



**St. James
Assiniboia
55+ Centre**

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

KEY DATES

Sept 9 Cooking Demo

Sept 10 AGM

Sept 15 Stress Eating

Sept 16 Mandala Rock Painting

Sept 17 Lunch and a Movie

Sept 22 Estate Planning

Sept 23 Heritage Winnipeg

Sept 24 Men's Breakfast

Sept 30 Cross Stitch

Oct 1 Lunch and a Movie

Oct 8 Fun with Flowers

Oct 14 Paint Pouring

Oct 15 Lunch and a Movie

Oct 20 Pantry Basics

Oct 21 Cooking Demo

Oct 22 Men's Breakfast

Oct 29 Halloween Bingo

Mandala Rock Painting

Wednesday, September 16th at 1:00 p.m.

Come and learn how to paint beautifully intricate designs on the familiar rocks of Manitoba's beaches. Mandalas are used to represent the journey of the universe, and on a smaller scale, a journey of your own. Come with us on our painting journey to nourish your artistic, contemplative side.

Cost: \$12.00

Heritage Winnipeg: Wolseley Expedition

Wednesday, September 23rd at 1:00 p.m.

Join us for an informative and exciting presentation on the Wolseley Expedition: a military expedition to the Red River Settlement to oversee the transfer of political control from Louis Riel's Provisional Government in 1870.

Cost: \$5.00

Beginner Cross Stitching

Wednesday, September 30th at 1:00 p.m.

Cross stitching is a great way to keep your hands and mind busy. Each participant will receive a kit complete with supplies they need.

Cost: \$12.00

Fun with Flowers

October 8th at 10:00 a.m.

Participants will be lead in a step-by-step tutorial to make a centrepiece. Real flowers are being used and all supplies are provided for this piece to take home.

Cost: \$20.00



ST. JAMES ASSINIBOIA 55+ CENTRE - Hours

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

No financial transactions
after 3:30 p.m.

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MEMBERSHIP \$40/YEAR

REGISTRATION PROCEDURE

Registration for new programs starting in **Sept/Oct** will be accepted starting **August 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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STAFF DIRECTORY

Meaghan Wilford	Executive Director
Sarah Vinck	Seniors Resource 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
Lorna Shaw



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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

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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),

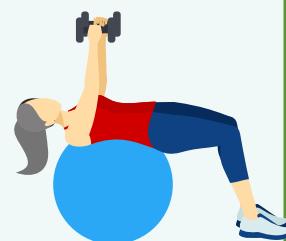
1. We will be having a volunteer greet you at the entrance (203 Duffield) with hand sanitizer, to do screening and ensure that you are registered for a program taking place at the Centre (unfortunately we cannot have drop-ins at this time). You will be required to sign a waiver form stating you read 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. 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.
7. 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. 



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 Friday. More information will be provided when you book.



Programs

Paint Pouring

Wednesday, October 14th at 1:00 p.m.

Paint pouring is a contemporary style of art. Instead of using knives or brushes, fluid paint is poured directly onto the canvas. This allows for colours to blend naturally for an abstract finish.

Cost: \$12.00

Halloween Hoop Wreath Making

Wednesday, October 28th at 1:00 p.m.

Join us for a festive craft featuring a Halloween spin on a classic décor wreath.

Cost: \$15.00



Men's Breakfast

Thursday, September 24th at 9:30 a.m.

Thursday, October 22nd at 9:30 a.m.

Classic Breakfast and social time with your fellow men.

Cost: \$5.00



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 on site, but might have to have the meeting on Zoom depending on the ever-changing restrictions. **Please RSVP by calling the Centre at 204-987-8850** and we will provide more information closer to the date of the AGM.

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Stacey

Julie

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ADRIEN SALA



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adrien.sala@yourmanitoba.ca

Greetings from Executive Director

MEAGHAN WILFORD

Can you believe we are heading into the Fall months already? It sure has been an interesting few months and we miss seeing everyone's smiling faces at the Centre. 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.

Unfortunately, due to no drop-ins allowed at the Centre, 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). Registration will take place on Tuesday, August 18th for Pickleball, and Thursday, August 20th for other programming and starts at 8:30 a.m.

Please do not come early for the Fall programs, as the door to 203 Duffield is locked. 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 their programs are scheduled to begin. We are hopeful to begin offering more programs as soon as restrictions are lifted, and we can safely offer things like cards and scrabble so please stay tuned for further updates!

Reminder- the Centre is open 8:30-4:00 by appointment only Monday to Friday.

Straight from the H.A.R.T.

Grocery Shopping: Pandemic Style

Going to the grocery store used to be a fairly mundane task. Make a list, browse the aisles, maybe grab a food sample or two, then bring it all home, pack it away and repeat the process next week. The pandemic has made us rethink many of our regular, often mundane tasks and grocery shopping certainly hasn't been spared. Now a days, grocery shopping can an anxiety producing adventure of waiting in lines, navigating arrows all while minding your physical distancing. Staying well-nourished with healthy foods is essential for good health so we can't just hunker down with 'Skip the Dishes' and avoid the grocery store all together. With a little extra planning, that grocery trip can be a little less stressful, and a whole lot safer.

1. Meal planning and grocery lists have never been more important. Plan what you will eat for the next 1-2 weeks. This will reduce the number of trips to the store and will help reduce food waste. Plan your meals around food already in your pantry, fridge and freezer. If you need help with meal planning ideas, check out <https://www.heartandstroke.ca/articles/healthy-meal-planning-toolkit>.

- Choosing frozen fruits and vegetables can save money and reduce trips to the grocery store. Frozen produce also helps you to try a wider variety of foods - explore okra, mango and passion fruit. Canned fruits in juice and 'no salt added' canned vegetables are also a convenient long lasting choice. For long lasting fresh produce, try root vegetables like beets, potatoes and turnip, squashes and cabbage. Fruits such as apples and oranges will stay fresh longer stored in the fridge.
- Consider buying a couple extra loaves of bread to freeze. Thaw in the toaster as needed. Dried pasta, rice and other grains are shelf stable and will last a very long time. Store in air tight containers for a 10-fold increase shelf life!
- Refrigerated, unopened milk can last about a week or longer past the best before date, so no need to toss milk once the best before arrives. Consider keeping a couple cans of evaporated milk on hand, just in case you run out before the next scheduled shopping trip. Hard cheese



Straight from the H.A.R.T.

like cheddar and mozzarella can be frozen – grate frozen or thaw and use in cooking.

- There has never been a better time to explore shelf stable plant based proteins such as legumes. Dried or canned beans, chickpeas and lentils are cheap, versatile and tasty. Canned fish such as salmon, tuna and sardines and nut butter are also healthy, convenient shelf stable choices. If you aren't familiar with legumes or need recipe ideas, check these excellent websites for recipe ideas: <http://www.pulsecanada.com/resources/> and <https://food-guide.canada.ca/en/>.

- 2. Proceed with caution ... grocery shopping during a pandemic.** If you can, order groceries for delivery or pick up. Call 311 for grocery delivery options. When going to the store, shop during the reserved time for older adults. This is normally the first hour of store opening, but check with your local store for hours. Make use of the disinfectant wipes and hand sanitizer provided by the store. This will help to keep you and others safe. Remember the COVID-19 Golden Rules: Don't touch your face, physically distance, sneeze and cough into your elbow and of course, clean your hands frequently. Wear a mask as an extra precaution or if you aren't able to physically distance. Try to touch only the items you will be buying and use no-contact payment methods, such as 'tap' if possible. Don't forget to hand sanitize on your way out of the store.

- 3. Bringing your groceries home...safely.** Currently, there are no known cases of COVID-19 transmitted through food packaging, but extra precautions are still recommended to help you stay safe. Wash your hands when you return home from the grocery store and then again after putting away groceries. It hasn't been proven to be necessary to wipe off food packages with soap and water or a disinfecting wipe, but some people may choose to do so. Just be sure to only wash fruits and vegetables with water, not soap or cleaning products. Clean your counters well with regular household cleaners or diluted bleach (one teaspoon of bleach for each cup of water) after putting away groceries. Reusable grocery bags should be washed in the washing machine after each grocery trip.

While it is important to keep food on hand just in case you can't get out to the grocery store, there is no need to stockpile. **For more tips and recipe ideas, talk to you Healthy Aging Resource Team 204-940-3261.**

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

HARTs are still available for virtual/phone appointments



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Drop-In Programs

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.*



LUNCH AND A MOVIE

Thursdays at 12:00 p.m.
Cost: \$10 members



Emma: Thursday, September 17th

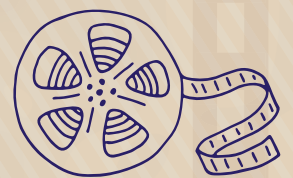
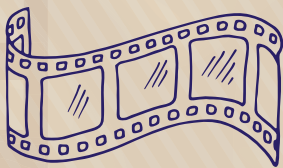
Jane Austen's character comes to life in this handsome, clever, and rich portrayal of Emma Woodhouse a restless queen bee without any rivals. In this glittering satire of social class and the pain of growing up, Emma must adventure through misguided matches and romantic missteps to find the love that has been there all along. *Rating: PG*

Hamilton: Thursday, October 1st

An unforgettable cinematic stage performance, the filmed version of the original Broadway production of "Hamilton" combines the best elements of live theatre, film and streaming to bring the cultural phenomenon to homes around the world for a thrilling, once-in-a-lifetime experience. *Rating: PG-13*

Knives Out: Thursday, October 15th


Knives out is a mystery mastermind that pays tribute to Agatha Christie, spun into a fun, modern-day murder mystery where everyone is a suspect. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death. *Rating: PG-13*



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Food and Friendship

All meals will be pre-packaged in take-out containers for safety purposes. Unfortunately, there will be no special orders/allergy requests at this time.

Lunch with a Mystery Speaker

September 24th at 12:00 p.m.

Join us for a lovely meal and a speaker on a surprise topic.

Cost: \$12.00



Lunch with a Historian

October 22nd at 12:00 p.m.

We are pleased to welcome back Greg from Heritage Winnipeg for another marvellous presentation on Manitoba's History. Greg will be talking about all the beautiful features and history of Winnipeg's city parks.

Cost: \$12.00



Halloween Bingo

October 29th at 12:00 p.m.

Join us for some in-person bingo complete with a costume contest and prizes.

Cost: \$10.00



Cooking Demos



Bruschetta

Wednesday, September 9th at 1:00 p.m.

Join us for a bruschetta demo and experience an elevated twist on a classic appetizer.

Cost: \$10.00

Pumpkin Forward

Wednesday, October 7th at 1:00 p.m.

The season of all things pumpkin has arrived! To celebrate the turn of the season, we will be making jam and a snack featuring warm pumpkin flavours.

Cost: \$10.00

Fall Salads

Wednesday, October 21st at 1:00 p.m.

Autumn flavours will tickle your tongue if you decide to join us for our marvellous salad demo. You will also learn how to make salad dressing from scratch.

Cost: \$10.00

Soup More

Sept. 15th	Beet Borscht
	Blushing New England Fish Chowder
Sept. 29th	Fall Detox Soup
	Anna Green Soup
Oct. 13th	White Bean & Chicken Enchilada Soup
	Sicilian Potato & Pasta Soup
Oct. 27th	Chili
	Butternut Bisque



Soup pick up will now happen on Wednesdays from 3:00-4:00 pm in the Anderson House Parking Lot

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

City Councillor for St. James



Scott Gillingham

204-986-5848
scottgillingham@winnipeg.ca

Positive Leadership for St. James

Fitness Programs

Due to Covid-19 restrictions, fitness class participation will have limited numbers this year and there will be no drop-ins to allow us to monitor our numbers and for contact tracing. All participants must pre-register before the first class. Registrations is limited to members of the St. James Assiniboia 55+ Centre. Please ensure you come dressed ready to participate and bring your own water bottle as there is no place to fill water at this time. At the time of print, the Centre doors are locked on Duffield Street. A staff member or volunteer will screen you for entrance 10 minutes before each class.

Lite and Lively

Mondays- September 14th to December 7th

(no class October 12th) 12 Weeks

9:00-10:00 a.m.

Cost: \$72 members



Growing Young

Fridays- September 18th to December 4th

12 Weeks

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

Cost: \$72 members

Zumba

Mondays- September 14th to December 7th

(no class October 12th) 12 Weeks

10:30-11:30 a.m.

Cost: \$72 members



Yoga

Mondays- September 14th to December 7th

(no class October 12th) 12 Weeks

1:15- 2:45 p.m.

Cost: \$96 members

Growing Young

Tuesdays- September 15th to December 1st

12 Weeks

9:30-10:30 a.m.

Cost: \$72 members



Line Dancing

Wednesdays- September 16th to December 9th

(no Class November 11th). 12 Weeks

10:00-11:00 a.m.

Cost: \$72 members

Health and Wellbeing Workshops

Fridays- September 18th to December 4th

12 Weeks

9:30 -11:00 a.m.

Cost: \$150 members



Pickleball



Fall Session starts September 2nd

Registration Date August 18 at 8:30 a.m.

**Sturgeon Heights Community
Centre, 210 Rita Street**

Monday

Intermediate A	10:15 a.m. – 12:15 p.m.
Intermediate B	12:30 p.m. – 2:30 p.m.
Novice	2:45 p.m. – 5:00 p.m.

Wednesday

Intermediate A	10:15 a.m. – 12:15 p.m.
Intermediate B	12:30 p.m. – 2:30 p.m.
Novice	2:45 p.m. – 5:00 p.m.

Friday

Intermediate A	10:15 a.m. – 12:15 p.m.
Intermediate B	12:30 p.m. – 2:30 p.m.
Novice	2:45 p.m. – 5:00 p.m.

***PLEASE CHECK OUT
OUR WEBSITE FOR
MORE INFORMATION**

\$80 Members

Support Services

Power of Attorneys and Wills

Tuesday, September 8th at 1:00 p.m.

Join Andrew Torbiak, an Associate Lawyer at local firm Myers LLP, for a discussion about the importance of having wills and Power of Attorney documents. We will be addressing some basic questions most commonly asked about these documents, and explaining some of the risks of not having either a Will or POA.

Presenter: Andrew T. from Myers LLP

Cost: \$4

Stress Eating During Stressful Times

Tuesday, September 15th at 1:00 p.m.

The current pandemic is affecting all of us in different ways. Most of us will feel stress, and some of us may find that we "stress eat" as a way to feel better. We will review the reasons that this occurs and present some tips and resources to help you manage stress eating.

Presenter: The HART Team

Cost: \$4

Estate Planning

Tuesday, September 22nd at 1:00 p.m.

When it comes to managing your estate it's important to find the right perspective that fits your lifestyle. We will be going over different methods of how to better manage your estate for less stress but more return.

Presenter: Ken & Veronica from Desjardins

Cost: \$4

St. James Seniors Transportation Options

Tuesday, September 29th at 1:00 p.m.

One of the largest barriers to transportation is the lack of awareness when it comes to available resources in your area. We will be talking about the different methods available and how to use them most efficiently.

Presenter: Sarah V., Senior Resource Coordinator

Cost: \$4



Hearing Aid: Available Financial Assistance

Thursday, October 6th at 1:00 p.m.

Hearing loss is a difficult change to handle when you don't include the amount of money needed to spend on supports. Come and hear about the financial assistances available to you to make it easier on your wallet.

Presenter: Kristen from Horizon Hearing

Cost: \$4

Caregiving with Confidence

Tuesday, October 13th at 1:00 p.m.

Being a caregiver is one of the most unrecognized roles we will take on throughout our life time and can come with feeling very alone. Kelsie will be going over the many supports that are available to help you when you are busy helping others.

Presenter: Kelsie D. from Caregiving with Confidence

Cost: \$4

Pantry Basics for the Pandemic

Tuesday, October 20th at 1:00 p.m.

We will review some tips and strategies to help you stock a well-balanced pantry and to help you put together quick and simple meals.

Presenter: The HART Team

Cost: \$4



Team Brown Realty

Tuesday, October 27th at 1:00 p.m.

There are so many important details when it comes to managing property. Whether you currently own a home or you're moving in the near future this presentation will provide you with lots of tips to reduce cost and stress.

Presenter: Jeff Brown from Team Brown Realty

Cost: \$4



Community Resources

Volunteer Spotlight

We would like to say a special thank you to the volunteers who assisted us throughout the pandemic by calling to check in with our members. Now more than ever it's so important to stay connected so thank you for the incredible support through this difficult time.



Thank you to all our volunteers!

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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