

CENTRE UPDATE – September 6, 2024

Centre Info & Reminders

Open House:

Thank you to the 150ish people that came out to some part of the Open House & BBQ yesterday and to the many Centre volunteers that planned, organized and executed the event. Thank you as well to Mighty Meats and Harvest Bakery for helping us keep the costs down. As usual our MLA, Kathleen Cook and our City Councillor, Evan Duncan were there to support us.



A special welcome to the new members that attended the event. We are happy to have you join the Centre.

Congratulations to Elaine Davidson who won the complimentary membership at the Open House.

Registration:

Registration begins on Monday, September 9th. Reminder that we use a staggered registration process. The information on how to register can be found in the [newsletter](#). Alternatively, you can check the program listing [here](#) to see when the registration for the program you are interested opens.

Registration is online and by phone. We do not do in person registration during the week of September 9th to 13th. If there are available spots in programs after that, you may register at the Centre.

Reminder that your membership must be up to date to register. Check [online](#) or call the Centre to confirm your membership is up to date.

Instructor update:

Regrettably Andrew Schindle will no longer be teaching Functional Fitness at the Centre. Andrew has assumed a full-time position at Dakota Community Centre. We will definitely miss him but wish him well.

Erv Single will be teaching the Functional Fitness class. He will follow some of the same format that Andrew had but will no doubt add his own style and flare. We appreciate that is able to step in on such short notice and know that you will enjoy his class.

Hearing Technology:

Hearing technology will be available to our members for all programming on request.

When you have signed up for classes and know your schedule for the upcoming few months, presentations and other Centre events, please contact reception via email (info@charleswoodsseiorcentre.org) or call in (204-897-5263) with your name and classes you would like to use the hearing technology in. If you are attending a program and you have not pre-registered please check in with Centre staff when you arrive and we will do our best to hook you up.

The equipment with assigned names on them will be available at the reception desk to sign in and out. The transmitters will be ready in the appropriate location. Instructions for use of the headsets will continue to be included in the headset bag. Staff will be available to assist with troubleshooting.

Resources you may find helpful:

Mental Health & Wellness Resource Finder:

The Mental Health and Wellness Resource Finder provides a number of mental health, wellness and addictions supports and resources for you and those you care about.

Click on the link for more information.

<https://sharedhealthmb.ca/services/mental-health/mental-health-and-wellness-resource-finder/>



Looking for **Supports**
for **Older Adults?**

Call **2•1•1**

FREE • CONFIDENTIAL • 24/7

A partnership between **211** Manitoba **A&O**
Support Services for Older Adults

The advertisement features a dark blue background with a red telephone handset on the right side. The text is white and bold, providing contact information for support services. At the bottom, there are logos for 211 Manitoba and A&O Support Services for Older Adults.



A&O

SENIOR CENTRE WITHOUT WALLS



Senior Centre Without Walls through A & O: Support Services for Older Adults offers free educational and recreational programs over the phone. The program reaches out to socially isolated older adults 55+ living in Manitoba. Individuals and groups are

welcome. There is no cost to register. Participants will be called 10 minutes before programming begins. Participants will also be given a toll-free number to access programs on their own if needed (no pins or access codes required).

[SCWW FALL GUIDE](#)

[SCWW FALL REGISTRATION FORM](#)

Canadian Red Cross Friendly Calls Program



The Canadian Red Cross Friendly Calls program helps address feelings of loneliness and isolation that so many have experienced in the wake of the COVID-19 pandemic. It is a **free service**.

The program matches people over the age of 18 with trained Red Cross volunteers who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

Volunteers provide wellness checks and weekly phone calls, and can help provide connections to community resources and other referral services.

Scheduled phone calls are tailored to meet each person's needs. Calls can range from a two-minute check-in to a longer, more social chat.

People can join the program by:

- contacting one of the program coordinators directly
- a referral from a family member or care provider
- a referral from community partners, such as social services, religious leaders, or seniors' group

Do you know someone who could benefit from the Friendly Calls program?

Would you like to train as a Red Cross Friendly Calls volunteer?

No experience necessary, all training provided.



Contact

Call: 1-833-979-9779

Email: friendlycallingmb@redcross.ca



SUPPORT FOR CAREGIVERS

This program provides a variety of services to informal caregivers and their loved ones.

SERVICES / PROGRAMS



TELEPHONE SUPPORT

Agency Social Workers make regular scheduled phone calls to caregivers to let them know they are not alone. Social Workers provide information and support.



ONE ON ONE SUPPORT

One on one support is provided by agency Social Workers. Caregivers are able to speak to someone who will listen, provide emotional support and connect them to resources, programs, and services.



SUPPORT GROUPS

Support groups provide a safe environment for caregivers to discuss their situation with others, share ideas, and provide support to one another.



COMMUNITY PRESENTATIONS

For a community presentation about Caregiving, please call Intake at (204) 956-6440.

Visit aosupportservices.ca to DONATE!

For more information please call
204.956.6440
email: info@aosupportservices.ca
www.aosupportservices.ca

Some Goings-on in the Community

A promotional poster for the Harte Trail Studio Art Tour. The background is a colorful geometric pattern in shades of purple, blue, and teal. At the top, a black banner contains the text "Harte Trail Studio Art Tour" in white serif font. Below this, four circular images are arranged: a colorful miniature village, a scenic lake view, a close-up of a stone sculpture, and a cluster of red flowers. To the right of these images, the text "September 21-22" and "10 am - 4 pm" is displayed in a black serif font. At the bottom, a teal banner contains the website "HarteTrailStudioTour.net" in white serif font.

Harte Trail Studio Art Tour

September
21-22
10 am - 4 pm

HarteTrailStudioTour.net

<https://www.hartetrailstudiotour.net/>



Brunch at the Charleswood Legion
6003 Roblin Blvd. Winnipeg
Sunday, September 22, 2024
11:00 AM to 1:30 PM



Scrambled Eggs Bacon & Sausage

French Toast OR Pancakes

Tickets \$10.00

Must be purchased in advance at the Legion

(204) 953 - 1240



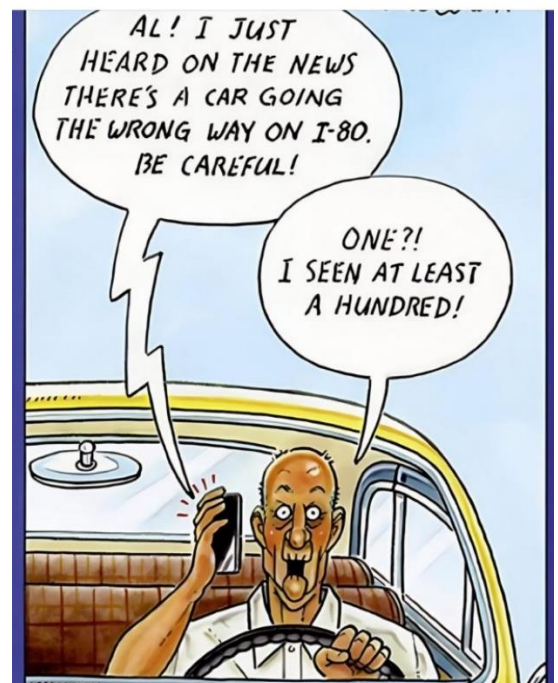
Love to sing but think you can't? Margaret's Choir could be for you. Welcome to Margaret's Choir. We are a non-audition community choir. Our purpose is to sing for personal, choral, and global harmony. We seek to make a difference for ourselves and for our community. We assemble for a new season and revised repertoire

each January and September, under the direction of our Artistic Director, Katy Harmer, with the piano accompaniment of Charmaine Bacon. Our repertoire is best described as varied and eclectic.

Click on the website link <https://margaretschoir.ca/> for more information.

A few funnies for your enjoyment

- Anyone hear the new joke about paper? It's tearable.
- This morning I accidently used the dog's shampoo. I feel like such a good boy.
- Why did the banana go to the doctor? Because it wasn't peeling well.
- I am taking steps to overcome my hiking addiction, but I am not out of the woods yet.
- Why don't ants ever get sick? Because they have little antibodies.
- I made a chicken salad last night. Apparently, they prefer grain
- My wife told me to put ketchup on the shopping list and now I can't read a thing
- Did you hear they arrested the devil? Yeah, they got him on possession.
- What's the difference between an outlaw and an in-law? Outlaws are wanted.
- Did you hear about the guy who got the left side of his body amputated? He's all right now.



Have a wonderful weekend.
Jakee Werbuk
Program Manager