



CENTRE UPDATE – Thursday, May 1

Reminders & Centre Info

Reminder: There is NO Sit & Fit on Tuesday, May 6.

The Charleswood Active Living Centre needs you!

Help us shape the beginning of our next twenty-five years by joining the Board. Bring your energy and ideas to keep our Centre a welcoming, viable and active hub for mature adults in our community. Terms begin after the AGM with monthly meetings. Call the Centre at 204-897-5263 and leave your name or email Sherry Mooney at president@charleswoodseniorcentre.org.

Notice: We will be having a **COVID booster shot clinic** on **Friday, May 23** beginning at 12 pm. You can call the office at 204-897-5263 starting Friday, May 2 to register. Deadline to register is Friday, May 16.

To qualify for the COVID booster shot you must meet the following criteria:

- must be 65 or older or 45 or older if Indigenous
- has been more than 3 months since your previous vaccine
- have received one dose of COVID-19 vaccine since fall 2024

Spring Session:

There's still room to register for...

Special Events:

- Heart of a Nation Trolley Tour – May 12 at 1:00 pm – 6 spots left - **Membership not required.**

Fitness Classes:

- Total Body Fitness – Mondays at 9:15 am
- Stretch Class – Mondays at 10:30 am
- Kick & Be Fit – Mondays at 2:15 pm
- Sit & Fit – Tuesdays at 10:45 am
- Pilates – Tuesdays at 12:00 pm
- Bone Building Health & Muscle Strength – Wednesdays at 12:00 pm
- Balance & Bones – Wednesdays at 2:45 pm
- Zumba – Thursdays at 9:15 am
- Stretch Class – Thursdays at 1:00 pm

Drop ins are available for members in classes that are not full at a cost of \$10 per class. Please call the office the morning of to see if there is space.

Sand Hills Casino Trip:



Sand Hills Casino Trip

Event Date: Tuesday, May 27, 2025

Registration opens Tuesday, April 15 at 9:30am

Registration deadline May 20, 2025

Cost: \$37.00/person & includes: Transportation on a luxury motor coach, \$25 player card to start you off and lunch.

Depart: 9:00am sharp from the Safeway parking lot 3900 Grant Ave. Travel time approx. 1 hour and 30 mins. **Depart Casino approximately 3:30pm.**

54 spots available. *Open to all*, Membership not required. **Please provide your name, phone number, address, birth date, and Gold Club Acct# if you have one that has been used in the past year.**

Meal choices include one free drink (pop/coffee/tea). \$1 charge for refills & more than one drink.

Meal Choice #1 - 2pc Fried Chicken w/ Mashed Potato, veggies & Gravy

Meal Choice #2 - Roast Beef & Swiss Sandwich w/ Soup of the Day

Meal Choice #2 - 2pc Battered Cod & Fries

Call us at 204-897-5263 or register online at

www.charleswoodseniorcentre.org.



Charleswood Active Living Centre



Resources you may find helpful

What is the Centre on Aging?

The Centre on Aging, University of Manitoba, was established on July 1, 1982, with a mandate to serve as a focal point for the conduct of research on aging. The Centre has developed a national and international reputation for excellence in research.

Each year the Centre hosts a free Spring Research Symposium, which promotes dialogue between university researchers and the community-at-large.

Wednesday, May 7, 2025

Multi-purpose room-second floor, UMSU University Centre
65 Chancellor Circle
University of Manitoba | Fort Garry Campus

Advanced registration is now closed. Register in person on May 7 at the Registration Desk to view the sessions live. Online viewers can stream the session on the YouTube link live on May 7 only for this year's 42nd Annual Spring Research Symposium.

<https://umanitoba.ca/centre-on-aging/>

A Few Punnies for you



How does Darth Vader like his quesadillas cooked? On the dark side.

Where do birds go to celebrate Cinco de Mayo? Someplace cheep.

What did one sombrero say to the other? You go on ahead.

I love bad Cinco de Mayo puns. That's just how eye roll.



Have a great weekend!

Krista Johnson Billeck
Program Coordinator