



CENTRE UPDATE – May 10, 2024

Centre Info

NO Cost Trial for Members - Mobility and Self Care

In April we offered the Mobility and Self Care Program as one of our fitness classes, but this class did not have enough participants to run. We understand that sometimes registering for a full session for a new class might prevent those who are curious from signing up. Therefore, our instructor, Pete, has offered to hold a 2-class trial to give members a taste.

This is a low intensity class that 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. You can register for 1 or both of the classes by calling the office at 204-897-5263.

Class dates & times: Thursdays at 2:30pm
May 23rd & 30th.

There is still room to register in the following Centre Programs & Activities

- Card Making Tuesday, May 14, 2024, 10:00am. Cost \$10.00
- Historical Presentations - Selkirk Settlers Monday, May 13, 2024 @10:00am No cost
- Movie and a Munch Wednesday, May 15th: "The Iron Lady" 1:00pm - Upstairs at the Centre No cost

Register [online](#) or call the office at 204-897-5263.

Fitness Class Drop-in spots

Drop-in spots are now 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.

Annual General Meeting

Wednesday June 19, 2024, 10:30am Upstairs at the Centre Join us for an update on what's happening in the Centre and what's coming up. Register [online](#) or call the Centre at 204-897-5263.

Party with a Purpose - Annual Fundraising Brunch Sunday, May 26, 2024

Breezy Bend, 7620 Roblin Blvd. Doors open 11:30am, Brunch 12:15pm
Tickets are on sale now. \$60 per ticket.

Auction baskets will be on display at the Centre from Friday May 17 until Friday May 24th. You do not have to be in attendance at the event to win. Winning ticket numbers will be posted at the centre.

Business Profile Features

This week's Business Profile Feature is **The Chapel Lawn Funeral Home & Cemetery**, 4000 Portage Ave. <https://www.arbormemorial.ca/en/chapellawn.html>

"Proudly serving Winnipeg and the surrounding area, Chapel Lawn Funeral Home & Cemetery will help you customize your arrangements, while respecting your faith, taste and budget. You can feel confident putting your trust in our compassionate professionals.

We are committed to giving back to this community. Our helpful, dedicated staff are passionate about supporting families, local associations, religious organizations and cultural groups, and we are honoured to host a series of free memorial events throughout the year. As well, we're happy to provide the use of our spacious Community Room at no charge for local non-profit meetings."

Some Goings-on in the Community

The Pros Know **55** Plus **Active Living & Resource EXPOS**

Bringing Resources to our Older Adult Population for Better Aging & Happier Living!

Spring Shows 2024 

PKE Venue Hosts:  

Mind, Body & Soul
Fitness & Wellness
activeagingmb.ca

Charleswood United Church

4820 Roblin Blvd. | Charleswood
Thursday, May 23rd
MASC Host: Charleswood 55+

Show Times: **9:30am - 2:00pm** | Exhibitors List at: prosknowexpos.ca

Providing seniors & their families the resources to improve their lives and well-being!

Our Amazing Sponsors:



Mark this date on your calendar and stay updated at: prosknowexpos.ca
website: prosknowexpos.ca | email: redroadmusic@shaw.ca | cell: 204.414.9290

Our City Councillor, Evan Duncan is extending an invitation to all members to attend the Winnipeg150 in the ward celebrations on JUNE 15th, 2024 11AM-11PM. Hope to see you all there. **Click [here](#) for more information.**

'CHARLEY' SOCIAL HOUSE BOUNCY HOUSE PARK LIVE MUSIC FESTIVE
FAMILY GAMES WACKYDOODLE DANCE PARTY FIREWORKS AND MORE!!

CHARLESWOOD • TUXEDO • WESTWOOD

PRESENTS

JUNE 15

WINNIPEG

150 *in the ward*

PLUS!
THIRD + BIRD

11AM – 11PM
ERIC COY ATHLETIC FIELD





HERBFEST 2024

"Summertime in the Prairies"

- Herb Plant Sale
- Bake Sale
- Vendor tables
- Workshops

- Herb infused refreshments
- Talk to members about growing, using and storing herbs

Date: Saturday May 18, 2024
Time: 10am to 3pm
Location: The indoor and outdoor classrooms at the Leaf

Hosted by: The Herb Society of Manitoba
For more information: www.herbsocietymb.com



Thursday, May 23, 2024
St Mary Anglican Church
3830 Roblin Blvd (at Haney St)



PLANT AUCTION



- Huge selection
- Great prices
- Doors open at 6:00
- Auction starts at 6:30
- Annuals
- Perennials
- Vegetables
- Houseplants

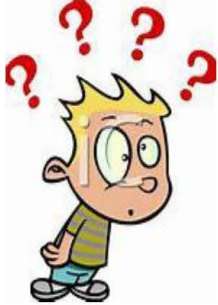
CASH ONLY



Resources you may find helpful



Why is it so Difficult to Hear in Noise? Can Hearing Technology Really Help?"



The Canadian Hard of Hearing Association-Manitoba Chapter

Invites you to a **ZOOM** Presentation by Daniel Paccioretti

When: **Tuesday May 21, 2024**

Time: **7:00 p.m.**

To register **Email:** chhamanitoba@outlook.com by May 20th
Link to the presentation will be sent out on May 21.

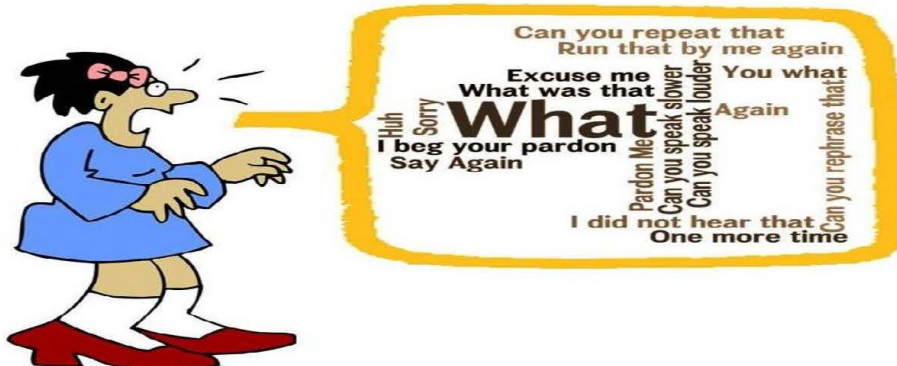


Daniel Paccioretti, MSc., Aud(C)

Dan Paccioretti, a graduate from San Francisco State University with a Master's in Communication Disorders, has more than 40 years' experience as an audiologist, educator, and researcher. Now in semi-retirement he has worked in hospitals, public health clinics, education, and the hearing aid manufacturing industry. Dan has provided hearing health care related

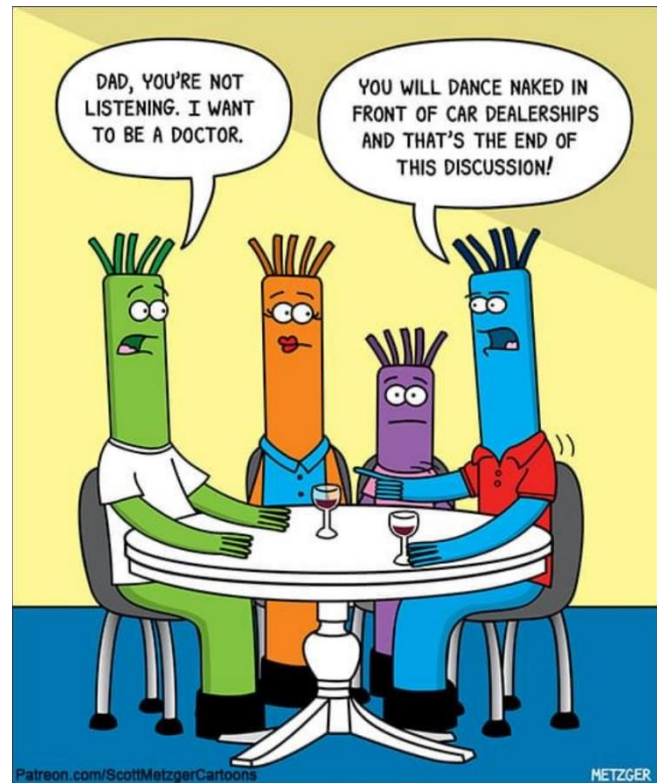
services, and developed programs, for deaf and hard of hearing individuals of all ages, with a special focus on school-aged children and

older adults. He has conducted and published research and in 2021 was a Research Audiologist for a study looking at older adults' ability to benefit from advanced hearing technology in noisy environments. Dan participated in the development of the World Health Organization's (WHO) "Assistive product specifications and how to use them" guide published in 2021, with contributions to the sections on hearing aids and FM systems. Dan is an active member of Speech and Hearing BC and Speech and Audiology Canada (SAC).



A few funnies for your enjoyment

- Why did the man name his dogs Rolex and Timex? Because they're watch dogs
- I had a glass of the best milk I ever tasted today. It was legend dairy.
- You ever wonder how trains eat? They choo-choo, of course.
- Didja hear about the deer that went to the dentist? It had buck teeth.
- A horse goes into a restaurant. The host says, "Hey!" The horse replies, "You read my mind."
- What's a mummy's favorite kind of music? Wrap.
- I don't like artists. They tend to be sketchy.
- I once bought a hat for my leg. It was a kneecap.
- Where do chefs learn how to make ice cream? At sundae school.
- What did the Dalmatian say after dinner? That hit the spot.
- Where do rabbits go for breakfast? IHOP.
- What's worse than finding a worm in your apple? Half a worm.
- Why did the toilet paper roll down the hill? To get to the bottom.
- Why did the photograph go to jail? It was framed.
- Why can't your nose be 12 inches long? Because then it would be a foot.

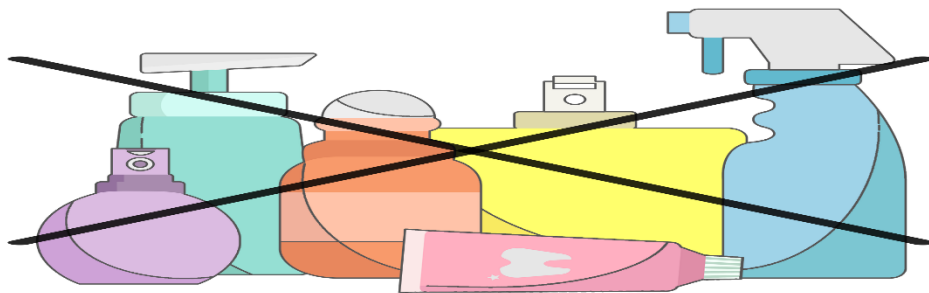


Have a wonderful weekend.
Jakee Werbuk
Program Manager

**My dog sat
on a piece of
sandpaper.**

It was ruff.

**WE ARE
SCENT FREE!**



**In order to make our space accessible to
people who are sensitive and/or allergic
to fragrances, please avoid wearing
products that contain lingering scents.**

Thank you!