



Charleswood Active Living Centre

CENTRE UPDATE – MARCH 8, 2024

There is still room to register in:

Friendship Force Manitoba Presentation

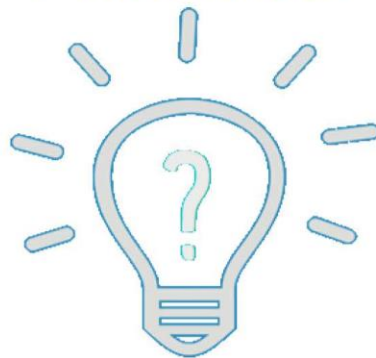
Monday, March 18 at 10:00am. No cost to attend.

Friendship Force Manitoba is an international club with a difference! Members are a friendly group of active older adults who enjoy home stays, travel cultural events, traditional foods and developing understanding of people around the world. You are invited to meet with Lynne Foley, Vice President, as she shares her travel experiences and shows you how to get involved.

Click [here](#) to register or call the Centre at 204-897-5263.

QUIZ NITE

Fundraiser



SATURDAY, MARCH 16, 2024
at the Centre, 5006 Roblin Blvd.

Doors open 6:30pm Quizzing begins at 7:00pm

Draws & Prizes Tables of 8 Snacks

50/50 Draw

Bring a tin or non perishable for the bin

ALL WELCOME!

\$20/Person



To register call 204-897-5263

Fitness Class Drop-ins

Until the end of this session, there will be prebooked drop in spots in the fitness classes listed below. The drop-in fee is \$10. There is no online registration, please call the office or stop by to register and pay for any of the available spots. The fee is nonrefundable.

- Barre Boot Camp Thursdays at 11:45am
- Circuit Training Fridays at 12:15pm
- Sit & Fit Fridays at 9:30am
- Sit & Fit Tuesdays at 12:00pm
- Hatha Yoga Wednesdays at 2:45pm
- Tai Chi Thursdays at 2:30pm
- Yin Yoga Tuesdays at 2:30pm

Centre Reminders

- The Spring Session line-up of classes, programs and activities will be available on Friday, March 15, 2024. The Spring Session will begin the week of April 15, 2024 and registration will be held the previous week, Monday April 8th to Friday April 12th.
- We are a scent free environment. Kindly refrain from using perfume and scented products before coming to the Centre.
- Please bring a cloth with you to exercise classes. We are moving away from using disposal wipes and supply cleaning spray for use on shared equipment. Please spray and wipe equipment after use. We will continue to have a limited number of disposable wipes available, should you forget your cloth, however once the ones we have on hand are used up we will not be purchasing any more.

Daylight Savings Time starts 2:00am Sunday March 10, 2024



Don't forget to move your clocks forward one hour when you go to bed on Saturday night. Or for fun, stay up until 2:00am and make the switch then!



Business Profile Feature

This week's Business Feature Profile *Leapfrog Moving Specialists Inc.*

"Leapfrog Moving Specialists, Inc is a full-service, single point of contact moving facilitation company that specializes in helping Senior Citizens and older adults. We can provide as little or as much as you need to make your move a smooth and easy transition to your new home or living situation.

We take great pride in paying special attention to every detail and finishing touch that will make you feel at home instantly!"

For more information, or to get your free, no obligation consultation, visit their website at <https://www.leapfrogmoving.ca/>.

We thank ***Leapfrog Moving Specialists*** for their support of the Charleswood Active Living Centre.



National Research
Council Canada

Conseil national de
recherches Canada

Volunteers wanted for Canadian Homes for Aging in Place Survey on Environmental Well-Being

It's common knowledge that many Canadians want to stay in their own homes for as long as possible. Our research team combines the expertise of the National Research Council of Canada, the University of Toronto, and Carleton University to try to help make that possible. You can help!

We seek Canadians from across the country to participate on our survey about homes, the conditions in homes, and the health and well-being of the people who live there. You are eligible if you are over 60 years of age, live primarily in Canada, and either live in your own home or moved into supportive housing within the past two years. The survey is available online, by telephone interview, or by mail. The online form will take about 50 minutes to complete. Your data will be kept confidential and used only for research purposes.

For more information, or to complete the survey, visit our web site online [here](#).

Or telephone the NRC research team at: 1-800-672-7990 [and press 6 during the message](#) to request a paper copy or to complete the survey by telephone interview.

Brain Awareness Week 2024

The Alzheimer Society is celebrating Brain Awareness Week from March 11 to 17 and encouraging everyone to challenge their brain and reduce their risk of developing dementia. Follow along on our social media throughout the week to learn more about how the Society can help you stay safe, be healthy and have fun.

[LEARN MORE](#)

Canadian Dental Care Plan

The Canadian Government has updated the information online as to who is eligible for Canada's National Dental Care Plan. The additional information came as a result of concerns raised by seniors regarding whether their private dental insurance plans disqualified them from the government plan.

Click on the link below for the updated information.

<https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>

UBC researchers invite couples to participate in an online study on every day goals and activities.

Help UBC researchers better understand how individuals aged 60 years and above progress on their goals and whether partners facilitate each other's goal pursuit.

WHAT'S INVOLVED?

Online interview (Zoom) sessions and online, brief morning and evening questionnaires for a period of 10 days.

Each partner receives a \$50 Canadian Amazon gift card as a token of appreciation.

WHO CAN TAKE PART?

Couples aged 60 years and above.

TIME COMMITMENT

Approximately five hours.

JOIN THE STUDY

For more information, visit:
blogs.ubc.ca/gripstudy or scan:



Your experience matters—tell us about it!

Health and Adult Development Lab
4213-2136 West Mall
Vancouver, BC

Please email
gripstudy@psych.ubc.ca
or call 604-822-3549



A few funnies for your enjoyment:

- What did the bartender say after Charles Dickens ordered a martini? Oliver or twist?
- What did the ocean say to the shore? Nothing, it just waved.
- What happens if you're driving on a highway in California & the smoke clears? UCLA
- What does the baby computer call his father? Data.
- I only seem to get sick on weekdays. I must have a weakened immune system.
- Why was Cinderella so bad at Soccer? She kept running away from the ball.
- What do you call a sad strawberry? A blue berry!
- What did 0 say to 8? "Nice belt."

Have a wonderful weekend & happy International Women's Day.

Jakee Werbuk

Program Manager

