

Regina Senior Citizens' Centre

Newsletter – September 2026

IMPORTANT NOTICE

This notice is to advise our members that the **2025 RSCC Annual General Meeting** will be held on **Thursday, September 24, 2026 at our Winnipeg Street location, starting at 10:00 AM followed by a BBQ lunch.**

Please mark your calendars and join us to learn about our progress, accomplishments, and ongoing efforts toward building a strong and sustainable Senior Centre.

We look forward to seeing you there!

Larry Lechner

Chair, Board of Directors

RSCC SENIORS WEEK SUNDAY, OCT. 4 – FRIDAY, OCT. 9

The Regina Senior Citizens' Centre is pleased to invite Regina and area residents to enjoy five days of events and activities celebrating Senior Week in our community.

It's a wonderful opportunity to come out, enjoy time with friends, make new connections, have fun, and discover all that our Centre has to offer! Find out why becoming a member could be a great choice for you.

Details on pages 8 - 14



2026 + 2027 MEMBERSHIP FOR ONLY \$40!

**EARLY BIRD
SPECIAL!**

Join during Senior Week, October 4 – 9, 2026 and enjoy a special discounted membership rate of just \$40 for both 2026 and 2027!

Don't miss this limited-time offer-become a member and enjoy the benefits all year long!

LABOUR DAY



Both Regina Senior Citizens' Centre locations will be closed on: Monday, September 7, 2026 for Labour Day.

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 and welcome to Fall.

I hope you've had a good summer and managed to spend time with family and friends.

We have almost made it through another summer of sharing a parking lot with Maple Leaf Pool. Not sure of the exact date but the pool will be closed in September then we will be back to our regular schedules.

Dances on Sunday will resume on September 13th.

I hope to see all you dancers there.

Once again, I apologize for the delay in hosting our AGM. As most of you know, getting the books, information for the Audit and all necessary paper has been a very challenging time.

I assure you that the staff we currently have has been beneficial in gathering as much information as they could. I would also be remiss if I didn't acknowledge the efforts of our board members, primarily of Joni Andrechuk and Jim Dean. Without their countless hours and sleepless nights we might still be waiting for complete Audits instead of planning our AGM to be held on September 24, 2026.

Again, a continued THANK YOU for all donations and support, and for all the volunteers. I can honestly say our books haven't looked this good for a while.

As this month ends, another begins and I would like to take this opportunity to show our appreciation to all those who generously donate their time through volunteerism for the functions we host. This month

I would really like to acknowledge the efforts and work David display everyday for his job. He is always eager to help and his winning attitude is a true benefit to our Centre.

Let's all stay positive, healthy, and happy.

Your President

Larry Lechner

Executive Director Report

Dear Members,

I hope everyone had a wonderful summer! As we head into the fall season, I wanted to share some exciting updates and upcoming events with you.

1. Annual General Meeting (AGM) – September 24 | 10:00 AM–12:00 PM, followed by a BBQ lunch.

Thank you for your patience while we completed the audit. We look forward to seeing you there!

2. Volunteer & Staff Appreciation Day –

September 9 | 5:00–6:30 PM. Have you

volunteered, helped out, or supported our Centre? This celebration is for YOU! Enjoy an evening of food, fun, and appreciation with fellow volunteers and staff. **Please feel free to register and join us! We would love to see you there.**

3. Coffee with Me– Join me in the Coffee Room at

10:00 AM on September 3 or 17. Come for a coffee and a friendly conversation. Share your ideas, suggestions, or simply tell us what matters to you. I'd love to hear from you!

4. Senior Week – October 4–9.

And finally, we are excited to celebrate **Senior Week**. Yash has a great week planned with special events, entertainment, food, activities, demonstrations, giveaways, and plenty of opportunities to have fun and connect with fellow members. Check the full schedule in this newsletter!

Thank you for being such an important part of our Centre.

We look forward to seeing you this fall and making our Centre a welcoming and enjoyable place for everyone!

W. Leo Bumphrey
Executive Director

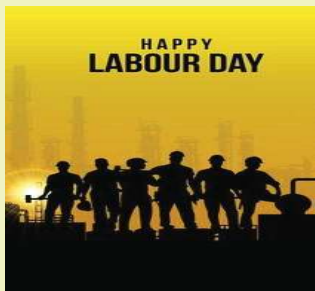
SEPTEMBER 2026 SCHEDULE - WINNIPEG ST.(WSC)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please note: Chair Yoga for Beginners will start on September 29. There will be no classes on Tuesdays before the start date.		1 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 10:00 - 11:00 AM (Cont.) 11:30 - 12:30 PM (Beg.) 1:00 - 2:00 PM (Cont.) Cards: Page 4	2 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	3 Wood Carving 1:00 - 3:00 PM Pickleball 4:00 - 6:00 PM Cards : Page 4	4 Line Dancing 8:45 - 10:00 AM Never Ever LineDance 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	5 Pool Room 9:00 AM - 12:00 PM
6	7 CENTRE CLOSED FOR LABOUR DAY	8 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 10:00 - 11:00 AM (Cont.) 11:30 - 12:30 PM (Beg.) 1:00 - 2:00 PM (Cont.) Cards: Page 4	9 Line Dancing 8:45 - 10:00 AM Never Ever Line Dance 9:00 - 10:00 AM Lapidary 9:00 - 3:00 PM Afternoon Dance 1:00 - 3:00 PM NO CHAIR YOGA NO PICKLEBALL	10 Wood Carving 1:00 - 3:00 PM No Pickleball Cards : Page 4	11 Line Dancing 8:45 - 10:00 AM Never Ever LineDance 9:00 - 10:00 AM Quilting 9:00 - 3:00 PM Afternoon Dance 1:00 - 3:00 PM No Chair Yoga	12 Pool Room 9:00 AM - 12:00 PM
13 Sunday Dance 1:30 PM - 3:30 PM	14 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Zumba Gold 1:30 - 2:30 PM Cards : Page 4	15 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 10:00 - 11:00 AM (Cont.) 11:30 - 12:30 PM (Beg.) 1:00 - 2:00 PM (Cont.) Cards: Page 4	16 Line Dancing 8:45 - 10:00 AM Never Ever Line Dance 9:00 - 10:00 AM Lapidary 9:00 - 3:00 PM Afternoon Dance 1:00 - 3:00 PM NO CHAIR YOGA NO PICKLEBALL due to Bingo!	17 Wood Carving 1:00 - 3:00 PM Pickleball 4:00 - 6:00 PM Cards : Page 4	18 Line Dancing 8:45 - 10:00 AM Never Ever LineDance 9:00 - 10:00 AM Quilting 9:00 - 3:00 PM Afternoon Dance 1:00 - 3:00 PM No Chair Yoga	19 Pool Room 9:00 AM - 12:00 PM
20	21 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Zumba Gold 1:30 - 2:30 PM Cards : Page 4	22 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 10:00 - 11:00 AM (Cont.) 11:30 - 12:30 PM (Beg.) 1:00 - 2:00 PM (Cont.) Cards: Page 4	23 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	24 Wood Carving 1:00 - 3:00 PM Pickleball 4:00 - 6:00 PM Cards : Page 4	25 Line Dancing 8:45 - 10:00 AM Never Ever LineDance 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	26 Pool Room 9:00 AM - 12:00 PM
27	28 Pickleball 9:30 - 11:30 AM 11:30 - 1:30 PM 1:30 - 3:30 PM Zumba Gold 1:30 - 2:30 PM Cards : Page 4	29 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 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	30 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	Pool Room Hours Monday to Friday : 8:00 AM - 4:00 PM Saturday : 9:00 AM - 12:00 PM Sunday & Stat. Holidays : Closed Please note: The 5th session of Never Ever Line Danced (Fridays class) will be held on October 2.		

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please note: Zumba Gold time has been changed for Mondays only. Chair Zumba has been cancelled for September.		1 Low Impact Cardio Core 9:15 -10:15 AM Book Club 9:30 -10:30 AM Tai Chi (Non Instructed) 10:30-11:30 AM Cribbage 1:00 - 3:00 PM	2 Tai Chi (Beginners) 9:00 - 10:00 AM Tai Chi (Continuous) 10:30 - 11:30 AM Court Whist 12:00 - 3:30 PM	3 Zumba Gold 9:30 -10:30 AM Chair Yoga 2:00 - 3:00 PM	4 Silver Singer 9:30 -11:00 AM Connect-Us 2:30 - 3:30 PM	5
6	7 CENTRE CLOSED FOR LABOUR DAY	8 Low Impact Cardio Core 9:15 -10:15 AM Book Club 9:30 -10:30 AM Tai Chi (Non Instructed) 10:30-11:30 AM Cribbage 1:00 - 3:00 PM	9 Tai Chi (Beginners) 9:00 - 10:00 AM Tai Chi (Continuous) 10:30 - 11:30 AM Court Whist 12:00 - 3:30 PM	10 Zumba Gold 9:30 -10:30 AM No Chair Yoga	11 Silver Singer 9:30 -11:00 AM Court Whist 12:00 - 3:30 PM Connect-Us 2:30 - 3:30 PM Poker Night 7:00 -10:00 PM	12
13	14 Connect-Us 9:30 -10:30 AM Zumba Gold 11:00 -12:00 PM Paint 4 Pleasure 1:00 - 3:00 PM	15 Low Impact Cardio Core 9:15 -10:15 AM Book Club 9:30 -10:30 AM Tai Chi (Non Instructed) 10:30-11:30 AM Cribbage 1:00 - 3:00 PM	16 Tai Chi (Beginners) 9:00 - 10:00 AM Tai Chi (Continuous) 10:30 - 11:30 AM Court Whist 12:00 - 3:30 PM	17 Zumba Gold 9:30 -10:30 AM No Chair Yoga	18 Silver Singer 9:30 -11:00 AM Court Whist 12:00 - 3:30 PM Connect-Us 2:30 - 3:30 PM	19
20	21 Connect-Us 9:30 -10:30 AM Zumba Gold 11:00 -12:00 PM Paint 4 Pleasure 1:00 - 3:00 PM	22 Low Impact Cardio Core 9:15 -10:15 AM Book Club 9:30 -10:30 AM Tai Chi (Non Instructed) 10:30-11:30 AM Cribbage 1:00 - 3:00 PM	23 Tai Chi (Beginners) 9:00 - 10:00 AM Tai Chi (Continuous) 10:30 - 11:30 AM Court Whist 12:00 - 3:30 PM	24 Zumba Gold 9:30 -10:30 AM Chair Yoga 2:00 - 3:00 PM	25 Silver Singer 9:30 -11:00 AM Court Whist 12:00 - 3:30 PM Connect-Us 2:30 - 3:30 PM	26
27	28 Connect-Us 9:30 -10:30 AM Zumba Gold 11:00 -12:00 PM Paint 4 Pleasure 1:00 - 3:00 PM	29 Low Impact Cardio Core 9:15 -10:15 AM Book Club 9:30 -10:30 AM Tai Chi (Non Instructed) 10:30-11:30 AM Cribbage 1:00 - 3:00 PM	30 Tai Chi (Beginners) 9:00 - 10:00 AM Tai Chi (Continuous) 10:30 - 11:30 AM Court Whist 12:00 - 3:30 PM	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		

SEPTEMBER 2026 CARDS SCHEDULE - (WSC & ESC)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	2 Court Whist @ESC 12:00 - 3:30 PM	3 Kaiser @WSC 11:30 - 3:30 PM Cribbage @WSC 11:30 - 3:30 PM Bridge @WSC 11:30 - 3:30 PM	4 No Court Whist	5
6	7 CENTRE CLOSED FOR LABOUR DAY	8 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	9 Court Whist @ESC 12:00 - 3:30 PM	10 Kaiser @WSC 11:30 - 3:30 PM Cribbage @WSC 11:30 - 3:30 PM Bridge @WSC 11:30 - 3:30 PM	11 Court Whist @ESC 12:00 - 3:30 PM (No Partner Required) Poker Night @ESC 7:00 - 10:00 PM	12
13	14 Cribbage @WSC 11:30 - 3:30 PM	15 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	16 Court Whist Tournament @ESC 12:00 - 3:30 PM	17 Kaiser Tournament @WSC 11:30 - 3:30 PM Cribbage @WSC 11:30 - 3:30 PM Bridge @WSC 11:30 - 3:30 PM	18 Court Whist @ESC 12:00 - 3:30 PM (No Partner Required)	19
20	21 Cribbage Tournament @WSC 11:30 - 3:30 PM	22 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	23 Court Whist @ESC 12:00 - 3:30 PM	24 Kaiser @WSC 11:30 - 3:30 PM Cribbage Tournament @WSC 11:30 - 3:30 PM (Free Pancake Lunch) Bridge @WSC 11:30 - 3:30 PM	25 Court Whist @ESC 12:00 - 3:30 PM (No Partner Required)	26
27	28 Cribbage @WSC 11:30 - 3:30 PM	29 Kaiser @WSC 11:30 - 3:30 PM Cribbage @ESC 1:00 - 3:00 PM	30 Court Whist @ESC 12:00 - 3:30 PM	Please note: Cribbage Tournament on September 24 at WSC will include a free pancake lunch. Court Whist on Fridays at ESC will be partner-free - no partner is required to participate.		

AFTERNOON DANCE

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



Sept 2 & 4

Al and Company

Sept 9 & 11 -

Dennis

Sept 16 & 18

Drehers

Sept 23 & 25

*Polka Beat**

Sept 30 & Oct 2

Poplar Creek

Nov 4 & 6

Drehers

Nov 11

No Dance

Nov 13

Dennis

Nov 18 & 20

Al and Company

Nov 25 & 27

*Polka Beat**

Oct 7 & 9

Al and Company

Oct 14 & 16

Dennis

Oct 21 & 23

*Polka Beat**

Oct 28 & 30

Poplar Creek

Dec 2 & 4

Dennis

Dec 9 & 11

Al and Company

Dec 16 & 18

*Polka Beat**

Dec 23, 25, & 30

No Dance

***Please note :**

*Musical Friends has been
renamed "Polka Beat."*

LET'S DANCE REGINA

2134 Winnipeg Street
Fridays
7:30 - 11:00 pm



Sept 4

Len & Joe Gadica

Sept 18

No Dance

Cost
\$15 /members
\$17 /guests

*Lunch &
Complimentary
Coffee & Tea*

Contact Sharon or Barry for Information:

306-537-0248

306-527-9560

CLUB 66 SOCIAL CLUB INC.

2134 Winnipeg Street
Fridays
7:30 - 11:00 pm

Sept 11

No Dance

Sept 25

*Rocapulco
(Oktoberfest)*

Cost
\$15 /members
\$17 /guests

*Water & Coffee
provided
No Lunch*

*Everyone welcome,
bring some friends!*

Contact Evelyn for Information:

306-529-6381



SUNDAY DANCE

2134 Winnipeg Street
September 13, 2026
1:30 - 3:30 pm



Sept 13

Al and Company

50/50 & Door Prize

Cost
\$10 /person
*Everyone
welcome!*



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.



Connect-Us Coffee Group

 *Come for the Coffee,
Stay for the Connection!*

Looking for good conversation, friendly faces,
and a welcoming place to spend some time?
Connect-Us is your place to relax, chat, laugh,
and make new connections. Grab a coffee, pull
up a chair, and enjoy meaningful
conversations in a warm, welcoming setting.
Whether you want to share your story, meet
someone new, or simply enjoy a change of
pace, you belong here!

NEW PROGRAM

 2404 Elphinstone Street

 Mondays: 9:30–10:30 AM

 Fridays: 2:30–3:30 PM

Cost: \$5 Members | \$8 Non-Members

Everyone is welcome!





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



HEARTLAND
SENIOR CONSULTING

Green Falls Landing
RETIREMENT LIVING

SPEERS
FUNERAL AND
CREMATION SERVICES
EST. 1907

GP
Financial Services



MacKay & McLean
BARRISTERS & SOLICITORS

Canada
canada revenue
agency

CH Living
CAMPBELL & HALIBURTON PROPERTY MANAGEMENT

**The Medicine
Shoppe**
PHARMACY



THOMSON
FOOD COLLECTIVE

Qualicare



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



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.

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.

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

10:00 AM – 12:00 PM - The Drehers

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 – \$15.00**



REGULAR COURT WHIST - HOSTED AT ESC

(2404 Elphinstone Street)




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!

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 - As we grow older sponsored by Senior Saskatchewan Fitness Association (SSFA)

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

ICE- CREAM SOCIAL

12:00 pm - 2:00 pm : Ice Cream Social, Followed by an Afternoon Dance (1:00 pm–3:00 pm) - Enjoy a delicious ice cream treat, then stay for an afternoon of music, dancing, and great company! **Cost - \$10.00** , 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.

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!



A BIG THANK YOU TO THE MEDICINE SHOPPE
PHARMACY FOR SPONSORING OUR AMAZING ICE
CREAM SOCIAL!

REGINA SENIOR CENTRE PRESENTS

FAMILY STYLE

BiNGO



Night

SEPT 16

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...



WORKING
TOGETHER FOR
SASKATCHEWAN

City of Regina



REGINA
Infinite Horizons

BE OUR GUEST AT THE
Harvest Tea

FUNDRAISER

SATURDAY, NOVEMBER 14, 2026

ONE SITTING ONLY
2:00 - 4:00 PM
2134 WINNIPEG STREET

COST \$20 / PER PERSON

NO REFUNDS

TICKETS AVAILABLE:
OCT 4 - NOV 9

LIMITED SEATING

CALL OFFICE : 306-525-2154
OR VISIT 2134 WINNIPEG
STREET



Coffee with E.D.



September 3 & 17
10:00 AM

2134 Winnipeg Street

Connect. Share. Be Heard.

Join Leo Bumphrey for a casual Thursday morning coffee. Bring your ideas, experiences, suggestions, or confidential concerns—your voice matters!

 **Good coffee. Great conversations. Stronger connections.**

See you in the Coffee Room!

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

The RSCC wishes to thank its Sponsors...





SLGA Licence #: TH 25-0028

September, 11
7:00 PM - 10:00 PM
2404 Elphinstone St.

Contact Julie for more details:

306-359-3847

Doors open at 6:30 PM



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!

Sunday, September 27
1:00 PM - 4:00 PM

2134 Winnipeg St

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

Prairie Rock & Gem Society

2026 Show & Sale



Regina's First & Original Rock & Gem Show
Regina Senior Citizens' Centre

2134 Winnipeg Street, S4P 3X6

September 19th & 20th, 2026

Saturday: 10:00 a.m. – 5:30 p.m.

Sunday: 10:00 a.m. – 4:00 p.m.

Vendors will have for sale: Rocks - Minerals & Fossils

Beads & Gemstones - Jewellery & Supplies

Children's Area - Displays of Work by Members

Admission at the Door: \$5.00 (cash only)

Children 12 & Under Accompanied by an Adult – FREE!

For more information E-Mail:

prairierockandgemsociety@gmail.com

Celebrating the People Who Make Our Centre Special and Shining!

VOLUNTEER & STAFF APPRECIATION DAY

**The Regina Senior Citizens' Centre invites
our Board of Directors, Volunteers & Staff**

to an evening of BBQ, door prizes, and appreciation!



Wednesday

*Your time, talent, and dedication
make our programs, activities,
fundraisings and special events
possible.*

September 9, 2026

5:00 PM – 6:30 PM

2134 Winnipeg Street

> REGISTRATION

Opens: August 24 at 9:00 AM

Closes: September 4 at 3:00 PM

Celebrate, connect, have fun!

A heartfelt **THANK YOU** for
everything you do!

Volunteers:

Please provide your Name, Phone

Number & Area(s) you volunteer in.

We couldn't do it without you!



Pool Room News

SNOOKER LEAGUE

Summer is winding down and that brings the summer snooker league to a close. Playoffs of the **two snooker divisions will take place on Wednesday Sept 2 and Thursday Sept 3**. Drop by and see some great play! The snooker tables will be unavailable for open play on those days from 12:30 PM to close.



SNOOKER TOURNAMENT

Every year the Centre sponsors a snooker tournament in the Fall; sign up sheets will be up in the pool room with tournament play expected to be the last week in September.

8 BALL & 9 BALL LEAGUES

Fall brings the start of league play on the pool tables. Sign up sheets for both leagues are posted in the pool room; **deadline to sign up is Tuesday Sept 1 at 3:00 PM**. League play is a great way to play some games and get to know a lot of the regulars in the pool room - come join us!

8 ball play begins on Wednesday Sept 9th and 9 ball play begins Friday Sept 11th. Both pool tables are reserved for league play on Wednesday and Friday mornings through the fall and winter.



POOL ROOM HOURS

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

Saturday : 9:00 AM - 12:00 PM.

***The pool room will be closed on Monday, Septemeber 7th
for the Labour Day holiday.***

A wonderful Afternoon with Buffalo People

On Wednesday, July 29th we were happy to welcome Buffalo People to the Regina Senior Citizens' Centre during our Afternoon Dance.

It was a lively and enjoyable afternoon filled with music, dancing, laughter, and good company. Our members had a wonderful time getting together, enjoying the music, and sharing the dance floor with friends and new faces. The visit from Buffalo People added an extra touch of warmth and excitement to the afternoon.

We truly appreciate Buffalo People for taking the time to join us and connect with our members. It was wonderful to have you be part of our Centre's community and share such a fun afternoon with us.



*Thank you, Buffalo People,
for joining us and helping make our
Afternoon Dance such a memorable one!*



WOOD CARVING

Discover the art of wood carving in a creative and relaxing space where craftsmanship meets imagination.

Join us every Thursday to learn how to transform wood into beautiful handcrafted pieces. Whether you're a beginner or have some experience, this program offers a wonderful opportunity to learn new skills, express your creativity, and connect with others in a welcoming environment.

Starts
Thursday, September 3, 2026
Time
1:00 – 3:00 PM
Location
2134 Winnipeg Street





LOW-IMPACT CARDIO



We're excited to introduce our new Low-Impact Cardio class!

Designed for adults over 55, this beginner-friendly class offers a fun, safe way to get moving, strengthen your core, and support heart health—without putting heavy stress on your joints.

EACH SESSION INCLUDES:

- Gentle warm-up to prepare your muscles.
- Low-impact cardio to get your heart rate up.
- Core-strengthening exercises.
- Stretching and a relaxing cool-down.

Cost
\$5 / members
\$8 / non-members
Drop-In Program

Starting Friday, September 1st
9:15 AM - 10:15 AM
2404 Elphinstone Street

DON'T FORGET TO BRING YOUR EXERCISE MAT!

ZUMBA GOLD

with Rosselle



We're super excited to launch Zumba Gold with Rosselle!

Get ready to move, groove, and have fun!

Designed especially for older adults, Zumba Gold is a fun, welcoming, and easy-to-follow way to stay active. Enjoy great music, simple dance-inspired movements, and a lively atmosphere while improving your balance, coordination, flexibility, and overall fitness.



No previous dance or Zumba experience is required—just come ready to move, smile, and have a great time!
Come dance with us and discover how much fun staying active can be!

MONDAY CLASSES

September 14, 21 & 28
1:30 - 2:30 PM
2134 Winnipeg Street

Cost
\$5 / members
\$8 / non-members
Drop-In Program

For more information, please contact our office at 306-525-2154



Thank you to RSCC Sponsors and Corporate Members for their support

