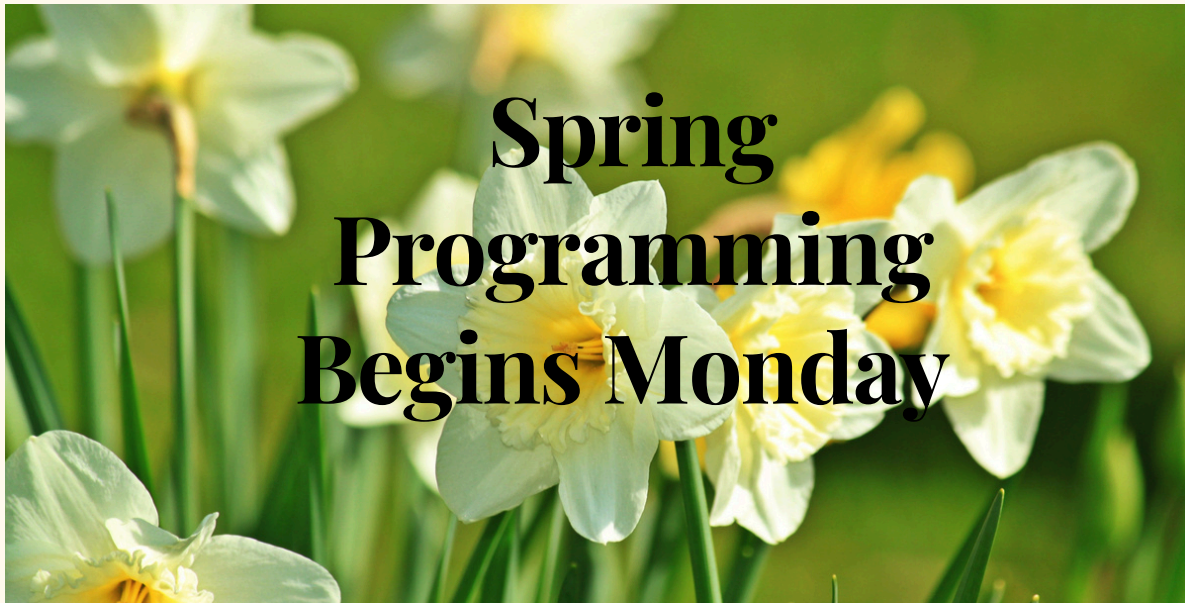


CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, APRIL 10TH, 2026



Spring Programming Begins Monday

SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Join the Board*
- *Spring Programming*
- *Plant Sale Deadline*
- *Quiz Nite*
- *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.

Join the Board!

Attention All Members

As the Charleswood Senior Centre nears the end of another fiscal year we are planning for the 2026-2027 year ahead. We have two vacancies coming up that need to be filled for the Board of Directors. The targets for new Board members is to fill the roles of Vice President and the Fundraising Chair. These two important roles contribute to the long term success of our Centre. Two year terms are required with mentorship provided. Please consider the future of the Centre and respond with your name. An interview process will follow.

Spring Programming

After a busy registration week we still have many great opportunities for you to register! Whether that be trying something new or igniting a past passion there are many programs that cover a vast array of interest. Some notable programs that still have space include.

Bridge - Monday 2:00pm

Chair Yoga - Tuesday 2pm (with Mary Lou)

Total Body Fitness -Wednesday 9:00am (with Eleanor)

Sit & Fit - Wednesday 10:15 am (with Eleanor)

Deception Drive June 10- 2pm

Keith Dyck Music - Wed Apr 29

Matchstalk Men May 20- 2pm

Paint Party- Wednesday June 3- 2pm

Rummoli - Thursday- 1:00pm

Gentle Yoga - Thursday 12:45pm (with Cathy)

Pickleball - Friday 9:30am

Barre Fitness - Friday 1:00pm

Fit and Tall -Friday 11:45am

A Prairie Woman's Story Friday, May 8- 10:30am

RockNRoll Serendipity with John Einarson-May 1-1pm

Register online or call the Centre 204-897-5263 to reserve your spot now!

Plant Sale Deadline

Time is ticking! The deadline to order your plants is **Wednesday, April 15th!**

Get ready to dig in and grow something amazing, secure your plants now and set yourself up for your best garden yet this spring



CHARLESWOOD ACTIVE LIVING CENTRE **PLANT SALE**

[CLICK HERE TO
PURCHASE](#)

1. Select “Fundraising”
2. Select “Fundraising Products”
3. Select the plants you want by selecting “Add to Cart”
4. View your Cart by selecting the shopping bag icon in the top right of the screen
5. Select “Go to Cart Page”
6. Scroll down and under “Step One” select “To Pickup at and Support a Fundraising Group”
7. Select “Charleswood Active Living Centre”
8. Check out and pay
9. Pick up your plants @ the Centre (357 Oakdale) on May 24 (time TBA)
10. Enjoy planting while having supported the Centre:)

GLENLEA
GREENHOUSES



CHARLESWOOD ACTIVE
LIVING CENTRE PRESENTS

QUIZ nite

SATURDAY MAY 2ND

7:00 PM

DOORS OPEN 6:30PM

TEST YOUR TRIVIA KNOWLEDGE & HAVE A
BLAST! NO EXPERIENCE REQUIRED.

SNACKS | BEER | WINE

Don't miss out on a night of laughs, friendly
competition, and great company!

Register now! Until April 24

\$25 a ticket teams of 8 (we can
find you a team to join!)

\$20 cash discount

204-897-5263



Around the Community



FREE PERSONAL

SHRED DAY

SATURDAY
APRIL
25
10AM - 2PM

📍 **Kildare Branch**
8-630 Kildare Ave. East

📍 **Portage Ave. Branch**
3161 Portage Ave.

Access Credit Union will match donations up to a maximum of \$5,000!

BRING YOUR PERSONAL DOCUMENTS FOR SHREDDING AND DONATE TO:



Donations over \$20 will receive a tax receipt from the Firefighters Burn Fund Inc.

Around the Community



PLUS

Newsletter
Spring 2026



Did you know?

Winnipeg Transit Plus customers can book both Transit Plus trips and On-Request trips using the Winnipeg Transit+ On-Request App.



Holiday Hours

Winnipeg Transit Plus will operate on a holiday schedule, with the earliest pick-up of 8 a.m. and the latest pick-up at 10 p.m. on the following dates:

Good Friday, **April 3**
Victoria Day, **May 18**
Canada Day, **July 1**



Zoom Sessions – Let’s Talk, Transit

Talk with the Winnipeg Transit Travel Trainers. Each Tuesday at Noon they will host a 1-hour session. Each session will be on a separate topic relating to Winnipeg Transit. If you have any topics, you would like to hear about please email traveltrainer@winnipeg.ca

April 7 - WINNpass

April 14 - Navigating our Transit System

April 21 – Winnipeg Transit Plus

April 28 – On-Request Service

May 5 –To be determined by feedback

May 12 - Navigating our Transit System

May 19 – Winnipeg Transit Plus

May 26 - On-Request Service

Around the Community



THE WELLINGTON
— Retirement Living —

SIP & SAVOUR *Spring High Tea*

An afternoon of warmth, friendship, and springtime charm.

Saturday, April 11 | 1:30pm-3:30pm



Spots are limited, call today to reserve yours!

3161 Grant Avenue, Winnipeg
204-831-0788 • VenviTheWellington.ca

COGIR | VENV I by cogir
SENIOR LIVING

Ha-Ha-Highlights

I finally figured out what I want to be when I grow up... retired with hobbies.

My playlist has stood the test of time... and still wins.

I've upgraded from "trying everything" to "choosing wisely."

I've officially reached "bring a sweater just in case" wisdom.

I don't compete, I participate strategically.

I cleaned my house... it lasted 11 minutes.

I like my humor like my coffee, slightly bitter and highly necessary.

I don't play soccer because I enjoy the sport I'm just doing it for kicks. ⚽

I once wrote a song about tortillas... actually, it's more of a wrap.

I don't trust people who do acupuncture... they're back stabbers.

Have a great weekend!

Dana Poulton

Program Coordinator