

## Frequently Asked Questions

### **Why join the Centre?**

It is important to wake up with a purpose each day, and stay socially and physically active. The Centre is a great place to meet new friends, pursue your interests, hobbies and ever try some new activities. Membership benefits include:

- Guaranteed opportunity to participate in all the programs, many of which are not offered to non-members.
  - Receive a discounted price on instructional programs such as fitness classes, art classes or special events.
  - Access to our gym equipment when the gym is available
  - Priority when registering for programs
- And much more!

### **Do I have to be over 55 to become a member of the Centre?**

Actually, you can become a member no matter your age. By all means, come and take advantage of the fitness classes, special events and programs the Centre offers. You must however, be 55 plus to have a vote at our Annual General Meeting in June.

### **How do I get to the Centre?**

We are located at 5006 Roblin Blvd in the Municipal Building. Our office is located at the back on the building on the main floor and is most easily accessed off of Harstone Rd.

### **How do I register?**

Registration for programs and special events is easy. Just drop by the centre and fill out a registration form. You can also print the forms from our website and fill them out at your convenience. Fitness registration takes place September, January and April on a first come, first serve basis, but you can sign up at any time if there is still room in the class.

### **How can I pay?**

The Centre will take cheques or cash when paying for programs. If you are paying for multiple programs at once, you can write it all on one cheque. Unfortunately we are not equipped to take debit or credit cards at this time.

## Where Do I Park?

Our main parking lot is off of Harstone Rd. See the map below. There is also some parking off of Roblin Blvd. beside the library. We are also located on a major bus route.



## How Do I Become A Volunteer?

Volunteers are an essential part of the Senior Centre. Volunteer application forms are available at the Centre as well as on our website. Some of our volunteer opportunities include working as a receptionist, baking treats for our bake sales, or helping with special events. If you would like more information, do not hesitate to contact the office. There are many different ways you can become involved, and any amount of time you are willing to donate is greatly appreciated.

### **How Do We Decide the Costs of Programs?**

The Centre does everything possible to keep costs low. We charge the minimum amount for programs and fitness classes required to cover the cost of instructors. Social punch card programs have a small fee due to administration costs. There are general operating costs of running programs such as purchasing supplies for coffee. We have not raised our prices in years. The grants and funding that the Centre receives does not cover all the expenses to keep the doors open.