

Participants relate to what others in the group are going through and therefore don't feel alone, improve their coping skills and sense of adjustment, reduce distress, depression, anxiety or fatigue.

### **Hard of Hearing Support**

Understanding the challenges of hearing loss. The group meets third Monday of the month from 1:00 to 2:30 pm at 1396 Plessis Road

### **Vision Impaired Support**

Adjusting to vision loss. The group meets on the second Tuesday of the month from 1:30-3:00 pm at 75 Kildonan Green Drive.

### **Alzheimer Support**

Opportunity for caregivers to meet and share information about their experience of caring for a person with Alzheimer's disease or another dementia. Meets every first Wednesday of the month 10 am to 11:30 am at Transcona Memorial United Church 209 Yale Ave. W.

### **Volunteer Program**

The Transcona Council for Seniors Inc. depends on volunteers to keep its services running smoothly.



- ☞ Volunteer Driver
- ☞ Congregate Meal Program
- ☞ Peer Leaders
  - Exercise
  - Education
  - Support Groups
- ☞ Clerical Work
- ☞ Special Events & Projects
- ☞ Fund Raiser
- ☞ Yardwork/Snow Removal
- ☞ Become a Board Member

If you or anyone you know is interested in volunteering for any of these programs please contact us at **204-222-9879** or email to **tcs@mymts.net**.



A  
Community  
of  
Talents  
Serving  
Others

Active  
Senior



**Promoting Independence**

Transcona Council For Seniors

**Phone: 204-222-9879**

**Email:**

**tcs@mymts.net**

**www.transconaseniors.ca**

### 55+ Dinning Experience

Our meal program offers three hot and nutritious meals per week on Mondays for **\$10** and Wednesdays for **\$12** at **4:30 pm**. currently take-out only at Transcona Memorial United Church 209 Yale Ave. W.

Thursdays at **11:30 am** for take-out as well as dine-in for **\$8.00**.

at **500 Widlake**

### How to Register:

For Monday call by noon on Friday

For Wednesday call by noon Monday

For Thursday call by noon Monday

Phone **-204-222-5947**

email: **tcs@mymts.net**

### Transportation Program

The Transcona Council for Seniors Inc. offers a transportation program for those eligible seniors who are otherwise unable to find transportation to doctors appointments. Call the Council office at **204-222-9879** to register and set up an appointment.

BECOME A

**VOLUNTEER  
DRIVER**



### I Am Fit

This program is designed for people 55+ who want to improve their strength, balance, and flexibility regardless of their current ability level. This class meets **Mondays** and **Thursdays** from **10:30-11:30 am** at 1500 Day St. Classes run from September to mid June. **\$5 Drop-in Fee**

### Zumba Gold

Zumba Gold class focuses on your abilities and not your physical limitations. The Zumba Gold dance steps are very easy to start with and you don't need a dancing partner. Classes on **Tuesday** and **Thursday 10:00 am** at Oxford Heights. **\$5 Drop-in Fee**

### Yoga Relaxation and Stress Reduction

Seniors increase their balance, gain strength, stretch, and learn how to relax and listen to their body. **Wednesday 10:00 am** at Oxford Heights. **\$6 Drop-in Fee**

### Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. It is played every day except Wednesdays at Oxford Heights and when space is available at Transcona Memorial United Church.

.Joining this group requires a \$10/ year membership and \$3 per session.

**To join contact Fred at 204 224-4941.**

### Art Classes

Water colours **on Mondays**

**10 am to noon**

Oils and Acrylics on **Wednesdays**

**10 am to noon**

at 328 Whittier Ave. W.

Seniors bring their own supplies and share their talents.

### Technology

We have seniors in their fifties and eighties learning how to use technology. A qualified facilitator leads the class with the help of other seniors in the class. Classes run throughout the year. For more information contact Colleen 204-222-9879.

### Men's Shed

A program for men to come together for woodworking projects, cooking, bike repairs, music, and yelling at the television during the playoffs for information call Fred at 204 224-4941.