

# Program Guide

## Charleswood Senior Centre

***“There is always something going on at the Charleswood Senior Centre.”  
So take a few minutes to learn all about our exciting programs!***



### **“Musical Memories and Munchies” (formerly known as the “Tea Dance”)**



Musical Memories and Munchies is a fabulous social program featuring live music and tasty snacks. Each month a different live band plays old time music and participants are welcome to dance or just listen and enjoy. We recently changed the name of the program from the “Tea Dance” because we wanted people to know that this program is perfect for everyone— not just for couples or those who like to dance. Many participants say that it is *“a great place to meet up with friends and have a good time.”*

### **Travelogues— No Passport Necessary!**

The Travelogue group has been “travelling the globe” for 6 years now! This is the perfect program for people who want to travel abroad without leaving the comfort of their own city! Each session features a 1 hour video on a country or area of the world. After watching the video, group members often stay for coffee, cookies, and conversation (there is no talking allowed during the video!). When asked what they liked about the travelogue program, participants had the following comments:



*“ I enjoy finding out how the rest of the world lives”*

*“For one hour you are transported from chilly weather to sunny beaches- and it only cost you one dollar!”*

*“This is where we do our travelling. It is the best way to travel!”*

### **Lunch of the Month— Join the club! Everyone welcome!**

The Lunch of the Month Club meets on the 2<sup>nd</sup> Tuesday of every month at a different restaurant. A carpool is available for anyone who needs a ride and the lunch is always kept to a reasonable price. Members of the lunch club are phoned each month. To get on the phoning list and become part of the group, you can phone the office and leave your name and number, or you can just show up at the restaurant! Everyone is welcome! This group meets 12 months of the year, which is great for keeping in touch over the summer break!

### **Hall Walking— Come in from the mall and walk in the hall!**

The hall walking group is the perfect group to join if you want to get some early morning exercise and socialization. The group meets at 7:30 every morning and walks for ½ an hour. Everyone walks at their own pace and chooses their own route. Participants may walk the halls and/or around the gymnasium. After walking, many members stay for coffee, goodies, and fellowship. On the first Friday of every month, instead of walking, the group meets for breakfast! Hall walking members come from all different areas of the city, including Westwood, St. James, and Charleswood. Many group members have been walking together since the 1990’s. New members are always welcome! Hall walking will keep you out of the cold and off the ice!



### **Go Wild for Wii—It’s sweeping the nation!**

Playing Nintendo Wii is a great way to spend a cold Friday afternoon! One Friday each month, the Wii group gets together to play Wii bowling. Two people play against each other at once, and everyone gets a turn. In the end, the people with the two highest scores have a “bowl-off” to determine the winner. The group plays from 1:30 to 3pm. Some people come to play, and some come simply to watch the friendly competition! If you have never played before or are a “Wii rookie,” the group will gladly show you how to play this simple game. Everyone welcome!

# Artistic Endeavours!

## Painting and Drawing

This is an excellent class for people of all levels of ability (or no ability!). The instructor, Fran, has a degree in Fine Arts and worked for 23 years as an art teacher. She has been with the Senior Centre for over 9 years, helping the art group blossom. Fran has the knowledge and skill to work in all mediums with a variety of techniques. The students in the class are at all different stages and all have different interests and abilities. This is not a step-by-step painting class. Fran “takes each student from where they are and helps them learn, grow, and challenge themselves.” She uses books and examples of her students’ work to demonstrate new techniques. She uses a combination of group and one-on-one instruction. Students are welcome to work at any level and in any medium eg. pencil, watercolor pencil, charcoal, oils, watercolor, and acrylic. Classes last approximately 2 hours. The following are quotes from the painting and drawing participants:

*“I can hardly wait for it to start!”*

*“I wish I had joined this group years ago!”*



## Stained Glass Art– *Where everyone is an artist!*

The stained glass classes run periodically throughout the year for 5 to 6 weeks at a time. The instructor, Kathy Vitti, is the owner of KV glassworks and is an expert in the art of stained glass. Her students say that she is “extremely helpful and patient and is always willing to show you how to do things more than once!” All levels of ability are welcome in this class and there is no experience needed to join. Often, many people in the class are working on different projects depending on their interests and abilities. The classes are 3 hours long with a ½ hour break for lunch.

The following are quotes from the stained glass students:

*“I get the most satisfaction from this class. It is addictive- when you are done, you feel like you’ve accomplished something great!”*

*“I didn’t think I had any artistic ability in me- but it comes out in this class!”*



*Note: There is a lot of standing required in this class. It cannot be done sitting down. Participants must be able to stand for long periods of time.*



## Card Corner



### Bridge

#### A weekly favourite!

The Thursday Bridge group is a good program to join if your skills are beyond the beginner level and you are looking for some competition! The group is very welcoming of new members and is very social, but they do not teach. Each week they play for approximately 2.5 hours and get in about 5 rounds. They are always moving around so everyone gets a chance to play with different people. Participants in this group *“enjoy the social aspect of the group and the opportunity to challenge their skill.”*

### Intermediate Bridge

#### For the Bridge Player in You!

The intermediate bridge group began 4 years ago and is a very popular program! This group consists of players with a range of abilities- from beginner players to those who have played for many years. The relaxed learning environment makes this a great group to join if you are new to bridge, if you would like to brush up on your skills, or if you enjoy playing in a non-competitive atmosphere. The group starts in the fall with 8 classes led by our fabulous bridge teachers, Roy and Virginia Johnson. When the classes end, the group continues to meet each Wednesday for the rest of the year to practice their skills.

### Cribbage– *Wow! Have we ever grown!*

The Tuesday afternoon cribbage group is one of the fastest growing groups at our Centre! This group is non-competitive, plays strictly for fun, and is open for all members to join. If you have never played cribbage before or have forgotten how to play, you are welcome to come and someone will teach you how to play. Each week the group plays for 2 hours (4 or 5 games) and everyone gets a chance to play with different people. New members are invited to come one week for free to try it out, and must pay the \$12 cribbage fee to officially become part of the group. This is a great program for your mind as you are always counting (and socializing too!).



# Health and Wellness



## **Livin' It Up– A wellness program for seniors!**

Livin' It Up is a healthy living program facilitated by a Nurse, Registered Dietitian, and nutrition student. Each session features a short exercise break, fun games, information on a different nutrition topic each week, and a healthy snack.

## **Men's Cooking Club– Who knew cooking could be so much fun!**

The Men's Cooking Club meets in the kitchen at the Gloria Dei Lutheran Church, and is led by a Registered Dietitian. Each month, they prepare a healthy, delicious meal, and then sit down to eat together. Everyone receives a copy of the recipes, and gets to take home any left-over food from the meal. This is a great chance to “hang out” with the guys, learn new skills, and eat some good food!

## **Reading and Writing**



### **Book Club– Great conversation starts here!**

The book club is a vibrant group! Each month, they read a different book, agreed upon by the members, and there is always a good variety of books selected. One member of the group starts the discussion, and everyone jumps in with their thoughts and comments! Everyone's opinion is valued and, if you just want to listen, that is okay too! This is a fun program that gets your mind thinking! Participants say they “**enjoy hearing the opinions of others**” and “**reading books they would never have picked up on their own!**” They also “**find it hard to wait for book club to talk about the book!**”



### **Life Writing– Putting memories to paper!**

The life writing group is a very informal group that meets once a month at the Royal School from 1:30-3pm. There is no formal instruction at these sessions and members are welcome to write about anything they want. Members write about everything from family trees to life memories. Each member brings 1 or 2 pages of their writing to the session and reads it to the group. The group then discusses the writings and comments and constructive criticism are shared. Often topical discussions are sparked and some great conversations occur! Everyone is welcome! Come try it out!

## **Meet Your Fitness Instructors!**

### **Jill Baird- Muscle Motivation, Yoga, Pilates, Tai Chi**

Jill has been involved with the Charleswood Senior Centre for 5 years now, instructing a varied and exciting choice of classes. She is a conscientious and motivated instructor with 16 years of experience. She is an active, certified member of the Manitoba Fitness Council, the Manitoba Arthritis Society, and is also a certified international STOTT PILATES instructor. She is presently teaching 12 classes a week, 10 of them for active older adults, and 2 classes at the Manitoba Youth Centre for teenage girls in trouble. The Baird family of 5 live in Charleswood and are active in the community. Jill's interests consist of hiking mountains, running marathons, downhill skiing, and water activities. When she does find the occasional time to sit, she likes to read novels and anatomy books.

### **Sharon Delbridge- Zumba Sculpt and Zumba Gold**

Sharon is a highly energetic fitness instructor and is so happy to share the love of Zumba that has exploded all over the world. With over 10 years of dance experience, she loves to bring the latin and salsa flavour to her classes in order to motivate others to exercise, keep active and have fun. In addition to ZUMBA, she teaches group cycle, yoga and group power! She is a mother of 3 children and is so excited to have Zumba here in our city Winnipeg!! Since she's started teaching ZUMBA she has seen incredible results in all her participants. It changes and sculpts your body like no other fitness class does. She teaches ZUMBA in more than 7 locations in Winnipeg. She has a passion for all the classes that she teaches and always brings a flavour of dance into all of her classes. She is so thrilled to teach Zumba and bring the great music and moves to ignite the fire in you and rock your world!

### **Raul Paragus– Circuit and Weight Training**

Raul has been teaching at our Centre for a few years now and his co-ed circuit/weight training class is very popular. Raul has been certified with the Manitoba Fitness Council since 1993, and is also a certified First Aid and CPR trainer. Along with teaching land and aqua aerobics, Raul oversees the SMART program (Seniors Maintaining Active Roles Together). In his free time, Raul enjoys playing sports and working out with his son.

