

MISSION STATEMENT

To serve the evolving needs of Seniors, families and the community through specifically designed facilities, personalized services and quality programs.

GENERAL INFORMATION

The Lions Place Adult Day Club is located in Lions Place at 610 Portage Avenue. This social Day Program for seniors is funded by Manitoba Health and sponsored by Lions Housing Centres.

Referrals to the program are made through Winnipeg Regional Health Authority (Home Care)
Phone Number: 204-788-8330

LIONS HOUSING CENTRES

Lions Housing Centres is a non-profit organization sponsored by the Lions Club of Winnipeg, an affiliate of Lions International, a worldwide service club since 1921.



Lions Housing Centres



STAFF TEAM:

Recreation Manager:
Katharine Yurkiw

Recreation Coordinator:
Christine Schroeder Hubert

Assistant Coordinator:
Melanie Camara

Recreation Assistant:
Leah Bissonnette

Welcome to Lions Place Adult Day Club

610 Portage Ave.
Winnipeg, MB
R3C 0G5

Phone: (204) 784-1229
Fax: (204) 784-1211

DAILY ACTIVITIES

Tuesday – Friday

10:00 a.m. – 3:45 p.m.

Members are picked up by a driver from Vital Transit. The driver is trained to provide assistance and support during transport to and from the Day Club.

PHYSICAL FITNESS:

Chair exercises to music are offered every morning. Members have the opportunity to use the walking track with a continuous handrail. Trained staff is in attendance at all times.

NUTRITION:

During the day, a morning snack, hot lunch, and juice are provided.

MENTAL FITNESS:

A variety of games, discussion groups and educational opportunities are provided based on input and suggestions from Day Club members.

RECREATION:

Balloon volleyball, bowling, pool, curling, shuffleboard, etc. are some of the recreational activities provided for our members.

SOCIALIZATION/WELLNESS:

The Adult Day Club provides a program enabling members to socialize together with their peers. They have the opportunity to:

- Socialize over morning coffee, lunch, and afternoon juice
- Be involved in positive experiences such as a monthly music program
- Experience new activities
- Participate on a variety of outings
- Have a great time together

MEMBERSHIP FEE:

\$8.75 per day

DAILY SCHEDULE

9:00 – 9:45 Pick up Members

10:00 Arrive

10:00 – 10:45 Morningside

10:45 – 12:00 Physical Fitness

10:45 Walk-a-lap

11:00 Warm –up,
Muscle, &
Strength
Endurance

12:00 - 1:00 Juice & Mental
Fitness Activities

1:00 - 2:00 Lunch

2:00 - 2:30 Rest & Relaxation

2:30 - 3:15 Recreation

3:15 - 3:30 Juice & Sharing
Circle

3:30 - 3:45 Coats and Transit
Downstairs

3:45 Depart

The program is designed to allow members to pace themselves during the day, have fun and choose activities they enjoy.