



CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, JANUARY 2ND, 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *Open Programs*
- *Book Club Book
Pick up*
- *Volunteer
Opportunities*
- *Cancelation
Policy*
- *Payment Policy*
- *New Sit + Fit*
- *Around the
Community*
- *Ha-Ha-Highlights*

Winter Session Open Programs

After a busy registration week there are some programs that still have space to register for.

Programs that need participants to run include:

Barre: MONDAY 5:30pm
Chair Dance: THURSDAY 10:15am
Rummoli: THURSDAY 1:00pm
Yin Yoga: TUESDAY 5:30pm
Creative Writing: FRIDAY 9:00am

Fitness Classes + Games that still have space include:

Bocce Ball: FRIDAY 11:00am

Bone Building Health & Muscle Strength: WEDNESDAY 11:30am

Bridge: MONDAY 2:15pm

Canasta: MONDAY 1:00pm

Dynamic Movement: FRIDAY 10:30am

Fit & Tall: FRIDAY 11:45

HITT: TUESDAY 9:00am

Jammers: WEDNESDAY 2:00pm

Mahjong: THURSDAY 2:00pm

Mystery Book Club: 3rd Tuesday of the month

PACE: THURSDAY 2:00pm

Stretch Class: MONDAY 11:45am

Stretch Class: WEDNESDAY 9:00am

Zumba: MONDAY 9:15am

Zumba: THURSDAY 9:00am

There are still many other special interest and special events with space, find something that interests you here:

<https://charleswood.recdesk.com/Community/Program>

Book Club Book Pick Up

The first book club meeting held on February 3rd will be reading the book Valley of the Birdtail by Andrew Stobo Sniderman and Douglas Sanderson. This book follows multiple generations of two families, one white and one Indigenous, and weaves their lives into the larger story of Canada. It is a story of villains and heroes, irony and idealism, racism and reconciliation. Valley of the Birdtail has the ambition to change the way we think about our past and show a path to a better future.

Please pick up your copy of the book at the front desk.

Volunteer Opportunities

We are collecting names of everyone interested in volunteering.

Please fill our volunteer form out here

<https://www.charleswoodseniorcentre.org/volunteer> to stay up to date with all volunteering opportunities.

Cancellation Policy

Please review our cancellation policy found here:

<https://www.charleswoodseniorcentre.org/cancellationpolicy>

Payment Policy

Reminder: All invoices are due and must be paid within 48 hours of creation, unless prior arrangements have been made with a staff member. If you're unsure whether you have an outstanding balance, please check your account or contact the Centre for assistance.

New Sit + Fit

Pilates at 12:45-1:45 on Thursday has now been changed to another Sit + Fit this is with instructor Alan.

Please register here:

<https://charleswood.recdesk.com/Community/Program/Register?programId=1973>

Class Absences

If you are aware of any upcoming absences this session, please contact the Centre to let us know. This helps us manage class numbers and keeps us informed.

Volunteer Opportunities

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Around the Community

Provincial Support Services to Seniors Network

Education Session

Everything you need to know about 211 Manitoba



211 Manitoba
Help Starts Here.
Call **2·1·1**
or search mb.211.ca to
find the right help for you.

United Way
Winnipeg

This session is geared towards funded Support Services to Seniors 55+ serving organization board and staff members and older adult service providers across Manitoba who work with older adults in the community.

DATE: January 13, 2026

TIME: 1:30 to 2:30 pm

**Please join the meeting by
following the link:**

[**Join the meeting now**](#)

Meeting ID:

295 562 843 863 73

Passcode: Wb9V7hT6

Dial in by phone

+1 204-815-1742.

159620493#

Presenter:

**Samantha White,
Community Engagement Manager
211 Manitoba**

The session will review:

- What is 211 MB
- Who can use 211 MB
- When to use 211 MB
- How to use 211 MB
- Highlight the importance of 211 MB

Hosted by:

Interlake Eastern Regional Health

Around the Community



Winter Clothing Drive

The Office of Doug Eyolfson, MP Winnipeg West, is partnering with St. James Assiniboia 55+ Centre to help ensure seniors in our community stay warm this winter.

We are collecting new or gently used:

- Winter coats
- Mitts and gloves
- Scarves
- Warm socks
- Boots
- Sweaters

Drop off : MP Eyolfson Office (3092 Portage Ave)
OR
St. James - Assiniboia 55+ Centre (3-203 Duffield St)

Donation Dates: January 8 - 24
Time: Monday - Friday between 9:30 AM and 4:00 PM

BINGO

Goals for the New Year



30-Minutes of
Exercise Daily



"Fall-proof"
your Home



Learn a New
Skill or Activity



Try New Healthy
Meals



Get a Victoria
Lifeline Device



Drink More
Water Daily



Add Nightlights
to your Home



Join a Community
Group



Try a local event
or go outside



VICTORIA LIFELINE
Safe and independent living

RETHINKING AGING

MYTHS AND FACTS

Ageism refers to stereotypes, prejudice and discrimination based on age. Deconstructing these myths is crucial to fostering respect and dignity for older adults.



MYTH

Older adults can't learn new skills, particularly in technology.



FACT

Older adults can learn and adapt to new technologies.

In 2022, Canadians aged 65 years and over reported using the following technologies:



82.6%
Internet



74.7%
Email



58.0%
Online banking



50.9%
Instant messaging app



MYTH

Older adults are unhappy.



FACT

Older adults report the highest levels of life satisfaction.

62.3%

of older adults aged 65 years and over reported high life satisfaction in 2025, the highest percentage of any age group.



MYTH

Older adults are disengaged.



FACT

Older adults are the most charitable in Canada.

35%

of charitable donors were aged 65 or older. Of every \$100 donated in 2023, \$50 was from those aged 65 or older.



**Canadian
Hard of Hearing
Association**
MANITOBA CHAPTER

HARD OF HEARING SUPPORT GROUP

YOU'RE NOT ALONE — JOIN US EACH MONTH!



Monthly Meetings:
Fridays Jan. 16, Feb. 20, Mar. 20



Time:
1 pm - 2:30 pm



Location: St. James 55+ Centre, 3-203 Duffield St.
(next to Deer Lodge Hospital)

WHAT'S IN IT FOR YOU?

- **Learn your rights** – Find out about accessibility laws that protect you.
- **Stay up to date** – Discover the latest in hearing technology and assistive devices.
- **Smart hearing aid choices** – What to look for, what questions to ask, and how to make the best decision.
- **Advocacy matters** – Learn how to speak up for yourself and others in the hard-of-hearing community.
- **Share & support** – Hear real stories from others facing hearing challenges – and share your own in a safe, respectful space.

WHY JOIN?

Because living with hearing loss doesn't mean living without connection. Together, we can find solutions, support one another, and make daily life easier and more enjoyable.

Cost: FREE — No membership required

Facilitators:

Canadian Hard of Hearing Association – Manitoba Chapter

For more information, email chhamanitoba@outlook.com

Ha-Ha-Highlights

Coffee doesn't wake me up. It just makes my personality available sooner. ☕

The "Do Not Touch" sign really brings out my curiosity. 🚫✋

My plants are alive purely out of mutual respect. 🌱🤝

The fridge light is the most honest lighting in my house. 🗃💡

I don't run late; time just speeds up when I'm doing something important. 🕒💨

I trust recipes that say "add garlic to taste." They know me. 🌒❤️

The weather app has excellent confidence and questionable accuracy. ☁️📱

Nothing makes a room quieter than asking, "Can everyone hear me?" 🔊👀

The louder the crunch, the more forbidden the snack feels. 🌟

If patience is a virtue, traffic lights are testing us all. 🚗😊

Have a great weekend!

Dana Poulton

Program Coordinator