

WHAT'S NEW IN THE WOODS



Charleswood 55+
Active Living Centre

Summer Update 2022

Summer at the Centre

During the months of July and August the Centre will be open on Tuesdays, Wednesdays, and Thursdays from 9:00am to 3:00pm.

A limited complement of fitness classes will run in 2 four-week sessions but there will be no other regular scheduled activities.

We are looking into a few social activities during the summer so we can stay connected and will provide that information as those events are scheduled.

Summer class information, including registration, can be found on page 2 and 3 of this newsletter.

Information for the fall classes and activities will be available in mid-August.

Have a wonderful summer.

Is Your Membership Up To Date?

Your membership must be current to register for all Centre activity.

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

You can check online or call the office at 204-897-5263.

IMPORTANT DATES

June 13 – Registration for all summer classes opens

June 15 - AGM

June 17- Jill's retirement send off

July 1- Canada Day – Centre closed

July 5 – Summer Session 1 begins

August 2 – Summer session 2 begins

September 5 – Labour Day – office closed

September 6 – Regular office hours resume

September 8 – Open House & Welcome Back BBQ

September 12 – Fall Registration begins

September 19 – Fall classes begin

Charleswood 55 Plus Active Living Centre
5006 Roblin Blvd, Winnipeg MB, R3R 0G7 Phone: 204-897-5263

Email: info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Summer Fitness Classes

Session 1 runs from Tuesday July 5 – Thursday July 28

Session 2 runs from Tuesday August 2 – Thursday August 25

Cost is \$29 for each 4-week session. All classes are indoors at the Centre.

Total Body Fitness – Instructor: Eleanor

A warm-up, pre-cardio and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & moderately fit.

Summer Session 1

Tuesdays 9:30am July 5 - July 26

Wednesdays 9:30am July 6 - July 27

Summer Session 2

Tuesdays 9:30am August 2 - August 23

Wednesdays 9:30am August 3 - August 24

Sit & Fit Pilates– Instructor: Alan

Your brain has to teach your body balance. Participants stand & hold on to the back of the chair while slowly doing simple balance exercises. Combining the seated portion of the class with the standing portion improves your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter.

Summer Session 1

Tuesdays 10:45am July 5 - July 26

Summer Session 2

Tuesdays 10:45am August 2 - August 23

Gentle Yoga Instructor: Mary Lou

This invigorating yoga-based class rejuvenates your brain, challenges your balance, tones and strengthens all your muscles and bones.

Summer Session 1

Wednesdays 11:30am July 6 - July 27

Summer Session 2

Wednesdays 11:30am August 3 - August 24

Zumba – Instructor: Rhiz

A great opportunity to exercise and have fun.

Summer Session 1

Thursdays 9:00am July 7 - July 28

Summer Session 2

Thursday 9:00am August 4 - August 25

Barre Fitness – Instructor: Heather

Class blends classic ballet, yoga & pilates strengthening exercises with fitness.

Summer Session 1

Thursdays 10:30am July 7 - July 28

Summer Session 2

Thursday 10:30am August 4 - August 25



Registration Process

We continue to use the online and by phone registration process.

Registration will open for all summer classes (both sessions) on Monday June 13th at 9:30 am and will remain open until classes are full.

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- Register online at charleswoodseniorcentre.org.

- We are continuing with the lower than capacity limits in classes that was implemented during the onset of COVID but have increased our numbers slightly from the previous sessions.
- In order to register online you are required to sign in with you user name and password. If you do not have login information or cannot remember it, please contact the office.
- We recommend that you try to log in ahead of registration in case you run into some unexpected problems.
- If you have any questions about the registration process, or are unclear how to register, please give us a call at 204-897-5263.

Cancellation/Refund Policy

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

Refunds or account credits will be provided if you withdraw from an activity 48 hours 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.

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

Please note we do not issue refunds for membership dues.

Masking & Vaccinations

As of July 1,2022, masking will be optional, but recommended, throughout the Centre and proof of vaccination will no longer be required. The Board of Directors reserves the right to alter these policies as they deem necessary or in keeping with any changes to government guidelines/Public Health Orders.

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Save The Date

OPEN HOUSE & WELCOME BACK BBQ

- Thursday September 8, 2022, from 10:00am to 2:00pm at the Centre.
- Schedule of events will include a meet and greet, free fitness class demonstrations, and a little lunch.
- Stay tuned for more information in the August newsletter and don't forget to bring a friend!

AGM

June 15, 2022

1:30 – 3:30 in the Centre parking lot

- Registration is required to attend the Centre's Annual General meeting on June 15th at 1:30pm in the Centre's parking lot.
- There are 50 spots and in the event of rain, we will move indoors.
- If registration is full, please get on the wait list as it is possible that spots will open up on the day of the meeting if the meeting will definitely be outdoors.
- If you want to know what went on last year and what you can expect in the coming year, you should plan to attend. [Register online](#) or call the office at 204-897-5263.

Jill's Retirement Send Off

June 17, 2022

1:00 - 3:00 in the Centre parking lot

- 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.
- Rain date, Friday June 24th from 1:00 pm to 3:00 pm.
- Register [online](#) or call the office at 204-897-5263.
- Light refreshments



MARTY MORANTZ

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

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Party With A Purpose

Thank you thank you thank you!

Our annual Party With A Purpose Fundraising Dinner was held
On May 18, 2022 at Breezy Bend Country Club.

Thank you to everyone who attended, bought auction tickets, volunteered, sponsored the evening and donated prizes. A great time was had by all. The tally is in, and the evening raised over \$12,000 for the Centre.

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PARTY WITH A PURPOSE

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