

## CENTRE UPDATE- APRIL 5, 2024

### **Reminders and Centre info**

- We are a scent free environment. Many of our members have scent allergies and sensitivities. Please refrain from using scented items when you are coming to the Centre. As lovely as you smell, your scent could be making someone sick.
- There are no Centre activities during registration week. This includes cards or games and any other programs that runs September to June.
- Registration starts next week, Monday April 8th
- We have a staggered registration process. To see when the activities you are interested in open for registration, click [here](#) or go to the [website](#) and click on Register Online.

### **Hearing Technology**

Going forward, hearing technology continues to be available on request to our members for all programming. We have added a new option in addition to the headsets- we now have a few clip-on receivers that can be used with plug in ear buds. We have a limited number of sport ear buds and regular ear buds available that can be assigned to members (not transferrable) or if members have their own ear buds, they will work as well!

When you have signed up for classes and know your schedule for the upcoming few months, presentations and other Centre events, please contact reception via email ([info@charelswoodseniorcentre.org](mailto:info@charelswoodseniorcentre.org)) or call in (204-897-5263) with your name, classes you would like to use the hearing technology in, and whether you want the headset or the clip on receiver. If you are attending a program and you have not pre-registered, please check in with Centre staff when you arrive, and we will do our best to hook you up!

The headsets or clip on receivers with assigned names on them will be available at the reception desk to sign in and out. The transmitters will be ready in the appropriate location. Instructions for use of the headsets will continue to be included in the headset bag. Staff will be available to assist with troubleshooting.

### **We need boxes**

In anticipation of our upcoming move, we are looking for boxes (in decent shape). We have a lot of purging and packing to do so if have any packing boxes or bins that you no longer need, please drop them off at the Centre.



## **Member Survey**

The Membership Committee is looking for your input and feedback on your membership at the Centre. Please click the link below to go to the anonymous survey.

<https://www.surveymonkey.com/r/DNKBQXT>

It should take approximately 4-7 minutes to complete, and the survey will close on May 6th at midnight. Members who complete the survey prior to April 19<sup>th</sup> and leave their name on question number 30 will be entered in the draw for a free membership. If you provide your names for Question 29 and 30, your name will be removed prior to surveys being evaluated so the survey remains anonymous.

If you have issues with the link or do not have access to the survey online, we will have a limited number of paper copies available for pick up in the office that you can complete.

The Membership Committee and the Board thank you in advance for your participation in this survey to assist us to make the Centre the best it can be!

Stay tuned to future email blasts for results of the membership draw.

## **Volunteer Appreciation Event** (we just want to say thanks)

Thursday, April 25, 2024, 5:30pm Boston Pizza Charleswood, 3894 Grant Ave  
If you are currently a volunteer or volunteered in any capacity during 2023, please plan to attend. Call the office to register. We are doing our best to reach out to all our volunteers, but sometimes mistakes happen so if we inadvertently missed getting in touch with you, please contact us. RSVP to 204-897-5263 or [info@charleswoodseniorcentre.org](mailto:info@charleswoodseniorcentre.org).

## **Business Profile Features**

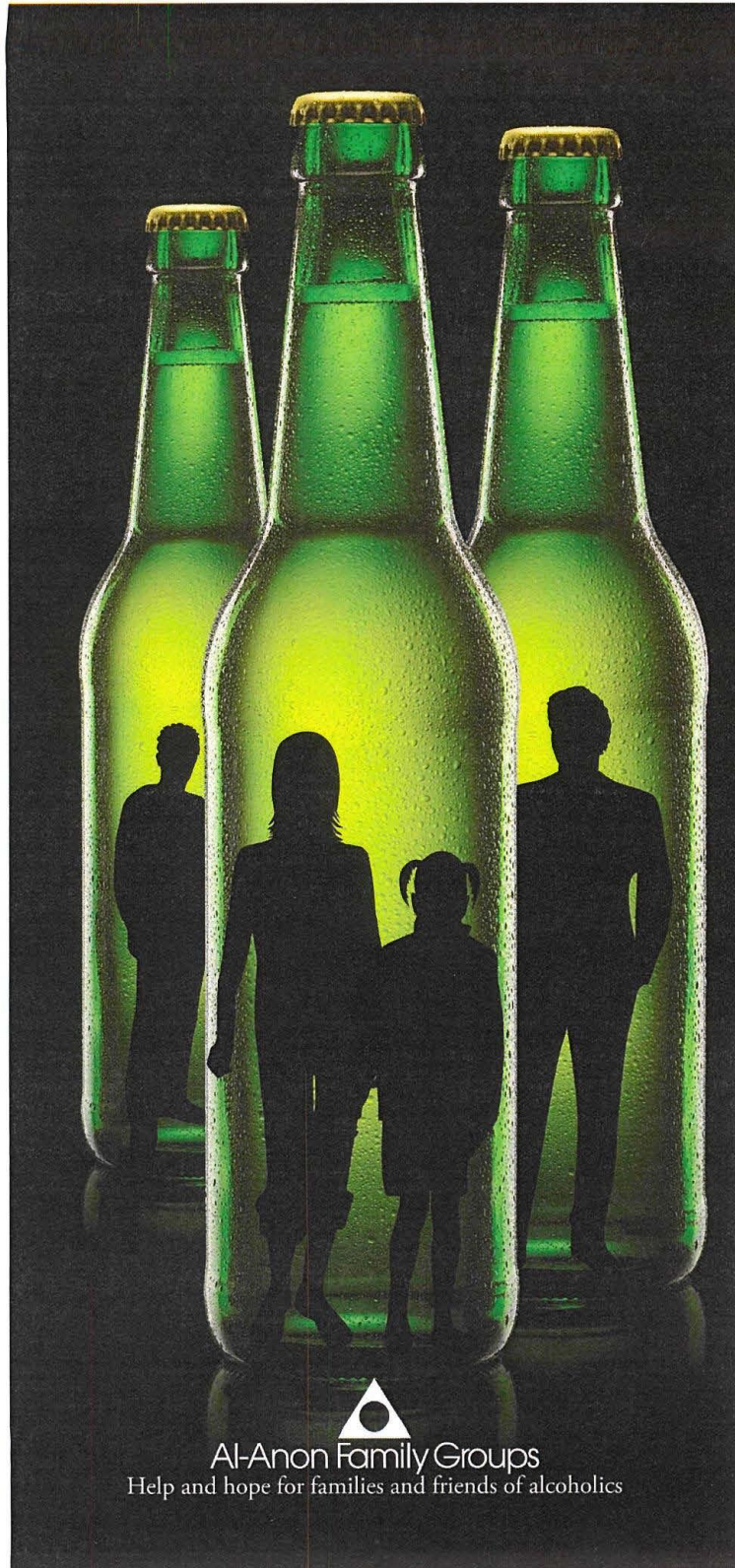
This week's Business Feature Profile is ***Residences of Oakdale Drive***

Oakdale Residences will be a community that provides a variety of unit styles and sizes to residents. The guiding principle for this development is to create a living environment that addresses accessibility, inclusiveness, and community-building by providing users a comfortable, sustainable lifestyle. Residential units, roadways and pathways are easily accessible for those with mobility issues as property management will control the mobility challenges within the development, by removing ice and snow that are prevalent in non-controlled public sector environments.

Details on your new home in the heart of Charleswood are available [here](#).



Resources you may find helpful



**NOT EVERYONE  
TRAPPED  
BY ALCOHOL IS AN  
ALCOHOLIC.**

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Families and friends  
are suffering too.

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Do you worry  
about how much  
someone drinks?

•

Al-Anon and Alateen  
can help.

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204-943-6051

[www.mbnwo-alanon.org](http://www.mbnwo-alanon.org)

For Local Meetings  
and Information.

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**1-888-4AL-ANON  
AL-ANON.ORG**



# Looking for Supports for Older Adults?

# Call 2•1•1

FREE • CONFIDENTIAL • 24/7



A partnership between



Manitoba®



Support Services for Older Adults

## What is System Navigation?

Enables older adults and those that care about them to seek advice and support in navigating community information on available resources, services, and programs in an easy, accessible way.

## Better Together

- This innovative system navigation service is a partnership between A & O: Support Services for Older Adults, 211 Manitoba, and all of you!
- This program is the first of its kind in Winnipeg and offers a unique opportunity for older adults (55+) and those that care about them to call 211 MB to connect to needed information and access available supports, services, and programs.

## Who are the Partners?

- **A & O: Support Services for Older Adults Inc (A & O)** has been providing innovative, specialized support services for older Winnipeggers since 1957.
- **211 Manitoba** is the front door to community-based government, health and social services designed to meet the needs of diverse populations, across all different aspects of life. It is a free, confidential service available 24 hours a day, seven days a week in more than 150 languages, including 4 Indigenous languages.

## Why System Navigation?

- System Navigation will provide access to information, programs and services through a coordinated central hub in Winnipeg. This is based on the Manitoba Senior Strategy.
- System Navigation requires partnering with older adult serving organizations (i.e., 211 MB, A & O, Senior Resource Finders, WRHA, etc.) to ensure a continuation of up-to-date information on programs and services for all aging needs, taking into consideration ethnocultural perspectives, languages, and geography.

## Some Goings-on in the Community



**Fox & Fern**

**HELLO**  
*Spring* **MARKET**

*Come and enjoy some shopping along with delicious food  
and drinks from the kitchen of Breezy Bend Country Club!*

**Saturday, April 6th, 2024**  
**10:00 A.M- 3:00 P.M**  
Breezy Bend Country Club  
7620 Roblin Boulevard, Headingley

Over 40 local vendors!



**\$2 Entry Fee**  
100% of entry fee's are being  
donated to:  
*Willow Place*



**Follow us on social media**  
Insta: @fox.and.fern.market  
Facebook: Foxandfernmarket

**Strollers are welcomed!**

**VARIETY MARKET SALE** - Saturday, April 13 from 10:00am - 3:00pm  
Upstairs of the Charleswood Curling Club

If you would like to rent a table to sell your craft or product, the cost is \$20 per table. Please call Perry at 204-832-2333 to reserve.

The Charleswood Curling Club will have a table set up to sell donated items. If you have a few items you would like to donate, please contact Coleen Smitke (204-791-8458) or drop off at the rink.



The Charleswood Historical Society presents the 5th of its 2023-2024 Heritage Lecture Series.

Gordon Crossley is the Heritage Officer for 17 Wing RCAF Winnipeg. He will speak on “A century of service, The Royal Canadian Air Force, 1924-2024”

The presentation will cover the history and contributions of the RCAF over the past 100 years, with particular emphasis on Winnipeg and Manitoba.

The lecture will take place Monday, April 8th, at 7:00 pm., 5006 Roblin Blvd. (Charleswood Seniors Centre).



SOUTH WINNIPEG SENIORS RESOURCE COUNCIL



## Supporting Our Seniors *Community Expo*

Thursday, April 18, 2024

10:00am - 3:00pm

SWSRC 30th Anniversary

Presentation - 12:30 pm

Westworth United Church

1750 Grosvenor Avenue

Join us for:

- Presentations at 11am & 1pm
- Community Resources
- Exhibits
- Refreshments

*Support Inform Connect*

For further information please

Call 204-478-6169 or [resources@swsrc.ca](mailto:resources@swsrc.ca)

**A few funnies for your enjoyment (please note that all of today's funnies were plagiarised from here and there)**

- My therapist says I have a preoccupation with vengeance. We'll see about that.
- I said to the gym instructor: "Can you teach me to do the splits?" He said: "How flexible are you?" I said: "I can't make Tuesdays."
- "A man walks into a chemist's and says, 'Can I have a bar of soap, please?' The chemist says, 'Do you want it scented?' And the man says, 'No, I'll take it with me now.'"
- "Do Transformers get car, or life insurance?"
- A lorry-load of tortoises crashed into a train load of terrapins. What a turtle disaster!
- I backed a horse last week at 10 to one. It came in at quarter past four.
- I sent my girlfriend a huge pile of snow. I rang her up and said: "Did you get my drift?"
- A sandwich walks into a bar. The barman says: "Sorry, we don't serve food in here."
- A man walks into a bar with a roll of Tarmac under his arm and says: "Pint please, and one for the road."
- Went to the zoo. There was only one dog in it. It was a shitzu
- I'll tell you what I love doing more than anything – trying to pack myself in a small suitcase. I can hardly contain myself.
- Did you hear about the guy whose whole left side was cut off? He's all right now.
- Did you hear about these new reversible jackets? I'm excited to see how they turn out.
- I'm a big fan of whiteboards. I find them quite re-markable.

Have a wonderful weekend.  
Jakee Werkuk  
Program Manager

