

SASKATCHEWAN SENIOR FITNESS ASSOCIATION

REGINA SPORT DISTRICT

Plans are underway to hold the **2011 Regina Sport District 55+ Games** in the months of May and June. Membership registrations for the various events will be taken at the following locations:

Wednesday, April 6, 12:30pm - 3:00pm
Regina Senior Citizens Centre,
2134 Winnipeg St.

Friday, April 8, 10:00am – 12:00am
Regina Senior Citizens Centre,
2404 Elphinstone St.

Wednesday, April 13, 12:30pm – 3:00pm
Regina Senior Citizens Centre,
2134 Winnipeg St.

Friday, April 15, 9:30am - 1:00pm
Golden Mile Centre

Tuesday, May 10, 9:30am – 1:00pm
Sears – Cornwall Centre, Second Floor,
near the Home Improvement Department.
Tuesday is Sears Seniors Day.

Sunday, May 15, 10:00am – 4:00pm
Embracing Retirement Showcase,
Queensbury Downs, Evraz Place

Table Tennis – May 21, 1:30pm St. Luke's Church Hall. Coordinator – Dave Coleman.

Track and Field – May 14, 9:00am,
Douglas Park

Membership registrations for the following events will also be taken:

Bank Shuffleboard, Contract Bridge, Cribbage, Darts, 8-Ball, Five Pin Bowling, Horseshoes, Kaiser, Pickle Ball, Poetry and Short Story Writing, Scrabble, Snooker, Tennis and Whist.

Memberships cost \$7. Participants may enter more than one event. For more information about the games contact Dave Coleman: 949-8270, email – dcoleman@accesscomm.ca. In case you missed the registration venues, you may contact Roberta French: 543-1958 to obtain your membership.

Two new card games, **Tarabish and 45's**, will be played at the Canada 55+Games in 2012. Workshops are planned to introduce these games. If you, or someone you know, play these card games, please let us know by contacting Alice MacCormack: 543-6163.

Venues have been set for these games:

Golf- Thursday, May 26 – Tor Hill
Coordinator – Alice Barss: 545-2148

Lawn Bowling – August 23, 24 and 25,
1:00pm – Regina Lawn Bowling Club.
Coordinator – Jo Urquhart: 586-6019. A coaching clinic will be provided for any new players.



On June 8 from 9:00am to 3:30pm the Regina Sport District will be sponsoring a **55 Alive Driving Clinic** at 445 Hoffer Drive. The clinic is free. Lunch will be provided. To register, contact Lorraine Garratt: 545-6693.

Pickle Ball is a new sport being played in Regina that combines badminton and tennis skills. It is played on a court with a plastic ball with holes and with wood paddles. There are several locations in Regina where it is being played. If you are interested in learning or playing this game, you may contact either Larry Evans: 585-0513 or Bruce Murray: 585-1913.

The National **Stick Curling** Championships will be held at the Highland Curling Club in April 2012. Stick Curling will be added as a new event for the 2012 Saskatchewan Senior Fitness Provincial Games. Stick Curling is a two person team that uses a stick to deliver the rocks. No sweeping is required. For more information on this sport, contact Gord Garratt: 545-6693.

Free indoor walking is offered at the Southland Mall Monday to Saturday at 7:00am and on Sundays at 11:00am. Enjoy free refreshments sponsored by the Mall Administration every first Thursday of the month. The Golden Mile Centre does not have an official program for mall walkers, however, you are welcome to walk the mall anytime after 7:00am on weekdays and 10:00am Sundays. The University of Regina allows free walking in the hallways near the lockers by the pool entrance. The Northgate Mall also has an organized walking program.

Three **Contract Bridge Clinics** were held this past January and February. Twenty-five people attended and had a great time honing their card playing skills.

An enjoyable evening was shared by over 70 persons at our **Annual Supper and Social Evening** Fundraiser on January 21, 2011 at the Austrian Club. Thanks to all who attended for supporting this fundraiser.

Are you interested in knowing more about the **Saskatchewan Senior Fitness Association** and its activities? You are welcome to attend our monthly meetings. The next district meeting is Wednesday, April 20, 10:00am at TPAC, 2106 – 1st Ave. To learn more about our organization, please contact our President, Doug Barss: 545-2148.

To keep abreast of the activities occurring in the SSFA Regina Sport District, view our website:
www.ssfa.ca/districts/regina_sport_district

