

CENTRE UPDATE – FEBRUARY 14, 2025

Reminders & Centre Info

Centre Closure:

Reminder the Centre is closed on Monday, February 17th for Louis Riel Day. City of Winnipeg facilities are also closed so there is no pickleball.

Program Attendance

If you are not going to be attending the programs or activities that you have signed up for, please let us know. We often have people on waiting lists who would love to take your spot if you cannot make it.

Has your information changed?

Please update your contact details and any other relevant information with the office. It's important for us to have your up-to-date information. If you have moved, or if something has changed with your health or emergency contacts, please share that with us. We keep your information confidential.

25th Anniversary Celebrations

The Centre's 25th Anniversary Celebration is happening on Sunday, February 23rd.

There will be a 12:30pm and 2:30pm celebration event so we can host as many of our members as possible. During each sitting we will have some brief speakers, a presentation capturing the history of the Centre, former Board and staff members and of course refreshments.

Registration for the 2 events opened February 12th online and by phone. Sharing a ride is encouraged. Parking in our designated stalls and visitor parking is available. On street parking is also permitted on weekends. Although we would love to have everyone there, only members registered can attend this event.

Coming Soon

Charleswood Active Living Centre Winter 50/50 Raffle will be happening until March 31. Tickets will be available online and in the Centre. More details to come next week.



Upcoming Programs

There is still room to register in a few of the upcoming programs and activities. For full details on the available programs listed below, go to the online registration portal [here](#).

February Flicks – on Wednesdays at 1:00pm in February join us for a movie and a munch. \$2 at the door

Feb 19 – “In the Name of the Father”

Feb 26 – “The Post”

Northway Pharmacy Charleswood Presentation

Tuesday, February 25 at 1:00pm No cost to attend

Personal Safety in the Home – Police Presentation

Monday, March 17 at 10:30am No cost to attend

Advanced Care Planning

Wednesday, March 26 at 1:00pm. No cost to attend

Painting Party

Thursday, March 27 at 10:00am \$15

Call the office at 204-897-5263 or register online at <https://charleswood.recdesk.com/Community/Program>

Tech Talk with Lloyd Gwilliam

Tech Talk with Lloyd Gwilliam DROP IN

Thursdays from 1:00pm to 3:00pm

February 27th March 13th & 27th

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 in-house technology guru. This is not an instructional class, it is a drop in, just stop by the front desk to check in.



No registration required. No cost to attend.

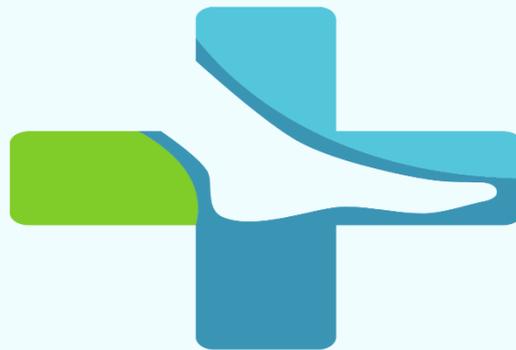
Resources you may find helpful

Decluttering Ideas

..... Ordinary & Happy

G
R
E
A
T
D
E
C
L
U
T
T
E
R
I
N
G
C
H
A
L
L
E
N
G
E
S

- **30 Bags in 30 Days:** Fill 30 bags with clutter and remove them over 30 days.
- **Four-Box Declutter Challenge:** Sort items into boxes for 1) trash, 2) donate, 3) keep, and 4) storage.
- **Closet Hanger Challenge:** Turn all your hangers backward; after wearing something, hang it the usual way; after 3 months, keep only the ones you wear.
- **Paper Declutter Challenge:** Tackle piles of paperwork by sorting and shredding unnecessary documents.
- **The Surface Sweep:** Clear all flat surfaces in a room and return only essential items.
- **The 5-Minute Purge:** Set a timer for five minutes and declutter as quickly as possible.
- **10-Minute Daily Declutter:** Spend 10 minutes each day decluttering and tidying up a small space in the house.
- **100-Item Purge Challenge:** Get rid of 100 items you don't need.
- **12-12-12 Challenge:** Find 12 items to throw away, 12 to donate, and 12 to keep.
- **10-10-10 Challenge:** Get rid of 10 things in 10 minutes in 10 places.
- **'One In, One Out' Rule:** For every new item you bring in to your home, remove one.
- **Donation Box Challenge:** Set up a donation box and add items to it daily for a month.
- **Room-by-Room Challenge:** Declutter one room completely before moving to the next.
- **30-Day Minimalism Game:** Remove one item on day one, two items on day two, three items on day three, and so on each day for 30 days.
- **Digital Declutter Challenge:** Clean out your computer files, inbox, and apps on your phone.



Foot Care Clinic
February 10th and 11th, 2025
From 9:00 am to 2:00 pm



Free for Adults Aged 55 and Older
To book your appointment, call **204-284-2881**

Location: Villa Cabrini, 433 River Avenue
Buzz 200 to gain entry



U-Turn
Parkinson's

Free PD Exercise Classes at the Movement Disorder Clinic



U-Turn Parkinson's is now offering free PD-specific exercise classes at the Movement Disorder Clinic! **Starting November 5, 2024.**

Join *Empower-U (Orange/Red)* for advanced levels on Tuesdays and Thursdays from 6:30 PM to 7:30 PM, or *Empower-U (Green/Yellow)* on Saturdays from 10 AM to 11 AM for all abilities.

Register at www.uturnparkinsons.org or call 204-510-4869.

Deer Lodge Centre | 2109 Portage Avenue | Winnipeg, MB R3J 0L3



211 Manitoba is the front door to community-based government, health and social services designed to meet the needs of diverse populations, across all different aspects of life

Speak with an Information and Referral Specialist by:

- **Phone** – From anywhere in Manitoba:
- **Call 211**
- **Toll-Free:** [1-855-275-1197](tel:1-855-275-1197)
- **Email:** 211mb@findhelp.ca

Some Goings-on in the Community



Centre on Aging |  University of Manitoba

42ND ANNUAL SPRING RESEARCH SYMPOSIUM

May 7, 2025 | 9 a.m.–4 p.m.
Multi-Purpose Room, 2nd flr
UMSU University Centre | Fort Garry Campus

Join the Centre on Aging for our 42nd Annual Spring Research Symposium on the University of Manitoba Fort Garry campus. Take part in a *Dialogue on aging* as we hear about the current topics in aging from Centre Research Affiliates.

Wednesday, May 7, 2024

9 a.m.–4 p.m.

Multi-Purpose Room 2nd floor, UMSU University Centre

[65 Chancellors Circle](#) (view map online)

Fort Garry Campus | University of Manitoba Winnipeg, MB R3T 2N2

<https://umanitoba.ca/centre-on-aging/research/spring-symposium>

If you require assistance with registration, call the Centre on Aging's office: 204-474-8754.



Dalnavert Museum and Visitors' Centre - Dementia-Friendly Museum Tours for people living with early to moderate symptoms of dementia and their care partners. Last Sat. of every month at 10 am. 61 Carlton St. Register: friendsofdalnavertmuseum.ca, 204-943-2835.

Visit the website for more information:

<https://nationaltrustcanada.ca/destinations/dalnavert-museum-and-visitors-centre>

A few funnies for your enjoyment

- When cannibals ate a missionary, they got a taste of religion
- Did you hear about the dog that gave birth on the side of the road? She was cited for littering
- What do you call a magician that has lost his magic? Ian
- What's Irish and stays outside all year? Patty O'Furniture
- What do you call a belt made out of \$100 bills? A waist of money
- I didn't think orthopedic shoes would help but I stand corrected
- There was a big paddle sale at the Boat Store. It was quite an oar deal
- What did one DNA say to the other DNA? "Do these genes make me look fat?"
- I have an inferiority complex, but it's not a very good one
- I went to the doctor with a suspicious-looking mole. He told me they all look that way and I should have left it in the garden
- Two men are on opposite sides of the river. The first man shouts, "How do I get to the other side of the river?" The other man yells, "You *are* on the other side of the river!"
- Every morning, I announce that I'm going running, but then I don't. It's a running joke
- I was going to tell a time-traveling joke, but you didn't like it

Have a wonderful weekend and happy Valentine's Day to all the star struck lovers out there!

Jakee Werbuk, Program Manager

