



Charleswood Active Living Centre

WHAT'S NEW IN THE WOODS

Winter 2024

IMPORTANT DATES

Message from the Centre

I am never very certain what I will say when I start to write a message from the Centre for the newsletter. We are such a diverse group - some joined the Centre simply for the camaraderie, others for fitness classes, some attend an art class or creative or educational workshops or our presentations, and others play pickleball or join us on an annual outing or two. Whatever your reason or area of interest, it takes all of you to make this the wonderful place it is.

As we say goodbye to 2023 we all have personal reflections and desires for the year ahead. Whatever your plans, hopes and dreams, may 2024 be all you wish for and may the world somehow find its way to a peaceful existence for all.

My humble thanks to our volunteers, members, donors, instructors, presenters, staff and board for your contributions in making the Centre such an extraordinary place to be.

The very best of the holiday season to you all.

Jakee Werbuk
Program Manager

- Jan 2** Centre re-opens
- Jan 8** Registration begins
- Jan 15** Fitness classes begin
- Jan 15** Meditation series begins
- Jan 30** WFPS Presentation
- Jan 31** Tech support for I pads
- Feb 6** Kathleen Cook, MLA Roblin
- Feb 8** Parkinson's Presentation
- Feb 8 & 22** Tech Talk
- Feb 12** Digitize your photos
- Feb 13** Watercolours Next Steps
- Feb 14** Lunch of the month
- Feb 15** Creative Writing begins
- Feb 19** Centre closed (Louis Riel Day)
- Feb 21** *The Wrong Time & The Wrong Place* book presentation & discussion
- Feb 26** Tech support for Androids
- March 4** Heart of Gold History of Winnipeg Music (part 2)
- March 6** Music & Muffins
- March 7** Tech Talk
- March 13** Lunch of the month
- March 18** Friendship Force MB Presentation
- March 20** Bada Bingo
- March 25 & 26** Floral Arranging
- March 29** Centre closed (Good Friday)

Charleswood Active Living Centre
5006 Roblin Blvd, Winnipeg MB, R3R 0G7
Phone: 204-897-5263
Email: info@charleswoodseniorcentre.org
Website: charleswoodseniorcentre.org

Staff Update

We are pleased to welcome Daina Laniuk to the Reception-Admin Assistant position. Daina has many years of experience in customer service and reception capacities and will be working alongside Debbie until Debbie's departure January 12th. Please stop by the reception area and say hello.



We wish Debbie a wonderful retirement & hope she knows how much she will be missed at the Centre.

New Procedure

We are changing our equipment cleaning procedure in the gym to be more environmentally friendly. Beginning in January, please bring a cloth with you to exercise classes. We are moving away from using disposal wipes and will supply cleaning spray for use on shared equipment. Please spray and wipe equipment after use. We will continue to have a limited number of disposable wipes available, should you forget your cloth.

Some resources you may find helpful...

Manitoba Seniors 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. Go to <https://www.gov.mb.ca/seniors/seniors-guide.html> to get the full guide.

211 Manitoba is the front door to community-based government, health, and social services. It is a free, confidential service available 24 hours a day, seven days a week. Click on the **older adult's** box at <https://mb.211.ca/> or call 211.

Home Maintenance Program provides referrals to individuals in your community who can do various jobs at reasonable rates in housekeeping, meal preparation, yard work, handyman jobs, painting, and carpentry. Contact the program by phone at 204-806-1303 or online www.gnalc.ca

The South Winnipeg Resource Council connects the 55+ community with many other organizations to provide information, referrals, and support. For more information go online at www.swsrsc.ca or email resources@swsrsc.ca

Fraud is the number one crime against older Canadians. Though people of all ages can be victims of fraud, older people get targeted more than others. Some of the reasons are that they are often home during the day to answer the door or phone, they can be more trusting, and they may not have family or friends close by to ask for a second opinion. For information on identifying, reporting and safeguarding against frauds and scams go to <https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/fraud-scams.html>



MARTY MORANTZ

MEMBER OF PARLIAMENT FOR
CHARLESWOOD-ST. JAMES-ASSINIBOIA-HEADINGLEY

 **CONSTITUENCY OFFICE**
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Registration Process

- Register [online](https://www.charleswoodseniorcentre.org/) at <https://www.charleswoodseniorcentre.org/> or by phone at 204-897-5263. No in-person registration during the January 8, 2024 registration week.
- The Centre has a staggered registration process.

Registration opens in the following manner:

Monday, Jan. 8 at 9:30 a.m. — registration begins for Monday classes and programs and continues until they have filled.

Tuesday, Jan 9 at 9:30 a.m. — registration begins for Tuesday classes and programs and continues for Monday classes and programs.

Wednesday, Jan 10 at 9:30 a.m. — registration begins for Wednesday classes and programs and continues for Monday and Tuesday classes and programs.

Thursday, Jan 11 at 9:30 a.m. — registration begins for Thursday classes and programs and continues for Monday, Tuesday and Wednesday classes and programs.

Friday, Jan 12 at 9:30 am — registration begins for Friday classes and programs and continues for all classes until they are full.

- If you have any questions about the registration process, or are unclear how to register, please give us a call at 204-897-5263.

To register online your membership must be up-to-date and you are required to sign in with your username and password. If you do not have login information or cannot remember it, please contact the office.

It's recommended that you try to log in ahead of registration in case you run into some unexpected problems.

**ONLINE
REGISTRATION**

"Birthdays are good for you. Statistics show that the people who have the most live the longest." Larry Lorenzon

Fitness Classes

Registration begins the week of January 8, 2024
Fitness classes begin the week of January 15, 2024
No classes on Monday, February 19 & Friday, March 29, 2024

Barre Fitness - Instructor: Deb

Blends classic ballet, yoga & pilates strengthening exercises with fitness powered by energizing, heart pumping music that makes you want to move. With the support of a ballet barre it will take you through a flow of high-powered sequences.

Mondays 11:45am (11 weeks) Cost: \$79.75

Balance & Bones - Instructor: Debby

"Balance & Bones" classes will start with a more active/standing "Balance" practice (Hatha yoga) to strengthen the body for the first thirty minutes. The following thirty minutes will be the "Bones" style of long held passive/seated on your yoga mat poses (Yin yoga) to open the body to more flexibility and to quiet the mind. Participants must be able to rise, stand and also be seated on the floor/mat throughout the hour class. This class does not include the use of a chair.

Mondays 2:15pm (11 weeks) Cost: \$79.75

Barre Boot Camp - Instructor: Deb

Barre Fitness with a little bit more. More legs, more abs, more everything! Perfect for those looking for a little something extra from their Barre class.

Thursdays 11:45am (12 weeks) Cost: \$87.00

Butts and Guts - Instructor: Deb

The focus of this class is strengthening and toning your abdominal and core and your glutes. There will be a little low impact cardio to keep things lively.

Mondays 1:00pm (11 weeks) Cost: \$79.75

Circuit Training – Instructor: Raul

This is an exercise program that focuses on improving your strength, endurance, balance and coordination. Each participant will move from station to station to focus on different exercises.

Fridays 12:15pm (11 weeks) Cost: \$79.75



Functional Fitness – Instructor: Andrew

Moves focus on balance, core strength, endurance and multi-joint flexibility. 20 minutes of cardio, 20 minutes of functional strength training, followed by balance training and stretching. Great for all levels.

Thursdays 1:15pm (12 weeks) Cost: \$87.00

Gentle Yoga – Instructor: Mary Lou

This invigorating yoga-based class rejuvenates your brain, challenges your balance and tones and strengthens all your muscles and bones. The standing moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. The mat-based moves encompass the last 25-30 percent of the class.

Tuesdays 1:15pm (12 weeks) Cost: \$87.00

Wednesdays 1:30pm (12 weeks) Cost \$87.00

Hatha Yoga – Instructor: Mary Lou

Strengthen, stretch, tone and relax. Whether trying to get in shape, cope with tension or relieve tightness in your body, Hatha Yoga is the classical form of yoga postures and breathing techniques. It increases muscle tone and improves flexibility and concentration and allows you to experience a state of deeper relaxation. Open to all levels of fitness. Not for those requiring chair use.

Wednesdays 2:45pm (12 weeks) Cost: \$87.00

PACE (People with Arthritis can Exercise) – Instructor: Suni **NEW**

Note – Begins February 15, 2024

This program is designed for anyone with Arthritis or related rheumatic or musculoskeletal conditions.

The goals of the program is to provide participants with a safe enjoyable exercise program. And to encourage positive social interaction.

The program components will help reduce pain and stiffness, and maintain or improve mobility, muscle strength and functional ability.

Each class includes a variety of exercises while sitting; standing or lying on the floor; endurance -building routines; relaxation exercises and health education topics

Thursdays 10:30am (8 weeks) Cost: \$58.00

Pilates - Instructor: Anna

Exercises are taught on the mat and focus on lengthening and strengthening all your muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies.

Wednesdays 12:15pm (12 weeks) Cost: \$87.00

Sit & Fit

Does balance concern you? Balance isn't something the body automatically has. Class combines seating and standing for a solid core workout and improvement of your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter. This class is suitable and challenging for all individuals regardless of fitness level. Modifications will be provided based on the individual's needs, and no prior experience is necessary.

Instructor: Alan

Tuesdays 10:45am (12 weeks) Cost: \$87.00

Tuesdays 12:00pm (12 weeks) Cost: \$87.00

Instructor: Anna

Wednesdays 11:00am (12 weeks) Cost: \$87.00

Fridays 9:30am (11 weeks) Cost: \$79.75

Stretch Class – Instructor: Debby

Class explores yoga postures, focusing on lengthening and toning your muscles. You'll use bender balls, yoga blocks, chairs, and the wall to help you tuck into those hard-to-reach tension areas, such as hip and shoulders. And you'll practice better pelvic alignment promoting longer, more supple hamstrings.

Monday 10:30am (11 weeks) Cost: \$79.75

Tai Chi – Instructor: Andrew

Tai Chi is an ancient practice dating back to the 12th Century. It coordinates gentle movement with relaxed natural breathing in a way that will enhance your balance and flexibility. Suitable for all levels but may not satisfy those looking for a vigorous workout.

Thursdays 2:30pm (12 weeks) Cost: \$87.00

Total Body Fitness – Instructor: Eleanor

Class starts with a warm-up, pre-cardio, and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & those looking for a moderate work-out.

Mondays 9:15am (11 weeks) Cost: \$79.75

Wednesdays 9:30am (12 weeks) Cost: \$87.00

Weight Training – Instructor: Raul

Strength and Stretch with balance. You will use your own body weight, dumbbells and bands, and a series of strengthening exercises and balance drills and finish with a relaxing stretch to end the class.

Tuesdays 9:00am (12 weeks) Cost: \$87.00

Fridays 11:00am (11 weeks) Cost: \$79.75

"The only bad workout is the one that didn't happen." - Debbie Baxter

Yin Yoga – Instructor: Mary Lou

A slower pace of yoga that incorporates principles of traditional Chinese medicine with postures. Consists of fewer poses which work the connective tissue of the body, the tendons, ligaments and fascia. These areas of our bodies need stretching until one reaches their place of resistance, holding in stillness, and holding for time. This assists with arthritis, stiffness and mobility issues. Yin teaches a deeper breath which calms body and mind and is a beautiful balance to the Yoga flow.

Tuesdays 2:30pm (12 weeks) Cost: \$87.00

Zumba – Instructor: TBD

A great opportunity to exercise and have fun. Dance to great music and burn off calories without even realizing it.

Thursdays 9:15am (12 weeks) Cost: \$87.00

Bands for classes can be purchased at the Centre for \$5.

Latin Dance

Starts Friday, January 19, 2024, 1:30 pm (10 weeks) cost \$40
Registration opens January 12, 2024 @9:30am

Join instructors Eleanor and Erv in Latin Dance Class. You'll learn basic steps in Chacha, Mambo, Salsa, and Rumba Bachata and some basic moves to a variety of Latin music. A great way to get some exercise.

Note: You do not need a partner to register.

A portion of costs covered through the Government of Canada New Horizons Grant.



PICKLEBALL

Westdale Community Centre, 550 Dale Blvd.

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport has been growing in popularity among seniors as it is easier to play than tennis. The speed of the Pickleball is slower than that of a tennis ball and the court is a third of the size. Game is suitable for all levels. Novice and experienced players welcome. We do not offer beginner specific time slots.

Mondays January 15 – April 1, 2024 - cost \$44 (registration opens Jan. 8, 2024)

Wednesdays January 17 – April 3 - cost \$48 (registration opens Jan. 10, 2024)

Fridays January 19 – April 5 - cost \$44 (registration opens Jan. 12, 2024)

NOTE: there is no Pickleball on Monday February 19 & Friday March 29.



Presentations & Educational Sessions

WFPS Fall Prevention, 911 Awareness & ERIK

Tuesday, Jan. 30, 2024, 10:00am. No cost to attend
Registration opens Jan. 9, 2024 @9:30am No cost to attend.

Members of the WFPS Paramedic Public Education Branch will present their Fall Prevention, 911 awareness, and ERIK (Emergency Response Information Kit) Program.

Tech Support for Apple Ipad

Wednesday, Jan. 31, 2024, 1:30pm. No cost to attend
Registration opens Jan. 10, 2024 @9:30am

Need help understanding your new iPad? Got an annoying issue you can't seem to resolve? This class, taught by Lloyd Gwilliam, may be for you.

The first hour of this class will be a "new users" guide to using the Apple iPad. The second half of the class is reserved for addressing any issues or challenges attendees may have on their particular device. One issue per student, more depending on time.

Parkinsons Educational Presentation

Thursday, Feb. 8 2024, 10:00am. No cost to attend
Registration opens Jan. 11, 2024 @9:30am

U-Turn Parkinson's is a Winnipeg-based wellness centre with a mission to empower people living with Parkinson's in their pursuit of wellness and to improve people's quality of life.

The presentation will be co-facilitated with Executive Director, Taylor Devlin and U-Turn Parkinson's participant and Charleswood Active Living Centre member Bruce Berven. The presentation will shed some light on what Parkinson's disease (PD) is, what it is like to live with PD, what people living with PD can do to manage their symptoms and slow disease progression, and information about the programs and services U-Turn Parkinson's offers to support individuals who have been diagnosed.

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Tech Support for Android Devices

Monday, Feb. 26, 2024, 10:00am. No cost to attend
Registration opens Jan. 8, 2024 @9:30am

Need a little help understanding your new Samsung, Lenovo and Amazon Tablet? Got an annoying issue you can't seem to resolve? This class, taught by Lloyd Gwilliam, may be for you.

The first hour of the class will be a "new users guide" to using the device. The second half of the class is reserved for addressing any issues or challenges attendees may have on their particular device. One issue per student, more depending on time.

Digitize your photos

Monday, February 12, 2024, 10:00am. No cost to attend
Registration opens January 8, 2024 @9:30am

What a great winter project. Danny Roscoe will teach you how to digitize and preserve those old family photos and give new life to the stories they tell.



"The Wrong Time and the Wrong Place" presentation and discussion

Wednesday, February 21, 2024, 1:00pm. No cost to attend
Registration opens Jan. 10, 2024 @9:30am

Myron Love has been a freelance journalist for almost 45 years, best known for his 26-year run as a regular columnist in the Free Press auto section. He began working on "The Wrong Time and the Wrong Place" right near the beginning of his writing career when he met and interviewed Harold Bastable - one of the POWs - This book has been a long time coming.

It is the true story of 24 Canadian prisoners of war, RCAF flyers - part of a larger group of 168 allied airmen - who were shot down over France at different times after D-day, rescued by the maquis, betrayed to the Germans and thrown into Fresnes prison in Paris.

Register for the presentation to find out what happened next!

A History of Winnipeg's Music (part 2)

(note you do not need to have attended part 1 to enjoy part 2)

Monday, March 4, 2024, 10:00am. No cost to attend

Registration opens Jan. 8, 2024 @9:30am

Join well-known music history writer/biographer and longtime Charleswood resident, John Einarson, for a multi-media presentation based on his acclaimed Winnipeg music history book "**Heart of Gold: A History of Winnipeg Music**".

Copies of the book will be available after the presentation for those who wish to purchase one.

You can learn a little about John by going to <https://johneinarson.ca/>.

Friendship Force Manitoba presentation

Monday, March 18, 2024, 10:00am. No cost to attend

Registration opens Jan. 8, 2024 @9:30am

Friendship Force Manitoba is an international club with a difference! Learn about our wonderful world and share cultural experiences with club members in other countries.

Members are a friendly group of active older adults who enjoy home stays, travel cultural events, traditional foods and developing understanding of people around the world. You are invited to meet with Lynne Foley, Vice President, as she shares her travel experiences and shows you how to get involved.

Check out: <https://www.friendshipforcemanitoba.org/>

Tech Talk with Lloyd Gwilliam

Tech Talk with Lloyd Gwilliam DROP IN

Thursday February 8 from 1:00pm to 3:00pm

Thursday February 22 from 1:00pm to 3:00pm

Thursday March 7 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.

No registration required. No cost to attend.



Classes and Workshops

Meditation Series - The Practice of Meditation & Mindfulness

Starts Monday, Jan. 15, 2024 10:00 am to 11:30am (4 weeks) Cost is \$40.00
Registration opens Jan. 8, 2024 @9:30am

Whether you are seeking to manage stress and anxiety, uplift your spirits, make a new start, or find joy in your day-to-day life, meditation and mindfulness open doors to all that and more! This four-part series is geared to those with or without prior meditation/mindfulness experience. The classes will cover the, as well as their benefits, and include time to practice meditation/mindfulness using different.

Instructor will share tips and practical steps to facilitate the practice of meditation/mindfulness and provide time for questions and sharing in each class.

Suitable for new and returning students. Session time has been increased and the material to be covered will include a few additional elements.

Marianne Farag is a speaker, author and teacher on topics of personal growth and transformation focused on building inner peace.

Watercolour Painting – Next Steps

Starts Tuesday, Feb. 13, 2024 10:00 am (6 weeks) Cost \$25.00
Registration opens Jan. 9, 2024 @9:30am

If you have completed a Watercolor Painting Class and are interested in continuing, join instructor Virginia Stephenson for the next steps. You will experiment with some additional watercolor techniques, & combine various techniques to create a painting.

You will be required to purchase some basic supplies. The supply list will be sent to you following your registration.



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Creative Writing

Starts Thursday, February 15, 2024 10:00 am (8 weeks) Cost \$40.00
Registration opens Jan. 11, 2024 @9:30am

With winter upon us, it's time to plan warmer activities. *Creative Writing Strategies: how to stimulate your imagination* invites you to an inspired writer's collective. This friendly writing circle will provide an ideal opportunity to share your writing with supportive fellow writers and receive positive feedback. There will be guidance and instruction from Barbara J. Becker, a published author, facilitator of productive writing workshops, and editor of the award winning Measured Words trilogy, and recently published *Transitions*; accompanied by Tami Reynolds, a published author, who has worked extensively with writers, and who has edited several anthologies for the Charleswood Active Living Center, most recently, *Transitions*. Classes will introduce resourceful writing strategies to polish your writing voice.

Brainstorming weekly in small groups with simple exercises will inspire new ideas. This innovative 'how to' program will unlock the exciting world of writing, publishing, and marketing books.

Visit Barbara Becker at: www.barbarajbecker.com

Floral Arranging

Monday March 25, 10:00 am
Registration opens January 8, 2024 @9:30am
OR
Tuesday, March 26, 2024, 10:00 am
Registration opens January 9, 2024 @9:30am



Cost \$15.00 - A portion of the costs for this workshop are covered through the Government of Canada New Horizons Grant.

Florist Kat Degner will teach you how to create a one-of-a-kind floral arrangement for your spring table.



EVAN DUNCAN
CITY COUNCILLOR
CHARLESWOOD-TUXEDO-WESTWOOD

For OUR Community www.EvanDuncan.ca

Get-togethers

Meet and Greet with Kathleen Cook, MLA Roblin

An opportunity to meet our new MLA and discuss the issues important to you.

Tuesday, February 6, 2024, 10:00am. No cost to attend.

Registration opens January 9, 2024 @9:30am



Bada Bingo



Wednesday, March 20, 2024 @ 1:00 pm
Registration opens January 10 @ 9:30am

\$5 donation at the door includes minimum 2 sheets or card per game. Additional sheets or cards 50 cents each.

A fun afternoon of Bingo, Prizes and Snacks

Music & Muffins

Wednesday March 6 , 2024 @ 1:00 pm

Registration opens January 10, 2024 @9:30am. No cost to attend

Back by popular demand - Rick Roschuk & Trish Bennett (former lead singer of The Twilights) perform blasts from the 50's, 60's & 70's with various Crooner and Country hits.



Costs covered through the Government of Canada New Horizons Grant.

Lunch of the Month

Join fellow Centre Members for the Lunch of the Month on the second Wednesday of the month.

Registration opens Wednesday, Jan. 10, 2024

Sign up online or call the office to register. Members may register for themselves and a guest. We take the registrations and call the selected restaurant with the numbers. You are responsible for paying for your own lunch.

Wednesday, Feb. 14, 2024 @ 11:45am
Ben & Florentine's, 1430 Ellice Avenue



Happy Valentine's Day

Wednesday, March 13, 2024 @11:45am,
Sorrento's Charleswood 3900 Grant Avenue

Cards & Games

Cards & games run from September to June. Some activities are full for the year and there is limited space available in others. Check the online registration on the website or call the office to see if there is room. \$20 per year. There are no ½ year or pro-rated fees.

BRIDGE Not suitable for beginners.

There is no instructor, and this is not duplicate bridge. You will be playing with different partners throughout the afternoon. Suitable for those who are playing or have played bridge in the past.
Mondays 1pm-3:30pm

CANASTA We play a version of Hand & Foot Canasta. Game instruction will be sent out to players prior to the start of the session.
Mondays 1pm-3:30pm

CRIBBAGE
Tuesdays 1pm-3:30pm

RUMMIKUB
Tuesdays 1pm-3:30pm

RUMMOLI
Thursdays 1pm-3:30pm

MAH-JONG
Thursdays 1pm-3:30pm

With the exception of Bridge, knowledge of games is not required. In each game, returning players are willing to teach new players how to play.

BOCCE BALL

Enjoy some friendly competition.

Fridays at 10am



If you are registered in an activity and know that you will be away over the winter months, please let us know. We want to be sure we have enough people to keep the activity going in your absence.

Health & Wellbeing

How to use a Defibrillator

Ever wondered exactly what to do if the need arises? The Centre has a defibrillator, should we find ourselves in an emergency situation, but would you know what to do?



Join us on **Wednesday, January 24 @ 1:00pm for a demonstration.** Registration opens on Wednesday, January 10 @ 9:30am

Special Interest Clubs/Groups

The following special interest groups run from September to June. If a group is full, call the office to get on the wait list

Bent Brush Club **FULL**

Fridays at 12:30

A place where artists and would-be-artists of all skill levels, styles and media have a regular paint get-together.

BYOG (Bring Your Own Gear) plus a plastic cloth to cover the tables. No designated instructor; just friends painting with friends. Doesn't get any better than that!



Mystery Book Club

Meets the 3rd Monday of the month at 1:00 pm. Group meets at the Charleswood Library in the Boardroom. Registration is open.



January book is *The Crossing Places* by Elly Griffiths
Book Club facilitator
Maxine Bryan

Jam Sessions **FULL**

Love to sing? Play an instrument? Join the Jammers. A fun music group and a great way to meet new people. Group meets **Wednesdays at 10:00 a.m.** There are no Jam Sessions on the third Wednesdays of the month.

Bring your own instrument.
Registration required.



Ladies in Stitches Knitting Club

Knitting shawls for Cancer Care & other charities.



Groups meets the **last Thursday of the month at 10:30 am.** Wool is always appreciated. Cost \$2 the first time you attend.

Upcoming Events - Save the date

QUIZ NITE

Put your knowledge to the test!

Save the date: Saturday, March 16, 2024
7:00pm at the Centre.

- Snacks, Fun
- Tables of 8

TEAM REGISTRATION INFORMATION
WILL BE AVAILABLE IN EARLY
FEBRUARY.

PARTY WITH A PURPOSE Annual Fundraising Brunch



Sunday, May 26, 2024

Information will be
available in February.

Centre Cancellation/Refund Policy

The Centre now has an updated refund and cancellation which includes a 10 percent administration fee. Please read the policy online at <https://www.charleswoods seniorcentre.org/> and click on the “about us” tab. You can also find a copy of it on the Centre’s bulletin board.

Centre Board of Directors

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Vice President – Val McGuire
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Treasurer – Debbie Spracklin
Delegate to the Executive - Dan Graham

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Dee Godfrey
Janice Hamilton
Mary McCormick
Kenn McDonald
Pam McKenzie
Diana Simpson

CENTRE STAFF

Kristal Laminman – Centre Manager
Jakee Werbuk – Program Manager
Debbie Baxter – Admin Assistant (retiring Jan. 2024)
Daina Laniuk – Admin Assistant

Charleswood Active Living Centre

5006 Roblin Blvd, Winnipeg MB, R3R 0G7 Phone: 204-897-5263

Email: info@charleswoods seniorcentre.org

Website: charleswoods seniorcentre.org

Hours: Mon-Thurs 9:00am to 4:00pm & Friday 9:00am to 3:00pm