

Regina Senior Citizens Centre

INDEPENDENCE CLUB

The Independence Club provides transportation, companionship visits, reassurance telephone calls and regular social events.

- Transportation - The club provides assisted transportation for appointments and other activities.
- Companionship Visits – In-home visits to provide friendship and support thereby reducing isolation, loneliness, anxiety and depression.
- Reassurance Telephone Calls - Regularly scheduled check-in calls to ensure everything is okay or just to chat.
- Social Activities - Get-togethers with other club members. Meeting at one of our two locations (2134 Winnipeg Street & 2404 Elphinstone Street) are also occasionally organized.

Rates available for all levels of income

Call Jackie (306) 525-2154

**All Seniors Welcome
Members & Non-members**

**Regina Senior Citizen Centre
2134 Winnipeg St • 306-525-2154**