



CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, JANUARY 2ND 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *Winter Session Registration*
- *Equipment Cleaning*
- *Book Club*
- *Volunteer Opportunities*
- *Around the Community*
- *Ha-Ha-Highlights*

Winter Session Registration

A reminder that our winter session registration week is next week, **January 5 – January 9**. Be ready to secure your spot in the winter program that you want. Registration will open 1 week before the first day of classes as shown in the table below. Once registration is open it will stay open until the class is full.

Registration is NOT done in person. You may register online [here](#) or by calling the Centre at 204-897-5263. We recommend online due to the amount of phone calls that will be happening.

To help expedite the registration process please ensure your membership is up to date. Feel free to contact the office prior with any questions you may have.

Registration Table

January 5th Registration for Monday OPENS 9:30	January 6th Registration for Tuesday OPENS 9:30	January 7th Registration for Wednesday OPENS 9:30	January 8th Registration for Thursday OPENS 9:30	January 9th Registration for Friday OPENS 9:30
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Equipment Cleaning

To ensure that all our equipment is cleaned for the upcoming session we will be deep cleaning next week. We have two time slots Wednesday January 7th 1:00-3:00pm and Thursday January 8th 1:00-3:00pm. If you are willing to help please email programs@charleswoodsseiorcentre.org with which time slot you will be volunteering for.

Book Club

The first book club meeting held on February 3rd will be reading the book Valley of the Birdtail by Andrew Stobo Sniderman and Douglas Sanderson. This book follows multiple generations of two families, one white and one Indigenous, and weaves their lives into the larger story of Canada. It is a story of villains and heroes, irony and idealism, racism and reconciliation. Valley of the Birdtail has the ambition to change the way we think about our past and show a path to a better future. After registration, once your spot is secured, please pick up your copy of the book at the front desk.

Volunteer Opportunities

We are collecting names of everyone interested in volunteering. Please fill our volunteer form out here <https://www.charleswoodsseiorcentre.org/volunteer> to stay up to date with all volunteering opportunities.

Around the Community

Provincial Support Services to Seniors Network

Education Session

Everything you need to know about
211 Manitoba

211 Manitoba

Help Starts
Here.

Call

2-1-1

or search **mb.211.ca** to
find the right help for you.



This session is geared towards funded Support Services to Seniors 55+ serving organization board and staff members and older adult service providers across Manitoba who work with older adults in the community.

DATE: January 13, 2026

TIME: 1:30 to 2:30 pm

Please join the meeting by
following the link:

[Join the meeting now](#)

Meeting ID:

295 562 843 863 73

Passcode: Wb9V7hT6

Dial in by phone

+1 204-815-1742.

159620493#

Presenter:

Samantha White,

Community Engagement Manager

211 Manitoba

The session will review:

- What is 211 MB
- Who can use 211 MB
- When to use 211 MB
- How to use 211 MB
- Highlight the importance of 211 MB

Hosted by:

Interlake Eastern Regional Health

Ha-Ha-Highlights

My New Year's resolution was to be less sarcastic. I've decided to postpone it 😏

New Year, same me... just with a slightly newer calendar 📅 17

I started the New Year off right by forgetting what day it is 🧑♀️

My 2026 goal is to finish my 2025 to-do list 📝😬

I'm in a committed relationship with my New Year's resolutions. It's complicated 💔😂

This year I'm only making realistic resolutions, like remembering my passwords 🗝️🧑♀️

I tried to be productive today... turns out I was just busy 😓

I love how coffee can turn "good morning" into an actual statement ☕

My favourite workout is lifting groceries in one trip 💪🛒

If laughter counts as exercise, we're all crushing our goals today 😄💯

Have a great weekend!

Dana Poulton

Program Coordinator