

# Silver Threads Programs

Classes, workshops & events geared to our Senior Citizen population 55+ in and around our community. (Community membership required)



## COFFEE ROW & SWAP

Coffee, the chance to visit plus swap puzzles, magazines, books or games.

Core Ritchie  
Drop in, Seniors  
Members: free

## GAME DAY

NEW

Games with friends!  
Cards, board games, memory, indoor & outdoor activities.

Core Ritchie  
Drop in, Seniors  
Members: free

## CRAFT CORNER

Each month is a different craft. Get your 'creative' cap on and be prepared to get messy. 2nd Friday of the month.

Community Centre  
Space limited  
**pre-registration**, Seniors  
Members: free

## EXERCISE

Get movin' with our certified instructor Naomi. Balls, bands, light weights & movement both standing + in chair.

Core Ritchie  
Drop in, Seniors  
Members: free

## CYBER SENIORS

NEW

Let's go digital!  
Bring in your gadgets or learn on one of ours. Weekly in Feb.

Core Ritchie  
Computer Lounge  
**pre registration**, Seniors  
Members: free



City of Regina



## COOK & EAT

We cook it together & then we eat it together! 3rd Friday of the month come for nutrition, safety & companionship.

Community Centre Kitchen  
**pre-registration**, Seniors  
Members: free

2250 Lindsay St Regina, SK S4N 3C3  
306.522.3930 or [arcaseniors@sasktel.net](mailto:arcaseniors@sasktel.net)



AI Ritchie  
Community Association



## WORKSHOPS &

## SPECIAL EVENTS check calendar

### VOLUNTEER

Help out at a Community Association Event or our 2nd Chance Community Shop (*formerly Clothing Bank*). We are always looking for helpers!

### MEMBERSHIP

Not an Al Ritchie community member yet? Purchase a yearly membership for \$5 to participate with us! Available at Feb luncheon

### GOOD FOOD BOX

is the next best thing to having a fruit & vegetable stand right on your corner! Saving you money. Place order with Wendy 306.525.4989.

### MONTHLY LUNCHEON

2nd Tuesday of the month we host a Luncheon. Join us at noon. Guests to bring a salad or dessert. Entree provided.

Core Ritchie Gym  
**pre-register** for chance to win a door prize!

**Have a door prize you would like to donate? Let us know. We are looking for March door prizes.**



Community  
Initiatives  
Fund

Connect • Engage • Thrive



**Pre-register by:  
2250 Lindsay St,  
306.522.3930 or  
arcaseniors@sasktel.net**