



CENTRE UPDATE – OCTOBER 4, 2024

Reminders & Centre Info

There is lots coming up at the Centre over the next few months. Click [here](#) to see what's on offer and what still has space to register.

Information on the Centre's Christmas Hamper for a local family, the December Holiday Lunch and the Bake Sale & Café will be available towards the end of October. We will be looking for donations of baking and other tasty treats.

A reminder that we are a scent free environment. Please refrain from using scented soaps, scented shampoo and perfumes prior to coming to the Centre.



Drop-in Fitness Classes

If you are interested in a class please call the office to see if there is drop-in space. Spaces can only be booked for drop-in on a week by week basis. Drop in is \$10.

Business Profile Features

This week's Business Profile Features is
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.

Upcoming Fundraising Events



Charleswood Active Living Centre

Like to play **S, C, R, A, B, B, L, E, ?**

We have just the event for you!

No skill required. Cheat your way to the top.



SATURDAY, OCTOBER 19, 2024

1:00PM TO 3:00PM

Upstairs at the Centre

\$15 per person

Membership not required. Everyone welcome!

**Pay \$2 to cheat and
be entered into the
prize draws**

**Register as a table of 4 or as an
individual. To register call 204-
897-5263 or stop by the
reception desk**



Funds raised will help support
the move to our new Centre.

Sand Hills Casino Trip

Event Date: Tuesday, October 22, 2024

Registration opens Tuesday, September 24 at 9:30am

Registration deadline October 15, 2024

Cost: \$40.00/person & includes: Transportation on a luxury motor coach, \$25 player card to start you off and lunch.

Depart: 9:00am sharp from the Safeway parking lot 3900 Grant Ave. Travel time approx. 1 hour and 30 mins. **Depart Casino approximately 3:30pm.**

54 spots available. *Open to all*, Membership not required. **Please provide your name, phone number, address, birth date, menu choice and Gold Club Acct# if you have one that has been used in the past year.**

Call us at 204-897-5263 or register online at

www.charleswoodseniorcentre.org.

Meal Choices:

Option 1: Salisbury Steak, Fried Onions, Mashed Potato & Veggies

Option 2: Corned Beef & Swiss Sandwich w/ Soup

Option 3: 2pc Fish & Fries

Resources you may find helpful

Come Get In-Person Support From the CRA and Service Canada!

When: Thursday, November 14, 2024 from 1-6pm

Location: St . Jame's – Assiniboia Library -1910 Portage

Representatives from Service Canada, Canada Revenue Agency (CRA) and the Community Volunteer Income Tax Program (CVITP) are coming to help with:

Service Canada:

- Social Insurance Number (SIN)*
- Employment Insurance (EI)
- Pension Programs: Retirement, Old Age Security (OAS), Guaranteed Income Supplement (GIS), Disability and Survivors
- *For SIN requests, please bring your birth certificate and a secondary piece of Provincial or Federal identification

CRA:

- Help updating information like address, contact information or date of death.
- Help going over forms to apply for the disability tax credit (DTC) & child benefits (CCB)
- Help unlocking and setting up a CRA My Account
- Help with explaining review letters you have received.



Alzheimer Society
MANITOBA
Dementia Care & Brain Health



Event sponsor:



A conference for family and friends
caring for people living with dementia.

Building Confidence for Day-to-Day Care

Saturday, October 19th, 2024

NEW LOCATION

Victoria Inn Hotel & Convention Centre
1808 Wellington Ave, Winnipeg, MB

9 am - 3:30 pm | Cost: \$50

KEYNOTE SPEAKERS



*Go With the Flow:
Step Into Their World*

Karen Stobbe &
Mondy Carter

*A Mother and Son's
Photographic Journey
Through Dementia*

Tony Luciani, Artist



DISCUSSION TOPICS

Connect with other care partners, engage with community service providers and learn from local and national speakers as we explore:

- Family dynamics
- Communication strategies
- Legal and financial matters
- Physical and movement changes
- Responsive behaviours
- Home safety
- End of life
- And more!

REGISTER NOW!
alzheimer.mb.ca/care4u



Some Goings-on in the Community

Vintage Hats and Afternoon Tea



UNIVERSITY
**WOMEN'S
CLUB**

Saturday October 5th,
and

Sunday October 6th

Doors open 1:00

Tea service starting 1:30

*Timeless Elegance,
One Sip at a Time*

Reserve a spot for
yourself or a group!

\$75 per person

Ralph Connor House
54 West Gate



*In celebration of
Winnipeg 150
UWC is hosting
a Fundraiser Tea*

Enjoy an authentic afternoon
tea and *hat collection*
display* curated by the
Canadian Costume Museum

Reserve your space today and
enjoy a wonderful afternoon
among friends at beautiful
National Historic site Ralph
Connor House.

*Register today!
Call 204-954-7880 or sign
up online **HERE***

*Hat display is on the 2nd floor, accessible by staircase

4 Draws of 7 various meats

CHARLESWOOD LEGION

6003 Roblin Blvd Winnipeg

First draw at 6PM

Come out and be a winner

\$1.00 gets you a strip of 5 tickets.

\$5.00 gets you a bundle of 30 tickets.

YOU MUST BE IN ATTENDANCE TO WIN

Stay afterwards to win Track the Jack \$\$\$

CHARLESWOOD LEGION CRAFT SALE

Saturday, October 19/2024
10AM – 2:30PM

Free admission
Silent auction

In the Tank Room of the
Charleswood Legion
6003 Roblin Blvd.

CHRISTMAS CAKES
EPICURE
SCENTSY
JEWELRY

PRESERVES
BATH AND BODY
HOME DECOR
PEROGYS

AND SO MUCH MORE!

October 7th 
Marking One Year 

Walk for Israel Followed by Solidarity Gathering



Date: Monday, October 7, 2024
Start Time: 5:30 pm
Location: Asper Jewish Community Campus
123 Doncaster Street

A few funnies for your enjoyment

- I never finish anything. I have black belt in partial arts
- I believe in a better world where chickens can cross the road without having their motives questioned
- Why is Britain the wettest country? Because royalty has reigned there for centuries.
- Did you see the new movie about a tornado? It's got a great twist
- Where was King David's temple located? Beside his ear
- What lights up a soccer stadium? A soccer match
- I lost an electron. You really have to keep an ion them
- What do clouds wear under their shorts? Thunder pants
- What did the janitor say when he jumped out of the closet? Supplies
- What did the football coach say to the broken vending machine? Give me my quarterback
- How do you tell the difference between a bull and a cow? It is either one or the udder
- When does a duck wake up? At the quack of dawn
- Why was the politician out of breath? He was running for office
- I didn't think orthopedic shoes would help but I stand corrected
- Someone accused me of plagiarism. Their words not mine
- Two Wi-Fi engineers got married. The reception was fantastic

Have a wonderful weekend.

Jakee Werbuk

Program Manager