



Regina 55+ Community Centre Newsletter - July 2025



2134 Winnipeg St.
Ph: 306-525-2154
admin@regina55.com

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

Visit our new website:
<https://regina55.com>



Member Meeting

JULY 10th, 2025 at 10am, 2404 Elphinstone Street

We'd love to see you there - connect, share ideas, and be part of what's next!

Whether you are a long-time member or brand new, your voice matters.

Complimentary refreshments to follow.

Executive Director Update – July 2025

Summer is in full swing at Regina 55+ Community Centre, and we have so many exciting updates to share with you!

We're currently in the early stages of negotiating a plan to get our kitchen up and running once again. This is an exciting opportunity, and we look forward to sharing more details in next month's newsletter—stay tuned!

We are thrilled to announce the grand opening of our newly renovated Billiard Room—now featuring two dart boards—on Wednesday, July 2nd, 2:00–7:00 PM. Appetizers and drinks will be served, and this event is open to the public, so please help us spread the word! We're excited to welcome our community into this refreshed space, which will also be available for after-hours rentals and upcoming pool tournaments to support programming for our members.

A huge highlight this month is our sold-out Open House on Saturday, July 12 from 5:00–11:00 PM. We'll be celebrating our incredible members, staff, and volunteers with a delicious meal prepared by a local chef and a live band. It's our way of saying thank you to the amazing community that makes Regina 55+ such a vibrant and welcoming place.

At our Elphinstone location, you'll notice fresh energy and upgrades—thanks to Kate, who has taken over operations there. With funds raised from our recent yard sale and BBQ, she's helped transform the space with shiny new floors and exciting new programs on the way. Thank you, Kate, for your creativity and dedication!

We're also pleased to announce a new leadership role: Anita has transitioned into the position of Director of Facilities and Finance. Anita will now oversee all rentals and financial matters at both locations. Congratulations, Anita, and thank you for your unwavering dedication over the past eight years.

Finally, a heartfelt thank you to the City of Regina staff for their continued support. The new billiard room looks fantastic, and we're excited to share that Elphinstone is scheduled for fresh interior and exterior paint later this year. We'll keep you posted once a date is confirmed.

And of course, a warm thank you to our newly appointed board. Your guidance and support are key to building a strong, inclusive future for Regina 55+ Community Centre.

Here's to a season of growth, gratitude, and great community.

Warmly,

Terina Nelson, Executive Director

**We are closed on Tuesday,
July 1st for Canada Day!**



REGINA
55+ COMMUNITY
CENTRE

55+ OPEN HOUSE NIGHT

JULY 12th 2025

dinner 5:30pm
dance 7pm - 11pm
drink bar 5pm - 11pm

featuring live music from

BS N DA BOYZ

covering the greatest hits of the 80s and 90s!

dinner menu

souvlaki
lemon potatoes
greek salad

all 55+ welcome
free admission & dance for all
free dinner for members
drinks available for purchase

RSVP BY JULY 2ND TO ATTEND SUPPER
admin@regina55.com or 306-525-2154

JULY 2025 Schedule Winnipeg St. (WSC)

Mon	Tue	Wed	Thu	Fri	Sat
	1 Centre Closed for Canada Day	2 Line Dancing 8:45—10am Chair Yoga 10:30— 11:30am Afternoon dance 1 - 3pm	3 Cards: page 5 Tai Chi Chih 10—11am 1—2pm	4 Quilting 9—12pm 12—3pm Afternoon dance 1—3pm	5
	7 Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Cards: page 5	8 Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Lapidary 9-12pm Lapidary 12—3pm Cards: page 5	9 Line Dancing 8:45—10am Afternoon dance 1 - 3pm	10 Cards: page 5 Tai Chi Chih 10am—11am 1pm—2pm	11 Quilting 9—12pm 12—3pm Afternoon dance 1—3pm
12 Open House 5:00—11pm	13 Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Cards: page 5	14 Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Cards: page 5	15 Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Lapidary 9-12pm Lapidary 12—3pm Cards: page 5	16 Line Dancing 8:45—10am Chair Yoga 10:30— 11:30am Afternoon dance 1 - 3pm	17 Cards: page 5 Tai Chi Chih 10—11am 1—2pm
18 Quilting 9—12pm 12—3pm Afternoon dance 1—3pm	19	20 Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Lapidary 9-12pm Lapidary 12—3pm Cards: page 5	21 Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Pottery 12 - 3pm Cards: page 5	22 Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Lapidary 9-12pm Lapidary 12—3pm Cards: page 5	23 Line Dancing 8:45—10am Chair Yoga 10:30— 11:30am Afternoon dance 1 - 3pm
24 Cards: page 5 Tai Chi Chih 10—11am 1—2pm	25 Quilting 9—12pm 12—3pm Afternoon dance 1—3pm	26	27 Cards: page 5 Tai Chi Chih 10—11am 1—2pm	28 Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Pottery 12 - 3pm Cards: page 5	29 Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Lapidary 9-12pm Lapidary 12—3pm Cards: page 5
30 Line Dancing 8:45—10am Chair Yoga 10:30— 11:30am Afternoon dance 1 - 3pm	31 Cards: page 5 Tai Chi Chih 10—11am 1—2pm	Pool Room & Darts: Mon - Fri: 8am - 4pm Evenings & Weekends: rentals available. \$5 per person per 1.5hr, must be signed-up with front desk prior entering the game.			

JULY 2025 Schedule Elphinstone St. (ESC)

Mon	Tue	Wed	Thu	Fri	Sat
	1 Centre Closed for Canada Day	2 Court Whist 12pm—3:30pm	3 Forever in Motion 9:30am—10:30am Paint for Pleasure 12pm—3:30pm Disc Golf 1pm—3pm	4 Walking Group 9:30—11am Tai Chi (not instructed) 11:30pm—12:30 pm Lego Building 1:30—3pm	5 closed
7 Forever in Motion 9:30am-10:30am Paint for Pleasure 12pm—3:30pm	8 Tai Chi (not instructed) 10:30—11:30 pm Cribbage 1pm—3:30pm	9 Court Whist 12pm—3:30pm	10 Forever in Motion 9:30am—10:30am Paint for Pleasure 12pm—3:30pm	11 Walking Group 9:30—11am Tai Chi (not instructed) 11:30pm—12:30 pm Lego Building 1:30—3pm	12 closed
14 Forever in Motion 9:30am-10:30am Paint for Pleasure 12pm—3:30pm	15 Tai Chi (not instructed) 10:30—11:30 pm Cribbage 1pm—3:30pm	16 Court Whist Tournament 12pm—3:30pm	17 Forever in Motion 9:30am—10:30am Paint for Pleasure 12pm—3:30pm	18 Walking Group 9:30—11am Tai Chi (not instructed) 11:30pm—12:30 pm Lego Building 1:30—3pm	19 closed
21 Forever in Motion 9:30am-10:30am Paint for Pleasure 12pm—3:30pm	22 Tai Chi (not instructed) 10:30—11:30 pm Cribbage 1pm—3:30pm	23 Court Whist 12pm—3:30pm	24 Forever in Motion 9:30am—10:30am Paint for Pleasure 12pm—3:30pm	25 Walking Group 9:30—11am Tai Chi (not instructed) 11:30pm—12:30 pm Lego Building 1:30—3pm	26 closed
28 Forever in Motion 9:30am-10:30am Paint for Pleasure 12pm—3:30pm	29 Tai Chi (not instructed) 10:30—11:30 pm Cribbage 1pm—3:30pm	30 Court Whist 12pm—3:30pm	31 Forever in Motion 9:30am—10:30am Paint for Pleasure 12pm—3:30pm	<u>Disc Golf</u> Monday to Friday 8am—4pm \$5/members; \$8/guests SELF RUN, discs are available from the front desk.	

CARDS - JULY 2025

2134 Winnipeg St. (WSC) and 2404 Elphinstone St. (ESC)

S	Mon	Tue	Wed	Thu	Fri	S
		1 Centre Closed for Canada Day	2 Court Whist @ ESC 12pm—3:30pm	3 Kaiser @ WSC 11:30pm - 3pm Bridge @ WSC 11:30pm—3pm Fun Cribbage @ WSC 11:30pm - 3pm	4	5
6	7 Cribbage @ WSC 11:30am—3pm	8 Kaiser @ WSC 11:30am—3pm Cribbage @ ESC 1pm—3:30pm	9 Court Whist @ ESC 12pm - 3:30pm	10 Kaiser @ WSC 11:30pm - 3pm Bridge @ WSC 11:30pm—3pm Fun Cribbage @ WSC 11:30pm - 3pm	11	12
13	14 Cribbage @ WSC 11:30am—3pm	15 Kaiser @ WSC 11:30am—3pm Cribbage @ ESC 1pm—3:30pm	16 Court Whist Tournament @ ESC 12pm—3:30pm	17 Kaiser Tournament @ WSC 11:30 - 3pm Bridge @ WSC 11:30am—3pm Fun Cribbage @ WSC 11:30am - 3pm	18	19
20	21 Cribbage Tournament @ WSC 11:30am—3pm	22 Kaiser @ WSC 11:30am—3pm Cribbage @ ESC 1pm—3:30pm	23 Court Whist @ ESC 12pm - 3:30pm	24 Kaiser @ WSC 11:30am - 3pm Bridge @ WSC 11:30am—3pm Fun Cribbage @ WSC 11:30am - 3pm	25	26
27	28 Cribbage @ WSC 11:30am—3pm	29 Kaiser @ WSC 11:30am—3pm Cribbage @ ESC 1pm—3:30pm	30 Court Whist @ ESC 12pm—3:30pm	31 Kaiser @ WSC 11:30pm - 3pm Bridge @ WSC 11:30pm—3pm Fun Cribbage Tour- nament @ WSC 11:30pm - 3pm		

Paint, Sip & Snack



Join us for a beginners, instructed paint class with Collaborative Studios; enjoy complimentary mocktails and delicious snacks! It the perfect chance to unwind, get creative, and make an artistic piece to take home.

THURSDAY, JULY 17TH, 2025

6:00PM - 8:00PM

**2404 Elphinstone Street
(Regina 55+ Community Centre)**

\$60 / person

(All materials included)

Registration is required! Call Kate at 306-359-3847
or email admin@regina55.com

GRAND OPENING!

BILLIARD ROOM OPENS JULY 2

AT REGINA 55+
COMMUNITY CENTRE
2134 WINNIPEG ST.

PUBLIC WELCOME!

NEW MANAGEMENT AND POOL HALL RULES

- NEW DART BOARDS
- 2 SNOOKER & 2 POOL TABLES
- TV

FREE PLAY ON JULY 2ND, 2—7PM.

- **DRINKS AND APETIZERS PROVIDED!**



With recent reopening of the Pool Hall we (the Staff) are implementing changes to the way the room is being managed. The price to play pool, snooker or darts is changing to \$5.00 per person per 1.5 hr. All players have to check-in and pay for their time at the front desk prior entering the game.

Check-in/check-out for each table will be updated on the white board outside the room. Those wanting to take the table next, can write their name on the board as “waiting”. Only one 1.5hr timeslot at a time permitted!

Table booking is only available off –peak hours: 12:30—4pm

Evenings and Weekends rentals - Check availability at the front desk!

All questions and concerns shall be addressed to the office staff.



Now you can join our Club at a new lower price!

\$25.00

The Regina 55+ Community Centre 2025 Membership price has been discounted for the remainder of the year!

Members are receiving priority at the registrations and discounted rates for programs and activities at both locations and discounts for Home Support Services!



Akiko Muromura. "I started learning ceramics in my early 20s. I was immediately attracted to clay. After I came to Canada, I started practicing again with the city program, the Continuous Education, and then the U of R Ceramic Course.

During covid, I returned to my home country for two years, but I missed touching clay, so I went to one of my favourite places, "Bizem" to learn their technique and firing process. To me touching clay is healing and calming.

I am excited to share my experiences and help guide you in making special clay creations.



Pottery Class

with Akiko Muromura

During this 5-session class, students will craft a piece of their choice either functional and/or decorative pottery.

Guided by a skilled instructor, students explore techniques like hand-building and glazing, and create symmetrical forms like bowls, cups or vases.

Dates:

Mondays, July 21, 28, Aug 11, 18, 25, 2025

Time: 12pm - 3pm

Location: WSC, 2134 Winnipeg Street

Cost: \$60 /members (all materials included)
or \$100 /non-members



Call (306) 525-2154
or email admin@regina55.com to register.
Only 10 spots per class available.

Summer Special at Regina 55+ Community Centre!

Only in July at Elphinstone Street location!

Join our Lego building program for seniors - bring your grandkids or young family members and build lasting memories, one brick at the time!

Program is created in collaboration with **Young Makers Studio** and runs on **Fridays at 1:30pm** at **2404 Elphinstone Street.**

Materials and instructions provided!
\$5 /person, kids play free!

Regina 55+ Community Centre

Walking Group



Join us for a morning walk around the Les Sherman Park and enjoy some refreshments and appetizers as reward!

Program is scheduled over the Summer
at 2404 Elphinstone Street location on Fridays from 9:30 to 11am.
Walking poles available to lend at no cost!

General Information

Hours:

Monday to Friday 8am—4pm

Saturday & Sunday — Closed

Stat. Holidays — Closed

2025 Membership - Annual membership costs \$45.00 /person.

Membership provides the opportunity to participate in any or all of the Centre's programs, activities and events, priority at the registration and access to all of our services at discounted price.

Payments - accepted by Interac e-Transfer (payable to: rsccpayment@gmail.com), cash or cheques only.

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

Accessible Parking Reminder - Only those with valid accessible parking hangers can use the accessible parking spaces at our Centres. Make sure your permit is visible from the outside.

In the Summer months our parking lot is shared with an outdoor pool operated by City of Regina. Due to the limited parking space, we ask all members to have their parking passes displayed when using the parking lot.

If your pass is lost, or you need extras for second vehicle, additional passes can be purchased by members for \$1.00 at the front office.

Please remember: You park at your own risk. Make sure that all valuables are kept out of plain sight in your vehicle. RSCC is not responsible for any loss or damage to vehicles.

Scent Free Environment - Just a reminder that we are scent free workplace. Please refrain from using perfumes and scented lotions while visiting our centre.

Regina 55+ Community Centre is supported by :



Saddle Up for WESTERN DAY



Friday, July 18 • 1pm - 4pm

Join us for an unforgettable afternoon celebrating our 7th anniversary in style! Come enjoy live country music, indulge in delicious ice-cream truck treats, and cozy up with farmyard friends from Fenek Farms.

Drop by or call 306-559-5657 to learn more.

Green Falls Landing
RETIREMENT LIVING

3850 Green Falls Dr, Regina
greenfallslandingretirement.ca

by **cogir**



**HAPPY
CANADA
DAY!**



Come Get In-Person Support From the CRA!

Date: Tuesday July 8, 2025

Time: 1:00 Pm to 4:00 Pm

**Location: 2134 Winnipeg Street
Regina 55+ Community Centre**

Come see a CRA Outreach officer for in person support on the following:

- Printing your Notice of Assessment (NOA)
- Updating personal information (address, phone number, etc.)
- Answering questions relating to your tax returns
- Assisting with CRA letters



Canada Revenue
Agency

Agence du revenu
du Canada

Canada

Congratulations to the Winner of our latest 50/50 RAFFLE
and the \$1000 prize: Patricia Whiting

Afternoon Dances Schedule

Wednesdays & Fridays at WSC, 1pm - 3pm

July 2 & 4 - Ken Sparrowhawk
July 9 & 11 - Al & Company
July 16 & 18 - Musical Friends
July 23 & 25 - Dennis Ficor

Aug 6 & 8 - Al & Company
Aug 13 & 15 - Dennis Ficor
Aug 20 & 22 - Al & Company
Aug 27 & 29 - Musical Friends

Sep 3 & 5 - Al & Company
Sep 10 & 12 - Dennis Ficor
Sep 17 & 19 - The Dreher's
Sep 24 & 26 - Musical Friends

Oct 1 & 3 - Poplar Creek

Oct 8 - Polka Fest

Al & Company / The Dreher's

Oct 9 - Al & Company

Oct 15 & 17 - Poplar Creek

Oct 22 & 24 - Musical Friends

Oct 29 & 31 - The Dreher's

POOL LESSONS with Leo

Sundays, from 1pm to 4pm - Registration required!

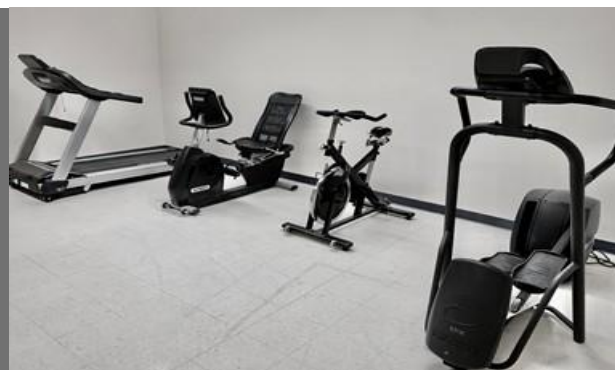


Whether you want to learn to play pool or you are just a little rusty, we are offering a fun afternoon with a coach/instructor who can teach you the basics of pool. This will include a short time to practice with others who attend! There is no cost to attend this session!

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

Visit our Gym Room at 2134 Winnipeg Street!

It is available to our members at no cost.
Monday to Friday 8am to 4pm.
At this time no registration required.



T'ai Chi Chih 2134 Winnipeg St.

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.

Registration for new beginners class open through the Summer!

10 weeks learning practice on drop-in basis.
Classes are scheduled for 10 consecutive weeks.
\$5 /members; \$8 /guests *Drop-in fee.



Chair Yoga Summer Session with Annette Marche at Regina 55+ Community Centre Open to anyone 55+



Where: RSCC, 2134 Winnipeg St.

When: **Wednesdays, July 16 - Aug 27**
(7 sessions in the class)

Time: 10:30am

Cost: \$42 /members

Online registration opens on July 2nd
via Sign-Up Genius app. Membership required

REGINA 55+ DISC GOLF



**MONDAYS AND THURSDAYS AT 1PM
2404 ELPHINSTONE st**

**DISCS AND
ON SITE INSTRUCTOR PROVIDED**

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 such a vibrant, welcoming place to be. We're also thrilled to share some **great news:**

Our **Home Help Department** has expanded!

That means **no waitlists - just help when you need it.**

We have over 20 insured and bonded employees ready to assist with your never-ending to-do list, whether it's spring cleaning, rides around town, or other everyday tasks.

You might be wondering, *"Do I qualify for Home Support Services?"*

YES - you do! If you're 55 or older, you qualify.

Even better? Members receive a discount on services.

Contact us today to get started. Let us help make life a little easier - you've earned it!

All the best,

Kate Doyle, Director of Home Support Services

306-525-2154 | homehelp@regina55.com



The Regina 55+ Community Centre has been serving seniors since 1981. We offer a variety of home help 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 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 snowblower.
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 Kate at 306-525-2154 or email homehelp@regina55.com for rates and more information and to sign-up!