 10:00 a.m. (12 weeks)

Combination of body movement with or without resistance as well as using a variety of fitness equipment. This will be a full body workout from high intensity to low impact and everything in between. These classes will help build strength and endurance all at your own pace.

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

\$10 Drop in Fee

Instructor: Kristen Penner



St. James Walking Group

Tuesdays at 10:45 a.m.

September 10th - October 29th

Join your friends and fellow members for a brisk walk around the St. James neighbourhood. Walking has been proven to increase happiness, cardiovascular fitness, balance, and is a great way to spend quality time with each other.

Cost: Free



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www.stephenpatrick.net

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.

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



Fall Session begins Sept. 4th - Dec. 30th

Westwood Community Church

401 Westwood Dr.

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

Sturgeon Heights Community Centre

210 Rita Street

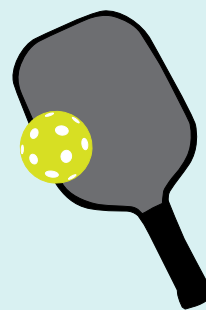
We will be having Pickleball at Sturgeon Heights Community Centre.

****TIMES AND DATES TBA.****

An email will be sent out to all previously registered Pickleball players when times are confirmed and information will be posted on our website.

PLEASE NOTE:

Drop ins may only participate if the group has 28 or less registered players at time of game start. NO EXCEPTIONS.



**\$60 Members
\$110 Non-members*
\$3 Drop-In Members
\$5 Drop-In Non-Members***

*Non-members will be asked to join the St. James Assiniboia 55+ Centre after 3 times.

Support Services

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.

Wills & Estates

Tuesday, September 3rd at 1:30 p.m.
(North End of Centre)

In this presentation you will discover the responsibilities of a Power of Attorney and an Executor. These are things that you need to do now, well in advance of when you can no longer manage your own affairs. You are invited to bring your Power of Attorney and Executor with you to this presentation. It will help you and them be better prepared for when the time comes. Following the presentation we will have an opportunity for discussions, questions and desserts will be served.

Cost: \$4

Presenters: Veronica & Ken from Desjardins

Scam Alert!

Tuesday, September 10th at 1:30 p.m.

Awareness is the first step to prevention, come and learn the many different methods scammers of today are making a profit off of uninformed consumers. With the constant change in technology comes the adaptation of methods of scams. The information you learn will be very helpful to you and your loved ones.

Cost: \$4

Presenter: Constable Marie from Winnipeg Police



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: sarah@stjamescentre.com



Victoria Lifeline

Tuesday, September 17th at 1:30 p.m.

Most would agree that there is “no place like home”, which means living independently. Vicki from Victoria Lifeline will provide helpful information to do just that! She will also talk about fall prevention which is the leading cause of hospitalization for older adults. Vicki will explain the services of Victoria Lifeline including their new mobile help button which is a tool to help you remain independent.

Cost: \$4

Presenter: Education Facilitator, Vicki Russenholt

Caregiving with Confidence

Tuesday, September 24th at 1:30 p.m.

As caregivers we are the foundation of providing support to our friends and family. The compassion and energy we use to care for others often can come at a price to our own peace of mind and wellbeing. Come to this presentation and learn how to be the best and most efficient caregiver possible while also preventing burnout and physical breakdown.

Cost: \$4

Presenter: Kelsie Dueck from Caregiving with Confidence

Safety Aid: Fall Prevention

Tuesday, October 1st at 1:30 p.m.

The fear of falling can cause us to be very socially isolated and can create a cycle of ongoing anxiety. Learn methods of how to prevent future falls while tackling the problem both physically and mentally. It is important to gain confidence in this area before we see snow and ice on the ground.

Cost: \$4

Presenter: A&O



Support Services

Living with Arthritis

Tuesday, October 8th at 1:30 p.m.

Come and learn some daily living tips that can make living with arthritis easier. You do not need to have arthritis to attend, the information will be helpful to spread amongst your friends and family. We will talk about the different challenges that living with arthritis causes and methods of how we can manage them.

Cost: \$4

Presenter: Arthritis Society



Everything ERIK Kits

Tuesday, October 15th at 1:30 p.m.

Whether you have an ERIK kit already or have never heard of them, come and hear about the importance of having one and keeping it up to date. By coming to this presentation you will be given a complimentary updated ERIK kit. If you need forms to update your current kit these will be given out as well.

Cost: \$4

Presenter: Seniors Resource Coordinator, Sarah Vinck

Get the Facts: Understanding Dementia

Tuesday, October 22nd at 1:30 p.m.

Dementia in our society is a great concern for the aging population. Come and learn the signs and symptoms to watch out for when it comes to yourself or a loved one. This presentation will go into the details of what early signs of dementia look like and methods to help delay the process.

Cost: \$4

Presenter: Alzheimer's Society

The Travelling Guardian

Tuesday, October 29th at 1:30 p.m.

Wanting to travel but feel restricted due to a lack of airport and travel supports? In this presentation Carla will be talking about how her business of a travel accompaniment service to seniors helps to overcome barriers when it comes to travelling and seeing new places.

Cost: \$4

Presenter: Carla McDonald, The Travelling Guardian



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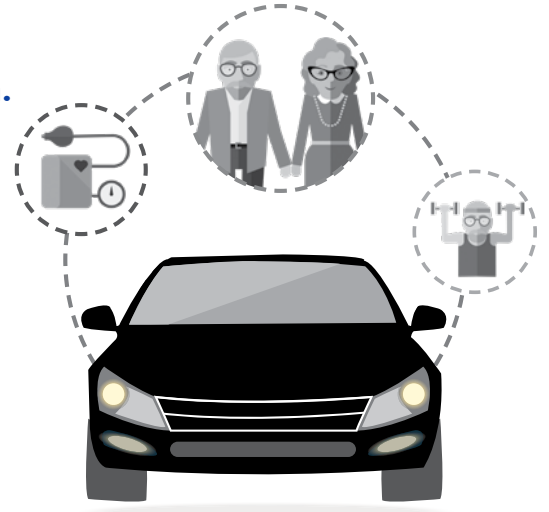
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- Incidental Transportation
- Shopping and Errands
- Alzheimer's/Dementia Care

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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. 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 for a suggested donation of \$2.

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

Thank you to the volunteers who helped out on July 30th to assemble ERIK kits. Your hard work is very much appreciated!

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 email: 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.

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- Plantar Fasciitis • Heel Pain
- Custom Made Foot Orthotics
- Diabetic Foot Care

Dr. Teresa Tierney

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Home Maintenance Referral Program



We have reputable service providers who can help with pruning bushes, painting, plumbing, snow removal, carpentry work and much more. Service providers have been screened and charge reasonable rates. A follow-up is done for all referrals.

Community Resources

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

- Hair, nails and feet
- legal services
- dental hygiene
- laundry
- meals, etc.

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Registration Information

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



Membership \$40/year

Benefits include:

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



Early Registration

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

Refund Policy

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

Newsletter Release Date

The **November/December** will be available on **Tuesday, October 1st** 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.



City Councillor for St. James



Scott Gillingham

204-986-5848
scottgillingham@winnipeg.ca



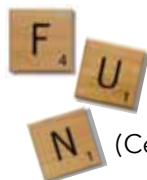
Positive Leadership for St. James

St. James Assiniboia 55+ Centre Drop-In Calendar

Monday

Scrabble

1:00 – 3:00 p.m.
Sept. 9th – Oct. 28th
(Centre closed
Oct. 14th)
\$2 non-members



Singsationals Choir

10:15 – 11:30 a.m.
Sept. 9th – Dec. 9th
(Centre closed Oct. 14th, Nov. 11th)



Tuesday



Stamp Club

1:00 – 3:00 p.m.
Sept 17th, Oct 1st,
15th, and 29th

Coffee Talk

2:00 – 3:30 p.m.
Sept. 10th – Oct. 29th



Lunch with Friends

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

Sept. 24th - Ye's Buffet

(616 St. James St.)

Oct. 29th - Silver Heights

(2169 Portage Ave.)

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

Wednesday

Cribbage

1:00 – 3:00 p.m.
Sept. 11th – Oct. 30th

Company of Friends

11:00 a.m.
Sept. 11th, 25th
Oct. 9th, 23rd

Floor Curling

1:00 – 3:00 p.m.
Cost: \$25
Sept. 5th – Dec. 5th

55+ Men's Group

1:00 – 3:30 p.m.
Sept. 11th – Oct. 30th
90 Ferry Rd.

Book Club 1:30 p.m.

Sept. 25th and Oct. 30th



Thursday

55+ Men's Group

1:00 – 3:30 p.m.
Sept. 12th – Oct. 31st
90 Ferry Rd.



Lunch and a Movie

12:00 p.m.
Sept. 5th – Poms
Sept. 9th – The Best of Enemies
Oct. 10th – What Men Want

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



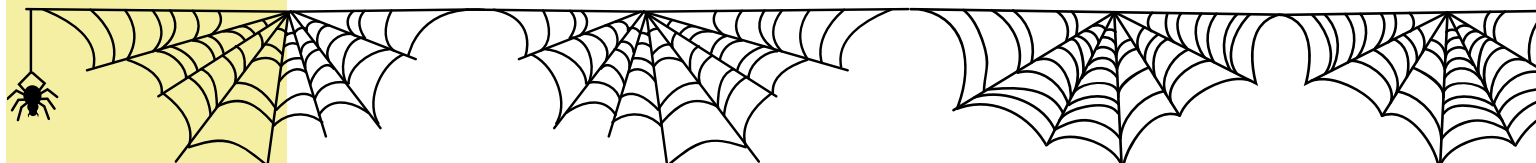
Friday

Vegas & Canasta

1:00 – 3:30 p.m. Sept. 6th – Nov. 1st
\$2 non-members

Electronics 101

Sept 13th – Oct 25th
1:00 – 2:00 p.m.





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