



Charleswood Active Living Centre

Centre Update – November 28th, 2025

Wine Raffle Tickets Are On Sale!

Try your luck and take home one of **six amazing prizes!**

Ticket Prices:

- 1 for \$5
- 3 for \$10

6 Prizes Up for Grabs:

2 of each prize!

- **10 bottles of wine**
- **8 bottles of wine**
- **6 bottles of wine**

Stock up for all your holiday hosting, gifting, and celebrating. Don't miss your chance to win big and sip happy this season! Draw is next Friday, December 5th.



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](#).

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.



JOIN US FOR A
**BAKE SALE &
CAFÉ**

**FRIDAY, DECEMBER 5, 2025
FROM 1PM - 4PM**

Charleswood Active Living Centre, 357 Oakdale

Centre membership is not required to enjoy the café and buy delicious holiday baking. Bring your friends and family.

COMPLIMENTARY COFFEE + CAKE AT THE CAFÉ

CASH PAYMENTS ONLY
Please bring your own bag.

**IF YOU CAN PROVIDE BAKING FOR
THE SALE,
PLEASE CALL THE OFFICE AT 204-
897-5263 OR STOP BY RECEPTION.**

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.



The menu card features a dark red background with gold and white text and icons. At the top, there is a gold illustration of Santa Claus on a sleigh pulled by reindeer. The text is arranged in a clear, organized manner, with the title 'HOLIDAY LUNCH' in large, bold letters. The menu items are listed under 'STARTER' and 'MAIN DISH' sections. To the right of the text, there are various gold icons including snowflakes, a hot cup, a turkey, a bell, and other holiday-themed symbols. The bottom of the card includes the restaurant's name, address, logo, date, time, and pricing, along with registration information.

JOIN US FOR A FESTIVE MEAL WITH
FRIENDS AND GREAT FOOD!

HOLIDAY LUNCH

STARTER
Soup

MAIN DISH
Skewer of chicken souvlaki
Greek roasted lemon potatoes
Greek salad
Pita bread
Tzatziki on the side

*vegetarian option: vegetable stir-fry

Meal includes choice of beverage, tax, and tip.

TAVERNA RODOS
5114
ROBLIN BLVD



DECEMBER 15TH
11:30AM
\$25 MEMBERS
\$30 NON MEMBERS

Registration Opens October 31st 1:00pm
Registration Closes December 5th



Perogy Sale

Potato and Cheddar
\$10/dozen
Frozen

Orders Open November 10th @ 10:00am
Get your orders in quick as quantities
are limited!

Pay by cash or cheque when you order.

Visit the Charleswood Active Living
Centre at 357 Oakdale to place your order
Perogies from the Holy Family Ukrainian Church

Available for pickup
December 4th 1-3pm
December 5th 1-3pm



Holiday Hamper

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, plants

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.

Drop off your donations at the Centre! Please bring in donations by December 5th.

Around the Community



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

City of Winnipeg

Our annual winter route parking ban starts on December 3 at 2 a.m. Do not park on signed streets between 2 a.m. and 7 a.m. Be in the know on snow at: winnipeg.ca/snow.

PREVENT

SLIPS & FALLS

1 No Shortcuts

Ensure your pathway is clear.

In parking lots, pick the safe route.

Do not climb over snowbanks or obstacles.



2 Wear sensible footwear

- Non-slip sole (avoid leather or plastic soles)
- Deep tread, not flat
- Wide, low heel
- Consider using cleats
- Dry boots before walking indoors



3 Hold On

Use at least one handrail.



4 Careful leaving your car

Look to make sure the ground isn't icy before stepping out.

Carefully place both feet on ground, hold the door frame and steering wheel for support.

Reach for belongings only after securely standing.



5 Stay focused

No texting while walking.

Watch where you are going to avoid hazards.



6 Take it slow

Short, flat, careful steps.

Step carefully on fresh snow as ice could be hidden underneath.



Looking for Supports for Older Adults?

Call 2•1•1

FREE • CONFIDENTIAL • 24/7

A partnership between



Ha-Ha-Highlights

Why did the shopper bring a ladder to Black Friday?

Because the deals were through the roof! 🪜 💰

Why don't calendars ever get stressed?

They always take things one day at a time. 📅 😊

What do you call a cat who works at a bakery?

A whisker chef. 🐱 👨‍🍳

Why was the broom so confident?

It swept every competition. 🧹 🏆

Why did the grapefruit get promoted?

It was outstanding in its field of citrus. 🍊 🌱

Why don't libraries ever get lost?

They always know where their "references" are. 📖 📚

Why did the headphones break up?

They stopped being in sync. 🎧 💔

My dog started acting in movies.

He's a real bark-office hit. 🐕 🎬

I told my vacuum to take a break.

It said it was already exhausted from picking up everything. 🧹 😞

My toaster and I have an understanding.

It warms up to me every morning. 🍞 😊

Have a great weekend!

Dana Poulton

Program Coordinator