



The sod turning for a new seniors housing complex sponsored by the Kivans Club took place in May. The new building will be situated west of the ANAF on Portage Avenue.

City of Winnipeg Housing Information

A Winnipeg Seniors Housing Directory lists public housing, non-profit and commercial developments and is available for a minimum fee. For information call Age and Opportunity at 956-6440.

Residential Tenancies Branch

If you experience difficulties with rent increases, problems with your landlord or tenant, or have general questions regarding rents in Manitoba the Residential Tenancies Branch (RTB) can assist. The RTB will also act as a mediator in landlord/tenant disputes. For further information contact the RTB at 945-2476.

Manitoba Consumers Bureau

The Manitoba Consumers Bureau helps resolve consumer complaints through mediation and enforces major consumer protection laws. If you have a question or complaint regarding a purchase, repair, door-to-door sale, debt collection, charitable fundraiser or any business practice, contact the Bureau toll free at 1-800-782-0067.

Manitoba Society of Seniors Inc.

Manitoba Society of Seniors is a charitable organization that promotes the interests of seniors. Membership includes a wide range of benefits and services such as assistance with income tax preparation, travel services, referral to legal services, the 55 Plus Games and a walking program. Contact:

Manitoba Society of Seniors
202 – 323 Portage Avenue
Winnipeg MB R3B 2C1
Phone: 942-3147

Website: www.msos.mb.ca

MSOS St. James - Assiniboia Regional Council

The MSOS St. James-Assiniboia Regional Council hold regular monthly meetings on the first Wednesday of each month (excepting July & August) at 9:30 a.m. in the Board Room at the ANAF Hall, 3584 Portage Ave. All seniors in the area are welcome to attend. General meetings are held four times a year in February, May, September and December with guest speakers discussing issues relevant to seniors. Check out the entertainment that may be provided.

The next General Meeting will take place on Wednesday, September 29 from 1:30 to 3:30 p.m. at the ANAF Hall with MSOS Board member Charles Cruden as guest speaker. Entertainment provided by the Celtic Singers and coffee and dainties will be served. Everyone is welcome. Call Council Chair, Lorraine Glenesk at 889-1834 for further information.

The International Centre

The International Centre provides a comprehensive range of services for new immigrants and their families. Settlement and integration, employment, adult education, outreach, nutrition and language services are available through this Centre. If you require any of these services or would like to volunteer please contact:

International Centre of Winnipeg
406 Edmonton Street
Winnipeg MB R3B 2M2
Phone: 943-9158
Website: www.icwpg.mb.ca

Farewell to Randy Watt

A farewell social was held on Friday, August 20 to show appreciation for the many years that Randy Watt spent working for the Assiniboia West Recreation Association. In 1982 Randy started working at the St. Charles Community Club. In 1989 St. Charles and Crestview Clubs were amalgamated to form Assiniboia West which consisted of four sites, numerous fields and 8 hockey rinks. Randy was not only a valued employee for 22 years but also coached a hockey team for 17 straight years from 1982 to 1999. He will be truly missed and we extend our best wishes for a happy retirement!



Jim attended Randy Watt's farewell social

Stevenson-Britannia Adult Learning Centre can be contacted for high school upgrading. No tuition fees. Call – 837-3521

Assiniboia Community Calendar

Grace General Hospital

Used Book Sale

Hospital Auditorium
408 Booth Drive
September 21 to 23
9:00 a.m. to 8:00 p.m.
September 24 & 25
9:00 a.m. to 4:00 p.m.

Living Prairie Museum

Spirit of the Prairie

September 12 - Noon to 4:00 p.m.

- Fiddling by Sierra Noble
- Bannock baking
- Storytelling
- Traditional pottery demo
- Traditional aboriginal games
- Guided tours
- Crafts
- Red River cart

Call – 832-0167 for information

Tall Grass Tunnel of Terror & Ghost Hike

October 25 to 31

Discover the ghosts of the prairie past in a safe and memorably frightening experience for the whole family! For information on reservations and admission call 832-0167.



Jim has held numerous BBQs around the community this summer. Here he is handing out hotdogs and ice cream assisted by Rene Lewis and Marilyn Weimer.

Mark your calendar for the **Legislative Open House** on Saturday, December 4, 2004.

St. James/Assiniboia Senior Centre

The Magic of Volunteering

September 16 - 1:30 – 2:30 p.m.
Information session on volunteering at the Centre. Please call 987-8850 to confirm attendance.

Fall Potluck Luncheon

September 23 – 12:30 p.m.
Enjoy an afternoon of jazz with the “Moose” Jackson Trio.
Registration deadline: September 16.

Mind, Body And Spirit Health Fair

October 21 - 9:00 a.m. to 12:30 p.m.
Come to our free health fair and join the fun. Free memory assessments, blood pressure checks, door prizes, health and wellness booths and flu shots!

“Howlin” Hallowe’en Luncheon

October 28 – 12:30 p.m.
Come in costume if you dare! Showcase your talent with our Karaoke hour. Prizes for costumes and door prizes. Registration deadline: October 21

Volunteer Appreciation Event

November 25 – 1:00 p.m.
Mark your calendars for “A Rockin’ Good Time”.

Assiniboia Annual Sleigh Ride

Book your calendar for the annual sleigh ride on Saturday, December 11. Watch for further details.

First Crestview Scouts, Beavers & Cubs

Craft Sale

October 2 – 10:00 a.m. – 4:00 p.m.
Assiniboia West – Morgan site. Bake table, pocketbook table, and silent auction table. Donations welcome. Call Margaret at 889-3095 for info.

Assiniboia West Recreation Association

Skate & Equipment Exchange

September 11 – 10:00 a.m. – 2:00 p.m.
Buchanan site

Rummage Sale – wanted . . . good quality clothing for fundraiser rummage sale in November. For pick up or further information please call Paula at 832-8749

Christmas Craft Sale & Santa Breakfast

December 4 – 5
Call Micki at 888-8729 to book tables for the Craft Sale
Call Jackie at 889-4681 for info on the Santa Breakfast

Heritage Park Children’s Programs Family Resource Centre

Fall programming began on September 1. For information contact Linda Neuls at 895-2519.

MSOS St. James – Assiniboia Regional Council

The St. James-Assiniboia Regional Council is celebrating 25 years of MSOS service to seniors with a luncheon & dance at Assiniboia Downs on Tuesday, October 26, 12:00 -4:00 p.m. Music by Winston Simpson & Orchestra. Contact: Shirley at 888-2584 or Claude at 832-2304 or the MSOS office.

Skatepark West

Trade Show & Equipment Sale

Wednesday, October 6 - 7:00 p.m.
Ecole Golden Gate Middle School
Contact: Marg Potts – 837-8299

Adult Fundraising Social – Silent Auction

Saturday, November 6 - 8:00 p.m.
Heritage Victoria Community Club
Contact: Marg Potts – 837-8299.