



ST. JAMES-ASSINIBOIA  
Parent Child  
Coalition



# FAMILY FOCUS

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

## Al Simmons – Live

Westwood Community Church

Monday, September 30, 2019 from 5:30 – 7:30 p.m.

(401 Westwood Drive)

Join the St. James-Assiniboia Parent-Child Coalition and the St. James Assiniboia 55+ Centre for our kick-off event as we commence 6 weeks of intergenerational programming. The evening will feature a free dinner and entertainment by Al Simmons!

Al Simmons' original performances of profound wackiness and off-the-wall inventions take the arts of music and comedy to unparalleled heights of hilarity.

**Pizza dinner 5:30 – 6:30 p.m. Al Simmons 6:30 – 7:30 p.m.**

**REGISTRATION REQUIRED** – please state: Name, how many adults and children (including children's ages)

Online: [www.sjapcc.ca](http://www.sjapcc.ca) or Email: [familyresource@sjsd.net](mailto:familyresource@sjsd.net)



## Parent Child Drop In Centres!

Parent Child Drop In Centres offer a warm, friendly and nurturing environment for families with children birth - 6 years of age to come together and play. Each week we offer creative activities, nutritious snacks and circle time with songs, rhymes and story. Drop in and visit and get to know other families in the community.

**All programs are FREE and no registration is required.**

Monday Mornings	Tuesday Evenings	Wednesday Mornings	Thursday Mornings	Friday Mornings
9:30 – 11:00 a.m. Sansome School 181 Sansome Ave. Starts Sept. 9	6:00 – 7:30 p.m. Sansome School 181 Sansome Ave. Starts Sept. 10	9:30 – 11:00 a.m. Deer Lodge Community Club 323 Bruce Ave. Starts Sept. 11	9:30 – 11:00 a.m. Crestview School 333 Morgan Cres. Starts Sept. 12	9:30 – 11:00 a.m. Buchanan School 815 Buchanan Blvd. Starts Sept. 13
		<b>Wednesday Afternoons</b>  1:30 – 3:00 p.m. Buchanan School 815 Buchanan Blvd Starts Sept. 11	<b>Thursday Afternoons</b>  1:30 – 3:00 p.m. Buchanan School 815 Buchanan Blvd. Starts Sept. 12	



Join the St. James-Assiniboia Parent-Child Coalition and the St. James Assiniboia 55+ Centre for an exciting new intergenerational program of music and movement.

**Grandparents, Parents and Children Welcome!**

### Drums Alive

**Tuesday Mornings: October 1st – November 5th (6 weeks)**

**11:00 a.m. – 1:00 p.m.**

Drums Alive 11:00 a.m. – 12:00 p.m.

Free Lunch 12:00 – 1:00 p.m.

Drums Alive is drumming workshop providing great workouts and good fun! Using yoga balls as a drum substitute and rhythm as the source of inspiration Drums Alive provides a fun group fitness experience.

**Registration required by Tuesday, September 24th**

**Online: [www.sjapcc.ca](http://www.sjapcc.ca) or by Email: [familyresource@sjsd.net](mailto:familyresource@sjsd.net)**



### Magic and Motion

**Wednesday November 6, 2019**

A movement class that introduces the creative and expressive world of dance through music, movement, visuals and props.

Magic and Motion 9:30 – 10:30 a.m. Fruit and Muffins 10:30 – 11:00 a.m.

Deer Lodge Parent Child Drop In Centre (323 Bruce Ave)



Family Gym Drop In offers families the opportunity to be active and discover fun in the gym! We have bikes, balls, bouncer, climber, tunnels, slides, floor hockey and so much more. Children have loads of fun as they gain strength, balance, coordination and confidence. Drop in and join us for this open gym experience.

#### Tuesday Mornings

9:30 – 11:00 AM

Westwood Community Church  
401 Westwood Dr.

**\*Starts Tuesday, September 17**

#### Mondays Evenings

6:00 – 7:30 PM

Westwood Community Church  
401 Westwood Dr.

**\*Starts Monday, November 4**



## FREE VISION & Hearing SCREENING for Children 6 Months – 6 Years:

#### Vision Screening

Lions Foundation of Manitoba and Northwestern Ontario, in partnership with regional Lions Clubs, offer a quick, simple screening program for children. In a matter of minutes, a child's parent or caregiver can know if a follow up with an eye care professional is recommended

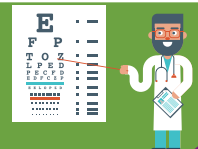
#### Hearing Screening

An Audiologist from ACCESS Winnipeg West will provide hearing screenings for **children 3 yrs of age and older.**

**Tuesday October 22, 2019**

**Westwood Community Church (401 Westwood Dr) from 9:30 – 11:00 a.m.**

*Drop in, no appointment necessary*





**Shake Rattle & Roll** is a physical activity program for preschool children and their parent or grandparent. This exciting program promotes the importance of physical activity in pre-school play. Weekly sessions offer a variety of games and equipment to develop children's gross motor skills.

#### Friday Mornings

**October 4 – November 29**

**Time: 9:30 – 10:30 a.m.**

(No session Oct 25, Nov 8, 22)

Westwood Community Church  
(401 Westwood Dr)

**\*\* Drop-In – No registration required!**



**Family Chefs** is a five-week cooking program for families with children 3 – 5 years of age. Together, adults and children will prepare tasty and nutritious recipes as well as participate in fun interactive activities, crafts, songs and stories. These experiences will help set the stage for the development of life-long healthy eating habits.

#### Monday Mornings

**Sept. 30, October 14, 21, 28 and November 4**

**Time: 9:30 – 11:30 a.m.**

Bourkevale Community Club  
(100 Ferry Rd)

**Registration required (Begins Monday, Sept 16)**

Email: familyresource@sjsd.net



Join us the last Wednesday of the month for story time, music, crafts and kitchen fun!

Deer Lodge Parent Child Drop In  
(323 Bruce Ave)

*No registration required.*

**Date: September 25**

**Story:** The Dot by Peter H. Reynolds

**Craft:** Dot Art

**Snack:** Edible Paint

**Date: October 30**

**Story:** Five Little Monkeys Trick-or-Treat by Eileen Christelow

**Craft:** Monkey Masks

**Snack:** Monkey Munch Mix

**Date: November 27**

**Story:** Little Hoot by Amy Krouse Rosenthal

**Craft:** Sponge Painted Owls

**Snack:** Rice Cake Owls



Families are invited to join us for a musical adventure as we use singing, instruments, movement, stories and rhythmic rhyme to explore the musical world!

#### Thursday Evenings

**6:15-7:00 pm:**

**October 3, 10, 17, 24,**

**November 7 & 14**

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

**Registration Required: (Registration begins Monday, Sept 16)**

Online: [www.sjapcc.ca](http://www.sjapcc.ca)

Email: familyresource@sjsd.net



#### Westwood Library Storytelling

**NEW**

Join us on the last Thursday of the month at our Buchanan Parent Child Drop In Centre. We are excited to have the Westwood Library present storytime fun from 2:30 – 3:00 p.m.

**September 26,**

**October 31**

**November 28**



#### Family Yoga

Together we will practise breathing techniques, silly age appropriate yoga poses and play fun and challenging yoga games.

**Drop In – no registration required**

**THURSDAY MORNINGS**

**(1st and 3rd Thursday of the month)**  
**9:45 - 10:15 a.m.**

**September 19**

**October 3 and 17**

**November 7 and 21**

Buchanan Parent Child Drop In Centre  
(815 Buchanan Blvd)







Here are a few of our favorite children's books to read this fall!



**JACKIE:**

### When the Leaf Blew In

By Steve Metzger

A wonderfully comic story about what happens on a farm when a leaf blows into the barn.



**KRISTA:**

### There Was An Old Lady Who Swallowed Some Leaves!

By Lucille Colandro

"The zany old lady is making a fall comeback".



**TERI:**

### Mouse's First Fall

by Lauren Thompson

On a windy autumn day Mouse and Minka go out to explore the delights of nature.



**SANDRA:**

### Sometimes I Feel Like A Fox

By Danielle Daniel

This story explains the importance of totem animals in Anishinaabe culture and how they can act as animal guides for children seeking to understand themselves and others.



**Our Sansome and Buchanan Centres have been remodeled over the summer.** Drop in and visit and check out the new look!



# JUMP START INTO KINDERGARTEN

• AN EVENING FOR 4 YEAR OLDS & THEIR FAMILIES •

If your child was born in 2015, you and your child are invited to a special evening to learn and play together.

**THURSDAY, OCTOBER 17, 2019**  
**6:00PM - 7:15PM**

**STRATHMILLAN SCHOOL**  
**339 STRATHMILLAN ROAD**



Rotate through play-based centres that model how to incorporate literacy & numeracy into your play at home.

**REGISTRATION:** <https://jumpstart-oct2019.eventbrite.ca> or call Andy McKiel at 204-837-5886 ext#2110



## Finding Dependable Health Information On-line

Written by: Martina Gornik-Marion, RD, Public Health Dietitian for St. James Assiniboia and Assiniboine South

In today's world we have access to all sorts of nutrition information. There is a downside to this. How do you know if the information you read on the internet or in magazines is reliable and accurate?

Read health and nutrition information with a critical eye and use these tips to help find the facts, not fiction.

1. Choose websites from your local health authority, the government, public health agency or other non-profit educational organizations, such as the Heart and Stroke Foundation or Health Canada.
2. Ask your health care provider for trustworthy websites to visit frequently.
3. Check to see if the information is current. Has it been reviewed or updated within the last three years?
4. Is the website and information Canadian? Information shared from other parts of the world, even the U.S., may not reflect the same health and safety standards we have here at home.
5. Look for the author's credentials. Is the health information you are reading written by a health care professional? Specifically when seeking nutrition information, see if it is written by a registered dietitian.
6. If the information seems too good to be true, sounds unreasonable, differs greatly from what you have heard from a credible health professional, or is trying to sell you something, the advice could be unreliable.

For trusted health information, check out Winnipeg Regional Health Authority's Healthy Parenting Winnipeg website (<https://healthyparentingwinnipeg.ca>). You can find advice on a variety of topics including pregnancy, breastfeeding, immunization and of course feeding your children. When it comes to nutrition this site has advice on how to feed your infant solid foods, food allergies, how to make baby food and more!

Websites can also be a great avenue to find delicious recipes. **Start your day with this heart-warming breakfast: Apple Pie Oatmeal** (<https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes/apple-pie-oatmeal.html>)



### APPLE PIE OATMEAL

Enjoy the sweet aroma of apple pie at breakfast with this creamy, whole grain oatmeal.

Prep Time: 5 minutes Cook Time: 15 minutes Servings: 4

#### INGREDIENTS:

625 mL (2 ½ cups) skim milk  
250 mL (1 cup) water  
325 mL (1 1/3 cups) large flake oats  
75 mL (1/3 cup) wheat germ  
30 mL (2 tbsp) packed brown sugar  
2 mL (1/2 tsp) pumpkin pie spice or ground cinnamon  
1 apple cored and diced  
30 mL (2 tbsp) dried cranberries (optional)

#### DIRECTIONS:

In a large saucepan, bring milk and water to a gentle boil over medium-high heat. Stir in oats and wheat germ. Reduce heat to medium-low heat; stir in sugar and pumpkin pie spice. Cook, stirring for about 12 minutes or until almost thickened.

Remove from heat and stir in apple and cranberries, if using. Cover and let stand for 5 minutes before serving.

#### TIPS

- Like cooked apples that melt in your mouth? Simply add it earlier and cook until desired texture.
- Double up on bone building benefits by swapping water for milk.
- Short on time in the morning? Make the oatmeal the night before and warm it in the microwave the next morning with a splash of milk.
- Switch it up! Use your favourite seasonal fruit instead of apple. Try peaches, plums, strawberries, blueberries or pears.

Available from: <https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes/apple-pie-oatmeal.html>



# AROUND THE COMMUNITY

## St. James Assiniboia 55+ Centre



3 – 203 Duffield St., 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.

## Neighbourhood Immigrant Settlement Worker (NISW)

Support for Newcomers - St. James Assiniboia

**Fatima Labib and Lee Lederer**

Phone: 204-202-4574

Cell: 204-470-9325 or 204-470-9326

[nisw.stjames@familydynamics.ca](mailto:nisw.stjames@familydynamics.ca)

Jameswood Community School  
1 Braintree Cres.



[www.familydynamics.ca](http://www.familydynamics.ca)

## BREASTFEEDING SUPPORT GROUP

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 Street

Call 204-940-2040

Thursdays

10:00 - 11:30 a.m.

## SJAPCC is committed to Truth & Reconciliation



The St. James-Assiniboia Parent Child Coalition acknowledges that the community of St. James-Assiniboia sits on Treaty One land, the traditional territories of the Anishinaabe, Ininiw and Dakota peoples, and the homeland of the Métis Nation. It is also the current home of the Dene and Oji-Cree peoples. We live with respect on this land.

### Did you Know:

In winter, "The Passage" was a north-south crossing for bison across the Assiniboine river between Berkley St in Charleswood and Rouge Rd in Westwood. Go for a walk or hop on your bikes and discover their path for yourself!

## 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: [frjackie@mts.net](mailto:frjackie@mts.net)

1 Braintree Cres.



## GREAT EXPECTATIONS (Prenatal to 12 mths)

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.

**Tuesdays 9:30 - 11:15 a.m.** Sturgeon Heights Community Centre, 210 Rita St

**Thursdays 1:15 - 3:15 p.m.** Heritage Victoria Community Club, 950 Sturgeon Rd

For more information call Traci [traciw@mts.net](mailto:traciw@mts.net)



## 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 littératie,

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).

## PUBLIC Skating

ST. JAMES CIVIC CENTRE

2055 Ness Ave

**Mondays: Sept 23 – Dec 16**  
11:00 a.m. - NOON

**Saturdays: Sept 28 – Dec 14**  
2:15 – 3:15 p.m.



## WESTWOOD LIBRARY FALL LINEUP September/October 2019

**Register** by calling 204-986-4747, visiting us at 66 Allard Ave or online at [wpl.winnipeg.ca](http://wpl.winnipeg.ca) using our PROGRAMS & EVENTS button.

### Toddler Time

Help your child learn about letters, numbers, colours, shapes and more by sharing books, songs and rhymes.

For children 19-36 months and a parent/caregiver. 20-30 minutes



**Registration necessary.**

**Tuesdays, September 24 – November 12, 10:30-11:00AM**

### Family Story Time

Discover how reading with your child can help prepare them to learn to read and print. And it's a lot of fun too! For children up to 5 years, but siblings of all ages can enjoy being part of the action. 30 minutes

**Drop in for some fun!**

**Thursdays, September 26 – November 14, 10:30-11:00AM**

### Baby Rhyme Time

Introduce your baby to the sounds of language through rhymes, songs and simple stories. For babies newborn to 18 months and a parent/caregiver. 20-30 minutes

**Registration necessary.**

**Fridays, September 27 – November 15, 10:30-11:00AM**

### Babies Love Books




Introduce your baby to the sounds of language through rhymes, songs and simple stories. For babies newborn to 18 months and a parent/caregiver. 20-30 minutes

**Registration necessary.**

**Saturdays, October 5 and 12, November 2 and 9,**  
11:00-11:30AM



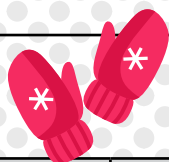
# September 2019

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2 Labour Day	3	4	5 	6	7
8	9 Sansome 9:30-11:00 am 	10 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	11 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	12 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	13 Buchanan 9:30-11:00 am	14
15	16 Sansome 9:30-11:00 am	17 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	18 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	19 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	20 Buchanan 9:30-11:00 am	21
22	23 Sansome 9:30-11:00 am	24 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	25 Deer Lodge 9:30-11:00 am Book & Cook Buchanan 1:30-3:00 pm	26 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	27 Buchanan 9:30-11:00 am	28
29	30 Sansome 9:30-11:00 am Al Simmons (Beats & Eats) Family Event 5:30-7:30 PM Westwood Church					

# October 2019



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	2 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	3 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	4 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	5
6	7 Sansome 9:30-11:00 am	8 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	9 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	10 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	11 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	12
13	14  Thanksgiving Programs CLOSED	15 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	16 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	17 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	18 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	19
20	21 Sansome 9:30-11:00 am	22 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	23 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	24 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	25 Programs CLOSED	26
27	28 Sansome 9:30-11:00 am	29 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	30 Deer Lodge 9:30-11:00 am Book & Cook Buchanan 1:30-3:00 pm	31 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm		



# November 2019

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					<b>1</b> Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	<b>2</b>
<b>3</b>	<b>4</b> Sansome 9:30-11:00 am Family Gym 6:00 -7:30 pm	<b>5</b> Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	<b>6</b> Deer Lodge 9:30-11:00 am <u>Magic &amp; Motion</u> Buchanan 1:30-3:00 pm	<b>7</b> Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	<b>8</b> Programs CLOSED	<b>9</b>
<b>10</b>	<b>11</b> Remembrance Day Programs CLOSED 	<b>12</b> Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	<b>13</b> Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	<b>14</b> Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	<b>15</b> Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	<b>16</b>
<b>17</b>	<b>18</b> Sansome 9:30-11:00 am Family Gym 6:00 -7:30 pm	<b>19</b> Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	<b>20</b> Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	<b>21</b> Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	<b>22</b> Programs CLOSED	<b>23</b>
<b>24</b>	<b>25</b> Sansome 9:30-11:00 am Family Gym 6:00 -7:30 pm	<b>26</b> Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	<b>27</b> Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	<b>28</b> Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	<b>29</b> Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	<b>30</b>

## 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



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

**Sandra Doell**

Family Resource Coordinator  
204-998-8400

**Lisa Twomey**

Copy Consultant

Family Focus Winter Issue will be available December 2019