

For Your Information #6: *Clubs & Recreation*



SOUTH WINNIPEG SENIORS RESOURCE COUNCIL

**An information and referral hub
connecting older adults with community resources**

www.swsrc.ca

Day Programs

WRHA

WRHA operates Adult Day Programs throughout the community. ADPs provide recreational, social and health services to adults who may be socially isolated, physically frail or living with a chronic condition. Transportation provided. A referral to the program is required. Applications to the program may be completed by Home Care Case Coordinators.

Independent Living Resource Centre

204-947-0194

www.ilrc.mb.ca

- Offers "Leisure Education":
 - which is a goal-oriented adult day program where individuals get to choose what types of activities they want to do and are accompanied by a volunteer.
 - Call your home care case coordinator to apply.
- Educational workshops are also offered
 - which are held once a month to build and strengthen independent living skills.
 - Free and open to the public.
- Visit the website for upcoming workshops.

Seniors Clubs and Recreation

Central Corydon Community Centre

204-488-7000

www.corydoncc.com

- Offers a variety of programs including fitness classes, zumba, yoga, bridge, pickle ball, quilting, walking club, skating.
- Offers an adult drop-in program.
- Activities change seasonally.
- Prices vary based on activity.

Seniors Clubs and Recreation (cont.)

Bee Wellness Inc.

204-832-2077

www.beewellnessinc.com

- Offers various fitness and rehab programs (Stroke recovery, MS, Balance Training, Pre and post knee, hip and shoulder).
- Call or visit the website for prices and more information.

Charleswood 55+ Active Living Centre

204-897-5263

www.charleswoodseniorcentre.org

The Centre offers a wide range of daily programs, activities and classes including fitness, computers, art, bridge, books, movies, tours and special events.

55+ Learning Centre: Creative Retirement

204 949-2565

www.crm.mb.ca

- Offers a large variety of programs ranging from arts & leisure, technology, humanities, language, clubs and much more.
- Must register in advance for all programs.

City of Winnipeg

311

www.winnipeg.ca

- Offers a variety of fitness, aquatics, leisure, creative art, and dance programs for older adults at various locations.
- Pick up a copy of the Leisure Guide for more details.

Temple Shalom: Community Health and Well Being

204-453-1625

www.templeshalomwinnipeg.ca

- Address: 1077 Grant Avenue
- Meets at Temple Shalom at 1:30pm on the first Wednesday of every month from October to June for presentations about health and well-being of individuals 55+.
- Light refreshments provided.
- Silver collection.

Seniors Clubs and Recreation (cont.)

Earl Grey Seniors

204-452-2074

www.earlgreycc.ca/seniors-groups

- The group meets at 300 Cockburn St N Mondays for Whist (call for time) and Bridge on Wednesdays from 1pm to 4pm.
- All are welcome.

Manitoba Deaf Seniors Club

204-284-0802

www.deafmanitoba.org

- Address: 285 Pembina Highway.
- This group meets every Friday afternoon from September to June from 1pm to 4pm at the Deaf Centre of Manitoba.
- Social and recreational activities include cards, bingo, and bowling.
- Light refreshments provided.
- Open to all deaf Manitobans.

A&O: Senior Centre Without Walls

204-956-6440

www.aosupportservice.ca

- All you need is a telephone.
- Phone program geared toward anyone 55+ in Manitoba.
- Educational and recreational programs including: historical presentations, language classes, book clubs, support groups.

Rady Jewish Community Centre

204-477-7510

www.radyjcc.com

- Offers activities such as yoga, fitness for active aging, aquatic activities, pilates, tai-chi, zumba and pickle ball.
- Social, cultural, educational and wellness programs are also available
- Phone or visit the website to register.

St. James Assiniboia 55+ Centre

204-987-8850

www.stjamescentre.com

- Offers various fitness programs such as dancing, yoga, zumba, pickleball and other drop in programs.

Seniors Clubs and Recreation (cont.)

Reh-Fit Centre

204-488-8023

www.reh-fit.com

- A gym geared toward the older demographic.
- Group fitness and rehabilitation programs available.
- Call or visit their website for more information.

Good Neighbours Active Living Centre

204-669-1710

www.gnalc.ca

- Offers a variety of activities for 55+ individuals.
- Activities include: fitness classes, painting or writing classes, music classes, technology workshops, card games, dances, & much more!
- Call or visit the website for more details.

Rainbow Resource Centre

204-474-0212

<https://rainbowresourcecentre.org>

- Address: 170 Scott Street.
- Coffee & Chat: Every Thursday from 10am to 12pm.
- Potluck Supper: Bring some food to share on the second Thursday of every month from 6pm to 8pm.
- Movie Matinée: the 4th Thursday of the month from 1:30pm to 4:30 pm.
- Other available services at the centre: public access computer, library, counselling, peer support.

Nature Manitoba: Gray Hares

204-943-9029

- A group within Nature Manitoba of "retired and partly retired" people that engage in activities such as cross country skiing in the winter, cycling, biking, canoeing or camping in the summer.
- Between seasons, there are 'cultural events' available such as touring the MTC, the WAG, or other places of interest.

Seniors Clubs and Recreation (cont.)

Active Aging in Manitoba (AAIM)

204-632-3947

www.activeagingmb.ca

- Offers healthy living presentations for older adults, Steppin' Up with Confidence program (peer-led exercise and walking program) and hosts the MB 55+ games.
- MB 55+ games is an annual event that involves competition in the following activities: walking, cycling, track, 8 ball, arts and crafts, bocce ball, golf, cribbage, bridge, shuffleboard, pickleball, scrabble, slo-pitch, and swimming.
- New Fall 2018: 55+ Active Living Centres and groups can host a 60-90 minute session to encourage older adults engagement in age-friendly activities.

Bridge Manitoba

204-231-6047

2050 Chevrier Boulevard

www.bridgemanitoba.org

- Daily games Monday through Saturday.
- Supervised play Monday evenings & Friday mornings.

Manitoba Conservatory of Music and Arts

204-988-7650

www.mcma.ca

- A variety of programs are offered for music lovers of all ages.
- Call or visit the website for more information.

SENIORS RESOURCE FINDERS

(formerly Community Resource Councils)

Information and Referral Hub

Living Well
at
55+

1. St. James Assiniboia Area - Seniors Resource Coordinator	204-987-8850 ext. 108
2. Assiniboine South Area - Seniors Resource Coordinator	204-478-6169
3. Fort Garry Area - Seniors Resource Coordinator	204-792-1913
4.* St. Vital Area - Seniors Resource Coordinator For service in French see number 13	204-254-1010 ext. 217
5.* St. Boniface Area - Seniors Resource Coordinator For service in French see number 13	204-254-1010 ext. 217
6. Transcona Area - Seniors Resource Coordinator	204-222-9879
7. River East Area - Seniors Resource Coordinator	204-667-6812
8. Seven Oaks Area - Seniors Resource Coordinator	204-612-3888
9. Keewatin/Inkster Area - Seniors Resource Coordinator	204-774-3085
10. Point Douglas Area - Seniors Resource Coordinator	204-792-2920
11. East Downtown Area - Seniors Resource Coordinator	204-803-8329
11. West Downtown/Broadway Area - Seniors Resource Coordinator	204-772-3533
12. River Heights Area - Seniors Resource Coordinator	204-478-6169
13.* Conseil des francophones 55+ - serves the French speaking population of Winnipeg	204-793-1054
14.**Middlechurch Home of Winnipeg - serves West St. Paul and East St. Paul	204-336-4126

Seniors Resource Finders (SRF) help link and refer older adults 55+ to community supports, programs and services. Services vary from community to community based on identified needs; however, some common services are:

- E.R.I.K. (Emergency Response Information Kit)
- Escorted transportation and other transportation options
- Yard and home maintenance referral program
- Networking and community outreach
- Congregate meal programs
- Educational materials and community presentations



Winnipeg Regional
Health Authority
Caring for now!!

Différents réseaux de
santé à Winnipeg
À l'écoute de nos seniors



Who we are:

South Winnipeg Seniors Resource Council (SWSRC) is a non-profit information and referral hub connecting older adults with community resources to assist them in daily living.

Who we serve:

- Adults 55+ living in accommodations ranging from private dwellings to personal care homes
- Families, friends and caregivers of older adults

Where we serve:

In the communities of Charleswood, Crescentwood, Fort Rouge, Lord Roberts, Osborne Village, River Heights, Riverview and Tuxedo.

Contact Us:

117 – One Morley Ave, Winnipeg, MB R2L 2P4
204-478-6169 resources@swsrc.ca

***** Disclaimer *****

Information in the FYI Brochure is for reference purposes only and is an exhaustive list of services available.

SWSRC does not take responsibility for the services provided.