



**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

<b>Jul 5</b>	Lunch and a Movie
<b>Jul 6</b>	Winnipeg Dessert Tour Part 1
<b>Jul 10</b>	Winnipeg Goldeyes
<b>Jul 12</b>	BBQ & Bingo
<b>Jul 12</b>	Fun with Flowers
<b>Jul 17</b>	Morden's Chocolates
<b>Jul 19</b>	Lunch and a Movie
<b>July 24</b>	Bella's Castle Teahouse
<b>Jul 27</b>	Winnipeg Dessert Tour Part 2
<b>Jul 31</b>	Winnipeg Dessert Tour Part 3
<b>Aug 2</b>	Lunch and a Movie
<b>Aug 8</b>	Lake of the Woods Boat Trip
<b>Aug 10</b>	Iberville Hutterite Colony
<b>Aug 14</b>	CMHR
<b>Aug 23</b>	Lunch and a Movie

## Winnipeg Dessert Tour

**Part I: Friday, July 6th - Chaeban Ice Cream (390 Osborne St.) at 1:30 p.m.**

**Part II: Friday, July 27th - BDI (766 Jubilee Ave.) at 1:30 p.m.**

**Part III: Tuesday, July 31st at 1:30 p.m. Baked Expectations (161 Osborne St.) \*\*For all trips we will be leaving the Centre at 1:00 p.m.\*\*** Tag along on this three-part dessert tour starting Friday July 6th at the recently-opened Chaeban Ice Cream Shop on Osborne Street. Next we will be visiting the locally renowned Bridge Drive-In (BDI) on Friday, July 27th. The tour will conclude Tuesday, July 31st at Baked Expectations located in the heart of Osborne Village.

**Carpooling Volunteers Needed. Cost: Pay-per-serving**

## Winnipeg Goldeye's Game

**Tuesday, July 10th**

**Departing Centre at 10:15 a.m.**

Don't miss your back-to-back defending champions take on Sioux Falls in this matinee ball game. Registration includes Grand Slam Ticket, hot dog, chips, canned drink, and mini donuts. **Carpooling Volunteers Needed.**

**Cost: \$25 members/\$30 non-members**

**Registration Deadline: Wednesday, June 27th**



## BBQ + Bingo

**Thursday, July 12th at 12:00 p.m.**

**Thursday, August 16th at 12:00 p.m.**

Join us for a fun afternoon and a summer BBQ Lunch followed by Bingo. Register in advance for your chance to win prizes!

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

**Registration Deadline: Tuesday, July 10th/Aug. 14th**



## 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 **July/August** will be accepted starting **June 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 **Sept/Oct**) will be **Thursday, August 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](mailto:info@stjamescentre.com)

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



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



Look for us on Facebook

## STAFF DIRECTORY

<b>Meaghan Wilford</b>	Executive Director
<b>Rachel Wonnek</b>	Seniors Resource Coordinator
<b>Paul Brown</b>	Program Coordinator
<b>Vacant</b>	Congregate Meal Program Coordinator
<b>Carol Sandilands</b>	Administrative Assistant
<b>Brody Osadick</b>	Summer Student

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

#### Healthy Aging Resource Team Facilitators:

<b>Elizabeth St. Godard</b>	Registered Dietitian
<b>Lorna Shaw-Hoeppner</b>	Registered Dietitian
<b>Lisa Newman</b> BSW, RSW	Social Worker

## 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>Kathy Elias</b> <i>Treasurer</i>	<b>Connie Newman</b> <i>Director at Large</i>	<b>Janet Jackmann</b> <i>Director at Large</i>
<b>Marian Dore</b> <i>Director at Large</i>	<b>Maurice Mazerolle</b> <i>2nd Vice President</i>	<b>Dr. Dawn-Marie Turner</b> <i>Director at Large</i>
<b>Sharon Walters</b> <i>Ex-Officio</i>		

## City of Winnipeg Recreation Passes

**On sale from August 1 - 31**

Forms can be found on our website or at the Centre. For more information call 204-987-8850. Passes are for Oct. 1, 2018

Pass Type	6 Month Facility	1 Year Facility
	\$185	\$340
Pass Type	6 Month Combo	1 Year Combo
	\$246	\$473



# 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! FOR DAY TRIPS ONLY, the 4 hour parking will be lifted allowing cars to be parked for longer periods of time.\*\***

## Morden's Chocolates

Tuesday, July 17th

674 Sargent Avenue

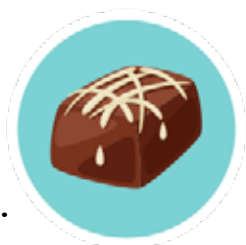
Departing Centre at 10:00 a.m.

Class from 10:30-11:30

Satisfy your sweet and salty cravings with a hands-on candy and wafer-making workshop facilitated by Morden's Chocolatier. Please note: Bathrooms are located on the second floor of this building with no elevator. *Carpooling Volunteers Needed.*

**Cost: \$20 members/\$25 non-members**

*Registration Deadline: Friday, July 6th*



## Morris Stampede

Friday, July 20th. Departing Centre at 10:30 a.m.

Experience the one and only professional rodeo in Manitoba. Well known for his energy, costumes, and crowd interaction, Gordo Bone will lead the stampede in fashion. Register early to witness the energy and antics of Gordo Bone's Rodeo Show and Chuckwagon Race in Morris, Manitoba. Event schedule to be announced. *Carpooling Volunteers Needed.*

**Cost: \$25 members/\$30 non-members**

*Registration Deadline: Friday, July 6th*



## Bella's Castle Teahouse

Tuesday, July 24th

572 Stephen Street - Morden

Departing Centre at 10:30 a.m.

Enjoy a beautiful getaway lunch at the historic Bella Castle Teahouse in Morden, Manitoba. This century-old stone house is furnished with antiques from the early 1900s to create an authentic visitor experience. *Carpooling Volunteers Needed.*

**Cost: \$8 members/\$12 non-members**

*Registration Deadline: Tuesday July, 17th*



## Lake of the Woods Boat Trip

Wednesday, August 8th

Departing from St. James Civic Centre at 8:00 a.m.

Let's head down to Kenora for a fantastic day of shopping, sailing and lunch on the Lake of the Woods.

After we arrive in Kenora, check out the local stores and the Matiowski Farmers Market where the Whitecap Pavilion plays host to over 100 Market Vendors. Then hop on-board the M.S. Kenora boat for an afternoon cruise and lunch before heading back to the city. Your registration fee includes lunch, transportation (bus and boat). *Please note: there is a washroom on the bus.*

**Cost: \$110 Members & Non Members**

*Registration Deadline: Wednesday, July 25th*





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## Iberville Hutterite Colony

Friday, August 10th

Departing Centre at 10:30 a.m.



Join the Centre for a tour of one of our favourite Hutterite Colonies. We will be having lunch and a tour of this rural colony where you can learn more about life on a Colony. Bring your spare change to buy delicious pies, bread, jam and more from their farmers market. *Carpooling Volunteers Needed.*

**Cost: \$20 members/\$25 non-members**

*Registration Deadline: Friday, August 3rd*

## Carman Bell Aura Bistro

Wednesday, August 22nd

Departing Center at 10:15 a.m.



Join the Centre as we take a drive to Carman for a beautiful lunch buffet provided by Bell Aura Bistro. This diner serves delightful and nutritious homemade dishes inside what was formerly used as a Presbyterian Church. *Carpooling Volunteers Needed.*

**Cost: \$25 members/\$30 non-members**

*Registration Deadline: Tuesday, August 14th*



## Canadian Museum for Human Rights

Tuesday, August 14th

85 Israel Asper Way

Departing Centre at 10:00 a.m.

Come on down to the Forks and experience an interpretive tour at the Canadian Museum for Human Rights. This 90-minute tour will focus on several exhibitions and galleries including the One Woman's Resistance exhibition, Mandela: The Struggle for Freedom exhibition; and the Examining the Holocaust gallery. These exhibitions are offered for a limited time only - Don't miss your chance to learn about these pivotal moments in human history. *Carpooling Volunteers Needed.*

**Cost: \$25 members/\$30 non-members**

*Registration Deadline: Friday, August 3rd*

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## McLeod House Tea Room

Tuesday, August 28th, 292 Main Street, Stonewall

Departing Centre at 10:45 a.m.

McLeod House serves a variety of homemade desserts, homemade soup, four varieties of delicious sandwiches, and salads with freshly made dressings and a daily feature item. Participants are responsible for paying for their own lunch. Afterwards, we will do a bit of shopping in Stonewall. *Carpooling Volunteers Needed.*

**Cost: \$8 members/\$12 non-members**

*Registration Deadline: Tuesday, August 20th*



## PROGRAM PLANNING WORKSHOP

Friday July 6th and Friday July 13th (if necessary)

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

Multipurpose Room  
(Southside) 203 Duffield  
3rd Floor



Join fellow members to discuss and explore program themes, issues, and alternatives for the St. James-Assiniboia 55+ Centre. This group session will focus on identifying membership values; program opportunities; and accessibility concerns. Group discussion/activities will be led by summer student Brody Osadick.

**Cost: Free (members only)**

*Registration Deadline: Wednesday, July 4  
(max. 8 people per session)*

## MEMBERSHIP SURVEY

June 11th through July 13

Available at the Members Lounge and online at [www.stjamescentre.com](http://www.stjamescentre.com)

Please take 15 minutes to provide feedback on our programs and services for your chance to win a **FREE one-year membership to the St. James-Assiniboia 55+ Centre**. Contact information must be provided to be entered into the draw. We appreciate and value your input!



# 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.

## Protect Your Skin

After such a long winter, many of us are looking forward to summer. However, it is important to remember to protect our skin from too much sun. Our skin is our largest organ, which makes it very important to our health.



### Our skin is involved in:

- Protecting our muscles, bones and blood vessels from infection and pollution
- Allowing us to make Vitamin D from sunlight
- Controlling our body temperature by keeping us warm or cooling the body through sweating
- Allowing us to sense if objects are hot or cold, sharp or dull, etc. When you are planning to be out in the sun, remember

### Health Canada's tips:

- Check the weather forecast before outdoor activities
- If the UV index is 3 or higher, wear sunscreen, sunglasses and a hat to protect you from the sun's rays.
- Sunscreen of SPF 15 or higher should be applied 20 minutes before going in the sun and reapplied every two hours and after swimming.
- The sun's rays are strongest between 11:00am and 4:00pm -Try to avoid being in the sun during these hours

*(Ester Olufe, Direct Service Staff Newsletter 2015)*



## 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 or Social Worker phone: 204-940-3261**



**Elizabeth St Godard RD**  
Dietitian



**Lorna Shaw-Hoeppner RD**  
Dietitian



**Lisa Newman, BSW, RSW**  
Social Worker



# 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).

## Introducing our new Program Coordinator Paul Brown

I am excited to be joining the team here as the Program Coordinator and am looking forward to participating in the excitement that goes on from day to day. My background has been working in program departments in Personal Care homes and most recently working with individuals with intellectual disabilities. I invite you to stop by and say hi when you are in the centre. My door is always open and I look forward to getting to know you and partner with all of you to continue to provide excellent and exciting programs. Questions or ideas for our Drop-In programming? Contact Paul at 204-987-8850 ext. 105 or email [paul@stjamescentre.com](mailto:paul@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.*



#### Thursday July 5th - Wonder

Inspired by true events and based on the New York Times bestseller, WONDER tells the heartwarming story of August Pullman, a boy with a genetic abnormality who enters elementary school for the first time.

#### Thursday July 19th - I Tonya

In 1991, figure skater phenome Tonya Harding becomes the first American woman to complete a triple axel during a competition. Suddenly, Harding's Olympic legacy is destroyed as she is forever implicated in one of the most infamous scandals in sports history.

#### Thursday August 2nd - The Darkest Hour

During the early days of World War II, the fate of Western Europe hangs on the newly-appointed British Prime Minister Winston Churchill, who must decide whether to negotiate with Hitler, or fight on against incredible odds.

#### Thursday August 23rd - The Leisure Seeker

Traveling in their family RV, John and Ella seek one last road trip across the country before their illnesses catch up to them. The Leisure Seeker adds an element of confusion and memory-loss as a convenient narrative device, forcing secrets to emerge in unlikely ways.

# Educational Programs

## Fun with Flowers

Thursday, July 12th and  
Thursday, August 30th

10:00am - 11:00am

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

**Cost: \$15 members/\$18 non-members each class**

*Instructor: Kat Degner*

*Registration Deadline:  
July 5th and August 23rd*



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# Wellness Profiles

## Pierette - Nursing Foot Care

Pierette Boucher, certified foot care nurse has been providing foot care services with the St. James Assiniboia 55+ Centre since 1999. In 2015 she left the wellness foot clinic at the Centre to provide foot care throughout the community of St. James. I am grateful to work alongside with the St. James Assiniboia 55+ Centre, I love meeting new people and I enjoy the opportunity of service.

The St. James Assiniboia 55+ Centre offers the foot services at the Centre as well as selected apartment complexes through the St. James Assiniboia area on a monthly basis for the following locations, residents only: Sinawik Bay (75,90,100,135,155), Kiwanis (23 Ness), Columbus Courts (253 Edgeland Blvd), Colorado Estates (144 Ferry Road), Lions Estates (868 Sturgeon Road) and private homes as needed.

### The services included:

- Physical assessment of client's feet
- Nails are trimmed and filed smooth
- Corns and calluses are filed and smoothed
- Trimming of ingrown toenails
- Education and detection for treatment of problem nails
- Special care for the feet of diabetics
- Recommendation for management of foot deformities
- Advice in hygiene and footwear



If you want more information or would like to make an appointment call the St. James Assiniboia 55+ Centre or visit

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

*Love your feet, Give them tender loving care.*



# Wellness Profiles

## Heather Unrau, Physiotherapist, NRG Physiotherapy

*NRG Therapy is offering physiotherapy services through the St James Centre every Monday and Friday at 9:00 am - 3:00 pm (excluding holidays).* If you experience any general aches/pains or have a new/old injury, give physiotherapy a shot! Physiotherapists are trained in muscle, bone, and joint rehabilitation and have background knowledge of various heart, lung and neurological diseases. Treatment techniques often include stiff joint mobilization, soft tissue massage, as well as a stretching and strengthening program. Our therapist will provide a personalized assessment and treatment plan to fit your specific injury or limitations and get you back to your activity goals whether that means simply staying active around the house or improving your handicap on the golf course! The therapist representative of NRG is Heather Unrau. Heather graduated first from the University of Winnipeg with a Bachelor of Arts in Kinesiology then from the University of Manitoba with a Master's degree in Physical Therapy. She enjoys staying active at the gym, around the house, and the occasional (okay... frequent) round of golf.

**Book your appointment today and get back to being active!**



## Donagh Peters, LPN and Foot Care Nurse

Did you know that you have 26 bones in your feet? That is  $\frac{1}{4}$  of all the bones in your body. My name is Donagh Peters. I am an LPN and a Foot Care Nurse. I have been providing foot care at the St. James Assiniboia 55 plus Centre since 2015.

Foot Care nursing is a regulated profession. We provide foot care to a variety of people including diabetics, individuals with peripheral artery and vascular disease, or anyone with difficulty reaching their feet. We treat corns, calluses, and ingrown toenails as well as providing lower leg and foot assessments.



## Don Derksen, Registered Massage Therapist (RMT)

"Muscles love motion - that's how they're healed and nourished. Nothing moves muscles like a great massage." That's as true as when I first placed it on my business cards years ago as it is today. Ready for just a bit of physiology? Keep reading... if not, skip to the next paragraph. Muscular well being is driven by circulation. Circulation removes metabolic wastes and supplies nutrients and oxygen. Muscles rely on oxygen to facilitate the creation of ATP (adenosine triphosphate). ATP is what capacitates muscles to do the work of lengthening. Without ATP muscles lock. An extreme example would be rigor mortis. Exercise, activity,, movement... all contribute to muscular integrity through the effect of circulation. Sometimes, stress, injury, pain, arthritis or extended periods of immobility (anyone heard of screen time before?) will limit circulation causing the bunching of muscle tissues. Massage is a passive yet thorough way to encourage circulation deep into reluctant muscle bodies. Massage supplies them with what they need to work.

For those of you disinterested in muscle physiology here are some other reasons massage is good for not only your body, but your being. Massage feels good. Massage is good. Massage gives the body space and time to activate the parasympathetic nervous system that reduces stress hormones, creates an authentic sense of well being that will benefit you after your massage. Many people who have never tried massage are surprised by its overall benefit and wonder why they haven't had massage earlier. Members of the Massage Therapy Association of Manitoba are professionally accountable group of therapists who will respect your modesty, take the time to learn what you need from your massage and develop a treatment to meet your particular situation. **Book a massage. Just for the health of it.**

Don is a 20+ year member of the MTAM, owns soundtouch therapeutic massage and has long served the members of the **St. James 55+ Centre on Thursday mornings**. Look Don up at [soundtouchmassage.ca](http://soundtouchmassage.ca) to learn more about Don and his practice of massage therapy.

# Fitness Programs



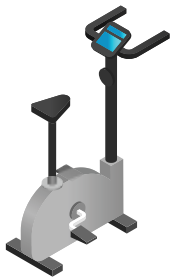
Only members may participate in fitness workshops and orientations. Please wear active clothing, appropriate footwear, and bring a water bottle. Please phone 204-987-8850 in advance to register for these programs. For detailed descriptions on classes please visit [www.stjamescentre.com](http://www.stjamescentre.com)

## Drop In Summer Fitness with Sue!

Sue Keyton will be leading the following drop-in fitness classes throughout July.

Zumba Class	Yoga Class
<b>Mondays, July 9, 16, 23, 30</b> 10:30 a.m. – 11:30 a.m. Cost: \$10/class	<b>Mondays, July 9, 16, 23, 30</b> 1:15 p.m. – 2:15 p.m. Cost: \$15/class
Growing Young	Evening Yoga Class
<b>Fridays, July 6, 13, 20, 27</b> 11:45 a.m. – 12:45 p.m. Cost: \$10/class	<b>Wednesdays, July 4, 11, 18, 25</b> 6:30 p.m. – 8:00 p.m. Cost: \$15/class

**\*\*Please pay Sue when you come to the class. (CASH OR CHEQUE ONLY)\*\***



## Fitness Orientations and Workshops

**Fridays, July 6th and August 10th**

2:00 – 2:30 p.m.

Cost: \$5 (Members Only)



All Members have access to the fitness equipment from 8:30 a.m. – 3:30 p.m. Please make sure to bring shoes that have not been worn outside as dirt and debris can ruin the equipment.

***Members must take a fitness orientation before using the gym.***

# 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](http://www.stjamescentre.com) for more information on programs.

## NRG Fitness Physiotherapy



Offered at the 55+ Centre on  
Mondays during the summer from  
9:00 a.m. to 3:00 p.m.

Initial Assessment: 45 mins ..... \$75

Follow up Appointments: 30 mins ..... \$65

**To book an appointment please call  
204-987-8850**

There is a \$15 cancellation charge for appointments  
not cancelled with 1 business day notice.



## 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 1 business day is required to cancel  
appointments otherwise there will be a \$15 fee**





# 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 **suggested 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.

## 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

## Kitchen Crew

Whenever you come to the centre, food is often enjoyed from coffee and tea at presentations to delicious meals provided at Food and Friendship events. We have a hard working Kitchen crew who devote so much time and effort to keep our kitchen running the way it should. We have volunteers who come and prepare delicious food, who inventory our items, clean, organize and so much more! The team of volunteers who help keep the kitchen in tip top shape is too long to list each and everyone one of you, but please remember that every vegetable chopped, every load of dishes washed, every pot of coffee poured is not overlooked but greatly appreciated! Thank you all for all of the hours of work that you have donated!



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

# Community Resources

## Community Resources

### Stroke Recovery Support Group

The Peer Support Group meets the **4th Wednesday of every month excluding March, July, August and December** at the St. James 55+ Centre at **1:00 p.m.** 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.

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- Plantar Fasciitis • Heel Pain
- Custom Made Foot Orthotics
- Diabetic Foot Care

**Dr. Teresa Tierney**

New Patients Welcome (No referral needed)

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



**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](http://www.scottfielding.ca)

### 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

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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 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 **September/October newsletter** will be available on **Tuesday, Aug. 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 newsletters, please contact Rachel at 204-987-8850 ext. 108



**Shawn Dobson**

*City Councillor • St. Charles Ward*

204-986-5920

[sdobson@winnipeg.ca](mailto:sdobson@winnipeg.ca)



**SCOTT GILLINGHAM**

**City Councillor**

*St. James-Brooklands-Weston  
Chair of Winnipeg Police Board*

204-986-5848

[scottgillingham@winnipeg.ca](mailto:scottgillingham@winnipeg.ca)  
[scottgillingham.ca](http://scottgillingham.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. July 9th – Aug. 27th  
Cost: \$2 non-members (Centre closed August 6th)



**Tuesday**

## 55+ Men's Group

1:00 – 4:00 p.m. July 3rd – August 28th  
3172 Portage Ave

**Wednesday**

## 55+ Men's Group

1:00 – 4:00 p.m.  
July 4th – August 29th  
3172 Portage Ave

## Company of Friends

11:00 a.m.  
July 4th, 18th  
August 1st, 15th, 29th

**Thursday**

## 55+ Men's Group

1:00 – 4:00 p.m.  
July 5th – August 30th  
3172 Portage Ave

## Lunch and a Movie 12:00 p.m.

July 5th – Wonder  
July 19th – I Tonya  
August 2nd – The Darkest Hour  
August 23rd – The Leisure Seeker  
Cost: \$10 members  
\$12 non-members  
(Must register in advance)



**Friday**

## Vegas & Canasta

1:00 – 3:30 p.m. July 6th – August 31st  
Cost: \$2 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

### Sponsors

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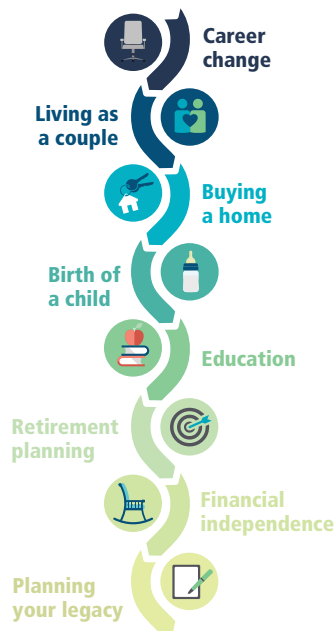
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MLA ASSINIBOIA

3723 Portage Avenue  
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R3K 2A8

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## Dr. DOUG EYOLFSON MEMBER OF PARLIAMENT

CHARLESWOOD-ST.JAMES-ASSINIBOIA-HEADINGLEY

### Constituency Summer BBQ

Thursday, August 23, 2018

6 p.m. to 9 p.m.

Assiniboine Park, Sites 5 & 6

Bring your lawn chair and join us  
for hot dogs and refreshments!



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

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