

Forever...in *motion* Home Sites September 2023 – June 2024

LOCATION	DAY OF CLASS	CLASS TIME	AED's On Site
North Location *Sites for residents only			
*Benson Manor -1333 McIntosh St., corner of 7 th Ave. & McIntosh	Wednesday - Starting September 27 th	10:30 a.m.	Yes
*Highland Manor – 2221 5 th Avenue North	Thursday	2:00 p.m.	No
*Lakewood Manor – 1123 N Devonshire Dr	Monday & Wednesday	9:30 a.m.	No
Normanview Residents group - NWLC -1127 Arnason Street– Mgt Rm 2	Thursday	1:30 p.m.	Yes
North East Community Assoc. - Northgate Mall Walkers 489 Albert St N, (306) 501-2406	Monday to Friday	8:30 a.m.	Yes
Our Lady of Peace – 425 Broad Street N., (306) 543-5355	Tuesday	9:45 a.m.	No
Rosewood Park Alliance Church - Courtney Street,(306) 543-8233	Tuesday Wednesday	10:30 a.m. 9:30 a.m.	Yes
Regent Place Library , 331 Albert St (306) 777-6000	Tuesday	1:00 p.m.	Yes
Central Location *Sites for residents only			
*Broadway Terrace – 1150 Broadway Street	Monday	9:00 a.m.	Yes
Cathedral Neighbourhood Centre , 2900 13 th Ave (306) 777-7034	Monday Friday	1:00 p.m.	Yes
Core Ritchie Neighbourhood Centre , 445 14 Ave	Tuesday Thursday starting Oct.19 Friday starting Oct. 6	9:30 a.m. 2:00 p.m. 11:30 a.m.	Yes
Christ Lutheran Church , 4825 Dewdney Ave	Monday	10:00 a.m.	
*Faith Baptist Place – 2616 Central Street	Wednesday	10:00 a.m.	
*Hamilton Plaza , 2242 McIntyre Street	Wednesday - Oct	10:00 am	
Life long Learning Centre - 2155 College Ave.	Thursday - Sept 21 til Dec 14	3:00 p.m.	Yes
North Central Community Assoc.- māmawēyatitān centre 3355 6 th Av, (306)791-9888	Tuesday	10:30 a.m.	Yes
Queen City Eastview Community Centre – 615 – 6 th Ave (306) 525-4757	Thursday	10:00 a.m.	Yes
Regina Senior Citizen's Centre – 2404 Elphinstone Street	Monday Thursday	9:30 a.m. 9:30 a.m.	Yes
Regina Senior Citizen's Centre – 2134 Winnipeg Street, (306) 525-2154	TBA	TBA	
Rosemont Community Assoc. – Heritage United Church, 1050 N Arnason St	Monday, Wednesday, Friday	10:00 a.m.	

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*Trianon Tower - 2400 – 12 th Avenue	Tuesday & Thursday	10:00 a.m.	Yes
*Trinity Manor at Westerra Inc, 8351, Canola Ave.	Monday, Wednesday, Friday	9:00 a.m.	Yes
St. Cecilia Parish, 5020 7th Ave	Monday	10:00 a.m.	
South Locations *Sites for residents only			
*College Park II – Retirement Residence, 1601 Badham BLV	Tuesday	10:00 a.m.	Yes
Elphinstone Senior Citizens Centre – 2404 Elphinstone St, (306) 359-3847	Monday & Thursday	9:30 a.m.	Yes
Evolution – South 3615 Pasqua St	Wednesday	10:00 a.m.	
First Presbyterian Church, 2170 Albert St. 306-522-9571	Tuesday	11:30 a.m.	
*Fontaine Bleu Condo, 5301 & 5303 Universal Cres	Wednesday & Friday – start Sept 27	10:00 a.m.	
Gordon Point Condo, 4721 Mc Tavish St.	Wednesday	11:00 a.m.	
George Bothwell Library - Southland Mall, 2965 Gordon Rd (306) 777-6091	Thursday	1:00 p.m. 2:15 p.m.	Yes
*Harbour Landing Village - 4000 James Hill Rd	Tuesday & Friday	10:30 a.m.	Yes
Our Savior's Lutheran Church 190 Massey Rd (306) 586-0006	Monday	1:00 p.m.	Yes
*Renaissance Retirement Residence - 1801 McIntyre St	Monday - Friday	9:00 a.m.	
South Leisure Neighbourhood Centre - 170 Sunset Dr, (306) 777-7031	Tuesday & Thursday	10:00 a.m.	Yes
St. Mark Lutheran Church - 3510 Queen Street, (306) 586-9811	Tuesday	10:00 a.m.	
St. Mary's Anglican Church - 3337 15th Ave (306) 522-6052	Tuesday	10:30 a.m.	
*Wintergreene Estates - 4950 Pasqua Street	Tuesday Tuesday & Friday(low impact) Thursday	10:30 a.m. 2:00 p.m. 2:00 p.m.	Yes
YMCA, South Albert, 3801B, Albert St Beside CO-OP pharmacy	Tuesday	1:00 p.m.	Yes
East Locations *Sites for residents only			
Glencairn Community Centre - 2626 Dewdney Avenue E. (306) 777-7747	Monday starting Sept 11 Thursday	9:00 a.m. 9:00 a.m.	Yes
*Revera Green Falls Landing - 3850 Green Falls Dr	Tuesday lower impact High impact Thursday low impact High impact	10:00 a.m. 10:30 a.m. 10:15 a.m. 11:45 a.m.	
Living Spirit Church, 3018 Doan Dr, Regina (306) 789-0265	Thursday	10:00 a.m.	Yes

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*Queen Victoria Estates , 2025 Heseltine Rd	Tuesday & Thursday	9:30 a.m.	
*Wascana Manor - 960 Assiniboine Ave E.	Wednesday	10:00 a.m.	
Sunrise Library SSLC , 3130 Woodhams Dr.	Monday Thursday	1:00 p.m. 1:00 p.m.	Yes
Rural Locations *Sites for residents only			
Cupar, SK , Town Hall	Monday, Wednesday, Friday	9:00 a.m.	Yes
Earl Grey, SK , Earl Community Hall	Monday & Thursday	9:30 a.m.	Yes
Fort Qu'Appelle , United Church 194 Bay Ave	Tuesday & Thursday	10:00 a.m.	
Grenfell, SK , Legacy Inn-Banquet Room	Wednesday	10:00 a.m.	
Glenavon, SK	TBA-Oct-Dec	TBA	
Indian Head , Heritage Club, 505 Otterloo St.	Oct. 23-Dec. 15 Monday Friday	3:30 p.m. 9:30 a.m.	
Lumsden, SK , Lumsden Centennial Hall, 40 3 rd Ave	Tuesday & Thursday	10:00 a.m.	
*Milestone , SK Spring 2022	Tuesday & Thursday	10:00 a.m.	Yes
Montmartre, 124-1st Street, SK Montmartre Montmartre Seniors Centre	TBA – Oct-Dec	TBA	
Pilot Butte , Recreation Centre, Diamond Rd (306) 781-3402	Tuesday & Thursday starting Sept. 25 th	10:00 a.m.	Yes
Qu'Appelle, SK , 50 Plus Club	Tuesday & Thursday starting Sept 5 th	9:30 a.m.	
Regina Beach, SK , Memorial Hall	Monday, Wednesday, Friday (High Impact) Tuesday & Thursday (Low Impact)	9:00 a.m. 10:30 a.m. 9:00 a.m.	
Southey, SK , Senior Center	Tuesday Monday, Wednesday, Friday	9:30 a.m. 9:00 a.m.	Yes
Strasbourg SK , Lower Level of Strasbourg Hall, 113 Pearson Street	Sept 11-Dec. 21/23 & Jan. 8- June 13/24 Monday & Thursday Oct. 2,9,16,23,30 Only Monday FIM Level 1	10:00 a.m. 11:15-11:45 a.m.	Yes
Silton, SK , Community Hall	Tuesday & Thursday	10:00 a.m.	
Whitewood, SK , Senior Complex, Green Street	Monday	9:00 a.m.	
White City , Recreation Centre	Tuesday & Thursday starting Sept. 5 th	10:00 a.m.	Yes

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Wolseley, SK , Wolf Creek Friendship Center	Monday & Thursday	9:30 a.m. 10:30 a.m.	
Standing Buffalo, Sk	Monday	1:00 p.m.	
Starblanket Cree Nation , Libret, Sk	Tuesday	11:00 a.m.	
Carry the Kettle, SK	Wednesday	2:00 p.m.	
Muscowpetung, SK	Thursday	2:00 p.m.	
Pasqua, SK	Every Two Weeks – date TBA	10:00 a.m.	
Lake View Lodge, SK	Friday	9:30 a.m.	

Sept 20, 2023 updated