



Charleswood Active Living Centre

WHAT'S NEW IN THE WOODS

Fall 2023

Message from the Centre

The summers always seem to go by so quickly. Perhaps it is because summers in Manitoba are notoriously short, or maybe it's because it's the time of year we spend so much of our lives looking forward to. Whatever the reason, the summer has once again slipped by without me completing so many of the tasks on the summer to do list. I suspect I am not alone.

The Centre was quieter during July and August. We were happy to be able to offer fitness classes for members who wanted them but are very much looking forward to having all of you back for the fall session.

For those of you that were not at the AGM in June, or missed the memo afterwards, please note that membership dues increase to \$35 on September 1, 2023. Our name has a slight change in that although we remain the Charleswood Senior Centre, we have dropped the 55plus and now operate as the Charleswood Active Living Centre. The name change does not affect our programming.

To meet the needs of our ever-growing membership we have introduced some new fitness classes, activities, presentations, and workshops. We hope you find everything you are looking for.

Jakee Werbuk
Program Manager

IMPORTANT DATES

- Sept 7 Open House
- Sept 8 New Member Orientation
- Sept 11 Registration Begins
- Sept 18 Programming Begins
- Sept 25 Victoria Lifeline Presentation
- Sept 26 Tech Support for Apple I pads
- Oct 3 & 4 Floral Arranging
- Oct 11 Lunch of the Month
- Oct 12 Creative Writing Begins
- Oct 16 Pharmacy Presentation
- Oct 17 Coffee with Councillor Duncan
- Oct 18 Flu Shot Clinic
- Oct 23 Tech Support for Android Devices
- Oct 24 Paint Party
- Oct 25 History of Wpg. Music
- Oct 30 Meditation Series Begins
- Oct 31 Watercolour Painting Begins
- Nov 1 Rock Painting
- Nov 8 Lunch of the Month
- Nov 15 Music & Muffins
- Nov 22 Bada Bingo
- Nov 27 Seniors Moving Co. Presentation
- Dec 8 Bake Sale & Café – Save the Date
- Dec 18 Holiday Lunch – Save the Date

Charleswood Active Living Centre

5006 Roblin Blvd, Winnipeg MB, R3R 0G7

Phone: 204-897-5263

Email: info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Trial Steering Group Participants Needed

We have received a federal grant to trial new technology in the Centre intended to assist those with hearing issues to fully participate in our Centre programming.

We are seeking members who are hard of hearing or hearing impaired who are interested in being part of the trial Steering Group to assist with finalizing the trial and evaluation. The time commitment for the Steering Group will be limited, but your thoughts and ideas to make this trial successful are very important. If you are interested or would like more information, please contact Kristal Laminman via email at kristal@charleswoodseniorcentre.org or leave a message in the office for Kristal.

At a later date we will be looking for members who are hard of hearing or hearing impaired, with or without aids, to be trial participants using the new technology in a variety of programs offered at the Centre.

Stay tuned for these opportunities.

Is Your Membership Up To Date?

Your membership must be current to register for Centre classes and activities.

If your membership has expired, or will be expiring before registration, please renew your membership.

You can check [online](https://www.charleswoodseniorcentre.org/) at <https://www.charleswoodseniorcentre.org/> or call the office at 204-897-5263.

Membership is \$30 per year prior to September 1 and \$35 as of September 1, 2023.

The Centre is a membership-based facility and except when specifically stated, you must be a member of the Centre and registered in a program to attend.

While we make every effort to inform members about expired memberships, we are not responsible for ensuring members are aware of the status of their membership.

“The older I grow the more I distrust the familiar doctrine that age brings wisdom” – H.L. Mencken



A dark blue banner for Marty Morantz's constituency office. On the left is a portrait of Marty Morantz, a man with glasses wearing a blue shirt and a grey blazer. To the right of the portrait is the coat of arms of the Province of Manitoba. The text 'MARTY MORANTZ' is written in large, white, serif capital letters. Below it, in smaller white capital letters, is 'MEMBER OF PARLIAMENT FOR CHARLESWOOD-ST.JAMES-ASSINIBOIA-HEADINGLEY'. At the bottom left, there is a white location pin icon followed by 'CONSTITUENCY OFFICE' in bold white capital letters, and below that, '3092 Portage Avenue, Unit D' and 'Winnipeg, MB R3K 0Y2'. At the bottom center, there is a white telephone icon followed by '204-984-6432' and a white envelope icon followed by 'Marty.Morantz@parl.gc.ca'. At the bottom right, there are white icons for Instagram, Facebook, and Twitter, followed by '@MartyMorantz' and '@Marty_Morantz' respectively.

Registration Process

- Register [online](https://www.charleswoodseniorcentre.org/) at <https://www.charleswoodseniorcentre.org/> or by phone at 204-897-5263. No in-person registration during the September 11, 2023 registration week.
- The Centre has a staggered registration process.

Registration opens in the following manner:

Monday, Sept. 11th at 9:30 a.m. — registration begins for Monday classes and programs and continues until they have filled.

Tuesday, Sept. 12th at 9:30 a.m. — registration begins for Tuesday classes and programs and continues for Monday classes and programs.

Wednesday, Sept. 13th at 9:30 a.m. — registration begins for Wednesday classes and programs and continues for Monday and Tuesday classes and programs.

Thursday, Sept. 14th at 9:30 a.m. — registration begins for Thursday classes and programs and continues for Monday, Tuesday and Wednesday classes and programs.

Friday, Sept. 15th at 9:30 am — registration begins for Friday classes and programs and continues for all classes until they are full.

- If you have any questions about the registration process, or are unclear how to register, please give us a call at 204-897-5263.

To register online your membership must be up-to-date and you are required to sign in with your username and password. If you do not have login information or cannot remember it, please contact the office.

To confirm that your membership will be current at registration time, you can check online or call the Centre.

It's recommended that you try to log in ahead of registration in case you run into some unexpected problems.



Fitness Classes

Registration begins the week of September 11th, 2023
Fitness classes begin the week of September 18, 2023
No classes on Monday, October 9, 2023

Badminton

Non-competitive! You can bring your own racquet or use one of ours.
Note: badminton is now session based and not a full year registration activity.
Fridays 9:15 am (13 weeks) Cost \$10 per session.

Barre Fitness - Instructor: Deb

Blends classic ballet, yoga & pilates strengthening exercises with fitness powered by energizing, heart pumping music that makes you want to move. With the support of a ballet barre it will take you through a flow of high-powered sequences.
Mondays 11:45 am (12 weeks) Cost: \$87.00

Balance & Bones - Instructor: Cathy **NEW**

"Balance & Bones" classes will start with a more active/standing "Balance" practice (Hatha yoga) to strengthen the body for the first thirty minutes. The following thirty minutes will be the "Bones" style of long held passive/seated on your yoga mat poses (Yin yoga) to open the body to more flexibility and to quiet the mind. Participants must be able to rise, stand and also be seated on the floor/mat throughout the hour class. This class does not include the use of a chair.

Mondays 2:15pm (12 weeks) Cost: \$87.00

Barre Boot Camp - Instructor: Deb

Barre Fitness with a little bit more. More legs, more abs, more everything! Perfect for those looking for a little something extra from their Barre class.
Thursdays 11:45 am (13 weeks) Cost: \$94.25

Butts and Guts - Instructor: Deb

The focus of this class is strengthening and toning your abdominal and core and your gluts. There will be a little low impact cardio to keep things lively.
Mondays 1:00pm (12 weeks) Cost: \$87.00

Circuit Training – Instructor: Raul **Back by popular demand**

This is an exercise program that will focus on improving your strength, endurance, balance and coordination. Each participant will move from station to station to focus on different exercises.
Fridays 12:15 pm (13 weeks) Cost: \$94.25

Functional Fitness – Instructor: Andrew

Moves focus on balance, core strength, endurance and multi-joint flexibility. 20 minutes of cardio, 20 minutes of functional strength training, followed by balance training and stretching. Great for all levels.

Thursdays 1:15 pm (13 weeks) Cost: \$94.25

Gentle Yoga Instructor- Mary Lou

This invigorating yoga-based class rejuvenates your brain, challenges your balance and tones and strengthens all your muscles and bones. The standing moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. The mat-based moves encompass the last 25-30 percent of the class.

Tuesdays 1:15 pm (13 weeks) Cost: \$94.25

Wednesdays 1:30 pm (13 weeks) Cost \$94.25

Hatha Yoga – Instructor Cathy

Strengthen, stretch, tone and relax. Whether trying to get in shape, cope with tension or relieve tightness in your body, Hatha Yoga is the classical form of yoga postures and breathing techniques. It increases muscle tone and improves flexibility and concentration and allows you to experience a state of deeper relaxation. Open to all levels of fitness. Not for those requiring chair use.

Wednesdays 2:45 pm (13 weeks) Cost: \$94.25

Pilates - Instructor: Anna

Exercises are taught on the mat and focus on lengthening and strengthening all your muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies.

Wednesdays 12:15 pm (13 weeks) Cost: \$94.25

Sit & Fit

Does balance concern you? Balance isn't something the body automatically has. Class combines seating and standing for a solid core workout and improvement of your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter. This class is suitable and challenging for all individuals regardless of fitness level. Modifications will be provided based on the individual's needs, and no prior experience is necessary.

Instructor: Alan

Tuesdays 10:45 am (13 weeks) Cost: \$94.25

Tuesdays 12:00 pm (13 weeks) Cost: \$94.25

Thursdays 10:30 am (13 weeks) Cost: \$94.25

Instructor: Anna

Wednesdays 11:00 am (13 weeks) Cost: \$94.25

Strength Training With Weights & Resistance Bands – Instructor: Doreen

This class helps maintain healthy bone density. It prevents fewer fractures from falls and building muscle can help absorb the shock of falls. This class is suitable for all levels of fitness. For those who prefer, chairs may be used during the mat portion of the class.

Tuesdays 9:30 am (13 weeks) Cost: \$94.25

Stretch Class – Instructor: Debby

Class explores yoga postures, focusing on lengthening and toning your muscles. You'll use bender balls, yoga blocks, chairs, and the wall to help you tuck into those hard-to-reach tension areas, such as hip and shoulders. And you'll practice better pelvic alignment promoting longer, more supple hamstrings.

Monday 10:30 am (12 weeks) Cost: \$87.00

Tai Chi – Instructor: Andrew **NEW**

Tai Chi is an ancient practice dating back to the 12th Century. It coordinates gentle movement with relaxed natural breathing in a way that will enhance your balance and flexibility. Suitable for all levels but may not satisfy those looking for a vigorous workout.

Thursdays 2:30 pm (13 weeks) Cost: \$94.25

Total Body Fitness – Instructor: Eleanor

Class starts with a warm-up, pre-cardio, and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & those looking for a moderate work-out.

Mondays 9:15 am (12 weeks) Cost: \$87.00

Wednesdays 9:30 am (13 weeks) Cost: \$94.25

Weight Training – Instructor: Raul

Strength and Stretch with balance. You will use your own body weight, dumbbells and bands, and a series of strengthening exercises and balance drills and finish with a relaxing stretch to end the class.

Fridays 11:00 am (13 weeks) Cost: \$94.25

Yin Yoga – Instructor: Mary Lou

A slower pace of yoga that incorporates principles of traditional Chinese medicine with postures. Consists of fewer poses which work the connective tissue of the body, the tendons, ligaments and fascia. These areas of our bodies need stretching until one reaches their place of resistance, holding in stillness, and holding for time. This assists with arthritis, stiffness and mobility issues. Yin teaches a deeper breath which calms body and mind and is a beautiful balance to the Yoga flow.

Tuesdays 2:30 pm (13 weeks) Cost: \$94.25

Zumba – Instructor: Rosa

A great opportunity to exercise and have fun. Dance to great Music and burn a ton of calories without even realizing it.

Thursdays 9:15 am (13 weeks) Cost: \$94.25

Bands for classes can be purchased at the Centre for \$5.

SWING DANCE FOR SENIORS

Starts Friday, September 22, 2023, 1:30 pm (8 weeks) cost \$30
Registration opens September 15, 2023 @9:30am

Join instructor Eleanor Single as you swing dance in 3 basic timings -also known as jive, jitterbug and swing dancing. Swing Dancing can improve balance, stamina, flexibility and muscle strength. You'll enjoy music from the 30s through to 70s.



A portion of costs covered through the Government of Canada New Horizons Grant.

PICKLEBALL

Westdale Community Centre, 550 Dale Blvd.

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport has been growing in popularity among seniors as it is easier to play than tennis. The speed of the Pickleball is slower than that of a tennis ball and the court is a third of the size. Game is suitable for all levels. Novice and experienced players welcome. We do not offer beginner specific time slots.

Mondays September 18 – December 11 - cost \$48 (registration opens Sept.11)

Wednesdays September 20 – December 13 - cost \$52 (registration opens Sept.13)

Fridays September 22 – December 15 - cost \$52 (registration opens Sept. 15)

NOTE: there is no Pickleball on Monday October 9, 2023.



Myrna DRIEDGER
MLA for Roblin



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www.myrnadriedger.com



Presentations & Educational Sessions

Victoria Lifeline Presentation - Empowering Independence

Monday, Sept. 25, 2023, 10:00am. No cost to attend

Registration opens Sept. 11, 2023 @9:30am

Being proactive is important but did you know that aging well, with a good quality of life, is 1/3 genetics and 2/3 lifestyle? In this presentation you will learn about 3 specific components of aging well

- Healthy Living: The importance of exercise, nutrition, proper hydration & medication safety for older adults
- How to make your home safe: Most falls happen at home - learn some important tips on how to reduce your risk of falling at home
- Tools to help you stay independent: The Lifeline service is just one of many resources that will be discussed

Presented by: Vicki Russenholt

Education Facilitator, Victoria Lifeline Certified in Fall Prevention

Tech Support for Apple Ipads

Tuesday, Sept. 26, 2023, 10:00am. No cost to attend

Registration opens Sept. 12, 2023 @9:30am

Need help understanding your new iPad? Got an annoying issue you can't seem to resolve? This class, taught by Lloyd Gwillian, may be for you.

The first hour of this class will be a "new users" guide to using the Apple iPad. The second half of the class is reserved for addressing any issues or challenges attendees may have on their particular device. One issue per student, more depending on time.

Pharmacy Presentation – Vaccines for Older Adults

Monday, October 16 at 10 am. No cost to attend

Registration opens Sept. 11, 2023 @9:30am

Join Pharmacist Scott Bowles of Northway Pharmacy Charleswood for an update on **Vaccines Available for Those Over 50.**

There will be time to get your questions answered.



Insomnia sharpens your math skills because you spend all night calculating how much sleep you'll get if you're able to 'fall asleep right now.

Unknown

Tech Support for Android Devices

Monday, Oct. 23, 2023, 10:00am. No cost to attend

Registration opens Sept. 11, 2023 @9:30am

Need a little help understanding your new Samsung, Lenovo and Amazon Tablet? Got an annoying issue you can't seem to resolve? This class, taught by Lloyd Gwilliam, may be for you.

The first hour of the class will be a "new users guide" to using the device. The second half of the class is reserved for addressing any issues or challenges attendees may have on their particular device. One issue per student, more depending on time.

A History of Winnipeg's Music

Wednesday, Oct. 25, 2023, 1:00pm. No cost to attend

Registration opens Sept. 13, 2023 @9:30am

Join well-known music history writer/biographer and longtime Charleswood resident, John Einarson, for a multi-media presentation based on his acclaimed Winnipeg music history book "**Heart of Gold: A History of Winnipeg Music**".

Copies of the book will be available after the presentation for those who wish to purchase one.

You can learn a little about John by going to <https://johneinarson.ca/>.

Seniors Moving Company Presentation

Monday November 27 at 10am. No cost to attend

Registration opens Sept. 11 2023 @9:30am

Lisa Sinnicks, owner of The Seniors Moving Company Inc. will share downsizing tips and resources to get you started on the process of moving.

Very timely for those preparing to move to Oakdale Residences (or elsewhere).

Some resources you may find helpful...

Manitoba Seniors Guide is a powerful resource providing descriptions and lists for community, health and government programs. Designed for older adults, caregivers and families, the guide will help you navigate supports and services in the province. Go to <https://www.gov.mb.ca/seniors/seniors-guide.html> to get the full guide.

211 Manitoba is the front door to community-based government, health, and social services. It is a free, confidential service available 24 hours a day, seven days a week. Click on the **older adult's** box at <https://mb.211.ca/> or call 211.

Home Maintenance Program provides referrals to individuals in your community who can do various jobs at reasonable rates in housekeeping, meal preparation, yard work, handyman jobs, painting, and carpentry. Contact the program by phone at 204-806-1303 or online www.gnalc.ca

The South Winnipeg Resource Council connects the 55+ community with many other organizations to provide information, referrals, and support. For more information go online at www.swsrc.ca or email resources@swsrc.ca.

Classes and Workshops

Floral Arranging

Tuesday October 3rd, 2023, 10:00 am
Registration opens September 12, 2023 @9:30am

OR

Wednesday, October 4th, 2022, 1:00 pm
Registration opens September 13, 2023 @9:30am

Cost \$10.00 - A portion of the costs for this workshop are covered through the Government of Canada New Horizons Grant.

Florist Kat Degner will teach you how to create a one-of-a-kind floral arrangement for your Thanksgiving table.

Watercolour Painting

Starts Tuesday, Oct. 31, 2023 10:00 am (6 weeks) Cost is \$25.00
Registration opens Sept. 12, 2023 @9:30am

Are you interested in learning how to paint with instruction from local artist Virginia Stephenson? This course will cover the basics of watercolour painting and is suitable for novice and returning participants. You will be required to purchase some basic supplies. The supply list will be sent to you following your registration.

Creative Writing

Starts Thursday, Oct. 12, 2023 10:00 am (8 weeks) Cost is \$40.00
Registration opens Sept 14, 2023 @9:30am

As Fall approaches, with winter not far behind, it's time to plan warmer activities. *Creative Writing Strategies: how to stimulate your imagination* invites you to a comfortable inspired writer's collective.

This friendly writing circle will provide an ideal opportunity to share your writing with supportive fellow writers and receive positive feedback. There will be guidance and instruction from Barbara J. Becker, a published author, editor of the award winning Measured Words trilogy, and an experienced facilitator of productive writing workshops; accompanied by Tami Reynolds, a published author, who has worked extensively with writers, and who has a background in teaching.

Classes will introduce resourceful writing strategies to polish your writing voice. Brainstorming weekly in small groups, with simple exercises, will inspire new ideas. This innovative 'how to' program will unlock the exciting world of writing, publishing, and marketing books. Visit Barbara Becker at: www.barbarajbecker.com

A portion of costs covered through the Government of Canada New Horizons Grant.

Paint Party

Tuesday, Oct. 24, 2023, 10:00am
Registration opens Sept. 12, 2023 @9:30am
Cost is \$10.00

Instructor Karen Wokes will help you channel your inner creativity. She'll guide you through the steps to produce your own masterpiece with water soluble acrylic paint to create a masterpiece. Suitable for those with and without experience. All supplies will be provided.



A portion of costs covered through the Government of Canada New Horizons Grant.

Meditation Series - The Practice of Meditation & Mindfulness

Starts Monday, Oct. 30, 2023 10:00 am (4 weeks) Cost is \$25.00
Registration opens Sept. 11, 2023 @9:30am

Whether you are seeking to manage stress and anxiety, uplift your spirits, make a new start, or find joy in your day to day life, meditation and mindfulness open doors to all that and more! This four-part series is geared to those with or without prior meditation/mindfulness experience. The classes will cover the fundamentals of meditation/mindfulness, as well as their benefits, and include time to practice meditation/mindfulness using different techniques in order to provide participants with an opportunity to explore various approaches to meditation/mindfulness. The instructor will share tips and practical steps to facilitate the practice of meditation/mindfulness and provide time for questions and sharing in each class.

Marianne Farag is a speaker, author and teacher on topics of personal growth and transformation focussed on building inner peace.

A portion of costs covered through the Government of Canada New Horizons Grant.

Rock Painting

Wednesday, November 1, 2023, 1:30 pm Cost is \$5
Registration opens September 13, 2023 @9:30am



Lady Bug rock painting, a beautiful addition to your home or yard. All supplies provided and no experience required.

Instructor: Janet Didsbury

Get-togethers

Bada Bingo

Wednesday, November 22, 2023, 1:00 pm
Registration opens Sept, 13 2023 @9:30am
\$5 donation at the door includes minimum 1 sheet or card per game. Additional sheets or cards 50 cents each



A fun afternoon of Bingo, Prizes and Snacks

Music & Muffins

Wednesday, November 15, 2023, 1:00 pm
Registration opens Sept.13, 2023 @9:30am. No cost to attend

Back for a second performance - Rick Roschuk & Trish Bennett (former lead singer of The Twilights) perform blasts from the 50's, 60's & 70's with various Crooner and Country hits.



Costs covered through the Government of Canada New Horizons Grant.

Coffee & a Chat

Join our City Councillor, Evan Duncan, for coffee, doughnuts and a discussion on current issues in the City that are of importance to us all.

Tuesday, October 17, 2023, 10:00am. No cost to attend.
Registration opens Sept.12, 2023 @9:30am



**EVAN
DUNCAN**

CITY COUNCILLOR
CHARLESWOOD-TUXEDO-WESTWOOD



For OUR Community www.EvanDuncan.ca

Lunch of the Month

Join fellow Centre Members for the Lunch of the Month on the second Wednesday of the month.

Registration opens Wednesday, Sept 13, 2023

Sign up online or call the office to register. Members may register for themselves and a guest. We take the registrations and call the selected restaurant with the numbers. You are responsible for paying for your own lunch.



Wednesday, Oct. 11 2023 @ 11:45am
Fionn MacCool's Grant Park
1180 Grant Avenue

Wednesday, Nov. 8, 2023 @11:45am
Prairie Ink (McNally Robinson Bookstore)
1120 Grant Avenue

Health & Wellbeing

Flu Shot Clinic

Wednesday October 18 1:00-3:30pm in the MPR

Call the Centre starting Wednesday, September 20th to book your spot (note this is a week later than registration for other programs and activities).

No online registration.

Shots administered by Northway Pharmacy Charleswood



WE'VE GOT PUZZLES



The Centre has puzzles to borrow. Stop by and pick up one or two in anticipation of those cold winter days ahead!

Cards & Games

Cards & games run from September to June. Registration opens the week of September 11th. Unless otherwise stated, the fee for all cards and games is \$20 for the year. There are no ½ year or pro-rated fees. All cards and games take place upstairs at the Centre.

BRIDGE

Not suitable for beginners.

There is no instructor, and this is not duplicate bridge. You will be playing with different partners throughout the afternoon. Suitable for those who are playing or have played bridge in the past.

Mondays 1pm-3:30pm

CANASTA

We play a version of Hand & Foot Canasta. Game instruction will be sent out to players prior to the start of the session.

Mondays 1pm-3:30pm

CRIBBAGE

Tuesdays 1pm-3:30pm

RUMMIKUB NEW

Tuesdays 1pm-3:30pm

RUMMOLI

Thursdays 1pm-3:30pm

MAH-JONG

Thursdays 1pm-3:30pm

With the exception of Bridge, knowledge of games is not required. In each game, returning players are willing to teach new players how to play.



BOCCE BALL

Enjoy some friendly competition.

Fridays at 10am

Special Interest Clubs/Groups

Special Interest groups run from September to June.

Bent Brush Club

Fridays at 12:30

A place where artists and would-be-artists of all skill levels, styles and media have a regular paint get-together.

BYOG (Bring Your Own Gear) plus a plastic cloth to cover the tables. No designated instructor; just friends painting with friends. Doesn't get any better than that!



Book Clubs

ZOOM Book Club

Meets via ZOOM the 2nd Monday of the Month at 1:00 pm. 1st meeting will be held on September 18th as September 11th is registration day. When the Book Club falls on a long weekend the group will determine alternate meeting dates. Registration opens on September 11th at 9:30am.

Certain you will be signing up? You can nominate a book (or two) you would like the group to read and discuss by sending the author and title to Catriona at catyou@shaw.ca by September 11th. Just a reminder that **all books must be available at the library**. The group will make their selections for books on **September 18** at 1 p.m. at the first meeting.

Thank you to Colleen Klatt for the many years she facilitated in person and ZOOM book clubs at the Centre and thank you to Catriona Younger for facilitating the ZOOM Book Club this year.

Mystery Book Club

Meets the 3rd Monday of the month at 1:00 pm. Members will be informed of date changes for long weekends. Group meets at the Charleswood Library in the Boardroom. First meeting takes place on Monday, September 18, 2023. Registration opens on September 11th at 9:30am.



September book is *Big Lies in a Small Town* by Diane Chamberlain
Book Club facilitator Maxine Bryan

Jam Sessions

Love to sing? Play an instrument? Join the Jammers. A fun music group and a great way to meet new people. Group meets **Wednesdays at 10:00 a.m.** **There are no Jam Sessions on the third Wednesdays of the month.**

Bring your own instrument.

Registration required.



Ladies in Stitches Knitting Club

Knitting shawls for Cancer Care & other charities.

Groups meets the **last Thursday of the month at 10:30 am**. Wool is always appreciated.

Cost \$2 the first time you attend.





**OPEN HOUSE &
WELCOME
BACK BBQ**

**THURSDAY
SEPT 7, 2023
10:00AM TO 2:00PM**

5006 Roblin Blvd.

Phone: **204-897-5263**

Email:

info@charleswoodseniorcentre.org

Fall Hours:

Mon-Thurs 9:00am to 4:00pm

Friday 9:00am to 3:00pm

Membership \$35/year!

**Enter for a chance
to win a free
membership for a
year.**

**Pre-registration required for
BBQ only. Call the Centre at
204-897-5263 to let us know
who (and how many) are
coming. Payment by cash can
be made at the event.**

Charleswood Active Living Centre

Learn about our programs and events, meet new people, and reconnect with friends. Enjoy a BBQ lunch and participate in a fitness class demo.

Thursday Sept. 7, 2023

10am to 2pm - Take a Tour

New to the Centre? Meet one of our volunteers in the lobby. They would be happy to show you around!

10am to 12pm - Meet & Greet

Join us upstairs in the MPR for refreshments, information on our programming and senior resources.

Noon to 1:00

**BBQ in the Roblin Blvd. Parking Lot
\$5 cash per person at the event. Please call the office at 204-897-5263 to pre-register for the BBQ portion of the day only.**

Fitness Class Demos Schedule

No pre-registration. Demos are 20 min.

Sign-up sheets at the gym.

10:00am – Total Body Conditioning

10:30am - Sit & Fit

11:00am - Pilates

11:30am – Gentle Yoga

12:30pm – Barre Fitness

1:00pm – Butts & Guts

1:30pm – Bands & Weights

2:00pm – Tai Chi

New (and returning) Member Orientation

Friday, September 8, 2023

1pm in the upstairs room.

Information session is open to all new and current members. Join us for an explanation and demonstration of how to register online. We will answer any questions you have about the Centre, our processes, and our programs.

Sand Hills Casino Trip

Thursday October 12, 2023

Registration opens Monday, September 18, 2023 @ 9:30am

*Cost: \$37.00/person & includes:

- Transportation on a luxury motor coach
- \$15 player card to start you off
- Lunch

Depart: 9am sharp from **Safeway parking lot at 3900 Grant Ave.**
Travel time approx. 1 hour and 30 mins. **Depart Casino 3:30pm.**

Open to all, Membership not required
(Name, address, date of birth & phone # required
for registration).



Call 204-897-5263 or register online
at www.charleswoods seniorcentre.org beginning Sept. 18.

Meal choices will be available at the time of registration.

* There are no refunds

SAVE THE DATE

CHRISTMAS BAKE SALE & CAFÉ
Friday December 8, 2023

Holiday Lunch Get-together
Monday December 18, 2023

Information will be available in November.



PARTY WITH A PURPOSE

Thank you to everyone who supported the event. Whether you joined us on June 4th at Breezy Bend for brunch, volunteered, bought auction tickets, donated to the silent auction or made a financial contribution to the event, we are extremely grateful for your support.

The event was a huge success, raising nearly \$13,000 for the Centre.

A special thank you to our sponsors:

Event Host

The Residences of Oakdale

Prize Sponsor

**Mayor Scott Gillingham
Superior Asphalt Paving Co. Ltd.
The Seniors Moving Company
Calculated Moving Inc.
RBC Royal Bank of Canada
Rich's Auto Centre**

Dessert Sponsor

**Lowey Insurance Agency Inc
Mighty Meats and Deli Inc.
Grand Smiles**

Centrepiece Sponsor

Shelmerdine Garden Centre

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**Aurora Quilters
Charleswood Toastmasters
Three Seas Foundation Inc.
Red River Rug Hookers
Martha Hill
Scotiabank
Charleswood Garden Club**



Harte Trail Studio ART Tour



Sept 16–17, 2023
10 am – 4 pm

HarteTrailStudioTour.net

Home is Where the hARTE is

Set off on your personal adventure to discover what the Harte Trail Studio Art Tour has to offer. The 2023 Harte Trail Studio Tour is a free self-guided tour of diverse artisan studios and workshops. For further information, FAQ's and to see the artists on this year's tour – go to hartetrailstudiotour.net.

This tour is not being organized by the Centre.

Centre Cancellation/Refund Policy

In the event that the Centre cancels a class, program or activity we will refund you or credit your Centre account for the full amount of the cancelled activity.

Refunds or account credits will be provided if you withdraw from an activity 2 business days before it begins. When an activity encompasses a group of dates, this applies to withdrawal prior to the first scheduled class and is not applicable once the classes have begun.

Activities involving payment to a third party (whether paid by the Centre or directly by the participant), such as admission to venues and other fees, are non-refundable.

We recognize that on occasion special circumstances arise. Please call us if you have a concern with a class withdrawal.

Should a change in policy occur, members will be updated via email and the new policy posted on our website.

Monday	Tuesday	Wednesday	Thursday	Friday
Gym Weekly Fitness Schedule				
Total Body Fitness 9:15am	Weights/Resistance 9:30am	Total Body Fitness 9:30am	Zumba 9:15am	Badminton 9:15am
Stretch Class 10:30am	Sit & Fit 10:45am	Sit & Fit 11:00am	Sit & Fit 10:30am	Weight Training 11:00am
Barre 11:45am	Sit & Fit 12:00pm	Pilates 12:15pm	Barre Boot Camp 11:45am	Circuit Training 12:15pm
Butts & Guts 1:00pm	Gentle Yoga 1:15pm	Gentle Yoga 1:30 pm	Functional Fitness 1:15pm	Seniors Swing Dancing 1:30pm (8 weeks)
Balance & Bones 2:15pm	Yin Yoga 2:30pm	Hatha Yoga 2:45pm	Tai Chi 2:30pm	

CENTRE BOARD OF DIRECTORS

President – Sherry Mooney
 Secretary – Nina Logan
 Delegate to the Executive - Dan Graham

Maxine Bryan
 Dee Godfrey
 Janice Hamilton
 Val McGuire
 Mary McCormick
 Kenn McDonald
 Pam McKenzie
 Diana Simpson

CENTRE STAFF

Kristal Laminman – Centre Manager
 Jakee Werbuk – Program Manager
 Debbie Baxter – Admin Assistant

Charleswood Active Living Centre

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Email: info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Hours: Mon-Thurs 9:00am to 4:00pm & Friday 9:00am to 3:00pm