



St. James
Assiniboia
55+ Centre

St. James Assiniboia 55+ Centre is an independently operated non-profit charitable organization with a mission to encourage seniors to improve their quality of life by providing educational, recreational, health and social opportunities.



Bud, Spud and Chicken

Thursday, March 12th from 6:00 - 9:00 p.m.

TYC Event Centre 1405 St. Matthews

Join us for our Annual Bud, Spud and Chicken Fundraiser. Your ticket gets you a delicious chicken, baked potato, garlic toast, caesar salad, fried mushrooms and veggies. Plus you will also get a beer or 1 oz. Liquor, Pop or Juice. There will also be a silent auction with many fantastic prizes and a 50/50! Get your ticket today to help us make our Spring Fundraiser a huge success! **YOU MUST PRE- PURCHASE A TICKET FOR THIS EVENT- Tickets will not be sold at the door.**

Cost: \$20 Members/Non-members Ticket Deadline: Friday, March 6th

**If you are able to donate prizes or wish to make a cash contribution to purchase prizes please contact Meaghan at 204-987-8850 ext. 102*

Soup Potluck Competition

January 23rd at 12:00 p.m. (doors open at 11:30 a.m.)

Did you know that January is National Soup month? Bring your favourite soup to share and we will have a soup potluck. Participants will play both taster and judge in this warming event. Topic prizes will be awarded. You will be sure to have a soup-er time!

Cost: \$5 Members/Non-members

Intergenerational Family Yoga

February 6th at 9:45 a.m. - 11:00 a.m.

Location: St. James Assiniboia 55+ Centre 203 Duffield St.

Join us and the St. James Parent Child Coalition for a lighthearted yoga session to improve your strength and flexibility. Snacks to follow.

Cost: Free



KEY DATES

- Jan 9** Lunch and a Movie
- Jan 16** Lunch with an Author
- Jan 21** Diabetes & Nutrition
- Jan 21** Sushi Making
- Jan 24** Intergenerational Painting
- Jan 30** Lunch and a Movie
- Jan 31** Men's Breakfast
- Feb 4** Why Do I Need a Health Care Plan?
- Feb 11** 906 and Me
- Feb 13** Lunch and a Movie
- Feb 18** Belly Dancing
- Feb 19** Heritage Wpg: Elite Homes
- Feb 20** Musical Mealttime
- Feb 27** Lunch and a Movie
- Feb 28** Men's Breakfast
- Mar 12** Bud, Spud & Chicken

ST. JAMES ASSINIBOIA 55+ CENTRE - Hours

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

No financial transactions
after 3:30 p.m.

The Centre will be closed for Christmas break starting on Friday, December 20th at noon and will reopen on Thursday, January 2nd.

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MEMBERSHIP \$40/YEAR

REGISTRATION PROCEDURE

Registration for new programs starting in **Jan/Feb** will be accepted starting **December 12th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

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

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

Gerald Knutson <i>President</i>	Marilyn Robinson <i>Past President</i>	Ian McCausland <i>1st Vice President</i>
Laurie Green <i>2nd Vice President</i>	Kathy Elias <i>Treasurer</i>	Janet Jackmann <i>Secretary</i>
Connie Newman <i>Director at Large</i>	Sean Sagert <i>Director at Large</i>	Mae Denby <i>Director at Large</i>
Lloyd Gwilliam <i>Director at Large</i>	Jessica Ferris <i>Director at Large</i>	Yvonne Hardy <i>Director at Large</i>
Janet Brady <i>Director at Large</i>	Sharon Walters <i>Ex-Officio</i>	

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

Funders



Winnipeg Regional Health Authority
Winnipeg Foundation
Manitoba Association of Senior Centres
CMA Foundation
New Horizons for Seniors
Shoppers Drug Mart
Andison Foundation

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!****

Intergenerational Rhythm and Rhyme, Make and Take

Thursday, January 16th from 5:30 - 7:30 p.m.

Location: Westwood Community Church 401 Westwood Drive

Intergenerational Beats and Eats presents an evening of rhythm and rhyme. There will be singing, dancing, crafting, and supper at this free event.

Cost: Free

Registration deadline: Thursday, January 9th

Sushi Making

Tuesday, January 21st from 11:00 a.m. - 1:00 p.m.

The art of sushi has become a culinary, epicurean, and cultural phenomenon in the West and is a cuisine that has evolved from surprisingly modest beginnings. Sushi as a style of food began as a way of preserving fish. In the 7th century, the mountain people of Southeast Asia invented the technique of pickling and it was soon adopted by the surrounding countries. We are hosting our own sushi making morning, and would like you to come and join us for a one-of-a-kind experience for your education and enjoyment!

Cost: \$12 Members/ Non-members: \$15

Registration deadline: Wednesday, January 15th



Intergenerational Painting

Friday, January 24th at 9:30 - 11:00 a.m.

Location: St James Assiniboia 55+ Centre: 203 Duffield Street

Need to feel young again? We encourage you to find your inner child and join us in a painting project with Heritage Park Family Resource Centre. We will be painting vases which will be a great addition to your home décor collection. Supplies and snacks will be provided.

Cost: Free

Registration deadline: Friday, January 17th

Tea with Jam and Bannock

Tuesday, February 4th from 10:00 a.m. - 12:00 p.m.

There have been many communities throughout the world that are brought together through baking. Baking has long since been a pastime of homemakers and professionals alike and provides an equality that is rare to find in other places. Come and join us for a morning of baking and friendship. You will get a loaf of bannock and a jar of jam to take home.

Cost: \$8 Members/ Non-members: \$10

Registration deadline: Tuesday, January 28th



Save the Date
ANNUAL GENERAL MEETING
Friday, June 12th, 2020
at 10:30 a.m.



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

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 I Love to Read Month

Thursday, February 20th from 10:00-11:30 a.m.

Location: Jameswood Alternative School, 1 Braintree Cres.

This is an annual event that encourages Canadians to think about and reaffirm their commitment to intellectual freedom, which is guaranteed to us under the Charter of Rights and Freedoms. Please join us in celebrating literacy as we partner with the Heritage Park Family Resource Centre for a morning of intergenerational story-telling, relationship building, and snacks.

Cost: Free

Registration deadline: Friday, February 14th



Your MLA for St. James
ADRIEN SALA



204-792-8779
1885 Portage Avenue,
Winnipeg, MB R3J 0H3
adrien.sala@yourmanitoba.ca



BLOOD PRESSURE CLINICS:

We will be having two Blood Pressure Clinics at the Centre from **1:00 to 3:30 p.m.** Call the HART Team for more information!

January 23rd and February 20th



Valentine's Day Bake Sale

We will be having a bake sale at **Deer Lodge Centre on Friday, February 14th from 11:00 a.m. to 1:00 p.m.** If you are able to donate baking please sign up at the centre and deliver the baking on February 13th. We will package and price all the baking but we need donations in order for this to be a success!

Special Events & Outings

The St. James Assiniboia 55+ Centre is recruiting Board Members for the 2020-2022 term.

The Centre is an independently operated, charitable, non-profit organization whose mission is to help older community members improve their lives.

If you are interested in helping develop your community, have expertise and experience in finances, community planning/development, legal, engineering, health care, or other skills relevant to creating a vibrant community for older adults, please submit your letter of interest with resume by February 28th, 2020 to:

Chair, Board Development Committee
St. James Assiniboia 55+ Centre
3 - 203 Duffield Street, Winnipeg, MB R3J 0H6



Capital Campaign Update:

You may have heard that the Civic Centre will be starting construction in April 2020. The upcoming phase of construction is for Building Systems Upgrade work. It will address critical upgrades to electrical and mechanical systems, critical roof replacement and building envelope issues, and accessibility and code requirements. To house the new equipment, the 2nd floor will be re-purposed as the new mechanical/electrical room. Interior renovations are only a minor part of this phase, and will include improved access to the Arena from the Entry Hall, upgraded Entry Hall washrooms, and a new Reception Desk. We are still very optimistic that we will be starting construction for our part of the Civic Centre upgrade in the near future.

City of Winnipeg Passes

City of Winnipeg Passes will be on sale from Feb. 3rd - 28th for a start date of April 1st. Passes can be purchased in person during this time period or by mail. **You must be a member of the Centre** to take advantage of these offers.

THE FOLLOWING PASSES WILL BE AVAILABLE:

- 6 Month Facility Pass for \$189
- 6 Month Active Living Pass for \$250

Visit www.stjamescentre.com to download the mail-in form or contact the Centre at 204-987-8850

Greetings from Executive Director

MEAGHAN WILFORD

Happy New Year from the Staff and Board at the St. James 55+ Centre. We hope you had a great holiday season and are excited to share with you all the activities we have planned in January and February.

We have lots of fun things happening such as our Soup Potluck Competition, The Dialtonz and the Downton Abbey Lunch and a Movie. We also have numerous educational and support services presentations on Diabetes and Nutrition, Scam Alerts and the popular Heritage Winnipeg Presentations. I am personally really looking forward to our Valentine's Bake Sale and another Winter Mitten Workshop.

We are so grateful for your support of all the Centre's fundraising activities this past year. Between supporting Giving Tuesday, to our fundraising items and just attending our daily events, the Centre would not be the place it is without your support. Thank you for all that you do at the centre and we cannot wait to see you out at our programs.

I hope you have a great 2020 and can't wait to see you around the Centre this year.



Vitamin D for Healthy Aging

Vitamin D is a fat-soluble vitamin our bodies make when the sun shines on our skin. During the winter and as we grow older, our bodies can't make enough vitamin D from the sun. Food is also a source of vitamin D but it is difficult to get enough vitamin D rich foods every day. To help our bodies get enough vitamin D it is important to take a daily vitamin D supplement all year.

Not enough Vitamin D can cause muscle weakness and may increase the risk of falls.

Vitamin D is important because it:

- Helps the body absorb and use calcium and phosphorus for strong bones and teeth
- Helps maintain strong muscles and reduce the risk of falls
- Protects older adults against osteoporosis
- Protects against infections by keeping the immune system healthy.
- May help reduce the risk of developing diseases such as multiple sclerosis, diabetes and certain types of cancer, such as colorectal cancer. This is still being studied.

How much Vitamin D3 should I take?

In addition to following Canada's Food Guide, everyone over the age of 50 is advised to take a daily supplement of 1000 IU of Vitamin D. An upper limit for Vitamin D (combined supplements and food) has been

established at 4000 IU and it is recommended that this threshold not be exceeded. Speak to your pharmacist or health care provider to help you decide which product is right for you or if you are unsure of how much Vitamin D you need.

Choose Vitamin D Rich Foods

Vitamin D is not found naturally in many foods. In Canada, vitamin D is added to cow's milk and margarine. Vitamin D may also be added to soy or rice beverages, and yogurt. Check the product label to see if vitamin D has been added.

Foods that contain Vitamin D:

	Vitamin D (IU)
Sockeye/red salmon (canned, cooked) - 75 g (2 ½ oz)	530-699
Chinook, Coho, pink salmon (canned, cooked)- 75 g (2 ½ oz)	340-440
Skipjack Tuna - 75 g (2 ½ oz)	300-381
Sardines, Pacific, canned - 75 g (2 ½ oz)	144
Cow's Milk - 250 mL	103
Plant-based beverages, such as soy, rice or almond milk that are fortified with Vitamin D	88
Egg, yolk, cooked, 2 large	52 - 64
Margarine - 10 g (2tsp)	60
Yogurt (check label) - 75 g (¾ cup)	7- 60

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.

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.



January 9th: The Grizzlies

The Grizzlies is an inspiring true story based on a group of Inuit students in the small Arctic town of Kugluktuk. Suffering from widespread drug use, alcohol abuse, domestic violence and one of the highest teen suicide rates in the world, this northern community is periled by the legacy of colonialism. The students are naturally skeptical when Russ Sheppard, yet another ignorant and unprepared white rookie teacher, arrives from the South on a one-year teaching contract. With much to learn Russ introduces his class to the sport of lacrosse in an effort to help lift the dangerous fog of trauma from his students.

Starring: Jack Anawak, Fred Bailey and Seth Burke

January 30th: Late Night

Legendary late-night talk show host's world is turned upside down when she hires her only female staff writer. Originally intended to smooth over diversity concerns, her decision has unexpectedly hilarious consequences as the two women separated by culture and generation are united by their love of a biting punchline

Starring: Emma Thompson and Mindy Kaling

February 13th: The White Crow

Director Ralph Fiennes captures the raw physicality and brilliance of Rudolf Nureyev, whose escape to the West stunned the world at the height of the Cold War. With his magnetic presence, Nureyev emerged as ballet's most famous star, a wild and beautiful dancer limited by the world of 1950s Leningrad. His flirtation with Western artists and ideas led him into a high-stakes game of cat and mouse with the KGB

Starring: Oleg Ivenko, Ralph Fiennes, and Louis Hofmann

February 27th: Downton Abbey

The worldwide phenomenon Downton Abbey becomes a grand motion picture event as the beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England will unleash scandal, romance, and intrigue that will leave the future of Downton hanging in the balance.

Starring: Matthew Goode, Tuppence Middleton, and Maggie Smith

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.***

Lunch with an Author: Neil Craton 'Wisdom from the Homeless'

Thursday, January 16th at 12:00 p.m.
(doors open at 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: Members: \$12, Non-members: \$15

Registration deadline: Friday, January 10th

Lunch and Bingo

Thursday, February 6th at 12:00 p.m.
(doors open at 11:30 a.m.)

Come and Join us for a Winter themed bingo. Warm your toes and your heart by filling your afternoon with friends and fun!



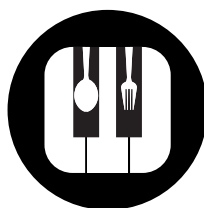
Cost: \$10 members, non-members \$12

Registration deadline: Friday, January 31st

Musical Mealtime: The Dialtonz

Thursday, February 20th at 12:00 p.m.
(doors open at 11:30 a.m.)

The Dialtonz is a dynamic collaboration of three talented musicians, playing a wide repertoire of popular music from the tried and true classics of the past to today's future classics. Every song carefully arranged with the infectious rhythm will keep your feet tapping all afternoon.



Cost: members: \$12 Non-members: \$15

Registration deadline: Friday, February 14th

Soup More \$3/bowl

Our soup crew will be making soups on the following days in January & February.

Jan. 14th	Indian Winter Soup
	Roasted Red Pepper
Jan. 28th	Chorizo and Halibut Soup
	Turkey Soup
Feb. 11th	Cauliflower Curried Lentil Soup
	Beef and Barley Soup
Feb. 25th	Seven Can Soup
	Celery Root Soup



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., Feb. 5th at 11:30 a.m.

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

Registration deadline: Thurs., Jan 30th

Bring your own container just in case there are leftovers and you want to take any home.

If you would like to know what is on the menu or if you have any other questions, please contact Liz 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: Elite Homes

Wednesday, February 19th, 11:00 a.m. -12:00 p.m.

Come and join Heritage Winnipeg as we learn about all the elite, historic homes hiding in our city. Housing in Winnipeg and surrounding areas of Manitoba has changed significantly over the years, from the simple but sturdy Red River frame houses, to the whimsical Queen Anne revival buildings and the stately and open homes of the Winnipeg elite in the early 20th century.

Cost: \$5 Members/ Non-members \$7

Winter Mitten Workshop

**Fridays from 1:00-3:00 p.m.
(January 24th - February 28th)**

Keep your hands warm and toasty this winter with some handmade mittens. These mittens are made from melton: a type of wool woven in twill form, leather, and fleece, and will be sewn together by hand. Melton is wind and weather resistant and will keep your hands warm all winter. These will make a lovely winter accessory or a gift for someone you love.

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

Registration deadline: Friday, January 17th



Dream Catchers

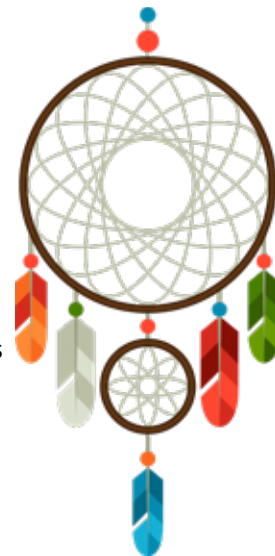
Tuesday, Jan. 14th: 10:00 a.m. - 12:00 p.m. (1 class)

Friday, February 7th: 10:00 a.m. - 12:00 p.m (1 class)

While most people know dream catchers as a purely decorative item, these have a rich history among indigenous cultures. The legend of the spider woman, also known as the Absibikaashi, is said to have protected children while they slept. When the Ojibwe people began spreading out across Canada it was hard for the spider woman to visit all the children, so the females of the families began creating spider web inspired nets to act as protective charms to catch evil spirits in the form of nightmares; thus keeping their children safe. All the supplies you need to make a lovely decorative, or spirit catching piece of art will be provided for you.

Cost: \$20 Members/Non-members \$25

Registration deadline: Tuesday, January 7th and Friday, January 31st



Heritage Winnipeg Presents: Selkirk Settlers

Wednesday January 22nd, 11:00 a.m. -12:00 p.m.

Come join us as Greg Agnew goes back into history to tell us about the Selkirk Settlers. The Red River Colony (or Selkirk Settlement) was a colonization project set up in 1811 by Thomas Douglas, 5th Earl of Selkirk, on 300,000 square kilometres (120,000 sq mi) of land. We will find out their struggles of living in a new land in the 1800's.

Cost: \$5 Members/ Non-members \$7

Educational Programs

Paint Pouring

Tuesdays, February 4th-25th: 9:30-11:30 a.m.
(4 weeks)

Let loose your creative side with an experiment in acrylics! If you have ever wanted to make magnificent art, but didn't feel you had the skill, this is the workshop for you! Paint pouring is a contemporary style of art that features blowtorches, hairdryers, and your very own breath. Each piece boasts its own whimsy no matter who the artist is. Come and join us for an aesthetic and imaginative morning as we work our way to larger and larger canvases. All supplies will be provided.

Cost: \$50 Members/ Non-members: \$65

Drop in: \$15

Registration deadline: Tuesday, January 28th

Beaded Change Purses

Monday, February 24th from 1:00-3:00 p.m.

If you have ever wanted the opportunity to create a change purse- this is your chance. You will be led in this decorative crafting session where your designs can be as intricate or as simple as you like. This will involve hand sewing, leather, and beadwork. All supplies are provided.

Cost: \$20 Members/Non-members

Registration deadline: Tuesday February 18th

Men's Breakfast

**Friday January 31 and
February 28th
9:00 a.m. - 11:00 a.m.**

Come out to enjoy a classic breakfast and some social time with your fellow men. Good food and good fun will be had by all!

Cost: \$4

*Registration deadline: Monday, January 27th and
February 24th*



Just the Basics: Men's Cooking Class

**Monday, February 10th: 11:00
a.m.- 1:00 p.m.**

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

Cost: \$10 Members/ Non-members:

Registration deadline: Monday, February 3rd



Belly Dancing

Tuesday, February 18th from 1:00 - 2:00 p.m.

Play your part in preventing the consequences of a sedentary lifestyle by getting your hips moving. The movement of belly dancing allows for the body to get back into its natural flow, improves the spinal curve, and the intentional and graceful movements will allow for both physical and mental relaxation. Belly dancing is considered a low impact exercise, which means it works with the body rather than against it to produce healthy results.

Cost: Members: \$12/ Non-members: \$15

Registration deadline: Monday, February 10th

Singsationals Choir

Mondays from 10:15 a.m. - 11:30 a.m.
(no choir Feb. 17th) Starting Jan. 13th, 2020

The Singsationals choir group performs throughout the community to brighten the spirits of many and are great ambassadors for our centre. The repertoire of songs changes based on the seasons.

Cost: Half-year (January-June): \$40 members and \$50 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.

Monday Yoga

**Mondays, 1:15-2:45 p.m. Jan. 13th-March 30th
(11 weeks) (No class February 17th)**

Will give you the tools you need to improve your strength, balance, and overall being in a relaxing and calm atmosphere.

Cost: Members: \$99/ Non-members: \$121

Drop in fee: \$15

Instructor: Sue Keyton

Lite n` Lively

**Mondays, 9:15-10:00 a.m. Jan. 13th-March 30th
(11 weeks) (No class February 17th)**

This is a light, fun workout that includes cardio exercises to improve coordination, strength, flexibility, and balance.

Cost: Members: \$66/ Non-members: \$88

Drop in fee: \$10

Instructor: Sue Keyton



Growing Young Tuesday

**Tuesdays, 9:30-10:30 a.m. Jan. 14th-March 31th
(11 weeks) (No class February 18th)**

This program is designed to show how anyone can stay feeling young and vibrant. The gentle techniques target poor posture, chronic pain, back and joint issues, hip and knee replacements, loss of energy, and mobility and prevent muscle atrophy. Growing Young is suitable for everyone no matter their age. Exercises include mostly chair based and some standing

Cost: Members: \$66/ Non-members: \$88,

Drop in fee: \$10

Instructor: Sue Keyton

Growing Young Friday

**Fridays, 11:45 a.m. - 12:45 p.m. Jan. 17th-April 3rd
(11 weeks) (No class February 21st)**

This program is designed to show how anyone can stay feeling young and vibrant. The gentle techniques target poor posture, chronic pain, back and joint issues, hip and knee replacements, loss of energy, and mobility and prevent muscle atrophy. Growing Young is suitable for everyone no matter their age. Exercises include mostly chair based and some standing.

Cost: Members \$66/ Non-members: \$88,

Drop in fee: \$10

Instructor: Sue Keyton

Line Dancing

**Wednesdays, 10:00-11:00 a.m. Jan. 15th-March 25th
(10 weeks)**

Join Karen as she teaches the steps to great songs while offering lots of laughs and great exercise.

Cost: Members: \$60/ Non-members: \$80

Drop in fee: \$10

Instructor: Karen Hodgins



Fitness Programs

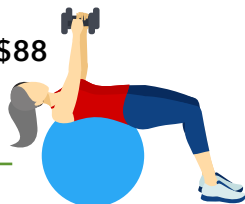
Circuit Training

**Fridays, 1:30-2:30 p.m. Jan. 17th -March 27th
(11 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: Members: \$66/ Non-members: \$88
Drop in fee: \$10**

Instructor: Kristen Penner



Fitness Safety Orientation

Fridays, January 10th and Friday February 7th

Tutorials of how to use the gym equipment will be given on the 1st Friday of every month. This is a required program for new members before they take part in gym use.

Cost: \$5 members only

*Registration deadline: Thursday, January 9th and
Thursday, February 6th*

Zumba Gold

**Mondays, 10:30-11:30 a.m. Jan. 13th -March 30th
(11 weeks) (No class February 17th)**

Zumba is an aerobic-based activity using Latin dance steps and is suitable for all fitness levels. Ditch the workout and join the dance party.

**Cost: Member: \$66/ Non-members: \$88
Drop in: \$10**

Instructor: Sue Keyton



Health and Wellbeing Workshop

**Fridays, 9:30-11:00 a.m. Jan. 10th-Feb. 14th
(5 weeks)**

A variety of topics will be covered during this 6 week series. The participants MUST have prior meditation experience or taken Intro to Meditation with Sue to attend this workshop. **No drop ins please**

Cost: Members: \$62.50/ Non-members: \$75

Health and Wellbeing Workshop

**Fridays, 9:30-11:00 a.m. Feb. 28th-April 3rd
(6 weeks)**

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

Cost: Members: \$75/ Non-members: \$90
No drop ins please

Intro to Health and Wellbeing Workshop

Friday, Jan. 10th from 9:30-11:00 a.m.

Come and discover how to better care for your body, your mind, and your spirit. Prerequisite for health and wellbeing course.

Cost: Members: \$12.50/ Non-members: \$15
Drop in fees: \$10

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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.

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.



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

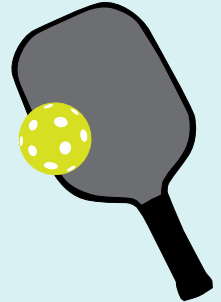


Pickleball

Winter Session: January 3rd – March 31st

Westwood Community Church
401 Westwood Dr.
Tuesdays: 1:00-3:00 p.m.

Sturgeon Heights Community Centre
210 Rita Street



Monday

Intermediate A	10:00 a.m. – 12:10 p.m.
Intermediate B	12:10 p.m. – 2:05 p.m.
Novice	2:05 p.m. – 4:00 p.m.

Wednesday

Intermediate A	10:00 a.m. – 12:10 p.m.
Intermediate B	12:10 p.m. – 2:05 p.m.
Novice	2:05 p.m. – 4:00 p.m.

Friday

Intermediate A	10:00 a.m. – 12:10 p.m.
Intermediate B	12:10 p.m. – 2:05 p.m.
Novice	2:05 p.m. – 4:00 p.m.

PLEASE NOTE:

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

\$45 Members
\$85 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.

Senior Centre without Walls

January 7th at 1:30 p.m.

It is no secret that transportation is a large barrier for older adults and creates challenges when it comes to regular social opportunities. Senior Centre without Walls is a program that allows seniors to have the chance to stay connected and have social and education from the comfort of your own home.

Presenter: A&O

Cost: \$4

Diabetes

January 14th at 1:30 p.m.

What is Diabetes? Learn about the signs and symptoms of Type 2 diabetes as well as the criteria for diagnosing diabetes. We will discuss the importance of self - managing diabetes and the resources that are available.

Presenter: Elizabeth from the HART team

Cost: \$4



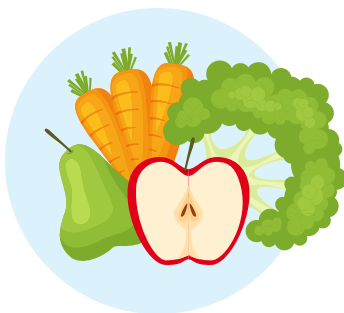
Diabetes and Nutrition

January 21st 1:30 p.m.

Eating and Diabetes! Learn about the balanced plate approach and discuss the role of carbohydrates, fiber and proteins in the diet.

Presenter: Elizabeth from the HART team

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: sarah@stjamescentre.com

Everything E.R.I.K. Kits

(455 Westwood Dr., Party Room)

January 22nd at 1:00 p.m.

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

Presenter: Seniors Resource Coordinator, Sarah Vinck

Cost: \$2 for non-residents of 455 Westwood Dr., free for residents

Hearing Health Check Clinic

January 28th from 10:00 a.m. - 1:45 p.m.

Come down for a complementary hearing test. Pre-scheduled appointments are required, call the front desk at (204) 987-8850

Presenter: Connect Hearing

Cost: Free

Why do I Need a Health Care Plan?

February 4th from 11:00 a.m. - 2:15 p.m.

Ever wonder what your rights are as a patient in care? This is just one of the things this workshop will be reviewing. The workshop will contain details of what a Health Care Directive is and how to fill one out. Whether you are learning on behalf of yourself or friends and family this is a workshop you will not want to miss. Included will be a catered Subway lunch as well as an 'Advance Care Planning Kit'. Please indicate ahead of time if you have any allergies or dietary restrictions in order for them to be honored.

Presenter: Dying with Dignity Canada

Cost: \$15

Registration Deadline: Thursday January 30th

Support Services

906 and Me

February 11th at 1:30 p.m.

Come and learn about an amazing service which provides supports when you are moving or just want to have a more organized home. Often times when we are sorting through our own material items, it's hard to part with them because of the emotional connection. This service provides a great unbiased opinion which makes organizing and moving easier and more efficient.

Sarah from 906 and Me

Cost: \$4

The Travelling Guardian

(455 Westwood Dr., Party Room)

February 12th at 1:00 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. Having a past career working in the travel industry has allowed Carla to gain knowledge of how to create a smoother trip.

Presenter: Carla from the Travelling Guardian

Cost: \$2 for non-residents of 455 Westwood Dr., free for residents

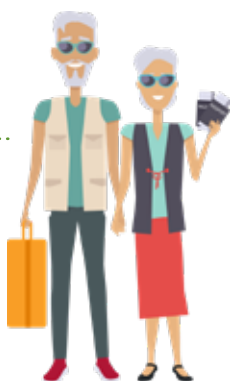
Medical Assistance in Dying (MAID)

February 18th at 1:30 p.m.

This presentation will include what Medical Assistance in Dying is and what is the service criteria. This is a great opportunity to learn more about this service and how it could be carried out to benefit you and your family.

Presenter: WRHA

Cost: \$4



Housing Tour: Sturgeon Creek 1

(10 Hallonquist Dr.)

February 25th at 12:00 p.m.

Come and enjoy a beautiful lunch provided by Sturgeon Creek 1 followed by a tour of the residence. You will be quick to notice the welcoming environment accompanied by the friendly staff. If you or someone you know is interested in looking at downsizing or relocating, this is the perfect opportunity to learn and ask questions. Please indicate ahead of time if you have any allergies or dietary restrictions in order for them to be honored.

Presenter: Sturgeon Creek 1

Cost: \$4

Registration Deadline: Friday February 21st

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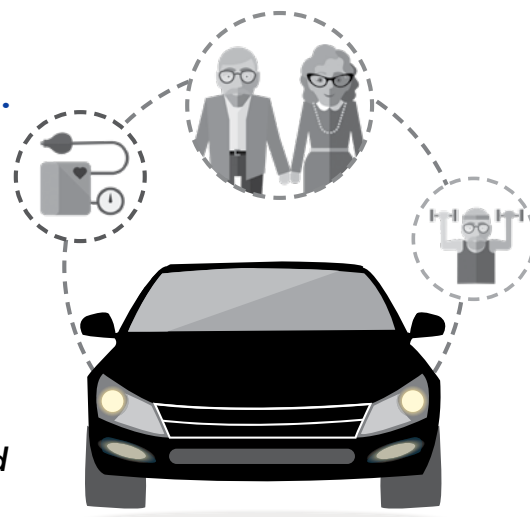
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Volunteering

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. *****The program will be unavailable Dec. 19th - Jan. 2nd as the Centre will be closed.*****



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

We would like to say a special thank you to the volunteer drivers at the Centre. This includes the rides for seniors program and for special outing carpools. We truly appreciate your involvement when it comes to safely transporting our community members to where they need to go.

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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Community Resources

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- 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 **March/April** will be available on **Tuesday, February 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 2020 passes are available for \$5.00 and in effect Jan. 2nd – Dec. 31st, 2020. 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.
Starts Jan. 6th
(Centre closed
Feb. 17th)
\$2 non-members



Tuesday



Stamp Club
1:00 – 3:00 p.m.
Jan 21st, Feb 4th,
and 18th

Coffee Talk
2:00 – 3:30 p.m.
Jan. 14th – Feb 27th

Shuffleboard
1:00 – 3:00 p.m..
Jan 13th-June 5th
Drop in fee: \$ 2 members,
\$3 non-members

Lunch with Friends
Meet at the restaurant at 11:30 a.m.
Jan. 28th - Captain's Table
(8-1823 Portage Ave)
Feb. 25th - Boston Pizza
(2517 Portage Ave.)
**Must pay for own lunch. Registration
deadline 1 week prior. Max. 20 people*

Wednesday

Cribbage
1:00 – 3:00 p.m.
Starts Jan. 15th
\$2 non-members

Company of Friends
11:00 a.m.
Jan. 15th & 29th
Feb. 12th & 26th

Floor Curling
1:00 – 3:00 p.m.
Cost: \$25
Session: Jan. 15th – May 13th

55+ Men's Group
1:00 – 3:30 p.m.
Starts Jan. 8th
90 Ferry Rd.

Book club
Jan. 29th "Women Talking" Mirian Toews,
Feb. 26th "Book of Birds" L.M. Bryski,
1:30pm

Wii Sports
9:00-11:00 a.m.
Starts Jan. 15th

Thursday

55+ Men's Group
1:00 – 3:30 p.m.
Starts Jan. 9th
90 Ferry Rd.



Lunch and a Movie
12:00 p.m.
Jan 9th: The Grizzlies
Jan 30th: Late Night
Feb. 13th The White Crow
Feb 27th: Downton Abbey
Cost: \$10 members \$12 non-members
(Must register in advance)



Friday

Men's Breakfast
Last Friday of every month
9:00 – 11:00 a.m.
Cost: \$4 (Must register in advance)

Vegas & Canasta
1:00 – 3:30 p.m.
Starts Jan. 10th
\$2 non-members

Saturday

Floor Curling Jan. 4th-April 4th: 9:00-11:30 a.m.
Drop in fee: \$2 members, non-members \$3



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