



# REGINA 55+ COMMUNITY CENTRE

## SEPTEMBER 2025 NEWSLETTER

2134 Winnipeg St,  
Regina, S4P 3X6  
306-525-2154

2404 Elphinstone St  
Regina, S4T 3P3  
306-359-3847



Access our website  
by scanning this QR  
code or use the link  
[regina55.com](http://regina55.com)

**Please direct all general inquiries to our new email: [office@regina55.com](mailto:office@regina55.com)**

### General Notices

Hours: Monday to Friday, 8:00am-4:00pm

Email - Is your current email on file? In order to receive monthly newsletters & information from us, please notify the office if your email address has changed.

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

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

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

Please remember: you part at your own risk. Ensure all valuables are kept out of sight in your vehicle. R55+ 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.



### Meet Sue!

Sue is a registered Emotional Support Animal for Kate, one of our team members at RSCC. Many of our members have already met Sue — and some even stop by the centre just to see her!

She's half Dachshund, half Blue Heeler, and full of personality. Now that she's fully vaccinated, Sue is finally able to start school, where she'll be learning commands, support services, and maybe even a trick or two!

She's always on her leash and ready to bring comfort, smiles, and extra joy to your visit.

# JOIN OUR COMMUNITY AT A NEW, LOWER PRICE!

## \$25.00

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

Members receive priority for program registration, discounted rates for activities at both of our locations, and discounted pricing for Home Support Services. There is no better time to become a member of our community!

## Thank you!

To our long-time  
Line Dance instructors.

Sharon and Clayton,

Hats off to you both. For founding the Line Dancing group at RSCC. After many years of hard work and dedication, they are stepping down from the stage. Thank you so much for the last 8 years of your volunteer time.

We are excited to see you join the dance floor.

We at the Regina 55+ Community Centre are deeply saddened by the passing of our board director, Candace Alston.

Candace was a longtime member of the Centre and a dear friend to many. She will be greatly missed.

We extend our heartfelt condolences to her family and friends during this difficult time, and thank her for her time at the Centre.

### Reminder to All:

As guests in our building and members in good standing, we are reminding everyone to treat all staff, volunteers, and fellow members with respect, kindness, and patience at all times.

Harassment, the use of vulgar language, or yelling will NOT be tolerated under any circumstances.

Thank you for helping us maintain a safe and welcoming environment for all.

# WINNIPEG ST (WSC) SCHEDULE: SEPTEMBER 2025

MON	TUES	WED	THURS	FRI	SAT
<b>1</b> Closed for Stat	<b>2</b> Pickleball 9:30-11:30 am 11:30-1:30pm 1:30-3:30 pm Lapidary 9:00-3:00pm Tai Chi Chih 9:00-10:00am 10:30-11:30am 12:00-1:00pm	<b>3</b> Line Dancing 8:45-10:00am Afternoon Dance 1:00-3:00pm Chair Yoga 10:30-11:30am	<b>4</b> Kaiser @ WSC 11:30-3:00pm Bridge @ WSC 11:30-3:00pm Fun Cribbage @ WSC 11:30-3:00pm	<b>5</b> Quilting 9:00-12:00pm 12:00-3:00pm Afternoon Dance 1:00-3:00pm Line Dancing 8:45-10:00am	
<b>8</b> Pickleball 9:30-11:30am 11:30-1:30pm 1:30-3:30pm	<b>9</b> Pickleball 9:30-11:30 am 11:30-1:30pm 1:30-3:30 pm Lapidary 9:00-3:00pm Tai Chi Chih 9:00-10:00am 10:30-11:30am 12:00-1:00pm	<b>10</b> Line Dancing 8:45-10:00am Afternoon Dance 1:00-3:00pm Chair Yoga 10:30-11:30am	<b>11</b> Kaiser @ WSC 11:30-3:00pm Bridge @ WSC 11:30-3:00pm Fun Cribbage @ WSC 11:30-3:00pm	<b>12</b> Quilting 9:00-12:00pm 12:00-3:00pm Afternoon Dance 1:00-3:00pm Line Dancing 8:45-10:00am	
<b>15</b> Pickleball 9:30-11:30am 11:30-1:30pm 1:30-3:30pm	<b>16</b> Pickleball 9:30-11:30 am 11:30-1:30pm 1:30-3:30 pm Lapidary 9:00-3:00pm Tai Chi Chih 9:00-10:00am 10:30-11:30am 12:00-1:00pm	<b>17</b> Line Dancing 8:45-10:00am Afternoon Dance 1:00-3:00pm Chair Yoga 10:30-11:30am	<b>18</b> Kaiser @ WSC 11:30-3:00pm Bridge @ WSC 11:30-3:00pm Fun Cribbage @ WSC 11:30-3:00pm	<b>19</b> Quilting 9:00-12:00pm 12:00-3:00pm Afternoon Dance 1:00-3:00pm Line Dancing 8:45-10:00am	
<b>22</b> Pickleball 9:30-11:30am 11:30-1:30pm 1:30-3:30pm	<b>23</b> Pickleball 9:30-11:30 am 11:30-1:30pm 1:30-3:30 pm Lapidary 9:00-3:00pm Tai Chi Chih 9:00-10:00am 10:30-11:30am 12:00-1:00pm	<b>24</b> Line Dancing 8:45-10:00am Afternoon Dance 1:00-3:00pm Chair Yoga 10:30-11:30am	<b>25</b> Kaiser @ WSC 11:30-3:00pm Bridge @ WSC 11:30-3:00pm Fun Cribbage @ WSC 11:30-3:00pm	<b>26</b> Quilting 9:00-12:00pm 12:00-3:00pm Afternoon Dance 1:00-3:00pm Line Dancing 8:45-10:00am	
<b>29</b> Pickleball 9:30-11:30am 11:30-1:30pm 1:30-3:30pm	<b>30</b> Pickleball 9:30-11:30 am 11:30-1:30pm 1:30-3:30 pm Lapidary 9:00-3:00pm Tai Chi Chih 9:00-10:00am 10:30-11:30am 12:00-1:00pm				

# ELPHINSTONE ST (ESC) SCHEDULE: SEPTEMBER

MON	TUES	WED	THURS	FRI	SAT
1 Closed for Stat	2 Tai Chi (non-instructed) 10:30-11:30am  Cribbage 1:00-3:30pm	3 Court Whist 12:00-3:30pm  Tai Chi Chih 10:00-11:00am	4 Forever in Motion 10:30-11:30am  Chair Yoga 2:00-3:00pm	5	6
8 Forever in Motion 9:30-10:30am  Paint for Pleasure 12:00-3:30pm	9 Tai Chi (non-instructed) 10:30-11:30am  Cribbage 1:00-3:30pm	10 Court Whist 12:00-3:30pm  Tai Chi Chih 10:00-11:00am	11 Forever in Motion 10:30-11:30am  Chair Yoga 2:00-3:00pm	12 Silver Singers 9:30-10:45am	13
15 Forever in Motion 9:30-10:30am  Paint for Pleasure 12:00-3:30pm	16 Tai Chi (non-instructed) 10:30-11:30am  Cribbage 1:00-3:30pm	17 Court Whist 12:00-3:30pm  Tai Chi Chih 10:00-11:00am	18 Forever in Motion 10:30-11:30am  Chair Yoga 2:00-3:00pm	19 Silver Singers 9:30-10:45am	20
22 Forever in Motion 9:30-10:30am  Paint for Pleasure 12:00-3:30pm	23 Tai Chi (non-instructed) 10:30-11:30am  Cribbage 1:00-3:30pm	24 Court Whist 12:00-3:30pm  Tai Chi Chih 10:00-11:00am	25 Forever in Motion 10:30-11:30am  Chair Yoga 2:00-3:00pm	26 Silver Singers 9:30-10:45am	27
29 Forever in Motion 9:30-10:30am  Paint for Pleasure 12:00-3:30pm	30 Tai Chi (non-instructed) 10:30-11:30am  Cribbage 1:00-3:30pm	<p><u>Paint for Pleasure is cancelled on Thursdays.</u></p> <p>Silver Singers resumes on September 12<sup>th</sup></p> <p>Free admission for Tai Chi Chih between September 3<sup>rd</sup> and September 10<sup>th</sup>.</p> <p>History lessons will resume in October.</p>			

# CARDS SCHEDULE: SEPTEMBER

MON	TUES	WED	THURS	FRI	SAT
<b>1</b> Closed for Stat	<b>2</b> Kaiser @ WSC 11:30-3:00pm  Cribbage @ ESC 1:00-3:30pm	<b>3</b> Court Whist @ ESC 12:00-3:30pm	<b>4</b> Kaiser @ WSC 11:30-3:00pm  Bridge @ WSC 11:30-3:00pm  Fun Cribbage @ WSC 11:30-3:00pm	<b>5</b>	
<b>8</b> Cribbage @ WSC 11:30-3:00pm	<b>9</b> Kaiser @ WSC 11:30-3:00pm  Cribbage @ ESC 1:00-3:30pm	<b>10</b> Court Whist @ ESC 12:00-3:30pm	<b>11</b> Kaiser @ WSC 11:30-3:00pm  Bridge @ WSC 11:30-3:00pm  Fun Cribbage @ WSC 11:30-3:00pm	<b>12</b>	
<b>15</b> Cribbage @ WSC 11:30-3:00pm	<b>16</b> Kaiser @ WSC 11:30-3:00pm  Cribbage @ ESC 1:00-3:30pm	<b>17</b> Court Whist @ ESC 12:00-3:30pm	<b>18</b> Kaiser @ WSC 11:30-3:00pm  Bridge @ WSC 11:30-3:00pm  Fun Cribbage @ WSC 11:30-3:00pm	<b>19</b>	
<b>22</b> Cribbage @ WSC 11:30-3:00pm	<b>23</b> Kaiser @ WSC 11:30-3:00pm  Cribbage @ ESC 1:00-3:30pm	<b>24</b> Court Whist @ ESC 12:00-3:30pm	<b>25</b> Kaiser @ WSC 11:30-3:00pm  Bridge @ WSC 11:30-3:00pm  Fun Cribbage @ WSC 11:30-3:00pm	<b>26</b>	
<b>22</b> Cribbage @ WSC 11:30-3:00pm	<b>30</b> Kaiser @ WSC 11:30-3:00pm  Cribbage @ ESC 1:00-3:30pm				

## Afternoon Dance Schedule

Wednesdays & Fridays at Winnipeg St. Centre, 1:00-3:00pm

SEPT 3 & 5 - Al & Company  
SEPT 10 & 12 - Dennis Ficor  
SEPT 17 & 19 - The Drehers  
SEPT 24 & 26 - Musical Friends

OCT 1 & 3 - Poplar Creek  
OCT 9 - Al & Company  
OCT 15 & 17 - Poplar Creek  
OCT 22 & 24 - Musical Friends  
OCT 29 & 31 - The Drehers

OCTOBER 8TH: POLKA FEST, FEATURING AL & COMPANY AND THE DREHERS

## Chair Yoga Fall Sessions

Join us for an easy way to stay active! Another Chair Yoga session with Annette Marche begins in September. Membership is required for this program.

Cost: \$42/member

NEW WEDNESDAY EVENING SESSION BEGINNING AT ELPHINSTONE ST!

TUESDAYS  
2:00-3:00 PM  
@ WSC

BEGINNER  
CLASS

SEPT 9, 16, 23, 30  
OCT 14, 21, 28

WEDNESDAYS  
10:30-11:30 AM  
@ WSC

SEPT 3, 10, 17  
OCT 1, 15, 22, 29

FRIDAYS  
10:30-11:30 AM  
@ WSC

SEPT 5, 12, 19  
OCT 3, 17, 24, 31

THURSDAYS  
2:00-3:00 PM  
@ ESC

SEPT 4, 11, 18  
OCT 2, 16, 23, 30

## T'ai Chi Chih

A mindful moving meditation. This set of 19 movements and one pose is soft, flowing and easy to learn. The benefits of this practice may include peace of mind, improved health, balance, relief from joint pain and simply joy!

Drop in fee: \$5/members, \$8/guests

WEDNESDAYS  
10:00-11:00 AM  
@ ESC

BEGINNER  
CLASS

TUESDAYS  
10:00-11:00 AM  
@ WSC

TUESDAYS  
11:30-12:30 PM  
@ WSC

TUESDAYS  
1:00-2:00 PM  
@ WSC

Free admission at Elphinstone St for the first two weeks!

Regina's Original

## 2025 Rock & Gem Show



*Rocks*  
*Minerals*  
*Fossils*  
*Gemstones*  
*Beads*  
*Jewellery*  
*Kids Area*



**Saturday 10:00 a.m. – 5:30 p.m.**

**Sunday 10:00 a.m. – 4:00 p.m.**

***Regina Senior Citizens' Centre***

***2134 Winnipeg Street***

***(Near Maple Leaf Pool)***

**\$5 at the door, cash only**

**Bring your kids -12 & under free**

**PRAIRIE ROCK & GEM SOCIETY – ROCKHOUNDING SINCE 1955!**

**September 20<sup>th</sup> & 21<sup>st</sup>, 2025**



### Disc Golf Sessions

Mondays & Thursdays,  
beginning 1:00pm. ESC

Join our Drop-In Disc Golf Sessions! Whether you're a seasoned player or just curious to try, come out for casual rounds, fresh air, and friendly competition. No instructor, no pressure - just bring your discs and enjoy the course at your own pace. Great for all skill levels!

Discs are available from the office.

### Visit Our Gym Room

Available Monday-Friday,  
8am-4pm. No cost,  
no registration required.  
WSC.

Exercise equipment  
available for use at no cost  
to our members!

Equipment includes: one  
treadmill, one spin bike, one  
upright bike, a vibration  
plate, and one elliptical.

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 Support Services Department has expanded!

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, we can help!

You might be wondering, "Do I qualify for these 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!

#### **HOUSEKEEPING**

Appointments are offered on a weekly, biweekly, or monthly basis for a minimum of 1.5 hours/session.

#### **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 shovels and a snowblower.

#### **COMPANIONSHIP**

Enjoy visiting with someone for a minimum of 2 hours. Visits are tailored to the client's interests.

#### **LAWN MOWING**

Appointments are performed on a call-out basis. We cut, trim, and sweep grass clippings.

#### **INDEPENDENCE CLUB**

Our volunteer drivers provide round-trip transportation within city limits.

**CONTACT 306-525-2154 OR EMAIL [HOMEHELP@REGINA55.COM](mailto:HOMEHELP@REGINA55.COM) TO REGISTER OR REQUEST ADDITIONAL INFORMATION.**

The Regina 55+ Community 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.