

Pickleball
Education
Hub
Wellness
Technology
Health
Affordable
Empowerment
Connectivity
Relocation
Parking
Mobility
Sport
Inclusive
Horticulture
Evening
Integration
Nutrition
Friendly
Fitness



MEMBERSHIP PARTICIPATION

A program planning study for the St. James Assiniboia 55+ Centre

ACKNOWLEDGEMENTS

I wish to acknowledge and express my greatest appreciation to all those who helped in preparation of this report. On behalf of the St. James Assiniboia 55+ Centre, we'd like to thank all the community members that participated in this data collection effort.

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CONTEXT

In 2012, the St. James-Assiniboia (SJA) 55+ Centre established a capital campaign proposal with the goal of building support and revenue for the St. James Civic Centre redevelopment project. At this time, the Board of Directors identified community profile development as a strategic priority to help build partnerships and support for the relocation. Actions to connect with new members and recreation service providers were outlined and assigned to increase the organizational capacity of the Centre. However, informal methods were used to achieve these objectives and therefore have minimal concrete value to date.

The purpose of this report is to identify programming areas of change that reflect regional and local levels of active-aging trends. Uncovering these themes will provide the SJA55+ organization the means to effectively accommodate membership demand by having a tool that helps guide capital and operational investments. Specifically, this report will briefly review 55+ Centre capacities within the City of Winnipeg boundaries, while delving into membership survey and focus group findings. These exercises will help identify strategic targets to enhance the membership experience and accommodate shifting needs. Through this process, active members of the SJA 55+ Centre will have their interests and concerns incorporated into future program and facility planning initiatives.

Goals

1. Review the 55+ Centre organizational landscape within the City of Winnipeg geographic boundary.
2. Engage St. James-Assiniboia 55+ members through collaborative public participation inquiries.
3. Identify program planning priorities for the St. James-Assiniboia 55+ Centre.

Outcomes

1. Prompt alternative program and accessibility strategies.
2. Enhance sense of organizational transparency, facility inclusiveness, and program stewardship.

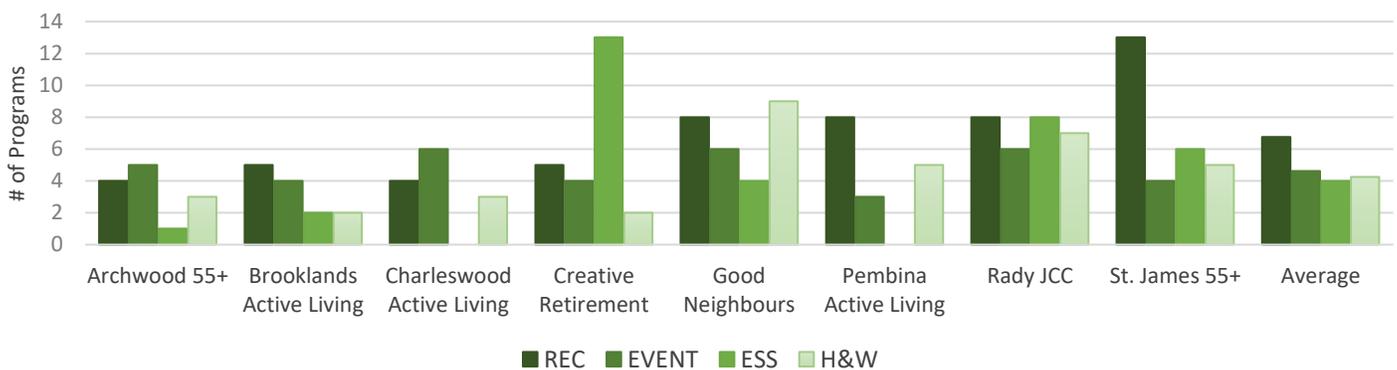
Active aging: From health to wellness programming

Community-based recreation centres are emerging as the primary source to deliver holistic wellness programs and services. A holistic approach towards wellness refers to the integration of mind, body and spirit as well as the impact of health determinants and their related quality of life outcomes across the life course. The Alberta Recreation and Parks Association (ARPA) synthesized 38 desired outcomes into five key areas relating to shared quality of life, including: capacity building, inclusive hubs, environmental stewardship, cultural development, and healthy spaces.¹ The SJA55+ Centre has the potential to become a city-wide leader in this type of integrated service delivery, particularly by embracing these principles throughout the facility relocation process.

Active living centre’s in Winnipeg and abroad are beginning to shift towards a multi-functional model where education, recreation, and support services are co-located to serve diverse demographics through a ‘one-stop-shop’ approach. Few 55+ Centre’s in Winnipeg have adopted this model, though centres such as Rady Jewish Community Centre (CC) and Bronx Park CC have begun to realize the shared benefits and positive health outcomes of balancing creative arts, sport for life, adapted fitness, and lifelong learning programs. Increasingly, leisure time is becoming scarce and people are looking for unstructured, individualized wellness pursuits that are both flexible and convenient in nature. Such activities may include hiking, trail walks, meditation gardens, cycling paths, gardening, and cultural tourism (tangible and intangible). These activities produce participation benefits that extend to groups of people with vast age, gender, cultural, ability and educational differences. An overview of core active-aging benefits can be found under Appendix A.

Figure 1 provides an inventory overview of the programs and services offered at prominent 55+ Centre’s across Winnipeg. The data below is limited to online resources only and is therefore subject to be partially incomplete. Program categories are broken down into Standard Recreation (REC); Special Events and Outings (EVENT); Education and Support Services (ESS); and Health & Wellness (H&W). Many Centre’s across Winnipeg tend to focus their programming on drop-in recreation and special events – with the exception of Creative Retirement, Good Neighbors Active Living, and Rady JCC. A summary of common and unique programs abroad that are not currently offered at the SJA55+ Centre can be found under Appendix B.

Figure 1. 55+ Centre Program Capacities within the City of Winnipeg



MEMBER PARTICIPATION

Survey and focus group methods were used to inform and empower members at large with the purpose of consolidating collective interests and concerns related to programs and services at the SJA55+ Centre. The membership survey was available to the public for four weeks and consisted of three target areas: member demographics; participation values/motivations; and service delivery feedback. Despite receiving a relatively positive response rate of 10.4%, the results are subject to a convenience sampling bias. In other words, the results do not provide an accurate representation of the membership pool in its entirety, but rather, it illustrates the dynamic of the most frequent SJA55+ members. The survey received 76 total responses, 49% of which identified as a frequent members (participate at least once per week); 34% casual; 12% non-member; and 5% volunteer.

In support of the survey inquiries, a program planning workshop was held with the purpose of exploring alternative program strategies through a more interactive approach. Twelve members were given a brief overview of active-aging trends occurring at multiple levels of service, followed by an interactive investment planning exercise. Through this exercise, members were forced to make key investment decisions concerning five prominent program themes, including: Creative arts; performing arts; lifelong learning; health and wellness; and sport for life.

1.1. Demographics

A steady influx of newcomers over recent years has led Canada, and Manitoba in particular, to endure a young yet aging population trend. This includes a growing number of baby-boomer retirees accompanied by an influx of young families that bring diverse cultural backgrounds. St. James is one of Winnipeg's most stable and mature communities that has, for many years, declined in population until recently when marginal growth was documented.² Similarly, the vast majority (76%) of membership survey respondents reported being over the age of 65 years.

Among the most active and frequent SJA55+ participants, approximately half live widowed, single, and/or divorced, which may be influenced by the large number of women age 65 and over. Manitoba projections indicate that as 'baby-boomers' move throughout age cohorts, the number of people age 65 to 74 years will account for 10.4% of the population by 2030 – equivalent to an increase of approximately 70,000 people.³ Together, these emerging demographic trends highlight the need to proactively strategize meet competing demands.

Figure 2. Membership Age Distribution

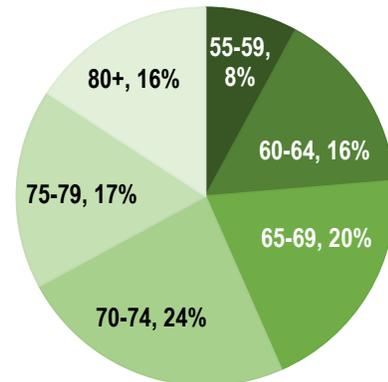


Figure 3. Membership Marital Status

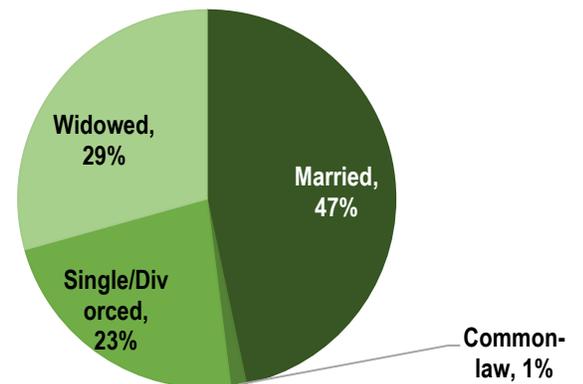
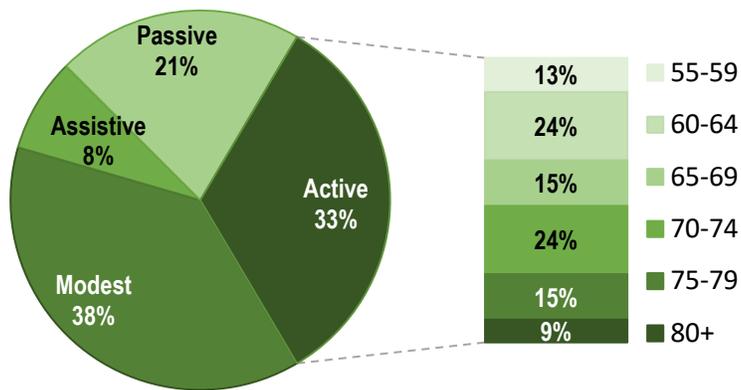


Figure 4. Membership Mobility by Age



Respondents were asked to rate their perceived level of mobility with respect to their peers. 'Assistive' refers to an adapted device used to aid mobility; 'Passive' refers a degree of cautiousness when participating in moderate-intensity physical activities; 'Modest' refers to a greater degree of confidence when participating in moderate physical activities; and finally, 'Active' refers to the greatest degree of confidence when participating in most moderate-to-vigorous physical activities.

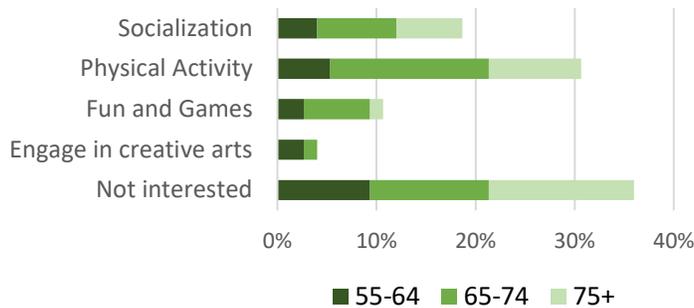
Figure 4 illustrates the mobility patterns surrounding current members, which is then further broken down by the age cohorts that reported having an active level of mobility. The self-reported 'active' members seem to remain fairly balanced across age cohorts. Despite positive self-reported health among older adults, evidence suggests that functional capacity typically declines with age and is compounded by low levels of physical activity.⁴ Gradually, this decline in both capacity and physical activity consequently leads to a more isolated social network and ultimately a loss of independence. To prevent and mitigate the onset of this negative trajectory, program planning initiatives must account for all mobility patterns, particularly through a bottom-up approach where assistive and passive needs are carefully considered.

1.2. Values & Motives

SJA55+ members were asked to identify their most important membership quality, in addition to their primary motive for participating in special events, food and friendship, standard recreation, and educational programs. The purpose of this set of questions was to evaluate the benefits and outcomes that members seek when contemplating participation. High quality food and friendship (29%) and adapted fitness (28%) programs took the lead as the most important membership benefit. Other notable qualities that members identified include: relevant educational workshops, discounted support services, and passes for additional sport activities.

In terms of the outcomes that drive participant motivation, the majority of respondents indicated socialization as the primary motive for participating in programs at the SJA55+ Centre. However, besides socialization, there are some notable differences between program categories that may underlie larger motivational factors. For example, members may seek deep cultural meaning when participating in special events, whereas a shallow sightseeing incentive may take precedence when registering for food and friendship programs. Nonetheless, identifying the purpose and desired outcomes that members attach to a program is essential to understanding broad participation patterns.

Figure 5. Motives to participate in Standard Recreation programs

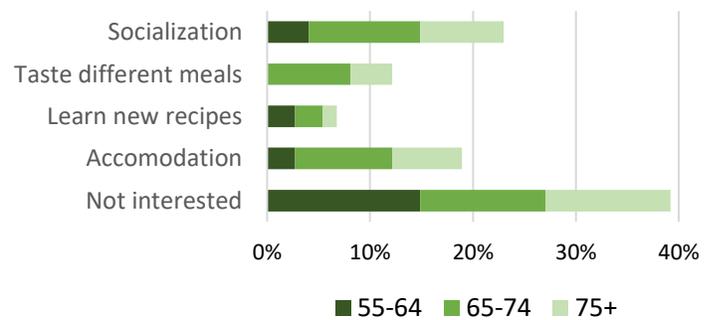


recreation programs; Yet there are currently only three standard recreation programs offered by SJA55+ Centre that provide an opportunity to engage in moderate levels of physical activity (i.e. pickleball, floor curling, and bowling). Pickleball and floor curling in particular have limited functional capacity in large part due to the lack of adequate space in relation to membership demand. Additionally, nearly half (42%) of all respondents indicated they do not participate in standard recreation programs – further illustrating a gap between program delivery and membership demand.

1.2.2. Food and Friendship. Food and friendship programs offer great potential for socialization, cross-cultural experiences, and dietary alternatives. As evident in the survey responses, members value these benefits and participate based on this potential. Beyond the desire to socialize and meet new people, most respondents emphasized learning/tasting new meals (22%) and general accommodation (19%) as the most important participation factors. Many of those who selected the latter indicated that having a standard recreation program accompanied by a food and friendship program would significantly increase the chance that they participate. The remaining 39% reported having no interest in the SJA55+ Centre’s food and friendship programs. Several members suggested incorporating ethnic themes into the congregate meal planning process as a means to address the lack of interest, in addition to having alternative hosts throughout the community.

1.2.1. Standard Recreation. For the purpose of this report, standard recreation program refers to the formal delivery of interactive art, sport, and social activities. This definition encompasses many of the core programs offered at the SJA55+ Centre and facilitates much of the membership involvement – via programs such as Cards and Scrabble, Lunch and a Movie, Pickleball, etc. Interestingly, nearly one-third (31%) of survey respondents indicated physical activity as the primary reason why they participate in standard

Figure 6. Motives to participate in Food and Friendship programs



1.2.3. Special Events. Values and motivations that underlie special event participation were uncovered using McKercher’s (2002) cultural participation dimensions; whereby the significance of cultural motives and the level of experience are used in conjunction to classify participant values.⁵ In other words, the survey sought to measure membership values based on the importance of cultural meaning and the depth of involvement. For example, the option of ‘sightseeing and exploring new environments’ would embody high cultural meaning with a shallow experience; whereas ‘learning and engaging in meaningful activities’ would consist of high cultural centrality and a

deep sought after experience. Survey results indicate that many members (31%) primarily seek a deep experience with high cultural importance, that is, to learn and engage in meaningful activities during a special outing. Similarly, 22% of respondents said that sightseeing and exploring new environments (shallow experience/high centrality) is their primary motive to participate in special events. In fact, special events and outings received the lowest non-participation rate (17%) among all program categories, suggesting a broader appeal to members at large.

1.2.4. Educational Workshops. Unlike the multiple choice questions surrounding standard recreation, food and friendship, and special event programs; a multi-selection format was used to measure the direction of educational workshops at the SJA55+ Centre. As a result, 140 total selections (1.84 selections on average per respondent) were recorded. Educational themes that were measured include health-related presentations, information technology (IT) workshops, introductory leisure (i.e. learning a new skill), and advanced leisure (i.e. improving an existing skill). The older age group primarily seeks health-related workshops (e.g. *Minds in Motion*, Osteoporosis/fall prevention, *Mindfulness without Meditation*, etc.), whereas the younger demographic has a stronger desire to learn and acquire new skills through introductory classes (e.g. Creative Cloud, language lessons, origami, stained glass painting, etc.).

1.3. Service Delivery Feedback

Documenting the values and intrinsic motivations of SJA55+ members provides the Centre with a restored participant understanding that is needed to effectively prioritize operational investments. This section aims to assess and uncover high-level program priorities by comparing reported strengths, weaknesses, and barriers of the SJA55+ Centre with participatory investment strategies as identified via the program planning workshop. For the most part, members agreed on the SJA55+ Centre’s strengths and weaknesses – as seen in figure 9. However, fitness programs were rated as the second highest strength and while also being reported as the third most prominent weakness. We speculate that this discrepancy is an indirect result of limited financial and physical resources needed to accommodate the demand for wellness programs. While the SJA55+ Centre’s fitness programs are currently well-utilized (likely by those that selected fitness programs as a strength), those that cannot access the programs due to capacity constraints likely selected fitness programs as the Centre’s weakness. Nonetheless, it is worth noting that the survey question regarding the SJA55+ Centre’s weakness received 39 responses as opposed to 71 responses for the corresponding ‘strength’ question – further illustrating the difficulty for members to identify a primary weakness of the Centre.

Figure 7. Motives to participate in Special Events

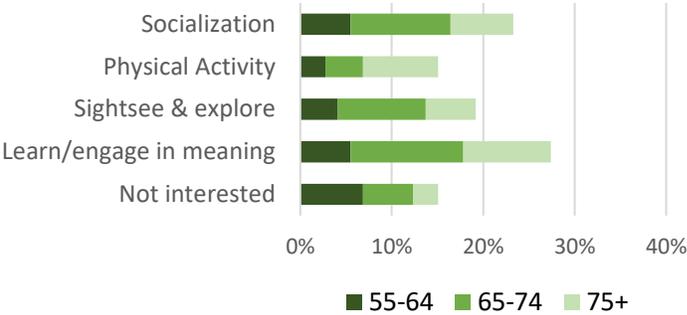


Figure 8. Educational Workshop Themes

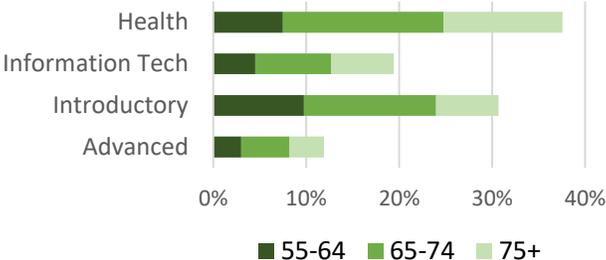
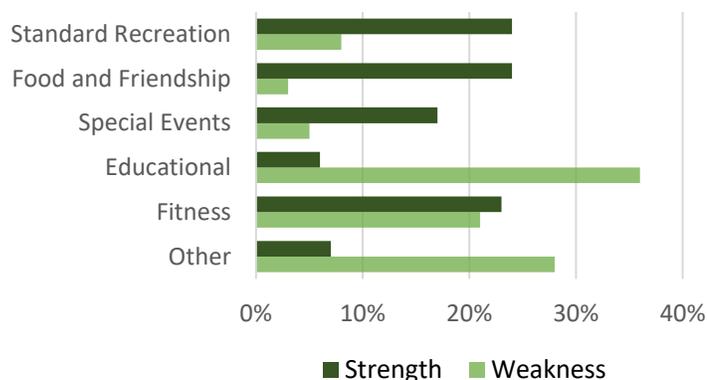


Figure 9. Membership-reported strengths vs weaknesses of the SJA55+ Centre



A common topic around perceived barriers to participation was transportation and parking, which in fact, constitutes most of the 'other' weakness that was heavily reported in figure 9. Public transit and parking has been, and will continue to be, a top priority for SJA55+ members and will be advocated on their behalf by staff and the board of directors to address this issue. Many of the prevalent participation barriers stem from interpersonal factors such as schedule conflicts and lack of social support, desire or information related to the program. A number of members that participated in

the program planning workshop agreed that an annual 'new members' event would help mitigate, to an extent, some of the interpersonal barriers that may exist. This type of function would serve to distribute information on programs and services, connect new members with existing members, and become familiarized with the Centre.

One potential barrier that was omitted from the survey, which perhaps may be relevant to younger or prospective SJA55+ members, can be thought of as 'Centre perception'. Perception becomes a barrier when negative thoughts or attitudes become associated with particular programs or services. Many times, these attitudes are hidden subconsciously and are embodied without awareness. Several formal and informal conversations with members have confirmed this reality, whereby the physical association of the SJA55+ Centre and Deer Lodge Centre is automatically attributed to a service delivery association. As a result, the palliative approach by which Deer Lodge operates is also perceived to be embraced by the SJA55+ Centre, in addition to being subconsciously reinforced by a predominantly older membership demographic.

To grasp a level of member satisfaction, respondents were asked to rate the SJA55+ Centre based overall service provision using a Likert scale. An astounding 93% selected 'Excellent' or 'Good' to describe the membership experience, with the remaining 7% selecting 'Average'. Additionally, open-ended questions were used to revisit the vision of the Centre and brainstorm ideas that help realize this potential. Themes that emerged from this representation include: expanded amenities; improved parking; healthy and nutritional options; connection between external recreation organizations; and broader membership appeal through the establishment of a volunteer-led program development committee. The full list of responses to this long-term vision question were coded and reprinted on a word-cloud visualization that is found on the title page of this report.

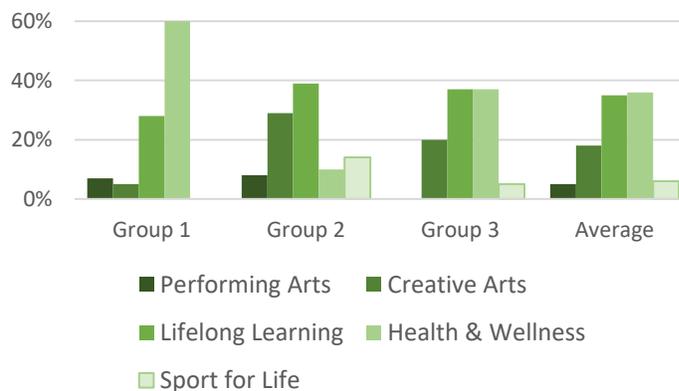
PROGRAM PRIORITIES

The program planning workshop, held July 2018, took a collaborative public participation approach where members took the lead in the development of program alternatives. Through this process, key active-aging trends were illustrated at various levels (including preliminary survey results) with the purpose of envisioning potential conditions of change. Additionally, members were asked to plan how they would like to participate in the future through an interactive cost-benefit exercise. Those who attended the workshop were divided into three groups and were given a scenario where \$30,000 dollars was to be allocated across several program improvements. Five overarching themes (i.e. Performing Arts, Creative Arts, Lifelong Learning, Health and Wellness, and Sport for Life) were provided with numerous corresponding program alternatives (i.e. Crafting, Curling Club, Photography, etc.). Each program alternative contained an initial cost and a reduced cost based on the shared-use association with other programs. For example, investing into a computer lab would in turn reduce the overall cost of having a photography class by having the necessary editing software readily available.

Figure 10 illustrates the distribution of each group's program budget. Despite health and wellness programs receiving a slightly higher average percentage of the proposed budget at 36%, lifelong learning was the only program theme that was identified by each group as a top priority. The majority of 'lifelong learning' costs were due to most groups opting to invest in computer software, which in turn would allow for an array of information technology workshops, including: photography, language lessons, genealogy classes, filming, etc.

The proximity of the St. James Civic Centre offers opportunities to collaborate with external recreation organizations to deliver mutually-beneficial services, however, 'performing arts' and 'sport for life' received the least amount of interest during the program planning workshop. Nonetheless, establishing partnerships between organizations such as Deer Lodge Curling Club, Deer Lodge Tennis Club, Assiniboine Golf Club, St. James Lawn Bowling Club, etc., may help broaden the scope of the SJA55+ as a civic hub for all ages. It is important to understand that 'sport for life' may not be in the interest of current members, though it creates an opportunity for prospective members to become associated with the SJA55+ Centre. In contrast, 'creative arts' may appeal to a greater amount of current members at large through unique low-cost workshops. This includes crafting (stained glass, card making, wood carving, paint nite, etc.); creative writing; horticulture production; cultural cook and eat, and drop-in game night. The challenge of balancing these types of functions fall upon the need for proactive leadership from members to help sustain a sufficient level of program involvement that is required to offset costs.

Figure 10. Investment Planning Results: Program Themes and Opportunities



MOVING FORWARD

Following a brief review of active-aging trends at various levels, it is evident that the SJA55+ Centre is not only meeting the programming needs of the most active and involved membership segment, but are also setting a critical precedent among Manitoba senior centres towards an intergenerational service delivery model at a regional scale. The ideal relocation strategy would embody five principles as foundations for action.¹ *Capacity building* via collaboration with external recreation organizations, establishment of a volunteer-program development committee, and improved funding procurement initiatives; *Inclusive hub* via centralized wellness promotion programs that attempt to serve the larger age and ability spectrum; *Environmental stewardship* via community garden space/natural vegetation, intergenerational programming, and resource preservation; *Cultural development* via enhanced creative arts, heritage conservation, and relevant educational/interactive workshops; and *Healthy spaces* via additional health and wellness programs, bike racks/pedestrian connectivity, and improved aesthetics.

We speculate that the survey respondents and workshop attendees represent the majority of the most active and involved members of the SJA55+ Centre located at 203 Duffield Street. This particular membership segment is relatively older in age (65+), single/divorced, and has a modest-to-active self-reported level of mobility. Servicing this segment in silo has perpetuated an implicit social barrier that is based on negative connotations of Deer Lodge Centre. However, the common outsider perception of the SJA55+ Centre can be revitalized through the facility relocation and program development process by which new markets are targeted. A greater variety of educational workshops and additional health and wellness programs were collectively identified as the top program priorities. These priorities shall be creatively incorporated into short, mid, and long-term program planning initiatives with the understanding that programs often act as both a resource and a barrier. Among many barriers to participation, registration cost, disability, and transportation were found to be most prevalent.

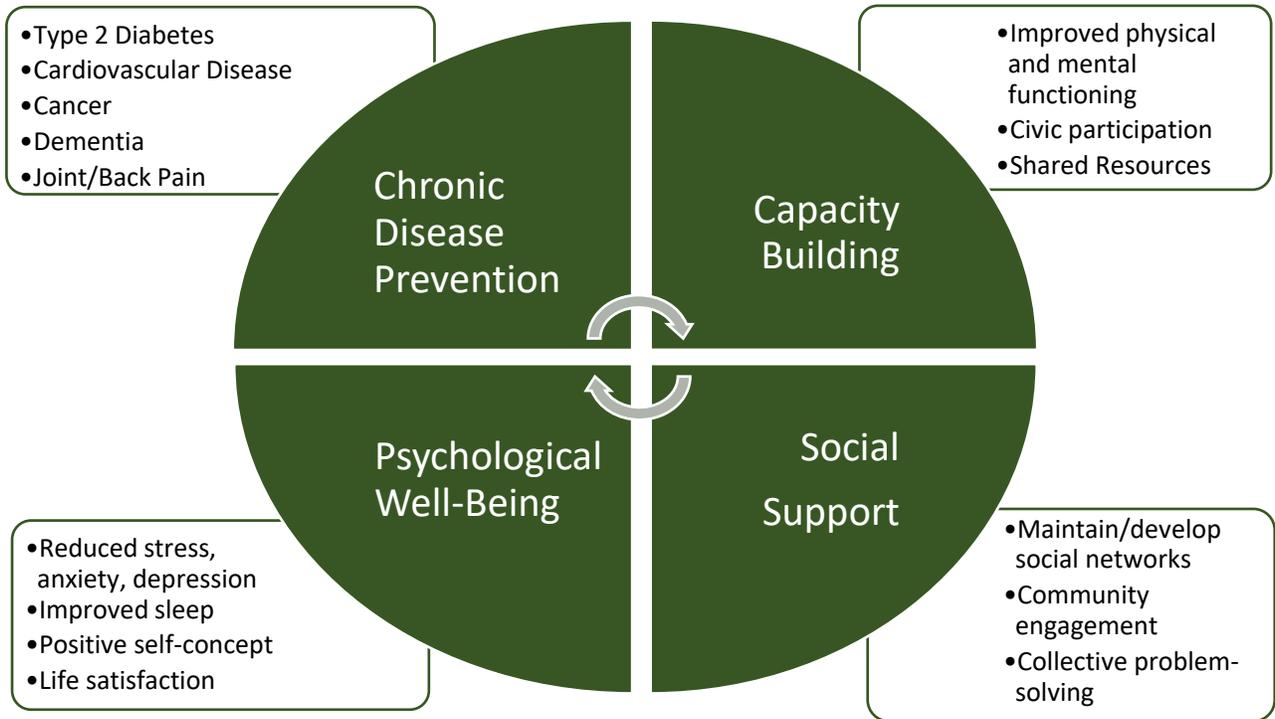
Although many individuals expressed the need for improved parking, additional studio space, and nutritious alternatives as a means to enhance the membership experience, overall feedback on the delivery of programs and services at the SJA55+ Centre was notably positive. Additional efforts are needed to engage prospective members and incorporate emerging family and cross-cultural needs into program planning initiatives while continuing to promote active-aging among the older population. Embracing this holistic wellness approach goes beyond simply having a multi-functional facility and requires an active living service delivery philosophy that prioritizes integrative and innovative programs that bridge generations together. Nonetheless, the SJA55+ is a leader among senior recreation centres across Manitoba and shall continue to pursue a holistic-intergenerational model by which social opportunities are not limited to age, gender, or ability.

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APPENDIX A

Core Active Aging Benefits



APPENDIX B

City-wide 55+ Program Inventory

Centre	AM Fee	Program(s)	Type	STJA55+	Fee (M)	Fee (NM)
Archwood 55+	\$25.00	Lunch w/ Presentation	REC	Yes	\$7.00	\$9.00
		Yoga	H&W	Yes	\$5.00	\$7.00
		Zumba/Full Body Workout	H&W	Yes	\$5.00	\$7.00
		Meditation	H&W	Occasionally	\$7.50	\$10.50
		Art- Watercolour/Acrylics	REC	Yes	\$7.00	\$10.00
		Drums & Dance	REC	No	\$5.00	\$7.00
		Line Dancing	REC	Yes	\$5.00	\$7.00
		Block Therapy	ESS	No	\$5.00	\$7.00
		Syrup Festival (St. Pierre-Joly)	EVENT	No	\$25.00	\$27.00
		Celebrations Dinner	EVENT	Yes	\$40.00	n/a
		Dalnavert Museum	EVENT	No	\$15.00	\$16.00
		Goldeyes	EVENT	Occasionally	n/a	n/a
		Gimli Trip- Farm Trip & Pizza Tour	EVENT	No	n/a	n/a
Brooklands Active Living	\$20.00	Floor Curling	REC	Yes	\$2.00	n/a
		Card Making	REC	No	\$15.00	n/a
		Paint Nite	REC	No	\$40.00	n/a
		Bingo & Lunch	REC	No	\$5.00	n/a
		Reflexology	ESS	Yes	\$20.00	n/a
		Head/Hand Massage	ESS	Yes	\$20.00	n/a
Charleswood Active Living	\$30.00	Moms Pancake Breakfast	EVENT	Occasionally	\$6.00	n/a
		Urban Poling (X Country)	EVENT	No	\$10.00	n/a
		Flower Class	EVENT	Yes	\$20.00	n/a
		Bud, Spud, & Steak	EVENT	Occasionally	\$30.00	n/a
		Club Regent Casino Outing	EVENT	Yes	\$10.00	n/a
		Homemade Lunch	REC	Yes	\$7.00	n/a
		Royal Wedding High Tea	EVENT	Yes	\$30.00	n/a
		Full Body Workout/Zumba	H&W	Yes	\$6.00	\$9.33
		Yoga Class/Tai Chi	H&W	Yes	\$6.00	\$9.33
		Barre Fitness (Dance, Core, Yoga)	H&W	No	\$6.00	\$9.33
		Garden Insect Class (Buzz Off)	EVENT	No	Free	Free
		Pickleball	REC	Yes	\$2.75	\$5.50
		Bocce Ball	REC	No	\$7.50	n/a
Cribbage/Rummoli/Bridge/Canasta	REC	Occasionally	\$7.50	n/a		
Creative Retirement	\$40.00	Bidding Skills	REC	No	\$15.00	\$20.00
		Origami (Paper Folding)	REC	No	\$13.75	\$19.25
		Pen & Ink (traditional drawing)	REC	No	\$13.33	\$18.33
		Bracelet Making	REC	No	\$17.50	\$25.00
		Adobe Photoshop Class	ESS	No	\$3.00	n/a
		Mac/Computer Club	ESS	No	\$3.00	n/a

Centre	AM Fee	Program(s)	Type	STJA55+	Fee (M)	Fee (NM)
Dakota CC 55+	\$15.00	Genealogy (Family Tree)	ESS	No	\$3.00	n/a
		Photography Club	REC	Yes	\$3.00	n/a
		Science Club	ESS	No	\$3.00	n/a
		Assiniboine Walking Club	H&W	No	\$2.00	n/a
		Video/Film Club	ESS	No	\$3.00	n/a
		Intro to Computers (I/II)	ESS	Occasionally	\$12.22	\$16.66
		History Presentations (2hr)	ESS	Yes	\$10.00	\$14.00
		French/Spanish (3 levels each)	ESS	No	\$15.00	\$21.25
		Topic Specific Lectures	ESS	Occasionally	\$12.00	\$15.00
		Yoga	H&W	Yes	\$10.00	\$14.00
		Mindfulness without Meditation	ESS	Occasionally	\$12.00	\$15.00
		Estate Planning	ESS	No	\$12.00	\$15.00
		Retirement Savings	ESS	Occasionally	\$12.00	\$15.00
		iPad/iPhone Training	ESS	Occasionally	\$16.66	\$23.33
		Birds Hill	EVENT	Occasionally	n/a	n/a
		Half Pints Brewery	EVENT	No	n/a	n/a
		St. Boniface Tour	EVENT	No	n/a	n/a
		Winnipeg Police Museum	EVENT	No	n/a	n/a
		Cribbage/Cards	REC	Occasionally	\$3.00	n/a
		Floor Curling	REC	Yes	\$4.00	n/a
		Group Fitness	H&W	Yes	\$6.25	n/a
Pickleball	REC	Yes	\$1.00	\$5.00		
Good Neighbours Active Living	\$35.00	Spring Concerts	EVENT	No	n/a	n/a
		New Members Party	EVENT	No	n/a	n/a
		Wine Raffle Fundraiser	EVENT	No	\$3.00	n/a
		Cavalia	EVENT	No	\$140.00	n/a
		Royal Canadian Mint	EVENT	Occasionally	\$30.00	n/a
		St. Boniface Tour	EVENT	No	\$30.00	n/a
		Movie	REC	Yes	\$3.00	\$4.00
		Intro to Meditation	H&W	Yes	\$15.00	\$18.75
		Acrylic Art	REC	Occasionally	\$25.00	\$30.00
		Kijiji Workshop	ESS	No	\$15.00	\$20.00
		Intro to Pintrest	ESS	No	\$15.00	\$20.00
		Yoga/Pilates	H&W	Yes	\$8.00	n/a
		Belly Dancing	H&W	Yes	\$8.00	n/a
		Drums Alive	H&W	Yes	\$8.00	n/a
		English Country Dancing	H&W	Yes	\$8.00	n/a
		Fit & Tall	H&W	Yes	\$8.00	n/a
		Functional Movement	H&W	Yes	\$8.00	n/a
		PACE (Arthritis)	H&W	No	\$4.25	\$8.75
		Yoga	H&W	Yes	\$8.75	\$17.50
Drawing/Painting	REC	Yes	\$11.25	\$20.00		

Centre	AM Fee	Program(s)	Type	STJA55+	Fee (M)	Fee (NM)	
Pembina Active Living	\$20.00	Pickleball	REC	Yes	\$2.00	n/a	
		Carpet Bowling	REC	No	\$1.00	n/a	
		Board Game Club	REC	Occasionally	\$1.00	\$2.00	
		Saturday Night Drop-In	REC	No	\$1.00	\$2.00	
		Woodcarving	REC	Yes	\$1.00	\$2.00	
		Garden Club	REC	No	\$2.00	\$3.00	
		Cycling Club	H&W	No	\$0.00	n/a	
		Line Dancing	REC	Yes	\$6.25	n/a	
		Painting Club	REC	Occasionally	\$10.00	n/a	
		Writing Club	REC	No	\$7.00	n/a	
		Cards/Cribbage	REC	Yes	\$2.00	\$2.00	
		Luncheon	REC	Yes	Varies	n/a	
					Green		
		Golf Club	REC	No	Fee	n/a	
		Bowling Club	REC	Yes	\$10.00	n/a	
		Zumba/Full Body Workout	H&W	Yes	\$4.00	n/a	
		Resistance Training	H&W	Occasionally	\$5.00	n/a	
		Pilates	H&W	Occasionally	\$8.00	n/a	
		Yoga	H&W	Yes	\$8.00	n/a	
Rady JCC	\$53.00	Guest Lecture	ESS	No	\$7.00	\$10.00	
		Film Series	REC	Yes	\$9.00	\$11.00	
		Cultural/Themed Party	EVENT	Occasionally	Free	\$5.00	
		Hebrew/Spanish Class	ESS	No	\$11.85	\$14.35	
		Israeli Dance	REC	No	\$5.00	\$6.00	
		Lecture/Discussion Series	ESS	Occasionally	\$10.00	\$12.00	
		Boxing Boot Camp for Boomers	H&W	No	\$8.25	\$10.25	
		Flex Pass (Multiple programs)	H&W	No	\$8.50	\$10.50	
		Yoga	H&W	Yes	\$12.00	\$15.00	
		Pickleball	REC	Yes	Free	n/a	
		Apple Device Training	ESS	Occasionally	\$5.00	\$7.50	
		Summer BBQ	EVENT	Yes	\$10.00	\$14.00	
		Drive Safely Course	ESS	Occasionally	Free	Free	
		Osteoporosis Program	ESS	No	Free	Free	
		Parkinsons Exercise Program	H&W	No	\$7.00	\$8.88	
		Minds in Motion	ESS	No	\$3.50	n/a	
		Learning with the Generations	ESS	No	n/a	n/a	
		Cards & Games	REC	Yes	\$3.00	\$3.00	
		Choral Group	REC	Occasionally	\$3.00	\$3.00	
		Badminton	REC	No	\$10.00	\$11.66	
Southdale/Seine River Seniors	n/a	PACE/Boot Camp/Weights	H&W	Yes	n/a	\$5.50	
		Yoga	H&W	Yes	n/a	\$6.00	
		Line Dancing	REC	Yes	n/a	\$7.00	
		Cards & Games	REC	Yes	n/a	\$3.00	

Centre	AM Fee	Program(s)	Type	STJA55+	Fee (M)	Fee (NM)
St. James-Assiniboia 55+	\$40.00	Yoga	H&W	Yes	\$6.00	\$8.00
		Fitness Safety Orientation	H&W	Yes	\$5.00	n/a
		Lite n'Lively	H&W	Yes	\$6.00	\$8.00
		Zumba	H&W	Yes	\$6.00	\$8.00
		Lunch/Movie	REC	Yes	\$10.00	\$12.00
		Book Club	REC	Yes	Free	n/a
		Bowling Club	REC	Occasionally	\$3.50	\$3.50
		Art Club	REC	Yes	Free	n/a
		Coffee Talk	REC	Yes	\$1.00	\$1.00
		Floor Curling	REC	Yes	\$2.00	n/a
		Lunch with Friends	REC	Yes	Pay per	Pay per
		Men's 55+ Club	REC	Yes	Free	n/a
		Pickleball	REC	Yes	\$2.50	\$5.00
		Scrabble	REC	Yes	Free	\$2.00
		Shuffleboard	REC	Yes	Free	\$2.00
		Stamp Club	REC	Yes	Free	n/a
		Singsationals	REC	Yes	\$1.50	n/a
		Acrylic Painting	REC	Occasionally	\$10.00	\$12.50
		Foot Care	ESS	Yes	\$35.00	\$43.00
		Massage Therapy	ESS	Yes	\$65.00	\$70.00
		Parkinson's Support Grp	ESS	Yes	Free	Free
		Reflexology	ESS	Yes		
		Stroke Recovery Grp	ESS	Yes	Free	Free
		Cooking Club	REC	Yes	n/a	n/a
		Presentations	ESS	Yes	\$4.00	\$5.00
		Food and Friendship	REC	Yes	\$10.00	\$12.00
		Meditation	H&W	Occasionally	\$15.00	\$17.50