



# WHAT'S NEW IN THE WOODS

## Message from the Centre

Recently I read a number of forecasts from 2020 predicting that in 2022 “the COVID-19 pandemic will have come to an end, and the global economy will be on the path to recovery”. While I am pretty sure that didn't happen, the following certainly did!

- The Centre withstood the uncertainty and insanity of the previous few years
- Members continued to renew their memberships and many new members joined us
- We expanded our programming to near pre-pandemic levels and
- The generosity of our membership knew no bounds

Thank you for all that you did to keep the Centre a place where we can fulfill our mission “to enhance the quality of life for those 55 plus by providing the resources that enable and assist them to enjoy a more active, social and creative lifestyle in the community.”

We cannot say thank you enough for all the support. Whether you attended programming, volunteered, made a donation, brought in baking for the bake sale, gave to the Centre sponsored Christmas hamper, donated wine or bought wine raffle tickets, decorated the Centre or participated in some other way, please know how much we appreciate you.

May 2023 be good to you and may it be a better year for all mankind.

Jakee Werbuk, Program Manager

## IMPORTANT DATES

- Jan 3** Office re-opens
- Jan 9** Registration begins
- Jan 16** Programming begins
- Jan 25** Presentation on Fraud
- Jan 26** Tech Talk drop in
- Jan 30** Hearing Clinic
- Feb 1** Coffee, Doughnuts & Duncan
- Feb 8** Lunch of the Month
- Feb 9** Sports Museum
- Feb 15** Music & Muffins
- Feb 16 & 23** Tech Talk drop in
- Feb 18** Puzzle Race
- Feb 27** Prostate Cancer information session
- March 1** Advanced Care Planning
- March 6** Seniors Moving Co.
- March 8** Lunch of the Month
- March 14** Benefits of Acupuncture for Seniors
- March 18** Quiz Nite
- March 21 & 22** Floral Arranging

**Charleswood 55 Plus Active Living Centre**

**5006 Roblin Blvd, Winnipeg MB, R3R 0G7 Phone: 204-897-5263**

**Email: [info@charleswoodseniorcentre.org](mailto:info@charleswoodseniorcentre.org)**

**Website: [charleswoodseniorcentre.org](http://charleswoodseniorcentre.org)**

## Instructor Update

Welcome to our new instructors, Mary Lou MacGregor and Debby Lewis.

Many of you will know Mary Lou, who has subbed at the Centre over the past year. Mary Lou will be instructing Gentle, Hatha, Beginners and Yin Yoga.



Debby will be Instructing Stretch Class.

A number of our regular instructors will be away during the winter term and to accommodate our new instructors' schedules, some classes have moved to different time slots. Be sure to check the schedule before registering.

### Rapid Tests

COVID Rapid Tests are available in the office while quantities last. Stop by to pick-up a test kit.



## Is Your Membership Up To Date?

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](#) or call the office at 204-897-5263.

Membership is \$30 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 in order to attend.

### PUZZLES

We have lots of puzzles.

Stop by the Centre to pick one up or drop one of for others to enjoy.



**Myrna DRIEDGER**  
MLA for Roblin



t. (204) 885-0594  
[www.myrnadriedger.com](http://www.myrnadriedger.com)



## Registration Process

- Register [online](#) or by phone at 204-897-5263. No in- person registration during the January 9<sup>th</sup> registration week.
- To accommodate the volume through online and phone registration, the Centre has a staggered registration process.

### Registration opens in the following manner:

Monday, January 9<sup>th</sup> at 9:30 a.m. — registration begins for Monday classes and activities and remains open until classes and activities have filled.

Tuesday, January 10<sup>th</sup> at 9:30 a.m. — registration begins for Tuesday classes and activities and continues for Monday classes and activities.

Wednesday, January 11<sup>th</sup> at 9:30 a.m. — registration begins for Wednesday classes and activities and continues for Monday and Tuesday classes and activities.

Thursday, January 12<sup>th</sup> at 9:30 a.m. — registration begins for Thursday classes and activities and continues for Monday, Tuesday and Wednesday classes and activities.

Friday, January 13<sup>th</sup> at 9:30 am — registration begins for Friday classes and activities and continues for Monday to Thursday classes and activities and remains open until all classes and activities are full.

- If you have any question about the registration process, or are unclear how to register, please give us a call at 204-897-5263.

**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.**

### Cancellation/Refund Policy

**In the event that the Centre cancels a class, program or activity we will refund you or credit your Centre account for the full amount of the cancelled activity.**

**Refunds or account credits will be provided if you withdraw from an activity 2 business days before it begins. When an activity encompasses a group of dates, this applies to withdrawal prior to the first scheduled class and is not applicable once the classes have begun.**

**Activities involving payment to a third party are non-refundable.**

**We recognize that on occasion special circumstances arise. Please call us if you have a concern with a class withdrawal.**

# Fitness Classes

*Registration begins the week of January 9, 2023.  
Fitness classes begin the week of January 16, 2023.  
There are no classes on Monday, February 20, 2023*

## **Badminton**

Non-competitive! You can bring your own racquet or use one of ours.

**Fridays 9:15 am (September to June)** Cost: \$20.00 **FULL** Call the office to add your name to the waiting list.

## **Barre Fitness - Instructor: Deb**

Blends classic ballet, yoga & pilates strengthening exercises with fitness powered by energizing, heart pumping music that makes you want to move. With the support of a ballet barre it will take you through a flow of choreographed high-powered sequences.

**Mondays 11:45 am (9 weeks)** Cost: \$65.25

**Thursdays 10:30 am (10 weeks)** Cost: \$72.50

## **Barre Boot Camp - Instructor: Deb**

Barre Fitness with a little bit more. More legs more, more abs, more everything! Perfect for those looking for a little something extra from their Barre class.

**Thursdays 11:45 am (10 weeks)** Cost: \$72.50

## **Beginners Yoga Foundations - Instructor: Mary Lou**

Introduces the very basics of the yoga practice, where movements are broken down individually. Students will learn the basic alignment of postures, and breath work. Instruction to move mindfully to increase the awareness of the body in each posture. Emphasis placed on safety and stability. The classes do not have a flow element to them. If you have never tried yoga, or are looking to continue to understand the basic principles of yoga, this class is for you.

**Mondays 2:15pm (9 weeks)** Cost: \$65.25

## **Butts and Guts - Instructor: Deb**

The focus of this class is strengthening and toning your abdominal and core and your gluts. There will be a little low impact cardio to keep things lively.

**Mondays 1:00pm (9 weeks)** Cost: \$65.25

## **Functional Fitness – Instructor: Andrew**

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 1:15 pm (10 weeks)** Cost: \$72.50

**Fitness Classes continued****Gentle Yoga Instructor- Mary Lou**

This invigorating yoga-based class rejuvenates your brain, challenges your balance, tones and strengthens all your muscles and bones. 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 1:15 pm (10 weeks) Cost: \$72.50**

**Wednesdays 1:30 pm (10 weeks) Cost \$72.50**

**Hatha Yoga – Instructor Mary Lou**

Strengthen, stretch, tone and relax. Whether trying to get in shape, cope with tension or relieve tightness in your body, Hatha Yoga is the classical form of yoga postures and breathing techniques. It increases muscle tone and improves flexibility and concentration and allows you to experience a state of deeper relaxation. Open to all levels of fitness. Not for those requiring chair use.

**Wednesdays 2:45 pm (10 weeks) Cost: \$72.50**

**IAM Fitness – Instructor: Raul**

Improve & maintain your fitness. 5 minutes of warm up & 20 minutes of cardio followed by 25 minutes of strength work out with a stretch & balance drill to end the class.

**Fridays 12:15 pm (10 weeks) Cost: \$72.50**

**Pilates - Instructor: Anna**

Exercises are taught on the mat and focus on lengthening and strengthening all your muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies.

**Wednesdays 12:15 pm (10 weeks) Cost: \$72.50**

**Sit & Fit**

Does balance concern you? Balance isn't something the body automatically has. Class combines seating 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.

**Instructor: Alan**

**Tuesdays 10:45 am (10 weeks) Cost: \$72.50**

**Tuesdays 12:00 pm (10 weeks) Cost: \$72.50**

**Instructor: Anna**

**Wednesdays 11:00 am (10 weeks) Cost: \$72.50**

**Fitness Classes continued****Stretch Class – Instructor: Debby**

This 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.

**Monday 10:30 am (9 weeks) Cost: \$65.25**

**Total Body Conditioning – Instructor: Andrew**

An excellent class for those looking to get, and stay, fit. Muscular exercises & aerobic movement.

**Thursdays 2:30 pm (10 weeks) Cost: \$72.50**

**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.

**Mondays 9:15 am (9 weeks) Cost: \$65.25**

**Tuesdays 9:30 am (10 weeks) Cost: \$72.50**

**Wednesdays 9:30 am (10 weeks) Cost: \$72.50**

**Weight Training – Instructor: Raul**

Strength and Stretch with Balance. Using your own body weight and bands, and a series of strengthening exercises and balance drills with a relaxing stretch to end the class.

**Fridays 11:00 am (10 weeks) Cost: \$72.50**

**Yin Yoga – Instructor: Mary Lou **New class****

A slower pace style of yoga that incorporates principles of traditional Chinese medicine with postures. Consists of fewer poses which work the connective tissue of the body; the tendons, ligaments and fascia. These are areas of our bodies we do not always consider but need stretching until one reaches their place of resistance, holding in stillness, and holding for time. Working these parts of our bodies assists with arthritis, stiffness and mobility issues. Yin Yoga teaches a deeper breath which calms body and mind and is a beautiful balance to the Yoga Flow.

**Tuesdays 2:30 pm (10 weeks) Cost: \$72.50**

**Zumba – Instructor: Rhiz**

A great opportunity to exercise and have fun. Dance to great music, with great people and burn a ton of calories without even realizing it.

**Thursdays 9:15 am (10 weeks) Cost: \$72.50**



**Bands for classes can be purchased at the Centre for \$5.**

## ENGLISH COUNTRY DANCE

**Starts Friday, January 20, 2023, 1:30 pm (6 weeks) \$25**

**Learn the traditional dances of England, enjoyed by the villagers and court dances enjoyed by the aristocracy from the 17th to the 19th centuries. The hand clapping, toe tapping music, and sociability of the dance will brighten your day and exercise your mind and body.**

**Suitable for new and returning participants.**

**A portion of costs covered by the Government of Canada New Horizons Grant.**

## PICKLEBALL

Westdale Community Centre  
550 Dale Blvd.

**Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport has been growing in popularity among seniors as it is easier to play than tennis. The speed of the Pickleball is slower than that of a tennis ball and the court is a third of the size.**

**Mondays January 16 – March 20 - cost \$36**  
**Wednesdays January 18 – March 22 - cost \$40**  
**Fridays January 20 – March 24 - cost \$40**

**NOTE: there is no Pickleball on Monday February 20<sup>th</sup>.**

**Novice and experienced players welcome.**



# MARTY MORANTZ

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

**CONSTITUENCY OFFICE**  
3092 Portage Avenue, Unit D  
Winnipeg, MB R3K 0Y2

 204-984-6432  
 Marty.Morantz@parl.gc.ca

  @MartyMorantz  
 @Marty\_Morantz

# Presentations

## Fraud Prevention

**Wednesday, January 25, 2023, 1:30pm. No cost to attend**  
**Registration opens January 11, 2023 @9:30am**

Scams involving older adults are on the rise. Retired Police officer Daryn Laminman will introduce you to some of the common frauds and scams and will provide some tips that may prevent you from becoming a victim of fraud.

## Prostate Cancer Information Session

**Monday, February 27, 2023, 10:30am. No cost to attend**  
**Registration opens January 9, 2023 @9:30am**

In this presentation you will learn about the warning signs of prostate cancer - detection of the disease - available treatments - how partners and other family members can support their loved one, and, - how to reduce the risk posed by this disease. You will also hear from prostate cancer survivors about their cancer journey Presented by members of the Manitoba Prostate Cancer Support Group.

## Advanced Care Planning

**Wednesday, March 1, 2023, 1:30pm. No cost to attend**  
**Registration opens January 11, 2023 @9:30am**

Dorothy from Dying with Dignity will discuss an Advance Care Planning Kit that invites you to think about and express your wishes for health care and treatment. The kit also provides important background information on Advance Directives and appointing a Substitute Decision-Maker (SDM). When you have finished working through this kit, you can find the province-specific forms for creating an Advance Directive and appointing a Substitute Decision-Maker.

## Seniors Moving Company

**Monday, March 6, 2023, 10:00am. No cost to attend**  
**Registration opens January 9, 2023 @9:30am**

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

## The Benefits of Acupuncture for Seniors

**Tuesday, March 14, 2023, 10:00am. No cost to attend**  
**Registration opens January 10, 2023 @9:30am**

Dr. Lin Liu CMD Dr Ac and Cheri Saramaga Dr Ac from the Eastern Healing Center will introduce you to Traditional Chinese Medicine and Acupuncture. They will explain and show how this ancient medicine can benefit your body, mind and spirit. Acupuncture and TCM can help with some common health concerns challenging to the elderly including: prescription free pain relief for the knees, back, shoulders, arthritis, respiratory system health, slow digestion, poor energy and sleep.



## Classes and Workshops

### Tech Talk with Lloyd Gwilliam **DROP IN**

Thursdays from 1:00pm to 3:00pm in the Centre Kitchen  
January 26, February 16, February 23

Do you have computer, iPhone or tablet questions? Need some clarification? Require a little help to figure something out? Drop in and see Lloyd, our in-house technology guru. Come as needed!

Registration not required. Please bring your device.

### Creative Writing

Starts Thursday, January 26, 2023 10:00 am (8 weeks) Cost is \$40.00  
Registration opens January 12, 2023 @9:30am

As winter snow swirls around us and thoughts swirl inside our heads, it's time again to shape and release those thoughts and share them in a safe, cozy environment. A creative writing circle provides an ideal opportunity to share your writing and inspire you to try different approaches or further develop your current approach. Bring your passion project to fruition or begin a new project with the support of fellow writers and the guidance of Sharon Hamilton, a published author and experienced teacher of writing.

Every class will include a fun warm-up writing exercise or challenge, opportunity to read aloud what you've written during the past week, and opportunity to gain feedback from your classmates.

A portion of costs covered through the Government of Canada New Horizons Grant.

### Watercolour Painting

Starts Tuesday, February 7, 2023 10:00 am (4 weeks) Cost is \$25.00  
Registration opens January 10, 2023 @9:30am

Are you interested in learning how to paint with instruction from local artist Virginia Stephenson? This course will cover the basics of watercolour painting and is suitable for novice and returning participants. You will be required to purchase some basic supplies.

The supply list will be sent to you following your registration.



**Classes & Workshops continued****Floral Arranging****Tuesday March 21, 2023, 10:00 am****Registration opens January 10, 2023 @9:30am****OR****Wednesday, March 22, 2023, 1:00 pm****Registration opens January 11, 2022 @9:30am**

**Cost \$10.00** - A portion of the costs for this workshop are covered through the Government of Canada New Horizons Grant.

Florist Kat Degner will teach you how to create a one-of-a-kind floral arrangement for your table centerpiece.

**Get-togethers****Coffee, Doughnuts & Duncan****Wednesday, February 1, 2023, 2:00 pm No cost to attend****Registration opens January 11, 2023 @9:30am**

Join our newly elected City Councillor, Evan Duncan, for coffee, doughnuts & a chat for or a chance to discuss current issues in the City that are of importance to you.

**Music & Muffins****Wednesday, February 15, 2023, 1:00 pm No cost to attend****Registration opens January 11, 2023 @9:30am**

Join local musician Franco Cianflone as he entertains us with musical selections of yesteryear. Costs covered through the Government of Canada New Horizons Grant.

**Outings****The Manitoba Sports Hall of Fame and Museum****Thursday, February 9, 2023, 11:00 am, 145 Pacific Ave****Registration opens January 12, 2023 @9:30am**

The Manitoba Sports Hall of Fame and Museum celebrates over a century of Manitoban sports. The feature exhibit: 90 Years: *A Blue & Gold Story* showcases and celebrates incredible artefacts from the Blue Bombers' past, including their very first Grey Cup victory in 1935 and memorabilia from the latest two Grey Cup championships. You will also learn more about the excruciating drought years fans had to endure between Grey Cup wins and more about the Bud Grant dynasty era.

**Cost is \$5 at the door.** Parking in attached indoor parkade is \$2/hour. If you require a ride, or can give others a ride, please let the office know.

## Lunch of the Month

Join fellow Centre Members for the Lunch of the Month on the second Wednesday of the month. **Registration opens Wednesday, January 11, 2023**

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.

**Wednesday, Feb. 8, 2023 @ 11:45am – Park Café (Assiniboine Park)**

**Wednesday, March 8, 2023 @11:45am – Pancake House, 2220 McGillivray Blvd**

## Cards & Games

Cards & games run from September to June. Some activities are full for the year and there is limited space available in others. Check the online registration on the website or call the office to see if there is room. \$20 per year.

### BRIDGE

Suitable for those who have played bridge in the past. No instruction.

Mondays at 1:00 pm

Small side MPR

**FULL** – call the office to get on the waiting list.

For new and not so new players



### CANASTA

Tuesdays at 1pm **FULL**

### RUMMOLI

Thursdays at 1pm

### CRIBBAGE

Tuesdays at 1:00 pm

### Mah-Jong

Thursdays at 1pm  
Limited spots available



### BOCCE BALL

Enjoy some friendly competition.

Fridays at 10am  
in the MPR

If you are registered in an activity and know that you will be away over the winter months, please let us know. We want to be sure we have enough people to keep the activity going in your absence.

# Health & Wellbeing

## Hearing Test Clinic

Having troubles hearing? A hearing test is the best way to diagnose your hearing ability and helps rule out causes of tinnitus and balance issues.

Hearing specialist Kristy Beettam from Horizon Hearing Centres will be at the Charleswood Active Living Centre on January 30th for a hearing test clinic.

**Monday, January 30<sup>th</sup>**

**10:00am to 3:00pm. Appointments booked in 15 minute intervals.**

**Call the Centre at 204-897-5263 starting Monday January 9,2023 to book your spot. No online registration.**

## Special Interest Clubs

The following special interest groups run from September to June. If a group is full, call the office to get on the wait list.

### Book Clubs

Registration opened in September. **Cost is \$10 for the year**

**Maximum number of participants is 14** in each group.

**ZOOM Book Club:** Meets via ZOOM the **2nd Monday of the Month at 1:00 p.m.**

January book - World of Curiosities by Louise Penny

February book - Yellow Wife by Sediqa Johnson.

**Mystery Book Club:** **FULL** Meets the **3rd Monday of the month at 1:00 p.m.**

**in the MPR at the Centre.** January book - Capital Murder by Phillip Margolin

February book - The Secret Keeper by Kate Morton. Feb. meeting moved to the 13<sup>th</sup>.



### Jam Sessions

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

Group meets **Wednesdays at 10:00 a.m.** **There are no Jam Sessions on the third Wednesdays of the month. Bring your own instrument.**

**Cost: \$20 for the year.**

**Registration is open.**



### Ladies in Stitches– Knitting Club

Knitting shawls for Cancer Care and other charities.

Groups meets the

**last Thursday of the month at 10:30 am**

in upstairs room. Wool is always appreciated.

Cost \$2 the first time you attend.

**Registration is open.**



### Bent Brush Club **FULL**

Runs from September to June, Fridays at 12:30. Cost \$20 for the year. Call the office to get on wait list.

Are you looking for a place where you can enjoy the company and interaction with other artists? The Bent Brush club is where artists and would-be-artists of all skill levels, styles and media have a regular paint get-together. BYOG (Bring Your Own Gear) plus a plastic cloth to cover the tables. No designated instructor; just friends painting with friends. Doesn't get any better than that!

## Fundraising Events - Save the Date

### Puzzle Race

**Saturday, February 18, 2023 at 7:00pm upstairs at the Centre.**

Teams of four will be given a 500-piece puzzle to complete. The team that completes the puzzle first wins.

- Team entry fee \$60 (\$15 per person).
- Snacks
- Limited to 12 tables of 4. Team members do not have to be Centre members
- Brush up on your puzzle skills over the holidays so you're ready to go

**TEAM REGISTRATION INFORMATION WILL BE AVAILABLE IN MID JANUARY.**

### Quiz Nite is back

Put your knowledge to the test!

Save the date: Saturday, March 18, 2023, 7:00pm at the Centre.

- Snacks, Fun
- Tables of 8

\$15 per person. Register as a group, pair or single! Open to everyone. Invite your friends and family!

**TEAM REGISTRATION INFORMATION WILL BE AVAILABLE IN EARLY FEBRUARY.**

Interested in sitting on the fundraising committee?

Please let the office know. We'd love to have you.



### PARTY WITH A PURPOSE Annual Fundraising Dinner

**SAVE THE DATE**  
**Wednesday, May 17, 2023**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Gym Weekly Fitness Schedule</b>				
Total Body Fitness 9:15am	Total Body Fitness 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	Barre 10:30am	Bocce 10am (Upstairs)
Barre 11:45am	Sit & Fit 12:00pm	Pilates 12:15pm	Barre Boot Camp 11:45am	Weight Training 11:00am
Butts & Guts 1:00pm	Gentle Yoga 1:15pm	Gentle Yoga 1:30 pm	Functional Fitness 1:15pm	IAM 12:15pm
Beginners Yoga Foundations 2:15pm	Yin Yoga 2:30pm	Hatha Yoga 2:45pm	Total Body Conditioning 2:30pm	English Country Dance 1:30pm

## CENTRE BOARD OF DIRECTORS

### EXECUTIVE

PRESIDENT – SHERRY MOONEY  
 PAST PRESIDENT – AGATHA ROHS  
 TREASURER – CHARLENE BEAUDOIN  
 SECRETARY – VACANT

### MEMBERS

MAXINE BRYAN  
 DEE GODFREY  
 DANIEL GRAHAM  
 KENN MCDONALD  
 KIM PAQUETTE

### CENTRE STAFF

KRISTAL LAMINMAN – CENTRE MANAGER  
 JAKEE WERBUK – PROGRAM MANAGER  
 DEBBIE BAXTER – ADMIN ASSISTANT

**Charleswood 55 Plus Active Living Centre**  
**5006 Roblin Blvd, Winnipeg MB, R3R 0G7 Phone: 204-897-5263**  
**Email: [info@charleswoodseniorcentre.org](mailto:info@charleswoodseniorcentre.org)**  
**Website: [charleswoodseniorcentre.org](http://charleswoodseniorcentre.org)**  
**Hours: Mon-Thurs 9:00am to 4:00pm & Friday 9:00am to 3:00pm**