

WHAT'S HAPPENING IN THE WOODS



Charleswood Active
Living Centre

November & December 2024

Programming Update

Register Online at charleswoodseniorcentre.org or call the office at 204-897-5263.

Some Programs and activities are full. Add your name to the wait list if what interests you is full. If you are registered in a program or activity but cannot attend, please let us know so someone else can have your spot.

Meditation Series - The Practice of Meditation & Mindfulness **Starts Friday, November 8, 1:00pm to 2:30pm (4 weeks) Cost \$40.00**

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.

Movie and a Munch

1:00pm - Upstairs at the Centre. No cost to attend.

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.



Disability & Caregivers Tax Credit – Presentation

Tuesday November 26 at 10am. No cost to attend

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

Tech Talk

Tech Talk with Lloyd Gwilliam DROP IN

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.

Drop-in Fitness Classes

If you are interested in trying out a fitness class please call the office to see if there is drop-in space. Not all classes have drop-in space but for those that do, spaces can be booked for drop-in on a week-by-week basis. Drop in is \$10.

A full listing of our fitness classes can be found online at <https://charleswood.recdesk.com/Community/Program>

CARDS, GAMES & CLUBS

Registrations for cards, games and clubs opened in September.

To see what still has space available, give us a call at 204-897-5263.

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.



The following programs and activities are full but if you are interested, get on the wait list as spots often open up.

Bada Bingo - Wednesday, November 6

Lunch of the Month – Wednesday, November 13

Music & Muffins – Wednesday, December 4th

Memory & Aging – Thursdays, November 7- November 21

Physiotherapy & Osteoarthritis – Monday, November 18

For descriptions and to get on the wait list, go to

<https://charleswood.recdesk.com/Community/Program>

“A good rule to remember for life is that when it comes to plastic surgery and sushi, never be attracted by a bargain.” - Graham Norton

**CALL US TODAY TO BOOK YOUR FREE, NO
OBLIGATION CONSULTATION**



Moving you from PAD to PAD

PHONE: 204-417-7570

WWW.LEAPFROGMOVING.CA

Come say good-bye to 5006 Roblin Blvd! Our last special event in our current location will take place on December 6th.

HOLIDAY BAKE SALE & CAFÉ



Friday, December 6th from 1pm to 3pm, upstairs at the Centre

STOP BY THE CENTRE TO GET YOUR HOLIDAY BAKING AND ENJOY COFFEE AND CAKE IN OUR HOLIDAY CAFÉ.

BAKERS NEEDED

We are requesting holiday themed cookies and other baking for our upcoming Holiday Bake Sale.

If you can contribute, please call the Centre at 204-897-5263 to let us know what you will be baking (please label items that contain nuts or if they are gluten free).

If you are able to package your items in the following manner, we would appreciate it, but if you can't we will do it for you!

- Cookies and buns – 6 per package
- Squares, tarts, muffins – 4 per package
- Pies, loaves and breads – individually wrapped
- Other items can be packaged as you see fit

Baking drop off is at the Centre on December 5th between 10:00am and 3:00pm.



Centre membership is not required to enjoy the café and buy delicious holiday baking. Bring your friends and family.



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

HOLIDAY LUNCH GET-TOGETHER

Monday, December 16th, 11:30am at Taverna Rodos

\$15 for Members & \$30 for non-member guests

Members may only register to bring 1 non-member guest

Registration opens Friday, November 1st at 9:30am

Call the office at 204-897-5263 to register

Menu: Chicken Souvlaki with Soup, Greek Salad & Lemon Roasted Potatoes.
Vegetarian Option: Vegetable stir fry with Soup & Lemon Roasted Potatoes.

Meal includes choice of non-alcoholic beverage, tax and tip.

- **A portion of the costs for Centre Members is subsidized by the Federal Government New Horizons Grant.**

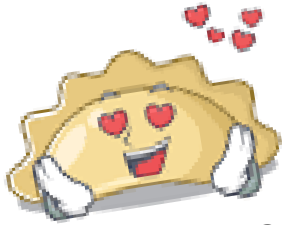
**Registration Deadline November 29th.
Payment required at time of registration.**

KATHLEEN
COOK
MLA for Roblin

✉ info@kathleen-cook.ca

☎ 204-504-0594





PEROGY SALE

POTATO & CHEDDAR

\$10.00 per dozen

Get your orders in quick as quantities are limited!
Pay by cash or cheque when you pick up.

Call the office at 204-897-5263 to place your order.

Pick up will be at the Centre 5006 Roblin Blvd.

December 5th 1:00 pm - 3:30 pm

December 6th 1:00pm - 3:00 pm
(at the Bake Sale)

Note: Perogies will be frozen

Made at the Army Navy & Air Force Veterans Centre, 341 Wilton St.

WINE RAFFLE FUNDRAISER

SUPPORT THE CENTRE

If you can contribute a bottle wine for the wine raffle fundraiser, please contact the Centre at 204-897-5263 or drop it off at the reception desk. No Home Brew!

Draw Date: Friday, December 6, 2023, 3:00 pm at the Centre's Bake Sale & Cafe

1st Prize (2 prizes): 10 bottles of Wine (approximately \$200 value)

2nd Prize (2 prizes): 8 bottles of Wine (approximately \$160 value)

3rd Prize (2 prizes): 6 bottles of Wine (approximately \$120 value)

Tickets: 1 for \$5.00 or 3 for \$10.00



Tickets will be on sale in early November. Contact the office for more information.

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Brian McMillan (204) 612-6575

www.mysmallernest.com

Realtor with Judy Lindsay Team Realty.



Is Your Membership Up To Date?

Your membership must be current to register for Centre classes and activities. You can check [online](#) or call the office at 204-897-5263. Membership is \$35 per year. 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.

Winter 2025 Programming

The calendar and newsletter for the upcoming winter programming will be available in mid December. The January session, which begins the week of Jan. 13th, will be in our beautiful new Centre at 357 Oakdale Drive.

Information on the new Centre, including when members can access the Centre will also be available in December correspondence. Please do not go to the construction site to have a look! There are 200 plus workers on site and there is no room for unauthorized observers, whose presence poses a safety risk.



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@winnipegmfr.ca



EVAN DUNCAN

CITY COUNCILLOR
CHARLESWOOD-TUXEDO-WESTWOOD



For OUR Community

www.EvanDuncan.ca

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 1:30pm	Pilates 1:00pm	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@charleswoodsniorseniorcentre.org
Website: charleswoodsniorseniorcentre.org
Hours: Mon-Thurs 9:00am to 4:00pm & Friday 9:00am to 3:00pm