

CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, MAY 8TH, 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Tech Talk*
- *Food & Flicks*
- *AGM*
- *Remembering Barb Tallas*
- *Assiniboine Forest Rotary Presentation*
- *Donuts with Duncan*
- *Floral Arranging*
- *Covid*
- *Linden Point Bus Tour*
- *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.

Tech Talk

Tech Talk is happening this week! Get your tech questions answered!

Thursday, May 14 from 1:00-3:00pm.

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

Drop-ins are still welcome!

Food + Flicks

Friday, May 15th join us at 1:00 for a screening of Top Gun: Maverick (2022). After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.

Tom Cruise, Miles Teller, Jennifer Connelly, Jon Hamm, Glen Powell

Pizza, pop, and chips to be served.

\$6 to register.

AGM

Our Annual General Meeting (AGM) is just around the corner, and you're invited to be part of the conversation!

Date: June 17th

Time: **10:30 AM**

It's a great opportunity to learn more about how the Centre operates, celebrate what we've accomplished together, and look ahead to what's next. Reserve your spot to be part of the discussion. All registered attendees will receive a copy of the AGM distribution package by email by May 17.

Remembering Barb Tallas

It is with heavy hearts that we share the passing of Barb Tallas. Barb was a vibrant and valued member of the Charleswood Active Living Centre who brought warmth, joy, and kindness wherever she went. She regularly participated in Zumba, Bingo, entertainment events, and many other programs, always helping to create a welcoming and lively atmosphere.

Barb truly embodied the spirit of our Centre through the friendships she built and the strong sense of community she helped foster. She will be deeply missed by members, volunteers, staff, and all who had the pleasure of knowing her. Our thoughts are with her family and friends during this difficult time.



ASSINIBOINE FOREST PLANS + UPDATES

TUESDAY, MAY 26TH 1:00PM

IN THE CHARLESWOOD ACTIVE LIVING CENTRE MEETING ROOM

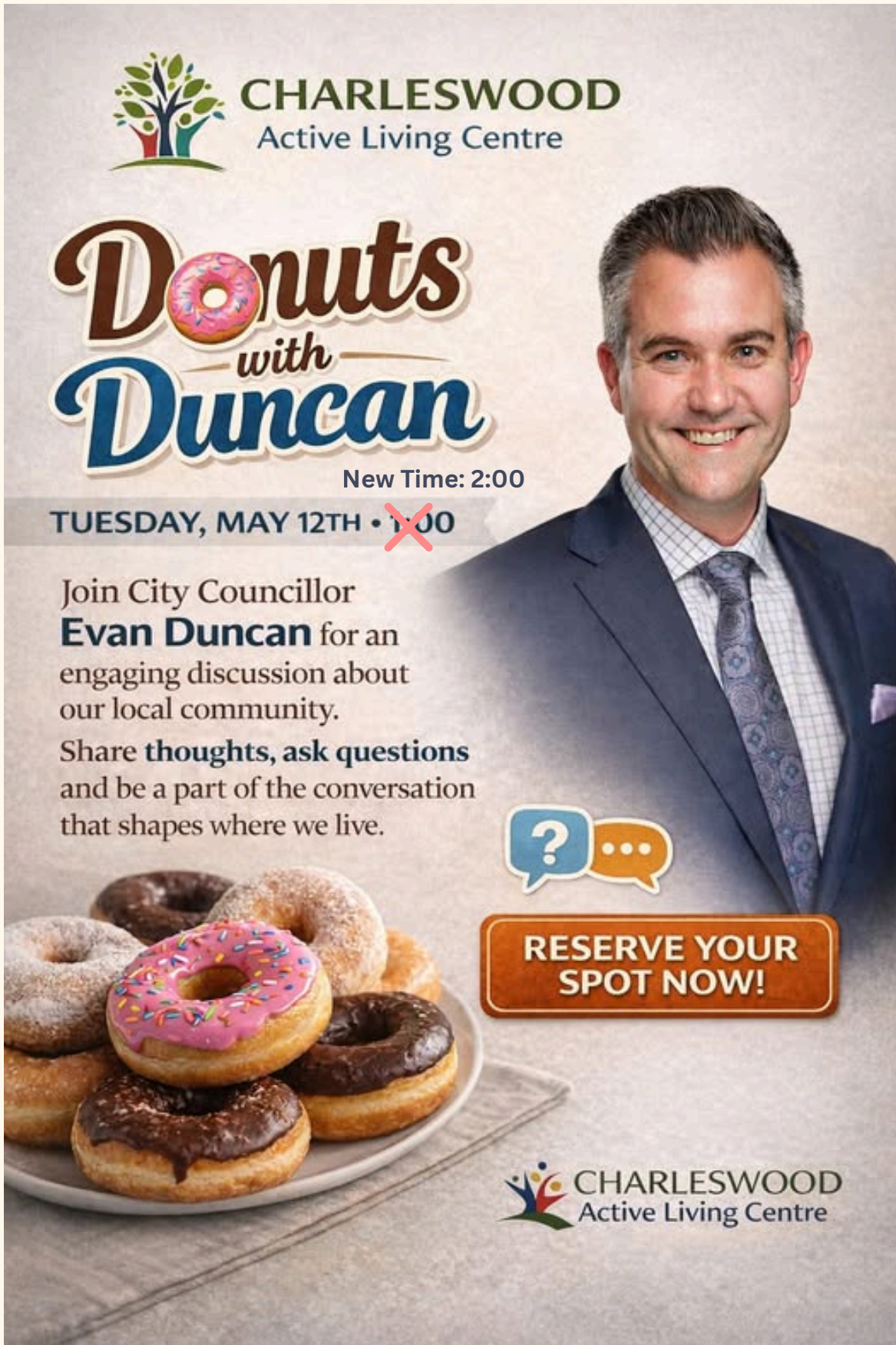



Join us for an engaging community discussion with the Rotary Club of Winnipeg-Charleswood as they share insights on the future of the Assiniboine Forest. Learn about upcoming plans, and how these initiatives may shape our local community. Come be part of the conversation and have your voice heard! Register now online, in person or over the phone (204-897-5263)

Next week!

TIME CHANGE TO 2:00

Those registered will be contacted.




 **CHARLESWOOD**
Active Living Centre

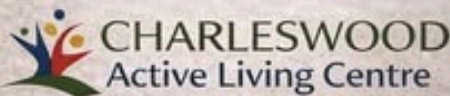
Donuts with Duncan

New Time: 2:00
TUESDAY, MAY 12TH • ~~1:00~~

Join City Councillor
Evan Duncan for an
engaging discussion about
our local community.
Share **thoughts, ask questions**
and be a part of the conversation
that shapes where we live.



**RESERVE YOUR
SPOT NOW!**

 **CHARLESWOOD**
Active Living Centre

Suitable for Beginners

FLOWER ARRANGEMENTS *Workshop*



\$40

~~Session 1: Friday May 22nd 1:00~~ FULL!

(open to new program registrants only)

Session 2: Friday June 5th 1:00 **Limited space remaining!**

(open to all)

Florists from Charleswood Florists will demonstrate how to craft a gorgeous spring arrangement, offering expert guidance as you design a centrepiece perfect for your dining table or a lovely accent to refresh and brighten any room.

ONLY
20
SEATS A
SESSION

@ The Charleswood Active Living Centre



NORTHWAY
P H A R M A C Y
C H A R L E S W O O D

Spring COVID-19 Immunization Program

Eligibility Criteria

Three (3) months have passed since your most recent dose:

- Adults 65 years of age and older;
- Indigenous people 45 years of age and older, including First Nations, Inuit and Métis peoples, regardless of place of residence;
- Adult residents of long-term care homes and other congregate living settings for seniors;
- Individuals 6 months of age and older who are moderately to severely immunocompromised (due to an underlying condition or treatment).

Please arrive no more than 15 minutes early to your time slot with your consent form completed (found at the front desk)

Thursday, May 21st 9:30-12:30

Call the Centre (204-897-5263)
to Secure your time slot, with
your health card #.



LINDEN POINTE

A BRIGHTWATER COMMUNITY

JOIN US FOR A GUIDED TOUR AND DISCOVER LINDEN POINTE!

Independent Senior Living, Designed With You in Mind

COMPLIMENTARY LUNCH INCLUDED

Enjoy a fresh, chef-prepared meal during your visit.
All allergies and dietary needs can be accommodated.

Wednesday, June 10th

Bus Departure from Charleswood Active Living Centre: 12:30 PM

Lunch at 1:00 PM

Guided tour of the community

Opportunity to explore amenities and ask questions

Return by 3:30 PM

16 Spots Available!

No cost to attend.

VISIT THEIR WEBSITE



RESERVE YOUR SPOT NOW!

ONLINE, IN PERSON, OR BY
PHONE (204-897-5263)



Around the Community



LINDEN  POINTE
A BRIGHTWATER COMMUNITY

May 28th

⋮ Embark on a Taste & Tour through our Winnipeg communities, where each stop offers themed food, refreshing sips, and a chance to explore different lifestyle options. Enjoy the journey, connect along the way, and don't forget to collect a stamp at each stop—complete your passport for a chance to win a prize!



Linden Pointe



The Residences



Brightwater of Tuxedo

Winnipeg's Passport to Flavour!



LindenSeniorLife.com
431.533.4259
75 Falcon Ridge Drive, Winnipeg MB



Professionally Managed by  brightwater

Ha-Ha-Highlights

What does a baby computer call his father? Data. 🖥️👶😂

After an unsuccessful harvest, why did the farmer decide to try a career in music? Because he had a ton of sick beets. 🌿



I only seem to get sick on weekdays. I must have a weekend immune system. 🤒📅😄

My friend was showing me his tool shed and pointed to a ladder. "That's my stepladder," he said. "I never knew my real ladder." 🪜🤔😂

What do you call a Frenchman wearing sandals? Philippe Flop. 👣😄

Why is it so cheap to throw a party at a haunted house? Because the ghosts bring all the boos. 👻🍷🎉

My wife asked me the other day where I got so much candy. I said, "I always have a few Twix up my sleeve." 🍫😄😂

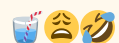
How do cows stay up to date? They read the Moo-spaper. 🐮📰



What's the difference between a well-dressed man on a unicycle and a poorly-dressed man on a bicycle? Attire. 🚲👔



I hate my job—all I do is crush cans all day. It's soda pressing.



Have a great weekend!

Dana Poulton

Program Coordinator