



CENTRE UPDATE – Thursday, April 10

Reminders & Centre Info

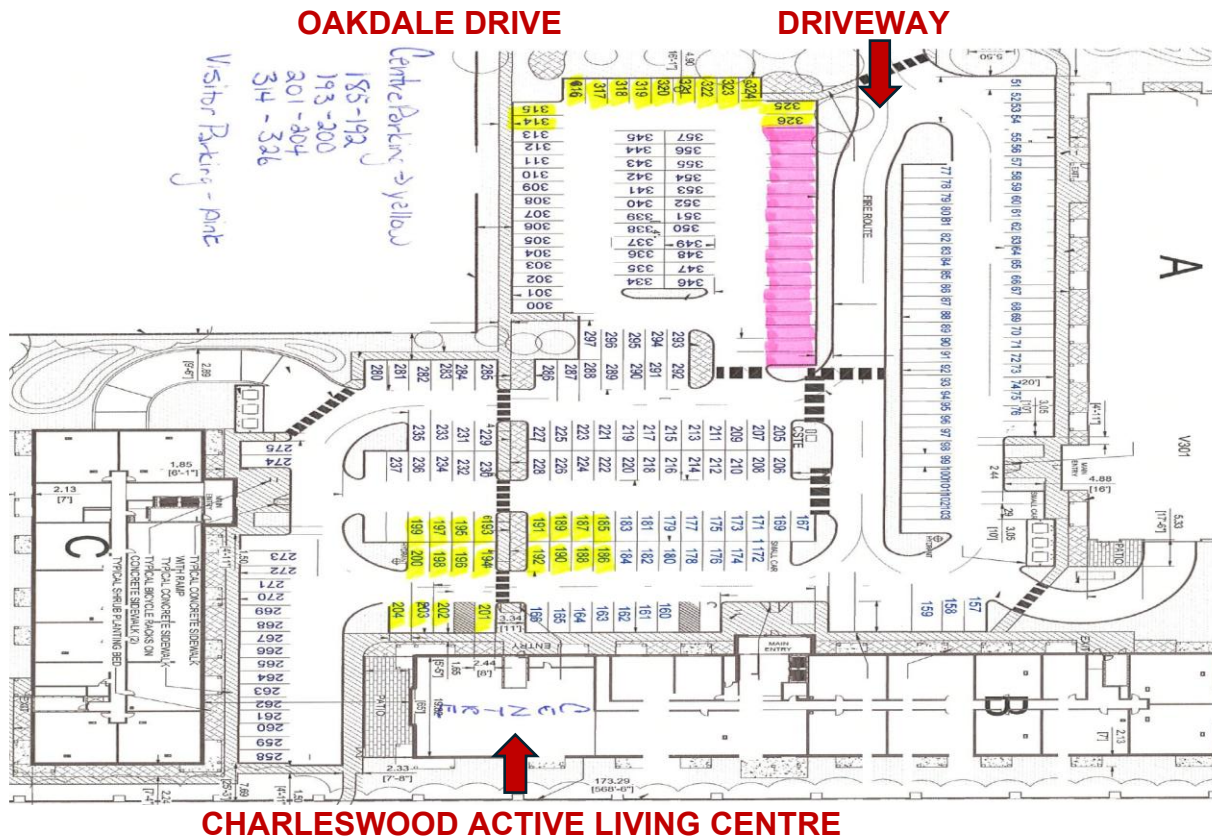
The Centre will be closing at noon on Friday, April 11.

The Charleswood Active Living Centre needs you!

Help us shape the beginning of our next twenty-five years by joining the Board. Bring your energy and ideas to keep our Centre a welcoming, viable and active hub for mature adults in our community. Terms begin after the AGM with monthly meetings. Call the Centre at 204-897-5263 and leave your name or email Sherry Mooney at president@charleswoodseniorcentre.org.

Parking:

Parking stalls for Charleswood Active Living Centre are ONLY for members while they are attending a class or event at the centre. Please do not park in these stalls if you are visiting friends in the complex.



Spring Session:

The Newsletter for the spring session can be found [here](#).

****Please note that not all classes begin next week****

There's still room to register for...

Special Events:

- Mr. Ed Pelletier – April 30 at 1:00 pm – 2 spots left
- Heart of a Nation Trolley Tour – May 12 at 1:00 pm – 18 spots left
- Lunch of the Month – Stacked Pancake & Breakfast – May 14 at 11:45 am – 10 spots left
- Bone Health 101 Presentation – May 14 at 2:00 pm – 11 spots left

Special Interest:

- Creative Writing – Thursdays at 10:30 am – 7 spots left
- Shakin' All Over by John Einarson - Wed May 7 at 1:00 pm – 12 spots left

Fitness Classes:

- Total Body Fitness – Mondays at 9:15 am
- Stretch Class – Mondays at 10:30 am – 5 spots left
- Kick & Be Fit – Mondays at 2:15 pm – 7 spots left
- HIIT – Tuesdays at 9:15 am - 4 spots left
- Pilates – Tuesdays at 12:00 pm - 5 spots left
- Sit & Fit – Wednesdays at 10:45 am – 7 spots left
- Bone Building Health & Muscle Strength – Wednesdays at 12:00 pm – 2 spots left
- Balance & Bones – Wednesdays at 2:45 pm - 6 spots left
- Zumba – Thursdays at 9:15 am – 8 spots left
- Chair Yoga – Thursdays at 10:30 am – 4 spots left
- Stretch Class – Thursdays at 1:00 pm – 8 spots left
- Hatha Yoga – Thursdays at 2:15 pm – 8 spots left

Quiz Nite – Almost sold out! One table left!

- 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
- Wine & beer will be available at this location



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. **Deadline to purchase is Tuesday, April 15.** Gift cards can be purchased for \$25 with 15% going to the Centre.

Sand Hills Casino Trip:



Sand Hills Casino Trip

Event Date: Tuesday, May 27, 2025

Registration opens Tuesday, April 15 at 9:30am

Registration deadline May 20, 2025

Cost: \$37.00/person & includes: Transportation on a luxury motor coach, \$25 player card to start you off and lunch.

Depart: 9:00am sharp from the Safeway parking lot 3900 Grant Ave. Travel time approx. 1 hour and 30 mins. **Depart Casino approximately 3:30pm.**

54 spots available. *Open to all*, Membership not required. **Please provide your name, phone number, address, birth date, and Gold Club Acct# if you have one that has been used in the past year.**

You will be contacted regarding meal choices.

Call us at 204-897-5263 or register online at www.charleswoodseniorcentre.org.



Charleswood Active Living Centre



Resources you may find helpful

Drop in **Mental Health and Wellness Peer Support Group** at Linden Woods Community Centre starting Thursday, April 3, 2025 from 1:00 pm - 2:30 pm. Each session lasts about 90 minutes and centers on mental wellness education, support, and group discussions. Participation in sharing is encouraged, though not mandatory.

For more information, please visit <https://connectmentalhealthmanitoba.ca/> or contact Matt MacRae at mmacrae241@outlook.com or (204)-770-0018.



CRA and Service Canada will be setting up at different locations around Winnipeg the next two months. Click below for dates and locations.

[CRA and Service Canada Support Clinics - Winnipeg](#)

South Winnipeg Seniors Resource Council presents
Seniors – Heart of the Community Expo
Thursday, April 24 from 10 am – 2 pm
Bethel Mennonite Church at 465 Stafford Street

Seniors - The Heart of the Community is the theme of this special event which highlights services and resources, as well as non-profit programs and organizations that serve older adults in the South Winnipeg area.

Two major presentations will be featured. At 11:00 am, Dr. Michelle Porter, Director of the Centre on Aging will speak on Reimagining Your Own Aging. At 1:00 pm, Linda Brown, Executive Director of Active Aging in Manitoba will lead a session on The Health Benefits of Being Active. Snacks and door prizes will be provided.

For further information, contact SWSRC Resource Coordinator Joanne van Dyck at 204-478-6169 or resources@swsrc.ca.



A Few Riddles for you

Why is April the cleanest month? *April showers.*

What type of flower do you plant in the dark? *A lightbulb.*

What has a heart that doesn't beat and is also known as spring's first feat? *A flower bulb.*

Have a wonderful weekend.

Krista Johnson Billeck
Program Coordinator