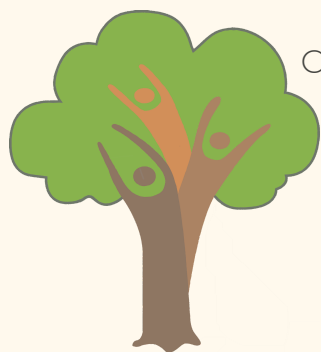




CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

THURSDAY, JULY 16TH, 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Drop-In Opportunity*
- *Woodhaven Menshed Band*
- *Tech Talk*
- *Summer Hours*
- *Around the Community*
- *Ha-Ha-Highlights*

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.

Drop-In Opportunity

After the first week of our programs, we understand that not everyone is able to commit to an entire session. That's why we offer drop-in opportunities for many of our programs!

Fitness Classes: \$10 per class

Games: \$3 per visit

Drop-ins are available to members only and are subject to space availability. Call the office to reserve your drop-in spot!

Woodhaven Menshed Band

Wednesday, July 22nd

2:45-3:45pm

Cost: \$5

The Woodhaven Menshed Band is composed of senior guitar players and singers with a wide range of experience from professionals to amateurs. All share a love of music. Repertoire consists of songs from the 50s country to 60s rock. Pop and chips will be served.

Tech Talk

Thursday, July 23rd

2:00-4:00

Reserve a spot to ensure one-on-one time with our tech expert Ed!

Bring your computer, tablet, phone, or any device you have questions about.

Booking a time slot guarantees your time and helps reduce waiting.

Summer Hours

Summer Hours: Mon-Thurs 9:00am to 4:00pm

Closed: Wednesday, July 1st, and Monday, August 3rd

Around the Community

The Charleswood Seniors Co-ed Slo-pitch is looking for more players to come out on Tuesday afternoons at Marj Edey Field (parking available at Varsity View Sportsplex - 4230 Ridgewood Avenue).

Batting practice starts at 12:30 PM & games will start at 1 PM. Teams are made up at game time. This is recreational slo-pitch with everyone batting per inning, no sliding, no stealing & no registration fees.

Thirsts are quenched at the Charleswood Legion afterwards. Contact Steve at steve_sanderson@shaw.ca for more information.



LEMONADE STANDS FOR HOPE

 CancerCare Manitoba
FOUNDATION

**JULY
17th**
11:00 - 3:00PM

Stop by for a refreshing glass of lemonade and help support an important cause. We will be accepting donations, with all proceeds benefiting CancerCare Manitoba. Through your generosity, we can help provide essential support, compassionate care, and hope to cancer patients and their families. Together, as a community, we can make a lasting impact and help create more tomorrows filled with hope.

Hope for More Tomorrows

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Around the Community

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temp. above 40°C (104°F) Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

CALL 911
• Take immediate action to cool the person until help arrives

Manitoba

Adapted with permission from sacramentoemedy.org

Community Nutrition Educator Program

Are you looking for **FREE** nutrition presentations in your community?

WRHA trained volunteers can offer presentations on a variety of topics including:

- Canada's Food Guide
- Grocery Shopping
- Label Reading
- Food Systems
- Cooking Basics
- Cooking Demos
- And more!



Request form available online:

<https://wrha.mb.ca/nutrition/community-nutrition-educator-program/>

wrha.mb.ca



Around the Community

The logo for HelpAge Canada features the word "HelpAge" in white, bold, sans-serif font on a bright pink rectangular background. Below this, the word "Canada" is written in white, bold, sans-serif font on an orange rectangular background that overlaps the pink one.

Have Your Voice Heard!

Women Aged 55+ Wanted for a Co-design Focus Group

Project Title:

The Role of the Community-Based Senior Supporting Sector in Addressing Older Women's Economic Prosperity and Security

Help shape research that supports the economic wellbeing of women as we age.

We are inviting women aged 55 and older to participate in a friendly group discussion about experiences with:

- Financial wellbeing and financial security,
- Volunteering and community involvement,
- Leadership opportunities in your community,

Your ideas and experiences will help us improve a national survey that will inform future programs and services for older women across Canada.

What to Expect

- 60–90 minute group discussion (that will be recorded for analysis purposes),
- Participation is completely voluntary,
- Your responses will be kept confidential,
- No special knowledge or experience is required, we simply want to hear your perspective.

Who Can Participate?

Women aged 55 years or older who have experience with community-based senior servicing organisations or community involvement.

Interested?

Please contact:

Dr. Rose Joudi, Director of Gender Equity, Diversity and Inclusion,
HelpAge Canada,

Email: rjoudi@helpeagecanada.ca

Your voice matters. Help shape the future for older women in Canada. This project is part of a WAGE (Women and Gender Equality Canada) research initiative.

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Ha-Ha-Highlights

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. 🗣️💔😂

I'm not really into spring cleaning. In fact, I'm not into summer, fall, or winter cleaning either. 🧹🧑😂

What kind of films do introverts like? Shy-Fi. 🎬🤔👁️😂

What is the fastest ride at the carnival? Most people would say it is the roller coaster, but the carousel has the most horse power. 🦄🐎😂

What did the pig say at the beach on a hot summer's day? I'm bacon. 🐷☀️🍷😂

What do you do if you get rejected for a job at a sun cream factory? Reapply. 🧴☀️😎😂

Have a great weekend!

Dana Poulton

Program Coordinator