



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 Notes

- Nov 4** Lunch and a Movie
- Nov 9** A&O: Support Services for Older Adults - Caregiving with Confidence
- Nov 18** Lunch and a Movie
- Nov 23** Life on the Other Side of COVID
- Nov 25** Lunch with the Wildlife Haven Rehabilitation Centre
- Nov 26** Gingerbread House Flowerpots
- Dec 2** Ukrainian Christmas Luncheon
- Dec 3** Wine Bottle Gnome Toppers
- Dec 7** Driving Safely
- Dec 8** Dutch Christmas
- Dec 9** Heritage Winnipeg
- Dec 10** Holiday Spirit Ornaments
- Dec 16** Ukrainian Christmas Luncheon

Ukrainian Christmas Luncheon

Thursday, Dec. 2nd at 12:00 p.m. at Westwood Community Church

Thursday, Dec. 16th at 12:00 p.m. at Westwood Community Church

Door open at 11:45 a.m.

Please join us for our annual Christmas Luncheon featuring a traditional Ukrainian meal from Kozak Foods and a Christmas music performer. In addition to our musical talent, there will be a silent auction, 50/50, and live baking auction for your participation. Register early as we have limited seating for this popular event and you don't want to miss out!

Cost: \$20.00 members/ \$25.00 non-members

'Gingerbread' House Flowerpots

Friday, November 26th at 11:00 a.m.

Join us in creating some magical whimsy with these adorable gingerbread houses made from flower pots, paint, and imagination. All supplies provided.

Cost: \$10.00

Wine Bottle Gnome Toppers

Friday, December 3rd at 11:00 a.m.

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

Cost: \$10.00

Holiday-Spirit Ornaments

Friday December 10th at 11:00 a.m.

Dress up your Christmas tree with some handmade ornaments. All supplies provided

Cost: \$10.00



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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 \$40/YEAR

REGISTRATION PROCEDURE

Registration for new programs starting in **Nov/Dec** will be accepted starting **Wednesday, Oct. 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 **Jan/Feb**) will be **Monday, Dec. 13th**.

WE WANT TO HEAR FROM YOU!

St. James Assiniboia 55+ Centre

3 – 203 Duffield Street
Winnipeg, MB R3J 0H6

Phone: 204-987-8850

Email: info@stjamescentre.com

Website: www.stjamescentre.com



Follow us on Twitter
[@stjamescentre](https://twitter.com/stjamescentre)



Look for us on Facebook

STAFF DIRECTORY

Duncan Stokes	Executive Director
TBA	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

Janet Jackmann <i>President</i>	Gerald Knutson <i>Past President</i>	Lloyd Gwilliam <i>Vice President</i>
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Kris Peterson <i>Director at Large</i>	Kathy Perrault <i>WHRA ex-officio</i>	



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



BAKING DONATIONS NEEDED!



If you are able to donate a pie, cake, etc. for this year's Christmas Dinner Baking Auction please call Kelly at 204-987-8850 ext 3, email kelly@stjamescentre, or sign up at the Centre on our bulletin board. Please bring your baking in on November 30th and/ or December 14th so we can get it ready for the auction!

Christmas Silent Auction and Fundraising Items

Check out the items in our Christmas Silent Auction starting on November 16th. We will be making the draws at our Christmas Luncheons on December 2nd and December 16th! We will also be putting our popular Christmas Fundraising Items on sale on this date. We will be bringing back the friendship soups, shortbreads, chocolate-covered marshmallows and much more!



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.



Scott JOHNSTON
MLA for Assiniboia

204.615.6044
assiniboiamla@outlook.com

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.



Fundraising

GIVING TUESDAY



Giving Tuesday: November 30, 2021

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 or by calling 204-987-8850 or visit the Centre on Giving Tuesday to make a donation and help support the Centre.

Check out our social media tools after the Thanksgiving holiday for ways to give.

PEROGY FUNDRAISER

The Center will be once again by conducting a Perogy Fundraiser from November 1st to November 22nd. Perogies will be ready for pickup at the Center during the week of December 2nd. Perogies are sold frozen and are available by the dozen or in 5 lbs. packages (appx. 5 Dozen). Order forms will be available at the Centre or on our website. The money raised will be used for helping with our yearly Fundraising goal of \$25,000. Please sell to friends, family, and neighbours as this is a great opportunity to stock up on perogies for the upcoming Christmas Season!



DON'T FORGET TO GET A 2022 PARKING PASS!

The cost is \$5.00 and they are good for one calendar year from January-December.



Centre Closure:

The Centre will be closed from December 24th, 2021 to January 3rd, 2022 .

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, November 4th: Together

This is the story of a family, like so many, who found a way to survive--together. It is the hilarious and heartbreaking story of a husband and wife who are forced to re-evaluate themselves and their relationship through the reality of lockdown.

Thursday, November 18th: Jungle Cruise

Based on Disneyland's theme park ride where a small riverboat takes a group of travellers through a jungle filled with dangerous animals and reptiles with a supernatural element.

Monday	Scrabble 1:00 p.m.		
Tuesday	Stamp Club 1:00 p.m.: first and third Tuesday of the month from September-December		Support Services Presentations 1:00 p.m., \$4.00
Wednesday	Floor Curling 1:00 p.m. September 22nd-December 8th		
Thursday		Movies 12:00 p.m. Nov. 4th: Together Nov. 18th: Jungle Cruise	
Friday			

Scott FIELDING
MLA for Kirkfield Park

Constituency Office
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t. 204.889.0540
scott@scottfielding.ca
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Launch of our Community Food Cupboard

Exciting news! We now have a Community Food Cupboard at the Centre.

Since the start of the pandemic, there has been a significant increase in household food insecurity or the inadequate access to adequate food due to financial constraints. The good news is, we have a great opportunity to help out our neighbours in the St. James Assiniboia area. If you are fortunate enough to have some non-perishable food items to spare, please consider bringing a donation to the Centre. If you find yourself needing some extra food items, please do not hesitate to help yourself to the generous donations in the Community Food cupboard.

What is a Community Food cupboard?

This is a physical cupboard with non-perishable food items for community members in need of extra food sources.

How does the community food cupboard work?

The Community Food Cupboard works under the practice of taking what you need and leaving what you can. Community members can simply come visit the cupboard and grab a few food items that they would like or leave any food items they wish to donate. You can access the cupboard without needing to provide any identification,



simply go ahead and grab what you need.

The Food Cupboard is accessible through the St. James Assiniboia 55+ Centre Monday-Friday 8:30am-4:00pm, excluding holidays.

What items can I put in the cupboard?

- Canned goods (vegetables/fruit, meats, fish, beans, soup)
- Breakfast cereal, oatmeal, pancake mix
- Dried pasta, rice
- Peanut butter, jam, other spreads/condiments
- Flour
- Shelf stable milk/milk powders
- Other non-perishable foods items

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

Taylor McMillan

Amy Krahn

Amanda Gravelle

News from the Board



NEW EXECUTIVE DIRECTOR

The Board of Directors is pleased to announce that Duncan M. Stokes, BA, CIM, has accepted the position of Executive Director effective Monday, September 13, 2021. Duncan has extensive managerial experience in non-profit, membership-based organizations with a strong background in communications and fundraising. We look forward to building a strong relationship with someone who has so much experience to bring to our organization.

Janet Jackmann, President
Board of Directors



Introducing our New Executive Director

Hi there! My name is Duncan Stokes. Last month I was welcomed by the team at the St. James Assiniboia 55+ Centre as Executive Director. In the very short time I have been part of the team, I have been fortunate enough to meet clients and volunteers in addition to the staff and Board of Directors.



After an extended period of learning to provide programs and services in different ways having the doors open to the centre is a high priority for the team at the Centre. I could see and hear the impact in the visits and conversations I've had with clients and volunteers in particular.

I look forward to having more such conversations in the weeks and months ahead. Welcome back!

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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. Notification must be made 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**

Lunch with the Wildlife Haven Rehabilitation Centre

Thursday, November 25th at 12:00 p.m.

Wildlife Haven Rehabilitation Centre has been rehabilitating injured, sick and orphaned wildlife for their return to the wild since 1984. There will be some wildlife ambassadors coming to visit us and they will discuss their unique rehabilitation stories, general biology, and the conservation status of the species. Our presentations are designed to be a discussion between our interpreters and our audience and we welcome lots of questions!

Cost \$12.00 members/\$15.00 non-members

Dutch Christmas

Wednesday, December 8th at 1:00 p.m.

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) to get you in the Christmas spirit.

Cost: \$10.00 members/\$12.00 non-members

Heritage Winnipeg

Thursday, December 9th at 12:00 p.m.

Greg from Heritage Winnipeg will share a new and riveting presentation with us after a delicious lunch.

Cost: \$12.00 members/ \$15.00 non-members

Men's Cooking Class

Wednesday, November 10th

11:30 a.m. - 1:00 p.m.

This cooking class will focus on "One Pot Cooking". Come learn some cooking strategies and recipes for cooking with less dishes and mess. Make some connections, learn delicious recipes and have some leftovers to take home.

Cost: \$15

Open to all. Pre-registration is required.

Registration deadline is Nov 3rd



Soup More

\$3.50 A BOWL OR 3 FOR \$10.00

Nov. 1st	Fall Detox Soup
	Chicken Noodle
Nov. 15th	Old Fashioned Beef Stew
	Stuffed Pepper Soup
Dec. 6th	Italian Wedding Soup
	Chicken, Spinach & Artichoke Soup



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



COOK *and* EAT

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

Next sessions:

Wed., Nov.17th at 11:30 a.m.

Wed., Dec. 15th at 11:30 a.m.

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

Registration deadline: Nov 10th and Dec 15th

Bring your own container just in case there are leftovers and you want to take any home. If you have any questions, please contact Amanda at 204-940-3261.

Cost: \$10 Each Session



Centre COVID-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

Monday

Beginners and Experienced Beginners Line Dancing 1:15-2:15 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: \$72.00 members/\$96.00 non-members

Wednesday

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: \$72.00 members/\$96.00 non-members



Friday

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

September 24th-December 10th (No class
November 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 wellbeing. This 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 and Yoga)

Cost: \$144.00 members/\$180.00 non-members

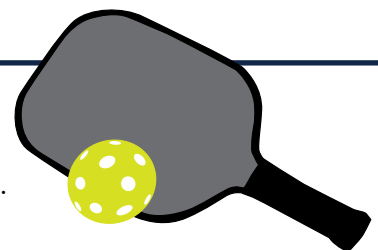


Fitness Room

At this time, fitness room access is by appointment only for members who have taken a Fitness Orientation. To arrange a fitness orientation, please call 204-987-8850 and speak to Kelly.

All Pickleball groups are at current capacity.

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



Fitness Programs

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 of 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: \$40.00 members, \$48.00 non-members

Massage Therapy

Our Massage therapy services are starting up again on Thursday Mornings. Please call us at 204- 987-8850 to book an appointment.

Cost:

30 minutes \$48 members/\$53 non-members

45 minutes: \$58 members/\$68 non-members

60 minutes: \$71 members/\$78 non-members



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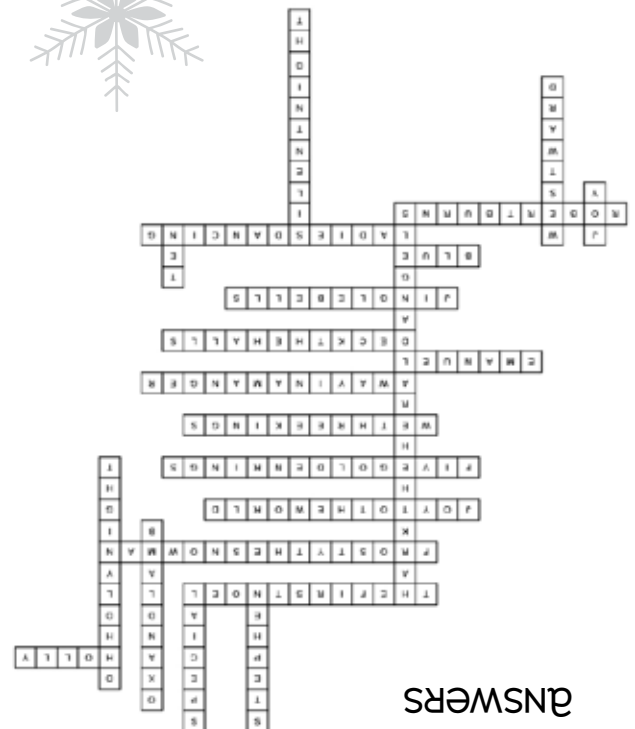
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CHRISTMAS TUNES
ANSWERS

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**

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

Tuesday, Nov 9th, 2021, 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: \$4.00

Life on the Other Side of Covid

Tuesday, Nov 23rd 2021, 1:00 p.m.

This pandemic has affected all of us in so many different ways. It's important to honour 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: \$4.00

Driving Safely

Tuesday, Dec 7th, 2021, 1:00 p.m.

This presentation highlights the challenges faced by older adults when deciding to transition away from driving, adaptations that can be made to continue driving and the options that are available when seniors no longer drive.

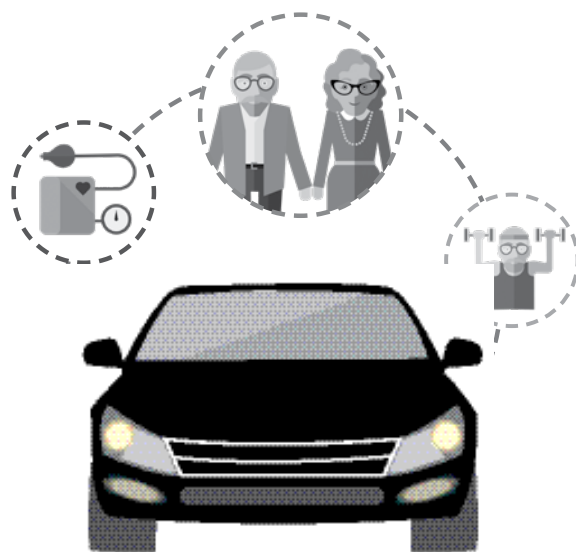
Presenter: Samantha from TONS

Cost: \$4.00

Rides FOR SENIORS UPDATE:

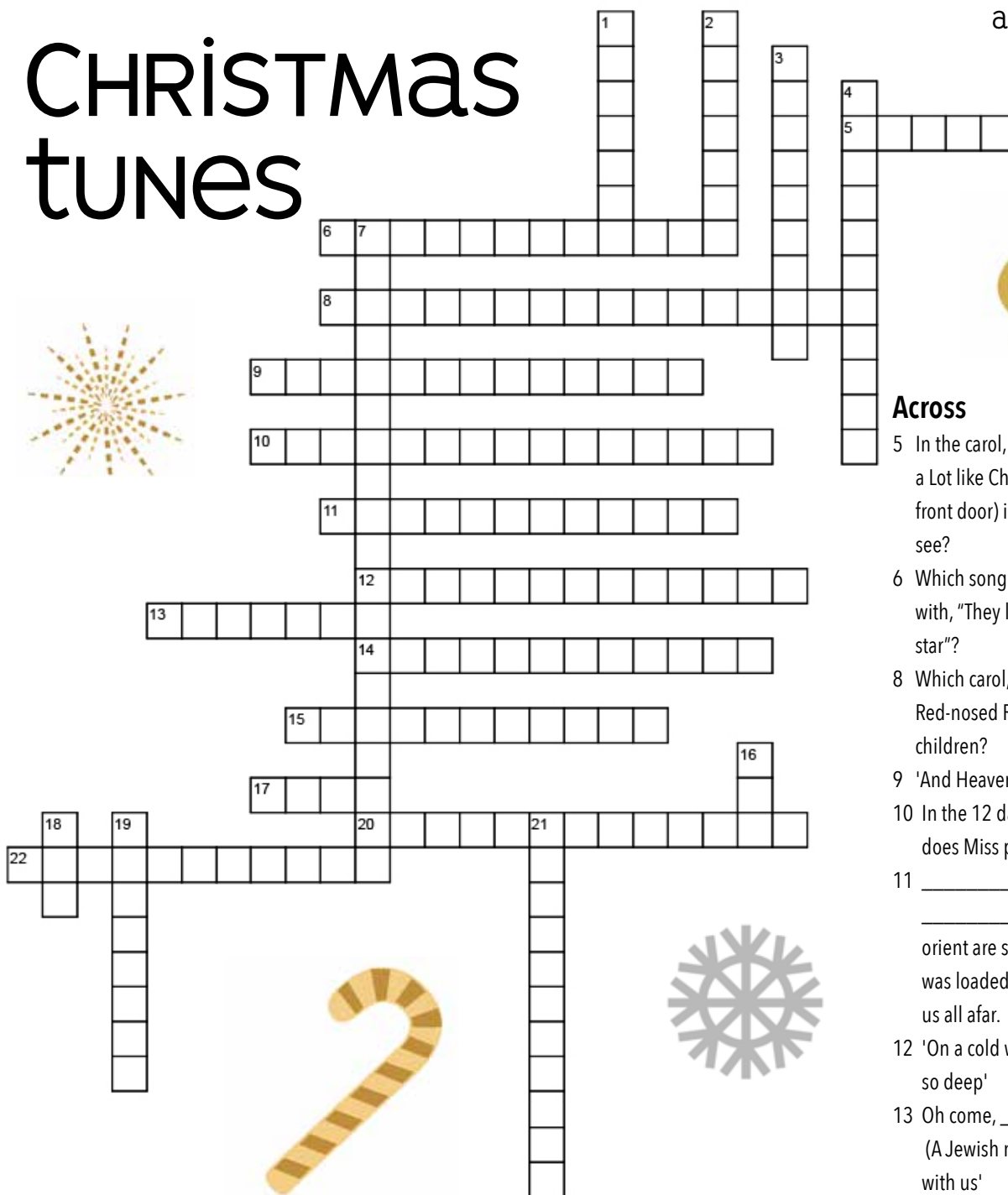
This program is currently on hold.

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



CHRISTMAS tunes

ANSWER ON PAGE 11



Across

- 5 In the carol, "It's Beginning to Look a Lot like Christmas", what (on your front door) is the prettiest sight to see?
- 6 Which song's second line begins with, "They looked up and saw a star"?
- 8 Which carol, other than "Rudolf the Red-nosed Reindeer," is based on children?
- 9 'And Heaven and nature sing'
- 10 In the 12 days of Christmas, what does Miss piggy want
- 11 _____ of orient are smoking a rubber cigar. It was loaded, then exploded, blowing us all afar.
- 12 'On a cold winter's night that was so deep'
- 13 Oh come, _____ (A Jewish name meaning 'God is with us')
- 14 'Tis the season to be jolly'
- 15 What song does Lucy ask Schroeder to play on his piano in "A Charlie Brown Christmas"?
- 17 What color was the Christmas that Elvis "The King" Presley had?
- 20 In the song The Twelve Days of Christmas, '...my true love brought to me nine...' what?
- 22 Who is officially credited as the author of Auld Lang Syne?

Down

- 1 On which 'feast' did Good King Wenceslas step out, according to the well-known hymn?
- 2 This year, I'm giving my heart to somebody _____
- 3 In the song "The Little Drummer Boy" kept time. Who accompanied him?
- 4 Which song's second line begins with, "Led by the light of faith serenely beaming"?
- 7 'God and sinners reconciled
- 16 how many lords were leaping
- 18 Christmas time is here, with lots of _____ and cheer
- 19 In the carol, "We three Kings," which way is the star of wonder and star of light leading them?
- 21 what in the english name of the beautiful German song "Stille Nacht, Heilige Nacht"

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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Registration Information

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

Membership \$40/year

Benefits include:

- Discounted programs
- Use of the fitness room (8:30 a.m. – 3:30 p.m.)
- First Aid trained staff
- Member lounge with comfortable seating to read magazines and books, do puzzles
- Discount at Chapel Lawn Memorial Gardens
- Extended parking hours (additional fees apply)
- City of Winnipeg Pass discount



Parking Passes

Working together with the Winnipeg Parking Authority (WPA), the Centre has implemented a "Virtual Parking Pass". **Don't forget to update your parking pass for next year.**

The cost is \$5.00 and they are good for one calendar year from January-December. Details at 204-987-8850.



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 **Jan/Feb** will be available on **December 2nd** 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.





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All-Inclusive Living for Active, Older Adults with Ongoing Supports in Place

We set the standard for **Age-In-Place living** by delivering support services needed to ensure ongoing quality of life throughout the years at these beautiful retirement communities.



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to Arrange Your
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Kari
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or, **Tania**
204.296.0386

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or dinner, take a
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