



## CENTRE UPDATE – FEBRUARY 21, 2025

### Reminders & Centre Info

#### ***Drop-in Fitness Classes***

Call the office at 204-897-5263 to find out which fitness classes have drop-in space available. The drop-in fee is \$10. There is no online registration for drop-ins.

#### ***25th Anniversary Celebrations***

The Centre's 25th Anniversary Celebration is happening this Sunday, February 23rd. There is still room to register in the 2:30pm slot.

We will have some brief speakers, a presentation capturing the history of the Centre, former Board and staff members and of course refreshments.

You can register [here](#) online or you can call the Centre at 204-897-5263 and leave a message that you will be attending. You do not need to receive a call back in order to be on the list.

**Can't make it?** The Charleswood Senior Centre's 25<sup>th</sup> Anniversary celebration will be broadcast on Facebook Live. Tune into our Facebook page on Sunday, February 23<sup>rd</sup> at 1:00pm.



**Tickets:**  
5 for \$5.00  
20 for \$10.00  
100 for \$20.00

**Draw Date: March 31 at 12:00**

**Winner takes half!**

**Online:**

<https://charleswoodactiveliving.rafflenexus.com/a/email-blast-feb-21-2025>

**At the Centre:**

in person or by phone (204-897-5263). Cash, cheque or credit card

## ***Upcoming Programs***

There is still room to register in a few of the upcoming programs and activities. For full details on the available programs listed below, go to the online registration portal [here](#).

**February Flicks** – on Wednesdays at 1:00pm in February join us for a movie and a munch. \$2 at the door **February 26 – “The Post”**

### **Northway Pharmacy Charleswood Presentation**

Tuesday, February 25 at 1:00pm No cost to attend

### **Personal Safety in the Home – Police Presentation**

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

### **Advanced Care Planning**

Wednesday, March 26 at 1:00pm. No cost to attend

### **Painting Party**

Thursday, March 27 at 10:00am \$15

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

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

## **Tech Talk with Lloyd Gwilliam**

### ***Tech Talk with Lloyd Gwilliam DROP IN***

Thursdays from 1:00pm to 3:00pm

February 27<sup>th</sup> March 13<sup>th</sup> & 27<sup>th</sup>

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.**



### **Transatlantic True Hearts**

**More than 400 thin, blue airmail pages document a WWII courtship that conquered fear, war and loneliness.**

In case you haven't seen it, click on the link below to read all about Centre member Len Van Roon Sr's recent feature in the Winnipeg Free Press.

<https://www.winnipegfreepress.com/arts-and-life/2025/02/13/transatlantic-true-hearts>

## **Quiz Nite – Save the Date**



**Saturday April 26, 2025 at the Centre**

More details coming soon

Mensa score not required

### **Boxes**

If you have recently moved and are looking to get rid of your boxes or if you are planning a move and need boxes, please contact the Centre and let us know.

We are happy to connect people but it will be up to you to make arrangements for box pick up or drop off. Please do not bring your boxes to the Centre.

### **Resources you may find helpful**



**Click the link below to find some terrific tips on how to stay healthy!**

<https://gettinghealthy.ca/>

### ***Manitoba Seniors Guide***

This guide is a powerful resource providing descriptions and lists for community, health and government programs. Designed for older adults, caregivers and families, the guide will help you navigate supports and services in the province

<https://mb.211.ca/wp-content/uploads/Winnipeg-Region-Seniors-Guide.pdf>

### ***South Winnipeg Seniors Resource Council***

South Winnipeg Seniors Resource Council is a non-profit information and referral hub connecting older adults with community resources to assist them in daily living.

<https://www.swsrc.ca/>

## A few funnies for your enjoyment

- I almost had a psychic girlfriend, but she left me before we met.
- You can't have everything. Where would you put it?
- I went to a restaurant that serves "breakfast at any time". So I ordered French Toast during the Renaissance.
- Change is inevitable....except from vending machines.
- If you think nobody cares about you, try missing a couple of payments.
- I spilled spot remover on my dog. Now he's gone.
- I was in the grocery store. I saw a sign that said "pet supplies". So I did.
- The sign said "eight items or less". So I changed my name to Les.
- What did the skillet eat on its birthday? Pan-cakes.
- What did the ocean say to the beach? Nothing. It just waved.
- I was going to try an all-almond diet, but that's just nuts.
- Today at the bank, a customer asked me to check her balance... So I pushed her over.
- I had a conversation with a dolphin once. It felt like we really clicked
- What do you call an elephant that doesn't matter? An irrelephant.

Have a wonderful weekend.

Jakee Werbuk

Program Manager

