

WHAT'S NEW IN THE WOODS



Charleswood 55+
Active Living Centre

Spring 2022

Fitness Instructor & Class Updates

As many of you have already heard our longest, and very much loved, instructor Jill Baird is retiring after 18 years of service to the Centre. We wish her well in this exciting new stage in her life. We are fortunate to have Cathy & Doreen return from their brief teaching hiatus and we would also like to welcome Rosa (Pilates) and Anna (Sit & Fit Pilates) to the Centre. Both have subbed for Jill in the past and we know they will be excellent additions to our team of instructors.

There are a few time changes on the schedule from previous sessions and we will not be offering Tai Chi in our spring line-up. However, we are introducing a new Stretch Class, which Kirstin will be teaching in that slot.

Please check the timing of the classes you are interested in to be sure they have not changed.

Is Your Membership Up To Date?

Your membership must be current to register for all Centre activity.

If your membership has expired, or will be expiring before registration, please renew your membership.

You can check online or call the office at 204-897-5263.

Membership is \$30 per year.

IMPORTANT DATES

March 15 - Personal Safety for Seniors

March 21- Downsizing Presentation

March 22 & 29 – Learning to use a tablet

Week of April 4 – Registration begins

Week of April 11 – Classes begin

April 6 & 7 – Perogy orders pick up

April 11- Aging in Place

April 13 & 14 - Floral Arranging

April 20 – Paint Party

May 18 – Party with a Purpose

May 26 – Pros Know Expo

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

- We continue to use the online and by phone registration process. There is no in-person registration during the April 4th registration week.
- In order to be able to accommodate the volume through both online and phone-in registration, the Centre has a staggered registration process.

Registration will open in the following manner:

Monday, April 4th at 9:30 a.m. — registration begins for all Monday classes and activities and remains open until classes and activities have filled.

Tuesday, April 5th at 9:30 a.m. — registration begins for all Tuesday classes and activities and continues for Monday classes and activities.

Wednesday, April 6th at 9:30 a.m. — registration begins for all Wednesday classes and activities and continues for Monday and Tuesday classes and activities.

Thursday, April 7th at 9:30 a.m. — registration begins for all Thursday classes and activities and continues for Monday, Tuesday and Wednesday classes and activities.

Friday, April 8th at 9:30 am — registration begins for all Friday classes and activities and continues for Monday to Thursday classes and activities and remains open until all classes and activities are full.

- If you have any question about the registration process, or are unclear how to register, please give us a call at 204-897-5263.

- **We are continuing with the lower than capacity limits in classes that was implemented during the onset of COVID. This means that some classes fill up quickly so plan to register as soon as possible for the classes you want.**
- **In order to register online you are required to sign in with you user name and password. If you do not have login information or cannot remember it, please contact the office.**
- **We recommend that you try to login ahead of registration in case you run into some unexpected problems.**



PUZZLES

We have lots of puzzles

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



Procedural Changes

In and out doors

We are eliminating the use of the designated in and out doors. You may now enter and exit through the Harstone Street and Roblin Blvd. Doors.

Change Areas

Change areas will no longer be designated for specific classes. You may use whichever area you want (cloak room or lounge area). Please continue to respect the 3 people at a time rule in these areas. Kindly refrain from congregating in change areas so that others may use them.

Sanitation Processes

The Centre is fully sanitized each morning by one of the Centre volunteers. This is in addition to the daily cleaning the Centre receives through a cleaning service.

Members are now required to sanitize and put away any equipment that they use. Centre volunteers will no longer be performing this task.



Masking & Vaccinations

Despite the lifting of provincial requirements for masking and vaccinations, the Centre policies will remain in effect and will be reviewed by the Centre's Board of Directors in mid-April. Any changes will be relayed to Centre members.

- Masking is required in all areas of the Centre, with the exception of when you are engaging in physical activity, providing a 2-metre distance can be maintained.
- A 3 layer medical mask is the minimum requirement but if you desire more protection you can wear a cloth mask over it or wear a KN95 mask.
- You may see signage on exterior doors that says "masking is recommended". That is for the City of Winnipeg areas within the building and does not apply to the rooms occupied by the Centre, where masking is still required.
- Proof of Vaccination continues to be required for all activity, regardless of location.



Cancellation/Refund 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 Classes

Registration begins the week of April 4th, 2022.

All classes begin the week of April 11th, 2022.

There are no classes on Friday April 15 & Monday May 23rd.

Badminton

Non-competitive! Come and have some fun in the gym! You can bring your own racquet or use one of ours.

Fridays 9:15 am (runs January to June) Cost: \$10.00

Barre Fitness - Instructor: Deb

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 (10 weeks) Cost: \$72.50

Tuesdays 2:30 pm (11 weeks) Cost: \$79.75

Thursdays 10:30 am (11 weeks) Cost: \$79.75

Functional Fitness – Instructor: Andrew

Moves focus on balance, core strength, endurance and multi-joint flexibility. 20 minutes of cardio, 20 minutes of functional strength training, followed by balance training and stretching. Great for all levels.

Thursdays 2:30 pm (11 weeks) Cost: \$79.75

Gentle Yoga

This invigorating yoga-based 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. Each individual pose is held for an intermediate level of time. The mat-based moves encompass the last 25-30 percent of the class.

Instructor: Doreen

Tuesdays 9:30 am (11 weeks) Cost: \$79.75

Instructor: Kirstin

Wednesdays 12:15 pm (11 weeks) Cost \$79.75

Hatha Yoga – Instructor: 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 and improves flexibility and concentration and allows you to experience a state of deeper relaxation. Open to all levels of fitness. Not for those requiring chair use.

Mondays 2:15 pm (10 weeks) Cost: \$72.50

Wednesdays 2:45 pm (11 weeks) Cost: \$79.75

IAM Fitness – Instructor: Raul

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

Fridays 12:15 pm (10 weeks) Cost: \$72.50

Pilates - Instructor: Rosa

Exercises are taught on the mat and focus on lengthening and strengthening all your muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies. *Note: Check with your doctor if you have osteoporosis.*

Tuesdays 1:15 pm (11 weeks) Cost: \$79.75

Restorative Yoga – Instructor: Kirstin

This Yoga is a series of non-weight bearing poses designed to make you feel great during and after class. The sequence is slow - poses are held between 1 & 2 minutes.

Thursdays 12:00 pm (11 weeks) Cost: \$79.75

Sit & Fit – Instructor: Alan

Does balance concern you? Balance isn't something the body automatically has. Your brain has to teach your body balance. Alan dedicates a portion of every class having the participants standing behind and holding on to the back of the chair while slowly doing simple balance exercises. Combining the seated portion of the class with the standing portion improves your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter.

Mondays 11:00 am (10 weeks) Cost: \$72.50

Tuesdays 10:45 am (11 weeks) Cost: \$79.75

Sit & Fit Pilates – Instructor: Anna

A seated workout providing solid core principles based on the Stott Pilates method, this class is suitable and challenging for all individuals regardless of fitness level. Modifications will be provided based on the individual's needs, and no prior experience is necessary.

Wednesdays 11:00 am (11 weeks) Cost: \$79.75

Stretch Class – Instructor: Kirstin

This class explores yoga postures, focusing on lengthening and toning your muscles. You'll use Bender balls, yoga blocks, chairs and the wall to help you tuck into those hard-to-reach tension areas, such as hip and shoulders. And you'll practice better pelvic alignment promoting longer, more supple hamstrings.

Wednesdays 1:30 pm (11 weeks) Cost: \$79.75

Total Body Conditioning – Instructor: Andrew

An excellent class for those looking to get fit. Muscular exercises & aerobic movement.

Thursdays 1:15 pm (11 weeks) Cost: \$79.75

Total Body Fitness – Instructor: Eleanor

Class starts with a warm-up, pre-cardio and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & the moderately fit.

Mondays 9:15 am (10 weeks) Cost: \$72.50

Tuesdays 12:00 pm (11 weeks) Cost: \$79.75

Wednesdays 9:30 am (11 weeks) Cost: \$79.75

Weight Training – Instructor: Raul

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

Fridays 11:00 am (10 weeks) Cost: \$72.50

Zumba – Instructor: 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 9:00 am (11 weeks) Cost: \$79.75

PICKLEBALL

**Westdale Community Centre
550 Dale Blvd.**

Mondays April 11 - June 20 - cost \$40

Wednesdays April 13 - June 22 - cost \$44

Fridays April 22 - June 24 – cost \$40

No pickleball Friday April 15th & Monday
May 23rd



English Country Dance

Starts Friday, April 22nd, 2022, 1:30 pm
(6 weeks) \$25

Learn about the traditional dances of England, enjoyed by the villagers and the court dances enjoyed by the aristocracy from the 17th to the 19th centuries. Moving to the hand clapping, toe tapping music, learning new formations, and enjoying the sociability of the dance will brighten your day and exercise both mind and body.

A portion of the costs are covered by the Government of Canada New Horizons Grant.

Classes, workshops and presentations

Registration opens week of April 4th. Sessions held in March already opened for registration. **If a session is full and you are interested in attending, please add your name to the wait list.** If there is enough interest, we may be able to schedule another session at a later date and those on the wait list will have priority registration.

Presentations

Personal Safety for Seniors

Tuesday, March 15th, 2022, 1:00 pm. No cost to attend

Registration is open. Limited Availability

Constable Maria Buduhan is with the Winnipeg Police Service. Please join her for tips, tools and techniques to keep you and your home safe. Most of us know how and what to do to keep safe, but this is a wonderful refresher.

Downsizing - Brian McMillan

Monday, March 21st, 2022, 10:00 am. No cost to attend

Registration is open. Limited Availability

Moving to a new home is a big decision, but as we age this decision has so many more implications. In this presentation we will discuss housing options such as life lease, condos, apartments, assisted living etc. We will also discuss when the right time to downsize is and what upgrades will get you the best price when you sell.

Aging in Place - Brian McMillan

Monday, April 11th, 2022, 10:00 am. No cost to attend

We all want to age in place for as long as we can. Once we are in a home that allows us to do that there are many improvements you can make for your convenience and safety. We will discuss this as well as government and private homecare options.

Classes and Workshops

Learn to Use a Tablet - Lloyd Gwilliam

**Tuesday, March 22, 2022, 10:00 am. No cost to attend – Limited availability
OR**

Tuesday, March 29, 2022, 10:00 am. No cost to attend – Limited availability

This session will cover both Apple and Android tablets. The first hour will focus on basic tablet functionality, installing APPS and some basic APP functionality. The second hour will focus more on issues members of the group may be having with specific APPS, features and social media. This is a great opportunity to iron out any issues you may be having with your device. **Please bring your tablet to the session.**

Cost of workshop is covered by The Government of Canada's New Horizons Grant.

Floral Arranging - Kat Degner

**Wednesday, April 13th, 2022, 12:00 pm
OR**

Thursday, April 14th, 2022, 10:00 am

Cost \$10.00 - A portion of the costs for this workshop will be covered through the Government of Canada New Horizons Grant

Florist Kat Degner will teach you how to add ambience for your Easter table with your own one-of-a-kind creation. All supplies will be provided.

Paint Party - Karen Wokes

Wednesday, April 20th, 2022, 1:00 pm. Cost \$10.00 A portion of costs covered through the Government of Canada New Horizons Grant.

The next Picasso could be you! Let instructor Karen Wokes help you channel your inner creativity. She'll guide you through the steps to produce your own masterpiece. You'll use water soluble acrylic paint to create a masterpiece. Suitable for those with and without experience. All supplies will be provided.

Picture will be emailed to participant prior to class.

American Sign Language - Janet Didsbury

Starts Monday, April 18th 10:30 am (6 weeks) Cost \$25.00

Janet Didsbury has taught sign language in school as well as privately. This class includes learning the alphabet slowly, with practice sheets to take home. Janet will also show you some simple gestures that may come in handy someday. All you need is to bring your smiles and your thinking caps! This is a great way to challenge your brain as we get older.

A portion of the costs are covered through the Government of Canada New Horizons Grant.

Creative Writing - Sharon Hamilton

Starts Thursday, April 21st 10:00 am - (8 weeks) \$40.00

Have you ever considered making a collection of your favorite memories? Do you ever wish you could speak to someone no longer with you? Are you ever surprised or shocked at how a stranger or a garden or a scent or a sound shakes something inside of you and you'd like to find out what? Would you like to create a poem? Or a song? Or share an idea about something important to you? Or write a letter to the editor? Do you like telling stories? Writing is a key that opens doors to every aspect of living. Whatever your level of comfort with writing – from beginning to experienced – you will create a piece of writing that you can treasure.

A portion costs covered through the Government of Canada New Horizons Grant.

Watercolor Painting with Virginia Stephenson

Starts Tuesday, April 12th 10:00 am (4 weeks) Cost is \$25.00

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.

Bent Brush Club

Starts Friday, April 22nd 1:00 pm (8 weeks) cost \$10

Are you looking for a place where you can enjoy the company and interaction with other artists? The Bent Brush club is a painting club where artists and would-be-artists of all skill levels, styles and media can have a regular paint get-together. BYOG (Bring Your Own Gear) plus a plastic cloth to cover the tables.

No designated instructor; just friends painting with friends. Doesn't get any better than that!

Special Interest Clubs

The following special interest groups run from September to June and are now full. Check back in early September 2022 for new registration dates.

Book Clubs:
Zoom & Mystery



Ladies in Stiches:
Knitting shawls for Cancer Care & other charities.



Jammers:
For those who love to Jam. Bring your own instrument.

Cards & Games

Registration for cards & games opened in September and runs from September to June. Register anytime providing there is space. If an activity is full, call the office to get on the waiting list. New spots sometimes open up as members leave or capacity is expanded.

Bridge – Mondays @ 1:15 - \$15 per year – full

Cribbage – Tuesdays @ 1:00 pm - \$15 per year – space available

Rummoli – Thursdays @ 1:00 pm - \$15 per year – space available

Mah-jong – Thursdays @ 1:00 pm - \$15 per year – full

Bocce Ball – Fridays @ 10:00 am - \$15 per year – space available

The **Pros Know** **55 Plus** **Active Living & Resource EXPOS**



Bringing the products & service resources needed by older adults to older adults in our community!

Thursday, May 26th,
Charleswood United Church
4820 Roblin Blvd.
10:00am - 3:00pm



Charleswood 55+ Active Living Centre (MASC Hosts)



Manitoba
Association of
Senior Centres

Senior Scope
News For and About Boomers & Seniors

more details at: prosknowexpos.ca

Fundraising Events

Perogies for Sale

POTATO & CHEDDAR

\$8.00 per dozen

**Get your orders in quick as quantities are limited!
Pay by cash or cheque when you pick up.
204-897-5263 to place your order.**

Pick up will be at the Centre 5006 Roblin Blvd.

April 6th 1:00 pm - 3:30 pm

April 7th 11:00am - 3:30pm



Perogies made by the St. Nicolas Ladies Axillary

Party with a Purpose

**Our annual Party with a Purpose Fundraising Dinner will be held
On May 18, 2022**

Breezy Bend Country Club.

Tickets are \$40 with a \$18 tax receipt.

**For more information, and to purchase your tickets
(on sale March 28, 2022), call the office.**

Please let us know if you can contribute to our silent auction.

Interested in volunteering on our fundraising committee or helping out with an event or activity?

Have a skill or area of expertise you would love to share with others?

Have an idea for program or event?

Call us at 204-897-5263. We'd love to hear more!

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
Sit & Fit 11:00am	Sit & Fit 10:45am	Sit & Fit Pilates 11:00am	Barre 10:30am	Bocce 10am (Upstairs)
	Total Body Fitness 12:00pm	Gentle Yoga 12:15pm	Restorative Yoga 12:00pm	Weight Training 11:00am
Barre 1:00pm	Pilates 1:15pm	Stretch Class 1:30pm	Total Body Conditioning 1:15pm	IAM 12:15pm
Hatha Yoga 2:15pm	Barre 2:30pm	Hatha Yoga 2:45pm	Functional Fitness 2:30pm	English Country Dance 1:30pm



CENTRE BOARD OF DIRECTORS

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Hours: Monday – Thursday 9am to 4pm
Friday 9am to 3pm