



Charleswood 55+ Active Living Centre

WHAT'S NEW FOR MARCH!

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

Bent Brush Club

Fridays from 1:00 p.m. – 2:30 pm

March 4 – March 25

Are you looking for a place where you can enjoy the company and interaction with other artists? Would you like to be part of a group which gets together to paint and to share artistic interests, skill, and experiences? 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 or floor. No designated instructor; just friends painting with friends and chatting about a subject dear to our hearts.

Registration opens February 22 @ 9:30 am

FEE: \$5.00

Virtual Presentation on Zoom: Leaf/Gardens at the Leaf

Tuesday, March 8, 2022, @2:30 pm

Join us for a virtual tour of The Leaf at the Assiniboine Park Conservancy, which will become a magnificent indoor, multi-seasonal attraction, and one of the most visually stunning places of its kind in North America. We will also explore The Leaf - Canada's Diversity Gardens is the final major phase in the redevelopment of Assiniboine Park and Zoo that was launched in 2009. The outdoor Gardens at The Leaf cover close to 30 acres in the south-east corner of Assiniboine Park. Visitors to the gardens will travel along a series of pathways through multiple garden vignettes and horticultural experiences. There are six themed areas to explore - Indigenous Peoples Garden, Kitchen Garden, Sensory Garden, Performance Garden, Seasonal Garden, and The Grove. These gorgeous young gardens will change with the seasons and mature gradually over the weeks, months, and years to come.

Registration is open

NO FEE

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

Personal Safety for Seniors

Tuesday, March 15th, 2022 @ 1:00 pm

Constable Garnie McIntyre an 18-year member with the Winnipeg Police Service. Please join him 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.

Registration is Open

NO FEE

Downsizing – Brian McMillan

Monday, March 21, 2022, @10:00 am

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 is the right time to downsize. What upgrades will get you the best price when you sell?

Registration Opens February 22 @ 9:30 am

NO FEE

Learning to Use a Tablet – Lloyd Gwilliam

Tuesday, March 22, 2022, @10:00 am

OR

Tuesday, March 29, 2022, @10:00 am

The 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.

Registration Opens February 22 @ 9:30 am

NO FEE

Talking About Medications (Deprescribing Medications)

Wednesday, March 23, 2022, @2:00 pm

Join Aimee Krahn for this session on Talking About Medications. The "Talking About Medications" workshop is an interactive workshop to help older adults and their families learn about medications and take an active role in making medication decisions. This workshop is intended for older people taking medications and people who need to advocate for someone else taking medications. The workshop is most effective when all participants are engaged and open to sharing their medication experiences. Participants will also be asked to complete 'homework' during the workshop that includes going through their own (or someone you care for) medications to create a list and identify the reasons for using those medications.

NOTE: Please bring a list of your medications with you.

Registration Opens February 22 @ 9:30 am

NO FEE