



January – March 2026



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!

Dotted lines for writing registration information.

Saddle Up for a Night of Fun at Our Western-Themed Bud, Spud & Chicken Fundraiser!

Wednesday, March 19 (Registration deadline is March 11) from 5:00-9:00 p.m. (Doors open at 4:30 p.m.)

Location: Royal Canadian Legion No. 4 (1755 Portage Ave.)

Grab your cowboy hats and dust off those boots – we’re hosting a Western Bud, Spud & Chicken Fundraiser you won’t want to miss! Join us for an evening full of great food, lively entertainment, exciting prizes, raffles, and plenty of fun with friends.

This event is all about coming together to raise vital funds to support the ongoing operations of the St. James Assiniboia 55+ Centre – helping us continue to offer affordable programs and services for our community.

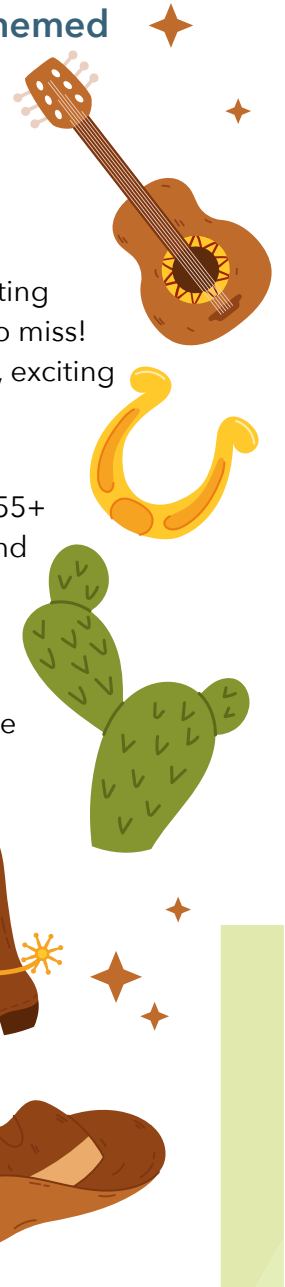
Expect toe-tapping tunes, delicious eats, and a few surprises along the way. Whether you’re a full-on cowboy or just want to sport a little western flair, we encourage everyone to dress the part and get into the spirit of the evening!

What to Expect:

- A hearty Bud, Spud & Chicken meal
- Live entertainment & western-themed fun
- Raffles, door prizes & more
- Great company – all for a great cause!

Cost: \$40 per person

Round up your friends and join us for this boot-stompin’ good time in support of our Centre. You won’t want to miss it!



Registration for January-March 2026 Programs and Events begins December 15th at 8:30 a.m.

TABLE OF CONTENTS

Special Events	3
Drop-In Programs	6
Straight from H.A.R.T	7
Food & Friendship	8
Education	11
Support Services	12
Fitness	15

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
Atheena Martinez	Administrative Assistants
Zoe Kocis	

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

Healthy Aging Resource Team Facilitators:

Amy Krahn **Taylor McMillan** **Lorna Shaw-Hoepfner**

BOARD OF DIRECTORS

Lynn Greaves <i>President</i>	Janet Jackmann <i>Past President</i>	Vacant <i>Vice President</i>
Bob Dick <i>Treasurer</i>	Donagh Peters <i>Secretary</i>	John Drew <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>	Andrea Robichaud <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

MURDER MYSTERY DINNER

THEME: "Murder in Little Italy"

Thursday, February 12 at 5:00 p.m. (doors open at 4:30 p.m.)

Four days ago, restaurateur Guiseppe (Pepi) Roni was found murdered in the kitchen of his renowned eatery, La Speranza. Pepi had been shot in the back with his pistol. Tonight, his family and friends have gathered to pay their respects to poor Pepi and to eat a feast of Italian food in his honor. One of them is a murderer. Your task is to discover who that killer is.

Everyone is a suspect when murder is on the menu.

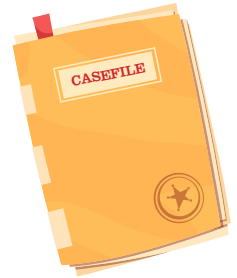
Do you think you have what it takes to figure out who did the deed? Then this is the event for you.

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

LOCATION: 3-203 Duffield Street

COST: \$30

Registration Deadline: February 4



BLUE HAWAIIAN LU'AU

Thursday, January 22 from 12:00 - 2:30 p.m.

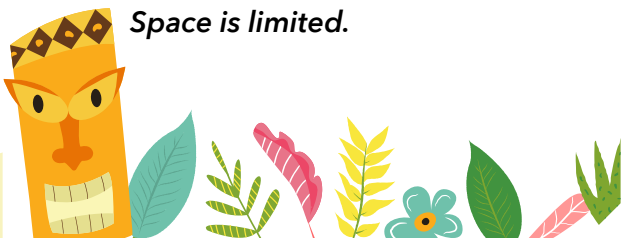
This Lu'au is meant to be a joyful event to help shake those "Winter Blues". We would like to help uplift spirits and reduce feelings of isolation with some fun activities and a performance by Prairie Aloha of the Ukulele Club of Winnipeg. There will be a themed lunch as well as a non-alcoholic themed drink for your enjoyment. Space is limited so book your spot before they are all gone. We look forward to seeing you all here.

COST: FREE

LOCATION: 3-203 Duffield Street

Registration is required for this free event.

Space is limited.



LOGAN OXENHAM
Your MLA for Kirkfield Park

204 - 831 - 6689
LOGAN.OXENHAM@YOURMANITOBA.CA
125 - 3025 PORTAGE AVENUE

Information

Raffle Prize Donations Needed!

The St. James Assiniboia 55+ Centre is seeking donations of raffle prizes to help support our ongoing programs and services for older adults in our community.

All proceeds from our raffles go directly toward operating costs, ensuring we can continue to provide a wide range of activities, wellness programs, and social opportunities that enrich the lives of adults aged 55 and older.

If you, your business, or someone you know would like to contribute a prize, we would be most grateful for your support! Donations of gift cards, merchandise, experiences, or themed gift baskets are all welcome and appreciated.

Your generosity helps us continue to make the St. James Assiniboia 55+ Centre a vibrant, inclusive, and engaging place for our members and community.

To donate or learn more, please contact:

204-987-8850

admin@stjamescentre.com

Thank you for helping us continue to support healthy, active, and connected living for older adults!

CRAFTERS WANTED

We are looking for hand-made makers!

Introducing our first Annual Spring Craft & Bake Sale being held on Saturday, April 18 at Westwood Community Church. If you would like to be a vendor, please use the link on our website under "Special Events".

You can contact our Program Coordinator, at programs@stjamescentre.com or call 204-560-5181 with questions regarding this event. We have limited 6-foot tables \$60 and once they are gone, there will be 5-foot round tables \$45.

The sale will run from 10:00 am - 3:00 pm.

Help Us Stock Our Community Cupboard!

At the St. James Assiniboia 55+ Centre, we're starting this year as a year of giving back – and we invite you to join us!

Our Community Cupboard is a small but meaningful way we support our members and neighbours who may be experiencing food insecurity or financial challenges. It's stocked with donated items that anyone can access when they need a little extra help.

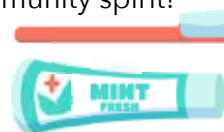
We're asking for your help to keep our shelves full. When you come to the Centre or participate in one of our Special Events, please consider bringing along a non-perishable food item and/or some personal hygiene products to contribute.

Suggested donations include:

- Canned soups, vegetables, fruit, beans, and meat
- Pasta, rice, and cereal
- Peanut butter and jam
- Toothpaste, toothbrushes, and deodorant
- Soap, shampoo, and feminine hygiene products

Together, we can make a real difference for those in our community who could use a hand. Every little bit helps, and your kindness truly matters.

Let's make this a year of generosity, care, and community spirit!



Information



Dear Volunteers,

On behalf of everyone at the St. James Assiniboia 55+ Centre, we want to extend our heartfelt thanks to all who contributed to the success of our recent Christmas Craft & Bake Sale.

We're thrilled to share that sales from our Centre Craft Tables alone raised just over \$1,000 toward the operating costs of the Centre! Your hard work, creativity, and generosity made this wonderful achievement possible, helping us continue to provide quality programs and services to our members and community.

A special thank you goes out to everyone who donated delicious baking—your treats were enjoyed and appreciated by so many visitors. We also wish to recognize the Sturgeon Heights student volunteers, led by their teacher Eric Vincent, who kindly assisted with set-up and take-down. Your willingness to lend a hand behind the scenes made a big difference and was greatly appreciated.

And to all the other volunteers who helped organize, decorate, greet visitors, and ensure the event ran smoothly—thank you. Your time, effort, and enthusiasm brought the holiday spirit to life and made this year's sale a tremendous success.

We are so grateful to have such a caring and supportive community. Together, you helped make our Christmas Craft & Bake Sale both joyful and impactful!

With sincere appreciation,

The St. James Assiniboia 55+ Centre Team



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 and socializing. All supplies are provided, however we accept donations of new or lightly used games. Coffee & cookies are included.

Date: Mondays, January 5 - March 23
(excluding any holidays)



CRIBBAGE

Join us for a fun afternoon of Cribbage and socializing. All supplies are provided, and coffee & cookies are included.

Date: Wednesdays, January 7 - March 25

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. 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, January 9 - March 27
from 10:00 a.m. - 2:00 p.m.

(NOTE: Will move to a smaller room on January 30 & February 27)

Calling all interested creative minds to the NEW 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.



LUNCH WITH FRIENDS

Do you enjoy going out for lunch but are looking for a great group of people to go with? Well then, this group is for you! Once a month this group meets for lunch at a restaurant in the St. James area.

**The group meets at the restaurant at 11:30 and a great time is had by all.*

**Members are responsible to pay for their own lunch.*

***You MUST register to reserve a spot. There are 20 spaces available for each lunch date.**

DATE: Tuesday, January 13

LOCATION: Joey's Seafood - 3421 Portage Ave.

DATE: Tuesday, February 10

LOCATION: Viscount Gort Dining Room
- 1670 Portage Ave.

DATE: Tuesday, March 10

LOCATION: Salsbury House - 3315 Portage Ave.

BOWLING WITH BUDDIES

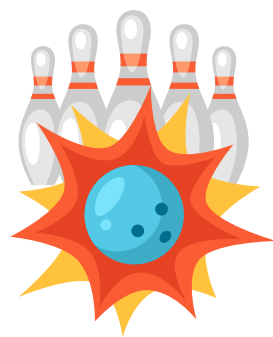
Wednesday, February 4 &/or March 4 from
1:00 - 2:30 p.m.

LOCATION: St. James Lanes -
1805 Portage Ave.

Do you enjoy some exciting bowling action, great food, and a lively atmosphere? Well then, this group is for you! This group meets on the first Wednesday of the month for a fun afternoon of 5 pin bowling.

**Members are responsible to pay for their own lunch (if you decide to have lunch there) as well as paying for your bowling time (\$6.50 plus GST).*

***You MUST register to reserve a spot. There are 20 spaces available for this group.**



February is Heart Health Month in Canada

Every February, Canadians observe Heart Health Month to raise awareness about cardiovascular wellness and preventing heart disease. Heart health simply means keeping your heart and blood vessels in good shape. Why is this important? Heart diseases and conditions are the second leading cause of death among Canadians. They can include things like heart attack, stroke (blood clot or bleed in the brain), high blood pressure, narrowing of blood vessels, and angina. Heart health starts with prevention. The first step is understanding your risk factors.

Some risk factors for heart disease cannot be changed, such as age, sex, and family history. As we age, our blood vessels naturally become stiffer, and the risk of high blood pressure and heart problems increases. Men are at higher risk earlier in life, while women's risk rises after menopause. Having a close relative (parent or sibling) with heart disease can also increase your chances.

Fortunately, many risk factors are within our control. Quitting smoking, eating a heart-healthy diet, being physically active, maintaining a healthy weight, and managing blood pressure, cholesterol, and diabetes all help protect your heart. Even small changes – like walking daily, cooking nutritious and balanced meals, and limiting alcohol – can make a big impact. Regular medical check-ups and stress management are also key parts of staying healthy.

For further information or resources, consider these resources:

Heart and Stroke Foundation of Canada

Website: www.heartandstroke.ca Phone: 1-888-473-4636

Winnipeg Regional Health Authority (WRHA) Heart Health class

2 sessions, no cost, in-person or virtual
For more information, and how to register: <https://wrha.mb.ca/groups/heart-health/>



Reh-Fit Centre

Some registered heart health programs available; call to enquire (referral required)
Website: www.reh-fit.com,
Phone: (204) 488-8023

Stroke Recovery Association of Manitoba

Website: www.strokerecovery.ca/
Phone: 204-942-2880

**Stroke survivors support group available at
St James Assiniboia 55+ Centre**

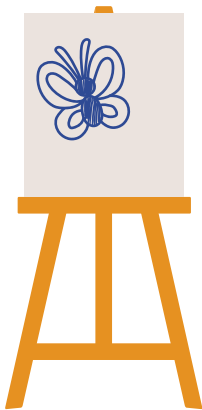
Food & Friendship

Lunch and Pictionary

Thursday, January 15
at 12:00 p.m.

This is sure to be a lot of laughs. Put on your thinking caps and join us for a fun afternoon of Pictionary, SJA55+ style.

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

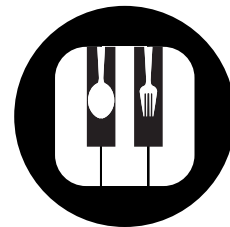


Musical Mealtime

Thursday, March 12 at 12:00 p.m

"Knight Train" offers an eclectic musical selection that will please a wide variety of musical tastes, including Country, Blue Grass and Light Pop. Their aim is to please the audience and have fun.

COST: \$14 member/\$16 non-member



Lunch with Local Author Shelly Dale

Flourishing in Retirement: A 5-Step Guide to Joy for the Post-Career Woman

Thursday, February 26 from 12:00 - 3:00 p.m.

After years of hard work, retirement can feel less like a reward and more like a question mark. Work often shapes our routines and identities, so when it ends, it's natural to wonder: now what?

Flourishing in Retirement: A Five-step Guide to Joy for the Post-career Woman reframes retirement as an opportunity for growth, intention, and genuine self-care. Drawing on research and her own experience, author Shelly Dale helps women—and any retiree seeking guidance—create a life they feel empowered by and deeply connected to.

With practical activities like meditations, mind maps, coping strategies, and mindset shifts, this book shows how to replace "stinking thinking" with clarity and joy. It's time to bust the myths about retirement, rediscover what matters most, and embrace the daily glimmers that make life rich. You deserve a retirement filled with purpose and joy—and these five steps will help you make it a lasting practice.

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



Cooking for One

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. **Registration is required. Only six spots available for each session**

Cost: FREE

Friday, January 9 at 2:00 p.m.

Registration deadline is Monday January 5

***Please note: This session is at the St James Assiniboia 55+ Centre.**

Portsmouth Retirement Living (2 sessions)

Wednesday, February 4 at 1:45 p.m.

Registration deadline is Friday January 30

Wednesday, March 4 at 1:45 p.m.

Registration deadline is Friday February 27

Please note: Portsmouth Retirement Living will be transporting the participants from the St James Assiniboia 55+ Centre to their building at 1:45 p.m. and return us back to the Centre at 3:30 p.m.

Facilitated by Portsmouth Retirement Living



Food & Friendship

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, January 13th at 11:30 a.m.

Registration deadline: Tuesday, January 6th

Wednesday, January 20th at 11:30 a.m.

Registration deadline: Tuesday, January 13th

Tuesday, January 27th at 11:30 a.m.

Registration deadline: Tuesday, January 20th

Tuesday, February 3rd at 11:30 a.m.

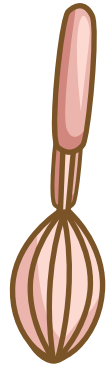
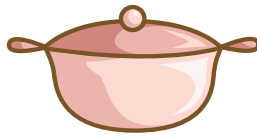
Registration deadline: Tuesday, January 27th

Tuesday, February 10th at 11:30 a.m.

Registration deadline: Tuesday, February 3rd

Wednesday, February 18th at 11:30 a.m.

Registration deadline: Tuesday, February 10th



Tuesday, February 24th at 11:30 a.m.

Registration deadline: February 17th

Tuesday, March 3rd at 11:30 a.m.

Registration deadline: Tuesday, February 24th

Tuesday, March 10th at 11:30 a.m.

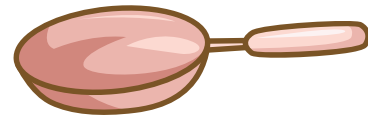
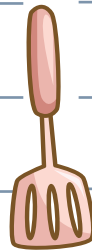
Registration deadline: Tuesday, March 3rd

Tuesday, March 17th at 11:30 a.m.

Registration deadline: Tuesday, March 10th

Tuesday, March 24th at 11:30 a.m.

Registration deadline: Tuesday, March 17th



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	
Jan. 5	Leftover Turkey Soup & Vegetarian Tortilla Soup
Jan. 12	Mexican Street Corn Soup & Sweet Potato Coconut Curry Soup
Jan. 19	Roasted Carrot Soup & Chicken Noodle Soup
Jan. 26	Tuscan White Bean Soup & Meatball Soup
Feb. 2	Curry Chickpea and Potato Soup & Chicken Chowder
Feb. 9	Chicken Mulligatawny & Beet Borscht
Feb. 17	Russian Soup & Mushroom Barley Soup
Feb. 23	Chicken Pot Pie Soup & African Peanut Soup
Mar. 2	Chickpea Chowder & Hot and Sour Soup with Chicken Wontons
Mar. 9	Marry Me Tuscan Veggie Soup & Sausage Minestrone Soup
Mar. 16	Hamburger Stew & Colcannon Soup
Mar. 23	Squash Soup & Cabbage Roll Soup
Mar. 30	Mushroom Quinoa Soup & Avgolemono- Greek Lemon Soup



★ LUNCH AND A MOVIE

Thursdays at 12:00 p.m.

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

Thursday, January 8: "Sully" 2016 | Drama/History | 1h 36m | Rating: PG-13 for some peril and brief strong language

Directed by Clint Eastwood. Starring Tom Hanks

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.

Thursday, January 29: "Woman in Gold" 2015 | War/Drama | 1h 49m | PG-13 some thematic elements and brief strong language

Starring Helen Mirren & Ryan Reynolds

This is a true story. Sixty years after fleeing Vienna, Maria Altmann, an elderly Jewish woman, attempts to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele: Gustave Klimt's "Portrait of Adele Bloch-Bauer I." With the help of young lawyer Randy Schoenberg, Maria embarks upon a lengthy legal battle to recover this painting and several others, but it will not be easy, for Austria considers them national treasures.

Thursday, February 5: "The Woman in Cabin 10" - 2025 | Thriller/Mystery | 1h 35m - R for some violence and language. Starring Keira Knightley and Guy Pearce. On a lavish yacht for an assignment, a journalist sees a passenger go overboard. But when no one believes her, she risks her life to uncover the truth.

Thursday, February 19: "Victoria & Abdul" The true story of the Queen's closest confidant

2017 - Documentary/Comedy | 1h 52m | Rating PG 13 occasional strong language and a couple of disturbing scenes

Starring Judy Dentch. Abdul Karim arrives from India to participate in Queen Victoria's golden jubilee.

The young clerk is surprised to find favour with the queen herself. As Victoria questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance that her household and inner circle try to destroy. As their friendship deepens, the queen begins to see a changing world through new eyes, joyfully reclaiming her humanity.

Thursday, March 5: "Our Souls at Night" 2017 | Romance/Drama | 1h 43m - PG-13 due to some mature themes, including discussions of loneliness and sex, moderate language, and a tragic car accident.

Starring Jane Fonda & Robert Redford. Addie Moore and Louis Waters, a widow and widower, have lived next door to each other for years. When Addie tries to make a connection with her neighbor, the two begin sleeping in bed together platonically, with the innocent goal of alleviating their shared loneliness. As their relationship deepens, however, they each deal with grief and loss, and a real romance begins to blossom.

Thursday, March 26: "The Dig" 2021 | Drama/Melodrama | 1h 52m | PG 13 - brief sensuality and partial nudity

Starring Carey Muligan & Ralph Fiennes. Based on the 2007 historical novel of the same name by John Preston. In the late 1930s, wealthy landowner Edith Pretty hires amateur archaeologist Basil Brown to investigate the mounds on her property in England. He and his team discover a ship from the Dark Ages while digging up a burial ground.

Educational Programs

SHARED PAINT ALONG WORKSHOP (Rotating Canvas Concept)

Tuesday, February 3
from 10:00 a.m. - 12:00 p.m.

In this workshop each participant begins their own painting, following a guided prompt or theme. After a set time, everyone moves their canvas to the person beside them. The next person adds their creative interpretation - building on what's there, adding details, or introducing their own style. This continues for several rotations until everyone's original canvas returns to them as a collaborative piece.

This is sure to be a fun time filled with lots of laughs.

All supplies will be provided for you.

COST: \$15 members/\$20 non-members

Registration deadline: January 27



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.

Choose from any or all of the following dates:

1. Lavender Floral Ball

DATE: Friday, January 30

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

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

*Registration deadline:
January 21*



2. Pot of Pipe cleaner Shamrocks

DATE: Friday, February 27

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

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

*Registration deadline:
February 18*



3. Easter Egg Bunnies

DATE: Friday, March 20

TIME: 10:00 am - 12:00 pm

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

*Registration deadline:
March 11*



CRANE ORIGAMI WITH BEV NAGAMORI

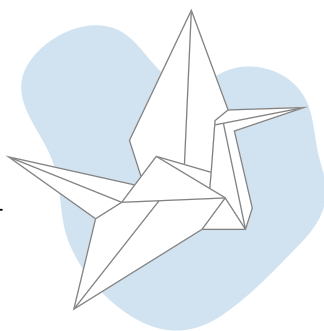
**Choose from two dates: Monday, January 19
or Wednesday, March 18 at 1:00 p.m.**

Join us for a fun and relaxing afternoon of creativity as Bev Nagamori guides you through the art of folding beautiful paper cranes!

No experience is needed - this is an easy, no-pressure workshop where you can learn at your own pace and enjoy the calming process of origami.

COST: \$3

All materials are provided. Come for the company, stay for the creativity, and leave with your very own paper crane masterpiece!



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 the SJA55+ Rides Program to drive clients to medical appointments, center programs, hair appointments, and other activities. Please consider submitting an application so clients maintain their independence. Donation made to volunteer drivers. For additional information, please contact Naomi Seniors Resource Coordinator at 204-560-5184.



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 January 13th, we will meet every 2nd Tuesday at 1:00pm.

January 13th and 27th, February 10th and 24th, March 10th and 24th

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 January 9th, February 13th and March 13th from 10am to 12:00pm

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 January 16th, February 20th and March 20th from 1:00 - 2:30 p.m.

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

January

What you need to know about Wills, Estate Planning, Healthcare Directives, and Powers of Attorney

Tuesday, January 13 at 1:00 p.m.

Please join Alex Cudney from McRoberts Law Office, who has more than 46 years of expertise. He will discuss estate planning, healthcare directives, power of attorney, and wills.

Cost: FREE

Registration is not required



Carefree Concierge Presentation

Tuesday, January 20 at 1:00 p.m.

From packing to moving to unpacking and set-up of your new home (from making your beds, connecting tv's to hanging art), Carefree Concierge does it all. This presentation provides a full overview of the services they offer to ensure that you have a stress-free move. Topics include solutions for the things you no longer need (sell; donate; recycle, etc.) to getting your home ready for sale.

Website: CarefreeConcierge.ca

Presenter: Leroy Peters

Cost: FREE *Registration is not required*



Tour Metropolitan Kiwanis Courts

Wednesday, January 28 at 2:00 p.m.

Join us for a guided tour of Metropolitan Kiwanis Courts (MKC)—a welcoming non-profit residence in St. James. Explore our suites and common areas, see our dining room, and learn about the services and activities that make life here engaging and worry-free. Whether you're planning for the future or simply curious, this is a wonderful opportunity to experience first-hand what makes MKC such a welcoming place to live. We will meet at the front doors at Metropolitan Kiwanis Courts at 2300 Ness.

Cost: FREE ****Registration is required****

Registration deadline: Friday January 23rd

February

E.R.I.K. presentation

Tuesday, February 3 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 *Registration is not required*



Protect your joints, living with Arthritis

Tuesday, February 17 at 1:00 p.m.

Join the healthy aging resource team for a discussion on factors to consider when managing arthritis or joint pain.

Facilitators: HART team

Cost: FREE *Registration is not required*

Support Services

March

FREE TAX CLINIC

St James Assiniboia 55+ Centre will be hosting a FREE tax clinic on Friday March 6 and Tuesday April 14 from 10:00 a.m. to 3:00 p.m.

Eligibility criteria for the CVITP program can be found at Free tax clinics - Canada.ca.

Please see below the items you need to bring.

- Photo ID (current, not expired)
- Any income slips (CPP pension slip, T4, OAS, etc)
- Receipts for medical expenses and/or charitable donations
- For medical, these should be fairly organized, please do not bring a pile of unsorted medical expenses.



To book your appointment, please call 204-987-8850 or email admin@stjamescentre.com

****Registration is required.****

Please note: These dates are tentative pending volunteer availability

Decluttering Presentation

Tuesday, March 10 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 Registration is not required

Benefits of Volunteering

Tuesday, March 17 at 1:00 p.m.

Did you know that volunteering is good for you? Volunteering can ward off loneliness, reduce stress and be physically good for you! Join us at the centre to talk about the many volunteer positions we have and why they are good for you and the centre!



Presenter: Naomi –Senior Resource Coordinator

Cost: FREE

Registration is not required



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ADRIEN SALA



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adrien.sala@yourmanitoba.ca

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, January 5 - March 16

(no class February 16) 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, January 5 - March 16

(no class February 16) 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, January 5 - March 16

(no class February 16) 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, January 6 - March 24 (no class February 24 or March 3) 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, January 6 - March 10 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, Ery, incorporates descriptive leadership with muscle diagrams for better understanding.

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

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



Zumba Gold with Julia

Tuesdays, January 13 - March 24 (no class February 3) 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: \$75 members/\$95 non-members

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

WEDNESDAYS

Slow Flow Yoga

Wednesdays, January 7 - March 11 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



Fitness Programs

WEDNESDAYS

Floor Curling

Wednesdays, January 7 - March 11
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.

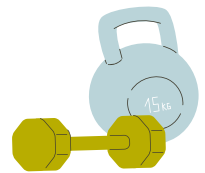
COST: \$25 members/\$33 non-members
DROP-IN: \$3 members/\$5 non-members



FRIDAYS

Balance, Step & Strength

Fridays, January 9 - March 13
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

THURSDAYS


Chair Yoga

Thursdays, January 8 - March 12
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

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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!*

Fitness Programs

Our Pickleball Program is Evolving!

We're excited to share that our Pickleball program is changing! We are now offering an Introductory level of Pickleball (formerly known as Novice).

This beginner-level, non-competitive, and social program is perfect for those who enjoy staying active while connecting with others. Play is friendly and relaxed – we do not encourage competitive play or host tournaments. Participants should already be somewhat familiar with the basic rules and have played a few games before joining this Introductory program.

As our program grows, we plan to add training opportunities and skill development sessions in the future to support players who wish to build confidence and improve their game.

If you're interested in learning the rules or receiving beginner training, please contact our Program Coordinator at (204) 560-5181 or email programs@stjamescentre.com with your questions.

Please note that participants must be members of the St. James Assiniboia 55+ Active Living Centre to take part in our Pickleball program. Before registering, be sure to read our Pickleball Code of Conduct available on our website.



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Pickleball

INTRODUCTION TO PICKLEBALL

WEDNESDAYS & THURSDAYS

Session begins January 7 - March 26

11:15 a.m. - 12:45 p.m.

COST: \$60 & must be a member of 55+ Centre (\$40 annually).

Westwood Community Church,
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