



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.

Valentine's Day Tea and Bingo

Thursday, February 10th at 12:00 p.m.



Love is in the air as Valentine's Day is just around the corner. Bring a friend and share appetizers both sweet and savoury, table games, and a round of Bingo. We encourage you to dress up and make yourself a hat and/or fascinator for the chance to win a prize!

Cost: \$14.00 members/ \$16.00 non-members

Men's Cooking Class

Come learn some new delicious recipes and cooking tips with the HART team! Connect with some new friends and have some leftovers to take home. *Open to all. Pre-registration is required.*

When: Wednesday, February 9th

Time: 11:15 a.m.- 1:00 p.m.

Cost: \$15



Meet the author & learn how his puzzles help prevent Dementia

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

Join us for an informative presentation by author, Gary Adams. Enjoy some Brain Booster activities and learn how these help with Dementia. You will have the opportunity to join the email list to receive weekly Brain Booster activities. Gary's books will be available to purchase after the presentation.

Presenter: Gary Adams

Cost: \$4.00

Registration deadline is February 2nd



Centre Closure: Please take note that the Centre is closed from Friday, December 24th and will reopen Tuesday, January 4th, 2022.



Key Notes

- Jan 13** Lunch and Musician
- Jan 18** Winnipeg Public Library - What's happening at the Library
- Jan 19** National Popcorn Day
- Jan 20** Lunch and a Movie
- Jan 25** Life on the Other Side of COVID
- Jan 26** Cook and Eat
- Jan 27** Musical Mealtime
- Feb 3** Lunch and a Movie
- Feb 3** National Feed the Birds Day
- Feb 9** Men's Cooking Class
- Feb 10** Valentine's Day Tea and Bingo
- Feb 16** Cook and Eat
- Feb 17** Lunch and a Movie
- Feb 22** Meet the Author & learn about how puzzles prevent Dementia
- Feb 24** Touring the Tea Lands

TABLE OF CONTENTS

Drop-In Programs	5
Straight from the H.A.R.T.....	6
Food & Friendship	9
Education	9
Fitness	10
Support Services.....	13
Community Resources	14

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 **Jan/Feb** will be accepted starting **Wednesday, Dec. 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 **Mar/Apr**) will be **Thursday, February 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



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



Look for us on Facebook

STAFF DIRECTORY

Duncan Stokes	Executive Director
Paula Roeder	Program Coordinator
Sarah Buchan	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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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
Anderson Foundation



Sponsors

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

Information

SAVE
the DATE

Be sure to save the date for the following big events! Looking forward to seeing you there!

Bud, Spud, and Chicken: Thursday, March 10th

30th Anniversary Celebration: Thursday, April 7th

A note
to our
members

We are in the planning stages of introducing some new and exciting programs, workshops and events. Watch for them coming soon in your weekly eBlasts from the Centre.



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.



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.





A Letter from the Executive Director



Happy 2022! I hope you enjoyed a happy and safe holiday season.

It's been a challenging couple of years navigating through the effects of the Covid-19 pandemic. It appears that we all have to continue in a more cautious mode for the foreseeable future and I believe we all have a part to play in helping us get out from this horrible virus.

Until that time comes, as you likely know by now, the St. James Assiniboia 55+ Centre (STJASC) is open to programs and drop-ins. The Centre opened its doors on September 13th and we are thrilled to see people coming for the workout activities, the leisure time playing Scrabble or to help the Centre out by purchasing the items we offer as fundraising activities. Thank you for all that support!

I am new to the Centre. My first day was the day the Centre re-opened to programs in the Fall. I have had the opportunity to meet many of the people who utilize the Centre on a regular basis. I'm still getting to know all the names (a task made more challenging by all the masks), and I appreciate your patience as I navigate all these takes. Thank you!

We have been fortunate enough to add two additional members to the team since my arrival. Sarah Vinck left our employ in mid-October. Sarah was a fixture at the Centre for the last two years and I know our members appreciated the work she did, the information she provided as the Seniors Resource Coordinator (SRC) and most importantly her welcoming and friendly personality that so many had the pleasure of encountering during interactions. We wish Sarah all the best moving forward and thank her for making a difference in the lives of the people she dealt with here.

We decided to make it easy on all of us when we welcomed our new SRC in late October. Sarah Buchan brings several years of experience of coordinating volunteers and events in the St. James area. A graduate of Westwood Collegiate, Sarah is lifelong St. James resident and we know she'll be popular with you and other members moving forward. And we didn't even have to change the email address!

Paula Roeder has taken over the role of Program Coordinator at the Centre. Paula brings many years of experience programming at the Robert A. Steen Community Centre. Paula has quickly worked develop new programming here at STJASC and established herself within the community. We are thrilled to bring her to the team. We are fortunate to have a person with Paula's experience onboard and I think the vision she brings for programming at the Centre will be evident soon.

Much of my own working career has been in non-profit organization management, with a heavy influence on communications and marketing. Our team has agreed we can communicate better with you and all of our members, volunteers, supporters and stakeholders. We are working to try to ensure the programs, the services and the information our members rely on the Centre to provide to them is available in an easy access way and an easy to understand format. For those using social media tools Facebook, Twitter and Instagram, we are going to try to utilize these tools with increased frequency to try to engage more with you.

Once again, Happy 2022! I look forward to getting to know you better in the coming year.



Duncan Stokes,
Executive Director



Drop-In Programs



Drop-in programs are free for members however, donations are still accepted.

Non-Members are required to make a MINIMUM \$3.00 donation in order to participate.

All drop-in participants are required to register in advance. Registration deadline is Tuesday, January 4th, 2022.

UPON EACH ARRIVAL TO THE CENTRE, ALL PARTICIPANTS ARE REQUIRED TO STOP AT THE TABLE BY THE FRONT DESK TO SIGN IN BEFORE JOINING THEIR PROGRAM.

Drop-in Times are 1:00 to 3:00 p.m.

Monday Afternoon Scrabble

Join us for a fun afternoon of scrabble. All supplies are provided, however we accept donations of new or lightly used games.

January 10th - March 28th (no Scrabble on February 21st, Louis Riel Day)

Tuesday Afternoon Board Games

Join us for a fun afternoon of board games. Donations of new or slightly used games are always welcome or bring a game you enjoy to introduce to the group and share.

January 6th - March 31st

Wednesday Afternoon Cribbage

Join us for a fun afternoon of Cribbage & socializing. All supplies are provided, however we accept donations of new or lightly used games.

Wednesday, January 5th - March 30th,

Thursday Afternoon Bridge

Are you interested in playing bridge and having a great afternoon of socialization? Our bridge group welcomes participants of all skill levels. Joins us today! Some knowledge of the game is required as there is no instructor available at this time. All supplies are provided.



Thursdays, January 6th - March 31st,

Friday Afternoon Card Games

Join us for a fun afternoon of cards. This is a great opportunity to share a new game with members, learn one yourself or play an old favourite.

Fridays, January 7th - March 25th

Stamp Club

MEETS FIRST AND THIRD TUESDAY OF THE MONTH UNTIL FURTHER NOTICE

The stamp club meets every first and third Tuesday of the month. The club discusses a variety of stamps and why they were released relating them to various areas and events that took place in the past all across the globe. This group is open to all members of the Centre or creative retirement so stop in and check it out.

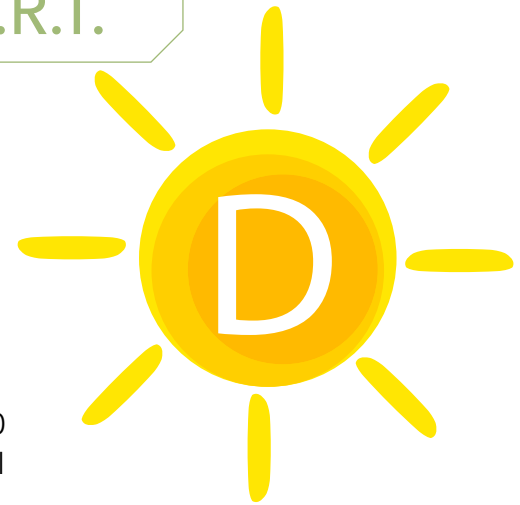


55+ Men's Group

The Men's Group meets on TBA - Please call the centre or check the website if you are interested in Men's Group.

This group partakes in a variety of woodworking activities including model airplane activities and is a great place to go for socialization and coffee. This is a drop in style program with no registration required. For more information call 204-987-8850 or drop in to see what it is all about!

Sunshine Vitamin – Are You Getting Enough?



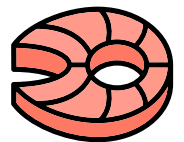
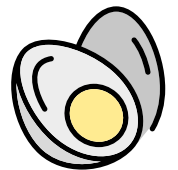
Vitamin D, otherwise known as the sunshine vitamin, is a fat-soluble vitamin. Fat-soluble means that absorbed or ingested vitamin D is stored in the fat within your body. For water-soluble vitamins, rather than being stored in the body for later use, any excess intake is excreted in your urine.

Sunlight is the best source of vitamin D. When UV rays from the sun come into contact with your skin, vitamin D is made and then stored in your body. Unfortunately, the amount absorbed isn't the same for everyone. With increasing age, your skin has decreased ability to produce vitamin D from the sun. Additionally, vitamin D absorption is dependent on skin tone and where you live. For example, in places where the sun is shining year-round, vitamin D is more readily available versus locations with cold fall and winter seasons, like in Manitoba. In contrast, dietary sources are a less common way to obtain vitamin D. Vitamin D is only found in a handful of food items such as salmon, liver, and egg yolk. In some cases, vitamin D is supplemented into orange juice and yogurt, and in Canada, milk has vitamin D added to it for an extra boost.

The recommendation of vitamin D varies depending on age. However, it is increasingly important for older adults to help aid in bone

health. Suggested intake for men and women ages 51-70 is 600 international units (IU) per day, whereas for men and women over age 71, the recommendation is increased to 800 IU per day. To put these numbers into perspective, one-half cup of orange juice fortified with vitamin D contains 50 IU, 1 cup of milk is 103-105 IU, 2 medium egg yolks are 47 IU, and 2.5 ounces of salmon can range from 203-636 IU. Depending on your choice of dietary intake, it can be challenging to get enough of the sunshine vitamin. In addition to sunlight exposure and dietary vitamin D, Health Canada advises adults over age 50 to take a vitamin D supplement of 400 IU per day.

Over 2 million Canadians over the age of 40 have been diagnosed with osteoporosis in 2015-2016, 80% being women. Vitamin D and calcium work side-by-side for bone health and to prevent the onset of bone diseases and fractures. The risk of developing



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.



osteoporosis increases with age, enhancing the importance of taking a vitamin D supplement.

Perhaps you are already taking a vitamin D supplement. You are on the road to keeping your bones strong and preventing a possible fracture. Even so, it is imperative to eat a well-balanced diet that incorporates foods with vitamin D and to get outside to expose your skin to sunlight. If you are over age 50 and are not presently taking a vitamin D supplement, speak with your doctor to see if a vitamin D supplement is right for you.

Resources:

"Food Sources of Vitamin D" (PEN)

<https://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/What-you-need-to-know-about-Vitamin-D.aspx>

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/osteoporosis-related-fractures-2020.html#a2.1>

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., Jan. 26th at 11:30 a.m.

Wed., Feb. 16th at 11:30 a.m.

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

Registration deadline: Jan. 19th and Feb. 9th

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



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204.615.1144 | Unit D - 3111 Portage Ave.
www.assiniboinepharmacy.ca | info@assiniboinepharmacy.ca
Mon to Fri 9am - 6pm, Sat 9am - 2pm, Sun 9am - 12pm



Food and Friendship

Due to pandemic inflation we have made the decision to have our program prices adjusted to maintain our standard of providing you with excellent, delicious food!

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 and Musician

Thursday, January 13th at 12:00 p.m.

Come out to the Centre and hear the amazing and talented Neil Keep perform for us. Neil is a seasoned senior's entertainer, has performed over 600 shows, and is very happy to come and perform for us again. Neil uses songs, famous character voices, short stories, gentle humour and a larger-than-life presence to engage and energize his audience.

Cost: \$14.00 members/ \$16.00 non-members

Touring the Tea Lands

Thursday, February 24th at 12:00 p.m.

Today we will be traveling to Asia with Journalist Dan Bolton to learn all about tea. We will be visiting China, the birthplace of tea, Sri Lanka (Ceylon), an island of tea, and India (Assam), the greatest concentration of tea plantations in the world. Dan is a tea journalist, podcaster, and the founding publisher of Tea Journey, a consumer magazine for tea enthusiasts. All attendees will get a special code to access a free unlimited subscription to Tea Journey for a year. There will be a light lunch of sandwiches and dainties to accompany your tea.

\$14.00 members/\$16.00 non-members

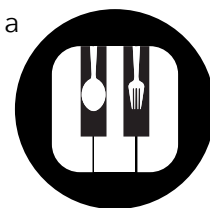


Musical Mealtime

Thursday, January 27th at 12:00 p.m.

Please join us for a lovely lunch and a performance from Doug Edmond. Doug Edmond is an independent roots/adult alternative singer/songwriter. He plays piano/keyboards, mouth harp, flute, guitar, and vocals. His joy is creating new tunes on his baby grand.

Cost: \$14.00 members/\$16.00 non-members



Soup AND More

\$3.50 A BOWL OR 3 FOR \$10.00

Jan. 10th	Rotisserie Chicken	
	Mushroom Soup	
	Beet Borscht	
Jan. 24th	Beef Stroganoff Soup	
	Sweet Potato Bisque	
Feb. 7th	Chili	
	Winter Vegetable Soup	
Feb. 22nd	Chicken Enchilada Soup	
	Potato Apple	

To order call 204-987-8850 or email Kelly at: kelly@stjamescentre.com

Food and Friendship



LUNCH AND A MOVIE

Thursdays at 12:00 p.m.
Cost: \$14 members



Thursday, January 20th: Respect

2021 • Musical/Drama • 2h 25m • *With Jennifer Hudson, Forest Whitaker and Marlon Wayans*

Following the rise of Aretha Franklin's career -- from a child singing in her father's church choir to her international superstardom -- it's the remarkable true story of the music icon's journey to find her voice.

Thursday, February 3rd: Midnight in Paris

2011 • Romance/Fantasy • 1h 34m

Director: Woody Allen - Awards: Academy Award for Writing (Original Screenplay) and the Golden Globe Award for Best Screenplay.

With Owen Wilson, Rachel McAdams, Kathy Bates, Adrien Brody, Carla Bruni, Tom Hiddleston, Marion Cotillard, and Michael Sheen

Gil arrives with his fiancée and her family in Paris for a vacation, even as he tries to finish his debut novel. He is beguiled by the city, which takes him to a time past, away from his fiancée.

Thursday, February 17th: Grosse Pointe Blank

1997 • Romance/Comedy • 1h 47m

With John Cusack, Minnie Driver, Alan Arkin, Dan Aykroyd

Martin Black, a professional assassin, accepts an assignment in Grosse Pointe, Michigan, where he also attends his 10-year high school reunion and learns that someone is out to kill him

Educational Programs

NATIONAL POPCORN DAY

January 19th, 2022 is National Popcorn Day

Time: 12:30 - 3:30 p.m.

On this day we will be making popcorn topiaries and watching a movie "It's Complicated"

Starring Meryl Streep, Steve Martin & Alec Baldwin.

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

All supplies are provided and you will also receive popcorn and a beverage to enjoy during the watching of the film.

NATIONAL FEED THE BIRDS DAY

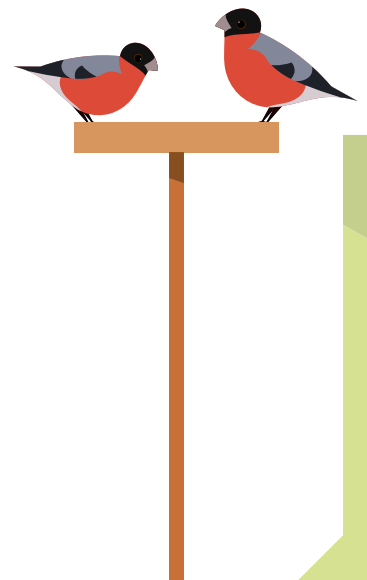
February 3rd, 2022

is National Feed the Birds Day

Time: 1:00 - 3:00 p.m.

On this day we will be making bird feeders. We will also have a special guest speaker: TBA. *All supplies will be provided and snack and beverage is included.*

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



Fitness Programs

FITNESS ROOM

Monday to Friday from 9:00 a.m. - 4:00 p.m.

At this time, fitness room access is by appointment. A fitness orientation will be required upon your first visit to the fitness room. You will be required to sanitize (supplies provided by the centre) each piece of equipment you've used before the end of your appointment so it's ready for the next member.

LINE DANCING:

LEVEL 2: Mondays, January 10th - March 21st (no class February 21st) from 1:00 - 2:00 p.m.

This class is intended for people who already love line dancing and are ready for a challenge. I will assume we already know the basic steps. We will sometimes have faster music, more turns and less repetition. We will dance to all genres of music (Latin, Celtic, pop, oldies, current, country etc.). Please bring water and wear shoes without too much grip to allow you to turn and glide as you dance.

LEVEL 1: Mondays, January 10th - March 21st (no class February 21st) from 2:30 - 3:30 p.m.

This class is intended for people who are new to line dancing or those who simply prefer slower music, not many turns and more repetition. We will proceed more slowly and learn the basic steps. We will dance to all genres of music (Latin, Celtic, pop, oldies, current, country etc.). Please bring water and wear shoes without too much grip to allow you to turn and glide as you dance.

Level 1 & 2 Costs: \$80.00 for members/\$105.00 for non-members

Registration Deadline: January 3rd

ZUMBA

Wednesdays, January 12th - March 23rd

Time: 10:00 - 11:00 a.m.

Zumba is dance fitness. Gold refers to beginners and older active adults. Toning means that we will use light weights every second song to help build our muscles. Ditch the Workout - Join the Party. No experience required. Please bring water and wear shoes without too much grip to allow you to turn and glide as you dance.

Costs: \$85.00 for members/\$110.00 for non-members

Registration Deadline: January 5th



FLOOR CURLING

Wednesdays, January 12th - March 30th from 1:00 - 3:00 p.m.

Easy to learn and Easy to play. Floor Curling is an ideal game for those who no longer wish to curl on the ice. There is no sweeping and it is warm! Floor Curling is perfect for promoting flexibility, increased range of motion, and circulation.

Costs: \$25.00 for members/\$33.00 for non-members

Registration Deadline: January 5th

NO DROP IN'S ARE AVAILABLE AT THIS TIME.

Fitness Programs

NEW!

FUNCTIONING 1 ON 1 REHAB

What is Functional Rehab you ask?

This program is geared for those who are looking at revitalizing their well-being through a 30 minute 1 on 1 session with an older adult functional rehab therapist. We want to work with individuals who have Parkinson's, MS, Stroke (recovery) or someone who needs their balance or strength back or who just needs to get back into some shape after a long time away from their activities. We will work with older adults from the fit to the frail who want to revitalize their bodies.

Each person we work with will start with a telephone lead meet & greet so we can discuss their plan of action.

Our Functional Rehab Therapist is taking appointments Mondays & Wednesdays between 9:00 a.m. & 3:00 p.m.

Call the centre at (204) 987-8850 today to book your appointments.

Cost: Members \$35.00 per appointment (minimum 4 appointments)

Non-members \$45.00 per appointment (minimum 4 appointments)



NEW!

FOCUS AND FLEXIBILITY WITH A HEALTHY SNACK SLOW FLOW YOGA

Wednesdays/January 12th to March 30th (no class January 26 or March 2nd)

Time: 9:30 - 10:45 a.m. followed by a snack

Slow and gentle movement following traditional yoga poses. This is toned down for older adults. Modifications for each and every pose are offered if you cannot do a particular pose or you can only go to the place in the pose that is right for your body. It is a beautiful all body breath and movement class.

It will definitely assist in maintaining flexibility, agility and balance. We work on the muscular part of the body.

It is important to move parts of the body that have arthritis, help control motor skills for Parkinson's disease, also for Dementia this is brain work. Keep all parts of the body moving for optimal health.

You must come with your own yoga mats. Yoga blocks are optional for this class.

Cost: Members \$100.00/ Non-members \$140.00

Registration Deadline is January 5th



Fitness Programs

NEW!

YIN YOGA

Wednesdays January 12th to March 30th,
(no January 26 or March 2nd)

11:00 a.m. - 12:00 p.m.

*(There is no snack included
with this option.)*

Yin Yoga is a slower pace style of yoga that incorporates principles of traditional Chinese medicine with asanas or postures. Yin Yoga consists of fewer poses which work the connective tissue of the body; the tendons, ligaments and fascia. These are areas of our bodies we do not always consider but every healthy body needs the stretching until one reaches their place of resistance, holding still and holding for time. This creates a strong mind in that we learn to be mindful of our movements and our thoughts. Working these parts of our bodies assists individuals with arthritis, stiffness and assists with mobility issues; which includes most 55+ people. Yin Yoga is a practice that helps to control breath, teaches a deeper breath which calms body and mind. Yin Yoga balances the Yoga Flow.

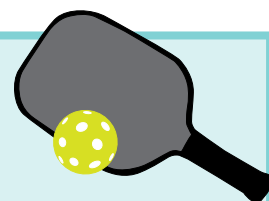
*You must come with your own yoga mats.
Yoga blocks are optional for this class.*

**Cost: Members \$90.00/ Non-members
\$130.00**

Registration Deadline is January 5th, 2022



Pickleball



**WINTER SESSION begins on
January 5th. Registration begins
on December 15th at 8:30 a.m.**

If you are interested in learning about the game of Pickleball and would like to sign up for training call the centre to speak with Paula, our Program Coordinator or you can email your request to paula@stjamescentre.com.

**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.

**Winter Play will begin
January 5th and run
until March 30th,**

There will be no Pickleball on February 21st as the centre will be closed for the holiday.

If you are a returning player you must register in the time slot you were in for the fall session as those who have previously registered get priority. If you are wishing to move to a different time slot, please register for your current time slot to save your space, and email paula@stjamescentre.com

COST: \$75

**& must be a member of the
55+ Centre (\$40 annually)**

TIERNEY PODIATRY CLINIC

- Corns • Calluses
- Ingrown Nails • Nail Surgery
- Plantar Warts • Cryosurgery
- Plantar Fasciitis • Heel Pain
- Custom Made Foot Orthotics
- Diabetic Foot Care

Dr. Teresa Tierney

New Patients Welcome (No referral needed)

200-3025 Portage Ave • Winnipeg R3K 2E2 • 889 - 1112

Support Services

Coffee and Tea will be available before presentations.

*If you would like to watch the presentation from home over Zoom, please email Sarah@stjamescentre

Winnipeg Public Library- What's happening at the library?

Tuesday, January 18th at 1:00 p.m.

Toby from the Winnipeg Public Library will be talking about the general overview of the library. As well as, information on services/programs that may specifically appeal to seniors.

Following the presentation, there will be a quick meeting about signing up for a book club. And a list for adding book suggestions

Presenter: Toby Cygman

Cost: \$4.00



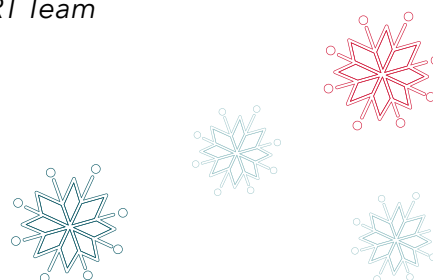
Life on the Other Side of COVID

Tuesday, January 25th at 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 own unique experiences and the challenges we have overcome.

Presenter: HART Team

Cost: \$4.00



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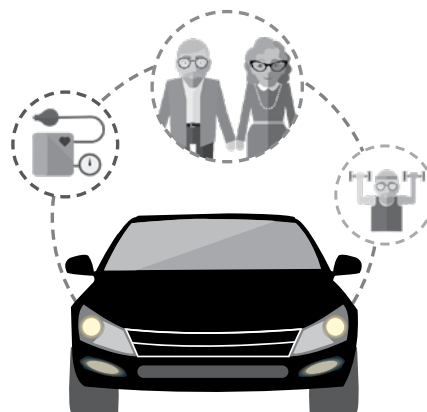
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Rides FOR Seniors Update:

Volunteer drivers needed

Volunteer drivers needed. Please call 204-987-8850 ext.108 or email sarah@stjamescentre.com

Check the upcoming EBlasts for more information about the start date for this program.



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.

Valentine's Day Bake Sale:

We will be having a bake sale the week leading up to Valentine's Day. Tuesday, February 8th- Friday, February 11th.

If you are able to donate baking please sign up at the centre and deliver the baking on February 7th. We will package and price all the baking but donations are needed in order for this to be a success!



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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



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 **Mar/Apr** will be available on **Februray 1st** 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". **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.





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