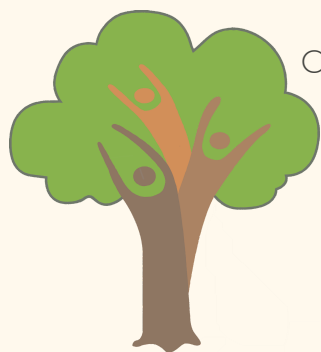




CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, SEPTEMBER 25TH, 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Name Tags*
- *Party With A Purpose*
- *Holiday Plant Sale*
- *Keith Dyck*
- *PhysiGO Mobile Services*
- *Casino Trip*
- *Weight Donations*
- *Vaccine Clinic*
- *Around the Community*

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.
- When visiting the Centre please use our designated parking spots marked "Charleswood Active Living Centre".

Name Tags

Show your CALC spirit and get to know your peers with a personalized name tag! The Centre is selling name tags with a magnetic backing for just \$10, this second order is planned to be fulfilled in January, number dependent.

Our first order has come in. Please pick up your name tag at reception. Thank you for supporting the Centre through this fundraiser!

Party With A Purpose

This is our annual main fundraising event for the year. We are looking for your gift cards, new items and cash donations to resume the legendary baskets for our silent auction. Please bring items to the Centre. Your donation will be recognized for event advertising. Let's make this year our best ever!

Tickets are on sale for the dinner now at the front desk for \$60.00. Bring your friends, neighbours and family for a party with a purpose!



CHARLESWOOD ACTIVE LIVING CENTRE
HOLIDAY PLANT SALE
POINSETTIAS, WREATHS, DOOR SWAG, AND MORE!
[Click Here to Purchase](#)

1. Select "Fundraiser"
2. Select "Shop Now"
3. Select "Charleswood Active Living Centre"
4. Select the plants you want by selecting "Add to Cart"
5. View your Cart by selecting the shopping cart icon in the top right of the screen
6. Select "Go to Cart Page"
7. Select "Proceed to Checkout"
8. Check out and pay
9. Pick up your plants @ the Centre (357 Oakdale) on Saturday, November 28 (time TBA)
10. Enjoy your holiday decor while having supported the Centre :)

SHC 2017
SHELMERDINE
SECOND NATURE

Keith Dyck

Friday, October 2nd

Cost: \$5

Join us Friday afternoon for a performance by Keith Dyck. From the Canadian prairies, multi-instrumentalist and songwriter, Keith Dyck, is a Roots/Americana artist with a world twist. Influenced by sounds as diverse as Celtic, Cajun, Middle Eastern, Reggae, and Rock 'n' Roll, Keith's music is peppered with stylings from all of these genres, giving him a flavour that is unique yet familiar.

PhysiGO Mobile Services

Come chat with Physio Kyle from the team from PhysiGO Mobile Services to learn more about their physiotherapy services and how they can support your health and mobility. Come by, ask questions, and learn more about what they offer! Please register online.

Monday, October 5th 2:00. Free to attend.

A promotional poster for a 'CASINO TRIP' event. At the top, a cartoon blue rabbit wearing a tan fedora and a red bow tie stands next to a large pile of gold coins. The title 'CASINO TRIP' is written in large, yellow, serif capital letters, with a yellow club symbol replacing the letter 'O' in 'CASINO'. Below the title, the date 'OCTOBER 29 2026' is on the left and 'COST: \$40/PERSON' is on the right, separated by a decorative diamond-shaped graphic. A white rounded rectangle in the center contains the following text: 'Includes: transportation, \$25 player card, lunch', 'Departs: 9:00am from the Safeway parking lot 3900 Grant', 'Travel time: 2 hours Depart casino: 3:00pm', 'Open to all. No CALC membership required. For non-members the following information is required: Name, birthdate, address, email, phone number.', 'Registration open now!', '(in person, online, or call 204-897-5263)', 'Registration deadline: Monday, October 19th, 2026', and '46 participants required to run the trip.' At the bottom of the poster, the 'Sand Hills' logo is displayed, featuring a stylized sun and the text 'Sand Hills' in a script font.

CASINO TRIP

OCTOBER 29 2026

COST: \$40/PERSON

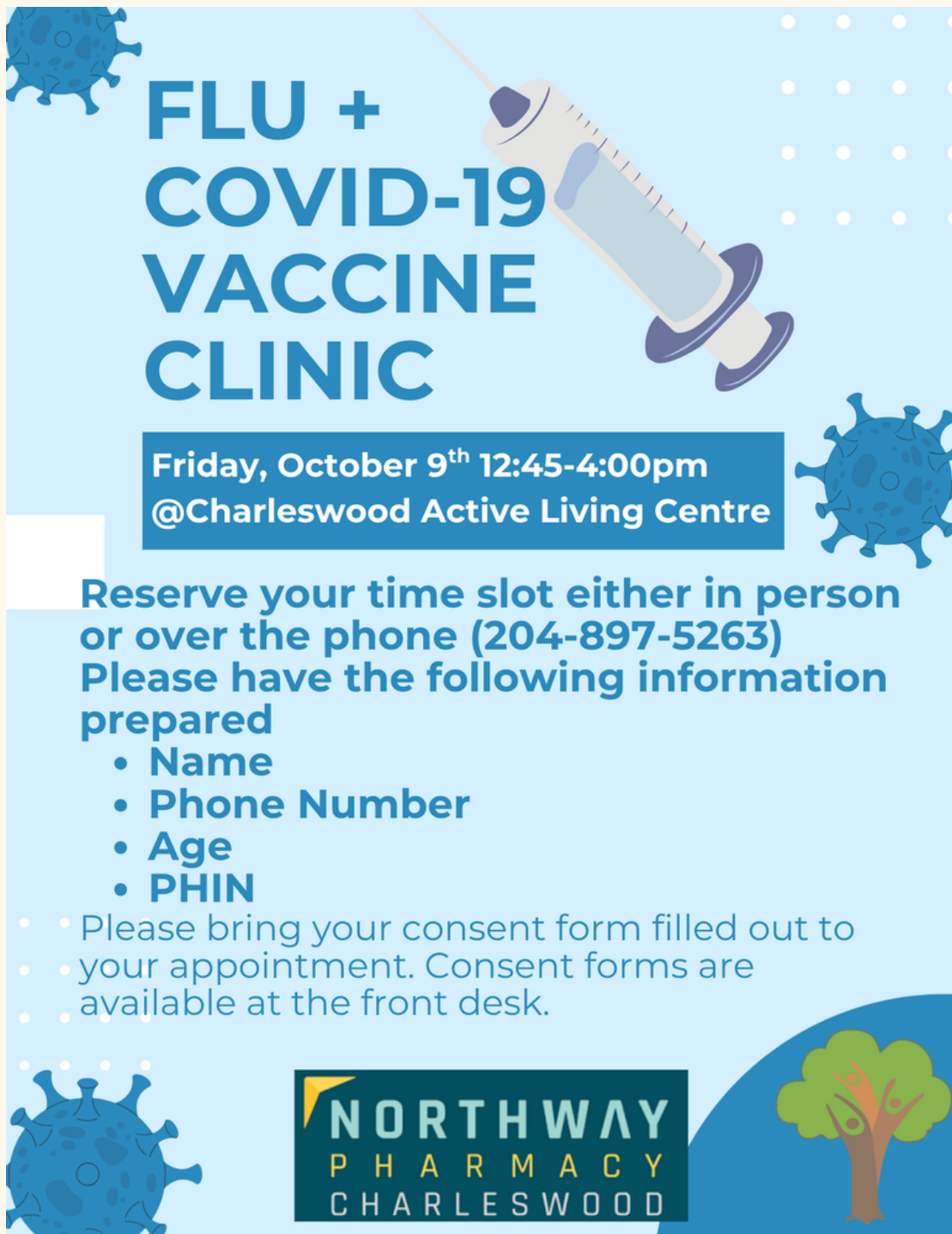
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Registration open now!
(in person, online, or call 204-897-5263)
Registration deadline: Monday, October 19th, 2026
46 participants required to run the trip.

Sand Hills

Weight Donations

With the popularity of weight training at the Centre, our current selection of weights has become limited. We are working on adding more weights so participants can choose the appropriate weight for their workouts.

In the meantime, if you have any dumbbells between 4–6 lbs that you would be willing to donate to the Centre, we would greatly appreciate it! Thank you for helping us continue to improve our programs and support our participants.



**FLU +
COVID-19
VACCINE
CLINIC**

**Friday, October 9th 12:45-4:00pm
@Charleswood Active Living Centre**

**Reserve your time slot either in person
or over the phone (204-897-5263)
Please have the following information
prepared**

- **Name**
- **Phone Number**
- **Age**
- **PHIN**
- Please bring your consent form filled out to your appointment. Consent forms are available at the front desk.

**NORTHWAY
PHARMACY
CHARLESWOOD**

The poster features a light blue background with white polka dots. It includes illustrations of blue coronavirus particles, a large medical syringe, and a green tree with stylized human figures inside its branches. The Northway Pharmacy logo is at the bottom center.

Around the Community



**60TH WINNIPEG
SCOUTS**

*BLAZING TRAILS AND BURNING MARSHMALLOWS
SINCE 1927*

 **SEPTEMBER 28, 6:30PM**
ROBLIN PARK
COMMUNITY CENTRE 

 **CAMPFIRE
GATHERING**

LUG-A-MUG

 bring a chair

 **ALL ARE
WELCOME!**

60thCharleswoodLegionScouts@gmail.com

Looking for **Supports**
for **Older Adults?**

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Silver Sponsors



Bronze Sponsors



Ha Ha Highlights

How do you throw a party on Mars? You planet. 🪐🎉

Did you hear about the two guys who stole a calendar? They both got 6 months... 📅17😂

What does a vampire take for a sore throat? Coffin drops. 🧛💊

What's faster, hot or cold? Hot, because everyone catches a cold. 🔥❄️😂

How do you learn to be a trash collector? Just pick it up as you go along. 🗑️😂

What did one plate say to the other plate? Dinner is on me. 🍴😂

Why can't Monday lift Saturday? It's a weak day. (weekday) 💪😂

Why can't your head be 12 inches long? Because then it would be a foot. 🦶😂

What's an astronaut's favorite part of a computer? The space bar. 🚀💻

What do you call a can opener that doesn't work? A can't opener. 🗑️😂

Have a great weekend!

Dana Poulton

Program Coordinator