

WHAT'S NEW IN THE WOODS



Charleswood Active
Living Centre

November & December 2023 Programming Update

Register Online at charleswoodseniorcentre.org or call the office at **204-897-5263**.

Some Programs and activities are full. Add your name to the wait list if what interests you is full and if you are registered in a program or activity but cannot attend, please let us know so someone else can have your spot.

Rock Painting

Wednesday, November 1, 2023, 1:30 pm Cost is \$5

Lady Bug rock painting, a beautiful addition to your home or yard. All supplies provided and no experience required. Instructor: Janet Didsbury

Tech Talk with Lloyd Gwilliam DROP IN
Thursday November 2 & Thursday November 16
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.

Lunch of the Month FULL- Add your name to the wait list

Wednesday, Nov. 8, 2023, 11:45am

Prairie Ink (McNally Robinson Bookstore), 1120 Grant Avenue



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.

Music & Muffins **FULL- Add your name to the wait list**

Wednesday, November 15, 2023, 1:00 pm

Back for a second performance - 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.

Bada Bingo **FULL-Add your name to the wait list**

A fun afternoon of Bingo, Prizes and Snacks

Wednesday, November 22, 2023, 1:00 pm

\$5 donation at the door includes minimum 1 sheet or card per game.

Additional sheets or cards 50 cents each

Seniors Moving Company Presentation

Monday November 27 at 10am. No cost to attend

Lisa Sinnicks, owner of The Seniors Moving Company Inc. will share downsizing tips and resources to get you started on the process of moving.

Very timely for those preparing to move to Oakdale Residences (or elsewhere).

Coffee & A Chat

Monday, December 4, 2023, 10:00am. No cost to attend

Join our City Councillor, Evan Duncan, for coffee, doughnuts and a discussion on current issues in the City that are of importance to us all.

If there is anything you would like Councillor Duncan to address, email the Centre office by November 24th and we will pass the information on to him.

A promotional graphic for Evan Duncan, City Councillor. It features a portrait of Evan Duncan on the left, his name "EVAN DUNCAN" in large white letters, and the City of Winnipeg logo on the right. Below the name, it says "CITY COUNCILLOR CHARLESWOOD-TUXEDO-WESTWOOD". At the bottom, it says "For OUR Community" and "www.EvanDuncan.ca".

CARDS, GAMES & CLUBS

Registrations for cards, games and clubs opened in September.

To see what still has space available, visit the website at

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

HOLIDAY BAKE SALE & CAFÉ

Friday, December 8th from 1pm to 3pm, upstairs at the Centre

STOP BY THE CENTRE TO GET YOUR HOLIDAY BAKING AND ENJOY COFFEE AND CAKE IN OUR HOLIDAY CAFÉ.



BAKERS NEEDED

We are requesting holiday themed cookies and other baking for our upcoming Holiday Bake Sale.

If you can contribute, please call the Centre at 204-897-5263 to let us know what you will be baking (please label items that contain nuts).

Baking drop off is at the Centre on December 7th between 10:00am and 3:00pm.



Centre membership is not required to enjoy the café and buy delicious holiday baking. Bring your friends and family.



PEROGY SALE

STAY TUNED

Information on the Holiday Perogy Sale will be made available as soon as all the details have been confirmed.



MARTY MORANTZ

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

 **CONSTITUENCY OFFICE**
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HOLIDAY LUNCH GET-TOGETHER

Monday, December 18th, 11:30am at Taverna Rodos - \$25.00
Registration opens Wednesday, November 1st at 9:30am
Call the office at 204-897-5263 to Register!

Menu: Chicken Souvlaki with Soup, Greek Salad & Lemon Roasted Potatoes.
Vegetarian Option: Vegetable stir fry with Soup & Lemon Roasted Potatoes.

Meal includes choice of non-alcoholic beverage, tax and tip.

*****Members are welcome to bring a non-member guest.**
Must pre-register.

Registration Deadline November 30th.
Payment required at time of registration.

WINE RAFFLE FUNDRAISER

SUPPORT THE CENTRE

If you can contribute a bottle wine for the wine raffle fundraiser, please contact the Centre at 204-897-5263 or drop it off at the reception desk. No Home Brew please!

Draw Date: Friday, December 8, 2023, 3:00 pm at the Centre's Bale Sale & Cafe

1st Prize: 12 bottles of Wine (approximately \$240 value)

2nd Prize: 6 bottles of Wine (approximately \$120 value)

3rd Prize: 3 bottles of Wine (approximately \$60 value)

Tickets: 1 for \$5.00 or 3 for \$10.00



Tickets will be on sale in early November. Contact the office for more information.

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Brian McMillan (204) 612-6575

www.mysmallernest.com

Realtor with Judy Lindsay Team Realty.



Monday	Tuesday	Wednesday	Thursday	Friday
Gym Weekly Fitness Schedule				
Total Body Fitness 9:15am	Weights/Resistance 9:30am	Total Body Fitness 9:30am	Zumba 9:15am	Badminton 9:15am
Stretch Class 10:30am	Sit & Fit 10:45am	Sit & Fit 11:00am	Sit & Fit 10:30am	Weight Training 11:00am
Barre 11:45am	Sit & Fit 12:00pm	Pilates 12:15pm	Barre Boot Camp 11:45am	Circuit Training 12:15pm
Butts & Guts 1:00pm	Gentle Yoga 1:15pm	Gentle Yoga 1:30 pm	Functional Fitness 1:15pm	Seniors Swing Dancing 1:30pm (8 weeks)
Balance & Bones 2:15pm	Yin Yoga 2:30pm	Hatha Yoga 2:45pm	Tai Chi 2:30pm	

CENTRE BOARD OF DIRECTORS

President – Sherry Mooney
 Secretary – Nina Logan
 Delegate to the Executive - Dan Graham

Maxine Bryan, Dee Godfrey, Janice Hamilton, Val McGuire, Mary McCormick, Kenn McDonald,
 Pam McKenzie, Diana Simpson

CENTRE STAFF

Kristal Laminman – Centre Manager
 Jakee Werbuk – Program Manager
 Debbie Baxter – Admin Assistant

Charleswood Active Living Centre
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Email: info@charleswoodseniorcentre.org
Website: charleswoodseniorcentre.org
Hours: Mon-Thurs 9:00am to 4:00pm & Friday 9:00am to 3:00pm