Access River East offers the following (call 204-938-5000): individual counselling through A&O, 204-956-6440. Support groups: 204-940-2114, diabetes, first Tuesday 10-11 a.m.; caregivers, last Thursday, noon, 1590 Henderson Hwy., register; visually impaired, second Friday, 1:30-2:30 p.m., 1590 Henderson Hwy.; Parkinson's, last Tuesday, 6:30 p.m., 200 McIvor Ave.; Alzheimer's, third Wednesday, 3:30 p.m., Donwood Manor, 204-943-6622. Family-strengthening mental wellness, first Wednesday of the month, at Access River East, 204-253-9641; Menière's support group, 204-975-3037 or chha-mb.ca; Continuity Care, support for parents caring for an adult child with a disability, first Thursday, 204-779-1679. Health education and workshops: 204-940-2114. Get Better Together, 204-632-3927 or getbettertogether.ca; diabetes education, four-week sessions, register 204-938-5000; It's All About Us: Seniors Helping Seniors, Wednesdays 10 a.m.-noon, Lion's Place, 610 Portage Ave., Lynn 204-247-5918.

Access Transcona offers the following (204-938-5555): individual counselling through A&O. Call 204-956-6440. Support-group meetings, 204-940-2114; diabetes education, four-week session, 204-938-5555; Diabetes support group, 2-3 p.m.; Widow(er) to Widow(er) six-week support group, 204-956-6440; dementia support group, first Wednesday 10-11:30 a.m., 209 Yale Ave. W., 204-222-9879; visually impaired support group, 204-222-9879; family strengthening mental wellness meets the first Wednesday of the month, 1:30-3:30 p.m., Access River East, information 204-334-4404 or 204-253-9641; hard-of-hearing support group, Abundant Life Church, 1 p.m., 204-222-9879; It's All About Us: Seniors Helping Seniors, Wednesday, 10 a.m.-noon, Lion's Place, 610 Portage Ave., Lynn 204-237-5918. Health education & workshops: 204-940-2114; Transcona Book Club meets second Thursday of the month, 2-4 p.m., Transcona Library, register Liz 204-222-1610; falls-prevention assessment and education, 204-940-2114; 55-plus dining experience, congregate meal program, Transcona Memorial United Church, 209 Yale St. Monday & Wednesday, 4:30 p.m., reservations 204-222-5947; Discover Transcona Wednesday walking group, 1:30-2:30 p.m., 204-940-2114; Hi Neighbour early-morning walking program, 204-938-5555.

Archwood 55 Plus Archwood Community Centre, 565 Guilbault St., offers: exercise classes including yoga fit, pole walking, total body workout, Zumba gold, low-impact cardio and line dancing. Social activities weekly: pickle ball, bowling, pool, card and board games. Monthly luncheons. Information: 204-416-1067, archwood55mail@gmail.com, or archwood55plus.weebly.com.

Assiniboine Memorial Curling Club would like senior men to curl Friday mornings. 10 games before and 10 games after Christmas. Call Arch 204-837-8181.

Assiniboine Memorial Curling Club Seniors Mixed League Tuesdays and Thursdays at 9 a.m. Teams change every 10 games for a total of 40 games. Information: Sue 204-837-6616.

Assiniboine Memorial Curling Club has openings for female curlers, Wednesday morning and Thursday afternoon. Information: Georgina 204-837-8181.

Bee Wellness for Older Adults & Others, 3680 Roblin Blvd., geared to older adults and others with chronic health issues (MS, Parkinson's, stroke recovery, etc.). We offer health and wellness programs and one-on-one functional rehab. Information: 204-832-2077.

Bleak House Centre Inc. 1637 Main St. (across from IGA), information: 204-338-4723 activities: Monday, whist 1-3 p.m.; Tuesday, coffee and conversation 10 a.m., lunch 11:45 a.m.; bingo 1-3 p.m.; ceramics 1-3 p.m.; Thursday, cribbage 1-3 p.m.; Friday, quilting 9:30 a.m.

Caribbean 55 Plus Horizon Club Springtime Social April 24, 8 p.m.-1 p.m., 1100 Fife St. Cash bar, food, 50/50 draw, door prize, DJ Goldie. Tickets $10, Rupert 204-770-2910 or Merlyn Rotter 204-232-1052. Openings for members and non-members to come and learn how to play the Pans, Saturdays, 11:30 a.m.-2 p.m. $10 a month for members, $15.00 a month for non-members. Information: Gary Elbers gelbers@mymts.net.
CARP: A New Vision of Aging—Chapter 53 Winnipeg East general meeting, April 9, 1:30 p.m., Elmwood Legion, 920 Nairn Ave. Ken Hrycyk, Hrycyk Clinic for Muscular Therapy will speak on Seniors and Massage Therapy, How Massage Can Help With Mobility. April birthdays will also be celebrated. Information: John 204-272-3981.

Charleswood Senior Centre offers a vast array of educational, recreational, fitness, health and social opportunities for those 55-plus. Information: 204-897-5263 or info@charleswoodseniorcentre.org or charleswoodseniorcentre.org.

Clifton Community Club wood-carving, every Friday 1-3 p.m., Valour CC-Clifton Site, 1315 Strathcona St. Information: Mel 204-661-2213 or Wayne 204-783-7340.

Corydon Community Centre offers: adult drop-in, first Wednesday of month, 1:30 p.m., Temple Shalom, 1077 Grant Ave., or second Wednesday of month, 12:30 p.m., River Heights site, 1370 Grosvenor Ave., or third and fourth Wednesday of month, 1:30 p.m., River Heights site; art classes, Tuesday, 10 a.m., Crescentwood site, 1170 Corydon Ave., or Wednesday, 10 a.m., River Heights site, or Thursday, 1 p.m., Crescentwood site; badminton/pickleball, Thursday, 1 p.m., Crescentwood site; bingo, Monday, 7 p.m., Crescentwood site; bridge, Monday, 1 p.m., River Heights site; lap skating, Monday, 10:45 a.m., River Heights site, or Wednesday, 1:30 p.m., River Heights site; quilting, 5:30 p.m., Crescentwood site; strength training, Tuesday, 9:30 a.m., Crescentwood site, or Friday, 9:30 a.m., Crescentwood site; walking club, Monday/Thursday, 9:30 a.m., various locations; yoga, Thursday, 9:30 a.m., River Heights site. Information: 204-488-7000 or corydoncc.com.

Crescent Drive Senior Mens Golf Club has openings for new members, Wednesdays, 8 a.m. Information: Bill 204-488-7163 or Frank 204-489-7887.

Dakota 55-plus Lazars, Jonathan Toews Community Centre, offers: Monday cribbage; Tuesday line dancing, floor curling; Wednesday public skating, whist and various health and education programs; Thursday floor shuffle, Kraft Korner. Information: Karen 204-254-1010 ext. 206.

Deer Lodge Antlers Men's Curling (50+), openings are available for teams or individuals for the 2014-15 season, wishing to curl Monday and/or Wednesday and/or Friday at 10 a.m. Fees: $115 (one-day), $185 (two-day), $255 (three-day) per person. Information Bryan 204-889-6577 or deerlodgecurlingclub.ca/LeaguesAntlersmain.html.

Dufferin Senior Centre activities: Monday, 9:45 a.m. shuffleboard, 1 p.m. bingo; Wednesday noon, soup and perogy lunch. Perogies are available for sale. Every second Saturday, noon-3:30 p.m. dance with a four-piece band and light lunch. Information: 204-986-2608.

E.K. Ladies CC from the Rossmere curling club, invite new curlers or spares to join us on Wednesdays, 9:30 a.m., Rossmere CC Information: Doris 204-663-7053 or Linda 204-667-5968.

Earl Grey Seniors Earl Grey Community Centre, every Wednesday, drop-in social bridge, coffee and refreshments every Wednesday, 1-4 p.m.

Earl Grey Community Club, 360 Cockburn St. N. offers Monday, 7:30 to 9:30 p.m., 20 hands of whist.

East St. Paul/Transcona Seniors' Curling welcomes senior men and women, Wednesdays and/or Fridays, 10 a.m. to end of March. Information: esptrancurling@gmail.com, esptrancurling.ca, or Jim Tomko 204-334-6591 or Brian Ridley 204-669-4795.

Elmwood East Kildonan Active Living Centre, until June 30, 9 a.m.-3 p.m., weekly activities: floor curling, cribbage, quilting, table tennis, darts, table shuffleboard, carpet bowling and casual drop-in activities. Information 204-669-0750 or poplarseniors@live.com

Fort Garry Ladies Curling, 696 Archibald St., is looking for curlers for Tuesday and Thursdays, 1 p.m. Information: Audrey 204-256-4577 or Joyce 204-256-5724.

Fort Garry Legion, Texas hold 'em Mondays 7 p.m.; cribbage Thursday, 7:30 p.m.; branch bingo Fridays, 7:30 p.m.; meat draw and supper Saturday, 6 p.m. 204-284-8027.

General Sir Sam Steele Legion Br. No. 117 offers the following: luncheon & dance, Wednesdays 11:30 a.m.-2:45 p.m., $8; Texas Hold 'em poker Wednesdays, 7 p.m. and Saturdays 1 p.m., $40; bingo Fridays, 7 p.m.; Find the Joker, Fridays around 9:30 p.m.; karaoke, Saturdays 7 p.m.

Glenwood Community Centre offers: social bridge every Friday, 12:30 p.m. Information: Lynne 204-261-4375. SMART (Seniors Maintaining Active Roles Together), a light aerobic workout, Wednesday, 9:30-10:30 a.m. Seniors badminton Tuesdays and Thursdays, 204-253-2542.

Go-Out study is a group of physical therapists, geriatricians and researchers from the University of Manitoba and other academic centres looking for adults aged 65 years and older who walk outdoors less than 20 minutes a week. Participants will attend a four-hour interactive workshop to learn information, strategies and skills to walk safely outdoors. After the workshop, some participants will participate in an outdoor walking group twice a week for three months. Please contact Miriam Gonzalez at 204-787-8015 until April 17.

Golden Rule Seniors (Fort Rouge leisure Centre) 625 Osborne St. Bingo, Monday 1 p.m.; glee club, Thursday, 9:30 a.m.; bridge 1 and 7 p.m. and shuffleboard 1 p.m.; China painting, Friday 10 a.m. and carpet bowling 1 p.m. Information: Terry 204-453-1085.

Good Neighbours Active Living Centre 720 Henderson Hwy. offers the following programs and services to 55+: expressive arts, fitness classes, educational classes, workshops, presentations and more. Bookstore, Monday 1-4 p.m. & Tuesday-Friday, 10 a.m.-4 p.m., Hobnobs Café offers soups, sandwiches and more Monday-Friday, 10 a.m.-1 p.m. Information: 204-669-1710 or gnalc.ca. Home Maintenance Program for older adults who are looking for various types of help within their home. Information: 204-806-1303.

Granite Senators Curling seniors mixed curling group curls every Tuesday & Thursday, 1:30 p.m., Granite Curling Club, 1 Granite Way. Information: Denis 204-489-8734.

Greendell 55+ Badminton, Greendell Park Community Centre senior men and women Mondays and Thursdays, 12:45-2:45 p.m., Wednesdays, 9-10:45 a.m. Information: 204-256-6939 or patrickg46@yahoo.com.

General Sir Sam Steele Legion Branch # 117, 376 Salter St. offers: seniors and guests luncheon and dance with live band every Wednesday, noon-2:45 p.m.; bingo every Friday, 7 p.m.; Find the Joker, Fridays, 9:30 p.m.; Texas hold 'em poker, Saturdays, noon; karaoke, Saturday, 7-11 p.m. Information: 204-586-3261.

Gwen Secter Creative Living Centre, 1588 Main St. offers: Wednesday lunch and entertainment, information Elaine 204-339-1701, ext. 205; shuttle bus every Wednesday morning, $15; looking for bridge players, Tuesdays 1-3 p.m. information Elaine 204-339-1701; Stitch & Bitch, first and third Thursday of every month, 1-3 p.m.

Harbourview Ladies Senior Golf League looking for members for Tuesday morning league. Information: Stanis Steffano 204-694-8211 or Barbara Johannson 204-222-6640.

Heather Ladies currently have openings in their Tuesday and/or Thursday afternoon curling league. Games begin, 1 p.m. Information: Sharon 204-668-6504.

Henderson Hwy. Legion 215, 3600 De Vries offers the following: Tuesday crib night; Wednesday chase the ace wing night; Thursday darts; Friday & Saturday meat draw and live bands. Information: 204-338-4867.
High Steppers Seniors Club is for seniors wanting a weekly outing from their southeast Winnipeg home to play cards and games, visit with others and allow any caregivers a break. Information: 204-619-8477 to arrange your free, first visit, Wednesday or Thursday or highsteppers@winakwacc.ca.

Kirkfield Streamliners, Hedges Middle School, offers a lose-weight and light-resistance strength exercise customized for seniors of all ability and mobility levels, from certified seniors specialist, Thursdays, 7:15 p.m. Rose 204-888-2447.

McBeth House Centre Inc. 31 McBeth St., off Main St & Red River offers the following to 55-plus: Tuesday, quilting 9 a.m.-2 p.m; looking for crib players; Thursday, porcelain painters etc. 10 a.m.-2 p.m.; Friday, whist 7-10 p.m. Information 204-334-0432.

The Norberry-Glenlee Community Centre offers the following programs: square dance, Mondays, 6:30-10 p.m.; seniors bingo, Tuesday, 11 a.m.-2:45 p.m.; bridge, Wednesday, noon-3 p.m.; Red River Seniors cards, Thursday, 11:30 a.m.-3 p.m.; Light & Lively fitness: intermediate, Monday, Wednesday and Friday morning and beginner, Monday & Friday morning. Pickleball every Monday, Wednesday and Friday, noon-3 p.m. and Tuesday and Thursday 9 a.m.-3 p.m. norberry-glenlee.ca. 204-256-6654.

60-Plus Club of Rossmere District, (Elmwood Curling Club) is looking for retired individuals to fill roster spots in their senior men's (Tuesday & Thursday) and senior mixed (Friday) curling programs. 10 a.m. start time each day. Ralph 204-667-4364.

Pembina Active Living 55+(PAL). Fundraising dinner to support PAL's own building and programming, April 14, dinner 6 p.m.; Man. Institute of Trades/Technology (MITT), 130 Henlow Bay. MC Tom Milroy, door prizes, 50/50, silent auction, music by Prairie Songbirds. Information: www.pal55plus.ca, info@pal55plus.com or 204-946-0839 by April 9.

Prendergast Seniors Club 55+ group 906 Cottonwood Rd. Room 20, offers: cribbage Monday & Wednesday, 12:30-3:30 p.m.; whist, Thursday, 12:30-3:30 pm., exercises, Tuesday & Friday, 9:30-10:30 a.m.; luncheon every fourth Wednesday, 11:30 a.m.-1 p.m. Information: Joe or Mary 204-254-8390.

Rady JCC /Active Living offers a wide variety of fitness programs and wellness presentations for mature adults and seniors: Fitness for Active Aging, Zumba Gold, PACE, Simple Pilates, Tai-chi or Feldenkrais Method, first Monday of the month April 13-June 19. 204-477-7510.

Raging Grannies of Winnipeg looking for mature ladies who want to sing for Social Justice at many upcoming events. Information: Leuba 204-453-1486 or Marilyn 204-414-4343.

River East Meal Program every Monday, Wednesday, Friday, noon, 1100 Henderson Hwy. $6.50. Information: 204-338-6284.

Seine River Seniors Inc. out of Southdale C.C. 204-253-4599; bridge Monday, 9:45-11:30 a.m.; creative writing April 2, 16 and 30, 10 a.m.-noon; walking Monday, 9:30-10:30 a.m; cheapy afternoon movies, first Tuesday of the month; brunch at different locations third Tuesday of the month; luncheons second Wednesday of the month, April 8 and annual general meeting May 13; April 22, The Aging Eye; April 29, making fancy sandwiches. Monthly day trip to South Beach Casino, Orysia 204-261-4055 or seinerriverseniors.ca.

Senior Achievers meet every third Thursday to June 18, 1-3 p.m., 406 McGregor St. Bingo, 50/50, meat draws, draw prizes, coffee and socializing. Information: Rose Manulak 204-338-3833.

Senior's Dance St. Anne's Church, April 9, noon-3 p.m. Music by Pride & Joy. Information: 204-669-7557. $10.

Seven Oaks Seniors Links offers free exercise classes -- Tuesdays 10:30-11:30 a.m. at St. Francis Church, 253 Burrin St.; Thursdays 10:30-11:15 a.m., Maples Community Centre, 434 Adsum Dr., and Fridays 10:30-11:30 a.m., St. Joseph's Church, 250 Jefferson Ave. Free Workshops include; Getting Better Together, six-session workshop offering practical tools to cope better with Chronic Disease and You and Your Adult Child, a six-session workshop for seniors offering information and support for 55+ adults who would like to improve their relationships with their adult children. Information: Susan 204-612-3888.

Stradbrook Avenue Showchoir Membership Drive Age & Opportunity Stradbrook. Every Friday until May 22, the choir is a group of singers, presently 12 in number, dedicated to presenting mini-concerts in seniors complexes. Rehearsals 10:30 a.m., 400 Stradbrook Ave. Information: John 204-4880-4076 or Katie 204-799-7416.

St. Vital Streamliners meet Tuesdays, 6:45 p.m., General Vanier School, 18 Lomond Blvd. Focus on weight loss and healthy living. Exercise class suitable for all fitness and mobility levels. Information: Carol 204-269-4097.

Ukrainian Cdn. Veterans Branch #141 Legion offer: dancing every Saturday, 1-5 p.m.; bingo every Wednesday, Thursday evening & Friday afternoon and evening and Saturday evening; lunch counter. Open Sundays, noon-6 p.m. with karaoke, 2 p.m. Information: 204-589-6315.

Vital Seniors (204-253-2555) offers free fitness classes Tuesday, 11:30 a.m.-12:15 p.m., St. Mary Magdalene Anglican Church, 3 St. Vital Road. Weekly activities: Monday & Friday, line dancing, Barbara 204-334-3559; Mondays, noon Scrabble; Tuesdays carpet bowling, 1 p.m., Richard 204-452-2230; Thursdays 1 p.m. bridge Margaret 204-256-3832.

Winnipeg South Osborne Legion # 252, 426 Osborne St.: darts 7 p.m. every Thursday and shuffleboard fun nights every second Tuesday, 7 p.m.

Winnipeg West cribbage tournament $5, the first Tuesday of the month, 1 p.m., ANAF 3584 Portage Ave. Information: Gerry 204-837-4026.

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