



Charleswood Active Living Centre

WHAT'S NEW IN THE WOODS

Fall 2025

Message from the Centre

Message from the Board Chair

As I assume the role as your new Board Chair, I know I have a hard act to follow. My predecessor Sherry Mooney has accomplished so many milestones during her tenure, and I will look to her for guidance as she assumes her role as past Chair.

It is hard to believe another summer is almost gone and we will soon be gathering at our open house BBQ on September 4th and thinking about what activities to enroll in for the fall session.

As you peruse the fall newsletter you will notice some changes. Fitness classes have increased to \$8.00 per class. This is well within the range charged by other senior organizations. Cards, games and some social gatherings will now require both registration and fees payable for each of the four sessions offered throughout the year. Although this may seem a huge increase it works out to under \$2.00 per week. These increases, as mentioned at the AGM, are necessary due to the increase in our operational costs. The board and staff will continue to look to grant opportunities to help fund social outings/activities.

We will also move to expanding our hours, offering more classes/ activities and toward offering rental space to other community groups/ individuals. We ask for your support and patience as we work toward these goals as change takes time and volunteers willing to pitch in.

Looking forward to seeing you at the open house and throughout the coming year.

Val McGuire

Charleswood Active Living Centre

Phone: 204-897-5263

A357 Oakdale Drive, Wpg MB R3R 4A7

info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Hours: Mon-Thurs 9:00am to 4:00pm

Friday 9:00am to 3:00pm

Board of Directors

President – Val McGuire

Past President – Sherry Mooney

Treasurer – Debbie Spracklin

Secretary – Dan Graham

Members

Dee Godfrey

Janice Hamilton

Leslie Kerschtién

Valli Kufley

Pam McKenzie

Dianna Simpson

Carol Vandale

Is Your Membership Up To Date?

Your membership must be current to register for Centre classes and activities.

If your membership has expired, or will be expiring before registration, please renew your membership. You can check [online](https://www.charleswoodsseiorcentre.org/) at <https://www.charleswoodsseiorcentre.org/> or call the office at 204-897-5263. Membership is \$35 per year.

The Centre is a membership-based facility and except when specifically stated, you must be a member of the Centre and registered in a program to attend.

While we make every effort to inform members about expired memberships, we are not responsible for ensuring members are aware of the status of their membership.

Parking at the Centre

We have 33 assigned spots for the Centre located in 2 places.

The lot closest to our entrance door has 20 spots and the rest are closer to Oakdale in the lot on the south when you enter the complex. That is also where the visitor stalls are located, which members may park in if there are no Centre designated spots available. Centre assigned spots are labelled. The Centre's spot numbers are 185-204 & 314-326. As many of our members reside in the complex, the need for parking stalls is more limited than at our previous location.

Cancellation Policy

The Centre's cancellation policy can be found at <https://www.charleswoodsseiorcentre.org/>. Click on the "about us" tab.

**KATHLEEN
COOK**
MLA for Roblin

✉ info@kathleen-cook.ca

☎ 204-504-0594



Registration Process

- Register [online](https://www.charleswoodseniorcentre.org/) at <https://www.charleswoodseniorcentre.org/> or by phone at 204-897-5263. No in-person registration during the September 8, 2025, registration week.
- The Centre has a staggered registration process.

Registration opens in the following manner:

Monday, September 8th at 9:30 a.m. — registration begins for Monday classes and programs and continues until they have filled.

Tuesday, September 9th at 9:30 a.m. — registration begins for Tuesday classes and programs and continues for Monday classes and programs.

Wednesday, September 10th at 9:30 a.m. — registration begins for Wednesday classes and programs and continues for Monday and Tuesday classes and programs.

Thursday, September 11th at 9:30 a.m. — registration begins for Thursday classes and programs and continues for Monday, Tuesday and Wednesday classes and programs.

Friday, September 12th at 9:30 am — registration begins for Friday classes and programs and continues for all classes until they are full.

- If you have any questions about the registration process, or are unclear how to register, please give us a call at 204-897-5263.

To register online your membership must be up-to-date and you are required to sign in with your username and password. If you do not have login information or cannot remember it, please contact the office.

To confirm that your membership will be current at registration time, you can check online or call the Centre.

It's recommended that you try to log in ahead of registration in case you run into some unexpected problems.

**ONLINE
REGISTRATION**

Programming

Programming begins the week of September 15, 2025, and ends the week of December 8, 2025.

No classes on Tuesday, September 30, Monday, October 13, Tuesday, November 11 and Friday, December 5.

MONDAY CLASSES – Location: [GYM](#) & [MPR](#)

Zumba – Instructor: Emilie

Exercise and have fun. Dance to great music and burn a ton of calories without even realizing it.

Mondays 9:00 – 10:00 am (12 weeks) Cost: \$96.00 (No class Oct. 13)

Weight Training – Instructor: Pete

Strength and stretch with balance. You will use your own body weight, dumbbells and bands, and a series of strengthening exercises and balance drills and finish with a relaxing stretch to end the class.

Mondays 10:15 – 11:15 am (12 weeks) Cost: \$96.00 (No class Oct. 13)

Stretch Class – Instructor: Debby

Class explores yoga postures, focusing on lengthening and toning your muscles. You'll use bender balls, yoga blocks, chairs, and the wall to help you tuck into those hard-to-reach tension areas, such as hip and shoulders. Also, you'll practice better pelvic alignment promoting longer, more supple hamstrings. Bring your yoga mat and dyna band.

Mondays 11:30 am – 12:30 pm (12 weeks) Cost: \$96.00 (No class Oct. 13)

Line Dancing Level 1 (Beginner) – Instructor: Karen

This course will introduce basic line dance steps. Easy choreography, moderate tempos and lots of repetition will get you moving to all kinds of music while learning basic line dance skills and terminology. Please wear flat shoes that allow you to move easily and bring water. **No boots allowed!**

Mondays 12:45 – 1:45 pm (12 weeks) Cost: \$96.00 (No class Oct. 13)



TUESDAY CLASSES– Location: GYM & MPR

High Intensity Interval Training (HIIT) – Instructor: Pete

Join our dynamic HIIT class! An interval workout program designed for all fitness levels. Multiple intensity levels will be offered for every exercise. Divided into 4 groups, participants will perform unique and functional movements to fun music.

Tuesdays 9:00 – 10:00 am (11 weeks) Cost: \$88.00 (No class Sept. 30 & Nov. 11)

Balance & Conditioning – Instructor: Pete

A dynamic 4-part class designed to enhance overall strength and stability. Balance training to improve coordination and stability. Resistance training with dumbbells and bands. Cardio training to improve heart health and endurance. Followed by a relaxing recovery stretch. Low/medium intensity & moderate variation as required.

Tuesdays 10:15 – 11:15 am (11 weeks) Cost: \$88.00 (No class Sept. 30 & Nov. 11)

Sit & Fit – Instructor: Alan

Does balance concern you? Balance isn't something the body automatically has. Class combines sitting and standing for a solid core workout and improvement of your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter. This class is suitable and challenging for all individuals regardless of fitness level. Modifications will be provided based on the individual's needs, and no prior experience is necessary.

Tuesdays 11:30 am – 12:30 pm (11 weeks) Cost: \$88 (No class Sept. 30 & Nov. 11)

Gentle Yoga – Instructor: Mary Lou

This invigorating yoga-based class rejuvenates your brain, challenges your balance and tones and strengthens all your muscles. The standing moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. The mat-based moves encompass the last 25-30 percent of the class.

Tuesdays 12:45 – 1:45 pm (11 weeks) Cost: \$88.00 (No class Sept. 30 & Nov. 11)

Yin Yoga – Instructor: Mary Lou

This yoga practice is the perfect ending to a hectic day at work or home. Beginning with some gentle yoga asana, focusing on gentle movement and breath followed by Yin or focused longer holds. Yin yoga moving deeper into the body, targeting the deep connective tissue, tendons, ligaments and fascia. This helps one relax, find breath, relieve stress and improve flexibility. This is done with longer held poses and the aid of yoga props.

Tuesdays 5:30 – 6:30 pm (11 weeks) Cost: \$88.00 (No class Sept. 30 & Nov. 11)

WEDNESDAY CLASSES

Total Body Fitness – Instructor: Eleanor – Location: [GYM](#)

Class starts with a warm-up, pre-cardio, and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & those looking for a moderate work-out.

Wednesdays 9:00 – 10:00 am (13 weeks) Cost: \$104

Stretch Class – Instructor: Debby – Location: [MPR](#)

Class explores yoga postures, focusing on lengthening and toning your muscles. You'll use bender balls, yoga blocks, chairs, and the wall to help you tuck into those hard-to-reach tension areas, such as hip and shoulders. And you'll practice better pelvic alignment promoting longer, more supple hamstrings. Bring your yoga mat and dyna band.

Wednesdays 9:00 – 10:00 am (13 weeks) Cost: \$104

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Does balance concern you? Balance isn't something the body automatically has. Class combines sitting and standing for a solid core workout and improvement of your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter. This class is suitable and challenging for all individuals regardless of fitness level. Modifications will be provided based on the individual's needs, and no prior experience is necessary.

Wednesdays 10:15 – 11:15 am (13 weeks) Cost: \$104

Balance & Bones – Instructor: Cathy – Location: [MPR](#)

Classes are designed to keep balance in good shape. Good balance requires the coordination of the central nervous system, inner ear (vestibular system), eyes (ocular system), bones and joints. Exercises include various yoga poses (no experience necessary), dual task training such as balancing in tree pose and counting backwards. Postures include getting up and down on a mat: seated, standing, reclined and on hands & knees. The goal is to improve stability, mobility, coordination, concentration, regulation of breath control, confidence, and freedom.

Wednesdays 10:15 – 11:15 am (13 weeks) Cost: \$104

Bone Building Health & Muscle Strength – Instructor: Erv- Location: [GYM](#)

This class will use free weights to help keep your bones strong while increasing muscle strength, improving posture, balance, coordination, and flexibility. Hips, lower back and wrists as well as your core will be targeted. Mat work is incorporated. Modifications will be made as required to meet individual needs.

Wednesdays 11:30 am - 12:30 pm (13 weeks) Cost: \$104

Chair Yoga - Instructor: Cathy – Location: [MPR](#)

Chair Yoga is a safe and gentle form of yoga performed while seated or using a chair for balance. Yoga and fitness exercises that gently target areas of weakness, tension, chronic pain, inflammation, reduced mobility, and/or difficulty standing for prolonged periods of time. Chair Yoga may be the perfect practice to help you slowly develop balance and stability while improving strength and flexibility regardless of age. Chair and yoga mat required.

Wednesdays 11:30 am - 12:30 pm (13 weeks) Cost: \$104

Restorative Yoga – Instructor: Mary Lou – Location: [GYM](#)

The practice of restorative yoga emphasizes relaxation and stress reduction through passive poses held for extended periods of time. It activates the parasympathetic nervous system bringing us into a state of quiet calm. Perfect for all fitness levels, helps lower blood pressure, lessen anxiety and helps us sleep better. A wonderful balance to a hectic day.

Wednesdays 12:45 – 1:45 pm (13 weeks) Cost: \$104



**EVAN
DUNCAN**

CITY COUNCILLOR
CHARLESWOOD-TUXEDO-WESTWOOD



For OUR Community

www.EvanDuncan.ca

THURSDAY CLASSES

Zumba – Instructor: Emilie- Location: [MPR](#)

Exercise and have fun. Dance to great music and burn a ton of calories without even realizing it.

Thursdays 9:00 – 10:00 am (13 weeks) Cost: \$104

Total Body Fitness – Instructor: Eleanor – Location: [GYM](#)

Class starts with a warm-up, pre-cardio, and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & those looking for a moderate work-out.

Thursdays 10:15 – 11:15 am (13 weeks) Cost: \$104

Chair Yoga Fusion - Instructor: Doreen- Location: [MPR](#)

Chair Yoga Fusion is a combination of yoga poses to gain flexibility, balance, strength using resistance bands, bender balls and light weights.

Thursdays 10:15 – 11:15 am (13 weeks) Cost: \$104

Functional Fitness – Instructor: Erv– Location: [GYM](#)

Moves focus on balance, core strength, endurance and multi-joint flexibility. 20 minutes of cardio, 20 minutes of functional strength training, followed by balance training and stretching. Great for all levels.

Thursdays 11:30 am – 12:30 pm (13 weeks) Cost: \$104

Hatha Flow Yoga - Instructor: Cathy – Location: [MPR](#)

Hatha Flow classes intentionally move from pose (asana) to pose linking movement with your breath (pranayama). Beginning with breathing exercises, following up with seated and/or reclined postures, standing poses focusing on mobility and stability as well as balancing. Classes end by lying in stillness/corpse pose (savasana) the most basic restorative asana, which is the chance for your body to rest, relax and renew. Yoga is a practice to not only fine tune alignment but also to quiet the mind and coexist with all parts of ourselves. Must be able to get up and down from the floor, be on knees, stand up and lay down unassisted/no chair.

Thursdays 12:45 – 1:45 pm (13 weeks) Cost: \$104

Barre Fitness – Instructor: Claudia- Location: [GYM](#)

Barre is an exceptional work out that is a fusion of Ballet, Modern Dance and Pilates techniques. This total body conditioning is guaranteed to tighten, tone, sculpt and strengthen your entire body. The sessions and exercises will be choreographed to the rhythm of your favorite tunes. The class is suitable for all

fitness levels. No experience necessary. Bare feet, socks, soft dance shoes or runners.

Thursdays 12:45 – 1:45 pm (12 weeks) Cost: \$96 (Last day Dec. 4)

PACE - Instructor: Claudia- Location: [GYM](#)

PACE is the acronym for "People with Arthritis can exercise"

It is a program designed by the Arthritis Society, that helps with gentle specific exercises for different types of Arthritis or related diseases as Fibromyalgia, Lupus, Rheumatoid Arthritis, etc. Exercises are sitting and standing, modifications are also provided.

Thursdays 2:00 – 3:00 pm (12 weeks) Cost: \$96 (Last day Dec. 4)

FRIDAY CLASSES

Weight Training – Instructor: Pete – Location: [GYM](#)

Strength and stretch with balance. You will use your own body weight, dumbbells and bands, and a series of strengthening exercises and balance drills and finish with a relaxing stretch to end the class.

Fridays 9:00 – 10:00 am (12 weeks) Cost: \$96 (No class Dec 5)



Dynamic Movement – Instructor: Pete – Location: [GYM](#)

Suitable for all levels of fitness. Attention is placed on our physical and mental wellness. You will be guided through mindful breathing, functional movements, and relaxing stretches. Lymphatic self-massage will assist the immune system, releasing tension with feet care techniques, and resetting the nervous system with somatic exercises. You'll leave feeling refreshed and rejuvenated. If needed, chairs can be used during the mat component of the class. A wonderful way to start the weekend!

Fridays 10:15 – 11:15 am (12 weeks) Cost: \$96 (No class Dec 5)

Fit and Tall – Instructor: Claudia – Location: [GYM](#)

This program focuses on Posture, Core and Balance; low impact standing-sitting exercise will challenge your equilibrium and coordination using different fitness props. Good for all fitness levels with modifications provided.

Fridays 11:30 am – 12:30 pm (11 weeks) Cost: \$88 (No class Dec 5; class ends November 28)

Fitness Class Drop-ins

Class drop-ins are only available in classes that have not reached maximum enrollment. Call the office to see what's available. You must pre-register as drop-in spots are limited.

- Bands can be purchased at the Centre for \$5 or \$7 depending on band
- For classes that require Yoga mats, please bring your own. We do have some available for use, should you require one
- You can refill your own water bottle from the water dispenser in the Centre.
- Please bring a cloth with you to exercise classes. We supply cleaning spray for use on shared equipment. Spray and wipe equipment after use
- Outdoor shoes cannot be worn for fitness classes

PICKLEBALL

Westdale Community Centre, 550 Dale Blvd.

All games are from 9:30am to 11:00am

Game is suitable for all levels. Novice and experienced players welcome.

We do not offer beginner specific time slots.

You must be registered to play. We do not offer drop-in slots.

Tuesdays September 16 – December 9 - cost \$55 (registration opens September 9 @ 9:30am)

Wednesdays September 17 – December 10 - cost \$65 (registration opens September 10 @ 9:30am)

Fridays September 19 – December 12 - cost \$65 (registration opens September 12 @ 9:30am)

NOTE: there is no Pickleball on Tuesday, September 30 and Tuesday, November 11.



COFFEE & Friends
MAKE THE
PERFECT BLEND



Tuesdays from 9:30am to 11:00am - Drop-in. No registration required
Tuesday, September 16 – December 9 (No coffee on Sept 30 or Nov 11)

Join us at the Centre for weekly Coffee Time. You can purchase a cup of coffee, tea or hot chocolate for a \$1. A great time to visit, chat & enjoy the company of your fellow Centre Members. Open to everyone. Bring a friend and show them the Centre.

Men's Coffee – the fourth Friday of the month - 9:30 – 11 am



Movies take place on the 2nd Friday of the month at 1:00 pm in the MPR. Please select your pizza choice on the drop-down menu when registering online. Cost \$6
Registration opens Friday, September 12 @ 9:30am

October 10 – “Mamma Mia”

Donna, an independent hotelier, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She invites three men from her mother's past in hope of meeting her real father. (Meryl Streep, Pierce Brosnan)

November 14 – “The Scorpion King”

A desert warrior rises up against the evil army that is destroying his homeland. He captures the enemy's key sorcerer, takes her deep into the desert and prepares for a final showdown. (Dwayne Johnson, Michael Clarke Duncan)

December 12 – “Holiday Inn”

At an inn which is open only on holidays, a crooner and a hoofer vie for the affections of a beautiful up-and-coming performer. (Bing Crosby, Fred Astaire)

Tech Talk with Lloyd Gwilliam

Tech Talk with Lloyd Gwilliam DROP IN

4th Thursday of the month from 2:00pm to 4:00pm

September 25th, October 23rd, and November 27th

Do you have computer, iPhone, or tablet questions?

Need some clarification? Require a little help to figure something out?

Stop by and see Lloyd, our in-house technology guru.

This is not an instructional class, it is a drop in, just stop by the front desk to check in.

No registration required. No cost to attend.



Bada Bingo



Wednesday, September 17, 2025 @ 1:30 pm

Wednesday, November 5, 2025 @ 1:30 pm

Registration opens September 10 @ 9:30am

Donation: \$10

A fun afternoon of Bingo, prizes and snacks
Dabbers will be available or bring your own!

Entertainment

Keith Dyck is a folk/roots/America artist with a country flair. His country roots run deep with an ever surfacing Rock and Roll heart. Pop and a snack included.

No cost to attend. **Wednesday, October 15 @ 2 pm**

Registration opens September 10 @ 9:30am

Rock'n'Roll Memories: Join music historian and author **John Einarson** as he looks back on many of the people, places and events that shaped our musical history and our lives. Pop and a snack included.

No cost to attend. **Wednesday, November 19 @ 2 pm**

Registration opens September 10 @ 9:30am

Ed Pelletier (known around town as Mr. Ed) will keep you entertained as he sings, plays the guitar and tap dances for your enjoyment. Pop and a snack included. No cost to attend.

Wednesday December 17, 2025 @ 2:00 pm

Registration opens September 10 @ 9:30am



Presentations

Bone Health 101

Wednesday, September 24th @ 2:00pm No cost

Registration opens September 10, 2025

Presenter will discuss osteoporosis, risk factors, how to maintain healthy bones, the impact of nutrition and exercise, medication and so much more.

Sponsored by Osteoporosis Canada



The Seniors Moving Company
Wednesday, October 22 @ 2pm No Cost
Registration opens September 10, 2025

Downsizing - Making positive choices for a simpler lifestyle

This presentation is an overview of strategies geared towards helping older adults with decision making and finding new homes for a lifetime of collected items.
We will also discuss positive options for donation.

GAMES

Run from September 15 to December 12



BOCCE - Location: MPR

Fridays 11 am – 12:30 pm (12 weeks) Cost: \$20 (No Bocce Dec 5)

BRIDGE - Location: MPR

Not suitable for beginners. There is no instructor, and this is not duplicate bridge. Mondays 2:00 – 4:00 pm (12 weeks) Cost: \$20 (No Bridge Oct. 13) Registration opens September 8

CANASTA – Location: Meeting Room

We play a version of Hand & Foot Canasta. Mondays 1:00 – 3:00 pm (12 weeks) Cost: \$20 (No Canasta on Monday, October 13) Registration opens September 8

CRIBBAGE - Location: MPR

Tuesdays 2:00 – 4:00 pm (12 weeks) Cost: \$20 (No crib Sept. 30 & Nov. 11) Registration opens September 9

MAHJONG – Location: MPR

Thursdays 2:00 – 4:00 pm (13 weeks) Cost: \$20 Registration opens September 10

RUMMOLI - Location: Meeting Room

Thursdays 1:00 – 3:00 pm (13 weeks) Cost: \$20 Registration opens Thursday, September 11

Knowledge of games is not required. In each game, returning players are willing to teach new players how to play.

We are a scent free facility. Please refrain from using scented products when coming to the Centre. Your lovely smell may be making others sick.



Special Interest

Processing Grief and Loss

Facilitated by CMHA (Canadian Mental Health Association)

Fridays: November 7, 14 & 21 from 9:30 – 11 am *Registration opens Sept 12*

Cost: \$10 for workbook (subsidized by New Horizons Grant)

Throughout life, we all experience various forms of loss—whether it's the loss of a loved one, a job, a home, or something else that holds deep meaning for us. Grief is a deeply personal journey, and it looks different for everyone. In this 3-session course, we'll explore how to process the sadness and emotions that come with loss, recognizing that grieving takes time and is unique to everyone. **Location:** Meeting Room

Ladies in Stitches Knitting Club

Knitting shawls for Cancer Care & items for other charities. Group meets the 3rd

Thursday of the month at 10:30 am in the Meeting Room. Wool donations are always appreciated.

No charge for work being done for charity.



JAMMERS

Sept. 7 – Dec 12 (No Dec 5)

Love to sing? Play an instrument? Join the Jammers. A fun music group and a great way to meet new people. **Bring your own instrument. Wednesday 2:00pm – 3:45 (8 weeks)** Cost: \$20 registration opens Sept 10

FLOWER ARRANGING

Florists from Charleswood Florists will teach you how to create a beautiful fall arrangement for your dinner table or to brighten up any room.

Wednesday, October 1st @ 1:45 pm Cost: \$20

Friday, October 3rd @ 1:45 pm Cost: \$20

Wednesday, December 3 @ 1:45 pm Cost: \$20

Costs for these programs are subsidized by the New Horizons Grant.



Book Club

Meets the 1st Tuesday of the month

from 1:00 – 2:30 pm
in the Meeting Room

Cost: \$5

Dates for this session are:

October 7
November 4
December 2

Mystery Book Club

Meets the 3rd Tuesday of the month

from 1:00 – 2:30 pm
in the Meeting Room

Cost: \$5

Dates for this session are:

September 16
October 21
November 18

Lunch of the Month

Join fellow Centre Members for the Lunch of the Month on the
2nd Wednesday of the month.

Registration opens Wednesday, September 10.
Sign up online or call the office at 204-897-5263

Members may register for themselves and one guest. We make the reservations, but you are responsible for paying for your own lunch.

Note: Some restaurants automatically add a service charge or tip for larger groups. Please check your bill to be sure you don't double tip.

Wednesday, October 8 @ 11:45 am – Cork & Flame at 3106 Portage Ave.

Wednesday, November 12 @ 11:45 am – The Park Café at 330 Assiniboine Park Dr.

Wednesday, December 10 @ 11:45 am – Taverna Rhodos at 5114 Roblin Blvd.

Reservations under Charleswood Senior Centre

SAVE THE DATES

THE WELLINGTON
SEPTEMBER TO DECEMBER
ACTIVITIES/EVENTS
Come and join the fun!

September	November
8 Safari Snapshots with Dr. Rennie	5 Rock n'Roll, Geoff Erickson
11 Helen White & Bob Wellington's 37th Anniversary	7 High Tea with Hat Show (Costume Museum of Canada)
13 Open House	? Holiday Bazaar (Date to be determined)
15 Entertainer, Jake Chenier	
16 Prairie Wildlife Rehab Ctr visits with Wildlife Ambassadors	
25 Roli Mac, Musician	
October	December
8 Entertainer, Rick Roschuk	10 B-Side Apostles
25 Open House	18 Helen White
28 The Little Big Band	31 Oliver & The Filharmonic Ensemble

Contact Cindy for information on posted or upcoming events, 204-831-0788

25th Anniversary Fundraising Dinner

Saturday, October 18



MUSIC BINGO (New)
TBD

SAND HILL CASINO TRIP
Tuesday, November 4

WINE RAFFLE, BAKE & PEROGY SALE

Friday, December 5



**OPEN HOUSE &
WELCOME
BACK BBQ**

**THURSDAY
SEPT 4, 2024
9:30AM TO 3:00PM**

A357 Oakdale Dr.

Phone: **204-897-5263**

Email:

info@charleswoodseniorcentre.org

Fall Hours:

Mon-Thurs 8:30 am to 4:00 pm

Friday 8:30 am to 3:00 pm

Membership \$35/year!

**Enter for a chance
to win a free
membership for a
year.**

**Pre-registration required for
BBQ only. Call the Centre at
204-897-5263 to let us know
who (and how many) are
coming. Payment by cash can
be made at the event.**



Charleswood Active Living Centre

Learn about our programs and events, meet new people, and reconnect with friends. Enjoy a BBQ lunch and participate in a fitness class demo.

Thursday Sept. 4, 2024

9:30 am to 3 pm - Take a Tour

**New to the Centre? Meet one of our
volunteers in the lobby. They would be happy
to show you around!**

9:30 am to 12 pm - Meet & Greet

**Join us in the MPR for refreshments,
information on our programming and senior
resources.**

Noon to 1:30 pm

BBQ on the patio

**\$5 cash per person at the event. Please call the
office at 204-897-5263 to pre-register for the
BBQ portion of the day only.**

Fitness Class Demos in the gym

No pre-registration. Demos are 20 min.

9:30 am – Gentle Yoga

10:00 am – Chair Yoga

10:30am - Sit & Fit

11:00am - Total Body Fitness

1:30pm – Dynamic Movement

**2:00pm – High Intensity Interval
Training (HIIT)**

New (and returning) Member Orientation

Friday, September 5, 2024

1:00pm in the Multi-purpose Room

**Information session is open to all new and
current members. Join us for an explanation
and demonstration of how to register online. We
will answer any questions you have about the
Centre, our processes, and our programs.**



Sand Hills Casino Trip

Event Date: Thursday, September 25, 2025

Registration opens Thursday, August 28 at 9:30am

Registration deadline September 10, 2025

Cost: \$40.00/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, and Gold Club Acct# if you have one that has been used in the past year.**

Meal choices include one free drink (pop/coffee/tea). \$1 charge for refills & more than one drink.

Meal choices TBA

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

www.charleswoodseniorcentre.org.



Charleswood Active Living Centre



Charleswood Active Living Centre

Phone: 204-897-5263

A357 Oakdale Drive, Wpg MB R3R 4A7

Email: info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Hours: Mon-Thurs 9:00am to 4:00pm

Friday 9:00am to 3:00pm