



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.



The Four Teas of Christmas

Thursday, December 3rd, 11:00 a.m. or 2:00 p.m.

Thursday, December 10th, 11:00 a.m. or 2:00 p.m.

Bring all of your friends to our annual Christmas Celebration! Due to distancing requirements, our Christmas Luncheon is a little different this year and we will be having a Christmas tea with four different sittings. As you meander your way through festive treats, new types of tea, and bask in the joy of sharing a special event with your community, make sure you check out our silent auction fundraiser. Dressing up in your festive best is highly encouraged as we can't wait to celebrate the festive season with you.

Cost: \$15.00



Wine Bottle Gnome Toppers

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

Add some pizzazz to your wine storage with these festive friends who specialize in guarding treasures. These also make great host gifts for the holiday season. *All supplies provided*

Cost: \$12.00



Hearing Aid: Available Financial Assistance

Tuesday, December 1st at 1:30 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 assistance available to you to make it easier on your wallet.

Presenter: Kristy B. from Horizon Hearing

Cost: \$4



KEY DATES

- Nov 4** Food Demo:
Pinwheel Sandwiches
- Nov 5** Lunch and a Movie
- Nov 10** Fun with Flowers
- Nov 17** Power of Attorney/
Wills
- Nov 18** Food Demo: Cookie
in a Jar Mix
- Nov 19** Lunch and a Movie
- Nov 25** Wine Bottle Gnome
Topper
- Nov 27** Men's Breakfast
- Dec 1** Hearing Aid:
Available Financial
Assistance
- Dec 2** Canapes & Mocktails
- Dec 3** Christmas Tea
- Dec 8** MIPS: Keeping
Health Plan
- Dec 10** Christmas Tea
- Dec 15** Fun with Flowers
- Dec 17** Lunch and a Movie
- Dec 18** Men's Breakfast

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 15th**. 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 10th**.

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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[@stjamescentre](https://twitter.com/stjamescentre)



Look for us on Facebook

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





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
Assiniboine Credit Union
Assiniboine Pharmacy
Holiday Inn Airport West
Team Brown- Sutton Group

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. The doors to 203 Duffield Street are currently locked. A staff member or volunteer will greet you at the entrance (203 Duffield) with hand sanitizer, do a health screening and ensure that you are registered for a program taking place at the Centre (unfortunately we cannot have drop-ins at this time). After a health screening, you will be able to go to the third floor. 
2. Masks are mandatory at the Centre at all times. However, you can remove your mask if attending an exercise program when the class starts (or in the fitness centre), or when eating at an event. If you leave your table or space, masks must be worn properly. Signs are posted throughout the Centre regarding keeping COVID Safe, proper mask wearing and reminders about physical distancing. 
3. We will have to limit our drop-in programs at this time due to number restrictions and save registration space for members only. If you have a friend who would like to attend that is not a member, please contact us as we will let non-members in the week of a program if space allows.
4. We have very diligent cleaning procedures to keep everyone safe. Only 1 person will be allowed in the bathrooms at a time. 
5. All high touch items such as magazines, pamphlets, Keurig machines, water cooler, books and puzzles will be removed from public areas but information is available upon request.
6. In order to keep everyone safe and to follow the Provincial Public Health Order, we have adopted a 3 strike policy in regards to following these procedures. We will give two warnings to those about following the rules and the third time you will be asked to leave and your membership will be revoked. 
7. Please respect you fellow members and the Centre staff. It is important we work together to ensure we can all stay safe and healthy.



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.



Special Events

CENTRE CLOSED on

- Wednesday, November 11th
- The Centre will be closed for Christmas Break starting on Monday, December 21st. We will reopen for 2021 on Monday, January 4th!

GIVING TUESDAY



Tuesday, December 1st marks the opening of Giving Season with Giving Tuesday.

This year more than ever, we need your support! Giving Tuesday is a day where charities, companies and individuals join together to share commitments, rally for favourite causes and think about others. We have once again been lucky enough to have a very generous donor that will match all donations to a maximum of \$1000 this year. **Donations can be made online at <https://www.canadahelps.org/en/dn/12951> or by calling 204-987-8850** or visit the Centre on Giving Tuesday to make a donation and help support the Centre.

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Kris

Stacey

Julie

Ryan

Your MLA for St. James ADRIEN SALA



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

Special Events

Greetings from Executive Director

MEAGHAN WILFORD

What a year this has been at the Centre. We have successfully navigated the first 6 months of this pandemic, and have made the necessary adaptations at the Centre to keep you safe, and keep some programs running. Although this is usually a bustling few months at the Centre, we unfortunately have had to make some changes to our usual November/December programs. Reminder to sign up early for all the events you are interested in as with the number limitations, things will fill up fast. We hope to see as many of you as possible out at our Christmas Teas this year, instead of our usual Christmas Luncheon. We have also added on some zoom programming for those who feel safer at home. If you have any questions on any of our programming please give us a call at the Centre as we are here to help you as much as we can.

Although the holidays will be different this year, it is important that we all do our part to stay safe, stay healthy and once the restrictions are lifted, we can't wait to have a huge party at the Centre and get things back to normal. Best wishes, Merry Christmas and Happy Holidays to all of our members, and we wish you all the best for 2021 and a hopeful return to normal life.



DON'T FORGET TO GET A 2021 PARKING PASS!

Parking Passes are available for purchase starting Tuesday, December 1st for the 2021 year! The cost will remain at \$5.



PEROGY FUNDRAISER

We will once again be having our annual Perogy fundraiser in November. Order forms will be available starting November 2nd and orders are due on Thursday, November 26th. Perogies will be available for pickup on Friday, December 11th. Stay tuned to our website and eblasts for more information!



MERRY
Christmas

From the Board of Directors and Staff
at the
St. James Assiniboia 55+ Centre

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: \$12 members



Summerland: Thursday, November 5th

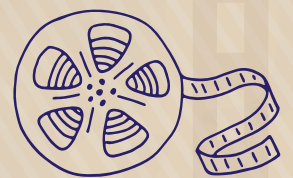
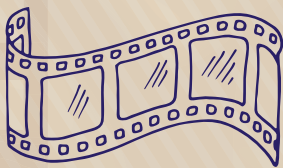
Alice is a reclusive writer, resigned to a solitary life on the seaside cliffs of Southern England while World War II rages across the channel. One fateful day she finds out she is to adopt a young London evacuee and is resistant. It's not long, however, before the two realize they have more in common in their pasts than Alice had assumed.

Hala: Thursday, November 19th

A Pakistani American struggles to balance desire with her familial, cultural and religious obligations. As she comes into her own, she grapples with a secret that threatens to unravel her family.

The Holiday: Thursday, December 17th


This rom-com follows the experiences of an Englishwoman and an American who exchange houses to get a new lease on life after each has suffered her fair share of romantic disappointments. Iris makes the acquaintance of an upbeat everyman while Amanda spends time with a handsome Brit who has some secrets. Both women must decide what to do with these new relationships, as their pre-arranged house switch is scheduled to last less than two weeks.



Scott FIELDING
MLA for Kirkfield Park

Constituency Office
3129 Portage Avenue
Winnipeg, MB R3K 0W4
t. 204.889.0540
scott@scottfielding.ca
www.scottfielding.ca

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Winter Safety in 'Winter-Peg'



This winter, the pandemic will bring unique challenges for all of us. For many 'snowbirds', that normally fly south to warmer climates, winter in 'Winter-Peg' will be the first they have experienced in years. Cold weather can bring health risks especially for older adults. Being prepared will help you weather the cold and make the best of the season.

PREVENTING HYPOTHERMIA AND FROSTBITE:

Most of us have learned how to stay protected against the cold outdoors, but people can actually experience hypothermia inside their homes if their thermostat is set too low. Hypothermia occurs when the body temperature drops below 35°C (95°F). It can cause confusion, slowed respiration, weakness and eventually lead to death. Older adults lose body heat quicker than younger adults, especially if they have a chronic disease such as hypothyroidism or diabetes. Keep your thermostat set to at least 20°C (68°F). When outdoors, bundle up well to prevent frostbite. Don't forget a hat, scarf and gloves or mittens.

REDUCING FALLS AND INJURIES: It's no surprise that slips and falls increase in winter's icy and snowy conditions. Keep your walkways and driveways clear of ice and snow. Consider hiring a snow removal service. Connect with the Senior Resource Finder for more information. Sprinkle sand or salt on walkways to melt ice. Wear winter boots with heavy, rubber, non-skid rubber soles. A cane can increase balance and stability when walking outside in winter. Consider using a

cane, even if you don't use one indoors or in summer.

Remember to use an ice pick

attachment on your cane to prevent slipping.

Report snow covered or ice packed walkways to 311.

TRAVEL SAFETY: Driving is another possible hazard during winter. Avoid travel if possible when conditions are poor. If driving in winter makes you nervous, consider using a taxi or transportation service. It's a good idea to equip your car with basic emergency supplies such as a first aid kit, blankets, shovel and cat litter or sand. Ask the HARTs for more ideas. Always travel with a well charged cell phone.

WATCH OUT FOR FIRE HAZARDS: Space heaters can add needed warmth to a room without boosting heating costs. Reduce fire risk by keep flammables at least 1 metre (3 ft.) away from heaters. Make sure wood burning fireplaces and stoves are cleaned and serviced regularly. Like all seasons, keep smoke detectors and carbon monoxide detectors in good working condition.

Remember to keep a well-stocked pantry of non-perishable ready to serve foods like peanut butter, tuna and canned fruit. This will tie you over if you can't get to the grocery store due to inclement weather or if there is a power outage. For more winter safety tips talk to the HARTs!

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
- discuss your concerns
- maintain independence
- 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

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 Starr

Thursday, November 12th at 12:00 p.m.

Hula hoop enthusiast and dancer Tiauni Starr will be sharing her talent with us today.

Cost: \$15.00

Lunch with Heritage Winnipeg

Thursday, November 26th at 12:00 p.m.

Greg from Heritage Winnipeg will share a new presentation on the history of Winnipeg while you enjoy a delicious lunch!

Cost: \$15.00



Food Demos



Pinwheel Sandwiches

Wednesday, November 4th at 1:00 p.m.

Have you ever wondered how we make those fancy spinning sandwiches for our tea parties? This is your chance to learn all the how-to so you can plan a tea party all your own!

Cost: \$12.00

Cookie Mix in a Jar

Wednesday, November 18th at 1:00 p.m.



Take home all the ingredients you need to make some extra delicious cookies. These jars will make a great treat for yourself or a caring gift for a friend.

Cost: \$12.00

Canapes and Mocktails

Wednesday, December 2nd at 1:00 p.m.

Bring your friends to this fun Christmas food demo. Kelly will be showing you how to make some lovely, festive appetizers and the perfect drink to accompany them.

Cost: \$12.00



Dutch Christmas

Wednesday, December 16th, 1:00 pm

Need some new recipes to spruce up that overused recipe book? Kelly will be sharing her Oma's recipes for boderkoek (butter cake) and speculaas (spiced shortbread cookies)

Cost: \$12.00



Soup AND More

Nov. 10th	Cabbage Roll Soup
	Quinoa Vegetable Soup
Nov. 24th	Italian Wedding Soup
	Potato Apple Soup
Dec. 8th	Lemon Lentil Soup
	Christmas Soup



\$3.50/bowl or \$4 for 12. 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

Educational Programs

Fun with Flowers

Tuesday, November 10th, 11:00 a.m.

Tuesday, December 15th, 11:00 a.m.

Join us for a flower arranging experience that is sure to bring joy to your heart and to your home. This is a tutorial that is instructor led and all your supplies are included in the cost.

Cost: \$25.00

Terra Cotta Christmas Décor

Friday, December 4th, 1:00 p.m.

Liven up your home with this new Christmas themed craft. Flower pots can double as village houses, Christmas trees, and snowmen with the right care and creative flare. *All supplies provided*

Cost: \$12.00

Holiday- Spirit Ornaments

Wednesday, December 9th, 1:00 p.m.

Dress up your Christmas tree with some handmade ornaments. Patterns will include angels, sleighs, and nutcrackers. *All supplies provided*

Cost: \$12.00

Tape Resist Water Colour Paintings

Friday, December 11th, 1:00 p.m.

Try your hand at an intriguing new craft to help the time go by on a winter afternoon. *All supplies provided*

Cost: \$12.00

Men's Breakfast

Friday, November 27th, 9:30-11:00 a.m.

Friday, December 18th, 9:30-11:00 a.m.

Join us for a classic coffee and breakfast and have fellowship with other men.

Cost: \$5.00

EASY VEGGIE PIZZA APPETIZER

INGREDIENTS

- 2 8-oz. pkg. refrigerated crescent rolls
- 2 8-oz. pkg. cream cheese, softened
- 1 1-oz. pkg. Ranch-style dressing mix
- 2 carrot, finely chopped
- 1/2 red bell pepper, chopped
- 1-1/2 cups fresh broccoli florets, chopped
- 1/2 cup green onions, chopped
- 1 cup cheddar cheese, finely shredded



INSTRUCTIONS

Preheat oven to 375 degrees.

Roll out crescent rolls onto 2 large non-stick baking sheets. Stretch and flatten to form a single rectangular shape and pinch together seams. Bake 10 minutes, or until golden brown. Allow to cool about 30 minutes.

Combine cream cheese and Ranch-style dressing mix and spread the mixture over the cooled crusts.

Chop veggies or pulse in food processor (be careful not to over do if using the food processor). Sprinkle veggies over cream cheese layer and then top with the cheese. Chill in the refrigerator approximately 1 hour. Cut into bite-size squares to serve. Makes 48 squares.



WORDSEARCH



Holiday Tunes



Away in a Manger
Choir of the Bells
Dominick the Donkey
Frosty the Snowman
Holly Jolly Christmas
Jingle Bell Rock
Jingle Bells
Let it Snow
Little Drummer Boy
Little St Nick
O Holy Night
Rudolph
Santa Baby
Silent Night
Silver Bells
The Christmas Song
The First Noel
Winter Wonderland



S	G	R	D	A	M	A	F	C	I	F	Z	Z	X	F	K	U	H	J	X
W	A	W	A	Y	O	B	R	E	M	M	U	R	D	E	L	T	T	I	L
C	K	M	B	H	P	L	O	D	U	R	J	T	G	J	I	H	Z	N	O
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D	R	T	J	T	I	R	H	V	A	A	H	X	I	P	S	N	A	E	W
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U	I	M	U	Y	F	C	J	H	B	X	B	V	R	U	M	Q	C	Y	B

**Solution on page 14

Colour Me!



Fitness Programs

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. All of our Fitness classes are in progress. Please call 204-987-8850 to see if there is room to register as there is no drop ins at this time!

Lite and Lively

Mondays until December 7th
(no class October 12th)
9:00-10:00 a.m.



Growing Young

Fridays until December 4th
11:45 a.m.-12:45 p.m.



Zumba

Mondays until December 7th
(no class October 12th)
10:30-11:30 a.m.



Yoga

Mondays until December 7th
(no class October 12th)
1:15- 2:45 p.m.

Growing Young

Tuesdays until December 1st
9:30-10:30 a.m.

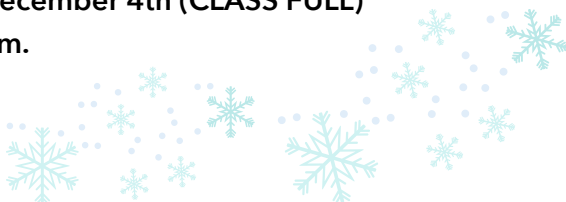


Line Dancing

Wednesdays until December 9th
(no Class November 11th)
10:00-11:00 a.m.

Health and Wellbeing Workshops

Fridays until December 4th (CLASS FULL)
9:30 -11:00 a.m.



APPLE PIE SMOOTHIE

Full of protein and fresh fruit, this Apple Pie Smoothie is an easy and healthy breakfast or snack that's ready in just 5 minutes!

Ingredients

- 1/2 Apple
- 1 scoop Vanilla protein powder
- 3/4 tsp Apple pie spice
- 1/8 tsp Salt
- 1/2 cup Vanilla almond milk or other milk, unsweetened
- 1 cups Ice

Ingredients

Combine all ingredients except toppings in a blender and mix until smooth, thick, and creamy. Garnish with whipped cream and cookie crumbs and serve immediately!



Support Services

** All presentations will be done over zoom so you can participate from the comfort of your home. Once you register, Sarah will email you the link to the Zoom event a couple of days before the program. If you do not know how to use zoom and if procedures allow you may come to participate from the Centre**

Monday Member Meetups

2:00 p.m. every Monday (November 2nd to December 14th)

Join us on zoom to socialize and catch up with your fellow members.

Meeting ID: 892 5017 3790

Passcode: STJASC



Successful Aging = Independent Living

Tuesday, November 3rd, 1:30 p.m.

Vicki from Victoria Lifeline will talk about how this is achievable through healthy living, fall prevention & community resources. The presentation will include healthy living tips, fall prevention tips and information on resources that can help you remain independent with a quality of life. This presentation is beneficial for anyone over the age of 55 and caregivers.

Presenter: Vicki R., from Victoria Lifeline

Cost: \$4

E.R.I.K. Update

Tuesday, November 10th, 1:30 p.m.

The E.R.I.K. is a well-known resource that has been supporting individuals in current and past years when it comes to informing emergency personal and loved ones. This presentation will review what it is, why it exists and how to use it most efficiently. Each participant will receive a complementary E.R.I.K. package to review during the presentation.

Presenter: Sarah V., Senior Resource Coordinator

Cost: \$4

Power of Attorneys and Wills

Monday, November 17th, 1:30 p.m.

Join Andrew Torbiak, an Associate Lawyer at local firm Myers LLP specializing in Wills and Estates, for a discussion about the importance of having Wills and Power of Attorney documents. We will be addressing some questions most commonly asked about these documents and explaining some of the risks of not having these vital additions to your life.

Presenter: Andrew from Myers LLP

Cost: \$4

Caregiving with Confidence

Tuesday, November 24th, 1:30 p.m.

Being a caregiver is one of the most unrecognized roles we will take on throughout our life time. These responsibilities 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

Manitoba Institute for Patient Safety: Keeping a Health Plan

Tuesday, December 8th, 1:30 p.m.

This presentation will include which information you need to have easily accessible regarding health. We will guide you on how to store this information safely and keep it up to date easily.

Presenter: Manitoba Institute for Patient Safety

Cost: \$4



Support Services

Tips for caring for Dementia during COVID-19

Tuesday, December 15th, 1:30 p.m.

As many of us know, Older Adults and people with underlying conditions are more vulnerable to COVID-19 and thus the restrictions are more intense. This becomes even more challenging if the older adult has Dementia. This presentation will address concerns of family caregivers as we approach Winnipeg winter months.

Presenter: Taz L. from Right at Home

Cost: \$4

Volunteer Spotlight

We had a very successful AGM over Zoom on Thursday, September 10th

Thank you to our great volunteers who have committed to being on the Board of Directors this year.

Here is our 2020-2021 Board of Directors:

- President – Janet Jackman
- First Vice President – Ian McCausland
- Second Vice President – Mae Denby
- Secretary – Marilyn Robinson
- Treasurer: Kathy Elias
- Past President - Gerald Knutson

Directors at Large:

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- Jessica Ferris
- Janet Brady
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- Rafiq Punjani
- Andrew Torbiak



Thank you to all our volunteers!



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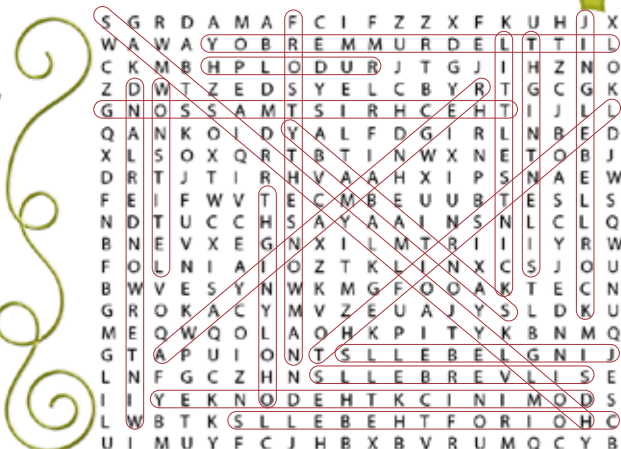
Exclusive Membership Rates

Community Resources

WORDSEARCH SOLUTION

Holiday Tunes

Away in a Manger
 Choir of the Bells
 Dominick the Donkey
 Frosty the Snowman
 Holly Jolly Christmas
 Jingle Bell Rock
 Jingle Bells
 Let it Snow
 Little Drummer Boy
 Little St Nick
 O Holy Night
 Rudolph
 Santa Baby
 Silent Night
 Silver Bells
 The Christmas Song
 The First Noel
 Winter Wonderland



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



HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

DO'S

- **DO** wear a non-medical mask or face covering to **protect others**.
- **DO** ensure the mask is made up of **two (2) layers of tightly woven fabric**.
- **DO** wash your hands or use alcohol-based hand sanitizer before and after touching mask or face covering.
- **DO** use the ear loops or ties to put on and remove mask.
- **DO** ensure your nose and mouth are fully covered
- **DO** wash your mask with hot, soapy water and let it dry completely before wearing it again.
- **DO** store re-usable mask in a clean paper bag until you wear it again.
- **DO** discard mask that cannot be washed in a plastic lined garbage bin after use.

DON'TS

- **DON'T** reuse masks that are moist, dirty or damaged.
- **DON'T** wear a loose mask.
- **DON'T** touch mask while wearing it.
- **DON'T** remove mask to talk to someone.
- **DON'T** hang mask from your neck or ears.
- **DON'T** wear mask under your chin.
- **DON'T** share your mask.
- **DON'T** leave your used mask within the reach of others.

NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

- people who suffer from an illness or disability that makes it difficult to put on or take off a mask
- those who have difficulty breathing
- children under the age of 5 years

DON'T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.



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