



Charleswood Active Living Centre

Centre Update – September 26th, 2025

Centre Closed September 30th

Please note that we will be closed Tuesday, September 30th, 2025, due to National Truth and Reconciliation Day.

PLEASE BRING YOUR OWN CLOTHS FOR FITNESS CLASS

We are continuing to go through a lot of laundry! Please bring your own cloths to wipe down your equipment after your class.

Say Boo to the Flu (and Covid)

We will be offering both flu and covid shots this fall season. Our pop up will be held here at the Centre **October 17th from 12:45-4:00.**

Registration is **now open** by calling the Centre 204-897-5263 or in person, to register you must supply us with your PHIN (9 digits) as well as which vaccine you are wanting. We will be offering flu, high dose flu (recommended for 65+), and covid. Secure your spot now. Prior to your appointment you are required to fill out a consent form that you can access [here](#).



Creative Writing

Our creative class starts next week, Friday, October 3rd and there are still spots to register. Don't miss the chance to unlock your inner storyteller, meet fellow creatives, and have some fun with words. Whether you're a seasoned

scribbler or just curious to try, this is your time to shine on the page! Register now!

Volunteer Call

We are looking for volunteers specifically with their food handling certificate. If you have this and would like to help the Centre out with upcoming activities such as the 25th Anniversary Dinner, Bake Sale, and numerous other events give us a call!

Wine Raffle

Mark your calendars! Our always-popular Wine Raffle is back, and we need your help to make it the best one yet. We're on the hunt for wine bottle donations so if you've got a bottle sitting in the back of your cupboard, or maybe one you were gifted that just isn't your taste (looking at you, grapefruit-infused rosé...), why not let it find a happier home? Odds are, someone else will be thrilled to uncork it. Bring your bottles to the Centre anytime and help us build a collection (no home brew). Tickets will go on sale November 1st. Cheers in advance for your generosity!

25th Anniversary Dinner

Come celebrate the 25th anniversary of the Charleswood Active Living Centre Saturday, October 18th. Registration is now open. Stop by the Centre or give us a call at (204-897-5263). No online registration.

\$60 each. Dinner catered by Danny's Whole Hog, includes wine and beer.

Non-beef options are available upon request. The options include pulled chicken or a veggie burger. Please inform us at time of ticket purchase, or prior to the dinner if you require one of these alternatives.

Every contribution, big or small, makes a difference. Thank you for supporting the Centre and helping us continue to thrive for the next 25 years!

Here's how you can help:

- **Buy tickets** for the dinner and join us in celebrating (tickets on sale now at the front desk)
- **Donate unused gift cards** for the silent auction
- **Contribute new** items for door prizes
- **Make a cash donation** to help us purchase prizes
- **Volunteer** your time to help out at the dinner (must be attending the dinner to volunteer, volunteer sign up sheet at the front desk)



silent
AUCTION



Downsizing Date Change

Our Seniors Moving Co presentation date about downsizing has changed. The new date is **Wednesday October, 29 2:00pm**. The presentation will still be held in the multipurpose room.

Free to Attend ~ Prizes ~ Free Parking ~ Bus Friendly Location

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11 AM - 7 PM

Viscount Gort
Hotel
1670 Portage Ave.

Discover your passion,
find your purpose!

**VOLUNTEER
RECRUITMENT
FAIR**

VM VOLUNTEER
MANITOBA

Connect with Winnipeg's Non-Profits

**IT'S
BACK!**

VolunteerManitoba.ca

Sponsored by
Winnipeg
Community
Network

Registered
Leaders

A background image showing several hands of different colors reaching up towards the top of the frame.



**Canadian
Hard of Hearing
Association**
MANITOBA CHAPTER

HARD OF HEARING SUPPORT GROUP

YOU'RE NOT ALONE — JOIN US EACH MONTH!



Monthly Meetings:
Fridays Sept. 19, Oct. 17, Nov. 21



Time:
1 pm - 2:30 pm



Location: St. James 55+ Centre, 3-203 Duffield St.
(next to Deer Lodge Hospital)

WHAT'S IN IT FOR YOU?

- **Learn your rights** – Find out about accessibility laws that protect you.
- **Stay up to date** – Discover the latest in hearing technology and assistive devices.
- **Smart hearing aid choices** – What to look for, what questions to ask, and how to make the best decision.
- **Advocacy matters** – Learn how to speak up for yourself and others in the hard-of-hearing community.
- **Share & support** – Hear real stories from others facing hearing challenges – and share your own in a safe, respectful space.

WHY JOIN?

Because living with hearing loss doesn't mean living without connection. Together, we can find solutions, support one another, and make daily life easier and more enjoyable.

Cost: FREE — No membership required

Facilitators:

Canadian Hard of Hearing Association – Manitoba Chapter

For more information, email chhamanitoba@outlook.com

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National Seniors Day

**Let's thank
the older adults
in our lives!**



#NationalSeniorsDay



Government
of Canada

Gouvernement
du Canada

Canada

Ha-Ha- Highlights

I told my wife she should embrace her mistakes...

She gave me a hug.

Why do we press harder on the remote when we know the batteries are dead?

I joined a gym and told the trainer, "I want to do splits."

He asked, "How flexible are you?"

I said, "I can't make Tuesdays."

Isn't it weird that our phone batteries last all day... until you really need them? Then suddenly it's a countdown to doom.

Why is it called "rush hour" when nothing moves?

I used to think I was indecisive, but now I'm not so sure.

Parallel lines have so much in common...

It's a shame they'll never meet.

Why do we say "sleep like a baby" when babies wake up every two hours screaming?

My bed and I are perfect for each other, but my alarm clock keeps trying to break us up.

What do you call a factory that makes okay products?

A satisfactory.

I told my computer I needed a break, and now it won't stop sending me KitKats.

Why did the invisible man turn down the job? He just couldn't see himself doing it.

Have a great weekend!

Dana Poulton

Program Coordinator