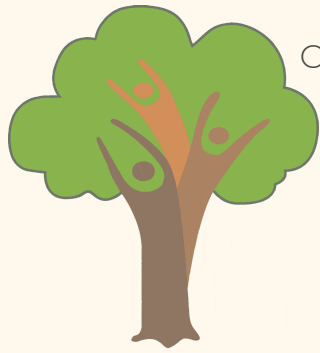




CHARLESWOOD ACTIVE LIVING CENTRE

# CENTRE UPDATE

THURSDAY, JULY 9<sup>TH</sup>, 2026



## SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Drop-In Opportunity*
- *Bada Bingo*
- *Outdoor Groups*
- *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.

## Drop-In Opportunity

After the first week of our programs, we understand that not everyone is able to commit to an entire session. That's why we offer drop-in opportunities for many of our programs!

Fitness Classes: \$10 per class

Games: \$3 per visit

Drop-ins are available to members only and are subject to space availability. Call the office to reserve your drop-in spot!

## Bada Bingo

Monday, July 13th

1:30-3:30pm

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 with a \$10 donation at the door which is greatly appreciated. Please arrive no more than 15 minutes early there is a quick turn around between programming.

## Outdoor Groups

New this summer, we're excited to introduce two great opportunities to get active and connect with others!

Cycling Club – Tuesdays at 11:00 a.m., meeting at the Centre

Dog Walking Group – Wednesdays at 9:30 a.m., meeting at Assiniboine Park

Whether you're looking to enjoy the outdoors, get some fresh air and exercise, or meet new people, we'd love to have you join us!

New next week: Following the Cycling Club ride, the meeting room at the Centre will be open with light snacks available. Stay for a visit, enjoy some refreshments, and spend time getting to know your fellow riders.

## Summer Hours

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

Closed: Wednesday, July 1<sup>st</sup>, and Monday, August 3<sup>rd</sup>

# Around the Community

The Charleswood Seniors Co-ed Slo-pitch is looking for more players to come out on Tuesday afternoons at Marj Edey Field (parking available at Varsity View Sportsplex - 4230 Ridgewood Avenue).

Batting practice starts at 12:30 PM & games will start at 1 PM. Teams are made up at game time. This is recreational slo-pitch with everyone batting per inning, no sliding, no stealing & no registration fees.

Thirsts are quenched at the Charleswood Legion afterwards. Contact Steve at [steve\\_sanderson@shaw.ca](mailto:steve_sanderson@shaw.ca) for more information.



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CancerCare Manitoba  
FOUNDATION

**JULY  
17th**  
11:00 - 3:00PM

Stop by for a refreshing glass of lemonade and help support an important cause. We will be accepting donations, with all proceeds benefiting CancerCare Manitoba. Through your generosity, we can help provide essential support, compassionate care, and hope to cancer patients and their families. Together, as a community, we can make a lasting impact and help create more tomorrows filled with hope.

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# Around the Community

## Adventure Your Way

Since we realize not everyone is able to travel to the annual MB 55+ Games; we are also bringing the games to you! The overall goal is to encourage all older adults to stay active over the summer months, to try new activities and most importantly to keep moving, no matter what.

It's simple - keep track of your activities ANY TIME between now – August 31st with our custom activity tracker. Then share your story with us. Choose any activities you like, based on what you enjoy or may want to try for the first time!

Here are some great ways to stay active:

- Walk, run or roll with a friend
- Cycling on your own or join a group
- Bocce Ball
- 9 Hole Golf or 18 Hole Golf
- Horseshoes
- Arts & Crafts
- Gardening
- Kayaking/canoeing/water sports
- Pickleball
- Badminton
- Tennis
- Cribbage
- Whist
- Scrabble
- 5 or 10 Pin Bowling
- The options are endless!



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# Ha-Ha-Highlights

What does the Frisbee look forward to all year? A summer fling! 🌀☀️😊

How do seashells stay clean? They wash up on the beach. 🌊💧

Why doesn't the sun trust umbrellas? Because they're so shady. ☀️☂️😎

Why don't mosquitoes make good comedians? Their jokes always suck! 🦟🩸😂

Why don't mummies go on vacation? They're afraid to unwind. 🧻☂️😬

How do you prevent dry skin after swimming? Avoid using a towel. 🏊💧😂

Why can't basketball players go anywhere during the summer? They'd get called for traveling! 🏀🧳🏀

What happens when you throw books into the ocean? You get a title wave. 📚🌊😂

What do you call a barbecue for seniors? A golden grill. 🍷👴👵

What do librarians love to grill? A shhh-kabob. 🤫📚🍴😂

Have a great weekend!

Dana Poulton

Program Coordinator