



Regina Senior Citizens' Centre

January 2026 Newsletter

2134 Winnipeg St.
306-525-2154
office@regina55.com

2404 Elphinstone St.
306-359-3847
elphinstone@regina55.com



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

Cheers to a new beginning and a year full of hope and promise! A new year, a new chapter and tons of new memories to be made together! From all of us at the RSCC Team, we wish you a happy and joyful 2026!



I DON'T CALL THEM NEW YEAR'S RESOLUTIONS. I PREFER THE TERM: CASUAL PROMISES TO MYSELF THAT I AM UNDER NO LEGAL OBLIGATION TO FULFILL!

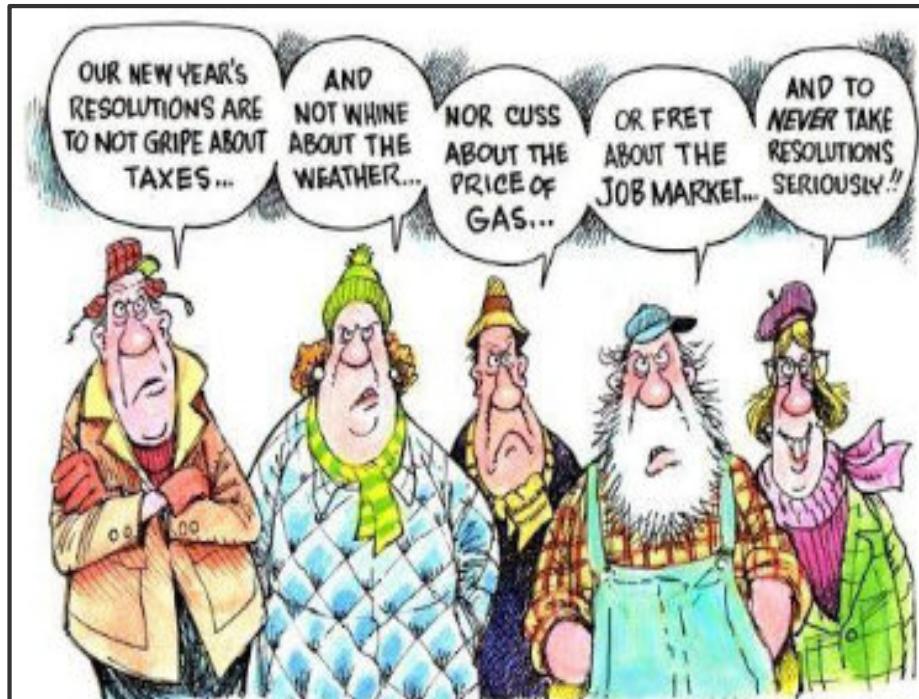
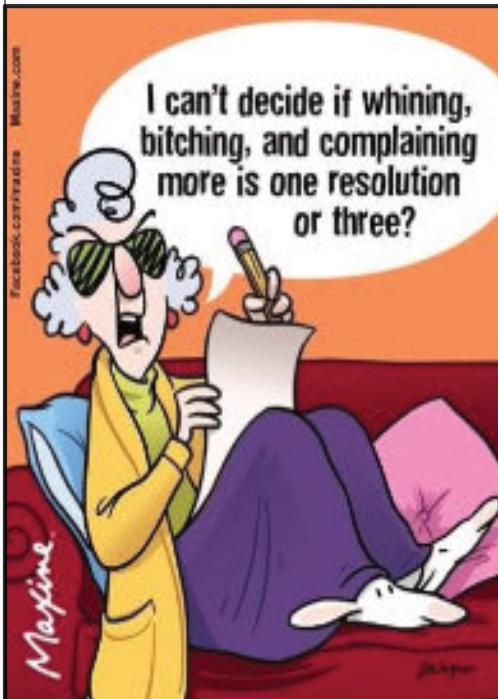


Dear Friends!

May your heart and home be filled with all of the joys the season brings.

Let the New Year be the one, where all your dreams come true. May you rediscover new strength and garner faith within you. May you rejoice in the simple pleasures that life has to offer and put a brave front for all the challenges that may come your way.

Wishing you all a Happy New Year from the Board of Directors and Staff of Regina Senior Citizens' Centres.



President's Message

On behalf of your board of directors, I would like to wish you all the best in 2026!

I want to take this opportunity to thank all of you who attended the Town Hall Meeting on December 4, 2025 and thank you for all your comments. Your Board observed that exchanging information is very important to the membership and we will endeavour to be as transparent as we can in the future.

One of the things you asked for was a list of the Board Members complete with their contact information. See below:

Larry Lechner, Present, larrylechner48@gmail.com

Cynthia Muir, Vice President, cm2@sasktel.net

Joni Andrychuk, Treasurer, andrychuk@myaccess.ca

Cathy Kutzley, Secretary, cathykutzlery@gmail.com

Jim Deane, jd57@myaccess.ca

Tara Abstreiter, dt.abstreiter@accesscomm.ca

Joanne Bell, jo_bell@sasktel.net

Roxanne Buchanan, roxanne51@sasktel.net

Donna Whitelaw, mwhite1@sasktel.net

Robert Cotterill, jdcotterill@icloud.com

Isabelle Jodouin, belle01@sasktel.net

Phone numbers can be provided upon request. Alternatively, with your consent, we can share your name and phone number with our Directors for follow-up.

I also want to thank you, the members, for your continued support. As I mentioned at the Town Hall Meeting, we want to grow the membership over the next few years. So I encourage you to reach out to friends and neighbours and tell them about the activities that are offered at the Senior Centre and also bring new ideas for new programming at the centre.

Also, we are now focusing our attention on finding a new Executive Director. We have determined what the key competencies are and looking at options for advertising the position.

Larry Lechner

Chair, RSCC Board of Directors

Volunteers are one of the most important assets of our organization. They make the delivery of programs far more cost-effective and affordable to our members. Dances, a variety of card games, art classes, singers, quilters, ceramics, a variety of exercise programs, special events and so much more...

We will always be thankful for having volunteers so enthusiastic and genuinely dedicated in assisting us in everything we do. Believe us, as we let you know that we feel very blessed to have you.

Currently we are looking for volunteers for :

- Poker Nights (once a month) at Elphinstone St. Centre
- Special Events at both centres

If you have a time and would like to be involved please contact office staff: office@regina55.com

Thank you in advance!



Pottery Classes with Angela – January Update

We would like to inform you that, due to unforeseen circumstances, Angela's January Pottery classes have been cancelled. We sincerely apologize for any inconvenience this may cause and appreciate your understanding.

We are hopeful that classes will resume in February and look forward to welcoming everyone back soon.

For those participants who are already registered and paid we offer options:

- You may request a refund by visiting our Winnieg centre (2134 Winnipeg Street)
- Alternatively, your payment may be applied toward the February classes, if preferred

Thank you for your patience and continued support. We truly appreciate being part of your creative journey.

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 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.

The City of Regina has also confirmed with Leo that, in cases of inappropriate use of the parking lot, the following procedure should be followed:

- A flyer will be placed on the windshield of the vehicle in question.
- If the issue continues, the City should be contacted for further action.

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 of 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.

January 2026 Schedule Winnipeg St. (WSC)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 New Year Centre Closed	2 Centre Closed	3 Centre Closed
Pool Room Hours: Mon to Fri, 8 am to 4 pm; Sat, 9 am to Noon Pottery Classes: Cancelled for January						
4 Centre Closed	5 Pickleball 9:30 - 11:30 pm 11:30 - 1:30 pm 1:30 - 3:30 pm Cards: Page 6	6 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00- 11:00 am 11:30-12:30pm(Beg) 1:00 - 2:00 pm Chair Yoga (Beg.) 2:15 - 3:15 pm Cards: Page 6	7 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	8 Cards: Page 6	9 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	10 Pool Room 9:00 - 12:00 pm
11 Sunday Dance 1:30 - 4:00 pm	12 Pickleball 9:30 - 11:30 pm 11:30 - 1:30 pm 1:30 - 3:30 pm Cards: Page 6	13 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00- 11:00 am 11:30-12:30pm(Beg) 1:00 - 2:00 pm Chair Yoga (Beg.) 2:15 - 3:15 pm Cards: Page 6	14 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	15 Cards: Page 6	16 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	17 Pool Room 9:00 - 12:00 pm
18 Centre Closed	19 Pickleball 9:30 - 11:30 pm 11:30 - 1:30 pm 1:30 - 3:30 pm Cards: Page 6	20 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00- 11:00 am 11:30-12:30pm(Beg) 1:00 - 2:00 pm Chair Yoga (Beg.) 2:15 - 3:15 pm Cards: Page 6	21 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 BINGO! 6:30 - 9:30 pm	22 Cards: Page 6	23 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	24 Pool Room 9:00 - 12:00 pm
25 Centre Closed	26 Pickleball 9:30 - 11:30 pm 11:30 - 1:30 pm 1:30 - 3:30 pm Cards: Page 6	27 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00- 11:00 am 11:30-12:30pm(Beg) 1:00 - 2:00 pm Chair Yoga (Beg.) 2:15 - 3:15 pm Cards: Page 6	28 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	29 Cards: Page 6	30 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	31 Pool Room 9:00 - 12:00 pm

January 2026 Schedule Elphinstone St. (ESC)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 New Year Centre Closed	2 Centre Closed	3 Centre Closed
		Forever in Motion will Resume: Jan 12	Tai Chi Chih (New Beginner Class) Starts: Jan 7			
4 Centre Closed	5 Forever in Motion No Class	6 Tai Chi <small>(non-instructed)</small> 10:30 - 11:30 am	7 Tai Chi Chih (Beg) 10:00 - 11:00 am	8 Forever in Motion No Class	9 Silver Singers 9:30 - 10:45 am	10 Centre Closed
		Paint for Pleasure 1:00 - 3:00 pm	Cribbage 1:00 - 3:30 pm	Court Whist 12:00 - 3:00 pm	Chair Yoga 2:00 - 3:00 pm	Book Club 1:30 - 2:30 pm
					Texas Hold Em Poker 7:00 pm - 10:00 pm	
11 Centre Closed	12 Forever in Motion 9:30 - 10:30 am	13 Tai Chi <small>(non-instructed)</small> 10:30 - 11:30 am	14 Tai Chi Chih (Beg) 10:00 - 11:00 am	15 Forever in Motion 9:30 - 10:30 am	16 Silver Singers 9:30 - 10:45 am	17 Centre Closed
		Paint for Pleasure 1:00 - 3:00 pm	Cribbage 1:00 - 3:30 pm	Court Whist 12:00 - 3:00 pm	Chair Yoga 2:00 - 3:00 pm	55+ Tech Mentorship 1:30 - 3:00 pm
18 Centre Closed	19 Forever in Motion 9:30 - 10:30 am	20 Tai Chi <small>(non-instructed)</small> 10:30 - 11:30 am	21 Tai Chi Chih (Beg) 10:00 - 11:00 am	22 Forever in Motion 9:30 - 10:30 am	23 Silver Singers 9:30 - 10:45 am	24 Centre Closed
		Paint for Pleasure 1:00 - 3:00 pm	Cribbage 1:00 - 3:30 pm	Court Whist 12:00 - 3:00 pm	Chair Yoga 2:00 - 3:00 pm	55+ Tech Mentorship 1:30 - 3:00 pm
25 Centre Closed	26 Forever in Motion 9:30 - 10:30 am	27 Tai Chi <small>(non-instructed)</small> 10:30 - 11:30 am	28 Tai Chi Chih (Beg) 10:00 - 11:00 am	29 Forever in Motion 9:30 - 10:30 am	30 Silver Singers 9:30 - 10:45 am	31 Centre Closed
		Paint for Pleasure 1:00 - 3:00 pm	Cribbage 1:00 - 3:30 pm	Court Whist 12:00 - 3:00 pm	Chair Yoga 2:00 - 3:00 pm	BINGO! 6:30 - 9:30 pm

Cards - January 2026: WSC & ESC

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 New Year Centre Closed	2 Centre Closed	3 Centre Closed
4 Centre Closed	5 Cribbage @WSC 11:30 am - 3 pm	6 Kaiser @WSC 11:30 am - 3:00 pm Cribbage @ ESC 1:00 pm - 3:30 pm	7 Court Whist @ESC 12:00 am - 3:30 pm	8 Kaiser @ WSC 11:30 - 3:00 pm Bridge @ WSC 11:30 - 3:00 pm Cribbage @ WSC 11:30 - 3:00 pm	9 Texas Hold Em Poker 7:00 pm - 10:00 pm	10 Centre Closed
11 Centre Closed	12 Cribbage @WSC 11:30 am - 3 pm	13 Kaiser @ WSC 11:30 am - 3:00 pm Cribbage @ ESC 1:00 pm - 3:30 pm	14 Court Whist @ESC 12:00 am - 3:30 pm	15 Kaiser Tournament @WSC 11:30-3:00 pm Bridge @ WSC 11:30-3:00 pm Cribbage @ WSC 11:30-3:00 pm	16	17 Centre Closed
18 Centre Closed	19 Cribbage Tournament@WSC 11:30 am - 3 pm	20 Kaiser @ WSC 11:30 am - 3:00 pm Cribbage @ ESC 1:00 pm - 3:30 pm	21 Court Whist Tournament@ESC 12:00 am - 3:30 pm	22 Kaiser @ WSC 11:30 - 3:00 pm Bridge @ WSC 11:30 - 3:00 pm Cribbage @ WSC 11:30 - 3:00 pm	23	24 Centre Closed
25 Centre Closed	26 Cribbage @WSC 11:30 am - 3 pm	27 Kaiser @ WSC 11:30 am - 3:00 pm Cribbage @ ESC 1:00 pm - 3:30 pm	28 Court Whist @ESC 12:00 am - 3:30 pm	29 Kaiser @ WSC 11:30 - 3:00 pm Bridge @ WSC 11:30 - 3:00 pm Crib Tournament @WSC 11:30 - 3:00 pm	30	31 Centre Closed

AFTERNOON DANCE SCHEDULE JANUARY TO MAY 2026

- Dances are held at 2134 Winnipeg St. Wednesdays and Fridays from 1 pm to 3 pm
- Members and non-members, singles or couples are welcomed.
- Cost: \$7.00/ members;
\$9.00/guests

Jan 2	NO DANCE
Jan 7 & 9	Drehers
Jan 14 & 16	Dennis
Jan 21 & 23	Musical Friends
Jan 28 & 30	Al and Company

Feb 4 & 6	Drehers
Feb 11 & 13	Al and Company
Feb 18 & 20	Musical Friends
Feb 25 & 27	Drehers

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	Drehers
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

SUNDAY DANCE

Time : 1.30 pm - 4pm

Entry Fee: \$10/ person



January to December 2026

Jan 11: Al and Company

Feb 15: 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

LET'S DANCE REGINA

Dancing From 7.30 pm - 11.00pm;
Lunch to Follow

Jan 2: NO DANCE

Jan 16: Dennis Ficor

Feb 6 : Len & Joe Gadica

Feb 20: NO DANCE

Mar 6 : The Zayshely's

Mar 20: El Camino

Members : \$15.00 Guests: \$17.00

Complimentary Coffee and Tea provided

2134 Winnipeg st. (Please use west entrance)

Club 66 Social Club inc.

Dance 7.30 pm to 11.30 pm

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

Jan 9 : Len & Joe Gadica

Jan 23 : NO DANCE

Feb 13 : NO DANCE

Feb 27 : Leon Ochs

**Complimentary Coffee and Water
No Lunch**

**** The best to everyone in health & dance in 2026 ****

2134 Winnipeg st. (Please enter by west door)

Everyone welcome; bring some friends!

Contact: Evelyn (306) 529 - 6381

REGINA SENIOR CENTRE*

PRESENTS

BiNGO



Night

JAN 21

***6:30 PM**

DOORS OPEN AT 5:30 PM

2134 Winnipeg St. - South Entrance

\$20.00 ENTRANCE FEE

PLAYER RECEIVES 2 PLAYING CARDS

CASH PAYOUTS!

40% OF ENTRY FEES

(all profits support the RSCC)

CANTEEN AVAILABLE



REGINA SENIOR CITIZEN CENTRE PRESENTS

EVENING pickleball



Join the Fun!

EVERY WEDNESDAY & THURSDAY

4:00 PM - 8:00 PM

TWO TIME SLOTS: 4:00 - 6:00 PM & 6:00 - 8:00 PM



VOLUNTEERS WANTED!

LOOKING FOR HELP TO MANAGE THE BUILDING &
REGISTRATION DESK!

STEP UP & GET INVOLVED!

CONTACT US: PHONE (306) 525-2154
OR OFFICE@REGINA55.COM

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: JANUARY 6, 2026

Registration for new beginner class open through January!

Chair Yoga Session with Annette Marche

Current Session: Jan 6 to Feb 27, 2026

Beginner Yoga: Tuesday @ 2:15 pm - 3:15 pm

Jan 6, 13, 20, 27 Feb 3, 10, 17, 24

Wednesday @ 10:30 am - 11:30 am

Jan 7, 14, 21, 28 Feb 4, 11, 18, 25

Thursday @ 2:00 pm - 3:00 pm

Jan 8, 15, 22, 29 Feb 5, 12, 19, 26

Friday @ 10:30 am - 11:30 am

Jan 9, 16, 23, 30 Feb 6, 13, 20, 27



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

Only 2 spots remain in Beginner Chair Yoga (Tuesday). All other classes are full.

**JOIN OUR
BOOK CLUB!**

WE WANT YOU IN OUR BOOK CLUB!

I THINK WE'VE BEEN HERE BEFORE
BY SUZY KRAUSE

NOW READING:
I THINK WE'VE BEEN HERE BEFORE
BY SUZY KRAUSE

Great Books, Friendly Discussion, Cookies & Coffee!

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

**55+ TECH
MENTORSHIP**

Get Help with Your Tech!
Bring Your Phone, Tablet or Laptop!

DROP-IN TECH HELP FOR AGES 55+

- Friendly, First Come, First Served!
- Basic Tech Questions & Guidance!
- We Can't Fix Broken Devices!

JANUARY 16 & JANUARY 30
1:30 PM - 3:00 PM
2404 Elphinstone St.

ONLY \$5.00

For Basic Tech Assistance Only - No Repairs.

BINGO NIGHT!

JANUARY 30
6:30 PM - 9:30 PM
DOORS OPEN 6 PM

2404 ELPHINSTONE STREET

ENTRY: \$20
INCLUDES 4 BINGO CARDS!

ADDITIONAL BINGO CARDS:
\$4 PER CARD

**TEXAS HOLD 'EM
POKER
TOURNAMENT**

JANUARY 9, 2026
7PM - 10PM
(DOORS OPEN AT 6:30)

\$40

2404 ELPHINSTONE STREET
AT THE REGINA SENIOR CITIZENS' CENTRE
Phone: 306-359-3847 or email:
elphinstone@regina55.com

HELLO TO ALL YOU 90 PLUS SENIORS

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 4pm), print them off and they will be a great keepsake.

Thank you for your participation!



Looking for the Perfect Event Space?

Celebrate, connect, and create memories at RSCC!

We offer beautiful, affordable rental spaces at our both Locations at @Wsc & @ESC

- ⌚ Rental Availability:
- ✓ Weekends – full day
- ✓ Weekdays – after 4:00 pm



From small meetings to large gatherings, our flexible rooms are ideal for:

🎉 Celebrations & family events 🤝 Meetings & workshops 🏠 Community functions

📞 Reserve your space today! Call us: 306 - 525 - 2154 📩 office@regina55.com

POOL ROOM NEWS

Merry Christmas and Happy New Year from the Pool Room!

We had 30+ people out to play and enjoy lunch at the Christmas party, including Doris and Curtis, Tony's wife and son. It was an opportunity to recognize, once again, all that Tony did over so many years to build the community that the pool room has become.

Over the holidays the pool room will be open twice:

Saturday : Dec 27 from 9 am to Noon

Sunday : Dec 28 from 1 pm to 4 pm

Guests are welcome.



8 and 9 ball League schedules for January are on the notice board. Thanks to Dave Sentes for managing the 9 Ball league in 2025; in the new year Ron and Murray will manage 9-Ball League play.

There is an e-mail list for sending out pool room activity information directly; if you are not on that list just send an "AddMe" e-mail to iwlschofield@gamil.com

May your days be merry and bright!

Christmas Fellowship Dinner Thank you!

Many thanks to the Silver Singers, who provided beautiful entertainment at the Christmas Fellowship Dinner, and to all the other volunteers who made the meal possible, volunteers who not only work to make the dinners a success, but pay for their meal too!



It takes over two dozen volunteers to prepare, deliver, then clean up after dinner and it would not be possible without them!

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.

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

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