

CHARLESWOOD ACTIVE LIVING CENTRE

# CENTRE UPDATE

FRIDAY, MAY 22<sup>TH</sup>, 2026



**Matchstalk Men**  
**May 27 2:00**

## **SNEAK PEEK OF WHAT'S INSIDE:**

- *General Reminders*
- *Matchstalk Men  
New Date*
- *Kitchen Use*
- *Arthritis*
- *Assiniboine Forest  
Rotary Presentation*
- *AGM*
- *Summer BBQ*
- *Rummoli Pennies*
- *Floral Arranging*
- *Linden Point Bus  
Tour*
- *Volunteer  
Appreciation*
- *Around the  
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- *Ha-Ha-Highlights*

## **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.

# Matchstalk Men New Date

The band, Matchstalk Men deliver an eclectic mix of music, from wind instruments and rich accordion harmonies to bass lines and 6-string guitar, blending cover songs from past decades with original pieces exploring love, loss, and even litigation.

Wednesday, May 27<sup>th</sup> 2:00

Those previously registered will remain registered. If you can no longer make this date please let us know to request a refund.

Cost: \$5

Snacks provided.



## Kitchen Use

Please note that the kitchen is reserved for program activities only. The snacks stored there are for programming purposes and are not available outside of scheduled activities.

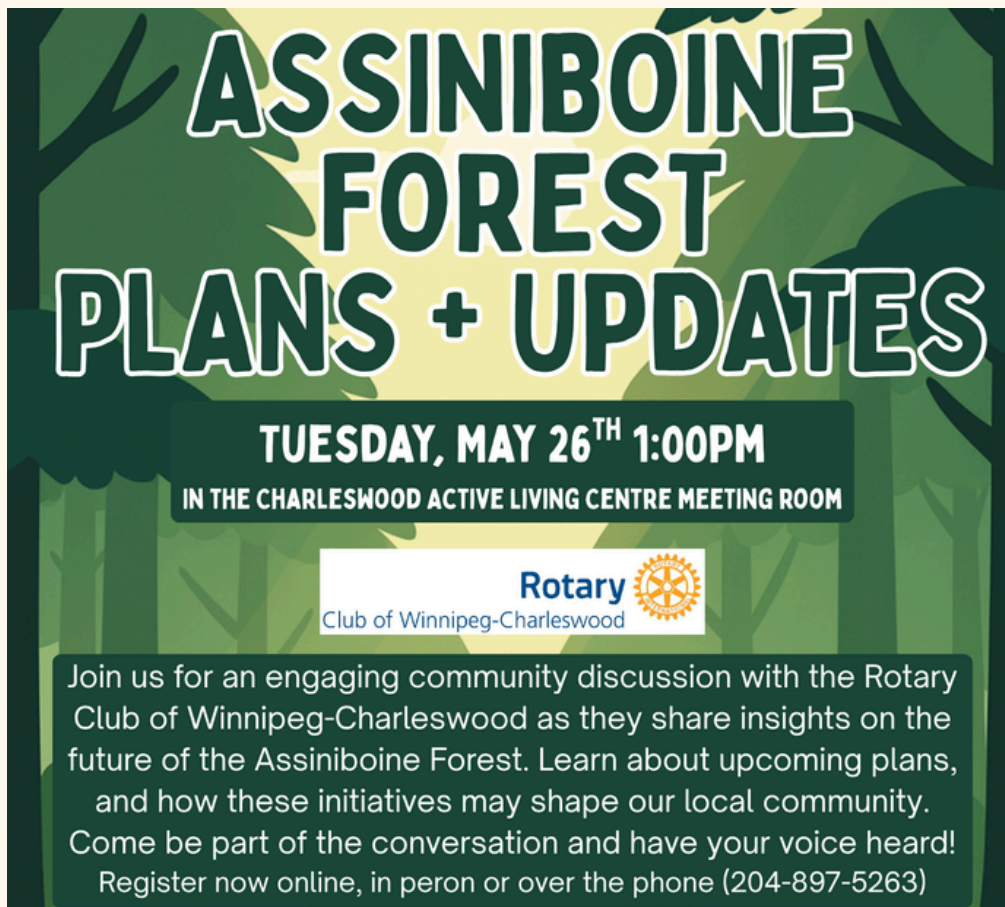
## Arthritis: It's a Pain, But We've Got a Plan

Join us for an informative and engaging session on arthritis presented by Kelly Milan, a physiotherapist from Corydon Physiotherapy Clinic in the Charleswood Medical Centre. This one-hour educational talk will explore what arthritis is, common symptoms, and practical strategies to help manage pain, improve mobility, and stay active.

Whether you're living with arthritis or simply want to learn more, this session offers valuable, easy-to-understand insights in a supportive setting. Come with questions and leave with tools to help you move and feel your best.

Wednesday, May 27, 2:00 in the Meeting Room

No cost to attend.



**ASSINIBOINE  
FOREST  
PLANS + UPDATES**

**TUESDAY, MAY 26<sup>TH</sup> 1:00PM**  
IN THE CHARLESWOOD ACTIVE LIVING CENTRE MEETING ROOM

**Rotary**  
Club of Winnipeg-Charleswood

Join us for an engaging community discussion with the Rotary Club of Winnipeg-Charleswood as they share insights on the future of the Assiniboine Forest. Learn about upcoming plans, and how these initiatives may shape our local community. Come be part of the conversation and have your voice heard! Register now online, in person or over the phone (204-897-5263)

# AGM

Our Annual General Meeting (AGM) is just around the corner, and you're invited to be part of the conversation!

Date: June 17<sup>th</sup>

Time: **10:30 AM**

It's a great opportunity to learn more about how the Centre operates, celebrate what we've accomplished together, and look ahead to what's next. Reserve your spot to be part of the discussion. All registered attendees will receive a copy of the AGM distribution package.

**Charleswood Active Living Centre**  
**Summer Fundraising**

★ *Patio* ★

# BBQ



**Hot Dog, Drink, Chips, Cookies**

After our Annual General Meeting stay or come for our Summer Fundraising BBQ! Enjoy delicious food, great conversation, and help support the Centre while connecting with friends and community members.

**WED JUNE 17  
12:00pm  
2026  
\$10**

**OPEN TO EVERYONE!  
REGISTER NOW! (204-897-5263, OR ONLINE)  
MUST PREPAY, ALL SALES FINAL**



# Rummoli Pennies

Calling All Forgotten Pennies!

Our Rummoli players are recruiting, and your forgotten pennies are invited to join the action. If you have pennies hiding in jars, couches, or mysterious kitchen drawers, send them our way!

Rather than sitting around doing nothing, your pennies can enjoy an active social life at the Centre's Rummoli program. Drop them off at the front desk and let the games begin!

Suitable for Beginners

## FLOWER ARRANGEMENTS *Workshop*



\$40

~~Session 1: Friday May 22<sup>nd</sup> 1:00~~ FULL!  
(open to new program registrants only)

Session 2: Friday June 5<sup>th</sup> 1:00 **Limited space remaining!**  
(open to all)

Florists from Charleswood Florists will demonstrate how to craft a gorgeous spring arrangement, offering expert guidance as you design a centrepiece perfect for your dining table or a lovely accent to refresh and brighten any room.

ONLY  
**20**  
SEATS A  
SESSION



LINDEN  
POINTE

A BRIGHTWATER COMMUNITY

JOIN US FOR A GUIDED  
TOUR AND DISCOVER  
LINDEN POINTE!

Assisted Living, Designed With You in Mind

COMPLIMENTARY LUNCH INCLUDED

Enjoy a fresh, chef-prepared meal during your visit.  
All allergies and dietary needs can be accommodated.

Wednesday, June 10th

Bus Departure from Charleswood Active Living Centre: 12:30 PM

Lunch at 1:00 PM

Guided tour of the community

Opportunity to explore amenities and ask questions

Return by 3:30 PM

16 Spots Available!

No cost to attend.

Thank you to all our Volunteers!

A VOLUNTEER  
APPRECIATION  
DINNER

Tuesday, May 26, 2026

5:30pm

Boston Pizza Charleswood

3894 Grant Ave

**Pizza, Salad, and Pop/Coffee Included**

Please RSVP to  
[programs@charleswoodseniorcentre.org](mailto:programs@charleswoodseniorcentre.org) by  
May 22nd

\*Please confirm any dietary restrictions

We tried our best to catch everyone, but with so many fantastic volunteers, we may have missed a few names. If you didn't receive an invite, please reach out, we'd love to include you!



# Around the Community



LINDEN  POINTE  
A BRIGHTWATER COMMUNITY

May 28th

⋮ Embark on a Taste & Tour through our Winnipeg communities, where each stop offers themed food, refreshing sips, and a chance to explore different lifestyle options. Enjoy the journey, connect along the way, and don't forget to collect a stamp at each stop—complete your passport for a chance to win a prize!



Linden Pointe



The Residences



Brightwater of Tuxedo

## Winnipeg's Passport to Flavour!



LindenSeniorLife.com  
431.533.4259  
75 Falcon Ridge Drive, Winnipeg MB



Professionally Managed by  brightwater

# Around the Community

## Support Services to Seniors Education Session

### What you need to know about Mental Health and Older Adults



Support Services to Seniors is pleased to partner with the University of Manitoba Centre on Aging to offer this upcoming education session. This virtual session is geared towards 55+ serving organizations and service providers who work with older adults in the community.

**DATE:** June 16, 2026

**TIME:** 1:30 pm to 2:30 pm

[Click here to join.](#)

**ID:** 273 823 572 220 771

**or Phone:** 204-813-0789

**ID:** 212 197 509#

**Presenter:**

Corey Mackenzie, Ph. D., C. Psych  
Professor, Dept of Psych  
Associate Director of Clinical Training  
Research Affiliate, Centre on Aging

**The session will review:**

- **Emerging geriatric mental health crisis**
- **How mental health changes with age**
- **Why mental health changes with age**



Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg

# Ha-Ha-Highlights

What were prehistoric sleepovers called? Dino-SNORES. 🦖😴

What's a bee's favorite musical? Stinging in the Rain. 🐝🌧️🎵

What kind of cow wears a crown? A Dairy Queen. 🐮👑

What do turkeys like to eat for dessert? Apple Gobbler. 🦃🥧

Why do storks have so little money? They have such big bills. 🦆💵

Which reptile always knows what time it is? A grandfather croc. 🐊🕒

Are the moon and Earth good friends? Yes, they've been going around together for years. 🌍🌙🌟

Can a horse join the army? No, the Neigh-vy. 🐎⚓

Can bees fly in the rain? Not without their little yellow jackets. 🐝🧥🌧️

Can you buy a ticket today for a trip to the moon? No, sorry. The moon is full right now. 🌕🚀🎫

Have a great weekend!

Dana Poulton

Program Coordinator