

# The Regina Senior Citizens' Centre Inc.



## Mission Statement

*Our mission is to foster, develop and deliver programs and services that encourage and facilitate people Fifty-Five years of age and over to sustain independent, healthy and active life-styles and to strive to enhance their interest and participation in Community activities.*

A Multi-Purpose, Non-Profit Agency,  
Serving Regina's Seniors in Two Locations:

Winnipeg St. Location  
2134 Winnipeg St.  
525-2154

Elphinstone St. Location  
2404 Elphinstone St.  
359-3847

### **Hours of Operation:**

Monday thru Friday – 8:00am to 4:00pm

Web Site Address: [www.reginaseniorcitizenscentre.ca](http://www.reginaseniorcitizenscentre.ca)

**Executive Director:** [pierrerscc@accesscomm.ca](mailto:pierrerscc@accesscomm.ca)  
**Executive Assistant:** [sandrarscc@accesscomm.ca](mailto:sandrarscc@accesscomm.ca)  
**Home-Help Services:** [cathyrsc@accesscomm.ca](mailto:cathyrsc@accesscomm.ca)  
**Elphinstone:** [bradrsc@ Sasktel.net](mailto:bradrsc@ Sasktel.net)

The Regina  
Senior Citizens'  
Centre Inc.  
2134 Winnipeg St.  
Tel: 525-2154  
Fax: 525-2155



**Winnipeg Centre  
ACTIVITY,  
CLASS  
& PROGRAM  
GUIDE**

**For more information  
Contact Sandra**

## **ACTIVITIES**

### **Weekly Cards**

**Bridge** - Mondays at 12:30pm  
**Cribbage** - Mondays at 12:30pm  
**Whist** - Tuesdays at 12:30pm  
& Saturdays at 12:30pm  
**Canasta** - Thursdays at 12:30pm  
**(NOTE: No Partners Required)**

### **Card Tournaments**

#### **Whist**

First Tuesday of the Month

#### **Cribbage**

Third Monday of the Month

#### **Bridge**

Fourth Monday of the Month

**(Note: Dates Subject To Change)**

### **Afternoon Bingo**

**Day & Time:** Wednesdays - 1:00pm  
Enjoy a fun game of "Chip" Bingo  
using "slide-style" cards.

### **Afternoon Dance**

**Day:** Wednesdays and Fridays  
**Time:** 1:00pm to 3:00pm  
Kick up your heels to live music. "Special  
Event" Dances are held such as Hawaiian  
Day, 50's Sock Hop, Buffalo Days and  
more...

## **PROGRAMS**

### **Blood Pressure**

**Day:** Second Wednesday of Each Month  
**Time:** 10:00am to 12:00pm  
A Retired Public Health Nurse Volunteers.

### **Choir**

**Day & Time:** Thursdays - 12:15pm  
The group rehearses & sings on a weekly  
basis and performs in the community.

### **Creative Writing**

**Day & Time:** Tuesdays - 1pm to 3pm  
During this session you listen to peers  
works, have group reviews and critique  
each other's selected writings.

### **Drop-In Watercolours**

**Day & Time:** Thursdays 1pm to 3:30pm  
No instructor provided. Bring own  
supplies & enjoy the company of others.

### **Exercises**

**Day:** Monday, Wednesdays and Fridays  
**Time:** 9:15am  
It is fitness and fun combined into a gentle  
work out designed to improve and  
maintain strength, flexibility and  
cardiovascular endurance.

## **Computer Classes**

10 Hour Sessions consist of Three Levels on an on-going basis. The levels are: Beginner, Intermediate and Advanced. You will learn how to create documents in a word processor, navigate the internet, create and edit graphics & acquire some guidelines in purchasing a computer. You will also receive a manual, which is yours to keep. Computer Lab Software Upgrade includes Windows XP Pro Edition, Office 2005 and new teaching techniques.

### **Classes are held:**

Monday to Thursday 9am to 12pm  
Each level consists of 12 hours of class time and the course is completed.  
Must Pre-Register for Classes.

**These classes are sponsored by the RSCC and “Student Connections” through the University of Regina.**

**Special thanks to the Instructors for providing these classes...**

**Call Sandra or Pierre at  
525-2154 To Register**

## **ACTIVITIES**

### **Floor Curling**

**Day:** Tuesdays and Thursdays

**Time:** 9:15am

The basic concept of “Ice Curling” only with wooden rocks.

### **Shuffleboard**

**Day & Time:** Fridays 10:00am

Join the group for lots of fun & laughs and a great game.

### **Snooker & 8 Ball**

**Monday to Friday - 8am to 4pm**

**Saturdays - 10am to 3pm**

The Pool Room has 4 tables & is always a “Buzz” with excitement and on-lookers who love an intriguing game.

## **Instructed Classes**

### **Ceramics**

**Day & Time:** Thursdays – 1pm to 3pm  
10 Week Session ; Winter / Spring / Fall

### **Pen & Ink**

**Day & Time:** Tuesdays – 1pm to 3pm  
8 Week Session ; Winter / Spring / Fall

### **Laughter Yoga**

**Day & Time:** Fridays – 10:30am  
8 Week Session ; Winter / Spring / Fall

## **PROGRAMS**

### **Health Presentations**

Presentations are held on a monthly basis. A Public Health Nurse features topics such as Medication Awareness, Vitamin & Herbal Remedies, Sleep Well, It’s not just Arthritis, Alzheimer Disease, Diabetes, and much more.

### **Lapidary**

**Day & Time:** Wednesdays - 9am to 11am  
This work involves the cutting, grinding, sanding and polishing of rocks & stones. Come join this interesting creative group.

### **Drumming**

**Day & Time:** To Be Announced  
This involves learning to drum to African and Caribbean rhythms using sticks and tubes. Very interesting!

### **Paint For Pleasure**

**Day:** Tuesdays and Fridays  
**Time:** 10am to 2pm  
No instructor provided. It is on a drop-in basis. Come by with your canvas, paints and other supplies and enjoy the great company.

### **Stained Glass**

**Day & Time:** Mondays - 1pm to 3pm  
This is a non-instructed class, however

the volunteers will assist new participants.

# The Regina Senior Citizens' Centre Inc. Home-Help Services



*We provide Yard Maintenance and Housekeeping Services to enable seniors to stay in their home.*

Location:  
**2134 Winnipeg St.**

**Contact Cathy  
525-2154**

## Emergency Moves

We will move furniture, appliances and boxes for seniors. This may be from a client's house to an apartment or items that there is no longer room for. It might be donated to a Charity or if not in good condition, taken to the landfill. The fee is \$25 per truckload. The hourly rate per hour, per employee, is based on the three-tier system. The hourly rate will be one of the following: \$15.00, \$19.00 or \$23.00.

## Gift Certificates

Gift Certificates are available at the fee for service. We find that children will purchase snow removal service or housekeeping service as a gift for parents who may have some difficulty adjusting to needing help. It is an effective way to demonstrate the value of the service and also shows that using these services does not diminish one's self worth. It is also a great gift idea for that special someone who has

everything! Great for Christmas, Birthdays or Anniversaries.

## Finances

The Regina Senior Citizens' Centre is funded in part by the City of Regina, United Way of Regina, Saskatchewan Career and Employment Services and Saskatchewan Lotteries. The Centre generates almost 70% of its own operating funds.

## Non-Profit Charity

The Regina Senior Citizens' Centre Inc. is an incorporation of 3 entities:

The **Winnipeg St. Centre** at 2134 Winnipeg Street.

The **Elphinstone St. Centre** at 2404 Elphinstone Street.

**The Home-Help Services** which provides service in the homes of seniors living in the city of Regina.

The Service was established in 1971 and merged with the Regina Senior Citizens Centre at the start of 1996.

The Service's objectives are to foster and enable seniors' independence.

## Fee For Service

### Housekeeping Services

Pricing is based on a three-tier system:

**\$16.00 per hour** for people who receive no income supplements.

**\$13.50 per hour** for people who receive the Guaranteed Income Supplement (GIS).

**\$10.50 per hour** for people who receive GIS & Saskatchewan Income Plan.

### Maintenance Services

Pricing is based on a three-tier system:

**\$23.00 per hour** for people who receive no income supplements.

**\$19.00 per hour** for people who receive the Guaranteed Income Supplement (GIS).

**\$15.00 per hour** for people who receive GIS & Saskatchewan Income

Plan.

**Please Note - The above Fees  
May Be Subject To Change...**

## Information Referral

The agency acts as information referral and direction service. For Example, our worker can help to identify people who require additional assistance from other agencies.

## Spring Cleaning

We wash walls, ceilings, windows, curtains, pull out furniture and appliances, clean light fixtures, ceiling fans, baseboards, doors, doorways, inside of cupboards, inside of fridge, defrost freezer, clean the oven and stove top and pull out fridge and stove.

## General Housekeeping

Includes light housekeeping duties such as: thorough cleaning of kitchen and bathroom, dusting furniture, doors, doorways, baseboards, vacuuming furniture and carpets, washing and waxing of floors, laundry, ironing and much, much more! You may choose

the day and time that is convenient for you and have the same housekeeper each time. We clean on a weekly, bi-weekly, monthly or a one-time basis.

## Yard Maintenance

These duties mostly take place in the Spring and Fall. Among other things, we rake leaves, clean eavestroughs, wash inside and outside windows, dig gardens and flowerbeds, trim tree branches and put up Christmas lights.

## Lawn Care

Lawn Cutting is provided on a weekly or bi-weekly basis. The workers cut the lawn and trim grass around the edges of the yard, trees and sidewalks. When the cutting is completed, the sidewalks and driveways are swept. The workers also weed the flowerbeds and dig up dandelions.

## Snow Removal

Snow is removed from the front yard to back yard, which includes: sidewalks, steps, decks, patios, driveways and the area to the back alley. As well, as sweeping steps and sidewalks, we will also remove snow from along the house

to prevent water getting into your basement.

The Regina  
Senior Citizens'  
Centre Inc.  
2134 Winnipeg St.



Telephone: 525-2154  
Facsimile : 525-2155

Winnipeg Centre  
RENTAL  
BROCHURE

For Rental Information  
and/or to make a booking,

contact Sandra at 525-2154.

## **Centre Features:**

- *Centrally Located*
- *Air Conditioned*
- *Ample Free Parking*
- *Fully Equipped Kitchen Facilities*
- *Coat Check*
- *Close To Park*
- *Spacious Facility*

### **Our Beautiful Facility may be rented for events such as:**

Weddings	Anniversaries
Teas	Social Gatherings
Christmas Parties	Dinner Meetings
Meetings	Health Presentations
Workshops	Cultural Events

### **SEATING CAPACITY:**

Hall (Table & Chair Seating) - 389 People  
Hall (Standing Room/Theatre Style) - 493 People

Meeting Rooms - 40 People

Lounge - 60 People

## **Rental Fees:**

Full Hall	- \$250.00
Half of Hall	- \$150.00
Hall Deposit	- \$150.00
Set-Up Fee	- \$40.00
Security Personnel	- \$15.00 Hour
Meeting Rooms	- \$12.00 Hour
Kitchen Use	- \$50.00
Kitchen Use Only	- \$100.00
Kitchen Deposit	- \$100.00
Kitchen Staff	- \$11.00 Hour
Bartender	- \$75.00
Storage prior to event	- \$10.00

The above fees subject to change.  
Inquire about Rental Discounts  
And Rental Packages.



### **CERTIFICATES REQUIRED:**

- ❑ Liquor Permit
- ❑ Food Handling Certificate  
(RE: If serving to the Public)

### **PAYMENTS REQUIRED:**

- ❑ **Hall Deposit** - \$150.00 is due in advance of rental to ensure booking and/or any damage that may occur.
- ❑ **Kitchen Deposit** - \$100.00 is due in advance of rental to ensure booking and/or any damage that may occur WHEN preparing food during event.
- ❑ **Rental Fee** - Full fee is due prior to rental date.

### **CATERING SERVICE**

Joe's European Deli  
Luncheons, Meetings, Banquets  
and Funerals. We do it all!!

The Regina Senior  
Citizens Centre Inc.

**2404 Elphinstone St.**

**Tel: 359-3847 ;**

**Fax: 359-3881**

**Elphinstone St.**  
**Centre**

## **ACTIVITY CLASS & PROGRAM GUIDE**

Instructed Classes

### **Weight Resistance**

**Day & Time:** *Tuesdays and Thursdays*  
*9:30am to 11:00am (Fall & Winter)*

**Cost:** *\$45.00 Members*  
*\$65.00 Non-Members*

### **Oil Painting**

**Day & Time:** *Thursdays 1pm to 3:30pm*

8 week Session: Winter/Spring/Fall

**Cost:** *\$30.00 Members*  
*\$55.00 Non-Members*

### **Watercolour Painting**

**Day & Time:** *Mondays 1pm to 3:30pm*

775 Ross Ave E. . . . . 347-8221

8 Week Session: Winter/Spring/Fall

**Cost:** *\$30.00 Members*  
*\$55.00 Non-Members*

## **ACTIVITIES**

### **Weekly Cards**

**Bridge** - *Fridays at 1:00pm*  
**Cribbage** - *Tuesdays at 1:30pm*  
**Whist** - *Wednesdays at 1:30pm*

(NOTE: No Partners Required)

### **Card Tournaments**

#### **Bridge**

First Friday of the Month

#### **Cribbage**

Second Tuesday of the Month

#### **Military Whist**

Last Wednesday of the Month

(Note: Dates Subject To Change)

- All Tournaments start at 12:30pm
- \$5.00 Per Person
- Partners Required
- Pre-Register

### **Floor Curling**

**Day:** *Mondays and Wednesdays*

**Time:** *10:00am to 12:00pm*

"Ice Curling" without getting cold.

Instead wooden rocks are used. Highlights include tournaments throughout the year.

### **Texas Hold'em Poker Tournaments**

**Day:** *Third Friday of the Month*

**Time:** *7:00pm—11pm*

**Cost:** *\$20.00*

Are you going to sit there, and fold or throw all your chips in and join the Excitement?

## **PROGRAMS**

### **Choir (Young at Heart Songsters)**

**Day & Time:** *Fridays 10am to 12pm*

The group rehearses and sings on a weekly basis and performs in the community for special seasonal events.

### **Exercise Club**

**Day & Time:**

*Mondays, Wednesdays and Fridays*  
*9am to 10:30am (Fall & Winter)*

Exercisers meet at the Cathedral Neighbourhood Centre for stretching exercises. The concentration is on flexibility and endurance.

### **Cyclists & Walkers Club**

**Day & Time:**

*Mondays, Wednesdays and Fridays*  
*9:30am to 10:30am (Spring & Summer)*

It is a fitness and fun combined into a gentle work-out.

### Jam Sessions

**Day:** *Thursdays from 7pm to 9pm*

**Cost:** *\$1.00 Members  
\$1.50 Non-Members*

An evening of old time music to listen or play, from beginner to professional.

### Potluck Supper

**Day:** *Second Tuesday of the Month*

**Time:** *5:30pm*

Enjoy good company, great food and card bingo to follow...

# **Elphinstone Centre Rental Brochure**

For more information, or to make a booking please contact Brad McNeice @ 359 – 3847

Our beautiful facility may be rented for events such as:

Weddings  
Teas  
Seasonal Parties  
Meetings/ Workshops  
Anniversaries  
Social Gatherings  
Dinner Meetings  
Health Presentations  
Cultural Events

Birthdays  
Family Reunions  
Dance classes  
Leisure activities  
And much more...

## **Centre Features**

Centrally Featured  
Air Conditioned  
Ample Free parking  
Fully Equipped Kitchen Facilities  
Coat Check  
Close to park  
Spacious  
Wheel Chair Accessible  
Kitchen facility  
Barbecue  
P.A. System  
Piano  
Tables and chairs

## **Seating Capacity**

Tables and chairs - 72  
Chairs only - 90

## **Rental Fees**

**Rental Fee (Non-Profit) : \$15/hr**

**Rental Fee (Regular) : \$20/hr**

**Damage Deposit : \$75.00**

**Gas Bar-B-Que (optional): \$10.00**

**Set up: \$15.00**

**Kitchen Use:** Free, with exception that all dishes used

are put in dishwasher and cleaned, for health reasons.

***Certification Required***

- Liquor Permit
- Food Handling Certificate  
(If serving the public)

## **RSCC Membership**

*If you are 55 years of age or older, you are invited to join the Centre. The annual **\$25 membership fee** entitles you to take part in activities at both locations and enjoy a reduction in the cost of individual activities. The \$25 membership also entitles you to take in the Early Bird Membership for the following year at a fee of \$20 from September 1<sup>st</sup> to November 30<sup>th</sup>.*

## **RSCC Membership Form**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**POSTAL CODE:** \_\_\_\_\_ **TELEPHONE:** \_\_\_\_\_

**NEXT OF KIN:** \_\_\_\_\_

Please bring Membership Form and Payment to the RSCC office.  
You will then receive a Membership Card and Membership Package.

## Finances

**The Regina Senior Citizens' Centre Inc.  
receives funding in part by:**

*City of Regina*

*United Way of Regina*

*Canada Saskatchewan Career  
& Employment Service*

**The Senior Citizens' Centre Inc. generates almost  
70% of its yearly financial requirements.**

### DONATION RESPONSE CARD:

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**POSTAL CODE:** \_\_\_\_\_ **TELEPHONE:** \_\_\_\_\_

**I want to help the Regina Senior Citizens Centre by donating: (please check one)**

- \$10
- \$25
- \$50
- Other \_\_\_\_\_

(Please circle one) - Cheque      Cash

*Mail Donation Response Card to 2134 Winnipeg St. - S4P 3X6*

*Cheques may be made out to: Regina Senior Citizens Centre Inc.*

# The Regina Senior Citizens' Centre Inc.



## Mission Statement

*Our mission is to foster, develop and deliver programs and services that encourage and facilitate people Fifty-Five years of age and over to sustain independent, healthy and active life-styles and to strive to enhance their interest and participation in Community activities.*

**A Multi-Purpose, Non-Profit Agency,  
Serving Regina's Seniors in Two Locations:**

Winnipeg St. Location  
2134 Winnipeg St.  
525-2154

Elphinstone St. Location  
2404 Elphinstone St.  
359-3847

### **Hours of Operation:**

Monday thru Friday – 8:00am to 4:00pm

Web Site Address: [www.reginaseniorcitizenscentre.ca](http://www.reginaseniorcitizenscentre.ca)

**Executive Director:** [pierrerscc@accesscomm.ca](mailto:pierrerscc@accesscomm.ca)

**Executive Assistant:** [sandrarscc@accesscomm.ca](mailto:sandrarscc@accesscomm.ca)  
**Home-Help Services:** [cathyrsc@accesscomm.ca](mailto:cathyrsc@accesscomm.ca)  
**Elphinstone:** [bradrsc@sasktel.net](mailto:bradrsc@sasktel.net)

**The Regina  
Senior Citizens'  
Centre Inc.  
2134 Winnipeg St.  
Tel: 525-2154  
Fax: 525-2155**



**Winnipeg Centre  
ACTIVITY,  
CLASS  
& PROGRAM  
GUIDE**

**For more information  
Contact Sandra**

## **ACTIVITIES**

### Weekly Cards

**Bridge** - Mondays at 12:30pm  
**Cribbage** - Mondays at 12:30pm  
**Whist** - Tuesdays at 12:30pm  
& Saturdays at 12:30pm  
**Canasta** - Thursdays at 12:30pm  
**(NOTE: No Partners Required)**

### Card Tournaments

**Whist**  
First Tuesday of the Month  
**Cribbage**  
Third Monday of the Month  
**Bridge**  
Fourth Monday of the Month  
**(Note: Dates Subject To Change)**

### Afternoon Bingo

**Day & Time:** Wednesdays – 1:00pm  
Enjoy a fun game of “Chip” Bingo using “slide-style” cards.

### Afternoon Dance

**Day:** Wednesdays and Fridays  
**Time:** 1:00pm to 3:00pm  
Kick up your heels to live music. “Special Event” Dances are held such as Hawaiian Day, 50’s Sock Hop, Buffalo Days and more...

## **PROGRAMS**

### Blood Pressure

**Day:** Second Wednesday of Each Month  
**Time:** 10:00am to 12:00pm  
A Retired Public Health Nurse Volunteers.

### Choir

**Day & Time:** Thursdays - 12:15pm  
The group rehearses & sings on a weekly basis and performs in the community.

### Creative Writing

**Day & Time:** Tuesdays - 1pm to 3pm

During this session you listen to peers works, have group reviews and critique each other's selected writings.

### Drop-In Watercolours

**Day & Time:** Thursdays 1pm to 3:30pm  
No instructor provided. Bring own supplies & enjoy the company of others.

### Exercises

**Day:** Monday, Wednesdays and Fridays

**Time:** 9:15am

It is fitness and fun combined into a gentle work out designed to improve and maintain strength, flexibility and cardiovascular endurance.

## **Computer Classes**

10 Hour Sessions consist of Three Levels on an on-going basis. The levels are: Beginner, Intermediate and Advanced. You will learn how to create documents in a word processor, navigate the internet, create and edit graphics & acquire some guidelines in purchasing a computer. You will also receive a manual, which is yours to keep. Computer Lab Software Upgrade includes Windows XP Pro Edition, Office 2005 and new teaching techniques.

**Classes are held:**

Monday to Thursday 9am to 12pm  
Each level consists of 12 hours of class time and the course is completed.  
Must Pre-Register for Classes.

**These classes are sponsored by the RSCC and "Student Connections" through the University of Regina.**

**Special thanks to the Instructors for providing these classes...**

**Call Sandra or Pierre at 525-2154 To Register**

## **ACTIVITIES**

### Floor Curling

**Day:** Tuesdays and Thursdays

**Time:** 9:15am

The basic concept of "Ice Curling" only with wooden rocks.

### Shuffleboard

**Day & Time:** Fridays 10:00am

Join the group for lots of fun & laughs and a great game.

### Snooker & 8 Ball

**Monday to Friday - 8am to 4pm**

**Saturdays - 10am to 3pm**

The Pool Room has 4 tables & is always a "Buzz" with excitement and on-lookers who love an intriguing game.

## **Instructed Classes**

### Ceramics

**Day & Time:** Thursdays – 1pm to 3pm  
10 Week Session ; Winter / Spring / Fall

### Pen & Ink

**Day & Time:** Tuesdays – 1pm to 3pm  
8 Week Session ; Winter / Spring / Fall

### Laughter Yoga

**Day & Time:** Fridays – 10:30am  
8 Week Session ; Winter / Spring / Fall

## **PROGRAMS**

### Health Presentations

Presentations are held on a monthly basis. A Public Health Nurse features topics such as Medication Awareness, Vitamin & Herbal Remedies, Sleep Well, It's not just Arthritis, Alzheimer Disease, Diabetes, and much more.

### Lapidary

**Day & Time:** Wednesdays - 9am to 11am

This work involves the cutting, grinding, sanding and polishing of rocks & stones. Come join this interesting creative group.

### Drumming

**Day & Time:** To Be Announced

This involves learning to drum to African and Caribbean rhythms using sticks and tubes. Very interesting!

### Paint For Pleasure

**Day:** Tuesdays and Fridays

**Time:** 10am to 2pm

No instructor provided. It is on a drop-in basis. Come by with your canvas, paints and other supplies and enjoy the great company.

### Stained Glass

**Day & Time:** Mondays - 1pm to 3pm

This is a non-instructed class, however the volunteers will assist new participants.

## The Regina Senior Citizens' Centre Inc. Home-Help Services



*We provide Yard  
Maintenance and  
Housekeeping Services to  
enable seniors to  
stay in their home.*

Location:  
**2134 Winnipeg St.**

**Contact Cathy  
525-2154**

### Emergency Moves

We will move furniture, appliances and boxes for seniors. This may be from a client's house to an apartment or items that there is no longer room for. It might be donated to a Charity or if not in good condition, taken to the landfill. The fee is \$25 per truckload. The hourly rate per hour, per employee, is based on the three-tier system. The hourly rate will be one of the

following: \$15.00, \$19.00 or \$23.00.

### Gift Certificates

Gift Certificates are available at the fee for service. We find that children will purchase snow removal service or housekeeping service as a gift for parents who may have some difficulty adjusting to needing help. It is an effective way to demonstrate the value of the service and also shows that using these services does not diminish one's self worth. It is also a great gift idea for that special someone who has everything! Great for Christmas, Birthdays or Anniversaries.

### Finances

The Regina Senior Citizens' Centre is funded in part by the City of Regina, United Way of Regina, Saskatchewan Career and Employment Services and Saskatchewan Lotteries. The Centre generates almost 70% of its own operating funds.

## Non-Profit Charity

The Regina Senior Citizens' Centre Inc. is an incorporation of 3 entities:

The **Winnipeg St. Centre** at 2134 Winnipeg Street.

The **Elphinstone St. Centre** at 2404 Elphinstone Street.

**The Home-Help Services** which provides service in the homes of seniors living in the city of Regina.

The Service was established in 1971 and merged with the Regina Senior Citizens Centre at the start of 1996. The Service's objectives are to foster and enable seniors' independence.

## Fee For Service

### Housekeeping Services

Pricing is based on a three-tier system:

**\$16.00 per hour** for people who receive no income supplements.

**\$13.50 per hour** for people who receive the Guaranteed Income Supplement (GIS).

**\$10.50 per hour** for people who receive GIS & Saskatchewan Income Plan.

### Maintenance Services

Pricing is based on a three-tier system:

**\$23.00 per hour** for people who receive no income supplements.

**\$19.00 per hour** for people who receive the Guaranteed Income Supplement (GIS).

**\$15.00 per hour** for people who receive GIS & Saskatchewan Income Plan.

**Please Note - The above Fees May Be Subject To Change...**

## Information Referral

The agency acts as information referral and direction service. For Example, our worker can help to identify people who require additional assistance from other agencies.

## Spring Cleaning

We wash walls, ceilings, windows,

curtains, pull out furniture and appliances, clean light fixtures, ceiling fans, baseboards, doors, doorways, inside of cupboards, inside of fridge, defrost freezer, clean the oven and stove top and pull out fridge and stove.

## General Housekeeping

Includes light housekeeping duties such as: thorough cleaning of kitchen and bathroom, dusting furniture, doors, doorways, baseboards, vacuuming furniture and carpets, washing and waxing of floors, laundry, ironing and much, much more! You may choose the day and time that is convenient for you and have the same housekeeper each time. We clean on a weekly, bi-weekly, monthly or a one-time basis.

## Yard Maintenance

These duties mostly take place in the Spring and Fall. Among other things, we rake leaves, clean eavestroughs, wash inside and outside windows, dig gardens and flowerbeds, trim tree branches and put up Christmas lights.

## Lawn Care

Lawn Cutting is provided on a weekly or bi-weekly basis. The workers cut the lawn and trim grass around the edges of the yard, trees and sidewalks. When the cutting is completed, the sidewalks and driveways are swept. The workers also weed the flowerbeds and dig up

dandelions.

## Snow Removal

Snow is removed from the front yard to back yard, which includes: sidewalks, steps, decks, patios, driveways and the area to the back alley. As well, as

sweeping steps and sidewalks, we will also remove snow from along the house to prevent water getting into your basement.

**The Regina  
Senior Citizens'  
Centre Inc.  
2134 Winnipeg St.**



**Telephone: 525-2154  
Facsimile : 525-2155**

**Winnipeg Centre  
RENTAL**

## BROCHURE

For Rental Information  
and/or to make a booking,  
contact Sandra at 525-2154.

## Centre Features:

- ❑ *Centrally Located*
- ❑ *Air Conditioned*
- ❑ *Ample Free Parking*
- ❑ *Fully Equipped Kitchen Facilities*
- ❑ *Coat Check*
- ❑ *Close To Park*
- ❑ *Spacious Facility*

**Our Beautiful Facility may be  
rented for events such as:**

Weddings	Anniversaries
Teas	Social Gatherings
Christmas Parties	Dinner Meetings
Meetings	Health Presentations
Workshops	Cultural Events

Storage prior to event - \$10.00

The above fees subject to change.  
Inquire about Rental Discounts  
And Rental Packages.

## SEATING CAPACITY:

Hall (Table & Chair Seating)	- 389 People
Hall (Standing Room/Theatre Style)	- 493 People
Meeting Rooms	- 40 People
Lounge	- 60 People

## Rental Fees:

Full Hall	- \$250.00
Half of Hall	- \$150.00
Hall Deposit	- \$150.00
Set-Up Fee	- \$40.00
Security Personel	- \$15.00 Hour
Meeting Rooms	- \$12.00 Hour
Kitchen Use	- \$50.00
Kitchen Use Only	- \$100.00
Kitchen Deposit	- \$100.00
Kitchen Staff	- \$11.00 Hour
Bartender	- \$75.00



## **CERTIFICATES REQUIRED:**

- Liquor Permit
- Food Handling Certificate  
(RE: If serving to the Public)

## **PAYMENTS REQUIRED:**

- **Hall Deposit** - \$150.00 is due in advance of rental to ensure booking and/or any damage that may occur.
- **Kitchen Deposit** - \$100.00 is due in advance of rental to ensure booking and/or

any damage that may occur WHEN preparing food during event.

- **Rental Fee** - Full fee is due prior to rental date.

## CATERING SERVICE

The Regina Senior  
Citizens Centre Inc.

**2404 Elphinstone St.**

**Tel: 359-3847 ;**

**Fax: 359-3881**

**Elphinstone St.**

**Centre**

## ACTIVITY CLASS & PROGRAM GUIDE

Instructed Classes

### Weight Resistance

**Day & Time:** *Tuesdays and Thursdays  
9:30am to 11:00am (Fall & Winter)*

**Cost:** *\$45.00 Members*

*\$65.00 Non-Members*

### Oil Painting

**Day & Time:** *Thursdays 1pm to 3:30pm*

*8 week Session: Winter/Spring/Fall*

**Cost:** *\$30.00 Members*

*\$55.00 Non-Members*

### Watercolour Painting

**Day & Time:** *Mondays 1pm to 3:30pm*

*8 Week Session: Winter/Spring/Fall*

**Cost:** *\$30.00 Members*

*\$55.00 Non-Members*

## ACTIVITIES

### Weekly Cards

**Bridge** - *Fridays at 1:00pm*

**Cribbage** - *Tuesdays at 1:30pm*

**Whist** - *Wednesdays at 1:30pm*

**(NOTE: No Partners Required)**

### Card Tournaments

#### **Bridge**

*First Friday of the Month*

#### **Cribbage**

*Second Tuesday of the Month*

#### **Military Whist**

*Last Wednesday of the Month*

**(Note: Dates Subject To Change)**

□ All Tournaments start at 12:30pm

□ \$5.00 Per Person

□ Partners Required

## Joe's European Deli

Luncheons, Meetings, Banquets  
and Funerals. We do it all!!

775 Ross Ave E. . . . . 347-8221

- Pre-Register

### Floor Curling

**Day:** *Mondays and Wednesdays*

**Time:** *10:00am to 12:00pm*

“Ice Curling” without getting cold.

Instead wooden rocks are used. Highlights include tournaments throughout the year.

### Texas Hold'em Poker Tournaments

**Day:** *Third Friday of the Month*

**Time:** *7:00pm—11pm*

**Cost:** *\$20.00*

Are you going to sit there, and fold or throw all your chips in and join the Excitement?

## PROGRAMS

### Choir (Young at Heart Songsters)

**Day & Time:** *Fridays 10am to 12pm*

The group rehearses and sings on a weekly basis and performs in the community for special seasonal events.

### Exercise Club

**Day & Time:**

*Mondays, Wednesdays and Fridays*

9am to 10:30am (Fall & Winter)  
Exercisers meet at the Cathedral  
Neighbourhood Centre for stretching  
exercises. The concentration is on  
flexibility and endurance.

### Cyclists & Walkers Club

#### Day & Time:

*Mondays, Wednesdays and Fridays*

9:30am to 10:30am (Spring & Summer)  
It is a fitness and fun combined into  
a gentle work-out.

### Jam Sessions

Day: *Thursdays from 7pm to 9pm*

Cost: *\$1.00 Members  
\$1.50 Non-Members*

An evening of old time music to listen or  
play, from beginner to professional.

### Potluck Supper

Day: *Second Tuesday of the Month*

Time: *5:30pm*

Enjoy good company, great food and card  
bingo to follow...

# Elphinstone Centre Rental Brochure

For more information, or to make a booking please  
contact Brad McNeice @ 359 – 3847

Our beautiful facility may be  
rented for events such as:

Weddings  
Teas  
Seasonal Parties  
Meetings/ Workshops  
Anniversaries  
Social Gatherings

Dinner Meetings  
Health Presentations  
Cultural Events  
Birthdays  
Family Reunions  
Dance classes  
Leisure activities  
And much more...

## Centre Features

Centrally Featured  
Air Conditioned  
Ample Free parking  
Fully Equipped Kitchen Facilities  
Coat Check  
Close to park  
Spacious  
Wheel Chair Accessible  
Kitchen facility  
Barbecue  
P.A. System  
Piano  
Tables and chairs

### Seating Capacity

Tables and chairs - 72

Chairs only - 90

### Rental Fees

Rental Fee (Non-Profit) : \$15/hr

Rental Fee (Regular) : \$20/hr

Damage Deposit : \$75.00

Gas Bar-B-Que (optional): \$10.00

Set up: \$15.00

**Kitchen Use:** Free, with exception that all dishes used are put in dishwasher and cleaned, for health reasons.

### ***Certification Required***

- Liquor Permit
- Food Handling Certificate  
(If serving the public)

## **RSCC Membership**

*If you are 55 years of age or older, you are invited to join the Centre. The annual \$25 membership fee entitles you to take part in activities at both locations and enjoy a reduction in the cost of individual activities. The \$25 membership also entitles you to take in the Early Bird Membership for the following year at a fee of \$20 from September 1<sup>st</sup> to November 30<sup>th</sup>.*

## **RSCC Membership Form**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**POSTAL CODE:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_

**NEXT OF KIN:** \_\_\_\_\_

Please bring Membership Form and Payment to the RSCC office.  
You will then receive a Membership Card and Membership Package.

## Finances

**The Regina Senior Citizens' Centre Inc.  
receives funding in part by:**

*City of Regina*

*United Way of Regina*

*Canada Saskatchewan Career  
& Employment Service*

**The Senior Citizens' Centre Inc. generates almost  
70% of its yearly financial requirements.**

### DONATION RESPONSE CARD:

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**POSTAL CODE:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_

**I want to help the Regina Senior Citizens Centre by donating: (please check one)**

\$10

- \$25
- \$50
- Other \_\_\_\_\_

(Please circle one) - Cheque      Cash

*Mail Donation Response Card to 2134 Winnipeg St. - S4P 3X6*

*Cheques may be made out to: Regina Senior Citizens Centre Inc.*



