



Regina Senior Citizens' Centre

Newsletter - June 2026

President's Message

I first want to advise everyone that the Winnipeg Street Senior Citizens' Centre will be closed the first week of June, from June 3-6 (Mosaic Week) as the Romanian Pavillion will be located here.

On behalf of the Regina Senior Citizens' Centre Board of Directors, I want to wish all the men Happy Fathers Day and I want to invite everyone to the **Fathers Day BBQ on Thursday, June 18 at the Elphinstone Street location from 11:00 AM to 1:00 PM**

I want to thank you all for continuing to support the Senior Citizens' Centre and a special thank you for those who attended the Mothers Day Pancake Breakfast and the Fellowship Dinner. I have been advised that our membership is slowly increasing and that is great news.

I am also pleased to announce that we will be hosting our **Annual General Meeting** sometime in June at our Winnipeg Street location. We are planning to begin the meeting around 10:00 AM; followed by fellowship and a light lunch.

Lastly, I would like to continue expressing my sincere thanks to all our volunteers for their assistance. Without their dedication and support, the activities we enjoy so much would not be possible.

Sincerely,
Larry Lechner

Executive Director Report

Dear Members,

It is hard to believe we are already halfway through 2026. I would like to share a few updates from our Centre.

Our **Father's Day BBQ** will be held on **Thursday, June 18**. Join us for great food, community spirit, door prizes, and a 50/50 draw as we celebrate the father figures in our community.

We have also started a new initiative at the Centre. On the second and fourth Thursday of each month, cooperative members will provide presentations about their services. On the first and third Thursday, I will be available in the computer/board room for feedback, ideas, or concerns about the Centre. Please see page 13 for details.

Thank you for your continued support and participation.

We look forward to seeing you at the Father's Day BBQ!

Please check out page 6 for more information.

Sincerely,
Leo Bumphrey



2134 Winnipeg St.
Regina, SK, S4P 3X6

Phone: 306-525-2154
Email: 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
Email: elphinstone@regina55.com



Every year we host the Romanian Pavilion at the RSCC 2134 Winnipeg St. during the **MOSAIC FESTIVAL**.

As a result the centre will be closed on the following days:

Wednesday, June 3rd

Thursday, June 4th

Friday, June 5th

Saturday, June 6th

All classes and programs will be cancelled with the exception of the Pool Room.

Office will remain open regular hours 8:00 AM - 4:00 PM for June 3rd to June 5th. **Closed on June 6th.**

Please Note:

Programs and activities at the Elphinstone Street location will continue on their regular schedule. No activities or programs at Elphinstone Street have been cancelled.

We are sorry for any inconvenience.



General Information

Hours:
Monday to Friday - 8:00 AM to 4:00 PM
Saturday & Sunday - Closed
Stat. Holidays - Closed

2026 Annual Membership Card 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 - We accept all forms of payment: Cash, Card (Debit & Credit), Cheque, Interac e-Transfer (payable to: rsccpayment@gmail.com).

There is a \$2.50 surcharge for Credit Card, 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.

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

JUNE 2026 SCHEDULE WINNIPEG ST. (WSC)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Cards : Page 5	2 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Tai Chi Chih 10:00-11:00 AM 11:30-12:30 PM 1:00 - 2:00 PM No Chair Yoga	3 MOSAIC Programs cancelled: - Line Dancing - Lapidary - Chair Yoga - Afternoon Dance - Pickleball Pool Room open regular hours	4 MOSAIC Programs cancelled: - Pickleball - Wood Carving - Bridge - Cribbage - Kaiser Pool Room open regular hours	5 MOSAIC Programs cancelled: - Line Dancing - Chair Yoga - Afternoon Dance - Quilting Pool Room open regular hours	6 Pool Room 9:00 - 12:00 PM
7	8 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Cards : Page 5	9 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Tai Chi Chih 10:00 - 11:00 AM 11:30-12:30 PM 1:00 - 2:00 PM Chair Yoga (Beginners) 2:15-3:15 PM	10 Line Dancing 8:45 -10:00 AM Lapidary 9:00 - 3:00 PM Chair Yoga 10:30-11:30 AM Afternoon Dance 1:00 - 3:00 PM Pickleball 4:00 - 6:00 PM	11 Wood Carving 1:00 -3:00 PM Pickleball 4:00 - 6:00 PM Pool Room 6:00 - 9:00 PM Cards : Page 5	12 Line Dancing 8:45 -10:00 AM Quilting 9:00 - 3:00 PM Chair Yoga 10:30-11:30 AM Afternoon Dance 1:00 - 3:00 PM	13 Pool Room 9:00 - 12:00 PM
14 Sunday Dance 1:30 - 3:30 PM	15 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Cards : Page 5	16 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Tai Chi Chih 10:00 - 11:00 AM 11:30-12:30 PM 1:00 - 2:00 PM Chair Yoga (Beginners) 2:15-3:15 PM	17 Line Dancing 8:45 -10:00 AM Lapidary 9:00 - 3:00 PM Chair Yoga 10:30-11:30 AM Afternoon Dance 1:00 - 3:00 PM No Pickleball Due to Bingo	18 Wood Carving 1:00 -3:00 PM Pickleball 4:00 - 6:00 PM Pool Room 6:00 - 9:00 PM Cards : Page 5	19 Line Dancing 8:45 -10:00 AM Quilting 9:00 - 3:00 PM Chair Yoga 10:30-11:30 AM Afternoon Dance 1:00 - 3:00 PM	20 Pool Room 9:00 - 12:00 PM
21	22 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Cards : Page 5	23 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Tai Chi Chih 10:00 - 11:00 AM 11:30-12:30 PM 1:00 - 2:00 PM Chair Yoga (Beginners) 2:15-3:15 PM	24 Line Dancing 8:45 -10:00 AM Lapidary 9:00 - 3:00 PM Chair Yoga 10:30-11:30 AM Afternoon Dance 1:00 - 3:00 PM Pickleball 4:00 - 6:00 PM	25 Wood Carving 1:00 -3:00 PM Pickleball 4:00 - 6:00 PM Pool Room 6:00 - 9:00 PM Cards : Page 5	26 Line Dancing 8:45 -10:00 AM Quilting 9:00 - 3:00 PM Chair Yoga 10:30-11:30 AM Afternoon Dance 1:00 - 3:00 PM	27 Pool Room 9:00 - 12:00 PM
28	29 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Cards : Page 5	30 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Tai Chi Chih 10:00 - 11:00 AM 11:30-12:30 PM 1:00 - 2:00 PM Chair Yoga (Beginners) 2:15-3:15 PM	<p>Please note that Chair Yoga Classes are cancelled on June 2, 3, 4, and 5 due to Mosaic.</p> <p>These sessions will be rescheduled to July 7, 8, 9, and 10.</p> <p>New sessions will start on July 14, 15, 16, and 17.</p>			

JUNE 2026 SCHEDULE ELPHINSTONE ST. (ESC)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Forever in Motion 9:30 - 10:30 AM Paint for Pleasure 1:00 - 3:00 PM	2 Tai Chi (Non-Instructed) 10:30-11:30 AM Cribbage 1:00 - 3:00 PM	3 Tai Chi (Intermediate) 10:00-11:00 AM Court Whist 1:00 - 3:00 PM	4 Forever in Motion 9:30 - 10:30 AM	5	6
7	8 Forever in Motion 9:30 - 10:30 AM Paint for Pleasure 1:00 - 3:00 PM	9 Tai Chi (Non-Instructed) 10:30-11:30 AM Cribbage 1:00 - 3:00 PM	10 Tai Chi (Intermediate) 10:00-11:00 AM Court Whist 1:00 - 3:00 PM	11 Forever in Motion 9:30 - 10:30 AM Chair Yoga 2:00 - 3:00 PM	12 Poker 7:00 - 10:00 PM	13
14	15 Paint for Pleasure 1:00 - 3:00 PM	16 Tai Chi (Non-Instructed) 10:30-11:30 AM Cribbage 1:00 - 3:00 PM	17 Tai Chi (Intermediate) 10:00-11:00 AM Court Whist Tournament 1:00 - 3:00 PM	18 Father's Day BBQ 11:00 - 1:00 PM Chair Yoga 2:00 - 3:00 PM	19	20
21	22 Paint for Pleasure 1:00 - 3:00 PM	23 Tai Chi (Non-Instructed) 10:30-11:30 AM Cribbage 1:00 - 3:00 PM	24 Tai Chi (Intermediate) 10:00-11:00 AM Court Whist 1:00 - 3:00 PM	25 Chair Yoga 2:00 - 3:00 PM	26	27
28	29 Paint for Pleasure 1:00 - 3:00 PM	30 Tai Chi (Non-Instructed) 10:30-11:30 AM Cribbage 1:00 - 3:30 PM	Centre Open: Monday to Friday : 9:00 AM to 4:00 PM Saturday & Sunday - Closed Stat. Holidays - Closed Program Coordinator: Julie Rattai : (306) 359 - 3847			

JUNE 2026 CARDS SCHEDULE (WSC & ESC)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Cribbage @WSC 11:30 - 3:30 PM	2 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	3 Court Whist @ESC 1:00 - 3:00 PM	4 MOSAIC Programs cancelled @WSC: - Kaiser - Cribbage - Bridge	5 Court Whist @ESC 1:00 - 3:00 PM	6
7	8 Cribbage @WSC 11:30 - 3:30 PM	9 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	10 Court Whist @ESC 1:00 - 3:00 PM	11 Kaiser @WSC 11:30 - 3:30 PM Cribbage @WSC 11:30 - 3:30 PM Bridge @WSC 11:30 - 3:30 PM	12 Court Whist @ESC 1:00 - 3:00 PM	13
14	15 Cribbage Tournament @WSC 11:30 - 3:30 PM	16 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	17 Court Whist Tournament @ESC 1:00 - 3:00 PM	18 Kaiser Tournament @WSC 11:30 - 3:30 PM Cribbage @WSC 11:30 - 3:30 PM Bridge @WSC 11:30 - 3:30 PM	19 Court Whist @ESC 1:00 - 3:00 PM	20
21	22 Cribbage @WSC 11:30 - 3:30 PM	23 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	24 Court Whist @ESC 1:00 - 3:00 PM	25 Kaiser @WSC 11:30 - 3:30 PM Cribbage Tournament @WSC 11:30 - 3:30 PM Bridge @WSC 11:30 - 3:30 PM	26 Court Whist @ESC 1:00 - 3:00 PM	27
28	29 Cribbage @WSC 11:30 - 3:30 PM	30 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM				

JOIN US FOR OUR ANNUAL
FATHER'S DAY BBQ



THURSDAY
JUNE
18
2026

SPONSORED BY:



11:00 AM - 1:00 PM

AT THE RSCC
2404 ELPHINSTONE ST.



ENTERTAINMENT BY:
DENNIS FICOR

FEATURING
HAMBURGERS or
HOT DOGS, COLESLAW,
DRINK & DESSERT FOR
\$5.00 / OPEN TO ALL!

WEATHER DEPENDENT EVENT

HAPPY FATHER'S DAY :)

FREE HEARING TEST

HEAR CANADA

2134 WINNIPEG ST.
REGINA, SK S4P 2A3



16 JUNE 2026
10:00 AM TO 3:00 PM

COMPLIMENTARY SERVICES INCLUDE:

- CONSULTATIONS
- HEARING SCREENING TESTS
- HEARING AID CLEAN & CHECKS

THANK YOU TO
HEAR CANADA FOR
OFFERING THEIR
TIME AND
COMPLIMENTARY
SERVICES!



SPACE IS LIMITED!
CALL : (306) 525 - 2154 OR
EMAIL : OFFICE@REGINA55.COM



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 Senior Citizen's Centre



REGINA SENIOR CENTRE PRESENTS
FAMILY STYLE
BiNGO
 3 7 5 9
Night
JUNE 17

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...



Afternoon Dance Schedule @WSC

2134 Winnipeg St,

Wednesdays & Fridays, 1:00 - 3:00 pm

June 3 & 5 - No Dance
 June 10 & 12 - Drehers
 June 17 & 19 - Al and Company
 June 24 & 26 - Al and Company

August 5 & 7 - Al and Company
 August 12 & 14 - Musical Friends
 August 19 & 21 - Dennis
 August 26 & 28 - Poplar Creek

July 1 - No Dance
 July 3 - Jim Woytiuk
 July 8 & 10 - Al and Company
 July 15 & 17 - Musical Friends
 July 22 & 24 - Dennis
 July 29 & 31 - Poplar Creek

September 2 & 4 - Al and Company
 September 9 & 11 - Dennis
 September 16 & 18 - Musical Friends
 September 23 & 25 - Drehers
 September 30 & October 2 - Poplar Creek

Sunday Social Dance



Sunday, June 14
 2134 Winnipeg St
 1:30 - 3:30 pm



Cost : \$10.00 / person
 Band: Al and Company

50/50 Draw
 Everyone Welcome!

Let's Dance Regina

2134 Winnipeg St
 Fridays, 7:30 - 11:00 pm

June 5 - No Dance (Mosaic)
 June 19 - Leon & Joe Garcia

Cost : \$15.00 / members
 \$17.00 / guests

Lunch to Follow
 Complimentary Coffee and Tea
 Provided.

More info please contact Sharon/Barry:
 306-537-0248 / 306-527-9560

Club 66

2134 Winnipeg St
 Fridays, 7:30 - 11:00 pm

June 12 - Two Stepp
 June 26 - Rocapoco
 (Canada Day)

Cost : \$15.00 / members
 \$17.00 / guests

No Lunch
 Water and Coffee provided

More info please contact Val:
 306-209-5352



Pool Room News



The 1st Annual Tony Frei Memorial 8-Ball Singles Tournament was held in May, with 27 players entered. For over two decades Tony built and maintained the culture of the pool room - always welcoming and encouraging players of all experience levels. His legacy is the reason that hundreds of members have called the pool room their 'second home' over the years.

Many thanks to Tony's wife Doris and family for providing a wonderful lunch to accompany the prize presentations and the plaque for recording the winners going forward. Thanks also to the Centre for sponsoring the prize money for the tournament.

The results were:

A Event

- 1st place** *Garth Stoughton*
- 2nd place** *Arnie Flegel*
- 3rd place** *Luc LeBlanc & Terry Vickers*

B Event

- 1st place** *Dan Bolianatz*
- 2nd place** *Jim Illingworth*
- 3rd place** *Doug Armstrong & Paul Ponak*

C Event

- 1st place** *Doud Zuroski*
- 2nd place** *Verne Green*
- 3rd place** *Edwin Frei & Dorothy Rhead*

Congratulations to all the winners!

Pool Room Hours

We had a large number of players out on Victoria Day so will try to open the room on future holiday Mondays, but we have had little response to opening on Thursday evenings and there was also little interest in Sunday openings. As a result we'll return to our usual hours for regular play and use the evenings for league activity:

Summer Hours:

Mondays & Fridays, 8:00 AM - 4:00 PM
Saturdays, 9:00 AM - 12 noon

Upcoming Events

Snooker Tournament:

Larry Marwick, a regular in the pool room, passed away recently and his family has asked to sponsor a snooker tournament in his name. Details and sign-up sheet are in the pool room.

Snooker League:

A summer snooker league is in the planning stage for June - August.



Friday, June 12
@ESC, 7:00 - 10:00 pm
Doors open 6:30 pm
Limited seating

Cost : \$40.00 Entry
No Rebuys
Evening lunch
Provided at 8:15 pm

For more information
contact Julie:
306-359-3847

Pottery with Angela Hipfner

Open Pottery Studio

An opportunity to create a Pottery Project of your choice. Open to a limited number of students, with prior pottery experience.

Create a unique piece, no formal instructions will be provided, but Angela will be in studio to assist if needed.

All materials will be supplied, bring any templates or specialized tools if desired.

Any questions contact Angela :
(306) 520-2661

Mondays @WSC, 1:00 - 3:00 pm
June 1 : Making Project
June 15 : Glazing Project

Cost : \$25.00 / members
\$30.00 / non-members

Call us today to reserve a spot :
(306) 525-2154 or
office@regina55.com

The RSCC wishes to thank its Sponsors...



The REGINA SENIOR CITIZENS' CENTRE PRESENTS

Coffee With ED

Dear Members,
We are pleased to launch a new initiative that gives members the opportunity to share concerns, feedback, experiences, suggestions, or confidential matters directly with our Executive Director, Leo Bumphrey. These sessions are intended to strengthen communication, better understand members' concerns, and ensure everyone feels heard and supported.

Location : 2134 Winnipeg Street
Date : Thursday, June 4 - 10:00 am
Thursday, June 18 - 10:00 am

Sessions will be held in the Computer/ Board Room on the first and third Thursday of each month. We encourage all members to participate.



Retirement Planning Presentation

Join Us for an Informative Retirement Planning Presentation by **GP Financial Advisor**

Learn valuable information about:

- The shift from asset accumulation to wealth preservation
- Retirement income and distribution strategies
- Protecting your lifestyle during retirement
- Planning for a confident financial future

Date: Thursday, June 25, 2026
Time: 10:00 AM
Location: 2134 Winnipeg Street, Regina

Interested in attending this presentation?
Seats are limited, so please book your spot as soon as possible.
Phone: 306-525-2154
Email: office@regina55.com

Special Thanks to
for Hosting This Presentation



Chair Yoga

July & August Sessions



A new registration session is scheduled for **Monday, June 15, at 10:00 AM**

Please note that Chair Yoga classes cancelled on June 2, 3, 4, and 5 due to Mosaic will be rescheduled for July 7, 8, 9, and 10.

There will be no Beginner classes during these bi-monthly sessions.

Wednesdays
10:30 - 11:30 AM

2134 Winnipeg St
July 15, 22, 29
August 5, 12, 19, 26

Thursdays
2:00 - 3:00 PM

2404 Elphinstone St
July 16, 23, 30
August 6, 13, 20, 27

Fridays
10:30 - 11:30 AM

2134 Winnipeg St
July 17, 24, 31
August 7, 14, 21, 28

Tai Chi Chih with Larry Firth

Joy thru movement with accredited Tai 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.



Cost :
\$5.00 / member
\$8.00 / non-member
Drop-in-fee

Beginner

Inter-mediate

Advanced

Tuesdays

11:30 - 12:30 PM
2134 Winnipeg St

Wednesdays

10:00 - 11:00 AM
2404 Elphinstone St

Tuesdays

10:00 - 11:00 AM
1:00 - 2:00 PM
2134 Winnipeg St



Pool Lesson with Leo Bumphrey



Whether you're learning to play pool for the first time or just a little rusty, join us for a fun afternoon with a coach/instructor who will teach you the basics. The session also includes time to practice with others who attend.

Best of all, there is **no cost to participate!**

Registration required.

Contact us to Sign Up:
306-525-2154
office@regina55.com



Sunday
1:00 - 4:00 PM

June 28
2134 Winnipeg St

Thank you to RSCC Sponsors and Corporate Members for their support

