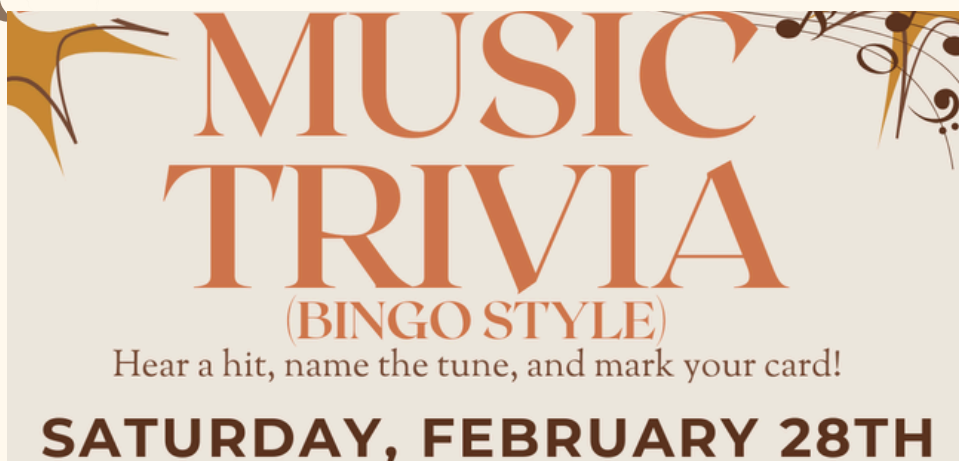




CHARLESWOOD ACTIVE LIVING CENTRE

# CENTRE UPDATE

FRIDAY, JANUARY 23<sup>RD</sup>, 2026



## SNEAK PEEK OF WHAT'S INSIDE:

- *Winter Session Drop In*
- *General Reminders*
- *Online 50/50*
- *Tax Receipts*
- *Drop-In Coffee with Kathleen Cook*
- *Spring Wreath*
- *Music Trivia*
- *Around the Community*
- *Ha-Ha-Highlights*

## Winter Session Drop In

Feeling spontaneous? We offer drop-in options for all Fitness classes and Cards & Games whenever space is available. Drop-ins are open to members only.

### Drop-In Fees

- Fitness Classes: \$10
- Cards & Games: \$3

Classes can be full, so we recommend giving the office a quick call to see if there's room in the program you'd like to join. We're always happy to help you find a spot!

## 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.

## 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>

## Tax Receipts

Tax receipts for donations that have come directly to the Centre will be sent out in the next 2 weeks.

## Drop-In Coffee With Kathleen Cook

During drop-in coffee on February 10<sup>th</sup> 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 Network

Education Session

Everything you need to know about  
211 Manitoba

**211** Manitoba

Help Starts  
Here.

Call

**2-1-1**

or search **mb.211.ca** to  
find the right help for you.



This session is geared towards funded Support Services to Seniors 55+ serving organization board and staff members and older adult service providers across Manitoba who work with older adults in the community.

**DATE:** January 13, 2026

**TIME:** 1:30 to 2:30 pm

Please join the meeting by  
following the link:

[Join the meeting now](#)

**Meeting ID:**

**295 562 843 863 73**

**Passcode:** Wb9V7hT6

**Dial in by phone**

**+1 204-815-1742.**

**159620493#**

**Presenter:**

**Samantha White,**

**Community Engagement Manager**

**211 Manitoba**

The session will review:

- What is 211 MB
- Who can use 211 MB
- When to use 211 MB
- How to use 211 MB
- Highlight the importance of 211 MB

**Hosted by:**

Interlake Eastern Regional Health



# Around the Community



## PRAIRIE BREEZE

THE LIVING PRAIRIE MUSEUM NEWSLETTER

JANUARY 2026

### Free Saturday Drop-in Activities!

**Interpretive Centre open 11am-4pm**  
**Join us for free drop-in programs for all ages!**

**January 10**  
**Animals in Winter** – Explore tracks, hibernation, migration and how animals survive in the frozen months. Complete a scavenger hunt for winter signs of animals indoors or outdoors.

**January 17**  
**Snowshoe Saturday** – Free snowshoe rentals available between 11am and 3pm. Learn to snowshoe on the prairie and then warm up with hot chocolate

**January 24**  
**Wild Dogs of Manitoba** – Learn more about foxes, coyotes, and wolves by exploring artifacts and info. Understand how we can safely share our city with wild dogs and create a take-home button of your favourite canine.

**January 31**  
**Snowshoe Saturday** – Free snowshoe rentals available between 11am and 3pm. Learn to snowshoe on the prairie and then warm up with hot chocolate!

**February 7**  
**Animals in Winter** – Explore tracks, hibernation, migration and how animals survive in the frozen months! Complete a scavenger hunt for winter signs of animals indoors or outdoors.

**February 14**  
**Ski Saturday at Living Prairie Museum 10am-12pm**  
WinterPeg Mobile Ski Library will be on site with free ski rentals and info to get you started.

**February 21**  
**Snowshoe Saturday** – Free snowshoe rentals available between 11am and 3pm. Learn to snowshoe on the prairie and then warm up with hot chocolate!

**February 28**  
**Animals in Winter** – Explore tracks, hibernation, migration and how animals survive in the frozen months! Complete a scavenger hunt for winter signs of animals indoors or outdoors.



### **Ski Saturday** **February 14: 10am – 12pm**

**WinterPeg Mobile Ski Library** will be bringing winter equipment to the trails at Living Prairie for Ski Clinics!

The Mobile Ski Library brings winter equipment and fun to unexpected places. There will be lots of cross-country skis, snowshoes and kicksleds to borrow. Wheelblades for wheelchairs and a couple of sit-skis are also available (for these accessible equipment, we recommend reaching out to Winnipeg Trails to ensure availability).

Fun for the whole family - all ages and abilities are welcome to attend! This event is free for all!

If you have any questions, contact [info@winnipegtrails.ca](mailto:info@winnipegtrails.ca)

#### **LIVING PRAIRIE MUSEUM**

2795 Ness Avenue Winnipeg, MB R3J 3S4  
Tel: 204-832-0167 E-mail: [prairie@winnipeg.ca](mailto:prairie@winnipeg.ca)  
[winnipeg.ca/livingprairie](http://winnipeg.ca/livingprairie)  
[facebook.com/LivingPrairieMuseum](https://facebook.com/LivingPrairieMuseum)  
[instagram.com/livingprairiemuseum](https://instagram.com/livingprairiemuseum)

#### **INTERPRETIVE CENTRE HOURS**

**Open Saturdays starting January 10: 11am-4pm**  
**Admission is always free!**

# Ha-Ha-Highlights

Nothing builds trust faster than someone who knows where they parked. 🚗✅

The real reason adults like puzzles is because the pieces don't talk back. 🧩😊

Every group has one person who reads the instructions. That person is powerful. 📄👑

I trust anyone who returns a shopping cart. That's character. 🛒★

The most advanced technology we have is still the mute button. 🔇👉

There's no confidence like answering "yes" before hearing the question. 😎✓

Nothing tests patience like a slow walker who suddenly stops. 🚶♂️🚫🙄

The real skill is pretending you didn't already say that story. 😊🧐🙄

You can tell someone's organized when they don't panic at low battery. 🔋😊

The loudest sound in the world is silence after you drop something. 😬💥

Have a great weekend!

Dana Poulton

Program Coordinator