



Charleswood Active Living Centre Centre Update – September 12th, 2025

Changes To Calander

After a busy registration week there have been some changes to the calendar. These changes have been made to accommodate the demand for popular classes. There is a new Weight Training with Pete Mondays 9:00-10:00am. There is a new Sit and Fit class with Allan Tuesdays from 2:00-3:00pm. Priority for these classes has been given to those on the wait list. That is why we always encourage everyone to get on the wait list. The Sit and Fit class has filled but there are still a few spots in the Weight Training class and registration is open on a first come basis.

Hearing System

Hearing technology is available to our members upon request for all programming.

If you require this equipment and you and know your schedule for the upcoming few months, please contact reception via email at info@charleswoodseniorcentre.org or call in (204-897-5263) with your name and classes you would like to use the hearing technology in. The headsets with assigned names on them will be available for your use.

If you are attending a program and you have not pre-registered for the equipment to be used, please check in with Centre staff when you arrive and we will do our best to hook you up.

Book Club

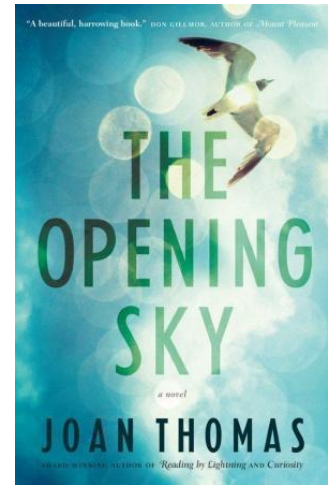
There is still room to register in Book Club, which will be held on October 7, November 4 & December 2 from at 1:00pm at the Centre, 357 Oakdale.

The first book is *The Opening Sky* by local author Joan Thomas. The remainder of the books for this book club will be chosen by the members of the club themselves. Copies are now available for pick up at the Centre.

The Opening Sky

The breakout novel from award-winning author Joan Thomas, it perfectly balances the dark underside of modern life, love, and family with wit and sharp observation: for fans of Good to A Fault, the works of Carol Shields, of Meg Wolitzer, and Jonathan Franzen.

Click [here](#) to see what Goodreads has to say about the book.



Grey Cup Ticket Fundraiser

Attention football fans! We are selling Grey Cup fundraising tickets at the centre for 5\$ each. Reach out to your family and friends too to see if they would like a chance to win \$900!

25th Anniversary Dinner

Come celebrate the 25th anniversary of the Charleswood Active Living Centre Saturday, October 18th. Registration opens September 15th. Stop by the Centre or give us a call at (204-897-5263. No online registration.

\$60 each. Dinner catered by Danny's Whole Hog, includes wine and beer.



Casino Trips

We have two upcoming casino trips. Both trips are free to register! Registration is open now and will include bus transportation to the casino on Senior's Day meaning everyone will get 10\$ of Free Play as well as 30% off club card discount. Register [online](#) or over the phone.

Drop-ins

Drop-in for fitness classes starts the week of September 22nd for any class that is not full. Call the office at 204-897-5263 to secure a drop-in spot. Drop-

in fee is \$10. You can see what is available by checking [online](#) or by calling the office.

Available activities

We still have room to register in a number of fall programs activities including:

- Food & Flicks on Fridays
- Processing Grief & Loss
- Seniors Moving Co. Downsizing presentation
- Ladies in Stitches knitting group for charity

A few things to ponder over the weekend

- At a movie theater which arm rest is yours?
- Why do doctors leave the room when you change? They're going to see you naked anyway.
- If you are asked to tell the truth, the whole truth and nothing but the truth and you are the main witness, what if you say "no"?
- How far east can you go before you're heading west?
- Why is it that everyone driving faster than you is considered an idiot and everyone driving slower than you is a moron?
- If pro and con are opposites, wouldn't the opposite of progress be congress?
- If a kid refuses to sleep during nap time, are they guilty of resisting a rest?
- When does it stop being partly cloudy and start being partly sunny?
- Is there ever a day that mattresses are not on sale?
- Why does a round pizza come in a square box?

Have a wonderful weekend.