



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!

Something New Is Blooming This Spring!

55+ Community Expo

Mark your calendar and join us for the SJA55+ Centre Spring Community Expo – a fresh, welcoming event designed with you in mind. Plus get a chance to stop at tables and chat with many more community businesses, organizations, and community members.

Thursday, May 21 from 10:00 a.m. - 2:00 p.m.

LOCATION: Westwood Community Church, 401 Westwood Drive

This one-stop community showcase brings together a wide variety of organizations, businesses, clubs, and individuals all under one roof. It is a fantastic opportunity to discover local resources that help older adults live well, stay connected, and age confidently.

Take your time to:

- Chat directly with community organizations and service providers
- Learn about programs, supports, and opportunities
- Enjoy a presentation from any of the following presenters:
 - My Smaller Nest
 - Your Style Financial
 - Venvi Portsmouth Retirement Living
 - Heart to Home Meals
 - Scotiabank
 - Carefree Concierge
 - Arbor Memorial
- Relax with a coffee, snack, or a hot bowl of soup



Whether you are looking for information, inspiration, or just a pleasant way to spend a spring day, the Spring Community Expo is well worth the visit.

We look forward to welcoming you! For more information, call us at 204-987-8851.



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

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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
Atheena Martinez	Administrative Assistant
Susan Snyder	Term Administrative Assistant

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

Healthy Aging Resource Team Facilitators:

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

BOARD OF DIRECTORS

Lynn Greaves
President

Janet Jackmann
Past President

Murray Dufton
Vice President

Bob Dick
Treasurer

Donagh Peters
Secretary

John Drew
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Mae Denby
Director at Large

Connie Newman
Director at Large

Cindi French
Director at Large

Paula Carlson
Director at Large

Andrea Robichaud
Director at Large

Kathy Perrault
WHRA ex-officio

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

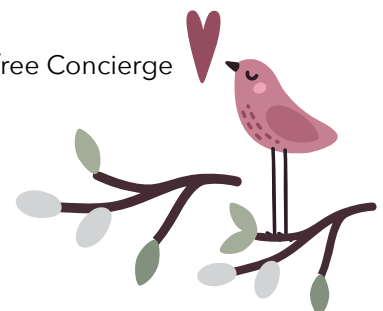
Sponsors

Chapel Lawn Memorial Gardens

Assiniboine Pharmacy

Venvi

Carefree Concierge



Special Events & Outings

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 at a different restaurant for lunch.



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

****You MUST register to reserve a spot. There is limited space available.***

DATE: Tuesday, April 7 at 11:30 a.m.

LOCATION: Olive Garden - 1544 Portage Ave.

DATE: Tuesday, May 5 at 11:30 a.m.

**LOCATION: Mary Brown's Chicken
- 2543 Portage Ave**

DATE: Tuesday, June 9 at 11:30 a.m.

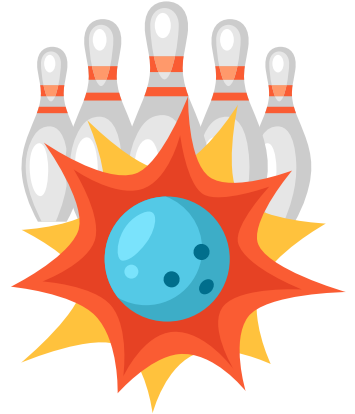
**LOCATION: Park Café - 330 Assiniboine Drive
located in Assiniboine Park**

**Please note, the Park Café will have a 15% gratuity on your bill, but you have the option when you are there to request it be removed.*

Bowling with Buddies

Wednesdays from 1:00 - 2:30 p.m.

Do you enjoy some exciting bowling action, great food, and a lively atmosphere? Well then, this group is for you! Join us once a 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. Space is limited for this group. Each date is a separate registration.***

DATES TO CHOOSE FROM:

April 8, May 6, June 10

**LOCATION: St. James Lanes
1805 Portage Ave.**



BIKE DRAW

Tickets on Sale March 15!

Looking for a fun way to support the St. James Assiniboia 55+ Centre? Our Bike Draw is a great opportunity to do just that – with the chance to win a fantastic bike along the way!

Not a cyclist yourself? No problem. This draw makes a wonderful gift for a child, grandchild, friend, or family member, or simply a meaningful way to support the programs and activities offered at our Centre.

Tickets available starting March 15, 2026

Ticket cost is \$2 per ticket or 3 for \$5.

**Purchase in person or by phone. Call 204-987-8850
(credit card accepted)**

Draw Date: May 21, 2026

Every ticket sold helps support the important work we do for older adults in our community. Thank you for your continued support!



Special Events & Outings

****FREE EVENT****

SPRING DANCE

Rock N' Roll Theme

Thursday, April 2 from

1:30 - 3:30 p.m.

LOCATION: 3-203 Duffield St

COST: FREE



NEW! First Annual Spring Craft Sale

Saturday, April 18 from 10:00 a.m. - 3:00 p.m.

LOCATION: Westwood Community Church,
401 Westwood Drive

COST: \$2 (suggested minimum donation)

We are thrilled to announce our first annual Spring Craft Sale!

It's a brilliant place to support local and handmade makers. So come along and see what you can find! From unique gifts and beautiful crafts to one-of-a-kind treasures, there's something for everyone to enjoy.

Make a day of it—snacks, coffee, and other tasty treats will be available for purchase at our canteen.

Come to shop and stay for a snack, visit with friends, and support local makers at this fun and welcoming spring event!

High Tea - Sip, Savour & Socialize

Thursday, May 7 at 12:00 p.m.

Ladies and gentlemen, come and show off your dapper attire! Don your best hats, fascinators and gloves and join us for tea while you enjoy the soothing, musical talents of our special guest Harpist, Paul Dueck. Enjoy sandwiches and dainties with tea and conversation.

COST: \$14 members/non-members



NEW! ON THE ROAD!

Lunch and Garden Getaway

Friday, May 22 at 10:45 a.m.

MEET LOCATION: Westwood Community Church, 401 Westwood Drive

BUS DEPARTS: 11:00 a.m. SHARP

LEAVE SHELMDINE'S: 2:45 p.m. SHARP

ARRIVE BACK AT CHURCH: 3:30 p.m.

Ready for a fun day out with great food, good company, and a little fresh air? Join us as we hit the road for a relaxed spring outing that's equal parts social and refreshing.

We'll start the day with lunch at Original Joe's on Portage Avenue – a favourite local spot known for its welcoming atmosphere, classic comfort food, and something tasty for everyone on the menu. After lunch, we'll head to Shelmerdine Garden Centre, a beautiful, family-run Winnipeg destination filled with colourful plants, inspiring displays, unique giftware, and plenty of space to stroll, browse, and enjoy the season.

COST: \$15 per person (transportation only)

Please note: You are responsible for purchasing your own lunch at the restaurant and for transporting any garden centre purchases home.

This outing is a great chance to enjoy a change of scenery, connect with friends, and soak up a little springtime inspiration. Seats are limited – don't miss the bus!



Special Events & Outings

SCHNITZELFEST IS BACK!

We're thrilled to announce the return of our always-popular **SCHNITZELFEST on Thursday, June 18!** This much-loved evening has become a favourite for good reason – great food, lively music, and even better company.

Join us from 5:00 – 8:00 p.m. (doors open at 4:30 p.m., dinner served at 5:15 p.m.) at the Royal Canadian Legion No. 4, 1755 Portage Avenue, for a delicious German-inspired meal and live entertainment from the Woodhaven Menshed Band, sure to have toes tapping and spirits high.

Our regular hearty, traditional German menu featuring:

- Schnitzel
- Warm potato salad
- Pretzels
- Sweet & hot red cabbage
- Dessert
- Coffee & tea



A full, cash only bar will be available throughout the evening.

Cost: \$25 members/non-members

Whether you're continuing a Schnitzelfest tradition or joining us for the first time, this is a wonderful opportunity to enjoy a relaxed evening out with friends – or to invite someone new along.

Tickets are always in demand, so don't miss your chance to be part of this festive and flavour-filled night!

We can't wait to celebrate with you!

LOGAN OXENHAM
Your MLA for Kirkfield Park



204 - 831 - 6689

LOGAN.OXENHAM@YOURMANITOBA.CA

125 - 3025 PORTAGE AVENUE



Special Events and Outings



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 - Spring Dance on Thursday, April 2 at 1:30 pm for some dancing & socializing. Coffee, tea, and a snack will be available. 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 March 30 and April 1. *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).

Monday, March 30th			Tuesday, March 31st		
TIME	PROGRAM	ROOM	TIME	PROGRAM	ROOM
9:00	STAFF MEET & GREET	NORTH SIDE	10:00	QI GONG	NORTH SIDE
10:00	BALANCE, STEP & STENGTH	NORTH SIDE	11:30	BONE BUILDING HEALTH & MUSCLE STRENGTH	NORTH SIDE
11:30	CHAIR FITNESS	NORTH SIDE	1:00	E.R.I.K. PRESENTATION	BOARD ROOM
12:00	SOUP'S ON! - HOT LUNCH \$5.00	MEMBERS LOUNGE	1:00	ZUMBA GOLD	NORTH SIDE
1:00	SCRABBLE	BOARD ROOM	1:00	COFFEE TALK	SOUTH SIDE
			1:00	STAMP CLUB	M.P.R.
Wednesday, April 1st			Thursday, April 2nd		
TIME	PROGRAM	ROOM	TIME	PROGRAM	ROOM
10:00	CHAIR YOGA	NORTH SIDE	9:30	YIN YOGA	NORTH SIDE
11:15	SLOW FLOW YOGA	NORTH SIDE	11:00	WHAT'S A SENIOR RESOURCE COORDINATOR	SOUTH SIDE
1:00	CRIBBAGE	SOUTH SIDE	1:30	WIND UP - SPRING DANCE	NORTH SIDE
1:00	BENEFITS OF VOLUNTEERING PRESENTATION	BOARD ROOM			
2:00	TRY OUR GYM EQUIPMENT OUT WITH STAFF ASSISTANCE	FITNESSCENTRE			
Friday, April 3rd					
CLOSED					

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 games is required as there is no instructor available. 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.



Date: Mondays, April 13 - June 29

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, April 8 - June 24

STAMP CLUB

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, from 10:00 a.m. - 2:00 p.m.

(No art group on May 22nd)

Calling all interested creative minds to the 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.
Please bring a plastic table covering to protect our tables.*



Healthy Oatmeal Carrot Cake Loaf

You will need: a blender, 8x4 inch loaf pan and a wire rack

INGREDIENTS

LOAF:

- 3 ripe bananas
- 2 eggs
- 2 cups (165 g) rolled oats
- 1 tsp baking powder
- pinch salt
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1/4 cup (60 ml) maple syrup
- 1 medium carrot, finely shredded

FROSTING:

- 4 oz cream cheese, room temp.
- 2 tbsp vanilla yogurt
- 1 tbsp powdered sugar

DIRECTIONS:

Preheat your oven to 350°. Line an 8x4 inch loaf pan with parchment paper. In a blender or food processor, add the ingredients for the bread – EXCEPT the shredded carrot. Pulse this until mostly smooth. Then stir in the carrot with a spatula. Pour this mixture into your pan and bake for 35-40 minutes

or until toothpick comes out clean. Let the bread set in the pan for 20 minutes then transfer to a cooling rack and allow to cool completely for the frosting.

FROSTING:

Add all frosting ingredients to a small bowl and whisk until smooth. Spread the mixture on top of the cool loaf.



Understanding Financial Abuse

By Cassandra Militar, Student Dietitian

Financial abuse is the most common form of abuse affecting older adults. It happens when someone takes, pressures, or manipulates an older person into giving up money, property, or assets, often during a vulnerable moment in their life.

Most often, the abuser is someone the older adult trusts, such as a family member, friend, neighbour, or caregiver. Financial abuse is illegal and often takes place over a long period of time, so it may be difficult for people to recognize.

Common examples of financial abuse include:

- Taking money from bank accounts or cashing cheques without permission
- Being pressured to give or lend money
- Forcing changes to wills, property ownership, or powers of attorney
- Asking for signatures on important documents without proper explanation

These actions can leave a person financially vulnerable and emotionally distressed, especially if they are isolated, lonely, or in poor health.

Warning signs of financial abuse:

- Sudden changes in bank accounts, such as unusual withdrawals or credit card activity
- Missing money, valuables, or personal belongings
- New or unexpected people affecting financial decisions
- Changes to wills, powers of attorney, or property ownership that seem unusual
- Person appears anxious, withdrawn, or hesitant to discuss money

Who is at risk of financial abuse?

- Social isolation - fewer people checking in or noticing any changes
- Health challenges - physical or mental difficulties that make managing money harder
- Dependence on others - needing help with daily tasks or financial decisions



A person who is experiencing any of the above may have a harder time protecting themselves and their money.

How to protect yourself from financial abuse:

- Keep all important information - including bank statements, PINs, and other sensitive documents - safe and confidential
- Stay in regular contact with friends, family, and community members to reduce isolation
- Seek professional advice before signing legal or financial documents by consulting a lawyer or trusted advisor
- Plan legally and establish powers of attorney and clearly communicate your financial wishes
- Keep a record of money you lend or give away to friends and family

Taking these steps can help people maintain control over their finances and reduce the risk of abuse. **For more information connect with the HARTs at 204-940-3261.**

Need help with financial abuse? Contact these resources for support and guidance:

**Winnipeg Police Non-Emergency Line
204-986-6222**

**Seniors Abuse Support Line (Manitoba)
1-888-896-7183**

**A&O Support Services for Older Adults
Phone: 204-956-6440**

Adapted from Government of Canada - What every older Canadian should know about: Financial abuse

Food and Friendship

Lunch and Learn with Heritage Winnipeg

Thursday, June 4 at 12:00 p.m.



Join us for a tasty lunch followed by an engaging and entertaining presentation from Greg Agnew of Heritage Winnipeg. With his trademark storytelling and sense of humour, Greg will explore some fascinating—and surprising—chapters of local history, including:

- “Say What? (Dr. Schultz)”
- “Are You Kidding Me? (River Hotel)”
- “Hare Today, Gone Tomorrow (Broadway Bridge)”
- “It’s All Mine (Robbery)”

These short stories are full of curious facts, unexpected twists, and memorable moments from Winnipeg’s past. Come for the lunch, stay for the laughs, and leave with a whole new appreciation for our city’s history!

COST: \$10 members, \$12 non-members

Lunch & BINGO FUN!

Thursday, April 30 at 12:00 p.m.

Join us for a tasty lunch followed by a few exciting games of Bingo! It’s a great chance to enjoy good food, good company, and a little friendly competition. Prizes will be awarded to our lucky winners!

We hope you can join us for this afternoon of fun.

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



Musical Mealtime

Thursday, April 16 at 12:00 p.m.



Join us for a delightful afternoon of good food and great music!

After enjoying a tasty lunch, sit back and be entertained by Diamonds in the Rough, a talented musical duo known for their engaging performances and easy-to-enjoy sound.



Whether you love familiar tunes, lively harmonies, or simply appreciate live music in a relaxed setting, Diamonds in the Rough are sure to add something special to your lunch experience. It’s the perfect way to spend time with friends, enjoy a meal, and be treated to live entertainment—all in one enjoyable afternoon.

Don’t miss this wonderful combination of lunch, music, and community!

COST: \$12 members/ \$14 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.

Facilitated by Portsmouth Retirement Living

COST: FREE

Registration is required. Only six spots available

Session Dates:

Friday, April 10 at 2:00 p.m.

Registration deadline is Friday, April 3

Friday, May 1 at 2:00 p.m.

Registration deadline is Friday, April 24

Friday, June 5 at 2:00 p.m.

Registration deadline is Friday, May 29

Food & Friendship

Cooking up Connections

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

Registration is required for each session. COST: \$10

Tuesday, April 14 at 11:00 a.m.

Registration deadline: Tuesday, March 31

Tuesday, April 21 at 11:00 a.m.

Registration deadline: Tuesday, April 14

Tuesday, April 28 at 11:00 a.m.

Registration deadline: Tuesday, April 21

Tuesday, May 5 at 11:00 a.m.

Registration deadline: Tuesday, April 28

Tuesday, May 12 at 11:00 a.m.

Registration deadline: Tuesday, May 5

Wednesday, May 20 at 11:00 a.m.

Registration deadline: Tuesday, May 12

Tuesday, May 26 at 11:00 a.m.

Registration deadline: Tuesday, May 19

Tuesday, June 2 at 11:00 a.m.

Registration deadline: Tuesday, May 26

Tuesday, June 9 at 11:00 a.m.

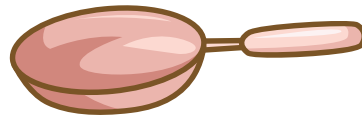
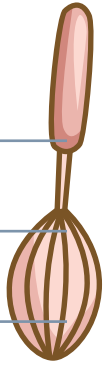
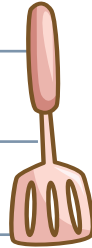
Registration deadline: Tuesday, June 2

Tuesday, June 16 at 11:00 a.m.

Registration deadline: Tuesday, June 9

Tuesday, June 23 at 11:00 a.m.

Registration deadline: Tuesday, June 16



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

Cost: \$5/person

What's Included?

A hot bowl of soup, crackers, 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!

Hot Soup	Frozen Soup	Soup Options
Apr. 7	Apr. 8	Ginger Garlic Noodle with Bok Choy & Italian Orzo Spinach Soup
Apr. 13	Apr. 15	Thai Chicken Curry Soup & Taco Lentil Soup
Apr. 20	Apr. 22	Vegetarian Lasagna Soup & Thai Red Curry Noodle Soup
Apr. 27	Apr. 29	Roasted Carrot Soup & Stuffed Pepper Soup
May 4	May 6	Vegetable Soup & Cabbage Roll Soup
May 11	May 13	Potato Leek Soup & Hamburger Stew
May 25	May 27	Summer Veggie Soup & Italian Fagioli Soup
Jun. 1	Jun. 3	Roasted Veggie Soup & Wonton Soup
Jun. 8	Jun. 10	Mushroom and Black Bean Chilli & Chicken Stew
Jun. 15	Jun. 17	Italian Wedding with Chicken Meatballs & Beet Borscht
Jun. 22	Jun. 24	Chicken Mulligatawny Soup & Curry Chickpea and Potato Soup
July 6	July 8	Rainbow Minestrone Soup & Marry Me Sausage Orzo Soup



★ LUNCH AND A MOVIE

Thursdays at 12:00 p.m.

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

Thursday, April 9: "NONNAS" 2025 | Comedy/Drama | 1h 54m | Rating: PG

Starring: Vince Vaughn, Susan Sarandon, Lorraine Bracco, Talia Shire & Brenda Vaccaro

After losing his beloved mother, a man risks everything to honour her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs..

Thursday, May 14: "Thursday Murder Club" 2025 | Mystery/Comedy | 1h 58m | PG-13 (for violent content, bloody images, strong language and some sexual references)

Starring: Helen Mirren, Pierce Brosnan, Celia Imrie & Ben Kingsley

Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.

Thursday, May 28: "The Intern" 2015 | Comedy/Drama | 2h 1m- PG-13 (for some suggestive content, brief strong language, and emotional scenes)

Starring: Robert DeNiro & Anne Hathaway

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules.

Thursday, June 11: "The Art of Racing in the Rain" 2019 | Comedy/Sport | 2h 3m | PG

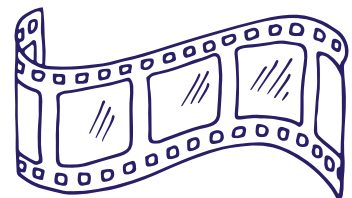
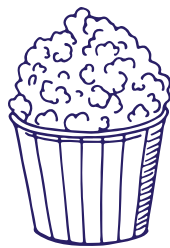
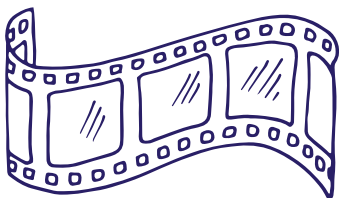
Starring: Milo Ventimiglia, Kevin Costner as Enzo, Amanda Seyfried and Kathy Baker

Denny Swift is a Formula One race car driver who understands that the techniques needed on the racetrack can also be used to successfully navigate everyday life. Besides his career, Denny has three loves of his life -- his beautiful wife, their young daughter and his best friend, which is a dog that wants to be reincarnated into a human.

Thursday, June 25: "The Two Popes" 2019 | Comedy/Drama | 2h 5m- PG -13 (some thematic content and some disturbing violent images)

Starring: Jonathan Pryce & Anthony Hopkins

Behind Vatican walls, Pope Benedict and the future Pope Francis must face their pasts and find common ground in order to forge a new path for the Catholic Church.



Educational Programs

Let's Get Crafty

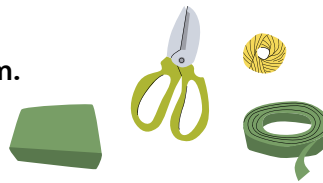
Join us for some socializing and crafting. Each month we will tackle a new project together and enjoy some friendly conversation.

1. Lavender Floral Ball

DATE: Friday, April 24 from 10:00 - 11:00 a.m.

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

Registration deadline: April 15



Manitoba 55 Plus Games Presentation



Monday, April 13 at 1:00 p.m.

Active Aging in Manitoba is proud to host the largest 55+ annual multi-sport event in Manitoba. AAIM has hosted the 55+ Games in communities across the province. The games are three days that are jam-packed with fun and engaging competitions. They aim to combine active games with a social and entertaining experience. AAIM rely on participants, volunteers, sponsors, and spectators to make the Games successful each year.

In 2026 the games will be hosted in the communities of Morden, Stanley & Winkler from June 9-11.

On Monday, April 13th they will be at the Centre to talk about all the amazing events that are in the games and other ways that people can get involved and join in on this amazing event.

COST: FREE

***Registration is required.**



Joyful Retirement Workshop: Creating Your Best Chapter

Tuesdays, May 5 - May 26 (4 weeks) from 10:00 - 11:30 a.m.

This workshop is designed specifically for women aged 50-75 who are transitioning or navigating retirement.

This interactive workshop will be based on Shelley's book *Flourishing in Retirement: A 5-Step Guide to Joy for the Post-Career Woman*.

Each session will be 90 minutes long and utilize tools such as mind maps, journaling, group discussions, and self-reflection exercises to foster personal growth and joy during retirement.

Participants don't need to have the book though it is helpful.

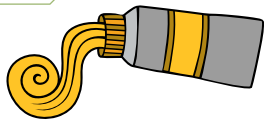
COST: \$50

(includes coffee, tea & cookies)

Registration Deadline: April 28



Educational Programs



Introduction to Acrylic Painting

Thursdays, May 14 - June 11 (no class May 21) from 12:00 - 3:00 p.m.

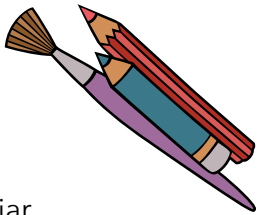
This acrylic painting class of four fun, informative and creative sessions will encourage the participant to explore their own style. The goal of this class is to provide a relaxing and enjoyable experience that introduces basic concepts of acrylic painting.

What will be covered in the course?

- Introduction to Acrylic painting Power Point presentation
- Acrylic Painting "Tools and Techniques" Power Point presentation.
- "Acrylic Basics & More" Power Point on colour and composition

Feature Paintings:

- Painting waterfall
- Painting the moon
- Painting summer scene
- Painting daises in a glass jar



We will start each class off with some instruction regarding the topic of the week, then move into the painting exercise. We will work with acrylic paints to achieve a feature painting each week. There will be demonstrations of a various techniques throughout the course. Assistance and advice will be given as requested and as

required. Booklet of the class instructions will be provided at first class.

By the end of this course:

Students will have gained insight to the management and application of acrylic painting and will have gained confidence in their ability to complete a painting that they are pleased with.

This class is for:

Beginner students with little to no knowledge of acrylic painting as the basics will be covered in the first class and the following classes will build upon each other.

TOTAL COST: \$100 (minimum of 8 registrations are required to run this program)

- **\$50 registration fee**
- **\$50 lab fee** (paid to instructor on first day of workshop for supplies)

Registration deadline: May 5



From the Board of Directors & Staff at St. James 55+ Centre



Educational Programs

Free Tech Classes with Senior Savvy

The St. James Assiniboia 55+ Centre is partnering with Senior Savvy to offer free weekly tech classes starting **April 13, held Mondays at 2:30 p.m., running through June.** These friendly, hands-on sessions will help you build confidence using smartphones, tablets, apps, and everyday technology.

Registration details coming soon – watch for updates!



Support Our 55+ Community: Sponsor the SJA55+ Centre Today!

Join us in making a lasting impact on the lives of older adults in our community! The SJA55+ Centre is a vibrant hub where older adults stay active, connected, and engaged through enriching programs, social events, and wellness activities. By sponsoring the SJA55+ Centre, you will not only help us expand our offerings but also demonstrate your commitment to the well-being of the community.

Why Sponsor Us?

Enhance your community presence, align your brand with positive social change, support programs that promote healthy aging, lifelong learning and meaningful connections

Be a champion for our aging community, your support makes all the difference. Contact us today to learn more about sponsorship opportunities. Call us at 204-987-8855 or email: director@stjamescentre.com

WAYS TO SUPPORT THE CENTRE

How can you show your support?

We are an independently operated, charitable non-profit organization. We encourage community members to improve 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

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!



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!



Donate

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 puzzles. But please give us a call before bringing in items.



HAVE A QUESTION OR SUGGESTION FOR US?

Send us an email
info@stjamescentre.com
Give us a Call
204-987-8855
Stop by the Centre
3-203 Duffield Street, Winnipeg, MB R3J 0H6

WWW.STJAMESCENTRE.COM

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.



Stroke Recovery Group

**Fridays, April 10, May 8 and June 12
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

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

**We will meet the following Tuesdays at 1 p.m.
April 7 & 21, May 5 & 19 and June 2 & 16.**

Drop in for Coffee Talk, a friendly social group where 55+ community members can enjoy coffee, conversation, and connection in a relaxed, welcoming space. Come as you are and join the chat! Coffee and tea are provided. *No registration required. This is a free drop in!*



Cost: FREE

Hard of Hearing Support Group

**Fridays, April 17, May 15 and June 19
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



Free Tax Clinic

St James Assiniboia 55+ Centre will be hosting a **FREE tax clinic on 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.**

Volunteer Appreciation Lunch

With caring hearts and helping hands, you brighten lives and help us stand. Through all you do, so kind and true, thank you for your volunteering-we're grateful for you.



Save The Date: Thursday April 23 from 11:30 a.m. to 2:00 p.m. at Westwood Church (401 Westwood Drive)

We are so grateful to have such amazing and committed volunteers! You deserve to be pampered for your hard work. Come and enjoy lunch on us.

Please note: A centre volunteer will connect with you. Please call Naomi at 204-560-5184 if you have any questions.

APRIL

Power of Attorney Presentation

Tuesday, April 7 at 1:00 p.m.

Many people sign a Power of Attorney and assume everything is taken care of. But a POA document gives someone legal authority – it does not explain how you want decisions to be made if your health or abilities change.

This educational session will explain what it truly means to act as a Power of Attorney, where common challenges arise, and why preparation matters before a crisis. We will discuss the common misconception that a POA is only meant for incapacity, and how its intended purpose is to help maintain what is important to you. The session will also introduce Personal Continuity Planning – a structured addendum to a POA that helps clarify your wishes across five key life areas and prepares your Attorney to make decisions that reflect your values. This session is for anyone who has appointed a POA or is acting in that role. Educational session only – no legal advice provided.

Presenter: Janine Simchuk, Personal Trustee Services of Manitoba Inc.

Cost: FREE Registration is not required

What is a "Just in Case File"?

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

A Just in Case File is one of many ideas about assembling personal information (birth, marriage certificates, etc.) into a file where access is readily available. This compiled information can be used by family when dealing with the death of a family member. The Just in Case File session will introduce you to 10 topics that will assist you in preparing a file for use by family or a trusted friend.

Presenter: John Lawrence

**Cost: FREE
Registration is not required**



Support Services

MAY

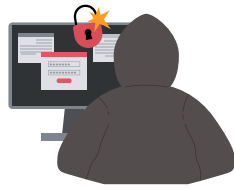
Fraud Prevention

Tuesday, May 5 at 1:00 p.m.

We will discuss common types of fraud and scams that are popular, how to protect yourself from them, and tips for staying protected.

Presenter: Mike Cordova Financial Planner and Andrew Loomer Retirement Advisor from Scotiabank (Portage & Vimy Branch 3247 Portage Avenue)

COST: FREE Registration is not required



Real estate in the age of the internet

Tuesday, May 12 at 1:00 p.m.

The internet has completely changed how we buy and sell houses. We will discuss topics such as who are you really working with when you list with an agent? What small changes can help you sell for the best price? What to expect once your home is listed? Is your city assessment a fair indication of what your home will sell for? Bring your questions as we will have time for a Q and A.

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



JUNE

Estate Planning Kit Presentation

Tuesday, June 2 at 1:00 p.m.

Join me on Tuesday June 2nd at 1pm to learn how you can protect your loved ones by organizing your documents with our complimentary Estate Planning Kit. We will share a short slide show presentation, interactive commentary, followed by questions and answers from your community. Cemetery and Funeral service questions are welcome.

Free coffee and doughnuts, gifts, and a special prize draw at the end of the Q & A session for one lucky winner!

SJA55+ and Arbor Memorial / Chapel Lawn present an hour of light-hearted information with Family Services Director Jason Avison javison@arbormemorial.com - 431 556 2781

COST: FREE Registration is not required

MAINTAINING WELLNESS: Staying Strong and Healthy

Tuesday, June 9 at 1:00 p.m.

Did you know that a 65-year-old has higher protein needs than a 30-year-old?

Healthy eating is an essential part of healthy aging. It improves vitality, over all well-being and helps you to maintain functionality and independence. Join the WRHA Healthy Aging Resource Team to discuss tips to nourish yourself to stay strong and healthy.

Facilitators: HART team

COST: FREE Registration is not required



JOIN US FOR A SPECIAL OUTING!

An afternoon at Portsmouth Retirement Residence

Wednesday, June 10, pick up at 11:30 a.m. at St. James 55+ Centre

What's Included:

- Fabulous lunch at Portsmouth
- Tour of our newly renovated residence
- Live entertainment all afternoon

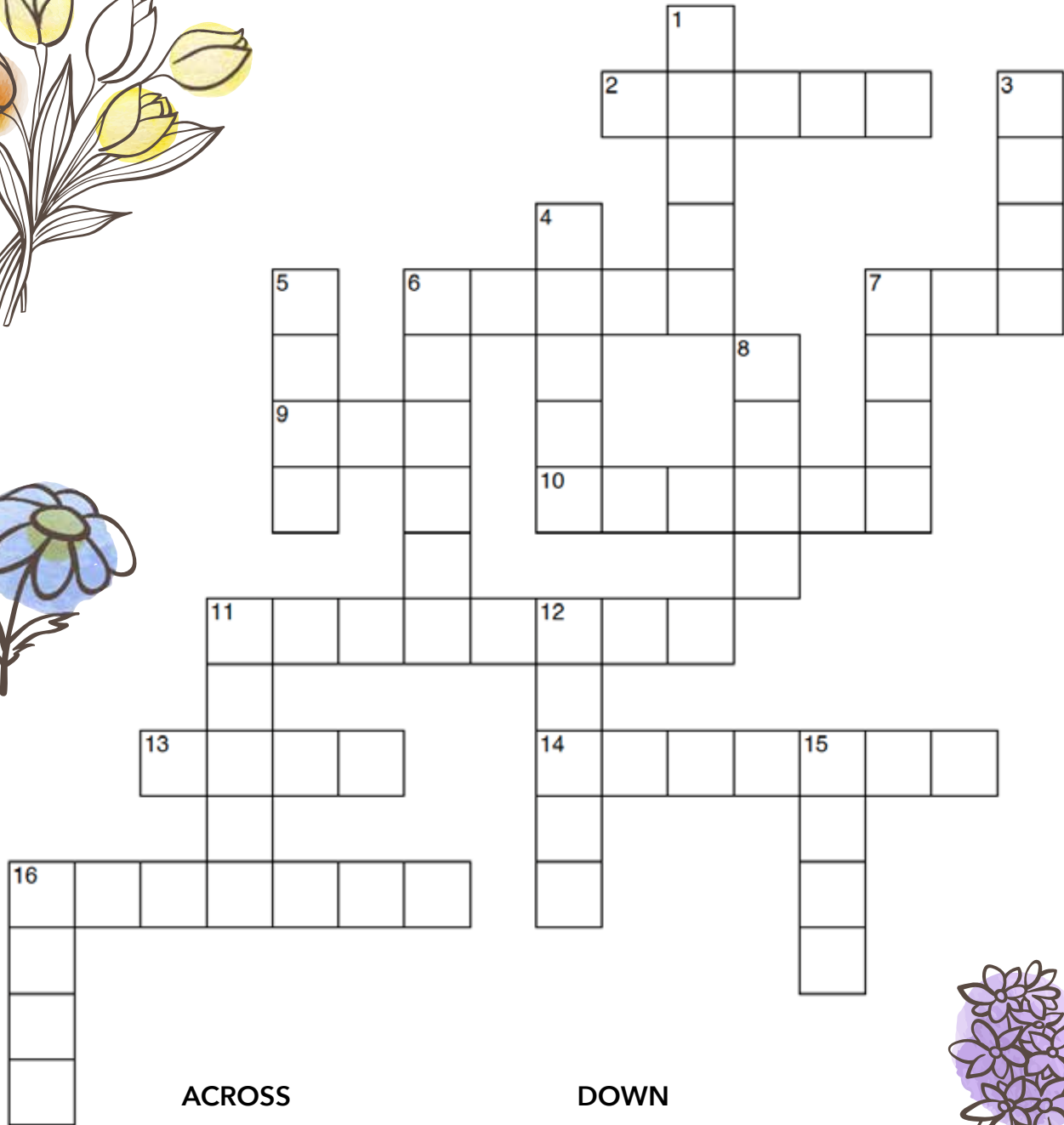
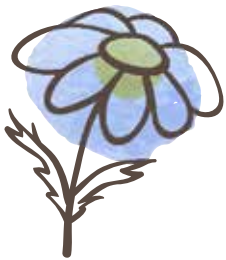
Return: Transportation back to St. James 55+ Centre provided.

Come enjoy great food, great people, and a great time!

COST: FREE *Registration is required



SPRING



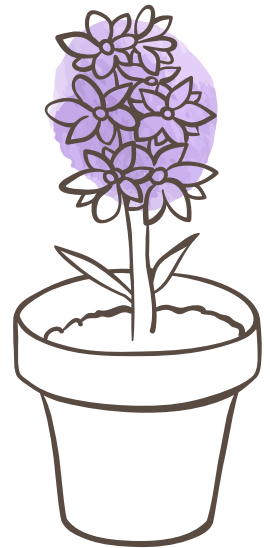
By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 2 Month spring often begins
- 6 Process of being born
- 7 Earth turns soft by wetting
- 9 Water in a frozen state
- 10 Grow as a shoot or bud
- 11 Played with a bat and ball
- 13 Neither warm nor very cold
- 14 Colored arch in sky
- 16 Emitting moderate heat

DOWN

- 1 Emerge from a egg
- 3 Put in ground to grow
- 4 Lawn growth
- 5 Water from the sky
- 6 Light or gentle wind
- 7 Change from a solid to liquid
- 8 Get larger by development
- 11 Produce flowers
- 12 Fourth month of year
- 15 Grows under ground
- 16 Movement of air



Solution on page 23

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, April 13 - June 22

(no class May 18) 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. These sessions include a step. The step can be set aside if you only want to do part of the class on the step. If you do not care to use a step at all, the movements can be done on the floor. This makes it easy to vary the intensity of the class to fit your individual needs.

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

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

Chair Fitness

Mondays, April 13 - June 22

(no class May 18) 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, April 13 - June 22 (no class May 18)
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

TUESDAYS

Spring Forest Qigong

Tuesdays, April 7 - June 9

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

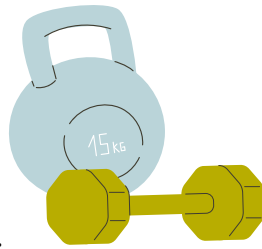
Fitness Programs



TUESDAYS

Bone Building Health & Muscle Strength

Tuesdays, April 7 - June 9
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, April 7 - June 9 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

Weekly Walking Group

Get moving with our Weekly Walking Group, held Wednesdays from **May 13 through October (weather permitting)**. We'll explore the neighbourhood or enjoy a scenic walk to Assiniboine Park or the Old Mill – a great way to stay active and connect.

Meet outside the main entrance at 203 Duffield Street at 9:45 a.m.; we depart promptly at 10:00 a.m., so please arrive on time. Friendly dogs are welcome.

Please wear proper footwear, dress for the weather, and bring water (hat and sunscreen recommended).

COST: FREE

Registration is recommended to receive updates about weather cancellations or schedule changes.

Slow Flow Yoga

Wednesdays, April 8 - June 10
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



Floor Curling

Wednesdays, April 8 - June 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, April 9 - June 18
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



FRIDAYS

Balance, Step & Strength

Fridays, April 10 - June 19

(no class April 24) 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. These sessions include a step. The step can be set aside if you only want to do part of the class on the step. If you don't care to use a step at all the movements can be done on the floor. This makes it easy to vary the intensity of the class to fit your individual needs.

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

Floor Curling

Fridays, April 10 - June 19 (no class April 24 or May 22) 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


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!*



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Fitness Programs

PICKLEBALL

This beginner-level, non-competitive, 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 are 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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- Set up
- Clean Up

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Pickleball

INTRODUCTION TO PICKLEBALL

WEDNESDAYS & THURSDAYS

Session begins April 1 - June 25
(no class April 23 & May 21)

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

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

LOCATION: Westwood Community
Church, 401 Westwood Drive

Your MLA for Assiniboia
NELLIE KENNEDY



204-888-3188

Unit 105-3025 Portage Avenue, Winnipeg
 nellie.kennedy@yourmanitoba.ca

Nursing Footcare

TUESDAYS & WEDNESDAYS

Appointments available from 9 am to 3 pm

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

Prices:

Members \$45

Non-Members \$53

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



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

Solution from page 18



COPY AUTHORIZATION BY THE AUTHORS
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 James and Evelyn Johnston

Celebrate Life Today. Be Remembered Tomorrow.

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



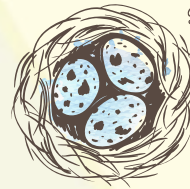
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or, **Santana**
204.296.0386

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204.885.0303







Sturgeon Creek I
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204.885.1415

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