



## CENTRE UPDATE – MARCH 28, 2025

### Reminders & Centre Info

#### **Session Break:**

Reminder that unless you are attending a scheduled make-up class, there is no programming at the Centre the week of April 7<sup>th</sup>. That includes all programs that run from September to June. If you are unsure about your program, please check with the office. We would love to set you straight.

#### **Spring Session:**

The Newsletter for the spring session can be found [here](#). To see when registration starts for the classes you are interested in, please click [here](#).

#### **Schedule Change:**

Due to the Election there will be no Pickleball on Monday, April 28 as the Community Centre is being used for voting. The change is already reflected in the schedule and fee for next session.

#### **Friday Updates:**

This will be the last Friday update sent under my penmanship. Beginning next week, Krista Johnson Billeck, our new Program Coordinator, will take on the task of updating the membership. Her style will be different than mine, but it will be equally outstanding and informative and, to quote a wise green guy named Shrek "Change is good, donkey!"

#### **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
- Call the office at 204-897-5263 to register

#### **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 (Get your tickets now, the deadline to purchase is March 31, 2025 at 11:30am):**

- 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).

**Resources you may find helpful**

The new 2025 Seniors Resource Guide has been released. Click on the link below for your copy of the guide. The Centre has a limited number of copies. Stop by to pick one up if you are unable to access it online.

This 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.



<https://www.gov.mb.ca/seniors/seniors-guide.html>

Manitoba Safe and Healthy Home for Seniors



Funded by the Manitoba Government Department of Health, Seniors and Long-Term Care, the Safe and Healthy Home for Seniors Program provides funding for basic and essential devices or adaptations for seniors facing barriers within their homes.

Go to <https://www.marchofdimes.ca/en-ca/programs/am/mshhs> for more information and for eligibility requirements.

**A couple of cows were smoking a joint and playing cards.**

**That's right. The steaks were pretty high.**

## Some Goings-on in the Community



# Age-Friendly University Showcase

The Centre on Aging will be hosting an Age-friendly University (AFU) Showcase to bring awareness of the various academic and non-academic programs, services, opportunities, and initiatives at the University of Manitoba that enable older people to participate and engage in all that the University does.

The event is free to attend. Registration is not required

You can also take part in the Centre on Aging's 42nd Annual Spring Research Symposium. Hear presentations on recreation in long-term care, falls prevention, nutrition in long-term care, sibling caregivers, and community methods for improving mental health, and connect with community exhibitors.

For more information and to register for the Symposium, visit:  
[umanitoba.ca/centre-on-aging](http://umanitoba.ca/centre-on-aging)

**May 7, 2025 | 9 AM–3:15 PM**

**Multi-purpose room-2nd floor, UMSU University Centre**

**University of Manitoba | Fort Garry Campus**

**65 Chancellor Circle, Winnipeg MB R3T 2N2**



**University  
of Manitoba** | Centre on Aging

6003 ROBLIN BLVD  
CHARLESWOOD LEGION

At The Charleswood  
**Legion** 



**JOIN US FOR BINGO EVERY MONDAY NIGHT!**

Looking for a fun way to kick off your week?  
Come join our local community for Bingo Night  
every Monday at The Charleswood Legion!

**NO MEMBERSHIP REQUIRED - EVERYONE IS WELCOME!**

Bring your friends, meet new people, and enjoy an  
evening of laughter, prizes, and great company.

**DOORS OPEN: 5:30 PM**

**EARLY BIRD GAMES: 6:30 PM**

**REGULAR GAMES: 7:00 PM**

At The Charleswood



**FUNDRAISING DINNER**

April 19<sup>th</sup>, 2025 6 PM

\$25.00

Tickets must be purchased in advance at the  
bar. Cutoff date is 14 April for tickets.

Includes: NY Strip Steak, Baked potato, Caesar salad &  
Garlic toast.

Option of a BBQ chicken breast available must  
indicate this when purchasing ticket(s).

*This is a fundraiser to help offset costs of members  
moving on to Provincial and National sporting events, and the Legion.*

**Thank you very much for your support!**

## **A see you later message from Kristal**

I very much dislike goodbyes but feel I must acknowledge leaving my position at the Centre. I have had the chance to personally say farewell to many currently in programming but there are many I have not seen lately.

From my first day in September 2022, I have felt welcome and supported and I have genuinely enjoyed my time at the Centre.

I am very thankful my path led me to this organization where people are so generous with their time and gifts, their resources and their friendly faces. Board, staff and members alike make this a fantastic place to be.

I may be around in the future for fundraising and other events and may sign up for a class or two so I will say happy trails until I see you again!

## **A few funnies for your enjoyment**

- What do you call a hat for your leg? Kneecap.
- What do you call an automobile filled with water? A car-pool.
- How do trains listen? With their engine-ears.
- How do mice floss their teeth? With string cheese.
- What did the envelope say to the stamp? Stick with me and you'll go places.
- A book fell on my head. I only have my shelf to blame.
- How do you put a spaceship to sleep? You rocket.
- What did Benjamin Franklin say after discovering electricity? "I'm shocked!"
- What did the earthquake say after it was over? "Sorry, my fault!"
- What do you call a sleeping cow? A bulldozer.
- What did the quilt say after falling off the bed? "Oh, sheet!"
- Did you hear about the emotional wedding? Even the cake was in tiers.
- Did you hear about the man paranoid about picnics? He's a basket case.
- Did you hear about the homicidal oatmeal? It's a cereal killer.
- What do you call a pig on a hot day? Bakin.'
- Did you hear about the girl who cut off the left side of her body? She's all right.
- What's the bad thing about birthdays? Too many will kill you.
- What do you call an indecisive bug? A may-bee.

Have a wonderful weekend.

Jakee Werbuk, Program Manager