

CENTRE UPDATE – Thursday, April 17

Reminders & Centre Info

**The Centre will be closed this Friday, April 18 for Good Friday.
See you on Monday!**

The Charleswood Active Living Centre needs you!

Help us shape the beginning of our next twenty-five years by joining the Board. Bring your energy and ideas to keep our Centre a welcoming, viable and active hub for mature adults in our community. Terms begin after the AGM in June with monthly meetings. Call the Centre at 204-897-5263 and leave your name or email Sherry Mooney at president@charleswoodseniorcentre.org.

Bike Parking

Several people have been asking about where they can lock up their bikes now that the weather is nicer. We are looking into a solution and will update you as soon as possible.

Spring Session:

There have been a few changes to the schedule...

- Hatha Yoga on Thursdays is now a combo class with Stretch Class at 1 pm.
- **Chair Yoga** on Friday mornings is now on **Thursday afternoons at 2:30 pm** beginning Thursday, May 1st. It will run for 8 weeks. Registration is open now.
- The Bone Health 101 Presentation scheduled for May 14 at 2:00 pm is being postponed because the speaker is not available. New date TBA.
- The Joyful Retirement workshop has been cancelled.
- We are introducing a drop in Men's Monthly Coffee time on the 4th Friday of the month from 9:30 – 10:30 am beginning April 25th. No pre-registration required.

The Newsletter for the spring session can be found [here](#).

There's still room to register for...

Special Events:

- Heart of a Nation Trolley Tour – May 12 at 1:00 pm
- Lunch of the Month – Stacked Pancake & Breakfast – May 14 at 11:45 am
- Lunch of the Month - Confusion Corner Drinks - June 11 at 11:45 am

Special Interest:

- Shakin' All Over by John Einarson - Wed May 7 at 1:00 pm – 9 spots left

Fitness Classes:

- Total Body Fitness – Mondays at 9:15 am – 14 spots left
- Stretch Class – Mondays at 10:30 am – 3 spots left
- Kick & Be Fit – Mondays at 2:15 pm – 7 spots left
- HIIT – Tuesdays at 9:15 am - 2 spots left
- Sit & Fit – Tuesdays at 10:45 am – 1 spot left
- Pilates – Tuesdays at 12:00 pm - 5 spots left
- Sit & Fit – Wednesdays at 10:45 am – 1 spot left
- Bone Building Health & Muscle Strength – Wednesdays at 12:00 pm – 2 spots left
- Balance & Bones – Wednesdays at 2:45 pm - 5 spots left
- Zumba – Thursdays at 9:15 am – 8 spots left
- Stretch Class – Thursdays at 1:00 pm – 2 spots left

Drop ins are available for members in classes that are not full at a cost of \$10 per class. Please call the office the morning of the class to register.

What do you call an Easter egg that goes to the gym?
An eggs-ercise enthusiast!

Quiz Nite – Almost sold out! One table left!

Saturday, April 26 at the Centre, doors open at 6:30pm, quizzing starts at 7:00pm

Call the centre at 204-897-5263 to register

\$20 per person. Open to all. Bring a friend

Snacks, 50/50, prizes; wine & beer will be available at this location

A Few Funnies for you

How does an Easter chick dress for Sunday? Im-peck-ably.

Why don't chicks play baseball? Too many fowl balls!

What's the best type of movie about waterfowl? A duckumentary!



Sand Hills Casino Trip:



Sand Hills Casino Trip

Event Date: Tuesday, May 27, 2025

Registration opens Tuesday, April 15 at 9:30am

Registration deadline May 20, 2025

Cost: \$37.00/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, and Gold Club Acct# if you have one that has been used in the past year.**

You will be contacted regarding meal choices.

Call us at 204-897-5263 or register online at
www.charleswoodseniorcentre.org.



Charleswood Active Living Centre



Resources you may find helpful



Transitions Bereavement Support Group for Adults 55+

Join A&O on Thursdays from May 1 to June 5, 2025

Time: 10:00 AM to 12:00 PM

Classes will be hybrid:

In Person classes will be at the A & O Boardroom at 200-207 Donald Street

Zoom the Zoom app is accessible to participants on their Smartphones, iPads or home computers.

For more information or to register for this group,
please contact Intake at 204-956-6440.

<https://www.aosupportservices.ca/2025/01/14/transitions-bereavement-support-group-2025/>

Canadian Mental Health Association (CMHA)

Film Study: Movie: The Secret She Kept

Date: Thursday, April 24, 2025 Time: 1:30 PM – 4:00 PM

Location: 930 Portage Avenue – Blueberry Room

Spend an afternoon viewing a movie with mental illness and well-being themes, followed by a group discussion. This is a great opportunity to connect with others, enjoy a movie, and explore the portrayal of folks living with mental illness in film and in media.

Register here:

<https://www.cmhaacrossmb.ca/events/film-study-movie-the-secret-she-kept/>

What is a Senior Resource Finder?

Seniors Resource Finders (SRF) help link and refer adults 55+ to community supports, programs and services. Whether it's recreational, volunteer opportunities, exercise programs, or supports to help you meet your needs in daily life, it can be hard to know where to go. Seniors Resource Finders can talk to you about your needs and interests and get you connected to the resources in your part of the city.

Here are a few examples of the types of resources they can help you find connection for:

- E.R.I.K. (Emergency Response Information Kit)
- Escorted transportation and other transportation options

- Yard and home maintenance referral program
- Networking and community outreach
- Congregate meal programs
- Educational materials and community presentations
- Health Services

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Have a fantastic weekend!

Krista Johnson Billeck
Program Coordinator