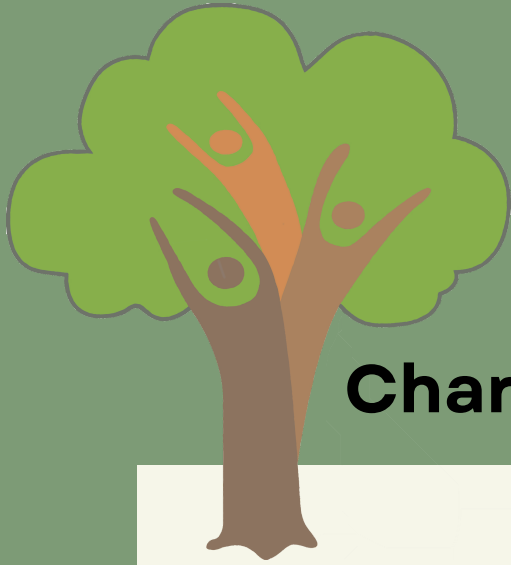


2026
WINTER PROGRAMMING
JANUARY 12TH-APRIL 2ND



What's New in The Woods

Charleswood Active Living Centre

WELCOME TO OUR

Winter 2026 Newsletter

✦ Message From the Centre

It's hard to believe it's almost been a year in our new home! We have had some challenges and some changes along the way: we said farewell to Kristal, Krista, and Shelia while welcoming Dana and, more recently, our new Centre Manager, Barb. We have appreciated your patience and understanding through it all and look forward to your continued support.

We have also had some fun throughout the year with 25th-anniversary celebrations, quiz night, music trivia, and, of course, all our regular programming.

On behalf of the Board of Directors, we would like to wish all of our members and your families a very happy and healthy holiday season. We also hope to see many of you at our holiday luncheon on December 15th. We look forward to continuing to cultivate our wonderful community in 2026!

Chair of the Board
Val McGuire

Charleswood Active Living Centre

Phone: 204-897-5263

A357 Oakdale Drive, Wpg MB R3R 4A7

info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Hours: Mon-Thurs 9:00am to 4:00pm

Friday 9:00am to 3:00pm

Board of Directors

President - Val McGuire

Past President - Sherry Mooney

Treasurer - Debbie Spracklin

Secretary - Dan Graham

Members

Dee Godfrey Janice Hamilton

Leslie Kerschtien Valli Kufley

Pam McKenzie Dianna Simpson

Carol Vandale



Is Your Membership Up To Date?

*ACTIVE MEMBERSHIP =
EASY REGISTRATION*

Your membership must be current to register for Centre classes and activities.

If your membership has expired, or will be expiring before registration, please renew your membership.

You can check online at <https://www.charleswoodseniorcentre.org/> or call the office at 204-897-5263. Membership is \$35 per year.

The Centre is a membership-based facility and except when specifically stated, you must be a member of the Centre and registered in a program to attend.

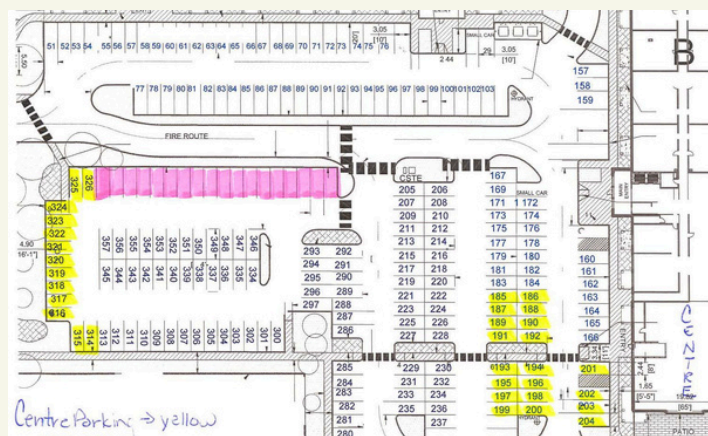
While we make every effort to inform members about expired memberships, we are not responsible for ensuring members are aware of the status of their membership.

Parking at the Centre

33 ASSIGNED SPOTS!

We have 33 assigned spots for the Centre located in 2 places.

The lot closest to our entrance door has 20 spots and the rest are closer to Oakdale in the lot on the south when you enter the complex. That is also where the visitor stalls are located, which members may park in if there are no Centre designated spots available. Centre assigned spots are labelled. The Centre's spot numbers are 185-204 & 314-326. As many of our members reside in the complex, the need for parking stalls is more limited than at our previous location.



Cancellation Policy

The Centre's cancellation policy can be found at

<https://www.charleswoodseniorcentre.org/>.

Click on the "about us" tab.



Registration Process

*REGISTER ONLINE AT
[HTTPS://WWW.CHARLESWOODSENIORCENTRE.ORG/](https://www.charleswoodseniorcentre.org/) OR
BY PHONE AT 204-897-5263. NO IN-PERSON
REGISTRATION DURING THE WEEK OF JANUARY 5, 2026.*

The Centre has a staggered registration process.

Registration opens in the following manner:

- Monday, January 5th at 9:30 a.m. – registration begins for Monday classes and programs and continues until they have filled.
- Tuesday, January 6th at 9:30 a.m. – registration begins for Tuesday classes and programs and continues for Monday classes and programs.
- Wednesday, January 7th at 9:30 a.m. – registration begins for Wednesday classes and programs and continues for Monday and Tuesday classes and programs.
- Thursday, January 8th at 9:30 a.m. – registration begins for Thursday classes and programs and continues for Monday, Tuesday and Wednesday classes and programs.
- Friday, January 9th 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.

ONLINE REGISTRATION

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. To confirm that your membership will be current at registration time, you can check online or call the Centre. It's recommended that you try to log in ahead of registration in case you run into some unexpected problems.

KATHLEEN COOK

MLA for Roblin

✉ info@kathleen-cook.ca

☎ 204-504-0594



Programming

Programming begins the week of January 12th, 2026, and ends the week of March 30th, 2026.

No classes on Monday, February 16th and Friday, April 3rd

MONDAY CLASSES

Zumba - Instructor: Emilie

No dance experience needed! Enjoy easy to follow Latin-inspired choreography that boosts endurance, improves coordination and strength, and supports memory. It's a natural stress reliever and most of all, so much FUN!

*Mondays 9:15 - 10:15 am (11 weeks) Cost: \$88.00 (No class Feb. 16)
Location: MPR*



Weight Training – Instructor: Pete

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

Mondays 9:15 – 10:15 am (11 weeks) Cost: \$88.00 (No class Feb. 16)

Location: GYM

Mondays 10:30 – 11:30 am (11 weeks) Cost: \$88.00 (No class Feb. 16)

Location: GYM + MPR

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. Also, you'll practice better pelvic alignment promoting longer, more supple hamstrings. Bring your yoga mat and dyna band.

Mondays 11:45 am – 12:45 pm (11 weeks) Cost: \$88.00 (No class Feb. 16)

Location: GYM + MPR

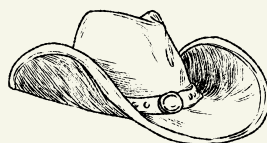
Line Dancing Level 1 (Beginner) – Instructor: Carole

This course will introduce basic line dance steps. Easy choreography, moderate tempos and lots of repetition will get you moving to all kinds of music while learning basic line dance skills and terminology. Please wear flat shoes that allow you to move easily and bring water.

No boots allowed!

Mondays 1:00 – 2:00 pm (11 weeks) Cost: \$88.00 (No class Feb. 16)

Location: GYM + MPR





Barre Fitness – Instructor: Tracy

Barre is an exceptional work out that is a fusion of Ballet, Modern Dance and Pilates techniques. This total body conditioning is guaranteed to tighten, tone, sculpt and strengthen your entire body. The sessions and exercises will be choreographed to the rhythm of your favorite tunes. The class is suitable for all fitness levels. No experience necessary. Bare feet, socks, soft dance shoes or runners.

Mondays 5:30 – 6:30 pm (11 weeks) Cost: \$88 (No class Feb. 16)

Location: GYM



TUESDAY CLASSES

High Intensity Interval Training (HIIT) – Instructor: Pete

Join our dynamic HIIT class! An interval workout program designed for all fitness levels. Multiple intensity levels will be offered for every exercise. Divided into 4 groups, participants will perform unique and functional movements to fun music.

Tuesdays 9:00 – 10:00 am (12 weeks) Cost: \$96.00

Location: GYM + MPR

Balance & Conditioning – Instructor: Pete

A dynamic 4-part class designed to enhance overall strength and stability. Balance training to improve coordination and stability. Resistance training with dumbbells and bands. Cardio training to improve heart health and endurance. Followed by a relaxing recovery stretch. Low/medium intensity & moderate variation as required.

Tuesdays 10:15 – 11:15 am (12 weeks) Cost: \$96.00

Location: GYM + MPR



Sit & Fit – Instructor: Alan

Does balance concern you? Balance isn't something the body automatically has. Class combines sitting 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 bring your own band.

Tuesdays 11:30 am – 12:30 pm (12 weeks) Cost: \$96.00

Location: GYM + MPR

Gentle Yoga – Instructor: Mary Lou

This invigorating yoga-based class rejuvenates your brain, challenges your balance and tones and strengthens all your muscles. 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 12:45 – 1:45 pm (12 weeks) Cost: \$96.00

Location: GYM + MPR

Yin Yoga – Instructor: Mary Lou

This yoga practice is the perfect ending to a hectic day at work or home. Beginning with some gentle yoga asana, focusing on gentle movement and breath followed by Yin or focused longer holds. Yin yoga moving deeper into the body, targeting the deep connective tissue, tendons, ligaments and fascia. This helps one relax, find breath, relieve stress and improve flexibility. This is done with longer held poses and the aid of yoga props.

Tuesdays 5:30 – 6:30 pm (12 weeks) Cost: \$96.00

Location: GYM





WEDNESDAY CLASSES

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.

Wednesdays 9:00 – 10:00 am (12 weeks) Cost: \$96

Location: GYM

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. Bring your yoga mat and dyna band.

Wednesdays 9:00 – 10:00 am (12 weeks) Cost: \$96

Location: MPR

Sit & Fit – Instructor: Eleanor

Does balance concern you? Balance isn't something the body automatically has. Class combines sitting 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. Bring your own band.

Wednesdays 10:15 – 11:15 am (12 weeks) Cost: \$96

Location: GYM



Chair Yoga - Instructor: Debbie

Chair Yoga is a safe and gentle form of yoga performed while seated or using a chair for balance. Yoga and fitness exercises that gently target areas of weakness, tension, chronic pain, inflammation, reduced mobility, and/or difficulty standing for prolonged periods of time. Chair Yoga may be the perfect practice to help you slowly develop balance and stability while improving strength and flexibility regardless of age. Chair and yoga mat required.

*Wednesdays 10:15 am - 11:15 pm (12 weeks) Cost: \$96
Location: MPR*

Bone Building Health & Muscle Strength - Instructor: Erv

This class will use free weights to help keep your bones strong while increasing muscle strength, improving posture, balance, coordination, and flexibility. Hips, lower back and wrists as well as your core will be targeted. Mat work is incorporated. Modifications will be made as required to meet individual needs.

*Wednesdays 11:30 am - 12:30 pm (12 weeks) Cost: \$96
Location: GYM + MPR*

Restorative Yoga - Instructor: Mary Lou

The practice of restorative yoga emphasizes relaxation and stress reduction through passive poses held for extended periods of time. It activates the parasympathetic nervous system bringing us into a state of quiet calm. Perfect for all fitness levels, helps lower blood pressure, lessen anxiety and helps us sleep better. A wonderful balance to a hectic day.

*Wednesdays 12:45 - 1:45 pm (12 weeks) Cost: \$96
Location: GYM*



THURSDAY CLASSES

Zumba - Instructor: Emilie

No dance experience needed! Enjoy easy to follow Latin-inspired choreography that boosts endurance, improves coordination and strength, and supports memory. It's a natural stress reliever and most of all, so much FUN!

Thursdays 9:00 - 10:00 am (12 weeks) Cost: \$96.00

Location: GYM +MPR

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. Bring your own band.

Thursdays 10:15 - 11:15 am (12 weeks) Cost: \$96

Location: GYM

*Chair Dance - Instructor: Ery *NEW**

Chair Dance is an uplifting, fully accessible class that blends simple choreographed dance routines with gentle strength-training exercises, all performed with the support of a chair. Participants will enjoy upbeat music, easy-to-follow movements, and a safe environment that builds confidence, mobility, balance, and muscle strength. Whether you're looking to stay active, try something new, or enjoy a low-impact workout, this class is designed for everybody and every ability level. No dance experience is needed.

Thursdays 10:15 - 11:15 am (12 weeks) Cost: \$96

Location: MPR



Functional Fitness – Instructor: Ery

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 11:30 am – 12:30 pm (12 weeks) Cost: \$96

Location: GYM

Sit & Fit – Instructor: Alan

Does balance concern you? Balance isn't something the body automatically has. Class combines sitting 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. Bring your own band.

Thursdays 11:30 am – 12:30 pm (12 weeks) Cost: \$96.00

Location: MPR

Barre Fitness – Instructor: Claudia

Barre is an exceptional work out that is a fusion of Ballet, Modern Dance and Pilates techniques. This total body conditioning is guaranteed to tighten, tone, sculpt and strengthen your entire body. The sessions and exercises will be choreographed to the rhythm of your favorite tunes. The class is suitable for all fitness levels. No experience necessary. Bare feet, socks, soft dance shoes or runners.

Thursdays 12:45 – 1:45 pm (9 weeks) Cost: \$72 (Last day Mar. 12)

Location: GYM

Pilates – Instructor: Alan

Pilates is constant fluid movement. The exercises isolate, activate and condition deep tissue muscles. You will build core abdominal and back strength, restore natural posture, develop strength, flexibility and endurance, tone and elongate muscles without adding bulk, enhance mobility, agility and increase blood circulation to relax muscles. Bring your own mat and band.

Thursdays: 12:45 – 1:45 pm (12 weeks) Cost: \$96

Location: MPR



PACE - Instructor: Claudia

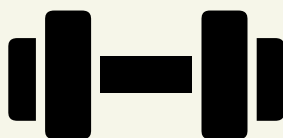
PACE is the acronym for "People with Arthritis can exercise"

It is a program designed by the Arthritis Society, that helps with gentle specific exercises for different types of Arthritis or related diseases as Fibromyalgia, Lupus, Rheumatoid Arthritis, etc.

Exercises are sitting and standing, modifications are also provided.

Thursdays 2:00 - 3:00 pm (9 weeks) Cost: \$72 (Last day Mar. 12)

Location: GYM



FRIDAY CLASSES

Weight Training - Instructor: Pete

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.

Fridays 9:15 - 10:15 am (11 weeks) Cost: \$88 (No class Apr 3)

Location: GYM

Dynamic Movement - Instructor: Pete

Suitable for all levels of fitness. Attention is placed on our physical and mental wellness. You will be guided through mindful breathing, functional movements, and relaxing stretches. Lymphatic self-massage will assist the immune system, releasing tension with feet care techniques, and resetting the nervous system with somatic exercises. You'll leave feeling refreshed and rejuvenated. If needed, chairs can be used during the mat component of the class. A wonderful way to start the weekend!

Fridays 10:30 - 11:30 am (11 weeks) Cost: \$88 (No class Apr 3)

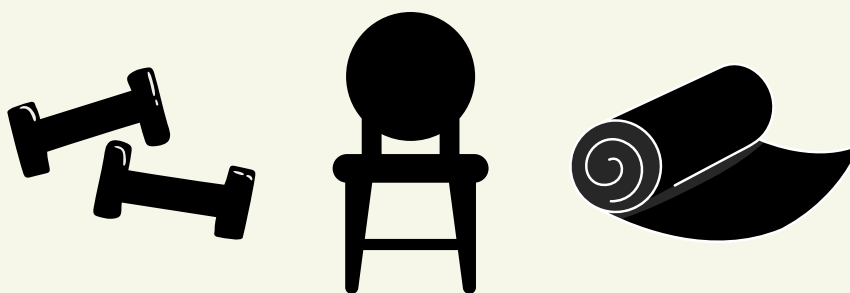
Location: GYM



Fit and Tall – Instructor: Claudia

This program focuses on Posture, Core and Balance; low impact standing-sitting exercise will challenge your equilibrium and coordination using different fitness props. Good for all fitness levels with modifications provided.

*Fridays 11:30 am – 12:30 pm (9 weeks) Cost: \$72 (Last day Mar 13)
Location: GYM*



Fitness Class Information

1. Bands can be purchased at the Centre for \$5 or \$7 depending on band
2. For Yoga classes please bring your own yoga mat.
3. You can refill your own water bottle from the water dispenser in the Centre.
4. Please bring a cloth with you to exercise classes. We supply cleaning spray for use on shared equipment. Spray and wipe equipment after use
5. Outdoor shoes cannot be worn for fitness classes

Fitness Class Drop In

If the Fitness class is not full, a drop in is available for \$10 a class.



Pickle Ball

Westdale Community Centre, 550 Dale Blvd.

All games are from 9:30am to 11:00am

Game is suitable for all levels. Novice and experienced players welcome.

We do not offer beginner specific time slots.

You must be registered to play. We do not offer drop-in slots.

Tuesdays (January 13–March 24): cost \$72 (registration opens January 6 @ 9:30am)

Wednesdays (January 14–April 1): cost \$72 (registration opens January 7 @ 9:30am)

Fridays (January 16–March 27): cost \$66 (registration opens January 9 @ 9:30am)

Drop-In Coffee

Charleswood Active Living Centre, 357 Oakdale

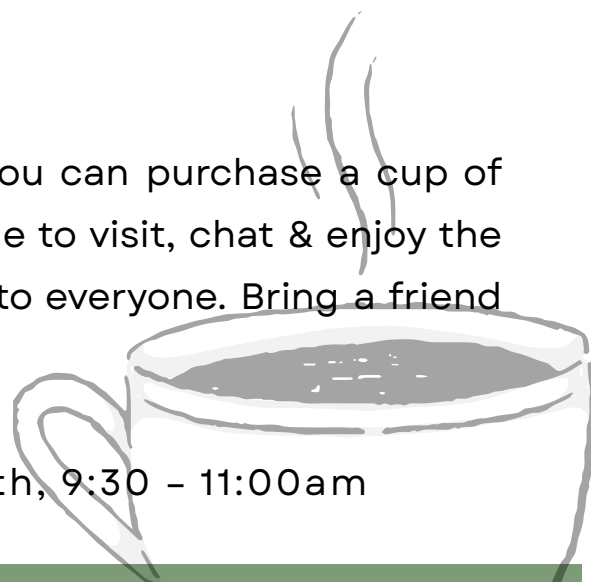
Tuesdays 9:30-11:00am

January 12 – April 2

Open to all, no membership required

Join us at the Centre for weekly Coffee Time. You can purchase a cup of coffee, tea or hot chocolate for a \$1. A great time to visit, chat & enjoy the company of your fellow Centre Members. Open to everyone. Bring a friend and show them the Centre.

Men's Coffee: the fourth Friday of the month, 9:30 – 11:00am





Food & Flicks

Pizza, Pop, and Chips

Please select your pizza choice on the drop-down menu when registering online. Movies are shown in the Multi Purpose Room

Cost: \$6

Registration opens Friday, January 9 @ 9:30am

Friday, January 23: **Hidden Figures** (2016)

Three female African-American mathematicians play a pivotal role in astronaut John Glenn's launch into orbit while dealing with racial and gender discrimination.

Taraji P. Henson, Octavia Spencer, Janelle Monáe, Kevin Costner

Friday, February 20: **The Best Exotic Marigold Hotel** (2011)

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.

Judi Dench, Tom Wilkinson, Patrick Pearson, Hugh Dickson

Friday, March 20: **Little Women** (2019)

In 19th century Massachusetts, the March sisters--Meg, Jo, Beth, and Amy--on the threshold of womanhood, go through many ups and downs in life and endeavor to make important decisions about their futures.

Saoirse Ronan, Emma Watson, Florence Pugh, Timothée Chalamet

Bada Bingo

Wednesday, **January 28**, 2026 @ 1:15 pm

Wednesday, **February 25**, 2026 @ 1:15 pm

Registration opens January 5 @ 9:30am

MEGA Bada Bingo

Friday, **March 27**, 2026 @ 12:45 pm

Registration opens January 9 @ 9:30

A fun afternoon of Bingo, prizes and snacks Dabbers will be available or bring your own! Donation: \$10





Tech Talk with Lloyd Gwilliam

Tech Talk with Lloyd Gwilliam DROP IN

2nd and 4th Thursday of the month from 2:00 pm to 4:00 pm
January 29th, February 12th, February 26th, March 12th, March 26th,

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.

No cost to attend, this is not an instructional class.

We're introducing scheduled registration times to help reduce wait times.

Simply sign up for a time slot, and you can arrive at that time with minimal waiting.

Drop-ins are still welcome, but please note that those with appointments will be served first, so drop-ins may experience longer waits.

Community Health Outreach Session

January 30, 1:00 pm in the Multipurpose Room

We're welcoming a team of health professionals, including a nurse, pharmacist, occupational therapist, and resource navigator, for a free drop-in wellness session.

Services include:

- *Blood pressure checks*
- *Falls prevention screening*
- *Medication & wellness Q&A*
- *Mental wellness support (CBTm tools)*
- *Help accessing community health services*

This friendly, informative session is a great way for you to get quick health support and answers close to home!



Entertainment

No cost to attend. Pop and a snack included.

The Woodhaven Menshed Band has been entertaining seniors for the last 4 years. The group is composed of senior guitar players and singers with a wide range of experience from professionals to amateurs. All share a love of music. Repertoire consists of songs from the 50s country to 60s rock.

Wednesday, February 11 @ 2 pm

Registration opens January 7 @ 9:30am

Vic + the Invisible Trio will have you tapping your toes and enjoy the groove! Vic brings the charm with classic hits and feel-good favourites that everyone knows and loves. With plenty of singalongs and nostalgic tunes, it's sure to be a fun, lively afternoon for all!

Wednesday, March 11 @ 2 pm

Registration opens January 7 @ 9:30am

Rick Roshchuck from Red Road Music Company, known for creating uplifting Older Adult Nostalgia Shows. Rick brings classic hits, familiar melodies, and warm storytelling that spark memories and smiles. His engaging style and timeless song selections make for a fun, feel-good afternoon everyone will enjoy!

Wednesday April 1, @ 2:00 pm

Registration opens January 7 @ 9:30am



EVAN DUNCAN

CITY COUNCILLOR
CHARLESWOOD-TUXEDO-WESTWOOD



For OUR Community

www.EvanDuncan.ca



Games

Run from January 12 to April 2

BRIDGE - Location: MPR

Not suitable for beginners. There is no instructor, and this is not duplicate bridge.

Mondays 2:15 - 4:00 pm (11 weeks)

Cost: \$20 (No Bridge Feb 16)

Registration opens Monday January 5 at 9:30

CANASTA - Location: Meeting Room

We play a version of Hand & Foot Canasta.

Mondays 1:00 - 3:00 pm (11 weeks)

Cost: \$20 (No Canasta on Feb 16)

Registration opens January 5 at 9:30

CRIBBAGE - Location: MPR

Tuesdays 2:00 - 4:00 pm (12 weeks)

Cost: \$20

Registration opens January 6 at 9:30

MAHJONG - Location: MPR

Thursdays 2:00 - 4:00 pm (12 weeks)

Cost: \$20

Registration opens January 8 at 9:30

RUMMOLI - Location: Meeting Room

Thursdays 1:00 - 3:00 pm (12 weeks)

Cost: \$20

Registration opens Thursday, January 8 at 9:30

BOCCE - Location: MPR

Fridays 11 am - 12:30 pm (11 weeks)

Cost: \$20 (No Bocce Feb 13, Mar 13)

Registration opens Thursday, January 8 at 9:30



Knowledge of games is not required except bridge. In each game, returning players are willing to teach new players how to play.



Creative Interests

Ladies in Stitches Knitting Club

Knitting shawls for Cancer Care & items for other charities. Group meets the 3rd Thursday of the month at 10:30 am in the Meeting Room. Wool donations are always appreciated. No charge for work being done for charity.



Jammers

Love to sing? Play an instrument? Join the Jammers. A fun music group and a great way to meet new people. Bring your own instrument.

*Wednesdays 2:00-4:00 (9 weeks) No session Feb 11, Mar 11, Apr 1.
Cost: \$20 registration opens Jan 7 at 9:30am*



Book Club

Meets the 1st Tuesday of the month from 1:00 – 2:30 pm in the Meeting Room

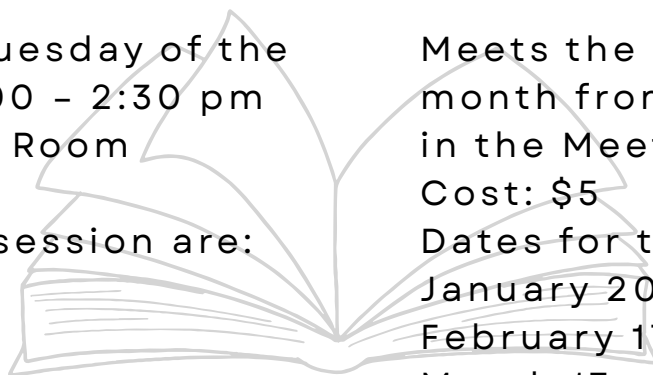
Cost: \$5

Dates for this session are:

February 3

March 3

April 7



Mystery Book Club

Meets the 3rd Tuesday of the month from 1:00 – 2:30 pm in the Meeting Room

Cost: \$5

Dates for this session are:

January 20

February 17

March 17

Floral Arranging

Florists from Charleswood Florists will teach you how to create a beautiful winter arrangement for your dinner table or to brighten up any room.

Dates and cost announced in January.





Watercolour Painting: Next Steps

Mondays 2:15- 4:00 pm Location: GYM

6 sessions: Jan 26, Feb 2, Feb 9, Feb 23, Mar 9, Mar 16

Cost: \$40 (previously subsidized)

Registration opens January 5 at 9:30 am

If you have completed a Watercolor Painting Class and are interested in continuing, join us for the next steps, in which we will experiment with some additional watercolor techniques, and look at how to combine various techniques to create a painting. Participants will have to purchase supplies prior to the beginning of class.



Creative Writing

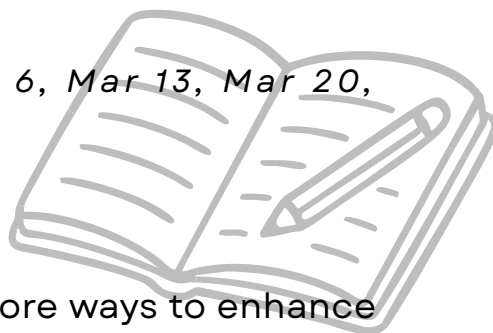
Fridays 9:00- 10:30 am Location: MPR

8 sessions: Jan 23, Jan 30, Feb 20, Feb 27, Mar 6, Mar 13, Mar 20, Mar 27

Cost: \$60 (previously subsidized)

Registration opens January 9 at 9:30 am

Everyone has a story to tell. In this class we will explore ways to enhance our storytelling by using an eclectic blend of writing games, technical tips and tricks, and building on the knowledge and skills we've acquired in a lifetime of learning. The class is suitable for writers who have been sharing tales for years and for those who are just starting to find their storytelling voice. Yvonne Kyle will be your coach on this adventure.



Paint Party

Wednesday February 18, 2:00 pm Location: GYM + MPR

Wednesday March 18, 2:00 pm

Registration opens January 7, 9:30 am

Cost: \$25

Come paint with us! You'll be guided through each step of a featured picture, but your colours, style, and imagination make it truly your own. A fun, social way to tap into your creativity.





Lunch of the Month

Join fellow Centre Members for the Lunch of the Month on the 1st Wednesday of the month. Reservations under Charleswood Senior Centre

Registration opens Wednesday, January 7 at 9:30.
Sign up online or call the office at 204-897-5263

Members may register for themselves and one guest. We make the reservations, but you are responsible for paying for your own lunch.

Note: Some restaurants automatically add a service charge or tip for larger groups. Please check your bill to be sure you don't double tip.

Wednesday, February 4 @ 11:45 am - Bluestone Cottage Bakery Café at 3670 Roblin Blvd.

Wednesday, March 4 @ 11:30 am - Buffalo Stone Café at 1961 McCreary Rd. (FortWhyte Alive)

Wednesday, April 1 @ 11:45 am - Cora's Breakfast and Lunch at 840 Waverley St.



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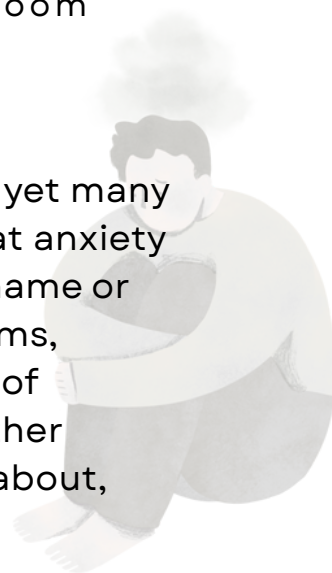


Special Presentations

Insights Into Anxiety

Wednesday, February 4, 2:00 pm in the Multi Purpose Room
Registration open January 7 at 9:30 am
No cost to attend

Anxiety is one of the most common mental health challenges, yet many individuals struggle with it in silence. This course explores what anxiety is, how it appears in daily life, and why it often hides behind shame or isolation. Participants will learn to recognize common symptoms, cultivate self-compassion, and develop a personalized toolkit of practical, evidence-based strategies for immediate use. Whether anxiety affects the participant directly or someone they care about, this course provides insight, relief, and real-world support.



Pay By Phone

*Friday, February 6, 1:00 pm in the Multi Purpose Room
No cost to attend.*

Trouble paying for parking after the removal of parking meters? City of Winnipeg staff will demonstrate how to download the PayByPhone app, scan a QR code, and make a parking payment using the app, please let me know. We would greatly appreciate the opportunity to support residents in becoming more comfortable with parking downtown and near hospitals.



Stop the Scam: Fraud Presentation

*Wednesday, March 25, 1:00 in the Multi Purpose Room
No cost to attend.*

Curious about the latest scams and how to avoid them? This engaging session will show you what to watch for, how to respond, and where to report suspicious activity, so you can stay one step ahead.





Disability Tax

Wednesday, March 4, 1:00 pm in the Multi Purpose Room
Registration open January 7 at 9:30 am
No cost to attend

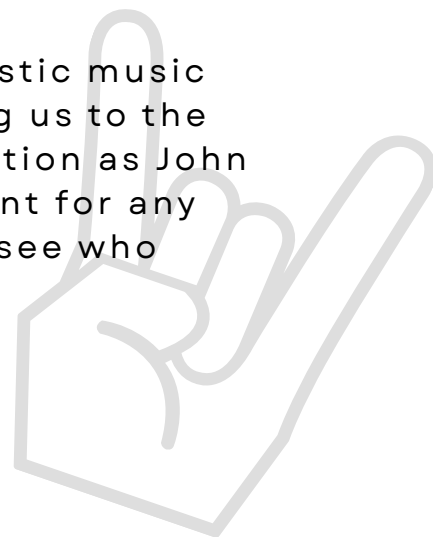


Join us for an informative session with Disability Tax Credit Specialists, who will explain eligibility, the application process, and how the credit can support you or a loved one. A Q&A period will follow, so bring your questions!

John Einarson Rock'n'Roll Trivia

Crowd-pleaser John Einarson, known for his fantastic music history sessions is back, but this time he's putting us to the test! Come see how well you've been paying attention as John quizzes us on all things rock 'n' roll. A perfect event for any member looking for a fun, social afternoon. Let's see who really knows their stuff!

Friday, March 6, 2:00 pm
Registration opens January 9 at 9:30 am
Free to Attend





Centre Fundraiser Lunches

Enjoy a delicious lunch surrounded by familiar faces and new friends, all while helping strengthen the Centre we love. It's the perfect way to connect, support, and savour something special.

February Lunch

Valentines Day Theme

Coffee, Chili, Bread, Dessert

Friday, February 13, 11:30 am

Registration opens January 9 at 9:30 am

Cost: \$10



March Lunch

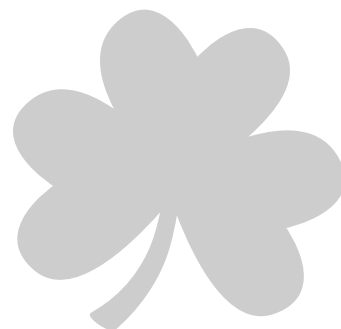
St Patrick's Day Theme

Coffee, Soup, Bread, Dessert

Friday, March 13, 11:30 am

Registration opens January 9 at 9:30 am

Cost: \$10



Charleswood Active Living Centre

Phone: 204-897-5263

A357 Oakdale Drive, Wpg MB R3R 4A7

info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Hours: Mon-Thurs 9:00am to 4:00pm

Friday 9:00am to 3:00pm