



CENTRE UPDATE- MARCH 22,2024

Quiz Nite Winners

Congratulations to the Trivial Toasters for placing first in our Quiz Nite competition last Saturday. If we had a trophy, we would have given it to you! Quizmaster Bruce Berven did his best to stump the players, but he was no match for the teams that turned up to compete and support the Centre. Thank you to everyone who participated. You are all so clever!



Congratulations to the Trivial Toasters who took 1st place at Quiz Nite.

Centre closed on Good Friday

Reminder that the Centre is closed on Good Friday, March 29th and there are no Centre associated activities taking place. That includes Pickleball! We are open for regular activity on Monday, April 1st.

Session Dates:

The current session ends on Friday, April 5th. The Spring session begins on Monday April 15th. The Week of April 8th is registration week.

Just a reminder that there is no activity at the Centre during registration week. This includes all programs and activities that run from September to June. If you are unsure if you should be coming that week, I can assure you that you should not!

Spring Session

In case you missed it last week, the spring newsletter and calendar are now available. Click here for a [PDF](#) of the Spring Newsletter or [here](#) to view the calendar of events (the gym calendar is first, followed by the activities calendar) and the newsletter. **Both of these can be opened as PDFs to make them larger.** Just click on the little down arrow at the top of each of them to download the document. It says "download" when you hover over the arrow.

Newsletter Error

The May date in the newsletter for the Mystery Book Club was incorrect. The group will meet on Monday, May 27, 2024.

Business Profile Features

This week's Business Feature Profiles are *Grand Smiles, and Mighty Meats and Deli*

Grand Smiles

Located at 6016 Roblin Blvd.

“Our staff is here to put you at ease and give you a positive dental experience. We take the time to get to know you so we can better determine the best care for you. We will listen to your concerns, explain your options, and work with you to enhance your confidence- and your smile!

Click [here](#) to link to the Grand Smiles Website.

Mighty Meats and Deli

Located at 5-4910 Roblin Blvd.

“Mighty Meats and Deli is a dedicated family-run shop located in Charleswood. We offer a wide variety of locally sourced meats and artisan products from all across Manitoba. We carry AAA quality Certified Angus Beef and Locally sources pork and chicken. All in-store made products are naturally made and allergy friendly. We are lactose free, gluten free, and diabetic friendly environment. We strive to provide service and products that are superb.”

Click [here](#) to link to the Mighty Meats and Deli Website.

We thank Grand Smiles & Mighty Meats and Deli for their support of the Charleswood Active Living Centre. Please be sure to patronize our supporters.

Volunteer Appreciation Event (we just want to say thanks)

Thursday, April 25, 2024, 5:30pm Boston Pizza Charleswood, 3894 Grant Ave
We will be reaching out to all our current volunteers and those who volunteered in 2023. If this is you, please call the office to register. No need to wait for us to reach out! RSVP info@charleswoodseniorcentre.org or 204-897-5263.

Resources you may find helpful

Tax and Benefits Information Clinic – Charleswood Library

Tuesday, April 16, 2024 10:00AM - 3:00PM

Drop in for assistance with tax and benefit-related questions and preparation of forms. Service Canada and Canada Revenue Agency representatives can help with services including:

- reviewing letters from CRA, updating addresses and phone numbers, printing tax slips or notices of assessment, applying for SIN numbers (birth certificate required), determining if you are eligible for retirement, disability, or child benefits, applying for the new Canada Dental Care Plan

Click [here](#) for more information.



Canadian Medication Appropriateness and Deprescribing Network

Is it time to review your medications with your health care team? The 5 questions to ask opens the conversation about medication safety for older adults.

5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS when you see your doctor, nurse, or pharmacist.

1. CHANGES?

Have any medications been added, stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep taking, and why?

3. PROPER USE?

How do I take my medications, and for how long?

4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?



Keep your medication record up to date.

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.

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SafeMedicationUse.ca



Visit safemedicationuse.ca for more information.

Helping caregivers thrive while caring for others

Face the challenges of caregiving with the right tools. See how you can better care for yourself while caring for a loved one with a **Powerful Tools for Caregivers workshop**. **Topics include** the challenges of caregiving, managing self-care, using positive self-talk, solution-seeking, communicating in challenging situations, dealing with difficult emotions, and making action plans.

Workshops run 1.5 hours a week for 6 weeks and may be offered in-person or on a secure Zoom platform. It is completely free and is open to anyone who is currently caring for another person. <https://wellnessinstitute.ca/powerful-tools-for-caregivers/>

Some Goings-on in the Community



“FOREVER YOUNG CLUB PRESENTS”

“ANNUAL FUNDRAISING DANCE”

SATURDAY APRIL 27 , 2024

7:30 pm – 11:30 pm

ANAVETS #283 HALL 3584 PORTAGE AVE

IN SUPPORT OF

“CANDELIGHTERS CHILDHOOD CANCER & WINNIPEG HARVEST”

MANITOBA



“PLEASE BRING A TIN FOR THE BIN”

ADVANCED TICKET SALES ONLY

MEMBERS \$20 NON-MEMBERS \$25

CALL (204)-261-4442 TO RESERVE

OR email fycwpg@gmail.com

ENTERTAINMENT

“VINYL REVIVAL”

(MUSIC FROM THE 50'S / 60'S / 70'S / 80'S)



With DJ's Ray & Sheila Wheeler

“SPOT DANCES” – “DOOR PRIZES” – “50/50 DRAW”

Oak Park Spring Craft Sale

In support of OP Safe Grad 2024



Saturday April 13th
10 am – 3 pm

Oak Park High School Gymnasium
820 Charleswood Road

- Variety of Vendors**
- Bake Sale**
- Silent Auction**
- 50/50 draw**
- BBQ lunch**
- Admission \$ 2**

ST. CHARLES SWING BAND CONCERT

APRIL 27, 2024

7 – 9 PM

HEADINGLEY COMMUNITY
CENTRE, 5353 PORTAGE AVE.

Doors open: 6 p.m.

Enjoy an evening of music in support of St.
Charles Headingley United Church

Raffle prizes, 50/50 draw

Enjoy some tea/coffee/iced tea and dessert

ADMISSION by DONATION – THANKS for
YOUR SUPPORT!

Note: Going forward, these updates will be housed on our [website](#) so if you are looking for a previous update (from today on) you will be able to find it under the Centre Updates tab at the top of the home page.

A few funnies to get you through the weekend chill:

- "What do a tick and the Eiffel Tower have in common?" "They're both Paris sites.
- True courage is knowing you are wrong but refusing to admit it.
- Cosmetic surgery used to be such a taboo subject. Now you can talk about Botox and nobody raises an eyebrow.
- I will never understand why manslaughter is illegal. Men should be able to laugh at whatever they want.
- What's the most terrifying word in nuclear physics? Oops!
- I just wrote a book on reverse psychology. Do not read it.
- Why did the can crusher quit his job? Because it was soda pressing!
- Why was the snowman looking through a bag of carrots? He was picking his nose.
- I have an addiction to cheddar cheese. But it's only mild.
- They told me a mask was enough to get into the supermarket. They lied, everybody else was also wearing pants.
- What did the drummer call his two twin daughters? Anna one, Anna two.



Have a wonderful weekend.
Jakee Werbuk
Program Manager