Charleswood Active Living Centre

Centre Update – December 5th, 2025

Annual Appeal

The time has come for our annual appeal. Through our growth this past year we are looking to better serve our members with extended hours and supplementary programming, we cannot achieve this without your support.

Please find here our 2025 Annual Appeal Letter from the Board of Directors.

The Annual Appeal Form is can be found here .

Fall Session Ending Soon

As we approach the end of our fall session be sure to check your class schedule to know when the last day of classes are! Or call the office and we will be happy to let you know.

John Einarson *Added December date

At John Einerson's talk on Rock 'n' Roll last week he shared an incredible amount of information, we're excited to announce that John will be returning on **December 16th at 2:00 PM** to continue his presentation and wrap it up. This session has been added to RecDesk for registration. Sign-up now to hear all about the history of Rock 'n' Roll with pop, a snack, and free registration.

Food & Flicks

Join us next Friday, December 12th, for our final movie showing of the year: *Holiday Inn*. Enjoy this classic film, where an inn open only on holidays becomes the stage for music, romance, and unforgettable performances by Bing Crosby and Fred Astaire. Register now for just $6 and enjoy pizza, pop, and chips with the movie.

Holiday Lunch

Celebrate the holidays with us!🌟 Our eagerly anticipated holiday lunch has **limited space remaining**. Register now to reserve your spot! It will be held December 15th at Taverna Rodos.🎄 Call the office to register, and please pay by cheque or cash. A reminder that our Lunch of the Month, December 10th, is also being held at Taverna Rodos and is a different program.

Holiday Hamper

The last day to donate for the hamper has been extended to Friday, December 12th to try and make this the most magical holiday season for the family.

Our collection of gifts is growing due to your generosity but, we are still looking for feminine hygiene pads, nonperishable food items or gift cards to grocery stores such as Superstore and No Frills.

Information about our family of 9 in partnership with Charleswood Cheer.

Some gift ideas for the children
Female Age 16:
Into makeup (gothic) perfumes, jewelry, teenage pads
Male Age 15:
Needs deodorant, face wash, socks & mitts
Female Age 12
Is into jewelry, drawing supplies, plaints
Female Age 8
Loves to draw & paint
Male Age 7
Is into cars, stuffed animals, drawing supplies
Female Age 5
Dolls, likes to help in the kitchen, needs hats & mitts
Male Age 2
Loves any type of toys, cars are his favourite

Female age 63 & husband, Male age 65 are raising all their grandchildren. Both could use mitts, hats & socks. Female Age 63 is in cancer treatment, so gets cold easily.

All the children love all kinds of fruit. They go through a lot of cereal, bread, jam, peanut butter, eggs & 2% milk. They usually make Bannock, so are in constant need of flour & margarine. For these items, please donate GIFT CARDS. The family shops at SUPERSTORE for their groceries.

We are also collecting wrapping paper, bags, and tissue paper to wrap all donations.

Around the Community

More info + booking: https://wrha.mb.ca/wait-times/extended-hours-primary-care-clinics/

Ha-Ha-Highlights

1. Why did the ornament break up with the Christmas tree?
   It needed space — the relationship was getting *too clingy*. 😂 🎄
2. What do elves do when they're stressed?
   They switch to *elf-care mode*. 🧝 ✨
3. What do reindeer say after a great workout?
   "S*leigh-ed* it today!" 🦌 💪
4. What's Santa's favorite type of music?
   Wrap music, obviously. 🎁 🎶
5. Why did the candy cane go to the doctor?
   It was feeling a little *bent out of shape*. 🍭 😅
6. What do holiday cookies do when they fall apart?
   They just *crumb-back* stronger. 💪 🍪
7. What's the snowman's least favorite workout?
   Hot yoga. Instant puddle. 🧘 🔥 💦
8. Why did the snowman finally join a band?
   He heard they needed someone *cool* on percussion. 🥁 ⛄
9. Why did the poinsettia refuse to argue?
   It didn't want to *petal* in negativity. 🌺 🤷
10. Why did the snowflake get invited to every party?
    It always *brought the chill vibe*. ❄️ 😎

Have a great weekend!

Dana Poulton

Program Coordinator