



# **Senior Centre User Guide**

**For Older Adults with Intellectual Disabilities, and  
Their Families, Friends, and Support Workers**



*“I want to get together with older people because I am old. I want to make friends with old people. To get along... I feel better. Because I always want to have fun with them. It makes me happy inside. I want to be with them.”*

- Older Adult with Intellectual Disabilities

*“I want to try new things and it is good for us to get out.”*

- Older Adult with Intellectual Disabilities

## What Are Senior Centres?

Senior centres are places where older persons gather for socializing, leisure activities, and health-related services. Most senior centres are open to all individuals who are 55 years or older. Some senior centres invite everyone regardless of their age.

## Where Are Senior Centres Located?

There are many senior centres in Winnipeg and throughout Manitoba. See the end of this guide for the list of senior centres in Manitoba.

## Membership and Fees

To participate in senior centres, you may have to become a member. Annual membership fees vary, usually from \$15 to \$35. In addition to the annual membership fee, you may have to pay an extra fee for some programs and activities. Some programs and activities are free to members.



*“I want to go there yeah.  
To meet the old people...  
Talk to other people.”*

- Older Adult with  
Intellectual Disabilities

*“He was amazing. He  
partakes. He really  
became part of the  
class. Being around  
different people than  
they’re usually around. I  
think definitely it’s great  
they were there.”*

- Senior Centre Staff

## What You Can Do at a Senior Centre

If you want to meet and make friends with people of your age, senior centres are a great place to go. You can hang out with other people, and have coffee or lunch with them. Also, you can do a lot of fun activities and learn new things. Different centres have different programs and activities.

### **Programs and Activities**

Some examples of programs and activities that centres provide are:

- Fitness – Yoga, exercise, swimming
- Arts – Dancing, music, painting, crafts
- Games – Bingo, card games
- Socializing – Lunch, coffee and tea
- Classes – Computer, internet, photography
- Others – Cooking, sewing, bowling, trips, massage

### **Individual Activities and Group Activities**

You can do some activities by yourself. For other activities, you will be in a group with other people.

*“When he was there regularly, he became part of the class. People were happy to have him there.”*

- Senior Centre Staff

### **Short and Long Activities**

Some programs are short – one-time activity. Other programs are longer, from one week to several months. You can choose programs that you like.

For information about programs and activities that the senior centre in your neighbourhood provides, contact them directly. The list of senior centres at the end of this guide provides their contact information.



*“People just don’t know how to approach people with a disability. I think that myself being a connector helped.”*

- Support Worker

*“She was not able to participate as well as the rest. We still participated and did everything everybody else was doing just on our own pace.”*

- Support Worker

## Step-by-Step to Senior Centres

### Step 1. Find a senior centre in your neighbourhood

See the list of senior centres in Winnipeg and other regions in Manitoba. If you are going to use buses, check the bus routes and schedule.

### Step 2. Call or visit the senior centre

Contact the senior centre directly for information. Some senior centres have their own website with information. If they don’t have a website, call them for information. You may visit the centre in person to see their location and facilities. Ask the senior centre about:

- Programs and services that they offer
- Open hours
- Membership

### Step 3. Learn about programs and activities

Learn about the programs and activities that the senior centre provides. Think about what you like and what you may be interested in exploring. Also, think about the length, fee, or required equipment for each program or activity.



*“It’s a good thing because she talks to seniors and she met lots of people. She has friends now.”*

- Support Worker

#### **Step 4. Take a tour or try some activities**

Some senior centres welcome individuals to try out their programs and activities. Ask if you can try them out.

#### **Step 5. Get the membership and register**

Once you decide which program or activity you want, go to the senior centre. Become a member and register for the program or activity that you chose.

#### **Step 6. Be part of the senior centre community!**

You may need some equipment or supplies to participate in a program or activity. Remember to bring them when you go to the program or activity. If you would like to come with your support worker or someone else, let the senior centre know.

Enjoy and be a part of the senior centre community!



## Recommendations

When you go to a senior centre, think about a few things:

*“They really, really like it. I think they like more of the social aspect of it.”*

- Support Worker

### 1. Go often and regularly

If you meet people at the senior centre frequently, it will be easier to make and keep friends.

### 2. Invite your friends and family

If you go to the senior centre for the first time, it may be nice to have someone with you. Invite friends and family, who are similar to your age. It would be easier to get used to the new place and the people there.

### 3. Choose group activities

If you want to meet people, choose group activities. In many group activities, you can talk to other people, play games and exercise together.

### 4. Talk to the instructor or facilitator

Programs at senior centres often have an instructor or facilitator. If you have any questions or if you need help, talk to your instructor or facilitator. They will be happy to help you.



*“The environment was very open and welcoming.”*

- Support Worker

### 5. Give your phone number and number of someone close to you

In case of emergency, the senior centre may need to call you or someone else close to you. Let them know how they can call you and your family or support worker.

### 6. Be respectful

Senior centres like pleasant and polite people. Be nice to others.

## More Information about Senior Centres?

If you want to know more about senior centres, contact:

***The Manitoba Association of Senior Centres***

Telephone: (204) 792-5838

Website: <http://www.manitobaseniorcentres.com>

E-mail: [info@manitobaseniorcentres.com](mailto:info@manitobaseniorcentres.com)

## Senior Centres in Manitoba

The contact information for senior centres here is updated as of August, 2014. The latest contact information is available at the Manitoba Association of Senior Centres website (<http://www.manitobaseniorcentres.com>).

### Winnipeg

<p><b>Charleswood</b></p>	<p><b>Charleswood Senior Centre</b>            5006 Roblin Blvd            Telephone: 204.897.5263            Email: <a href="mailto:joanne@charleswoodseniorcentre.org">joanne@charleswoodseniorcentre.org</a>            Website: <a href="http://www.charleswoodseniorcentre.org">http://www.charleswoodseniorcentre.org</a></p>
<p><b>Downtown and Provincial</b></p>	<p><b>A&amp;O: Support Services for Older Adults</b>            200-280 Smith Street            Telephone: 204.956.6440            Email: <a href="mailto:agency@ageopportunity.mb.ca">agency@ageopportunity.mb.ca</a>            Website: <a href="http://www.ageopportunity.mb.ca">http://www.ageopportunity.mb.ca</a></p> <p><b>Senior Centre Without Walls</b>            Free telephone group activities for those 55+            Telephone: 1.888.333.3121</p> <p><b>Creative Retirement Manitoba</b>            270 Sherbrook Street            Telephone: 204.949.2565            Email: <a href="mailto:info@crm.mb.ca">info@crm.mb.ca</a>            Website: <a href="http://www.crm.mb.ca">http://www.crm.mb.ca</a></p>
<p><b>East Kildonan</b></p>	<p><b>Good Neighbours Active Living Centre</b>            720 Henderson Highway            Telephone: 204.669.1710            Email: <a href="mailto:director@gnalc.ca">director@gnalc.ca</a>            Website: <a href="http://www.gnalc.ca">http://www.gnalc.ca</a></p>

<p><b>Fort Garry / St. Norbert</b></p>	<p><b>Pembina Active Living (55+)</b>          Various locations – Call for programs and locations          Telephone: 204.946.0839          Email: <a href="mailto:pal55plus.ed@gmail.com">pal55plus.ed@gmail.com</a>          Website: <a href="http://www.pal55plus.com">http://www.pal55plus.com</a></p>
<p><b>Lindenwoods</b></p>	<p><b>Centro Caboto Centre</b>          1055 Wilkes Ave          Telephone: 204.487.4597          Email: <a href="mailto:mrossol@cabotocentre.com">mrossol@cabotocentre.com</a>          Website: <a href="http://www.cabotocentre.com">http://www.cabotocentre.com</a></p>
<p><b>North End</b></p>	<p><b>Aboriginal Senior Resource Centre</b>          45 Robinson Street          Telephone: 204.586.4595          Email: <a href="mailto:thelma@asrcwpg.ca">thelma@asrcwpg.ca</a>          Website: <a href="http://www.asrcwpg.ca">http://www.asrcwpg.ca</a></p>
<p><b>Point Douglas</b></p>	<p><b>Barber House Centre</b>          99 Euclid Avenue – North Pont Douglas          Telephone: 204.956.0380          Email: <a href="mailto:barberhouseoffice@gmail.com">barberhouseoffice@gmail.com</a>          Website: <a href="http://www.pointdouglasseniors.org">http://www.pointdouglasseniors.org</a></p>
<p><b>Riverbend</b></p>	<p><b>McBeth House Centre</b>          31 McBeth Street          Telephone: 204.953.1536          Email: <a href="mailto:ekrosney@xltransport.com">ekrosney@xltransport.com</a></p>
<p><b>Southdale</b></p>	<p><b>Seine River Seniors</b>          Call for programs and locations          Telephone: 204.253.4599          Email: <a href="mailto:seineriverseniors@gmail.com">seineriverseniors@gmail.com</a>          Website: <a href="http://www.seineriverseniors.ca">http://www.seineriverseniors.ca</a></p>

<p><b>St. Boniface</b></p>	<p><b>Archwood 55 Plus</b>  565 Guilbault Avenue  Telephone: 204.253.1779  Email: <a href="mailto:archwood55@gmail.com">archwood55@gmail.com</a>  Website: <a href="http://archwood55plusinc.weebly.com">http://archwood55plusinc.weebly.com</a></p> <p><b>Highsteppers (Prince of Peace Senior Social Centre)</b>  930 Winakwa Road  Telephone: 204.619.8477  Email: <a href="mailto:manager@highstepperswpg.com">manager@highstepperswpg.com</a>  Website: <a href="http://www.highstepperswpg.com">http://www.highstepperswpg.com</a></p>
<p><b>St. James</b></p>	<p><b>Headingley Senior Services Inc</b>  5353 Portage Avenue  Telephone: 204.889.3132  Email: <a href="mailto:hdlyseniorservices@mymts.net">hdlyseniorservices@mymts.net</a>  Website: <a href="http://www.headingleyseniorservices.ca">http://www.headingleyseniorservices.ca</a></p> <p><b>St. James Assiniboia 55+ Centre</b>  3-203 Duffield Street  Telephone: 204.987.8850  Email: <a href="mailto:rgreaves-tackie@stjasc.mb.ca">rgreaves-tackie@stjasc.mb.ca</a>  Website: <a href="http://www.stjasc.com">http://www.stjasc.com</a></p>
<p><b>St. Vital</b></p>	<p><b>Dakota 55+ Lazars</b>  1188 Dakota Street  Telephone: 204.254.1010 Ext. 206  Email: <a href="mailto:bvcsenrs@mymts.net">bvcsenrs@mymts.net</a>  Website: <a href="http://www.dakotacc.com/information/seniors.htm">http://www.dakotacc.com/information/seniors.htm</a></p> <p><b>Vital Seniors</b>  3 St Vital Road  Telephone: 204.295.3714  Email: <a href="mailto:stmary@mts.net">stmary@mts.net</a></p>

<b>Tuxedo</b>	<p><b>Rady Jewish Community Centre</b>  100B-123 Doncaster Street  Telephone: 204.480.7545  Email: <a href="mailto:RMalam@Radyjcc.com">RMalam@Radyjcc.com</a>  Website: <a href="http://www.radyjcc.com">http://www.radyjcc.com</a></p>
<b>West End</b>	<p><b>West End Active Living Centre</b>  Meets at Valour Community Centre – Clifton site  Telephone: 1-888-568-7188</p>
<b>West Kildonan</b>	<p><b>Bleak House Centre</b>  1637 Main Street  Telephone: 204.338.4723  Email: <a href="mailto:bleakhousecentre@gmail.com">bleakhousecentre@gmail.com</a>  Website: <a href="http://www.bleakhousecentre.com">http://www.bleakhousecentre.com</a></p> <p><b>Gwen Sectar Creative Living Centre</b>  1588 Main Street  Telephone: 204.339.1701  Email: <a href="mailto:msregiec@shaw.ca">msregiec@shaw.ca</a>  Website: <a href="http://www.gwensecter.com">http://www.gwensecter.com</a></p>
<b>Weston</b>	<p><b>Brooklands Pioneer Senior Citizens Club</b>  1960 William Ave  Telephone: 204.632.8367  Email: <a href="mailto:bpscc@mts.net">bpscc@mts.net</a></p>

## Other Regions in Manitoba

<p><b>Beausejour</b></p>	<p><b>Beau-head Senior Citizen's Association</b> 645 Park Avenue Telephone: 204.268.2444</p> <p><b>Brokenhead Outreach for Seniors</b> 646 James Street, Box 1690 Telephone: 204.268.7300 Email: <a href="mailto:seniorservices@mymts.net">seniorservices@mymts.net</a></p>
<p><b>Brandon</b></p>	<p><b>Prairie Oasis Senior Centre</b> 241 – 8th Street Telephone: 204.727.6641 Email: <a href="mailto:brandonprairieoasis@hotmail.com">brandonprairieoasis@hotmail.com</a></p> <p><b>Seniors for Seniors Co-op Inc.</b> 311 Park Avenue East Telephone: 204.571.2050 Email: <a href="mailto:sfors@wcgwave.ca">sfors@wcgwave.ca</a></p>
<p><b>Carman</b></p>	<p><b>Carman &amp; Community Active Living Centre</b> 47 Ed Belfour Drive, Box 2224 Telephone: 204.745.2356 Email: <a href="mailto:carmanalc@gmail.com">carmanalc@gmail.com</a> Website: <a href="http://www.carmanalc.com">http://www.carmanalc.com</a></p>
<p><b>Cranberry Portage</b></p>	<p><b>Jubilee Recreation of Cranberry Portage</b> Highway #10 (Legion Hall) Telephone: 204.472.3031 Email: <a href="mailto:dmbrewer44@hotmail.com">dmbrewer44@hotmail.com</a></p>
<p><b>Dauphin</b></p>	<p><b>Dauphin Multi-Purpose Senior Centre</b> 55 1st Avenue SE Telephone: 204.638.6485 Email: <a href="mailto:dsc_admin@mymts.net">dsc_admin@mymts.net</a> Website: <a href="http://www.dauphinseniors.com">http://www.dauphinseniors.com</a></p>

<b>Minnedosa</b>	<p><b>Fifty Plus Senior's Centre</b>  31 Main Street South  Telephone: 204.867.1956  Email: <a href="mailto:mdsasca@wcgwave.ca">mdsasca@wcgwave.ca</a></p>
<b>Morden</b>	<p><b>Morden Friendship Centre</b>  306 North Railway Street  Telephone: 204.822.3555  Email: <a href="mailto:mordenseniors@mymts.net">mordenseniors@mymts.net</a>  Website: <a href="http://www.mordenseniors.ca">http://www.mordenseniors.ca</a></p>
<b>Portage la Prairie</b>	<p><b>Herman Prior Senior Services Centre Inc.</b>  40 Royal Road N  Telephone: 204.857.6951  Email: <a href="mailto:hp55plus@mymts.net">hp55plus@mymts.net</a></p>
<b>Riverton</b>	<p><b>Riverton &amp; District Friendship Centre</b>  21 Main Street  Telephone: 204.378.2800  Email: <a href="mailto:rfdc@mymts.net">rfdc@mymts.net</a>  Website: <a href="http://www.rivertonfc.com">http://www.rivertonfc.com</a></p>
<b>Selkirk</b>	<p><b>Gordon Howard Centre</b>  384 Eveline Street  Telephone: 204.785.2092  Email: <a href="mailto:info@gordonhoward.ca">info@gordonhoward.ca</a>  Website: <a href="http://www.gordonhoward.ca">http://www.gordonhoward.ca</a></p>
<b>Steinbach</b>	<p><b>Pat Porter Active Living Centre</b>  10 Chrysler Gate  Telephone: 204.320.4600  Email: <a href="mailto:ed@patporteralc.com">ed@patporteralc.com</a>  Website: <a href="http://www.patporteralc.com">http://www.patporteralc.com</a></p>



<b>Stonewall</b>	<b>South Interlake 55 Plus Inc.</b> 5 Keith Cosens Drive Telephone: 204.467.2582 Email: <a href="mailto:si55plus@mts.net">si55plus@mts.net</a> Website: <a href="http://www.si55plus.org">http://www.si55plus.org</a>
<b>The Pas</b>	<b>The Pas Golden Agers</b> 324 Ross Avenue Telephone: 204.623.3663 Email: <a href="mailto:elmer6@mymts.net">elmer6@mymts.net</a>
<b>Victoria Beach</b>	<b>Resource Centre</b> 3 Ateah Road Telephone: 204.756.6471 Email: <a href="mailto:ebhelpc@mts.net">ebhelpc@mts.net</a> Website: <a href="http://www.ebseniorscene.ca">http://www.ebseniorscene.ca</a>  <b>Senior Scene</b> 3 Ateah Road Telephone: 204.756.6468 Email: <a href="mailto:rbollman@mymts.net">rbollman@mymts.net</a> Website: <a href="http://www.ebseniorscene.ca">http://www.ebseniorscene.ca</a>
<b>Winkler</b>	<b>Winkler &amp; District Multi-Purpose Senior Centre</b> 394 6th Street Telephone: 204.325.8964 Email: <a href="mailto:wsc@mts.net">wsc@mts.net</a> Website: <a href="http://www.winkler55plus.com">http://www.winkler55plus.com</a>

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CCDS also developed a brochure, **Guide for Support Workers for Older Adults with Intellectual Disabilities: *How to Facilitate the Participation and Social Inclusion of Older Adults with Intellectual Disabilities in Senior Centres.*** To download this brochure, click the following link:

<http://disabilitystudies.ca/senior-centres/>

If you have any questions or comments about the information in this guide, please contact CCDS.

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