



CENTRE UPDATE – Thursday, May 15

Reminders & Centre Info

The Centre will be closed on Monday, May 19 for Victoria Day.

VOLUNTEERS NEEDED

The Charleswood Active Living Centre needs you!

Help us shape the beginning of our next twenty-five years by joining the Board. Bring your energy and ideas to keep our Centre a welcoming, viable and active hub for mature adults in our community. Terms begin after the AGM with monthly meetings. Call the Centre at 204-897-5263 and leave your name or email Sherry Mooney at president@charleswoodseniorcentre.org.

Front Desk – We need volunteers to work two-hour shifts at the front desk on Mondays and Fridays from **June 9 – 20**. We are also looking to fill two-hour shifts in **July and August** on Tuesdays, Wednesdays, and Thursdays. Contact Krista for more information.

What's Coming Up...

Wednesday, May 21 – **Bada Bingo @ 1 pm** – there is one spot left!

We will be having a **COVID booster shot clinic** on **Friday, May 23** beginning at 12 pm. You can call the office at 204-897-5263 starting Friday, May 2 to register. **Deadline to register is Friday, May 16.**

To qualify for the COVID booster shot you must meet the following criteria:

- must be 65 or older or 45 or older if Indigenous
- has been more than 3 months since your previous vaccine
- have received one dose of COVID-19 vaccine since fall 2024

Tuesday, May 27 – **Sand Hills Casino Outing** – put your name on the waiting list!

Wednesday, May 28 – **Emergency Preparedness @ 1 pm** presented by the Office of Emergency Management at the City of Winnipeg. Sign up today!

Friday, May 30 – **Food & Flicks @ 12:30 pm** – “Conclave” – I’m thinking we should have a Chicago style pizza at this one! There’s still space available.

Helpful Hints

Inclusion Winnipeg is hosting the CRA and ESDC to deliver a lunch time presentation on the **Disability Tax Credit** (and related credits/benefits) and the RDSP. Registration is free and there will be time for your questions

Friday, May 16, 2025 from 12pm to 1pm on Teams [Join the meeting now](#)

Thursday, June 5, 2025 from 12pm to 1pm on Teams [Join the meeting now](#)

A **University of Manitoba research team** studying how older people in Canada meet their day-to-day needs. We are specifically looking to interview older adults (65+) who require help with a health condition, aging-related issues, or a disability. Interviews will take place by phone or online using Zoom.

Are you an older adult who requires help with **any** of the following activities?

- personal care, such as bathing, eating, and dressing; AND/OR
- help around the house, such as with cleaning, house or yard maintenance, cooking and other chores; AND/OR
- managing finances, attending appointments, transportation or other tasks.

If so, you may be eligible to participate.

What if I'm a caregiver?

If you're a caregiver to an older person who cannot participate in an interview, you may participate on their behalf.

Participants will receive a gift card as a token of appreciation for their time and contributions.

If you are interested in participating, please contact: yuns.oh@umanitoba.ca or call/text 431-294-3177.

Upcoming Giveaway Draw

Enter to win **FREE** tickets to the Goldeye's game on **Wednesday, June 18 at 6:30 pm** against Sioux Falls! To put your name in this draw, you must come down to the Centre and fill out a ballot between May 12 – 30. **The draw will be on Monday, June 2.** One entry per person please.



Thank you to the Winnipeg Goldeye's for gifting us 24 tickets to this game!

Have a great LONG weekend!

Krista Johnson Billeck
Program Coordinator