



CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, JANUARY 16ND, 2026

NEW!

HEALTHY COOKING & NUTRITION WORKSHOPS

SNEAK PEEK OF WHAT'S INSIDE:

- *Open Programs*
- *Food & Flicks*
- *Online 50/50*
- *Cooking Workshops*
- *Volunteer Opportunities*
- *Tax Receipts*
- *Around the Community*
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Winter Session Open Programs

Fitness Classes + Games that still have space include:

Functional Fitness: THURSDAY 10:15am

Rummoli: THURSDAY 1:00pm

Creative Writing: FRIDAY 9:00am

Bridge: MONDAY 2:15pm

Dynamic Movement: FRIDAY 10:30am

Fit & Tall: FRIDAY 11:45

HITT: TUESDAY 9:00am

Jammers: WEDNESDAY 2:00pm

Mahjong: THURSDAY 2:00pm

Mystery Book Club: 3rd Tuesday of the month

PACE: THURSDAY 2:00pm

Stretch Class: MONDAY 11:45am

Stretch Class: WEDNESDAY 9:00am

Zumba: MONDAY 9:15am

Zumba: THURSDAY 9:00am

Please call the office to register as classes will be pro-rated. 204-897-5263

There are still many other special interest and special events with space, find something that interests you here:

<https://charleswood.recdesk.com/Community/Program>

Food & Flicks

Our first Food & Flicks is next Friday, January 23rd at 1:00pm, and there's still room to join the fun!

For just \$6, enjoy cheese or pepperoni pizza, plus chips and drinks, while watching Hidden Figures, the feel-good, inspiring true story of three brilliant women who helped launch NASA into space.

Bring a friend, grab a slice, and settle in for a great movie night. Spots are limited, so sign up soon!

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>

NEW Cooking Workshops

A hands-on cooking and nutrition program featuring practical health presentations and live food demonstrations designed to build confidence in the kitchen and support healthier everyday choices.

Jan 27, 2026, 2-3:30pm - presentation = Eat well, live well with CFG
Food demo = broccoli salad

Feb 24, 2026, 2-3:30pm – presentation = Cooking Basics Food demo = southwest baked bean soup

Mar 24, 2026, 2-3:30pm- presentation = 5 steps to Healthier grocery shopping Food demo = Couscous salad

No cost to participants, register now!

Volunteer Opportunities

We are collecting names of everyone interested in volunteering.

Please fill our volunteer form out here

<https://www.charleswoodsseiorcentre.org/volunteer> to stay up to date with all volunteering opportunities.

Tax Receipts

Tax receipts for donations come directly to the Centre will be sent out in the next 2 weeks.

Around the Community

Provincial Support Services to Seniors Network

Education Session

Everything you need to know about
211 Manitoba

211 Manitoba

Help Starts
Here.

Call

2-1-1

or search mb.211.ca to
find the right help for you.



This session is geared towards funded Support Services to Seniors 55+ serving organization board and staff members and older adult service providers across Manitoba who work with older adults in the community.

DATE: January 13, 2026

TIME: 1:30 to 2:30 pm

Please join the meeting by
following the link:

[Join the meeting now](#)

Meeting ID:

295 562 843 863 73

Passcode: Wb9V7hT6

Dial in by phone

+1 204-815-1742.

159620493#

Presenter:

Samantha White,

Community Engagement Manager

211 Manitoba

The session will review:

- What is 211 MB
- Who can use 211 MB
- When to use 211 MB
- How to use 211 MB
- Highlight the importance of 211 MB

Hosted by:

Interlake Eastern Regional Health

Around the Community

SENIORS SUPPORTING SENIORS

*What should I say? How can I help?
Where can I find support?*

Seniors' Mental Health: A Practical Guide

Doug Lockhart & Patrick Stewart
Independent Resource Living Centre

January 21, 2026 1:30-3:30 p.m.

*Join us to explore how to best support
seniors' mental health in our community,
with our loved ones and for ourselves.*

Location:
Westworth United Church
1750 Grosvenor Ave

Free of charge



Funded by the
Government of Canada's
New Horizons for Seniors Program

Canada



Shared Mobility for Inclusive Communities

An opportunity to learn more about car sharing as an introduction to the discussion as well as the potential opportunity for wheelchair accessible vehicles.

For service providers, nonprofits, and community organizations, accessible and affordable transportation is often the missing link.

Learn about Peg City Car Co-op

Offer: shared vehicles, lower transportation costs, non-profit rates and possible access to accessible mobility for community and organization.

Register for one of four 30 minute ZOOM information session

9 am Thursday, January 8th

12 noon Friday, January 9th

9 am, Tuesday, January 13th

12 noon Wednesday, January 14th



Ha-Ha-Highlights

You can tell a meeting is important when it could have been an email. 📧

The most confident person in any room is someone who knows where the exits are. 🚪

The weather app is the only job where being wrong constantly has zero consequences. 🌤️

Someone invented “reply all,” and society has never recovered. 📧

The louder the packaging, the quieter you’re trying to be. 🗣️

There’s always one person who claps too early and commits. 🙌

If confidence were contagious, it would start with people who order for the table. 🍴

The real reason people like candles is because they make rooms feel like they have secrets. 🕯️

The best ideas arrive exactly one minute after it’s too late to use them. 🕒

Nothing tests trust like someone saying, “This won’t hurt.” 🦷

Have a great weekend!

Dana Poulton

Program Coordinator