



## CENTRE UPDATE – JANUARY 17, 2025

### Centre Update & Info

We would like to sincerely thank our many volunteers who stepped up over the holidays and early in the new year while we were adjusting and readjusting unpacking and settling in. You were scheduled and rescheduled and we could not have done it without you whether you were cleaning, washing, assembling, putting away or just being our overall helpers! Shout out also to those provided cheerleading services to keep our spirits up in this daunting and trying process!

As we settle into the new building and operating in this new space, the Board and staff appreciate your patience as we work through obstacles and challenges. Some of the unfinished building details will come together in the next 1-2 weeks so bear with us as those also change our space and activity. Any new space comes with expected and unexpected road bumps, and we are doing our best to address everything as soon as possible for the benefit of members and smooth operations.

You might notice that there are security cameras around the Centre in the reception area, meeting room, multipurpose room and gym areas.

### Parking

We have dedicated Centre Parking. We have 33 assigned spots for the Centre and they are all located in 2 places. The lot closest to our entrance door has 20 spots and the rest are closer to Oakdale in the lot on the south when you enter the complex. That is also where the visitor stalls are located, which guests may park in if there are no Centre designated spots available.

Centre assigned spots are labelled with **Charleswood Active Living Centre Visitor Parking** signs. We have parking maps available at the front desk. Please feel free to pick one up.

### Upcoming Programs

There is still room to register in the following upcoming programs:

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

Feb 5 – “My Big Fat Greek Wedding”

Feb 12 – “Hidden Figures”

Feb 19 – “In the Name of the Father”

Feb 26 – “The Post”

## **Canadian Red Cross Friendly Calls Program**

**Monday, February 10 at 11:00am. No cost to attend**

The Canadian Red Cross Friendly Calls program helps address feelings of loneliness and isolation. The program matches people with trained Red Cross volunteers who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

If you, or someone you know, could benefit from this program, if you are interested in learning more, or would like to find out how to volunteer, plan to attend.

## **Join Member of the Legislative Assembly, Kathleen Cook for coffee & a chat**

**Wednesday, January 29, 2025 at 1:00pm No cost to attend**

An opportunity to discuss the issues that matter to you.

Have something specific you would like discussed?

Please email your questions to the Centre at

[info@charleswoodscentre.org](mailto:info@charleswoodscentre.org) and we will pass them along.

## **Meditation & Mindfulness for Beginner & Intermediate Levels**

**Friday, February 7-February 28 at 1:00pm (4 weeks) Cost \$30.00**

If you have some experience with meditation/mindfulness, this four-part series will help you deepen your practice. The classes are also open to those with limited or no experience in meditation/mindfulness. The first class provides a refresher, and subsequent classes will delve into new techniques and explore key topics to assist participants to expand their understanding and practice of meditation/mindfulness.

## **Know Where To Go**

**Tuesday, February 11 at 10:30am No cost to attend**

Navigating the health care system can be tricky. The Healthy Aging Resource Team (HART) presents “Know Where To Go”, a presentation on community-based health resources in Winnipeg, so you can feel more comfortable knowing where to access the right health services when you need them.

## **Words and Music by John Einarson**

**Tuesday, February 4 at 10am. No cost to attend**

Celebrated music historian John Einarson will share an exclusive behind-the-scenes look at the making of his most beloved works in the world of music and writing from his latest book *Words and Music*. “Words & Music”

The Stories Behind the Books’ is a captivating exploration of Einarson’s journey through the world of music writing.

## **Drop-in Fitness Classes for January 20 to January 24**

The following Fitness classes have drop in spots available for the week of January 20<sup>th</sup>. Please call the office at 204-897-5263 to register for a spot. No online registration. \$10 per class

### **Monday**

Total Body Fitness 9:15am – 5 spots

Stretch Class 10:30am – 5 spots

Kick & Be Fit 2:15pm – 6 spots

### **Tuesday**

Sit & Fit noon – 2 spots

Yin Yoga 2:30 – 2 spots

### **Wednesday**

Chair Yoga 9am – 6 spots

Sit & Fit 10:45am – 4 spots

Hatha Yoga 2:45pm – 3 spots

### **Thursday**

Stretch Class 1:00pm 2 spots

### **Friday**

Pilates 1:00pm 4 spots

## **Don't Forget About:**

South Winnipeg Seniors  
Resource Council Pop-up Office

Wednesday, January 22 10:30am to 1:30pm No registration required

Joanne Van Dyck, our Seniors Resource Coordinator, will be at the Centre with a pop-up office. Come by to meet Joanne and find out what resources are available in the community and how she can be of help to you.

## **Tech Talk with Lloyd Gwilliam**

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

Thursdays from 1:00pm to 3:00pm

January 30, February 13 & 27, March 13 & 27

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.**



## Resources you may find helpful



*Do you have technology questions?*

*We can help!*

Cyber-Seniors Technology Mentors are young people who have been trained to teach technology to older adults and are standing by to help with your smart phone, tablet or computer. You can also learn to:

- Set up a video call with friends and family
- Order groceries and medication online
- Watch movies, musicals and newsshows
- Schedule appointments with medical professionals over video

Call **1-844-217-3057**,

email **info@cyberseniors.org** or

go to our website at **www.cyberseniors.org**

to register for FREE webinars or to schedule  
FREE 1-on-1 tech-help over the phone or  
via video conference

[www.cyberseniors.org](http://www.cyberseniors.org)

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**Social Prescribing in Manitoba!**  
**From Concept to Progress - We are on the right path!**  
Click [here](#) to view our newsletter...

### Some things to ponder over the weekend

- Do chickens communicate by using fowl language?
- How important does a person have to be before they are considered assassinated instead of just murdered?
- Why do you have to "put your two cents in" but it's only a "penny for your thoughts"? Where's that extra penny going to?
- Why does a round pizza come in a square box?
- What disease did cured ham actually have?
- Why are you IN a movie, but you're ON TV?
- Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?
- If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?
- Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!
- If Wile E. Coyote had enough money to buy all that ACME crap, why didn't he just buy dinner?



Have a wonderful weekend.  
Jakee Werbuk  
Program Manager