

Charleswood Active Living Centre

Centre Update- August 28th, 2025

Hello! Welcome back for the Fall 2025 session here at the Charleswood Active Living Centre. I know there have been some changes around the centre with another new program coordinator included. I'd love to introduce myself.

My name is Dana Poulton and have recently joined the team here at the centre. You'll find me in the office with the big window right when you walk in and I'd love for you to stop by and introduce yourself. I've recently graduated from the University of Manitoba with a Kinesiology degree where I spent my time running track. My hobbies and working out brings me so much joy in my own life and I can't wait to organize and help others share this same joy. I'm very happy to be working with such an amazing team and all the great volunteers who make this centre possible.



General Centre Reminders

1. Please bring a cloth!

For workout classes we have transitioned to using cloths to wipe down equipment to be more environmentally conscious. Please bring our own cloths. There will be a small pile to use in case you forget in the gym, but please do not throw them away as we can wash and reuse them.

2. Please remove your shoes!

We have been doing our best to keep the centre clean and you can help by removing all outdoor shoes before entering. All gym shoes must be indoor only as well. Thank you for your corporation with this and helping keep the centre clean!

3. Scent-Free Facility!

A friendly reminder that we are a scent free facility. This means that no scented products or perfumes should be used. Other individuals can get irritated or sick from certain smells, and we want everyone to be as comfortable as possible.

Upcoming Registration

Reminder! Fall registration starts September 8th for all fall classes and activities.

Registration for fall fitness classes begins Monday September 8th at 9:30am for all Monday classes. Registration opens on the day that the class will be held at 9:30 each morning all week. Once open all activities remain open until filled. If a class is full, please join the waitlist as spaces open.

September 8 th	September 9 th	September 10 th	September 11 th	September 12 th
Registration for Monday OPEN 9:30	Registration for Tuesday OPEN 9:30	Registration for Wednesday OPEN 9:30	Registration for Thursday OPEN 9:30	Registration for Friday OPEN 9:30

Registration can be done online or by calling 204-897-5263. There will be no in person registration.

Open House

Thursday September 4th is our open house and welcome back BBQ. Learn about our programs and events, meet new people and reconnect with friends. Enjoy a BBQ lunch and participate in a fitness class demonstration.

This event will run from 9:30am-3:00pm

NOON-1:30pm BBQ on the patio. Please register for the BBQ prior to the event either in person or call 204-897-5263 if you plan on joining the barbecue it will be 5\$ at the BBQ.

Demo Class Schedule

No registration is needed. Feel free to watch or join the class! Each demo will be 20 minutes.

9:30am Gentle Yoga with Mary Lou

10:00am Chair Yoga with Cathy

10:30am Sit and Fit with Eleanor

11:00am Total Body Fitness with Eleanor

BBQ BREAK!

1:30pm Dynamic Movement with Pete

2:00 High Intensity Interval training (HITT) with Pete

New and Returning Member Orientation

Friday September 5th

At 1:00 in the multi-purpose room join us for an information session about how to register online as well as a question-and-answer session. No pre-registration required.

Please note the 25th anniversary diner has been changed to Saturday, October 18th.



Sandhills Casino Trip

Registration is open and filling up quick for the upcoming Sand Hills casino trip! Join us on a luxury motor coach to the Sand Hills Casino and a 25\$ payer card and lunch for just 40\$.

Lunch Menu

Option 1: hot turkey sandwich with mashed potatoes and gravy

Option 2: egg salad sandwich with the soup of the day

Option 3: two piece battered cod with fries

Please leave your gold card # in the notes if you have.

You do not have to be a member to come us so bring all your friends!



Jammers Schedule Change

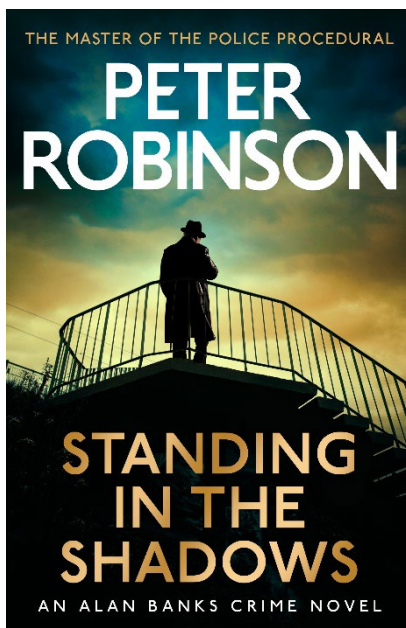
Jammers will be moved to Wednesday 2:00-3:45 @gym.

This means registration will open Wednesday September 10th at 9:30am.

Book Club Books

Book Club: October book will be decided and available for pick-up at the office a few weeks prior to the 1st meeting. Participants will be contacted. November & December books will be decided by the group.

Mystery September Book: **Standing in the Shadows by Peter Robinson**



In November 1980, Nick Hartley returns home from a university lecture to find his house crawling with police. His ex-girlfriend, Alice Poole, has been found murdered, and her new boyfriend Mark Woodcroft is missing. Nick is the prime suspect. The case quickly goes cold, but Nick cannot let it go. He embarks on a career in investigative journalism, determined to find Alice's murderer—but his obsession leads him down a dangerous path.

Decades later, in November 2019, an archaeologist unearths a skeleton that turns out to be far more contemporary than the Roman remains she is seeking. Detective Superintendent Alan Banks and his team are called in to investigate, but there is little to be gleaned

from the remains themselves. Left with few clues, Banks and his team must rely on their wits to hunt down a killer.

As the two cases unfurl, the investigations twist and turn to an explosive conclusion.

Bada Bingo

The first Bada Bingo is coming up! Wednesday September 17th at 1:30. Come on down for a fun afternoon filled with prizes and snacks. A donation of \$10 is appreciated to cover the cost of the event. Feel free to bring your own dabber, but dabbers will also be available.

Registration opens September 10th at 9:30.

Around the Community

Harte Trail Studio Art Tour

Explore Winnipeg's creative talent by meeting Winnipeg artists and artisans in their own home studios

A colorful poster for the Harte Trail Studio Art Tour. The poster has a white background with a thick, multi-colored border (red, orange, yellow, green, blue). At the top left, a yellow banner says "FREE - Open to the Public!". To the right, green text says "All Locations in Southwest Winnipeg - easy access map to get around". The main title "Harte Trail Studio Art Tour" is in a large, dark teal serif font. Below the title, there are three circular images: a butterfly, a flower, and a sculpture. To the right of these images, blue text says "20 Artists - open their home studio doors!". Below that, red text says "Save the Dates" followed by "September 20 and 21" and "10am - 4pm". At the bottom left, there is a bulleted list of three items. At the bottom right, there is a QR code. At the very bottom, the website "hartetrailstudiotour.net" is written in red.

FREE - Open to the Public!

All Locations in Southwest Winnipeg - easy access map to get around

Harte Trail Studio Art Tour

20 Artists - open their home studio doors!

Save the Dates
September 20 and 21
10am - 4pm

- Meet the artists, carvers, sculptors and potters right in their own home studio!
- Come solo or bring along a friend or two - you won't want to miss this weekend!
- Be inspired or purchase some inspiration - It's all up to you!

hartetrailstudiotour.net

World Suicide Prevention Day

Changing the Narrative on Suicide

World Suicide Prevention Day

Join The Winnipeg Suicide Prevention Network (WSPN) and community partners on September 10th to honour World Suicide Prevention Day. There will be speakers and storytellers, tree planting, Love Notes activities, rock painting, a moment of silence, resources, and giveaways to those in attendance. Light refreshments will be provided. Everyone is welcome; this event is free and open to the public.

Forest of Hope
Whittier Park, 836 Rue St. Joseph
September 10, 2025
10:00 – 1:00



A few funnies to get you through the weekend!

- What do you call a fish wearing a bowtie? Sofisticated!
- I got a new pen that can write underwater. It can write other words, too.
- Shopping centers are so boring, because if you've seen one, you've seen the mall.
- In 2025, I didn't do a marathon. I didn't do one in 2024, 2023 or 2022, either. This is a running joke.
- It was too hard to pick a winner in the neck-decorating contest — it was a tie.
- I really love the word “plethora.” It means a lot to me.
- Dogs can't operate MRI machines — but catscan.
- I used to have a job at a calendar factory, but I got fired because I took a few days off.



- I thought the dryer was shrinking my clothes. Turns out, it was the refrigerator all along.
- Today at the bank, an old lady asked me to check her balance — so I pushed her over.
- Have you ever tried to catch the fog? I tried yesterday but I mist.
- I hate it when people say age is just a number. Age is clearly a word.
- My family left me because of my obsession with pasta. I'm feeling cannelloni right now.

I look forward to meeting everyone!

Dana Poulton

Program Coordinator