



CENTRE UPDATE – MARCH 21, 2025

Reminders & Centre Info

Spring Session

The newsletter for the spring session is now available on our Website. Click [here](#) to get the Newsletter. If it does not open for you go to the [website](#) and click on the "Get the Newsletter". You can access the spring fitness class calendar and the April & May calendars [here](#) or go to the website and click in the Programming tab.

Registration for the spring activities and programs opens the week of April 7. We use a staggered registration process so check the newsletter or calendar to see when registration opens for the activities you are interested in.

For those who were checking, the classes and programs in the spring session will be on the registration portal closer to registration week.

Correction

Registration for the Food & Flicks series opens on Friday, April 11. It was incorrectly advertised as opening on Wednesday, April 9. The person who made the grievous error has been appropriately reprimanded.

Paint Party – 2 spots left

2 spots have opened up for Painting Party

- Thursday March 27 at 10:00am
- Cost \$15
- Instructor Arlene Enns will guide you through the steps to produce your own masterpiece
- Suitable for all
- Supplies will be provided

Floral Arranging – 1 spot left

- Thursday, April 3 at 10:00am
- Cost \$20
- Florists from Charleswood Florists will teach you how to create a beautiful spring arrangement

Register [online](#) or call the office at 204-897-5263.

Quiz Nite

- Saturday, April 26 at the Centre
- Doors open at 6:30pm
- Quizzing starts at 7:00pm
- Call the centre at 204-897-5263 to register
- \$20 per person. Open to all. Bring a friend
- Snacks, 50/50, prizes

Save the Date

Save the following dates for these upcoming events. More details to come.

- May 27, 2025 Sand Hills Casino Bus Trip
- June 18, 2025 Annual General Meeting

Spring Programming

The calendar and newsletter for the Spring Session will be available on Friday, March 14, 2025. Registration will open on Monday April 7th. Programming will begin the week of April 14th.

Plant Fundraiser

We have partnered with Glenlea Green Houses to offer spring plants. This opportunity will provide us with a percentage of the profit as a fundraiser for the Centre. Plants will be available May 25, 2025 and more information will follow regarding pick up. Call the Centre if you need help with the online purchase.

To view the 2025 spring fundraiser plant collection please go to the web site at <https://glenleagreenhouses.com/> and click on the "Support A Spring Fundraiser Group". Ours is listed under Charleswood Active Living Centre.

50/50 Raffle

Tickets: 5 for \$5.00, 20 for \$10.00, 100 for \$20.00

Draw Date: March 31 at 12:00

Winner takes half!

Online: <https://charleswoodactiveliving.rafflenexus.com/>

At the Centre: in person or by phone (204-897-5263).

Tech Talk with Lloyd Gwilliam

Tech Talk with Lloyd Gwilliam DROP IN. No cost to attend.

Thursday March 27th from 1:00pm to 3:00pm

Do you have computer, iPhone, or tablet questions? Need some clarification? Require a little help to figure something out? Stop by and see Lloyd, our in-house technology guru. This is not an instructional class, it is a drop in, just stop by the front desk to check in.

Resources you may find helpful



Government
of Canada

Gouvernement
du Canada

Updates on the Canadian Dental Care Plan

The Government of Canada will begin its annual reassessment of the eligibility of individuals currently covered under the plan to confirm that they continue to [meet all eligibility requirements](#).

Canadians currently covered under the plan will need to [renew their coverage](#) and will be able to do so once they have completed their 2024 tax return and received their Notice of Assessment issued by the Canada Revenue Agency. They will also receive a personalized letter from the Government of Canada informing them that they must renew, with instructions on how.

The website Canada.ca/dental contains all the relevant information.



Employment and
Social Development Canada

Emploi et
Développement social Canada

Free Tax Clinics

Volunteers may be able to help you do your taxes if you have a modest income and a simple tax situation. [Find a free tax clinic](#) near you.

Tax credits to help make your life more affordable

- The [age amount credit](#) may reduce your payable income tax. You must be 65 or older at the end of 2024 with a net income less than \$102,925. You can transfer all or part to your spouse or common-law partner.
- You may qualify for the [pension income amount credit](#). However, your income from Old Age Security benefits, Canada Pension Plan benefits and Quebec Pension Plan benefits are not eligible.
- The [Canada caregiver credit](#) provides help to those supporting a family member with a disability or illness. The person must rely on you for necessities such as food, clothing and shelter.
- The [disability tax credit](#) helps reduce the income tax that people with severe and prolonged physical or mental impairments may have to pay. It may offset some of the costs related to the impairment. Supporting family members may also be eligible for this credit.
- If your medical expenses exceeded 3% of your net income or \$2,759, you may be eligible for the [medical expenses credit](#). You may claim expenses that you paid on behalf of a family member that were not reimbursed.
- The [home accessibility expenses credit](#) is a tax credit for home renovation expenses. The renovation must permanently make a home more accessible for seniors or people with disabilities living in the home.
- The [multigenerational home renovation tax credit](#) can help with renovation costs and provide a refund of up to a maximum of \$7,500 for each eligible claim related to the construction of a secondary suite to help those 65 or older or adults eligible for the disability tax credit live with family.
- For info on other tax credits visit the [All deductions, credits and expenses webpage](#).

Some Goings-on in the Community



A juried ART SHOW AND SALE where local artists with diverse backgrounds and media can showcase their work and increase their visibility directly to the general public.

For more info go to <https://www.winnipegfineartfair.com/>

LBE PRESENTED BY: **DUNCALFE MECHANICAL** Winnipeg *Shine On*

PICKLE BALL TOURNAMENT

\$60 PER TEAM

IN SUPPORT OF LIVING BIBLE EXPLORERS

APRIL 5 | 9 AM - 4 PM
THE Y DOWNTOWN | 301 VAUGHAN ST

SPECTATORS ENCOURAGED

FOOD FOR PURCHASE, PRIZE DRAW,
LOTS OF FUN!

See [LivingBibleExplorers.com](https://www.livingbibleexplorers.com) for
more participant & spectator info

REGISTER TODAY!

A few funnies for your enjoyment

- A 90 year old walks into a bar with a parrot on his shoulder. The barman asks:"hey, where did you get him?" The parrot answers:" at a nursing home, they're all over the place there!"
- People are usually shocked when they find out I am not a very good electrician
- What do you call a train carrying bubble gum? A chew chew train
- Where do you learn how to make banana splits? At Sundae School
- Parallel lines have so much in common. It's sad they will never meet
- What is the difference between ignorance & apathy? Don't know, don't care
- What lights up a soccer stadium? A soccer match
- What does Charles Dickens keep in his spice rack? The best of thymes, the worst of thymes.
- I wrote a book on snow. Paper would have been easier
- Scrapped my elbow digging for gold. Just a miner injury
- A truck loaded with Vics Vapour Rub overturned on the highway. There was no congestion for hours
- I just got a universal remote. It really changes everything
- I have a pen that writes underwater, it can write other words too.

Have a wonderful weekend.

Jakee Werkuk

Program Manager



The adult version of "head, shoulders, knees, and toes" is "wallet, glasses, keys, and phone."