

CENTRE UPDATE – NOVEMBER 22, 2024

Centre Info & Reminders

News update from the Centre Move Communication Crew!!

Our occupancy date for the Centre continues to be December 17th and we will start moving in the middle of that week. We will be re-opening January 2, doing registrations the week of January 6th and starting programs in the new building the week of January 13th.

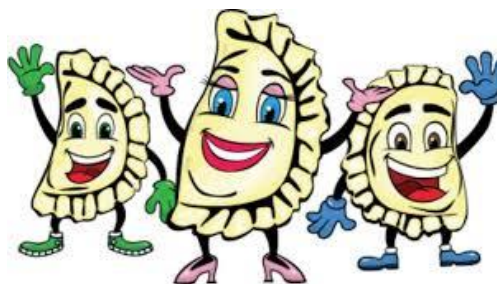
Socializing and the opportunity to enjoy coffee with companionship at the new Centre is on many minds so we want to share what we are planning:

We have engaged a local coffee service, and we will have a brew station available in the reception area ready and waiting. A variety of coffee pods will be available for purchase for \$1. Members can brew a cup, enjoy some conversation and enjoy our bright new reception space. We will even have a pod recycling bin to ensure we are doing our part to avoid unnecessary waste.

We will have a city tap water dispenser installed in our new Centre so you can fill your bottles, jugs and mugs with water at the filling station. We may continue to offer cold bottled water for \$1.00 for those who forget their water at home. The Countdown continues! Stay tuned!

Perogies for Sale - \$10 per dozen (only 10 dozen left)

- Call the office to place your order
- Payment by cash or cheque



Wine Raffle – Tickets on Sale Now at the Centre

If you can contribute a bottle wine for the wine raffle fundraiser, please drop it off at the reception desk. No Home Brew!

Draw on Friday, Dec. 6, 2024, 3:00pm at the Centre's Bake Sale

IS YOUR MEMBERSHIP UP TO DATE?

To register online for the January session, your membership must be up-to-date and you are required to sign in with your username and password. If you do not have login information or cannot remember it, please contact the office at 204-897-5263.

The office will be closed from December 16, 2024 until January 2, 2025 and registration starts on January 6, 2025. Therefore, we recommend checking ahead of time to ensure you will not have any problems logging in to register. If your membership is expiring during the time we are closed, we can renew it without you losing any time on your current membership. Just give us a call and we'll help you out.

Join Us For

Our last special event in our current location

HOLIDAY BAKE SALE & CAFÉ

Friday December 6, 2024
1:00pm to 3:00pm
Charleswood Active Living Centre
5006 Roblin Blvd

STOP BY THE CENTRE TO GET YOUR HOLIDAY BAKING AND ENJOY
COFFEE AND CAKE IN OUR HOLIDAY CAFÉ.



Centre membership is not required to enjoy the café and buy delicious holiday baking.
Bring your friends and family.

If you can provide baking for the sale,
please call the office at 204-897-5263 or stop by reception.

Cash payment for all baked goods.
Credit cards not accepted for the
bake sale.



Charleswood Active Living Centre

Resources you may find helpful

Watch Your Step: How Medications Can Make You Lose Your Footing

Falls are the second leading cause of accidental death worldwide, with adults aged 60 and over being the most affected group. November is Fall Prevention Month—an opportunity to learn more about the causes of falls and take action to reduce your risk! Did you know that common prescription and over-the-counter medications can increase the risk of falls and fall-related injuries, such as fractures?

Click the link below to get the article that identifies several medications that can increase the risk of falling and describes easy steps to reduce your risk of experiencing medication-induced falls. This resource was developed to help spark medication safety discussions between patients and health care providers.

<https://www.deprescribingnetwork.ca/falls/>

South Winnipeg Seniors Resource Council

"South Winnipeg Seniors Resource Council is a non-profit information and referral hub connecting older adults with community resources to assist them in daily living." Visit <https://www.swsrc.ca/>

Home Care Services in Manitoba

Home care is provided to Manitobans of all ages based on assessed need and in consideration of other resources available to the individual including families, community resources and other programs.

download [*Your Guide to Home Care Services in Manitoba*](#)

If you require a printed copy, stop by reception to pick one up.

For more information, contact the Winnipeg Regional Health Authority at 204-926-7000

Home Maintenance Program provides referrals to individuals in your community who can do various jobs at reasonable rates in housekeeping, meal preparation, yard work, handyman jobs, painting, and carpentry. Contact the program by phone at 204-806-1303 or online

<https://www.gnalc.ca/index.cfm?fuseaction=page.viewpage&pageid=476>

The Family Doctor Finder helps to connect Manitobans to a primary care provider (family doctor or nurse practitioner). For more information, contact the Family Doctor Finder at 204-786-7111 or go online at

www.gov.mb.ca/health/familydoctorfinder

Some Goings-on in the Community

Volunteer Delivery Drivers Needed

23rd Annual Christmas Hamper Drive

R.B. Russel High School 365 Dufferin Ave.

Saturday, December 21, 2024

Deliveries will begin at 10:30 AM

Sign up to Volunteer by 4 PM Friday,

December 20, 2024

e: info@mamawi.com p: (204) 925-0300



Zoo Lights

Assiniboine Park Zoo, 2595 Roblin Boulevard, Winnipeg

November 22, 2024 To January 5, 2025

204 927 6000

Price: \$17.00 + GST

Create magical memories this holiday season at Zoo Lights!

Explore the dazzling light displays, take part in the holiday fun, and enjoy the exciting activities and delightful treats.

<https://www.todocanada.ca/city/winnipeg/event/zoo-lights-festival/>

Canad Inns Winter Wonderland

The Loop at Red River Exhibition Park, 3977 Portage Avenue

November 29, 2024 To January 4, 2025

Price: General Tickets: \$20 +GST (plus service fee, where applicable)

Over one million lights throughout Red River Exhibition Park will dazzle you from the comfort of your vehicle! In addition to all the favourites, over 30 NEW light displays and a few other big surprises await you along the 2.5 km route, enjoyed from the warmth of your car! You can also plan for outdoor photo opportunities, outdoor skating, and food stands offering warm drinks and tasty treats

<https://www.todocanada.ca/city/winnipeg/event/canad-inns-winter-wonderland/>

A few funnies for your enjoyment

- I asked the mechanic why my car was humming. She said it was probably because he didn't know the words
- What do you get when you crash a cement truck into a bus full of convicts? A bunch of hardened criminals
- How do solar panels like their eggs? Sunny Side Up
- I got a new set of golf clubs for my husband. It was a fair trade
- I saw a mechanic fixing a tail pipe. It looked exhausting
- How does a cucumber become a pickle? It goes through a jarring experience.
- What did one toilet say to the other? You look a bit flushed.
- What do you think of that new diner on the moon? Food was good, but there really wasn't much atmosphere.
- What do you call a dog magician? A labracadabrador.
- Where would you find an elephant? The same place you lost her.
- How does a scientist freshen her breath? With experi-mints.
- Why was the baby strawberry crying? Because her mom and dad were in a jam.
- Why did the teddy bear say no to dessert? Because she was stuffed.
- What did the left eye say to the right eye? Between us, something smells.

Have a wonderful weekend.

Jakee Werkuk

Program Manager



"Have you tried opening the back and emptying the pencil shavings?"

**Whoever said
"Out of sight out
of mind" never
had a spider
disappear in
the bedroom.**