

Regina Senior Citizens' Centre

Newsletter – October 2026



RSCC 2027 EARLY BIRD MEMBERSHIP DRIVE

*New Members Special 2026+2027
membership for the discounted
price of **\$40 if purchased
during October 2026.***

Details on page 7



Both Regina Senior Citizens' Centre locations
will be **closed Monday, October 12, 2026 for Thanksgiving.**

Important Note:

Winnipeg Centre **closed October 22 from 8:00 – 11:00 AM**
for building maintenance.

Card games continue from 11:30 AM – 3:30 PM

SAVE THE DATES!

Seniors' Appreciation Dinner:

Sunday, October 4, 2026

12:00 – 4:00 PM

RSCC Seniors' Week:

October 4 – 9, 2026

Details on pages 18 – 24



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

Well it has been a rewarding year; we have accomplished a lot with hard work and hours of time. But, it has been worth it.

All of the old and new programs are in place; we should have a good year of entertainment and activities.

I see we even have our parking lot lines painted. Now we all just need to stay between the lines, and parking should be good.

I am sad to say our next mission is to look for a new Executive Director. Leo has committed to stay till the end of the year, and that is coming soon.

I know he is anxious to get on with his retirement and family life. This is good. We will surely miss him as he has been a pleasure to work with.

Truthfully, I am not sure if he can be replaced.

This month, I would like to recognize all the hardworking women in the office. They have done an amazing job getting the office back in shape.

There are so many behind the scene jobs they do, managing the schedule of the centre, organizing dinners, seniors' week activities and so many other jobs we don't even know about. The phones are always politely answered and there is always a friendly face at the front desk. These women - Yashpreet, Lucy, and Parampreet are a treasure, what a treasure to have on staff.

I would just like to thank all you Seniors for enjoying and attending the activities at the centre. If there is anything else we can do, please make me aware of this. We hope we are continuing to fill your needs.

Larry Lechner
Board President



GENERAL INFORMATION

2026 RSCC MEMBERSHIP CARD

\$25



CENTRE OPEN HOURS

Monday to Friday | 8:00 AM - 4:00 PM

Saturday & Sunday : Closed

Stat. Holidays : Closed



PAYMENT

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



OCTOBER 2026 SCHEDULE - WINNIPEG ST.(WSC)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please note: For more information on Senior Week, please refer to pages 18 - 24 Pool Room Hours Monday to Friday : 8:00 AM - 4:00 PM Saturday : 9:00 AM - 12:00 PM Sunday & Stat. Holidays : Closed 				1 NEW! Wood Carving 1:00 - 3:00 PM Pickleball 4:00 - 6:00 PM Cards : Page 4	2 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	3 Pool Room 9:00 AM - 12:00 PM
4	5 Seniors' Week Adjusted Schedule Informal Q&A 10:00 - 11:30 AM Pickleball 2:00 - 4:00 PM No Zumba & Cribbage	6 Seniors' Week Adjusted Schedule Health&Safety Fair 9:00 - 2:00 PM Tai Chi (Demo) 1:00 - 2:00 PM No Pickleball, Train Dominoes, Kaiser & Chair Yoga	7 Seniors' Week Adjusted Schedule CRA Presentation 8:45 - 12:00 PM Polka Fest 10:00 - 3:00 PM Lapidary (Visit) 9:00 - 3:00 PM No Line Dancing, Never Ever Line Dance, Chair Yoga, Pickleball	8 Seniors' Week Adjusted Schedule Pancake Breakfast 8:30 - 10:30 AM Pickleball 4:00 - 6:00 PM Cards : Page 4 No Wood Carving	9 Seniors' Week Adjusted Schedule Line Dancing (Demo) 9:00 - 10:00 AM Ice Cream Social 12:00 - 2:00 PM Afternoon Dance 1:00 - 3:00 PM No Never Ever Line Dance, Chair Yoga & Quilting	10 Pool Room 9:00 AM - 12:00 PM
11	12 CENTRE CLOSED FOR THANKSGIVING	13 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Train Dominoes 9:00 - 12:00 PM Tai Chi Chih 10:00 - 11:00 AM (Cont.) 11:30 - 12:30 PM (Beg.) 1:00 - 2:00 PM (Cont.) Chair Yoga 2:15 - 3:15 PM Cards : Page 4	14 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	15 Coffee with ED 10:00 - 11:00 AM NEW! Wood Carving 1:00 - 3:00 PM Pickleball 4:00 - 6:00 PM Cards : Page 4	16 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	17 Pool Room 9:00 AM - 12:00 PM
18 Sunday Dance 1:30 PM - 3:30 PM	19 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 4	20 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Train Dominoes 9:00 - 12:00 PM Tai Chi Chih 10:00 - 11:00 AM (Cont.) 11:30 - 12:30 PM (Beg.) 1:00 - 2:00 PM (Cont.) Chair Yoga 2:15 - 3:15 PM Cards : Page 4	21 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 No Pickleball due to Bingo	22 Facility is closed from 8:00 - 11:00 AM NEW! Wood Carving 1:00 - 3:00 PM Pickleball 4:00 - 6:00 PM Cards : Page 4	23 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	24 Pool Room 9:00 AM - 12:00 PM
25 Pool Lesson with Leo B. 1:00 PM - 4:00 PM	26 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 4	27 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Train Dominoes 9:00 - 12:00 PM Tai Chi Chih 10:00 - 11:00 AM (Cont.) 11:30 - 12:30 PM (Beg.) 1:00 - 2:00 PM (Cont.) Chair Yoga 2:15 - 3:15 PM Cards : Page 4	28 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	29 Coffee with ED 10:00 - 11:00 AM NEW! Wood Carving 1:00 - 3:00 PM Pickleball 4:00 - 6:00 PM Cards : Page 4	30 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	31 Pool Room 9:00 AM - 12:00 PM

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ESC Open Hours Monday to Friday : 9:00 AM - 4:00 PM Saturday & Sunday : Closed Stat. Holidays : Closed ESC Program Coordinator Julie Rattai : (306) 359-3847				1 Zumba Gold 9:30 -10:30 AM NEW! Connect-Us 10:45 - 12:00 PM Chair Yoga 2:00 - 3:00 PM	2 Silver Singers 9:30 -11:00 AM	3
4	5 Forever in Motion (Meet with Instruct.) 9:30 -10:30 AM Zumba (Demo) 11:00 - 12:00 PM Line Dancing (Demo) 1:00 - 2:00 PM Paint for Pleasure 1:00 - 3:00 PM	6 Book Club 9:15 -10:15 AM Tai Chi (Non-Instructed) 10:30 - 11:30 AM Cribbage 1:00 - 3:00 PM	7 Tai Chi (Beg.) 9:00 -10:00 AM Tai Chi (Cont.) 10:30 - 11:30 AM Court Whist 12:00 - 3:30 PM	8 Zumba Gold 9:30 -10:30 AM Cornhole 11:00 - 12:00 PM No Chair Yoga No Connect Us	9 Music & Muffin (With SilverSingers) 9:30 -11:30 AM Texas Hold'em (Learn to Play) 12:00 - 1:00 PM Texas Hold'em (Mini Tournament) 1:00 - 4:30 PM	10
11	12 CENTRE CLOSED FOR THANKSGIVING	13 Book Club 9:15 -10:15 AM Tai Chi (Non-Instructed) 10:30 - 11:30 AM Cribbage 1:00 - 3:00 PM	14 Tai Chi (Beg.) 9:00 -10:00 AM Tai Chi (Cont.) 10:30 - 11:30 AM Court Whist 12:00 - 3:30 PM	15 Zumba Gold 9:30 -10:30 AM NEW! Connect-Us 10:45 - 12:00 PM Chair Yoga 2:00 - 3:00 PM	16 Silver Singers 9:30 -11:00 AM Poker Night 7:00 - 10:00 PM	17
18	19 Forever in Motion 9:30 -10:30 AM Zumba 11:00 - 12:00 PM Paint for Pleasure 1:00 - 3:00 PM	20 Book Club 9:15 -10:15 AM Tai Chi (Non-Instructed) 10:30 - 11:30 AM Cribbage 1:00 - 3:00 PM	21 Tai Chi (Beg.) 9:00 -10:00 AM Tai Chi (Cont.) 10:30 - 11:30 AM Court Whist 12:00 - 3:30 PM	22 Zumba Gold 9:30 -10:30 AM NEW! Connect-Us 10:45 - 12:00 PM Chair Yoga 2:00 - 3:00 PM	23 Silver Singers 9:30 -11:00 AM	24
25	26 Forever in Motion 9:30 -10:30 AM Zumba 11:00 - 12:00 PM Paint for Pleasure 1:00 - 3:00 PM	27 Book Club 9:15 -10:15 AM Tai Chi (Non-Instructed) 10:30 - 11:30 AM Cribbage 1:00 - 3:00 PM	28 Tai Chi (Beg.) 9:00 -10:00 AM Tai Chi (Cont.) 10:30 - 11:30 AM Court Whist 12:00 - 3:30 PM	29 Zumba Gold 9:30 -10:30 AM NEW! Connect-Us 10:45 - 12:00 PM Chair Yoga 2:00 - 3:00 PM	30 Silver Singers 9:30 -11:00 AM	31

OCTOBER 2026 CARDS SCHEDULE - (WSC & ESC)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Kaiser @WSC 11:30 - 3:30 PM Cribbage @WSC 11:30 - 3:30 PM Bridge @WSC 11:30 - 3:30 PM	2	3
4	5 No Cribbage @WSC Due to Senior Week	6 No Kaiser @WSC Due to Senior Week Cribbage @ESC 1:00 - 3:00 PM	7 Court Whist @ESC 12:00 - 3:30 PM	8 Kaiser @WSC 11:30 - 3:30 PM Cribbage @WSC 11:30 - 3:30 PM Bridge @WSC 11:30 - 3:30 PM	9 Mini Poker Tournament @ESC 1:00 - 4:00 PM	10
11	12 CENTRE CLOSED FOR THANKSGIVING	13 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	14 Court Whist @ESC 12:00 - 3:30 PM	15 Kaiser @WSC 11:30 - 3:30 PM Cribbage @WSC 11:30 - 3:30 PM Bridge @WSC 11:30 - 3:30 PM	16 Poker Night 7:00 - 10:00 PM	17
18	19 Cribbage Tournament @WSC 11:30 - 3:30 PM	20 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	21 Court Whist Tournament @ESC 12:00 - 3:30 PM	22 Kaiser Tournament @WSC 11:30 - 3:30 PM Cribbage @WSC 11:30 - 3:30 PM Bridge @WSC 11:30 - 3:30 PM	23	24
25	26 Cribbage @WSC 11:30 - 3:30 PM	27 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	28 Court Whist @ESC 12:00 - 3:30 PM	29 Kaiser @WSC 11:30 - 3:30 PM Cribbage Tournament @WSC 11:30 - 3:30 PM Bridge @WSC 11:30 - 3:30 PM	30	31

AFTERNOON DANCE



2134 Winnipeg Street
Wednesdays & Fridays
1:00 - 3:00 pm



Oct 7

Al and Company

Oct 9

Polka Beat

Oct 14 & 16

Dennis

Oct 21 & 23

Al and Company

Oct 28 & 30

Poplar Creek

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

CLUB 66 SOCIAL CLUB INC.

2134 Winnipeg Street

Fridays

7:30 - 11:00 pm

Oct 9

No Dance

Oct 23

Leon Ochs



Cost
\$15 /members
\$17 /guests

*Water & Coffee
provided
No Lunch*

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

Contact Evelyn for Information:
306-529-6381

LET'S DANCE REGINA

2134 Winnipeg Street

Fridays

7:30 - 11:00 pm

Oct 2

Len & Joe Gadica

Oct 16

*The Zayshleys -
Halloween Howler*



Cost
\$15 /members
\$17 /guests

*Lunch &
Complimentary
Coffee & Tea*

Contact Sharon or Barry for Information:

306-537-0248

306-527-9560

SUNDAY DANCE

2134 Winnipeg Street

1:30 - 3:30 pm



Oct 18

Al and Company

50/50 & Door Prize

Cost
\$10 /person
*Everyone
welcome!*



Early Bird Membership Special

START YOUR YEAR WITH MORE! 2026 + 2027 FOR JUST \$40



SENIOR WEEK SPECIAL

October 4 - 9, 2026

DON'T MISS OUT!

Enjoy this special

\$40 membership rate

during Senior Week.

After October 31, 2026, the
membership price will be \$45

PAYMENT OPTIONS

We accept all forms of payment:

- Cash,
- Debit,
- Cheque,
- Interac e-Transfer (payable to: rsccpayment@gmail.com)
- Credit Cards (Visa, Mastercard & American Express). *A surcharge applies to credit card payments.*



2134 Winnipeg Street
Regina, SK, S4T 7S7

REGINA SENIOR CITIZENS' CENTRE PRESENTS

SENIOR WEEK SPECIAL

Meet & Mingle with Your City Councillors

AN INFORMAL COMMUNITY Q&A & SOCIAL GATHERING!



MONDAY
OCTOBER 5, 2026
10:00 AM - 11:30 AM



2134 Winnipeg St.
Regina, SK S4P 2A3
(AUDITORIUM)

What to Expect:



**MEET & CHAT WITH YOUR
LOCAL CITY COUNCILLORS**



**ASK QUESTIONS AND SHARE
YOUR THOUGHTS**



**ENJOY COMPLIMENTARY
COFFEE, COOKIES & DONUTS**

YOUR VOICE. YOUR QUESTIONS

YOUR COMMUNITY

JOIN US TO MEET YOUR COUNCILLORS
& SHARE YOUR QUESTIONS!

City Councillors Joining Us

WE ARE PLEASED TO WELCOME:

Ward 5 - Sarah Turnbull

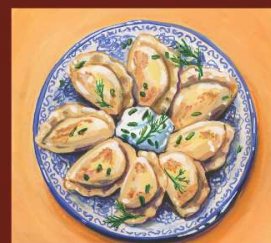
Ward 6 - Victoria Flores

Ward 7 - Shobna Radons

Ward 8 - Shanon Zachidniak

Ward 10 - Clark Bezo

***After The Q & A
Stay for Lunch!***
12:00 pm | \$5 Lunch



• PEROGIES • SAUSAGE • PICKLED BEETS • COLESLAW

COME FOR THE CONVERSATION, STAY FOR LUNCH!



Come Get In-Person Support From the CRA!

Date: Wednesday October 7, 2026

Time: 10:00 am to 12:00 pm

**Location: Regina 55+ Community Centre
Compuer Lab, 2134 Winnipeg Street**

Come see a Canada Revenue Agency (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
- Help with benefits and credits (Disability tax credit, Canada groceries and essential benefits, etc.)
- My account



Canada Revenue
Agency

Agence du revenu
du Canada

Canada



Texas Hold'em

POKER Night

OCTOBER 16, 2026 | FROM 7-10 PM

2404 Elphinstone Street

\$40
No Rebuys

Contact the office
for details:
306-359-3847
306-525-2154

SLGA LICENCE #: TH 25-0028



2134 WINNIPEG ST.

COFFEE WITH E.D.

October
15 & 29

From
10:00 - 11:00 AM

Coffee.
Conversation.
Connection.

THURSDAY MORNINGS WITH LEO BUMPHREY

Have an idea to share?
An experience to talk about?
A suggestion, question, or
confidential concern?
This is your opportunity to speak
up and be heard.

Come for the coffee. Stay for the
connection.

See you in the Coffee Room!



Handmade Quilt Raffle

Our wonderful Sewing Group has lovingly created a beautiful handmade quilt, and you could be the lucky winner!

This unique quilt is made with time, creativity, care, and plenty of love by our talented sewing members. Don't miss your chance to take home this special handmade treasure!

RAFFLE DRAW

Friday, October 9, 2026
3:00 PM
2134 Winnipeg Street

1 Ticket
for \$2

***Support our talented sewing group,
celebrate their beautiful craftsmanship,
and enter for your chance to win!***

***Raffle tickets will be available
at both RSCC locations during
Senior Week, October 4 - 9.***





**Join us to celebrate our Oktoberfest
Fellowship Dinner!**

OCTOBER
TUESDAY 20 5:30 PM
2026

Pre – Dinner Entertainment:
TFB-Taylor Fisher Blackstock

2134 Winnipeg Street (Auditorium)

Menu :

- Borscht, Sausage,
- Coleslaw, Cabbage Roll,
- Sauerkraut Perogies w/
onions & sour cream
- Dessert Selection
- Coffee and Tea

Cost :

\$15 / members
\$20 / guests

Registration Required :

- Begins at 9:00 AM on Saturday,
October 10.
- Registrations before that time will
not be accepted.
- Call (306) 584-3137 & leave a
message with: name, phone #,
number of seats, and RSCC
membership #
- Please be patient: you'll receive a
callback on **Sunday or Monday** to
confirm that you have seats or are
on the waiting list.

REGINA SENIOR CENTRE PRESENTS

FAMILY STYLE

BiNGO



Night

OCT 21

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...

City of Regina



WORKING
TOGETHER FOR
SASKATCHEWAN

Tai Chi Chih

Discover Tai Chi Chih with accredited instructor Larry Firth.

A gentle practice guided by softness, flow, and effortlessness, featuring 19 movements and 1 pose to promote balance and well-being.

**COME MOVE, RELAX,
AND FEEL THE JOY!**



2134 Winnipeg Street

Tuesdays

Continuous 10:00 – 11:00 AM
Beginner 11:30 – 12:30 PM
Continuous 1:00 – 2:00 PM

2404 Elphinstone Street

Wednesdays

Beginner 9:00 – 10:00 AM
Continuous 10:30 – 11:30 AM

Cost

\$5 /
member
\$8 /
non-member

Pool Lesson with Leo B.



Join us for a fun afternoon of pool basics, coaching, and practice with others—perfect for beginners or anyone feeling rusty!

**2134 Winnipeg Street
October 25, 2026
1:00 – 4:00 PM**

**BEST OF ALL, THERE IS NO COST
TO PARTICIPATE!**



POOL ROOM NEWS

In September the room remained busy and saw the finals of the summer snooker league. ***Congratulations to Luc, Dave M, Garth & Doug Z for placing top 4 in the league*** and for giving us some excellent playoff games to watch. In regular play we also recorded almost thirty breaks of 24 or more, and three of our players managed to pot yellow to black multiple times. ***Congratulations to all!***

Fall brings ongoing league activity and the annual RSCC Snooker tournament. The room continues to be busy, so ***a big thank you to the volunteers who take care of ticket sales and other room activities.***

RSCC ANNUAL SNOOKER

The tournament will have 14 of our players hitting the tables for bragging rights and prizes generously provided by the Centre.

A and B bracket play will take place on Monday & Tuesday Sept 28 & 29, and quarterfinals through finals on Thursday Oct 8th. The 12' tables will not be available for regular play on those dates.

8-BALL & 9-BALL LEAGUES

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

OCTOBER HOURS

Monday to Friday :

8:00 AM - 4:00 PM

Saturday :

9:00 AM - 12:00 PM



Chair Yoga

November & December Classes

Sign Up

Grab Your Mat &
Mark Your Calendar!

Registration Opens:

Monday, October 19 at 10:00 AM

WEDNESDAYS

Nov 4, 18, 25
Dec 2, 9, 16

10:30 - 11:30 AM

2134 Winnipeg St

\$36 / member

THURSDAYS

Nov 5, 19, 26
Dec 3, 10, 17

2:00 - 3:00 PM

2404 Elphinstone St

\$36 / member

FRIDAYS

Nov 6, 20, 27
Dec 4, 11, 18

10:30 - 11:30 AM

2134 Winnipeg St

\$36 / member



Book Club



EVERY TUESDAY



2404 Elphinstone St.

9:15 AM - 10:15 AM



In the past months, we have read, and discussed three books, including two by Saskatchewan authors.

- 'I Think I've Been Here Before' by Suzy Krause is a 'cozy' apocalyptic tale about a young Saskatchewan woman trying to return home from Germany.
- 'The Lily Nurse' by Julia Evans shared her true story of an allergic reaction and Near Death Experience. We were fortunate to have Julia join two of our meetings and add to our discussions.
- Our third book, 'Man's Search for Meaning' by Viktor Frankl, explores his experiences in Nazi concentration camps and the questions:
Is there meaning? Is there purpose?

JOIN US, SHARE YOUR THOUGHTS, TOO.
COFFEE AND LIGHT MUNCHIES—ON THE HOUSE!

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





THE REGINA SENIOR CITIZENS' CENTRE PRESENTS **SENIORS' WEEK 2026**

Join us for any or all the festivities!

Regina Senior Citizens' Centre is pleased to invite Regina and area residents to celebrate Senior Week with us!

OCTOBER 4TH - OCTOBER 9TH

BOTH RSCC LOCATIONS

(2134 WINNIPEG ST. & 2404 ELPHINSTONE ST.)

Join us for 5 days of fun, food, entertainment, 50/50 draws, free giveaways, door prizes, and community celebration!

Those attending presentations throughout the week will receive entries for door prizes!

2027 EARLY-BIRD MEMBERSHIPS, HANDMADE QUILT RAFFLE, HARVEST TEA TICKETS, DOOR PRIZES & FREE GIVEAWAYS - ALL WEEK LONG AT BOTH LOCATIONS!



RSCC SENIOR WEEK SPONSORS & SUPPORTERS



SENIOR'S APPRECIATION DINNER

FREE TURKEY DINNER



MENU ITEMS

Turkey
Stuffing
Carved Ham
Whipped Potatoes & Gravy
Peas & Carrots
Coleslaw
Cranberry Sauce

Dessert

Assortment of Pies

Where

Regina Senior Citizens' Centre
2134 Winnipeg Street
(South Entrance)

When

Sunday, October 4, 2026
12:00 pm - 4:00 pm

Featuring- Entertainment

Dennis Ficor

THANK YOU TO OUR SPONSORS FOR SUPPORTING OUR ANNUAL TURKEY DINNER!



Green Falls Landing
RETIREMENT LIVING



regina
foodbank



CH Living
CAMPBELL & HALIBURTON PROPERTY MANAGEMENT

MONDAY : OCTOBER 5

All activities below are hosted at WSC
(2134 Winnipeg Street)

10:00 am – 11:30 am : Informal Q&A with Members from our Board of Directors & City Representatives – Join us for an open and friendly conversation where members can ask questions, share concerns, and discuss topics that matter to our senior community. **(Details on Page No. 13)**

12:00 pm – 1:00 pm : \$5.00 Lunch – Perogies, Sausage, Pickled Beets & Coleslaw, generously sponsored by Heartland Senior Consulting.



1:15 pm - 2:15 pm : Helping Seniors and their Loved Ones Navigate all Aspects of Senior Living by Heartland Senior Consulting - Shelly Sundholm

2:30 pm - 3:30 pm : Wills, Estates and Health Directives by McKay & Mclean Law Firm

2:00 pm - 4:00 pm : Pickleball - an introduction - Interested in the game but not sure how to get started? Come visit with some of our players, learn about the game and try your hand with a racquet

All activities below are hosted at ESC
(2404 Elphinstone Street)

9:30 am – 10:30 am : Forever in Motion – Come meet our instructor, learn more about the program, and connect with fellow members. No regular class this day.

11:00 pm - 12:00 pm : Zumba Gold (Demo) - Move, Groove & Have Fun! Join Roselle for a fun introduction to **Zumba Gold** - a low-impact, easy-to-follow dance workout for all fitness levels.

1:00 pm - 2:00 pm : Line Dancing (Demo) - Step, Dance & Smile! Learn some fun beginner steps and discover why **Line Dancing** is one of our most popular activities!

1:00 pm - 3:00 pm : Paint For Pleasure (Regular)



HEARTLAND
SENIOR CONSULTING

**THANK YOU TO HEARTLAND SENIOR CONSULTING
FOR THE LUNCH!**

TUESDAY : OCTOBER 6

All activities below are hosted at WSC

(2134 Winnipeg Street)

HEALTH AND SAFETY FAIR

9:00 am - 10:00 am : Avoiding Fraud & Scams by Regina Police Force

9:00 am - 12:00 pm : Pool Room - Drop by the pool room for an introduction to 8 ball or 9 ball or snooker.

10:15 am - 11:15 am : Retirement – ideas for today and tomorrow by GP Financial Services & Aviso Wealth

11:30 pm - 12:30 pm : Hot Dog Lunch! - Cost \$5 per person
Sponsored by **GP Financial Services & Aviso Wealth**



1:00 pm - 2:00 pm : Managing your health - Medication safety as we age,
presented by The Medicine Shoppe

1:00 pm - 2:00 pm : Tai Chi Chih (Demo) - Join Larry for an introduction to our Tai Chi Chih Session.

CORPORATE MEMBER APPRECIATION DAY

**9:00 AM - 2:00 PM : STOP BY EACH CORPORATE MEMBER'S BOOTH
THROUGHOUT THE CENTRE, TO LEARN ABOUT THE SERVICES THEY OFFER!**
RECEIVE A COMPLIMENTARY HEARING TEST FROM HEAR CANADA

All activities below are hosted at ESC
(2404 Elphinstone Street)

1:00 pm - 3:00 pm : Cribbage Demo Table – One table will be available for anyone interested in learning how to play Cribbage, alongside our regular Cribbage game.

Regular Tai Chi (Non-instructed) - **Hosted at ESC** (2404 Elphinstone Street)



**THANK YOU TO GP FINANCIAL SERVICE &
AVISO WEALTH FOR THE LUNCH!**

WEDNESDAY, OCTOBER 7

All activities below are hosted at WSC
(2134 Winnipeg Street)

8:45 am - 9:45 pm : Information Presentation - Join a **Canada Revenue Agency (CRA) Representative** for an informative presentation covering taxes, benefits, tax credits, CRA digital services, ways to file your taxes, and scam awareness.

10:00 am - 12:00 pm : One-on-One Support - Get in-person, one-on-one support from a **CRA Representative** for your individual questions. **(Details on page no. 8)**

9:00 am - 3:00 pm : Prairie Rock & Gem Club - Visit the lapidary room and meet club members and view work in progress!

9:30 am - 2:30 pm : Quilting, Crafts & Goodies Sale - Stop by our Special Sewciable Group's Sale Table to admire their beautiful handmade work and shop a variety of handcrafted items, including hot mats, dog bones, card holders, and more!

POLKA FEST



LIVE MUSIC & DANCING ; Cost - \$15.00

10:00 AM – 12:00 PM - The Dreher's

12:00 PM – 1:00 PM



BBQ Lunch (Sponsored by Qualicare) – INCLUDED!

1:00 PM – 3:00 PM - Al & Company



Door Prizes



50/50 Raffle Tickets



REGULAR COURT WHIST - HOSTED AT ESC

(2404 Elphinstone Street)

 **Qualicare**

Canada
 canada revenue agency

**A BIG THANK YOU TO QUALICARE FOR
SPONSORING THE LUNCH &
THE CANADA REVENUE AGENCY FOR YOUR
SUPPORT AND PARTICIPATION IN MAKING THIS DAY
SPECIAL!**

THURSDAY, OCTOBER 8

All activities below are hosted at WSC
(2134 Winnipeg Street)

8:30 am - 10:30 am : Pancake & Sausage Breakfast – \$5.00

Proudly Sponsored by Speers Funeral Chapel

Start your morning with a delicious pancake and sausage breakfast, good food, and great company! Everyone is welcome.

 **50/50 Raffle Available**

 **Entertainment : Polka Beat**



10:30 am - 11:30 am : Presentation: Depression, Anxiety & Mental Well-Being- Join Qualicare for an informative and supportive presentation focused on understanding depression and anxiety, promoting mental well-being, and learning practical ways to support yourself and others.

11:30 am - 3:30 pm : Regular Card Games - Enjoy an afternoon of friendly competition and socializing with our regular **Kaiser, Bridge, and Cribbage** games. Whether you're a regular player or simply looking to join the fun, come out and enjoy a great afternoon with fellow members!

12:00 pm - 3:00 pm : Pool Room - Drop by the pool room for an introduction to 8 ball or 9 ball or snooker.

All activities below are hosted at ESC
(2404 Elphinstone Street)

9:30 am – 10:30 am : Zumba – Join us for our regular one-hour Zumba class, get moving, and have some fun!

11:00 a.m – 12:00 pm : Cornhole – Toss, laugh, and enjoy a fun hour of friendly competition with fellow members!



**THANK YOU TO SPEERS FUNERAL
CHAPEL FOR THE BREAKFAST!**

FRIDAY, OCTOBER 9

All activities below are hosted at WSC
(2134 Winnipeg Street)

9:00 am - 10:00 am : Line Dancing Demo - Learn some basics of one of our most popular activities

9:30 am - 2:30 pm : Quilting, Crafts & Goodies Sale - Stop by our Special Sewciable Group's Sale Table to admire their beautiful handmade work and shop a variety of handcrafted items, including hot mats, dog bones, card holders, and more!

10:30 am – 11:30 am: Presentation on Preventing Falls- Learn helpful tips and practical strategies from **Robert Weitzel (Saskatchewan Safety Council)** to reduce hazards, prevent slips and falls, and stay safe as we age. **Sponsored by the Saskatchewan Senior Fitness Association (SSFA)**

ICE- CREAM SOCIAL

12:00 pm - 2:00 pm : Ice Cream Social (Cost - \$3.00)

1:00 pm - 3:00 pm : Afternoon Dance (Cost - \$7.00) - Enjoy a delicious ice cream treat, then stay for an afternoon of music, dancing, and great company! **Sponsored by The Medicine Shoppe Pharmacy**

Music by Al & Company | 1:00 pm – 3:00 pm



All activities below are hosted at ESC
(2404 Elphinstone Street)

SWEETS FOR SENIORS

9:30 am - 11:30 am : Silver Singers presents **Music in the Morning** - An opportunity to enjoy our choir and join them in a song or two. Refreshments will be served after the performance. **Sponsored by Venvi - Renaissance** (Retirement Living).

12:00 pm – 1:00 pm : Texas Hold'em – Learn to Play – New to Texas Hold'em? Come learn the basics of this popular card game in a fun and relaxed setting!

1:00 pm – 4:00 pm : Texas Hold'em Mini Tournament – \$40.00 – Put your skills to the test in an exciting and friendly mini tournament! Enjoy some friendly competition and see if you can take home the win!

The Medicine Shoppe
PHARMACY

VENVI
RENAISSANCE
— Retirement Living —



A BIG THANK YOU TO THE MEDICINE SHOPPE PHARMACY, VENVI (RENAISSANCE) & SSFA FOR SPONSORING OUR AMAZING ICE



Age-Friendly Regina (AFR) is a volunteer organization working to influence community decision-makers to develop and implement policies, programs and services that are 'age-friendly'-accessible to everyone.

AFR has been working behind the scenes in Regina since 2018, guided by the results of a community survey that identified housing options, crime and safety, transportation, and mental health/well being as areas of concern. Our responses have included developing Aging Well in Regina information guides, and providing input and feedback regarding City plans and policies addressing these areas.

WE NEED TO HEAR FROM YOU

It's time to check in again with the community we're working to serve. Whether you represent a supporting organization or are an individual follower of AFR, your perspectives and ideas about our work are vital. We need your input to help guide our priorities and focus going forward.

We're hosting a get-together to give you the opportunity to share your thoughts on three areas foundational to an age-friendly community: **housing, transportation, and communication.**

Please join us for an afternoon of small, informal group discussions and an exchange of ideas on concrete ways AFR can help make Regina more age-friendly:

AFR and You



Tuesday, October 6, 2026



1:30 - 3:30 PM



Sunrise Branch,
Regina Public Library
3130 Woodhams Drive
(beside Sandra Schmirler
Leisure Centre)

Please RSVP to: agefriendlyregina@gmail.com
by **Friday, October 2, 2026**. We want to ensure adequate
arrangements for participants!

Thank you to RSCC Sponsors and Corporate Members for their support

