

CHARLESWOOD ACTIVE LIVING CENTRE

# CENTRE UPDATE

FRIDAY, JUNE 19<sup>TH</sup>, 2026

# SUMMER NEWSLETTER OUT NOW!

## SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Spring Programming End*
- *Summer Registration*
- *Summer Hours*
- *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.

# Spring Programming End

Next week marks the final week of our Spring Programming! Some fitness classes have already wrapped up, and the rest of our spring programs will be coming to an end soon.

Be sure to check out our Summer Newsletter to see everything we have planned for the season. We've expanded our summer programming, offering even more opportunities to stay active, try something new, connect with others, or keep up your regular routine all summer long!

## Summer Registration

Register online at <https://www.charleswoods seniorcentre.org/> or by phone at 204-897-5263. No in-person registration during the WEEK OF June 29, 2026.

Registration opens in the following manner:

- Monday, June 29<sup>th</sup> at 9:30 a.m. — registration begins for Monday classes and programs and continues until they have filled.
- Tuesday, June 30<sup>th</sup> at 9:30 a.m. — registration begins for Tuesday classes and programs and continues for Monday classes and programs.
- Tuesday, June 30<sup>th</sup> at 1:30 p.m. — registration begins for Wednesday classes and programs and continues for Monday and Tuesday classes and programs. (Occuring on the Tuesday due to the Centre being closed July 1 for Canada Day)
- Thursday, July 2<sup>th</sup> at 9:30 a.m. — registration begins for Thursday classes and programs and continues for Monday, Tuesday and Wednesday classes and programs.


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

## Summer Hours


Summer Hours: Mon-Thurs 9:00am to 4:00pm

Closed: Wednesday, July 1<sup>st</sup>, and Monday, August 3<sup>rd</sup>

# Around the Community



**CHARLESWOOD LEGION**




CHARLESWOOD CORNHOLE

## Did You Know?







Some common prescription and over-the-counter medications can make you more sensitive to the heat!

The more meds you take, the higher the risk.




## Are you taking any of these?


Here are a few examples of meds that may not mix well with heat:

-  Allergy meds
-  Heart meds (e.g. diuretics, beta blockers)
-  Sleeping pills
-  Antipsychotics
-  Antidepressants
-  Stimulants for attention disorders


## Your meds may increase your sensitivity to heat.



Learn how to stay safe this summer:  
[DeprescribingNetwork.ca/blog/medications-and-heat](https://DeprescribingNetwork.ca/blog/medications-and-heat)



Canadian Medication  
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# Around the Community



**CHARLESWOOD LEGION**



## CHARLESWOOD CORNHOLE CHALLENGE

**Thursday, June 25, 2026**

### Registration

Register on the Sign-up Sheet on the Sports Board by Wednesday, June 24, 2026

**Check-In Time: 6:30 pm**

**Start Time: 6:45 pm**

### Two-Person Teams



This will be the first Cornhole Challenge for the Branch and will be conducted as an "Introduction to Cornhole"

**No Cost to Participants**

Rules will be explained to all followed by a Mini-Tournament



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# Ha-Ha-Highlights

Why is Cinderella not good at soccer? She keeps running away from the ball. 🏑👟👑

What lights up a soccer stadium? A soccer match. 🏑💡🏟️

Why did the soccer ball quit the team? It was tired of being kicked around. 🏑😞👟

Why can't you play soccer with pigs? They hog the ball. 🐷🏑😂

Why don't soccer fans wear eyeglasses? It's a contact sport. 🏑👓😂

Why do soccer players do well in school? They know how to use their heads. 🏑🧠📚

What steals from you when you're in your bathtub? A robber duckie. 🛁🦆🚗

How do you identify a bald eagle? All his feathers are combed over to one side. 🦅😂👱

What has four wheels and flies? A garbage truck. 🚛🪰⚡

What is the easiest way to burn 1000 calories? Leave the pizza in the oven. 🍕🔥😂

Have a great weekend!

Dana Poulton

Program Coordinator