



Charleswood Senior Centre

BRANCHING OUT TO SENIORS

Charleswood Senior Centre Inc. 5006 Roblin Blvd, Winnipeg MB. R3R 0G7

Telephone: 897-5263 Fax: 953-6543 www.charleswoodseniorcentre.org

Hours: Mon-Thurs 9:00am- 4:00pm, Fri- 9:00am- 1:00pm Email: info@charleswoodseniorcentre.org

WHAT'S NEW IN THE WOODS

January/February 2012 Newsletter



January Registration

Registration will take place **Mon, Jan. 9th** and **Tues, Jan. 10th** from **10:00am-12:00pm** and **1:00pm-3:00pm** downstairs at the Centre. Come register for the usual favourites and check out the new programs.

Come in from the cold...

Stay Cheery When It's Chilly!

Monday, January 30– Friday, February 3 we will be hosting a number of fun activities designed to beat the January Blues.



Monday

Winter Lecture Series

Lecture 1 of our Winter Lecture series will take place at 1:00pm at the Centre. We will announce the topic of the lecture as soon as it is finalized. **Cost: \$2.00 or 1 punch** (\$5.00 for non-members)

Tuesday

Old Wives Tales- Fact or Fiction?

Oh no! You swallowed your gum. According to your mother it will take seven years to digest... or will it? On **Jan. 31** at **10:30am** join the WRHA Healthy Aging Resource Team and explore some examples of age old advice and see which ones are **FACT** or **FICTION!** **Cost: \$2.00 or 1 punch**



Wednesday

Laughter Seminar 10:30am

Join Certified Laughter Leader Jeannine Carmen for our first ever laughter seminar! Laughter reduces stress, boosts the immune system and is even known to have heart health benefits! It is hard not to be cheery while laughing! Sign up at the office, and come prepared to laugh! **Cost: \$10.00**



Thursday

Belly Dancing Lessons for Beginners 10:30am

Au Set Belly Dance Emporium is coming to teach us how to belly dance! No experience required! Get some exercise, have some fun and learn some new moves! **Cost: \$5.00**

Friday

Hawaiian Luau 10:30pm

Can't get away this winter? Let's bring the sun, sand and surf to the Centre! Dress in your island attire such as Hawaiian shirts and hula skirts– there will be a prize for the best dressed traveller! Sip some Pina Coladas or Muay Thais available at the Tiki Bar. Enjoy some traditional Hawaiian snacks. Don't miss out on this tropical "getaway"! **Cost: \$2.00 or 1 punch**



Presentations, Programs & Special Events

Lunch 'n Learn: Bring a bagged lunch and learn something new!

Disability Tax Credit Thursday, Feb. 9 at 11:30am

Find out what the disability tax credit is, who is eligible, and how to apply. Get all your questions answered! Everyone can benefit from the information presented at this session. **Cost: \$2.00 or 1 punch**



FREE "Clinic on Wheels"

Registered Dietitian Liz St. Godard and Registered Nurse Laurie Green will be running monthly clinics at the Centre. Check your blood pressure, receive nutrition counselling and get all your burning health-related questions answered! The next clinics are **Wed, Jan. 18 and Wed, Feb. 15 from 10:00– 11:00am**. Sign up at the office.



Pass the Perogies Please!

Due to popular demand, we are having another perogie lunch on **Friday, Jan. 20 at 12:00pm**. The ladies at St. Ivan Suchavsky will be providing their famous fresh, homemade perogies! You will also receive kolbassa, fried onions, sour cream and some bread and butter. Sign up by Mon, Jan. 16. **Cost: \$7.00** per plate.



FREE Hearing Tests



On **Wednesday, Feb. 8 from 9:00am– 1:00pm** *Connect Hearing* will be conducting free hearing tests in the craft room. You can sign up at the office for a specific time so there is no waiting in line to get tested.

Cooking with Cam and Jo ~ A Taste of the Mediterranean

Join Cam and Jo in a cooking class devoted to Mediterranean cuisine. On **Tues, Feb 28 at 10:30am** learn how to make some healthy and delicious Israeli falafel and couscous salad.

Cost: \$5.00



LEAP DAY PARTY

Leap year only happens once every 4 years, so why not make the most of it?! Join us at the Centre on **Wed, Feb. 29 at 1:00pm** for a leap day party! Dress your age in leap years, (divide by 4), enjoy some cake and coffee and watch the romantic comedy *Leap Year!* **Cost: \$2.00 or 1 punch.**



Casino Trip to McPhillips

Monday, January 16 from 10:00am—2:30pm. Pick up at the Safeway Parking lot.

Cost: \$2.00 or 1 punch.

Winter Lecture Series

We are continuing our lecture series with the University of Winnipeg:

To Rediscover our Love of Learning

This lecture series allows those 55 plus to comfortably participate in an educational series designed with them in mind.

Lecture One: Monday, January 30 at 1:00pm—Topic TBA

Lecture Two: Monday, February 13 at 1:00pm— Topic TBA

Lecture Three: Monday, February 27 at 1:00pm—Topic TBA

FITNESS & ACTIVE LIVING

Ongoing Fitness Classes

Ongoing Active Living Programs

Muscle Motivation– Mondays at 10:00am
and Weds at 11:00am

Zumba- Gold– Tues at 11:30am
Toning– Weds at 1:45pm

Yoga– Mondays at 1:00pm

Improve Your Balance– Tues at 2:30pm

Pilates– Tuesdays at 1:15pm

Tai Chi– Weds at 12:45pm

Sit and Fit– Thursdays at 9:30am

Co-Ed Circuit Training– Fridays at
11:15am

Hall Walking– Mon-Fri at 7:30am at Royal
School

Carpet Bowling– Mondays at 10:00am

Badminton– Thursdays at 1:00pm

Bocce– Fridays at 10:00am

Nintendo Wii– Every 3rd Friday of the month
at 1:30pm

CHEX– By appointment

NEW! Meditation—Thursdays at 11:30am

The Charleswood Senior Centre would like to thank *Cox Morris Insurance Brokers* for sponsoring our Zumba Gold class! We would also like to thank *Scotiabank Roblin* and *Money Concepts* for their help in sponsoring our classes. We appreciate their support and commitment to assisting us with our fitness classes that are so popular at the Centre.



Try Out One Class Free!

Are you interested in fitness but you aren't sure which class is right for you? You can drop by the Centre and try out one fitness class for free. Just sign in at the front desk before the start of the class.

NEW! Meditation Classes!

Would you like to learn the art of mediation? Learn to clear your mind so you can concentrate better, reduce stress and gain a deeper understanding of your inner self. Come try out the class at the workshop on **Jan. 19 at 11:30am for \$5.00**. If you like the workshop, join the 8-week class that runs on **Thursdays** from **Jan 26- March 15**. Cost: **\$45.00**



Come on Down

And use the exercise equipment any time during regular hours. Just check the schedule to ensure that there are no scheduled programs at the time you wish to come.

Equipment Orientation

Available by request. Contact the office for more details.

Pickle Ball

We are looking at starting pickle ball at the Centre. If you interested or want more information, please leave your name and number at the front desk.



Remember, as with all life activities, if you are not 100% sure that your doctor would approve of participation in any Charleswood Senior Centre activity, you need to take responsibility and go see your doctor. For your safety, we request that you attend one of our regularly scheduled equipment orientations prior to using the exercise equipment.

Cards, Games & More

LUNCH OF THE MONTH



Get together once a month for a tasty lunch with friends. New members welcome!

Tuesday, Jan. 10 at 11:30am Birchwood Inn....

Tuesday, Feb. 14 at 11:30am TBA

The phoning committee will be calling everyone when the locations are finalized.



Meets the 3rd Thursday of the month at Royal School.

~ Thurs, Jan. 19 at 1:30pm— *Secret Daughter* by Shilpi Somaya Gowda

~ Thurs, Feb. 16 at 1:30pm— *Sarah's Key* by Tatiana de Rosnay

"Some books are to be tasted, others to be swallowed, and some few to be chewed and digested." ~ Francis Bacon, Sr.

Fun 'n Games

Cribbage – Tuesdays at 1:00pm

Canasta – Wednesdays at 1:00pm

Bridge – Thursdays at 1:00pm

Rummoli – 2nd Thursday of the month at 1:00pm

Texas Hold'em – 4th Thursday of the month at 1:00pm

Fun Bingo -- The last Monday of the Month at 1:00pm



Special Interest

"LADIES IN STITCHES" Knitting

Group Meets the 2nd and 4th Thursday of the month at 1:00pm at Gloria Dei Church.



Life Writing— What is YOUR Story?



Are you interested in joining a life writing group? Do you have stories that carry wisdom, experience and adventures that can be passed on to the next generation? Get support, guidance and learn to put pen to paper. If you are interested in joining, contact the office.



The 2nd West Winnipeg Silver Expo will take place on **Wednesday, Feb. 22** at **Westwood Community Church** (401 Westwood Drive) from 9:00am-2:00pm.

Watch for more details!

"Branching Out"

Give the Gift of Time, Become a Volunteer!

Volunteers are an essential part of our Senior Centre. Without their help none of the programs and events would be possible. There are many different ways you can become involved!

Volunteer Opportunities Include:

- Volunteer Receptionists - Bakers - Special Events - Committees
- Fundraising - Grocery Shopping - Program Instructors



We will work our schedule around your availability. No contributions are too small and getting involved is easy. We are always looking for new faces and fresh ideas to keep the Centre moving forward!

Many hands make light work. -John Haywood

We would like to thank everyone who baked and crafted for the Craft & Bake Sale on Nov. 25. Also, a big thank you to all the volunteers who worked all day at the sale to make the event a huge success.

Thank You!



Movies & Travelogues

Please be reminded the office closes at 12:45pm. Please use the Roblin entrance and your social card will be punched upstairs. Thank you.

Cost: 1 punch or \$2.00 each and are shown upstairs at 1:00pm at the Municipal Building.

Matinees



"The Help"

~Friday, Jan. 13

An aspiring author during the civil rights movement of the 1960's decides to write a book detailing the African-American maid's point of view on the white families for which they work, and the hardships they go through on a daily basis. ★★★★★

"Larry Crowne"

~Friday, Feb. 10

After losing his job, a middle-aged man reinvents himself by going back to college. ★★★☆☆

Travelogues



"Hawaii"

~, Feb. 3

TBA

~Friday, Feb. 24

Notes: When paying for programs, we only accept cash or cheque. **We do not accept debit or credit.** Because we only keep a limited amount of money at the office at one time, we are asking that you try to have **exact change whenever possible.** No registrations will be accepted at the office after 3:30pm daily (12:45 on Fridays).

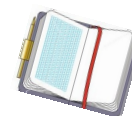


The Charleswood Senior Centre would like to thank The Winnipeg Foundation for their generous support with the garage re-development project and the digital sign.



Save the Date!

Upcoming Events



January/February

Event	Date and Time	Location	Price	Extra Info
Centre Re-opens	Tuesday, Jan. 3			
Registration	Mon., Jan. 9 and Tues. Jan. 10 10:00am-12:00pm and 1:00-3:00pm	Main floor at the Centre		Coffee will be available at the Café
Casino Trip	Mon, Jan. 16 from 10:00am-2:30pm	McPhillips Station Casino	\$2.00 or 1 punch	Bus pick up at Safeway Parking Lot
Clinic on Wheels	Wed, Jan. 18 from 10:00-11:00am	The Centre	Free	
Meditation Workshop	Thurs, Jan. 19 at 11:30am	The Centre	\$5.00	
Perogie Lunch	Fri, Jan. 20 at 12:00pm	Upstairs at the Centre	\$7.00/ plate	Last day to sign up is Jan. 16
Winter Lecture Series- Lecture 1	Monday, Jan. 30 at 1:00pm	Upstairs at the Centre	\$2.00 or 1 punch for members	\$5.00 for non- members
Old Wives Tales	Tues, Jan. 31 at 10:30am	The Centre	\$2.00 or 1 punch	
Laughter Seminar	Weds, Feb. 1 at 10:30am	The Centre	\$10.00	
Belly Dancing Lessons	Thurs, Feb. 2 at 10:30am	The Centre	\$5.00	
Hawaiian Luau	Fri, Feb. 3 at 10:30am	The Centre	\$2.00 or 1 punch	Dress in Hawaiian Attire
Hearing Testing	Wed, Feb. 8 from 9:00am-1:00pm	The Craft Room	Free	Sign up for a time at the office.
Disability Tax Credit	Thurs, Feb. 9 at 11:30am	Upstairs	\$2.00 or 1 punch	Bring your lunch
Winter Lecture Series- Lecture 2	Monday, Feb. 13 at 1:00pm	Upstairs at the Centre	\$2.00 or 1 punch for members	\$5.00 for non- members
Clinic on Wheels	Wed, Feb. 15 from 10:00-11:00am	The Centre	Free	
Louis Riel Day	Monday, Feb. 20 CENTRE CLOSED			
Silver Expo	Wed, Feb. 22 from 9:00am-2:00pm	Church	Free	A free lunch will be provided
Winter Lecture Series- Lecture 3	Monday, Feb. 27 at 1:00pm	Upstairs at the Centre	\$2.00 or 1 punch for members	\$5.00 for non- members
Mediterranean Cooking Class	Tues, Feb. 28 at 10:30am	The Centre	\$5.00	
Leap Day Party	Wed, Feb. 29 at 1:00pm	The Centre	\$2.00 or 1 punch	Dress your age in leap years!