



CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, JANUARY 30TH, 2026

Register
Now!

MUSIC TRIVIA (BINGO STYLE)

Hear a hit, name the tune, and mark your card!

SATURDAY, FEBRUARY 28TH

SNEAK PEEK OF WHAT'S INSIDE:

- *Winter Session Drop In*
- *General Reminders*
- *Online 50/50*
- *Insights into Anxiety*
- *Pay by Phone*
- *Drop-In Coffee with Kathleen Cook*
- *Spring Wreath*
- *Music Trivia*
- *Around the Community*
- *Ha-Ha-Highlights*

Winter Session Drop In

Feeling spontaneous? We offer drop-in options for all Fitness classes and Cards & Games whenever space is available. Drop-ins are open to members only.

Drop-In Fees

- Fitness Classes: \$10
- Cards & Games: \$3

Classes can be full, so we recommend giving the office a quick call to see if there's room in the program you'd like to join. We're always happy to help you find a spot!

General Reminders

- We're a scent-free facility, thank you for keeping it comfortable for everyone!
- Please wear indoor shoes only to help keep our space clean and safe.
- Feeling under the weather? Help protect others by staying home and resting.

Online 50/50

Our online 50/50 is now live! Buy your tickets today to support the Centre, and give yourself a shot at taking home half the pot!

LGCA 7911-RF-49516

BUY TICKETS HERE:

<https://charleswoodactiveliving.rafflenexus.com/a/eblasts>

Insights Into Anxiety

Wednesday, February 4, 2:00 PM

Run by the Canadian Mental Health Association, this course helps participants understand anxiety, recognize symptoms, and build self-compassion. Learn practical, evidence-based strategies for immediate use, whether for yourself or someone you care about.

There is no cost to attend and space remaining!

Pay by Phone

Next Friday February 6, at 1:00pm. the city of Winnipeg will be presenting how to pay for parking with the new app. Struggling with parking payments since the removal of meters? City of Winnipeg staff can show you how to use the PayByPhone app, scan QR codes, and pay for parking. We're happy to help make parking downtown and near hospitals easier.

There is no cost to attend and space remaining!

Drop-In Coffee With Kathleen Cook

During drop-in coffee on February 10th from 9:30-11:00am we're excited to welcome a special guest. Kathleen Cook will be in attendance to discuss the community and answer any questions you may have.

Spring Wreath

In our lovely new building, there are so many new opportunities to decorate and make the space feel even more welcoming. We're currently looking for a large spring wreath to hang behind the reception desk, above the printer. If anyone has one they'd like to donate, we would be delighted to display it for all our members to enjoy. We would also gladly accept donations.

YOU ARE
INVITED TO

MUSIC TRIVIA

(BINGO STYLE)

Hear a hit, name the tune, and mark your card!

SATURDAY, FEBRUARY 28TH

DOORS OPEN 6:30

GAME PLAY STARTS 7:00

@THE CENTRE

\$25 FOR 10 GAMES + SNACKS

CASH DISCOUNT: \$20 FOR 10 GAMES

EXTRA 10 GAME BOOKLET: \$10 @ EVENT

FEEL FREE TO BRING YOUR OWN SNACKS

WINE + BEER AVAILABLE

REGISTRATION OPEN NOW

Phone 204-897-5263

OPEN TO ALL



Around the Community

**ALL-ABILITIES
CURLING BONSPIEL**

SATURDAY, APRIL 18TH, 2026

**ASSINIBOINE MEMORIAL
CURLING CLUB**

10:00AM

4 Player Teams
Wheelchair or Able-bodied
Curling, Laughter and Prizes
Lunch Provided

MORE INFO :
Fundraising@movementcentre.ca
(431) 489-0788

NIA's Ageing in Canada Survey

The NIA's Ageing in Canada Survey is a decade-long annual research program measuring older Canadians' experiences, perspectives and expectations of ageing through 10 indicators. The fourth annual NIA survey was conducted online from June to July 2025, with a representative sample of 6,001 Canadians aged 50+ living in community settings across all provinces and territories.

You can access the survey here: [Perspectives on Growing Older in Canada: the 2025 NIA Ageing in Canada Survey](#)

Around the Community



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U of M Research Study Participants

The University of Manitoba and York University are conducting a study on Exploring Preferences and Strategies to Increase the Utilization of Adult Day Programs by Black Older Adults in Manitoba. If this is something you believe that you have insight on please reach out to the Centre. We will connect you with the study. Compensation will be provided.

Ha-Ha-Highlights

Winter is just nature's way of saying, "You should've stayed inside." ❄️🏠

I like my coffee like I like winter: over quickly. ☕❄️😊

Cold weather builds character. Mostly bitterness, but still character. 🤪😊

Winter mornings feel personal. Like the cold woke up mad at me.



Winter fashion is just "How many sweaters before this becomes a cry for help?" 🧣🧣胸怀

The cold doesn't hurt, it just aggressively reminds you that you're alive. 🤪❄️😊

My car in winter makes noises like it's trying to warn others. 🚗❄️
胸怀

The cold doesn't care how cute your outfit is. ❄️🧣胸怀

Winter is proof that the sun has commitment issues. ☁️❄️胸怀

The best part of winter is talking about how much you hate winter.



Have a great weekend!

Dana Poulton

Program Coordinator