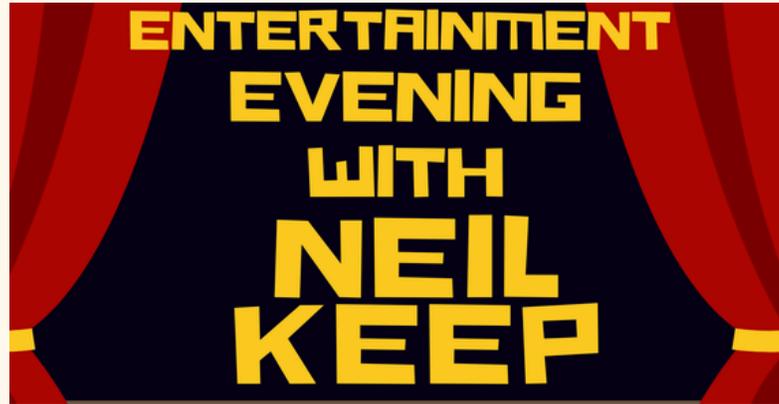


CHARLESWOOD ACTIVE LIVING CENTRE

# CENTRE UPDATE

FRIDAY, FEBRUARY 27<sup>TH</sup>, 2026

New!



## SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Kristal's Farewell*
- *Online 50/50*
- *Multipurpose/Gym  
Floor Concerns*
- *Entertainment  
Evening with Neil  
Keep*
- *Program  
Suggestions*
- *Plant Sale*
- *Reception  
Volunteer  
Opportunities*
- *Music Trivia*
- *Disability Tax*
- *Rock'n'Roll Trivia*
- *Manitoba Seniors  
Today*
- *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.

## Kristal's Farewell

Big thanks to the many members and Board members who have called, stopped by or emailed their good wishes as I once again fade into the sunset.

It has been an honor working here again and I am sure I will see many of you again around this special Centre in some capacity. Cheers!

Jakee will be back Monday!

## Online 50/50

Our online 50/50 is now live! Buy your tickets today to support the Centre, and give yourself a shot at taking home half the pot!

LGCA 7911-RF-49516

BUY TICKETS HERE:

<https://charleswoodactiveliving.rafflenexus.com/a/eblasts>

You can also buy tickets in person at the Centre.

## Multipurpose/Gym Floor Concerns

Several concerns have been raised about the floor in the gym-multipurpose room. When the Centre was designed, the parameters around floor choices included: durability, cost, cleanliness, fitness utility, multi-use requirements, and availability. The floor was chosen based on meeting most of these criteria. The floor will be replaced when necessary, and these criteria will again be considered. This floor is comparable to the Wellness Institute Fitness studio and the Pan Am Pool fitness area. Floor surfaces differ in many facilities as does footwear compatibility to different surfaces.

## Entertainment Evening with Neil Keep

Enjoy a night out with entertainer Neil Keep Saturday March 21<sup>st</sup>. Neil uses famous songs, character voices, short stories and gentle humour to engage and energize audiences. Though most of his shows are straight-up entertainment, audiences often dance, sing, clap and tap along to the incredible music he brings. A few sing-alongs are usually on tap for those who like to sing along.

With an ever-widening musical repertoire covering Jazz, Swing, Big Band, Crooners, Pop, Soft Rock, Elvis, Country & Western, Neil has done 1000+ shows at 100+ different venues since starting on the entertainment "circuit" in April 2012.

Door open: 7:00

Music begins: 7:30

## Program Suggestions

Fill out this questionnaire with any suggestions for upcoming programming!

<https://forms.gle/6veAP5CtkqigYPMD9>

# Plant Sale

Our Plant Fundraiser is live, and it's the perfect time to brighten your home or garden while supporting the Centre!

- Order early to help ensure you get your preferred plants, popular items go fast!
- Pick-Up Day: Sunday, May 24, 2026 at Charleswood Active Living Centre (357 Oakdale Drive)
- Pick-up time to be announced
- Support CALC: Please note that CALC only receives fundraising proceeds when you select Charleswood Active Living Centre (CALC) as your pickup location. In-store pickup or local delivery does not support the fundraiser.
- Get started here:

<https://glenleagreenhouses.com/collections/fundraiser-group-selection>

(Be sure to choose Charleswood Active Living Centre (CALC) when ordering!)

Thank you for supporting our programs, every plant makes a difference!

# Coming Soon: Reception Volunteer Opportunities

We'll soon be looking for friendly volunteers to support our Reception Team over the summer, and we wanted to give you a heads-up so you can start thinking about whether this might be a good fit for you!

Likely shift options:

- Morning: 9:00 AM – 12:00 PM (opening)
- Afternoon: 1:00 PM – 4:00 PM (closing)

What this role involves:

- Helping members in person and over the phone
- Using a computer system (training provided)
- Light cash handling
- Being a welcoming first point of contact at the Centre

We'll provide training, helpful cheat sheets, and support to make sure you feel confident in the role. More details and sign-up information will be shared soon, for now, just see if it might be something you'd enjoy!

## Music Trivia

A quick heads-up for everyone joining us for Music Trivia: this is a licensed event, so outside beverages are not permitted. You're welcome to bring your own snacks, and we'll also have some waiting for you at each table.

We'll be playing 8 games throughout the evening, and you can grab extra cards for just \$5 if you're feeling lucky.

Doors open at 6:30 PM, with the fun kicking off at 7:00 PM!

## Disability Tax

Wednesday, March 4<sup>th</sup> at 1:00pm we are hosting Disability Tax.

Join us for an informative session with Disability Tax Credit Specialists who will explain eligibility, the application process and how the credit can support you or a loved one. A Q&A period will follow so bring your questions!

## Rock'n'Roll Trivia

On Friday, March 6<sup>th</sup> at 2:00pm John Einarson will be leading Rock'n'Roll Trivia. This event is a no skills required program where music historian and author John Einarson, known for his fantastic music history sessions is back but this time putting us to the test! Come see how well you have been paying attention as John quizzes us on all things rock and roll. A perfect event for any member looking for a fun, social afternoon. You do not need to know your stuff this event is strictly for fun will group work and discussion! There will be no hip hop questions.

Pop and a snack included.

## Manitoba Seniors Today

Llyod Gwilliam has featured the Charleswood Active Living Centre on the latest episode of Manitoba Seniors Today. It has been released broadcasted on the Rogers TV local community access channel 105 here in Winnipeg, or found on YouTube:

<https://www.youtube.com/watch?si=kO5ZLvKl-4EwgkCq&v=ryCkXk85pEE&feature=youtu.be>

CHARLESWOOD ACTIVE LIVING CENTRE PRESENTS

**ENTERTAINMENT  
EVENING  
WITH  
NEIL  
KEEP**

SATURDAY, MARCH 21

SHOW STARTS AT 7:30PM

DOORS WILL OPEN AT 7:00PM

@CHARLESWOOD ACTIVE LIVING CENTRE

**TICKETS: \$25**

**\$20 (CASH DISCOUNT)**

**204-897-5263**

Enjoy a lively performance with Neil as he blends well known songs, playful voices, and light humour into an engaging experience. Get ready to find yourself clapping, tapping, and joining in on a few sing alongs.



## Around the Community

# Provincial Support Services to Seniors Education Session

March 10, 2026

What you need to know about  
Older Adult Fraud Prevention & Support Resources



The Provincial Support Services to Seniors network invites our health region staff, volunteers, community-based senior serving organizations and members working with older adults in the community who wish to learn more about older adult fraud prevention and support resources.

**DATE:** March 10, 2026

**TIME:** 1:30 PM to 2:30 PM

Join the session on the day of by clicking below at:

[Join the meeting now](#)

Meeting ID: 267 130 340 139 4

Passcode: tB7os9Su or you can dial in by phone at:

1 204-815-1742

Phone ID: 467 643 490#

**PRESENTERS:**

**Erika Miller**, Manager, Education & Communications

Manitoba Financial Services

**Marko Bilandzija**, Communications Coordinator

Manitoba Financial Services

This session will focus on:

- Recognizing fraud
- Prevention Tips
- How Manitoba Financial Services can help

# Around the Community



**SAVE  
THE DATE  
MARCH 17-19**

REGISTRATION  
DEADLINE  
EXTENDED  
  
NOW CLOSES:  
FEB 27th

**Manitoba  
55+ Games**  
PRESENTED BY **PLAYNOW**

## CALLINGALL MB CURLERS JOIN US MARCH 17-19 IN MORDEN & WINKLER

Mark your calendars for **CURLING** in the upcoming 2026 Manitoba 55+ Games!

### 4 Person Curling

- 55+ - Men's, Women's &
- Mixed 65+ - Men's, Women's
- & Mixed 75+ - 4 Person Open

### 2 Person Stick Curling

- Under 70 - Men's, Women's & Mixed
- 70+ - Men's, Women's & Mixed

### Registration Fees

- 2 Person Stick Curling: \$80/Team
- 4 Person Curling: \$160/Team

Entry deadline: Feb. 10, 2026. Early entry encouraged as entry limits may have to be implemented for equity in all divisions.

For more information visit our website: [www.activeagingmb.ca](http://www.activeagingmb.ca), email: [info@activeagingmb.ca](mailto:info@activeagingmb.ca) or call: 204-632-3947.

\*all participants must be at least 55 years old by Dec 31, 2026



# Around the Community

## Sleepwell Seminar

National webinar on sleep solutions for midlife and menopause, hosted by Dalhousie University's Sleepwell Research & Knowledge Mobilization team in celebration of Sleep Awareness Week (March 8–14).

DATE: March 10, 2026 TIME: 6:30 PM EST

Join via Zoom [REGISTER HERE](#)

This session will:

Explore some of the midlife changes that may lead to insomnia  
Introduce evidence-based strategies from Cognitive Behavioural Therapy for Insomnia (CBT-I). Provide practical tools you can start using right away to improve your sleep

This event is open to all.

## Manitoba News Release

We are excited to share an important Manitoba government announcement about the continued growth of Social Prescribing across our province. The release also recognizes the vital role of community partners, including MASC, in helping connect older adults and other Manitobans to supports that reduce isolation and strengthen well-being. Please click the button below to read the full news release...

[News\\_Release\\_SP\\_Feb\\_23\\_26.pdf](#)

# Ha-Ha-Highlights

My sleep schedule and I are no longer on speaking terms. 😴🛏️

I opened the fridge like the answers were gonna be in there this time. 🧊👤♀️

I cleaned my room and immediately lost something important. 🔍

Why did the cookie go to the doctor? It was feeling crumbly. 🍪👨⚕️

Why did the picture go to jail? It was framed. 🖼️🚚

The gardener is great at jokes, they always plant good ones. 🌱😄

Why did the music teacher bring a ladder? To reach the high notes. 🎵🪜

I once knew a joke about construction... but I'm still working on it. 🚧😅

Why did the orange stop rolling? It ran out of juice. 🍊💧

I tried to make a joke about bread... but it was a little stale. 🍞😞

Have a great weekend!

Dana Poulton

Program Coordinator