



ST JAMES ASSINIBOIA 55+ CENTRE  
ACTIVE LIVING CENTRE

April – June 2024

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

## My Registration List

Write your registration list  
here to make registering  
even easier!

### Volunteer Appreciation Week

April 21st to April 27th, 2024

Volunteers are ordinary people with extraordinary hearts.

They offer the gift of their time to teach, to listen, to help, to inspire, to grow, to learn.

They expect no pay, yet the value of their work knows no limit.

They've known the unexpected joy of a simple hug.

They've planted tiny seeds of LOVE in countless lives.

Volunteers are just ordinary people, who reach out and lead a hand.

Together they make a difference that lasts a lifetime.

*Thank you to all of our volunteers from all of us at the St James Assiniboia 55+ Centre*



### Volunteer Appreciation Lunch

**SAVE THE DATE: Friday, April 26th from 12:00 – 2:00 p.m.**

Words cannot explain how thankful we are to have such outstanding and devoted volunteers! You deserve to be pampered for your hard work. Come and enjoy lunch on us!

**Please note:** The invitation will be sent through email. If you do not have an email, someone will call you.

If you have any questions, you can contact Naomi by calling 204-560-5184 or email [resource@stjamescentre.com](mailto:resource@stjamescentre.com)



#### THE RETURN OF EVENTS IN THE PARK WITH STAFF.

We had so much fun in the park with everyone that we are doing it again!

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### HOURS

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

## CANCELLATION & REFUND POLICY

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

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

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

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

Please note we do not issue refunds for membership dues.

## STAFF DIRECTORY

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

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

### Healthy Aging Resource Team Facilitators:

<b>Amy Krahn</b>	<b>Taylor McMillan</b>	<b>Amanda Pannu</b>
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## BOARD OF DIRECTORS

<b>Janet Jackmann</b> <i>President</i>	<b>Gerald Knutson</b> <i>Past President</i>	<b>Janet Brady</b> <i>Vice President</i>
<b>Eric Pound</b> <i>Treasurer</i>	<b>Donagh Peters</b> <i>Secretary</i>	<b>Rafiq Punjani</b> <i>Director at Large</i>
<b>Lynn Greaves</b> <i>Director at Large</i>	<b>Connie Newman</b> <i>Director at Large</i>	<b>Murray Dufton</b> <i>Director at Large</i>
<b>Cindi French</b> <i>Director at Large</i>	<b>Paula Carlson</b> <i>Director at Large</i>	<b>Kathy Perrault</b> <i>WHRA ex-officio</i>

*Thank you* to our funders and sponsors whose generous support of the Centre allows us to continue to offer quality programs and services for our members and the community at large. If you would like to make a donation to support the Centre, please contact 204-987-8850 ext. 102.

## Funders

Winnipeg Regional Health Authority  
Winnipeg Foundation  
Manitoba Association of Senior Centres  
New Horizons for Seniors  
Walmart

## Sponsors

Chapel Lawn Memorial Gardens  
Assiniboine Credit Union  
Assiniboine Pharmacy

# Special Events

## Murder Mystery Dinner

Thursday, April 11th at 5:00 p.m.  
(doors open at 4:45 p.m.)

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

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

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

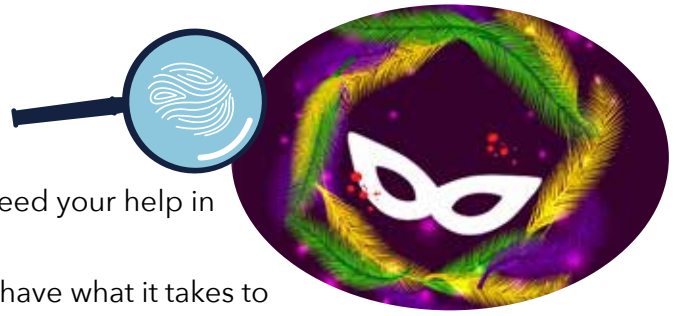
**THEME: "Murder at Mardi Gras"**

*New Orleans' most prominent neighbourhood has been rocked with the murder of an elite member of it's circle. Pierrer DuPre, King of the Krewe, was found strangled by an extremely expensive set of Mardi Gras beads. The party revelers must put down their Hurricane drinks and feathered boas to determine the murderer. Solving the mystery of Piere's death requires all guests to remove their masquerade masks and reveal their vulnerability.*

**We are recruiting actors for this event.** If you would like a roll in our evening, please contact our program coordinator, Paula at 204-560-5181 or by email at [programs@stjamescentre.com](mailto:programs@stjamescentre.com).

**LOCATION: 3-203 Duffield Street**

**COST: \$30 members/\$40 non-members**



## BACK BY POPULAR DEMAND! Wine & Paint Night

Tuesday, May 14th from 6:00 - 8:00 p.m.

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

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

**COST:**  
**\$35 NO Wine**  
**\$45 WITH Wine**

Registration deadline:  
May 7th



HERE IS A SAMPLE OF OUR PLANNED PAINTING



## Schnitzelfest

Thursday, May 23rd from 5:00 - 8:30 p.m.  
(Doors open at 4:30pm)

**Location: Royal Canadian Legion No. 4**  
**1755 Portage Ave.**

- 50/50 draw
- Live Entertainment from German Club House Band

### On the menu:

- Schnitzel, Warm Potato Salad, Pretzels, Sweet, Hot Red Cabbage
- Dessert
- Coffee & Tea

**A full bar is available for this event.**

**COST: \$30 per person**

# Special Events

## DOORS OPEN – FREE OPEN HOUSE EVENT

Are you interested in getting into a fitness program that's right for you? Not sure if a program is right for you?

This is the perfect opportunity to try out some classes we will be offering this Spring.

Receive an entry slip for each program and presentation you participate in during the Open House. Then come to our Wind Up on Friday, April 5th (1:30 pm – 3:30 pm) for some socializing, coffee, tea, and a sweet snack. We will also announce the winner of the draw. You must be present at the Wind Up to receive your prize if your name gets drawn.

This is your opportunity to help your centre grow our membership base. Bring a friend (new to the centre) and show them around. Current members will receive a \$5.00 gift certificate to use towards registering for a program or an event at the centre for every new registration you bring in between April 2nd and April 5th. *\*Only 2 gift certificates can be used towards a program or event at a time. Make sure they mention your name upon registration, so you don't miss out on your reward.*

Are you aware you receive a tax receipt for any donations made to the centre? If your event gets cancelled your fee may be transferred to a donation with tax receipt (minimum of \$20 or more).

### Tuesday, April 2nd

Time	Name	Number
9:00	Balance, Step & Strength	1 hour
10:15	Chair Fitness	1 hour
11:30	Movement & Meditation	1 hour
1:00	Zumba Gold (Beginner)	45 min.
1:00	E.R.I.K. Kit Presentation	1 hour
1:15	Stamp Club	30 min.

### Wednesday, April 3rd

Time	Name	Number
10:00	Chair Yoga	1 hour
11:15	Slow Flow Yoga	1 hour
12:30	Zumba Gold Toning	1 hour
1:00	Support Services Presentation	1 hour
1:00	Canadian Dental Plan	1 hour
2:00	Yin Yoga	1 hour

### Thursday, April 4th

Time	Name	Number
10:00	What is H.A.R.T.?	30 min.
1:00	Floor Curling	1 hour
1:00	Benefits of Volunteering	1 hour
2:00	Fitness Centre Explained	30 min.

### Friday, April 5th

Time	Name
1:30	WIND UP and prize winner announced



### WE WOULD ALSO LIKE TO HEAR FROM YOU!

Let us know what programs and events you would like to have at your centre.



# Straight from the H.A.R.T.



## Did you know?

**Phishing is one of the most common tactics cyber criminals use to steal information from older adults.**

In our ever-connected world, online activities have become an integral part of our lives. As we embrace the benefits of technology, it is equally important to prioritize online safety. This edition of Straight from the H.A.R.T. provides you with essential online safety tips to ensure a secure and enjoyable digital experience.

### Practical Tips for Seniors to Enhance their Cybersecurity:

1. **Be skeptical of unsolicited emails** - Avoid opening emails from unknown senders.
2. **Check for red flags** - Be wary of urgent or alarming messages that create a sense of urgency.
3. **Verify email links** - Hover over links in emails to preview the URL before clicking.
4. **Avoid providing personal information** - Legitimate organizations usually do not request sensitive information through email
5. **Use Two-Factor Authentication (2FA)** - Enable 2FA whenever possible for an extra layer of protection.
6. **Verify requests for sensitive information** - Verify all request for sensitive information through trusted communication methods before responding.
7. **Be cautious on social media** - Be mindful of the information you share on social media as Cybercriminals may use information from social profiles to tailor phishing attacks.
8. **Educate yourself** - Stay informed about common phishing techniques through workshops and webinars.

Go to <https://www.getcybersafe.gc.ca/en/blogs/how-help-older-adult-your-life-get-cyber-safe> for information on protecting yourself from phishing and cyber security threats!

*By Justina Onoja,  
U of M Social  
Work student*



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

If you are an adult 55+ residing in the St. James Assiniboia area, the HART team can support you:

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

**Contact a HART Facilitator phone:  
204-940-3261**

**Taylor McMillan | Amy Krahn | Amanda Pannu**



# Drop-In Programs

**COST: FREE for members/\$3 per drop-in for non-members.**

**Drop-in Times are 1:00 to 3:00 p.m.** *Some knowledge of the games is required as there is no instructor available at this time. All supplies are provided.*

## SCRABBLE

Join us for a fun afternoon of scrabble. All supplies are provided, however we accept donations of new or lightly used games.

**Date: Mondays, April 8th - June 24th**



## CRIBBAGE & BRIDGE

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

## STAMP CLUB

**MEETS FIRST AND THIRD TUESDAY OF THE MONTH UNTIL FURTHER NOTICE**

The club discusses a variety of stamps and why they were released relating them to various areas and events that took place in the past all across the globe. This group is open to all members of the Centre or creative retirement so stop in and check it out.



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www.assiniboinepharmacy.ca | info@assiniboinepharmacy.ca  
Mon to Fri 9am - 6pm, Sat 9am - 2pm, Sun 9am - 12pm

# Food & Friendship

## Lunch with The Village Green Morris Men Dancers

**Thursday, April 18th 12:00 p.m.**

The Village Green Morris Men have performed traditional English dances for the past 50 years, appearing at Folklorama, the Winnipeg and Brandon Folk Festivals, seniors centres, churches, and more. They danced with other teams in England in 2006 and the Minneapolis Renaissance Fair.

**COST: \$12 members/ \$14 non-members**

## Musical Mealtime

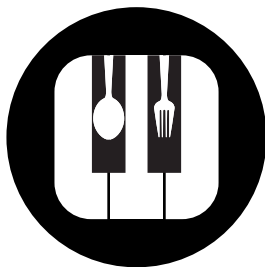
**Thursday, May 30th at 12:00 p.m.**

Please join us for lunch and a sing along with Cal Wookey, "The guitar Guy". Let's sing along with songs from the 1950's and 60's. Guests choose from a catalogue of over 75 songs.

**NO SINGING TALENT REQUIRED.**

Let's have fun

**COST: \$14 member or \$16 non-members**



## LUNCH WITH A TRIVIA CHALLENGE

**Thursday, June 13th at 12:00 p.m.**

Please join us for tasty lunch and challenge your knowledge with some trivia.

**COST: \$8 member or \$10 non-members**

## Lunch & BINGO!

**Thursday, June 27th at 12:00 p.m.**

Please join us for a tasty lunch and a few games of Bingo! Prizes for the winners!

**COST: \$14 member or \$16 non-members**



## COOK *and* EAT

Join us in the kitchen for a fun time preparing simple recipes to share with your kitchen mates. Facilitated by a WRHA volunteer.

### Next sessions:

**Wed., April 17th at 11:15 a.m. - 1:30 p.m.**

(NOTE: You should anticipate to stay for 2-2.5 hours each session) Bring your own container just in case there are leftovers and you want to take any home.

**Registration deadlines: April 10th**

**Cost: \$10 Each Session**



# Food & Friendship



## Soup AND More

**\$3.50 A BOWL OR 3 FOR \$10.00**

<b>Apr. 10th</b>	Beef Barley Soup
	Veggie Gnocchi Soup
<b>Apr. 24th</b>	Chicken Stew
	Italian Orzo Spinach Soup
<b>May 8th</b>	Chinese Hot & Sour Soup
	Creamy Roasted Tomato Basil Soup
<b>May 22nd</b>	Avgolemono Greek Lemon Chicken Soup
	Vegetable Cabbage Soup
<b>June 5th</b>	Spanish Potato Soup with Chorizo
	Ginger Garlic Noodle Soup with Bok Choy
<b>June 19th</b>	Hamburger Soup
	Marry Me Tuscan Vegetable Soup

**For more information please email:**  
**info@stjamescentre.com**

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## Lunch with local author Myron Love

**Thursday, May 2nd at 12:00 p.m.**

Myron began working on *"The Wrong Time and the Wrong Place Canadian Airmen land in Buchenwald"* right near the beginning of his writing career when he met and interviewed Harold Bastable - one of the POWs - for the Free Press and the Jewish Post. *The Wrong Time and the Wrong Place*: is the true story of 24 Canadian airmen.

*About the author:*

*Myron Love has been a freelance journalist for almost 45 years. He is probably best known for his 26-year run as a regular columnist in the Free Press auto section. He Started from scratch in 1980 - with no previous experience. At his peak, Myron was contributing to up to 40 different publications a year covering an extensive range of topics and occupations.*

**COST: \$10 members/\$13 non-members**

## CREAMY CUCUMBER SALAD

### INGREDIENTS:

- ½ cup sour cream
- ¼ cup chopped fresh dill
- 2 tablespoons white-wine vinegar
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 English cucumbers, halved and thinly sliced
- 1/3 cup thinly sliced red onion

### DIRECTIONS

Whisk sour cream, dill, vinegar, oil, salt and pepper together in a large bowl. Add cucumbers and onion; toss to coat.





# Food & Friendship



## LUNCH AND A MOVIE

Thursdays at 12:00 p.m.

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



### Thursday, April 25h: "Nyad" | 2023 | Sport/Thriller | 2h

Starring: Annette Bening as Diana Nyad · Jodie Foster as Bonnie Stoll · Rhys Ifans as John Bartlett

Sixty-four-year-old marathon swimmer Diana Nyad attempts to become the first person ever to swim from Cuba to Florida.

### Thursday, May 9th: "The Banker" | 2020 | Drama/Action | 2h 1m

Starring: Anthony Mackie as Bernard Garrett · Nicholas Hoult as Matt Steiner · Samuel L. Jackson as Joe Morris

In the 1960s, two entrepreneurs hatch an ingenious business plan to fight for housing integration and equal access to the American Dream; inspired by true events.

### Thursday, May 16th : "Mad Money" | 2008 | Comedy/Thriller | 2h 6m

After her husband loses his job, upper-crust housewife Bridget Cardigan (Diane Keaton) is forced to take a job as a janitor at the Federal Reserve Bank of Kansas City, Mo. Spotting a weakness in the bank's security system, Bridget convinces her two new friends Nina (Queen Latifah) and Jackie (Katie Holmes) to help her steal a fortune in worn-out bills that have been earmarked for destruction.

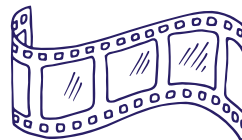
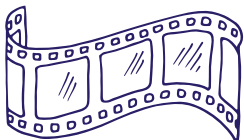
### Thursday, June 6th: "The Age of Adaline" | 2015 | Romance/Fantasy | 1h 52m

Adaline Bowman (Blake Lively) has miraculously remained a youthful 29 years of age for nearly eight decades, never allowing herself to get close to anyone lest they discover her secret. However, a chance encounter with a charismatic philanthropist named Ellis Jones (Michiel Huisman) reawakens Adaline's long-suppressed passion for life and romance. When a weekend with Ellis' parents threatens to expose the truth, Adaline makes a decision that changes her life forever.

### Thursday, June 20th : "Military Wives" | 2019 | Musical/Comedy | 1h 52m

Starring: Kristin Scott Thomas, Sharon Horgan, Emma Lowndes, Gaby French, Lara Rossi

Following a group of women in England whose partners are away serving in Afghanistan. Faced with the men's absences, they form a choir and quickly find themselves at the centre of a media sensation and global movement. Inspired by global phenomenon of military wives choirs, the story celebrates a band of misfit women who form a choir on a military base.



# Educational Programs



## Gardening Group

All levels of green and off-green gardeners are welcome.

On Tuesday, April 9th join us for some seed exchanging and knowledge sharing.

**COST: FREE**

Next days the gardening group is meeting are on May 14th and June 11th at 1:00 p.m.

Topics for these dates are to be determined.

*Registration is required for these dates.*

**\*NEW!\***

## Cookie Making and Decorating class with Mavis

**Wednesday, April 24th and/or May 22nd.**

**Sign up for one or both of these classes.**

**TIME: 1:00 p.m.**

Imagine how impressed your friends and family will be when you come to the next gathering showing off these beautiful creations you made with your own hands Join Mavis in the kitchen as she takes you step-by-step through the process of creating these beautiful and tasty cookies to take home and enjoy or to give as a gift.

**COST: \$5 members/\$7 non-members**



## Sketching with Pencil, Pen & Ink and Charcoal

**Tuesdays, April 9th - April 30th from 10:00 a.m. - 12:00 p.m.**

Have you ever noticed something interesting, and wished you had ability to capture it on paper or another surface? Starting with simple objects you will quickly learn to overcome doubts or hesitations.

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

Besides pencil, you will be introduced to other tool, e.g., Charcoal, colour pencils, crayons, markers, pen and ink. This course will help you to become comfortable with sketching, and how a sketchbook can become a personal record for you - a valued companion.

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

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

*(minimum of 8 registrations are required to run this program)*

*Registration deadline: April 2nd*

## Acrylic Paint Class

**Tuesdays, May 7th - May 28th from 10:00 a.m. - 12:00 p.m.**

The versatility of acrylics makes this medium fun and exciting to work with. It can be used to create the luminous effect of watercolour, or a heavier, more solid, opaque texture and everything in between. We will produce a landscape from start to finish. After observing a demonstration, students will work step-by-step to finish their own piece.

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

*(minimum of 8 registrations are required to run this program)*

*Registration deadline: April 30th*



# Educational Programs

**\*NEW!\***

## Rock Painting Class

**Wednesday, May 8th  
from 1:30 - 3:00 p.m.**

Join Janet as she leads you through this easy step-by-step workshop where you will learn to create these cute ladybug painted rocks. This is a great opportunity for you to be creative and to socialize with others. All supplies are provided.

**COST: \$7 members/\$9 non-members**  
(minimum of 10 registrations are required to run this program)

Registration deadline: May 1st



## Calligraphy

**Tuesdays, June 4th - June 25th from  
10:00 a.m. - 12:00 p.m.**

Writing is language made visible. Calligraphy is beautiful writing.

What to expect in this 4-week session.

In this class we will learn the basics.

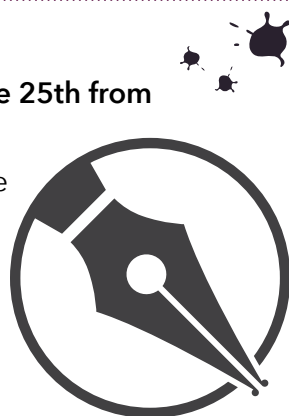
Different styles of lettering will be introduced, from Classic Roman to Gothic, Old English and Italic Handwriting. Tools and techniques will be demonstrated and discussed. Layout and spacing, important aspects of calligraphy, will be learned and applied.

With your own, personal lettering style, layout and colour combinations, you will experience the rewarding art of calligraphy.

No supplies necessary for the first class. You will receive a supply list on your first day.

**COST: \$50 members/\$60 non-members**  
(minimum of 8 registrations are required to run this program)

Registration deadline: May 28th



## Let's Get Crafty

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

Some workshops may require a lab fee for supplies, or you will receive a list of supplies to bring with you.

Watch your eblasts, social media and information boards at the centre to find out what the craft of the month will be.

**Choose from any or all of the following dates:**

**1. On Friday, April 19th we will be crafting TBD**

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

Registration deadline: April 12th

**2. On Friday, May 24th we will be crafting TBD**

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

Registration deadline: May 17th

**3. On Friday, June 28 we will be crafting TBD**

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

Registration deadline: June 21st

**COST FOR EACH CLASS: \$7 members/\$10 non-members**



# Support Services

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



**Want to register for something? Here's how you can do that:**

- 1) Stop by the Centre and register at the front desk
- 2) Go online to [www.stjamescentre.com](http://www.stjamescentre.com) under Support Services
- 3) Call us at 204-987-8850

**DRIVERS WANTED-** We need drivers for our Rides for Seniors program. We need members to drive seniors to medical appointments, programs at the centre, hair appointments etc. Please consider filling out an application form and help our seniors remain independent. Donation given to volunteer drivers. Please call Naomi Seniors Resource Coordinator at 204-560-5184 for more information.



**Volunteer Opportunities:** Volunteering is a great way to stay connected in the community, make new friends, and enhance the centre. Our work is impossible without the countless hours of help from our volunteers. Please call Naomi Seniors Resource Coordinator at 204-560-5184 for more information.

## APRIL

### Coffee Talk

Starting April 9th, we will meet every 2nd Tuesday at 1:00 p.m.

April 9th and 23rd, May 7th and 21st, June 4th and 18th

This FREE drop-in program is available to everyone. Share jokes, stories, news articles, and many more. Coffee and tea will be provided.

**Cost: FREE**

*No registration required*



### Sturgeon Creek 2 - Tour and Lunch

**Friday, April 5th from 10:30 a.m. - 12:30 p.m.**

Do you ever wonder what all-inclusive retirement living is all about? Join us for Lunch and a Tour at Sturgeon Creek 2 Retirement Residence (across from the Grace). You can enjoy a light lunch prepared here by our Red Seal Chef and team, and then tour our beautiful residence and see our dining room with fireplace and grand piano, theatre, library, games room, hair salon, bistro and sunroom, beautiful walkways, fitness room. We look forward to meeting you and showing you all that we have to offer! Sign up required

**Please note:** We will meet at 809 Setter Street for 10:15 am. Sturgeon Creek shuttle will transport to the building and back to the parking lot.

**Cost: Free**

*Registration deadline: April 1st. Registration is required*



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Realtor with Judy Lindsay Team Realty.





# Support Services

## Healthy Habits Workshop

**Tuesdays, April 9th, 16th, 23rd and 30th from 1:00 -3:00 p.m.**

In this free four-week session workshop, you will learn about healthy eating, wellness journaling, and stress management.

**Week 1-** Wellness Journals will be given out and explained.

**Week 2-** Winnipeg Humane Society will be bringing some furry friends and we will discuss the benefits of pets as companions. As well as the benefits of volunteering at shelters.

**Week 3-** We will have a Healthy Eating Demo and discussion.

**Week 4-** Winnipeg Humane Society will be returning to visit and we will discuss our final thoughts on our journaling progress.

*Presenter: Naomi Lundgren Seniors Resource Coordinator*

**Cost: Free**

**Space is limited to 10 participants.**

*Registration Deadline: April 2nd*

*Registration is required.*

## Decluttering Presentation

**Wednesday, April 17th at 1:00 p.m.**

Everyone has a little “junk” lying around. Ok, some of us have more than a little. Whether to prepare for a move or just simplifying your life decluttering is the first step. Regardless of how much stuff we have, we can all benefit from decluttering our lives and home.

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

**Cost: FREE**

*No registration required*

## Hard of Hearing Support Group

**Third Friday of the month from 1:00 - 2:30 p.m.**

**Fridays, April 19th, May 17th & June 21st**

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

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

**Cost: FREE**

*Registration is not required*

## Cooking for One

**Tuesday, April 23rd at 2:00 p.m.**

Change cooking for one from a chore to a fun filled afternoon. Join our Portsmouth Red Seal Chef for a cooking for one demonstration where you will prepare and enjoy a healthy delicious meal and make new friends. Sign up required. Space is limited.

*Presenter: Portsmouth Retirement Living*

**Cost: FREE**

*Registration deadline: April 9th*

*Registration is required*

## MAY

## Frauds and Scams

**Tuesday May 14th at 1:00 p.m.**

How to stay safe. What to do, what to watch for and how to be more aware of those kinds of schemes. Please join us with the Winnipeg Police Service.

*Presented by Winnipeg Police Service*

**Cost: FREE**

*No registration required*



# Support Services

## E.R.I.K Presentation

**Tuesday, May 28th at 1:00 p.m.**

The E.R.I.K (Emergency Response Information Kit) is an excellent resource that has been supporting individuals in current and past years when it comes to informing emergency personnel and loved ones. This presentation will review what it is, why it exists and how you can use it most efficiently. Each participant will receive 1 E.R.I.K package. Suggested donation \$2 for E.R.I.K package.

*Presenter: Naomi Seniors Resource Coordinator*

**Cost: FREE**

*No registration required*



our dining room with fireplace and grand piano, theatre, library, games room, hair salon, bistro and sunroom, beautiful walkways, fitness room. We look forward to meeting you and showing you all that we have to offer! Sign up required. Please call Naomi at 204-560-5184 or email [resource@stjamescentre.com](mailto:resource@stjamescentre.com) to register.

**Please note:** *We will meet at 809 Setter Street at 10:30am. Sturgeon Creek shuttle will transport to the building.*

**Cost: Free**

*Registration deadline: June 13th*

*Registration required*

## JUNE

## Investors Group Wealth Management Presentation

**Tuesday, June 11th at 1:00 p.m.**

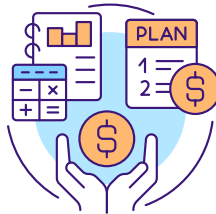
In this presentation you will learn:

- Leaving an Estate (tax implications associated with this)
- Creating an Estate (how to do this through various insurance products)
- Wealth Management (how to tie in the above points to financial planning in retirement)

*Presenter: Don Oramasionwu from IG Group Wealth Management*

**Cost: Free**

*No registration required*



## Understanding Dementia

**Tuesday, June 25th at 1:00 p.m.**

Currently, more than 19,000 Manitobans have Alzheimer's disease or another dementia. This presentation will provide information on:

- Alzheimer's disease and other dementias
- The warning signs of Alzheimer's disease
- What you can do to reduce your risk!
- Interacting with someone living with dementia
- Alzheimer Society of Manitoba Programs & Services

*Presenter: Alzheimer Society*

**Cost: FREE**

*No registration required*



## Sturgeon Creek 1 - Tour and Lunch

**Thursday June 20th from 11:00 a.m. -12:30 p.m.**

Do you ever wonder what all-inclusive retirement living is all about? Join us for Lunch and a Tour at Sturgeon Creek 2 Retirement Residence (across from the Grace). You can enjoy a light lunch prepared here by our Red Seal Chef and team, and then tour our beautiful residence and see

## Save the Date

St James Assiniboia 55+ Centre

Annual General Meeting

When: Friday, June 14th at 10am

Where: 3-203 Duffield Street

Please send your RSVP to  
[director@stjamescentre.com](mailto:director@stjamescentre.com)



# Fitness Programs

For the safety of all fitness class participants the centre requires you to complete a Physical Activity Readiness Questionnaire or PAR-Q before participating in any fitness class. This form will only need to be completed once a year. The questionnaire is available at the front desk or you can ask to have one emailed to you in advance, or go to our website [www.stjamescentre.com](http://www.stjamescentre.com) to download the form.

## MONDAYS

### Balance, Step & Strength

**Mondays, April 8th - June 17th (No class May 20th) from 9:00 - 10:00 a.m.**

This course is for anyone wanting to increase muscle strength, build bone mass and improve balance. The instructor will lead you through easy-to-follow exercises and progressive balance work to increase muscle strength and improve balance. This session we will be introducing a "step" portion into your workout. This will be a progressive exercise starting with no more than 10 minutes slowly building up to more throughout the classes. NOTE: You do not have to use the step at all - and for those that do we will use it for approximately 8-10 minutes - not the whole class at all. Everything we do on the step can be done on the floor.

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

### Chair Fitness

**Mondays, April 8th - June 17th (No class May 20th) from 10:15 - 11:15 a.m.**

Are you looking for a light cardio and strength building class? This beginner class uses a fun mix of chair exercises and standing exercises using your chair for support, allowing you to work at your own pace. No floor work in this class.

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



## Movement and Meditation

**Mondays starting April 8th - June 17th from 10:15 - 11:15 a.m.**

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

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

### Yin Yoga

**Mondays, April 8th - June 17th (no class May 20th) from 11:30 a.m. - 12:30 p.m.**

Yin Yoga is a slower pace style of yoga that incorporates principles of traditional Chinese medicine with asanas or postures. Yin Yoga consists of fewer poses which work the connective tissue of the body; the tendons, ligaments and fascia. Working these parts of our bodies assists individuals with arthritis, stiffness and assists with mobility issues. Yin Yoga is a practice that helps to control breath, teaches a deeper breath which calms body and mind.

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



# Fitness Programs

## TUESDAYS

**\*NEW!\***

### Cha Cha Classes

**Tuesdays, April 16th - May 21st from  
11:00 a.m. - 12:00 p.m.**

The Cha Cha is a wonderful dance as well as a great opportunity to exercise. We will be starting off with the very basic steps, and we will proceed to advanced steps as participants become comfortable. No special clothing is required. Regular shoes with/without suede soles are all acceptable. Individuals are not required to bring a partner. People will be paired up once they arrive, although couples are as well welcome.

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

*Registration deadline: April 9th*

## WEDNESDAYS

### Zumba Gold Toning

**Wednesdays, April 9th - June 11th from  
10:00 - 11:00 a.m.**

Zumba is dance fitness. Gold refers to beginners and older active adults. Toning means that we will use light weights every second song to help build our muscles. Ditch the Workout - Join the Party. No experience required. Please bring water and wear shoes without too much grip to allow you to turn and glide as you dance.

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

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

### Floor Curling

**Wednesdays starting April 10th - June 12th  
from 1:00 - 3:00 p.m.**

Easy to learn and Easy to play. Floor Curling is an ideal game for those who no longer wish to curl on the ice. There is no sweeping, and it is warm! Floor Curling is perfect for promoting flexibility, increased range of motion, and circulation.

**COST: \$25 members/\$33 non-members**

**Drop-in \$3 members/\$5 non-members**

## Slow Flow Yoga

**Wednesdays, April 10th - June 12th from  
11:15 a.m. - 12:15 p.m.**

Slow and gentle movement following traditional yoga poses. This is toned down for older adults.

Modifications for each and every

pose are offered if you cannot do a particular pose or you can only go to the place in the pose that is right for your body. It is a beautiful all body breath and movement class that will assist in maintaining flexibility, agility and balance. We work on the muscular part of the body. It is important to move parts of the body that have arthritis, help control motor skills for Parkinson's disease, also for Dementia this is brain work. Keep all parts of the body moving for optimal health.

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

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



## THURSDAYS

### Chair Yoga

**Thursdays, April 11th - June 13th from  
9:45 - 10:45 a.m.**

Chair Yoga is a beneficial form of yoga for any fitness level from active seniors to those recovering from an injury or anyone simply wanting a smart blend of yoga and fitness. Benefits include low impact on joints, improved flexibility and stress reduction. Regain and strengthen your best body in this beautiful blend of yoga and fitness.

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

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



# Fitness Programs

## PICKLEBALL

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

You must be a member of the St. James Assiniboia 55+ centre to play in our Pickleball program. All new players to our Pickleball program must register in the Novice level or speak to the Program Coordinator before registering for Intermediate. If a Novice player wants to move up to Intermediate, you must go through the self-assessment steps (found on our website) before advancing. If you are new to Pickleball you must go through our training before registering in our Novice level.

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

### Pickleball

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

#### INTERMEDIATE

**MONDAYS, WEDNESDAYS & FRIDAYS - SPRING**

**Spring Session begins April 3rd - June 28th**

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

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

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

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

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

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

#### NOVICE

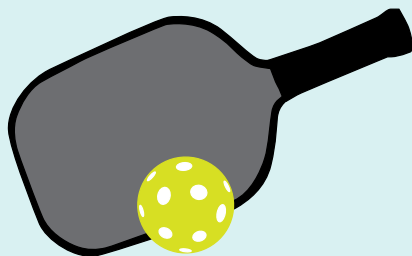
**WEDNESDAYS & THURSDAYS - SPRING**

**Session begins April 3rd - June 27th**

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

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

**LOCATION:  
Westwood  
Community Church  
401 Westwood  
Drive**



### Fitness Centre

Members are welcome to stop by and use the fitness centre anytime between 9am and 3:30pm. If you are unfamiliar with the machines or have any questions, please call 204-987-8850 to book an orientation with a staff member. Sanitizing solution is provided to clean machines before and after use. *Don't forget to sign in!*



# WAYS TO SUPPORT THE CENTRE

How can you show your support?

## VOLUNTEERING

Did you know that many roles at the Centre would not be possible without volunteers? You can work at the front desk, help in the kitchen, be a group leader, lead a group Craft, join one of our committees, apply to be on the board and help shape the Centre. There are so many ways to volunteer!



## DONATIONS



The Centre accepts monetary donations and will provide a tax receipt for donations of \$20.00 or more. The Centre needs auction prizes for fundraising. We are happy to accept items. Or make a monetary donation to be used for prizes and receive a tax receipt! We also accept items like crafting materials and lightly used books. But please give us a call before bringing in items.

## CONNECTIONS

We rely on community connections to reach people. Can you drop off newsletters? Or share your experiences with a friend or group? Have a friend that might want to join you here for lunch or a class? Do you know someone or somewhere that we should connect with? Help us promote the Centre and recruit members!



## HAVE A QUESTION OR SUGGESTION FOR US?



Send us an email  
[info@stjamescentre.com](mailto:info@stjamescentre.com)

Give us a Call

204-987-8850

Stop by the Centre

3-203 Duffield Street, Winnipeg, MB R3J 0H6

[WWW.STJAMESCENTRE.COM](http://WWW.STJAMESCENTRE.COM)

We are independently operated, charitable non-profit organization. We encourage community members to improve their quality of life by providing educational, recreational, health and social opportunities. We offer professional health services, fitness opportunities, recreational events, outings and volunteer opportunities. Charitable Number: 892942962RR0001

# Registration Information

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

## Membership \$40/year

(Anniversary renewal date)

### Benefits:

- Eligibility to purchase an annual parking pass for \$5.00
- Unlimited use of the fitness centre (9am to 3:30pm)
- Regular incentives, prizes and giveaways
- Access to the member's lounge
- Discounted programs
- Pickleball program
- Discounted rates on City of Winnipeg passes
- First Aid trained staff
- Discount at Chapel Lawn Memorial Gardens

## Registration Protocol

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

## Nursing Footcare

### TUESDAYS & WEDNESDAYS

Appointments available from  
9 am to 3 pm

Minimum 24 hour notice for appt.  
cancellation | No show fee is \$15

### Current Prices

Members \$40  
Non-Members \$45

### \*UPCOMING PRICE CHANGE\*

As of May 1st, 2024

Members \$45  
Non-members \$53

To book an appointment  
call us at 204-987-8850



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3092 Portage Avenue  
Unit D  
Winnipeg, MB R3K 0Y2

204-984-6432  
Marty.Morantz@parl.gc.ca  
@MartyMorantz  
@Marty\_Morantz

**MARTY MORANTZ**  
MEMBER OF PARLIAMENT FOR  
CHARLESWOOD-ST.JAMES-ASSINIBOIA-HEADINGLEY



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