



CENTRE UPDATE – JANUARY 24, 2025

Centre Info

President's Update:

Thank you to all members for your patience as we complete the bumpy process of moving the Centre. Our employees have been incredible in working out details that changed on an hourly basis. Kristal coordinated the circus like a ringmaster. We are so grateful to Kristal, Jakee, Sheila and Judy for their patience, understanding, flexibility and problem solving.

Dan Graham also stepped up to deal with multiple challenges and he too is owed a huge debt of gratitude. Thank you all.

As we settle in, we need to face some changes head on. The goal of the new Centre is to be environmentally friendly, less resource intensive and cost effective. **To meet these goals, we installed hand dryers in the washrooms.** We ask for your patience as we get used to this change and I encourage you to **not use other paper products** which defeats the resource goals and increases our costs. If we take a little extra time the dryers do the job.

Indoor shoes and leaving our boots at the door will help with cleaning costs, cleanliness and help keep our new space fresh and clean.

Our new Centre is quite an achievement that we have worked long and hard to make a reality. Enjoy our new space.

If you have concerns or suggestions, please share those with the Board directly by emailing me at president@charleswoodseniorcentre.org or leave a message at reception and I am happy to give you a call.

Kind Regards,
Sherry Mooney

We're Hiring:

As many of you know, I (Jakee) will be resigning from the Program Manager position at the Centre and moving to the reception desk twice a week. The change will take place some time in the spring, once we have hired a Program Coordinator to fill the role.

If you, or someone you know, is interested in the position, you can find the full job description [here](#).

Volunteer Coordinator at the Centre (Volunteer Position):

Volunteers are essential to the Centre and with our move comes many new opportunities for our members to help out. We are looking for a volunteer to coordinate the Centre's volunteers. This involves a commitment of roughly 4 to 5 hours per week.

Click [here](#) for a full description.

25th Anniversary Celebration:

Save the Date for our 25th Anniversary celebrations taking place on February 23, 2025. More details to come.

Hot Drink Station in the Foyer

We have a hot drink station in the foyer where you can enjoy a coffee, tea or hot chocolate. A buck a cup. Can't go wrong with that!

Changes to your information

A reminder that any changes to your address, email, phone number and emergency contacts should be forwarded to the Centre.

If you have any medical conditions (even minor conditions) please inform reception so that we can update our records. It is in everyone's best interest to ensure we have the most up to date information.

We also encourage you to share any issues with your fitness instructor at the start of every class so that they can make the necessary modifications for your safety and well being.

Upcoming Programs

There is still room to register in the following upcoming programs:

February Flicks – on Wednesdays at 1:00pm in February join us for a movie and a munch. \$2 at the door

Feb 5 – “My Big Fat Greek Wedding”

Feb 12 – “Hidden Figures”

Feb 19 – “In the Name of the Father”

Feb 26 – “The Post”

Canadian Red Cross Friendly Calls Program

Monday, February 10 at 11:00am. No cost to attend

The Canadian Red Cross Friendly Calls program helps address feelings of loneliness and isolation. The program matches people with trained Red Cross volunteers who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

If you, or someone you know, could benefit from this program, if you are interested in learning more, or would like to find out how to volunteer, plan to attend.

Join Member of the Legislative Assembly, Kathleen Cook for coffee & a chat

Wednesday, January 29, 2025 at 1:00pm No cost to attend

An opportunity to discuss the issues that matter to you.

Have something specific you would like discussed?

Please email your questions to the Centre at

info@charleswoodseniorcentre.org and we will pass them along.

Meditation & Mindfulness for Beginner & Intermediate Levels

Friday, February 7-February 28 at 1:00pm (4 weeks) Cost \$30.00

If you have some experience with meditation/mindfulness, this four-part series will help you deepen your practice. The classes are also open to those with limited or no experience in meditation/mindfulness. The first class provides a refresher, and subsequent classes will delve into new techniques and explore key topics to assist participants to expand their understanding and practice of meditation/mindfulness.

Know Where To Go

Tuesday, February 11 at 10:30am No cost to attend

Navigating the health care system can be tricky. The Healthy Aging Resource Team (HART) presents “Know Where To Go”, a presentation on community-based health resources in Winnipeg, so you can feel more comfortable knowing where to access the right health services when you need them.

Words and Music by John Einarson

Tuesday, February 4 at 10am. No cost to attend

Celebrated music historian John Einarson will share an exclusive behind-the-scenes look at the making of his most beloved works in the world of music and writing from his latest book *Words and Music. ‘Words & Music’ The Stories Behind the Books*’ is a captivating exploration of Einarson’s journey through the world of music writing.

NEW PRESENTATION

Personal Safety in the Home – Police Presentation

Monday, March 17 at 10:30am No cost to attend

Many people operate under the assumption that concerns for personal safety only to someone that is away from the comfort of their home, but you should not take anything for granted when it comes to your safety.

Call the office at 204-897-5263 or register online at

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

Drop-in Fitness Classes for January 20 to January 24

The following Fitness classes have drop in spots available for the week of January 27th. Please call the office at 204-897-5263 to register for a spot. No online registration. \$10 per class

Monday

Total Body Fitness 9:15am – 5 spots

Stretch Class 10:30am – 5 spots

Kick & Be Fit 2:15pm – 6 spots

Tuesday

Sit & Fit noon – 2 spots

Yin Yoga 2:30 – 2 spots

Wednesday

Chair Yoga 9am – 6 spots

Sit & Fit 10:45am – 4 spots

Hatha Yoga 2:45pm – 3 spots

Thursday

Stretch Class 1:00pm 2 spots

Friday

Pilates 1:00pm 4 spots

Hearing Test Clinic

Having troubles hearing? A hearing test is the best way to diagnose your hearing ability and helps rule out causes of tinnitus and balance issues.

Hearing specialist Kristy Beettam from Horizon Hearing Centre will be at the Charleswood Active Living Centre on **FRIDAY FEBRUARY 14 10:00am to 3:00pm**
Appointments booked in 15-minute intervals.

Call the Centre at 204-897-5263 to book your spot. No cost.



Tech Talk with Lloyd Gwilliam

Tech Talk with Lloyd Gwilliam DROP IN

Thursdays from 1:00pm to 3:00pm

January 30th

February 13th & 27th

March 13th & 27th



Do you have computer, iPhone, or tablet questions?

Need some clarification? Require a little help to figure something out? Stop by and see Lloyd, our in-house technology guru. This is not an instructional class, it is a drop in, just stop by the front desk to check in.

No registration required. No cost to attend.

Resources you may find helpful



Fraud Prevention Webinar on February 20, 2025, 11:00 AM to 12:00 PM on Zoom

This informative session will empower you with the knowledge you need to protect yourself from fraud. Learn about the Canadian Anti-Fraud Centre and discover how to identify various types of fraud, including phone, email, online, and social media scams. We'll guide you on how to report fraud and share valuable tips to help you stay safe while navigating the online world. Don't miss out on this opportunity to arm yourself with essential tools to safeguard your personal information and financial well-being. Register today and take control of your online safety!

For more information and to register, please contact Lisa Tinley at
coordinator@peam.ca

A few funnies for your enjoyment

- Why can't you trust chemists? Periodically, they're wrong.
- What do you call a cow missing a leg? Lean beef.
- What do you call a cold puppy? A chili dog.
- Why did the skunk take out a loan? Because he only had one scent.
- Why did the pony ask for a glass of water? It was a little horse.
- How did the phone propose to his girlfriend? He gave her a ring.
- Why do melons get married in church? Because they cantaloupe.
- Did you hear about the math teacher that plowed a field? He used a pro-tractor.
- How do bees get to school? They ride the school buzz.
- Why did the battery go on vacation? He needed to recharge.
- Did you hear about the skeleton beauty contest? No body won.
- What month of the year has 28 days? All of them.
- What kind of shoes do frogs wear? Open-toad shoes.
- Why shouldn't you trust illustrators? They can be sketchy.
- Did you hear about dry cleaner who got arrested? He was laundering money.
- Why did the football player hire a lawyer? He needed help with his defense.
- Why did the mortician clock out of work early? He was dying to leave.

Have a wonderful weekend.
Jakee Werbuk
Program Manager