

CHARLESWOOD ACTIVE LIVING CENTRE

# CENTRE UPDATE

FRIDAY, MAY 15<sup>TH</sup>, 2026

**Centre closed this Monday May 18!**



## SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Victoria Day*
- *Matchstalk Men*
- *Assiniboine Forest  
Rotary Presentation*
- *AGM*
- *Summer BBQ*
- *Floral Arranging*
- *Covid*
- *Linden Point Bus  
Tour*
- *Volunteer  
Appreciation*
- *Lost and Found*
- *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.

## Victoria Day

A reminder that the Centre is closed this Monday, May 18<sup>th</sup> for Victoria Day. We will be opened again on Tuesday May 19<sup>th</sup>. Enjoy the long weekend!

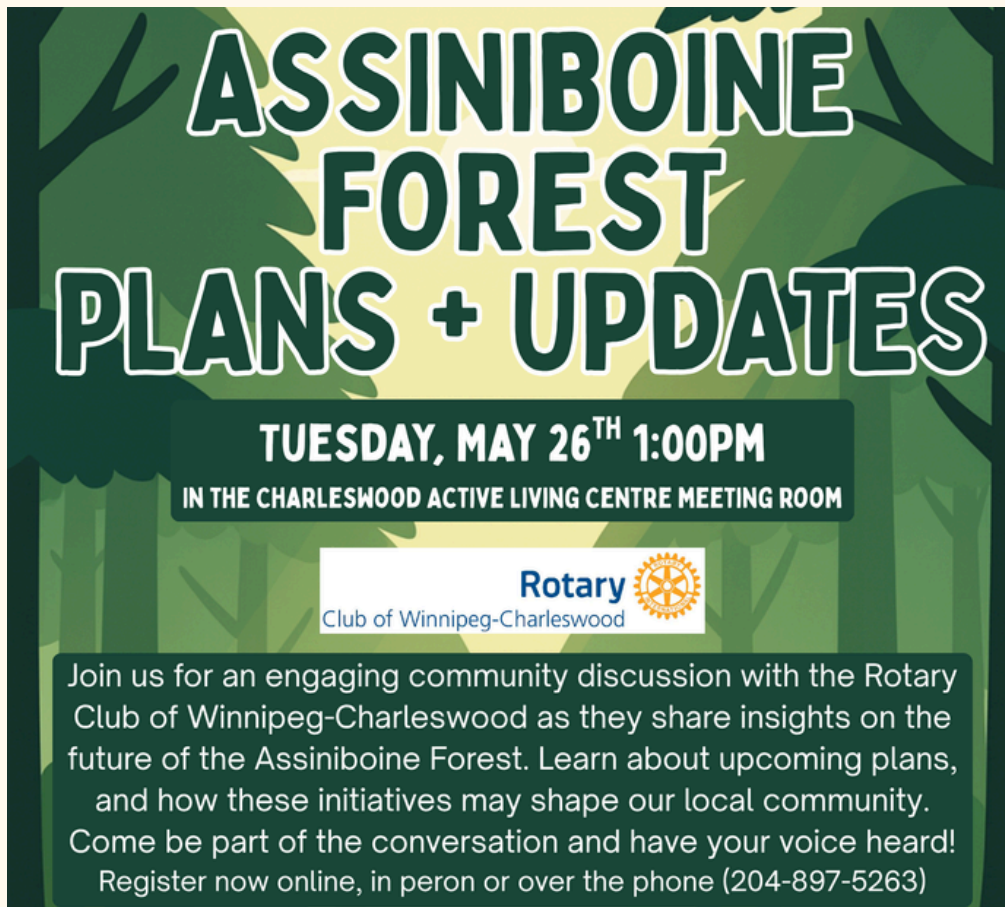
## Matchstalk Men

The band, Matchstalk Men deliver an eclectic mix of music, from wind instruments and rich accordion harmonies to bass lines and 6-string guitar, blending cover songs from past decades with original pieces exploring love, loss, and even litigation.

Wednesday, May 20<sup>th</sup> 2:00

Cost: \$5

Snacks provided.

A poster for a community discussion. The background is a stylized green forest with trees and foliage. The text is in white and yellow. The main title is 'ASSINIBOINE FOREST PLANS + UPDATES' in large, bold, white letters with a yellow outline. Below it, in a dark green box, is 'TUESDAY, MAY 26<sup>TH</sup> 1:00PM' and 'IN THE CHARLESWOOD ACTIVE LIVING CENTRE MEETING ROOM'. At the bottom, there is a white box with the Rotary Club of Winnipeg-Charleswood logo and name. Below that, in a dark green box, is the text: 'Join us for an engaging community discussion with the Rotary Club of Winnipeg-Charleswood as they share insights on the future of the Assiniboine Forest. Learn about upcoming plans, and how these initiatives may shape our local community. Come be part of the conversation and have your voice heard! Register now online, in person or over the phone (204-897-5263)'.

**ASSINIBOINE  
FOREST  
PLANS + UPDATES**

**TUESDAY, MAY 26<sup>TH</sup> 1:00PM**  
**IN THE CHARLESWOOD ACTIVE LIVING CENTRE MEETING ROOM**

**Rotary**  
Club of Winnipeg-Charleswood

Join us for an engaging community discussion with the Rotary Club of Winnipeg-Charleswood as they share insights on the future of the Assiniboine Forest. Learn about upcoming plans, and how these initiatives may shape our local community. Come be part of the conversation and have your voice heard! Register now online, in person or over the phone (204-897-5263)

# AGM

Our Annual General Meeting (AGM) is just around the corner, and you're invited to be part of the conversation!

Date: June 17<sup>th</sup>

Time: **10:30 AM**

It's a great opportunity to learn more about how the Centre operates, celebrate what we've accomplished together, and look ahead to what's next. Reserve your spot to be part of the discussion. All registered attendees will receive a copy of the AGM distribution package by email by May 17.

Charleswood Active Living Centre

Summer Fundraising

Pat

BBQ



Hot Dog,  
Drink,  
Chips,  
Cookies

After our Annual General Meeting stay or come for our Summer Fundraising BBQ! Enjoy delicious food, great conversation, and help support the Centre while connecting with friends and community members.

WED JUNE 17  
12:00pm  
2026  
\$10



**OPEN TO EVERYONE!**  
**REGISTER NOW! (204-897-5263, OR ONLINE)**

Suitable for Beginners

# FLOWER ARRANGEMENTS

## *Workshop*



\$40

~~Session 1: Friday May 22<sup>nd</sup> 1:00~~ FULL!

(open to new program registrants only)

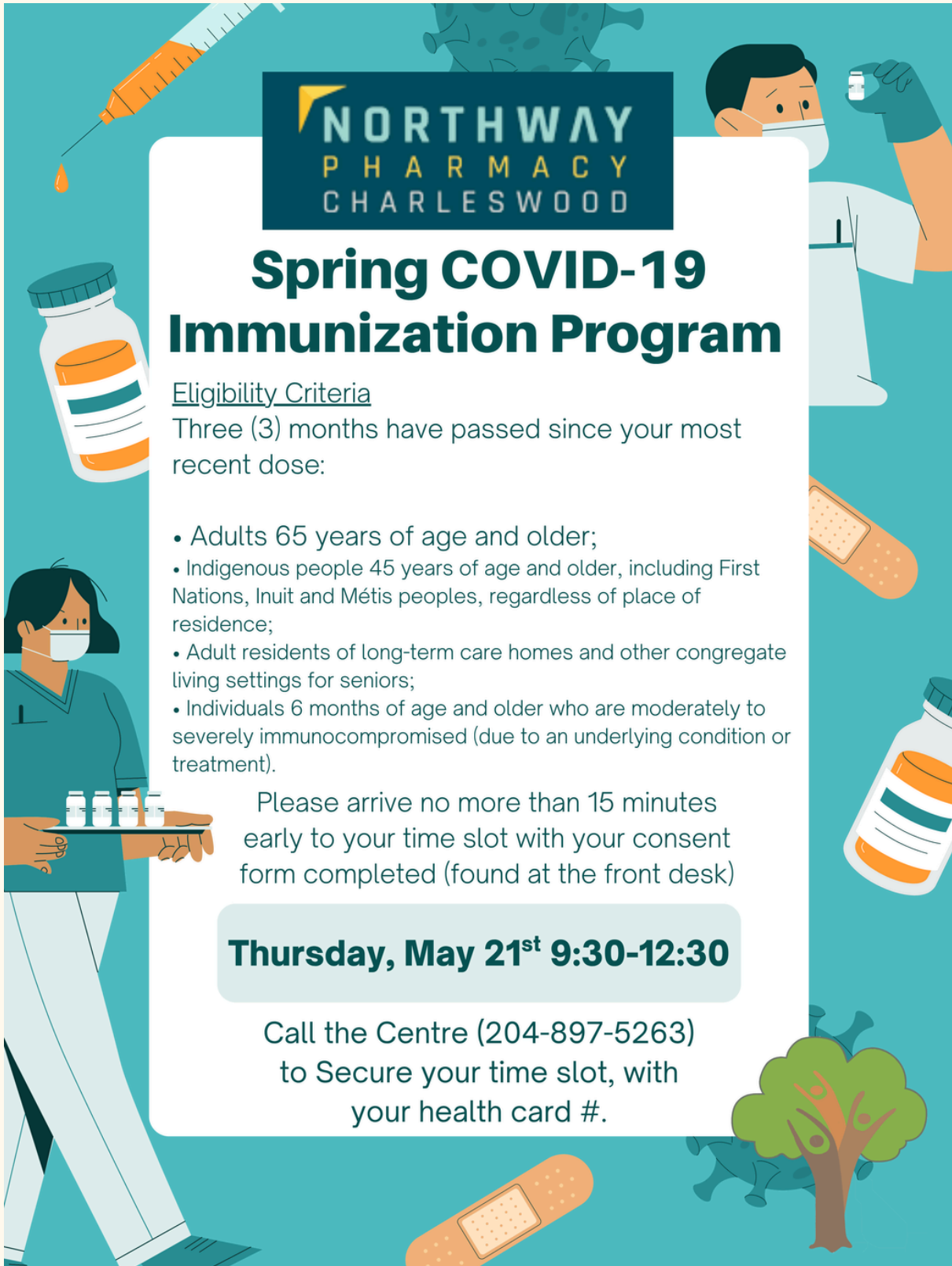
Session 2: Friday June 5<sup>th</sup> 1:00 **Limited space remaining!**

(open to all)

Florists from Charleswood Florists will demonstrate how to craft a gorgeous spring arrangement, offering expert guidance as you design a centrepiece perfect for your dining table or a lovely accent to refresh and brighten any room.

ONLY  
**20**  
SEATS A  
SESSION

@ The Charleswood Active Living Centre  
Next week! Limited spots remaining!



**NORTHWAY  
PHARMACY  
CHARLESWOOD**

## Spring COVID-19 Immunization Program

Eligibility Criteria  
Three (3) months have passed since your most recent dose:

- Adults 65 years of age and older;
- Indigenous people 45 years of age and older, including First Nations, Inuit and Métis peoples, regardless of place of residence;
- Adult residents of long-term care homes and other congregate living settings for seniors;
- Individuals 6 months of age and older who are moderately to severely immunocompromised (due to an underlying condition or treatment).

Please arrive no more than 15 minutes early to your time slot with your consent form completed (found at the front desk)

**Thursday, May 21<sup>st</sup> 9:30-12:30**

Call the Centre (204-897-5263)  
to Secure your time slot, with  
your health card #.



# LINDEN POINTE

A BRIGHTWATER COMMUNITY

## JOIN US FOR A GUIDED TOUR AND DISCOVER LINDEN POINTE!

Independent Senior Living, Designed With You in Mind

### COMPLIMENTARY LUNCH INCLUDED

Enjoy a fresh, chef-prepared meal during your visit.  
All allergies and dietary needs can be accommodated.

Wednesday, June 10th

Bus Departure from Charleswood Active Living Centre: 12:30 PM

Lunch at 1:00 PM

Guided tour of the community

Opportunity to explore amenities and ask questions

Return by 3:30 PM

16 Spots Available!

No cost to attend.

Thank you to all our Volunteers!

# A VOLUNTEER APPRECIATION DINNER

Tuesday, May 26, 2026

5:30pm

Boston Pizza Charleswood

3894 Grant Ave

**Pizza, Salad, and Pop/Coffee Included**

Please RSVP to  
[programs@charleswoodseniorcentre.org](mailto:programs@charleswoodseniorcentre.org) by  
May 22nd

\*Please confirm any dietary restrictions

We tried our best to catch everyone, but with so many fantastic volunteers, we may have missed a few names. If you didn't receive an invite, please reach out, we'd love to include you!



# Lost and Found

Our lost and found has been growing quickly and we are running out of space. Help us return these items to their rightful owners. If any of these belong to you please come pick them up from the front desk. On Friday, May 29<sup>th</sup> we will be donating what has not been claimed. Thank you!



# Lost and Found



# Lost and Found



# Around the Community



LINDEN  POINTE  
A BRIGHTWATER COMMUNITY

May 28th

⋮ Embark on a Taste & Tour through our Winnipeg communities, where each stop offers themed food, refreshing sips, and a chance to explore different lifestyle options. Enjoy the journey, connect along the way, and don't forget to collect a stamp at each stop—complete your passport for a chance to win a prize!



Linden Pointe



The Residences



Brightwater of Tuxedo

## Winnipeg's Passport to Flavour!



LindenSeniorLife.com  
431.533.4259  
75 Falcon Ridge Drive, Winnipeg MB



Professionally Managed by  brightwater

# Around the Community

## Canada Revenue Agency (CRA) Clinic

This CRA clinic offers one-on-one help. Register to reserve a spot. You can register by phone, online or at any Winnipeg Public Library.

This clinic helps with the following services only:

- Applying for benefits (CCB, GST, DTC)
- Answering personal tax questions (no trusts, business or farming)
- Updating information (address, direct deposit, contact information)
- Printing letters or Proof of Income Statements (Option C)

Registration opens 2 weeks prior to event date at 10 a.m. You can register for one CRA clinic only at a time. On the day of the CRA Clinic, the order of when you are seen will depend on when you check in at the branch. Check in starts 30 minutes prior to the clinic start time. Limited walk-ins will be taken if time allows, or if spots are not yet filled.

**Bill and Helen Norrie Library** 204-986-4936  
Wednesdays, May 13 and June 17 from 1-4 p.m.

**St. Boniface Library** 204-986-4331  
Thursday, May 14 from 1-4 p.m.  
Thursday, June 18 from 1-4 p.m.

**Charleswood Library** 204-986-3072  
Wednesday, May 13 from 1-4 p.m.

**Henderson Library** 204-986-4314  
Monday, May 25 from 1-4 p.m.  
Monday, June 15 from 1-4 p.m.

**Louis Riel Library** 204-986-4573  
Wednesday, May 20 from 1-4 p.m.

**Millennium Library** 204-986-6489  
Wednesday, May 6 from 11 a.m. - 2 p.m.  
Wednesday, June 3 from 11 a.m. - 2 p.m.  
\*Drop-in only. No registration.

**Osborne Library** 204-986-4775  
Monday, June 8 from 1-4 p.m.

**Pembina Trail Library** 204-986-4369  
Thursday, May 7 from 1-4 p.m.  
Tuesday, June 16 from 1-4 p.m.

**St. James-Assiniboia Library** 204-986-3424  
Friday, May 29 from 11 a.m.-4 p.m.  
Friday, June 19 from 11 a.m.-4 p.m.

**St. John's Library** 204-986-4689  
Wednesday, May 6 from 1-4 p.m.  
Wednesday, June 3 from 1-4 p.m.

**Sir William Stephenson Library** 204-986-7070  
Monday, May 11 from 1-4 p.m.  
Monday, June 1 from 1-4 p.m.

**Transcona Library** 204-986-3950  
Thursday, May 21 from 1-4 p.m.  
Thursday, June 11 from 1-4 p.m.

Unable to register or have an urgent need? CRA offers services by phone.

- General Enquiries: 1-800-959-8281 (for general questions)
- Benefits Enquiries: 1-800-387-1193 (for questions related to GST and CCB)
- Business Enquiries: 1-800-959-5525 (for questions related to businesses)
- [canada.ca/taxes-help](http://canada.ca/taxes-help) (to find someone to get your taxes done for free)



Scan to register.



Canada Revenue  
Agency

Agence du revenu  
du Canada

# Ha-Ha-Highlights

Does February march? No, but April may! 🌸😂

What did the dirt say to the rain? You'd better cut it out, or my name will be mud! ☁️😂

Why did the bird go to the flower shop? It wanted to pick up some chicks! 🐦🌸😂

What do gardeners wear on their legs? Garden hose. 🌱🚰😂

What do you call an emergency in spring? May Day. 🌸🚒😂

What is a flower's favorite kind of pickle? A daffo-dill. 🌸🥒😂

How do brand-new spring flowers greet each other? "Hey, bud!" 🌱👋😂

Did you hear about the flower who went on a date with another flower? It's a budding romance. 🌹🌸💕

Why did the farmer bury his money? To make his soil rich. 🚛💰😂

Did you hear the one about the gardener who couldn't wait for spring? He was so excited, he wet his plants! 🌱🚰😂

Have a great weekend!

Dana Poulton

Program Coordinator