

WHAT'S NEW IN THE WOODS



Charleswood Active
Living Centre

Summer Update 2024

Summer at the Centre

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

A limited number of fitness classes will run in 2 four-week sessions.

We are also holding a few activities during the summer so we can stay connected. We hope you will join us for paint party, bookmark making and 2 trips to Folklorama.

Fitness classes and activity information, including registration, can be found in this newsletter.

Enjoy every minute of your summer because we all know what comes next!

Jakee Werbuk
Program Manager

AGM

Wednesday, June 19, 2024

10:30am

Upstairs at the Centre

- Registration is required to attend the Centre's Annual General meeting
- If you want to know what went on last year and what you can expect in the coming year, you should plan to attend. [Register online](#) or call the office at 204-897-5263.

Join us for an update on what's happening in the Centre and what's coming up. If you do not receive a link to the documents via email, let the office know and we will forward it to you.

Charleswood Active Living Centre

5006 Roblin Blvd, Winnipeg MB, R3R 0G7 Phone: 204-897-5263

Email: info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Hours: Mon-Thurs 9:00am to 4:00pm & Friday 9:00am to 3:00pm

Summer Hours: Tue-Thurs 9:00am to 3:00pm

Summer Fitness Classes

Session 1 runs from Tuesday July 2 – Thursday July 25
Session 2 runs from Tuesday July 30 – Thursday August 22
Cost is \$29 for each 4-week session

Balance & Bones - Instructor: Cathy

Good balance requires the coordination of many different systems in our body. Class starts with more active/standing exercises that target core and posture, balancing and movement. It includes dual task training such as performing multiple tasks at once, thinking, planning & reacting. Class ends with deep stretching and longer held passive poses (yin yoga) while seated on the yoga mat. This helps to calm our nervous system and focus on muscles, fascia, ligaments and bones. Must be able to rise, stand and sit on the floor/yoga mat. This class does not include the use of a chair.

Summer Session 1

Tuesdays 11:00am July 2 – July 23

Summer Session 2

Tuesdays 11:00am July 30 – August 20

Barre Fitness – Instructor: Rosa

Class blends classic ballet, yoga & pilates strengthening exercises with fitness.

Summer Session 1

Thursdays 9:30am July 4 - July 25

Summer Session 2

Thursdays 9:30am August 1 – August 22

Functional Fitness – Instructor: Andrew

Moves focus on balance, core strength, endurance and multi-joint flexibility. Class includes cardio, functional strength training and balance training and stretching. Great for all levels.

Summer Session 1

Wednesdays 11:00am July 3 - July 24

Summer Session 2

Wednesdays 11:00am July 31 - August 21



MARTY MORANTZ

MEMBER OF PARLIAMENT FOR
CHARLESWOOD-ST.JAMES-ASSINIBOIA-HEADINGLEY

 **CONSTITUENCY OFFICE**
3092 Portage Avenue, Unit D
Winnipeg, MB R3K 0Y2

 204-984-6432
 Marty.Morantz@parl.gc.ca

  @MartyMorantz
 @Marty_Morantz

Sit & Fit – Instructor – Rosa

Your brain has to teach your body balance. Participants stand & hold on to the back of the chair while slowly doing simple balance exercises. Combining the seated portion of the class with the standing portion improves your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter.

Summer Session 1

Thursdays 10:45am July 4 - July 25

Summer Session 2

Thursdays 10:45am August 1 - August 22

Slow Flow Yoga – Instructor: Mary Lou

Slow Flow Yoga follows the ancient Chinese and Buddhist traditions as we move through a series of yoga poses. We transform the shape of our bodies into these forms which help make us stronger, healthier, happier. Your yoga practice will assist with your strength, flexibility, endurance and you will discover through "pranayama", your yoga breath, how to calm mind and body. Yoga is a wonderful means of healing both body and mind. Suitable for all levels.

Summer Session 1

Tuesdays 9:30am July 2 - July 23

Summer Session 2

Tuesdays 9:30am July 30 - August 20

Total Body Fitness – Instructor: Eleanor

A warm-up, pre-cardio and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & moderately fit.

Summer Session 1

Wednesdays 9:30am July 3 - July 24

Summer Session 2

Wednesdays 9:30am July 31 - August 21

Zumba – Instructor: Emilie

A great opportunity to exercise and have fun. Dance to great music and burn off calories without even realizing it.

Summer Session 1

Tuesdays 12:15am July 2 - July 23

Summer Session 2

Tuesdays 12:15am July 30 - August 20

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Realtor with Judy Lindsay Team Realty.



Registration Process

Registration takes place online and by phone.

Registration will open for all summer fitness classes (both sessions) and activities in the following manner:

Tuesday, June 25 at 9:30 a.m. — registration begins for Tuesday classes.

Wednesday, June 26 at 9:30 a.m. — registration begins for Wednesday classes and activities and continues for Tuesday classes.

Thursday, June 27 at 9:30 a.m. — registration begins for Thursday classes and continues for Tuesday and Wednesday classes and activities.

- Call the office at 204-897-5263 to register OR

ONLINE
REGISTRATION

To register online your membership must be up-to-date and you are required to sign in with your username and password. If you do not have login information or cannot remember it, please contact the office.

It's recommended that you try to log in ahead of registration in case you run into some unexpected problems.

Coming up in July & August

Paint Party - Instructor Karen Wokes

Wednesday July 10th at 12:30pm

Registration opens June 26, 2023 @9:30am

Cost is \$10.00

Channel your inner creativity. Karen will guide you through the steps to produce your own masterpiece with water soluble acrylic paint. No experience needed. All supplies will be provided.

Bookmark Making - Instructor Karen Wokes

Wednesday July 17th at 12:30pm

Registration opens June 26, 2023 @9:30am

Cost is \$10.00

Make your own watercolour bookmarks. Impress your friends and family with these great gifts or keep them for yourself.



Folklorama – Two-pavilion VIP tour package

TOUR 1

Thursday, August 8th, 2024. Departure time from the Centre TBD (generally between 5:30pm and 6:00pm)

Registration opens Thursday, June 27, 2024 @9:30am

Israel Pavilion – Shalom Square and Irish Pavilion

TOUR 2

Wednesday, August 14, 2024. Departure time from the Centre TBD (generally between 5:30pm and 6:00pm)

Registration opens Wednesday, June 26, 2024 @9:30am

Korean Pavilion and Brazilian Pavilion

- Enjoy a progressive meal
- Receive a cultural display tour
- VIP access and entrance into pavilions
- Reserved seating close to the stage
- Folklorama volunteer tour guide will escort us throughout the evening

COST for each tour: \$25.00 for members

\$50.00 for non members (registered by a Centre member)

No refunds. Full payment required at time of registration.

A portion of the cost is covered by the Federal Government New Horizons Grant.

WE'VE GOT PUZZLES

The Centre has puzzles to borrow. Stop by and pick up one or two in anticipation of those sleepless nights!



Centre Cancellation/Refund Policy

The Centre's cancellation can be found at <https://www.charleswoodsseiorcentre.org/>. Click on the "about us" tab. You can also find a copy of it on the Centre's bulletin board.

KATHLEEN
COOK
MLA for Roblin

✉ info@kathleen-cook.ca

☎ 204-504-0594





Save The Date

OPEN HOUSE & WELCOME BACK BBQ

- Thursday September 5, 2024, from 10:00am to 2:00pm at the Centre.
- Schedule of events will include a meet and greet, free fitness class demonstrations, and a little lunch.
- Stay tuned for more information and don't forget to bring a friend!

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Summer Fun at The Wellington!

Come and join us at The Wellington for some fun summer activities and events.

May 27	Choir - join in the singing
May 31	Garden and Hat Party
May 31	Helen White (Entertainment)
June 1	Wellington Open House, 1 to 4 p.m.
June 7	Car Show at The Wellington
June 18	Picnic and Lawn Games
July 10	The B Side Apostles (Entertainment)
July 12	Pasta Cooking Class
July 23	Speaker on Wills and Estates
Aug 14	High Tea
Aug 16	Tom McDermot, The Irish Cowboy (Entertainment)
Aug 23	Octoberfest
Sept 13	Wellington Anniversary w/dinner
Sept 20	Wine Pairing with Food
Sept 25	National Foods of Fall Fairs
Sept. 26	Crib tournament
TBA	Pole Walking Lesson

More events still coming but not yet posted.
Contact Cindy at 204-831-0778 for more information on posted or upcoming events.

"Sometimes you lie in bed at night and you don't have a single thing to worry about. That always worries me!" — Charlie Brown & Debbie Baxter

"Don't take life too seriously. You will never get out of it alive."

ELBERT HUBBARD



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CENTRE STAFF

Kristal Laminman – Centre Manager
Jakee Werbuk – Program Manager
Debbie Baxter– Admin Assistant (casual)
Judy Penner – Admin Assistant

**“Those people
who think they
know everything
are a great
annoyance to
those of us
who do.”**

ISAAC ASIMOV



Charleswood Active Living Centre