

Contents of Recreation Module

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Recreation Opportunities for Older Adults

Research indicates that socially active people are healthier and are more likely to remain independent in later life. Recreation activity is an important part of an active lifestyle. Recreation can include broad range of individual and group activities such as walking, reading, fitness classes, sports, travel, playing cards, singing in a choir or pot-luck suppers!

Some older adults may have difficulty moving from a busy work life to having more free time. Some people may also miss the social contacts of the work environment. Recreation and volunteering provide good ways for people to stay involved and connected in their communities.

Local governments and non-profit organizations provide recreation opportunities at the community level. These groups might welcome program ideas for older adults.

The following questions may help you find out about recreation interests and needs of an older adult.

What do you like to do for fun?

Do you go out to social activities? If not, what prevents you from going out?

Do you feel safe going to social gatherings?

Do you live alone? Do you do activities with friends?

How do you find out about what is happening in your community?

Is there a senior centre close to your home? Do you participate in activities there? If not, why not?

How do you get to your recreation activities? Is transportation an issue? Would you participate more if you had easier transportation?

Do you do volunteer activity? Would you like to do some volunteer work?

How physically active are you? Would you like to be more physically active? What kind of physical activity do you enjoy?

City of Winnipeg Community Development & Recreation Services Division

- The City of Winnipeg operates recreation facilities including leisure centres, indoor and outdoor pools, arenas and parks. Programs are offered in these facilities.
- **“The Leisure Guide”** lists programs throughout the city. It is widely distributed three times a year. It is also available on line at www.winnipeg.ca.
For older adult programs, look at the adult and aquatic section, as well as the active older adult for programs.
- Subsidies may be available for some programs, depending on income.
- The City of Winnipeg also partners with community organizations to deliver programs in many locations throughout the community.
- Local community clubs are managed by elected boards of directors and offer a variety of programs for people of all ages.

Contact: **City of Winnipeg**
 Community Services Department
 Phone: 986-7760
 www.Winnipeg.ca/cms/recreation

City of Winnipeg Recreation Services Healthy Living Access Card

Program: Card allows access to many different recreation opportunities in City of Winnipeg facilities



The Healthy Living Access Card

- can be loaded with any pass type
- is refundable, but NOT transferable
- can be reloaded in-person at any facility or by calling 986-5663 (during regular business hours)
- is permanent – even if not reloaded right away, can be used for future pass purchases
- must be scanned by a staff person at the admission desk at every visit

Facility Pass – admission to any facility during public hours (10, 20, or 30 visit pass or 3-month pass for children, youth, adult, senior or family)

- Visit pass – The Cardholder must always be present; the card can be used for guest admissions.
- Family monthly pass – Each family member will have his/her own access card that must be scanned every visit.
- Family visit pass – Family members may choose to have individual access cards, however, only one card for the entire family needs to be scanned each visit.

Active Living Pass – provides admission to drop-in fitness classes and facility use during public hours (5, 10, 20, 30 visit pass or 3-month pass)

Seniors Aquafit Tickets – admission to scheduled senior aquafit programs only

Contact: Visit any recreation or aquatic facility

Phone: 986-5663 for more details.

Winnipeg Community Centres

Community Centres are located throughout Winnipeg. They offer a variety of day and evening programs. They may also have space for community groups to organize their own programs and activities.

The General Council of Winnipeg Community Centres is the umbrella organization. Contact them for more information on location of local community clubs or contact the club directly.

Contact: **General Council of Winnipeg Community Centres**
265 Osborne Street S.
Winnipeg MB R3L 1Z7
Phone: 475-5008
www.qcwcc.mb.ca

This chart lists Winnipeg community centres, their location and contact information.

COMMUNITY CENTRE	ADDRESS	PHONE NUMBER	WEBSITE
Archwood	565 Guilbault Street 35 Lakewood Boulevard	233-3911	
Assiniboia West Morgan Site	861 Buchanan Boulevard 305 Morgan Crescent	837-2820 837-6695	http://www.awra.ca/
Bord-Aire	471 Hampton Street	888-7050	
Bourkevale	100 Ferry Road	888-1599	http://www.bourkevale.com/
Bronx Park	131 Chelsea Place	667-5731	
Burton Cummings	960 Arlington Street at McDermot Avenue	783-5330	http://www.bccc.winterpeg.net/
Central	Door #5 - 200 Isabel Street	775-5095	
Chalmers	480 Chalmers Avenue	668-1110	
ChAMPLAIN	282 Niverville Avenue	237-7719	

Crescentwood	1170 Corydon Avenue	452-9844	
Dakota	1188 Dakota Street	254-1010	http://www.dakotacc.com/
Deer Lodge	323 Bruce Avenue	888-2049	
Earl Grey	360 Cockburn Street N.	452-2074	
East Elmwood	927 Beach Avenue	667-2777	
East End	517 Pandora Avenue E.	222-8013	
Fort Garry	880 Oakenwald Street	475-1725	
Garden City	725 Kingsbury Avenue	940-6111	
Gateway	1717 Gateway Road	982-1234	http://www.gatewayrec.com/
Glenwood	27 Overton Street	233-6698	http://www.glenwood-cc.com/
Greendell Park	75 Woodlawn Avenue	257-6883	http://www.mts.net/~greendel
Heritage Victoria	950 Sturgeon Road	837-9653	
Kirkfield - Westwood McBey Site	165 Sansome Avenue 3160 McBey Avenue	832-0038 889-8360	
Lord Roberts	725 Kylemore Avenue	452-9744	
Linden Woods	414 Lindenwood Drive W.	487-2435	
Luxton	210 St. Cross Street	582-8249	
Maples James Nisbet Site Elwick Site	434 Adsum Drive 70 Doubleday Drive 40 Maberley Road	953-1190	
Melrose Park	480 Kimberly Avenue	669-0518	
Morse Place	700 Munroe Avenue	663-7430	
Norberry- Glenlee Glenlee Site	26 Molgat Avenue 176 Worthington Avenue	257-0874 256-6654	http://www.norberry-glenlee.ca/
Norquay	65 Granville Street	943-6897	

North Kildonan	1144 Kingsford Avenue	663-5028	http://www.nkcc.ca/
Northwood	1415 Burrows Avenue	582-7555	
Norwood	87 Walmer Street	986-7056	
Notre Dame	271 Avenue de la Cathedrale	237-8393	
Oxford Heights	359 Dowling Avenue E.	222-2419	
Park City West	115 Sanford Fleming Road	222-1411	
Ralph Brown	460 Andrews Street	586-3149	
Red River	293 Murray Road	339-5345	
Richmond Kings	666 Silverstone Avenue	269-1908 or 269-4446 269-1570	
Ryerson Site	Dalhousie Drive and Ryerson Avenue		
River Heights	1370 Grosvenor Avenue	488-7000	
River Osborne	101 Pembina Highway	452-8822	
Riverview	90 Ashland Avenue	452-9944	http://www.riverviewcc.ca/
Robert A. Steen Memorial	980 Palmerston Avenue	783-5616	
Roblin Park	640 Pepperloaf Crescent	837-9288	http://www.roblinpark.mb.ca/
St. Norbert	3450 Pembina Highway	269-4120	
Silver Heights	2080 Ness Avenue	832-0116	http://www.silverheightscommunityclub.ca/
Sinclair Park	490 Sinclair Street	586-8275	
Sir John Franklin	1 Sir John Franklin Road	489-9537	http://www.sjf.ca/
Southdale	254 Lakewood Boulevard	257-6171	http://www.southdale.mb.ca/
South Transcona	124 Borden Avenue	986-7976	

Sturgeon Creek	210 Rita Street	832-5991	
Tuxedo	368 Southport Boulevard	888-8224	
Tyndall Park Garden Grove Site	2255 King Edward Street 2370 Burrows Avenue	632-4916 633-2627	www.tyndallparkcc.mb.ca
Valley Gardens	218 Antrim Road	668-6927	http://www.vgcc.mb.ca/
Valour Clifton Site Orioles Site	715 Telfer Street N. 1315 Strathcona Street 444 Burnell Street	775-3869 783-7340 783-6941	
Varsity View	315 Laxdal Road (Sportsplex located at 4230 Ridgewood Avenue)	889-1404	http://www.varsityview.mb.ca/
Victoria	80 Derek Street	453-2387	
Vince Leah	1295 Salter Street	338-0046	http://www.vinceleahrec.com/
Waverley Heights	1885 Chancellor Drive	261-7684 269-7000	e-mail: WHCC1@mts.net
Westdale	550 Dale Boulevard	895-0317	
Pembina Trail Site	6363 Rannock Avenue	895-7819	http://www.westdale.mb.ca/
West Kildonan Memorial	346 Perth Avenue	334-1679	http://www.wkmcc.ca/
Weston Memorial	1625 Logan Avenue	783-3698	
Westridge Whyteridge Site	3 Marshall Crescent 170 Fleetwood Road	453-2025	http://www.wr-cc.ca/
Wildwood	271 North Drive	453-8396	
Winakwa	980 Winakwa Road	253-4418	http://www.winakwacc.ca/
Windsor	99 Springside Dive	233-0648	http://www.windsorcc.ca/
Woodhaven Park	200 Glendale Boulevard	832-3842	

Rural Local Government Recreation Services

- Local governments deliver and coordinate recreation programs at the community level.
- Larger centres have recreation departments to coordinate programs.
- Smaller towns and rural municipalities often partner to hire recreation directors to coordinate recreation programs for the whole community.
- Many First Nation and Northern Affairs communities also have recreation directors.
- The following tables show the location of recreation offices throughout the province

Municipal Recreation Office Locations

Altona	Altona Area Recreation District	324-9005
Arborg	Arborg Bifrost Parks & Recreation	376-5576
Beausejour	Brokenhead River Recreation Commission	268-7567
Birtle	Valley Recreation District	842-3460
Boissevain	Boissevain-Morton Recreation District	534-6472
Brandon	City of Brandon Community Services http://www.brandon.ca/	729-2276
Carberry	Carberry Plains Community Centre & Recreation Board	834-6612
Carman	Carman/Dufferin Recreation Commission	745-2684
Churchill	Churchill Recreation Department	675-2491
Dauphin	Dauphin Joint Recreation Commission	622-3105
East St. Paul	East St. Paul Community Club	654-9496
Emerson	Red River Recreation District	373-2026
Eriksdale	Lakeshore Recreation Commission	739-2101
Flin Flon	City of Flin Flon	681-7502
Gillam	Gillam Recreation Office	652-5488
Gimli	Gimli Recreation Authority	642-6670

Gilbert Plains	Gilbert Plains Recreation Commission	548-2063
Gladstone MacGregor	Inter-ridge Recreation District	385-2071 685-2616
Glenboro	Spruce Lakes Recreation District	827-2575
Grandview	Grandview & District Recreation Commission	546-5260
Hamiota	Midwest Recreation District	764-3050 Ext. 106
Hartney	Fern Valley Recreation District	858-2396
Killarney	Killarney & Area Recreation	523-8920
Lac du Bonnet Pinawa	Winnipeg River Recreation District	345-8816 753-2639
Leaf Rapids	Leaf Rapids Recreation Office	473-2436
Lynn Lake	Lynn Lake Recreation Office	356-2418
Manitou	Pembina Wellness Complex Inc.	242-3147
McCreary	McCreary Recreation commission	835-2673
Morden	Town of Morden Community Services	822-5431
Morris	Morris Area Recreation District	746-2606
Neepawa	Town of Neepawa Leisure Services	476-7614
Niverville	Niverville Recreation Commission	388-4600
Oak Bank	Springfield Recreation Commission	444-4119
Pilot Mound	Louise/Roblin Recreation District	825-2080
Portage la Prairie	City of Portage Community Development	239-8323
Powerview	Pineview Recreation Association	367-9142
Reston	Pipestone-Albert Recreation District	877-3766
Rivers	Daly-Saskatchewan Recreation District	328-7825
Riverton	Riverton Bifrost Parks & Recreation Commission	378-5644
Roblin	Roblin-Shell River-Hillsburg Recreation Commission	937-8251
Rorketon	Lawrence Recreation Commission	732-2252
Rosburn	Rosburn Recreation District	859-2627
Russell	Russell & District Recreation Commission	773-2253
Selkirk	City of Selkirk Community Services Dept	785-4952
Shilo	Canadian Forces Base	765-3000
Snow Lake	Snow Lake Recreation Office	358-2144

Somerset	Lorne Recreation District	744-2360
Souris	Souris Valley Recreation Commission	483-5214
Starbuck	White Plain Recreation District	735-2444
Steinbach	City of Steinbach Parks & Recreation	346-6216
Stonewall	Town of Stonewall Recreation Office	467-7979
St. Laurent	St. Laurent & District Recreation Commission	646-4090
St. Pierre-Jolys	Rat River Recreation District	433-3839
Ste. Rose	Ste. Rose Recreation Commission	447-2154
Swan River	Swan Valley Recreation District	734-3847
Teulon	Town of Teulon Community Resource Officer	886-2314
The Pas	Kelsey Recreation Commission	627-1131
Thompson	City of Thompson Recreation, Parks & Culture	677-7955
Treherne Holland	Tiger Hills Recreation District	723-2011 526-2423
Virден	Prairie West Recreation District	748-2542
Virден	Town of Virден	748-2440
Wawanesa	Souris River Recreation Commission	741-0421
West St. Paul	St. Andrews West St. Paul Recreation Authority	338-0306
Winkler	City of Winkler Parks & Recreation	325-8333
Winnipeg Beach	Winnipeg Beach Recreation Office	389- 5126

First Nation Recreation Office Locations

Barren Lands First Nation Brochet Phone: 323-2300	Brokenhead Ojibway Nation Scanterbury Phone: 766-2740	Birdtail Sioux First Nation Beulah Phone: 568-4540
Bunibonibee Cree Nation Oxford house Phone: 538-2446	Chemawawin Cree Nation Easterville Phone: 329-2629	Cross Lake First Nation Phone: 676-2318
Dakota Plains First Nation Portage la Prairie Phone: 252-2429	Dakota Tipi First Nation Phone: 857-4381	Dauphin River First Nation Gypsumville Phone: 658-5810
Ebb & Flow First Nation Phone: 448-2134	Fox Lake First Nation Gillam Phone: 486-2463	Fisher River Cree Nation Koostatak Phone: 645-2745
Garden Hill First Nation Phone: 456-2085	God's Lake First Nation Phone: 335-2130	Grand Rapids First Nation Phone: 639-2219
Keesee First Nation Elphinstone Phone: 625-2004	Lake Manitoba First Nation Vogar Phone: 768-2317	Lake St. Martin First Nation Fairford Phone: 659-5855
Little Black River First Nation O'Hanley Phone: 367-2885	Little Saskatchewan First Nation St. Martin Phone: 659-4403	Long Plain First Nation Portage la Prairie Phone: 252-3066
Manto Sipi Cree Nation God's River Phone: 366-2011	Marcel Colomb First Nation Lynn Lake Phone: 356-2439	Mathias Colomb First Nation Pukatawagan Phone: 553-2089
Mosakahiken Cree Nation Moose Lake Phone: 678-2113	Nisichawayasihk Cree Nation Nelson House Phone: 484-2061	Northlands First Nation Lac Brochet Phone: 337-2901
Norway House Cree Nation Phone: 359-6930	Opaskwayak Phone: 627-7070	O-Pipon-Na-Piwin Cree Nation South Indian Lake Phone: 374-2271
Oxford House First Nation Phone: 538-2446	Peguis Leisure & Recreation Services Phone: 645-4914	Pinaymootang First Nation Fairford Phone: 659-4546 or 659-5877
Poplar River First Nation Negganin Phone: 244-2603	Red Sucker Lake First Nation Phone: 469-5042	Sagkeeng First Nation Fort Alexander Phone: 367-2383
Sandy Bay First Nation Marius Phone: 843-2603	Sioux Valley First Nation Griswold Phone: 855-2690	Saysi Dene First Nation Tadoule Lake Phone: 648-2169
Swan Lake First Nation Phone: 836-2101	St. Theresa Point First Nation Phone: 462-2016	Tataskweyak Cree Nation Split Lake Phone: 342-2045
War Lake First Nation Ilford Phone: 288-4315	Wasagamack First Nation Phone: 457-2337	York Factory First Nation York Landing Phone: 341-2180

Northern Affairs Community Council Recreation Office Locations

Barrows Area Phone: 545-6229	Berens River Phone: 382-2798
Brochet Phone: 323-2114	Camperville Phone: 524-2212
Cormorant Phone: 357-2179	Cranberry Portage Community Club Phone: 472-3384
Crane River Community Council Phone: Crane River - 732-2268 Spence Lake - 732-2583	Cross Lake Phone: 676-2465
Duck Bay Phone: 524-3074	Easterville Phone: 329-2080
God's Lake Narrows Phone: 335-2680	Granville Lake Community Council Leaf Rapids Phone: 473-8871
Herb Lake Landing Community Council Snow Lake Phone: 358-2341	Ilford Community Council Phone: 288-4394
Island Lake Phone: 456-2470	Meadow Portage Phone: 732-2240
Moose Lake Phone: 678-2161	Nelson House Phone: 484-2023
Norway House Phone: 359-6719	Pikwitonei Phone: 458-2420
Red Sucker Lake Phone: 469-5798	Sheridon Phone: 468-2003
Thicket Portage Phone: 286-3296	Waboden Phone: 689-2622
Waterhen Phone: 628-3358	

Public Library Services

Public libraries provide access to books, magazines and other print and video material. They are located throughout the province.

City of Winnipeg Public Library Locations

Charleswood

5014 Roblin
Boulevard
986-3069

Cornish

20 West Gate
986-4679

Fort Garry

1360 Pembina
Highway
986-4910

Henderson

1-1050 Henderson
Highway
986-4314

Louis Riel

1168 Dakota Street
986-4568

Millennium

251 Donald Street
986-6450

Munroe

489 London Street
986-3736

Osborne

625 Osborne Street
986-4775

Pembina Trail

2724 Pembina Highway
986-4370

River Heights

1520 Corydon Avenue
986-4934

Sir William Stephenson

765 Keewatin Street
986-7070

St-Boniface

100-131 boul. Provencher
986-4331

St. James-Assiniboia

1910 Portage Avenue
986-5583

Transcona

111 Victoria Avenue W.
986-3950

St. John's

500 Salter Street
986-4689

St. Vital

6 Fermor Avenue
986-5625

West End

823 Ellice Avenue
986-4677

West Kildonan

365 Jefferson Avenue
986-4384

Westwood

66 Allard Avenue
986-4744

Windsor Park

955 Cottonwood Road
986-4945

Contact: Winnipeg Public Libraries
Phone: 986-6489
<http://www.winnipeg.ca/library>

Rural Public Library Locations

Town	Phone	Town	Phone	Town	Phone
Altona	324-1503	Hamiota	764-2680	Reston	877-3673
Arborg	376-5388	Hartney	858-2102	Rivers	328-7613
Ashern	768-2048	Headingley	889-5410	Riverton	378-2988
Baldur	535-2314	Holland	526-2011	Roblin	937-2443
Beausejour	268-7570	Ile des Chenes	878-2147	Rosburn	859-2687
Benito	539-2446	Killarney	523-4949	Russell	773-3127
Binscarth	532-2447	La Broquerie	424-9533	Saint-Jean-Baptiste	758-3137
Birch River	236-4419	Lac Du Bonnet	345-2653	Sainte-Agathe	882-2275
Birtle	842-3418	Langruth	445-2030	Selkirk	482-3522
Boissevain	534-6478	Leaf Rapids	473-2742	Shoal Lake	759-2242
Bowsman	238-4615	Lorette	878-9488	Snow Lake	358-2322
Brandon	729-3917	Lundar	762-5367	Somerset	744-2170
Brandon	727-6648	Lynn Lake	356-8222	Souris	483-2757
Carberry	834-3043	MacGregor	685-2796	St. Adolphe	883-2182
Carman	745-3504	Manitou	242-3134	St. Claude	379-2524
Cartwright	529-2261	McAuley	722-2221	St. Georges	367-8443
Churchill	675-2731	McCreary	835-2629	St. Malo	347-5606
Dauphin	638-6410	Melita	522-3923	St. Pierre-Jolys	433-7729
Deloraine	747-2415	Minitonas	525-3002	Ste. Anne	422-9958
Elkhorn	845-2292	Minnedosa	867-2585	Ste. Rose du Lac	447-2527
Emerson	373-2002	Morden	822-4092	Steinbach	326-6841
Erickson	636-2325	Morris	746-2136	Stonewall	467-5767
Eriksdale	739-2668	Napinka	665-2299	Strathclair	365-2539
Flin Flon	687-3397	Neepawa	476-5648	Swan River	734-3880
Foxwarren	847-2158	Notre Dame de Lourdes	248-2386	Teulon	886-3648
Gilbert Plains	548-2733	Ochre River	733-2293	The Pas	623-2023
Gillam	652-2617	Pierson	634-2215	Thompson	677-3717
Gimli	642-7912	Pilot Mound	825-2035	Waskada	673-2412
Gladstone	385-2641	Pinawa	753-2496	Winkler	325-5864
Glenboro	827-2874	Portage La Prairie	857-4271	Winkler	325-7174
Grand Marais	754-4007	Rapid City	826-2732	Winnipegosis	656-4876
Grandview	546-5257				

Open Shelf – Books by Mail

Program: Manitobans without local library service can access books by ordering on- line or by phone
Public Library Services (includes Books by Mail) Toll-free: 1-800-252-9998

Rural Community Arts Councils

Rural Community Arts Councils are umbrella organizations made up of community arts and culture groups or interested community members. They run a broad range of arts and culture programs. Some may have a permanent arts facility.

The following chart lists the communities where the Councils are found with their phone numbers.

Community	Arts Council Name	Phone Number
Carberry	Carberry Plains Arts Council	834-3314
Carman	Golden Prairie Arts Council Inc.	745-6568
Dauphin	Dauphin and District Allied Arts Council Inc.	638-6231
Flin Flon	Flin Flon Arts Council Inc.	687-5974
Hamiota	Mid-West Arts Council	764-2400
Holland	Tiger Hills Arts Association Inc.	526-2063
Leaf Rapids	Société des Arts of Leaf Rapids Inc.	473-8682
Melita	Prairie Vision Arts Council	522-3923
Morden	Pembina Hills Arts Council Inc.	822-6026
Neepawa	Viscount Cultural Council	476-3232
Portage la Prairie	Portage and District Arts Council	239-6029
Snow Lake	Aurora Borealis Council	358-2520
Steinbach	Steinbach Arts Council	346-1077
Stonewall	Prairie Oak Regional Arts Council Inc.	
Teulon	Green Acres Art Centre	886-3192
The Pas	The Pas Arts Council Inc.	623-7035
Virden	Virden Community Arts Council	748-3014
Wasagaming MB	Wasagaming Community Arts Inc.	848-2993

Multi-purpose Senior Centres

Program: Accessible and affordable programs for older adults in 20 centres throughout the province

These programs

- support older adults as individuals or in groups
- maintain and improve health and quality of life
- support personal independence
- encourage involvement in community life and support leadership development

Senior centres

- are governed by a community-based board of directors
- respond to diverse needs of older persons
- hire professionals
- provide education
- develop innovative programming approaches
- are a community resource for information on aging

Senior centres' programs include

- exercises
- health promotion
- support groups
- educational topics

Costs: Vary with programs

Contact: See the grid at the front of Manual to find a convenient location.

Local Senior Drop-in Centres and Seniors Clubs

Drop-in recreation facilities are found in many communities and neighbourhoods across the province. Seniors Resource Councils can help older adults find an appropriate centre. See grid at the front of the manual.

Manitoba Society of Seniors 55 Plus Games

Program: regional and provincial games for adults 55 and over

Different communities host the three-day Provincial Games in June each year.

The 3-day provincial event includes opening ceremonies, a variety concert and banquet.

Eligibility: must be 55 or older

Application: There are two types of events

- **Open** - anyone can register by filling out a registration form and sending it with the appropriate payment.
- **Regional Playoffs** - in April and May in the following regions.

Rural Regions

Norman East
Norman West
Parkland
Westman
Interlake
Central Plains
Pembina Valley
Eastman

City Regions

City Centre / Fort Rouge
Lord Selkirk / West Kildonan
East Kildonan / Transcona
St. Boniface / St. Vital
St. James / Assiniboia
Assiniboine Park / Fort Garry

Contact MSOS or watch their web page for on-line registration information.

MSOS members receive information in the MSOS newspaper.

Cost: vary with the activity

Contact: Manitoba Society of Seniors
202 – 323 Portage Avenue
Winnipeg MB R3B 2C1
Phone: 942-3147
Toll-free: 1-800-561-6767
<http://www.msos.mb.ca/>

Creative Retirement Manitoba

Programs: Education and community involvement opportunities

Course Categories: health and fitness
music and arts
sciences
human and social sciences
tours
leisure time activities
personal development
computers and technology
special events

Ongoing Programs: Fully Alive
Seniors and Students Together
Literacy Links – Intergenerational Project
Creative Retirement Computer Club

Creative Retirement members receive information on courses regularly.

Contact: Creative Retirement Manitoba
270 Sherbrook Street
Winnipeg MB R3C 2S6S
Phone: 249-2565
<http://www.crm.mb.ca/>

Active Living Coalition for Older Adults in Manitoba (ALCOA-MB)

ALCOA is a partnership of organizations and individuals that encourages older adults to have an active lifestyle and engage in daily physical activity.

Programs:

Speakers Bureau:

Volunteer older adults are trained to give 20 – 60 minute presentations that inform older adults about the benefits of active living

Topics: Active Living
Falls Prevention
10 Habits to a Healthy Lifestyle
Medicine Use and Misuse
Healthy Eating

Cost: no cost

Active Living Gear Kit: Equipment

- can be used to promote active living
- is intergenerational
- is good for older adults with limited mobility

Cost: Kit is loaned for 2 weeks at no charge

Healthy Lifestyles Bingo: A bingo game that gives up-to-date information about healthy lifestyles.

Cost: available on loan
Purchase cost - \$155

Contact: Active Living Coalition for Older Adults in Manitoba
1075 Leila Avenue
Winnipeg MB R2P 2W7
Phone: 632-3947
Toll-free: 1-866-202-6663
<http://www.alcoamb.org/>

Regional Health Authority Adult Day Programs

Program: Community-based group programs for adults who may be isolated, physically frail or have a chronic condition.

Eligibility Criteria:

- Anyone can apply or make a referral.
- A staff person from the Regional Health Authority will assess the needs of the client and the family.
- If the person qualifies, a suitable placement is arranged.

Services: Services vary but typically include

- therapeutic recreation programs
- mental fitness programs
- physical fitness programs
- socialization and peer support

Some programs may provide

- health monitoring and maintenance
- nutritious meals and snacks
- transportation
- caregiver respite, support and information

Location: in a community facility

Cost:

- People usually attend one or two days a week.
- Daily fee depends on the services provided.
- Transportation is usually provided.

Contact: **Regional Health Authority** See list in Section 4 of Health Module

Reh-fit Centre

Program: Medically based fitness centre
Specialized cardiac rehabilitation program under medical supervision
Guidance and education on exercise, nutrition and other aspects of healthy living

Cost: fees vary with membership categories and programs
Senior rates with restricted use are available.

Contact: Reh-fit Centre
1390 Taylor Avenue
Winnipeg MB R3M 3V8
Phone: 488-8023
<http://www.reh-fit.com/>

Wellness Institute at Seven Oaks General Hospital

Programs: Comprehensive medical fitness facility that offers health promotion and disease prevention programs and rehabilitation services

Cost: fees vary with membership categories and programs

Contact: Wellness Institute
1075 Leila Avenue
Winnipeg MB R3P 2W7
Phone: 632- 3927
<http://www.wellnessinstitute.ca/>

Rose and Max Rady Jewish Community Centre

Programs: Programs include cultural, social, educational, health, fitness, and recreational activities for all age groups to meet the diverse needs of its members, the Jewish community, and the community-at-large.

Cost: membership and program fees vary
Senior rates for people 65 and over

Contact: Rose and Max Rady Jewish Community Centre
123 Doncaster Street
Phone: 477-7510
<http://www.radyjcc.com/>

YMCA-YWCA, YMCA and YWCA Facilities

Programs: Fitness facilities and programs for spirit, mind and body for all ages

Contact: Winnipeg YMCA-YWCA Locations

Downtown Y
301 Vaughan Street
Phone: 947-3044

West Portage Y
3550 Portage Avenue
Phone: 889-8025

Elmwood Kildonan Y
454 Kimberly Avenue
Phone: 668-8140

South Y
5 Fermor Avenue
Phone: 233-3476

<http://www.ymcaywca.mb.ca/>

Brandon Locations

YMCA
231-8th Street
Phone: 729-8394
<http://www.ymcabrandon.com/>

YWCA
148-11th Street
Phone: 571-3680
<http://www.mts.net/~ywca1>

Thompson Location
39 Nickel Road
Phone: 778-6341

Active Living Alliance for Canadians with a Disability - Manitoba

Programs: **Manitoba Adaptive Golf Initiative Collaboration**
Orientation and certification on use of an adaptive golf cart for people with physical limitations or normal age-related changes to physical health

TrailRider Initiative

A mobility device that allows wilderness access for persons with a disability. The TrailRider can carry its occupant across rugged terrain, sand, snow, rocks and through shallow streams with the help of two able-bodied people.

Cost: available for loan

Contact: **Active Living Alliance for Canadians with a Disability - Manitoba**
117-1 Morley Avenue
Winnipeg MB R3I 2P4
Phone: 478-6169
<http://www.ala.ca/>

University of Manitoba – Bison Sport and Active Living

Programs: **Older Adult Aquafit**
shallow and deep water workouts will provide cardio, muscular endurance and flexibility without any jarring impact.

Older Adult Resistance Training

work on muscular strength, endurance, flexibility, stability and balance in a social atmosphere

Eligibility: 55 and over

Cost: 55 and over qualify for student rates.
Participate on a session- by- session basis

Contact: **Bison Sport and Active Living**
145 Frank Kennedy Building
University of Manitoba
Winnipeg MB R3T 2n2
Phone: 474-6100
<http://www.umanitoba.ca/faculties/kinrec/>

Sport Manitoba

Sport Manitoba is located at 200 Main Street.

This location also houses 64 offices of Provincial Sport Organizations. Contact Sport Manitoba for contact information of an individual sport organization.

Sport Manitoba also has offices in each region of the province to serve communities throughout Manitoba.

Regional Office Locations

[Sport Manitoba Central Region \(Map\)](#)

225 Wardrop Street
Morden
Phone: 822-6735

[Sport Manitoba Eastman Region \(Map\)](#)

Box 50, 20-1st Street
Beausejour
Phone: 268-2172

[Sport Manitoba Interlake Region \(Map\)](#)

Box 1519, 62-2nd Avenue
Gimli
Phone: 642-6015

[Sport Manitoba Norman Region \(Map\)](#)

Room 115, 79-3rd Street West
The Pas
Phone: 627-8139

[Sport Manitoba Parkland Region \(Map\)](#)

27 - 2nd Avenue S.W.
Dauphin
Phone: 622-2094

59 Elizabeth Drive
Thompson
Phone:

[Sport Manitoba Winnipeg Region](#)

200 Main Street
Winnipeg
Phone: 925-5907

[Sport Manitoba Westman Region \(Map\)](#)

Room 146, 340 - 9th Street
Brandon
Phone: 726-6072

Volunteer Manitoba

Program: links organizations looking for volunteers with people who want volunteer opportunities

Process: Organizations looking for volunteers register with the Volunteer Referral Program.

People wanting to volunteer contact the program and staff try to make a match with an organization.

Contact: Volunteer Manitoba
410 - 5 Donald Street South
Winnipeg MB R3L 2T4
Phone: 477-5180
Toll-free: 1- 888- 922- 4545
<http://www.volunteermanitoba.ca/>