



CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, FEBRUARY 20TH, 2026

**Register
Now!**

MUSIC TRIVIA (BINGO STYLE)

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

SATURDAY, FEBRUARY 28TH

SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Meeting Room Door*
- *Online 50/50*
- *Plant Sale*
- *Spring Wreath*
- *Kristal's Last Day*
- *Coming Soon:*
 - Reception*
 - Volunteer*
 - Opportunities*
- *Multipurpose/Gym*
 - Floor Concerns*
- *Music Trivia*
- *Tech Talk*
- *Men's Drop-In*
 - Coffee*
- *Manitoba Seniors*
 - Today*
- *Around the*
 - Community*
- *Ha-Ha-Highlights*

General Reminders

- We're a scent-free facility, thank you for keeping it comfortable for everyone!
- Please wear indoor shoes only to help keep our space clean and safe.
- Feeling under the weather? Help protect others by staying home and resting.

Meeting Room Door

We're working to make our reception area easier to hear and more welcoming for everyone. One small way you can help is by keeping the Meeting Room door closed when it's in use. Thanks for helping create a more comfortable space for everyone!

Online 50/50

Our online 50/50 is now live! Buy your tickets today to support the Centre, and give yourself a shot at taking home half the pot!

LGCA 7911-RF-49516

BUY TICKETS HERE:

<https://charleswoodactiveliving.rafflenexus.com/a/eblasts>

You can also buy tickets in person at the Centre.

Plant Sale

Our Plant Fundraiser is live, and it's the perfect time to brighten your home or garden while supporting the Centre!

- Order early to help ensure you get your preferred plants, popular items go fast!
- Pick-Up Day: Sunday, May 24, 2026 at Charleswood Active Living Centre (357 Oakdale Drive)
- Pick-up time to be announced
- Support CALC: Please note that CALC only receives fundraising proceeds when you select Charleswood Active Living Centre (CALC) as your pickup location. In-store pickup or local delivery does not support the fundraiser.
- Get started here:

<https://glenleagreenhouses.com/collections/fundraiser-group-selection>

(Be sure to choose Charleswood Active Living Centre (CALC) when ordering!)

Thank you for supporting our programs, every plant makes a difference!

Spring Wreath

In our lovely new building, there are so many new opportunities to decorate and make the space feel even more welcoming. We're currently looking for a large spring wreath to hang behind the reception desk, above the printer. If anyone has one they'd like to donate, we would be delighted to display it for all our members to enjoy. We would also gladly accept donations.

Kristal's Last Day

Kristal's last day is approaching quickly. We like to thank Kristal for everything that she has done for the Centre. After many years as Centre manager Kristal has been filling in at reception on Mondays and Fridays. Her last day will be February 27th as Jakee will return. Don't forget to stop by and Kristal for all her hard work!

Coming Soon: Reception Volunteer Opportunities

We'll soon be looking for friendly volunteers to support our Reception Team over the summer, and we wanted to give you a heads-up so you can start thinking about whether this might be a good fit for you!

Likely shift options:

- Morning: 9:00 AM – 12:00 PM (opening)
- Afternoon: 1:00 PM – 4:00 PM (closing)

What this role involves:

- Helping members in person and over the phone
- Using a computer system (training provided)
- Light cash handling
- Being a welcoming first point of contact at the Centre

We'll provide training, helpful cheat sheets, and support to make sure you feel confident in the role. More details and sign-up information will be shared soon, for now, just see if it might be something you'd enjoy!

Multipurpose/Gym Floor Concerns

Several concerns have been raised about the floor in the gym-multipurpose room. When the Centre was designed, the parameters around floor choices included: durability, cost, cleanliness, fitness utility, multi-use requirements, and availability. The floor was chosen based on meeting most of these criteria. The floor will be replaced when necessary, and these criteria will again be considered. This floor is comparable to the Wellness Institute Fitness studio and the Pan Am Pool fitness area. Floor surfaces differ in many facilities as does footwear compatibility to different surfaces.

Music Trivia

Get ready for a night of laughs, throwback tunes, and friendly competition!

Our Music Trivia (Bingo Style) fundraising event is happening Saturday, February 28 at 7:00pm, and we'd love for you to a part of the fun. There is no skill required for the event, there is zero pressure, it's all about having a good time.

Tickets are \$25, or \$20 if paying with cash. **Registration closes this Friday**, and spots are filling up, so be sure to secure your spot soon. Call or stop by the Centre 204-897-5263 to secure your spot or ask any questions.

We hope to see you there!

Tech Talk

Tech Talk is happening this week! Get your tech questions answered! Thursday, February 26 from 2:00-4:00pm.

New this session: pre-registered time slots to help reduce wait times on RecDesk.

Drop-ins are still welcome!

Men's Drop-In Coffee

On Friday, February 27th at 9:30 AM take a break and enjoy a coffee at Men's Drop-In Coffee. Meet new people, share a laugh, and enjoy a warm cup together.

No registration needed, just come by and enjoy!

Hot beverages are \$1.

Manitoba Seniors Today

Llyod Gwilliam has featured the Charleswood Active Living Centre on the latest episode of Manitoba Seniors Today. It will release starting this Friday, broadcasted on the Rogers TV local community access channel 105 here in Winnipeg, or found on YouTube:

<https://www.youtube.com/watch?si=kO5ZLvKl-4EwgkCq&v=ryCkXk85pEE&feature=youtu.be>

YOU ARE
INVITED TO

MUSIC TRIVIA

(BINGO STYLE)

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

SATURDAY, FEBRUARY 28TH

DOORS OPEN 6:30

GAME PLAY STARTS 7:00

@THE CENTRE

\$25 FOR 10 GAMES + SNACKS

CASH DISCOUNT: \$20 FOR 10 GAMES

EXTRA 10 GAME BOOKLET: \$10 @ EVENT

FEEL FREE TO BRING YOUR OWN SNACKS

WINE + BEER AVAILABLE

REGISTRATION OPEN NOW

Phone 204-897-5263

OPEN TO ALL

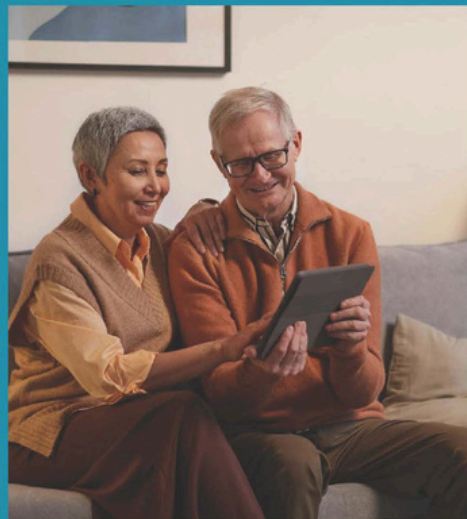


Around the Community

Provincial Support Services to Seniors Education Session

March 10, 2026

What you need to know about
Older Adult Fraud Prevention & Support Resources



The Provincial Support Services to Seniors network invites our health region staff, volunteers, community-based senior serving organizations and members working with older adults in the community who wish to learn more about older adult fraud prevention and support resources.

DATE: March 10, 2026

TIME: 1:30 PM to 2:30 PM

Join the session on the day of by clicking below at:

[Join the meeting now](#)

Meeting ID: 267 130 340 139 4

Passcode: tB7os9Su or you can

dial in by phone at:

1 204-815-1742

Phone ID: 467 643 490#

PRESENTERS:

Erika Miller, Manager, Education & Communications

Manitoba Financial Services

Marko Bilandzija, Communications Coordinator

Manitoba Financial Services

This session will focus on:

- Recognizing fraud
- Prevention Tips
- How Manitoba Financial Services can help

Around the Community



**SAVE
THE DATE
MARCH 17-19**

REGISTRATION
DEADLINE
EXTENDED

NOW CLOSES:
FEB 27th

**Manitoba
55+ Games**
PRESENTED BY **PLAYNOW**

CALLINGALL MB CURLERS JOIN US MARCH 17-19 IN MORDEN & WINKLER

Mark your calendars for **CURLING** in the upcoming 2026 Manitoba 55+ Games!

4 Person Curling

- 55+ - Men's, Women's &
- Mixed 65+ - Men's, Women's
- & Mixed 75+ - 4 Person Open

2 Person Stick Curling

- Under 70 - Men's, Women's & Mixed
- 70+ - Men's, Women's & Mixed

Registration Fees

- 2 Person Stick Curling: \$80/Team
- 4 Person Curling: \$160/Team

Entry deadline: Feb. 10, 2026. Early entry encouraged as entry limits may have to be implemented for equity in all divisions.

For more information visit our website: www.activeagingmb.ca, email: info@activeagingmb.ca or call: 204-632-3947.

*all participants must be at least 55 years old by Dec 31, 2026



Around the Community

Understanding Self Compassion

FACILITATED BY: HAILEY KUPIAK, CANADIAN MENTAL HEALTH ASSOCIATION



This session explores what self-compassion is, why it matters, and how it differs from self-criticism. Participants will learn practical ways to reduce stress, build emotional resilience, and develop a kinder inner voice. Through gentle reflection and simple exercises, attendees will gain tools to create a self-compassion practice that fits into everyday life —supporting personal growth, healing, and well-being.

Feb 20 | 11 - 12 Noon | On Teams
To Register: 204-477-1123

Open to all women and gender diverse people.



FGWRC
FORT GARRY WOMEN'S RESOURCE CENTRE



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all

U of M Research Study Participants

The University of Manitoba and York University are conducting a study on Exploring Preferences and Strategies to Increase the Utilization of Adult Day Programs by Black Older Adults in Manitoba. If this is something you believe that you have insight on please reach out to the Centre. We will connect you with the study. Compensation will be provided.

Ha-Ha-Highlights

That game-winner felt less like a goal and more like Canada saying, “We’ve tried being polite. We’re done now.” 🇨🇦📖

I put my winter coat away yesterday... today it’s snowing. Manitoba fashion police would be proud. ❄️🧥😂

Manitoba weather is the only magician that can make winter disappear... and then reappear in a blizzard. 🎩❄️☁️

What’s the most popular winter accessory in St. Boniface? A toque with a built-in poutine pocket. 🧢🍷😂

Winter in Manitoba: where “partly sunny” is just a polite way of saying “snowing sideways.” ☁️☀️❄️

If you don’t like Manitoba winter, just wait five minutes—it will change your mind. ⌚❄️😂

Why did the coffee file a police report? It got mugged. ☕🚔😂

Why don’t ants ever get sick? They have tiny ant-bodies. 🐜💪🧼

Did you hear about the mathematician who’s afraid of negative numbers? He’ll stop at nothing to avoid them. —📐😂

I told my plants a joke... now they’re rooted in laughter. 🌱😂🌿

What did the wall say to the paint? “I’ve got you covered.” 🖍️🧱😂

Have a great weekend!

Dana Poulton

Program Coordinator