



ST. JAMES-ASSINIBOIA  
**Parent Child**  
Coalition

Bringing families and the community  
together to help our children  
reach their full potential



Summer  
2016

# FAMILY FOCUS

## Intergenerational

Together in the Community



Generations at Play

CRAFTS

**Block  
Party**

JULY 20th

**BOUNCER  
FACE PAINTING**

**GAMES**

Jake Chenier



St. James Assiniboia 55+ Centre & St. James Parent and Child Coalition  
invite you to a Free BBQ and Block Party.

**Date:** Wednesday, July 20<sup>th</sup>  
**Time:** 11:00 a.m. - 1:00 p.m.  
**Location:** Deer Lodge Community Club (323 Bruce Ave)  
**FREE:** BBQ Lunch - Manitoba Pork Council

**To Register:**

**Families of the Parent Child Coalition** please RSVP to [familyresource@sjsd.net](mailto:familyresource@sjsd.net)  
**Members of the 55+ Centre** please RSVP to [rachel@stjamescentre.com](mailto:rachel@stjamescentre.com)

**\*\*Let us know how many will be attending\*\***

**Entertainment**  
by Musical Guest  
**Jake Chenier!**

**Family Fun!**  
**All Ages**  
**Welcome!**

# PROGRAM HIGHLIGHTS

## TUESDAYS at the PARK

Join us Tuesday mornings from 9:30 – 11:00 a.m. as we take our play outside. Each week we will meet at a different playground throughout St. James. Pack your hats, sunscreen, bug spray, water bottles and imagination for endless fun and adventure.

July 2016

Date:	Park:	Location:	Activity
July 5	Suzanne-Jeanette Park	400 Gagnon St. (St. Charles)	Spray Chalk
July 12	Bruce & Moray Park	Bruce Ave/Moray St. (Silver Heights)	Nature Weaving
July 19	Sansome School Playground	181 Sansome Ave. (Kirkfield Park)	Westwood Library
July 26	Splash Pad Centennial Pool	644 Parkdale St. (Crestview)	Water Play

August 2016

Date:	Park:	Location:	Activity
Aug 2	Bourkevale Community Club	100 Ferry Rd (Deer Lodge)	St. James Library
Aug 9	Living Prairie Museum	2795 Ness Ave (St. Charles)	Scavenger Hunt
Aug 16	Harvlong & Topaz Park	2 Topaz Road (Crestview)	Westwood Library
Aug 23	Woodhaven Community Club	200 Glendale St. (Woodhaven)	Music in the Park
Aug 30	St. James Legion Memorial Playground	Silver Ave/Sackville St. (Airport)	Wind Chimes <b>**Bring a Picnic**</b>

## Wading Pools

in St. James-Assiniboia

**Amherst Park**  
340 Amherst St.

**Bruce Park**  
1966 Portage Ave.

**Golden Gate Park**  
210 Rita St.

**John Steele Park**  
300 Westwood Dr.

**King Edward Park S**  
334 King Edward St.

**Marjorie Park**  
245 Marjorie St.

**St. Charles Park**  
3684 Ness Ave.

**Centennial Pool Spray Pad**  
644 Parkdale St.

## BREASTFEEDING SUPPORT GROUP

Thursdays 10:00 - 11:30 a.m.

A group for anyone breastfeeding and needs support or help. Or just an opportunity to connect with other moms like yourself!

Sturgeon Heights  
Community Centre  
210 Rita St.  
Call 204-940-2040

**WHAT CHILDREN  
NEED MOST.....**  
**LOVE** Respect to **PLAY**  
 to have fun to be seen  
**TO BE LISTENED TO**  
 Your presence A hero  
 A fostered sense of wonder  
**LOTS OF HUGS** To **PLAY**  
 The chance to make mistakes  
 Encouragement to try again  
 Room to grow **DREAMS**  
 To be told **YES!**  
 To be trusted Affection  
**GUIDANCE TO PLAY**



# PROGRAM HIGHLIGHTS



Join us in celebrating the Summer Olympics!  
Every Thursday throughout the summer we will highlight a different sport to encourage active fun. We will provide all the supplies needed for families to “make and take” a variety of games to rally some good old-fashioned outdoor fun.



## Summer Olympics



Date:	Activity
July 7	Bowling
July 14	Balloon Tennis
July 21	Sack Race
July 28	Ring Toss
Aug 4	Javelin
Aug 11	Bean Bag Toss
Aug 18	Obstacle Course (Featuring: Fit Kids Healthy Kids)
Aug 25	Closing Ceremonies

**Location:** Messiah Lutheran Church  
400 Rouge Rd

**Time:** 10:00 – 11:00 a.m.

**No registration required**

Parenting is the easiest thing in the world to have an opinion about, but the hardest thing in the world to do.

Matt Walsh



## Rock & Read

Rock & Read is a five-week family literacy program where parents and children will enjoy a variety of songs/rhymes, fingerplays and books together. Children will explore themes in books through art activities and activity centers, as well as make some new friends! Parents will create a special homemade book that their child will cherish as they begin their first school year. Please register for one session only.

To register, email [literacylinks@sjsd.net](mailto:literacylinks@sjsd.net) or call 204-885-1334 ext. 2304.



### Summer Session:

**Tuesday Evenings**  
6:00 – 7:30 p.m.

July 5, 12, 19, 26 & Aug 2  
Bord-Aire Community  
Centre  
471 Hampton Street

**Wednesday Mornings**  
10:00 – 11:30 a.m.

July 6, 13, 20, 27 & Aug 3  
Westwood Community Church  
401 Westwood Drive

**Thursday Mornings**  
10:00 – 11:30 a.m.

July 7, 14, 21, 28 & Aug 4  
Heritage Park Children's  
Programs  
1 Braintree Cres.





## Parent Child Drop - In Centres \*\*LAST DAYS\*\*

(For Families with Children birth – 6 years of age)

Parent Child Drop In Centres will be closed during July and August and will re-open the week of September 12<sup>th</sup> - 16<sup>th</sup>.



Monday Mornings	Tuesday Evenings	Wednesday Mornings	Thursday Mornings	Friday Mornings
<b>June 20<sup>th</sup></b> 9:30 - 11:00 a.m. Sansome School 181 Sansome Ave.	<b>May 31<sup>st</sup></b> 6:00 p.m. - 7:30 p.m. Sansome School 181 Sansome Ave.	<b>June 22<sup>nd</sup></b> 9:30 - 11:00 a.m. Deer Lodge Community Club 323 Bruce Ave.	<b>June 23<sup>rd</sup></b> 9:30 - 11:00 a.m. Crestview School 333 Morgan Crescent	<b>June 24<sup>th</sup></b> 9:30 - 11:00 a.m. Buchanan School 815 Buchanan Blvd.

**Please Note:**

- Sansome School front doors will only be open from 6:00 – 6:15 PM so early arrival on Tuesdays is advised.
- Reminder to please bring slippers or indoor shoes during wet weather.

### Manitoba Parent Line

Parents can access the Manitoba Parent Line to receive free, confidential parenting support, tips and strategies by trained counselors Monday to Friday from 8:00 AM – 8:00 p.m.

**Call 204-945-4777**  
**Toll free 1-877-945-4777**

### Mental Health Mobile Crisis Services

This team of mental health professionals will come out and assist people in the Winnipeg region who are in mental health crisis.

**Call 204-940-2782**  
**24 Hours a Day/**  
**7 Days a Week**

### Online ChildCare Registry

**The Online Child Care Registry is now available province-wide.** The Online Child Care Registry makes it easier for families to find and apply for licensed child care in Manitoba.

**For more information, visit:**  
**[onlinechildcareregistry.gov.mb.ca](http://onlinechildcareregistry.gov.mb.ca)**



### Health Links - Info Santé

24 hour phone information line answered by registered nurses to provide answers over the phone to health care questions and guide you to the care you need.

**Call anytime (204) 788-8200 or toll-free 1-888-315-9257**

### Postpartum Depression Association of Manitoba

We at PPDAM are committed to empowering you and your family to getting the answers and help you need.

**Visit [www.ppdmanitoba.ca](http://www.ppdmanitoba.ca)**



# HEALTHY LIVING

## Thirst Quenchers for Kids



Whether it's an evening of soccer after school or a day at the beach this summer, keeping active kids well hydrated is key. Being hydrated is crucial in helping regulate body temperature. Children are at greater risk of dehydration because they are less sensitive to thirst, so it's important to ensure kids are drinking adequately through out the day, before, after and during activities.

Not all beverages are created equal? What are the best thirst quenchers to offer when there's so much to choose from? Here's the "juicy" story on each.

### Water

**You can't go wrong with water.** Water is the drink of choice between meals and during and after physical activity. If kids aren't excited about plain old water, you can make it fun by adding a splash of fruit juice to change the colour and flavour, add slices of lemon, lime, crushed mint leaves or make ice cubes with blueberries, cranberries or raspberries that kids can nibble on, after the ice melts.

### Milk

**White or chocolate, milk is a power house of nutrients** and can satisfy thirst and squelch hunger. Offer milk especially with meals and as part of snacks.

### Fruit Juice

**Even 100 % fruit juice contains plenty of sugar** and lacks the benefit of fibre and other nutrients that whole fruit contains. Limit fruit juice to no more than 125 ml (1/2 cup) per day.

### Soft Drinks

**Soft drinks, including fruit punch, iced teas, sweetened drink crystals (e.g. Kool-Aid), and "slushies" are loaded with sugar.** Some with as much as 10 teaspoons per serving! Kids who often quench their thirst with these beverages crowd out room for other nutrients from meals and snacks and get walloped with more calories than they bargained for.

### Fruit Juice

**Drinks like PowerAde and Gatorade are not necessary for most children.** In addition to sugars, these drinks contain sodium and potassium which the body loses through sweat. Children can get these nutrients and be well hydrated by eating healthy foods and drinking plenty of plain water. Sports drinks should not be consumed on a regular basis.

### Soft Drinks

**Promising boosts in energy, nutrition and enhanced athletic performance, energy drinks are not recommended and in fact can pose a real health risk for kids.** Most provide very stiff doses of sugar and caffeine which can have serious side effects and other ingredients whose safety has never been tested on children.

Submitted by Martina Gornik-Marion, RD  
Public Health Dietitian with Winnipeg Regional Health Authority

## Apple Blueberry Smoothie

### Ingredients (Makes 2 servings)

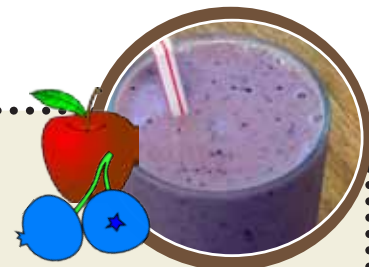
- 1½ cups (125 ml) Plain yogurt (1% MF)
- 1 ripe banana
- 1 apple, cored, peeled and chopped
- ½ cup (125 ml) Fresh or frozen blueberries
- ¼ cup (60 ml) 100% orange juice

### Directions

1. In a blender combine all ingredients and puree until smooth.
2. Pour into glasses and enjoy.

(Nutrition Info – 149 calories, 4 g protein, 0.5 g fat, 35 g carb, 3 g fibre)

Adapted From: <http://www.eatrightontario.ca/en/Recipes/Beverages/Apple-Blueberry-Smoothie.aspx#.VzSV6b9K5ME>





# AROUND THE COMMUNITY



## WINNIPEG PUBLIC LIBRARY

## WESTWOOD LIBRARY

66 Allard Ave 204-986-4747

## ST. JAMES ASSINIBOIA LIBRARY

1910 Portage Ave 204-986-3425

Summer Fun has begun at your library! We have a great Summer Reading Club to join and many events planned just for you! This year's theme is WILD and the club strives to encourage and engage all children with the joy of reading throughout the summer months. Our club starts on Monday June 20<sup>th</sup> until August 19<sup>th</sup>. We have some great prizes and each member gets their own free reading kit. Pre-schoolers can enjoy special Animal Mayhem stories, games and craft on July 7<sup>th</sup> or Lions, Tigers and Bears-Oh My! Family story time and crafts on July 14<sup>th</sup>. For ages 6-12 come and unleash your inner artist at Wild at HeART on July 19<sup>th</sup> featuring stories, games and crafts or ages 6-8 can try a scavenger hunt, games and activities on July 28<sup>th</sup>! We have a creative makerspace program Little Bits on August 4<sup>th</sup> (age 9-12) and Scratch computer workshop on August 11<sup>th</sup> (grades 7-12) Also two very special guests will join us –a Goldeyes baseball player on August 16<sup>th</sup> and Manitoba musician Aaron Burnett on August 19<sup>th</sup>. More details and information about all our programs and how to register can be found on the WPL website at [www.winnipeg.ca/library](http://www.winnipeg.ca/library) or call us at 204- 986-4747!



## St. James Assiniboia 55+ Centre



**3 - 203 Duffield Street  
Winnipeg, MB R3J 0H6  
Phone: 204-987-8850**

**Email: [info@stjamescentre.com](mailto:info@stjamescentre.com)  
Website: [www.stjamescentre.com](http://www.stjamescentre.com)**

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



Un Centre de la petite enfance et de la famille (CPEF) est un centre où les parents peuvent passer du temps avec leur(s) enfant(s). On peut y trouver plein de ressources et de programmes qui répondent aux besoins des enfants francophones âgés de 0 à 5 ans dans toutes les dimensions de leur développement. Voici quelques exemples de nos programmes et services: programmes de littéracie, programme de nutrition, cours de français, programmes pour les familles exogames, foire de la petite enfance, le mini-centre du CRÉE etc. Vous pouvez aller sur notre site web pour avoir plus de renseignements et/ou si vous avez des questions vous pouvez appeler le 204-885-8000 poste 133 ou par courriel à [romeodallaire@cpefmb.org](mailto:romeodallaire@cpefmb.org).



## HERITAGE PARK FAMILY RESOURCE CENTRE

Open Monday to Friday offering parent/child programs (prenatal - 5 yrs)

**Registration Required**

Contact Jackie at 204-895-2519 Email: [frjjackie@mts.net](mailto:frjjackie@mts.net)

1 Braintree Cres.



## MILITARY FAMILY RESOURCE CENTRE

102 Comet St. / 642 Wihuri Road

For information: 204-833-2500 ext. 2491

[www.familyforce.ca](http://www.familyforce.ca) / [www.facebook.com/WinnipegMFRC](https://www.facebook.com/WinnipegMFRC)

### Kids Care

Fridays 9:30 a.m. - 11:30 a.m.  
July: Tuesdays 9:00 a.m. - 12:00 p.m.  
Thursday 9:00 a.m. - 4:00 p.m.  
August: Thursdays 9:00 a.m. - 4:00 p.m.

Call 204 833 2500 ext 2491 for info and to book (fees apply)

### CREATIVE TOTS

Wednesdays, 9:30 - 11:00 a.m.

Kids Care Room  
(630 Wihuri Rd West side entrance)

A drop in play group with stories, crafts, songs and play.

## GREAT EXPECTATIONS

An opportunity for moms-to-be and parents of children under one year of age to learn more about various health and nutrition areas for the baby, themselves and the whole family. Children under age one remain with their parent during the session. A qualified childcare provider will care for older children.

**Please call one week prior to session if child care is required. (Prenatal to 12 mths)**

**Closed July 25 - 29 and August 1 - 5**

### Tuesdays

9:30 a.m. - 11:15 a.m.  
Sturgeon Heights  
Community Centre  
210 Rita Street

### Thursdays

1:15 p.m. - 3:15 p.m.  
Heritage Victoria  
Community Club  
950 Sturgeon Road

**For more information call  
Traci 204-885-5415**

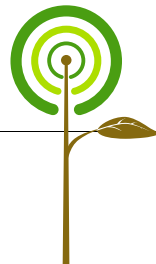





# June 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Deer Lodge 9:30 - 11:00 AM	<b>2</b> Crestview 9:30 - 11:00 AM	<b>3</b> Buchanan 9:30 - 11:00 AM	<b>4</b>
<b>5</b>	<b>6</b> Sansome 9:30 - 11:00 AM	<b>7</b>	<b>8</b> Deer Lodge 9:30 - 11:00 AM	<b>9</b> Crestview 9:30 - 11:00 AM	<b>10</b> Buchanan 9:30 - 11:00 AM	<b>11</b>
<b>12</b>	<b>13</b> Sansome 9:30 - 11:00 AM	<b>14</b>	<b>15</b> Deer Lodge 9:30 - 11:00 AM	<b>16</b> Crestview 9:30 - 11:00 AM	<b>17</b> Buchanan 9:30 - 11:00 AM	<b>18</b>
<b>19</b> Last Week for Centres	<b>20</b> Sansome 9:30 - 11:00 AM (Last Day)	<b>21</b>	<b>22</b> Deer Lodge 9:30 - 11:00 AM (Last Day)	<b>23</b> Crestview 9:30 - 11:00 AM (Last Day)	<b>24</b> Buchanan 9:30 - 11:00 AM (Last Day)	<b>25</b>
<b>26</b> 	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		

# July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Tuesdays at the Park</b>		<b>Throwback Thursdays Summer Olympics</b> <small>Messiah Lutheran Church 400 Rouge Rd</small>	<b>1</b>	
<b>3</b>	<b>4</b>	<b>5 9:30 - 11:00</b> Suzanne- Jeanette Park (400 Gagnon St) Spray Chalk	<b>6</b>	<b>7 10:00 - 11:00</b> Bowling 	<b>8</b>	<b>9</b>
<b>10</b> 	<b>11</b>	<b>12 9:30 - 11:00</b> Bruce & Moray Park (Bruce Ave/Moray St) Nature Weaving	<b>13</b>	<b>14 10:00 - 11:00</b> Balloon Tennis 	<b>15</b>	<b>16</b>
<b>17</b> 	<b>18</b>	<b>19 9:30 - 11:00</b> Sansome School Playground (181 Sansome Ave) Westwood Library Stories/Crafts/Games	<b>20 11:00 - 1:00</b> Intergenerational Block Party Deer Lodge C. C. 323 Bruce Ave Free BBQ Lunch	<b>21 10:00 - 11:00</b> Sack Races 	<b>22</b>	<b>23</b>
<b>24</b> 	<b>25</b>	<b>26 9:30 - 11:00</b> Splash Pad Centennial Pool (644 Parkdale St) Water Play Swimsuits/Towels	<b>27</b>	<b>28 10:00 - 11:00</b> Ring Toss 	<b>29</b>	<b>30</b>
<b>31</b> 						





# August 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	<b>2 9:30 – 11:00</b> Bourkevale Community Club Playground (100 Ferry Rd) St. James Library Stories/Craft/Games	3	<b>4 10:00 – 11:00</b> Javelin 	5	6
7	8 	<b>9 9:30 – 11:00</b> Living Prairie Museum Playground (2795 Ness Ave) Scavenger Hunt	10	<b>11 10:00 – 11:00</b> Bean Bag Toss 	12	13
14 	15	<b>16 9:30 – 11:00</b> Harvlong & Topaz Park (2 Topaz Rd) Westwood Library Stories/Crafts/Games	17	<b>18 10:00 – 11:00</b> Obstacle Course 	19	20 
	22	<b>23 9:30 – 11:00</b> Woodhaven Community Club Playground (200 Glendale St) Music in the Park	24	<b>25 10:00 – 11:00</b> Closing Ceremonies 	26	27 
28 	29	<b>30 9:30 – 11:00</b> St. James Legion Memorial Playground (Silver/Sackville St) Bring A Picnic	31			

## FAMILY FOCUS

Bringing families and the community together...

Visit St. James-Assiniboia Parent  
Child Coalition online at  
**www.sjapcc.ca**



Connect with us on Facebook

## EDITORIAL BOARD



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**Sandra Doell**

Family Resource Coordinator  
204-998-8400

**Lynda McCausland**

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Family Focus Fall Issue will be available September 2016