



Charleswood Active Living Centre

Centre Update – October 17th, 2025

Wine Raffle

Mark your calendars! Our always-popular Wine Raffle is back, and we need your help to make it the best one yet. We're on the hunt for wine bottle donations so if you've got a bottle sitting in the back of your cupboard, or maybe one you were gifted that just isn't your taste (looking at you, grapefruit-infused rosé...), why not let it find a happier home? Odds are, someone else will be thrilled to uncork it. Bring your bottles to the Centre anytime and help us build a collection (no home brew). Tickets will go on sale November 1st. Cheers in advance for your generosity!

Downsizing Presentation

A reminder that the downsizing presentation originally on October 22nd at 2:00 is now moved to October 29th at 2:00. There is still space available, don't miss your chance to get practical tips and fresh ideas for simplifying your space and your life!

Tech Talk

Got questions about your phone, tablet, or computer? Come down for our Tech Talk next **Thursday, October 23rd at 2:00 PM!**

Lloyd will be here to answer your technology questions and he's always happy to help you feel more confident with your devices.

Don't miss this chance to learn something new and get hands-on guidance!

Men's Coffee

Join us next Friday for Men's Coffee at the Centre! Grab a hot cup for just \$1, enjoy some snacks, and stick around for great conversation.

Try your best to arrive on time, we'll be getting things started right at 11:00!



CASINO[♣] TRIP



NOVEMBER 4TH

COST:
\$40/PERSON

Includes: transportation, \$25 player card, lunch

Departs: 9:00am from the Safeway parking lot 3900 Grant

Travel time: 1h30mins

Depart casino: 3:30pm

54 spots available, open to all. No membership required.

Registration opens: Tuesday, October 7th 9:30am
(in person, online, or over the phone)

Registration deadline: October 31st, 2025



Sand Hills Casino Trip

Our November Sand Hills casino trip is open for registration now!

The lunch menu is as follows.

Option 1: Salisbury Steak w/ Onions, Mashed Potato, Mixed Veggies & Gravy

Option 2: Ham & Cheese Sandwich w/ Soup of The Day

Option 3: 2pc Battered Cod & Fries

One free Drink* (Pop/Coffee/Tea)

Register now!

YOU ARE
INVITED TO

MUSIC TRIVIA

Hear a hit, name the tune, and mark your card!

SATURDAY, NOVEMBER 8TH

DOORS OPEN 7:00

GAME PLAY BEGINS 7:30

@THE CENTRE

\$20 FOR 10 GAMES + SNACKS

EXTRA 10 GAME BOOKLET: \$10 @ EVENT

FEEL FREE TO BRING YOUR OWN SNACKS

WINE + BEER AVAILABLE

REGISTRATION OPEN NOW ONLINE/ IN PERSON/

PHONE 204-897-5263 OPEN TO All



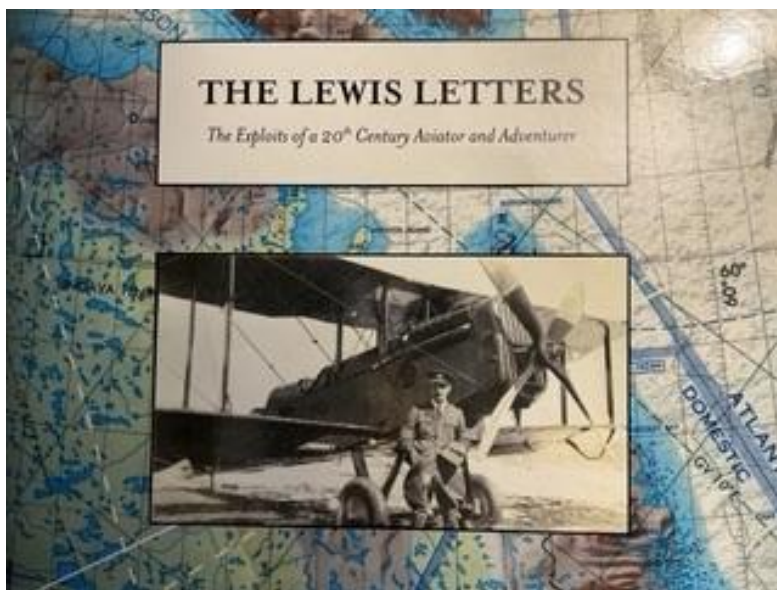
Around the Community

Come listen to our member Pam McKenzie talk about her book: *The Lewis Letters: The Exploits of a 20th Century Aviator and Adventurer Alexander Lewis*.

When? Monday Nov 3rd at 7:00pm

Where? The old Charleswood Senior Centre/ Charleswood Historical Society building on Roblin Blvd.

Admission is FREE and coffee and goodies are served.



**October Presentations by the Seniors
Resource Coordinator**

**Grocery Shuttle Meeting for Charleswood
Seniors, St. James 55+ Centre, 203 Duffield,
October 23, 11:30 - 12:30**



Become a CVITP volunteer this tax season

Every year thousands of Canadians face challenges doing their taxes, which means they might be missing out on important benefit and credit payments. By volunteering with the [Community Volunteer Income Tax Program](#) (CVITP), you can play a crucial role in helping those in your community receive the financial support they deserve.

Ha-Ha-Highlights

🦙 Why don't llamas ever get invited to poker night?
They're always *spitting* out their cards!

🧊 What did one ice cube say to the other?
"Stop melting under pressure."

🌮 Why did the taco sit alone at lunch?
It didn't want to get *jalapeño business*!

💿 Why did the disco ball get promoted?
It really knew how to *shine* at meetings!

🐔 Why did the chicken join a band?

It already had the *drumsticks*!

🌱 What did the plant say after a long day?

"I'm feeling a little *green around the edges*."

🦷 Why did the dentist become a baseball coach?

He knew all about *filling* the gaps!

🐘 Why don't elephants use computers?

They're afraid of the *mouse*!

🕵️ Why did the detective carry a pencil?

To *draw* conclusions!

🧁 Why did the cupcake go to the doctor?

It was feeling *crumby*!

Have a great weekend!

Go Blue Jays! 💙 🐦 ⚡

Looking forward to seeing those at the 25th Anniversary Fundraising dinner tomorrow!

Dana Poulton

Program Coordinator