



CENTRE UPDATE – MAY 24, 2024

Reminders & Centre Info

The summer newsletter is now available. Click [here](#) for your copy. If you cannot open the link, go to the [Website](#) and click on "Get the Newsletter". Registration does not open until Tuesday June 25, 2024.

Fitness Class Drop-in spots are available in some fitness classes. The fee is \$10 per class. Call the office to see if the class you are interested in has drop-in space.

Mobility and Self Care - NO Cost Trial for Members

4 spots left for Thursday, May 30 at 2:30pm

This class places attention on our physical and mental wellness. You will be guided through mindful breathing, functional movements, and relaxing stretches and will perform lymphatic self massage to assist the immune system. You'll leave feeling refreshed and rejuvenated. You must have the ability to sit on the floor and to get up off the floor. Please bring a yoga mat if you have one. If not, you can use one of ours. Registration is required. Call the office at 204-897-5263 to register.

Don't forget to register for the AGM coming up on June 19th.

To get your documents for the meeting you have to open 2 separate packages. Package 1 is available [here](#) and package 2 is available [here](#). If you cannot access the documents call the office to get a copy.

Claiming Auction Prizes – any baskets not claimed at *Party With A Purpose* on Sunday will be brought back to the office on Monday, May 27th. The winning ticket numbers will be posted at the Centre. You can come by the office or call us to see if you have the winning ticket to any of the unclaimed prizes.

Business Profile Features

This week's Business Profile Feature is ***Associated Auto Auction Ltd.***

7130 Roblin Blvd. Headingley,
204-895-9790, info@associatedautoauction.com

Associated Auto Auction offers both buyers and sellers a transparent and efficient way to buy and sell vehicles. Avoid the hassle of doing it yourself and let us take care of your buying or selling needs.

For more information go to <https://associatedautoauction.com/>

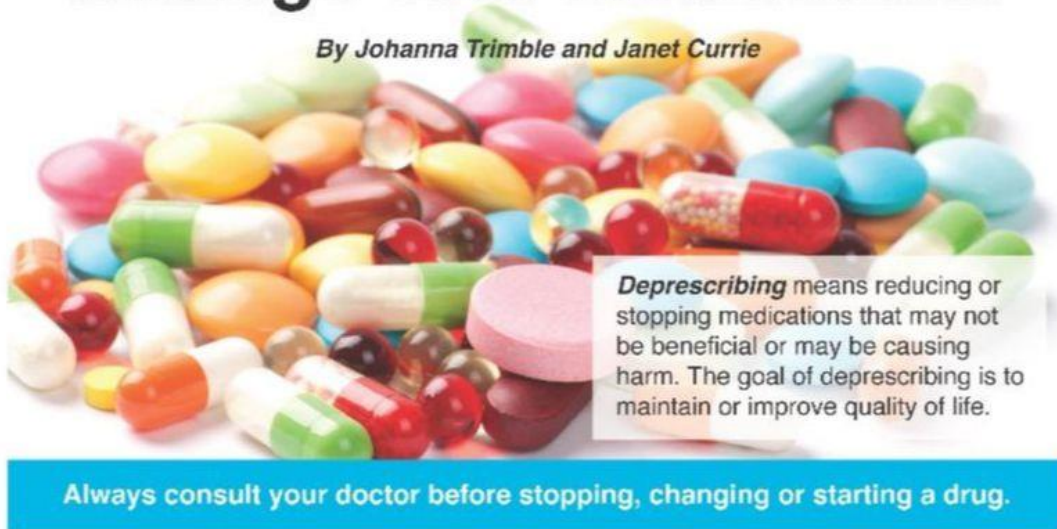
Resources you may find helpful

Did you know?

Older adults are hospitalized five times more often than people under the age of 65 because of harmful medication effects. This resource offers 9 points to consider for medication safety.

9 Quick Safety Tips to Manage Your Medications

By Johanna Trimble and Janet Currie



For the complete article, [click here](#).

Some Goings-on in the community and elsewhere

National Virtual Event

**WORLD ELDER ABUSE
AWARENESS DAY**



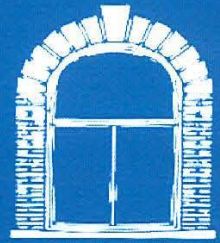
June 12, 2024

12:30 PM - 2:00 PM EST

[Register Now](#)

Details coming soon!

HERITAGE WINNIPEG
PRESENTS



DOORS OPEN WINNIPEG PORTES OUVERTES

FREE EVENT!

MAY 25 & 26, 2024

Saturday, May 25, 2024
Charleswood Museum
5006 Roblin Blvd
12:00-4:00 P.M.

Sunday, May 26, 2024
Caron House
50 Cass, Charleswood
12:00-4:00 P.M.

1874

WINNIPEG 150

2024

Celebrating the stories our buildings tell!

DOORSOPENWINNIPEG.CA

ROBLIN COMMUNITY BBQ

YOU'RE INVITED!



Royal Canadian Legion #100
6003 Roblin Blvd., Winnipeg



Wednesday,
June 5th



11:00 AM
-12:30 PM



Kathleen Cook

MLA for Roblin

204-504-0594
info@kathleen-cook.ca

CONNECT WITH ME



A few funnies for your enjoyment

- My wife told me to stop impersonating a flamingo. I had to put my foot down.
- I used to have a handle on life, but then it broke.
- I heard there were a bunch of break-ins over at the car park. That is wrong on so many levels
- Humpty Dumpty had a great fall. He said his summer was pretty good too.
- What did one cupcake say to the other? You ain't see muffin yet.
- What do you call a criminal landing an airplane? Condescending.
- What does a pig put on dry skin? Oinkment.
- What did one plate say to the other plate? Dinner's on me.
- What did the left eye say to the right eye? Between you and me, something smells.
- How did the pig get to the hogspital? In a hambulance.
- A termite walks into a bar and says, "So, is the bar tender here?"



True Courage Is
Knowing You're
Wrong But Refusing
To Admit It

COMMENTARY

the ONION

Have a wonderful weekend.
Jakee Werbuk
Program Manager

