



September • October 2017

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

## KEY DATES

- Sept 5** Coffee & Conversation
- Sept 7** Lunch and a Movie
- Sept 14** 25th Anniversary BBQ
- Sept 15** Intro Drawing/ Watercolour Painting
- Sept 18** iPhone Photography
- Sept 19** Ole' Rosenort Cafe
- Sept 20** Nutrition/Healthy Aging
- Sept 20** Evening Card Party
- Sept 21** Cook and Eat
- Sept 27** Johnson Insurance
- Sept 28** Music with Lunch
- Oct 4** Chronic Pain Management
- Oct 5** Lunch and a Movie
- Oct 10** Truth about Credit
- Oct 13** Fall Feast
- Oct 19** Lunch and a Movie
- Oct 24** Celebrations
- Oct 25** Hearing Tests
- Oct 31** Spooktacular Brunch

## Fall Feast & Entertainment

**Westwood Community Church, 401 Westwood Drive**  
**Friday, October 13th at 5:30 p.m. Doors Open at 5:00**

Join us for a delicious dinner and entertainment. Bring your friends and family for this fantastic dinner of ham, sides and pies followed by entertainment provided by the B-Side Apostles, who will get you tapping your feet and out of your seats to dance up a storm.

**Cost: \$15 for members and non-members**

*Registration Deadline: Wednesday, October 11th*

**\$25 donations**  
**for our 25th year!**



Since it is our 25th anniversary year, we have set a goal of 250 donations of \$25 or more.

**UPDATE: As of July 28th we have received 99 - \$25 donations.** Please help us get to 250 by the end of the year!

\*All donations received during 2017 that add up to or exceed \$100 will receive an invitation to our special year end donor appreciation event in December\*

## 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 **Sept/Oct** will be accepted starting **August 10th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **Nov/Dec** will be **Thursday, October 12th**.

### 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](mailto:info@stjamescentre.com)

Website: [www.stjamescentre.com](http://www.stjamescentre.com)



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## STAFF DIRECTORY

<b>Sean Sagert</b>	Executive Director
<b>Meaghan Wilford</b>	Program Coordinator and Capital Campaign Project Coordinator
<b>Rachel Wonnek</b>	Seniors Resource Coordinator
<b>Lisa Twomey</b>	Congregate Meal Program Coordinator & Program Assistant
<b>Carol Sandilands</b>	Administrative Assistant

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

<b>Elizabeth St. Godard</b>	Community Dietitian
<b>Lorna Shaw-Hoeppner</b>	Community Dietitian

## BOARD OF DIRECTORS

<b>Gerald Knutson</b> <i>President</i>	<b>Marilyn Robinson</b> <i>Past President</i>	<b>Ian McCausland</b> <i>Vice President</i>
<b>Pat Wachs</b> <i>Secretary</i>	<b>Kathy Elias</b> <i>Treasurer</i>	<b>David Schellenberg</b> <i>Director at Large</i>
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<b>Deanne Crothers</b> <i>Director at Large</i>	<b>Sharon Walters</b> <i>Ex-Officio</i>	

*A warm welcome to our  
new Board members!*

**Kathy Elias**, Treasurer

**Dr. Dawn-Marie Turner**, Director at Large

**Deanne Crothers**, Director at Large



# Special Events and Outings

Please refer to the website [www.stjamescentre.com](http://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!\*\***

## 25th Anniversary BBQ

Thursday, September 14th at  
11:30 a.m.



As you probably know it's the Centre's 25th Anniversary this year! Join us for Burgers and Smokies to kick off the fall session at the Centre and celebrate our Anniversary. There will be delicious food, a 50/50 and many photos showing highlights of the Centre's history.

**Cost: \$10 members & non-members**

*Registration Deadline: Wed., September 13th*

## The Ole' Farmhouse Cafe

Tuesday, September 19th  
31 Rose Lane, Rosenort, MB

Due to popular demand we will be returning to Rosenort and the Ole' Farmhouse Café! Join the Centre for a delicious lunch and even more fabulous desserts on this not to miss trip! Participants are responsible for paying for their own lunch.

*\*This trip is dependent on drivers so please indicate at registration if you are able to drive\*.*

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

*Registration Deadline: Tuesday, September 12th*

## Celebrations - Bewitching Elvis

Tuesday, October 24th  
Leaving the Centre at 10:30 a.m.

Join us at Celebrations Dinner Theatre and get ready to laugh and sing along to some of the great songs of the sixties as Elvis shows off his moves in this comedic spoof of the much loved "Bewitched" television series. (*Carpooling Available*)

**Cost: \$45 members/\$50 Non-Members**

*Registration Deadline: Tuesday, October 10th*

## Evening Card Party

Wednesday, September 20th  
6:00 P.M - 8:00 P.M.

We are having an evening Card Party. Join us for pizza, snacks and card games of your choice!

**Cost: \$10 members/\$12 Non-Members**

*Registration Deadline:  
Monday, September 18th*





# Special Events and Outings

## FUNDRAISING

### CUSTOM WOODEN PULL TOY

**Looking for a unique gift for a special child for a birthday or for Christmas?**

Order a custom name wooden pull toy built by our Men's Group for **only \$30!** Proceeds from the sale of these Wooden Pull Toy's will go directly to support the work of the St. James Assiniboia 55+ Centre. Order forms available at the Centre or email us at [info@stjamescentre.com](mailto:info@stjamescentre.com).



### WOODEN TURKEY KIT

Our Men's Group is once again making wooden turkey head and feathers to decorate pumpkins for thanksgiving. We will begin taking orders for the turkeys on **August 10th** and will call when they are ready for pick up. **The cost is \$15** and are a great addition to your thanksgiving table!



## Easy Butterscotch-Toffee Bars

*Yield: 32 bars   Prep 15 mins   Bake 15 mins*

### INGREDIENTS

- 1 package 2-layer-size yellow cake mix
- 1/2 cup packed brown sugar
- 1/2 cup butter, melted
- 2 eggs
- 1 cup cashews or toasted pecans, chopped
- 1 8 - ounce package toffee pieces

### DIRECTIONS

Preheat oven to 350 degrees F. Grease a 15x10x1-inch baking pan; set aside.

In a large bowl, combine cake mix, brown sugar, melted butter, and eggs. Beat with an electric mixer on medium speed for 1 minute or until combined, scraping bowl occasionally. Stir in the cashews.

Pat dough into prepared pan. Sprinkle with toffee pieces. Bake in the preheated oven for 15 to 20 minutes or until a toothpick inserted in center comes out clean. Cool completely in pan on a wire rack. Cut into bars. Makes 32 bars.

### STORAGE

Place bars between sheets of waxed paper in an airtight container; cover. Store at room temperature for up to 1 week or freeze for up to 2 months.



# 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.

## How much water do I need?

Ever hear of the saying, you need to drink 8 cups of water a day? Well, the saying is both right and wrong. We all need fluid... and water is one of those fluids. Believe it or not, the recommendation for fluids is even higher than 8 cups a day.

Consuming enough fluid each day is essential. Most of the cells in the body contain water. Dehydration occurs when the amount of fluid lost is greater than the amount consumed.

Fluids come from the beverages you drink and the foods that you eat.

Fluids include water and other beverages such as milk, juice, broth or soups, coffee and tea. Water is one of the best fluid choices, but it is a myth that you need 8 cups a day to stay healthy. **Aim for half of your fluid**

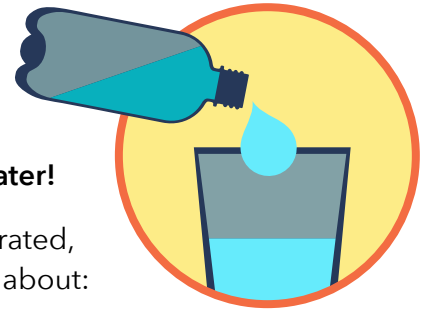
### intake to come from water!

To keep your body hydrated, aim for a fluid intake of about:

- 3 L (12 cups) for men 19 years old and over each day
- 2.2 L (9 cups) for women 19 years old and over each day.

Individuals who eat a balanced diet can get the equivalent of two to three 8-oz glasses of water from the fluids found in the foods they eat.

Foods higher in water content such as some fruits, vegetables, puddings and soups can increase fluid consumption throughout the day.



## DIABETES CONVERSATION - HEALTHY EATING AND KEEPING ACTIVE

Learn about Diabetes self-management in a new way. Not a lecture, not a presentation but a conversation with your peers about Diabetes. This interactive session is facilitated so that participants can share their experience of living with diabetes and learn information and skills along the way. We use a large colourful map as our discussion point to navigate the journey through healthy eating and keeping active.

**The conversation occurs in 2 sessions. Participants should register for both sessions:**

**Tuesday, October 17th and Tuesday October 24th both sessions run from 12:30 pm - 2:00 pm**

**Pre-Registration at Front desk Reception. No cost to register.**

If you have any questions about the Diabetes Conversation, please contact the Healthy Aging Resource Team at 204-940-3261.



## 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
- maintain independence
- receive information about health services
- address your concerns

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



**Elizabeth St Godard RD**  
Community Dietitian



**Lorna Shaw-Hoeppner RD**  
Community Dietitian

# 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](http://www.stjamescentre.com).

Questions or ideas for our Drop-In programming? Contact our Program Coordinator Meaghan Wilford at 204-987-8850 ext. 105 or email [meaghan@stjamescentre.com](mailto: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.*



### A United Kingdom - September 7th

The story of King Seretse Khama of Botswana and how his loving but controversial marriage to a British white woman, Ruth Williams, put his kingdom into political and diplomatic turmoil.

### Going in Style - October 5th

Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.

### The Shack - October 19th

After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers where he finds important truths that will transform and change his life forever.

## 55+ Men's Group

Our Men's Group meets every **Tuesday, 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!





# Drop-In Programs

We have many drop in style programs at the Centre that are little to no cost. **The only catch is that one has to be a member to attend these programs.** Please contact the front desk at 204-987-8850 if you have any questions about membership, or our drop in programs.

*\*Movies are open to non-members at an increased rate.\**



**Did you know we have scrabble group that meets every Monday afternoon?** This group faithfully comes all year on Mondays to practice their spelling, socialize and keep their brains sharp. There is also dessert and coffee served each week. Check out the group Mondays at 1:00 to see what they are all about!

## FLOOR CURLING:

**Floor Curling is a great sport program for the older adult.** Our groups all have lots of fun while getting to curl off the ice and in a warm building. The casual group meets on Wednesdays from 1:00-3:00 and our Competitive group meets on Saturdays starting at 9:00 a.m. Come check out our groups in action to see what the sport is all about!



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- Medication Reminders
- Incidental Transportation
- Shopping and Errands
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# Food and Friendship

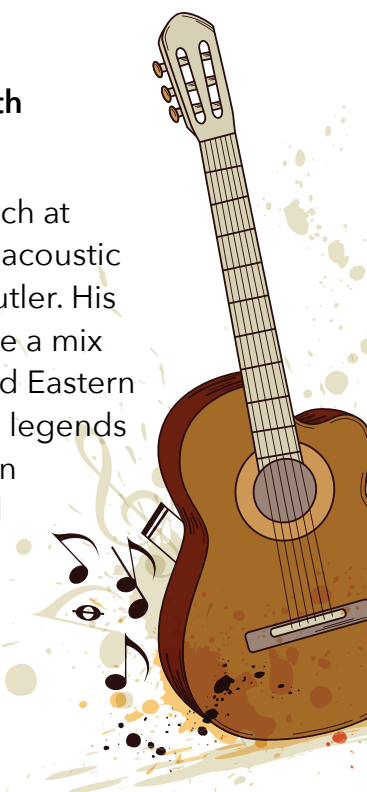
For more information about any of our Meal Programs please call Lisa at 204-987-8850 ext. 200.  
Register on our website at [www.stjamescentre.com](http://www.stjamescentre.com) or contact the Centre.

## Music for Lunch Thursday, September 28th at 12:00 p.m.

Join us for a delicious lunch at the Centre and enjoy the acoustic sounds of guitarist Tim Butler. His acoustic styles incorporate a mix of Celtic, Gypsy Swing and Eastern as well as influences from legends including those of Gordon Lightfoot, Neil Young and Jimmy Buffet.

**Cost: \$12 Members  
\$15 Non-members**

*Registration deadline:  
September 25th*



## 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 session:**  
**Thursday, September 21st**  
**at 11:30 a.m.**

*(No Session in October)*

**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**



## Spooktacular Halloween Brunch Tuesday, October 31st at 10:30 a.m.

Celebrate Halloween and join us for a spooktacular brunch at the Centre!

We will have a costume contest with prizes to be won! Let's eat, drink and be scary!

**Cost: \$8 members \$10 Non-members**

*Registration deadline: October 27th*



## Soup *AND* More \$3/bowl

Our soup crew will be making soups on the following days in September and October.

Sept. 12th	Creamy Zucchini & Carrot
	Stuffed Pepper
Sept. 26th	Butternut Bisque
	Beef Barley
Oct. 10th	Moroccan Carrot
	Split Pea with Ham
Oct. 24th	Hungarian Mushroom
	Chili



Drop by the Centre to see what's available or pre-order for pickup by calling 204-987-8850 or email Lisa at: [lisa@stjamescentre.com](mailto:lisa@stjamescentre.com)



# 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 starting September 6th**

**Appointments available at 8:40 a.m., 9:15 a.m. 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 for one 30 minute class or 3-30 minute classes for \$60**

*Instructor: Sean Sagert*



## iPad Classes

**Beginner iPads - September 6 to 20th  
(3 Classes)**

**Next Steps iPad - October 11th to 25th  
(3 Classes)**

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

Did you get an iPad over the summer? Or are you looking to brush up your skills and learn more about the iPad in a group setting? If either of these apply to you then these classes fit the bill! Sign up early as spots are limited in our group classes where you will learn all about the Apple operating system and what you can do with your iPad.

**Cost: \$50 members/\$70 members a session (manual is available for \$20)**

*Instructor: Sean Sagert*



## Singsationals

**Mondays September 11th to December 11th  
10:15 a.m. - 11:30 a.m.**

Join our Singsationals Choir Group! 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: \$70 full year/\$40 half year.**

## Basics of Online Shopping

**Wednesday, September 27th (1 class)**

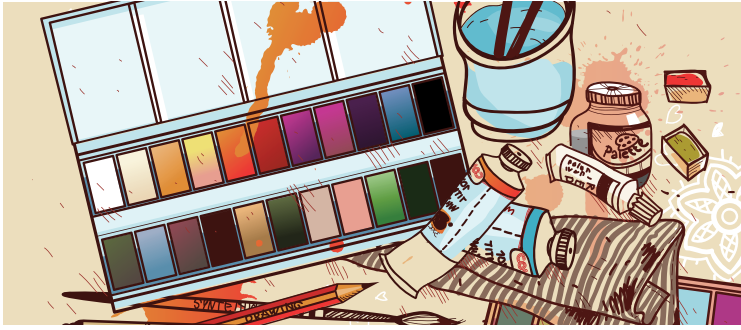
**Time: 10:30 - 12:00 p.m.**

Are you hesitant to shop online? Take our workshop and boost your confidence to do some online purchasing! You will learn how to use ebay, Kijiji, Amazon, paypal, and safe shopping practices when buying and selling online.

**Cost: \$10 member/\$15 non members**

*Instructor: Sean Sagert*

# Educational Programs



## Intro to Drawing and Watercolour Painting

**Fridays September 15th to November 3rd  
(8 Weeks/20 Hours)**

**1:00 p.m. to 3:30 p.m.**

You will learn Drawing and Watercolor basics along with several Watercolour Techniques. Easy step by step instruction. No experience necessary. You will complete a minimum of 2 watercolor paintings ready to frame. **Please bring \$18 for materials the first day of class** as all materials are supplied.

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

*Instructor: Brenda Adams*

## Introduction to iPhone Photography

**Mondays September 18th and 25th**

**1:00 p.m. to 3:00 p.m.**

It's been said that the best camera is the one you have with you. And with smartphones being carried by most people, you have a very powerful, handy and interesting camera right in your purse or pocket!

This course will go over some basic settings on your iPhone's camera, and how to get the most out of them. You'll also learn some little-known settings that can make a big difference in your pictures. If you've got a phone, and a pair of fingers, then you can benefit from this useful workshop.

**Cost: \$50 members/\$60 non-members**

*Instructor: Colin Corneau*

## BAKED PARMESAN SWEET POTATOES

Sweet potatoes are not just a tasty treat for holiday meals. These root vegetables are actually rich in essential vitamins and minerals that offer many benefits for people over 65.

They can help boost the Immune System, keep the digestive tract healthy, promote heart health, protect your eyes and soothe arthritis pain.

### INGREDIENTS

2 sweet potatoes (peeled and cubed)

2 tsp. minced garlic

1 TB olive oil

2 TB butter (melted)

4 TB grated Parmesan  
Cheese

½ tsp. garlic salt

½ tsp. Italian Seasoning  
dried parsley (optional)



### INSTRUCTIONS

Preheat oven to 400 degrees.

Peel and cube sweet potatoes into 1 inch cubes.

Place garlic, oil, butter, salt, Parmesan cheese and Italian seasoning in a ziploc bag and mix well.

Throw in sweet potatoes and shake until well coated.

Place aluminum foil on cookie sheet and lightly spray.

Place coated sweet potatoes onto cookie sheet and spread out evenly.

Bake for 18-22 minutes.

Serve warm and sprinkle with dried parsley if desired.

*Author: Lil' Luna      Serves: 3-4*

# Fitness Programs

Please remember to wear active clothing, appropriate foot wear, and bring a water bottle. Please sign up early as classes will be cancelled if there is not enough interest. Drop-In spaces are only guaranteed if the class runs or there is room. **Drop-in fees are \$10 for yoga, \$8 for all other fitness classes.** 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](http://www.stjamescentre.com) for more information on programs.



## Fitness Safety Orientations

**Fridays: September 1 & October 6**

**2:00 p.m. - 2:30 p.m.**

Cost: FREE (members only)

## Lite n' Lively

**Mondays September 11 - December 11**

**(No Classes Oct 9, Nov 13)**

**12 classes**

**9:15 a.m. - 10:15 a.m.**

Cost: \$72 members/\$96 non-members

*Instructor: Sue Keyton*

## Zumba Gold

**Mondays September 11 - December 11**

**(No Classes Oct 9, Nov 13)**

**12 classes**

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

Cost: \$72 members/\$96 non-members

*Instructor: Sue Keyton*

## Monday Yoga

**Mondays September 11 - December 11**

**(No Classes Oct 9, Nov 13)**

**12 classes**

**1:15 - 2:45 p.m.**

Cost: \$96 members/\$120 non-members

*Instructor: Sue Keyton*

## Growing Young

**Tuesdays September 12 - December 5th**

**(No Class 24th Oct)**

**12 Classes**

**9:30 a.m. - 10:30 a.m.**

Cost: \$72 members/\$96 non-members

*Instructor: Sue Keyton*

## Growing Young

**Fridays September 15 - December 8th**

**(No Class 27th Oct)**

**12 Classes**

**11:30 a.m. - 12:30 p.m.**

Cost: \$72 members/\$96 non-members

*Instructor: Sue Keyton*

## Line Dancing

**Wednesdays September 13 - November 29th**

**12 Classes**

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

Cost: \$72 members/\$96 non-members

*Instructor: Karen Hodgins*





# 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](http://www.stjamescentre.com)

## DO NOT FORGET ABOUT OUR FITNESS ROOM! All

Members have access to the equipment from 8:30-3:30 if they have taken a fitness orientation. Please make sure to bring shoes that have been not worn outside as dirt and debris can ruin the equipment.

If you need a fitness orientation or refresher check out our workshops for scheduled dates.



## Pickleball

**Westwood Community Church**  
401 Westwood Dr.

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

Fall session starts Sept. 5th - Dec. 12th

**Sturgeon Heights Community Centre**

210 Rita Street - Starts Sept. 1st - Dec. 29th

### Monday

Gold	8:00 - 10:30 a.m.
Silver	10:30 a.m. - 1:30 p.m.
Bronze	1:30 p.m. - 4:00 p.m.

### Wednesday

Gold	8:00 - 10:30 a.m.
Silver	10:30 a.m. - 1:30 p.m.
Bronze	1:30 p.m. - 4:00 p.m.

### Friday

Gold	8:00 - 10:30 a.m.
Silver	10:30 a.m. - 1:30 p.m.
Bronze	1:30 p.m. - 4:00 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.

\$56 Members  
\$96 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**

# Fitness Programs



## Meditation

**Wednesdays Sept 20-October 11th (4 Classes)**

**6:30 P.M. to 8:00 P.M.**

An introduction to the different types and techniques of meditation. Discover the many health benefits as well as how to relieve stress, slow the aging process, develop your inner self and improve your wellbeing.

These sessions will address many questions, queries, blocks people often have about meditation and will help you to establish a personal practice even for those with the busiest of schedules. *\*All sessions will include a guided practice.\**

**Cost: \$60 members/\$70 non-members**

Instructor: Sue Keyton



## Series of 6 Health & Wellbeing Workshops

Each session includes meditation practice

**9:30-11:00 a.m.**

### Friday, September 22nd - Introduction to Meditation

Brief recap of the benefits and techniques and outline of the 6 things meditation can teach us about life.

### Friday, October 6th - Tale of the Two Selves

Exploration and discussion of our authentic self, versus the learned self.

### Friday, October 20th - Guided Imagery

How we can use these techniques to free us from unwanted thoughts, emotions and behaviours and techniques for pain relief.

### Friday, November 3rd - Introduction to the Chakras

Understanding the energy system of the body.

### Friday, November 17th - Chakras Continued

How we can use the Chakras for healing, physically, emotionally and spiritually.

### Friday, December 1st - Understanding Mindfulness

Introduction to the works of Jon- Kabat-Zin and mindfulness stress reduction.

**Cost: \$15 a class or all 6 for \$75**

Instructor: Sue Keyton



# Support Services

For more information, call Rachel Wonnek 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 register ahead of time to reserve your spot.

## Coffee and Conversation

**Tuesday, September 5th**  
**1:30 - 2:30 p.m.**



Join us for afternoon of coffee and conversation with the Rainbow Resource Centre, we will have the opportunity to learn about the LGBT2SQ+ community.

*Presenter: The Rainbow Resource Centre*

**Cost: \$2**

## Nutrition for Healthy Aging

**Wednesday, September 20th**  
**1:30 - 3:00 p.m.**

**Location: 455 Westwood Drive**



Good nutrition is important at any age. Learn about some of the most common concerns and the most important nutrients that have an impact on health for people over the age of 50.

*Presenter: Elizabeth St. Godard*

**Cost: \$2**

## Johnson Insurance

**Wednesday, September 27th**  
**1:30 - 2:30 p.m.**



**Location: Westwood Community Church, Fellowship Centre**

Come learn about the great new opportunity that MASC has to offer, they have partnered with Johnson Insurance to offer the MEDOC Travel Plan and the Thrive Extended Health Care plan.

**Cost: \$2**

## Chronic Pain Management

**Wednesday, October 4th**  
**6:00 - 7:30 p.m.**

Chronic pain is a defining aspect of living with arthritis, but it does not need to define you. This presentation will help you better understand your pain, and arm you with techniques and practical strategies to help manage pain and take back control of your life.

*Presenter: The Arthritis Society*

**Cost: \$2**



 **Save the Date!**

**Our Christmas Dinner is on  
December 7th at the Centre.**

More details to follow in our  
November/December Newsletter.





# Support Services

## DEBT & CREDIT

Have you ever wondered where Debt comes from? The answer is easy. Debt comes from Credit. Debt is in all of our lives to one degree or another and treats all of us as equals. 40% of Canadians don't pay off their credit card bill because they feel they can't afford to. 40% of Canadians find their debt level to be overwhelming. Does any of this sound familiar? If it does, don't be surprised – you are not alone. The 55 + and 65 + age groups have been deemed to be the most at risk categories to suffer financial hardship as a result of debt.

If you're worried about your debt you are not alone.

## The Truth about Credit: Part 1

**Tuesday, October 10th**

**10:30 a.m. – 12:00 p.m.**

Have you ever wondered what credit is and where it comes from? What the difference between a credit score and a credit report is? Join us as we learn the truth about credit and start to clarify some confusing financial situations.

*Stay tuned for more information about Part 2 of this presentation in the next newsletter.*

*Presenter: The  
Credit Counseling  
Society of  
Manitoba*

**Cost: \$2**



**SCOTT GILLINGHAM**  
City Councillor  
*St. James-Brooklands-Weston  
Chair of Winnipeg Police Board*  
204-986-5848  
scottgillingham@winnipeg.ca  
scottgillingham.ca



**Shawn Dobson**  
City Councillor • St. Charles Ward  
204-986-5920  
sdobson@winnipeg.ca



## Hearing Tests

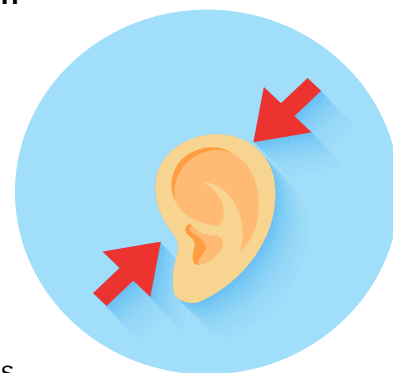
**Wednesday, October 25th**

**1:00 – 5:00 p.m.**

Be sure to not miss this great opportunity for a free hearing test with Dr. of Audiology, Arden Brown from Connect Hearing. Appointments are approximately 15 mins long and must be booked by phoning the front desk at 204-987-8850.

**\*APPOINTMENTS ARE NECESSARY\***

*Presenter: Connect Hearing*



# Volunteering

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

The Rides for Seniors program take seniors living in the St James area to medical appointments, grocery shopping, banking, visiting friends and to events at the centre. A **donation of \$8 for a ride in St. James Assiniboia area or \$15 outside of the area (plus parking costs) is paid to the driver to help cover the cost of gas and wear on their car.** Rides are always dependent on availability. ***There are many accolades for the drivers and all their efforts are appreciated by the staff and clients*** – Tom Tierney, Vincent Kennedy, Shirley Banks, Tina Neudorf, and our dedicated driver of 16 years Jack Ingham. *Thanks a million for helping our seniors remain independent!*

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

Make sure to 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 Rachel for a sticker to put on the outside of your kit. Drop by the Centre to pick up your kit.

## 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.

# Volunteer Spotlight

Twice a week throughout the whole year we have a dedicated group of volunteers who get together at The Men's Group. The Men's Group is always happy and willing to utilize their talents to help the centre. They have worked on many different wooden projects that have always been successful fundraisers. In the past they have made wooden dragon children toys that made great gifts, festive Christmas tree decorations and currently they are making wood turkeys that make a great decoration for the upcoming fall season. ***Even though we do not see the Men's Group in the Centre, we truly appreciated all that they do as volunteers for the Centre!***



**For information on Support Services, volunteering, E.R.I.K. kits or Gathering Places contact Rachel at 204-987-8850 ext. 108 or [rachel@stjamescentre.com](mailto:rachel@stjamescentre.com)**

# Community Resources

## Community Resources

### 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 Rachel at 204-987-8850 ext. 108.

### Stroke Recovery Support Group

The peer support groups meets the **4th Wednesday of every month** at the St. James 55+ Centre at **1:00 p.m.** We discuss stroke related issues and chat about day-to-day challenges. The group is open to stroke survivors and their care givers.

### Parkinson's Support Group

This is a Support Group for people living with Parkinson's and their family members to share their experiences. From time to time speakers may make presentations on a variety of issues related to Parkinson disease. The group **meets the 2nd Wednesday of each month** (September-June) from **1:30 - 3:00 PM** at the St. James Assiniboia 55+ Centre, 3rd floor 203 Duffield St.



### 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. A 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.

## Celebrate Life Today. Be Remembered Tomorrow.

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# 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 **November/December newsletter** will be available on **Tuesday, October 3** 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 Rachel at 204-987-8850 ext. 108



### Please Join Us For Great Entertainment

**Sturgeon Creek I**  
10 Hallonquist Dr  
**204.885.1415**

**Sturgeon Creek II**  
707 Setter St  
**204.885.0303**

**Fri, Sept 1 • 3pm**  
Happy Hour with Entertainment  
by *Neil Keep*

**Tue, Sept 12 • 10:30am**  
Chair Zumba Class

**Mon, Oct 2 • 1:30pm**  
Tai Chi Class

**Wed, Oct 11 • 7pm**  
Evening Entertainment by  
"Do You Know Harmony"

**Fri, Oct 27 • 2:30pm**  
Rhythm Drumming Workshop

**Wed, Sept 13 • 2:30pm**  
Disability tax credit presentation

**Sat, Sept 23 • 2:30pm**  
Saturday afternoon musical  
interlude with *Richard Miles*

**Thurs, Sept 28 • 7pm**  
German Club Band performance

**Fri, Oct 13 • 10:45am**  
Catholic Mass

**Wed, Oct 18 • 2:30pm**  
Celebrate The Group of Seven  
with music of the 1920's

**Fri, Oct 27 • 7-9pm**  
Halloween Howl with *Rewind*

[www.allseniorscare.com](http://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.  
Sept. 4 – Oct. 30  
(Centre closed  
Oct. 9th)

**Singsationals Choir**  
10:15 – 11:30 a.m.  
Mondays, Sept. 11 – Dec. 11  
Cost: \$70 Full Year/\$40 Half Year

**Bowling**  
1:00 p.m. Cost: \$7  
Sept. 11, Oct. 16  
Polo Park Lanes

## Tuesday

**Knitting & Crocheting Club**  
9:30 – 11:00 a.m.  
Sept. 5 – Oct. 31

**Euchre**  
12:30 – 3:00 p.m.  
Sept. 12 & 26  
Oct. 17 & 31

**Lunch with Friends**  
Meet at the restaurant at 11:30 a.m.  
**Sept. 26 – Taverna Rodos**  
(5114 Roblin Blvd)

**Stamp Club**  
1:00 – 3:00 p.m.  
Sept. 19  
Oct. 3, 17

**Coffee Talk**  
2:00 – 3:30 p.m.  
Sept. 26 – Oct. 31

**Oct. 31 – St. James Legion #4**  
(1755 Portage Ave)  
**\*Must pay for own lunch. Registration  
deadline 1 week prior. Max. 20 people**



**55+ Men's Group**  
1:00 – 4:00 p.m. Sept. 5 – Oct. 24  
3172 Portage Ave



## Wednesday

**55+ Men's Group**  
1:00 – 4:00 p.m.  
Sept. 6 – Oct. 25  
3172 Portage Ave

**Company of Friends**  
11:00 a.m.  
Sept. 13, 27  
Oct. 11, 25

**Floor Curling**  
1:00 – 3:00 p.m.  
Cost: \$25  
Sept. 20 – Dec. 6

**Book Club 1:30 p.m.**  
Sept. 27 & Oct. 25  
Books TBD at September Meeting

## Thursday

**55+ Men's Group**  
1:00 – 4:00 p.m.  
Sept. 7 – Oct. 26  
3172 Portage Ave

**Lunch and a Movie**  
12:00 p.m.  
Sept. 7 – A United Kingdom  
Oct. 5 – Going in Style  
Oct. 19 – The Shack  
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. Sept. 1 – Oct. 27

## Saturday

**Floor Curling (Competitive)**  
9:00 a.m. – 12:00 p.m. Oct. 14 – Dec. 16  
Cost: \$2 members/\$3 non-members

*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  
Shoppers Drug Mart



### Dr. DOUG EYOLFSON MEMBER OF PARLIAMENT CHARLESWOOD-ST.JAMES-ASSINIBOIA-HEADINGLEY

Please join me for a National  
Seniors' Strategy Consultation

St. James Assiniboia 55+ Centre  
203 Duffield Street  
Tuesday, August 22  
2:00 p.m. to 3:30 p.m.



204.984.6432 DOUG.EYOLFSON@PARL.GC.CA  
@DOUGEYOLFSON 3092 PORTAGE AVENUE

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A headshot of Scott Johnston, a man with short grey hair, wearing a dark suit and a light-colored shirt. He is looking directly at the camera with a neutral expression.

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

Proud to be part of the community