



ST JAMES ASSINIBOIA 55+ CENTRE
ACTIVE LIVING CENTRE

January – March 2024



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.

My Registration List

Write your registration list
here to make registering
even easier!

Murder Mystery Dinner

THEME: "A Taste for Wine & Murder"

January 18th at 5:00 p.m.

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

There has been a murder at the 55+ Centre and we need your help in solving the crime!

Are you good at solving mysteries?

Do you think you have what it takes to figure out who did the deed? Then this is the event for you.

There will be a cash bar where you'll be able to purchase wine, beer, and a themed cocktail.

LOCATION: 3-203 Duffield Street

COST: \$23/member, \$28/non-member

SOLD OUT! Call us at 204-987-8850 to be added to our wait list



Bud, Spud & Chicken

Tuesday, February 22nd from 5:00- 8:00 p.m.

Join us in our quest to raise funds for programming at the centre as we enjoy a tasty meal provided by Last Rock Cafe. This is your opportunity to show your support for your centre.

****We are asking for prize donations to go towards the silent auction at this event. If you have something to donate, or you know of someone or a business that will give you a donation to contribute to this event, please contact Paula at 204-560-5181 or email programs@stjamescentre.com.**

COST: \$30

LOCATION: Royal Canadian Legion No. 4., 1755 Portage Ave.

**HAPPY
NEW
YEAR**

2024

FROM THE BOARD OF DIRECTORS AND STAFF OF
THE ST. JAMES ASSINIBOIA 55+ CENTRE

TABLE OF CONTENTS

Special Events	3
Straight from the H.A.R.T.....	6
Drop-In Programs	7
Food & Friendship	8
Education	10
Support Services	12
Fitness	15

HOURS

Monday through Friday
8:30 a.m. – 4:00 p.m.
No financial transactions
after 3:30 p.m.

CANCELLATION & REFUND POLICY

If the Centre cancels a class, program, or activity we will refund you or credit your account for the full amount of the cancelled activity.

Refunds or account credits will be provided if you withdraw from an activity 5 business days before it begins. When an activity encompasses a group of dates, this applies to withdrawal prior to the first scheduled class and is not applicable once the classes have begun.

Activities involving payment to a third party (whether paid directly by you or through the Centre) are non-refundable.

We recognize that on occasion special circumstances arise, please call us if you have a concern with a class withdrawal.

Please note we do not issue refunds for membership dues.

STAFF DIRECTORY

Sarah Buchan	Executive Director
Paula Roeder	Program Coordinator
Naomi Lundgren	Seniors Resource Coordinator
Janice Pound	Finance Administrator

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

Healthy Aging Resource Team Facilitators:

Amy Krahn	Taylor McMillan	Amanda Pannu
------------------	------------------------	---------------------

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>	Donagh Peters <i>Secretary</i>	Rafiq Punjani <i>Director at Large</i>
	Connie Newman <i>Director at Large</i>	Murray Dufton <i>Director at Large</i>
Lynn Greaves <i>Director at Large</i>	Cindi French <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
New Horizons for Seniors
Walmart

Sponsors

Chapel Lawn Memorial Gardens
Assiniboine Credit Union
Assiniboine Pharmacy



Special Events

Escape Room

Wednesday, March 6th at 2:00 p.m.

LOCATION: Real Escape, 3137 Portage Ave.

An Escape Room is a real-life game experience where you and your group are trapped in a mysterious room surrounded by skill testing puzzles. Are you a puzzle solver?

Do you like to solve problems and mysteries? You are given one hour to solve your way through the room and escape! Let's get together and escape from our daily routine by joining forces to beat this game together.

There are 3 rooms to choose from:

Los Angeles 1947:

A room set in the '40s where your group plays detectives investigating the murder of a famous Hollywood starlet! It's similar to a game of Clue brought to life. *(Maximum 8 people)*

The Ruins:

Based loosely on the Indiana Jones series you are a group of adventurers on the hunt for The Tiger's Eye, a legendary gem hidden in the ancient Ruins in Laohu dau. A very fun room full of very active puzzles that go beyond simply opening a lock. *(Maximum 8 people)*

Oz:

Based around the classic 1939 film, this room brings you to Kansas to help Dorothy find her dog Toto, and maybe end up in a completely different world! This room is quite large and offers a lot of opportunities for teamwork and communication, it definitely helps if you've seen the movie too! *(Maximum 7 people)*

Each participant should register in one room of their choosing (1 room per person only).

They must also complete the waiver form (see our website). They should complete the waiver



associated to the room they are registering in.

Start time is 2 pm, people should arrive 15 minutes prior to the start of the room. Participants must find their own transportation to and from the event.

COST: \$25

St. Patrick's Day Dinner & Dance



Thursday, March 14th from 5:00 - 9:00 p.m.

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

We are changing things up this year with a new venue, new menu and new entertainment by the Flatland Ceili Band. So, grab a friend and get your green on. This is going to be a great time you don't want to miss.

COST: \$35/member, \$40/non-member

LOCATION: Royal Canadian Legion no. 4 (1755 Portage Ave.)



FREE BARN TOUR AT URBAN STABLE IN STONEWALL

Tuesday, March 15th from 1:00 - 2:00 p.m.

The SJA55+ Centre has been asked to invite 4-5 members to participate in this intergenerational experience where you would each bring with you either your grandchild, great niece, great nephew, or young person/child, or a younger friend you are connected to. Participants are required to provide their own transportation to the barn and back. More detailed directions will be available closer to the date of the event.

LOCATION: Stonehurst Stable, 78-102 MB 7, Stonewall.

COST: FREE (sponsored by a grant from MASC), but we ask people to give a donation if they can. A snack will be provided.

Photo Opportunity: Our team will take and provide complimentary digital photos of the participants with the horses.

NOTE: You must register for this event as there are very limited spots available. Please be sure to complete the waiver form in order to complete the registration process.

Straight from the H.A.R.T.

DID YOU KNOW? Every month approximately **40%** of people who visit a Winnipeg **Urgent Care Centre** or **Emergency Department** could receive the health care they need, often sooner through a **Family Doctor** or **Walk-in Clinic**.

Doctor or Clinic

Your a walk-in clinic or family doctor is where most of your health issues can, and should be addressed. Always try to seek care for non-urgent or emergency issues through a clinic, doctor or nurse practitioner first.

See your doctor or walk-in clinic for things like:

- minor illnesses, flu, rashes or infections
- diagnosis and specialist referral
- ongoing management of health conditions and preventative care
- prescriptions, vaccinations and inoculations

Don't have a family doctor?

Use Family Doctor Finder

204-786-7111 or Toll-Free 1-866-690-8260

Urgent Care or Emergency?

If you are unsure if you should go to urgent care call
Health Links - Info Santé 204-788-8200
Toll free 1-888-315-9257

Urgent care centres provide 24/7 access for urgent, but non-life threatening health concerns, which require same day treatment.

Go to Urgent Care for:

- Illness that cannot wait for you to see your family doctor
- Dehydration
- Fevers, flu symptoms, rashes or infections
- Cuts that won't stop bleeding
- Injured limb that might be broken or sprained
- Any other urgent but not life-threatening conditions

Urgent care centres are able to provide services not available in many doctor's offices, such as stitches and casts, but are not equivalent to emergency departments



Patients with potentially life-threatening conditions should immediately phone 911.

For Serious and life-threatening health concerns always go to your nearest emergency department or call 911. Emergency departments are open 24/7 to address serious, life threatening health emergencies.

Call 911 or go to emergency department for:

- Stroke/facial weakness/ extremity weakness
- Heart attack/chest pain or tightness
- Unable to wake/ unconscious
- Sudden onset of severe headache or confusion
- Seizure and/or severe head injury
- Major assault such as stabbings or shootings
- Severe difficulty breathing or trouble speaking
- Uncontrolled or severe bleeding
- Major trauma such as loss of limb
- Severe allergic reaction
- Severe burns

Please remember, patients at Urgent Care Centres and Emergency Departments, are seen based on their medical need, not order of arrival. More serious cases take priority.

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:

- find resources
- learn about healthy living
- maintain independence
- get information and/or referrals for health services

Contact a HART Facilitator phone:
204-940-3261

Taylor McMillan

Amy Krahn

Amanda Pannu

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: Mondays, January 8th - June 17th

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.



CRIBBAGE & BRIDGE

Would you like to come to the centre and join others in a game of cribbage or bridge? Let us know by giving us a call at 204-987-8850 and have your name added to a list of like-minded people. Once we have enough interest, we will schedule a regular day and time for you to play.

GARDENING GROUP

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.

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

DATE: March 12th

(Tentative Topic) Companion Gardening

COST: FREE/member, \$3/non-member
(coffee and cookies will be provided)

You must register for this program.

Registration deadline is March 5th



Spring Bookmark - Colour Me!



Food and Friendship

LUNCH WITH PRESENTERS

"Cruising through Retirement with Kelly"

Thursday, February 15th
at 12:00 p.m.

Who wants to talk about sailing the high seas?! Whether you're a seasoned cruiser, an armchair traveller, or just deciding whether to take your first cruise, come hear Kelly talk about her experiences cruising the Mediterranean, the Caribbean, and down the inside passage from Alaska. Just back from her eighth cruise, Kelly will share highlights, tips, and suggestions for an enjoyable sailing. On many of her cruises, Kelly was accompanied by her grandmother who was 85 years old on her last cruise; learn how to have a successful cruise at any age!

Kelly Keith is a veteran traveller having visited 39 countries so far with a long bucket list full of adventures waiting to be explored.

COST: \$10 member/\$13 non-member



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., Feb. 21st at 11:15 a.m. - 1:30 p.m.

Wed., Mar. 20th at 11:15 a.m. - 1:30 p.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 deadlines: Feb. 14th & Mar. 13th

Cost: \$10 Each Session



Lunch with local author MaryLou Driedger

Thursday, March 28th at 12:00 p.m.

About the author:

Mary Lou Driedger's curiosity and love of learning have taken her to some fifty destinations across the globe. As an educator, she has taught in three different countries and is the recipient of a Manitoba Teacher of the Year award.

As a writer, Driedger has been a columnist for Winnipeg Free Press and The Carillon, and her freelance work has been published in numerous periodicals, anthologies, travel guides, institutional histories, and curriculums. Mary Lou chronicles her adventures on her popular daily blog.

She based her debut novel, on her Mennonite family's immigration story. Set between Kansas and Saskatchewan in 1907, 'Lost on the Prairie' is a middle-grade novel following a young boy who gets separated from his family en route to Canada.

Her latest novel, 'Sixties Girl', is set in 1960s and present-day Winnipeg. This poignant coming-of-age story follows a decade in the life of a young girl growing up in a close-knit family in a time of sweeping social change.

COST: \$10 member/\$13 non-member



Food and Friendship

NEW!

MEN'S MEALS

Brunch with the Boys

Thursday, February 1st from
9:30 - 11:30 a.m.

Join your mates in the kitchen in preparing easy recipes to enjoy together.

COST: \$10

Registration Deadline: January 25th



Soup *AND* More

\$3.50 A BOWL OR 3 FOR \$10.00

Jan. 24th	White Chicken Chili
	Winter Vegetable and Lentil Soup
Feb. 7th	Chickpea Vegetable Chowder
	Stuffed Pepper Soup
Feb. 21st	Potato Corn Chowder
	Tandoori Turkey Soup
Mar. 6th	Cabbage Roll Soup
	Mushroom Stroganoff Soup
Mar. 20th	Zuppa Toscana
	Veggie Tortilla Soup

For more information please email:
info@stjamescentre.com



A Movie for the Boys

Thursday, February 29th: "The Mule"
at 12:00 p.m.

2018 | Crime/Crime | 1h 57m

Directed by and Starring: Clint Eastwood

Broke, alone and facing foreclosure on his business, 90-year-old horticulturist Earl Stone takes a job as a drug courier for a Mexican cartel. His immediate success leads to easy money and a larger shipment that soon draws the attention of hard-charging DEA agent Colin

Bates. When Earl's past mistakes start to weigh heavily on his conscience, he must decide whether to right those wrongs before law enforcement and cartel thugs catch up to him.

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

Registration Deadline: February 22nd



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



Food & Friendship



LUNCH AND A MOVIE

Thursdays at 12:00 p.m.

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



Thursday, January 11th: "The Best Exotic Marigold Hotel" | 2011 | Drama/Romance | 2h 4m

Some British retirees (Judi Dench, Maggie Smith, Bill Nighy) decide to outsource their retirement to exotic -- and less expensive -- India. Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive and find that the Marigold is actually a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts.

Thursday, January 25th: "Bucket List" | 2007 | Drama/Comedy | 1h 37m

Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime.

Thursday, February 8th : "The Help" | 2011 | Drama/Historical drama | 2h 26m

In 1960s Mississippi, Southern society girl Skeeter (Emma Stone) returns from college with dreams of being a writer. She turns her small town on its ear by choosing to interview the Black women who have spent their lives taking care of prominent white families. Only Aibileen (Viola Davis), the housekeeper of Skeeter's best friend, will talk at first. But as the pair continue the collaboration, more women decide to come forward, and as it turns out, they have quite a lot to say.

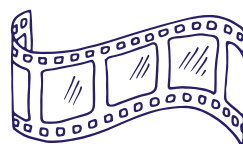
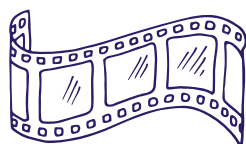
Thursday, March 7th: "80 for Brady" | 2023 | Comedy/Sport | 1h 38m

Starring Lily Tomlin · Jane Fonda · Rita Moreno · Sally Field

Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl.

Thursday, March 21st : "The Iron Lady" | 2011 | Drama/Political cinema | 1h 45m

In her twilight years, former British Prime Minister Margaret Thatcher (Meryl Streep) reflects on her life and career as she finally prepares to dispose of the belongings of her late husband, Denis (Jim Broadbent). Daughter of a Grantham grocer, she successfully broke through a double-paned glass ceiling of gender and class. Thatcher became the first female prime minister of the United Kingdom and remained as such for 11 consecutive years, until declining popularity forced her to resign.



Educational Programs

CHINESE BRUSH PAINTING - PART II

**Session 1: Tuesdays, January 9th - January 30th
(4 weeks) from 10:00 a.m. - 12:00 p.m.**

**Session 2: Tuesdays, March 5th - March 26th
(4 weeks) from 10:00 a.m. - 12:00 p.m.**

If you missed PART I, not to worry, you can still jump into this session.

Chinese Painting started many years ago.

There are different approaches:

- A traditional style, realistic and based on drawing.
- A freehand method using fewer brushstrokes to suggest objects in a less literal way.

Students will be introduced to tools, materials, and ink making techniques, applying basic techniques to paint simple subjects.

This course gives you a chance to try your hand at this historically important artform. Eventually you will create your own beautiful paintings.

No supplies necessary for the first class. You will receive a supply list on your first day. If you have your own supplies, please bring them with you.

COST: \$50 members/\$60 non-members

Registration deadline: January 4th & February 28th

SKETCHING WITH PENCIL, PEN & INK AND CHARCOAL

**Tuesdays, February 6th - February 27th
(4 weeks) from 10:00 a.m. - 12:00 p.m.**

Have you ever noticed something interesting, and wished you had ability to capture it on paper or another surface?

Starting with simple objects you will quickly learn to overcome doubts or hesitations.

Demonstration will show you how sketching can be applied to other forms of art.



Besides pencil, you will be introduced to other tool, e.g., Charcoal, colour pencils, crayons, markers, pen and ink.

This course will help you to become comfortable with sketching, and how a sketchbook can become a personal record for you - a valued companion.

Please bring paper and pencil to the first class. A supply list will be provided on the first day.

COST: \$50 members/\$60 non-members

Registration deadline: January 30

WINE & PAINT NIGHT

Tuesday, March 19th from 6:00 - 8:00 p.m.

Follow along step-by-step with Karen Wokes in creating your own piece of art to take home and enjoy. Karen has been providing paint parties to Winnipeggers for several years now and she is looking forward to sharing her tricks of the trade with you. You can expect to have some laughs, meet new people and maybe even learn a new technique.



Sample of our planned painting

Wine, non-alcoholic drinks and snacks will be provided at this event.

COST:

\$35 (NO Wine), \$45 (WITH Wine)

*Registration deadline:
March 12th*



Educational Programs

SCIENTIFIC PRESENTATIONS FOLLOWED BY A Q & A SESSION

**January 22nd and/or March 25th from
10:00 a.m. - 12:00 p.m.**

January 22nd - The Kon-Tiki Expedition of 1947

Thor Heyerdahl, a young Norwegian student, thought people from South America may have drifted to the islands of French Polynesia on primitive rafts. Scientific opinion held that the islands had been colonized from further west. To test his idea, Heyerdahl built a balsa wood raft, cast off from Peru and drifted to where the sea would take him. Indeed, it took him to the islands exactly as he expected. Thus, he proved that drifting from South America to the islands could have taken place. Thus, he proved that it could have happened, although not that it really did happen.

March 25th - "How Old Is That?"

We often wonder how old things are. Perishable items often have "Best Before" dates. Imagine buying a car without knowing its age. What about people? We have learned a lot from fossil bones of earlier people. Biblical scholars have calculated that creation occurred in 4004 B.C. What about our world, namely planet earth? Scientists argue that our planet is much older than 6000 years. How can we tell how old something is? We often estimate the ages of old things from layers of rocks and especially from radioactivity in samples.

Presentations lead by Lyle Lockhart

*About Lyle: Early years: grew up in southern Ontario on the north shore of Lake Erie
Education: Ph.D. (Biochemistry, 1971),
University of Western Ontario, London, ON
Work: Research Scientist, Freshwater Institute,
Winnipeg, 1971-2001 (water contamination issues)*

**COST: FREE for members, \$3/non-member
(includes coffee & cookies)**

LET'S GET CRAFTY

Join us for some socializing and crafting. Each month we will tackle a new project together and enjoy some friendly conversation.

Choose from any or all of the following dates:

1. Easy Macrame Gnomes

Friday, January 26th from 10:00 - 11:00 a.m.

Learn how to make super easy macrame gnomes - no macrame experience needed! This is a cute craft project you can complete in under half an hour.



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

Registration deadline: January 19th

2. Popsicle Stick Trivet

**Friday, February 23rd from
10:00 a.m. - 12:00 p.m.**

This popsicle stick trivet is a great craft to do with kids because once the drilling is done it's just assembly.



COST: \$9 members/\$12 non-members

Registration deadline: February 16th

3. Button Bouquet in Salt & Pepper Shakers

**Friday, March 22nd from
10:00 a.m. - 12:00 p.m.**

Learn how to make a button bouquet in a saltshaker. This is a fun spring craft, and a great Mother's Day gift! But you can customize it for any holiday or occasion!

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

*Registration deadline:
March 15th*



Educational Programs

PAINT ALONG WITH JOHN (WATER COLOURS)

Thursday, January 25th OR

Thursday, February 29th from 1:00
– 3:00 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 John's tricks of the trade.

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

Registration deadline: Jan. 18th & Feb. 22nd



FUN WITH FLOWERS

Friday, February 9th

10:00 – 11:00 a.m.

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

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

Instructor: Kat Degner

Registration Deadline: February 2nd



EASY EGG BITES (MUFFIN TIN RECIPE)

This recipe is freezer friendly and a simple reheat whenever you need a quick snack or breakfast.

INGREDIENTS

- 1/2 cup baby spinach
- 1 small tomato, diced and seeded
- 4 strips bacon, cooked and crumbled
- 1/4 cup shredded cheddar cheese
- 7 large eggs
- 1/4 cup milk (if using almond use unsweetened)
- salt and pepper to taste

INSTRUCTIONS

Preheat oven to 350 degrees F.

1. Spray muffin tin generously with nonstick spray.
2. In a medium bowl mix eggs, milk, salt, and pepper to taste.
3. To each muffin slot, add about 1 tbsp of greens, tomatoes, bacon, and a sprinkle of cheese.
4. Pour over egg mixture to each slot leaving little room at the top.

5. Bake egg bites for 20 minutes. If the top is not fully cooked return to the oven cooking in 3-minute increments. Enjoy!

Recipe: <https://www.kayscleaneats.com/breakfast/easy-egg-bites-muffin-tin-recipe/>



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

Support Services

All Support Services presentations take place at the St James Assiniboia 55+ Centre located at 3-203 Duffield Street. If a presentation will take place at another location, it will be indicated in the description.

Drivers wanted:

We are looking for 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 204-560-5184 or email resource@stjamescentre.com for more information.

Volunteer Opportunities:

Volunteering is a wonderful 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 204-560-5184 or email resource@stjamescentre.com for more information.



JANUARY

The Benefits of Volunteering

Tuesday, January 9th at 1:00 p.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 all of the volunteer opportunities we have and why they are good for you and the centre!

Presenter: Naomi - Seniors Resource Coordinator

Cost: Free

Coffee Talk

Starting January 16th, 2024, we will meet every 2nd Tuesday at 1:00 p.m.

This FREE drop-in program is available to the 55+ Community. Share jokes, stories, news articles, and much more. Coffee and tea will be provided.

Cost: FREE



Victoria Lifeline Presentation

Tuesday, January 23rd at 1:00 p.m.

"Empowering Independence" presented by Vicki from Victoria Lifeline

Vicki from Victoria Lifeline will provide a number of helpful tips to help you remain independent. Aging well with a quality of life is 1/3 genetics and 2/3 our lifestyle. There is no "magic pill" but trying your best will make a big difference. There are many "tools" available to help you remain independent. Having a medical alert button is one of the many resources she will talk about. This presentation will also include valuable information on fall prevention. Falls are the leading cause of hospitalization for older adults, but the good news is that most falls are preventable, learn how! This is a great presentation for anyone over 50 and caregivers.

Cost: FREE



Support Services

Hard of Hearing Support Group

**Starting Friday, January 26th from
10:00 a.m. - 11:30 a.m.**

Every second and fourth
Friday of the month

Hearing loss is an affliction that strikes many of us. It is insidious; it sneaks up on us, and works its way into our social, emotional, and psychological lives. It frustrates and embarrasses us with mistakes, and often discourages us from participating in our normal activities. It can isolate us even from those most dear to us.

The Hard-of-Hearing Support group provides an opportunity to learn coping strategies, share experiences in a safe environment, and gain information about technologies and other measures available to combat the challenge of living with this unfortunate condition.

Facilitators: Jo-anne Jones, President of the Canadian Hard of Hearing Association- Manitoba Chapter, and Mae Denby

Cost: FREE



FEBRUARY

Disability Tax Credit Presentation

Tuesday, February 6th at 1:00 p.m.

Join Nicole Noschese & Stephanie Ettenhofer, Disability Tax Credit Consultants! Nicole and Stephanie will explain the various tax credits that can be used to reduce the amount of taxes payable on your income. If you have any type of impairment or restriction, you may be eligible to apply. If you are a caregiver who assists someone with their day-to-day activities, there may be valuable Tax Credits available to you. The Canada Revenue Agency Disability Tax Credit can allow your claim to go back up to ten calendar years for substantial refunds - join us for more information and to find out if you are eligible!

Cost: FREE

Real Estate in The Age of The Internet

Wednesday, February 7th at 1:00 p.m.

If you have not bought or sold a home in the last 20 years, you will find this presentation very useful. We will discuss current marketing strategies, why homes sell for over list, what improvements will help you to sell your home for top dollar and when is the best time to sell. What are documents such as a property disclosure statement, service agreement or the 7-day cooling off period for condominium buyers all about?

Presenter: Brian McMillan is a local Realtor who specialises in helping seniors Downsize from their family homes to housing that is appropriate to Age in Place. You can learn more about him at Mysmallernest.com.

Cost: FREE

Metropolitan Kiwanis Courts Tour

Thursday, February 15th at 1:00 p.m.

Do you ever wonder what retirement living is all about? Join us for a light snack and tour of Metropolitan Kiwanis Courts, located at 2300 Ness Ave, followed by a tour of the residence. We look forward to meeting you and showing you all that we have to offer! We will meet at the front doors at 1:00pm.

Cost: Free



Your Local
SENIORS REAL ESTATE CONNECTION.

- Take the stress out of selling your home •
- Free Downsizing and Decluttering advice •

Brian McMillan (204) 612-6575
www.mysmallernest.com
Realtor with Judy Lindsay Team Realty.

MY SMALLER NEST
Senior Relocation Specialist

Support Services

Reimagine Aging Group - 6 Sessions

**Friday, February 16th to Friday, March 22nd,
from 1:30 - 3:00 p.m.**

We live in a very youth-oriented society. People are constantly bombarded by messages that celebrate youth and are negative about aging and older people. This program will help you reimagine your own aging and discover your own value in older adulthood. This program hopes to provide you with an opportunity to learn about these negative messages about aging, how they might affect you or others and how you might challenge them. We hope that your participation in this program will result in positive changes in how you think about your aging.

Presenter: Naomi -Senior Resource Coordinator and Healthy Aging Resource Team

Cost: FREE

E.R.I.K Awareness Presentation

Tuesday, February 20th at 1:00 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 package. Suggested donation \$2 for E.R.I.K package.

Presenter: Naomi Seniors Resource Coordinator

Cost: FREE



MARCH

Q DOC Presentation

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

Come join us for a presentation on Q DOC. A new Manitoba Health-covered service where you

can see a doctor from the comfort of your own home. Q DOC allows you to speak face-to-face with a doctor over a video call, where they can provide non-controlled prescriptions or refills, diagnostic imaging requisitions, lab requisitions, sick notes, and referrals for in-person care.

Presenter: Samuel Dick, Q DOC Inc.

Cost: FREE

Healthy Eating on a Budget Presentation

Wednesday March 27th at 1:00 p.m.

This presentation will discuss some of the commonly asked questions around budgeting and healthy eating including how to reduce food waste and compare prices when shopping. Come learn some tips to try on your next grocery trip!

Presenter: Healthy Aging Resource Team

Cost: FREE

FREE Tax Clinic

**March 27th and
April 3rd from
9:30 a.m. - 3:30 p.m.**

Mark your calendars.

Community Financial Counseling Services is offering a FREE tax clinic at St James Assiniboia 55+ Centre on Wednesday March 27 and April 3rd from 9:30 a.m. - 3:30 p.m. They can help you file up to 10 years of taxes, even if you don't have all your tax slips. You'll need your social insurance number (SIN) and a piece of photo ID.

Please check this link for the criteria. <https://cfcstaxes.com/cvitp-eligibility>

To book your appointment, please call Naomi at 204-560-5184 or email resource@stjamescentre.com



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.

ZUMBA GOLD TONING WITH KAREN

Wednesdays, January 10th - March 13th 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: \$75 members/\$95 non-members

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



BALANCE, STEP & STRENGTH

Mondays, January 8th - March 18th (No class February 19th) 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. This session we will be introducing a "step" portion into your workout. This will be a progressive exercise starting with no more than 10 minutes slowly building up



to more throughout the classes. NOTE: You do not have to use the step at all - and for those that do we will use it for approximately 8-10 minutes - not the whole class at all. Everything we do on the step can be done on the floor.

COST: \$75 members/\$95 non-members

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

CHAIR FITNESS

Mondays, January 8th - March 18th (No class February 19th) 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: \$75 members/\$95 non-members

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

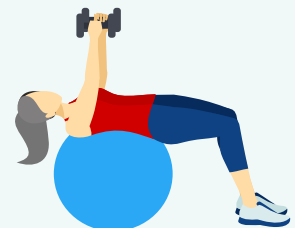
FLOOR CURLING

Wednesdays starting January 10th - March 27th 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



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. *Don't forget to sign in!*

Fitness Programs

CHAIR YOGA

Thursdays, January 18th - March 21st 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: \$75 members/\$95 non-members

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

SLOW FLOW YOGA

Wednesdays, January 17th - March 20th 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: \$75 members/\$95 non-members

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



YIN YOGA

Mondays, January 15th - March 25th (no class February 19th) 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: \$75 members/\$95 non-members

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



MOVEMENT AND MEDITATION

Mondays, January 8 - March 18 (no class February 19) from 10:15 - 11:15 a.m.

Moving mindfully through gentle poses relaxes the body and mind, preparing you to sit comfortably for a 30 minute meditation practice that follows. Connect with your breath, release tension, reduce stress and improve your well-being. A chair will be used to allow for an accessible practice.

COST: \$75 members/\$95 non-members

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



Fitness Programs

BEGINNER LEVEL ZUMBA GOLD WITH FLERIDA

Mondays, January 8th - March 25th
(No class January 29th or February 19th)
from 1:15 - 2:00 p.m.

This is a low impact version of regular Zumba that will benefit coordination, balance, cardiovascular and more. Zumba Gold provides a suitable option for those seeking an alternative means of reaching their exercise goals. It's a fun way to exercise with music.

COST: \$75 members/\$95 non-members
DROP-IN: \$10 members/\$13 non-members

Happy
EASTER

FROM THE BOARD OF DIRECTORS AND STAFF OF
THE ST. JAMES ASSINIBOIA 55+ CENTRE



TAI CHI WITH KATHY - (Wu Style)

Tuesdays, January 9th - March 12th &/OR
Fridays, January 12th - March 15th from
11:00 a.m. - 12:00 p.m.

In this course you will learn and practice the basic gentle movements of this ancient Chinese exercise. Tai Chi movements will be broken down into smaller steps for easier learning and is suitable for all ages and abilities. The movements are slow, soft, and continuous and promote slow and deep breathing to relax the body and the mind. There are many health benefits of Tai Chi including increasing flexibility of the joints, and improving coordination, balance, and memory.

COST: \$40 members/\$60 non-members
DROP-IN: \$10 members/\$13 non-members



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

Fitness Programs

PICKLEBALL

Contact our Program Coordinator, Paula at 204-560-5181 or email programs@stjamescentre.com with all your questions and concerns.

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 or speak to the Program Coordinator before registering for Intermediate. If a Novice player wants to move up to Intermediate, you must go through the self-assessment steps (found on our website) before advancing. If you are new to Pickleball you must go through our training before registering in our Novice level.

Before registering, please read the Pickleball Code of Conduct which can be found on our website.



TREE WORD SCRAMBLE

1. ogdowdo _____
2. ceehb _____
3. nlatwu _____
4. itraocp _____
5. urmelbyr _____
6. octootnodw _____
7. laceyuustp _____
8. hrcery _____
9. ibchr _____
10. uctthesn _____
11. hcirkoy _____
12. liowl _____
13. pelpbraac _____
14. erdoowd _____
15. sutcol _____
16. lmepa _____
17. byukcee _____
18. iaonamlg _____
19. cdear _____
20. lmap _____

Answers on page 19

Pickleball

REGISTRATION OPENS ON MARCH 15TH AT 8:30 A.M.

INTERMEDIATE

MONDAYS, WEDNESDAYS & FRIDAYS - SPRING

Spring Session begins April 3rd - June 28th

Intermediate 10:00 a.m. - 11:40 a.m.

Intermediate 11:45 a.m. - 1:25 p.m.

Intermediate 1:30 p.m. - 3:10 p.m.

Intermediate 3:15 p.m. - 5:00 p.m.

COST: \$90 & must be a member of 55+ Centre (\$40 annually).

**LOCATION: Sturgeon Heights Community Centre
210 Rita Street**

NOVICE

WEDNESDAYS & THURSDAYS - SPRING

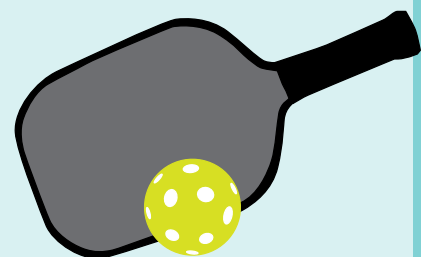
Session begins April 3rd - June 27th

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

COST: \$60 & must be a member of the 55+ centre (\$40 annually)

LOCATION:

**Westwood Community
Church
401 Westwood Drive**



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.

TREE WORD SCRAMBLE ANSWERS

1. dogwood	20. lmap
2. ceeh	19. cdear
3. nlatw	18. iaonamlg
4. itraocp	17. byukcee
5. urmelybr	16. lmpa
6. octootnwdw	15. sutcol
7. laceyunstp	14. erdoowd
8. hrcery	13. pelpbraac
9. ibchr	12. liwowl
10. ucthesn	11. hckrkoy
11. hckrkoy	10. ucthesn
12. liwowl	9. ibchr
13. pelpbraac	8. hrcery
14. erdoowd	7. laceyunstp
15. sutcol	6. octootnwdw
16. lmpa	5. urmelybr
17. byukcee	4. itraocp
18. iaonamlg	3. nlatw
19. cdear	2. ceeh
20. lmap	1. dogwood



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

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.chapellawn.mb.ca



CALL US TODAY TO BOOK YOUR FREE, NO
OBLIGATION CONSULTATION



Moving you from PAD to PAD

PHONE: 204-417-7570

WWW.LEAPFROGMOVING.CA

Bringing **delicious**
to your door.

Call us today to Get
Your **FREE** Menu!

(204) 816-8659

HeartToHomeMeals.ca



Made for Seniors



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, **Santana**
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

