



# WHAT'S NEW IN THE WOODS

Spring 2023

## Message from the Centre

Spring doesn't officially start for another few weeks, but the first signs of the coming season can be felt in the air. The winter doldrums are starting to disappear, and the snowbirds are starting to reappear. I love Spring!

Recently I was lucky enough to be able to travel abroad. Like so many others, my travel plans were on hold over the past few years and despite the many challenges we now face with air travel, it was nice to take to the skies again.

Travelling always reminds me of how similar we all are, no matter where we live in the world, and it reminds me of how fortunate I am to live here. Not just in this country, but in this community where a trip to the grocery store or a walk outside means that I will see familiar faces and stop for a chat or two. It's a comforting feeling.

The Centre is very much like that for so many of our members. We are a community. A place full of familiar faces where we are genuinely happy to see one another. We shouldn't take that for granted. Not everyone is so lucky.

Thanks for being part of my community.

Jakee Werbuk, Program Manager

## IMPORTANT DATES

- March 27 Registration begins**
- April 3 Fitness Classes begin**
- April 4 Watercolour Painting begins**
- April 5 Card Making**
- April 12 Lunch of the Month**
- April 17 Paint Party**
- April 20 Creative Writing begins**
- April 22 Quiz Night**
- April 26 Winnipeg Public Library Presentation**
- May 1 Monday Madness Bowling**
- May 2 Nordic Pole Walking begins**
- May 3 Aging in Place**
- May 9 Tips for a Good Night's Sleep**
- May 10 Lunch of the Month**
- May 17 Blood Pressure Clinic**
- May 24 Bada Bingo**
- May 29 Heart Health**
- May 31 Music & Muffins**

**Charleswood 55 Plus Active Living Centre**  
**5006 Roblin Blvd, Winnipeg MB, R3R 0G7**  
**Phone: 204-897-5263**  
**Email: [info@charleswoodseniorcentre.org](mailto:info@charleswoodseniorcentre.org)**  
**Website: [charleswoodseniorcentre.org](http://charleswoodseniorcentre.org)**



Charleswood 55+  
Active Living Centre

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## **Centre Move Update**

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As many of you are aware, our Centre will be moving to a new location in the fall of 2024. We will be operating in the soon to be built Residences of Oakdale but will remain our own independent organization. Whether you are relocating to the Residences or not, all will continue to be welcome at the new location.

In the coming weeks and months, we will be stepping up our communication to our members and the community. We want you to see the progress being made and be aware of the events and opportunities upcoming, including a ground-breaking celebration and information session where you can see the exciting plans and ask questions.

Stay tuned for more information!

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## **Is Your Membership Up To Date?**

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Your membership must be current to register for Centre classes and activities.

If your membership has expired, or will be expiring before registration, please renew your membership.

You can check [online](#) at <https://www.charleswoodseniorcentre.org/> or call the office at 204-897-5263.

Membership is \$30 per year.

The Centre is a membership-based facility and except when specifically stated, you must be a member of the Centre and registered in a program to attend.

### *Some resources you may find helpful.....*

**211 Manitoba** is the front door to community-based government, health, and social services. It is a free, confidential service available 24 hours a day, seven days a week. If you are looking for information on Housing/Assisted Living, In-Home Assistance, Income programs for older adults, Long-Term Care Homes, Mental Health for Older Adults, Recreation for older adults or Retirement homes click on the **older adult's** box at <https://mb.211.ca/> or call 211.

**Home Maintenance Program** provides referrals to individuals in your community who can do various jobs at reasonable rates in housekeeping, meal preparation, yard work, handyman jobs, painting, and carpentry. Contact the program by phone at 204-806-1303 or online [www.gnalc.ca](http://www.gnalc.ca)

**The Family Doctor Finder** helps to connect Manitobans to a primary care provider (family doctor or nurse practitioner). For more information, contact the Family Doctor Finder at 204-786-7111 or go online at [www.gov.mb.ca/health/familydoctorfinder](http://www.gov.mb.ca/health/familydoctorfinder)

**The South Winnipeg Resource Council** connects the 55+ community with many other organizations to provide information, referrals, and support. For more information go online at [www.swsrc.ca](http://www.swsrc.ca) or email [resources@swsrc.ca](mailto:resources@swsrc.ca)

## Registration Process

- Register [online](https://www.charleswoodseniorcentre.org/) at <https://www.charleswoodseniorcentre.org/> or by phone at 204-897-5263. No in-person registration during the March 27, 2023 registration week.
- The Centre has a staggered registration process.

### Registration opens in the following manner:

Monday, March 27<sup>th</sup> at 9:30 a.m. — registration begins for Monday classes and activities and remains open until classes and activities have filled.

Tuesday, March 28<sup>th</sup> at 9:30 a.m. — registration begins for Tuesday classes and activities and continues for Monday classes and activities.

Wednesday, March 29<sup>th</sup> at 9:30 a.m. — registration begins for Wednesday classes and activities and continues for Monday and Tuesday classes and activities.

Thursday, March 30<sup>th</sup> at 9:30 a.m. — registration begins for Thursday classes and activities and continues for Monday, Tuesday and Wednesday classes and activities.

Friday, March 31<sup>st</sup> at 9:30 am — registration begins for Friday classes and activities and continues for Monday to Thursday classes and activities and remains open until all classes and activities are full.

- If you have any questions about the registration process, or are unclear how to register, please give us a call at 204-897-5263.

**To register online your membership must be up-to-date and you are required to sign in with your username and password. If you do not have login information or cannot remember it, please contact the office.**

**To confirm that your membership will be current at registration time, you can check online or call the Centre.**

**It's recommended that you try to log in ahead of registration in case you run into some unexpected problems.**

**ONLINE  
REGISTRATION**

# Fitness Classes

Registration begins the week of March 27<sup>th</sup>, 2023  
 Fitness classes begin the week of April 3<sup>rd</sup>, 2023  
 No classes on Friday, April 7<sup>th</sup> and Monday, May 22<sup>nd</sup>

## **Barre Fitness - Instructor: Deb**

Blends classic ballet, yoga & pilates strengthening exercises with fitness powered by energizing, heart pumping music that makes you want to move. With the support of a ballet barre it will take you through a flow of high-powered sequences.

**Mondays 11:45 am (11 weeks) Cost: \$79.75**

## **Barre Boot Camp - Instructor: Deb**

Barre Fitness with a little bit more. More legs more, more abs, more everything! Perfect for those looking for a little something extra from their Barre class.

**Thursdays 11:45 am (12 weeks) Cost: \$87.00**

## **Beginners Yoga Foundations - Instructor: Cathy**

Introduces the very basics of the yoga practice, where movements are broken down individually. Learn the basic alignment of postures, and breath work. Instruction to move mindfully to increase the awareness of the body in each posture. Emphasis placed on safety and stability. If you have never tried yoga, or are looking to continue, to understand the basic principles of yoga, this class is for you.

**Mondays 2:15pm (11 weeks) Cost: \$79.75**

## **Butts and Guts - Instructor: Deb**

The focus of this class is strengthening and toning your abdominal and core and your gluts. There will be a little low impact cardio to keep things lively.

**Mondays 1:00pm (11 weeks) Cost: \$79.75**

## **Functional Fitness – Instructor: Andrew**

Moves focus on balance, core strength, endurance and multi-joint flexibility. 20 minutes of cardio, 20 minutes of functional strength training, followed by balance training and stretching. Great for all levels.

**Thursdays 1:15 pm (12 weeks) Cost: \$87.00**

## **Gentle Yoga Instructor- Mary Lou**

This invigorating yoga-based class rejuvenates your brain, challenges your balance, tones and strengthens all your muscles and bones. The standing moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. The mat-based moves encompass the last 25-30 percent of the class.

**Tuesdays 1:15 pm (12 weeks) Cost: \$87.00**

**Wednesdays 1:30 pm (12 weeks) Cost \$87.00**

### **Hatha Yoga – Instructor Cathy**

Strengthen, stretch, tone and relax. Whether trying to get in shape, cope with tension or relieve tightness in your body, Hatha Yoga is the classical form of yoga postures and breathing techniques. It increases muscle tone and improves flexibility and concentration and allows you to experience a state of deeper relaxation. Open to all levels of fitness. Not for those requiring chair use.

**Wednesdays 2:45 pm (12 weeks) Cost: \$87.00**

### **IAM Fitness – Instructor: Raul**

Improve & maintain your fitness. 5 minutes of warm up & 20 minutes of cardio followed by 25 minutes of strength work out with a stretch & balance drill to end the class.

**Fridays 12:15 pm (11 weeks) Cost: \$79.75**

### **Pilates - Instructor: Anna**

Exercises are taught on the mat and focus on lengthening and strengthening all your muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies.

**Wednesdays 12:15 pm (12 weeks) Cost: \$87.00**

### **Steel Club Training Class – Instructor: Andrew **NEW****

Steel Clubs are 15 inch unevenly weighted objects that look like little baseball bats. Combining the uneven weight distribution of a club with rotational and swinging movements creates tractional force on the body. Tractional force will decompress joints and lengthen connective tissues allowing for stretching and strengthening in one movement. The class will start with 20 minutes of low impact cardio, followed by 10-15 minutes of club training, 10 minutes of club balance training, 10 minutes of body weight core training and end with flexibility training. This class is suitable for all fitness level.

**Thursdays 2:30 pm (12 weeks) Cost: \$87.00**

### **Sit & Fit**

Does balance concern you? Balance isn't something the body automatically has. Class combines seating and standing for a solid core workout and improvement of your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter. This class is suitable and challenging for all individuals regardless of fitness level. Modifications will be provided based on the individual's needs, and no prior experience is necessary.

#### **Instructor: Alan**

**Tuesdays 10:45 am (12 weeks) Cost: \$87.00**

**Tuesdays 12:00 pm (12 weeks) Cost: \$87.00**

**Thursdays 10:30 am (12 weeks) Cost: \$87.00**

#### **Instructor: Anna**

**Wednesdays 11:00 am (12 weeks) Cost: \$87.00**

## **Strength Training With Weights & Resistance Bands – Instructor: Doreen    **NEW****

This class helps maintain healthy bone density. It prevents fewer fractures from falls. Also building muscle can help absorb the shock of falls. This class is suitable for all levels of fitness. For those who prefer, chairs may be used during the mat portion of the class.

**Tuesdays 9:30 am (12 weeks) Cost: \$87.00**

## **Stretch Class – Instructor: Debby**

This class explores yoga postures, focusing on lengthening and toning your muscles. You'll use Bender balls, yoga blocks, chairs, and the wall to help you tuck into those hard-to-reach tension areas, such as hip and shoulders. And you'll practice better pelvic alignment promoting longer, more supple hamstrings.

**Monday 10:30 am (11 weeks) Cost: \$79.75**

## **Total Body Fitness – Instructor: Eleanor**

Class starts with a warm-up, pre-cardio, and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & those looking for a moderate work-out.

**Mondays 9:15 am (11 weeks) Cost: \$79.75**

**Wednesdays 9:30 am (12 weeks) Cost: \$87.00**

## **Weight Training – Instructor: Raul**

Strength and Stretch with Balance. Using your own body weight and bands, and a series of strengthening exercises and balance drills with a relaxing stretch to end the class.

**Fridays 11:00 am (11 weeks) Cost: \$79.75**

## **Yin Yoga – Instructor: Mary Lou**

A slower pace style of yoga that incorporates principles of traditional Chinese medicine with postures. Consists of fewer poses which work the connective tissue of the body; the tendons, ligaments and fascia. These are areas of our bodies we do not always consider but need stretching until one reaches their place of resistance, holding in stillness, and holding for time. Working these parts of our bodies assists with arthritis, stiffness and mobility issues. Yin Yoga teaches a deeper breath which calms body and mind and is a beautiful balance to the Yoga Flow.

**Tuesdays 2:30 pm (12 weeks) Cost: \$87.00**

## **Zumba – Instructor: Rhiz**

A great opportunity to exercise and have fun. Dance to great music, with great people and burn a ton of calories without even realizing it.

**Thursdays 9:00 am (12 weeks) Cost: \$87.00**

**Bands for classes can be  
purchased at the Centre  
for \$5.**



## NORDIC POLE WALKING

Learn to walk the Nordic way with poles. It's for fitness and fun and is done at your own pace.

**Starts Tuesday, May 2<sup>nd</sup> at 10:00 am – runs for 6 weeks with possible extension.  
Registration opens March 28, 2023 @9:30am cost \$10**

Instruction is provided by Paul Krepps  
NCCP certified Level 2 cross country ski coach & NCCP certified Level coaching instructor

Bring your own poles, some may be available to borrow (check with the Centre)  
Bring a water bottle, and gloves if needed.

**As well as learning to walk with your poles,  
instruction will include how to adjust, and use your poles  
efficiently, warm up exercises and warm down exercises.**

Maximum group number is 6.

**Meet in Caron Park, in River West Charleswood (walking locations may vary).**



## SWING DANCE FOR SENIORS

**Starts Friday, April 14, 2023, 1:30 pm (6 weeks) cost \$20  
Registration opens March 31, 2023 @9:30am**



Join instructor Eleanor Single as you swing dance in 3 basic timings -also known as jive, jitterbug and swing dancing. Swing Dancing can improve balance, stamina, flexibility and muscle strength. You'll enjoy music from the 30s through to 70s.

A portion of costs covered through the Government of Canada New Horizons Grant.

## PICKLEBALL

Westdale Community Centre, 550 Dale Blvd.

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport has been growing in popularity among seniors as it is easier to play than tennis. The speed of the Pickleball is slower than that of a tennis ball and the court is a third of the size. Game is suitable for all levels. Novice and experienced players welcome. We do not offer beginner specific time slots.

**Mondays April 3 – June 19 - cost \$44** (registration opens March 27)  
**Wednesdays April 5 – June 21 - cost \$48** (registration opens March 29)  
**Fridays April 14 – June 23 - cost \$44** (registration opens March 31)



**NOTE: there is no Pickleball on Friday, April 7<sup>th</sup> & Monday, May 22<sup>nd</sup>.**

# Presentations

## Winnipeg Public Library

**Wednesday, April 26, 2023, 1:00pm. No cost to attend**

**Registration opens March 29, 2023 @9:30am**

Come learn about what Winnipeg Public Library has to offer! The Library offers a variety of services including a broad range of collections, free programs for all ages, information services and digital resources. Register for your free library card after the information session.

Presented by Nadine McCaughan, Branch Head Librarian at Charleswood Library

## Aging in Place

**Wednesday, May 3, 2023, 1:00pm. No cost to attend**

**Registration opens March 29, 2023 @9:30am**

We all want to age in place for as long as we can. Once we are in a home that allows us to do that there are many improvements you can make for your convenience and safety.

Brian McMillan of *My Empty Nest* will discuss this as well as government and private homecare options.

## Tips for a Good Night's Sleep

**Tuesday, May 9<sup>th</sup>, 2023, 10am No cost to attend**

**Registration opens March 28, 2023 @9:30am**

Discussion will cover the benefits of good sleep, what can cause sleep disturbance and what can be done to improve overall sleep quality.

Presented by:

Healthy Aging Resource Team St. James/Assiniboia Assiniboine South

## Heart Health

**Monday, May 29<sup>th</sup>, 2023, 10am No cost to attend**

**Registration opens March 27, 2023 @9:30am**

What you can do to keep your beautiful heart healthy and how can you reduce your risk of Heart Disease and Stroke? Join us and find out!

Presented by:

Healthy Aging Resource Team St. James/Assiniboia Assiniboine South

## Classes and Workshops

### Watercolour Painting

**Starts Tuesday, April 4, 2023 10:00 am (4 weeks) Cost is \$25.00**  
**Registration opens March 28, 2023 @9:30am**

Are you interested in learning how to paint with instruction from local artist Virginia Stephenson? This course will cover the basics of watercolour painting and is suitable for novice and returning participants. You will be required to purchase some basic supplies.

The supply list will be sent to you following your registration.

### Creative Writing

**Starts Thursday, April 20, 2023 10:00 am (8 weeks) Cost is \$40.00**  
**Registration opens March 30, 2023 @9:30am**

It's never too early to think of spring. Nature will be bursting with restored energy, thrusting new life into earth, sea, and sky. Make plans now to capture some of your reawakened energy in a creative writing circle designed to support each participant's dream writing project. Whether it's something you've been working on for a while or something that you started and then paused or something that is just beginning to tickle your creative juices, this class will encourage, support and help you move forward with your project. Instructor Sharon Hamilton is a published author and experienced teacher of writing.

A portion of costs covered through the Government of Canada New Horizons Grant.

### Card Making

**Wednesday, April 5, 2023, 1:00 pm**  
**Registration opens March 29, 2023 @9:30am**  
**Cost is \$10.00 – maximum 15 participants**

All levels, from beginners to seasoned painters. You will make 3 cards suitable for any occasion. Send one to a friend or frame it for the wall. All watercolour supplies provide. Instructor Karen Wokes.

### Paint Party

**Monday, April 17, 2023, 10:00 am**  
**Registration opens March 27, 2023 @9:30am**  
**Cost is \$10.00 – maximum 20 participants**

Instructor Karen Wokes will help you channel your inner creativity. She'll guide you through the steps to produce your own masterpiece with water soluble acrylic paint to create a masterpiece. Suitable for those with and without experience. All supplies will be provided.



A portion of costs covered through the Government of Canada New Horizons Grant.

# Get-togethers

## Bada Bingo

Wednesday, May 24, 2023, 1:00 pm  
Registration opens March 29, 2023 @9:30am  
\$5 donation at the door includes 2 Bingo cards per game  
Additional cards 50 cents each  
A fun afternoon of Bingo, Prizes and Snacks



## Music & Muffins

Wednesday, May 31, 2023, 1:30 pm  
Registration opens March 29, 2023 @9:30am No cost to attend

Come join the fun this day with Rick Roschuk & Trish Bennett as the former lead singer of The Twilights performs blasts from the 50's, 60's & 70's with various Crooner and Country hits.



Music to put the 'Spring' in your heart with light-hearted laughter and memories from the past.

Costs covered through the Government of Canada New Horizons Grant.

# Outings

## Monday Madness Bowling

Monday, May 1, 2023, 1:30 pm,  
Registration opens March 27, 2023 @9:30am

5-Pin Bowling – \$10.99 per person  
(Pay at the bowling alley. Pre-registration required)  
Includes 2 Hours of Unlimited Bowling and Shoe Rental



Westwood Lanes & Games, 479 Westwood Drive  
Let us know if you need a ride or can offer a ride to others.



**Myrna DRIEDGER**  
MLA for Roblin

t. (204) 885-0594  
www.myrnadriedger.com




## Lunch of the Month

Join fellow Centre Members for the Lunch of the Month on the second Wednesday of the month. **Registration opens Wednesday, March 29, 2023**

Sign up online or call the office to register. Members may register for themselves and a guest. We take the registrations and call the selected restaurant with the numbers. You are responsible for paying for your own lunch.

**Wednesday, April 12, 2023 @ 11:45am – Headingley Grill, 66 Bridge Rd, Headingley**

**Wednesday, May 10, 2023 @11:45am – Ye's Buffet, 616 St James St. Lunch (Buffet \$17.99. 55+ receive 20% off with photo ID)**



## Health & Wellbeing

### Blood Pressure Testing Clinic

Come join the *Nurse Next Door* team May 17th from 1:00pm - 3:00pm for a professional blood pressure reading. They would love the opportunity to meet you, introduce you to their Nurse Next Door team, and help keep you educated on your health. If you are attending this clinic, please be sure to wear clothing that makes your bicep(s) easily accessible.



**DATE: Wednesday, May 17<sup>th</sup>**  
**TIME: 1:00-3:00pm**  
**Appointments booked in 10 minute intervals.**

**Call the Centre at 204-897-5263 starting March 29<sup>th</sup> at 9:30am to book your spot. No online registration.**

## Cards & Games

Cards & games run from September to June. Many of these activities are full for the year and there is limited space available in others. Check the online registration on the website or call the office to see if there is room. \$20 per year.

### BRIDGE

Mondays at 1:00 pm - For those who know the game. No instruction.

### CANASTA

Tuesdays at 1pm

### CRIBBAGE

Tuesdays at 1:00 pm

### RUMMOLI

Thursdays at 1pm

### Mah-Jong

Thursdays at 1pm



### BOCCE BALL

Enjoy some friendly competition.

Fridays at 10am  
in the MPR

### BADMINTON

Non-competitive! You can bring your own racquet or use one of ours.

Fridays 9:15 am

## Special Interest Clubs/Groups

The following special interest groups run from September to June. Registration is open. **If a group is full, call the office to get on the wait list.**

### Book Clubs

#### ZOOM Book Club

Meets via ZOOM the **2nd Monday of the Month at 1:00 pm**



#### Mystery Book Club

Meets the **3rd Monday of the month at 1:00 pm**  
in the MPR at the Centre.

#### Ladies in Stitches Knitting Club

Knitting shawls for Cancer Care & other charities.

Groups meets the **last Thursday of the month at 10:30 am**. Wool is always appreciated.

Cost \$2 the first time you attend.



## Jam Sessions

Love to sing? Play an instrument? Join the Jammers. A fun music group and a great way to meet new people. Group meets **Wednesdays at 10:00 a.m.** There are no Jam Sessions on the third Wednesdays of the month.

Bring your own instrument.

Registration required.



## Bent Brush Club

Fridays at 12:30 (Group is full. Add your name to the wait list).

A place where artists and would-be-artists of all skill levels, styles and media have a regular paint get-together. BYOG (Bring Your Own Gear) plus a plastic cloth to cover the tables. No designated instructor; just friends painting with friends. Doesn't get any better than that!



## PUZZLES

We have lots of puzzles.

Stop by the Centre to pick one up or drop one of for others to enjoy.



## Cancellation/Refund Policy

In the event that the Centre cancels a class, program or activity we will refund you or credit your Centre account for the full amount of the cancelled activity.

Refunds or account credits will be provided if you withdraw from an activity 2 business days before it begins. When an activity encompasses a group of dates, this applies to withdrawal prior to the first scheduled class and is not applicable once the classes have begun.

Activities involving payment to a third party – such as admission to venues and other fees - are non-refundable.

We recognize that on occasion special circumstances arise. Please call us if you have a concern with a class withdrawal.

# Fundraising Events

## Party With A Purpose – Change in Date & Format

This year's Party With A Purpose is **BRUNCH**  
at Breezy Bend Golf Club  
Sunday June 4<sup>th</sup> at 11:30am

It's the Centre's most important fundraising event of the year. Please plan to join us and bring your friends and family.

As in the past there will be tickets to purchase for silent auction baskets, A 50/50 draw, and a delicious brunch to enjoy while you reconnect with others.



Brunch tickets are \$50.00 and we will let you know once they are available.

### Quiz Night

April 22, 2023

Put your knowledge to the test!

Saturday, April 22, 2023, at the Centre. Doors open at 6:30pm, be in your place for 7:00pm.

- Snacks will be provided, and you can bring snacks for your table if you wish.
- Have fun with old and new friends!
- Tables of 8
- 50/50 Draw

\$20 per person. Register as a group, pair or single! Open to everyone. Invite your friends and family!

Registration starts March 13<sup>th</sup> at 9:30am Call the Centre to register, no online registration.

Interested in sitting on the fundraising committee?

Please let the office know. We'd love to have you.



# MARTY MORANTZ

MEMBER OF PARLIAMENT FOR  
CHARLESWOOD-ST.JAMES-ASSINIBOIA-HEADINGLEY

**CONSTITUENCY OFFICE**  
3092 Portage Avenue, Unit D  
Winnipeg, MB R3K 0Y2

204-984-6432

Marty.Morantz@parl.gc.ca

@MartyMorantz

@Marty\_Morantz

# The Pros Know **55 Plus** Active Living & Resource EXPOS

Bringing the products & service resources needed by older adults to older adults in our community!

**On-Line Information Hub!**



Manitoba Association of Senior Communities



**Charleswood United Church**  
**4820 Roblin Blvd.**  
**Thursday, May 25th**  
**9:30am - 2:00pm**



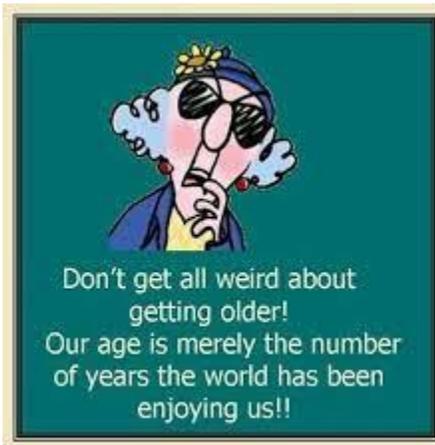
Your MASC Hosts:  
**Charleswood 55+ Active Living Centre**

For more Expos information:  
**204.414.9290**

[www.prosknowexpos.ca](http://www.prosknowexpos.ca) or [email:redroadmusic@shaw.ca](mailto:redroadmusic@shaw.ca)

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Gym Weekly Fitness Schedule</b>				
Total Body Fitness 9:15am	Weights/Resistance 9:30am	Total Body Fitness 9:30am	Zumba 9:00am	Badminton 9:15am
Stretch Class 10:30am	Sit & Fit 10:45am	Sit & Fit 11:00am	Sit & Fit 10:30am	Weight Training 11:00am
Barre 11:45am	Sit & Fit 12:00pm	Pilates 12:15pm	Barre Boot Camp 11:45am	IAM 12:15pm
Butts & Guts 1:00pm	Gentle Yoga 1:15pm	Gentle Yoga 1:30 pm	Functional Fitness 1:15pm	Seniors Swing Dancing 1:30pm
Beginners Yoga Foundations 2:15pm	Yin Yoga 2:30pm	Hatha Yoga 2:45pm	Steel Club Training 2:30pm	

## CENTRE BOARD OF DIRECTORS

### EXECUTIVE

PRESIDENT – SHERRY MOONEY  
 PAST PRESIDENT – AGATHA ROHS  
 TREASURER – CHARLENE BEAUDOIN  
 SECRETARY – NINA LOGAN

### MEMBERS

MAXINE BRYAN  
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 DANIEL GRAHAM  
 KENN MCDONALD  
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### CENTRE STAFF

KRISTAL LAMINMAN – CENTRE MANAGER  
 JAKEE WERBUK – PROGRAM MANAGER  
 DEBBIE BAXTER – ADMIN ASSISTANT

**Charleswood 55 Plus Active Living Centre**  
**5006 Roblin Blvd, Winnipeg MB, R3R 0G7 Phone: 204-897-5263**  
**Email: [info@charleswoodseniorcentre.org](mailto:info@charleswoodseniorcentre.org)**  
**Website: [charleswoodseniorcentre.org](http://charleswoodseniorcentre.org)**  
**Hours: Mon-Thurs 9:00am to 4:00pm & Friday 9:00am to 3:00pm**