



CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, MAY 29TH, 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Floral Arranging*
- *Kitchen Use*
- *Rummoli Pennies*
- *Parking Lot
Cleaning*
- *AGM*
- *Summer BBQ*
- *Linden Point Bus
Tour*
- *Around the
Community*
- *Ha-Ha-Highlights*

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.

Floral Arranging Next Week!

2 spots remaining!

Florists from Charleswood Florists will demonstrate how to craft a gorgeous spring arrangement, offering expert guidance as you design a centerpiece perfect for your dining table or a lovely accent to refresh and brighten any room.

Friday, June 5th 1:00

Cost: \$40

Kitchen Use

Please note that the kitchen is reserved for program activities only. The snacks stored there are for programming purposes and are not available outside of scheduled activities.

Rummoli Pennies

Calling All Forgotten Pennies!

Our Rummoli players are recruiting, and your forgotten pennies are invited to join the action. If you have pennies hiding in jars, couches, or mysterious kitchen drawers, send them our way!

Rather than sitting around doing nothing, your pennies can enjoy an active social life at the Centre's Rummoli program. Drop them off at the front desk and let the games begin!

Parking Lot Cleaning

M3K will be cleaning the outdoor parking lot on Thursday June 4 from 1:00 pm to 6:00 pm.

This will impact the following classes:

- 12:45 to 1:45 pm Barre
- 2:00 to 3:00 PACE
- 1 to 3 pm Rummoli
- 1 to 3 pm Mahjong

There is limited street parking, we recommend finding another way to get to class either walking, biking, or carpooling. Thank you for your understanding.

AGM

Our Annual General Meeting (AGM) is just around the corner, and you're invited to be part of the conversation!

Date: June 17th

Time: 10:30 AM

It's a great opportunity to learn more about how the Centre operates, celebrate what we've accomplished together, and look ahead to what's next. Reserve your spot to be part of the discussion. All registered attendees will receive a copy of the AGM distribution package.

We are still short of quorum so please consider registering and attending to help make this event possible.



Charleswood Active Living Centre
Summer Fundraising
Patio
BBQ



Hot Dog, Drink, Chips, Cookies

After our Annual General Meeting stay or come for our Summer Fundraising BBQ! Enjoy delicious food, great conversation, and help support the Centre while connecting with friends and community members.

WED JUNE 17
12:00pm
2026
\$10

OPEN TO EVERYONE!
REGISTER NOW! (204-897-5263, OR ONLINE)
MUST PREPAY, ALL SALES FINAL





LINDEN POINTE

A BRIGHTWATER COMMUNITY

JOIN US FOR A GUIDED TOUR AND DISCOVER LINDEN POINTE!

Assisted Living, Designed With You in Mind

COMPLIMENTARY LUNCH INCLUDED

Enjoy a fresh, chef-prepared meal during your visit.
All allergies and dietary needs can be accommodated.

Wednesday, June 10th

Bus Departure from Charleswood Active Living Centre: 12:30 PM

Lunch at 1:00 PM

Guided tour of the community

Opportunity to explore amenities and ask questions

Return by 3:30 PM

16 Spots Available!

No cost to attend.

Support Services to Seniors Education Session

What you need to know about Mental Health and Older Adults



Support Services to Seniors is pleased to partner with the University of Manitoba Centre on Aging to offer this upcoming education session. This virtual session is geared towards 55+ serving organizations and service providers who work with older adults in the community.

DATE: June 16, 2026

TIME: 1:30 pm to 2:30 pm

[Click here to join.](#)

ID: 273 823 572 220 771

or Phone: 204-813-0789

ID: 212 197 509#

Presenter:

Corey Mackenzie, Ph. D., C. Psych
Professor, Dept of Psych
Associate Director of Clinical Training
Research Affiliate, Centre on Aging

The session will review:

- **Emerging geriatric mental health crisis**
- **How mental health changes with age**
- **Why mental health changes with age**



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg

Around the Community

Charleswood Historical Society Open House

Doors open Winnipeg is this weekend, the Charleswood Historical Society will be contributing with both the Caron House and the Charleswood Museum. Stop by and learn something new!



**Manitoba
Fitness Council**



FREE Class!

CELEBRATING 40 YEARS OF
HEALTH, MOVEMENT AND
COMMUNITY TOGETHER.



SIT & BE FIT
for older adults

 **DATE:**
SATURDAY, JUNE 6

 **TIME:**
12:15:00 PM

 **LOCATION:**
SWCC
666 Silverstone Ave

 **INSTRUCTOR:**
CLAUDIA



NO REGISTRATION REQUIRED

ALL ARE WELCOME! | *Strength. Community. Impact.* ♥

Around the Community

Neighbours of Charleswood Magazine

neighbours of

JUNE 2026

CHARLESWOOD

rooted in our community



*Step Inside the Liveliest Spot
in Charleswood*

meet the charleswood active living centre

POWERED BY
BVM
BEST VERSION MEDIA

PROUDLY CANADIAN
PRODUCED • PRINTED • MAILED

PHOTOGRAPHY BY CPTRD BY JERICO

Ha-Ha-Highlights

Know any good rope jokes? I'm a frayed knot. 🧶 😂

What's the problem with scientists? Periodically, they're wrong. 🧪 😏

I tried to take a photo of a wheat field. It turned out grainy.



I'm afraid of speed bumps, but I'm slowly getting over it. 🚗 😂

Why should you wear glasses when doing math? They improve division. 🕶️ ÷ 😂

Why should you stay away from artists? They're sketchy. 🎨 😏

Why don't pirates know the alphabet? Because they keep getting lost at C. 🏴‍☠️ 🌊 😂

How did the barber win the race? He knew a shortcut. 🚗 🏃 😂

Why did the thief hire a maid to plan his vacation? He wanted a clean getaway. 🧹 🧑‍🍳 😂

I read a book about helium once. I couldn't put it down. 🎈 📖 😂

Have a great weekend!

Dana Poulton

Program Coordinator