



CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, FEBRUARY 6TH, 2026

**Register
Now!**

MUSIC TRIVIA (BINGO STYLE)

Hear a hit, name the tune, and mark your card!

SATURDAY, FEBRUARY 28TH

SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Tech Talk*
- *Online 50/50*
- *Menshed Band*
- *Drop-In Coffee with Kathleen Cook*
- *Spring Wreath*
- *Music Trivia*
- *Around the Community*
- *Ha-Ha-Highlights*

General Reminders

- We're a scent-free facility, thank you for keeping it comfortable for everyone!
- Please wear indoor shoes only to help keep our space clean and safe.
- Feeling under the weather? Help protect others by staying home and resting.

Tech Talk

Tech Talk is happening this week! Get your tech questions answered! Thursday, February 12 from 2:00-4:00pm.

New this session: pre-registered time slots to help reduce wait times on RecDesk.

Drop-ins are still welcome!

Online 50/50

Our online 50/50 is now live! Buy your tickets today to support the Centre, and give yourself a shot at taking home half the pot!

LGCA 7911-RF-49516

BUY TICKETS HERE:

<https://charleswoodactiveliving.rafflenexus.com/a/eblasts>

You can also buy tickets in person at the Centre.

Menshed Band

The Woodhaven Menshed Band is composed of senior guitar players and singers with a wide range of experience from professionals to amateurs. All share a love of music. Repertoire consists of songs from the 50s country to 60s rock.

Wednesday, February 11, 2:00pm.

Pop and snack included

There is no cost to attend and space remaining!

Drop-In Coffee With Kathleen Cook

During drop-in coffee on February 10th from 9:30-11:00am we're excited to welcome a special guest. Kathleen Cook will be in attendance to discuss the community and answer any questions you may have.

Spring Wreath

In our lovely new building, there are so many new opportunities to decorate and make the space feel even more welcoming. We're currently looking for a large spring wreath to hang behind the reception desk, above the printer. If anyone has one they'd like to donate, we would be delighted to display it for all our members to enjoy. We would also gladly accept donations.

YOU ARE
INVITED TO

MUSIC TRIVIA

(BINGO STYLE)

Hear a hit, name the tune, and mark your card!

SATURDAY, FEBRUARY 28TH

DOORS OPEN 6:30

GAME PLAY STARTS 7:00

@THE CENTRE

\$25 FOR 10 GAMES + SNACKS

CASH DISCOUNT: \$20 FOR 10 GAMES

EXTRA 10 GAME BOOKLET: \$10 @ EVENT

FEEL FREE TO BRING YOUR OWN SNACKS

WINE + BEER AVAILABLE

REGISTRATION OPEN NOW

Phone 204-897-5263

OPEN TO ALL



Around the Community

Provincial Support Services to Seniors Education Session

March 10, 2026

What you need to know about
Older Adult Fraud Prevention & Support Resources



The Provincial Support Services to Seniors network invites our health region staff, volunteers, community-based senior serving organizations and members working with older adults in the community who wish to learn more about older adult fraud prevention and support resources.

DATE: March 10, 2026

TIME: 1:30 PM to 2:30 PM

Join the session on the day of by clicking below at:

[Join the meeting now](#)

Meeting ID: 267 130 340 139 4

Passcode: tB7os9Su or you can dial in by phone at:

1 204-815-1742

Phone ID: 467 643 490#

PRESENTERS:

Erika Miller, Manager, Education & Communications

Manitoba Financial Services

Marko Bilandzija, Communications Coordinator

Manitoba Financial Services

This session will focus on:

- Recognizing fraud
- Prevention Tips
- How Manitoba Financial Services can help

Around the Community

62 Tips on Caring for a Loved One with Dementia

As we age, life can bring unique challenges, and it's important to have the right tools to maintain independence and well-being. To support seniors in navigating these challenges, we've put together a comprehensive guide with 62 practical tips on caring for a loved one with dementia, covering various aspects of daily life, including health, safety, and emotional well-being. Whether it's advice on staying active, improving memory, or managing daily routines, these tips are designed to enhance the quality of life for seniors at all stages. Check it out:

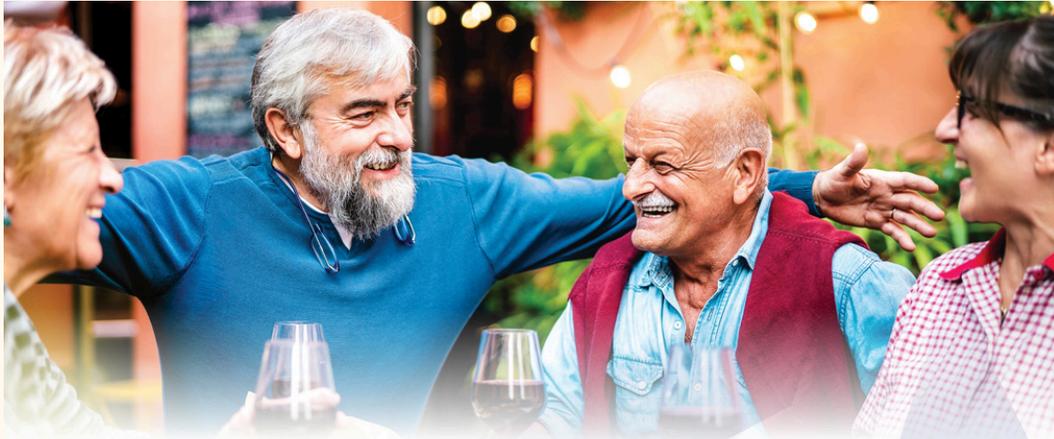
62 Tips on Caring for a Loved One with Dementia - lanzomorgan.com/caring-for-a-loved-one-with-dementia/

NIA's Ageing in Canada Survey

The NIA's Ageing in Canada Survey is a decade-long annual research program measuring older Canadians' experiences, perspectives and expectations of ageing through 10 indicators. The fourth annual NIA survey was conducted online from June to July 2025, with a representative sample of 6,001 Canadians aged 50+ living in community settings across all provinces and territories.

You can access the survey here: [Perspectives on Growing Older in Canada: the 2025 NIA Ageing in Canada Survey](#)

Around the Community



LINDEN  **POINTE**
A BRIGHTWATER COMMUNITY

Love Where You Live with Linden Pointe

February
14th
11:00AM - 2:00PM

Celebrate Valentine's Day with us at Linden Pointe Senior Living! Join our Valentine's Day Open House on February 14 for live harp music, refreshments, and guided tours of our beautiful community. Come see why so many residents love calling Linden Pointe home.

Love Grows Here. Celebrate Community

Never Alone – Nursing On-Site 24/7 • Fresh – Chef Prepared Meals • Medication – Assistance & Management • Designed to engage & support your interests!



431.430.7489

75 Falcon Ridge Dr. Winnipeg MB R3Y 2C2

LindenSeniorLife.com



U of M Research Study Participants

The University of Manitoba and York University are conducting a study on Exploring Preferences and Strategies to Increase the Utilization of Adult Day Programs by Black Older Adults in Manitoba. If this is something you believe that you have insight on please reach out to the Centre. We will connect you with the study. Compensation will be provided.

Ha-Ha-Highlights

Did you hear about the restaurant on the moon? Great food, no atmosphere. 🤔🍴

I asked the librarian if the library had books on paranoia... she whispered, "They're right behind you." 📖😬

Did you hear about the comedian who lost his voice? He was speechless. 🗣️🤐

If a parsley farmer gets sued, can they garnish his wages? 🌿💰

How does a penguin build its house? Igloos it together. 🐧❄️

What do you call fake spaghetti? An impasta! 🍝

I tried to catch fog yesterday. I mist. 🌫️👤👩

I used to be a baker, but I couldn't make enough dough. 🍞💰

Why did the football team go to the bank? To get their quarter back! 🏈🏦

My friend said he didn't understand cloning jokes. I told him, "That makes two of us." 🧬😄

Have a great weekend!

Dana Poulton

Program Coordinator