

CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

THURSDAY, JULY 2ND, 2026

SUMMER SESSION STARTS MONDAY!

SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Summer Registration*
- *Folkorama Bus Tour*
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- *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.

Summer Registration

Thank you for a fantastic Registration Week!

We're excited to kick off our Summer Session, with classes beginning Monday, July 6.

A few classes are still just short of the minimum enrollment needed to run. Final decisions on these programs will be made on Monday morning. If you've been thinking about registering, we encourage you to do so over the weekend. Your registration could make the difference in helping these classes run!

Folklorama Bus Tour

The pick-up location for the Folklorama Bus Tour will be at the Charleswood Active Living Centre.

Your exact pick-up time will be emailed to all participants later this week as soon as we receive the finalized schedule from the bus company.

Thank you for your patience, we look forward to a fantastic evening!

Lost and Found

If any of these waterbottles belong to you they can be found at the front desk to be picked up and returned home.

Thanks!



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.

BUS TOUR 2026

Tuesday, July 28

Departure: 8:30am | Return: 4:30 - 5:00pm

Lunch: Bring your own lunch

Cost: CGC Members \$50 / Non-Members \$60



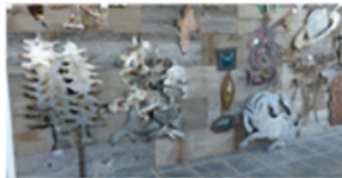
St Andrew's Rectory National Historic Site



The oldest standing stone church in Western Canada



The Grounds of Kennedy House



Steel Your Art Away

For more information, or to register, email your name & phone number to events@charleswoodgc.ca before Friday, July 3. Do not send money until your seat has been confirmed

Around the Community

Adventure Your Way

Since we realize not everyone is able to travel to the annual MB 55+ Games; we are also bringing the games to you! The overall goal is to encourage all older adults to stay active over the summer months, to try new activities and most importantly to keep moving, no matter what.

It's simple - keep track of your activities ANY TIME between now – August 31st with our custom activity tracker. Then share your story with us. Choose any activities you like, based on what you enjoy or may want to try for the first time!

Here are some great ways to stay active:

- Walk, run or roll with a friend
- Cycling on your own or join a group
- Bocce Ball
- 9 Hole Golf or 18 Hole Golf
- Horseshoes
- Arts & Crafts
- Gardening
- Kayaking/canoeing/water sports
- Pickleball
- Badminton
- Tennis
- Cribbage
- Whist
- Scrabble
- 5 or 10 Pin Bowling
- The options are endless!



REGISTER TO WIN SOME GREAT PRIZES!

Visit our website: www.activeagingmb.ca for more information or to download a registration package!

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Ha-Ha-Highlights

My kids should have been born in a different decade because it's cheaper by the dozen. 🤔💰😂

I'm not a helicopter parent... I'm just surveilling with love! 🚁❤️😏

What do you call a funny mountain? Hill-arious. 🏔️😂

What gets wetter the more it dries? A towel. 🧺💧😂

What rock group has four men who don't sing? Mount Rushmore. 🪨🗿😂

My boss told me to have a good day, so I went home! 🏠😎😂

I was wondering why the frisbee kept getting bigger and bigger. Then it hit me. 🌀😵😂

I talk to myself because sometimes I just need expert advice. 🗣️🧠😂

I used to be addicted to the hokey-pokey until I turned myself around. 🕺🔄😂

What do you call someone who tells dad jokes but isn't a dad? A faux pa. 🧑😂👏

Have a great weekend!

Dana Poulton

Program Coordinator