



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.

New Year's Breakfast

Thursday, Jan. 4 @ 9:30 a.m.

Join us for breakfast at the Centre to kick off 2018 and rid yourself of those post-holiday blues! For breakfast we'll have a mouth-watering French toast bake, sausages and fruit salad. And of course coffee, tea & juice!

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

Registration deadline: December 21st



The Inclines at Club Regent Casino

Sunday, January 28th

Leaving Centre at approximately 1:00 p.m. (will be confirmed closer to the date)

Show is at 3:00 p.m.

Head to the Club Regent Casino with the Centre and see The Inclines. The Inclines "Sweet Dreams of Patsy Cline" is a musical celebration of the life and times of the legendary Patsy Cline. Through narration and song, The Inclines revisit Patsy's life from her humble beginnings to the tragic accident that took her life on March 5, 1963.

Cost: \$30 (includes ticket and bus transportation to the Casino)

Registration Deadline: January 8th



KEY DATES

- Jan 4** New Year's Breakfast
- Jan 9** CHMA Mental Health
- Jan 11** Lunch and a Movie
- Jan 12** Intro to Meditation
- Jan 17** Disability Tax Credit
- Jan 18** Lunch with an Author
- Jan 19** Drawing/Watercolour
- Jan 25** Cook and Eat
- Jan 28** Inclines Club Regent
- Feb 1** Lunch and a Movie
- Feb 2** Health & Wellbeing Workshop
- Feb 6** Protecting from Frauds
- Feb 7** South Beach Casino
- Feb 7** Wellness Walks
- Feb 13** Valentine's Lunch
- Feb 15** Lunch and a Movie
- Feb 21** Understanding Arthritis
- Feb 22** Breakfast of Champions

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 **Jan/Feb** will be accepted starting **December 14th**. We will continue to accept registrations ongoing after this date as space allows in the programs.

The next registration date (for new programs starting **Mar/Apr** will be **Thursday, February 15th**.

WE WANT TO HEAR FROM YOU!

St. James Assiniboia 55+ Centre

3 - 203 Duffield Street
Winnipeg, MB R3J 0H6

Phone: 204-987-8850

Email: info@stjamescentre.com

Website: www.stjamescentre.com



Follow us on Twitter
[@stjamescentre](https://twitter.com/stjamescentre)



Look for us on Facebook

STAFF DIRECTORY

Tish Best	Executive Director
Meaghan Wilford	Program Coordinator
Rachel Wonnek	Seniors Resource Coordinator
Lisa Twomey	Congregate Meal Program Coordinator & Program Assistant
Carol Sandilands	Administrative Assistant

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

Elizabeth St. Godard	Community Dietitian
Lorna Shaw-Hoeppner	Community Dietitian

BOARD OF DIRECTORS

Gerald Knutson <i>President</i>	Marilyn Robinson <i>Past President</i>	Ian McCausland <i>Vice President</i>
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Deanne Crothers <i>Director at Large</i>	Sharon Walters <i>Ex-Officio</i>	

250 \$25 Donations

Thank you for supporting our
250 \$25 donations campaign
in 2017.

Stay tuned for eblasts and
The March/April newsletter
to see our final total!



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!****

South Beach Casino Trip

Wednesday, February 7th

Leaving Centre at 9:00 a.m. Departing Casino at 3:00 p.m.

Head to South Beach Casino for the Day. Day includes round trip transportation to South Beach Casino buffet lunch and bingo on the bus with prizes.

Cost: \$25

Registration Deadline: January 22nd



Wednesday Wellness Walks

Join us for two indoor walks at local malls to become wellness champions! We will end the walk with lunch at the Food Court* (*Must pay for own lunch)

Wednesday, February 14th

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

Meet at CF Polo Park Food Court (1485 Portage Ave)

Cost: \$2



Wednesday, February 21st

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

Meet at Outlet Mall Winnipeg Food Court (555 Sterling Lyon Pkwy)

Cost: \$2



FUNDRAISING

Valentine's Day Bake Sale

We will be having a bake sale at Deer Lodge Centre on Wednesday, **February 14th from 9:00 to 12:00 p.m.** If you are able to donate baking please sign up at the centre and deliver the baking on February 13th. We will package and price all the baking but we need donations in order for this to be a success!



Scott FIELDING
MLA for Kirkfield Park


Constituency Office
3129 Portage Avenue
Winnipeg, MB R3K 0W4
t. 204.889.0540
scott@scottfielding.ca
www.scottfielding.ca



Shawn Dobson
City Councillor • St. Charles Ward

204-986-5920
sdobson@winnipeg.ca

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- Diabetic Foot Care

Dr. Teresa Tierney

New Patients Welcome (No referral needed)

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

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.

Going for Gold ... In the Golden Years

Regardless of your age, eating healthy, tasty, nourishing foods should be the gold standard. Yet as we age, the bar is often set far too low.

Eating well can improve vitality, health and overall well-being. Good nutrition can also reduce the risk of chronic diseases such as heart disease, osteoporosis, diabetes and certain types of cancer.

Healthy eating can be a challenge at any age, but older adults face some unique ones. As we age, we need fewer calories to maintain a healthy weight, but we actually need more of certain nutrients such as protein, calcium, vitamin D, and vitamin B12. It can be even harder to get



enough nutrients if you have a special diet, poor appetite or issues accessing or preparing food.

You deserve to eat well even when cooking for one or two.

Here are a few tips to keep you on track:

1. Meal planning isn't just for large families. A little planning can help you eat your best while saving time, energy, money and reducing food waste.
2. Use Canada's Food Guide to balance meals and to get enough energy and those key nutrients. Fill ½ your plate with vegetables, ¼ with protein (i.e. lean meat, fish or legumes) and ¼ with grains and starches (i.e. whole wheat pasta, brown rice or potatoes).
3. Simplify your idea of healthy eating. Learn simple recipes, make use of leftovers or prepare no-cook meals like a salmon sandwich, sliced tomatoes and a glass of milk.
4. Take the work out of cooking and put the joy back into eating. Learn about cooking clubs, congregate meal programs and grocery delivery services.

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 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.

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.



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.*



Home Again- January 11th

Recently separated from her husband, Alice (Reese Witherspoon) decides to start over by moving back to Los Angeles with her two daughters. Alice soon meets Harry, George and Teddy, three young filmmakers who move in with the family. As Alice develops a budding romance with Harry, her newfound happiness comes crashing down when her ex shows up with a suitcase in his hand.

Megan Leavey- February 1st

The true life story of Megan Leavey, a young Marine corporal whose unique discipline and bond with a military combat dog saved many lives during her deployment in Iraq. Over the course of their service, Megan and Rex complete more than 100 missions until an improvised explosive device injures both, putting their fates in jeopardy

Paris Can Wait- February 15th

Anne is at a crossroads in her life. Married to a successful but inattentive movie producer, she unexpectedly finds herself taking a car trip from Cannes to Paris with her husband's business associate. What should be a seven-hour drive turns into a carefree two-day adventure, reawakening Anne's senses and giving her a new lust for life

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 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.*

Stamp Club

You can now find pretty near anything on a stamp from birds, paper clips, animals, flowers and Santa Claus. The Centre's Stamp Club meets on the first and third Tuesday of the month. If you are a collector or have an interest in stamps, check out a meeting as you are sure to learn something interesting, and get your stamp questions answered. Meetings start at 1pm and usually last a couple of hours. The first meeting for 2018 will be on the 16th January.



Coffee Talk

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.

Easy 2 minute Brownie for One

INGREDIENTS:

- 4 tsp flour
- 4 tsp sugar
- 2 tsp unsweetened cocoa powder
- 2 tsp oil (I used vegetable oil)
- 2 tsp water
- 1/4 tsp vanilla
- 1 tbsp chocolate chips



INSTRUCTIONS:

Mix all of the ingredients together with a fork in a tiny bowl, small mug or ramekin. Throw a few chocolate chips on top if you wish.

Microwave on high for 30-40 seconds.

Call for a free, no-obligation appointment
204.953.3720

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Home Instead
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Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead can help.

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- Personal Care
- Meal Preparation
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- Medication Reminders
- Incidental Transportation
- Shopping and Errands
- Alzheimer's/Dementia Care

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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.

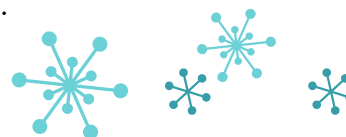
Lunch with an Author

Thursday, Jan. 18th @ 11:30 a.m.

Come to the Centre for a delicious lunch with Author/Historian Janis Thiessen. After lunch she will discuss her book "Snacks: A Canadian History" which profiles several iconic Canadian snack food companies and the roots of our deep loyalties to different snack foods. You will also have a chance to win a copy of her book!

Cost: \$10 Members \$12 Non-Members

Registration deadline: January 15th



Valentine's Lunch with Leo Gosselin

Tuesday, February 13th @ 12:00 p.m.

Join us at the Centre for a festive Valentine's Day lunch. After lunch we'll enjoy the music of Leo Gosselin on his Grand Chapman stick.

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

Registration deadline: February 9th



Breakfast of Champions

Thursday, Feb. 22 @ 10:00 a.m.

Join us at the Centre to watch and cheer on Team Canada in the Winter Olympics while we enjoy a delicious breakfast fit for a champion!

Cost: \$8 Members \$10 Non-Members

Registration deadline: February 19th



Soup More \$3/bowl

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

Jan. 9th	Cheddar Chicken
	Creamy Tomato Parm
Jan. 23rd	Italian Wedding
	Wild Rice with Mushroom
Feb. 6th	Chicken Pot Pie Soup
	Creamy Zucchini & Carrot
Feb. 20th	Roasted Garlic Potato
	Cheeseburger Soup



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

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:

Thurs., Jan. 25th at 11:30 a.m.

NOTE: You should anticipate to stay for 2-2.5 hours each session)

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**



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.

Singsationals

Mondays, January 8th to May 14th
(Centre closed Feb 19th and April 2nd)
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: \$40 half year.



iPad Group Learning

Wednesdays, February 7th to 28th
11:00 a.m. to 12:00 p.m.

Come and learn how to use an iPad in this group learning setting. We have borrowed iPads from MASC for this session for you to try out and learn through their self-learning handbook. Someone will be available for questions, but this lesson format is in a group-learn style through the manual.

Cost: \$5 members/non-members

Fun With Flowers

Thursday, February 8th
10:00 a.m. to 11:00 a.m.

Kat will guide participants step by step in order to create a stunning Valentine's floral centerpiece arrangement. All supplies will be provided and no experience necessary.

Cost: \$15 members, \$18 non-members

Instructor: Katherine Degner



Drawing and Watercolour Painting Classes

Fridays, January 19th to March 9th
12:30 to 3:00 p.m.

You will learn Drawing Basics and Watercolor Basics along with several Watercolor Techniques. Easy Step by Step Instruction. You will complete a minimum of 2 paintings ready to frame. No experience necessary. There is an \$18 course materials fee to be paid to the instructor at the first class as all materials are supplied. (Students "returning" for classes will be taught additional techniques and will work on a more advanced program.)

Instructor: Brenda Adams

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



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

Fitness Safety Orientations

Fridays: Jan. 5th, 19th, Feb. 2nd or 16th

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

Cost: \$5 (members only)

Lite n' Lively

Mondays: Jan. 15 - Mar. 26th (no class Feb 19)

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

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

Instructor: Sue Keyton

Zumba Gold

Mondays: Jan. 15-Mar. 26th

(no class Feb 19)

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

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

Instructor: Sue Keyton



Monday Yoga

Mondays: Jan. 15 - Mar. 26th (no class Feb 19)

1:15 -2:45 p.m.

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

Instructor: Sue Keyton

Wednesday Evening Yoga

Wednesdays: Jan. 10th - Mar. 28th (12 Weeks)

6:30 p.m. to 8:00 p.m.

Cost: \$140 members/\$160 non-members/
\$15 drop in fee

Instructor: Sue Keyton

Line Dancing

Wednesdays Jan. 17th to Mar. 21st

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

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

Instructor: Karen Hodgins

Series of 6 Health & Wellbeing Workshops

Fridays, February 2nd to March 9th (6 Weeks) from 9:30 - 11:00 a.m.

- Continuing the series by exploring the link between science & spirituality.
- Introducing the teachings of Dr. Wayne Dyer, some fascinating research from scientists Gregg Braden & Dr. Joe Dispenza on the power of the mind & heart.
- Spaces will be limited to 12 to facilitate.
- More interactive group discussions & review your personal meditation practice & progress.
- Must have some meditation experience or taken the "Intro to Meditation" to attend this series.

No Drop-ins.

Cost: \$75 members/\$90 non members

Instructor: Sue Keyton

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.

Growing Young

Tuesdays: Jan. 16th to Mar. 20th

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

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

Instructor: Sue Keyton



Growing Young

Fridays: Jan. 19th to Mar. 23rd

11:45 a.m. - 12:45 p.m.

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

Instructor: Sue Keyton



Intro to Meditation

Friday, January 12th 9:30 a.m. to 11:00 am.

This session is a great opportunity to learn the basics of meditation or simply to refresh your knowledge & skills.

Highly recommended if you are considering taking the series of 6 health & well being workshops.

Cost: \$15

Instructor: Sue Keyton



Pickleball Winter session Jan. 3 - Mar. 30

Westwood Community Church

401 Westwood Dr.

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

Sturgeon Heights Community Centre

210 Rita Street

Monday

Advanced 8:00 - 10:30 a.m.

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

Novice 1:30 p.m. - 4:00 p.m.

Wednesday

Advanced 8:00 - 10:30 a.m.

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

Novice 1:30 p.m. - 4:00 p.m.

Friday

Advanced 8:00 - 10:30 a.m.

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

Novice 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

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



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.

Disability Tax Credit

Wednesday, January 17th

Location: St. James Assiniboia 55+ Centre
1:30 - 2:30 p.m.

The disability tax credit is often overlooked due to individuals and their families uncertainties if it applies to their situation. Join us as we identify, interpret and streamline the information about how to applying for the non-refundable Disability Tax credit. Please bring your 2016 Notice of Assessment letter.

Presenter: A Step Beyond & Associates - Peter J. Manastyrsky

Cost: \$2

Mental Health & Older Aging

Tuesday, January, 9th

Location: The Westhaven 3033 Portage Ave
Lunch and Tour: 12:00 - 2:00 p.m.
Presentation: 2:00 - 3:00 p.m.

Join us for lunch and a tour prior to the presentation. As we age we often face different health problems, including mental health. Join us as we look at what is mental health, what are some common mental health problems and what tools there are in our surrounding community to support good mental health and where to reach out to if help is needed.

Presenter: Canadian Mental Health Association

Cost: \$2



Protecting from Frauds

Tuesday, February 6th

Location: St. James Assiniboia 55+ Centre
1:30 - 2:30 p.m.

With more older adults than ever online and engaged in social media, seniors are at an ever-increasing threat that their financial and other personal information will be compromised. Protect Seniors Online will focus on the cyber threats that can put older adults in jeopardy providing valuable resources and reinforce why it's so important for a trusted presence to assist seniors in ensuring they are not vulnerable to individuals who would desire to do them harm.

Presenter: Jeanette Brigit - Home Instead Seniors Care

Cost: \$2

Understanding Arthritis

Wednesday, February 21st

Location: Sturgeon Creek 2 @ 707 Setter Street
2:00 - 3:00 p.m.

Learn how to tell the difference between degenerative and inflammatory arthritis. Learn a few tricks of the trade to help you live well and cope with daily activities.

Presenter: The Arthritis Society

Cost: \$2



If you have any suggestions for presentations or would like to talk about the possibility of having presentations in your building please call Rachel at 204-987-8850 ext 108 or email: rachel@stjamescentre.com

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 Assiniboia 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, Connie Newman, 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

Christmas Fundraising Volunteers

Throughout December we had an abundance of volunteers step up and help out in a wide variety of ways. In the Centre we had volunteers who helped put together all of our wonderful Christmas fundraising items and who donated delicious baked goods to our Christmas Dinner Baking Auction. Outside of the Centre we had volunteers who used their talents to knit scarves that were donated to Koats for Kids and we had the Men's Group who volunteered their time in making the wooden pull toys that made great Christmas gifts!

Thank you to everyone that has volunteered in 2017. Without all of the volunteers over the past year the Centre would not have been the same!



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

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 Group meets the **4th Wednesday of every month** at the St. James 55+ Centre at **1:00 p.m.** They discuss stroke related issues and chat about day to day challenges. The Group is open to stroke survivors and their caregivers.

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's disease. The group **meets the 2nd Wednesday of each month** (September-June) from **1:30 - 3:00 p.m.** 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
- legal services
- dental hygiene
- laundry
- meals, etc.

Celebrate Life Today. Be Remembered Tomorrow.

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



We are here to assist you with:

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

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



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

Registration Information

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

Membership \$40/year

Benefits include:

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

Early Registration

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

Refund Policy

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

Newsletter Release Date

The **March/April newsletter** will be available on **Tuesday, Feb. 6th** after 12:00 p.m. If you prefer to receive the newsletter by email, phone reception at 204-987-8850. For those interested in volunteering to deliver newsletters, please contact Rachel at 204-987-8850 ext. 108



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



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

Parking Passes

Working together with the Winnipeg Parking Authority (WPA), the Centre has implemented a "Virtual Parking Pass". The 2018 passes are available for \$5.00 and in effect Jan. 3rd – Dec. 31st, 2018. Details at 204-987-8850.



St. James Assiniboia 55+ Centre Drop-In Calendar

Monday

Scrabble
1:00 – 3:00 p.m.
Jan. 8th – Feb. 26th
(Centre closed
Feb. 19th)

Singsationals Choir
10:15 – 11:30 a.m.
Jan. 8th to May 14th
(Centre closed Feb. 19th, Apr. 2nd)
Cost: \$40 Half Year

Bowling
1:00 p.m.
Jan. 8th, Feb. 12th
Polo Park Lanes
Cost: \$7

Tuesday

**Knitting &
Crocheting Club**
9:30 – 11:00 a.m.
Jan. 2nd – Feb. 27th

Euchre
12:30 – 3:00 p.m.
Jan. 16 & 30
Feb. 13 & 27

Lunch with Friends
Meet at the restaurant at 11:30 a.m.
January 30th - Red Lobster
(1540 Portage Ave)

Stamp Club
1:00 – 3:00 p.m.
January 16th
February 6th, 20th

Coffee Talk
2:00 – 3:30 p.m.
Jan. 2nd – Feb. 27th

February 27th - Assiniboine Hotel
(1975 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. Jan. 2nd – Feb. 27th
3172 Portage Ave

Wednesday

55+ Men's Group
1:00 – 4:00 p.m.
Jan. 3rd – Feb. 28th
3172 Portage Ave

Company of Friends
11:00 a.m.
Jan. 3rd, 17th, 31st
Feb. 14th, 28th

Floor Curling
1:00 – 3:00 p.m.
Cost: \$25
Jan. 10th – May
16th

Book Club 1:30 p.m.
Jan. 31 "Hidden Figures" -
Margot Lee Shetterly
Feb. 28 Book of Choice

Thursday

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

Lunch and a Movie
12:00 p.m.
Jan. 11th – Home Again
Feb. 1st – Megan Leavey
Feb. 15th – Paris Can Wait
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



Saturday

Floor Curling (Competitive)
9:00 a.m. – 12:00 p.m. January 6th – April 28th
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.

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I'd like to wish all
readers of the St. James
Assiniboia 55+ Centre
Newsletter a Happy New
Year and warm wishes
for a great year ahead!



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