CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, NOVEMBER 13TH, 2026



Register Now!

SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Shelmerdine Plant Fundraiser*
- *Name Tags*
- *Perogy Sale*
- *High Tea*
- *Holiday Lunch*
- *Wine Bottle Donations*
- *Music Trivia*
- *Around the Community*

General Reminders

- We're a scent-free facility, thank you for keeping it comfortable for everyone, we have adjusted the concentration of the cleaning spray to align with this!
- 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.



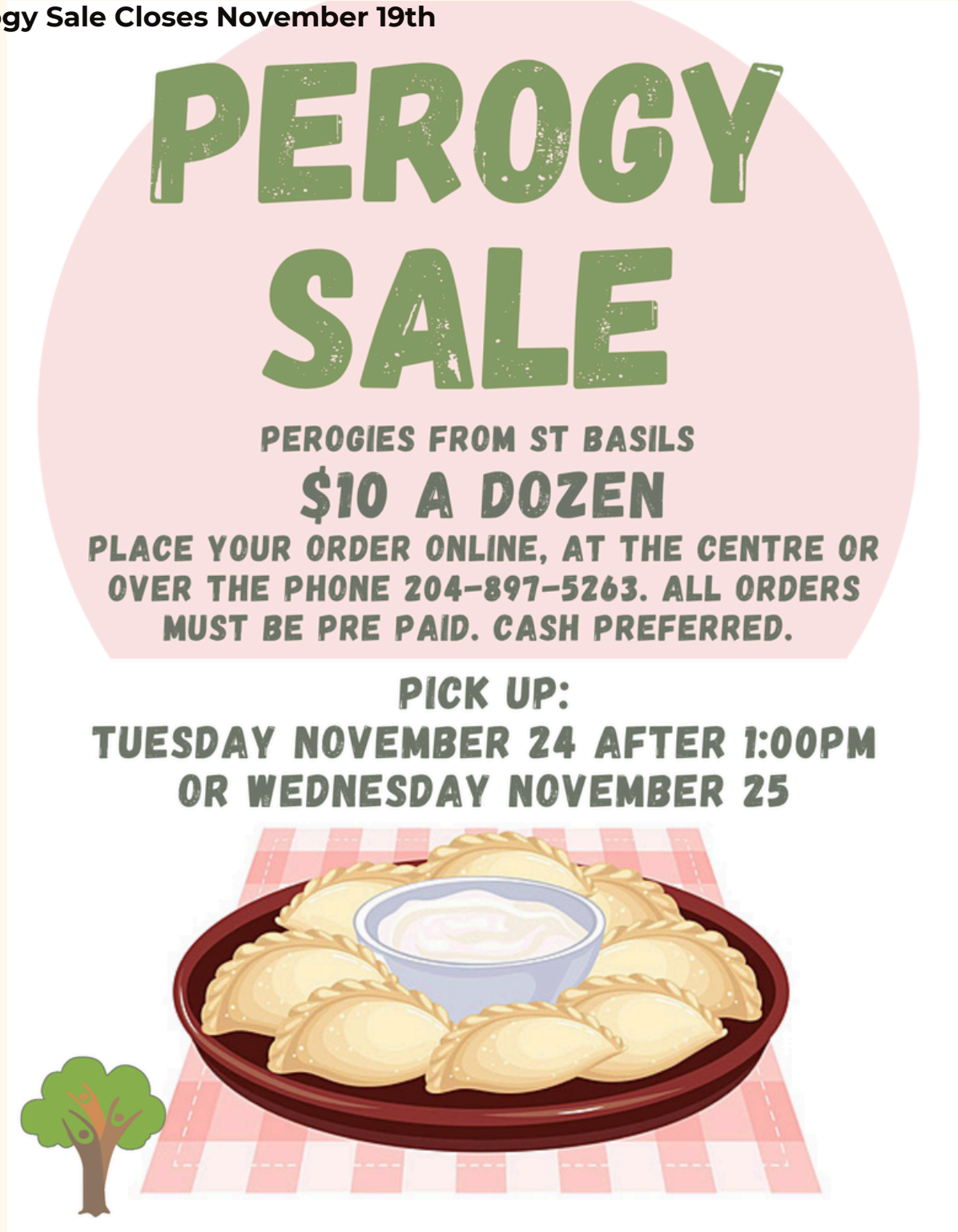
The Vouchers & Gift Cards are in electronic format only. If you ordered either of these, there will be an attachment on your order confirmation e-mail. Nothing will be handed out at the Centre on November 28. Print out the attachment or show the electronic e-mail to Shelmerdine staff when picking up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

Perogy Sale Closes November 19th



High Tea

High Tea will be held on December 16th 1:30-3:30 tickets are $40 and are on sale now.

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! There will be a 50/50 at the event and a fascinator contest!

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!

Wine Bottle Donations

We are looking for donations of wine bottles to help make our upcoming wine raffle a success! Whether it's a bottle of red, white, or something sparkling, every donation is appreciated (no homemade wine). If you have a bottle you'd like to contribute, please drop it off at the Centre. Thank you for helping support our fundraising efforts! Wine raffle tickets are also on sale at the Centre, cash or check only.


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

Become a Living Book

We are looking for 2–3 members who would be interested in participating in a special Human Library with a Grade 7–4 ELA class on Wednesday, December 9th, from 10:00–10:30 AM at Charleswood Junior High. Students will have the opportunity to sit down with our volunteer "books," ask questions, hear about their life experiences and stories, and then turn what they learn into a written paragraph.

This is a wonderful opportunity to share your experiences, connect with younger generations, and make a meaningful impact!

Interested in being a book? Let us know!

programs@charleswoodseniorcentre.org or 204-897-5263

Honouring a Familiar Face

We are pleased to see one of our longtime members, Len Van Roon, recognized in this special CTV News feature highlighting the new memorial banners honouring veterans in our community.

Len was a remarkable member of our community, a Second World War veteran who landed at Juno Beach on D-Day and dedicated much of his life to sharing history and educating future generations. We are proud to have known Len and are grateful for the legacy he leaves behind.

Take a moment to watch the feature and join us in remembering and honouring Len and all those who served.

Watch the news piece here

Around the Community

Men Shed Open House

Eventhostedinhonour of
InternationalSeniorMen's Day



Presented by

Woodhaven MENSHED

NOVEMBER 18TH
1:00 pm - 4:00 PM

Come learnmoreaboutour activities such as wood carving, cribbage, chair exercises, discussion groups. or our weekly guitar or Ukelele jam sessions.

1:00 PMEars For Life willdiscuss how hearing loss and tinnitus effect the lives of seniors.

NOVEMBER 25TH
1:00 pm - 4:00 PM

Everyonehasalittle "junk"hanging around. Ok, some of us have more than a little. Whether to prepare for a move or just to start simplifying your life decluttering is the first step. Local professionals will walk you through the process and provide useful tips.

WESTWOOD COMMUNITY CHURCH
401 WESTWOOD DRIVE



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

Want to hear a joke about a roof? The first one's on the house! 🏠😂

Two artists had an art contest. It ended in a draw. 🎨✏️

I invented a new word: plagiarism. 📖🤓

Helvetica and Times New Roman walk into a bar. "Get out of here!" shouts the bartender. "We don't serve your type!" 🔤🍸

Once my dog ate all the Scrabble tiles. For days he kept leaving little messages around the house. 🐶🔡

Muggers are jerks, but you still gotta hand it to them. 🥷💸

Did you hear the rumor going around about butter? Never mind. I'm not going to spread it. 🧈😂

My teachers told me I'd never amount to much since I procrastinate so much. I told them, "Just wait and see!" ⏰😆

What do you call bears with no ears? B! 🐻🤣

Do you want to hear a construction joke? Sorry. I'm still working on it. 🚧👷

Have a great weekend!
Dana Poulton
Program Coordinator