



*Embrace the Spirit • Vivez l'esprit*

# **Adapted Services Listing**

## **Spring / Summer 2010**

# **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**

**SPRING 2010/ SUMMER 2010**

## **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 Department  
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

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**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 call Gail Katz at 986-7760.

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



**CITY OF WINNIPEG  
COMMUNITY SERVICES DEPARTMENT**

**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 modify programs to suit individual needs and to ensure a positive recreation experience.

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

- [www.winnipeg.ca/leisureonline](http://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 986-7760.

**Leisure Attendant Service:**

A Leisure attendant provides support and assistance to a person with a disability participating in self-selected mainstream programs from the Leisure Guide. Support may consist of physically aiding the participant in activities or adapting skills to suit the participant's needs.

If assistance is required please indicate the need at the time of registration. Participants/guardians will be contacted once registered to discuss the type of service required.

For more information, contact Gail Katz at 986-7760.

## **Out and About**

Socialize and experience various activities and occasional outings. Participants are to bring a lunch. **Preregistration required.**

Date: Mondays, April 12-June 21, 2010 (No class on May 24<sup>th</sup>)  
 Time: 10:00 a.m. – 1:00 p.m.  
 Duration: 10 weeks  
 Location: Fort Rouge Leisure Center: 625 Osborne St. S  
 Fee: \$37.98

Date: Tuesdays, April 13 – June 15, 2010  
 Time: 10:00 a.m. – 2:00 p.m.  
 Duration: 10 weeks  
 Location: Fort Rouge Leisure Center: 625 Osborne St. S  
 Fee: \$37.98

## **Ceramic Basics**

Adults with physical limitations can learn basic techniques of cleaning, glazing, and decorating green ware. Participants are required to provide their own supplies. **Preregistration required.**

Eligibility: Adults  
 Date: Mondays, April 12 – June 21, 2010  
 Time: 10:00 a.m. – 1:00 p.m.  
 Duration: 10 weeks  
 Location: Freight House Community Centre: Door #1 – 200 Isabel Street  
 Fee: \$37.94

## **Pottery for the Visually Impaired**

Includes hand building and some wheel work. Fee includes one half box of clay. Call CNIB at 774-5421 for information. **Preregistration required.**

Eligibility: Adults  
 Date: Wednesdays, April 14 - June 16, 2010  
 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: \$82.35

### **Activities Plus**

Geared to adults with neurological and/or physical disabilities. Socialize and enjoy being active. Participants are to bring a lunch. **Preregistration required.**

Eligibility: Adults

Date: **SPRING A**  
 Session 1 (Thursdays), April 15 – May 13, 2010  
 Session 2 (Fridays), April 16 – May 14, 2010  
**SPRING B**  
 Session 1 (Thursdays), May 20 – June 17, 2010  
 Session 2 (Fridays), May 21 – June 18, 2010

Time: 10:00 a.m. – 2:00 p.m.

Duration: 5 weeks

Location: St. John's Leisure Centre – 601 Aikins Street

Fee: \$19.15 per session

### **The Lifestyles Cooking Club**

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

**Preregistration required.**

Eligibility: Adults

Date: Sundays, May 16 – June 20, 2009

Time: 6:00 – 8:00 p.m.

Location: St. John's Leisure Center: 601 Aikins

Duration: 5 weeks

Fee: \$27.05  
 \$17.00 lab fee, payable to instructor

### **Specialty Cooking Club Workshop**

Specific theme ideas that anyone can have fun making and eating too!

**Preregistration required.**

Eligibility: Adults

Date: 1<sup>st</sup> Class: **Spring Treats** - Sunday, April 18, 2010  
 2<sup>nd</sup> Class: **Summer Treats** – Sunday, June 27, 2010

Time: 6:00 – 8:00 p.m.

Location: St. John's Leisure Center: 601 Aikins

Duration: One Evening

Fee: \$7.31  
 \$6.00 lab fee, payable to instructor

### **Pottery for Special Needs**

Enjoy the fine craft of pottery and its many techniques, and meet new friends along the way. For persons with developmental disabilities. **Preregistration required.**

Eligibility: Adults  
 Date: Session 1 (Thursdays), April 15 – May 13, 2010  
 Session 2 (Thursdays), April 15 – May 13, 2010  
 Time: Session 1: 5:30 - 7:00 pm  
 Session 2: 7:15 – 8:45 pm  
 Location: Fort Rouge Leisure Centre – 625 Osborne Street St. (Both Sessions)  
 Duration: 5 weeks  
 Fee: \$21.66

### **Movie & Munchies**

Prepare fun foods and enjoy them with a movie. Movies will be rated PG or G. **Preregistration required.**

Eligibility: Adults  
 Date: Sundays, April 11 – May 16, 2010  
 Time: 1:00 – 4:00 p.m.  
 Location: St. John's Leisure Center: 601 Aikins St.  
 Duration: 5 weeks  
 Fee: \$26.97  
 \$15.00 lab fee, payable to instructor

### **Craft Night**

Creative crafts for adults with developmental disabilities. Learn scrap booking, card-making, and other crafts. Participants may be required to bring some supplies from home such as photos etc. **Preregistration required.**

Eligibility: Adults  
 Date: Mondays, April 19 – June 14, 2010  
 Time: 7:00 – 9:00 p.m.  
 Location: St. John's Leisure Centre: 601 Aikins St.  
 Duration: 8 weeks  
 Fee: \$47.55)

\$10.00 lab fee, payable to instructor

### **Dance Night**

The night will include dancing, snacks, door prizes and lots of fun!  
Tickets available at the door. **Preregistration required.**

Eligibility: Youth and Adults  
Date: Glow Dance – Saturday, April 17/2010  
50's Dance – Saturday, May 29/2010  
Hawaiian Luau – Saturday, June 19/2010  
Time: 6:30 – 9:30 pm  
Location: Fort Rouge Leisure Centre - 625 Osborne St.  
Fee: \$5.00 per evening (support staff free)

### **Karaoke Night**

Come and flip through hundreds of song choices and sing along. Tickets are available at the door. **Preregistration required.**

Eligibility: All ages welcome!  
Date: Saturday, May 8/2010  
Time: 6:30 – 9:30 pm  
Location: Fort Rouge Leisure Centre - 625 Osborne St.  
Fee: \$5.00 per evening (support staff free)

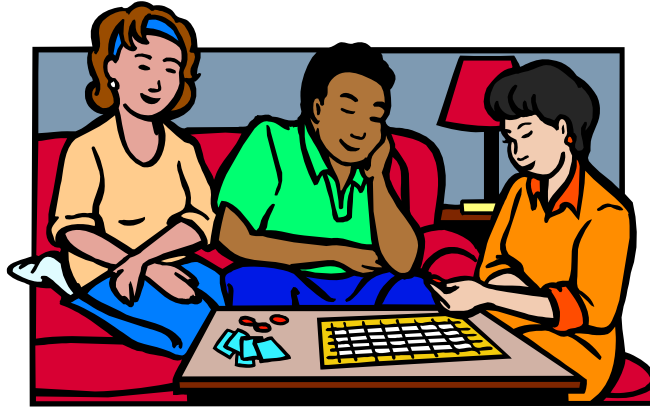
### **Adapted Water Ski Clinic**

With qualified instructors and proper equipment, water skiing has proven to be an easily adaptable, safe and healthy activity for virtually any person with a physical or intellectual disability. **Preregistration required.**

Date: Saturday July 10/2010  
Time: Noon-2:00pm  
Location: Waterski MB Training Facility: 365 Murdock Rd.  
Fee: \$35.70

## Volunteer Opportunities

If you are interested in volunteering to provide support service to individuals who have a disability, please submit your request to Dorothy Caldwell 986-3007 or Ruth Ziegler 986-5958. Submissions should be made well in advance of the season in which you wish to volunteer, as volunteers are assigned on a seasonal basis – winter, spring, summer and fall.





**CITY OF WINNIPEG  
COMMUNITY SERVICES DEPARTMENT**

**DEAF SERVICES**

**AMERICAN SIGN LANGUAGE**

Learn about the Deaf Culture and its rules of conduct. Play a variety of games and other fun activities while learning to communicate in American Sign Language. Basic skills will include finger spelling, telling time, counting the days of the week, asking questions using the 5 'W's', and much more.

**Eligibility:** 10 – 16 years

**Date:** Monday through Friday – July 12, 2010 to July 16, 2010

**Time:** 10am – Noon

**Location:** Fort Rouge Leisure Centre – 625 Osborne St.

**Fee:** \$39.85

**FUN FOR CHILDREN**

Children can join us after school to participate in a variety of activities such as basketball, volleyball, floor hockey, soccer, and games. Parents should provide their children with a snack.

**Eligibility:** 5 – 12 years

**Date:** Wednesday, April 14, 2010 to June 9, 2010

**Time:** 3:30 p.m. – 5:30 p.m.

**Location:** Manitoba School for the Deaf – 242 Stradford Street

**Duration:** 9 weeks

**Fee:** No charge

**YOUTH ACTION CENTRE**

A great place for Deaf and Mainstream youths to participate in activities, get fit and make a new friends. On-site activities include basketball, floor hockey, soccer and games. All this and more is free!

**Eligibility:** 13 years +

**Date:** Monday, April 12, 2010 to June 7, 2010

\*No program: Monday, May 24, 2010

**Time:** 3:30 p.m. – 5:30 p.m.

**Location:** Manitoba School for the Deaf – 242 Stradford Street

**Duration:** 8 weeks

**Fee:** No charge

**For more information contact:**

Don Zimmer

8<sup>th</sup> Floor – 395 Main Street

Winnipeg, Manitoba R3B 3N8

986-7756 (TTY)

986-8125 (FAX)

[dzimmer@winnipeg.ca](mailto:dzimmer@winnipeg.ca)



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



**CITY OF WINNIPEG  
COMMUNITY SERVICES DEPARTMENT**

## **City of Winnipeg Aquatics Branch information for the Adapted Service listing, spring 2010**

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 yrs 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](http://www.winnipeg.ca/leisureonline)
- calling 311 [24 hours a day/ 7 days a week]
- TTY 986-1311
- Visiting 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](http://www.winnipeg.ca/leisureonline).

- **Swim lessons** on a one to one basis. These courses are found at: [www.winnipeg.ca/leisureonline](http://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](http://www.winnipeg.ca/leisureonline) then look under Active Living Adults-->Aqua fitness specialty for adults. Registered aqua fitness specialty for adults are available at Bonivital; Sherbrook; St. James Civic Center

- Registered **free lecture series** including topics such as: Chronic Pain Management; Nutrition & Arthritis; A.S.M.P Arthritis Self Management Program; Scleroderma and others through out the year. These courses are found at [www.winnipeg.ca/leisureonline](http://www.winnipeg.ca/leisureonline) then look under Leadership Development → free lecture series. Advance registration for these workshops is required. Free lecture series courses are offered at: Cindy Klassen Recreation Complex; St James Assiniboia; St James Civic Center.

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.

The City of Winnipeg Aquatics Branch pools are located as follows:

Bernie Wolfe: 95 Bournais Drive  
 Bonivital Pool: 1215 Archibald St.  
 Cindy Klassen Recreation Complex: 999 Sargent Avenue  
 Eldon Ross Pool: 1887 Pacific Ave West  
 Elmwood Kildonans: 909 Concordia Avenue  
 Margaret Grant Pool: 685 Dalhousie Drive  
 Pan Am Pool: 25 Poseidon Bay  
 St. James Civic Centre Pool: 2055 Ness Avenue  
 St. James Assiniboia Centennial Pool: 644 Parkdale  
 Seven Oaks Pool: 444 Adsum Drive  
 Sherbrook Pool: 381 Sherbrook St.  
 Transcona Centennial: 1101 Wabasha Avenue

**AGE & OPPORTUNITY INC.**

Age & Opportunity Inc. is a social service agency that offers life-enhancing programs and services to older adults. Age & Opportunity's programs and services support and enhance the physical, intellectual, emotional, social and spiritual lives of older persons and actively promote participation in all aspects of community life.

**Centre Locations****CENTRAL OFFICE****200 – 280 Smith St.**

Winnipeg, Manitoba

R3C 1K2

Ph: 956-6440 Fax: 946-5667

Email: [info@ageopportunity.mb.ca](mailto:info@ageopportunity.mb.ca)[www.ageopportunity.mb.ca](http://www.ageopportunity.mb.ca)**Main Street Senior Centre****1085 Main Street R2W3S1**

Ph: 942-7486 Fax: 589-0554

Email: [norwin@ageopportunity.mb.ca](mailto:norwin@ageopportunity.mb.ca)**Downtown Senior Center**

Ph: 956-6437 Fax: 946-5667

Email: [smith@ageopportunity.mb.ca](mailto:smith@ageopportunity.mb.ca)**West End Senior Centre****644 Burnell St. R3G 2B7**

Ph: 772-9581 Fax: 786-8661

Email: [we@ageopportunity.mb.ca](mailto:we@ageopportunity.mb.ca)**Stradbroke Senior Center****400 Stradbroke Ave. R3L 2P8**

Ph: 956-6490 Fax: 956-6499

Email: [strad@ageopportunity.mb.ca](mailto:strad@ageopportunity.mb.ca)**St. Vital / St. Boniface Senior Centre****254 Lakewood Boulevard R2J 3A2**

Ph: 956-5734 Fax: 253-6817

Email: [southd@ageopportunity.mb.ca](mailto:southd@ageopportunity.mb.ca)

## **Social Services**

- Information about resources available to older adults;
- Professional Counseling services for individuals and families on issues such as grief, loneliness, retirement, care giving, loss of health, depression, family problems and relationships;
- Friendly Visiting for those who are isolated & lonely;
- Older Victims services for older adults who are victims of crime;
- Elder Abuse services for older adults who are being abused, neglected or exploited;
- Bereavement and Caregiver Support groups;
- Congregate meals;
- Legal services;
- Income tax services;
- Safety Aid Program – installation of home safety and falls prevention devices to low income seniors.

## **Educational Programs**

- English Language classes for immigrant older adults;
- Leadership and volunteer opportunities;
- ABC's of Fraud awareness and education program;
- Public education on various issues related to aging;
- Painting, and woodworking;
- Computer classes;
- Workshops and seminars of interest to older adults;
- Field-based training opportunities for students.

## **Healthy Lifestyle Programs**

- Social/Recreational programs;
- Indoor and outdoor fitness classes including Tai Chi, Line Dancing, Gentle Exercise, Cross-Country Skiing;
- Foot care and blood pressure clinics.

For more information, please call the centre nearest to you.

## THE ARTHRITIS SOCIETY

### **The Arthritis Self-Management Program “ASMP”**

This course is a self-help program that will help you learn to cope with the pain, fatigue, and depression associated with the disease. The program is taught by trained volunteers who have arthritis themselves – people who know what you are going through. The course consists of six, 2 hour weekly sessions with class size limited to 12 people.

Date: Fall, winter, and spring courses 2009-2010.

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.

Fee: \$20 per person (includes textbook/materials)  
\$30 per couple (sharing a book)

For more information and locations contact Joanne Healey, ASMP Coordinator at 942-4892.

The Arthritis Society  
105-386 Broadway  
Winnipeg, Manitoba  
R3C 3R6

## CANADIAN NATIONAL INSTITUTE FOR THE BLIND

### Choir

Date: Thursdays

Time: 1:00 – 3:00 p.m.

Location: CNIB – 1080 Portage Avenue (MP Room)



### Ballroom Dance Group

Date: Every Second Monday

Time: 1:00 – 3:00 p.m.

Location: CNIB – 1080 Portage Avenue (MP Room)

Dance instruction will alternate between waltz, or foxtrot steps one week, and line dancing the next.

### Concert Afternoons

Date: Alternate Tuesdays

Time: 2:00 – 3:30 p.m.

Location: CNIB – 1080 Portage Avenue (MP Room)

Concerts: Entertainers provide a short musical program, followed by coffee and a snack.

### 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: 10:00 a.m. – 12 noon

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.

### **Smart Exercise**

Date: Mondays

Time: 10:00 – 11:00 a.m.

Location: CNIB, 1080 Portage Avenue

This is a gentle exercise program, offered together with the Victorian Order of Nurses office. It is geared towards your own physical abilities. It runs in 10 week blocks, at a cost of \$10.

### **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: Tuesdays

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: Tuesdays

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.

### **Cribbage**

Date: Wednesdays

Time: 1:00 - 3:00 pm

Location: CNIB 1080 Portage Ave.

Enjoy a friendly afternoon of competition, or learn to play.

### **Book Club**

Date: First Tuesday of the Month

Time: 1:00 – 3:00 pm

Location: CNIB 1080 Portage Ave.

Discuss the book they chose the month before.

### **Monthly Outings**

The last Tuesday of every month, we will head out on a variety of adventures. Outing ideas include museums, parks, lunch, etc. Call for complete details.

\*For additional information on the programs listed above call Kathy at 789-0936.

-Are you interested in joining a harmonica group, or have you always wanted to learn how to play? Call Kathy for more information.

## COMMUNITY RESPITE SERVICE

### **Respite Care**

This program supplies trained workers to assist persons with a 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 challenges 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 Family Services 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  
825 Sherbrook Street  
Winnipeg, Manitoba R3A 1M5  
Phone: 953-2400  
Fax: 775-6214  
Email: [comresp@mts.net](mailto:comresp@mts.net)  
Website: [www.communityrespiteservice.ca](http://www.communityrespiteservice.ca)

## CREATIVE RETIREMENT MANITOBA

### **Our Mission:**

Creative Retirement Manitoba promotes the health and well-being of individuals and communities through developing and offering innovative learning opportunities with and for older persons.

### **Our Philosophy:**

- Retirement presents a creative opportunity for individuals and communities
- People of all backgrounds and ages learn, grow, and change
- All people have the right of access to education
- Lifelong learning promotes intellectual, physical, emotional and social well-being
- The well-being of individuals and the health of communities are interdependent
- Older people govern Creative Retirement and deliver its programs

### **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](http://www.crm.mb.ca)  
 270 Sherbrook Street  
 Winnipeg, MB R3C 2B9

### **Club Programs**

Creative Retirement's Computer Club 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 interest groups include: Beginners, Windows, Internet and Digital Camera. Please call 949-2556 for more information.

The Stamp Collecting Club includes as its members both newcomers to the hobby and long-time collectors.

## **Students and Seniors Together**

This program involves nearly 100 seniors volunteering in schools on both a regular and casual basis. Seniors read with children, conduct stamp clubs, give extra help to individual children in the resource program, assist in French immersion classes, arts and crafts, school libraries, help with special projects and many other activities. In so doing, both seniors and children come to understand and appreciate each other better. Mature adults are invited to participate in this program which includes nursery to grade 12. For more information call the Program Coordinator at 949-2557.



## **Seniors Resource Network (SRN)**

This project has created an electronic “community commons” within the Winnipeg seniors community, connecting individuals through the Internet and through the many partnerships on which SRN would be based. The intent is to:

- Engage seniors in a sustained community dialogue
- Provide better, easily accessible information about community issues
- Empower seniors to achieve a strong collective voice in the development of community

For further information phone 949-2556 or access SRN at [seniors.cimnet.ca](http://seniors.cimnet.ca)

# **INDEPENDENT LIVING RESOURCE CENTRE**

## **Leisure Education Program**

This program is designed to assist individuals with disabilities who are living in social isolation to participate in recreation activities of their choice. By providing information and support through bi-weekly one on one consultation the Leisure Education Program increases access to activities as well as develops independent living skills.

Individuals design and control the social and recreational experiences they have with the support of a paid Consultant. Many resources are available that will make your transition from isolation to independence as smooth as possible.

**Eligibility:** Designed for young and older adults who are living in social isolation and are currently receiving Home Care Services. Also open to individuals referred through WHRA intake.

**Dates:** Available to the consumer all year.

**Note:** There is no charge to be involved in the program.

For more information: Leisure Education Consultant  
Independent Living Resource Centre  
311A-393 Portage Ave.  
Winnipeg, Manitoba R3B 3H6

Email: [leisured@ilrc.mb.ca](mailto:leisured@ilrc.mb.ca)

Website: [www.ilrc.mb.ca](http://www.ilrc.mb.ca)

Phone: (204) 947-0194 ext. 318

Fax: (204) 943-6625

Toll Free: 1-800-663-3043

## LIONS CLUB OF WINNIPEG HOUSING CENTRES

### Lions Social and Leisure Club

This program offers quality recreational, educational, social and spiritual programs to individual's age 55 years or better, living in Winnipeg. The participant must be able to communicate in a social setting and arrive independently. A variety of programs are offered at The Club including entertainment, cards, shuffleboard, billiards, line dancing, outings and much more.

**Time:** Programs offered at various times

**Locations:** Lions Place – 610 Portage Avenue

**Fee:** Individual General Membership - \$30.00/year  
Family Membership - \$50.00/year  
Membership does not include Fitness Classes

**Note:** To join The Club you must fill out a membership form at Lions Place, 610 Portage Avenue.

For more information contact: Ann Cruse for fitness 784 -1273 ext. 6  
 Social leisure contact JoDee @ Front Desk 784-1210

\*Upon purchasing a membership you will receive a monthly calendar of events.



### **Health and Wellness Services**

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

- **Fitness Consultation**

Fitness Coordinator Ann Cruse is licensed for individual fitness consultations and program designs. For information call Ann Cruse at 784-1273 ext. 6.

### **Fitness Classes**

<u>Sit 'n' Get Fit</u>	Tue./Fri.	Lions Place	12 weeks/24 sessions	\$50.00
<u>Lite &amp; Lively</u>	Mon./Wed./Fri.	Lions Place	12 weeks/36 sessions	\$75.00
<u>Walk &amp; Weights</u>	Tue. /Thur.	Lions Place	12 weeks/24 sessions	\$50.00

- **Fitness Membership - \$100.00**  
 Under 55 years of age - \$150.00

- affords you the use of fitness facilities and equipment
- your choice of one Light 'n' Lively or Sit 'n' Get Fit exercise session/year

## MANITOBA BLIND SPORT 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



### Goalball

Ages: Youth (16 yrs & up) to Adults  
 Date: Saturdays – October to March  
 Time: 9:00 a.m. – 11:00 a.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 & Provincial Tournament)

Ages: Youth to Adults  
 Date: Saturdays in May & June  
 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)

**Rowing (Learn to Row) – 8 week program**

Ages: Youth to Adults  
Date: Fridays (End of May – mid July)  
Fee: \$10.00 annual membership fee to MBSA plus \$40.00 program fee

**Curling**

Ages: Adults  
Date: Saturdays from mid October to March  
Time: 1:00 p.m. - 3:00 p.m.  
Location: Thistle Curling Club (280 Burnell St.)  
Fee: \$10.00 annual membership fee to MBSA plus \$40.00 program fee

Note: Whatever your sport interest – give us a call. We are here to serve visually 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 925-5694

E-mail: [Blindsport@shawbiz.ca](mailto:Blindsport@shawbiz.ca)

Website: [www.blindsport.mb.ca](http://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:** [mbia@mts.net](mailto:mbia@mts.net)

**Website:** [www.mbia.ca](http://www.mbia.ca)

### **The Empowerment Series**

A monthly lecture and discussion series with guest speakers presenting topics related to brain injury.

7:00 – 9:00 pm – SMD building (825 Sherbrook St.)

### **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.

### **Headways Social Group**

We welcome survivors and other members to join us for a variety of activities including such events as pot luck dinners and game nights, riverboat cruises and picnics.

### **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**

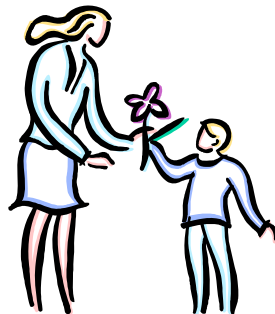
This program provides short-term support for children with special needs/disabilities and adults living with a mental disability in order to give the primary caregiver relief from the demands of continuous care. Respite frequently occurs in the primary caregiver's home, however, respite workers may also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

**Time:** Available year round as staffing recruitment and availability 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 can be found on our website [www.mrda.cc](http://www.mrda.cc)

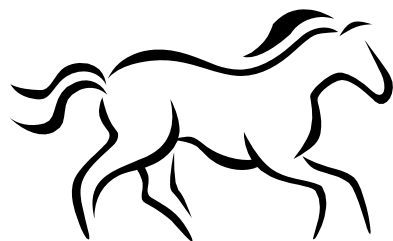
**Eligibility:** Children with disabilities. Between 6-12 years of age. There are weight restrictions for the program.

**Location:** Teske's Equestrian Center, 1237 McCreary Rd

**Fee:** \$200.00 for a session – 1 hour for one evening a week  
September to November in the Fall and March to May for the Spring session. Children are allowed to ride for 8 sessions (4 years).

**Note:** **At the moment the waiting list is approximately 1 year in length.**

**For more information:** Peter Manastyrsky  
Executive Director  
Manitoba Riding for the Disabled Inc.  
145 Pacific Ave.  
Winnipeg, Manitoba R3B 2Z6  
Phone: (204) 925-5905  
Fax: (204) 925-5792  
E-Mail: [exedir@mrda.cc](mailto:exedir@mrda.cc)  
Website: [www.mrda.cc](http://www.mrda.cc)



## **SPECIAL OLYMPICS MANITOBA WINNIPEG REGION**

### **Athletic Club**

A weekly program in which athletes participate in a variety of sports and athletic activities. The general focus is on fitness, basic motor skills, fun and sport skills. Athletes are introduced to an assortment of sports and the specific skills needed to participate.

### **Pee Wee Springer's Gym Club**

Pre-school children work one to one with a parent or volunteer to develop basic motor skills, body awareness and movement concepts.

Eligibility: 2-7 years

Date: Sundays, October 2009 – May 2010

Time: 8:30 - 9:30 pm

Location: Gym Kids Gymnastics Club – 421 Beaverhill Blvd.

Note: Maximum number of participants is 18

### **YOUTH ATHLETIC CLUBS**

The program focuses on basic motor skills development, fitness and introduction to sport skills.

### **E.K. Rascals**

Eligibility: 7 – 13 years

Date: Wednesdays, October 2009 – June 2010

Time: 7:00 – 8:30 p.m.

Location: Chief Peguis Junior High School – 1400 Rothesay Avenue

Note: Maximum number of participants is 40.

### **Spiders**

Eligibility: 7 – 13 years

Date: Mondays, October 2009 – June 2010

Time: 7:00 – 8:30 p.m.

Location: Hastings School – 95 Pulberry

Note: Maximum number of participants is 15

### **Chargers Sports Club – Team Sports**

Eligibility: 7 – 13 years

Date: Fridays, October 2009 – June 2010

Time: 6:30 – 7:30 p.m.

Location: Westview School – 600 Hoka St.

Note: Maximum number of participants is 15

## **ADOLESCENT AND YOUNG ADULT ATHLETIC CLUBS**

The focus of the Adolescent and Young Adult Clubs is on fitness, basic motor skills and sport skills. Sport skills include track & field, floor hockey, soccer, running, snowshoeing and cross country skiing.

**Transcona Raptors**

Eligibility: 13 – 22 years  
Date: Tuesdays, October 2009 - June 2010  
Time: 7:00 – 8:30 p.m.  
Location: **Arthur Day Middle School - 43 Whitehall Blvd**  
Note: Maximum number of participants is 15

**The Rockets**

Eligibility: 13 – 22 years  
Date: Thursdays, October 2009 - June 2010  
Time: 6:30 – 8:00 p.m.  
Location: Carpathia School – 300 Carpathia Road  
Note: Maximum number of participants is 20

**Superstars**

Eligibility: 13 – 22 years  
Date: Thursdays, October 2009 - June 2010  
Time: 7:00 – 8:30 p.m.  
Location: Lavallee School – 505 St. Anne's Road  
Note: Maximum number of participants is 20

**ADULT ATHLETIC CLUBS**

These programs focus on fitness and sport skill development for adults. Depending upon the facility, participants have access to gym, track, weight room, pool and exercise rooms.

### **E.K. Eagles**

Eligibility: Adults  
Date: Thursdays, October 2009 - June 2010  
Time: 7:00 – 8:30 p.m.  
Location: Munroe School – 405 Munroe Avenue  
Note: Maximum number of participants is 25

### **Razorbacks**

Eligibility: Adults  
Date: Wednesdays, October 2009 - June 2010  
Time: 6:00 – 8:00 p.m.  
Location: Ecole Leila North – 20 Allan Blye  
Note: Maximum number of participants is 25

### **St. Vital Olympians**

Eligibility: Adults  
Date: Mondays, October 2009 - June 2010  
Time: 7:00 – 9:00 p.m.  
Location: Lavallee School – 505 St. Anne's Road  
Note: Maximum number of participants is 25

## **Sport Clubs**

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### **Navvies Track Club**

Eligibility: over 16 - others may be accepted on a case by case basis

Date: Tuesdays/Thursdays, October 2009 - June 2010

Time: 7:30 - 9:00 p.m.

Location: Max Bell Centre - University of Manitoba

Note: Maximum number of participants is 18

### **Bulldogs Track Club**

Eligibility: over 16 - others may be accepted on a case by case basis

Date: Mondays & Wednesdays, October 2009 - June 2010

Time: 7:30 - 9:00 p.m.

&

Date: Saturdays, February 2010 – June 2010

Time: 9:30 - 11:00 a.m.

Location: Max Bell Centre - University of Manitoba

Note: Maximum number of participants is 18

### **Roadrunners Junior Track Club**

Need general interest in Track & ability to stay focused.

Eligibility: 10 – 16 yrs.

Date: Saturdays, October 2009 - June 2010

Time: 9:00 - 11:00 a.m.  
Location: Max Bell Centre - University of Manitoba  
Note: Maximum number of participants is 10

### **Swim Clubs**

Athletes must be able to swim a minimum of 25M. Participation in all swim clubs is based upon assessment by the Head Coach. Maximum number of participants' dependant on the size of the pool.

### **North End Seals**

Date: Thursdays, October 2009 - June 2010  
Time: 6:30 - 8:00 p.m.  
Location: temporarily at Cindy Klassen Recreation Complex - 999 Sargent Ave

### **EK Y's Men Sharks**

Date: Mondays, October 2009 - June 2010  
Time: 6:30 - 7:45 p.m.  
Location: EK YM-YWCA Pool - 454 Kimberley Ave

### **Master Swim Otters**

Date: Mondays & Wednesdays, October 2009 - June 2010  
Time: 8:00 - 9:00 p.m.

Location: Pan Am Pool - 25 Poseidon Bay

**Sargent Park Polar Bears**

Date: Wednesdays, October 2009 - June 2010

Time: 7:45 - 9:00 p.m.

Location: Cindy Klassen Recreation Complex - 999 Sargent Ave

**Stingrays Swim Club**

Date: Thursdays, October 2009 - June 2010

Time: 8:00 - 9:00 p.m.

Location: Cindy Klassen Recreation Complex - 999 Sargent Ave

**Sea Wolves**

**Date: Fridays, October 2009 - June 2010**

**Time: 7:00 - 8:00 p.m.**

**Location: Bonivital Pool - 1215 Archibald**

**Pups Youth Aquatics**

Club will teach proper swimming techniques and assist with fears etc.

Date: Thursdays, October 2009 - June 2010

Time: 6:00 – 7:00 p.m.

Location: temporarily at Cindy Klassen Recreational Complex - 999 Sargent Ave

Note: Maximum number of participants is 6 - 8

## **RYTHMIC GYMNASTICS**

### **St James Streamers**

Date: Wednesdays, October 2009 - June 2010

Time: 6:30 - 8:00 p.m.

Location: Stevenson-Britannia School - 1777 Silver Ave

### **Kildonan Streamers**

Date: Tuesdays, October 2009 - June 2010

Time: 7:00 - 8:30 p.m.

Location: Chief Peguis Junior High School – 1400 Rothesay Ave.

## **Power Lifting**

### **Winnipeg Power lifting Club**

Date: Sundays, October 2009 - June 2010

Time: 11:00 - 12:00 am

Location: West Portage YM-YWCA – 3550 Portage Ave.

## **Floor Hockey**

### **Wise Guys Floor Hockey**

Date: Wednesdays, October 2009 - June 2010

Time: 7:00 – 8:30 p.m.

Location: Munroe Junior High - 405 Munroe

**Blue Devils Floor Hockey**

Date: Thursdays, October 2009 - June 2010

Time: 7:30 - 9:30 p.m.

Location: Salisbury Morse Place School – 795 Prince Rupert Ave

**D'Bears Basketball**

Date: Tuesdays, October 2009 - June 2010

Time: 7:00 - 9:00 p.m.

Location: Marion School - 619 DesMeurons

**5 – Pin Bowling****Coronation Comets**

Date: Saturdays, October 2009 to June 2010

Time: 12:30 – 2:30 p.m. and 2:30 – 4:00 p.m.

Location: Coronation Bowling Center – 255 Tache Ave.

**Coronation High Strikers**

Date: Saturdays, October 2009 to June 2010

Time: 12:30 – 3:30 p.m.

Location: Coronation Bowling Center – 255 Tache Ave.

**Polo Park Pins**

Date: Saturdays, October 2009 to June 2010

Time: 12:00 – 2:30 p.m.

Location: Polo Park Lanes – 157 – C Polo Park Shopping Center

**Mosienko Thunder Rollers**

Age: Over 18 yrs of age  
Date: Saturdays, October 2009 to June 2010  
Time: 12:30 – 2:30 p.m.  
Location: Billy Mosienko Lanes – 1136 Main St.

**Uptown Rollers**

Date: Saturdays, October 2009 to June 2010  
Time: 1:00 – 3:00 p.m.  
Location: Academy Uptown Lanes – 394 Academy Rd.

**Roxy Lanes Bowling**

Date: Sundays, October 2009 to June 2010  
Time: 1:00 - 3:00 pm  
Date: Wednesdays  
Time: 7:00 - 8:30 pm  
Location: Roxy Lanes – 385 Henderson Hwy

**10 Pin Bowling****Laverendrye Lanes**

Date: Saturdays, October 2009 to June 2010  
Time: 11:00 a.m. – 12:00 p.m.  
Location: Laverendrye Bowling Lanes – 614 DesMeurons

**Summer Sport Clubs**

Most summer programs run from April to September.

**Winnipeg Mulligan's Golf Club**

Date: Tuesdays

Location: St. Vital Golf Centre and then moving to Windsor Park Golf Course mid-summer.

**Smackers Golf Club**

Date: Tuesdays

Location: Rossmere Golf Range and then moving to Crescent Drive Golf Course mid-summer.

**Wolverine Soccer Club**

Date: Wednesdays

Time: 6:30 - 8:00 p.m.

Location: Prince Edward School – 649 Brazier

**Wild Catz Soccer Club**

Date: Wednesdays

Time: 6:30 - 8:00 p.m.

Location: Prince Edward School – 649 Brazier

**Goldeye Sluggers Softball Club**

Date: Mondays

Time: 7:00 p.m. to dusk

Location: TBA

**Huskies Softball Club**

Date: Mondays  
 Time: 7:00 p.m. to dusk  
 Location: Assiniboine Park

**For further registration information contact:**

**Special Olympics Manitoba- Winnipeg Region - Ph.: 233-4614**  
**PO Box 3807, Redwood Post Office**  
**Winnipeg, Manitoba R2W 3R6**

**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  
 E-Mail: [inquiry@radyjcc.com](mailto:inquiry@radyjcc.com)  
[www.radyjcc.com](http://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.

SMD believes in a continuum of programs; from SMD specialty programs to accessing existing community based programs. The Leisure and Recreation

Program at SMD is committed to facilitating a quality recreation experience at all points on the continuum.

SMD specialty programs for Fall and Winter include but are not limited to:

### **Power Wheelchair Hockey League**

Date: September  
 Location: St. James Civic Centre



### **Teen/Young Adult Monthly Out trips**

Each month a destination/program will be selected for registered group members. Adventures will include hockey games, country outings, life skills programs etc.

Date: September – April (Dates, times, and destinations TBA)  
 Fee: Depends on the program destination (Space is limited)

### **SMD Summer Leisure Recreation Program/Independence For Youth**

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. Also, SMD offers a summer leisure recreation program, Independence for Youth program, along with a program for children/youth who are deaf or hard of hearing.

### **Manitoba Sledge Hockey Program**

Adapted sport played on ice with double blades on seat and ice picks on hockey sticks to help propel the individual. Equipment is limited therefore the program will be restricted to 12 participants.

Date: October (Dates and times TBA).

Location: Richmond Kings Arena/other city locations

Schedule for dates, times and locations can be viewed at  
[www.sledgehockeymanitoba.com](http://www.sledgehockeymanitoba.com)

**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**

Fall/Winter/Spring programs offered have included: social dinner clubs, creative dance and movement, folk arts and crafts, drop-in programs, to name several. The goals of the programs or groups are to give people an opportunity to:

- Meet new people who may share things in common with them and make new friends
- Utilize and develop social and interpersonal skills
- Reduce stress and boredom
- Learn and develop independent living and leadership skills
- Explore leisure interests

A summer program provides day or evening excursions in and around Winnipeg. The program also provides the opportunity to experience a cabin camping retreat.

**To Register or receive more information on adult programs please call:**

**Derek Day            Ph.: 975-3090**  
**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, Winter & Spring 2009-2010**

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

Phone: 204.942.2880

Fax: 204.944.1982

Email: [info@strokerecovery.ca](mailto:info@strokerecovery.ca) Website: [www.strokerecovery.ca](http://www.strokerecovery.ca)

The SAM Centre is open from 9:00 am to 4:00 pm weekdays. 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](http://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.
- \$4.75 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.

### **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**

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

### **The Next Step Peer Support Group**

- 1<sup>st</sup> Thursday of each Month, 6:30 – 7:30 pm at the SAM Centre, Unit B – 247 Provencher Blvd.

### **In Your Prime Peer Support Group**

- 2<sup>nd</sup> Monday of each Month, 1:00 – 3:00 pm at the SAM Centre, Unit B – 247 Provencher Blvd.

### **Access Transcona Peer Support Group**

- 2<sup>nd</sup> Thursday of each Month, 1:15 – 3:15 pm at Access Transcona (Family Room), 845 Regent Avenue West.

### **Young Adult Peer (YAP) Group**

- To bring together young adult stroke survivors for discussion and support.
- 3<sup>rd</sup> Thursday of each Month, 1:30 – 3:30 pm at the SAM Centre, Unit B – 247 Provencher Blvd.

### **St. James Peer Support Group**

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

### **St. Vital Peer Support Group**

- One Friday afternoon per month. Start-up details to follow. Please call the SAM Centre for dates and location.

### **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](mailto: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 – 2<sup>nd</sup> Wednesday of each Month. Call 467-2192 or 344-5124 for meeting details.
- Portage La Prairie Peer Support Group - 3<sup>rd</sup> 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](http://1075.Leila.Avenue), 632-3900, [info@wellnessinstitute.ca](mailto: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 and on our website at [www.wellnessinstitute.ca/classes](http://www.wellnessinstitute.ca/classes). **For more information about Wellness Institute programs or services, please call 632-3900.**

## **CHRONIC CONDITIONS**

### **1. Bone Matters – 8 sessions**

An activity-based program for people with or at risk of osteoporosis who are interested in developing safe and effective personal activity program. Includes eight classroom/activity sessions with an exercise specialist. **\$75/\$60 Member Tue/Thu, Oct 20-Nov 12, 10:00-11:30am**

**2. Reduce/Quit Smoking – 6 weeks** This is your path to a smoke-free lifestyle based on an addiction treatment model. Address the addiction and behaviors of tobacco use in a supportive group format. **\$90/\$75 Member Tue, Oct 6-20, Nov 10, 24 & Jan 12, 7:15-8:30pm**

**3. Lean, Keen, Kidney Machines! –10 weeks**

An exercise program for people living with chronic kidney disease including all Renal Health Clinic patients and anyone on hemodialysis or peritoneal dialysis. A \$20 deposit due at first class is refunded if 80% of classes are attended.

**For details call Kristen: 632-3942.**

**Thu, Apr 15-Jun 17, 1:00-3:00pm; Wed, May 5-July 7, 10:00-3:00pm**

**4. Stroke Exercise Program – 8 weeks**

A group exercise program for those who have completed their rehabilitation program. Participants must be able to walk with or without walking aide, or be accompanied by an attendant. The focus is on improving individual fitness levels and is not intended as a group therapy treatment. Meets twice a week.

**Registration deadline: Apr 2. \$175**

**Wed & Fri, Apr 14-Jun 4, 1:30-3:30pm**

**REHABILITATION SERVICES**

**5. Cardiac Rehabilitation – 16 weeks**

A program for people of all ages recovering from cardiovascular disease, including heart attack, bypass surgery or irregular heart rhythms. Live healthier through education and exercise. Studies show Cardiac Rehabilitation participants have improved recovery, fewer symptoms and feel better. Monthly day and evening classes. **Registration deadline: Apr 2**

**Live Longer, Live Stronger. To register or for details call 632-3907.**

**\$210 subsidy available**

**6. Pulmonary Rehabilitation – 8 weeks**

Do you have lung disease shortness of breath, use puffers, or use oxygen? Learn more about your condition and medications and manage more effectively with guided exercise sessions. Led by a Certified Respiratory Educator and Wellness

Institute professionals. **To register or for details call 632-3900. \$200**  
**Registration deadline: Apr 2**

## **RISK FACTOR REDUCTION**

### **7. Kick Butt! Smoking Cessation**

Includes facility access for three months. **Call 632-3907 for details or to register.**  
**\$300**

**For Kick Butt! at Work employee group sessions call 632-3905**

### **GET BETTER TOGETHER!** [www.wellnessinstitute.ca/gbtdates](http://www.wellnessinstitute.ca/gbtdates)

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. Visit our website for the current schedule of classes in your area and call 632-3927 to register. To ask about leader training, call Dawn at 632-3922.

**400. Klinik**, 870 Portage Ave

Mon, Sep 21-Nov 2, 6:00-8:30pm

**401. MS Society**, 100-1465 Buffalo Place

Mon, Sep 28-Nov 2, 1:00-3:30pm

**402. Assiniboine Medical Clinic** held at Deer Lodge,  
 2109 Portage Ave

Tue, Sep 29-Nov 3, 6:00-8:30pm

**403. Access River East**,

975 Henderson Hwy

Wed, Sep 30-Nov 4, 9:30-12:00pm

**404. Reh-fit Centre**, 1390 Taylor Ave

Wed, Sep 30-Nov 4, 9:30-12:00pm

**405. Charleswood Health & Social Services Centre**, 3401 Roblin Blvd

Thu, Oct 1-Nov 5, 1:00-3:30pm

**406. Rivergrove Medical Clinic** held at Wellness Institute, 1075 Leila Ave

Tue, Oct 6-Nov 10, 1:00-3:30pm

**407. Aikins**, 601 Aikins St

Call 632-3927 for more information

**408. Youville St Vital**

Wed, Sep 30-Nov 1, 1:00-3:30pm

**409. Access Transcona**, 845 Regent Ave

Tue, Sep 22-Nov 3, 1:00-3:30pm (No class Oct 27)

**410. Centre de Sante** held at Bilingual Service Centre, 100-614 Des Meurons

Call 632-3927 for details

## **YOUR GOOD HEALTH**

### **25. Osteoporosis Series (FREE)**

Facilitated by the Osteoporosis Society of Canada, Manitoba Chapter and the Wellness Institute.

a) How strong are your bones? Overview/Nutrition

Thu, Oct 15, 7:00-9:00pm

b) Treatments & Supplements

Thu, Oct 22, 7:00-9:00pm

c) Exercise Information

Thu, Oct 29, 7:00-9:00pm

## **DIABETES EDUCATION**

### **26. Diabetes & Pre-Diabetes Question & Answer Session (FREE)**

Where do I go now? Learn what to ask your healthcare provider.

**Tue, Sep 1, 15, Oct 6, 27, Nov 24,**

**Dec 8, 22, 10:30-11:30am**

### **27. Preventing Type 2 Diabetes (Free)**

Learn about diabetes/pre-diabetes, risk factors, metabolic syndrome, insulin, resistance, symptoms and prevention with the Canadian Diabetes Assoc.

**Tue, Nov 10, 7:00-9:00pm**

## **TAKING CHARGE OF YOUR HEALTH**

### **28. After Total Hip Replacement**

Help correct muscle imbalances developed before or after surgery. Learn to strengthen your hip and return to activities you love. Complemented by 'Hip'ercise Class. **\$20/\$15 Member**

**Fri, Apr 9, 1:30-3:00pm**

### **29. "Hip"ercise Class - 4 weeks**

An exercise program for anyone 2 months+ post hip replacement or hip fracture surgery looking to improve strength, balance, walking pattern and activity level. Walkers, crutches or canes are appropriate. Led by a physiotherapist. **\$115**

**Fri, Apr 16-May 7, 1:00-2:00pm**

### **30. The Aging Hip/Knee: What Can You Do?**

Learn how these joints work, why many have problems with them and how to strengthen to maintain function. Replacement and rehab covered. Led by

physiotherapists. **\$20/\$15 Member**  
**Wed, Apr 2, 11:30-3:30pm**

### **31. Hip & Knee Arthritis Class**

A physiotherapist leads this exercise/education class, with strength, flexibility, balance and endurance exercises tailored to your level. **\$112**

**Fri, Oct 2-23, 12:00-1:00pm**

### **32. The New “PMS” (Pelvic Muscle Strengthening) - 4 weeks**

“Kegel”! Instruction and exercises led by a physiotherapist help to restore your core and pelvic floor. For women of all ages with bladder control issues, weak abdominals or back pain. Check your health insurance for coverage. **\$150**

**Tue, Apr 13-May 4, 7:00-8:30pm**

### **33. Talking Back**

Is pain affecting your life? Learn about low back problems and ways to manage pain. Get tools from a physiotherapist to improve posture, flexibility, strength and body mechanics. In partnership with Creative Retirement. **\$20/\$15 Member**

**Fri, Feb 26, 1:00-2:30pm**

## **ACTIVE OLDER ADULTS**

### **55. Ten Habits to Healthy Living (Free)**

Learn from the Active Living Coalition of Older Adults (ALCOA) the important habits that can help with your health and maintaining your independence and mobility.

**Wed, Sep 23, 1:00-2:00pm**

### **56. Active Living (Free)**

Being active is important to good mental and physical health. Discuss the benefits and learn how to get started. It's never too late.

**Wed, Oct 21, 1:00-2:00pm**

### **57. Seniors & Substance Management (Free)**

Older adults are the age group most likely to drink alcohol four+ times per week, may be on up to ten medications at once and buy 70% of all over-the-counter drugs. Take a look at seniors and substance use/misuse with Jill Overwater. (RN BN, Seven Oaks Geriatric Day Hospital nurse, Partners Seeking Solutions with Seniors representative)

**Wed, Nov 18, 1:00-2:00pm**

### **58. Medicine Use & Mis-use Program (Free)**

Let's talk about talking to your healthcare team about your medications. Look at what you should know, what you need to tell your doctor/pharmacist and how to help manage your health.

**Mon, Nov 16, 1:00-2:00pm**

### **59. Take Action to Prevent Falls! (Free)**

One third of Canadians 65+ will fall this year. Prevent injury, loss of mobility and dependence due to falls. Complete a risk assessment.

**Fri, Dec 4, 1:00-2:30pm**

### **60. Aging and Hearing Loss**

A Clinical Audiologist shows how we hear and how it changes with age. Look at types of hearing loss, common causes, affects on speech and ways to help prevent or treat it. **\$10/\$7 Member**

**Fri, Sep 25, 1:00-2:00pm**

### **61. "B" Mental Fitness for Older People**

Try our Brain Gym! Make new brain connections to coordinate both sides of the brain and body. Find balance by enhancing concentration/memory and managing stress. **\$20/\$15 Member**

**Thu, Sep 17 & 14, 7:00-8:30pm**



## **YMCA-YWCA OF WINNIPEG**

All YMCA-YWCA Branches strive to integrate people with disabilities into regular programs in order to provide activity opportunities for all to participate. Interested persons should contact the appropriate Branch for a brochure and further information:

South Branch	5 Fermor Avenue	233-3476
Elmwood-Kildonan Branch	454 Kimberly Avenue	668-8140
Downtown Branch	301 Vaughan Street	947-3044
Camps Branch	3550 Portage Avenue	832-7002
West Branch	3550 Portage Avenue	889-8052

## **SOUTH FAMILY YMCA-YWCA**

For more information: Angela Hildebrand 233-3476  
South Family YMCA-YWCA  
5 Fermor Avenue  
Winnipeg, Manitoba R2M 0Y1  
Fax: 237-3173

## **DOWNTOWN YMCA-YWCA**

### **Gentle Aquafit**

Date: Mondays, Wednesdays & Fridays  
Time: 11:00 – 11:45 a.m.  
Location: Downtown YMCA-YWCA, 301 Vaughan Street

### **Light Sweat**

Date: Fridays  
Time: 10:00 – 10:45 a.m.  
Location: Downtown YMCA-YWCA, 301 Vaughan Street

For more information: Michael Whalen 953-7315  
947-3044  
Downtown YMCA-YWCA  
301 Vaughan Street  
Winnipeg, Manitoba  
R3B 2N7  
Fax: 943-6159

