



Charleswood Active Living Centre

Centre Update – September 19th, 2025

Centre Closed September 30th

Please note that we will be closed Tuesday, September 30th, 2025, due to National Truth and Reconciliation Day. All programming will be cancelled, and we will return to regular programming October 1st.

PLEASE BRING YOUR OWN CLOTHS FOR FITNESS CLASSS

We have been going through a lot of laundry just in the first week! Please bring your own cloths to wipe down your equipment after your class.



Upcoming Tech Talk

Our first tech talk is coming up! September 25th from 2-4 come on down to the centre with you computer/phone/I-Pad or whatever you have questions about. Ted will be

here to help you. No registration is needed.

Tuesday coffee Drop-In

A reminder that every Tuesday we have drop in coffee from 9:30-11:00am. Coffee, tea, or hot chocolate is just \$1 and you can come on down to have a cup over good conversation. No registration is needed.



25th Anniversary Dinner

Come celebrate the 25th anniversary of the Charleswood Active Living Centre Saturday, October 18th. Registration opens September 15th. Stop by the Centre or give us a call at (204-897-5263). No online registration.

\$60 each. Dinner catered by Danny's Whole Hog, includes wine and beer.



Flu and Covid Shots

We will be offering both flu and covid shots this fall season. The date will be sent out soon we are just waiting for the pharmacy to confirm the day they will receive stock. We are aiming for mid-October to help you get vaccinated easily and efficiently.



Casino Trips

We have two upcoming casino trips. Both trips are free to register! Registration is open now and will include bus transportation to the casino on Senior's Day meaning everyone will get 10\$ of Free Play as well as 30% off club card discount. Register [online](#) or over the phone.

Drop-ins

Drop-in for fitness classes starts the week of September 22nd for any class that is not full. Call the office at 204-897-5263 to secure a drop-in spot. Drop-in fee is \$10.

The following classes currently have drop-in spots (subject to change if the spots fill).

Balance & Bones - Wednesday 10:15pm

High Intensity Int Training (HIIT) Tue 9am

PACE - Thursday 2:00pm

Sit & Fit - Wednesday 10:15am

Stretch Class - Wednesday 9:00am

Yin Yoga - Tuesday 5:30pm

Zumba - Monday 9:00am

Zumba - Thursday 9:00am

Lost and Found

Please check the photos below if anything belongs to you. We will be donating the contents of the box in 1 week. You have 1 week to pick up your stuff you have left behind!







ROBLIN PARK COMMUNITY CENTRE

Bringing together family, friends and neighbours for a fantastic weekend of activities, community spirit, and unforgettable memories!

September 26th - September 28th
640 Pepperloaf Crescent



Friday Evening

Outdoor Movie
How to Train Your Dragon



Saturday Morning

**5k Run and
1k Run/Walk**



Saturday Afternoon

**BBQ & Bouncy
Castles**



Saturday Evening

**Adult Trivia
Night**



**SCAN FOR MORE
INFORMATION**



Sunday

**Discover Our
Community Day**

Or Visit The Website <https://www.roblinpark.org/fallfestival>

Senior Men's Health Fair

Event hosted in honour of
International Senior Men's Day



NOVEMBER 18TH

11:30 AM – 4:00 PM

**11:30 – 1:00 EXHIBITIONS,
Snacks & Light Refreshments**

**1:00 PM PANEL ON MEN'S
HEALTH**

- Prostate Center
- Canadian Mental Health
- Heart Health , WRHA

**2:30 PM PANEL ON AGING IN
PLACE & SENIORS HOUSING**

- My Smaller Nest
- Sturgeon Creek Retirement Residence
- Victoria Lifeline
- Home Care, WRHA
- Home Instead

Presented by



**WESTWOOD COMMUNITY
CHURCH
401 WESTWOOD DRIVE**

Why did the weekend bring an umbrella? Because it wanted to *make it rain on your plans!*

I finally finished all my laundry—now I just need to rest... for the next *cycle*.

My HIIT class is 30 minutes long... or as I call it, *30 minutes of trying to remember how to breathe*.

I'm not afraid of needles... I just prefer my arms without "bonus holes."

My password is so secure... even *I* can't remember it.

Why did the skeleton go to the party? Because he had *no body* to stop him.

Coffee doesn't ask questions—it just *brews* solutions.

I love last-minute plans—it gives me exactly five seconds to panic and three to find pants.

I thought "the cloud" was just bad weather until my photos disappeared into it.

I take my calcium seriously... I don't want to have a *bone to pick* with my skeleton later.

Have a great weekend!

Dana Poulton

Program Coordinator