



# Regina Senior Citizens' Centre Newsletter - April 2026

## AGM Annual General Meeting

**Monday, June 15, 2026  
10:00 am**

**At RSCC, 2134 Winnipeg St.**

**Light lunch to follow**

The Regina Senior Citizens' Centre 2026 Annual Membership Meeting has been scheduled to take place on June 15, 2026 ( 10:00 am) at the Seniors' Centre, 2134 Winnipeg St. Financial Statements and the report of the auditor will be available at the office and may be examined during regular business hours

## Happy Easter

Both Regina Senior Citizens' Centre will be closed From April 3 (Good Friday) to April 6, 2026 (Easter Monday)

2134 Winnipeg St. Regina, SK, S4P 3X6  
Phone : 306-525-2154 / office@regina55.com



Access our website  
by scanning this QR  
code or use the link  
regina55.com

2404 Elphinstone St. Regina, SK, S4T 7S7  
Phone : 306-359-3847 / elphinstone@regina55.com



[https://www.instagram.com/  
reginaseniorcitizencentre/](https://www.instagram.com/reginaseniorcitizencentre/)



# PRESIDENT'S MESSAGE

Well, Spring has finally arrived. I am sure we are all looking forward to a very nice spring.

On behalf of the Regina Senior Citizens Centre Board of Directors, I want to wish everyone a Happy Easter.

I want to welcome two new employees to the Centre. Julie Rattai is the new coordinator at the Elphinstone location and Lucy Zuzunaga is helping out in the office at the Winnipeg St. Location. Please introduce yourselves and make them feel at home.

At our March meeting, the board was advised that for the first time in several years, we have a slight surplus in our bank account at this time of year. The future of the Senior Centre is a little brighter, so a big thank you to everyone. We need to keep the trend growing throughout the year.

I would also like to take this opportunity to ask if anyone is interested in volunteering at the RSCC. We are always looking for volunteering at the RSCC. We are always looking for more people to help out. There are new events and programs being introduced and more volunteers are needed to deliver them. If you are interested please let Leo Bumphrey know.

Larry Lechner,  
Board of Chair



## Executive Director Report

Dear Members,

I hope this message finds you well.

I am pleased to share some exciting updates and upcoming activities at the Regina Senior Citizens' Centre:

1. Our Annual General Meeting (AGM) has been scheduled for Monday, June 15, 2026 at 10:00 am in our auditorium. Please mark your calendars - we look forward to seeing all of you there and appreciate your participation.
2. We are introducing a new initiative, *Coffee with the Executive Director*, which will take place on the first and third Thursday of each month at 10:00 am in the boardroom/ computer lab at our Winnipeg Street location. This is a wonderful opportunity to connect in a relaxed setting - please feel free to join me for coffee, share your ideas, provide feedback, or discuss any concerns you may have. Everyone is welcome.

On the second and fourth Thursday of each month, we will host presentations by our corporate members, who will be sharing information and raising awareness about their services. We encourage you to attend a session, help support our corporate sponsors and also learn more about the resources available to you.

3. Upcoming Events:

- Elvis Tribute Show - April 18. We are excited to host a special Elvis tribute performance by Jesse Lamont. Tickets are available at the front counter on Winnipeg Street - be sure to get yours early!
- High Tea Event - Our upcoming High Tea is nearly sold out, with only a few tickets remaining. Don't miss this elegant and enjoyable event!

We look forward to seeing you at these events and truly appreciate your continued support and involvement.

W. Leo Bumphrey  
Executive Director

# April 2026 - Activities & Program Winnipeg Street (WSC)

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><u>Pool Room Hours:</u>                      Mon to Fri : 8 am to 4 pm                      Sat : 9 am to 12 pm                      Sun : 12 pm to 3 pm</p> <p><u>Centre will be closed on :-</u>                      April 3 (Good Friday)                      April 6 (Easter Monday)</p>			<p><b>1</b>                      Line Dancing                      8:45 am - 10:00 am                      Lapidary                      9:00 am - 3:00 pm                      Chair Yoga                      10:30 am - 11:30 am                      Afternoon Dance                      1:00 pm - 3:00 pm                      Pickleball                      4:00 - 6:00 pm</p>	<p><b>2</b>                      Pickleball                      4:00 pm - 6:00 pm                      Wood Craving                      1:00 pm - 3:00 pm                      Cards : Page 5</p>	<p><b>3</b>                      Centre Closed                      Good Friday</p>	<p><b>4</b>                      Pool Room                      9:00 pm - 12:00 pm</p>
<p><b>5</b></p>	<p><b>6</b>                      Centre Closed                      Easter Monday</p>	<p><b>7</b>                      Pickleball                      9:30 am - 3:30 pm                      Tai Chi Chih                      10:00 am - 11:00 am                      11:30 am-12:30pm(Beg)                      1:00 pm - 2:00 pm                      Chair Yoga                      2:15 pm - 3:15 pm                      Cards : Page 5</p>	<p><b>8</b>                      Line Dancing                      8:45 am - 10:00 am                      Lapidary                      9:00 am - 3:00 pm                      Chair Yoga                      10:30 am - 11:30 am                      Afternoon Dance                      1:00 pm - 3:00 pm                      Pickleball                      4:00 - 6:00 pm</p>	<p><b>9</b>                      Pickleball                      4:00 pm - 6:00 pm                      Wood Craving                      1:00 pm - 3:00 pm                      Cards : Page 5</p>	<p><b>10</b>                      Line Dancing                      8:45 am - 10:00 am                      Quilting                      9:00 am - 3:00 pm                      Chair Yoga                      10:30 am - 11:30 am                      Afternoon Dance                      1:00 pm - 3:00 pm</p>	<p><b>11</b>                      Pool Room                      9:00 pm - 12:00 pm</p>
<p><b>12</b>                      Pool Room                      12:00 pm - 3:00 pm                      Sunday Dance                      1:30 pm - 4:00 pm</p>	<p><b>13</b>                      Pickleball                      9:30 am - 11:30 am                      11:30 am - 1:30 pm                      1:30 pm - 3:30 pm                      Pottery                      1:00 pm - 3:00 pm                      Cards : Page 5</p>	<p><b>14</b>                      Pickleball                      9:30 am - 3:30 pm                      Tai Chi Chih                      10:00 am - 11:00 am                      11:30 am-12:30pm(Beg)                      1:00 pm - 2:00 pm                      Chair Yoga                      2:15 pm - 3:15 pm                      Cards : Page 5</p>	<p><b>15</b>                      Line Dancing                      8:45 am - 10:00 am                      Lapidary                      9:00 am - 3:00 pm                      Chair Yoga                      10:30 am - 11:30 am                      Afternoon Dance                      1:00 pm - 3:00 pm                      Pickleball                      4:00 - 6:00 pm</p>	<p><b>16</b>                      Pickleball                      4:00 pm - 6:00 pm                      Wood Craving                      1:00 pm - 3:00 pm                      Cards : Page 5</p>	<p><b>17</b>                      Line Dancing                      8:45 am - 10:00 am                      Quilting                      9:00 am - 3:00 pm                      Chair Yoga                      10:30 am - 11:30 am                      Afternoon Dance                      1:00 pm - 3:00 pm</p>	<p><b>18</b>                      Pool Room                      9:00 pm - 12:00 pm</p>
<p><b>19</b>                      Pool Room                      12:00 pm - 3:00 pm</p>	<p><b>20</b>                      Pickleball                      9:30 am - 11:30 am                      11:30 am - 1:30 pm                      1:30 pm - 3:30 pm                      Cards : Page 5</p>	<p><b>21</b>                      Pickleball                      9:30 am - 3:30 pm                      Tai Chi Chih                      10:00 am - 11:00 am                      11:30 am-12:30pm(Beg)                      1:00 pm - 2:00 pm                      Chair Yoga                      2:15 pm - 3:15 pm                      Cards : Page 5</p>	<p><b>22</b>                      Line Dancing                      8:45 am - 10:00 am                      Lapidary                      9:00 am - 3:00 pm                      Chair Yoga                      10:30 am - 11:30 am                      Afternoon Dance                      1:00 pm - 3:00 pm                      Pickleball                      4:00 - 6:00 pm</p>	<p><b>23</b>                      Pickleball                      4:00 pm - 6:00 pm                      Wood Craving                      1:00 pm - 3:00 pm                      Cards : Page 5</p>	<p><b>24</b>                      Line Dancing                      8:45 am - 10:00 am                      Quilting                      9:00 am - 3:00 pm                      Chair Yoga                      10:30 am - 11:30 am                      Afternoon Dance                      1:00 pm - 3:00 pm</p>	<p><b>25</b>                      Pool Room                      9:00 pm - 12:00 pm</p>
<p><b>26</b>                      Pool Room                      12:00 pm - 3:00 pm</p>	<p><b>27</b>                      Pickleball                      9:30 am - 11:30 am                      11:30 am - 1:30 pm                      1:30 pm - 3:30 pm                      Pottery                      1:00 pm - 3:00 pm                      Cards : Page 5</p>	<p><b>28</b>                      Pickleball                      9:30 am - 3:30 pm                      Tai Chi Chih                      10:00 am - 11:00 am                      11:30 am-12:30pm(Beg)                      1:00 pm - 2:00 pm                      Chair Yoga                      2:15 pm - 3:15 pm                      Cards : Page 5</p>	<p><b>29</b>                      Line Dancing                      8:45 am - 10:00 am                      Lapidary                      9:00 am - 3:00 pm                      Chair Yoga                      10:30 am - 11:30 am                      Afternoon Dance                      1:00 pm - 3:00 pm                      Pickleball                      4:00 - 6:00 pm</p>	<p><b>30</b>                      Pickleball                      4:00 pm - 6:00 pm                      Wood Craving                      1:00 pm - 3:00 pm                      Cards : Page 5</p>		

# April 2026 - Activities & Program Elphinstone Street (ESC)

SUN	MON	TUES	WED	THURS	FRI	SAT
Centre Open: Mon to Fri : 9 am to 4 pm Weekends : Closed  <b>Program Coordinator:</b> <b>Julie Rattai : (306) 359 - 3847</b>  Court Whist on Friday is temporarily closed due to SSFA Annual Games.			1  Tai Chi Chih (Beg.) 10:00 am - 11:00 am  Court Whist 12:00 pm - 3:00 pm	2  Forever in Motion 9:30 am - 10:30 am  Chair Yoga 2:00 pm - 3:00 pm	3  <b>Centre Closed</b> <b>Good Friday</b>	4
5	<b>Centre Closed</b> <b>Easter Monday</b>	Tai Chi (Non - instructed) 10:30 am - 11:30 am  Cribbage 12:00 pm - 3:30 pm	8  Tai Chi Chih (Beg.) 10:00 am - 11:00 am  Court Whist 12:00 pm - 3:00 pm	9  Forever in Motion 9:30 am - 10:30 am  Chair Yoga 2:00 pm - 3:00 pm	10  Silver Singers 9:30 am - 10:45 am  <b>No Court Whist</b> <b>Texas Hold Em Poker</b> <b>7:00 pm - 10:00 pm</b>	11
12	Forever in Motion 9:30 am - 10:30 am  Paint for Pleasure 1:00 pm - 3:00 pm	14  Tai Chi (Non - instructed) 10:30 am - 11:30 am  Cribbage 12:00 pm - 3:30 pm	15  Tai Chi Chih (Beg.) 10:00 am - 11:00 am  Court Whist 12:00 pm - 3:00 pm	16  Forever in Motion 9:30 am - 10:30 am  Chair Yoga 2:00 pm - 3:00 pm	17  Silver Singers 9:30 am - 10:45 am  <b>No Court Whist</b>	18
19	Forever in Motion 9:30 am - 10:30 am  Paint for Pleasure 1:00 pm - 3:00 pm	21  Tai Chi (Non - instructed) 10:30 am - 11:30 am  Cribbage 12:00 pm - 3:30 pm	22  Tai Chi Chih (Beg.) 10:00 am - 11:00 am  Court Whist 12:00 pm - 3:00 pm	23  Forever in Motion 9:30 am - 10:30 am  Chair Yoga 2:00 pm - 3:00 pm	24  Silver Singers 9:30 am - 10:45 am  <b>No Court Whist</b>	25
26	Forever in Motion 9:30 am - 10:30 am  Paint for Pleasure 1:00 pm - 3:00 pm	28  Tai Chi (Non - instructed) 10:30 am - 11:30 am  Cribbage 12:00 pm - 3:30 pm	29  Tai Chi Chih (Beg.) 10:00 am - 11:00 am  Court Whist 12:00 pm - 3:00 pm	30  Forever in Motion 9:30 am - 10:30 am  Chair Yoga 2:00 pm - 3:00 pm		



# April 2026 - Cards : WSC & ESC

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Court Whist @ ESC 11:30 - 3:30 pm	2 Kaiser @ WSC 11:30 - 3:30 pm Cribbage @ WSC 11:30 - 3:30 pm Bridge @ WSC 11:30 - 3:30 pm	3 <b>Centre Closed</b> <b>Good Friday</b>	4
5	6 <b>Centre Closed</b> <b>Easter Monday</b>	7 Kaiser @ WSC 11:30 - 3:30 pm Cribbage @ ESC 1:00 - 3:30 pm	8 Court Whist @ ESC 11:30 - 3:30 pm	9 Kaiser @ WSC 11:30 - 3:30 pm Cribbage @ WSC 11:30 - 3:30 pm Bridge @ WSC 11:30 - 3:30 pm	10 <b>No Court Whist</b> <b>on ESC</b>	11
12	13 Cribbage @ WSC 11:30 - 3:30 pm	14 Kaiser @ WSC 11:30 - 3:30 pm Cribbage @ ESC 1:00 - 3:30 pm	15 <b>Court Whist</b> <b>Tournament @ ESC</b> <b>11:30 - 3:30 pm</b>	16 <b>Kaiser Tournament</b> <b>@ WSC</b> <b>11:30 - 3:30 pm</b> Cribbage @ WSC 11:30 - 3:30 pm Bridge @ WSC 11:30 - 3:30 pm	17 <b>No Court Whist</b> <b>on ESC</b>	18
19	20 <b>Crib Tournament</b> <b>@ WSC</b> <b>11:30 - 3:30 pm</b>	21 Kaiser @ WSC 11:30 - 3:30 pm Cribbage @ ESC 1:00 - 3:30 pm	22 Court Whist @ ESC 11:30 - 3:30 pm	23 Kaiser @ WSC 11:30 - 3:30 pm <b>Crib Tournament</b> <b>@ WSC</b> <b>11:30 - 3:30 pm</b> Bridge @ WSC 11:30 - 3:30 pm	24 <b>No Court Whist</b> <b>on ESC</b>	25
26	27 Cribbage @ WSC 11:30 - 3:30 pm	28 Kaiser @ WSC 11:30 - 3:30 pm Cribbage @ ESC 1:00 - 3:30 pm	29 Court Whist @ ESC 11:30 - 3:30 pm	30 Kaiser @ WSC 11:30 - 3:30 pm Cribbage @ WSC 11:30 - 3:30 pm Bridge @ WSC 11:30 - 3:30 pm	<b>Court Whist (ESC) on</b> <b>Friday is temporarily</b> <b>closed due to SSFA</b> <b>Annual Games.</b>	

# AFTERNOON DANCE 2134 Winnipeg St. ; 1 pm to 3 pm

April 1	Jim Woytuik	June 3 & 5	No Dance
April 8 & 10	Dreher's	June 10 & 12	Dreher's
April 15 & 17	Al and Company	June 17 & 19	Al and Company
April 22 & 24	Musical Friends	June 24 & 26	Musical Friends
May 6 & 8	Al and Company	July 1	No Dance
May 13 & 15	Dennis	July 3	Jim Woytuik
May 20 & 22	Poplar Creek	July 8 & 10	Al and Company
May 27 & 29	Musical Friends	July 15 & 17	Musical Friends
		July 22 & 24	Dennis
		July 29 & 31	Poplar Creek

## Sunday Dance

Location : 2134 Winnipeg St.

Time : 1:30 pm to 4:00 pm

Price: \$10 / person

April 12 : Musical Friends

May 24 : Dennis

June 14 : Musical Friends

July : **No Dance**

August : **No Dance**

Sept 13 : Al and Company

Oct 18 : Musical Friends

Nov 8 : Dennis

Dec 6 : Musical Friends

## Club 66 Social Club

Friday Night Dance

Dance: 7:30 pm to 11:30 pm

Cost: \$15/ members; \$17 / guests

Location: 2134 Winnipeg St. (RSCC)

April 10: Dennis Ficor (Bring your family)

April 24: Al and Company

Complimentary Coffee & Tea Provided

NO LUNCH

For MORE INFO CALL : (306) 529-6381



## Let's Dance Regina

Friday Night Dance

RSCC, 2134 Winnipeg St., Regina  
Doors open at 7 pm

Dance: 7:30 pm - 11:00 pm

Cost: \$15/members ; \$17/guests

April 3 - Good Friday

April 17 - Leon Ochs

Complimentary Coffee & Tea provided

Lunch to follow

For more info (306) 331-7290



# Easter Special - Afternoon Dance

Regina Senior Citizens' Centre - 2134 Winnipeg Street

Day & Date: Wednesday, April 1, 2026

Time : 1:00 pm - 3:00 pm

Cost: \$8.00/ members; \$10.00/non-members

Band: Jim Woytuik

Door Prizes! 50/50 Draw!

Everyone Welcome.....

**HAPPY EASTER**  
to Every Bunny

## WOOD CARVING

We are delighted to introduce our new Wood Carving Program, a creative and relaxing space where craftsmanship meets imagination.

Join us every Thursday and discover the art of shaping wood into beautiful, handcrafted pieces. Whether you're a beginner or have some experience, this program offers a wonderful opportunity to learn, create, and connect with others.

**Time : 1 pm to 3 pm**

**Location : 2134 Winnipeg Street**

**Costs: \$5/ members; \$8/ guests**

🌿 Carve your creativity, one piece at a time. 🌿



The RSCC wishes to thank its Sponsors...



# Chair Yoga (May & June Session)

Tuesday, Beginner (Winnipeg St) 6 classes (max 10)

2:15 pm - 3:15 pm

May 19, 26

June 2, 9, 16, 23 (Note: NO class on May 12, 2026)

Wednesday (Winnipeg St) 7 classes (max 25)

10:30 am - 11:30 am

May 13, 20, 27

June 3, 10, 17, 24

Thursday (Elphinstone St) 7 classes (max 15)

2:00 pm - 3:00 pm

May 14, 21, 28

June 4, 11, 18, 25

Friday (Winnipeg St) 7 classes (max 25)

10:30 - 11:30 am

May 15, 22, 29

June 5, 12, 19, 26



The Registration for May & June Sessions will be open on April 20, 2026 at 10:00 am

All Classes for April 2026 are full!

## Tai Chi Chih

Joy thru movement with accredited T'ai Chi Chih instructor Larry Firth. Come and try a new self-healing practice.

Softness, flow and effortlessness are the guiding principles in this practice. 19 movements and 1 pose are designed to stimulate, circulate and balance the energy of your body.

10 Weeks learning practice on drop-in basis.

Classes are scheduled for 10 consecutive weeks.

\$5/members; \$8/ guests \*Drop-in fee\*.

**NEW BEGINNER CLASS  
STARTS: APRIL 7, 2026**  
Registration for new beginner  
class open through April!

**Tuesdays**

10:00 - 11:00 AM  
@ WSC  
ADVANCED

**Tuesdays**

11:30 - 12:30 PM  
@ WSC  
BEGINNER CLASS

**Tuesdays**

1:00 - 2:00 PM  
@ WSC  
ADVANCED

**Wednesdays**

10:00 - 11:00 AM  
@ ESC  
BEGINNER CLASS

The RSCC wishes to thank its Sponsors...



Welcome! Come out and enjoy the warmth of a Spring Tea with Friends!

# High Tea

FUNDRAISER

SATURDAY, 25TH APRIL 2026

2134 Winnipeg Street  
Regina, SK, S4P 2A3

FOR TICKETS CONTACT:  
306-525-2154

\$20

ONE SITTING ONLY:  
2:00 - 4:00 PM  
(Limited Seating)

Reservation Required:  
March 16 - April 23, 2026  
{NO REFUNDS}

Entertainment by : Bernadette  
Kutarna

Door Prizes!

Sponsored By:- **VENVI**  
RENAISSANCE  
— Retirement Living —



The RSCC wishes to thank its Sponsors...



REGINA SENIOR CENTRE PRESENTS

FAMILY STYLE

**BiNGO**



*Night*

**APRIL 15**

**6:30 PM**

DOORS OPEN AT 5:30 PM

2134 Winnipeg St. - South Entrance

**20 GAMES FOR \$20.00**

**4 PLAYING CARDS**

**CASH PAYOUTS!**  
**40% OF ENTRY FEES**  
(all profits support the RSCC)

**CANTEEN AVAILABLE**



The RSCC wishes to thank its Sponsors...



Regina Senior Citizens' Centre Presents

# A Night of Tribute to Elvis featuring **JESSE LAMONT** Includes Supper

Fundrasier Event

**Date: Saturday, April 18, 2026**

**Time : 5:30 pm - 8:30 pm**

**\*Doors will open at 4:45 pm**

**Location : 2134 Winnipeg Street,  
Regina, S4P 3X6, SK**

**\$ 30  
PER  
PERSON**

\* Limited Seats only \*

## The Prairie Plate

Supper Menu



### MAIN DISHES:

- Farmer Sausage
- Cabbage Rolls
- Perogies



SALADS (Two Types)

### BEVERAGES

- Coffee
- Tea
- Pepsi
- Iced Tea

DESSERT

Catering by :



**50/50 Raffle!**

**Door Opens : 4:45 pm  
Supper : 5:30 pm  
Performance: 7:00 pm**

**Sponsored by:**



**CALL US FOR TICKETS : (306) 525 - 2154**

The RSCC wishes to thank its Sponsors...



# POOL ROOM NEWS

The week of St. Patrick's Day saw the 18<sup>th</sup> annual Pot O' Gold 9-ball tournament held in our pool room. The tournament saw the pool room bustling with activity as 20 players were entered in pursuit of the 'gold' - \$200 in prize money and bragging rights.

To emphasize and foster the recreational nature of play in our pool room we continue to recognize 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place finishers in each event. Recognizing tournament winners with cash prizes is only possible because of sponsorship and a huge thank-you goes to Ron Sandalack for sponsoring this tournament once again.

**“A” Event : First Place and Tournament Champion - Garth Stoughton**

Second Place - Dorothy Rhead

Third Place Tie - Warren Hamilton and Marion Schiller

**“B” Event : First Place - Jack Giesinger**

Second Place - Dan Bolianatz

Third Place Tie - Don McIntee and Terry Vickers

**“C” Event : First Place - Jim Illingworth**

Second Place - Larry Petersen

Third Place Tie - Norm Leier and Bob Brann

**8-Ball and 9-Ball Leagues** for the 2025/2026 season are coming to an end, round robin playoff matches have been completed and by the time you read this the 2025/2026 champions will have been decided. The finalists for the league titles and cash prizes are:

**8-ball :** Dan Bolianatz, Marion Schiller, Don McIntee, Oscar Rivera, Garth Stoughton, Norm Leier, Terry Vickers, and Larry Petersen

**9-ball :** Dan Bolianatz, Don McIntee, Paul Ponak, Oscar Rivera, Garth Stoughton, Larry Luzny, Terry Vickers, and Norm Leier.

Good luck to the finalists!

**Snooker news:** In April a snooker tournament is scheduled, sponsored by Floors by Design. The sign-up sheets are on the pool-room notice board. Deadline to register is Wednesday, April 8<sup>th</sup> at noon.

April will also see the Saskatchewan Senior Fitness Association pool and snooker events held in our pool room again. Currently April 20<sup>th</sup> and 21<sup>st</sup> are scheduled for these events. Membership in the SSFA, cost of \$10, is required to participate. Deadline for registration is **Tuesday, April 7**. Registration available April 7, 1 pm to 4 p.m. at Victoria Square Mall, 2223 Victoria Avenue East, or through the website at : <https://ssfa.ca/districts/regina-sport-district>

Have a wonderful Easter everyone - and drop by the pool room for a game sometime soon!

*The RSCC wishes to thank its Sponsors...*



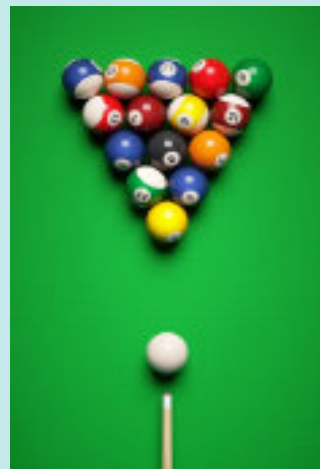
# Sunday Pool Lessons with Leo

Whether you want to learn to play pool or you are just a little rusty, we are offering a fun after-noon with a coach/instructor who can teach you the basics of pool. This will include a short time to practice with others who attend! There is no cost to attend this session!

**Date & Time : Sunday | April 26 | 1 pm to 4 pm**

**Registration required!**

**Call our office to sign up: (306) 525 - 2154**



## TEXAS HOLD'EM POKER

FRIDAY, APRIL 10, 2026

Location : 2404 Elphinstone Street

Time : 7 pm - 10 pm (Doors open at 6:30 pm)

Price: \$40 Entry Fee (Evening lunch provided)

For more info call Julie Rattai at (306) 359 - 3847

**SLGA : TH25-0028**



## ATTENTION ALL SENIOR FRIENDS

If you know someone who is celebrating a **Special Occasion** or going through a **LOSS**, please feel free to bring a card for everyone to sign.

As we do not have a Card Committee, we rely on your thoughtfulness to help us acknowledge these meaningful moments and let others know they are in our thoughts.

**Thank you.**

**REGINA SENIOR CITIZENS' CENTRE**



## POTTERY WITH *Angela Hipfner*

Step into a world of creativity this **April** as Angela invites you to a hands-on pottery experience. Discover the joy of crafting your own beautiful wind chimes, designed with texture, movement, and artistic expression.

Let your creativity flow as you explore unique mark-making techniques and hand-build a stunning piece with layered, overlapping forms. No experience needed.

*Just bring your imagination!*

**Workshop Dates:**

**April 13 : Making**

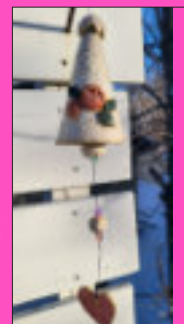
**April 27 : Glazing**

**Cost: \$25/ members  
\$30/ non-members**

**Time : 1 pm to 3 pm**

**Location:**

**2134 Winnipeg St., Regina**



There are limited spots available! Register early to secure your spots by visiting our main office at 2134 Winnipeg Street or calling us (306) 525 - 2154

# Anzac Biscuits



## Anzac COOKIES RECIPE By Angela Fuller

- ½ Cup Butter/ Margarine  
3 Table Spoons Golden Syrup  
1 ¼ Cups Sugar  
Warm until fat melts then mix all together
- Add and mix in  
1 ½ table spoon baking soda dissolved in  
25 mls. hot water
- Add and mix in well  
1 cup A.P. Flour  
1 ½ cups desiccated coconut
- Form into around 20 balls pressing down  
lightly, arrange on lined baking sheets  
sheets leaving 1 1/2" between cookies.
- Bake @ 325 deg F for 15 minutes.

Thanks for the recepie Angela, it sounds delicious !

Grandmothers  
**4** Grandmothers  
Regina

## FABRIC, YARN & MORE SALE

Saturday, April 25, 2026 from 9:00 am – 3:30 pm

St. James United Church, 4506 Sherwood Drive, Regina

When the HIV epidemic swept across the continent of Africa, it took the lives of nearly an entire generation, leaving children alone and vulnerable. With little or no support, it was the grandmothers of Africa who stepped in to care for these children.

For nearly 20 years, Grandmothers 4 Grandmothers Regina (G4G Regina) has been fundraising in the Regina community, with tremendous support from a wide range of people and organizations, as we support the life-enhancing programs run by grandmothers in Africa and the community-led organizations that support them.

Now, we are planning for our popular **Fabric, Yarn & More Sale!** Donations of unused clean fabric, yarn, and notions are being accepted on Wednesdays, April 8 and 15 from 4 – 7 and Saturdays, April 4, 11, 18 from 10 – 2 at St. James United Church, 4506 Sherwood Drive, Regina.

Should you have any questions, please don't hesitate to contact us at [g4gregina@gmail.com](mailto:g4gregina@gmail.com) or visit our website at [www.grandmothers4grandmothersregina.ca](http://www.grandmothers4grandmothersregina.ca).

# Home Support Service

Hello 55+ Community!

What a busy and exciting few months it has been - and it's all thanks to YOU!

Your energy, involvement, and support continue to make our Centre a vibrant and welcoming place to be.

We're also thrilled to share some great news:

**Our Home Help Department Has Expanded!**

Whether you need spring cleaning, rides around town, or help with everyday tasks, we've got you covered.

**Who Qualifies for Home Support Services?**

If you're 55 or older, you qualify!

Even better - members receive discounted rates on all services.

**Get Started Today**

Let us help make life a little easier - you've earned it!

**THE REGINA SENIORS' CITIZEN CENTRE HAS SERVED SENIORS SINCE 1981. WE OFFER A VARIETY OF SERVICES AT A DISCOUNTED RATE. ANYONE THAT IS 55+ IS ELIGIBLE TO RECEIVE OUR SERVICES.**

<p><b>General Housekeeping</b></p> <p>Appointments are offered on a weekly, biweekly, or monthly basis for a minimum of 1.5 hours.</p>	<p><b>Yard Maintenance</b></p> <p>We can help rake leaves, wash exterior windows, clean eavestroughs, and trim trees.</p>	<p><b>Snow Removal</b></p> <p>Appointments are performed on a call out basis. We use both shovel and snow blower: <b>List is Full</b></p>
<p><b>Companionship</b></p> <p>Have the joy of visiting with someone for a minimum of 2 hours. Each visit is tailored to client's interest.</p>	<p><b>Lawn Mowing</b></p> <p>Appointments are performed on a call out basis. We cut, trim and sweep away grass clippings.</p>	<p><b>Independence Club</b></p> <p>Our volunteer drivers provide round trip transportation within city limits.</p>

**CONTACT (306) 359 - 3847 OR EMAIL [HOMEHELP@REGINA55.COM](mailto:HOMEHELP@REGINA55.COM)  
TO REGISTER OR REQUEST ADDITIONAL INFORMATION**

# Community Volunteer Income Tax Program



# Free Tax Clinic

## Need a hand to prepare your tax return?

**Volunteers** can help you prepare your income tax and benefit return if you have low to modest income and a simple tax situation.

**Volunteers are not agents or representatives of the Canada Revenue Agency.**

## SaskTel Pioneers

### Income Tax Preparation Clinic

St. Paul's Cathedral Hall, 1861 McIntyre Street

In-person and drop-off service provided **Monday to Friday**

**9:00 AM – 3:00 PM March 4<sup>th</sup> thru April 30<sup>th</sup>, 2026**

### ELIGIBLE INDIVIDUALS

Individuals and families who are unable to prepare their income tax return on their own, **have low to modest incomes and a simple tax situation.**

### INDIVIDUALS NOT ELIGIBLE

- Deceased
- Bankrupt
- Self Employed
- Who have capital gains or losses; employment expenses; business / property rental income and expenses.

**Appointments recommended for in-person service\_ Call (306) 510-1013**

### INCOME MAXIMUMS:

<u>Family Size</u>	<u>Family Income</u>
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Single Person	Up to \$45,000
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Two Person Family	Up to \$55,000
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Three Person Family	Up to \$60,000
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(each additional Family Member add \$5,000)



Canada Revenue  
Agency

Agence du revenu  
du Canada

Canada

Regina Senior Citizens' Centre Presents

# A Night of Tribute to Elvis featuring **JESSE LAMONT** Includes Supper

*Fundrasier Event*

**Date:** Saturday, April 18, 2026

**Time :** 5:30 pm - 8:30 pm

\*Doors will open at 4:45 pm

**Location :** 2134 Winnipeg Street,  
Regina, S4P 3X6, SK

**\$ 30  
PER  
PERSON**

\* Limited Seats only \*

## The Prairie Plate

Supper Menu



### MAIN DISHES:

- Farmer Sausage
- Cabbage Rolls
- Perogies



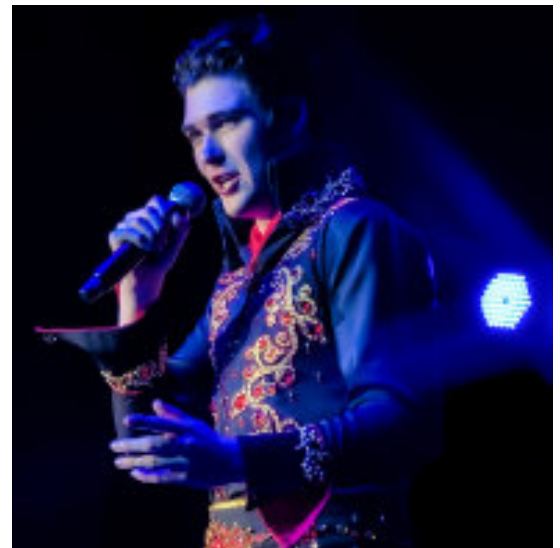
### SALADS (Two Types)

### BEVERAGES

- Coffee
- Tea
- Pepsi
- Iced Tea

### DESSERT

Catering by :



## 50/50 Raffle!

**Door Opens : 4:45 pm**  
**Supper : 5:30 pm**  
**Performance: 7:00 pm**

**Sponsored by:**



**CALL US FOR TICKETS : (306) 525 - 2154**