

Charleswood Active Living Centre

WHAT'S NEW IN THE WOODS

Spring 2025

Message from the Centre

It's hard to believe that spring is just around the corner. In some ways the winter dragged on and in other ways, as is so often the case at our tender age, time just flew by.

It's been a few months now since we moved into our new location and while we have faced some challenges, we have, for the most part, settled in quite nicely.

Thank you to the many members who have been so helpful and supportive during the transition. Your patience and understanding while we worked through the glitches and difficulties that arose was much appreciated.

Although we have been able to resolve some of the programming challenges, it will not be possible to resolve others until we schedule with a clean slate in the fall, so we are asking for everyone to continue to remain patient, especially as we make the transition to our new Program Coordinator, Krista Billeck. Krista will join us at the end of March. Please be sure to welcome her to the Centre.

There is an array of programming and activities in the spring session, and we hope you will find what you are looking for. Days, times and instructors for some fitness classes have changed so check the details of the classes you are interested in.

This is my final program scheduling & newsletter as the Centre's Program Manager. As many of you know, I am leaving this role after more than 5 years, but I am not leaving the Centre as I will be working the reception desk 2 days a week. It has been a privilege to work here and to have gotten to know so many wonderful people. I am feeling a bit verklempt and am glad I will still have a role to play here at the Centre.

Jakee Werbuk
Program Manager

Charleswood Active Living Centre

Phone: 204-897-5263
357 Oakdale Drive, Wpg MB R3R 4A7
info@charleswoods seniorcentre.org
Website: charleswoods seniorcentre.org
Hours: Mon-Thurs 9:00am to 4:00pm
Friday 9:00am to 3:00pm

Board of Directors

President – Sherry Mooney
Vice President – Val McGuire
Secretary – Nina Logan
Treasurer – Debbie Spracklin

Members

Maxine Bryan	Mary McCormick
Dee Godfrey	Kenn McDonald
Dan Graham	Pam McKenzie
Janice Hamilton	Diana Simpson

Is Your Membership Up To Date?

Your membership must be current to register for Centre classes and activities.

If your membership has expired, or will be expiring before registration, please renew your membership. You can check [online](https://www.charleswoods seniorcentre.org/) at <https://www.charleswoods seniorcentre.org/> or call the office at 204-897-5263. Membership is \$35 per year.

The Centre is a membership-based facility and except when specifically stated, you must be a member of the Centre and registered in a program to attend.

While we make every effort to inform members about expired memberships, we are not responsible for ensuring members are aware of the status of their membership.

Parking at the Centre

We have 33 assigned spots for the Centre located in 2 places.

The lot closest to our entrance door has 20 spots and the rest are closer to Oakdale in the lot on the south when you enter the complex. That is also where the visitor stalls are located, which members may park in if there are no Centre designated spots available. Centre assigned spots are labelled. The Centre's spot numbers are 185-204 & 314-326. As many of our members reside in the complex, the need for parking stalls is more limited than at our previous location.

Cancellation Policy

The Centre's cancellation policy can be found at <https://www.charleswoods seniorcentre.org/>. Click on the "about us" tab.

KATHLEEN
COOK
MLA for Roblin

✉ info@kathleen-cook.ca

☎ 204-504-0594



Registration Process

- Register [online](https://www.charleswoodseniorcentre.org/) at <https://www.charleswoodseniorcentre.org/> or by phone at 204-897-5263. No in-person registration during the April 7, 2025 registration week.
- The Centre has a staggered registration process.

Registration opens in the following manner:

Monday, April 7th at 9:30 a.m. — registration begins for Monday classes and programs and continues until they have filled.

Tuesday, April 8th at 9:30 a.m. — registration begins for Tuesday classes and programs and continues for Monday classes and programs.

Wednesday, April 9th at 9:30 a.m. — registration begins for Wednesday classes and programs and continues for Monday and Tuesday classes and programs.

Thursday, April 10th at 9:30 a.m. — registration begins for Thursday classes and programs and continues for Monday, Tuesday and Wednesday classes and programs.

Friday, April 11th at 9:30 am — registration begins for Friday classes and programs and continues for all classes until they are full.

- If you have any questions about the registration process, or are unclear how to register, please give us a call at 204-897-5263.

To register online 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.

To confirm that your membership will be current at registration time, you can check online or call the Centre.

It's recommended that you try to log in ahead of registration in case you run into some unexpected problems.

**ONLINE
REGISTRATION**

Fitness Classes

Registration begins the week of April 7, 2025
Fitness classes begin the week of April 14, 2025
No classes on Monday, May 19 & Friday April 18
Some classes start one week later or end one week earlier

Balance & Bones – Instructor: Cathy

Classes are designed to keep balance in good shape. Good balance requires the coordination of the central nervous system, inner ear (vestibular system), eyes (ocular system), bones and joints. Exercises include various yoga poses (no experience necessary), dual task training such as balancing in tree pose and counting backwards. Postures include getting up and down on a mat: seated, standing, reclined and on hands & knees. The goal is to improve stability, mobility, coordination, concentration, regulation of breath control, confidence, and freedom.

Wednesdays 2:45pm (10 weeks) Cost: \$72.50

Balance & Conditioning – Instructor: Pete

A dynamic 4-part class designed to enhance overall strength and stability. Balance training to improve coordination and stability. Resistance training with dumbbells and bands. Cardio training to improve heart health and endurance. Followed by a relaxing recovery stretch. Low/medium intensity & moderate variation as required.

Mondays 11:45am (9 weeks) Cost: \$65.25 (No class May 19)

Barre Fitness – Instructor: Claudia

Barre is an exceptional work out that is a fusion of Ballet, Modern Dance and Pilates techniques. This total body conditioning is guaranteed to tighten, tone, sculpt and strengthen your entire body. The sessions and exercises will be choreographed to the rhythm of your favorite tunes. The class is suitable for all fitness levels. No experience necessary. Bare feet, socks, soft dance shoes or runners.

Mondays 1:00 pm (8 weeks) Cost: \$58.00 (No class May 19, last class June 9)

Fridays 1:00 pm (8 weeks) Cost: \$58.00 (No class April 18, last class June 13)

Bone Building Health & Muscle Strength – Instructor: Erv

This class will use free weights to help keep your bones strong while increasing muscle strength, improving posture, balance, coordination, and flexibility. Hips, lower back and wrists as well as your core will be targeted. Mat work is incorporated. Modifications will be made as required to meet individual needs.

Wednesdays 12:00 pm (9 weeks) Cost \$65.25 (Class start date is April 23)

Chair Yoga - Instructor: Doreen

Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being.

Thursdays 10:30am (10 weeks) Cost: \$72.50

Fridays 9:15am (9 weeks) Cost: \$65.25 (No class April 18)

Dynamic Movement – Instructor: Pete

Suitable for all levels of fitness. Attention is placed on our physical and mental wellness. You will be guided through mindful breathing, functional movements, and relaxing stretches. Lymphatic self-massage will assist the immune system, releasing tension with feet care techniques, and resetting the nervous system with somatic exercises. You'll leave feeling refreshed and rejuvenated. If needed, chairs can be used during the mat component of the class. A wonderful way to start the weekend!

Fridays 11:45am (9 weeks) Cost: \$65.25 (No class April 18)

Fit and Tall – Instructor: Claudia

This program focuses on Posture, Core and Balance; low impact standing-sitting exercise will challenge your equilibrium and coordination using different fitness props. Good for all fitness levels with modifications provided.

Fridays 2:15 pm (8 weeks) Cost: \$58.00 (No class April 18, last class June 13)

Functional Fitness – Instructor: Erv

Moves focus on balance, core strength, endurance and multi-joint flexibility. 20 minutes of cardio, 20 minutes of functional strength training, followed by balance training and stretching. Great for all levels.

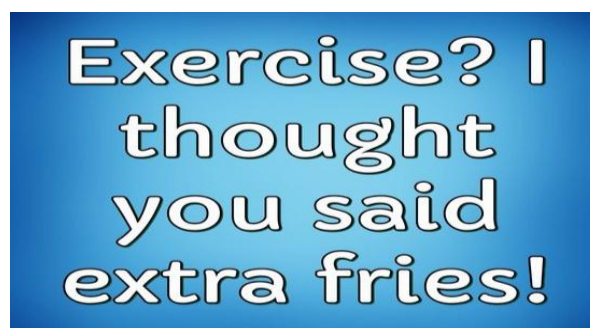
Thursdays 11:45 am (9 weeks) Cost: \$65.25 (Class start date is April 24)

Gentle Yoga Instructor – Mary Lou

This invigorating yoga-based class rejuvenates your brain, challenges your balance and tones and strengthens all your muscles. The standing moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. The mat-based moves encompass the last 25-30 percent of the class.

Tuesdays 1:15 pm (10 weeks) Cost: \$72.50

Wednesdays 1:30 pm (10 weeks) Cost \$72.50



Hatha Flow Yoga – Instructor Debby

Hatha Flow classes intentionally move from pose (asana) to pose linking movement with your breath (pranayama). Beginning with breathing exercises, following up with seated and/or reclined postures, standing poses focusing on mobility and stability as well as balancing. Classes end by lying in stillness/corpse pose (savasana) the most basic restorative asana, which is the chance for your body to rest, relax and renew. Yoga is a practice to not only fine tune alignment but also to quiet the mind and coexist with all parts of ourselves. Not for those requiring chair use.

Thursdays 2:15 pm (10 weeks) Cost: \$72.50

High Intensity Interval Training (HIIT) – Instructor: Pete

Join our dynamic HIIT class! An interval workout program designed for all fitness levels. Multiple intensity levels will be offered for every exercise. Divided into 4 groups, participants will perform unique and functional movements to fun music.

Tuesdays 9:15am (10 weeks) Cost: \$72.50

Kick & Be Fit – Instructor: Claudia

Boxing drills with a high intensity but low impact workout with great music that will leave you glowing and energetic; second part of the class is mat exercise followed by peaceful stretching.

Mondays 2:15 pm (8 weeks) Cost: \$58.00 (No class May 19, last class June 9)

Pilates – Instructor: Alan

Pilates is constant fluid movement. The exercises isolate, activate and condition deep tissue muscles. You will build core abdominal and back strength, restore natural posture, develop strength, flexibility and endurance, tone and elongate muscles without adding bulk, enhance mobility, agility and increase blood circulation to relax muscles.

Tuesdays 12:00 pm (10 weeks) Cost: \$72.50

Sit & Fit

Does balance concern you? Balance isn't something the body automatically has. Class combines seating and standing for a solid core workout and improvement of your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter. This class is suitable and challenging for all individuals regardless of fitness level. Modifications will be provided based on the individual's needs, and no prior experience is necessary.

Instructor: Alan

Tuesdays 10:45 am (9 weeks) Cost: \$65.25 (No class on May 6, 2025 due to Centre event)

Instructor: Eleanor

Wednesdays 10:45 am (9 weeks) Cost: \$65.25 (Class starts on April 23, 2025)

Stretch Class – Instructor: Debby

Class explores yoga postures, focusing on lengthening and toning your muscles. You'll use bender balls, yoga blocks, chairs, and the wall to help you tuck into those hard-to-reach tension areas, such as hip and shoulders. And you'll practice better pelvic alignment promoting longer, more supple hamstrings.

Mondays 10:30 am (9 weeks) Cost: \$65.25 (No class May 19, 2025)

Thursdays 1:00 pm (10 weeks) Cost: \$72.50

Total Body Fitness – Instructor: Eleanor

Class starts with a warm-up, pre-cardio, and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & those looking for a moderate work-out.

Mondays 9:15 am (8 weeks) Cost: \$58.00 (Class starts April 21, 2025 & no class May 19, 2025)

Wednesdays 9:30 am (9 weeks) Cost: \$65.25 (Class starts April 23, 2025)

Weight Training – Instructor: Pete

Strength and stretch with balance. You will use your own body weight, dumbbells and bands, and a series of strengthening exercises and balance drills and finish with a relaxing stretch to end the class.

Fridays 10:30 am (9 weeks) Cost: \$65.25 (No class April 18, 2025)

Yin Yoga – Instructor: Mary Lou

A slower pace of yoga that incorporates principles of traditional Chinese medicine with postures. Fewer poses work the connective tissue of the body, the tendons, ligaments and fascia. These areas need stretching until one reaches their place of resistance, holding in stillness, and holding for time. This assists with arthritis, stiffness and mobility issues. Yin teaches a deeper breath which calms body and mind and is a beautiful balance to the Yoga flow.

Tuesdays 2:30 pm (10 weeks) Cost: \$72.50

Zumba – Instructor: Emilie

Exercise and have fun.
Dance to great Music and burn a ton of calories without even realizing it.

Thursdays 9:15 am (10 weeks) Cost: \$72.50



Fitness Class Drop-ins

Class drop-ins are only available in classes that have not reached maximum enrollment. Call the office to see what's available. You must pre-register as drop-in spots are limited.

Fitness Class Information

- Bands can be purchased at the Centre for \$5 or \$7 depending on band
- For classes that require Yoga mats, please bring your own. We do have some available for use, should you require one
- You can refill your own water bottle from the water dispenser in the Centre.
- Please bring a cloth with you to exercise classes. We supply cleaning spray for use on shared equipment. Spray and wipe equipment after use
- Outdoor shoes cannot be worn for fitness classes

PICKLEBALL –

Westdale Community Centre, 550 Dale Blvd.

All games are from 9:30am to 11:00am

Game is suitable for all levels. Novice and experienced players welcome. **We do not offer beginner specific time slots.** You must be registered to play. We do not offer drop-in slots.

Mondays April 14 – June 16- cost \$45 (registration opens April 7 @ 9:30am)

Wednesdays April 16 – June 18- cost \$50 (registration opens April 9 @ 9:30am)

Fridays April 25 – June 20 - cost \$45 (registration opens April 11 @ 9:30am)

NOTE: there is no Pickleball on Monday May 19 and Friday April 18.



Charleswood Active Living Centre

QUIZ NITE

Fundraiser



SATURDAY, April 26 2025
at the Centre, 357 Oakdale Drive

Doors open 6:30pm Quizzing begins at 7:00pm

Draws & Prizes Tables of 8 Snacks

50/50 Draw

Bring a tin or non perishable for the bin

ALL WELCOME!

\$20/Person



To register call 204-897-5263

Social Scene



**Movies take place at 12:30pm in the MPR. Please select your pizza choice on the drop-down menu when registering online. Cost \$5
Registration opens Wednesday, April 9 @ 9:30am**

Friday April 25th – “Blitz”

Follows the epic journey of a 9-year-old boy in World War II London whose mother sends him to safety in the English countryside. George, defiant and determined to return home to his mom and his grandfather Gerald in East London, embarks on an adventure, only to find himself in immense peril, while a distraught Rita searches for her missing son.

Running time 2 hours.

Friday May 30th – “Conclave”

When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a conspiracy that could shake the very foundation of the Church. *Running time 2 hours.*

Friday June 13th – “The Usual Suspects”

Five career criminals are caught up in the film’s labyrinthine plot that involves an intriguing, seldom-seen, almost legendary criminal mastermind named Keyser Soze.



**EVAN
DUNCAN**

CITY COUNCILLOR
CHARLESWOOD-TUXEDO-WESTWOOD



For OUR Community www.EvanDuncan.ca

Bada Bingo



Wednesday April 23rd 2025 @ 1:00 pm
Wednesday May 21st 2025 @ 1:00 pm

Registration opens April 9 @ 9:30am

Help cover the costs. A \$5 donation at the door is greatly appreciated.

A fun afternoon of Bingo, Prizes and Snacks
If you have a bingo dabber, please bring it.

Entertainment

Ed Pelletier (known around town as Mr. Ed) will keep you entertained as he sings, plays the guitar and tap dances for your enjoyment.

Coffee and a snack included. No cost to attend

Wednesday April 30th, 2025 @ 1:00 pm

Registration opens April 9 @ 9:30am



Lunch of the Month

Join fellow Centre Members for the Lunch of the Month on the second Wednesday of the month.



Registration opens Wednesday, April 9, 2025

Sign up online or call the office at 204-897-5263 to register.

Members may register for themselves and one guest.
We make the reservations, but you are responsible for paying for your own lunch.

Note: Some restaurants automatically add a service charge or tip for larger groups.
Please check your bill to be sure you don't double tip.

Wednesday May 14 @ 11:45am – Stacked Pancake & Breakfast, 1600 Ness Ave

Wednesday June 11 @ 11:45am – Confusion Corner Drinks & Food, 500 Corydon Ave

Reservations under the Charleswood Senior Centre.

COFFEE & FRIENDS, MAKE THE PERFECT BLEND

Tuesdays from 9:30am to 11:00am

Drop-in. No registration required

April 15, 22 & 29

May 6, 13, 20 & 27

June 3, 10 & 17

Join us at the Centre for weekly Coffee Time. You can purchase a cup of coffee, tea or hot chocolate for a \$1. A great time to visit, chat & enjoy the company of your fellow Centre Members. Open to everyone. Bring a friend and show them the Centre.



Centre Outing

Heart of a Nation City Tour

Monday, May 12th 1:00pm to 3:00pm

Trolley will pick up & drop off at the Centre.

Registration opens Monday, April 7 @ 9:30am. Cost \$30

Experience the most incredible sites and stories Winnipeg has to offer on this award-winning *Heart of the Nation City Tour*. For more information on the tour go to <https://winnipegrolley.ca/>

Health & Wellbeing

Bone Health 101

Wednesday, May 14th @ 2:00pm No cost

Registration opens April 9, 2025

Presenter will discuss osteoporosis, risk factors, how to maintain healthy bones, the impact of nutrition and exercise, medication and so much more.

Sponsored by Osteoporosis Canada



Presentations

“Shakin' All Over” by John Einarson

**Wednesday, May 7th @ 1:00pm No cost to attend
Registration opens April 9 @9:30am**

"Shakin' All Over: When Winnipeg Community Clubs Rocked"

Join music historian, author and Charleswood Resident John Einarson as he takes you back to the roots of rock 'n' roll in winter when community club canteen dances were the place to be. Enjoy reliving the bands, records, community clubs, deejays and the fun with this multi-media class.



Emergency Preparedness Workshop

**Wednesday, May 28th @ 1:00pm No cost to attend
Registration opens April 9 @9:30am**

Topics covered in the workshop include a brief introduction to the Office of Emergency Management at the City of Winnipeg, the "Three Steps to Emergency Preparedness" (Knowing the Risks, Making a Plan, and Engaging with Your support Network), creating a 72-hour emergency kit, the importance of insurance and how it can help in an emergency, and an overview of smoke alarm and carbon monoxide detector safety.

Manitoba Author Presentation – Michael McMullen

**Thursday, June 12 @ 11:00am No cost to attend
Registration opens April 10 @9:30am**

“Michael McMullen has always had a passion for storytelling - from telling humorous tales to his children when they were young to creating the customer experience “story” as they walk through a retail space. Now, in his two books, the recently published Garbage Boy: The High Bar of Low Expectations and his first book Scarred, Michael’s storytelling journey continues.”

Join Michael for a discussion on:

- The story line of his books
- The writing process and experience
- The "Power" of a single word. Which includes audience interaction
- The development of characters
- How his life experiences are inserted in the spirit and essence of the book

Click on the link to learn more about the author:

<https://www.michaelmcmullenbooks.com/>

Classes & Workshops

Creative Writing

Starts Thursday, April 17, 2025 10:30am (8 weeks) Cost \$40.00

Registration opens April 10 @9:30am

Creative Writing Strategies: painting with words invites you to join a friendly writing circle to share your writing with supportive fellow writers and receive positive feedback. There will be guidance and instruction from Barbara J. Becker, a published author, facilitator of productive writing workshops, and editor of the three award winning Measured Words anthologies. Classes will introduce resourceful writing strategies to polish your writing voice. This innovative 'how to' program will unlock the exciting world of writing, publishing, and marketing books.

Visit Barbara Becker at: www.barbarajbecker.com

Joyful Retirement Workshop- Creating Your Best Chapter

Starts Friday, May 2, 2025 @ 1:00pm (4 weeks) No cost to attend

Registration opens April 11 @9:30am

This workshop is designed specifically for women aged 50-75 who are transitioning or navigating retirement. This interactive workshop will be based on Author Shelly Dale's book "Flourishing in Retirement: A 5-Step Guide to Joy for the Post-Career Woman." The purchase of her book is not required for participation in the workshop.

Sessions are 90 minutes long and utilize tools such as mind maps, journaling, group discussions, and self-reflection exercises to foster personal growth and joy during retirement.

Rewired...



... not Retired!

MARTY MORANTZ

MP | CHARLESWOOD—ST. JAMES—
ASSINIBOIA—HEADINGLEY

MARTY.MORANTZ@PARL.GC.CA
MORANTZ.CA • 204-984-6432

Tech Talk with Lloyd Gwilliam

Tech Talk with Lloyd Gwilliam DROP IN

Thursdays from 1:00pm to 3:00pm

April 24th

May 15th & May 29th

June 12th



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.

Cards and Games

Cards & games run from September to June. **Many of these are full for the year and there is limited space available in others.** Check the online registration on the website or call the office to see if there is room. There are currently no drop-in spots available for cards and games.

BRIDGE Not suitable for beginners. There is no instructor, and this is not duplicate bridge. Mondays 1pm-3:30pm

CANASTA We play a version of Hand & Foot Canasta. Mondays 1pm-3:30pm

CRIBBAGE Tuesdays 1pm-3:30pm

RUMMOLI Thursdays 1pm-3:30pm

MAH-JONG Thursdays 1pm-3:30pm



With the exception of Bridge, knowledge of games is not required. In each game, returning players are willing to teach new players how to play.

BOCCE BALL

Enjoy some friendly competition.

Fridays at 10am



Special Interest Clubs/Groups

Special Interest groups run from September to June. Call the office for more information.

Mystery Book Club

(\$10 for full year)

- Generally meets the 3rd Monday of the month at 1:00 pm at the Charleswood Library in the Boardroom.
- April meeting date has been moved to Monday April 28 due to Easter Monday.
- May meeting is May 26 due to Victoria Day.

Jam Sessions (\$20 for full year)

Love to sing? Play an instrument? Join the Jammers. A fun music group and a great way to meet new people. Group meets **Wednesdays at 10:00 a.m.**

(NOTE time change. Jamming has returned to its original 10am time slot.) Last day of Jammers is June 11.

Bring your own instrument.

Ladies in Stitches Knitting Club

Knitting shawls for Cancer Care & items for other charities.
Group meets the **last Thursday of the month at 10:30 am.**
Wool donations are always appreciated.
June meeting is on Thursday, June 19.
No charge



SAVE THE DATE

ANNUAL GENERAL MEETING Wednesday June 18, 2025, 10:30am

Join us for an update on what's happening in the Centre and what's coming up.

**Registration will open
on Wednesday April 30th.**

Contact the Centre at
204-897-5263 or
register online.



SAND HILL CASINO TRIP Tuesday May 27, 2025

Full details will be available online and at the Centre by Friday April 4th.

**Registration will open on
Tuesday, April 15th.**

Casino trip is open
to all. Membership
at the Centre
is not required.



VOLUNTEER APPRECIATION

We can't thank you enough.... but we'll try

For all our volunteers please join us so we can thank you in person for all you've done to keep the Centre going.



Thursday, May 8, 2025
5:30pm



Boston Pizza Charleswood, 3894 Grant Ave

We will be reaching out to all our volunteers but if you know this is you, no need to wait for us to reach out! RSVP by Thursday, May 1, 2025

info@charleswoodseniorcentre.org or 204-897-5263

We are a scent free facility. Please refrain from using scented products when coming to the Centre. Your lovely smell may be making others sick.



Charleswood Active Living Centre

Phone: 204-897-5263

357 Oakdale Drive, Wpg MB R3R 4A7

Email: info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Hours: Mon-Thurs 9:00am to 4:00pm

Friday 9:00am to 3:00pm

THE WELLINGTON APRIL TO JUNE ACTIVITIES/EVENTS Come and join us at for some fun activities and events.

APRIL

- 8 Charleswood Rotary Club - Work at Assiniboine Forest
- 11 Senior Choral Society
- 14 Funeral & Executor Planning
- 22 The Little Big Band
- 24 Helen White
- 25 The Great Gatsby Wine & Dine

MAY

- 14 The Burton Music Duo: Salute to the 60's
- 27 Linda Koley
- 24 The Wellington Open House (1 to 4)

JUNE

- 13 Magic Show, Evan Morgan
- 17 Oliver & the Filharmonic Ensemble
- 19 Walker Wash and Tune-Up (with Ice Cream Bar!)
- 27 Entertainment with Brent Meidinger

Contact Cindy for information on posted or upcoming events,
204-831-0788

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