



CENTRE UPDATE – JUNE 7, 2024

Reminders & Centre Info

AGM – Please help us make quorum. The AGM is coming up on June 19th and we still require a minimum of 10 more people to reach quorum. Please plan to attend so that important motions related to budget and other pressing issues can be passed. Register [online](#) or call the office at 204-897-5263.

There is 1 unclaimed Auction Prize from Party With A Purpose –If you have green ticket 566290 your basket is waiting for you!

Summer Program Changes

We will not be offering the Paint Party or Bookmark making during the summer, as originally scheduled. We apologize to those of you who were looking forward to signing up for these 2 workshops, but they have been cancelled.

Lunch of the Month

There are still a few spots available for the Lunch of the Month at PF Chang's 865 St. James Street on Wednesday, June 12th at 11:45am. Call the office or register [online](#) by the end of the day on Monday as we need to confirm our numbers to the restaurant.

Fitness Class Drop-in spots are available in some fitness classes. The fee is \$10 per class. Call the office to see if the class you are interested in has space.

Saying Goodbye!

As many of you know, long, long time and much-loved Centre instructor, Raul Paragas, is leaving us. BC has been beckoning and temptation just got the better of him.

We are also losing fitness taskmaster, and equally loved instructor, Deb Loughheed to the West Coast. What is it with that West Coast?

While we wish them both well, we sure wish they wouldn't leave us. **Please stop by reception to sign their bon voyage cards before the end of the session.**

Condolences

Our condolences to Marilyn Gessell on the passing of her husband Norm. We wish Marilyn, and all those mourning Norm's passing, peace, comfort and strength at this most difficult time.

Business Profile Features

This week's Business Feature Profiles are *Residences of Oakdale Drive*; *RBC Royal Bank, Roblin & Harstone*; and *Calculated Moving*.

Residences of Oakdale Drive

"Oakdale Residences will be a community that provides a variety of unit styles and sizes to residents. The guiding principle for this development is to create a living environment that addresses accessibility, inclusiveness, and community building by providing users a comfortable, sustainable lifestyle. Residential units, roadways and pathways are easily accessible for those with mobility issues as property management will control the mobility challenges within the development, by removing ice and snow that are prevalent in non-controlled public sector environments.

Details on your new home in the heart of Charleswood are available [here](#)."

RBC Royal Bank, Roblin & Harstone

Explore the personal banking services and products available from RBC Royal Bank to help you manage your finances, buy a home, invest and more. Visit RBC Royal Bank, Roblin and Harstone for all your banking needs.

Calculated Moving

"We have been serving Charleswood and Winnipeg for the past 6 years. We offer experienced, honest, and hard-working staff who will provide top notch service to you and your family. We have extensive experience assisting Winnipeg's 55+ community and we would love to make your move a stress-free experience! Feel free to reach out via phone at 204 250 4075 or check out our website: calculatedmoving.com"

Resources you may find helpful

The logo features a stylized white dental arch shape centered on a background that transitions from light orange on the left to a darker orange on the right.

Canadian Dental Care Plan **Régime canadien de soins dentaires**

Benefits at A Glance – Seniors - Accessible. Affordable. Essential.

The Canadian Dental Care Plan (CDCP) will help ease financial barriers to accessing oral health care for up to nine million uninsured Canadian residents who have an adjusted family net income of less than \$90,000. To improve oral health outcomes, the CDCP will help cover a wide range of oral health care services, on the recommendations of an oral health care provider.

Benefits at a glance – Seniors

In Canada, most older adults (age 60 to 79) have had a cavity and are experiencing gum disease. Of those, 16% have untreated tooth decay. As we age, our teeth, gums and other tissues in the mouth undergo changes. Sometimes these changes are affected by chronic diseases and the use of medications and may include:

- Sensitive teeth – teeth can be sensitive to hot or cold foods and/or touch.
- Dry mouth – increases the risk of tooth decay because saliva helps keep harmful germs in check.
- Exposed roots – gums may start to pull away from our teeth as we age. Exposed roots are exposed to bacteria that can cause cavities.
- Loss of natural teeth – older adults are part of the age group that is most likely to lose their natural teeth.

The CDCP covers several oral health care services, that can help improve the oral health outcomes of seniors:

| Common oral health problems for seniors | How the CDCP can help |
|---|--|
| Tooth decay, gum disease and tooth loss. Exposed roots can also cause sensitivity to hot and cold | The CDCP covers restorative services such as fillings as well as endodontic services such as root canals. The CDCP covers examination and x-rays to diagnose issues. The CDCP covers preventive treatments, including scaling (cleaning) and fluoride treatments, which help reduce the risk of gum disease and tooth decay. |
| Tooth loss | The CDCP covers complete and partial removable dentures subject to preauthorization. |
| Poor oral health due to loss of autonomy and manual dexterity | The CDCP covers the cost of some oral hygiene care and services delivered in institutional settings. |

For more information, on the CDCP, eligibility, the phased application roll-out and examples of what will be covered, visit Canada.ca/dental.



World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. WEAAD also supports the United Nations International Plan of Action and acknowledges the significance of elder abuse as a public health and human rights issue.

Visit the WEAAD website at <https://peam.ca/5/world-elder-abuseawareness-day> for more information.

If you'd like to register an event, please visit <https://peam.ca/register-event-confirmed.asp>



JUNE 15th

World Elder Abuse Awareness Day

WEAR PURPLE

Some Goings-on in the Community

Charleswood Market

Discover the Best of Local Produce and Artisan Crafts!

At **Charleswood Market**, we're proud to bring you the freshest, locally sourced produce and unique artisan crafts every Sunday from **Noon to 4 p.m. from June 16th to September 22nd, 2024**. Nestled in the heart of Charleswood at Roblin Park Community Centre, our market is more than just a place to shop—it's a place to connect, discover, and enjoy the best of what our local farmers and artisans have to offer. For more details: <https://charleswoodmarket.com/>

Evan Duncan
City Councillor
Charleswood -Tuxedo -Westwood



Join City Councillor Evan Duncan for a vibrant celebration of community spirit on June 15th, 2024. This is a FREE all-day festival filled with live music, food, games, and activities for all ages. Celebrate the BLOCK PARTY 150 years in the making with friends, family, and neighbours. More details at <https://www.evanduncan.ca/about-1-1>

Bridge Luncheon

Tuesday, September 24

St. George's Anglican Church, 168 Wilton Street

Doors open @12:00; Lunch @12:30

Bridge 1:00-3:00

\$20 per person

Bring a table of 4 and your own cards

Scoring Rules of the Day available on request, or at the event

Door Prizes!

Prizes for top scores!!

A few funnies for your enjoyment

- What kind of shoes do frogs wear? Open toad.
- Did you hear about the red and blue ships that collided? All the sailors were marooned.
- My neighbor gave me a new roof for free. He said it was on the house.
- A duck walks into a bar and buys everyone a round. He tells the bartender, "Put it on my bill."
- Why did Marie Curie stop dating that guy? There was no chemistry.
- Did you hear about the nurse who didn't want to become a doctor? She didn't have the patients.
- How did Vikings communicate with one another? By Norse code.
- How did Benjamin Franklin feel when he discovered electricity? He was shocked!
- How do ghosts stay in shape? They exorcise.
- What do rabbits need after getting caught in the rain? A hare dryer.
- Why did the coach put the frog in the outfield? (haha I lost this answer!)
- What kind of shoes does a lazy person wear? Loafers.
- Why didn't the invisible man go to the dance? He didn't have any body to take.
- What did one candle say to the other? Do you want to go out tonight?
- Why did the bed wear a disguise? It was undercover.
- What do you call a boomerang that doesn't come back? A stick.

Have a wonderful weekend.

Jakee Werbuk

Program Manager

One minute you're young and fun. And the next, you're turning down the stereo in your car to see better.

