



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.

Greetings from Executive Director MEAGHAN WILFORD

We are excited to have you back for some small programs this summer. **Registration for summer programs begins on Thursday, July 16th at 8:30 a.m. Unfortunately, there will be no in-person registration for this session.** Please register online or call 204-987-8850 and we can process your registration over the phone (must have a credit card for payment).

As the door to 203 Duffield is locked, please do not come early for the programs. We are required to do a COVID screening for all attendees and will not be letting people into the building earlier than 5 minutes before programs are scheduled to begin.

Thank you for your support in all our reopening policies. We know it is a big change to adapt to, but it is a necessity at our location. With our target audience being more vulnerable, we are doing the best we can to keep you, the staff, and community safe.

Reminder- the Centre is open 8:30-4:00 by appointment only Monday to Thursday. We are using Friday's throughout the summer as administrative days for more cleaning and to plan for further programs and reopening.

Have a great Summer and we can't wait to see you in person soon!

AGM



Our Annual General Meeting has been rescheduled to Thursday, September 10th at 10:30 a.m.

We hope to be able to accommodate as many people as we can on site, but might have to have the meeting on Zoom depending on the ever changing restrictions.

Please stay tuned for more information.

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MEMBERSHIP \$40/YEAR

REGISTRATION PROCEDURE

Registration for new programs starting in **Sept/Oct** will be accepted starting **August 20th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **Nov/Dec** will be **Thursday, October 15th**).

WE WANT TO HEAR FROM YOU!

St. James Assiniboia 55+ Centre

3 - 203 Duffield Street
Winnipeg, MB R3J 0H6

Phone: 204-987-8850

Email: info@stjamescentre.com

Website: www.stjamescentre.com



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Carol Sandilands	Administrative Assistant

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

Healthy Aging Resource Team Facilitators:

Elizabeth St. Godard

Lorna Shaw

Lisa Newman BSW, RSW



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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.

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Programs

Centre Covid Policies

Please stay home when you are sick. Contact Health Links-Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free) if you're experiencing symptoms of COVID-19. (e.g., cough, fever, runny nose, sore throat, difficulty breathing),

1. We will be having a volunteer greet you at the entrance (203 Duffield) with hand sanitizer, to do screening and ensure that you are registered for a program taking place at the Centre (unfortunately we cannot have drop-ins at this time). You will be required to sign a waiver form stating you read the screening questionnaire and are in compliance. If cleared, you will then be accompanied by the volunteer to the third floor via the elevator. 
2. On the third floor, the volunteer will show you all the safety signs and direct you to your program/ service. Signs will be posted throughout the Centre regarding keeping COVID Safe and reminders about the 6 ft. distance (including a 6ft reference sign). 
3. We will have to limit our drop-in programs at this time due to number restrictions and save registration space for members only.
4. We have new cleaning protocols where we will clean the bathrooms every hour. 1 person will only be allowed in the bathrooms at each time. 
5. Staff will be wearing masks when members are in the building and we strongly recommend that others do as well.
6. In order to keep everyone safe and to follow the Provincial Public Health Order, we will also be adopting a 3 strike policy in regards to following these procedures. We will give two warnings to those about following the new rules and the third time you will be asked to leave and your membership will be revoked.
7. All high touch items such as magazines, pamphlets, Keurig machines, water cooler, books and puzzles will be removed from public areas but will be available upon request. 

Exercise Room

Our exercise room is now open! Call us at 204-987-8850 to book a 1 hour slot, up to 2 times a week. The gym will be open from Monday to Thursday. More information will be provided when you book.



Programs

Monday Member Meetups

2:00 p.m. every Monday (except August 3rd)

Join us on Zoom to catch up with your fellow members.

Meeting ID: 845 2118 6385

Password: 015641



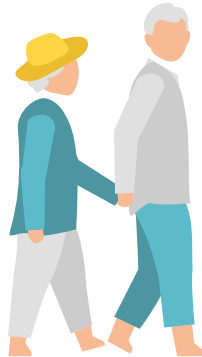
Walking Group

Join the Centre for a neighbourhood walk.

Wednesdays July 15th to August 26th

10:00-11:00 a.m.

You must preregister for this walking group online if you have not previously registered with Kelly



Bingo

We will be having two more Zoom bingos this summer. You must pre-register for the bingos to receive a card by email and the link to the zoom program.

Tuesday, July 28th at 1:00 p.m.

Thursday, August 20th at 1:00 p.m.

Zoom Support Session

Tuesday, July 21st 2020, 1:00 p.m.

Tuesday, August 4th 2020, 1:00 p.m.

Tuesday, August 18th 2020, 1:00 p.m.

Zoom is a computer program that the Centre has utilized for online programming during the prior wave of COVID-19. Zoom can also be used to connect with family and friends when meeting in person is not an option.

Cost: \$5, limit to 5 people per-session

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Your MLA for St. James
ADRIEN SALA



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1885 Portage Avenue,

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adrien.sala@yourmanitoba.ca

Programs

Trivia



Zoom Trivia

Tuesday, August 11th 2020, 1:00 p.m.

Come and join us for a fun game of trivia over zoom, you can participate from the comfort of your own home. It's always a good idea to challenge your knowledge and have a few laughs in the process. You must pre-register for the trivia to receive the link to the zoom program.

Cost: Free

Summer Word Scramble

HEBCA

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KBCTEU

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DSAPE

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KAPR

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NVCIAOTA

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KIBNII

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PNICMAG

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MUMERS

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HSRTOS

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Answers on page 11

Summer Recipe

MEAGHAN'S ICE CREAM CAKE

24 ice cream sandwiches

4 Skor Bars (crushed into pieces)

1 tub whipped cream

Unwrap 12 ice cream sandwiches and layer on the bottom of a 9x13 baking dish. You'll have to cut a few to make them fit. Then cover with half the cool whip and half the skor pieces. Repeat! Freeze for 2 hours before serving. Lasts 1 week in the freezer if covered tightly.



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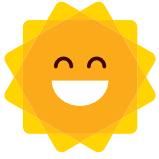
Jeff Brown

204-997-5333

TeamBrown.ca

Exclusive Membership Rates

Straight from the H.A.R.T.



IT'S HOT OUTSIDE – STAYING COOL!

Basic tips to stay safe in the summer heat:

Stay cool: Stay out of the heat at the hottest times of the day (mid-day) and seek shade when you are outside. Heat-related problems such as heat exhaustion and heat stroke can happen if you are exposed to heat for a long time. Stay in areas where there is plenty of air conditioning and air circulation.

Drink plenty: Thirst declines with age, and older sweat glands may not produce as much sweat as they used to. Drink plenty of water throughout the day, as often as every 15 to 20 minutes. Avoid alcoholic beverages, as they can increase the amount of water lost by the body.

Apply cool cloths: A cool cloth applied to the face, neck and arms, as well as short cooler baths or showers are other good ways to beat the heat. Make sure to use non-slip surfaces in the tub and shower, and wipe up moisture immediately to avoid slipping.

Dress for the weather: Wear loose-fitting, light-coloured clothing made from breathable fabric. Shade yourself from the sun with an umbrella or a wide-brimmed hat with lots of ventilation (to allow the sweat on your head to evaporate),

Keep your home cool

- If you have an air conditioner with a thermostat, keep it set to the highest setting that is comfortable

(somewhere between 22°C/72°F and 26°C/79°F), which will reduce your energy costs and provide you with needed relief. If you are using a window air conditioner, cool only one room where you can go for heat relief.

- Prepare meals that don't need to be cooked in your oven.
- Block the sun by closing awnings, curtains or blinds during the day.
- If safe, open your windows at night to let cooler air into your home.
- Use a fan to help you stay cool and aim the air flow in your direction.

And... if you are outside, remember to wear sunscreen to limit ultra-violet (UV) ray exposure and wear sunglasses to help protect your eyes from the sun's UV rays.

If you are worried about your heat exposure, call Health Links-Info Santé at 788-8200 or toll-free 1-888-315-9257

Information adapted from:

www.manitoba.ca/health/publichealth/environmentalhealth/heat.html

<https://alzheimer.ca/en/Home/Living-with-dementia/Day-to-day-living/Staying-active/Hot-weather-tips>

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

If you are an adult 55+ residing in the St. James Assiniboia area, the HART team can support you:

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

Contact a HART Facilitator phone: 204-940-3261



Elizabeth St Godard RD



Lorna Shaw RD



Lisa Newman, BSW, RSW

Drop-In Programs

We are excited to announce the restart of our movie program! With our new restrictions, instead of a meal, we will be offering fun snacks with your movie viewing. This will include popcorn and ice-cream sandwiches as well as a drink. Check out the exciting line up we have prepared for you this summer:



MOVIE MATINEE

Thursdays at 1:00 p.m.

Cost: \$5 members **LIMIT 10 PEOPLE**



Little Women: Wednesday, July 22nd or Thursday, July 23rd, 1:00pm

Jo March reflects back and forth on her life, thus telling the beloved story of the March sisters: four young women each determined to live life on their own terms.

Rating: PG Starring: Saoirse Ronan and Emma Watson

Judy: Wednesday, August 12th or Thursday, August 13th 1:00pm

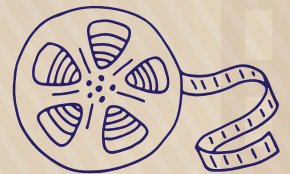
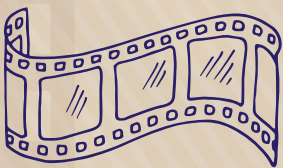
Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts.

Rating: PG13 Starring: Renee Zellweger and Jessie Buckley

A Beautiful Day in the Neighbourhood: Wednesday, August 26th or Thursday, August 27th 1:00pm

Tom Hanks portrays Mister Rogers in this lovely movie; a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.


Rating: PG Starring: Tom Hanks and Matthew Rhys



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Food and Friendship



Cooking Demos



Summer Salads

Wednesday, July 29th 11:00 a.m. – 1:00 p.m.

Ever wondered how to spritz up your boring salads? This is the place to find out! Join us for a summer salad making tutorial and learn the secrets to a really great salad.

Cost: \$10

Limit: 10 people



Summer Dips and Appetizers

Wednesday, August 19th at 1:00 p.m.

Dips are a great way to enjoy summer cuisine. Come and enjoy some light and refreshing snacks that we will make ourselves.

Cost: \$10

Limit: 10 people



Sushi Making

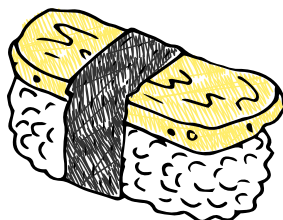
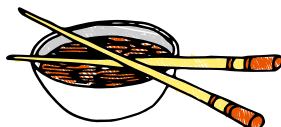
Thursday, August 27th at 10:00 a.m.

Sushi is a cuisine that has evolved from surprisingly modest beginnings; as a way of preserving fish. 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!

All participants will have their own station and supplies to keep COVID-19 safe!

Cost: \$10

Limit: 10 people

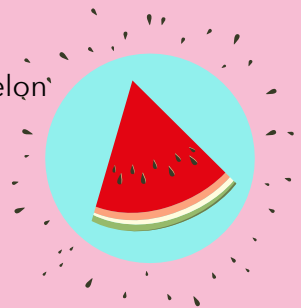


Watermelon Mint Strawberry Water

This is the perfect idea for a refreshing drink for sunny warm days and its also packed with many amazing nutrients. Great for keeping hydrated when you are sick of water.

All you need for Infused water pincher is:

- 10 large strawberries
- ½ cup of sliced watermelon
- ¼ cup of mint leaves
- 6 cups of water
- Ice



Fill the bottom of a pitcher with the ice cubes and top it with strawberries, watermelon and mint leaves. Fill the rest of the way with water and let it cool.

Soup AND More Freezer meals to go

July 27th	Argentinian Empanadas
Aug 17th	Summer Garden Lasagna
Aug 31st	Broccoli Mac and Cheese



Contact Kelly at: kelly@stjamescentre.com or 204-987-8850 to pre-order your meals

Educational Programs

All participants will have their own station and supplies to keep COVID-19 safe!

Body Scrubs

Thursday, July 30th at 10:00 a.m.

If you are tired of spending all your money on fancy soaps, come and learn how to make some great skin care products for yourself. Our essential oil infused body scrubs will be a welcome help to rid your body of day-to-day dirt that clogs your pores and all that dead skin. Participants will be supplied with all they need.

Cost: \$10

Limit: 10 people



Coaster Making

Tuesday, August 18th at 10:00 a.m.

Come and join us for a coaster making tutorial. Save yourself the trouble of high prices for trendy coasters and come and make your own! Satisfy your creative side and participate in the joy of making something with your own hands while protecting your tabletops.

Cost: \$10

Limit: 10 people

Teacup Candles

August 20th at 10:00 a.m.

Join us for a lovely craft session of upcycling teacups to candles. This craft will be sure to provide a new ambience to your home.

Cost: \$10

Limit: 10 people



String Art

Tuesday, August 25th at 10:00 a.m.

If you have ever wanted to try your hand at string art (also known as pin and thread 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. These make lovely décor pieces or gifts for loved ones.

Cost: \$10

Limit: 10 people

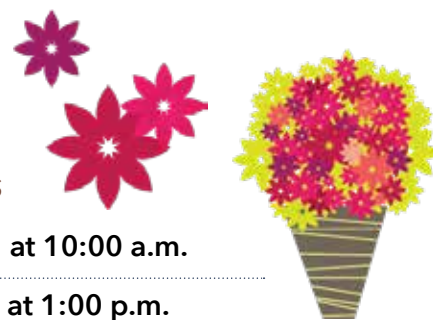
Fun with Flowers

Thursday, August 6th at 10:00 a.m.

Tuesday, August 25th at 1:00 p.m.

Flowers have the power to brighten anybody's day! Each session will include instruction and materials to create a beautiful centre piece that you can bring home after.

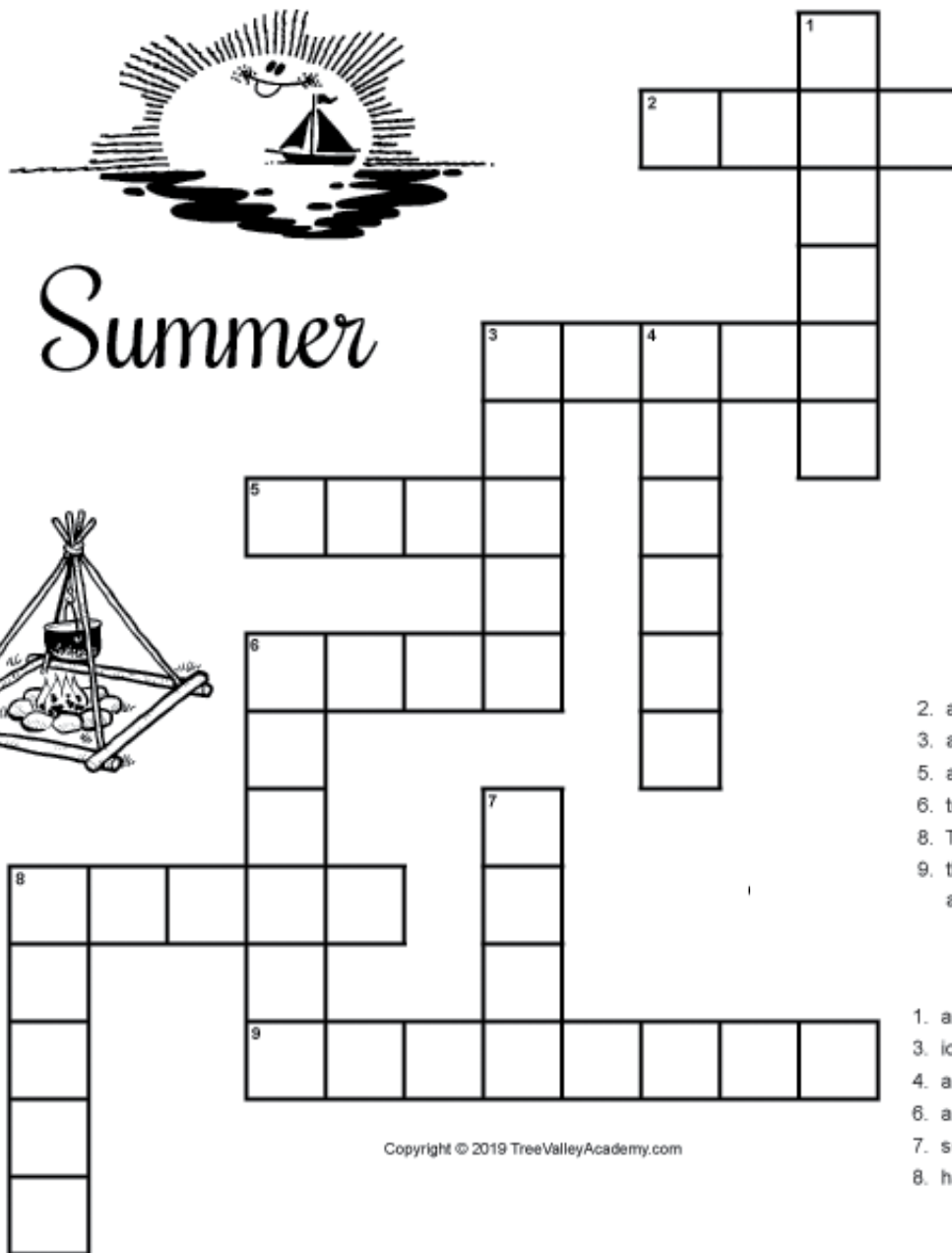
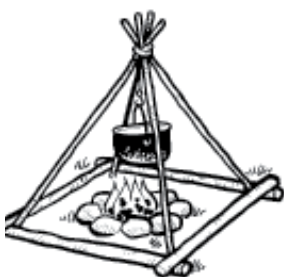
Cost: \$20, limit of 10 people per-session



Crossword



Summer



ACROSS

2. a container often used to play in the sand
3. a small, simple house made of wood
5. a toy that is flown in the air at the end of a long string
6. to move through water by moving your arms and legs
8. T - _____
9. the activity of moving through water by moving your arms and legs

DOWN

1. an activity of plunging head first into the water
3. ice _____
4. a girls item of clothing with 2 parts; often worn in the water
6. a common item of clothing in the summer
7. somewhat hot; inbetween hot and cold
8. having plenty of bright sunlight

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City Councillor for St. James




Scott Gillingham
 204-986-5848
 scottgillingham@winnipeg.ca

Positive Leadership for St. James

Community Resources

Summer Word Scramble



ANSWERS

1. Beach
2. Bucket
3. Spade
4. Park
5. Vacation
6. Picnic
7. Biking
8. Camping
9. Summer
10. Shorts



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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