

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 Concordia Adult Day Club is located in the Concordia Place Mall, 1100 Concordia 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.

STAFF TEAM:

Recreation Manager:
Katharine Yurkiw

Recreation Coordinator:
Kyleigh Ridenour

Recreation Facilitator:
Alyssa Rowe

Meal Assistant
Ranjana Sharma



Lions Housing Centres



Welcome To Concordia Adult Day Club

116 – 1100 Concordia Ave
Winnipeg, MB
R2K 4B8

Phone: (204) 661-2298
Fax: (204) 667-9916

DAILY ACTIVITIES

Tuesday – Thursday

10:00 a.m. – 3:30 p.m.

Friday 10:00 a.m. – 3:15 p.m.

Transportation provided by Vital Transit. Their friendly driver is trained to provide assistance and support during transport to and from the Day Club.

SUPPORT:

Our program provides qualified staff and dedicated volunteers. We offer a kind and gentle care approach not only to members, but also to your families and caregivers.

PHYSICAL FITNESS:

You'll have the opportunity to use the walking track that has a continuous handrail. Trained staff is in attendance at all times.

NUTRITION:

A warm muffin and coffee/tea awaits your arrival to club. The delicious lunch is always hot and nutritious.

MENTAL FITNESS:

A variety of games, cards and brain stimulating activities.

RECREATION:

Recreational games are enjoyed weekly.

ENTERTAINMENT:

Once a month entertainers provide music in the afternoon.

EDUCATION: Expanding our knowledge with interesting topics.

OUTINGS: Out and about for lunch... or shopping or ice cream is an option we sometimes take.

MEMBERSHIP FEE:

\$18.47 per day.

FRIDAY PACESETTER

PROGRAM:

Our program offers an enabling wellness approach to meeting your needs. Your membership gives you the opportunity to:

- Have fun
- Be involved in positive experiences
- Share your talents
- Gain new friendships
- Experience new activities

DAILY SCHEDULE

10:00 Members arrive at Club

10:00 – 10:30 Morningside

10:30 – 11:00 Walk-a-lap

11:00 – 12:00 Mental Fitness
Games

12:00 – 12:30 Chair Exercises

12:30 – 1:30 Lunch

1:30 – 2:00 Rest & Relaxation

2:00 – 3:00 Recreation, Education
or Entertainment

3:00 – 3:15 Juice/Coats

3:30 Departure

Our program is designed to allow members to pace themselves during the day, have fun and enjoy the activities provided.