



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 Notes

- Sept 7** Life on the Other Side of COVID - presentation
- Sept 14** Power of Attorney & Wills
- Sept 16** Lunch and a Movie
- Sept 17** Tape Resist Watercolour
- Sept 22** Food Connections from Land to Plate
- Sept 23** Food Demo: Pinwheel Sandwiches
- Sept 24** Men's Breakfast
- Sept 28** E.R.I.K. Update
- Sept 30** Lunch and a Movie
- Oct 1** Mandala Rock Painting
- Oct 7** Lunch and a Movie
- Oct 15** Sand Art
- Oct 19** Brain Health
- Oct 21** Lunch and a Movie
- Oct 22** Pumpkin Carving
- Oct 28** Heritage Winnipeg: Fact 13, Murder Mysteries of Winnipeg
- Oct 29** Men's Breakfast
- Oct 29** Halloween Cookie Decorating

Tape Resist Water Colour

Friday, September 17th at 1:00 p.m.

Try your hand at an intriguing new craft to help the time go by on a late summer afternoon. You can make fun patterns and try different watercolour texture techniques. All supplies provided

Cost: \$7.00 members \$9.00 non-members



Macramé: Keychains

Friday, September 24th at 1:00 p.m.

Learn the beginner principles of macramé art. Knots are tied together to create patterns for beautiful string projects. Today we will be making a fun and chic accessory for your keys.

Cost: \$7.00 members \$9.00 non-members

Mandala Rock Painting

Friday, October 1st at 1:00 p.m.

Come and learn how to paint beautifully intricate designs on the smoothness of a rock. 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: \$10 members \$12 non-members



Fun with Flowers

Thursday, October 7th at 10:00 a.m.

Join us for a flower arranging experience that is sure to bring joy to your heart and your home. This is a tutorial that is instructor-led and all your supplies are included in the cost. Please call the front desk or email sarah@stjamescentre.com to register.

Cost: \$20.00



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HOURS

Monday through Friday
8:30 a.m. – 4:00 p.m.
No financial transactions
after 3:30 p.m.

MEMBERSHIP \$45/YEAR

REGISTRATION PROCEDURE

Registration for new programs starting in **Sept/Oct** will be accepted starting **September 1st**. 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 14th**.

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

TBD	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:

Amy Krahn	Taylor McMillan	Amanda Gravelle
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BOARD OF DIRECTORS

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Thank you

to our funders and sponsors whose generous support of the Centre allows us to continue to offer quality programs and services for our members and the community at large. If you would like to make a donation to support the Centre, please contact 204-987-8850 ext. 102.

Funders

Winnipeg Regional Health Authority
Winnipeg Foundation
Manitoba Association of Senior Centres
CMA Foundation
New Horizons for Seniors
Shoppers Drug Mart
Andison Foundation

Sponsors

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

Educational Programs

Sand Art

Friday, October 15th at 1:00 p.m.

Participate in creating some lovely and colourful sand art to brighten up your space. Sand is poured strategically into vases to make an eye-catching pattern, a perfect décor piece for your home!

Cost: \$10.00



Halloween Cookie Decorating

Friday, October 29th at 1:00 p.m.

Love to bake? Add an extra flair to your sugar cookies with Halloween-themed colours and tools.

Cost: \$10.00



Pumpkin Carving

Friday, October 22nd at 1:00 p.m.

Join us for a pumpkin carving experience to spook-ify your doorstep or cozy corner. All supplies provided.

Cost: \$7.00



WILL JACKMANN MEMORIAL FUND



The Will Jackmann Memorial Fund was established in March 2021 to honour the memory of a dedicated Centre member who touched the lives of so many of our members.

The purpose of the fund is to help assist 55+ community members whose income level may affect their ability to maintain their membership and/or participate in programs that require registration fees.

Any member who is identified as requiring assistance to maintain membership and/or participate in Centre programs may apply to the fund for themselves or for those who would benefit from financial assistance.

Please contact the Executive Director for an application form.



Exercise Room

Fitness room access is by **appointment ONLY** for members who have taken a Fitness Orientation. To arrange a fitness orientation (cost: \$5) please call 204-987-8850 and speak to Kelly or Sarah.



Drop-In Calendar

Monday	Scrabble 1:30 p.m.		
Tuesday	Stamp Club 1:00pm: August 17th, first and third Tuesday of the month from September-December		Support Services Presentations 1:00 p.m., \$4.00
Wednesday	Walking Club 11:00 a.m.	Floor Curling 1:00pm September 22nd-December 8th	
Thursday		Movies 12:00 pm Sept 16th: Queen Bees, Sept 30th: French Exit, Oct 7th: Charming the Hearts of Men, Oct 21st: The Conductor	
Friday	Cards 1:00-3:00 p.m.	Men's Breakfast 9:00 a.m. September 24th, October 29th	

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Drop-In Programs

Our Drop-In Programs at the St. James Assiniboia 55+ Centre are a great way to experience the diversity of activities that we have to offer. To register, please call the front desk at 204-987-8850 or visit www.stjamescentre.com. If you would like to sign up for our weekly e-blasts please tell Kelly at 204-987-8850 ext. 103 or email kelly@stjamescentre.com



LUNCH AND A MOVIE

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



Thursday, September 16th: Queen Bees

While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls"

Rating: PG13

Thursday, September 30th: French Exit

A widowed New York socialite and her aimless son end up in Paris after she spends the last of her husband's inheritance

Rating: R

Thursday, October 7th: Charming the Hearts of Men

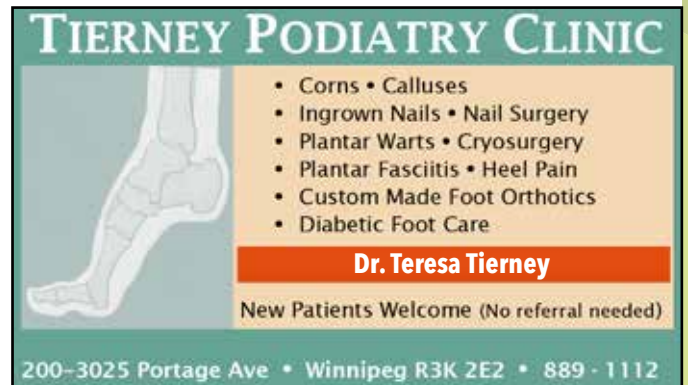
A Romantic Drama set in the politically charged early 60s where a sophisticated woman returns to her southern hometown and discovers her options are limited yet discrimination is plentiful. With the help of a congressional ally, she inspires holistic legislation which allows opportunities and protections never before afforded to women.

Rating: NR

Thursday, October 21st: The Conductor

United States: 1926: Dutch 24 year old Antonia Brica was a child when she and her parents immigrated. She dreams of becoming a conductor, but no one takes her ambition seriously. She is sent to Berlin where she has a better chance of making it as a woman. Emotional strain threatens to overwhelm her and the love of her life puts her in a difficult position. Which choice will she make?

Rating: PG





Connecting with Story

IT HAS BEEN SO HARD, THIS BUSINESS OF ISOLATING AND COPING THROUGH THE COVID PANDEMIC. When I'm writing this, we are at a very hopeful stage of recovery, mid-July and more restrictions are just about to be lifted. How are you? How have you coped?

Here we are pulling ourselves out of isolation and some of us are having an easier time than others. Hopefully, during this year and a half, you've been able to keep some connections either by phone, email, handwritten notes, or by virtual means. Likely you've reduced your contacts though; I sure have. One of the things I struggle with when I finally do reach out to someone to reconnect, is what to talk about? Who is sick of talking about the pandemic? (I sure am). And not too much has been going on, experience-wise (though, maybe by fall, this will change).

Well, I would like to suggest, good old fashioned storytelling; intentional storytelling, as an idea for spicing up your conversations as you are trying to keep connections or reconnect with old friends.

The following website has many storytelling prompts and ideas to get you started:

<https://storytellingtoronto.org/memoriesintostories/> (I do not expect everyone has access to a computer, so please, if you want some of these items printed and mailed to you, just give me a call!)

Reading through them, I specifically liked the article by Teresa Clark titled "Baskets full of memories: Rediscovering personal archives of story". In this article she describes a few steps for making storytelling a regular part of your day. One of the steps is to look around your home; your space, your junk drawer, your basement, your cherished items, or not so cherished items and choose an item and see if it prompts a memory. No matter how small the memory, or seeming significant or not, jot it down or record it.

I wrote this last year, shortly after Halloween. This won't be quite in season yet when this publication comes out, but the first rule of storytelling: don't make too many rules! (also, please forgive my grammar and run-ons for I shall write in my speaking voice).

"So we just passed Halloween, and while searching for some costumes to wear (Steve and the kids and I dressed up and had our

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**

Taylor McMillan | Amy Krahn | Amanda Gravelle

Straight from the H.A.R.T.



own little party), I came across an old costume: a white, satin skirt and top with puffed sleeves and lace

trim. When I was in grades kindergarten through to the beginning of grade 3, I lived in Chihuahua, Mexico. I tell you, that is a culture of celebration and parties! As a result, I had this outfit from the previous Mother's Day celebration. Well I'd just been moved (a 9-year-old rarely has much choice in such matters) back to Canada to live with my grandparents in Pointe-du-Chêne, New Brunswick. I had only attended my new school for a few days (in a, I'm not exaggerating, school house straight out of Anne of Green Gables; hand-held school bell and everything), and I had told all my new classmates (kids I hoped would be my friends!), that I had the most stunning, fancy, princess dress, hand-made from Mexico that I was going to wear for our classroom Halloween party. That morning I had grabbed

the plastic bag with my white satin outfit from the kitchen and had shoved it in my locker where it was waiting for the end of morning class when we could all get dressed up. I was so excited!!! The bell rang, time to go! I went running down with my bag to the girl's washroom to change, reached into the bag, and what did I do? I pulled out a plastic bag, and then another, and then another. Horror struck my stomach as in my mind's eye, I recall a second plastic grocery bag, hanging in the kitchen. I had taken the wrong one. I returned to my class, head hanging in shame. I had no costume to wear. I can still feel the remorse! Oh well, I still made great friends that year".

Thanks for listening, and it is a pleasure to meet you all, and happy storytelling and reconnecting. If you would like storytelling information sent to you, email me at **akrahn2@wrha.mb.ca** or give us a call at **204-940-3261**

Amy Krahn, O.T.reg (M.B.) one of the new additions to the HARTs.



Food and Friendship

Food allergies: Please let Kelly know if you need accommodations made for a life-threatening allergy. We will make the greatest effort to find a replacement meal, however, we may not be prepared to handle every dietary concern. I must be notified ahead of time and cannot make meal changes on the day of an event. **Please contact me at 204-987-8850 ext 103 or email kelly@stjamescentre.com**



Food Demos

Food Demo: Pinwheels

Thursday, September 23rd at 11:00 a.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: \$10 members \$12 non-members



Men's Breakfast

Friday September 24th 9:00 a.m.

Friday October 29th 9:00 a.m.

Join your fellow men for coffee and breakfast. A great program to meet new people and foster connections. Breakfast is hot at 9:00 a.m. and drop-ins are welcome until 11:00!

Cost: \$5.00



Lunch with Heritage Winnipeg: "Fact 13, Murder Mysteries of Winnipeg"

Thursday, October 28th at 12:00 p.m.

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

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

COOK *and* EAT

Join us in the kitchen for a fun time preparing simple recipes to share with your kitchen mates. Facilitated by a WRHA volunteer.

Next sessions:

Wednesday, October 20th at 11:30 a.m.

(NOTE: You should anticipate staying for 2-2.5 hours each session)

Registration deadline: If you would like to know what is on the menu or if you have any other questions, please contact Amanda at 204-940-3261.

Cost: \$10 Each Session





Food and Friendship



Soup n' More

Wednesday take out is discontinued in light of our restarting in-person programming. Thank you for all who put in orders. It is my pleasure to provide you with the nourishment you need!

Thanksgiving Meal Take Out:

Kelly will be providing a thanksgiving meal for pick up on Thursday, October 7th. If you would like to order please call or email kelly@stjamescentre.com

Kitchen Volunteers:

We are in search of kitchen helpers. If you have a passion for food and some knife skills come and join Kelly in preparing delicious meals for the Food and Friendship Program! Please contact kelly@stjamescentre.com or call the front desk.

Soup More

\$3.50 A BOWL OR 3 FOR \$10.00

Sept. 7th	Fall Detox Soup
	Chicken Noodle
Sept. 20th	Black Bean Yum Tum
	Beef & Barley
Oct. 4th	Chili
	Sweet Potato Bisque
Oct. 18th	African Peanut
	Butternut Bisque



Pre-order for pickup by calling 204-987-8850 or email Kelly at: kelly@stjamescentre.com

Centre VID-19 Policies

1. Only double-vaccinated people will be allowed into the Centre. We will be checking vax cards at the door.
2. We will be having a volunteer greet you at the entrance (203 Duffield) with hand sanitizer, to do a screening/vax check 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.
3. 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. physical distance (including a 6ft reference sign).
4. We will have to limit our drop-in programs at this time due to number restrictions and to save registration space for members only.
5. Only 1 person will be allowed in the bathrooms at each time.
6. Staff will be wearing masks when members are in the building and we strongly recommend that others do as well.
7. Masks can be taken off for exercise but must be worn while travelling around the centre.
8. 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.
9. 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.

Fitness Programs

Please read our Covid Policies thoroughly. They can be found on page 9

Meditation Experiment: Hello Mind! Fridays 10:00 - 11:00 a.m.

September 24th to December 10th
(No Class Nov. 12th)

During this 11-part Meditation Experiment, we'll explore what meditation is, test various hypotheses, and practice both meditating and integrating meditation into daily life, to discover what our minds are up to and how we can direct them to enhance personal well-being. This class is designed for beginners and long-time meditators alike; everyone is welcome, and no prior experience with meditation is required.

Instructor: Elizabeth Fehr (Yoga Coach at Elizabeth Now Coaching & Yoga)

Cost: \$144 members/\$180 non-members



Beginner Line Dancing 3:00 - 4:00 p.m.

September 13th to December 6th
(No Class Oct 11th) (12 weeks)

Bring your friends and learn the beginner steps for line dancing!

Instructor: Karen Hodgins

Cost: \$72 members/\$96 non-members

Fitness Room

At this time, fitness room access is by appointment only for members who have taken a Fitness Orientation. To arrange a fitness orientation (cost: \$5), please call 204-987-8850 and speak to Kelly or Sarah.

Experienced Beginners Line Dancing 1:15 - 2:45 p.m.

September 13th to December 6th
(No Class Oct 11th) (12 weeks)

This class is a small step up from Beginner Line Dancing. The classes will still be fairly simple just faster tempo, less review and more turns

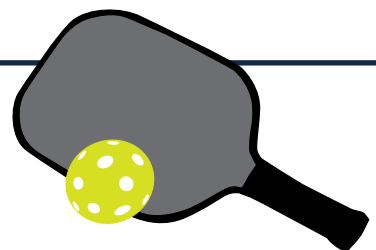
Instructor: Karen Hodgins

Cost: \$72 members/\$96 non-members



All Pickleball groups are at current capacity.

Please email: sarah@stjamescentre.com to register for the waitlist.



Fitness Programs

Wednesdays: Zumba Gold Toning 10:00 – 11:00 a.m.

September 15th to

December 1st (12 Weeks)

Zumba Gold Toning is created for active older adults, who want to use light weights to focus on strengthening the muscles. It's a low- to moderate-intensity workout session designed to reduce the loss of muscle mass and muscle strength in a fun 'partylike' workout atmosphere.

Instructor: Karen Hodgins

Cost: \$72 members/\$96 non-members



Wednesdays: Walking Group 11:00 a.m.

Meet at the corner of Portage and Duffield for a walk through Assiniboine Park or around the neighbourhood. Walking has been proven to increase happiness and balance and is a great way to spend time with each other. Also a great way to cool down after your Zumba class!

Cost: Free

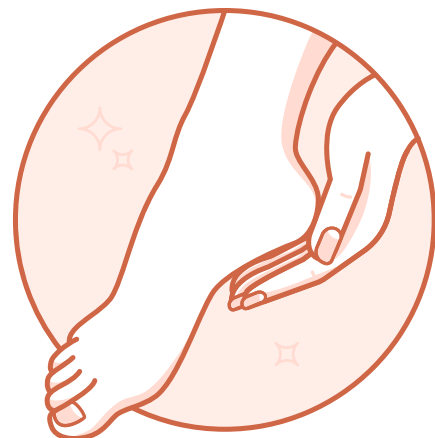
Wellness: Footcare

Our foot care nurse Donagh is taking appointments Tuesdays and Wednesdays.

"Foot care nurses receive education specific to the prevention, diagnosis and management of common foot conditions and are dedicated to improving the health and well-being for clients with chronic diseases and/or disabilities throughout their lives. Nursing foot care is an important component of total nursing care, which includes health promotion, client teaching, and promoting safety and comfort."

Excerpt taken from <https://mafcn.ca/foot-health/>

Cost: \$40 members/ \$48 non-members



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Support Services

*Note: Subject to change to a virtual setting, based on public health orders.

** All presentations can be accessed both in person and over zoom**

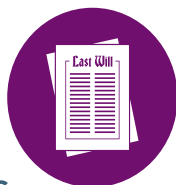
Life On The Other Side of Covid

Tuesday, September 7th at 1:00 p.m.

This pandemic has affected all of us in so many different ways. It's important to honor hardships that have surfaced and how we've adapted along the way. This will be a time to reflect on our unique experiences and the challenges we have overcome.

Presenter: HART Team

Cost: \$4



Power of Attorneys and Wills

Tuesday, September 14th at 1:00 p.m.

Join Andrew Torbiak, an Associate Lawyer at local firm Tradition Law 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 basic questions most commonly asked about these documents, and explaining some of the risks of not having either a Will or POA.

Presenter: Andrew from Tradition Law LLP

Cost: \$4

A & O: Support Services for Older Adults - Caregiving with Confidence

Tuesday, September 21st at 1:00 p.m.

Being a caregiver is one of the most unrecognized roles we may take on throughout our lifetime and can often result in feeling very alone. This presentation will highlight the many supports that are available to help, when you are busy helping others.

Presenter: Kelsie Dueck, Caregiving with Confidence, A & O: Support Services for Older Adults

Cost: \$4

E.R.I.K Update

Tuesday, September 28th at 1:00 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.

Presenter: Sarah V., Senior Resource Coordinator

Cost: \$4

Preparation for an Independent Future

Tuesday, October 5th at 1:00 p.m.

Successful aging is about staying independent and enjoying life to the fullest, Vicki from Victoria Lifeline will provide lots of helpful tips to achieve this. Aging well with a quality of life is 1/3 genetics and 2/3rd our lifestyle, there is no "magic pill" but trying our best will make a big difference!

Presenter: Vicki R. from Victoria Lifeline

Cost: \$4



Support Services

Brain Health

Tuesday, October 19th at 1:00 p.m.

Our incredible brains are the motor behind the scenes processing every incoming piece of information. Come learn some ways you can maintain your brain's health and stay mentally engaged.

Presenter: HART Team

Cost: \$4



Volunteer Opportunities

Tuesday, October 26th at 1:00 p.m.

Looking for a way to get more involved in the community and meet new people? In this presentation, we will be going over different volunteer roles that are open within the centre and beyond into the Winnipeg community.

Presenter: Sarah V., Senior Resource Coordinator

Cost: \$4



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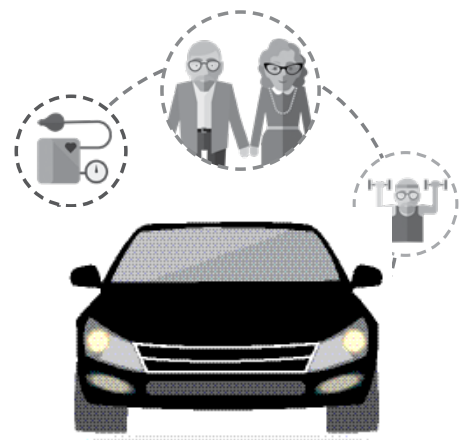
Jeff Brown
204-997-5333
TeamBrown.ca

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Rides FOR Seniors UPdAtE:

This program is currently on hold.

If you are interested in registering to use or be a volunteer when we are running again please email sarah@stjamescentre.com or call the front desk.



Community Programs

HEALTHY PUMPKIN MUFFINS

Ingredients

2 ¼ cup whole wheat flour	1 cup coconut milk
1 tsp baking powder	1 cup pumpkin
1 tsp baking soda	1 egg
1 tsp salt	½ cup coconut oil
1 tsp cinnamon	½ cup honey or maple syrup
½ tsp fresh nutmeg	1 teaspoon vanilla extract
½ tsp ground ginger	

Instructions

Preheat oven to 400. Line a 12 cup muffin tin with liners or grease well with oil.

Sift together flour, salt, baking soda, baking powder, nutmeg, cinnamon, and ginger over a large mixing bowl.

In a separate bowl, mix together coconut milk, pumpkin, coconut oil, egg, honey, and vanilla extract.

Add wet ingredients to dry ingredients and fold together gently, until just combined. Do not over mix.

Measure about ¼ cup into each muffin cup.

Bake for 15 minutes or until toothpick inserted in the center comes out clean.

Cool for 10 minute in muffin tin and then carefully remove muffins and finish cooling on a wire rack.

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.



Help to support your local Senior Centre

1 for \$10.00 | 3 for \$25.00 | 5 for \$35.00
| 10 for \$50.00

To purchase your ticket visit: <https://www.fundingchange.ca/masc>

All tickets have to be purchased online with a credit card. The 50/50 will run from September 1st to November 30th with the Jackpot being drawn on December 1st, 2021.

Please make sure to select your competitor as centres are competing to raise funds. Please select 'St. James Assiniboia 55+ Centre.'



We are once again partnering with Bothwell Cheese to reach our yearly fundraising goal. There are 18 varieties of cheese available. You can drop by the centre to collect your order sheet or they are available on our website. Please call the front desk at 204-987-8850 if you would rather have your order taken over the phone **This Fundraiser will run until the end of September, with the last call for orders being October 1st.** Please encourage your friends, family, and neighbours to purchase support of our Centre. Fundraiser pick-up October 14th.

Registration Information

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



Membership \$45/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 **Nov/Dec** will be available on **Tuesday, October 5th** 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 2021 passes are available for \$5.00 and in effect Jan. 2nd – Dec. 31st, 2021. Details at 204-987-8850.





GATHER around

And connect with ease

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