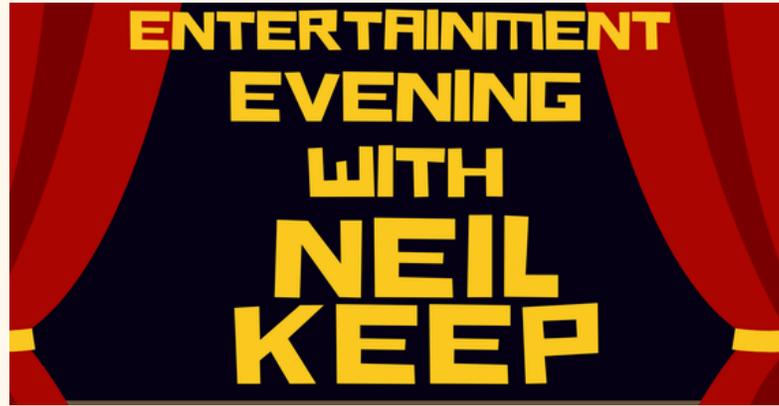


CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, MARCH 6TH, 2026

New!



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Online 50/50*
- *Entertainment Evening with Neil Keep*
- *Program Suggestions*
- *Plant Sale*
- *Reception Volunteer Opportunities*
- *Vic + the Invisible Trio*
- *March Fundraiser Lunch*
- *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.

Online 50/50

Our online 50/50 is now live! Buy your tickets today to support the Centre, and give yourself a shot at taking home half the pot!

LGCA 7911-RF-49516

BUY TICKETS HERE:

<https://charleswoodactiveliving.rafflenexus.com/a/eblasts>

You can also buy tickets in person at the Centre.

Entertainment Evening with Neil Keep

Enjoy a night out with entertainer Neil Keep Saturday March 21st. Neil uses famous songs, character voices, short stories and gentle humour to engage and energize audiences. Though most of his shows are straight-up entertainment, audiences often dance, sing, clap and tap along to the incredible music he brings. A few sing-alongs are usually on tap for those who like to sing along.

Door open: 7:00

Music begins: 7:30

Program Suggestions

Fill out this questionnaire with any suggestions for upcoming programming!

<https://forms.gle/6veAP5CtkqigYPMD9>

Plant Sale

Our Plant Fundraiser is live, and it's the perfect time to brighten your home or garden while supporting the Centre!

- Order early to help ensure you get your preferred plants, popular items go fast!
- Pick-Up Day: Sunday, May 24, 2026 at Charleswood Active Living Centre (357 Oakdale Drive)
- Pick-up time to be announced
- Support CALC: Please note that CALC only receives fundraising proceeds when you select Charleswood Active Living Centre (CALC) as your pickup location. In-store pickup or local delivery does not support the fundraiser.
- Get started here:

<https://glenleagreenhouses.com/collections/fundraiser-group-selection>

(Be sure to choose Charleswood Active Living Centre (CALC) when ordering!)

Thank you for supporting our programs, every plant makes a difference!

Coming Soon: Reception Volunteer Opportunities

We'll soon be looking for friendly volunteers to support our Reception Team over the summer, and we wanted to give you a heads-up so you can start thinking about whether this might be a good fit for you!

Likely shift options:

- Morning: 9:00 AM – 12:00 PM (opening)
- Afternoon: 1:00 PM – 4:00 PM (closing)

What this role involves:

- Helping members in person and over the phone
- Using a computer system (training provided)
- Light cash handling
- Being a welcoming first point of contact at the Centre

We'll provide training, helpful cheat sheets, and support to make sure you feel confident in the role. More details and sign-up information will be shared soon, for now, just see if it might be something you'd enjoy!

Vic + The Invisible Trio

Wednesday, March 11th at 2:00pm we have another entertainment session.

Vic brings the charm with classic hits and feel-good favorites that everyone knows and loves. With plenty of sing-alongs and nostalgic tunes, it's sure to be a fun and lively afternoon for all!

Register now!

March Fundraiser Lunch

On Friday, March 13th at 11:30am we have a Centre Fundraising Lunch that will be decorated for St Patrick's Day. There are a couple spots left for the lunch and for \$10 you will be served loaded baked potato soup, bread, dessert and coffee

Enjoy a delicious lunch surrounded by familiar faces and new friends, all while helping strengthen the Centre we love. It's the perfect way to connect, support and savour something special. Register now!



CASINO ♣ TRIP

APRIL 14TH 2026

COST:
\$40/PERSON

Includes: transportation, \$25 player card, lunch
Departs: 9:00am from the Safeway parking lot 3900 Grant
Travel time: 1h30mins
Depart casino: 3:00pm
54 spots available, open to all. No membership required.
Registration opens: Tuesday, March 10th 9:30am 2026
(in person, online, or call 204-897-5263)
Registration deadline: Tuesday, April 7th, 2026


Sand Hills

CHARLESWOOD ACTIVE LIVING CENTRE PRESENTS

**ENTERTAINMENT
EVENING
WITH
NEIL
KEEP**

SATURDAY, MARCH 21

SHOW STARTS AT 7:30PM

DOORS WILL OPEN AT 7:00PM

@CHARLESWOOD ACTIVE LIVING CENTRE

TICKETS: \$25

\$20 (CASH DISCOUNT)

204-897-5263

Enjoy a lively performance with Neil as he blends well known songs, playful voices, and light humour into an engaging experience. Get ready to find yourself clapping, tapping, and joining in on a few sing alongs.



Around the Community

Provincial Support Services to Seniors Education Session

March 10, 2026

What you need to know about
Older Adult Fraud Prevention & Support Resources



The Provincial Support Services to Seniors network invites our health region staff, volunteers, community-based senior serving organizations and members working with older adults in the community who wish to learn more about older adult fraud prevention and support resources.

DATE: March 10, 2026

TIME: 1:30 PM to 2:30 PM

Join the session on the day of by clicking below at:

[Join the meeting now](#)

Meeting ID: 267 130 340 139 4

Passcode: tB7os9Su or you can

dial in by phone at:

1 204-815-1742

Phone ID: 467 643 490#

PRESENTERS:

Erika Miller, Manager, Education & Communications

Manitoba Financial Services

Marko Bilandzija, Communications Coordinator

Manitoba Financial Services

This session will focus on:

- Recognizing fraud
- Prevention Tips
- How Manitoba Financial Services can help

Around the Community



**SAVE
THE DATE
MARCH 17-19**

REGISTRATION
DEADLINE
EXTENDED

NOW CLOSES:
FEB 27th

**Manitoba
55+ Games**
PRESENTED BY **PLAYNOW**

CALLINGALL MB CURLERS JOIN US MARCH 17-19 IN MORDEN & WINKLER

Mark your calendars for **CURLING** in the upcoming 2026 Manitoba 55+ Games!

4 Person Curling

- 55+ - Men's, Women's &
- Mixed 65+ - Men's, Women's
- & Mixed 75+ - 4 Person Open

2 Person Stick Curling

- Under 70 - Men's, Women's & Mixed
- 70+ - Men's, Women's & Mixed

Registration Fees

- 2 Person Stick Curling: \$80/Team
- 4 Person Curling: \$160/Team

Entry deadline: Feb. 10, 2026. Early entry encouraged as entry limits may have to be implemented for equity in all divisions.

For more information visit our website: www.activeagingmb.ca, email: info@activeagingmb.ca or call: 204-632-3947.

*all participants must be at least 55 years old by Dec 31, 2026



Around the Community

Joey Gregorash Off The Cuff

Public Event



My Smaller Nest

Subscribe



Sat, Mar 14 7:00 PM - 10:00 PM CST



1755 Portage Ave, Winnipeg, MB R3J 0E6, Canada

About this event:

Join Joey for an evening of his hits and favorite songs from the 60's and 70's. Special guest Nadia Douglas and musicians Richard Boughton and Brian McMillan will add their magic to a night to remember.

Click here for tickets: [Joey Gregorash Off The Cuff | 3Common](#)

Sleepwell Seminar

National webinar on sleep solutions for midlife and menopause, hosted by Dalhousie University's Sleepwell Research & Knowledge Mobilization team in celebration of Sleep Awareness Week (March 8-14).

DATE: March 10, 2026 TIME: 6:30 PM EST

Join via Zoom

This session will:

Explore some of the midlife changes that may lead to insomnia
Introduce evidence-based strategies from Cognitive Behavioural Therapy for Insomnia (CBT-I). Provide practical tools you can start using right away to improve your sleep

This event is open to all.

Ha-Ha-Highlights

I started a band called 999 Megabytes. We haven't gotten a gig yet. 🖥️🎸

I tried to organize a hide-and-seek tournament. But good players are really hard to find. 🤔🔍

I used to be addicted to soap. But I'm clean now. 🧼✨

I once made a pencil with two erasers. It was pointless. ✎️🧑🏻♂️♂️

I told a clock it was running slow. Now it's ticked off. 🕒😡

I invented a new word: plagiarism. 📄😏

Why did the stadium get hot after the game? Because all the fans left. 🏟️👤👤👤

Why did the orange stop halfway across the road? It ran out of juice. 🍊🥤

Why did the banana go to the doctor? It wasn't peeling well. 🍌👨🏻⚕️

I asked the electrician if he had any hobbies. He said he's currently into light reading. 💡📖

Have a great weekend!

Dana Poulton

Program Coordinator