

WHAT'S NEW IN THE WOODS



Charleswood 55+
Active Living Centre

November & December 2022 Programming Update

Message from the Centre

It's been a busy few months since the fall programming started and it has been wonderful to be able to resume many of the activities that were put on hold when the pandemic hit.

While many of the fall fitness classes and activities are full, we still have limited space in some cards, games, and clubs. Call the office at 204-897-5263 or go to www.charleswoodseniorcentre.org to see what's available.

The annual Bake Sale (yes we need bakers), which has been on hold over the past few years, is back, as is the wine raffle and perogy sales. Details can be found in this newsletter.

We hope you will **Save the Date** for a holiday lunch get-together at Taverna Rodos on December 19th. It will be wonderful to enjoy each others company.

Thank you to the many volunteers that continue to assist the staff whenever the need arises. We appreciate you more than you know.

Stay warm & safe,
Jakee Werbuk, Program Manager

IMPORTANT DATES NOVEMBER & DECEMBER

- Nov. 9 – Seniors Moving Presentation
- Nov. 9 – Lunch of the Month
- Nov. 17 – Mature Driver Refresher
- Nov. 21 – Royal Aviation Museum
- Nov. 28 – Christmas Card Making
- Dec. 1 – Emergency Preparedness
- Dec. 8 & 9 – Perogy Pickup
- Dec. 9 – Bake Sale & Café, Wine Draw
- Dec. 12 & 13 – Floral Arranging
- Dec. 16 – Last day of classes
- Dec. 19 – Holiday Lunch Taverna Rodos

Charleswood 55 Plus Active Living Centre

5006 Roblin Blvd, Winnipeg MB, R3R 0G7 Phone: 204-897-5263

Email: info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Hours: Mon-Thurs 9:00am to 4:00pm & Friday 9:00am to 3:00pm

Upcoming Programs, Activities and Events

NOTE: Registration will open for the following activities on Monday, October 31 at 9:00am, unless otherwise indicated. This is a change in timing from the usual registration start time of 9:30am.

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

Seniors Moving Company Presentation

**Wednesday, November 9, 2022 @ 1:30 pm. No fee
Registration is open.**

The Seniors Moving Company specializes in relocating seniors. They maintain a solid working knowledge of Winnipeg's housing options for older adults and coordinate directly with the various residences on your behalf.



Join Lisa Sinnicks, owner of The Seniors Moving Company Inc. as she shares downsizing tips and resources to help get you started on the process of moving.

Lunch of the Month

**Wednesday, November 9, 2022 @ 11:45am
Registration is open.**

Meet at Bellissimo's Restaurant and Lounge, 877 Waverley St. at 11:45am. Reservations under Charleswood 55+. Lunch prices range from \$11.50 - \$21.00. Enjoy! Members are welcome to bring a guest. Please be sure to register so we know how many to book for.

Mature Driver Refresher Workshop (Presented by MPI)

**Thursday, November 17, 2022 @ 10:00 am. No fee
This is a 2 hour workshop.**

Manitoba's varying road conditions highlight the importance of refreshing our driving skills as we age. The Mature Driver Workshop is designed for experienced drivers who want to brush up on their skills and enhance their driving performance.

- ✓ Learn about updated traffic laws and road safety rules
- ✓ Brush up on defensive driving techniques
- ✓ Learn how to compensate for changes in hearing, vision, flexibility and reaction time
- ✓ Opportunity to address driving concerns and questions

Royal Aviation Museum Tour, 2088 Wellington Avenue

Monday, November 21, 2022 @ 10:30am. Fee \$10

The Royal Aviation Museum of Western Canada Signature Tour - takes you through a brief aviation history with a focus on Manitoba and Canadian stories. It takes you to five aircrafts starting with the signature aircraft, the Vickers Vedette, and ends with a modern innovation the Dynavert. Tour guides are volunteers and often aviation professionals if not aviation enthusiasts. They will connect the stories to their passions

There will not be a bus, but carpooling is encouraged. If you can give others a ride, or need a ride, call the office. Parking will be waived by presenting your ticket at the front counter at the end of the tour.

Christmas Card Watercolour Workshop

Date Monday, November 28, 2022 @10:00am

Fee \$10.00 - A portion of the costs for this workshop are covered through the Government of Canada New Horizons Grant.

Instructor Karen Wokes will assist you in producing 3 holiday masterpieces!

No experience necessary. All supplied included. Workshop takes approximately 2.5 hrs.

Floral Arranging

Monday, December 12, 2022 @ 10:00am

Tuesday, December 13, 2022 @ 10:00am

Fee \$10.00 - A portion of the costs for this workshop are covered through the Government of Canada New Horizons Grant.

Florist Kat Degner will teach you how to create a one-of-a-kind floral arrangement for your holiday dinner table.

Emergency Preparedness Presentation

Thursday, December 1, 2022 @ 10am. No fee

What do you do in case of an emergency or disaster?

Are you prepared for a power failure if it may last more than 24 hours?

Where would you go if you are displaced from your home due to an evacuation order?

Presented by the City of Winnipeg's Office of Emergency Management, you will learn how to prepare emergency plans, emergency exits, emergency kits, and they will answer any questions you may have regarding what to do in certain situations and much more.

Fitness Classes

A full list of our fitness classes can be found on our website. To see which classes still have availability in the current session, visit us online at <https://www.charleswoods seniorcentre.org/> and click on the Register Online button or call us at 204-897-5263.



Fundraising Events

CHRISTAMS BAKE SALE & CAFÉ

BAKERS NEEDED

We are excited to tell you that the Centre's Annual Christmas Bake Sale is back and we need you!

We are requesting holiday themed cookies and other baking for our upcoming Bake Sale.

The Bake Sale will take place on December 9th from 1pm to 3pm, upstairs at the Centre.

The Café will be open for coffee and cake from 1pm-3pm.

If you can contribute, please call the Centre at 204-897-5263 to let us know what you will be baking (please label items that contain nuts).

Baking drop off is at the Centre on December 8th between 10:00am and 3:00pm.

Centre membership is not required to enjoy the café and buy delicious holiday baking. Bring your friends and family.



PEROGIES FOR SALE

POTATO & CHEDDAR

\$9.00 per dozen

Get your orders in quick as quantities are limited!
Pay by cash or cheque when you pick up.

Call the Charleswood 55 Plus Active Living Centre at 204-897-5263 to place your order.



Pick-up will be at the Centre 5006 Roblin Blvd.
December 8th 1:00 pm - 3:30 pm
December 9th 1:00pm - 3:00 pm

WINE RAFFLE

SUPPORT THE CENTRE

If you can contribute a bottle wine for the wine raffle fundraiser, please contact the Centre at 204-897-5263 or drop it off at the reception desk.

No Home Brew please!

Draw Date: Friday, December 9, 2022, 3:00 pm
at the Charleswood 55+ Centre 5006 Roblin Blvd

1st Prize: 12 bottles of Wine (approximately \$240 value)

2nd Prize: 6 bottles of Wine (approximately \$120 value)

3rd Prize: 3 bottles of Wine (approximately \$60 value)

Tickets: 1 for \$5.00 or 3 for \$10.00

Tickets will be on sale in early November. Contact the office for more information.



SAVE THE DATE



**Holiday Lunch Get-together
Monday December 19, 2022
11:30am, Taverna Rodos**



**Registration, menu choices and more information
will be available the first week of November.**

CARDS, GAMES & CLUBS

Registrations for cards, games and clubs opened in September.

To see what still has space available, visit the website at

<https://www.charleswoodseniorcentre.org/>

and click on the Register Online button.

Monday	Tuesday	Wednesday	Thursday	Friday
Gym Weekly Fitness Schedule				
Total Body Fitness 9:15am	Gentle Yoga 9:30am	Total Body Fitness 9:30am	Zumba 9:00am	Badminton 9:15am
Pilates 10:30am	Sit & Fit Pilates 10:45am	Sit & Fit Pilates 11:00am	Barre 10:30am	Bocce 10am (Upstairs)
Barre 11:45am	Sit & Fit Pilates 12:00pm	Gentle Yoga 12:15pm	Barre Boot Camp 11:45am	Weight Training 11:00am
Butts & Guts 1:00pm	Total Body Fitness 1:15pm	Stretch Class 1:30pm	Functional Fitness 1:15pm	IAM 12:15pm
Beginners Yoga Foundations 2:15pm	Resistance Class 2:30pm	Hatha Yoga 2:45pm	Total Body Conditioning 2:30pm	English Country Dance 1:30pm

PUZZLES

We have lots of puzzles.

Stop by the Centre to pick one up or drop one off for others to enjoy.



Rapid Tests

COVID Rapid Tests are available in the office while quantities last. Stop by to pick-up a test kit.



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MLA for Roblin



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