



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.

May • June 2022



JOIN US IN CELEBRATING 30 YEARS

3-course meal | Live entertainment

50/50 Draw | Silent Auction

≡ JUNE 16TH, 2022 ≡

Holiday Inn - 2520 Portage Ave.

Doors open at 5 p.m. | Dinner at 6:30 p.m.

Tickets: \$80 each

Call 204-987-8850 for more information

300 \$30 donations *for our* 30th year!

Since it's our 30th Anniversary this year, we've set a fundraising goal of 300 donations of \$30 or more.
Help us reach our goal!

All donations over \$100 will receive an invite to our Fall Feast!

If you are not able to attend the celebration, but you would still like to show your support for the centre, you can purchase a donation ticket for a minimum \$25.00 and receive a receipt for your donation.

3 - 203 Duffield Street | Winnipeg, MB R3J 0H6 | Ph: 204.987.8850 | www.stjamescentre.com

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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 **May/June** will be accepted starting **April 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 **July/August/September**) will be **June 15th**.

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

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STAFF DIRECTORY

Sarah Buchan	Executive Director
Paula Roeder	Program Coordinator
TBD	Seniors Resource Coordinator
TBD	Congregate Meal Program Coordinator
Carol Sandilands	Administrative Assistant

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

Healthy Aging Resource Team Facilitators:

Amy Krahn	May Stapley	Amanda Gravelle
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BOARD OF DIRECTORS

Janet Jackmann <i>President</i>	Gerald Knutson <i>Past President</i>	Kathy Elias <i>Treasurer</i>
Marilyn Robinson <i>Secretary</i>	Mae Denby <i>Director at Large</i>	Rafiq Punjani <i>Director at Large</i>
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Garth Rogerson <i>Director at Large</i>	Janet Brady <i>Director at Large</i>	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
Assiniboine Credit Union
Assiniboine Pharmacy
Holiday Inn Airport West
Team Brown- Sutton Group



Special Events

Rummage & Craft Sale

Saturday, May 14th from
10 a.m. to 3 p.m.

**Location: Westwood Community
Church, 401 Westwood Drive**

Are you Spring cleaning yet? Do you have items
you'd like to sell?

Are you looking for a place to sell the crafted items
you've made over the cold winter months?

Our Rummage/Craft sale is the perfect place to put a
little money in your pocket.

**Tables Prices: \$25.00 members
/\$30.00 non-members**

The centre will also be accepting donations for baked
goods, crafted items and house hold items to be sold
by the centre to raise funds.

**Please contact us at (204)987-8850 to find out how
you can make your donations.**

We will also have snacks, coffee and other treats
available for sale. Come to shop and stay for a snack.

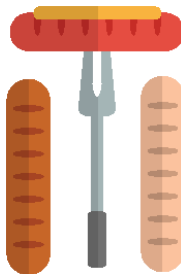
Schnitzelfest

Friday, May 27th from 6:00 - 10:00 p.m. at the
St. James Assiniboia 55+ Centre, 3-203 Duffield St
(Doors open at 5:30pm)

- 50/50 draw and Live Entertainment

On the menu:

- Pork Schnitzel
- Potato Salad
- Fresh, Homemade Pretzels
- Sweet, Hot Red Cabbage
- Dessert, Coffee & Tea
- Beer & Wine available for purchase during the
event.



Shuffleboard Tournament!

Tuesday, June 28th from 1:00 - 3:00 p.m.

PRIZES! PRIZES! PRIZES!

Put your Table Shuffleboard skills to the test in this
fun and friendly tournament. Snacks and beverages
available for the players. Spectators are welcome to
cheer you on.

COST: \$10.00 members/\$13.00 non-members

30th Anniversary

**We want to celebrate with you at our 30th
Anniversary Bash on June 16th, 2022 at the Holiday
in Airport West.**

We have some fantastic entertainment coming as
well as great prizes to be won including a door prize
and a 50/50 draw.

Tickets now available for purchase for \$80.00

*Time to get out of the house and start enjoying life
again!*

Meat Draw & BBQ for Dad

June 20th at 12:00 p.m.

On the Menu:

- Burgers
- Hot Dogs
- Potato Salad
- Cole Slaw

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

Watch our Eblasts
for more
information.



Drop-In Programs

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

PLEASE VISIT THE FRONTDESK TO SIGN IN BEFORE JOINING YOUR GROUP.

Drop-in Times are 1:00 p.m. to 3:00 p.m. *Some knowledge of the games is required as there is no instructor available at this time. All supplies are provided.*

	Monday	Tuesday	Wednesday	Thursday	Friday
1:00 - 3:00 p.m.	Scrabble	Board Games	Cribbage	Bridge	Card Games

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.



Famous Composers

DIRECTIONS: Find and circle the famous composers' last names in the grid. Look for them in all directions including backwards and diagonally.

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

Solution on page 15

BACH, Johann Sebastian (1685-1750)

BARTOK, Bela (1881-1945)

BEETHOVEN, Ludwig van (1770-1827)

BERLIOZ, Hector (1803-1869)

BERNSTEIN, Leonard (1918-1990)

BRAHMS, Johannes (1833-1897)

CHOPIN, Frédéric (1810-1849)

DEBUSSY, Claude (1862-1918)

GERSHWIN, George (1898-1937)

HANDEL, George Frideric (1685-1759)

HAYDN, Joseph (1732-1809)

LISZT, Franz (1811-1886)

MENDELSSOHN, Felix (1809-1847)

MOZART, Wolfgang Amadeus (1756-1791)

RAVEL, Maurice (1875-1937)

SCHUBERT, Franz (1797-1828)

SCHUMANN, Robert (1810-1856)

STRAUSS, Richard (1864-1949)

STRAVINSKY, Igor (1882-1971)

TCHAIKOVSKY, Pyotr Ilyich (1840-1893)

WAGNER, Richard (1813-1883)



Understanding Food Labels

By Adrienne Teichroeb, Dietetic Intern and Lorna Shaw RD

This article will highlight food literacy by providing tips for reading food labels. Food labels provide information to help you compare similar foods and make healthier choices. There are three main sections on a food label: the ingredient list, the Nutrition Facts table, and nutrition claims (nutrient/health claims).

Ingredient List:

The Ingredient List on food packages tells you what's in the food. Ingredients are listed by weight, from most to least. Common allergens and gluten sources must be included on the ingredient list. In Canada, the priority allergens are: Eggs, Milk, Mustard, Peanuts, Crustaceans and molluscs, Fish, Sesame seeds, Soy, Sulphites, Tree Nuts, Wheat and triticale.

Nutrition Facts Table:

The Nutrition Facts table on food labels gives you information on serving size, calories and at least 13 core nutrients. When comparing products, start by comparing the serving sizes. The serving size is listed at the top of the Nutrition Facts table and all the information in the table is based on this amount of food. Percent daily value is a quick and easy way to compare the amount of a nutrient in a product. Less than for 5% means there is little of this nutrient and 15% or more means it is high in this nutrient. In general, aim for more fibre, vitamin A, vitamin C, iron, calcium. Choose products with less fat, saturated fat, trans fat, sodium, cholesterol. Cereal A is the best choice for fibre!

Cereal A	Cereal B																																																				
Nutrition Facts Per 1/2 cup (28 g) <table> <tr> <th>Amount</th><th>% Daily Value</th></tr> <tr> <td>Calories 120</td><td></td></tr> <tr> <td>Fat 1 g</td><td>2 %</td></tr> <tr> <td>Saturated 0.2 g</td><td>1 %</td></tr> <tr> <td>+ Trans 0 g</td><td></td></tr> <tr> <td>Cholesterol 0 mg</td><td></td></tr> <tr> <td>Sodium 170 mg</td><td>7 %</td></tr> <tr> <td>Carbohydrate 23 g</td><td>8 %</td></tr> <tr> <td>Fibre 7 g</td><td>28 %</td></tr> <tr> <td>Sugars 5 g</td><td></td></tr> <tr> <td>Protein 3 g</td><td></td></tr> <tr> <td>Vitamin A 0 %</td><td>Vitamin C 0 %</td></tr> <tr> <td>Calcium 2 %</td><td>Iron 30 %</td></tr> </table>	Amount	% Daily Value	Calories 120		Fat 1 g	2 %	Saturated 0.2 g	1 %	+ Trans 0 g		Cholesterol 0 mg		Sodium 170 mg	7 %	Carbohydrate 23 g	8 %	Fibre 7 g	28 %	Sugars 5 g		Protein 3 g		Vitamin A 0 %	Vitamin C 0 %	Calcium 2 %	Iron 30 %	Nutrition Facts Per 3/4 cup (30 g) <table> <tr> <th>Amount</th><th>% Daily Value</th></tr> <tr> <td>Calories 120</td><td></td></tr> <tr> <td>Fat 0 g</td><td>0 %</td></tr> <tr> <td>Saturated 0 g</td><td>0 %</td></tr> <tr> <td>+ Trans 0 g</td><td></td></tr> <tr> <td>Cholesterol 0 mg</td><td></td></tr> <tr> <td>Sodium 150 mg</td><td>6 %</td></tr> <tr> <td>Carbohydrate 27 g</td><td>9 %</td></tr> <tr> <td>Fibre 1 g</td><td>4 %</td></tr> <tr> <td>Sugars 10 g</td><td></td></tr> <tr> <td>Protein 2 g</td><td></td></tr> <tr> <td>Vitamin A 0 %</td><td>Vitamin C 0 %</td></tr> <tr> <td>Calcium 2 %</td><td>Iron 30 %</td></tr> </table>	Amount	% Daily Value	Calories 120		Fat 0 g	0 %	Saturated 0 g	0 %	+ Trans 0 g		Cholesterol 0 mg		Sodium 150 mg	6 %	Carbohydrate 27 g	9 %	Fibre 1 g	4 %	Sugars 10 g		Protein 2 g		Vitamin A 0 %	Vitamin C 0 %	Calcium 2 %	Iron 30 %
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Source: Understanding Food Labels in Canada - Unlock Food

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

May Stapley

Amy Krahn

Amanda Gravelle

Straight from the H.A.R.T.

What is a Nutrient Content Claim?

A nutrient content claim is a statement on a package about a nutrient like fat, salt or fibre. When you want to eat more of a nutrient look for words such as, source of, high, very high or excellent source. If you want to cut back on a nutrient look for words such as, free, low, and reduced. Always double check the Nutrition Facts table to make sure the product meets your overall health needs.

What is a Health Claim?

A health claim states that a nutrient can help reduce your risk of a certain disease. For example, "A healthy diet low in saturated and trans fats may reduce the risk of heart disease. (Name of food item) is low in saturated and trans fats". Like all nutrition labelling, allowable health claims are tightly regulated by Health Canada.

Learn more about nutrition labelling by taking Health Canada's Nutrition Labelling Online Course at:
Understanding food labels - Canada.ca.

Understanding food labels can help you make informed decisions about the foods you are eating. Next time you're at the grocery store, try comparing different food products. For more information check out:
Understanding Food Labels in Canada - Unlock Food and Use food labels - Canada's Food Guide.

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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

Food allergies: Please let us 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 at 204-987-8850 ext 105**

Musical Mealtime

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

Please join us for a lovely lunch and a performance from Doug Edmund. Doug is an independent roots/adult alternative singer/songwriter. He plays piano/keyboards, mouth harp, flute, guitar, and vocals.

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

Music of our Lives

Thursday, June 23rd at 12:00 p.m.

Join us as Brian McMillan takes us on a trip down memory lane with songs from the 20's to the 60's. Come and enjoy a delicious meal at the centre and some great music.

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

Tom, the Irish cowboy

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

Please join us for lunch and the fun musical stylings of Tom McDermot.

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

Lunch with Heritage Winnipeg

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

Greg from Heritage Winnipeg will have a new presentation right after our delicious lunch.

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

Soup *AND* More

\$3.50 A BOWL OR 3 FOR \$10.00

May 3rd	Potato Leek
	Chicken Detox
May 17th	Baked Potato
	Tuscan Tortellini
May 31st	Lemony Spring soup with Peas & Rice
	Roasted Red Pepper
June 14th	Caribbean Black Bean
	Chicken Soup Mexicana
June 21st	Summertime Minestrone
	Italian Wedding

For more information please email:
info@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., May 18th at 11:15 a.m.

Wed. June 22nd 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: May 11th and June 16th.

Cost: \$10 Each Session

Frozen Meals To Go

\$8



May 9th: Lasagna Casserole

May 24th: Forgotten Jambalaya

June 6th: Southwestern Casserole

Food and Friendship



LUNCH AND A MOVIE

Thursdays at 12:00 p.m.

Cost: \$14 members/ \$16 non-members



Thursday, May 5th: DOG | PG 13

With a dog named Lulu by his side, Army Ranger Briggs races down the Pacific Coast to make it to soldier's funeral on time. Along the way, Briggs and Lulu drive each other completely crazy, break a handful of laws, narrowly evade death, and learn to let down their guards to have a fighting chance of finding happiness. *STARRING: Channing Tatum*

Thursday, May 19th: The Adam Project | PG 13

After accidentally crash-landing in 2022, time-traveling fighter pilot Adam Reed teams up with his 12-year-old self for a mission to save the future.

STARRING: Ryan Reynolds & Jennifer Gardner.

Thursday, June 2nd: Footloose | R

A city teenager moves to a small town where rock music and dancing have been banned, and his rebellious spirit shakes up the populace. *STARRING: Kevin Bacon*

Thursday, June 30th: Something's Gotta Give | PG 13

A successful 60-something and 50-something, who find love for each other in later life, despite being complete opposites.

STARRING: Jack Nicholson and Diane Keaton

Ladies High Tea

Friday, May 6th from 11 a.m. - 1 p.m.

Come and show off your Fascinators, gloves, fancy hats.

On the menu:

- Assorted teas
- Scones
- Assorted finger sandwiches
- Dainties

Entertainment: TBA

Cost: \$15.00 members
\$18.00 non-members



Educational Programs

Day painting

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

May Flowers

Join us as we put paint to canvas in this fun workshop on ways to paint flowers.

Dates for this first series are: Thursday, May 12th from 10:00 a.m. - 12:00 p.m.

COST: \$15 for members/\$20 for non-members

Registration Deadline: May 5th

Sunny Days

Join us as we paint the rain and look forward to spring.



Dates for this

series are: Thursday, June 2nd from 10:00 a.m. - 12:00 p.m.

COST: \$15 for members/\$20 for non-members

Registration Deadline: May 26th, 2022

™ by Ann Richmond Fisher

The shaded E and the six letters surrounding it spell PETUNIA, which matches one of the clues below.

In the same way, find a 7-letter word for each of the remaining clues. Keep track of the center letter for each answer you find.

1. **flowering plant petunia -E**
2. **a solo performance** _____
3. **excellence** _____
4. **person receiving medical care** _____
5. **adult male domestic fowl** _____
6. **old item** _____
7. **opening in nose** _____

Now unscramble all 7 of the center letters to spell today's BUZZWORD.

A coin: _ _ _ _ _



Solution on page 12

Fitness Programs

DROP-INS NOW AVAILABLE!

Not sure if you can make it to all the classes, did you want to try the class first, or not ready to commit to the whole session? Then drop-in is an option for you!

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.

Line Dancing - Drop-ins are now available

Mondays from 1:00 - 2:00 p.m.

Level 2 - 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.

Costs: \$10.00 members/\$13.00 non-members

Zumba Gold Toning

Drop-ins are now available

Wednesdays 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.

COST: \$10.00 members/\$13.00 non-members



Slow Flow Yoga

Drop-ins are now available

Wednesdays 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: \$10.00 members/\$13.00 non-members

Fitness Programs

Yin Yoga

Drop-ins are now available

Wednesdays 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: \$10.00 members/\$13.00 non-members

Floor curling

Drop-ins are now available!

Wednesdays 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.

COST: \$3.00 members/\$5.00 non-members

Shuffleboard

**Tuesdays, May 3rd – June 21st
from 1:00 – 3:00 p.m.**

Some knowledge of the game is required as there is no instructor available at this time. Easy to learn and Easy to play. Rules are provided.

**COST: \$25.00 members/\$33.00 non-members
or Drop-in \$3.00 members/\$5.00 non-members**

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



Fitness Programs



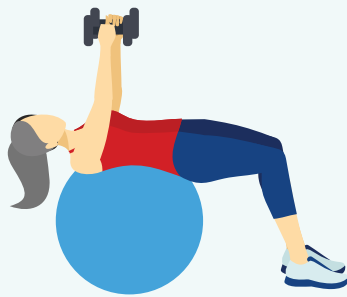
Pickleball Training

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 our Program Coordinator or you can email your request to paula@stjamescentre.com.

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.



Pickleball

Pickleball is currently full, if you would like to be placed on a wait list, please contact our Program Coordinator at (204)987-8850 ex. 105 or email paula@stjamescentre.com .

Before registration please read the Pickleball Code of Conduct.

LOCATION

Sturgeon Heights Community Centre
210 Rita Street

Wellness Services

The St. James-Assiniboia 55+ Centre offers the following Wellness Services:

Footcare (Tuesdays & Wednesdays)

30 minutes: \$40 members
\$48 non-members

Massage (Thursdays)

30 minutes: \$45 members
\$50 non-members
45 minutes: \$55 members
\$65 non-members
60 minutes: \$68 members
\$75 non-members

Book an appointment by calling
204-987-8850

A minimum of 24 hours is required to cancel appointments otherwise there will be a \$15 fee




CITY COUNCILLOR
Scott Gillingham
St. James
204-986-5848 | scottgillingham@winnipeg.ca
www.scottgillingham.ca



Solution from page 9:

- | | |
|------------|--------------------------|
| 1. recital | 5. antique |
| 2. quality | 6. nostril |
| 3. patient | |
| 4. rooster | BUZZWORD: quarter |

Support Services

Let No One Be Alone



Let No One Be Alone

(a week of awareness)

Tuesday, May 3rd at 1p.m. to 3p.m.

Join us in recognizing Let No One Be Alone Week (May 1st to May 7th). You can come on your own or with another member or bring a friend that's new to the centre! We will have Bingo, board games and cards set up. Enjoy a coffee or tea and each other's company!

Cost: Free

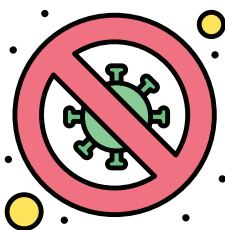
Life On the Other Side of COVID

Tuesday, May 10th at 1p.m.

This pandemic has affected all of us in so many 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: \$4.00



E.R.I.K. Updates

Tuesday, May 24th at 1p.m.

The E.R.I.K. is an excellent resource that has been supporting individuals in current and past years when it comes to informing emergency personnel and loved ones. This presentation will review what it is, why it exists and how you can use it most efficiently. Each participant will receive 1 (one) E.R.I.K. package. You can purchase additional kits for \$2.00.

Presenter: Seniors Resource Coordinator

Cost: \$4.00

Do you have a Health Care Directive?

Tuesday, June 14th from 11a.m. to 2:30p.m.
(lunch will be provided)

Do you have a health care directive? Does it clearly indicate how you want to be cared for in an emergency? What happens if something bad happens and you can't speak for yourself? Do you know your rights when it comes to treatment at the hospital? These are important questions to consider. Join us for lunch and let's talk about it. The presentation will be broken into 2 parts to allow a lunch break from 12-1pm.

Presenter: Dying with Dignity

Cost: \$20.00

The Benefits of Volunteering

Tuesday, June 28th at 1p.m.

Did you know that volunteering is good for you? Volunteering can ward off loneliness, reduce stress and be physically good for you! Join us at the centre to talk about the many volunteer positions we have and why they are good for you and the centre!

Presenter: Seniors Resource Coordinator

Cost: \$4.00 (coffee, tea and a cookies provided)



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

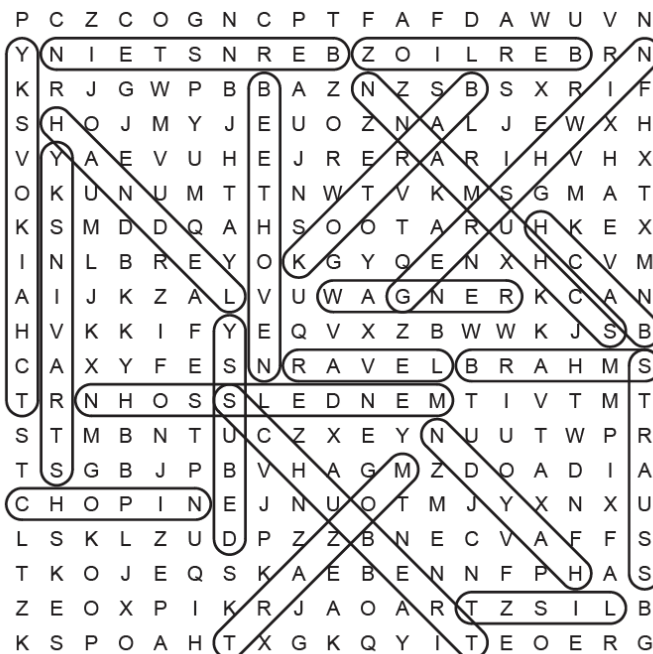
Referrals to some great in-home service providers such as:

- Hair, nails and feet
- legal services
- dental hygiene
- laundry
- meals, etc.



Famous Composers

SOLUTION



Your MLA for St. James ADRIEN SALA



204-792-8779
1885 Portage Avenue,
Winnipeg, MB R3J 0H3
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



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 **May/June** will be available on **April 15th** 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.





GATHER around
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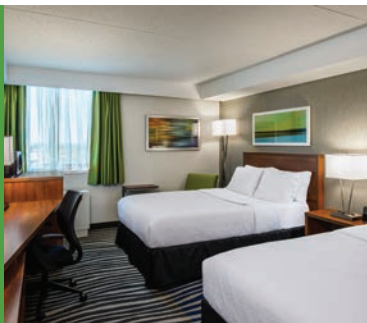
You don't have to go far to grab a quiet drink or find a meal with our restaurant and lounge on site. Whether it's extra guests from out-of-town, special events, or celebrating a special someone - *we've got you covered!*

Please call our Sales Office today at 204-833-2413 to see how we can serve you!



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www.ywgwest.com



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Kari
204.792.1532
or, **Tania**
204.296.0386

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or dinner, take a
tour and experience
life in our
neighbourhood!*

Sturgeon Creek II
707 Setter St.
204.885.0303



Sturgeon Creek I
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204.885.1415

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