

WHAT'S NEW IN THE WOODS



Charleswood 55+ Active Living Centre
Branching Out to The 55 Plus Community

Fall 2021

A Message from the Centre

We are so excited to welcome you back to the Centre and are ever hopeful that the plans we have in place for September will remain intact. Many of our usual activities will resume in the fall, while others will remain on hold until at least the new year. It continues to be a balancing act, ensuring that we are abiding by all Public Health Orders and providing you with the highest level of service possible. As always, your health and safety remains our prime concern. Space in programs and activities remains limited and masking and distancing requirements mean some activities are simply not possible at this time.

Details on registration, fitness classes, activities, vaccine and masking requirements, cancellation policy and other pertinent information can be found in this newsletter.

Our Welcome Back BBQ will be held on Friday September 17, 2021 from 11-1pm in the Centre parking lot. Pre-registration is required online or by calling the Centre at 204-897-5263.

Thank you to the many members that kept their memberships active while the Centre was closed. We appreciate your support.

A new face to greet you



Meet JoAnne Minkus, the new welcoming face of the Centre. She recently assumed the role of Reception/Admin Assistant and will be at the front desk Monday-Friday from 8:30am to 1:30pm. Make sure to stop by and say hello.



Help to support your local Senior Centre

1 for \$10.00 | 3 for \$25.00 | 5 for \$35.00 | 10 for \$50.00

Tickets for the Manitoba Association of Seniors Centres **50/50 Draw** are available online. Please to direct your support under "select your competitor" to the Charleswood 55plus.

WE COULD BOTH BE WINNERS

Tickets and info at <https://www.fundingchange.ca/masc>.

Charleswood 55 Plus Active Living Centre
5006 Roblin Blvd, Winnipeg MB, R3R 0G7 Phone: 204-897-5263
Email: info@charleswoodseniorcentre.org
Website: charleswoodseniorcentre.org

Registration Process

- For those of you who registered in the fall you will recall the change in process from an in person registration day. Registration for fall classes and activities will take place online and by phone. **There is no in person registration during registration week.** If you are registering for something after September 17 you can do so in person.
- **Registration will open in the following manner:**

Monday September 13 at 9:30 a.m.—registration begins for all Monday classes and activities

Tuesday September 14 at 9:30 a.m. —registration begins for all Tuesday classes and activities and continues for Monday classes and activities.

Wednesday September 15 at 9:30 a.m.—registration begins for all Wednesday classes and activities and continues for Monday and Tuesday classes and activities.

Thursday September 16 at 9:30 a.m.—registration begins for all Thursday classes and activities and continues for Monday, Tuesday and Wednesday classes and activities.

Friday September 17 at 9:30 a.m.—registration begins for all Friday classes and activities and continues for Monday, Tuesday, Wednesday and Thursday classes and activities and remains open until classes and activities are full.

We understand that this process may result in some frustration as you will need to log in on multiple days to register but given our limited class sizes during COVID, this method provides the best opportunity for everyone to access classes..

- **Please check online to make sure you can log in and confirm that your membership is up to date. It will help make the registration process much smoother. If you do not have a login or do not recall it, please call the office.**

MEMBERSHIP REQUIRED FOR REGISTRATION: Class registration is currently limited to Centre Members. If you would like to register for a class and are not a Centre Member please call the office or go online to take out a membership.

New Membership Cards

We have moved to a new Membership Card system. You will be issued a new card that has the month and day that your membership expires but will not include a year. That way you can renew your card annually without requiring a new one. You will be asked to sign a one time waiver that we will keep on file. You can pick your card up and sign the waiver when you come to your first class or at the Welcome Back BBQ on September 17, 2021.

Activities, Presentations & Workshops

All activities and presentations take place in the upstairs multi-purpose room. Registration is required for all. Masking and social distancing in effect. Must show proof of vaccination to attend.

Floral Arranging (in person workshop)

Florist Kat Degner will teach you how to add to the ambience for your thanksgiving table with your own one of kind creation.

Thursday, October 7 at 10:30 a.m. \$10. All supplies will be provided. **Maximum participants is 12.** The cost of this workshop is partially covered through the Government of Canada New Horizons grant. All supplies are included. Register online or call the office.

Aging in Place (in person & on ZOOM)

In this presentation Brian McMillan of My Smaller Nest, we will discuss what proactive steps seniors can take to enable them to successfully Age In Place. What features make a home appropriate as we age? What adaptations can we make to ensure safety and comfort? How do we access Government Home Care? When is private home care a benefit?

This session will be offered in person or you can ZOOM into the session. Thursday October 14 at 10:30am. Register for either in-person or ZOOM. No Cost. Maximum in person participants is 18. No limit to ZOOM participation.

Learn to ZOOM (in person instruction)

Have you been missing out on virtual activities and get togethers? ZOOM has become a popular way to stay connected during the pandemic. Lloyd Gwilliam will teach you the basics so you can participate in online activities, meetings and events. Please bring your personal device (laptop, tablet etc...) for hands on instruction. If you do not have a device that you can bring, please call the office to see if we are able to assist with a loaner.

Session will be offered twice. Maximum participants 10 per class.

Tuesday September 28 at 10:00 am OR Friday October 1 at 1:00 pm. No cost to attend. The cost of this workshop is covered by The Government of Canada's New Horizons Grant.

Your Local

SENIORS REAL ESTATE CONNECTION.



MY
SMALLER NEST
Senior Relocation Specialist

- Take the stress out of selling your home •
- Free Downsizing and Decluttering advice •

Brian McMillan (204) 612-6575

www.mysmallernest.com

Realtor with Judy Lindsay Team Realty.





Registration Begins Friday September 3, 2021

Register [online](#) or call the office at 204-897-5263.

We can't wait to see you!

Class registration is currently limited to Centre Members. If you would like to register for a class and are not a Centre Member please call the office or go online to take out a membership.

Barre Fitness with Debbie

Blends classic ballet, yoga & pilates strengthening exercises with fitness powered by energizing, heart pumping music that makes you want to move. With the support of a ballet barre it will take you through a flow of choreographed high-powered sequences.

Mondays 1:00 pm & 2:15 pm (12 wks)
Cost: \$87 (no class Oct. 11 Thanksgiving)

Tuesdays 2:30 pm (12 wks)
Cost: \$87 (no class Oct, 12 Instructor absent)

Functional Fitness with Andrew

Functional fitness moves focus on balance, core strength, endurance and multi-joint flexibility. Class encompasses cardio, functional strength training, balance training and stretching. Great for all levels.

Thursdays 2:30 pm (12 wks)
Cost: \$87 (no class Nov. 11 Remembrance Day)

Gentle Yoga with Jill

This class rejuvenates your brain, challenges your balance, tones and strengthens all your muscles and bones. The standing moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. The mat based moves encompass the last 25-30 percent of the class

Tuesdays 9:30 am (13 wks)
Cost: \$94.25

Wednesdays 12:15 am (13 wks)
Cost: \$94.25

Hatha Yoga with Cathy

Strengthen, stretch, tone and relax. Whether trying to get in shape, cope with tension or relieve tightness in your body, Hatha yoga is the classical form of yoga postures and breathing techniques. It increases muscle tone, improves flexibility and concentration, detoxifies the vital organs and allows you to experience a state of deeper relaxation. Open to all levels of fitness. **There is no chair use in this class.**

Wednesdays 2:45 pm (13 wks)
Cost: \$87

IAM Fitness with Raul

Improve & Maintain your fitness. 5 min warm up & 20 min cardio followed by 25 min of strength work out with a stretch & balance drill to end the class.

Fridays 12:15 am (13 wks)
Cost: \$94.25

Pilates with Jill

Molded to suit ages 50 and up. Exercises are taught on the mat and focus on lengthening and strengthening muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies.

Please Note: Check with your doctor if you have osteoporosis. This is a continual on-going program, with additional new exercises each term.

Tuesdays, 1:15 pm, (13 wks)
Cost: \$94.25

Restorative Yoga with Doreen

A series of non-weight bearing poses designed to make you feel great during and after class. The sequence is slow -- each pose is held between one and two minutes.

Mondays (12 wks)
Cost: \$87 (no class Oct. 11 Thanksgiving)

Fitness Classes

Sit & Fit with Jill

This chair class is a good solid core workout. Stott Pilates breathing and core strengthening principles are the foundation for this solid program. All your muscles will become stronger and longer! This class is appropriate and challenging for individuals regardless of their fitness level.

Tuesdays 10:45 am (13 wks)

Cost: \$94.25

Wednesdays 11:00 am (13 wks)

Cost: \$94.25

Tai Chi with Jill

This class will help you unwind, improve balance and gently stimulate your body and soul. This unique program, created by Jill, is based on different forms of Tai Chi and Quigong movement patterns and is appropriate & beneficial for all levels.

Wednesdays, 1:30 pm (13 wks)

Cost: \$94.25

Total Body Conditioning with Andrew

An excellent class for those looking to get fit. Includes muscular exercises and aerobic movement.

Thursdays 1:15 pm (12 wks)

Cost: \$87 (no class Nov. 11 Remembrance Day)

Weight Training with Raul

Strength and Stretch with Balance. Using your own body weight and bands, join Raul in a series of strengthening exercises and balance drills with a relaxing stretch to end the class.

Fridays 11: am (13 wks)

Cost: \$94.25

Total Body Fitness with Eleanor

A warm up, pre-cardio and cardio exercises, muscle conditioning, balance exercises with a cool down & relaxation period. This class is good for beginners & will satisfy the moderately fit.

Mondays 9:15 am (12 wks)

Cost: \$87 (no class Oct. 11 Thanksgiving)

Wednesdays 9:30 am (13 wks)

Cost: \$94.25

Yin Yoga with Cathy

A unique practice which gently targets joints, ligaments and fascia and bones. Most poses are seated on a mat with focus on the lower half of the body. Each posture is held for longer periods of time to encourage the slow and safe opening of connective tissues, leaving one with an overall feeling of lightness, spaciousness and peace. Suitable for all levels. **There is no chair use in this class,**

Fridays 1:45 pm (13 wks)

Cost: \$94.25

Zumba with Rhiz

A great opportunity to exercise and have fun. Dance to great music, with great people and burn a ton of calories without even realizing it.

Thursdays, 9:15 am (12 wks)

Cost: \$87

Meet Our New Fitness Instructors

Debbie Lougheed

Barre Instructor

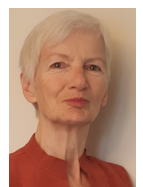
An instructor for 35+ years Debbie has taught all different fitness levels and a variety of classes - she takes pride in prepping for classes along with putting together her own playlists- always moving and grooving to new tunes.



Doreen Wuckert

Restorative Yoga Instructor

Doreen is a certified Resistance Training Instructor & a Certified Yoga Instructor. She completed her Yoga Teacher's Training Certificate, Module 1 & 2, Older Adult, & her Fitness Theory Certificate. Doreen is excited to add the Centre to the list of places where she shares her passion.



Special Interest Clubs



Book Clubs

Following your registration you will receive an email from the Group Leader.

Maximum number of participants is 10 in each group. **Cost is \$10 for the year.**

ZOOM Book Club: Meets via ZOOM the **2nd Monday of the Month at 1:00 p.m.** Group Leader Colleen. First meeting is October 4 as Thanksgiving falls on the 2nd Monday. October book is **Precious Cargo by Craig Davidson**. November Book is **Truths I Never Told You by Kelly Rimmer**.

Mystery Book Club: Meets the **3rd Monday of the month at 1:00 p.m. Centre.** Group Leader Maxine. First meeting is September 20. September Book is **The Turn of The Key by Ruth Ware**. October Book is **Deception Cove by Owen Laukkanen**. You will be contacted to discuss location to determine if meetings will be held at the Centre and/or via ZOOM.

Jam Sessions

Love to sing? Join the Jammers. A fun music group and a great way to meet new people. Group meets **Wednesdays at 10:00 a.m.** **There are no Jam Sessions on the third Wednesdays of the month.** Must be registered to attend. No fee this year. **Bring your own instrument.**

Ladies in Stitches– Knitting Club

Knitting shawls for Cancer Care and other charities. Pattern provided. Groups meets the **last Thursday of the month at 10:30 am** in upstairs room . Wool is always appreciated.

No charge to participate. Your kindness in helping others in appreciated.

Classes

Watercolour Painting

Are you interested in learning how to paint, with instruction from local artist Virginia Stephenson? This course will cover the basics of watercolour painting and is suitable for novice and returning participants. You will be required to purchase some basic supplies. The supply list will be sent to you following your registration.

Takes place Tuesdays on October 5,12 & 19 & 26. at 10am upstairs at the Centre.
Cost is \$25.

Creative Writing Is scheduled to return to the Centre in January 2022.

Cards & Games

BRIDGE

Not suitable for beginners.

There will be no instructor for this program. This is not duplicate bridge and you will be playing with many different partners throughout the afternoon. Suitable for those who are playing or have played bridge in the past.

Mondays at 1:15 pm
In the MPR \$15 per year

CRIBBAGE

Tuesdays at 1pm
in the MPR. \$15 per year.

CANASTA

Wednesdays at 1pm
in the MPR. \$15 per year.

RUMMOLI

Thursdays at 1pm on the big
side of the MPR. \$15 per year.

MAH-JONG

For new and not so new players.

Thursdays at 1pm on the small
side of the MPR. \$15 per year.



BOCCE BALL

Enjoy some friendly competition.

Fridays at 10am
in the MPR \$15 per year.

PICKLEBALL

Westdate Community Centre

Mondays—September 27 to December 13,
9:30am. 11 weeks. No pickleball on October
11th. \$37(starts a week later than Wed & Fri
classes due to the election using the Commu-
nity Centre).

Wednesdays September 22—December 8,
9:30am. 12 weeks. \$40

Fridays September 24—
December 10, 9:30am.
12 weeks. \$40

No drop ins.



PUZZLES

We have lots of puzzles Stop
by the Centre to pick one up
or drop one of for others to
enjoy.

KEVIN KLEIN
CITY COUNCILLOR
204.986.5232



kevinklein.ca

Keeping you safe during COVID 19

Pg.9

Your safety is our top priority and we have employed a number of measure to ensure we do everything within our power to keep our Centre safe for everyone.

- **We are following Government Guidelines** and regularly consult with the Manitoba Association of Seniors Centres to ensure we stay informed of any required changes and recommendations
- Increased cleaning and sanitation processes are in place and staff have completed the **"Clean it Right"** Program through the Manitoba Tourism Education Council
- We have reduced the maximum allowed participants for all our classes, programs and activities
- The main Roblin Street door to the Centre has been designated as the only entry door. You will need to exit the Centre through the Harstone door if you are in the Gym and the other Roblin street door if you are upstairs

VACCINATIONS

The Current Public Health orders require that anyone entering the Centre be fully vaccinated. Centre policy also requires anyone attending an event associated with the Centre (outdoors and indoors at any location) be fully vaccinated.

Please present your proof of vaccination when you arrive for your class or program at the Centre or if you are visiting the Centre.

MASKING

The current Public Health Orders require masking in all areas of the Centre with the exception of those participating in Fitness classes once they are at their exercise spot.

If you require a mask you may purchase a disposable one at the Centre for \$1.

Don't forget to bring your water bottle when you come to the Centre.



Please Stay home if:

- **You feel unwell**
- **Have developed any new symptoms related to your health**
- **Have been told to isolate**
- **Have COVID or are waiting for COVID results**
- **Have come in contact with anyone who is positive or waiting for COVID test results**
- **Have been outside the Province in the last 14 days and your travel does not exempt you from isolation based on the [Public Health Orders](#),**

Cancellation Policy

In the event that the Centre cancels a class, program or activity we will refund you or credit your account (whichever you prefer) for the full amount of the cancelled activity.

Refunds or account credits will be provided if you withdraw from an activity 48 hours before it begins. When an activity encompasses a group of dates, this applies to withdrawal prior to the first scheduled class and is not applicable once the classes have begun.

We recognize that on occasion special circumstances arise. Please call us if you have a concern with a class withdrawal.

Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Gym Weekly Fitness Schedule				
Total Body Fitness 9:15am	Gentle Yoga 9:30am	Total Body Fitness 9:30am	Zumba 9:15am	Bocce 10am (Upstairs)
Restorative Yoga 10:30am	Sit & Fit 10:45am	Sit & Fit 11:00am		Weight Training 11:00am
		Gentle Yoga 12:15pm		IAM 12:15pm
Barre 1:00pm	Pilates 1:15pm	Tai Chi 1:30pm	Total Body Conditioning 1:15pm	Yin Yoga 1:45pm
Barre 2:15pm	Barre 2:30pm	Hatha Yoga 2:45pm	Functional Fitness 2:30pm	

Myrna DRIEDGER
MLA for Roblin



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