

October – December 2022

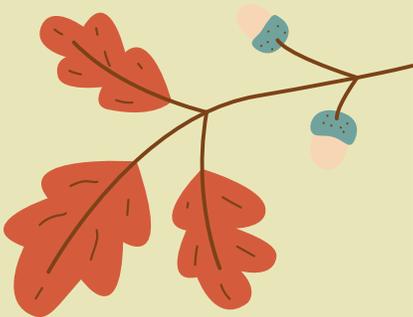


St. James
Assiniboia
55+ Centre

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

Key Dates

- Sept 29 Sock Hop
- Oct. 14 Ukrainian Fall Feast
- Nov. 19 Craft & Bake sale
- Dec. 12 Christmas Luncheon



Plans are moving forward for the 55+ Centre to move to the Civic Centre.

Phase 1 construction is complete (almost) – Residents of St. James will see the Civic Centre open on September 6 for business as usual. The opening of the Arena will be at the end of September.



Upon entry, you will see a completely renovated reception area, state of the art washrooms, and updated gym area. The pool changerooms have been refreshed. The auditorium is open, along with a classroom equipped with technology to facilitate meetings and learning.

Phase 1 saw a complete overhaul of the HVAC, Plumbing and Electrical systems.

All monies are in place for Phase 2 construction – a special thank you to the City of Winnipeg, Province of Manitoba, Federal Government, and the Winnipeg Foundation. A Phase 2 design consultant will be awarded by next month (September 2022).

The Senior Centre has been meeting monthly with the steering committee for Phase 2. An agreement for sole and joint use of spaces at the Civic Centre is in progress. Committee members include two representatives from our Centre, two representatives from Community Services, and two representatives from Planning, Property and Development.

Phase 2 will see new construction on the south and east sides of the existing facility, and will include a community kitchen, Senior Centre offices and clinic rooms, and new share use multi-purpose spaces. Over the past 10 years, preliminary designs were developed, and they will be used to guide us forward in construction detail.

In two years, the Civic Centre will be a true multigenerational facility for all ages.

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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 upcoming programs is now open unless otherwise stated in the program description. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **January-March** will be **December 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

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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
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BOARD OF DIRECTORS

Janet Jackmann <i>President</i>	Gerald Knutson <i>Past President</i>	Janet Brady <i>Vice President</i>
Eric Pound <i>Treasurer</i>	Marilyn Robinson <i>Secretary</i>	Mae Denby <i>Director at Large</i>
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Garth Rogerson <i>Director at Large</i>	Lynn Greaves <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





Role of the Board of Directors



ST. JAMES ASSINIBOIA 55+ CENTRE: ROLE OF THE BOARD OF DIRECTORS

The Centre is a member-driven organization. The annual fees that you pay give you membership in the organization and the right and responsibility to participate in defining the future of the organization. What does that mean, exactly?

As a member, you have the right to elect qualified members to the Board of Directors, which is responsible for the governance of the organization.

Governance describes the leadership, stewardship, and oversight of an organization. It concerns itself with the direction of an organization's activities and includes policy making, structure, decision-making processes, and accountability mechanisms as well as operating values, behaviours, traditions, and other elements of organizational culture.

The Board delegates the day-to-day operations or management of the Centre to the Executive Director, who is responsible for ensuring the management of the affairs is within the parameters set by the Board of Directors.

The overall responsibility of the Board of Directors, and each Director, is to act in the best interest of the Centre. "Best interest" includes openness and accountability to the members and the public and to operate the organization so as to provide a safe, effective and efficient system.

The Board fulfills this general responsibility through its oversight of the management and the affairs of the Centre and by ensuring that expectations have been established, that a system for measuring, monitoring, and reporting is established as well as a process for evaluation and feedback.

The Board operates in 3 modes: fiduciary, strategic and generative.

Within the fiduciary and strategic modes, the Board oversees the business conduct of the Centre and the activities of management. The Board's fundamental objective is to ensure that the Centre meets its obligations on an on-going basis and operates in a safe, efficient and reliable manner. Its responsibilities include: reviewing, adjusting and approving the strategic plan, operating budgets and capital expenditures; maintaining the integrity of internal controls and information systems; and planning for Board and management succession. It also ensures compliance with regulatory processes, including the Personal Health Information Act, the Freedom of Information and Protection of Privacy Act.

Further, the Board specifically develops the performance criteria, monitors and evaluates the performance of the Executive Director.

The board has established its parameters. These include the policies of Basic Principles of Board Relations and Meeting Protocol of the Board of Directors as follows:

1. The Board is a body that speaks with one voice or not at all
2. The Board has only one employee - the Executive Director. Individual Board members, including the President, and committees lack authority to direct the activities of the ED and her/his staff
3. The Board speaks through developing and approving policy and monitoring the impact of policy
4. When the Board stops speaking, the ED's authority begins immediately and automatically
5. It is not up to the Board to determine the strategies used to obtain 'results.' The Board's focus is on the expectation that the

ED will provide the result and won't violate the values or constraints established by the policies of the Board.

6. The Board can direct organizational values most effectively by creating those values in four categories:

- Results
- ED constraints
- Board Operations
- Board-ED Relationships

7. The Board's primary work is to interact with the community so that community needs and priorities are considered when setting the organization's results.

8. Whenever possible, concerns will be dealt with at the community level.

The Meeting Protocol was established to ensure that the business of the Board meeting is transacted efficiently.

1. Board meetings shall be scheduled for one year in advance wherever possible.

2. Notice of Board meeting with draft agenda shall be e-mailed to all Directors one week in advance of the meeting. Where a director indicates to the

Executive Director, the material may be mailed to the director's address as provided.

3. A majority of the board members is required to transact business.

4. By consent of the majority of directors present at the meeting, the items of business may be taken up in a different order than the one set out in the agenda.

5. All main motions, resolutions, or long and complex amendments must be presented in writing complete with the name of the mover and the seconder to the presiding officer.

6. All comments must be addressed to the Chair and be confined to the topic being discussed.

7. In keeping with the confidentiality policy, no client or staff names shall be stated in Board information.

8. The voting method is by show of hands but may be a ballot if ordered by a majority vote.

9. When adequate discussion has taken place, the chair may call for 'the question.'

10. In the event that an electronic vote is taken between regular board meetings, the decision of the vote shall be presented at the ensuing Board meeting and recorded in the minutes.

REFERENCE: Bylaws: 6.01

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Special Events

SOCK HOP

**Thursday, September 29th from
7:00 - 9:00 p.m.**

Let's get our bodies moving and grooving to the sounds of the 50's 60's and more. Our very talented Rick Roschuk and his partner Trish will provide us with the music to move to. Non-alcoholic beverages & snacks will be available.

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

Location: 3-203 Duffield St.

CRAFT & BAKE SALE

Saturday, November 19th from 10 a.m. - 3 p.m.

We are thrilled to be running a Christmas Craft and Bake Sale this year! It will take place on November 19th at the Westwood Church located at 401 Westwood Drive from 10am-3pm. It's a brilliant place to get local and handmade Christmas presents and decorations, so come along and see what you can find!

Our volunteers will be available to do your gift wrapping. So bring those items in and for a donation to our centre we will be happy to wrap your gifts for you.

ADMISSION: FREE

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

We still have tables available for sale to crafters and bakers.

Tables Prices: \$25 members/ \$30 non-members

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.

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

CHRISTMAS LUNCHEON

December 12th at 12:00 p.m.

(Doors open at 11:45 a.m.)

Location: Westwood

**Community Church,
401 Westwood Drive**



Please join us for our annual Christmas Luncheon featuring Entertainment from the Sansome School Choir. In addition to our musical talent and live baking auction, Santa will be paying us a visit, book boxes are making a return (a great gift) as well as a photo booth.

Register early as we have limited seating for this popular event and you don't want to miss out!

Baking auction donations will be accepted on December 8th. We will also have a silent auction!

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

UKRAINIAN FALL FEAST

October 14th from 5:00 - 8:00 p.m.

(Doors open at 4:45 p.m.)

LOCATION: 3-203 Duffield St.

Please join us for our licenced event featuring dinner catered by Kozak's. We will be having a silent auction and a door prize available for one lucky winner.

ENTERTAINMENT: TBA

Register early as we have limited seating for this popular event and you don't want to miss out!

COST: \$23 members/ \$28 non-members



Drop-In Programs

COST: FREE for members/\$3 per drop-in for non-members.

Drop-in Times are 1:00 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.*

Scrabble

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

Date: Monday, September 12th - December 19th

CRIBBAGE

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

Date: Wednesday, September 14th - December 14th

Stamp Club

MEETS FIRST AND THIRD TUESDAY OF THE MONTH UNTIL FURTHER NOTICE

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



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.

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.



Can you Name that Christmas Tune?



Each line below is a clue to a well-known yuletide song. You'll have to decode some lofty language to come up with the carols, so if you're ready... get humming!

1. Listen to the celestial messengers produce harmonious sounds
2. Embellish the interior passageways
3. Twelve o'clock on a clement night witnessed arrival
4. The Christmas preceding all others
5. Small municipality in Judea south of Jerusalem
6. Omnipotent Supreme Being who elicits respite in distinguished males
7. Nocturnal time span of unbroken quietness
8. Obese personification fabricated of compressed mounds of minute crystals
9. Tintinnabulation of vacillating pendulums in inverted, metallic, resonant cups
10. In awe of the eventide characterized by religiosity.

Solution on page 8. (Reader's Digest 2006)

Healthy Eating Tips

When preparing foods try to focus on:

- Reducing fat, sugar and salt
- Choosing healthy fats
- Increasing fibre

Try some of the modifications below to help make healthy eating simpler with some small changes. Keep in mind making small changes over a long period of time can add up to make a big impact on overall health.

Recipe	Modification
Butter, shortening, coconut oil	<ul style="list-style-type: none"> • Substitute a healthier fat such as vegetable oil or non-hydrogenated margarine • Reduce fat by 1/3 • Substitute with low sodium broth to sauté (3 Tbsp for every 1 tbsp of oil)
Oil for cooking	<ul style="list-style-type: none"> • Reduce oil to 1 tbsp in pan • Use cooking spray • non-stick pans
Ground meats or fatty cuts of meats	<ul style="list-style-type: none"> • Trim visible fat before cooking • Use strainer to drain fat from cooked ground meats • Substitute 1/3 to 1/2 of ground meat in recipe with vegetables, beans, lentils or tofu
Heavy cream or sour cream	<ul style="list-style-type: none"> • Try low fat versions of milk or sour cream • Substitute pureed vegetables to thicken soups/sauces • Substitute cornstarch or flour with water or broth to thicken soups/sauces • Substitute plain low-fat yogurt, cottage or ricotta cheese
Salad dressings	<ul style="list-style-type: none"> • Choose oil based instead of cream-based dressings • Toss salads in container with lid to help use less dressing
Cheese	<ul style="list-style-type: none"> • Choose cheese made with 20% or less M.F. • Use grated cheese to help make smaller amount seem like more • Use strong flavoured cheese (ie. aged cheddar, parmesan) to help reduce amount needed

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:

- | | |
|---|--|
| <ul style="list-style-type: none"> • maintain or improve health • maintain independence | <ul style="list-style-type: none"> • 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.

White or brown sugar, maple syrup, honey, agave or molasses	<ul style="list-style-type: none"> • Reduce by 1/3 to 1/2 • Use dried, fresh or frozen fruit to sweeten instead • Add extra flavouring such as cinnamon, nutmeg, or cloves instead of sugar
Salt, kosher salt and sea salt	<ul style="list-style-type: none"> • Reduce or exclude • Use alternative seasonings such as cumin, coriander, paprika or turmeric for extra flavor. • Use garlic powder, onion powder or celery seed instead of garlic salt, onion salt and celery salt
Canned vegetables or legumes	<ul style="list-style-type: none"> • Use low sodium versions • Rinse contents well (ie. rinse through a strainer) • Substitute with frozen vegetables • Use dried legumes, by rehydrating overnight
White flour	<ul style="list-style-type: none"> • Substitute 1/2 or all with whole wheat flour • Substitute 1/4 to 1/2 with ground flax, wheat bran or oatmeal
Peeled fruit, vegetables or potatoes	<ul style="list-style-type: none"> • Keep any edible peel on whenever possible to increase fibre

Adapted from Dietitians of Canada "Recipe Make-over: Tips for Healthier Cooking"



Solution from Page 6. (Reader's Digest 2006)

- | | | |
|-----|--------------------|--------------------|
| 6. | God Rest Ye Merry | Gentlemen |
| 7. | Silent Night | It Came Upon a |
| 8. | Frosty the Snowman | Midnight Clear |
| 9. | Jingle Bells | The First Noel |
| 10. | Oh, Holy Night | Oh, Little Town of |
| | | Bethlehem |

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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**

Lunch & Bingo

**Thursday, October 6th
at 12:00 p.m.**

Come and Join us for a Halloween themed bingo. Warm your toes and your heart by filling your afternoon with friends and fun!



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

Musical mealtime

**Thursday, October 20th
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 members/ \$16 non-members

Thursday, November 17th at 12:00 p.m.

Please join us for a tasty lunch and the musical stylings of Bob Williams. Bob will be performing music from the 50' 60's and beyond.

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

Frozen Meals To Go

PRICES VARY



October: Sheppard's Pie

November: Broccoli Cheese Casserole

December: Baked Ziti

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.

Oct.	Cream of Mushroom	
	7 Can Soup	
Nov.	Beef Barley Soup	
	Cream of Chicken Tumeric	

For more information please email:
info@stjamescentre.com

Lunch with Heritage Winnipeg Theatre Series

Friday, November 4th at 12:00 p.m.

Join us for lunch and learn about the Beginning History of Theatre from Greg Agnew of Heritage Winnipeg.

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

Friday, December 2nd at 12:00 p.m.

Join us for lunch and learn about the Winnipeg's Theatres from Greg Agnew of Heritage Winnipeg.

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



Food and Friendship

★ LUNCH AND A MOVIE Thursdays at 12:00 p.m. Cost: \$14 members/ \$16 non-members ★

Thursday, October 13th: *Uncharted*

Street-smart Nathan Drake (Tom Holland) is recruited by seasoned treasure hunter Victor "Sully" Sullivan (Mark Wahlberg) to recover a fortune amassed by Ferdinand Magella, and lost 500 years ago by the house of Moncada.

Thursday, October 27th: *Hocus Pocus*

A curious youngster moves to Salem, where he struggles to fit in before awakening a trio of diabolical witches (Bette Midler, Sarah Jessica Parker & Kathy Najimy) that were executed in the 17th century.

Thursday, November 10th: *Kate and Leopold*

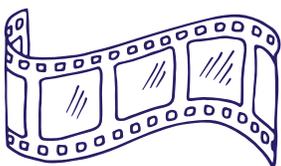
An English Duke (Hugh Jackman) from 1876 is inadvertently dragged to modern day New York where he falls for a plucky advertising executive (Meg Ryan).

Thursday, November 24th: *Ghostbusters Afterlife*

When a single mom and her two kids arrive in a small town, they begin to discover their connection to the original Ghostbusters and the secret legacy their grandfather left behind.
Starring: Carrie Coon, Paul Rudd, Finn Wolfhard

Thursday, December 8th: *The Holiday*

Two women (Kate Winslet, Cameron Diaz) troubled with guy-problems swap homes in each other's countries, where they each meet a local guy (Jude Law, Jack Black) and fall in love.



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., Oct. 19th at 11:15 a.m.

Wed., Nov. 9th at 11:15 a.m.

Wed., Dec. 7th 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



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Educational Programs

INTRODUCTION TO SPANISH - ON-LINE VIA ZOOM

RETURNING THIS FALL!

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.

Tuesdays, October 18 - November 15 from 10:30 - 11:30 a.m.

COST: \$105 members/\$125 non-members

Registration deadline: October 11

CARD MAKING

Tuesday, November 15th, 10:00 a.m. - 3:00 p.m.
(there will be a ½ - 1 hour break for lunch)

This 1 day workshop will have you using markers, watercolour or acrylic paints to create cards for special occasions. We will be using calligraphy and painting techniques in our designs. This demonstration and hands-on experience will prepare you for making cards throughout the year. Your greeting cards are more meaningful when done in a personal, artistic way. Create originals to be ready for reproduction (if wanted)

What to bring:

- A bag lunch
- reference materials (old Christmas cards, etc)
- watercolour paints (if you have them to bring)
- brushes (if you have them to bring)
- calligraphy markers (if you have them to bring)

COST: \$30 members/\$40 non-members

Registration deadline: November 8th

INTRODUCTION TO DRAWING

Tuesday, November 1st & 8th from 10:00 a.m. - 12:00 p.m.

Learn the basics of drawing: line, shading. Form, proportion, and perspective. You will be introduced to drawing with pencil, charcoal, conté, and colour pencil. The importance of different types of paper will be discussed. Explore drawing from photographs, still life, portraits or figure (dressed). Beginning with sketching, you will progress step-by-step to finished work, using shading, cross-hatching, pointillism.

What to bring:

- A bag lunch
- Pencil crayons

COST: \$30 members/\$40 non-members

Registration deadline: October 25th

INSTRUCTIONAL PAINTING WITH ACRYLICS CLASS

Tuesday, November 22nd from 10:00 a.m. - 3:00 p.m.

(there will be a ½ - 1 hour break for lunch)

There will be demonstration in the morning portion of the day. We will cover a variety of techniques, such as glazing, acrylic use as water colour, and we will introduce some mediums. The afternoon will be hands-on followed by individual critiquing.

The supply list will be provided after registration along with a material coupon for Artists Emporium.

COST: \$30 members/\$40 non-members

Registration deadline: November 15th

INSTRUCTIONAL PAINTING WITH WATER COLOURS CLASS

Tuesday, December 13th, 10:00 a.m. - 3:00 p.m.
(there will be a ½ - 1 hour break for lunch)

We will start with a demonstration in the morning after the demonstration you will get individual



Educational Programs



showings of wet in wet, dry brushing and glazing. In the afternoon you will receive time for hands-on and individual help for creating your piece of art. The supply list will be provided after registration along with a material coupon for Artists Emporium.

COST: \$30 members/\$40 non-members

Registration deadline: December 6th, 2022

PAINT ALONG WITH JOHN (ACRYLICS)

Tuesday, November 29th, 10:00 a.m. - 12:00 p.m.

Follow along step-by-step with John in creating your own piece of art to take home and enjoy. You will laugh and have fun with others as you pick up a few of Johns tricks of the trade.

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

Registration deadline: November 22nd, 2022

PAINT ALONG WITH JOHN (WATER COLOURS)

Tuesday, December 6th, 10:00 a.m. - 12:00 p.m.

Follow along step-by-step with John in creating your own piece of art to take home and enjoy. You will laugh and have fun with others as you pick up a few of Johns tricks of the trade.

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

Registration deadline: November 29th, 2022

3-D PAPER SNOWFLAKE MAKING

Friday, November 25th, 10:00 a.m. - 12:00 p.m.

Join us as we fold and cut paper into amazing three-dimensional snowflakes.

COST: \$5 members/\$8 non-members

Registration deadline: November 18th, 2022

CUPCAKE ORNAMENT CRAFT

Friday, December 9th, 10:00 a.m. - 12:00 p.m.

This will sure to be a popular decoration on your tree this year. Join us as we create some darling glass ornaments to use on your tree or as gifts for friends and family.

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

Registration Deadline: December 2nd, 2022

FUN WITH FLOWERS

Thursday, November 24th

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 Deadline is November 17th.

FALL CRAFT PROJECT

Friday, October 7th from 10:00 a.m. to 12 p.m.

Let's craft together to create a beautiful fall project to enjoy or give away as a gift.

COST: \$7.00 member/\$10.00 non-member. All supplies included.

Registration deadline is September 30th, 2022

GINGERBREAD HOUSE BUILDING CONTEST

Thursday, December 22nd,

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

Join us for a fun-filled afternoon of Christmas carols, Gingerbread, and a little

competition. Create your team and register for the event! Teams should be 2-5 people. Family members, grandchildren and friends of all ages are welcome and encouraged to join. You will have one hour to complete your masterpiece. All supplies are provided, but teams are encouraged to bring in items for decorating and making your creations original. Prizes will be determined by theme, originality, creativity, pizzazz, etc...

Cost: \$15.00 per team

If you don't have a team but want to participate, please contact the Centre at 204-987-8850 or email info@stjamescentre.com



Fitness Programs

FITNESS PROGRAMS

For the safety of all fitness class participants the centre requires you 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, or go to our website www.stjamescentre.com to download the form.

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!

BEGINNER LINE DANCE with Karen Hodgins

Mondays, September 12 - November 21 from 1:00 - 2:00 p.m.

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.

COST: \$90 members/\$120 non-members

DROP-IN: \$10 members/\$13 non-members



ZUMBA GOLD TONING with Karen Hodgins

Wednesdays, September 14 - November 16 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: \$90 members/\$120 non-members

DROP-IN: \$10 members/\$13 non-members



BALANCE & STRENGTH with Charlene DeLuca

Mondays, September 12 - November 21 from 9:00 - 10:00 a.m.

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.

COST: \$90 members/\$120 non-members

DROP-IN: \$10 members/\$13 non-members

CHAIR FITNESS with Charlene DeLuca

Mondays, September 12 - November 21 from 10:15 - 11:15 a.m.

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.

COST: \$90 members/\$120 non-members

DROP-IN: \$10 members/\$13 non-members

Fitness Programs

CHAIR YOGA with Mary Lou

Thursdays, September 15 - November 17
from 9:45 - 10:45 a.m.

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.

COST: \$90 members/\$120 non-members
DROP-IN: \$10 members/\$13 non-members

SLOW FLOW YOGA

Wednesdays, September
14 - November 16 from
11:15 a.m. - 12:15 p.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 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.

COST: \$90 members/\$120 non-members
DROP-IN: \$10 members/\$13 non-members



YIN YOGA

Mondays, September
12 - November 21 from
11:30 a.m. - 12:30 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. 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.

COST: \$90 members/\$120 non-members
DROP-IN: \$10 members/\$13 non-members

COME AS YOU ARE with Charlene DeLuca

Tuesdays, September 13 - November 15 from
10:00 - 11:00 a.m.

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!

COST: \$90 members/\$120 non-members
DROP-IN: \$10 members/\$13 non-members



Fitness Centre

Members are welcome to stop by and use the fitness centre anytime between 9am and 3:30pm. If you are unfamiliar with the machines or have any questions, please call 204-987-8850 to book an orientation with a staff member.

Sanitizing solution is provided to clean machines before and after use. We ask that only 5 people use the Fitness centre at one time to allow for social distancing. *Don't forget to sign in!*



Fitness Programs

POSTURE PERFECT with Charlene DeLuca

**Tuesdays, September 13 - November 15
from 11:15 a.m. - 12:15 p.m.**

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.

**COST: \$90 members/\$120 non-members
DROP-IN: \$10 members/\$13 non-members**

MINDS IN MOTION with Charlene DeLuca

**Tuesdays, October 11 - November 29
from 1:30 - 3:30 p.m.**

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.

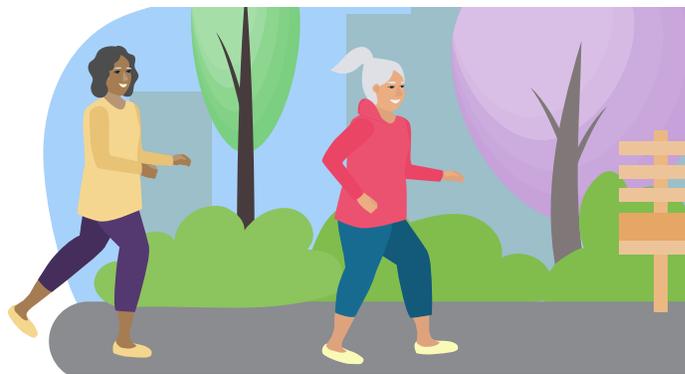
**COST: \$90 members/\$120 non-members
DROP-IN: \$10 members/\$13 non-members**

FLOOR CURLING

**Wednesdays starting September 14th
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: \$25 members/\$33 non-members
Drop-in \$3 members/\$5 non-members**



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.

We are currently looking for a volunteer to assist in leading this group until the return of our regular leader. If you are interested in helping out, please give our Program Coordinator, Paula a call at 204-987-8850.

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.

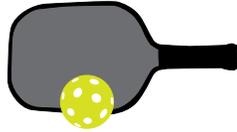
PICKLEBALL

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

- If you are interested in Pickleball training
- 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.

Fitness Programs

- If you are able to assist as a liaison of your group.
- If you are interested in becoming a convenor for our Pickleball Program.
- If you have any further questions about our Pickleball program.



You must be a member of the St. James Assiniboia 55+ centre to play in our Pickleball program. All new players to our Pickleball program must register in the Novice level. If you want to move up to intermediate, you must go through the self-assessment steps before advancing. If you are new to Pickleball you must go through our training before registering in our Novice level. See above for training information.

Pickleball

FALL SESSION begins on September 7th to December 30th

**Sturgeon Heights Community Centre
210 Rita Street**

Mondays, Wednesdays & Fridays

Intermediate A	10:20 a.m. - 11:50 p.m.
Intermediate B	12:05 p.m. - 1:30 p.m.
Intermediate C	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)

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

Your MLA for St. James **ADRIEN SALA**



204-792-8779

1885 Portage Avenue,
Winnipeg, MB R3J 0H3
adrien.sala@yourmanitoba.ca

Support Services

Drivers wanted

We need drivers for our Rides for Seniors program. We need members to drive seniors to medical appointments, programs at the centre, hair appointments etc. Please consider filling out an application form and help our seniors remain independent. Donation given to volunteer drivers. Please call Naomi Seniors Resource Coordinator at 204-987-8850 ext 108 for more information.

Volunteer Opportunities

Volunteering is a great way to stay connected in the community, make new friends, and enhance the centre. Our work is impossible without the countless hours of help from our volunteers. Please call Naomi Seniors Resource Coordinator at 204-987-8850 ext. 108 for more information.

OCTOBER

Coffee with Naomi

Tuesday, October 11th at 1 p.m.

We would like to hear from you on what kinds of presentations in support services you would like. Also come and meet the NEW Seniors Resource Coordinator.

Presenter: Naomi Seniors Resource Coordinator

Cost: FREE



COFFEE TALK

Starting October 4th we will meet every 2nd Tuesday at 1pm

This FREE drop-in program is available to everyone. Share jokes, stories, news articles, and many more. Coffee and tea will be provided.

Cost: FREE

The benefits of adding Physiotherapy to Stoke Recovery

Tuesday, October 25th at 1 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: FREE

iPad Training Course (limit of 10 people)

October 4, 11, 18, 25 at 12 p.m.

(Please note the time change from September's session)

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 is for you. 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 all 4 sessions. Please bring your iPad with you. Time will be allotted at the end of each session for questions.

Cost: \$15

Presenter: Sarah Buchan

NOVEMBER

Frauds and Scams

Tuesday, November 8th at 1p.m.

How to stay safe. What to do, what to watch for and how to be more aware of those kinds of schemes.

Please join us with the Winnipeg Police Service.

Presented by Winnipeg Police Service

Cost: FREE



Support Services



Samsung Tablet training course

(limit of 10 people)

November 1, 15 and 29 at 1 p.m.

This 3-session course will teach you the basic setup for your Samsung Tablet. As well as, how to setup your accounts and settings. Whether you're looking to expand your knowledge or are new to Samsung tablets, this course will prove to be beneficial. You will be provided with a copy of the Gluu Essentials to Samsung Tablets course workbook. To successfully complete this course, you will need all 3 sessions. Please bring your tablet with you. Time will be allotted at the end of each session for questions.

Presenter: Sarah Buchan

Cost: \$15

St James Public Library Presentation

Tuesday, November 22 at 1 p.m.

Please join us to talk about what's going on at the library. We will be talking about FREE programs that the St James Library has to offer for our 55 plus community.

*Presented by Stephanie George:
Branch Head Librarian at St James
Library*

Cost: FREE



Home Maintenance Referral Program

We offer a wide variety of reputable service provider referrals.

Some examples of service providers are:

- snow removal
- legal counsel
- laundry services

If you need a specific service provider, please reach out to the SJA55+ Centre Seniors Resource Coordinator at 204-987-8850 or naomi@stjamescentre.com.



DECEMBER

Personal Safety Presentation

Tuesday, December 6th at 1 p.m.

This important presentation will offer some guidelines that will help protect yourself and maintain a more secure and safer environment.

Presented by Winnipeg Police Service

Cost: FREE

Pinterest 101



Tuesday, December 13th at 1 p.m.

Pinterest has something for everyone! Whether you're looking for decorating ideas, recipes to try or helpful how-to tips and tricks, you can more often than not find it on Pinterest. But first you need to know how to use it and how to create an account. Join us for a How-to presentation on using Pinterest and let's get pinning!

Presenter: Sarah Buchan

Cost: FREE

E.R.I.K Presentation

Tuesday, December 20th 2022 at 1 p.m.

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 kit. If you would like more than one kit, the suggested donation is \$2 each.

Presenter: Naomi Seniors Resource Coordinator

Cost: FREE



Registration Information

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

Membership \$40/year

(Anniversary renewal date)

Benefits:

- Eligibility to purchase an annual parking pass for \$5.00
- Unlimited use of the fitness centre (9am to 3:30pm)
- Regular incentives, prizes and giveaways
- Access to the member's lounge
- Discounted programs
- Pickleball program
- Discounted rates on City of Winnipeg passes
- First Aid trained staff
- Discount at Chapel Lawn Memorial Gardens

Registration Protocol

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

In the event that an individual is unable to attend and would like a refund, the Centre requires 2 week's written notice

Newsletter Release Date

The next issue will be available on **September 15th after 12pm**. If you would like to receive the newsletter by email, please call 204-987-8850 or email **info@stjamescentre.com**

For those interested in volunteering to deliver newsletter please contact **Naomi** at **204-987-8850 ext. 108** or email **naomi@stjamescentre.com**

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.



CONSTITUENCY OFFICE
3092 Portage Avenue
Unit D
Winnipeg, MB R3K 0Y2

204-984-6432
Marty.Morantz@parl.gc.ca
@MartyMorantz
@Marty_Morantz

MARTY MORANTZ
MEMBER OF PARLIAMENT FOR
CHARLESWOOD-ST.JAMES-ASSINIBOIA-HEADINGLEY



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