



Charleswood Active Living Centre

WHAT'S NEW IN THE WOODS

Fall 2024

IMPORTANT DATES

Message from the Centre

When this newsletter goes to print (showing my age here!) summer will have just begun. People will be out enjoying the hopefully beautiful weather, off on travels, golfing, fishing, eating, drinking, tending to their gardens and engaging in a score of other summer activities.

The fall session will run from September 16th to December 13th. There have been some changes to the fitness and other class schedules so be sure to pay attention to the times if you are registering for a class you have taken before.

As many of you know, Debbie Baxter has retired. And while we will miss her immensely, we are pleased to welcome Sheila Moyer to the Centre. Sheila will be at Reception on Mondays and Fridays and Judy will be continuing to work in Reception Tuesdays to Thursdays.

Kristal and I will be staying on in our respective roles as Centre Manager and Program Manager.

There is lots to choose from this fall, and whatever your area of interest, we hope you find what you are looking for.

Jakee Werbuk
Program Manager

- Sept 5 Open House
- Sept 6 New Member Orientation
- Sept 9 Registration Begins
- Sept 16 Programming Begins
- Sept 26 Parks Historical Presentation
- Sept 27 Navigating Your Move (RBC)
- Oct 2 Movie & a Munch
- Oct 3 Paint Party
- Oct 3 & 24, Nov 14, Dec 5 Tech Talk
- Oct 4, 18 & 25 A chat with our Govt reps
- Oct 7 Seniors Moving Co. Presentation
- Oct 9 & 10 Floral Arranging
- Oct 9 & Nov 13 Lunch of the Month
- Oct 16 Flu Shot Clinic
- Oct 17 Frauds & Scams Presentation
- Oct 21 Fires Historical Presentation
- Oct 22 Watercolours Begins
- Oct 24 Retirement at its best
- Oct 30 Music & Muffins
- Nov 6 Bada Bingo
- Nov 7 Memory & Aging Workshop begins
- Nov 8 Meditation Series begins
- Nov 18 Physio Presentation
- Nov 20 Movie & a Munch
- Nov 26 Disability Tax Credit
- Dec 4 Christmas Entertainment
- Dec 6 Bake Sale & Café – Save the Date
- Dec 16 Holiday Lunch – Save the Date

Charleswood Active Living Centre

5006 Roblin Blvd, Winnipeg MB, R3R 0G7

Phone: 204-897-5263

Email: info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

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](#) 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.

Cancellation Policy

The Centre's cancellation can be found at <https://www.charleswoodseniorcentre.org/>. Click on the "about us" tab. You can also find a copy of it on the Centre's bulletin board.

Parking at the Centre

The Centre has 2 parking lots. One on Roblin Blvd and one off Harstone Road. If you are parking in the Harstone lot please do not park in the spots that have this sign.



**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 September 9, 2024 registration week.
- The Centre has a staggered registration process.

Registration opens in the following manner:

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

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

Wednesday, Sept.11th at 9:30 a.m. — registration begins for Wednesday classes and programs and continues for Monday and Tuesday classes and programs.

Thursday, Sept.12th at 9:30 a.m. — registration begins for Thursday classes and programs and continues for Monday, Tuesday and Wednesday classes and programs.

Friday, Sept. 13th 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 September 9th, 2024

Fitness classes begin the week of September 16th, 2024

No classes on the following Mondays: Sept. 30, Oct. 14 & Nov. 11

Badminton

Non-competitive! You can bring your own racquet or use one of ours.

Fridays 9:30 am (10 weeks) Cost: \$10

Balance & Bones – Instructor: Cathy

Classes are designed to take action 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.

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

Barre Fitness – Instructor: Rosa

Blends classic ballet, yoga & pilates strengthening exercises with fitness powered by energizing, heart pumping music that makes you want to move. With the support of a ballet barre, it will take you through a flow of high-powered sequences.

Mondays 11:45 am (10 weeks) Cost: \$72.50

Barre Boot Camp – Instructor: Rosa

Barre Fitness with a little bit more. More legs, more abs, more everything! Perfect for those looking for a little something extra from their Barre class.

Thursdays 11:45 am (13 weeks) Cost: \$94.25

Bone Building Health & Muscle Strength – Instructor: Erv **NEW**

This class will use free weights to help keep your bones strong while increasing muscle strength, improve 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 (13 weeks) Cost \$94.25

Butts and Guts – Instructor: Rosa

The focus of this class is strengthening and toning your abdominal and core and your gluts. There will be a little low impact cardio to keep things lively.

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

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 (13 weeks) Cost: \$94.25

Fridays 1:45pm (13 weeks) Cost: \$94.25

Dynamic Movement – Instructor: Pete NEW

The Dynamic Movement class is suitable for all levels of fitness. It places attention on our physical and mental wellness. Participants will be guided through mindful breathing, functional movements, and relaxing stretches. We will also be performing lymphatic self-massage to 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. What a wonderful way to start the weekend!

Fridays 12:15pm (13 weeks) Cost: \$94.25

Functional Fitness – Instructor: Andrew

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 2:30 pm (13 weeks) Cost: \$94.25

Gentle Yoga Instructor – Mary Lou

This invigorating yoga-based class rejuvenates your brain, challenges your balance and tones and strengthens all your muscles and bones. 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 (13 weeks) Cost: \$94.25

Wednesdays 1:30 pm (13 weeks) Cost \$94.25

Hatha Flow Yoga – Instructor Cathy

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.

Wednesdays 2:45 pm (13 weeks) Cost: \$94.25

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 (13 weeks) Cost: \$94.25

Pilates – Instructor: Rosa

Exercises are taught on the mat and focus on lengthening and strengthening all your muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies.

Thursdays 1:15 pm (13 weeks) Cost: \$94.25

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 (13 weeks) Cost: \$94.25

Tuesdays 12:00 pm (13 weeks) Cost: \$94.25

Instructor: Eleanor

Wednesdays 10:45 am (13 weeks) Cost: \$94.25

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.

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

Wednesdays 9:30 am (13 weeks) Cost: \$94.25

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 11:00 am (13 weeks) Cost: \$94.25

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 (13 weeks) Cost: \$94.25

Zumba – Instructor: Emilie

A great opportunity to exercise and have fun. Dance to great music and burn a tonne of calories without even realizing it.

Thursdays 9:15 am (13 weeks) Cost: \$94.25

Fitness Class Information

- Bands can be purchased at the Centre for \$5.
- For classes that require Yoga mats, please bring your own. We do have some available for use, should you require one.
- Bottled water is available for purchase for \$1.
- 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 in the gym.

PICKLEBALL

Westdale Community Centre, 550 Dale Blvd.

All games 9:30am to 11:00am

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport has been growing in popularity among seniors as it is easier to play than tennis. The speed of the Pickleball is slower than that of a tennis ball and the court is a third of the size. Game is suitable for all levels. Novice and experienced players welcome. **We do not offer beginner specific time slots.**



Mondays September 16 – December 9- cost \$40

Registration opens Sept. 9 at 9:30am

Wednesdays September 18 – December 11 - cost \$52

Registration opens Sept.11 at 9:30am

Fridays September 20 – December 13 - cost \$52

Registration opens Sept.13 at 9:30am

NOTE: there is no Pickleball on Monday Sept 30, Oct 14 & Nov 11.

BOCCE BALL

Enjoy some friendly competition.

Registration opens September 13th

Fridays at 10am
Sept 20 to Dec 13

Upstairs at the Centre
No Bocce on Dec 6th



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Social Scene

Movie and a Munch

1:00pm - Upstairs at the Centre. No cost to attend.
Registration opens September 11 @9:30am

Wednesday, October 2nd - "The Help"

In 1960s Mississippi, Southern society girl Skeeter turns her small town on its ear when she interviews the black women who have spent their lives taking care of prominent white families.

Wednesday, November 20th - "The Judge"

Big-city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth; along the way he reconnects with his estranged family.



Bada Bingo



Wednesday, Nov 6, 2024 @ 1:00 pm
Registration opens September 11 @ 9:30am

\$5 donation at the door includes minimum 2 sheets or cards per game. Additional sheets or cards 50 cents each.

A fun afternoon of Bingo, Prizes and Snacks

Music & Muffins



The Woodhaven Menshed Band

Wednesday, October 30, 2024
1:00pm – 2:00pm

Registration opens Sept. 11 @ 9:30am
Upstairs at the Centre
No cost to attend. Muffins & drinks.

The Woodhaven Menshed Band has been entertaining seniors for the last 2 years. The group is composed of senior guitar players and singers with a wide range of experience from professionals to amateurs. All share a love of music. Repertoire consists of songs from the 50s country to 60s rock.

Holiday Season Classics as performed by Rick Roschuk, featuring Trish Bennett on Keyboards (Computer)!

Wednesday, December 4, 2024
1:00pm – 2:00pm

Registration opens Sept. 11 @ 9:30am
Upstairs at the Centre
No cost to attend. Muffins & drinks.

Festive tunes that continue today to make the airwaves and season bright. Singing along is highly recommended.

Fireside Fridays - Candid Conversations with our Government Representatives

Join local representatives for coffee and a chat. Register for 1,2 or all 3 sessions. If you have a question, they have the answer! An opportunity to discuss the issues that matter to you. **Registration opens Friday, September 13, 2024.**

Friday, October 4th at 1:00pm
City Councillor, Evan Duncan



Friday, October 18th at 1:00pm
Member of Parliament, Marty Morantz



Friday, October 25th at 1:00pm
Member of the Legislative Assembly, Kathleen Cook



Do you want to be certain the topic you are interested in gets covered? Please email your questions to the Centre at info@charleswoodseniorcentre.org a minimum one week prior to the session you are attending.

Tech Talk

Tech Talk with Lloyd Gwilliam DROP IN

Thursday October 3 from 1:00pm to 3:00pm

Thursday October 24 from 1:00pm to 3:00pm

Thursday November 14 from 1:00pm to 3:00pm

Thursday December 5 from 1:00pm to 3:00pm



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.

 **MARTY MORANTZ**

**MP | CHARLESWOOD—ST. JAMES—
ASSINIBOIA—HEADINGLEY**

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

Presentations & Educational Sessions

Navigating Your Move – Financial Presentation

Friday, September 27 at 1:00pm. No cost to attend

Registration opens Sept. 13, 2024 @9:30am

Moving to a rental property?

Join Financial Planners Marc Coulombe and Christie Rodger from RBC for an informative discussion designed to help you navigate this important transition smoothly and confidently.

During this event they will review:

- Major life change when moving from home ownership to renting
- Income planning for rental expenses
- Legacy planning and early inheritance gifting
- Legal and tax planning need to know

Seniors Moving Company – Downsizing Presentation

Monday October 7 at 10am. No cost to attend

Registration opens Sept. 9, 2024 @9:30am

Lisa Sinnicks, owner of The Seniors Moving Company Inc. will share downsizing tips and resources to get you started on the process of moving.

Very timely for those preparing to move to Oakdale Residences (or elsewhere).

Historical Presentations

Presented by Greg Agnew, speaker, historian, researcher, and Heritage Winnipeg Board Member

"Parks"? What was the need for them?

Thursday September 26, 2024 @10:00am

Registration opens September 12 @9:30am. No cost to attend

"Parks"? What was the need for them? When did we start having them? What types were they? A relaxing time of learning of our City's great history."

"Fires" What a history of fires we have!

Monday, October 21, 2024 @10:00am

Registration opens September 9 @9:30am. No cost to attend

Let's go way back and discover the start, the challenges, the outcome, and the unfortunate fires in our history. This is a HOT Presentation you won't want to miss!"

Costs covered by the Government of Canada New Horizon's Grant.

Physiotherapy & Osteoarthritis – Presentation

Monday November 18 at 10am. No cost to attend

Registration opens Sept. 9, 2024 @9:30am

“Do you struggle with pain and stiffness in your joints? Have you recently been diagnosed with osteoarthritis? Looking to stay active but don't know where to start? Join us for a comprehensive Guide to successfully managing osteoarthritis and how the GLA:D program may be right for you! Q&A will follow”.



Topics:

- What exactly is arthritis
- What are the symptoms of OA
- Who is most susceptible to OA
- How to control symptoms of OA.
- How physiotherapy can help
- How can the GLA:D program can help
- How regular exercise can help + more!

Presented by Kenaston Common Physiotherapy

Disability & Caregivers Tax Credit – Presentation

Tuesday November 26 at 10am. No cost to attend

Registration opens Sept. 10, 2024 @9:30am

Learn more about the Disability Tax Credit and Primary Caregiver Tax Credit.

The daily living activities discussed include walking, dressing, hearing, elimination, speaking, feeding, vision, mental functions (Alzheimer's, Dementia, Parkinson's), and life-sustaining therapy (insulin, oxygen).

Individuals approved to claim the disability tax credit can get up to \$2000.00 of tax relief for each year they are approved for. You can get up to 10 years of retroactive credits. The refund is significant! The Primary Caregiver Tax credit is \$1400.00 annually. Their office offers FREE house calls and consultations.

Presented by Cheryl Kehler, Disability Tax Credit Specialists

Frauds & Scams – Police Presentation

Thursday October 17 at 10am. No cost to attend

Registration opens September 12 at 10am

This presentation covers some of the current and frequent scams, whether it be by, phone, email, letter mail, or distraction scams. The session will educate you on how to protect yourself from becoming a victim of fraud and you will learn how to how to make a report to police, should you require it.

Classes and Workshops

Paint Party

Thursday, October 3 at 10:00am
Registration opens September 12 @9:30am
Cost is \$10.00

Channel your inner Picasso. Instructor Arlene Enns will guide you through the steps to produce your own masterpiece.

Suitable for those with and without experience.
All supplies will be provided.



Floral Arranging

Wednesday October 9 at 1:00pm
Registration opens September 11 @9:30am

OR

Thursday October 10 at 10:00am
Registration opens September 12 @9:30am
Cost \$10.00

Costs for floral and paint party covered in part by the Govt of Canada New Horizon's Grant.

Florists from
Charleswood Florists will
teach you how to create
a one-of-a-kind floral
arrangement for your
Thanksgiving table.

Watercolour Painting

Starts Tuesday October 22 at 10:00am (5 weeks) Cost is \$25.00
Registration opens September 10 @9:30am

Learn how to paint with instruction from local artist Virginia Stephenson. This course will cover the basics of watercolour painting and is suitable for novice and returning participants. You will be required to purchase some basic supplies. The supply list will be sent to you following your registration.

Memory and Aging

Starts Thursday November 7 from 10am to 11:30am (3 weeks) No cost
Registration opens September 12 @9:30am

Some degree of memory change is a normal part of aging, but there are effective strategies & skills you can use to help you remember the things that are important.

Join facilitators from The Wellness Institute at Seven Oaks General Hospital to:

- Understand what memory is and how it changes with age.
- Uncover which factors can impact your memory for the better or for the worse.
- Explore lifestyle changes that can help improve your memory.
- Practice memory strategies.
- Improve your ability to recall everyday things.
- Build confidence in your memory.

Retirement at its Best – Flourishing in Retirement Workshop

Thursday, October 24 at 10:00am. No cost to attend

Registration opens Sept. 12, 2024 @9:30am

Whether you're soon to retire, recently retired, or feeling stuck in your retirement journey, this event is for you. Explore tips, tricks, and experiences to help you create a joyous and fulfilling retirement.

Shelly Dale will share insights from her book "Flourishing in Retirement: 5-step guide to joy for the post-career woman."

It will include an interactive session of several of the activities from the book.

There will be an opportunity for sharing and a question-and-answer session.

The takeaway from the book and some from this session:

- Embracing Growth and Self-Discovery; Empowerment and Self-Love; Practical Activities; Research-Backed Advice; Joyous Living:

These takeaways are designed to help retirees navigate the transition from a work-centered life to one that is fulfilling and joyous in retirement.

Shelly Dale (Coupland) worked as a public health nurse for thirty-two years before retiring. Her personal experiences, including childhood trauma and health challenges, led her to explore healing resources and techniques.

The purchase of her book is not required to benefit from the workshop. Those who wish may purchase the book following the session.

Meditation Series - The Practice of Meditation & Mindfulness

Starts Friday, November 8, 1:00pm to 2:30pm (4 weeks) Cost \$40.00

Registration opens September 13 @9:30am

Whether you are seeking to manage stress and anxiety, uplift your spirits, make a new start, or find joy in your day-to-day life, meditation and mindfulness open doors to all that and more! This four-part series is geared to those with or without prior meditation/mindfulness experience. The classes will cover the fundamentals of meditation/mindfulness, as well as their benefits, and include time to practice meditation/mindfulness using different techniques in order to provide participants with an opportunity to explore various approaches to meditation/mindfulness.

With an emphasis on making meditation/mindfulness accessible & straightforward, the instructor will share tips and practical steps to facilitate the practice and provide time for questions and sharing in each class.

Marianne Farag is a speaker, author and teacher on topics of personal growth and transformation focussed on building inner peace.

Lunch of the Month

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

Registration opens Wednesday, September 11, 2024

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

Members may register for themselves and a guest.

We make the reservations, but you are responsible for paying for your own lunch.



Wednesday October 9th @ 11:45am - IHOP 455 Sterling Lyon Pkwy

Wednesday November 13 @ 11:45am – Red Lobster 1540 Portage Ave

Reservations under the Charleswood Senior Centre.

"When life shuts a door, open it again. It's a door.
That's how they work" - Debbie Baxter

KATHLEEN
COOK
MLA for Roblin

✉ info@kathleen-cook.ca

☎ 204-504-0594



Flu Shot Clinic

Wednesday October 16 1:00-4:00pm in the MPR

Call the Centre starting Wednesday, September 18th to book your spot (note this is a week later than registration for other programs and activities).

No online registration.

Shots administered by Northway Pharmacy Charleswood



WE'VE GOT PUZZLES



The Centre has puzzles to borrow. Stop by and pick up one or two in anticipation of those sleepless nights ahead!

CALL US TODAY TO BOOK YOUR FREE, NO OBLIGATION CONSULTATION



Moving you from PAD to PAD

PHONE: 204-417-7570

WWW.LEAPFROGMOVING.CA

Cards and Games

Cards & games run from September to June. Registration opens the week of September 9th and depends on the day of the activity. Unless otherwise stated, the fee for all cards & games is \$20 for the year. There are no pro-rated fees. All games upstairs at the Centre.

BRIDGE

Not suitable for beginners.

There is no instructor, and this is not duplicate bridge. You will be playing with different partners throughout the afternoon. Suitable for those who are playing or have played bridge in the past. Mondays 1pm-3:30pm

CANASTA

We play a version of Hand & Foot Canasta. Game instruction will be sent out to players prior to the start of the session.

Mondays 1pm-3:30pm

CRIBBAGE

Tuesdays 1pm-3:30pm

RUMMIKUB

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.

Special Interest Clubs/Groups

Special Interest groups run from September to June.

Mystery Book Club

Meets the 3rd Monday of the month at 1:00 pm. Members will be informed of date changes for stat holidays. Group meets at the Charleswood Library in the Boardroom. First meeting takes place on Monday, September 16, 2024. Cost \$10



Registration opens on September 9th at 9:30am.

**September book is *The Gilded Cage* by Camilla Lockberg
Book Club facilitator Maxine Bryan**

Jam Sessions

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.** There are no Jam Sessions on the third Wednesdays of the month. Cost \$20

Bring your own instrument. Registration required.

First Jam session Wednesday,
September 25, 2024

Registration opens
Wednesday, September 11, 2024 @9:30am



"Aging seems to be the only available way to live a long life." - Kitty O'Neill Collins

Ladies in Stitches Knitting Club

Knitting shawls for Cancer Care & items for other charities.

Groups meets the **last Thursday of the month at 10:30 am.**

Wool donations are always appreciated.

No cost. Registration opens Thursday, September 12, 2024 @9:30am



**EVAN
DUNCAN**

CITY COUNCILLOR
CHARLESWOOD-TUXEDO-WESTWOOD



For OUR Community www.EvanDuncan.ca

Upcoming Events



SAVE THE DATES

Holiday Bake Sale & Café
Friday December 6, 2024

Holiday Lunch Get-together
Monday December 16, 2024



Information will be available in November.



Harte Trail Studio Art Tour

September 21-22
10 am - 4 pm

HarteTrailStudioTour.net

Embark on a journey to discover the treasures awaiting you at the 6th annual Harte Trail Studio Art Tour, happening this September 21-22, from 10 am to 4 pm.

This free self-guided art tour is a weekend bursting with colour, vibrancy, and boundless creative forces! Visiting the home studios of our member artists promises to be an immersive and fun experience. Will you witness the next great masterpiece being created or are you interested in exploring your own artistic side? Chat with our tour members as they welcome you to their homes and share their passion for their art, stone carving, clay sculpture, photography and ceramics!

With 20 artisans at 18 locations in southwest Winnipeg - all you need is a studio location map (available on our website or at neighboring locations near the end of August.). Each studio is so unique – you will want to visit them all.

Subscribe to the [Harte Trail Art Tour Newsletter](#) to be kept informed of when the Brochure will be available for download. FAQ and Tour Info can also be found at <https://www.hartetrailstudiotour.net/>

This tour is not being organized by the Centre.



**OPEN HOUSE &
WELCOME
BACK BBQ**

**THURSDAY
SEPT 5, 2024
10:00AM TO 2:00PM**

5006 Roblin Blvd.

Phone: **204-897-5263**

Email:

info@charleswoodseniorcentre.org

Fall Hours:

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

Friday 9:00am to 3:00pm

Membership \$35/year!

**Enter for a chance
to win a free
membership for a
year.**

**Pre-registration required for
BBQ only. Call the Centre at
204-897-5263 to let us know
who (and how many) are
coming. Payment by cash can
be made at the event.**



Charleswood Active Living Centre

Learn about our programs and events, meet new people, and reconnect with friends. Enjoy a BBQ lunch and participate in a fitness class demo.

Thursday Sept. 5, 2024

10am to 2pm - Take a Tour

**New to the Centre? Meet one of our
volunteers in the lobby. They would be happy
to show you around!**

10am to 12pm - Meet & Greet

**Join us upstairs in the MPR for
refreshments, information on our
programming and senior resources.**

Noon to 1:00

BBQ in the Roblin Blvd. Parking Lot

**\$5 cash per person at the event. Please call the
office at 204-897-5263 to pre-register for the
BBQ portion of the day only.**

Fitness Class Demos in the gym

No pre-registration. Demos are 20 min.

10:00am – Total Body Fitness

10:30am - Sit & Fit

11:00am - Pilates

11:30am – Barre Fitness

12:30pm – Chair Yoga

1:00pm – Balance & Bones

1:30pm – Dynamic Movement

2:00pm – Functional Fitness

New (and returning) Member Orientation

Friday, September 6, 2024

1:00pm in the upstairs room.

Information session is open to all new and current members. Join us for an explanation and demonstration of how to register online. We will answer any questions you have about the Centre, our processes, and our programs.

Monday	Tuesday	Wednesday	Thursday	Friday
Gym Weekly Fitness Schedule				
Total Body Fitness 9:15am	HIIT 9:15am	Total Body Fitness 9:30am	Zumba 9:15am	Badminton 9:30am
Stretch Class 10:30am	Sit & Fit 10:45am	Sit & Fit 10:45am	Chair Yoga 10:30am	Weight Training 11:00am
Barre 11:45am	Sit & Fit 12:00pm	Bone Building 12:00pm	Barre Boot Camp 11:45am	Dynamic Movement 12:15pm
Butts & Guts 1:00pm	Gentle Yoga 1:15pm	Gentle Yoga 1:30 pm	Pilates 1:15pm	Chair Yoga 1:45pm
Balance & Bones 2:15pm	Yin Yoga 2:30pm	Hatha Yoga 2:45pm	Functional Fitness 2:30pm	

Centre Board of Directors

President – Sherry Mooney
Vice President – Val McGuire
Secretary – Nina Logan
Treasurer – Debbie Spracklin
Delegate to the Executive - Dan Graham

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

CENTRE STAFF

Kristal Laminman – Centre Manager
Jakee Werbuk – Program Manager
Judy Penner– Admin Assistant
Sheila Moyer – Admin Assistant

Charleswood Active Living Centre

5006 Roblin Blvd, Winnipeg MB, R3R 0G7 Phone: 204-897-5263

Email: info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Hours: Mon-Thurs 9:00am to 4:00pm & Friday 9:00am to 3:00pm