CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, NOVEMBER 6TH, 2026

Register now! $15



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Shelmerdine Plant Fundraiser*
- *Name Tags*
- *Perogy Sale*
- *Unclaimed Players Choice Raffle*
- *High Tea*
- *Holiday Lunch*
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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.
- When visiting the Centre please use our designated parking spots marked "Charleswood Active Living Centre".

Shelmerdine Plant Fundraiser

Our winter plant fundraiser is underway! The last date to place an order is November 20, 2026.

Follow the steps below to get your order in. If you don't have an e-mail address, hard copies of the order forms can be filled out at the Centre.

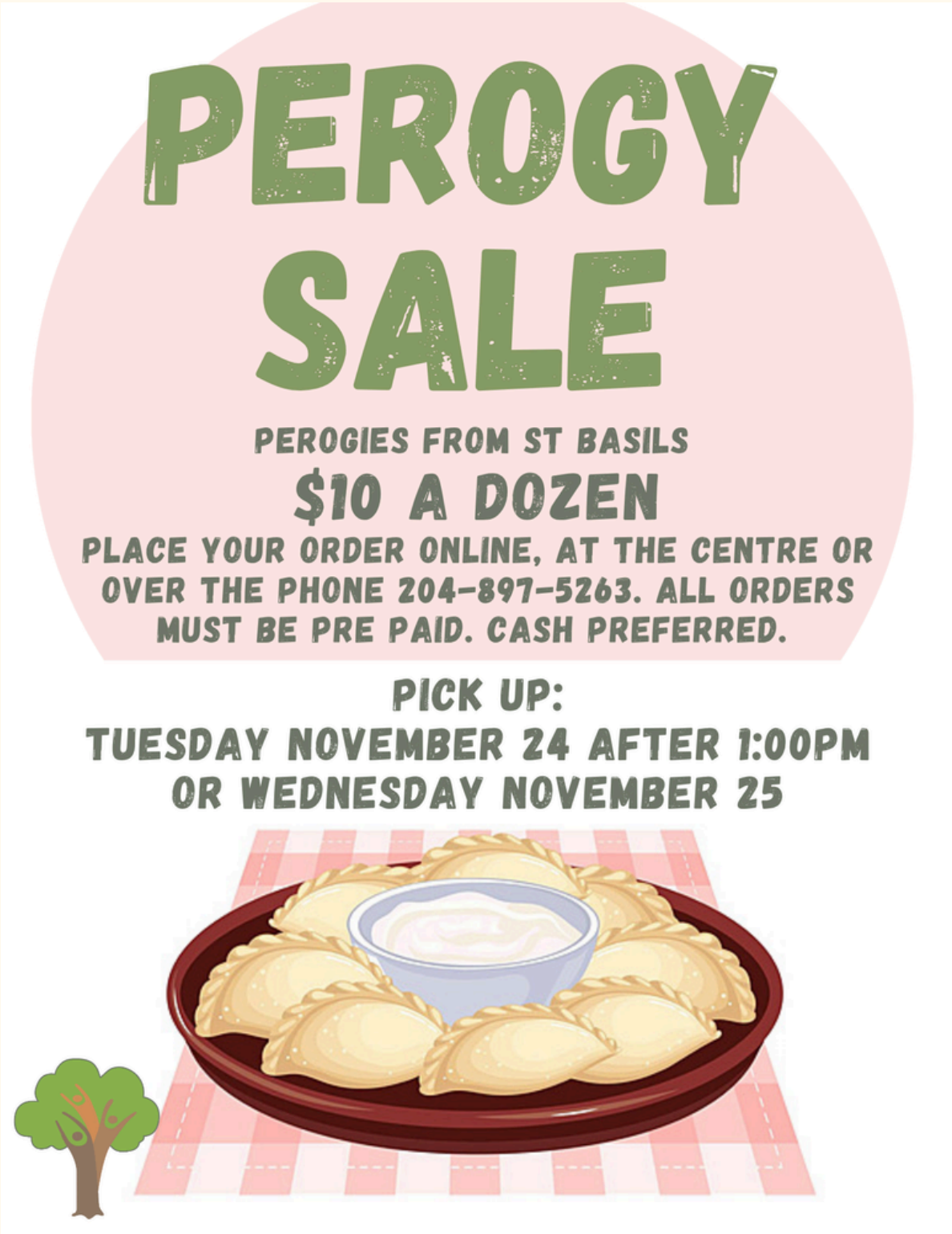


The Vouchers & Gift Cards are in electronic format only. If you ordered either of these, there will be an attachment on your order confirmation e-mail. Nothing will be handed out at the Centre on November 28. Print out the attachment or show the electronic e-mail to Shelmerdine staff when picking up product. The Vouchers will need to be redeemed for product at Shelmerdine between November 23 & December 23, 2026.

Name Tags

Show your CALC spirit and get to know your peers with a personalized name tag! The Centre is selling name tags with a magnetic backing for just $10, this second order is planned to be fulfiled in January, number dependent.

Our first order has come in. Please pick up your name tag at reception. Thank you for supporting the Centre through this fundraiser!



Unclaimed Players Choice Raffle

There is still 1 prize that have yet to be claimed!
Prize #14: Blue 199261
Double check your tickets and come pick up your prize!

High Tea

High Tea will be held on December 16th 1:30-3:30 tickets are $40 and will go on sale Monday Novemebr 9th.
Treat yourself to a delightful afternoon of good company, delicious refreshments and a little elegance! Join us at the centre for a lovely High Tea experience, featuring a selection of tasty sandwiches and refreshing beverages.
Gather your friends, enjoy some conversation and make an afternoon of it. We look forward to seeing you there!

Holiday Lunch

Our Holiday Lunch will be held on December 14th at 11:30 spots are $30 and are on sale now!
Celebrate the season with a delicious lunch out at Taverna Rodos! Enjoy a tasty meal featuring juicy chicken skewers served alongside flavourful lemon potatoes. A vegetarian option will also be available.
Bring a friend, enjoy some great food and good company, and share in a festive afternoon together. We look forward to celebrating with you!

Food + Flicks

Due to technical difficulties, we were unable to screen The Devil Wears Prada 2 at our last Food + Flicks event. But don't worry, we're bringing it back!
Join us on Monday, November 16th at 2:00 PM as we stream the film for everyone to enjoy.
If you were previously registered for the original showing, you're welcome to attend this rescheduled screening free of charge!
We apologize for the inconvenience and look forward to seeing you for a movie afternoon!


YOU ARE INVITED TO
MUSIC TRIVIA
(BINGO STYLE)
Hear a hit, name the tune, and mark your card!
SATURDAY NOVEMBER 28TH
DOORS OPEN 6:30
GAME PLAY STARTS 7:00
@CHARLESWOOD ACTIVE LIVING CENTRE
$20 FOR 10 GAMES + SNACKS
EXTRA 10 GAME BOOKLET: $10 @ EVENT
FEEL FREE TO BRING YOUR OWN SNACKS
CASH BAR + 50/50
REGISTRATION OPEN NOW
Phone 204-897-5263 OR ONLINE
OPEN TO ALL

Around the Community





Around the Community

Volunteer Request

There is a Food Access Bus that travels to 5 different locations in Charleswood. We take them shopping at Walmart (Unicity location on Portage) and we would love some help! The first pickup is at 10:30am at Eastern Star Chalet (525 Cathcart St) and we reach Walmart Unicity by 11:10am. The riders will have one hour to shop before their bus departs at 12:10pm. Everyone is usually dropped back off by approximately 12:40pm.

I am looking for three (or more) volunteers for the following:

Volunteer # 1
Ride the bus to all pick up locations
Ensure Liability Waivers have been filled out
Ensure names are checked off or recorded
Give FAB West badge/lanyard to each rider so we can identify riders
Make announcements on the bus (introducing fellow volunteers and reminding riders what time to be back at the bus)
Assist with shopping (walk around the store, find individuals, and offer help)
Ensure all riders are back at the bus for departure time
Assist riders with bringing their groceries on the bus
Collect badges/lanyards
Ride the bus for all drop offs
Provide Jaclyn (Seniors Resource Coordinator) with feedback on how it went

Volunteer # 2
Call all the sites (5 sites total) two days beforehand to request number of riders
Remind each site contact to put up sign-up poster for the next shuttle date
Call all the sites (5 sites total) on the day before to confirm numbers
Call Jaclyn (Seniors Resource Coordinator) the day before by 2pm and provide the final numbers for shuttle

Volunteer # 3 (or more if people are interested - the more help, the better!)
Meet the Food Access Bus at Walmart Unicity
Assist riders with shopping (walk around the store, find individuals, and offer help)
Assist riders with loading and bringing their groceries on the bus

Training will be provided to all volunteers!
Volunteers will need a criminal record/vulnerable sector check completed within the last year

Anyone interested can email me at resources@swsrc.ca or call me at 431-866-6776.

Thanks!
Jaclyn Stone

Sponsors

Gold Sponsors

LINDEN POINTE
A BRIGHTWATER COMMUNITY

Silver Sponsors

NORTHWAY PHARMACY CHARLESWOOD

Bronze Sponsors

The Seniors Moving Company

Ha Ha Highlights

How do you stop a bull from charging? You cancel its credit card. 🐂💳

What kind of music should you listen to while fishing? Something catchy! 🎣🎶

What do you call a girl in the middle of a tennis court? Annette. 🎾👧

What did the horse say after he tripped? “I’ve fallen and I can’t giddy up.” 🐴😂

What did the mama cow say to the baby cow? It’s pasture bed time. 🐮🌙

What kind of sandals do frogs wear? Open-toad. 🐸🩴

What do you call a herd of sheep falling down a hill? A lambslide. 🐑⛰️

What do you call a potato wearing glasses? A spec-tater. 🥔🤓

What do you call a moose with no name? Anonymoose. 🫎😂

What is a calendar’s favorite food? Dates. 📅🍇

Have a great weekend! I’m glad to be back.
Dana Poulton
Program Coordinator