



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

EXECUTIVE DIRECTOR REPORT



Hello everyone and Happy New Year! I hope you all had a great holiday season and we look forward to seeing you at the Centre very soon. Welcome to all of the new members named Shirley (4 of you recently) that joined us at the last new member's coffee party. These ladies are part of our growth in membership that has taken us over 1,000 members for the first time ever! Thank-you to all of our new and existing members for your ongoing support. People born in 1957, the same year that Vanna White (Wheel of Fortune) and Ray Ramano (Everybody loves Raymond) were born, are our newest 55+ candidates. If you haven't joined yet please give us a call and start taking advantage of all we have to offer! For those of you that I have yet to meet or hear from, please contact me at any time at 987-8850 ext. 102 or through email bmetcalfe@stjasc.mb.ca. **Bryan Metcalfe, Executive Director**

THE BOARD OF DIRECTORS REPORT



I would like to report on a very successful membership growth in 2011 at the Centre. Our Membership numbers went over 1,000 members for the first time ever! The Board and Staff are working hard to make the Centre a welcoming and interesting experience for all our members. The next two months are filled with a number of fun programs that we hope you will be able to take part in. Maybe a few visits to the Centre to enjoy some of our programs will help make the winter pass faster. A new Membership Committee has been formed, so any concerns you have can be directed to Linda Hamilton, Dorothy Jackson, Carole Nicolson or Bryan Metcalfe and they will be discussed. If there are some things you would like to see offered at the Centre, please let us know. **Linda Hamilton - Director at Large**

BOARD OF DIRECTORS 2011 –2012

Connie Newman	Mike Tumber	Lynn Land	Pat Jackson	Louise Kennedy
Linda Hamilton	Marilyn Robinson	John Pidwerbesky	Mary Berch	

Board Meeting Dates: Jan. 26 & Feb. 23

Upcoming Key Dates...

- January 5: Spaghetti & a Movie**
- January 26: Chef's Live**
- February 2: CPR Training**
- February 7: Soup for the Soul-*Hey Ho!***
- February 9: Be Happier Workshop**
- February 14: Bridge Luncheon**
- February 23: Meet & Greet Potluck**

Featured Program:

"Chef's Live"

Thursday, Jan. 26 at 12:00 pm

Remember the days of The Galloping Gourmet when he entertained you with food, wine and all his antics. Join Chefs Robin & Michael at a live food event where they will prepare tantalizing appetizers for you. Must pre-register. Limited Space! Cost: \$20 members/\$23 non members.



REGISTRATION INFORMATION

Please note that all programs take place at the centre unless otherwise stated.

Centre Hours:

Monday to Friday 8:30 am-4:30
No financial transactions after 3:30 pm

Fitness Centre Hours:

Monday-Friday 8:30 am-4:00 pm

The Centre is closed on the following dates:

Monday, February 20. (Louis Riel Day)

Membership

The cost of an annual membership is \$25. Benefits include: discounted and member only programs, use of the fitness room, computer lab, & City of Winnipeg Passes discount.

Early Registration

Registration is required for all classes, presentations, trips, and special events prior to the start date. A minimum number of people are required for all activities. Cancellations occur if registration is low. Instructors are booked, food is purchased, and great planning goes into what is offered at the Centre. Avoid disappointment and support our programs/services by registering early.

Parking Passes

GREEN parking passes effective June 1, 2011 – May 31, 2012. This entitles you to unlimited parking on designated streets while at the Centre. Display pass on the drivers dash. Handicapped parking spots still require the disability pass and not the Centre pass. Cost of pass is \$2 for members.

Newsletter Pick Up

The March/April newsletter is available at the Centre on Tues. Feb. 7 after 12:00 pm. If you want to receive the newsletter by email or can help deliver newsletters call Adele at 987-8850 ext. 108.

Disclaimer

we reserve the right to change, alter or cancel any trips or activities in the event of low registration, weather or unforeseen circumstances. No refunds, with the exception of medical issues. Doctors note required.



CALENDAR GIRL



**No one is in charge of your happiness but you.
Heidi Yvonne...77**

Heidi Yvonne D' Aoust- Anderson joined the St. James Assiniboia 55+ Centre in 1995 when she attended the Open House. Immediately she joined Tae Kwon Do with great enthusiasm earning her Red Belt, followed by Yoga, Thai Chi, Pilates, Computer and Flute classes. She also works out with St. James Elderobics 3 times a week. During her battle with cancer Heidi credits The St. James Assiniboia 55+ Centre for being a great support group. Her healthy & cheerful attitude has been encouraged to keep busy with the Centre's varied activities which are offered at a reasonable rate.



20th Anniversary Celebration

The Celebration Dinner will be held at the Viscount Gort on Thursday, June 14th, 2012. Please mark your calendar and plan to attend this great event.

FITNESS CLASSES

Beginner Yoga

Fri. 9:30–11:00 am
Jan. 13–Mar. 2 (8 weeks)
Cost: \$51 Members/\$61 non
Instructor: Sue Keyton

Invitation Only Yoga

Mon. 1:15–2:45 pm
Jan. 16–March 26 (10 weeks)
Cost: \$70 members/\$90 non
Instructor: Deborah Smith

Total Body Workout

Tues. 9:30–10:30 am
Jan. 10–Feb. 28 (8 weeks)
Cost: \$43 Members/\$53 non
Instructor: Sue Keyton

Zumba Gold

Mon. 10:15–11:15 am
Jan. 9–Mar. 5 (8 weeks)
Cost: \$43 members/\$53 non
Instructor: Sue Keyton

Zumba Gold

Thurs. 9:30–10:30 am
Jan. 12–Mar. 1 (8 weeks)
Cost: \$43 Members/\$53 non
Instructor: Sue Keyton

Lite' n Lively

Mon. 9:00–10:00 am
Jan. 9–Mar. 5 (8 weeks)
Cost: \$43 Members/\$53 non
Instructor: Sue Keyton

Lite' n Lively

Wed. 9:15–10:15 am
Jan. 11–March 7 (8 weeks)
No class Jan. 18
Cost: \$43 Members/\$53 non
Instructor: Val Melville

Beg. Tap Dance

Wed. 10:45 am–11:45 pm
Jan. 11–Feb. 29 (8 weeks)
Cost: \$43 Members/\$53 non
Instructor: Deb Clairmont

Pilates

Wed. 9:30–10:30 am
Jan. 11–Feb. 29 (8 weeks)
Cost: \$48 members/ \$58 non
Instructor: Linda Jacob

Meditation Workshop

Thurs. 1:30–3:00 pm
Jan. 12
(Intro session to the classes)
Cost: \$10 members/\$12 non
Instructor: Sue Keyton

Meditation

Thurs. 1:30–2:30 pm
Jan. 19–Mar. 8 (8 weeks)
Cost: \$43 members/\$53 non
Instructor: Sue Keyton

Gentle Chair Yoga

Tues. 11:00 am–12:00 pm
Jan. 10–Feb. 28 (8 weeks)
Cost: \$48 members/ \$58 non
Instructor: Heather Mcknight

In Memoriam

On behalf of the Board of Directors, staff & members we would like to send out a heart felt thank-you to the Barber family and other members for their kind donations in memory of Harold & Joyce. Harold Barber was on the steering committee to help establish the Centre and became a President on the Board of Directors. Harold and Joyce were very involved and attended all functions at the Centre as they enjoyed associating with all members. They both loved to play back movies of their vacations and visits with grandchildren. In honor of them the donation is going toward a digital camera, screen, and a sound system for the Centre.

PROGRAM HIGHLIGHTS



Men's 55+ Club

Beginning from the left are some of the men that partake: Bob Asae, Cecil Ryder, Dave Howie, Larry Gwiazda, Ben Friesen, Dave Sawyer, Ron Whittom, Uwe Kromer. The men's 55+ Club is located at 3172 Portage Ave. They have been in existence for approximately 1 year. The group meets Wednesday and Thursday from 1:00–4:00 pm on a drop-in basis. On average there are approximately eight men that attend. Some of the activities include; wood carving, wood burning, art classes, modeling (airplane, boats) and many just simply come to enjoy a cup of coffee with the men. The group is always looking for new members and program ideas. If interested please contact Vanessa at 987-8850 ext. 105 for more info.

Memorable Mondays

Jan. 9 & Feb. 6 12:00–2:00 pm

Enjoy a delicious home cooked meal prepared by volunteers followed by a craft activity, shuffleboard or cards. Fee: \$8; register in advance. Rides available upon request. Please call Bonnie 987-8850.

SAFeway 

COMPUTER CLASSES

Did you know the centre has a computer lab that's accessible for members use? The lab is available for use Mon.-Fri. 9:00 am -3:30 pm, with the exception of scheduled classes. Instructor: Terry Torwart.

Computer Basics Monday & Wednesday

Jan. 9-Jan. 25 10:00 am-12:00 pm

Feb. 1-Feb. 22 10:00 am-12:00 pm

No Prerequisite. This is a basic hands on course for those with little or no computer experience. Learn how your computer operates, computer terminology, use of a keyboard and a mouse, some windows accessories, simple document creation, and basic internet functions. **Cost: \$57 members/\$70 non (6 weeks)**

Exploring the Internet

Monday, Jan. 9, 16, 23 1:00-3:00 pm

Basic computer knowledge required. This course focuses on how to explore the internet using Google and how to create an email account with Gmail. Learn how to send/receive emails, mass emails, setting up an address book, sending and receiving attachments, managing your email and security aspects (virus protection, spam). **Cost: \$30 Members/\$40 non**

Microsoft Office Word Monday & Wednesday

Jan. 25-Feb. 13 (6 classes) 1:00 am-3:00 pm

Prerequisite: Must have computer basics experience. Learn the key elements of Microsoft word. Learn how to create a document, edit, format, menus and toolbars, line spacing, font, print, save and how to apply different styles. **Cost: \$57 members/\$70 non**

Picture Perfect

Wednesday, Feb. 15, 22, 29 1:00-3:00 pm

Want to learn how to share your pictures with your friends and family through email? This class will teach you how to load your pictures from your camera onto your computer through Picasa. Bring your camera! **Cost: \$36 Members/\$46 non.**



SPECIAL EVENTS

Refer to the website www.stjasc.com or see the front desk for details on programs. If you are interested in *table tennis, rock collecting, badminton, men's lunch/coffee group* or would like to see a program offered contact Vanessa at 987-8850.

NEW! Advanced Scrabble

Looking for a challenge. Join the scrabble group every Monday at 1:00 pm.

NEW! Beginner Guitar lessons

Friday, Jan. 20-March 9 1:30-2:30 pm (8 sessions)

This is a group based class taught by Ian Hodges. Ian is a professional classical, folk and jazz guitarist based out of Manitoba. He continues to teach in the many areas of music. Following each class there will be individual one-on-one classes available. **Cost: \$80 members/\$95 non**

Green House for Green Thumbs

If you enjoy gardening but don't have the space this may be just for you. You are welcome to drop-in Mon. & Thurs. at 11:00 am. Location: 3180 McBey Ave. in Lincoln Middle School. **No cost, members only. Register in advance. Call Vanessa 987-8850.**

Spaghetti & a Movie

Thursday, January 5 at 11:30 am

Enjoy a magnificent Italian lunch then sit back and watch the Disney Pixar movie "Ratatouille". **Cost: \$10 members/\$12 non**

Hoist Weight Machine

Jan. 13 & 27 10:30-12:00 & Feb. 10, 24 1:00-2:30

In this workshop you will learn - how to set up to use the machine, proper technique, how to get started, exercises to do. Limited spots available so sign up today Instructor; Jack Spence BPE. Please see other orientations listed on pg. 8. **Cost: \$5 members.**

Safe Walking in the Winter

Tuesday, January 17 10:00-11:00 am

Do you want to continue walking outdoors this winter? Learn about the different ways to keep yourself safe & warm in the winter. Bring your walking shoes! City Park Runners. **Cost: \$2 members/\$3 non.**

Face Up Trivia Bingo

Thursday, January 19 1:00-3:00 pm

Similar but more fun than regular Bingo. Each card has 25 crazy faces with funny names. Chances to win cash prizes. **Cost: \$10 members/non.**

Family Photo Book

Thursday, January 17 10:00 am-12:00 pm

Looking for a gift for a special someone or do you have countless pictures and you don't know what to do with them. This class will teach you how to create a timeless picture book using a program called Mixedbook. See *Vanessa/Bonnie for details. Cost: \$5 members/\$7 non*

Intergenerational Opportunities

Creating an Indoor Garden: Workshop #1

Wednesday, January 18 from 1:00-3:00

Create an indoor container garden using various herbs and their history. Discover some tips about the best techniques to keeping them healthy indoors and how to design and plant a creative herbal container. **No cost.**

What to do with Your Garden: Workshop #2

Thursday, February 9 1:00-3:00

Beyond adding a little green to your home, an indoor herb garden can enhance your culinary and eating experience all year round. Learn how to make herbal butter, cheeses, salad dressing and herbal teas & punches. Enjoy some sampling. **No cost.**

Workshop 1 location: The 55+ Centre.

Workshop 2 location: Assiniboine Park Family Centre. Participate with students in a group setting.

MASC Intergenerational Project

This is a three day workshop where older adults will assist the child/youth in completing a activity. The activity is the catalyst to create and build upon a relationship. Dates to be announced. If interested in participating please call Vanessa at 987-8850 ext. 105.

Fraud Scams & Identity Theft

Wednesday, January 25 11:00 am-12:00 pm

Learn about the common ways scams can be carried out, signs to watch out for, how to protect yourself from being a victim of a scam.

Cost: \$2 members/\$4 non

For Your Eyes Only

Monday, January 30 10:00-11:00

Learn about common changes that happen to your eyes as you get older, visual deficits associated & falls prevention. *Presenter: Karen McCormac from Misericordia Eye Centre. Cost: \$2 members/\$4 non*

Elizabeth Taylor Movie Classics

Cat on a Hot Tin Roof- Wednesday, Feb. 1 at 1:00 pm

Butterfield 8- Wednesday, Feb. 15 at 1:00 pm

Father of the Bride- Wednesday, Feb. 29 at 1:00 pm

Cost: \$2 members/\$3 non (hot chocolate & popcorn)

Sam's Sushi Samplers 2

Thursday, February 2 at 11:00 am

Join Sam around the island and learn the sushi basics. **\$15 members/ \$18 non. Register by Jan. 26.**

CPR Training

Thursday, February 2 9:00 am-1:00 pm

Are you prepared if a friend or family member suffers a sudden Cardiac Arrest? Learn how to perform the steps of CPR for adults, children and infants. You will be taught what to do in an emergency situation, how to access EMS, AED, and a choking victim. Manuals available for purchase. Instructed through Heart Beat Inc. **Limited spaces! Cost:\$30 members/\$35 non.**

Soup for the Soul-*Hey Ho!*

Tuesday, February 7 12:00-1:00 pm

Come and enjoy traditional pea soup, buns and maple sugar pie. **Cost: \$6 members/\$10 non.**

"Be Happier" Workshop

Thursday, February 9 1:00-2:30

It's never too late to be happy. Learn about the science of happiness and how it affects your brain. Discover your role in your happiness and quick, easy ways to increase the pleasure of everyday living.

Must pre-register at the centre. Speaker: Jodi Lee Cost: \$5 members/non. Includes light refreshments.

Bridge Luncheon

Tuesday, February 14 12:00-3:30 pm

If you are a beginner/advanced player join us for an afternoon of fun, food & the opportunity to meet new friends. You are encouraged to register in groups of two or four. **Cost: \$15 members/non; bring a friend for the member rate; a light lunch & coffee.**

Meet & Greet Potluck Lunch

Thursday, February 23 at 12:00 pm

Here's your opportunity to make your favourite meal and share it with your peers. Bring a non-member friend for no charge. **Cost: \$10 members/non; Includes entertainment.**

Silver Expo

Wed., Feb. 22 9:00 am to 4:30 pm

Includes speakers, complimentary lunch & coffee. Takes place at Westwood Community Church. Call the Centre for details.



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À l'écoute de notre santé

VOLUNTEER VIBES



Catherine, Linda and Fay are busy in the kitchen making one of many soup recipes such as, Bean Bacon Cauliflower, Jump Up or Vegetable Barley. This lively group meets twice a month under the leadership of Bonnie to prepare take out soups for \$2.50. They volunteer countless hours because they love being in the kitchen and enjoy helping others. Their reliability, enthusiasm and willingness to work as a team is appreciated by all staff.

One-Time Volunteers

In order to offer the varied programs and services the Centre needs volunteers who are willing to give the gift of time "On a one time basis". Sign up on the volunteer board or call Adele at 987-8850 ext 108.

Fundraising Volunteers

Thanks a million to all the volunteers from Texas Hold'em, Craft/bake/book sale, 50/50, raffle and calendar project. Without your dedication we could not provide all the services available for 55+.

Annual Volunteer Appreciation

"An Afternoon at Denny's Diner". (Details in the next issue. Bring out your bobby sox & saddle shoes.

Fashion Show

Mark your calendars for the upcoming fashion show on Thursday, May 24. We are looking for members to model Jones New York clothing. If interested please contact Vanessa at 987-8850.

Book, Bake & Craft Sale

A special thank-you to the volunteers who helped out with the Book, Bake and Craft Sale on Nov. 17. We raised a record amount of \$2,007.00 and could not have done it without your support!

SUPPORT SERVICES

Project Awareness

Adele is working on a "Centre Presentation" to be delivered to community groups who are interested in finding out what we are all about. This presentation will involve a team approach with members giving a short dialogue about their experiences either participating in programs or volunteering. *Please call Adele at 987-8850 ext 108.*

Housing Options

Friday, January 27 at 12 noon

An opportunity for members to go as a group to the newly renovated Wellington. There will be a tour/lunch and presentation covering what life is like in an assisted living residence. *Please call 987-8850 to register and indicate if you can drive.*

Around the Table – Canada Pension Plan & Old Age Security

Thursday, February 16 at 1:30 pm

Join us for this very important presentation on the pieces of the retirement puzzle. Find out about the changes for 2012. *Cost: \$2. Register by Feb. 10.*

Community Resources

Referrals for many in home services such as dental, lawyer, hair, foot care, blood work, meals, grocery delivery etc. Support Services has compiled a list of Government Forms. Drop by the Centre and you can have access to the form you need for information, to make changes, apply or renew. Examples include; Allowance for the Survivor, Passport, CPP Survivors Pension. Small fee for photo copying. Call Adele at 987-8850 Ext. 108 for info.

Rides for Seniors

Call 987-8850 ext. 106 for an Info Package. Available to seniors residing in St. James Assiniboia district. Donation is \$8 round trip.

Home Maintenance Referral Program

Available to seniors residing in St. James & Assiniboia. Referrals to some great handymen at a reasonable rate. Call 987-8850 ext. 108.

E.R.I.K Kits

Emergency response information kit. Having one filled out and on your fridge could help save your life. Available at the Centre free of charge. Income tax receipts issued for donations of \$10.

INSTRUCTOR FEATURE



Ruby Laughren has been a member since 2006. She is active and participates in many activities such as; golf, rollerblading, hiking and biking. Throughout the winter months she continues to stay active by cross country skiing, snowshoeing and ice

skating. Ruby's greatest challenge for the past 9 years has been to cycle the 170 km from Stonewall to Gimli and back (over 1530 kms in total) as a fundraiser for the MS Society. Another very special and important part of her volunteering is for Hospice and Palliative Care Manitoba as a companion volunteer. Ruby currently partakes in the beginner tap dance class & is a volunteer program leader for the Pickleball group at the St. James 55+ Centre. Pickleball is a court played sport and is offered on Tuesday and Thursdays from 1-3 pm. Anyone can learn this fun active sport. Feel free to drop by Westwood Church and see what it's about.



Thank you to the following sponsors:

Thomas Sill Foundation
City of Winnipeg
New Horizons
Land Development funds from the City of Winnipeg

STRAIGHT FROM THE H.A.R.T.

Laughing regularly has a positive impact on your health. Like intense exercise, it increases brain levels of calming substances (ex. serotonin and endorphins). Feeling tense? Start laughing really hard and feel your body become so limp that you might have to sit down. Kids laugh about 100 times a day, adults laugh much less, so take a lesson from them! Here are three ways to make humour a weapon against stress:

1. Tell more jokes.
2. Look for humour in every situation.
3. Smile more and laugh out loud periodically, especially if life doesn't seem that funny!

HEALTHY RECIPE

Make-ahead whole-wheat blueberry pancakes

Makes 12 servings

Introduction

These pancakes are made with whole-wheat flour and flax for a good source of fibre and some heart-healthy omega-3. Freeze them for a quick breakfast (just pop them in the toaster) or for a great grab-and-go snack. You can also enjoy them right off the griddle.

Ingredients

- 2 cups (500 mL) buttermilk
- 1 tbsp (15 mL) canola oil
- 2 tsp (10 mL) vanilla extract
- 1/4 cup (50 mL) maple syrup
- 2 eggs
- 1 cup (250 mL) whole-wheat flour
- 1/2 cup (125 mL) ground flax seed
- 1/2 cup (125 mL) oat bran
- 1 tsp (5 mL) baking soda
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1 mL) salt
- 1/2 cup (125 mL) frozen wild blueberries
- Top the pancakes off with apple butter.

Directions

- In a large bowl mix together buttermilk, oil, vanilla, maple syrup, and eggs.
- In a second bowl combine flour, flax, oat bran, baking soda, baking powder and salt.
- Add dry ingredients to the wet ingredients and whisk together until you get a smooth batter. Gently stir in blueberries.
- Preheat non-stick fry pan or griddle to medium heat. Use a cup measure to spoon the batter into the pan. When finished cooking, place on wax paper to cool.

January/February 2012 Guide

Most programs begin in the week of January 9 unless otherwise noted. See details of fitness classes on page 3.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lite N' Lively 9:00-10:00 am</p> <p>Singsationals (choir) 10:15-11:30 am</p> <p>Zumba Gold 10:15-11:15 am</p> <p>Memorable Mondays 12:00 pm Jan. 9 & Feb. 6 Fee: \$8.</p> <p>Scrabble & Advanced Scrabble 1:00-3:00 pm Resumes Jan. 2</p> <p>Invitation Yoga 1:15-2:45 pm</p> <p>Bowling Jan. 23 & Feb. 27 Fee: \$7 drop-in</p> <p>Casino Trip Jan. 16: McPhillips St. Feb. 13: Club Regent Fee: \$3 members/\$5 non</p> <p>If you are interested in dropping in to a class please call the centre in advance to confirm space availability.</p>	<p>Mall Walking 9:00-10:00 am</p> <p>Crafters 9:30-11:00 am</p> <p>Total Body Workout 9:30-10:30 am</p> <p>Bridge 12:30-3:00 pm Resumes Jan. 3</p> <p>Pickleball 1:00-3:00 pm Begins Jan. 3</p> <p>Coffee Talk 2:00-3:30 pm</p> <p>Soup Days (pick up) Jan. 10, 24 & Feb. 7, 21. Fee: \$2.50</p> <p>Lunch with Friends 12:00 pm Jan. 31: Perkins Feb. 28: Red Lobster</p> <p>Stamp Club 1:00-3:00 pm Jan. 17 & Feb. 7, 21</p> <p>Footcare: Rate change: \$27.50 Members/\$32.50 non</p> <p>Gentle Chair Yoga 11:00 am-12:00 pm</p>	<p>Lite N' Lively 9:15-10:15 am</p> <p>Pilates 9:30-10:30 am</p> <p>Company of Friends 11:00 am Jan. 11 & 25 Feb. 8 & 22</p> <p>Beginner Tap 10:45-11:45 am</p> <p>Floor Curling 1:00-3:00 pm Jan. 11-May. 2 Fee: \$15 members/non</p> <p>Wizard Cards 1:00-3:00 pm</p> <p>Parkinson's Support Group 1:30-3:00 pm Jan. 11 & Feb. 8</p> <p>Stroke Recovery Support Group 1:00-3:00 pm Jan. 25 & Feb. 22</p> <p>Men's 55+ Club 1:00-4:00 pm drop-in</p> <p>Book Club: 1:30 pm Jan. 25 (<i>Eat, Pray, Love - Elizabeth Gilbert</i>) Feb. 29 (<i>The Secret Daughter - Schitzi Somaya Gowda</i>)</p>	<p>Zumba Gold 9:30-10:30 am</p> <p>Pickleball 1:00-3:00 pm</p> <p>Meditation 1:30-2:30 pm</p> <p>Men's 55+ Club 1:00-4:00 pm drop-in</p> <p>Safeway Co-ed Cooking Club 12:00 pm Jan. 12 & Feb. 16</p> <p>Massage: (members/non), 30 minutes: \$34/\$38 45 minutes: \$43/\$50 60 minutes: \$52/\$62</p>	<p>Shuffleboard 9:00 am -12:00 pm Resumes Jan. 6 Fee: \$1 drop-in</p> <p>Beg. Yoga 9:30-11:00 am</p> <p>Watercolours No session until Spring.</p> <p>Gamers (Canasta & Vegas) 1:00-3:00 pm Resumes Jan. 6</p> <p>Beginner Guitar 1:30-2:30 pm (8 weeks) Jan. 20-March 9</p> <p>Fitness Orientation Jan. 20 1:00-2:00 Feb. 17 11:00-12:00</p> <p>Free Weight Workshop 1:00-2:30 pm Feb. 3 Cost: \$5.</p> <p>Safeway Cooking Club Men's 11:00 am Jan. 6 & Feb. 3 Ladies 11:00 am Jan. 27 & Feb. 24</p> <p>Reflexology: 45 minutes: \$35 60 minutes: \$45</p>	<p>Floor Curling 9:00 am-12:00 pm Resumes Jan. 7. Fee: \$1 drop-in.</p> <p>Write your life Story 1:00-3:00 pm Feb. 4-March 24 \$45 members/\$50 non Instructor: Sherry Bailey</p>