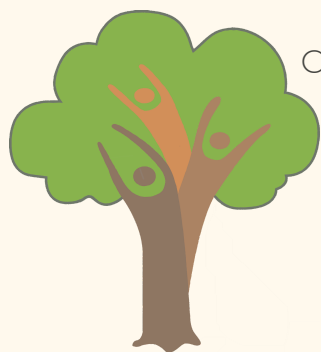




CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

THURSDAY, JULY 30TH, 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Centre Closed Monday August 3rd*
- *Fall Programming*
- *Summer Hours*
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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.

Centre Closed Monday August 3rd

Just a reminder that the Centre will be closed on Monday, August 3, for the August Long Weekend.

We hope you enjoy the sunshine and warm weather this weekend. Have a safe and relaxing long weekend, and we'll see you back at the Centre on Tuesday!

Fall Programming

Our Fall Newsletter will be arriving in early August! Be sure to keep an eye out for all the exciting programs, events, and activities we have planned for the season. We can't wait to share what's in store this fall!

Summer Hours

Summer Hours: Mon-Thurs 9:00am to 4:00pm

Closed: Wednesday, July 1st, and Monday, August 3rd

Around the Community

The Charleswood Seniors Co-ed Slo-pitch is looking for more players to come out on Tuesday afternoons at Marj Edey Field (parking available at Varsity View Sportsplex - 4230 Ridgewood Avenue).

Batting practice starts at 12:30 PM & games will start at 1 PM. Teams are made up at game time. This is recreational slo-pitch with everyone batting per inning, no sliding, no stealing & no registration fees.

Thirsts are quenched at the Charleswood Legion afterwards. Contact Steve at steve_sanderson@shaw.ca for more information.

National Colouring Day

August 2 is National Colouring Book Day — a reminder for you to embrace creativity and the simple joy of putting colour to paper.

Colouring is a relaxing way to practice mindfulness and take a break from the busyness of your everyday life.

Happy Colouring!

[You can also download free colouring pages here to enjoy at home!](#)

Moon Gate Retreat

Take some time away and disconnect from your busy days enjoy the freedom with Mary Lou. Let go of things that really do not matter and one with what is present. Enjoy calming Yoga, healthy meals, and reconnect with nature, friend and self.

Date: Thursday September 10th - Saturday September 12th

Location: The Moon Gate Retreat 61105 Provincial Highway 406.

Stop by the Centre for more information or ask Mary Lou at 204-612-0312

Around the Community

Heat Safety

Hot weather can be challenging, especially for people who can't escape it.

The End Homelessness Winnipeg Summer Extreme Weather Response Guide provides information on available supports, cooling locations, and resources to help community members stay safe during periods of extreme heat.

[Access the guide to learn more about available services and ways to support yourself and others during hot weather.](#)

Mental Health



FGWRC
FORT GARRY WOMEN'S RESOURCE CENTRE

Canadian Mental Health Association
Across Manitoba
Mental health for all

Unmasking Mental Health

**PRESENTED BY: HAILEY KUPIAK,
COMMUNITY EDUCATOR AT
CMHA ACROSS MB**

We all wear masks—whether to fit in, avoid judgment, or protect ourselves from stigma.

This interactive session explores why people hide parts of themselves and how masking can affect mental well-being, self-esteem, and relationships.

Through guided discussion and a creative mask-making activity, participants will reflect on the difference between their outward presentation and authentic self, while exploring self-acceptance, vulnerability, and connection. Join us to unmask mental health, challenge the idea of “normal,” and recognize that everyone deserves to be seen, heard, and supported.

**August 19
10 - 11:30 am
at FGWRC -1150A
Waverley St.**

**To Register, Call:
204-477-1123**

**Open to all women and
gender diverse people.**

Sponsors

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A B R I G H T W A T E R C O M M U N I T Y

Silver Sponsors



Bronze Sponsors



Ha-Ha-Highlights

What's a ballerina's favorite number? Two-two. 🖐️🖐️ ✌️ 😄

How did the duck buy lipstick? She just put it on her bill. 🦆 💄

What kind of tree can fit inside your hand? A palm tree. 🌴 🖐️
😄

What steals from you when you're in your bathtub? A robber duckie. 🛁 🦆 🚓 😄

Did you hear about the actor who fell through the floorboards? He was just going through a stage! 🎭 🕳️ 😄

Who cleans the ocean? Mer-maids! 🧜‍♀️ 🌊 🧹 😄

Why do chicken coops only have two doors? If they had four, they would be chicken sedans! 🐔 🚗 😄

Why did the turkey join a band? So he could use his drumsticks. 🦃 🥁 🎵 😄

What did the shark say when he ate the clownfish? This tastes a little funny. 🦈 🐠 🤢

Did you hear about the guy giving away dead batteries? They were free of charge. 🔋 ⚡ 😄

Have a great weekend!

Dana Poulton

Program Coordinator