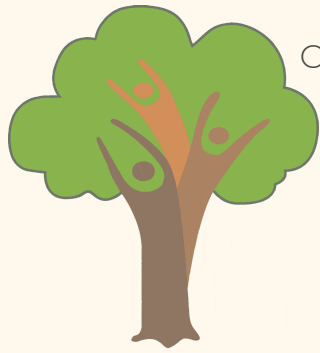




CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, SEPTEMBER 4TH, 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Casino Trip*
- *Name Tags*
- *Open House BBQ*
- *Fall Registration Week*
- *Grey Cup Tickets*
- *Newsletter Updates*
- *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



CASINO TRIP

SEPTEMBER 15TH 2026

COST: \$40/PERSON

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)
Registration deadline: Friday, September 11th, 2026

Sand Hills

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!

Open House BBQ

Planning to join us for our BBQ on Thursday, September 10th?

Please preregister to help us get an accurate headcount and ensure we have enough food and supplies for everyone!

You can register online or call the Centre to reserve your spot. We look forward to seeing you there!

Fall Registration Week

Fall registration week is next week, 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.

Make sure that your membership is up to date to ensure a smooth registration process.

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

**Grey Cup
Tickets on
Sale Now!**



Newsletter Updates

Please note the following changes to the newsletter, the website contains a live link that will always be the most up to date version.

Holiday Minute to Win it will be Monday December 7th at 2:00.

New Program: Watercolour Ink Card Painting October 26, November 2, 9, 16 2:00-4:00



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CONTACT US @

Bob Casson
(204) 226-2401

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

LINDEN  POINTE
A BRIGHTWATER COMMUNITY

Alzheimer Society of Manitoba *Speaker Series*

Thursday, September 10th | 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

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Ha Ha Highlights

Most people are shocked when they find out how bad I am as an electrician. ⚡😂

If a parsley farmer gets sued, can they garnish his wages? 🌿💰

There are two words in a person's life that will open a lot of doors for them: PUSH and PULL. 🚪😂

Russian dolls are so full of themselves. 🪄😂

Are people born with photographic memories, or does it take time to develop? 📷🧠😂

People who take care of chickens are chicken tenders. 🐔🍗😂

The worst time to have a heart attack is during a game of charades. ❤️🧐😂

Where do math teachers go on summer vacation? Times Square. ÷🗽😂

What do you call a dog on the beach in the summer? A hot dog. 🐕🌭☀️

Why don't seashells shower? Because they washed up on the beach. 🐚🌧️☂️😂

Have a great weekend!

Dana Poulton

Program Coordinator