



Newsletter - February 2026

Regina Senior Citizens' Centre



**Both RSCC
locations
will be
closed on
Monday, Feb 16, 2026
for Family Day!**



President Message

Hope you all had a great January!!

I would like to Thank Leo Bumphrey and the Board of Directors for taking care of business while I was away!!

I would like to especially Thank Leo for agreeing to stay on as Interim Executive Director until the end of the year!! This takes a lot of pressure off of us, trying to find a suitable person for the ED position. You are doing a great job Leo!!

I would also like to Thank everyone who has responded to the Letter of Ask. It was truly needed and the contributions are greatly appreciated.

We are off to a good start for 2026.

Larry Lechner
Chair, Board of Directors

Vice-President Message

On behalf of the Regina Senior Citizens Centre board of directors, I am pleased to announce that Leo Bumphrey has accepted a term position as Executive Director. Leo's term will take him to the end of 2026 and allow Leo to continue his considerable contributions to the Center since assuming the ED role on an interim basis in August of last year.

I know members will continue to support Leo and our Seniors Centre as we return the organization to a sustainable future.

Thank you,
Cynthia Muir

Executive Report

Dear Members,

I have now been in the Director position for five months. After 18 years of retirement, returning to work felt challenging at first, but with our members support and encouragement, the transition has been truly rewarding. I would like to share a few updates with you.

- Over the past two months, we have raised \$8922.00 in donations, which has helped put RSCC back on track. Thank you to everyone who contributed -- your generosity truly makes a difference.
- I am also pleased to share that two of our members, Robert Cotterill and Isabelle Jodouin, have joined our Board of Directors. We look forward to working closely with them and benefiting from their knowledge, experience and involvement.
- I have working closely with the City of Regina on parking arrangements, as the lot is now public and the area will be more busy during the summer time due to the swimming pool. I would like to minimize the inconvenience to our members. Additionally, we are taking proactive steps to address safety concerns around the building and to prevent theft.
- We recently launched a new program at our Elphinstone location -- the Book Club. This program has been a wonderful way to socialize by enjoying a cup of coffee, discussing the book "*I Think We've Been Here Before*", and even meeting the book's author. It has been a great success and a meaningful way to connect with one another.
- We have also extended our pickleball hours due to high demand. Members can now enjoy pickleball on Wednesday and or Thursday evenings.
- While Kate is away on maternity leave, Hannah has taken over our Homehelp services. If you have any inquiry or would like to access our homehelp services, please feel free to reach out to her at (306) 359 - 3847.

Thank you again for your continued support and encouragement. Please feel free to stop by our Winnipeg Street Centre anytime -- I would be happy to share a cup of coffee with you and hear your thoughts or suggestions about our centre.

Leo Bumphrey
Executive Report

February 2026 Schedule at Winnipeg Street

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Pool Room 12:00 - 3:00 pm	2 Pickleball 9:30 - 11:30 am 11:30 - 1:30 pm 1:30 - 3:30 pm Cards: Page 4	3 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00- 11:00 am 11:30-12:30 pm (Beg.) 1:00 - 2:00 pm Chair Yoga (Beg.) 10:00 - 11:00 am Cards: Page 4	4 Lapidary 9:00 - 3:00 pm Line Dancing 8:45 - 10:00 am Chair Yoga 10:30 - 11:30 am Afternoon Dance 1:00 - 3:00 pm Pickleball 4:00 - 6:00 pm	5 Pool Room 5.30 pm -8.30 pm Pickleball 4:00 - 6:00 pm Cards: Page 4	6 Line Dancing 8:45-10:00 am Quilting 9:00- 3:00pm Chair Yoga 10:30 - 11:30 am Afternoon Dance 1:00 - 3:00 pm	7 Pool Room 9:00 - 12:00 pm
8 Pool Room 12:00 - 3:00 pm Sunday Dance 1.30 - 3.30 pm	9 Pickleball 9:30 - 11:30 am 11:30 - 1:30 pm 1:30 - 3:30 pm Cards: Page 4	10 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00- 11:00 am 11:30-12:30 pm (Beg.) 1:00 - 2:00 pm Chair Yoga (Beg.) 10:00 - 11:00 am Cards: Page 4	11 Lapidary 9:00 - 3:00 pm Line Dancing 8:45 - 10:00 am Chair Yoga 10:30 - 11:30 am Afternoon Dance 1:00 - 3:00 pm Pickleball 4:00 - 6:00 pm	12 Pool Room 5.30 pm -8.30 pm Pickleball 4:00 - 6:00 pm Cards: Page 4	13 Line Dancing 8:45-10:00 am Quilting 9:00- 3:00pm Chair Yoga 10:30 - 11:30 am Afternoon Dance 1:00 - 3:00 pm	14 Pool Room 9:00 - 12:00 pm
15 Pool Room 12:00 - 3:00 pm	16 No Programs Centre Closed Family Day! 	17 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00- 11:00 am 11:30-12:30 pm (Beg.) 1:00 - 2:00 pm Chair Yoga (Beg.) 10:00 - 11:00 am Cards: Page 4	18 Lapidary 9:00 - 3:00 pm Line Dancing 8:45 - 10:00 am Chair Yoga 10:30 - 11:30 am Afternoon Dance 1:00 - 3:00 pm Pickleball 4:00 - 6:00 pm	19 Pool Room 5.30 pm -8.30 pm Pickleball 4:00 - 6:00 pm Cards: Page 4	20 Line Dancing 8:45-10:00 am Quilting 9:00- 3:00pm Chair Yoga 10:30 - 11:30 am Afternoon Dance 1:00 - 3:00 pm	21 Pool Room 9:00 - 12:00 pm
22 Pool Room 12:00 - 3:00 pm	23 Pickleball 9:30 - 11:30 am 11:30 - 1:30 pm 1:30 - 3:30 pm Cards: Page 4	24 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00- 11:00 am 11:30-12:30 pm (Beg.) 1:00 - 2:00 pm Chair Yoga (Beg.) 10:00 - 11:00 am Cards: Page 4	25 Lapidary 9:00 - 3:00 pm Line Dancing 8:45 - 10:00 am Chair Yoga 10:30 - 11:30 am Afternoon Dance 1:00 - 3:00 pm Pickleball 4:00 - 6:00 pm	26 Pool Room 5.30 pm -8.30 pm Pickleball 4:00 - 6:00 pm Cards: Page 4	27 Line Dancing 8:45-10:00 am Quilting 9:00- 3:00pm Chair Yoga 10:30 - 11:30 am Afternoon Dance 1:00 - 3:00 pm	28 Pool Room 9:00 - 12:00 pm

February 2026 Schedule at Elphinstone Street

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Centre Closed	2 Forever in Motion 9:30 am - 10:30 am Paint for Pleasure 1:00 pm - 3:00 pm	3 Tai Chi (non-instructed) 10:30 am - 11:30 am Cribbage 1:00 pm - 3:30 pm	4 Tai Chi Chih (Beg.) 10:00 am - 11:00 am Court Whist 12:00 pm - 3:00 pm	5 Forever in Motion 9:30 am - 10:30 am Chair Yoga 2:00 pm - 3:00 pm	6 Silver Singers 9:30 am - 10:45 am Book Club 1:30 pm - 2:30 pm	7 Centre Closed
8 Centre Closed	9 Forever in Motion 9:30 am - 10:30 am Paint for Pleasure 1:00 pm - 3:00 pm	10 Tai Chi (non-instructed) 10:30 am - 11:30 am Cribbage 1:00 pm - 3:30 pm	11 Tai Chi Chih (Beg.) 10:00 am - 11:00 am Court Whist 12:00 pm - 3:00 pm	12 Forever in Motion 9:30 am - 10:30 am Chair Yoga 2:00 pm - 3:00 pm	13 Silver Singers 9:30 am - 10:45 am Texas Hold Poker 7:00 pm - 10:00 pm	14 Centre Closed
15 Centre Closed	16 No Programs Centre Closed Family Day! 	17 Tai Chi (non-instructed) 10:30 am - 11:30 am Cribbage 1:00 pm - 3:30 pm	18 Tai Chi Chih (Beg.) 10:00 am - 11:00 am Court Whist 12:00 pm - 3:00 pm	19 Forever in Motion 9:30 am - 10:30 am Chair Yoga 2:00 pm - 3:00 pm	20 Silver Singers 9:30 am - 10:45 am Tech Mentorship 1:30 pm - 3:45 pm	21 Centre Closed
22 Centre Closed	23 Forever in Motion 9:30 am - 10:30 am Paint for Pleasure 1:00 pm - 3:00 pm	24 Tai Chi (non-instructed) 10:30 am - 11:30 am Cribbage 1:00 pm - 3:30 pm	25 Tai Chi Chih (Beg.) 10:00 am - 11:00 am Court Whist 12:00 pm - 3:00 pm	26 Forever in Motion 9:30 am - 10:30 am Chair Yoga 2:00 pm - 3:00 pm	27 Silver Singers 9:30 am - 10:45 am	28 Centre Closed

Cards - February 2026 : WSC & ESC

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 Cribbage @WSC 11:30 am - 3 pm	3 Kaiser @ WSC 11:30 am - 3 pm Cribbage @ ESC 1 pm - 3:30 pm	4 Court Whist @ESC 12 pm - 3:30 pm	5 Kaiser @ WSC 11:30 - 3:00 pm Bridge @ WSC 11:30 - 3:00 pm Cribbage @ WSC 11:30 - 3:00 pm	6	7
8	9 Cribbage Tournament@WSC 11:30 am - 3 pm	10 Kaiser @ WSC 11:30 am - 3 pm Cribbage @ ESC 1 pm - 3:30 pm	11 Court Whist @ESC 12 pm - 3:30 pm	12 Kaiser @ WSC 11:30 - 3:00 pm Bridge @ WSC 11:30 - 3:00 pm Cribbage @ WSC 11:30 - 3:00 pm	13 Texas Hold Poker 7:00 pm - 10:00 pm	14
15	16 No Programs Centre Closed Family Day! 	17 Kaiser @ WSC 11:30 am - 3 pm Cribbage @ ESC 1 pm - 3:30 pm	18 Court Whist Tournament@ESC 12:00 am - 3:30 pm	19 Kaiser Tournament @ WSC 11:30 - 3:00 pm Bridge @ WSC 11:30 - 3:00 pm Cribbage @ WSC 11:30 - 3:00 pm	20	21
22	23 Cribbage @WSC 11:30 am - 3 pm	24 Kaiser @ WSC 11:30 am - 3 pm Cribbage @ ESC 1 pm - 3:30 pm	25 Court Whist @ESC 12 pm - 3:30 pm	26 Kaiser @ WSC 11:30 - 3:00 pm Bridge @ WSC 11:30 - 3:00 pm Crib Tournament @ WSC 11:30 - 3:00 pm	27	28

AFTERNOON DANCE

February to June 2026

- Dances are held at 2134 Winnipeg St. Wednesdays & Fridays from 1 pm to 3 pm
- Members and non-members, singles or couples are welcomed!
- Cost: \$7.00/members ; \$9/ guests



Feb 4 & 6	Dreher's
Feb 11 & 13	Al and Company
Feb 18 & 20	Musical Friends
Feb 25 & 27	Dreher's

March 4 & 6	Musical Friends
March 11 & 13	Al and Company
March 18 & 20	Poplar Creek
March 25 & 27	Musical Friends

April 1	Jim Woytuik
April 8 & 10	Dreher's
April 15 & 17	Al and Company
April 22 & 24	Musical Friends
April 29 & May 1	Dennis

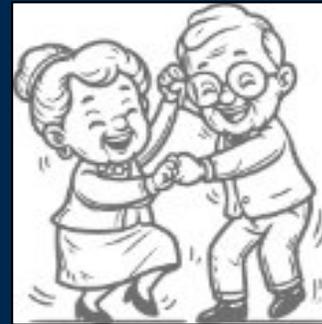
May 6 & 8	Al and Company
May 13 & 15	Dennis
May 20 & 22	Poplar Creek
May 27 & 29	Musical Friends

June 3 & 5	NO DANCE
June 10 & 12	Dreher's
June 17 & 19	Al and Company
June 24 & 26	Musical Friends

Sunday Dance

Time : 1.30 pm - 4 pm

Entry Fee : \$10/ person



February to December 2026

Feb 8 : Musical Friends

March 15 : Al and Company

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

50/50 DRAW

DOOR PRIZES

SWEETHEART DANCE

REGINA SENIOR CITIZENS' CENTRE (2134 WINNIPEG STREET)

Sunday, Feb 8, 2026

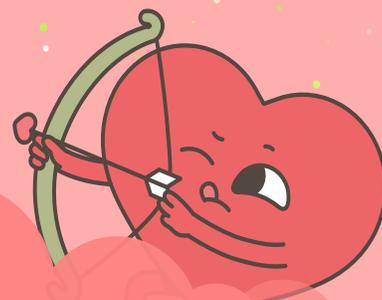
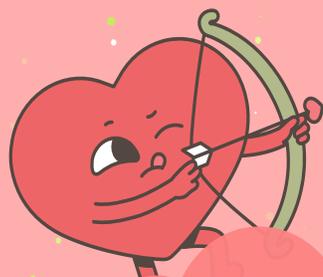
1:30 pm - 4:00 pm

\$10 / person

Band : Musical Friends

Door Prizes! 50/50 Draw!

Everyone Welcome!



Valentine Day Special

Club 66 Social Club

DANCE: 7.30 PM TO 11.30 PM

COST: \$15/MEMBERS; \$17/GUESTS

FEB 13 : NO DANCE

FEB 27 : LEON OCHS

MAR 13 : TWO STEPP

MAR 27 : ZAYSHLEY

ADDRESS: 2134 WINNIPEG ST.

PLEASE ENTER BY WEST DOOR



COMPLIMENTARY COFFEE & WATER

NO LUNCH

EVERYONE WELCOME; BRING SOME FRIENDS!

CONTACT : EVELYN (306) 529 - 6381

Let's Dance Regina

Friday Night Dances

- RSCC, 2134 Winnipeg St. Regina
- Doors open at 7 pm
- Dance 7:30 pm - 11:00 pm
- Cost: \$15/ members ; \$17/ guests



Feb 6 - Len & Joe Gadica

Feb 20 - NO DANCE

Complimentary Coffee & Tea provided

Lunch to Follow

For more info call (306) 331 - 7290

SURF N TURFIN'

Tuesday February 17

5 PM - 2134 WINNIPEG STREET

Lemon Butter Shrimp & Salad
Roast Beef & Yorkshire Pudding
Potatoes Vegetables Gravy
Strawberry Mousse & After 8s
Coffee, Tea, Juice

\$20 members \$25 guests



**BE YOUR OWN VALENTINE AND JOIN US FOR
FELLOWSHIP & FOOD & SUPPORT THE RSCC**

Pre-dinner Entertainment provided by TFB - Taylor, Fisher, Blackstock

SEATING LIMITED - REGISTRATION REQUIRED

Registration begins 9 am, Sat. Feb 7, 2026

Call Lynda @ (306) 584 - 3137

calls before the 7th are NOT registered

**Leave a message with your name, phone number, &
number of seats you are requesting.**

you will receive a call-back confirming that you have seats

Please be patient 50 - 60 call backs takes time!

The RSCC wishes to thank its Sponsors...



Chair Yoga Sessions *with Annette Marche*

Looking for a safe and gently, yet effective yoga practice where you can enjoy all the benefits of traditional yoga while being comfortably supported by a chair?

People with limited mobility often think you is not accessible to them. It absolutely can be.

By moving slowly and mindfully, you can open up tight areas of your body in a safe and supportive way.

What you will learn...

- *Learn chair yoga poses to do yourself*
- *Safely improve strength and flexibility*
- *Learn simple sequences using a chair*
- *Develop balance, focus and stability*
- *Ease stress and anxiety*



Mar/Apr Session Registration Open: Thurs, Feb 19th, at 10 am

Beginner Yoga: Tuesday @ 2.15 pm - 3.15 pm (WSC)

March : 3, 10, 17, 24, 31 April : 7, 14, 21

Wednesday @ 10.30 am - 11.30 am (WSC)

March 4, 11, 18, 25 April : 1, 8, 15, 22

Thursday @ 2.00 pm - 3.00 pm (ESC)

March 5, 12, 19, 26 April 2, 9, 16, 23

Friday @ 10.30 am - 11.30 am (WSC)

March 6, 13, 20, 27 April 10, 17, 25

This program is pre-registered. Full payment is required upon registration. A new pass for classes must be purchased prior attending the class. Each pass is valid for designated day and time only.

Limited space available.

ALL CLASSES ARE FULLED FOR FEBRUARY!

The RSCC wishes to thank its Sponsors...



55+ TECH MENTORSHIP PROGRAM!

FEBRUARY 20



Get Help with Your Phone, Tablet or Laptop!

Pre-Register Today!

Cost: \$20 for a 50 min One-on-One Session
with a Software Professional.

Time Slots:

- 1:00 - 1:50
- 1:55 - 2:45
- 2:50 - 3:40

- Basic Tech Questions & Guidance
- We Cannot Fix Broken Devices

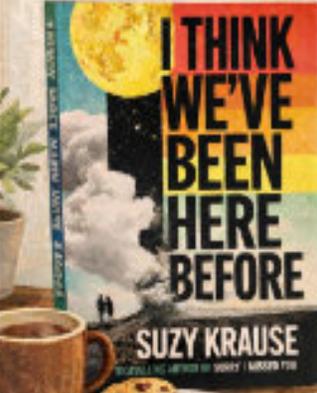
Bring Your Phone, Tablet or Laptop!

Pre-Register:
Email: elphinstone@regina55.com
Call: 306-359-3847



JOIN OUR BOOK CLUB!

WE WANT YOU IN OUR BOOK CLUB!



I THINK WE'VE BEEN HERE BEFORE
BY SUZY KRAUSE

FEBRUARY 6

Great Books, Friendly Discussion, Cookies & Coffee!



2404 Elphinstone St.
1:30 - 2:30 PM
\$5 MEMBERS :: \$8 NON-MEMBERS

Texas Hold 'Em POKER Tournament

FEBRUARY 13, 2026; 7 PM - 10 PM (DOORS OPEN AT 6:30 PM)

PRICE : \$40 (ENTRY FEE); OPEN TO AGE 19+

LOCATION: 2404 ELPHINSTONE STREET AT RSCC

FOR MORE INFO, CALL HANNAH - (306) 359 - 3847
OR EMAIL: ELPHINSTONE@REGINA55.COM



Pottery classes with Angela - February update

Hi everyone,

We would like to inform you that our pottery classes have been postponed from February to March. Classes will resume on March 2.

More information about future classes will be available in our March newsletter.

General Information

Hours: Monday to Friday : 8 am to 4 pm; Weekends & Stat Holidays - Closed

Payments: We accept all forms of payment: Cash, Card (Debit & Credit), Cheque, Interac e-transfer (Payable to: rsccpayment@gmail.com). A reminder: \$2.50 surcharge for Credit visa, Mastercard, and American express

Email: Is your email address on file and up-to date? In order to receive monthly newsletters and correspondence from us, please notify the office if your email address has changed.

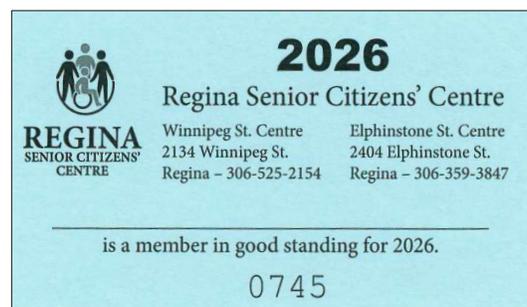
Please remember: Park at your own risk. Please ensure all valuables are kept out sight in your vehicle. RSCC is not responsible for any loss or damage to vehicles.

Scent Free Environment: Reminder to please refrain from using perfumes, colognes, scented lotions, etc. While visiting our centres.

Do you have your 2026 Membership?

Reminder: As of January 1, 2026, the **Green 2025 Membership cards** are no longer valid. Please drop by the front desk at both locations, or mail a cheque for \$45 for your new **Blue 2026 membership Card**.

Parking Pass: RSCC will no longer be issuing parking passes. Any previously issued parking passes were not valid in the past and remain invalid. Any inappropriate or overnight parking will receive notice prior to a ticket being issued. If no action is taken following the ticket, the vehicle may be towed by the City.



REGINA SENIOR CENTRE PRESENTS

FAMILY STYLE

BiNGO



Night

FEB 18

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...





A Recipe By Angela Fuller

STICKY TOFFEE PUDDING

Method

Prepare the Date Mixture

1. Place the chopped dates, instant coffee, baking soda, and vanilla essence in a bowl.
2. Pour over the boiling water and mix well.
3. Leave to cool, then blend until smooth. Set aside.

Make the Pudding Batter

4. Preheat oven to 350 F (175 C). Grease a 12-cup muffin tin.
5. Cream together the butter/margarine and white sugar until light and fluffy.
6. Beat in the eggs, one at a time.
7. Fold in the flour and baking powder.
8. Gently fold in the blended date puree.

Bake

9. Divide the mixture evenly among the 12 muffin cups.
10. Bake for 25 minutes, or until cooked through.

Prepare the Toffee Sauce

11. In a saucepan, gently warm the evaporated milk and yellow sugar until the sugar has melted.
12. Add the butter and keep on low heat, stirring occasionally.
13. Allow the sauce to just come to a gentle bubble, then remove from heat.
14. If the sauce looks like it has curdled, it hasn't - simply blend it until smooth.

INGREDIENTS

Date Mixture

- 1 cup pitted and chopped dates
- 3 tsp instant coffee
- 3/4 tsp baking soda
- 1/2 tsp vanilla essence
- 175 ml boiling water

Pudding Batter

- 1/3 cup butter or margarine
- 2/3 cup white sugar
- 2 eggs
- 1 1/3 cups all-purpose flour
- 1 2/3 tsp baking power

Toffee Sauce

This recipe is by Angela Fuller. Thank you, Angela, for sharing this delicious recipe—it sounds absolutely wonderful!

The RSCC wishes to thank its Sponsors...



Hello to All you 85 Plus Senior

WE ARE ONCE AGAIN WANTING TO TAKE PHOTOS OF ALL YOU SPECIAL PEOPLE AND DISPLAY THEM AT THE CENTRE.

YASH WILL BE TAKING YOUR PHOTOS, AND WE WILL BE PUTTING THEM IN AN ALBUM. THE ALBUM WILL BE DISPLAYED ON THE COFFEE TABLE IN THE SOUTH ENTRY. THEY WILL REMAIN AT THE SENIOR CENTRE FOR EVER, FOR ALL TO ENJOY. RUTH LECHNER HAS DONATED THE ALBUMS, SO NO COST TO THE CENTRE.

SO PLEASE IDENTIFY YOURSELF TO YASH, AND YASH CAN CLICK YOUR PHOTO ANYTIME DURING OUR REGULAR OFFICE (MONDAY TO FRIDAY FROM 8 AM TO 4 PM), PRINT THEM OFF AND THEY WILL BE A GREAT KEEPSAKE.
THANK YOU FOR YOUR PARTICIPATION!



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 effortlessnes 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*.



The RSCC wishes to thank its Sponsors...

Green Falls Landing
RETIREMENT LIVING

 **MOTION™**
Make life accessible.

Pool Room News

The pool room remains busy, even during these really cold speels, especially Wednesday and Friday mornings when 8 and 9 ball leagues are in play. League playoffs will begin on March 18th and 20th. Watch for the signup for the first tournament of this year, the St patrick's Day 9 ball tournament!

New players are always welcome in the pool room - drop by and say hello, we'd love to have you join us!

In both December and January so far we have had one player run yellow to back; congratulations to Dan Bolianitz in December and Norm Leier in January! The high break board for January so far has 8 players with breaks over 24, and currently leading the way are Dan Boliantiz and Jack Geisinger with breaks of 40.

Classes: Along with the beginner's class offered by Leo (Check Page no.16), Jack has offered to give some instruction in billiards. This is designed for those players who already have developed some skills and want to move their game to the next level; billiards practise can help your snooker game by improving recognition of angles from the rails, control of the cue ball and when and hhow much siding and power to use in making shorts.

Jack will offer on Saturdays in February, after regular play, from Noon - 2 pm if there is interest. Sign up in the pool room.

SUNDAY OPENING! - as a trial, Byron has volunteered to open the room on Sundays in February, from Noon to 3 pm. Thank you Byron! Remember that while guests during regular centre hours should be 55+. You can bring your younger guests (Kids, Grandkids) on the weekends.

February Pool Room Hours

Monday - Friday 8 am - 4 pm

Saturday 9 am - Noon

Sunday Noon - 3 pm



The RSCC wishes to thank its Sponsors...



College Park I & II
Retirement Residence™
An All Seniors Care Living Centres Residence

Home health care services



There's no place like home
At Bayshore Home Health we understand that staying at home is the preferred option. As your neighbourhood care provider, we are here to support you and your family through every step of the care process. Our home care services include personal care, companionship, nursing and more.

- FREE CONSULTATIONS
- NO LONG TERM CONTRACTS
- BONDED & INSURED CAREGIVERS

Support is just a phone call away.
306-352-7144 ext. 2 www.bayshore.ca



POOL LESSONS with Leo

Sundays, from 1pm to 4pm Registration required!

Whether you want to learn to play pool or you are just a little rusty, we are offering a fun afternoon 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!

Call our office to sign up 306-525-2154.



ST. GEORGE ORTHODOX CATHEDRAL

PRESENTS A

VARIETY SHOW

Saturday, Feb 7, 2026 at 7 pm

Regina Senior Citizen Centre

2134 Winnipeg Street

For Tickets Contact (306) 352 - 0112

or e-transfer to:

giving@stgeorgeregina.com

Adults: \$25.00

Children (7-12): \$10.00

Children Under 6: Free

Special Appearance by:

Jesse Lamont

(Elvis Impersonator)

Dessert Intermission



2026 REGINA PHILATELIC CLUB
STAMP & COIN SALE
& SHOW

REGINA SENIOR CITIZENS' CENTRE

2134 Winnipeg Street S4P 3X6

Stamps, Coins & Related Memorabilia



Saturday February 14th 10:00 a.m. to 5:00 p.m.

Sunday February 15th 10:00 a.m. to 4:00 p.m.

Note Cash Only Admission!

Adults 1 day - \$3.00 2-day pass \$5.00

Unaccompanied children 13 & over and youth - \$3.00

Children 12 & under accompanied by an adult - Free

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!

20+ insured and bonded employees ready to assist with your never-ending to-do list.

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

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