Regina Senior Citizens' Centre

Newsletter - November 2026

Both RSCC locations will be closed on Wednesday, November 11 for Remembrance Day.

SAVE THE DATES!

Musical Remembrance - Lest We Forget

Join the Silver Singers in a musical reflection time to honor our veterans.

Friday, November 6
9:30 - 11:00 AM
2404 Elphinstone Street

Event is free to attend
Coffee and treats wil be on hand.

Harvest Tea

Saturday, November 14
2:00 - 4:00 PM
2134 Winnipeg Street

Details on page 11



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 reginaseniorcentre.com

2404 Elphinstone St.
Regina, SK, S4T 7S7

Phone: (306) 359-3847
Email: elphinstone@regina55.com

President's Message

Hello for the month of November.

We had a wonderful Senior week in October, Thank you to all who attended and to all the sponsors. And again I must thank Yash, Param, Lucy, Julie and David, they all worked so hard, extra hours, and kept a smile on their faces. I believe this was their first year to do this and they did a wonderful job.

There were many hard working volunteers helping out, and without them we wouldn't have had the seminars, the lunches, and any other activities.
Firstly I would like to acknowledge Angie Craig, and Kathy White, for their behind the scenes work; no one knows all the hours they put in planning meals.... THANK YOU

Next I would like to acknowledge Marlene and Sylvester Woytas for their on-going work planning and supervising the Bingos.
And lastly, I would like to thank Lynda Schofield for her wonderful tasty Friendship Meals. These people are all committed and generate funds to help run the Senior Centre.

I do not want to forget about Marty, he is our backup for David. A lot of people don't know or see him, but he is a hard worker and always ready to fill in when needed.

One more thing, we have started the process to search for a new Executive Director. I don't know how soon, or if we will have one in place by the beginning of the new year, but we are working on it. That said, I will be away for the month of December, and back January of 2027. So I want to wish you all the Best for the Holiday Season. Enjoy family time and senior time. See you in January 2027

Larry Lechner
Board President

Board of Directors

Thank you to everyone who attended our Annual General Meeting on Thursday, September 24, 2026. We appreciate your continued support and commitment to the Regina Senior Citizens' Centre.

Welcome to the new Directors joining this year:

- Joanne Laslo
- Robert Prescott
- Daniel J. Cross
- Joanne Bellefleur

Directors continuing their terms:

Larry Lechner, Cynthia Muir, Joni Andrychuk, Cathy Kutzley, Jim Dean, Tara Abstreiter, Joanne Bell, Roxanne Buchanan, Donna Whitelaw, Robert Cotterill, and Isabelle Jodouin.

Board Directors Positions and Contact Information

Please find below the names, positions, and email addresses of our Board of Directors.

Executive Officers

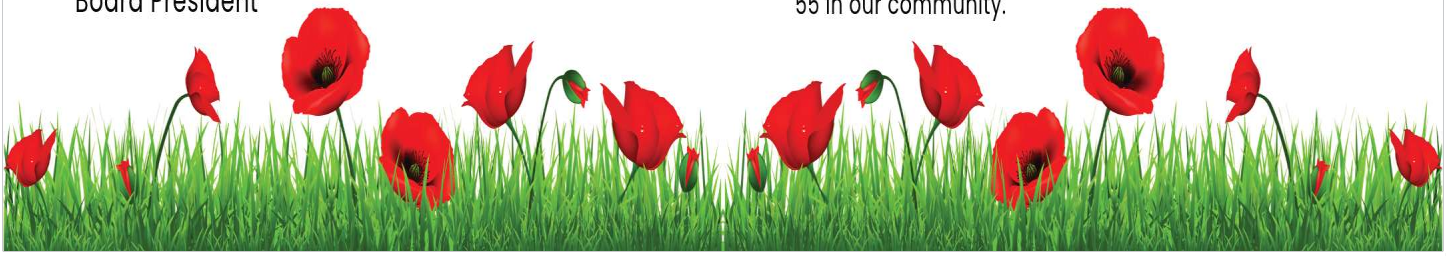
- Larry Lechner - President: larrylechner48@gmail.com
- Cynthia Muir - Vice President: cm2@sasktel.net
- Joni Andychuk - Treasurer: andrychuk@myaccess.ca
- Cathy Kutzley - Secretary: cathy.kutzley@gmail.com

Directors

- Jim Deane - Director: jd57@myaccess.ca
- Tara Abstreiter - Director: dt.abstreiter@accesscomm.ca
- Joanne Bell - Director: jo_bell@sasktel.net
- Roxanne Buchanan - Director: roxanne51@sasktel.net
- Donna Whitelaw - Director: mwhite1@sasktel.net
- Robert Cotterill - Director: rjccotterill@icloud.com
- Isabelle Jodouin - Director: belle01@sasktel.net
- Joanne Laslo - Director: jelaslo@accesscomm.ca
- Robert Prescott - Director: RSC_BRD@W3IJM.com
- Daniel J. Cross - Director: djcross71250@hotmail.com
- Joanne Bellefleur - Director: joanne.peterson@sasktel.net

We look forward to another successful year of collaboration, leadership, and community service.

Thank you to all our Board members for their valuable contributions and dedication to supporting adults over 55 in our community.



NOVEMBER 2026 SCHEDULE - *WINNIPEG ST. (WSC)*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM **NEW!** **Zumba Gold** **1:30 - 2:30 PM** **Cards : Page 5**	3 Pickleball 9:30 -11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Train Dominoes 9:00 - 12:00 PM Chair Yoga 2:15 - 3:15 PM **Cards : Page 5** **No Tai Chi Chi**	4 Line Dancing 8:45 - 10:00 AM Never Ever Line Dance 9:00 - 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	5 Pickleball 4:00 - 6:00 PM **Cards : Page 5**	6 Line Dancing 8:45 - 10:00 AM Never Ever Line Dance 9:00 - 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 AM - 12:00 PM
8 Sunday Dance 1:30 PM - 3:30 PM	9 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM **NEW!** **Zumba Gold** **1:30 - 2:30 PM** **Cards : Page 5**	10 Pickleball 9:30 -11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Train Dominoes 9:00 - 12:00 PM Chair Yoga 2:15 - 3:15 PM **Cards : Page 5** **No Tai Chi Chi**	11 **CENTRE CLOSED FOR REMEMBRANCE DAY**	12 Coffee with E.D. 10:00 - 11:00 AM Pickleball 4:00 - 6:00 PM **Cards : Page 5**	13 Line Dancing 8:45 - 10:00 AM Quilting 9:00 - 3:00 PM Afternoon Dance 1:00 - 3:00 PM **No Chair Yoga**	14 Pool Room 9:00 AM - 12:00 PM Harvest Tea 2:00 - 4:00 PM
15	16 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM **NEW!** **Zumba Gold** **1:30 - 2:30 PM** **Cards : Page 5**	17 Pickleball 9:30 -11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Train Dominoes 9:00 - 12:00 PM Chair Yoga 2:15 - 3:15 PM **Cards : Page 5** **No Tai Chi Chi**	18 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** Bingo 6:30 - 9:30 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 AM - 12:00 PM
22	23 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM **NEW!** **Zumba Gold** **1:30 - 2:30 PM** **Cards : Page 5**	24 Pickleball 9:30 -11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Train Dominoes 9:00 - 12:00 PM Chair Yoga 2:15 - 3:15 PM **Cards : Page 5** **No Tai Chi Chi**	25 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	26 Coffee with E.D. 10:00 - 11:00 AM 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 AM - 12:00 PM
29 Pool Lesson with Leo B. 1:00 PM - 4:00 PM	30 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM **NEW!** **Zumba Gold** **1:30 - 2:30 PM** **Cards : Page 5**	**Pool Room Hours** Monday to Friday : 8:00 AM - 4:00 PM Saturday : 9:00 AM - 12:00 PM Sunday and Stat. Holidays : Closed **Please Note: Never Ever Line Dance & Tai Chi Chih** - Only two sessions will be held this month: November 4th and November 6th. The next sessions will begin in January 2027. Details and registration information will be available in the December newsletter. **- Tai Chi Chih classes has been cancelled until further notice.**				

NOVEMBER 2026 SCHEDULE - *ELPHINSTONE ST.(ESC)*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Forever in Motion 9:30 -10:30 AM Zumba Gold 11:00 - 12:00 PM Paint for Pleasure 1:00 - 3:00 PM	3 **NEW!** **Slow Flow Yoga** **9:15 - 10:00 AM** Book Club 9:30 -10:30 AM Tai Chi (Non-Instructed) 10:30 - 11:30 AM Cribbage 1:00 - 3:00 PM	4 Court Whist 12:00 - 3:30 PM	5 Zumba Gold 9:30 -10:30 AM Connect-Us 11:00 - 12:00 PM Chair Yoga 2:00 - 3:00 PM	6 Musical Remembrance with Silver Singers 9:30 -11:00 AM **NEW!** **Yin Yoga** **1:30 - 2:15 PM**	7
8	9 Forever in Motion 9:30 -10:30 AM Zumba Gold 11:00 - 12:00 PM Paint for Pleasure 1:00 - 3:00 PM	10 **NEW!** **Slow Flow Yoga** **9:15 - 10:00 AM** Book Club 9:30 -10:30 AM Tai Chi (Non-Instructed) 10:30 - 11:30 AM Cribbage 1:00 - 3:00 PM	11 **CENTRE CLOSED FOR REMEMBRANCE DAY**	12 Zumba Gold 9:30 -10:30 AM Connect-Us 11:00 - 12:00 PM **No Chair Yoga**	13 Silver Singers 9:30 -11:00 AM Self Defense & Protection Presentation by Police Force 1:00 PM **No Yin Yoga** **Poker Night** **7:00 - 10:00 PM**	14
15	16 Forever in Motion 9:30 -10:30 AM Zumba Gold 11:00 - 12:00 PM Paint for Pleasure 1:00 - 3:00 PM	17 **NEW!** **Slow Flow Yoga** **9:15 - 10:00 AM** Book Club 9:30 -10:30 AM Tai Chi (Non-Instructed) 10:30 - 11:30 AM Cribbage 1:00 - 3:00 PM	18 Court Whist 12:00 - 3:30 PM	19 Zumba Gold 9:30 -10:30 AM Connect-Us 11:00 - 12:00 PM Chair Yoga 2:00 - 3:00 PM	20 Silver Singers 9:30 -11:00 AM **NEW!** **Yin Yoga** **1:30 - 2:15 PM**	21
22	23 Forever in Motion 9:30 -10:30 AM Zumba Gold 11:00 - 12:00 PM Paint for Pleasure 1:00 - 3:00 PM	24 **NEW!** **Slow Flow Yoga** **9:15 - 10:00 AM** Book Club 9:30 -10:30 AM Tai Chi (Non-Instructed) 10:30 - 11:30 AM Cribbage 1:00 - 3:00 PM	25 Court Whist 12:00 - 3:30 PM	26 Zumba Gold 9:30 -10:30 AM Connect-Us 11:00 - 12:00 PM Chair Yoga 2:00 - 3:00 PM	27 Silver Singers 9:30 -11:00 AM **NEW!** **Yin Yoga** **1:30 - 2:15 PM**	28
29	30 Forever in Motion 9:30 -10:30 AM Zumba Gold 11:00 - 12:00 PM Paint for Pleasure 1:00 - 3:00 PM	**ESC Open Hours** Monday to Friday : 9:00 AM - 4:00 PM / Weekends and Stat. Holidays : Closed **Please Note: Yoga Demo Days with Fran & Tai Chi Chih** - Slow Flow Yoga: November 3 and November 10. - Yin Yoga: November 6 and November 20. *These sessions are drop-in during demo days. Future classes will require registration.* ***Please bring your own yoga mat.*** **- Tai Chi Chih classes has been cancelled until further notice.**				

NOVEMBER 2026 CARDS SCHEDULE - *(WSC & ESC)*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Cribbage @WSC 11:30 - 3:30 PM	3 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 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	7
8	9 Cribbage @WSC 11:30 - 3:30 PM	10 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	11 **CENTRE CLOSED FOR REMEMBRANCE DAY**	12 Kaiser @WSC 11:30 - 3:30 PM Cribbage @WSC 11:30 - 3:30 PM Bridge @WSC 11:30 - 3:30 PM	13 **Poker Night** **@ESC** **7:00 - 10:00 PM**	14
15	16 **Cribbage Tournament** **@WSC** **11:30 - 3:30 PM**	17 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 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	21
22	23 Cribbage @WSC 11:30 - 3:30 PM	24 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	25 Court Whist @ESC 12:00 - 3:30 PM	26 Kaiser @WSC 11:30 - 3:30 PM **Cribbage Tournament** **@WSC** **11:30 - 3:30 PM** Bridge @WSC 11:30 - 3:30 PM	27	28
29	30 Cribbage @WSC 11:30 - 3:30 PM					

AFTERNOON DANCE

2134 Winnipeg Street

WEDNESDAYS & FRIDAYS

1:00 - 3:00 PM

Cost
$7 /member
$9 /guest

Nov 4 & 6
Drehers
Nov 11
No Dance
Nov 13
Dennis
Nov 18 & 20
Al and Company
Nov 25 & 27
Polka Beat

Dec 2 & 4
Dennis
Dec 9 & 11
Al and Company
Dec 16 & 18
Polka Beat
Dec 23, 25, & 30
No Dance

SUNDAY DANCE

2134 Winnipeg Street

1:30 - 3:30 PM

Cost
$10 / person
Everyone Welcome!

Nov 8
Dennis Ficor
Dec 6
Polka Beat

50/50 & Door Prize

LET'S DANCE REGINA

2134 Winnipeg Street

FRIDAYS

7:30 - 11:00 PM

Cost
$15 /member
$17 /guest

Nov 6
Leon Ochs
Nov 20
Dennis Ficor
(Western Dance)
Dec 4
Tom Reinhardt
Dec 18
Len & Joe Gadica
(Krazy Christmas Sweater Dance)

Contact Sharon or Barry
for more Information:
(306) 537-0248
(306) 527-9560



CLUB 66 SOCIAL CLUB INC.

2134 Winnipeg Street

FRIDAYS

7:30 - 11:00 PM

Cost
$15 /member
$17 /guest

Nov 13
Dennis Ficor
(Grey Cup & Cash Bar)
Nov 27
Leon Ochs
Dec 11
Len & Joe Gadica
(Christmas Potluck Lunch)
Dec 31 - New Year's Eve Dinner & Dance Tickets at $55 / person
Dennis Ficor
Roast beef supper and cash bar. Get your tickets now and secure your favorite table.

$10.00 buys your 2027 membership which saves $2.00 on each regular dance you attend. Get yours now.

Contact Evelyn for information and tickets:
(306) 529-6831



THANK YOU

FOR MAKING SENIOR WEEK A SUCCES!

A heartfelt thank you to our amazing volunteers, sponsors, and community partners! From selling raffle tickets, membership cards, and Harvest Tea tickets to preparing and serving meals, helping with setup, leading demonstrations and activities, and tackling countless behind-the-scenes tasks, your time and dedication made all the difference.

Together, we **welcomed and served approximately 700 people** through our presentations, meals, demonstrations, and activities.

We couldn't have done it without you! **Thank you for making Senior Week such a tremendous success!**

A Special Thank You

To Our Volunteers and Community Partners.

A huge thank you to **Angie Craig** and **Cathy White** for keeping the kitchen running throughout the week, with **Marlene Woytas** and **Lynda Schofield** lending a helping hand and supporting their efforts.

We're grateful to **Regina Heritage Community** for helping prepare and serve the Turkey Supper, and to **Regina Men's Shed** for their support with the hot dog and BBQ lunch.

A special thank you to **Judy McDonald** for organizing the volunteers who sold memberships and raffle tickets. Your teamwork and dedication helped make Senior Week a success!

Senior Week Draw Winners

Congratulations to our lucky winners!



Sewciable Fall Quilt
Claudette Bugiera



Treat Yourself Basket
Mrs. J.Yee



Coffee, Tea, & Condiment Basket
Greg King

Executive Report

Dear Members,

I hope you are doing well and had a wonderful Thanksgiving, enjoying some special time with your family and friends.

As we approach the end of the year, I would like to share something personal with all of you. By the end of this year, I will be heading into my second retirement! I warmly invite you to stop by the office to say goodbye before then. However, don't worry - I will still be coming to the Centre to play pool, but this time as a member rather than as your Interim Executive Director.

When I first took on this role, I knew it would be a challenge, and there were certainly moments when I wondered how I would manage everything. But with the support of our wonderful members, dedicated staff, and incredible Board of Directors, I was able to make it through. Looking back, I feel grateful and proud of what we have accomplished together. **Thank you for your trust, encouragement, kindness, and support. It has truly meant a great deal to me.**

I would also like to thank everyone who joined us during Senior Week. It was such a pleasure to see the Centre filled with familiar faces, laughter, conversations, and so much positive energy. Throughout the week, **we welcomed approximately 700 members and visitors**, and it was wonderful to see everyone coming together to celebrate our community.

A very special thank you goes to our staff, who took on the responsibility of organizing Senior Week for the first time. They worked incredibly hard, and I am so proud of what they accomplished. I would especially like to recognize **Angie Craig** and **Kathy White** for looking after the kitchen throughout the week. Thanks to their dedication and hard work, I did not have to worry about the kitchen even for a moment! I am also very grateful to **Marlene Woytas, Lynda Schofield,** and **Judy McDonald** for generously giving their time and helping make Senior Week such a success.

Events like these remind us that our Centre is much more than a building. It is a place where friendships grow, people support one another, and wonderful memories are made. I feel fortunate to have been part of this community and to have worked alongside so many caring people.

Looking ahead, I would also like to remind everyone about our upcoming **Harvest Tea on Saturday, November 14, from 2:00 p.m. to 4:00 p.m. at the Winnipeg Street Centre**. We encourage you to purchase your tickets and join us for a lovely afternoon together.

We are also accepting donations of homemade baked goods, including squares, mini iced muffins, and small tarts, to help make our Harvest Tea extra special. **If you would like to contribute, please contact our office at 306-525-2154**. Every donation and every helping hand is greatly appreciated.

As I prepare for my second retirement, I want you to know that I will carry many happy memories of my time here. Thank you for welcoming me, supporting me, sharing your stories, and making my time at the Centre so meaningful. Although my role will change, my connection to this community will remain. I look forward to seeing many of you around the Centre - and, of course at the pool table!

With heartfelt gratitude and warm wishes,

W. Leo Bumphrey

Membership Information

Membership Rates

2026 Membership:

- $25 for the remainder of 2026

2027 Membership:

- Early-Bird Rate: $40 until October 31, 2026.
- Regular Rate: $45 effective November 1, 2026.

Your 2027 Membership is valid from November 1, 2026 through December 31, 2027, so you can enjoy membership benefits for the rest of 2026 and all of 2027.

We invite you to become a member and enjoy all the benefits of being part of our welcoming community!

Membership Benefits

- Monthly newsletter: Free by email or $0.50 per printed copy.
- 40% discount on program fees.
- Priority access to drop-in activites and special events.
- Access to programs, activities, events, and services offered by the Regina Senior Citizens' Centre.

Membership Card Colours



General Information

HOURS

Monday to Friday: 8:00 AM - 4:00 PM
Weekends & Stat Holidays: Closed

PAYMENT

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 Visa, Mastercard, or American Express.

EMAIL

Is your email address up to date?
In order to receive monthly newsletters and correspondence from us, please notify the office if your email address has changed.

PARKING

Parking reminder: Please park at your own risk and keep all valuables out of sight. RSCC is not responsible for any loss or damage to vehicles.

SCENT FREE

RSCC supports the creation of a fragance free environment so that chemical barriers will not prevent access to the centre for people having chemical sensitivities.

This policy applies to all staff and visitors who are asked to refrain from using, wearing, and bringing scented products into RSCC locations.

Holiday Closure Notice:

Both RSCC locations will be closed for the Christmas holidays beginning December 23, 2026, and will reopen on January 4, 2027.

NEW YOGA CLASSES AT RSCC

Yin Yoga with Fran

Yin Yoga is a slow-paced, passive style of yoga in which seated and reclined poses are held for extended periods, typically 2-5 minutes or longer. This practice targets deep connective tissues, including fascia, ligaments, and tendons, while encouraging relaxatian and mindful breathing.

TUESDAYS **2404 ELPHINSTONE ST.**

- Starting Tuesday, November 3
- **9:15 - 10:00 AM**
- **Drop-in classes for first two sessions**
- After demo classes on November 3 & 10, pre-registration is required.

COST $**5** / member
$**8** / non-member



Slow Flow Yoga with Fran

Slow Flow Yoga blends mindful movement, intentional breathing, and accessible poses to create a calming yet strenghtening practice. Move at a gentle, steady pace while building flexibility, balance, and body awareness. Suitable for all levels, this class offers a peaceful way to stretch, reset, and reconnect with yourself.

FRIDAYS **2404 ELPHINSTONE ST.**

- Starting Friday, November 6
- **1:30 - 2:15 PM**
- **Drop-in classes for first two sessions**
- After demo classes on November 6 & 20, pre-registration is required.

COST $**5** / member
$**8** / non-member



NEW NEW NEW NEW NEW NEW NEW NEW NEW NEW NEW NEW NEW NEW NEW

BE OUR GUEST AT THE

Harvest Tea

FUNDRAISER

SATURDAY, NOVEMBER 14, 2026

2:00 - 4:00 PM

2134 WINNIPEG STREET

COST $20

NO REFUNDS
ONE SITTING ONLY

ENTERTAINMENT BY:

BERNADETTE KUTARNA

TICKETS AVAILABLE:
OCT 4 - NOV 9

Call office : 306-525-2154

or Email : office@regina55.com

REGINA SENIOR CENTRE PRESENTS

FAMILY STYLE BINGO

3 7 5 9

Night

NOV 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...

SGEU Working Together for Saskatchewan

City of Regina | REGINA Infinite Horizons

Pool Lesson 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!

SUNDAY, NOVEMBER 29

- From 1:00 - 4:00 PM
- 2134 Winnipeg St.

REGISTRATION REQUIRED!

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



Coffee wih E.D.

Have an idea to share? An experience to talk about? A suggestion, question, or confidential concern?

Your voice matters.

COME FOR THE COFFEE.
STAY FOR THE CONNECTION.

Join us for a welcoming, informal opportunity to share your thoughts, ask questions, and be heard.

SEE YOU IN THE COFFEE ROOM!

THURSDAYS **2134 WINNIPEG ST.**

- November 12
- November 26

10:00 AM





TOURNAMENT NEWS

SNOOKER

Congratulations to the winners of the Annual RSCC Snooker Tournament:

1st — JACK GIESINGER

2 — LUC LEBLANC

3 — KIRK BANADYGA

4 — DOUG ARMSTRONG



8-BALL

There will be a Christmas 8-Ball tournament again this year!
Larry Luzney is generously sponsoring the prizes and the sign-up sheet will be on the noticeboard mid-November.



8-BALL & 9-BALL LEAGUES

League play continues, with the 9' and 10' tables reserved for league use on Wednesday & Friday mornings.

CHRISTMAS LUNCH

Lynda is sponsoring the Christmas lunch, which is tentatively scheduled for Wed. Dec. 16 after league play that day.

Sign-up will be posted later this month.



NOVEMBER HOURS

MONDAY TO FRIDAY
8:00 AM - 4:00 PM



SATURDAY MORNINGS
9:00 AM - 12:00 PM

Pool Room will be closed on Wednesday, November 11 for Remembrance Day.

3 questions every caregiver should ask about medication



Your personal pharmacist can help make medication management easier.

The Medicine Shoppe PHARMACY

Willowcrest

one bed | one bath | $1,355 per month



Book a Viewing: (306) 535-7700



ESTATE PLANNING

Protect your legacy with our personalized estate planning solutions. Our dedicated team provides customized strategies to safeguard your assets and honor your wishes. Start planning for the future today. Plan for tomorrow, today

Visit Our Website:
www.gpfinancial.ca

GP Financial Services

aviso wealth

Mutual funds and other securities are offered through Aviso Wealth, a division of Aviso Financial Inc.

YOU'RE NOT ALONE

Grief Support Night

Thursday, November 20, 2025

SPEERS
FUNERAL AND
CREMATION SERVICES

6:30 p.m.

Speers Family Centre ■ 2333 Cornwall Street



LOCAL REAL ESTATE GUIDANCE
for Regina & surrounding communities

YOUR NEXT CHAPTER
STARTS WITH A CONVERSATION.

Thinking about a move - now or someday?

There is no need to have all the answers before you call.

Whether you're curious about your home's value, considering a smaller home or condo, or simply wondering what your options might look like, I'm happy to help you take the first step.

A SIMPLE PLACE TO START:

Ask me what your home may be worth.

No pressure. Just useful information and a conversation about your options.

Heather Markus, REALTOR®
(306) 537-9660 | HeatherMarkus.ca
Heather@reginarealestateshop.ca

eXp REALTY

3RD ANNUAL

CHRISTMAS FELLOWSHIP DINNER

DECEMBER

TUESDAY 1st

WINNIPEG ST. CENTRE

REGISTRATION REQUIRED

Registration begins
Saturday, November 21 at 9:00 AM

Call (306) 584-3137
Leave your name, phone number, and seats required.

Please note that calls before the 21st are NOT registered.

Call backs confirming registration are made on Sunday & Monday, please be patient!

SEATING LIMITED

Salad & Rolls
Roast Turkey & Stuffing,
Roast Ham, Potatoes,
Vegetables & Gravy
Sticky Toffee Pudding
Beverages

- **$20 members**
- **$25 guests**
- **Doors open 5:00 PM**

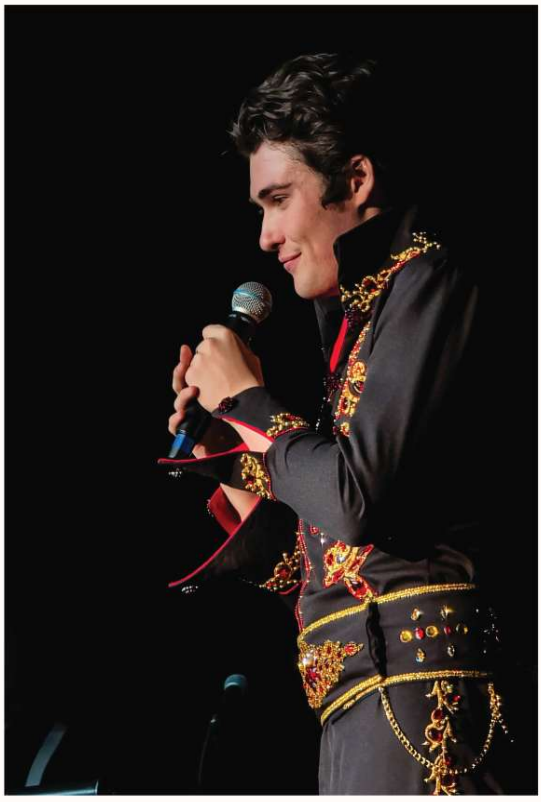
50/50 Draw, Door Prizes
Seasonal Songs from
The Middle Two

REGINA SENIOR CITIZENS' CENTRE PRESENTS

A NIGHT OF TRIBUTE TO ELVIS FEATURING JESSE LAMONT INCLUDES SUPPER

FUNDRASIER EVENT

DATE : SUNDAY , DEC 20, 2026
TIME : 5:30 PM - 8:30 PM
LOCATION : 2134 WINNIPEG ST
COST : $50.00/ PERSON



MENU:

- ROAST TURKEY
- CABBAGE ROLLS
- MASHED POTATOES
- GRAVY
- TURKEY DRESSING
- CRANBERRY SAUCE
- STEAMED NIBLET CORN
- TOSSED GARDEN SALAD
- CREAMY DILL PASTA SALAD
- DINNER BUNS
- COFFEE
- TEA
- PEPSI
- ICED TEA
- CARROT CAKE



CATERING BY:

THE RYBCHUK'S CATERING COMPANY

50 / 50 RAFFLE

DOOR OPEN : 5:00 PM
SUPPER : 5:30 PM
PERFORMANCE : 7:00 PM

TICKETS AVAILABLE FOR PURCHASE STARTING NOV 9 AT 10:00 AM

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VOLUNTEER OPPORTUNITIES AVAILABLE

Warehouse Support

Sorting Food
Repackaging
Creating Hampers
Hamper Distribution Window

Community Food Hub

Stocking Shelves
Assist Client Pick ups
Property Cleanup

Delivery Driver Support

Hamper Delivery
Grocery Pick-up

Commercial Kitchen

Prepare and Cook Meals
Prepare School Lunches
Repacking Bulk Food

To sign up, visit our Volunteer Hub and register now

reginafoodbank.volunteerhub.com
or scan the QR code

Volunteer Hub

SIGN UP TODAY

Thank you to our valued Sponsors and Corporate Members for your continued support of the RSCC in 2026 and 2027!

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