



CHARLESWOOD ACTIVE LIVING CENTRE

# CENTRE UPDATE

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

**Spring registration is the week of April 6<sup>th</sup>  
Newsletter out now!**

## **SNEAK PEEK OF WHAT'S INSIDE:**

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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.

## **Online 50/50**

Our online 50/50 deadline is next Tuesday at 11:59am! 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.

# Program Suggestions

Fill out this questionnaire with any suggestions for upcoming programming!

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

# Reception Volunteer Opportunities

We are looking for volunteers to support our Reception Team over the summer!

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 in April and May, helpful cheat sheets, and support to make sure you feel confident in the role.

Please fill out this form if you are interested:

<https://forms.gle/Yj6ezzpZoxXJaGU8>

# Rick Roschuck

On April 1<sup>st</sup> at 2:00 Rick Roschuk from Red Road Music Company will create nostalgic older adult shows. Rick brings classic hits, familiar melodies and warm storytelling that spark memories and smiles. performs blasts from the 50's, 60's & 70's with various Crooner and Country hits.

Pop and snack included. Register now, no cost to attend!

# Join the Board!

Attention All Members

As the Charleswood Senior Centre nears the end of another fiscal year we are planning for the 2026-2027 year ahead. We have two vacancies coming up that need to be filled for the Board of Directors. The targets for new Board members is to fill the roles of Vice President and the Fundraising Chair. These two important roles contribute to the long term success of our Centre. Two year terms are required with mentorship provided. Please consider the future of the Centre and respond with your name. An interview process will follow.



CHARLESWOOD ACTIVE LIVING CENTRE

# PLANT SALE

[CLICK HERE TO](#)

[PURCHASE](#)

1. Select “Fundraising”
2. Select “Fundraising Products”
3. Select the plants you want by selecting “Add to Cart”
4. View your Cart by selecting the shopping bag icon in the top right of the screen
5. Select “Go to Cart Page”
6. Scroll down and under “Step One” select “To Pickup at and Support a Fundraising Group”
7. Select “Charleswood Active Living Centre”
8. Check out and pay
9. Pick up your plants @ the Centre (357 Oakdale) on May 24 (time TBA)
10. Enjoy planting while having supported the Centre:)

**GLENLEA**  
GREENHOUSES



# CASINO ♣ TRIP

APRIL 14<sup>TH</sup> 2026

COST:  
\$40/PERSON

Includes: transportation, \$25 player card, lunch  
Departs: 9:00am from the Safeway parking lot 3900 Grant  
Travel time: 1h30mins  
Depart casino: 3:00pm  
54 spots available, open to all. No membership required.  
Registration opens: Tuesday, March 10<sup>th</sup> 9:30am 2026  
(in person, online, or call 204-897-5263)  
Registration deadline: Tuesday, April 7<sup>th</sup>, 2026

  
Sand Hills

# Around the Community

## Sewers, Knitters and Crafters!!

Might you be interested in hearing about Operation Christmas Child and how you might use your talents and skills to make dresses, shorts, shirts etc for children around the world who are suffering from poverty and war? We also make pencil cases, tote bags, scarves, toques and jewelry items. We also collect school supplies for each shoe box.

For further information please call Barbara Shumeley @ 204-801-2566

 

# JustHangUp.ca

Millions of dollars are lost annually to scams in Canada, and many incidents go unreported due to confusion or embarrassment. Learn how to spot and stop these scams. Just hang up; it's not rude or unsafe – it's the safest response.

**Presented by Lori Pickerl, BSW RSW**

**DATE:** April 13, 2026  
**TIME:** 1:30 P.M. - 2:30 P.M. (CT)  
**FORMAT:** Zoom

**How to Join:**  
To register, please call **204-956-6440**  
or email [intake@aosupportservices.ca](mailto:intake@aosupportservices.ca)

**REGISTER NOW !**

# BURIED IN TREASURE SUPPORT GROUP

Join our 15-session group aimed at providing education, support, and realistic strategies for older adults 55+ who struggle with clutter in their homes. This group is provided at no cost to participant.



Every Thursday from  
April 9th, 2026 – July 16<sup>th</sup>, 2026



1:30pm- 3:30pm



Online via Zoom

For more information or to register for  
this group, please contact Intake at  
204-956-6440

# Ha-Ha-Highlights

**I opened a bakery for introverts... it's called "Loaf Me Alone."**

**I told my plants a joke... they said it needed more thyme.**

**My coffee and I have a strong relationship... very grounded.**

**I started a gardening club... we're still rooting for each other.**

**Why don't mountains get tired? Because they peak performance.**

**I started a company making invisible ink... sales are unseen.**

**I tried to write a joke about paper... it was tearable.**

**Why don't eggs tell secrets? They might crack under pressure.**

**I started a business selling maps... I finally found my direction.**

**I opened a shoe store... we're stepping up our game.**

Have a great weekend!

Dana Poulton

Program Coordinator