

Registration for Spring programs begins March 23, 2009. Registration deadline to reach minimum requirement is April 3, 2009. Classes begin the week of April 6, and are filled on a first come, first served basis.

ARTS & CRAFTS

Crafts Corner

If you love being creative this is the class for you! Create beautiful crafts and enjoy meeting new friends in this welcoming environment. All older adults welcome, no experience necessary. For more information please contact the centre.

Fee – Free to all older adults (nominal fee for supplies)

Conveners: Lillian & Jayne

STRADBROOK Mondays, 2:00 – 4:00 p.m.

Craft of the month

If you love being creative, this is the class for you. Learn and create beautiful cards for all occasions, enjoy meeting new friends. Explore and release your art spirit in a fun and relaxing setting. All welcome, no experience necessary. Contact the centre for more information.

SOUTHDALE Thursday, 10:00 a.m. Fee; \$15
April 16, May 14, 2009.

Instructor: Selina McGregor

Crafts

The West End Centre will feature craft projects on Tuesday afternoon from 1:30 to 2:30 p.m.

Projects will be determined according to interests.

Beginner's Quilting

Learn to quilt by starting with simple projects such as place mats and pot mats.

Fee: free to all members (nominal fee for supplies)

West End Tuesday 1:30 p.m. to 2:30 p.m.

(4 wks starting April 21)

Contact the centre for more information and to sign up.

Floral Arrangement

Enjoy making beautiful floral arrangements for any décor.

Fee: TBA

Instructor: TBA

West End Tuesday 1:30 p.m. to 2:30 p.m.

Contact the centre for more information with start date and to sign up.

Painting and Drawing

Learn drawing & painting techniques using watercolor and acrylics. This is a relaxing class that allows you to be creative. All skill levels welcome. Call the Centres to register. *Please note the Southdale class is located at the Archwood Community Centre, 565 Guilbault. Also please note Stradbrook class is accepting registrations in oil painting.*

Fee – \$45

Instructor – Daria Mudryj

SOUTHDALE Thursdays, 10:00 a.m. – 12:00 Noon
(10 weeks starting April 9)

STRADBROOK Wednesdays, 10 a.m. – 12:00 Noon
(10 weeks starting April 8)

WEST END Tuesdays, 9:45 – 11:45 a.m.
(10 weeks starting April 7)

CLUBS

Movie Afternoons

View a classic movie or more recent one.

Fee- Free

West End Centre: Thursdays 1:00-3:00 p.m.
Starting May 2009

Gardening Group

Do you love to garden but don't have the space anymore? Main Street Centre will be setting up raised Garden Beds this spring and would like to offer members a chance to grow vegetables and flowers for your own use as well as to share with our Centre and the community.

Please phone the centre to reserve your space

COMPUTERS

Beginner Computer Classes

Classes have been divided into 2 levels to better suit participants who have varying levels of computer skills. Please read the information about each level to determine the one that is right for you. Contact the Centre for more information. Space is limited in the computer lab, so register quickly.

Level 1

This course is primarily for students who have very little or no knowledge of working with computers. The course will consist of starting and shutting down the

computer and the monitor; working with the mouse and the keyboard using Microsoft Word; learning the Microsoft Windows Operating System; creating, saving and moving files and folders; cleaning your computer of unwanted files and folders, and completing a maintenance program on your computer.

Fee – \$45

Instructor – Eddie Toffan

WEST END Mondays & Wednesdays,

9:30-11:30 p.m.

(4 weeks starting April 6)

No class on April 13, make-up class on April 17)

Level 2

This portion of the course requires that students have a basic working knowledge of the computer either by taking level one or having similar hands-on experience. A 3 1/2 floppy diskette is recommended for this course.

The course will consist of more creating, saving and moving of files and folders; information on programs and printers; more on Microsoft Word; opening and surfing the Internet; cleaning your computer of unwanted Internet files; cleaning your computer of unwanted files and folders and completing a maintenance program on your computer. Prerequisite: Beginner Computer Level 1 or equivalent.

Fee – \$45

Instructor – Eddie Toffan

WEST END Mondays & Wednesdays

12:00-2:00 (4 weeks starting April 6, No class April 13, make-up class on April 17)



Level 3

This portion of the course is geared towards students who have a fairly good working knowledge of the computer either by taking Level 1 and 2 or through hands-on experience. A 3 1/2 inch floppy diskette is recommended. The course will consist of: creating saving and moving files and folders: learning and working with Microsoft Excel (spreadsheet): signing up for Hotmail; working with email; cleaning your computer of unwanted Internet files; and completing maintenance on your computer.

Fee: Members \$45

Instructor: Eddy Toffan

West End Mondays and Wednesdays, 2:15 to 4:15 p.m (4 wks starting April 6. No class April 13 (Easter Monday). Make up class April 17.

Community Computer Access

Due to the support of Community Connections, we now have computer labs capable of Internet access, e-mail, printing & Microsoft Office applications.

Fee – Suggested Donation, open to the community

WEST END Monday – Friday, 9 a.m. – 4 p.m.

Computer Coach

Need a little help on the computer? A tutor is available to assist with your everyday computer needs. E-mail, word processing, browsing the Internet, etc. Coaching is by appointment only; please contact your Centre to book.

Fee – Members \$1.50

STRADBROOK Mondays, 9:30 – 12:30 p.m.

Wednesdays 9:30a.m. – 12:30 p.m.,

1:30 – 3:30 p.m.

WEST END 2nd & 3rd Thursday of each month,

1:00 - 4:00 p.m.

DANCE

Belly Dancing Primer

Have you always thought it would be fun and good exercise to try belly dancing (Middle Eastern dance)? Here is your chance to take a belly dance primer class. This class is designed for people who want to exercise but haven't taken belly dance before and may have felt timid about doing so. This is not a high-energy workout, but wear loose, comfortable clothing and bring a water bottle.

Fee - \$25

Instructor – Krysty McIntyre

WEST END Fridays, 9:30 to 11 a.m.

(10 wks starting April 17)

SOUTHDALE Tuesdays, 1:00 – 2:30 p.m.

(10 weeks starting April 7)

MAIN Fridays, 1:00 – 2:30 p.m.

(10 weeks starting April 17)

Clogging Beginners : (New)

If you love to dance and get fit at the same time, this is the class for you to try!

You will learn the basic steps of clogging while having fun dancing to country, folk and pop music. No partner required, low-heeled shoes are recommended for clogging.

SOUTHDALE Tuesday, 12:30 Fee: \$30

(10 weeks starting April 7)

Instructor: Phyllis Bailey

Continuing Clogging: (New)

For those have the basic steps in clogging and are ready to move on with new steps and new dances.

SOUTHDALE Tuesday, 1:45 Fee; \$30
(10 weeks starting April 7)

Instructor: Phyllis Bailey

Clogging

This is one dance class you don't want to miss! If you want a toe tapping good time this is the class for you!

Good music & great fun, all levels welcome.

Fee – \$15

Instructor – Gerald Laking

WEST END Wednesdays, 6:30 p.m.- 8:30 p.m.
(10 weeks starting April 15)

Latin American Dance

Get lost in the music as you learn the steps to this exciting style of dancing. You do not need a partner to participate in this fun class!

Fee – \$27

Instructors – Patricia Anderson

WEST END Mondays, 9:45 – 10:45 a.m.
(9 weeks starting April 20)

Line Dancing

YEE-HAW! Join this fun class and learn a variety of dances and steps to the latest popular line dances. No partner required, just a desire to learn & have fun!

Fee – TBA

Instructor – Lawson Tarbut

WEST END Wednesday 1:00 – 2:00 p.m.
(9 weeks starting April 29)

Beginner Line Dancing

Fee - \$33

SOUTHDALE Fridays, 11:30- 12:30 p.m.
(9 Weeks starting April 3)

Instructor – Jean Brock

Line Dancing Advanced Level

Fee - \$33

SOUTHDALE Fridays, 1:00 p.m. to 2:30 p.m.
(9 weeks starting April 3)

Instructor – Jean Brock

Line Dancing at Main

Ask about our free introductory monthly dancing sessions hosted by Susan Alder from the Point Douglas Seniors Coalition. No partner needed! Lots of fun! Date: Wednesday, April 29th at 1:00 p.m.

future dates to be determined by group

Line Dancing at Downtown

Join us for a fun hour of dancing and coffee. No boots or partner needed!

Fee – No Charge

DOWNTOWN

333 Vaughan St. Tuesday, 10 to 11 a.m.
(10 wks starting April 7)

Social Dance Lessons

Come out for great fun and exercise! Learn a variety of dances including the Rumba, Cha-Cha & a group choice. The group will decide what other form of dance they want to learn! No partner required– just a desire to have fun! (Participants will work in pairs within the group).

Fee – \$33

Instructor – Patricia Anderson

SOUTHDALE Thursdays, 1 to 2 p.m.
(9 weeks starting April 2)



Zumba: (New)

Join the latest exercise movement taking Winnipeg by storm! In a Zumba class, you move muscles, burn calories and have fun while dancing to an irresistible Latin beat. The workout begins slowly with simple steps, then move to medium pace. Prepare to be hooked on this dynamic and affective fitness program after your first class.

Instructor: Patricia Anderson

SOUTHDALE Thursday, 2:15 p.m. Fee \$36
(9 weeks starting April 2)

WEST END Mondays 11:00 a.m. – 12:00
noon
(9 weeks starting April 20)

EDUCATIONAL

English as an Additional Language (EAL)

Learn English in a comfortable atmosphere. To register for EAL programs, call 956-6440.

CENTRAL – 200 –280 SMITH

Advanced

Tuesdays & Fridays, 10:00 – 12 noon.

SOUTHDALE

Beginner & Intermediate

Mondays & Thursdays, 1 – 3 p.m.

WEST END

Beginner, Intermediate & Advanced

- Tuesdays & Thursdays, 9:30 – 11:30 a.m.
- Tuesdays & Thursdays, 1:30 – 3:30 p.m.,
- Tuesdays & Thursdays, 6 – 8 p.m.
- Saturdays & Sundays, 1:00 – 3:00 p.m.

STRADBROOK

Beginner & Intermediate

- Tuesdays & Fridays, 1:30 – 3:30 p.m.

MAIN

Tuesdays & Thursdays, 9:30 – 11:30 a.m.

LOCATIONS OF OFF-SITE CLASSES

Creative Retirement Manitoba, 270 Sherbrook Street

- Tuesdays & Fridays, 1 – 3 p.m.

Epiphany Lutheran Church, 200 Dalhousie Dr (4 Classes)

- Mondays & Wednesdays, 9:30 – 11:30 a.m.

Fred Douglas Lodge, 1275 Burrows Avenue

- Mondays & Wednesdays, 6 – 8 p.m.

Good Neighbors Senior Centre, 755 Henderson Hwy.

- Mondays, 9:30 – 11:30 & Thursdays, 1 – 3 p.m.

Jewish Child & Family Services, 2nd Flr, 123 Doncaster Street (3 Classes)

- Tuesdays & Thursdays, 9:00 – 11:00 a.m.

Place Promenade, 410 Webb Place

- Mondays & Wednesdays, 1:00 – 3:00 p.m. (Beginners)
- Wednesdays & Fridays, 9:30 – 11:30 a.m. (Intermediate)

Villa Heidelberg Inc., 33 Edmonton Street

- Mondays & Wednesdays, 1:00 - 3:00 p.m.

Instructors – Bernadette Agpalza, Jenny Chan, Terry Coodin, Greta Gibson, Joan Hreno, Jane Liebszeit, Lynne McCarthy, Tara McLeod, James Morden, Aruna Parbhakar, Ngoc Phan, Roberta Short, Bea Solsberg, Valerie Unwin, Shanshan Wang, Ianthe Warner.

Beginner Spanish

HOLA! Speak the language that is used in countries around the world. Learn the basics to conversational Spanish and feel confident in your travels to Spain, Florida, Mexico or other favorite snowbird destinations! Learn basic vocabulary, phonetics, structures and essential conversational skills.

Fee- \$37

Instructor – Manuel Zuniga

SOUTHDALE 12:30 p.m.

(10 weeks starting April 8)

Spanish Level 2

This requires that you have successfully completed the beginner class. The class will emphasize the development of oral communication & cultural elements. You will have the opportunity to practice speaking and to develop the confidence necessary. For more information please contact the centre.

Fee – \$37

Instructor – Manuel Zuniga

SOUTHDALE Wednesdays, 2:00 p.m.

(10 weeks starting April 8)

Wii Workshop

Come join the experience of Wii like no other. Wii is a new interactive Nintendo console that combines fun and physical activity. Wii is for everyone of all ages, (even for the grandchildren). These games include bowling, tennis, baseball, boxing & golf. Learn about this software and try it out for yourself! No experience necessary. For more information or to register call the Centre.

Fee- No Charge

WEST END Every Friday (Starting May) 1:00 p.m.

MAIN Wednesday, April 15, May 27 and June 10 at 11:00 a.m.

FITNESS & MOVEMENT

Note: Before participating in any physical activity program, please consult with a physician. For your wellness & safety, please wear proper footwear & clothing.

Aqua-Fit

Jump right in, the water's warm! Come out and get your exercise in the warmth of a pool. Join us at Ivan Franko for a weekly aqua-fit class with a certified instructor. This class is open to all Centres. For more information please contact the centre.

Fee – \$36

Instructor – Linda Menne

MAIN Tuesdays, 10:00 – 10:45 a.m.

(12 weeks starting April 7)

Thursdays, 10:00 – 10:45 a.m.

(12 weeks starting April 9)

Continuing Yoga

A continuation and progression of the techniques and movements covered in introductory yoga. Participants must have taken at least one yoga class or beginner yoga equivalent.

Fee – \$32

Instructor –Yoga Centre of Winnipeg

SOUTHDALE Fridays 10:00 a.m. – 11:00 a.m.
(9 weeks starting April 17)

Firm & Flex

A popular class that helps maintain flexibility and increases both muscle strength and bone mass. This class includes chair exercises, warm-up, cardio, muscle strengthening & cool down.

Fee – \$30

Instructor – Lorraine Marek,

SOUTHDALE Tuesdays, 11:15 a.m. – 12:15 p.m.
(10 weeks starting April 7)

Get Fit & Have Fun Exercise Class

Increase your strength and endurance, bone density and posture using free weights, dynabands and balance work in this class. The class will include walking to improve cardio and stretching, finishing off with a relaxation routine. All are welcome as exercises can be adapted to fit individual needs.

Fee - \$30

Instructor – Joanne Holt

SOUTHDALE Thursdays, 1 to 2 p.m.
(10 weeks starting April 9)

WEST END Thursday 9:30 a.m. to 10:30 a.m.
(10 weeks starting April 9)

Instructor: Yvette Taylor

In Motion Exercise Class

Start your week off right with this gentle stretching and movement class offered in partnership with Hope Centre. Our instructors run a fun-filled session with lots of incentives. Classes are free of charge to all North-end seniors 55 and over through a grant from In Motion Winnipeg.

Fee - No charge

MAIN Mondays, 11-11:45 a.m.
(Starting April 20)

Mixed Yoga

This class is open to all levels of yoga, whether you are a beginner, have taken classes before or simply want to take another class! Enjoy a welcoming and relaxing atmosphere while learning body alignment, relaxation techniques and more!

Fee – \$35

Instructor – Yoga Centre of Winnipeg

SOUTHDALE Tuesdays, 10:00 – 11:00 a.m.
(10 weeks starting April 7)

Yoga

An Eastern form of exercise focusing on body alignment, strengthening muscles, breathing and relaxation techniques. Beneficial for back and joints.

Fee - \$30

Instructor- Yoga Centre of Winnipeg

STRADBROOK Thursdays 11:00 a.m. – 12:00 p.m.
(10 weeks starting April 9)

PACE (People with Arthritis Can Exercise)

If you have arthritis – and even if you don't! – You may be interested in this specially designed exercise class that will help with flexibility, range of motion and endurance. The sitting and standing routines will help to relieve stiffness and improve posture. Anyone can benefit!

Instructors– Cathy Hunter (Mondays) **Fee** – \$24

Ann Cruse (Thursdays) **Fee** - \$30

SOUTHDALE Mondays, 9:15 – 10:15 a.m.

(8 weeks starting April 6)

Thursdays, 10:30 – 10:45 a.m.

(10 weeks starting April 9)

Pilates

Improve your posture and flexibility while gaining abdominal and back strength. These mat work exercises leave you feeling strong, stretched and refreshed. Dress comfortably and bring a large towel or pillow for neck support.

Fee – \$30

Instructor – Sophia Ferreira

STRADBROOK Mondays 1:00 – 2:00 p.m.
(10 weeks starting April 6)

Tai Chi

This popular class offers slow, relaxed, traditional Chinese body movements designed to relieve stress and fatigue while developing strength, flexibility, concentration and balance. For more information please contact the Centre.

Fee – \$28

Instructor – Gloria Wong

STRADBROOK Tuesdays, 10:30 – 11:30 a.m.
(10 weeks starting April 7)

Tai Chi

Explore the ancient moving meditation that increases flexibility & strength, improved balance, clearer and more relaxed mind, better breathing & reduced stress. This class is for entry level members. Please wear loose clothing and comfortable shoes.

Fee – \$18

Instructor – Esper Wong

SOUTHDALE Mondays, 10:30 – 11:30 a.m.
(7 weeks starting April 6)

Walk N' Weights

Come on in out of the cold and walk indoors! Enjoy exercising in a fun and social atmosphere as you walk and get fit. This class will help to improve your muscular strength and balance. Participants are asked to bring their own free weights. For more information please contact the centre.

Fee – \$24

Instructor – Cathy Hunter

SOUTHDALE Mondays 1:00 – 2:00 p.m.
(8 weeks starting April 6)

Yoga

An Eastern form of exercise focusing on body alignment, strengthening muscles, breathing and relaxation techniques. Beneficial for back and joints.

Fee – \$35

Instructor – Yoga Centre

DOWNTOWN

410 Webb Place- Place Promenade

Thursdays, 10:00 – 11:00 a.m.
(10 weeks starting April 9)

Yogalates

Try this new form of fitness! Use techniques from Pilates and key components from Yoga and feel great! Great for first time exercise enthusiasts! For more information please contact the centre.

Fee – \$35

Instructor – Lorraine Marek

SOUTHDALE Wednesdays 10:00 – 11:00 a.m.
(10 weeks starting April 8)

GAMES

Bingo

B1...of the many people to enjoy this fun and entertaining game! Refreshments are available for 50 cents. All seniors welcome.

Fee – 20 cents per card

MAIN Mondays, 1 p.m.

Card Club

If you enjoy playing cribbage, canasta, whist or other fun card games, come out and meet new friends in a fun afternoon of cards. All welcome.

Fee- Free to Members

STRADBROOK Thursdays 1:00 – 3:00 p.m.

Canasta

Come and play this fun double-deck card game. Other players will teach you if you don't know how to play. All older adults welcome.

Fee – Free to all Members

WEST END Mondays & Fridays, 1 p.m. (check calendar for possible cancellations)

Cribbage

Come on out and play this card game – you'll love trying to beat your opponents around the board.

Fee – Nominal Fee, (\$0.50)

MAIN Thursdays, 1 p.m.

Pool/Snooker

Pick up a cue and let's play!

Fee – No Charge.

WEST END Drop in

Shuffleboard

Come out for some socializing and fun!

Fee – No Charge.

WEST END Drop in anytime.

Social Bridge

Enjoy a wonderful morning of social card playing with other card enthusiasts! Learn from your peers in a non-competitive, learning environment. **The convener will be on-hand assisting participants as they play.** For more information please contact the centre. This group meets weekly at the Southdale location, 254 Lakewood Blvd.

Fee – Members \$1

SOUTHDALE Mondays, 10:00 a.m. – 11:30

Table Tennis

Pick up a paddle and keep that ball bouncing in this age-old game! All older adults welcome.

Fee – No Charge.

WEST END Monday – Friday 9 a.m.

Whist

Come out and play this card game with friends who have a similar love of the game. All older adults welcome.

Fee – Nominal Fee, (\$ 0.50)

MAIN Tuesdays, 1 p.m.

HEALTH PROMOTION

Blood Pressure

Get your blood pressure checked at the Centre by a volunteer nurse. Please call the Senior Centre to

register. Remember to bring your Manitoba Health Card.

Fee – Free for all older adults

WEST END Tuesday April 7, May 5 & June 9
1:30 p.m.

MAIN Wednesday Fridays, April 1, May 6 & June 3 at
11:00 a.m.

Foot Care

To make an appointment for foot care and for information regarding eligibility, call Nor'West Co-op Community Health Care at 940-2141.

Fee – Free to all older adults

STRADBROOK Mondays: April 20 and 21, May 19, June 15 and 16

WEST END Mondays: May 11 & June 8

HOME SECURITY

SafetyAid Program

In partnership with the Winnipeg Police Service, SafetyAid provides free home safety and security audits for older adults, 65+. Individuals whose income is under \$25,000 (single) and \$30,000 (couple), or that has been the victim of a break in are eligible to receive safety and falls prevention supplies installed at no cost. SafetyAid also provides falls prevention material: non-slip bath mats, nightlights, flashlights, ice grip tips for canes and ice melt for stairs and sidewalks.

For more information, or to book your free home safety audit, please call 956-6440.

MEETINGS

Board of Directors Meetings

All are welcome to attend these meetings. Please contact **Audrey** at the downtown office to confirm your attendance in advance. Meetings are the last Wednesday of each month.

Senior Centre Meetings

MAIN

Program Planning Committee: Wednesday April 1, May 6, June 3, 10:00 a.m.

General Membership: Wednesday April 1, May 6, June 3, 1:00 p.m.

Main Street Centre will be offering lunches (soup sandwich, dessert & coffee) for \$4.00 on meeting/presentation days at 11:45 a.m. Please phone or sign up at least two days in advance at the Centre.

DOWNTOWN

Program Planning Committee: Mondays, April 6, May 11, 10:30 a.m.

Note: Meetings will be held at 280 Smith St.

SOUTHDALE

Program Planning Meeting: Tuesdays, April 7, May 5 & June 2 at 10:15 a.m.

General Membership: June 9 (at Archwood Community Centre following the Birthday Luncheon, 1 p.m.)

WEST END

Program Planning Committee: Tuesday April 7, May 12 & June 9 at 1:00 p.m.

General Membership: Thursday, May 14 at 10:30 a.m.

MUSIC

Choir

Sing and have fun! We provide formal instruction to all different levels of experience so don't be shy! You may be able to get involved in a community performance. For more information please call the centre.

Fee – \$35

Instructor – Christopher Robinson

STRADBROOK Fridays, 10:00 a.m.
(10 weeks starting April 3)

OUTINGS

Lunch of the Month

Sign up and join our group for a monthly lunch outing to some local hot spots and enjoy a delicious meal. Call the centre to register. Meet at the restaurant at 11:30 a.m. All seniors welcome.

Fee – Lunch specials range from \$9-\$12, open to all seniors

DOWNTOWN **Wednesday, April 15, 11:30 a.m.**
Destination: The Chocolate Shop
(268 Portage Avenue)

Wednesday, May 6, 11:30 a.m.
Destination: Dalat Restaurant
661 Ellice Ave & Agnes

Wednesday, June 17, 11:30 a.m.
Destination: Oak Wood Café
4- 660 Osborne St.

Exploring Restaurants

On the last Thursday of each month (except for December), old and new friends will gather at a different restaurant to appreciate the atmosphere and food specialties. The houses' daily specials or the regular menu of specialties are your options. All older adults welcome. To register, call the Southdale office a week prior to the date by 4 p.m. to reserve a space with the group.

Fee – Lunch Special range \$9 to \$12 per person

SOUTHDALE Wednesday, April 29, 12:00 noon
Destination: Maxime's
1131 St. Mary's Rd.

Wednesday, May 27, 12:00 noon
Destination: Marigold Restaurant
487 St. Mary's Rd.

Wednesday, June 24, 12:00 noon
Destination: Travelodge Winnipeg
20 Alpine Avenue

Day Trip to Souris Manitoba:

The Iconic Swinging Bridge; Canada's longest historic suspension bridge was originally constructed in 1904 by Squire Sowden. Residents of Souris use it today! Be adventurous and take a stroll across this Manitoba Star Attraction! enjoy traditional restaurant fare with daily luncheon buffets.

Departs from Salisbury House parking lot, corner of Fermor and St Anne's Road.

Monday, July 6th, at 8:00 a.m. For more information or to register please call at 956-5734.

Fee: \$45 members/\$67 Non-members

Costume Museum of Canada

Visit the museum in its new home in the Downtown Exchange District. Take a guided tour of the museum and its clothing and textile collection includes over 35,000 artifacts

Fee- TBA

West End, April 15, 1:30 p.m.

Manitoba Legislative Building Tour

Take a tour of our Legislative Building, seat of the provincial government. Learn about the history and architecture of building. Contact the centre for more information and transportation arrangements.

Fee – Free

West End, May 5, 10:00 a.m.

Downtown, May 7, 10:00 a.m.

Winnipeg Art Gallery Guided Tour: "Marilyn Monroe Exhibit"

Come and view this wonderful exhibit of photographs,

paintings, and sculptures of a twentieth century icon. The tour involves walking and standing for about one hour. Contact the centre for more information and to sign up for the tour. Fee includes art gallery entrance and guided tour.

West End Centre and Downtown Centre :
June 3, 1:30 p.m. Fee- \$12.00

Walking Tour of the Exchange District

Explore some of Winnipeg's historic sites and architecture of the Exchange District. Participants must be able to walk and stand for one and half hours. Wear appropriate footwear

For more information contact the centre.

Fee: \$6.00

West End and Downtown Centres:
June 17 at 1 p.m.

PERSONAL BUSINESS

Legal Clinics

A lawyer is available to prepare wills and powers of attorney and to offer advice on other legal topics. Call your nearest Centre or the Central office for an appointment. Open to all older adults.

Fee - \$25 per service

MAIN Monday April 6 & 20, May 4 & 25, June 8 & 22 at 1:30 p.m.

SOUTHDALE Wednesday April 15, May 20 & June 17 at 1 p.m.

CENTRAL OFFICE Tuesdays, 1 p.m. & Thursdays, 10 a.m.

HOUSING

Seniors Housing Expo

Building on the success of the 2008 Seniors Housing Expo, Age & Opportunity will be hosting the 2009 Seniors Housing and Lifestyles Expo on April 25, 2009 at the Winnipeg Convention Centre.

Older Adults and their families can explore housing options and services to meet their future care needs and lifestyle choices.

Visitors will learn about selling their homes, buying a new home or condo, downsizing and other seniors' housing options. There will also be information on support services to help keep seniors independent for as long as possible.

The expo will include a number of presentations, with guest speakers who will inform and be able to answer questions. Topics will range from the changing needs of seniors, downsizing, healthy aging options for older adults, medical, home care and more.

Admission to the Seniors Housing and Lifestyles Expo is \$5.00. For more information, contact Age & Opportunity at 956-6440 or check out our web site at www.ageopportunity.mb.ca for updates.

Personal Housing Consults

Age & Opportunity's services have evolved to provide housing consultations to individuals, families and groups. These consultations will provide clients and their families with information to assist them with the selection of appropriate housing options. Free presentations are also available. To book an appointment with the Housing Project Coordinator, please call 956-6440.

PRESENTATIONS

Main Street Centre

Belly Dancing Demonstration: Come and see what a fun exercise class Belly Dancing can be. We will be offering the class this spring. Get those hips jingling! Wednesday, April 1 at 1:45 p.m.

Older Victims Services:

Wednesday May 6 at 1:30 p.m.

Seniors Resource Councils: Do you know that most districts in the city and the province have a Seniors Resource Council? These are funded by the Regional Health Authorities. See how these organizations work to support the health and well being of older adults in your neighbourhood.

Wednesday, June 3 at 1:30 p.m.

Stradbrook Centre

Fall Prevention: Wednesday May 27 12:30 pm-1:00pm

Victoria Lifeline is a not-for-profit service provided by the Victoria General Hospital Foundation. For the past twenty years Victoria Lifeline has provided help to over 20,000 Manitobans throughout our province. Lifeline is another tool in your fall prevention plan please join us and find out why!

Emergency Preparedness in Canada: Wednesday April 29 12noon – 12:30pm

Please see last P&S Guide p. 16

All participants will receive a FREE Emergency Planning Guide. Learn about Emergency Kits, the risks in our region, emergency planning and preparation and general useful tips for emergency preparedness. Are you prepared for a power outage

by knowing the what, when, where, why and how's about readiness planning.

SOCIAL EVENTS

Social Gathering

Come for coffee, conversation & Chinese music. Hosted by Chinese members and volunteers. All welcome!

Fee – Free for all older adults

WEST END Wednesdays, 9 a.m. – 12 noon

Mother's Day Tea

Join us in remembering mothers. Let's celebrate all the women who have been special to us with a Mother's Day Afternoon Tea. Light refreshment will be served. Call the centre for more information.

Fee: free

West End Friday May 8, 1 to 3 p.m.

Mother's Day Tea

MAIN Wednesday, May 13, 2008 at 1:00 p.m. Honour our Mothers on this special day. Bingo to follow. Tickets are \$5.00 at the door.

Canada Day BBQ

Start the summer and celebrate Canada Day with a BBQ at the West End Centre. Enjoy a delicious burger, or a hot dog, a drink and birthday cake. Listen to special entertainment. Bring family and friends.

Fee: \$2

West End June 30, starting at 10:30 a.m.

Volunteer Appreciation Tea

Come out and meet the many volunteers who give their time to make our centre work, making it a wonderful place to visit. All members are welcome. There will be a special presentation to a long time volunteer. Refreshments will be served.

No charge! For more information, please call 956-5734. This event will be held at Achwood Community Centre. 565 Guilbault St. Tuesday, April 21, at 1:00 p.m.

Members Meet and Greet

Come and join us to this fun and friendly event! Make new friends and reconnect with the previous members of Age & Opportunity of St Vital/St Boniface Centre Learn more about Age & Opportunity's programs and services, while

enjoying good conversation. Refreshments will be served Friday, May 21 at 1:30 p.m. No charge! For more information or to register, please call at 956-5734.

Volunteer Appreciation Tea

We are taking this opportunity to thank the many volunteers who have made it possible to offer wonderful programs and events at the centre with a Volunteer Appreciation Tea. All members are welcome at this event. Refreshments will be served. For more information contact the Centre.

Fee: no charge

West End April 16, 1:30 to 3:30

SPECIAL EVENTS

Birthday Parties

Some Centres offer birthday parties for members and guests. Here is a listing for April- June parties. Call the Centre in advance for more information, booking and/or tickets. *All Southdale birthday parties are held at the Archwood Community Centre, 565 Guilbault.*

MAIN STREET CENTRE

Wednesday, April 22nd at 11:30 a.m.: Easter Dinner & April Birthday Party Combined. Bingo to follow. Tickets available March 18th and must be purchased in advance. No reservations as seating is limited and meals must be pre-ordered from the caterer.

May Birthday Party May 20th at 11:45 a.m. with Bingo to follow. Tickets are \$5.00 at the door.

June Birthday Party, June 17th at 11:45 a.m. with Bingo to follow. Tickets are \$5.00 at the door.

St VITAL/St.BONIFACE CENTRE

St Vital/St Boniface Centre. Birthday celebrations are held the second Tuesday of each month, at Archwood Community Centre, 565 Guilbault. Menu to be determined monthly, for more information, please call at 956-5734.

Tuesday, April 14, May 12, & June 9, 2009 at 12:00 noon

This event will be held at the Archwood Community Club at 565 Guilbault Street. Please contact the centre for more information.

Fee – Members \$8/Non-members \$10

WEST END CENTRE

Join us in celebrating birthdays with a delicious lunch
Fee – \$6.00

Thursday April 30, May 28 & June 25 at 12 noon

DOWNTOWN

Celebrate with birthday cake. Please contact the Centre to confirm your attendance

Fee- no charge

Thursday May 14, 12:00 noon

410 Webb Place- Place Promenade.

SPIRITUAL

Spiritual Explorations Group

In our last session we explored "the Spirituality of the body" and how it relates to gracefulness, energy levels, health, faith, in our individual experiences as a whole.

Come and explore with us the implications of each and what it means to "return to the home of your soul, to who, what and where you are" born and reborn again".

Fee – \$45

Instructor – Esther Klassen

STRADBROOK Thursdays, 1:30 – 3:30 p.m.
(10 Weeks starting April 9)

SPORTS

Bowling

Come out and roll your way to some fun with a little 5-pin bowling! Price includes three games. For more information or to register, call the Centre. Open to all.

Fee - \$5.50

DOWNTOWN Fridays, 12:00 noon

Location: Park Lanes on Osborne Street.

Carpet Bowling

Roll your way to some fun with friends at the Centre.

Fee – Nominal Fee

MAIN Fridays, 11:00 a.m. - 12:00 p.m.

Cycling

The St Vital/St Boniface, Age & Opportunity Centre has as active group of cyclists who participate in weekly rides around Winnipeg! If you are interested in riding along or have a question, please contact the office at 956-5734

Note: A ride schedule will be available at the Southdale office.

Starting, Wednesday, 10:00 a.m. (starting April 29)

Cycling Meeting:

Calling all cycling enthusiasts! There will be a meeting for all those interested in joining the cycling group, on Wednesday, April 15 at 10:30 a.m. at Southdale, 254 Lakewood Blvd. Bring your ideas and give your input so weekly rides can be planned! The schedule for the season will be determined at this meeting.

Golf:

Join this fun and exciting group for a weekly game of golf at the Crescent Drive Golf Course.

You must bring your Age & Opportunity membership card each week.

Registration is at 8:00 a.m. tee off time is 8:30 to 9:00 a.m. Starting May 5, 2009

Fee- Green fees at the course

Note: Golf Tournament Tuesday, Aug 11, for more information please call at 956-5734.

Golf wrap-up luncheon, Tuesday, Sep 29, at 12 noon.

Golf Meeting:

This meeting held on Tuesday, April 21 at 10:30 a.m. to determine the schedules for this upcoming golf season, golf tournament and the wrap-up luncheon.

All past golfers are invited to attend, Southdale Community Centre, 254 Lakewood Blvd
Please contact the centre at 956-5734 for more information.

SUPPORT GROUPS

You and Your Adult Child or Grandchild Communications Group

This discussion group is for individuals 55+ who would like to improve their relationships with their adult children or grandchildren. The goal of the group is to improve intergenerational communication. Topics include changing family dynamics, values and conflicts between the generations, entitlement syndrome; and communication styles. If you are interested in participating in this group, please call 956-6440.

Fee- No Charge

Time : 10: 00 a.m.

Location- 3401 Roblin Blvd.

Dates: May 21 to June 25, 2009

Bereavement Group: You Are Not Alone

Age & Opportunity will be starting another bereavement group this fall for individuals 55+ that have lost a spouse. Discussions topics include common emotions following the loss, ways of coping with these emotions and life changes that one will experience as a result of the loss. For more information, call 956-6440.

Fee – No Charge

VOLUNTEER OPPORTUNITIES

Volunteers have always been a vital part of Age & Opportunity. The agency could not carry out its mission without the support and caring of volunteers. A number of opportunities are available for people of all ages to share their skills and talents with older adults living in the community. Positions may be available for one of the following:

AGE & OPPORTUNITY AMBASSADORS

Duties include promoting the Agency's programs and services at mall and special event displays in the community.

ENGLISH AS AN ADDITIONAL LANGUAGE TEACHER ASSISTANT

Support the EAL teachers and students by assisting them with their lessons.

FRIENDLY VISITOR

Volunteers provide older adults at risk of social isolation with regular social stimulation to reduce loneliness by visiting the senior weekly, talking and sharing common interests.

For more information on how you can get involved, please call Dianne at 956-6440.

WRITING, READING & STORY TELLING

Creative Writing

Grab a pencil and a pad; come share your creative self while writing and socializing. Each class will include discussions, reading circle, small jump on stories, tea and cookies. This is a fun hour, no experience required. Space is limited, so sign up today! This group meets every second Thursday of each month. For more information, please contact the centre.

Fee – Free to Members

SOUTHDALE Thursdays, 10:00 a.m. (April 9 & 23, May 7 & 21, June 4 & 18, 2009)

Never Ending Story Writers

Are you interested in writing stories of your life? If so we invite you to come and meet our friendly group. This is an informal group of dedicated writers who meet every Wednesday to read their stories and help each other write more effectively. Drop in, meet the group and decide if it is right for you. For more information, contact the Centre.

Fee – Free to Members

STRADBROOK Tuesdays, 1 – 3:30 p.m.
(Starts April 7)

Library at West End Senior Centre

Have you read a good book lately? Come by & pick up a book at the West End Senior Centre Library. The library is brimming with an assortment of books and magazines that will satisfy every reader's interests.

WEST END Drop in anytime.