



CENTRE UPDATE – SEPTEMBER 20, 2024

Centre Info

Fitness class drop ins

We have limited drop in spaces in the following classes for the week of September 23rd. Please call the Centre to register if you would like a drop in spot. Cost is \$10. Class descriptions can be found in the [newsletter](#) or on the registration portal <https://charleswood.recdesk.com/Community/Program>. If the class fills, then the drop in spots will no longer be available. Spots open up each Monday for the entire week.

- Butts and Guts - Mondays 1:00 pm - 2 spots
- Yin Yoga - Tuesdays 2:30 pm – 1 spot
- Hatha Yoga - Wednesdays 2:45 pm – 1 spot
- Pilates -Thursdays 1:15 pm – 7 spots
- Barre Boot Camp -Thursdays 11:45am – 2 spots
- Chair Yoga -Fridays 1:45 – 1 spot

Coming up in the next few weeks – with room to register

- **Historical Presentation on Parks** – Thursday, Sept. 26 10:00am
- **Navigating Your Move Financial Presentation** – Friday, Sept. 27 1:00pm
- **Movie (The Help) and a Munch** - Wednesday - Oct 2nd 1pm
- **Conversation with Councillor Evan Duncan** - Friday Oct 4th 1:00pm

Please send us an email if there is something in particular you would like Councillor Duncan to discuss.

For more information on these programs, and to see what else is on offer during October, November and December, check the [registration portal](#).

Centre Moving Minute

News update from the Centre Move Communication Crew!!

Site construction continues to progress as scheduled on the new location for the Charleswood Active Living Centre on Oakdale Drive. The Centre will be in the residential complex called Residences of Oakdale at 357 Oakdale Drive. The Charleswood Active Living Centre will be located on the first floor of Building B with its own entrances, patio and signage.

We are thrilled to let you know that we have been provided with an occupancy date for the Centre! We have been given December 17th as the date we can start moving into our new space. We will complete December session activities in this current location as planned and will be starting January services in the new building.

We will be able to host an Official Opening and Open House after February 15th so stay tuned for details on that event!

In October we will be soliciting for volunteers for specific tasks and settling in processes within our new space. More information to come!

We will look forward to sharing more information with you as it becomes available on hot topics such as parking, grand opening celebrations, etcetera.

The Countdown is on! Stay tuned!

Fundraising Events

Save the Date – “We put the FUN in Fundraising”

CHEATING SCRABBLE

Saturday, October 19th from 1pm to 3pm at the Centre

Details will be available in the Friday, September 27th email.



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.

If meal choices are not available when you register, we will contact you when they are available.

Business Profile Features

This week's Business Feature Profile is 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](#).”
It's also the location of the Centre's new home!

Resources you may find helpful

Government of Canada Programs and services for seniors:

Help ensure your later years are safe and secure by learning about programs, services, and information available for seniors. Visit

<https://www.canada.ca/en/employment-social-development/campaigns/seniors.html>

for Government of Canada programs and services.

**Canadian Medication
Appropriateness and
Deprescribing Network**



**Réseau canadien pour l'usage
approprié des médicaments
et la déprescription**

Understanding Safe Antidepressant Use: In Recognition of World Mental Health Day

Over the last several years, the topic of mental health has become increasingly present in our daily lives. This has encouraged us all to become more aware of our mental well-being and has helped spark conversations on the topic with our loved ones.

As we approach **World Mental Health Day on October 10th**, the Canadian Medication Appropriateness and Deprescribing Network is promoting awareness of **safe antidepressant use in a new article on these medications, commonly prescribed to treat conditions such as depression or anxiety**. The article was written by **Dr. David Gardner**, professor and community psychiatry research director at Dalhousie University's Department of Psychiatry, and executive member of the Network.

[Read the antidepressants article here!](#)

Some Goings-on in the Community and elsewhere

National Seniors Day is October 1

This is an occasion for all Canadians to join in celebrating older adults across Canada—whether a parent, a co-worker, a neighbour or a friend. The Government of Canada is proud to acknowledge the contributions older adults in Canada have made and continue to make to our families, communities and society.

It is easy to show your respect and gratitude for the older adults in your life. For more information click on the link <https://www.canada.ca/en/employment-social-development/programs/national-seniors-day.html>



**Join us for a special lunch and entertainment
at The Westhaven**

Upcoming events:

- September 25. Cal Wookey.
- September 26. Shawna.
- September 28. Neil Keep.

Time: Lunch at 12.30pm.
Entertainment at 2pm.

Location: 3033 Portage Avenue Winnipeg, MB R3K 2E3

RSVP to Tetiana: 204 396 7768



September 21-22

10 am - 4 pm

Take a look at the map and plot your course.

You can see the Google map on our [Brochure/Map website](#) page or click here on [Google maps](#)

For more pre-planning tips - check out

[Plan Your Tour](#) [FAQ](#)



MCA is excited to announce the return of our outdoor choral festival, GATHER, on Saturday, September 28, 2024 at the Lyric Theatre in Assiniboine Park (Winnipeg/Treaty One Territory).

This FREE day-long outdoor event will run from approximately 9:30am to 5:00pm and will showcase a variety of choirs and ensembles as part of Winnipeg 150: City of Song, an initiative designed to engage the public in group singing performances and activities in celebration of the city's 150th anniversary. Click [here](#) for all the details.



Interfaith
Health Care
Association
of Manitoba



SEMINAR- WORKSHOP

Spirituality and Social Connections: Enriching the Aging Experience

October 16, 2024, 1-4 PM
General admission \$25.
180 De La Cathedrale Ave

Gain valuable insights into combatting loneliness and social isolation. Learn how spirituality enhances the aging experience. Engage with community leaders and build stronger social connections. Register at <https://www.eventcreate.com/e/socialconnections>

A few funnies (and a few groaners) for your enjoyment

- What do you call a group of men waiting for a haircut? A Barberque
- I was sitting in traffic the other day. It's probably why I got run over
- When we make pizza at home it's my wife's job to shred the cheese. She's the gratist
- My email password got hacked yesterday. It's the third time I have had to rename my dog
- I just got an award for being the most secretive person in the office. I can't tell you how much that means to me
- A woman in ancient Rome enters a bar, holds up two fingers and orders five beers
- What do you call a knight who is afraid to fight? Sir Render
- An auto club tow truck stopped beside me at a streetlight today and the driver was sobbing uncontrollably. I thought to myself, "that guy's headed for a breakdown!"
- I couldn't quite remember how to throw a boomerang, but eventually it came back to me
- I used to have a fear of hurdles, but I got over it
- Did you hear about the self-help group for compulsive talkers? It's called On and On Anon

Have a wonderful weekend.
Jakee Werbuk
Program Manager

Courage is knowing it might hurt, and doing it anyway.

Stupidity is the same.

And that's why life is hard.