



CENTRE UPDATE – JUNE 28, 2024

Reminders & Centre Info

Summer Hours & Centre Communication

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

If you need to reach the office, please call us at 204-897-5263 or email info@charleswoodseniorcentre.org. If you email either Kristal or Jakee directly you will not receive a response until after Labour Day.

Summer Fitness Classes

The July session of summer fitness classes starts next week, Tuesday July 2nd. There is still room to register in some session 1 classes and some session 2 classes. Click [here](#) to see what's available and to register online or call the office at 204-897-5263.

Fall Newsletter

The newsletter with the fall programming will be available on our [website](#) on Friday, July 5th. The link will be emailed out but if you don't receive it just go to the website and click on "Get the Newsletter".

Business Profile Features

This week's Business Profile Features are *The Seniors Moving Company* and *Associated Auto Auction Ltd.*

The Seniors Moving Company

"If you are feeling overwhelmed by the thought of downsizing, packing, moving or managing with an estate, you are not alone. We have been assisting older adults in the Winnipeg region for 18 years, committed to our core values of compassion and understanding."

Click [here](#) for the full Business profile.

Click [here](#) for a link to the website.

Associated Auto Auction Ltd.

Associated Auto Auction offers both buyers and sellers a transparent and efficient way to buy and sell vehicles. Avoid the hassle of doing it yourself and let us take care of your buying or selling needs.

For more information go to <https://associatedautoauction.com/>

Resources you may find helpful

Manitoba Safe and Healthy Home for Seniors

Funded by the Manitoba Government Department of Health, Seniors and Long-Term Care, the Safe and Healthy Home for Seniors Program provides funding for basic and essential devices or adaptations for seniors facing barriers within their homes.

The goal of the program is to create an accessible, barrier-free living space where a low-moderate income senior with a condition or limitation can complete basic activities of daily living (eating, bathing, toileting, transferring, and mobility) or getting in and out of their home to access essential medical care and community services safely, independently and with dignity.

Grant Amounts

If eligible, you may apply for:

- Up to \$5,000 for basic and essential accessibility solutions, every three years, to a lifetime maximum of \$15,000.
- Up to \$6,500 for basic and essential accessibility solutions **if** the applicant resides in a rural or remote area of Manitoba, every three years, to a lifetime maximum of \$15,000.

Applications will be prioritized based on the assessed needs of the applicant.

For assistance in completing the application please call 1-866-906-6006

Website: <https://www.marchofdimes.ca/en-ca/programs/am/mshhs/Pages/SHHS.aspx>

Some Goings-on in the Community

Senior Yoga in the Park with Mary Lou MacGregor

Wednesday, August 7th, 2024 at 10:30am. Meet at the Duck Pond for free Yoga in the Park! Bring a lunch and join us for a bite afterwards!

Always lovely to do yoga under the trees!

Call Mary Lou 204-612-0312 if any questions.

Don't forget about all the Canada Day Celebrations going on:

2024 Canada Day – Fireworks, Festivals & Long Weekend Events

Click on the link below to find out where to celebrate

<https://www.todocanada.ca/canada-day-winnipeg-celebrations-fireworks>

Winnipeg Fringe Theatre Festival

July 17-28, 2024

Get Your Tickets, Passes & Program Today!

<https://www.winnipegfringe.com/>



A few funnies for your enjoyment

- A rabbit runs, hops, & only lives 15 years, while a tortoise doesn't run, does mostly nothing, yet it lives for 150 years. And they tell us to exercise? I don't think so.
- These days, I spend a lot of time thinking about the hereafter . . . I go somewhere to get something, and then wonder what I'm "here after".
- Why can't you trust chemists? Periodically, they're wrong.
- Two kittens had a big fight. It was a cat-tastrophe
- Why did the pony ask for a glass of water? It was a little horse
- Did you hear about the math teacher that plowed a field? He used a protractor.
- Why was the broom late to work? It over-swept.
- How do you put a spaceship to sleep? You Rocket!
- Did you hear about the girl who cut off the left side of her body? She's all right.

During July and August there will be no Friday updates. Please call the office if you have any questions.

Have a wonderful weekend
and a wonderful summer.
Jakee Werbuk
Program Manager

