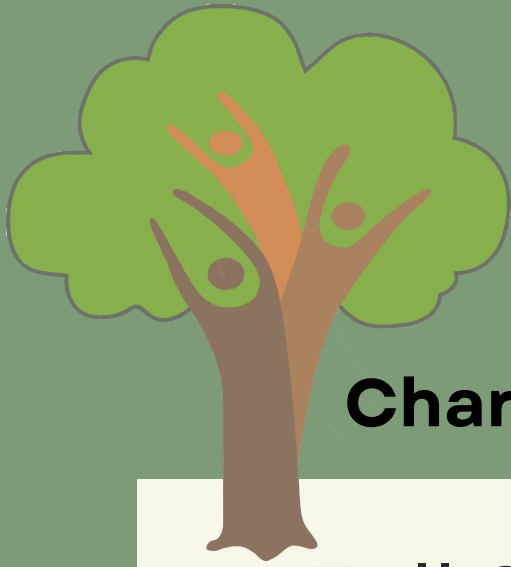


2026
FALL PROGRAMMING
SEPTEMBER 14TH - DECEMBER 11TH



What's New in The Woods

Charleswood Active Living Centre

WELCOME TO OUR

Fall 2026 Newsletter

✦ Message From the Centre

Fall is an exciting and busy time at the Charleswood Active Living Centre as we welcome members back and begin a new season of programs, activities, and events.

With fall registration underway, there are many opportunities to stay active, learn something new, and connect with others. We encourage you to explore the Fall Newsletter and find programs and activities that interest you, whether you're returning to a favourite class or trying something new.

We are grateful to our staff, instructors, volunteers, and community partners whose time and dedication help make the Centre such a welcoming and vibrant place.

On behalf of the Board of Directors, we wish everyone a wonderful fall season. We look forward to seeing you at the Centre!

Chair of the Board
Val McGuire

Charleswood Active Living Centre

Phone: 204-897-5263

A357 Oakdale Drive, Wpg MB R3R 4A7

info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Summer Hours: Mon-Thurs 9:00am to
4:00pm

Board of Directors

President - Val McGuire
Past President - Sherry Mooney
Treasurer - Debbie Spracklin
Secretary - Dan Graham

Members

Dee Godfrey Janice Hamilton
Leslie Kerschtien Valli Kufley
Pam McKenzie Dianna Simpson
Carol Vandale



Is Your Membership Up To Date?

*ACTIVE MEMBERSHIP =
EASY REGISTRATION*

Your membership must be current to register for Centre classes and activities.

If your membership has expired, or will be expiring before registration, please renew your membership.

You can check online at <https://www.charleswoodseniorcentre.org/> or call the office at 204-897-5263. Membership is \$35 per year.

The Centre is a membership-based facility and except when specifically stated, you must be a member of the Centre and registered in a program to attend.

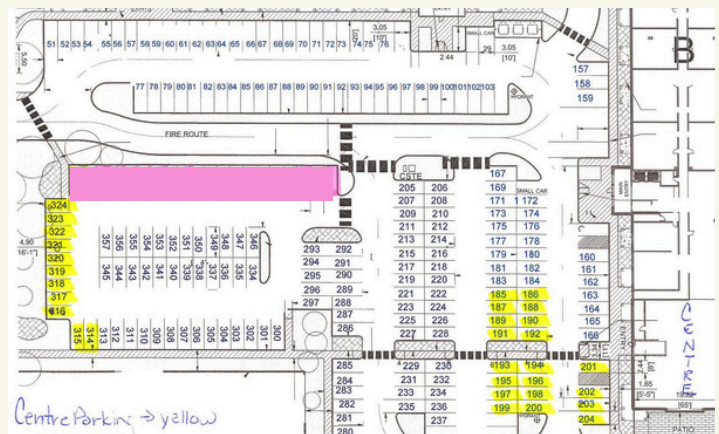
While we make every effort to inform members about expired memberships, we are not responsible for ensuring members are aware of the status of their membership.

Parking at the Centre

33 ASSIGNED SPOTS!

We have 33 assigned spots for the Centre 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 members may park in if there are no Centre designated spots available. Centre assigned spots are labelled. The Centre's spot numbers are 185-204 & 314-326. As many of our members reside in the complex, the need for parking stalls is more limited than at our previous location.



Cancellation Policy

The Centre's cancellation policy can be found at

<https://www.charleswoodseniorcentre.org/>.

Click on the "about us" tab.



Registration Process

*REGISTER ONLINE AT
[HTTPS://WWW.CHARLESWOODSENIORCENTRE.ORG/](https://www.charleswoodseniorcentre.org/) OR
BY PHONE AT 204-897-5263. NO IN-PERSON
REGISTRATION DURING THE WEEK OF SEPTEMBER 8, 2026.*

The Centre has a staggered registration process.

Registration opens in the following manner:

- Tuesday, September 8th at 9:30 a.m. – registration begins for Monday classes and programs and continues until they have filled.
- Tuesday, September 8th at 9:30 a.m. – registration begins for Tuesday classes and programs and continues for Monday classes and programs.
- Wednesday, September 9th at 9:30 p.m. – registration begins for Wednesday classes and programs and continues for Monday and Tuesday classes and programs.
- Thursday, September 10th at 9:30 a.m. – registration begins for Thursday classes and programs and continues for Monday, Tuesday and Wednesday classes and programs.
- Friday, September 11th at 9:30 a.m. – registration begins for Friday classes and programs and continues for Monday, Tuesday, Wednesday and Thursday classes and programs.

If you have any questions about the registration process, or are unclear how to register, please give us a call at 204-897-5263.

On these days the office will be locked 9:30-10:30 to answer phone lines.

ONLINE REGISTRATION

To register online your membership must be up-to-date and you are required to sign in with your username and password. If you do not have login information or cannot remember it, please contact the office. To confirm that your membership will be current at registration time, you can check online or call the Centre. It's recommended that you try to log in ahead of registration in case you run into some unexpected problems.

KATHLEEN COOK

MLA for Roblin

✉ info@kathleen-cook.ca

☎ 204-504-0594



Programming

Programming begins the week of September 14th, 2026, and ends the week of December 7th, 2026.

No classes on Monday, Oct 12th, Wednesday Sep 30th

MONDAY CLASSES

Zumba – Instructor: Emilie

No dance experience needed! Enjoy easy to follow Latin-inspired choreography that boosts endurance, improves coordination and strength, and supports memory. It's a natural stress reliever and most of all, so much FUN!

*Mondays 9:00– 10:00 am (12 weeks) Cost: \$96.00 (No class Oct 12)
Location: MPR*



Weight Training – Instructor: Pete

Strength and stretch with balance. You will use your own body weight, dumbbells and bands (bring your own band), and a series of strengthening exercises and balance drills and finish with a relaxing stretch to end the class.

Mondays 9:00 – 10:00 am (12 weeks) Cost: \$96.00 (No class Oct 12)
Location: GYM

Mondays 10:15 – 11:15 am (12 weeks) Cost: \$96.00 (No class Oct 12)
Location: GYM + MPR

Stretch Class – Instructor: Debby

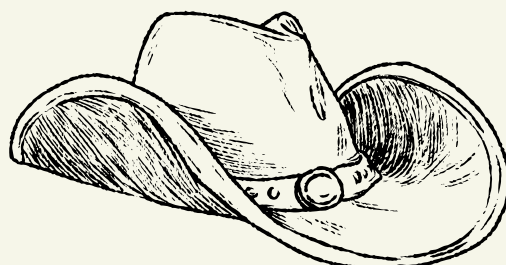
Class explores yoga postures, focusing on lengthening and toning your muscles. You'll use bender balls, yoga blocks, chairs, and the wall to help you tuck into those hard-to-reach tension areas, such as hip and shoulders. Also, you'll practice better pelvic alignment promoting longer, more supple hamstrings. Bring your yoga mat and band.

Mondays 11:30 – 12:30 pm (12 weeks) Cost: \$96.00 (No class Oct 12)
Location: GYM + MPR

Line Dancing Level 1 (Beginner) – Instructor: Carole

This course will introduce basic line dance steps. Easy choreography, moderate tempos and lots of repetition will get you moving to all kinds of music while learning basic line dance skills and terminology. Please wear flat shoes that allow you to move easily and bring water. No boots allowed!

Mondays 12:45 – 1:45 pm (12 weeks) Cost: \$96.00 (No class Oct 12)
Location: GYM + MPR





TUESDAY CLASSES

High Intensity Interval Training (HIIT) – Instructor: Pete

Join our dynamic HIIT class! An interval workout program designed for all fitness levels. Multiple intensity levels will be offered for every exercise. Divided into 4 groups, participants will perform unique and functional movements to fun music. Bring your own band.

Tuesdays 9:00 – 10:00 am (13 weeks) Cost: \$104

Location: GYM + MPR

Balance & Conditioning – Instructor: Pete

A dynamic 4-part class designed to enhance overall strength and stability. Balance training to improve coordination and stability. Resistance training with dumbbells and bands. Cardio training to improve heart health and endurance. Followed by a relaxing recovery stretch. Low/medium intensity & moderate variation as required.

Tuesdays 10:15 – 11:15 am (13 weeks) Cost: \$104

Location: GYM + MPR

Gentle Yoga – Instructor: Mary Lou

This invigorating yoga-based class rejuvenates your brain, challenges your balance and tones and strengthens all your muscles. The standing moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. The mat-based moves encompass the last 25-30 percent of the class.

Tuesdays 12:45– 1:45 pm (13 weeks) Cost: \$104

Location: GYM + MPR

Chair Yoga – Instructor: Mary Lou

Chair Yoga is a safe and gentle form of yoga performed while seated or using a chair for balance. Yoga and fitness exercises that gently target areas of weakness, tension, chronic pain, inflammation, reduced mobility, and/or difficulty standing for prolonged periods of time. Chair Yoga may be the perfect practice to help you slowly develop balance and stability while improving strength and flexibility regardless of age.

Tuesdays 2:00-3:00 pm (13 weeks) Cost: \$104

Location: GYM



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accepting
reservations for
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to your *Neighbourhood*
Call Today!
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WEDNESDAY CLASSES

Total Body Fitness – Instructor: Eleanor

Class starts with a warm-up, pre-cardio, and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & those looking for a moderate work-out.

Wednesdays 9:00 – 10:00 am (11 weeks) Cost: \$88 (No class Sep 30, Nov 11)

Location: GYM

Stretch Class – Instructor: Debby

Class explores yoga postures, focusing on lengthening and toning your muscles. You'll use bender balls, yoga blocks, chairs, and the wall to help you tuck into those hard-to-reach tension areas, such as hip and shoulders. Also, you'll practice better pelvic alignment promoting longer, more supple hamstrings. Bring your yoga mat and band.

Wednesdays 9:00 – 10:00 pm (11 weeks) Cost: \$88 (No class Sep 30, Nov 11)

Location: MPR



Sit & Fit – Instructor: Eleanor

Does balance concern you? Balance isn't something the body automatically has. Class combines sitting and standing for a solid core workout and improvement of your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter. This class is suitable and challenging for all individuals regardless of fitness level. Modifications will be provided based on the individual's needs, and no prior experience is necessary. Bring your own band.

Wednesdays 10:15 am – 11:15 pm (11 weeks) Cost: \$88 (No class Sep 30, Nov 11)

Location: GYM

Chair Yoga – Instructor: Debby

Chair Yoga is a safe and gentle form of yoga performed while seated or using a chair for balance. Yoga and fitness exercises that gently target areas of weakness, tension, chronic pain, inflammation, reduced mobility, and/or difficulty standing for prolonged periods of time. Chair Yoga may be the perfect practice to help you slowly develop balance and stability while improving strength and flexibility regardless of age.

Wednesdays 10:15-11:15 pm (11 weeks) Cost: \$88 (No class Sep 30, Nov 11)

Location: MPR

Bone Building Health & Muscle Strength – Instructor: Ery

This class will use free weights to help keep your bones strong while increasing muscle strength, improving posture, balance, coordination, and flexibility. Hips, lower back and wrists as well as your core will be targeted. Mat work is incorporated. Modifications will be made as required to meet individual needs.

Wednesdays 11:30 am - 12:30 pm (11 weeks) Cost: \$88 (No class Sep 30, Nov 11)

Location: GYM + MPR





Restorative Yoga – Instructor: Mary Lou

The practice of restorative yoga emphasizes relaxation and stress reduction through passive poses held for extended periods of time. It activates the parasympathetic nervous system bringing us into a state of quiet calm. Perfect for all fitness levels, helps lower blood pressure, lessen anxiety and helps us sleep better. A wonderful balance to a hectic day.

Wednesdays 1:00 – 2:00 pm (11 weeks) Cost: \$88 (No class Sep 30, Nov 11)

Location: GYM

THURSDAY CLASSES

Zumba – Instructor: Emilie

No dance experience needed! Enjoy easy to follow Latin-inspired choreography that boosts endurance, improves coordination and strength, and supports memory. It's a natural stress reliever and most of all, so much FUN!

Thursdays 9:00– 10:00 am (13 weeks) Cost: \$104

Location: GYM + MPR

Total Body Fitness – Instructor: Eleanor

Class starts with a warm-up, pre-cardio, and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & those looking for a moderate work-out.

Thursdays 10:15 – 11:15 am (13 weeks) Cost: \$104

Location: MPR

Functional Fitness – Instructor: Erv

Moves focus on balance, core strength, endurance and multi-joint flexibility. 20 minutes of cardio, 20 minutes of functional strength training, followed by balance training and stretching. Great for all levels.

Thursdays 10:15 am – 11:15 pm (13 weeks) Cost: \$104

Thursdays 11:30 am – 12:30 pm (13 weeks) Cost: \$104

Location: GYM



Iyengar Yoga – Instructor: Doreen

A mindful yoga practice that focuses on proper alignment, balance, and precision. Using props such as blocks, straps, and bolsters, poses can be adapted to suit different abilities and comfort levels. This class helps improve flexibility, strength, posture, and body awareness.

Thursdays 11:30-12:30 pm (13 weeks) Cost: \$104

Location: MPR

Chair Yoga Fusion – Instructor: Doreen

A fun combination of yoga poses and fitness exercises designed to improve flexibility, balance, and strength. Using resistance bands, bender balls, and light weights, this class offers a supportive and accessible way to stay active and build confidence in movement.

Thursdays 12:45 – 1:45 pm (13 weeks) Cost: \$104

Location: MPR

Barre Fitness – Instructor: Claudia

Barre is an exceptional work out that is a fusion of Ballet, Modern Dance and Pilates techniques. This total body conditioning is guaranteed to tighten, tone, sculpt and strengthen your entire body. The sessions and exercises will be choreographed to the rhythm of your favorite tunes. The class is suitable for all fitness levels. No experience necessary. Bare feet, socks, soft dance shoes or runners.

Thursdays 12:45 – 1:45 pm (13 weeks) Cost: \$104

Location: GYM

PACE – Instructor: Claudia

PACE is the acronym for "People with Arthritis can exercise" It is a program designed by the Arthritis Society, that helps with gentle specific exercises for different types of Arthritis or related diseases as Fibromyalgia, Lupus, Rheumatoid Arthritis, etc. Exercises are sitting and standing, modifications are also provided.

Thursdays 2:00 – 3:00 pm (13 weeks) Cost: \$50

Location: GYM

subsidized cost through Stength in Motion



FRIDAY CLASSES

Weight Training – Instructor: Pete

Strength and stretch with balance. You will use your own body weight, dumbbells and bands (bring your own band), and a series of strengthening exercises and balance drills and finish with a relaxing stretch to end the class.

Fridays 9:00 – 10:00 am (13 weeks) Cost: \$104

Location: GYM

Dynamic Movement – Instructor: Pete

Suitable for all levels of fitness. Attention is placed on our physical and mental wellness. You will be guided through mindful breathing, functional movements, and relaxing stretches. Lymphatic self-massage will assist the immune system, releasing tension with feet care techniques, and resetting the nervous system with somatic exercises. You'll leave feeling refreshed and rejuvenated. If needed, chairs can be used during the mat component of the class. A wonderful way to start the weekend!

Fridays 10:30 – 11:30 am (13 weeks) Cost: \$104

Location: GYM

Pickleball Power- Instructor: Claudia

A functional fitness class designed to build strength, stability, and power for the movements used in pickleball. Focus on lateral movement, balance, and injury prevention to help you move confidently and perform your best on the court.

Fridays 11:45 am – 12:45 pm (13 weeks) Cost: \$104

Location: GYM



MY
SMALLER NEST
Senior Relocation Specialist

BRIAN MCMILLAN
Salesman

Phone: **1 (204) 612-6575**

Email: **info@mysmallernest.com**

Website: **www.mysmallernest.com**

Fitness Class Information

1. Bands can be purchased at the Centre for \$5 or \$7 depending on band.
2. Please bring your own mat for classes that require one.
3. You can refill your own water bottle from the water dispenser in the Centre.
4. Please bring a cloth with you to exercise classes. We supply cleaning spray for use on shared equipment. Spray and wipe equipment after use.
5. Outdoor shoes cannot be worn for fitness classes.

Fitness Class Drop In

If the Fitness class is not full, a drop in is available for \$10 a class. For full classes please call the Centre day of to see if there is space.



Drop-In Coffee

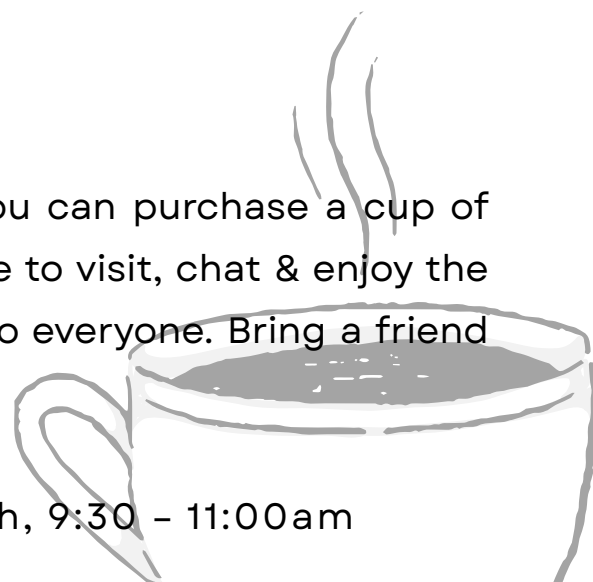
Charleswood Active Living Centre, 357 Oakdale

Tuesdays 9:30-11:00am

September 15- December 8

Open to all, no membership required

Join us at the Centre for weekly Coffee Time. You can purchase a cup of coffee, tea or hot chocolate for a \$1. A great time to visit, chat & enjoy the company of your fellow Centre Members. Open to everyone. Bring a friend and show them the Centre.



Men's Coffee: the fourth Friday of the month, 9:30 – 11:00am

September 25, October 23, November 27,

Tech Talk with Lloyd Gwilliam Or Ed Wright

Tech Talk Thursdays 2:00-4:00

September 24, October 8, October 22, November 12, November 26, December 10

Do you have computer, iPhone, or tablet questions?

Need some clarification? Require a little help to figure something out?

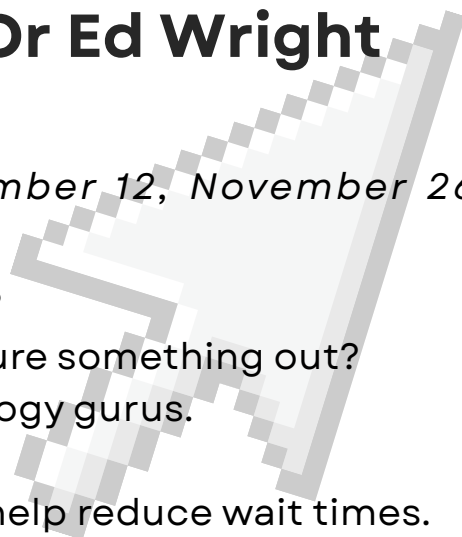
Stop by and see Lloyd and Ed, our in-house technology gurus.

No cost to attend, this is not an instructional class.

We're introducing scheduled registration times to help reduce wait times.

Simply sign up for a time slot, and you can arrive at that time with minimal waiting.

Drop-ins are still welcome, but please note that those with appointments will be served first, so drop-ins may experience longer waits.



Food & Flicks

Pizza, Pop, and Chips

Please select your pizza choice on the drop-down menu when registering online. Movies are shown in the Multi Purpose Room.

Cost: \$6

Friday, September 18: Remarkably Bright Creatures (2026) 1:15pm

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

Sally Field, Lewis Pullman, Joan Chen, Kathy Baker, Beth Grant, Sofia Black-D'Elia, Colm Meaney, Alfred Molina

Friday, October 16: The Devil Wears Prada 2 (2026) 1:15pm

Miranda Priestly struggles against Emily Charlton, her former assistant turned rival executive, as they compete for advertising revenue amid declining print media, while Miranda nears retirement.

Meryl Streep, Anne Hathaway, Emily Blunt, and Stanley Tucci

Friday, November 20: National Lampoon's Christmas Vacation (1989) 1:15pm

As the holidays approach, Clark Griswold (Chevy Chase) wants to have a perfect family Christmas, so he pesters his wife, Ellen (Beverly D'Angelo), and children, as he tries to make sure everything is in line, including the tree and house decorations. However, things go awry quickly. His hick cousin, Eddie (Randy Quaid), and his family show up unplanned and start living in their camper on the Griswold property. Even worse, Clark's employers renege on the holiday bonus he needs.



Your Neighborhood Pharmacy in Charleswood

Proud to support members of the Charleswood 55+ Active Living Centre through our on-site vaccine clinics.

At Northway Pharmacy Charleswood we believe pharmacy services should be personalized, convenient, and local:

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- ✓ **Free Medication Reviews**
- ✓ **Free Blister Packaging**
- ✓ **Friendly, Personalized Service**



Thinking about switching pharmacies?
One call gets the process started— we'll take care of the rest.





Bada Bingo

Wednesday, **September 16**, @ 1:30-3:30 pm

Wednesday, **October 21**, 2026 @ 1:30-3:30 pm

Wednesday, **November 18**, 2026 @ 1:30-3:30 pm

HOLIDAY BINGO Wednesday **December 9**,

2026 @ 1:30 - 3:30 pm



A fun afternoon of
Bingo, prizes and
snacks dabbers will be
available or bring your
own! Donation: \$10

Creative Writing

You may not have a lot of experience writing stories, but you've lived an experience-filled life! Yvonne will combine instruction, writing practice, and workshop-style discussion to explore character and voice, creating atmosphere, and other storytelling fundamentals. Trust your stories, find your voice, and connect with a community of storytellers. No computer required. This 8-week class is suitable for both returning participants and newcomers.

Fridays 9:00-10:30

7 weeks

Starts September 25

Cost: \$60

Jammers

Love to sing? Play an instrument? Join the Jammers. A fun music group and a great way to meet new people. Bring your own instrument.

Wednesdays 2:00-4:00 No Class Sept 30, Nov 11.

Cost: \$20



Entertainment

\$5 to attend. Pop and a snack included.

Keith Dyck is a folk/roots/America artist with a country flair. His country roots run deep with an ever surfacing Rock and Roll heart.

Friday, October 2 @ 1:15 pm

Your toes will be tapping as **Vic and the Invisible Trio** brings the charm with classis hits and feel-good-favoritesthat everyone knows and loves.

Friday, November 27 @ 1:15 pm

Back by popular demand, **Rick Roschuk** from Red Road Music Company returns with a nostalgic live music performance featuring Christmas Hits. Enjoy an afternoon filled with songs from the 1950s, 60s, and 70s, including crooner favourites and country hits that are sure to spark memories and smiles.

Friday, December 4 @ 1:15 pm



EVAN DUNCAN

CITY COUNCILLOR
CHARLESWOOD-TUXEDO-WESTWOOD



For OUR Community

www.EvanDuncan.ca



Games

Run from September 14 to December 11

Cost: \$20

BRIDGE - Location: MPR

Not suitable for beginners. There is no instructor, and this is not duplicate bridge.

Mondays 2:00 - 4:00 pm (12 weeks) No classes Oct 12

Registration opens September 8 at 9:30

CANASTA - Location: Meeting Room

We play a version of Hand & Foot Canasta.

Mondays 1:00 - 3:00 pm (12 weeks) No classes Oct 12.

Registration opens September 8 at 9:30

CRIBBAGE - Location: MPR

Tuesdays 2:00 - 4:00 pm (13 weeks)

Registration opens September 8 at 9:30

MAHJONG - Location: MPR

Thursdays 2:00 - 4:00 pm (13 weeks)

Registration opens September 10 at 9:30

RUMMOLI - Location: Meeting Room

Thursdays 1:00 - 3:00 pm (13 weeks)

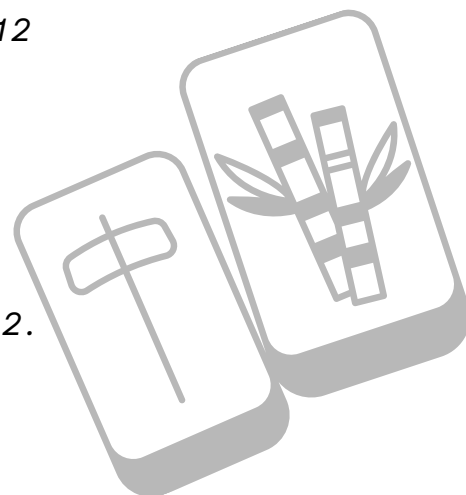
Registration opens September 10 at 9:30

BOCCE - Location: MPR

Fridays 11:00 - 12:30 pm (13 weeks)

Registration opens September 11 at 1:30

Knowledge of games is not required except bridge. In each game, returning players are willing to teach new players how to play.





Creative Interests

Ladies in Stitches Knitting Club

Knitting shawls for Cancer Care & items for other charities. Group meets the 3rd Thursday of the month at 10:30 am in the Meeting Room. Wool donations are always appreciated. No charge for work being done for charity. September 17, October 15, November 19,



Book Club

Meets the 1st Tuesday of the month from 1:00 - 2:30 pm in the Meeting Room

Cost: \$5

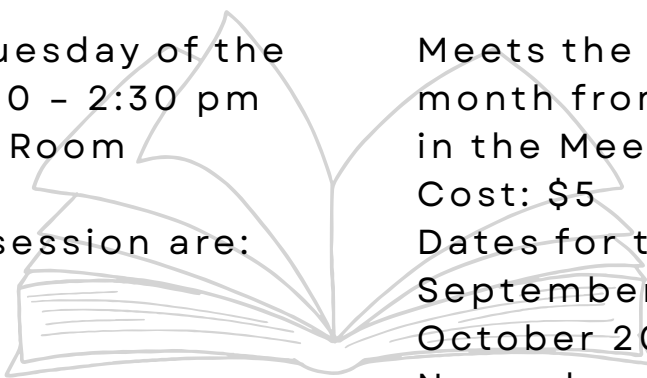
Dates for this session are:

September 1

October 6

November 3

December 1



Mystery Book Club

Meets the 3rd Tuesday of the month from 1:00 - 2:30 pm in the Meeting Room

Cost: \$5

Dates for this session are:

September 17

October 20

November 17

*Tuesday December 8

Cooking for 1

September 15, 2026

November 17, 2026

2:00-3:00 pm



Cooking for one doesn't have to be complicated! Join us for a fun and practical workshop featuring simple, delicious meal ideas, helpful tips for cooking smaller portions, and ways to make the most of your ingredients. Come learn, taste, and take home ideas you can easily recreate at home. Please bring a container.

Hosted by Veni Living



Murder Mystery Party

Friday, October 23rd 1:15-3:00

Cost: \$10

Step back into the roaring 1920s and join us for an afternoon of mystery, intrigue, and fun! Set in a lively New York jazz club during the height of Prohibition, Jazz Age Jeopardy is a guided murder mystery experience where participants are assigned unique character roles and work together to uncover clues, question suspects, and solve a fictional crime.

A murder mystery party is an interactive game where everyone becomes part of the story, sharing information, piecing together evidence, and trying to figure out “whodunit” before the final reveal.

This program is designed to be social, engaging, and easy to follow, with all materials and instructions provided.

Optional: Feel free to dress in 1920s-inspired attire to add to the atmosphere, but it is not required.

Wheel of Fortune

Friday, November 6th 1:15-3:00

Cost: \$5

Join us for a fun and interactive game afternoon featuring our very own Wheel of Fortune-style challenge! Participants will work in groups to guess phrases, solve word puzzles, and spin the wheel for a chance to earn points and prizes.

Safety Presentation

Monday, November 9th 2:30-3:15

Free to attend

Join us for an informative and practical presentation focused on personal safety and self-defence. Learn simple strategies to stay safe, recognize potential risks, and respond confidently in different situations. Discover practical tips and techniques to help you feel more prepared, aware, and confident in your everyday life.



Lunch of the Month

Join fellow Centre Members for the Lunch of the Month. Reservations under Charleswood Active Living Centre.

Members may register for themselves and one guest. We make the reservations, but you are responsible for paying for your own lunch.

Note: Some restaurants automatically add a service charge or tip for larger groups. Please check your bill to be sure you don't double tip.

Wednesday, October 14 @ 12:00pm - The Grove 164 Stafford St

Wednesday, November 4 @ 12:00pm - Cork and Flame at 3106 Portage Ave

Wednesday, December 2 @ 12:00pm - St Louis Bar and Grill at 749 Sterling Lyon Pkwy Unit 10



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Save The Date

October 24, 2026: Party With
a Purpose

October 29, 2026: Casino Trip

November 13, 2026:

November Lunch

November 21, 2026: Music
Trivia

December 15, 2026: Holiday
Lunch

December TBD: High Tea



CASINO TRIP

SEPTEMBER 15TH 2026

COST:
\$40/PERSON

Includes: transportation, \$25 player card, lunch
Departs: 9:00am from the Safeway parking lot 3900 Grant
Travel time: 1h30mins
Depart casino: 3:00pm
54 spots available, open to all. No membership required.
Registration opens: Monday, August 31st 9:30am 2026
(in person, online, or call 204-897-5263)
Registration deadline: Friday, September 11th, 2026

Sand Hills





Seniors Advocacy

Wednesday October 7th 1:15pm

Free to attend.

Join us for an informative presentation with the Seniors Advocate. Learn about the role of the Seniors Advocate, the supports and resources available to older adults, and how they can help navigate concerns and access services. Bring your questions and learn more about the resources available in our community.

Parkinson's: Move, Learn & Connect

Thursdays 11:30-12:30

Starts October 20

8 weeks

Cost: \$30

A welcoming program focused on fitness, information, and connection for people living with Parkinson's. Take part in movement and fitness activities, learn about helpful resources and strategies, and connect with others in a supportive community. A great opportunity to stay active, informed, and connected.

Holiday Minute to Win It

Friday, December 4

1:00-2:30

Cost: \$5

Get into the holiday spirit with a series of fun and festive Minute to Win It challenges! Test your speed, skill, and luck as you compete in a variety of silly and entertaining games. Come ready to laugh, cheer on your fellow participants, and enjoy some friendly holiday competition!

Charleswood Active Living Centre

Phone: 204-897-5263

A357 Oakdale Drive, Wpg MB R3R 4A7

info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Summer Hours: Mon-Thurs 9:00am to
4:00pm