

CENTRE UPDATE – OCTOBER 11, 2024

Reminders & Centre Info

Reminder that the Centre is closed on Monday, October 14th for Thanksgiving. The staff are very thankful.

Grand Opening New Centre and Twenty-fifth Anniversary Celebration

Charleswood Active Living Centre has a lot to celebrate in 2025. We will hold a grand celebration in mid-February to mark the Grand opening of our new Centre along with our 25th Anniversary. We are looking for members old and new to join a committee to assist our Board to plan this event. Please call the Centre to volunteer. We will plan to meet in late October to begin planning.

Please keep us updated. Many of our members are on the move and we hope that everyone will remember to fill us in and update their address and any other contact information that is changing including email addresses and phone numbers.

Thank you to Louise and Jeanne for the fantastic Halloween decorations. If you haven't been by the Centre to see the transformation, you should because you don't want to miss out.

Upcoming session cancellation – The October 18th "Conversation with MP Morantz" has been cancelled due to a change in his schedule. We will let you know if we are able to offer it a later date.

Register now for:

- **Retirement at it's Best workshop** – Thurs Oct. 24th at 10am
- **Conversation with MLA Kathleen Cook** - Friday Oct. 25th at 1pm.
Please send us an email if there is something in particular you would like discussed.
- Click [here](#) to see what other activities and events have room to register

Reminder that the flu and COVID vaccine clinic is on Wednesday, October 16th and you must already be registered to attend. Please bring your health card and the completed medical form, for the Pharmacist, that you should have picked up from the Centre. If you do not have it, we can email it to you, or you can come by prior to your vaccine time and fill it out. If you have forgotten your time, give us a call and we will let you know.

The Sand Hills Casino trip is filling up so if you want to go, click [here](#) to register or call the office.

Register online this weekend for Cheating Scrabble. Deadline is 9:30am on Tuesday, October 15th. If you are registering for more than 1 person, please put the names of the other attendees in the notes field. Register at <https://charleswood.recdesk.com/Community/Program>.

Like to play **S C R A B B L E ?**

We have just the event for you!

No skill required. Cheat your way to the top.



SATURDAY, OCTOBER 19, 2024

1:00PM TO 3:00PM

Upstairs at the Centre

\$15 per person

Membership not required. Everyone welcome!

Pay \$2 to cheat and be entered into the prize draws

Register as a table of 4 or as an individual. Register online at <https://charleswood.recdesk.com/Community/Program>



Funds raised will help support the move to our new Centre.

Resources you may find helpful



Tuesday, October 22, 2024

TIME: 9:30 AM to 2:00 PM

COST: \$35.00

A & O: Support Services for Older Adults is offering an information session to gain a better understanding of hoarding behaviour. Information will be

shared about how to access community resources and collaborative ways to assist with potential situations of hoarding. For more information and to register, call 204-956-6440 or go to

<https://www.aosupportservices.ca/2024/10/03/hoarding-disorder-training-15963/>



Social Prescribing in Manitoba!

We are excited to share our newsletter with you! Representatives from Manitoba attended a National Conference on Social Prescribing in Toronto! A report on the event was published! Check out the press release entitled "[What Matters to You?": Transforming Vital Conversations in Health and Community Care](#)"

And click on the button below to view our latest publication.

[Social Prescribing Newsletter Issue 4 - Oct 2024](#)



Veteran Family Program (VFP) Programme pour les familles des vétérans (PFV)

Assisting Canadian Armed Forces Veterans and their families with personalized services for a smoother transition to civilian life

Aider les anciens combattants des Forces armées canadiennes et leurs familles en leur offrant des services personnalisés pour faciliter leur retour à la vie civile.



Information about available resources, navigational supports, and referrals
Information sur les ressources disponibles, aide à l'orientation et aiguillage vers les organisations compétentes



Transition programs, including therapeutic workshops
Programmes de transition, y compris des ateliers thérapeutiques



Access to community events and other offerings
Accès aux événements communautaires et autres offres

CONTACT CONTACTEZ

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www.cfmws.ca/winnipeg/mfrc
www.sbmfc.ca/winnipeg/crfm

COMPUTER WORKSHOPS

Charleswood Library, 6-4910 Roblin Blvd.

Email Basics

Learn to receive and open, reply to, format, and send email. *Basic computer skills are required.*

**Thursday, October 17:
5:45-7:45 p.m.**

Internet Basics

Learn about searching the Internet with this introduction to using a browser and search engines such as Google, as well as opening and exploring websites. *Basic computer skills are required.*

**Thursday, October 24:
5:45-7:45 p.m.**



Free. Scan the QR code to register or visit winnipeg.ca/library

Some Goings-on in the Community



"There's No Place Like Home -Beyond the Walls"

Exhibit Dates - November 8- December 21

15 artists from the hARTE Trail Studio Tour

collective have captured personal realities that can

reveal that true home – is not simply a place – but also a feeling of rootedness, connection and belonging.

This is an exploration of what "home" means in contemporary society by examining themes of tradition, cultural diversity, transition, nature, environment, personal spaces, memories and nostalgia. The diversity of artistic mediums including painting, printmaking, sculpture and ceramics reflect the diversity of what "home" can signify.



MHC Gallery , 600 Shaftesbury Blvd.

Phone: 204.487.3300 for more information.

On behalf of Councillor Evan Duncan, below is an invitation to the upcoming Charleswood Bridge Ribbon cutting, held on *Friday, October 18th, 10:00*. Please join former Mayor Susan Thompson, Mayor Gillingham and Councillor Duncan to mark this momentous day.

This will be a celebration, marking the 30 year anniversary of the construction of the Charleswood Bridge and the completion of the partnership between Ernst Hansch Construction LTD, the Province of Manitoba, and the City of Winnipeg. The Charleswood Bridge was one of the first projects in Canada to be designed, built, financed and leased back as a private public partnership.

Reserved parking will be marked along Vialoux Drive with seating available.



Volunteer opportunity - RobWest hockey tournament

Every year, Roblin Park Community Centre and Charleswood Hawks host the RobWest Fall Classic Hockey Tournament, which is open to Winnipeg and area teams in the U9 to U13 age groups. Roblin Park is looking for volunteers to support this event. Volunteering is easy and involves being at hockey rinks around Winnipeg and handing out and receiving game packages as well as promoting the **online 50/50 draw**. Volunteering is open to anyone 12 or over, so if you have friends, grandparents or others looking for volunteering opportunities, please pass along this information.

To sign up for a shift, simply click the link and pick a time and location that works: <https://signup.com/go/CTkwfhW>

A few funnies for your enjoyment

- What's the name of the man that just got done digging? Doug!
- I told a joke on a ZOOM meeting, and nobody laughed. It turns out I am not remotely funny.
- How do you fix a broken pumpkin? With a pumpkin patch.
- How are relationships a lot like algebra? Sometimes, you look at your X and wonder Y.
- Why should you never laugh at your spouse's choices? Because you're one of them.
- My wife first agreed to a date after I gave her a bottle of tonic water. You could say I Schwapped her off her feet.
- The other day I sent my girlfriend a huge pile of snow. I called her up and asked, "Did you get my drift?"
- I invited my girlfriend to go to the gym with me, but I didn't show up. I'm hoping she gets the message that we're not working out.
- Where are average things manufactured? The satisfactory.
- A jumper cable walks into a bar. The bartender says, "Okay, I'll serve you. Just don't start anything."

Have a wonderful Thanksgiving weekend and to those who observe the Day of Atonement, may you have an easy fast and a g'mar chatima tova (a good final sealing).

If anyone out there knows how a dragon blows out the candles on their birthday cake please email the office as we are trying to figure it out.

