



**St. James
Assiniboia
55+ Centre**

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

Special Events

Fitness Class Trial Day

Monday, January 9th

Are you interested in taking a Fitness Class this Winter but aren't sure which one? Try out a shortened version of one of our Fitness Classes for just \$2. Please register ahead of time to save your spot in each class you wish to attend. Check out the Fitness Section of our newsletter for class details or call 204-987-8850 for more information.



9:00-9:30

Lite N' Lively

9:45-10:15

Zumba

10:30-11:00

Growing Young

11:15-11:45

Total Body Workout

1:15-2:00

Yoga

New Year's Breakfast

Friday, January 6th at 9:30 a.m.

Join us for a delicious breakfast to kick off the New Year! To start your year right we will have pancakes, sausages, fruit salad and of course coffee and tea to help you wake up after all your holiday parties!

Cost: \$8 Members/\$10 non-member



KEY DATES

Jan 6 New Year's Breakfast

Jan 9 Fitness Class Trial

Jan 10 Multi-Cultural Event

Jan 10 Hearing Loss

Jan 12 Cook & Eat

Jan 19 A Little Lunch Music

Jan 24 MASC Presentation

Jan 26 Lunch and a Movie

Feb 2 Ukulele Lunch

Feb 9 Cook & Eat

Feb. 15 Art Gallery

Feb 15 PEGGO Card

Feb 16 Valentine's Lunch

Feb 23 Lunch and a Movie

ST. JAMES ASSINIBOIA 55+ CENTRE - Hours

Monday through Friday
8:30 a.m. - 4:00 p.m.

No financial transactions
after 3:30 p.m.

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MEMBERSHIP \$40/YEAR

REGISTRATION PROCEDURE

Registration for new programs starting in **January/February** will be accepted starting **December 15th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **March/April** will be **Thursday, February 16th**.

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

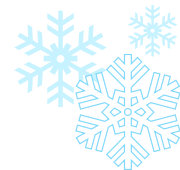


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[@stjamescentre](https://twitter.com/stjamescentre)



Look for us on Facebook

STAFF DIRECTORY



Sean Sagert	Executive Director
Carol Sandilands	Administrative Assistant
Adele Spence	Seniors Resource Coordinator
Meaghan Wilford	Program Coordinator and Capital Campaign Project Coordinator
Rachel Wonnek	Congregate Meal Program Coordinator
Lisa Twomey	Program Assistant

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

Laurie Green	Community Nurse
Elizabeth St. Goddard	Community Dietician
Lorna Shaw-Hoeppner	Community Dietician

BOARD OF DIRECTORS

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MEMBERSHIP COMMITTEE

Within the St. James-Assiniboia 55+ Centre there are many different parts that come together to form who we are as an organization but perhaps the most important part of who we are is you, the members. One of the things that you may not be aware of at the centre is the existence of our Membership Committee who works hard to keep track of who our members are, report on the statistics of the centre, as well as communicate with the staff the ideas and suggestions that have been brought to their attention.

Included in the Membership Committee are the following members of the centre:

Linda Hamilton (Chair), Dorothy Jackson, Carole Nicolson, Maurice Mazerolle, June Wall, Maureen Gardner, Marie Friesen, Shirley Canty (Recording Secretary) and Sean Sagert (Executive Director).

Special Events and Outings

Please refer to the website www.stjamescentre.com or the front desk (204-987-8850) for information on special outings and events. Carpooling will be arranged for all outings and trips (unless indicated otherwise). If you are willing to drive for one of these trips, please indicate so when you register. ****Reminder: Outings and Food Events may be full before the registration deadline so please sign up early to avoid disappointment!****

Around the World A Multi-Cultural Extravaganza for Families

Tuesday January 10th from 5:30-7:30 p.m.

St. James Civic Centre Gymnasium
(2055 Ness Ave)

Bring your kids and grandkids for a multicultural party with the St. James Parent Child Coalition at the Civic Centre. We will have a delicious dinner and entertainment. There will also be crafts and activities for the younger generation. Register early for this event as seating is limited.

Cost: Free

Registration Deadline: January 5th



Art Gallery

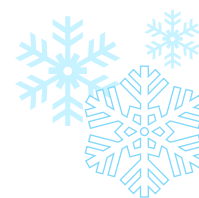
Wednesday, February 15th

Leaving Centre at 10:30

Join the Centre as we head to the Winnipeg Art Gallery to see the fantastic art they are currently exhibiting. We will also be going for lunch at the Storm Bistro. We will be using Winnipeg Transit to get to the Gallery so bring fare for both ways!

**Cost: \$15 members/\$18 non-members
(Must Pay for Own Lunch)**

Registration Deadline: February 8th



City of Winnipeg Passes

City of Winnipeg Passes will be on sale from Feb. 1 - 28th for a start date of April 1st.

Passes can be purchased in person during this time period or by mail. Visit www.stjamescentre.com/cow to download the mail in form. *You must be a member of the Centre to take advantage of these offers.*

The following passes will be available:

- 6 Month Facility Pass
- 6 Month Active Living Pass

Visit www.stjamescentre.com/cow for prices or contact the Centre at 204-987-8850.

To you it's about making the right choice...To us, it's personal.

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Straight from the H.A.R.T.

HART is a group of confidential community health care professionals who are dedicated to helping those 55 years of age and older to live well.

Caffeine, is it bad for my health?

Where is caffeine found?

Caffeine is found naturally in over 60 plants such as kola nut, coffee and cocoa beans, and tea leaves, to name a few. Soft drinks, energy drinks and drugs such as some cold and pain remedies can also contain caffeine.

Coffee and tea are the main sources of caffeine for adults, while soft drinks are the main sources for children.

How does caffeine affect my health?

Caffeine makes us more alert. Some people are more sensitive to caffeine than others and may find caffeine causes unwanted side effects. People often wonder whether caffeine is safe. Right now, it appears that a moderate caffeine intake does not increase the risk of developing osteoporosis, cardiovascular disease or cancer. On a side note, caffeinated drinks do not dehydrate us, especially if we are used to caffeine.

How much caffeine is safe?

Many different foods and beverages contain varying amounts of caffeine. Caffeine is also found in some medications, such as cold and headache remedies.

Read product labels carefully and check with your pharmacist to see if your prescription medication has caffeine. Health Canada recommends that adults limit their caffeine intake to no more than 400 mg/day. That would be about three 8 ounce cups of regular coffee.

Heavy daily caffeine use – more than 500 to 600 mg a day – may cause side effects such as:

- Insomnia
- Nervousness
- Restlessness
- Irritability
- Stomach upset
- Fast heartbeat
- Muscle tremors



Trying to cut back?

Many people who are used to having caffeine experience side effects like headaches and drowsiness when they suddenly stop taking it. Most symptoms pass within a few days.

Here are some tips to cut back slowly:

- Mix your regular coffee with half decaffeinated coffee.
- Try caffeine-free herbal teas or apple cider for a hot drink.
- Choose a latte or café-au-lait instead of brewed coffee.
- Brew tea for less time.
- Try caffeine-free versions of your favorite carbonated beverages.

Adapted from Dietitians of Canada: What is Caffeine? Is it bad for my health?

Straight from the H.A.R.T.

How can the Healthy Aging Resource Team (HART) help you?

If you are an older adult residing in the St. James Assiniboia area, the HART team can help you:

- maintain or improve health
- receive information about health services
- maintain independence
- address your concerns

**Contact a Nurse or Dietitian
phone: 204-940-3261**



Elizabeth St Godard RD
Community Dietitian



Lorna Shaw-Hoeppner RD
Community Dietitian



Laurie Green RNBN
Primary Health Care Nurse

Save the Date

25th Anniversary Banquet

of the incorporation of the St. James Assiniboia 55+ Centre

Thursday, June 15, 2017

Holiday Inn Airport West at 2520 Portage Avenue

Cocktails 5:00 p.m. Dinner 6:30 p.m.

For information or details on tickets please watch our website
www.stjamescentre.com and the newsletter.



Drop-In Programs

Our Drop-In Programs at the St. James Assiniboia 55+ Centre are a great way to experience the diversity of activities and programs that we have to offer. To register, please visit the front desk at the Centre, call us at 204-987-8850 or visit the website www.stjamescentre.com.

Also don't hesitate to contact our Program Coordinator Meaghan Wilford for any questions you may have about how to connect with any of our Drop-In programming.

Call 204-987-8850 ext. 105 or email meaghan@stjamescentre.com.



LUNCH & A MOVIE

Thursdays at 12:00 noon

Cost: \$10 members \$12 non-members



Come join us on the dates below for a great afternoon at the movies! A fantastic lunch, dessert, popcorn and a drink will be provided. *Registration deadline noon day before each movie however movies fill up fast so register early.*



January 26th

HELLO, MY NAME IS DORIS

With help from her best friend's granddaughter, a smitten woman (Sally Field) concocts schemes to get the attention of a younger co-worker in her office.



February 23rd

BRIDGET JONES BABY

Breaking up with Mark Darcy leaves Bridget Jones (Renée Zellweger) over 40 and single again. She decides to focus on single life and her career but is interrupted when she finds herself pregnant, but with one hitch ... she can only be fifty percent sure of the identity of her baby's father.



Coffee Talk

Tuesdays 2:00 PM - 3:30 p.m.

A great group to join if you're new to the Centre. Share current events, jokes and more. Coffee, tea and goodies will be available for \$1.00

Book Club

Our book club meets on the last afternoon of the month at 1:30 p.m.

Jan. 25th "Stalin's Daughter" by Rosemary Sullivan

Feb. 22nd- "The Lake House" by Kate Morton

55+ Men's Group

Our Men's Group meets every **Wednesday and Thursday afternoons** from **1:00 p.m. to 4:00 p.m. at 3172 Portage Avenue** right across from Superstore. This group does a variety of different things such as hand wood carving and model plane building. Stop by one afternoon for a coffee to see what they are up to! For more information call 204-987-8850 or drop in!

Food and Friendship

For more information about any of our Meal Programs please call 204-987-8850. Register on our website at www.stjamescentre.com or contact the Centre.

A Little Lunch Music

Thursday, January 19th at 11:30 a.m.

Have you ever heard of the Chapman Grand Stick? Come to the Centre and enjoy a little lunch and music by Leo Gosselin.

Cost: \$10 Members/\$12 Non-Member Registration Deadline: January 17th



Ukulele Lunch

February 2nd at 11:30 a.m.

Join us at the Centre for a delicious lunch and a fun afternoon of music by the Ukulele Club of Winnipeg! This will be a great afternoon of music, food and great company.

Cost: \$10 Members \$12 Non-Member Registration Deadline: January 31st

Valentine's Day Lunch

Thursday, February 16th at 11:30 a.m.

Come down to celebrate Valentine's Day at the Centre. We will be having a festive red and white lunch with a fun Valentine's Day Trivia game! So be prepared to have a delicious meal and test your knowledge of the holiday!

Cost: \$8 Members/\$10 Non-Member Registration Deadline: February 14



Soup *AND* More \$3/bowl

Our soup crew will be making soups on the following days in January and February.

Jan. 10th	Butternut Bisque
	Autumn Soup
Jan. 24th	Cheddar Chicken
	Italian Orzo
Feb. 7th	Cabbage Roll Soup
	Creamp Pumpkin
Feb. 21st	Broccoli Cheddar
	Chili



Drop by the Centre to see what's available or pre-order for pickup by calling 204-987-8850 or email Rachel at: rachel@stjamescentre.com

COOK *and* EAT

Join us in the kitchen for a fun time preparing simple recipes to share with your kitchen mates, with some leftovers to take home and enjoy. Facilitated by a WRHA volunteer.

Next sessions:

Thurs Jan. 12th at 11:30 a.m.

Thurs Feb. 9th at 11:30 a.m.



Open to all. Pre-registration is required.

Register online or contact the front desk.

Please direct any questions to Liz St. Godard RD at 204-940-3261

Cost: \$10 Each Session

Fitness Programs

Only members may participate in fitness workshops and orientations.
Please wear active clothing, appropriate footwear, and bring a water bottle.
Please phone 204-987-8850 in advance to register for these programs.
For detailed descriptions on classes please visit www.stjamescentre.com

Registration deadline: 1 week before each session



Fitness Safety Orientations

Friday, January 6th & February 3rd

2:00 p.m. – 2:30 p.m.

Cost: FREE (members only)

S-T-R-E-T-C-H Workshop

Friday, January 20th

2:00 p.m. – 2:30 p.m.

Cost: \$5.00 per person



Hand Weights Workshop

Friday, January 13th

2:00 p.m. – 2:30 p.m.

Cost: \$5.00 per person

Resistance Bands/Tubing Workshop

Friday, January 27th

2:00 p.m. – 2:30 p.m.

Cost: \$5.00 per person

Hoist V6 Machine

Friday, February 10th

2:00 p.m. – 2:30 p.m.

Cost: \$5.00 per person

Lite n' Lively

Mondays, Jan 16th-March 27th

9:15 a.m. – 10:15 a.m. (10 classes)

(No class on February 20th)

Cost: \$60 members / \$80 non-members

Instructor: Sue Keyton

Zumba Gold

Mondays, Jan 16th-March 27th

10:30 a.m. – 11:30 a.m. (10 classes)

(No class on February 20th)

Cost: \$60 members / \$80 non-members

Instructor: Sue Keyton

Monday Yoga

Mondays, Jan 16th-March 27th

1:15 -2:45 (10 classes)

(No class on February 20th)

Cost: \$80 members / \$100 non-members

Instructor: Sue Keyton

Total Body Workout

Tuesdays, January 17th to March 21st

9:15 a.m. – 10:15 a.m. (10 classes)

Cost: \$60 members / \$80 non-members

Instructor: Sue Keyton

Friday Yoga

Fridays, Jan 20-March 24th

9:30 a.m. – 11:00 a.m. (10 classes)

Cost: \$80 members / \$100 non-members

Instructor: Sue Keyton



The Seniors Moving Company
lisa@seniorsmovingco.com
www.seniorsmovingco.com
(204) 415 4444
Downsizing, relocation and estate services

Fitness Programs

Please remember to wear active clothing, appropriate foot wear, and bring a water bottle. If you plan to drop-in, call us at 204-987-8850 in advance to confirm space availability. You may also refer to our website at www.stjamescentre.com for more information on programs.

Line Dancing

Wednesdays Jan 11-March 15

10:00 a.m. - 11:00 a.m. (10 classes)

Cost: \$60 members/\$80 non-members

Instructor: Karen Hodgins

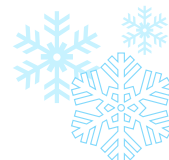
Growing Young

Fridays, Jan 20-March 24th

11:30 - 12:30 p.m. (10 classes)

Cost: \$60 members / \$80 non-members

Instructor: Sue Keyton



Pickleball

Westwood Community Church

401 Westwood Dr.

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

Winter session begins Jan. 4 - Mar. 31, 2017

Sturgeon Heights Community Centre

310 Rita Street

Monday

Gold 8:30 - 10:30 a.m.

Silver 10:30 a.m. - 1:30 p.m.

Bronze 1:30 p.m. - 3:30 p.m.

Wednesday

Gold 8:30 - 10:30 a.m.

Silver 10:30 a.m. - 1:30 p.m.

Bronze 1:30 p.m. - 3:30 p.m.

Friday

Gold 8:30 - 10:30 a.m.

Silver 10:30 a.m. - 1:30 p.m.

Bronze 1:30 p.m. - 3:30 p.m.

Please note:

You are welcome to play at any time but keep in mind the majority of people will be at similar skill levels.

**\$36 Members
\$72 Non-members
\$5 Drop-In**

Wellness Services

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

Footcare (Tuesdays & Wednesdays)

30 minutes: \$35 members/ \$43 non-members

Reflexology (Fridays)

45 minutes: \$40 members/ \$45 non-members

60 minutes: \$50 members/ \$55 non-members

Massage (Thursdays)

30 minutes: \$43 members/ \$50 non-members

45 minutes: \$52 members/ \$60 non-members

60 minutes: \$65 members/ \$70 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

Educational Programs

Have an idea for a workshop, event or technology class? Feedback from our members is very important to us. If you have a comment, question, suggestion or concern, please contact the Centre at 204-987-8850.

1 on 1 Technology Classes

Wednesday Mornings Jan. 4th to Feb. 22nd
Appointments times at 8:40, 9:15 and 9:50 a.m.

Whether you are just striking out with a tablet, phone or computer, or have more detailed questions, these classes are for you. Participants can come and learn the basics of computers, tablets and phones ask their own questions and receive patient and thoughtful support in a one on one setting. These classes are perfect for those with Android Tablets.

**Cost: \$25.00 for one 30 minute class or
3-30 minute classes for \$60**

Instructor: Sean Sagert

iPad Classes

Beginner iPads

Jan. 11th to Feb 1st (4 Weeks)
10:30 a.m. - 11:30 a.m.

Next Steps with the iPads

Feb. 8th to Mar. 1st (4 Weeks)
10:30 a.m. - 11:30 a.m.

Did you get an iPad for Christmas or just want to brush up on the basics? Then join us to learn all about your iPad and how to use it for your email/communication needs, how to play games, and much more!

**Cost: \$50 members/\$60 non-members a
session (manual is available for \$20)**

Instructor: Sean Sagert



Singsationals

**Mondays January 9th
to May 15th**

10:15 a.m. - 11:30 a.m.

Our Singsationals Choir Group will begin for 2017

on January 9th. This choir group does many performances throughout the community to brighten the spirits of many and are great ambassadors for our Centre. Rehearsals are always fun and the repertoire of songs changes based on the seasons.

Cost: \$40 half year.



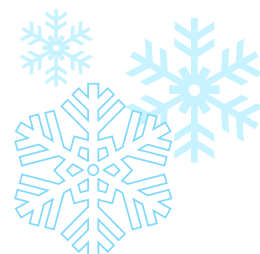
Bridge Lessons

**Tuesdays January 17th to
February 21st (6 weeks)**
from 9:30 a.m. 11:00 a.m.

Interested in learning how to play bridge? Try out our beginner bridge lessons where you will learn the basics of this great card game from an instructor with over 40 years teaching experience.

**Cost: \$50 members/ \$60 non-members
(includes manual)**

Instructor: Alexa Campbell



Support Services

For more information, call Adele Spence at 204-987-8850 ext. 108

Registrations for all presentations can be completed at the Centre, by phone or online. These presentations are open to members of the Centre and the community. Please note the location as several presentations are offered off site and carpooling is available if required. Registrations are open until the day of the presentation, but please check beforehand to see if there are available spots.

"Keeping Connected Presentations"

Hearing Loss

Tuesday January 10 @ 1:30 pm

Location: 455 Westwood Drive

What can I do when hearing gets hard? Join us to hear about resources and services available for the hard of hearing as well as how speech reading can help you or a loved one.

Presenter: Rosalyn Sutley, CHHA

Cost: \$2.00



Access West Tour

Thursday January 19 @ 2:00 pm

Join Sharon Walters, WRHA Community facilitator, for a tour and information session at the new Access West Location. **Please meet in room 209, second floor- 280 Booth Drive**

Cost: \$2.00



MASC

Tuesday January 24 @ 10:30 am - Centre

Are you aware of the role of MASC (Manitoba Association of Multi Purpose Senior Centres) in the province. Become enlightened and spread the word.

Presenter: Connie Newman, Executive Director MASC

Cost: \$2.00

Disability Tax Credit

Tuesday January 31 @ 1:30 pm - Centre

You may be eligible for a disability tax credit claim from Canada Revenue Agency. Join us to get the information you will need to proceed if you have one of the disabilities our presenter will outline. Questions encouraged.

Presenter: Peter Manastyrsky, A Step Beyond & Associates

Cost: \$2.00



Support Services



PEGGO

Wednesday February 15 @ 1:30 pm - Centre

What is Peggo? How do I get a card? What are the options for different kinds of cards? What will this cost me? What do I do if I lose my card? What are the advantages of this card for seniors?

Presenter: Gerry Pearson, Winnipeg Transit

Cost: \$2.00

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4000 Portage Avenue, Winnipeg • 204-982-8100 • www.chapellawn.mb.ca

Transportation Options for Seniors

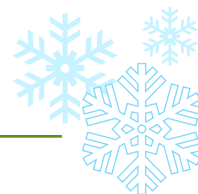
Tuesday February 21 @ 10:30 am

Location: 455 Westwood Drive

Receive information on a variety of transportation options available to seniors when you drive occasionally or no longer drive.

Presenter: Pam McConnell, TONS

Cost: \$2.00



Reporting Frauds & Scams

If you want to inform the appropriate organizations and have not lost any money and have not provided personal or financial information call the **Canadian Anti-Fraud Centre at 1-888-495-**

8501 or by visiting the CAFC website. The CAFC is the central agency in Canada that collects information and criminal intelligence on all forms of mass marketing fraud, internet fraud, identity theft complaints and others.



RISE (Reach Isolated Seniors Everywhere)

Launched in October 2015 the objective of the campaign is to help Canadians of all ages, cultures and regions become aware of the impact of loneliness and social isolation on their older family members, friends and neighbours - and to Take Action!
info@helpagecanada.ca



Volunteering

“Life is short, do stuff that matters- Volunteer”

Rides for Seniors - Monday to Friday 9:00 a.m. - 4:00 p.m. 204-987-8850 ext. 106

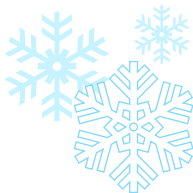
The drivers in the Rides for Seniors program have warm hearts and warm cars. They take seniors living in the St James area to medical appointments, grocery shopping, banking, visiting friends and to events at the centre. A call from one of our drivers allows you to be at your destination on time and picked up when you are finished. The donation of \$8 in St. James-Assiniboia or \$15 outside of the area (plus parking costs) that you pay helps cover the cost of gas and running the car. No one has become rich from this volunteer work! Our drivers do take vacations and often go on a winter holiday so rides are always dependent on availability. **There are many accolades for the following drivers and all their efforts are appreciated by the staff and clients** - Tom Tierney, Vincent Kennedy, Shirley Banks, Connie Newman, Tina Neudorf, Ted Harvey and our dedicated driver of 16 years Jack Ingham. *Thanks a million for helping our seniors remain independent!*

Gathering Places

An isolation/visitation program for seniors in St. James who would like to meet for coffee/tea in a coffee shop or lounge area of their residence. Volunteers or clients requiring more information should contact Adele.

E.R.I.K. (Emergency Response Information Kit)

Keep your E.R.I.K. current! E.R.I.K. is an emergency response information kit designed to assist the emergency personnel in times of crisis. Included in the kit is key personal information. Keep it updated and on the front of your fridge. If you have a hearing impairment please see Adele for a sticker to put on the outside of your kit. Drop by the Centre to pick up your kit.



Home Maintenance Referral Program

We have reputable service providers who can help with pruning bushes, cleaning eavestroughs, painting, plumbing, snow removal, carpentry work and much more. Service providers have been screened and charge reasonable rates. Follow up is done for all referrals.



Community Resources

Referrals to some great in home service providers such as:

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

Volunteer Opportunities

There is an ongoing need for drivers, reception, assisting with special events, committees, fundraising. We are flexible and appreciate any support from our members to help us provide our excellent programs and services.

For information on Support Services, volunteering, E.R.I.K. kits or Gathering Places contact Adele at 204-987-8850 ext. 108 or adele@stjamescentre.com

Registration Information

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

Membership \$40/year

Benefits include:

- Discounted programs
- Use of fitness room (8:30 a.m. – 3:30 p.m.)
- First Aid trained staff
- Member lounge with comfortable seating to read magazines and books, puzzles
- Discount at Chapel Lawn
- Extended parking hours (additional fees apply)
- City of Winnipeg Pass discount

Early Registration

Registration is required for all classes, trips, presentations, and special events prior to the start date. Cancellations can occur if registration is low. Avoid disappointment and support our programs by registering early.

Refund Policy

St. James Assiniboia 55+ Centre reserves the right by sole discretion to change, alter or cancel any trips or activities in the event of lack of participation, weather or unforeseen circumstances. There will be no refunds for trips, programs and special events unless canceled by the Centre.

Newsletter Release Date

The **March/April newsletter** will be available on **Tuesday, February 7th** after 12:00 p.m. If you prefer to receive the newsletter by email, phone reception at 204-987-8850. For those interested in volunteering to deliver newsletter, please contact Adele at 204-987-8850 ext. 108



Please Join Us For Great Entertainment

Sturgeon Creek I

10 Hallonquist Dr | **204.885.1415**

January 16 to 20
Spirit Week kick off
ASC Senior Games

January 20 | 2:00pm
Sing-a-Long with *Bob Hanley*

January 26 | 3:00pm
Tea Time featuring Chinese Tea

January 27
2:00pm Interactive Drumming Class
5:00pm Chinese Birthday Dinner

February 1 | 7:00pm
Entertainment with the 30 piece
Rupert's Island Brass Band

February 14 | 7:00pm
Valentine's Day with
the Filharmonic Duo

Sturgeon Creek II

707 Setter St | **204.885.0303**

January 16 to 20
Spirit Week kick off
ASC Senior Games

January 20 | 2:00pm
Sing-a-Long with *Diva Knows Best*

January 27 | 4:30pm
A Taste of China Dinner & Travelogue

February 6 to 10
ASC Senior Games
All Welcome

February 10 | 2:00pm
ASC Seniors Games Closing
Ceremony Celebration

February 21 | 1:30pm
Cribbage Tournament

www.allseniorscare.com



PROUDLY CANADIAN



Parking Passes

Working together with the Winnipeg Parking Authority (WPA), the Centre has implemented a "Virtual Parking Pass". The 2017 passes are available for \$5.00 and in effect Jan. 3rd – Dec. 31st, 2017. Details at 204-987-8850.



St. James Assiniboia 55+ Centre Drop-In Calendar

Monday

Scrabble
1:00 – 3:00 p.m.
Jan. 9 – Feb. 27

Singsationals Choir
10:15 – 11:30 a.m.
Mondays, Jan. 9 – May 15
Cost: \$70 full year/\$40 half year

Bowling
1:00 p.m. Cost: \$7
Jan. 16, Feb. 13
Polo Park Lanes

Tuesday

Knitting & Crocheting Club
9:30 – 11:00 a.m.
Jan. 10 – Feb. 28

Euchre
1:30 – 3:30 p.m.
January 10th, 24th
February 7th, 21st

Lunch with Friends
Meet at the restaurant at 11:30 a.m.
Jan. 31 – Red Lobster
(1540 Portage Ave.)
Feb. 28 – Silver Heights
(2169 Portage Ave.)

Stamp Club
1:00 – 3:00 p.m.
Jan. 17, Feb. 7, 21

Coffee Talk
2:00 – 3:30 p.m.
Jan. 10 – Feb. 28

***Must pay for own lunch. Registration deadline 1 week prior. Max. 20 people**

Wednesday

55+ Men's Group
1:00 – 4:00 p.m.
Jan. 4 – Feb. 22
3172 Portage Ave

Company of Friends
11:00 a.m.
Jan. 4th & 18th
Feb. 1st & 15th

Floor Curling
1:00 – 3:00 p.m.
Cost: \$25
Jan. 18 – May 17
session

Book Club
1:30 p.m.
Jan. 25th "Stalin's Daughter" by Rosemary Sullivan
Feb. 22nd- "The Lake House" by Kate Morton

Thursday

55+ Men's Group
1:00 – 4:00 p.m.
Jan. 5. – Feb. 23
3172 Portage Ave

Lunch and a Movie
12:00 p.m.
Jan. 26- Hello, My Name is Doris
Feb. 23- Bridget Jones Baby
Cost: \$10 members
\$12 non-members
(Must register in advance)



Hon. Steven
FLETCHER

MLA ASSINIBOIA

3723 Portage Avenue
Winnipeg, MB
R3K 2A8

204-944-1049



Friday

Vegas & Canasta
1:00 – 3:30 p.m.
Jan. 6 – Feb. 24

Saturday

Floor Curling Competitive
9:00 a.m. – 12:00 p.m.
Jan. 7 – Apr. 29
Cost: \$2 members
\$3 non-members per week



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
New Horizons for Seniors Program
Manitoba Association of Senior Centres
Manitoba Community Services Council
Healthy Together Now

Sponsors

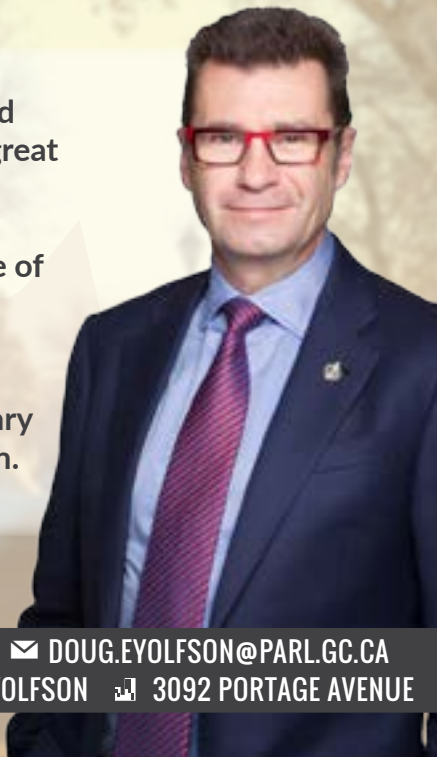
Chapel Lawn Memorial Gardens
Desjardins Financial Security Investments
Home Instead Senior Care
Assiniboine Credit Union



Dr. DOUG EYOLFSON, MP CHARLESWOOD-ST. JAMES-ASSINIBOIA-HEADINGLEY

Happy New Year and warm wishes for a great year ahead!

I am honoured to be of service to our community as Canada celebrates the 150th anniversary of our confederation.



📞 204-984-6432 ✉️ DOUG.EYOLFSON@PARL.GC.CA
🐦 DOUGEYOLFSON 📍 3092 PORTAGE AVENUE

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Dr Teresa Tierney

New Patients Welcome (No referral needed)

200 - 3025 Portage Ave • Winnipeg R3K 2E2 • 204-889-1112

Scott
JOHNSTON
MLA for St. James
scott.johnston@leg.gov.mb.ca

Proud to be part of the community