



CENTRE UPDATE – May 3, 2024

Centre Info & Reminders

Fitness Class Drop-in spots

Drop-in spots are now available in the following classes. Fee is \$10 per class. Call the office at 204-897-5263 to register for any of the available spots. Class descriptions are available in the newsletter and on the registration portal.

Mondays

Balance & Bones 2:15pm

Barre Fitness 11:45am

Butts and Guts 1:00pm

Tuesdays

High Intensity Interval Training (HIIT) 9:15am

Sit & Fit 12:00pm

Yin Yoga 2:30pm

Wednesdays

Gentle Yoga 1:30pm

Hatha Yoga 2:45 pm

Pilates Spring 12:15pm

Total Body Fitness 9:30am

Thursdays

Barre Boot Camp 11:45am

Fridays

Circuit Training 12:15pm

Sit & Fit 9:30am

Don't forget to register for the following:

Tech Support for Apple Ipad

Monday, May 6, 2024, 10:00am. No cost to attend

Note: This is not a drop-in. You must register for this class. If you are looking for drop-in support, please see the Tech Talk info below.

Card Making

Tuesday, May 14, 2024, 10:00am. Cost \$10.00

Historical Presentations - Selkirk Settlers

Monday, May 13, 2024 @10:00am No cost

Q DOC

Tuesday, May 7, 2024 @ 10:00am No cost

Movie and a Munch

1:00pm - Upstairs at the Centre No cost

Wednesday, May 15th: "The Iron Lady"

More information on all programs can be found in the [newsletter](#) or on the registration [portal](#).

Tech Talk with Lloyd Gwilliam DROP-IN No registration required. No cost

Thursday May 9 & May 23 from 1:00pm to 3:00pm

Do you have computer, iPhone, or tablet questions? Need some clarification? Require a little help to figure something out? Stop by and see Lloyd, our inhouse technology guru.

Note: This is not an instructional class, it is a drop in, just stop by the front desk to check in. If you are looking for an iPad class, please register for the Monday. May 6th Tech Support for Apple iPads class.

Annual General Meeting

Wednesday June 19, 2024, 10:30am Upstairs at the Centre Join us for an update on what's happening in the Centre and what's coming up. Register online or call the Centre at 204-897-5263.

Party with a Purpose - Annual Fundraising Brunch Sunday, May 26,2024
Breezy Bend Country Club 7620 Roblin Blvd

Auction items are needed for Party with a Purpose Please consider donating an Auction item. If it's never been used and in the original box or has the tags still on, we will gladly take it off your hands. Please drop your items off at the Centre by Thursday, May 9th.

Alternatively, **please consider donating a lottery ticket for our lottery tree or a bottle of wine for the wine basket.**

Tickets are still available. \$60 per ticket Call the office at 204-897-5263 to purchase your tickets. Centre membership not required.

Our condolences

With regret, we inform you of the passing of Centre member Carole Schoenfeld. She will be missed by many here and we wish her husband Rick, and all those mourning her passing, peace and comfort at this difficult time. For those who asked for the service information, please go to the Friends Funeral Service Website at <https://www.friendsfs.ca/>.

Business Profile Features

This week's Business Feature Profiles are *The Seniors Moving Company* and *Residences of Oakdale Drive*

The Seniors Moving Company

"If you are feeling overwhelmed by the thought of downsizing, packing, moving or managing with an estate, you are not alone. We have been assisting older adults in the Winnipeg region for 18 years, committed to our core values of compassion and understanding."

Click [here](#) for the full Business profile.

Click [here](#) for a link to the website.

Residences of Oakdale Drive

“Oakdale Residences will be a community that provides a variety of unit styles and sizes to residents. The guiding principle for this development is to create a living environment that addresses accessibility, inclusiveness, and community-building by providing users a comfortable, sustainable lifestyle. Residential units, roadways and pathways are easily accessible for those with mobility issues as property management will control the mobility challenges within the development, by removing ice and snow that are prevalent in non-controlled public sector environments.

Details on your new home in the heart of Charleswood are available [here](#).”

Resources and Goings-on in the Community

SENIORS FOR CLIMATE



WEBINAR: ANNOUNCING A SENIORS DAY OF CLIMATE ACTION

MAY 28th 5:30pm CST

For more information visit our website
SeniorsForClimate.org or contact Pat
Wally at patw@seniorsforclimate.org
or (204) 878-2315

LATER IS TOO LATE!



Join **1JustCity** for an evening of delicious food and live entertainment in support of 1JustCity's programs and services. Together, we can provide hope and essential services to the vulnerable within our community. Scan the QR code or click the button below to purchase tickets.



SUMMER KICK OFF FUNDRAISER

Your support can make a significant difference in the lives of the vulnerable within our community.

TUESDAY, JUNE 4, 2024

TRANS CANADA BREWING COMPANY

1- 1290 Kenaston Boulevard.

DOORS : 5:30PM | DINNER : 6.00PM



SCAN QR CODE FOR TICKETS

TICKETS
\$50

Buffet including gourmet pizzas, salads, shareables and coffee/tea.

***TCB beer available for purchase**

Participate in our 50/50 Raffle to win fabulous prizes

Music provided by **Baltimore Road.**

Questions? Email fundraiser@1justcity.ca



PURCHASE TICKETS



**Canadian
Hard of Hearing
Association**
MANITOBA CHAPTER

May is Speech and Hearing Month Please join us at any of these events.

SUPPORT GROUPS-Make new friends and enjoy the company of new ones who understand the joys and frustrations of hearing loss. Learn about technology , coping skills and advocacy Drop in -no admission fees

IN PERSON SUPPORT GROUPS

**Monday MAY 20 -Transcona Retired Citizens Centre 328 Whitter Ave W
1-2:30 Video presentation with closed captions Juleitte Sterkins AuD What you don't know about hearing aids.**

Friday MAY 17 St James 55+ -third floor 203 Duffield St. 1-2:30 Special Guest Rosalyn Sutley -hearing loss advocate and cochlear implant user

VIRTUAL SUPPORT GROUPS VIA ZOOM

- 1) Monday May 7 Let's Talk support group -7-8 pm This group always meets on the first Tuesday evening of each month except July and August**
- 2) Wednesday MAY 8 Tinnitus Support group -7-8 pm This group meets the second Wednesday meeting of each month.**

SPECIAL PRESENTATION

VIRTUAL WEBINAR Why is so Difficult to hear in Noise? Can hearing Technology Really Help?

May 21-Special guest speaker Dan Paccioetti (masters in Communication Disorders with 40 years experience as an audiologist)

Contact chhamanitoba@outlook.com for a link to these events.

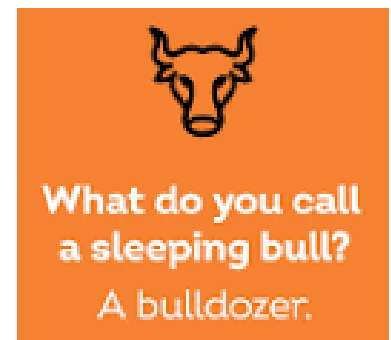
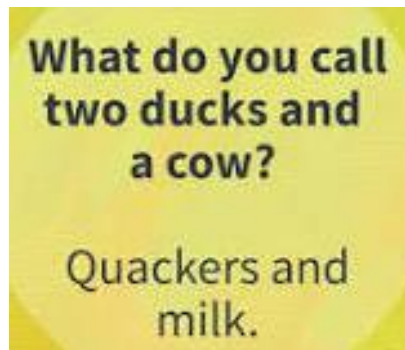
**c/o Manitoba Possible Clearinghouse, 2nd Floor, 825 Sherbrook Street, Winnipeg, Manitoba
R3A 1M5
Phone: (204) 975-3037 Email: chhamanitoba@outlook.com
Website: chha-mb.ca
Registered Charity # 131 620 742 RR0001**

The Manitoba Seniors Guide.

The guide lists a wide range of community, health, and government programs in place to assist older adults. Manitobans looking for help can also call 211 from anywhere in the province to access free, confidential service available 24 hours a day, seven days a week in more than 150 languages. A trained and friendly Service Navigator will provide personalized support to help callers connect with the appropriate information and services. The 211 MB website includes information on over 5000 organizations, programs, and services throughout Manitoba. Click [here](#) to access the Manitoba Seniors Guide.

A few funnies for your enjoyment

- I've just finished reading a book about the world's greatest basement. It was a best cellar.
- It's my first week working at the bicycle factory and they already made me a spokesperson.
- My laptop caught pneumonia, apparently because I left the Windows open.
- I thought swimming with dolphins was expensive until I went swimming with sharks....It cost me an arm and a leg.
- The main function of your big toe is to make sure all the furniture in the house is in the right place.
- Horses have lower divorce rates. It's because they are in stable relationships.
- It's pretty obvious that if I run in front of a car I will get tired but if I run behind a car will I get exhausted.
- 90% of bald people still own a comb; they just can't part with it.
- Every morning I get hit by the same bicycle.....It's a vicious cycle.
- I've been experimenting with breeding racing deer. People have accused me of just trying to make a fast buck.
- The other day I yelled into a colander and I strained my voice.
- What do you call a row of rabbits hopping backwards?... a receding hare line.



Have a wonderful weekend.
Jakee Werkuk
Program Manager

