

July – September 2022



St. James
Assiniboia
55+ Centre

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



Key Dates

- July 5** Lunch at the Half Moon
- July 7** Carnival BBQ
- July 13** Cook and Eat
- July 20** Potluck Picnic in the Park
- July 21** Lunch and a Movie
- July 26** Sip, Sip, Sangria
- July 28** Fun with Flowers
- Aug 10** Cook and Eat
- Aug 11** Sweet Treat BBQ
- Aug 17** Potluck Picnic in the Park
- Aug 18** Lunch and a Movie
- Aug 25** Fun with Flowers
- Aug 30** Soups and Subs
- Sept 1** End of Summer BBQ
- Sept 6-9** Open House
- Sept 15** Lunch and a Movie
- Sept 29** Lunch and a Movie

Lunch at the Half Moon

Tuesday, July 5th - Depart the centre at 11:00 a.m.

In addition to their famous hot dogs, the Half Moon serves mouth-watering hamburgers, cold Pepsi, tasty homemade fries, and both hard and soft ice cream treats and sweets. Join your friends at the centre for a fantastic lunch and dessert at this retro diner in Lockport.

****You must pay for your own lunch*** *This trip is dependent on drivers, so please indicate at registration if you are able to drive others to the destination.*

COST: \$8 members/\$10 non-members

Registration deadline: June 28th.



Sip, Sip, Sangria

Tuesday, July 26th at 1:30 p.m.

Join us for a mid-summer party! We will be having Sangria and appetizers while we talk about what we have been up to so far this summer.

COST: \$20 member/\$25 non-members



CHASE THE ACE RAFFLE!

**Buy a card for \$5.00 each
Your chance to win \$130.00**

**Call 204-987-8850, or visit the centre
in person to buy your tickets.**

The draw will take place once all tickets have been sold.



TABLE OF CONTENTS

Special Events	3
Drop-In Programs	4
Straight from the H.A.R.T.....	5
Food & Friendship	6
Education	8
Fitness	10
Support Services.....	15
Community Resources	16

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 **July-September** will be accepted starting **June 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 **Oct/Nov/Dec**) will be **September 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

 [Like us on Facebook](#) @stjames55pluscentre

 [Follow us on Instagram](#)

STAFF DIRECTORY

Sarah Buchan	Executive Director
Paula Roeder	Program Coordinator
Naomi Lundgren	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
------------------	--------------------	------------------------

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>
Andrew Torbiak <i>Director at Large</i>	Yvonne Hardy <i>Director at Large</i>	Lynn Greaves <i>Director at Large</i>
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

Craft & Bake Sale

November 19th

The centre will also be accepting donations for baked goods and crafted items to be sold by the centre to raise funds for programming. Please contact us at (204)987-8850 to find out how you can make your donations.

Location: Westwood Community Church, 401 Westwood Drive

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

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

Potluck Picnic in the Park

2 dates available to choose from, or come to both.

Wednesday, July 20th

Wednesday, August 17th

12 p.m. - 3 p.m.

Assiniboine Park, 3 West Shelter

The centre will provide:

Plates, cutlery, knives, serving utensils, coal barbeque, firewood (if needed), cups, napkins, condiments and games

What to bring:

- Chair
- Water Bottle or beverage of choice
- Hat
- Sunscreen & bug spray

Please ask at the centre about choosing your potluck dish or go online to register and choose from the list provided.

COST: \$7 member/\$10 non-member



St. James Lawn Bowling Club has partnered with St. James Assiniboia 55+ Centre to bring a members only discount of 50% off their regular registration fee.

Regular annual membership is \$60, special for members of St. James Assiniboia 55+ Centre in 2022 is \$30.

This is a great way to get muscle strengthening, a gentle way to get active. Recommended for those with Parkinson's, early stage dementia, cancer, hip replacement, arthritis or other aging ailments, exercise repairs the body. Outdoor play is annually from June 1st to September 15th. Indoor carpet bowling in the winter months.

Membership includes:

- 4 bowls
- locker
- Name tag
- Free Instructions

Players can play every day or selected days Just show up 30 minutes before and play.

- Monday 6:30 p.m.
- Tuesday 9:30 a.m.
- Wednesday 6:30 p.m.
- Thursday 9:30 a.m.
- Friday 9:30 a.m.
- Sunday 12 Noon

The host matches players and teams so a new players gets to meet and play with a variety of players. All playing for fun and fellowship.

Contact the centre at 204-987-8850 to get registration 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.*

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.



Scrabble

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

Date: Continuing on Mondays throughout the summer except holidays.

If you are interested in joining a **Cribbage, Bridge Group or any other table game activity**, please contact our Program Coordinator by calling 204-987-8850 ext. 105.



PHARMASAVE®
ASSINIBOINE PHARMACY
YOUR SMALL TOWN PHARMACY IN THE BIG CITY
At Assiniboine we focus on bringing a personal touch, and build relationships with our customers. Transferring your prescriptions to Assiniboine is free and easy. Give us a call today!

WE OFFER:
FREE OTC medications in blister packs
FREE prescription delivery
FREE parking
Travel Health consultations
15% Senior's discount (on most items in store)
Amazon Hub locker location



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

Staying Hydrated

WHY IS HYDRATION IMPORTANT?

Fluids are important for keeping your body healthy. Your body will lose water by sweating, breathing and getting rid of waste and will then need to replenish its water stores.

FLUIDS HELP BY:

- Controlling body temperature
- Aiding the digestion of food
- Carrying nutrient around the body
- Cushioning organs and joints
- Promoting regular bowel movements

HOW DO I KNOW IF I AM DEHYDRATED?

Signs and symptoms of mild dehydration include:

- thirst
- dry lips and mouth
- flushed skin
- tiredness
- dark strong-smelling urine
- headache
- dizziness
- fainting
- low blood pressure
- increased heart rate
- irritability



It is important to note that you can become dehydrated even before signs appear. Therefore, it is important to drink fluids regularly, even before you feel thirsty.

HOW MUCH FLUID SHOULD I DRINK?

The exact amount will vary based on your age, sex and activity level.

A general guideline is to aim for about:

- 3L (12 cups) per day for adult men
- 2.2L (9 cups) per day for adult women

TIPS TO HELP YOU STAY HYDRATED:

- Drink a glass of water when you wake up each morning or before you go to bed.
- Carry a container of water with you throughout the day.
- Drink a glass of water before eating your meals.
- Make sure you have a drink with each meal, such as a glass of low-fat milk, soy beverage or water.
- Don't ignore thirst. Drink water or another healthy drink when you feel thirsty

Water is the best source of fluids for your body, but not the only source. Other foods that can help you stay hydrated include:

- Lower fat milk or unsweetened milk alternative beverages
- Low sodium soups or broths
- Herbal or decaffeinated tea
- Fruits and vegetables
- Yogurt (no sugar added)



Adapted from Dietitians of Canada "Guidelines for Drinking Fluids to Stay Hydrated"

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

Food and Friendship

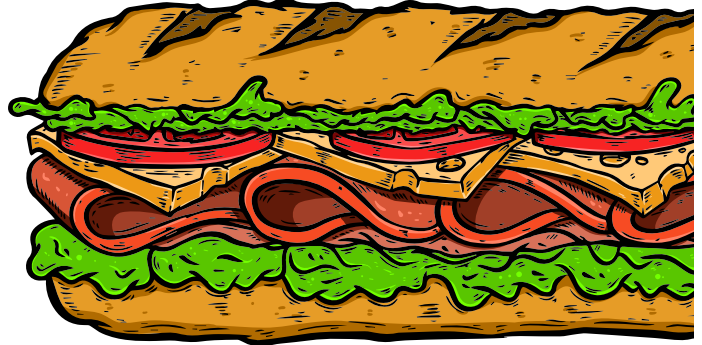
Food allergies: Please let us know if you need accommodations made for a life-threatening allergy. We will make the greatest effort to find a replacement meal, however, we may not be prepared to handle every dietary concern. Notification must be made ahead of time and cannot make meal changes on the day of an event. **Please contact at 204-987-8850 ext 105**

Soups and Subs

Tuesdays, August 30th and September 27th at 11:00 a.m.

Come and enjoy friendship, soup and subs. We will be having in-house homemade subs and fresh soup. You will also have the opportunity to purchase a meal to take home and enjoy.

**COST for each date: \$10 members/
\$12 non-members**



SUMMER BARBECUES

\$8 member/\$10 non-member

Location: St. James Assiniboia 55+ Centre

Don't miss out on the summer fun. Join us as we get together to enjoy some summer barbecues and games. Lunch and activities to take place indoors, but an outdoor option will be considered if the weather permits.

Carnival BBQ:

Thursday, July 7th at 12:00 p.m.

Come and enjoy a delicious BBQ meal including an all-beef hot dog, chips, potato salad and carnival themed snacks.



Sweet Treat BBQ

Thursday, August 11th at 12:00 p.m.

Come beat the summer heat with a delicious barbecue including an all-beef hot dog, chips, potato salad and ice cream sundae for dessert.

End of Summer BBQ:

Thursday, September 1st at 12:00 p.m.

Join us as we say farewell to summer with one last barbecue, as usual we will have all-beef hot dogs, chips, potato salad and Ice Cream Floats!



Frozen Meals To Go



Sept. 19th: Chicken Broccoli Rice Casserole

Soup AND More

\$4.50 A BOWL OR 3 FOR \$12.00

Due to increased prices at the grocery store, our soup prices have needed to have a slight increase.

These increases are to cover our costs. We will continue to bring you affordable, healthy soups on a regular basis.

Aug. 30th	African Peanut Soup
	Chicken Tortilla Soup
Sept. 13th	Creamy vegetable Soup
	Corn Chowder
Sept. 27th	Split Pea Soup
	Italian wedding soup with chicken meatballs

**For more information please email:
info@stjamescentre.com**



Food and Friendship

★ LUNCH AND A MOVIE ★

Thursdays at 12:00 p.m.

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

Thursday, July 21st: *When Harry met Sally*

A 1989 American romantic comedy film written by Nora Ephron and directed by Rob Reiner. It stars Billy Crystal as Harry and Meg Ryan as Sally. The story follows the title characters from the time they meet in Chicago just before sharing a cross-country drive, through twelve years of chance encounters in New York City.

Thursday, August 18th: *Moulin Rouge*

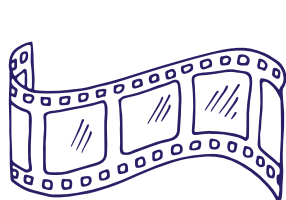
A 2001 jukebox musical romantic drama. It follows a young English poet, Christian (Ewan McGregor), who falls in love with the star of the Moulin Rouge, cabaret actress and courtesan Satine (Nicole Kidman). The film uses the musical setting of the Montmartre Quarter of Paris.

Thursday, September 15th: *Identity Thief*

A 2013 American road comedy film directed by Seth Gordon. The film tells the fictional story of Sandy Patterson (Jason Bateman) whose identity is stolen by an unnamed woman (Melissa McCarthy).

Thursday, September 29th: *You've got Mail*

A 1998 American romantic comedy-drama film directed by Nora Ephron and starring Tom Hanks and Meg Ryan. It tells the story of two people in an online romance who are unaware they are also business rivals



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., July 13th at 11:15 a.m.


Wed., August 10th at 11:15 a.m.

Wed., September 28th 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: July 6th and August 3rd

Cost: \$10 Each Session

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

Educational Programs

GARDENING GROUP- MEETS THE 2ND TUESDAY OF EACH MONTH

All levels of green and off-green gardeners are welcome.

Do you enjoy gardening?

Are you interested in attending workshops and hearing from experts?

Would you like to share your knowledge and experiences with other gardeners?

Then this group is for you.

Your knowledgeable leader Dodie will be here to share some of her experience every 2nd Tuesday of the month.

This is an on-going program. Any date changes will be announced in our weekly Eblasts.

Time: 1-3pm

Cost: Free for members/\$3 for non-members

FUN WITH FLOWERS

Choose one or all of the following dates:

Thursday, July 28th

Thursday, August 25th

Thursday, September 22nd

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

Kat will guide participants step by step in order to create a stunning floral centrepiece arrangement (real flowers are used). All supplies will be provided and no experience is necessary.

COST: \$23 members/\$26 non-members each class

Instructor: Kat Degner

*Registration Deadlines: July 21st,
August 18th & September 15th*



EXPERIENCE COUNTS

Let our experienced professionals help you reach your financial goals.

100+ years since Desjardins Group was founded.

60+ years offering financial security solutions for

Canadians. **50+ years** since the first Desjardins

mutual fund was introduced. **85+ years** of collective financial advisory expertise at this location.

COUNT ON OUR EXPERIENCE. CONTACT US TODAY.

204-925-7420

Kilcona Branch
5A - 3 Reenders Drive
Winnipeg, MB R2C 5K5
Fax : 204-334-7396
www.dfsi-kilcona.ca

 **Desjardins**
Financial Security
Investments Inc.

Mutual Funds are provided through Desjardins Financial Security Investments Inc. Except for segregated funds in self-directed accounts which are offered through Desjardins Financial Security Investments Inc., Life and Health Insurance products are provided through Desjardins Independent Network Insurance Agency. Desjardins Independent Network Insurance Agency is a business name of Desjardins Independent Network Insurance Inc. which also operates in BC under the assumed name Desjardins Independent Network Insurance Agency Inc. **Desjardins** and related marks are the property of the Fédération des caisses Desjardins du Québec used under license.

Educational Programs

Paint Along with John.

Join John Smeulders as he leads you through a step-by-step painting class.
All supplies are provided.



Chinese water colour

Thursday, July 14th

10 a.m. - 12 p.m.

Cost: \$15 members, \$20 non-members



Painting with acrylics

Thursday, August 4th

10 a.m. - 12 p.m.

Cost: \$15 members, \$20 non-members



Painting with water colours

Tuesday, September 20th

10 a.m. - 12 p.m.

Cost: \$15 members, \$20 non-members



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 PROGRAMS

For the safety of all participants the centre will require that all fitness class participants will be required to complete a Physical Activity Readiness Questionnaire or PAR-Q before participating in any fitness class. This form will only need to be completed once a year. The questionnaire is available at the front desk or you can ask to have one emailed to you in advance.

OPEN HOUSE EVENT

Are you interested in getting a fitness program that's right for you into your life?

Not sure if a program is right for you?

This is the perfect opportunity to try out some classes we will be offering this fall.

Tuesday, September 6th

9:45 a.m. – Line Dancing with Karen

11:00 a.m. – Zumba Gold Toning with Karen

1:00 p.m. – Balance & Strength with Charlene

2:15 p.m. – Chair Fitness with Charlene

Wednesday, September 7th

10:00 a.m. – Chair Yoga – with Mary Lou

11:15 a.m. – Slow Flow Yoga with Mary Lou

1:30 p.m. – Yin Yoga with Mary Lou

1:30 p.m. – Floor Curling (self-lead)

Thursday, September 8th

11:00 a.m. – Come As You Are with Charlene

1:00 p.m. – Posture Perfect with Charlene

2:15 pm – Minds In Motion with Charlene



SUPPORT SERVICES OPEN HOUSE PRESENTATIONS

Tuesday, September 6th

10:00 a.m. – (NORTH SIDE) TONS : Transportation Options Network for Seniors

Looking for help in discovering what transportation or services that TONS provided for seniors in Manitoba . This presentation is for you.

Presenter: TONS

Cost: FREE

Wednesday, September 7th

2:30 p.m. – (NORTH SIDE) A&O: Support Services To Seniors

An enlighten presentation regarding the many services offered to seniors including: Friendly Connections, Centre Without Walls, Legal Services and so much more.

Presenter: TONS

Cost: FREE

Thursday, September 8th

10:00 a.m. – (SOUTH SIDE) Benefits Of Volunteering

Did you know that volunteering is good for you? Volunteering can ward off loneliness, reduce stress and be physically good for you! We have many volunteer positions available at the centre.

Presenter: Naomi, Seniors Resource Coordinator

Cost: FREE

Fitness Programs

Friday, September 9th

10:00 a.m. - (SOUTH SIDE) E.R.I.K Presentation

The E.R.I.K (Emergency Response Information Kit) 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 E.R.I.K package. Suggested donation \$2 for E.R.I.K package.

Presenter: Naomi, Seniors Resource Coordinator

Cost: FREE

MEMBER MOTIVATION & OPEN HOUSE WINDUP

Friday, September 9th from 1:30 - 3:30 p.m.

This is your opportunity to help the centre grow our membership base. Bring a friend (new to the centre) for coffee, snacks and games. We will talk about upcoming programs and events and you will get fall program start dates in advance of the newsletter being published. Some of our instructors will also be here to discuss their programs with you and answer all your questions. Let's have some fun!

We would also like to hear from you! What programs and events you would like to have at your centre.

You will receive a \$5.00 gift card to put towards programming or events for each new membership you bring in to the MEMBERSHIP MOTIVATION WINDUP.

Tickets are \$10 per person (members & non-members).

Slow Flow Yoga

Tuesdays, June 28th - August 30th
from 10:00 - 11:00 a.m.

**Cost: \$90/member, \$120/
non-member**

**Drop-ins: \$10/member,
\$13/non-member**



Yin Yoga

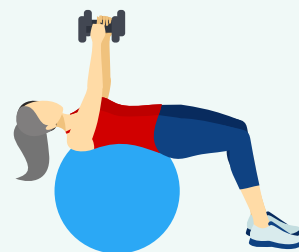
**Wednesdays, June 29th -
August 31st**
from 10:00 - 11:00 a.m.

Cost: \$90/member, \$120/non-member
Drop-ins: \$10/member, \$13/non-member

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.



Fitness Programs

About the programs

LINE DANCE

Learn basic dance steps while exercising your body and mind by dancing to all kinds of music (not just country). Line dancing is a great way to have fun and enjoy the music without a partner. We welcome beginners and experienced dancers. Please bring water and wear shoes with a low or flat heel, without too much grip, to allow you to turn and glide as you dance.

ZUMBA GOLD TONING

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.

BALANCE & STRENGTH

This course is for anyone wanting to increase muscle strength, build bone mass and improve balance. The instructor will lead you through easy to follow exercises and progressive balance work to increase muscle strength and improve balance.

CHAIR FITNESS

Are you looking for a light cardio and strength building class that can be done in a chair? This beginner class uses a fun mix of chair exercises and standing exercises using your chair for support, allowing you to work at your own pace. No floor work in this class.

CHAIR YOGA WITH MARY LOU

Chair Yoga is a beneficial form of yoga for any fitness level from active seniors to those recovering from an injury or anyone simply wanting a smart blend of yoga and fitness. Benefits include low impact on joints, improved flexibility and stress reduction. Regain and strengthen your best body in this beautiful blend of yoga and fitness.

SLOW FLOW YOGA

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 that will 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.

YIN YOGA

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. Working these parts of our bodies assists individuals with arthritis, stiffness and assists with mobility issues. Yin Yoga is a practice that helps to control breath, teaches a deeper breath which calms body and mind.

COME AS YOU ARE

Just starting out in fitness? This class is for you! A fun and easy low-impact class incorporating a warm up, a light cardio component and strength training in a supportive atmosphere. Everyone is welcome - whatever your current fitness level!



Fitness Programs

POSTURE PERFECT

A fun exercise class aimed specifically at improving posture. We will strengthen our postural, core and upper body muscles, followed by an enjoyable stretching component. No cardio work.

MINDS IN MOTION

We've partnered with the Alzheimer Society of Manitoba to bring you this fitness and social program for people experiencing early-mid stage dementia. Please attend with a friend, family member or caregiver. A certified fitness instructor will lead a fitness portion of the class.

An Alzheimer Society facilitator supports the social time for the program. Fee covers participant and guest.

Meet your Instructors

Karen Hodgins

Dancing is my favorite shortcut to happiness...

Karen has been teaching line dance classes since 2000 and Zumba since 2012. Karen is a certified with the Manitoba Fitness Council to teach active older adults and group fitness classes. She is also certified to teach basic Zumba (dance fitness), Zumba Gold (active older adults), and Zumba Toning (using light weights). Zumba is often called "Exercise in Disguise" because it is fun - when we are dancing, we often do not even realize we are exercising our bodies and our minds.

Karen has found that teaching dance fitness was more rewarding than office work and has no regrets.

Please join us as we dance our cares away - no experience needed - as long as we keep moving and have fun.



Mary Lou MacGregor

Mary Lou has practised yoga for twenty-five years and fell in love with the way it makes her feel as well as the health benefits. Mary Lou has been certified in her 200 hours, Yin Yoga training, Restorative Yoga training, and Certified Yoga for Golfers under the CGA. She enjoys teaching and working with individuals adapting poses to compliment unique physical needs, especially as we age. Mary Lou loves to ski, swim, golf and garden and understands to be healthy one needs to stay active.



Charlene De Luca

Charlene is a Group Fitness Instructor with a special interest in teaching older adults. Charlene's fitness classes focus on exercises that will help with performing everyday activities by building strength, increasing flexibility and improving balance. She enjoys the energy of teaching group fitness classes and has found teaching seniors to be highly rewarding. Charlene and her husband moved to Winnipeg in 2020 from British Columbia. She is a retired lawyer.

Charlene enjoys fitness and weight training, travel, cooking, yeast baking, long walks and spending time with her two grandchildren



FLOOR CURLING

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.

DATE: Wednesdays starting Sept. 14th - Dec. 21st

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

COST: \$25 members/\$33 non-members

Drop-in \$3.00 members/\$5 non-members

Fitness Programs

WALKING GROUP - RETURNING SEPTEMBER 28TH

Join us every Wednesday (weather permitting) for a tour of the neighbourhood or a trek to Assiniboine Park or to the Old Mill.

Our avid leader will be outside our main entrance doors located at 203 Duffield Street at 11:15am.

Cost is free to participate.

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.

PICKLEBALL

Contact our Program Coordinator, Paula at (204)987-8850 ex. 105 or email paula@stjamescentre.com



- If Pickleball groups become full & you'd like to get on a wait list or to find out if there is an open slot available.
- If you are interested in being a liaison between your group of players and the centre.
- If you have any further questions about our Pickleball program.

Registration is open to all experienced Pickleball players on August 15th. You must be a member of the St. James Assiniboia 55+ centre to play in our Pickleball program and you must have had training in the game of Pickleball before registering in the Novice group.

LEVEL DESCRIPTIONS

All levels are non-competitive & all-inclusive.

Novice: If you are new to the game but you have had training or 1 year recent experience in playing the game.

Intermediate A & B: You must have a minimum of 2 years recent experience playing the game.

Advanced: You must have a minimum of 5 years recent experience in playing the game.

Pickleball

FALL SESSION begins on September 7th to December 30th

**Sturgeon Heights Community Centre
210 Rita Street**

Mondays, Wednesdays & Fridays

Advanced	10:20 a.m. - 11:50 p.m.
Intermediate A	12:05 p.m. - 1:30 p.m.
Intermediate B	1:45 p.m. - 3:15 p.m.
Novice	3:30 p.m. - 4:55 p.m.

COST: \$80

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

We are still making plans so keep an eye on our weekly Eblasts for new programs and events coming.

Wellness Services

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

Footcare (Tuesdays & Wednesdays)

30 minutes: \$40 members
\$48 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

Support Services

The Benefits of adding Physiotherapy to Stroke Recovery

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

Join us for a presentation on the support physiotherapy can provide for stroke recovery. For instance, Physiotherapists work with a variety of cardiovascular, neurological and musculoskeletal issues as part of their scope of practice.

Patients who are dealing with stroke recovery can benefit from physiotherapy care in a variety of ways:

1. Provide balance and proprioception exercises
2. Gait retraining
3. Upper and lower limb strengthening
4. Individualized education for the patient regarding return to work, hobbies or lifestyle changes

Presented by: Elite Sports Injury

Cost: \$4.00

Emergency Preparedness Presentation

What do you do in case of an Emergency? Are you prepared for a power failure if it may last more than 24 hours? Where would you go if you are displaced from your home due evacuation orders?

Join us for our Personal Preparedness Presentation Tuesday, July 19th, 2022 at 1:00 p.m., where we answer these questions and more. Presented by the City of Winnipeg's Office of Emergency Management, we go over how to prepare emergency plans, emergency exits, emergency kits, answer any questions you may have regarding what to do in certain situations and much more.

Host: Rainbow Resource Centre

Presenters: MaryAnn Oprea - Emergency Management Officer, Chelsey Gitzel - Emergency Management Officer, Jane Guyader - Primary Care Paramedic

Cost: \$4.00

Powerful Tools for Caregivers 6 Week Workshop Series

Registration limit of 8 people

Helping caregivers thrive while caring for others. Face the challenges of caregiving with the right tools. See how you can better care for yourself while caring for a loved one with a Powerful Tools for Caregivers workshop.

Topics include the challenges of caregiving, managing self-care, using positive self-talk, solution-seeking, communicating in challenging situations, dealing with difficult emotions, and making action plans.

Evidence indicates caregivers who participate in the program see improvements in:

- Self-Care: increased exercise, use of relaxation techniques and medical checkups
- Management of Emotions: reduced guilt, anger and depression
- Self-efficacy: increased confidence in coping with caregiver demands
- Use of Community Resources: increased awareness and utilization of community resources

Dates: Thursdays, August 4, 11, 18, 25, Sept 1, 8

Time: 10:30 a.m. -12:00 p.m.

Location: 3-203 Duffield St. - Board Room

Facilitators: May Stapley (Healthy Aging Resource Team Facilitator), Thea Toews (My Health Team - St James / Assiniboine South Occupational Therapist)



Support Services

iPad Training course (limit of 10 people)

September 6, 13, 20, 27 at 1:00 p.m.

This 4 session course will teach you everything you need to know about your iPad. Whether you're looking to expand your knowledge or are brand new to Apple iPads, this course will make you a pro. You will be given an iPad training manual to keep. As well as, access to the Gluu Essentials to Apple iPad course workbook. To successfully complete this course, you will need to attend all 4 sessions. Please bring your iPad with you. Time will be allotted at the end of each session for questions.



Cost: \$15.00



Wellness Workshop

**Wednesday, September 7th from
11:00 a.m. -12 p.m.**

Enjoy an interactive wellness workshop with the Health Aging Resource Team. We will review and brainstorm the multiple dimensions of wellness including physical, mental, emotional, spiritual, social and environmental wellness.

Participants will be provided with a Wellness Companion Journal to have after the session.

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.

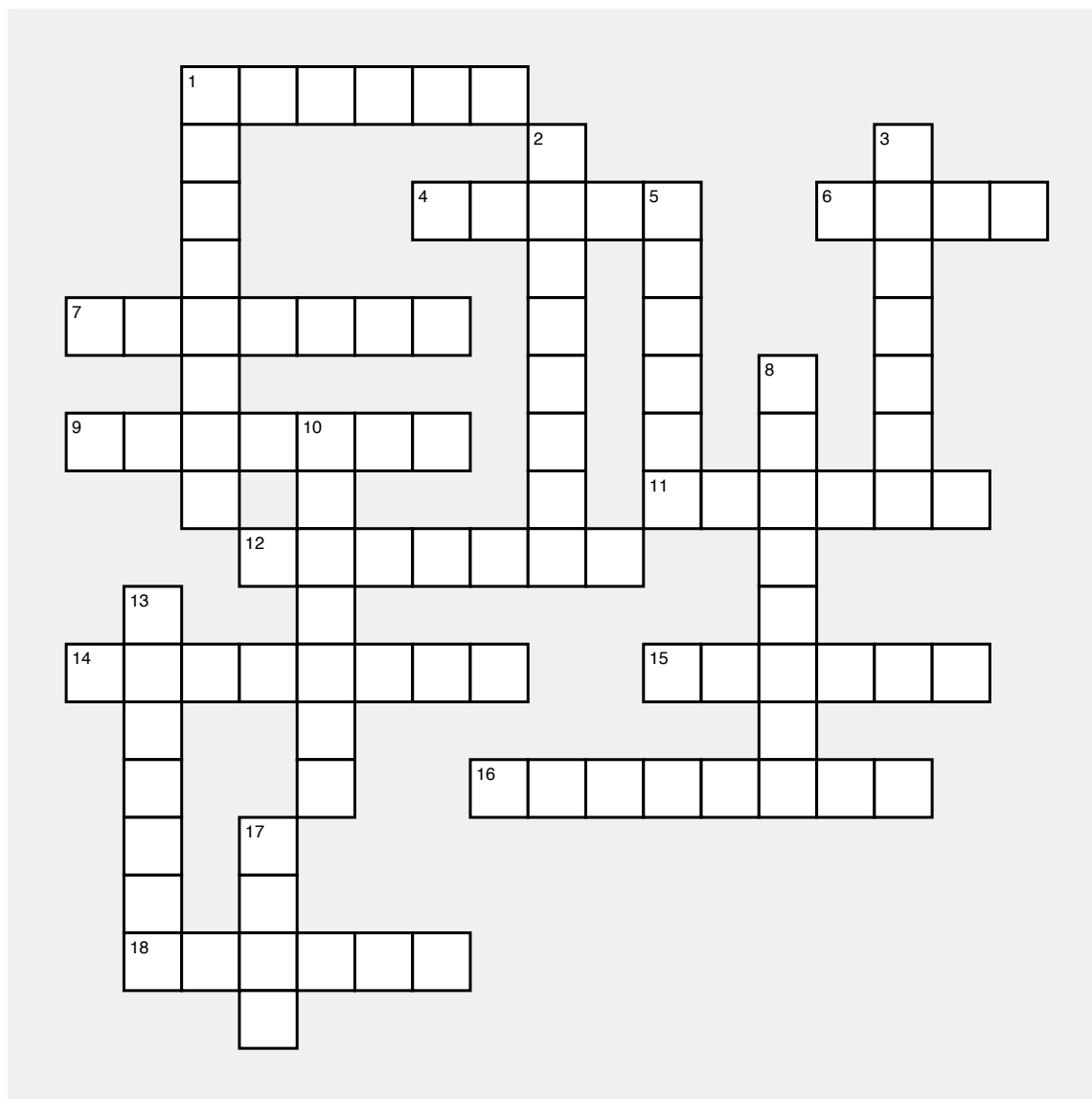


Your MLA for St. James
ADRIEN SALA



204-792-8779
1885 Portage Avenue,
Winnipeg, MB R3J 0H3
adrien.sala@yourmanitoba.ca

Summer Crossword



ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda _____

DOWN

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler

Free Crossword Puzzle, Compliments of © Memory-Improvement-Tips.com

Solution on page 18

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 **July-Sept.** will be available on **June 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.

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.





GATHER around

And connect with ease

We can help with all your needs.

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!



Holiday Inn Winnipeg Airport West
2520 Portage Avenue, Winnipeg, MB R3J 3T6

www.ywgwest.com



Celebrate Life Today. Be Remembered Tomorrow.

We are here to effortlessly help you and your loved ones
honour your wishes, your way.



We are here to assist you with:

- Burial & cremation options
- Serving all faiths & cultures
- Pre-planning & payment options;
saving you money, time & stress

Call for your FREE info kit: 204-885-9715



CHAPEL LAWN MEMORIAL GARDENS & FUNERAL HOME
4000 Portage Avenue, Winnipeg • 204-982-8100 • www.chapelawn.mb.ca

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

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



Please Call
to Arrange Your
Personal Tour
Kari
204.792.1532
or, **Tania**
204.296.0386

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

Sturgeon Creek II
707 Setter St.
204.885.0303



Sturgeon Creek I
10 Hallonquist Dr.
204.885.1415

ALL SENIORS CARE™
LIVING CENTRES

Where Caring is Our Number One Concern™

www.allseniorscare.com



PROUDLY CANADIAN

