



Charleswood 55+ Active Living Centre

**May & June 2022  
UPDATE**

[Register Online](https://charleswoodseniorcentre.org) at [charleswoodseniorcentre.org](https://charleswoodseniorcentre.org) or call the office at 204-897-5263

## Talking About Medications

**Wednesday, May 4 & May 11, 2022 @ 1:00 pm**

Join the Healthy Aging Resource Team for an interactive workshop on managing medications to help older adults and their families learn about medications and take an active role in making medication decisions. This workshop is intended for older people taking medications and people who need to advocate for someone else taking medications. Though participants will not receive specific medication advice, there will be an opportunity to discuss medication management experiences. Participants will also be asked to complete 'homework' during the workshop that includes going through their own (or someone you care for) medications to create a list and identify the reasons for using those medications. **This is a two-part class.**

**Registration is Open. Deadline to register is Friday, April 29<sup>th</sup>. No fee**

## Advance Care Planning

**Wednesday, May 18, 2022 @ 1:00 p.m.**

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. It is intended to provoke thinking, conversation, and planning, and to encourage communication between you, your loved ones, and your health care providers. The kit you will receive in this class 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.

**Registration is Open. Deadline to register is Friday, May 13<sup>th</sup>. No fee**

## Real Estate Age of the Internet

**Tuesday, May 24, 2022 @10:00 a.m.**

Learn how real estate marketing has changed since the dawn of the internet. You will discuss internet marketing, what to expect when you negotiate a commission with a broker, does a company that advertises you don't pay a commission to sell with them really not charge a commission? When will you receive the funds for your sale and so much more.

**Registration is Open. Deadline to register is Thursday, May 19<sup>th</sup>. No fee**

## Learning to use a tablet – CLASS IS FULL

**Wednesday, May 25 @ 1:00 p.m. Please call the office to get on the wait list. If there is enough interest, we will book another session. No fee.**

This session will cover both Apple and Android tablets. The first hour will focus on basic tablet functionality, installing APPS and some basic APP functionality. The second hour will focus more on issues members of the group may be having with specific APPS, features, and social media. This is a great opportunity to iron out any issues you may be having with your device. Please bring your tablet to the session.

## Decluttering – Brian McMillan

**Tuesday, May 31, 2022 @10:00 a.m.**

Everyone has a bit of clutter- well maybe most of us have a lot! Decluttering can eliminate stress, prepare your home for sale, or help settle an estate. Join us as we go room to room deciding what we really need to keep.

**Registration is Open. Deadline to register is Thursday, May 26<sup>th</sup>. No fee**

## Party With a Purpose – SOLD OUT

**Wednesday, May 18, 2022, Cocktails @ 5PM, Dinner @ 6PM**

**Call the office to get on the waiting list as there may be cancellations.**

Annual "Party with a Purpose" Fundraising Dinner at Breezy Bend Country Club. Tickets are \$40, with an \$18 tax receipt and non-members are welcome. Dinner choice is Prime Rib, Chicken with Mushroom Sauce, or Vegetarian Meal.

The Auction will go on display for ticket purchasing at the Centre prior to the event. You do not have to be at the event to win! More details will be provided in early May. Proof of vaccination required at the event.

## The Pros Know

**Thursday, May 26, 2022, from 10:00 a.m. – 3:00 p.m. at Charleswood United Church**

The Pros Know Expos are a unique Expo experience where older adult friendly people, services, and products come together. The expo showcases older adult friendly organizations and businesses we rely on to make life better. Pick up a pamphlet at the office or go to [www.prosknowexpos.ca](http://www.prosknowexpos.ca) for more details. The venue requires proof of vaccination and masking.

**A full list of vendors will be available one week prior to the event. No fee**

## Annual General Meeting

**Wednesday, June 15, 2022 @1:30 p.m.**

Join us for an update on what's happening in the Centre.

The meeting will take place outdoors in the Centre parking lot. In case of inclement weather, the meeting will take place indoors in the MPR.

**Registration opens Monday, May 2nd.**

## Jill's Retirement Send Off

**Friday June 17, 2022 from 1:00 p.m. to 3:00 p.m. in the Centre parking lot.**

**Rain date, Friday June 24<sup>th</sup> from 1:00 pm to 3:00 pm.**

Please join as we wish Jill Baird a happy retirement and thank her for the difference she has made in so many of our lives over the past 18 years.

**Registration information will be available in mid April. All are welcome.**

Charleswood 55 Plus Active Living Centre  
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