



CENTRE UPDATE – APRIL 26, 2024

Fitness Class Drop in spots

Drop-in spots are now available in the following classes. Fee is \$10 per class. Call the office at 204-897-5263 to register for any of the available spots.

Class descriptions are available in the [newsletter](#) and on the registration [portal](#).

Mondays

- Balance & Bones 2:15pm -1 spot
- Barre Fitness 11:45am - 2 spots
- Butts and Guts 1:00pm - 1 spot

Tuesdays

- High Intensity Interval Training (HIIT) 9:15am – 1 spot
- Sit & Fit 12:00pm - 1 spot
- Yin Yoga 2:30pm - 2 spots

Wednesdays

- Gentle Yoga 1:30pm - 2 spots
- Hatha Yoga 2:45 pm - 8 spots
- Pilates Spring 12:15pm - 3 spots
- Total Body Fitness 9:30am - 3 spots

Thursdays

- Barre Boot Camp 11:45am - 2 spots
- Chair Yoga 10:30am - 2 spots

FRIDAYS

- Circuit Training 12:15pm - 2 spots
- Sit & Fit 9:30am - 6 spots

Upcoming presentations, programs and activities

Some spring presentations and programs are already full, while others still have room to register. If something is full, add your name to the wait list as spots often open up. The following activities still have room to register:

Lunch of the Month

Wednesday May 8, 2024 @ 11:45am

RnR Family Restaurant, 2675 Portage Avenue

Pre-registration is required. Just a few spots left.

Tech talk with Lloyd Gwilliam DROP-IN No registration required. No cost

Thursday May 9 & May 23 from 1:00pm to 3:00pm

Do you have computer, iPhone, or tablet questions? Need some clarification? Require a little help to figure something out? Stop by and see Lloyd, our in-house technology guru. This is not an instructional class, it is a drop in, just stop by the front desk to check in.

Card Making

Tuesday, May 14, 2024, 10:00am. Cost \$10.00

You will make 3 cards suitable for any occasion.

Historical Presentations

Presented by Greg Agnew, speaker, historian, researcher, and Heritage Winnipeg Board Member **No cost to attend**

- **Beginning of a City - Early Winnipeg**

Monday, April 29, 2024 @10:00am

"When did we get here? Why did we come? Let's investigate and find out all the answers, so YOU can impress your friends or family."

- **Selkirk Settlers**

Monday, May 13, 2024 @10:00am

"We learned last time about how we started and when the Selkirk Settlers arrived. Now we will go in depth to see the trials and tribulations they went through so we could be here today. A must-see Presentation!!"

Q DOC

Tuesday, May 7, 2024 @ 10:00am No cost to attend

Q DOC is a Manitoba Health covered service where you can see a doctor from the comfort of your own home via a face-to-face video calls. Doctors can provide non-controlled prescription or refills, diagnostic imagining and lab requisitions, sick notes and referrals for in patient care.

Tech Support for Apple Ipads

Monday, May 6, 2024, 10:00am. No cost to attend

Need help understanding your new iPad? Got an annoying issue you can't seem to resolve? This class, taught by Lloyd Gwilliam, may be for you.

Movie and a Munch

1:00pm - Upstairs at the Centre No cost to attend.

Wednesday, May 15th: "The Iron Lady"

More information on all programs can be found in the [newsletter](#).

Centre Info

Member Survey

The Membership Committee is looking for your input and feedback on your membership at the Centre. Please click the link below to go to the anonymous survey. <https://www.surveymonkey.com/r/DNKBQXT>.

It should take approximately 4-7 minutes to complete, and the survey will close on May 6th at midnight. If you provide your names for Question 29 and 30, your name will be removed prior to surveys being evaluated so the survey remains anonymous. If you have issues with the link or do not have access to the survey online, we have paper copies available for pick up in the office. The Membership

Committee and the Board thank you in advance for your participation in this survey to assist us to make the Centre the best it can be!

If you already responded to the survey, you were entered into a draw for a free one-year membership at the Centre. If you are **JUDY TAYLOR**, please call the office to claim your free membership. Congratulations.

Annual General Meeting
Wednesday June 19, 2024, 10:30am
Upstairs at the Centre

Join us for an update on what's happening in the Centre and what's coming up. Register [online](#) or call the Centre at 204-897-5263.

Summer at the Centre

The Centre will be open Tuesday, Wednesday and Thursday during July and August. There will be a few fitness classes on each of those days. The schedule of classes will be available on Friday, May 17th.

Auction items needed for Party with a Purpose

Please consider donating an Auction item. If it's never been used and in the original box or has the tags still on, we will gladly take it off your hands. Please drop your items off at the Centre by Thursday, May 9th.

PARTY WITH A PURPOSE
Annual Fundraising Brunch
Sunday, May 26, 2024
Breezy Bend Country Club
7620 Roblin Blvd.
Doors open @ 11:30am
BRUNCH @ 12:15pm
\$60 per ticket

Call the office at 204-897-5263 to purchase your tickets. Centre membership not required.

We are a scent free environment

Just a reminder that the Centre is a scent free environment. Kindly refrain from wearing perfume and using scented products when you are coming to the Centre. The people with allergies thank you!

Business Profile Feature

This week's Business Profile is ***Calculated Moving***

"Calculated moving has been serving Charleswood and Winnipeg for the past 6 years. We offer experienced, honest, and hard-working staff who will provide top notch service to you and your family. We have extensive experience assisting Winnipeg's 55+ community and we would love to make your move a stress free experience! Feel free to reach out via phone at 204 250 4075 or check out our website: calculatedmoving.com"



Sand Hills Casino Trip

Event Date: May 9, 2024

Registration opens Monday, April 15th at 9:30am

Registration deadline May 6, 2024!

Cost: \$37.00/person & includes: Transportation on a luxury motor coach, \$25 player card to start you off and lunch.

Depart: 9:00am sharp from the **Safeway parking lot 3900 Grant Ave.** Travel time approx. 1 hour and 30 mins. **Depart Casino approximately 3:30pm.**

54 spots available. *Open to all*, Membership not required. **Please provide your name, phone number, address, birth date, menu choice and Gold Club Acct# if you have one that has been used in the past year.**

Call us at 204-897-5263 or register online at

www.charleswoodseniorcentre.org.

Please indicate your meal choice when you register:

- Cheeseburger & Fries
- Corned Beef & Swiss Sandwich with Soup
- 2pc Battered Fish & Fries
 - One free Drink (Pop/Coffee/Tea)
 - \$1 charge for refills & more than one drink
 - Outside drinks are not allowed in Oasis lounge



Charleswood Active Living Centre



Resources you may find helpful

“Tune-Up Café” at The Convalescent Home of Winnipeg, 276 Hugo Street N

“Tune-Up Café” is a community engagement initiative, for individuals living with early to moderate stage dementia *and* their family or friend care partner. We are an inclusive and welcoming meeting place for singing, making social connections, and sipping on a cuppa!

The Spring session is targeted to run weekly, Tuesdays, from 6:15 to 7:45 p.m., starting on May 7 with the last get together landing on June 25.

There is no fee to attend, however, because space is limited, **pre-registration is required** by sending an email to tuneupcafe276@gmail.com to express interest.

Manitoba Safe and Healthy Home for Seniors Program

Funded by the Manitoba Government, Healthy, Seniors and Long-Term Care, this program provides funding for basic and essential devices or adaptations for seniors facing barriers within their homes.

The goal of the program is to create an accessible, barrier-free living space where a low-moderate income senior with a condition or limitation can complete basic activities of daily living (eating, bathing, toileting, transferring, and mobility) or getting in and out of their home to access essential medical care and community services safely, independently and with dignity.

Grant Amounts, If eligible, you may apply for:

- Up to \$5,000 for basic and essential accessibility solutions, every ten years
- Up to \$6,500 for basic and essential accessibility solutions **if** the applicant resides in a rural or remote area

Applications will be prioritized based on the assessed needs of the applicant.

For assistance in completing the application please call 1-866-906-6006

*** Visit the following websites for additional information:**

[Manitoba Safe and Healthy Home for Seniors | March of Dimes Canada](#)

[Province of Manitoba | News Releases | Manitoba Government Helping More Seniors Age at Home](#)

[Province of Manitoba | Health, Seniors and Long-Term Care \(gov.mb.ca\)](#)

UBC researchers invite couples to participate in an online study on every day goals and activities.

Help UBC researchers better understand how individuals aged 60 years and above progress on their goals and whether partners facilitate each other's goal pursuit.

WHAT'S INVOLVED?

Online interview (Zoom) sessions and online, brief morning and evening questionnaires for a period of 10 days.

Each partner receives a \$50 Canadian Amazon gift card as a token of appreciation.

WHO CAN TAKE PART?

Couples aged 60 years and above.

TIME COMMITMENT

Approximately five hours.

JOIN THE STUDY

For more information, visit: blogs.ubc.ca/gripstudy or scan:



Your experience matters—tell us about it!

Health and Adult Development Lab
4213-2136 West Mall
Vancouver, BC



Care Fair

Navigating the Journey of Aging



April 29, 2024
9:30 a.m.-1:30 p.m.

Fort Garry United Church
800 Point Road

Information/Resource Stations

9:30 a.m. - 1:30 p.m.

- Community Resources
- Health Related Resources
- Government Services

Morning Presentations

• Aging in Place

10:00 a.m.-11:00 a.m.

• Caregiver Fatigue

11:30 a.m. - 12:30 p.m.

REFRESHMENTS PROVIDED

For further information please contact:

Jane

204-269-0259

Pat

204-891-3256

Sponsored By: Fort Garry United Church, St. Paul's Anglican Church,
South Winnipeg Family Information Centre, Fort Garry Senior Resource Finder Program

Silver Bowl Collection



you're invited
ART SHOW & OPEN HOUSE

FRIDAY, MAY 10, 2024
2:00 P.M. - 6:00 P.M.
4025 ROBLIN BLVD



Join us for an Art Show and Open House at Siloam Mission's newest Supportive Housing Residence!

Date: Friday, May 10, 2024

Time: 2:00 p.m. - 6:00 p.m.

Location: 4025 Roblin Blvd

We're inviting folks to drop in throughout the afternoon and find out what's been happening at the new residence. You will also be treated to artwork that participants of Siloam's Art and Wellness program have created!

What you can expect:

- Tours will be available
- Art pieces will be for sale and up for auction — all created by participants of the Siloam Mission Art and Wellness program.
- And hotdogs courtesy of our friends at Access Storage!



Help us plan by letting us know if you'll be joining us!

RSVP by responding to this email or email communications@siload.ca.

The Pros Know **55** Active & Resource Plus Living & EXPOS

Bringing Resources to our Older Adult Population for Better Aging & Happier Living!



Spring Shows 2024



**PKE
Venue
Hosts:**



Mind, Body & Soul
Fitness & Wellness
activeagingmb.ca



Charleswood United Church

4820 Roblin Blvd. | Charleswood

Thursday, May 23rd

MASC Host: Charleswood 55+

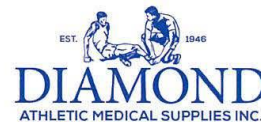
Show Times: **9:30am - 2:00pm** | Exhibitors List at: prosknowexpos.ca

Providing seniors & their families the resources to improve their lives and well-being!

Our Amazing Sponsors:



THE COURTYARDS
AT LINDEN POINTE



Mark this date on your calendar and stay updated at: prosknowexpos.ca
website: prosknowexpos.ca | email: redroadmusic@shaw.ca | cell: 204.414.9290



Urban Retreats

Self-Guided Tour of Gardens in Charleswood

Garden Tour Tea, Craft & Plant Sale

Saturday, June 22, 2024

10:00 am — 4:00 pm

Tour Tickets \$20

On line at 1JustCity.ca

or at any of these Garden Centres

Country Roots Market & Garden

Jensen's Nursery & Garden Centre

Lacoste Garden Centre

Ron Paul Garden Centre

St. Mary's Nursery & Garden Centre

Schriemers Market Centre

Shelmerdine Garden Centre

On tour day: Charleswood United Church (4820 Roblin Blvd)

Manitoba Tea

Craft & Plant Sale \$5

(10:00 — 2:00)

Charleswood United Church
4820 Roblin Blvd.

Ask a Master Gardener
Home Baking
Fresh Bannock



In support of

gardentour@1JustCity.ca

204.779.8957

1JustCity.ca

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Charleswood
United Church

A few funnies for your enjoyment

- What did the blanket say as it fell off the bed? "Oh *sheet!*"
- Who invented the round table? Sir Cumference.
- What do you call a woman who sets fire to all her bills? Bernadette.
- What did the full glass say to the empty glass? "You look drunk."
- I have a joke about time travel, but I'm not gonna share it. You guys didn't like it.
- What do you call a bee that can't make up its mind? A maybe.
- Where do young trees go to learn? Elementree school.
- Why is it sad that parallel lines have so much in common? Because they'll never meet.
- Wanna hear two short jokes and a long joke? Joke, joke, joooooooooooooooooke.
- What do you call an apology written in dots and dashes? Re-Morse code.
- Someone stole my mood ring yesterday. I don't know how I feel about that.
- Did you know you can actually listen to the blood in your veins? You just have to listen varicosely.

Have a wonderful weekend.

Jakee Werbuk

Program Manager

