



Embrace the Spirit • Vivez l'esprit

Adapted Services Listing

Fall 2011 / Winter 2012

Recreation Programs and Services Listing for Individuals with Special Needs

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



ADAPTED SERVICES LISTING

FALL 2011 / WINTER 2012

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.



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

SPECIAL NEEDS SERVICES

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

CITY OF WINNIPEG PROGRAMS: advertised in the Leisure Guide. Please register through www.winnipeg.ca/leisureonline or 311.

Out and About

An opportunity for adults with disabilities to socialize and experience various activities and occasional outings.

Date: Class #1: Mondays (Fall), October 3 – December 12, 2011
Class #2: Tuesdays (Fall), October 11 – December 13, 2011
Winter/Spring Classes TBA

Time: 11:00 a.m. – 2:00 p.m. (Both Classes)

Duration: 10 weeks

Location: Fort Rouge Leisure Center: 625 Osborne St. S

Fee: \$43.00

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.

Eligibility: Adults

Date: Mondays, October 3 – December 12, 2011
Winter/Spring Classes TBA

Time: 10:00 a.m. – 1:00 p.m.

Duration: 10 weeks

Location: Freight House Community Centre: Door #1 – 200 Isabel Street

Fee: \$43.00

Pottery for the Visually Impaired; Please note: for this program, you must register directly with CNIB.

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

Eligibility: Adults

Date: Wednesdays, September 14 – November 16, 2011
Winter/Spring Classes TBA

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: \$58.00

Activities Plus

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

Eligibility: Adults

Date: **FALL**
Session 1 (Thursdays), September 8 – October 20, 2011
Session 2 (Fridays), September 9 – October 21, 2011
WINTER
Session 1 (Thursdays), October 27 – December 15, 2011
Session 2 (Fridays), October 28 – December 16, 2011

Time: 10:00 a.m. – 2:00 p.m. (All sessions)

Duration: 7 weeks

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

Fee: \$31.00 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.

Note: Pre-registration is required.

Eligibility: Adults

Date: Sundays, November 6 – December 4, 2011
Winter/Spring Classes TBA

Time: 6:00 – 8:00 p.m.

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

Duration: 5 weeks

Fee: \$31.00
\$17.00 lab fee, payable to instructor

Specialty Cooking Club Workshop

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

Note: Pre-registration is required.

Eligibility: Adults

Date: 1st Class: **Halloween Treats** - Sunday, October 30, 2011
2nd Class: **Holiday Treats** – Sunday, December 11, 2011

Time: 6:00 – 7:30 p.m. (Both Classes)

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

Duration: Register for one class or both!

Fee: \$6.00
\$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.

Note: Pre-registration is required.

Eligibility: Adults

Date: Session 1 (Thursdays), September 15 – November 3, 2011
 Session 2 (Thursdays), September 15 – November 3, 2011
 Winter/Spring classes TBA

Time: Session 1: 5:30 - 7:00 pm
 Session 2: 7:15 – 8:45 pm

Location: Fort Rouge Leisure Centre – 625 Osborne Street S (Both Sessions)

Duration: 8 weeks

Fee: \$39.00

Movie & Munchies

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

Eligibility: Adults

Date: Sundays, September 11 – October 16, 2011
 Winter/Spring classes TBA

Time: 1:00 – 4:00 p.m.

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

Duration: 5 weeks

Fee: \$31.00
 \$20.00 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.

Eligibility: Adults

Date: Mondays, October 17 – December 12, 2011
Winter/Spring classes TBA

Time: 7:00 – 9:00 p.m.

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

Duration: 8 weeks

Fee: \$37.00
\$10.00 lab fee, payable to instructor

Dance Night

The night will include dancing, snacks, door prizes and lots of fun!
Tickets available from your City of Winnipeg program leader or by calling 986-3396 to reserve tickets.

Eligibility: Adults

Date: Fall Ball – Saturday, September 17, 2011
Halloween Howl – Saturday, October 29/2011
Snow Glo – Saturday, December 10/2011

Time: 6:30 – 9:30 pm

Location: Fort Rouge Leisure Centre - 625 Osborne St.

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

Karaoke Night

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

Eligibility: All ages welcome!

Date: Saturday, October 8/2011
Saturday, November 19/2011

Time: 6:30 – 9:30 pm

Location: Fort Rouge Leisure Centre - 625 Osborne St.

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

Volunteer Opportunities

If you are interested in volunteering to provide support service to individuals who have a disability, please submit your request to 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.





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

DEAF SERVICES

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



**THE CITY OF WINNIPEG • VILLE DE WINNIPEG
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**City of Winnipeg Aquatics Branch information for the Adapted
Service listing, Fall 2011**

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

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

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

- **Registered water exercise classes** specific for people with fibromyalgia; arthritis; and multiple sclerosis. These courses are found at: www.winnipeg.ca/leisureonline then look under Active Living Adults-->Aqua Fitness Specialty for Adults. Registered Aqua Fitness Specialty for Adults courses 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 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 or a 3 Month Active Living Pass.

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

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

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

Bernie Wolfe: 95 Bournais Drive
 Bonivital Pool: 1215 Archibald Street
 Cindy Klassen Recreation Complex: 999 Sargent Avenue
 Eldon Ross Pool: 1887 Pacific Avenue West
 Elmwood Kildonans: 909 Concordia Avenue
 Margaret Grant Pool: 685 Dalhousie Drive
 North Centennial Recreation and Leisure Facility: 90 Sinclair Street
 Pan Am Pool: 25 Poseidon Bay
 St. James Civic Centre Pool: 2055 Ness Avenue
 St. James Assiniboia Centennial Pool: 644 Parkdale
 Seven Oaks Pool: 444 Adsum Drive
 Sherbrook Pool: 381 Sherbrook Street
 Transcona Centennial: 1101 Wabasha Avenue



Support Services for Older Adults

AGE & OPPORTUNITY INC.

Age & Opportunity Inc. is a not-for-profit social service agency that offers life-enhancing programs and services to older adults 55+ living in the province of Manitoba. 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

www.ageopportunity.mb.ca

Main Street Senior Centre

1085 Main Street R2W3S1

Ph: 942-7486 Fax: 589-0554

Email: norwin@ageopportunity.mb.ca

West End Senior Centre

715 Tefler St. N (at Isaac Brock)

Ph: 772-9581 Fax: 786-8661

Email: we@ageopportunity.mb.ca

Stradbrook Senior Center

400 Stradbrook Ave. R3L 2P8

Ph: 956-6490 Fax: 956-6499

Email: strad@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;
- SafetyAid Program – installation of home safety and falls prevention devices to low income seniors.
- Senior Centre Without Walls; free phone in program for isolated older adults
- PAWS With a Cause “Therapy Dog Program” Matches isolated older adults with volunteer visitors and their St. John Ambulance Therapy Dog
- This Full House; Provides information for older adults whose ‘stuff’ fill their house and limits their lives.
- Safe Suite Program; Provides temporary housing for men, women, and couples 55+ who are in need of a safe place to stay due to abuse or neglect. Furnished accommodations for up to 60 days at no cost.
- Housing Program; Provides information on existing 55+ friendly buildings in the Winnipeg Housing Directory for Older Adults and on our website. A Housing Coordinator can also provide more in depth information.

Educational Programs

- Entry Program for Older Adult Immigrants: ENTRY Program is a program that provides settlement and orientation sessions on topics of healthy living, law and getting around places in the community.
- Spanish language classes
- Beginner’s French
- Digital Photography lessons
- Leadership and volunteer opportunities;
- ABC’s of Fraud awareness and education program;

- Public education on various issues related to aging;
- Woodworking;
- Computer classes;
- Workshops and seminars of interest to older adults;
- Field-based training opportunities for students.

Healthy Lifestyle Programs

- Social/Recreational programs;
- Indoor fitness classes including Tai Chi, Line Dancing, Gentle Exercise, Cycling, Golf, Zumba, Yoga, Pilates
- Belly Dancing (Beginner and Intermediate) Hula Dance Class, Clogging
- 5-pin Bowling, Qi-Gong
- Foot care and blood pressure clinics.

Arts & Crafts

- Craft Corner, Introductory Drawing, painting, Never Ending Story Writers, Woodcarving

Outings

- Various summer day trips, Christmas Lights tours

Presentations

- Health issues, Age & Opportunity's Programs and Services, Financial, Travel

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

Deborah Lorteau
 Manager of Community Programs & Special Events
 Age & Opportunity
 200 – 280 Smith St
 Winnipeg, MB
 R3C 1K2
 Office: (204) 956-6440
 Fax: (204) 946-5667
 Email: agency@ageopportunity.mb.ca
 Web: www.ageopportunity.mb.ca

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 2010-2011.

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 textbook – (optional)

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

Date: Every second Monday

Time: 1:30 – 3:00 p.m.

Location: CNIB – 1080 Portage Avenue (MP Room)

Come out and learn the waltz, fox trot, etc with excellent teachers and volunteers. You will have a great time.

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: 1-3 pm

Location: CNIB 1080 Portage Ave.

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

Book Club

Date: The first **or Second** Tuesday of each month

Time: 1-3pm

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

Harmonica Lessons

Date: Every Thursday

Time: 11:30-12:30pm

Call if you are interested in learning to play the harmonica.

Get Better Together

A 6 week course Wednesday, Oct 12-Nov 16

Time: 1:00-3:00pm

A free program for living better with ongoing health conditions. The manual is available in either a book or CD format. Space is limited, so you must call to register.

Tai Chi

Date: 8 weeks starting Sept 9

Time: 1:00-2:00pm

Come and improve your balance, core strength, and de-stress.

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. You must register to attend! They fill up early. Transportation to and from destination is provided by CNIB.

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

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
Website: www.communityrespiteservice.ca

CREATIVE RETIREMENT MANITOBA

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

Our Philosophy:

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

Courses, Workshops, Lectures

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

Computers and Technology
Languages
Music and Art
Humanities and Social Sciences

Fitness and Health
Leisure Time Activities
Personal Development
Special Events

For more information: Call: 949-2565
Fax: 957-7839
Web site: www.crm.mb.ca
270 Sherbrook Street
Winnipeg, MB R3C 2B9

Club Programs

Creative Retirement's Computer Clubs provides support to members with questions and answer periods, discussions and presentations on software and hardware. Come out to a meeting and talk computer with fellow senior computer

users. Special computer clubs include: Beginners, Photoshop, Digital Cameras/Photography and Digital Video. Please call 949-2556 for more information.

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

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

Students and Seniors Together

This interactive and intergenerational half day program has approximately 60 older adults volunteering in schools by teaching students. They bring a fresh voice to the classrooms and some very intriguing educational sessions from entomology to storytelling, from Spanish dance to origami, from fossils to musical theatre. Both seniors and students understand and appreciate each other as they share the joy of learning and experiencing new things.

Other programs include The Family Literacy Olympics, Eldertales, Storysacks, and Multi Sensory Storytelling for brain injury and Alzheimer's patients. To be a part of this exciting program, please contact:

Laurie Howard at Creative Retirement Manitoba
Schools Program Manager
942-2035 or email schools@crm.mb.ca



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**

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 experiencing social isolation as a result of a disability.
open to individuals referred through WHRA intake
individuals do not have to be receiving home care services to be eligible.**

Dates: Available to the consumer all year.

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

For more information contact: Leisure Education Consultant
Independent Living Resource Centre
311A-393 Portage Ave.
Winnipeg, Manitoba R3B 3H6
Email: joannel@ilrc.mb.ca
Website: www.ilrc.mb.ca
Phone: (204) 947-0194 ext. 315
Fax: (204) 943-6625
Toll Free: 1-800-663-3043

LIONS CLUB OF WINNIPEG HOUSING CENTRES

Health and Wellness Services

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



Fitness Facility

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

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

- Affords you the use of fitness facilities and equipment

Fitness Program

In the Lions Place fitness program all abilities are welcome. Whether you are comfortable sitting or prefer standing your fitness level is not judged.

Lead by the Recreation Coordinator, we focus on keeping you moving. From stretching to range of motion, we use weights, bands, and groove to the music. After all fitness should be fun.

For more information contact:

Lions Place Reception at 784-1210

Fax: 784-1211

MANITOBA BLIND 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 & and 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: 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

Website: www.blindsport.mb.ca

MANITOBA BRAIN INJURY ASSOCIATION

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

Our members have experienced the challenge of living with a brain injury and are committed to helping each other through the early days of diagnosis and beyond.

We inspire hope by supporting each other towards a new beginning.

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

E-mail: mbia@mts.net

Website: 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

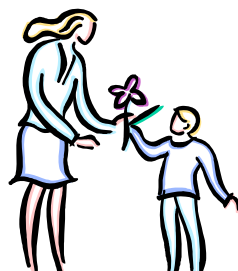
This program provides short-term support for children with special needs/disabilities and adults living with a mental disability in order to give the primary caregiver relief from the demands of continuous care. Respite frequently occurs in the primary caregiver's home, however, respite workers may also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

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

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



MANITOBA RIDING FOR THE DISABLED ASSOCIATION INC.

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

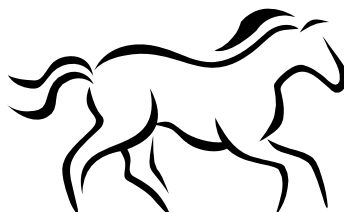
Eligibility: Children with disabilities. 6 to 12 years old. There are weight restrictions for the program.

Location: **West Wind Stables- Oak Bluff**

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 A. Manastyrsky
Executive Director
Manitoba Riding for the Disabled Inc.
145 Pacific Avenue
Winnipeg, Manitoba R3B 2Z6
Phone: (204) 925-5905
Fax: (204) 925-5792
E-Mail: exedir@mrda.cc
Website: 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 – May

Time: 8:30 - 9:30 pm

Location: Gym Kids Gymnastics Club – 421 Beaverhill Blvd.

Note: Maximum number of participants is 18

New Pee Wees

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: Mondays, October – May

Time: 6:00 – 7:00 p.m.

Location: Greenway School – 390 Burnell St.

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 – June
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, November - June
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 - June
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 - June
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.

E.K. Eagles

Eligibility: Adults
Date: Thursdays, October - June
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 - June
Time: 7:00 – 8:30 p.m.
Location: Ecole Leila North – 20 Allan Blye
Note: Maximum number of participants is 25

St. Vital Olympians

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

SPORT CLUBS

Navvies Track Club

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

Date: Tuesdays/Thursdays, October - June

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

Date: Sundays, October - June

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

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

&

Date: Saturdays, February – June

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 - June

Time: 9:30 - 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 consistently. Club will teach proper competitive swim techniques. Participation in all swim clubs is based upon assessment by the Head Coach. Maximum number of participants' dependant on the size of the pool.

Seals

Date: Thursdays, October - June

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

Location: North End Centennial Pool - 90 Sinclair St

EK Y's Men Sharks

Date: Mondays, October - June

Time: 6:30 - 7:45 p.m.

Location: EK YM-YWCA Pool - 454 Kimberley Ave

Master Swim Otters

Date: Mondays & Wednesdays, October - June

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

Location: Pan Am Pool - 25 Poseidon Bay

Polar Bears

Date: Wednesdays, October - June

Time: 7:00 – 8:30 p.m.

Location: Cindy Klassen Recreation Complex - 999 Sargent Ave

Stingrays Swim Club

Date: Thursdays, October - June
Time: 8:00 - 9:00 p.m.
Location: Cindy Klassen Recreation Complex - 999 Sargent Ave

Dolphins

Date: Fridays, October - June
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 - June
Time: 6:00 – 7:00 p.m.
Location: North End Centennial Pool – 90 Sinclair St.
Note: Maximum number of participants is 6 - 8

RYTHMIC GYMNASTICS

Streamers

Date: Wednesdays, October - June
Time: 6:30 - 8:00 p.m.
Location: Stevenson-Britannia School - 1777 Silver Ave

Kildonan Streamers

Date: Tuesdays, October - June
Time: 7:00 - 8:30 p.m.
Location: Chief Peguis Junior High School – 1400 Rothesay Ave.

Sizzlers

Date: Wednesdays, October - June
Time: 6:30 - 8:00 p.m.
Location: Samuel Burland School - 119 Burland Ave
POWERLIFTING

Winnipeg Power lifting Club

Date: Sundays, October - June
Time: 11:00 - 12:00 am
Location: West Portage YM-YWCA – 3550 Portage Ave.

FLOOR HOCKEY

Wise Guys Floor Hockey

Date: Wednesdays, October - June
Time: 7:00 – 8:30 p.m.
Location: Munroe Junior High - 405 Munroe

Blue Devils Floor Hockey

Date: Thursdays, October - June
Time: 7:00 - 8:30 p.m.
Location: Salisbury Morse Place School – 795 Prince Rupert Ave

BASKETBALL

D'Bears Basketball

Date: Tuesdays, January - June

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

Location: Marion School - 619 DesMeurons

WINTER SPORT CLUBS

Participation based upon assessment by the Head Coach.

Trailblazers Cross Country Ski Club

Date: Mondays

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

Location: Windsor Park Nordic Ski Centre - 10 DesMeurons St

Team Edge Alpine Ski Club

Date: Wednesdays, October to December

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

Location: Valley Garden School – 220 Antrim Rd

Date: Wednesdays. [January until end of ski season](#)

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

Location: Springhill Park - Highway 59 & Floodway

Blizzard Snowshoe Club

Date: Saturdays

Time: 9:30 - 11:00 am

Location: Kildonan Park Pavillion - 2015 Main St

Winnipeg Figure Skating

Date: Tuesdays

Time: 5:30 – 6:30 pm

&

Date: Saturdays

Time: 11:15am – 12:00 pm

Location: Eric Coy Arena - 535 Oakdale

Sargent Park Racers (Speed Skating)

Athletes only need their own skates and an interest in skating.

Date: Sundays

Time: 3:45 - 4:45 p.m.

Location: Sargent Park Arena - 1111 Wall St

&

Date: Thursdays (Dry Land Training)

Time: 7:00 – 8:30 p.m.

Location: TBA

Rock Solid Curling Club

Date: Sundays

Time: 1:00 - 3:00 p.m.

Location: Rossmere Country Club - 925 Watt Street

5-PIN BOWLING

Coronation Comets

Date: Saturdays, October to June
Time: 12:30 – 2:30 p.m.
Location: Coronation Bowling Center – 255 Tache Ave.

Coronation High Strikers

Date: Saturdays, October to June
Time: 10:00 a.m.– 12:00 p.m.
Location: Coronation Bowling Center – 255 Tache Ave.

Polo Park Pins

Date: Saturdays, October to June
Time: 12:00 – 2:30 p.m.
Location: Polo Park Lanes – 157 – C Polo Park Shopping Center

Mosienko Thunder Rollers

Date: Saturdays, October to June
Time: 12:30 – 2:30 p.m.
Location: Billy Mosienko Lanes – 1136 Main St.

Uptown Rollers

Date: Saturdays, October to June
Time: 1:00 – 3:00 p.m.

Location: Academy Uptown Lanes – 394 Academy Rd.

Roxy Lanes Bowling

Date: Sundays, October to June

Time: 1:00 p.m. – 3:00 p.m.

Date: Wednesdays

Time: 7:00 - 9:30 pm

Location: Roxy Lanes – 385 Henderson Hwy

10-PIN BOWLING

Laverendrye Lanes

Date: Saturdays, October to June

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: Mondays

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

Smackers Golf Club

Date: Tuesdays

Location: Hackers and Smackers 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 Katz Soccer Club

Date: Wednesdays

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

Location: Prince Edward School – 649 Brazier

Goldeye Sluggers Softball Club

Date: Thursdays

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

Power Wheelchair Hockey League

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



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

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

Manitoba Sledge Hockey Program

Adapted ice hockey that is played with adapted skating equipment.

Date: View Sledge Hockey Manitoba Website to view the complete schedule.
Location: MTS Iceplex

Registration: \$150.00 (includes insurance coverage, approx 20 ice sessions, and sledge hockey equipment)
Age/Ability: Individuals 10 years and older/Sledge Hockey is an inclusive sport open to all abilities

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

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

ADULT PROGRAMS

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.

Check SMD Recent News at www.smd.mb.ca for program brochures available throughout the year.

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

Derek Day Phone: 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 2011-2012

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

Phone: 204.942.2880

Fax: 204.944.1982

Email: info@strokerecovery.ca Website: 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 for updates or give us a call at 942-2880.

Adapted Exercises

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

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

SAM Auxiliary

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

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

Communication Workshop

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

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

Wednesday Office Volunteer Group

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

Thursday Games Day Group

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

SAM Peer Support Groups in Winnipeg

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

Strokes 'n Folks Peer Support Group

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

In Your Prime Peer Support Group

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

Young Adult Peer (YAP) Group

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

St. James Peer Support Group

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

SAM Care for Caregivers (Family Support)

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

SAM Peer Support Groups outside of Winnipeg

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

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



We are a member agency of the United Way Winnipeg.

Stroke Recovery Association of Manitoba Inc.'s Charity Registration: #10809
9474 RR0001.

THE WELLNESS INSTITUTE

[1075 Leila Avenue, 632-3900, \[info@wellnessinstitute.ca\]\(mailto:info@wellnessinstitute.ca\)](http://1075LeilaAvenue.com)

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.

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

SELF-MANAGEMENT FOR CHRONIC CONDITIONS

1. 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.

Tue, Sep 21-Nov 23, 1:00-3:00pm; Wed, Sep 22-Nov 24, 10:00am-12:00pm

Exercise Only Option: for past participants. Call 787-8570 for details.

2. Stroke Exercise Program – 8 weeks

A group exercise program for those who have completed their rehabilitation program. Must be able to walk with or without walking aide, or be accompanied by an attendant. Improve your individual fitness level. Not intended as group therapy treatment.

\$200

Wed & Fri, Oct 13-Dec 3, 1:30-3:30pm. Registration deadline: Oct 1

3. Bone Matters – 8 sessions

This activity-based program for those with or at risk of osteoporosis helps develop a safe, effective personal activity program. Guided by an exercise specialist.

\$75/\$60 Member

Tue/ Thu, Oct 26-Nov 23, 10:00-11:30am

*No class Nov 11

4. Neurofit – 8 weeks

Neurological conditions such as Multiple Sclerosis, ALS, dystonia, Guillaine-Barre syndrome, Parkinson's disease, post-polio syndrome and Huntington's disease can affect your quality of life... and ability to stay active. This exercise program, led by an exercise specialist, builds the strength, endurance and flexibility needed for activities of daily living. Maintain your independence and enjoy the benefits of being in the best possible shape!

\$60/\$55 Member

Fri, Oct 1–Nov 19, 1:00 – 2:00pm; Registration deadline: Sep 21

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. **Live Longer, Live Stronger. To register or for details call 632-3907. \$225** (subsidy available)

6. Pulmonary Rehabilitation – 8 weeks

Do you have lung disease (emphysema, chronic Bronchitis, COPD or pulmonary fibrosis)? Do you have 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. \$225**

Tue & Thu, 1:00-3:00pm

GET BETTER TOGETHER!

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

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

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

400. Klinik, 870 Portage Ave

Thu, Sep 23-Oct 28 5:00-7:30pm

401. SMD, 828 Sherbrook St

Thu, Sep 30-Nov 4, 1:00-3:30pm

402. St. James,

Date and Time TBA

404. Reh-fit Centre,

1390 Taylor Ave

Wed, Oct 6-Nov 10, 9:30-12:00pm

405. Fort Garry,

Date and Time TBA

406. Rivergrove Medical Clinic

held at Wellness Institute, 1075 Leila Ave

Thu, Oct 14-Nov 25, 1:00-3:30pm

408. Dakota Community Centre,

1188 Dakota Ave

Wed, Oct 13-Nov 17, 1:00-3:30pm

409. Access Transcona, 845 Regent Ave

Tue, Oct 5-Nov 9, 5:30-8:00pm

412. Nor'West Co-op Community

Health Centre, held at Brooklands

Senior Centre, 1960 William Ave N

Thu, Sep 30-Nov 4, 1:00-3:30pm

DIABETES EDUCATION

17. Diabetes & Pre-diabetes Q&A

Where do I go now? Learn what to ask your healthcare provider. Choose one Tuesday session...

Sep 14, 28, Oct 12, 26, Nov 9, 23 OR Dec 7 10:30-11:30am

TAKING CHARGE OF YOUR HEALTH

18. The New "PMS" – 5 weeks

(Pelvic Muscle Strengthening)

Not just Kegels! 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, Sep 28-Oct 26, 7:00-8:30pm

19. 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. Covers replacement and rehab. Led by physiotherapists.

\$20/\$15 Member

Wed, Oct 13, 1:00-3:30pm

20. 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.

\$25/\$20 Member

Mon, Sep 20, 1:00-4:00pm

21. Lifestyle and Breast Cancer

You can reduce your risk!

Learn ways to reduce your risk of developing breast cancer. Hear what the latest research says and have your questions answered by the dietitian from the WRHA Breast Health Centre.

Wed, Oct 20, 7:00-9:00pm

22. Osteoporosis Series

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

a) How Strong Are Your Bones? overview & nutrition

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

b) Treatments & Supplements

Thu, Oct 14, 6:00-8:00pm

c) Exercise Information

Thu, Oct 21, 6:00-8:00pm

Jennifer Marshall
Communication Coordinator
Wellness Institute
204.632.3902
1075 Leila Avenue
jmarshall@sogh.mb.ca
www.wellnessinstitute.ca

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

Note that our fall programming starts September 12, 2011

SOUTH FAMILY YMCA-YWCA

Note: Participants are responsible for transportation and a personal attendant if required in the change/locker room.

For more information: Angela Hildebrand 233-3476
 South Family YMCA-YWCA
 5 Fermor Avenue
 Winnipeg, Manitoba R2M 0Y1
 Office: 235-5001
 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

Low Impact

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

For more information: Seema Saini

Program Director

t: 204-947-3044

f: 204-943-6159

YMCA - YWCA of Winnipeg, Downtown Branch

301 Vaughan Street

Winnipeg, Manitoba

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