



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 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*



St. Patrick's Day Luncheon

Thursday, March 19th at 12:00pm (doors open 11:30 a.m.)

With St. Patrick's Day only recently behind us, please join us for a performance from the McConnell Irish Dancers. The dancers are recognized for their high calibre, performance-style dancing which encompasses both traditional and contemporary forms of Irish Dance.

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



My Succulent Garden

Wednesday, March 25th, 10:00 a.m. - 12:00 p.m.

Join us at the centre to make a succulent garden to brighten up your home. All supplies are included.

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

Registration deadline: Wednesday, March 18th



KEY DATES

- Mar 3** Aging in Place
- Mar 5** Lunch & Music with Arnie
- Mar 6** Ukrainian Easter Eggs
- Mar 12** Bud, Spud & Chicken
- Mar 12** Lunch and a Movie
- Mar 19** Income Tax Clinic
- Mar 19** St. Patrick's Day Luncheon
- Mar 19** String Art
- Mar 26** Lunch and a Movie
- Mar 24** Intergenerational Zumba
- Mar 31** A to Z Optical
- Apr 2** A Country Luncheon
- Apr 7** Transportation Options
- Apr 9** Lunch and a Movie
- Apr 14** Celebrations
- Apr 21** Hidden Treasures: Glass Fusing
- Apr 23** Lunch and a Movie

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.

Centre Closed Friday April 10th, and Monday April 13th.

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MEMBERSHIP \$40/YEAR

REGISTRATION PROCEDURE

Registration for new programs starting in **Mar/Apr** will be accepted starting **February 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 **May/June** will be **Thursday, April 16th**.

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



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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
Andison Foundation

Sponsors

Chapel Lawn Memorial Gardens
Desjardins Financial Security Investments
Home Instead Senior Care
Assiniboine Credit Union
Assiniboine Pharmacy
Holiday Inn Airport West
Team Brown- Sutton Group

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 Zumba

Tuesday, March 24th, from 9:30 - 11:00 a.m.

Intergenerational Beats and Eats Presents: a Zumba experience. Bring your families out for a fun session that will be sure to get everybody moving. A snack will be provided.

Cost: Free

Celebrations: A Country Star

Tuesday, April 14th

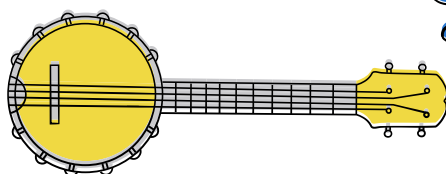
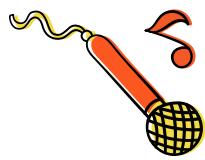
(1824 Pembina Highway)

Leaving Centre at 10:30 a.m.

Ellie is a young and talented country singer with a gift for writing amazing country music. After years of trying, Ellie is ready to give up on her dreams. That is when fate steps in and Garth Jackson, a country legend's tour bus breaks down right outside the bar where she waitresses!

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

Registration deadline: Wednesday, April 8th



Hidden Treasures: Glass Fusing

Tuesday, April 21st (1-150 Goulet Street)

Leaving Centre at 12:30 p.m.

Glass fusing is the joining together of pieces of glass at a high temperature, usually in a kiln. One will be able to pick out glass of different shapes and sizes to make a unique piece. Participants are responsible for the purchase of supplies.

Cost: \$5 members/\$8 non-members

Registration deadline: Wednesday, April 15th

Earth Day Celebration

Wednesday, April 22nd, 10:00 a.m. - 12:00 p.m.

Location: Deer Lodge Community Centre, (323 Bruce Ave)

Intergenerational Beats and Eats Presents: a celebration of Earth Day. Help us celebrate Earth Day by getting your hands dirty as we plant ourselves some lovely additions to our gardens. A light lunch will be provided.

Cost: Free



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



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Dr. Teresa Tierney

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Special Events and Outings

St. James Assiniboia School Division Older Adults Meet the Trustee's Night

Wednesday, April 22nd at Westwood Community
Church, 401 Westwood Dr.

5:30 p.m. Refreshments, 6:00 p.m. start

Join the SJASD for older adult meet the trustee's night. There will be the opportunity to learn about the school division budget as well as ask questions to the trustees.

**Sign up at the Centre
for this free event!**



Greetings from Executive Director

MEAGHAN WILFORD

As you are reading this we are well into winter and I am hopeful we will have the warmer temperatures and green grass shortly. March and April always bring great programs at the Centre and I am very excited for all that we have coming up, including one of my favourite events, the Bud, Spud and Chicken Fundraiser on March 12th at the TYC Event Centre. Tickets are just \$20 for a great meal and there are always lots of great prizes to be won. It is also a very important fundraiser for the Centre so we can continue to offer all the fantastic programs we have planned for you.

We have quite a few new programs to announce as well as some of your favourites in this newsletter. I am really looking forward to the St. Patrick's Day Luncheon with the McConnell Irish Dancers and the Magical Mealtime. Be sure to mark on your calendars and sign up for our Celebrations Trip, the Glass Fusing workshop as well as many of our other educational programs such as Fun with Flowers. If you are looking to increase your physical health, the new Tai Chi class or our Growing Young classes are great starting points. Or, if you want to challenge yourself, try out our Circuit Class. It is a great workout but it can be adapted to all fitness levels as well. Don't forget about our Income Tax Clinic where we are partnering with A&O and our Medication Safety Presentation in March to celebrate Pharmacist Awareness Month.

Thanks for always supporting your Centre. We couldn't do all we do without all of our great members and I hope to see many of you out at our Bud, Spud and Chicken!



Fundraiser

We will be conducting a Bothwell Cheese fundraiser again! Order forms will be available at the front desk or on our website starting in March. The money raised will be used to help reach our yearly fundraising goal. Please encourage friends, family and neighbours to purchase them. **All orders are due on Friday, March 27th for a pickup date of Tuesday, April 7th in the afternoon.**

Just in time for Easter!

Straight from the H.A.R.T.

Taste and Aging

There are many things that can change the way you taste food. Things like aging, smoking and certain prescription drugs may have an effect. Some oral infections such as gingivitis can also cause a temporary reduction in our taste. Some older adults find that they may not taste foods as well as they used to. This may lead to using more salt to increase the tastiness of foods. Instead of salt, try flavouring your foods with fresh herbs, spices, salsas, chutneys and healthy sauces.

Here are some common herbs and spices and foods they complement:



BASIL: Flavouring for sauces, pesto sauce, dressings, infusing oils, vinegars, chicken, fish and pasta dishes.

CINNAMON: Used in baking, seasoning hot cereals and puddings.

CUMIN: Adds flavour to soups, stews and sauces.

CURRY: Good with meat, poultry and stews.

DILL: Wonderful with fish, potatoes and eggs.

OREGANO: Used in a variety of sauces, soups and salads, and tasty with poultry, beef, veal, lamb and vegetables.

PAPRIKA: Good with seafood, vegetables, potato salad and eggs.

ROSEMARY: Delicious with chicken, lamb and pork.

SAVORY: Used in salads, stuffing and sauces.

TARRAGON: Usually used with chicken, fish, veal and egg dishes.

THYME: Tasty with chicken, veal, salads and vegetables.



With a little planning, you can enjoy many different flavours without adding salt to foods. Try different herbs and spices, use different textures and temperatures at a meal and use colours to make food more appealing. You will enjoy foods more while avoiding the health consequences of having too much sodium in your diet!

Accessed and adapted from <https://www.unlockfood.ca/en/Articles/Sodium/A-Matter-of-Taste.aspx>

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

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

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

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



Elizabeth St Godard RD
Dietitian



Lorna Shaw-Hoeppner RD
Dietitian



Lisa Newman, BSW, RSW
Social Worker

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.



March 12th: Harriet

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of humanity's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

Starring: Cynthia Erivo and Leslie Odom Jr., Rated PG-13

March 26th: Ode to Joy

Charlie is a librarian who passes out anytime he feels joy, so when he meets the vibrant and spectacularly complicated Francesca, she becomes his greatest challenge to staying conscious.

Starring: Martin Freeman, Morena Baccarin, Jake Lacy and Melissa Rauch, Rated 14A

April 9th: The Art of Racing in the Rain

Through his bond with his owner, aspiring Formula One race car driver Denny, golden retriever Enzo learns that the techniques needed on the racetrack can also be used to successfully navigate the journey of life.

Starring: Kevin Costner and Milo Ventimiglia, Rated PG

April 23rd: Blinded by the Light

In 1987 Britain, a college student depressed by his oppressive family life and feeling he has no future in a hostile community, a newfound friend introduces Javed to the music of Bruce Springsteen. Touched by the rock star's powerfully eloquent affinity of his own feelings, Javed is inspired to reach out for his own dreams with his own talents.

Starring: Ronak Singh Chadha Bergesa and Viveik Kalra, Rated PG-13

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 and Music with Arnie

Thursday, March 5th at 12:00 p.m.

(doors open at 11:30 am)

Come and join us for a delicious meal and a performance from Arnie Clark. His original songs in addition to his John Denver and Glen Campbell inspired pieces are sure to make for a lovely afternoon.

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



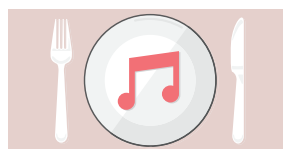
A Country Luncheon

Thursday, April 2nd at 12:00 p.m.

(door open at 11:30 am)

Today we welcome Lindsay Rae to the Centre to share her gentle country music with us. Lindsay Rae is a Country/Roots artist from Southern Manitoba who has frequented many prairie stages across Canada. Lindsay's fun-loving spirit, her love of story-telling and passion for inspiring people resonates through her lyrics and beautiful melodies.

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



Magical Mealttime

Thursday, April 30th at 12:00 p.m.

(doors open 11:30 am)

Magic is in the air today as we welcome Magician Evan Morgan to perform one of his amazing shows! He is sure to wow you with his sleight of hand skill and thrilling tricks which have won him many international awards.

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



Soup *AND* More \$3.50/bowl

Our soup crew will be making soups on the following days in March and April.

Mar. 10th	Quinoa Vegetable
	Chili
Mar. 24th	Zuppa Toscana
	Chickpea & Sweet Potato Stew
Apr. 7th	Butternut Bisque
	Cabbage Roll Soup
Apr. 21st	Baked Potato Soup
	Chicken and Rice 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., Apr. 8th at 11:30 a.m.

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

Registration deadline: Thurs., Apr. 2nd

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.

Ukrainian Easter Eggs

Friday, March 6th to 27th
from 9:00 - 11:00 a.m.
(4 weeks)

A pysanka is a Ukrainian Easter egg, decorated with traditional Ukrainian folk designs using a wax-resist method. Come and join us in some cultural Easter fun as we decorate some eggs.

Cost: \$20 members/\$25 non-members

Registration deadline: Friday, February 28th



Soap Making

Tuesday, March 10th, 11:00 a.m. - 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.

Cost: \$42 members/\$47 non-members

Registration deadline: Tuesday, March 3rd

Paint Pouring

Mondays, March 9th to March 30th,
1:00 - 2:30 p.m. (4 Weeks)

Paint pouring is a contemporary style of art. Instead of using tools like brushes or knives to create a piece of art, fluid paints are poured directly onto the surface of the canvas. Pouring paints allows for the colours to blend naturally as they come in contact with each other. We will work our way to a larger canvas every week. All supplies will be provided.

Cost: \$50 members/\$65 non-members

Registration deadline: Wednesday, March 4th

Fun with Flowers

Thursday, March 12th, Theme: St. Patrick's Day
10:00 a.m. - 11:00 a.m.

Thursday, April 9th, Theme: Easter
10:00 a.m. - 11:00 a.m.



Kat will lead the group in a step-by-step tutorial to make a centerpiece. Real flowers are being used and all supplies are provided for this piece to take home.

Cost: Each class \$17 members/\$22 non-members

Registration deadline: Thursday, March 5th and Thursday, April 2nd

Heritage Winnipeg presents: Bank of Montreal

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

In 1817, the Montreal Bank became Canada's first bank and went on to play a critical role in the building of a nation, its financial systems, and the prosperity of its people. Come and learn about the Winnipeg Location and how it played in a role in shaping the financial sector.

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



Educational Programs

String Art

Thursday, March 19th from 9:30 - 11:30 a.m.

If you have ever wanted to try your hand at string art, now is your chance. A wooden board will be set up with a nail template to wrap the string around, thus creating beautiful patterns. This will make a lovely décor piece or gift for a loved one.

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

Registration deadline: Thursday, March 12th



Men's Breakfast

Friday, March 27th and April 24th, 9:00 a.m.

Come out to enjoy a classic breakfast and some social time with your fellow men.

Cost: \$4

Registration deadline: Monday, March 23rd and Monday, April 20th

Heritage Winnipeg presents: City Parks

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

Winnipeg has several large (Regional) parks that have many features such as pathways, athletic fields, children's play structures and or pools to keep everyone in the family 'outdoor happy'. Come listen as we learn about our beautiful parks!

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

Singsationals Choir

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

(January to May Session in progress)

Half year: \$40 members and \$50 non-members



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Mon-Fri: 9 am-6 pm
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Kris Stacey Julie Ryan



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MARTY MORANTZ

MEMBER OF PARLIAMENT FOR
CHARLESWOOD-ST.JAMES-ASSINIBOIA-HEADINGLEY

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 Orientation:

Friday, March 6th, 1:00 p.m.

Friday, April 3rd, 1:00 p.m.

Tutorials on how to use the gym equipment is required for new members before taking part in the gym use.

Cost: \$5 members only



Lite n' Lively

Mondays, 9:15 - 10:15 a.m. until March 30th
(class in progress) **Cost: \$10 Drop in**

Mondays, 9:15 - 10:15 a.m. (9 weeks)
Starting April 20th - June 22nd
(No class May 18th)

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

Cost: \$54 members/\$72 non-members/\$10 drop in
Instructor: Sue Keyton



Zumba Gold

Mondays, 10:30 - 11:30 a.m. Until March 30th
(Class in Progress) **Cost: \$10 drop in**

Mondays, 10:30 - 11:30 a.m. (9 weeks)
Starting April 20th - June 22nd
(No class May 18th)

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: \$54 members/\$72 non-members/\$10 Drop in
Instructor: Sue Keyton

Monday Yoga

Mondays, 1:15 - 2:45 p.m. Until March 30th
(Class in Progress) **Cost: \$15 Drop in**

Mondays, 1:15 - 2:45 p.m. (9 weeks)
Starting April 20th - June 22nd
(No class May 18th)

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

Cost: \$81 members/\$99 non-members/
***NO DROP INS**
Instructor: Sue Keyton

Growing Young Tuesdays

Tuesdays, 9:30-10:30 a.m. Until March 31st
(Class in Progress) **Cost: \$10 Drop in**

Tuesdays, 9:30 - 10:30 a.m. (9 Weeks)
Starting April 21st - June 23rd
(No class May 19th)

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: \$54 members/\$72 non-members/\$10 Drop in
Instructor: Sue Keyton



Fitness Programs

Tai Chi

Tuesdays, 10:45-11:45 a.m. (10 weeks)

Starting April 7th - June 9th

Tai Chi is a low impact martial art that is made up of gentle movements and boasts many health benefits. This exercise will put you in touch with your breath and engage every aspect of your body.

Cost: \$60 members/\$80 non-members/\$10 drop in

Instructor: Cliff Yerex

Line Dancing

Wednesdays 10:00 - 11:00 a.m. Until March 18th

(Class in Progress) Cost: \$10 drop in

Wednesdays 10:00 - 11:00 a.m. (10 weeks)

Starting April 8th - June 10th (No class May 20th)

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

Cost: \$60 members/\$80 non-members/\$10 drop in

Instructor: Karen Hodgins

Wednesday Evening Yoga

Wednesdays 6:30 - 8:00 p.m.

April 22nd - June 24th (9 weeks) (No class May 20th)

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

Cost: \$90 members/\$108 non-members/No Drop ins

Instructor: Sue Keyton

Health and Wellbeing Workshops

Fridays, 9:30 - 11:00 a.m. Until April 3rd

(Class in Progress) *NO DROP-INS*

Fridays 9:30 - 11:00 a.m. April 24th - June 26th

(9 weeks) (No class May 22nd) *NO DROP-INS*

A variety of topics will be covered during this 9 week series. The participants MUST have prior meditation experience or taken Intro to Meditation with Sue to attend this workshop.

Cost: \$112 members/\$135 non-members

Instructor: Sue Keyton

Growing Young Fridays

Fridays 11:45 - 12:45 a.m. Until April 3rd

(Class in Progress) Cost: \$10 Drop in

Fridays 11:45 - 12:45 a.m. (9 weeks)

Starting April 24th - June 26th (No class May 22nd)

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: \$54 members/\$72 non-members/\$10 drop in

Instructor: Sue Keyton

Circuit Training

Fridays 1:30 - 2:30 p.m. Until March 27th

(Class in Progress) Cost: \$10 Drop in

Fridays 1:30 - 2:30 p.m. (10 weeks)

Starting April 17th - June 19th

This class is a 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: \$60 members/\$80 non-members/\$10 Drop in

Instructor: Kristen Penner



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)

As of April 1, 2020 the Footcare prices will be increasing to the following:

30 minutes: \$40 members/ \$48 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

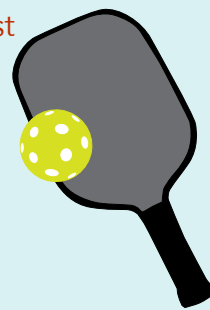


Pickleball

Winter Session ends March 31st

Spring Session starts April 1st

Registration Date for Spring Session is March 3rd at 8:30 a.m.



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:

Participants from Winter Session must sign up in their current group. If one did not register for the Winter Session, the participant must sign up in the Novice group. If participants want to change groups they must make their request known to the program coordinator who will move participants if possible.

**\$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.

Aging in Place

Tuesday, March 3rd at 1:30 p.m.

Learn about Self and Family Managed Home Care and how to apply for it: how private home care can fill in the gaps and how to make adaptations to your home to prevent falls.

Presenter: Brian M., My Smaller Nest

Cost: \$4

Occupational Therapists: Who are they and when should I work with one?

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

Location: (3-203 Duffield St.)

Wednesday, March 25th at 1:00 p.m.

Location: (455 Westwood Dr., Party Room)

Come learn about occupational therapy services and what role it can have in your life or the life of a loved one. Occupational therapy services are not just for those who are employed!

Presenter: Hadria C., Daily Function Occupational Therapy

Cost: \$4 for March 10th, \$2 for non-residents of 455 Westwood Dr. for March 25th

The Hidden Cost of Hearing Loss

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

This presentation will touch on the different forms of hearing loss. If you or someone you know experiences hearing loss, I encourage you to come and learn how you can be of better support.

Presenter: Marc D., Hearing Life

Cost: \$4



Medication Safety with Assiniboine Pharmacy

Thursday, March 19th at 10:00 a.m.

Come celebrate "Pharmacist Awareness Month" with us by spending the morning listening to our sponsor, Assiniboine Pharmacy, talk about medication safety. There will be a question period following the presentation as well as light refreshments.

Presenter: Assiniboine Pharmacy

Cost: \$4



Income Tax Clinic

Thursday, March 19th at 5:30 p.m. (3-203 Duffield St.)

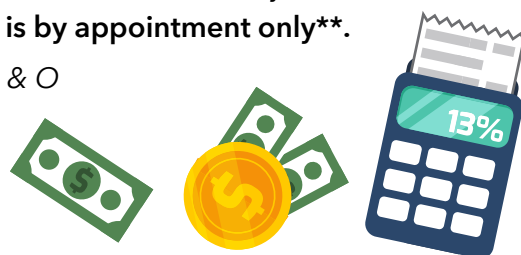
The Centre in partnership with A & O: Support Services for Older Adults and the Chartered Professional Accountants of Manitoba is offering a free tax preparation service to qualifying older adults. *Maximum single income is \$35,000 and a couple is \$45,000. Please call A & O at 204-956-6440 after February 4th to book an appointment.*

Doors open at 5 p.m. If you have to cancel your appointment please call the above number to allow us to fit another older adult into your time slot.

****This clinic is by appointment only**.**

Presenter: A & O

Cost: FREE



If you have any suggestions for presentations or would like to talk about the possibility of having presentations in your building please call 204-987-8850 ext 108 or email: sarah@stjamescentre.com

Support Services

Community Paramedic Services

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

Location: (3-203 Duffield St.)

Wednesday, April 8th at 1:00 p.m.

Location: (455 Westwood Dr., Party Room)

Do you need help getting to a medical clinic appointment or getting home from the hospital? We're Community Paramedics Service and our team of paramedics are available whenever you need us.

Presenter: John M., Community Paramedic Service

Cost: \$4 for March 24th, \$2 for non-residents of 455 Westwood Dr. for April 8th



A to Z Optical

Tuesday, March 31st at 1:30 p.m.

This presentation will be talking about how we can live a life that promotes healthy eyes as we age.

The session will be followed by a complimentary cleaning and repair for your existing glasses.

Presenter: A to Z optical

Cost: \$4



Transportation Options for St. James Assiniboia Seniors

Tuesday, April 7th at 1:30 p.m.

Whether you no longer drive or do not want to all the time come and learn about the different transportation options available.

Presenter: Sarah V, Senior Resource Coordinator

Cost: \$4

Makers Making Change

Tuesday, April 14th at 1:30 p.m.

Makers Making Change is a network that connects volunteer makers to people with disabilities who need access to affordable assistive technologies.

Presenter: Suzanne W., Regional Coordinator

Cost: \$4



St. Patrick's Day Trivia

- 1) What Gaelic word is used when giving an Irish toast for "health"?
- 2) Newfoundland is known in Irish Gaelic as "Talamh an Éisc". What does this Gaelic name mean?
- 3) What was the mother tongue of Ireland's patron saint, Pádraig?



- Answers:
- 1) Sláinte.
 - 2) Land of Fish
 - 3) Latin



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Support Services

Community Foot Care Info session

Monday, April 20th at 1:30 p.m.

Foot care is an essential part of staying healthy, especially in the case of living with diabetes and other chronic conditions. Learn more about how Donagh can help you at this informative presentation.

Presenter: Donagh P., Foot Care Nurse

Cost: \$4



Ixtapa Travel

Tuesday, April 28th at 1:30 p.m.


Travelling is a great way to expand our social networks and decrease social isolation. Group travel is a great option for those who are looking to meet like-minded individuals. This presentation will be going over senior group travel opportunities that are currently available to you.

Presenter: Ixtapa Travel

Cost: \$4



Your MLA for St. James
ADRIEN SALA



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

**Volunteer
Appreciation
Lunch**

Thursday, April 16th at 12 p.m.
(Doors open at 11:30 a.m.)

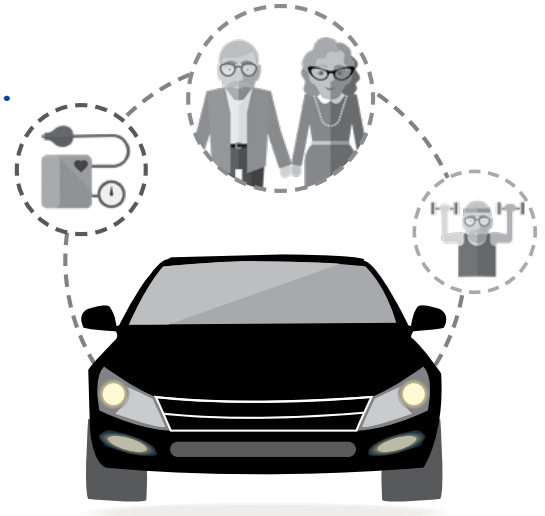
Words alone cannot express how grateful we are to have such wonderful and committed volunteers! You deserve to be pampered for your hard work. Come and enjoy lunch and entertainment on us.

Cost: Free (*for volunteers only*)
Please R.S.V.P by April 10th

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

We would like to say a special thank you to all of the individuals who volunteer at the Centre. Whether it was a onetime event or ongoing we very much appreciate your involvement. Be sure to register for the Volunteer Appreciation luncheon happening April 16th so we can say thank-you in person.

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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scott@scottfielding.ca
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Home Maintenance Referral Program



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

Community Resources

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

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



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Registration Information

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

Membership \$40/year

Benefits include:

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



City Councillor for St. James



Scott Gillingham

204-986-5848
scottgillingham@winnipeg.ca

Positive Leadership for St. James

Early Registration

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

Refund Policy

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

Newsletter Release Date

The **May/June newsletter** will be available on **Tuesday, April 7th** 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.



St. James Assiniboia 55+ Centre Drop-In Calendar

Monday

Scrabble

1:00 – 3:00 p.m.
(Centre closed
April 13th)
\$2 non-members



Tuesday



Stamp Club

1:00 – 3:00 p.m.
Mar. 3rd, 17th,
Apr. 7th, 21st

Coffee Talk

2:00 – 3:30 p.m.
Mar. 3rd – Apr. 28th

Walking Club

11:00 a.m. – 12:00 p.m.
March 10th-31st
Cost: FREE

Lunch with Friends

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

March 31st – Red Lobster

(1540 Portage Ave)

April 28th – Good Earth

(1849 Portage Ave.)

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

Wednesday

Cribbage

1:00 – 3:00 p.m.
March 4th – April 29th
\$2 non-members

Company of Friends

11:00 a.m.
Mar. 11th & 25th
Apr. 8th & 22nd



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.
March 4th – April 29th
90 Ferry Rd.

Book club

Mar. 25th: "Homes" by Abu Bakr Al Rabeeah
Apr. 29th: "Road Ends" by Mary Lawson
1:30pm

Knitting

1:00-3:00 p.m.
March 4th –
April 29th

Cost: \$ 2 non-members,

Thursday

55+ Men's Group

1:00 – 3:30 p.m.
March 5th – April 30th
90 Ferry Rd.



Lunch and a Movie

12:00 p.m.

Mar. 12th : Harriett

Mar. 26th: Ode to Joy

Apr. 9th: Art of Racing in the Rain

Apr. 23rd: Blinded by the Light

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



Friday

Men's Breakfast

Last Friday of every month
9:00 a.m. (Mar. 27th & Apr. 24th)
Cost: \$4 (Must register in advance)

Canasta

1:00 – 3:30 p.m.
March 6th – April 24th
\$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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