



October – December 2025



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!

Draw for a "Dual" Membership to The Leaf

This fall we are running a draw for a chance to win a "Dual" (two designated individuals 18+) membership from the Leaf valued over \$85.

Here's what you get with your membership:

- Unlimited general admission to The Leaf
- Admission discount at The Leaf for member's guests **10% off**
- "Bring a Buddy" Leaf admission discount vouchers (one for individual and child memberships, two for dual and family memberships) **25% off**
- 10% discount at The Leaf coffee bar
- 10% off birthday bill at The Park Cafe or Gather
- 10% discount at retail shops
- 10% discount on select programs, workshops, experiences, and tours
- Pre-sale ticket access to The Leaf and Park events
- Access to member exclusive experiences at The Leaf
- E-newsletter and member update e-mails
- Member collector memento



Tickets are \$2 each or 3 for \$5 and can be purchased at the front desk of the Centre from September 2 to December 18. Enter as many times as you like to better your chances of winning. Draw will take place at our Pancake Breakfast on December 19.

Mark your calendars for these upcoming exciting events.



Amaze in Corn Friday, October 17th
Ukrainian Fall Feast Thursday, October 23rd
Pineridge Hollow Day Trip Friday, October 31st
Annual Craft & Bake Sale Saturday, November 8th
Birds Hill Park Ranch Thursday, November 20th
Christmas Luncheon Thursday, December 11th

More details inside!

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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

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

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

Healthy Aging Resource Team Facilitators:

Amy Krahn	Taylor McMillan	Maria Sytnick
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BOARD OF DIRECTORS

Lynn Greaves <i>President</i>	Janet Jackman <i>Past President</i>	Vacant <i>Vice President</i>
Bob Dick <i>Treasurer</i>	Donagh Peters <i>Secretary</i>	Gerald Knutson <i>Director at Large</i>
Mae Denby <i>Director at Large</i>	Connie Newman <i>Director at Large</i>	Murray Dufton <i>Director at Large</i>
Cindi French <i>Director at Large</i>	Paula Carlson <i>Director at Large</i>	Kathy Perrault <i>WHRA ex-officio</i>

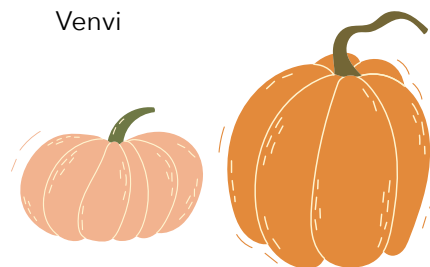
Thank you to our funders and sponsors whose generous support of the Centre allows us to continue to provide programs and services that foster a vibrant community where adults 55+ can live active, healthy, and fulfilling lives through connection, learning, and growth.

Funders

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

Sponsors

Chapel Lawn Memorial Gardens
Assiniboine Pharmacy
Venvi



Special Events & Outings

A Maze in Corn

Friday, October 17 from 10:00 a.m. - 3:00 p.m.

Enjoy the country views while wandering through the corn maze, climb the giant bale pyramid, and visit the petting zoo. Bring a collapsible (camping) chair if you have one. The Pumpkin Barn will be open for business when we are there. So this is also a great opportunity to pick up a pumpkin, local honey, squash and gourds for decorating.

We will meet in the parking lot of the Westwood Community Church (401 Westwood Drive) at 10 am where we will take our provided transportation to the venue then picked up again at 2pm and transported back to Westwood Community Church.

Lunch will be provided.

Your fee includes transportation to and from the venue, admission to the Corn Maze, Petting Zoo, Bale Pyramid, Pumpkin Barn, Lunch and a bonfire (weather permitting).

Registration Deadline is October 10

Weather

- The venue is very weather related! Everything is outdoors!
- They may have to cancel due to rain.
- Please plan for the wind. Anchor items down!
- Dress Warm!
- Wear rubber boots if there has been rain and you have them.

ADMISSION: \$30



Ukrainian Fall Feast

Thursday, October 23 from 5:00 - 8:00 p.m.

(Doors open at 4:45pm)

**LOCATION: Upper Hall
- Royal Canadian Legion
No.4 (1755 Portage Ave.)**

Please join us for our licenced event featuring dinner catered by Kozak's. Dancing is encouraged tonight so be sure to wear/bring your dancing shoes.

We will also be having a 50/50 draw and a door prize will be up for grabs!

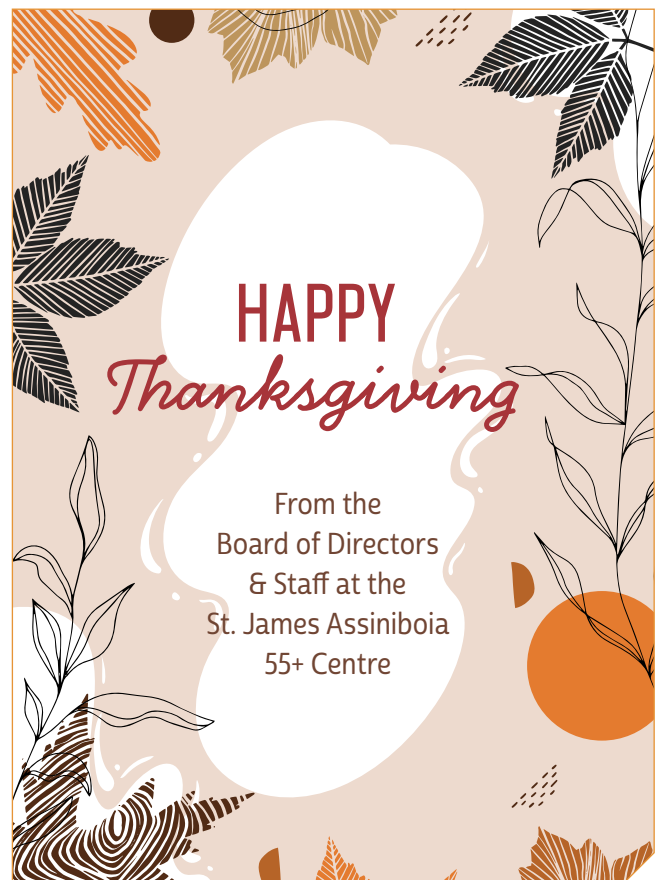
Entertainment: The High Profile Band

COST: \$30

Beverages will be available for purchase.

Register early as we have limited seating for this popular event.

Registration deadline is October 16



Special Events and Outings

Pine Ridge Hollow Day Trip

Friday, October 31 from 10:30 a.m. - 3:00 p.m.

Shopping: Pine Ridge Hollow has a beautiful country store where you can shop for clothing, furniture, gifts, home goods and décor. Alongside their country store, shop eight locally owned businesses.



Dining: Pine Ridge Hollows restaurant offers farm-to-table showcasing the very best Manitoba has to offer. Other dining options you can find are Empty Cup, Hidegard's Bakery, Nuburger as well as a local grocery & specialty food store, The Farmer's Kitchen.

Exploring: Spend time in nature with a walk through the forest trails or visit the furry farm. We will meet in the parking lot of the Westwood Community Church (401 Westwood Drive) at 10:15 am where we will take our provided transportation to the venue then picked up again at 3:00 pm and transported back to Westwood Community Church.

COST: \$15 covers cost of transportation to and from the venue

Registration deadline is October 24.

Limited space is available.

Annual Craft & Bake Sale

Saturday, November 8 from 10:00 a.m. - 3:00 p.m.

Location: Westwood Community Church, 401 Westwood Drive

We are thrilled to announce the return of our Christmas Craft and Bake Sale this year which is taking place on November 8 at the Westwood Church located at 401 Westwood Drive from 10am-3pm. It's a brilliant place to get local and handmade Christmas presents and decorations, so come along and see what you can find!

The Centre will also have tables where you will be able to purchase our Friendship soup and donated baked goods as well as Gift

Admission: \$2 suggested CASH donation (Admission fees go towards programming at the St. James Assiniboia 55+ Centre)

The centre will be accepting donations for baked goods on November 5 & 6. Please contact the Centre at 204-987-8850 with any questions or concerns.

We will also have snacks, coffee and other treats available for sale at the canteen. Come to shop and stay for a snack.

COMING THIS WINTER: MURDER MYSTERY DINNER

Theme: Murder in Little Italy

Thursday, February 12

There's been a murder at the 55+ Centre... and we need you to help solve it!

Think you've got what it takes to crack the case? Love a good mystery, great food, and a night full of laughs and intrigue? Then don't miss this thrilling evening of drama, clues, and socializing!

Cash Bar: Featuring wine, beer, and a themed cocktail

Registration Opens: December 15

Bring your detective instincts – and your appetite. This immersive dinner experience is sure to be a killer time!

Special Events and Outings

Birds Hill Park Ranch

Thursday, November 20 from 2:30 - 7:30 p.m.

**Location: Birds Hill Park Ranch
(Nimowin Road)**

Join us at Birds Hill Park Ranch for a fun evening of scenic and relaxing hayrides around the park that will allow you to take in the spectacular scenery and wildlife, a tasty meal of chili and a bun with cake for dessert, roast marshmallows around the bon fire and great conversation. Let's create some memories together.

Beverages can be purchased from the concession on site.

The ranch is located in the heart of beautiful Birds Hill Park, Manitoba about 20 minutes east of Winnipeg.

Please dress for the weather and don't forget to bring your camera!

We will meet in the parking lot of Westwood Community Church (401 Westwood Dr.). We leave the Church at 2:30 pm, returning by 7:30 pm.

COST: \$35 (includes transportation to and from Westwood Community Church, 401 Westwood Dr.) *Thanks to a small grant, we are able to give a price reduction for the trip this year.

Registration deadline is November 7. There is limited space so register early.

Christmas Luncheon

Thursday, December 11 at 12:00 p.m.
(Doors open at 11:45 a.m.)

**Location: Westwood Community Church,
401 Westwood Drive**

Please join us for our annual Christmas Luncheon featuring the return of last year's Luminous String Quartet led by artistic Director and Juno nominee Karen Barg, as well as the return of our popular cookie walk will be making another appearance this year.

Register early as we have limited seating for this popular event, and you don't want to miss out!

Cookie Walk donations will be accepted on December 8th & 9th.

COST: \$25 per person



Free Events



Tree Trimming Party

Friday, November 21 at 10:00 a.m.

Do you love Christmas as much as we love Christmas? Then we need your help decorating the centre. We have trees to trim, garland to put up and so much more! Bring your favorite treat to share and the Centre will provide coffee, tea and plenty of fun for everyone.

Staff Christmas Door decorating Contest

Visit the centre over the month of December and vote for your favorite decorated office door. Then at our Pancake Breakfast on Friday, December 19, we will announce who received the most votes.

Pancake Breakfast

Friday, December 19 at 9:30 a.m.

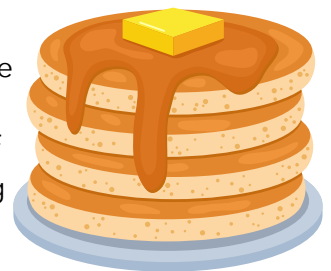
(doors open at 9:15 a.m.)

Over the past century, pancake breakfasts have become a symbol for hospitality and sense of community in Winnipeg which is what the St.

James Assiniboia 55+

Centre is all about. The Centre will be hosting a free pancake breakfast for its members this year, but everyone is welcome. We will be serving pancakes with toppings and coffee and tea. We will also be announcing the winner of the staff door decorating contest and the winner of the draw for the Leaf membership.

You must register for this event.



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



CRIBBAGE

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

Date: Wednesdays

STAMP CLUB

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

The stamp club meets every first and third Tuesday of the month. It will start up again on September 16. 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 across the globe. This group is open to all members of the Centre or creative retirement so stop in and check it out.



ART GROUP "INSPIRE ART"

**Fridays until
December 12th from
10:00 a.m. - 2:00 p.m.**

Calling all interested creative minds to our regular Friday art group. All levels of artists and all forms of mediums are welcome.

Please join us for creative companionship, stimulating conversation, and a means to grow as an artist.

Bring your lunch and all supplies. Enjoy the camaraderie of working, learning and laughing along with like minded creative people.

Coffee and cookies are included.



BRIDGE & CANASTA

Join us for a fun afternoon of bridge & canasta. All supplies are provided. Knowledge of the games is required as there is no instructor available at this time.

Date: Thursdays

Prevent Falls, Protect Independence

Did you know that falls are the leading cause of injury, hospitalizations and deaths among adults in Manitoba? Fortunately, most falls can be prevented with a few practical steps. Below are some strategies that can improve your overall health while preventing the risk of falls:

Staying Active



Staying active and exercising regularly is one of the most effective ways to prevent falls. It is essential to start slowly and gradually increase to 20-30 minutes of daily activity. In addition to daily physical activity, incorporating balance and strength exercises such as standing on one leg (while holding onto a chair for support) can lower the risk of falls. Visit <https://preventfalls.ca/older-adults/exercise/home-exercise/> for home exercises that can help improve balance and strength. It is important to talk to your doctor before starting a new activity or exercise program.

Managing Medications

As we age, many adults start taking more medications, and it is important to keep an updated list of all your current medications. Report any side effects to your pharmacist if your medication causes you to feel confused, dizzy, or light-headed, as this can increase your risk of falls. Review your medications once or twice a year with your pharmacist to ensure they are all necessary and that you are taking the correct dosage to minimize potential side effects.



Proper Footwear

While slippers or socks may be comfortable, they increase your risk of falling at home. Shoes that fit snugly and have non-slip soles are good and safe options for at-home use. As we live in

Winnipeg, warm footwear with good traction on ice and snow is essential for promoting safety during the long winter months. For more information regarding choosing footwear, visit <https://preventfalls.ca/older-adults/footwear/>

Safety at Home



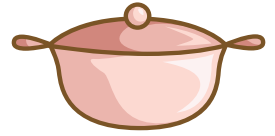
Many falls that older adults experience occur at home. Identify and remove things in your home that could cause you to trip, such as electrical cords, rugs and clutter. Ensure your home is well-lit and use nightlights to illuminate dark areas. Clean up spills when they happen. Lastly, install grab bars and handrails within your house for extra support. A home safety checklist is available at <https://preventfalls.ca/older-adults/home-safety-checklist/>. It can recommend more ways to improve safety at home.

Even with these strategies in place, falls can still happen. If you do fall, stay calm and:

- Roll onto your side and lift yourself onto your elbows or hands.
- Crawl to a chair or another sturdy object.
- Place arms on the chair/sturdy object from a kneeling position.
- Place your stronger leg in front of you while holding onto the object.
- Push through your arms and legs to stand up.

Falls do not have to be part of aging. By implementing these strategies and collaborating with your healthcare providers, you can lower your risk of falls and continue to engage in the activities you enjoy. If you or anyone you know requires support or further resources for fall prevention, please get in touch with the Healthy Aging Resource Team (HART) at (204) 940-3261.

Food & Friendship



Cooking for One

Friday October 17th at 2:00 p.m.

Friday November 7th at 2:00 p.m.

Tuesday December 9th 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.

Facilitated by: Portsmouth Retirement Living

Cost: FREE

Registration deadline for Friday, October 17th is October 10th

Registration deadline for Friday, November 7th is October 31st

Registration deadline for Tuesday, December 9th is December 2nd

Registration is required.

Only six spots available for each program.



Service Above Self



We meet at 5:45 pm on Thursdays, either in our community or at the Birchwood Inn.
Check out our website to learn more.

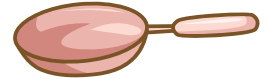
Cooking up Connections

only 6 spots available for each session

Join us in the kitchen for a fun time preparing simple recipes to share with your kitchen mates

Registration is required.

Cost: \$10 for each session



Tuesday, October 7th at 11:00 a.m.

Registration deadline: Tuesday, September 30th

Wednesday, October 15th at 11:00 a.m.

Registration deadline: Tuesday, October 7th

Tuesday, October 21st at 11:00 a.m.

Registration deadline: Tuesday, October 14th

Tuesday, October 28th at 11:00 a.m.

Registration deadline: Tuesday, October 21st

Tuesday, November 4th at 11:00 a.m.

Registration deadline: Tuesday, October 28th

Tuesday, November 18th at 11:00 a.m.

Registration deadline: Tuesday, November 11th

Tuesday, November 25th at 11:00 a.m.

Registration deadline: November 18th

Tuesday, December 2nd at 11:00 a.m.

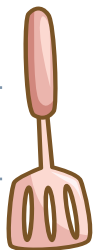
Registration deadline: Tuesday, November 25th

Tuesday, December 9th at 11:00 a.m.

Registration deadline: Tuesday, December 2nd

Tuesday, December 16th at 11:00 a.m.

Registration deadline: Tuesday, December 9th



Lunch with Presenter Roland Sawatzky - Curator with the Manitoba Museum

Thursday, November 6th at 12:00 p.m.

Join us for lunch with a power point presentation on "The Vote for Women" presented by Roland.

Cost: \$14 members/ \$16 non-members



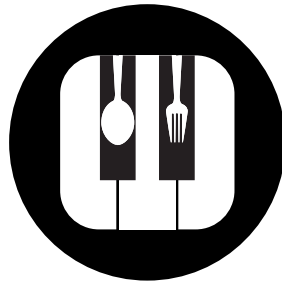
Food & Friendship

Musical Mealtime

Cost each session: \$14 members/ \$16 non-members

Thursday, October 16th at 12:00 p.m.

Please join us for a lovely lunch and the talent of Jake Chenier. Jake has been performing music for all ages for over 25 years and is recognized as one of Manitoba's finest family performers. Jake is a Canadian Juno Award nominated artist and has created four albums of original music. Jake's well received repertoire includes classics from the early 1900's all the way through to the 60's and 70's. Sing along favorites invite his audience to participate and share memories from the early years.



Thursday, November 6th at 12:00 p.m.

Please join us for a lovely lunch and the talent of Keith Dyck. Keith is a folk/roots/Americana artist with a country flair. Keith's warm, rich vocals and story-telling prowess will engage you and the fun he brings will remain long after the music fades.

Thursday, December 4th at 12:00 p.m.

Please join us for a lovely lunch and the talent of Rolly Mack and The Champman Stick. Roli performs many songs and styles, including popular favourites and original compositions. This talented performer not only sings but plays an assortment of musical instruments including the Chapman Stick.

SOUP'S ON!

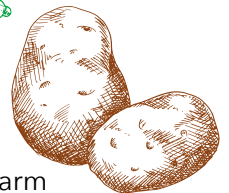
When: Mondays, 12:00 - 1:00 p.m.

Cost: \$5/person

What's Included?

A hot bowl of soup, a bun or bread, plus coffee or tea!

Can't make it Monday? Grab the same soups frozen on Wednesday! Enjoy a hearty meal, friendly faces, and a warm welcome—we can't wait to see you!



Soup Choices	Hot Lunch Date	Frozen Soup Available
Hearty Roasted Vegetable	Oct 6	Oct 8
Jackie's Split Pea with Ham soup	Oct 14	Oct 16
Winter Veggie & Lentil Soup	Oct 20	Oct 22
Mystic Witch Soup	Oct 27	Oct 29
Beef Stew	Nov 3	Nov 5
Ham & Potato Soup	Nov 17	Nov 19
Roasted Cauliflower & Red Pepper Soup	Nov 24	Nov 26
NOTE: Some dates may be Tuesday/Thursday due to closures.		





LUNCH AND A MOVIE

Thursdays at 12:00 p.m.

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



Thursday, October 2: "Tea with Dames" | 2018 | Documentary | 1h 24m

Starring Maggie Smith, Judi Dench Joan Plowright and Eileen Atkins

Together, they're 342 years old. They're in their seventh decade of cutting-edge, epoch-defining performances on stage and on screen. Funny, smart, sharp, competitive, tearful, hilarious, savage, clever, caustic, cool, gorgeous, poignant, irreverent, iconic, old, and unbelievably young. Special friends, special women and special dames: a chance to hang out with them all, at the same table, at the same time, and enjoy sparkling and unguarded conversation spliced with a raft of archive.

Thursday, October 9: "The Blind Side" | 2009 | Sport/Drama | 2h 9m - Rated PG13

Starring Sandra Bullock, Quinton Aaron, Lily Collins, Tim McGraw & Kathy Bates

Michael Oher (Quinton Aaron), a homeless black teen, has drifted in and out of the school system for years. Then Leigh Anne Tuohy (Sandra Bullock) and her husband, Sean (Tim McGraw), take him in. The Tuohys eventually become Michael's legal guardians, transforming both his life and theirs. Michael's tremendous size and protective instincts make him a formidable force on the gridiron, and with help from his new family and devoted tutor, he realizes his potential as a student and football player.

Thursday, October 30: "A Haunting in Venice" | 1h 43m - Rated PG13

Starring Kenneth Branagh & Kelly Riley.

Now retired and living in self-imposed exile in the world's most glamorous city, Poirot reluctantly attends a seance at a decaying, haunted palazzo. He soon gets thrust into a sinister world of shadows and secrets when one of the guests is murdered.

Thursday, November 27 : "The Hundred Foot Journey" | 2014 | Comedy/Family | 2h 2m -

Rated PG

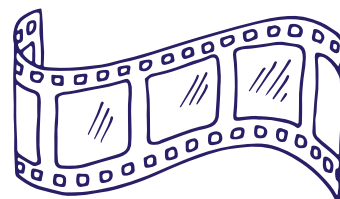
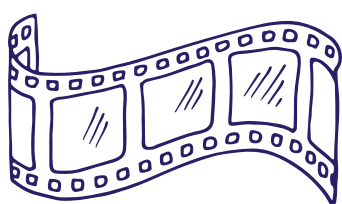
Starring Helen Mirren & Manish Dayal.

Hassan Kadam (Manish Dayal) is an extraordinarily talented and largely self-taught culinary novice. When he and his family are displaced from their native India and settle in a quaint French village, they decide to open an Indian eatery. However, Madame Mallory (Helen Mirren), the proprietress of an acclaimed restaurant just 100 feet away, strongly objects. War erupts between the two establishments, until Mallory recognizes Kadam's impressive epicurean gifts and takes him under her wing.

Thursday, December 18: "Genie" | 2023 | Comedy | 1h 33m - Rated PG

Starring Melissa McCarthy, Alan Cumming and Paapa Essiedu

As his life unravels around him just in time for Christmas, Bernard dusts off an antique jewellery box that happens to contain trapped genie Flora, who might just be able to help him.



Educational Programs

Writing Program & Support Group

Wednesdays, beginning September 10 -
November 19 from 1:00 - 3:00 p.m.

Every 2nd week - 6 classes in total over 3 months

Mission: To support, (share) & encourage amateur writers.

For like-minded writers who wish to share their thoughts, inspiration, and knowledge while learning from others.

Subjects: How to develop characters/ personalities including:

- the main character (protagonist)
- Different genres of writing
- Keeping and maintaining your own style
- Why do action stories need a villain?
- The body of the story
- The inner critic, don't be your own critic
- No more procrastinating - write it down
- Using your own life experiences
- Consistency, for egl The season, location, era

FIND YOUR READERS:

- Who and what are you writing for?
- Children's books; fiction (adult); factional; personal/family journal
- Humour or mystery



RESOURCES/ING:

- Fact checking: don't forget museums, online or in person
- Research all facts, sometimes we think we know, but discover we don't
- Share ideas and ask questions of friends and co-writers.

COST: \$10

There are only 8 spots available for this group. Please bring a sample of your writing on the first day if you have something you can share.

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. Craft projects will be announced closer to the scheduled date.

Choose from any or all of the following dates:

1. TWO FOR ONE! Painted Pumpkin Rock & Scarecrow Fridge Magnet

DATE: Friday, October 24

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

**COST: \$7 members/
\$10 non-members.**

All supplies will be provided.

Registration deadline: October 14



2. Popsicle birdhouse holiday decoration

DATE: Friday, November 28

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

**COST: \$7 members/
\$10 non-members.**

All supplies will be provided.

*Registration deadline:
November 17th*



Educational Programs

Calligraphy

Tuesdays, October 28 - November 18
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.

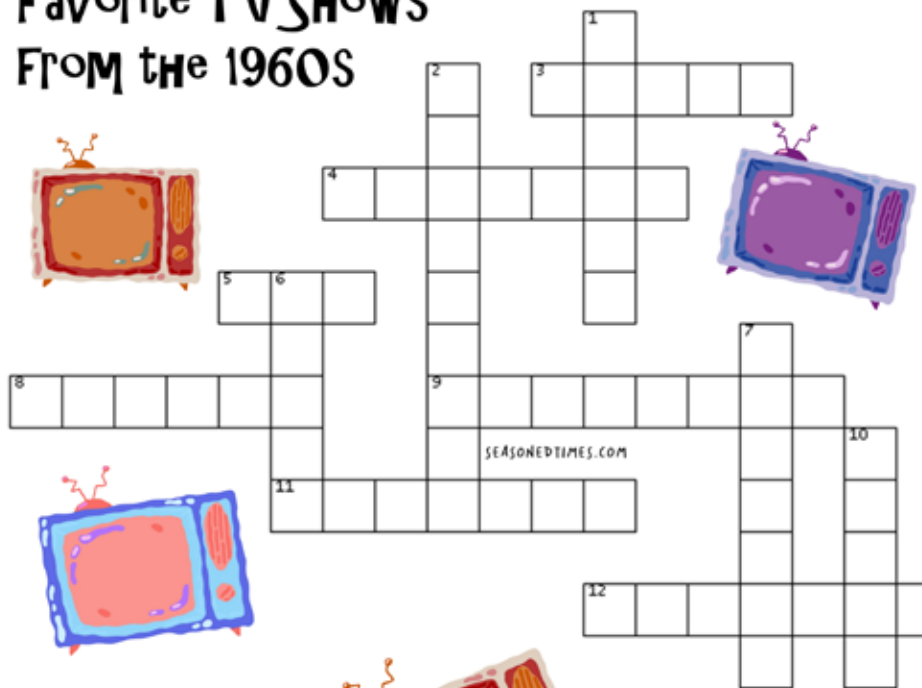
With your own, personal lettering style, layout and colour combinations, you will experience the rewarding art of calligraphy.

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

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

Registration deadline: October 21

Favorite TV Shows From the 1960s



ACROSS

- 3. _____ Train
- 4. Wild _____
- 5. The _____ Patrol
- 8. Family _____
- 9. Love, _____ Style
- 11. Dark _____
- 12. Hollywood _____

DOWN

- 1. The _____ Adventures of Mr. Magoo
- 2. American _____
- 6. Green _____
- 7. My Favorite _____
- 10. The _____ Limits

Solution on page 22

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 be 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 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.

Coffee Talk

Starting Tuesday, October 7, we will meet every 2nd Tuesday at 1:00 p.m.

October 7 & 21, November 4 & 18 and December 2 and 16.

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



STROKE RECOVERY GROUP

Friday October 10th, November 14th, December 12th from 10:00 a.m. - 12:00 p.m.

Join us for an opportunity to share your story, hear about other's experiences, experience new activities, and gather information. There will be opportunities to join in on crafts, painting, fitness (some activities may have a cost, but that will be communicated ahead of time) Coffee, tea and cookies will be provided. This is a drop-in group. There is no commitment. For more information call us at 204-987-8850 or email resource@stjamescentre.com

Group Leader: Edith Rodway

Cost: FREE. Registration is not required



Hard of Hearing Support Group

**Friday, October 17 & November 21
1:00 - 2:30 p.m.**

Please note: No support group for Friday April 18th the centre is closed due to Good Friday

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



Support Services

October

Do you have a Health Care Directive?

**Tuesday, October 14 from
11:00 a.m. - 2:30 p.m.
(Lunch will be provided)**

Do you have a health care directive? Does it clearly indicate how you want to be cared for in an emergency? What happens if something bad happens and you can't speak for yourself? Do you know your rights when it comes to treatment at the hospital? These are important questions to consider. Join us for lunch and let's talk about it. This presentation will be broken into 2 parts to allow a lunch break from 12-1pm.

Presenter: Dying with Dignity

Registration is required

Registration deadline: Tuesday, October 7th

Cost: \$20



St James Library Presentation

Tuesday, October 28 at 1:00 p.m.

Please join us for a personation on what FREE programs that the St James Library has to offer for our 55 plus community.

*Presented by
Stephanie George:
Branch Head
Librarian at St James
Library*

Cost: FREE



November

Downsize Your House And Upsize Your Lifestyle Presentation

Tuesday, November 4 at 1:00 p.m.

This presentation will provide information so that you are well informed, prepared and equipped to navigate the complexities of a Downsizing move. We will discuss why you should be considering Downsizing, the features that your next home should have to allow you to Age In Place as well as list the many housing options available to you.

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



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Support Services

November

Common Wills and Estate Planning Myths

Tuesday, November 18 at 1:00 p.m.

Learn about common misconceptions and take control of your estate plan to help ensure your wishes.

Presented by Lia Ye (Financial Planner at Scotiabank at Vimy Road) and Ray Perez (Financial Planner at Scotiabank at Vimy Road)

Cost: FREE

Adjusting to Change in Aging Presentation

Tuesday, November 25 at 1:00 p.m.

With age comes change, but the changes can be manageable! Join the Healthy Aging Resource Team (HART) for a presentation on adjusting to change with age. Learn about the impact that our attitude has on our aging process, how to build emotional resilience, and resources to tap into to help you stay independent and thriving.

Cost: FREE



December

E.R.I.K. Presentation

Tuesday, December 2 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



THE WELLINGTON

SEPTEMBER TO DECEMBER

ACTIVITIES/EVENTS

Come and join the fun!

September 8 Safari Snapshots with Dr. Rennie 11 Helen White & Bob Wellington's 37th Anniversary 13 Open House 15 Entertainer, Jake Chenier 16 Prairie Wildlife Rehab Ctr visits with Wildlife Ambassadors 25 Roli Mac, Musician	November 5 Rock n'Roll, Geoff Erickson 7 High Tea with Hat Show (Costume Museum of Canada) ? Holiday Bazaar (Date to be determined)
October 8 Entertainer, Rick Roschuk 25 Open House 28 The Little Big Band	December 10 B-Side Apostles 18 Helen White 31 Oliver & The Filharmonic Ensemble

Contact Cindy for information on posted or upcoming events, 204-831-0788

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 go to our website www.stjamescentre.com to download the form.

MONDAYS

Balance, Step & Strength

Mondays, September 8 - December 1
(no class September 29, October 13 & November 10) 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.

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

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

Chair Fitness

Mondays, September 8 - December 1
(no class September 29, October 13 & November 10) from 10:15 - 11:15 a.m.

Are you looking for a light cardio and strength building class that can be done in a chair? 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



Yin Yoga

Mondays, September 8 - December 1
(no class September 29, October 13 & November 10) 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! Spring Forest Qigong

Tuesdays, September 9 - November 11 from 10:00 - 11:00 a.m.

Spring Forest Qigong is a gentle activity that can be practiced standing, sitting or a combination of the two. It is based on Traditional Chinese Medicine and can be likened to acupuncture without the needles, which helps remove blockages in the energy meridian system. One of the major causes of energy blockages, which can result in illness and disease, is stress. This practice helps to release this stress, remove the blockages, and allow the energy (Qi) to flow more freely.

The class begins with a warm-up, using gentle bouncing from our knees (unless sitting...there is an accommodation), along with activating energy points throughout the body. After the warmup, we move into a standing or sitting moving meditation.

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

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

NEW! Bone Building Health & Muscle Strength

Tuesdays, September 9 - November 11 from 11:30 a.m. - 12:30 p.m.

This class is a step up from our Balance, Step & Strength Class. In this class you will use free weights to help keep your bones strong while increasing muscle strength, improve posture, balance, coordination, and flexibility. Hips, lower back and wrists as well as your core will be targeted. Mat work is optional. Modifications will be made as required to meet individual requirements.

Your instructor, Erv, incorporates descriptive leadership with muscle diagrams for better understanding.

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

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

Zumba Gold

Tuesdays, September 9 - November 11 (no class Oct. 14) from 1:00 - 2:00 p.m.

This modified dance fitness program is specifically designed, providing a workout that promotes cardiovascular health, flexibility, and overall well-being.



Zumba Gold incorporates low-impact dance moves that are gentle on the joints while still offering a fantastic workout. The choreography is modified to ensure a safe and enjoyable experience. You can groove to the rhythm, burn calories, and improve cardiovascular fitness without putting excessive stress on your body.

COST: \$68 members/\$86 non-members

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

WEDNESDAYS

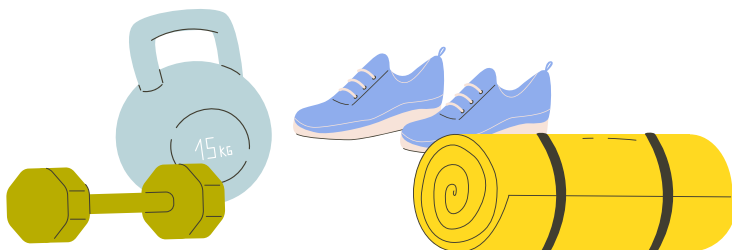
Zumba Gold Toning

Wednesdays, September 10 - November 12 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



Fitness Programs

WEDNESDAYS

Slow Flow Yoga

**Wednesdays, September 10 - November 12
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



Weekly Walking Group

Wednesdays, September 3 - October 29

Join us every Wednesday (weather permitting) for a tour of the neighbourhood or a trek to Assiniboine Park or to the Old Mill.

Our avid leader will be outside our main entrance doors located at 203 Duffield Street at 11:15am, departing promptly at 11:20 am. So don't be late or you may get left behind.

Cost is FREE to participate, but it's recommended that you register to attend.

Floor Curling

**Wednesdays, September 10 - December 10
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

THURSDAYS

Chair Yoga

**Thursdays, September 11 - November 13 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

FRIDAYS

Balance, Step & Strength

Fridays, September 12 - November 14 from 10:00 - 11:00 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.

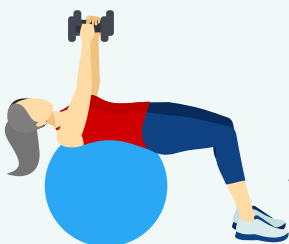


COST: \$75 members/\$95 non-members

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

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!*

NEW! Modern American Square Dance Class for Beginners

Fridays, September 12 - November 14 from 1:00 - 2:30 p.m.

Modern American Square Dance started in the 1940s in California and came to Canada around 1949. In this class we take only a few moves, from the old-time square dancing prior to the 1950s.

Square dancing is a type of social dance in which groups of four couples form a square and perform a series of choreographed movements directed by a caller. The job of a caller in square dancing is to guide dancers through the dance by calling out specific movements and sequences.

Expect to exercise learn a new skill, make new friends and have a lot of laughs.

All that is required for square dancing is a good pair of runners or walking shoes and the will to have a good time. Knowing your left from your right is a definite asset.

No partner is required for this program.


A minimum of 10 registrations is required for this program.

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

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



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Fitness Programs

PICKLEBALL

This is a non-competitive, social Pickleball program for those who would like to be active with the added benefit of socialization. We do not encourage competitive play, nor do we host any tournaments.

Contact our Program Coordinator, Paula at (204)560-5181 or email 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 the next level. If a Novice player wants to move up to Intermediate, you must go through the self-assessment steps (found on our website) before advancing then contact our Program Coordinator before registering in the next level of play. 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 WEDNESDAY,
AUGUST 13TH AT 8:30 A.M.**

INTERMEDIATE - For players who have progressed passed Novice level and have a moderate level of proficiency in the game.

MONDAYS, WEDNESDAYS & FRIDAYS

**Fall Session: September 3 - December 29
(excluding any holidays)**

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: \$120 & must be a member of 55+
Centre (\$40 annually).**

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

NOVICE - For players who are just starting out or prefer a slower paced game.

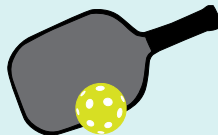
WEDNESDAYS & THURSDAYS

Fall session: September 3 - December 18

11:00 a.m. - 1:00 p.m.

**COST: \$80 & must be a member of the
55+ centre (\$40 annually)**

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



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R	N	E	B	C	F	L	A	N	N	E	L	V	M	R
E	O	L	R	O	E	C	A	N	R	U	F	W	V	U
T	W	F	I	M	N	E	E	R	G	R	E	V	E	I
S	B	F	S	F	O	S	N	O	W	M	A	N	C	T
U	A	I	K	O	U	S	C	A	R	F	O	H	C	C
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B	L	S	N	T	S	L	E	D	V	L	K	Q	A	K
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P	G	O	W	R	G	C	S	Y	F	L	E	E	C	E

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Look for the following words associated with the cold. They may be spelled forward, backward, downward, upward, or diagonally.

■ BLUSTERY

■ BRISK

■ CHILLY

■ COAT

■ COMFORTER

■ EGGNOG

■ EVERGREEN

■ FLANNEL

■ FLEECE

■ FRUITCAKE

■ FURNACE

■ HOODIE

■ SCARF

■ SKI

■ SLED

■ SLUSH

■ SNIFFLE

■ SNOW

■ SNOWBALL

■ SNOWMAN



Solution on page 23

60s TV Shows
Crossword Solutions

Across

3 - ____ Train: **WAGON**

4 - Wild ____: **KINGDOM**

5 - The ____ Patrol: **RAT**

8 - Family ____: **AFFAIR**

9 - Love, ____ Style: **AMERICAN**

11 - Dark ____: **SHADOW**

12 - Hollywood ____: **SQUARES**

Down

1 - The ____ Adventures of Mr. Magoo: **FAMOUS**

2 - American ____: **BANDSTAND**

6 - Green ____: **ACRES**

7 - My Favorite ____: **MARTIAN**

10 - The ____ Limits: **OUTER**

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E O L R O E C A N R U F W V U
T W F I M N E E R G R E V E I
S B F S F O S N O W M A N C T
U A I K O U S C A R F O H C C
L L N S R E G G N O G I I O A
B L S N T S L E D V L K Q A K
W X K O E J L E A L S O Y T E
P G O W R G C S Y F L E E C E

LET IT SNOW - SOLUTION
from page 22:

BLUSTERY	FURNACE
BRISK	HOODIE
CHILLY	SCARF
COAT	SKI
COMFORTER	SLED
EGGNOG	SLUSH
EVERGREEN	SNIFFLE
FLANNEL	SNOW
FLEECE	SNOWBALL
FRUITCAKE	SNOWMAN

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