



Newsletter - March 2026

Regina Senior Citizens' Centre

2134 Winnipeg St. Regina, SK, S4P 3X6
Phone: 306-525-2154 / office@regina55.com

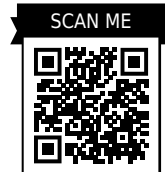
2404 Elphinstone St. Regina, SK, S4T 3P3
Phone: 306-359-3847 / elphinstone@regina55.



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



<https://www.instagram.com/reginaseniorecitizencentre/>



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 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.

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.





PRESIDENT'S MESSAGE

Valued Members:

On behalf of the Regina Senior Citizens' Centre Board of Directors, I am pleased to announce that Leo Bumphrey has accepted a term position as Executive Director. Leo's term will take him to the end of 2026 and allow Leo to continue his considerable contributions to the Centre since assuming the ED role on an interim basis in August of last year. I know members will continue to support Leo and our Seniors' Centre as we turn the organization to a sustainable future.

I would also like to report that the City has provided us a \$25,000 advance of its Grant to help us through the first few months of 2026. The remainder of the Grant will arrive in April, 2026.

At our February meeting, the Board voted to have our Annual General Meeting (AGM) in the week of June 15 - 19, 2026. Please keep this week open in your calendars.

I would also like to request that we all use the parking lot at the Winnipeg street location as efficiently as possible. As we increase programs, parking spots become scarce and we do not want people not being able to access the centre because we took up too much space while parking. Thank you for your cooperation.

A couple of the board members e-mails were in error in the January newsletter. the correct e-mail addresses are listed below:

Larry Lechner, Present, larrylechner48@gmail.com
Cynthia Muir, Vice President , cm2@sasktel.net
Joni Andrychuk , Treasurer, andrychuk@myaccess.ca
Cathy Kutzley, Secretary, cathykutzley@gmail.com
Jim Deane, jd57@myaccess.ca
Tara Abstreiter, dt.abstreiter@accesscomm.ca
Joanne Bell, jobell@sasktel.net
Roxanne Buchanan, roxanne51@sasktel.net
Donna Whitelaw, mwhite1@sasktel.net
Robert Cotterill, rjccotterill@icloud.com
Isabelle Jodouin, belle01@sasktel.net

Larry Lechner,
Board of Chair

March 2026 - Activities & Program Winnipeg Street (WSC)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
1 Pool Room 12:00 - 3:00 pm	2 Pickleball 9:30 - 3:30 pm Pottery 1:00 - 3:00 pm Cards : Page 5	3 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00 - 11:00 am 11:30 - 12:30 pm (Beg.) 1:00 - 2:00 pm Chair Yoga (Beg.) 2:15 - 3:15 pm Cards : Page 5	4 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 Pickleball 4:00 - 6:00 pm	5 Pickleball 4:00 - 6:00 pm Cards : Page 5	6 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	7 Pool Room 9:00 - 12:00 pm	
8 Pool Room 12:00 - 3:00 pm	9 Pickleball 9:30 - 3:30 pm Pottery 1:00 - 3:00 pm Cards : Page 5	10 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00 - 11:00 am 11:30 - 12:30 pm (Beg.) 1:00 - 2:00 pm Chair Yoga (Beg.) 2:15 - 3:15 pm Cards : Page 5	11 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 Pickleball 4:00 - 6:00 pm	12 Pickleball 4:00 - 6:00 pm Cards : Page 5	13 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	14 Pool Room 9:00 - 12:00 pm	
15 Pool Room 12:00 - 3:00 pm	16 Pickleball 9:30 - 3:30 pm Pottery 1:00 - 3:00 pm Cards : Page 5	17 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00 - 11:00 am 11:30 - 12:30 pm (Beg.) 1:00 - 2:00 pm Chair Yoga (Beg.) 2:15 - 3:15 pm Cards : Page 5	18 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 Pickleball 4:00 - 6:00 pm	19 Pickleball 4:00 - 6:00 pm Cards : Page 5	20 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	21 Pool Room 9:00 - 12:00 pm	
22 Pool Room 12:00 - 3:00 pm	23 Pickleball 9:30 - 3:30 pm Pottery 1:00 - 3:00 pm Cards : Page 5	24 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00 - 11:00 am 11:30 - 12:30 pm (Beg.) 1:00 - 2:00 pm Chair Yoga (Beg.) 2:15 - 3:15 pm Cards : Page 5	25 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 Pickleball 4:00 - 6:00 pm	26 Pickleball 4:00 - 6:00 pm Cards : Page 5	27 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	28 Pool Room 9:00 - 12:00 pm	
29 Pool Room 12:00 - 3:00 pm	30 Pickleball 9:30 - 3:30 pm Cards : Page 5	31 Pickleball 9:30 - 3:30 pm Tai Chi Chih 10:00 - 11:00 am 11:30 - 12:30 pm (Beg.) 1:00 - 2:00 pm Chair Yoga (Beg.) 2:15 - 3:15 pm Cards : Page 5	<p>Pool Room Hours: Mon to Fri : 8 am to 4 pm Sat : 9 am to 12 pm Sun : 12 pm to 3 pm</p>				

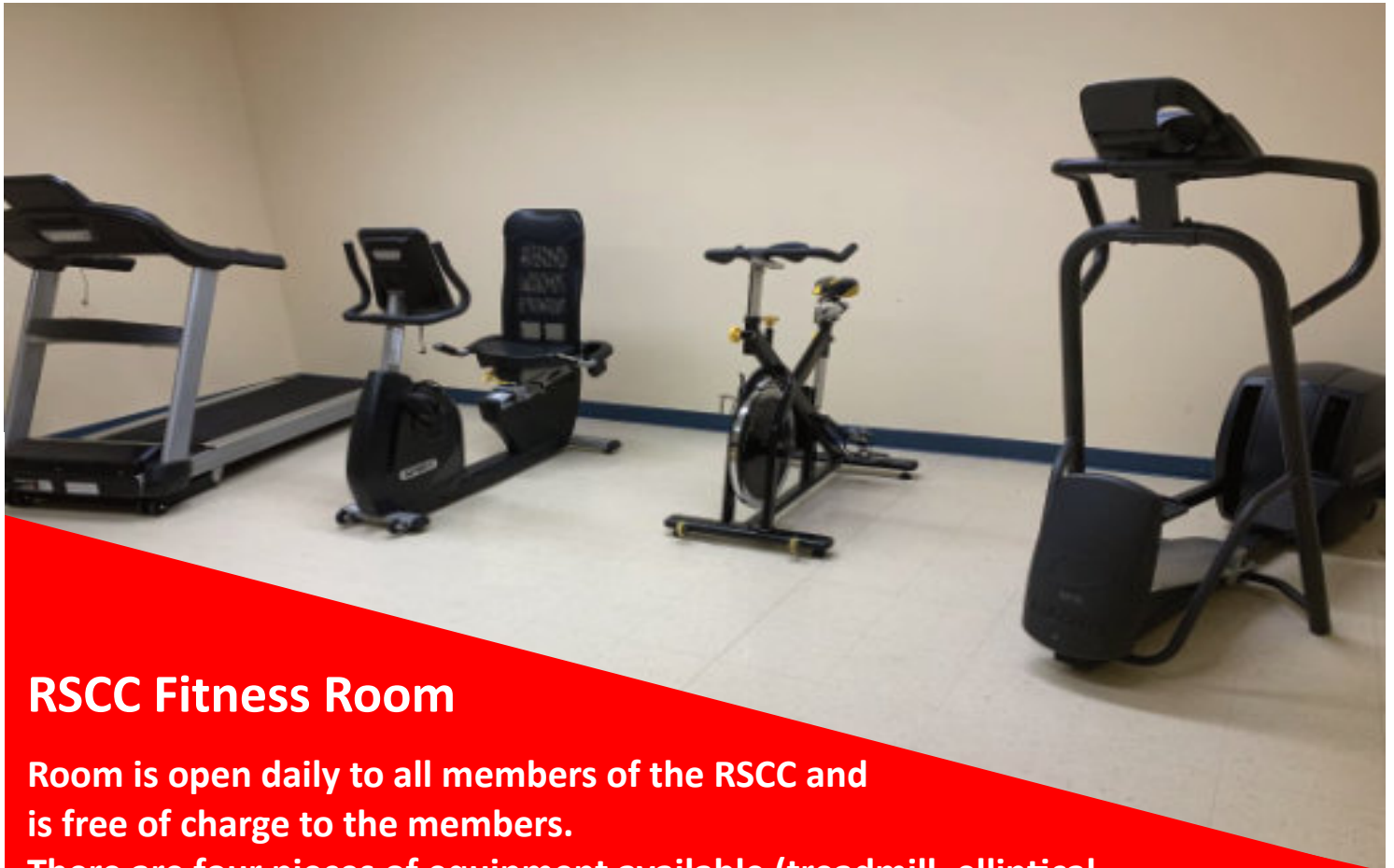


March 2026 - Activities & Program Elphinstone Street (ESC)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
1	<p>2</p> <p>Forever in Motion 9:30 - 10:30 pm</p> <p>Paint for Pleasure 1:00 - 3:00 pm</p>	<p>3</p> <p>Tai Chi (Non-instructed) 10:30 - 11:30 pm</p> <p>Cribbage 1:00 - 3:30 pm</p>	<p>4</p> <p>Tai Chi Chih (Beg.) 10:00 - 11:00 pm</p> <p>Court Whist 12:00 - 3:00 pm</p>	<p>5</p> <p>Forever in Motion 9:30 - 10:30 pm</p> <p>Chair Yoga 2:00 - 3:00 pm</p>	<p>6</p> <p>Silver Singers 9:30 - 10:45 pm</p> <p>Book Club @ WSC 1:30 - 2:30 pm</p>	<p>7</p>	
8	<p>9</p> <p>Forever in Motion 9:30 - 10:30 pm</p> <p>Paint for Pleasure 1:00 - 3:00 pm</p>	<p>10</p> <p>Tai Chi (Non-instructed) 10:30 - 11:30 pm</p> <p>Cribbage 1:00 - 3:30 pm</p>	<p>11</p> <p>Tai Chi Chih (Beg.) 10:00 - 11:00 pm</p> <p>Court Whist 12:00 - 3:00 pm</p>	<p>12</p> <p>Forever in Motion 9:30 - 10:30 pm</p> <p>Chair Yoga 2:00 - 3:00 pm</p>	<p>13</p> <p>Silver Singers 9:30 - 10:45 pm</p> <p>Texas Hold Em Poker 7:00 - 10:00 pm</p>	<p>14</p>	
15	<p>16</p> <p>Forever in Motion 9:30 - 10:30 pm</p> <p>Paint for Pleasure 1:00 - 3:00 pm</p>	<p>17</p> <p>Tai Chi (Non-instructed) 10:30 - 11:30 pm</p> <p>Cribbage 1:00 - 3:30 pm</p>	<p>18</p> <p>Tai Chi Chih (Beg.) 10:00 - 11:00 pm</p> <p>Court Whist 12:00 - 3:00 pm</p>	<p>19</p> <p>Forever in Motion 9:30 - 10:30 pm</p> <p>Chair Yoga 2:00 - 3:00 pm</p>	<p>20</p> <p>Silver Singers 9:30 - 10:45 pm</p> <p>55+ Tech Guidance Check poster for time on page no. 12</p>	<p>21</p>	
22	<p>23</p> <p>Forever in Motion 9:30 - 10:30 pm</p> <p>Paint for Pleasure 1:00 - 3:00 pm</p>	<p>24</p> <p>Tai Chi (Non-instructed) 10:30 - 11:30 pm</p> <p>Cribbage 1:00 - 3:30 pm</p>	<p>25</p> <p>Tai Chi Chih (Beg.) 10:00 - 11:00 pm</p> <p>Court Whist 12:00 - 3:00 pm</p>	<p>26</p> <p>Forever in Motion 9:30 - 10:30 pm</p> <p>Chair Yoga 2:00 - 3:00 pm</p>	<p>27</p> <p>Silver Singers 9:30 - 10:45 pm</p>	<p>28</p>	
29	<p>30</p> <p>Forever in Motion 9:30 - 10:30 pm</p> <p>Paint for Pleasure 1:00 - 3:00 pm</p>	<p>31</p> <p>Tai Chi (Non-instructed) 10:30 - 11:30 pm</p> <p>Cribbage 1:00 - 3:30 pm</p>	<p>Centre Open : Mon to Fri : 8 am to 4 pm Weekends : Closed Program Coordinator : Hannah : (306) 525 - 2154</p>				 <p>Regina Senior Citizens' Centre be part of our community</p>

March 2026 - Cards : WSC & ESC

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



RSCC Fitness Room

Room is open daily to all members of the RSCC and is free of charge to the members.

There are four pieces of equipment available (treadmill, elliptical upright bike and spinning bike). Room and equipment is cleaned and sanitized between uses.

AFTERNOON DANCE 2134 Winnipeg St. ; 1 pm to 3 pm

March 4 & 6	Musical Friends	April 1	Jim Woytuik
March 11 & 13	Al and Company	April 8 & 10	Drehers
March 18 & 20	Poplar Creek	April 15 & 17	Al and Company
March 25 & 27	Musical Friends	April 22 & 24	Musical Friends
May 6 & 8	Al and Company	June 3 & 5	NO DANCE
May 13 & 15	Dennis	June 10 & 12	Drehers
May 20 & 22	Poplar Creek	June 17 & 19	Al and Company
May 27 & 29	Musical Friends	June 24 & 26	Musical Friends

Sunday Dance 2134 Winnipeg St. ; 1:30 pm to 4:00 pm

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

Let's Dance Regina

Friday Night Dances
RSCC, 2134 Winnipeg St., Regina
Doors open at 7 pm

Dance : 7:30 pm - 11:00 pm
Cost: \$15/members ; \$17/guests

March 6 - The Zayshleys
March 20 - Len & Joe Gadica

April 3 - Good Friday
April 17 - Leon Ochs

Complimentary Coffee & Tea provided
Lunch to follow

For more info call (306) 331 - 7290

Club 66 Social Club

Friday Night Dances
Dance : 7:30 pm to 11:30 pm
Cost : \$15/members; \$17 /guests
Location: 2134 Winnipeg St. (RSCC)

March 13 : Two Stepp
March 27 : The Zayshley Band (Country Theme)
April 10 : Dennis Ficor (Bring your family)
April 24 : Al and Company

Seeking volunteers for the board of directors.

Must be a member for the past year.

Complimentary Coffee & Tea provided
NO LUNCH

For more info call (306) 529 - 6381

St. Patrick's Day - Sunday Dance

Regina Senior Citizens' Centre - 2134 Winnipeg Street

Date : Sunday , March 15 , 2026

Time : 1:30 pm - 4:00 pm

Cost : \$10/ person

Band : Al and Company

Door Prizes ! 50/50 Draw!

Everyone Welcome...

Don't Forget to wear your Green

Complimentary Lunch provided by VENVI



The RSCC wishes to thank its Sponsors...





FREE HEARING CARE CLINIC



RSCC: 2134 WINNIPEG STREET, REGINA, SK

Date : March 31st, 2026
Time : 1 pm - 4 pm
Each appointment is 20 minutes

COMPLIMENTARY SERVICES INCLUDE:

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



SPACE IS LIMITED!

CALL US TODAY:
(306) 525 - 2154 OR
EMAIL : office@regina55.com

Thank you, Hearing Canada, for offering free hearing services to our members.

We truly appreciate your support and partnership with the Regina Senior Citizens' Centre (RSCC). Your contribution makes a meaningful difference in the well-being of our members, and we are grateful for your generosity and community spirit.



The RSCC wishes to thank its Sponsors...



PICTURE IT PRODUCTIONS

POTTERY WITH ANGELA HIPFNER

We're excited that Angela is resuming her pottery classes in March! 🍁

Join Angela as she guides you through creating an origami-inspired dish. Participants will make one dish during the class while exploring texture and mark-making techniques as we hand-build a dish with overlapping sides.



**Class 1 : March 2 - Making
March 16 - Glazing**

**Class 2 : March 9 - Making
March 23 - Glazing**

**Cost : \$25/ members
\$30/non-members**

**Time : 1 pm to 3 pm
Location: 2134 Winnipeg Street**

There are only 12 spots available per class, so please registered as soon as possible through our main office 2134 Winnipeg street or call us (306) 525- 2154 to reserve your spot.



Home health care services



There's no place like home

At Bayshore Home Health we understand that staying at home is the preferred option. As your neighbourhood care provider, we are here to support you and your family through every step of the care process. Our home care services include personal care, companionship, nursing and more.

- FREE CONSULTATIONS
- NO LONG TERM CONTRACTS
- BONDED & INSURED CAREGIVERS

Support is just a phone call away.
306-552-7144 ext. 2 www.bayshore.ca





YOU ARE INVITED TO

High Tea

FUNDRAISER

SUNDAY | **25** | APRIL
2:00 - 4:00 PM | 2026

2134 Winnipeg Street
Regina, SK , S4P 2A3

FORTICKETS CONTACT:
306-525-2154

ONE SITTING ONLY:
2:00 PM - 4:00 PM

90 TICKETS AVAILABLE

\$20 PER PERSON

Reservation Required
From March 16 - April 23, 2026
NO REFUNDS



The RSCC wishes to thank its Sponsors...



POOL ROOM NEWS

Spring is just around the corner - really! That means that leagues are heading into Playoffs. The first tournament of the year is open for registration.

Playoffs:

Playoffs for 8 and 9 ball leagues will begin on March 18th and March 20th and be completed on the 25th and 27th. Good Luck to those who have made the cut! Spectators are always welcome.

18th Annual Pot O'Gold 9 Ball Tournament

Once again Ron Sandalak is sponsoring the St. Patrick's Day 9-ball Tournament. Sign up Sheets are on the noticeboard in the pool room. Tournament play will be held on Mon May 16th, Tues May 17th, Thurs May 19th.

Pool Room hours:

Mon - Fri : 8 am - 4 pm

Saturday : 9 am - 12 pm

Sunday : 12 pm - 3 pm



The 8' and 10' tables will be reserved for tournament and league play the week of Monday March 16th - Friday March 20th, each morning from 8 am - noon. Once league Play ends at the ends of March these tables will be open and available every morning.

The pool room welcome new players - come by and say hello!

Sunday Pool Lessons with Leo

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!



Date & Time : Sunday | March 29 | 1pm to 4pm

Registration required!

Call our office to sign up : (306) 525 - 2154

The RSCC wishes to thank its Sponsors...



Victoria Square

Seniors Expo

MARCH 12

Victoria Square Shopping Centre

Vendor Booths

Coffee & Snacks

Bingo

Mini Fashion Show

FEATURING A PERFORMANCE BY
Brian Sklar
 & The Old Time All-Stars

&

Jesse Lamont
 AS ELVIS PRESLEY

A RECIPE BY ANGELA FULLER

DILL PICKLE SOUP

Ingredients

- 3 tablespoons salted butter
- 1 medium onion diced
- 3 ribs celery diced
- 1 medium carrot finely diced
- 2 tablespoons all-purpose flour
- 4 cups chicken broth
- ¼ cup dill pickle liquor
- 3 medium floury potatoes diced
- 1 ½ cups dill pickles diced
- ½ cup sour cream



1. In a large soup pot, combine butter, onion, celery, and carrot. Cook until the onion begins to soften. Sprinkle with flour and cook 1 minute more.
2. Add the broth, potatoes, pickles, dill liquor and dill to the soup. Bring to a boil and simmer, covered, over low heat for 45 min or until vegetables are tender.
3. Uncover and using a potato masher, mash to thicken to desired consistency.
4. Stir in sour cream & simmer uncovered for 3 to 5 min. more.
5. To serve garnish with additional sour cream, and fresh dill if desired.

TEXAS HOLD 'EM POKER TOURNAMENT

MARCH 13, 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



Regina Senior Citizens' Centre

Book Club – Special Author Visit!



Group Book Discussion

I Think We've Been Here Before
by Suzy Krause

Special Guest:

Author Suzy Krause will be joining us for our meeting!

Friday, March 6, 2026

1:30 – 2:30 PM

Regina Senior Citizens' Centre
2134 Winnipeg Street
Bund Barr

Coming Up Next:

The Bean Trees by Barbara Kingsolver

Copies available to rent!

306-359-3847
elphinstone@regina55.com

Everyone Welcome!

Come enjoy great conversation, great books, and great company!

55+ TECH GUIDANCE PROGRAM!

MARCH 20



Get Help with Your Phone, Tablet or Laptop!

Pre-Register Today!

Cost: **\$20** for a 50 min One-on-One Session
with a Software Professional.

Time Slots:

- 1:00 - 1:50
- 1:55 - 2:45
- 2:50 - 3:40

- Basic Tech Questions & Guidance
- We Cannot Fix Broken Devices

Bring Your Phone, Tablet or Laptop!

Pre-Register:

Email: elphinstone@regina55.com
Call: 306-359-3847



CHESS FOR HOPE

We play chess. We lead with purpose. We inspire hope.

55+ CHARITY CHESS CHALLENGE

EVENT HIGHLIGHTS

- Opening of the Event
- Guest Speech
- Friendly 10-Minute Rapid Chess Games
- Tea Break & Social Time
- Charity Mini Auction
- Chess Simultaneous Play with Tobias Salick - National Candidate Master
- Closing Remarks & Prize Giving

EVENT DETAILS

Date: March 25, 2026
Time: 11:00 AM – 4:00 PM
Venue: 2134 Winnipeg St.
Registration: Free

REGISTER



Register by: March 25, 2026

For Questions: chess.for.hope@gmail.com

DONATIONS ARE WELCOME AT THE EVENT

REGISTER :

WWW.CHESSFORHOPE.ORG/CHESS-REGISTRATION

www.chessforhope.org

REGINA SENIOR CITIZENS' CENTRE PRESENTS

FAMILY STYLE

BiNGO



Night

MAR 18

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...



**Grandmothers
4 Grandmothers
Regina**

FABRIC, YARN & MORE SALE

Saturday, April 25, 2026 from 9:00 am – 3:30 pm

St. James United Church, 4506 Sherwood Drive, Regina

When the HIV epidemic swept across the continent of Africa, it took the lives of nearly an entire generation, leaving children alone and vulnerable. With little or no support, it was the grandmothers of Africa who stepped in to care for these children.

For nearly 20 years, Grandmothers 4 Grandmothers Regina (G4G Regina) has been fundraising in the Regina community, with tremendous support from a wide range of people and organizations, as we support the life-enhancing programs run by grandmothers in Africa and the community-led organizations that support them.

Now, we are planning for our popular **Fabric, Yarn & More Sale!** Donations of unused clean fabric, yarn, and notions are being accepted on Wednesdays, April 8 and 15 from 4 – 7 and Saturdays, April 4, 11, 18 from 10 – 2 at St. James United Church, 4506 Sherwood Drive, Regina.

Should you have any questions, please don't hesitate to contact us at g4gregina@gmail.com or visit our website at www.grandmothers4grandmothersregina.ca.

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 effortlessnes 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*.

TUESDAYS
10:00 - 11:00 AM
@WSC
ADVANCE

TUESDAYS
11:30 - 12:30 PM
@WSC
BEGINNER CLASS

TUESDAYS
1:00 - 2:00 AM
@WSC
ADVANCE

WEDNESDAYS
10:00 - 11:00 AM
@ESC
BEGINNER CLASS

Home Support Service

As always, thank you for your continued support of the centre and our home support services! We would like to give a huge shout out to our snow clearing crew, Danton and Marty, for their continuing hard work and positive energy all winter long! They are always ready to brace the cold and help our snow removal clients despite this unpredictable Saskatchewan winter we've been having.

Do you need an extra pair of helping hands around the house? We got you covered!

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!

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

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

The RSCC wishes to thank its Sponsors...



Community Volunteer Income Tax Program



Free Tax Clinic

Need a hand to prepare your tax return?

Volunteers can help you prepare your income tax and benefit return if you have low to modest income and a simple tax situation.

Volunteers are not agents or representatives of the Canada Revenue Agency.

SaskTel Pioneers

Income Tax Preparation Clinic

St. Paul's Cathedral Hall, 1861 McIntyre Street

In-person and drop-off service provided **Monday to Friday**

9:00 AM – 3:00 PM March 4th thru April 30th, 2026

ELIGIBLE INDIVIDUALS

Individuals and families who are unable to prepare their income tax return on their own, **have low to modest incomes and a simple tax situation.**

INDIVIDUALS NOT ELIGIBLE

- Deceased
- Bankrupt
- Self Employed
- Who have capital gains or losses; employment expenses; business / property rental income and expenses.

Appointments recommended for in-person service_ Call (306) 510-1013

INCOME MAXIMUMS:

<u>Family Size</u>	<u>Family Income</u>
Single Person	Up to \$45,000
Two Person Family	Up to \$55,000
Three Person Family	Up to \$60,000 (each additional Family Member add \$5,000)



Canada Revenue
Agency

Agence du revenu
du Canada

Canada

www.cra.gc.ca/volunteer 1-800-959-8281