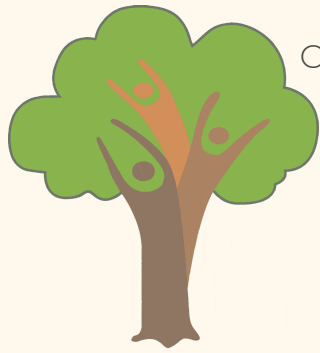




CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

THURSDAY, AUGUST 20TH, 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Wheel of Fortune*
- *Patio Bingo*
- *Food & Flicks*
- *Summer BBQ*
- *Summer Hours*
- *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.

Wheel of Fortune

Monday, August 24th

1:30-3:30pm

Join us for a fun and interactive game afternoon featuring our very own Wheel of Fortune-style challenge! Participants will work in groups to guess phrases, solve word puzzles, and spin the wheel for a chance to earn points and prizes.

Spots available! Register now!

Patio Bingo

Wednesday, August 26th

1:30-3:00

A fun afternoon of Bingo, Prizes and Snacks. If you have a Bingo Dabber please bring it. We have some available if you don't. Help cover the costs. A \$10 donation at the door is greatly appreciated. Please arrive no more than 15 minutes early there is a quick turn around between programming.

Food & Flicks

Thursday , August 27th

1:00

Julie & Julia (2009)

Julie Powell, a young blogger, is determined to emulate Julia Child's cooking techniques. Though separated by time, the two women share a common passion for food that intertwines their lives.

Meryl Streep, Amy Adams, Stanley Tucci, Chris Messina, Linda Emond, Jane Lynch

Pizza, Pop, and Chips

Please select your pizza choice on the drop-down menu when registering online. Movies are shown in the Multi Purpose Room.

Register now! \$6

Summer BBQ



COMMUNITY
Hot Dog
BBQ

Good food.
Great company.
Stronger community.

CHARLESWOOD
ACTIVE LIVING CENTRE
CONNECT • ENGAGE • THRIVE

EVERYONE 55+ AND THEIR COMMUNITY
NEIGHBOURS ARE WELCOME!

MONDAY, AUGUST 31 | 1:00 – 3:00 PM

Special Announcement
WITH

MAYOR SCOTT GILLINGHAM & COUNCILLOR EVAN DUNCAN

A COMMUNITY BBQ
FOR FRIENDS,
NEIGHBOURS &
OUR COMMUNITY!

ALL ARE WELCOME – WE LOOK FORWARD TO SEEING YOU THERE!

Please RSVP to the Centre to help us prepare with numbers. 204-897-5263

Summer Hours

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

Closed: Wednesday, July 1st and Monday, August 3rd

Around the Community

Moon Gate Retreat

Take some time away and disconnect from your busy days enjoy the freedom with Mary Lou. Let go of things that really do not matter and one with what is present. Enjoy calming Yoga, healthy meals, and reconnect with nature, friend and self.

Date: Thursday September 10th - Saturday September 12th

Location: The Moon Gate Retreat 61105 Provincial Highway 406.

Stop by the Centre for more information or ask Mary Lou at 204-612-0312

TRY SOMETHING NEW!

Join –

Ladies Best Friends 5-Pin Bowling League



Fun * Friendship * Light Exercise

Ladies 55+ - this is for YOU!

Looking for a fun social way to stay active? Come bowl with us!

The **BEST FRIENDS BOWLING LEAGUE** is a warm, welcoming group where laughter matters more than scores.

- 1) No experience needed
- 2) Great for gentle exercise & balance
- 3) Make new friends and enjoy weekly outings
- 4) It's tons of fun

WHEN ? Tuesdays at 10:00 a.m.

WHERE? Polo Park Bowling Lanes

COST ? \$16.00 per week (Includes 3 games, \$ towards fun prizes, closing lunch)

COME FOR A FREE TRIAL GAME!

CALL: Charmaine at 204-229-0837 for more information

Bowling is just the beginning - Friendship is the real prize

Sponsors

Gold Sponsors



A B R I G H T W A T E R C O M M U N I T Y

Silver Sponsors



Bronze Sponsors



Ha-Ha-Highlights

What do you call a fake dad? A faux pas. 🧑🏻🤖😂

Why do dogs float in water? Because they're good buoys. 🐕🌊😂

What should you do if your puppy isn't feeling well? Take him to the dog-tor. 🐕🩺😂

Where do penguins go to vote? The North Poll. 🐧🗳️😂

Why should you knock on your refrigerator door before opening it? There may be salad dressing in there. 🥗🚪😂

What did one toilet say to the other? "You appear a bit flushed." 🚽😳😂

Why are most people tired on April 1? They've just finished a 31-day March. 📅^{July}17😴😂

Why did Mozart kill all of his chickens? When he asked who the best composer was, they all replied, "Bach, Bach, Bach." 🎵🐔😂

Why can't leopards play hide-and-seek? Because they're always spotted. 🐆👁️😂

Where do sheep love to vacation? The Baa-hamas. 🐑🌴😂

Have a great weekend!

Dana Poulton

Program Coordinator