



Charleswood Active Living Centre

WHAT'S NEW IN THE WOODS

Winter 2025

Message from the Centre

At long last, we are on the move to our new home at 357 Oakdale Drive. We know that many of our members are as excited as we are about the move, while others are a little apprehensive. The Centre staff and Board are committed to making the change as flawless as possible, but there will be hiccups as we navigate through the first few months in our new location, so please be patient.

There are changes to the fitness class line-up with some instructors and classes on a hiatus and new ones filling the spots. Please be sure you check the day and time of your classes, as some returning classes changed time slots.

As we say goodbye to 2024, we all have personal reflections and desires for the year ahead. Whatever your plans, hopes and dreams, may 2025 be all you wish for and may peace for all humanity prevail.

Thank you to the volunteers, members, donors, instructors, presenters, staff and Board for making the Centre such an extraordinary place to be.

The very best of the holiday season to you all.

Jakee Werbuk, Program Manager

IMPORTANT INFORMATION ABOUT OUR MOVE

Our occupancy is December 17th. We will be opening for phone and online business January 2, doing phone and online registrations the week of January 6th and starting programs in the new building the week of January 13th.

The Centre is an active construction zone until January 13, members will not be permitted onsite for any reason.

Staff will be offline and not answering the phones after December 13th at 3:00 for several days. As our phones and computers are being disconnected and reconnected, we cannot guarantee a date that voice messages can be left for us or emails will be answered until all systems are operational. We will send out an email to all members when we are fully back online.

When we open January 2nd, phone, email and online access will be the only way to interact with the Centre. Doors will be locked, and members will not be permitted in the new building for any reason, including in person membership renewals.

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.charleswoodseniorcentre.org/) at <https://www.charleswoodseniorcentre.org/> or call the office at 204-897-5263. Membership is \$35 per year.

If your membership is expiring in later December or early in January, please try and renew prior to Friday, December 13th so you are not affected by an inability to reach the Centre during our move. We will date your renewal accordingly, so you do not lose any membership time.

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's new location

There are 20 dedicated outside parking stalls near our door, and 19 designated visitor spots in the parking lot. As a reminder, many of our members will be living in the buildings and will not require Centre parking. More information will be provided prior to the start of classes.

Cancellation Policy

The Centre's cancellation policy 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.

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 January 6, 2025 registration week.
- The Centre has a staggered registration process.

Registration opens in the following manner:

Monday, January 6th at 9:30 a.m. — registration begins for Monday classes and programs and continues until they have filled.

Tuesday, January 7th at 9:30 a.m. — registration begins for Tuesday classes and programs and continues for Monday classes and programs.

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

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

Friday, January 10th 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.
- The Centre doors will be locked, and you will not be able to gain access until Monday, January 13, 2025

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 January 6, 2025

Fitness classes begin the week of January 13, 2025

No classes on Monday, February 17th

Some February 18th classes are cancelled as indicated below

Badminton

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

Fridays 9:15am (12 weeks) Cost: \$10

Balance & Conditioning – Instructor: Pete **NEW**

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 (11 weeks) Cost: \$79.75 (No class February 17)

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 (11 weeks) Cost: \$79.75 (No class February 17)

Thursdays 2:15 pm (12 weeks) Cost: \$87.00

Bone Building Health & Muscle Strength – Instructor: Ery

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 (12 weeks) Cost \$87.00

Chair Yoga - Instructor: Stephanie

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

Wednesdays 9:00am (12 weeks) Cost: \$87.00

Thursdays 10:30am (12 weeks) Cost: \$87.00

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 (12 weeks) Cost: \$87.00

Fit and Tall – Instructor: Claudia NEW

This program focus 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 (10 weeks – ends March 21, 2025) Cost: \$72.50

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 (12 weeks) Cost: \$87.00

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 (11 weeks) Cost: \$79.75 (No class February 18)

Wednesdays 1:30 pm (12 weeks) Cost \$87.00

Hatha Flow Yoga – Instructor Mary Lou

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 (12 weeks) Cost: \$87.00

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 (12 weeks) Cost: \$87.00

Kick & Be Fit – Instructor: Claudia NEW

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 (9 weeks ends March 17) Cost: \$65.25 (No class February 17)

Pilates – Instructor: Claudia

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.

Fridays 1:00 pm (12 weeks) Cost: \$87.00

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 (12 weeks) Cost: \$87.00

Tuesdays 12:00 pm (11 weeks) Cost: \$79.75 (No class February 18)

Instructor: Eleanor

Wednesdays 10:45 am (12 weeks) Cost: \$87.00

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 (11 weeks) Cost: \$79.75 (No class February 17)

Thursdays 1:00 pm (12 weeks) Cost: \$87.00

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 (11 weeks) Cost: \$79.75 (No class February 17)

Wednesdays 9:30 am (12 weeks) Cost: \$87.00

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 (12 weeks) Cost: \$87.00

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 (11 weeks) Cost: \$79.75 (No class February 18)

Zumba – Instructor: Emilie

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

Thursdays 9:15 am (12 weeks) Cost: \$87.00

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. 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

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.



PICKLEBALL

Westdale Community Centre, 550 Dale Blvd.

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 January 13 – March 31- cost \$55

9:30am -11:00am (registration opens Jan. 6 @ 9:30am)

Wednesdays January 15 – April 2 - cost \$60

9:30am -11:00am (registration opens Jan 8 @ 9:30am)

Fridays January 17 – April 4 - cost \$60

9:30am -11:00am (registration opens Jan 10 @ 9:30am)

NOTE: there is no Pickleball on Monday February 17, 2025.

Your Local

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Senior Relocation Specialist

Brian McMillan (204) 612-6575

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Realtor with Judy Lindsay Team Realty.



Social Scene



Wednesday, February 5th - “My Big Fat Greek Wedding”

A girl creates a stir within her traditional Greek family by falling for a guy with one flaw--he's not Greek! *Running time 1hr 34min*

Wednesday, February 12th - “Hidden Figures”

An incredible & inspiring untold true story about three women at NASA who were instrumental in one of history’s greatest operations – the launch of astronaut John Glenn into orbit. *Running time 2hrs 7min.*

Wednesday, February 19th - “In the Name of the Father”

An Irish man's coerced confession to an I.R.A. bombing he did not commit results in the imprisonment of his father as well. Meanwhile, a British lawyer fights to clear their names and free them. *Running time 2hrs 13min. NOTE: This movie has a language warning*

Wednesday, February 26th - “The Post”

Steven Spielberg, Tom Hanks and Meryl Streep team for the first time in this true story about the Washington Post exposing a cover-up of government secrets spanning three decades. *Running time 1hr 55min*

Bada Bingo



Wednesday, January 22, 2025 @ 1:00 pm
Registration opens January 8 @ 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.



Music & Muffins



The Woodhaven Menshed Band

Friday, January 31, 2025

1:00pm No cost to attend.

Registration opens January 10 @ 9:30am

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.

Nostalgic Music with Rick Roschuk & Trish Bennett (former lead singer of The Twilights)

Friday, March 14, 2025

1:00pm No cost to attend.

Registration opens January 10 @ 9:30am

Blasts from the past with various Crooner and Country hits.

Lunch of the Month

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



Registration opens Wednesday, January 8, 2025

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 February 12 @ 11:45am – Aaltos at Canad Inns, 1405 St. Matthews

Wednesday March 12 @ 11:45am – Boston Pizza, 3894 Grant Ave

Reservations under the Charleswood Senior Centre.

Join Member of the Legislative Assembly, Kathleen Cook for coffee & a chat.

An opportunity to discuss the issues that matter to you.

Wednesday, January 29, 2025, 1:00pm No cost to attend

Registration opens January 8, 2025 @ 9:30am

Have something specific you would like discussed?

Please email your questions to the Centre at

info@charleswoodseniorcentre.org and we will pass them along.



Health & Wellbeing

Hearing Test Clinic

Having troubles hearing? A hearing test is the best way to diagnose your hearing ability and helps rule out causes of tinnitus and balance issues.



Hearing specialist Kristy Beettam from Horizon Hearing Centre will be at the Charleswood Active Living Centre on **FRIDAY FEBRUARY 14 10:00am to 3:00pm**
Appointments booked in 15-minute intervals.

Call the Centre at 204-897-5263 starting **Friday January 17, 2025 to book your spot. NOTE: This is a week later than regular registration.**
No online registration.

Memory and Aging

Starts Thursday March 5 at 2:00pm (3 weeks) No cost
Registration opens January 9 @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 Healthy Aging Resource Team

- 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.

Meditation & Mindfulness for Beginner & Intermediate Levels

Starts Friday, February 7 at 1:00pm (4 weeks) Cost \$30.00
Registration opens January 10 @9:30am

If you have some experience with meditation/mindfulness, this four-part series will help you deepen your practice. The classes are also open to those with limited or no experience in meditation/mindfulness. The first class provides a refresher, and subsequent classes will delve into new techniques and explore key topics to assist participants to expand their understanding and practice of meditation/mindfulness.

PRESENTER: Marianne Farag, Inner-Peace Specialist,
Sublimity: Pathways to Peace

Marianne is a speaker, author, and teacher on topics of personal growth and transformation focussed on building inner-peace. She has over twenty years of experience in teaching Meditation and Mindfulness, and qualifications in Applied Counselling and End-of-Life Doula training.

Creative Classes & Workshops

Creative Writing

Starts Thursday, January 30, 2025 10:00 am (8 weeks) Cost \$40.00

Registration opens January 9 @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

Watercolour Painting

Starts Tuesday February 18 at 10:00 am (6 weeks) Cost is \$25.00

There is no class on Tuesday, March 11, 2025

Registration opens January 7 @9:30am



Learn how to paint with instruction from local artist Virginia. 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.

Painting Party

Thursday, March 27 at 10:00am

Registration opens January 9 @9:30am

Cost is \$15.00

Instructor Arlene Enns will guide you through the steps to produce your own masterpiece. An inheritance that's sure to cause family mayhem!



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

“An optimist is someone who falls off the Empire State Building, and after 50 floors says, ‘So far so good!’” —Debbie Baxter

Floral Arranging Workshop

Thursday, April 3 at 10:00 am

Registration opens January 9 @9:30am

OR

Friday, April 4 at 1:00 pm

Registration opens January 10 @9:30am

Cost \$20.00



Laura Smith & her creation from our last workshop.

Florists from Charleswood Florists will teach you how to create a beautiful spring arrangement for your dinner table or to brighten up any room

Tech Talk with Lloyd Gwilliam

Tech Talk with Lloyd Gwilliam DROP IN

Thursdays from 1:00pm to 3:00pm

January 30th

February 13th & 27th

March 13th & 27th

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.



EVAN DUNCAN

CITY COUNCILLOR
CHARLESWOOD-TUXEDO-WESTWOOD



For OUR Community www.EvanDuncan.ca

Presentations

Canadian Red Cross Friendly Calls Program– Presentation

Monday, February 10 at 11am. No cost to attend

Registration opens January 6 @9:30am



The Canadian Red Cross Friendly Calls program helps address feelings of loneliness and isolation. It is a free service.

The program matches people with trained Red Cross volunteers who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

If you, or someone you know, could benefit from this program, if you are interested in learning more, or would like to find out how to volunteer, plan to attend.

Historical Presentations

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

"Red Light District"

We were the "Wild West" and growing. People came to start a farm, a home or a business. All kinds of businesses! Let's look into the shadier side of that and their trade.

Monday, January 27 @11:00am

Registration opens January 6 @9:30am. No cost to attend

"Fact or Fiction Series"

Let's learn some interesting facts about our City. Tid- bits of knowledge to tell your friends and family. Like campfire stories of old told under an open night sky . . . or florescent lights!!"

Monday, February 24 @11:00am

Registration opens January 6 @9:30am. No cost to attend

A campaign graphic for Marty Morantz. It features a portrait of Marty Morantz, a man with glasses wearing a blue shirt and a grey blazer, smiling. The background is dark blue with a faint silhouette of a city skyline and a large red maple leaf. A blue banner at the bottom contains the text: "MARTY MORANTZ" with a red maple leaf icon to the left, "MP | CHARLESWOOD—ST. JAMES—ASSINIBOIA—HEADINGLEY" below it, and "MARTY.MORANTZ@PARL.GC.CA" and "MORANTZ.CA • 204-984-6432" at the bottom.

MARTY MORANTZ
MP | CHARLESWOOD—ST. JAMES—
ASSINIBOIA—HEADINGLEY
MARTY.MORANTZ@PARL.GC.CA
MORANTZ.CA • 204-984-6432

Words and Music by John Einarson

Tuesday, February 4 at 10am. No cost to attend
Registration opens January 7 @9:30am

Celebrated music historian John Einarson will share an exclusive behind-the-scenes look at the making of his most beloved works in the world of music and writing from his latest book *Words and Music*. 'Words & Music:

The Stories Behind the Books' is a captivating exploration of Einarson's journey through the world of music writing. In this reflective and revealing book, he revisits the iconic and bands he has chronicled over the years—from Neil Young to Randy Bachman, Buffalo Springfield to The Flying Burrito Brothers, Steppenwolf to Love, and The Byrds to Ian & Sylvia.



Discover the untold stories behind the stories.

Know Where To Go

Tuesday, February 11 at 10:30. No cost to attend
Registration opens January 7 @9:30am

Navigating the health care system can be tricky. The Healthy Aging Resource Team (HART) presents "Know Where To Go", a presentation on community-based health resources in Winnipeg, so you can feel more comfortable knowing where to access the right health services when you need them.

Northway Pharmacy Charleswood Presentation

Tuesday, February 25 at 1:00pm. No cost to attend
Registration opens January 7 @9:30am

Learn about their unique Pharmacy services and get tips on how to reduce hassle in managing your medications and how to inquire about stopping medications that may no longer be necessary.



Personal Safety in the home – Police Presentation

NOTE: Members will be notified when the date & time for this presentation has been confirmed.

Many people operate under the assumption that concerns for personal safety only to someone that is away from the comfort of their home, but you should not take anything for granted when it comes to your safety.

Advanced Care Planning

Wednesday, March 26 at 1:00pm. No cost to attend
Registration opens January 8 @9:30am



DO YOU HAVE A HEALTH CARE DIRECTIVE?

- Does it clearly state the type of care you would want in a medical emergency?
- What happens if something bad happens and you can't speak for yourself?
- Do you know your rights when it comes to treatment at the hospital?
- What does "heroic measures" really mean?
- What about DNR (do not resuscitate) orders?

Learn all about **Advance Care Planning in Manitoba**

Presenter Dorothy Stephens, ACP Educator



South Winnipeg Seniors Resource Council Pop-up Office

Joanne Van Dyck, our Seniors Resource Coordinator, will be at the Centre with a pop-up office. Come by to meet Joanne and find out what resources are available in the community and how she can be of help to you.

Wednesday, January 22 10:30am to 1:30pm

yippee!

SAVE THE DATE

**Charleswood Senior Centre
25th Anniversary Celebrations**

Tuesday February 18th (afternoon)

Stay tuned for more details.
You won't want to miss this!

Cards and Games

Cards & games run from September to June. **Some activities 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. \$20 per year. There are no ½ year or pro-rated fees.

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 Clubs

- Meets the 3rd Monday of the month at 1:00 pm at the Charleswood Library in the Boardroom.
- February's meeting takes place on the 2nd Monday due to Louis Riel Day.

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 10:30 a.m.** **(NOTE time change)**

Bring your own instrument.
Registration required.

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 charge.



If you are registered in an activity and know that you will be away over the winter months, please let us know. We want to be sure we have enough people to keep the activity going in your absence and may have others interested in participating.



Charleswood Active Living Centre

WE ARE MOVING

OUR LAST OPEN DAY AT 5006 ROBLIN BLVD WILL BE FRIDAY DECEMBER 13TH.

OUR NEW LOCATION IS 357 OAKDALE DRIVE

We will be re-opening for phone and online business January 2, 2025. Phone and online registration takes place the week of January 6th and programs start in the new building the week of January 13th. As our Centre is an active construction zone until January 13, entry will not be permitted onsite for any reason.



No change to our phone number, email or website

Phone: 204-897-5263

Email info@charleswoodseniorcentre.org

Website <https://www.charleswoodseniorcentre.org/>

THE WELLINGTON

January to April Activities/Events
Come and Join us at The Wellington for some fun activities and events

JANUARY

- 7 Presentation on Disability Tax Credit
- 13 Advanced Health Care Planning.
- 17 Paint and Sip
- 25 Brochan Lom Choir
- 25 Scotch Pairing/Dinner

FEBRUARY

- 14 Cribbage Tournament
- 14 Special Valentine's Dinner
- 24 Presentation on Frauds and Scams

MARCH

- 5 Irish Myst Choir
- 7 Bake Sale
- 14 Stradbrook Show Choir
- 18 The B Side Apostles
- 21 Sushi Making

APRIL

- 4 Bake Sale
- 11 The Seniors Choral Society
- 19 Easter Buffet Dinner
- 25 High Tea

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



Veteran Family Program (VFP)
Programme pour les familles des vétérans (PFV)

Assisting Canadian Armed Forces Veterans and their families with personalized services for a smoother transition to civilian life

Aider les anciens combattants des Forces armées canadiennes et leurs familles en leur offrant des services personnalisés pour faciliter leur retour à la vie civile

CONTACT | CONTACTEZ

Tamika Reid

VFP Coordinator | Coordonnatrice du PFV
204 833 2500 ext. | poste 4507
tamika.reid@winnipegmfrfc.ca

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

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

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