



CENTRE UPDATE – APRIL 19, 2024

Registration Update

There is still room to register in the fitness classes listed below. Call the office at 204-897-5263.

Class descriptions are available in the [newsletter](#) and on the registration [portal](#).

Mondays

- Balance & Bones 2:15pm -1 spot
- Barre Fitness 11:45am - 2 spots
- Butts and Guts 1:00pm - 1 spot

Tuesdays

- High Intensity Interval Training (HIIT) 9:15am – 1 spot
- Sit & Fit 12:00pm - 1 spot
- Yin Yoga 2:30pm - 2 spots

Wednesdays

- Gentle Yoga 1:30pm - 2 spots
- Hatha Yoga 2:45 pm - 8 spots
- Pilates Spring 12:15pm - 2 spots
- Total Body Fitness 9:30am - 3 spots

Thursdays

- Barre Boot Camp 11:45am - 3 spots
- Chair Yoga 10:30am - 3 spots
- Functional Fitness 2:30pm - 10 spots
- Zumba Spring 9:15am - 1 spot

FRIDAYS

- Circuit Training 12:15pm - 3 spots
- Sit & Fit 9:30am - 7 spots

Badminton is back!!!

- Fridays at 1:30pm
- Registration opens Monday, April 22 @9:30am
- Starts Friday, April 26th and runs until Friday June 21st
- Non competitive! Come and have some fun in the gym!
- You can bring your own racquet or use one of ours

Upcoming presentations, programs and activities

Some spring presentations and programs are already full, while others still have room to register. If something is full, add your name to the wait list as spots often open up. The following activities still have room to register:

Lunch of the Month

Wednesday May 8, 2024 @ 11:45am

RnR Family Restaurant, 2675 Portage Avenue

Pre-registration is required.

Card Making

Tuesday, May 14, 2024, 10:00am. Cost \$10.00

Tech Support for Apple Ipads

Monday, May 6, 2024, 10:00am. No cost to attend

Creative Writing

Starts Thursday, April 25, 2024, 10:00am (8 weeks) Cost \$40.00

Historical Presentations

Presented by Greg Agnew, speaker, historian, researcher, and Heritage Winnipeg Board Member **No cost to attend**

- **Beginning of a City - Early Winnipeg**

Monday, April 29, 2024 @10:00am

"When did we get here? Why did we come? Let's investigate and find out all the answers, so YOU can impress your friends or family."

- **Selkirk Settlers**

Monday, May 13, 2024 @10:00am

"We learned last time about how we started and when the Selkirk Settlers arrived. Now we will go in depth to see the trials and tribulations they went through so we could be here today. A must-see Presentation!!"

Q DOC

Tuesday, May 7, 2024 @ 10:00am No cost to attend

Q DOC is a Manitoba Health covered service where you can see a doctor from the comfort of your own home via a face-to-face video calls. Doctors can provide non-controlled prescription or refills, diagnostic imagining and lab requisitions, sick notes and referrals for in patient care.

Tech Support for Apple Ipads

Monday, May 6, 2024, 10:00am. No cost to attend

Need help understanding your new iPad? Got an annoying issue you can't seem to resolve? This class, taught by Lloyd Gwilliam, may be for you.

Movie and a Munch

1:00pm - Upstairs at the Centre No cost to attend.

Wednesday, April 24th: "A Man Called Otto"

Wednesday, May 15th: "The Iron Lady"

More information on all programs can be found in the [newsletter](#).

Reminders & Centre Info

Lost and waiting to be found. Please take me home if I am yours!



ANNUAL GENERAL MEETING **Wednesday June 19, 2024, 10:30am** **Upstairs at the Centre**

Join us for an update on what's happening in the Centre and what's coming up.

Register [online](#) or call the Centre at 204-897-5263.

PARTY WITH A PURPOSE **Annual Fundraising Brunch**

Sunday, May 26, 2024
Breezy Bend Country Club
7620 Roblin Blvd.
Doors open @ 11:30am
BRUNCH @ 12:15pm
\$60 per ticket

Please consider donating an Auction item. If it's never been used and in the original box or has the tags still on, we will gladly take it off your hands.

Please drop your items off at the Centre.

Call the office at 204-897-5263 to purchase your tickets. Centre membership not required.

Business Profile Feature

This week's Business Profile is **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.**

Sand Hills Casino Trip

Event Date: May 9, 2024

Registration opens Monday, April 15th at 9:30am

Registration deadline May 6, 2024!

Cost: \$37.00/person & includes: Transportation on a luxury motor coach, \$25 player card to start you off and lunch.

Depart: 9:00am sharp from the Safeway parking lot 3900 Grant Ave. Travel time approx. 1 hour and 30 mins. **Depart Casino approximately 3:30pm.**

54 spots available. *Open to all*, Membership not required. **Please provide your name, phone number, address, birth date, menu choice and Gold Club Acct# if you have one that has been used in the past year.**

Call us at 204-897-5263 or register online at

www.charleswoodseniorcentre.org.

Please indicate your meal choice when you register:

- Cheeseburger & Fries
 - Corned Beef & Swiss Sandwich with Soup
 - 2pc Battered Fish & Fries
- One free Drink (Pop/Coffee/Tea)
\$1 charge for refills & more than one drink
Outside drinks are not allowed in Oasis lounge



Charleswood Active Living Centre



Resources you may find helpful

Canadian Dental Care Plan

Accessible. Affordable. Essential.



<https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>

Meet the easiest way to boost your digital skills!

Technology is moving fast. Gluu's **free Must-Have Digital Skills Course** helps you stay ahead. Whether you're a beginner or a pro, it's perfect for anyone using an Apple or Samsung mobile device. Learn at your own pace using their free online courses or printed guides, with access to support when you need it. How easy is that?

This project is funded in part by the Government of Canada. Go, Canada! Spots are filling up fast. Apply now to avoid missing out.

Register for this great FREE program filling out an application!! Here's the link to register: <https://gluusociety.org/learners/>

Some Goings-on in the Community

Charleswood Walking Book Club

Join us for a walking book club! Meet to discuss books on a monthly theme. Walk together as a group and change partners periodically throughout the 60-minute program. Wear comfortable footwear. Club will meet indoors if required due to weather.

May theme: Favourite Books

Charleswood Library

Monday, May 13: 6:30-7:30 p.m.

(Upcoming dates: June 10, July 15, August 19, September 16)



Free. To register, scan the QR or go online at **winnipeg.ca/library**



Bridge Luncheon

In Support of St. George's Operations

St. George's Anglican Church at 168 Wilton Street will be hosting a Bridge Luncheon (fundraiser) on Tuesday, May 14. We are wheelchair accessible.

This is not just an event for ladies – men are welcome as well!

Doors open at 12:00, lunch at 12:30 with bridge beginning at 1:00.

\$20 per person: Come as a table of 4, bring your own cards. Rules of the Day and score sheets available at the event.

Prizes for top scores as well as door prizes. Contact Donna Dawson at 204-475-3051 to get your tickets and for any more information.

“Tea for Two Take Out”

*for Mother's Day or
for that Someone Special in your life*

\$15 Takeout

*Fancy Sandwiches &
Dainties - serves two*

To Order:

Email Darlene – darlmae@shaw.ca

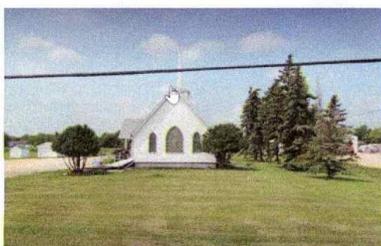
OR call (204) 255-1123

Order Deadline: May 6, 2024

When to Pick Up:

Saturday, May 11, 2024

Between 2:00 & 4:00 p.m.



Pick Up Location:

St. Charles Headingley United Church

110 Bridge Road, Headingley, MB R4H 1G3

Proceeds for Church Emergency Building Repair Fund

Manitoba

MUSIC LOVER'S



FESTIVAL

May 12th - 16th 2024

ALL CONCERTS START AT 7 PM

UNITED CHURCH

1 1 1 1 DAKOTA ST, WINNIPEG, MB

TICKETS \$10 EACH NIGHT AT THE DOOR

\$30 FESTIVAL PASS ALSO AVAILABLE*

*profits to support Alzheimer's Society of Manitoba.

5 Concerts - 15 Ensembles

Enjoy the ***Joy of Music***

on **Sunday, May 12th** with

- Friday Morning Concert Band
- River City Syncopators
- Murray Riddell Big Band

Enjoy the ***Glory of Music***

on **Monday, May 13th** with

- Winnipeg Mandolin Orchestra
- Rupertsland Brass Band
- Dixie Beats

Enjoy the ***Magic of Music***

on **Tuesday, May 14th** with

- St. John's Chamber Orchestra
- Assiniboine Chorus
- Executive Big Band

Enjoy the ***Love of Music***

on **Wednesday, May 15th** with

- Prairie Red Coats Band
- Women of Note
- Val Pearson
- River City Sound

Enjoy the ***Power of Music***

on **Thursday, May 16th** with

- Westwood Community Band
- Campfire Junkies
- Blaskapelle German Club Band



Long & McQuade Musical Instruments

*3 Locations in Winnipeg to serve you!

More details at <https://www.facebook.com/manitobamusicloversfestival>

A few funnies for your enjoyment

- I saw this advert in a window that said: “Television for sale, \$1, volume stuck on full.” I thought, “I can’t turn that down.”
- What time did the man go to the dentist? Tooth hurt-y.
- What do you call a person in a tree with a briefcase? A branch manager.
- I called the incontinence hotline recently. They asked if I could hold.
- I was reading a book on anti-gravity. “It was impossible to put down”.
- What do you get when you freeze dentures? Frostbite.
- Don’t run with bagpipes. You could put an eye out.
- They opened a Hokey Pokey clinic down the street from me. It’s a great place to turn yourself around.
- I never finish anything – I have a black belt in partial arts.
- Don’t you hate it when someone answers their own questions? I do
- Most people are shocked when they find out how bad I am as an electrician.
- Just got fired from my job as a set designer. I left without making a scene.
- I used to think I was indecisive. But now I’m not so sure.

Have a wonderful weekend.

Jakee Werkuk

Program Manager

“Adam and Eve were the first ones to ignore the Apple terms and conditions.”

“Communist jokes aren’t funny unless everyone gets them.”