



Charleswood Active Living Centre

Centre Update – October 24th, 2025

Wine Raffle

Mark your calendars! Our always-popular Wine Raffle is back, and we need your help to make it the best one yet. We're on the hunt for wine bottle donations so if you've got a bottle sitting in the back of your cupboard, or maybe one you were gifted that just isn't your taste why not let it find a happier home? Bring your bottles to the Centre anytime and help us build a collection (no home brew). Tickets will go on sale November 1st. Cheers in advance for your generosity!



Downsizing Presentation

The Downsizing Presentation October 29th at 2:00 still has space available, don't miss your chance to join The Seniors Moving Company for an engaging session on how to make downsizing easier, from decluttering tips to finding new homes for the things you love most.

Let us help you feel good about your next chapter!

Sand Hills



Registration is open for the upcoming Sand Hills casino trip, November 4th! Join us on a luxury motor coach to the Sand Hills Casino and a 25\$ payer card and lunch for just 40\$. We need you to register NOW to be able to have enough people for the trip to go, we do not want to disappoint those already registered! The trip departs at 9:00am from the Safeway parking lot and departs the casino at 3:30. Sign up now for your chance to win big and have a great day trip!

Drop-In Coffee



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.

Tuesdays from 9:30am to 11:00am - Drop-in. No registration required

Music Trivia

Join us Saturday November 8th for Music Trivia! This evening will begin at 7:30 (with doors opening at 7:00) and is \$20 for 10 games and snacks. Music Trivia will have a song play, and you must mark off the song on your sheet that has many different songs and their artists listed. The winner of the round will successfully make a line, rectangle, or more with the songs that have been played! There will be prizes and a bar. Call now to register yourself and your friends, tables will be groups of 8.



25th Anniversary Fundraising Dinner

Thank you to everyone who contributed to our dinner this past Saturday.

Those who attended, bought tickets for the silent auction and 50/50 all helped the committee exceed their fundraising goal. A big thanks to the following

[Sponsors](#)

[Donors](#)

Thank you to everyone who volunteered their time and assurance to make this a great success!

Our Members

Manitoba Seniors Today

Ever wanted to be on TV? This could be your chance to appear on a local community access program on Rogers TV. Lloyd Gwilliam, our very own Tech Talk guy, will be hosting a recording session in late November. The Charleswood Active Living Centre will be featured on an episode of his "Manitoba Seniors Today" program which airs on Rogers TV and YouTube. Lloyd will be set to record in the Meeting Room from 9am to noon on Thursday November 27th. If you have a few words you want to share about your program or the Centre stop by the Centre to sign up for a time between 10am and noon. No guarantee that you will make the cut but you never know!

For more information on the program check out the website:

<https://manitobaseniorstoday.com/>

Trip To Churchill

Our talented member and creative writing instructor, Yvonne Kyle, recently explored the beauty of Nunavut. She's captured her experience in a captivating short story, be sure to check it out in the lobby! ❄️

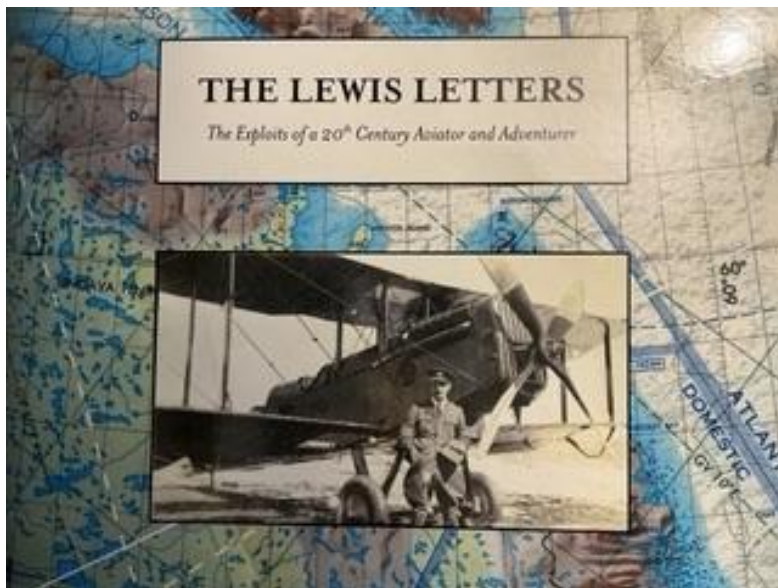
Here are some photos of her amazing trip!  [Me in Nunavut](#)

Charleswood Historical Society

Come listen to our member Pam McKenzie talk about her book: *The Lewis Letters: The Exploits of a 20th Century Aviator and Adventurer Alexander Lewis*.

When? Monday Nov 3rd at 7:00pm

Where? The old Charleswood Senior Centre/ Charleswood Historical Society building on Roblin Blvd.



Around the Community

This week is Disability Awareness Week — a reminder that not all disabilities are visible. Dementia is a condition that can affect memory, communication and daily life, but you can't always see it. This week, you can help raise awareness for dementia by educating yourself or others, challenging misconceptions and creating more inclusive environments 💙



**Looking for Supports
for Older Adults?**

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A partnership between  **Manitoba**  **A&O**
Support Services for Older Adults



WELLNESS WEDNESDAY EXPO

*Supporting Healthy, Active &
Balanced Living for Seniors*

Wednesday, November 5th |

10 AM - 1 PM

Hosted By: Linden Pointe

75 Falcon Ridge Dr. |

Winnipeg MB

HIGHLIGHTS:

- Educational Sessions
- Therapy Dogs
- Wellness Resources
- Community Partners
- Refreshments & Giveaways!

Call to RSVP (431) 807-8815



LINDEN POINTE

A BRIGHTWATER COMMUNITY



Open House at The Westhaven

Retirement Community

3033 Portage Avenue, Winnipeg MB R3K 2E3

204.831.6742

Saturday October 25, 2025

**Discover the independent
living lifestyle**

SCAN ME
WITH YOUR
PHONE



Ha-Ha-Highlights

I told my coffee I'd be right back. It's been three hours. Now it's just bitter. ☕

My vacuum quit today. Said it was tired of being sucked into drama.

If laziness were an Olympic sport, I'd come in fourth. Too tired to climb the podium. 🏆

I tried to eat healthy today. The salad and I both cried.

The Wi-Fi went out, so I had to spend time with my family. They seem like nice people.

My plants are thriving because I talk to them. Mostly to apologize. 🌱

I told my Fitbit I was walking to success. It said, "You've been standing for 3 hours."

Whoever invented autocorrect should burn in hello.

I asked my dog for advice. He said nothing. Which, honestly, was solid advice. 🐕

I didn't fail the diet — the diet failed to understand who I am as a person.

I told my alarm clock I needed space. It still sees me every morning.

They said "Dress for the job you want." Now I'm in HR explaining my Batman costume. 🦇

I told my mirror I needed motivation. It said, "You again?"

My wallet and I are in a toxic relationship. I give, it takes. 💳

Winnipeg's idea of fire safety: extinguishing Calgary by the second period. 🚒

LA's used to award shows, so at least they'll know how to clap when the Jays lift the trophy.



Have a great weekend!

Dana Poulton

Program Coordinator