



**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

- Nov 6** Magic 'n Motion
- Nov 7** Lunch and a Movie
- Nov 7** Fun with Flowers
- Nov 8** Oma's Schnitzel Stub
- Nov 13** Heritage Wpg: Theatres
- Nov 14** Manitoba Food History
- Nov 14** Blood Pressure Clinic
- Nov 21** Lunch and a Movie
- Nov 26** Archery & Pizza
- Nov 29** Christmas Card Making
- Dec 5** Holiday High Tea
- Dec 10** Volunteer Manitoba
- Dec 10** Gingerbread Village
- Dec 12** Lunch with an Author
- Dec 13** Ukrainian Christmas Party
- Dec 17** Grief Over Holidays
- Dec 19** Fun with Flowers
- Dec 19** Lunch and a Movie

Travelogue Lunch: Scandanavia and the Baltics

Thursday, November 28,

Lunch at 12:00 p.m. (doors open at 11:30 a.m.)

Lunch is included in our next travelogue presentation. Come along with us and taste the traditional flavours of the Baltic Coast. We will visit Scandinavian capitals and Baltic ports with an emphasis on historic St. Petersburg, Russia. The presentation includes lunch and a slide show, illustrations of famous landmarks, and notable characters such as Peter the Great, Rasputin, the Hermitage, Church of the Spilled Blood, Yusupov Palace, and The Peterhof: the summer palace built to rival Versailles. This is an adventure you won't want to miss!

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

Registration deadline: November 21st



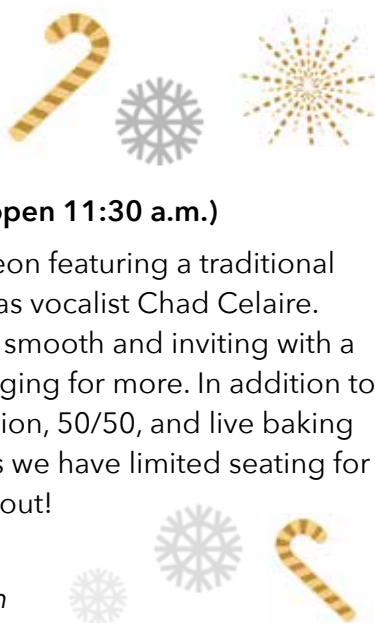
Ukrainian Lunch Christmas Party

Friday, December 13th at 12:00 p.m. (doors open 11:30 a.m.)

Please join us for our annual Christmas Luncheon featuring a traditional Ukranian meal from Kozak Foods and Christmas vocalist Chad Celaire. Chad's performances have been described as smooth and inviting with a vocal prowess that always leaves listeners begging for more. In addition to Chad's performance, there will be a silent auction, 50/50, and live baking auction for your participation. Register early as we have limited seating for this popular event and you don't want to miss out!

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

Registration deadline: Thursday, December 5th



BAKING DONATIONS NEEDED!



If you are able to donate a pie, cake, etc. for this year's Christmas Dinner Baking Auction please call the Front Desk at 204-987-8850 or sign up at the Centre. Please bring your baking in on December 12th so we can get it ready for the auction!

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 **Nov/Dec** will be accepted starting **October 10th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **Jan/Feb**) will be **Thursday, December 12th**.

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
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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
Andison Foundation

Sponsors

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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!****

Wildlife Haven

Monday, November 4th from 1:00-3:00 p.m.

Wildlife Haven Rehabilitation Centre has been rehabilitating injured, sick and orphaned wildlife for their return to the wild since 1984. They are a volunteer-driven, registered charity that has cared for over 39,000 wildlife who play a vital role in the ecological and biological processes that are essential to life itself. There will be some wildlife ambassadors coming to visit and they will discuss their unique rehabilitation stories, general biology, and the conservation status of the species. Our presentations are designed to be a discussion between our interpreters and our audience and we welcome lots of questions!

Cost: \$8 members and \$10 non-members

Registration deadline: Monday, October 28

Magic 'n Motion

Deer Lodge Community Club (323 Bruce Avenue)

Wednesday, November 6th from 9:30-11:00 a.m.

Intergenerational Beats and Eats presents: Magic 'n Motion. This is a movement class that introduces the creative and expressive world of dance through music, movement, visuals, and props. Join us as we nurture relationships across the ages and get some great exercise.

Cost: Free

Registration deadline: Thursday, November 1st

Oma's Schnitzel Stub

Friday, November 8

(601 Rue Sabourin, Saint-Pierre-Jolys, MB)

Leaving Centre at 10:30 a.m.

Join us for a German buffet lunch at Oma's Restaurant in the quaint town of St. Pierre-Jolys, MB. It's been said they have the best schnitzel in town!

Carpooling volunteers needed

Cost: \$25 members and \$27 non-members

Registration deadline: Thursday, October 31st

Candle Making at Hidden Treasures

Monday, November 18 (1-150 Goulet Street)

Leaving Centre at 1:00 p.m.

This workshop will teach you how to make your own jar candles and tea lights using simple equipment you can find at home in your kitchen. The class includes instructions, basic candle care information, and all the supplies needed to make 2 container candles, 12 tea lights and a wick dipper. Choose from a variety of colours and scents to transform any space from subpar to charming with the quick scratch of a lit, flaming match. *Carpooling volunteers needed*

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

Registration deadline: Tuesday, November 12th

CHRISTMAS SILENT AUCTION AND FUNDRAISING ITEMS

Check out the items in our Christmas Silent Auction starting on November 25th. We will be making the draws at our Christmas Luncheon on December 13th! We will also be putting our popular Christmas Fundraising Items on Sale on this date. We will be bringing back the friendship soups, shortbreads, chocolate-covered marshmallows and much more!

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!****

Carbone Café Club and The Naval Museum of Manitoba

Carbone Café Club: 260 St. Mary Avenue
Museum: 1 Navy Way

Wednesday, November 20th, Leaving Centre 10:00 a.m.

Have you ever been curious about the Manitoba Navy? Today is your chance for a great learning opportunity with the Naval Museum of Manitoba. We will see and hear of the wonderful legacies Prairie men and women have offered for our country. Some new additions to this museum include The Prairie Sailor and several pictures and artifacts that are definitely worth your while. Beforehand, we will get together at Carbone Café Club for lunch. Participants pay for their own lunch. *Carpooling Volunteers Needed.*

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

Registration deadline: Thursday, November 14th

Archery and Pizza

Pizza Hut Buffet: 1925 Portage Avenue
Archery: 2281 Portage Avenue



Tuesday, November 26th, Leaving Centre 11:30 a.m.

Have you ever wondered what it's like to shoot a bow and arrow like the warriors of old? Archery is the oldest form of warfare known to mankind dating back to 10,000 BCE in Egypt and in China. Coupling this ancient activity with the equally ancient meal of pizza (made as early as the Neolithic period) will surely make for a historically adventurous afternoon. The



more, the merrier! *Lunch is included in the cost. Carpooling volunteers needed.*

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

Registration deadline: Tuesday, November 19th

Lunch Bowling at Uptown Alley

Monday, December 2nd (1301 St. Matthews Ave)
Leaving Centre at 10:30 a.m.

Cataplum! Experience the satisfaction of a rousing game of bowling. Bowling is said to improve strength and flexibility while reducing stress and is a great platform for building relationships and a little bit of exercise. While easy to learn, skills can always be improved upon. Are you up for the challenge of a perfect game? *Carpooling volunteers needed*

Cost: \$32 members and \$35 non-members

Registration deadline: Tuesday, November 26th

Holiday High Tea

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

(doors open 11:30 a.m.)

Join us for a holiday-themed royal tea party. Dainties, table games, and fellowship will be a lovely addition to our Christmas celebrations.



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

Registration deadline: Thursday, November 29th



Special Events & Outings

The Gingerbread Village

Tuesday, December 10th from 9:30-11:30 a.m.



Intergenerational Beats & Eats Presents: The Gingerbread Village.

Gingerbread houses have been a long-standing tradition of Christmas time for many people around the world. First introduced by the Germans in the 16th Century, they grew in popularity after the Brothers Grimm wrote their famous fairy tale of Hansel and Gretel. The largest gingerbread house ever built was in Bryan, Texas and spanned nearly 40,000 cubic feet! You are welcome to join us in this fun tradition as we build our own gingerbread houses and spread some holiday joy! Prizes will be given for various categories. Come ready to create and leave feeling the joy and inspiration of Christmas and community. *Breakfast included and all supplies provided.*

Cost: free

Registration deadline: Tuesday, December 3rd



GIVING TUESDAY™

Tuesday, December 3rd marks the opening of Giving Season with Giving Tuesday. Giving Tuesday is a day where charities, companies and individuals join together to share commitments, rally for favourite causes and think about others. The St. James Assiniboia 55+ Centre has an anonymous donor who will match all donations received on December 3rd up to a maximum of \$500. Go online, call 204-987-8850 or visit the Centre on Giving Tuesday to make a donation and help support the Centre.

PEROGY FUNDRAISER

The Center will be once again by conducting a Perogy Fundraiser from November 1st to November 22nd. Perogies will be ready for pickup at the Center on Thursday, December 5th in the afternoon. Perogies are sold frozen and are available by the dozen or in 5 lbs. packages (appr. 5 Dozen). Order forms will be available at the Centre or on our website. The money raised will be used for helping with our yearly Fundraising goal of \$20,000. Please sell to friends, family and neighbours as this is a great opportunity to stock up on perogies for the upcoming Christmas Season!



Greetings from Executive Director MEAGHAN WILFORD



As you are reading this we are now well into the Fall season and I am wondering where the time has gone as it seems like yesterday was Canada Day and we were having a BBQ at the Centre and now we are planning for the Christmas Season.

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 Annual Christmas Luncheon with the delicious lunch and baking auction and the Scandinavia Travelogue Luncheon. Be sure to mark on your calendars our Driving Safety and nutrition presentations, the Fun with Flowers session to create a Christmas arrangement and the Christmas High Tea.

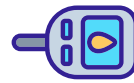
November and December are always months where we ask for your additional support of the Centre. We have a few fundraisers coming up: our popular perogy sale starts November 1st and our Christmas fundraising items and Christmas Silent Auction tickets go on sale November 25th. Another way to support the Centre would be by becoming a monthly donor, or by making a financial gift on December 3rd, Giving Tuesday. Don't forget about our cookbook as it makes a great gift for friends and neighbours or a stocking stuffer.

Thanks for always supporting your Centre. We couldn't do all we do without all of our great members! On behalf of the Staff and Board of Directors, please have a safe and happy Christmas Season and all the best in the New Year. We look forward to celebrating the season with you!

Straight from the H.A.R.T.

Diabetes Conversation Map

December 4th - 10:00 am - noon



If you have been diagnosed with diabetes and would like to have a facilitated conversation about it with others who have diabetes, this is the session for you! With the facilitator, you will be guided in conversation about the basics of healthy eating with diabetes using a large and colourful Diabetes Conversation Map. *Space is limited so sign up early. **Pre-registration is required.** Register online or contact the front desk.*

No cost. Please direct any questions to Liz St. Godard RD at 204-940-3261.

Did you know about the....Canadian Mental Health Service Navigation Hub?

IT'S LIKE A GPS FOR THE MENTAL HEALTH CARE SYSTEM!

As with any health issue, navigating Manitoba's complex system of mental health care can be overwhelming. At Canadian Mental Health Association (CMHA), specialists are available to help all Manitobans find the best type of care or service to match their needs.

NAVIGATION SPECIALISTS CAN:

- Provide service navigation within the mental health and addictions systems
- Assist people to know and exercise their rights
- Provide short-term supports to individuals on wait lists
- Provide guidance to families and caregivers supporting a loved one living with mental illness/addictions
- Provide outreach to ensure a strong community presence

- Administer evidence-based screening and assessment tools
- Provide presentations within community about service navigation
- Deliver targeted mental health and addictions education
- Conduct internal CMHA program screening/intake
- To contact a member of the Service Navigation Hub with the Canadian Mental Health Association, please call 204-775-6442 or visit us at 930 Portage Ave, Winnipeg.

Contact the Canadian Mental Health Association to learn more about support and resources in your area.

Founded in 1918, The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians.



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.

MY
HEALTH
TEAM

Looking for more health information?

These are some of the FREE classes we offer.
To register: 204-940-8724

Commit to Quit

Learn all about how to stop smoking and stay quit. Get support to develop a quit plan, learn medications, and build skills to stay quit over time.

[5 sessions]



CHF Essentials/ COPD Essentials

Learn about CHF (heart failure) or COPD (lung disease) and how to manage it. This includes controlling flare-ups and medication basics.

[1 session for either CHF or COPD]



Introduction to Diabetes

This class reviews what diabetes is and how to manage it: through healthy eating, physical activity, managing stress, and medications. (Essentials, Diabetes & Eating, Mind & Body Wellness - 1 session each)



Nutrition

Learn to eat healthier for heart health (Eating for Health) or to support a healthy weight (Nutrition for Busy People).

[1 session for each topic]



Managing Sleeplessness

Learn how to improve your sleep and use lower doses of sleep medications.

[2 sessions]



Living Well with Chronic Pain

Learn pain self-management, energy conservation, and coping strategies beyond medication.

[6 sessions]



Cognitive Behavioural Therapy (CBT)

CBT with mindfulness (CBTm) is intended for self-management of anxiety or depression through challenging unhelpful thought processes.

[4 sessions]



All classes are held at Access Winnipeg West (280 Booth Drive)

For more information: www.wrha.mb.ca/groups

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.*



November 7th: Rocketman

Rocketman is an epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John. This inspirational story -- set to Elton John's most beloved songs and performed by star Taron Egerton -- tells the universally relatable story of how a small-town boy became one of the most iconic figures in pop culture. Starring: Taron Egerton and Jamie Bell

November 21st: 5 Feet Apart

Stella is a cystic fibrosis patient who spends most of her time in the hospital. Her life is full of routines, boundaries and self-control: all of which get put to the test when she meets Will, an impossibly charming man who has the same illness. There's an instant flirtation. Thorough restrictions dictate that they must maintain a safe distance between them (5 feet) so as not to catch anything. As their connection intensifies, so does their temptation to throw the rules out the window. Starring: Haley Lu Richardson and Cole Sprouse

December 19: A Dog's Journey

Bailey is living the good life on the Michigan farm of his boy, Ethan and Ethan's wife Hannah. He even has a new playmate: Ethan and Hannah's baby granddaughter, CJ. The problem is that CJ's mom, Gloria, decides to take CJ away. As Bailey's soul prepares to leave this life for a new one, he makes a promise to Ethan to find CJ and protect her at any cost. Thus begins Bailey's adventure through many lives filled with love, friendship, and devotion. Starring: Josh Gad and Dennis Quaid

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.***

Manitoba Food History Project

Thursday, November 14th

Lunch at 12:00 p.m. (doors open at 11:30 a.m.)

Author and Professor Janis Thiessen is coming to share her newest project with us. The Manitoba Food History Project is an oral history project based out of the University of Winnipeg. The goal of the project team is to produce a comprehensive history of food manufacturing, production, retailing, and consumption in the province of Manitoba from 1870 to the present day by focusing on oral history by way of interviewing and cooking together.



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

Registration Deadline: November 7th

Lunch with an Author: The Water Beetles

Thursday, December 12th

Lunch at 12:00 p.m. (doors open at 11:30 a.m.)

Canadian author and winner of several awards, including the Amazon First Novel Award, McNally Robinson Book of the Year, and the Margaret Laurence Award for Fiction, Michael Kaan is joining us to speak about his book, *The Water Beetles*. This is an engrossing story of adventure and survival in 1941 Japanese occupied Hong Kong. Inspired by the diaries of his father, this mesmerizing story captures the horror of war through the eyes of a child with unsettling and unerring grace.



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

Registration Deadline: December 5th

Soup *AND* More \$3/bowl

Our soup crew will be making soups on the following days in November & December.

Nov. 5th	Chicken Noodle Soup
	Black Bean Yum Tum Soup
Nov. 19th	Winter Vegetable & Lentil
	Pumpkin Soup
Dec. 3rd	Irish Stew
	Roasted Carrot



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., Nov. 13th 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.

Fun with Flowers

Thursday, November 7th, from 10:00-11:00 a.m.

An honourable way to remember those who have passed on through war is with our Remembrance Day themed floral arrangements. Kat will lead the group in a step-by-step tutorial until it is completed. Real flowers are being used and all supplies are provided.

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

Registration deadline: Wednesday, October 30th

Heritage Winnipeg Presents: Theatres

Wednesday, November 13th, 11:00 a.m. -12:00 p.m.

Come on a historical adventure as we learn about unique theatres peppered across Winnipeg. Learn about their architecture and what makes each one unique on this riveting presentation style journey.

Cost: \$5 members and

\$7 non-members

Registration deadline: Friday, November 8th



String Art

Friday, November 15th from 10:00 a.m. -12:00 p.m.

If you have ever wanted to try your hand at string art (also known as pin and thread art), now is your chance. String art was first invented at the end of the 19th century to make mathematics more accessible for children but as time went on, it morphed into the craft form we recognize today. A wooden board will be set up with a nail template to wrap the string around, thus creating beautiful patterns. These make lovely décor pieces or gifts for loved ones. We encourage you to come out and engage your creative side.

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

Registration deadline: Friday, November 8th

Christmas Card Making

Friday, November 29th and Monday, December 9th, from 10:00 a.m.-12:00 p.m.

Tired of the endless search for the perfect Christmas card? Why not make some yourself? Come to the centre for some crafting and fellowship to keep warm on a cold winter afternoon.

Supplies will be provided.

Cost: \$10 members and \$12 non-members (per session)

Registration deadlines: Wednesday, November 27th, and Wednesday, December 4th

Fun with Flowers

Thursday, December 19th, from 10:00 a.m. - 11:00 a.m.

Crank up your Christmas spirit with some beautiful and festive winter floral arrangements. Kat will lead the group in a step-by-step tutorial until it is completed. Real flowers are being used and all supplies are provided.

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

Registration deadline: Tuesday, December 10th

Singsationals Choir

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

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. The last rehearsal for this group is December 9th, 2019.

Cost: Full Year: \$70 members and \$90 non-members (September-June)

Half Year: \$40 members and \$50 non-members (January-June)

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 Orientation:

Fridays November 1st

Cost: \$5 members only

Registration deadline October 30th

Growing Young Tuesdays

Tuesdays 9:30-10:30 a.m. until December 3rd

(class in progress)

Drop-in Fee: \$10

Instructor: Sue Keyton

Growing Young Fridays

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

until December 6th

(class in progress)

Drop-in fee: \$10

Instructor: Sue Keyton



Line Dancing

Wednesdays 10:00-11:00 a.m. until November 27th

(class in progress)

Drop-in fee: \$10

Instructor: Karen Hodgins

Zumba Gold

Mondays 10:30-11:30 a.m. until December 9th

(class in progress)

(No classes November 11th)

Drop-in fee: \$10

Instructor: Sue Keyton



Monday Yoga

Mondays 1:15-2:45 p.m. until December 9th

(class in progress)

(no classes November 11)

Drop in fee: \$15

Instructor: Sue Keyton

Lite n' Lively

Mondays 9:15-10:15 a.m. until December 9th

(class in progress)

(no classes November 11th)

Drop in Fee: \$10

Instructor Sue Keyton



Wednesday Evening Yoga

Wednesdays 6:30-8:00 p.m. until December 4th

(class in progress)

Drop-in fee: \$15

Instructor: Sue Keyton



Fitness Programs

Circuit Training

Thursdays 9:00-10:00 a.m. until December 5th
(class in progress)

Drop-in fee: \$10

Instructor: Kristen Penner



Health and Wellbeing Workshops

Fridays 9:30-11:00 a.m. November 1st - December 6th

A 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.

Cost: \$75 members,

\$90 non members

Registration deadline: Friday, October 25th

NO DROP-INS



Massage Therapy and Footcare

Take advantage of your insurance benefits before the end of the year! Our massage and footcare services could be covered on your plan! Call 204-987-8850 to book an appointment.



Desjardins
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KEN LIWSKI
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ARE ALL YOUR DUCKS IN A ROW?

THANKS to everyone for attending our presentation ARE ALL YOUR DUCKS IN A ROW? on September 3rd. Your attendance created a successful discussion on Power of Attorney documents, POA responsibilities, Wills, and Executor duties, and to help everyone be better prepared for when the time comes.

We appreciate you taking the time. Please let us know if you have any questions or are interested in other presentations such as:

- Keeping the Cottage in the Family
- Feeling Good About your Investments
- Making More without Risk
- Are All your Ducks in a Row
- Battle Between RRSP and TFSA
- Stress Free Estates
- RDSPs, Registered Disability Savings Plans
- Suggestions

THANK YOU,
KEN LIWSKI

204-925-7390

2525 Portage Ave., Winnipeg, MB R3J 0P1

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Stephen Patrick

204-832-8226 | stephen@patrickrealty.mb.ca

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 Sept. 4th - Dec. 30th

Westwood Community Church

401 Westwood Dr.

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

Sturgeon Heights Community Centre

210 Rita Street

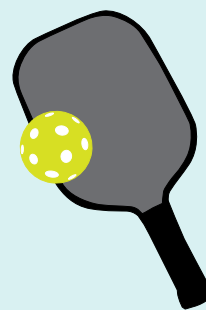
We will be having Pickleball at Sturgeon Heights Community Centre.

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.

SESSION IN PROGRESS

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.

Nutrition for Healthy Aging

Tuesday, November 5th at 1:30 p.m.

Good dietary choices can support our health in the long term. Learn which nutrients and food groups have a great impact on our overall health as we age and how these choices fit into the new Canada Food Guide.

Presenters: Elizabeth from the HART team

Cost: \$4



Elder Abuse: Warning Signs and Prevention

Tuesday, November 12th at 1:30 p.m.

You can never be too safe when it comes to the protection of yourself and your loved ones. Come to this presentation to learn of the early warning signs for elder abuse. By creating more awareness, we can help reduce the stigma and decrease incidence rates.

Presenters: A & O

Cost: \$4



Blood Pressure Clinic (455 Westwood Dr.)

Thursday, November 14th at 1:00 p.m.

Come on down to 455 Westwood Dr. to get your blood pressure checked! We will be located in the party room on the main floor of the building. It's important to check your pressure regularly to see if there is anything in your health routine that can be improved.

Presenters: The HART team

Cost: Free



This year we will be once again taking part in Home Instead Winnipeg's Be a Santa to a Senior.

We will be responsible for giving over 50 Christmas Gifts to older adults in the community. Gift tags that list the resident's Christmas Wish List will be available for pickup at the Centre starting the week of November 12th. Please drop in to pick up a tag and help make a senior in need have a great Christmas.



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

The Hidden Cost of Hearing

Tuesday, November 19th at 1:30 p.m.

This presentation will touch on the different forms of hearing loss and some of the different reasons for it. 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 from Hearinglife

Cost: \$4



Functional Exercises: What are They and Why You Should Do Them

Tuesday, November 26th at 1:30 p.m.

Functional exercises are aimed at reducing your risk of injury, slip and falls, and improving your ability to function in real-world scenarios. These exercises teach your body to work together to get a task done. There are very few things we do in life that we isolate one muscle to function, so why train your body that way? We will show you exercises that are designed to work most muscles in the body and improve balance, which is key to minimizing slip and fall-related injuries.

Presenter: Elite Sports Injury St. James

Cost: \$4

Driving Safety

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

As we age our body changes which can create needed adaptations for safe transportation. Come and join us as we learn about the ways we can manage driving while we age gracefully. When it comes to driving, you are responsible for keeping yourself and others on the road safe to the best of your ability.

Presenters: Samantha from TONS

Cost: \$4



Volunteer Manitoba

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

Are you interested in getting more involved in our community? Then this presentation is for you! Come and hear about the many ways that you can contribute by volunteering. Volunteering is an excellent way to meet new people and help positively influence the lives of others.

Presenters: Kamillah from Volunteer Manitoba

Cost: \$4



Dealing with Grief over the Holidays

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

The holidays can be a difficult time for many of us and can remind us of the memories that we have had with loved ones that are no longer here. If you feel like you need some support regarding this area please join us at this presentation. Lisa Newman, a social worker from the HART team, will be facilitating this discussion.

Presenter: Lisa from the HART team

Cost: \$4

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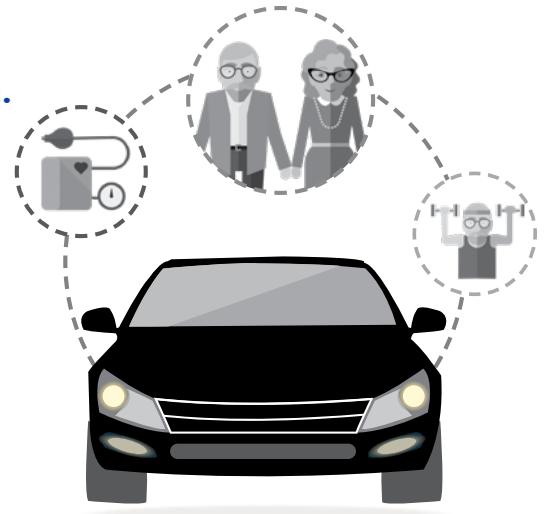
To us, it's personal.

HomeInstead.com/3021

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 all the drop-in group leaders who dedicate their time to make sure our drop-in programs run smoothly. You are an essential part of the Centre and we thank you for your continued support and dedication.

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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- 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, housekeeping, 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 **January/February** will be available on **Tuesday, December 3rd** 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.
Nov. 4th - Dec. 16th
(Centre closed
Nov. 11th)
\$2 non-members



MERRY
CHRISTMAS
HAPPY NEW YEAR



from the
**Board of Directors
and Staff**



Tuesday



Stamp Club

1:00 – 3:00 p.m.
Nov. 12th, 26th
Dec. 10th

Coffee Talk

2:00 – 3:30 p.m.
Nov. 5th - Dec. 17th



Lunch with Friends

Meet at the restaurant at 11:30 a.m.
Nov. 26th - Gus and Tony's at the Park
(1-2015 Portage Ave)
Dec. 17th - Viscount Gort
(1670 Portage Ave.)

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

Wednesday

Cribbage

1:00 – 3:00 p.m.
Nov. 6th - Dec. 18th
\$2 non-members

Company of Friends

11:00 a.m.
Nov. 6th, 20th
Dec. 4th, 18th

Floor Curling

1:00 – 3:00 p.m.
Cost: \$25

Session in progress until Dec. 11th

55+ Men's Group

1:00 – 3:30 p.m.
Nov. 6th - Dec. 18th
90 Ferry Rd.

Book Club 1:30 p.m.
Nov. 27th



Thursday

55+ Men's Group

1:00 – 3:30 p.m.
Nov. 7th - Dec. 19th
90 Ferry Rd.



Lunch and a Movie

12:00 p.m.

November 7th: Rocketman
November 21st: 5 Feet Apart
December 19th: A Dog's Journey

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



Friday

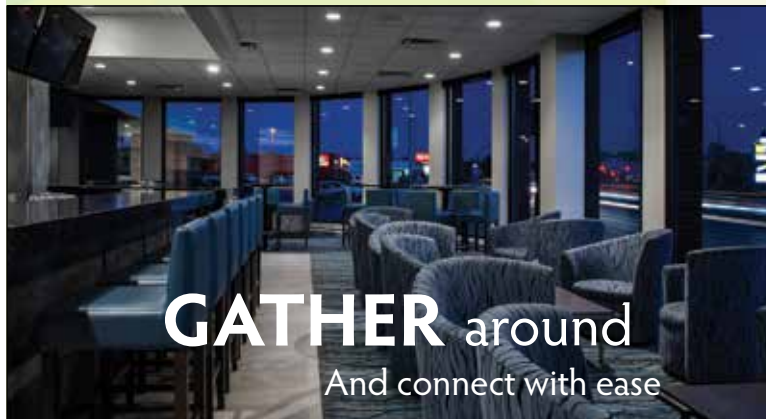
Vegas & Canasta

1:00 – 3:30 p.m. Nov. 1st - Dec. 13th
\$2 non-members

Electronics 101

Nov. 1st - Dec. 6th
1:00 – 2:00 p.m.
(cancelled Nov. 8th)





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