



March • April 2022

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

## Key Dates

- Mar 1** Finance Workshop
- Mar 1** Gardening Group
- Mar 8** Let's Talk about Downsizing
- Mar 8** Intro to Spanish via Zoom
- Mar 10** Lunch and a Movie
- Mar 17** Paint the Rainbow Series
- Mar 24** Lunch and a Movie
- Mar 31** Musical Mealttime
- Apr 5** Let's Talk about Decluttering
- Apr 7** Lunch and a Movie
- Apr 8** Pictionary Tournament
- Apr 14** Paint the Rain Series
- Apr 14** Reconciliation and Rooster Town
- Apr 19** Winnipeg Public Library – What's happening at the Library
- Apr 21** Lunch and a Movie
- Apr 28** Scandinavian Culture Centre

## INTRODUCTION TO SPANISH - ON-LINE VIA ZOOM

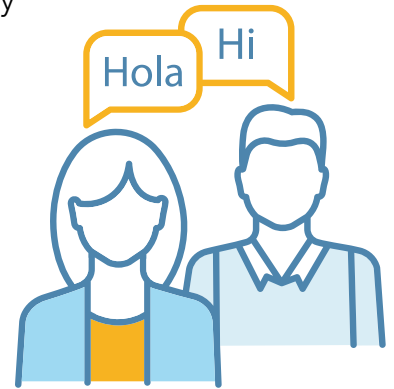
Prof. Jesus Angel Miguel Garcia, internationally recognized as a premier linguistic instructor will lead you in this enjoyable and rewarding five-week Spanish course (five hours) to learn basic and fundamental vocabulary and expressions to get by. Words open worlds! A link to the class will be sent to you before the commencement of the class.

**DATE: Tuesdays, March 8th – April 5th**

**TIME: 10:30 – 11:30 a.m.**

**COST: \$105.00 members/\$125.00 non-members**

*Registration deadline: March 1st*



## Let's Talk About Downsizing

**Tuesday, March 8th at 1:00 p.m.**

Downsize Your House and Upsize Your Lifestyle. This presentation will provide information so you are well informed, prepared and equipped to navigate the complexities of a downsizing move. We will discuss senior housing options, downsizing techniques and how to celebrate your new lifestyle.

**COST: \$4**

*Presenter: Brian McMillan from My Smaller Nest*



## Scandinavian Cultural Centre

**Thursday, April 28th at 12:00 p.m.**

Please join us for lunch and entertainment from the Scandinavian Cultural Centre house band.

**Cost: \$14.00 members/ \$16 non-members**

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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 **Mar/Apr** will be accepted starting **February 10th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **May/June** will be **April 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](mailto:info@stjamescentre.com)

Website: [www.stjamescentre.com](http://www.stjamescentre.com)

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## STAFF DIRECTORY



<b>Marilyn Robinson</b>	Interim Executive Director
<b>Paula Roeder</b>	Program Coordinator
<b>Sarah Buchan</b>	Seniors Resource Coordinator
<b>Kelly Howell</b>	Congregate Meal Program Coordinator & Program Assistant
<b>Carol Sandilands</b>	Administrative Assistant

## Healthy Aging Resource Team (H.A.R.T.)

### Healthy Aging Resource Team Facilitators:

<b>Amy Krahn</b>	<b>May Stapley</b>	<b>Amanda Gravelle</b>
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## BOARD OF DIRECTORS

<b>Janet Jackmann</b> <i>President</i>	<b>Gerald Knutson</b> <i>Past President</i>	<b>Lloyd Gwilliam</b> <i>Vice President</i>
<b>Kathy Elias</b> <i>Treasurer</i>	<b>Marilyn Robinson</b> <i>Secretary</i>	<b>Mae Denby</b> <i>Director at Large</i>
<b>Rafiq Punjani</b> <i>Director at Large</i>	<b>Andrew Torbiak</b> <i>Director at Large</i>	<b>Yvonne Hardy</b> <i>Director at Large</i>
<b>Lynn Greaves</b> <i>Director at Large</i>	<b>Garth Rogerson</b> <i>Director at Large</i>	<b>Janet Brady</b> <i>Director at Large</i>
<b>Kris Peterson</b> <i>Director at Large</i>	<b>Kathy Perrault</b> <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  
Assiniboine Credit Union  
Assiniboine Pharmacy  
Holiday Inn Airport West  
Team Brown- Sutton Group



# Information

## A Letter from the Board of Directors and Staff

With Spring right around the corner, keep an eye out for upcoming fundraising events and new programs! We have something for everyone. Check out our upcoming gardening club or join one of our many fitness classes. We also have fun events planned over ZOOM like board games and many other exciting opportunities to connect with each other.

We are excited to share with you that we have partnered with Tabs for Wheels to support this amazing cause that provides electric wheelchairs for children. We are now a drop off location for collected pop can tabs.

We want to hear from you! Email us at [info@stjamescentre.com](mailto:info@stjamescentre.com) or call us at 204-987-8850. If you'd like to, you could always pop in to say hi!

Looking forward to seeing everyone at the centre.

SAVE  
the DATE

Mark your calendars for June 16th, 2022! Planning is underway for our

## 30th Anniversary Celebration

Watch for more information in future e-blasts



### The St. James Assiniboia 55+ Centre is looking for people to serve on it's Board of Directors.

The Centre is looking for four people to sit on its Board of Directors.  
Three of the positions are Directors-at-Large.  
The Centre is also in need of a Treasurer

#### Descriptions

##### The Director:

- assists in developing and maintaining positive relations among the Board, committees, staff members, and community to enhance St. James-Assiniboia 55+ Centre's mission.
- attends six regularly scheduled Board meetings and the Annual General meeting.
- Directors are expected to sit on committees and attend events that help promote and celebrate the Centre.

##### The Treasurer:

- assists in development of the annual budget.
- gives regular reports to the Board on the financial state of the organization.
- ensure financial reports are kept on file.
- serves on the Finance and Audit Committee.
- acts as one of the signing officers for cheques and other documents, such as contracts and grant applications.
- orients the new Treasurer.

If you are interested in helping the St. James Assiniboia 55+ Centre, by serving as a Director on the Centre's Board, or to find out more information, please email [info@stjamescentre.com](mailto:info@stjamescentre.com)

**Attention: Chair, Nominations Committee** in the subject line.

# 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.**

**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.

**Monday, April 4th - June 27th**

**COST: Free for members/\$3.00 per drop-in for non-members.**

## 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.

**Tuesday, April 5th - June 28th**

**COST: Free for members/\$3.00 per drop-in for non-members.**

## 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, April 6th - June 28th, 2022**

**COST: Free for members/\$3.00 per drop-in for non-members.**

## 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, April 7th - June 30th**

**COST: Free for members/\$3.00 per drop-in for non-members.**

## 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, April 8th - June 24th**

**COST: Free for members/\$3.00 per drop-in for non-members.**

## Stamp Club

**MEETS FIRST AND THIRD TUESDAY OF THE MONTH UNTIL FURTHER NOTICE**



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.

**COST: Free for members/\$3.00 per drop-in for non-members.**

## Exercise Room

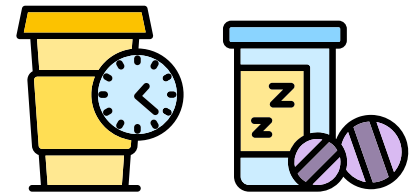
**Monday to Friday**

**9:00 a.m. - 3:30 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.

# Caffeine Facts



Caffeine is naturally found in coffee and cocoa beans, tea leaves, guarana and yerba mate. Caffeine is also added to some carbonated drinks and cold and pain medications. Coffee and tea are the main sources of caffeine for adults, while soft drinks are the main sources for children.

## How does caffeine affect my health?

Caffeine is a stimulant that can make us more alert. Some people are more sensitive to caffeine

than others and may find caffeine causes unwanted side effects. These side effects include difficulty sleeping, anxiety, irritability, nervousness, rapid heart rate or headaches.

It is rumored that caffeine can act like a diuretic, causing dehydration. However, new evidence supports that moderate amounts of caffeine, does not cause dehydration, especially if we are used to caffeine.

## How much caffeine is safe?

400mg of caffeine per day is considered safe for adults 19 years of age and older, or 300mg per day for pregnant and

FOOD	SERVING SIZE	CAFFEINE (MG)
Coffee, brewed	250ml (8 oz.)	100-170
Coffee, instant	250ml (8 oz.)	76-106
Espresso	30ml (1 oz.)	43-90
Cappuccino or Latte	250ml (8 oz.)	45-75
Decaffeinated coffee	250ml (8 oz.)	3-15
Tea, black	250ml (8 oz.)	43-80
Tea, green, oolong, white	250ml (8 oz.)	25-48
Decaffeinated tea	250ml (8 oz.)	0-5
Hot Chocolate	250ml (8 oz.)	5-12
Herbal tea	250ml (8 oz.)	0
Cola	355ml (1 can)	30
Diet Cola	355ml (1 can)	25-43
Root Beer	355ml (1 can)	23
Dr. Pepper	355ml (1 can)	40
Chocolate milk	250ml (8 oz.)	3-5
Chocolate bar, dark	1 bar (40 g)	27
Chocolate bar, milk	1 bar (40 g)	8-12

## 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**

May Stapley

Amy Krahn

Amanda Gravelle



# Straight from the H.A.R.T.

breastfeeding women over 19 years of age.

Read product labels carefully and check with your pharmacist to see if your prescription medication has caffeine.

## Trying to cut back?

When trying to limit your caffeine intake, it is best to start gradually over several days. Many people who are used to having caffeine experience side effects like headaches and drowsiness when they suddenly stop taking it.

## Here are some tips to cut back slowly:

- Mix half regular and half decaffeinated grounds when brewing coffee
- Use less grounds when brewing your coffee
- Mix your regular coffee with half decaffeinated coffee.
- Try caffeine-free herbal teas or apple cider for a hot drink.
- Choose a latte or cappuccino instead of brewed coffee.
- Brew tea for less time.
- Try caffeine-free versions of your favorite carbonated beverages.

*Adapted from UnlockFood.ca:  
Facts on Caffeine & Dietitians  
of Canada: Food Sources of  
Caffeine*



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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](mailto:kelly@stjamescentre.com)**

## Musical Mealtime

**Thursday, March 31st at 12:00 p.m.**

Please join us for a lovely lunch and the talent of Jake Chenier. Jake has been performing music for all ages for over 25 years and is recognized as one of Manitoba's finest family performers. Jake is a Canadian Juno Award nominated artist and has created four albums of original music. Jake's well received repertoire includes classics from the early 1900's all the way through to the 60's and 70's. Sing along favorites invite his audience to participate and share memories from the early years.

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

## Reconciliation and Rooster Town

**Thursday, April 14th at 12:00 p.m.**

PhD candidate Laura Forsythe, a Metis scholar in the Faculty of Education, will be speaking to us about the impact of Rooster Town's dispossession of multiple generations framed by the three stages of reconciliation. The talk will depict the history largely erased from the space known to Winnipeggers as the Grant Park Mall and Pan Am pool speaking to the civic actions taken to acknowledge, commemorate and educate in the name of reconciliation.

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

## Soup More

**\$3.50 A BOWL OR 3 FOR \$10.00**

<b>Mar. 7th</b>	Hungarian Mushroom
	Irish Stew
<b>Mar. 21st</b>	Chicken Chili
	Butternut Bisque
<b>Apr. 11th</b>	Quinoa Vegetable
	Hearty Sausage and Lentil
<b>Apr. 25th</b>	Black Bean Yum Tum
	Chicken Noodle



To order call 204-987-8850 or email Kelly at: [kelly@stjamescentre.com](mailto: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., March 9th at 11:15 a.m.**

**Wed. April 20th at 11:15 a.m.**

(NOTE: You should anticipate to stay for 2-2.5 hours each session) Bring your own container just in case there are leftovers and you want to take any home.

**Registration deadline: March 2nd and April 13th.**

**Cost: \$10 Each Session**



## Frozen Meals To Go

**\$5**



**March 14th: Shepherd's Pie**

**March 28th: Spanakopita Lasagna**

**April 18th: Herb Roasted Chicken and Vegetables**



## LUNCH AND A MOVIE

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



### Thursday, March 10th: Julie and Julia | PG 13

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter.

### Thursday, March 24th: Respect

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, April 7th: Imitation Game | PG 13

In 1939, newly created British intelligence agency MI6 recruits Cambridge mathematics alumnus Alan Turing (Benedict Cumberbatch) to crack Nazi codes, including Enigma -- which cryptanalysts had thought unbreakable. Turing's team, including Joan Clarke (Keira Knightley), analyze Enigma messages while he builds a machine to decipher them. Turing and team finally succeed and become heroes, but in 1952, the quiet genius encounters disgrace when authorities reveal he is gay and send him to prison.

### Thursday, April 21st: Finest Hours | PG 13

On Feb. 18, 1952, a massive storm splits the SS Pendleton in two, trapping more than 30 sailors inside the tanker's sinking stern. Engineer Ray Sybert bravely takes charge to organize a strategy for his fellow survivors. As word of the disaster reaches the Coast Guard in Chatham, Mass., Chief Warrant Officer Daniel Cluff orders a daring rescue mission. Despite the ferocious weather, coxswain Bernie Webber takes three men on a lifeboat to try and save the crew against seemingly impossible odds.

**CITY COUNCILLOR**  
**Scott Gillingham**  
*St. James*

204-986-5848 • [scottgillingham@winnipeg.ca](mailto:scottgillingham@winnipeg.ca)  
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# Educational Programs



## DAY PAINTING

These painting workshops are geared towards beginner level painters & anyone interested in having some fun while exploring different painting techniques.

This is a continuing workshop that will be repeating twice every month. Watch for the flower series coming in May. *A virtual option may be available if we are not able to hold these workshops at the centre.*

## PAINT THE RAINBOW SERIES

**Thursday, March 17th & March 31st**  
**from 10:00 a.m. - 12:00 p.m.**

Join us as we put paint to canvas in this fun series on ways to include the rainbow in our art. *A virtual option may be available if we are not able to hold these workshop at the centre.*

**COST: \$40 for members/\$60 for non-members**

*Registration deadline: March 10th*

## PAINT THE RAIN SERIES

**Thursday, April 14th & April 28th**  
**from 10:00 a.m. - 12:00 p.m.**

April showers bring May flowers. Join us as we paint the rain and look forward to spring. *A virtual option may be available if we are not able to hold these workshop at the centre.*

**COST: \$40 for members/\$60 for non-members**

*Registration deadline: April 7th*



## GARDENING GROUP

**Tuesday, March 1st, April 5th & May 2nd**  
**from 1:00 - 3:00 p.m.**

We will be meeting once per month to discuss everything gardening. We will have some trading of seeds, plants, knowledge & experience. We will have special projects/ crafts for our gardens and on occasion we will have a guest speaker. *A virtual option may be available if we are not able to host this group at the centre.*

**COST: \$30 for members/\$60 for non-members**

## PICTIONARY TOURNAMENT!

**Friday, April 8th from 1:00 - 3:30 p.m.**

Do you like to doodle? Do you enjoy a little fun competition? Then join us for our first annual Pictionary Tournament. There will be prizes to be won, snacks and beverages to savour and laughs to be had by all. All levels of doodling expertise are welcome. *A virtual option may be available if we are not able to host this group at the centre.*

**COST: \$7.00 members/ \$10.00 non-members**

*Registration deadline: April 1st*



## COUNTRIES OF THE WORLD WORD SCRAMBLE



1. kednmar	7. tgfaisaahnn	13. afrcne
2. cioemx	8. nartegina	14. eknya
3. zarbil	9. gedlna	15. helci
4. hcian	10. trueky	16. naeetlsshnr
5. ainid	11. ocbdmaia	17. ornyaw
6. adnaac	12. cdeilna	18. eiringa

*Answers on page 14*

# Fitness Programs

## FITNESS ROOM

**Monday to Friday from 9:00 a.m. - 3:30 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.

## BADMINTON

**Mondays, April 4th to June 20th, 2022 (no May 23rd or April 18th) from 10:00 - 11:30 a.m.**

This is a casual pick-up game. All levels of play are welcome to participate. Some knowledge of the rules of play are required as there are no instructors for this program. You must be able to provide your own racket. Proof of vaccination is required to enter the facility.

**LOCATION: Westwood Community Church  
401 Westwood Dr.**

**COST: \$30 members/\$50 non-members**

*Registration Deadline: March 28th*

## LINE DANCING:

**LEVEL 2: Mondays, April 6th - June 8th  
(no class May 23rd), 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.

**Cost: \$80.00 for members/\$105.00 for non-members**

*Registration Deadline: March 28th*



## ZUMBA GOLD TONING

**Wednesdays, April 6th - June 8th  
from 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: \$80.00 for members/\$105.00 for non-members**

*Registration Deadline: March 30th*

## FLOOR CURLING

**Wednesdays, April 6th - June 8th  
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: March 30th*



# Fitness Programs

## SLOW FLOW YOGA

**Wednesdays, April 13th to June 15th  
from 9:30 – 10:30 a.m.**

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. **\*\*NOTE, This class will be run virtually if it is not able to take place at the centre.**

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

**COST: \$90.00 members/\$130.00 non-members**

*Registration Deadline: April 6th*

## YIN YOGA

**Wednesdays, April 13th to June 15th  
from 11:00 a.m. – 12:00 p.m.**

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. **\*\*NOTE, This class will be run virtually if it is not able to take place at the centre.**

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 April 6th*

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## LITE N' LIVELY

**Fridays, March 11th to May 20th from  
11:00 a.m. to 12:00 p.m.**

Lite n' Lively is a light fun workout that includes cardio exercises to improve coordination, strength, flexibility and balance. **\*\*NOTE, This class will be run virtually if it is not able to take place at the centre.**

**COST: \$70.00 members/ \$95.00 non-members**

*Registration Deadline: March 4th*



# Fitness Programs

## STRENGTH AND RESISTANCE TRAINING

**Fridays, March 11th to May 20th  
from 9:45 -10:30 a.m.**

Let our certified instructor help you discover how to strengthen your body through strength and resistance training. Discover what it's like to work with your body through a warm up strength with your body or equipment.

Join us for a 45 minute workout. **\*\*NOTE, This class will be run virtually if it is not able to take place at the centre.**

**COST: \$70.00 members/ \$95.00 non-members**

*Registration Deadline: March 4th*

## 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.

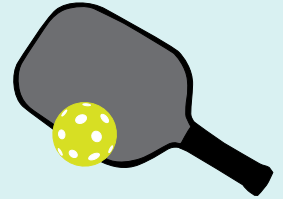
**Our Functional Rehab Therapist is taking appointments Mondays & Wednesdays between 9:00 a.m. & 3:00 p.m.**

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

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

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

## Pickleball



**SPRING SESSION begins  
on April 1st until June 29th.  
Registration begins on March  
23rd 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](mailto:paula@stjamescentre.com).

**Sturgeon Heights Community Centre  
210 Rita Street**

### Monday

Intermediate A	10:20 a.m. – 11:50 a.m.
Intermediate B	12:05 p.m. – 1:30 p.m.
Novice	1:45 p.m. – 3:15 p.m.

### Wednesday

Intermediate A	10:20 a.m. – 11:50 a.m.
Intermediate B	12:05 p.m. – 1:30 p.m.
Novice	1:45 p.m. – 3:15 p.m.

### Friday

Intermediate A	10:20 a.m. – 11:50 a.m.
Intermediate B	12:05 p.m. – 1:30 p.m.
Novice	1:45 p.m. – 3:15 p.m.

**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](mailto:paula@stjamescentre.com). **NO DROP IN'S AVAILABLE AT THIS TIME.**

**COST: \$60**

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



# Support Services

## Finance Workshop

**Tuesday, March 1st at 1:00 p.m.**

Please join us for an informative workshop to answer any questions you may have regarding your finances. Take part in engaging conversation with a representative from the Canadian Foundation for Economic Education, and other seniors in your community, to gain a better understanding of your financial issues and concerns.

### Topics of discussion include:

- Making estate arrangements
- Moving as housing needs change
- Dealing with attempted fraud or financial abuse
- Caring for a loved one
- Living with long-term illness or disability
- Managing retirement

*Presented by Kevin Maynard from the Canadian Foundation*

**Cost: \$4.00**



## Let's Talk About Decluttering

**Tuesday, April 5th at 1:00 p.m.**

Everyone has a little "junk" lying around. OK, some of us have more than a little. Whether to prepare for a move or just to start simplifying your life decluttering is the first step. Regardless of how much stuff we have, we can all benefit from decluttering our lives and homes. We will go room by room discussing what to keep and what to let go.

*Presenter: Brian McMillan from My Smaller Nest*

**Cost: \$4.00**

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

**Tuesday, April 19th at 1:00 p.m.**  
**(rescheduled from January 18th)**



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 our aging community. Following the presentation, there will be a quick discussion about starting a book club at the centre. There will be a sign-up sheet and a list for adding book suggestions.

*Presenter: Toby Cygman- Outreach Librarian for Winnipeg Public Library*

**Cost: \$4.00**



**E.R.I.K. Kits are available for a donation of \$2.00 each.**

If you are interested in purchasing one or have any questions, please email [sarah@stjamescentre.com](mailto:sarah@stjamescentre.com) or call 204-987-8850 ext.108

## 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.

Denmark	1. kednmar
Mexico	2. cioemx
Brazil	3. zarbil
China	4. hcian
India	5. ainid
Canada	6. adnaac
Afghanistan	7. tgfaisaahnn
Argentina	8. nartegina
England	9. gednlina
Turkey	10. trueky
Cambodia	11. ocdbmaia
Iceland	12. cdelina
France	13. afrcne
Kenya	14. eknya
Chile	15. helci
Netherlands	16. naeetsshrnd
Norway	17. ornayaw
Nigeria	18. eirnga

Word Scramble Answers



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adrien.sala@yourmanitoba.ca

# 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 (9:00 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 **February 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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