



Embrace the Spirit • Vivez l'esprit

Adapted Services Listing

Fall 2017

Recreation Programs and Services Listing for Individuals with Special Needs

**Prepared by:
The City of Winnipeg
Community Services Department
Community Development and
Recreation Initiatives Division**



ADAPTED SERVICES LISTING

Fall 2017

RECREATION PROGRAMS AND SERVICES LISTING FOR INDIVIDUALS WITH SPECIAL NEEDS

**Prepared by: The City of Winnipeg Community Services
 Recreation Initiatives Branch**

With Information Provided By:

Age and Opportunity
The Arthritis Society
Canadian National Institute for the Blind
City of Winnipeg Community Services Departments
Community Respite Service
Creative Retirement Manitoba
Independent Living Resource Centre
Lions Club of Winnipeg Housing Centres
Manitoba Blind Sport Association
Manitoba Brain Injury Association
Manitoba Family Services and Housing
Manitoba Riding for the Disabled Inc.
Special Olympics Manitoba
Rose and Max Rady Jewish Community Centre
Society for Manitobans with Disabilities Inc.
Stroke Recovery Association of Manitoba Inc.
Wellness Institute
YMCA-YWCA of Winnipeg

TABLE OF CONTENTS

City of Winnipeg Community Services Department

Special Needs Services & Deaf Programs	Page 1-5
Aquatic Adapted Programs	Page 6
Public Library Services	Page 8

Other Agencies

Age and Opportunity	Page 9-11
The Arthritis Society	Page 11
Canadian National Institute for the Blind	Page 12
Community Respite Service	Page 14
Creative Retirement Manitoba	Page 15
Independent Living Resource Centre	Page 16
Lions Club of Winnipeg Housing Centers	Page 17
Manitoba Blind Sport Association	Page 18
Manitoba Brain Injury Association	Page 20
Manitoba Family Services and Housing	Page 21
Manitoba Riding for the Disabled Assoc. Inc.	Page 22
Special Olympics Manitoba	Page 23-30
Rose and Max Rady Jewish Community Centre	Page 30
Society for Manitobans with Disabilities Inc.	Page 31-32
Stroke Recovery Association of Manitoba Inc.	Page 33-35
Wellness Institute	Page 35-38
YMCA-YWCA of Winnipeg	Page 39-40

NOTE: For further details regarding the information in this package
Please contact the appropriate person listed for the specific
program/service of interest.
For information regarding the compilation of the material
presented in this package, please contact Gail Katz at
gkatz@winnipeg.ca.

Please feel free to duplicate and distribute to other interested individuals.



**THE CITY OF WINNIPEG • VILLE DE WINNIPEG
COMMUNITY SERVICES DEPARTMENT • SERVICES COMMUNAUTAIRES**

SPECIAL NEEDS SERVICES

The City of Winnipeg is committed to satisfying you with our classes, programs, events and facilities in which you participate. Individuals of all ages with special needs are invited and encouraged to participate in all Community Services sponsored programs offered within the Leisure Guide. Every effort will be made to ensure a positive recreation experience.

Program information including registration can be found at any of the following:

- www.winnipeg.ca/leisureonline
- calling 311 [24 hours a day/ 7 days a week]
- TTY 986-1311

For more program information you can contact Gail Katz at gkatz@winnipeg.ca.

Attendant Service:

An attendant provides support and assistance to a person with a disability participating in self-selected mainstream programs from the Leisure Guide. If assistance is required please indicate the need at the time of registration. Please put in a request at cms-InclusiveProgramming@winnipeg.ca. Participants/guardians will be contacted once registered to discuss the type of service required. For more information, contact Gail Katz at gkatz@winnipeg.ca.

SPECIAL NEEDS PROGRAMS

Activities Plus

Adults with developmental disabilities can socialize and enjoy being active. Participants are to bring a lunch.

Dates: Thursdays – Oct 5 – Dec 7, 2017 Course # 28680 or
 Fridays – Oct 6 – Dec 8, 2017 Course # 28681
Time: 11:00 a.m. – 2:00 p.m.
Duration: 10 weeks
Location: St. John’s Leisure Centre – 601 Aikins Street
Fee: \$48.00

Out and About

Adults with developmental disabilities can socialize and experience various activities and occasional outings. Participants are to bring a lunch.

Dates: Tuesdays – Oct 3 – Dec 5, 2017 Course # 28687 or
Wednesdays – Oct 4 – Dec 6, 2017 Course # 28688
Time: 11:00 a.m. – 2:00 p.m.
Duration: 10 weeks
Location: Fort Rouge Leisure Center: 625 Osborne Street
Fee: \$48.00

Pottery for the Visually Impaired

Learn various techniques for working with clay. This is a hand building course. There is a limit of 2 bags of clay per person. **Preregistration is required; please call CNIB at 204-774-5421 to register.**

Eligibility: Adults

Dates: Wednesdays – Sept 13 – Nov 15, 2017
Duration: 10 weeks
Time: 11:00 a.m. – 1:00 p.m.
Location: Lion's Outdoor Pool – 969 Dowker Avenue (behind 1350 Pembina Highway)
Fee: \$115.00 (includes ½ box of clay \$36)

Pottery for Special Needs

Adults can learn the many techniques of creating beautiful pieces of pottery. Pre-registration is required.

Dates: Thursdays, Sept 14-Nov 2, 2017 Course # 23689
Duration: 8 weeks
Time: 5:30-7:30pm
Location: Fort Rouge Leisure Centre: 625 Osborne St.
Fee: \$64.00 (Plus \$18 Lab fee for Half bag of clay, payable at first class.)

Craft Night 13+

Participants with developmental disabilities can create and take home various crafts.

Dates: Mondays – Oct 16 – Dec 4, 2017 Course #28682
Time: 6:30 – 8:30 p.m.
Location: St. John's Leisure Centre: 601 Aikins St.
Duration: 8 weeks
Fee: \$41.00
\$10.00 lab fee, payable to instructor at 1st class

The Lifestyles Cooking Club

Come cook with us, and meet new friends. Create and sample some new foods and maybe some classics. For adults with developmental disabilities.

Note: Pre-registration is required.

Dates: Sundays, Nov 19-Dec 3, 2017 Course #28685
Time: 6:00 – 8:00 p.m.
Location: St. John's Leisure Center: 601 Aikins
Duration: 3 weeks
Fee: \$35.00 (Includes lab fee)

Drums Alive/Move 'n Groove

Come try this fun workout! Using stability balls and drumsticks, drum to the powerful beat. Move 'N Groove energizes you through the moves of some great upbeat music. For adults with developmental disabilities.

Both activities can be done seated or standing. Drumsticks and balls provided.

Dates: Mondays, Sept 11 – Nov 20, 2017 **5:45 – 6:30 pm** #28684 or
Monday s, Sept 11 – Nov 20, 2017 **6:40 – 7:25pm** #28683
Location: St. John's Leisure Center: 601 Aikins St.
Duration: 10 weeks (No class Oct 9)
Fee: \$54.00

Creative Plasticine Art

Come create paintings using Plasticine. This medium stimulates mobility and creativity. Adults with developmental disabilities and little mobility can create masterpieces.

Dates: Wednesdays, Sept 13 – Oct 18, 2017 Course #28694
Location: Fort Rouge Leisure Centre – 625 Osborne St.

Dance Night

Snacks, door prizes and lots of fun! All ages welcome!

Tickets available at the door. \$6 (support staff free)

Dates: Welcome Back Dance – Saturday, Sept. 16, 2017

Halloween Dance – Saturday, Oct. 21, 2017

Christmas Dance – Saturday, Dec 16, 2017

Time: 6:30 – 9:30 pm

Location: Fort Rouge Leisure Centre - 625 Osborne St.

Fee: \$6.00 per evening (support staff free)

Karaoke Night

Choose and sing along to your favorite songs. All ages welcome!

Tickets are available at the door. \$6 (Support staff free).

Date: Saturday, Nov 18, 2017

Time: 6:30 – 9:30 pm

Location: Fort Rouge Leisure Centre - 625 Osborne St.

Fee: \$6.00 (support staff free)

Movie Night

Adults with developmental disabilities can socialize and enjoy a movie and popcorn. Please see dates below. Caregivers are welcome at no charge. **Pre-registration required.**

Dates: Saturdays, Sept 23, Oct 14, Nov 4 and Dec 2, 2017 Course # 28692

Location: Fort Rouge Leisure Centre: 625 Osborne St.

Time: 6:30-8:30pm or...

Dates: Fridays, Sept 22, Oct 13, Nov 3 and Dec 1, 2017 Course #28693

Location: North Centennial Recreation & Leisure: 90 Sinclair St.

Time: 7:00-9:00pm

Duration: 4 nights

Fee: \$16.00 (Fridays or Saturdays)

Minds in Motion

This program combines physical activity, socialization and mental stimulation for people living with early to mid-stage Alzheimer's disease or other types of dementia. Please come with a family member or community care partner and enjoy the fun activities like weekly exercising to music and fun stimulating games.

This program is facilitated by the Alzheimer Society of Manitoba working collaboratively with community partners. Price includes participant and family member/friend.

Dates: Fridays, Oct 20-Dec 8, 2017
Location: St James Civic Centre: 2055 Ness Ave
Time: 1-3pm
Duration: 8 weeks
Fee: \$56 per pair

Youth Action Centre for the Deaf or Hard of Hearing 13-18yrs

Deaf, Hard of Hearing and mainstream youth can participate in after-school activities, stay active and make new friends free of charge. On-site activities include sports, games, crafts and occasional excursions. Pre-registration at the school is required.

Dates: Wednesdays, Sept 27-Dec 13, 2017
Location: Manitoba School for the Deaf: 242 Stradford St.
Time: 3:45-5:45pm
Fee: No charge

DEAF SERVICES

The Manitoba Relay Service (MRS) is a communication link over the telephone between Deaf and Hearing people. To talk to a Deaf person through the Manitoba Relay Service call 1-800-855-0511 (no charge).



**THE CITY OF WINNIPEG • VILLE DE WINNIPEG
COMMUNITY SERVICES DEPARTMENT • SERVICES COMMUNAUTAIRES**

**City of Winnipeg Aquatics Services Division information for the
Adapted Service listing, Spring 2017**

The 13 indoor pools operated by the City of Winnipeg offer aquatic and active living opportunities for people with special needs.

Please Note:

- Participants that require assistance changing must be accompanied by a caregiver. If additional assistance is required in the water, the caregiver must be at least 12 years of age and comfortable in a water environment.
- Leak proof, tight fitting garment must be worn under swimwear for children who are not toilet trained and for individuals with bowel incontinence.

Program information including registration can be found at any of the following:

- www.winnipeg.ca/leisureonline
- Telephone 311 [24 hours a day/ 7 days a week]
- TTY 986-1311
- Visit one of our pools during business hours

Highlighted below is a list of activities available including a quick reference guide for finding them online at www.winnipeg.ca/leisureonline.

- **Swim lessons** on a one-to-one basis. These courses are found at: www.winnipeg.ca/leisureonline then look under Aquatics → swimming lessons → Specialty programs → Red Cross Swim-People with Disabilities.

Registered water exercise classes specific for people with fibromyalgia; arthritis; and multiple sclerosis. These courses are found at: www.winnipeg.ca/leisureonline then look under Older Active Adult --> Aqua Fitness Specialty . Also Active Living Fitness --> Aqua Fitness registered. Registered Aqua Fitness Specialty for Adults courses are available at Bonivital Pool; Kinsmen Sherbrook Pool; St. James Civic Center; Margaret Grant Pool; North Centennial Recreation & Leisure Facility.

- Registered **free lecture series** including topics such as: Healthy Aging Resources, Arthritis Management & Exercise with Chronic Disease and

others throughout the year. These courses are found at www.winnipeg.ca/leisureonline then look under Older Active Adults→Personal Wellness→ free lecture/activity series. Advance registration for these workshops is required. Free lecture series courses are offered at: Cindy Klassen Recreation Complex; St James Assiniboia Centennial Pool; Kinsmen Sherbrook Pool; Chalmers Community Centre; Fort Rouge Leisure Centre & Pan Am Pool.

We also provide drop-in fitness and aqua fitness classes for adults. Pay a drop-in fee; or buy an active living fitness pass for 5/10/20/30 classes or a 3 Month Active Living Pass.

If you have a facility pass you can also try a drop-in fitness class.

- Choose a Drop-In Fitness course
- Pay Fitness Pass Plus fee
- Scan your 10, 20, 30 Visit or 3 Month Facility Pass

The City of Winnipeg Aquatic Services Division pools are located as follows:

Bernie Wolfe: 95 Bournais Drive

Bonivital Pool: 1215 Archibald Street

Cindy Klassen Recreation Complex: 999 Sargent Avenue

Eldon Ross Pool: 1887 Pacific Avenue West

Elmwood Kildonan: 909 Concordia Avenue

Margaret Grant Pool: 685 Dalhousie Drive

North Centennial Recreation and Leisure Facility: 90 Sinclair Street

Pan Am Pool: 25 Poseidon Bay

St. James Civic Centre Pool: 2055 Ness Avenue

St. James Assiniboia Centennial Pool: 644 Parkdale Street

Seven Oaks Pool: 444 Adsum Drive

Kinsmen Sherbrook Pool: 381 Sherbrook Street

Transcona Centennial: 1101 Wabasha Avenue



Sylvia Raketti

Aquatic Services Coordinator, B.B.A., B.A. Kinesiology and Applied Health
Aquatic Services Division Community Services Department, Community Services
Department
City of Winnipeg

Phone: 204-986-3079

Mobile: 204-470-7129

Email: sraketti@winnipeg.ca

Website: winnipeg.ca

Address: 395 Main St, Winnipeg, MB R3B 3N8

Winnipeg Public Library Services

Winnipeg Public Library provides a wide range of collections, programs and services for members of all ages and abilities. Among the many free programs for children and families are Baby Rhyme Time, Time for Twos, Story Time, Teen Book Clubs and Family Literacy Fun Days. Adults can enjoy concerts, lectures, Writer-in-Residence consultations, author readings, writing workshops, film screenings, genealogy and local history workshops, book clubs, craft programs, and more. Library membership is free to all residents of Winnipeg.

Winnipeg Public Library has several services for customers with special needs, for example:

For the Blind and Visually Impaired

Large print books and audiobooks on CD and MP3 are available at all 20 branches.

- Millennium Library has descriptive DVDs, books in Braille for children, Talking Books, and a growing collection of DAISY books for Print-Handicapped customers. Contact Millennium Library's Special Services department for eligibility requirements.
- Special Services staff members provide personalized book selection services to Print-Handicapped customers.
- Winnipeg Public Library provides access to the Centre for Equitable Library Access (CELA) and the National Network for Equitable Library Services (NNELS) collections for people who have difficulty reading conventional print due to a visual, physical, or learning disability.
- Reserved for users with special needs, the Millennium Library has Talking Terminals equipped with speech recognition software, Optelec CCTVs, magnifiers, and a teletypewriter (TTY) service.
- All Winnipeg Public Library computers are equipped with ZoomText screen magnification software.
- All Library members can download eBooks and eAudiobooks from the Winnipeg Public Library's eLibrary at guides.wpl.winnipeg.ca/e.

For the Deaf and Hard of Hearing

- Winnipeg Public Library has over 7000 DVDs that are closed-captioned for the hearing impaired.
- Deaf customers can request a sign language interpreter for any Library program. To arrange for an interpreter, please contact the Library by TTY at 204-986-3485 or by email through our Ask Us! service. Two weeks' notice is requested.
- In partnership with the Society for Manitobans with Disabilities, Sign-a-Story story time sessions are held throughout year for Deaf, hard of hearing and hearing children.

For those with Mobility Impairment

- For customers who are unable to visit a Library due to a longer-term illness, infirmity, or disability and have no one to do so on their behalf, the Library offers Homebound Service. Materials are selected and checked out by Library staff, with once-a-month delivery by a screened volunteer. To learn more about this service, please contact Outreach Services at 204-986-5530.
- Most library locations are fully accessible. Please contact us by phone or via email before your library visit if you have any questions about accessibility.

For more information on the services available for customers with special needs, please visit us online at winnipeg.ca/library.

You can contact the Library:

- online at Winnipeg.ca/library
- by phone or in-person at any branch during business hours (see list below)
- by email through the Ask US! service at winnipeg.ca/library
- by TTY at 204-986-3485



Support Services for Older Adults

A & O: Support Services for Older Adults Inc.

A & O: Support Services for Older Adults Inc. is a not-for-profit social service agency whose mission is to offer specialized programs and services that are accessible to older Manitobans and support and enhance their social, emotional, intellectual and spiritual lives and promote active participation in all aspects of community life.

Centre Locations

CENTRAL OFFICE

200 - 280 Smith St.

Winnipeg, Manitoba

R3C 1K2

Ph: 204 956-6440 Fax: 204 946-5667

Toll free: 1-888-333-3121

Email: info@aosupportservices.ca

www.aosupportservices.ca

A & O: PROGRAMS & SERVICES

I. SAFETY & SECURITY

1. Elder Abuse Prevention Services

Registered Social Workers respond to the needs of individuals 55+ who are experiencing neglect, emotional, financial, sexual or physical abuse.

2. Safe Suite

The Safe Suite Program provides temporary housing for men, women and couples 55+ who are in need of a safe place to stay due to abuse or neglect. Registered Social Workers provide

counselling services and practical assistance in arranging finances, housing and legal services.

3. Senior's Abuse Support Line

The Senior's Abuse Support Line is available 24-7; calls are free and confidential. Counsellors are trained to provide one-on-one support to older adults experiencing abuse, and other concerned community members.

4. Older Victim Services

The agency works in partnership with the Winnipeg Police Service to help people 60 years of age and over who are victims of crime. Registered Social Workers provide emotional support and counselling, as well as information about the investigation, court procedures and assistance with the Victim Impact Statement and Compensation for Victims of Crime programs.

5. SafetyAid: Crime and Falls Prevention for Older Manitobans

SafetyAid is a crime and falls prevention program that helps prevent break and enters and gives older adults a greater sense of safety and security in their homes. SafetyAid also provides material on how to prevent falls. The program is offered in partnership with A & O: Support Services for Older Adults and the Province of Manitoba.

6. This Full House

This program is a voluntary program for older adults age 55 years and older living in the City of Winnipeg that helps individuals experiencing hoarding behaviours to live safely in their homes.

II. SOCIAL ENGAGEMENT

1. Senior Centre Without Walls

This program is the first of its kind in Canada and offers a unique opportunity for Manitobans 55 years of age and older to join interactive, educational and recreational programs from the comfort of their own homes. The free programs are accessed through a toll-free number and are offered during the day and evenings.

2. Connect Program

Registered Social Workers assist socially isolated older adults living within the community in Winnipeg by connecting them through resources that will facilitate independent living. Clients of the program may be connected to: volunteer visitors and callers, community resources, Senior Centre Without Walls, safety and security programs, counselling and support services.

3. Entry Program for Older Adult Immigrants

The program offers settlement and orientation sessions on topics of healthy living, law and community information. All 55+ new immigrants and Canadian citizens who have not previously attended the ENTRY program are welcome to attend. Upon completing Entry sessions, participants are welcome to join English Conversation Circles, covering topics of importance to older adults.

III. COUNSELLING SERVICES

1. Counselling

Registered Social Workers deliver a range of counselling services. Some of the services available address loneliness, death of a family member, loss of health, and adult child/grandchild / aging parent relationships. Support groups are also offered based on need/demand.

2. Information and Referral

The Agency provides pertinent information about a wide range of services for older adults and links or refers them to the network of programs that exists in the community.

3. Intake

The Agency's Intake worker acts as the first point of professional contact between A & O: Support Services for Older Adults and potential clients. The Intake Worker will provide direct service, including client assessment, resource coordination, consultation, advocacy, outreach, and community education to older adults and their families.

4. Housing

One-on-one meetings with the Housing Consultant are available by appointment. The consultant will provide clients and their families with information to assist them with the selection of an appropriate housing option. A & O publishes the *Winnipeg Housing Directory for Older Adults* that contains information on housing for older adults in Winnipeg.

5. Legal Services

Myers Weinberg LLP provides legal services on-site to individuals 55 years of age and older on matters such as wills, powers of attorney and health care directives.

Audrey Wheeler

Executive Assistant

A & O: Support Services of Older Adults Inc.

200 – 280 Smith St

Winnipeg, MB R3C 1K2

Office: (204) 956-6440

Fax: (204) 946-5667

Email: awheeler@aosupportservices.ca

Web: www.aosupportservices.ca

Swim Program – Simply Unique

A year round swim program which focuses on individuals with physical or intellectual disabilities, who may not feel comfortable in the pool during swim time.

No swimming skill is required. Free of charge for the participant and their support person.

There are pool toys, life jackets, floatation devices and wheelchairs that can take any participant into the water. Tuesdays from 5-8pm at North Centennial Recreation and Leisure Facility – 90 Sinclair Street.

For program information, please contact Linda Henderson at 204-589-1248 or varadero@mymts.net

THE ARTHRITIS SOCIETY

Understanding Arthritis & Chronic Pain Management Workshop

The pain of arthritis can hold you back. The Understanding Arthritis presentation and the Chronic Pain Management Workshop help you take control of your disease.

Both are research-based and run by trained instructors in your community, many of whom have arthritis themselves or have loved ones living with the disease. Presenters draw on their experience to help you learn to manage pain and fatigue, handle stress, eat healthy, and exercise with arthritis. Friends and family are welcome to attend. Build confidence and play a more active role in reducing the impact of arthritis on your life!

Date: Fall, 2017.

Location: Courses are held in various locations throughout the City, and at various times so that you can choose the course that best fits your schedule.

For more information and locations contact Allison Kirkland, Education & Services Coordinator at 204-942-4892 ext. 6226.

The Arthritis Society
100A-1465 Buffalo Pl
Winnipeg, Manitoba
R3T 1L8

CANADIAN NATIONAL INSTITUTE FOR THE BLIND

Pottery

Date: Wednesdays

Time: 11:00 a.m. – 1:00 p.m.

Location: Lions Pool in Fort Garry – 969 Dowker

Learn how to create something beautiful with your hands. No previous experience necessary.

Discussion Group

Date: Fridays

Time: 9:30 a.m. – 11:30 am

Location: CNIB, 1080 Portage Avenue

Come out and meet others, make some new friends! It is informal, and lots of fun. The coffee is always on.

Fibre Arts

Date: Wednesdays

Time: 9:30 – 11:30 a.m.

Location: CNIB, 1080 Portage Avenue

This group is for anyone interested in learning to knit or crochet, or used to before vision loss, and is feeling unsure about starting again. You will be amazed at what you can create.

Bible Study Group

Date: Thursdays

Time: 1:00 – 2:00 pm.

Location: CNIB - 1080 Portage Avenue

Find support and strength while sharing the bible with others who are also dealing with vision loss.

Walking Group

Date: Monday's

Time: 10:00 – 11:00 am

Location: CNIB - 1080 Portage Avenue

Gain more confidence with your mobility skills, and get exercise at the same time. The group walks in the Wolseley area until the snow flies. For the winter they walk in the Polo Park mall.

Book Club

Date: The Second Tuesday of each month

Time: 1-3pm

If you have a Daisy Player, and love reading, this is the group for you. The group chooses a book each month, and then meets to share their views on it.

The Trio bike. If you want to experience cycling again or for the first time call to book your time on this unique 2 passenger and one pilot bike.

SHARING CIRCLE

Join in and share your experiences with vision loss, and learn about community resources. A different guest presenter each month.

First Wednesday of each month.

Time: 10:00-12:00

***For additional information on the programs listed and any new programming contact the CNIB Information Line at 204-789-0961. Or email joanne.fabian@cnib.ca**

COMMUNITY RESPITE SERVICE

Respite Care

This program supplies trained workers to assist persons with a physical or intellectual disability in order to give the primary caregiver time away from the home. Also, workers may assist these individuals to access activities in the community.

This agency also operates a two bedroom accessible apartment in downtown Winnipeg which can be rented by individuals with physical or intellectual disabilities and their families. Daily and weekly rates are available. This apartment can be booked through the main office.

Eligibility: Individuals must be eligible for registration with the Department of Families for government funded respite; however any person with a disability can purchase this service.

Date: Monday through Sunday (24 hours)

For more information:

Michelle Hammond
c/o Community Respite Service Inc.
1155 Notre Dame Avenue
Winnipeg, Manitoba R3E 3G1
Phone: 953-2403
Fax: 775-6214
Email: comresp@mymts.net
Website: www.communityrespiteservice.ca

CREATIVE RETIREMENT MANITOBA

Mission: Creative Retirement Manitoba contributes to the well being of older persons and their communities by developing and offering innovative and interactive learning opportunities.

Our Philosophy:

- People in all of their diversity have the right of access to education across their life-span.
- Lifelong learning promotes well-being intellectually, emotionally, physically, socially and spiritually.
- The well-being of individuals and the health of communities are interconnected.
- Retirement presents a creative opportunity for individuals to enrich their lives and that of their communities.
- People involved in Creative Retirement are active in governing, shaping and delivering programs.
- Seniors have a very valuable role to play in their communities by sharing their knowledge and life experience.

Courses, Workshops, Lectures

Our general program is offered at convenient times during the day, usually in a central location. Courses, workshops and lectures are offered in the following:

Computers and Technology
Languages
Music and Art
Humanities and Social Sciences

Fitness and Health
Leisure Time Activities
Personal Development
Special Events

For more information: Call: 949-2565
Fax: 957-7839
Web site: www.crm.mb.ca
101-1075 Portage Ave
Winnipeg, MB R3G 0R8

Club Programs

Creative Retirement's Computer Clubs provides support to members with questions and answer periods, discussions and presentations on software and hardware. Come out to a meeting and talk computer with fellow senior computer users. Special computer clubs include: MAC, iPad, Photoshop, Digital Cameras/Photography and Digital Video. Please call 949-2556 for more information.

Several **Lunch Clubs** and **Book Clubs** provide a range of educational/social opportunities for older adults.

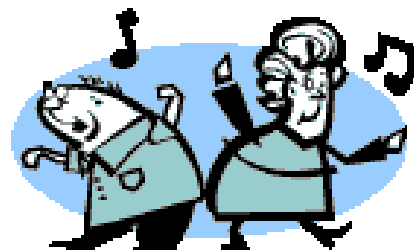
Other Clubs: Travel, Financial Management Share Club, Genealogy, NewsBusters and Science clubs.

LIONS CLUB OF WINNIPEG HOUSING CENTRES

Health and Wellness Services

Lion's Place also offers a fitness facility and a fitness program.

Fitness Facility



Gym Memberships may be purchased from reception services Monday – Friday
from 8:30 a.m.- 4:30 p.m.
Lions Place 610 Portage Ave.

55 years of age and older - \$100.00 /year
55 years of age and younger - \$150.00 / year

- Affords you the use of fitness facilities and equipment

Fitness Program

In the Lions Place fitness program all abilities are welcome. Whether you are comfortable sitting or prefer standing your fitness level is not judged. Lead by the Recreation Coordinator, we focus on keeping you moving. From stretching to range of motion, we use weights, bands, and groove to the music. After all fitness should be fun.

For more information contact:
Lions Place Reception at 784-1210 Fax: 784-1211

MANITOBA BLIND SPORTS ASSOCIATION

Swim Program

New participants are always welcome. Programs are available for all ages and all skill levels. A certified instructor is supplied.

Ages:	Youth to adults
Date:	Saturdays (mid October-June)
Time:	10:00 – 10:45 a.m. – Beginners 10:30 – 11:30 a.m. – Advanced
Location:	Pan Am Pool – 25 Poseidon Bay
Fee:	\$10.00 annual membership fee to Manitoba Blind Sport Association plus a \$40.00 program fee



Archery

Ages:	Youth (10 yrs & and up) to Adults
Date:	Thursdays – October to March
Time:	5:30 p.m. – 6:30 p.m.
Location:	Heights Archery – 2281 Portage Avenue
Fee:	\$10.00 annual membership fee to MBSA plus a \$40.00 program fee

Goalball

Ages: Youth (13 yrs & and up) to Adults
Date: Sundays – October to March
Time: 12:00 p.m. – 2:00 p.m.
Location: Archwood C.C. – 565 Guilbault (St. Boniface)
Fee: \$10.00 annual membership fee to MBSA plus a \$40.00 program fee

Golf (Lessons, Fun Events & Provincial Tournament)

Ages: Youth to Adults
Date: Various Saturdays and Sundays in May - September
Fee: \$10.00 annual membership fee to MBSA plus \$40.00 program fee

Note: Equipment and coaches may be provided if necessary at no additional charge.

Cross Country Skiing

Ages: Youth to Adults
Date: Sundays from January – March
Time: 2:00 p.m. – 4:00 p.m.
Location: Windsor Park Golf Course
Fee: \$10.00 annual membership fee to MBSA plus \$40.00 program fee (equipment rental is supplied)

Canoe/Kayak & Dragon Boat

Ages: Youth to Adults
Date: June – August
Fee: \$10.00 annual membership fee to MBSA plus \$40.00 program fee

Curling

Ages: Youth (13 yrs & and up) to Adults
Date: Alternating Tuesdays and Saturdays – October to March
Time: 7:00 p.m.
Location: Granite Curling Club – 1 Granite way

Fee: \$10.00 annual membership fee to MBSA plus a \$40.00 program fee

Yoga

Ages: Youth (16 yrs & and up) to Adults
Date: Tuesdays & Thursdays – October to March
Time: 10:00 – 11:00 a.m.
Location: CNIB – 1080 Portage Avenue
Fee: \$10.00 annual membership fee to MBSA plus a \$40.00 program fee

Note: Whatever your sport interest – give us a call. We are here to serve vision impaired Manitobans.

Please Note: Members pay a \$40.00 program fee for the first program. Additional programs are free!

For more information please call Cathy Derewianchuk at 204-925-5694

E-mail: Blindsport@shawbiz.ca

Website: www.blindsport.mb.ca

MANITOBA BRAIN INJURY ASSOCIATION

Since 1987, the Manitoba Brain Injury Association (MBIA) has helped individuals and families cope by offering support, education and advocacy. We also work to prevent brain injuries through public awareness initiatives and educational programming.

Our members have experienced the challenge of living with a brain injury and are committed to helping each other through the early days of diagnosis and beyond. We inspire hope by supporting each other towards a new beginning.

For further information on any of the services listed below please call (204) 975-3280.

E-mail: info@mbia.ca

Website: www.mbia.ca

Peer Support

Our trained volunteers, many of whom have a loved one with a brain injury, provide an understanding and hopeful presence to survivors and family members experiencing the acute stage of a brain injury.

Groups

MBIA offers support groups for survivors, caregivers and friends in various locations around the province. Contact us or visit our website to find one near you.

PARTY Program (Prevent Alcohol and Risk-Related Trauma in Youth) **P.A.R.T.Y.**

The Prevent Alcohol and Risk-related Trauma in Youth (P.A.R.T.Y.) program teaches high school students how to recognize risk and make informed choices about activities and behavior. The one-day experience includes a visit to a medical facility to follow the journey of a trauma patient from pre-hospital care to rehabilitation.

MOCK CAR CRASH

The P.A.R.T.Y program also stages an annual mock car crash in Winnipeg and one other Manitoba location. The dramatic event shows students the potential results of driving while impaired, without a seatbelt, or while speeding.

MANITOBA FAMILY SERVICES AND HOUSING

Respite Program

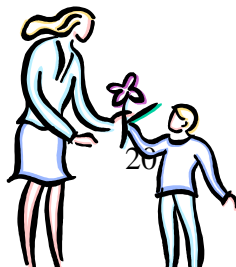
This program provides short-term support for children with special needs/disabilities and adults living with a mental disability in order to give the primary caregiver relief from the demands of continuous care. Respite frequently occurs in the primary caregiver's home, however, respite workers may also assist these individuals to integrate and access activities offered in the community.

Supports delivered by program staff to families or individuals as above may include assessments, counseling, case management, limited supplies and respite in accordance with program guidelines and available resources.

Eligibility: Adults who are mentally disabled and families who have children with developmental, cognitive and physical disability registered with Manitoba Family Services and Consumer Affairs.

Time: Available year round as staffing recruitment and availability of resources allows.

For information call 945-1335 and select the appropriate community office.



MANITOBA RIDING FOR THE DISABLED ASSOCIATION INC.

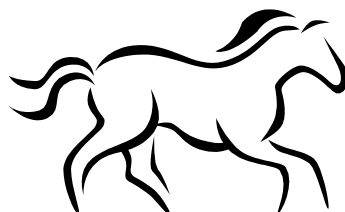
This is a therapeutic horseback riding program for children with disabilities. MRDA utilizes the skills of qualified horse instructors in conjunction with volunteer therapists to offer a unique and rewarding program. Those interested are required to have their pediatrician complete a medical referral form and to complete a general application form. Participants are assessed for appropriateness for the program. Application forms and more information can be found on our website www.mrda.cc

Eligibility: Children with disabilities. 5 to 15 years old. There are weight restrictions for the program.

Location: West Wind Stables- Oak Bluff

Fee: \$300.00 for a session – 1 hour for one evening a week September to November in the Fall and April to June for the Spring session. Children are allowed to ride for 8 sessions (4 years).

For more information: Peter A. Manastyrsky
Executive Director
Manitoba Riding for the Disabled Inc.
145 Pacific Avenue
Winnipeg, Manitoba R3B 2Z6
Phone: (204) 925-5905
E-Mail: exedir@mrda.cc
Website: www.mrda.cc





WINNIPEG REGION PROGRAM GUIDE 2017 - 2018

REGISTRATION FEE: \$25.00

ACTIVE START

2 - 6 year olds: *A family centered activity program. Athletes learn fundamental movement skills in a fun and safe environment.*

Springers Active Start – Additional fee: \$10.00

Sundays, 8:30 – 9:30 am
GymKids Gymnastics Club
421 Beaverhill Blvd

Greenway Active Start – Additional fee: \$10.00

Wednesdays, 6:00 – 7:00 pm
Greenway School
390 Burnell Street

MULTI-SPORT CLUBS

YOUTH (7 - 12 year olds): Clubs that focus on multiple sports and introduce the athletes to competition. Please see individual clubs for competitive sports*.

Chargers – Additional fee: \$10.00

**Basketball & Soccer & Track*

Tuesdays , 6:30 – 7:30 pm

Radisson School

1105 Winona Street

EK Rascals – Additional fee: \$10.00

**Snowshoe, Track & Field*

Wednesdays, 7:00 – 8:30 pm

Chief Peguis Junior High School

1400 Rothesay Street

Spiders – Additional fee: \$10.00

**Basketball, Snowshoe, Track & Field & Soccer*

Mondays, 7:00 – 8:30 pm

Marie-Anne Gaboury School

95 Pulberry Street

ADOLESCENT (13 - 21 years): Clubs that train in multiple sports and compete in several competitions per year. Please see individual clubs for competitive sports*.

Transcona Raptors – Additional fee: \$10.00

**Snowshoe, Track & Field*

Tuesdays, 7:00 – 8:30 pm

Arthur Day Middle School

43 Whitehall Blvd.

St. Vital Superstars – Additional fee: \$10.00

**Track & Field, Basketball*

Thursdays, 7:00 – 8:30pm

Lavallee School

505 St. Anne's Road

ADULT (18 + years): Clubs that train in multiple sports and compete in several competitions per year. Please see individual clubs for competitive sports*.

EK Eagles – Additional fee: \$10.00

**Track & Field, Snowshoe*

Thursdays, 7:00 – 8:30 pm

Munroe Junior High School

405 Munroe Avenue

St. Vital Olympians – Additional fee: \$10.00

**Track & Field, Basketball*

Mondays, 7:00 – 8:30 pm

Lavallee School
505 St. Anne's Road

SPORT CLUBS

10 PIN BOWLING

Laverendrye Lanes – **weekly lane fees**

Saturdays, 9:30 am – 12:00 pm
Laverendrye Bowling Lanes
614 des Meurons Street

5 PIN BOWLING

Coronation Comets – **weekly lane fees**

Saturdays, 12:30 – 2:30 pm
Coronation Bowling Centre
255 Tache Avenue

Bowling Stones – **weekly lane fees**

Sundays, 12:00 – 2:00 pm
Coronation Bowling Centre
255 Tache Avenue

Polo Park Pins – **weekly lane fees**

Saturdays, 12:00 – 2:30 pm
Polo Park Lanes
157-C Polo Park Shopping Centre

Mosienko North Stars – **weekly lane fees**

Wednesdays 7:00 – 9:30 pm
Billy Mosienko Lanes
1136 Main Street

Thunder Rollers – **weekly lane fees**

Saturdays, 12:30 – 2:30 pm
Billy Mosienko Lanes
1136 Main Street

Uptown Rollers – **weekly lane fees**

Due to the former facility closing, this program will continue in a new location. Further information will be sent out to returning athletes soon.

Academy West “Acers” – **weekly lane fees**

Saturdays, 10:00am – 12:00pm
Academy West Lanes
479 Westwood Dr

Mosienko All Stars – **weekly lane fees**

Sundays, 10:30am – 12:00 pm
Billy Mosienko Lanes

1136 Main Street

POWER LIFTING

Winnipeg Bar-Benders Powerlifting Club

Fridays, 7:00 – 8:30 pm

Sport for Life Centre

2nd Floor Performance Centre

145 Pacific Ave

RHYTHMIC GYMNASTICS

Sizzlers

Tuesdays, 7:00 – 8:30 pm

Howden School

150 Howden Road

Streamers

Wednesdays, 6:30 – 8:00 pm

Stevenson-Britannia School

1777 Silver Avenue

Kildonan Streamers

Tuesdays, 7:00 – 8:30pm

Chief Peguis Junior High School

1400 Rothesay Street

SKATING

Sargent Park Racers (Speed Skating)

Additional fee: \$75.00

September/October - March

Ice Program: Sundays, 3:00 – 5:00pm, Sargent Park Arena, 1111 Wall Street

Dry Land Training: Thursdays, 7:00 – 8:30pm, Prince Edward School, 649 Brazier Street

May – September

Summer Training: Sundays, 1:00 – 3:00 pm & Thursdays, 7:00-8:30 pm,

River East Collegiate, 295 Sutton Avenue

Must be interested in skating and own a pair of skates.

FIGURE SKATING

If you are interested in joining Figure Skating, contact the Special Olympics Manitoba office at 204-925-5628.

SKI

Team Edge (Alpine) – **Additional fee: \$50.00**

Wednesdays, 7:00 – 8:30 pm

Oct. to Dec. @ Valley Gardens School, 220 Antrim Road
Jan. @ Springhill Winter Park, Highway 59 & Floodway

Trailblazers (Nordic) - **Additional fee: \$20.00**

Mondays, 6:30pm – 8:00pm & Saturdays, 1:00pm – 2:30pm
Windsor Park Nordic Centre
10 Rue Des Meurons

SNOWSHOE

Blizzard

Saturdays, 9:30 – 11:00 am
Kildonan Park Pavillion
2015 Main Street

SWIM

For safety reasons, athletes must be able to swim 25 metres consistently. Club will teach proper competitive swim techniques.

Clubs will run for a minimum of October to March

At present, due to demand and a shortage of coaches, there is a waiting list for our swim programs. If you would like to be added to this list and meet the above minimum swimming ability, contact Katherine at 204-925-5628 or som@specialolympics.mb.ca

Dolphins – Additional Fee: \$50.00

Mondays, 7:00 – 8:00 pm
Transcona Pool
1101 Wabasha St

EK Sharks – **Additional fee: \$50.00**

Mondays, 6:30 – 8:00 pm
EK YM-YWCA Pool
454 Kimberley Avenue

Master Swim Otters – **Additional fee: \$50.00**

Mondays & Wednesdays, 8:00 – 9:00 pm
Pan Am Pool
25 Poseidon Bay

Polar Bears – **Additional fee: \$50.00**

Wednesdays, 7:00 – 8:30 pm
Cindy Klassen Recreation Complex
999 Sargent Avenue

Seals – **Additional fee: \$50.00**

Thursdays, 6:30 – 8:00 pm
North End Centennial Pool
90 Sinclair Street

Stingrays Swim Club – Additional fee: \$50.00

Thursdays, 7:30 – 9:00 pm
Cindy Klassen Recreational Complex
999 Sargent Avenue

St. James Seals – Additional fee: \$50.00

Day and time TBD
St. James Centennial Pool
644 Parkdale Street

TRACK & FIELD

Bulldogs Track Club – Additional fee: \$35.00

Mondays & Wednesdays, 7:00 – 9:00 pm
Max Bell Centre, U of M
Fridays, 6:00 – 8:00 pm
John Pritchard School
1490 Henderson Highway

Navvies Track Club – Additional fee: \$35.00

Tuesdays & Thursdays, 7:30 – 9:00 pm
Sundays, 9:30 – 11:00 am
Max Bell Centre, U of M

Roadrunners Youth Track Club - Additional fee: \$25.00

Saturdays, 9:30 – 11:00 am
Max Bell Centre, U of M
Need general interest in Track and ability to stay focused.

Titans Performance – Additional fee: \$25.00

Sundays, 9:30 – 11:00 am
Max Bell Centre, U of M

TEAM SPORTS

BASKETBALL

D'Bears – Additional Fee \$10.00

Tuesdays, 7:00 – 9:00pm
St. Paul's High School
2200 Grant Ave

Winnipeg Thunder - Additional Fee \$10.00

Tuesdays, 7:00 – 8:30pm
Marion School
619 des Meurons

The Razorbacks – **Additional fee: \$10.00**

Wednesdays, 7:00 – 8:30 pm
Ecole Leila North Community School
20 Allan Blye Drive

CURLING

Rock Solid – **Additional fee: \$25.00**

Sundays, 12:00 – 2:00pm
Rossmere Country Club
925 Watt Street

Hack Attack – **Additional fee: \$25.00**

Sundays, 12:00 – 2:00pm
Charleswood Curling Club
4000 Grant Ave

FLOOR HOCKEY

Blue Devils Floor Hockey – **Additional fee: \$10.00**

Thursdays, 7:00 – 8:30pm
Salisbury Morse Place School
795 Prince Rupert Avenue

Wise Guys Floor Hockey – **Additional fee: \$10.00**

Wednesdays, 7:00 – 8:30pm
Munroe Junior High School
405 Munroe Avenue

SUMMER PROGRAMS

GOLF (June to September)

Southside Smackers – **Additional fee: \$50.00**

Mondays
Hackers & Smackers Driving Range then Crescent Drive Golf Course

Special Tee Golf Club – **Additional fee: \$50.00**

Mondays
St. Vital Golf Centre then Windsor Park Golf Course

SOCCER

Winnipeg Wolverines – **Additional Fee \$10.00**

Mondays and Wednesdays, 6:30 – 8:00pm

Prince Edward School

649 Brazier Street

SOFTBALL

Goldeye Sluggers

Tuesdays and Thursdays, 7:00pm – Dusk

St. James Memorial Sports Park

470 Rutland St.

BOCCE

Bocce Winnipeg - MLO

Mondays, 6:30 –8:00pm

Mona Lisa Restaurant (court alongside)

1697 Corydon Avenue

Kildonan Krashers

Mondays, 6:30 –8:00pm

Kildonan Park Pavillion

2015 Main Street

“IN THE SCHOOL” PROGRAMS

Bringing schools and Special Olympics Manitoba together as partners in the provision of sport programs and competition for students with an intellectual disability.

Arthur A. Leach Junior High
Beaumont School
Beaverlodge Elementary School
Bruce Middle School
Buchanan Elementary
Centre Scolaire Leo-Remillard
Chancellor Elementary
Dalhousie Elementary
Donwood Elementary School
Ecole Charleswood Junior High
Ecole Leila North
Ecole Seven Oaks Middle School
Ecole South Pointe
Edmund Partridge Community School
Elmwood High School

Fort Richmond Collegiate
General Byng School
General Vanier School
Grant Park High School
Hastings School
H.C. Avery Middle School
Hedges Middle School
Henry G. Izatt Middle School
Isaac Brock School
Lavallee School
Lincoln School
Linden Meadows School
Marion School
Minnetonka School
Oak Park High School

Neil Campbell School
River West Park School
Ryerson School
Shaftesbury High School
Shamrock School
Sisler High School
Springs Christian Academy
Stevenson-Brittannia School
St. James Collegiate
Victory School
Vincent Massey Collegiate
Westdale Junior High
West Kildonan Collegiate
Westwood Collegiate
Windsor School

**SPECIAL OLYMPICS WINNIPEG REGION LEADER:
Hong Thai 204-995-0978 specialo.winnipeg@gmail.com**

**Special Olympics Manitoba
304-145 Pacific Avenue
Winnipeg, MB R3B 2Z6**

If you have any questions in regard to registering for any program in Winnipeg, contact Katherine at 204-925-5628 or som@specialolympics.mb.ca

Further information about Special Olympics Manitoba and our programs can be found on our web site under Regional Info at <https://www.specialolympics.mb.ca>

ROSE AND MAX RADY JEWISH COMMUNITY CENTRE **(RADY JCC)**

The Rose and Max Rady Jewish Community Centre is a not-for-profit community agency providing a broad range of programs and services including fitness, aquatics, camps, children, family, seniors, and youth programs, as well as educational, social and cultural programming. Our programs are accessible to people of all abilities and financial means and reach both the Jewish community and the community-at-large.

The Rady JCC has a leisure/swirl pool and a five-lane lap swimming pool (wheelchair access through leisure pool), group fitness studio, indoor walking/jogging track, two full-size gymnasiums, climbing wall, small gym, youth lounge, cardiovascular, variable resistance and free-weight strength training equipment.

The Rady JCC is committed to creating a barrier free environment. The Rady JCC provides an inclusive environment and quality programming for persons with a disability or a special need – regardless of age or ability.

Scholarships are available for potential members who require financial assistance.

For more information on the programs and services and to receive a copy of our program guide, please contact:

Special Needs Coordinator
Rose and Max Rady Jewish Community Centre
123 Doncaster Street
Winnipeg, MB
R3N 2B3
477-7406
www.radyjcc.com



SOCIETY FOR MANITOBANS WITH DISABILITIES INC.

SMD provides services to persons with physical and/or neurological disabilities who receive service coordination from Society for Manitobans with Disabilities or Children Special Services. Throughout the year, SMD offers a wide range of social, leisure and recreational programs for children and adults with disabilities.

CHILDREN'S PROGRAMS:

Each year various programs and services are run through the Leisure and Recreation Program at SMD. These programs offer children and youth with disabilities the opportunity to participate in recreational activities throughout the year.

Power Wheelchair Hockey League

Date: September-April
Location: St. James Civic Centre
Registration Fee: \$35.00 for the season



SMD Summer Leisure Recreation Program

SMD has an extensive summer program, which involves children/youth accessing various residential and day camps throughout Manitoba with the support of a Summer Access Worker. Individuals who are case-managed by Children Special Services or Society for Manitobans with Disabilities are eligible for this program.

Manitoba Sledge Hockey Program

Adapted ice hockey that is played with adapted skating equipment.

Date: View Sledge Hockey Manitoba Website to view the complete schedule.
Location: MTS Iceplex
Registration: \$215.00 (includes insurance coverage, approx 20 ice sessions, and sledge hockey equipment)
Age/Ability: Individuals 10 years and older/Sledge Hockey is an inclusive sport open to all abilities

To Register or receive more information on children, youth or young adult programs please call:

**Bill Muloin Ph.: 975-3261 or 975-3015
Supervisor, Children's Leisure and Recreation
Society for Manitobans with Disabilities
825 Sherbrook Street
Winnipeg, Manitoba R3A 1M5**

ADULT PROGRAMS

The Adult Leisure and Recreation program offers social leisure and recreation opportunities to adults with primarily physical or neurological disabilities. Program activities are lead by a Program Facilitator and volunteers. If you require one to one support for activities of daily living we ask that you bring your own attendant.

Activities include: supper club, drop in, bowling, art group, dancing, daytime and evening excursions.

Location: SMD – 825 Sherbrook Street and various locations in Winnipeg.

Program eligibility: People ages 18 to 65 with primarily physical or neurological disabilities.

To Register or receive more information please contact:

**Derek Day Phone: 975-3090 or dday@smd.mb.ca
Supervisor, Adult Leisure & Recreation
Society for Manitobans with Disabilities
825 Sherbrook Street
Winnipeg, Manitoba R3A 1M5**



STROKE RECOVERY ASSOCIATION OF MANITOBA INC.

Support Programs & Activities Fall, 2016

Unit B – 247 Provencher Blvd., WINNIPEG MB R2H 0G6

Phone: 204.942.2880

Fax: 204.944.1982

Email: admin@strokerecovery.ca

Website: www.strokerecovery.ca

The SAM Centre is open from 9:00 am to 4:00 pm Tuesday through Friday. Drop in anytime!

Offering direct service programs to Stroke Survivors and their Family Members and/or Caregivers

In addition to the following programs and activities, **SAM** also offers a Peer Visitation Program, Information Packages, Educational Materials, Volunteer Opportunities and Training (e.g. fundraising, special events and program volunteers), Speakers on Life After Stroke and Referral Services. All participants are encouraged to become members (\$25 per year for individuals, \$35 per year for families). SAM has actively worked with recovering stroke survivors and their families/caregivers since 1973. This list will be updated as new program or service offerings are added. Please check the SAM website at www.strokerecovery.ca for updates or give us a call at 942-2880.

Adapted Exercises

This post-stroke exercise program is offered by licensed Physiotherapists from Home Therapy Services (HTS). HTS is covered by Blue Cross, Autopac and many other Health Insurance Plans.

- Every Tuesday & Friday, 11:00 – 11:30 am, at the SAM Centre. Come both days or once per week. (Normally, Tuesdays only in July & August.)
- Bring a bag lunch and enjoy coffee and discussion after the session and stay until 1:00 pm or so.
- \$5.00 per half-hour session for SAM members.

SAM Auxiliary

The mandate of the Auxiliary is to assist SAM in achieving its objectives primarily through projects and activities (e.g. Knits for Charity, fundraising & special events).

- Every **Tuesday** 10:00 am – 2:00 pm at the SAM Centre.
- Please contact the Auxiliary at the SAM Centre for details.

Communication Workshop

This program is for stroke survivors who want help to improve their communication skills. In a supportive small group setting, participants practice reading, writing, speaking and listening. This program complements speech therapy, but doesn't replace it.

- Every **Wednesday** 1:30 – 2:30 pm at the SAM Centre. \$2.50 per one-hour session for SAM members. Join anytime.

Wednesday Office Volunteer Group

- A group of community volunteers meets 10:00 am -1:00 pm to help complete tasks in the SAM Centre.

Thursday Games Day Group

- The Games Day group meets for games, fellowship and snacks from 11:00 am - 2:00 pm at the SAM Centre. Dues are collected for special snacks.

Friday – “Speakeasy” Speaking Group (NEW)

- Every **Friday at 12 noon** at the SAM Centre (247-B Provencher Blvd). We work on our ability to speak our minds, tell jokes and improve our ability to be understood.

SAM Peer Support Groups in Winnipeg

Most of the groups meet monthly from September to June, led by volunteer facilitators. A few of the groups also meet in July and August. Please call the SAM Centre for July and August details.

Strokes 'n Folks Peer Support Group

- 1st Wednesday of each Month, 1:00 – 3:00 pm at Immanuel United Church, 755 Golspie Street at Kimberly Avenue.

In Your Prime Peer Support Group

- 2nd Monday of each Month, 1:00 – 3:00 pm Phone for details.

Young Adult Peer (YAP) Group

- To bring together young adult stroke survivors for discussion and support.
- 2nd Wednesday of each Month, 5:30 – 7:00 pm at the SAM Centre, Unit B – 247 Provencher Blvd.

St. James Peer Support Group

- 4th Wednesday of each Month, 1:00 – 3:00 pm at St. James Seniors Centre, 2109 Portage Avenue.

SAM Care for Caregivers (Family Support)

- Individual or group discussions with Caregiver Pauline V. – Pauline is available for phone chats. Please call the SAM Centre for details.
- Email Caregiver Neil S. - Neil invites other caregivers to email him for caregiver support at: neilgs51@mts.net

SAM Peer Support Groups outside of Winnipeg

The following groups meet from September to June. Please call or email for details.

- Stonewall Chapter 15 Peer Support Group – 2nd Wednesday of each Month. Call 467-2192 or 344-5124 for meeting details.
- Portage La Prairie Peer Support Group - 3rd Monday of each Month. Call the SAM Centre for details.
- Lac du Bonnet Peer Support Group – Group currently not meeting. For support in the area, call Pat Porth at Two Rivers Seniors Resource Council Inc. at 204-345-1227.



We are a member agency of the United Way Winnipeg.
 Stroke Recovery Association of Manitoba Inc.'s Charity Registration: #10809
 9474 RR0001.

THE WELLNESS INSTITUTE

1075 Leila Avenue, 632-3900, info@wellnessinstitute.ca

The Wellness Institute at Seven Oaks General Hospital provides programs and services that promote health, prevent illness and disability, help to manage chronic conditions and restore wellness of the body, mind, and spirit. We offer a fully accessible medical fitness facility with a warm water therapy pool, available to members or to guests on a drop-in basis.

In addition to the programs listed below, the Wellness Institute offers a range of programs listed in Positively Healthy magazine on our website at www.wellnessinstitute.ca/classes.

For more information about the Wellness Institute, please call 632-3900 or email info@wellnessinstitute.ca.

SELF-MANAGEMENT FOR CHRONIC CONDITIONS

Stroke and NeuroFit Exercise Program

Self Management

A program designed to help people with stroke and other neurological conditions (who have completed their rehabilitation program) improve their quality of life and ability to stay active. Participants need to be able to walk independently with or without a mobility aid to participate in this program. To register, call (204) 632-3910. **\$130**

a. Tue & Thu, Sept 6 – Oct 27, 9:30-10:30 am

b. Tue & Thu, Sept 6 – Oct 27, 11:00-12:00 pm

Cardiac Rehabilitation

Includes full Wellness Institute facility access for the program duration. An education and exercise program designed for people recovering from cardiovascular disease, including heart attack, bypass surgery or irregular heart rhythms. Programs are held monthly during the day and evening.

To register call 204-632-3907. \$240 (subsidy may be available)

Pulmonary Rehabilitation

Do you have COPD, emphysema, chronic Bronchitis, shortness of breath or pulmonary fibrosis? Use puffers, or oxygen? Learn more about your condition and medications and manage more effectively through education and exercise sessions. Programs are held monthly during the day. This program requires a respiratory disease diagnosis and a physician referral. **To register call 204-831-2181. FREE**

Diabetes Exercise Program

Self Management

An education and supervised exercise program for people living with Diabetes.

To register, call 204-632-3900. \$100

Tue & Thu, Oct 4 – Nov 24, 5:30 – 7:30pm

Minds In Motion

Self Management

Combining physical activity, socialization and mental stimulation for people living with early-mid stage Alzheimer's disease, or other dementias, to enjoy with a family member or community care partner. A great environment to establish new friendships with others living similar experiences. **\$56 for 2 people** (participant and support person)

Wed, Oct 12 – Nov 28, 2:00-4:00pm

Program Code: MINDS1

GET BETTER TOGETHER!

A Free Program For Living Better With Any Chronic Condition – 6 weeks

Are you sick and tired of being sick and tired? Or are you managing well and wanting to stay that way? Come learn to manage your condition better and cope with the challenges that health problems create in our lives.

To register call 632-3927. For leader training, call 204-632-3922.

www.getbettertogether.ca

Wellness Institute, 1075 Leila Ave

Mon, Oct 17 – Nov 31, 1:00-3:30pm

Program Code:GBT1

KLINIC, 870Portage Avenue

Tue, Sept 27 – Nov 1, 9:30-12:00pm

Program Code:GBT2

Arlington House, 800 Arlington Street
Mon, Oct 17 – Nov 21, 1:00-3:30pm

Program Code:GBT3

Autumn Haus, 790 Wellington Avenue
Mon, Oct 17 – Nov 21, 1:00-3:30pm

Program Code:GBT4

Fort Garry Women's Resource Centre, 104-3100 Pembina Hwy
Thu, Oct 13 – Nov 17, 1:00-3:30pm
More Fall Dates Coming Soon!

Program Code:GBT5

DIABETES EDUCATION

Diabetes: Learning to Live Well

YOUR HEALTH

A diagnosis of Diabetes is overwhelming to most. Join a certified diabetes educator to learn what your approach should be and where to start. **\$FREE**

Choose a Tuesday morning session:

Tue, Nov 22, 10:30-11:30am

Program Code:DIAB:LTW

YOUR HEALTH

Tips for Talking to Your Pharmacist - **NEW****

YOUR HEALTH

Did you know your pharmacist can help you improve your health in many more ways than just giving you your pills? Whether you have questions about your medication, need help choosing a vitamin product, or need a vaccination, your pharmacist is always there to help you! This session will help make your relationship with your pharmacist more rewarding than ever.

\$FREE

Tue, Oct 4, 6:30-7:30pm

Program Code:TALKPHARM

Be Kind to Your Kidneys

YOUR HEALTH

Have you been told your kidneys are not functioning 100%? Join us to learn what to do to keep them as healthy as possible. Discussion includes keeping sodium low but food still tasty, foods you need to avoid and label reading. **\$FREE**

Wed, Oct 19, 10:00-11:30pm

Program Code: BKtYK

Introduction to Alternative Medicine and Natural Healing

YOUR HEALTH

Are you curious about alternative medicine but don't know where to start?

Have you heard about things like tapping and acupuncture but weren't sure if they really work? If so, join us to learn more about alternative modalities; what they are and if there is any science to back up claims. Hear stories and reflect on the instructor's own personal experience. All you need to bring is your curiosity and an open mind. **\$FREE**

Tue, Nov 8, 7:00-8:00pm

Finding Time For Healthy Eating

Getting Started

Join a registered dietitian to discover some great tips on grocery shopping, meal preparation, portion control and more. **\$FREE**

Thu, Oct 6, 7:00-8:30pm

Program Code: FINDTIME

Nuts, Seeds and Oils *NEW

YOUR LIFESTYLE

Join a Registered Dietitian to discuss the benefits, daily requirements, and recipe tips to use with these foods. **\$15/\$10 Mbr**

Thu, Dec 1, 7:00-8:30pm

Program Code: NUTS

Basic Cooking Plus NEW

YOUR HEALTH

Learn how to add flavor and interest to basic meat, fish and chicken recipes. Recipes and cooking demo included. **\$20/\$15 Mbr**

Thu, Nov 17, 7:00-8:30pm

Program Code: BCPLUS

Preservation 101: A drying, Canning and Freezing Workshop NEW

YOUR HEALTH

Make healthy, homemade preserves, ask questions, get tasty recipes and learn all about food preservation. **\$15/\$10 Mbr**

Wed, Sept 14, 6:30-8:30 pm

Program Code: PRESERVE1

Overeater Anonymous: An Informative Evening

YOUR HEALTH

Do you have a problem with food? Find out what we are about. No dues/fees or scales **\$FREE**

Wed, Sept 14, 6:30-8:00

Program Code:

OVEREATERS

Heart Healthy Nutrition Class

YOUR HEALTH

High cholesterol? Heart disease? Join a registered dietitian to learn about the types of dietary fat and their role in heart health. Plus get tips on adding fibre, lowering sodium and de-coding labels. **\$FREE**

a. Wed, Sept 7, 10:30-12:00pm

Program Code: HEARTH1

in

b. Tue, Oct 18, 10:30-12:00pm

Program Code: HEARTH2

in

c. Tue, Nov 15, 10:30-12:00pm

Program Code: HEARTH3

in

Nanci Reid

Administrative Assistant

P 204.632.3927 F 204.697.2412

nreid@sogh.mb.ca

1075 Leila Avenue Winnipeg, MB R2P 2W7

thewellness
Institute

Powered by Seven Oaks General Hospital

YMCA-YWCA of Winnipeg

The YMCA-YWCA of Winnipeg is a charity committed to nurturing the potential of children, teens and young adults, promoting healthy living, and fostering social responsibility. We strive to serve all members of the community – regardless of age or ability – and tackle many of the barriers people face when trying to improve their health.

Specialized Programs

Adaptive Swim Lessons (12 years & under)

A swim program for members who are challenged with cognitive or physical disabilities. Instructors coach individual support workers (provided by family) to teach and develop swim skills to the member. *Available at the Elmwood-Kildonan, South and West Portage branches*

After School Special Needs Program

Our After School Special Needs Programs are for students with disabilities, ages 12-21, whose parents require after school supports for employment purposes. For more info and eligibility, visit ywinnipeg.ca/afterschool

Fitness Programs

We strive to integrate people with special needs into existing programs so everyone can participate in a positive fitness experience.

Program examples:

- **Sit Fit** - Ideal for anyone with mobility issues, this joint-friendly class uses a variety of equipment like hand weights and resistance tubing to help condition and stretch your various muscle groups. Exercises are conducted in both sitting and standing positions. *Available at the South and West Portage branches*
- **Gentle Aquafit** – This aerobics water class is a fun, safe and effective way to tone muscles, burn calories and keep fit without stressing your joints! *Available at the Downtown branch*

For a full listing of mainstream programs, visit ywinnipeg.ca

For membership or program information, contact your preferred branch:

Elmwood-Kildonan Branch	454 Kimberly Avenue	668-8140
Downtown Branch	301 Vaughan Street	947-3044
South Branch	5 Fermor Avenue	233-3476
West Branch	3550 Portage Avenue	889-8052

Note: Participants are responsible for transportation and a personal attendant (if required).

