



# Regina 55+ Community Centre Newsletter - May 2025



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

## Executive Report – June 2025

It's hard to believe we're already halfway through the year - and what an exciting time it has been at the Regina 55+ Community Centre!

Our brand new website is nearly complete and will soon go live. This fresh new platform will showcase all the incredible programs, services, and community moments that make our centre so special. We can't wait to share it with you!

We're also launching three new programs this month. One of them is Walking Club, starting June 6 and led by Adam. Walking is one of the best ways to stay active - it lowers blood pressure, supports heart health, reduces stress, and boosts mental well-being. It's also a great way to make friends and enjoy the outdoors together.

Due to high demand, Pottery Class with Akiko Muromura is now being offered on Tuesdays as well as Mondays! This 5-session class will be a hit, and we still have four spots left for the Tuesday morning group. It's a great opportunity to explore creativity and try something new. All materials are included - just bring your imagination!

We're also excited that the City of Regina is beginning renovations to our billiard room this month! The upgraded space will have a clean, modern look while maintaining the warm and welcoming atmosphere we all love. It's going to be a beautiful refresh for a very popular part of the centre.

Our Annual General Meeting in May saw a record turnout with over 80 members in attendance! I didn't make quite enough chili for everyone (lesson learned!). Thank you to everyone who came and participated. Board meeting minutes are available in the office - please don't hesitate to ask for a copy.

We've also scheduled professional floor scrubbing and waxing at both of our locations this month to give the entire space a fresh, clean feel just in time for summer.

Lastly, don't miss our Father's Day BBQ on Saturday, June 21<sup>st</sup> at the Elphinstone location! It's a great way to celebrate the dads and father figures in our lives with delicious food and great company.

Thank you for being a part of our growing, thriving community. Your energy and involvement make everything we do possible.

Warm regards, Terina Nelson - Executive Director



Thank you to everyone who joined us for our Annual General Meeting on Tuesday, May 27, 2025.

We were pleased to have had 85 members attend the meeting.

### Introducing your New Board of Directors:

#### Welcome to the new Directors joining this year:

Joni Andrychuk, Joanne Bell, Jim Deane, Cathy Kutzley, Larry Lechner, Cynthia Muir, Donna Whitelaw.

#### Directors continuing their terms:

Candace Alston, Tara Abstreiter, Roxanne Buchanan, Leo Bumphrey, Bob Craig, Ken Erickson, Lynda Schofield, Terry Pikaluk.

Special thank you to Frank Fries, Emery Donovel, Marlene Woytas, Edith North and Laury North, for their contribution and ongoing support to the organization.

Frank and Emery served as Directors for 3 years, Marlene served 2 years, Edith and Laury served 1 year.

We wish you all well in the future and looking to still see you around.

# JUNE 2025 Schedule Winnipeg St. (WSC)

Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm  Pottery 10 - 12pm  Cards: <a href="#">page 4</a>	<b>3</b> Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Pottery 10—12pm Lapidary 9-3pm Chair Yoga Begin- ners 2pm—3pm  Cards: <a href="#">page 4</a>	<b>4</b> Chair Yoga 10:30— 11:30am  Afternoon dance 1 - 3pm	<b>5</b> <b>MOSAIC</b> Programs Cancelled: Bridge Crib Kaiser  Pool Room open regular hours	<b>6</b> <b>MOSAIC</b> Programs Cancelled: Quilting Line Dancing Chair Yoga Afternoon dance  Pool Room open regular hours	<b>7</b> <b>MOSAIC</b>
<b>9</b> Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm  Pottery 10 - 12pm  Cards: <a href="#">page 4</a>	<b>10</b> Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Pottery 10—12pm Lapidary 9-3pm Chair Yoga Begin- ners 2pm—3pm  Cards: <a href="#">page 4</a>	<b>11</b> Chair Yoga 10:30— 11:30am  Afternoon dance 1 - 3pm	<b>12</b>  Cards: <a href="#">page 4</a>  Tai Chi Chih 10:00—11:00am 1:00—2:00pm	<b>13</b> Quilting 9am—3pm  Chair Yoga 10:30—11:30am  Afternoon dance 1—3pm	<b>14</b> Pool Room 9am—12pm
<b>16</b> Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm  Pottery 10 - 12pm  Cards: <a href="#">page 4</a>	<b>17</b> Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Pottery 10—12pm Lapidary 9-3pm Chair Yoga Begin- ners 2pm—3pm  Cards: <a href="#">page 4</a>	<b>18</b> Line Dancing 8:45—10am  Chair Yoga 10:30— 11:30am  Afternoon dance 1 - 3pm	<b>19</b>  Cards: <a href="#">page 4</a>	<b>20</b> Quilting 9am—3pm  Chair Yoga 10:30—11:30am  Afternoon dance 1—3pm	<b>21</b> Pool Room 9am—12pm
<b>23</b> Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm  Pottery 10 - 12pm  Cards: <a href="#">page 4</a>	<b>24</b> Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm Pottery 10—12pm Lapidary 9-3pm Chair Yoga Begin- ners 2pm—3pm  Cards: <a href="#">page 4</a>	<b>25</b> Line Dancing 8:45—10am  Chair Yoga 10:30— 11:30am  Afternoon dance 1 - 3pm	<b>26</b>  Cards: <a href="#">page 4</a>	<b>27</b> Quilting 9am—3pm  Chair Yoga 10:30—11:30am  Afternoon dance 1—3pm	<b>28</b> Pool Room 9am—12pm
<b>30</b> Pickleball 9:30—11:30pm 11:30—1:30pm 1:30—3:30pm  Pottery 10 - 12pm  Cards: <a href="#">page 4</a>	<div>  <div> <b>REGINA</b>  55+ COMMUNITY  CENTRE </div> </div> <div> <b>Pool Room:</b>  Mon - Fri: 8am - 4pm ; Sat: 9am - 12pm  Tickets: \$1.50 /each or \$5 /4tickets    <u>Shuffleboard:</u> Mon - Fri: 8am - 4pm </div>				

# JUNE 2025 Schedule Elphinstone St. (ESC)

Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> Forever in Motion 9:30am-10:30am  Paint for Pleasure 12pm—3:30pm  Disc Golf 1pm—3:30pm	<b>3</b> Cornhole 9:30—11am  Cribbage 1pm—3:30pm	<b>4</b> Acoustic Jam 10am—11am  Court Whist 12pm—3:30pm	<b>5</b> Forever in Motion 9:30am—10:30am  Paint for Pleasure 12pm—3:30pm  Disc Golf 1pm—3pm  Chair Yoga 2—3pm	<b>6</b> Walking Group 9:30—11am  Tai Chi (not instructed) 11:30pm—12:30 pm  Lego Building 1:30—3pm	<b>7</b> closed
<b>9</b> Forever in Motion 9:30am-10:30am  Paint for Pleasure 12pm—3:30pm  Disc Golf 1pm—3:30pm	<b>10</b> Cornhole 9:30—11am  Cribbage 1pm—3:30pm	<b>11</b> Acoustic Jam 10am—11am  Court Whist 12pm—3:30pm	<b>12</b> Forever in Motion 9:30am—10:30am  Paint for Pleasure 12pm—3:30pm  Disc Golf 1pm—3pm  Chair Yoga 2—3pm	<b>13</b> Walking Group 9:30—11am  Tai Chi (not instructed) 11:30pm—12:30 pm  Lego Building 1:30—3pm  Texas Hold'em Tournament 7pm—10pm	<b>14</b> closed
<b>16</b> Forever in Motion 9:30am-10:30am  Paint for Pleasure 12pm—3:30pm  Disc Golf 1pm—3:30pm	<b>17</b> Cornhole 9:30—11am  Cribbage 1pm—3:30pm	<b>18</b> Acoustic Jam 10am—11am  Court Whist Tournament 12pm—3:30pm	<b>19</b> Forever in Motion 9:30am—10:30am  Paint for Pleasure 12pm—3:30pm  Disc Golf 1pm—3pm  Chair Yoga 2—3pm	<b>20</b> Walking Group 9:30—11am  Tai Chi (not instructed) 11:30pm—12:30 pm  Lego Building 1:30—3pm	<b>21</b> Yard Sale
<b>23</b> Forever in Motion 9:30am-10:30am  Paint for Pleasure 12pm—3:30pm  Disc Golf 1pm—3:30pm	<b>24</b> Cornhole 9:30—11am  Cribbage 1pm—3:30pm	<b>25</b> Acoustic Jam 10am—11am  Court Whist 12pm—3:30pm	<b>26</b> Forever in Motion 9:30am—10:30am  Paint for Pleasure 12pm—3:30pm  Disc Golf 1pm—3pm  Chair Yoga 2—3pm	<b>27</b> Walking Group 9:30—11am  Tai Chi (not instructed) 11:30pm—12:30 pm  Lego Building 1:30—3pm	<b>28</b> closed
<b>30</b> Forever in Motion 9:30am-10:30am  Paint for Pleasure 12pm—3:30pm  Disc Golf 1pm—3:30pm	<div>  <div> <b>REGINA</b>                      55+ COMMUNITY                      CENTRE                 </div> </div> <div> <u>Centre hours:</u>                      Mon - Fri 8am-4pm                      Weekends - closed                      Coordinator: Adam Holmes (306) 359-3847                 </div>				

# CARDS - JUNE 2025

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

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

# LAST CALL !!!

REGINA SENIOR CITIZENS' CENTRE

## 50/50 RAFFLE

March 10 - June 13, 2025

Or visit :

<https://www.rafflebox.ca/raffle/rscc2025>



The office staff can help with cash or cheque purchases.

Ticket packages are :

1 ticket/\$10 ; 4 tickets/\$20 ; 20 tickets/\$50

Winner receive 50% of tickets sales, to a maximum prize of \$25,000

Draw is at 11:59am on June 13, 2025 at 2134 Winnipeg St. Regina, S4R1V9

### A Heartfelt Thank You to Speers

We'd like to extend a sincere thank you to Speers for once again sponsoring our Annual Pancake Breakfast! Your continued support over the years means so much to our community. From your generous donations to rolling up your sleeves to help serve, clean up, and connect with our members—you truly go above and beyond. Your commitment makes this beloved event possible year after year, and we're so grateful for your partnership.

Thank you, Speers, for all that you do!  
— Regina 55+ Community Centre





# Regina 55+ Community Centre



Visit us on Saturday, **June 21, 2025**  
at Elphinstone location  
from 9am to 4pm  
for **Father's Day BBQ**  
and **Yard Sale!**

Are you moving? Downsizing?  
Have some unwanted stuff that  
someone else might need?

We are asking for donations for our yard sale to help  
us raise funds to upgrade our building. All donations  
can be dropped off at either location (2134 Winnipeg  
St. and 2404 Elphinstone St. by June 20th.  
Sorry, we can't accept large furniture items or clothing.

Thank You for the continuous support!

HAPPY  
FATHER'S  
DAY

:)



**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 the piece of their choice of one 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, June 2, 9, 16, 23, 30, 2025

Time: 10am — 12pm (CLASS FULL)

Tuesdays, June 3, 10, 17, 24, July 8, 2025

Time: 10am — 12pm (SPOTS STILL AVAILABLE)

**Location:** WSC, 2134 Winnipeg Street

**Cost:** \$60 /members (all materials included)

or \$100 /non-members

Call (306) 525-2154

or email [admin@regina55.com](mailto:admin@regina55.com) to register.

Only 10 spots per class available.



## 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 the 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.

A poster for the Regina 55+ Seniors Walking Group. It features a yellow background with silhouettes of two people walking at the top. A central yellow badge with a black border contains the text 'REGINA 55+' in a curved font, 'SENIORS WALKING' in large bold letters, and 'GROUP' below it. Below the badge, a grey brushstroke contains the text 'FRIDAYS 9:30-11AM' and '2404 ELPHINSTONE st'. At the bottom, it lists '\$5 for members - \$8 non-members' and two bullet points: '•FREE COFFEE AND COOKIES' and '•PARTICIPATION REWARDS'.

**REGINA 55+**  
**SENIORS WALKING GROUP**

FRIDAYS 9:30-11AM  
2404 ELPHINSTONE st

\$5 for members -  
\$8 non-members

- FREE COFFEE AND COOKIES
- PARTICIPATION REWARDS

A poster for the Regina 55+ LEGO Building Workshops. It has a white central area surrounded by a blue border decorated with colorful LEGO bricks. The text 'REGINA 55+' is in blue, followed by 'LEGO BUILDING WORKSHOPS' in large bold blue letters. Below this, a pink box contains '2404 ELPHINSTONE ST'. Further down, it says 'COME GET CREATIVE WHILE IMPROVING YOUR HAND DEXTERITY' and 'FRIDAYS AT 1:30PM' in bold. At the bottom, it lists '\$5 FOR MEMBERS - \$8 NON-MEMBERS'.

**REGINA 55+**  
**LEGO BUILDING WORKSHOPS**

2404 ELPHINSTONE ST

COME GET CREATIVE  
WHILE IMPROVING YOUR HAND DEXTERITY

**FRIDAYS AT 1:30PM**

\$5 FOR MEMBERS - \$8 NON-MEMBERS



SAVE THE DATE !!!

# OPEN HOUSE NIGHT

Regina 55+ Community Centre  
2134 Winnipeg Street

Saturday

July 12, 2025

5pm - 11pm

Free Admission, and Dance!

Live band! BS 'N DA BOYZ! Greatest Hits of 80's & 90's!

Free Supper for Members! Drinks available to purchase!

- RSVP by July 2, 2025 to [admin@regina55.com](mailto:admin@regina55.com)  
or (306) 525-2154 if attending the Supper.





## 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

# POOL ROOM NEWS - June 2025

Well it looks like our Pool Room renovations will be coming up sometime in June. Here's hoping that our Pool Room won't be closed for too long. Because of the renovations I've had to postpone my 18th Annual 8 Ball Tournament for the time being. I'll keep you informed when it will be held by notices on the bulletin board. So watch for information and sign-up sheets once renovations are completed. As far as I know our Annual 9 Ball Tournament will be coming up sometime in late July during Buffalo Days. Again watch for information on our bulletin board.

From what I can tell we had a successful SSFA 8 Ball & Snooker Tournaments. They were held in late April and early May. After the dust cleared, here are the final results:

## 8 BALL

Ladies 65+ - 1<sup>st</sup> - Brenda Adamko  
                  2<sup>nd</sup> - Noreen Hetherington  
75+ - 1<sup>st</sup> - Marion Schiller

Men 65+ - 1<sup>st</sup> - Doug Zurowski  
                  2<sup>nd</sup> - Terry Pikaluk  
                  3<sup>rd</sup> - Dave Sentes  
75+ - 1<sup>st</sup> - Don McIntee  
                  2<sup>nd</sup> - Bill Schiller  
                  3<sup>rd</sup> - Jim Illingworth

## SNOOKER

Ladies 65+ - Lynda Schofield  
70+ - Marion Schiller  
Men 55+ - 1<sup>st</sup> - Wayne Fudge  
                  2<sup>nd</sup> - Jim Gate

70+ 1<sup>st</sup> - Doug Zurowski  
                  2<sup>nd</sup> - Bill Schiller  
                  3<sup>rd</sup> - Don McIntee

Congratulations to all the above players and thanks to everyone taking part. We had 15 – 8 Ball players and 16 Snooker players. A great turnout.

It was a tough month for our Yellow to Black players in Snooker. The only player to run them once was Luc LeBlanc on May 9th. Congratulations Luc and way to go. Hope to see a few more in the upcoming months.

The Star of the Month for April was Clint Black, a great country/western singer. We had 16 entries and 12 correct answers so had a draw to select the top 3 winners. They were Norm Leier, Paul Ponak and Larry Luzny. Congratulations and thanks to everyone for taking part.

That's all I have for this month and if they are doing renovations in June, you may not hear from me for quite some time, as there won't be much happening in the Pool Room. Take care everyone.

Sincerely, Tony Frei

## Upcoming Fall Snooker League

The league will start in mid November and will run until everyone has completed their matches. Players interested can put their name and phone number on the sign-up sheet in the Pool Room. For any questions regarding the league, please see Jack Giesinger in the Pool Room.



## Thank You for Supporting Our Spring into Spring Market

On May 10, we hosted a vibrant market where guests had the chance to shop from local vendors and enjoy delicious food from our concession. We were thrilled by the amazing turnout and are excited to share that we raised \$1,577.95 to support our centre!

These funds are being used to make our space more welcoming and inviting for everyone in the community. You may have already noticed some updates, like new artwork or furniture, taking shape around the centre.

A huge thank you goes out to Terina, Anita and the other volunteers, who generously came in on their day off and spent hours helping set up, serve, and keep the market running smoothly. I truly couldn't have done this without them—their dedication and teamwork made all the difference.

Stay tuned for another market to come!

Kate Doyle



## REGINA 55+ DISC GOLF



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

**DISCS AND  
ON SITE INSTRUCTOR PROVIDED**

## TEXAS HOLD'EM POKER

**FRIDAY, JUNE 13, 2025**

2404 Elphinstone St.

\$40 Entry Fee  
(Evening lunch included)

Registration opens at 6:30pm

Game starts at 7pm

For info call Adam at (306) 359-3847

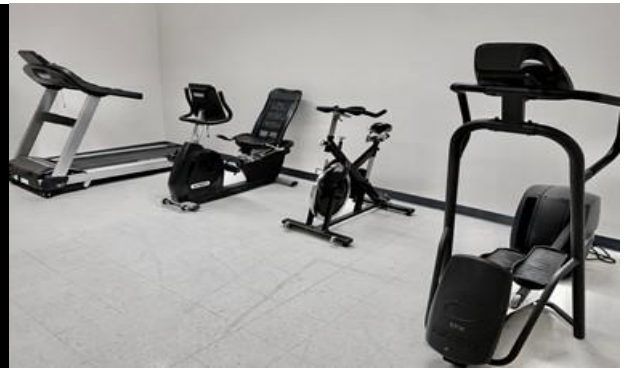
SLGA: TH24-0016





## 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.

**Program on hold for the Summer.**

**Returning to the centre in September!**

**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 for Beginners

with Annette Marche

at Regina 55+ Community Centre

Open to anyone 55+



Where: RSCC, 2134 Winnipeg St.

When: **Tuesdays, May 20 - June 24, 2025**

(6 sessions in the class)

Time: 2pm (Ceramics Room)

Cost: \$36 /members; \$ \$54 /guests

Call us to register at (306) 525-2154

or email [staffrsc@gmail.com](mailto:staffrsc@gmail.com)

SIGN UP FOR A

# BRIDGE

## Refresher

**Location:**  
Green Falls  
Landing  
Call To  
Register  
306-559-  
5657

Calling all bridge players that want to  
play but may need a refresher  
beforehand— **OPEN TO ANYONE**

**DATE TO BE DETERMINED  
ONCE INTEREST SIGN UP  
IS COMPLETE**

**8 People  
needed to run**

**Put on by the  
Regina Bridge  
Club**

**No fee – come and learn and get  
refreshed on bidding rules (major, minor  
and no trumps) , play some hands and  
get guidance.**

**Green Falls Landing**  
RETIREMENT LIVING



**We are proud to announce Gabe Fahlman as the very first Ambassador of the Regina 55+ Community Centre.**

Gabe has been a dedicated member since 2015 and has brought warmth, laughter, and unwavering support to our community. Whether he's sharing one of his classic jokes, offering a helping hand, or advocating for the centre's growth, Gabe has consistently shown what it means to lead with heart.

With his ever-present smile and genuine spirit, Gabe reminds us all that community is built on kindness, connection, and a good sense of humour. His love for this place and the people in it is felt every day—and we are so lucky to have him as part of our story. Thank you, Gabe, for being a shining example of what it means to belong, give back, and lift others up. You truly embody the spirit of the Regina 55+ Community Centre.

## 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!

## Afternoon Dances Schedule

Wednesdays & Fridays at WSC, 1pm - 3pm

June 4 & 6 - No Dances  
June 11 & 13 - Al & Company  
June 18 & 20 - Dennis Ficor  
June 25 & 27 - Musical Friends

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

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

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

## Sunday Social Dance

Regina 55+ Community Centre  
2134 Winnipeg St.

Sunday, June 29, 2025

1:30pm - 4pm

\$10.00/person

Band: Al & Company

50/50 Draw!

Everyone Welcome!



## 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](mailto: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.

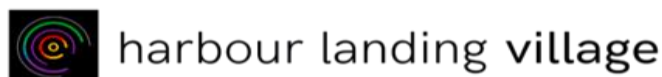
Anyone that is 55+ is eligible to receive our services.

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

Contact Kate at 306-525-2154 or email [homehelp@regina55.com](mailto:homehelp@regina55.com) for rates and more information and to sign-up!



Thank you to RSCC Sponsors and Corporate Members for their support



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