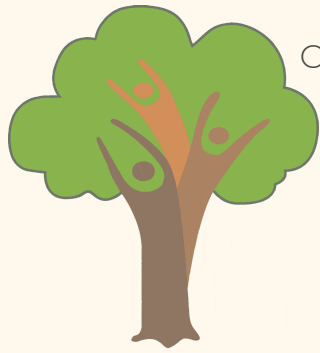




CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

THURSDAY, AUGUST 27TH, 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Casino Trip*
- *Name Tags*
- *Community BBQ*
- *Fall Registration Week*
- *Around the Community*

General Reminders

- We're a scent-free facility, thank you for keeping it comfortable for everyone!
- Please wear indoor shoes only to help keep our space clean and safe.
- Feeling under the weather? Help protect others by staying home and resting.

Casino Trip

A promotional poster for a 'Casino Trip' event. The background is dark with a subtle pattern of stars and diamonds. On the left, a cartoon blue wolf character wearing a brown hat, a red scarf, and brown pants is holding two money bags. In the center, there is a large pile of gold coins. To the right, the words 'CASINO' and 'TRIP' are written in large, yellow, serif capital letters. The 'O' in 'CASINO' is replaced by a yellow club symbol. Below the title, the date 'SEPTEMBER 15TH 2026' is written in yellow, and the cost 'COST: \$40/PERSON' is written in yellow. A white rounded rectangle in the center contains the following text: 'Includes: transportation, \$25 player card, lunch', 'Departs: 9:00am from the Safeway parking lot 3900 Grant', 'Travel time: 1h30mins', 'Depart casino: 3:00pm', '54 spots available, open to all. No membership required.', 'Registration opens: Monday, August 31st 9:30am 2026 (in person, online, or call 204-897-5263)', and 'Registration deadline: Friday, September 11th, 2026'. At the bottom of the white rectangle is the 'Sand Hills' logo, which features a stylized yellow and orange sun or wave graphic above the words 'Sand Hills' in a brown, serif font. A small green tree is visible in the bottom left corner of the poster.

Name Tags

Show your CALC spirit and get to know your peers with a personalized name tag! The Centre is selling name tags with a magnetic backing for just \$10. Place your order at Reception. Name tags are expected to arrive at the end of September.

Thank you for supporting the Centre through this fundraiser!

Summer BBQ



COMMUNITY
Hot Dog
BBQ

Good food.
Great company.
Stronger community.

CHARLESWOOD
ACTIVE LIVING CENTRE
CONNECT • ENGAGE • THRIVE

EVERYONE 55+ AND THEIR COMMUNITY
NEIGHBOURS ARE **WELCOME!**

MONDAY, AUGUST 31 | **1:00 – 3:00 PM**

Special Announcement
WITH

MAYOR
SCOTT
GILLINGHAM

&

COUNCILLOR
EVAN
DUNCAN

A COMMUNITY BBQ
FOR FRIENDS,
NEIGHBOURS &
OUR COMMUNITY!

ALL ARE WELCOME – WE LOOK FORWARD TO SEEING YOU THERE!

Fall Registration Week

Fall registration week is the week of September 8th!

Please note that we will be closed Monday, September 7th. As a result, registration for both Monday and Tuesday classes will open on Tuesday morning at 9:30 a.m.

Thank you for your understanding, and we look forward to seeing you this fall!

Around the Community

Moon Gate Retreat

Take some time away and disconnect from your busy days enjoy the freedom with Mary Lou. Let go of things that really do not matter and one with what is present. Enjoy calming Yoga, healthy meals, and reconnect with nature, friend and self.

Date: Thursday September 10th - Saturday September 12th

Location: The Moon Gate Retreat 61105 Provincial Highway 406.

Stop by the Centre for more information or ask Mary Lou at 204-612-0312

TRY SOMETHING NEW!

Join –

Ladies Best Friends 5-Pin Bowling League



Fun * Friendship * Light Exercise

Ladies 55+ - this is for YOU!

Looking for a fun social way to stay active? Come bowl with us!

The **BEST FRIENDS BOWLING LEAGUE** is a warm, welcoming group where laughter matters more than scores.

- 1) No experience needed
- 2) Great for gentle exercise & balance
- 3) Make new friends and enjoy weekly outings
- 4) It's tons of fun

WHEN ? Tuesdays at 10:00 a.m.

WHERE? Polo Park Bowling Lanes

COST ? \$16.00 per week (Includes 3 games, \$ towards fun prizes, closing lunch)

COME FOR A FREE TRIAL GAME!

CALL: Charmaine at 204-229-0837 for more information

Bowling is just the beginning - Friendship is the real prize

Around the Community



Alzheimer Society of Manitoba Speaker Series

Tuesday, September 8th | 2:00PM - 3:30PM

Alzheimer Society MANITOBA

Dementia Care & Brain Health

Join us for an informative presentation exploring dementia, its early warning signs, risk reduction strategies, and the impact it has on individuals and families.

Did You Know? Currently, more than 20,300 Manitobans are living with Alzheimer's disease or another form of dementia, and that number continues to grow. By increasing awareness and understanding, we can help build a more supportive and compassionate community for those affected.

Presented by Jennifer Licardo, Education Manager, Alzheimer Society of Manitoba

- Understanding dementia and Alzheimer's disease
- Signs, symptoms and what to watch for
- Supporting someone living with dementia
- Resources and support available to families and caregivers

Spark Curiosity. Inspire Action.

Never Alone – Nursing On-Site 24/7 • Fresh – Chef Prepared Meals • Medication – Assistance & Management • Designed to engage & support your interests!



431.430.7489
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LindenSeniorLife.com



The Fall Newsletter will be emailed out shortly.

Have a great weekend!

Dana Poulton

Program Coordinator

Sponsors

Gold Sponsors



A B R I G H T W A T E R C O M M U N I T Y

Silver Sponsors



Bronze Sponsors

